Presentations

Destructive Addictions

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Sabbath School
Summary
To educate the church about addiction: types, causes and God's covenant to deal with sin
Program Aim
To educate the church about addiction: types, causes and God's covenant to deal with sin
Scripture References
1 Corinthians 10:13
Theme Song(s)
My Maker and my King (15), I am a C-H-R-I-S-T-I-A-N
Program Audience
393 He leadeth me
Preparations and resources

None

SONG SERVICE:

WELCOME:

OPENING REMARKS:

Superintendent:

Happy Sabbath, brothers and sisters. I recently visited my doctor, who advised that my test results came back positive and I have a deadly hereditary disease. The

symptoms include a heavy heart, bad mind, hatred, feeling weak, struggling to breathe and prolonged stress and guilt.

Which disease could this be? Church, do you have any idea what I was diagnosed with?

The doctor said all of us have the same disease. And so will your children and generations to come.

Every human is addicted to sin. From Bible days, we've seen examples of various characters who were addicted to someone or something, examples Noah (alcohol), David(sex), Judas, Zacchaeus(money).

But what is Addiction?

Webster Dictionary defines addiction as

1: a compulsive, chronic, physiological, or psychological need for a habit-forming substance, behaviour, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms (such as anxiety, irritability, tremors, or nausea) upon withdrawal or abstinence: the state of being addicted

alcohol addiction

an addiction to prescription painkillers

drug addictions

gambling addiction

2: a strong inclination to do, use, or indulge in something repeatedly

What are you addicted to?

Opening Hymn - Hymn 393 (He leadeth me)

Scripture- 1 Corinthians 10:13

Prayer -

Main Feature:

The Bible describes the human condition to us in Romans 7: 19&20 For the good that I would I do not: but the evil which I would not, that I do. Now, if I do that, I would not; it is no more I that do it, but sin that dwelleth in me.

Because of Sin, many persons suffer from addictions. There are reasons for such addictions, and they are listed below:

Trauma - many individuals who go through addiction have been through trauma, and addiction is their way to deal with the trauma.

Mental Health - Based on research, persons who experience mental illness will likely develop an addiction.

Genetics - studies have shown that there is a 50% likelihood that your genetics influence your addiction to things such as drugs and alcohol. So yes, we can pass down bad habits to our offspring.

List some unpopular types of addiction incorporate how God's Covenant can help us to navigate all types of addiction)

Unpopular addictions:

There are numerous other behaviours that persons can be addicted to that may seem harmless even good.

Exercise - This is an unhealthy obsession with physical fitness and exercise. When we exercise, we release certain chemicals, which gives us a sense of pleasure or accomplishment. in part, the dependence on this type of reward can lead to addiction.

Work - Work is referred to as workaholism, and this is your inability to stop working. It is often from the need to achieve a certain status or to escape emotional stress. Work addiction is often driven by job success. It Possible causes low self-esteem and intimacy problems. Working too much can take a toll on your mental health and you are more likely to suffer depression.

Food - Highly palatable foods trigger the pleasure centre of the brain and releases feel-good chemicals. "Foodies" people who are addicted to food will continue to eat despite the negative consequences.

Technology - Technology is here to make our lives easier. From infancy to elderly, technology has impacted our lives. To narrow in on technology as an addiction, we will quickly look at two aspects of daily technology.

Social Media - this Addiction hurts mental health and relationships. Research shows that 16 - 24 years old spend at least 4hrs a day on social media. However, social media has numerous benefits, and we can see our church utilizing many of the platforms. So my question to you is, why is social media so addicting? Whenever you log on to your favourite social media apps or sites, the dopamine levels in your brain increase and these chemicals are associated with pleasure.

Smartphones - smartphone addiction is sometimes called nomophobia (fear of being without a mobile phone). How much time do you think you spend daily on your phone? Recent studies have shown that people spend up to 14 hours a day on their phones. Research also shows that people who are overly reliant on their smartphones can develop mental laziness.

Special Music

Lesson Study

Closing Remarks

Now how can we overcome Addiction with God's Covenant?

Ellen G White Steps to Christ page 47 states that:

What you need to understand is the true force of the will. This is the governing power in the nature of man, the power of decision or of choice. Everything depends on the right action of the will. The power of choice God has given to men; it is theirs to exercise. You cannot change your heart, you cannot of yourself give to God its affections, but you can choose to serve Him. You can give Him your will; He will then work in you to will and to do according to His good pleasure. Thus your whole nature will be brought under the control of the Spirit of Christ; your affections will be centred upon Him, your thoughts will be in harmony with Him." - Ellen G. White, Steps to Christ, p. 47.

In Romans 5:20, Paul makes a powerful statement: "But where sin abounded, grace did much more abound." His point is that no matter how much sin there is or how terrible the results of sin are, God's grace is sufficient to deal with it. What hope that should bring for each of us, especially when we're tempted to feel that our sins are too great to be forgiven! In Romans 5:21, Paul shows that although sin has led to death, God's grace through Jesus has defeated death and can give us eternal life.

At moments in history when their rebellion and unbelief hampered God's plans for His covenant people, He sent prophets to proclaim that the covenant history with His faithful had not come to an end. No matter how unfaithful the people might have been, no matter the apostasy, rebellion, and disobedience among them, the Lord still proclaims His willingness to enter a covenant relationship with all who are willing to repent, to obey, and to claim His promises.

For persons who are struggling with addictions, we advise you to seek professional help but also remember 1 Corinthians 10:13 :

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

Prayer:

Ask a Pastor or First Elder to break addictions in the congregation.

Tags
Addiction
drugs and alchohol

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Comments

Rowena Bello (not verified), Oct 01 2021 - 8:33pm
Thank u for this. Very beautiful msg. Happy Sabbath

- Reply

Lornette (not verified), Oct 16 2021 - 1:21am
Thank you so much for this inspirational program. May God continue to bless your Ministry.

- Reply

Naomie L. Bahian (not verified), Oct 18 2021 - 6:48pm
Thank you for this nice program

- Reply

Anonymous (not verified), Oct 21 2021 - 10:26pm
Thank you for this program, God bless you.

- Reply

bernadette (not verified), Apr 11 2022 - 12:06pm
I just love to receive these programs such a great inspiration. Thanking you always. May God continue to use you to spread His gospel this this media.

- Reply

Permalink

Hilleriah Nicholas (not verified), Sep 15 2022 - 11:23am
Thank you for this program. It will be beneficial for my sabbath school

- Reply

Anika (not verified), Sep 15 2022 - 2:46pm
Thank you for this inspiring program

- Reply

rosly dalaquit (not verified), Sep 15 2022 - 7:31pm
thank you so much for this wonderful and inspirational program. May God continue to bless you..

- Reply

Lindale (not verified), Sep 17 2022 - 10:29am
Quite informative!

- Reply

Linda (not verified), Sep 20 2022 - 9:00am
Thank you for the program. May God continue to bless you.

- Reply

Susan (not verified), Sep 20 2022 - 5:39pm
Thank you for this ministry, it helped me back up whenever I am down with challenges.

- Reply

Blossom Thompson (not verified), Sep 23 2022 - 7:56pm
Thank you for this wonderful and inspirational program. I pray that the Lord will continue to inspire you so that you can put your thoughts in writing so that persons can be inspired daily.

- Reply

Caroline campbell. (not verified), Sep 30 2022 - 3:26pm
Another inspiring presentation, thank you ever so much Mr and Mrs Smith. May the lord continue to inspire you both. Be bless ?❤

- Reply

Permalink

Rosali Alfonso (not verified), Nov 04 2022 - 6:33am
Thank you for this inspirational program. God bless your ministry.

- Reply

Anonymous (not verified), Feb 09 2023 - 10:07pm
thanks for this I will try this topic out with my church and send you feed back..may God continue to bless you with many productive ideas

- Reply

Ludmila (not verified), Feb 10 2023 - 9:00am
Thank you for this nice idea , very inspiring

- Reply

Justina Namukombo (not verified), Feb 10 2023 - 9:23am
Thank you do much for this inspiring program. God bless your works

- Reply

Kelvin H. Mweemba (not verified), Feb 10 2023 - 10:29am
Thank you for the powerful message such that nowadays I have always on the Sabbath found courage to lead the group. So inspirational....God bless you and move forward winning souls

- Reply

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Rosemer (not verified), Feb 17 2023 - 10:29pm
I really love this lesson

- Reply

lisa seaton (not verified), Mar 03 2023 - 7:27pm
This was a very inspiring sabbath school program i truly work it over. I know my people will be bless this sabbath.

- Reply

Nadine (not verified), Mar 11 2023 - 1:38am
Thank you so so much

- Reply

Permalink

Your name

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