

Addiction

Addiction is a dependence on a legal or illegal substance, drug, or medication. While alcohol and nicotine are legal substances, they are also considered to be drugs.

Many addictions begin with experimental use of a substance in social situations. When individuals become addicted, they are not able to control the use of the substance. This is in spite of the mental or physical harm that the drugs may cause. Addictions can lead to an intense craving for the substance. The risk of addiction and how fast you become dependent upon the substance varies by the drug. The person may try to quit, but most people find they cannot quit on their own.

Drug addiction symptoms or behaviors include the following, among others:

- Feeling that you have to use the drug regularly-daily.
- Experiencing intense urges for the drug.
- Driving or conducting other risky activities while under the influence.
- Failing in your attempts to stop using the drug.

The Bible clearly states that addictions are a real problem people face in this world, however, according to 1 Corinthians 10:13 – “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” Secondly, the Bible is clear about finding help for addictions. This help ultimately comes from God as we replace old habits with new ones. Colossian 3:8-10 affirms, "But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices and have put on the new self, which is being renewed in knowledge after the image of its creator."

Addictions are a very real issue, but they are not impossible to overcome with the help of God and God's people. Scripture offers much encouragement regarding the reality of addiction, God's power to fight addiction, and the strength of God's Spirit for the believer who seeks to fight against addictive struggles.

If you are struggling with addiction and need to speak with someone, email care@cascadeumc.org. If you are feeling anxious and need to share your thoughts immediately, contact the church office at (404) 691-5770 during office hours. After 6:00 p.m. and on weekends, contact our on-call Pastor at (404) 313-4225.