

Biblical Counseling Training for Lay Counselors

Session 05 - Drug And Alcohol Addictions (NIV based)

GENERAL ANALYSIS (simplified):

A person with a chemical addiction is:

- - enslaved to a chemical that physically effects the brain, and thereby psychologically effects the mind;
- - enslaved to getting drunk or high (sensuality);
- - unwilling or unable to deal with stress / problems so they try to escape or avoid them;
- - enslaved to wanting a quick easy fix or soothing of their stress / problems;
- - engaged in idolatry;
- - will likely require longer-term extensive counseling for complete deliverance.

BIBLICAL TREATMENT APPROACH:

- - Essentially, use the same biblical treatment approach as with depression.
- - Teach what God says about drug addictions; - Romans 13:12-14 - "12 The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light. 13 Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery [wild living], not in dissension and jealousy. 14 Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."; - Ephesians 5:18 "Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."; - 1 Peter 5:8 "Be self-controlled and alert... ."
- - Confront / expose / deal with the deceiving, lying, stealing, making excuses, denying, trying to hide their addiction, paranoia, etc.; they must face the truth / reality about their addiction.
- - Identify / expose / deal with each of the variety of reasons / triggers why they engage in their addiction.
- - Evaluate their willingness to terminate their addiction by their actions - not their words.
- - Work to shift their dependency off the drug and onto God's people and then onto God.
- - Retrain them on how to deal with their stress / problems in a God-pleasing way rather than with avoidance / escape / quick easy fix.
- - Retrain them to operate out of obedience rather than feelings.
- - Assign them to terminate associations or contact with bad friends and replace with godly friends; - 1 Corinthians 15:33 "Do not be misled: "Bad company corrupts good character.""; - Psalm 1:1-2 - "1. Blessed is the man who does not walk in the counsel of the wicked or stand in

the way of sinners or sit in the seat of mockers. 2. But his delight is in the law of the LORD, and on his law he meditates day and night."

- - Assign them to terminate destructive or tempting behaviors / routines / thinking and replace with godly ones (e.g. church activities, Christian music and books, Bible study groups, etc.); - Philippians 4:8 "Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable -- if anything is excellent or praiseworthy -- think about such things."

- - Teach them how to pray effectively and consistently against the various aspects of their addiction.

- - Teach and warn them that for the rest of their life, they will have a propensity and weakness to fall again in the area(s) of their addiction, so they must stay vigilantly on guard and always abstain completely from ever engaging in their addiction again; - Romans 12:3 "...Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."; - 1 Corinthians 10:12 "So, if you think you are standing firm, be careful that you don't fall!"

- - 'Alcoholics Anonymous' (A.A.) - has some useful features but their "god of my understanding" is blatant idolatry; there is only one true God, the Triune God (Father, Son, Holy Spirit). (see Exodus 20:1-6; Matthew 28:19; 1 Timothy 2:5; John 10:30)

- - If they refuse to terminate their addiction, let them suffer the consequences of their addiction because for them sufficient motivation to stop will not come until the consequences become too expensive - in other words they may have to hit the gutter and wallow around there for awhile before they come to their senses and decide that their addiction is costing them too much; see the 'Parable of the Prodigal Son' in Luke 15:11-32.

Works Cited:

Bible. "The Holy Bible: New International Version." *The Bible Library CD-ROM*. Oklahoma City, OK: Ellis Enterprises, 1988.

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