

# circumstances



## ADDICTION

Faith at  
home

## **Addressing Addiction in the Family**

Do you have a family member who seems to be slowly falling apart through addictive behaviors? Maybe it's a spouse, son, or daughter who's lost sight of everything that once mattered because of alcohol, drugs, sex, or something else. Addiction is often defined as "a recurring compulsion to do the same thing over and over, despite harmful consequences to health, mental state, or relationships."

Even if it's not an obvious addiction, maybe you've noticed growing distance. Are their thoughts, time, and energy consumed by something that's pulling them away from you and from what matters most?

### **What can you do to help?**

#### **Step One: Assess the Willingness to Change\*\***

Have they admitted there's a problem and shown interest in getting help? If so, that's a door God might be opening—step through it and help them connect with a solid Christian counselor who knows how to deal with addiction.

But if they're in denial, an intervention may be needed—gathering loved ones to lovingly confront them and encourage them toward help. This step can bring stability to a situation that's spiraling and protect your own heart and home.

#### **Step Two: Treat Body, Mind, and Spirit\*\***

Sex addiction counselor Rob Jackson reminds us that addictive behavior is usually just the tip of the iceberg. You can change behavior temporarily, but if you don't get to the root—the pain, lies, or trauma—it'll likely show up again in some other form.

Deuteronomy 6:5 says, "Love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind." True healing means digging below the surface to deal with thoughts, emotions, and spiritual conflict.

James 1:14–15 explains how addiction grows from desire to death. The goal is to reverse that path by restoring our relationship with God (Romans 8:1–15), renewing our minds (Romans 12:2), and letting Him bear good fruit through us (Romans 6:7).

#### **Step Three: Find Hope in Perseverance**

God can redeem and restore anyone to a life of self-control (Titus 2:11–14). Don't lose hope as you walk through this with your family.

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Romans 5:3–4 reminds us: “We also rejoice in our sufferings because we know that suffering produces perseverance; perseverance, character; and character, hope.”

Keep praying that God’s best will win in their life. Jesus said, “The thief comes only to steal, kill and destroy, but I have come that they may have life and have it to the full” (John 10:10). Ask the Lord for wisdom, grace, and courage to set healthy boundaries, protect your family, and lovingly lead them toward healing.

## Going Further — Resources

- *\*A Hunger for Healing\** by J. Keith Miller
- *\*Beyond Codependency\** by Melody Beattie
- *\*Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle\** by Michael John Cusick
- *\*Breathing Under Water: Spirituality and the 12 Steps\** by Richard Rohr O.F.M.
- *\*The Game Plan: The Men’s 30-Day Strategy for Attaining Sexual Integrity\** by Joe Dallas

