

# The Potter's Christian Life Center

SERMON NOTES  
with Pastor Greg Formey



## Understanding The Addiction Process

**Numbers 11:4-6, 18b-20**

Sunday, February 28, 2016

Addiction is a condition in which a person uncontrollably seeks or uses a substance or even an advantage in spite of the negative physical, psychological, or social consequences. Along with it comes the need for an increased involvement as time goes on to achieve the same desired effect.

It is important to understand that there is a process that leads to any addiction: **1. Distress, 2. Tolerance, 3. Denial, and it 4. Loss of willpower.**

### **DISTRESS**

<sup>5</sup>**"We remember the fish we used to eat for free in Egypt. And we had all the cucumbers, melons, leeks, onions, and garlic we wanted. <sup>6</sup>But now our appetites are gone. All we ever see is this manna!"**

<sup>18b</sup>**the Lord heard you when you cried, "Oh, for some meat! We were better off in Egypt!"**

Sin gets a foothold in your life when it takes advantage of a time of disappointment, distress, or perceived need. You choose to deal with it using relief valve, such as lying, theft, sex, drugs, etc. These agents promise freedom, a sense of being in control, a sense of escape. When we choose the agent, the trap is set.

### **TOLERANCE**

**Ecclesiastes 1:8 - Everything is wearisome beyond description. No matter how much we see, we are never satisfied. No matter how much we hear, we are not content.**

One of the characteristics of human physiology and psychology is the tendency for us to get used to certain levels of stimulation. Over time we need more of what excited or comforted us in the past to reach the same level of satisfaction. We become tolerant, and if we are not careful and self controlled, addiction will take hold of us.

### **DENIAL**

In this next phase, we refuse to think objectively and we resist advice from others. Our cravings prompt us to rationalize and justify our excessive behaviors. We become selective in our reasoning and in our memory.

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## **DESTROYED WILL POWER**

**<sup>6</sup>But now our appetites are gone. All we ever see is this manna!”**

This is the point at which we refuse to deal with our stress except with the very thing that caused our stress. The act you think is putting you in the driver's seat is the very thing that is taking us out of it. When this state of mind is present, we become stuck permanently, needing a will greater than our own to rescue us.

Sin causes addiction, and addiction leads to more sin. This creates a vicious cycle in which we need the intervention of God.

## **KEYS TO DELIVERANCE**

1. We are completely helpless without the help of God.
2. What we have when we obey is always more than what we had when we disobeyed.
3. Sin is actually loving something more than we love God.

**We must put Him first place if we are to see relief that lasts.**