

# Addiction And **Real**ationships

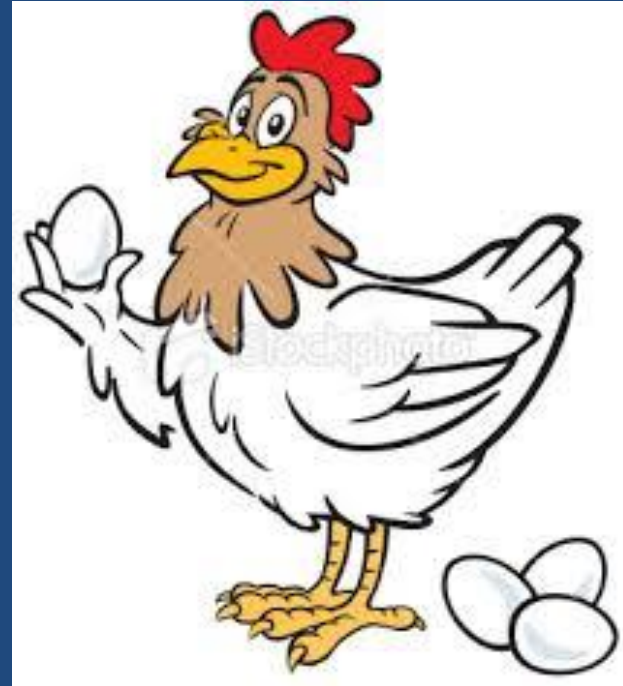
Ephesians 4:15 - 24

# Addiction And **Real**ationships

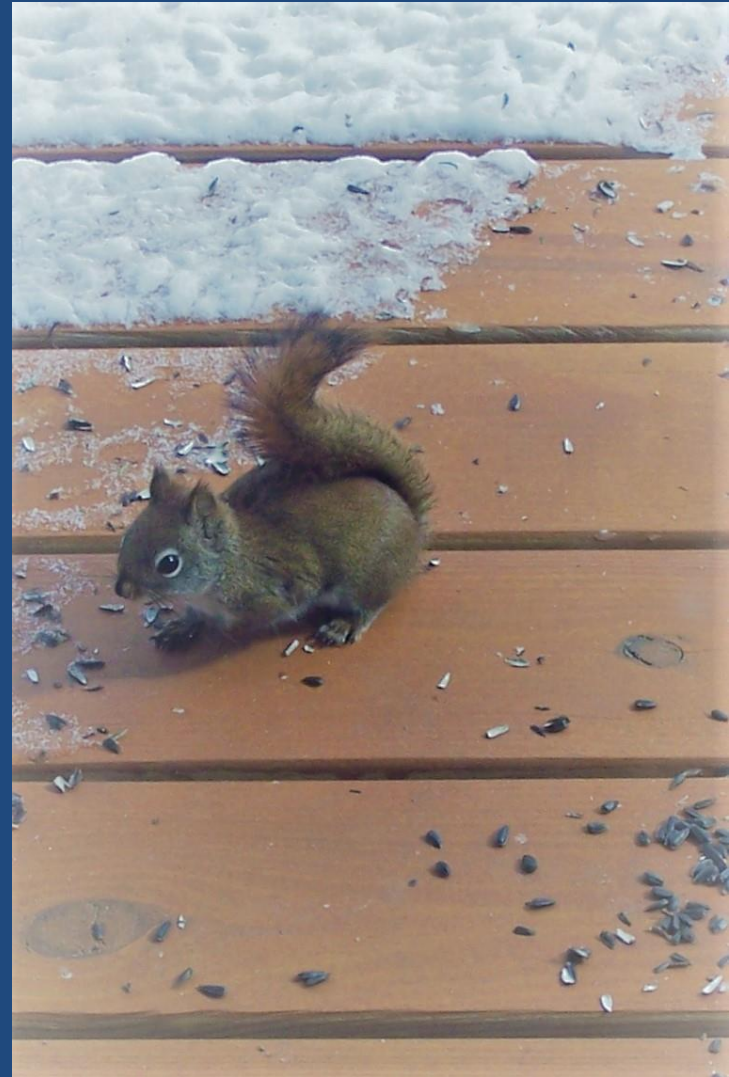
- We are all hard-wired for addiction.
- Anything that give pleasure or relieves pain can become the object of addiction.
- Sobriety is in the Software - Our Thinking.

# Addiction And Relationships

- Which Comes First?  
Addiction or  
Messed-Up  
Relationships? The  
Chicken or the Egg?
- YES!



# Am I A Bird Brain?



# For Fun, Fruitful and Fulfilling Relationships we need....

- A Relationship with Jesus Christ
- A Healthy Self-Concept
- A Sense of Meaning and Purpose
- A Mindset that Values Others

15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, 16 from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.

17 Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. 18 They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. 19 They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity

20 But that is not the way you learned Christ!—  
21 assuming that you have heard about him  
and were taught in him, as the truth is in Jesus,  
22 to put off your old self, which belongs to  
your former manner of life and is corrupt  
through deceitful desires, 23 and to be renewed  
in the spirit of your minds, 24 and to put on the  
new self, created after the likeness of God in  
true righteousness and holiness.



# The Contrast: Meaningful, Productive Relationships Vs Addictive Lifestyles

15 Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ... 17 you must no longer walk as the Gentiles do, in the futility of their minds....

# The Condition

- Lacking a solid foundation for purpose and meaning in life “futility of their minds....”
- Messed up Thinking “having become darkened in their understanding....”
- Separated from God “having become alienated from the life of God....”

# The Process

## The Condition

(Meaningless, Darkened, Alienated)



Ignorance



Hardness of their Hearts

# The Consequences – Addictive Lifestyles

- Block Out Pain
- Indulge In Whatever Feels Good – Unprocessed Sensuality
- No Boundaries – No Matter How Filthy
- Tolerance And Craving
- Distorts Thinking & Usurps Priority Over Personal Wellbeing & Relationships

# Christ Alternative

- “you did not learn Christ in this way...”
- **Information:** Who Christ is, What Christ Did, Who we are in Christ; How we connect in the Body of Christ
- **Revelation:** Experiential realization of the Information in our core beliefs
- **Relationship:** The Means whereby this New Life is imparted and walked out

# How It Happens

- Active & Passive Elements
- Put Off
- **Be** Renewed In The Spirit Of Your Mind
- Put On

# What It Looks Like

- Transformed Relationships With God & Others
- Righteousness – Right Actions Toward Others
- Holiness – External Actions Performed Out Of Inner Disposition Toward God