

# Five Mentalities of Addiction

## INTRODUCTION - THE MIND OF AN “ADDICT”

### I. A New Language for “Addiction”

**Ephesians 5:18** And do not get drunk with wine, for that is debauchery, but be filled with the Spirit... (ESV)

#### A. New Definition for “Addiction”

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## INTRODUCTION - THE MIND OF AN “ADDICT”

### I. A New Language for “Addiction”

#### A. New Definition for “Addiction”

- The “persistent, habitual thoughts, words, and actions associated with excessive pleasure-seeking which is known by the user to be harmful and is ultimately a sinful, willful choice to disobey God whether a person acknowledges it or not.”

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#### A. New Definition for “Addiction”

- Sin? See Eph. 5:18

- Think “sin” and “habits” when you think “addiction”  
from this point forward please!

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### I. A New Language for “Addiction”

#### B. Habits in Thought, Word, or Action—Dr. Jay Adams’

4 characteristics of habits:

1. Automatic
2. Unconscious
3. Skillful
4. Comfortable

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### I. A New Language for “Addiction”

C. New Way of Talking! Ephesians 5:15: Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ...

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WORLDLY IDEAS	BIBLICAL TRUTHS
Compulsive/Impulsive	Habitual
Disease	Sin nature (flesh)
Recovery	Transformation

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#### D. What is in the name?

WORLDLY	BIBLICAL
Affair	Adultery
Kleptomaniac	Theft
Manipulation	Transformation
Manipulation	Deceit/deceitful
Alcoholic	Drunkard
Addiction	Idolatry

<b>Worldly words (Self-help)</b>	<b>Biblical Terms (Christ's power)</b>
Make amends	Repentance
Apologize	Forgiveness
Restitution	Reconciliation
Recovery	Transformation
“incurable, progressive, fatal”	Newness of Life
Admit	Confession
Meditate	Prayer
Read the “big book”	Bible Study
Higher Power	Lord Jesus Christ
Self-help group meetings	Church (faith family)
Mistake	Sin
Disease	Sinful nature
Relapse	Decision to return to slavery



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## I. A New Language for “Addiction”

I **Corinthians 2:12-14, 16:** 12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. 13 And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual. 14 The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. 16 ...But we have the mind of Christ.

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## I. A New Language for “Addiction”

### F. How Effective is Alcoholics Anonymous (A.A.)?

1. Lance Dodes, a secular psychiatrist, reports that two studies of A.A. demonstrated only a <6 % effectiveness for A.A. in an 18 month study.
2. \*Dr. Lance Dodes (not a Christian) believes: Addictions are not COMPULSIVE

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## II. The Mind of the Enslaved

**2 Corinthians 3:18:** And we all, with unveiled face, beholding the glory of the Lord, are being

TRANSFORMED into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.

8 year old question: “Mommy, I’m sad. Can I play the Wii?”

What is the HEART/MINDSET behind this question?

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## A. The Heart

**Hebrews 4:12:** For the Word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

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## B. Mentality?

- “outlook” = how one views life
- The HEART is behind what drives how one looks at life.
- Then, the HEART (mind) interprets the world consistent with that view.
- Example: If I am self-centered, then I never need to be sad. If sad, I must change it. Fast.

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## III. Understanding Addictive Thinking

Transformation begins in our mind. **Romans 12:2** ...be transformed by the renewal...

We all start on the wrong side of the “street” meaning we are all sinners in need of a change in our thinking.

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## III. Understanding Addictive Thinking

### A. 5 Mentalities of Addictive Thinking

Matt. 22:37-40; Eph. 5:18-21

Put Off	Put On
<i>Entitlement</i>	<i>Be Humble</i>
<i>Consumer</i>	<i>Be Giving</i>
<i>Victim</i>	<i>Be Responsible</i>
<i>Perishing</i>	<i>Be Grateful</i>
<i>Rebellious</i>	<i>Be Submissive</i>
	<i>Be TRANSFORMED!!! Have the mind of Christ!</i>

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## III. Understanding Addictive Thinking

### B. Put-off & Put-on Mentalities

**Ephesians 4:20-24:** But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.



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## III. Understanding Addictive Thinking

### B. Put-off & Put-on Mentalities

**Matthew 22:37-40:** And He said to him, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment **(ENTITLEMENT vs. Be HUMBLE)**. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets. **(CONSUMER vs. Be GIVING)'**

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## III. Understanding Addictive Thinking

### B. Put-off & Put-on Mentalities

1. Entitlement vs. Be HUMBLE

2. Consumer vs. Be GIVING

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## III. Understanding Addictive Thinking

### B. Put-off & Put-on Mentalities

Ephesians 5:18-21: And do not get drunk with wine, for that is debauchery, but be filled with the Spirit (**VICTIM vs. Be Responsible/Obedient**), addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart, giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ (**PERISHING vs. Be GRATEFUL**), submitting to one another out of reverence for Christ (**REBELLIOUS vs. Be SUBMISSIVE**).

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## III. Understanding Addictive Thinking

### B. Put-off & Put-on Mentalities

3. Victim vs. Be RESPONSIBLE/OBEDIENT

4. Perishing vs. Be GRATEFUL

5. Rebellious vs. Be SUBMISSIVE

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## IV. It all starts with ENTITLEMENT

A. The self-esteem movement has been criticized even by secular researchers.

1. In an article published in the L.A. Times on January 25, 2005, the writer, Roy F. Baumeister wrote:

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“In short, despite the enthusiastic embrace of self-esteem, we found that it conferred only two benefits...

...It feels good and it supports initiative. Those are nice, but they are far less than we had once hoped for, and it is very questionable whether they justify the effort and expense that schools, parents and therapists have put into raising self-esteem. After all these years, I'm

sorry to say, my recommendation is this: Forget about self-esteem and concentrate more on self-control and self-discipline. Recent work suggests this would be good for the individual and good for society—and might even be able to fill some of those promises that self-esteem once made but could not keep.”

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V. Christ-esteem! Esteeming Christ above all else, even oneself and others!

A. **Galatians 2:20**: I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

B. **Philippians 2:3**: Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.

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Recommended Resources by Mark E. Shaw

- Relapse: Biblical Prevention Strategies (Focus Publishing: Bemidji)
- Addiction-Proof Parenting: Biblical Prevention Strategies (Focus Publishing: Bemidji)
- How NOT to Raise an Addict: Biblical Prevention Strategies (Focus Publishing: Bemidji)