



## MESSAGE REVIEW

The church should be a safe place for us to talk about the mental and emotional health issues that many of us are facing right now. Research shows that in this season, addiction is on the rise. New addictions are being developed and old ones are resurfacing. But God's Word is clear – He created us to crave and desire, and He wants us to find our satisfaction in Him alone. When we are at our worst, He offers His best because we are worthy of His love.

## WARM UP QUESTION

Describe a time when you experienced a really strong craving for something.

**1** **Read 1 John 2:15-17.** V. 15 – What does John mean when he talks about the world in these verses? Why is he so cut-and-dry when he says the love of the Father isn't in us if we love the world? What things does the world offer you on a regular basis (i.e., what lies do you hear that promise you satisfaction outside of God)?

**2** V. 16 – How does John further break down what the world offers us (read this verse in a few different versions)? Of the three categories he mentions, which one is the loudest for you? Is it bad to have cravings or desires?

**3** V. 17 – What final thing does John tell us about the world? What is the answer to how God wants us to satisfy our desires? What does that look like practically?

**4** **Read Proverbs 27:20 and 23:31-35.** What insight do these verses give us into why humans tend to indulge desires with wrong things? Has numbing something painful ever led to an addiction in your own life?

**5** **Read Romans 6:16** (optional: read to the end of the chapter). What truth does the word 'choose' point us to in this verse? What tools has God given you to overcome an addiction that you need to grab hold of (Holy Spirit, body of Christ, His Word)? Are there other practical steps God is asking you to take to break the power of an addiction?

## RESPOND

What have you learned about God from His Word? How is He asking you to apply it to your life? When will you apply it?

*Encourage group members to read Daily Bible Reading on the church app or have it delivered to their inbox daily. Subscribe at [tpcc.org/dbr](http://tpcc.org/dbr). Use your group chat to check in on thoughts about these throughout the week!*