

TAKEAWAY

Truth, Freedom and Addiction



DESIRED OUTCOMES

- To see that despite the loud claims of our culture, Jesus is the only one who can set us free
- To believe what Jesus says in such a way that we make different choices about our commitments and behaviours.

SHARE

Our culture, the people we spend time with, and our own thoughts all tell us different stories about what is true about both God and ourselves. How often do you find yourself overwhelmed, confused or frustrated by the different 'truth claims' you hear?

Are there any particular lies - things that you know *in your mind* to be lies – that you are aware are a struggle to resist in your everyday life?

READ

John 8:31-32: *To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."*

John 10:10: *The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.*

John 14:5-7: *Thomas said to him, "Lord, we don't know where you are going, so how can we know the way?" Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me. If you really know me, you will know my Father as well. From now on, you do know him and have seen him."*

DISCUSS

- a) Why is 'truth' so important – why not rely on our feelings?
- b) Feelings are not, however, irrelevant. How do they fit in?

Why and how does believing and doing what Jesus says set us free? Have you ever experienced this in real life? Do you know anyone (perhaps without mentioning names) who you have seen changed by believing the truth Jesus brings?

Jesus doesn't just 'have' the truth, He IS the Truth. What does this actually mean? How does knowing and believing this help us?

On Sunday, our guests spoke about the problem of addiction. What is an addiction? How many things can you name that people become addicted to? (Note that some addictions are more socially accepted, eg, addiction to sugar, whilst others carry more stigma, eg addiction to alcohol, however all addiction causes us harm in the long run).

Do you or have you had any addictions you'd be willing to share with the group? What can people pray for you around this? (Note: it might be appropriate to encourage someone sharing to seek additional or professional help around certain addictions that may come up).

On Sunday, Steve said that addictions are virtually all rooted in pain in some way. How can the life and teaching of Jesus, when applied to our lives, address this pain and set us free?

PRAY

Pray for one another - for truth to set us free, for Jesus to usurp our addictions, and for our pain to be dealt with by the Holy Spirit.

TRY OUT

This week, lookout for the way you respond to pain of any sort. What are your go-to strategies? To what extent do you feel your go-tos are healthy? What would you like to do differently? If appropriate, share with a friend and seek support and accountability.