

# ADDICTION

"Truly, truly, I say to you, everyone who commits sin is the slave of sin...(but) I came that they might have life, and might have it abundantly...therefore is any man in Christ, he is a new creature; the old things passed away; behold, new things have come..."

John 8:34, 10:11b; 2 Cor. 5:17, NASB

Addiction is a dependence on a substance (alcohol, prescription medication, street drugs, food or tobacco products) or an activity (gambling, sex, shopping) that is habitual and difficult and seemingly impossible to control. While those addicted may use their "drug of choice" for many different reasons, and the causes of addiction vary from person to person, addiction is characterized by unmanageability, progression in both the amount used and how frequently it is used, and a host of negative consequences suffered both by the addict and their loved ones.

Admitting a need is often the first step toward God's healing grace entering into the life of the one struggling with some form of addiction. Research has found that the presence of a supportive community and ongoing counsel is invaluable in bringing help and hope into the life of someone struggling with addictive behavior.

Those two key components, a loving group of people and folks trained to work with those caught in the snare of addictive behavior, is at the heart of the men and women who make up the counseling teams at the Bridge. Whatever the problem, people are here to walk with you into a new life of sobriety and freedom!

*Please call us or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com) to set up a time for us to sit with you or a loved one struggling with addictive behavior. There IS freedom in Christ, and the promise of a better future.*

