

# UNSTUCK

BREAKING FREE & MOVING FORWARD

## Week 2: Overcoming Addictions

CHECK-IN	What is one small win you experienced this week, no matter how tiny?
BIG IDEA	Real freedom isn't found in trying harder or following more rules—it's found in Jesus, who heals the wounds beneath our addictions and transforms us from the inside out. When we invite the Holy Spirit to reveal root issues, walk in confession and truth, and stay connected to community, we experience lasting freedom that changes our lives.
DISCUSS	<p>Key scripture passages for this week's discussion (suggestion: distribute each of these passages among group members to read out loud).</p> <ul style="list-style-type: none"><li>• <b>Galatians 5:1, 16-17</b> (Freedom in Christ vs. slavery to sin)</li><li>• <b>Psalms 23:1-3</b> (The Lord as our shepherd who restores our souls)</li><li>• <b>Psalms 34:18</b> (God's nearness to the broken-hearted)</li><li>• <b>2 Peter 2:19</b> (Slavery to what masters us)</li><li>• <b>Proverbs 4:23</b> (Guarding the heart)</li><li>• <b>James 5:16</b> (Confession and healing)</li><li>• <b>1 John 1:7-9</b> (Walking in the light)</li><li>• <b>2 Corinthians 5:17</b> (New creation in Christ)</li><li>• <b>John 8:36</b> (True freedom in Jesus)</li></ul> <p>1. What does it mean to be "stuck"? Share a time when you felt physically stuck (like a car in snow or mud). How does that compare to feeling spiritually or emotionally stuck? What addictions/habits do people continue to battle with even after committing to becoming a Christ follower?</p>

# UNSTUCK

BREAKING FREE & MOVING FORWARD

2. The sermon talked about addiction as “whatever we run to instead of running to God”. How does this definition challenge or expand your understanding of addiction? What are some things people run to (besides substances) when life gets hard? Be honest about your own tendencies.
3. Why do you think freedom can feel scary? What makes us want to go back to what’s familiar, even when it’s harmful?
4. The sermon emphasized that “the health of your soul determines the health of your life”. What does it mean to care for your soul? How is it different from managing behaviour? Read Psalm 73:28. What does it mean practically for us to “make the Lord our refuge”?

## APPLY

How do we respond to God’s teaching in meaningful ways? What might God ask of us in mind, spirit, or actions?

1. **Identify your root issue.** This week, ask the Holy Spirit:
  - What’s underneath my struggle?
  - What wound am I trying to numb?
  - What lie am I believing about myself?
  - Journal what God reveals to you. (If you feel comfortable share with a trusted person.)
2. **Practice walking in the light.** James 5:16 says confession brings healing. Is there something you’ve been dealing with that needs to be brought into the light? Who is one person you can confess to this week? (This doesn’t have to be shared with the group—just commit to taking this step.)
3. **Make God your refuge.** Choose one of these practices to implement daily this week:
  - What’s underneath my struggle?
  - Turn to God first (pray before checking your phone, or your comfort activity).
  - Bring honest emotions to God in prayer (anger, fear, confusion—all of it).

# UNSTUCK

BREAKING FREE & MOVING FORWARD

- Return regularly to pause and pray throughout the day at set times.

## PRAYER PRACTICE (15 minutes)

### Prayer Practice (ACTS)

Use this ACTS model to guide your group prayer time:

#### A – ADORATION (Praise)

Praise God for who He is. Thank Him that:

- He is the Good Shepherd who restores our souls
- He is close to the broken-hearted
- He is faithful and just to forgive
- He makes us new creations and sets us truly free

#### C – CONFESSION (Acknowledge Sin)

Confess together (either silently or aloud):

- Areas where you've been running to things instead of God
- Habits you continue to struggle with
- Unforgiveness you have been holding onto
- Lies you have been believing about yourself

#### T – THANKSGIVING (Gratitude)

Thank God specifically for:

- His forgiveness that never runs out
- The freedom Jesus purchased on the cross
- The Holy Spirit who empowers us to walk in freedom



# UNSTUCK

BREAKING FREE & MOVING FORWARD

- This community where you can be honest and receive support

## **S - SUPPLICATION (Requests)**

Pray for each other:

- For God to reveal root issues beneath struggles
- For courage to confess and walk in the light
- For strength to stand firm in freedom
- For healing from wounds that drive addictive behaviors
- For anyone in the group battling specific addictions or stuck patterns

*"Heavenly Father, we surrender our past to you. Thank You that the decisive battle is won, and we are citizens of Your New Creation. Forgive our 'stuckness' and grant us strength and grace to press forward. Rewire our hearts and focus to see the prize ahead in Christ. Amen."*