



Tension Points for Christians with Addictions

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They've prayed about it.

When we train counselors at NewDay we inevitably hear them ask clients, "have you prayed about this?" While that's a good question to gauge their relationship with the Father, it stirs shame for someone struggling with an addiction. There's a high likelihood they've prayed about it and asked God over and over to take away the addiction. If God hasn't taken it, they think, "God must not love me." Or "Why does God heal some people but won't heal me?"

Let's be honest; it can be hard to believe in a God that heals when healing hasn't been experienced.



The old isn't all the way gone, and the new hasn't fully come.

As a counselor, you want your clients to progress and experience 2 Corinthians 5:17 "The old is gone! The new has come!" It's not so easy for addicts because they live in a limbo of wanting the new life and feeling the potency of the old life. Repetitive relapse and chaos are two things addicts are used to. So, the peace and freedom of the new sober life can feel uncomfortable for them. If it feels too peaceful, they will begin to wait for the bottom to drop and can sometimes self-fulfill the doom by reverting to the old life and relapsing just to feel 'normal' again.



Pushing people away while starving for community.

Addicts tend to be hypersensitive individuals and often feel criticized, humiliated, or even offended by others. Their families don't understand them, their friends don't value their relationship, their boss doesn't praise them for hard work, and no one noticed that they've been gone. Thus, being a loner and wanting to be around people is where the tension is felt. Addicts like to be alone to avoid getting hurt. Then loneliness and feelings of being unwanted creep in and cause even more havoc in the brain, pushing them to potentially relapse.

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