



**The  
Real  
Answer  
to  
Addiction**

## Welcome to The Real Answer to Addiction group study!

The Real Answer to Addiction group study is a ten-session experience that aims to give real hope and practical help to those hoping to find forever freedom from addiction. Addiction is a worldwide epidemic, and no one seems to have an answer. We believe that Jesus is the real answer to addiction and true freedom can be found in salvation, deliverance, and discipleship.

## Who is The Real Answer to Addiction designed for?

The Real Answer to Addiction is designed for people who are struggling with addiction of any kind, have ever struggled with addiction of any kind, or have a family member who is struggling with an addiction. The main perspective in this study is from that of drug and alcohol addiction, but the content is applicable to porn, overeating, media, and other forms of addiction.

## What's the format of The Real Answer to Addiction?

The videos and discussion guides go along with the book, *The Real Answer to Addiction*. Before each session, the participants should read the assigned chapter(s) and complete the homework from the previous session. Begin each session by discussing the opening question and then watch the video session, which will launch into the Bible study and discussion section. You can purchase the books on Amazon or the Chris Dew Ministries website (for a discounted price). The videos can be found for free on the Open Network website or the Chris Dew Ministries website.

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## SESSION 0

**End Goal for The Real Answer to Addiction Group-** The vision of this group is to provide real hope and practical help for those finding forever freedom from addiction.

**Inform the group about the format and expectations of the group:**

- 10 group sessions including this one.
- Book reading: each week you will read a chapter (there are two weeks where you will read multiple chapters) of the book *The Real Answer to Addiction*. Make sure everyone has a copy.
- Starting Off: We will begin each session with a prayer and discussion question.
- Videos: After the opening discussion we will watch a short video teaching from the author.
- Bible Study: We will then read a passage of out of the Bible and talk about what it means and how it relates to freedom from addiction.
- Discussion Questions: Each week we will have a few discussion questions that further applies the content from the book, video, and Bible.
- Action steps: Each session will conclude with some reading and other action steps to apply what we've talked about.

**Introductions:** Instead of jumping right into the content, session 0 is meant to help us get to know each other and where everyone is coming from.

**Homework:**

- Read chapters 1-3 before the next session

## SESSION 1

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- Last session we were assigned to read chapters 1-3 from *The Real Answer to Addiction* book.

Pray.

**Opening Question:** What is your hope for your life at the end of this study? (Have them write this down so they can come back and see how God answered their prayers)

**Video:** Watch Session 1 (15:52)

### Bible Study:

- Read Genesis 1:1 – 2:24 (Creation)
  - What was life like in these chapters? What sticks out to you?
- Read Genesis 3:1 - 3:24 (Fall)
  - What happened in this chapter? What sticks out to you?
    - Adam and Eve were tempted by Satan and sinned. This is called “the Fall.” Because of this they were separated from God.
  - How does this affect us today?
    - We are born into sin and are spiritually dead: separated from God; empty on the inside, fear, shame, depression, anxiety, etc.
  - Addiction is running to anything other than God to fill our vacancies, which eventually enslaves our heart, mind, and body.
    - Addiction to anything is our own way of coping with the result of the Fall and the separation from God. We find temporary relief for this emptiness and have to keep going back to get more, even if it destroys our life.
- Read Genesis 3:21 (Redemption)
  - How did God deal with their sin?
    - He killed an animal in order to cover their shame.
  - How does this relate with Jesus?

### Discussion Questions

- How does your life experience relate with what we talked about in Genesis 3, with the Fall? What evidence of the Fall do you see in the world and in your own life?
- What about Genesis 1-2 do you want to experience more of?
- The book’s definition of addiction is, “Running to anything other than God to fill your vacancies in a way that eventually enslaves your heart, mind, and body?” How have you experienced this in your own life? Is there another way you’d define addiction?
- How is Jesus the real answer to addiction?

**Homework**

- Read chapter 4 of *The Real Answer to Addiction* book
- If you'd like to go deeper, read the book of Romans in the Bible and take notes on where you see Creation, Fall, and Redemption.

## SESSION 2

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction. Last session we talked about what addiction is and the origins of addiction in human history.

- What is the definition of addiction we talked about last session?
- What was life like in Genesis 1-2?
- What happened in Genesis 3?
- How is Jesus the answer to addiction?
- Our homework was to read chapter 4 from *The Real Answer to Addiction* book. Extra credit was to read the book of Romans to look for Creation, Fall, Redemption.

Pray.

**Opening Question:** What is “identity” and how does it affect someone’s life?

- Identity leads to actions. When we think about ourselves in a certain way we begin to act in that way.

**Video:** Watch session 2 (6:11)

**Bible Study:**

- Have someone in the group read Luke 15:11-32
  - What is happening in this story?
  - What are the gifts the Father gives the younger son when he returns home and what is the significance of those gifts on our lives today?
    - ROBE- What does this mean?
      - Dig deeper verses: Ephesians 1:4, Isaiah 1:18, 1 Corinthians 6:11
    - RING- What does this mean?
      - Dig deeper verse: John 1:12-13
    - SHOES- What does this mean?
    - FEAST- What does this mean?
      - Dig deeper verses: John 4:13-15, John 6:25, Isaiah 55:1-2
    - LIFE- What does this mean?
      - Dig deeper verses: Ephesians 2:1-5, Romans 6:6-11, Galatians 2:20
- Read Ephesians 1:1-14
  - What from this passage is true about us now that we are in Christ related to our identity?

**Discussion Questions:**

- What can we learn about God from how the Father in Jesus’ story treated his sons?

- Which of the brothers can you relate with more? (the lost sinner seeking pleasure out in the world or the self-righteous son trying to earn God's approval through good works)
- What are some identities you've grown up with? How have these affected you?
- What are the positives/negatives of calling yourself an addict/alcoholic?
- How might knowing your new identity in Christ change how you live your life?

**Homework:**

- Take an hour to get alone with God and write down all of your old identities. Draw a massive cross over it and then literally burn it. Then go back and read Ephesians 1, making a new list of who you are in Christ. Put this somewhere you can see it.
- Read chapter 5 of The Real Answer to Addiction book
- If you'd like to go deeper, read the rest of book of Ephesians.



## SESSION 3

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)
- What is one thing that has really been highlighted from session 1 about Creation, Fall, and Redemption?
- What is one thing that has really opened your eyes about your identity in Christ from last session?
- Our homework was to burn our old identities and write down our new ones from Ephesians 1. We also read chapter 5 from *The Real Answer to Addiction* book.

Pray.

### Opening Question:

- Has there ever been a time in your life where you have felt extremely connected to others? What was happening in your life that caused this?

**Video:** Watch session 3 (5:34)

### Bible Study:

- Read Genesis 1:26-28
  - What jumps out to you about this passage?
- Read Genesis 2:18
  - What jumps out to you about this passage?
  - This is the first time in the Bible God said something was not good.
- Clearly, God designed us for community. In Genesis 1-2 we see that good design playing out. How does Genesis 3 (the Fall) hinder this flourishing?
- The Gospel not only reconciles us to God, but also forms us into a family.
- Read Acts 2:42-47
  - What is happening in this text?
    - After Jesus died, was raised, and ascended into Heaven, the Holy Spirit falls and the Church was born. 3,000 people were saved in one day and now this is a picture of how the early church looked.
  - What are the key aspects of the early church?

### Discussion Questions:

- Why is community important for a person struggling with addiction?
- Chapter 5 outlines three types of relationships we need to thrive: church, 3am friends, and spiritual mentors. Why are each of these types of relationships important?
- There are different types of relationships. How can we rightly discern each relationship to properly relate with each person?

- Here are some of the types of relationships: romantic/spouse, closest friends, friends, family, professional, acquaintances, mentoring, toxic, etc.
- What is the difference between independence (trying to live life alone), dependence (looking for people to meet the needs only God can meet), and interdependence (satisfaction in God that overflows into healthy, life-giving relationships)?

**Homework:**

- Develop a “community plan” that involves church, 3am friends, and spiritual mentors. Come prepared to share this plan with the group next week.
  - Which church will you attend and how can you get more involved?
  - Who are some friends who are also followers of Jesus you can begin cultivating real, raw friendships with? How will you intentionally pursue this?
  - Who is a Christian mentor you would like to begin meeting with? Reach out to them and ask them to begin meeting with you on a regular basis to help you follow Jesus.
- Read chapter 6 in *The Real Answer to Addiction*

## SESSION 4

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)
- What is one thing that has really opened your eyes about living in community from last session?
- Our homework was to develop a plan for community. We also read chapter 6 from *The Real Answer to Addiction* book.

Pray.

**Opening Question:** Look back at page 50 in *The Real Answer to Addiction*. How did the story of Aaron Ralston make you feel? Do you think you could have cut through your arm if your life depended on it? Why or why not?

**Video:** Watch session 4 (6:31)

### Bible Study:

- Read Colossians 3:1-17
  - What jumped out at you from this passage?
  - What are the things in this passage that Paul says we must slaughter from our old nature?
  - How do you think we can put these to death?
  - We are going to spend a majority of the rest of the time talking about HOW to do this.

### Discussion Questions:

- Why does it matter that we address our past? What will life be like for a person who chooses not to address the past?
- What role does confession play in living in forever freedom?
- Why can we dig up all of this junk without fear?

### Homework:

- Make 3 separate lists: personal sins; sins done to you; fear (and anything else that affects you that doesn't fit neatly into one of the 3 categories). Take as much time as you need for this, confessing them to God as you write. Follow the charts on the next page (these charts are meant to offer a template for you to use on another sheet of paper or a notebook).
- Schedule a time to confess these things to your mentor.
- Make a list of people you are going to make amends with. Begin making these when appropriate.
- Read chapters 7 and 8 of *The Real Answer to Addiction*

Sin I committed:	Who I sinned against (if anyone)	Why I did this and what this has affected inside me
...		

Who sinned against me?	What did they do?	What did this affect in me?	What was my part in this offense? (sometimes your part is just holding onto the resentment)
...			

What is the fear?	What does this affect inside me?	What role do I play in this fear?
...		

<b>Other thing that is still impacting my life:</b>	<b>Who else does it involve?</b>	<b>What does it affect inside me?</b>	<b>What role do I play in this fear?</b>
...			

## SESSION 5

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)

Pray.

**Opening Question:** When was a time when you keenly remember feeling the presence of God?

**Video:** Watch session 5 (7:50)

### **Bible Study:**

- Read Matthew 12:43-45
  - What stands out to you in this passage?
  - What does the process look like of getting the bad out and cleaning our proverbial house?
  - What is meant to fill the clean house in order that the evil doesn’t return?
- Read 2 Corinthians 3:17-18
  - What jumped out at you in this passage?
  - What does it mean to “behold the glory of God”?
  - What happens as we enjoy God? Is this change instant or one degree at a time?
- Read Psalm 16:11
  - What jumps out at your in this passage?
  - What does it mean that God shows us the pathway of life?
  - Have you ever experienced God’s presence as the “fullness of joy and pleasures forevermore”?

### **Discussion Questions:**

- What is true freedom?
- What is God’s role in filling people with His presence? What is our role in continuing to be filled with God’s goodness?
- What are some things in your life that help you enjoy the presence of God? (i.e. sunsets, coffee, Church, group, prayer, fasting, good food with friends, laughing, marriage, ministry, etc.)
- Which of the spiritual disciplines on pages 72-80 have you tried before? Which are new ideas to you?
- The book emphasizes the main point of the Gospel is reconciliation with God and being able to enjoy intimacy with Him. How does this expand your view of the Gospel and make you more grateful for it?

**Homework:**

- Finish the inventory work from the previous session. Set up a time to confess these things with your mentor.
- Develop a plan of action to begin implementing the disciplines discussed in chapter 8 of the book. Include spiritual and physical disciplines. Come ready to share your plan.
- Read chapter 9 of *The Real Answer to Addiction*

## SESSION 6

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)

Pray.

**Opening Question:** What is something you have experienced and then told everyone about because of the way it impacted your life or gave you great joy? (i.e. movie, TV show, music, food, coffee, getting married, having babies, etc.)

**Video:** Watch session 6 (7:32)

### Bible Study:

- Read Matthew 16:24-26
  - What sticks out to you in this passage?
  - What does the cross represent?
  - What does it look like for us to take up our cross and follow Jesus?
- Read Philippians 2:3-8
  - What jumps out to you about this Scripture?
  - How might it look for us to follow Jesus’ example of servanthood?
- Read 1 John 4:7-8
  - What sticks out to you about this text?
  - Where does love come from?
  - How can we love people more?
- Read Matthew 28:17-20
  - What is Jesus telling us to spend our lives doing?
  - What are the promises Jesus gives to encourage us in this pursuit of making disciples?
  - How might this look in your life?

### Discussion Questions:

- Why does a selfish life make people miserable?
- Have you ever experienced the joy of serving someone else? Explain.
- What are some practical steps we can take to begin making our lives God and others-focused, rather than self-focused?
- Why does it matter if we tell others about Jesus?

### Homework:

- Finish all inventory work and meet with your mentor if you haven’t already completed this.



- Share your story and what God has done in your life with at least one person before the next session.
- Read chapter 10 in *The Real Answer to Addiction*.

## SESSION 7

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)

Pray.

**Opening Question:** What is one positive thing that’s happened in your life since we started this group? (Let this go on for a while if people are stirring faith in one another)

**Video:** Watch session 7 (7:02)

### Bible Study:

- Read Luke 8:4-15
  - What are the three pitfalls Jesus warns us of that hinder us from living in forever freedom?
    - The Devil
      - What are two common misconceptions about the devil?
      - What are some of the ways in the Bible the enemy attacks people?
        - Dig deeper verses: 1 Peter 5:8; Ephesians 6:11-18; Genesis 3; 2 Corinthians 10:5
    - Testing and Persecution
      - Why is it important for us to know that God doesn’t promise us an easy life?
    - Earthly Pleasures
      - What happens to the person who is hindered by the cares and riches and pleasures of life?
      - Read 1 John 2:15-17
        - What are the three areas of temptations in this category?
        - What are examples of each of those three areas of temptations?
  - What kind of person does Jesus say never falls away?
    - How do we get an honest and good heart?
    - Why do you think Jesus emphasizes bearing fruit with patience?
  - What might it look like for a person to experience “a hundredfold” type of life?

### Discussion Questions:

- On page 99, the author says, “Many addiction specialists have declared relapse is part of the recovery process. The graves of thousands have taken their advice,

but it doesn't have to be that way." Why does relapse not necessarily *have* to be part of the recovery process?

- What are some of the main lies the devil puts into our minds on a regular basis? How can we replace these with truth?
- What are the main ways people are tempted by the pleasures of the world? How should a person respond when these desires come?
- How might your life look if you continue to stay faithful to Jesus?

**Homework:**

- Finish all inventory work and meet with your mentor if you haven't already completed this.
- Spend some time journaling about the "hundredfold" life Jesus is offering you.
- Read chapter 11 in *The Real Answer to Addiction*.

## SESSION 8

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)

Pray.

**Opening Question:** I’ve heard many people say, “Nothing good in life comes without pain.” What are some good things in your life that are also hard sometimes? (i.e. marriage, having children, getting sober, etc.)

**Video:** Watch session 8 (4:43)

### Bible Study:

Read James 1:2-4

- Why can we count it all joy when we face trials of various kinds?
- What are some of the benefits of suffering?
  - Read Psalm 34:18 = intimacy
    - What sticks out to you about this passage?
  - Read John 15:1-2 = growth
    - What sticks out to you about this passage?
  - Read 2 Corinthians 1:3-5 = purpose
    - What sticks out to you about this passage?
  - Read Romans 8:18 = eternal life
    - What sticks out to you about this passage?

### Discussion Questions:

- What are some examples of internal suffering?
- What are some examples of external suffering?
- Which of the four benefits of suffering is the most comforting to you?
- How might God use your pain to show you your purpose?
- What might eternity be like for followers of Jesus? (Spend some time talking about what eternal life may look like)

### Homework:

- Finish all inventory work and meet with your mentor if you haven’t already completed this.
- Read chapter 12 and the 3 Appendices in *The Real Answer to Addiction*.

## SESSION 9

**Review:** We are here to get real hope and practical help in finding forever freedom from addiction.

- What is our working definition of addiction? (“Addiction is running to anything other than God to fill our vacancies in a way that eventually enslaves our heart, mind, and body.”)

**Opening Question:** With this being the last week, what is one thing you are going to take away from our time together?

**Video:** Watch session 9 (5:45)

### **Bible Study:**

- Read Luke 8:26-39
  - What is happening in this story?
  - How does the state of this man before meeting Jesus relate with active drug addiction?
  - How does the state of this man after meeting Jesus relate with someone who has been healed of drug addiction?
  - The word “healed” is the Greek word “*sozo*”. On page 125 the author explains the meaning of this word. How might this practically look in your life?
  - Why do you think Jesus told the healed man that he couldn’t come with him?
  - Read Matthew 28:18-20. What is different about this man’s calling and ours?

### **Discussion Questions:**

- Staying sober for the rest of your life is a noble task, but why do you think the author encourages us to dream bigger?
- What has been your family’s legacy up to this point? What do you want it to be in the future?
- What can you do now to leave that legacy for many generations to come?
- The process of being made into our right mind is almost always a process. In what ways have you experienced *sozo*, and in what ways do you still want to experience it?
- How can you begin to share all God has done for you with your family, your town, and the world?

## ADDITIONAL RESOURCES

**The Real Answer to Addiction book**- You can find more copies of the book on Amazon or the Chris Dew Ministries website.

[https://www.amazon.com/Real-Answer-Addiction-Chris-Dew/dp/1664201386/ref=sr\\_1\\_2?crid=1ERBGVXRQ4FZN&dchild=1&keywords=the+real+answer+to+addiction&qid=1600800502&prefix=the+real+answer+%2Caps%2C159&sr=8-2](https://www.amazon.com/Real-Answer-Addiction-Chris-Dew/dp/1664201386/ref=sr_1_2?crid=1ERBGVXRQ4FZN&dchild=1&keywords=the+real+answer+to+addiction&qid=1600800502&prefix=the+real+answer+%2Caps%2C159&sr=8-2)

**Chris Dew Ministries**- This is the author's website where you can find more ongoing resources from his team.

<https://www.chrisdewministries.com/>

**The Real Answer to Addiction Podcast**- Monthly podcast with many helpful episodes regarding different topics.

<https://podcasts.apple.com/us/podcast/the-real-answer-to-addiction-podcast/id1493047953>

**Celebrate Recovery**- A worldwide recovery program that you can begin to implement at your church for ongoing recovery ministry.

<https://www.celebraterecovery.com/>

**Regeneration Recovery**- A national recovery ministry your church can use to begin implementing an ongoing recovery ministry.

<http://www.regenerationrecovery.org/>

**National Association for Christian Recovery**- A national ministry offering much helpful support for churches engaged in recovery ministry.

<https://www.nacr.org/>

**The Bridge Center Treatment Center**- A trusted drug and alcohol treatment center in Anderson, SC.

<https://www.thebridgecenterrecovery.org/>