

Hot Topics

Addictions

Leader Guide

Theme: Addictions slowly become a part of life when we turn to things, actions, or people to fill a void, heal hurts, and distract from life realities instead of placing God as the Source of all we need. You can be free from controlling addictions as you place God as your strength. Talk with a leader to get any additional help you need.

Note to Leader: *Addictions can range from something as seemingly innocent as buying shoes or getting artificial nails applied to something more destructive like substance abuse or eating disorders. Remember your role as a leader to facilitate discussion and keep the conversation appropriate for all the girls in the group. It's also important for you to know when it might be necessary to refer a girl to professional help.*

Have a girl read Philippians 3:18–19.

- List a few addictions that some teen girls have—minor and more serious.
- Do their addictions make other people think differently of them?
- How do their addictions affect their quality of life?
- How can addictions be destructive?
- How can addictions make it seem like the person is only focused on their life in that moment?

Have a girl read Romans 7:19.

- How does this verse demonstrate addiction?
- Does this verse make you think of any behaviors in your own life that you can't seem to break away from?

Have a girl read 1 Corinthians 10:13–14.

- How can we find strength to resist sin when we're faced with a temptation?
- How are addictions idols?
- How can you help a friend who is struggling with an addiction?

Have a girl read Romans 6:6.

- Look up the dictionary definition of the word *slave*. How does this word illustrate what an addiction is like?
- How can addictions endanger our relationship with God?
- How is the symbolism of crucifying our sinful selves to the cross with Christ freeing?
- What can we do to make sure we don't fall back into addictive patterns?



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Prayer: Pray with the girls to have courage to speak up if there is an addiction in their life and to place God as the Source of all they need to be fulfilled no matter what comes their way.

Additional Resources:

Girls Only *Addiction* Unit — resource sheets for:

- What Causes an Addiction?
- Drugs and Their Effects
- Addictive Legal Substances
- What's Wrong With Wanting to Be Thin? (eating disorders)
- Addictive Activities and Attitudes
- One Girl's Story
- Do You Have an Addiction?

For more topical Bible studies for teen girls, visit www.myhealthychurch.com/teengirls

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For Student

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