

# Addictions – Stories and Discussion Starters

If you are thinking about this for a small group session, some of the following resources might be helpful as discussion starters.

## 1 QUESTIONS TO CONSIDER:

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What is addiction?

Is it 'wrong' to be addicted?

How might we help someone who identifies themselves as having an addiction they want to deal with?

What kinds of behaviours *might* an addiction lead to?

## 2 RESOURCES/STORIES THAT MIGHT BE USEFUL AS AIDS TO ASSIST THE ABOVE DISCUSSIONS:

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Bible:

1. David and Bathsheba – 2 Samuel 11 and 12
2. Temptation – Genesis 3, Matthew 4, 1 John 2:16
3. Hebrews 4:15-16
4. (See sermon notes from Hope UK)

YouTube:

5. About addiction <https://www.youtube.com/watch?v=ao8L-OnSYzg>
6. The science of addiction <https://www.youtube.com/watch?v=VI4KZWtROt0>