



Drug of Choice | Wekenman | 10.14.2023

Weekly Study

SHARE

Welcome to week six of Alive & Free. In this series we've focused on killing the things that are killing us. Doug acknowledges that this verbiage sounds intense, and that's because it is. John 10:10 says, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." We often overlook the power that this verse holds when we read it, missing what's truly taking place; a spiritual war, not just for our eternity, but for the abundant life Jesus has for us here and now. The definition of a thief is a person or thing who steals, especially through stealth, deception and cunning. Since the beginning of time, the enemy has never had the power or the courage to steal, kill, and destroy through blunt force. In Genesis 3, the serpent doesn't shackle Adam and Eve in chains and drag them out of the garden and away from God's presence because he doesn't have the power to do that. Instead, he snuck into Eve's thoughts through stealth, deception. "You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil" (Genesis 3:4-5). Adam and Eve weren't killed immediately, but they did eventually die, slowly, through a series of choices that the enemy presented, tricking them into building their own chains one link at a time - a tactic that the enemy has used to plague humankind for thousands of years since.

One of the consequences that we all experience as a result of the fall is pain. This week, Doug talked about addiction to various kinds of vices that promise to alleviate our pain. The problem with addiction is that it kind of works which makes it difficult to walk away from, because it only temporarily masks the pain and does nothing to heal what's wounded. Unless we take a stand and allow the pain to reveal how we've been wounded, God can never start the healing process. Andrew Huberman says this about addiction: "Addiction is the gradual narrowing of the things that bring you joy, until only one thing brings you joy, and before you know it that one thing that brought you joy can't bring you joy anymore, now it only keeps you from feeling pain." Will you trust the Lord with your pain this week and surrender the things you're using to medicate so he can restore what's wounded and invite you to live alive and free as he always intended?

Share a high and a low from this past week.

What is something that God has placed on your heart recently?

G R O W

Read Galatians 5:1

Doug made an interesting observation that “Free/dom” is mentioned twice in this short verse. Not only are we set free FROM something, but we are also set free TO something. God didn’t just free the Israelites FROM slavery in Egypt, He set them free TO experience the blessings of the promised land.

What stuck out to you while reading this passage? Make a few observations.

What does it look like to “stand firm?”

What is your freedom from/to?

M O V E

Read Matthew 11:28-30 MSG

Everything heals if you’re willing to feel. The enemy spends most of his time trying to convince us that God doesn’t care about us, people would think less of us if they knew how broken we were, and that we aren’t worthy of the life God promised us. This is the heaviness we feel when we think about exposing our addiction and struggles, but they aren’t from God. We have a standing invitation to run into the arms of Jesus and seek refuge as he lifts our burdens off our shoulders and walks with us through the fire as we learn to live freely and lightly.

What is your drug of choice hiding from you?

What aspect of your life do you need Jesus to recover, restore, or renew?

What does living alive and free look like to you?

How might God be inviting you to “get away” with him, “walk with” him, and “keep company” with him over this next week, month, year? Explain.

P R A Y

Jesus, we thank you for choosing what God wanted most over what you wanted in the moment while in the garden. You shouldered the burden of sin that we could never carry on our own so that we could live a life alive and free in relationship with you. God, this week will you stir up our hearts to draw nearer to you and surrender the vices we use to mask our pain so that you can start healing the broken pieces of our mind, body, and spirit in a way that only you can. Will you invade the places our groups meet and transform them into spaces of trust, vulnerability, authenticity, honesty, and support in a way that each individual and each community experiences healing that leads to life and life to the full.