



BREAKING FREE FROM GAMBLING: ADDICTED TO THE RUSH with Jay

▶ FOCUS VERSES

“I have the right to do anything,” you say—but not everything is beneficial.
“I have the right to do anything”—but I will not be mastered by anything.
1 Corinthians 6:12

▶ DISCUSSION

1. What was the first time you ever bet actual money on something?

- a. Was it a sports wager, a game like poker or blackjack, or something else?
- b. What prompted you to do something you'd never done before?

2. What does it feel like to win a bet?

- a. What does it feel like to lose one?
- b. Is there anything those feelings have in common?

3. Make a mental inventory of all the ways in which gambling takes time away from you—researching odds and deciding what to bet on; placing bets; finding the money to pay up when you lose; coming up with lies to hide it all from your family and friends.

- a. What kinds of things do those time demands prevent you from doing?



- b. How does it affect your relationships with your spouse, kids, friends, co-workers?
4. **If you could quit gambling tomorrow, and you could do anything, with cost no object, to fill the time void that gambling left, what would you do?**
- a. With whom would you spend that time?
5. **When Jay finally confessed the whole truth of his gambling addiction to his wife, he says it was like “the whole world” had been taken off his shoulders. He also says that the conversations he had with his wife in the car on the way to Gamblers Anonymous meetings were some of the deepest and most meaningful they’d ever had.**
(See Ephesians 5:11-14 ESV.)
- a. Can you think of a time when you’d been holding a sad or shameful truth from someone, but when you finally told the whole truth, you felt like a huge burden had been lifted?
- b. Did it make you regret not telling the truth sooner?
6. **Jay says that one of the things that helped him through his recovery from compulsive gambling was having breakfast one day every week with one of his closest friends.**
(See Proverbs 27:17 NIV.)
- a. Of all the friends or relatives you have, who is the one who would be most likely to fill that role in your life?
- b. Describe why that person is special to you and what you’ve learned from them over the course of your relationship.
7. **Jay describes redemption as “freedom”—the freedom from doing things he doesn’t really want to do, the freedom from telling lies.** *(See Romans 8:2 ESV.)*
- a. Talk about your own feelings or perspectives on freedom. In what ways would you like to feel more free in your own life?
- b. How do you think you could achieve it, and whom would you enlist to help you?

