



BREAKING FREE FROM ADDICTION: THE LORD'S NOT DONE WITH YOU YET

with Shawn Ryan

▶ FOCUS VERSES

And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.
1 Peter 5:10

▶ DISCUSSION

- 1. Shawn talks about first getting hooked on drugs because he wanted to impress the girl he was dating. (See Psalm 1:1-3.)**
 - a. Have you ever done something reckless or self-destructive to impress a woman or someone in your peer group?
 - b. Why was it so important to you to impress that person, and why did that reckless act seem like the way to do it?
- 2. Have you ever relapsed into an unhealthy habit or addiction after thinking you'd kicked it?**
 - a. What were the circumstances that led to that relapse?
 - b. Did you think at any point that you were too smart, strong, or in control to ever give into that temptation again? (See Proverbs 16:18.)
- 3. What struck you the most about Shawn's story of getting addicted, relapsing, and hitting rock bottom?**
 - a. Did you see any parallels with your own life experience?



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4. **Have you ever hit rock bottom yourself as a result of a habit, addiction, or even an unhealthy relationship?**
 - a. What did that look like?

 - b. What did it feel like?

5. **Shawn says he owes his recovery to his friend Mike, who visited him in jail and told him “The Lord told me to come tell you He’s not done with you yet.”**
 - a. Put yourself in Shawn’s shoes: If someone in your life were going to visit you and give you a similar message, who would it most likely be?

 - b. What is it about that person or your relationship with them that makes them the most likely person?

 - c. Is there someone you need to be there for that is going through a difficult season?

6. **Shawn says he was “humbled” by some of the conditions Mike put on him when he first got out of rehab—keeping him on an allowance, requiring Shawn to tell him where he was at all times—but recognizes that that’s what he needed at the time.**
 - a. Have you ever been the recipient of “tough love”?

 - b. What were the circumstances that made someone think that was the kind of love you needed?

 - c. How did that feel at the time, and how do you look at it now with the benefit of hindsight?

7. **Again, think of a time when you had an unhealthy habit, addiction, or relationship you just couldn’t break away from.**
 - a. What were some of the things people did to try to help you?

 - b. What worked and what didn’t?

 - c. In your judgment, what’s the biggest thing they misunderstood about your situation?

