

axis



A CONVERSATION KIT ON
ADDICTION

Conversation Guide

Addiction, ep. 1

Episode 1 summary

- Addiction is a complex force that impacts the lives of many people.
- Addiction can often be an unhealthy way of coping through the hardships and trials of life.
- A core part of addiction relates to our brain's makeup. Dopamine is a feel good chemical that our brains can become dependent on, and our world is so dopamine soaked, that addiction comes easily.

1. Pleasure and Pain

2. Real Things

3. False Connections

4. Empty gods

Discussion questions

01 When life hits you hard, how do you respond? Are there people in your life who you run to? Or is there something else? We all cope in some way!

02 When you're bored, what do you do? Do you feel compelled to do something in particular?

03 When it comes to addiction, the solution of "self-control" can seem really hard to pull off. What do you think it looks like to have self-control when our brains are screaming for something?

Diving deeper

Read Romans 8:1-11. Paul's spiritual encouragement to the church of Rome doesn't seem very practical in the midst of an addiction, but spend some time meditating how his words could apply to our modern day. What does it mean to stop living according to the flesh and begin to live according to the spirit, right now?