

## **ADDICTION**

Addiction leads to self derogation, carelessness, and financial ruin. Many people with addictions usually suffer from anger issues or socially inappropriate behaviors. The issue of addiction starts early for some people, thus the more something is taken into the body such as alcohol or drugs, the more the body wants the nicotine or alcohol. Educating young teens is essential in planting the seed of the dangers of addiction.

### **Mentor**

If you experienced addiction or know of a friend or sibling that experienced or is experiencing addiction please share with your mentee the implications. Share the early stages of what you used (smoking, alcohol, drugs, gambling, or social media). What lead to using the substances or material? How often you craved? What steps you took in getting the substance or material? What made you realize your addiction? How you overcame it?

### **Biblical foundation**

- Proverbs 3:5-6, <sup>5</sup>Trust in the Lord with all your heart and lean not unto your own understanding, <sup>6</sup> in all your ways submit to him and he will make your paths straight.’ (TNIV)
- 2 Corinthians 12:8-9, <sup>8</sup> three times I pleaded with the Lord to take it away from me. <sup>9</sup>But he said to me, “My grace is sufficient for you, my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weakness, so that Christ’s power may rest on me.’ (TNIV)
- Philippians 4:13, ‘I can do all things through him who gives me strength.’ (TNIV)

### **Cultural**

Prior to outside contact, many Alaska native people did not have any addictions (substances). After the arrival of whalers and outside influences, many natives started using tobacco and

alcohol. This began trading for alcohol and tobacco. The idea of trading of furs and material for fleshly addictions became a problem. Today, many natives are addicted to substances and material goods.

### **Potential activity**

Ask your mentee if they play video games, cards, internet activities. Ask your mentee what it would feel like if they had no access to such things. Have them write down their feelings, their thoughts, and alternatives. This will allow your mentee in thinking about if they really are addicted to materials.