

SUBSTANCE USE AND THE WORD OF GOD

5 Devotional Studies based on the Bible Week Theme 2025

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Bible Society of the South Pacific Lot 8-10, Luke Street, Nabua Phone: (679) 7733 988

Email: bibsoc@bible.org.fj; Website: www.bible.org.fj

REBUILD THE MISSION

HELP RESTORE OUR HEADQUARTERS AT NABUA

As we celebrate Bible Month and reflect on God's enduring promises, we are launching a special campaign to Rebuild the Mission—a fundraising drive to restore and renovate our mission headquarters at Lot 8–10, Luke Street, Nabua.

Our headquarters has been a place of vision, outreach, and spiritual growth for many years. Now, it needs your support to remain a strong foundation for the generations to come.

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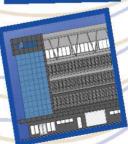
Narration: Rebuild the Mission

Every contribution, big or small, brings us closer to a renewed space for ministry, leadership, and community impact.

"Let us rise up and build." – Nehemiah 2:18 (KJV)

Let's build together—for God's glory and the mission ahead.





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Introduction to the Study

The topic of substance use, abuse, and addiction is complex and impactful, affecting not only individuals but also families and communities. Many people turn to substances to cope with pain, stress, or trauma, but the danger lies in their potential to enslave us. Substance abuse distorts the way God designed us to live, often leading to physical, emotional, and spiritual harm. But there is hope in the gospel, and through God's Word, we can find healing, freedom, and restoration. This 5-day devotional study aims to guide you through understanding the biblical perspective on addiction, offering hope and practical ways to overcome the power of substances in our lives. Whether you are personally affected or know someone who is, this study will help you explore the root causes of addiction and discover how God's grace and truth can set you free.

THE IMPACT OF SUBSTANCE USE ON OUR BODIES AND SOULS

Bible Reading: 1 Corinthians 6:19-20; Romans 12:1

As believers, our bodies are not our own; they are temples of the Holy Spirit. Paul writes in 1 Corinthians 6:19-20 that we were bought with a price, and because of that, we should honor God with our bodies. Substance use, whether alcohol, drugs, or other harmful substances, can damage our bodies, cloud our judgment, and lead us down a destructive path. Addiction is not just a physical problem—it is a spiritual issue, as it takes our focus away from God and weakens our relationship with Him.

Romans 12:1 urges us to offer our bodies as living sacrifices, holy and pleasing to God. This means we should treat our bodies with respect, acknowledging that they are instruments for God's glory. When we allow substances to control us, we are no longer living as God intended. While substance use may seem like a way to numb pain or find relief, it ultimately leads to bondage. But God offers us freedom through Christ. As we align our hearts and minds with God's purpose for our lives, we can begin to break free from the grip of addiction and honor Him with our bodies.

- 1. How does viewing your body as a temple of the Holy Spirit change the way you think about substance use?
- 2. What are some of the harmful effects that addiction has on your body, mind, and spirit?
- 3. In what ways can you honor God with your body this week?

THE DECEPTIVE NATURE OF ADDICTION

Bible Reading: Romans 7:15-24; James 1:14-15

Addiction often starts as something that seems harmless or even enjoyable. However, over time, it grows in power and begins to control our lives. In Romans 7:15-24, Paul writes about the inner conflict between his desire to do good and the reality of his struggle with sin. He recognizes that addiction—whether it be to substances or sinful habits—often leads us to do the very thing we don't want to do. We know it's harmful, yet we continue down the same path.

James 1:14-15 tells us that "each person is tempted when they are dragged away by their own evil desire and enticed." Addiction begins with a small temptation, and if left unchecked, it can lead to death. It deceives us by offering short-term pleasure, but in the end, it leaves us empty and enslaved. This is why it is essential to recognize the early signs of addiction and take them seriously.

God calls us to fight against temptation and resist the pull of sin. With His help, we can overcome the lies of addiction and choose to live in the freedom He provides.

- 1. Have you ever found yourself caught in a cycle of doing something you didn't want to do? How did that feel?
- 2. What are some early warning signs of addiction that you should be aware of?
- 3. How can you actively resist temptation and find strength in God's Word?

THE ROOT CAUSES OF ADDICTION

Bible Reading: Psalm 34:18; Matthew 11:28-30

Addiction often has deep roots, stemming from emotional pain, trauma, or unmet needs. Many people turn to substances to numb their feelings or to escape from past wounds. However, as Psalm 34:18 reminds us, "The Lord is close to the broken-hearted and saves those who are crushed in spirit." God sees our pain and offers us comfort, not in the form of substances, but through His presence, His Word, and His healing power.

Jesus calls us to come to Him with our burdens in Matthew 11:28-30. He offers rest for the weary and the heavy-laden. Addiction, in many cases, is a misguided attempt to find comfort or relief from life's struggles. But Jesus promises a better way—a way that leads to true peace and rest. Instead of turning to substances, we are called to turn to Him for healing. It's important to acknowledge the root causes of addiction in our lives—whether they be emotional wounds, relational issues, or unhealthy coping mechanisms. Once we identify the cause, we can begin to seek the healing and restoration that only Jesus can provide.

- 1. What are some underlying emotional or spiritual wounds that may contribute to addiction in your life?
- 2. How can you invite God into your pain and ask for healing?
- 3. What does it look like to find rest in Jesus instead of turning to substances?

RENEWING THE MIND AND BREAKING FREE

Bible Reading: Romans 12:2; Ephesians 4:22-24

Overcoming addiction is not just about breaking a habit—it's about renewing the mind and transforming our desires. Romans 12:2 urges us to "not conform to the pattern of this world, but be transformed by the renewing of your mind." This transformation happens as we immerse ourselves in God's truth and allow His Word to shape our thoughts, behaviors, and choices. Addiction thrives in an unrenewed mind, but through the Holy Spirit, we can experience real change.

Ephesians 4:22-24 teaches us to "put off your old self" and "put on the new self, created to be like God in true righteousness and holiness." In the same way that we shed old, harmful behaviors, we are called to embrace a new identity in Christ. This new identity empowers us to break free from the chains of addiction and live in the freedom that God offers.

Renewing the mind takes time and intentional effort, but with God's help, we can experience lasting transformation. This process is not easy, but it is possible when we surrender to God's will and trust in His strength.

- 1. How can you begin to renew your mind with God's truth each day?
- 2. What old patterns of thinking or behavior do you need to "put off" in order to experience freedom from addiction?
- 3. What does it look like to live in your new identity in Christ?

WALKING IN VICTORY AND FREEDOM

Bible Reading: Galatians 5:1; John 8:36

Through Christ, we have been set free from the power of sin, including addiction. Galatians 5:1 reminds us that "it is for freedom that Christ has set us free." Freedom is not just a one-time event; it is an ongoing journey of walking in the victory that Jesus has already won for us.

John 8:36 assures us, "So if the Son sets you free, you will be free indeed." The freedom Jesus offers is complete and permanent, but we must actively choose to walk in it. This involves daily surrender, prayer, and the support of others in our Christian community. We are not meant to fight this battle alone—God has placed us in a body of believers to encourage and support us along the way.

Victory over addiction is possible through the power of Christ. He has already broken the chains, and now we must live out that freedom by relying on Him every day. As we walk in His strength, we can overcome any obstacle, including the temptation of addiction.

Discussion Questions:

- 1. How can you remind yourself daily that Christ has already set you free from addiction?
- 2. What steps can you take today to actively walk in the freedom God offers?
- 3. How can the support of others help you stay free from addiction?

This study aims to guide you into a deeper understanding of how to

overcome substance use and addiction, relying on the power of God's Word and His transforming grace. May you find the strength to walk in freedom and wholeness through Jesus Christ.