



## ***Essential Evangelization***

### **Addiction**

Addiction is defined in the dictionary as *“the state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming, as a narcotic, to such an extent that its cessation causes severe trauma.”* There are unfortunately too many opportunities in today’s fast paced consumer driven society to unwittingly take on behaviours that are destructive to our health, or at the very least, a wretched replacement for something that is deeper, more satisfying and lasting; more eternal. In many cases, professional help is needed. What at first glance seems to give us temporary relief from something missing in our lives, God’s gifts are turned into enslaving and wretched habits. If not careful, we can become slaves to this masquerading idolatry.

The things that can unfortunately capture our attention and potentially result in addictive behavior include the traditional ones, but now there is a new foe, the Internet and its various forms of attraction:

- Alcohol
- Drugs (including prescription)
- Gambling
- Sex
- Internet Chat (and pretending we are something we are not); Internet Games; Internet Gambling; Internet Pornography
- Greed
- Food
- Work
- Sports
- Our Bodies
- Television

Addiction can be anything that consumes us and accordingly puts God in as a 2<sup>nd</sup> Priority. It is generally something we are not proud of and something that we may try to hide from our loved ones. It is the continual submission to temptation rather than leaning on Jesus whose *“yoke is easy,”* and in Whom, *“we can do all things.”* We only need to earnestly confide and trust in Him. Even though we may feel very unworthy of forgiveness, all of us are within the power of God’s grace to transform us. In fact, it is just this very reason that Jesus came. Jesus said, *“It is not those who are healthy who need a physician, but those who are sick; I did not come to call the righteous, but sinners.”*

*“Seek first His kingdom and His righteousness, and all these things will be added to you.*

Matthew 6:33

*This is one of a series of articles on  
Evangelization from the  
Evangelization Committee*