



Understanding Addiction

Addiction affects every part of a person—body, mind, and spirit. Recovery involves more than stopping the substance or behavior; it includes healing in every area of life, often with the help of God and community.

Spiritual Aspect

- **Disconnection from God:** Addiction can create guilt, shame, and a sense of spiritual distance or unworthiness.
- **Idolatry and false comfort:** Substances or behaviors often replace God as the source of peace or escape from pain.
- **Spiritual healing includes surrender:** Recovery invites people to return to God, find identity in Christ, and receive grace without earning it.

You are my refuge and my shield; your word is my source of hope. – Psalm 119:114

Emotional Aspect

- **Coping with pain:** Addiction often begins as a way to manage stress, trauma, loneliness, or anxiety.
- **Shame and isolation:** People may feel trapped, judged, or like they are too far gone to be loved. Addiction often fuels guilt and shame, which then drives further use or behavior.
- **Emotional healing includes connection:** Safe, judgment-free relationships, therapy, and honest sharing are powerful steps toward restoration.

Confess your sins to each other and pray for each other so that you may be healed. – James 5:16

Physical Aspect

- **Brain and body changes:** Addiction changes brain chemistry and alters how the body processes pleasure, stress, and reward.
- **Withdrawal and cravings:** The body often physically depends on the substance or behavior, making quitting difficult and sometimes dangerous.
- **Physical healing includes support:** Detox, medical care, healthy routines, and long-term support systems help rebuild the body and nervous system. Accountability, support groups like Eagle Brook's Quest180 ministry, and counseling are often needed to support recovery.

Don't you realize that your body is the temple of the Holy Spirit...? – 1 Corinthians 6:19

Final Encouragement

Addiction thrives in secrecy but begins to lose power in the light of honesty, support, and grace. Recovery is possible. Healing happens best through **grace-filled relationships, consistent support, and the renewing power of God.**