

Goliath Must Fall
Session # 5 Summary
October 24, 2021

We watched the video session on “Addiction Must Fall.” There was a lot of good and personal sharing before and after the video. The teaching of Louie Giglio that addictions are often an attempt to cover up our vulnerabilities was both challenging and helpful.

- The two icebreaker questions led to some sharing about how some experienced addictions family members had in their homes growing up. Reasons given for why it seems so easy to get addicted included the following :
 - a first try leads to ongoing habit / addiction
 - boredom
 - instant gratification leads to a craving ; “just gotta have it”
 - possibility of an addiction gene
 - the reward, at least momentarily, that something provides ; intermittent reward
 - possibility of becoming addicted to good things, like a sport, for example

- During the discussion, many different kinds of addictions were mentioned :
 - addiction to approval
 - addiction to pornography
 - a need to be needed
 - addiction to performance
 - overeating
 - adrenaline
 - a relationship
 - addiction to “stuff”

- Understanding that we are afraid of our vulnerabilities (therefore, we attempt to cover them up) helped some understand addictions they had seen in family members in the past.

- We discussed possible helps for addiction :
 - Putting on the armor of God (Ephesians 6:10-12 ; Romans 13:14 -- “putting on Christ”)
 - “Running with a pack of other people who will champion who you are” was a teaching from the video that resonated with some in the group.

- Some of the vulnerabilities, or fears, shared by those in our group included :
 - feeling like I have to please people ; not living up ; not being enough for people (or being too much for people)
 - lonely ; feeling like I don’t belong
 - the need to be strong even when I don’t want to be
 - the feeling that I need to have the right façade on in front of other people
 - fear of falling behind at work ; fear of not having enough
 - feeling I need to put on a mask to cover up responses others might not like or think appropriate

- We had a good time of praying for each other and their vulnerabilities. In Christ, we are able.