




Substance Abuse, Addiction & the Gospel

A 21V Chapel
January 10, 2024



Introduction **21V**

Katie Gruchow

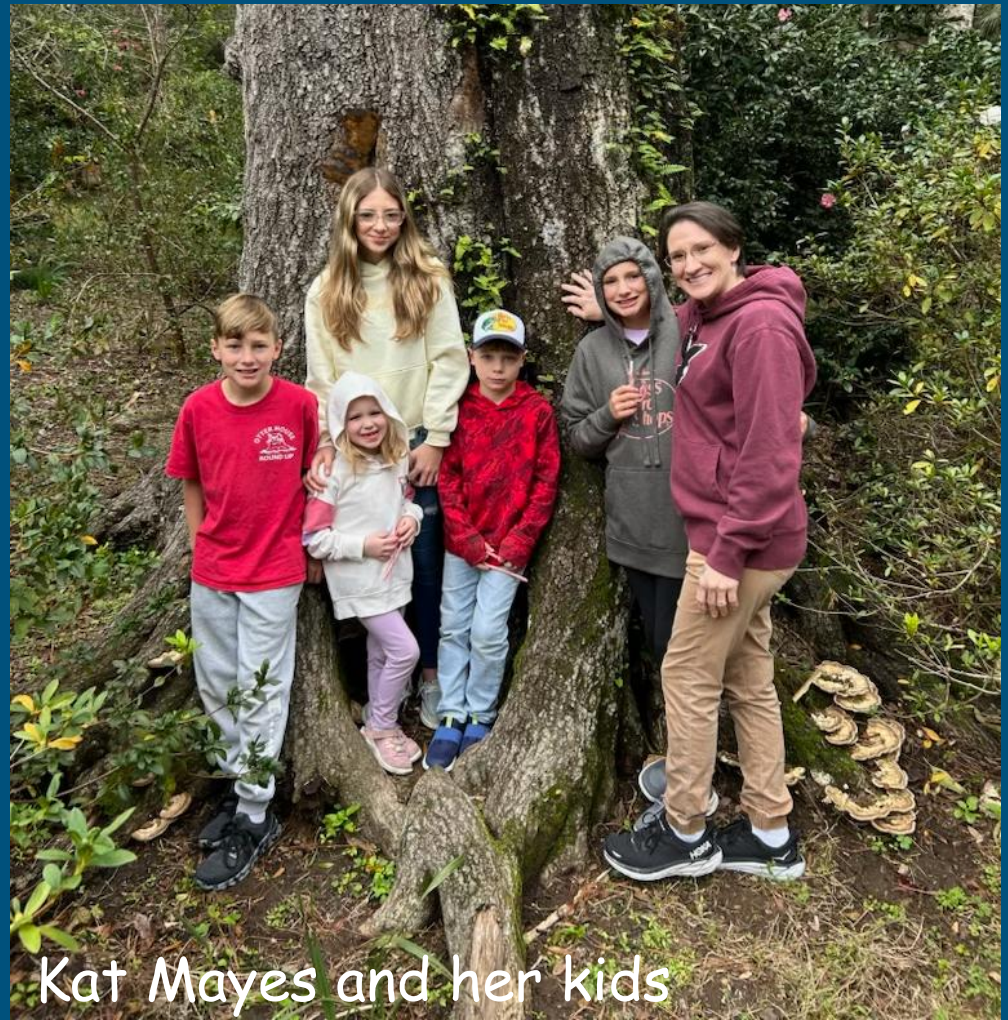
Introduction

Panel Guests

Aaron Chapin

Kat Mayes

Kristen Barnes



Kat Mayes and her kids



Kristen Barnes and her family as a child.

What are we talking about?

Definition (from Merriam-Webster.com)

Drugs noun

: a substance used as a medication or in the preparation of medication

: something and often an illegal substance that causes addiction, habituation, or a marked change in consciousness

There's a legit purpose for **most** of them (Mr. Chapin can speak about that)

The danger comes when we use something outside of its intended purpose.

What are we talking about?

Definition (from Merriam-Webster.com)

Opioid noun

: a natural, semisynthetic, or synthetic substance that typically binds to the same cell receptors as opium and produces similar narcotic effects

: any of various opiates (such as morphine), semisynthetic opiate derivatives (such as heroin, hydrocodone, or oxycodone), or synthetic preparations (such as fentanyl or methadone) that may be used illicitly for their narcotic properties

What are we talking about?

Definition (from Merriam-Webster.com)

Amphetamine noun

:...it is a stimulant of the central nervous system,

:they are often abused illicitly, and are used clinically to treat attention deficit disorder and narcolepsy and formerly as a short-term appetite suppressant.

What are we talking about?

Definition (from Merriam-Webster.com)

Intoxication noun

: the condition of having physical or mental control markedly diminished by the effects of alcohol or drugs

: an abnormal state that is essentially a poisoning

What are we talking about?

Definition (from Merriam-Webster.com)

Addiction noun

: a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity having harmful physical, psychological, or social effects and typically causing well-defined symptoms upon withdrawal or abstinence

: a strong inclination to do, use, or indulge in something repeatedly

What are we talking about?

Definition (adapted from various sources)

Dopamine

Dopamine is known as the "feel-good" hormone. It gives you a sense of pleasure.

Dopamine is part of your reward system.

God created this system to reward you when you're doing things to survive

Something that triggers the release of a large amount of dopamine into your brain, gives you the feeling that you're on top of the world and you want to repeat that experience.

(Junk food, Sugar, Drugs & Behaviors such as: Pornography, Social Media, etc.)

What's dopamine's role in addiction to recreational drugs?

(from my.clevelandclinic.org)

Recreational drugs interfere with the way nerve cells in your brain send and receive messages. Drugs like marijuana and heroin mimic natural neurotransmitters. Other drugs, like amphetamine and cocaine, cause the release of large amounts of natural neurotransmitters or prevent the recycling of these neurotransmitters.

Recreational drugs overstimulate your brain's "reward center."

Over time, with repeated drug exposure, a certain area of your brain becomes less sensitive and you don't get the same feeling of pleasure from anything else but the drug.

You'll often need to take larger and larger amounts of drugs to produce the same effect.

Addiction is a vicious cycle that develops from multiple mechanisms.

When drugs cause surges in dopamine, it's teaching your brain to remember the experience.

*"The thief comes only to steal and kill and destroy;
I came that they may have life, and have it
abundantly"*

John 10:10

Is Marijuana Okay for Christians?

Video by The Gospel Coalition

<https://www.youtube.com/watch?v=tT78bApbtO8&t=2s>

Panel Question:

Like the video we watched states,
oftentimes marijuana is seen as harmless.

What is your opinion? Why?

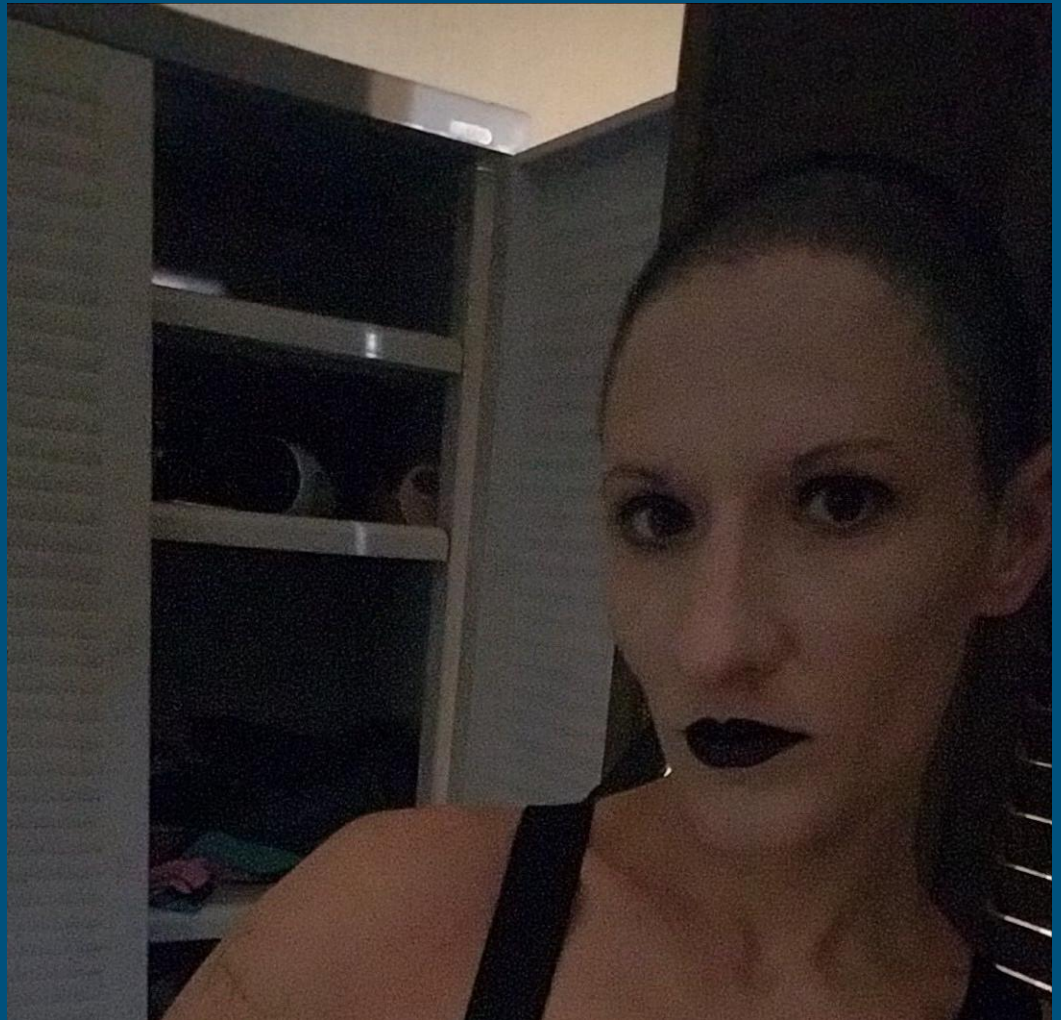
Panel Question:

How has addiction affected your life?

Personally, through a friend/family member,
through strangers or coworkers

Panel Question:

Medically & physically, what is happening in your body & mind when addicted to drugs or alcohol?



Panel Question:

The abuse of opioids is a national epidemic.
What should we know about them?

Difference between now and 15-20 years ago,
how did this happen?

Panel Question:

Talk to us about shame,
what makes it so hard to stop using?

Panel Question:

How has God met you in the darkest time of your life?

How did you turn to people & God instead of to substances or media to numb the pain?

Why is that important, to be vulnerable and trust another person?

Panel Question:

Teens today, in many ways, are given so much responsibility and have intense pressure to achieve.

What advice do you have for healthy life habits?

Could talk about:

spiritual, body health, food, schedule,
hobbies, social life, habits, etc.

Panel Question:

What can we do if we have a friend or family member we are worried about?

Is there hope for them?

How do I not risk my health or safety?

Panel Question:

We're almost done with chapel, last question:

What is one thing you want us to take away from all that has been covered?

What now...?

You will discuss this more in your next Bible Class

Please talk to a trusted adult in your life about this topic both now, and whenever something comes up later

We have a resource list for you and your family, it will be sent via email and also available as a flier to take home from your Bible teachers