

BREAKING CEILING\$

BREAKING THE CEILING OF ADDICTION

SCRIPTURE TO READ

2 Timothy 1:7

For the Spirit God gave us does not make us timid,
but gives us power, love and self-discipline.

The life of a Christian is called to be a life that is spirit-led. Being spirit-led is living a life of trusting in God & following His ways. 2 Timothy 1:7 shows us that the Holy Spirit gives us a spirit of self-discipline. The definition of self-discipline is the ability to control one's feelings & overcome one's weaknesses. There are many things in life that we simply can not control, however, controlling our response to the world around us is a responsibility of every Jesus follower.

A few weeks ago in church, we heard about The Mindset of Addiction. An addiction is something we run to for comfort, fulfilment and pleasure, but the Bible has a different word for this, idolatry. Addiction is a hard topic to talk about, especially in a connect group. We all must take personal responsibility to find people who can help us break any addiction that harms our relationship with God.

Self-discipline is an act that compounds positive benefits in our lives. Take a step today to build a healthy habit that helps you to become more like Jesus.

QUESTIONS FOR REFLECTION

What are some examples of addiction that harm our relationship with God & others? What are some examples of healthy habits (self-discipline) that help our relationship with God & others?

PRAYER APPLICATION

Take a moment to pray & wait on God and allow Him to speak to you. Is there an idol you have before God?
Is there a healthy habit He is calling you to start?