



# the sanctuary

***This PowerPoint is designed to be used in full or in part – either as the basis for a reflective session to pray for those with addictions, or as a toolkit to use/adapt (e.g. by leading people through one or more of these intercession activities during a service or in a group setting).***

*If you choose to use this as a reflective prayer session for people to do on their own within a corporate setting, we suggest either having the PowerPoint slides up on screen or printing them out as handouts for each individual. And if you do use a PowerPoint, people might find it helpful to have a printout of the statistics to hand. However you are using this resource, the last two activities require a large cross, red wool or thread, scissors, post-it notes and pens.*

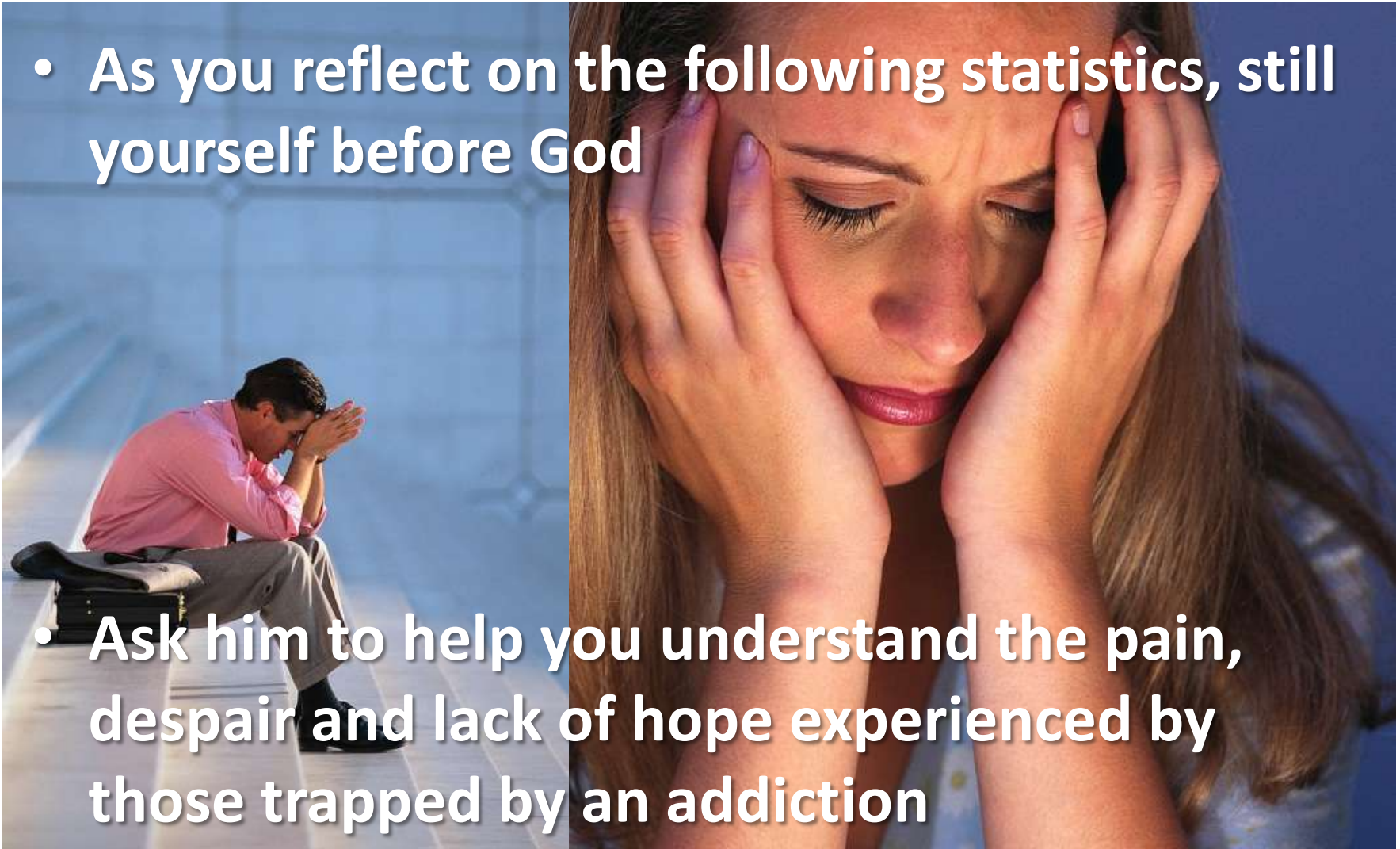
*We also suggest putting some worship music on in the background to help people still themselves and focus on the truth of God's ability to heal and transform any situation as they pray for these issues. Download any of our songs at <http://thesanctuarycentre.org/whereworldandworshipmeet-songs.html> or use our outward-focused song index to help you choose some other relevant songs (find this at <http://thesanctuarycentre.org/whereworldandworshipmeet-othersongs.html>).*

*NB. The statistics used in this resource were researched via a variety trusted websites in December 2012.*

# Help me to understand...

- As you reflect on the following statistics, still yourself before God

- Ask him to help you understand the pain, despair and lack of hope experienced by those trapped by an addiction



# Getting to grips with the issue of addiction in the UK...

## DRUGS

- 4.4 million adults took illegal drugs in 2009
- There are more than 300,000 heroin and/or cocaine users
- 1,750 people die from overdoses each year, of which 750 are accidental (an increase of 19% in last 10 yrs)
- 45,000 drug users admitted to hospital each year ( an increase of 78% in last 10 yrs)
- 200,000 people receive rehab treatment each year but only 8,000 leave drug-free and 1,000 die during treatment

## SEX

- 6% of the population are addicted to sex, 4 out of 5 of which are men

## SELF-HARM

- The UK has one of the highest rates of self-harm in Europe, at 400 per 100,000

## ALCOHOL

- 142,000 people were diagnosed as alcoholics in 2011
- 1.2 million people were admitted to hospital for alcohol-related conditions in 2011 (an increase of 100% since 2002)
- 167,000 people were on prescription drugs for alcohol in 2011

## SMOKING

- Is the main cause of preventable death
- 102,000 people died in 2009
- Caused more than 25% of cancer deaths
- Males = 21%, females = more than 20%

## FOOD

- In England 61.3% of adults and 30% of children aged between 2 and 15 are overweight or obese
- Costs NHS more than £5 billion every year

# The root of the matter...

- Spend a bit of time reflecting on why you think people might fall into addiction

Usually the common root causes are a combination of some or all of these factors:

- Emotional trauma, especially during childhood
  - Distraction from fear, pain, shame or loneliness
  - Boredom and lack of hope
  - An absence of positive role models
  - Peer pressure
- How do these causes match up with our society's perception of "addicts"?

# In their shoes...

- Read through the following Scriptures, imagining that you are someone struggling with an addiction who is reading them for the first time...

- **Psalm 86:5-7**
- **2 Corinthians 5:17**
- **Matthew 7:7-12**
- **Galatians 5:1**
- **Isaiah 61:1-3**
- **Ephesians 3:14-21**
- **Matthew 11:28-29**
- **Psalm 18:16-19**
- **Mark 2:17**
- Pray through each verse, asking God to help everyone facing a battle against addiction today (whether known to you personally or not)



# Break the chains...

- Using red wool, make a chain, praying for those shackled by an addiction as you do so
- When you're ready, hang the chain over the cross, thanking Jesus that he carries their burdens and that his love never fails or gives up on them

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” *Isaiah 58:6*

# Washed clean...

- Spend some looking at this picture and the freedom expressed in the running water
- Read Hebrews 10:19-22
- Write your prayers for true freedom from addiction for all who suffer on a post-it note
- Stick it on the cross, knowing that through Jesus' sacrifice we can all be washed clean