

# Unloving and Addiction

## DEFINITION

The belief that we are not loved by God, we aren't lovable, and we don't belong in community.

## DOORWAYS

Misconceptions of what love is, i.e. absence of examples or perversions called love; generational (look for heart disease, unfeeling in family); "tough guy" dad, non-nurturing mom, bitterness, rejection and/or abuse of any kind.

## DESCRIPTION

- Often sounds like "our own voice," convincing us: "God loves others, not me." "God provides for others and is good to others, but not me."
- we're not necessary, not important, not needed.
- Don't like affection, don't like to be touched.
- "I'm a loser." "I'm unworthy." "I hate myself."
- "God may *have* to *love* me, but he doesn't really like me. He doesn't enjoy me."
- Don't *like* loving other people.
- Inability to receive in a meaningful way.
- Selfish, always focusing on self.
- Produces a personality that is self-sufficient, perfectionist, being #1 but on the inside feeling clueless.
- Walk in a room and feel self-conscious.
- Need to be great. Need to be right. (Isaiah 14:13-14)
- Often partners with a broken heart. Proverbs 13:12 Hope deferred makes the heart sick...
- Opposes God. Disagrees with God. Calls bitter sweet and sweet bitter.

- Torments and seeks to destroy so we can never give and receive love, maintaining a void in us.
- Can be misconstrued as “neediness.”
- Causes us to wretch at our own voice. Sees “ugly” in the mirror.
- No one really gets me. I’m totally alone.
- “Doing love”- We think we know what love “looks like” because maybe we’ve seen what we perceived as “pictures of love” growing up, so we try to act it out. But we never really feel loved.
- People-Pleasing - believing we are to erase our needs; constantly sacrificing of ourselves to our detriment.
- No boundaries. A lack of discipline (Hebrews 12:6-8, Proverbs 3:12)

## **SOUL TIES**

We were meant to relate to one another spirit to spirit, like we relate to God. But in our fallenness, we relate more soul-to-soul, only dealing with folks’ minds, wills and emotions. Focusing less on “What does God want for this relationship?” and more on “How does this person make me feel? What do you do for me?” is distorted and soulish — an inordinate affection happens. This affection isn’t for them, it’s about yourself. “We’d just get together and make out the whole time.” That’s soulish. We’re not in the relationship for the Kingdom or even for them; we’re in it for ourselves, seeking control in the relationship to meet our needs. As you seek to own that person so that your needs get met, there’s a mingling that happens so that certain indistinguishability occurs. “I don’t know who I am when I’m around him/her.” Sex is about the mingling, and always produces soul ties outside of marriage. Anything a psychologist would call an “enabling relationship” contains a soul tie. The meshing means you can’t just walk away, there’s always a tugging. The devil uses this impurity and this compromise is an inroad.

## **UNDERLINGS**

Self-assault (this becomes the norm), self-hatred, self-effacement (wallflower/doesn’t receive compliments), Attention-getting (can sometimes appear as bullying), self-pity (keeps you in the past, keeps you a victim), self-mutilation (tattoos, piercings, cutting), pride, idolatry of self, self-righteousness, selfishness, programming, competition, prefabricated personality, broken heart, shame, insecurity, laziness, listlessness, need to be right/great/rewarded/recognized; directionless; isolation; independence; lying; perfectionism; performance; materialism; cheating and deception; frigidity; lack of

trust; self-sufficiency; fear of being known; homosexuality; fear, rebellion, loneliness, suspicion (expecting the next bout of pain or torment); bitterness; religion, fornication, adultery, pornography, envy, DENIAL, addiction, drunkenness (Addiction: witchcraft, drunkenness, deception, denial, generational spirits), Codependency (calling evil good in the name of love), can lead into religion or occult

## HEALTH CONSEQUENCES

- immune deficiencies/autoimmune diseases- the body turning on itself.
- eating disorders - cycle of self-hate, self-loathing, self-rejection, self-mutilation & guilt
- sexual/drug addictions - seeking release of “feel good” hormones, i.e. dopamine, oxytocin (the “love hormone”).
- Heart disease
- ALL addictions - masturbation, adrenaline, performance, gaming, social media, gambling -- The need to “feel good” or “feel great.”

## GOD SAYS...

We're called to love ourselves. *Matt. 22:36-40 "Teacher, which is the greatest commandment in the Law?" Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."*

We are his children. *1 Jn 3:1-2 How great is the love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are children of God...*

As such we are part of a family. *Matt 12:50- For whoever does the will of my Father in heaven is my brother and sister and mother, Gal 6:10, Eph 3:15, 1 Peter 4:17*

There are to be no addictions in the family. *(1 Cor 6:9-14 Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God. And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the*

*Lord Jesus Christ and by the Spirit of our God. "Everything is permissible for me"—but not everything is beneficial. "Everything is permissible for me"—but I will not be mastered by anything. "Food for the stomach and the stomach for food"—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that your bodies are members of Christ himself?)*

**Denial** keeps us from the truth. (It leads to shame, as it did for Peter.) Fear or desire for control can bring about denial. Denial will keep you from a call or a purpose God has for you. Before you can move on with God, you must acknowledge the truth, own the truth. Denial can feel “safe.” *John 8:31-32 “Then you will know the truth, and the truth will set you free.”* If the truth will set you free, then doesn’t make sense that Satan would attack us with denial? *John 15:26-27 “When the Counselor comes, whom I will send to you from the Father, the Spirit of truth who goes out from the Father, he will testify about me. And you also must testify...”*

The Holy Spirit is the “Spirit of Truth.” Denial will shut down your relationship with the Holy Spirit, who is also the Counselor. Therefore, if one is longing for direction and wisdom in a situation, but does not acknowledge the true reality of what’s going on, he/she cannot receive the divine counsel he/she needs. If husbands, fathers, or shepherds function in denial, they can’t shepherd successfully. Their direction, guidance and leadership is off the mark b/c they’re not seeing the truth...

We are to be in submission and inter-dependency, living in humility. *Eph 5, “submit to one another...” Romans 13:1-2 Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. Luke 14:10-11 But when you are invited [to a feast], take the lowest place, so that when your host comes, he will say to you, 'Friend, move up to a better place.' Then you will be honored in the presence of all your fellow guests. For everyone who exalts himself will be humbled, and he who humbles himself will be exalted.” James 4:10 Humble yourselves before the Lord, and he will lift you up. Matt 6:1-8 Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they*

*have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.*

*We need to be known and to know one another. (John 17:20-23 I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me. I have given them the glory that you gave me, that they may be one as we are one: I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me., I Peter 4:7-11 The end of all things is near. Therefore be clear-minded and self-controlled so that you can pray. Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling. Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms. If anyone speaks, he should do it as one speaking the very words of God. If anyone serves, he should do it with the strength God provides, so that in all things God may be praised...)*

## **RECEIVE**

Truth and the Body!

Not MYSELF, LORD! YOU are my salvation! John 1:11-13 He came to that which was his own, but his own did not receive him. Yet to all who received him, to those who believed in his name, he gave the right to become children of God—children born not of natural descent, nor of human decision or a husband's will, but born of God.

God, we REPENT! For any unloving spirits in us that we've ever agreed to, we repent. If any spirit of unloving has come to us through our mother or our father through our being willful and independent, or through anyone who lied to us about what real love is, God we repent and break this agreements. If we've been blind to the enemy's work, open our eyes! Make us wise unto eternal life! If we've had thoughts that didn't agree with you and we didn't confess them, we repent! We'll confess them in our small groups this week! We will make no more allowance for this unloving nastiness in our words, actions, homes, relationships, or thoughts. Where we have dwelt in the enemy's territory of unloving, we willfully, gratefully come into your territory of love, unity, and community. Knit us together, O God! Let none of us be alone!

## **RECEIVE cont.**

Reveal your body to us, and that part of the body that we alone can occupy. Root out all unloving in our marriages and with our children, LORD! Purify us

with your power and your grace, God. We want you to cleanse us of this unrighteousness, because you're the only one who can. We REPENT of unloving, and will do so in a specific, detailed way in our small groups. Come rescue us in this, God.

Ask God: "Bring back my real, authentic personality and my body; my true self, the one You created."

We receive our place in the body! Write down your three closest Jesus-loving friends, men or women who lead you to God. Ask God for a deepening of those relationships. Can't name three? Ask God for them now.

### **OBEY THIS WEEK**

-Pray that God reveal his body to you. To whom am I to be connected, Lord- and how? To whom have I ever been incorrectly connected, as in a "soul tie"?

-Want a denial overhaul? Ask your wife to sit down with you, look you in the eye and, without laughing, tell you how well you do at laying down your life for her. How about spiritually leading the family? Teaching the children about God? Ever thought of asking your close friends what your blind spots are? Ask them, "If you were me, what would you change in the first week? Where are my weak areas?"

-Come into community. Tell your small group the last time you initiated a spiritual moment for anybody.

-Ask your small group what they think your spiritual gifts might be. "Where do you think I'm supposed to fit into the Family?"

-Consider asking your friends/spouse if they see any unloving traits (neediness, need to be right, independence, performance) in you.

-Agree with God about who *he* says you are and what he feels/thinks about you.

### **MEMORIZE**

Friends, let's love one another: love is from God, and everyone who loves is born of God and knows God. Whoever doesn't love, doesn't know God, because God is love. I John 4:7-8

Marinate: I John 4:15-19, Psalm 17:7-8, Psalm 139:1-18