

# CrossWalk **notes**

## Escape

### Escape from Chemical Dependency

August 8, 2021 / Dan Solofra

#### Do you have a happy place?

<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.” **Matthew 11:28-30, NIV**

Jesus wants me to rest in him and his promises.

My rest is:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

<sup>29</sup> Who has woe? Who has sorrow? Who has strife? Who has complaints?  
Who has needless bruises? Who has bloodshot eyes?

<sup>30</sup> Those who linger over wine,  
who go to sample bowls of mixed wine. **Proverbs 23:29-30, NIV**

All of us have difficult \_\_\_\_\_, but we cannot  
drown our sorrows in \_\_\_\_\_.

<sup>31</sup> Do not gaze at wine when it is red,  
when it sparkles in the cup,  
when it goes down smoothly!

<sup>32</sup> In the end it bites like a snake  
and poisons like a viper. **Proverbs 23:31-32, NIV**

Finding answers in a bottle ends with a \_\_\_\_\_.

<sup>33</sup> Your eyes will see strange sights,  
and your mind will imagine confusing things. **Proverbs 23:33, NIV**

<sup>8</sup> Be alert and of sober mind. Your enemy the devil prowls around like a  
roaring lion looking for someone to devour. **1 Peter 5:8, NIV**

**Chemicals \_\_\_\_\_ our thinking and make us  
vulnerable to poor judgment and deadly situations.**

<sup>34</sup> You will be like one sleeping on the high seas,  
lying on top of the rigging.

<sup>35</sup> “They hit me,” you will say, “but I’m not hurt!  
They beat me, but I don’t feel it!

When will I wake up

so I can find another drink?” **Proverbs 23:34-35, NIV**

**One sign of addiction is when you drink to feel \_\_\_\_\_.**

<sup>3</sup> At one time we too were foolish, disobedient, deceived and **enslaved by all kinds of passions and pleasures**. We lived in malice and envy, being hated and hating one another. <sup>4</sup> But when the kindness and love of God our Savior appeared, <sup>5</sup> he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, <sup>6</sup> whom he poured out on us generously through Jesus Christ our Savior, <sup>7</sup> so that, having been justified by his grace, we might become heirs having the hope of eternal life. **Titus 3:3-7, NIV**

**Jesus offers an \_\_\_\_\_ for those caught in the trap  
of addiction by offering \_\_\_\_\_ and \_\_\_\_\_.**

#### MEMORY VERSE

<sup>5</sup> he saved us, not because of righteous things we had done, but because of  
his mercy. **Titus 3:5, NIV**

**My next step:** I will rest in Jesus and his promises. Jesus has broken the chains of addiction. I will seek out the help I need with addiction for myself or a loved one.

What’s your next step today?

Mark it on your Communication Card.