

# Crave

## Week 2 | I just can't say "no" to.... the bottle.

### BOTTOM LINE

How we handle alcohol will determine the direction and quality of our life.

### GOAL OF THE GROUP

We are continuing our discussion on another craving, alcohol. Our overarching thought for this series is, **HOW WE HANDLE OUR CRAVINGS WILL DETERMINE THE DIRECTION & QUALITY OF OUR LIFE**. We know that alcohol affects our community, families, and culture. How we approach this issue could change the direction and quality of the life we hope to live.

### SCRIPTURE

1 Corinthians 10:23-24, Ephesians 5:17-20

## DISCUSSION QUESTIONS

1. **Share:** What was the environment and feeling towards alcohol existed in your family? How did that shape your view as an adult?
2. **Discuss:** Andy Stanley says, "Our cravings will either rule us or we will rule them," how do you see this happen with alcohol?
3. **Read & Discuss:**
  - a. Proverbs 23:31-32
  - b. Ecclesiastes 9:7
  - c. 1 Corinthians 10:23-24
  - d. What themes around the concept of alcohol do you notice? How have you seen those themes happen in your family and friends?
4. **Discuss:**
  - a. Any craving that we have comes down to the idea of control. Think about this question for a few seconds - does that craving control you or do you control it?
  - b. Often we know that alcohol can be destructive in our lives or the lives of those we love. And like any situation where we want victory we need to live in these two truths.
    - i. Admit I am powerless without God.
    - ii. Admit I need help to overcome this situation.
  - c. We choose to either CONCEAL or REVEAL our situation, lack of control or struggle with cravings. How do you move from a person that conceals to a person that reveals?
5. **Read & Discuss: Psalm 32:3-5**
  - a. David covered up sin for 18 months, and this was the way he expressed his guilt as he CONFESSED. When we do that we find life.
  - b. How has confessing sin in your life brought freedom?
  - c. How does this connect to the thought around cravings for alcohol?
6. **Read & Discuss: Ephesians 5:17-20**
  - a. We started out by opening with this thought – "How we handle our cravings will determine the direction and quality of our life" – how is Paul talking about the direction and quality of life?

"God exposes what we cover,  
but He covers what we  
expose" – Josh Isenhardt



### TRY THIS

1. If someone has ever brought up drinking to you or you feel like maybe you may have more cravings for it and less control than you previously thought, talk to someone.
2. Consider taking the next 30 days off from any alcohol and see what God reveals to you about this craving.
3. Choose to Reveal where you are at to a trusted friend who will hold you accountable for next steps.