

# TABOO

HOW TO TALK ABOUT THE STUFF  
WE DON'T WANT TO TALK ABOUT

A black and white photograph showing a hand reaching over a dark surface covered with scattered pills. The hand is positioned in the upper right, with fingers slightly curled. The pills are scattered across the surface, some in sharp focus and others blurred. The overall mood is somber and contemplative.

# TALK 3 / ADDICTIONS

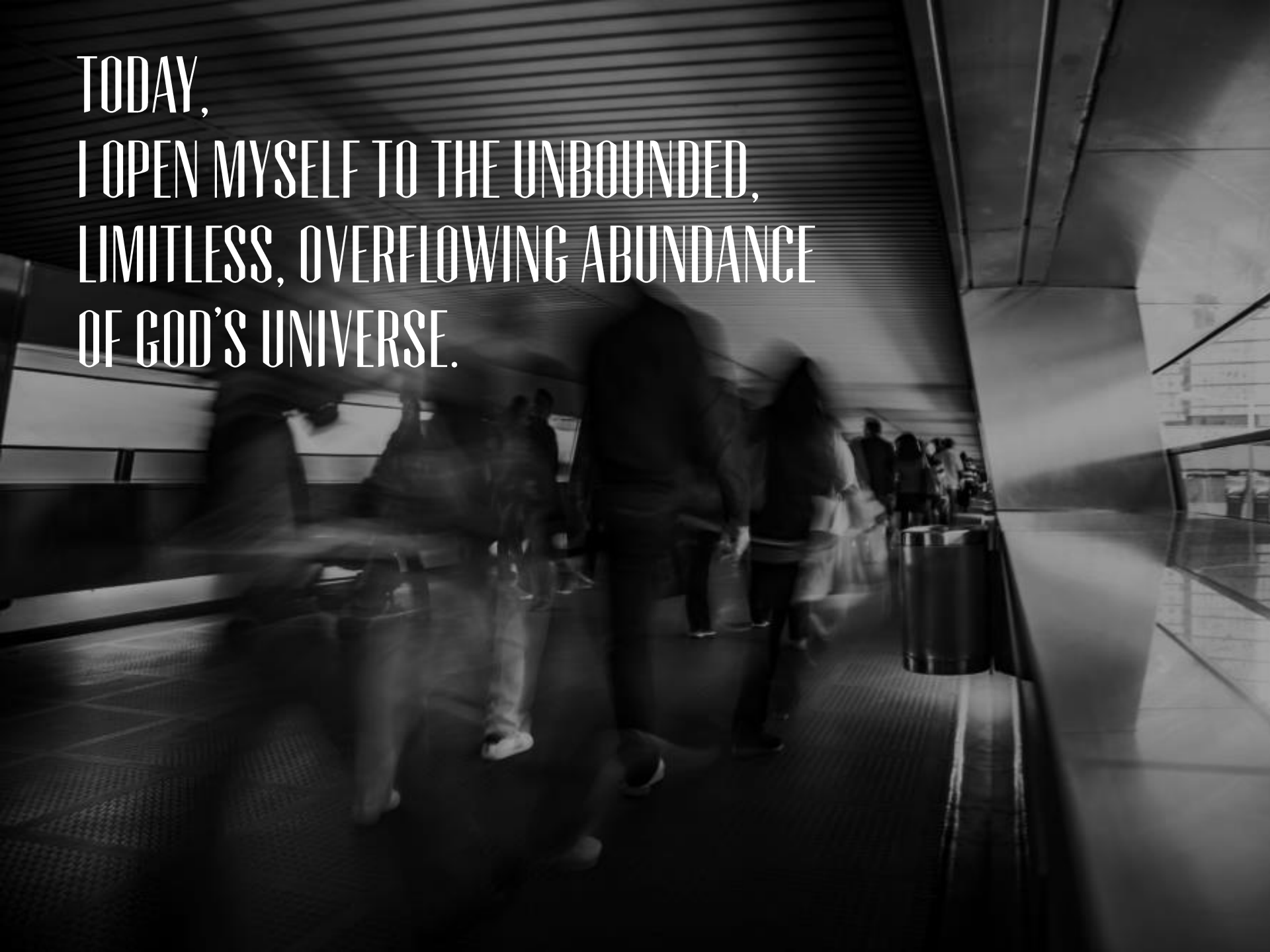


TRADE IT FOR SOMETHING BETTER

TODAY,  
I RECEIVE ALL OF GOD'S LOVE FOR ME.



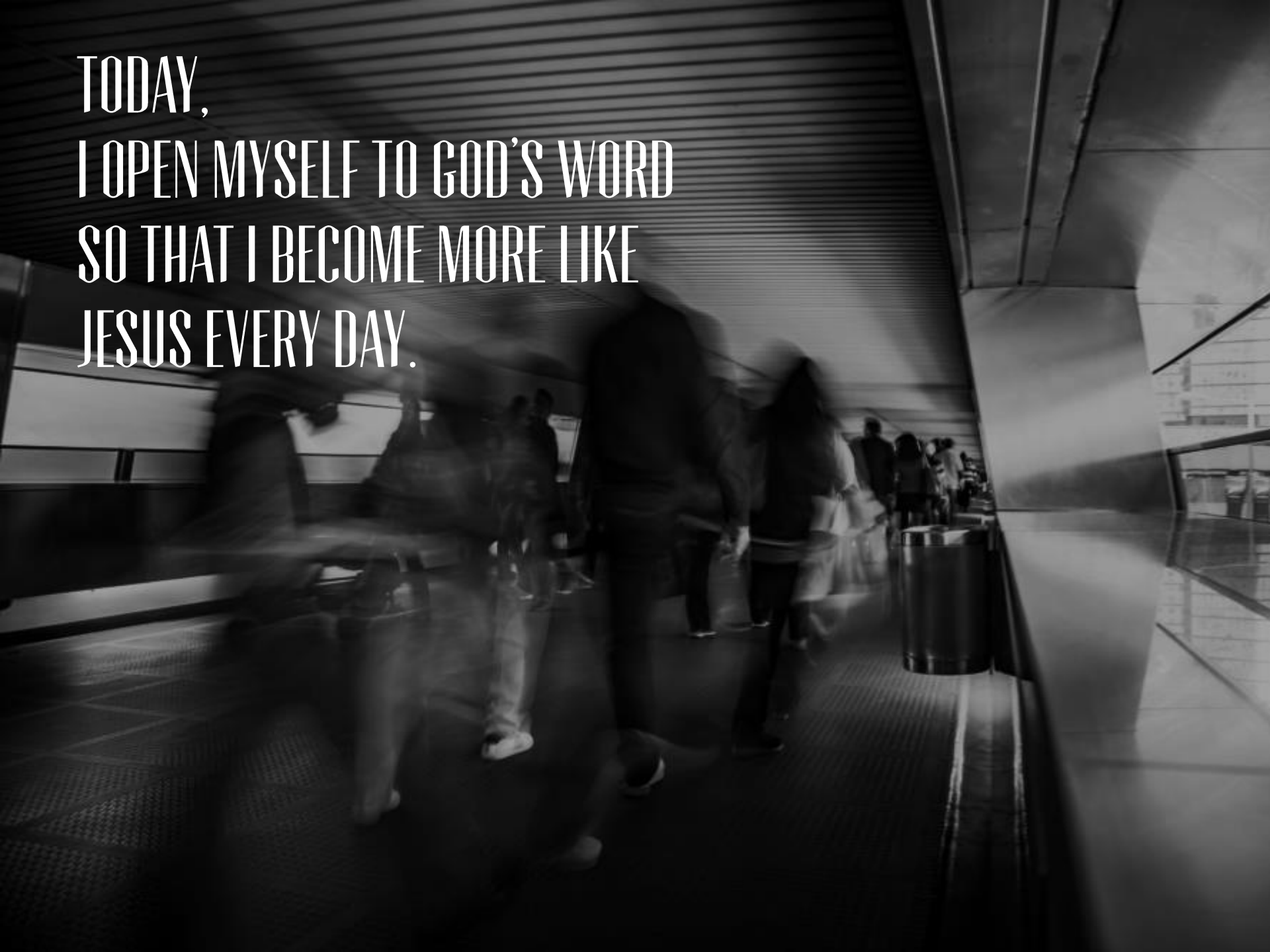
TODAY,  
I OPEN MYSELF TO THE UNBOUNDED,  
LIMITLESS, OVERFLOWING ABUNDANCE  
OF GOD'S UNIVERSE.



**TODAY,  
I OPEN MYSELF TO GOD'S BLESSINGS,  
HEALING, AND MIRACLES.**



TODAY,  
I OPEN MYSELF TO GOD'S WORD  
SO THAT I BECOME MORE LIKE  
JESUS EVERY DAY.



TODAY,  
I PROCLAIM THAT  
I AM GOD'S BELOVED.





I AM GOD'S SERVANT.  
I AM GOD'S POWERFUL CHAMPION.



ROMANS 7:18-19 NLT

AND I KNOW THAT NOTHING GOOD LIVES IN ME,  
THAT IS, IN MY SINFUL NATURE.

I WANT TO DO WHAT IS RIGHT, BUT I CAN'T.

I WANT TO DO WHAT IS GOOD, BUT I DON'T.

I DON'T WANT TO DO WHAT IS WRONG, BUT I DO IT ANYWAY.

MATTHEW 26:41 NIV

WATCH AND PRAY SO THAT YOU WILL NOT FALL INTO TEMPTATION.  
THE SPIRIT IS WILLING, BUT THE FLESH IS WEAK.

PHILIPPIANS 2:13 NLT

FOR GOD IS WORKING IN YOU, GIVING YOU THE DESIRE  
AND THE POWER TO DO WHAT PLEASES HIM...

A grayscale photograph of two elderly men's faces in profile, facing each other. The image is semi-transparent, serving as a background for a text overlay. The men have wrinkled skin and mustaches. A white rectangular box with a thin border is centered over the image, containing the text "TRADE IT FOR SOMETHING BETTER" in a bold, white, serif font.

**TRADE IT FOR SOMETHING BETTER**



**ABSURD EXCHANGE**

GENESIS 25:29-31 GNT

ONE DAY WHILE JACOB WAS COOKING SOME BEAN SOUP,  
ESAU CAME IN FROM HUNTING. HE WAS HUNGRY AND SAID TO JACOB,  
“I’M STARVING; GIVE ME SOME OF THAT RED STUFF.”  
JACOB ANSWERED, “I WILL GIVE IT TO YOU IF YOU GIVE ME  
YOUR RIGHTS AS THE FIRST-BORN SON.”



ALL ADDICTIONS LIE TO YOU.



GENESIS 25:32 GNT

ESAU SAID, “ALL RIGHT! I AM ABOUT TO DIE;  
WHAT GOOD WILL MY RIGHTS DO ME?”

**YOUR CRAVING WILL DIE.**



**I REPEAT:  
THE PROBLEM IS  
OUR LACK OF PATIENCE.**





**DELAY GRATIFICATION**

WALTER MISCHEL







**FOCUS ON ANOTHER PLEASURE**



WHEN YOU'RE FIGHTING TEMPTATION,  
YOU'RE SAYING YES TO SOMETHING BETTER.





YOU'VE NOT GIVING IT UP,  
YOUR TRADING IT FOR SOMETHING BETTER.




**DON'T FOCUS ON YOUR ADDICTION,  
FOCUS ON YOUR AMBITION.**

HEBREWS 12:4 NIV

IN YOUR STRUGGLE AGAINST SIN, YOU HAVE NOT YET RESISTED  
TO THE POINT OF SHEDDING YOUR BLOOD.

A black and white photograph showing two hands shaking in a firm grip. The hands are positioned in the center of the frame, with the fingers interlocked. The lighting is dramatic, highlighting the texture of the skin and the strength of the grip. The background is dark, making the hands stand out prominently.

**BECAUSE WE DON'T HAVE A REASON TO FIGHT.**



YOU WILL ONLY FIGHT TEMPTATION  
TO THE DEGREE THAT YOU LOVE YOURSELF.



SELF-REJECTION

DO YOU WANT TO  
HELP SOMEONE  
OVERCOME  
ADDICTION?



THE OPPOSITE OF ADDICTION  
IS NOT SOBRIETY;  
THE OPPOSITE OF ADDICTION  
IS CONNECTION.  
JOHANN HARI







A black and white photograph of a group of people in a hallway, with the text "YOU NEED TO LOVE THEM WITH BOTH GENTLE AND TOUGH LOVE." overlaid in the center. The image is slightly blurred, suggesting movement or a candid moment. The hallway has a tiled floor and a ceiling with recessed lighting. The text is in a bold, white, sans-serif font.

YOU NEED TO LOVE THEM WITH  
BOTH GENTLE AND TOUGH LOVE.

A black and white photograph of a family in a hallway. In the foreground, a person is seen from the side, looking down. In the background, a woman and a child are walking away. The hallway has a tiled floor and a ceiling with recessed lighting. The overall mood is somber and reflective.

**ADDICTION IS NOT JUST A PERSONAL PROBLEM,  
IT'S A FAMILY PROBLEM.**

JOHN 4:7 GNT

GIVE ME A DRINK OF WATER,

JOHN 4:11, 13-14 GNT

THOSE WHO DRINK THIS WATER WILL GET THIRSTY AGAIN,  
BUT THOSE WHO DRINK THE WATER THAT I WILL GIVE THEM  
WILL NEVER BE THIRSTY AGAIN. THE WATER THAT I WILL GIVE THEM WILL BECOME  
IN THEM A SPRING WHICH WILL PROVIDE THEM WITH LIFE-GIVING WATER  
AND GIVE THEM ETERNAL LIFE.



WHATEVER YOUR ADDICTION IS,  
TRADE IT FOR SOMETHING BETTER.



**ANATOMY OF ADDICTION**



OUR SOUL THIRST IS TO BE LOVED.



A black and white photograph showing a hand reaching over a dark surface covered with numerous small, dark, oval-shaped pills. The hand is positioned in the upper right quadrant, with fingers slightly curled. The pills are scattered across the surface, some in sharp focus and others blurred. The overall mood is somber and evocative of addiction.

ADDICTION DEADENS THE INNER PAIN  
OF NOT BEING LOVED.

JOHN 4:28 GNT

THEN THE WOMAN LEFT HER WATER JAR...



TRADE IT FOR SOMETHING BETTER