

Freedom from Addiction

Why this topic?

When people are addicted to harmful behaviors or substances, they are in bondage, physically and spiritually. The Lord wants us to avoid addiction and find joy and freedom in gospel living. Even if we become addicted to a behavior or substance, He stands ready to heal and deliver us as we repent and come unto Him.

Prepare for an inspiring meeting

What experiences have taught you about the Lord's power to help people avoid and overcome addiction?

What can quorum or class members do to better understand how to be free from addiction? How can you help them find hope that the Lord can help them and their loved ones?

As you prayerfully study the resources below, think about how you will inspire members to rely on the Lord and others in their efforts to be free from addiction.

Teaching in the Savior's Way

The Savior asked questions that caused others to think and feel deeply. He was sincerely interested in their answers and rejoiced in their expressions of faith. He gave them opportunities to ask their own questions, and He listened to their experiences. What questions can you ask that will help those you teach think and feel deeply about the gospel?

[2 Nephi 2:27; 28:22; Mosiah 7:33; Moses 4:3–4](#)

Elder M. Russell Ballard, "[O That Cunning Plan of the Evil One](#)," *Ensign* or *Liahona*, Nov. 2010, 108–10

President James E. Faust, "[The Power to Change](#)," *Ensign* or *Liahona*, Nov. 2007, 122–24

Elder Craig A. Cardon, "[The Savior Wants to Forgive](#)," *Ensign* or *Liahona*, May 2013, 15–18

Lia McClanahan, "[Addiction Recovery: Healing One Step at a Time](#)," *Ensign*, June 2009, 60–65, or *Liahona*, June 2009, 36–41

"Repentance and Addiction Recovery," [Preach My Gospel: A Guide to Missionary Service](#) (2004), 187–89

[A Guide to Addiction Recovery and Healing](#)

(booklet, 2004)

[Addiction Recovery Website](#),

[addictionrecovery.lds.org](#) (includes accounts of those who are overcoming addictions)

["Protecting Ourselves against Pornography"](#)

(worksheet to make a plan to avoid pornography)

["Healing for Spouses"](#), on

[overcomingpornography.org](#) (includes counsel for those with family members addicted to pornography)

Video: ["You Will Be Freed"](#) (2:55)

Begin the meeting

As you begin the meeting think about how to help those you teach recognize the spiritual growth happening in their own lives and in their families. You could ask them to share what they have thought about or done as a result of last week's meeting. Or you could prepare them for today's discussion by asking them how they have taught gospel principles to help family members or others avoid or overcome addiction. *Note:* As you begin this discussion, you may want to caution members against sharing information about themselves or others that may be confidential.

Ideas for learning together

To help those you teach avoid or overcome addiction with the Savior's help, use one or more of the following ideas or prepare your own.

Weeks 1 and 4: Locally Selected Topic

- As a group, you could read selected passages from one of the talks listed above. What can you do to encourage members to share their thoughts and feelings about these passages? Invite members to ponder how these messages might apply to their lives.
- As a group, you could study “Step 2: Hope” from [A Guide to Addiction Recovery and Healing](#) and discuss what you learn. How does the restored gospel of Jesus Christ inspire hope for addiction recovery?
- Ask members to discuss (without using specific examples) how a person’s addiction can affect his or her family. Quorum or class members could read statements from [“Healing for Spouses”](#) and discuss them with one another. How can the Savior’s Atonement heal us from the effects of a family member’s addiction? How can we access that power?
- You could [watch](#) or [read](#) accounts of people overcoming addictions and discuss the gospel principles that helped them. Consider inviting quorum or class members to share gospel principles that have helped them overcome weaknesses or temptations.
- Consider questions you could ask that would help members discuss ways to avoid pornography. For example: What can we do to protect ourselves against pornography? How can we protect our families? What scriptures or teachings of latter-day prophets can help us? You could ask members to review the worksheet [“Protecting Ourselves against Pornography”](#) to look for additional ideas.
-

Take action

Help quorum or class members think about how to apply—individually, in their families, and in your quorum, group, or Relief Society—what they have learned. How could they take action to strengthen themselves and their families against addiction? For example, you might ask them to ponder some or all of the following questions:

- How can you support loved ones who need help in avoiding or overcoming an addiction?
- How can our quorum or class encourage one another in our efforts to be free from addiction?
- How can our quorum or class help others in the community struggling with addiction?

You may want to ask class members to ponder other specific actions they feel inspired to take to avoid or overcome addiction.

During the week, you may want to send out a reminder (through email, text message, or social media) to invite members to act on what they have learned and to share additional learning and teaching resources.