



# THE **SILENT** **CRISIS**

WHAT THE BIBLE HAS TO SAY  
ABOUT MENTAL HEALTH

PARENTAL GUIDANCE  
SUGGESTED

**PG-13**

TODAY'S SERMON  
TOPIC IS ABOUT  
ADDICTION

**Send Your Holy Spirit now for Christ's sake to...**

A

CHURCH

THAT

PRAYS

Pray silently for the prayer request printed in your bulletin.

Our Seminary Students and, our small group led by Katina Yeargain.

Our church plant WordServe.

Sister church, The Pentecostals of Katy and Pastor Rob McKee.

The Azer\*baijani of Azerbaijan.

Lord bring peace to Ukraine and to the world.

**We ask all this for the glory of Your name.**

Please pray for this request shared during last week's worship service.

**Pray for  
others**

# ***The Silent Crisis***

## ***“What the Bible Has to Say About Addiction”***

### **Exodus 14 – April 10, 2022**

#### **Our Sermon Series**

<b>THE SILENT CRISIS</b>		
<i>What the Bible Has to Say About Mental Health</i>		
<b>Date</b>	<b>Message Title</b>	<b>Scripture</b>
March 20	What the Bible Has to Say About Depression	Psalm 42
March 27	What the Bible Has to Say About Suicide	1 Kings 19
April 3	What the Bible Has to Say About Anxiety	Philippians 4
April 10	What the Bible Has to Say About Addiction	Exodus 14

More GF messages can be found at [WhatIsGrace.org/Watch](http://WhatIsGrace.org/Watch)

#### **Addiction Statistics**

- Since the pandemic, drug use is up 22% worldwide
- In 2019, around 57 million Americans (12+) used an illicit substance within the past year
- In 2020, over 93,000 people died from drug overdoses in the US. That is 20,000 people more than in 2019 (+20%)
- The sports betting industry in the US generated a revenue of \$1.55 billion in 2020 (+260% since 2018)
- Annual revenue for the Pornography industry in US is \$13 billion (\$97 million worldwide)

#### **Defining**

##### **First Definition – “Substance Addictions”**

- *“To be physiologically dependent on a habit-forming substance”*
- Ed Welch: “These addictions provide physical pleasure, relieve physical tension, and sooth physical desires.”
- This includes (but is not limited to):

Drugs	Alcohol	Pornography
Gambling	Gluttony	Tobacco

\*But in 2011, the American Society of Addiction Medicine changed its definition to include behaviors.

##### **Second Definition – “Ordinary Addictions”**

- *“To occupy with or involve in something habitually or compulsively”*
- This is the obsession with things like:

Shopping	Work	Colleges	Sports/Teams	Boyfriend/Girlfriend
Family	Laziness	Achievement	Success	Education
Betting	Hobbies	Sleep	Sugar	Coffee/Caffeine
Vaping	Exercise	Stocks	Social Media	Phone

**REALITY:** In 2022, we are all addicted people!

- Ed Welch: “The experience of addictions is not far from any of us.”

Application #1 – What “addiction” are you prone to struggle with?

- *Substance addiction* (drugs, alcohol, pornography, nicotine, etc.)
- *Ordinary addiction* (social media, phone, sports, work, sugar, etc.)

## Addicted to \_\_\_\_\_ (Exodus 14)

### Quick Background

- *End of Genesis*: Joseph is in the land of Egypt
- He reconciles with his brothers and invites them and his father Jacob to find refuge in *Egypt* from a worldwide famine
- But over 400 years, the Israelites become slaves in Egypt
- God raises up Moses & Aaron: Confront Pharaoh & deliver Israel
- Pharaoh ends up letting them go and they are *finally free*
- And 2 million people leave Egypt and embark into the wilderness

### Exodus 14:1-4

- God warns Moses what is coming
- Pharaoh will change his mind. But God is still in control.
- And that is exactly what happens...

### Exodus 14:5-9

- Pharaoh sends his whole army after the people of Israel.
- They *thought* they were free, but here comes their oppressor back with a vengeance.

### Exodus 14:10-12

- The people look up and see the Egyptians marching toward them
- Then they complain to Moses:
  - **Assume** – “You did this on purpose”
  - **Accuse** – “You want us to die”
  - **Actually** want to go back – “Better in Egypt”
- The lie of every addiction: *The pain of the \_\_\_\_\_ is worse than the pain of the slavery*.

### Exodus 14:13-14

- Verse 13: Fear Not. Stand Firm. See Salvation!
- Verse 14: “*hāraš*” – Root means: “to plow”
  - As though he is saying: *Keep your head down to the plow, focus on what God told you to do, and trust the One who is in control.*

### Exodus 14:15-18

- God tells the people to do something: “To go forward”
  - God has a plan
  - God is in control
  - God will get the glory

## **Exodus 14:19-31 (Rest of the Story)**

- All about what God did:
  - Verse 21: **Lord Drove** the sea back
  - Verse 24: **Lord Looked** down & threw them in a panic
  - Verse 26: **Lord Said** to Moses: Stretch out your hand
  - Verse 27: **Lord Threw** the Egyptians into the sea
  - Verse 30: **Lord Saved** Israel that day
- Result (v. 31) – Israel saw the great power of the Lord

## **Israel's History with Egypt**

- But Israel's kings continue to flirt with Egypt:
  - **Solomon** marries Pharaoh's daughter (1 Kings 9:16)
  - **Hezekiah** called on the King of Egypt to help fight off the Assyrians (2 Kings 18:21)
  - **Josiah** was killed when trying to pick a fight against Egypt (2 Chronicles 36:2-4)
- After the **Babylonians** destroyed Jerusalem, God tells the remnant of Jews still living there not to flee to Egypt, but they flee there anyway (Jeremiah 42:19)

Application #2 – Just like the Israelites, we are often *addicted to Egypt*.

Even though (if you are a Christian) Christ has set you free, in what ways do you tend to flee back to Egypt?

## **A \_\_\_\_\_ Addiction**

- CS Lewis: "It would seem that Our Lord finds our desires, not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."
- **John 15:5** – I am the vine; you are the branches. Abide in me... for apart from me you can do nothing.
  - Abide = to remain steadfast; to continue to be present
  - Jesus is, in essence, telling us to be addicted to Him.



Application #3 – How is God calling you to find a better addiction in His presence?

- Surrender fully to Jesus
- Confess your sin to death (Ray Ortlund)
- Find someone who is “addicted” and learn from them (this is true discipleship)
- Memorize **Psalm 139:7** – Where shall I go from your Spirit? Or where shall I flee from your presence?

- Find someone in a blue shirt in the lobby to talk to today

Ray Ortlund: “Satan doesn’t fear our brilliance. He’s more brilliant. He doesn’t even fear our good behavior. He can twist morality into hypocrisy. What Satan fears is someone shattered, stripped of their dreams, so devastated that all they have left is Jesus—and to Jesus they turn.”

## **Additional Resources**

### **Books:**

- “Addictions: A Battle in the Grave” by Ed Welch
- “The Death of Porn” by Ray Ortlund
- “Rest & War” by Ben Stuart
- “Instruments in the Redeemer’s Hands” by Paul David Tripp
- “Counterfeit Gods” by Tim Keller

### **Care Ministry Opportunities at Grace Fellowship:**

- Find someone in a blue shirt in the lobby to talk to today
- Ask for the yellow sheet of recommended counselors & psychologists
- Specific Classes Offered:
  - *Recovery With Grace*
  - *Freedom in Healing*
  - *For Men Only*
- Visit: [WhatIsGrace.org/Care](http://WhatIsGrace.org/Care) for more information.

### **Cindi Lomax’s Advice for Fighting Addiction:**

1. *Recall the Goodness of God*
  - Our God loves to lift us out of the mire & set us on firm ground.
  - Psalm 40:1-2
2. *Routine*
  - God is a God of order, not chaos.
  - Daily order, rituals, or routines to improve health/emotional health can both ease your mind and give families a shared sense of belonging.
  - 1 Corinthians 14:33
3. *Rely on God’s Strength*
  - God’s strength in our time of weakness is the power differential.
  - 2 Corinthians 12:9
4. *Remember that His Yoke is Light*
  - Ask Him to carry the load, to break bad habits, and live to glorify God.
  - Matthew 11:30
5. *Respond in “Awe”*
  - Think of the majesty of who God is and respond in awe.
  - Psalm 8:9

**DON'T MISS THIS  
OPPORTUNITY TO  
VOLUNTEER AT**

**NATIONAL  
DAY OF  
PRAYER**



**FIRE ON THE ALTAR**

**MAY 5TH – 7TH**

Scan the QR Code to learn more  
about how you can volunteer



**VACATION BIBLE SCHOOL**  
June 13–16 from 9AM—NOON

There's still time to Sign Up to Volunteer! Don't miss this opportunity to help kids learn that what they do today can change the world around them by "making waves" with God's Holy Spirit.



Scan the QR Code to  
Register to Volunteer!

**GIVING  
REPORT**  
March  
2022

BUDGETED YTD

\$5,459,575

ACTUAL YTD

\$5,383,224

VARIANCE

↓\$76,351

98.6% OF BUDGET

Thank you! Your generosity is  
making Kingdom impact

Coming Up

Baptisms May 1  
Communion May 15

# Adult Ministries

## Discipleship

**Ever thought about leading a small group?** Want to know what's involved? We have an opportunity for you! Email Julia at [JJJohnson@WhatIsGrace.org](mailto:JJJohnson@WhatIsGrace.org) for more info.

## Prayer

**Prophetic Prayer Today, 10:30—NOON:** Visit the Prayer Center and allow the Prophetic Team to minister to you. Safe; biblical; motivated by love.

**Fire On the Altar Volunteer Opportunities:** Greeters, section leaders, sound techs, and stage techs at FOTA, May 5–7. Information and sign up at [thegreatsouthwestprayercenter.org/fota](http://thegreatsouthwestprayercenter.org/fota).

**National Day of Prayer and Fire On The Altar at Grace Fellowship:** NDP begins at 7PM May 5 in the Worship Center and FOTA follows non-stop for 50 hours in the Vista. Come pray!

**Prayer Line:** (281) 398-2GOD

**Online Prayer:** [WhatIsGrace.org/Prayer-Wall](http://WhatIsGrace.org/Prayer-Wall)

## Missions

**Feed the Hunger Packathon:** Grace Fellowship is sponsoring up to 200 volunteers to participate in a special Katy Feed the Hunger Packathon benefiting Ukraine. Opportunities to sign up for shifts on April 29–30th are available on a first come, first serve basis. Contact [churchinaction@WhatIsGrace.org](mailto:churchinaction@WhatIsGrace.org) for more information.

**FriendSpeak:** Reach out to international friends in our area, helping them practice their English! Email [sarahkaty2000@yahoo.com](mailto:sarahkaty2000@yahoo.com) for more info.

**2022 Mission Trips:** Teams will be traveling within the U.S. and internationally, including among our UPGs! Register soon—teams are filling up quickly!

Visit [WhatIsGrace.org/Missions](http://WhatIsGrace.org/Missions) to learn more about these opportunities.

## Care

**Dave Ramsey's Financial Peace University:** This Changes Everything...Your Money. Your Story. Your Life. In just nine weeks, through video teaching and small group interactive discussions, learn biblical steps on how to take control of your money, payoff debt, invest in your future, and experience financial peace! More details at [WhatIsGrace.org/Care](http://WhatIsGrace.org/Care) or contact Laura at [L.Pyle@WhatIsGrace.org](mailto:L.Pyle@WhatIsGrace.org) or call 281-646-1903 ext. 153.

**GriefShare:** If you are looking for support and encouragement after the death of a loved one and desire to have others walk alongside you through your grief to healing and hope, join us for Grief-Share. More details at [WhatIsGrace.org/Care](http://WhatIsGrace.org/Care) or contact Lisa at [L.Rodriguez@WhatIsGrace.org](mailto:L.Rodriguez@WhatIsGrace.org) or call 281-646-1903 ext. 160.

**Need confidential care? Contact Care Pastor Cindi Lomax at [CLomax@WhatIsGrace.org](mailto:CLomax@WhatIsGrace.org).**

# Kids Ministry

**Easter Saturday and Sunday:** We will offer children's programming for birth thru 4 years old on Saturday, April 16 at 5PM, and Kids Ministry on Sunday at both services, 8:45 and 10:45AM.

**Volunteer Opportunities:** Help this generation take their next step into becoming disciples. Please contact Jennifer if you are interested or want more details at [JJenkins@WhatIsGrace.org](mailto:JJenkins@WhatIsGrace.org).

**Vacation Bible School, June 13–16 from 9AM—NOON:** It takes lots of volunteers to run a successful VBS! Register today to volunteer by visiting [whatIsGrace.org/kids-summer](http://whatIsGrace.org/kids-summer). Preschool VBS available for children of volunteers.

## Student Ministry

**Senior Sunday is May 1st!** During the 10:45AM service, seniors will be recognized through pictures and video, with a time of prayer at the end of the service. Join us for a reception on The Porch afterwards! Senior Pictures are due today. Email Jordan for more info at [JHerrera@WhatIsGrace.org](mailto:JHerrera@WhatIsGrace.org).

**Join a Student Ministry Small Group!** One of the best ways for students to connect with friends and grow in their relationship with God. Check out all of the student small groups offered at [WhatIsGrace.org/student-small-groups](http://WhatIsGrace.org/student-small-groups).

## Get Connected

**Starting Steps:** Are you new to Grace Fellowship, or maybe you've been here a while and want to take your next step? Starting Steps are sessions created to help you make a connection and engage you in the life of Grace Fellowship. Learn more at [WhatIsGrace.org/Connection](http://WhatIsGrace.org/Connection).

## Get Involved

**Job Opening:** Full-time HR Director—This role is responsible for all activities of the human resource function including, but not limited to, compensation and benefits, payroll administration, and employee relations. To apply, contact Ben Bash, Administrative Pastor, at [Admin@WhatIsGrace.org](mailto:Admin@WhatIsGrace.org).

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