



***Addiction: Get the Help, Don't Let Shame Bully You***

by MaryAnn Gardner

- Do you struggle with addiction like MaryAnn described?
- Do you know someone who struggles with an addiction?
- What do you think about the word “shame”? Have you ever felt it – in your childhood, or now?

**Bonus Questions**

- Have you ever looked for help and been afraid of what people would think about you?
- Can you practice having kindness and compassion for yourself?

***Reach UP to God:***

God loves you and He wants the best for you. Could you trust Him to guide you to the next step?

Pray for yourself and others with compassion and understanding. God wants you to have love and share love by understanding and loving people even when we / they make mistakes. Your health and your family's health is worth it all.