



## **Roots of Addiction: Addiction is a Disease, But Where Does It Come From?**

By MaryAnn Gardner

- Have you ever struggled with an addiction or a habit you couldn't stop?
- Which theory MaryAnn mentioned have you most often heard about?
- Do you have a friend or loved one who is addicted to a substance?

### Bonus Questions

- How did you feel when you read the "Absence of God" theory?
- Could you relate to the verses and explanation?

### Reach UP to God

- Thank God for seeing you and understanding your heart and all its reasons. Ask Him to reveal truths of your life and struggles to your mind.
- If you have a friend or relative who struggles with addiction, be curious about their journey. Ask God for good timing and compassion to help them understand their "why" and "Why not God?!"

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