



Why Do People Abuse Drugs?

To cope with life; out of curiosity; to have a good time; because friends do it; because society makes it look cool.

How Do Drugs Affect You Physically?

(1) Neglecting responsibilities. (2) Acting uncharacteristically isolated, withdrawn, angry or depressed. (3) Misusing money, valuables or prescriptions. (4) Engaging in secretive or suspicious behavior. (5) problems in your relationships – fights with friends and family, loss of friends.

How Do Drugs Affect You Spiritually?

(1) You defile God's temple (1 Corinthians 1:16-20). (2) You worship idols (Colossians 3:5). (3) You become a slave to sin (Romans 6: 5-7). (4) You surround yourself with other addicts (1 Corinthians 15:33). (5) Your life gets messed up. (6) Your destiny is hindered (Ephesians 1:11-12).

How to Fight Addiction to Drugs:

1. Decide to Abstain (2 Timothy 1:9)
2. Manage Free Time (Proverbs 16:27)
3. Deal With Stress (Galatians 6:2; Matthew 11:28)
4. Admit the Problem (My name is ___ and I am a ___)
5. Identify the Triggers (Places, People or Situations)
6. Look for Support (<http://www.na.org.za>)
7. Go for Counseling

Why Do People Abuse Drugs?

To cope with life; out of curiosity; to have a good time; because friends do it; because society makes it look cool.

How Do Drugs Affect You Physically?

(1) Neglecting responsibilities. (2) Acting uncharacteristically isolated, withdrawn, angry or depressed. (3) Misusing money, valuables or prescriptions. (4) Engaging in secretive or suspicious behavior. (5) problems in your relationships – fights with friends and family, loss of friends.

How Do Drugs Affect You Spiritually?

(1) You defile God's temple (1 Corinthians 1:16-20). (2) You worship idols (Colossians 3:5). (3) You become a slave to sin (Romans 6: 5-7). (4) You surround yourself with other addicts (1 Corinthians 15:33). (5) Your life gets messed up. (6) Your destiny is hindered (Ephesians 1:11-12).

How to Fight Addiction to Drugs:

1. Decide to Abstain (2 Timothy 1:9)
2. Manage Free Time (Proverbs 16:27)
3. Deal With Stress (Galatians 6:2; Matthew 11:28)
4. Admit the Problem (My name is ___ and I am a ___)
5. Identify the Triggers (Places, People or Situations)
6. Look for Support (<http://www.na.org.za>)
7. Go for Counseling