

Addiction-Proof Parenting

Mark Shaw, D. Min.

Introduction

1 Cor. 2:16: For who hath known the mind of the Lord, that he may instruct him? but we have the mind of Christ.

- Imagine an 8-year-old child saying: “Mommy, I’m sad. Can I play a video game?”
- What’s the heart desire behind this question?
- Let’s explore Five Mentalities of an Addict and the Five Marks of a Transforming Christian

Matthew 22:37-40: Jesus said unto him, “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. 38 This is the first and great commandment. 39 And the second is like unto it, Thou shalt love thy neighbour as thyself. 40 On these two commandments hang all the law and the prophets.”

A. Entitlement Mentality (vv. 37-38)

1. Ownership: “It belongs to me.” Or “I deserve this, and more!”
 - a. Pride of living to please self, not God (2 Tim. 3:2)
 - b. Heart, soul, and mind are all focused on serving self
 - c. Idolatry at its core (Ex. 20:3; Ezek. 14:1-11; Isa. 44:9-20; 1 Cor. 10:14)
2. Parents foster this mentality by: “Follow your heart.” “You decide.”
 - a. Giving decision-making power way too early (Prov. 16:18)
 - b. Abdicating authority (1 Sam. 2:12-17, Eli’s sons)
 - c. Feeding every whim & desire of child
3. Mark of a transforming addict: Be humble
 - “Everything I have belongs to Him.”
 - a. God owns everything. I own nothing. (1 Cor. 6:19-20)
 - b. Acknowledgement that one is a steward not an owner. (1 Cor. 4:2)
 - c. Heart, soul and mind are all focused on serving and loving God

B. Consumer Mentality (vv. 39-40)

1. Temporal mindset; comfort at all costs: "I will not share." "I will never go without."
2. Parents foster it by: "If it breaks, I'll get you a new one right away."
 - a. Alleviate all pain in any way possible.
 - b. Seeking a goal to never allow pain or negative consequences. (Matt. 16:22-23)
 - c. Encouraging an escape to pleasure for temporal things. (Ps. 55:6)
 - d. Finding fulfillment from this world to be used by me, for me. (Col. 3:2)
3. Mark of a transforming addict: Be Giving
 - "I will share and give to others."
 - a. Working hard and giving to others (similar to Eph. 4:28)
 - b. Learning to be Christ-like. (Acts 20:35)

Ephesians 5:18-21:

And be not drunk with wine, wherein is excess; but be filled with the Spirit

(VICTIM vs. Be RESPONSIBLE/OBEDIENT)

19 Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord; 20 Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ;

(PERISHING vs. Be GRATEFUL)

21 Submitting yourselves one to another in the fear of God.

(REBELLIOUS vs. Be SUBMISSIVE)

C. Victim Mentality (v. 18)

1. Not a true victim but wanting to be treated like one: "It's not my fault." "I have been wronged." "I was dealt a 'bad hand.'" "My life is a mess because others have messed it up."
 - a. Excuse for bad behavior: "Why should I love others when I'm hurting so badly?"
 - b. Excuse for lack of love: "Why should I care about anyone? No one cares about me!"
 - c. Enjoys attention and sympathy of others. Luke 15:29

2. Parents foster it by: “You’ve had such a hard life.” “If your (sinning family member, e.g.) wouldn’t have hurt you, then your life wouldn’t have been so hard.” “You didn’t have a chance.”
3. Mark of a transforming addict: Be responsible
 - “It is my fault.” “I will repent.”
 - a. Learning to take on biblical responsibilities. (Mark 7:10-13)
 - b. Learning to not take on others’ responsibilities. (1 Sam. 13)

D. Perishing Mentality (vv. 19-20)

1. Self-pity: “Woe is me. Why me?” “Bad things always happen to me.”
 - a. So-called hatred of self. “I hate myself.” (Eph. 5:29)
 - b. Suicidal, despairing. “I am doomed. Why should I live?” (1 Kings 19:4)
 - c. Quitting, giving up. “There’s nothing I can do to change anything. What’s the use?” (Prov. 29:35)
 - d. “It’s God’s fault. He’s going to have to fix it.”
2. People foster it by: “You have it harder than others.” “You aren’t as blessed as other people.” “You are stupid.”
3. Mark of a transforming addict: Be grateful
 - “I will thank and praise God, even for the trials in my life.”
 - a. Teaching a biblical view of suffering. (Rom. 8:18)
 - b. Learning that self-pity is based in pride (a.k.a. ‘pride in reverse’).

E. Rebellious Mentality (v. 21)

1. Biblical Fool: “I am my own boss. I answer to no one.”
 - a. “I don’t have to do what you say.” (Psalm 10:4; 14:1)
 - b. “You are a hypocrite so I can do what I want.” (Prov. 12:15)
 - c. “I don’t care what others think; I am going to do it anyway.” (Prov. 10:8)

2. Parents foster it by: “You can’t count on anyone but yourself.” “You’ve gotta look out for only yourself.” “You can’t trust authorities, only yourself.” “Don’t listen to what your teacher says; she doesn’t understand you or like you!”
3. Mark of a transforming addict: Be submissive
 - “I serve the King of kings.” “I will obey His Word.”
 - d. Submission always has a human face. (Rom. 13:5-9)
 - e. Seeing authority as good and from God. (Col. 3:22)
 - f. Even harsh authorities. (1 Peter 2:18)

F. Be Transformed

2 Corinthians 3:17-18

Now the Lord is that Spirit: and where the Spirit of the Lord is, there is liberty. 18 But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Recommended Parenting Resources

- *Addiction-Proof Parenting: Biblical Prevention Strategies* by Mark Shaw
- *How NOT to Raise an Addict* by Mark Shaw
- *Shepherding a Child’s Heart* by Tedd Tripp
- *Age of Opportunity* by Paul David Tripp (teens)
- *You Never Stop Being a Parent* by Jim Newheiser and Elyse Fitzpatrick
- *Everyday Talk* by John A. Younts
- *Relapse: Biblical Prevention Strategies* by Mark E. Shaw