

## **Afraid Of Deprivation? Come To Jesus For A Full Life!**

Fear of Deprivation - Lesson 1

One of the things that keeps us chasing our addictions is the urge to “have it all.” How has that actually made your life more limited and poorer?

Look at some of the things the Bible says about “missing out” and “having it all”:

**Philippians 4:11-13 – I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength.**

**John 10:10 – “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.”**

**2 Corinthians 4:8-9 – We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.**

**Mark 10:29-30 – “I tell you the truth,” Jesus replied, “no one who has left home or brothers or sisters or mother or father or children or fields for me and the gospel will fail to receive a hundred times as much in this present age (homes, brothers, sisters, mothers, children and fields--and with them, persecutions) and in the age to come, eternal life.”**

**2 Corinthians 12:10 – That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.**

**Isaiah 43:1-2 – But now, this is what the LORD says – he who created you, O Jacob, he who formed you, O Israel: “Fear not, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”**

- Some people are afraid of sobriety and afraid of a relationship with Jesus because they think it will mean “missing out” on some good things in life. Ever feel that way? What were you afraid of “missing out” on?
- Maybe we tell ourselves that we want to “have it all,” but the truth is that there are some feelings and situations we desperately want to avoid experiencing. Like what?

- Jesus promises a “full life.” We generally think of experiencing pleasant things when we hear that promise, but it also means experiencing some of those things we’ve been using our addictions to avoid. What do you see God promising to do for you in those experiences?
- Have you already started to experience “life to the full,” including the stuff you used to be so scared of? How has Jesus helped you with those fears?