

Counting the Costs

In the Old Testament God commanded the Israelites to use honest weights and measures when transacting business in Deuteronomy 25. That is because it is dishonest to do otherwise and is an affront to God's character. Honesty is a Christian virtue that we should apply in every area of our life. This includes looking at our addiction with honest reflection and assessment.

Weighing the cost of your addiction is absolutely essential for recovery. It can help you understand the terrible consequences of your actions and once they are fully understood and acknowledged, it may result in a sincere desire to change. As you weigh the costs of remaining the same, change will not appear to be nearly as challenging and difficult as you may believe. By looking at the costs, you may even welcome change in your life!

In order to assess the damage caused by your addiction, you will need to be honest with yourself. This can be a painful undertaking because you will undoubtedly discover things you do not like or may wish to forget altogether rather than confronting them. You will need to look at the consequences of your addiction as painful as it may be. Through this process, you will gain a true picture of what you have lost and how your life has been damaged by this sin.

Questions for Review

1. What is it about my sinful behavior (excessive drinking, taking drugs, watching pornography, or other) that I really like?

2. What do I really hate about my addiction?

2. What are the negative consequences of my addiction?

Complete the Following Exercise

Negative Consequences (of using)	Positive Consequences (of quitting)
List all of the negative consequences associated with your addiction	List all of the positive consequences associated with quitting drugs/alcohol

Review the list above and ask yourself if using is more important than quitting.