
Spiritual Nature of Psychological Problems – 8 Part Series

In this series, Drs. Cloud and Townsend explain why they believe all of our emotional and relational problems are spiritual issues at their core. They discuss why symptoms such as depression, anxiety, compulsive behavior, and addictions are a result of our broken relationship with God, and give you helpful information to begin healing these areas of your life.

Addictions, Compulsive & Impulsive Problems

Many of us either have addictions in some area (drugs, alcohol, overeating, gambling, shopping)—or wrestle with other behaviors that negatively affect our lives, such as compulsions and impulsivity. Why do we do these things we don't want to do? Dr. Townsend defines behaviors as "out-workings of a spiritual condition"; in other words, outside actions driven by inside problems. You might think that you just need more willpower and commitment, or you may have been told that all you need is God. Dr. Townsend explains that we need to use all the resources God gave us to combat these issues, and to use our behaviors as they were intended – to implement the spread of love.

Small group discussion questions:

1) What kind of behaviors give you trouble?

2) When you consider these behaviors, what do you see as the driving force? What are the real issues you need to face?

3) Just as Dr. Townsend needed to be accountable about his issue, we need others to help us. Who can you involve in your struggle, to help you and to hold you accountable?