

# Conversation Guide

## Drugs

Feature

Part  
04

**“True conversion to Christianity and the process of recovery only begin when someone recognizes that they’re at the end of their rope, and powerless to save themselves.”**

### Summary

People can become trapped in an addiction and suddenly realize they don't know how to escape. Regardless of whether you are someone who struggles with an addiction or know someone who does, healing comes in community. Recovery requires us to separate our behaviors from our identities, and to be open and honest around others we can trust. In this way we can come alongside each other as we encounter struggles and point each other toward Christ.

### Reflect, Discuss, and Share

**01** Often times when people are struggling with the weight of life they cut themselves off from others, rather than searching for healing in community. How can you create habits that drive you toward healthy community, instead of away from it?

**Discuss!**

**02** People who struggle with addiction need to heal in community. Consider, is there anyone in your life who you can trust with your struggles? Or, are you someone that others could go to, confess their struggles, and find community and healing?

**Think about this!**

**03** Has there ever been a difficult time in your life where you were able to overcome your struggles through community? Share that story with your teens.

**Be Vulnerable!**

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.”

— Galatians 6:2, NIV



Read the article here on the right about Iceland's drug prevention program, and implement what you can in your community.



Read this incredible article on how Iceland got teens to stop using drugs. <https://www.theatlantic.com/health/archive/2017/01/teens-drugs-iceland/513668/>