

## **STUDY GUIDE: “WHAT’S GOING ON?”: “Obsession”**

### **Discussion Starters**

1. How many people do you know who are truly obsessed with something?
2. What have you been obsessed with?

### **Study:**

3. Look up the word “obsession” in an English dictionary. What does it mean?
4. What are some obsessions common in our culture? (Consider these when doing the rest of the study.)
5. Look up the following passages. Read them in context and note what they teach us about obsession and dealing with obsession.

Mark 4:18-19

Luke 12:45-46

1 Corinthians 6:12

1 Timothy 6:3-5

1 John 2:15-17

6. EXTRA CREDIT: Using an exhaustive concordance and/or topical Bible, discover everything you can about obsession in the Bible. Use another piece of paper to record what you discover. (HINT: Use words which are synonyms or denote similar things to obsession as well as the word “obsession” itself.)

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7. To complete the next section of the study guide, you will need to use a Bible Dictionary. Remember, the words listed below are from the NASU, but the word you are trying to define is the Hebrew or Greek word translated by the NASU—NOT the English word. If you have any questions about how to use these tools, contact your group leader or one of the pastoral staff.

Define the following words or terms.

--“worries” (Mark 4:19)—

--“mastered” (1 Corinthians 6:12)—

--“morbid interest” (1 Timothy 6:4)—

--“lust” (1 John 2:16)—

8. Choose one of the words you looked up above, and write how understanding the meaning and background of that word better helped you understand this passage.

9. Is there a difference between “addiction” and “obsession”? Please explain.

**Taking It Home**

10. Do you believe there are healthy obsessions? Please explain.

11. From this study, what can you do if you find you are obsessed with something?

12. How can you help someone else who is obsessed with something?