



Connecting for Health. Connecting for Life.



Addiction: A Longing for Jesus

David Sedlacek, Ph. D.

God has placed longings and desires within us (Ps. 145:16) and He longs to fulfill these desires. Therefore, many human longings and desires are good and blessed by God as long as they are in harmony with his will. Terry Wardle describes beautifully six core longings that God has placed in every human heart (Wardle, 2003). The first is love, to love and be loved. The essence of God is that He is love (1 John 4:8). As the crowning act of God's creation, created in His own image, love is what we were made to experience. Children need love from their parents to help them develop and thrive as healthy humans. They have basic love needs such as affection and nurture, affirmation, time and attention, protection, discipline, comfort and guidance (Sedlacek, 2018)

Parents stand in God's place, representing Him in the lives of their children. Their view of God is formed by the way that they are loved (Hertel and Donahue, 1995). Ellen White wrote that "parents stand in the place of God to their children" in their early years (p. 45). Children who are loved well develop secure attachment (Bowlby, 1969). Secure attachment begins to be developed in infancy when parents respond to the basic needs of their children. For example, when a child cries because they are hungry or need a change of diaper and the mother responds empathically with love, the child learns that it is okay for them to have love needs and that they will be met.

However, when their love needs are not well met, rather than secure attachment, the child may develop insecure attached types such as anxious, avoidant, or disorganized attachment. The child may develop an unconscious internal working model (IWM) that does not view other people, the world, or even God as safe (Zarzycka, 2019). This is a type of trauma that results in emotional pain that is often medicated through codependent or other addictive thinking, emotions, and behaviors.

The second core longing is significance. Each of us longs to know that we are important and that our lives are of value. Many of us, as adults, find our significance in the work that we do and the roles that we play in our families and communities. While these sources of significance are of value, the problem is that if we don't know our value simply because we are, we can easily become addicted to what we do. The messages that parents give their children about their value often lay the foundation for this distortion in identity. When children are only affirmed when they do what is pleasing to their parents, e.g., go in the toilet during potty training, they learn to connect positive affirmation with what they do.

[click here to continue reading](#) or visit [NADhealth.org/articles](#).

Adventist Recovery Ministries (ARMin)

ARMin's goal is to provide training and support for churches and individuals who wish to help those who are seeking freedom from harmful thoughts, habits, and addictions. Learn more at [AdventistRecovery.org](#)



Pumpkin Pancakes

By Philip Riley

Unlock the secret to these fluffy, flavorful pancakes by following our exclusive recipe. Visit [nadhealth.org/recipes](#) and let your taste buds savor the cozy essence of autumn. Your breakfast table just got a whole lot cozier! 🍂🥞🍯

TOGETHER IN MISSION

Recovery Ministries: Stronger Together

Adventist Recovery Ministries (ARMin) has been providing addiction recovery resources for many decades within the North American Division. As needs continue to expand, as science continues to unlock the complexity behind addictions, and as we continue to bring together more partnerships for greater success, we are excited to share that ARMin will now include resources for recovery from **addictions, grief, and trauma**. Stay tuned to learn more and visit our website AdventistRecovery.org.

Devotional Book: Share Your Story

Loma Linda University (LLU) School of Public Health is gathering inspirational public health stories into a daily devotional book. Please visit <https://publichealth.llu.edu/about/sph-devotional-book> for more details and to submit a story to be included in the book.

Mission Opportunities

Did you know that you can make a meaningful impact by volunteering with He Said Go? Whether you're passionate about community outreach, education, or healthcare, there's a place for you in our dedicated team. Your time and skills can contribute to transforming lives and communities around the world. Join us in spreading kindness, creating connections, and making a difference. Visit hesaidgo.org to learn more!



Share Hope

Learn how you can be a source of hope and healing to someone in need. Visit our YouTube channel [@nadhealth](https://www.youtube.com/@nadhealth) for compelling videos to share.



Enditnow® Training

Enditnow® North America hosted a free training on Nov. 12-13 on the campus of Andrews University. The in-person training provided ministry leaders, volunteers, and safety officers with pertinent information on abuse prevention and response.

Following the event, attendees were better able to define relational abuse and identify its key elements, identify the prevalence of abuse in the church, recognize the signs and dynamics of an abusive relationship, explain the barriers that prevent victim/survivors from moving toward safety, give examples of preventative strategies for adults and children, and respond appropriately to abuse disclosure.

[Click here](#) to learn more about Enditnow® and the impact that it has been creating.



2024 Health Emphasis Sabbaths

As we look forward to 2024 (Sabbath Emphasis dates TBA), take a moment to look back at the resources from this year that were used for our various Health Emphasis Sabbaths! You might just spark some ideas for what can be done to impact your church/community in the future! Visit our website nadhealth.org/sabbaths.

WORDS OF HOPE

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.

Psalm 100:4 KJV

November is National Alzheimer's Disease Awareness Month!



This month, as we unite for National Alzheimer's Disease Awareness, let's honor the individuals, caregivers, and advocates who are in the front line against the challenges of this condition. Click below to learn more!

ALZHEIMER'S FACTS & FIGURES BROCHURE

CDC ALZHEIMER'S INFORMATION