

# TABOO

## How To Talk About The Stuff We Don't Want To Talk About

### AT A GLANCE

Review the definitions of the word taboo.

noun: taboo; plural noun: taboos; noun: tabu; plural noun: tabus

1. a social or religious custom prohibiting or forbidding discussion of a particular practice or forbidding association with a particular person, place, or thing.

adjective: taboo; adjective: tabu

1. prohibited or restricted by social custom."sex was a taboo subject"  
2. synonyms: forbidden, prohibited, banned, proscribed, interdicted, outlawed, illegal, illicit, unlawful, restricted, off limits; Moreunmentionable, unspeakable, unutterable, unsayable, ineffable; rude, impolite

verb: taboo; 3rd person present: taboos; past tense: tabooed; past participle: tabooed; gerund or present participle: tabooing; verb: tabu; 3rd person present: tabus; past tense: tabued; past participle: tabued; gerund or present participle: tabuing

1. place under prohibition."traditional societies taboo female handling of food during this period"

### AFTER THE SERIES

We should be able to discern the taboos we have buried away from our consciousness, see how they have influenced our thoughts and actions, and how we may be healed of the malaise they caused in our body and soul.

### Talk 3: Addictions *Trade It for Something Better*

#### WHAT IT'S ALL ABOUT:

Talk 3, Addictions, discusses breaking the pattern of addiction. But you cannot break a pattern without replacing it with a new pattern. You need to trade it for something better.

#### Personal Reflection and Group Sharing:

*Do you have bad habits you want to remove from your life?  
(Share only to the degree that you feel comfortable.)  
If you're going to remove these bad habits, what  
good habits can you replace them with?*

#### I. REVIEW THE KEY BIBLE VERSE

*And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway. (Romans 7:18-19 NLT)*

**Repeat the preacher's question:** Does this sound familiar? You know it's wrong, and you don't want to do it-- but you do it anyway?

# TABOO

Talk 1:  
*Ancestors*

Talk 2:  
*Abuse*

Talk 3:  
*Addictions*

**BIG DAY:**  
*Learn to Laugh More*

Notes:

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**II. ASK FOR REACTIONS AND REFLECTIONS**

**Review** that this is the toughest series we've ever given at the Feast. Before asking for sharings, remind the members that unless the sharer allows public discussion of the sharing, whatever will be revealed during this session should be kept under the mantle of secrecy to protect the privacy of the sharers and people in their story.

**Important:** Because this talk touches on drug addiction, discussions may lead to the government's war on drugs —and thus lead to debates on the pros and cons of the issue.

Cut short political discussions and focus everyone's attention to the theme of the talk which is dealing with the taboos or what family members avoid to discuss.

**Ask** members about their experience on bad habits or addictions their family avoids to discuss.

**Ask** how they are dealing with such addictions.

**Ask** what **something better** they can trade the bad habit or addiction for.

**Review:** What Jesus taught us what to do when we go through temptation. *Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.* (Matthew 26:41 NIV)

**Repeat** the two ways to avoid temptation:

**1. Watch.** This means being awake. Being aware. Many people chained to bad habits aren't awake. They live in la-la land. They deny that they're chained. They think the chains are bracelets. They say things like, "I'm not addicted. I just take it when I'm stressed." Because they don't know they're sick, they don't look for healing.

**2. Pray.** Because we can't do it on our own. To free ourselves from our addictions, we need supernatural grace.

The greatest force in the universe is in you. And that grace is available inside us. The Bible says, *For God is working in you, giving you the desire and the power to do what pleases him...* (Philippians 2:13 NLT)

**III. PRAY FOR EACH OTHER**

**1. Pray** for members who need the grace to stop their addictions.

**2. Pray** that their family may have the grace of courage to discuss the addictions.

**3. Pray** for the family members who need healing from their addictions.

**4. Remember:** If members need someone to talk to or pray for them, they may call the Light of Jesus Pastoral Care Center at (02) 725-9999 or email them at lojpastoralcare@gmail.com The Care Center can also refer the member to other groups and institutions that specialize in recovery.

**5.** In the next meeting, **remember to follow up** members about their concerns, and ask if they have made an effort to start discussions of a taboo in the family, especially experiences of addictions.

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