



# RE:TUNED

Unavoidable. Pervasive. Inescapable. Secular pop music is everywhere. Even if you can get your young Christian friends to switch their listening habits from secular to sacred, they are still going to hear the top popular songs everywhere they go. In this section we provide you some

ideas to take advantage of some of the most popular secular songs. Use the opening questions, the thematic concepts and discussion ideas to spice up your Bible study, Sunday School lesson, camp/retreat meeting or outreach event message.

Artist:

**Demi Lovato**

**Song:** Sober

**Album:** Sober - Single

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**Theme**

Addiction, Accountability, Alcohol/Drugs

**Teaching Point**

Being sober-minded is important for followers of Christ.

**Opening Questions**

- What does it mean to be sober?
- What happens when someone is not sober? How do they behave, how do they feel, how do those around them who are sober feel, etc.?
- Why do you think addiction is so prevalent and how can people who struggle get help?

**Discussion**

Demi Lovato has had her fair share of battles with her addiction to drugs and alcohol; from hard drug use starting as early as 17 years of age, to her most recent relapse which resulted in an overdose, the struggles this young woman has wrestled with continue to be thrust into the spotlight. Despite the high-profile nature of her addiction, this isn't something that only Demi deals with. Drug use and addiction has plagued societies worldwide without discrimination and with no foreseeable stoppage. Sobriety is a constant struggle for addicts, and in an all-too-often cruel turn of events, Demi's six years of sobriety were ended abruptly in recent months.

Demi's song, "Sober", was released a mere three days before her recent overdose. In this heartbreaking song, Demi admits *"I'm not sober anymore"*, granting apologies to her parents, her future husband, friends, fans, and ultimately herself. Demi states, *"I don't know, I don't know, I don't know why, I do it every, every, every time, it's only when I'm lonely..."* She continues to say that she tries to fight the addiction but sometimes wants to just cave in to the cravings and wanting someone to hold her. We don't have to be alone to be lonely, and for Demi, she's expressing that very reality, seeking out drugs as her comfort.

Being of a sober mind is of the utmost importance for followers of Christ. **1 Peter 5:8** says, *"Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour."* To be sober minded is to be alert, ready, and clear-headed. We must be on guard with a sharp mind to thwart the attacks of Satan. These attacks can come in many forms, including that of the seemingly loneliness and hopelessness that Demi voices.

When our minds are altered by drugs, including alcohol, we become unfocused, vulnerable, and all around not "ourselves". Demi understands that who she is when she's not sober isn't the real her, nor is it who she wants to be, saying *"wake me up when the shakes are gone and the cold sweats disappear, call me when it's over and I myself reappear."*

We should applaud Demi for her willingness to admit and bring to light her struggles. It is her raw reflection that allows us to truly see the pain that she is experiencing and that so many other addicts feel. **Galatians 6:2** says, *"Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you may also be tempted. Carry each other's burdens, and in this way, you will fulfill the law of Christ."* Carrying a burden doesn't mean partaking in it, but rather empathizing with the person going through the struggle and guiding/helping them through it. However, we must be sure to not fall into the temptation ourselves in the process.

One way we can better prepare ourselves to not fall into temptation is to surround ourselves with good company. Recent reports have stated that Demi, who in her six years of sober living stayed away from the "party scene", recently began surrounding herself with social groups within these scenes. **1 Corinthians** tells us, *"Do not be misled: bad company corrupts good character."* We must surround ourselves with people who wish to resist the temptations we struggle with. For someone who struggles with addiction, places and people who cater to those very temptations will only lead to corruption. Being sober is a struggle and making the decision to remain sober is a constant necessity.

What can we learn from Demi Lovato's single, "Sober"? A lot. From recognizing and admitting our struggles as a step toward getting help, to understanding that addiction doesn't discriminate or care about wealth, gender, religion, race, etc., and the need to surround ourselves with good company, "Sober" gives an honest look into one of many battles against addiction.

If you or someone you know is struggling with addiction, there are many resources available; Alcoholics Anonymous groups, Celebrate Recovery, and SAMHSA.gov, to name a few. There's help, you're not alone.

**Conclusion**

Research, talk about, and write down local resources that people who struggle with addiction can use to get or maintain sobriety.