

# PLEASURES: MISERABLE ADDICTIONS!

(JOEY FAUST, Aug. 22, 2021)



**TEXT: Ecclesiastes 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.**

**14 For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.**

???

**Revelation 4:10 The four and twenty elders fall down before him that sat on the throne, and worship him that liveth for ever and ever, and cast their crowns before the throne, saying, 11 Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for **thy pleasure** they are and were created.**

**Ecclesiastes 2:1 I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure: and, behold, this also is vanity.**

Isaiah 5:20 Woe unto them that  
call evil good, and good evil; that  
put darkness for light, and light  
for darkness; **that put bitter for  
sweet, and sweet for bitter!**

"The English word *hedonic* comes originally from the ancient Greek for pleasure (ἡ δονή; in Latin script: *hédoné*), in turn derived from the word for 'sweet' (ἡ δύς, or *hēdús*)."  
(Neuron. 2015 May 6)

**Proverbs 9:13 A foolish woman is clamorous:  
she is simple, and knoweth nothing.**

**16...as for him that wanteth understanding, she  
saith to him,**

**17 Stolen waters are sweet, and bread eaten in  
secret is pleasant.**

**18 But he knoweth not that the dead are there;  
and that her guests are in the depths of hell.**



**"We are half-hearted creatures, fooling about with drink and [fornication, etc.] and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased." (C.S. Lewis)**

**Revelation 3:17** Because thou sayest, I am rich, and increased with goods, and have need of nothing; and knowest not that thou art wretched, and **miserable**, and poor, and blind, and naked:

Ecclesiastes 1:8...the eye is **not satisfied** with seeing...

Ecclesiastes 5:10 He that loveth silver shall **not be satisfied** with silver...

Ezekiel 16:29 Thou hast moreover multiplied thy fornication in the land of Canaan unto Chaldea; and yet **thou wast not satisfied** herewith.

**Jeremiah 2:19** Thine own wickedness shall correct thee, and thy backslidings shall reprove thee: **know therefore and see that it is an evil thing and bitter**, that thou hast forsaken the LORD thy God, and that my fear is not in thee, saith the Lord GOD of hosts.

**Jeremiah 4:18 Thy way and thy  
doings have procured these  
things unto thee; this is thy  
wickedness, because it **is**  
**bitter...****

**"...dopamine systems clearly do play an important role in reward, but that role may not be as hedonic as once thought...today relatively few neuroscientists who study dopamine in reward appear to assert in print that dopamine causes pleasure...Even original proponents are no longer so enthusiastic...Evidence began to emerge that loss of dopamine doesn't necessarily reduce pleasure after all...dopamine stimulations do not reliably cause pleasure...**

The intensity of dopamine NAc surges even when evoked by addictive drugs (e.g., amphetamine)...correlates much better with wanting ratings (Evans et al., 2006; Leyton et al., 2002)...Examples of **'wanting'-without-'liking'**...Those intense motivations range from gambling to shopping, pornography, internet, hobbies, addictive drugs, or taking excessive medication in addictive fashion (Calleesen et al., 2013; Friedman and Chang, 2013; Ondo and Lai, 2008; Politis et al., 2013). Yet these cases **typically do not report intense pleasure...**" (Neuron. 2015 May 6)

2 Peter 2:19 While they  
promise them liberty, they  
**themselves are the servants  
of corruption...**



Proverbs 13:15 Good  
understanding giveth  
favour: **but the way of  
transgressors is hard.**

**1 Corinthians 16:15** I beseech you,  
brethren, (ye know the house of Stephanas,  
that it is the firstfruits of Achaia, and that  
**they have addicted themselves to the  
ministry** of the saints,)

**16** That ye submit yourselves unto such,  
and to every one that helpeth with us, and  
laboureth.

WSJ, Aug. 13, 2021:

*"Digital Addictions Are Drowning Us in Dopamine...Rising rates of depression and anxiety in wealthy countries like the U.S. may be a result of our brains getting hooked on the neurotransmitter associated with pleasure...A patient of mine, a bright and thoughtful young man in his early 20s, came to see me for debilitating anxiety and depression. He had dropped out of college and was living with his parents. He was vaguely contemplating suicide. He was also playing videogames most of every day and late into every night...*

**Twenty years ago the first thing I would have done for a patient like this was prescribe an antidepressant. Today I recommended something altogether different: a dopamine fast. I suggested that he abstain from all screens, including videogames...Their problem isn't trauma, social dislocation or poverty. It's too much dopamine, a chemical produced in the brain that functions as a neurotransmitter, associated with feelings of pleasure and reward...pleasure and pain are processed in the same parts of the brain and that the brain tries hard to keep them in balance...**

**As soon as dopamine is released, the brain adapts to it by reducing or 'downregulating' the number of dopamine receptors that are stimulated. This causes the brain to level out by tipping to the side of pain, which is why pleasure is usually followed by a feeling of hangover or comedown...there's a natural tendency to counteract it by going back to the source of pleasure for another dose..."**

BBC, Aug. 18, 2021:

*"What happens to your brain when you give up sugar... Dopamine is a neurotransmitter, meaning it's a chemical that passes messages between nerves in the brain. When we're exposed to a rewarding stimulus, the brain responds by releasing dopamine - which is why it's often called the 'reward' chemical...Dopamine can drive us to seek food, such as junk food...*

**Experiments in both animals and people have shown how profoundly sugar activates these reward pathways...[it] surpasses even cocaine in terms of the internal reward it triggers...its effects are independent of the sweet taste...In rats, there's strong evidence to suggest that sucrose consumption can actually change the structures in the brain that dopamine activates as well as altering emotional processing and modifying behaviour in both animals and humans...research in animals has demonstrated that the effects of sugar addiction, withdrawal and relapse are similar to those of drugs...'**

# LIVING FOR INDEPENDENT PLEASURE:

1 Timothy 5:6 But she that **liveth in pleasure** is dead while she liveth.

Proverbs 21:17 He that **loveth pleasure** shall be a poor man...



# LIVING FOR INDEPENDENT PLEASURE:

2 Timothy 3:4 Traitors, heady,  
highminded, **lovers of pleasures more**  
**than** lovers of God;

# LIVING FOR INDEPENDENT PLEASURE:

**Titus 3:3** For we ourselves also were sometimes foolish, disobedient, deceived, **serving divers** **lusts and pleasures**, living in malice and envy, hateful, and hating one another.

# LIVING FOR INDEPENDENT PLEASURE:

Isaiah 47:8 Therefore hear now  
this, thou that art given to  
pleasures, that dwellest  
carelessly...

# LIVING FOR INDEPENDENT PLEASURE:

Hebrews 11:25 **Choosing** rather to suffer affliction with the people of God, than to **enjoy the pleasures of sin for a season;**

# LIVING FOR INDEPENDENT PLEASURE:

**Luke 8:14** And that which fell among thorns are they, which, when they have heard, go forth, and are **choked with cares and riches and pleasures of this life**, and bring no fruit to perfection.

# LIVING FOR INDEPENDENT PLEASURE:

Proverbs 18:2 A fool hath **no delight in understanding**, but that his heart may discover itself.

## LIVING FOR INDEPENDENT PLEASURE:

**Job 34:9** For he hath said, It profiteth a man nothing that he should **delight himself with God.**

# LIVING FOR INDEPENDENT PLEASURE:

Proverbs 2:14 Who rejoice  
to do evil, and **delight in the  
frowardness** of the wicked;



# LIVING FOR INDEPENDENT PLEASURE:

Proverbs 1:22 How long, ye simple ones, will ye love simplicity? and the **scorners delight in their scorning**, and fools hate knowledge?

# LIVING FOR INDEPENDENT PLEASURE:

Psalms 62:4...they **delight in lies**: they bless with their mouth, but they curse inwardly...

LIVING FOR INDEPENDENT PLEASURE:

Jeremiah 6:10...the word of  
the LORD is unto them a  
reproach; they **have no  
delight in it.**

# LIVING FOR INDEPENDENT PLEASURE:

Isaiah 66:3 He that killeth an ox is as if he slew a man; he that sacrificeth a lamb, as if he cut off a dog's neck; he that offereth an oblation, as if he offered swine's blood; he that burneth incense, as if he blessed an idol. Yea, they have chosen their own ways, and their soul **delighteth in their abominations.**

## LIVING FOR GOD'S PLEASURE:

**Psalms 103:21 Bless ye the LORD,  
all ye his hosts; ye ministers of his,  
that **do his pleasure.****

## LIVING FOR GOD'S PLEASURE:

**Hebrews 11:5 By faith Enoch was translated that he should not see death; and was not found, because God had translated him: for before his translation he had this testimony, **that he pleased God.****

# LIVING FOR GOD'S PLEASURE:

**Psalms 119:16** I will **delight myself in thy statutes**: I will not forget thy word.

24 Thy **testimonies also are my delight** and my counsellors.

35 Make me to go in the path of thy commandments; for **therein do I delight**.

47 And I will **delight myself in thy commandments**, which I have loved.

70 Their heart is as fat as grease; but **I delight in thy law**.

77 Let thy tender mercies come unto me, that I may live: for **thy law is my delight**.

92 Unless **thy law had been my delights**, I should then have perished in mine affliction.

143 Trouble and anguish have taken hold on me: yet **thy commandments are my delights**.

174 I have longed for thy salvation, O LORD; and **thy law is my delight**.

LIVING FOR GOD'S PLEASURE:

**Proverbs 2:10** When wisdom  
entereth into thine heart, and  
**knowledge is pleasant unto thy  
soul;**



## LIVING FOR GOD'S PLEASURE:

**Psalms 1:2 But his delight is in the law of the LORD; and in his law doth he meditate day and night.**

GOD REWARDS WITH GREATER, LASTING PLEASURES:

**Psalms 16:11** Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are **pleasures for evermore.**

GOD REWARDS WITH GREATER, LASTING PLEASURES:

**Psalms 36:8 They shall be abundantly satisfied with the fatness of thy house; and thou shalt **make them drink of the river of thy pleasures.****

GOD REWARDS WITH GREATER, LASTING PLEASURES:

**Job 36:11 If they obey and  
serve him, they shall spend  
their days in prosperity, and  
their years in pleasures.**

GOD REWARDS WITH GREATER, LASTING PLEASURES:

Psalms 37:4 **Delight thyself** also  
in the LORD; and he shall give  
thee the desires of thine heart.

GOD REWARDS WITH GREATER, LASTING PLEASURES:

**Psalms 112:1...Blessed is the man  
that feareth the LORD, that  
delighteth greatly in his  
commandments.**

## SOME OTHER KEYS TO HOLY PLEASURE:

Psalms 133:1 Behold, how good and **how pleasant** it is for brethren to dwell together in unity!

## SOME OTHER KEYS TO HOLY PLEASURE:

**Ecclesiastes 11:7 Truly the light is  
sweet, and a pleasant thing it is for  
the eyes to behold the sun:**



SOME OTHER KEYS TO HOLY PLEASURE:

Psalms 81:2 Take a psalm, and bring hither the timbrel, the **pleasant harp** with the psaltery.

## SOME OTHER KEYS TO HOLY PLEASURE:

**Psalm 147:1 Praise ye the LORD:  
for it is good to sing praises unto  
our God; for **it is pleasant**; and  
praise is comely.**

## SOME OTHER KEYS TO HOLY PLEASURE:

**Proverbs 24:1 Be not thou envious against evil men, neither desire to be with them.**

**24 He that saith unto the wicked, Thou art righteous; him shall the people curse...**

**25 But **to them that rebuke him shall be delight**, and a good blessing shall come upon them.**

SOME OTHER KEYS TO HOLY PLEASURE:

Proverbs 29:17 Correct thy son,  
and he shall give thee rest; yea, **he**  
**shall give delight** unto thy soul.

SOME OTHER KEYS TO HOLY PLEASURE:

Proverbs 3:12 For whom the  
LORD loveth he correcteth;  
even as a father **the son in**  
**whom he delighteth.**

## SOME OTHER KEYS TO HOLY PLEASURES:

**Proverbs 12:14** A man shall be **satisfied** with good by the fruit of his mouth: and the recompence of a man's hands shall be rendered unto him.