

Steps to Freedom for Parishioners Struggling with Sexual Integrity

Who comes to you for help?

A college student ashamed of his pornography use. He knows God is calling him to stop.
A woman sexting with men she doesn't know. Her husband found the texts on her phone.
A married man has broken off an affair and told his wife. It's not the first affair.
A wife who is distraught after discovering thousands of dollars her husband spent on pornography and massage parlors.
An executive fired from his job for surfing hours of internet porn at work.

Emotionally embrace them

I am so sorry for the pain you are in. Thank you for having the courage to tell me so I can pray for you and support you in getting to a better place.

Secrecy kept the person in bondage. Bringing it into the light with someone who does not shame them is the first step in breaking the power of the sin.

Explore the history of their struggle

Sexual weakness or sexual addiction? The 4 C's

- 1) Can't control - pattern of out of control behavior
- 2) Consequences - severe consequences due to sexual behavior (relationships, work, health)
- 3) Can't stop - even in light of the consequences
- 4) Coping mechanism - sex used to self-medicate from difficult life or emotional circumstances

Online free screening test at www.recoveryzone.com

The Sexual Addiction Screening Test (SAST)

Steps to freedom

Handouts to give the struggler and the spouse

Books & online resources

Understanding that God hurts with them and is waiting with open arms no matter how ashamed they feel. The Dragon Parable.

Professional Counseling - to deal with compulsions and the roots of addiction

Support Groups - to have other people walk beside them on the healing journey

Difficult questions you will be asked

From the struggling person:

Is it possible to be freed from this? I've tried to quit dozens of times.

How do I tell my spouse? Should I tell my spouse?

From the spouse:

Do I have grounds to divorce?

I don't want my spouse to touch me.

How could my partner do this to me when we loved each other?

Recovery Happens in Community

Community of *faith*

Community of *recovery*

*Let us throw off everything that hinders
and the sin that so easily entangles and run with perseverance the course marked out for us.*

Hebrews 12:1

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