



Session 3: Presenter – Debby Wade

If this is your experience you may need help stopping. So I am going to walk you through Six Basic Action Steps. The resource for these steps come from the book, “The Porn Trap” by Wendy and Larry Maltz. **Reflect through the steps. If you are struggling, are you willing to take action on the following steps?**

STEP ONE: Tell Some One About Your Porn Problem

James 5: 16 says, “Therefore, confess your sins to one another [your false steps, your offenses], and pray for one another, that you may be healed and restored. The heartfelt and persistent prayer of a righteous man (believer) is able to accomplish much [when put into action and made effective by God – it is dynamic and can have tremendous power].

This could be a good friend who you know has a close walk with Christ, a pastor, a mentor, a therapist, someone that will help you be accountable.

Do you have someone in mind of who you could ask to be your accountability partner?

You cannot do this alone... right... many of you have even tried... it's not possible. Here is why... the evil one, who as Christ describes “he comes only to steal kill and destroy.” The evil one loves to work with your secrets... you know, because you feel shame about it so you keep it a secret, the more you keep it a secret the more shame you feel. You end up deceiving others to keep your secret that you feel shame about. You are deceiving yourself, your spouse, others around you, your kids... you have become so deceptive it distorts how you see life, how you see others, how you see your self, how you see God and how you think God sees you. **SO TELL SOME BODY... bring that secret into the light.**

Dietrich Bonhoeffer says in his book, *Life Together*, “The Christian needs another Christian who speaks God’s word to him. He needs him again and

again when he becomes discouraged, for by himself he cannot help himself... He needs his brother man as a bearer and proclaimer of the divine word salvation."

STEP TWO: Get Involved in a Treatment Program

I recommend both individual work and group work. Find a counselor who does understand the stronghold of porn. And do individual work to address underlying emotional wounds, unresolved issues from your past that may be fueling your porn use. Take a look at you own sexual history and sexual scripts that you live by**YOU NEED A GROUP....**This could mean a support group that many churches offer: Celebrate Recovery Group, Regen Group, Pure Desire Group, The Conquer Series Group, a Sexual Integrity group. or if you know you may need a faith-based intensive treatment:

- * Bethesda Workshops (for men and women)

www.bethesdaworkshops.org

- * Be Broken Ministries (for men)

* www.bebroken.com

- * Faithful & True Ministries

* www.faithfulandtrue.com

STEP THREE: Create a Porn-Free Environment

You have to be willing to get pornography... or you access to it out of your environment. It's a fairly practical step, albeit a very difficult one. Yes, you will have to sacrifice some things and surrender some conveniences.

- Cancel any subscriptions you have to porn (or even those magazines that aren't considered porn, but you know you use them for masturbation and fantasy).
- Change to a family oriented internet service provide
- Change your email address if needed
- Install cyber controls on your devices
- Move your computer to a public area in your house

- Cancel internet service altogether if needed
- Buy a new hard drive or computer
- Give passwords of your devices to your spouse
- If you travel, have a travel plan. Call ahead to the hotel ask for parental lock down in your room, or ask them to remove the TV from the room.
- set limits with friends and family members re: what content to not send to you
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STEP FOUR: Establish Twenty-Four-Hour Support and Accountability

you may need more than one... this is why groups are important
come up with several accountability questions...

1. Have you viewed any porn today?
2. Did you seek out any porn today?
3. Did you willingly look at porn that was sent to you by someone today?
4. Did you masturbate today to any sexually explicit material?
5. Were you tempted with anything today that needs to be revealed?
6. If you said "no" to any of the above questions, did you lie in on any of your answers?

STEP FIVE: Take Care of Your Spiritual, Physical, Mental and Emotional Health

Identify 2 things that you can do in each of those categories every day.

STEP SIX: Start Healing your Sexuality

Behind most porn struggles are other sexual issue, wounds that were never tended to or healed; be willing to do some healing work. Often behind sexual struggles, there are really spiritual struggles... the reason behind most sexual

longings is a spiritual longings.

Okay, these are six action steps... that can aid you in your healing process.

But you will also need to learn how to deal with set back, relapses, address

the underlying problems cause by porn; heal the wounding in your relationship, and develop new sexual intimacy skills. It does take time for the healing process, and the healing.