

SMALL GROUP GUIDELINES

- Keep your sharing focused on your own thoughts and feelings. Please limit your sharing to 3-5 minutes.
- There is NO cross talk please. Cross talk is when two individuals engage in dialogue, excluding all others. Each person sharing is free to express feelings without interruption.
- We are here to support one another. We will not attempt to "fix" another.
- Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group! The only exception is when someone threatens to injure themselves or others.
- Offensive language has no place in a Christ-centered group.

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Bel Air
Church

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

PORNOGRAPHY ADDICTION

The Problem & Solution
for Men & Women

Bel Air Church Weekly Recovery Mtg.

THE PROBLEM

- You use pornography for emotional comfort due to hurts, anger, frustrations or resentments.
- You may have been exposed to pornography at an early age.
- You blame others to justify using pornography – “if only” your spouse or significant other were more intimate / affectionate / available.
- Your use of pornography is hurting your marriage / love relationship or family.
- You have tried to stop using pornography and find you can't.
- You spent time, energy and lies keeping your pornography use a secret from your spouse, love relationship, family and friends.
- You rationalize your pornography use by saying “my friends all watch it” or “society says it's OK.”
- You find yourself watching more extreme or deviant forms of pornography to receive the same gratification.
- You may have risked or lost your job by using pornography on a computer at your place of employment.
- Others (your family, co-workers, coffee shop patrons) have caught you watching pornography at inappropriate times and/or in inappropriate places.
- You may have risked arrest by using masturbation & pornography in public.

THE SOLUTION

- First you must acknowledge you are addicted to pornography. *Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13*
- You must recognize that you are using pornography for emotional comfort due to hurts, anger, frustrations or resentments. *For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. 1 John 2:16*
- You must acknowledge if you are blaming others to justify using pornography – “if only” your spouse or significant other were more _____. Or even God for not providing what you need. Adam blamed Eve for his sin and she blamed the Serpent. (*Gen. 3:12-13*).
- You must recognize that your own “will power” is not the answer. You must yield your will to God's Will. *The heart is deceitful above all things. Jer. 17:9*
- You must destroy, delete and deny access to any pornography you have. *No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. Matt. 6:24*
- Make yourself accountable to a “safe” person to share your struggle with. *Therefore confess your sins to each other and pray for each other so that you may be healed. James 5;16*
- Give yourself time to work through the process. God chooses to take us all through our own growth process. It really is One Day At A Time. *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Matt. 6:34*