

## SMALL GROUP GUIDELINES:

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not "fix" one another.
4. 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.
5. Offensive language has no place in a Christ-centered recovery group.

## ACCOUNTABILITY TEAM PHONE NUMBERS:

Sponsor: \_\_\_\_\_

Accountability Partners: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

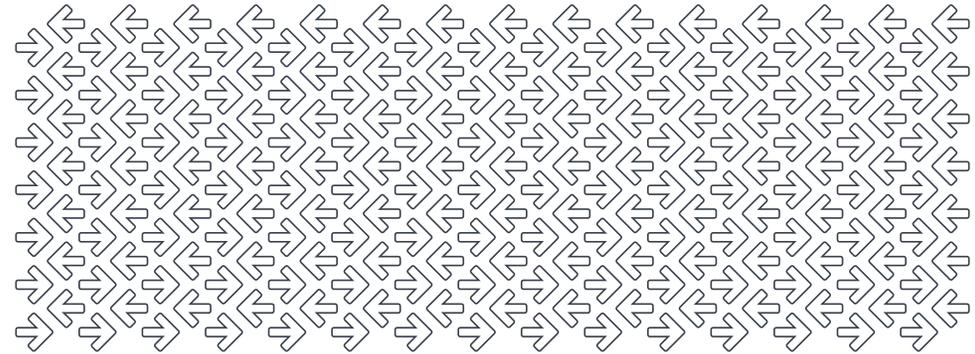


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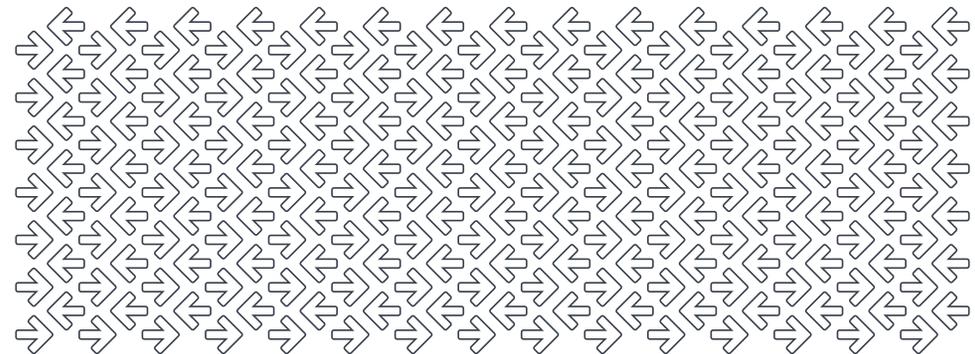
# SEXUAL ADDICTION

## THE PROBLEM AND SOLUTION



# RESTORE

— A CHRIST-CENTERED PROGRAM —



## DEFINITION:

Any type of uncontrollable sexual activity that causes conflict or suffering for the individual and/or significant others. (Hemminger & Good, 2003)

## WHAT TO LOOK FOR:

**Normal Sexuality vs. Sexual Addiction** (Laaser, 2004)

Behaviors & Thoughts	Sexual Addiction	Normal Sexuality
<i>Thinks about sex.</i>	Constantly	Occasionally
<i>Encounters sexual stimuli, such as pornography or an attractive person.</i>	Initiates a cycle of sexual thoughts. Disregards moral and spiritual boundaries.	Notes the stimulus and moves on to other thoughts. Considers all moral and spiritual boundaries.
<i>Masturbation</i>	Becomes a habitual pattern which is used to medicate feelings.	Experiments but doesn't allow it to become a pattern.
<i>Experience of sexual sin</i>	Goes through a cycle of guilt & shame but repeats the sin.	Repents, confesses, and learns from the experience.
<i>Marital sexuality</i>	Selfish use of spouse to meet needs, including the need to avoid feelings.	Selfless expression of the deepest levels of emotional and spiritual intimacy.

## RECOMMENDATIONS

1. Commit to Sexual Abstinence for a Specific Time (Celibacy Contract)

*"Do not deprive each other except by mutual consent and for a time, so that you may devote yourselves to prayer. . ." 1 Cor. 7:5 NIV*

2. Establish Acts of Restitution & Repentance: This is a process that should be completed under the guidance of a sponsor.

*" . . . I preached that they should repent and turn to God and prove their repentance by their deeds." Acts 26:20 NIV*

*"Produce fruit in keeping with repentance." Matt. 3:8 NIV*

3. Establish an Accountability Network: Taking this journey alone is not recommended. You will end up in the cycle of relapse.

*"Therefore confess your sins to each other and pray for each other so that you may be healed." James 5:16 NIV*

4. Seek a Community of Healing: Regularly attend **Restore**.

*" . . . Speaking the truth in love, we will in all things grow up into Him who is the Head, that is Christ." Eph. 4:15 NIV*

5. Commit to Spiritual Growth: Seek out someone to help you grow spiritually, listen to biblically accurate sermons, and regularly attend church.

*" . . . He restores my soul." Psalms 23:3 NIV*

6. Seek Individual/Marital Therapy: Typically there is an underlying issue and your sexual addiction is only a symptom of what has been hiding in your heart. Seeking the advice of a professional is often necessary to enhance your journey to a full recovery. (Hemminger & Good, 2003)

*"Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." 1 Cor. 6:19-20 NKJV*

## HELPFUL READING:

*5 Steps to Breaking Free from Porn* by Joe Dallas

*Clean: A Proven Plan for Men Committed to Sexual Integrity* by Doug Weiss

*False Intimacy: Understanding the Struggle of Sexual Addiction* by Harry W. Schaumburg

*Healing the Wounds of Sexual Addiction* by Mark R. Laaser

*"The Word of God became flesh and took up residence among us. We observed His glory, the glory of the one and only Son from the Father, full of grace and truth." John 1:14 HCSB*