

Lesson 7:

Freedom - Willingness

“Sex addiction isn’t about sex. It’s an intimacy disorder. So the acting out behavior is not The Problem, it’s not The Cause, it’s The symptom. For healing to occur and for long lasting change in behavior, the individual has to be willing to address the core issues, those wounds, that have been fueling the addiction.”

Ryan Butterfield

The Number in Recovery is Growing

Although it is true that the number of people who are struggling with pornography addiction is growing every day, it is also true that the number of people in recovery is growing as well. However, it’s not a quick fix and there is far more involved than simply stopping the behavior.

Those living in recovery will tell you that the process of healing takes a while, typically 3 to 5 years. This is not what most addicts want to hear. They have become accustomed to avoiding pain and their negative emotions. They haven’t had to invest much of themselves in experiencing an artificial high that masks their hurts.

But there comes a time when the high is not as “high” as it was in the past. Their tolerance has led them down paths they would never have believed were possible. In these times, God often provides a “moment of clarity.” When this happens the addict is able to see beyond their usual justifications and excuses. They can see the actual truth of their situation.

It is then that He asks the question that was asked of the man at the pool of Bethesda. “Do you want to get well?” The answer to that question has eternal implications.

Just as the Chinese philosopher Lao Tzu stated,

“The journey of a thousand miles begins with one step.”³⁹

So does the journey of recovery from sexual addiction. Each person who takes that first step does so for reasons that are unique to them, but every one who makes substantial progress does so because they are willing to do the hard work.

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Notes

A large rectangular area with horizontal lines for writing notes.

1. What happens if you only address the symptom of a problem?

2. In your opinion, what are some of the reasons someone would only address the symptom of a problem?

3. Why do you think Jesus asked the man at the Pool of Bethesda, "Do you want to get well?" John 5:6

4. If Jesus asked you, "Do you want to get well?", what would be your honest response? Explain.

5. Why do you think some people seem unwilling to "get well?"

6. If you have been struggling with sexual addiction what things prevent you specifically from being willing to “get well?”

7. What do you recognize as consequences of your addiction?

8. Have you had what you would consider a “rock bottom” experience? Explain.

9. Describe how life will end up if you live a life of sobriety and true intimacy with God, family, and friends.

10. What things in your life do you have a hard time turning control over to God? Explain.

11. How would your life be different if you were able to completely surrender to God?

Additional Notes

Notes
