



# **Christian 12-Step Mentorship Program for Sex Addiction**

**– Curriculum –**

# Week 1 - Introduction

According to Mayo Clinic, approximately 6% to 8% of U.S. adults could be classified as addicted to sex. This could be up to 24 million people.

Out of this, approximately 60% are men and 40% are women. The numbers are the same both inside and outside the American Church. This is a problem!

- Daily Spiritual Plan
- Reading assignment
- Video Series 1

# Week 2

## Pure Heart

*"So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart." - (2 Timothy 2:22)*

Step 1: We admitted we were powerless over sex addiction --that our lives had become unmanageable

Step 2: Came to believe that a Power greater than ourselves could restore us to Sanity.

- Daily Spiritual Plan
- Sobriety Commitment Statement
- Circles Charts
- Reading Assignment
- Video Series 2

# Week 3

## Abstain

*"For it is God's will that you be sanctified: You must abstain from sexual immorality." - (1 Thessalonians 4:3; Acts 15:29)*

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him.

Step 4: Made a searching and fearless moral inventory of ourselves.

- Daily Spiritual Plan
- Video Series 3
- Inventory – Resentments & Fears

# Week 4

## You Are Temple of the Holy Spirit

*"18 Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies." - (1 Corinthians 6)*

Step 5: Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

- Daily Spiritual Plan
- Reading assignment
- Video Series 4
- Inventory – Sex Conduct & Harms Done To Others
- Character Defects

# Week 5

## Be Clean

*"Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." - (Psalm 51:7)*

Step 6: Were entirely ready to have God remove all these defects of character.

Step 7: Humbly asked Him to remove our shortcomings.

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

- Daily Spiritual Plan
- Reading assignment
- Video Series 5
- Character Assets
- Amends list

# Week 6

## Right Spirit

*"10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy Holy Spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit." - (Psalm 51:10-12)*

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

- Daily Spiritual Plan
- Reading assignment
- Video Series 6
- Direct Amends

# Week 7

## Think On Purity

*“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” - Philippians 4:8*

Step 10: Continued to take personal inventory and when we were wrong promptly admitted it.

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

- Updated Daily Spiritual Plan
- Reading assignment
- Video Series 7
- Direct Amends



# Week 8

## **Be Made Useful to the Master**

*“Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work.” - 2 Timothy 2:21*

## **Give Back to Keep It**

*“Give freely as you have received.”*

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to sex addicts and to practice these principles in all our affairs.

- Updated Daily Spiritual Plan
- Reading assignment
- Video Series 8
- Complete Amends
- Stay connected w/12-Step community