



## Rapha's Step Studies for Overcoming Sexual Addiction

### STEP 12

**Having had a spiritual awakening, we try to carry the message of Christ's grace and restoration power to others who struggle with sexual addiction, and to practice these principles in all of our affairs.**

*Brethren, even if a man is caught in any trespass, you who are spiritual, restore such a one in a spirit of gentleness; each one looking to yourself, lest you too be tempted.*  
*Galatians 6:1*

#### **A SPIRITUAL AWAKENING?**

Before we can say we've experienced a spiritual awakening, we must know what this means. Some people may tell you their spiritual awakening occurred when God spoke to them audibly one evening, or when they saw Jesus standing beside them, encouraging them. There's no need to discount an experience like this; it may be valid. Our God is not so small that we would limit the many possible ways He might choose to reveal Himself or His truths to other people. But we certainly don't need to despair if we haven't also had a "lightning bolt" experience with Him. For many of us, "spiritual awakenings" are far more subtle, much like regaining consciousness after a good night's sleep.

Our spiritual awakening, regardless of how significant or small it may have seemed at the time, began with the realization that we were powerless over our sexual addiction. When we later realized that only God through Jesus Christ could restore us to sanity, we may have had two spiritual awakenings. One was that we needed God; the other, a revelation that most—if not all—of our actions until that time had been characterized by unsound thinking: insanity.



Having arrived at Step 3, we may have placed our trust in Jesus Christ for the first time. Spiritual rebirth isn't the same as spiritual awakening, though the two go hand in hand. Once we receive the Holy Spirit of truth, the number of awakenings we experience will increase—sometimes dramatically and sometimes not. What we are talking about here is a new form of consciousness which may best be measured by looking back at the past.

1. Answer the following questions:
  - How has your willingness to accept responsibility for your struggles with purity changed since you started your recovery program?
  
  - Are you better able to see if and when you are at fault? If so, why?
  
2. Remembering that our concern is progress, not perfection, look back to Step 4, and find three characteristics that have been difficulties for you. Write those characteristics below and show either how your behavior has changed, or how you are making attempts to change.
  - Characteristic:
  
  - Changes:
  
  - Characteristic:
  
  - Changes:
  
  - Characteristic:
  
  - Changes:
  
3. Read 1 John 1:6-7.
  - Are you now walking in the light? If so, how can you tell?



## CARRYING THE MESSAGE

Having now arrived at Step 12, you've undoubtedly met some other people who struggle with sexual compulsivity. And in all probability, you've met some who have shared their story of progress in recovery with you. Why is that? People everywhere love to share their success stories, and in fact, such sharing is a demonstration of God's grace in our lives:

Blessed be the God and Father of our Lord Jesus Christ, the Father of all mercies and God of all comfort;

who comforts us in all our affliction so that we may be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

2 Corinthians 1:3—4

Helping others is, in part the telling of a story; the story of your progress toward health through the 12-Step program. In the spaces below, write:

1. How the 12-Step program has deepened your faith in Jesus Christ:
  
  
  
  
  
  
  
  
  
  
2. How the power of Jesus Christ is transforming your life:
  - Emotionally:
  
  
  
  
  
  - Relationally:
  
  
  
  
  
  - Spiritually:
  
  
  
  
  
  - Mentally:
  
  
  
  
  
  - Physically:
  
  
  
  
  
3. Describe any differences in your behavior that have resulted from identifying false beliefs and replacing them with the truths of God's Word:



4. Read Galatians 6:1.
  - How would you demonstrate a "spirit of gentleness" in reaching out to a person struggling with sexual compulsivity? Give several examples.
  - What can you do to ensure that helping others won't be! the cause of a downfall in your own life? List several possible safeguards:
5. Read Philippians 1:27; 4:8-9.
  - Is our example to others as important as what we say to them? Explain:

As we experience the joys of giving comfort to others who struggle with sexual addiction, and as we mature in our own relationship with God, we will begin to be compelled to share His transforming love and power with those who are outside the program as well. This is the work of the Holy Spirit. Yet some of us shy away from this responsibility because we fear rejection—and for good reason! Christ has assured us of being rejected by at least some people when we take a stand for Him.

We may forget that we are special and chosen. At times, we may wish we belonged to the world. When faced with the choice of being rejected for taking a stand for Christ or going along with the world, we often choose the world. The fear of rejection is too great. But God has given us a solution to the fear of rejection! We no longer have to accept the opinions of others as the basis of our significance. Instead, the love and acceptance of the infinite, Almighty God frees us to live unreservedly for Him. We can step out in faith and lovingly tell people about Christ's offer of forgiveness. Billions of people are waiting to hear His message!

### **PROCLAIMING HIS EXCELLENCIES**

This exercise explains our privilege and responsibility to be Christ's ambassadors in a lost world. God has set us apart to be the light and salt of the world, and His Spirit enables us to powerfully influence those around us for all eternity. We have the ability to see the world's spiritual poverty through God's eyes and offer to it God's magnificent solution.



1. According to 1 Peter 2:9, you are a *chosen people, a royal priesthood, a holy nation, and a people belonging to God*. What do these terms mean to you? (Think about what you've learned concerning justification, reconciliation, propitiation, and regeneration.)
2. What is the result of being specifically chosen by God (See Ephesians 2:10 and 1 Peter 2:9.)?
3. Read Luke 19:10. What was Jesus' goal in coming to earth?
4. Read 1 Corinthians 6:19–20 and 2 Corinthians 5:14–15. How does your perception of what Christ has done for you affect your motivation to communicate the gospel to others?

God's heartbeat is for people. This is clearly seen by the life and death of His Son for the world. When we become God's children through Christ we join in His purpose: to reach a world destined for an eternity without Christ because of their fallen, hardened hearts. People have "exchanged the truth of God for a lie" (Romans 1:25), and they desperately need others to share the truth with them. A number of Christians ignore the fact that God has called them to the harvest (John 4:35-38). They not only are disobedient, but are missing out on one of the most exciting parts of God's perfect plan for their lives. It is genuinely thrilling to follow Him and allow Him to make us fishers of men.

## CONCLUSION

We may, at some point in our lives, sense that we have made a complete recovery from sexual addiction. But our work in these "twelve steps of progress" is never finished. Our growth toward mental, emotional, relational, and spiritual wholeness will continue only as we seek to practice these principles in all of our affairs.



When we came into recovery, we examined the Twelve Steps in view of our addiction. As we continue our journey of progress, we will reexamine these steps as they relate to our emotions, actions, relationships, or circumstances. Perhaps daily, we will experience a sense of powerlessness over one of these areas. When that realization arises, we will again face the prospect of turning our lives over to the care of God and trusting in Him for the outcome. Certainly, we will take inventory of our lives each time we come into the presence of God. When we become aware of wrongdoing, and especially as it concerns others, we will practice the Christian principles of confessing our wrongs and making amends under the Holy Spirit's leading. We have learned that our spiritual growth is only as limited as our willingness to spend time with God, communicating with Him through prayer and allowing Him to communicate with us through His Word. Growing in our relationship with God, we will continue to discover that our "spiritual awakening" is an on-going process—as is our sharing of Him with others—because there are those who are suffering from sexual addiction and those who need to hear the news of Christ's redeeming love everywhere.

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