

Restoration and Renewal

A Messianic Approach to Breaking Free from Pornography and Lust

Introduction

Welcome to this journey of healing and restoration. This workbook has been created specifically for Messianic Jewish and Christian men who are struggling with lust and pornography addiction.

The path before you combines the ancient wisdom of Scripture—including insights from the Torah, Prophets, Writings, New Testament, and ancient Jewish texts like 1 Enoch—with the practical wisdom of modern therapeutic approaches and the profound theological insights of John Paul II's "Theology of the Body."

As you begin this journey, remember the words of King David after his own moral failure:

|"Create in me a clean heart, O God, and renew a right spirit within me." (Psalm 51:10, CJB)

How to Use This Workbook

1. **Commitment:** Set aside regular, uninterrupted time to work through these exercises.
 2. **Honesty:** Be completely honest with yourself and with God.
 3. **Accountability:** Find a trusted friend, mentor, or counselor to walk with you.
 4. **Grace:** Remember that healing is a process. Give yourself grace as you journey.
 5. **Prayer:** Begin and end each session in prayer, inviting God into the process.
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SECTION 1: UNDERSTANDING THE SPIRITUAL BATTLE

Lesson 1: The Watchers and the Danger of Unchecked Desire

Biblical Context: The Fall of the Watchers

The ancient book of 1 Enoch (referenced in Jude 1:14-15) provides a powerful cautionary tale about the consequences of unbridled lust. In this text, the "Watchers" were angelic beings who were captivated by the beauty of human women:

|"And it came to pass when the children of men had multiplied that in those days were born unto them beautiful and comely daughters. And the angels, the children of the heaven, saw and lusted after them, and said to one another: 'Come, let us choose us wives from among the children of men and beget us children.'" (1 Enoch 6:1-2)

Their leader, Shemihazah, made them swear an oath to carry out this plan together. The result was corruption on earth and severe judgment from God. These beings, created to watch over humanity, instead fell because they allowed their desires to override their divine purpose.

Reflection Questions:

1. How does the story of the Watchers resonate with your own experience of giving in to lust?
2. The Watchers abandoned their heavenly calling because of their desires. In what ways has pornography or lust pulled you away from your calling as a follower of Messiah?
3. Despite their power and knowledge, the Watchers were vulnerable to temptation. How does this challenge any feelings that you are "too spiritual" to fall or "too far gone" to recover?

Scripture Meditation: Proverbs 6:25-28 (CJB)

"Don't desire her beauty in your heart; don't let her captivate you with her eyes. For a prostitute's fee may be as little as a loaf of bread, but the woman who is unfaithful may capture your very life. Can a man carry fire inside his shirt without burning his clothes? Can he walk on hot coals without scorching his feet?"

Prayer Exercise:

Take time to pray, acknowledging the spiritual dimension of your struggle. Like the Watchers, you face a battle that has both immediate and eternal consequences. Ask God for discernment to see the true nature of the temptations you face and the strength to choose your divine purpose over momentary pleasure.

Lesson 2: The Torah's View on Sexual Holiness

Biblical Foundations

The Torah establishes a framework for understanding sexual holiness that runs counter to our modern culture's approach to sexuality:

"Therefore, be holy because I am holy." (Leviticus 11:44, CJB)

This call to holiness (kedushah) extends to every area of life, including our sexuality.

Key Principles from Torah:

1. Sexuality is a gift from God

"God blessed them: God said to them, 'Be fruitful, multiply, fill the earth and subdue it.'" (Genesis 1:28, CJB)

2. **Sexuality is meant to be expressed within the covenant of marriage**

"This is why a man leaves his father and mother and becomes united with his wife, and they become one flesh." (Genesis 2:24, CJB)

3. **Sexual sin affects the entire community**

"Do not defile yourself with any of these things, because with all these things the nations which I am expelling ahead of you defiled themselves." (Leviticus 18:24, CJB)

Reflection Questions:

1. How has your understanding of sexuality been shaped more by our culture than by Torah principles?
2. In what ways does pornography violate the principles of kedushah (holiness) found in Torah?
3. How might viewing sexuality through the lens of Torah change your approach to overcoming addiction?

Torah-Based Action Step:

The tzitzit (ritual fringes) commanded in Numbers 15:37-41 were given partly as a reminder against following the lustful inclinations of one's heart and eyes. Consider placing a physical reminder (perhaps a small stone or a ring) in a place where you might be tempted, as your own "tzitzit" to remind you of God's commands.

"When you see it, you will remember all of ADONAI's mitzvot and obey them, so that you won't go around wherever your own heart and eyes lead you to prostitute yourselves." (Numbers 15:39, CJB)

Lesson 3: Messiah Yeshua's Teaching on Lust

New Covenant Insights

Yeshua (Jesus) deepened our understanding of sexual purity by addressing not just outward actions but inward desires:

"You have heard that our fathers were told, 'Do not commit adultery.' But I tell you that a man who even looks at a woman with the purpose of lusting after her has already committed adultery with her in his heart." (Matthew 5:27-28, CJB)

This teaching reveals that the battle against sexual sin begins in the mind and heart, not just in our actions.

The Heart Solution:

Yeshua's approach is radical but clear—if something causes you to sin, take drastic measures:

"If your right eye makes you sin, gouge it out and throw it away! Better that you should lose one part of you than have your whole body thrown into Gei-Hinnom." (Matthew 5:29, CJB)

While not literal, this teaching emphasizes the importance of eliminating access to anything that triggers lust.

Practical Application:

1. Identify your "right eye"—what media, situations, or technologies consistently lead you into temptation?
2. What concrete steps can you take to "gouge out" these influences from your life?
3. How would Yeshua's approach to lust transform your use of technology, your choice of entertainment, and your daily habits?

Meditation: Romans 6:12-14 (CJB)

"Therefore, do not let sin rule in your mortal bodies, so that it makes you obey its desires; and do not offer any part of yourselves to sin as an instrument for wickedness. Instead, offer yourselves to God as people alive from the dead, and your various parts to God as instruments for righteousness. For sin will not have authority over you; because you are not under legalism but under grace."

SECTION 2: THEOLOGY OF THE BODY

Lesson 4: The Gift and Meaning of Embodied Existence

John Paul II's Key Insights

John Paul II's "Theology of the Body" offers profound insights into God's design for human sexuality. Central to this teaching is the understanding that our bodies are not merely biological entities but have theological significance—they reveal God's plan for humanity.

The Body as a Sacrament

According to John Paul II, the body is meant to be a visible sign of the invisible reality of God's love. Just as God is a communion of persons (Father, Son, and Holy Spirit) who give themselves to each other in love, so human sexuality is designed to reflect this self-giving love.

"Then God said, 'Let us make humankind in our image, in our likeness...'" (Genesis 1:26, CJB)

The Nuptial Meaning of the Body

Our bodies have what John Paul II called a "nuptial meaning"—they are designed for the gift of self in love. Pornography distorts this meaning by turning persons into objects for pleasure rather than subjects

worthy of love and respect.

Reflection Questions:

1. How has pornography affected your view of the human body—both your own and others'?
2. In what ways does pornography contradict the "nuptial meaning" of the body as described by John Paul II?
3. How might viewing your body as a "sacrament"—a visible sign of God's invisible reality—change your approach to sexuality?

Scripture Meditation: 1 Corinthians 6:19-20 (CJB)

"Or don't you know that your body is a temple for the Ruach HaKodesh [Holy Spirit] who lives inside you, whom you received from God? The fact is, you don't belong to yourselves; for you were bought at a price. So use your bodies to glorify God."

Lesson 5: The Problem of Concupiscence

Understanding Disordered Desire

John Paul II, drawing from Scripture and tradition, speaks of "concupiscence"—the tendency to desire in a disordered way that results from our fallen nature. This helps explain why we struggle with lust even when we know better.

Shame and Nakedness

In Genesis, after the Fall, Adam and Eve felt shame in their nakedness. John Paul II explains that this shame arose not from their bodies being evil, but from the distortion of how they now viewed each other—with lust rather than pure love.

"They were both naked, the man and his wife, and they were not ashamed." (Genesis 2:25, CJB)

"Then the eyes of both of them were opened, and they realized that they were naked. So they sewed fig leaves together to make themselves loincloths." (Genesis 3:7, CJB)

Healing the Disordered Desire

The good news is that through Messiah, we can begin to experience healing of our disordered desires. This doesn't mean we won't be tempted, but that our fundamental orientation can be transformed.

Reflection Exercise:

1. Identify moments when you have experienced shame related to your sexuality. How might understanding the biblical concept of shame help you address these feelings?

2. In what ways has pornography distorted how you see others? How has it affected your capacity for genuine love and relationship?
3. Write a prayer asking God to begin healing your disordered desires and to restore your capacity to see others as He sees them.

Scripture Meditation: Romans 12:1-2 (CJB)

"I exhort you, therefore, brothers, in view of God's mercies, to offer yourselves as a sacrifice, living and set apart for God. This will please him; it is the logical 'Temple worship' for you. In other words, do not let yourselves be conformed to the standards of the 'olam hazeh [this world]. Instead, keep letting yourselves be transformed by the renewing of your minds; so that you will know what God wants and will agree that what he wants is good, satisfying and able to succeed."

Lesson 6: Redemption of the Body

Hope for Complete Healing

John Paul II emphasizes that the redemption purchased by Messiah includes the redemption of our bodies and sexuality. This means that freedom from pornography addiction is not just about stopping harmful behavior but about experiencing the restoration of sexuality to its original divine purpose.

The Process of Redemption

This redemption is both already accomplished in Messiah and still being worked out in our experience:

"For we know that until now, the whole creation has been groaning as with the pains of childbirth; and not only it, but we ourselves, who have the firstfruits of the Spirit, groan inwardly as we continue waiting eagerly to be made sons—that is, to have our whole bodies redeemed and set free." (Romans 8:22-23, CJB)

Action Steps Toward Embodied Redemption:

1. **Physical Discipline:** Regular exercise, proper sleep, and healthy eating all contribute to a renewed relationship with your body.
2. **Embodied Prayer:** Incorporate your body in prayer through kneeling, raising hands, or other physical expressions of worship.
3. **Reclaiming Touch:** Seek healthy, non-sexual touch through appropriate friendships (handshakes, hugs) to satisfy the human need for physical connection.

Reflection Questions:

1. How have you experienced disconnection from your body through pornography use?

2. What practices might help you reclaim a healthy connection with your body as a gift from God?
3. How does the hope of bodily redemption change your vision for recovery?

Scripture Meditation: Philippians 3:20-21 (CJB)

"But we are citizens of heaven, and it is from there that we expect a Deliverer, the Lord Yeshua the Messiah. He will change the bodies we have in this humble state and make them like his glorious body, using the power which enables him to bring everything under his control."

SECTION 3: MODERN THERAPEUTIC APPROACHES

Lesson 7: Understanding the Addiction Cycle

The Science of Pornography Addiction

Modern neuroscience has helped us understand how pornography affects the brain, particularly through the dopamine reward system. Understanding these mechanisms can help us develop more effective strategies for healing.

The Four-Phase Addiction Cycle:

1. **Preoccupation:** Thinking about pornography and planning when and how to access it
2. **Ritualization:** The routines and habits that lead up to viewing pornography
3. **Compulsive Behavior:** The actual viewing of pornography and related activities
4. **Despair:** The shame, guilt, and negative feelings that follow

Biblical Parallel: Romans 7:15-20 (CJB)

"I don't understand my own behavior—I don't do what I want to do; instead, I do the very thing I hate!... the good that I want to do, I don't do; and the evil that I don't want to do, I do!"

Paul's description parallels modern understanding of addiction—doing what we don't want to do despite our best intentions.

Self-Assessment Exercise:

1. Map out your personal addiction cycle:
 - What triggers lead to preoccupation with pornography?
 - What rituals typically precede your use of pornography?
 - What specific compulsive behaviors do you engage in?
 - What thoughts and feelings do you experience afterward?

2. Identify intervention points in your cycle:

- How might you interrupt this process at each stage?
- What alternative behaviors could you substitute at each point?

Prayer Focus:

Ask God to give you insight into the patterns of your addiction and the wisdom to develop new, healthy patterns that lead to freedom.

Lesson 8: Cognitive Behavioral Strategies

Renewing the Mind

Cognitive Behavioral Therapy (CBT) focuses on identifying and changing negative thought patterns that lead to unwanted behaviors. This approach aligns well with biblical teaching:

"In other words, do not let yourselves be conformed to the standards of the 'olam hazeh [this world]. Instead, keep letting yourselves be transformed by the renewing of your minds..." (Romans 12:2, CJB)

Key CBT Techniques:

1. **Thought Records:** Identify and challenge distorted thoughts that lead to pornography use.
 - Example: "I've had a hard day, I deserve this release" → "I deserve real rest and healthy pleasure, not something that will ultimately make me feel worse"
2. **Behavioral Activation:** Replace pornography use with positive activities that provide natural rewards.
 - Exercise, creative pursuits, meaningful social connection, worship, acts of service
3. **Stimulus Control:** Modify your environment to reduce triggers and make pornography use more difficult.
 - Install filters, use accountability software, rearrange physical spaces

Biblical Integration:

These approaches mirror Paul's instruction to "take every thought captive" (2 Corinthians 10:5) and to "put off the old self" and "put on the new self" (Ephesians 4:22-24).

Practice Exercise:

1. Identify 3-5 common thoughts that typically lead you toward pornography use.
2. For each thought, develop a biblically-based counter-thought that challenges the distortion.
3. Create a plan for at least two positive behaviors you can engage in when tempted.

Scripture Memory:

Memorize Philippians 4:8 (CJB) as a guide for thought renewal:

"In conclusion, brothers, focus your thoughts on what is true, noble, righteous, pure, lovable or admirable, on some virtue or on something praiseworthy."

Lesson 9: Trauma and Attachment Healing

The Role of Trauma in Addiction

Many men struggling with pornography addiction have experienced trauma or attachment injuries that contribute to their addictive behaviors. Pornography often becomes a way to self-medicate emotional pain.

Biblical Perspective on Trauma:

The Scriptures acknowledge the reality of emotional wounds:

"The spirit of a person can endure sickness, but a crushed spirit—who can bear it?" (Proverbs 18:14, CJB)

Yet they also point to God as the healer of these wounds:

"He heals the brokenhearted and binds up their wounds." (Psalm 147:3, CJB)

Therapeutic Approaches:

1. **Identifying Root Wounds:** Exploring childhood experiences, relationships, and traumas that may contribute to addiction
2. **Processing Emotions:** Learning to name, express, and process difficult emotions rather than numbing them through pornography
3. **Secure Attachment:** Developing healthy relationships that provide emotional safety and connection

Reflection Questions:

1. When did you first encounter pornography? What was happening in your life at that time?
2. What emotions do you typically try to escape when turning to pornography?
3. How has pornography prevented you from developing healthy intimacy in relationships?

Healing Prayer Exercise:

Invite God to show you any wounds that may be driving your addiction. Write down any insights that come to mind, and consider sharing these with a trusted counselor, pastor, or mentor who can help you process these wounds.

"ADONAI is near to the brokenhearted and saves those crushed in spirit." (Psalm 34:18, CJB)

SECTION 4: PRACTICAL STRATEGIES FOR FREEDOM

Lesson 10: Building a Recovery Community

The Biblical Model of Community

Scripture consistently emphasizes that spiritual growth happens in community, not isolation:

"Two are better than one, because they get a good return for their effort. For if they fall, the one will lift up his friend; but woe to the person who falls and has no one to help him up!" (Ecclesiastes 4:9-10, CJB)

Key Relationships for Recovery:

1. **Accountability Partner:** Someone you check in with regularly who knows your struggles and can ask hard questions
2. **Mentor/Sponsor:** Someone further along in recovery who can offer wisdom and guidance
3. **Support Group:** A community of men also seeking freedom from sexual addiction
4. **Professional Help:** A therapist or counselor trained in addiction recovery when needed

Overcoming Shame in Community:

"Therefore, openly acknowledge your sins to one another, and pray for each other, so that you may be healed. The prayer of a righteous person is powerful and effective." (James 5:16, CJB)

Action Steps:

1. Identify at least one person you can trust to be your accountability partner. What qualities would make someone a good accountability partner for you?
2. Research support groups in your area (such as Celebrate Recovery, Pure Desire, or SA) or online options if local groups aren't available.
3. Draft a script for how you might disclose your struggle to a trusted friend or pastor to ask for support.

Prayer Focus:

Ask God to lead you to the right community for your healing journey and for the courage to be honest about your struggles.

Lesson 11: Developing a Personal Recovery Plan

Elements of Effective Recovery

A comprehensive recovery plan addresses all aspects of your life—spiritual, mental, emotional, physical, and relational.

Biblical Foundation:

"The plans of the diligent lead only to abundance; but all who rush in arrive only at want." (Proverbs 21:5, CJB)

Your Personal Recovery Plan:

1. Daily Practices:

- Scripture reading and meditation
- Prayer and worship
- Journaling
- Exercise
- Accountability check-ins

2. Weekly Practices:

- Support group attendance
- Sabbath rest
- Extended prayer/worship
- Meeting with accountability partner

3. Environmental Changes:

- Technology safeguards
- Physical space modifications
- Schedule adjustments

4. Emergency Response Plan:

- When triggers occur, what specific steps will you take?
- Who will you call?
- What scriptures or prayers will you turn to?

Worksheet:

Create your personalized recovery plan by filling in specific actions for each category above. Be specific about when and how you will implement each practice.

Commitment Prayer:

Write a prayer of commitment to follow your recovery plan, asking God for the strength and perseverance to stay the course even when it's difficult.

"Trust in ADONAI with all your heart; do not rely on your own understanding. In all your ways acknowledge him; then he will level your paths." (Proverbs 3:5-6, CJB)

Lesson 12: Managing Triggers and Urges

Understanding Triggers

Triggers are people, places, emotions, situations, or thoughts that increase your desire to use pornography. Learning to identify and manage these triggers is essential for recovery.

Biblical Wisdom:

"Watch and pray, so that you will not enter into temptation. The spirit indeed is willing, but the flesh is weak." (Mark 14:38, CJB)

Types of Triggers:

1. **External Triggers:** Media content, certain locations, specific times of day, internet access
2. **Internal Triggers:** Emotions like stress, boredom, loneliness, anger, or fatigue
3. **Relational Triggers:** Conflict, rejection, or comparison

HALT: Especially Vulnerable Times

Be extra vigilant when you are:

- **H**ungry
- **A**ngry
- **L**onely
- **T**ired

Urge Surfing Technique:

When an urge hits:

1. Notice the urge without judging it
2. Don't fight the urge, but don't act on it either
3. Observe how the urge feels in your body
4. Remember that urges always pass eventually
5. "Surf" the urge until it diminishes

Biblical Integration:

This approach aligns with the promise in 1 Corinthians 10:13 (CJB):

"No temptation has seized you beyond what people normally experience, and God can be trusted not to allow you to be tempted beyond what you can bear. On the contrary, along with the temptation he will also provide the way out, so that you will be able to endure."

Trigger Journal:

For one week, document every trigger you experience:

- What was the trigger?
 - What time of day did it occur?
 - What emotions were you feeling?
 - How strong was the urge (1-10)?
 - What did you do in response?
 - If you gave in, what could you do differently next time?
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Lesson 13: Restoring a Healthy Sexuality

God's Design for Sexuality

Recovery from pornography addiction isn't just about stopping harmful behavior—it's about restoring sexuality to its proper place as a good gift from God.

Biblical View:

"Let your fountain be blessed, and rejoice in the wife of your youth... may you always be captivated by her love." (Proverbs 5:18-19, CJB)

Healing Sexual Distortions:

1. **Renewing Your Mind:** Identifying and challenging sexual beliefs instilled by pornography

2. **Cultivating Healthy Intimacy:** Learning to connect emotionally, spiritually, and physically in appropriate ways
3. **For Married Men:** Working with your spouse to rebuild trust and restore sexual intimacy
4. **For Single Men:** Developing healthy boundaries and expressions of sexuality while single

Reflection Questions:

1. How has pornography distorted your understanding of what healthy sexuality looks like?
2. What biblical principles can guide your vision for healthy sexuality?
3. What specific steps can you take to move toward healthier perspectives on sexuality?

Prayer Focus:

Ask God to heal and restore your sexuality to His original design, and to give you patience with the process, which often takes time.

"For I know what plans I have in mind for you," says ADONAI, "plans for well-being, not for bad things; so that you can have hope and a future." (Jeremiah 29:11, CJB)

SECTION 5: SPIRITUAL DISCIPLINES FOR LASTING FREEDOM

Lesson 14: The Power of Prayer and Fasting

Spiritual Weapons for Spiritual Battle

Yeshua taught that some spiritual battles require specific spiritual disciplines:

"This kind can come out only by prayer and fasting." (Mark 9:29, CJB)

Prayer Strategies:

1. **Daily Prayer Times:** Set aside specific times for prayer each day
2. **Scripture Prayers:** Pray biblical passages like Psalm 51, Psalm 119:9-16, or Romans 6
3. **Breath Prayers:** Short prayers to use when temptation strikes
 - "Yeshua, Son of David, have mercy on me"
 - "Create in me a clean heart, O God"
4. **Intercessory Prayer:** Ask others to pray for you and with you

The Practice of Fasting:

Fasting can take many forms:

- Traditional food fasts
- Media/entertainment fasts
- Social media fasts
- Technology fasts

Fasting Exercise:

Choose one form of fasting that would be meaningful for your journey. Plan a specific duration and purpose for your fast, and record your experiences and insights during this time.

Scripture Meditation: Joel 2:12-13 (CJB)

"Yet even now," says ADONAI, 'turn to me with all your heart, with fasting, weeping and lamenting.' Tear your heart, not your garments; and turn to ADONAI your God. For he is merciful and compassionate, slow to anger, rich in grace, and willing to change his mind about disaster."

Lesson 15: Scripture Meditation and Memorization

Renewing the Mind Through God's Word

Scripture meditation and memorization are powerful tools for transformation:

"How can a young man keep his way pure? By guarding it according to your word... I have hidden your word in my heart, that I might not sin against you." (Psalm 119:9,11, CJB)

The Practice of Lectio Divina:

This ancient practice involves slow, contemplative reading of Scripture:

1. **Read** (Lectio): Read the passage slowly
2. **Reflect** (Meditatio): Meditate on the meaning and application
3. **Respond** (Oratio): Pray in response to the text
4. **Rest** (Contemplatio): Rest in God's presence

Key Passages for Meditation:

- Psalm 51 (David's prayer of repentance)
- Romans 6:1-14 (Dead to sin, alive in Messiah)
- 1 Corinthians 6:12-20 (Your body is a temple)
- Galatians 5:16-25 (Walking by the Spirit)
- Philippians 4:8 (Thinking on what is pure)

Scripture Memory Plan:

Choose one verse per week from the list above or other relevant passages. Use the following method:

1. Write the verse on a card
2. Read it aloud several times a day
3. Try to recite it from memory
4. Review previously memorized verses regularly

Application Exercise:

Select one passage that speaks to your current struggle. Practice Lectio Divina with this passage daily for one week, recording your insights and how God speaks to you through His Word.

"For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart."
(Hebrews 4:12, CJB)

Lesson 16: The Power of Identity in Messiah

Living from a New Identity

A key to lasting freedom is embracing your true identity in Messiah rather than identifying with your addiction:

"Therefore, if anyone is united with the Messiah, he is a new creation—the old has passed; look, what has come is fresh and new!" (2 Corinthians 5:17, CJB)

Identity Statements from Scripture:

- I am a child of God (John 1:12)
- I am a new creation (2 Corinthians 5:17)
- I am the temple of the Holy Spirit (1 Corinthians 6:19)
- I am free from condemnation (Romans 8:1)
- I am set free from sin (Romans 6:18)
- I am more than a conqueror (Romans 8:37)

Living from Your New Identity:

1. **Recognize:** Notice when you're thinking or acting from your old identity

2. **Remember:** Call to mind your true identity in Messiah
3. **Reclaim:** Actively choose to live from your new identity

Practice Exercise:

Create a personal identity statement that combines biblical truth with your specific journey. For example:

"I am [your name], a son of God, redeemed by the blood of Yeshua, empowered by the Ruach HaKodesh, and called to a life of holiness and purpose. My past does not define me. My addiction is not my identity. In Messiah, I am a new creation, being transformed daily into His image."

Read this statement aloud daily, especially when facing temptation.

Scripture Meditation: Romans 8:1-2 (CJB)

"Therefore, there is no longer any condemnation awaiting those who are in union with the Messiah Yeshua. Why? Because the Torah of the Spirit, which produces this life in union with Messiah Yeshua, has set me free from the 'Torah' of sin and death."

CONCLUSION: THE JOURNEY AHEAD

Final Reflections

Recovery from pornography addiction is a journey, not a destination. There will be victories and setbacks along the way. The key is to keep moving forward, one day at a time, with your eyes fixed on Yeshua.

Remember the words of the Apostle Paul:

"Brothers, I myself do not think I have yet obtained it. But one thing I do: forgetting what is behind me and straining forward toward what lies ahead, I keep pursuing the goal in order to win the prize offered by God's upward calling in the Messiah Yeshua." (Philippians 3:13-14, CJB)

Commitment Prayer

Close this workbook with a prayer of commitment, asking God for the strength to continue this journey of healing and restoration, and thanking Him for His grace that makes it all possible.

"May the God of peace, who brought up from the dead the great Shepherd of the sheep, our Lord Yeshua, by the blood of an eternal covenant, equip you with every good thing you need to do his will; and may he work in us what pleases him, through Yeshua the Messiah. To him be the glory forever and ever. Amen." (Hebrews 13:20-21, CJB)

Additional Resources

- **Books:**
 - "Pure Desire" by Ted Roberts
 - "Every Man's Battle" by Stephen Arterburn and Fred Stoeker
 - "Theology of the Body for Beginners" by Christopher West
 - "Breaking Free" by Russell Willingham
- **Support Groups:**
 - Celebrate Recovery
 - Pure Desire
 - Sexaholics Anonymous
 - XXXchurch
- **Online Resources:**
 - Covenant Eyes (accountability software)
 - Fight the New Drug (education about pornography)
 - Authentic Intimacy (resources for healthy sexuality)

Remember: You are not alone in this battle. With God's help, the support of community, and the right tools, freedom is possible.

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