

## **April 2012 newsletter**

### **Trapped in the Vice Grip of Pornography**

The phone rang one summer afternoon with a pastor calling to get some help for one of his staff. I listened to the story about his staff member and friend, and agreed I would try to help John (not his real name).

Two weeks later the pastor drove John several hundred miles to my office. The three of us got through introductions, and John said that he needed help to break free from the cycle of addiction to internet pornography. I asked John if he was ready and willing to change. He replied, "Yes!" John began a journey of healing through prayer ministry at Mount Horeb House.

#### **John's Story**

When John was eleven years old he was introduced to pornography at a friend's house during a sleepover. His friend had a copy of his father's Playboy and John's natural curiosity combined with the awakening sexual desires of his growing body created an almost overwhelming desire to view more and more. In short, each exposure to the sexually explicit material was followed by fantasies and masturbation. Each time he repeated the cycle the sexual release reinforced his behavior and strengthened the hold the addiction had on him. He felt he could not stop. He said, "I'd tell my self I would never do it again, and then I would do it anyway." John said the guilt and shame was unbearable. This cycle of behavior would recur not just several times in a month or a week, but several times a day. John continued in this cycle throughout his teenage years and into adulthood. He went on to say, "Some boys can look back at their teenage years and recall one or two occasions when they were exposed to pornography. I look back and recall the one or two days I wasn't. I progressed from magazines to movies, to hard core videos, and then to the internet." He was desensitized to the effects of pornography during those developmental years.

In his mid twenties, John decided to marry, thinking that if he had a regular and acceptable outlet he might be able to quit. He never told his young fiancée about the problem for fear she would not marry him, but she found out soon enough. His wife discovered images by accident on his computer that she could not believe. Guilt, shame and lies had this young man in a vicious cycle of bondage.

He promised her that he would stop after a very tearful evening for both of them. They were headed for seminary and he knew that his involvement with pornography would have to go. He abstained for a few weeks but when stresses heightened, he was back on the porn sites. It was not uncommon for him to spend hundreds of dollars a month on some sites. As this cycle continued, the young couple grew farther and farther apart. They finished seminary and he became an associate pastor in a rural church. The story began with me when his wife confided in their senior pastor.

After two weeks of intense prayer ministry work, we developed a battle plan which included his wife, pastor and a family friend. John began his journey to pornography sobriety. During prayer ministry, much of his lie based thinking was exposed and Jesus revealed His truth which set the young man free.

I will never forget some of his first words to me in our first session, “It’s like being on crack. I can see what it is doing to me and my wife and I want to stop this habit, but I can’t seem to stop. Nothing that I have tried seems to work. Please help me!”

After John’s stay he said, “I can’t believe the lies that I believed and that I had been a slave to the idolatry of internet pornography.”

## There is Hope

### What does the healing process look like?

**Mount Horeb House Ministries offers a Four Day Intensive.**

Four Day Intensives are offered for men struggling with sexual addiction – especially internet pornography. **Solution Focused Intentional Prayer** ©, our primary ministry tool, promotes deep healing by getting to the source and origin of the problem. One must be ready, willing and intentional for healing to take place. Practical helps and instruction are also provided to bring one genuine healing.

You will meet with an experienced prayer minister for four days. The teachings and processes that take place are specifically designed for each individual. We know that many times the shame and pain of sexual addiction have driven people into silence. Therefore, our sessions offer enough time for your initial needs to be met and for your on-going issues to be addressed.

### Program Features:

- **Unique Approach – Our approach is based upon a proven ministry approach called Solution Focused Prayer Ministry©**
- **Concentrated Focus – Each client receives up to 24 hours of one-on-one attention from a Mount Horeb House Prayer Minister**
- **Flexible Scheduling – The Four Day Intensive is private, confidential and designed for you.**

### Program Topics

Depending on the individual, some of the topics covered may include:

- Identity in Christ

- Prayer Ministry using Solution Focused Intentional Prayer
- Releasing guilt and shame
- Breaking down barriers to healthy intimacy with God and others
- Confronting false belief systems (replacing lies with God's truth)
- Surrendering to God
- Forgiving others and yourself
- Applying boundaries with yourself and others
- Designing a battle plan
- Building a support team
- Dealing with Automatic Negative Thoughts (ANTs)

## **Lodging and Cost**

### **Lodging:**

We have a list of recommended area hotels that we will send you with the application acceptance packet.

### **Cost:**

A Four Day Individual Intensive is \$2500. The program fee does not include lodging, transportation or meals. Please call our office at 830-897-1997 to discuss fees, payment arrangements and information packet. Partial payment of \$500 must accompany your application or payment may be made by PayPal or credit card on our website. The balance of the payment must be made at the first session.

The program cost includes 60 days of after care by phone or Skype. (One session per week – a total of 8 sessions.)

Additional sessions by phone, Skype, or in person are \$50 per hour.

## **Applying for the Four Day Intensive**

For more information about our Four Day Intensive please go to our website at [www.mounthorebministries.com](http://www.mounthorebministries.com) . If you would like more information regarding the Four Day Intensive, please don't hesitate to contact Mount Horeb House Ministries at 830-895-1997 or email us at [dgeroy@ktc.com](mailto:dgeroy@ktc.com).

An application must be submitted either by mail or on-line. Include a non-refundable deposit of \$500 with your application