

## There is a Solution!

The purpose of Whitewater Crossing Christian Church's Celebrate Recovery is to fellowship and celebrate God's healing power in our lives. We open the door by sharing our experiences, strengths, and hopes with another. In addition, we become willing to accept God's grace in solving our life problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the principles and the steps, we discover our personal, loving, and forgiving Higher Power—Jesus Christ. We will no longer have to rely on our dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for our pain.

## Hours and Contact

### Location:

Whitewater Life Center

Phone: 513-738-7500

5771 State Route 128,

Cleves, OH 45002

**whitewater crossing**  **christian church**

### Meeting Information:

Wednesday Evenings: 7-9pm

Large Group Worship: 7pm

Small Share Groups: 8pm

(Men's & Women's Groups)

Come early for fellowship and refreshments.

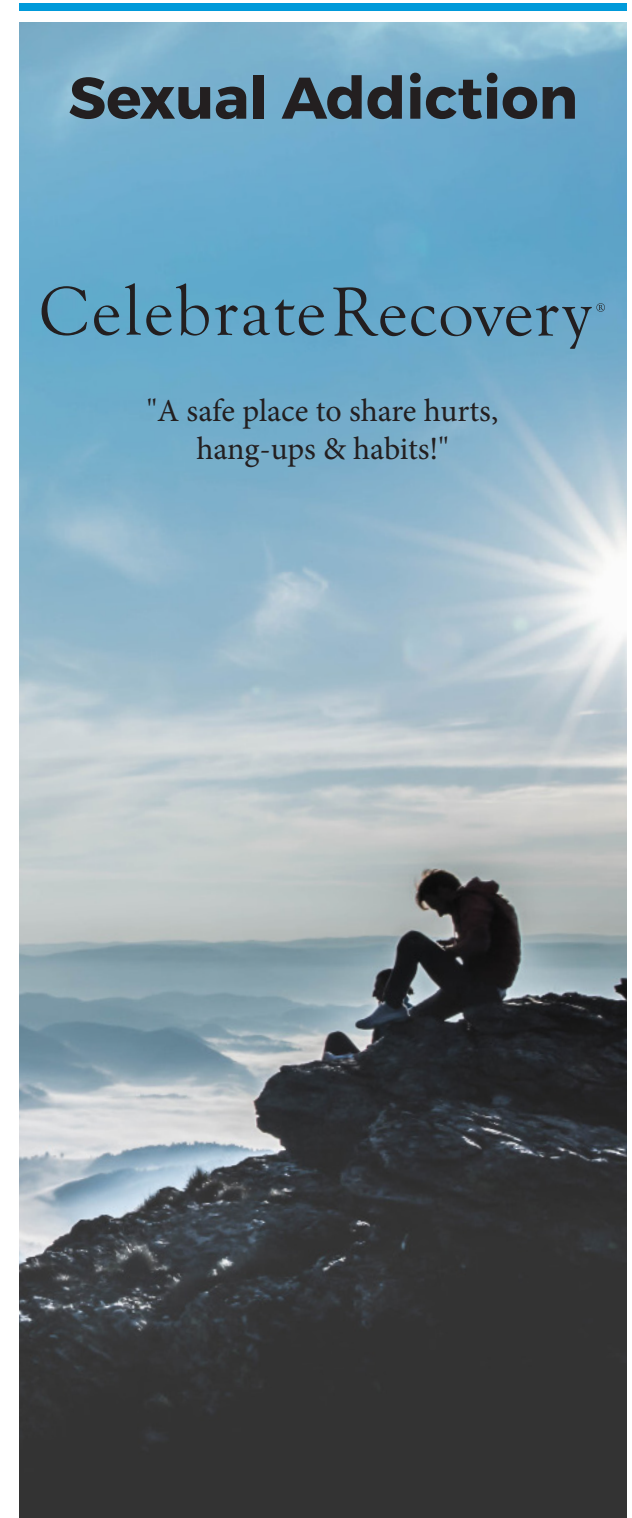
Doors open at 6:30pm



## Sexual Addiction

### Celebrate Recovery®

"A safe place to share hurts,  
hang-ups & habits!"



## The Problem

Our sexual addiction issue began as an overpowering desire for pleasurable relief. We were running from an inner pain, loneliness, emptiness, or insecurity that we could not cope with in any other way. At first, it did provide the relief we sought. For a time, lust, pornography, or sex with ourselves or with others helped us escape life.

Eventually, our search for relief became an addiction, and the addiction took on a life of its own. We gradually replaced pleasure and relief with tension, depression, rage, guilt, and even physical distress. We were driven to spend more time thinking about and carrying out our addiction. We lived in denial to avoid recognizing just how much our addiction controlled our life. We risked our relationships, jobs, ethics, and values, and even neglected our children. All the while, we rationalized our sexual behaviors. We became disconnected from reality making true intimacy with another impossible.

Why? We were running, running from love, running from pain — pain from shame, self-hate, and multiple forms of abuse. We lacked self-worth, feared intimacy, and were spiritually bankrupt. A new loneliness overwhelmed us as we realized that because of our addiction, we had become increasingly separated from God and our loved ones.

## Ask Yourself

Are you sexually addicted? Ask yourself the following:

1. Do you go from one relationship to another?
2. Do you feel the right relationship would fulfill all your needs?
3. Do you use sex as an escape?
4. Do you make excuses to leave your partner as soon as possible after the act?
5. After a sexual experience, do you feel guilty?
6. Has your pursuit of sex interfered with your relationship with your spouse?
7. Do you find you cannot resist a sexual overture?
8. Have you ever sought out help to change your sexual behavior or thinking? Have you ever wanted to?
9. Have you ever tried to limit or stop acting out, but have been unable to?
10. Do you put yourself, or others, in dangerous situations in pursuit of sex?
11. Have you found that you cannot resist sex or sexual images?
12. Do you have trouble concentrating or completing tasks at work, always thinking about sex?
13. Do you spend time on the Internet viewing pornographic websites?
14. Do you feel you have lost control of your actions to fulfill the need for sex?
15. Were you ever arrested for a sexual offense?

If you answered YES to at least seven of these questions, you might consider exploring this area of recovery.

## The Solution

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject.

Celebrate Recovery does not promise to solve your life's problems. But we can show you how we are learning to live with the help of our Higher Power—Jesus Christ. When we are free from the past, we find that life is much more manageable with Christ's power.

As we start to gain a period of sobriety over our sexual addiction, we began to recognize the many disguises the enemy uses to trick us into lusting. We learn not to rely on our failed and weakened selves, but rather, to turn to God's pure love and absolute power. With an increased reliance on God, we work on our recovery with altered attitudes, a changed heart, and growing humility. We gain a progressive victory over lust.