

## Jim's Testimony & Talk

### Growing up

- Loving home with encouragement – always said I love you – Christmas, Birthdays, Easter, Thanksgiving all great
- **Was a Christian and believed in Jesus from the earliest age - read the Bible at night since I could read – always wanted to be good**
- Basic Bible teaching but not a lot of mentoring / wisdom given – no warnings or sex talk
- **First saw porn around age 13 – a few friends and I at an older man's house – couldn't figure out why the women were not embarrassed being naked**
- Would look at Sears catalogues etc. for my thrills
- **Didn't masturbate until around 15**
- Would catch improper things here and there – movies – find the odd magazine etc.
- **Porn didn't become a habit until around age 38 (around 2002) when I got a computer**
- Came out in 2010 and went to counselling which was helpful – the Course was actually Doug Weiss material
- **Counselling and coming clean with my wife helped but it would be a gradual decline in frequency until 2018 with starts & stops**
- Fall of 2018 the marriage was done and never recovered even though I did some counselling with Dr. Dave, Regroup, Covenant Eyes, Podcasts etc. .... my wife could simply never believe or trust that I was staying clean anymore
- **It is true the LYING is more hurtful than the porn – she is upset at both but truth gives hope, lying steals it**
- Why? I think if a relationship does not have trust then it does not have anything. (close friend had a husband who cheated many times on her and it essentially gave her PTSD always wondering)

- I even did a lie detector test and passed even though we were split up and likely never to reunite. My wife found me so loathsome that she told my pastor that she refused to believe I was telling the truth re my sobriety, so the pastor faced with whether I can continue volunteering at the church arranged a lie detector test with Dr. Dave
- I later sent the good results to my wife but no response and I have not heard from her since Nov 2019 when we sold our house
- So, it is too late for me but not for you if you stick with the program
- Lying goes against our DNA – try saying yes & shaking your head no or say no and shake your head yes

### **What lying does to us**

*Psalm 32:1-5 Blessed is the one whose transgression is forgiven, whose sin is covered.<sup>2</sup> Blessed is the man against whom the LORD counts no iniquity, and in whose spirit there is no deceit.<sup>3</sup> For when I kept silent, my bones wasted away through my groaning all day long.<sup>4</sup> For day and night your hand was heavy upon me; my strength was dried up<sup>as</sup> as by the heat of summer. Selah<sup>5</sup> I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the LORD, and you forgave the iniquity of my sin." (David & Bathsheba)*

*Revelation 22:15 Outside are the dogs, those who practice magic arts (occult), the sexually immoral, the murderers, the idolaters and everyone who loves and practices falsehood. (lumped all together in the same verse)*

### **What lying does to her**

*Proverbs 15:4 The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit.*

*Proverbs 18:14 A man's spirit sustains him in sickness, but a crushed spirit who can bear?*

- In 2018 I remember my tablet & links – she wouldn't believe I did not know about them – I said God, I am telling the truth and it is getting me nowhere.
- However, being clean has allowed me to experience greater joy and peace – I am not fighting something unnatural anymore

## What has helped me in my recovery ?

**INTIMACY** - My realization that I was actually searching for intimacy and not sex. Even now as I ponder a new relationship , sex is the furthest thing from my mind . I am someone who needs mental and emotional connection which I never really experienced. Once I realized this, porn simply had no interest. **Porn is a substitute for a felt need** - so I was after something **non physical** but trying to satisfy **with something physical**

- I became more aware of this as my marriage was failing because the distance was widening
- We are body, mind & spirit but all 3 need to be addressed to have a strong marriage (they are all intertwined)
- 1 Thessalonians 5:23 *Now may the God of peace himself make you completely holy and may your spirit and soul and body be kept entirely blameless at the coming of our Lord Jesus Christ* (all 3 have to be in line with God's spirit in obedience to him)
- As well in Mark 12:30 *And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.* (effort) This is the first commandment.

**Mark 10:6-9** *"But at the beginning of creation God 'made them male and female. 'For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."*

- This is a spiritual principle rather than a physical one. It says God has joined so that means there is a sense that body, mind and soul are joining with your partner just like the above verse mention we should worship God with body, spirit and soul

## Ways to increase intimacy?

- Pray together, take turns reading the Bible, walk/hike, find a shared hobby, volunteer, cook together, play games

**Devotions** - definition - love, loyalty, or enthusiasm for a person, activity, or cause.

- **What does spending time in scripture actually do ?**
- Psalm 119:105 *Thy word is a lamp unto my feet, and a light unto my path.* (illuminates, makes things clearer, gives guidance)

- Psalm 119:11 *I have stored up your word in my heart, that I might not sin against you.* (it is strength you can draw on when tempted, when stressed, when afraid, when unsure) It won't necessarily be a specific verse but the collective wisdom that has been stored in your heart
- Psalm 119:165 *Those who love Your law have great peace, and nothing causes them to stumble.* (even if you don't know exactly what to do or where you are headed you can still have peace if you spend time in his word. Try it audibly as well)
- John 8:31-32 *So Jesus said to the Jews who had believed him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."* - the opposite of freedom is being confined, being weighed down, repression, along with typically depression/anxiety, fear, hopelessness
- Romans 12:2 *Do not be conformed to this world,<sup>[a]</sup> but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect* (it renews/refreshes/resets our mind DAILY - provides wisdom/discernment)

## STAYING INVOLVED/BUSY

- Look after your temple – exercise, hike, walk, eat right – and your mind will benefit as well  
1 Corinthians 6:19-20- *Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So, glorify God in your body*
- Romans 12:1- *I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. (sacrifices in the Bible were always the best animals and best produce)*
- Ephesians 5:29 *For no one ever hated his own flesh, but nourishes and cherishes it, just as Christ does the church*

Connection - ZOOM Bible studies, keep making calls, go for coffee, volunteer

- Hebrews 10:25 *not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*

Daily listening to 1 or 2 good messages – You Tube, ONE PLACE, Facebook church services.