



# Readings





## Capstone Sexual Brokenness Recovery Creed

We are about grace. *Scandalous* grace. We believe that people cannot change through their own willpower or by learning/trying to carry out Biblical principles in their own power. Because of this belief we understand we can't "fix" ourselves or others...only Christ can. We believe that change takes place in community as we take the Gospel of Jesus Christ more deeply into our hearts and understanding. This process is a journey and not a quick-fix formula. Our purpose is to connect at weakness instead of trying to impress with strength. We're a community who bravely bring our true selves...our fears, insecurities, failures, and sin... and risk being known for who we really are.



## READINGS

We start each Monday night reading these scripture based truths. For those of us struggling with the idea that God is distant or “against us” because of our sin, or that our life and our family’s lives are beyond saving/restoration, these truths can be a gateway to trusting God as a loving Father who wants relationship with us.

### Question 1 of Heidelberg Catechism

#### Question 1:

What is your only comfort in life and in death?

#### Answer:

That I am not my own,<sup>1</sup> but belong— body and soul, in life and in death—<sup>2</sup> to my faithful Savior, Jesus Christ.<sup>3</sup> He has fully paid for all my sins with his precious blood,<sup>4</sup> and has set me free from the tyranny of the devil.<sup>5</sup> He also watches over me in such a way<sup>6</sup> that not a hair can fall from my head without the will of my Father in heaven;<sup>7</sup> in fact, all things must work together for my salvation.<sup>8</sup> Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life<sup>9</sup> and makes me wholeheartedly willing and ready from now on to live for him.<sup>10</sup>

<sup>1</sup> 1 Cor. 6:19-20

<sup>2</sup> Rom. 14:7-9

<sup>3</sup> 1 Cor. 3:23; Titus 2:14

<sup>4</sup> 1 Pet. 1:18-19; 1 John 1:7-9; 2:2

<sup>5</sup> John 8:34-36; Heb. 2:14-15; 1 John 3:1-11

<sup>6</sup> John 6:39-40; 10:27-30; 2 Thess. 3:3; 1 Pet. 1:5

<sup>7</sup> Matt. 10:29-31; Luke 21:16-18

<sup>8</sup> Rom. 8:28

<sup>9</sup> Rom. 8:15-16; 2 Cor. 1:21-22; 5:5; Eph. 1:13-14

<sup>10</sup> Rom. 8:1-17



## Question 2 of Heidelberg Catechism

### Question 2:

What must you know to live and die in the joy of this comfort?

### Answer:

Three things: first, how great my sin and misery are;<sup>1</sup> second, how I am set free from all my sins and misery;<sup>2</sup> third, how I am to thank God for such deliverance.<sup>3</sup>

<sup>1</sup> Rom. 3:9-10; 1 John 1:10

<sup>2</sup> John 17:3; Acts 4:12; 10:43

<sup>3</sup> Matt. 5:16; Rom. 6:13; Eph. 5:8-10; 2 Tim. 2:15; 1 Pet. 2:9-10

## Question 21 of Heidelberg Catechism

### Question 21:

What is true faith?

### Answer:

True faith is not only a sure knowledge by which I hold as true all that God has revealed to us in Scripture;<sup>1</sup> it is also a wholehearted trust,<sup>2</sup> which the Holy Spirit creates in me<sup>3</sup> by the gospel,<sup>4</sup> that God has freely granted, not only to others but to me also,<sup>5</sup> forgiveness of sins, eternal righteousness, and salvation.<sup>6</sup> These are gifts of sheer grace, granted solely by Christ's merit.<sup>7</sup>

<sup>1</sup> John 17:3, 17; Heb. 11:1-3; James 2:19

<sup>2</sup> Rom. 4:18-21; 5:1; 10:10; Heb. 4:14-16

<sup>3</sup> Matt. 16:15-17; John 3:5; Acts 16:14

<sup>4</sup> Rom. 1:16; 10:17; 1 Cor. 1:21

<sup>5</sup> Gal. 2:20

<sup>6</sup> Rom. 1:17; Heb. 10:10

<sup>7</sup> Rom. 3:21-26; Gal. 2:16; Eph. 2:8-10



## Question 56 of Heidelberg Catechism

### Question 56:

What do you believe concerning "the forgiveness of sins"?

### Answer:

I believe that God, because of Christ's satisfaction, will no longer remember any of my sins<sup>1</sup> or my sinful nature, which I need to struggle against all my life.<sup>2</sup>

Rather, by grace God grants me the righteousness of Christ to free me forever from judgment.<sup>3</sup>

<sup>1</sup> Ps. 103:3-4, 10, 12; Mic. 7:18-19; 2 Cor. 5:18-21; 1 John 1:7; 2:2

<sup>2</sup> Rom. 7:21-25

<sup>3</sup> John 3:17-18; Rom. 8:1-2

## Question 60 of Heidelberg Catechism

### Question 60:

How are you right with God?

### Answer:

Only by true faith in Jesus Christ.<sup>1</sup> Even though my conscience accuses me of having grievously sinned against all God's commandments, and of never having kept any of them,<sup>2</sup> and even though I am still inclined toward all evil,<sup>3</sup> nevertheless, without my deserving it at all,<sup>4</sup> out of sheer grace,<sup>5</sup> God grants and credits to me the perfect satisfaction, righteousness, and holiness of Christ,<sup>6</sup> as if I had never sinned nor been a sinner, and as if I had been as perfectly obedient as Christ was obedient for me.<sup>7</sup> All I need to do is accept this gift of God with a believing heart.<sup>8</sup>

<sup>1</sup> Rom. 3:21-28; Gal. 2:16; Eph. 2:8-9; Phil 3:8-11

<sup>2</sup> Rom. 3:9-10

<sup>3</sup> Rom. 7:23

<sup>4</sup> Tit. 3:4-5

<sup>5</sup> Rom. 3:24; Eph. 2:8

<sup>6</sup> Rom. 4:3-5 (Gen. 15:6); 2 Cor. 5:17-19; 1 John 2:1-2

<sup>7</sup> Rom. 4:24-25; 2 Cor. 5:21

<sup>8</sup> John 3:18; Acts 16:30-31





## The Twelve Steps

### Step 1

We admitted we were powerless over our compulsive sexual behavior—that our lives had become unmanageable.<sup>1</sup>

### Step 2

Came to believe that a Power greater than ourselves could restore us to sanity.<sup>2</sup>

### Step 3

Made a decision to turn our will and our lives over to the care of God as we understood God.<sup>3</sup>

### Step 4

Made a searching and fearless moral inventory of ourselves.<sup>4</sup>

### Step 5

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.<sup>5</sup>

### Step 6

Were entirely ready to have God remove all these defects of character.<sup>6</sup>

### Step 7

Humbly asked God to remove our shortcomings.<sup>7</sup>

### Step 8

Made a list of all persons we had harmed, and became willing to make amends to them all.<sup>8</sup>

### Step 9

Made direct amends to such people wherever possible, except when to do so would injure them or others.<sup>9</sup>

### Step 10

Continued to take personal inventory and when we were wrong promptly admitted it.<sup>10</sup>

### Step 11

Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.<sup>11</sup>

### Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in all of our activities.<sup>12</sup>

<sup>1</sup> Psalm 38:3-14; Rom. 7:18-23

<sup>2</sup> Psalm 18:2-6; 2 Cor. 12:9; Philip. 2:13

<sup>3</sup> Psalm 3:1-6; Luke 9:23

<sup>4</sup> Lam. 3:39-45; 2 Cor. 10:12-13; Gal. 6:3-8

<sup>5</sup> Psalm 32:3-7; Jam. 5:16; 1 John 1:9

<sup>6</sup> Rom. 6:8-14; Luke 17:33; Col. 3:5-13,

<sup>7</sup> Matt. 7:7-8, Matt. 18:4; Luke 18:9-14

<sup>8</sup> Levit. 6:1-7; Rom. 12:18; Ezek. 33:14-16

<sup>9</sup> Prov. 14:9; Matt. 5:9; Matt. 5:25-26

<sup>10</sup> Rom. 12:23; 2 John 1:8

<sup>11</sup> John 15:4-11; Phillip. 4:5-9

<sup>12</sup> Gal. 6:1-2; James 5:19-20; 1 Tim. 1:12-16



## The Serenity Prayer

God, grant me the Serenity

To accept the things I cannot change... Courage to change the things I can, and Wisdom to know  
the difference.

Living one day at a time, Enjoying one moment at a time, Accepting hardship as the pathway to  
peace.

Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things  
right if I surrender to His will.

That I may be reasonably happy in this life, And supremely happy with Him forever in the next.

Amen.



## SAFETY GUIDELINES

1. Keep your sharing focused on your own thoughts and feelings. Stick to "I" or "me" statements, not "you," "everyone" or "we all" statements. Generalizing is not helpful because it allows us to avoid potentially painful or vulnerable emotions. Also limit your sharing to a few minutes so that one person does not dominate the group sharing time. Each person has the right to speak and the right to remain silent.
2. Avoid cross talk. We do not interrupt or speak to another person while someone else is speaking. We do not share unsolicited feedback about what another person has shared. All of these things can make others feel unsafe and undervalued.
3. We are here to support one another, not "fix" or "rescue" one another. We do not give advice or try to solve someone else's problem in our time of sharing. We are not here as counselors or therapists. It is up to each participant to include outside therapy as part of their recovery when they're ready. Anyone interested in advice or suggestions should ask another individual at the conclusion of group.
4. Anonymity and confidentiality are basic and absolute requirements. What is shared in the group stays in the group. The only exception is if someone's behavior threatens himself or someone else. We do not share information with anyone - spouse, pastors, coworkers, etc. This violates the safety of the group and makes members afraid to share risky material.
5. Sexually offensive language is not appropriate in a Christ-centered recovery group. Therefore, we seek to be sensitive to others with our language and avoid graphic descriptions. If anyone feels uncomfortable with how explicitly someone is sharing regarding his behavior, then you may indicate so by raising your hand.