



# Next Steps – “Make a Plan”

**Individual Study for wives of  
men who struggle**  
[www.ThePornEvent.com](http://www.ThePornEvent.com)

**Welcome!** If you are reading these words, it may be because you have acknowledged a very difficult and painful struggle in the life of someone you care about. Perhaps you have experienced the hurt and confusion that struggle can introduce into your own world. You may be experiencing a wide range of emotions right now, but the very fact that you are reading this document probably means you are interested in identifying the important first steps in your healing journey. No matter how you may be feeling in this moment, please be assured the path toward healing is a road worth taking!

**What is the goal of this study?** Over the coming weeks, our prayer is that the Lord will reveal to you the right plan for your healing to take place! By providing “next steps” to you, we hope to create a plan that will help you begin your individual healing process. Completing the steps in this guide prayerfully and honestly will help you identify the plan of healing He has in store for you.

Ultimately, the goal of this study is Jesus. He alone can restore the broken places in our lives and in the lives of those we love. There is no sin so great and no heart so broken that He cannot heal. Through His Word and prayer, you will begin to plan for the long-term support you need to be able to deal with sexual addiction in the life of someone you love.

We recommend that you identify 1-3 intimate friends, women you trust who can be there and listen as you walk through this. As you consider who to ask, be sure to choose someone keep your confidence and who will support healing and forgiveness in your given circumstances.

## **You will need:**

- A notebook or journal
- A pen
- A Bible

# Week 1: Responsibility and Reality

## Truth: It is not your fault.

You are not responsible for your husband's choices.

*The temptation to give in to evil comes from us and only us. We have no one to blame but the leering, seducing flare-up of our own lust. Lust gets pregnant, and has a baby: sin! Sin grows up to adulthood, and becomes a real killer. James 1:14-15 MSG*

## Questions to consider

Write down your answers to the following questions. If possible, share your answers with a trusted friend:

- Do you feel you are to blame in some way for your husband's struggle? In what ways do you feel it is your fault?
- According to scripture, are you really to blame, or does it just *feel* like you are?
- In what ways is it difficult to separate yourself from your husband's sin?
- In light of God's Word, how has your husband been taken into bondage by our spiritual enemy?

## This Week - Your Next Step Plan

- 1. Look up the following scriptures that speak about sexual sin. Make note of the ones that are especially meaningful for you:**

Matthew 5:28

2 Corinthians 12:21

Mark 7:21-23

Galatians 5:16,19

Acts 15:29

Ephesians 5:3-4

Romans 13:12-13

Colossians 3:5-6

1 Corinthians 5:11

1 Thessaonians 4:3-5,7

1 Corinthians 6:13

Hebrews 12:16

1 Corinthians 6:18-20

Hebrews 13:4

- 2. In your journal or notebook, write out your story. Be sure to include:**

- How you became aware of your husband's struggle
- Your initial feelings about how you found out

- Your feelings about his struggle today
- Any thoughts and feelings you have battled concerning self-blame

Journaling your thoughts will allow you to process all you have experienced so far in your story. This will prove to be very valuable as you continue your healing journey.

**3. Next, write out scriptures that have been helpful to you.**

- Write out the verses from the list provided in question 1 that spoke to you in an important way.
- Write out any other scriptures the Lord has used to comfort you during this time.

Writing down scriptures that are meaningful to you will allow you to return to them easily for daily reference and meditation.

# Week 2: True Beauty

## Truth: You are desired and loved by God!

*What matters is not your outer appearance—the styling of your hair, the jewelry you wear, the cut of your clothes— but your inner disposition. Cultivate inner beauty, the gentle, gracious kind that God delights in. 1 Peter 3:3-4 MSG*

Outward beauty has become the ultimate goal for most women. Women are bombarded with images and expectations of how they should look. This insecurity can be amplified by our spouse's sexual sin. It is important to know the true definition of beauty so that your security is determined by the right things.

## Questions to consider

Write down your answers to the following questions. If possible, share your answers with a trusted friend:

- In what ways has your husband's sin diminished how you feel about yourself both inwardly and outwardly?
- Define true beauty.
- How can you work on your "beauty"?
- How can you begin to find the value Christ has given you?

## This Week - Your Next Step Plan

- 1. Look up the following scriptures that speak about God's thoughts and heart toward you! Make note of the ones that are especially meaningful for you:**

1 Timothy 4:8

1 Peter 2:10

1 Peter 3:1-6

Zephaniah 3:17

Proverbs 31:30

Luke 15:4-7

Psalms 139:14

Romans 5:8

Psalms 103:4

Romans 8:37-39

Isaiah 41:10

1 John 3:1

- 2. In your journal or notebook, write out what you have believed about yourself and about beauty.**

**3. Next, write out scriptures that have been helpful to you, including:**

- Any verses from the list provided in question 1 that spoke to you in an important way.
- Any other scriptures the Lord has used to comfort you during this time.

**4. In light of the scriptures you have just noted, write out God's definition of true beauty:**

**5. Finish the following sentence: "I am beautiful because..."**

# Week 3: Prayer and Forgiveness

**Truth: You can begin to pray for your husband and move toward forgiveness.**

*Be joyful in hope, patient in affliction, faithful in prayer. Romans 12:12 NIV*

**You cannot break the bondage of someone else's sin, but God can!**

Prayer is a powerful thing to do for both you and your husband.

*For it is by grace you have been saved, through faith—and this not from yourselves, it is the gift of God – not by works, so that no one can boast. Ephesians 2:8 NIV*

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32 NIV*

When we have experienced deep hurt because of another's actions, it is normal to feel justified and angry. When this happens, forgiveness can seem to go against our nature. Forgiving someone who has wronged us can feel like we are glossing over their actions or "letting them off the hook," but that is not the case. By forgiving them, we are removing the offender from *our* hook and placing them in God's hands. We are not doing it for our offender, we are doing it as an act of obedience to the God who loves us, who wants us to be free. Forgiving others sets *us* free from pain and bondage to the past!

You may be thinking, "But I don't feel like forgiving him." That's ok! The good news is, we don't have to wait until we *feel* like forgiving others to begin the process of forgiveness. That is because forgiveness is a decision – an act of the will. Sometimes it is a decision we have to make over and over again, and that is ok. But it is important to remember that forgiveness is *not* a feeling.

Because of Jesus' death on the cross, we have full access to Him – to all of Him – even His supernatural ability to forgive! We can go to Him again and again, even when we don't feel like forgiving - *especially* when we don't feel like forgiving. Our humble and honest prayers to our forgiving and loving God can bring about change in our hearts and set us free to forgive others as His Holy Spirit works in us!

## Questions to consider

Write down your answers to the following questions. If possible, share your answers with a trusted friend:

- In what ways do you find it difficult to pray for your husband?
- How do you think prayer would affect your relationship with your husband?
- How do you think prayer would impact your healing journey?
- What are some things you can begin praying right now?
- What are the “forgiveness blockers” you are experiencing toward your husband?
- How would forgiveness change the way you think of or respond to your husband right now?
- How could forgiving your husband benefit you?
- How can you rely on God to help you forgive your husband?

## **This Week - Your Next Step Plan**

- 1. Look up the following scriptures that speak about prayer and forgiveness. Make note of the ones that are especially meaningful for you:**

1 Peter 4:7-8

James 5:13,16

Ephesians 2:8

Romans 12:12

1 Peter 5:5b-6

Psalm 5:3

James 4:6b-10

- 2. In your journal or notebook, write out a letter to God, asking Him to help you forgive. Pour out your heart to Him and ask Him to heal the painful places. Where you feel unable to forgive, ask Him to help you.**

- 3. Write a letter to your husband that includes a prayer for him and an expression of forgiveness. Remember, forgiveness is not a feeling! Even if you don't feel like forgiving, you can begin to express a desire to forgive.**

This is a first step for you. You do not have to give him this letter unless you feel comfortable doing that.

- 4. Write out scriptures that have been helpful to you, including:**

- Any verses from the list provided in question 1 that spoke to you in an important way.
- Any other scriptures the Lord has used to comfort you during this time.

# Week 4: Surrender and Control

**Truth: Surrendering and connecting to God is essential for true healing.**

## **Surrender:**

*So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

*Romans 12:1-2 MSG*

## **Connection:**

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7 NIV*

*You will seek me and find me when you seek me with all your heart. Jeremiah 29:13 NIV*

Seeking, knowing, and connecting with God are the number one things that will secure our healing. God changes the heart, renews the mind, and heals what has been broken.

**The most critical step in your plan is to seek God!**

## **Questions to consider**

Write down your answers to the following questions. If possible, share your answers with a trusted friend:

- What does surrendering and trusting God mean to you?
- What is the hardest thing for you to surrender and trust God with right now?
- What can you do this week to purposefully connect with God more?

## **This Week - Your Next Step Plan**

- 1. Write out your journey so far, including the key things you are learning and how you are feeling about the process right now.**
- 2. Write a prayer to God. Remember, you are talking to a friend. Tell God about your heart, your concerns, your needs and desires.**
- 3. Write out anything you feel God is saying to you during this time. Take some time to just listen to God. Turn off any noisemakers – cell phones, the television, and any other distractions – and just sit in His presence. You don't have to say a word or even think a prayer silently. Just be with Him.**
- 4. Write down any scriptures the Lord has brought to mind or that you have come across in your journey that have been especially helpful to you.**

# Week 5: Making a Plan

## Truth: With God's help, I can plan for my healing.

*Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; 1 Peter 1:13-15 NIV*

## Questions to consider

Write down your answers to the following questions. If possible, share your answers with a trusted friend:

- In what ways can you rely on God more to help you open your heart to your husband again?
- What has God been showing you on this healing journey so far?
- What are some of the "next steps" you know you will be taking?
- What seem to be the toughest "next steps" ahead of you?
- How can you rely on God to help you do the difficult things?
- What are God's promises to you during this time?

## This Week - Your Next Step Plan

### 1. Consider your next steps. Some ideas include:

- **Commit to reading God's Word each day. One way to do this is to choose a Bible reading plan from [www.youversion.com](http://www.youversion.com).**
- **Journal your thoughts toward God and toward your husband each day.**
- **Set aside deliberate time to meditate and pray each day. Guard that time jealously – don't let anything or anyone steal it from you!**
- **Begin attending a support group. (see the resource list at [www.ThePornEvent.com](http://www.ThePornEvent.com))**
- **Consider meeting with a Christian counselor.**

### 2. Pray and ask God to help you identify the steps He wants you to take and to give you the courage and discipline you need to be able to take those steps.

### 3. Write out your plan. Make a list of the next steps you are going to take and details about how you will take them.

# **Week 6: Sharing Your Next Steps; Prayer**

**Truth: With God's help, I can move toward healing.**

*Since God assured us, "I'll never let you down, never walk off and leave you," we can boldly quote, God is there, ready to help; I'm fearless no matter what. Who or what can get to me? Hebrews 13:5-6 MSG*

*What, then, shall we say in response to this? If God is for us, who can be against us? Romans 8:31 NIV*

## **This Week - Your Next Step Plan**

If possible, complete the following steps with a trusted friend.

- Share the overview of your next step plan with a friend.
- Pray that God will lead, encourage, heal and protect you as you take the next steps of your healing journey.
- Consider asking a trusted friend to pray for you and hold you accountable; checking up on you occasionally to see how your healing process is going.