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NEWSLETTER—June 2025

He rescued me because He delighted in me. Ps 18:19b

THIS MONTH'S MEDITATION SCRIPTURE: *And He answered and said, "Have you not read that He who created them from the beginning made them male and female, and said, 'For this reason a man shall leave his father and his mother and be joined to his wife, and the two shall become one flesh'? So they are no longer two, but one flesh. Therefore, what God has joined together, let no man separate." Matt 19:4-6*

Spousal Support in Sexual Addiction Recovery is Pivotal

Sexual addiction at its root is an intimacy issue, originating in our relationship with God. The shame of sin in our lives is a tool the devil uses to drive a wedge between us and the One who has the power to forgive our sins, make us clean, and draw us to Himself. We, like Adam and Eve, look to hide in our sin rather than running to God for that forgiveness and cleansing.

My own sexual addiction journey began at 13 when I was raped by a man I didn't know, as I was just starting puberty. Nor did I know anything of sexual sin, addictions, or recovery. All of it was a secret I carried for almost 30 years, when I realized all those anonymous hook-ups I'd been trying to get free from, but felt compelled to engage in all those years, were actually feeding an addiction to sex with men. Shame weighed on me so heavily that I kept it from my wife until I finally confessed my infidelity to her in our tenth year of marriage. I repented and received forgiveness both from the Lord and from my wife. It was then that the addiction became clear to us, and I went into recovery for a number of behaviors that had developed over the years.

In the sexual addiction recovery workbook called Faithful & True by the late Mark Laaser, there are four core beliefs of a sex addict: "Sex is equal to love, and sex is my most important need;" "I am a bad and worthless person;" "No one loves me as I am;" "No one will take care of me but me." The addiction itself is driven by shame, and the devil tells the addict these lies over and over and over again. The shame keeps us in the dark, hidden with our secrets, often believing the Lord will never forgive me, or at some point He'll stop forgiving me.

From the start, my wife has been supportive of my recovery process largely, I believe, because my wise pastor at the time and I entered into a time of prayer that the Lord would prepare her heart to receive my confession, which allowed her to hear me with a heart of compassion. She has also said over the years that she knew the man, husband, and dad I was who continued those initial years of our marriage pursuing the Lord as passionately as I knew how, and that is who I was, not the besetting sin

that had its grip on me. And in our recovery journey together, she learned that she did not cause my addiction, she cannot control my addiction, and she cannot be the cure of my addiction.

This was all over 30 years ago and there was a lack of knowledge about sexual addictions then, but there are still a lot of misconceptions today. Many believe Christians cannot be a slave to addictions and still be Christians. They believe you should pray harder, and it will go away. Some think it is overcome simply by managing attractions. Many think that pornography is harmless and the behavior can easily be stopped, which may be true for those who are not prone to addictive behaviors, but for the ones who are and have diligently tried, stopping on their own has been a futile endeavor. Also, the biggest misconception of all is that sexual addiction is solely about sex, which takes us back to the intimacy with God point.

In Matthew 5:28,29, Jesus says, **"You have heard that it was said, 'You shall not commit adultery'; but I say to you, that everyone who looks on a woman to lust for her has committed adultery with her already in his heart..."** All of us are guilty of lust, and thereby all guilty of this adultery. There is a degree of betrayal either way. And that is a by-product of sexual addiction and must be dealt with in the recovery process.

Dealing with betrayal in the marriage relationship is only one of the ways that the wounded spouse enters into and supports the offending spouse's recovery process. There must be confession, repentance and forgiveness. There will be a healing process, time for ongoing talks together. There must be trust rebuilt. There must be boundaries established in the relationship. There must also be compassion from the wounded spouse and time invested to understand addictions, even comparing your own life challenges that have been difficult for you to overcome. There must be grace extended to the offending spouse. Punishing attitudes and actions, such as using withholding sex as a weapon or gossiping about your spouse's indiscretions, must be put aside as you seek to live honorably together again in the Lord. At the same time, the wounded spouse must have a safe and trustworthy outlet to process what has now impacted her life, either through a pastor, counselor or a close and discreet believing friend. Additionally, there are Christian, biblically grounded support groups for spouses as well, which can help with relational and mental-health challenges, and how not to be an enabler to the offending spouse. None of this recovery process is easy or simple, but if restoration to God's design is the goal, then it is necessary, and both spouses must be willing to humble themselves, considering the other's good above their own.

Whenever a new husband has come for ministry, I always want the wife to attend that first meeting with him so that she knows and understands exactly the recovery work he is giving himself to, so that she can support him in that work. I tell the wife that if she chooses not to enter into his recovery process, one day she will find herself married to someone she doesn't know. He will have changed through recovery but she will no longer recognize who he is. And that compounds the marriage issues further.

And unfortunately, I have seen over the last couple of decades in ministry some wives who have done just that....refused to come alongside their husband's recovery process, and have weaponized things in marriage, seemingly to repay the hurt caused to them. Just like their husbands, they have set aside the vows they took to face life's challenges together in the Lord. I have heard outright or seen the attitude that conveys, "This is his problem. He needs to fix it." One wife pushed rigorously for her husband to sign divorce papers while he was in recovery, and then held filing them over his head if he didn't bow to every reasonable and unreasonable demand she made of him. Another wife who had the opportunity to participate in the ministry's Family & Friends support group decided to forego that option as her choice. In a sexless marriage for years, they headed for divorce rather than doing the work together to repair the issues in their marriage that got swept under the rug and never resolved.

Yet another spouse withheld sex and threatened divorce if her husband did not abandon his recovery, not only being unsupportive but actively sabotaging his progress. All these couples have forsaken holding marriage in high esteem, as Paul admonished to be done.

We all have sinned and have fallen short of God's glory. Not only one party in the marriage is the offender, and not only one party in the marriage is the offended. As the old saying goes, "It takes two..." God hates divorce! And if His design is to be restored and followed in these troubled situations, both must be willing to put down the weapons, find humility and repentance, and work to trust the Lord and each other to choose the other spouse's highest good, and that takes leaving selfishness and their own self-interests behind. We need to remember that part of the verse that says, "What God has joined together, let no man separate," also refers to both parties in the marriage. God help us do what we cannot do for ourselves!

[Responses From You](#)

From an Australian reader: Great, Daniel. Always an encouragement. Regards.

From a fellow Kentuckian: Praying for you and Fran.

From a frequent reader: Daniel, thank you for continuing to remain faithful in spite of all that continues to try and come against you and Abba's Delight Ministry. God bless you, Fran, your family and your ministry! With my love and prayers for you all!

[Upcoming Ministry Meetings](#)

Overcomers Group Meeting: Thursday, July 3, 2025; Thursday, July 17, 2025; Thursday, July 31, 2025

[Upcoming Ministry Events](#)

Rainbow Revival Freedom March: August 21-24, 2025, Portland, OR

[Ongoing Prayer Requests](#)

New Participants for Overcomers Group and new online lay-counselors • Ministry Finances • Open doors to churches, so pastor and staff can be effectively equipped • Those currently being served by Abba's Delight ministry's Overcomers group and online lay-counselors • Continued freedom to operate ministry in KY. Continued speaking engagements

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Now unto Him who is able to keep you from stumbling and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior through Jesus Christ our Lord, be glory, majesty, dominion and authority before all time and now and forever. Amen. Jude 24-25