

# RECOVERING HEARTS



**Purpose:** To educate, equip and empower churches and faith-based communities to promote sexual integrity, address sexual brokenness and prevent sexual exploitation.

*"The Spirit of the LORD is upon Me, because He has anointed Me to preach the gospel to the poor; He has sent Me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed"*

Luke 4:18



## GETTING TO THE HEART OF THE MATTER:

*Recovering Hearts* serves as a blueprint for churches and faith-based communities to encourage the sexual purity and wholeness of men, women and children.

By incorporating age-appropriate biblical teachings, programs and resources that address sexual integrity, healing, restoration, and sexual abuse and exploitation prevention into every ministry the church has to offer—including children, youth, family and adult ministries—the church is empowered to implement a comprehensive approach to biblical sexuality leading to healing, restoration and abundant life.

*\*Recovering Hearts is a complimentary service provided by Enough Is Enough<sup>SM</sup>. (See page 10)*

## The Spiritual Battle

*"For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.*

*Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand."*

Ephesians 6: 12-13

**Jesus, through the body of His Church, seeks to "Re- Cover" the areas of our lives that have been destroyed and 'uncovered' by sexual brokenness.**

## The Problem

People of faith are under constant spiritual attack as the enemy seeks to steal, kill and destroy people who are made in the image of God.

Lives are being shattered as the enemy preys on the temptations of children, youth and adults to rob them of their innocence and dignity.

*"Whoever causes one of these little ones who believe in Me to sin, it would be better for him if a millstone were hung around his neck, and he were drowned in the depth of the sea.*

*Woe to the world because of these offenses! For offenses must come, but woe to that man by whom offense comes!"*

Jesus, Matthew 18:6-7



## At Risk: An Age of Innocence

- Children under the age of 10 account for 22% of online porn consumption by those under age 18; 10-14 year-olds account for 36% of minor consumers. <sup>1</sup>
- Torture, incest, group sex, bestiality, choking, and excretion are among the acts common in obscenity today. This obscene content, otherwise known as hard-core-pornography, is not protected under the 1st amendment.

*"Extreme pornography has become the de facto sex educator of many children, conditioning them into believing that violence, degradation and humiliation are all forms of acceptable sexual experiences."*

- Donna Rice Hughes, Enough Is Enough<sup>SM</sup>

- The average age of first perpetration of sexual violence is 15 - 16 and is associated with exposure to pornography. <sup>2</sup>

- The number of “sexts” children attempt to send (including girls as young as 6) rose 183% during the Covid-19 lockdown. <sup>3</sup>

- 1 in 5 girls and 1 in 10 boys (aged 13-17) agreed that they have shared their own nudes. 40% agreed that "it's normal for people my age to share nudes with each other." <sup>4</sup>



- Self-generated imagery now accounts for nearly a third of web pages featuring sexual images of children actioned by the Internet Watch Foundation (IWF). More than three quarters of the self-generated material - be it images or videos - feature 11 to 13-year-old children, of which the majority are girls. <sup>5</sup>
- About 1 in 4 girls and 1 in 13 boys experience child sexual abuse at some point in childhood. <sup>6</sup>
- The sexual exploitation of children dramatically escalated during the COVID pandemic. More than 21.7 million reports of suspected child sexual exploitation were made to NCMEC's CyberTipline in 2020. This marks the highest number of reports ever received in one year - a 28% increase over 2019 - and a disturbing 97.5% increase in online enticement reports alone. <sup>7</sup>
- In 2018, over half (51.6%) of the criminal human trafficking cases active in the U.S. were sex trafficking cases involving only children. <sup>8</sup>

Christian parents who think their children are immune from the temptations of sexual sin, immorality and brokenness are misinformed. How can we expect children to be immune from sexual temptation when they are inflicted with messaging and pressure from every possible angle? Christian adults are equally as vulnerable.

***“If you don’t think you can fall into sexual sin, you are either godlier than David, wiser than Solomon or stronger than Samson.”***

- Pastor Bill Perkins

# PORNEIA

*Porneia*, the Greek word meaning sexual immorality, is symbolic of idolatry in its fixation and worship of the body and body parts. Pornography is simply the graphic depiction of sexual immorality.

Pornography and sexual immorality counterfeit God's powerful gift of human sexuality intended to be enjoyed within the covenant of marriage between a man and woman.



*"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."*

John 10:10

*"The forces of evil have figured out that the most powerful weapon to destroy lives, families, and society is hard-core internet pornography."*

Dr. Richard Land, President of Southern Evangelical Baptist Seminary, Enough Is Enough Board of Directors



## The Role of Our Churches and Faith-Based Communities

Society's problems are not solely our government's problems to solve. They must be addressed by churches and faith leaders.

Sadly, many of today's cultural and moral problems are the consequences of the failure of the church to function in society as God intends. America has abandoned its spiritual roots and the vision of our nation's founding fathers. As a result, America is in a moral free fall. Spiritual renewal and revival must be steeped in prayer and begin with repentance. It starts with the body of Christ—our own lives, our children, our families, our community, and our local congregations.

*"If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land."* (2 Chronicles 7:14)

First and foremost, we must remember that this is a spiritual war—a battle between good and evil. It is the power of the Gospel of Jesus to redeem, to save, to heal, and to restore broken lives. In Ephesians 6: 10-12, Paul declares: *"Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places."*

As Christ's ambassadors and His Body on earth, followers of Jesus are called to bring this redemptive gospel message to a lost and broken world and to be salt and light in a wicked and perverse generation. The Bible exhorts believers to be godly stewards of our own lives, the lives of our children, and our culture.



Yet, many feel unworthy or unable to come forward in an effort to break the chains of sexual addiction, leaving them feeling helpless, hopeless and enslaved.

Christians and non-Christians alike often feel helpless, trapped in sexual sins, struggles, addictions and brokenness because the church has not historically been a safe place for the sexually broken to bring these struggles into the light of Christ's redemptive and unconditional love and forgiveness. Instead of receiving pastoral help, counseling, accountability and healing needed for restoration, many remain stuck in their shame, for fear of harsh judgment.



For those paralyzed by the shame and guilt of sexual sin, brokenness or exploitation, there is great hope. The role of the church during this restoration process is crucial: It must be a safe place for those longing to find freedom, forgiveness, love and healing in the name of Jesus.

Victory can be found through the open arms of a welcoming church community. Jesus' mission on earth was to see God's power, love and healing permeate every aspect of our broken world and broken lives. Healing our land starts with the people of God. It begins with us.

## Sexual Immorality & Brokenness

- Abortion
- Adultery
- Child Sex Abuse Material (aka "Child Pornography")
- Fornication
- LGBTQ
- Pedophilia/Hebephilia
- Pornography
- Sexual Abuse
- Sexual Exploitation
- Sexual Identity Concerns
- Sex Trafficking



*"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."*

Romans 12: 1-2

## Recovering Hearts in the Church: What Does it Look Like?

Churches need not 'reinvent the wheel'. Recovering Hearts is a complementary service of Enough Is Enough<sup>SM</sup> and offers a roadmap of preventative measures as well as clearinghouse of recovery resources. We've done the work so you don't have to!



### 1 - Church Leadership

Educate and train ministry leaders in the areas of prevention, recovery and implementation. Address individual healing, deliverance and accountability as needed within the leadership. Churches are encouraged to provide a safe place for pastors and youth pastors to bring personal struggles, allowing opportunities for open and honest accountability. Seek out qualified, anointed men and women to work in healing and deliverance ministry.



### 2 - Prayer Teams

Establish intercessory prayer teams. Expect spiritual warfare on all fronts. The enemy is stealing, killing and destroying youth, adults, pastors, marriages and families in the Body of Christ. In Ephesians 6, the Apostle Paul instructs Christians to fight from victory against evil forces by putting on the full armor of God.



### 3 - The Pulpit

Preaching/teaching on the various issues surrounding sexual immorality, brokenness and healing and God's plan for healthy sexuality. These issues need to be addressed by the pastor of the flock.

## 4 - Prevention Education

*(See [Enough.org/recovery\\_resources](http://Enough.org/recovery_resources) for a list of websites, programs, books, internet safety information and more.)*

**A. Adult Settings:** Educate men, women, parents, teachers, young adults, singles using:

- Child sex abuse prevention training programs
- Parent-focused programs, trainings and resources on internet safety and safe media choices
- Parenting resources to counter pornification of youth
- Resources and efforts to combat harmful sex education curriculum in public schools
- Sexual integrity/authenticity and abstinence resources for health clinics, public/private school health education and family/marital/parenting
- Healthy vibrant marriage programs/resources to encourage genuine intimacy as God intended



**B. Children and Youth Settings:** Educate Sunday school, youth groups, Bible studies, etc. using:

- Age-based, Biblically-focused sex education resources
- Age-based internet safety and responsible digital citizenship education programs, resiliency programs, etc.
- Youth-focused sexual integrity programs including abstinence education and accountability resources
- Child-sex abuse prevention education programs
- Resources for special needs kids and adults who are particularly vulnerable to internet pornography and sexual abuse and exploitation



## 5 - Safe & Secure Internet Access

The church must lead by example and implement safe and secure internet and WiFi on church property, and set up filtering and monitoring software on church-issued devices. Research has shown that internet management software, which includes filtering/monitoring tools, is essential for safety and accountability.



## 6- Counseling Ministry

Train and equip counselors to respond to unplanned pregnancies, sex and pornography addiction, sexual abuse, domestic abuse, abortion/post abortion recovery, promiscuity, immorality, homosexuality and other LGBTQ struggles, gender dysphoria and confusion, PTSD, betrayal trauma, and so forth.



In addition, consider implementing Healing/Deliverance/Recovery/Accountability programs and resources in the church library and on the church website.

## 7 - Church Discipline

Church leadership is encouraged to implement accountability and biblical church discipline when necessary. For their own welfare and restoration, men and women should be held accountable if they are unwilling to address ongoing and unrepentant sexual immorality (adultery, pornography, etc.).

For example, a spouse whose mate won't end an affair or deal with pornography addiction should be able to come to church leadership and hold the partner accountable.





**"You may choose to look the other way, but you can never say again that you did not know."**

- William Wilberforce,  
Prominent British Abolitionist

Francis Chan, in his helpful book, *Multiply*, guides believers as to God's redemptive plan through Jesus for His church and its impact on individuals and cultures in the following passages:

He showed us what God intends humanity to look like, and tore down every barrier that would keep us from being the people God made us to be. Jesus' mission on earth was to see God's power, love, and healing permeate every aspect of this broken world and our broken lives. He came to see God's will done on earth as it is in heaven.

Followers of Jesus are called to reign and rule with the authority of the resurrection power and exalted position of the King of Kings who is seated in the heavenlies at the right hand of the Father. As such, we must follow Jesus' model to make the church the safe place He intended it to be; and lovingly take a stand for righteousness in our land.

In closing, be encouraged as to the glories of Christ who leads His church to keep fighting the good fight of faith and to share the good news of the gospel until His return. As John MacArthur reminds us,

*"Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God..." (2 Cor. 3:5). One of the great tenets of scripture is the claim that Jesus Christ is completely sufficient for all matters of life and godliness (2 Pet. 1:3, 4)! He is sufficient for salvation (Heb. 10:10-12), [and] sanctification (Eph. 5:26, 27). . . . He is Faithful and True (Rev. 19:11); He is the Author and Finisher of our faith (Heb. 12:1, 2). . . . He is Lord of the nations: He is the Lion of Judah; the Living Word; the Rock of Salvation; the Eternal Spirit; He is the Ancient of Days; Creator and Comforter; Messiah; and He is the great I AM (John 8:58)."* <sup>13</sup>

## Addressing Brokenness in the Faith Community

- Three in four pastors (73%) have handled pornography-related questions this past year. <sup>9</sup>
- Most pastors want to help people with sexual struggles, but feel underqualified to address many of the issues they are asked to address. Two-thirds of all pastors (68%) "agree strongly" that the Church should help people with personal sexual challenges. One-quarter (27%) "agree somewhat."

Yet, fewer than one-third of pastors feel "very qualified" to address a majority of the sexual issues listed in a survey. <sup>10</sup>

- Most pastors (57%) and youth pastors (64%) admit they have struggled with porn, either currently or in the past. <sup>11</sup>
- 64% of self-identified Christian men and 15% of self-identified Christian women view pornography at least once a month (compared to 65% of non-Christian men and 30% of non-Christian women). <sup>12</sup>



## About Enough Is Enough<sup>SM</sup>

**Enough Is Enough<sup>SM</sup>** (EIE) is a national non-partisan, non-profit organization who has led the fight to make the internet safer for children and families since 1994.

EIE's efforts are focused on combating internet pornography, child sex abuse material, sexual predation, sex trafficking and cyberbullying by incorporating a four-pronged prevention strategy with shared responsibilities between the public, Corporate America, the Government and faith community.

Over the past 20 years, the **Enough Is Enough<sup>SM</sup>** Resource Center ([enough.org/resource\\_center](http://enough.org/resource_center)) has aggregated a clearinghouse of quality programs, books, resources, peer-reviewed research, statistics and other valuable information as a service to equip parents, teachers, communities, churches, NGO's, governments and the media.

In addition, the Resource Center offers recommended secular and faith-based third-party resources including books, audiotapes, CD's, and internet resources addressing numerous topics including sexual abuse/exploitation prevention, healthy sexuality, spiritual warfare, addiction, healing, recovery, PTSD, deliverance, marriage, post-abortion recovery, internet safety, parental control tools and other topics addressed in this document. We hope you will consider these complimentary resources for your congregational needs.

The **Recovering Hearts Initiative** is a complimentary service provided by **Enough Is Enough<sup>SM</sup>**.

EIE's **Internet Safety 101<sup>SM</sup>** program, currently available via digital format, is a multi-media resource designed to educate, equip and empower parents, educators and caring adults with the knowledge and resources needed to protect children from internet dangers including pornography, predators, traffickers and cyberbullies, and threats related to online gaming, social media and mobile platforms. 14

The Emmy-Award winning **Internet Safety 101<sup>SM</sup>** PBS television series, reformatted from the **Internet Safety 101<sup>SM</sup>** DVD teaching series, is available on Vimeo.

**For more information, visit: [Enough.org](http://Enough.org) and [InternetSafety101.org](http://InternetSafety101.org)**

# Citations

*Much of the information contained in this document is excerpted in whole, or in part, from:  
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- 13 See John MacArthur, "Introduction to The Epistles of Paul to the Colossians," in The John MacArthur Study Bible (Nashville, Thomas Nelson, 1997), 1831.
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Contact Enough Is Enough at:  
[info@enough.org](mailto:info@enough.org)

Enough Is Enough<sup>SM</sup>  
PO Box 1532  
Great Falls, VA 22066



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