

EIBCC MONTHLY TRAINING
CONSIDERATIONS IN MARRIAGE COUNSELING WHEN A SPOUSE
IS STRUGGLING WITH PORN
LED BY: DAVE KIRK

“For Godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death. For see what earnestness this godly grief has produced in you... “
II Cor. 7:10-11a

“Jesus will set you free from your struggle but he calls you to participate in his work.”
Heath Lambert – Finally Free Fighting For Purity with the Power of Grace

I. Introductory Thoughts

- A. Universal issue - Not just men
- B. Radical Grace and Gospel application is required –
- C. This is not the unpardonable sin however it has deep hurtful effects

II. Understanding the heart issue for each spouse

A. For him: the sin and guilt.

- 1. How was the porn discovered? Did he get caught? He come clean on his own?
- 2. What are the circumstances around his porn use? Stress? Anger? Lonliness?
- 3. What kind of guilt does he have and how is he processing it?

3 Kinds of Guilt:

- 1. **Self -focused guilt -**
- 2. **Society focused guilt –**
- 3. **God focused guilt –**

Taken from podcast “Husband is Discovered Looking at Porn
Interview with David Powlinson

B. For Her: Suffering and Hurt

These can lead to:

- 1. **Questioning God**
- 2. **Anger & Bitterness**
- 3. **Control**
- 4. **Depression – self loathing**

C. For the marriage:

- A. Trust**
- B. Intimacy**
- C. Grow in sanctification : Responding Biblically**

III. Helping to Restore the Marriage takes _____ .

- A. Prayer
- B. Time
- C. Counselor – Can be a model of soberness to sin and mercy/grace to the couple.
Becomes instructive for both the husband and the wife.
- D. Community - leverage advocates and small groups for encouragement and accountability.
- E. For her to deal with her suffering and hurt with biblical responses allows her to help him and to become a place where mercy and grace are found.
- F. For him to continually grow in transparency and being forthcoming about his struggle.

IV. Q & A

Resources:

1. **Finally Free “Fighting for Purity with the Power of Grace”** Heath Lambert
2. **When a Husband is Caught Looking at Porn** – Biblical Counseling Coalition Podcast,
David Powlinson, Deepak Reju