

EIBCC MONTHLY TRAINING
CONSIDERATIONS IN MARRIAGE COUNSELING WHEN A SPOUSE
IS STRUGGLING WITH PORN
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“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?
- 2. What are the circumstances around his porn use?
- 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. _____
- 2. _____ and _____
- 3. _____
- 4. _____ : _____ - _____

C. For the marriage:

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

III. Helping to Restore the Marriage takes _____ .

- A. _____
- B. _____
- C. _____ – Can be a model of soberness to sin and mercy/grace to the couple. Becomes instructive for both the husband and the wife.
- D. _____ - 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