

REGROUP RECOVERY QUESTIONS 1 – 2025 (Answered by Dr. Dave - Jan. 7, 2025)

1. How can I approach conversations about sex with my wife in a way that feels safe and constructive for both of us? Our marriage has significantly improved through recovery work and her forgiveness, but past discussions often led to hurt, frustration, or setbacks.
2. Is purity of mind simply a choice? References: The Vanishing Conscience by John F. MacArthur
1 Peter 2:11 - "Beloved, I urge you as aliens and strangers to abstain from fleshly lusts, which wage war against the soul"
1 Corinthians 6:18 - "FLEE immorality"
James 4:7 - "Resist the devil and he will flee from you"
Romans 13:14 - "But out on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires"
John 17:17 - "Sanctify them in the truth; your word is the truth"
1 Corinthians 9: 25-27 - "Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we, an imperishable. So, I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."
3. Can you explain the differences between making love and having sex, and how we can incorporate both into our marriage? Also, how can we find the right balance and frequency of each?
4. It has been several years since I've hit rock bottom and I have been in recovery groups and seen several counselors in that time but my heart still feels like nothing has changed. I haven't been able to maintain all clear and I can't bring myself to care enough to commit to my recovery. I'm losing hope in myself, I'm stuck, I take one step forward and one step back while life keeps flying by. Should I do a 3-day intensive workshop? Should I take a month off work and fast and pray? Should I sell everything I have and go live in a monastery with monks for a year? It seems like there's guys who aren't recovering and guys who are and there's a wall blocking me from getting from one side to the other. What should I do?
5. What steps can we take to rewrite our sex script to prioritize connection and mutual pleasure, and reignite the excitement and closeness in our relationship? Our current sexual patterns have become routine and are rooted more in obligation than in shared intimacy.
6. Could you address the Doug Weiss/Morningstar issue please?
7. How can I approach exploring our sexuality together in a way that feels safe and pressure-free for my wife, while reassuring her that this is about deepening our connection and not tied to my past experiences with pornography?
8. What is the common denominator to help anchor me in my recovery to succeed in times of temptation and testing?
9. As a visual learner, what are some other ways I can wear my bible out?
10. Being intimate with my wife, will that now be my "release" instead of porn? Is that safe?
11. What are some tips on being a good digital disciple of Jesus? Not just covenant eyes and staying off of porn, but what habits do you cultivate with your phone and computer that lead you closer to Jesus and increase your witness?
12. What has been your longest standing habit that has helped you stay a man of integrity?