

The sacraments as instruments of healing

Confession (Reconciliation): The sacrament of God's mercy is not a place of shame but of encounter with Christ's forgiveness. Regular confession — ideally with a confessor who understands addiction — is central to recovery. Relapse does not mean failure; it means returning again to the Father.

The Eucharist: Regular reception of the Eucharist sustains your hunger for authentic love. Many in recovery speak of the Mass as the anchor of their week.

Anointing of the Sick: Where addiction has created deep psychological and spiritual wounding, the sacrament of anointing may be received, with the priest's guidance.

Spiritual direction: A faithful spiritual director can help discern the roots of compulsivity, integrate prayer with recovery work, and accompany you through long-term healing. Ask your parish priest for a referral.



A PRAYER FOR FREEDOM

Lord Jesus, you know the weight I carry.

*You were tempted as I am tempted,
yet without sin.*

*I bring you my weakness and my shame —
and I ask for the grace to begin again.*

*Restore in me the image of your love,
and lead me into the freedom you died to give.
Mary, mother of purity, pray for me. Amen.*

*You are not broken.
You are not alone.*

Practical first steps

- Speak with a trusted priest, deacon, or spiritual director — you do not need to carry this in silence any longer.
- Install accountability software (e.g. Covenant Eyes) and share your online activity with a trusted friend or sponsor.
- Attend a **free** 12-step meeting this week: go to **saoz.net**, **saa-australia.org**, or **slaa.org.au** for online or in-person meetings near you.
- Consider professional counselling with a Catholic therapist who understands addiction.
- Identify one trusted person in your life — a friend, family member, or fellow parishioner — to be an accountability partner.
- Engage daily prayer and regular Mass attendance as the spiritual foundation of recovery.

Be patient with yourself: recovery is rarely linear. Return to God as many times as it takes. The Lord never tires of receiving you. Again and again.

This pamphlet is offered as a pastoral guide. It is not a substitute for professional medical or psychological care.

If you or someone you know is in crisis, please contact a mental health professional or your local emergency services.

Lifeline: 13 11 14

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St John the Evangelist Catholic Parish
35 Cordeaux St, Campbelltown NSW 2560
sjec.org.au/freedom

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*You are not alone
and you are not
beyond hope*



A PASTORAL RESOURCE ON
PORNOGRAPHY &
SEXUAL COMPULSIVITY

*“You have made us for yourself, O Lord, and
our hearts are restless until they rest in you.”
St Augustine of Hippo, Confessions, I.1*

If you are struggling with pornography or sexually compulsive behaviour, know that the Church receives you with mercy, not condemnation.

What you are experiencing is a real and serious struggle — one that touches your dignity, your relationships, your spiritual life, and your freedom.

***Recovery is possible. Grace is available.
You do not have to fight this alone.***

Understanding the struggle

- Pornography use can become compulsive and addictive, reshaping the brain's reward systems — this is not merely a moral failure, but a complex spiritual, psychological, and neurological challenge.
- Sexual compulsivity is often rooted in deeper wounds: loneliness, trauma, shame, anxiety, or disordered attachment — issues that deserve compassionate and skilled care.
- The Church teaches that human sexuality is a gift ordered toward love and life. Pornography distorts this gift, isolating us from authentic intimacy and from God.
- Recovery typically involves honest self-examination, community support, professional help, and consistent engagement with the sacraments and prayer.

Online Resources

For a more extensive listing of helpful websites visit sjec.org.au/freedom



Integrity Restored

Catholic-based education, coaching, and family support for pornography addiction.

integrityrestored.com

Stouthearted

A Jesus-centred men's program for sexual integrity.

stouthearted.com

The Freedom Fight

Provides a holistic, Biblically-rooted approach to porn addiction recovery. Designed to go beyond surface-level changes and achieve deep, lasting freedom from porn.

thefreedomfight.org

Fight the New Drug

Science-based education on the harms of pornography, with personal stories, research, and "Fortify" program.

fightthenewdrug.org

Augustine Recovery

A resource website for those struggling with sexual addiction integrating the 12 steps and spirituality. Loads of books and video resources available.

augustinerecovery.org

12-step & peer support groups

Sexaholics Anonymous (SA)

12-step program clearly defining sexual sobriety as freedom from lust and sexual self-indulgence. Widely used by Catholics and recommended by many spiritual directors.

sa.org / saoz.net

Sex Addicts Anonymous (SAA)

12-step fellowship with a broader sobriety definition. Includes in-person and online meetings internationally.

saa-recovery.org / saa-australia.org

Sex & Love Addicts Anonymous (SLAA)

The original and largest 12-step S-fellowship addresses patterns of compulsive romantic and sexual behaviour. Sobriety is self-defined with a sponsor to deal with problematic behaviours.

slaafws.org / slaa.org.au

S-Anon / Codependents of Sex Addicts

Support for spouses, family members, and loved ones affected by another person's sexual addiction. Meetings available online and in-person.

sanon.org / sanon.org.au

Professional & clinical support

CSAT-Certified Therapists

A Certified Sexual Addiction Therapist is a clinician specialising in sexual addiction. Seek a therapist with this credential and Catholic values alignment.

iitap.com

