

## **Desperate Problems with Sexual Purity in America**

There is a desperate need in America for men to aspire to sexual purity. A comprehensive set of reliable data does not exist for many aspects of activity related to sexual impurity. However, the following estimates provide some insights into the scale and scope of sexual impurity or its consequences in the United States.

- Divorce: ~45% of all marriages end in divorce
  - 60% of 2<sup>nd</sup> marriages
  - 70+% of 3<sup>rd</sup> marriages
- Extramarital affairs
  - ~25% of marriages include at least one affair
  - Men cheat about twice as often as women
- Prostitution (including trafficked, slaves)
  - 1-2 million sex workers
  - 80% female
  - 100,000 arrests per year (90% sexworkers, 10% johns)
- Sexually transmitted diseases
  - 2.4 million reported cases in 2020
  - 50% of new cases were ages 15-24
- Pornography
  - \$13 Billion industry in US
  - 28,000 users per second
  - 1 in 5 mobile searches are for porn
  - Teens – 2018 survey:
    - 15% send sexting; almost 30% receive it
    - 57% seek porn at least monthly
    - 51% of males and 32% of females view porn before teen years
    - First exposure for males is on average age 12
- Porn in the church
  - 64% of men and 15% of women view porn at least once per month
  - 43% of pastors have struggled with porn
    - 1 in 5 youth pastors
    - 1 in 7 senior pastors
  - 7% of churches have some program related to sexual impurity

These statistics do not address the financial and personal costs that can be attributed to divorce, disease, broken families, lost employment, poverty, etc.

## **Enormous Need for Help and Healing from Sexual Obsession, Compulsion, and Addiction**

Enough with the numbers! There is a significant problem with sexual impurity in the United States. The impact of this activity is destroying individuals, marriages, children, friends, and hampering many organizations. There is a need for one man to come alongside another to help. That is at the heart of 12 Step recovery programs.

## Description of a 12 Step program

The 12 Steps are a process used by mutual support groups to aid individuals in addressing and overcoming various obsessions, compulsions, and addictions. Per the American Psychological Association, the process consists of:

- admitting that one cannot control one's alcoholism, addiction, or compulsion;
- coming to believe in a [Higher Power](#) that can give strength;
- examining past errors with the help of a sponsor (experienced member);
- making amends for these errors;
- learning to live a new life with a new code of behavior;
- helping others who suffer from the same alcoholism, addictions, or compulsions.

The 12 Steps have been adapted to a wide range of behaviors – drugs, gambling, overeating, sex, etc.

## History of the Castimonia 12 Steps

The Castimonia 12 Steps are the result of the efforts of multiple organizations and individuals over the course of several decades. There are 3

- Oxford Group

The Oxford Group movement started in 1921. It was led by Frank Buchman, a Lutheran minister from Allentown, PA. Buchman believed that the personal problems of fear and selfishness were the root of all societal problems. Further, he believed that the solution to living with fear and selfishness was to surrender one's life over to God's Plan.

Some of the fundamental spiritual practices of The Oxford Group were:

- share our sins and temptations with another Christian;
- surrender our life past, present and future, into the God's keeping and direction;
- have restitution to all who we have wronged directly and indirectly;
- and to listen to God's guidance and carry it out.

The Group's beliefs included the Four Absolutes (Honesty, Unselfishness, Purity, and Love) as well as the Six Practices & Six Assumptions.

- Alcoholics Anonymous

In the 1930s, Bill W. and Dr. Bob S. began to attend meetings of the Oxford Group and met each other. Bill W. was a New York stockbroker and Dr. Bob S. was a surgeon in Akron, OH. Each was an alcoholic. A third man, Sam Shoemaker, a pastor, led many of the Oxford Group meetings that Bill attended in New York.

When dealing with his own addiction, Bill concluded that alcoholism was a malady of mind, emotions, and body. In response to Bill's ideas, Bob became sober, never to drink again.

## Introduction for Leader's Guide

In the second half of the 1930s, these 3 men each played key roles in the formation of AA and the writing of the 12 Steps and the Big Book. In 1935, AA was founded. A few years later, Bill W decided to write the 12 Steps with assistance and encouragement from Sam Shoemaker. It is important to note that Shoemaker believed that an alcoholic (addict) was best suited to write the steps. This became an important concept in AA – only addicts have the experience to help other addicts to overcome their addiction. In 1939, the Big Book of AA was published.

The 12 Steps and 12 Traditions, as written by AA, still guide 12 Step recovery groups today.

- Sex Addicts Anonymous (SAA)  
This group was founded in 1977 by and for people who wanted to stop their addictive sexual behavior. The program makes extensive use of the AA materials
- Castimonia  
Castimonia is an explicitly Christian adaptation of the 12 Steps for men seeking to address issues of sexual obsession, compulsion, and addiction while seeking to attain sexual purity. It was founded in 2010. Castimonia follows the tradition and practices that were developed and nurtured by the previous organizations as can be seen in its Resource Book, the 12 Steps, and Guiding Principles.

### **The Need For Sponsors to Shepherd Other Men**

There is not a sufficient number of men to sponsor new men seeking to work the 12 Steps in a timely manner. Often a new member will attend support meetings for many weeks or months and is unable to secure a sponsor. While it is not necessary to have a sponsor to attend regularly scheduled support meetings, a sponsor is critical to working the 12 Steps.

### **One Possible Solution**

A sponsor is an individual who has already worked the 12 Steps at least one time and is willing and able to devote the time and energy to lead and guide another man in his journey through the 12 Steps.

In Castimonia, a few men have helped lead others through this process in a group format step study. The goal of this approach is to help each participant advance in his own recovery through the spiritual awakening that occurs in working the 12 Steps. In addition, as part of Step 12, a man who completes the 12 Steps is often ready to sponsor other men.

### **Design of Guide**

## Introduction for Leader's Guide

This guide has been designed to assist a leader or co-leaders with guiding a group of men through the 12 Steps. It was designed with several explicit assumptions for its use.\*

- Meetings to be conducted via Zoom
- Group will consist of 6-18 men in the United States
- Bi-weekly meetings of 90 minutes
- Given the group format, each participant must commit to working at the pace of the group; “learn/work at your own pace” must take a back seat if the group is to function effectively and efficiently.
- Participation requires a significant commitment of time and emotional energy.
- Consistent individual effort and participation in the group are required on a regular basis over the duration of the step study group. It will be difficult to impossible to coast for 1-2 months and then work double time to catch up. It is also disruptive to the progress of the group as a whole if a substantial amount of time at each meeting is devoted to “catch-up sharing”.
- It is expected that each man will share significant portions of his story, as relevant to each exercise in the 12 step program, with the other group participants, as directed by the group leader. This sharing is the heart of the program and among the most significant benefits of working the steps as a group. The insights of other men who are grappling with the same struggles and emotions are powerful. Each man will also benefit by seeing other men come alive as they lean into recovery.
- It is expected that men in the program are also engaged in regular attendance at 12 step support group meetings (in person or electronic).
- Participants may also be engaged in individual, group, or couples therapy with a trained professional counselor.
- Given the intensity of working the 12 Steps, a man may need to temporarily reduce or suspend other activities in his life. Of course, it will likely be necessary to devote time to good recovery practices such as therapy or time with spouse and family. It may be helpful to temporarily prioritize working the steps over other recovery readings, studies, or activities. This is not to say that this working of the 12 Steps is superior to other recovery initiatives; it is to recognize that there are a finite number of hours each day.
- In addition to assisting a man with his individual recovery, successful working of the 12 Steps helps prepare a man to sponsor others in working the 12 Steps. This can be done “one man at a time” or in a group; leading as an individual or with a co-leader.

\* This guide may be adaptable for use in a variety of circumstances, such as the following.

- Groups of various size: Individual, a group of less than 6 or more than 18
- In person or electronic formats other than Zoom
- Weekly meetings or a custom pace
- Longer or shorter meeting times
- Internationally, with some attention to cultural differences

As each assumption is changed, the leader is encouraged to consider its impact on other assumptions. For example, if a weekly meeting schedule is employed, participants will need to

## Introduction for Leader's Guide

devote more time each week to readings and exercises. If the group is larger, the time for sharing around each exercise will grow, possibly requiring longer sessions or more sessions.