

READING ASSIGNMENTS

Does anyone want to read Our Problem, How It Works, or The Promises?

MEETING INTRODUCTION:

The policy of Walking Free Men's Recovery to help protect your confidentiality and anonymity. In any online format, use your First Name and Last Name Initial to identify yourself. We want you and others to be comfortable participating in our meetings.

Welcome to the **(Date + Time)** Zoom Meeting of Walking Free Men's Recovery. My name is _____;
(statement of faith), (statement of addition/recovery).

Walking Free Men's Recovery is a Christ-centered support and recovery program that helps individuals overcome sexual impurity and addiction. We share our experiences, strength, and hope to achieve Biblically-based sexual purity and support others in overcoming compulsive sexual behaviors.

We believe Jesus Christ is our Lord and Savior; however, Christianity is not a requirement for attending meetings or working the 12-step program. The only requirement for membership is the desire to stop compulsive sexual behavior and reach sexual purity. Therefore, this group is open to any man who struggles with any type of sexual impurity.

PRAYERS:

Please share with me a moment of silence, followed by the Serenity and Opening Prayers.

Moment of Silence

Serenity Prayer

God, grant me the serenity to accept the things I cannot change;
Courage to change the things I can; And wisdom to know the difference.
Living one day at a time; Enjoying one moment at a time;
Accepting hardship as the pathway to peace;
Taking, as He did, this sinful world as it is, not as I would have it;
Trusting that He will make things right If I surrender to His Will;
So that I may be reasonably happy in this life;
And supremely happy with Him Forever and ever in the next.
Amen.

Opening Prayer

Father, I ask you that you bless this meeting and the men who are with us today, that You give us courage to share our experience, strength, and hope and that we encourage each other to be the sexually pure men you intend us to be.

READINGS:

Will the person with Our Problem, please read it.

<<< **OUR PROBLEM SCRIPT** >>>

WALKING FREE RECOVERY
Online Group Facilitators Script (v.13)

We urge you to listen to the following How it Works section very closely. It is the path we must follow that will help set us free. Will the person with How it Works, please read it.

<<< HOW IT WORKS SCRIPT >>>

MEETING GUIDELINES

This is a closed meeting. If you feel you cannot relate to the material you have just heard or feel you do not struggle with maintaining sexual purity, we ask that you leave at this time. By staying you agree to the following guidelines:

1. Keep your sharing focused on your own thoughts and feelings, use “I” or “me” statements, not “you” or “we”. Using “I” or “me” statements forces me to take responsibility for my own behaviors.
2. Limit your sharing to three to five minutes. I have a timer and will notify you when the time has expired. I will let you know if there is time to share again.
3. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each man is free to express his feelings without interruptions. I ask that everyone only unmute their device while they are talking and return them to mute when finished.
4. We are here to support one another, not “fix” one another.
5. Leaders are but trusted servants; we do not give feedback during the meeting.
6. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others or admits to committing an unprosecuted felony-level sex crime. The leader is required, by law, to report these activities.
7. Offensive language has no place in a Christ-centered recovery group. Furthermore, names, locations, websites, or explicit examples should NOT be shared. If something offensive or triggering is mentioned, the leader or other meeting participant should bring it to the attention of the person sharing.
8. During our meeting we use silence as an invitation to speak, use the awkward moment to examine your thoughts. Be brave.

ROLL CALL

Will all present please introduce yourself using first name and last initial only? New participants need not admit to having a problem with sexual purity or sex addiction but let us know if this is your first recovery meeting or first time attending this specific meeting.

I’ll start and then go around the virtual room and say names as I see on my screen: My name is ____;
(statement of faith), (statement of addition/recovery).

Other statements used include:

- I love Jesus and am seeking sexual purity.
- I am a grateful believer in Christ, fighting for sexual purity.
- I am a follower of Christ, recovering from sexual addiction.

<Roll Call>

EMPTY CHAIR & GROUPME:

The Virtual Empty Chair in the middle of our circle awaits the return of those members who are currently suffering the consequences of their addiction in prison.

Also, the chair awaits the return of those members who have left the program in search of their true rock bottom.

The empty chair is also to remind all present of the loss of those members whose disease drove them to take their own life.

Finally, the empty chair reminds us that there is always room for one more to find freedom and healing.

For those who wish you may share your phone number in the Zoom chat now. Following our meeting there will be a virtual “parking lot” intended to allow time to exchange information and build connections. We use our GROUPME account to develop relationships for accountability.

Reach out to the guys in GROUPME for daily accountability and support.

TOPIC & SHARES:

- Option 1: The 1st meeting of the month is a step study. We will review the step of the corresponding month (i.e. Jan step 1, Feb step 2, etc.).
- Option 2: I will now share the topic, today's topic is _____

<Topic>

The floor is now open for comment on the topic. Other topics and check-ins are always welcome. Also, if you choose, please include your prayer request at this time, we will include them in our prayer at the end of our meeting.

<Shares>

[With about 10 minutes remaining] The time for sharing has ended unless someone has a “burning desire” to share one last time. This is defined as a desire to share one last thing in order to avoid acting out because of not sharing.

GROUP ANNOUNCEMENTS & DONATIONS

- Check out WFrecovery.org for articles and other valuable recovery resources.
- Any upcoming events on calendar
- Etc....

To maintain and spread the message of freedom from addiction that we ourselves now enjoy and are thankful for takes time, talent, and money. This is not a requirement, but instead examine your heart and let the Lord direct your giving so that others may enjoy the same freedom we seek. The website provides an avenue for giving. If you wish to give of your time or talent, please reach out to a member of the leadership team.

WALKING FREE RECOVERY

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CLOSING:

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. The things you heard were spoken in confidence and should be treated as confidential. Please keep them within the walls of this room and the confines of your mind. Whatever problems you have, there are those among us who have them also. If you keep an open mind, you will find help. Let us talk to one another and reason things out but let us not gossip or criticize one another. Instead, let the understanding, love, and peace of Christ Jesus grow in each of us, one day at a time.

Will the person with The Promises please read them?

<<<**THE PROMISES SCRIPT**>>>

Closing Prayer:

Let us unmute and close with Open Prayer for the men in this meeting, their requests, for what they shared or did not share, for their recovery, and for the group.

[Group Leader: Don't forget to submit your meeting form [here](#).]

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Serenity Prayer originally written by Reinhold Niebuhr*