

— Chapter One —
“Where’s the Beef?”

When I went through my addiction recovery a few years ago, I remember that I picked up some of the books on the topic to get acquainted with the help I needed. I remember browsing through the Table of Contents. I remember checking out a particular chapter that seemed like it was what I needed. I remember, within a few minutes of reading, that I wanted to throw the book across the room. The content was not practically helpful. Most of these books did not have transformational help. They were overly clinical and oriented toward merely changing outward behavior. I was struggling to find freedom, and I knew what was not going to work! I could sniff-out an unhelpful chapter full of psycho-quixotic information.

I picked up the books by the clinical experts, and as I read them, I said, “Hmmm, that’s good yes, that’s interesting . . . that’s a good illustration . . . hmmm, that sounds important . . . that, too . . . yes, ok . . . ok . . .” and on and on. Then the next thing I knew, I was at the end of the chapter! I’m looking back thinking, “I didn’t get any thing helpful. Where’s the beef?” The chapter was so theoretical, so clinical, that there wasn’t much practicality to it. I read pages and pages of interesting analysis, but I didn’t get to anything practical for freeing my heart from the desire to look at porn. There was nothing that I could get my mind around as part of

a solution. The books were well organized, but not very helpful.

Second, one of the first books on the topic that sold more than three million copies, has almost no help in it all. For instance, we don't need a whole chapter on statistics! I don't care how many men in the church are struggling. I'M STRUGGLING! It's 100% at my house. I'm the only statistic that matters at the moment.

Third, similar Christian books are filled with behavioral exhortations to follow ----as if my problem was that I just didn't know how to behave? Good grief! In my reading, it was explained to me that I needed to visualize the consequences, confess any sexually sinful thoughts immediately (*oh, sure, no problem*), believe that porn is damaging, create a porn-free environment, think of your family and loved ones, imagine that this girl in the porn pictures is someone's daughter (*how will that help? I married someone's daughter*), guard your heart by bouncing your eyes away, discipline your eyes and mind, and on and on. One author exhorted me to, "just experience God's freedom." *Oh, okay. No problem. I'll just start doing that right now.*

If you are only going to give me behavioral steps to take, action steps that will help me put orange cones up on the forbidden exit ramps, to keep me from veering off the Highway of Righteousness, this is not helpful in and of itself. I need to change my heart,

or else, there will come a day when I will want what I want, and I'll want it right now! On that day I'm going to steer my life right off the Highway, and send orange cones flying everywhere!

If I *wanted* to be free, then I would. My bigger problem is not that I don't know what to do, but it's that I don't want to do it. Especially once my brain gets hijacked by the chemical cocktail of sexual longing --which happens pretty darn fast!--- then finding the will-power to turn back seems almost impossible! Help me figure out what this *want to* is all about.

Then the worst issue for me was how these books dealt with Shame. They didn't! They mentioned it. They described it. They told you it was like a wild beast in a cave that you need to go wrestle with or go get professional help with ----but they never told you how to deal with shame. They just told you that you needed to! Thanks, but wouldn't you think that the most critical issue should be most critically dealt with? Seriously, what was the purpose of writing these books, if they aren't going to get to the crux of the issue? Therefore, in this e-book, I will tell you what I have learned about healing shame in the heart.

But first, let's start out with a biblical understanding of what is and isn't the problem. We're starting off on the wrong foot in the

wrong fight, condemning ourselves when maybe we should be more graceful toward our heart and our mind in regard to our sexuality.