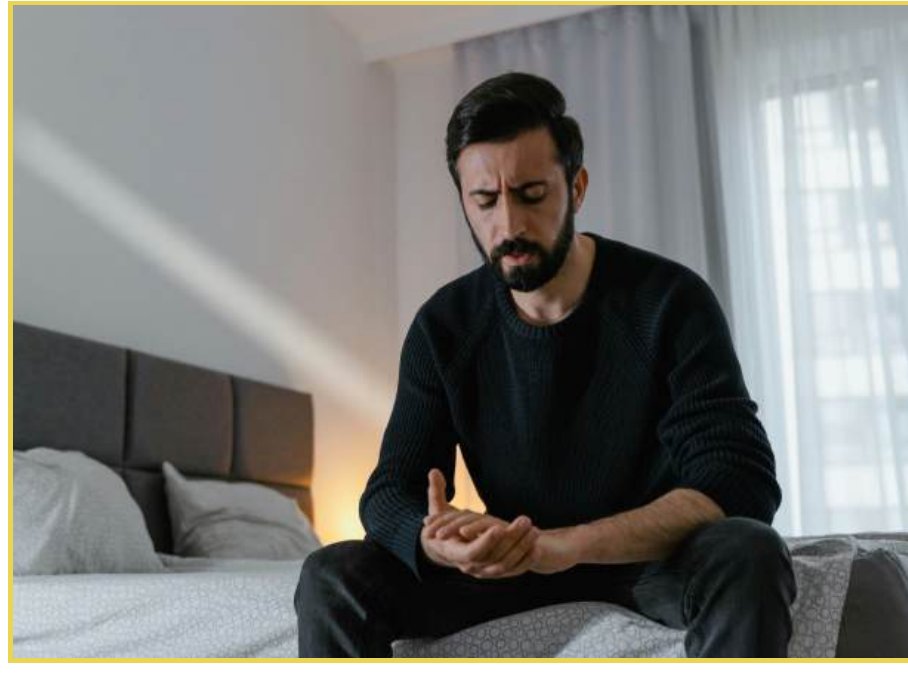


Ways God Helps You in Recovery

1. You Feel a Growing Conviction to Stop

You may have watched porn without a second thought or felt compelled to hide your behavior. Now, you feel the weight of your actions after every use. That conviction is one of the clearest signs of God working in your life. God is helping you overcome your addiction by letting you experience the discomfort that comes from it.



2. Temptation Keeps Getting Blocked

When temptation is repeatedly blocked, whether by tech failures, schedule interruptions, or someone walking in, it may be God's hand shielding you. He's allowing you to reflect and walk away. Take the inconvenience as a redirection.

3. Unexpected Accountability

Accountability is a necessity in addiction recovery, but it can feel scary to open up about your struggle. God will often place people in your life to help you. An old friend might call you and ask how you're really doing. A family member might share about their own struggles. These moments can feel exposing, but they're essential to take the weight of addiction off your back.

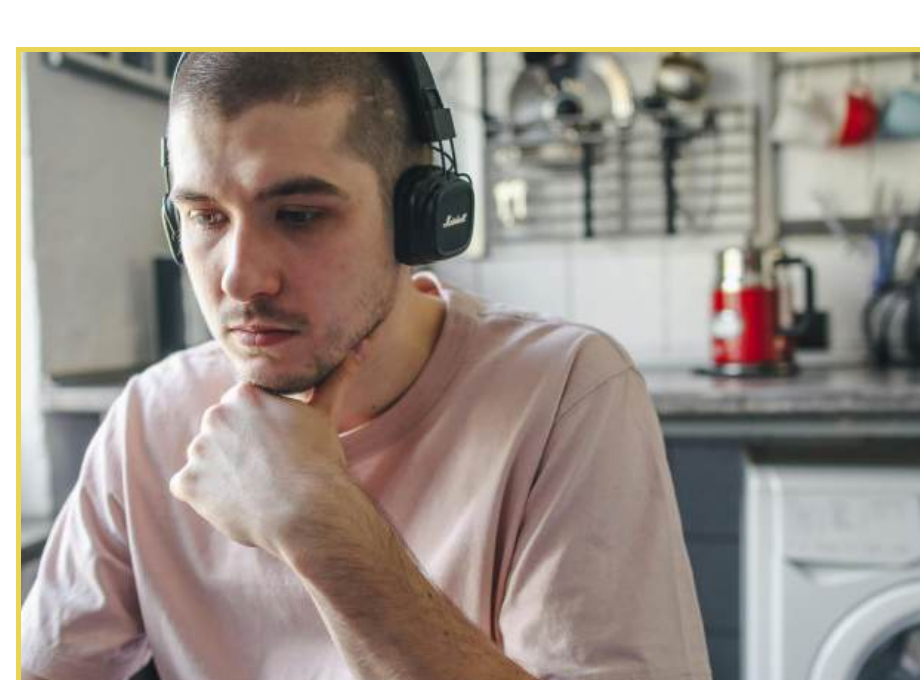


4. You Seek a Deeper Relationship with God

Porn can often make you stray from God. You can tell that God is working in your life when, through the apathy of addiction, you feel an internal shift. Worship songs begin to move you. Scriptures touch your heart. You begin journaling and praying. That shift in attitude is God drawing you toward something better.

5. Change in Routine

A change in your old patterns is sometimes enough to help break the cycle. That change might be God opening the doorway to freedom. With your changing schedule, fill your time with productive activities. Volunteer, meet up with friends, hike, journal, or read. Establish positive, firm behaviors to reduce your risk of slipping back into the same old pattern.

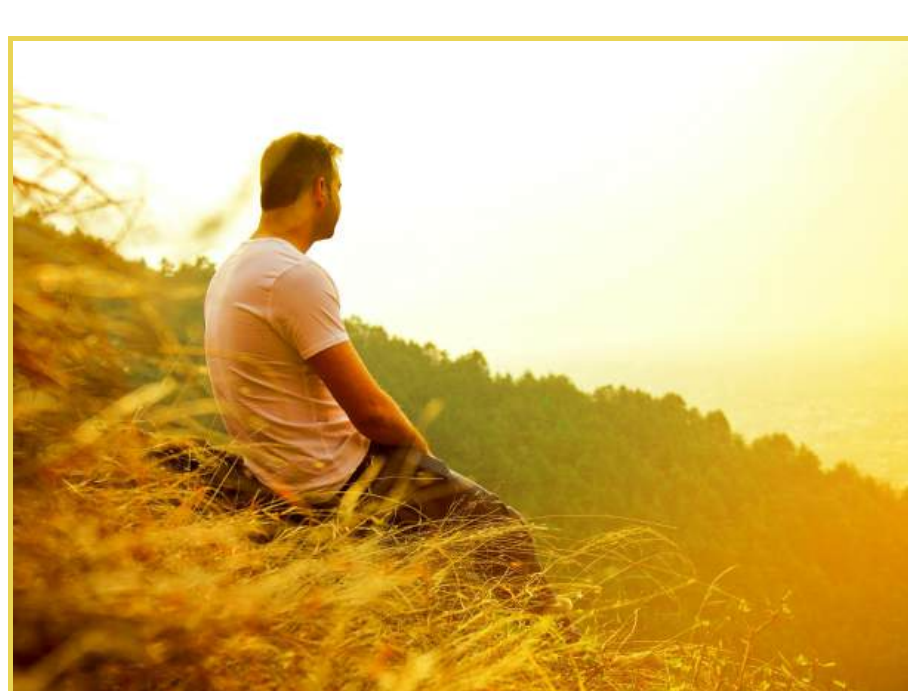


6. Moments of Revelation

Have you ever been listening to a podcast or even a song when a sentence or lyric jumps out at you? In those moments, it may feel like that was said or sung just for you. And often, it was. God speaks through the unexpected. He wanted you to know that He is aware of you. Stay alert for those piercing sentences, and God will show you the truth as you need to hear it.

7. Second Chances

God cares far less about how many times we falter and more about what we do when we fail. Don't shy away from second chances for fear of what could happen. Trust that God knows you and believes that you can do it. Keep trying, keep standing up to your urges, and one day, your porn addiction will become a distant afterthought.



8. God Is Always There

You may not feel free yet, but it is time to stop sitting by and waiting for a dramatic miracle to happen in your life. Use these signs to recognize that God is working in your life. He is there to help you even when it isn't apparent. Trust that God is answering your prayers and breaking your chains.

