Finding Freedom:
Purity & Recovery Resources

rockhillschurch

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You don't have to fight alone.

If you're struggling with pornography, sexual temptation, or patterns you can't seem to break, there is hope. Your struggle does not have to define your story, and shame doesn't have to keep you stuck in isolation.

At Rock Hills Church, we believe purity isn't about earning God's love. It's about responding to the One who has already given everything for us. Whether you're taking your first step toward freedom or continuing a longer journey of recovery, you don't have to walk it alone.

God's mercy is new every morning. Take a next step: find trusted accountability, get connected to community, explore recovery resources, or reach out for professional counseling.

Your past doesn't get to write your ending. There is hope, healing, and a path forward in Jesus.

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Find Hope in God's Word

When you're discouraged, tempted, or feeling ashamed, return to the truth of God's Word.

Your feelings may change from day to day, but God's character remains faithful. Scripture reminds us that forgiveness is available, temptation doesn't have to control us, and we can keep pursuing Jesus even when the journey is difficult.

When shame says you've gone too far:
Lamentations 3:22–23

When you feel trapped by temptation:
1 Corinthians 10:13

When you need a fresh start:
1 John 1:9

When you need to change direction:
2 Timothy 2:22

When you feel weak:
2 Corinthians 12:9

When you need to remember your identity:
1 Corinthians 6:19–20

When you need help carrying the struggle:
James 5:16

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**You don't have to figure everything out today.
Just take the next step.**

Freedom often begins by bringing what has been hidden into the light and inviting trusted people to walk alongside you. Whether you're looking for practical tools, a structured recovery group, or professional counseling, there are resources available to help you move forward.

start with these resources:

Online Resources (Links):

- puredesire.org
- covenanteyes.com
- xxxchurch.com

Apps/Screen Support (Links):

- CovenantEyes - Victory App
- Ever Accountable

get personalized help – professional counseling

Sometimes, taking your next step means talking with a trained counselor who can help you understand underlying patterns, work through difficult experiences, and develop a plan for healing. Consider seeking a licensed professional with experience in compulsive sexual behavior, pornography use, or betrayal trauma.

email us at info@myrockhillschurch.com and we can send you a list of great counselors in the area.

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build accountability.

Freedom grows when we stop fighting alone.
One of the most powerful steps you can take is inviting a trusted person into your journey. Shame tells us to hide. The gospel invites us into the light, where honesty, prayer, encouragement, and growth can take place.

Accountability isn't about someone policing your every move or making you feel ashamed when you struggle. It's about having someone who cares enough to ask honest questions, remind you of God's truth, encourage healthy choices, and walk with you through difficult moments.

here are a few ways to begin:

- Get connected to a small group. A structured group can provide ongoing support, shared experience, and a consistent environment for growth.
  - **We recommend Celebrate Recovery, a recovery group that is a safe place to find freedom from your hurts, hang-ups, and habits. Monday Nights at 7PM at Rock Hills Church.*SIGN UP HERE!***
- Talk with a trusted ministry leader. Reach out to a pastor or ministry leader at Rock Hills Church who can listen, pray with you, and help you identify a wise next step.
- Find a mature Christian friend. Choose someone trustworthy, spiritually grounded, and willing to have honest conversations. Set a regular time to check in and talk openly about how you're doing.
- Create a practical plan. Identify situations that make temptation more difficult, establish healthy boundaries, and decide whom you'll contact when you're struggling.

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Purity & Recovery Resources

Support for Spouses and Families

Sexual impurity can affect more than the person taking the action. For a spouse, discovering hidden behavior can bring feelings of betrayal, confusion, grief, anger, insecurity, or a loss of trust. You may find yourself questioning your relationship, your own worth, or what you thought you knew.

You do not have to minimize what happened, rush toward forgiveness, or pretend everything is okay. Healing takes time, and rebuilding trust requires honesty, responsibility, and consistent change. You can extend grace while also establishing healthy boundaries.

- **Find someone safe to talk to.**
  - Reach out to a trusted pastor, mature Christian friend, or counselor who can listen without minimizing your experience.
- **Consider individual counseling.**
  - A licensed counselor with experience in betrayal trauma or relationship recovery can help you process what you're experiencing and identify healthy next steps.
- **Explore support specifically for spouses.**
  - Pure Desire and XXXchurch offer resources for people affected by a loved one's sexual behavior.
- **Pray & Give healing the time it needs.**
  - You are not responsible for managing another person's recovery. Their growth requires their own honesty, commitment, and willingness to seek help.Continue praying to God, in faith, over the person.
    - (Philippians 4:6-7)



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For Parents:

As parents, one of the most important things we can do is begin conversations about purity, sexuality, pornography, and healthy relationships early. These topics can feel uncomfortable to bring up, but our kids need safe, trusted adults who are willing to talk openly and honestly with them.

Children are often exposed to sexual content and messages about sexuality earlier than we might expect. Rather than waiting until something happens or assuming our kids will come to us with questions, we can take the initiative to create an environment where conversations are normal, questions are welcome, and truth is shared with grace.

Resources:

- **Covenant Eyes Podcast (Link)**

- **Confident by Covenant Eyes (Link)**
  - When a parent discovers their child or teenager has been looking at pornography, it can be alarming, hurtful, even frightening. Let us point you toward hope. Confident is a step-by-step conversation guide designed to help you navigate this situation with courage and grace.

- **Equipped by Covenant Eyes (Link)**
  - Equipped is a comprehensive guide designed to help you have engaged, healthy, and informed conversations about online threats.

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Purity & Recovery Resources

Additional Resources:

Women Specific:

- Online Community: Arise from Covenant Eyes
- Book: No Stones by Marnie C. Ferree

Podcasts:

- The Walk Worthy Podcast
- Pure Desire Podcast

Books:

- 7 Pillars of Freedom by Dr. Ted Roberts
- Outgrow Porn by Drew Boa

Additional Questions:

Let us know how we can come along side of you on your journey of pursuing purity.

email us at *info@myrockhillschurch.com*