

Overview of *Accountability Works*

Think clearly and exercise self-control. Live as God's obedient children. Don't slip back into your old ways of living to satisfy your own desires. You didn't know any better then. But now you must be holy in everything you do, just as God who chose you is holy. For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And the ransom he paid was not mere gold or silver. It was the precious blood of Christ, the sinless, spotless Lamb of God." (1 Peter 1)



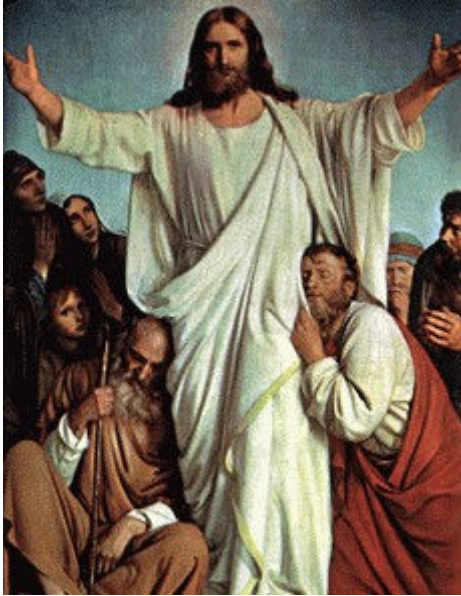
I want to warmly welcome you to the Accountability Works Program. Whatever sexual sin area you have been dealing with is never too big for our Father God, our Friend and Savior Jesus Christ, and our Counselor and Advocate, God's Holy Spirit. You have the full weight and power of the Holy Trinity at your disposal to overcome your sexual problems. You can count on God's assistance and guidance throughout this program. Let the Word of God speak to you right now. He says to you...

The Lord is not slow in keeping his promise, as some understand slowness. He is patient with you, not wanting anyone to perish, but everyone to come to repentance. (2 Pet 3:9)

Trust in the LORD and do good; Delight yourself in the LORD and he will give you the desires of your heart. Commit your way to the LORD; trust also in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. Be still before the LORD and wait patiently for him. (Ps 37:3-7)

How God sees your sexual problems!

You are not an incidental being on this planet. We are not just some species of the animal kingdom, even if we are related to other animals in some ways. Nor do we live in an accidental world which happened without reason, purpose and meaning. This world and our lives originate from the heart and love of God Who made all things, and made us for a personal relationship to Himself.



Jesus taught us to call God our Father, the Creator of all things. He is a Father of Love who shares his goodness with all creation but especially with man whom He created in His own Image and invites into a loving intimate relationship with Himself as Father and son. He is our origin. “For in him we live, and move, and have our being”. He is our home!

While we are living here, God has a plan for the way we can best live this life. The Bible suggests that He has a general plan for all mankind and a personal life-plan for each of us. This tremendous truth can have a revolutionary effect on your thinking and behavior, if you fully grasp it and cooperate with it. For you and I have been in God's plans from all eternity. Romans 8: 29 - "For those God foreknew he also predestined to be conformed to the likeness of his Son....And those he predestined, he also called; those he called, he also justified; those he justified, he also glorified."

God has a general plan for all mankind. It is God's general plan that He “will have all men to be saved, and to come unto the knowledge of the truth” (1 Tim 2:4). God has a special plan for your life. It is God's personal plan that you “be conformed to the image of his Son, that he might be the firstborn among many brethren” (Romans 8:29). God's general plan has to do with your salvation. God's special plan for your own life has to do with your sanctification; your spiritual growth, maturity and your holiness. And this includes your resolution and management of your sexual problems.

Unfortunately, millions of people have no realization of God's general life-plan for them, or reject it when they do know of it. And much less do they know of His special plan for their individual lives.

But I am assuming that you are a born-again Christian; you have responded to God's plan and purposes. You are not only saved, but you have received the Holy Spirit; the Spirit of God; the Spirit Voice of Christ Jesus Who lives in you. And because of the presence of God's Spirit in your heart, you are a spiritual man who is able to hear and discern the guidance of His still small Voice. And so you are able to cooperate with the special life-plan which God is unfolding in your life. This special plan for you includes your coming to grips with your sexual problems. "The natural man receiveth not the things of the Spirit of God: for they are foolishness unto him: neither can he know them, because they are spiritually discerned", and, "God hath revealed them (the hidden mysteries of God) unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God."

Before reading any further, ask yourself the question, "Have I ever been born again? Have I become a child of God by faith in the Lord Jesus?" If you have not or desire to renew your commitment, come now and receive Him as your Lord and Savior. Pray this simple prayer sincerely, "Father God, I come to you in need. I cannot resolve these issues of sexuality in my life without your help and guidance. I know Jesus died for me and rose again from the dead. I know he is my healer and deliverer. I need a spiritual and supernatural renewal. Right now I believe, I accept, I receive your Son, the Lord Jesus Christ, to be my Savior and my Deliverer. Thank you Father God. Amen!"

The saved Christian who knows he is being led and guided by God's Spirit, knows that everything that happens and has happened to him is the work of God in his life. Everything is seen as a part of God's evolving special plan for his life. "For his life is hid with Christ in God."

This does not mean that everything that happens to you is predetermined (much less, pleasant) and that you are to simply submit to what is inevitable. Not at all! We are not talking about fate, but faith. It means that what happens to you is foreseen by God; is permitted by God; and can contribute to his plan for your life when you respond to it in faith.

Biblically faithful Christians ought to recognize, and cooperate with God's special plan for their lives. For once a person enters into God's general and special life-plan, then "all things work together for good for the one who loves God and is called according to his purpose" (Romans 8:28). "As it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him" (1 Cor 2:10).

It is through the work of the Holy Spirit and your faithful abiding in Christ (I am the Vine, you are the branches) that you recognize and learn to live in and live out God's special life-plan. Once you "received him, to those who believed in his

name, he gives the right to become children of God.” (John 1:12) And his special life-plan begins to unfold in your life. "For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do."

Your Life-Plan and your Sin Problems

Your special life-plan comprises all the very unique life experiences, personality traits, health conditions, strengths, liabilities, relationships, besetting sins and problems with which God is working, "Till we all come in the unity of the faith, and of the knowledge of the Son of God, unto a perfect man, unto the measure of the stature of the fulness of Christ". God uses what you have and who you are. From the raw material of your life the Holy Spirit forms you into a spiritual man. He is not seeking carbon copies of other people; He is seeking the Real you with all your strengths and liabilities.



You can be sure of this: When Christ by His indwelling Spirit begins to work on your problem with sexual sin, He is inviting you into a deeper life of holiness and sanctity. It is no accident that you have been led to this Program of healing. Out of your work in this program, you can be sure that you will emerge as a person who has a more real and meaningful relationship to the Father, to Jesus and His Spirit.

God always works in our biographies. He always tackles the real stuff of family relationships, hurts and wounds of your childhood, the ways you have been abused or abused others, your personality issues and real life circumstances. The Real God deals with the Real you.

In the gospels we see numerous examples of Jesus encountering the real issues in people's lives. It would be good for you to review these encounters. In every case, Jesus meets the person at the junction of their real life issues and problems.

- Nicodemus (John 3)
- The woman at the well (John 4)
- The rich young man (Matthew 19)
- The demoniac (Matthew 8)
- Mary Magdalene (Mark 16)



The human condition is such that the problems and difficulties you have to face can make you a better person or a bitter person, stronger or stranger, mature or mean, inspired or despairing, hopeful or hopeless, more faith-filled or faithless.

In other words, in the unfolding of God's special plan for your life, problems can contribute to your spiritual and psycho-emotional growth in beneficial ways or in detrimental ways. They are the bearers of meaning and purpose. They are instructors and teachers in life's school. James says, "My brethren, count it all joy when ye fall into divers temptations; Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing."

As a man of faith, your eyes become open to the day-by-day, hour-to-hour unfolding of his plan. This is the "good and acceptable and perfect will of God" (Rom 12:2). We recognize that God permits many incidents but no accidents. God makes no mistakes. Frustrations, contradictions, paradoxes, pain, suffering, trouble, adversity, temptation, affliction, and even sin, can all exercise ministries of teaching and wisdom. Even your struggle with sexual sin and lust can be used by your Father God to grow and develop you. Right now, as you begin this Program, your Father God is meeting you at the place where your sexual sin problem encounters His grace. Romans 5:20 says, "But where sin abounded, grace did much more abound."

All the difficulties encountered are teachers and tutors which develop character. Gold is refined by fire. Oak logs are laid in the fire and burn before they give off their wondrous sounds and heat. Trials and difficulties are often later understood to be blessings in disguise. The cross of Christ was his later crown. The things which seem to break us, are later seen to make us. Through suffering and troubles our stubborn sinful, selfish natures are being forged into a holy and whole character. God is not through with us when we are saved; he is just beginning.

Behind our life the Weaver stands
And works his wondrous will;
When yielded to his all-wise hands
We see his wondrous skill

[CLICK: FIND OUT IF YOU'RE READY FOR THIS PROGRAM!](#)

You are CALLED to Healing!

Based on my experience in working with many Christian men, you can expect to accomplish these outcomes if you consistently use the material presented in this Program:

- First and most importantly, you will begin walking in real victory and freedom over sexual sin each day; not in your own strength, but relying upon your fellowship as a child, a son of God, placing your faith, hope, trust and love in Him. Also you will experience:
- A renewed relationship with God which is spiritually alive, fervent and faithful.
- Experience a real closeness to the Father, to Jesus, and a personal sensitivity to the Spirit Voice of Christ working and speaking to you.
- Develop an increasing and meaningful prayer life, satisfaction in the Word of God, church fellowship, and service to others.
- Realize that you are growing in the fruit of the Spirit and the gift(s) of the Spirit.
- Improvement in your relationships with others.
- Increased sense of self-acceptance, authenticity, integrity and transparency.
- Improvement in your work, vocational and avocational satisfaction.
- The end to shame, regret, discouragement, feeling like a hypocrite,
- Knowing the peace of God which passes all understanding, and the strengthening of the inner man by the power that is (Holy Spirit) in you.

Yes! These things are really possible! For YOU! Why? Because you must understand something very important! You have been **CALLED** by God to resolve your sin problem with sex. Do you realize that God has spoken to you in your heart and in your spirit about your struggle? He speaks to every Christian man who deals with sexual sin problems. Some can hear Him, some can't hear Him. Some hear Him and ignore Him. Some hear Him and respond to Him. That's what you're doing right now! You would not be reading this unless you are responding to the conviction and the call He made to you to resolve this sexual issue in your life. He put a call; an invitation upon your life. And this means several things. It means:

- **God knows you are dealing with sexual sin.** Think about that for a moment. Your Father God knows that (put your first and last name here) is dealing with sexual sin. If God your Father knows this, you don't have to run and hide from Him about this, like Adam and Eve did. Instead you can say, "Forgive me Father, for I am a sinner; help me Father, for I am a weak sinner!" You can be completely frank and open with him about your struggle. Isn't that something relieving and freeing? Let that sink in!
- **God has acted.** His inner voice has Called you to the narrow way. This Program is the Narrow Way that leads to new life. He heard your prayer for help; He showed you this Program and asks you to follow this narrow way that leads to life and wholeness; freedom and victory over sexual sin. Not the broad and flesh-gratifying way that leads to death. If He's called you He has acted already! Isn't that something to feel joy about? Let that sink in!

- **God IS active in the working out of the Call.** If he knows all about your struggle and he has called you to resolution, then that means he has taken action already and will be active in your resolution. He is completely involved with you as you go through this Program. He's watching you step by step, sends His grace and encouragement. Let that sink in!
- **God intends to complete and finish this work He's begun in you.** Do you think God would call you to this kind of resolution and see it fail. No! Never! He fully intends to complete it. Can you believe that?
- **God expects you to believe in the reality of his call.** He expects you to respond to the call and the work He is beginning in you. He expects you to remain obedient to the call. Let that resonate inside you for a moment.



Again, let me say, **God has called you personally to a resolution and victory over sexual sin.** God has called you personally. This is an act of faith and trust on your part which is equal to the faith you exercised when you were saved. This means that it is very personal on your part. It is very personal on God's part also. God loves you personally and has the desire that you personally resolve this struggle.

It will involve what is most personal and most real in you and about you. It will be his most personal touch on your life. If you allow Him to do this work in you, you will come to know the Living God like you never have before. It's a personal work between you and God from beginning to end. Please let this thought stay with you for awhile. Listen to what His Spirit is saying inside you!



Does this sound familiar?

This program is all about helping Christian men like yourself to gain control over sexual behavior and sin, and to help you grow emotionally, psychosocially, and spiritually. These are our goals and objectives. We've seen the six learnings of this program and the six months of accountability, counsel and confession bring sexual victory, peace, a clear conscience and a closer walk with the Lord to several men.

One of them started with this email which I received which I'd like you to read. You can also listen to it here . [Audio Welcome](#) It expresses what a lot of Christian men have said about their struggle with sexually compulsive and addictive sin. This is what it said.

Dear Christian Counselor;

Please help me! I'm a Christian who is defeated and discouraged by the battle I have with sexual sin? If it's not pornography or compulsive masturbation, then it's sometimes sexual involvement with others. Here I am, I think of myself as a

baptized, born-again, evangelical Christian who's sincere and truly loves the Lord. I cherish God's Word, the fellowship I have at my church, the times of personal prayer with Jesus .

I'm ashamed to admit that I am even involved in ministry work. Yet I feel so hypocritical and defeated by the constant impure thoughts, fantasies, desires, attractions and even dreams I have. Sex is always on my mind, it seems. What's wrong with me anyway? If I'm really a Christian, then I thought I would be able to get some victory and control over my struggle with sexual sin. It's so confusing and bewildering to me. I feel like I have no self-control.

I'm so uplifted by studying the Word one minute, and the next I slide into sin. I have made resolutions over and over again to stop. I have begged the Lord for His help. And yet it continues. I have just about given up all hope that I can ever be victorious. I have come to assume that it's my lot in life to be overcome by uncontrollable sexual behavior of one kind or another. I guess I can never be the kind of Christian I always hoped I could be.

I ask again, what's wrong with me? How did I get this way? Why is it I understand so many things, but I can't figure this out, and I can't do anything about it? I'm terrible discouraged! Is there any help for me? Can you help me? I don't want to live this way anymore. Tell me what to do, and I'll do it!"

Sincerely, DC (Defeated Christian)



DC worked with the Learnings in this Program, maintained accountability and received counsel for 6 months. He experienced growth and victory in all the areas listed above. He is still walking in freedom from sexual compulsive sin.

There is help for the Christian struggling with Sexual Sin. This e-mail from DC helped to inspire the writing of Accountability Works. It's the kind of e-mail which I, as a Christian Counselor, receive from many Christians regularly. I've worked with many Christian men over some twenty-five years; men who were defeated by sexual sin of one kind or another.

These are good Christian people in every respect, just like DC is, just like you are, but they have this one area in their life which defeats them over and over again. It's as if they are two different people. The good Christian person keeps getting completely overwhelmed by the carnal Sexual person (See Romans 7:14-25). Yet, praise God, so many of these men have found hope and victory in their lives. They have come to know that greater is the Spirit of Jesus in them than the evil one who is in the world.

"My body was obeying the slightest wish of my mind, but my mind would not obey itself. The trouble is that it really did not want it. That is why it wasn't giving a strong enough command. There were two wills, both incomplete, and what was missing in one was present in the other. It was I who longed to serve the Lord my God. It was I who was unwilling. I was I. I was at war with myself. The familiar evil

was more powerful than the unfamiliar good. A controversy raged in my heart, myself against myself. I threw myself down under a fig tree and let the tears flow. In many different words I said to you, "How long, how long? Tomorrow and tomorrow! Why not now? Why not end my uncleanness this very hour? And then I heard the voice of either a boy or a girl from the nearby house. It was repeating a chant, over and over, "Take up and read! Take up and read! Holding back my tears, I got up, interpreting the child's words as a command from God to open the Bible and read the first passage I should see. I snatched it up, opened it, and silently read the first thing I saw. "Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature [Rom 13:13-14].

In the instant that sentence ended, it was as if a peaceful light shone in my heart and all the darkness of doubt vanished. Where was my freedom of choice all those years? From what dark cavern did you call it forth when I bowed my head and you, Christ Jesus, placed your easy yoke and light burden on my shoulders? What a joy it was to renounce the joys I was afraid to lose! You threw them out of me and took their place."

Augustine - The Confessions

The Overview

It helps to know where you're going and to see the whole picture. I want you to understand my perspective in helping Christians with sexual problems. It gives you a sense of direction and preparation. It should also give you hope and inspiration. If you only want this first month of accountability, counsel and confession, I think you'll find it very helpful. But if you go beyond that, then this is what the whole six month program looks like.



There are Six Learnings or Lessons, one for each of Six months. The first and last Learnings are free. You work on the content of one learning each month and anything else that arises relevant to your accountability, counsel and confession with me, your Accountability Counselor. Each week you will be sending me an email of Accountability, Confession and response to the Learning. I'll respond with Counsel.

See ["The Weekly Email"](#)

1. **Learning 1: An Overview of the Program**(What you're reading now). It's important for you to get a sense of the whole picture and how weekly accountability, counsel and confession works. This will help you decide if you want to continue in the program or continue on your own.
2. **Learning 2: What's wrong with me?** Addiction! A look at the degree and kind of sexual addictiveness and preoccupation you're dealing with (if at all). You and I need a realistic baseline from which to begin your need for help. The questionnaire will pinpoint areas of importance and reveal underlying needs.
3. **Learning 3: What's wrong with me?**Vitalization! A look at the central dynamic related to sexual preoccupation and addiction. It's called **Vitalization** (also de-vitalization and pseudo-vitalization). The use of sex to feel vitalized and alive is the underlying and undermining bondage which must be broken.
4. **Learning 4: What do I have to do? The Inside work!** Having made an assessment and gained some understanding of your level and kind of addiction, as well as your struggle with Vitalization, (in Learnings 2-3) you're ready to use some important strategies to gain self-control and sexual freedom. This involves learning how to work with your interior psycho-emotional and spiritual processes (the ABCDE's) and learning Four critical steps to employ which significantly interferes with sexual impulsiveness and leads to self-control. (Impulsiveness is the basis for Compulsiveness).
5. **Learning 5: What do I have to do? The Outside work!** There is also the need for lifestyle changes, the behavioral and environmental strategies (outside

work) you will need to prevent and protect yourself from temptation and the support you need to grow in the Four Vitalizing relationships of life. The Four Vitalizing relationships are **God, Others, Self and Work**. These are the true, wholesome God-given vitalizing substitutes for the counterfeit sex you are engaged in. If these four relationships are fulfilling, sexual preoccupation and behavior will fade into the background of your life.

6. **Learning 6: Get Real with the Real God!** This last (free) learning helps you to see your spiritual sonship relationship to God afresh and to encourage you to revive and renew your spiritual life in a very realistic and biblical way. You will make a Spiritual check-up by looking at the spiritual state you are in presently, and receive help to return to a fervent, faithful, filial fellowship with God. We'll also look at the fact that you are a Temple of God. As a Temple, you are held up by six pillars of activities which help maintain your spiritual life.

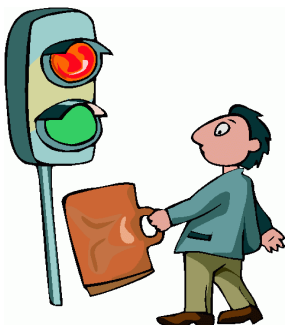
A Review and Summary concludes the program.

How Sexual Addiction Develops

The following is an overview of the usual way in which sexual addictiveness develops in a man's life. In 25 years of work with SAM's (Sexually Addicted Men) I have seen a familiar pattern of experiences and events which follow these stages.



Stage 1: Early Euphoric Sexual Experience. The origin of sexually inappropriate and addictive behavior begins with some early and premature childhood sexual experience(s) which cause a significant emotional euphoria or "high". They are most often accompanied by the development of shame, guilt, embarrassment and general secretiveness about sex. These learnings and experiences come from both the home and from peers. The child becomes "hooked" because sexual excitement is so intense and pleasurable. It makes him feel "high" or vitalized. Frequently this occurs in a childhood environment which was in some way deficient in well established or positive relationships with God, Others, Self (self-esteem, self-image), and later Work (the Four critical vital relationships of Life).



Stage 2: Sexual Vitalization Reinforcement. Having discovered sex as a pseudo-substitute for wholesome vitalizing experiences, this sets up a child for sexual repetition and reinforcement through pornography and masturbation or other sexual experiences. He has

learned to feel "vitalized", alive and excited, tranquil and high, relieved of stress, and content, from sex instead of from more mature sources like a relationship with God, his relationships to significant others, contentment with himself and his work. While these may bring a certain degree of vitality to his life, sex has become the underlying source of pleasure and excitement. And so repetition, reenforcement characterize this stage. He experiences repeated "stop and go" behavior around sex.



Stage 3: Sexual Addiction. As he moves into adolescence and adulthood, he maintains a secret, hidden, and ever-expanding, ever-entrapping bondage to inappropriate and frequent sex in overt or covert ways, in usual or unusual forms. The frequency and fantasy of sex escalates. He has become trapped in a bondage of sexual self-indulgence. He is stranded and feels there is no escape. All his efforts fail or succeed for short periods of time only. The evil one has him locked in sexual addiction.

The Accountability Works Program provides the **internal, psychological and spiritual strategies** to become more self-observant, self-objective, self-disciplined, and self-controlled. It also provides the **external strategies** to prevent, protect and support wholesome vitalization through re-building the four vital relationships of life. It also seeks to ground all this work in a **real relationship with the Real God** through spiritual renewal.

If you plan to continue in the Program to the next Learning, please send me the following [Questionnaire](#)

Lord Jesus Christ, you are my hope! My hope is built solidly on you, my Rock. Blessed be God the Father who has begotten me, according to his abundant mercy, unto a lively hope by the resurrection of Jesus from the dead. You have given me hope Lord, of an inheritance incorruptible, and undefiled, and that never fades away. It is reserved for me in heaven. I know Lord, that when you appear, I will be like you, for I will see you as you are. Because I desire to have you to purify my heart and life. In your Name Jesus, with your blood Jesus, by your cross Lord, I cannot fail! Thank you Jesus!

_____Assignment_____

Please keep notes in a notebook or in a Word Document on your computer. Use one of these issues for each of the four emails you send

me. Use 1 for the first email, etc.

1. What did you conclude from reading the link: "FIND OUT IF YOU'RE READY FOR THIS PROGRAM!" How did you feel about the section, "God has CALLED you to Healing" ?Reflect/Respond to Galatians 5:19-23
2. Discuss "Does This Sound Familiar?" What rquestions or feelings and thoughts did you experience from this material? Reflect/Respond to Romans 8:1-2,5-6
3. As you went through "How Sexual Addiction Develops" did you notice the Holy Spirit speaking to you about yourself, your life, your problem with sexuality? Explain! Reflect/Respond to Phil 4:6,7,11-13
4. What are you working on this month which emerged from this material? What questions and issues do you have for our discussion? Reflect/Respond to Is 54: 10,13,17

Write out your thoughts in a word document. Then highlight, copy and paste them into an email, or send by post if you prefer. Just use your initials. Send to wconsiglio2@comcast.net
Dr Bill Consiglio, 876 Shepard Ave, Hamden CT 06514