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## CIR ANNOUNCEMENTS | UPCOMING CIR WEBINARS

**APR 7 @ 7:30PM ET** **Breaking the Chains of Codependency** | Explore how patterns of over-responsibility, control, and people-pleasing can shape our relationships.

**APR 23 @ 8:30PM ET** **The Road to Healing: Recovery & Renewal for Adult Children of Dysfunctional Homes** | Brya Hanan will explore healing from childhood wounds, overcoming the effects of dysfunction and trauma, and more.

**MAY 6 @ 7:30PM ET** **Mary, Mother of Recovery: Finding Strength Through Marian Devotion** | Explore how devotion to the Blessed Virgin Mary can bring encouragement, spiritual strength, and deeper trust in God's mercy and more.

Webinar registration is free for CIR+ subscribers and \$10 for all others. Register today at: [catholicinrecovery.com/webinars](https://catholicinrecovery.com/webinars)

## MASS READINGS

**FIRST READING** Acts 2:42-47

**RESP. PS.** Psalm 118:2-4, 13-15, 22-24

**SECOND READING** 1 Peter 1:3-9

**GOSPEL** John 20:19-31



CIR WEEKLY MEETING REFLECTION  
LUST ADDICTION RECOVERY

## SECOND SUNDAY OF EASTER (Sunday of Divine Mercy)

Easter is a season of resurrection, but those of us recovering from lust addiction know that new life rarely begins with confidence or clarity. More often, it begins in fear, confusion, and the painful awareness that our old ways of coping are no longer working. Many of us lived behind locked doors of secrecy, hiding parts of our lives we did not want others to see. Even after beginning recovery, we may still carry a quiet question: Can mercy really reach this part of me? Divine Mercy Sunday meets that question with the presence of the risen Christ.

This Sunday's gospel reading brings us into a locked room where the disciples are gathered in fear. Jesus does not wait for them to clean themselves up or prove their worth. He comes to them as they are and speaks peace (John 20:19-23):

*Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. Jesus said to them again, "Peace be with you. As the Father has sent me, so I send you." And when he had said this, he breathed on them and said to them, "Receive the Holy Spirit. Whose sins you forgive are forgiven them."*

For many of us, lust addiction created a divided life. There was the version of ourselves we presented publicly and the reality we lived in private. That division often led to shame, isolation, and a sense that we were beyond help. The peace that Jesus offers speaks directly into that experience. He does not demand perfection before approaching us. He enters into our reality and begins the work of healing from within.

When Jesus shows His wounds, He reveals that suffering has been transformed, not erased. In recovery, we begin to see something similar. The wounds connected to our past choices may still be present, but they no longer define us. Through honesty, accountability, and grace, they can become places where healing begins.

Step One invites us to admit that we are powerless over lust and that our lives had become unmanageable. This honesty breaks the cycle of denial that keeps us stuck. From there, we begin learning a new way of living—one that is rooted in truth, connection, and reliance on God rather than secrecy and self-reliance.

The message of Divine Mercy reminds us that we are beloved children of God, even in our struggle. The prayer “Jesus, I trust in you” can feel difficult when we are facing temptation or dealing with the weight of past actions. Trust often grows slowly, shaped by daily choices to remain in the light, reach out for support, and turn toward God instead of away from Him.

The apostle Thomas’ story reflects a common experience in recovery. We may want certainty that we will not fall again or proof that we are truly changing. Yet Jesus

meets Thomas in his doubt and invites him closer. In the same way, Christ meets us in our vulnerability and draws us into deeper relationship.

Recovery also invites us to share our experience with others. When we speak honestly about our struggles and the grace we are receiving, we help break the isolation that fuels addiction. Our story becomes a source of hope for others who are still struggling.

Divine Mercy Sunday reminds us that no part of our story is beyond redemption. The same Jesus who entered a locked room enters the places in our lives we have tried to hide. He brings peace, offers mercy, and invites us to trust. As we continue in recovery, we are learning to live as beloved children of God, walking in the light one day at a time.

#### REFLECTION QUESTIONS

- When have you experienced the tension between the life you present and the reality you carry inside?

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- What does bringing your struggles into the light look like for you today?

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- How are you learning to trust God in moments of temptation or discouragement?

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