

CIR IS MEMBER-SUPPORTED, MISSION-DRIVEN

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CIR Website

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When contributing, please note the meeting you're attending for accurate accounting.



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CIR ANNOUNCEMENTS

UPCOMING 2027 CIR RETREATS — SAVE THE DATES!

CIR retreats create space to step away from daily distractions, deepen your relationship with God, and experience recovery through prayer, fellowship, the Twelve Steps, and the sacramental life of the Church.

DELRAY BEACH, FL January 30–31

St. Vincent Ferrer Catholic Church

TRAPPIST, KY March 12–14

Abbey of Gethsemani

MALVERN, PA April 9–11

Malvern Retreat House

ONTARIO, CANADA July 23–25

Queen of the Apostles Renewal Centre

Scan the QR code or visit catholicinrecovery.com/events to learn more.



MASS READINGS

FIRST READING Exodus 22:20–26

RESP. PS. Psalm 18:2–3, 3–4, 47, 51

SECOND READING 1 Thessalonians 1:5c–10

GOSPEL Matthew 22:34–40



CIR WEEKLY MEETING REFLECTION
LUST ADDICTION RECOVERY

THIRTIETH SUNDAY IN ORDINARY TIME

Recovery from lust addiction eventually changes more than the behavior we are trying to stop. It changes the way we see people. Someone who once became part of a fantasy can begin to be recognized again as a person with dignity, a story, and a life that does not exist for our consumption. That shift is one of the clearest signs that recovery is becoming a way of love.

In Sunday's gospel, a scholar asks Jesus which commandment is greatest (Matthew 22:34–40). Jesus responds, “*You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.*” Then He adds, “*You shall love your neighbor as yourself.*” Lust directly challenges both commandments because it turns desire inward and teaches us to relate to others according to what they can provide.

Saint Paul describes the Thessalonians as people who “*turned to God from idols to serve the living and true God*” (1 Thessalonians 1:9). That language fits recovery well. Lust can become an idol when it begins demanding our attention and shaping the way we use our bodies or imagination. Recovery turns us back toward God and teaches us to receive desire without allowing it to rule us.

Steps Eight and Nine become especially important as that change deepens. Step Eight is not only about making a list of people harmed by our sexual behavior. It asks us to become willing to see those people differently. Some may have been reduced to objects in our imagination. Others may have been lied to, neglected, or betrayed. Bringing them to prayer helps restore their humanity in our own hearts before we attempt to repair anything outwardly. Prayer also exposes the ways we may still relate to them through entitlement or the desire to control how they see us.

That conversion also includes people who have harmed us. Resentment can quietly fuel lust by giving us an excuse to withdraw into fantasy or self-pity. Step Eight asks for willingness, not denial. We can acknowledge real wounds and maintain necessary boundaries while still asking God to loosen the resentment that keeps another person trapped inside our anger.

Step Nine then moves love into action. An amends is not a strategy for securing forgiveness or relieving our anxiety. It is an effort to take responsibility for what our choices have done to another person. In some situations, a direct amends would cause further harm, so guidance from a sponsor or trusted mentor becomes essential. The goal is not to force reconciliation but to practice honesty and repair where it is possible.

Step Ten helps keep this work from becoming something we do once and leave behind. We learn to notice selfishness or dishonesty earlier and correct course more quickly. A prompt admission can prevent secrecy from growing into another hidden life. Over time, this honesty

helps us remain connected to God and to the people who support our recovery.

The first reading reminds us that love protects the vulnerable rather than taking advantage of them (Exodus 22:20–26). That is an important measure of chastity. Recovery is not simply learning to avoid certain behaviors. It is becoming more capable of seeing another person as someone entrusted with God-given dignity.

Jesus tells us to love our neighbor as ourselves. Lust addiction recovery gradually makes that possible. As we turn from what once consumed us, God restores our capacity to relate with honesty and respect. The Steps help us repair what we can and keep our hearts open to conversion. Over time, chastity becomes less about what we are forbidden to take and more about learning how to love without using.

REFLECTION QUESTIONS

- What is hardest for you to bring into the light when you are struggling, and what helps you become willing to share it?

- How has prayer or Step work changed the way you see someone who was affected by your sexual behavior?

- What concrete practice has helped you become more capable of loving others with dignity rather than relating to them through fantasy or entitlement?
