

Reflection Questions

- Where have you experienced real peace in your recovery—beyond lust or escape?
- What lies about yourself are you beginning to let go of in this process?
- How do you sense the Holy Spirit guiding or strengthening you when temptation or fear arises?

Attend a CIR Retreat this Year

Renew & Strengthen your recovery, enliven your faith, and connect with fellow CIR community members

- June 7: Oconomowoc, WI - Redemptorist Retreat Center
- June 21-22: Hanceille, AL - Shrine of the Most Blessed Sacrament
- October 17-19: Menlo Park, CA - Vallombrosa Center
- Experience healing through the sacraments, personal testimonies, CIR meetings, workshops, and fellowship
- **Find more information and register at www.catholicinrecovery.com/events**

Sunday Mass Readings this Week

First Reading: Acts 15:1-2, 22-29

Responsorial Psalm: Psalm 67:2-3, 5, 6, 8

Second Reading: Revelation 21:10-14, 22-23

Gospel: John 14:23-29

Sixth Sunday of Easter



Recovery from lust addiction can be a winding road. At times, we may feel empowered by newfound clarity and freedom. At other times, we face setbacks or temptations that leave us feeling discouraged. The old patterns can resurface when we least expect them, and in those moments, peace and serenity can feel out of reach.

That's why community and spiritual fellowship are essential. We need others who understand what it's like to struggle with lust and sexual compulsion—people who have walked this road before us and who can point us toward healing. Recovery asks us to confront the lies we've believed for so long and to surrender the fantasy world that once served as a refuge.

At first, we lean on the hope of others. Many of us carried shame-filled beliefs like: “I’m unlovable,” “I’ll always be trapped,” “I’m too broken,” or “If people really knew me, they’d reject me.” But with time, and through the Twelve Steps, we begin to see ourselves as God sees us: not as our sin, but as His beloved children.

Through honest self-examination, prayer, accountability, and sacramental grace, we begin to detach from lust as our source of comfort and identity. Slowly, the grip loosens. We no longer chase false intimacy to feel okay. In its place, we experience real connection—with God, ourselves, and others. Love begins to replace lust. Truth begins to replace illusion.

As we approach Pentecost, Jesus speaks words of comfort and strength. He does not shame or condemn. He offers peace. In this Sunday’s Gospel reading (John 14:26-27), we hear:

*The Advocate, the Holy Spirit,
whom the Father will send in my name,
will teach you everything
and remind you of all that I told you.
Peace I leave with you; my peace I give to you.
Not as the world gives do I give it to you.
Do not let your hearts be troubled or afraid.*

Jesus offers a peace that the world—and lust—cannot give. His peace is not found in escape or pleasure but in truth, intimacy with God, and the slow renewal of the heart. Like the disciples after the resurrection, we receive His greeting: “Peace be with you.” In Hebrew, *shalom* means wholeness, integration, and harmony—everything lust once fractured in us.

In recovery, we are learning to live integrated lives. Our bodies, minds, and souls are no longer at war. We are not defined by our temptations or past actions. With humility and trust, we continue turning our will and our lives over to the care of God, allowing His Spirit to do what we could never do on our own.