

## AMP RECOVERY Online Group Facilitators Script (v.12)

**Reading Assignments:** Does anyone want to read: [Our Problem](#), [How It Works](#), & [The Promises](#)?

### **CONFIDENTIALITY:**

The policy of AMP Men's Recovery is to help protect your confidentiality and anonymity. In any online format, use your First Name and Last Name Initial to identify yourself. We want you and others to be comfortable participating in our meetings.

### **Introduction:**

Welcome to the **(Date + Time)** Zoom Meeting of AMP MEN'S RECOVERY. My name is \_\_\_\_\_; **(statement of faith), (statement of addition/recovery)**.

AMP Men's Recovery is a Christ-centered support and recovery program that helps individuals overcome sexual impurity and addiction. We share our experiences, strength, and hope to achieve Biblically based sexual purity and support others in overcoming compulsive sexual behaviors.

We believe Jesus Christ is our Lord and Savior; however, Christianity is not a requirement for attending meetings or working the 12-step program. The only requirement for membership is the desire to stop compulsive sexual behavior and reach sexual purity. Therefore, this group is open to any man who struggles with any type of sexual impurity.

### ***Opening Prayers:***

Please share with me a **moment of silence**, followed by the **Serenity** and **Opening Prayers**.

### **<<<Moment of Silence>>>**

God, grant me the serenity  
To accept the things I cannot change;  
Courage to change the things I can;  
And wisdom to know the difference.  
Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardship as the pathway to  
peace;

Taking, as He did, this sinful world as it  
is, not as I would have it;  
Trusting that He will make things right If I  
surrender to His Will;  
So that I may be reasonably happy in this  
life  
And supremely happy with Him Forever and  
ever in the next.  
Amen.

Father, I ask you that you bless this meeting and the men who are with us today, that You give us courage to share our experience, strength, and hope and that we encourage each other to be the sexually pure men you intend us to be.

### **Opening Readings:**

Will the person with [Our Problem](#), please read it.

## AMP RECOVERY Online Group Facilitators Script (v.12)

### <<< OUR PROBLEM SCRIPT >>>

We urge you to listen to the following [How it Works](#) section very closely. It is the path we must follow that will help set us free. Will the person with How it Works, please read it.

### <<< HOW IT WORKS SCRIPT >>>

#### Meeting Guidelines & Introduction:

This is a closed meeting. If you feel you cannot relate to the material you have just heard or feel you do not struggle with maintaining sexual purity, we ask that you leave at this time. By staying you agree to the following guidelines:

1. Keep your sharing focused on your own thoughts and feelings, use “I” or “me” statements, not “you” or “we”. Using “I” or “me” statements forces **me** to take responsibility for **my own** behaviors.
2. Limit your sharing to three to five minutes. I have a timer and will notify you when the time has expired. I will let you know if there is time to share again.
3. There is NO cross talk. Cross talk is when two individuals engage in conversation excluding all others. Each man is free to express his feelings without interruptions. I ask that everyone only unmute their device while they are talking and return them to mute when finished.
4. We are here to support one another, not “fix” one another.
5. Leaders are but trusted servants; we do not give feedback during the meeting.
6. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others or admits to committing an unprosecuted felony-level sex crime. The leader is required, by law, to report these activities.
7. Offensive language has no place in a Christ-centered recovery group. Furthermore, names, locations, websites, or explicit examples should NOT be shared. If something offensive or triggering is mentioned, the leader or other meeting participant should bring it to the attention of the person sharing.
8. During our meeting we use silence as an invitation to speak, use the awkward moment to examine your thoughts. Be Brave.

Will all present please introduce yourself using first name and last initial only? New participants need not admit to having a problem with sexual purity or sex addiction but let us know if this is your first recovery meeting or first time attending this specific meeting.

I'll start, my name is \_\_\_\_\_; **(statement of faith)**, **(statement of addition/recovery)**. Examples used by some men include:

- I love Jesus and am seeking sexual purity.
- I am a grateful believer in Christ, fighting for sexual purity.
- I am a follower of Christ, recovering from sexual addiction.

## **AMP RECOVERY Online Group Facilitators Script (v.12)**

### **<<< ROLL CALL >>>**

#### **Empty Chair & Parking Lot:**

- The Virtual Empty Chair in the middle of our circle awaits the return of those members who are currently suffering the consequences of their addiction in prison.
- Also, the chair awaits the return of those members who have left the program in search of their true rock bottom.
- The empty chair is also to remind all present of the loss of those members whose disease drove them to take their own life.
- Finally, the Empty Chair reminds us that there is always room for one more to find freedom and healing.

For those who wish you may share your phone number in the Zoom chat now. Following our meeting there will be a virtual “parking lot” intended to allow time to exchange information and build connections. We use our GROUPME account to develop relationships for accountability. Reach out to the guys in GROUPME for daily accountability and support.

#### **Topic & Share:**

**Option 1:** The 1st meeting of the month is a step study. We will review the step of the corresponding month (i.e. Jan step 1, Feb step 2, etc.).

**Option 2:** I will now share the topic, todays topic is \_\_\_\_\_

### **<<<Topic>>>**

The floor is now open for comment on the topic. Other topics and check-ins are always welcome. Also, if you choose, please include your prayer request at this time, we will include them in our prayer at the end of our meeting.

### **<<<Shares>>>**

**(With about 10 minutes remaining)** The time for sharing has ended unless someone has a “burning desire” to share one last time. This is defined as a desire to share one last thing in order to avoid acting out because of not sharing.

#### **Group Announcements & Donations:**

- AMPrecovery.ORG For articles and podcasts
- Any upcoming events on calendar
- Book Suggestion(s)
- Etc....

## **AMP RECOVERY Online Group Facilitators Script (v.12)**

To maintain and spread the message of freedom from addiction that we ourselves now enjoy and are thankful for takes time, talent, and money. This is not a requirement, but instead examine your heart and let the Lord direct your giving so that others may enjoy the same freedom we seek. The website provides an avenue for giving. If you wish to give of your time or talent, please reach out to a member of the leadership team.

### **Closing:**

In closing, I would like to say that the opinions expressed here were strictly those of the person who gave them. The things you heard were spoken in confidence and should be treated as confidential. Please keep them within the walls of this room and the confines of your mind. Whatever problems you have, there are those among us who have them also. If you keep an open mind, you will find help. Let us talk to one another and reason things out but let us not gossip or criticize one another. Instead, let the understanding, love, and peace of Christ Jesus grow in each of us, one day at a time.

Will the person with [The Promises](#) please read them?

**<<<THE PROMISES SCRIPT>>>**

### **Closing Prayer:**

Let us unmute and close with Open Prayer for the men in this meeting, their requests, for what they shared or did not share, for their recovery, and for the group.

Copyright © 2020 Armaturam, LLC used by permission. Modified for 2024 AMP Men's Recovery. Serenity Prayer originally written by Reinhold Niebuhr

## **AMP RECOVERY Online Group Facilitators Script (v.12)**

### **Our Problem\***

Many of us found that we were powerless and unable to control our behaviors. Our sexual activities had taken over as the dominant part of our lives. These compulsive activities were damaging our business, family, and all we could feel were shame, despondency, anger, rage, and the exhilarating high that engulfed us as we engaged in our sexual activities. For many reasons, we had reached a point of no return in our lives. We experienced obsession, which is mental preoccupation with sexual behavior or fantasies. We experienced compulsion, which is an urge that is stronger than our will to resist. Both were destructive, because they led us to addictive sexual behavior. We refer to these behaviors as acting out.

As children, many of us had learned to withdraw from the chaos and craziness around us, to trust no one but ourselves and to play great games of fantasy wherein we felt loved, needed, and important. As we became older, these innocent fantasies of childhood turned into compulsive sexual activities, and we found we were powerless to stop our insane behaviors. Our partners, whether known or anonymous, became objects. The only difference among us was the scope of our acting-out and how fast it progressed.

No matter how sincerely we desired to stop our preoccupation with sex and our destructive sexual behavior, we found that we were powerless to change. Others may have engaged in the same behaviors without ill effect, but we could not. Our willpower repeatedly failed. We could not stop acting out sexually, even when we faced negative or disastrous consequences. We came to realize that we were powerless to change on our own.

Thus, many of us became sex addicts. We were unable to live in reality. We could not engage in healthy intimate relationships. Our time was occupied with the worship of our pursuits. We were spiritually dead. Many of us were in danger of losing our jobs, our families, our freedoms, or even our lives. Through the often-painful intervention of God, we have been brought to this point of our journey. We now know that we do have serious problems. We are proving our courage just by being in this meeting. We are determined to do anything it takes to recover from our problem.

For some of us, we believed we had not reached the point of addiction and only struggled with "minor" lustful thoughts and actions. We felt that we could control this lust and it would not become an addiction. However, from the experience of those before us, this is how the addiction began, and those that were able to confront this problem early on spared themselves the pain and suffering brought about by the addiction. Remember, the Enemy will lie to us, telling us we won't become addicted! However, there is help for all of us in this spiritual program of recovery.

From those who have gone before us, we have learned what has to be done to overcome our illness. We must attend and support recovery meetings, share with and listen to others, continue to work the 12 Steps, gratefully serve the fellowship, and reach out to others who still struggle. Then, each of us will know freedom and we will find ourselves truly alive in the serenity and joy of a spiritual recovery in Jesus Christ.

## AMP RECOVERY Online Group Facilitators Script (v.12)

### How It Works\*

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program. They cannot develop a manner of living which demands rigorous honesty. There are those, too, who suffer from serious emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided, you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with sexual impurity – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find God now!

Half measures availed us nothing. We stood at a turning point. We asked God's protection and care with complete abandon. Here are the steps we took, which are suggested as a program of recovery:

1. **We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.**

*“I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)*

2. **We came to believe that a power greater than ourselves could restore us to sanity.**

*“For it is God who works in you to will and to act according to his good purpose.” (Philippians 2:13)*

3. **We made a decision to turn our lives and our will over to the care of God, as we understood God.**

*“Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on Him because He cares for you.” (1 Peter 5:6-7)*

4. **We made a searching and fearless moral inventory of ourselves.**

*“Let us examine our ways and test them, and let us return to the LORD.” (Lamentations 3:40)*

5. **We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

## **AMP RECOVERY Online Group Facilitators Script (v.12)**

*“Therefore confess your sins to each other and pray for each other so that you may be healed.” (James 5:16)*

6. We were entirely ready to have God remove all these defects of character.

*“Humble yourselves before the Lord, and he will lift you up.” (James 4:10)*

7. We humbly asked Him to remove all our shortcomings.

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*

8. We made a list of all persons we had harmed and became willing to make amends to them all.

*“Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you.” (Ephesians 4:32)*

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

*“Be devoted to one another in brotherly love. Honor one another above yourselves. If it is possible, as far as it depends on you, live at peace with everyone.” (Romans 12:10, 18)*

10. We continued to take personal inventory and when we were wrong, promptly admitted it.

*“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)*

11. We sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of His will for us and the power to carry that out.

*“Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is – His good, pleasing, and perfect will.” (Romans 12:2)*

12. Having had a spiritual awakening as the result of these Steps, we try to carry this message to others and to practice these principles in our lives.

*“Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.” (2 Corinthians 1:3-4)*

Many of us exclaimed, “What an order! I can’t go through with it!” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles.

## **AMP RECOVERY Online Group Facilitators Script (v.12)**

We are not perfect, as Christ. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our personal adventures before and after make clear three pertinent ideas:

1. That we violated the sexual boundaries laid out in scripture by God for every man and could not manage that part our lives.
2. That no human power could change us and restore us to sexual purity.
3. That God could and would if God were sought.

\*adapted from AA - Copyright © 2015 Armaturam, LLC



## **THE PROMISES<sup>\*</sup>**

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us -- sometimes quickly, sometimes slowly. They will always materialize if we work for them.

---

\*Adapted from Alcoholics Anonymous