

Project Purity
A Ministry Initiative of the North Central District, EFCA
In consultation with Hopewell Counseling and EFCA Pastoral Care Ministries

This packet contains four documents:

Stage 1: A Challenge and Resource for Purity in Using the Internet

Stage 2: A Pathway Toward Freedom

A Brief Inventory of Sexual Purity Issues

Important Clarifications and Details

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Stage 1: A Challenge and Resource for Purity in Using the Internet

The internet has brought with it a new age of pornography and sexual addiction. The availability of sexually explicit images in a format that is easily accessible, private, and affordable has unleashed an unprecedented assault on the sexual purity of individuals throughout our culture. Consider these statistics (compiled from Covenant Eyes, Barna Group, and Just1ClickAway):

- As many as 1 in 4 online searches are for erotic content.
- 64 percent of Christian men and 18 percent of Christian women view pornography at least once a month.
- A third of practicing Christians who use porn report not feeling guilty about it.
- In 56 percent of divorce cases, one party had an obsessive interest in porn sites.
- 1 in 3 pastors say they have visited a sexually explicit website.
- Among the pastors who use Internet porn, 30 percent do not talk to anyone about their behavior.

The problem is not one to which pastors are immune. To help pastors maintain or gain sexual purity, especially in the use of the internet, the North Central District, in consultation with Hopewell Counseling and the Pastoral Care Ministries of The Evangelical Free Church of America, has created Project Purity. Project Purity is a ministry initiative designed to assist pastors in living a life of sexual integrity in the midst of our sexualized culture.

Project Purity consists of two parts. The first is a district-wide challenge to purity on the internet, coupled with a suggested resource to assist in that. The second part of Project Purity is a collection of resources for personal assessment and help with issues of sexual purity. These resources include a structured pathway for gaining freedom from sexual compromise—a pathway characterized by both confidentiality and accountability.

--North Central District Staff

A Challenge and Resource for Purity in Using the Internet

The Challenge

In our day of widespread sexual snares on the internet, let us challenge one another as pastors to maintain purity in our use of the internet. And let us follow through on that commitment by acquiring and using internet accountability software.

Of course, we know that sexual purity in the use of the internet is a matter of personal responsibility and the heart. It is ultimately a heart issue, not a software issue—not simply a matter of being accountable to someone. There is no foolproof strategy of technological or personal accountability that will keep us pure. External measures can only go so far if there are internal issues in our lives.

Nevertheless, external measures like accountability software can be a helpful aid to a heart that desires to be pure and that makes wise decisions about purity. Conversely, the absence of accountability can aggravate the lure of cyberporn.

We as district staff directors challenge you to avail yourself, as we have, of some good accountability software and use it. We have been using Covenant Eyes for a couple of years and have found it very useful (www.CovenantEyes.com). Here's how it works. Each of us has Covenant Eyes software installed on our computers and phones. Each of us has also designated one or more accountability partners (either a fellow staff member or a friend outside the staff, or both). Covenant Eyes tracks our internet usage and sends a weekly detailed report to our accountability partners. They see what we've been doing on the web. Moreover, as we navigate the web we know that our accountability partners will be informed about where we've been. When the weekly report suggests something that may be a problem, we talk about it. This technological accountability has proven to be an important measure in helping us stay clean on the internet.

That's our challenge: commit yourself to having all pastoral staff members at your church install and use some good accountability software. You may already be doing this. If so, keep it up. If not, avail yourself of this tool, knowing that many of your fellow pastors in the district are doing the same.

If you think your church board may have questions or concerns about the church purchasing and using accountability software, let us know if you would like one of us to meet with you and the board to answer questions and address concerns. We would be happy to do that.

The Resource

We also offer you and your church a resource for computer safety that is wider in scope than just sexual purity on the internet. We are making available a sample comprehensive computer policy that you can adapt to your setting. It is available upon request. Just ask for one.

Response

So, when it comes to internet accountability...

- Where are you presently?
- What are your next steps?

Will you commit to purchasing, installing, and using internet accountability software? This is a modest measure with the potential for significant benefits for you. We hope you will join dozens of other pastors across the district in taking this practical but effective step toward maintaining or gaining integrity on the internet.

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Stage 2: A Pathway Toward Freedom

The first stage of Project Purity was a challenge to all of us pastors to use internet accountability software as a practical step toward guarding our sexual purity in our use of the internet. Stage 1 also offered a comprehensive policy for church computer use—a policy that can be adapted to your church’s specific circumstances and needs.

Stage 2 challenges us to examine our own sexual integrity, and offers us a resource for maintaining or gaining that integrity—a “Pathway Toward Freedom.” This pathway is a voluntary regimen of personal assessment and response that combines confidentiality and accountability.

Also included in the pathway is a list of various resources to help you in your own life and in your ministry to others. The books, websites, and other items mentioned in this list represent a variety of help in practicing and promoting sexual purity. We trust that this list will be useful to you as you select resources from it according to your personal and ministry needs.

What do we pastors do when we know we are struggling with sexual impurity? Where can we turn if we are consistently stumbling on the internet? Who can we talk to about an ongoing battle with masturbation? How can we break free of mental fantasies and lustful thoughts that seem to overpower us? How can we find help with these things when we fear that revealing them may threaten our very ministry, livelihood, and family?

These are difficult questions and issues. We would like to offer you a pathway that may be helpful to you in gaining and maintaining a life of sexual purity. This pathway is:

- Voluntary: pastors may make use of it according to their needs
- Confidential: pastors do not have to avoid addressing purity issues in their lives for fear of losing their jobs

The pathway consists of a formal assessment with a professional counselor followed by practical steps as recommended by the counselor. In this packet you will find a list of “Frequently Asked Questions” about this pathway, detailing what it’s all about. You will also find a summary of some legal realities and cautions that you need to be aware of.

The pathway is designed to help us be *proactive* in gaining or maintaining sexual integrity. Sooner or later, sexual compromise will come out. It will manifest itself in our life and ministry in harmful ways. It damages relationships and ministries. We must deal with it *now*. We urge you to be proactive while you have an opportunity, rather than having to be reactive when the damaging consequences of sin begin to catch up with you.

Our prayer is that these resources will be useful and encouraging to you, in the power of God's Spirit and in the grace of the gospel.

--North Central District Staff and District Credentialing Network

Project Purity

A Pathway Toward Freedom:

**A Regimen of Personal Assessment
and Response**

One Requirement, Otherwise Voluntary

Project Purity's Pathway Toward Freedom is a regimen that establishes one requirement for candidates for EFCA ministerial credentials. Beyond that requirement, all the resources of the pathway are offered for use by any pastoral staff member on a voluntary basis.

(Note: in the remainder of this document the term *pastor* means *ministry staff member*, male or female.)

Pastors seeking ministerial credentials with the EFCA. Pastors seeking credentials will be required to affirm that they have privately completed an inventory that explores issues of sexual purity, and that they have prayerfully pondered the results of that inventory and whether those results indicate a need to seek help with purity issues.

This required affirmation is designed to help ensure that the meaning of the credential—faithfulness in doctrine and life—is evidenced in the life of the applicant relative to sexual purity.

All pastors in the district. Project Purity is available to all district pastors (whether seeking ministerial credentials or not) on a voluntary basis. Pastors who are struggling with purity issues will have the opportunity to avail themselves of a professional assessment and practical resources—from small groups to personal and marital counseling—to gain their purity in the context of a confidential regimen.

An Intervention Model

Project Purity offers an intervention model for pastors who seek help and meet the Project Purity criteria. (These criteria have to do with the nature of one's purity issues, and are explained fully later in this document.) The independent counselors whose services are used in connection with Project Purity will provide the following.

Evaluation. An initial confidential assessment is done by the counselor with the informed consent of the pastor. This assessment is to determine if the individual fits the specific areas of help that Project Purity is designed to address. There is a fee for this assessment.

Intervention. If the results of the assessment are within the parameters of Project Purity criteria, a series of confidential counseling sessions is available (approximately 4 to 8 meetings) for the individual (and spouse if married). There would be a fee for this counseling.

Confidentiality. If the assessment matches the Project Purity criteria, there will be no information regarding an individual's identity or issues that will be reported by the counselor to the District Superintendent. For more specifics on the nature and extent of confidentiality in the pathway, see the Frequently Asked Questions on the following pages.

A Pathway Toward Freedom: Frequently Asked Questions

What exactly is this pathway?

It consists of (1) a professional assessment, by a trained counselor, of the degree to which an individual is struggling with purity issues. This is followed by (2) a personal regimen of action recommended by the counselor that is aimed at resolving issues of impurity. This regimen may take a number of different forms depending on the needs of the individual.

What is the rationale for this pathway?

Simply this: the need for encouragement along the road to purity, freedom, and spiritual power. Many pastors are stumbling in matters of sexual purity. They long for integrity, they purpose to follow Jesus in these things, but they find themselves succumbing to various temptations: occasional viewing of pornography (that is, sexually explicit material), some entertaining of mental fantasy, some indulgence in masturbation. Their remorse and guilt over such things is considerable. They grieve deeply over their compromises. They sense a loss of spiritual power. But they feel trapped by a cycle of failure, and they struggle in silence. It is mainly for these pastors that purity assessment is designed. We aim it to be an encouragement by providing substantial and confidential help so that pastors might gain and sustain sexual integrity and freedom. This purity assessment is designed to be a pathway of hope and joy based on the power of the gospel and the Holy Spirit.

Is it required?

No, it is voluntary—a resource offered to all NCD pastors and ministry leaders with a view to providing encouragement and help. There is one requirement for applicants for EFCA ministerial credentials (see below). Any NCD pastor or ministry leader who wishes to use the Project Purity resources for personal benefit may do so.

Who decided to implement this assessment?

The district Council on Ministerial Standing, which is charged with overseeing the credentialing and discipline of NCD pastors, approved this initiative and designed the assessment pathway (with help from other resources). The NCD Board of Directors approved it. It has the endorsement of the District Superintendent and Pastoral Care Director. In addition, the EFCA Director of Credentialing and the EFCA Director of Pastoral Care are supportive of this initiative.

Is this requirement nationwide, or just a North Central District policy?

This is a district initiative. The national EFCA neither requires nor prohibits a specific purity pathway such as this. The EFCA Director of Credentialing and the EFCA Director of Pastoral Care have encouraged us to provide purity-oriented resources like this to district pastors.

What does the professional assessment consist of?

The process consists of four basic stages:

- 1) Contacting the assessor (a trained professional—see below) to set up an appointment
- 2) Filling out pre-assessment informational forms, questionnaire, and informed consent waiver.
- 3) Meeting with the assessor for an interview (about one hour)
- 4) Receiving the assessor's written assessment and recommendations

Who will do the assessment?

Most assessment will be done by Dr. Irv Woolf of Hopewell Counseling. Irv is the founder of The National Coalition for Purity, and the former Pastor of Family Ministries at now New Hope Church. He is ordained with the EFCA. His doctoral work focused on issues related to sexual purity. Irv combines the heart of a pastor, the thoroughness of a researcher, and the passion of a visionary for restored purity in the church of Jesus Christ.

Female staff members will be assessed by Elsie Woolf, a licensed marriage and family therapist, and wife of Irv. Elsie has been significantly involved with Irv in the purity movement.

An alternative assessor is also available to you. Dr. Tim Ruden is a Licensed Professional Clinical Counselor with extensive experience counseling ministers and other individuals who are dealing with sexual purity issues. Dr. Ruden directs Life Solutions Counseling in Eagan, MN.

How can someone decide if another person is sexually pure? What are the criteria?

In an ultimate or absolute sense, of course, no human being can decide if another is sexually pure. Purity is a matter of the workings of the heart and the thoughts of the mind as well as the actions of the body. Nevertheless, it is feasible and worthwhile, in the fellowship of our churches and in the mutual accountability implied by our ministerial credentials, to have a competent individual evaluate the sexual purity of a pastor on the basis of behavioral criteria that are widely recognized in the ministerial and sexual therapy communities. Among these criteria there are three main ones: pornography (sexually explicit material whether “soft” or “hard”), fantasy (not the occasional succumbing to mental temptation but the intentional dwelling on real or imagined sexual experiences), and masturbation.

How can sexual purity be reduced to such criteria? What about an individual's heart and the overall direction of his or her life? Are not these things more important than abstaining from a list of specific behaviors?

True, sexual purity cannot be reduced to abstaining from pornography, fantasy, and masturbation. Purity does involve one's heart and the direction of one's life. Any approach to evaluating, encouraging, and restoring sexual purity must be duly sensitive to issues of the inner person and an individual's overall advance or decline relative to purity. But it must deal with the practical and fundamental behavioral issues as well. In the sexual therapy community the fundamental behavioral issues are held to be pornography, fantasy, and masturbation. Often when these behaviors are addressed and repented of, issues of the mind and heart begin to resolve as well.

Are you saying that masturbation is absolutely wrong 100 percent of the time?

No, but probably most of the time. The counselors who perform the Project Purity assessments are open to hearing about unusual circumstances and personal conscience, but are unwaveringly committed to exploring honesty about one's attitudes, motives, and heart, and to rooting out self-deception and rationalization.

What resources would be available to me if I seek help with purity issues in my life?

The counselor will make available such things as:

- individual counseling
- couple counseling
- media resources (books, CD's, websites, etc.)

Does the assessment cost anything?

Each assessment costs \$200, payable to Hopewell Counseling. This rate is a discounted fee for the benefit of NCD pastors and ministry leaders. (The fee for other counselors may be higher.)

What if I can't afford the assessment?

Can you afford not to take it when your circumstances indicate it is needed? If you truly are unable to pay for the whole fee, funds may be available through the district to help with part of the cost. You can ask the counselor to inquire on your behalf.

Is this process confidential and "safe"? Who will be informed if purity issues in my life are surfaced?

We intend this pathway to be "safe"—a hope-filled, encouraging resource that you can avail yourself of in the security of confidentiality. We believe there is a level of stumbling in impurity that can be reversed—a struggling pastor can gain victory—without the pastor's church necessarily having to know about the struggle. We want you

to be able to focus on victory over impurity, not on losing your job. So the process is intended to have a secure level of confidentiality built into it.

But this confidentiality is not absolute. It depends on the nature of an individual’s involvement in impurity.

We can understand the boundaries of confidentiality better if we distinguish various kinds of impurity issues. (The following chart is descriptive, not technical. We gratefully acknowledge our indebtedness to Dr. Patrick Carnes’ sexual addictions model as the basic foundation for this chart.)

Category of behavior (descriptive, not technical)	1	2	3	4	5
Description of behavior	Individual struggle only; no involvement with another person	Impersonal involvement with another person	Addictive sexual behavior in categories 1 or 2 (addictive degree determined professionally/clinically)	Personal involvement with another individual	Criminal sexual behavior
Examples of behavior (not exhaustive)	Pornography Fantasy Masturbation	Anonymous internet chat rooms Anonymous phone sex	Individual or impersonal sexual behavior pursued addictively	Prostitution Adultery	Rape Child molestation

Note: categories 1-4 refer to current or recent behavior, not one’s life prior to conversion.

In light of these categories there are several things you must be aware of relative to the confidentiality of this purity assessment.

- Issues found in categories 1 or 2

Confidentiality is maintained. Only the counselor (the purity assessor) will be aware of these issues. The pastoral staff member will be given opportunity and resources by the assessor to gain sexual purity.

- Issues found in category 3

Confidentiality will be maintained by the counselor for one year, during which time the pastoral staff member is expected to give priority attention to breaking free of his or her addictive behavior. The counselor will provide help and resources to that end. At the end of one year the counselor will assess the individual’s progress. If satisfactory progress in purity is evidenced, confidentiality will continue for another year. If progress is not evidenced, the counselor will disclose to the District Superintendent that the pastoral staff member has issues of addictive sexual behavior. Appropriate disciplinary action will follow by the Superintendent and/or church leaders.

- Issues found in categories 4 or 5

Since sexual behavior of this kind is not only unacceptable for a pastor, but unsafe for a congregation, findings in these categories will result in disclosure to the District Superintendent and to church leaders and appropriate disciplinary action.

I don't know if I'm at the addictive level of sexual struggle, and I'm afraid to find out. What should I do?

Don't keep putting off what you know you need to do: deal with the issues. Go through the assessment and get a professional opinion of where you are. Avail yourself of the opportunity to break free of sexual bondage. You open yourself to more help if you yourself take the initiative to come forward and seek help.

What if I don't agree with the results of the assessment?

You can appeal the results with the counselor, who will help you arrange another assessment with a different counselor. Then, in consultation with these two assessors, you will formulate a plan for how to proceed.

Will I have any recourse for appealing a recommendation or decision in the overall Project Purity process?

Yes. Difficulties or unresolved disagreements can be taken to the "final court of appeals," consisting of the NCD Council on Ministerial Standing, the District Superintendent, and the NCD Director of Pastoral Care.

What if I use the Project Purity pathway to address some purity issues in my life, and, under the protection of confidentiality, I gain purity and freedom. Should I then voluntarily tell my church of my struggle and the Lord's victory in my life?

This is a difficult question. Whether to voluntarily disclose your issues after you have gained victory over them is a choice that should be made sensitively, prayerfully, with meditation on Scripture, and in consultation with wise advisors. Your disclosure could lead to great hope, freedom, and fruitfulness in the lives of others. On the other hand, depending on the culture of your congregation and its leaders, disclosure might be inadvisable.

What if I'm not struggling with purity issues just now? Is this pathway of any use to me?

The assessment could still be quite helpful in such things as:

- understanding yourself and the sexuality God has given you
- gaining insight into sexual difficulties from your past
- sexual adjustment in your marriage at the present time

- arming yourself against sexual temptation in the future
- becoming better equipped to minister to individuals who are struggling with sexual purity

If I wish to proceed in this pathway, what is my next step?

You may want to consult some of the resources in the lists that begin on page 23. It may be that through personal reflection and prayer, together with insight from one or more of those resources, you will be able to gain new freedom in purity. Very often, however, we cannot break free of patterns of impurity by ourselves. You may need to call in an accountability partner to help you repent of old patterns and establish new ones. Even then, additional insight into your heart, your background, your marriage, etc., may be needed. We urge you to contact Irv Woolf at hopewellcounsel@gmail.com or (612) 499-3744 to set up a purity assessment. Irv's professional perspective is likely to be of significant help to you on the path toward freedom. Or, if you prefer, contact the alternate assessor, Dr. Tim Ruden, at Tim@MyLifeSolutions.com or (651) 882-5161.

What do applicants for licensing and certification need to do?

Each individual applying for an EFCA license or certificate (Certificate of Christian Ministry or Certificate of Ordination) will be asked to submit a signed form. This form will affirm that he or she has taken a self-administered inventory (page 27 of this packet) related to issues of sexual purity and has prayerfully pondered the results of that survey as to whether those results indicate a need to seek help with purity issues. Although privately filled out and evaluated, this inventory is intended to be a definite, serious reminder and nudge to all applicants to sustain a healthy and holy level of sexual purity.

Why is this requirement being imposed on applicants for ministerial credentials?

The rationale is two-fold:

- 1) *The culture.* We live in an age and society that is sexually saturated and compromised, and it constantly beckons us spiritual leaders to compromise with it. Moreover, the advent and explosive growth of internet pornography has brought to us—in our homes, in our offices, on our laptops—a unique and powerful seduction to sexual stumbling. And we all know the tragic statistics about the steady numbers of pastors who are falling into injurious sexual snares. This whole mix requires us to ask whether prospective holders of EFCA ministerial credentials are standing strong in this battle and remaining free of sexual compromise.
- 2) *The credential.* An EFCA license or certification is a formal commendation of an individual that says, “This individual is a faithful leader” (2 Tim. 2:2). In today’s world that commendation must include the affirmation that an individual is trustworthy sexually: reliable in sustaining sexual freedom in his or her own life, and reliable in pointing others to freedom as well.

What if I'm concerned about my sexual purity as a result of taking the private inventory? What should I do?

Take steps to address the issues. Avail yourself of the resources in the lists on the following pages. Confide in a trusted and forthright accountability partner who will exercise a firm love for you by insisting on your honest repentance and assisting with constructive change. And don't minimize the importance of setting up an appointment with Irv Woolf (or other counselor) to get an overall assessment of your sexual integrity and freedom. Irv can give you counsel and resources for additional next steps.

If I have purity issues should I continue on with licensing?

An EFCA ministerial credential represents, among other things, personal integrity and progress. That integrity and progress should include sexual purity. The licensing pathway can be an opportunity not only to grow in one's knowledge of the Scriptures, but also to grow in the application of the Scriptures to issues of sexual purity. If the purity issues that surface through the self-administered inventory and a professional assessment are in categories 1-3 above, we recommend that you proceed in the licensing process, including in that time of preparation a focus on gaining purity. The same is true of pursuing the Certificate of Christian Ministry or the Certificate of Ordination.

What if I'm uncomfortable about my inventory results but decide not to seek the professional assessment?

With a confidential inventory you must make a choice whether or not to seek professional assessment. It may be that through other means you can find freedom and renewed purity. If so, God be praised. But often sexual impurity is tied to patterns of thinking and living that cannot be dealt with on one's own. This can be true even where those patterns are less serious and ingrained. Seeking help outside of oneself is usually the first step in finding freedom. So we urge you to follow through on the intended purpose of the inventory, namely, pointing you toward help where it is needed. Remember, too, that if you choose not to seek help and you go on to become credentialed, but then sometime later issues of sexual impurity cause you trouble in ministry, you will bear the responsibility for having confronted purity issues in your life (through the inventory) and choosing not to address them.

If I take the inventory prior to licensing, why must I take it again prior to certification?

It is appropriate to what the certificate stands for; it makes the licensing period a more serious and substantial opportunity for personal maturing; it reflects the realities of life and ministry—that the licensing period is not a time in which one is immune from sexual temptation and stumbling.

I am transferring my ordination to the EFCA. Must I take the inventory?

Yes, you will need to take the inventory one time as there is no licensing period for you.

Are you concerned that making this self-administered inventory mandatory may “scare” some individuals away from seeking EFCA credentials?

This may be the case with some individuals. But even though Project Purity will never be able to identify those who are intent on hiding purity issues in their lives, we believe it can be helpful to many who want to deal with these issues and experience new freedom and power. The value of that outweighs the drawback of individuals refusing to enter the credentialing pathway.

What if I have further questions about the “Pathway Toward Freedom” or other aspects of Project Purity? Who can I talk to?

If you are comfortable with talking to a member of the NCD staff, contact one of us. If you would rather talk privately to someone outside the NCD, contact Irv Woolf (or Tim Ruden). Irv would be happy to field any of your questions confidentially. You could also call Irv’s office anonymously.

If you have feedback for the district staff about any aspect of Project Purity, but you would rather not identify yourself, send an anonymous note without your return address to:

Project Purity Confidential Feedback
North Central District EFCA
711 10th Ave S
Minneapolis, MN 55415

Project Purity

A Pathway Toward Freedom:

General Resources for Sexual Purity

Christian Books (Starred ones are a good place to start.)

- Anderson, Neil T. and Quarles, Mike and Julia. *Freedom From Addiction*. (1997). Ventura, CA: Regal Books.
- * Arterburn, Stephen and Stoeker, Fred. (2000). *Every Man's Battle: Winning the War on Sexual Temptation One Victory at a Time*. Colorado Springs, CO: Waterbrook Press
- Challies, Tim. (2010). *Sexual Detox: A Guide for Guys who are Sick of Porn*. Adelphi, MD: Cruciform Press.
- Cusick, John Michael. (2012). *Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle*. Nashville, TN: Thomas Nelson.
- Earle, Ralph. (1998). *Lonely All The Time: Recognizing, Understanding, and Overcoming Sex Addiction*. Pocket Books.
- Earle, Ralph and Laaser, Mark. (2002). *The Pornography Trap: Setting Pastors and Laypersons Free from Sexual Addiction*. Kansas City, MO: Beacon Hill Press of Kansas City.
- Laaser, Mark. (2004). *Healing The Wounds of Sexual Addiction (formerly titled: Faithful & True: Sexual Integrity in a Fallen World)*. Grand Rapids, MI: Zondervan Publishing House.
- May, Gerald. (1988). *Addiction & Grace: Love and Spirituality in the Healing of Addictions*. New York, NY: HarperCollins Publishers.
- Means, Marsha (1999). *Living With Your Husband's Secret Wars*. Grand Rapids, MI: Fleming H. Revell Co.
- Mulliken, Todd. (1998). *The State of Affairs: Why They Happen & How Love Can Be Restored*. Mukilteo, WA: WinePress Publishing.
- Piper, John. (1995). *Future Grace*. Sisters, OR: Multnomah Books.
- Schaumberg, Harry W. (1997). *False Intimacy: Understanding the Struggle of Sexual Addiction*. Colorado Springs, CO: NavPress.
- Tiede, Vicki. (2012). *When Your Husband is Addicted to Pornography: Healing Your Wounded Heart*. Greensboro, NC: New Growth Press.
- * Woolf, Irv. (2006). *The Power of Purity: God's Design for Sexuality in a Sex-Saturated World*. Osseo, MN: Hopewell Publishing.

Christian Websites

www.just1clickaway.org

A wealth of resources including links for many other sites and guidance for parents in steering their children through today's cultural maze of sexuality.

puredesire.org

Pure Desire Ministries offers many practical resources, including confidential counseling for church leaders.

stonegateresources.org

Perspective and resources from Harry Schaumburg.

www.internetfilterreview.com

An excellent website that rates a number of internet filters that are available on the market. Also provides current statistics on internet pornography.

www.sexaddict.com

A website sponsored by Dr. Doug Weiss, executive director of Heart to Heart Counseling in Ft. Worth, Texas.

www.covenanteyes.com

The premier accountability website designed to help individuals be accountable for their Internet usage. Recommended by Promisekeepers and Focus on the Family.

www.iprodigals.com

The most informative website on the Internet for learning in practical ways how to overcome sexual addiction. Sponsored by Prodigals International in Redmond, Washington.

www.pureintimacy.org

This is an excellent website sponsored by Focus on the Family.

www.purelifeministries.org

Website of Steve Gallagher, executive director of Pure Life Ministry in Dry Ridge, Kentucky.

www.christianrecovery.com

A general recovery ministry website sponsored by Dale Ryan, executive director of Christian Recovery International in Brea, California.

www.newlife.com

The website of the largest counseling ministry in the U.S. sponsored by Steve Arterburn, executive director of New Life Clinics in Dallas, Texas.

www.desertstream.org

A website sponsored by Andy Comisky, executive director of Desert Stream Ministries, a Vineyard Church Ministry in Anaheim, California.

www.exxit.org

A site designed to assist individuals with immediate access to brief summaries of Biblical truth, often helpful in moments of temptation while using the internet. “This site exists for one reason—to help you stand strong right now against sexual temptation such as web porn. Some 2,000 three-minute Bible studies are available for you to use online or download.”

Christian Audio

The Pastor and Purity: Maintaining Sexual Integrity in the Ministry. Sessions of the 2008 NCD Pastors Teaching Conference, featuring Dr. Sam Storms teaching on sexual purity. Available on the NCD website, www.ncdefca.org.

Marriage: After the Affair. Interview by Dr. Tim Clinton with Dr. Mark and Debra Laaser on the steps to healing for couples. Available from the American Association of Christian Counselors at 1-800-526-8673.

Overcoming Sexual Addiction. (PC94F) Available from Focus on the Family (1-800-A-FAMILY).

Pastors and Addiction. (C5954) Available from Focus on the Family (1-800-A-FAMILY).

Restoring the Marriage. Seminar by Drs. Earl and Sandy Wilson. The Wilsons tell the story of their three-year marital restoration journey following the discovery of Earl's sexual addiction. Highly recommended. Available from Prodigals International (1-888-535-5565).

Men's & Women's Secret Wars. Interview of Pat and Marsha Means on Mid-Day Connection radio broadcast. The Means share the keys to sexual addiction recovery and answer callers' questions. Available from Prodigals International at 1-888-535-5565.

Why Promiscuity? (M0315) Teaching tape by Pastor John Ortberg. Available from Seeds Audio Ministry (847-765-6222) or www.willowcreek.org/seeds.asp.

Christian Video

Breaking the Bonds of Sexual Addiction. Featuring Mark Laaser, Ph.D., author of *Faithful and True*. 50 minutes. Order from American Association of Christian Counselors (1-800-526-8673).

Now That I Know, What Should I Do? Answering the ten most frequently asked questions for partners of sex addicts. Featuring Douglas Weiss, Ph.D., Director of Heart to Heart Counseling Centers. 90 minutes. Order from Heart to Heart Counseling at (1-719-278-3708).

Christian Counselors Specializing in Sexual Issues

1. Irv Woolf, M.Div., D.Min.

Hopewell Counseling
PO Box 621
Osseo, MN 55369
(612) 499-3744
hopewellcounsel@gmail.com

Irv has extensive experience working with individuals and couples relative to issues of sexual purity and marital vitality. He has a special heart for pastors.

2. Tim Ruden, Ph.D, LPCC.

Life Solutions PSC
4640 Nicols Road, Suite 200
Eagan, MN 55122
(651) 882-5161
tim@MyLifeSolutions.com
www.MyLifeSolutions.com

Tim is a professional counselor and former minister with extensive experience working with pastors on issues of sexual purity.

3. Mark Laaser, Ph.D.

Faithful & True Ministries
6542 Regency Lane
Eden Prairie, MN 55344
(952) 903-9200

markklaaser@aol.com

Mark is a former pastor who specializes in sexual addiction counseling for men and couples. Faithful and True Ministries conducts workshops and training for churches on sexual addiction and sexual purity.

4. Marnie C. Ferree, M.A.
Bethesda Workshops
C/o Woodmont Hills Church
3710 Franklin Rd.
Nashville, TN 37204
Toll Free (866) 464-HEAL
(615) 467-5610
mferree@bethesdaworkshops.org

Marnie is the foremost authority on female sexual addiction. She conducts workshops and does individual and couple counseling

5. Steve Gallagher
Pure Life Ministries
14 School Street
Dry Ridge, KY 41035
(859) 824-4444 - Administrative/Counseling Offices
(800) 635-1866 - To Request Information and Applications
(888) 293-8714 - To Place an Order
information@purelifeministries.org
Counseling Department
552 East Fairview Road
Williamstown, KY 41097

Pure Life Ministries provides counseling and residential treatment programs for sexually addicted men.

6. Marsha Means
Prodigals International
6619 132nd Avenue NE
PMB 262
Kirkland, WA 98033-8627
(866) 910-9002
getinfo@prodigalsonline.org

Marsha Means is an author, speaker, and counselor and has her own radio program on sexual addiction.

7. Cliff and Joyce Penner
200 E. DelMar Blvd. #126
Pasadena, CA 91105
(626) 449-2525
penners@passionatecommitment.com

The Penners are the foremost Christian experts on sex therapy for couples experiencing sexual dysfunction. Telephone counseling is available.

8. Pure Desire Ministries

Pure Desire Ministries offers resources and confidential counseling to church leaders.

www.puredesire.org

A Brief Inventory of Sexual Purity Issues
Some Probing Questions to Ask Myself Regarding My Sexual Purity

To all applicants for an EFCA ministerial credential in the North Central District:

Please answer the following questions thoughtfully, prayerfully, honestly. This inventory is for your benefit; it is not to be submitted to our office. It is intended to prompt your thinking and self-evaluation relative to purity issues: as you pursue a ministerial credential, does your life reflect what the credential represents?

As part of your credentialing application you will be asked to submit to our office the accompanying form affirming that you have worked through this inventory.

Unless stated otherwise, answer each question from the perspective of the last six months. We gratefully acknowledge our dependence on the work of Dr. Patrick Carnes and Dr. Irv Woolf for some of these questions.

- | | | |
|-----|----|--|
| Yes | No | Do you generally feel distant from God instead of close to him and enjoying him? |
| Yes | No | Do you generally feel that you <i>lack</i> satisfaction of soul—satisfaction of your deepest longings—in your relationship with God? |
| Yes | No | Does your sexual activity cause you to lose the joy of your salvation? |
| Yes | No | Do you <i>right now</i> need to confess sexual sin per Psalm 51? |
| Yes | No | Have you entertained <i>lingering</i> emotional, romantic, or sexual thoughts about one or more individuals other than your spouse? (Not potential chemistry, which is common, but intentional exploration of that chemistry.) |
| Yes | No | Are you uncomfortable with the level of emotional or physical closeness you have experienced with an individual of the opposite sex whom you have been counseling? |
| Yes | No | Within the past year have you watched movies (at home or in theater) with inappropriate sexual content? |
| Yes | No | Have you intentionally accessed sexually oriented content on the internet? |
| Yes | No | Have you intentionally accessed sexually oriented content in printed material? |
| Yes | No | Have you actively engaged in sexual fantasy—musing over past sexual experiences (or imagined experiences) with someone other than your spouse? |
| Yes | No | Have you masturbated? |
| Yes | No | Is your marriage currently facing sexual difficulties that you and your spouse are not addressing? |

- Yes No In the physical intimacy of your marriage have you found yourself comparing your spouse with certain images, individuals, or expectations?
- Yes No Have you made efforts to quit a type of sexual activity and failed?
- Yes No Are you caught in a sin-confess-repent-sin-confess-repent cycle of impurity?
- Yes No Do you have to hide some of your sexual behavior from others?
- Yes No Have you worried about someone finding out about your sexual activities?
- Yes No Have you made promises to yourself to quit some aspect of your sexual behavior?
- Yes No Has sex been a way for you to escape your problems?
- Yes No Has your sexual activity interfered with your family life?
- Yes No Have you lied in answering any of the preceding questions?
- True False I am confident that I won't ever cross the line and fall into sexual sin.
- True False I have no active support-and-accountability relationships.

Some questions for you to consider as you ponder your answers in this inventory:

- In the depth of your heart, do you know you should seek help with issues of sexual purity?
- Did you answer *Yes* or *True* for any of the questions? If so, it may indicate some sexual stumbling or vulnerability in your life that needs to be addressed.
- Did you answer *Yes* or *True* for several or more of the questions? This is likely an indication that you should seek help and counsel in re-orienting your life toward sexual safeguarding, purity, and freedom.
- What does an EFCA ministerial credential represent? It affirms that you are faithful (2 Tim. 2:2). You can be depended on by God's people to teach the truths of the Bible soundly and live them out visibly. That includes sexual purity. As you apply for this ministerial credential, is the direction of your life relative to sexual purity consistent with the credential?
- Where can you turn for counsel and help if you need it? For self-guided help, consult the resources listed elsewhere in this Project Purity packet. For personal help from other people, contact Irv Woolf at Hopewell Counseling (hopewellcounsel@gmail.com; (612) 499-3744) or Dr. Tim Ruden, Licensed Professional Clinical Counselor (www.MyLifeSolutions.com; (651) 882-5161).

Project Purity Credentialing Affirmation

This form is to be submitted to the North Central District office as part of the application process for an EFCA ministerial credential.

I hereby affirm ...

(1) That I have read carefully and that I understand ...

- the Project Purity document entitled *Stage 1: A Challenge and Resource for Purity in Using the Internet* (document dated _____); and
- the Project Purity document entitled *Stage 2: A Pathway Toward Freedom* (document dated _____); and
- the Project Purity document entitled *Important Clarifications and Details* (document dated _____).

(2) That I have prayerfully filled out “A Brief Inventory of Sexual Purity Issues” and pondered the questions at the end of it. I have given thought to issues of sexual purity in my life. It is my intention to maintain the high degree of purity that is implied in the EFCA credential, and it is my intention to seek whatever help I need to do that.

Signature

Date

Printed name

Credential for which you are applying:

- Ministry License
- Certificate of Christian Ministry
- Certificate of Ordination
- Certificate of Ordination (transfer)
- Other: _____

Project Purity

Important Clarifications and Details

Project Purity addresses sexual integrity among pastoral staff members, a serious matter with potentially serious consequences where misconduct is involved. Project Purity attempts to balance confidentiality and accountability. In its structure of confidentiality it seeks to protect pastors from undue fear and thus it seeks to encourage pastors to address purity issues honestly and substantively. In its structure of accountability it seeks to protect churches from pastors whose sexual purity issues have risen to a level that is obviously unacceptable and potentially dangerous to the church.

Addressing matters of this magnitude, with consequences that are potentially very serious, in a manner that involves an ongoing tension between confidentiality and accountability, calls for some clarifications that you need to understand before you decide to engage in a formal purity assessment.

Following are some basic clarifications. If you decide to participate in a purity assessment you will be required by the counselor to sign off on a more detailed informed-consent form.

- While Project Purity requires that applicants for an EFCA ministerial credential must affirm that they have thoughtfully worked through a purity inventory, the rest of Project Purity is voluntary. Participation in a professional purity assessment and any subsequent counseling is on a voluntary basis to encourage pastors to participate willingly and thoughtfully and with a measure of confidentiality. Yet this voluntary basis does not mean that such assessment and counseling is not advisable or important or urged in the case of individuals with purity issues.
- Participation in any aspect of Project Purity does not necessarily imply misconduct on the part of the participant.
- The North Central District and Hopewell Counseling are separate legal entities, cooperating together based on our common value of sexual purity among pastors.
- Assessment and counseling is done by Irv Woolf of Hopewell Counseling or (in the case of female pastoral staff members) by his wife, Elsie, or by another professional counselor, not by the North Central District. The counselor is responsible for the assessment and any counseling or treatment given to a pastoral staff member.
- The professional purity assessment is available for a nonrefundable fee of \$200, payable to Hopewell Counseling. (Other counselors may charge a different fee.)
- The professional purity assessment involves things such as submitting personal information to the counselor; taking a specialized inventory; forthright and specific conversation with the counselor about sexual issues. The assessment and subsequent

counseling are carried out within the framework of an evangelical understanding of Biblical standards and expectations.

- The confidentiality offered in Project Purity has certain limits.

Although Project Purity attempts to give you a measure of “safe space” to pursue sexual freedom, it is not a guarantee that problems will not arise in connection with your sexual conduct, nor that your ministry will not be adversely affected—possibly even lost—because of your sexual conduct.

In particular, understand that certain kinds of sexual impurity will be disclosed to the District Superintendent, with appropriate disciplinary action following.

*Disclosure because of **violation of criminal law**.* Understand that sexual behavior that is determined by the counselor to violate criminal law (such as rape or child molesting) will be disclosed to the District Superintendent, with appropriate disciplinary action following.

*Disclosure because of **personal engagement with another individual**.* Be aware that sexual behavior that is personally engaged in with another individual other than your spouse—behavior such as prostitution, fornication, or adultery—will be disclosed to the District Superintendent, with appropriate disciplinary action following.

*Disclosure because of the **level of involvement**.* Understand further that impure sexual behavior that is neither criminal nor person-to-person, yet is determined by the counselor to be addictive in nature, will be kept confidential during a probationary period (as described in the “Frequently Asked Questions”) while efforts are made to break free. If satisfactory progress is not evidenced at the end of the probationary period, disclosure will be made to the District Superintendent, with appropriate disciplinary action following.

- You are not required to participate in assessment and counseling. But understand that if at some point in the future you get into trouble because of sexual impurity and you did not avail yourself of this opportunity to address the issues, your spiritual responsibility will be greater, and the consequences of your actions will likely be more severe.