CONSURGAM

A Sunday on pornography: texts for your parish

Texts to print and use for a parish Sunday on pornography, on Safe Haven Sunday or on any Sunday you choose. Everything may be used freely, shortened and adapted. Placeholders are in square brackets.

Bulletin text

A word about something we rarely talk about

Many people quietly carry something that weighs on them: pornography. Men who resolve again and again to stop and then fall. Wives who are hurt and don't know whom to talk to. Parents who wonder what their children see on their phones. Shame tends to bring silence, and sometimes distance from God.

The Church takes this seriously. She calls pornography a grave offense because it offends against chastity and does grave injury to the dignity of everyone involved. How guilty a person is depends also on how freely and knowingly he acts. But she says something else too, and she says it first: no one is too far away for God's mercy. Whoever falls may get up again, even many times over.

This weekend we especially invite you to confession: [day, time, place]. If you would rather talk first, you can reach [contact person, phone or email] in confidence. In such a conversation no one has to give details, and no one will be shamed.

Help is also available beyond the parish: Catholic counselors, priests and spiritual directors, men's groups, and filtering and accountability tools for the devices at home. You will find information to take home at the back of the church.

One help among others is the Consurgam app, which accompanies men on this road in the hard moments.

Prayers of the Faithful

Introduction by the priest: Brothers and sisters, with confidence let us bring our prayers to God, our merciful Father.

1. For men who struggle with pornography: that God may give them the courage to turn to him and to someone they trust, and the strength to begin again and again. Let us pray to the Lord.

Lord, hear our prayer.

2. For married couples whose trust has been wounded: that the Lord may heal what is broken and give them patience, honesty and reconciliation. Let us pray to the Lord.

Lord, hear our prayer.

3. For families and for all parents: that God may give them wisdom to protect their children and courage to speak with them openly about love and sexuality. Let us pray to the Lord.

Lord, hear our prayer.

4. For children and young people: that the Lord may guard their hearts and give them people they can trust. Let us pray to the Lord.

Lord, hear our prayer.

5. For all who have been hurt or exploited by pornography: that they may know God's closeness and find people to stand by them. Let us pray to the Lord.

Lord, hear our prayer.

6. For our priests: that the Lord may make them merciful confessors, strengthen them in their own chastity, and give them the right words. Let us pray to the Lord.

Lord, hear our prayer.

Concluding prayer by the priest: Merciful Father, you sent your Son to seek and to save what was lost. Hear the prayers of your people and give us clean hearts. Through Christ our Lord. Amen.

Homily points

- **Jesus takes the heart seriously.** “Everyone who looks at a woman with lust has already committed adultery with her in his heart” (Mt 5:28). Jesus confirms the commandment (Mt 5:27) and carries it into the heart: to a way of looking that respects the other and does not use her.
- **What pornography is and what it does.** The Catechism says it offends against chastity and “does grave injury to the dignity of its participants (actors, vendors, the public)”, and it calls pornography “a grave offense” (CCC 2354). Name it plainly and without detail, mindful of the children in the pews. The matter is grave; a mortal sin also requires full knowledge and deliberate consent (CCC 1857). The homily does not judge anyone’s personal guilt.
- **Chastity is more than saying no.** It is “the successful integration of sexuality within the person” (CCC 2337) and tolerates no double life (CCC 2338). The goal is a person at one with himself, whose sexuality is woven into love and the gift of self, in marriage into the lifelong mutual gift of a man and a woman (CCC 2337).
- **Freedom is learned.** Chastity “includes an apprenticeship in self-mastery which is a training in human freedom” (CCC 2339). It is “a long and exacting work” that is never acquired once and for all (CCC 2342), and it grows “through stages marked by imperfection and too often by sin” (CCC 2343).
- **Mercy is at the center.** “The Gospel is the revelation in Jesus Christ of God’s mercy to sinners” (CCC 1846). “To receive his mercy, we must admit our faults” (CCC 1847). Shame does not have the last word.
- **An invitation to confession.** Say when and where. The Church strongly recommends confession even of everyday faults (CCC 1458). A man who has to confess the same sin again is welcome there.
- **Not alone.** Someone to confide in, a priest, a group, a counselor. Anyone caught in an addiction may and should also seek professional help.
- **Parents and the home.** Parents have “the first responsibility for the education of their children” (CCC 2223). Filters help, but they do not replace the conversation. And Christian purity also “requires a purification of the social climate” (CCC 2525).

Announcement

This weekend our parish remembers in a special way all who suffer because of pornography, themselves or in their family. Additional confessions will be heard on [day, time, place], and [contact person] can arrange a confidential conversation. Information to take home is at the back of the church.

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