

ASCEND

A quick guide to galvanize your recovery
with Prodigals International



Welcome home.

As with the biblical story of the Prodigal Son, we are excited to celebrate your 'Homecoming' to our recovery program. You are your Father's joy. He loves you. He wants nothing more than to restore you to His original design for you. With Prodigals, you will never walk this journey alone. We are committed to you and your healing, and you will find a grace-focused community to walk by your side through every step, and beyond.

This guide is designed to provide a quick introduction to how the Prodigals Homecoming Recovery Program works.

Let's begin...



The Prodigals Difference

We get it.

Like thousands of men before you, you may have found Prodigals because...

- **You're tired of the shame**
- **You've tried everything else**
- **Your wife said, 'get help or get out'**

We want to first emphasize **why Prodigals is worth your time**. Since 2000 we've helped thousands of men find freedom from unwanted sexual behaviors.

Prodigals is Christ-Centered and Biblical.

While Homecoming welcomes people from all beliefs, our program is Christ-centered and biblically based. Scripture is discussed regularly, and it is the foundation.

Prodigals: A Highly Structured and Intensive Approach.

The heart of the recovery process unfolds during Homecoming meetings and one-on-one mentorship sessions. Mentees are expected to put in significant effort, as true recovery demands. Positioned as the "last stop on the block," Prodigals is a program where mentees must desire healing fervently enough to actively pursue it.

Prodigals is led by Recovering People.

A key reason for our success is that we are led by men who went through this intensive journey and still admit they need accountability with their brothers. We get it, and we get you.

Prodigals is Highly Accountable and Led by Recovering People.

The success of our program lies in the leadership of men who have personally experienced this transformative journey. These leaders openly acknowledge their ongoing need for accountability within the fellowship. Our Homecoming program emphasizes responsibility and honesty, guiding men away from self-centeredness, and empowering them to become upright and faithful men of God.

Your First Homecoming Meeting

Whether it's in person or online, stepping into a meeting that talks openly about sex addiction might feel a little daunting. But don't worry. You'll be welcomed by men who understand the journey you're starting.

Here's some things you can expect to see, hear and experience at your first meeting:

- **Worship. Teaching. Q&A. Readings. Groundings. Q&A.**
Structure is a key part of our recovery program. Participating in weekly meetings provides the necessary foundation for long-term success.
- **Our four-fold definition of sobriety is:**
 - no sexual or emotional involvement outside of marriage
 - no pornography
 - no sex with self
 - progressive victory over lust
- **Since we are a safe place, we expect anonymity and confidentiality.**
Safety, anonymity, confidentiality are cornerstones of our program.
- **Expect the opportunity to ask the group leader your questions after the meeting.**
It's important to leave no stone unturned. Asking questions and clarifying what's necessary leads to growth.
- **Expect to hear men lead with weakness.**
The Homecoming facilitator gives an example of this by sharing a short version of his recovery journey.

We know that everyone is uncomfortable at first. Don't worry. It gets better with time. Talk honestly to a member afterwards about your discomfort. Despite these challenges we encourage you to keep coming back!

And Right Away...

Set your recovery up for success by:

- **Attending weekly meetings for at least one month.**
When you come back at least four times in a row, you will experience new hope in your recovery.
- **Start the practice of calling other members on a daily basis to "check-in."**
Your Homecoming group facilitator can explain what a check-in call looks like.
- **Maintain sobriety for at least 30 days.**
This dampens triggers and proves to ourselves that we do not have to act out.



The Next 90 Days: Prodigals 3-Part Recovery Program

Part 1 Homecoming (weekly meetings)

Part 2 Step Zero (onboarding to mentorship)

Part 3 Mentorship (working the 12 steps with your mentor)

Part 1 Homecoming Weekly Meeting

- **Homecoming is a two-part weekly meeting.**
First, we hear worship and teaching. Second, we clarify uncertainties and resolve doubts about the stresses in our lives that pose a threat to sobriety. We call this “grounding” because honest grounding is a concrete method to rid ourselves of temptation that leads to lust.
- **Homecoming is a time to share our experience, strength, and hope.**
It is a time for sober reflection. It is not a time to shock and awe others.
- **Homecoming is a time to look for personal accountability.**
It is a time for serious self consideration. It is not a time to criticize others.
- **The focus of Homecoming is recovery-related discussion, gentleness, and respect.**
As we share with others, we remember the attitude of Christ. This is a time to be courteous. This is not a time for venting.

Part 2 Step Zero

Preparing yourself for twelve step mentorship

- **Step Zero is a 2 month onboarding period for mentorship.**
During this time the mentee practices daily calls and homework assignments.
- **Step Zero is a time to practice new disciplines and prepare for a year of mentorship.**
- **Step Zero is a time to check in with a “Step Zero” mentor.**
Your Step Zero mentor will be available via text or email and he will hold regular information meetings.
- **Step Zero is a time when experienced mentors are praying for you** and one of them is preparing to mentor you.



Part 3 Twelve Step Mentorship

THE CORNERSTONE OF OUR RECOVERY PROGRAM

After completing your Step Zero group process, you will receive a mentor and begin working the 12 steps of recovery. During this 12-24 month intensive, you can expect the following:

- **Your mentor will guide you through the Twelve Steps**, assisting with homework and amending activities.
- **Mentorship begins with 90 days of "scorched earth"** which includes abstinence, internet accountability, and a cleanse from the internet and media.
- **Mentorship is different than sponsorship.**
Homecoming Mentors are expected to participate in a high level of commitment.
- **Mentorship requires vigor to stay healthy.**
Expectations include daily homework, daily calls, and weekly meetings.
- **The opportunity for Mentorship is available to everyone.**
It has worked for us, so we stick to it and encourage others.
- **Aside from the cost of the manual and the reading material, Mentorship is a free program.**
- **After completion, it is our hope that graduated mentees commit to mentoring other mentees.**
- **While we are unapologetic about the challenge, we extend grace.**
We understand that we are all on the same road of recovery.

Research shows
that 90% of men
who mentor other
men remain sober.

Welcome home.

We hope this overview has provided both the information and encouragement you need to start your journey with Prodigals International.

Your Heavenly Father is inviting you to experience healing and renewal.

Are you ready to begin?

info@prodigalsinternational.org | (866) 910-9002

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THE TWELVE STEPS

- **STEP ONE**
We admitted we were powerless over our sex and love addiction, that our lives had become unmanageable.
- **STEP TWO**
Came to believe that God could restore us to sanity.
- **STEP THREE**
Made a decision to turn our will and our lives over to the care of God.
- **STEP FOUR**
Made a searching and fearless moral inventory of ourselves.
- **STEP FIVE**
Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
- **STEP SIX**
Were entirely ready to have God remove all these defects of character.
- **STEP SEVEN**
Humbly asked Him to remove all our shortcomings.
- **STEP EIGHT**
Made a list of all persons we had harmed and became willing to make amends to them all.
- **STEP NINE**
Made direct amends to such people whenever possible, except when to do so would injure them or others.
- **STEP TEN**
Continued to take personal inventory and when we were wrong, promptly admitted it.
- **STEP ELEVEN**
Sought through prayer and meditation to improve our conscious contact with God; praying only for knowledge of His will for us and the power to carry that out.
- **STEP TWELVE**
Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex and love addicts, and practice these principles in all areas of our lives.