

HANDOUT FOR WEBINAR – May 15

I. INTRODUCTION

II. SIGNIFICANT STATS

A. Significant Stats regarding Adultery, Inappropriate relations and Pornography

1. Fuller Theological Study published in *Leadership* – 1000 surveyed - About 12% have committed adultery ¹
2. Our Own Stats – 586 respondents in 8 Conferences and at AU - McMillen – Ministry Magazine²
 - 12% have committed adultery
 - 37% have had an inappropriate relationship with someone other than their spouse
 - 65% they struggle with sexual attraction to someone other than their spouse

B. 2001 Christianity Today - 18 % of pastors have problems with internet porn, 33 % admit having visited a porn site ³

C. More recent stats indicate 51% of pastors view porn occasionally and 37% have a significant problem ⁴

II. WHY PASTORS ARE VULNERABLE – Most pastors are not predators – fighting, lonely and losing BUT not bad men.

A. Ministers have the same psycho-sexual desires but nowhere to turn. Two comments – “We are afraid to go to a counselor for fear our problems will leak out”. “I wouldn’t tell a fellow minister my problems in this area. My denomination would forgive murder but not impurity of thought.” ⁵

B. Ministers tend to share their secret lives with no one (particularly true for those who are very successful).⁶

C. It is dangerous for individuals and organizations to keep secrets. It engenders distrust, BUT ONLY 4% OF PASTORS WHO STRUGGLE AND FALL ARE FOUND OUT ⁷

D. Like anyone else, ministers at times need help but they usually delay until too late.⁸

E. Large study done on the perils of those who are professionally holy.⁹

- 1) 90% of pastors work more than 40 hours
- 2) 80% believe their ministry has affected their families negatively
- 3) 33% feel ministry outright hazardous
- 4) 75% report at least one serious crisis in their ministry
- 5) 90% feel they are inadequately trained to cope with ministry demands
- 6) 70% say they have lower self-esteem
- 7) 40% say that have a serious conflict with a parishioner at least once a month
- 8) 70% say they do not have a close friend in ministry
- 9) 81% do not spend enough time with their families
- 10) 64% expressed communication difficulties with their mates
- 11) 46% said they had sexual problems
- 12) 41% are angry with their spouses

Regarding the 70 of pastors who do not have a close friend

****Ninety one percent of pastors came from chronic dysfunctional backgrounds – wounds and habits need time to heal.¹⁰

And pastors who come from destructive backgrounds tend to mirror their own family of origins. ¹¹

F Pastors tend to live a destructive lifestyle

- 1) A strong leader often places himself above criticism
- 2) Ours is a traveling lifestyle – going to conventions, pastor’s meetings and the list goes on – which leads to fewer healthy boundaries
- 3) Addiction to success is a danger ¹² This may color a pastor’s ability to set healthy boundaries so he becomes a rescuer ¹³

G. The very qualities that make a man successful in ministry are those that make him vulnerable.

- 1) People person
- 2) Warm
- 3) Empathetic
- 4) Caring
- 5) Perceived as powerful ¹⁴

H. Personality factors make some pastors more vulnerable – On the Myers Briggs Inventory those who are high ENFP are the most vulnerable to being seduced and the most seductive ¹⁵ What’s the high ENFP – gregarious...Sanguine...

¹ T. C. Muck, “How Common Is Pastoral Indiscretion?” *Leadership* (Winter 1988): 12-13

² Leonard McMillen, “Adventist Ministry and Sexuality,” *Ministry*, November 1994, 18-19

³ Christine Gardner, “Tangled in the Worst of the Web,” *Christianity Today*, March 2001, 42-48

⁴ Ben Witherington, “Pastors and Pornography – A Dirty Little Secret”

<http://benwitherington.blogspot.com/2006/09/pastors-and-pornography-dirty-little.html>

⁵ Richard Exeley, *The Perils of Power* (Tulsa, OK: Honor Books, 1988), 19-20

⁶ Ibid.

⁷ Candace Benyei, *Understanding Clergy Misconduct in Religious Systems* (New York: Haworth Pastoral Press, 1998), 50

⁸ Ibid. 13, 31, 51

⁹ H.B. London and Neil B. Wiseman, *Pastors at Risk* (Wheaton, IL: Victor Books, 1993), 22, 71

¹⁰ Ibid. 50

¹¹ John W. Thorburn and Jack O. Balswick, “An Evaluation of Infidelity Among Male Protestant Clergy”, *Pastoral Psychology* 42, no 4 (1994): 286

¹² Ibid. 79-81

¹³ Thorburn and Balswick, 46

¹⁴ Stanley G. Grenz and Roy D. Bell, *Betrayal of Trust* (Downers Grove, IL: Intervarsity Press, 1995), 54

¹⁵ Roy M. Oswald and Otto Kroeger, *Personality Type and Religious Leadership* (Washington, DC: Alban Institute, 1988, 131-32

- J. The pastor's role is one of power and it is intriguing to both possessor and observer. ¹⁶ This spiritual power is akin to the divine ¹⁷– it is particularly damaging to a woman when misused by her spiritual leader ¹⁸ Difficult for a woman come to faith in God after damaged by a clergy person...
- K. Intimacy of shared work creates bonding with feminine secretaries and other church workers – more vulnerable. ¹⁹
- L. The pastor's family often forms the obvious starting point for sexual failure. ²⁰
 ***Dissatisfaction with intimacy and marital sex are often major issues. ²¹ Forty one percent of pastors reported this as being the most frequent component leading to a sexual fall. ²² Ministers look to their wives for support and encouragement, however they themselves may be responsible for the lack of closeness. ²³ For many, the internet has become a vehicle for fulfilling the need for sex.²⁴ Pastors who feel pain and loneliness and vulnerability will go to great lengths to fulfill their needs with porn. Studies indicate that porn increases the possibility of a moral fall. **IF GREAT SEX ISN'T HAPPENING AT HOME – MANY MEN LOOK FOR IT SOMEWHERE ELSE.**
- M. Premarital Sex makes a pastor more vulnerable to a moral fall. ²⁵ 50% of pastors in the Adventist church have engaged premarital sex. ²⁶
- N. Overwork, stress and spiritual burnout often lead to sexual indiscretion ²⁷ Studies show that encounters often occur down the path of overwork, stress and burnout. A congregant who relieves this stress for an overworked pastor can become a significant temptation. ²⁸ Studies indicate that the greatest underlying factor in sexual misconduct is emotional and spiritual burnout.
- O. In general pastors are clueless about their vulnerability ²⁹ Research by the University of Wisconsin revealed the Astounding fact that after watching a video about sexual vulnerability only 20% saw themselves a few months later as being vulnerable. ³⁰
- P. Harsh, inconsistent denominational policies and practices are destructive to those who are tempted and to those who have a moral fall. They DO NOT prevent a fall, but make it more likely that pastors will go underground with their issues. This encourages secret keeping which is highly destructive to organizations and persons who serve in the organization. This is one of the reasons pastors are no longer as trusted... The church that does not deal with pastoral indiscretion in a healthy way causes distrust and skepticism. ³¹ **PLEASE HELP TO CHANGE THESE POLICIES**
- R. I just scratched the surface here. It's a miracle that so many of us stay pure. **ONE FINAL THOUGHT...**One conference president in the Pacific Union, who was known restoring fallen pastors noted that he had restored about 20 pastors and had never been disappointed. Those who have fallen and are restored are often safer than those who struggle and no one knows. It's like they have been inoculated.

¹⁶ G. Lloyd Rediger, *Ministry and Sexuality: Cases, Counseling and Care* (Minneapolis: Augsburg Fortress, 1990), 16

¹⁷ Eugene Ropenkepartain, "Sex, Power and Ministry," *Christian Ministry*, May-June 1991, 7

¹⁸ Pamela Cooper-White, "Soul Stealing: Power Relations in Pastoral Sexual Abuse," *The Christian Century*, February 20, 1991, 197

¹⁹ Grenz and Bell, 52-53

²⁰ Grenz and Bell, 47

²¹ Grenz and Bell, 47

²² Muck, 13

²³ Thoburn and Balswick, 290

²⁴ Harry W. Shaumburg, *False Intimacy* (Colorado Springs, CO: Navpress, 1997). 43

²⁵ Mark Gungor, *Laugh Your Way to a Better Marriage* (New York: Atria Paperback 2009) 157

²⁶ McMillen, 18-19

²⁷ Peter Steinke, "Clergy Affairs," *Journal of Psychology and Christianity* 8, 4 (Winter 1998): 288

²⁸ Jeff T. Seat, James T. Trent, and Jwa K. Kim, "The prevalence and Contributing Factors of Sexual Misconduct Among Southern Baptists in Six Southern States," *Journal of Pastoral Care* (Winter 1993): 367

²⁹ Steinke, 60

³⁰ Nancy Myer Hopkins, *Clergy Sexual Misconduct; A Systems Perspective* (Bethesda, MD: Alban Institute 1993), 2

³¹ Benyei (Her whole book is on this) Other studies point out the same thing.

III. HOW CAN YOU BEST COACH SOMEONE?

- A. Really must address the problem, rather than a cursory lecture or talk. Need a weekend seminar or beginning of the year seminar meetings, men's retreats, etc. We've got to **QUIT HIDING THIS PROBLEM UNDER THE RUG**. Whatever is exposed to the light, becomes visible and more easily conquered (Ephesians 5:13) We can spend time talking about Sexual Abuse but that is **NOT** enough for those who are in the throws of temptation...Seminars, Men's retreats, Beginning of the year...Not enough to talk about sexual abuse OR A LECTURE OR TWO...Like telling a smoker you have a problem and should quit
- B. **BE SHOCK PROOF** – if sexual sin is the same as leprosy – you aren't the one to help – If you think sexual sin is the worst sin, I would suggest you read Manuscript Release 448 and 449 or my dissertation ☺
- C. **BE A SAFE PERSON AND A SAFE CONFERENCE**
- * Galatians 6:1-2
 - * Romans 12:2
 - * If you don't know what sexual temptation is or you tend to look down on those who struggle or fail you are **NOT** the one to help because you are **NOT** a safe person and you will be unable to sympathize.
- This requires honesty and vulnerability** - It may be easy for us to think, "Lord I'm thankful I'm not like the publican, sinners and adulterers. If you have had sexual temptations, admit it...don't act like you are perfect. But for the grace of God, there go I..."
- * He who thinks he stands take heed lest he fall
 - * No one is going to trust you "the holy man" unless you are vulnerable yourself.
- D. **Become educated about the issue – READ MY DISSERTATION OR OTHER RESOURCES** – require your pastors to read portions of the dissertation. Develop a sound biblical theology and an informed Ellen White paradigm on how to deal with sexual issues. My research was on this and quotes extensively from Ellen White and two Manuscript Releases Manuscript Release 448 and 449 – **NOTED IN RESOURCES BELOW**
- * If you want some great resources there are many in my dissertation and at the end of this handout.
- F. **Develop coaching skills...difference between a coach and a mentor** – coach seeks to draw out with questions what is in the heart of the person he coaches...not telling him what he should do but helping discover and carry out the goals God has in mind for him
- G. **Establish an ongoing viable coaching/mentoring process in your conference. NOT JUST FOR INTERNS** - Pastors need experiences like "Focusing Leaders" and "Life Coaching" to help us deal with realistic goals. When ambiguity happens in ministry, we are likely to spin our wheels and feel unsuccessful. Boredom, lack of a feeling of success in ministry and a sense that we are not being true to our mission is a hotbed for distraction and porn addiction.
- H. **Pastors need to be educated on their own personal vulnerability**. As a part of this...I want to offer an anonymous pastoral satisfaction inventory that includes sexual and marital satisfaction questions to discover the extent of pastoral burnout, marital and sexual happiness and possible porn and sexual addiction issues. The purpose would be to help individual pastors become more aware of their own vulnerability and to help the denomination be aware of where we are really at.
- I. The denomination should make available to pastors a retreat center where they and their spouses can get away for a time refreshing and marriage building. In the absence of such a center for Adventists, this website lists several retreat centers for pastors www.My-Pastor.com
- J. Refer pastors to healinghurtingleaders.com
- K. **Ministerial Secretaries should serve as pastor's pastors and NOT as Evangelism Coordinators and persons who are responsible for hiring pastors...if not the Union or Conference should hire a person who can help deal with this issue.** If this is not happening, encourage your conference to move in that direction. Look at your responsibility as ministering to pastors rather than increasing the baptism numbers in your conference.
- L. **Help encourage policies and procedures that will make it possible to stem the tide of moral disintegration.** I'm not talking about encouraging adultery or pornography or winking at it when it happens. I'm talking about changing the policies and procedures and attitudes so people are able to open about struggles (not just moral ones). But specifically, seek to be a change agent for healing and restoration.

IV. THINGS TO HELP PASTORS BE SEXUALLY HEALTHY

- A. **Seek for a HEALTHY spiritual life** – many of us are motivated by guilt and shame. We have a "should have done this" experience with God. Can we ever come to the place where we feel from God, "well done thou good and faithful servant"? If we cannot have that experience we will be motivated by something other than love. A healthy spiritual life is one that helps us sense God's presence and approval! It does not cause us to continually question our acceptance in the Beloved. I've found I am sometimes ritualistic and compulsive in my devotional life. I have often felt guilty that I did not pray, fast enough or study my Bible enough. Do we really want to invite people to come along with us to a guilt ridden experience with God?

- B. **Have great sex in your marriage.** Wishing you had a better relationship with your mate is a set up for fantasizing about someone else. Solomon said “always enjoy your wife’s breasts” Get educated on how to lead your wife in intimacy and sexual pleasure. If sexual incompatibility is an issue get help. DON’T LET IT GO. Forty one percent of pastors who fell, said sexual incompatibility and boredom were the main impetus to their sexual fall. If porn is an issue, GET HELP. My wife and I could be selectively available by phone or Skype for this. Helpful resources are available on healinghurtingleaders.com
- C. **The issues in your marriage need to be clearly identified and worked through** – counseling should not be an option. Pastors tend to wait until it is too late. DON’T WAIT. DON’T STICK YOUR HEAD IN THE SAND OF DENIAL.
- D. **Focus your ministry.** Many of us are workaholics and our families suffer. As mentioned above, 80 % of pastors feel like their Families have suffered because of their ministry. Focusing Leadership is an excellent program to help focus our ministry. We CANNOT save the world, nor can we be ALL things to all people. We need to function from our strengths and giftedness. Maurice Valentine, Ministerial Secretary of the Mid-America Union is a great resource person regarding *Focusing Leadership*.
- E. **Every pastor needs a coach. Conferences could do well to pay for this or train their leadership to do it.** The Florida Conference is doing this.
- F. **Every pastor needs a friend** with whom they can be vulnerable and accountable. Prayerfully find a friend who you can trust. Loneliness in ministry is a hotbed for porn and a sexual fall. Along with this, prayer partners in the church can be a tremendous help.
- G. **Become more aware of your own vulnerability** – It would be helpful if pastors took a pastoral satisfaction survey that will eventually be offered anonymously on line at healinghurtingleaders.com Some signs of sexual vulnerability are:
 1) Dissatisfaction with your own sexual relationship with your mate 2) Looking forward to seeing a particular counselee more than others 3) Fantasizing about questions you might ask about the counselees availability 4) Meeting with a certain counselee at other than regularly scheduled times and places 5) Not ending your counseling sessions on time. Open ended appointments are a danger sign. Heed the warnings. Make sure do not counsel a woman alone in your office or ride with a woman alone. Gossip can destroy a man’s ministry.
- I. **Share your counseling schedule with your wife or secretary. If your wife or secretary knows where, when and who you are with it helps you be accountable.**
- J. **Begin Reading and informing yourself: Check out the resources on healinghurtingleaders.com** If you struggle with pornography or sexual fantasizing, there are many books, videos and materials that I will suggest on the website. 1) Bernie Anderson has written a story about his experience with pornography entitled *Breaking the Silence*. It’s available on Amazon.com 2) *Freedom Begins Here* by Gary Smalley is an excellent video on becoming free from porn. If your wife is aware of your temptation, this would be a good film to watch and discuss together. 3) *Laugh Your Way to a Better Marriage* by Mark Gungor is open and frank and has a lot of good ideas. He has a series of videos and books on his website with the same title as his book. I don’t agree with a few things but overall this is one of the best books and video series reading for and discussing with your mate.
- K. **If you struggle with sexual addiction I have some specific recommendations:** 1) If your wife knows about your porn or sexual addiction problem, obtain an internet porn blocking program. If your wife knows and is willing to be your partner, she can hold you accountable. 2) **Sexaholics Anonymous and Sex Addicts Anonymous** are two 12 step groups that meet in large cities. They can be found by Googling them on line. **Celebrate Recover** is another program that has become popular in large churches. This is a general addiction recovery program but very helpful.
- VERY IMPORTANT*******...If your wife does NOT know of your porn or sexual addiction, be cautious about telling her about your issues. TIMING is extremely important and could make a difference on whether your marriage will weather the storm. If you want to build a solid marriage, you must eventually be as open as possible with your mate. But dumping on her so you can be free of guilt can be highly destructive. If you share your issues without strength in your relationship it could end your marriage. Jeanette and I are available to help you walk this through if you want to contact us.
- L. **Last but not least – check the website www.healinghurtingleaders.com** – resources and materials will continually be updated.

CONTACT INFORMATION AND AVAILABLE SERVICES

David and Jeanette Bissell
319-826-2608 (Home)
319-360-8619 (Cell)
docbissell@gmail.com

CONSULTATION AND OTHER SERVICES

- ⦿ 1. Available to assist unions, conferences or churches that need to deal with a fallen pastor or leader. I am willing to help in an advisory capacity when needed and can help a conference develop restoration policies and procedures. I have done this for the Albert Conference of Seventh-day Adventists.
- ⦿
- ⦿ 2. Available to help local churches or pastors, their families and the victim and their families to go through a healing process.
- ⦿
- ⦿ 3. Mediation services for pastors and spouses who are considering divorce
- ⦿
- ⦿ 4. Available as a speaker for seminars, weekend men's retreats, and pastor's meetings
- ⦿
- ⦿ 5. Available to help individual pastors and their spouses who are experiencing marital difficulties – THROUGH SKYPE or Phone

RESOURCES

RESTORATION RESOURCES AND OPTIONS:

VIDEOS

Smalley and Laaser - Freedom Begins Here – Personal Tool Kit and Video on recovery from Porn - Order from Amazon.com
Smalley, Gary – I've Lost Respect for My Husband - www.iquestions.com/video/view/49
Smalley, Gary - Sexual Obsession – Introductory Video - www.iquestions.com/video/view/110
Smalley, Gary - Marriage Seminar, Books, Assessments and Materials – www.smalley.cc
Three tests are available here 1) Your Personality Test 2) The Core Fear assessment and 3) Is Your Marriage Healthy Test
Smalley, Gary - Rekindling Love for Your Mate - www.iquestions.com/video/view/9
Gungor, Mark – DVDs, books and seminars – can be purchased at laughyourway.com
Stephen Kendrick, Alex Kendrick – *Fireproof* – a good video to watch with your mate – *The Love Dare is a helpful book that goes along with the movie.*

WEBSITES AND CONFERENCES

Witherington, Ben. Pastors and Pornography – A Dirty Little Secret - Article and information – Blogs - Current
<http://benwitherington.blogspot.com/2006/09/pastors-and-pornography-dirty-little.html>
Gross, Craig. www.xxxchurch.com - 30 Days to Purity Workshops, Blogs, Information, etc.
Sollee, Diane: www.smartmarriages.com – Marriage materials, videos and conferences – info on line.
Marriage Matters - <http://www.marriagematters.org/> - training couples in a church to mentor other couples
Jones, Jerry and Lynn – www.marriagematters.org/ws - 13 session video conferences
Gungor, Mark – www.laughyourway.com - DVDs, seminars and books – funny, in your face series for couples, has family materials too

INTERNET ACCOUNTABILITY PROGRAMS

X3Watch – Accountability program for Computer – Sports heros promote this program for accountability <http://www.x3watch.com/>
Covenant Eyes – Accountability Program for Computer – very weak in my opinion – A member has asked me to be his accountability partner and I have used this – very confusing and not helpful at all but it's available - <http://www.covenanteyes.com/>
Dads.org - <http://www.dads.org/strugglewithporn.asp> - dad's helping their sons to be pure
Most WIFI wireless routers have the ability to block porn

BOOKS and ARTICLES

David Bissell, DMin – *Restoring Fallen Pastors*
Bennie Anderson – *Breaking the Silence* story of an Adventist pastor who was addicted to Porn
Gary Smalley - *Winning Your Husband Back* – this can be found on Gary Smalley's website
Stephen Kendrick, Alex Kendrick *The Love Dare* – Great to read this as a couple AFTER watching *Fireproof*
Klassen, David. *Romancing Your Wife* – www.powertochange.com/sex-love/romancingyourwife/
Smith, Deborah White. *Romancing Your Husband* – <http://www.cbn.com/family/Marriage/RomancingHusband.aspx> - Amazon.com
Patrick Carnes - *Out of the Shadows* – First book to ever discuss sexual addiction
The Big Book – 12 Step Recovery book for Sexaholics
Carnes, Patrick. *Don't Call It Love*. New York: Bantam Books, 1991.
Balswick, Jack, and John Thoburn. "How Ministers Deal with Sexual Temptation." *Pastoral Psychology* 39 1991: 278.
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Friberg, Nils C. and Mark R. Laaser. *Before the Fall*. Collegeville, MN: The Liturgical, 1998.
Hayford, Jack W. *Restoring Fallen Leaders*. Ventura, CA: Regal, 1988.
Hopkins, Nancy Myer. *Clergy Sexual Misconduct: A Systems Perspective*. Bethesda, MD: Alban Institute, 1993.
Kanzer, Kenneth S. AThe Road to Restoration: How Should the Church Treat it's Fallen Leaders. @ *Christianity Today*, November 20 1987.
Kitchens, Ted. *After the Shock*. Portland, OR: Multnomah, 1992.
Laaser, Mark. *Faithful and True*. Grand Rapids, MI: Zondervan, 1992.
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Lawrence, Errol A. "A Second Chance: Can Fallen Pastors Be Restored?" *Adventist Today*, January-February 2002.
London, H. B., and Neil B. Wiseman. *Hope for Pastors, Hope for the Church*. USA: Victor BooksScripture Press, 1993.

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Peterson, Eugene, Charles Swindoll, Raymond G. Carlson, and Donald Njaa. "How Pure Must a Pastor Be?" *Leadership*, Summer 1988, 12-17.
Smith, Jay. A Can Fallen Leaders Be Restored to Leadership? @ *Bibliotheca Sacra*, October – December 1994, 455-480.
White, Ellen. Manuscript Release 448
White, Ellen. Manuscript Release 449
Wilson, Earl, and Sandy Wilson, Paul Friesen, Virginia Friesen, and Larry Paulson, and Nancy Paulson. *Restoring the Fallen*. Downers Grove, IL: Intervarsity Press, 1997.

12 STEP RECOVERY GROUPS

Celebrate Recovery – Rick Warren – Often available at large non-Adventist Churches

General 12 Step Recovery group - www.celebraterecovery.com – because this is a general 12 step program it is more difficult for those who have sexual issues to open.

Prodigals International – 12 Step Sexual Recovery Program - prodigalsinternational.org/

Not very popular – Seattle based group – very strict – Bible oriented

SDA Recovery Ministries – General 12 Step Program www.adventistrecovery.org/ - Seventh-day Adventist recovery program - GENERAL
Regeneration Ministries - regenerationministries.org/ probably not the best for those who have sensitive sexual issues.

SA – Sexaholics Anonymous – 12 Step Recovery group – meets in many large cities - Not particularly Christian – quite strict - www.sa.org/

SAA – Sex Addicts Anonymous – 12 Step Recovery group – meets in larger cities – not quite as strict in their definition of sexual sobriety
www.sexaa.org/ This group is preferred for those who have serious sexual addiction/porn addiction issues.