

XXXchurch Content Calendar 2024

January - June

January

Key ideas: Fresh start?

Posts should focus on the common perception that a new year brings with it the opportunity for a fresh start (i.e. a clean slate), but those seeking real change should avoid this frame of mind. Instead of forgetting about the past and beginning anew, take this opportunity to reflect on past experiences and learn from mistakes, while also acknowledging and celebrating moments of personal growth.

Action item: Identify the areas of your life that require attention, and then make sure to obtain the resources and support that may have been lacking.

February

Key ideas: Reborn Romance

Posts should focus on sexual betrayal and the possibility of healing and renewed intimacy. Share stories of success and identify the essential ingredients for a couple to rebuild trust and experience a renewed marriage.

Action item: Find communities of support. Commit to personal recovery and stay accountable to your partner (i.e. actions speak louder than words). Don't avoid the difficult and painful conversations and seek professional counseling if needed.

March

Key ideas: Faith and Sex

Posts should focus on the relationship between faith and sex. Specifically, how does faith factor into one's recovery journey? Is porn addiction/recovery a matter of "sin management" and lack of religious devotion or is it the manifestation of our insecurities and fears stemming from a fear of the unknown triggering primal responses used to soothe our nervous system? Where does God fit into a recovery plan? How do unpleasant/painful religious experiences contribute to worsening mental health and only serve to make things worse? What can the church do better to help those struggling with their sexual choices?

Action item: We are going to be promoting Steven Luff's new book "Faith and Sex" during this month so include a CTA about checking out the book Faith and Sex.

April

Key ideas: Attraction, Desire and Lust

Posts should focus on the seasonal change and warmer weather and the realities of people wearing less clothing, etc. sometimes leading to feelings of attraction, desire, and lust. What is the difference between attraction, desire and lust? Are those feelings wrong and if so, why? What are some practical things people can do to address their lust issues that don't lead to "reverse" objectification?

Action item: Seek out an accountability partner and have the needed conversations. Utilize accountability software to keep online activities on the radar.

May

Key ideas: Mother's Day

Posts should focus on “mommy issues.” How does attachment play into one's development and identity formation? What experiences with one's mother may be predictors of future emotional challenges and problems?

Action item: Seek out a therapist to discover and address suppressed emotional wounds. Join a support group so you can wrestle through these realities with others who care and will support/challenge you.

June

Key ideas: Father's Day

Posts should focus on “daddy issues.” How does abandonment, lack of affirmation, tough love, and toxic masculinity impact development and emotional health? What experiences with one's father may be predictors of future emotional challenges and problems?

Action item: Seek out a therapist to discover and address suppressed emotional wounds. Join a support group so you can wrestle through these realities with others who care and will support/challenge you.