

XXXchurch Content Calendar 2025

January - June

January

Key ideas: New Beginnings

Posts should focus on starting the year with a mindset of hope and renewal. January is a great time for reflection and setting new goals. How can men and their wives approach the recovery process in a fresh way? Encourage men to examine the state of their recovery and make new commitments to their healing journey. Address how small, achievable goals and intentions can build momentum over the year.

Action items: Try to incorporate one of the following into your post

- Take the 10-Day Freedom from Porn Action Plan – A clear, actionable step to start the year with a focused commitment to sobriety and personal growth.
 - Join a Support Group – Build a fresh foundation of accountability and connection, ensuring you're not walking the recovery journey alone.
 - Get a Community: Use the App to Stay Connected – Stay engaged and motivated with daily check-ins and a supportive community to keep your recovery on track.
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February

Key ideas: Healing Relationships

Since February is the month of love, focus on how love and trust can be rebuilt in relationships affected by addiction. Address how sexual addiction can disrupt intimacy and communication, and offer practical steps for restoring connection and trust in marriages. Highlight the importance of self-love and forgiveness as a foundation for relational healing.

Action items: Try to incorporate one of the following into your post

- Start your path to individual healing by joining Live Free and/or Live Free Wives – Begin the journey to healing by engaging in a support community where you can find guidance, share experiences, and receive encouragement as you rebuild trust and intimacy in your relationship.
 - Seek counseling – Professional counseling offers a safe space for both individuals and couples to work through the pain of addiction, improve communication, and start the process of rebuilding a healthy, trusting relationship.
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March

Key ideas: Accountability and Support

March should highlight the critical role of accountability in the recovery journey. Talk about the importance of having a strong, trusted accountability partner and how this practice can create lasting change. Explore the significance of group support, both for men struggling with addiction and for their wives. Encourage openness in relationships and highlight the value of sharing struggles and victories together.

Action items: Try to incorporate one of the following into your post

- Join a support group – Connect with others on the same journey of recovery by joining a support group where you can find accountability, share your struggles and victories, and be encouraged to keep moving forward.
 - Get X3watch and download accountability software – Strengthen your commitment to sobriety by using accountability software like X3watch, which provides real-time monitoring and alerts, helping you stay accountable and avoid temptations.
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April

Key ideas: Shame and Healing

April's theme should focus on the powerful role that shame plays in addiction and how it can hinder recovery. Shame often keeps men stuck in cycles of secrecy, guilt, and isolation. This month should address how to confront and break free from shame, both as individuals and in relationships. Explore the difference between healthy guilt (recognizing mistakes) and toxic shame (feeling unworthy or broken). How can men step into a new identity rooted in grace, and how can their wives support them in this process?

Action items: Try to incorporate one of the following into your post

- Join a supportive, non-judgmental community like Live Free – Break free from the isolation that shame causes by joining a community that offers understanding and acceptance, where you can safely share your struggles and begin to embrace a new identity rooted in grace.
 - Read *When Shame Gets Real* – Gain deeper insight into the destructive power of shame and learn how to confront it by reading this book, which helps differentiate between healthy guilt and toxic shame, providing tools for healing and self-compassion.
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May

Key Ideas: Mother's Day & The Role of Wives in Recovery

May is a great time to reflect on the role of wives in the recovery process. Many women carry significant emotional burdens in the wake of their husbands' addiction. This month should be a time of honoring and supporting wives in their own healing. Acknowledge the unique pain of betrayal trauma and offer specific ways wives can find healing and support.

Action items: Try to incorporate one of the following into your post

- Join Live Free Wives – Support your own healing journey by joining a community of women who understand your pain and can provide the encouragement and resources needed to heal from betrayal trauma and reclaim your peace.
 - Join a support group for spouses – Find solidarity and emotional support by connecting with others who are walking the same path, giving you a safe space to process your feelings and receive guidance as you navigate the challenges of your husband's recovery.
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June

Key ideas: Fatherhood and Responsibility

June brings Father's Day into focus. Use this time to reflect on the role of fatherhood in recovery and how men can become better fathers as they heal. Emphasize the importance of being a present, responsible, and emotionally available father and partner. Address how recovery can impact their role as a father, teaching their children healthy boundaries, respect, and emotional health.

Action items: Try to incorporate one of the following into your post

- Join a support group – Strengthen your recovery and fatherhood by joining a support group where you can find accountability, share your experiences, and learn how to be a present, emotionally available father while working through your healing.
- Sign up for X3pure 30-day course – Take an intentional step toward personal growth and sobriety by committing to the X3pure 30-day course, which provides the tools and accountability necessary to develop healthier habits and become the responsible, respectful father your children need.