

Finding Sexual Purity

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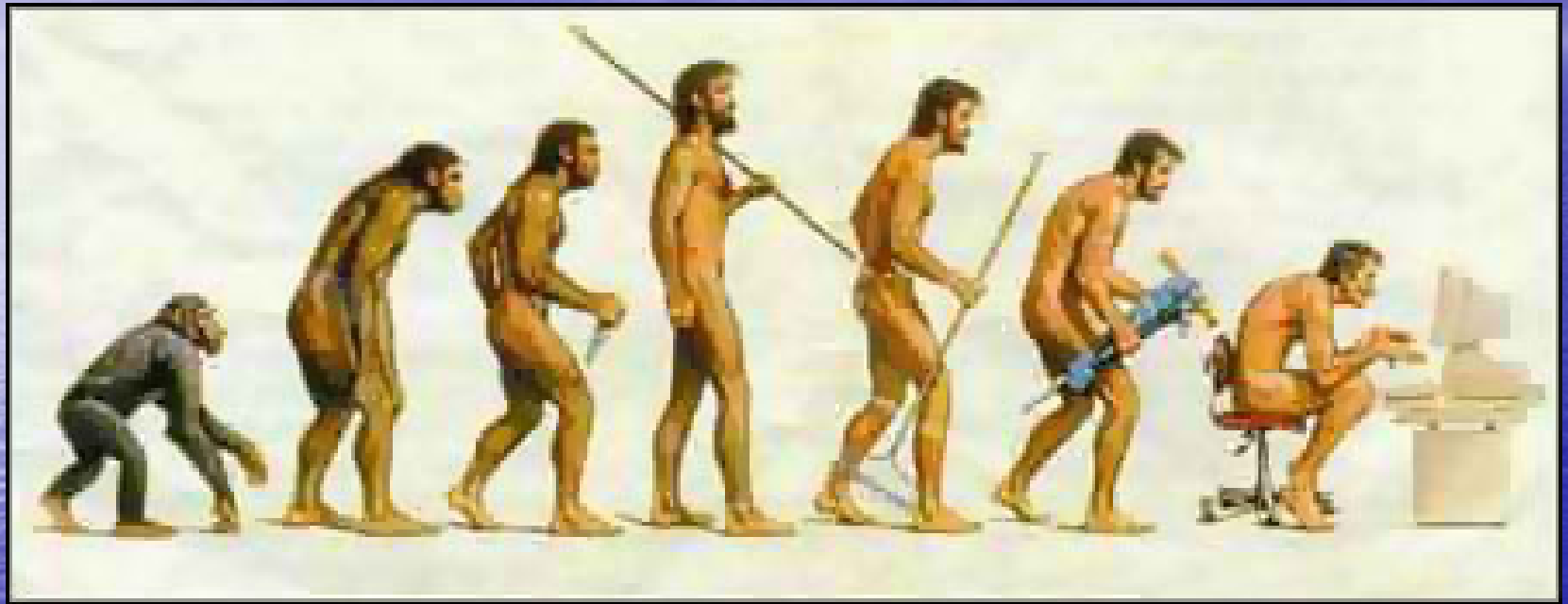
Faithful and True Ministries

www.faithfulandtrueministries.com

The Greatest Enemy of Sexual
Health is Silence

Today we want to

- Increase your awareness
- Provide practical suggestions
- Direct you to resources
- Offer personal testimony





"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."



"You should check your e-mails more often. I fired you over three weeks ago."

General Internet Stats

- 316 Million “active” users
- 1400 Web pages per month, per person
- 9-10 hours on computer per week at home
- 20 hours on computer per week at work
- Webpage views average 45-50 seconds

Statistics

- Pornographic websites equal 4.2 million - 12% of total websites, but 60% of all web traffic
- Playboy's website averages 5M hits per day
- 20% of American adults have visited a porn website
- 70% of porn visits are from males; 30% from females
- Spend \$320 million/yr on fee based pornography
- Adults admitting to Internet compulsion is 10%

My Story

- Lonely, Isolated, and Terrible Self-image.
- Sexually Abused as Child.
- Incomplete Attachment to Mom.
- Desperately Seeking Affirmation, Love, and Nurture.

Why talk about sexual temptation and pornography?

- We are experiencing an epidemic today of people who get “trapped” in pornography.
- One recent survey revealed that 2/3 of Christian men have visited Internet sites and struggle with them.
- Studies also reveal that 40% of pastors use the internet to view pornography.
- A recent survey claims that 1/3 of those pastors had looked at pornography in the last 30 days.

The Hart Report

Dr. Archibald Hart, a Christian psychologist who works as the Dean of the Graduate School of Psychology at Fuller Theological Seminary in California, did a study of 600 Christian men. In this study he wanted to determine what was normal in terms of sexuality for this population. He studies topics such as:

- How men think about sex
- What men really want from sex
- Men and pornography
- What contribution the male's sexual experiences make toward marital difficulties

Some results from Dr. Hart's study

- 77% of the men think about sex either hourly or daily. This percentage does not really change until after the age of 55 or older and then it drops to 65%.
- 91% of the men raised in a Christian home report having been exposed to pornography.
- 1st exposure to pornography occurred between the ages of 13-15. For some it was as late as 20-25.

Further results

- The study also showed that being married doesn't necessarily remove the need for pornography nor for masturbation.
- 1 in 6 married men, even with a strong religious orientation, still find it necessary to use pornography to stimulate themselves to masturbation.

Christian women are also at risk

- *Today's Christian Woman* magazine recently polled its readers about whether they used pornography, and 34% responded that they had intentionally sought out pornography on the Internet.
- According to Nielsen NetRatings, nearly one in three visitors to adult websites is female. Using these statistics, Nielsen estimated that 9.4 million women in the United States accessed pornography online in September 2003.

What about Wycliffe/SIL?

- WBT USA states that 90% of the male applicants today report significant use of/access to pornography in the two years previous to their application.
- SIL International reports in the last 3 years an average of 2 individuals per month have needed some administrative intervention.
- This is not just a Western problem, Asian WOs have been faced with the same problem.

What makes Internet pornography so dangerous?

The Triple –A Engine

➤ **Accessible**

➤ **Affordable**

➤ **Anonymous**

Dr. Al Cooper, psychologist who studies Internet Addiction

- Another factor has been added to this

➤ **Accidental**

Dr. Mark Laaser, Director of the Christian Alliance

Accessible

- Almost everyone has Internet access.
- Public places have Internet access, such as airports, libraries, schools.
- Internet can be accessed at work.

Affordable

- Most of the material is free.
- Membership fees for most of these sites are relatively inexpensive.
- However, as appetites increase, addicts are drawn to more expensive materials.

Anonymous

- At least it seems to be.
- Access can be in the privacy of your own home.
- You don't have to buy it in a public place anymore, which is one reason women are now becoming more involved.
- Truth is that businesses, schools, churches, and mission organizations now have monitoring software that tracks Internet use.

Accidental

- Our first exposure can be accidental. This is not true for other addictions.
- 90% of children between ages of 11-17 will be exposed to internet pornography accidentally.
- Many of us receive unsolicited emails that advertise sexually oriented web sites.
- Using the worldwide web for constructive purposes can expose us accidentally to sexually oriented sites.

Why can't I just quit?

Biological addiction to pornography

- Addiction to pornography is different from other chemical addictions because the addictive chemicals are manufactured in our own bodies.
- **Adrenaline, dopamine, and serotonin** are all produced due to the excitement of the chase and the danger of it all. These chemicals all make you feel good. Some of them are natural anti-depressants.

How do I know if I have a problem?

Behavior and thoughts	Sex Addicts	Non-Sex Addicts
Thinks about sex	Constantly	Occasionally
Encounters sexual stimuli, such as pornography or an attractive person.	Initiates a cycle of sexual thoughts and hoped-for sexual activities. Disregards all moral and	Notes the stimulus and moves on to other thoughts. Considers all moral and spiritual boundaries.

Behaviors and thoughts	Sex Addicts	Non-Sex Addicts
Masturbation	Becomes a habitual pattern used to medicate feelings.	Experiments but doesn't allow it to become a pattern.

Behavior and thoughts	Sex Addicts	Non-Sex Addicts
Experience of sexual sin	Goes through a cycle of guilt and shame but repeats the sin.	Repents, confesses, and learns from the experience.
Marital sexuality	Selfish use of spouse to meet needs, including the need to avoid feelings.	Selfless expression of emotional and spiritual intimacy.

It can't happen to me!

- The Strongest man, the wisest man and the man referred to as "a man after God's own heart" all succumbed to sexual temptation.
- Samson, Solomon and David
- 1Co 10:12 Therefore, the person who thinks he is standing securely should watch out that he does not fall

Definition of Sexual Addiction

- Unmanageable
- Creates Tolerance
- Degenerative/Progressive
- Creates Destructive/Negative Consequences
- Used to Escape Feelings
- Entitlement
- Used as Reward



What if this is a problem for
me?

What should I do?

Today's church is highly conflicted about how to deal with sexual addiction, and efforts to deal with this problem in the church are fraught with peril.

Why is this such a problem?

I. Our leaders themselves are often struggling and living in denial



What's the problem with
pastors these days?



What's the problem with pastors these days?

Overwork

Frustrated job hopes / vision

Counseling relationships

Competing / conflicting expectations

Low pay

Loneliness and isolation

Conflict / Codependence

Idealization and dehumanization

Why is this such a problem?

- 2. This issue is highly personal and carries with it lots of shame**

Why is this such a problem?

- 3. Christians wrestle with the tension of extending grace vs. upholding righteousness**

Pastors:

30% -- Saddleback (6000 pastors)

37% -- 2003 Focus on Family

51% -- 2002 Christianity Today

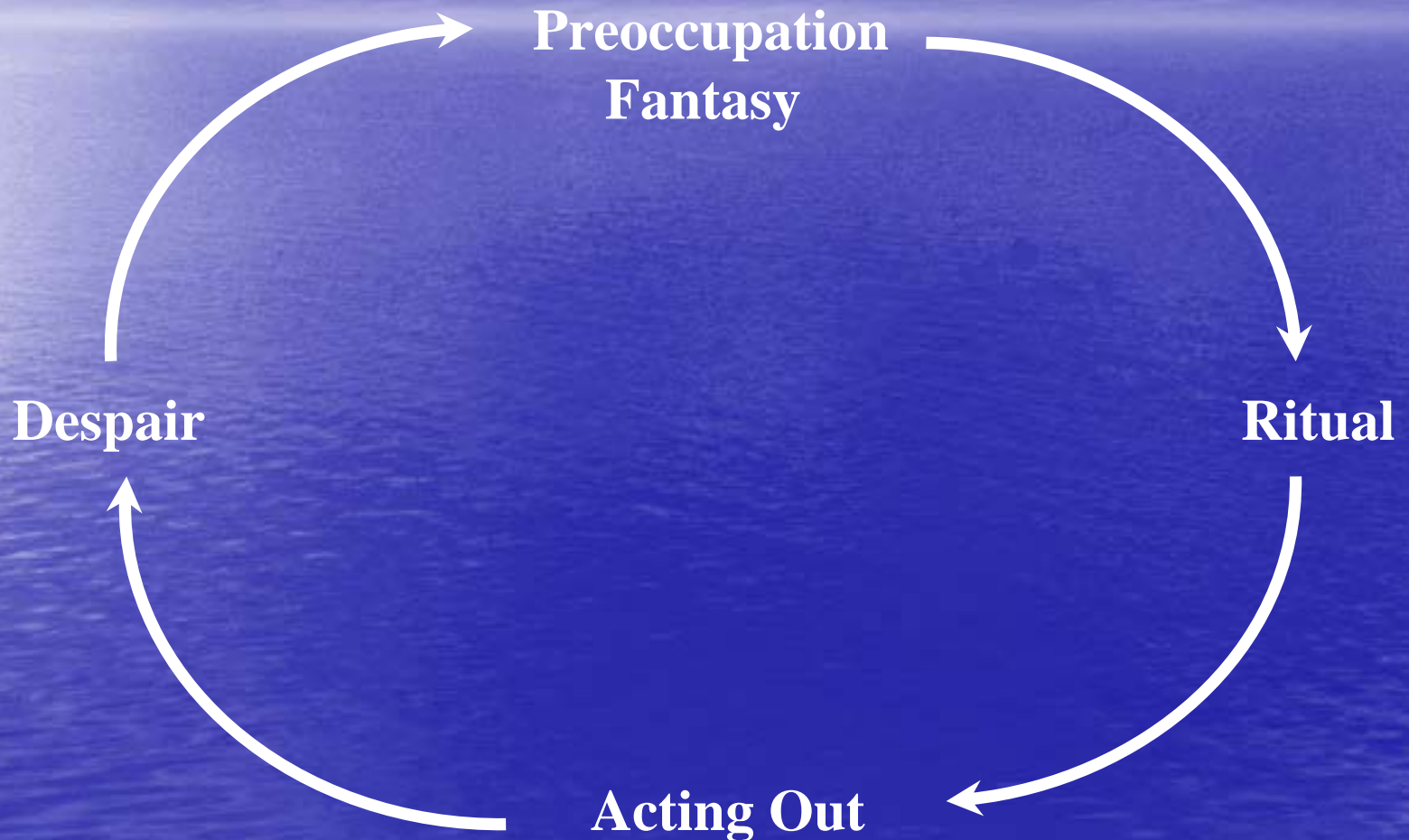
64% -- Patrick Means (pastors & leaders)

37% -- 1991 Fuller Institute

Characteristics Of Pastors with Sexual Addiction

- Lonely/Isolated/No Accountability
- Shame/Narcissism
- Repressed Anger
- Family of Origin Traumas
- Co-dependent/Dependent Personality
- Arrested Adolescent Spirituality
- Intimacy Disorder/Marriage Difficulties

The Sexual Addiction Cycle



Eating Disorder



Addiction Interaction

Preoccupation

Preoccupation

Ritual

Work Addiction

despair

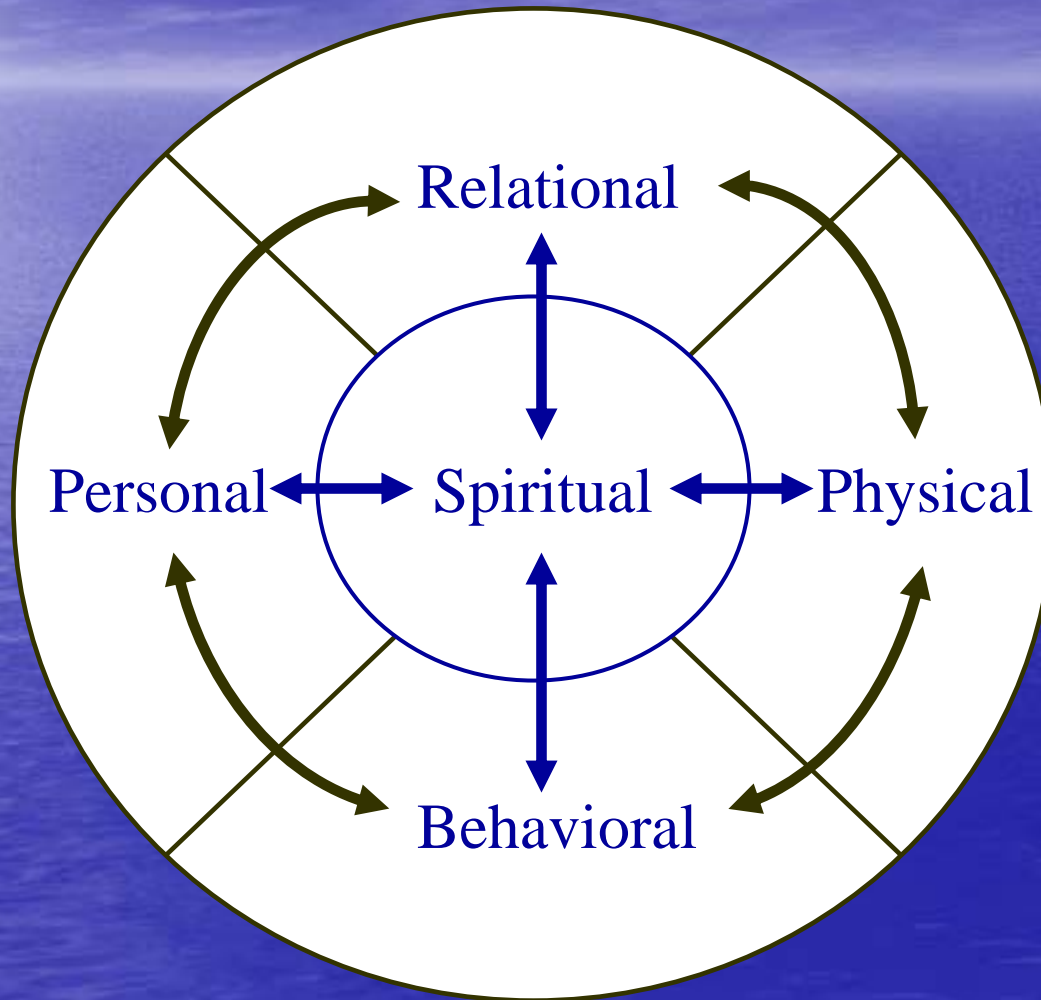
Sex Addiction

Ritual

Acting
Out

Acting
Out

5 Dimensions of Sexual Health



Three Spiritual Questions

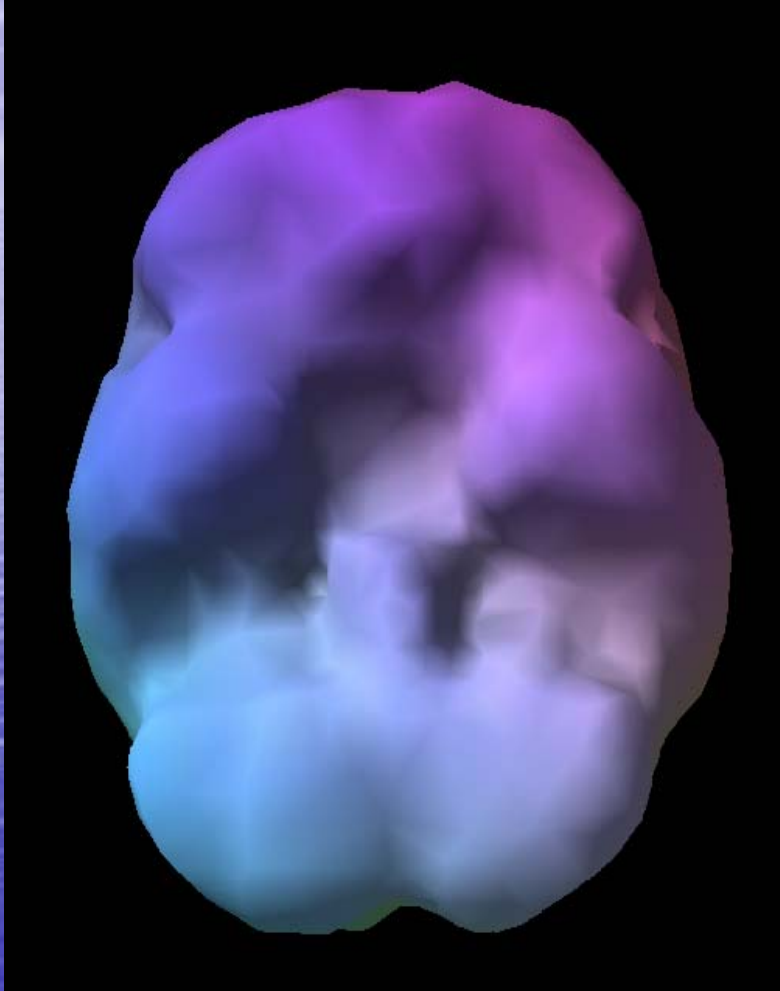
- Do You Want To Get Well?
- What Are You Thirsty For?
- What Are You Willing To Die For?

According to an article in the journal of Pediatrics, for every hour a child watches TV or plays a video game the chance that he or she will develop ADD increases 10%.

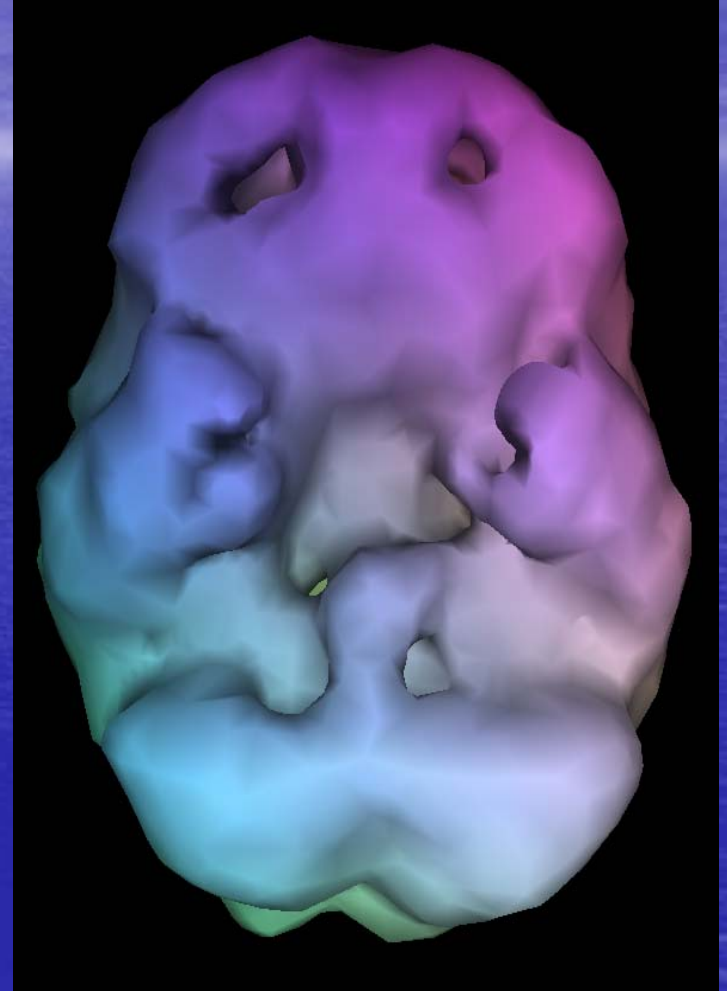
PFC Functions

- Attention span
- Judgment
- Impulse control
- Organization
- Forward thinking
- Internal supervision

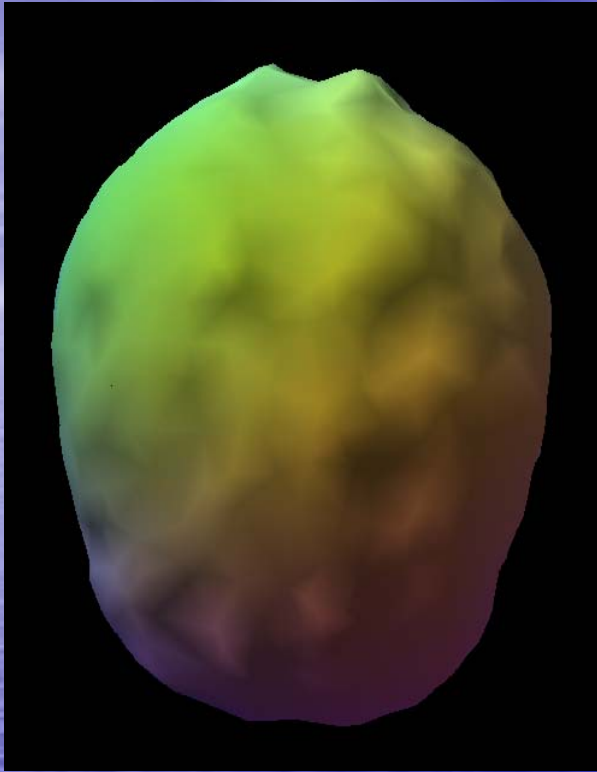
Brain Chemistry



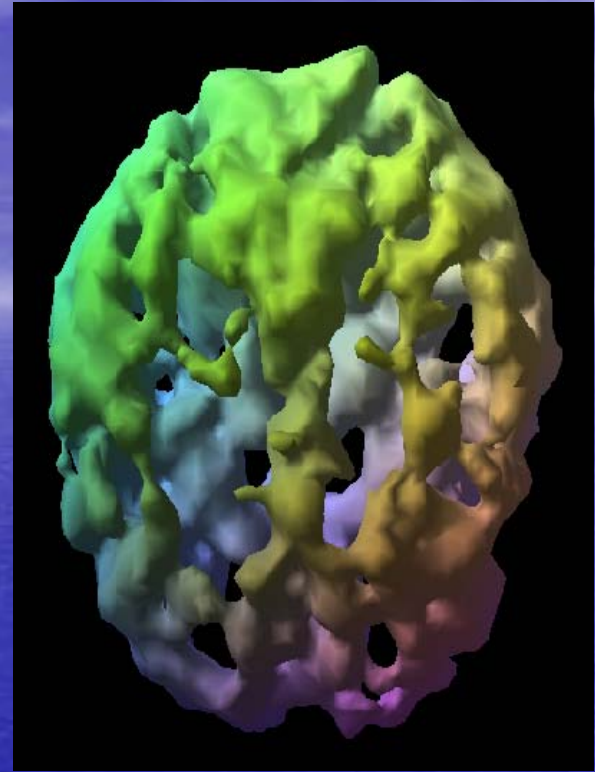
Normal



Kip

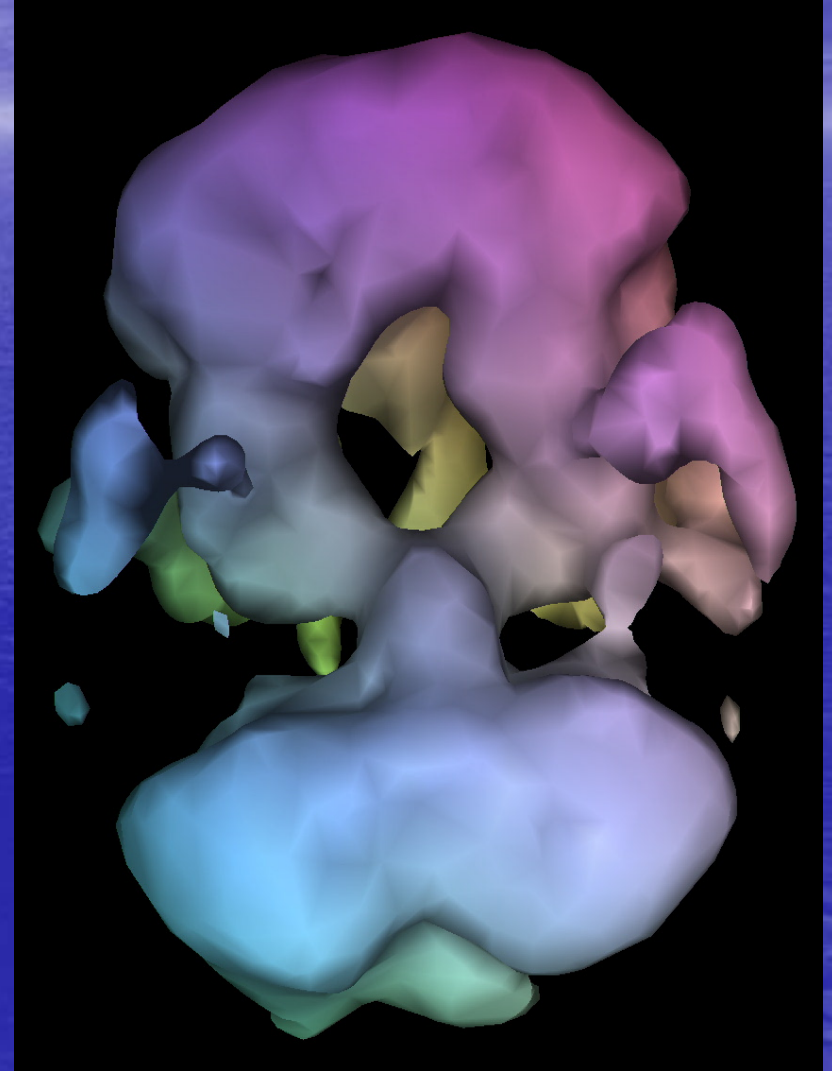
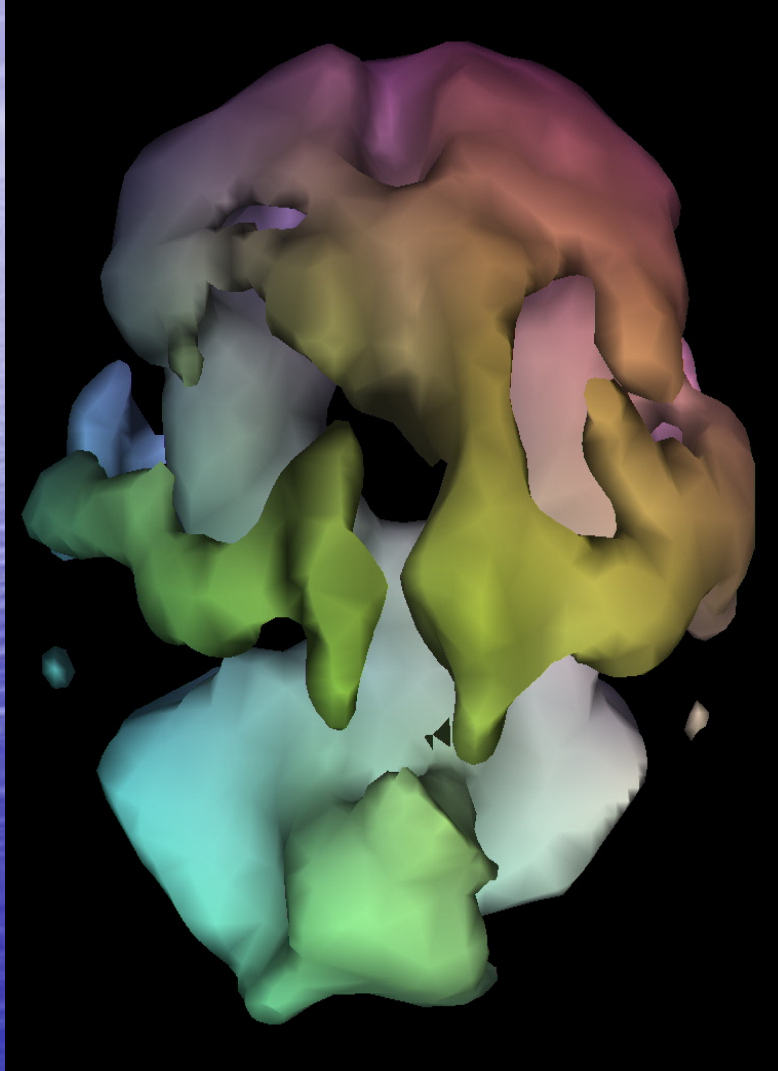


- When your brain works right, you work right



- When your brain doesn't work right, it is very hard to be your best self

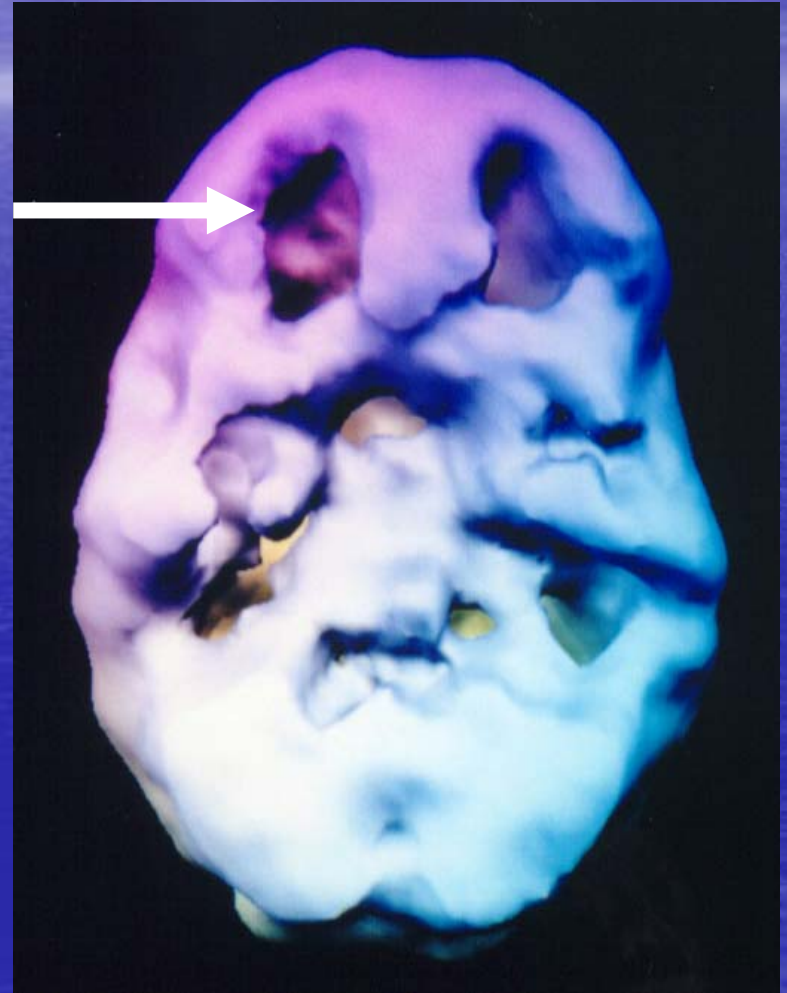
Alzheimer's Disease



Prefrontal Cortex

Problems

- Short attn span
- Impulsivity
- Procrastination
- Disorganization
- Poor judgment
- Lack of empathy and insight

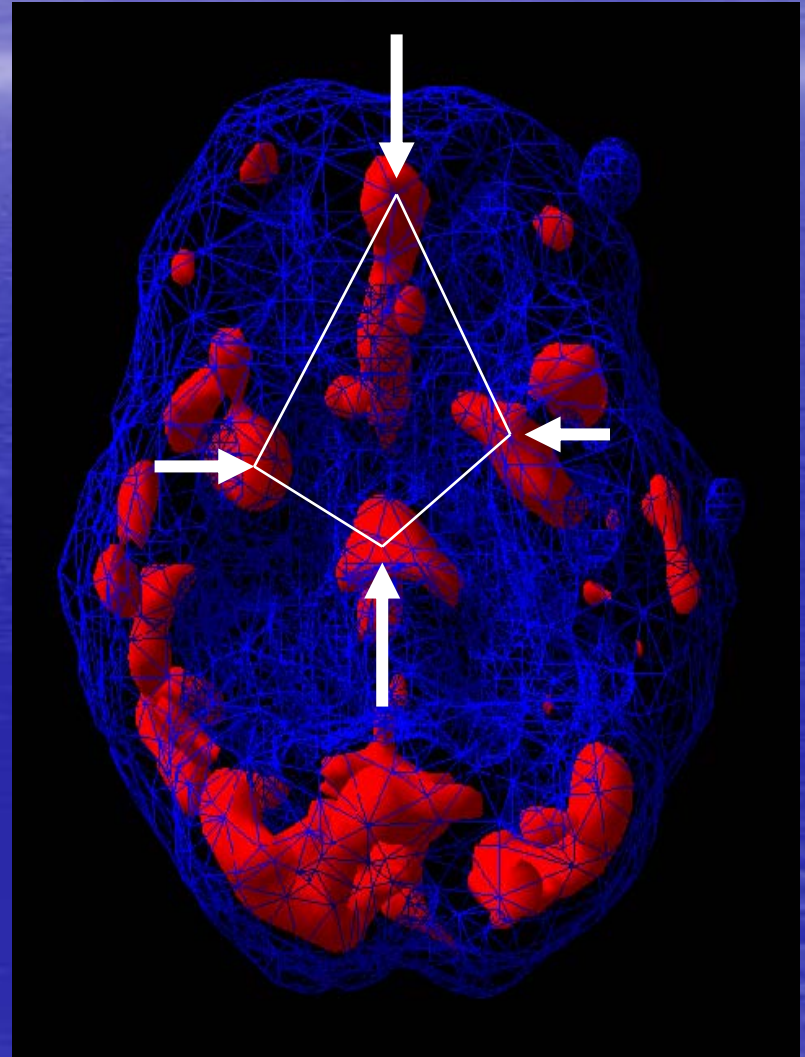


ADHD, rest and concentration

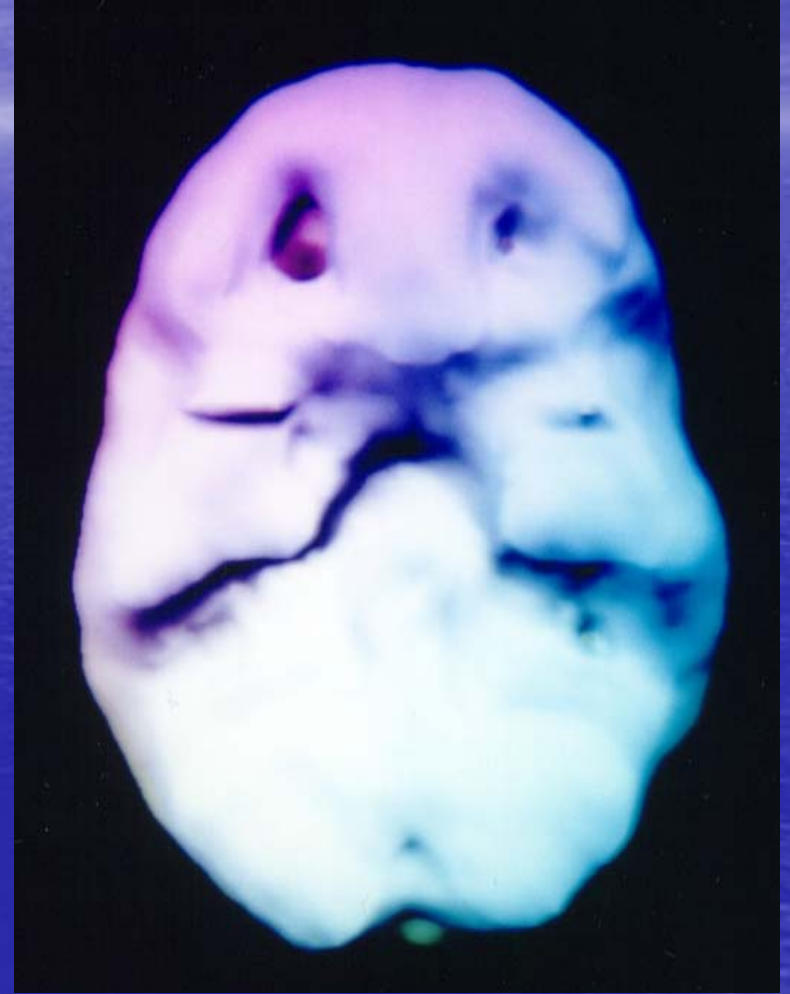
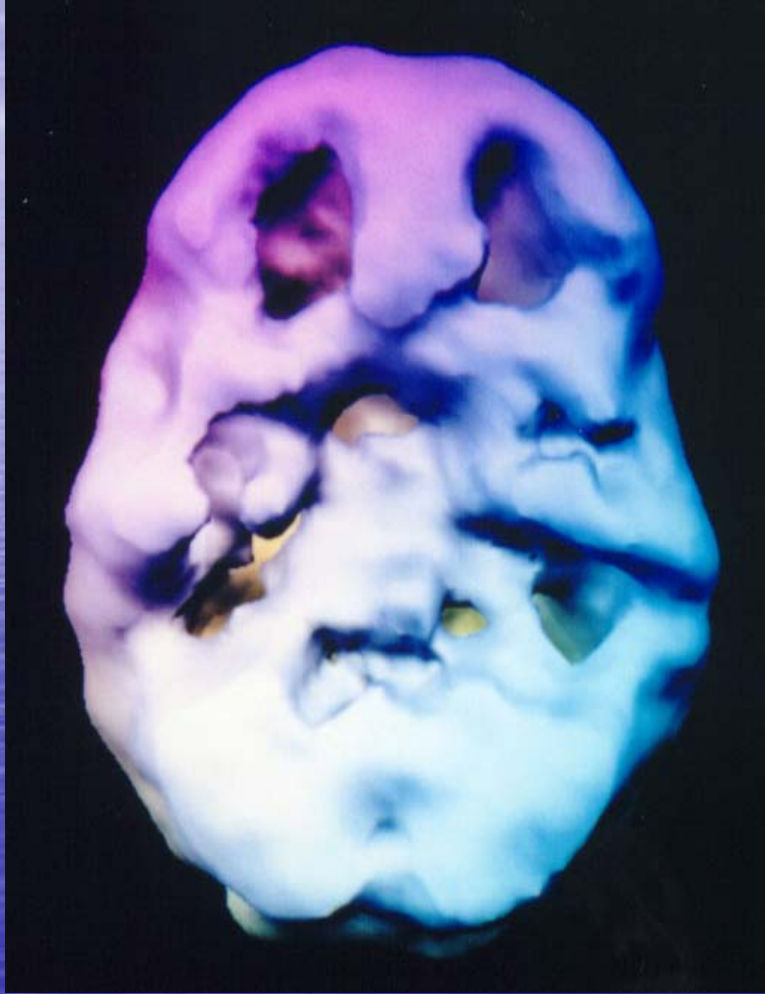


Post Traumatic Stress Disorder

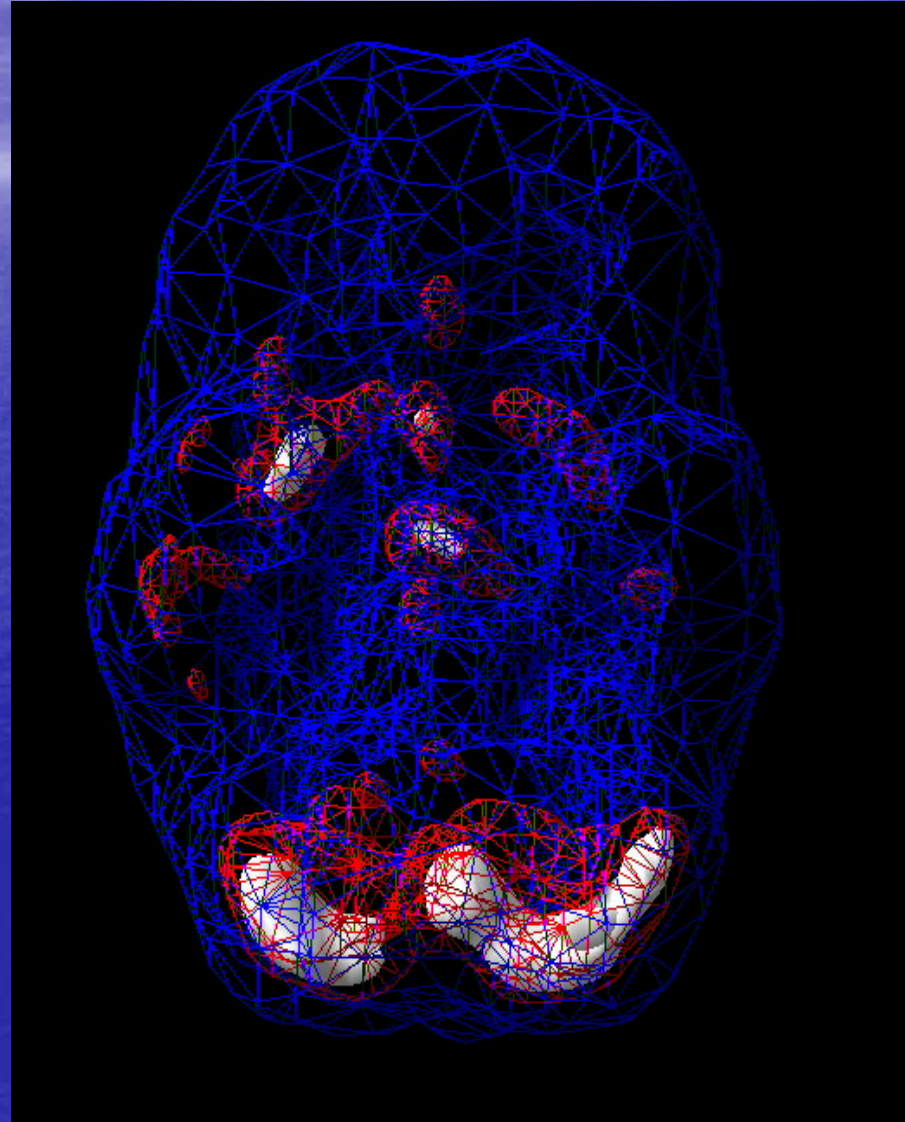
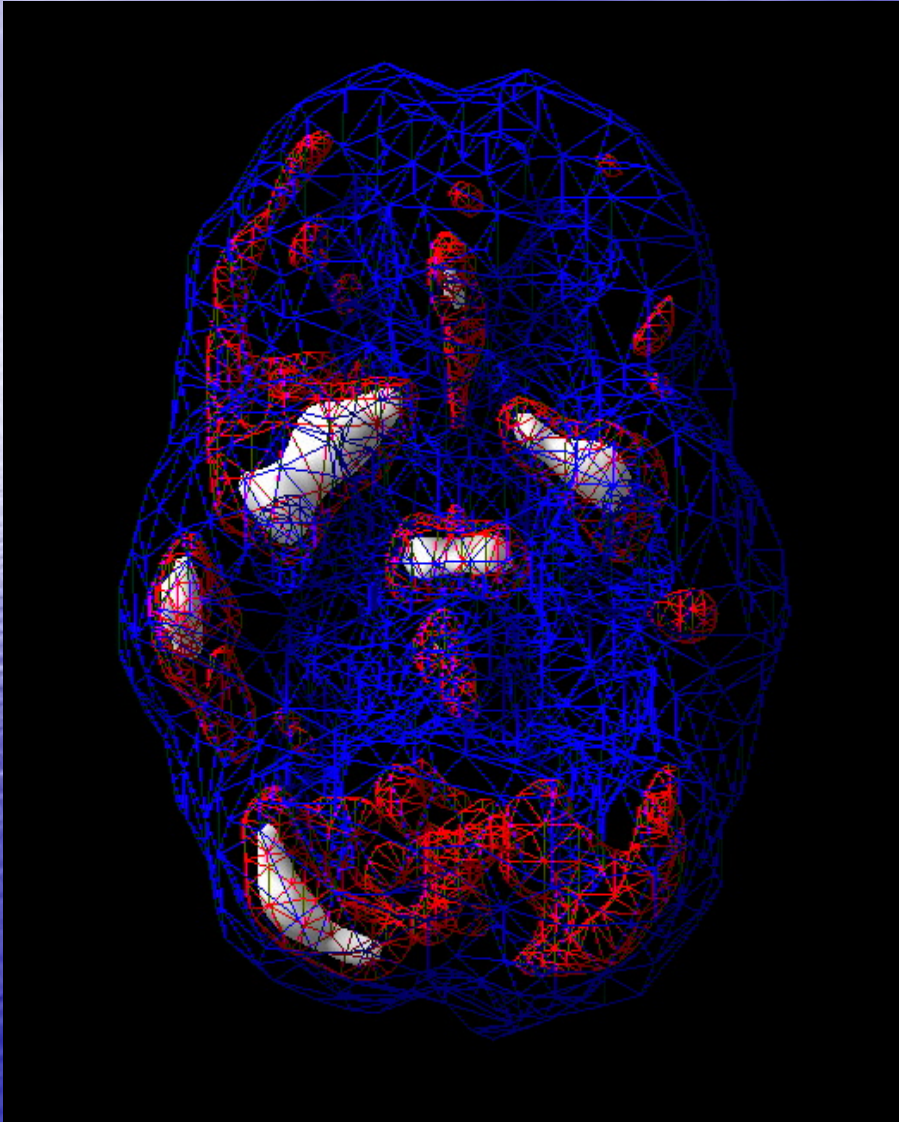
- **Diamond Pattern**
 - Increased anterior cingulate
 - Increased basal ganglia
 - Increased thalamus (limbic)
 - Increased right lateral temporal lobe

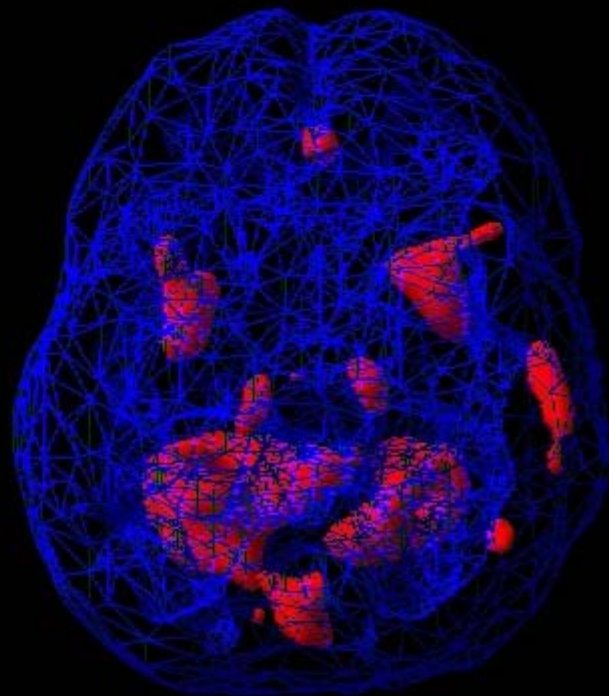
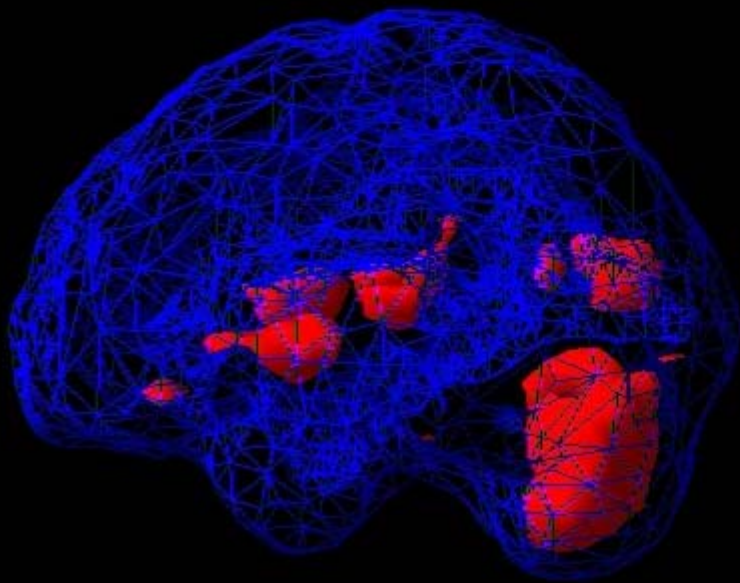
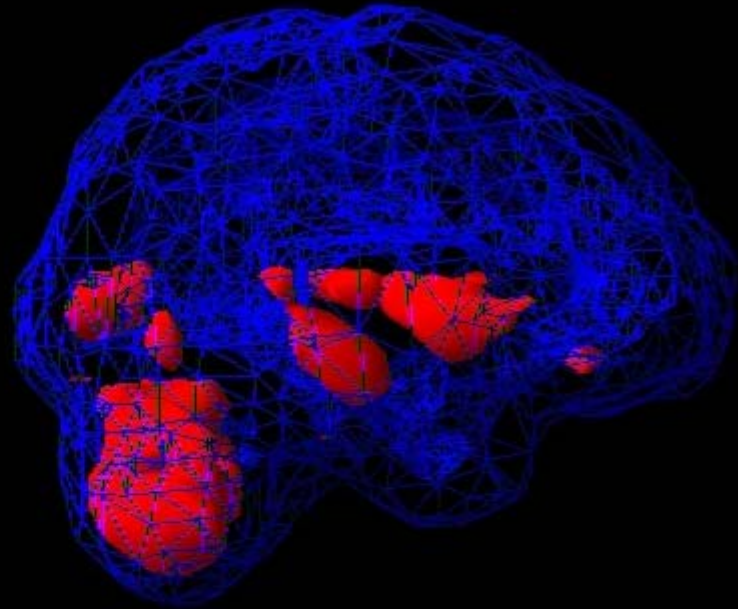
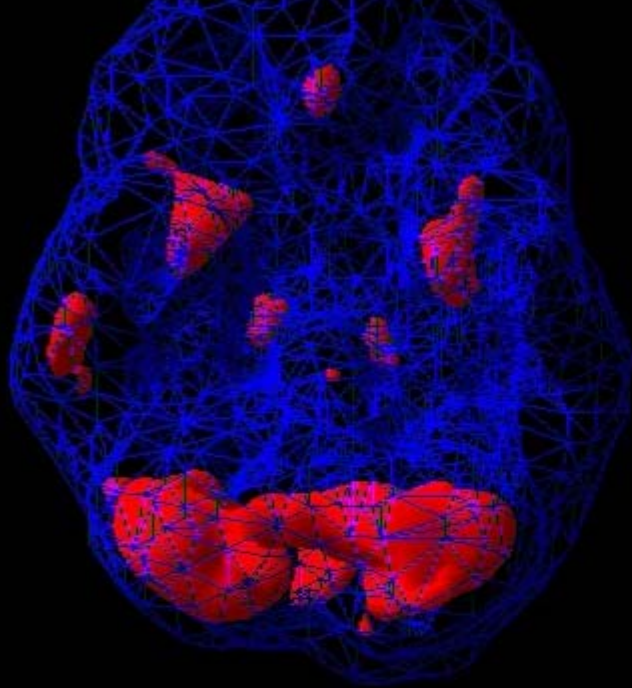


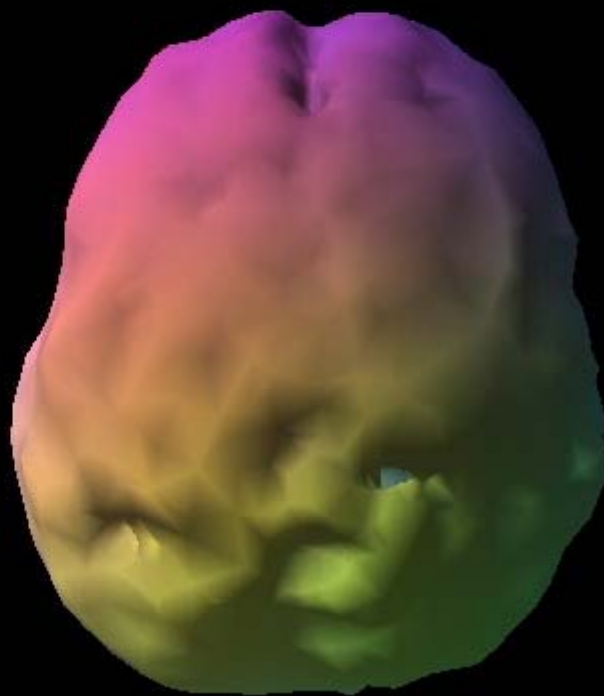
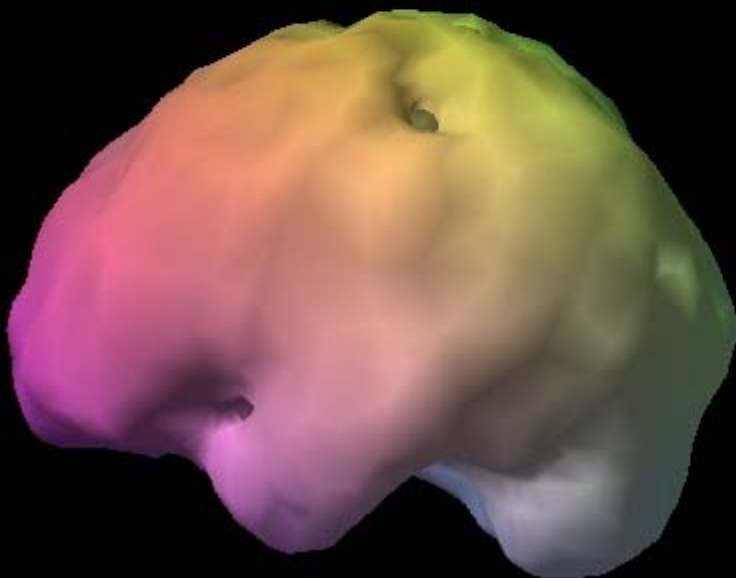
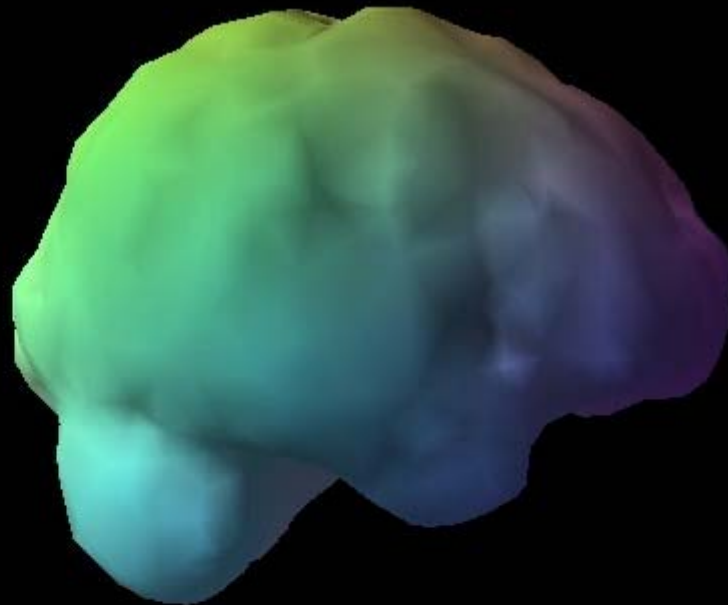
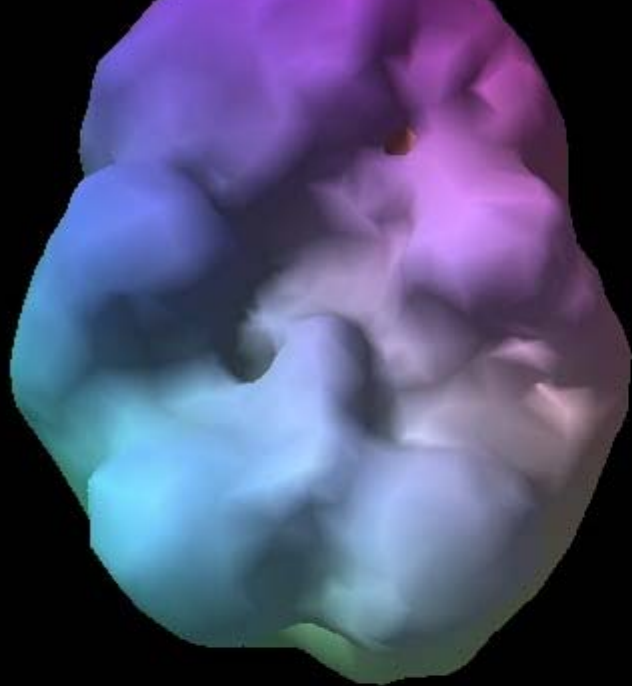
ADD, off an on Adderall



Kriya Kirtan Meditation

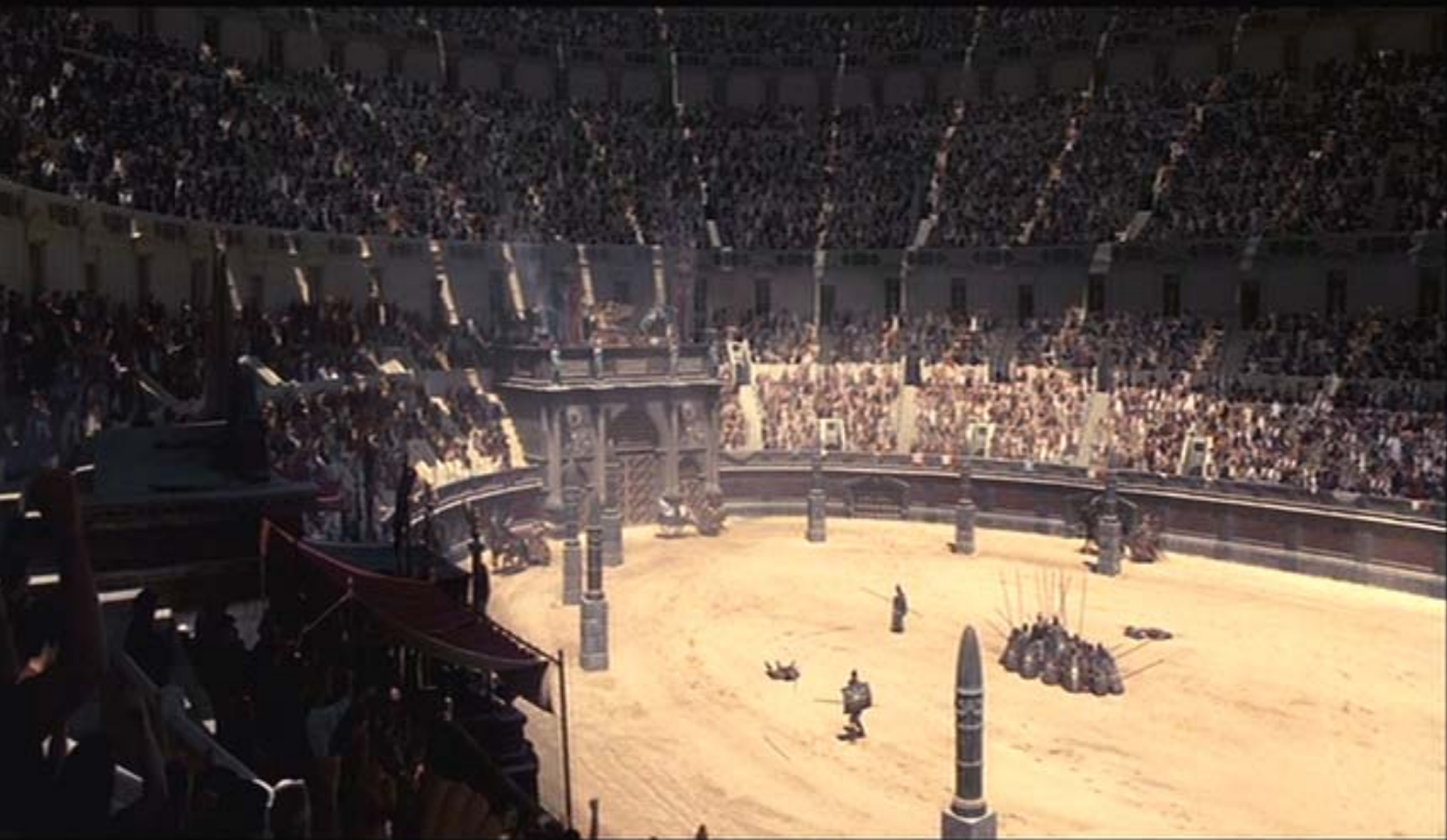














Practical Safeguards

- **Destroy all your pornography:**
Delete everything on your computer or any other materials you may have.
- **Internet Filtering Software**
- **Install an accountability software program**
Use a monitoring program that emails your browsing habits to a designated accountability partner. (Covenant Eyes)

Practical Safeguards

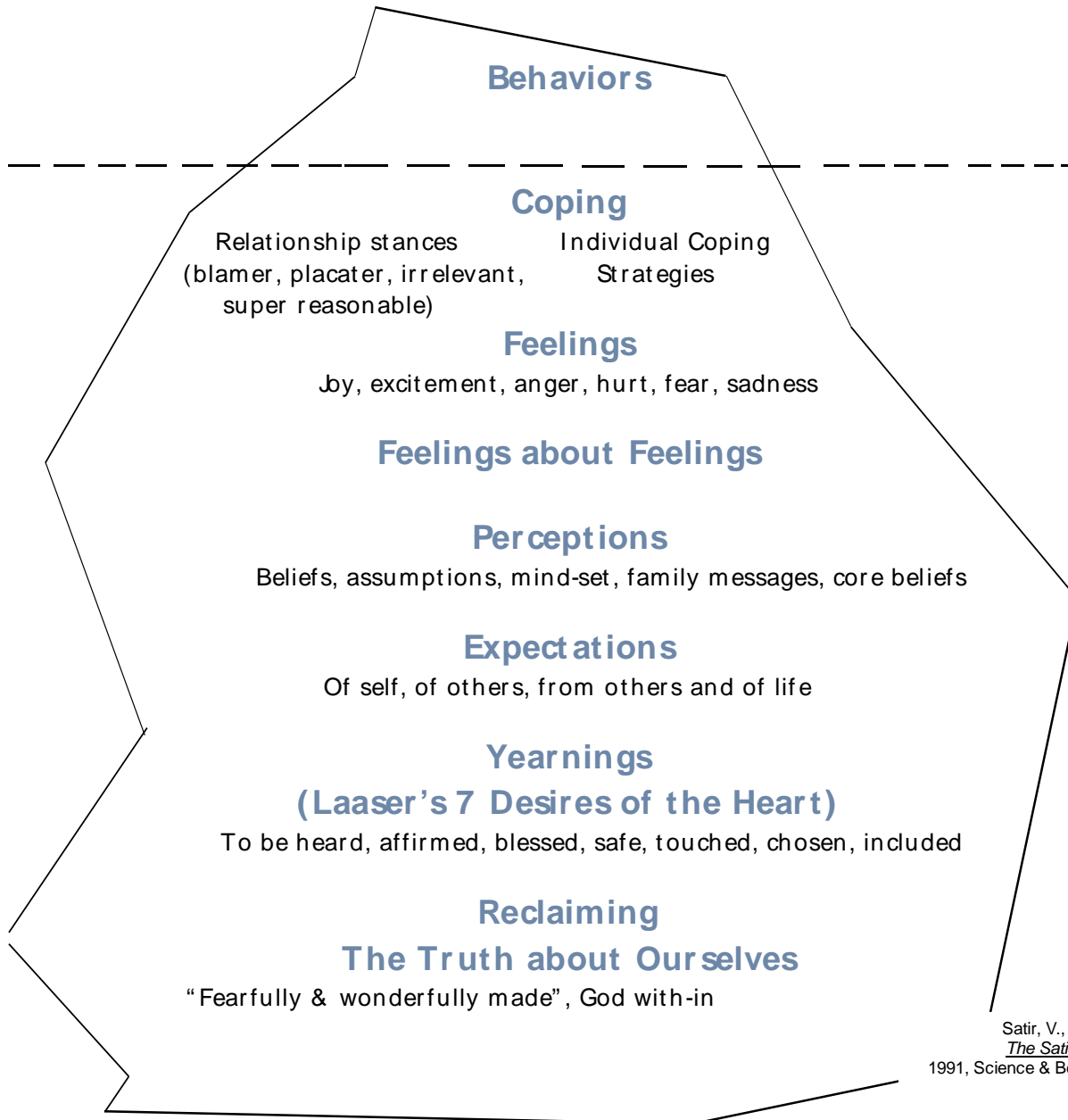
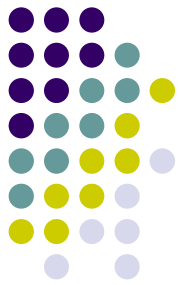
- **Make sure your computer is in a public place.**
- **Limit your time on the internet.**
- **Change your habits.**

Don't go to the Internet when you are alone in the house.

Go to bed with the rest of the family.

- **Don't feed your fantasies.**
- **Educate yourself about this topic to learn more about how this effects you and those around you.**

THE ICEBERG MODEL



The Seven Desires of the Heart

The common yearnings of all men and women...

- To Be Heard and Understood
- To Be Affirmed
- To Be Blessed or Praised
- To Be Safe
- To Be Touched in Healthy/Non-Sexual Ways
- To Be Chosen
- To Be Included

**A People without a
Vision...**

Go Unrestrained.

**They are without
Boundaries**

TWO BASIC MOTIVATIONS.

1. NEED.

2. VISION.

What Do We Do With Our Sex Drive? That is, our creativity, productivity, and passion:

Fantasy

- My image of the solution to my pain
- Character of addict
- Appetite for sex
- See all sexual stimuli

Vision

- God's image of the solution to my pain
- Character of integrity
- Appetite for righteousness
- See all opportunities to serve

Strategies for Churches:

I. Organic / non-programmatic

Strategies for Churches:

2. Preaching / teaching on the subject

- 44% want to hear more on this
- 85% vs. 47% “preach yearly”

“Perhaps this desire for more biblical exposition on sexual issues exists because pastors are not speaking forcefully or clearly enough, while exposure to sexual images and messages in today’s media is ever more heightened.”

- CTI analyst

My Sorry **Sex** Life



Sermon Series – River Valley Church

PornSunday

BROUGHT TO YOU BY
XXXchurch.com



National Porn Sunday – October 8

<http://pornsunday.com/>

Strategies for Churches:

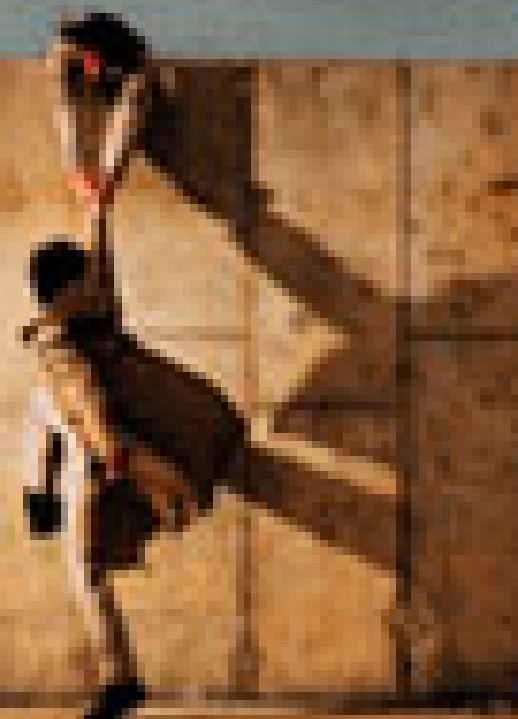
3. Customized purity event with follow-up strategy

- Celebrate Recovery
- LIFE group
- further teaching

WHAT CAN YOU DO WHEN
PREACHING A SERMON
ISN'T ENOUGH?

CELEBRATE
RECOVERY

A Christ-Centered Recovery Program
for Purpose-Driven Churches



<http://www.celebraterecovery.com/>

Every Man's Battle for Purity



Stage 1: The Battle

Stage 2: Purity Boot Camp

Stage 3: Purity Platoons

Stage 4: Maturity Platoons

Resources

- **Books**

1. *The Pornography Trap* by Dr. Mark Laaser

2. *The Sexual Man* by Dr. Archibald Hart

3. *Healing the Wounds of Sexual Addiction*
by Dr. Mark Laaser

4. *Out of the Shadows* by Patrick Carnes

5. *When Good Men are Tempted* by

Resources

6. *L.I.F.E. Guide for Men* by Dr. Mark Laaser
7. *Every Man's Battle* by Stephen Arterburn
8. *Every Heart Restored* by Stephen Arterburn (particularly for women whose husbands struggle with pornography)
9. *Every Young Man's Battle* by Stephen Arterburn (particularly for

Web sites

- www.faithfulandtrueministries.com
(directed by Dr. Mark Laaser)
- www.pureintimacy.org (Focus on the Family)