

“Cyber Seduction – The Porn Pandemic

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The Facts of Life

Where did you learn the facts of life?

From God? (Everything God made is
“good”.)

From the world? (Satan tried to make
“good” things perverted.)

I Thess. 4:3-8 – “For this is the will of God, [even] your sanctification, that ye abstain from fornication; ⁴ that each one of you know how to possess himself of his own vessel in sanctification and honor, ⁵ not in the passion of lust, even as the Gentiles who know not God; ⁶ that no man transgress, and wrong his brother in the matter: because the Lord is an avenger in all these things, as also we forewarned you and testified. ⁷ For God called us not for uncleanness, but in sanctification. ⁸ Therefore he that rejecteth, rejecteth not man, but God, who giveth his Holy Spirit unto you.”



God's Views on Sex outside of Marriage (OT)

Death Penalty for:

Incest: Lev. 18:1-18

Adultery: Lev. 19-22

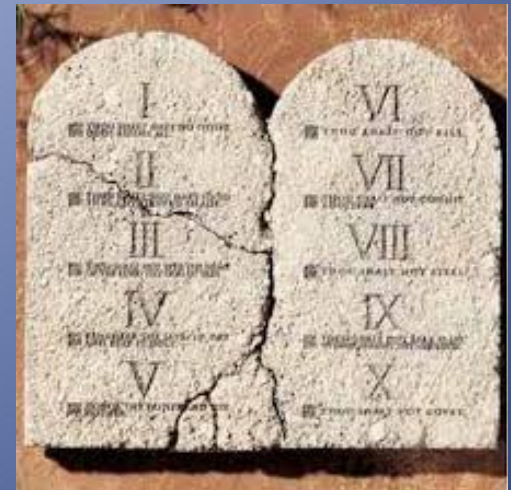
Rape: Deut. 22:22-29

Whoredom: Ex. 22:16,17; Deut. 23:17

Bestiality: Lev. 20:15, 16

Sodomy: Lev. 20:12

Non-virgin bride: Deut. 22:13-21



“Thou shalt not commit adultery” (Ex. 20)

New Testament

Lust: **Matt. 5:27-30**

Fornication: **Matt. 5:32; 15:29; Rom. 1:29; I Cor. 6:9**

Adultery: **Rom. 13:9**

Lasciviousness: **I Pet. 4:3-4**

Such like: **Gal. 5:21**

Concept of “bastard”: **Heb. 12:8**

Whoremonger: **I Tim. 1:9-11; Heb. 13:4**

Sodomy: **Rom. 1:26-28; 31-32**

Flee fornication: **I Cor. 6:18-20**

Possess your vessel in honor: **I Thess. 4:3-8**



The Fantasy is not the Reality

Consider the bad advice of Jonadab (II Sam. 12:2-15)

Nobody is the same after a sexual sin.



Understanding the physical drive - 2

Males

- The body regulates semen based on supply and demand. The greater the demand, the greater the body is triggered for the supply. The “build up” demands release.
- Sex in marriage releases important hormones in the male brain
- Dopamine (the “feel good” hormone) and oxytocin (the bonding hormone). Thus, a male who has regular sex with his wife can actually become “addicted” to her. His brain has been trained to find her desirable.



Understanding the physical drive - 3

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- When a couple has a new, exciting sexual experience, the body release different chemicals - phenylethylamine (PEA) and adrenaline.
- Impacts the brain in a way similar to crack cocaine.
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Understanding the physical drive - 4

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- ✧ A great sex life won't solve the problems in marriage. But, it will ramp up the husband's affection and attraction to his wife.
- ✧ "Most men face a lifelong struggle to control their sexuality. The struggle is between their hormones and their higher aspirations." - Archibald Hart
- ✧ Marriage means that the man should not have to fight temptation alone.
- ✧ No wife is responsible for her husband's sexual choices. Even a man whose wife withholds herself does not have an excuse to seek sexual pleasure outside of marriage.



What is the frequency of sexual relations with the couple?

- ✧ Physical roadblocks:
- ✧ Church members frequency is reported as: “4 times a year if I’m lucky”, “once a year”, “never”, “once every six months”, “on his birthday”, “four time a day”, “two to three times a week except during her period”.

First listen to God on this:

- Works of the flesh (Gal. 5:19-21)
- Without natural affection (Rom. 1:31,32)
- Looking to lust (Matt. 5:27-30)
- Eyes full of adultery...cannot cease from sin (II Pet. 2:14)
- “Evil men and seducers shall was worse and worse.” (II Tim. 3:13)
- “Entice unsteadfast souls” (II Peter 2:12-22)

Job's covenant

Job 31:1-4 – “I have made a covenant with my eyes not to look upon a maiden.”



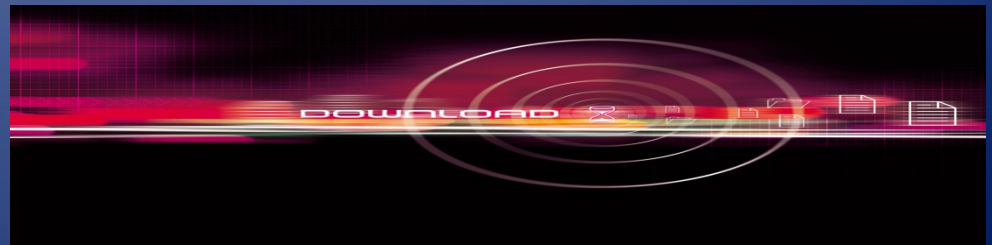
10 Types of internet Related Sex Addicts (After Patrick Carnes, Ph.D.)

- Fantasy Sex
- Seductive Role Sex
- Voyeuristic Sex
- Intrusive Sex
- Exhibitionism
- Sex Trading
- Anonymous Sex
- Paying For Sex (Prostitution)
- Pain Exchange
- Exploitive Sex



Internet/Porn Addiction Criteria

- Frequent viewing for longer periods than intended
- Repeated, unsuccessful attempts to stop, cut back or control behavior
- Irritability off-line during period of attempted abstinence



Internet /Porn Addiction Criteria

- Escalating sexual behavior-more intense and higher risk
- Deceive family and friends to protect internet activity
- Committing Illegal Acts online
- Jeopardizing or losing relationships, job, education or career



Myths/Denial about Pornography

- Justifies Sex with Self and lust
- Doesn't hurt anyone, even me
- Helps stimulate marital sex
- It's not real life
- Can stop whenever I want
- No consequences
- Just a game-virtual reality
- Satisfies curiosity



Did you also know...

- Viewing pornography releases the same chemicals into your brain that heroin or cocaine does (Hyde & Christenson, 2010).
- Consistent exposure to pornography can rewire the brain (Hilton, 2010).
- Patients with cybersex/online pornography addictions report a level of stimulation that is difficult to replicate in real life with real people (Carnes & Carnes, 2010)
- A study of youth between the ages of 10 and 17 concluded that there is a significant relationship between frequent porn use and feelings of loneliness and major depression (Ybarra & Mitchell, 2009).



Addicted to Pornography?

Unhealthy Signs

- Husband demands wife to be in a certain physical position for intercourse
 - Re-enactment (replay) of pornographic materials
 - Have X-Rated (XXX) video for sex
- Husband demands wife to wear a certain kind of lingerie (“To seduce-tease him”)
 - He buys specific pieces of underwear, stockings
- Husband is distracted by flash backs of pornographic images while love-making

Addicted to Pornography?

Unhealthy Signs

- Sex with Self after marriage (decreased desires)
 - Sexual “Anorexia” “Indifference”
- Very few or no male friendships
- Gets enraged easily or numb emotionally
 - Polarized emotional expression vs. full-range
 - Happy to sad vs. anger to numbness
 - Numbness to dissociated vs. euphoria to numbness
- Rigidity & inflexibility
- Telling half-truths and lies to cover-up

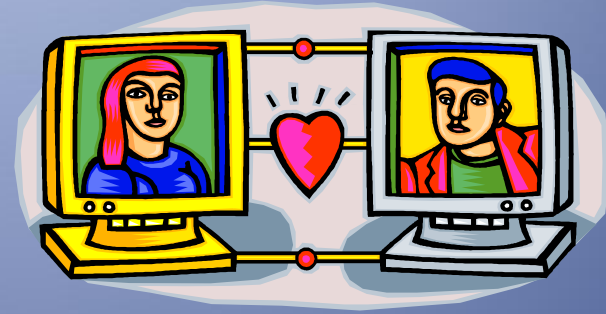
Addicted to Pornography?

Unhealthy Signs

- Compulsive (Uncontrolled) “Cyber-Porn” use
 - Chat Room visits online at work or after bedtime
 - Rendezvous-meetings via chat room & email
 - Sex for hire experiences: Strip Clubs, Prostitutes
- Compulsive (Ritualistic) “Tele-Porn “ use
 - Astoundingly high phone bills
- Unexplained hotel bills, sex toys, wigs & underwear found in storage or trunk of car
- Financial-legal problems: Bankruptcy

Role of Pornography

- Safe Relationships
- Power over the image
- No rejection
- Replaces real relationships-too difficult/complex
- Stimulation because real life is stressful, difficult, boring, or unhappy



Addiction Cycle



The Inner Conflict of Addiction

The addicted person is ambivalent because:

- Sexual Addiction is both pleasurable and destructive
- Sexual Addiction is accepted by the non-Christian world but not by God
- Sexual Addiction is pleasurable and yet over time takes over the mind's neurotransmitters
- The sex addict can justify their use of pornography and yet know in their heart it is wrong for them

Impact of Pornography

- Danger to Society

- 86% of CONVICTED RAPISTS confessed to regular exposure to pornography
- 57% of CONVICTED RAPISTS tried to re-enact pornographic images
- 51% of male STUDENTS exposed to violent pornography indicated likelihood of raping women

Impact of Pornography

- Degrading
 - Devalues the “act” of marriage
 - Void of Relationship
 - Humiliating Sex Acts
 - Education/Training in perversion & deviant conduct

Impact of Pornography

- Damaging To Marriage
 - Creates unrealistic demands on wife/husband
 - Compare images to wife/husband's body
 - Anger with wife/husband
 - Pornographic image relationship takes place of intimacy with wife/husband
 - Decreased interest in sexual fulfillment with wife/husband
 - Can decrease interest in sex with marriage partner

Impact of Pornography

- Destructive to the User
 - Can lead to social isolation
 - Loss of family
 - Loss of job
 - Increased instances of depression
 - Increased paranoia

Impact of Pornography

- Destructive to Users

4 Step progression

- Addiction-*Stimulant*
- Escalation-*Increased Around Potential*
- Desensitization-*Dulled Senses*
- Acting out sexually-*Increased Activity*

The Role of Sex With Self

- Self Soothing
- Release of Tension
- Release of Stress
- Means to alter a bad mood
- A way to punish someone
- An escape from difficult relationships
- An escape from boredom
- Chasing the orgasmic high



Spiritual Impact

- God intends sexual expression to be only in the marriage relationship
- Sexuality is not a selfish act, it's purpose is to build up the marriage relationship
- Pornography is a form of infidelity/adultery against a marital partner

Spiritual Impact

- Porn and self stimulation are disrespectful uses of the temple of the Holy Spirit (Rom. 12:1-2, Gen. 38:9)
- Self stimulation is devaluing the seed of life
- Porn and self stimulation increase guilt and shame in relating to God

Spiritual Impact

- “For this is the will of God, even your sanctification, that you abstain from fornication; that each one of you know how to possess himself of his own vessel and sanctification and honor, not in the passion of lust, even as the Gentiles who know not God; that no man transgress and wrong his brother in the matter: because the Lord is an avenger in all these things, as we forewarned you.” (1 Thessalonians 4:3-6)

Spiritual Impact

- “Flee fornication, every sin that a man does is without the body; but he that commits fornication sins against his own body...”
1 Corinthians 6:18
- Turn to Matthew 5:27-32, especially verses 29-30 (note the progression from lust to divorce)

YOUR SEXUALITY AND YOUR SPIRITUALITY ARE INSEPARABLE

- **Sex and Spirituality are interlinked, not one behind closed doors and the other in public.**
- **Result of fragmented thinking is this: “We commit our life to Christ, but we reserve our sexuality for our self.”**
- **Hebrew word for sexual intimacy between a husband and a wife is “yada”. Used 940 times in O.T.**
- **The most frequent use describes intimacy with God (Psalm 139:1; Prov. 3:6; Exodus 33:12-13, et al)**

YOUR SEXUALITY AND YOUR SPIRITUALITY ARE INSEPARABLE

- Strong connection between our sexuality and our spirituality – that sexual choices have spiritual consequences (1 Cor. 6:15-20)
- In the midst of saying the two shall be one, Paul says this is a great mystery. What is the mystery? The comparison? (Eph. 5)

What is Intimacy?

- Intimacy is that human longing to be known, cherished, valued and loved. No amount of sex can compensate for a lack of intimacy.
- Hundreds of Christians are struggling with sexual issues
- In the silence of the church, they are left to sort through harrowing experiences like childhood sexual abuse, exposure to porn, raging temptation, homosexual thoughts and betrayal in marriage.

What is Intimacy?

- They may want to be free from the bondage of the past, but often do not know where to turn for answers.
- We desperately need God's perspective on sexuality.
- Fortunately, the Bible has a lot to say on the topic – some negative and some positive.

How was sexuality awakened?

- “The Talk”
- Many men report seeing nude pictures or “locker room” talk, acting out
- Many women learned about sexual pleasure through a shameful experience.

Marital love

- God has given married couples a “permission slip”. “You have my complete blessing to enjoy this gift I gave you.”
- Withholding sexual pleasure from yourself and your spouse is not a God-honoring endeavor.
- 70-80% of men rate sex as the most important aspect of marriage for them. When sex is absent or unfulfilling, it is a big deal.
- However, no one ever died from a lack of

Understanding the physical drive

Males

- Husbands experience sex as a pressing physical urge. Not a need, but an urge.
- His level of desire is determined by environment
- Amount of testosterone in his body.
- His body continues to produce and store sperm, but sperm fluctuates based on testosterone and the frequency of sexual release.
- Right after a physical release, men are physically satisfied.



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Understanding the physical drive - 5

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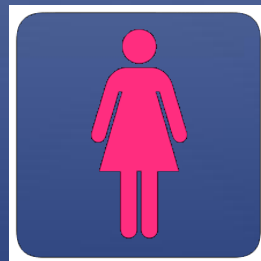
- The wife is key component to his victory.
- She is the only woman in the world this husband can look at sexually without compromising his integrity with God.
- The only holy sexual outlet a wife and husband have is enjoying each other.



Understanding the physical drive

Females

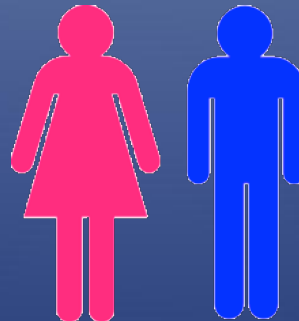
- Do not tend to experience the physical drive for sex in the same way.
- Rather than a “buildup” that demands release, the fluctuation of hormones drives female sexuality.
- Intimacy is key for a female. Honor, adoration, respect, affirmations, and an environment of safety/security nurtures intimacy. Intimacy is not a bedtime story – it is ongoing!



Understanding the physical drive

Both

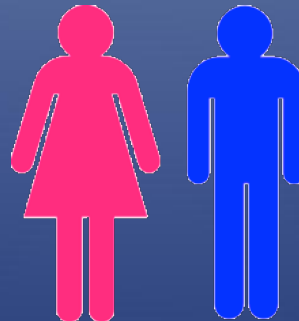
- Paul assumes that both the husband and wife have sexual needs (1 Cor. 7:3-5a)
- Have you and your spouse talked about the issue of frequency? What satisfies? How to explore each other? Repentance for violations before marriage? Guilt and shame issues?
- Pushing each other away is not a healthy form of communication. It leaves one or both feeling rejection, frustrated and often angry. A powder keg.



Understanding the physical drive - 2

Both

- **Husbands and wives will never solve a problem until they learn to talk about it with the goal of understanding each other and getting on the same team.**
- **Blaming, hurting and withholding as weapons.**



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Sexual Outlets

- Sadly, some have other sexual outlets that keep them from desiring sex with their companion.
- Extra-marital affair, habitual masturbation, sexual fetish one is too ashamed to admit, porn, strip clubs, phone sex including skypeing and sexting, sex toys, chat rooms and hotel rooms.



Sexual Outlets

- Those introduced to porn as boys and girls and are diverted to porn throughout their teen and young adult life have often seared their brain with images that keep re-appearing in marriage even years later.
- Past sexual exposure has trained the brain to respond to more and more graphic sexual stimuli, so that one is unable to enjoy normal sex with his/her spouse.





The Past

- It is very difficult for a married person to admit to the spouse he/she is engaged with some form of immorality.
- Excuses and secrecy prevail.
- We are only as sick as the secrets we keep.

It is not a sin to be tempted (James 1:14-15)

- **Temptation becomes sin when we dwell on it and act on it. With every temptation comes a way of escape.**
- **Our sins should not define us.**

RESOURCES

- Leaving The Pit
- Faithful and True
- Pine Grove
- Covenant Eyes
- Support Groups:
Congregational
SA/SAA

RESOURCES

- Accountability Partners
- Individual Therapy
- Group Therapy
- Recovery Retreats