



BATTLE ZONE
MINISTRIES, INC.

We Show You How

BattleZONE Ministries
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THEME VERSE

"We proclaim Him, admonishing every man and teaching every man with all wisdom, so that we may present every man complete in Christ."

Colossians 1:28, NASV

VISION

Coach every willing man to live victorious in Christ.

MISSION

BattleZONE Ministries develops performance based resources using Biblical principles and assists the local church in equipping men to live victorious in Christ.

Sexual Addiction/Pornography

We recommend that you take the **BattleZONE Challenge** before completing this study.

Teach Me

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. For of this you can be sure: No immoral, impure or greedy person—such a man is an idolater—has any inheritance in the kingdom of Christ and of God. -- Ephesians 5:3, 5 NIV

What is Sexual Addiction?

A simple definition of sex addiction is "someone who repeatedly engages in risky sexual activity that he knows is wrong, despite having attempted in the past to stop."

Sex addiction can come in many shapes, sizes and forms. Sometimes an addict has trouble with just one unwanted behavior, sometimes with many. Many sex addicts say their unhealthy use of sex has been a progressive process. Maybe it started with an teenage addiction to masturbation, pornography (either printed or electronic), or a relationship, but over the years it's progressed to increasingly dangerous and risky behaviors. In other words, the once-powerful "fix" has to become riskier to have its desired effect.

All addictions have one thing in common: the addicts' **powerlessness** over a compulsive behavior. This creates **unmanageability**. The addict is out of control and experiences tremendous shame, pain and self-loathing. The addict may want to stop --- yet repeatedly fails to do so. The unmanageability of an addict's life can be seen in the consequences they suffer: lost relationships, problems at work, arrests, financial trouble, loss of interest in things not sexual, low self-esteem and despair.

Sexual preoccupation takes up a tremendous amount of energy. As this increases for the addict, a pattern of behavior (or rituals) follows, which usually leads to acting out. Maybe it's flirting, searching the Internet for porn, or driving to a nearby park or "adult" store. When the acting out happens, feelings (usually pain) is denied. This is typically followed by despair and shame or a feeling of hopelessness and confusion.

God created man as a sexual person, with the primary purposes of procreation (Genesis 1:28), union (Genesis 2:24), and pleasure (Proverbs 5; 1 Corinthians 7:5) between husband and wife. While each man knows what personally attracts him, all men share two things in common: 1) his sexual interest is usually stimulated visually and 2) his sexual energy is driven by hormones.

Experiencing sexual attraction is not sin. All of us face sexual temptations; in fact, the Bible says that sexual temptations are common to all men (1 Corinthians 10:13). However, what a man does with his sexual energy can be either moral or immoral.



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Remember, Jesus was fully God AND fully man, so He understands our weaknesses. Hebrews 4:15 says "For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are -- yet was without sin." Jesus was able to have complete, total and consistent victory over his temptations. Therefore, any use of one's sexual energy in a way that Jesus would not condone, is sinful – and alienates us from God.

As Christians, if we want to please Christ and enjoy the fullness of life God intended, we should focus our sexual energy on enjoying mutually agreeable sex with our wife – and abstain from any other use of our sexual energy. More plainly, all men should abstain from sexual intercourse (oral, anal, or vaginal) with anyone other than his wife. All men should abstain from lustful, sexual looking (pornography, staring, voyeurism, etc.), touch (masturbation, sexual fondling, sexual massage), expression (exhibitionism, phone sex, cybersex), and even fantasizing.

Oppositional Forces

In order to develop a game plan, you must first know your competition. A coach must study his opponent's strengths, weaknesses and tendencies. Christians must also study the forces and strategies that interfere with our ability to execute God's will. There are three real elements to this opposition: the world, the flesh (sin-nature) and the Devil.

Your opposition will take advantage of your weakness. Sexual addiction follows the same pattern every addiction does:

- You had a past exposure to sexuality that was unforgettable to your neurological system (i.e., a "branding" imprint).
- You came from a family system – or are in a position of public notoriety – where any admission of sexual sin would be intolerable.
- You fear intimacy – knowing and being truly known – by others.
- You have experienced repeated rejection in your personal relationships.
- You are unable to properly cope with your own emotional pain (loneliness, stress, anger, exhaustion, etc.)
- You use sexual activity to "medicate" that pain.
- You do not recognize or flee from sexual stimuli or your "triggers" soon enough.
- You seek out settings where you believe you can be "anonymous".
- You believe (deep down) that God dislikes you.
- You repeatedly act out so that your body develops an actual physical dependence to sexual release – and withdrawal pain if you attempt to stop.

Sexual addiction is isolating because it is so shameful. Studies have shown that sexual addicts have reported experiencing the following:

- Emotional abuse 97%
- Sexual abuse 83%
- Physical abuse 71%

It is possible to overcome sexual addiction – with great intentionality, perseverance, understanding, and assistance from experts and (of course) God.



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Take Off the Mask -- Get Real

"No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it." **1 Corinthians 10:13**

Getting Real about Sex Addiction -- Focusing your sexual energy on your God-given mate – your wife – is key to total, ongoing sexual integrity. **While every man battles sexual temptation, it is possible for every man to live with sexual integrity.**

Let's be honest -- virtually every man is guilty of some sort of sexual sin. The sad truth is that most men do not live with ongoing sexual integrity. Every man is guilty of fantasizing and/or visually lusting over something or someone. Most men have masturbated to a lustful thought or image. Statistically, the overwhelming majority of unmarried Christian men have engaged in sexual touching and a majority of Christian men have engaged in some type of sexual intercourse before marriage. Sadly, many married men are guilty of some form of sexual "acting-out", whether it's fantasizing about someone, masturbating, lusting after something or someone, or being physically unfaithful.

Fortunately, there is "a way of escape" from misusing sexual energy – whether it is learning to live celibately or learning to overcome sexual addiction. The basic ingredients are:

- Admitting that you have a problem you can't fix on your own.
- Seeking individual counseling from a Christian therapist who specializes in sexual addiction and/or joining a support-group for sexually broken men.
- Finding at least one accountability partner who knows about your problem.
- Gaining understanding about your problem from other resources.
- Admitting your areas of vulnerability where you repeatedly "act out" (e.g., being alone on the computer or television; looking at magazine covers or newspaper ads; staring at attractive women; etc.).
- Establishing boundaries that keep you safe from your own lack of control (Internet filters; disconnecting your TV while in a hotel room; not walking around aimlessly or "cruising" in a new town; etc.).
- Repenting and confessing any acting out to God, then to your accountability partner, pastor and/or therapist.
- Developing an intimate relationship with God.
- Developing and pursuing wholesome alternatives to acting-out (exercise, reading, music, outdoor activities, trips, hobbies, etc.).