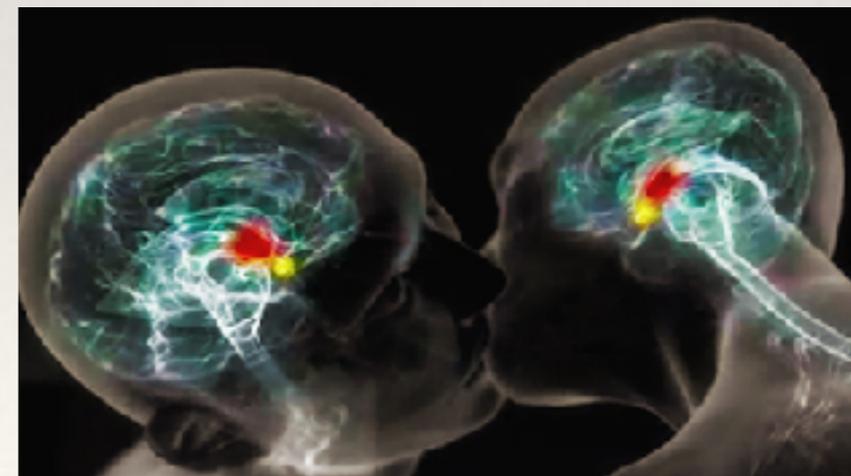




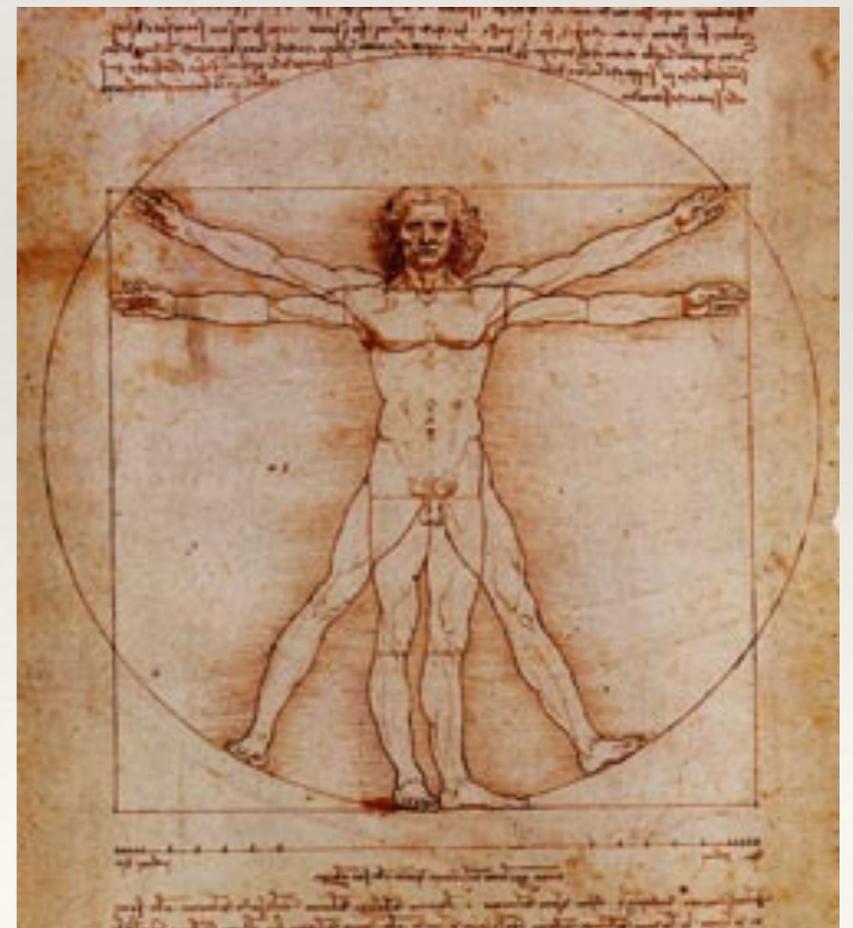


Love is a soft drug...  
or a hard one ?



- ❖ Psa. 139:1... 15 You have searched me, LORD, and **you know me**. You know when I sit and when I rise; you perceive my thoughts from afar. You discern my going out and my lying down; you are familiar with all my ways.
- ❖ For **you created my inmost being**; you knit me together in my mother's womb. I praise you because **I am fearfully and wonderfully made**; your works are wonderful, I know that full well.

- ❖ Eccl. 3:11 He has made everything beautiful in its time



- ❖ The « master's master plan » for mankind
- ❖ Gen. 2:24 That is why a man leaves his father and mother and **is united to his wife, and they become one flesh.**



❖ Deut. 24:5 If a man has recently married, he must **not be sent to war** or have **any other duty laid** on him. For **one year** he is to be free **to stay at home** and **bring happiness to the wife he has married.**





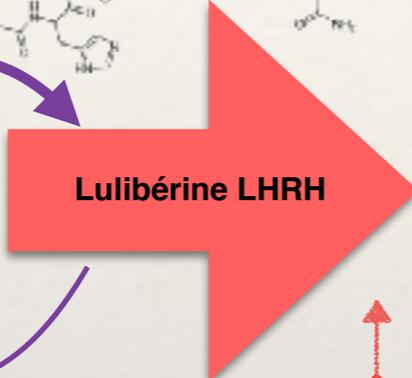
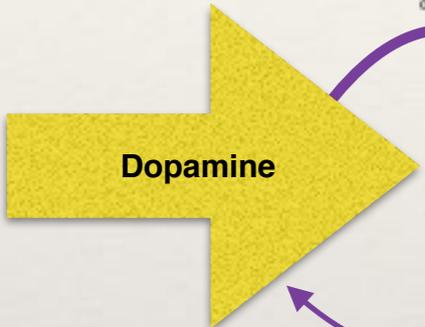
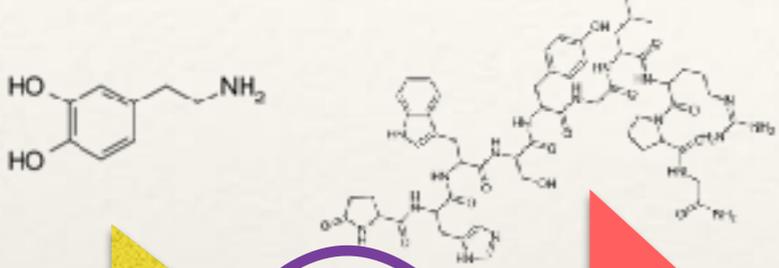
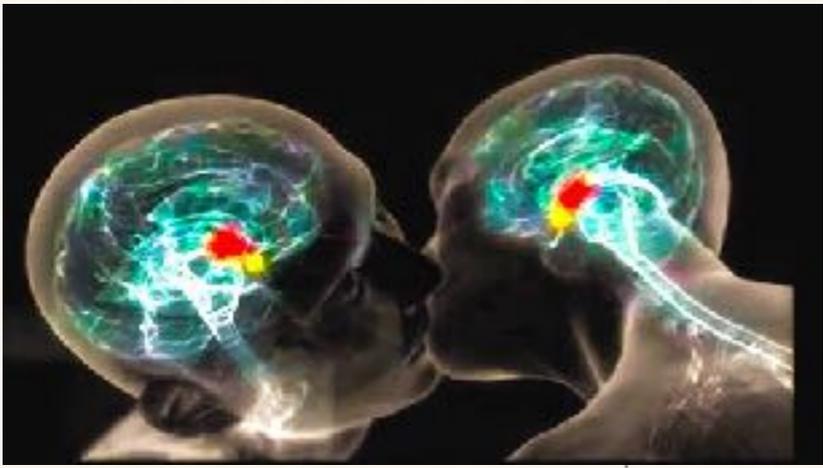
**Hormones**



reinitialization of the software



Brief and non-exhaustive explanation of what happens with our hormone system when we make love with our spouse...



**Want**  
Motivation

**Sexual  
desire**

# H O R M O N E S



LOVE  
IS  
A DRUG  
AND  
EVERY  
ONE'S  
A JUNKIE

Falling in love  
produces the  
same high as  
taking cocaine.

it's designed to be a good drug  
*«...united to his wife, and they  
become one flesh.»*



# Collateral damages of our hormone system



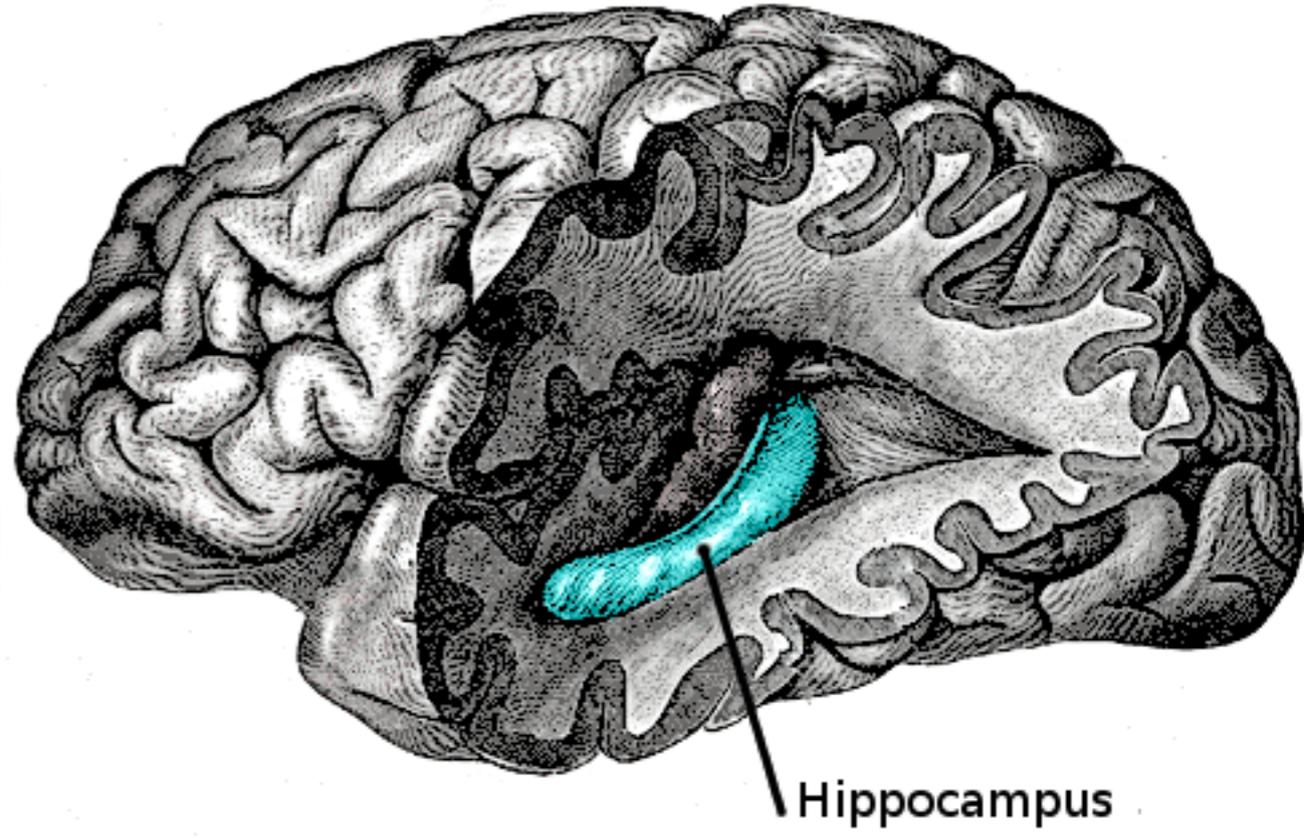
# Collateral damages of our hormone system



masturbation and  
other sex  
addictions...



# ENDORPHINES



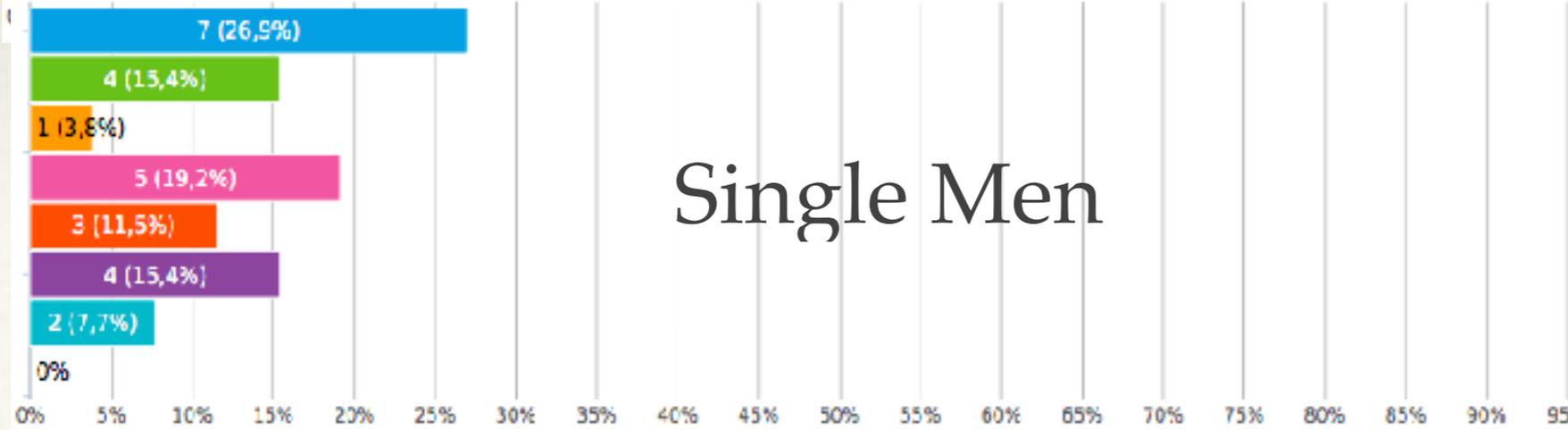
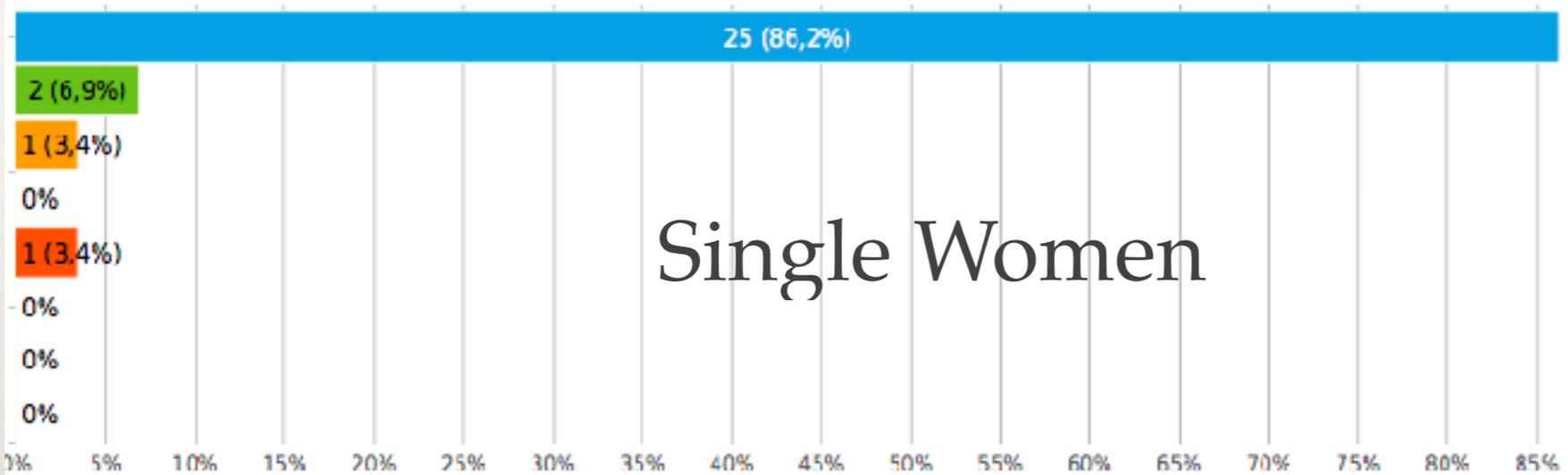
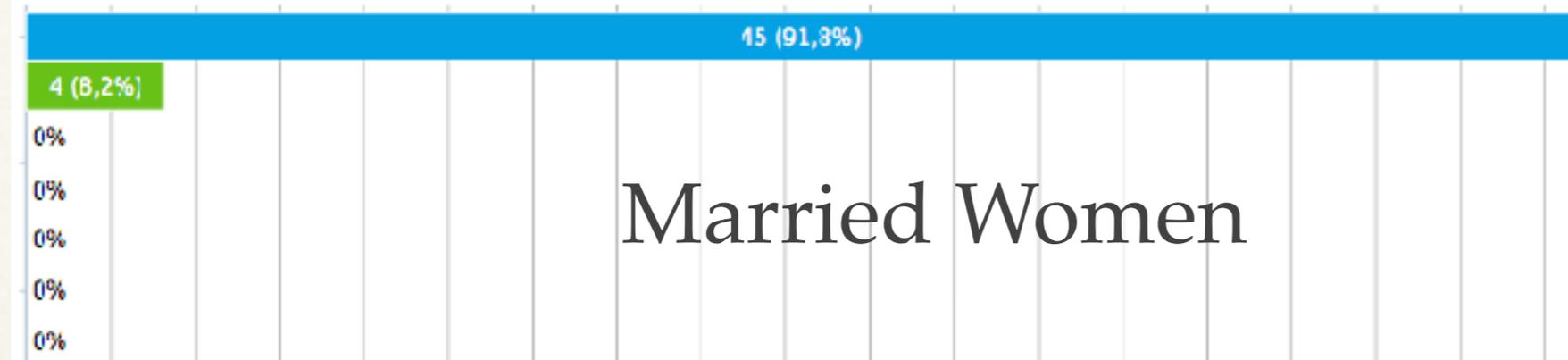
Hippocampus

The happy hormone



- ❖ Lev. 15:16 “ ‘When a man has an emission of semen, he must bathe his whole body with water, and he will be unclean till evening. 17 Any clothing or leather that has semen on it must be washed with water, and it will be unclean till evening. 18 When a man has sexual relations with a woman and there is an emission of semen, both of them must bathe with water, and they will be unclean till evening.
- ❖ **Compare Lev 15 with Lev 18 & 20**
- ❖ I believe God knows the collateral damages of our hormone system...

# How often do you honestly look at erotic or pornographic websites?



- never (or almost never)
- a few times during the year
- almost once per month
- a few times per month
- once a week
- several times per week
- almost every day
- every day and more

Women love to « show » - (exhibitionism)

Men love to « look » - (voyeurism)

God designed it that way... it's  
complementary

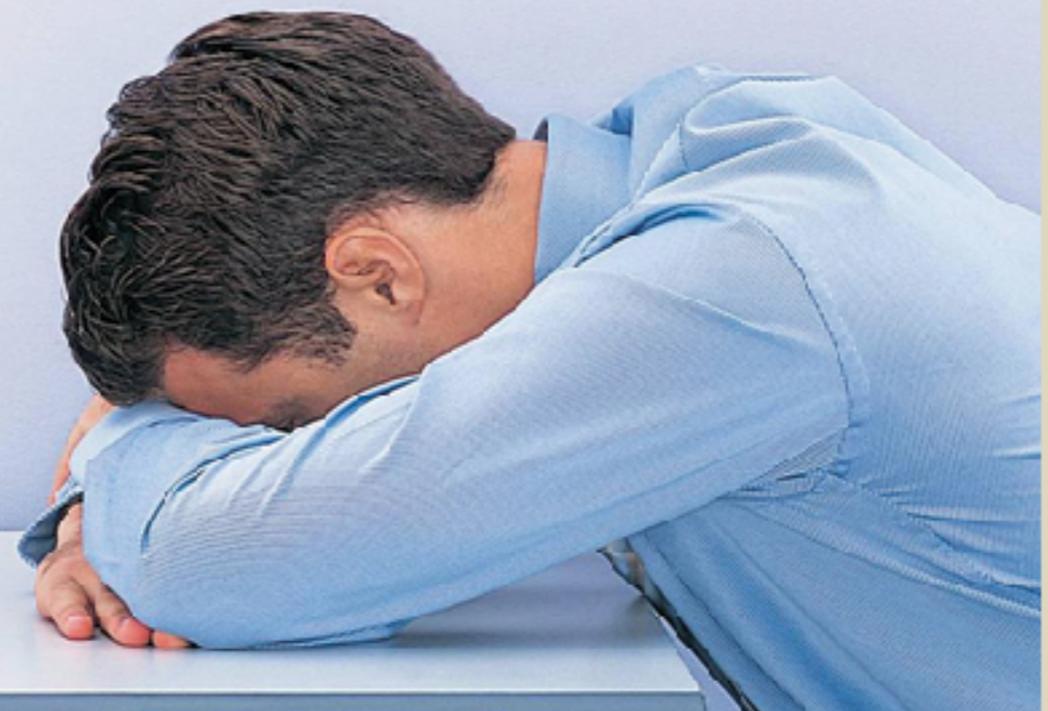
(more on this tomorrow with Songs of Songs...)

# addiction



- ❖ **1Cor. 6:12** “I have the right to do anything,” you say—but not everything is beneficial.<sup>a</sup> “I have the right to do anything”—but I will not be mastered by anything.

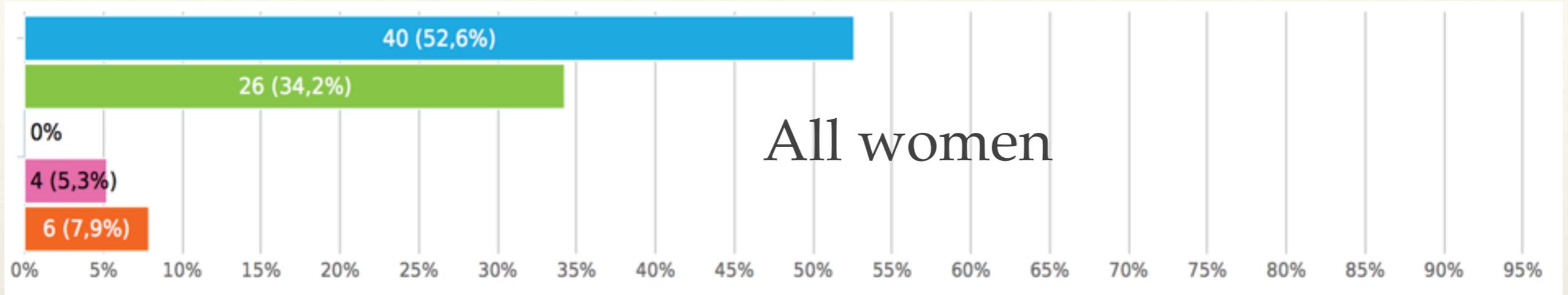
## Pornography Addiction



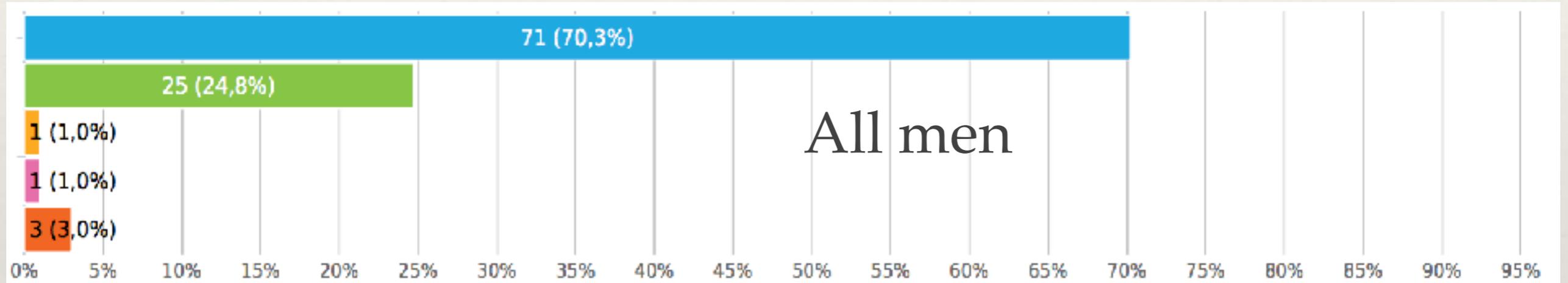
The typical ICOC - Churches - « Christians » or  
« **religious** » cure for sex addictions :

- **Confess**
- **Repent and pray**
- Fast (to « cast out the demon of impurity ? » )
- *It's time to change... your salvation is at stake...*
- **Read your Bible**, study more about impurity and the consequences...
- If you continue, we may have to exercise **church discipline**...
- More guilt and some fear...
- Some behavioral pieces of advice (computer..)

# 25. Do you feel more guilty and ashamed in the area of sexual sins than about other sins?



All women

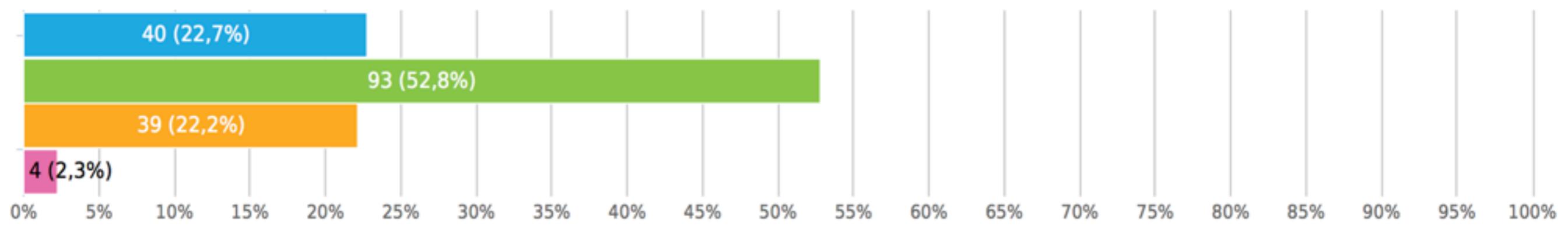


All men

- more guilty
- same
- less guilty
- not guilty
- other feeling... please describe:

**70% of the men feel more guilty about this weakness**

# Do you find it hard to talk about your sexuality with your friends in the church?



- Not hard at all
- Sometimes hard
- Very hard
- It's impossible for me to talk about this topic

**70% find it hard** to talk about sex with friends of the church

*Will this type of environment foster change ?*

The « **medical** » cure for sex addictions:

- **Deep psycho-therapy** (find out the suffering behind? what's your story...)
- Treated like a « sickness »
- **Intense behavioral therapy with total openness, vulnerability and acceptance !**  
with spouse and an open group similar as alcoholic anonymous - **NO SHAME**
- Regular **sport activities** (creates / replaces endorphins)
- **Meditation** (all kinds)

- ❖ To **conclude**, this is what I (Thierry) believe as of today :
- ❖ Technically and theologically, it's impossible to state that masturbation is always a sin...
- ❖ But we can say that **it's not God's intended purpose for our sexuality.**
- ❖ Sexuality has not been designed by God for the purpose of self pleasure, but for bringing a man and a woman together in unity.
- ❖ The heavy emotional guilt that is connected with masturbation will not help to overcome it.
- ❖ **Let's work towards a healthy sex life... and a sexual life that will fulfill God's purpose.**
- ❖ As a single, do I want to become slave to this drug ?

- ❖ The goal with our sexuality is to **be in control** of our hormones and not let our hormones control us. It's a training of our body... Our **cortex has to gain control over our limbic** system, not the opposite...
- ❖ It's normal and ok for teens to discover their body, do not make them feel guilty... but **explain how it functions** and what's the goal of our sexuality. **Adult to adult talk...**
- ❖ Let's learn from the « medical » cure for sex addictions  
The enemy is the pornographic websites and lust ! We should be **very strongly opposed** to these websites.
- ❖ Let's be **full of grace, not judgmental about this, and not RELIGIOUS !!** Especially with teens... they need adult to adult talk and sound teaching...

- ❖ Quote from the survey from a Kingdom Kid :
- ❖ *I'm a kingdom kid. I always heard to never have sex before marriage, that's really bad, it's a sin, I have a bad representation of sexuality. One of the consequences of my education (from my parents or the church) is that I associate that sexuality is sin, impurity, disgusting and bad (even in the marriage). I want to understand if sex is good or not (after marriage of course), I want to understand why does it exist?*

- ❖ In marriage, let's keep in mind how the body functions...
- ❖ Sexuality is **designed by God** for : **pleasure & to build physical and emotional closeness** according to his plan.
- ❖ Let's have a deeper understanding of one another's emotions and needs.
- ❖ Let's work towards a healthy romantic, erotic and sexual life (more tomorrow on this)
- ❖ Let's enjoy God's creation and **glorify God with our body and sexuality !**