

**Bible Verses:**

Matthew 6:21, Romans 12:2, Psalm 51:10, Proverbs 6:25-27

Jason Martinkus:

www.redemptiveliving.com

Resources:

www.fightthenewdrug.org

Wired for Intimacy (Author-William M. Struthers)

Podcast 03: Sexual Integrity: The Power of Porn

Monumental events have a way of marking our past and shaping our future—some for good and some for bad. The first time a boy sees a pornographic image is one of those moments that marks him forever. Most of us can remember the first time. For many of us, pornography is what activated our sexuality. Consequently, our sexuality was wired incorrectly and we've seen resulting damage later in our lives. Like Jason Martinkus said in the podcast, *"Even a hint of sexual immorality will have an effect on your life and the lives of the people you love the most in the world."* As we have heard in the podcast, porn addiction is a symptom of deeper wounds.

We can see throughout scripture that God has emotions. And since we are created in His image we are also emotional beings. Our emotions are a result of experiences, both big and small. Emotions produce needs (acceptance, value, love, support, connection, etc.). Intimacy was designed to meet those needs, but some of us have adopted a false intimacy with things like sexual fantasy, masturbation, and porn. We've found that these false expressions of intimacy can meet our needs without the risk of rejection. They are always available and ready to serve us whenever we "need" them. But in the end, they will destroy us and the people we love the most in this world.

So what is *true intimacy*? True and right intimacy is meant to be expressed in three key areas: intimacy with **God, self, and others**. When we pursue intimacy in these areas we can begin to rethink how our needs are met. We start by identifying our emotions (difficult to do as men) and see what needs those emotions produce in us...and then we find healthy ways of getting those needs met. We pursue deeper relationship with the God who made us. We connect in vulnerability and sexual intimacy with our spouse (Others). We develop real, honest relationships with other men (Others). And we remind ourselves of the truth of the gospel – I am a good man because Christ died for my sin and *"It is no longer I who live, but Christ who lives in me!"* (Galatians 2:20). Now I am free to be a good man, husband, and father (Self). This is what true and healthy intimacy looks like and it gives way to a life of freedom and authenticity.

Porn is a prison of false satisfaction.

—Luke Burgett

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- When were you first introduced to pornography? How was your life changed from that event?
 - Looking over your life, how has pornography affected you the most?
 - How has pornography (or sexual immorality) influenced intimacy for you and those around you?
 - Why do you think pornography has such a strong presence in our culture? What do you think is the root of this problem?
 - How have you hidden your shame about pornography from those closest to you? Take a step this week and open up to someone about your past or present struggles with pornography.