

Masculinity, Lust, and Non-Relational Sex

Every Man's Challenge

Masculinity: The Foundation

Our Very Design: A Blessing and a Challenge!

Boys to Men

- **Mother and Son are Different!**
 - **Boys Separate Early!**
 - **Exotic Becomes Erotic!**

Help! I Can't "Connect!"

- For boys and men, separation and individuation are *critically tied to gender identity* since separation from the mother is essential for the development of masculinity.
- For girls and women, issues of femininity or feminine identity *do not depend* on the achievement of separation from the mother or on the progress of individuation.

“I’m Afraid I Will be Gobbled Up!”

- Since masculinity is defined through separation while femininity is defined through attachment, male gender identity is *threatened by intimacy* while female gender identity is *threatened by separation*.
- Thus males tend to have difficulty with *relationships*, while females tend to have problems with *individuation*.

The Foundation for “Lust!”

- Non-Personal, Indirect Relationships
- Inability to Feel and Put Words to Emotions
- Increased Anxiety in Relationships with Women
- Competition and Success Driven
- Isolation – Physical and Emotional

Add to This:

- Personal Hurt, Disappointment, Failure
- Personal Rejection, Inadequacy, Insecurity, Respect
- Early Exposure to Erotic Material

Lust and Non-Relational Sex

A Poor Substitute for God's Original Design

The Nature of Lust

- Beauty Becomes “Erotic.” Desire Becomes “Lust.”

When the woman saw that the tree was *Good* for Food, *A Delight* to the Eyes and *Desirable* to Make one Wise, She took, She Ate and She Gave

Gen 3:6

- Lust is Insatiable: Enough is Never Enough

“Whose God is their Appetite”

Rom 16:18; Phil 3:19

- All Lust is Idolatry and Greed

Consider the members of your earthly body as dead to immorality, impurity, passion, evil desire and greed, which is idolatry.

Col 3:5

Non-Relational Sex

- Pornography – A Passive, Powerful, Disconnected, Masculine “Quick Hit.”
- Strip-Clubs and Internet Sites – An Altered Reality
- Sex: A Way to *Feel* Close without *Being* Close
- Women Become Sexual Objects for a Man’s Arousal – Both Physically and Emotionally
- The Exclusive Goal of Sexual Arousal becomes Orgasm

Inevitable Effects of Lust

- Brain Alteration-Bonding the Stimulus to the Orgasm
Grooving Neuro-Pathways
Neurons Flow Freely Down a Grooved Path
- Compulsive Self-Stimulation
Desensitization; Arousal Dysfunction, Erectile Dysfunction
- Increased Need for Variety
Enslavement; Lust Looks for a New Object.
(Desire Looks for a New Subject)

Finding the Path to Freedom

Stop this Train! I want to Get Off!

By the Spirit; Not the Flesh

- God is the Healer. He Redeems and Restores! He is the focus! “Try-Harder Christianity” will not Work.
- De-Shame Your Sexual Struggle. Be Honest with Yourself w/o Spiraling Down into Toxic Shame
- Shift Your Focus: Away from Specific Behaviors to the Energy within Your Soul. Away from Manifestations of Sin to the Root Cause.
 1. Connect the Dots: Sexual/Relational History
 2. Identify the Triggers
 3. Chaining: Work backwards from Acting Out

By the Spirit, Not the Flesh

- Be in Community! Isolation is a Killer! Learn to Share Honestly with Other Men. Widen your Capacity for Relationship.
- Take an Inventory of all Your Sexual Temptations and Behaviors. Add up the Cost. How much Time and Energy?
- Meditate on Who You are in Christ. Meditate on What Freedom and Wholeness Would Look Like for You.
- Dance, Celebrate, Laugh and Play! Don't be so Serious and Competitive!

By the Spirit, Not the Flesh

- De-Sexualize Your Relationships with Women.
 1. Keep your Head Up and Make Eye-Contact.
 2. Relate as a Person.

- Make no Provision for Sexual Impulses.

But put on the Lord Jesus Christ, and **make no provision** for the **flesh** in regard to its lusts.

Rom 13:13

- Install Sexual Purity Software on your Computer.
- Memorize and Meditate on Scripture. Learn to Worship!
The Greater our Struggle, The Greater our God!

Self-Control in the Spirit

- But **sexual immorality** or any **sexual impurity** or **greed** must not even be named among you, as is proper among saints.

Eph 5:3

- But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, **self-control**; against such things there is no law.

Gal 5:22-23