

What is sexually addictive behavior?



Sexual addictive behavior is the term commonly used to describe sexual obsession and is evidenced by a willingness to be destructive to self and others to achieve sexual pleasure. This, however, should not be confused with an attempt to find real intimacy. In actuality, the primary goal is to avoid relational pain often caused by real intimacy.

This epidemic deceives men with an enticing voice that says, "I'll satisfy your needs...tell no one...you can't live without this...the pain will end when you give in...just one more time." Yet at the same time whispering, "You're disgusting, you're sick, you're ruined...if anyone finds out you'll lose everything...no one can help you...you're all alone...keep it together..."

You may also be aware through media coverage that sexually addictive behavior is seemingly on the increase, leaving behind devastated men and their families in its wake. It robs children of their security, teens of their innocence, and husbands and wives of their intimacy.

In spite of this, many men don't believe—or perhaps are unwilling to admit—that they have a problem.

A man can tell he needs to get free from sexually addictive behavior if he finds himself:

- Convinced his behavior has to be secret.
- Continually needing more and more of this behavior to be satisfied.
- Constantly trying and failing to stop a certain behavior.
- Unable to develop a pure, close relationship with a woman that could possibly lead to marriage.
- Continuing this behavior knowing that his wife doesn't agree and that it is affecting his relationship with her.

If you or someone you know has fallen into this trap, don't allow yourself or them to remain in bondage.



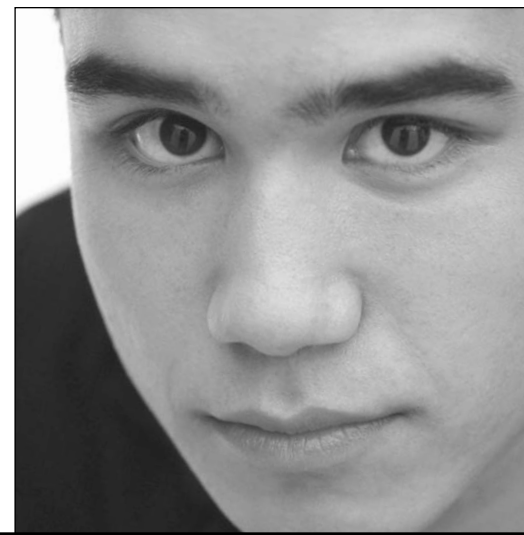
There are some practical steps to getting free:

1 Acknowledge your sin. No one can help an addict who lives in denial of his problem and thinks that all guys do this or that. To recover, you will have to stop lying to yourself.

Remember that our Father in heaven sees all and knows all. He knows your every thought. He knows your struggle in this area. He has heard every prayer you have prayed to stop your secret behavior. And He wants you to be free! He will be with you as you fight this battle.

2 Become accountable to another man. Addictions, by definition, will not allow you to recover from them without help. Thinking you can handle this yourself is the surest way to fail. You are going to need some help to get better.

James 5:16 says, "Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." Accountability is a powerful biblical tool for healing. If you want healing from addiction, you need to



be willing to humble yourself to another man and begin to confess the truth of your sin. In doing so, you will also receive the grace you need to live a pure life because "God opposes the proud but gives grace to the humble."

3 Participate in a support group. The weekly men's support group, "Pure in Heart", assists men in overcoming sexually addictive behavior. This group is limited to men who are members of Christ Church and have been referred by someone in leadership. The facilitators are men who fully understand a trust of anonymity, who know what men struggle with, and who have heard it all. It is a safe place to begin the process that leads to freedom.

If you or someone you know is interested in participating in this group, please contact a pastor at Christ Church at **973-783-1010 ext. 214**, or www.christchurchnj.org. Your call will be held in strictest confidence.

For the wives. Support is provided to wives of men who are struggling with sexually addictive behavior. This group is conducted in a safe forum wherein women can begin their journey toward emotional and spiritual wholeness. If you or someone you know would benefit from this group for women, please contact a pastor at Christ Church at **973-783-1010 ext. 214**, or www.christchurchnj.org. Your call will be held in strictest confidence.

What's the answer?

Sexual sin is not something that a few Scripture verses and a prayer can cure. There are no quick fixes! For true freedom to genuinely occur in the realm of sexual sin, most times a long, complex process must take place.

The good news is: there is hope! The answer to defeating sexual sin lies within the Bible and the power of God. The men who participate in Pure in Heart learn a new way of life. They discover the deep joy found in living a life that's pure and pleasing to God. They experience an intimacy with Jesus, based on His tremendous love and compassion. The idols of pleasure and self are destroyed and replaced with a true knowledge and understanding of God's will for their sexuality and relationships. They also learn a lifestyle of how to wage war and battle against an enemy that promises to liberate and please but only enslaves and dominates.

Can this really happen for me?

We believe it is God's desire and plan for every man to live a life of freedom, victory, and that is glorifying to God. The secret to victorious living is found in God's great storehouse of mercy. When a man truly turns and yields his broken life to God in humility, he becomes a recipient of God's power and the process of transformation can begin. Real victory occurs when a man overcomes his secret sins, but also when he becomes a weapon in the hands of a mighty God and leads others to victory.

Pure in Heart Leadership

The leadership team of the *Pure in Heart* group consists of men who have personally experienced the bondage of sexually addictive behaviors and the freedom obtained through the power of God's grace. Together they share a passion to see men set free from sexual sin and be empowered to fulfill their purpose in life. Respectively, they share an MBA and a degree in marketing, four years as a Lieutenant in the U.S. Navy submarine community, athletic achievements at Michigan State, extensive experience working in the media ministry, and currently a senior project manager for a Wall Street investment firm.

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*A support group of
Christ Church that*

Pure

*extends the healing
and restoring grace*

in

*and power of our
loving God to men*

Heart

*who are in bondage to
sexually addictive behaviors.*