

# MY SEXUAL SECRET

*He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. Prov 28:13*

## Porn Stats

- Porn revenue is larger than all the revenues for **ABC**, **NBC**, and **CBS** combined.
- **90%** of 8-16 year olds have viewed porn online.
- **33%** of visitors to adult web sites are women.
- Adult bookstores outnumber McDonald's restaurants in the U.S. by a margin of at least **3-1**.

*When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; 14 but each one is tempted when, by his own evil desire, he is dragged away and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. ~ James 1:13-15*

deleazo (del-eh-ad'-zo); to entrap, allure, entice, **hook**.

## THE HOOK

- YOU'RE EXPOSED TO SEXUAL **IMPURITY**.
- YOU SUSTAIN A MENTAL **INJURY**.
- YOU BECOME SEXUALLY **CONFUSED**.
- YOU EXPERIENCE PERIODS OF SEXUAL **SOBRIETY** FOLLOWED BY SEXUAL **BINGES**.

# MY SEXUAL SECRET

## PROTECTING THE WOUND

### 1) BOUNCE YOUR **EYES**.

...*'Do not commit adultery. But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to sin, gouge it out and throw it away...* ~ Matt 5:27-29a

*I made a covenant with my eyes not to look lustfully at a girl.* ~ Job 31:1

### 2) CAPTURE SINFUL **THOUGHTS**.

...*we take captive every thought to make it obedient to Christ.* 2 Cor 10:5

...*whatever is true... noble...right...pure...lovely...admirable - if anything is excellent or praiseworthy-think about such things.* ~ Phil 4:8

### 3) RUN FOR YOUR **LIFE**.

*Keep to a path far from her, do not go near the door of her house...* Prov 5:8

*Flee from sexual immorality...* ~ 1 Cor 6:18

- Destroy your **stash**.
- Ensure accountability when **traveling**.
- Protect your **Internet** usage.
- Avoid all dangerous **places**.

**AS YOU PROTECT THE WOUND FROM FURTHER  
INJURY, GOD WILL **HEAL** YOUR MIND.**

*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.* ~ Rom 12:2

***metamorphoo** (met-am-or-fo'-o); to transform, to **change**.*

# MY SEXUAL SECRET

## Table Discussion

- 1) Describe your first mental/sexual injury.  
(If it is inappropriate to discuss for any reason, pass on this question.)
  
- 2) What do you need to do to better “protect your wound?”  
(This is the important step in moving toward freedom.)
  - a) Take the risk.
  - b) Make the confession.
  - c) Ask for help.
  
- 3) If you have experienced victory in this area, please encourage the people at your table with your story.