



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 23, 2009



The World of Temptation, 1: Dark Secrets

Featuring

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Best-selling co-author of Boundaries series,

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Warning: Sensitive material will be discussed frankly.

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I. The pornography problem: background

Sexual issues are generally not sexual issues

Sex is a good thing: a reflection of the passion God feels for us

Like any other of God's gifts, it has parameters

II. Facts about pornography

- A high percentage of men and women view pornography online on a regular basis
- 10% to 30% of Web sites are on pornography
- It's a Christian problem, not just a world problem
- It's now a female problem as well as a male one
- There's been a cultural shift even within the church
- It's an exquisitely lonely experience

III. Shame

Shame: an attack on the self by the self

When you don't meet a goal or standard or ideal

An overactive conscience serving as the Law in your heart

The nature of pornography makes it more shameful

There is a sexual taboo

The porn addict's shame may make them non-functional

The cycle

- The acting out
- The relief
- The shame attack
- The Law
- The acting out again

If you get the shame out, the person learns *acting out, relief—go get grace*

This is why a relational grace person is so important

Relationship, instead of the quick fix—and then the porn loses its power

Where this comes from

There's a normal sexual desire

Normal sexual lust isn't addictive

The answers: - Self-discipline - Self-denial
 - Marriage -Sublimation

IV. The deeper needs

- Deep isolation: the inability to make a deep, sustaining, vulnerable relationship
- Lack of freedom
- Lack of structure: inability to control impulses
- Perfectionism
- Anger - Opposite-sex conflicts

The hope

Disregard the shame

*...Jesus, the source and perfecter
of our faith, who for the joy that
lay before Him endured a cross
and despised the shame
—Hebrews 12:2*

V. Skills

- Become a relational person: be known 100%
- Commit yourself to brutal honesty
- Find the themes that are the inner needs
- Have a process orientation: this is not a quick fix

VI. If you love a struggler

1. Realize you're not enough
2. Bring in resources
3. Educate yourself
4. Stay out of the rescuing parent role
5. Churches, make sexual issues part of normal discipleship

Small Group Discussion Questions

The World of Temptation, 1 – Dark Secrets

1. Can we all agree that it's OK to discuss pornography in the group, because of its major impact in our culture and in the church?
2. Why is shame such an issue in pornography?
3. What skills, either as a struggler, or as someone who is in a relationship with a struggler, can you adopt this week?
4. What skills, either as a struggler, or as someone who is in a relationship with a struggler, can you adopt this week?

**Next week on *Solutions*:
The World of Temptation, 2: “Lust for More”**

Resources

Solutions

www.cloudtownsend.com

Hiding from Love

by Dr. John Townsend

www.cloudtownsend.com

Solutions Leaders

www.cloudtownsend.com

Rocktangle newsletter

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