

Lies that Fuel Disordered Desires

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Introduction

- Seek to understand the lies that are justifying the sexual behavior.

Lies About Sex

- Listen for ways in which a person's view of sex is distorted.
 - Sex is bad.
 - Sex is God.
 - Both
- Data Gathering - <https://ibcd.org/10033/data-gathering-questions-for-sexual-problems/>

Truths About Sex

1. Sex is a blessing created by God.

- The category of blessing is essential but often lacking.
- It addresses both sides
- **Sex is bad.**
 - No, it is created by God and declared to be good within the context of marriage (Gen 2:23-25)
 - Given for mutual delight (1 Cor 7:3-5)
 - Like every blessing – affected by the fall (sexual immorality, sexual sins)
 - Sex is not bad; sex is used in bad ways.
- **Sex is God.**
 - Constantly hearing messages that sex is absolutely amazing and worth reorienting your life around. Elevated to godlike status.
 - Don't villainize sex to keep it from being a god.
 - The answer is not to bring it down as much as it is to put it on a bigger stage.
 - It is a great blessing from God!
 - Sex is good, enjoyable, unique experience, teaches us things about God.
 - It is a good "good." But it makes a bad God.
- **As a blessing, it was created by God to be used within a particular context.**
 - Marriage with one's spouse – 1 Cor 7:3-5; Heb 13:4; Pr 5:15-19
 - It is not universally promised.
 - Like other blessings, given to some and not to others.
 - Given in some degrees to some and not to others.
 - Given for a time and not for others.
- **So, sex is not bad, and sex is not a god.**

2. Sex is a temporary blessing.

- An ungrounding assumption (lie) is that sex is a need that **must be met regularly**.
 - 2 Cor 5:9 – we make it our aim to please him.

“Sex is a good thing. But life is *not* the pursuit of sexual happiness. Life is about loving and serving the God who owns us, body and soul. The consequences of a view of life that worships at the altar of sex, even sex with one’s wife, are subtle, pervasive and dire. Such a view is fundamentally selfish and corrupts the way a man buys gifts for his wife, the way he does the dishes, the way he argues with his wife or placates her, and so on. If you hear places in a man’s story where his life revolves around sex, help him see that this is what is going on.”¹

3. Sex is primarily about giving to another.

- We take blessings and consume them.
- Blessings are to be enjoyed and given/shared - delighting in the gift and the giver together.
- God delights in giving. He delights in the gift and he delights in the giving of it (Jas 1:16-18).
- Sex is an expression of this.
 - **1 Corinthians 7:3** 3 The husband should *give* to his wife her conjugal rights, and likewise the wife (*should give*) to her husband.
- “Sex is God’s appointed way for two people to reciprocally say to one another, ‘I belong completely, permanently, and exclusively to you.’ You must not use sex to say anything less.”²

4. Sexual Sin Hurts Others

- 1 Corinthians 6:16-20 16 ***Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, "The two will become one flesh."***
- Sex is a covenantal, binding act.
- James 1:14-15 - Desire conceived, birth to sin, sin to death

5. Sexual sin is not the unpardonable sin

- Rom 8:1, 1 John 1:9
- He will restore the years the locust has eaten – Joel 2:25

Lies About God

- You can correct views of sex, but if a person does not rightly understand the Giver, he will never rightly enjoy the gift.
- It is the subtle lie of Eden, “God is forbidding what is good.” “God is not giving what is best.” I can see what is most appealing and take it for myself.”

¹ Alasdair Groves, “Exposing the Lies of Pornography and Counseling the Men Who Believe Them,” JBC 27:1 (2013): 11.

² Timothy Keller and Kathy Keller, *The Meaning of Marriage: facing the complexities of commitment with the wisdom of God* (New York: Dutton, 2011), 224.

- Common lies
 - I am not getting what I want/need sexually, therefore something is wrong with God.
 - He doesn't know
 - He doesn't love

Truths About God

1. God knows us.

- Psalm 139:13-16
- Matthew 6:31 - 7:1 *...and your heavenly Father knows that you need them all.*

2. God gives us what we need/what is good for us.

- Matthew 7:7-12 *... 9 Or which one of you, if his son asks him for bread, will give him a stone? 10 Or if he asks for a fish, will give him a serpent? 11 If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!*
 - Ask: ask indicates dependence and humility.
 - Our Father in heaven gives good gifts/things.
 - We interpret not getting what we desire as God giving us a stone/serpent.
 - Then the logic follows – if God will only give me a stone, I'm going to go get bread another way.
- **James 1:16-18**
 - We are prone to deception about something: that God gives good and perfect gifts.
 - He never changes – this is part of who He is.
 - Of his own will he brought us forth
 - No one coerced him into giving us new life and making us the firstfruits of his redemptive work.
 - If that was his own idea, and if giving is a part of who he is, then we can trust his goodness in giving gifts.
- **Romans 8:28-29**
 - All things...
 - ...for your good...to be conformed to the image of his Son.
- **Romans 8:31-39** *...He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?*
 - Greater to the lesser: He gave Christ for you! He will certainly give you now all things.

Lies About Success

- We often zoom in on the blessing and making the issue use or not use of it.
 - This is missing the bigger picture: God who wants to work in our hearts to make us people who respond to the blessing appropriately.

- God wants to do more in our lives than just keep us from misusing blessings.
 - He wants us to come to trust him more, to run to him more, to delight us more, to help us delight in what he is giving us even more!
 - Have I grown in my desire for what the blessings of sex point to?
- Common Lies
 - Victory means that I will not be tempted.
 - Temptation is wrong. Heb 2:18; 4:15
 - Struggling is not victory.
 - Struggle/weakness is bad. 2 Cor 12:8-10
 - I need to be cured.
 - I just need more rules/resolve
 - Col 2:20-3:7
 - When I fail God loves me less.
 - Rom 8:1; 31-39

Truths About Success

1. Being tempted does not mean you have failed.

- Jesus was tempted – **Heb 2:18; 4:15**
 - With a cure mentality temptation is a failure.
 - “But looking at pornography is more choice than disease, and that means that a cure mentality essentially elevates the sudden absence of temptation above the steady work of the Spirit in developing a heart of obedience.”³

2. The issue is not if you are tempted, it is what you do with that temptation.

- God is actively at work in your temptation – not tempting you to sin, but using temptation as an opportunity for you to depend upon him – **1 Cor 10:13**

3. Every resisted temptation is an opportunity for worship.

- Help people see God at work in their lives and praise him.

4. You can find joy in resisting temptation.

- “Victory is in evidence when you begin to delight in absenting yourself from tempting situations rather than feeling like you are fasting while sitting in a restaurant.”⁴

5. Weakness is an opportunity for worship.

- **2 Corinthians 12:8-10**
- It is still pleading with God, still battling, still fighting, still struggling, but also seeing that your awareness of this weakness and struggle with it is an opportunity for the power of Christ to be seen.

6. Confession is an opportunity for worship.

- Use Milton Vincent’s talk, “Confessing Our Way to Joy”
- The prayers in *Prone to Wander* by Wayne Houk and Barbara Duguid
- We can be amazed at the forgiveness, grace and love that we receive even in our sin.

³ Alasdair Groves, “Counseling Men Toward Lasting Freedom From Pornography,” 16 [cited 6/1/2016]. Online: http://www.covenanteyes.com/lemonade/wp-content/uploads/2013/04/counseling_men_covenant_eyes.pdf.

⁴ Groves, “Lasting Freedom” 18.

Conclusion

- John 8:44...[the devil] is a liar and the father of lies.
- John 8:31-32 So Jesus said to the Jews who had believed in him, "If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free."

Helpful Resources

Audios

"Drawing Out Idols of the Heart", audio by Tom Maxham on IBCD website.

"From Idol to Blessing parts 1-2", audio by Jim Newheiser (SS12) on the IBCD website.

Books

Keller, Timothy, and Kathy Keller. *The Meaning of Marriage: facing the complexities of commitment with the wisdom of God*. New York: Dutton, 2011.

Lambert, Heath. *Finally Free: Fighting for Purity with the Power of Grace*. Grand Rapids: Zondervan, 2013.

Booklet

"Pornography: Slaying the Dragon" by David Powlison

Articles

Groves, Alasdair. "Counseling Men Toward Lasting Freedom From Pornography." 1-20. Cited 6/1/2016. Online: http://www.covenanteyes.com/lemonade/wp-content/uploads/2013/04/counseling_men_covenant_eyes.pdf.

Groves, Alasdair. "Exposing the Lies of Pornography and Counseling the Men Who Believe Them." *The Journal of Biblical Counseling* 27:1 (2013): 7–25.