

# SI for Women

## Week 2

*"Habit is a cable; we weave a thread of it everyday,  
and at last we cannot break it."*

Horace Mann

### Review HMWK

- SA Self Evaluation – *Not meant to define us as addicts. We are children of God. This evaluation is simply meant to help us understand where we are at when it comes to addiction so we know how to fight back. The quote below shows us how unique and secretive sexual addiction is and how it destroys us from the inside out. (Remember Prov. 9)*

*"Sex addiction is a little different. Sex addicts can hide their addiction for years. You can be the president of the United States and be sexually addicted, but you can't be chemically addicted and maintain that level of responsibility. Drug addicts and alcoholics need chemicals to support their habit, but sex addicts can carry on an affair in their mind. Sexual images and experiences can feed a habit for years. The problem is they can't seem to clean up their mind. Three viewings of pornography can have the same lasting impression on the mind as actual sexual experience."*  
(*"Overcoming Addictions"* by Neil Anderson and Mike Quarles, pg. 37)

- What is an Addict? – Merriam Webster: *To devote or surrender (oneself) to something habitually or obsessively. (Biblically – someone who cannot seem to break free from habitual sin – stuck in Romans 7)*

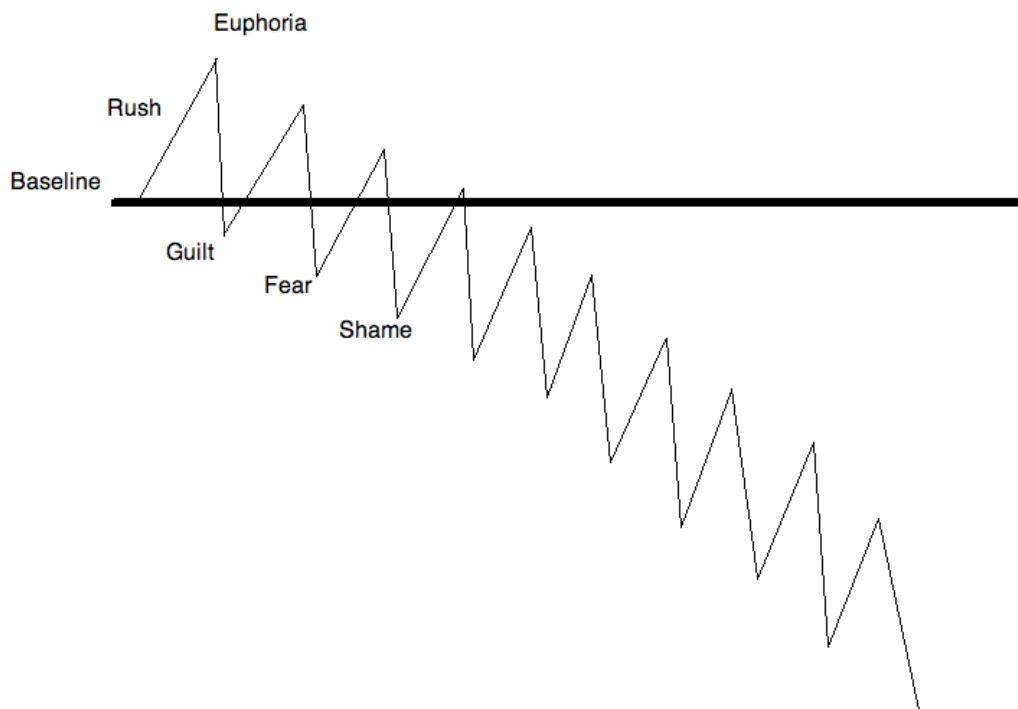
### The Path to Addiction (2 Sam. 11 and 2 Sam. 13) *James 1:12-18 also*

- Innocent Infatuation – *(Bird landing on head) natural desires, nothing wrong with attraction to those of the opposite sex, nothing wrong with desiring closeness with others, nothing wrong with wanting physical intimacy in general – God made us this way. Such natural drives are intended for our pleasure – and such will be the case as long as we do not cross any moral barriers. If we can leave it here we're doing alright. (swat the bird).*
- Mental Obsession – *(bird making a nest) we cross the line when it turns into a mental obsession. Ex. Amnon 2 Sam 13:1,2. When we are tempted, God provides a*

way of escape (1 Cor. 10:13) *BUT* for this to work we have to win the battle for our mind! (HMWK verses) The moment we recognize the temptation we need to respond or we will become mentally obsessed and lust will be conceived. This is a dangerous place because it does not seem that dangerous.

- **Expressed Lust** – Once lust is conceived it demands expression – thus the third step becomes unavoidable. When you reach this step you already have a plan/scheme for how to satisfy your lust. Mega-rationalization happens here – lies/cover-up. Ex. of David and Amnon. This is where you do whatever it is you do (your “X”). Notice this *NEVER* comes “out of the blue”, there are two steps before this one.
- **Hated Control** – This completes the steps – this is when the people who have expressed lust eventually (sometimes immediately) hate that which now controls them. 2 Sam. 13:15. (Amnon) This is also where the devil changes from Tempter to Accuser. We get stuck in a pattern of sin-confess, sin-confess, sin-confess, but no change and we hate it!

The Addiction Cycle (illustration) – headed towards lake (death). Baseline experience is what we normally feel like.



*Addiction: 1. Habituation 2. Dependency 3. Tolerance 4. Withdrawal*

- Why do we do it?
  1. *Our basic needs are not being met in a legitimate way*
  2. *We have not learned how to cope with the problems of life*
  3. *We cannot seem to resolve our personal or spiritual conflicts in a responsible way*
    - Ultimately, like Eve, we have bought into the lies of the deceiver.
- What is Freedom? – *Merriam Webster – The quality state of being free: as a. the absence of necessity, coercion or constraint in choice or action b. liberation from slavery or restraint or from the power of another. (Biblically – state of being alive and free in Christ) This is independence in two aspects.*
  1. *Freedom of Choice – license or legalism (2 Cor. 3:17; Gal. 5:1,13)*
  2. *Freedom from Slavery (Gal. 5:16,22,23)*
- View of Sexuality Self Evaluation
  - We ALL are saturated with lies when it comes to sexuality!
  - Goal: *to reveal areas that we are buying into Satan's lies and provide the opportunity to break free – transformed minds!*
  - What is it that we really want?
    - Good News! – *Something God CAN provide!*
      - *intimacy with others*
      - *good sex (the way God intended)*
      - *we actually desire God's design!*

### *Discussion groups:*

- How was I impacted by last week's homework?
- Why am I scared of God's sexuality?
- Pray for everyone!

## **HMWK**

- **What Do We Want From Love** exercise
- Readings from *Your Single Treasure*
- Meditation: James 1:17
- Spiritual Warfare!