



## Part 1: What is Sexual Addiction?

### About Dr. Weiss

- Dr Weiss was a sex addict, but has been free more than 30 years
- At his counseling center, all counselors take a polygraph to verify their sexual purity
- Started the American Association for Sex Addiction Therapy

Stats: at least 50% of men in church have sexual addiction

**Definition of sexual addiction:** *using sex as a way to medicate past or present issues in your life*

- 1 Corinthians
- When we sin sexually, we sin against our body
- Most men sexually develop by looking at pornography--they are glued to lust, sin & death (James 1:15)

### 6 types of sex addiction:

- Biological
- Spiritual
- Psychological
- Sexual abuse
- Intimacy anorexic--withholds spiritual, emotional, sexual from their spouse
- Mood disorder--trying to stabilize through sexual reinforcement

A lot of these things are done in early adolescence which sets up patterns.



If you continue a bad choice, you'll have a hunger for bad choices. The muscle gets stronger and the resistance gets weaker.

God made us responsible for managing our neuroplasticity.

**There's not an addiction on the planet that you cannot heal from.**

### Lust is disagreeing with God

- Independence from God leads to lust
- The first sin was lusting after the apple
- When I look at something different than God looks at it, I'm in lust
- Lust is the original sin
- Lust has several manifestations
- If you want to get over the lust of the flesh, agree with God.

How do you interrupt the craving? Separate from the behavior:

- 80% of lust shuts down in 30 days when you actively work to change it
- Make a phone call to help break lust/shame cycle
- Pray for them
- Dr Weiss' book: [Lust Free Living](#)

### It's your responsibility to heal

- In Christ we don't need medicine--we have the resurrection life.
- Christ has given us the freedom to decide



### What causes a partner to stray

- It's a choice. That choice is started in the lust area.
- It's not about your marriage -- you're not responsible for someone cheating on you.
- We choose the sin behavior and we know better. We get the prompting inside that says "no, don't do that."

No SHAME!

"I'm uncovering this so you can heal, not because I'm mad at you." -God

Where the spirit of the Lord is there is freedom. And if there isn't freedom, you've disagreed.