

# Sex on Purpose

Reclaiming Our Sexuality

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# What we believe...

We believe that sexuality begins at conception and is a God-ordained gift. God's original design for intimacy, reflected in the Genesis account, is one man plus one woman equals one union (marriage).

Sin has led to many manifestations of sexual brokenness and is rampant in society and the Church. Our lives as women reflect this brokenness in various ways, as the result of our own choices and the choices of others. Healing, restoration, reconciliation, and purity are available through Christ, for all women touched by sexual brokenness and/or identity issues.

# The world we live in

- ◎ Cultural norms in the world
- ◎ Cultural norms in the church
- ◎ A culture of comparison
- ◎ A culture of competition
- ◎ A culture of criticism

# Statistics

- ◎ 18% of women view pornography at least once a week
- ◎ 48% of women view pornography at least 1-2 times per month
- ◎ 88% of online pornography depicts acts of physical violence
- ◎ 48% depict verbal aggression
- ◎ 37% of pastor's say viewing pornography is a current struggle for them

# The stats continue...

- 30% of girls are exposed to pornography for the first time before age 13
- This jumps to 62% by the time they are 18
- 50% of college age women say that pornography is an acceptable way to express one's sexuality
- Viewing pornography decreases the value a person puts on women's rights (both men and women)
- It also decreases the desired sentence length for someone convicted of rape

# Porn destroys marriages

- ◎ The American Academy of Matrimonial Lawyers reports that 56% of divorces are the result of one of the partners having “an obsessive interest in pornographic websites”.
- ◎ Those that view pornography rate the value of casual sex higher
- ◎ Stats show viewing pornography decreases the value placed on marriage, children and faithfulness in a relationship

# Mindy's story

# Spouse/Significant Other

- ◎ You are not alone.
- ◎ It's not your fault.
- ◎ Nothing wrong with you.
- ◎ There is hope.
- ◎ You will likely grieve.
- ◎ Forgiveness is not on the table yet.
- ◎ 70% of wives married to sex addicts are clinically diagnosable with Post Traumatic Stress Disorder

# What to do when I'm suspicious?

- ◎ Timing is everything
- ◎ Typical stages of recovery for someone struggling
  - > Denial and minimization
  - > Moment of truth and choice
    - To begin to admit their struggle and request help
    - Their spouse can help by admitting anger and feelings of betrayal but also agreeing to stay for now to see if he's willing to change

# When my husband is struggling...

- Here's what your significant other is doing in their group
- Learning tools and increasing accountability
- How to maximize healing if he is struggling
- You're allowed to be angry and your anger is an appropriate response
- A sense of betrayal is normal
- You have lost your bearings, the compass is spinning

# Questions to ask him

- ◎ The level of detail you ask from your significant other is based on what you need in order to process what's happening in your relationship
- ◎ It's normal to begin to question everything in your relationship when his struggle comes to light
- ◎ **BREAK**

# Joey's Story – Free Love

- > Sex, drugs and rock and roll.
- > Multiple partners

# Purity

- ◎ As the statistics show women in the church struggle too

# Wholeness

- ◎ Joey will send text
- ◎ BREAK

# Sexual trauma

- ◎ Many women who have experienced damaging sexual experiences want to minimize or ignore the impact these things have made
- ◎ Stats on sexual assault, molestation, incest

# Melissa's Story

# Assessment

- ◎ Instructions and explanation
- ◎ 20 minutes

# Conclusion/Action steps

Questions?