

# Cyber-sex Temptation

Books: “Faithful and True: Healing the Wounds of Sexual Addiction” or “Before The Fall: Preventing Pastoral Sexual Abuse” both by Dr. Mark Laaser.

Cyber-sex can be viewed in videos, clubs, pictures or verbal in chatrooms. These are private and can be accessed in the privacy of your own home. Because it is immediate gratification, it hooks many people rapidly.

Women are also addicted, more to chat rooms. They used to be interested in romance novels but now they have instant romance and no one has to know. In our culture, women through the media are getting rewired to be more visual and aggressive. There is a problem, you can rewire your mind towards sin. The good news is the Bible says to “be transformed by the renewing of your mind” in Romans 12:1-2. So you can also rewire it away from sin.

Addiction makes a person want more and more, to achieve the same effect. Sex addicts deteriorate over time. Sex in it’s negative form is a substitute for healthy love and healthy nurturance. If an addict is extremely tempted, usually other areas of the life are empty of friendship, love, healthy touch, sexual satisfaction in a relationship or true affection. Many victims have been abused as a child sexually, physically or emotionally. There usually is a degree of fear and anger as well. Usually there is a family member that is also a sex addict, however they may have another addiction such as alcohol, gambling or drugs. Legalistic, rigidly religious homes can also breed shame and addictive behavior.

Some of the best help a Christian can get is with an accountability group: fight loneliness, confess your sin, get some professional help and start healthy relationships with other Christians where they honestly talk about what they are doing. The more alone a person is with this problem, the more it increased as a private shame. Also, in marriage, we need to remind ourselves about our commitment to a higher forms of sexuality. Sexuality is a tremendous gift of marriage. Paul talked of one-flesh marriage which is not what society is teaching about sexuality. We are to allow ourselves to be attracted to our spouse despite age, etc.

God wants the best for us and he suggests monogamy.

## Warning Signs Your Spouse Has a Cyber-sex Problem

- Preoccupation with visual sexual stimuli
- Evidence of pornography use, videos, magazines, etc.
- Insisting on his/her own internet account or email address.
- Credit card bills that are unexplained.
- Insistence on having own credit card privately.
- Having a private PO box.
- Staying up late when the other spouse goes to bed.
- Changing the screen on the computer when the spouse walks in the room.
- Emotional distance
- Not acting interested in sex with partner.

## WHAT TO DO IF YOU SUSPECT YOU ARE A SEX ADDICT

- Accountability
- Cancel any private credit card, internet account, password, PO Box.
- Find a person to help you work on relationships, loneliness, anger, fears.
- Work on your relationship with significant others.