

WIRED FOR LOVE

X-Men - 1 Corinthians 6:18, John 8:34
Pastor Miles McPherson - October 9, 2011

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1. Our brains were designed to be 'wired to love' one partner.

2. A brain wired for multiple partners will enslave you and lead to self-destruction.

Sex addiction indicators:

- A. A pattern to resist impulses to engage in acts of sex.
- B. Frequently engaging in those behaviors to a greater extent or over a longer period of time than intended.
- C. Persistent desire or unsuccessful efforts to control those behaviors.
- D. Inordinate amount of time spent in obtaining sex, being sexual, or recovering from a sexual experience.
- E. Preoccupation with the behavior or preparatory activities.
- F. Frequently engaging in sexual behavior when expected to fulfill occupational, academic, domestic, or social obligations.
- G. Need to increase the intensity, frequency, number, or risk of behaviors to achieve the desired effect.
- H. Giving up or limiting social, occupational, or recreational activities because of the behavior.
- I. Resorting to distress, anxiety, restlessness, or violence if unable to engage in the behavior at times leading to SRD (Sexual Rage Disorder).

3. A brain can be rewired through submission to God. *Romans 12:1-2*

- A. Find the friendship of a trustworthy person - someone who can understand and encourage you in your journey.
- B. Join a healthy support group that focuses on discovering yourself, healthy sexuality and relationships - make sure the leader is well-trained and has overcome their own struggles and issues.
- C. Join a weekend intensive retreat - counseling in a group setting over a weekend, much more affordable than individual counseling.
- D. Find a marriage and family therapist intern at a counseling training facility who can do low cost counseling.
- E. Find a lay counselor who has been well-trained to support you through the journey.

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Recommended Readings:

Bibliotherapy - reading books on healthy sexuality (many books out there)

- *Male Sexuality* by Archibald Hart
- *Wired for Intimacy* by William Struthers
- *Every Man's (Woman's) Battle* by Steve Arteburn
- *No Stones - Women and Sexual Addiction* by Marnie Ferree
- *Shattered Vows - Women Betrayed by Their Husbands* by Deb Laaser
- Any book on sexual addiction by Mark Laaser
- Joyce and Cliff Penner books on healthy sexuality

Answer these questions and discuss in your group this week:

1. Discuss your thoughts about being 'wired to love' one person only. Do you believe this is reasonable or is it an outdated way of thinking?
2. Have you ever felt enslaved to different sexual impulses and desires? Do you believe these desires and impulses are wrong according to God, or natural according to cultural standards? Please explain your view.
3. Read 1 Cor. 6:12-20 and discuss what the Apostle Paul has to say about sexual immorality. From his perspective, what do you feel he is trying to communicate?
4. Are there areas in your life that sexual immorality has damaged? Discuss with the group how you have pursued reconciliation to those situations, or ask the group for help in those circumstances.

DON'T HAVE A GROUP? FIND ONE AT SDROCK.COM/SMALLGROUPS



READ THE BIBLE IN A YEAR.
Don't forget to Read, Reflect and Respond.

MON - Proverbs 13-15; 2 Corinthians 5

TUES - Proverbs 16-18; 2 Corinthians 6

WED - Proverbs 19-21; 2 Corinthians 7

THU - Proverbs 22-24; 2 Corinthians 8

FRI - Proverbs 25-26; 2 Corinthians 9

SAT - Proverbs 27-29; 2 Corinthians 10

SUN - Proverbs 30-31; 2 Corinthians 11