

Week 11 Handout
Women Counseling Women: Biblical Answers to Life's Difficult Problems
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“The Taboo Topic: Pornography and Women” & “Women Struggling with Same-Sex Attraction”

The Taboo Topic: Pornography and Women

Know the Heart of the Matter

“In the same way that a nasty weed will continue to sprout in a beautiful garden unless you pull out the roots below ground level, sin will continue to sprout up in your life until you attack its origin: your heart.” Examine your heart with questions like these:

- 1) What motivated you to use pornography in the first place?
- 2) What keeps you going back for more?
- 3) What draws you to pornography?
- 4) What do you want from it? (Personal pleasure? Escape from painful feelings? To avoid responsibilities?)

Keep a Journal of Tempting Times

- 1) Record when you are tempted to use any form of pornography and what you are tempted to do.
- 2) Describe the circumstances surrounding the temptation. (For example, “It was right after I had an argument with my husband.” “I had a bad day at work.” “I was bored.”)
- 3) Write down what you are thinking during the time of temptation. (“I am so stressed.” “I just wanted a high.” “I have so much to do and not enough time.”)
- 4) Record what you actually did following the temptation. (Remember, temptation itself is not sinful, but this is the point at which you make the choice either to please God or to sin against Him.)

As you are faithful to keep track of your temptations, pay attention to patterns that emerge.

- *what forms of pornography are you most drawn to?
- *What circumstances tend to trigger temptation?
- *What do you really want when you are tempted? Distraction, a high, control...
- *If or how your thoughts send you into a downward spiral into sin.

Recognizing patterns will help you prepare for battle ahead of time. Psalm 119:9-11

Put on New Habits

Romans 6:12-14

12 Let not sin therefore reign in your mortal body, to make you obey its passions.

13 Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.

14 For sin will have no dominion over you, since you are not under law but under grace.

- 1) Put off- Make a list of actions, thoughts, and words that you need to put away in regard to your struggle with pornography. BE SPECIFIC.

- 2) Renew your mind-Be in the word. See God for His character-See His love for you. See Who it is you are sinning against and then learn verses to replace sinful thinking or that can challenge you to do right in tempting times.
- 3) Put on-List specific actions that you can do to replace sinful behaviors. For every problem in the “put off” column you should have a solution in this column. And make sure the solution is realistic.

Compelled by Love

Prayerfully consider why you want to stop using pornography, then journal your thoughts. This is important because the only motive that will enable you to persevere when change becomes a challenge is a love for Christ that makes you want to please Him more than anything else (2 Corinthians 5:14-15). 14 For the love of Christ controls us, because we have concluded this: that one has died for all, therefore all have died;
15 and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised. - 2 Corinthians 5:14-15

Finally, remember change is a process.

Women Struggling with Same-Sex Attraction

“The good news that Jesus Christ came to save sinners means that there is a provision for our sin and power to change. But first a person has to agree with God that homosexuality is sin before that person can experience freedom that Jesus died to obtain.”

The gospel is the only source of true:

Hope

Power

Motivation

Question 1: “I never consciously chose to be attracted to other women. How did this happen?”
Read quotes on page 297

- 1) We are all born with sinful hearts that exchange worship of God for worship of something that is not God.
- 2) Everyone is born with tendencies toward certain types of sinful desires and behaviors
- 3) Some people experience homosexual desires that may have never been consciously chosen
- 4) All sinful behavior and desires, including homosexual desires and the sins that result from them are dealt with in the same way-the sinless life, substitutionary death, and the triumphant resurrection of Jesus Christ.

Question 2: “How can I gain victory over my homosexual desires? How much change can I expect?”

Don't define victory as the absence of homosexual desires. True victory occurs each time you choose to fight temptation and sin and love God instead.

Part of being victorious means enduring to the end, regardless of how victorious you feel.

Question 3: "How can I break free?"

True freedom is not equivalent to heterosexuality and marriage. True freedom is living every day fighting sin, that believing that God's promises are better, and knowing He does and will reward those who seek Him.

Question 4: "Why does God allow me to struggle in this way? I never consciously chose these attractions?"

It's okay to ask why in genuine confusion and bewilderment (not anger and bitterness) as you pray for God to shine His light on a dark path, or ask Him to reveal what He wants you to learn through the trials you face.

Make sure your desire for answers doesn't get in the way of pursuing the Lord and cause you to get stuck in a pit of bitterness and despair.

Like David in Psalm 131, you must recognize that having all the answers to your questions is not what will set you free. Realizing God's fatherly care and resting in His arms like a quiet child is what will give

The Road to Real Change

- 1) Embrace His love for you that is shown powerfully in the gospel.
- 2) Embrace your true identity in Christ.
- 3) Embrace biblical community in a solid local church.