

# Sex men and GOD



SILOAM

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# Contents

<i>Introduction</i> .....	<i>xi</i>
<b>1. Internal and External Sexuality</b> .....	<b>1</b>
External Sexuality	2
Internal Sexuality	5
<i>Don't covet her.</i>	5
<i>The right way</i>	6
Tips on Overcoming Lust	8
<i>Pray for them.</i>	8
<i>Look them in the eyes.</i>	9
<i>Follow the one-to-three-second rule.</i>	9
<i>Establish accountability.</i>	9
<i>Keep a lust log.</i>	10
<i>Kill it!</i>	11
<b>2. The Sexual Brain</b> .....	<b>13</b>
Sex Glue	15
Sexual Conditioning	18
<i>Option 1—Images</i>	18
<i>Option 2—Fantasies</i>	18
<i>Option 3—Objects</i>	19
<i>Option 4—People</i>	19
Brain Pathways	19
<i>Brain 1—The uni-focused brain</i>	20
<i>Brain 2—The dual-focused brain</i>	21
<i>Brain 3—The multi-focused brain</i>	22
Understanding <i>Your</i> Brain	24
What Kind of Brain Do You Have?	25
True-to-Life Stories	29
<b>3. Three Major Battlefronts</b> .....	<b>35</b>
Battlefront 1—Abuse	36
Battlefront 2—Addictions	38

Battlefront 3—Sexual Anorexia	41
<i>Sexual anorexia self-test</i>	42
Resolving Sexual Trauma	44
<i>Symbolic confrontation</i>	45
<i>Release through forgiveness</i>	48
Overcoming Addiction	50
Overcoming Sexual Anorexia	53
<b>4. Shame on Me</b> . . . . .	<b>55</b>
Sexual Performance Shame	56
Sexual History Shame	58
Sexual Deviancy Shame	61
Solutions to Sexual Performance Shame	63
<i>Admit your problem.</i>	63
<i>Forgive yourself.</i>	65
<i>Overcoming the grief</i>	66
Solutions to Sexual History Shame	68
<i>Be specific.</i>	68
<i>Apologize.</i>	69
Solutions to Sexual Deviancy Shame	70
Action Points to Blast Sexual Shame	71
<i>Talk.</i>	71
<i>Be proactive.</i>	72
<i>Honor yourself.</i>	73
<b>5. The M Word</b> . . . . .	<b>75</b>
Three Types of Masturbation	76
<i>Masturbation Type A</i>	77
<i>Masturbation Type B</i>	77
<i>Masturbation Type C</i>	78
The Masturbation Plot Thickens	81
Patterns of Masturbation	82
<i>Connected patterns (Type B)</i>	82
<i>Disconnected patterns (Type C)</i>	83
Masturbation and Marriage	84
Honesty Is the Issue	87

<b>6. The Seductress.....</b>	<b>93</b>
Proverbs 7—the Power of Seduction	95
<i>A father’s wisdom</i>	96
<i>A foolish youth</i>	97
<i>The seductress introduced</i>	98
<i>Her character</i>	99
<i>Catching her prey</i>	100
<i>Fulfilling religious vows</i>	101
<i>“You are special.”</i>	102
<i>Special treatment</i>	102
<i>“You are safe.”</i>	103
<i>Powerful persuasion</i>	104
<b>7. Creating a Sexually Successful Brain.....</b>	<b>107</b>
Retraining Your Brain	108
<i>Step 1: The Rubber Band Technique</i>	109
<i>Step 2: The Three Principles</i>	111
<b>8. What About Her?.....</b>	<b>117</b>
What Motivates Her?	118
Where Are the Buttons?	121
Bait and Switch	123
Sexual Personalities	125
Her Sexual Esteem	127
Three Key Words	129
<b>9. Roadblocks to Intimacy.....</b>	<b>133</b>
Benign Emotional-Based Relationships	134
Malignant Emotional-Based Relationships	135
Immaturity in Emotional-Based Relationships	137
Principle-Based Relationships	140
Evaluating Your Maturity Levels	141
<b>10. “Three a Day” for Intimacy.....</b>	<b>147</b>
A Classic Story	148

Remember Your Beginnings	150
A Healing Structure	151
The Three Dailies	152
Daily #1—Prayer	152
Daily #2—Feelings	157
<i>Cautions</i>	162
<i>Common questions</i>	162
<i>Guidelines</i>	163
<i>Emotional intimacy requires a safe zone.</i>	164
Daily #3—Praise and Nurturing	166
<i>Guidelines</i>	163
Reviewing the Three Dailies	170
<b>11. Sexual Agreement</b>	<b>173</b>
Sexual Chaos vs. Sexual Order	176
Sexual Acceptance	178
Sexual Agreement	180
Creating a Sexual Agreement	181
The Frequency and Initiation Issues	182
<i>System one</i>	184
<i>System two</i>	184
<i>System three</i>	184
Benefits of Agreement	185
<i>For you</i>	186
<i>For her</i>	186
<i>For both</i>	187
Practical Guidelines for Success	188
<i>No excuses</i>	188
<i>Consequences</i>	189
<i>Wait your turn!</i>	190
<i>Her special days</i>	190
<i>Mutual satisfaction</i>	191
<i>Time limit for changes</i>	194
Checklist for Your Agreement	194

<b>12. Leaving a Legacy</b> .....	<b>197</b>
Role-Modeling	197
What Do I Say and When?	200
Masturbation	203
<i>Guideline 1: Frequency</i>	204
<i>Guideline 2: No porn or fantasy</i>	204
<i>Guideline 3: Stay connected</i>	205
<i>Guideline 4: Monthly check-ins</i>	205
<b>13. Finally, the View!</b> .....	<b>207</b>
<i>Appendix A: Leviticus 18</i> .....	<i>211</i>
<i>Appendix B: Feelings Exercise</i> .....	<i>215</i>
<i>Appendix C: “Three-a-Day”</i> .....	<i>219</i>

## ONE

# Internal and External Sexuality

**D**uring our journey to successful sexuality, we will travel through many difficult areas and visit many facets of male sexuality. In order to navigate effectively these difficult areas and successfully reach our journey's end, we need to remember that all of our discussion involves God's divine design for men. God's gift to men is our sexuality. It is a divine gift that we have from birth to death. Yet, as men, we are misunderstood many times because of our God-given desire to consummate our marriage regularly.

I also believe that when men appropriately understand their sexuality they will experience three-dimensional sexuality that is wonderful and productive. The ability to connect with your spouse in three God-given dimensions—spirit, soul and body—can satisfy you so profoundly that you do not even desire sex the next day. Imagine being that sexually satiated on a regular basis; that is sexual success!

Realizing the value of your sexuality will help you avoid the pitfalls of misusing it—pitfalls that result in damaging yourself, your relationship with God and even future generations.



That is why we have presented these chapters in *Sex, Men and God* to address the many magnificent facets of our sexuality—to give you the keys to understanding the value of your sexuality.

The enemy of our soul has concentrated his attacks against God's gift of male sexuality. He is fully aware that this gift, if misunderstood or misused, can lead to consequences that extend through family lines for generations to come. Likewise, God knows the blessing of a man of God who understands his sexuality and submits it to the lordship of Christ. The blessing of a sexually healthy man also impacts his sons and daughters for generations.

## God's gift to men is our sexuality.

Understanding that male sexuality is God's great design can motivate every man to exert whatever effort is required to complete his personal journey to sexual success. God offers to every man who chooses to complete this journey the wonderful reward of sexual success. Perhaps you are not sure yet what that goal looks like. You are about to discover God's gift to you from His perspective.

I have studied the Scriptures for almost twenty years and have clearly seen that God's Word addresses what I call the two sides of sexuality. By this I mean that He clearly communicates the reality of our external sexuality as well as our internal sexuality.

### *EXTERNAL SEXUALITY*

By the term *external sexuality* I refer to the actual sexual acts that you participate in with your physical body. These sex acts fall basically into two categories. The first category is comprised of sex acts approved by God in the context of a monogamous relationship with your wife. The second category

includes sex acts that are disapproved and discouraged by God. These include sexual acts with anyone prior to marriage and outside of marriage.

In Scripture, God is very clear about sex acts of which He does not approve. When He wrote the Ten Commandments to His people, He stated clearly, “You shall not commit adultery” (Exod. 20:14). And He doesn’t mince words in describing how committing adultery leads to death. (See Proverbs 5.)

For the expanded version of what God does *not* want us to do with our external sexuality, we have only to read Leviticus 18. (Please turn to Appendix A and read this awesome list of shall-nots given to us by our Creator.)

Some of you may object to this exhaustive list of shall-nots by saying, “That’s the Old Testament.” The truth is that both the Old Testament and the New Testament express God’s heart for us to be sexually pure. God is clear throughout Scripture that He intends external sexuality to be reserved only for your wife. His concern is for your happiness as well as your wife’s happiness. I personally think God has received a bad rap for communicating His loving concern about our sexual behavior.

As a sex therapist, I think I have heard about every sexual exploit listed in Leviticus 18 being committed by men who call themselves Christians. But I also hear of the tremendous guilt and shame, often suffered for decades, that participating in these shall-nots caused them.

God isn’t against sexual fun, but He is against us hurting ourselves by misusing the gift of sexuality. I have never counseled anyone who has not felt some pain as a result of breaking God’s perfect design for sexuality. God is love (1 John 4:16). He expects love to motivate us so that we can have the absolute best sex of our lives.

I know that some of you reading this book may be feeling some regret over your past sexual behavior. Jesus came to set us free from all of our sin, including sexual sin. In our journey

together, I will walk with you down the path that will allow you to heal in this area. I know from experience that Jesus can heal, restore and give you sexual success all the days of your life.

In the New Testament the apostle Paul reveals more about God's warning to us to avoid all sexual immorality. He states clearly, "The acts of the sinful nature are obvious: sexual immorality, impurity and debauchery...orgies, and the like...those who live like this will not inherit the kingdom of God" (Gal. 5:19-21). This is strong New Testament language about external sexuality.

We read similar exhortations in other New Testament passages, including Romans 1, which describes God's judgments for wrongdoing, and Revelation 2, which exposes the false prophetess Jezebel who is leading church members into sexual immorality.

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Sexual practices outside of marriage are wrong from God's perspective in both the Old and New Testaments. Of course, we know this; it has been preached for at least two centuries by Catholics as well as Protestants, and especially within evangelical or nondenominational Bible churches. So I won't belabor this biblical understanding because it may be so familiar that you actually tune it out. Like a song you have heard over and over again, this biblical message of morality can seem like background music you don't notice anymore.

Tuning out is especially true for Christian men who grew up in church youth groups. They heard the message of "don't touch the girls" too often. They got the message and don't need to hear it again. But these young men only heard or

understood God's Word as it applied to *external* sexuality. While they knew they couldn't touch the girls, they believed that they certainly could look and not get into trouble. As long as the outside appearance was OK, they thought they could do whatever they wanted on the inside. This faulty understanding has created a duality in Christian men that keeps them from becoming sexually successful. For this reason, we need to gain a clear understanding of the other side of sexuality—internal sexuality.

### ***INTERNAL SEXUALITY***

Internal sexuality involves your sexual feelings, thoughts, fantasies and impulses. Internal sexuality is what you do with your eyes, your heart and your creative mind. This side of sexuality is also a gift from God.

This internal dimension of your sexuality can function undetected by those around you. You can lust after another woman's body without anyone knowing or condemning. At least that's what many of the Christian men I have talked to believed in adolescence. They rationalized that as long as they only looked and didn't touch, they were good boys.

As adults this now may sound immature, but when you're a fourteen- or sixteen-year-old, this faulty reasoning is to be expected. The problem is that some men remain stuck at that level of thinking all of their lives because neither they nor their spiritual leaders have adequately addressed the important issue of their internal sexuality.

#### ***DON'T COVET HER.***

To begin to address this issue, let's return to the backbone of our faith—the Ten Commandments. We have already discussed Exodus 20:14: "You shall not commit adultery." Now let's scroll down to the last commandment: "You shall not covet your neighbor's wife" (Exod. 20:17). This mandate deals with our *internal* sexuality.