



Session 4: Presenter – Debby Wade

Welcome back for our final segment on Dealing with Pornography. I want to recap some of the information we have covered: we discussed porn in our culture, the myths of porn, steps to take if you are struggling with porn... and now I want to get to my favorite part... Understanding True Authentic Healthy Thriving sex : We can identify that there are Hazards of

- Porn Social isolation
- Mood disorders
- Sexually objectifying other people
- Engaging in Risky and Dangerous behavior
- Unhappy intimate partner
- Sexual issues and dysfunctions
- Self-Loathing
- Neglecting important areas of life
- and then Addiction To Porn

Where I want to help you to head is not just freedom of these things... not just freedom from the bondage of porn... not just surviving the consequences of porn... I want to help you to have a thriving sexually authentic intimate relationship with your spouse.... or future spouse...

Walk through the Maltz' "Do you Know the Difference" Poster (www.healthysex.com) click on to "Posters"

Hebrew word for "intercourse" is "Yada"... interactive knowing and being known; it is about intimacy and vulnerability

Sex is not about DEMAND its about serving and love... I Corinthians 13; I Corinthians 7:3-9 (the Message Translation)

READ: Galatians 5:22-26 Think about this as it is applied to how you handle your sexual desires.