

“I am the LORD your God...I broke the bars of your yoke and enabled you to walk with heads held high.” Leviticus 26:13

GOD, SCIENCE AND SEX.

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Sexual Brokenness:

- *Our own choices:* promiscuity, pornography, homosexuality, addictions, emotional/physical affairs, abortion.
- *Sin committed against us*—sexual abuse, rape, introduction to sex in any way by someone older when we’re a child/teen.

Sexual sin:

- *isolates* us—in pain, secrecy and shame
- *stagnates* us spiritually, emotionally and relationally—we get stuck laden down with spiritual residue that holds us back
- *deceives* us that we’re alright—so we just keep stuffing it down, ignoring it, pretending that we’re done with that
- *blinds* us to the truth—of ourselves: of what happened to us, what we’ve done, how it’s affected us, how we see/value ourselves, how God sees/values us.
- *Quiets our voice*—the shame takes our voice away—we can’t speak truth into other people’s lives

Sexual Bonding:

- Mark 10:8 tells us: *“For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh. So they are no longer two, but one.”*
- Whenever we have sex with someone, we are becoming one with them, as in ‘one flesh marriage’ kind of oneness. I Corinthians 6:16 says: *“Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.”* The phrase, “two will become one flesh” has the same meaning in the original language in both verses.

The Brain and Sex

- ~ the chemicals, *endorphins* and *enkephalins* we release give us a sense of well being.
- ~ they are addictive—you want to do that same activity again and again
- ~ the hormone *oxytocin* released in men and women during sexual arousal and release create an intense bond making you want to repeat that activity with that person.
- ~ we can become bonded to pornography which can inhibit us from being aroused by a person
- ~ we can deplete our levels of oxytocin with subsequent relationships

The Cycle of Broken Relationships:

- Sexual arousal and release causes us to release oxytocin which creates a bond in the relationship
- Oxytocin increases trust, reduces fear and anxiety and causes positive memory airbrushing (increases recall of positive events and decreases recall of negative events)

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- When the relationship fails, we’re in emotional pain
- We release endorphins (opiates) when we’re in emotional pain
- Chronic release of opiates begins to inhibit the release and production of oxytocin
- When we jump into a new relationship without healing, we’ll release less oxytocin
- Less oxytocin means less bonding, more fear, more stress and more anxiety in social situations
- With less bonding the chance of this relationship failing is even greater, causing us to be emotional pain once again
- This repeated cycle causes us to accumulate more emotional pain for the next relationship

Repeated Failed Relationships:

- Repeated relationship failure leads to chronic emotional pain and chronic opiate release
- Chronic opiate release leads to an inhibited production and release of oxytocin
- Reduction of oxytocin release can lead to sexual addiction due to the tolerance effect of sex (the presence of oxytocin keeps the wow of sex alive after the excitatory chemicals of sex with the same partner subside—absence means sexual withdrawal, dependence and tolerance).
- Reduction of oxytocin release can also damage our ability to bond in future relationships
- This can lead to a cycle of damaged relationships in the future.

Breaking Free: Forgiveness, Freedom, Healing and Hope:

- We need healing as well as forgiveness
 - I Corinthians 6:18 “...*All other sins a man commits are outside his body, but he (she) who sins sexually sins against his (her) own body.*”
- Because of our sexual pasts we have:
 - Wounds that need healing
 - Losses that we need to grieve
 - Lies that need to be reversed with truth
 - Ungodly soul ties and bonds that need to be broken

Breaking Sexual Bonds:

1. **Acknowledge your past ~ life map**
2. **Address your past ~ what needs healing?** You won’t heal alone—James 5:16
Get Christian counseling; join a support/recovery group for sexual abuse, abortion, sexual addiction, pornography, homosexuality
3. **Let go of your past ~**
 - Write out sexual history
 - Pray prayer to break sexual bonds

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God can break all the bonds we’ve created in our past, and restore the damage done and allow us to create new bonds—His way—even repair our ability to release oxytocin again and bond in our marriages or future marriage. (**Joel 2:25, I will repay you for the years the locusts have eaten.**)

Resources For Healing:

Sexual Abuse:

- *Wounded Heart* by **Dan Allendar**
- *On the Threshold of Hope* by **Diane Mandt Langberg, PH.D.**

Abortion:

- *Forgiven and Set Free (Bible Study for Women)* by **Linda Cochrane**
- *On the Threshold of Hope* by **Diane Mandt Langberg, PH.D.**
- Alternatives Pregnancy Center Post Abortion Counseling: 916-880-4040
- <http://www.pgtest.com/#/services/your-abortion-recovery>

Pornography, Sexual Addiction:

- *Every Woman’s Battle* by **Shannon Ethridge**
- *Every Man’s Battle* by **Steve Arterburn**
- *Pure Desire* by **Ted Roberts**
- *Celebrate Recovery (4 part series for sexual or substance addictions)* by **Rick Warren and John Baker**
- *Final Freedom* by **Douglas Weiss**

Dating/Relationships/Marriage:

- *Boundaries in Dating* by **John Townsend and Henry Cloud**
- *Choosing God’s Best* by **Dan Rannikar**
- *Your Single Treasure* by **Rick Stedman**
- *Intimacy Cover-up* by **Roger Hillerstrom**
- *Marriage Matters* by **Glenn T. Stanton**
- *ReBonding: Preventing and Restoring Damaged Relationships* by **Dr. Donald M. Joy PH.D.**
- *Gift Wrapped by God* by **Linda Dillow and Lorraine Pintus**
- *Secrets to Last Love: Uncovering the Keys to Life-Long Intimacy* by **Gary Smalley**

Books on Sexual Healing:

- *The Invisible Bond: How to break free from your sexual past* by Barbara Wilson, Multnomah Publishers 2006. (includes study guide to use alone or in a group)
- *Kiss Me Again; Restoring Lost Intimacy in Marriage* by Barbara Wilson, Waterbrook Multnomah 2009. (includes study guide to use alone, together in marriage, or in a group as wives).
- *Free: Finding Freedom and Healing from Your Past*, (for women, men and young women), Barbara Wilson 2009. A 12 week bible study offering deeper healing for those with a sexual past.
- Visit my author website, www.barbarawilson.org or professional website drbwilson.com for more information and resources.