

# Sermon Notes

## Good Sex, Bad Sex – Freedom from Porn

### The overly simplistic view: “Just Stop it”

- Matthew 15:19 Matthew 23:25–26

Why -- SIN -- What I did

Q: If a struggle with porn is the tip of the iceberg, then what might be lurking beneath the surface that contributes to a struggle with porn?

“Sexual bondage is not about sex, it’s about how you’ve learned to medicate the pain in your life.” – Dr. Ted Roberts

### Conviction, Guilt & Shame

- Conviction: John 16:8 Romans 2:15
- Guilt: 2 Corinthians 7:10

#### Good guilt

- Leads us towards God
- Thinks of others
- Leads us into community
- Is removed with confession

#### Bad guilt

- Leads away from God
- Thinks of self
- Leads us away from community
- Leads to shame

Hebrews 10:19,22-23

#### Shame

##### Guilt says:

“I have done something wrong”

“I have made a mistake”

##### Shame says:

“I have no value. I am worthless”

“I am a mistake”

Psalm 51:5 1 John 1:10 Genesis 1:27 James 3:9

**Shame:** Hopeless, Depressed, Failure, Isolates, Wanting to disappear, Everything is my fault, I can’t be forgiven, Deep hatred of yourself, Powerless, I am mistake, I have no value, I don’t deserve to be loved, forgiven or cared for, I can’t receive God’s grace I need to work for it, I need to make atonement for my sin, Self-sabotage.

Shame is the raincoat over the soul repelling the living water of Jesus that would otherwise establish us as the beloved.  
- Andrew Comiskey

Judas: Matthew 27:3 vs Peter: Luke 24:12

### **Breaking Free from Shame**

- Who are you trusting and who are you listening to?
- I have confessed my sin but I still feel guilty and am full of shame. Why?

### **I am totally forgiven**

- 1 John 1:9 Hebrews 8:12 Romans 8:1 Ephesians 1:7-8

### **I am deeply loved and valued**

- John 17:23 Romans 5:8-10

### **I am totally accepted as a dearly loved child**

- Romans 5:1-2 1 John 3:1 Hebrews 4:16

### **I am not defined by my sin but by being IN Christ**

- 200 times – NT identifies Jesus followers as being “in Christ”
- 60 times – NT identifies Jesus followers as saints.
- 2-3 times – NT identifies Jesus followers as sinners.

*Your identity will determine your activity*

Romans 2:4 John 8:32

I am totally forgiven. I am deeply loved and valued. I am totally accepted as a dearly loved child. I am not defined by my sin but by being in Christ.

Romans 9:33 Romans 10:11 1 Peter 2:6