

PK WISE CHOICES



THE INSIDE RUNNING

At the core of our male identity is our gender and our sexuality. Every man has to make choices regarding his sexual integrity and how that influences his character.

The Bible tells us that the only place to practise our sexuality is within marriage. The marriage relationship is a wonderful challenge for most of us as we seek to dwell with understanding with our wife. When issues arise, we men often feel rejected and unable to address the relationship problems if the sexual relationship is interrupted. Conversely, women tend to feel unloved and lose sexual desire until relational problems are addressed. This disparity just makes progress tougher, especially if the dynamics are not recognised.

At Promise Keepers, we want to encourage men to live fulfilling, transformed lives. Married, single or divorced, we all need to steer clear of wrong sexual relationships, escape the addiction of porn and avoid building harmful emotional attachments. We need to create the best possible foundation for our sexuality.

This is counter-cultural stuff as social norms become less moral. This is our opportunity to live God's revelation to the world of stable families and solid commitment. Whatever stage you find yourself at, decide to live God's plan and make today the first day of the rest of your life.

John

John Subritzky



SEXUAL INTEGRITY

Beware of the Bear

by Steve Taylor

Once upon a time, there was a man walking in the wilderness.

The wilderness was without borders, and stretched as far as the eye could see. The man was unarmed and held no awareness that he needed to be armed in order to protect himself against what he may encounter in the wilderness. Which is about the time he encountered a lovely, cuddly, and very big bear.

The man, having never seen a bear before, was awestruck at the majesty of this animal - its soft-looking fur, its graceful gait, and its doe-like eyes. The bear approached the man at a right angle; the man turned towards the bear, and was eager to shorten the distance between them.

The bear reared up upon its hind legs, in a stance that indicated to the man that he was a welcome stranger being offered a warm embrace. It was at this stage that the man noticed the astonishingly long claws, and the carnivorous teeth. Although he began to feel instinctually uncomfortable, the man continued to move forward towards the bear.

In the last moments of his life, the man only had time to reflect on one thought as the bear tore his carotid artery to shreds: "What is happening? The bear didn't look dangerous at all!"



When we think of the issue of sex, we don't usually equate such a gruesome tale to the practice of one of life's most pleasurable experiences. Yet for a number of men, there is a marked lack of awareness of the wilderness in which they are walking, the weapons they may need to guard themselves, and the nature of the risks that may present themselves unawares.

Any honest pastor will tell you that one of the most fundamental difficulties the men of their congregation struggle with is sexual integrity (a.k.a. trying not to get eaten by the bear).

continued over



PROMISE 3: A Promise Keeper is committed to practise spiritual, moral, ethical and sexual purity.

INTEGRITY, COURAGE, ACTION

WHAT'S ON THE DVD:



David Riddell. David speaks frankly to men about the many issues confronting us regarding healthy sexuality. This is a powerful video, applicable to all men. David has also given us two empowering documents which are on the DVD ROM. The first is "Truth Coaching for Sexual Addiction". The second is a PDF on "Libido Shutdown – a potential threat to the whole family". These cover a huge range of issues and we are sure they will be very helpful to many people.



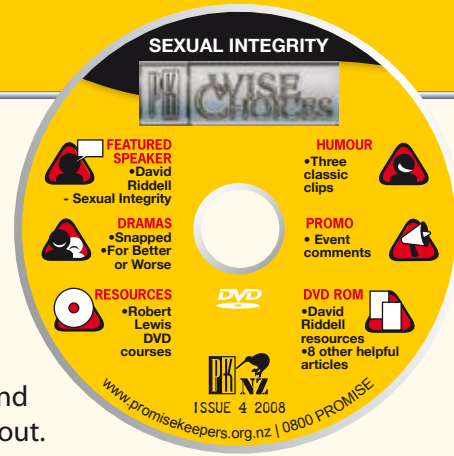
DRAMAS

Two powerful dramas from the PK07 Team. Having a dramatic presentation of two relational conflicts is truly revealing and thought-provoking. Great discussion starters!



HUMOUR

We all enjoy a laugh and Tripod's classic "Xbox vs sex" song is hilarious. Two funny ads - "Trust your wife" and "Crossdresser" round it out.



DVD ROM

David Riddell's notes are here, along with a collection of eight other interesting and helpful articles, all relating to sexuality. Links to helpful ministries and internet accountability providers are part of the documents.

Beware of the Bear continued:

Temptation, opportunity, "I was just trying to help", call it what you like – men need to have some idea of the "rules of engagement" in this area of their lives if they are to survive in the wilderness.

Firstly: Be aware that there is a wilderness, and that you walk around in it every day of your waking life.

Secondly: Be aware that you need to protect yourself in the wilderness. If you are married, don't give to every woman what has already been claimed by one woman. If you are single, don't elicit in the heart of a woman what you are not prepared to finish in the life of that same woman.

Thirdly: Be aware that bears live in the wilderness and that while you might think that they look just lovely, they actually want to rip the life out of your marriage, your family, and, if you let them, your faith. These bears have names such as pornography, internet

dating sites, affairs, "special friends", and addiction.

Fourthly: Be aware that the time to run from the bear is when you have sufficient distance between you and the bear to do so. Leave it too late, and the bear will run you down. (Polar bears are the worst – they will chase their prey for days, wear them down, and then tuck in.) Don't stroll up and stroke the fur – recognise the danger, take to your heels and flee.

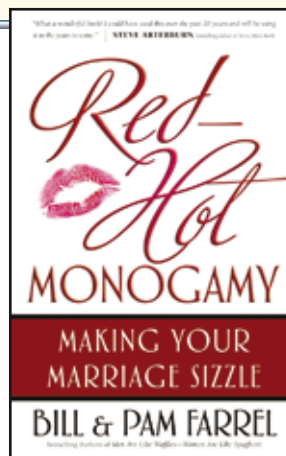
Metaphors aside, when a man abdicates his responsibility to defend his sexual desire, he chooses to destroy in a moment what may have taken a lifetime to build – his self-respect and dignity.

If you find yourself in the wilderness, seek out some friends to help you find your way back to the camp – it is much, much safer there.

Steve Taylor is the Director of 24-7 Ltd, a counselling, supervision, and mediation private practice located in Mt Eden, Auckland. Go to www.24-7.org.nz for more information.

"Opportunity knocks only once: temptation leans on the doorbell."

Source unknown



"So many lives can be either destroyed or enhanced by the way sex is used. In marriage, sex is the spice that rescues our relationships from becoming mundane pursuits of chores. Adult life is filled with responsibilities. But none of us got married so we could load up on chores. We got married out

of hope. A satisfying sex life can add dignity to all the other pursuits of life."

The Farrels present difficult-to-discuss topics and biblical truths in universal language with sensitivity, fun, and understanding. This book inspires the gift of romance and passion to fuel lives with love.

Available from Promise Keepers. \$25 + P&P



**NEXT ISSUE
FAMILY**



Christchurch	15-16 August
Tauranga	29-30 August
Wellington	12-13 September
Auckland	10-11 October