

COUNTING THE COST OF SEXUALLY ADDICTIVE, COMPULSIVE, & DYSFUNCTIONAL BEHAVIORS

PHYSICAL COST: Sexually Transmitted Diseases (STD's); abortion; chronic fatigue, loss of energy, loss of exercise, sexual impotence; failure to care for your body – bathing, shaving, brushing of teeth, etc.

SPIRITUAL COST: Separation from God. God does not hear or answer prayers when we are knowingly, willingly, intentionally, and rebelliously sin against Him without any remorse and no desire to change. Separation from God leads to separation from others.

EMOTIONAL COST: Your emotional needs will not be met by your spouse, family, friends, and co-workers such as support, encouragement, security, affection, understanding, etc.

MENTAL HEALTH COST: Depression, anxiety, anger, bitterness, resentment, Post Traumatic Stress Disorder (PTSD), etc. Have you minimized, justified, and rationalized your behavior because you are living in denial? Are you blaming others, and/or God for your situation? Denial leads to mental illness.

PERSONAL COST: Will you lose your Christian testimony? Have you lost all credibility, integrity, honesty, and trust with spouse, as well as family, friends, neighbors, and co-workers, brothers, and sisters in the Lord, etc.? Are you or will you end up living in isolation?

MARITAL COST: Have you been absent for your spouse physically, spiritually, emotionally, mentally, and sexually? Are you about to lose your marriage? Have you destroyed another person's marriage due to infidelity? Have you betrayed your spouse's trust and destroyed their self-esteem and sense of security? Does your spouse struggle with anxiety or Post Traumatic Stress Disorder because of your infidelity?

FAMILY COST: Have you lost touch with your parents, spouse, children, and other relatives? Do you act out in anger towards your spouse and family members because you have lost control of your life? Are you, your spouse, and children living separate lives? Have you been absent from family due to jail time? The sins of the father are passed on from one generation to another – you are setting your children up for a life of heartache and heartbreak? Have you destroyed another person's family?

CHURCH COST: Have you lost touch with your network of support: your church family? Do you feel unworthy to be in the presence of your brothers and sisters in the Lord? Do you have any fellowship in the body of Christ?

EMPLOYMENT COST: Will you lose your job, miss time from work, or frequently show up late?

FRIENDSHIP COST: Have you lost friendships because sexual immorality or internet porn has consumed your time? Are you now living in isolation as a result?

FINANCIAL COST: What has the cost been to you financially regarding your sexually addictive, compulsive, and dysfunctional behaviors? Have you and your family been without food, clothing, shelter? Have you had to pay a lawyer for legal fees associated with your addiction?

RELATION TO THE OPPOSITE SEX COST: Do you make others feel uncomfortable through inappropriate sexual conversation? Do you make others feel uncomfortable because you look at them in sexually inappropriate ways? Are you mentally undressing men/women as you are talking to them?

COST OF ANOTHER PERSON'S WELLBEING: Have you led another person into sin? Have you set a poor example of what God's purpose for sex and marriage is supposed to be in relation to the violated person? Have you cost the other person their innocence? Have you stolen what rightfully belongs to another man's future spouse? Have you set the violated person on a path that will lead to their physical, spiritual, emotional, and mental destruction? Have you corrupted another person, namely, one who is too young to understand the consequences of yours and their actions?