

MEN'S SEXUAL INTEGRITY OUTLINE | thecultureproject

I. Happiness & Love

- a. Inspiring Story from Matt Fradd's book *Delivered*.
 - i. True manhood requires sacrifice for the sake of love
- b. Connecting true happiness & love for men to the call to sacrifice.

II. False Happiness & The Present Reality

- a. We live in a culture that forgoes any sense of sacrifice for another. Instead, the mentality is that there is no effort needed to be happy.
 - i. abortion, pornography and divorce: Concrete examples of our society's "quick fixes."
- b. Presenting the reality that this is where we are, but not where we want to be.
 - i. We are not bound to this fate, but are made for MORE!

III. Desire

- a. Clarify:
 - i. We all have desires
 - ii. We have desires for love, intimacy, and satisfaction, and these desires are very good!
 - iii. **The problem** is not that we *have* desires, but is what we *do* with our desires.
 - iv. All good things can be properly used or can be misused. i.e. Driving a car to go see your family in another state as opposed to drunk driving, Using chemistry to create something good as opposed to chemical warfare, using your phone to call a friend as opposed to using your phone to call a friend in the middle of class!

IV. Sexual Integrity

- a. Introducing the virtue of Chastity as a way of living sexual integrity.
 - i. [Ccc§2337] Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being. Sexuality, in which man's

belonging to the bodily and biological world is expressed, becomes personal and truly human when it is integrated into the relationship of one person to another, in the complete and lifelong mutual gift of a man and a woman.

- b. Defining **virtue**.
 - i. Habitual doing of the good
- c. Explaining radical difference between chastity and abstinence.
- d. Breakdown of **Sexuality**
 - i. Self (identity)
 - 1. What are we? We are men. Protectors, providers, leaders
 - ii. Other (woman)
 - 1. What is a woman? She is beautiful. She is sensitive. There is something she has that I do not, not only physically but emotionally.
 - iii. Gift (what exists between the two)
 - a. That “something” that she has calls out to a man, calls out to what he lacks, and draws him to her.
 - iv. Women calling out of men their natural gifts (complementarity)
 - 1. Women draw men to be better and grow in maturity
- e. Language of the Body & Sex
 - i. Our bodies speak a language, even when we are not using words.
 - ii. Sex speaks a language, the language of Marital Vows
 - 1. Free, total, faithful, fruitful
 - iii. Unitive & Procreative aspects of Sex – the call to communion.

V. **Struggles Men Face**

- a. Lust
 - i. Sexual greed. The opposite of love. Using someone for one’s own selfish pleasure.
- b. The reality of Pornography
 - i. Average age of American men when they first view pornography = age 11

- ii. Desensitizing men: making us unable to see woman as a person, reducing her to body parts and fantasy.
 - iii. Harmful to our psyche
 - iv. Has been deemed clinically addictive
 - v. One of the biggest threats to a man's manhood
- c. Overcoming Pornography use
 - i. Accountability
 - ii. Covenant eyes website
 - 1. Website dedicated to helping men stay accountable with their internet usage
 - iii. Fight the new drug
 - 1. Organization created to help men overcome pornography addiction.
 - 2. This is an incredible resource for all men.
Fightthenewdrug.org

VI. Practical Application of Chastity

- a. "How far is too far?"
 - i. Affection vs. Arousal
 - ii. Sex and all sexually intimate acts are reserved for marriage. Outside of marriage, they are "too far"
- b. As men, being intentional in our relationships, especially in dating, is vital
 - i. Set you and your girlfriend up for success.

VII. Inspiration & Commitment

- a. Forgiveness, Confession, and starting over
 - i. The past is the past! But now that you know, today is when you begin anew
 - ii. Confession is real, it is powerful, and we need it!
 - iii. With the Lord there is Mercy
- b. Committing to live this out – commitment card.
- c. Inspiring Story
 - i. Leave the students with an inspiring exhortation. Motivate them! The time to live this is now!