



## Lesson 004 – Artificial Fruit

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- **Day 1: Screen women as a drug**
    - “Researchers found [attractiveness](#) seems to stimulate the same brain region as the opioid morphine.” Spotting an attractive woman is like a drug – it dulls a man’s pain and gives him a shot of pleasure.
    - Read Job chapter 30:20-31.
    - Job is suffering horribly. God is distant. He’s desperate. If anyone ever needed a narcotic to dull his unbearable pain, it’s Job.
    - Now read the very next verse: Chapter 31, verse 1.
    - Job refuses to use sexual fantasy as a drug. Why? Read verses 2-4.
    - Do you gaze at screen women as an escape?
    - According to Job 31:4, what are the consequences of this?
  - Action item: Next time you linger on a screen woman, snap the rubber band. The more you associate discomfort with these images the easier they will be to resist.
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- **Day 2: My wife is uninterested in me**
    - Read Proverbs 5
    - The passage assumes that the reader is a married man (verse 18)
    - OK let’s get real. What if your wife’s “cistern” (verse 15) is dry? What if she is uninterested in physical intimacy?
    - If your wife doesn’t want you, does this authorize you to bond emotionally with the women you see on your screens? Are these women an acceptable substitute – or a trap?
  - Action: If your marriage is sexually dysfunctional you need to find out why. Book an appointment with a Christian family counselor. Or read one of the many solid Christian books on the topic. If she’ll read it with you so much the better.

- Day 3: An Ox to the slaughter

- Read Proverbs 7:7-27
- Who's the aggressor in this passage – the man or the woman?
- How does she trick him into following her? What is the picture she paints (verse 16 and following). I'll sum it up in 2 words: *Pleasure awaits*.
- What are the 3 animals man is compared to (verses 22-23)? What is their fate?
- The women on your screens may not be trying to destroy you – but every time you linger or click on an image you are weakening your ability to resist.
- James 4: "Submit yourselves therefore to God. Resist the devil, and he will flee from you. <sup>8</sup> Draw near to God, and he will draw near to you."

- Action: Pray according to James 4:

- *God, I submit myself to you. Help me resist every form of sexual temptation so the devil will flee. When I see an attractive woman on screen, draw me near to you.*

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- Day 4: Gawk...or flee

- Read 1 Corinthians 6:12-20
- Read verse 12 again. Do men have a right to gawk at clothed women on screens? Maybe. But in doing so, are we being mastered or controlled by these images?
- Read verses 15-17 again. We belong to God. Are we "uniting the members of Christ" with the women we see on our screens?
- Read verse 18 again. What's the verb in this sentence? *Flee*. If Paul were writing this today he might say, "Run at the first sign of sexual immorality. Lock the door before it even opens."

- Action: Keep snapping that rubber band

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- Day 5: What about me? I have no wife.

- Read 1 Corinthians 7 (entire chapter)
- Paul seems to be giving contradictory advice. In verse 2 he says "each man should have his own wife and each woman her own husband." But later in the chapter he discourages single people from marrying at all, to more faithfully serve the Lord. So which is it?
- If you're single and hope to marry someday, realize that your screen viewing habits may be lessening your drive to seek out a wife.

- Action: Practice casual dating. Ask her out. "Let's go out for coffee, and nothing more. Just get to know each other." She'll probably say yes – and appreciate your honesty.