MEN'S FRATERNITY

Knights of the 21st Century

Trail 14

KEITH: You know, it's interesting. It's week 14 and we thought to ourselves, maybe it's time for a little romance. We'll get a bunch of guys together, maybe you're in the middle of the winter and you go, hey, it's time for some romance. The problem is a bunch of guys together and we go, what are you doing here. We're actually not going to talk about romance. We're actually going to talk about sexuality. And it's funny, you go, are they or are they not one in the same. The reality is that romance is a part of sexuality but there's so many more parts to what happens within the concept of romance and sexuality that we have to sometimes just stop and look and say, okay, there is a question we have, a big question that we have.

The question is, what is it about sexuality that keeps us from ever being all that we're designed to be as knights? I want you to envision if you would, the way God designed things, right. There's Adam and Adam is doing really, really well. He's walking with God. His core is pretty much intact. He has a body. Unlike God, he has a physical body. He has a mind like God, king, lover, warrior, friend. He has a soul, again made in the image of God. And then he has a spirit so that's what these chairs represent, right, you have a body, a mind, a soul and a spirit. And He puts this man in this garden and He says to him, this is for you. Do you

want to walk together? Yeah, let's walk together and Adam actually gets this chair. This is called the chair itself, right. He gets this chair. It's the chair that makes the decision about his body, right. So Adam gets to sit in this chair, get comfortable with it and say, okay, yeah God, I want to walk with you, I want to talk with you, I want to be with you. And one day they're walking and talking and God says, you know what Adam, it's really not good to leave you alone. And Adam is going, yeah, but I have you. It's awesome. Everything is working. I'm functioning pretty well. I'm made in your image. The angels are all happy because they can sort of see the image of God in a being. It's a pretty powerful moment. God goes, Adam, trust me. In fact, while don't you name the animals so he does and when he's done naming the animals, he's suddenly starting to feel a little lonely because all the animals had someone they were with. Right, they were in pairs, the giraffes are necking, you know, and everybody is walking around and he's beginning to wonder if maybe there's one of them for him. But none of them seemed like they were his kind.

After naming the animals, God said you did what I said to you. I could leave you alone and Adam's having this stirring, this feeling that something's missing. How could anything be missing? He has God, he has all this being. He's complete. In the middle of that stirring, God says I'm going to make you this person, this being. And in the angel shock, He will actually put Adam to sleep, pull a rib from Adam and create woman in

the image of God. Now they get confused with that because the Angelics are neuter. They're not male or female. They have no gender from that point of view. But God is masculine at least in the names in which He's called. So they sort of get in the image of God, man, but now all of a sudden in the image of God, woman. Because the height of creation is what God's about to build. Everything he built in creation was built for her. It was built to that point.

Adam wakes up and he sees in the midst of the day this beautiful woman. She's naked. He's naked. They are completely in every way attracted to each other, spiritually, mentally, physically, in their soul. Everything. Everything is choosing. And as he sees her, his sexuality is completely alive and so is hers. It's everything you and I have potentially felt. The problem is this. He has a body and he has mind and he has a soul and he has a spirit like many of you, and like me. And he has the ability to choose whether or not he wants to respond to what God's made. But I want you to imagine that he sees her and for a few moments, if I can use a term that we use today, he's a little horny as he looks at her and goes, wow. But he has not this chair. The one we just talked about last trail. This is your shadow. That shadow isn't here. He doesn't have any sin. He sees her and he's driven by all of him.

For just a few minutes, I want you just to imagine, just question what that is. What does it feel like to have sexuality without sin? What does it feel like? What does it feel like to have sexuality that's not just

driven by two body parts or two being parts, I should say? The body which drives you as it responds instinctually, and the shadow which lies to you and says, what about you, take care of you. Adam doesn't have the shadow. He's not driven by just his body. He has all of this. He's completely engaged. So the big question is, what would that feel like? What would sexuality be like without the shadow.

Now, what's interesting is if you bring the shadow back into it, it gets even more confusing because none of us know what sexuality is like without the shadow. All of us have this. It's all part of us. Adam made a choice. He chose not to pick God over a tree. God says, you can have anything you want, you just can't have the tree. Adam picked the tree because he wanted to be independent, right. God put the tree in there to see whether he'd pick him – Adam would pick Him or not and Adam chose not, right. When he does, sin is entered.

Something else happens which is very interesting. His spirit died. This chair went away. Now all of a sudden it gets really tricky. The spirit is the spirit of God living in a man. It's gone. He knows pure sexuality, no sin in it, all of his being engaged in it. What would that feel like? We're going to talk about that. We're going to actually get there, hopefully in your discussion, your thought process today. But now all of a sudden everything is messed up. The spirit is God. The spirit of God in him. His soul gets kind of confused. His mind is all muddled and his body starts to drive him and all of a sudden, he gets sexuality the way

most of us knew sexuality. We don't know sexuality with the soul or the mind even. We just know it with the body and the shadow. It's all we know it as. We want, we take. We don't care, we want it so bad, we don't care if it's wrong. We just – that's what sexuality is to us. That's why we've all put sexuality underground. That's why a few years ago when you were doing Oracle with us – if this is your first year, you missed that – but you are in three or more years with us, you did Oracle. And we talked about the word you always put with sexuality and it's the word honesty. So now all of a sudden this area is driving him and that's where most of our problems come between men and women. Most of our problems to be honest with you in the world that we know is because this has gotten way out of balance. The spirit is gone and everything else.

I want to challenge our thought process. I want to challenge our thought process to say since we talked last week that you and I can control this shadow. We can control it. Now it's never going to leave the table but let's just say that I get to this side, how it interacts at the table, right. You can't control this shadow unless you bring back the spirit and you can't have the spirit alive in you unless you let Christ do redemptive work. That's the way God designed it. Actually it's the only solution to our sin problem.

So now what I want us to do, here's the big question. Can you and I begin to introduce sexuality with all parts of our core? Pull out your dog tags again, right. That's all this is your core, right. What if I can control

my shadow, know that my body does not make all the decisions for me, because what? We get to make it in the self chair, so your mind is fully engaged – king, lover, warrior, friend. Your soul is engaged. Your spirit is engaged. What does that sexuality feel like? That's the big question. I want to explore this. I want to take you into some places that will challenge your way of thinking. When we get to your campfire, when we get to the end of this trail, I want to make you think a little bit differently than you've ever thought before about sexuality and when you do, I think you're going to get closer to what God had in mind.

So look, I., in your books. A knight recognizes that he must control his sexuality instead of allowing this power of – powerful instinct to control him. Now, the very first thing we do as knights is we go, okay, wait a minute. I can control my shadow, now I can control my body so that I'm not driven – sexuality is not driven by body parts anymore. It's not driven by just this desire. I can control it. So I'm going to say, let's just say the very first thing you do sitting in this chair, the self chair, making the decision, you say, I will control that instinct. Which is possible by the way, just so you know.

The next one. Understand that in order to live up to his principles, he must learn how to guide his sexuality. Now we've been talking about the fact that we have principles to live by, right guys. And we said that in order for us to live by those principles, it will guide what happens at this banquet table, this feast called sexuality. We're going to guide it instead

of it guiding us. What would it be like? What would it be like if all of a sudden we were in charge of it? Now how are you ever going to do that? Well you're going to have to engage the rest of your core. You have to engage your mind, you're going to have to engage your soul, you're going to have to engage your spirit as you make your choice in sexuality.

Look at C. Deals with his sexuality by learning to say no to what is testosterone-driven impulses want. See, it's funny because testosterone is going off in your body chemically, but it drives sometimes what your mind is going to do, not just your brain that thinks or feels, but you sort of give your mind over to it. And you're going to say, wait a minute, no, no, no, no, no, no. I'm not going to let my mind be driven by my body or a chemical. I'm going to let truth drive it, right? Principles, right? We're going to work on this.

So consider that and look at D. Realizes that his previous history may influence the level of self-discipline that is needed in order to control the expression of his sexuality. Guys, we're going to walk through a couple things about looking through your previous history because a lot of things affect why you sometimes have trouble getting the shadow to do what it needs to do within your sexuality and why it's really hard to bring all of your core into sexuality. But before we do that, let me give you a guy who didn't have to worry about this because he had his body part of his sexuality taken care of. It's called the Ethiopian Eunuch. Now by the very name, eunuch, means that this guy in a scribe from the Bible, he

cannot have sex. Some people were eunuchs because they were born that way. Some were made that way by men. Some were that way by choice. Probably because he was a servant, probably made that way by man.

This guy is a eunuch who cannot practice the physical side of sexuality which by the way, we're going to talk about later on. And not being able to practice it, it actually allowed him to think clearer. He's in a chariot the one day and he meets a guy by the name of Phillip on a road and he's study to find out what truth is. In the process, in a very early part of the journey from Christ in this world after He left and went to Heaven and said, hey, you guys go a head and make a difference in the world in Acts. This Ethiopian runs into one of these guys and asks some very, very deep questions.

I've often thought about this. Let me put this phrase up here for Ethiopian Eunuch. He was a man who could safely search for truth for he had reconciled his sexual limitations. Now that seems like a weird statement at first, but, guys, so many of us have given up truth because we were driven by our sexuality. This guy's sexuality was removed and it allowed him to engage the rest of his core. All I'm asking you to do is you don't have to have your physical ability to have sexuality removed, but allow the whole part of your core to enter into what God designed in the area of sexuality. So keep that in mind. Know that there's a couple things from our past that impact us.

No. 1. How sexuality was taught to him. All that's been taught about sexuality. I'm going to ask you an interesting question. Did any of you when you were talking about sexuality, did somebody talk about your spirit and sexuality? Probably not. But your spirit enters into sexuality. How about your soul or your mind? Most of us have just talked about plumbing. Most of us talk about plumbing we violated when having the misuse of the shadow, right? So how were you taught is going to be some of the history that you have to understand to get to what kind of man we're designed to be to answer the big question of what would sexuality be like if we did it with all of our being and controlled the shadow.

Look at 2. Memories of early sexual exploration either by himself or with peers. And one of the things that's interesting again is, guys, we have history. We all have moments of it. Some of the things we've shared openly, some of them we haven't talked about, some of it's very just normal almost positive, some of it is some negative things. We got it here and it's going impact what we do at the table here. It's going to impact how comfortable we feel with our sexuality. We're going to kind of work through that here a little bit together.

Look at No. 3. Whether there's any history of sexual abuse. That a word I hate. I hate the word abuse. When you had the word sexual to it, for some reason, maybe because of my wife's experience or whatever else, it just screams inside of me. All the damage, usually inflicted by another guy and in that process there's history. So all of a sudden you

come to this table, you don't know what to do at this table. You don't even – to bring in the other parts of your being are almost impossible because it was so abusive in one area of your life and so I know some of us have that history and sometimes, guys, you know why we spend a long time together, 24 weeks? You get to a point where, guys, we're comfortable in sharing some of our history that we thought we wouldn't tell anybody. You don't have to that. I believe you're sitting around your table with some guys in your campfire that would not respond negatively to you sharing part of your history.

Look at No. 4. The meaning that his previous sexual experiences have. Any of your previous sexual experiences, what meaning do you put to them? Who was your first? Was it the person you're married to as God intended it to be or were there a lot of firsts or seconds or twenty-thirds or where was that? Whatever you're experience is and your relationship has been that have somewhat distorted this. I don't have time, but I had some things early on in my dating experience that really did kind of mess up this whole view, most of it my fault. Most of it was something that I sought after but what a mess.

Look at E. Prioritizes the way he expresses his sexuality by placing the meaning of his sexual expression above solely acting for his own sexual satisfaction. If you're going to take the chair of shadow and turn it away from you so it no longer has a controlling interest in your sexuality, then the following things are going to be steps you're going to take.

Look at No. 1. He connects his sexuality with a relationship with another person. Sexuality is never a solo act. Sexuality is always about relationship. Sexuality was created by God so that we could know one that's with Him and we could know one that's with one another. And obviously, you're going to discovery, obviously, that we're not having a physical one that's with God so there's some things we're going to learn about the extent of oneness as we go through this. So it's always about relationship.

No. 2. He minimizes the use of sexual fantasy by pursuing his sexual desires in ways that are realistic. See, what's going to get you in trouble is if you keep your sexuality at the highest level, at the mind and body and shadow. If you don't get it all the way up here where your soul and your spirit is engaged, what happens is you start to play in worlds that say, it's all about me, it's all about me, it's all about me. If you cut this all off to the lower half of your body, if you really do that, you're not going to know sexuality as God created it. You're going to know some form of disappointment because He's a master of what He makes.

Look at No. 3. He does not use sexual expression to prove himself or to regulate his moods. Guys, sexuality is not just so that you can come, guys not just so you can prove that you're some kind of a person. You're not getting notches on your gun belt. This is about sexuality is not a tool. Sexuality is a total. Sexuality is all of us, all parts of us engaged

in a permanent relationship with another individual which has a lot to do with what we talk about.

Look at 4. He works for what he wants from his marital relationship outside of simple sexual satisfaction alone. Now, I just want you to imagine this possibility for a moment. What if in your sexuality you were to include God period? Now your soul wants to. Actually it really does. It wants to have all of you engaged. It's crying out for God. What if you were to include Him? What if you were to say, God, thanks for sexuality. Please join and fulfill us at the highest level possible. Because see God's going to say, I'm going to let my spirit engage in sexuality, not just my body. I'm going to let my spirit. What if you were to do that? Now when you start getting involved in your marital relationship that does that – when Lynn and I started praying together, man, praying together not just when we were praying together as a way of life, but praying together before sexuality, what an awesome, awesome experience it was. Let's bring in the totality of who we are, not just a portion of who we are. We're this. Engage it all.

Look at No. 5. He develops social relationship skills so that he can relate to others in ways that are honest and healthy ways as a whole man. Now, now catch that. Social relationship skills mean that you're not just going to be functioning in your body. You're going to use your king, lover, warrior, friend, your mind. You're also going to learn to use your soul. The soul is designed to call you to God and call to fulfill what you're

designed to do so that you can touch other people and impact it. All of a sudden you start to become this healthy man. You're no longer a user, no longer are people objects, relationship starts to take off. And when you start to do this and bring that into your marriage relationship, man, it's huge.

Look at No. 6. He creates a committed, caring relationship with one woman for life. Commits to a one woman for life. It's a committed, caring relationship. Now for some of you guys, it's like duh. It's not true for a lot of you guys, a lot of guys sitting in the culture in which we live. It's not a one night stand and it's not a stand without commitment. That commitment from our point of view, according to the Bible, is it's a marriage between a man and a woman and it's a oneness that you know. So what you need to do is say, you know what, this table in my case is reserved for one person. Her name is Lynn, love her to death. That is where you begin to find how to engage all parts of who you are.

Look at No. 7. He reaches out in love to satisfy one woman's sexual desires all within a context of respect, safety, understanding and security. I can't even speak enough about those words. Look at those words again – respect, safety, understanding and security. What do we do as guys? We're defenders. What do we do? We protect. How do you satisfy a person so that they feel respected and safe and understanding and secure? You're going to use all, all parts of your core in sexuality.

So considering this, look at No. 1. Respect. Her sexual needs should be met before his. Just so you know, it's always that way for a king, right. Make sure you're served, then I'm served. Make sure that you're cared for. So my body can't drive the moment, right? All of me has to. God, how do I make her feel loved. Keith, what were you offering this that no other man could offer Lynn? What is it that you understand as a king and a lover and a warrior right now? How do you understand how to make her feel like she's the most special person in the world and how do you engage physically in a way that is satisfying first to her, then you? That's a pretty cool opportunity.

Look at the second bullet. Safety. He will not go beyond what she wants in their mutual sexual expression. You make a commitment to say, you know what, this isn't about me. It's about us, so I'm going to put limits and that limits are, what are you comfortable with or what are we mutually comfortable with? Again, it's engaging all parts of your core.

Whose the model for marriage? It's Christ. Christ loves the church. We as guys get to play the Jesus role. You don't use the church. You fulfill the church. You bring all parts of you completely engaged.

Look at the third one. Understanding she may want different forms of sexual expression at different times. Understand that for us as guys, we're pretty basic. If it worked once, we'd do it until it doesn't work anymore. For a woman it changes. We got to learn – God says in the Bible to learn to love a woman in an understanding way. Let your wife's

sexual expression be that which can move and be expressed in a variety of different ways. It's very, very healthy. To be honest with you, if you're just driven here, or certainly if you're driven with your shadow combined with that, you're never going to know the freedom that you were designed to have.

Next bullet. Security. He'll be loyal to their relationship beyond their sexual interaction. He'll be loyal to their relationship beyond their sexual interaction. Guess what this means, guys? You protect the heart of all women, you'll protect the heart of your woman. Alright. It's what it means. Let her know how safe she is to be with you.

Now, here's what I want you to think about. I want you to imagine if you would what it's like if this chair wasn't just facing the wrong way. What if the shadow was removed? You really can't remove it so what I'm going to do is I'm just going to move it down a few feet. What if it really wasn't driving you? What if for a few moments you just pulled away the other chairs? I'll pull away this, I'll pull my mind, I'll pull away my soul and I'll just work with my spirit. What would that be like? What would this relationship be like sexually, if all I brought into it was the spirit? You know what's possible? Sexuality because it's involved with your spirit, a part of it is expressed with your spirit. Sometimes you got to pull it apart to find that. What if it was your spirit and your soul together? What would that be like? And that was your sexual expression. Or what would be like if my soul and my spirit and my mind were gone with my shadow

out and no body? Now that's what I'm going to ask you to do. I'm going to get together with the guys at the roundtable in our campfire and we're going to talk about this. What about sexuality where this was removed, not just the shadow, but what if we removed the capability or the function of physical sexuality? So the body is out of it and it's just three parts making a choice of works? What would that look like? I want you to explore that with me. We'll do it together in the roundtable room and then when you go into your campfires, explore it a little bit more because when you begin to do that, trust me, most of you aren't asked to do that, so this will be able to be brought back in, but when you understand the freedom of all sexuality part of you, it will answer the big question of this. What did God have in mind? What was the big question for God? What was He thinking when He said, I'm going to give you sexuality with all of your core. That's the big question, isn't it? What would sexuality be like without the shadow and will all of this happening? Have fun and explore that. We're going to have fun and explore it in the roundtable room.

Alright guys, we are up to our campfire room and actually we made it a little bit romantic just to keep the theme from down below, but this is about as much as we go with this, guys, so we get over this whole process.

What we want you to do is this. We want to look at the big question. Let me put it on screen for you, because it's II., and it says this. The big question, what would happen if you could not express your sexuality,

which could be based on whether you were presently or have a committed relation with a woman or whether you are experiencing a physical limitation. So what if you were not able to express your sexuality for whatever reason. You're not in a relationship or something physically has happened to you that made that not possible. In the case of all of us, we're all married, so that would be the latter, so even before you start asking the questions just generally, how does that make you feel when you even start to consider that question? I'm not going to be able to practice physical sexuality.

You can't even talk about it. You bunch of wussy guys.

T.C.: Well I'm trying to think, do I feel, do I still feel all the urges, all the everything, I just can't do anything about? Is that what we're talking about or is this just impossible period?

KEITH: It could be aspects of both, correct, isn't that right?

ROY: Yeah, yeah. Actually guys, I've actually had a couple of classes once at a V.A. Hospital in California, and you know, you have different kinds of accidents, different kinds of things happen in the military and this is a very real issue. You end up having, let's say some of the sexual drives as a man, you know, and you also have associated all this stuff, a lot of sexuality with manhood, okay. And sometimes that's all we think we are. We've acted like that in many ways and unhealthy ways. And yet, you know, I've dealt with folks on how do you deal with the sexual urges? Or how do you deal just with your own view of yourself

without the ability to perform? Because up until the accident, up until, you know, whatever occurred with that person individually, they had a view of themselves and their manhood and how it was intertwined with sexuality. And some of the times we men have so emphasized our sexuality that we haven't been able to really discover aspects of ourselves outside of that. We put all our manhood on sexuality versus making sexuality part of our manhood but not all of it. So this means a hard question. It's a question people in reality have to deal with, sometimes with aging or certain disease processes, but I also think it's an important identity question.

KEITH: Right, and that's the two parts of it that we want you to think about and we'll think about this too as we talk at the table. The first part is this, what if physical expression of sexuality was gone? What would that be like? So that means one of your parts of your core cannot engage. Does that change your manhood? That's a significant question. The other is, what if the physical expression of sexuality is gone, but what if the rest of your being was intact and what kind of expression would that regard the area of intimacy, sexuality and everything else. That's where we're going to go.

Roy, why don't you take the first question and guys, you can kind of work through this later on in your campfire. We're kind of working through it together here.

ROY: Yeah, and let's begin before I say this that we know that you don't want to do this, okay, because we don't want to do it, alright. (laughter). So none of us want to think about this, okay, which shows you a little bit what it means to us, our sexuality, which is important. So, yeah, we're going to go into this campfire. All of us have to suck it up and go into an area and look at this part of ourselves that we really don't want to deal with.

A. The answer to this question is an indicator of how much the definition of yourself and your manhood is based on your sexual prowess. What parts of you outside of sexual expression affirm your manhood? I think my ability to love on an emotional, kind way. I believe my ability to achieve goals – set goals and move towards it. And I also thought about my choice to protect that others around me need protected and I as a man need to be part of their life in that way without necessarily having sexuality attached to it.

KEITH: My wife has looked at me two ways, _____. One is that longing look that says, you know what? I just really want you. You know, that look. She has also looked at me in way where she goes, I admire you off the charts. I'm not undressing you. I'm not trying to figure out how to bed you right now. _____ a wow. I'm going to be really honest with you. There was a time period in my life when I didn't even notice the second look because anywhere near the first look, I was kind of in. But over the years of our intimacy together, that second look is

far more valuable. And the other thing I was thinking is when my sons call me up and say, man I admire you for this, that or the other thing, there is no sexuality between my sons and I at all and yet my manhood feels very, very strong and very intact and that is a huge part of it for me.

CLAIR: Is it true – I've heard that when someone looses one of their senses like their sight that the other senses get bumped up. Hearing can become more acute. I'm curious if we lost our ability to physically – our physical sexual expression, would other parts – would we overcompensate on other parts, because protection came up immediately. There's something that tells me I'd step up in other areas if this one went away.

T.C.: I look at it, for me, it – that's an easy conversation for me to have because even before I was mature with this topic, it still didn't even define me then, you know. I think, you know, for me things that define my manhood if it's something that guys just don't want to do. I can talk about, you know, sex all day long. What I can't is the stuff like you appear to be a wimp if you take it on. Those I think make you a man, like being humble, apologizing to your wife, apologize to another man, you know what I mean, you know what, not feeling like the tough guy in the room, you know. Those things, doing those things when I need to do those things, those define my manhood right now.

KEITH: Let's look at the next one, next question. T.C.

T.C.: Alright. B. A knight will mourn or do grief work as a result of this type of physical loss but his strength of character will help him get through it. That's funny. That's kind of what I'm getting at. It's, there's everything in life can define you as a man in terms of how you handle it. I think everything. So when we take sex out of it, all the other aspects of life, everything we've been talking about in all these other trails in terms of how are you as a man who goes out and provides for his family? How are you as a man who takes care of his community? How are you as a man with his relationship with the Lord? How are you as a man that knows how to define himself through the good principles as opposed to anything else? I think there's enough to focus on – that's just one aspect of a whole bunch of different aspects and I think you have trouble when you start let the sexual aspect be the driving force of defining you.

KEITH: Clair and I with one of our guys last year who died of ALS, which is Lou Gehrig's Disease in a very painful kind of way for that to take place. And you kind of lose all your functions. In talking to him before his death, he did not mourn the loss of sexuality anywhere as high as some of the other areas, which is a great way to begin to say what defines you as a man. And I think sometimes it's really fascinating when you go, okay, I'm about to lose everything. Where did sexuality land on that list of wow, I'm really mourning the loss of that. And in some respects, in the dying process when he was cared for by his wife, there

was a greater intimacy that they knew together. We were there at the hospital right before he died, a tremendous amount of intimacy involved in that. We actually felt like we were on Holy ground like we almost shouldn't have been there, you know. Very intimate. It's like you're almost in a bedroom kind of thing. And so I think there, again, I think the body and sexuality is not all there is. The body and sexuality and your mind and your soul and your spirit are all part of this thing.

ROY: Yeah and all that locker room talk we did as younger men, or many of us did regarding objectifying women and somehow kind of checking off on a list who we were able to attract and that kind of thing, really competes against us understanding women and creating relationships at a deeper level and being safe and supportive. One of the things with aging that occurs is that men tend to get erections slower, it takes more. It has to do with blood flow studies and everything else and so as a result, you've got to actually spend more time enjoying the woman in other ways on the way to even complete sexuality and you see some of the sexual enhancements of the different drugs used presently that so many people rely upon because suddenly, you know, they – men become under great performance pressure to perform sexually because that's what proves their manhood and that's what they project on is the only thing she cares about when there are so many other ways to relate from a touch encouragement perspective. And we men have to be able to learn how to do that.

KEITH: Robert, why don't you look at the next one for us.

ROBERT: Sure. Let's look at C. A knight has other active expressions of love that he can use to care for the woman in his life. I find this to be actually quite funny myself. My wife is always, we've always talked about our love languages and what have you and so for her, honestly, other ways I can express love, I mean as simple as taking out the trash or, you know, cleaning the kitchen. But aside from that, it's also just being able to sit down and listen, you know, listen to her day. This great intimacy I found in my wife when I could just sit there and hold her feet and just let her talk and listen and sometimes it just, it really just takes us to a whole new level.

KEITH: One of the things that Lynn and I have worked hard to do and we've done a lot of this in the last couple of – maybe about 10 years, is I stopped initiating sexuality. So everything I did was not a precursor to the next phase and knowing that she then would initiate sexuality. And what was interesting in that process is we started to explore what felt intimate to her, what felt very, very – you know one of the things that was really interesting. When I am completely alive an engaged and my soul is refreshed, I'm one of the most attractive I am to her. When she feels like I'm doing what I'm designed to do, I'm not drained, I'm not exhausted, but I'm energized and focused. It just – there's something about that.

T.C.: That's a huge point. Some of you men _____. I'm most attractive to my wife when God blesses me. When she sees the favor of God on me, because I'm very spiritually inclined when it comes to scripture, we both are. We've studied together. We know when we're blessed, we know when we be honored by the Lord. When she sees me fully being blessed by God and she can see me following God and seeing Him bless my life in that way, it's just like she's like, she knows. She's safe, she knows the family is safe, she knows the kids are safe, and when she sees that happening to me, that – she – I appear very – she's mostly attracted to that. Like you said, just taking care of your business, you know, and there's evidence of it, you know. That, that's – she loves to see that.

ROY: There's indications in studies that if couples would hold each other non-sexually for a minute, five to ten times a day, brain chemicals are released and it actually just – just actually causes a bonding to take place that really has a calming effect not just in that present relationship as you hold one another, but it actually manifests itself in other calming ways throughout the rest of the day. It's a great stress release, just being able to hold someone that you love without necessarily needing to get something or perform in the process.

KEITH: So if you happen to know Bonnie Hoover, which is Clair's wife, let her know that cuddling does work. It's very important. (Laughter). Do the next one for us.

CLAIR: So, D. says a knight can value himself in other ways than through his sexual expression. I was thinking about a song years ago called Working for the Weekend. I think the band was called Lover Boy from the ’80s. And the premise of the song was that everybody spends their whole week just getting through it just so they can enjoy the weekend and I thought what a crazy day to spend your life, that you’re going to waste five days every week just to enjoy two. When I think about the act of sexual expression, just looking at that and making that the point of your manhood, that’s such a small part of your day or a small part of your week. I mean that’s – (laughter). I mean if you’re going to define your whole manhood by two minutes – I mean two hours (Laughter) - no seriously….(laughter).

T.C.: To that point though, any guy that is even dealing with valuing himself through his sexual expression is, you’re setting yourself up for – and I’m speaking from a Christian perspective. Let’s just say you’re trying to be a follower of Christ, you know. Now Biblically you’re supposed to wait until you even get married before you even can think about that. Now let’s just say that that process is taking it’s time. You know, if you have to have this and that’s where your value is, you get married, you’re not even married until you’re like 30. You don’t know when that’s going to work out, so for thirty years, you’re struggling to be able to value yourself. That is the worst mental state to be in if that’s what you’re dealing with. That just shows you right there, it’s not even

supposed to be a part of it because you can't do it until you're married anyway.

KEITH: That's a great point because one of the things wherever you are in the area of sexual expression, God is very clear that He wants marriage between a man and a woman and He wants that committed relationship and He doesn't want sexuality to occur outside of that, not because He's trying to limit it, He's trying to make it very successful. He designed it. So that means a whole group of you are in that category where you're single and how God wants you to deal with that expression.

T.C.: Even after you're married though, again, thinking about the percentage of my week spending an activity versus – I don't want to wait to value just for those moments. That's crazy. I mean there's so many other things at the end of the day and quite frankly, on a day where that is a part of my life, that's not the highlight of the day. I'm sorry. It can't be. There's so many other things at the end of the day. I feel good about and look back and say that's what I was designed to do. It is icing on the cake in my opinion. Not the cake itself.

ROY: How sexuality controlled so many men and us at times in a negative way. You know many moons ago, I said to Keith, you know a thimble full of sperm, and I've treated tons of guys that are headed to jail as a result of not being able to value themselves in any other way but a false sense of sexuality which then gets them locked up.

KEITH: Guys, what I want to do with you is I want to give you the last three questions, the last three statements so that when you're in your campfires, you can talk it through. So look at E. A knight can define himself positively in many ways other than through his sexual expression. It's just kind of a fact. You can. You got to learn to do that.

Look at F. A knight has other ways to positively influence the people in his life than just being physically present. And that goes deeper than sexuality, so it means don't let your body drive the moment. Let your core, all of you, drive the moment.

The last one is G. A knight can experience joy, pleasure and the rewards of a life in other ways other than sexually. And that – here's what we want to say about that, when we say sexually, we're saying the act of physically coming. But you know what, there's other parts of sexuality that can be known without necessarily that whole possibility of that coming. I think if you somewhere along the line can work that out in your head and say, okay, God, show me how my core interacts. And then work your way back, because you know what, if you start with your spirit, go to your soul, go to your mind and then, guys, most of us can bring the chair of the body back in here now. We're not limited in our sexuality and express it with all of our being. It no longer defines us.

Enjoy the conversation in your campfire and I say that in tongue and cheek because I know it's going to be a couple for us, for some of us, but I think it's an important thing. I appreciate it. See you later.