

## ***Knights of the 21<sup>st</sup> Century***

### **Trail 8 –**

Here we find ourselves here at Trail No. 8. It's going to deal with an extremely important part of who we are as guys. It's our sexuality. As we're going to deal with this, I'm going to tell you a story. I probably told it to you last year with Squire. If you ever heard me speak, you probably heard me tell this story. It actually happened a couple of years ago in my life. It's a story that kind of demonstrated the change of where I had gone in my sexuality as a man from where women were that which I was using to women were that which I was valuing. I was in a Turkey Hill, now a Turkey Hill for us is like a convenience mart. It's like a gas station. You can get soda and coffee and that kind of thing and I'm coming up to the counter and there's two lines. Actually, there's really for the most part one line. There's about five guys standing in line with an incredibly knock-dead gorgeous woman on the other side of the counter at the cash register. At the other counter is a woman that's not quite as attractive and I think there was maybe an old lady there doing business with her. But all the guys were lined up with the other one, willing to wait to get their coffee to have this encounter. Now this is a woman that had learned that she had sexual power. She could control the situation, probably to be honest with you, went

through some pretty wounding experiences in her life that caused her to realize I would rather control a man than be controlled by a man. So in this encounter she's controlling each guy. She'll flirt with them, she'll engage with them. She'll say certain things and each one's involved. Now I entered that line because something dramatically had changed in me. I had to make the decision, would I be like everybody else. Would I undress her mentally like everybody else was doing or what many might have been doing, or would I treat her with respect. I made that decision, actually I've made that decision a pretty long time ago now in my life, so I'm in that line and I wait till I get up to her and she responds to me in a really flirtatious way, it's very nice, but she was flirting with me. I mean, I'm the job of the hut kind of guy, and she flirts with me. She goes, well hi, how are you doing? I go well fine, thanks. How are you? She goes oh, don't ask. And I lean in just a little bit and I said, no, I'm asking. How are you doing? With that she pushed away from the counter and she says, please don't ask. I said well really I'm asking. How are you? And at that point tears started to well up in her eyes and she said, please, please. I backed up a little bit and I said, hey, just so you know, every time I come in, if you're here, I will ask you how are you doing. You see she was used to guys mentally undressing her when suddenly somebody cared about her emotionally, she had to sort of hide and it sort of

speaks to the problem we face as guys. The problem that we face as guys is that there's this thing called sexuality that if we don't control it, if we don't handle it right, we'll scar people. And so we have to stop for a moment and think, okay, am I this great ship that is either anchored strongly in the harbor regarding sexuality so that nothing tosses me about that I will make a difference in how I approach my sexuality or will I be one who doesn't use the anchor. I'm not locked in. I'm not anchored in as a result of that, I do all kinds of damage as I crash around the harbor and in the open sea with my sexuality.

The subject matter we want to talk about here is probably one of the most important things I can talk to you about. There's nothing else that I will tell you that you need to anchor more clearly than your sexuality. I believe with all my heart that your connection to God is the most important thing you'll ever do in your life. It's what frees you up, but I will also tell you the most damaging thing you will do in light of your shadow, in light of your instincts, in light of everything, is to not have your sexuality under control. And so while you connect with God, you also need to make sure you lock this area of your life in. And that's what we're going to do together.

We call this on purpose, we call this Trail 8, the kryptonite. It's, it's the battle of a knight. It's the kryptonite of who we are as knights. This is the area like in Superman that's going to drop you.

This is it. And if you're going to get dropped, you're probably going to get dropped at all the areas, not in the area of bribery, not in an area of unbelievably bad decisions. I think guys do those kind of things all the time. But in sexuality more than any other areas where I find guys having not been anchored properly.

I don't know whether you've seen the musical that I love. It's called "Les Miserables". "Les Miserables" is just this amazing story but in the middle of it, in the early on in the musical, there's this scene with a group of prostitutes and there's these guys that are walking among these prostitutes and one of them is a sailor and in the song he says, I think I'm going to put my anchor in the harbor over there and points to a girl, referring to the fact that he'll take his sexual parts and place it inside of another woman. No relationship. It's an anchor dropped in, not cared about. When I talked about anchoring who you are as a man, when I talk about us dealing with our kryptonite, it's not with that kind of loose concept. In fact, it's the exact opposite. I stopped using and I start caring and I start finding out that this can be brought into control.

So let's walk through Trail 8 together. We're going to look at it on three different levels. We're going to look at our early kind of history as boys, just to understand who we are as males and then we're going to look at our journey, what we've experienced, and then our choices that we're going to make from this moment on,

which gets real exciting because it's how we handle where that anchor gets dropped into our lives, alright? So join with me here on sex, the kryptonite of a knight.

Number one, Roman numeral one. This is the male child. This is true of all male children and one of these or many of these will be part of who male children are. So as we walk through these, these are more true of males than they are of females. Number one. It is more likely – a male child is more likely to have learning disabilities. That's a fact. A male child is more likely to have learning disabilities than a female child. It has to do with the way we are, the way we're created, the just the way we're working. Now it doesn't necessarily mean that we're a problem. It just means that we think differently. We function differently. That's true of males, more true of males obviously than females.

The male child also has this, number two. A male child is likely to display more aggression when frustrated. Male children will have a tendency to throw things. I remember when I was I kindergarten, we had this kid that couldn't speak English. I think it was like Dutch that he spoke. I don't remember because I was a little kid, but in kindergarten. And we used to love to frustrate him and because he couldn't in a way figure out what to do with himself, he would throw things in relationship to his frustration. It's more likely of a male child than a female child.

Another thing about a male child. He's likely, number three, to have an action orientation which allows him, which allows for the release of physical energy, what he's going to have this release all the time that he's going to have of the energy within him. Now that's what boys tend to do. They tend to run around. They tend to do things. Now having four sons, I will tell you they break into spontaneous wrestling at any time in our house. They would just kind of have energy all of the time and explode out. They tell me and I've only had boys so I'm going to have to rely on your guys that have girls for this one, that boys are tough for the first five years of life and girls are tough for the last five years in your home. Now having my sons date girls, I can see where probably that's possibly true but our boys, man they would just be running over everything and around everything and through everything and it wasn't anything that Lynn had that didn't get in jeopardy if not broken, because one of the things meant guys just kind of do that. That's the male child. It's going to help you understand because it has something to do with who we are sexually.

Look at number four. He's more likely to learn best through doing. Male children don't learn through theory, they learn best through doing. So in other words, if I wanted to teach my sons how to change a tire, and if they're going to make a difference in that car at that flat moment, I'm not going to hand them a manual and say

here's how you change a tire. I'm going to go out, we're going to grab the jack out of the trunk. We're going to put it underneath that car and we're going to jack it up. We're going to loosen the lug nuts before we get the tire off the ground so we can get them loose. We're going take it off. They're going to see it by doing. My sons learn much better by doing than by theory. Now we all need the manual to find the jack. I have no idea what people are thinking about when they put these things in these cars, but apart from that you do the rest kind of because you learn by doing. That's how males tend to do it. So you can imagine now how this is going to play into our sexuality.

Look at number five. A male child is less likely to use words to express what's going on inside of him. If male child's learn by doing, they also are guys that don't necessarily know how to express by an action. Roy Smith who wrote this material, when Roy and I were talking about that, we saw that his daughter – he has a daughter, I didn't figure out how to do that area of life. And he has this daughter and he talked about this time when she was a little kid in school where a little boy liked her and the only way he knew how to express it was to go up and hit her, because that was – he didn't know how to say it so he just hit her and that would mean he liked her. Now she didn't necessarily say, wow, he hit me. I love him. But that's sort of what males do. We kind of do that kind of things

and guys, I'm not recommending you try this. Don't walk up to some girl and go bam, hey, do you figure out what I'm say cuz, okay, but you understand how we do as kids. That's sort of the way we work.

Number six. A male child is likely to play in a way that shows his desire to completely dominate and vanquish an opponent. If you ever want to get together with some women and play a game, may I tell you the game not to bring out. It's the game called Risk. Now I don't know if you've ever played Risk. Risk is a board game in which you conquer the world. Guys love it. Very few women get really excited about Risk. We used to play it where we would put two boards together and have like ten or twelve guys playing it once who would have crisscross at some spots you're not supposed to cross in the game. We'd have these mammoth games. I was a youth pastor of a church at the time when I had a kid in my group. I was probably like twenty-two years of age. I had a kid in my group who was like fifteen years old and his name was Dave. We were on this sort of retreat kind of thing and it was late, probably one o'clock in the morning and we're playing this huge game of Risk. We've been going after it and he does something to me and I say don't do that. He goes, well dude, I got it. I just need a card, let me take you. And I said, don't do that. He goes, what are you going to do to me if I do? I said well I can tell you this, if you do that, I can't win but I guaranty you, you won't win. I will take you out. All of a sudden he's



realizing what's at stake, and he goes, but I need a card and so he attacks me and then I committed for the rest of the game. Well as soon as I committed to attack him, I took all my armies and I just lined them up against him and went after him, he grabbed both boards, flung them up in the air and ran out into the middle of the night which is not a good thing by the way when you're a youth pastor and you lose one of your kids in the middle of the night in a retreat somewhere in the middle of the mountains. But the reality is, that's the way guys are. We just tend to be a lot more aggressive. We want to dominate. We want to win. Now watch what happens with sexuality when we get down to it with that whole area.

Look at the next one. It's about us as male children. We're, a male child is aware of and accepts a pecking order that is based somewhat on the physical skills and strength. They're used to having a system of where they fit. They're used to team captains. They're used to rank. In the military, ranks makes sense. If you are a Knight of the 21<sup>st</sup> Century and you are a year two guy which some of our guys have already walked through Warrior before you, they will get a second set of dog tags not like the ones you have after Squire, but you'll get another set that's a little different. It's a higher rank. You've been in your two, you've been walking through it. Guys are used to that. They do well with that.

There's one more area about a male child that has everything to do with our sexuality and some of you have things I've just been talking about. Well look at the next one. If you think about everything I've just said, look at number eight. A male child is likely to touch his penis for pleasure and participate in some early peer associated sexual play. You can underline that. Guy's you're likely to touch his penis. He's likely to do that. That's something that little kids do. Now for some of you, nobody ever talks to us about that so we feel strange about it, but guys tend to do that. Matter of fact, don't tell anybody this, but, but when I was a kid my cousins lived right next door to me and I don't know what happened but some of them were like five years of age. We found out that if we would both go into the bathroom and pee together, we could have sword fights with the pee. Now don't talk to anybody about that. That's a weird deal. But that's just typical guys, you know, pee sword fights. Now you tell that to a woman, she doesn't get that, but guys it was all part of the journey, alright, that's all part of who we are. All the things I just talked about are for the most part more true about a male child obviously than a female child. Understanding that, helps us to understand that we have an area here that we have to be very, very careful about because we all have different experiences with it.

If you notice in your book, there's a guy by the name of Reuben in your Knightly News. Reuben is actually one of the sons

that's going to be the major family of the nation of Israel. In fact he's the oldest. He's heir to everything. Reuben, as a child, somewhere along the line watched his father and realized that his father not only had two wives, but his father had two hand maidens of his wives who ultimately became his wives and so his brothers came from four different female sources. Now in that culture it might not have been that unusual for Jacob, but as Reuben grew up, his perspective, his sexual perspective was that women were for guys to do what guys would like to create with kind of thing and so Reuben, although he's a very, very good man in so many ways, he actually tries to rescue his other brothers from killing there, at that time one of their youngest brothers, Joseph. He tries to stop it. He offers his two sons in exchange for the guaranteed rescue of one of his brothers before his father, and he isn't going to lose his two sons because he's going to guaranty he's going to bring Benjamin back to his father. This guy, if you read the story of Reuben, does some really cool things. But one the things he does is Reuben spends some time with one of his father's not wives, but one of his hand maiden wives and he sleeps with her. He has sex with her and his father finds out about it. And at the end of Jacob's life when he's dying, he's giving out all of his blessing to his sons and to Reuben he says, you would receive as my oldest all the power, all this, all that, all that, but you get none of it because you slept with

my hand maiden. You slept with my wife, you who could not handle sexuality. Guys, this issue of how we are naturally as we're raised, this will have everything to do with this.

So let's take a look at our history, because our history has something to do with how we approach sexuality. Look with me if you would to Roman numeral two. Roman numeral two. Here's what it says: As an adult male, he has a – now this is about the male child so as an adult male now, everyone of us has a one history that affected how his developing sexuality was expressed. Everyone of us has this. It's where our history comes from. It's what expresses us. There's this part of the history. Early experimentation as in childhood. Early experimentation in childhood. There is as boys we experiment and to be honest with you guys, the average guy's first kind of, any kind of sexual experience occurs as a child, probably occurs hanging out with other guys. It doesn't mean anything about homosexuality. It doesn't mean anything about tendencies. It's just your early experimentation are males and males. And you know what's so weird, because we don't talk about that, it's all like we hide it. Once sexuality starts to get hidden, where we don't deal with it and don't talk about it, it takes vents to it and all of a sudden we find ourselves instead of us having a solid anchor planted into our lives that will allow us the freedom to do all that we're designed to do, we find ourselves just kind of moving around not sure what's

right and wrong. So guys tend to have early childhood experiences in that area and our histories might have some of that.

It might have some of this too. Your early education from adults. It's, our sexuality is depending on how we were taught by adults. Um, it's what they say, how did they treat it with sex taboo. With my sons, we want them to understand that sexuality is between a man and a woman that are married. So Lynn and I while we keep our sexuality hidden functionally from our children, we are extremely romantic and affectionate with them. Now that drives the boys crazy because the boys like to think in terms of the fact that we basically had – like my oldest son says this all the time. I believe you had sex once and you had me and then you adopted my other three brothers because he can't even envision us having sexuality together. But reality, how did we get that education? My education was very different. My parents' sexuality was a very hidden thing and interestingly enough, my dad never talked to me about sexuality. You know when my mom talked to me – my mom was the one who talked to me about sexuality. You know how it happened? We're painting in my – I have a closet in my room when I was a kid. I'm like twelve – thirteen years old. I'm painting in the closet. Now my dad has checked out by this point. He is no longer the man he was as you know this story. And so, as I'm in this closet painting away, my mom's in there painting with me and my mom says to me – I'm

like thirteen – she goes, so how’s that masturbation thing going? I just rolled that roller right out of there and left. I mean I’m not talking to my mom about masturbation in a closet. There is just no way, right. How does how our education come from adults affects how you view sexuality. So as you were given it, as you were given it from any source, whether it be religious, teacher, parents, whatever it is, that affects our history and how we view it.

Look at this. It also involves our, how we expressed it in experience with sex after puberty. How did you experience your sexuality after you hit puberty? Before puberty, it’s one thing. How did it happen on the other side? What was that whole experience about? What was that like? You know, it’s interesting that you have to understand my background when I talk about kryptonite being this whole area of sex is like kryptonite for a knight. Um, my early memory was at twelve years of age getting involved in pornography. So at twelve, I don’t know how or why, but at twelve, I started to think in terms of that. Now I didn’t get that from my dad like some of you have. I didn’t get it from an older brother. I’m the only son in the family. I don’t even think I got it from a friend. I mean it was just an interested in “Life Magazine” or “Geographic” or whatever it was at the time and it began what would be a continuous process for the next fifteen years of my life. But when I carried that into dating and I started dating when I was fourteen, I carried it into dating and I

discovered as I talked to you about it a couple weeks ago that I would be like conquest through permission, You know, I would be allowed to move forward by permission so I would check to see whether a girl was interested. I would go as far as she would let me. But it was always about me. Now pornography is what? It's always about me. It's not about them, right? It's about us. When you're involved in pornography, it's about you, no relationship, just you the user. So what would happen is, I would date and I was a user. So that's my, my after puberty experience because I was a user. Now I don't know what yours was.

There could be another way that that experience goes and that's this. The history that affected how his developing sexuality was expressed including possible sexual views by adults and older peers. Now this is one that I don't talk about from my end, because I can't talk about it. It didn't happen from my end. It happened to my wife. It happened to a number of friends I knew. You know that for a female, it's probably about one out of four, one out of three maybe, as few women are sexually abused by the age of eighteen. For males, it's somewhere between one out of five and one out of eight, which means that if you're in a campfire, probably there's one of you guys that have walked through a history where you were abused. My dad had that in his history. He never would talk to me about it. I knew it existed. I understood some things based on some

conversations I had had with my mom, but more importantly some conversations I had with my uncle that kind of, kind of revealed some of that area in my life – in my dad's life – and we never could get there. He never talked to me about it. But for some of you guys you know exactly what that is like. I remember when I was in high school, I had a guy that was a friend of mine for years and we were at a roller skating event and he'd skate up to me and wanted to talk to me about something. We were – I was a senior – and actually at this particular point, spirituality had started to come alive in my life. I had met Christ and been transformed, and he sort of felt I was safe and he came up and he told me about a sexual encounter he had had with a male that was probably about ten years, fifteen years older than him which he's like seventeen. It's abuse, okay. It's sexual abuse. And he told me about this encounter, and he actually was disturbed. He was disturbed on so many levels of what he felt in relationship to it. As he confided in me, instead of me holding that in, I skated away. I was kind of nervous. I skated away and told a couple of people and to be honest with you, I was a real jerk about it. But you know what he was talking about? He was talking about this history that was now part of his life. Some of you guys have that. And whether or not you're going to be comfortable telling it to somebody in your campfire or not, I would recommend that if you're comfortable with the guy and you trust the guy, you'll let him know



that history a little bit. The reality is that you're going to need to probably walk it through with somebody. Certainly you're going to want to walk it through with God, maybe a therapist. But there's a part of our journey that that's part of who we are. It's our history and you don't pull out history and say it doesn't, it isn't there. When you think about the struggle you have with sex, the kryptonite of a knight, it's going to be connected to these post-puberty experiences and your childhood situation on abuse and kind of mishandling took place.

I want you to consider also this area. Number two. Pattern of connecting his worth and emotions to the way he uses sexuality. This is going to be how you define sexuality: By expressing aggression and dominance. Expressing aggression and dominance. Now guys, there's a variety of ways we express our sexuality. These are some of them. Now there are going to be some sources you got to put down. Okay, part of it is because I'm a male and part of it is because of the way I was raised and part of it is from a life experiences, but if sexuality is where you want to show dominance, if sexuality is what you want to show that this is my expression of my power, you're going to run into some trouble, guys. A lot of us do that. If your sexuality has been functioning that way, there's no anchor locked in, you're just like this ship out of control. Women don't feel safe when they're dominated, just so you know. People

don't feel safe ever when they're dominated and yet somewhere along the line, we sort of feel like that's part of who we can be. We're stronger and sexuality becomes an expression of that.

There's another area of sexuality that we can take a look at. Look at the second point. Uses sexuality to express to demodulate his emotions and self soothe. Let me talk to you a little bit about when we think in terms of I'm feeling tension and sexuality is my way to relieve the tension I feel. There's some truth to that. Sexuality is a build up, a desire. I tell Lynn that if I were to make love every three days, it would change just the act of coming, changes certain stress that exists in my life. So there is that kind of thing, but when you get it so that you're emotionally uptight or you just feel you need to soothe yourself, you got to be careful with that area. It does, it's one of the most relaxing freeing things. When sexuality is complete, it allow you just to kind of relax and your body unwinds, but there's a problem that you have to be careful that it isn't just designed for that. It's a much bigger picture than how we often paint it.

Consider this. Here's another way to use his sexuality to define his manliness to himself and others. So often, I think that when guys talk, we talk about our size. It's like we can measure our manliness. You never measure your manliness by looking down, ever. That doesn't tell me anything about what kind of man you are.

I don't care how many ads you get on the internet recommending that you change your size. The reality is, that doesn't measure anything. But a lot of times we measure our manliness, our sexuality is that measuring stick. It's what allows us decide who we are and literally it's like if we had a ruler, I can figure out what kind of man I am. No you can't. It doesn't tell you anything.

Here's another way you can handle sexuality. It's in the expression of personal love and tenderness for another individual. That's a God directed way. It's an expression of tenderness, and we'll actually talk about that right near the end today, because I want us to understand what God had in mind for sexuality. It is an expression. It is tenderness and it involves another person. Now there's the problem. For many of us, sexuality was selfish. We don't care whether the other person comes or not. We only care about our experience and what we have. We don't even care about the consequences. We don't even think straight in the last few moments of sexuality. All it is is about self-absorption. God says here, I gave it to you for an expression, for tenderness to be shown, which you start to think in terms of what are all the parts of sexuality that we misuse, right?

Consider this one and this is one that I think we all struggle through as guys and that is one of the ways he handles his sexuality to gain pleasure when he is alone. To gain pleasure when he is

alone. Now that kind of goes back to my pornography thing but it also speaks to the masturbation side of guys. You know what's weird about masturbation? 99.9 guys masturbate. The other .1 percent are liars, basically for the most part it's an area that we all kind of deal with. We all have it involved in and we don't really go around and brag about it unless you're on Saturday Night Live and you really don't talk much about this whole area, but it's, here's the problem with it. I was told that if I masturbated as a kid I'm going to be dead by twenty and I'll be blind. I'm fifty-seven years old and I can see just fine, so the reality is that it's a lie. It's just this game that the world plays to try to keep you from doing whatever it is. Now the problem with masturbation isn't the function act of it. It isn't the problem with the release or anything else. You know what the problem really is? It will ultimately teach you two things that are dangerous. Number one, pleasing yourself is the highest priority. That's really tricky stuff. Remember, sexuality has a bigger meaning than that. We'll talk about that, but it kind of gets in the way of that whole area. The other thing that masturbation does is God says, I don't want you ever to look at another person with lust. I don't want you to use them. I don't want you to learn the habit of using people and for me, can't speak for you, masturbation includes what I would call lust. Looking after, thinking of someone else, pleasing me and

in that process, we get sex so confused and so as a result of that, a lot of us are dealing with sexuality alone.

Let me give you one other warning. Guys, you get involved enough in masturbation and you will find that a normal relationship will not satisfy. It just gets all messed up because it's all self-g geared when sexuality is really two-person geared by its very design.

Look at one more area. This is going to help us connect with peers or with males that we hang out with, guys that we kind of hang out with. Guys tend to brag about conquests. Guys tend to talk about how I used this person. Now we don't tend to do that when we're having affairs. We don't tend to do that after we've gotten married. We don't tend to do that about our wives, but we sure did it when we were in college. We sure did it when we were in high school. We certainly would do it among the team when we were all hanging out. And you know what, half the time it's a lie and we're destroying reputations because males want to talk about how much they conquer and what they do and guys, sexuality is not a bragging item. Sexuality to be honest with you is a pretty private event. What makes you valuable is not your sexual conquests. That's the kryptonite guys. There's no anchor locked in when you're living in that kind of world. You and I need to learn the freedom of living outside of that. And when we do, I think things change pretty dramatically in who we are and what we are.

Consider number three. Therefore, after all we've given, the pattern that we have and everything else, there's a decision to make as to whether his knighthood principles will guide and control his sexuality or whether he will choose to become a boy, write this down, jump up and down on it, look at it, become a victim to it. If your anchor is locked into your sexuality is so locked into the water and so that you don't get shoved all over the place, you're in control. But if you're a victim to it, it means that you, the parts of your body below your waist are driving you. So often guys, when we get this way, we're making choices. So you have to decide. You got to decide. Are you going to be a knight? Are you going to be a victim? Are you going to be a guy that acts out in a selfish manner or are you going to be a guy that walks into nobility.

In the movie "Top Gun" Tom Cruise is Maverick and he has met this teacher whose name is Charlie and she is very, very hot and in this teacher in "Top Gun", they have this encounter. They have this discussion in which she because he has seen a mig up close invites him to come over to her house. Now here, think about this scene with me if you would. When he arrives at the house, he's just been playing volleyball. He's a little bit late. He apologizes for being late and says, hey do you mind if I take a shower. And she looks at him and says, yeah, I mind if you take a shower. It was his first sexual move and it got shut down and so he sort of plays

another game and then they talk and they talk about their childhood and they talk about their history and they talk about their life experiences and as the sort of the meal progresses, as they're sitting there talking working through things, you begin to realize that there's that connection. You know that connection that's happening between the two of them. And as this connection starts taking place, she leans into him. You know when a woman leans in, you know that they're interested and he's leaning into her and she says, this is going to get complicated. And he goes, yeah, I think I'm going to take that shower now and he stands up and you're already for him to take a shower and sexuality to take place. Instead he says, thank you. I've had a good evening and he walks out the door. Now as you think about that scene, as you just imagine, you see she's leaning in. It's this amazing, and I remember watching it going dude, you're the man. I want to be able to have that kind of control but also respond kind of cool. There will be another leaning in time in an elevator and then they'll lean in way far and there'll be this one night stand. And it builds sort of how the whole world of sexuality takes place. We missed that moment when that lean in takes place and we as knights do the noble thing. We don't use. We walk away. I wish I can tell you that Tom Cruise stayed in that pattern, but he doesn't. He will use her. As a matter of fact, he gets worse. We'll look at that in a few minutes.

Consider though if you would that if a man thinks in terms of sexuality from a proper direction. If he kind of thinks about who he is and what he is, you're going to find that he's going to be more aggressive than a female. We talk about warriors all the time here and William Halsey is an admiral in the Second World War who is involved in the fight against the Japanese. He's attacking a particular island. He is a highly aggressive male. He's – instead of the best offense is a good defense, his exact opposite phrase was his. The best defense is a good offense. So when Halsey attacks the Martial Islands in January of 1942, he is such a huge risk taker that he literally brought his ships on that attack on that island to make sure that we could then get our ships replenished and be able to do that hop, skip and jump from the Martial Islands. As he fought that thing, he was literally within rifle shot. You don't ever bring ships within rifle shots of those on the shore, but he did. And for hours and hours they fought there. During that battle, the account was this – the Japanese will lose sixteen ships, nine will be damaged. U.S. will lose ten ships and seventeen ships will be damaged on a five day battle. What's interesting about Halsey that he says, anything can be achieved with the right amount of energy. That's what he believed. He's so typical of a male, but he makes this statement that I think is really powerful about sexual control in a male. He doesn't really mean it for that, but when I heard it, I said that's



exactly what a male who seems to be very aggressive needs to learn. Listen to what he says. I'll put this quote up there for you. "There are no extraordinary men, just ordinary circumstances that force ordinary men, ordinary men are forced to deal with." You know what's interesting? There are no extraordinary men. There's just ordinary men that are forced to deal with extraordinary circumstances. May I tell you guys, sexuality while very common is an extraordinary temptation. How you choose to get involved in it is enormous, enormous.

Let me give you Roman numeral three. A male who achieves knighthood. Guys, this is where all the hope come in. This is what happens. Number one, learns to accept and deal with his sexual pressures, choosing to have these pressures met with one caring committed relationship. That's marriage. Have sex with one woman for the rest of your life. That's the goal, that's the focus.

Two. Guides his sexual desires into secondary and appropriate outlets such as exercise, athletics, creative arts, work and spiritual disciplines. Guys, a knight is willing to do the work necessary to control his sexuality. Everything about it is put on him and his entire core. You just can't beat it. You need all parts of your core including your spirituality to deal with this.

Look at the next one. Guards against the culture's continuous attempts to separate healthy sexuality from its intended meaning of

committed love and sacredness. You're going to find, guys, that the culture is all the time trying to sell you something else. In my lifetime, I've come close in two emotional relationships with other women that were getting too far. It was just, I was buying into a whole bunch of beliefs. Some of it was pushed by the world. Some of it was pushed by my own background. I got really, man, I got close, and I'll tell you, God was very gracious. Lynn knew. We talked through what I was going through, as part of our journey. But I'll tell you, you get close to that edge and that edge is very dangerous guys. It's why you need an anchor locked in. It's why you need to understand. This is a sacred thing God's given you the thing we call marriage, a committed relationship to one individual, where you get to protect her heart like a secret service agent protects the President. You get to protect her heart like Jesus Christ protects the church. Very strong stuff.

Look at the next one. Four. Refuses to define his core as anything less than strong enough. Say no to the influences of his sexual instincts and his on his sexual desires. Know that your core is everything guys. This core is designed by God even with the shadow, even with the instincts out of balance, your core can say, no. Now when you get your instincts in balance, and you begin to get your shadow dealt with, you're going to find yourself anchored

very deeply, very strongly and you're going to be able to do what you're designed to do as a man.

With a knight, number five. He creates accountability relationships which can provide support during times of sexual temptation. One of the things that you and I need to learn to do is know that we have given within us, people that will hold us accountable. You know what's interesting? When I struggle with sexual issues and I tell Lynn, she always feels wounded. It's almost like it's her fault, you know? Have you ever been there with that, guys? That's why you need other men in your life. That's why I have the big four guys in my life that when I'm struggling, I go to one of those guys and I talk through the issues with them.

There's another moment in the movie "Top Gun" which I think shows what happens when you try to have this sexuality which he showed he could control and then had the one night stand, it sort of shows how shallow it is. In the movie, Maverick, which is his code name, has lost his ride. The guy that's in the cockpit with him was killed in kind of a freak training accident as they were catapulted out of that cockpit. Skooze died. Maverick was blown out of the water. He washes out of the Navy. He doesn't want to be a pilot anymore and he was at an airport getting ready to fly who knows where when Charlie, the girl he's been having the relationship with, the one night stand, no committed relationship but we're sort of attracted thing,

she shows up. That's the scene I want you to think about right here. When she arrives, there's this bar, a typical airport bar. She walks up and says, I'll have what he's having to drink. What is it hemlock? And he said, water and she says I've checked all the evidence. It's just an accident. What you've done, it just could happen to anybody and it's not your fault and she encourages him. He says, you know, if I needed encouragement, I would have asked, really. And then she says, I see I'm too late. You've already left. She said to this, this is a statement deep into his soul, she goes, so I see you're going to quit again. That's one maneuver you have down real good and she walks away. That scene, that moment, is what happens when you don't have a committed relationship. It's I'll quit. I'll quit on you. That's why you got to have accountability. That's why you got to be committed to this one person. That's why you have to have your core guide you through it. Maverick doesn't have that. So how are you doing in that? You need to make sure those are part of who you are and what you are.

Consider these as well. Guys going to need to recognize, number six, that testosterone-based sexual urges may change because of his various life stresses. Stressors, stages, events, and relationships. Your sexual desire will go up and down. It will rise depending on certain circumstances in your life. Stresses, your age, all kinds of things that will make a difference. As a matter of

fact, they test it out in a game in a sporting event if you win, your testosterone level goes up. If you lose, it goes down. So, so you can just tell how those things make a difference. You got to understand that. Sexuality is like waves going up and down. That's why you need to be anchored.

Look at number seven. Actively works to understand and care for his significant other so that barriers and communication in sexual expression are limited. So what I have to learn to do – remember I was telling you earlier that I've toyed on some edge of relationships. I'm going to give you something that you do what you want with this. I'm at the point in my life that I cannot have a best friend or serious friendships with females. Why? Because I had two relationships that I thought started to cross a line where it was going too deep. I have barriers up. You don't have to have that same barrier. I do. Lynn and I have relationships with other couples but I don't have any one-on-one. There's no texting. Watch it guys. A lot of you are texting. A lot of you. There's no Facebook accounts or private phone calls where you leave the house and go for a walk by yourself. Guys, plan on edges, barriers. You got to put them up. It's very wise.

Look at number eight. Achieves an identity in which his own sexuality is appreciated and yet is viewed as just a part of the total picture of who he is as a man. Your own sexuality. You're just going

to have to say, that doesn't define me. Guys, if your sexuality keeps defining you, you're going to be in trouble right? I look down to decide who I am instead of look at who I am. I don't find out what kind of man I am. I measure myself. Isn't that crazy? Isn't that nuts? That's what we so often do. We're going to have to learn to stop doing that.

Now how do you do all that? Number nine is I think the key to this whole thing. Number nine says this: Look to his relationship with God for help and their weird spirit is going to come alive. Look to relationship with God to help in one, holding to His standards – God's standards. God created sexuality to be between a man and a woman, not multiple of anything – a man a woman. So sexuality is created in that environment, male and female, committed relationship, life.

Two. Accepting forgiveness for his past indiscretions. If you're like me, you have to underline that word forgiveness. Accepting forgiveness for past indiscretion. I have stuff in my past that I got to forgive myself for and I got some people that needed to forgive me along the way too, because I was a user, right? Many of us have done damage with our sexuality.

Next one. He needs God's help in becoming aware of temptation opportunities. Let God show you where the pitfalls are. Let Him show you where the dangers are because when you start to

do that, He'll guide you. He doesn't want you to fall. He wants you to be a knight, rescuing and making a difference.

Next one. Receiving an ongoing support against the shadow's claim that you can't fix this. One of the great lies of the enemy, one of the great lies of the shadow, is that you're caught in a trap that you can't fix. It's called sexuality. Your dad was messed up. Your grandfather was messed up. Your brothers are messed up. Everybody else is messed up. You're just messed up and the whole world is messed up. It's not your fault. Guys, you and I can go to God and say you can fix this. You can take it away. You can remove the damaging connectors that go way back into my past or the stuff that I have thought to come to believe true that aren't true about myself. Men can control their sexuality when they use all parts of the core as God designed us to be knights.

Last one. Inspiring sacrificial love, setting aside his own needs for the needs of others. I really love this. This is one where you say if sex is not about loving, and not about relationship, then what's it about? Let me give you if I can, as we wrap this up, five reasons for sex. These are the ones that will lock this anchor into the harbor. When God invented sex, He had five reasons. Now I will tell you that the shadow has been selling the world on three of those reasons. So three of the five reasons for sex, the shadow is trying to sell the world on. Number one, sex is intended for pleasure. It

feels good, so in the back of your book just write in in that page where you can just sit down, maybe like page fifty or something like that, write down this word. Five reasons for sex, one of them is pleasure. It feels good and that's a great idea. That's why sexuality drives so much of us, guys.

Number two, it's for release. Sexuality is for release. That's when I talked about that built up pressure. Do you realize there's a lot of guys doing jail time because of that word, release, that for just a what we would call a thimble full of sperm, they've given up their freedom. Guys, stop being controlled by this, alright? It is for pleasure and for release. So we'll keep selling those two. That's why date rape is on such a high level, all these crimes are committed.

The third reason is for reproduction. We don't even like that one as a culture. We find ourselves as a culture not wanting to take advantage of reproduction. We sort of want relationship without consequence. So we have pleasure for release, for reproduction. But there are two other reasons that God had for sex. He likes those three by the way, pleasure, release reproduction. He had everything to do with them. But there's two more. One is for total oneness, total oneness. The oneness that we would know, the oneness that we would have is this oneness that takes place between two people with nothing hidden. Adam and Eve are both naked and not ashamed. Total oneness. Now if you get to that point, you can't do



that without a lifetime committed relationship. That's the key to everything.

But there's one more I want you to consider. The last one is God intimacy. Now God intimacy is this amazing ability for you and I to find out that the God of the universe says I will show you my love for you by using a terminology that will explain sexuality. He says Jesus Christ is the bridegroom and we are the bride. That's honeymoon level, passion and love. God says that's the level I want with you so sexuality is actually something that God says I created it for all of your being including your spirit to engage in and when you do, you're going to know a whole new level of sexuality. So guys, five reasons for sex: pleasure, for release, for reproduction, for total oneness and God intimacy. When you get there, sex will no longer be the kryptonite of a knight. Sex will now become the anchor by which you can make a difference in your knighthood journey.

Look forward to seeing you next week.