

A RESPONSE TO THE *50 SHADES OF GREY* PHENOMENON

THE

EXPOSING THE DEEPER MEANING

FANTASY

BEHIND SEXUAL THOUGHTS

FALLACY



Shannon Ethridge

Best-selling Author of *Every Woman's Battle Series*

Foreword by STEPHEN ARTERBURN

A PDF COMPANION TO THE AUDIOBOOK

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Library of Congress Cataloging-in-Publication Data

Ethridge, Shannon.

The fantasy fallacy : exposing the deeper meaning behind sexual thoughts / Shannon Ethridge.
p. cm.

Includes bibliographical references.

ISBN 978-0-8499-6469-5 (trade paper)

1. Sex--Religious aspects--Christianity. 2. Sexual fantasies. I. Title.

BT708.E844 2012

241'.664—dc23

2012030004

Printed in the United States of America

12 13 14 15 16 OG 6 5 4 3 2

The Benefits of Boundaries

Drawing Boundary Lines

Here are ten sample fantasies. Draw appropriate boundary lines around these activities by classifying them as either:

- (a) Autoerotic: a random sexual thought that occurs naturally without external stimulation; can be easily managed and should not be cause for guilt
- (b) Erotic: a fantasy intended to arouse yourself or your marriage partner; no need for guilt as long as activity is approved of by both spouses
- (c) Illicit: a sexual fantasy that would not be approved of by your spouse or by God because of the context of the relationship

- _____ 1. A teenager who experiences graphic wet dreams while going through puberty
- _____ 2. A wife who imagines that it might be enjoyable to try a new sexual position with her husband

- _____ 3. A man who has a sexual dream about his secretary, but would never act on it
- _____ 4. A female college student who masturbates to thoughts of having sex with her college professor
- _____ 5. A couple who decides to use pornographic images of others to heat things up in the bedroom
- _____ 6. A couple who decides to role-play certain characters together to add some variety to the sexual repertoire
- _____ 7. A man who voyeuristically watches women enter and exit a public restroom, storing those visual images for future masturbation fantasies
- _____ 8. A woman who goes online to find men who are eager to stroke her ego with some spicy cyber-conversation
- _____ 9. A husband and wife getting away on vacation so they can indulge in all the sex they want without children in the house
- _____ 10. A husband and wife who invite another couple to go on vacation together, hoping it could lead to swapping partners

Answers:

1. A
2. B
3. A
4. C
5. C
6. B
7. C
8. C
9. B
10. C

Appendix 2

Curing the Sexual Abuse Epidemic

To Report Child Abuse

Call 911 or your local Child Protection Services agency or call 1-800-4-A-CHILD if you suspect abuse and need to talk it through.

To Learn What You Can Do to Prevent Abuse or Find Resources for Healing

Visit www.taalk.org or call 1-888-808-6558.

If You or Someone You Know Struggles with Inappropriate Feelings Toward Children

Visit www.stopitnow.org or call 1-888-PREVENT.

Appendix 3

Providing a Spiritual and Sexual Safe Haven

Are you a church leader looking for practical ways to demonstrate that you are a safe place for sexually broken people to seek guidance, encouragement, and support?

- Carefully consider those whom God has led to be a part of your congregation. Are there folks who have overcome sexual challenges, addictions, extramarital affairs, and so forth? Would they be willing to share a personal testimony about what God has done in their lives, marriages, or families? If so, give them an opportunity to let their light shine! It will be a great ray of hope to guide others! (If you are worried about the content of such a testimony, consider videotaping a two-way conversation between you and that person or couple, interview-style, which will allow for careful editing.)
- Ask a licensed professional counselor to speak in youth, college, and adult Sunday school classes about the unique sexual challenges we all face at various stages of life,

demonstrating approachability and a willingness to discuss such sensitive topics. Perhaps the speaker can also provide a list of local counseling resources for further exploration by those who feel the need to connect with someone outside the church altogether.

- Sex and Love Addicts Anonymous (www.slaafws.org) and Celebrate Recovery (www.celebraterecovery.com) support groups are ministries so worthy of extending to the community. Granted, many in your congregation would prefer to be a part of the sexual support group across town for anonymity's sake, but that's okay. Those from the other side of town can find anonymity and comfort in your congregation.
- Consider hosting a PureHOPE seminar or conference for your local community. PureHOPE is a ministry dedicated to providing Christian solutions in a sexualized culture, working collaboratively with churches and Christian schools to equip believers to Pray, Understand, Resolve, and Engage with culture to encourage a PURE lifestyle. Visit www.purehope.net for more information.
- Consider partnering with XXXchurch.com to host a "Porn Sunday" Event. The focus of the weekend service is to get churches talking about the "elephant in the pew" and get help for people who are struggling with porn and sex addiction.
- Offer an entire weekend conference focusing on healthy sexuality, including keynote speakers and workshops on a wide variety of topics that will minister to teens, college students, single adults, married couples, and parents. (For more information on having Shannon speak at your youth, women's, or marriage conference, go to www.ShannonEthridge.com/speaking.)

Appendix 4

Twelve Steps to Recovery

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.
I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Rom. 7:18)
2. We came to believe that a power greater than ourselves could restore us to sanity.
For it is God who works in you to will and to act according to his good purpose. (Phil. 2:13)
3. We made a decision to turn our lives and our wills over to the care of God.
Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. (Rom. 12:1)

4. We made a searching and fearless moral inventory of ourselves.
Let us examine our ways and test them, and let us return to the LORD.
(Lam. 3:40)
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16)
6. We were entirely ready to have God remove all these defects of character.
Humble yourselves before the Lord, and he will lift you up. (James 4:10)
7. We humbly asked Him to remove all our shortcomings.
If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)
8. We made a list of all persons we had harmed and became willing to make amends to them all.
Do to others as you would have them do to you. (Luke 6:31)
9. We made direct amends to such people whenever possible, except when to do so would injure them or others.
Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matt. 5:23–24)

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall!
(1 Cor. 10:12)

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

Let the word of Christ dwell in you richly. (Col. 3:16)

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.
(Gal. 6:1)

Appendix 5

Recommended Resources for Your Church/Home Library

FOR ADULT MEN

Every Man's Battle:

Winning the War on Sexual Temptation One Victory at a Time
by Stephen Arterburn and Fred Stoeker

Surfing for God:

Discovering the Divine Desire Beneath Sexual Struggle
by Michael John Cusick

The Sexual Man:

Masculinity Without Guilt
by Dr. Archibald Hart

FOR ADULT WOMEN

Every Woman's Battle:

Discovering God's Plan for Sexual and Emotional Fulfillment
by Shannon Ethridge

The Sexually Confident Wife:

Connecting with Your Husband Mind, Body, Heart, Spirit
by Shannon Ethridge

FOR COUPLES

*Every Man's Marriage:
An Every Man's Guide to Winning the Heart of a Woman*
by Stephen Arterburn and Fred Stoeker

*Every Woman's Marriage:
Igniting the Joy and Passion You Both Desire*
by Shannon Ethridge

*How We Love:
A Revolutionary Approach to Deeper Connections in Marriage*
by Milan and Kay Yerkovich

FOR TEENS/YOUNG ADULTS

*Every Young Man's Battle:
Strategies for Victory in the Real World of Sexual Temptation*
by Stephen Arterburn and Fred Stoeker

*Every Young Woman's Battle:
Guarding Your Mind, Heart & Body in a Sex-Saturated World*
by Shannon Ethridge

FOR PARENTS

*Preparing Your Son for Every Man's Battle:
Honest Conversations About Sexual Integrity*
by Stephen Arterburn and Fred Stoeker

*Preparing Your Daughter for Every Woman's Battle:
Creative Conversations About Sexual and Emotional Integrity*
by Shannon Ethridge

*How to Talk Confidently with Your Child About Sex:
For Parents (Learning About Sex)*
by Lenore Buth