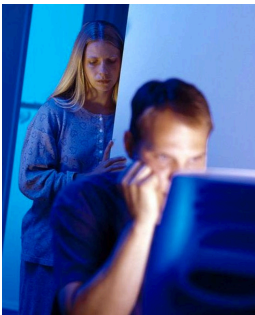
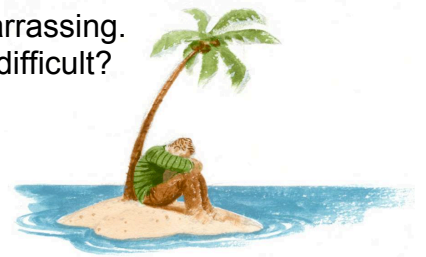


A3 – ANONYMITY

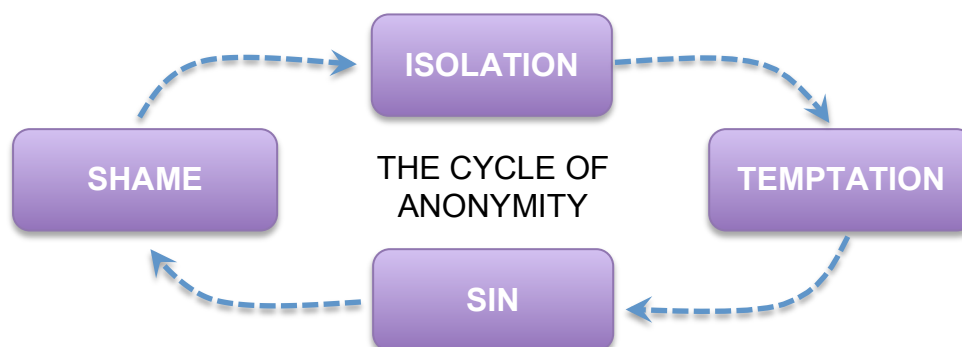
- Sexual struggles are intensely personal and often embarrassing. What fears do we have that make sharing this struggle difficult?
- We'd rather not expose our sin to other people, but are there any benefits of living the Christian life without anonymity?



Most people (even those who say they think porn is ok) watch porn alone. There is something instinctually embarrassing and shameful about it that prevents us from watching it openly. On top of this, the internet gives us the feeling of being anonymous so that our whole experience of porn, from the temptation to go to it, to the time spend looking for it, to the act of indulging in it, is all done in isolation.

This isolation then breeds isolation. It makes us feel ashamed and unable to relate to people honestly as we are aware that there is secret sin in our lives that they do not know about. Since with porn we start and end in isolation, this feeling of “not being known” itself makes us feel more disconnected and alone.

We delete our browser history, avoid conversations about sin and try to prevent the consequences of our sin from happening by making sure no one finds out about it. And so the path of porn is a downwards spiral where you feel more and more isolated from other people, from God and from your true self in Christ. This feeling of ANONYMITY breeds despair and depression as with no one to talk to, we begin to feel we are the only one in the world who is going through this type of experience.



The only way to break this cycle of anonymity is to short circuit it by sharing your struggle with other Christians. This doesn't mean simply sharing the *fact* that you are struggling, by telling others about it. It also means sharing the struggle itself – so that you walk with others and allow them to walk with you in the journey of the Christian life.

God's Word on living without Anonymity

What do these passages teach you about living as a Christian in community.

- Galatians 5:22-6:2
- James 5:13-16
- 1 Corinthians 12:21-27
- Ecclesiastes 4:9-12
- Hebrews 10:19-25
- Colossians 3:12-16

**Practical Questions:**

1. Who in your life knows that you battle with sexual sin?
2. Do the people you live with (or the people you are close to) know that this is an issue for you?
3. Do you share with these people when...
 - a. you have sinned?
 - b. you are vulnerable or struggling?
 - c. you should discuss how to face upcoming temptation?
4. What makes it hard to share?
5. What makes it easier to share?
6. What practical things do you need to do to put this into practice?

**Fighter Verse #1**

"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)