

**Sex Traps—What's Lust Got to do With It**  
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These are perilous times. What is the responsibility of the church.

*This know also, that in the last days perilous times shall come. (2 Timothy 3:1)*

**10 Traps to Sexual Bondage**

1. **Mental and Emotional Fantasies**—In fantasizing about an individual, your mind will soon stray far beyond fantasy and soon begin to think of inventive ways to turn those ideas into a reality.
2. **Mental and Emotional Affairs**—These affairs can become just as detrimental to a marriage as physical affairs. Just because you're not physically touching the person doesn't mean that you're not enthralled by their presence. It soon becomes difficult for you to focus on anything or anyone else, including your own spouse.
3. **Forcing someone else to live up to your sexual fantasy partner**—Whether your fantasy partner is your favorite actor, actress, past lover, pastor, or friend, when you force your partner to live up to the standards of an image that you've concocted in your mind, it forces both of you into an existence that is both surreal and dysfunctional. It becomes impossible for the two of you to coexist outside of the confines of this fake existence.
4. **Pornography**—both men and women are tempted by the hypnotic sexual overtones of pornography. This deadly means of satisfying the sexual appetite is not only unhealthy, but extremely damaging to your mental and emotional mindset, especially as it relates to having a functional, and loving relationship with one's spouse.
5. **Daytime television**—soap operas consume the mind with unrealistic expectations of relationships.
6. **Sexually explicit music**—though often subtle, music can become the fuel to light your flame of passion, even when you're least expected.
7. **Romance Novels**—pull you into a world that does not exist; you become so engrossed with the characters that you begin to compare
8. **Sexual self-gratification**
9. **Using sex to entice others**
10. **Using sex as a form of control**

**How to Break Free**

1. Being well-acquainted with what caused you to pick up unhealthy sexual habits.
2. Refraining from watching or listening to things that trigger those habits.

3. Using honest and open communication with your spouse.
4. Becoming well acquainted with your vulnerabilities.
5. Seeking the proper spiritual or psychological counsel when needed.