

Love vs. Lust



Who It's For:

EVERY teenager & young adult
Anyone with a pornography addiction
Those with **any type of addiction**
Family Home Evening lessons

The illusion and lie of lust states, "*You are a means to an end,*" and that end is to pleasure and distract myself, to create an **illusion** of power and control.

Are the definitions of love and lust confusing to you? Are you in need of a clear way to teach your children or other loved ones the difference?

The Truth is that love and lust are **not** the same. In fact, when properly defined and explained, love and lust are on opposite ends of the intimacy, respect, and morality spectrum. Unfortunately, love and lust are often confused and their expressions are inappropriately defined.

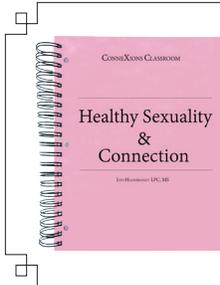
Lust is **not** love, and the belief that lust is love is a soul-destroying distortion of reality. Lust actuates moral decay of a human being, promotes objectification and betrayal of a person both physically and spiritually, and abjectly denounces and deprecates their Soul. To complicate this further, lust masquerades convincingly as love; it presents itself as the very face of selflessness and connection, keeping its selfish intentions hidden until it has entrapped its victims. By assaulting, subverting and animalizing the most innocent of our desires, lust makes its way into our own souls without our notice—it is the very definition of a wolf in sheep's clothing.

Lust is about selfishness. It is about satiating "me" by taking from others. Lust is a complete focus on the self. It is a craving for the wants and desires of "me" to be fulfilled no matter the cost to another human being. The only thing that is of importance to me is that **I** obtain what **I** want, how **I** want it, when **I** want it. The other person is used, exploited, demoralized, abused, and ravaged to fulfill and justify my own self-centered appetites for immediate self-gratification. Lust is driven by selfishness, objectification, fear, shame, impulsivity, deception, and gluttony. When a person is lusty, they will use people, things, money, food, experiences, sex, memories, fantasies—anything—as a means to "get" what they want **to fill the emptiness and insecurity they feel within themselves**. Thus, when we are insecure within ourselves we have a propensity to experience shame, which leads us directly to lust.

Empower yourself and empower your loved ones with the Truth about love. The Connexions Classroom materials about love and lust are intended to wake you up to the Reality of the severe yet silent damage lust is doing to your soul and your relationships. Also included are detailed practice activities to rid yourself of lust and shame.

Healthy Sexuality & Connection

Connection is as important to our spirits as air is to our bodies



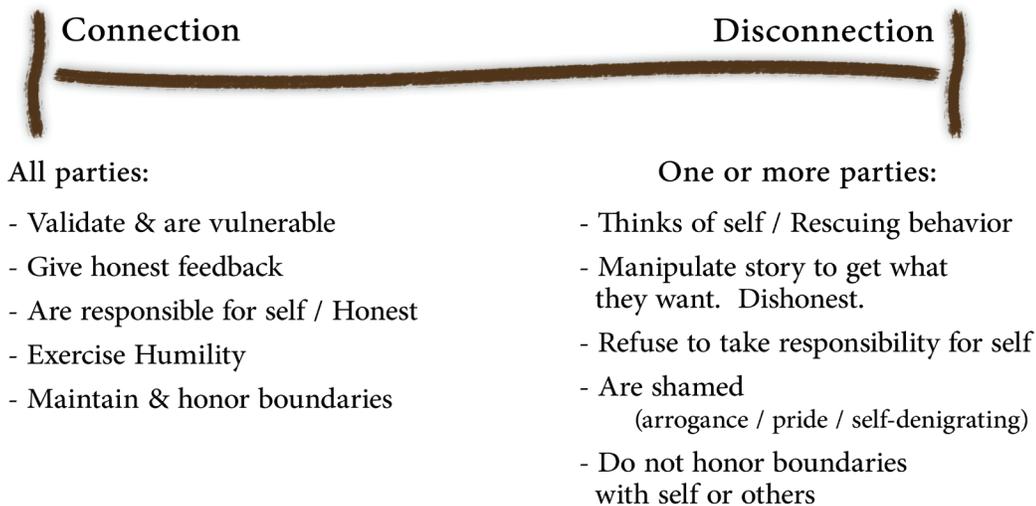
Who It's For:

- Women & men in sexual relationships
- Teenagers who are dating or need to connect
- Anybody in ANY type of relationship
- EVERYONE who is breathing

The word **connection** means how we relate to or engage with ourselves, others, our environment, our history, our fears and anything else that presents an in-

invitation and opportunity for us to attach to. We need connection. We are in search of places, people and relationships we can feel and be attached, bonded and connected to. We are social creatures and we need to be in relationships with others who are safe, trustworthy, validating and loving. There are 3 primary types of connections: we need connection 1) to God or a Higher Power, 2) to self, and 3) to others.

True connection generates incredible energy for good. However, if we are not connected within ourselves, our "connections" with others will be "false" or distorted.



If you want to have a close physical, sexual, emotional, or spiritual relationship or connection, you must know yourself (in all ways, including sexually) and know your motives, wounds, fears, strengths, passions, desires and capacities to empathize, validate and be vulnerable. If you aren't aware of your motives and expectations, true intimacy (connection) cannot be present and you will feel empty and unfulfilled. Healthy sexuality begins with a conscious, aware, motivated, loving, compassionate—self (you).

We are all sexual beings and we are meant to connect in relationships. The Connexions Classroom materials about healthy sexuality & connection are an intensive course to deepen your ability to connect with others in honesty, responsibility & Truth.