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**The Use of the Concept of New Identity in Christ in
Counseling Sexual Addiction in Young Girls:
What???**

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Introduction

When we began to look at the concept of new identity in Christ in counseling Sexual Addiction in Young Girls, I feel we need to first help them to identify the importance of the question WHAT! It

¹ See www.JacksonHealth.org.

amazes me to see and hear young girls pose the WHAT QUESTION as they dialogue with each other. The time has come to help young girls to affirm and name for themselves by questioning what things they value; what's important to them; what does intelligence mean to them; what emotions are they experiencing; what support systems do they have or would like to have; what does spirituality mean to them.

I created a 12 Steps Spirituality presentation. My intent is to help young girls who are facing challenges today in the area of sexual addiction.

1st Step – Face Reality

The 1st Step would be allowing the young girls the ability to Face Reality of what's going on with them. I believe our young girls need to be placed in a forum or group to name the WHAT of their lives according to their day to day experiences.

2nd Step – Forgive Yourself

The 2nd Step is to Forgive Yourself. We help young girls to accept the importance of the WHAT by first seeking God's forgiveness and forgiving themselves.

3rd Step – Make Peace with Others

3rd Step is to Make Peace with others. WHAT does the essence of making peace with others mean to a young girl today who is constantly seeking sex and love in different and unhealthy places and spaces? WHAT does it mean to her to seek comfort and the knowledge that she can seek a clearer understanding of knowing that she can have Peace that surpasses all understanding?" (Philippians 4:7, KJV Holy Bible).

4th Step – Use Power of Choice

The 4th Step is to Use Power of Choice to promote optimum conditions. Everyday a young girl wisely or unwisely make choices. Choices created positively or choices to go down the wrong road. The poem that comes to mind is "The Road Not Taken," by Robert Frost.

5th Step – Change Your Language

The 5th Step is to Change Your Language. We need to empower our young girls to affirm that they are emotional and relationally intelligent to use the right language rather than negative language in

discovering and developing themselves. I agree with Steve Saccone when he states, “True self-awareness guides us more accurately down the path toward becoming who we really long to become. When we began to let our young people know that they carry positive social energy, they are likeable and magnetic, they are genuinely interested in people and they are curiously interesting to people.”

Then our young girls will embrace a new concept in Jesus as one of His followers and share the new concept of themselves with others they encounter. Saccone has it right when he shares with us, “To be relevant, we need to use words and metaphors that remain salient to the current reality of people’s lives.” It does make a difference in how we communicate to others and what we say about ourselves. I believe this makes a difference in how young girls become involved in sexual addiction. Changing the language is important if we seek to understand the “Power of the Tongue.” Proverbs 18:21, KJV states clearly The Power of the Tongue has the power of life and death and those who love to talk will have to eat their own words. This can never be anymore true for young sexual addicted girls. Dr. Harry W. Schaumburg has cited some verbal expressions from young girls who go to counseling:

- “Having sex is the most important part of my day.”
- “I have nothing else to offer him but sex.”
- “I just can’t say no to a man who wants sex

Our job today as Pastoral Counselors is help young girls to understand what it really means to be created in the Image of God. Any appreciation for WHAT it means to be created in the Image of God and to reflect that image must begin with WHAT makes Christianity distinctive, God’s self disclosure in Jesus. (Page 112 Kelley brown Douglas, sexuality and the black church). We must allow young girls to articulate WHAT it means to know that God is present with us and to hear clearly the meaning of Psalm 46:10 “Be Still and Know That I am God. Dr. Kelly Brown Douglas states it well, “A person’s humanity is actualized when he or she motivated by God’s love enters into a relationship with the rest of God’s creation. To know the love of God is to be compelled to share that love with others. To do so is also to realize one’s own divinity.”

This leads me to the 6th Step of Think Love, Speak Love and Give Love. Our young girls can do this if they continue to reflect on and confirm the spirit of John 15:9-13. It's the genuineness and creativeness of knowing that God loves us and has left us a commandment to love one another in a healthy manner for our minds, body, soul and spirit. As young girls are discovering and learning about themselves, how are they abiding in the love of God? How do they become empowered by the love of others in healthy relationships? How do they understand the WHAT and WHO of love, in day to day relationships? How do they become creative in loving others in family, school, play and other activities they share in? Pastoral Counselors today must stay in the struggle with our young girls to help them to discover and become enlightened by the truth that they can accept their bodies and love themselves as Jesus loves them and as God loved His only begotten Son.

7th Step – Responsibility

The 7th Step is Responsibility. Our young girls need to become acquainted daily with the consequences and the ramifications of the cost of having sex early in life. When I am emphasizing to young girls the importance of Responsibility, I am talking about how they take on the mantle of true identity in Jesus Christ and be responsible for the fullness of their lives. The new identity is calling them to respond differently with their behavior and the likeness of Jesus on their lives. April –Lynn Lim wrote an article titled The Consequences of Sex Addiction For Teenage Girls. April highlights the importance of how these girls cannot take care of themselves; they do not have insurance; many are too young and too undeveloped to have children; consequences involves widespread of diseases. I concur with her article and what she states, “Sex addiction is not an addiction to sex or the extreme desire for it but the addiction to seek out to resolve one’s personal problems or to use it as an outlet for someone’s emotional needs.” With this statement in mind, it is our responsibility to use our pastoral counseling authority to challenge spiritual leaders today; leaders of our youth to create a safe environment for our young girls to convene and celebrate other parts of their lives rather than young girls creating space to have sex or to even indulge in the idea of having sex.

8th Step – Accept My Body

The 8th Step is Accept My Body. We must teach our young girls the importance of Loving, Living, and Lifting their bodies up daily to God. We must allow them opportunities to talk about their bodies and to be able to name the WHAT of their bodies. What is going on with me and how do I love or do not love my body is something our young girls must continue to explore. Am I living for the love of God or the love of a man who does not even know how to love me as God loves me? When was the last time I lifted my body up to God? When I was growing up in a Baptist Church as a young girl, I use to hear the choir singing, “If I Be Lifted Up...I’ll draw all men unto me.” I experienced the interpretation of that to mean that if I lift up Jesus, all men will be drawn unto Jesus not unto me. We as Pastors and Pastoral Counselors must continue to share the good news to our young girls through the gospel of the word and the gospel singing.

9th Step – Affirmation

The 9th Step is Affirmation. I have several affirmations displayed in my office and one reads: “There is only one life. That life is God’s life. My life reveals all good because all good is WHAT I choose to see and experience of God. I am one in the one life of the Infinite.” I believe when young girls see this affirmation it affirms for them the WHAT of God and it helps them to accept that Jesus is the way to guiding them to truth, life, and a clearer understanding of affirming who they are and whose they are and WHAT they truly need and want. Affirmation also comes through the appropriate use of scripture. For example: Hebrews 5:12-6:2 reads, “For through by this time you ought to be teachers, you need someone to teach you again the first principles of the oracles of God; and you have come to need milk and not solid food. For everyone who partakes only of milk is unskilled in the words of righteousness, for he is a babe. But solid food belongs to those who are of full age, that is, those who by reason of use have their senses exercised to discern both good and evil.” Young girls will begin to discern WHAT’S good and bad for them once we as Pastors and Pastoral Counselors teach them the WHAT’S right of their lives and allow them to make the right choices of their WHAT experiences.

10th Step – Desire, Decide, and Discipline

The 10th Step is Desire, Decide, and Discipline. Our young girls need to know the importance of questioning WHAT I call the 3 D's. WHAT do they desire; WHAT decisions will they continually make in their lives and WHAT disciplines will they make to reach these personal goals to make them the women God has created them to be. In other words, we Pastoral Counselors need to take time to be open and hone in our style of communicating with these young girls. I cannot say enough about the need to establish healthy support groups for them; there must be community engagement forums to help meet their needs of making healthy decisions and consistency in assisting them with different models of discipline. Pastors and Pastoral Counselors have an obligation to do the 3D's by speaking out to them and for them. Pastors and Pastoral Counselors need to be proactive in demonstrating the 3D's, by modeling for them the steps of Stop-Look-and Listen. In addition, perform the 3D's by dialoguing with young girls the biblical fruits of the spirit that we find in Galatians 5:22-23.

11th Step – Listening

The 11th Step is Listening. Listen to the music our young girls are attracted to. Listen to the language they are using. Listen to WHAT they are seeking from adults. This discovery will then empower them to listen to us. We must share with them the statistics regarding HIV/AIDS amongst Young People in Florida Ages 13-24 in 2008. It is estimated that half of sexually active youth will contract an STD by age 25. Among sexually active high school students, 38% did not use a condom during last sexual intercourse. AIDS related illnesses are the seventh cause of death among people between ages 15-19. It is imperative that we listen to our young girls. The late Dr. Howard Thurman says it well, "Give me the listening ear. I seek this day the ear that will not shrink from the word that corrects and admonishes-the word that holds up before me this image of myself that causes me to pause and reconsider-the word that challenges me to deeper consecration and higher resolve-the word that lays bare needs that make my own days uneasy, that seizes upon every good decent impulse of my nature, channeling it into paths of healing in the lives of others."

12th Step – Prayer

The 12th Step is Prayer, in my church we use the acronym PUSH, which means Pray Until Something Happens. We must continue to PRAY for our young girls and empower them to pray for themselves. The word in James 5:16 says, “Prayers of the righteous availeth much.”

Righteous = young girls praying for the challenges in confronting sexual addiction.

Righteous = making crystal clear decisions for the good of their lives.

Righteous = right thinking and

Righteous = our young girls are willing to aspire rather than expire.

Conclusion

Some years ago I was blessed to hear Dr. Marie M. Fortune, Founder and Director of the Center for the Prevention of Sexual Domestic Violence in Seattle, WA. She spoke on the subject regarding the Power that we as Pastors and Pastoral Counselor have in our spiritual communities and places of Faith. With this thought in mind we need always be careful to use our power appropriately with young girls. To acknowledge that, we may be attractive to them (if so) make a referral to another Pastor or Pastoral Counselor for the young girl’s integrity and especially our own. We should be able to name and articulate the WHAT of the relationships. It has been said and it is still truth. To know thyself is the greatest knowledge of all.



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