

CARE RESOURCES

PORNOGRAPHY

DESTRUCTION BROUGHT BY PORNOGRAPHY

Pornography essentially trains men and women to be consumers, not lovers; to treat sex as a commodity; to think about sex as something on-tap and made-to-order.

1. **Watching Porn decreases our sexual satisfaction.** It trains us to desire the variety and “designer sex of porn more than the familiar sexuality of marriage.
2. **Watching Porn disconnects us from real relationships.** It trains us to detach emotional involvement from sexual experience.
3. **Watching Porn lowers our view of women.** It trains us to see women as sexual commodities, not people created in God’s image.
4. **Watching Porn desensitizes us to cruelty.** It numbs us to the seriousness of verbal and physical aggression.
5. **Watching Porn makes us want to watch more porn.** It taps into the neuro-circuitry of our brains, making us desire the rush of sexual energy from porn again and again.

(Your brain on Porn – Luke Gilkerson)

Pornography destroys marriages, godly character, and a relationship with the Lord. It is used by the enemy to kill, steal, and destroy many lives. 1 Cor 6:9-11 says that those who participate in sexual immorality shall not inherit the kingdom of God.

Sex is good and God-given. It makes sense that God would create one act that distinguishes marriage from all other relationships, one that binds and holds the relationship together. A relationship that is firmly anchored creates a stable environment in which to raise children and sustain commitment. Sexual intimacy was not created to be a recreational sport, it was intended as a spiritual bond to assure that “the two shall become one,” and remain as one ([Genesis 2:24](#)).

Pornography robs married couples of intimacy. The intimacy once shared, is given to another. As time goes by, it’s not uncommon for spouses to say, “I don’t love you anymore,” failing to realize that love doesn’t leave people, people leave love. True love is not an ecstatic, lustful feeling; it’s a commitment...the foundation of marriage. Pornography destroys the very foundation on which marriage is built.

WHAT THE BIBLE SAYS ABOUT SEXUAL IMMORALITY

(Matt 5:27-28) You have heard that it was said, You shall not commit adultery. But I say to you that everyone who so much as look at a woman with evil desire for her has already committed adultery with her in his heart.

(1 Cor 6:18) Run from immorality and all sexual looseness [flee from impurity in thought, word, or deed]. Any other sin which a man commits is one outside the body, but he who commits sexual immorality sins against his own body.

(Col 3:5) So kill (deadens, deprive of power) the evil desire lurking in your members [those animal impulses and all that is earthly in you that is employed in sin]: sexual vice, impurity, sensual appetites, unholy desires, and all greed and covetousness, for that is idolatry (the deifying of self and other created things instead of God).

START THINKING DIFFERENTLY ABOUT PORNOGRAPHY

The above Scriptures shows us that the Bible challenges us to live sexually pure lives. This is why Jesus tells us to even guard our minds. He says in Matthew 5 that to even look on a woman lustfully is to commit adultery with her. **Lust and impure thoughts are triggered in the heart and mind when we view pornography, nakedness and explicit sexual material.** This results in us living in bondage. God desires freedom for you from this bondage and He is the One that can set you free.

We must “reverse engineer” the bad training pornography has given us and replace it with God’s thoughts. Each of the following statements is only a seed of truth, but the more the mind engages with the Bible around these truths, the more our thoughts are renovated. Over time our minds will be rewired to see things God’s way. As we do this we are “sowing to the spirit” and in time will reap a harvest of eternal life. (Gal 6:8)

1. **God is the creator of sexual satisfaction and has designed marriage, not pornographic fantasy, for its enjoyment.** (Song of Sg 4:9-16; 1 Thess 4:1-8)
2. **God has defined good sex as an expression of “oneness,” not emotional detachment.** (Gen 2:24).
3. **God has created women in His image. They are not sexual commodities, but are worthy of great honour.** (Gen 1:27; 1 Pet 3:7)
4. **God designed sex as an expression of affection, not aggression.** (Deut 22:25; Eph 5:28-30)
5. **God redeems our fallen sex drive so sex is an act of love and giving, not selfishness.** (1 Cor 13:4-7; Gal 5:22-23)

(Your brain on Porn – Luke Gilkerson)

THIS IS A SIN YOU CAN OVERCOME

If you are currently struggling with pornography, you need to know that God loves you and He wants to set you free. This is a sin that you can overcome. God desires for you to walk in purity and not to give in to lust. For those who have been entrenched in pornography, how do we reverse these mind-warping effects? How do we renew our minds. (Rom 12:1-2) Do you want to be free from pornography? Here are some things we would challenge you to do.

1. First, you must acknowledge the addiction exists. Many who are caught in the trap of addiction will adamantly deny the problem. *He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.* – Proverbs 28:13

2. You must recognize that what you are doing is wrong. Addicts find a way to justify their problem in their mind. *For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.* – 1 John 2:16

3. You must not blame others – “If my wife/husband were just more affectionate.” ... “If women/men were not so seductive.” Adam blamed Eve and she blamed the serpent. Instead, you must begin to take responsibility for your actions.

4. Make yourself accountable to a spiritual authority, perhaps a pastor or mature believer. Everybody needs a “safe” person to share their struggles with. *Therefore, confess your sins to one another and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.* – James 5:16

5. You must recognize that “will power” is not the answer. At a weak moment, your “will” may fail you. By admitting that you are in need of God’s help, you open access to His supernatural intervention in your life. You must yield your will to God’s will. That’s when He can begin a new work in your life.

6. Study the Word of God concerning sexual purity. Therefore putting aside all filthiness and all that remains of wickedness, in humility receive the Word implanted, which is able to save your souls. – James 1:21

7. You must destroy any pornography in your possession. You can’t wean yourself off pornography. Think of the hidden pornography in your home as a ticking time bomb that will ultimately destroy your family and marriage.

8. You must learn to flee temptation. Self-deception may enter when you think you can play with fire without getting burned. Do not enter the path of the wicked, and do not proceed in the way of evil men. Avoid it, do not pass by it. Turn away from it and pass on. – Proverbs 4:14,15

9. Give yourself time to work through the process of recovery. More often than not, God chooses to take us through a learning and growing process, that can be very painful. Victory over addiction should be viewed as a marathon, not a sprint.

10. It’s cliché, but you must approach your addiction one day at a time. Look for little victories and rejoice in the progress you’re making.

IN SHORT

1. Confess your sin to God and other believers. (James 5:16)
2. Ask God to cleanse, renew, and transform your mind. (Rom 12:2)
3. Understand the proper meaning of sex and rely on your spouse alone to meet that desire.
4. Take practical steps to remove yourself from all exposure to pornographic images.

God can set you free from pornography. **One thing that will help you practically is that you need to set up the proper boundaries for the places and times that you are weak.** Boundaries are a first step, but they do not change a heart. God will do that. For anyone that is battling sin, freedom starts by knowing the truths of Scripture and applying it to your life and meditating on it so that when you are tempted to sin, you can run to God’s truth and take control over those thoughts. (2 Cor 10:5).

(2 Tim 2:22) says “Shun youthful lusts and flee from them...”

- Mentally: bouncing our thoughts away from lustful imaginations.
- Visually: bouncing our eyes away from lustful images.
- Physically: walking (or running) away from tempting situations.

LAST ADVISE

Become men and women of prayer. Men would live better if they prayed better. **Porn cannot gain a stronghold in a broken, praying heart.** “When faith ceases to pray, it ceases to live” (E.M. Bounds). We should never allow our relationship with Him to suffer because we’re too busy. Praying actually helps overcome addiction. It instils into our lives discipline, commitment, patience, peace, joy, and contentment. We must spend much time on our knees before God if we are to overcome pornography and other addictions.

Sorrow doesn’t work; repentance does. Many are sorry, even anguished about pornography, but not repentant. We must see porn as God sees it—a sin that destroys—and repent from it. Repentance is not about self-improvement; it’s about renouncing sin and turning from it. Repentance is a change of mind that leads to a change in action. Brokenness, genuine sorrow over sin, and humility are marks of sincere repentance. Most advice will fail if the heart is not changed. Repentance is the key.

Avoid compromise. The enemy rarely pushes us off the cliff, so to speak. We’re often led down one step at a time, one compromise at a time, one wrong choice at a time. For example, the enemy doesn’t show a man the pain and anguish and the years of regret that pornography brings; he deceives him with the temporary enjoyment. If the full story was known beforehand (divorce, broken relationships with his children, and so on) no doubt different choices might have been made. We’re often not shown the pain that sin brings; we’re enticed by the temporary pleasure. Remember: sin brings death. Avoid compromise, especially in the area of entertainment.

Avoid looking intentionally at things that stimulate lust. There are times when we cannot avoid what we see: a person walking by, a commercial on TV or an unannounced Internet page that suddenly emerges. Temptation is not sin, but what we do with it can be. What we choose to look at determines where our thoughts will go. Determine beforehand to avoid looking at things that can stimulate lust. Deliverance is a heart issue, and it often involves action on our part. Sanctification is God’s job, but obedience is ours. This is where the phrase “I’m a work in progress” comes from. Salvation is instantaneous, but sanctification is a process. David said, “I will walk within my house with a perfect heart. I will set nothing wicked before my eyes” ([Psalm 101:2-3](#)). Although he failed at times, David was saying that integrity and moral uprightness should be pursued, especially in the home.



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