

Pornography - the Lie and the Truth

The lie:

Pornography is not harmful. It actually gives me a "release" without involving anyone else.

Pornography is an acceptable alternative to having sex outside of marriage.

The truth:

- Pornography is "self-focused sex without love"
- It is contrary to the blessing God intends for us.
- It is an assault against God and the family.
- It is a type of adultery (Matthew 5:28).
- Satan uses pornography and other addictions to enslave us (2 Peter 2:19).

It damages ourselves by:

- ▷ "Rewiring" the brain while depleting certain chemicals in the brain (neurotransmitters)
- ▷ Creating a "tolerance" (more stimulus needed to get the same effect) leading to addiction.
- ▷ Effecting the way we view others, especially women.
- ▷ Creating a focus of self gratification and away from the feelings and needs of others.

It damages others:

- ▷ Intimacy is damaged when we view our spouse and others as sex objects.
- ▷ We disregard others as someone's wife or daughter with feelings and needs.
- ▷ It is disrespectful to God, who made us and others in His image for His purpose.
- ▷ It is disrespectful to someone else's loved one and friend.
- ▷ It is disrespectful to our spouse and teaches our children destructive patterns.
- ▷ Porn makes it harder to relate to others, causes people to marry less often and leads to more divorces.

God's best for us:

- ▷ Sex is a wonderful "result" of a greater thing called "oneness" (Genesis 2:24; Matthew 19:4-6; Malachi 2:15; Ephesians 5:31).
- ▷ The intimacy of marriage, by God's design, produces more joy, peace and wonder than any cheap substitute that Satan may offer. It is a "good thing" (Proverbs 18:22).
- ▷ The sex that comes out of His design is more fulfilling than a substitute with a prostitute or through pornography (Proverbs 5:15-23).
- ▷ It is the **result** of doing it God's way and not the primary objective of marriage or any relationship. In other words, by placing God first in the marriage, all the benefits and blessings are far greater than cheap alternatives and also help protect to us from Satan's temptations (1 Corinthians 7:2-5).
- ▷ God will judge the sexually immoral and those that don't honor the marriage bed (Hebrews 13:4).

Alarming statistics for believers:

- ▷ In one study, 70% of regular attending church men struggle with pornography.
- ▷ Two-thirds of men 18-34 visit porn sites regularly.
- ▷ One-third of internet pornography traffic is by women.
- ▷ The average age that a child first views porn has dropped to 9.
- ▷ With the internet, pornography addiction that took 12 months to develop 30 years ago now takes 3-4 weeks.
- ▷ Porn makes up more than 1/3 of the internet industry (\$3,000 per second).
- ▷ Excessive porn use actually shrinks the brain reducing motivation and decision making ability.

Men and women in healthy marriages:

Live longer and have healthier lives and have less depression, anxiety, mental distress, pneumonia, surgeries, cancer, heart attacks, dementia, murders and car accidents.

Where to start:

- Prayer
- Confess the problem with trusted Christian friends and family
- Eliminate ALL areas of temptation
- Seek help from church groups, christian counselors and other christian resources
- Consider conquerseries.com for information on a Christian DVD series that has helped thousands of men.