

Pornography Actions Steps

1) Confess and seek forgiveness (Psalm 32; 1John 1:9)

2) Ask for and receive God's power to change

- 1) Ephesians 3:20-21
- 2) Hebrews 2:17-18

3) Clean house and get support

- 1) Hebrews 12:1
- 2) 1 Corinthians 15:33

Areas Of Temptation In My Life:

- | | |
|---|---|
| <input type="checkbox"/> Internet pornography sites | <input type="checkbox"/> Certain friends and acquaintances |
| <input type="checkbox"/> Movies / DVDs | <input type="checkbox"/> Certain family members |
| <input type="checkbox"/> Magazines | <input type="checkbox"/> You Tube |
| <input type="checkbox"/> Books | <input type="checkbox"/> Internet pop-ups |
| <input type="checkbox"/> TV programs | <input type="checkbox"/> Certain types of music, groups or performers |
| <input type="checkbox"/> Sexting / text messaging | <input type="checkbox"/> Other |
| <input type="checkbox"/> Social media on the Webb | |
| <input type="checkbox"/> Social clubs or hang-outs | |

Some immediate solutions:

- ☐ Internet pop-up blockers (usually your internet browser settings)
- ☐ Internet filters (Net Nanny, Forcefield, Covenant Eyes, True Vine Online, pkFamily.com) especially if you have children using the internet
- ☐ Create an "open device" policy (your wife, friend or support person can view your devices any time). Some above sites can help with this.
- ☐ Limit the time that you use the internet
- ☐ Throw out all DVDs, magazines, books, music and other media that causes temptation and is not God honoring
- ☐ Eliminate certain friends
- ☐ Distance yourself from certain family members (chose to love them from a distance)
- ☐ Personal support from church, friends and relatives who will hold you accountable in a God honoring way
- ☐ Attend a church small group to help with porn addiction (Conquer Series)
- ☐ Improve the way you handle stress. Come up with better outlets
- ☐ Other