

Pornography-
The Lie and the Truth

The Good News First! (God's best for us):

- ▷ Sex produces more joy and pleasure than any cheap substitute that Satan may offer. It is a “good thing” (Proverbs 18:22).
- ▷ Sex is more fulfilling than a substitute with a prostitute or through pornography (Proverbs 5:15-23).
- ▷ Placing God first in the marriage protects us from Satan’s temptations (1 Corinthians 7:2-5).
- ▷ Sex is a result of “oneness” (Genesis 2:24; Matthew 19:4-6; Malachi 2:15; Ephesians 5:31).

The lie:

Pornography is not harmful

Pornography is acceptable

The truth:

- Pornography is “sex without love”
- It is contrary to the blessing God intended.
- 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
- ▷ Creating “tolerance”
- ▷ Effecting the way we view others
- ▷ Creating a focus on self and away from others.

It damages others:

- ▷ Others are viewed as sex objects.
- ▷ There is disregard for others as someone's wife or daughter with feelings and needs.
- ▷ It is disrespectful to God, others and ourselves.
- ▷ Porn makes it harder to relate to others, causes people to marry less often and leads to more divorces.

Five Stages of Pornography Addiction

- 1. Early exposure.** Most guys who get addicted to porn start early. They see the stuff when they are very young, and it gets its foot in the door.
- 2. Addiction.** Later comes addiction. You keep coming back to porn. It becomes a regular part of your life. You're hooked. You can't quit.
- 3. Escalation.** After a while, escalation begins. You start to look for more and more graphic porn. You start using porn that would have disgusted you when you started. Now it excites you.
- 4. Desensitization.** Eventually, you start to become numb. Even the most graphic, degrading porn doesn't excite you anymore. You become desperate to feel the same thrill again but can't find it.
- 5. Acting out sexually.** At this point, many men make a dangerous jump and start acting out sexually. They move from the paper and plastic images of porn to the real world.

Alarming statistics for believers:

- ▷ 68% of Christian men and 50% of pastors 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, 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.
- Christian based “Conquer Series” (DVD)