

the porn identity

Reader discretion is advised. Because of the nature of this paper, some material may offend. Please note, that while I have attempted to be as edifying as possible, sometimes the truth is shocking, and we need to be told the truth.

Introduction

We are living in days where viewing pornography is regarded as a normal, socially acceptable activity, and is a part of many people's everyday lives. It is a pandemic that has spread across western civilization, fatally weakening our society. It is destroying both men and women's lives, youths are getting their sex-education and values from it, and children are losing their innocence, growing up defiled and deceived.

- What pornography says: *"I have come to give you life in all its fullness."*
- What pornography actually means: *"I want to rob your happiness, kill your future and destroy your life."*

Porn's true identity.

We are in deep trouble, and unless something is done about it, our society will eventually destroy itself (history shows that a society which normalises and embraces sexual depravity almost always collapses).

It is time for the Church to rise up and offer the solution, but in reality many Christians are struggling with the same problem. Feeling guilty, ashamed and hypocritical, they are unable to help others out of the pit of pornography addiction because they are trapped also.

This paper is an attempt to provide accurate insight to the dangers and consequences of pornography, and most importantly, provide hope and help to those who desperately need it.

Definitions

- *Films, magazines, writings, photographs, or other materials that are sexually explicit and intended to cause sexual arousal.*¹
- *Books, photographs, magazines, art, or music designed to excite sexual impulses and considered by public authorities or public opinion as in violation of accepted standards of sexual morality. American courts have not yet settled on a satisfactory definition of what constitutes Pornography material.*²
- *When women and men are presented as dehumanized sexual objects who enjoy and desire pain, humiliation, degradation and filth.*³

Statistics

- 66% of pornography performers have Herpes, a non-curable disease.
- Eleven pornography stars died from HIV, suicide, homicide and drug related deaths in 2007.
- Between 2003 and 2005, 976 performers were reported with 1,153 positive STD results.
- The largest group viewing online pornography is ages 12 to 17.
- 65% of high school students admit to unsafe, inappropriate, or illegal activities online.
- More than 11 million teens regularly view pornography online.

- Worldwide pornography revenue in 2003 was 57 billion (USD). Worldwide pornography revenue in 2006 was \$97 billion (in comparison Microsoft's worldwide revenue was 44 billion).
- There are 4.2 million pornography websites, 420 million pornography web pages, and 68 million daily search engine requests.⁴
- 38 percent of adults believe it is 'morally acceptable' to look at pictures of nudity or explicit sexual behaviour.⁵
- The average teenager spends one hour and forty minutes a week browsing sites for pornography.⁶
- In a survey of over 500 Christian men at a men's retreat, over 90% admitted that they were feeling disconnected from God because lust, pornography, or fantasy had gained a foothold in their lives.⁷

A sign of the times

Jesus warned about the end time condition of mankind in Matthew 24:

¹²*Sin will be rampant everywhere, and the love of many will grow cold.* **Matthew 24:12 (NLT)**

Romans 1 spells it out loud and clear:

¹⁸*But God shows his anger from heaven against all sinful, wicked people who push the truth away from themselves.* ¹⁹*For the truth about God is known to them instinctively. God has put this knowledge in their hearts.* ²⁰*From the time the world was created, people have seen the earth and sky and all that God made. They can clearly see his invisible qualities—his eternal power and divine nature. So they have no excuse whatsoever for not knowing God.*

²¹*Yes, they knew God, but they wouldn't worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. The result was that their minds became dark and confused.* ²²*Claiming to be wise, they became utter fools instead.* ²³*And instead of worshiping the glorious, ever-living God, they worshiped idols made to look like mere people, or birds and animals and snakes.*

²⁴*So God let them go ahead and do whatever shameful things their hearts desired. As a result, they did vile and degrading things with each other's bodies.* ²⁵*Instead of believing what they knew was the truth about God, they deliberately chose to believe lies. So they worshiped the things God made but not the Creator himself, who is to be praised forever. Amen.*

²⁶*That is why God abandoned them to their shameful desires. Even the women turned against the natural way to have sex and instead indulged in sex with each other.* ²⁷*And the men, instead of having normal sexual relationships with women, burned with lust for each other. Men did shameful things with other men and, as a result, suffered within themselves the penalty they so richly deserved.*

²⁸*When they refused to acknowledge God, he abandoned them to their evil minds and let them do things that should never be done.* ²⁹*Their lives became full of every kind of wickedness, sin, greed, hate, envy, murder, fighting, deception, malicious behavior, and gossip.* ³⁰*They are backstabbers, haters of God, insolent, proud, and boastful. They are forever inventing new ways of sinning and are disobedient to their parents.* ³¹*They refuse to understand, break their promises, and are heartless and unforgiving.* ³²*They are fully aware of God's death penalty for those who do these things, yet they go right ahead and do them anyway. And, worse yet, they encourage others to do them, too.* **Romans 1:18-32 (NLT)**

The forbidden fruit

¹*Now the serpent was the shrewdest of all the creatures the LORD God had made. "Really?" he asked the woman. "Did God really say you must not eat any of the fruit in the garden?"*

²*"Of course we may eat it," the woman told him.* ³*"It's only the fruit from the tree at the center of the garden that we are not allowed to eat. God says we must not eat it or even touch it, or we will die."*

⁴*"You won't die!" the serpent hissed.* ⁵*"God knows that your eyes will be opened when you eat it. You will become just like God, knowing everything, both good and evil."*

⁶*The woman was convinced. The fruit looked so fresh and delicious, and it would make her so wise! So she ate some of the fruit. She also gave some to her husband, who was with her. Then*

he ate it, too. ⁷At that moment, their eyes were opened, and they suddenly felt shame at their nakedness. So they strung fig leaves together around their hips to cover themselves.

Genesis 3:1-7 (NLT)

Adam and Eve were told by God that eating the forbidden fruit would bring death but the visual beauty of the fruit, the perceived pleasure it promised to bring, Satan's whisperings and Eve's ignorance worked together and the temptation overwhelmed them. What seemed something pleasurable brought pain, separation from God and death. Pornography is exactly the same: death disguised as something so attractive and pleasurable. Imagine cyanide pills sugar-coated, coloured and placed in a bowl on a table at a kindergarten at lunchtime. Pornography is that cyanide pill.

Being a Christian doesn't magically lessen the temptation. The pull to eat the forbidden fruit of pornography is a daily pitfall in our lives, but by being aware of the truth, lies and consequences, maintaining a close relationship with God, and having accountable friends, we can be the overcomers God created us to be.

Worse than cocaine

"Pornography is more addictive and more consequential in its ultimate side-effects than so called illicit drugs." **Dr. W. Dean Belknap (American Psychiatric Association)**

Mary Anne Layden, co-director of a sexual trauma program at the University of Pennsylvania, said pornography's effect on the brain mirrors addiction to heroin or crack cocaine and pornography addicts can face more difficulty coming off their habit than coke users. Whilst cocaine users can get the substance out of their bloodstream, Pornography images can linger dangerously in the mind.⁸

*Viewing pornography, accompanied by self-gratification triggers arousal, satiation and an increase in fantasy, which induce powerful neurochemical responses in the brain similar to those induced by addictive drugs and alcohol. When these neurochemical changes happen repeatedly, the responses to sexual behaviours become habituated, and these behaviours are now "hard-wired" in the brain. This cycle repeats itself, often escalating as the user compulsively seeks increasingly deviant websites, or even tries to live out some of his sexual fantasies. The user may try to stop, but discovers that he experiences anxiety, restlessness, and unease.*⁹ **Patrick Carnes, Ph.D. (pioneer in the field of sexual addiction)**

⁹So you see, the Lord knows how to rescue godly people from their trials, even while punishing the wicked right up until the day of judgment. ¹⁰He is especially hard on those who follow their own evil, lustful desires and who despise authority. These people are proud and arrogant, daring even to scoff at the glorious ones without so much as trembling. ¹¹But the angels, even though they are far greater in power and strength than these false teachers, never speak out disrespectfully against the glorious ones.

¹²These false teachers are like unthinking animals, creatures of instinct, who are born to be caught and killed. They laugh at the terrifying powers they know so little about, and they will be destroyed along with them. ¹³Their destruction is their reward for the harm they have done. They love to indulge in evil pleasures in broad daylight. They are a disgrace and a stain among you. They revel in deceitfulness while they feast with you. ¹⁴They commit adultery with their eyes, and their lust is never satisfied. They make a game of luring unstable people into sin. They train themselves to be greedy; they are doomed and cursed. ¹⁵They have wandered off the right road and followed the way of Balaam son of Beor, who loved to earn money by doing wrong. ¹⁶But Balaam was stopped from his mad course when his donkey rebuked him with a human voice.

¹⁷These people are as useless as dried-up springs of water or as clouds blown away by the wind—promising much and delivering nothing. They are doomed to blackest darkness. ¹⁸They brag about themselves with empty, foolish boasting. With lustful desire as their bait, they lure back into sin those who have just escaped from such wicked living. ¹⁹They promise freedom, but they themselves are slaves to sin and corruption. **For you are a slave to whatever controls you.** ²⁰And when people escape from the wicked ways of the world by learning about our Lord and Savior Jesus Christ and then get tangled up with sin and become its slave again, they are worse off than before. ²¹It would be better if they had never known the right way to live than to know it and then reject the holy commandments that were given to them. ²²They make these proverbs come true: "A dog returns to its vomit," and "A washed pig returns to the mud."

2 Peter 2:9-21 (NLT)

Pornography kills

Eleven pornography stars died from HIV, suicide, homicide and drug related deaths in 2007. Four more died from other causes.¹⁰

- **HIV**
Tom Howard - 2/27/07
Joe Romero - 10/30/07
- **Drug Overdose (accidental and deliberate)**
Haley Paige - 8/22/07
Chico Wang - 9/29/07
Danny Dukes - 12/30/07
Anna Nicole Smith - 2/8/07
Danny Roddick - 9/13/07
Brett Mycles - 2/25/07
- **Suicide**
Kent North - 7/4/07
- **Homocide**
Vanessa Freeman - 1/9/07
Zoey Zane murdered - 11/24/07
- **Other**
Cody Foster - 1/07
Lori Michaels - 5/07
Haus Weston - 11/07
Lynden Thomas - 2/07

Pornography 007

*Sex-packed Pornography films featuring freshly-dyed blondes whose evocative eyes say "I want you" are quite possibly one of the greatest deceptions of all time. Trust me, I know. ...The Pornography industry wants YOU to think we Pornography actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts. **Shelley Lubben***

Real life simply cannot compare with the amplified fantasy that pornography portrays. Just as a choreographed car chase in a James Bond film is a real-life impossibility, so is pornography. Deceived people attempt to act out 'what they see' thinking that it produce the same pleasure 'as seen on TV'. They think it will enhance their unfulfilled sex lives, but the opposite almost always happens.

*An intriguing entomological experiment shows that a male butterfly will ignore a living female butterfly of his own species in favour of a painted cardboard one, if the cardboard one is big. If the cardboard one is bigger than he is, bigger than any female butterfly ever could be. He jumps the pieces of cardboard. Nearby, the real, living female butterfly opens and closes her wings in vain.¹¹ **Annie Dillard***

Porn stars speak out

"Most girls who enter the Pornography industry do one video and quit. The experience is so painful, horrifying, embarrassing, humiliating for them that they never do it again."
Luke Ford (quoted by CBS News)

The pornography industry tries very hard to portray that it is a legitimate profession, and that it is glamorous to be a Pornography star. In reality it is far from glamorous. Hideous is a more appropriate word. (The following quotes from www.shelleylubben.com)

- *"I can only speak from my personal experience, I would claim 90% drug use but that is only from what I saw."* **Jenna**

- *"99.9% of pornography stars have herpes. I have had Herpes for 5 years."* **Belladonna**
- *"I would put marijuana use at 90% of all people involved in the industry."* **Christian**
- *"There are always drugs and we would binge on Ecstasy, Cocaine, Marijuana, Valium, Vicodin, and alcohol..."* **Erin**
- *"...Everybody has the same problems. Everybody is on drugs. It's an empty lifestyle trying to fill up a void."* **Becca**
- *"I turned to drugs and alcohol to try and numb it and the money from pornography supported my habit."* **Jesse**
- *"...the way that they treat you as though we are just a piece of meat. That we don't have a mind and our body is everybody's and we have no soul... Guys punching you in the face... You get ripped. Your insides can come out of you. It's never ending."* **Jersey**
- *"We hate being touched by strangers who care nothing about us. We hate being degraded with their foul smells and sweaty bodies. Some women hate it so much you can hear them vomiting in the bathroom between scenes. Others can be found outside smoking an endless chain of Marlboro lights..."* **Shelley**

Open letter¹²

Dear friend,

Pornography is people. It is real people, doing real things in front of a camera. You are watching complete strangers being paid to perform degrading acts which I intended to be the most private intimate beautiful experience of marriage. You're only looking at their skin, but they have hearts and souls, and I love them more than you can comprehend.

Perhaps you think they must be 'gross sinners' to do things like that without conscience, but they are performing them for you. Even, if you are just browsing the free sites online, people were paid money to have sex so you could watch. Pornography will pay these people for you now, because they know that when you get addicted, you will pay.

You are participating in an industry of sexual abuse. You are watching loveless intercourse, empty sex without intimacy, trust or permanence. You are watching a person shed their self-esteem, lose their dignity, and suffer pain – all for your sexual thrill. You are perhaps even watching someone in the very moment of contracting an STD, maybe even AIDS, for your pleasure. Do you realize that you may even watching a victim of human trafficking, being forced at gunpoint to perform on camera for you?

You are part of the process of their degradation. Yes, you.

Think twice... please.

Jesus.

Consequences

Below is a far from exhaustive list of proven consequences of pornography addiction (mostly sourced from www.unityrestored.com).

- Distorted perceptions about sexuality.
- Decreased desire for relational sex.
- Decreased satisfaction in relational sex.
- Increased appetite for deviant sexual relationships.

- Increased appetite for more deviant and bizarre types of pornography.
- Increased callousness toward women.
- Loss of ability to relate to women.
- Tendency to isolate from 'real' people.
- Trivialization of rape as a criminal offense.
- Devaluation of the importance of monogamy.
- Decreased satisfaction with partner's sexual performance, affection, and physical appearance.
- Doubts about the value of marriage.
- Decreased desire to have children.
- Extra-marital sexual relationships are seen as normal and natural behavior.
- Leads to cycles of abstinence and bingeing, accompanied by feelings of guilt and self-loathing.
- Addiction to pornography is a major contributing factor to separation and divorce.
- Individuals who use pornography are more likely to engage in extramarital affairs.
- Pornography reinforces a non-relational sexual experience which prevents spouses from becoming emotionally bonded to each other.
- Preoccupation with self-gratification, which renders him less emotionally available to his spouse and more likely to rationalize self-serving behavior that produces evident harm to her.
- Increase in masturbation.
- Avoids sexual intimacy with partner.
- The partner feels hurt, angry, sexually rejected, inadequate, and unable to compete with computer images and sexy online models who are willing to do "anything".
- When having partner sex, the pornography addict appears distant, emotionally detached, and interested only in his or her own pleasure.
- The addicted party blames his partner for his sexual problems.
- Decreased parental time and attention.
- Children encountering pornography material a parent has acquired.
- Increased risk of parental job loss and financial strain.
- Parent-child dialogue about sex before the child is developmentally ready or the parent is prepared.
- Feelings of anger, embarrassment, fear, guilt, or confusion caused by carrying the secret knowledge of a parent's problem, even when the parent does not realize the child knows about it.

Memories

One consequence of pornography which is severely understated by secular authorities is the lasting damaging effects the memories of the images can have even decades after they have been viewed.

*Epinephrine is a chemical which is secreted into the bloodstream by the adrenal gland when the person indulges in watching activity of a sexual nature. Epinephrine goes to the brain and locks in the visual stimulus present at the time. The mind is then polluted with sexually explicit images. Furthermore, the person will remember these images without trying, and he will see them regardless of his desire to forget them.*¹³

Pathway to death

“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.” **Galatians 6:7-9 (NIV)**

Sow a thought, reap an act. Sow an act, reap a habit. Sow a habit, reap a character. Sow a character, reap a destiny. **Charles Reade**

Like an alcoholic needs increasingly larger amounts of alcohol as his tolerance builds up, so will a porn-addict need more extreme, unusual or deviant forms of Pornography as his addiction develops. Dr. Victor Cline (a clinical psychologist at the University of Utah, is nationally regarded as an expert on the influence of pornography on society) discovered that a consumer of pornography often follows a four-phase pattern of behavior after initial exposure.

*“The first is addiction... there's a very powerful addicting effect with pornography. They get into it and they go back again, and again, and again. The second thing that happens to them is that after a while they get desensitized to the material they see. And what was initially inappropriate, taboo-breaking, perverted, disgusting, after a while becomes acceptable. The third thing is they find a need to escalate and... get into rougher, more vicious, meaner kinds of material to get their turn-ons... and the final thing that happens is they begin to act out these sexual fantasies they've seen, either in film, or video or in magazines. Because by now they've been desensitized... there's no conscience left. There's nothing right or wrong anymore.”*¹⁴ **Dr. Cline**

- **Addiction** - The desire and need to keep coming back for pornographic images.
- **Escalation** - The need for more explicit, rougher, and more deviant images for the same sexual effect.
- **Desensitization** - Material once viewed as shocking or taboo is seen as acceptable or commonplace.
- **Acting out** - The tendency to perform the behaviors viewed...

¹My son, pay attention to my wisdom; listen carefully to my wise counsel. ²Then you will learn to be discreet and will store up knowledge.

³The lips of an immoral woman are as sweet as honey, and her mouth is smoother than oil. ⁴But the result is as bitter as poison, sharp as a double-edged sword. ⁵Her feet go down to death; her steps lead straight to the grave. ⁶For she does not care about the path to life. She staggers down a crooked trail and doesn't even realize where it leads.

⁷So now, my sons, listen to me. Never stray from what I am about to say: ⁸Run from her! Don't go near the door of her house! ⁹If you do, you will lose your honor and hand over to merciless people everything you have achieved in life. ¹⁰Strangers will obtain your wealth, and someone else will enjoy the fruit of your labor. ¹¹Afterward you will groan in anguish when disease consumes your body, ¹²and you will say, “How I hated discipline! If only I had not demanded my own way! ¹³Oh, why didn't I listen to my teachers? Why didn't I pay attention to those who gave me instruction? ¹⁴I have come to the brink of utter ruin, and now I must face public disgrace.”

¹⁵Drink water from your own well—share your love only with your wife. ¹⁶Why spill the water of your springs in public, having sex with just anyone? ¹⁷You should reserve it for yourselves. Don't share it with strangers.

¹⁸Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. ¹⁹She is a loving doe, a graceful deer. Let her breasts satisfy you always. May you always be captivated by her love. ²⁰Why be captivated, my son, with an immoral woman, or embrace the breasts of an adulterous woman?

²¹For the LORD sees clearly what a man does, examining every path he takes. ²²An evil man is held captive by his own sins; they are ropes that catch and hold him. ²³He will die for lack of self-control; he will be lost because of his incredible folly. **Proverbs 5:1-21 (NLT)**

Ted Bundy, who raped and killed 36 women, was executed on January 24th 1989. Immediately before his death he was interviewed by Dr. James Dobson of Focus on the Family. Below is an excerpt:

"I wasn't some guy hanging out in bars, or a bum. I wasn't a pervert in the sense that people look at somebody and say, "I know there's something wrong with him." I was a normal person. I had good friends. I led a normal life, except for this one, small but very potent and destructive segment that I kept very secret and close to myself. Those of us who have been so influenced by violence in the media, particularly Pornography violence, are not some kind of inherent monsters. We are your sons and husbands. We grew up in regular families. Pornography can reach in and snatch a kid out of any house today. It snatched me out of my home 20 or 30 years ago. As diligent as my parents were, and they were diligent in protecting their children, and as good a Christian home as we had, there is no protection against the kinds of influences that are loose in a society that tolerates.... I hope that those who I have caused so much grief, even if they don't believe my expression of sorrow, will believe what I'm saying now; there are those loose in their towns and communities, like me, whose dangerous impulses are being fuelled, day in and day out, by violence in the media in its various forms - particularly sexualized violence. What scares me is when I see what's on cable T.V. Some of the violence in the movies that come into homes today is stuff they wouldn't show in X-rated adult theatres 30 years ago."¹⁵

In the hands of an angry God

Throughout modern church history, it seems that the emphasis of teaching swings from mercy to judgement then back again. Jonathan Edwards would not be allowed to preach his revival-bringing sermon "Sinners in the Hands of an Angry God" in most churches today, because we prefer "God accepts you just the way you are" sermons. Although God is a God of mercy, He is also a God of judgement. While 'hellfire and brimstone' sermons bring condemnation, the truth will always stand that God detests sin, and those who practice sin will be destined for eternal hell unless they repent. We need a fresh revelation of the fear of God, coupled with the love of God because it is only godly sorrow that leads to true repentance, and life-change.

¹⁴*"Do not commit adultery."* (The 7th Commandment) **Exodus 20:14 (NLT)**

⁷*All who are victorious will inherit all these blessings, and I will be their God, and they will be my children. ⁸But cowards who turn away from me, and unbelievers, and the corrupt, and murderers, and the immoral, and those who practice witchcraft, and idol worshipers, and all liars—their doom is in the lake that burns with fire and sulfur. This is the second death."* **Revelation 21:7-8 (NLT)**

²⁷*"You have heard that the law of Moses says, 'Do not commit adultery.'* ²⁸*But I say, anyone who even looks at a woman with lust in his eye has already committed adultery with her in his heart. Matthew 5:27-28 (NLT)*

³*Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people. ⁴Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God. ⁵You can be sure that no immoral, impure, or greedy person will inherit the Kingdom of Christ and of God. For a greedy person is really an idolater who worships the things of this world. ⁶Don't be fooled by those who try to excuse these sins, for the terrible anger of God comes upon all those who disobey him. ⁷Don't participate in the things these people do. ⁸For though your hearts were once full of darkness, now you are full of light from the Lord, and your behavior should show it! ⁹For this light within you produces only what is good and right and true.*

¹⁰*Try to find out what is pleasing to the Lord. ¹¹Take no part in the worthless deeds of evil and darkness; instead, rebuke and expose them. ¹²It is shameful even to talk about the things that ungodly people do in secret. ¹³But when the light shines on them, it becomes clear how evil these things are. ¹⁴And where your light shines, it will expose their evil deeds. This is why it is said, "Awake, O sleeper, rise up from the dead, and Christ will give you light."* **Ephesians 5:3-14 (NLT)**

Run!

³*A prudent person foresees the danger ahead and takes precautions; the simpleton goes blindly*

on and suffers the consequences. **Proverbs 22:3 & 27:12 (NLT)**

The Greek word for "flee" is "pheugo" which literally means: "To run away or escape because you are in extreme danger".

Flee from sexual immorality. 1 Corinthians 6:18a (NIV)

Sexual Immorality (Greek: Pornographyeia), describes a wide variety of sexual activities before or outside of marriage. It is not limited to consummated acts. Any intimate sexual activity or play outside the marriage relationship, including the touching of intimate parts of the body, or seeing another persons nakedness, is included in this term and is clearly a transgression of God's moral standard for His people.¹⁶

- **David didn't run**

¹*The following spring, the time of year when kings go to war, David sent Joab and the Israelite army to destroy the Ammonites. In the process they laid siege to the city of Rabbah. But David stayed behind in Jerusalem.*

²*Late one afternoon David got out of bed after taking a nap and went for a stroll on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath.*

³*He sent someone to find out who she was, and he was told, "She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite."* ⁴*Then David sent for her; and when she came to the palace, he slept with her... 2 Samuel 11:1-4 (NLT)*

- **Joseph ran**

Now Joseph was a very handsome and well-built young man. ⁷And about this time, Potiphar's wife began to desire him and invited him to sleep with her. ⁸But Joseph refused. "Look," he told her, "my master trusts me with everything in his entire household. ⁹No one here has more authority than I do! He has held back nothing from me except you, because you are his wife. How could I ever do such a wicked thing? It would be a great sin against God."

¹⁰*She kept putting pressure on him day after day, but he refused to sleep with her, and he kept out of her way as much as possible. ¹¹One day, however, no one else was around when he was doing his work inside the house. ¹²She came and grabbed him by his shirt, demanding, "Sleep with me!" Joseph tore himself away, but as he did, his shirt came off. She was left holding it as he ran from the house. Genesis 39:6b-12 (NLT)*

Joseph left his shirt behind in order to flee. What is something that you need to give up into order to be free from sexual immorality?

Demonic habitation

Lust is a very real demonic entity, and if pornography addiction was bad enough, consider a demon of lust taking up residence within you, driving you to fulfill its desires. Frightening stuff indeed.

²⁷*and do not give the devil a foothold. Ephesians 4:27 (NIV)*

The word 'foothold' in Greek can mean real estate, or an inhabited place. When we practice deliberate sin (like viewing Pornography) we give demonic forces the legal right to infect us. There is nothing we can do about it, unless we truly repent and take back ground. In Jesus' name we can be set free, but it is usually not without a battle.

¹⁸*"The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free. Luke 4:18 (NIV)*

Redemption

The bad news is that the future looks very bleak. The good news is that all the darkness in the world can't put out the light of the smallest flame. If you are struggling with pornography temptation and addiction there is hope. You can overcome! But not by yourself, you need God's help and then some. It's time to get

serious about pornography. While recovery from pornography addiction may be a long process, there are some things that we must do, in order to be restored to God, and start the freedom journey.

1. Restore your relationship with God

a. Confess

¹³*People who cover over their sins will not prosper. But if they confess and forsake them, they will receive mercy. Proverbs 28:13 (NLT)*

There is a pandemic stunting the growth, and sapping the strength of many Christians worldwide. It's called, "closetitus". This virus fools people into thinking, "I can handle this myself, I don't need to ask for help, I am the only one struggling with this and if I ask for help I will be laughed at."

Satan loves it when we isolate ourselves. When we struggle with issues 'in the darkness' where no one can see them or know about them. The truth is that darkness is where Satan rules, and when we bring our problems out into the light, 'God's kingdom', Satan loses his power over us.

¹⁶*Confess your sins to each other and pray for each other so that you may be healed. James 5:16a (NLT)*

⁵*This is the message he has given us to announce to you: God is light and there is no darkness in him at all. ⁶So we are lying if we say we have fellowship with God but go on living in spiritual darkness. We are not living in the truth. ⁷But if we are living in the light of God's presence, just as Christ is, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from every sin. ⁸If we say we have no sin, we are only fooling ourselves and refusing to accept the truth. ⁹But if we confess our sins to him, he is faithful and just to forgive us and to cleanse us from every wrong. 1 John 1:5-9 (NLT)*

It is only by God's grace that we can be forgiven. We can't do anything to earn forgiveness. We must humbly confess our sin to God and wholeheartedly repent.

b. Repent

¹⁰*Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 2 Corinthians 7:10 (NLT)*

Repentance means to 'turn away from, and go in the opposite direction.' When we are truly sorry for what we have been doing, we will commit to do whatever it takes to turn away from, and stay away from that particular sin. The fruit of true repentance shows in our actions and life-style following our confession.

True repentance from pornography then, will always include doing whatever is necessary to rid your life from the devices you used to get your fix.

c. Reconnect

Possibly the most powerful thing we can do to overcome pornography is to re-connect with God. So often, when we struggle, we distance ourselves from Him, when we should be running into Him, as He is the only person who can help us. Reconnect with God through spending time with Him in prayer, worship, and Bible reading.

⁹*How can a young man keep his way pure?
By living according to your word.
¹⁰I seek you with all my heart;
do not let me stray from your commands.
¹¹I have hidden your word in my heart
that I might not sin against you. Psalm 119:9-11 (NIV)*

2. Clean up your life

a. Pull the plug

²⁷“You have heard that the law of Moses says, ‘Do not commit adultery.’ ²⁸But I say, anyone who even looks at a woman with lust in his eye has already committed adultery with her in his heart. ²⁹So if your eye—even if it is your good eye—causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. ³⁰And if your hand—even if it is your stronger hand—causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. **Matthew 5:27-30 (NLT)**

Think of the eye and the hand in the above verses as the devices with which you view pornography, and You will get some very clear advice as to what Jesus tells you to do... Pull the plug. You can actually live without the internet, or at least use it only in public places (library, campus etc.) If you must have the internet in your home, be wise. Below are a few suggestions to protect yourself.

- Move the computer out of your office and into the living room.
- Get a proven Internet filter.
- Don’t go online when no one else is home.
- Use accountability software (<http://x3watch.com/>).
- Don’t browse aimlessly or while tired

b. Set up boundaries

*“I made a covenant with my eyes not to look lustfully at a girl.” **Job 31:1***

⁸*And now, dear brothers and sisters, let me say one more thing as I close this letter. Fix your thoughts on what is true and honorable and right. Think about things that are pure and lovely and admirable. Think about things that are excellent and worthy of praise.*
Philippians 4:8 (NLT)

The highway of the upright avoids evil; he who guards his way guards his life.
Proverbs 16:17 (NLT)

We can’t erase the memories of what we’ve seen and done in the past, but we can definitely take charge of our future and stop giving the enemy footholds in our life. Make positive boundaries in your life of what you will allow yourself to see, do, speak and hear. Almost all of what you see and hear through your eye and ear gates is your own personal choice. Determine to put boundaries in your life now, before the temptation comes!

c. Get accountable

⁸*Be careful! Watch out for attacks from the Devil, your great enemy. He prowls around like a roaring lion, looking for some victim to devour. **1 Peter 5:8 (NLT)***

Lionesses will only target weak, young, aloof, or lone animals. They will not attack those animals who are safe and secure within the numbers of the herd. Accountability provides that safety. When we are open, honest and transparent with those we trust and are kept accountable by them, we become like the strong animals in the middle of the group. Those who run from accountability and isolate themselves become easy targets.

A man who isolates himself seeks his own desire; he rages against all wise judgment.
Proverbs 18:1 (NKJV)

Very few people survive lion attacks, because most attacks are on lone people, attacked from behind by a hundred pound killing machine, with no immediate defences or assistance at hand.

3. Take back ground

a. Submit to God, resist the devil

⁷*Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:7 (NIV)*

Submission means: to yield or surrender (oneself) to the will, authority, or desires of another. To resist means: to strive to fend off and remain firm against the actions, effects or force of something.

James 4:7 is an amazing promise of victory, if we get serious with God, and put the effort into retaliation against the devil. Firstly you must surrender your life to God. That includes your mind and thought processes. Secondly, you need to aggressively resist the devil. A major reason why Christians don't live the victorious life which is theirs to live is because they simply don't take the Bible's instructions seriously.

b. Renew your mind

Although you can't change the past, and your memories, you can renew your mind to a point where the images lose their intensity, and Satan can't grab hold of them.

²*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind... Romans 12:2a (NIV)*

²⁵*Husbands, love your wives, just as Christ loved the church and gave himself up for her ²⁶to make her holy, cleansing her by the washing with water through the word... Ephesians 5:25-26 (NIV)*

Some Bible scholars combine the two verses together to give some very wise advice on how we can effectively renew our minds... by the cleansing effect the Word of God has when we immerse ourselves in it. It's a process, it won't happen overnight but it will happen.

c. Build up your spirit

¹⁶*So I advise you to live according to your new life in the Holy Spirit. Then you won't be doing what your sinful nature craves. ¹⁷The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. These two forces are constantly fighting each other, and your choices are never free from this conflict. Galatians 5:16 (NLT)*

A constant battle rages within us. It is the grudge match between our sinful nature and our spirit. If we build up our spirit by immersing ourselves in God's presence, godly fellowship, prayer, Bible reading etc. we will be the overcomers that the Bible talks about. If we starve our sinful nature, it will be puny and weak, making it easier to resist when times of temptation come.

¹²*If you think you are standing strong, be careful, for you, too, may fall into the same sin. ¹³But remember that the temptations that come into your life are no different from what others experience. And God is faithful. He will keep the temptation from becoming so strong that you can't stand up against it. When you are tempted, he will show you a way out so that you will not give in to it. 1 Corinthians 10:12-13 (NLT)*

4. Get desperate

⁷*When I had lost all hope, I turned my thoughts once more to the LORD. And my earnest prayer went out to you in your holy Temple. Jonah 2:7 (NLT)*

²*Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is. Romans 12:2 (NIV)*

When we have allowed stronghold of pornography to be formed in our minds, there is little we can do to become free on our own. We must cry out to God in desperation. Just as Jonah cried out to God (while in the belly of the fish) in true repentance and willingness to be changed, so must we. Our deliverance will come but it will take humility, determination and a fight. Strongholds can be broken, but we must be careful to re-train the patterns of wrong thinking or else the ground may be re-taken, and the enemy emplacements fortified.

How determined are you to break free from the chains of pornography? Are you determined enough to

spend serious time in warfare prayer? Are you desperate enough to go without food (fasting) to see breakthrough? Are you committed to accountable relationships with trusted friends/mentors who will partner with you in winning the battle? This is what it takes to gain the victory.

Recommended websites

Below is a list of excellent websites that exist as ministries to those who are struggling with sexual sin.

- www.blazinggrace.com
- www.freedombeginshere.org
- www.pureonline.com
- www.xxxchurch.com
- www.unityrestored.com

Conclusion

In a way, David viewed pornography. He watched Bathsheba having a bath and lusted after her. He slept with her, got her pregnant, and was responsible for the murder her husband. His kingdom was never the same again, and he learned the hard and painful way. David's prayer in Psalm 101 reflects his repentance, and utmost desire to please God with His lifestyle and choices.

*I will be careful to live a blameless life...
I will lead a life of integrity in my own home.
I will refuse to look at anything vile and vulgar.
I hate all crooked dealings;
I will have nothing to do with them.
I will reject perverse ideas and stay away from every evil.
I will not tolerate people who slander their neighbors.
I will not endure conceit and pride. **Psalm 101:2a, 3-5 (NLT)***

Let's make David's prayer our prayer and declaration to God. Let us commit to choices and a lifestyle that are pleasing to God, that we will not be slaves to pornography, but will live as servants of righteousness.

¹Well then, should we keep on sinning so that God can show us more and more kindness and forgiveness? ²Of course not! Since we have died to sin, how can we continue to live in it? ³Or have you forgotten that when we became Christians and were baptized to become one with Christ Jesus, we died with him? ⁴For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.

⁵Since we have been united with him in his death, we will also be raised as he was. ⁶Our old sinful selves were crucified with Christ so that sin might lose its power in our lives. We are no longer slaves to sin. ⁷For when we died with Christ we were set free from the power of sin. ⁸And since we died with Christ, we know we will also share his new life. ⁹We are sure of this because Christ rose from the dead, and he will never die again. Death no longer has any power over him. ¹⁰He died once to defeat sin, and now he lives for the glory of God. ¹¹So you should consider yourselves dead to sin and able to live for the glory of God through Christ Jesus.

¹²Do not let sin control the way you live; do not give in to its lustful desires. ¹³Do not let any part of your body become a tool of wickedness, to be used for sinning. Instead, give yourselves completely to God since you have been given new life. And use your whole body as a tool to do what is right for the glory of God. ¹⁴Sin is no longer your master, for you are no longer subject to the law, which enslaves you to sin. Instead, you are free by God's grace.

¹⁵So since God's grace has set us free from the law, does this mean we can go on sinning? Of course not! ¹⁶Don't you realize that whatever you choose to obey becomes your master? You can choose sin, which leads to death, or you can choose to obey God and receive his approval.

¹⁷Thank God! Once you were slaves of sin, but now you have obeyed with all your heart the new teaching God has given you. ¹⁸Now you are free from sin, your old master, and you have become slaves to your new master, righteousness.

¹⁹*I speak this way, using the illustration of slaves and masters, because it is easy to understand. Before, you let yourselves be slaves of impurity and lawlessness. Now you must choose to be slaves of righteousness so that you will become holy.*

²⁰*In those days, when you were slaves of sin, you weren't concerned with doing what was right.*

²¹*And what was the result? It was not good, since now you are ashamed of the things you used to do, things that end in eternal doom.* ²²*But now you are free from the power of sin and have become slaves of God. Now you do those things that lead to holiness and result in eternal life.*

²³*For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. Romans 6 (NLT)*

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For further study:

http://logosresourcepages.org/idx_halloween.

<http://www.ankerberg.com/Articles/Halloween/halloween-origin.htm>

¹ <http://www.encarta.msn.com>

² The American Heritage® New Dictionary of Cultural Literacy, 3rd Edition. Houghton Mifflin Company, 05

³ Summarised from: <http://www.csun.edu/~vcpsy00h/pornog.htm>

⁴ <http://www.shelleylubben.com>

⁵ Morality Continues to Decay. Barna Research Group, 3 November, 2003.

⁶ <http://www.dailymail.co.uk>

⁷ <http://www.blazinggrace.org/cms/bg/pornstats>

⁸ <http://www.wired.com/science/discoveries/news/2004/11/65772>

⁹ <http://catholicexchange.com/2007/05/11/94516/>

¹⁰ <http://www.shelleylubben.com/index.php?truth=porn>

¹¹ The Writing Life (New York: Harper & Row 1989),pg 17-18

¹² Adapted and re-written from article by John Cowan (<http://www.victoria.ac.nz/chaplains/issues/headsex.html>)

¹³ Josh McDowell Research Almanac and Statistical Digest 1990, 89

¹⁴ <http://mentalhealthlibrary.info/library/porn/pornlds/pornldsauthor/links/philippine/pornx.htm>

¹⁵ <http://www.pureintimacy.org/gr/intimacy/understanding/a0000082.cfm>

¹⁶ The Full Life Study Bible, Zondervan Publishing Company, 1992