

SERIOUS LIFE MAGAZINE ~ SERIOUS FAITH ~ RIGGS FAMILY BLOG

Internet Pornography

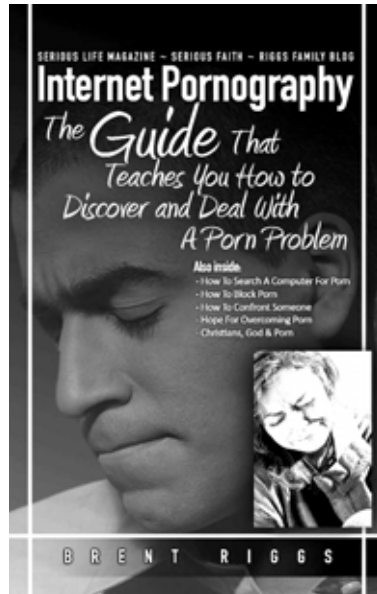
*The Guide That
Teaches You How to
Discover and Deal With
A Porn Problem*

Also inside:

- How To Search A Computer For Porn
- How To Block Porn
- How To Confront Someone
- Hope For Overcoming Porn
- Christians, God & Porn



B R E N T R I G G S

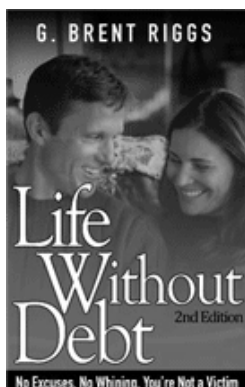
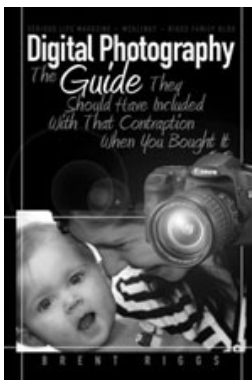
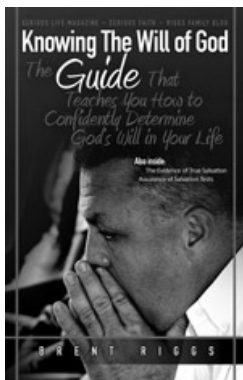


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This will give you some starting defense immediately while you read this book and find out how to deal with pornography.

Go here to get it:

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Internet Pornography

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Introduction

Sex. Sex. Sex. Sex. Sex. Sex. Sex. Sex.

- TV reality shows which hinge on any excuse for the half-naked women shot. Sitcoms that live or die on girls in bikinis or a non-stop stream of sexual innuendo.
- Televised fashion shows about "angels" which apparently are not little fat babies with wings, or robe-covered glowing warriors, anymore. In 2010, angels are now defined as the most beautiful women on the planet (by the industry's standard) exuding full sexual prowess by parading publicly in the most seductive of women's lingerie.
- A proliferation of sports and men's magazines that are nothing but an excuse to show women in various states of undress.
- Movies... what's to say? Movies have long since led the way in sexual imagery but no longer is it "sex" scenes. Now it's toilet-humor, college frat boy exploitation of any girl in a short skirt, tight pants, and excessively undersized blouses... especially popular if there is some "lesbian stuff" too.
- Sports at all levels - standard fare now are cheerleaders and dancing girls competing to see who can show the most skin and dance the most vulgarly. It used to be the "professional" dance squads in pro sports who could be counted on to come out in skintight clothes and writhe the newest provocative steps. Then the pro cheerleaders went on a mad race to see who could become the most lustfully attired. The once controversial Dallas



Cowboy cheerleaders now seem tame by comparison. College cheerleaders evidently want the entire world to see their belly button and every inch of their legs. Predictably, many high schools followed suit and the girls are being desensitized about modesty at an earlier and earlier age.

- Commercials - it used to be that the occasional bikini-clad female drew both attention and criticism. Now, along with mainstream primetime commercials about erectile dysfunction, vibrators, male enhancement, and lubricants (I don't even like typing that but that's how normal and casual this topic has become), we now have intense sexual imagery masquerading as product advertisement: Fruit of the Loom underwear, Victoria Secret lingerie, Sketchers Shoes (yes, shoe commercials that feature shot after shot of women's backsides) and the list goes on. We've reached a time where commercials that would have been considered porn 10 or more years ago don't stir up any controversy at all. "Real" porn is much more graphic.
- Billboard, Magazines, Junk Mail, Advertising - Ditto

Tip of The Tip Of The Iceberg

All those things are just the very tip top of the porn iceberg, a grain of sand in the middle of the desert compared to the vast wasteland of immorality and visual perversion that the Internet has made available with a keystroke.

Like the tide, it came in waves at first but now it is more like Hurricane Porno, a category 5 storm of lustful destruction that threatens to annihilate individuals, families, and communities - like Katrina obliterating a shanty town.



While each generation considers the current era to be less wholesome than "the good old days," generally speaking every new crop of humans pours out its own full cup of evil and immorality. That has been true since Adam and Eve got tossed for chowing down on the forbidden fruit.

However, there is no arguing that modern times have seen a proliferation of (and historically unparalleled access to) pornographic and sexually charged imagery. Measuring depravity, our local culture may still fall short of the Corinthians or Greeks but the Internet has no competition when it comes to the sheer amount or the worldwide accessibility to moral sewage.

Access and amount are key factors. "Internet porn" encompasses all manner of electronic delivery of sexual impurity: computer screens, cell phones, iPads, laptops, video on demand... any device that will download and play it. Porn is a highly lucrative repeat business and the Internet is the perfect vehicle to mass distribute it to a voracious and increasing market.

No more sneaking Daddy's Playboy out of his closet when he isn't home. No more stealing a Hustler from the convenience store. No more slipping in, hopefully unnoticed, to a XXX theater or seedy Adult Video store. No more R-rated movies with a couple of sex scenes. Those Puritan "good ole days" are O-V-E-R.

Faster than you can read this sentence, you can type a keyword into a search engine and have a porn buffet of images, video, and the MOST deviant immorality you can (or can't) imagine... immediately presented in an on-screen feast fit for the King of Perversia. I just did a Google search for "hard core porn" and got "*about 52,300,000 results (0.14 seconds).*" FIFTY-TWO MILLION search results in POINT

**Lie:
porn promises intimacy**

**Truth:
you get sexual
dysfunction and
emotional separation**

ONE FOUR seconds! And that was just web page links... it wasn't a search of images or videos.

Even the innocent can stumble into porn online because there is hardly a name, phrase, or keyword that won't pull up something sexual on search engines. Even as I was searching about "help for porn problems" I got search results that literally were about helping you create and make money with porn. Type in any keyword or phrase that has to do with women, no matter how innocent, or search on a word that is actually related to sexuality in some way and it's open season for porn results. There are ways to combat this and we'll discuss those later in the book.

Consequence of porn:

Women are primarily treated (and often by voluntary choice) as impersonal sexual objects in "swimsuit issues" and "women's clothing" catalogs.

A Stat Today is Obsolete Tomorrow

Here are some stats about internet porn. However, they are useless with regards to accuracy. Moment by moment porn grows exponentially making a statistic today worthless tomorrow. However bad these numbers sound, it's already much worse. By the time you read this list, porn will have gotten worse:

- By age 18, 90% of boys and 60% of girls are exposed to Internet pornography. (covenanteyes.com)
- According to SafeFamilies.org (<http://www.safefamilies.org/sfStats.php>):
 - As of 2003, there were 1.3 million pornographic websites; 260 million pages (N2H2, 2003).
 - The total porn industry revenue for 2006: \$13.3 billion in the United States; \$97 billion worldwide (Internet Filter Review).

- U.S. adult DVD/video rentals in 2005: almost 1 billion (Adult Video News).
- Hotel viewership for adult films: 55% (cbsnews.com).
- Unique worldwide users visiting adult web sites monthly: 72 million (Internet Filter Review).
- Number of hardcore pornography titles released in 2005 (U.S.): 13,588 (Internet Filter Review).
- Adults admitting to Internet sexual addiction: 10%; 28% of those are women (Internet Filter Review).
- More than 70% of men from 18 to 34 visit a pornographic site in a typical month (comScore Media Metrix).
- More than 20,000 images of child pornography posted online every week (National Society for the Prevention of Cruelty to Children, 10/8/03).
- Approximately 20% of all Internet pornography involves children (National Center for Mission & Exploited Children).
- 100,000 websites offer illegal child pornography (U.S. Customs Service estimate).
- As of December 2005, child pornography was a \$3 billion annual industry (Internet Filter Review).
- "At a 2003 meeting of the American Academy of Matrimonial Lawyers, two-thirds of the 350 divorce lawyers who attended said the Internet played a significant role in the divorces in the past year, with excessive interest in online porn contributing to more than half such cases. Pornography had an almost non-existent role in divorce just seven or eight years ago." (Divorcewizards.com)
- A 1996 Promise Keepers survey at one of their stadium events revealed that over 50% of the men in attendance were

involved with pornography within one week of attending the event.

- 51% of pastors say cyber-porn is a possible temptation. 37% say it is a current struggle (Christianity Today, Leadership Survey, 12/2001).
- Over half of evangelical pastors admit viewing pornography last year.
- Roger Charman of Focus on the Family's Pastoral Ministries reports that approximately 20 percent of the calls received on their Pastoral Care Line are for help with issues such as pornography and compulsive sexual behavior.
- In a 2000 Christianity Today survey, 33% of clergy admitted to having visited a sexually explicit Web site. Of those who had visited a porn site, 53% had visited such sites "a few times" in the past year, and 18% visit sexually explicit sites between a couple of times a month and more than once a week.
- 29% of born-again adults in the U.S. feel it is morally acceptable to view movies with explicit sexual behavior (The Barna Group).
- 57% of pastors say that addiction to pornography is the most sexually damaging issue to their congregation (Christians and Sex Leadership Journal Survey, March 2005).
- 28% of those admitting to sexual addiction are women (internet-filter-review.com).
- In a recent poll, 34% of female readers of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn; and 1 out of every 6 women, including Christians, struggles with an addiction to pornography (Today's Christian Woman, Fall 2003).

Real Answers from Real People

Throughout this book, I'm going to present to you a few of the answers I received from a questionnaire I put out concerning internet porn. Writing about the subject is one thing.

Hearing the responses and real-life situations of everyday folks really hits home in both a sad and encouraging way. Sad because we realize how widespread and devastating the problem is; encouraging because we don't have to feel alone or isolated in our battle against smut. We can bond together in support of each other, and learn lessons from each other. Here is the first question I presented:

How did you find out your [spouse, child, friend, etc.] was looking at porn? (or, if YOU are the one looking at porn, have you been caught?)

- My spouse has walked in on me watching it. Once I was using my laptop at a friend's and a pornographic picture popped up. I said I didn't know how it got there but it was embarrassing.
- Saw it on their computers, my computer, and in their homes.
- When we were visiting their home I noticed the links on their web browser. At the time I thought it was my brother-in-law and mentioned to my spouse on our way back home that my brother-in-law was sure busy on my in-laws computer. My spouse almost said something to his parents and decided not to. About 2 months later we got a call from my mother-in-law... she had found printed pornography photos in their computer desk drawer.
- He told us, and internet security software.
- Computer "tracks": history, links, etc.
- He was open about his issue with it even before we dated, and tries to confess to me anytime it comes up.
- Found it on the computer.
- I found it in our closet, under the bed, on his laptop, and in his truck.

- He said that he never looks at porn. He had told me over and over. One night we had one of our friends/his coworker over and he was talking about porn and something my husband had apparently shared with him. I said "There is no pornography in our marriage." My husband chimed in "only occasionally." I was devastated, but held myself together until after our guest had left.
- He gave me a link to a site, saying check this out and it was porn.
- Caught him.
- I haven't been caught, but my boyfriend knows I used to (he doesn't know I still occasionally do).
- Checking their internet usage.
- I see him. He clicks to shut down the page when I walk in the room unexpectedly, but I still see it.
- He told us and also saw it on internet security we have on computer.
- I confessed.
- My friend came to me when she realized her husband refused to stop and their marriage was over.
- I suspected it for a while. Early in our relationship I found porn on his computer that he blamed on a relative. One night I came downstairs after we had gone to bed, and he was doing something on his computer that he clicked out of right away. The next day I searched the history and found that he had been watching porn. I knew right away that this was not an isolated incident.
- Stumbled onto the history on the computer. I say stumbled on because we both feel strongly that actually God revealed it to me. I am computer illiterate (although better now!) and he had erased the history, so he thought.
- I saw the sites listed in the history.
- Discovered it on the computer.
- The wife found it and came to me for advice.

- I “felt” it and asked the 1st time, the second time I was handed a note by him as he walked out, leaving me with 7 children and a note saying we were probably bankrupt.
- I have not been caught yet, but almost.
- Yes... been caught by my husband and my father.
- No, I have not been caught.
- My husband talked to me about it. We caught my son.
- Found on computer history.
- I think I found out through hearing my parents fight and argue. I'm not sure how my mother found out. I suppose just from checking internet history. I think my dad also had some expenses related to the pornography.
- After our first few years of marriage, he told me. Then I thought it was done for a while, and after a few more years, I found some pictures somehow on the computer and confronted him, and he confessed that he was still struggling.
- It is a very casual thing in our former friend circles, we are normal people too, college educated, doing the normal thing. We thought it was a great way to spend time hanging out, there was even a drinking game our friend made up for parties.
- It was on the history of our family computer. My 16-year-old found it and showed me.
- Accidentally; my internet explorer quit and it said restore last viewing session and I clicked yes. He had not erased history and I found out that way.
- Checking the internet cache.
- I was using our computer and started typing something into the search field and it auto populated to a site and I was SHOCKED. I thought “what the heck is wrong with our computer?” It did it three times in a row and then it hit me

**Lie:
porn promises
satisfaction**

**Truth:
you are left with guilt**

like a ton of bricks, that this site was searched for, and viewed, and clicked on...

- Searching his laptop secretly.
 - Told me after a Pure Life Ministry Conference at our church.
 - He confessed it to me.
 - He accidentally left a window open.
 - My husband used his iPod touch to view pornography.
-

It's sad to read those answers knowing that each one is about a real life being hurt... but it is even sadder to know that every one of those scenarios has been played out multiple thousands of times in homes all over the world.

Where there is Internet, there is porn. In "free" countries, it flows uninhibited. However, it doesn't matter how hard any country tries to block it. Like water finding cracks, wherever there is bandwidth, porn is not far behind. Never underestimate the ingenuity or effort sinful man will put forth to make a buck off sex.

A Male Issue?

The days of porn being a “men’s issue” are long gone. Despite decades of liberal feminism, women use sexuality to make money, get attention, and attract men more openly, aggressively, and defiantly than ever before. In fact, they are downright proud of it.

Sadly, more and more women, especially younger women, simply indulge in porn the same way men traditionally have:



self-gratifying sexual enjoyment. I get almost as many responses and requests for advice about pornography from women as I do from men. Of course that's a very unscientific measure but c'mon... 20 years ago "porn" was a "males exploiting females" issue. Now hetero-porn is a "males and females exploiting males and females but mostly females" issue. Add to that the onslaught of homosexual porn and an entire generation of young men and boys are now equally exploited.

In the first three months of 2007, according to Nielsen/NetRatings, approximately one in three visitors to adult entertainment Web sites was female; during the same period, nearly 13 million American women were checking out porn online at least once each month.

Theresa Flynt, vice president of marketing for Hustler video, says that women account for 56 percent of business at her company's video stores. "And the female audience is increasing," she adds. "Women are buying more porn." (They're creating more of it, too: Female director Candida Royalle's hard-core erotic videos, made expressly for women viewers, sell at the rate of approximately 10,000 copies a month.)¹

An Alarming Trend

One alarming cultural development in the last decade has been the growth of lesbianism or lesbian-type behavior by high school and college-age girls. It's now almost considered a normal part of the teen and college experience to "experiment."

It's no secret that girls are aware of the impure attraction this creates in men, and girls blatantly use lesbian titillation to entice potential

¹ http://articles.cnn.com/2009-07-24/living/o.women.watching.porn_1_arousal-candida-royalle-explicit-sexual-imagery?_s=PM:LIVING

male prey. Yes, prey... that's what much of the dating scene has become.

I'm not shocked about much anymore but I was thoroughly jaw-dropped when I polled my older teens about the overt sexual attitudes of kids at their school. Physical activity is almost immediate in a relationship. "Petting" is part of dating. Oral sex is considered no big deal. Girls kissing girls and lesbian teasing to get boys' attention are not much more than casual flirting. Only the physical act of intercourse is considered "sex." Is this an urban high school in a large city? Nope. A suburban high school in the Bible Belt.

The goal is the same for both sexes: self-focused, self-gratification of self. Throughout this book you'll see the theme of "SELF" appear over and over. Porn is inherently selfish and about the SELF (the flesh) but it's not like sneaking a bowl of ice cream or wasting a day laying on the couch watching TV. Porn is poison. Porn is a cancer. Porn is the vomit left by a parasite that eats the scum on the bottom of the sewers in the pits of hell.

Porn appeals to the most powerful aspects of pleasure, gratification, self-centeredness, and emotion. It promises fulfillment but delivers emptiness. It promises love and delivers shame. It promises intimacy and leave you lonely. It promises satisfaction but serves up unending guilt.

Just in case you are one of those old-fashioned types, here's a news flash: porn is no longer a "men" problem. In droves, women are secretly viewing of porn... often more secretly than men because of added stigma and shame that still exists (at the moment) for a female "porn addict" (the double standard is intact today much as it was for adultery 50 years ago though many traditional double

Consequence of porn:

I feel like porn treats women as less than human referring to them as animal names and derogatory stereotypes, concentrating on their body parts and acts, not their "person."

standards have been reversed now thanks to “liberators” like Gloria Steinem and Margaret Sanger).

Chalk up a victory for the feminists. Congratulations, your dream is now real. You are no different than men. In some ways, worse.

Real Answers from Real People:

Did the person that was caught viewing pornography deny it? (If you are the one looking at porn, did you deny it, or try to hide it?)

- Yes, I hide it most of the time. Sometimes my spouse just seems to "pop out" (he goes to bed earlier than me or is in another room) and I think he is trying to catch me.
- All except one ex-boyfriend denied it.
- No... I asked for help.
- Yes, he told me I was making it all up.
- No, he came clean. I question the frequency.
- Always, he says it's "art."
- NO - he admitted it and asked for help.
- He tried to hide it at first but the evidence was clearly against him.
- Not this time. In the past, when I had intuition that something was wrong (no sex life, angry, etc.) he always denied he had a problem or looked at stuff, at all. This time, it was completely orchestrated by God and he came completely clean. It was ugly, but beautiful.
- Yes--he said he found the site by mistake.
- Yes. Especially my son. Well, my husband has never owned up to it, too, but seems to be doing better about it. My 16 yr old keeps getting sucked in, even though I have a very strict internet filter.
- Yes and blamed the wife.

- Yes, I tried to hide/deny it... especially when my father caught me.
 - No, he did not deny it, though I think he tried to down-play what he did and only admitted to what was known, he did not confess the extent.
 - I always clear my history.
 - No, he did not. He was completely honest. I was SHOCKED and blindsided. I had the biggest pit in my stomach. Yes, he claimed our computer was hacked.
-

A Non-Christian Issue?

If you are naive enough to think this is primarily a problem for those who reject God and His Only Son Jesus Christ... think again.

Porn is the dirty secret no one talks about*. Go to church. Look left. Look right. Look in the pulpit. Look at the leaders and teachers. It's pretty much guaranteed you just eye-balled someone, probably several, who are involved with Internet porn. While we don't want to go on witch hunts or start viewing our fellow Believers with suspicion, we can't pretend this problem doesn't exist and hope it goes away.

**There is a growing trend in churches to be so "open" that it has devolved into provocative, controversial, and flesh-enticing "sermons" about both sexuality and the porn issues. This is a disturbing and dishonoring way (to God) to discuss these topics all in the name of being "real" or the more marketable phrase "relevant". As Christians, we cannot ignore sexuality in our teaching, preaching, and discussions but we must be constantly on guard that it does not become impure flesh-igniting communication.*

Pastors, teachers, leaders... it's not just those in the pew. Porn hangs over Christian congregations like buzzards at a trash dump on a hot summer day. We ignore the circling horde because we are safe and

sound in our nicely decorated sanctuaries but more and more the corpse-eaters are flying in through open windows and doors plucking and tearing at the rotting families that porn has left behind.

We put our hands over our eyes like a three-year-old believing that if we can't see the problem, it must not exist. Revisit a few of these stats I already listed from SafeFamilies.org:

- A 1996 **Promise Keepers** survey at one of their stadium events revealed that over 50% of the men in attendance were involved with pornography within one week of attending the event.
- 51% of **pastors** say cyber-porn is a possible temptation. 37% say it is a current struggle (Christianity Today, Leadership Survey, 12/2001).
- Over half of **evangelical pastors** admit viewing pornography last year.
- Roger Charman of Focus on the Family's **Pastoral Ministries** reports that approximately 20 percent of the calls received on their Pastoral Care Line are for help with issues such as pornography and compulsive sexual behavior.
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- in a recent poll, 34% of **female readers** of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn; and 1 out of every 6 women, including **Christians**, struggles with an addiction to pornography (Today's Christian Woman, Fall 2003).

Real Answers from Real People:

Did the person viewing porn think it was wrong? (if you are the one looking at porn, do you think it is wrong?)

- Did not believe it was wrong (until my husband got caught, then he said he wouldn't do it again, but he did).
- Yes, once he finally admitted it.
- Nope, not ever.
- I always thought it was wrong but one day decided I had to quit because it was sinful.
- He wouldn't say.
- Yes and no. He claimed that many Christian men look at porn and that I would be shocked to know how common it is. On the other hand, he said that he had been praying for years for God to take it away.
- Yes. He always did.
- He didn't admit it, which tells me he knows it was wrong.
- Yes. However, my parents think that it is "healthy" in a marriage relationship.
- I do think it is wrong! I have stopped!
- Yes. I think that it is terribly wrong. I know that it is Biblically wrong... I just can't seem to stop... even if I don't look at the screen, those horrible images are burned into my mind.
- I knew that it was wrong!
- Husband, yes. Son, no.
- No, he did not think it was wrong.
- Yes. But he didn't realize how wrong it was, or how deeply it would affect me.
- Yes at first. He tried to stop, but someone else was influencing him.
- No, we did not think it was wrong at the time. We thought getting into making pornography for the women was for those that did not have their lives together or were looking to

cash in on their looks. We did not like the way my husband's cousin (a porn video producer) treated his "girls." We thought it was a dangerous industry but we never thought about the people in the movies, we just objectified them. I did not even sexualize it, we thought it was funny to watch in groups. My husband did sexualize it and used it for self gratification.

- My husband never took responsibility for anything.
 - He said was it was my fault for not being more affectionate and willing.
 - Yes, but he said felt like he had nowhere else to turn though as I wasn't satisfying him.
 - He considers it a very minor sin.
 - Didn't really seem to think it was a big deal.
 - He knows it is wrong and is sorry.
 - No, couldn't understand why I was upset.
-

Whose Fault Is Your Porn Problem?

It may not be your fault that you were introduced to porn but it is your fault if you keep viewing it.

We live in a world now where personal responsibility isn't even the last consideration. It's not presented as a choice or duty at all. It's a chemical imbalance; a bad gene or your mom didn't breast-feed you. It's an illness, a sickness, a choice you couldn't avoid. ANYTHING but "your fault."

Consequence of porn:

**the beauty of sexuality
is exploited purely for
profit as barely dressed
women are included
in ads for products that
have NOTHING to do
with relationships
or sexuality.**

You aren't going to find psychobabble in this guide². No excuses. No "it's not your fault, it's a disease." No "you can't help yourself." Hogwash.

You need to face a porn habit head on and recognize it for what it is: an indulgence of the flesh that is a sin in God's eyes and has the potential to destroy everything you love. That's the cold hard fact. Take responsibility. Call it what it is.

Shame and guilt are powerful God-given motivators for changing behavior when they are the by-product of sinful behavior.

I'll speak in compassionate but firm Biblical terms wrapped in common sense, communicating real human experience. Calling sin "sin" has long been understood as real and appropriate before humanistic³ excuse-making theories became a scientific discipline and the most popular college degree in history.

Is it my goal to shame you, or cause guilt if you are into porn? Well, yes, when appropriate.

² You can't write about the porn problem and simply ignore the topic of psychotherapy. The world and most of the Church now accepts as conventional wisdom the ideas of Jungian/Freudian psychology. As a writer, my choice was to either ignore the topic and let readers assume I was ignorant of the "solution, or take the time to explain why I disagree with the modern concepts of "therapy" and "addiction". In addition to commentary throughout this book, I also include a section in the back called *"The Psychobabblization of America"* where I more fully explain the problems I have with "Christian psychology" as it commonly practiced today.

³ Humanistic thought considers all things to be of natural origin therefore must have a natural and scientific explanation. It attempts to answer the questions about human behavior without consideration of the Bible or God. It's important to understand this because the world sees a problem with porn as an "addiction" with material causes while Christians should see it as a moral problem, a problem with SIN.

Sin should cause guilt. Sin should cause shame. I know that makes all the self-esteem gurus and mental health "experts" cringe but you know what? It's time to get serious. The Church needs to stop embracing worldly and God-denying "wisdom" and stake a claim in the plain language of God's Word.

Shame and guilt are powerful God-given motivators for changing behavior **when they are the product of genuinely sinful behavior**. False guilt and shame should be recognized and cast off but appropriate guilt and shame should be embraced and leveraged as a catalyst to fix things gone wrong.

Lighten Up, Porn is No Big Deal

As I was doing prep for this book, I put up an anonymous questionnaire. Sadly, the following type of submission is becoming more and more typical in a world (and Church) gone sexually mad and Biblically illiterate. This is indicative of the responses I constantly get, not just about porn but about sin in general:

I personally don't think there is anything wrong with porn in a relationship. The only thing that is wrong is that one or both of the couple are insecure with themselves and that's why they do not accept porn.

My response: I don't care what you "think" or even what I think. I care about what the Creator of the Universe thinks and what He has clearly stated about morality and sexual purity. Every human is insecure. It's amazing that a person could think their acceptance of pornographic perversion (in direct defiance of God) is a sign of their maturity and security. Welcome to American culture.

Lie:
porn promises love

Truth:
it delivers shame

Once one lets go of their insecurities, there is much more in the world to see. Why hide behind a book, a person that no one knows 100% sure that he is real? Why hide behind religion? Why limit yourself to half a glass when there is a full glass?

My response: I just let go of my insecurities about being hit by a train. I'm going to go stand on the tracks and see much more of the world of trains.

I also just let go of my insecurities about meth and heroine. There's a lot out there to experience. While I'm at it, I haven't experienced AIDS, child molestation, or violent rape. I think I'll go ahead and toss my insecurities about those too.

I'd hate to hide behind some book of fables that warns us about sin and it's reward (death). Why drink only from the cup of goodness and righteousness? Let's gulp down some worldliness, sexual immorality, and perversion too. Evidently the Book of Ecclesiastes is worthless.

I'm both saddened and amazed that people can actually hold such a superficial worldview though I realize the spiritually blind slave to sin can hardly be expected to think any clearer than our friend here.

If there really is a God/Heaven..yada yada yada.. then once I'm standing at those pearly gates...I will be let in, because remember our sins are forgiven if we ask for it. I choose to sin, do I feel bad? No absolutely not. I do know right from wrong, I have a conscious. When I do something that is bad, my gut, my brain, my conscious tells me, that is when I feel remorse. I learn from those things. I know I'm happier in life because I choose to live it the way I want to.

My response: good news! Let's forget all this morality, holiness, yada yada yada. I've asked God to forgive me (and apparently it doesn't matter if I don't believe in Him, obey Him, and proclaim publicly His Word is not even real). But hey, I'm covered.

Feel bad about sin? You're right, how old-fashioned. This person doesn't feel bad about sinning but claims to have a conscience and remorse when they do something wrong. Huh? How could you be anymore contradictory and illogical? Such is the thinking of a mind blinded by sin and pride.

This is the state of our culture when it comes to critical thinking.

"Wise in their own eyes" but in reality, FOOLS. They KNOW they are happier living in sin and defying God. They may know that now but sadly, the day will come when they will know, too late, how eternally wrong they were. Very sad.

Why is it such a big deal for porn? Don't you think your religion should concentrate more on murderers, child molesters, those types of people? A fellow blogger friend of yours once stated she would forgive a child molester, unbelievable!!

My response: why is porn such a big deal? Hmmm... let me think. Destroyed families, shattered marriages, exploited and brutalized women, children molested, rape, homosexuality... countless millions of hours of lost time, billions of dollars drained off the economy, drugs, prostitution, crime, perversion, disease, death.

Yeah, what's the big deal anyway? Lighten up.

Jesus forgave adulterers, murderers, thieves, and liars. Let's hope, like the Blogger our friend has criticized, that Jesus will forgive even those who defend porn and insult God (and He will).

Real Answers from Real People:

What effect did porn have on your relationship with the person viewing porn? (if you are the one looking at porn, how has it affected your relationships?)

- I lie to my husband. I fantasize about men who are not him while we are intimate. Once I have been with someone else I met through a porn site. My husband does not know that. I have not let it happen again. I'm not satisfied with our sex life. I try to pressure him into things or fantasize about things.
- Loved him...respected him for asking for help.
- At the time, I was very hurt and felt like less than attractive...etc.
- I love him, but it hurts. It makes me feel like I'm not good enough physically/sexually.
- I don't trust him.
- I was deeply hurt. I felt used and cheapened. I am still very self-conscious (I was self-conscious to begin with). Just utterly devastated. Even though I wanted to believe him, I was always skeptical of what he said. I felt inadequate and felt like I had to be intimate with him to try and keep him from looking at porn - it was a duty, not what God designed it to be.
- It has given me (the spouse) some major body image issues, but more than anything--I am having difficulty trusting him because he had said that he did not view pornography. Every time we have intercourse, I find myself wondering who he is picturing.
- Made me distrustful, disgusted, repulsed.
- It makes me feel bad after I have looked at it, and then I get angry because of the guilt. But no one knows why I am angry (except me).
- Terrible, it has been eight years since we have slept in the same bed or had an intimate encounter.
- Heartbroken but respected him for asking for help.

**Lie:
porn delivers
sexual prowess**

**Truth:
you get unrealistic
selfish perversion**

- My husband was very forgiving but we put filters and blocks on the computer.
- My friends divorced. He said, "You can't divorce me! What will you tell our church? Only for adultery can you divorce!" She responded, "You ARE cheating! These images are fulfilling the needs you have rather than me, your wife! And if you bring it up at church, I'll tell them EXACTLY why we're divorcing! You refuse to stop, what else am I supposed to do? I wanted to work through this with you and you won't."
- It changed everything. It deeply affected my already wounded trust in him. I ended up leaving him for several days and confronting him with a counselor. It had affected our marriage for years without my knowing it. It has completely ruined my trust in him and my views of his character. It had affected our intimacy for our entire marriage- from him pushing me to do things that I wasn't comfortable with to his lack of interest in intimacy. Currently, after finding out, I feel disgusted when I think about being intimate with him.
- It's hard to say what effect porn had and what effect our relationship had on his viewing porn. He had many many walls. I was never allowed in. He was self-protective, angry, "loved" me but never fully.. He is a changed man. He walks in complete freedom today and he is in the Light, thanks to God's amazing transforming power.
- It made me distrust him and feel that he respects me less as a woman.
- My son thinks I'm accusing him wrongly and resents the extra limits I have put on. Doesn't own up to his wrong choices.
- I felt unloved, used, ugly, felt our covenant relationship was broken; felt scared, angry, depression was severe. I felt like he had cheated with another woman, even if it didn't happen in "for real."
- With my dad, it made me ashamed and that created a little emotional distance for awhile. With my husband, I end up expecting unrealistic ideals of what I think our marital sex should be.
- It caused me to be secretive and always feeling (felt) guilty.

- It made me as the wife feel less desirable and angry that I was not enough.
- I felt like I wasn't enough for him.
- It affected me in a lot of ways. First, it affected me just because it affected my family. It broke up my parents' marriage. It created tension and confusion. After my mom discovered what was going on, Dad would move out to work on things, move back in, get caught, move back out, etc. He was sent, by my Mom, to New Life conferences and such, though that was only an opportunity, while away from home, to fall deeper. Secondly, because my dad was a leader in my church, it affected my relationships with others in that church in the way that they responded to my family on the whole. Thirdly, it affected my brothers who, themselves, fell into the same sin. Fourthly, since some of the pornography he viewed involved younger teens, it affected my relationship with a man who was then dwelling on girls my own age. Finally, it affected me in that it was a sin he has never broken free from, but that only led to deeper sin. He developed an insatiable need for what he viewed. He chased woman after woman and he became a predator who attacked a woman.
- Earlier on, when my fiancé and I started dating, we discussed it. It caused problems and some fights. I am very bothered by it. I think a lot of it really shows women as objects to be used, instead of equal human beings. My fiancé said he would stop, but I don't ask him. Sometimes it is better to hope the other person is not looking, but not really knowing.
- It had a major effect. He would get depressed because he could not get victory over this sin. I would be devastated that

Consequence of porn:

"I'm blamed for the lack of sexual frequency or satisfaction because I don't measure up to the illicit porn experience my spouse engages in."

he continued to have this problem, and he could not understand how much it hurt me.

- He left and hasn't spoken to our family in over 3 years.
- I have become good at switching between my "porn mode" and my normal mode... sort of a Jekyll and Hyde existence.
- We are now in the process of divorce, but all trust was gone. Also, I don't know why no one ever mentions Facebook as a major problem. My husband re-connected with an ex-girlfriend and mostly girls from high school. He found women he hadn't talked to for over twenty years and was acting like they were close friends. It started through Facebook, then personal e-mails, then phone calls, then video thru phones, then web cams, and texts. I found naked pics on his phone of one woman he went to high school with. After I left he started befriending women involved in porn on his Facebook. Now after 8 months of separation one of the women from Facebook is now living with him.
- Anger, no trust, no physical relationship.
- I felt like I had been cheated on. I was cheated on. I felt like my marriage was going to be over. I was so incredibly hurt that he would do that to me, to us. We've only been married for a year at that point. I bawled. I had to dig deeper and we talked, a lot, I was angry, sad, hurt, and sick to my stomach. I also was sad that I wasn't providing enough (which really isn't that much) to my husband, intimately. I didn't feel and I don't feel like it was my fault but I just thought how can this be...I also had to forgive him. He was hurting too and what he did was completely immoral and wrong, however, I can't hold a grudge, it would only make it worse. I had to forgive. I was willing to fight for our marriage, was he? I believe he was and it took a few more tough raw conversations to move past it. I hadn't thought about it again until I read the blog post and it has been about a year.
- I have no respect for him.
- Very difficult to overcome and sometimes still don't know that we have overcome it.
- Led to our breakup.

- We had a very hard 6 months, then a tough couple of years slowly rebuilding trust.
 - It makes me not trust him. I often wonder if he is looking and question him often. He has done this more than once and denies at first than admits it when pushed and is sorry. It hurts the trust issue and says I don't trust him, but it is hard when he has lied before.
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The Truth About Sexuality

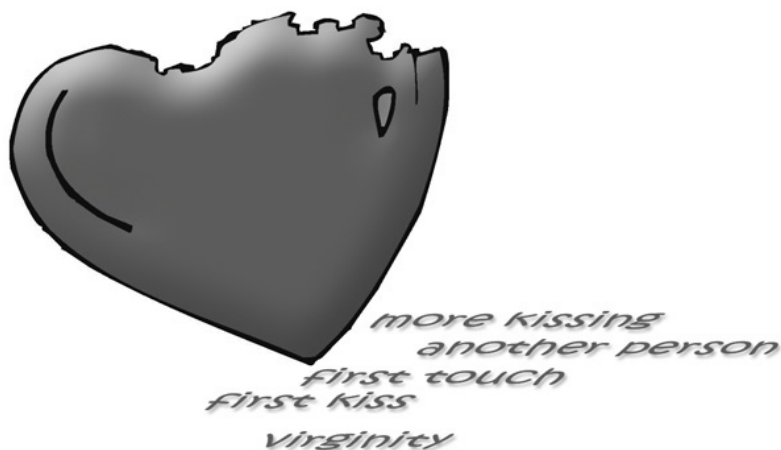
There is a **myth** today that is cultivated both directly and indirectly: you have an **infinite capacity for sexual experience**. This is simply not true and I can prove it with these questions and answers:

- How many times do you experience losing your virginity? Once. That experience is over. Used up. You can never experience it again. That part of your sexual capacity is gone forever.
- Does ONLY kissing get boring after a while? Does ONLY doing the "next thing" get boring after a while? Does "doing everything but intercourse" get boring after a while? Does intercourse with the same person get boring after a while (in the world's eyes, not God's)? Yes, yes, yes, and yes. You need more. The excitement at one level fades. The capacity for ultimate satisfaction diminishes and needs to move to a new area of capacity that has not yet been tapped. Your sexual capacity gets used up and new discovery is needed for the same level of experience.

You have a finite capacity for sexual intimacy and experience. Each and every experience whether with a real person or via porn takes a bite out of the heart of your sexual capacity. It can never be taken back, it can never be regained.

I draw or describe the following "**eaten heart**" graphic often when I talk to people about this. The heart represents our capacity for romance, intimacy and sexual fulfillment. God creates our heart whole and in God's plan for sexuality, it's stays whole and healthy.

Sexual immorality takes bites out of our sexual capacity and often, our spouse only gets what is left over after years of nibbling away at it. God meant for us to have a WHOLE heart available to our spouse on our wedding night but sadly, most honeymoons serve up only leftovers.



I counsel people, at whatever point they are at, to STOP their sexual activity and save the rest for their (future) spouse. You can't change the past, but you can save what you still have for the future. The only appropriate time to use your sexual capacity is within the God-ordained bounds of marriage. Period. Even if you don't believe in Christianity, real life results show the most fulfilling and healthy expression of sexual intimacy occurs within the bounds of lifelong, monogamous commitment, just like God says.

Ironically, within this safe arena, our sexual capacity is actually nourished and GROWS rather than diminishes. It's ironic because the worlds declares sex with only one person for your whole life to be dull and "missing out." When we do sex God's way, it gets better. When we do it our way, it gets used up, dissatisfying and confused.

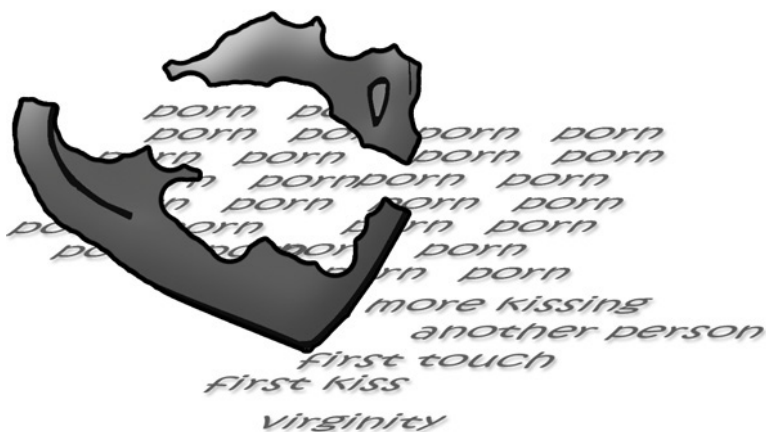
I don't really care if you say "yeah, but I don't believe in God." That doesn't change anything. I can "not believe in fire," and it will still

burn me. The questions I started this section with prove my point regardless: sexual capacity gets used up except within marriage.

You don't have to believe in God to understand that sexual capacity diminishes with each experience.

It is clear that each sexual experience partially drains our overall capacity. Let's see how this vanishing capacity continues and accelerates with the person viewing porn:

- Do photos of nude women get boring after a while? Do you feel the need to move on to viewing acts of sex? Any porn viewer will tell you "yes."
- Do photos not provide the sexual stimulation they once gave you but videos of sex do? After that gets boring, does it take even more to get that same "sex high"? Abnormal or taboo acts? Then perverted and deviant acts? Anyone trapped in the porn sewer who wants to get out will tell you "YES!" to all this.



See how horrible this downward spiral is? The Bible clearly predicts this slide into depravity but we ignore it or try to explain it away as some "illness" or "disorder."

Once all "normal porn" loses its appeal and the human mind sinks lower into depths of depravity, you start to understand why some people turn to the most horrible aspects of sexual degradation including such atrocities as child porn, rape, sexual violence, and gross homosexual perversion⁴.

**No one wakes up one morning
and decides "I feel like destroying
my family with porn" or "I think I'll
molest a child today."**

It is a deceptive, hideous step-by-step process that starts with seemingly mild, even "innocent" indulgences of sexual impurity. Each bite of the forbidden fruit becomes bland over time and the cravings grow.

- A man wakes up in jail one day as a convicted child rapist able to trace it all the way back to his Daddy's Playboy under the bed when he was a kid.
- A woman wakes up one day having lost her husband and kids able to trace it all the way back to her first online porn chat and an "enhanced sexual experience while viewing porn."
- A business man wakes up one morning having lost his entire life's work and reputation able to trace it back to the first exposures to porn on his office computer while working late; then to his affair with the secretary, and later picking up prostitutes. Now AIDS and poverty are his legacy.
- A pastor wakes up one day in disgrace having lost his ministry, his testimony, and his marriage after the vast amount of porn on his computer was discovered. He wasn't particularly knowledgeable about computers and thought it was all "deleted." Ashamed, he

⁴ I'll receive intense criticism for even mentioning homosexuality because as we all know by now, NOTHING homosexuals do is allowed to be considered anything but normal and good. In fact, it could be argued there is no such thing as sexual immorality. If we can explain away the clear teaching of Scripture about homosexuality then we can explain away any sin.

traces it back to a counseling session with another Christian who had problems with porn. The Pastor wanted naively to investigate the issue more and began to secretly indulge in it and ended up having sex with an under-aged female in the youth group. He now has come out as being gay and says that he finally understands God made him this way and no one should "judge him."

Think those stories are fantasy? Sadly, they are representative of countless real incidents.

Real Answers from Real People:

Were any children affected by the porn viewing, or are you afraid it might affect them and how? (if you are the one looking at porn, is it affecting your kids? How might it affect them?)

- Thank God I didn't have children with my ex-husband. I hope it is not affecting the children he has now. Same goes for the kids of my ex-boyfriends. My landlord died without having children.
- My husband has not spoken to his dad in 8+ years.
- Our son was only a year old when we separated, so I hope and pray that he doesn't remember anything. I do pray that God will strengthen him, so that he doesn't fall in the same way his father has.
- The children did not know, but I was grouchy during the time I was looking at it. It did affect our intimacy for a while and we sought help together.
- Yes, our son looked at porn.
- It affected my son because he was the one whose mind was being polluted. Also, my younger son thought that this was acceptable.
- I don't think the kids had a clue. They were young, and we hid the tension the best that we could.
- He showed it to his 13-year-old brother. His brother has struggled with looking at it.

- My two boys have both dabbled in porn as well.
- I am afraid my teenage daughters will go about looking for the love their father rarely showed in all the wrong ways.
- Our children are still very young, I was pregnant with our second when I found out and our daughter was just over a year. I suspect that she noticed a change but would not know what had caused it.

When Good People Go Bad

It's important to know the progression of how a temptation becomes sin then grows until it destroys us. Before I explain that, consider this first:

- If you think you aren't vulnerable to porn, think again.
- If you are the spouse, parent, or friend of someone caught up in porn, while not excusing their behavior, you should have compassion for them and realize they didn't just wake up one day and plan to ruin their marriage or destroy their life.
- If you are the one caught up in porn, you need to understand how it "got you" so that you are ready to defend against it in the future.

We will look more fully at what God says about porn (sexual immorality) in another section but I want to take time here to explain the "path of sin". Predictably, since God created us and knows EVERYTHING about us, He tells us in detail how something like porn becomes a problem in our life.

As you read this, keep in mind this speaks to all types of sin, not just porn. This is a lesson of caution and alertness that can apply to all areas of our life. It's particularly appropriate concerning porn.

Consequence of porn:

"I feel like my husband has committed adultery even though physical intercourse didn't occur."

We find this amazing explanation of the sin process in the very practical Book of James, towards the end of the New Testament.

To start, James tells us that when we overcome temptation, there is a reward:

*James 1:12 ~Blessed is the man who **endures temptation**; for when he has been approved, he will **receive the crown of life** which the Lord has promised to those who love Him. (NKJV; emphasis mine)*

Follow the logical pattern, predictable stages, and facts about how a person ends up in sin (described as “not enduring temptation”):

*James 1:13– Let no one say when he is tempted, “I am tempted by God”; for God cannot be tempted by evil, **nor does He Himself tempt anyone**. But each one is tempted when he is drawn away **by his own desires and enticed**. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death. (NKJV; emphasis mine)*

- It's not God's fault. God never causes nor tempts anyone to sin. That is completely opposite of everything about His character. Don't blame God or ask Him "how could you let this happen?"
- The source of every person's sin starts with that person: the heart. The Devil didn't make you do it; it's not a chemical imbalance (but unbalancing your mind with drugs and alcohol certainly opens up opportunity for sin); it's not your childhood, your parents, or your circumstances that are the source of sin. It's the HEART of each person.
- We are tempted by our own desires. What is a desire? It is something your flesh wants, it is the craving of your heart to enjoy or benefit from something sinful.
- Notice the word "THEN." That's not an accident. The initial temptation is not wrong. We all struggle with the temptations and desires of our sinful flesh. We have choice at this point: to sin or endure.

- "THEN" we choose to *conceive* the desire by acting on it in some way. In other words, life is given to the temptation much in the way we understand human conception. The egg alone is not alive. It's when the choice is made to attempt to fertilize the egg that you take the step from the potential for life to actual life (if conception occurs)*. When we act on a desire, we go from the potential of sin (temptation) to actual sin. We give it life. James even uses the same type of descriptive language by saying "it gives birth to sin".

**Of course the conception of children is not sinful; the analogy simply demonstrates how temptation always exists; it takes acting on that temptation - giving it life - that transforms temptation to actual sin ("gives birth").*

**Lie:
porn promises
gratification**

**Truth:
you get short-term
gratification in
exchange for
long-term emptiness**

- Next, we find the "birthed sin" grows. This stage of our sin is when we indulge in it, make excuses about it, provide opportunity for it, cultivate it, and allow it to continue. It is growing in us.
- When sin is full grown it brings "death." In general, this means that it brings both temporal consequences and eternal consequences (unforgiven sin results in eternal condemnation from God).

With regard to porn, "death" comes quickly, in many forms, and sometimes literally. Death of innocence, death of your marriage, death of your reputation; and sadly, disease from sexual immorality may lead to actual physical death.

It is important to understand where sin comes from so that you don't make excuses or blame others. Don't view people with a porn problem as unredeemable monsters rather than someone who is indulging in the flesh (like every other sinner) who can be rescued and redeemed by the same Savior that can rescue and redeem you.

Remember these two things:

First, a porn problem happens through a predictable process and it can happen to anyone.

Second, you have a finite capacity for sexual fulfillment that is diminished and wasted outside of God's plan for sexual purity... or cultivated, nurtured, and enjoyed within the boundaries of God-ordained marriage.

It is your **choice** to give birth to illicit sexual desires (turning temptation to sin) and waste the sexual capacity God wants you to save for marriage. Your choice.

A Genuine Tragedy Caused by Porn

The following is a true recent news story about how porn can lead humans into the depth of depravity. I don't include it for sensationalism but rather to demonstrate in real-world facts how porn destroys lives:

Reno Man Pleads Guilty To Knife Attacks On Mother And Two Children; Wanted To Have Sex With Girl

By Steve Timko • stimko@rgj.com • December 10, 2010

<http://www.rgj.com/article/20101210/NEWS01/101210032>

A Reno man faces life plus 136 years in prison after pleading guilty this morning to all counts stemming from a May 14 attack on a mother and her two children.

Washoe District Court Judge Steven Kosach is scheduled to sentence Eric James Williamson, 38, on Jan. 25.

The day of the incident, Williamson smoked marijuana, shaved his genitals and looked at child pornography on his computer, according to grand jury testimony. Then he went to his neighbor's apartment and confronted her and her two children, a 6-year-old son and an 8-year-old daughter.

"He said he wanted to do sexual things to my 8-year-old and that I was going to get her and bring her to him," the mother told the grand jury.

She fought him and stabbed him in the neck with a knife and offered herself sexually, if he would leave her children alone, but he refused, she told the grand jury. Williamson used the knife she grabbed in self defense to stab the woman, her 6-year-old son, and 8-year-old daughter. Her 2-year-old daughter was unharmed. All three victims were stabbed in their necks and the children in their abdomens.

Real Answers from Real People:

Did the person quit looking at porn, or has it continued to be a problem? (if you are the one looking at porn, have you stopped? Do you want to stop, really?)

- I go through a roller coaster - I stop for a few months, then I look at something and then I want more. It starts with pictures in regular advertising, then I look at specific sites leading to worse and worse things.
- I stopped for a loooong time. Yes, I really do, there's no positive, there's no long term satisfaction. Just guilt and pointlessness.
- It lasted for quite a while but it is not currently a problem.
- It was a problem for a while, but God has delivered him from that desire and only occasionally (like once a year if that)

does it come up and he always comes to me to tell me about it.

- I have caught him at least three times that I can think of so I believe it is probably still , but can't prove it right now
- It has continued to be a problem - it progressed into cheating and he is still dating and living with different people (male and female, as in he's bisexual) even though we aren't divorced.
- He continues each week.
- I don't know - hopefully he can stay pure on the internet, but I don't know.
- I have *almost* stopped. Occasionally I'll slip up, but I really do want to completely stop. My boyfriend and I are getting married and I don't want this to hurt us in the future
- I did quit.
- With the threat of me leaving if I found it again, we put Safe Eyes on all of our computers. To my knowledge, he has stopped, but because trust is an issue, I don't know.
- Do I want to stop? Yes. Have I stopped... somewhat. But again, those images are burned in my mind.
- My husband has had slips, but has done a good job of staying accountable. My son (who has other emotional issues as well) is still acting as if it doesn't matter.
- It has continued to be a problem.
- YES! My husband was radically changed in 2007-- a bondage to that sin that lasted since his late teen years, and God took it away. He has been pure for 3 years. Something happened that scared him into realizing where this road was going. It was enough of a scare to be like a big slap across the face, really. Praise the Lord that not only did He help him to stop the activity, even the temptation was virtually gone from that time. God really did an amazing thing! I believe him when he tells me, because he never once denied anything I ever asked him if it was true.
- I have been addicted to porn since I was a pre-teen. The Internet has just made it more convenient to access. Actually,

my addiction to porn is just one aspect of a host of issues I am dealing with.

- I doubt he has. I no longer have to deal with him, the porn, and the cheating. His mother visited last March for a month and in looking at the history when my daughter discovered it in May, he had been on porn sites (our computer was in the basement) while his mother was upstairs. Sick.
- I don't know - won't talk about it and I just don't ask any more.
- Yes, haven't looked at it since. I do trust him on this. He said he looked at the site 4 times. We changed our passwords on the computer to be the same for both of us, so we do have access to everything each other does. However, I only checked again once, and haven't since.
- Probably still a problem, I really don't care enough at this point to check up on him.
- He says that he has but I feel like I have no way of knowing for sure. Sometimes I wonder when the next "bomb will drop" I felt like I couldn't trust him whether he was being honest or not. We have begun to rebuild trust but it has not been an easy road in any stretch.
- He does stop, but about every six months he does it again and I always know. He does act differently when he has looked at it. This has been going on for about 5 years, and he is always sorry and says he only loves me and doesn't know why he looked at it.

The Effects of Porn

There are few things that adversely and thoroughly affect life like porn does. Emotionally, spiritually, physically... individuals, marriages, families, churches, communities... it saturates and rots everything it touches.

I cringe when I hear people say "porn is no big deal", "porn is victimless" or "porn is a private matter." Talk about ignoring the obvious. I realize that we all justify our sin by trying to minimize it but trivializing porn is like saying the black plague isn't of much concern.



How Porn Affects Kids

- Porn teaches children completely WRONG ideas about sex.
- Porn destroys the security of children by breaking up their home through divorce and turmoil.

- Porn may result in the exploitation and molestation of children.
- Porn exposure awakens a child to sexuality far too early and warps their concept of intimacy.
- Porn can result in disease, illegitimate pregnancy, and early-forming porn habits.
- Porn can lead children to act out sexually with other children.
- Porn can lead kids to false ideas about women, fidelity, and sexual fulfillment.
- Porn can lead children to be callous or angry towards the opposite sex.
- Porn can lead children to perverse or deviant sexual appetites.
- Porn short-circuits normal and healthy, sexual, emotional and spiritual development.

How Porn Affects Singles

- Porn teaches, reinforces, and exacerbates completely WRONG ideas about sex.
- Porn makes singles view potential spouses with skewed and often less-than-desirable intentions.
- Porn causes a single to enter marriage with unrealistic, unhealthy, and destructive sexual expectations.
- Porn cheats a potential spouse by destroying the capacity for intimacy in their future marriage.
- Singles addicted to porn often "change" before getting married with sincere intentions that don't last if porn is not admitted and dealt with properly; often the change is just to "get the girl."
- Porn can result in disease, illegitimate pregnancy, and lifetime porn habits.
- Porn before marriage often leads to porn and adultery after marriage.

- Porn can lead singles to be callous or angry towards the opposite sex.
- Porn can lead singles to perverse or deviant sexual appetites.
- Porn short-circuits normal and healthy emotional and spiritual development.
- Porn is a cancer that can easily and often destroy a future marriage.

How Porn Affects Marriages

- While not always ending in physical adultery, porn viewing is most certainly a betrayal of spousal trust, a breaking of the marriage vows, and adultery of the heart as described by Jesus Himself.
- Porn devalues the marriage relationship, fidelity, trust, and intimacy with spouse.
- Unchecked porn spirals downward consuming time, emotion, finances, and eats away at healthy relationships.
- Porn decreases genuine sexual fulfillment, intimacy, and satisfaction between spouses.
- Porn increases selfishness as personal gratification and self focus invades the sexual and emotional relationship between man and wife.
- Parenting and children suffer from decreasing attention, time, and healthy interaction, in exchange for the porn habit.
- Marital stress increases often on all fronts: financial, intimacy, time

Lie:

**porn is a personal
choice that doesn't
affect anyone**

Truth:

**porn DESTROYS
countless lives
and exploits women
(and men)**

spent together, etc., leading to even more anxiety about the potential of separation, divorce, or abandonment.

- A porn-involved person endangers their own spouse by introducing, exposing, and possibly trapping their spouse in porn.
- Porn habits can lead to physical adultery and use of prostitutes resulting in sexually transmitted disease, illegitimate children and divorce.



Porn In The Marriage Bed

- Porn thwarts real intimacy because of mistrust, fantasizing, or self-focused motives.
- Porn often leads one spouse to expect the same "performance" in their own bed they are witnessing on the screen.
- Porn sabotages real fulfillment by concentrating on selfish experience, focusing on the physical to the exclusion of the emotional and spiritual, and by bringing guilt and shame into a

marriage experience (the only place sex should NOT have guilt and shame).

- Porn destroys trust, fidelity, selflessness, and sharing.

Is it wrong for mutually consenting spouses to spice things up in their "love life" by viewing porn?

First, your "love life" has nothing to do with porn. That's your "lust life," married or not.

Porn viewing is the act of watching other couples engage in sex or the lustful partaking of sexual imagery to increase your own stimulation. Godly sex is a private matter between a man and wife in the secrecy of their own bedroom. The very act of watching other people having sex for your own pleasure is sinful, period. Does that really need to be argued? You are stoking the flesh fires with fuel of illicit images.

Let's get real. When you watch porn and then have sex with your spouse, what are you thinking about? Monday Night Football? A sale at Dillards? What makes it "spiced up"? It's the illicit thrill of seeing "strange flesh," the intoxicating turn-on of getting to (WITH PERMISSION) view the sexual acts of other people (who of course will have great bodies and engage in all those things you dream about).

I can assure you that neither man nor woman is thinking about their spouse at that point unless it's thinking about how they could be different. **It may indeed provide a temporary spike in sexual excitement** but that is like walking through a minefield in Afghanistan to get an adrenaline fix. It's just a matter of time before it blows up in your face and tears you into shreds.

Don't fool yourself. It is **WRONG** for married couples to view porn to temporarily give them a sexual thrill. It will hurt you. It will destroy your marriage. God is not mocked. If you plant the seeds of porn, you'll reap a harvest of marital destruction.

In another section coming up, we'll look at what God says about marriage and see if porn has any place in it.

How Porn Affects Churches

- Leaders, ministers, Pastors, and teachers who secretly indulge in porn have their integrity and testimony diminished as well as their sense of purity, judgment, and ability to shepherd others with a clear conscience.
- Bible teaching on modesty, purity, and fidelity may go ignored, or in some cases over emphasized and made legalistic, in response to the secret guilt of porn.
- Church members feel increasingly hypocritical and isolated as guilt and shame increase.
- Innocent church members are at risk from the potential influence, exposure, or involvement in porn possibly being tempted or enticed by those who already are.
- Children in church nurseries or Sunday school classes are potential targets for molestation.
- Youth groups are fertile ground for the influence of porn and sexual impurity as Churches increasingly focus on fun, entertainment, and accommodation to the exclusion of purity and modesty. I'm alarmed at the lack of teaching on purity, especially modesty, even in conservative churches.

Porn is a cancer, a plague, a scourge, a monster, a disease, a WMD, a virus... and any other horrible words you can think of. It eats away at every aspect of life: physical, emotional, and spiritual. It shows no mercy, no constraint, and no remorse.

If you think porn is "no big deal" I hope God protects you from yourself because you'll inevitably find out how eternally wrong you are about one of the most evil things in human experience.

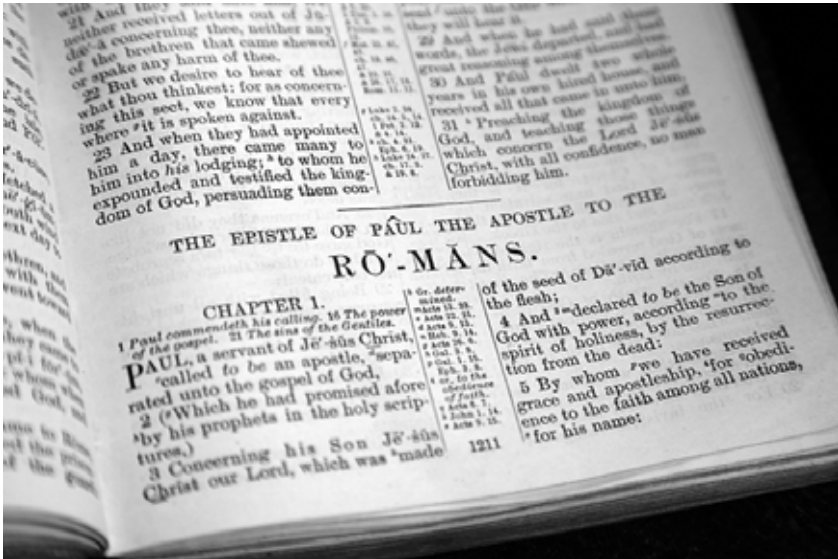
Real Answers from Real People:

Do you think the person viewing porn WANTS to stop? Do you believe they will ever actually stop for good? (if you are the one looking at porn, do you think you'll ever stop? Do you think it's POSSIBLE to stop?)

- I don't think I will. I'm addicted and it is helping keep my marriage alive because I'm not frustrated.
- I think anything is possible. I think I will.
- Yes. God can redeem hearts.
- No, I don't believe he does. He may on some level, but he hasn't shown that he cares to quit. I don't know if he'll stop, he's gone so far.
- I don't think he has any intention of stopping.
- I think I will stop, and I KNOW it's possible. I just need to get back to God. Completely.
- No he will never stop. We have been together for over thirty years and it has always been a part of his (and therefore my) life.
- It is possible to stop. I had a "craving" for it for a long time but that is fading.
- I don't think he wants to stop - he had an amazing wife in my friend, and she is gorgeous inside & out. Much better looking than any images he could've found, seriously. And as a Christian she was committed to working through it, but it takes two. So if losing her wasn't enough, I don't know what will be. That said, he CAN stop, because in Christ all things are possible. It's just a matter of if he chooses to or not.
- I don't know that he wants to stop.
- I think that with God, ALL things are possible... so yes, I think it's possible to stop. I really hope and pray that I will stop... and I think I will definitely stop once I have children.
- God blessed me to stop and yes it is possible to stop!!!

- Husband, yes. He wants to stop because he understands how it hurts our marriage. Son, not so much.
- Nope. He doesn't see a problem with it.
- I think he must want to stop - even if not continually, he must in some moments. Sin is like that. It never satisfies.
- I have stopped, and it is a huge goal to never start looking at it again.
- I hope he wants to stop, at least for me, if not for the greater good.
- I remember knowing that he did want to stop, but I was not sure he could ever stop for good, since he had struggled with the problem for so many years. (We had been married for 13 years when God gave him the victory.) I do not think he will ever have the problem again.
- I am praying that God will change his heart.
- It is definitely possible to stop.
- I think his conscious is seared. He is de-sensitized. He will probably never stop.
- I believe he wants to stop, but is weak and when stressed or down maybe looks at it then. It seems to always be when we are having a lot of stress in our lives. I believe he loves me, but I feel it is an escape for him.
- I don't think he does. I don't think he realized he's got a problem

What God Says About Porn



It seems we live in a strange, hyper-Corinthian age when people, including Christians, have to be convinced that God does not approve of porn. Ironically, if sin could be measured in heights of what our Heavenly Father hates, He would no doubt put porn right at the very top of Mount Iniquity.

I won't rehash all the societal, marital, parental, and relational reasons why porn is a vile scourge (they are the same reasons why our Savior Jesus Christ hates porn too not to mention that Jesus had to die on the Cross for every act of immorality).

I'll reserve this section for Scripture and some brief commentary. If you don't like what the Bible plainly says, you'll have to take it up with God or Hugh Hefner. I didn't write it.

1 John 2:16 For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. (NKJV; emphasis mine)

Is porn all about lust? Yes. Lust is not of God.

*2 Peter 2:19 They **promise them freedom**, while they themselves are **slaves of depravity**—for a man is a slave to whatever has mastered him. (NIV; emphasis mine)*

It is predictable that the people who make porn or want porn will tell you nonsense like you read in earlier in this book: “porn is no big deal; people who have a problem are insecure; porn helps you enjoy all the possibilities (freedom) of sex”. It's a lie. They are slaves to depravity.

*Proverbs 6:25–28 Do not lust in your heart after her beauty or let her captivate you with her eyes, for the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life. **Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched?** (NIV; emphasis mine)*

Don't fool yourself into thinking you can view porn without it hurting you and those around you. Lust has consequences.

*Ephesians 4:19 Having lost all sensitivity, they have **given themselves over to sensuality** so as to indulge in every kind of impurity, with a continual lust for more. (NIV; emphasis mine)*

Viewing porn is the definition of giving yourself over to sensuality, all kinds of impurity, and who can argue that it leads to a lust for more? This verse could have been written specifically with Internet porn in mind had it been written today.

*Matthew 5:28 But I tell you that anyone who **looks at a woman lustfully has already committed adultery** with her in his heart. (NIV; emphasis mine)*

Can you look at porn without lusting? How's that working out for you?

1 Corinthians 6:9 Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the

sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders... [will inherit the Kingdom of God]. (NIV; emphasis mine)

I'm saddened when various groups who want to engage in sexual wickedness ignore such blatant declarations in Scripture and then go on to deceive others. Maddeningly, there are Pastors and Christian groups who teach porn is okay with God just like homosexuality.

*Galatians 5:19–21 Now the works of the flesh are evident, which are: **adultery, fornication, uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told you in time past, that those who practice such things **will not inherit the kingdom of God.***** (NKJV; emphasis mine)

Porn contains all aspects of adultery, uncleanness, lewdness, and fornication. In fact, that's all it contains. Those ingredients are the very essence of porn.

*Romans 13:13 Let us walk properly, as in the day, not in revelry and drunkenness, **not in lewdness and lust**, not in strife and envy.* (NKJV; emphasis mine)

Porn is not walking "properly"... it is one of the sins of darkness.

Colossians 3:5–6 Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. Because of these things the wrath of God is coming upon the sons of disobedience, (NKJV; emphasis mine)

God tells us to put to death (that is, cast out of our lives) several things that make up porn: fornication, uncleanness, passion, evil desire. We are even warned that God's anger and judgment are coming for those who do not cast out such wickedness.

The God-Created & Ordained Institution of Marriage

For you married folks who entertain the hellish idea of viewing porn together as a couple, read what the Bible says about marriage and see if porn fits in anywhere (a *partial* list from Torrey, R. A. - 1995 The New Topical Text):

Marriage is:

- Divinely instituted. Ge 2:24.
- A covenant relationship. Mal 2:4.
- Designed for
 - The happiness of man. Ge 2:18.
 - Increasing the human population. Ge 1:28; 9:1.
 - Raising up godly seed. Mal 2:15.
 - Preventing fornication. 1Co 7:2.
- Lawful in all. 1Co 7:2,28; 1Ti 5:14.
- Honorable for all. Heb 13:4.
- Should be only in the Lord. 1Co 7:39.
- Expressed by
 - Joining together. Mt 19:6.
 - Making affinity. 1Ki 3:1.
- Indissoluble during the joint lives of the parties. Mt 19:6; Ro 7:2,3; 1Co 7:39.
- Celebrated
 - With great rejoicing. Jer 33:11; Joh 3:29.
 - With feasting. Ge 29:22; Jdj 14:10; Mt 22:2,3; Joh 2:1-10.
- A benediction pronounced after. Ge 24:60; Ru 4:11,12.
- Illustrative of
 - God's union with the Jewish nation. Isa 54:5; Jer 3:14; Ho 2:19,20.
 - Christ's union with his church. Eph 5:23,24,32.



Tell me, where does porn fit in that list?

Telltale Signs That Someone Is Involved In Porn

When people get caught up in porn they often try to hide it. Typically, a porn habit will eventually reveal itself.

People, computers and the Internet leave lots of clues. Porn affects the mind, body, and soul to such a degree it's virtually impossible to not let porn change your personality, how you spend your time, the tone of your attitudes, your relationships, emotions, or moods.

There are almost always indications of porn use if you know what to look for. One suspicious sign by itself doesn't make a porn problem a certainty. Be careful you don't jump to conclusions and unfair accusations.

However, several indications, or repeated signs, should not be wishfully ignored. If it walks like a duck and quacks like a duck, it's sure to end up being a duck porno flick. Don't close your eyes and hope it's not true. Don't suspend your intellect because your heart begs not to be hurt. If there is a problem, it's not going away.

Let's look over list of possible clues:



- Pornographic images or sites pop up on the computer and they (the person most likely involved in viewing porn) have “no idea” how or why.
- They shut down the page or switch windows when someone walks in the room unexpectedly.
- The history and temporary files for the web browser are constantly erased with no real reason to do so (or set to erase after each session is closed).
- The computer monitors are situated in such a way that no one can walk up behind without warning.
- Late night, solitary, or isolated use of the computer, often without being specific as to what they are doing or making excuses why they have to work or be on the computer after hours.
- Unexplained irritability and anger (often the result of guilt or shame about porn viewing).
- Unexplained (no illness or stress) loss of sexual interest in marriage or the introduction of new sexual requests, often perverse or “out of bounds” for the other spouse.
- They want to password-protect or lock the computer from everyone else when there is no real security reason to do so.
- Unexpected porn ads or pop ups appear, and the repeated reason is given that a porn site was “accidentally” visited.
- Pornographic links in the browser address or search fields.
- An increase of porn e-mail spam in their e-mail inbox.
- Aggressive or particularly selfish sexual requests with partner.

Again, no single one of these indicators is proof of a porn habit. Several of these would be a strong indicator that should not be ignored. You have to balance between giving the benefit of the doubt without being naïve.

How to Check for Porn on a Computer



1. Open the folder that contains the browser temporary files (check the browser Help file for instructions on how to do this). Look for images, cookie files and other items that have obvious porn names, words, or addresses. Don't worry... you can't miss it if it is there.
2. Open the Windows Registry (search the Windows Help or Google to find out how; it's easy). Do a search for words like "porn," "sex," "nude," or other sex-related profanity. If the computer has been used to view porn, you'll usually get dozens if not hundreds of registry entries that give it away.
3. View the History of any browser on the computer (refer to the Help file if you don't know how).

4. Put your cursor into the browser address field, the Google search box, or other search boxes and press the down arrow. Often, the history of recent searches will appear in a drop-down list.
5. Install tracking software that keeps a record of all applications and sites that are visited. Some software will even take screen shots at certain intervals or when a keyword (like “porn”) is detected.
6. Install a “keystroke tracker” on the computer that literally logs to a text file every key pressed on the keyboard.
7. Take the computer to a computer repair service and ask them to check it for porn usage.
8. If you suspect the possible porn viewer of “switching windows” when you walk up, immediately look in the task bar to see what other windows are open despite what is showing on the screen.
9. If you suspect the possible porn viewer of “closing windows” when you walk up, immediately reopen the web browser. Often, the last viewed page will come up and they will not have had time to erase the history.
10. If you suspect “window switching” or “window closing” ask immediately upon walking up: what were just working on or looking at right then? Often the porn viewer will stumble and hesitate because they are trying to think up an answer. Ask them to show you ON SCREEN exactly what they are doing.
11. Google search for software that scans and evaluates a computer for porn usage; many parental-control software packages offer this feature.
12. Depending on how serious the person is about hiding porn, there are actually websites that teach one how to do this. There is also software that will “scrub” a computer, and browsers all have a “private” or “incognito” mode where web tracks are not left. This makes find porn clues on a computer harder now BUT that’s only if the porn viewer is aware of those things and have gone to those lengths. However, working that hard to cover up porn is probably quite involved and the signs of their problem will show up in other ways: behavior, personality and relationships.

Real Answers from Real People:

Is that person trying to hide their porn habit? End it? Do they not care? Or think it is okay? (if you are the one looking at porn, are you currently hiding your porn activity? Do you care or do you not think anything is wrong with it? Be honest... this is anonymous)

- Yes I am hiding it. I am very ashamed. At the same time I feel like I need it. I'm intimate with my husband any time he wants but it's not exciting and I only do it for his pleasure.
- I don't really know, I sometimes think he just doesn't care cause he watches movies that I think are just a step above and tells me I'm being silly when I complain about them.
- He was trying to hide it, at least from people we both knew. He didn't try to hide it from his non-churched friends. To my knowledge, he hasn't tried to quit, either. I don't believe he thinks it's all that bad . . . he knows better, but I just don't think he cares anymore.
- I am hiding it. I just don't want people to look down at me because of it. I feel horrible, and I want to stop, I just don't want to admit it to others.
- He doesn't care and doesn't see it as porn. The only reason he hides it from me is because he doesn't want to hear about it.
- He is trying to end it, wants it to end and it disgusts him that he ever did it...
- Now he erases the history each time he's on my computer.
- Yes, they try to hide it.
- I would hide it. It is not okay.
- I try to hide it. I DO care and I DO think that it's wrong... it's just such hard habit to break.
- He doesn't care and typically doesn't hide it any more, but he thinks it's okay.
- My father is currently engaged to a woman who supports his desire for sex and that is herself involved in the same

practices. Neither of them hide their sin. It's amazing when you consider that he was a Bible college graduate, a missionary, and a pastor.

- I hid my porn activity.
- I think he understands my point of view now. I think most of his male friends look at it and "pass it around" some even use his computer to look at it.
- My husband never did think it was okay, but he just did not understand how serious it really was. He always wanted to stop, but the temptation was just too strong. It was truly an addiction.
- I totally try to hide it. The porn and all related issues. Done a good job of it too. I know it is wrong, but like an addict trying to kick heroin I keep falling back.
- He always tries to hide it. He says he doesn't want to look at it and has taken steps to leave iPod at home on out of town trips.

The Coming Confrontation & Long-term Battle

Frequently the porn-viewing offender is a spouse but at times it may be a sibling, a child, a parent, a friend, or a fellow Christian. As you embark on this labor of love you have to prepare for the long haul.

There are no magic pills, no easy fixes, no 12 steps. Porn invades the mind, body, and soul. Often there will be a roller coaster of victories and failures. Unlike modern “psychologizing”⁵ that denies both the sin nature of man and the indwelling of the Holy Spirit, God does not wish for us to be perpetual, struggling, lifelong “addicts.” The blessing of God is this: LONG-TERM VICTORY OVER ANY SIN IS POSSIBLE. A Christian does not have to live with the lie that they are a “sex addict” for life and it’s a disease. That way of thinking is utterly un-Biblical and should be shunned by Christianity including Christians in the modern mental health industry.

Consequence of porn:

“I always wonder if they are still looking at porn and hiding it from me.”

Approach the person you feel is in need of help with an appropriate mixture of hope, compassion, and no-excuses firmness. Porn is not to be trifled with and there is no room for blaming someone else or

⁵ I know I keep making this point repeatedly but it’s on purpose. Like Darwinian Evolution, this lie is told so often by so many “authorities” that it has become a sacred cow that only kooks and religious nuts deny. It’s frustrating because the concepts of humanistic psychotherapy undermine everything the Bible teaches about the sin nature of man and yet, “Christian counselors” and Pastors all over the world parrot these destructive theories as if they were the Gospel itself. I talk more about this in a special section near the end of the book where I explain this further.

taking comfort in the false ideas of “it’s not your fault, it’s a disorder or sickness.”

Damn the Porn Not the Person

Condemn the indulgence and tolerance of any aspect of porn but don’t condemn the person. Sin is sin and while some sin certainly has greater temporal consequences, someone’s gossip is just as unholy and destructive to a marriage or family as another’s porn habit. As Scripture says, the VERY BEST of our goodness is like festering rotten disease compared to God’s perfection (Isaiah 64:6).

It’s the business of the Holy Spirit to cultivate conviction, guilt, and shame in the amount only God knows is effective to bring about the needed contrition and motivation to change the porn-viewers heart.

Do not falsely alleviate negative feelings with empty patronizing like “oh don’t feel bad. Lots of people have this problem. You just need to love yourself.” Don’t short-circuit the necessary and healthy process of emotional and spiritual pain that is part of true healing. Conviction, contrition, guilt, shame, humiliation... they are a God-given part of the human emotion and necessary to effect change.

Lie:
porn promises
sexual fulfillment

Truth:
it makes real fulfillment
almost unattainable

It is a horrendous and destructive lie of modern counseling that shame and guilt are not appropriate and cause “low self-esteem” thereby rendering the person less likely to “love themselves” enough... or worse, let’s numb the person to negative emotions via medication. It is neither our business to be the deliverer of these emotions, nor be the reliever. Let God do His work in a person’s heart. God will convict. God will sustain. God will heal and refresh.

Worrying about a person's self-love, self-esteem, and need to avoid the process of repentance is tantamount to **SELF worship** and denies the transgression against God. As Christians, we need to feel ashamed when we shame Christ with our sin. We need to feel guilty when we spit on God's love with our wickedness. We need to be brought LOW when convicted about choosing immorality over purity. To cut short the need for repentance (an acknowledgement of sin and the desire to stop) is a vain attempt to feel better about ourselves without fully dealing with the sin that got us to this point.

But... and there's always a "but" isn't there? Once appropriate guilt and shame have brought about a desire to change, then FALSE guilt and shame have to be guarded against. Whether it's Satan whispering lies to keep you from thinking victory is possible ("you'll never change"; "you can't stop"), or humanistic "therapy" that labels you an "addict" for life⁶, once a course of repentance, forgiveness and change has been implemented, there is no longer any place for guilt or shame.

Expect to Battle Against Confusion

The Church and Christian counseling is so fully infiltrated now with humanistic psychotherapy, you will often battle a confusing onslaught of ideas both from the person you are helping, and those who are bombarding them with the commonly accepted theories of "therapy."⁷ I wish I had a magic answer on how to convince someone not to listen to atheist-originated, God-denying, sin-ignoring psychobabble but it's like battling the idea of Evolution versus Creationism. Society, including the Church and Christian academia, has become so completely saturated and brainwashed with modern

⁶ I've always found it strange that they label you something negative for life since "self-esteem" is such a cornerstone of psychotherapy; doesn't do much for myself esteem being called an "addict" for life

⁷ If you don't really understand what I'm talking about here, you might take a minute and read "The Psychobabblization of America" near the end of this book.

psychotherapy concepts, anyone not buying in to it is met with dazed stares and whispers of “nut job.”

People caught up in porn who want to stop often consult many different people and sources (and often the aim is to find someone that will tell them what they want to hear). Chances are MOST of them, including the ones with lots of letters after their name or the ones sitting in the Church office, are going to engage in continual talk of addiction, self-esteem, therapy, and medication (instead of sin, repentance, forgiven and holiness). I’m just warning you to be prepared for that.

Pray for strength, wisdom, and patience. Pray for the other person to have their eyes and hearts open to the Truth. Some things to pray for:

- Pray that God will protect the hearts of all involved so that no further damage is done.
- Pray that any deceptions are revealed (i.e. porn is not wrong, porn is a victimless sin, porn helps married couples have better sex).
- Pray that confusing ideas about therapy and non-Biblical advice-givers will be kept away.
- Pray for the restoration of relationships: marriages, families, friendships, churches.
- Pray that God will expose all the secrecy and hidden deception that is part and parcel of the vast majority of situations involving porn, especially in Christian marriages.

A Word to Spouses

If you are the spouse of someone viewing porn, you need to be on guard against lies and false guilt that can cause you to stop loving your spouse, or send you spiraling into your own loss of joy and hope.

It's Not About Your Sexual Performance

Your spouse's porn problem isn't a statement about your sexuality (although I will caution here, that if you've been withholding sex as a form of manipulation, or simply neglecting your mate sexually, you aren't exactly helping matters... but that's another book).

Many people, especially women, see their husband's porn problem as sort of a sexual inadequacy on their part. Ladies, that is not it. Men seek porn like a glutton sneaks ice cream and a bag of chips after you put away the Thanksgiving dinner. It's about an undisciplined and impulsive indulgence of the flesh. Don't believe the lie that "if only I were better in bed..."

It's Not About Your Body

While spouses SHOULD be concerned with their physical fitness and strive to "look good" for their mate (doing the best with what God gave you), it's a lie that your spouse's porn habit is caused by the fact that "you don't look good enough."

Note: let's be honest. If you go to bed stinking at night, have gotten sloppy fat, and quit caring how you look, then you certainly could be cultivating an atmosphere where something that "looks good" is going to more easily draw your spouse's attention (not CARING how you look is not the same as "I'm not good looking enough". We have a terribly skewed view of physical beauty today, much of which can be blamed on porn).*

**That is NOT to say, at all, that a person has an excuse to seek other sexual gratification if their spouse currently doesn't care all that much about how they look. That's also a topic for that other book.*

Consequence of porn:

"Because my spouse looks at porn, I feel distrustful, disgusted, repulsed."

Porn is not about “she has a better body.” I’ve personally known men with striking, gorgeous wives who have virtually perfect bodies... and they are still trapped in porn. Porn goes much deeper than issues of physical attractiveness. MUCH deeper.

Again, as a spouse, you should care about how you look. You should make reasonable efforts to stay as healthy and attractive as God has made you. Given that, if your spouse gets into porn, it’s a lie to believe “if only I was prettier,” “if only my breasts were bigger,” or “if only I was skinnier.”

Maybe I’ll Give Him What He Wants

Another lie is that if only they could give their spouse all the sex they want, and the same kind of sex seen in the porn, that will cause the need for porn to go away. Nope. In fact, that is likely to make things worse by validating the illicit desires and need for selfish gratification at all costs.

Even sadder, many women who go this route end up having a problem with porn themselves. Ladies, don’t believe you are immune to sexual enticements of porn. That would be foolish. If you play this game of “I’ll give him what he wants” (in the sense of pornographic pleasure even in the marriage bed) you are opening yourself up for deception and it most likely will only make him crave more (more frequency, more perversion, more experience).

Quick! Get A Divorce

A porn problem is not an immediate marriage death penalty no more than a gossip, lying, or gluttony problem is a reason for automatic divorce.

"Yeah, but porn breaks the marriage vows, it's tantamount to adultery." I won't argue with that. A spouse, particularly a wife, almost immediately equates porn viewing with "cheating" and well they should but consider this: given all the other consequences and destruction brought on by divorce, dealing with and getting past a porn problem may be much less damaging than a divorce. There's no easy answer... all I'm saying is discovering a porn problem should not

be a knee-jerk ticket to family court. It might end up there but don't impulsively make it your first reaction. You'll regret it.

A note to Christians: this is not a book about divorce but I should quickly address it here. The Bible gives us two reasons God allows divorce... adultery and abandonment.

Viewing porn may feel like adultery has occurred but it is clear that Bible is speaking of actual physical intercourse when it lists adultery as grounds for divorce. Consider Jesus' words:

*Matthew 5:28 ~But I say to you that whoever looks at a woman to lust for her **has already committed adultery** with her in his heart.(NKJV; emphasis mine)*

Viewing porn is lust and Jesus said this is equal to adultery "in his heart." But, was Jesus declaring that LUST is a Biblical reason for divorce? Certainly not or every person would have grounds to divorce their spouse. If that was true, the Bible wouldn't have any prohibitions against divorce because every marriage at some point has had a spouse lust at least once.

While horrible, if your spouse is viewing porn, they are guilty of adultery in the eyes of God (i.e. that's how God views lust) but unless physical intercourse has occurred outside of marriage, the viewing of porn is not grounds for Biblical divorce. That is why Jesus differentiates the physical versus the emotional with the phrase "in his heart."

"Yeah, but..." I'll hear that a thousand times with heartbreaking stories about men who won't quit looking at porn and women who are turning to on-line porn relationships for excitement. I can't answer every scenario here. Along with what you'll learn in this book, you need to seek the ongoing advice and accountability of serious, mature, and Biblically grounded Christians who can prayerfully guide you through this minefield.

You Can Never Trust Him Again

Yes, you can. And husband, you can trust your wife again too. It may not seem like it right now, but you can. Plenty of marriages and families have come out of porn with even stronger relationships.

If you are tempted to believe this lie ("I can never trust him again") consider this: why should they ever trust YOU again? Have you ever lied? Have you ever betrayed them? Have you ever deceived them? Have you ever talked about them behind their back? Why should they ever trust you again?

Don't be a hypocrite. We all do things that make us untrustworthy. Maybe they will never prove to be trustworthy ever again. That's a possibility. But... there is a chance they can be trusted and just like you would want the chance, you need to give them that chance, if they want it.

Consequence of porn:

"I quit caring. I believe my mate is probably still looking at porn and just lying about it."

Take Two Aspirins and Call Me in the Morning

Once the problem of porn has been confirmed, what do you do? What follows are my suggestions for various situations.

How To Confront Someone Who Is Looking Porn

The reality and bad news has settled in: someone you love is into porn. How do you confront them?

In all cases, I would suggest that you first find other mature, Biblically-grounded Christian(s). Talk to them. Give yourself a little time to process the shock, anger, or anxiety. We are rarely capable of loving, properly motivated, and reasoned confrontation immediately upon finding out something this difficult.

While it is understandable that we feel the need to punish, accuse, and get our pound of flesh from the spouse who has betrayed us, the child who has shocked us, or the friend who has lied to us, our first concern should be the repentance and restoration of the sinner. Parents should be concerned about getting their kids back on track. Spouses should be concerned first about the rebuilding and reconciliation of the marriage, not the immediate desire of divorce or retribution.

The following are suggestions. I would be a fool to think I can give you a set of magic steps that will fix everything. I can't. This is a TOUGH problem. But here are a few things to get you headed in the right direction when you have to confront someone:

Husband

If you are a wife needing to confront your husband, this will not be easy. Get ready for lies, denial, and anger.

Be prepared not to beat around the bush. Don't listen to excuses, lame explanations, or denials (tearful or angry). If you have solid proof, show it. If you have circumstantial evidence, then take the list from this book ("The Telltale Signs That Someone Is Involved In Porn" and "How to Check for Porn on a Computer") and go over all the signs that apply.

If your husband continues a flat-out denial then suggest putting software on the computer to monitor and control the content. You'll be the only person to know the password. If your husband is not guilty of looking at porn, he should be enthusiastic about giving you this peace of mind ("how dare you not trust me" is another indication something is amiss).

Some husbands will tell you they don't think anything is wrong with a little porn every now and then. They may even attempt to get you to join them. If your husband simply won't see the problem, then you'll need to consider asking him to read books like this one or have other Christians talk to him. You might even find other males who have destroyed their marriages with porn and ask them to tell your husband their story. Don't give up and don't jump to ultimatums or talk of divorce. If you really want your marriage to heal, you have to allow the Lord time to work and get into his heart.

If your husband is an otherwise committed Christian, the best approach might be to have one of his Shepherds (church leaders, Elders, Pastor, etc) or mature Christian friends do the confrontation. This may result in added anger because of the embarrassment but it can often get you past the denial or excuse phase more quickly.

A note to wives: if you pursue a continued course of bringing up the past, constant nagging, or withholding sex for the long term in order to punish him (or simply because you don't feel

like having sex with him anymore), don't expect the healing of your marriage to occur. You can't suffocate someone then blame them for trying to breathe. That certainly doesn't mean you should allow him to continue his porn habit unabated and expect you to be available. However, as long as your husband wants and works toward healing the marriage, don't use the denial of sex as a form of control or punishment.

If your husband is a "good guy" and loves the Lord, believe me, he'll feel punished enough. He will be much more likely to respond to your forgiveness and a "second chance" with gratitude and extra effort to make amends and change.

Wife

More and more it's becoming a problem that women are involved in porn. Chalk up a victory for equality. Sin is an equal opportunity destroyer.

Husbands who need to confront their wives about porn must keep in mind that porn or not, it is still our Christian duty as husbands to protect, honor, and lead our wives. "Divorce" is not the first word that should come into play for the offended wife and I personally think this is doubly true for the husband who has been ordained by God as the leader of the family and marriage.

While men may most likely be defensive and angry if other people are brought in for confrontation and accountability, women seem generally more open to a firm but compassionate, mature Christian female who can also understand her struggles from a female viewpoint.

Sadly, it has increasingly commonplace that women are callous towards healing the marriage, even proceeding to use the family court's ingrained bias against men to give their spouse the financial and legal middle finger. Very sad. Payback for the decades when men did this to women with impunity, and just as sadly, another by-

product of the feminization of America that has made women "as bad as men."

A note to husbands: controlling your wife and making her show her contrition by submitting to your micromanagement (or worse, punitive sexual demands) will only ensure the total loss of the relationship. If you think putting your foot on her neck and using the threat of divorce or rejection to extort her submission is the answer, go ahead and save up for a lawyer.

You must confront your wife with the very apparent motive of reconciliation and love. It may help to remember that you are not exactly guiltless when it comes to lust, right?

Kids

Like all discipline issues with kids, parents have to be firm while never letting the child forget that your priority is their eternal destination, character, and maturity - in that order. Notice there's no mention here of being their buddy and getting them to "like" you. You can't let kids hijack your parenting responsibility with the spoken or unspoken threat of being mad at you.

Confronting kids is a little more straightforward. You show them the evidence and you enact the appropriate measures. That may involve locking down the computer where they can only visit sites you approve of, putting parental locks on the cable or satellite TV, more closely monitoring their friends, and trying to block opportunities to be on other computers you can't control.

Of course, as kids grow, we can't simply "control" them into compliance. We have to work on their hearts and character. We have to teach them why porn is wrong, how it destroys lives, and most importantly the eternal consequences of sexual immorality.

Control, teaching, and love. Hardly easy but at least it's pretty well defined. It's not nearly as nebulous and unpredictable as having to work through a porn problem with a spouse.

Fellow Christian

We have a responsibility as Christians to confront each other over obvious sin. Porn meets that criterion. Ya think?

Unlike spouses or children, we won't have control over anything (such as putting software on their computer). On the other hand, we don't have the intense personal fallout to deal with either. You don't have to go to bed with them that night or raise them. That doesn't make the matter any less stressful to deal with.

First, a fellow Christian must realize that your confrontation has one goal: repentance, forgiveness, and spiritual restoration. You need to be firm and not give ground to excuses or denials while responding with compassion and patience.

Don't just confront. You need to be willing to help too and invest your time and life helping them overcome this awful temptation.

What If They Are Unrepentant?

If a fellow Christian is unresponsive to individual rebuke and won't acknowledge the proven sin with repentance, then you are bound by your Christian duty to pursue the steps of Christian discipline.

This may come as complete shock to most people because the attitude today, even in Church, is "it's none of your business." Churches are crippled by the threat of lawsuits and rarely exercise the God-ordained and commanded steps of disciplining unrepented public sin by an individual Believer.

Regardless, this doesn't relieve us of doing what we must do. If you confront a fellow Christian with proof of their porn problem and they tell you to mind your own business, you must then confront them a

second time with a couple of witnesses. Further refusal to repent then becomes a discipline concern for the Elders and Shepherds of his church (see Matthew 18:15-18).

Real Answers from Real People:

What damage has been done to the porn viewer because of porn? How have they become a "lesser" person (not as good a father, an uncaring husband)? What literal things can you state are WORSE with them because of the porn? (if you are the one looking at porn, in what ways do you see you becoming "less" or "bad" in other ways?)

- I lie, I have been unfaithful, I have broken my vows. It's not porn's fault. It is my fault but Porn was the vehicle I used.
- I can see it easily going in bad directions... easily going into cheating on my spouse. I need to stop, I will not cheat on my spouse. How do you break free from this?
- At first it was a problem but the Lord has had a great impact in the healing process.
- I'm not sure. I think God has restored him to the man He wants him to be.
- He is arrogant, self-centered, depressed, and rude. Just about anyone that knows him has commented on how much he has changed. His parents and brother don't even enjoy being around him anymore (they only go around him because they are family, but they are constantly on edge).
- Doesn't get anything else done on his one day a week off.
- I get more angry and guilty about things, and that leads into a spiral of doubt and confusion and it never ends. I feel like I'm a horrible Christian and daughter/sister/girlfriend because I'm doing something I KNOW is wrong.
- One son moved onto sexual molestation issues with sisters.

- In my opinion it has made him withdraw from me and even from society. He finds comfort and security in his little online village.
- Memories, images in his mind...the thing that is worse is he has these memories engraved in his mind for life - praying for him continually that he can overcome this 100%.
- My parenting was affected and how my husband and I interacted in bed. I did consider myself bad, but it WAS bad and I was doing sinful things. I had to stop it because I was fearful it would destroy me.
- I don't interact with him directly - my good friend is his wife so all my info comes through her - but all I know for sure is he's lost his wife & it's damaging his walk with God.
- My image of him is broken. What husbands don't realize is that to them it's a small sin; to wives it feels equal to adultery. I feel betrayed and broken- like something that I held as sacred is tainted. I feel insecure about myself, even though I know that I am physically healthy and beautiful. I wonder what the women in the porn he was watching have that I don't have. Because of this, I see him as unloving and SELFISH.
- Again, I think that porn makes you have unrealistic expectations of your mate... I also think that I have gotten further from Christ because of it... I don't think that a person can lose their salvation, but I know that it's put a wedge in God & I's relationship. It has also made me desensitized to lovemaking... the longer you view porn, the more sexually numb you become... you end up needing to view even more extreme things, just to keep turned on.
- He has less of a sex drive for me. He feels ashamed, and that often comes out as anger.
- We haven't been intimate in over 3 years. Maybe because of it, maybe not. But I think that I'm not attractive to him if he has to go to porn and I think he wants certain things because of the porn that I'm not comfortable doing. It has definitely affected our marriage.

- He became selfish and self-seeking. He is so addicted to his behavior that he feels a need for it and will go to great lengths, over all other individuals' needs, to feed the habit. I also think he has a great deal of shame. This makes him unable to seek the Lord or return to his family (even though he knows we will welcome him home) because he feels "unforgivable" - which is ironic since he says what he does is acceptable.
- It just makes me upset and causes us to fight.
- He was a caring and loving young man. Now he has disowned his whole family.
- When I have been heavy into it for a period of time, it affects my thinking and I have to remind myself of what is real and what is fantasy.
- Our relationship is worse - I can hardly stand him but know it is wrong for me to leave as a Christian in a marriage.
- I think God really stepped into both of our lives that day and gave us a crazy wake up call. My husband unfortunately chose the devil over our God those times, however we are both thankful for the opportunity that God gave us to be honest with each other and speak to each other. My husband has a tendency to hold onto things, good/bad whereas I feel like I need to ask for forgiveness and let go, therefore I refuse to let one bad day ruin us. I love my husband more today than the day I married him. I wish we didn't have our ups and downs, but we are different people. Yes, I am a positive person and like seeing the light side of things but I truly believe God chose my husband and I to be together for a reason. I have to TRUST in HIM, as hard as it is at times. I am thankful for my dear husband, and our faith. We pray more together now than we ever have. If we continue to pray together and keep our focus on HIM, I think it will make the hard times a little less difficult.
- He spends way less time with his kids. He is always "working" in his office upstairs. He can't hold down a job. He snaps at everyone. He doesn't go to church with us because he says that his clothes aren't fitting. It is insane.

- Job loss, withdrawing emotionally from me. feel it has changed my husband. He seems to have changed a lot in the last 5 years. He is sometimes mean to me and then is sorry. He seems to be pushing me away. He now cusses at times and never ever did that before either. We have a lot of kids (10) and he works long hours and I tell him that I feel he is pushing me away and he is always sorry as he says he never wants to hurt me. We have been married 24 years and will never divorce, but I do feel like a little stab in my heart every time this happens and makes me not want to be with him.

Okay, Porn's A Problem - What's Next?

Well here we are and now it's confirmed: we have to deal with a porn problem. There's sadness, guilt, shame, and a roller coaster of other emotions.

The shock doesn't end quickly but nonetheless we are immediately faced with the question: what now?

Helping Another Person

Assuming the other person wants help, be prepared with a list of suggestions for blocking porn, being accountable, and Biblical education about purity and sexual morality. There are plenty of good books, workshops, and ministries that can aid you.

Most of all, be prepared to invest time. A porn problem doesn't disappear overnight. Dumping some books on someone or giving them the name of your Pastor is not a magic answer. People immersed in guilt and shame and sin need encouragement, firm counsel, and ongoing accountability not to mention prayer and friendship.

Helping Yourself

Don't help yourself by yourself. I know that admitting the porn problem to someone is embarrassing but if you think you'll just handle it privately "cold turkey," get ready for almost certain failure.

You can follow all the steps below and do everything right about getting over your porn habit. There's a chance you'll succeed but an even greater chance you won't. Increase your probability of success

by letting some mature Christian friends hold you accountable and work through this struggle with you.

Tell Your Spouse?

Unlike some, I don't recommend that spouses dump their porn habit on their partner and then expect them to be the one to help you through it. It's too hurtful.

While I'm not advocating keeping secrets from your spouse, you have to weigh the damage you will do to them and to your marriage. I think in the case of porn, a person can confess it to another mature Christian(s), take steps to block porn, arrange accountability, and find victory over this sin without destroying their marriage or putting their wife through misery.

Is that lying or deceiving your spouse? People present arguments for and against. Do you reveal every lie, every lust, every deceit, every bad motive, every small betrayal, to your spouse? Or do you simply change your behavior and protect them from unnecessary hurt? It's a matter of where you draw the line.

I believe it is both healthy and prudent to weigh the inevitable deterioration of the relationship by confessing porn to your spouse versus seeking serious accountability and counsel from those who can help you.

Each person will have to pray and ask God what the answer to that question is. There is no Biblical directive that demands only one conclusion.

Specific Steps

1. Block The Porn
2. Be Accountable
3. Remove The Opportunities

4. Make It As Hard As Possible To View Porn Secretly
5. Get Serious Biblical Advice And Counsel
6. What about the spouse who refuses to stop?

How To Block Porn From Your Computers



There are all sorts of ways to help keep porn off your computers or keep you off porn while on the computer.

Even if you aren't involved in viewing porn, your computer is an OPEN DOOR for it. Smart Christians set up defenses before a problem occurs: be spiritually proactive. I have a combination of several layers of protection on our computers.

These first four are my favorites, and I'll disclose right up front that I am an affiliate reseller of these products. Why? Because they are the best in my opinion. If I can make some income

endorsing them, all the better. However, if you have any negative feelings about my profiting from these endorsements, then simply go directly to their website and purchase the product from them instead of using the links below. I don't care about making a commission nearly as much as I care about people getting the help they need.

To make it easy to remember where to get this information, I've created a page here with everything you need:

<http://www.brentriggs.com/NOporn>

iShield Plus

iShield Plus® is an complete Parental Control solution for protection against computer-based pornography and illegal web content. iShield Plus allows you to control Internet surfing times and determine which software applications are OK to run.

iShield Plus also monitors Internet Communications and safeguards personal information. Incident Reports document potential problems for your review.

iShield Plus is designed for ease of use and can be set up for individual members of the family with minimal fuss.

iShield Plus has the following advantages:

- Comprehensive Pornography Detection
- Monitors Internet Chat and IM
- Monitors Application Usage
- Disk Drive Scanning
- Customizable Protection Modes
- Detailed Productivity Reports
- Create Internet Use Time Restrictions
- Multiple PC User License
- Email alerts keep you informed

I highly recommend **iShield Plus** and it is one of my favorite computer-control software choices. Sign up for it here:

<http://www.brenttriggs.com/NOporn>

Covenant Eyes

With so many inappropriate websites and Internet temptations, what we do on-line impacts our lives off-line. Covenant Eyes provides Internet solutions to protect your integrity on-line.

Internet Accountability

Don't just block the bad stuff. Accountability is about being open with friends or family about what we do online. Covenant Eyes has been changing hearts since 2000.

Internet Filtering

As a parent, you need the appropriate parental controls to protect your children's eyes. The Covenant Eyes Filter will help you fine-tune your approach to protecting your kids online.

Accountability really adds another dimension to battling porn. My best friends, Pastor, and fellow teachers are my accountability partners. Do you think I want them getting a report that I'm looking at a porn site? Uh... no.

Find out more about Covenant Eyes and sign up here:

<http://www.brenttriggs.com/NOporn>

Safe Eyes

What are "Parental Controls"?

"Parental Controls" is a term that has been widely used to describe tools that allow parents to choose appropriate content for their children. Parental-control software has been developed for everything from TV to the Internet. Safe Eyes falls in the latter category of Internet parental-control software. Safe eyes is a flexible set of tools that allows anyone to determine the type Internet usage that is appropriate.

Safe Eyes Parental-Control Software Includes:

1. Content Controls - Flexible content control allows you to select the types of websites that are appropriate.
2. Program Controls - Control Instant Messengers, P2P File Sharing, and other harmful programs.
3. Time Controls - Control the amount of time spent on-line, and the times when the internet is available.
4. Usage Logging - Create and review logs of websites visited, programs used on the Internet, and Instant Messaging Chats.
5. Usage Alerts - Be notified instantly via email, text message, or phone call when someone visits inappropriate websites.

Parental-Control Software For Website Content

There are many different types of websites that can be potentially harmful to children. With 35 categories, this parental-control software gives you the ability to fine-tune access to websites and ensure that harmful content is blocked. This effective Internet control will ensure that your children are protected whenever they go on-line.

Instant Messaging Parental-Control Software

Whether you are interested in blocking Instant Messaging or just monitoring who your children are chatting with, Safe Eyes parental-control software helps you accomplish the task with ease. The

parental controls allow you to monitor Yahoo!, AOL Instant Messenger, ICQ, and MSN Instant Messenger.

Control Time Spent On-line with Safe Eyes Parental-Control Software

The Internet can be a great resource for homework, research projects, and fun activities. But it can be easy to get sidetracked playing games or watching videos on-line. Our parental controls allow you to specify the amount of time that can be spent on-line, and the times of the day when the Internet is available.

Find out more about Safe Eyes and sign up here:

<http://www.brenttriggs.com/NOporn>

Net Nanny

Internet Filtering

Net Nanny can block not only pornography, but hate sites, questionable chat rooms, and other dangers of the Internet. You can configure Net Nanny to block on-line game and gambling sites, and even make it so your children can only install and play computer games with parental ratings that you deem appropriate.

Other great filter and monitoring features:

- Profanity Masking Feature
- Social Networking
- Bypass Blocking
- Search Terms
- View conversations for web-based IM like Facebook, Meebo, and MySpace
- Receive email notifications in real-time, hourly, daily, or even weekly
- Block uploading of pictures
- Keyword blocking lets you decide if kids should see pages with specific words

- Block posting/commenting on Blogs and Forums

Find out more about Safe Eyes and sign up here:

<http://www.brentriggs.com/NOporn>

Those four are my favorite. Here's a list of several more good filtering, monitoring, and blocking services/software:

- WebWatcher
- SpyAgent
- IamBigBrother
- Content Protect
- SpectorPro 6.0
- iBoss Web Filters

Google any of those product names to find out more information.

Be Accountable

What is accountability? It's other people you respect who will ask you "have you looked at porn"? It's letting them set your passwords, look at your computer, or receive "accountability partner reports" such as those sent by the *Covenant Eyes* software (these reports list all the objectionable sites you may have visited).

Accountability is "good peer pressure." If you know you have to look your Pastor or best friend in the eye and admit to porn, it's a powerful deterrent. However, accountability is just a help, it's not the cure all. We can quickly become desensitized to accountability and either ignore it, abandon it or worse, start lying to our accountability partners. It must be used in conjunction with other spiritual and physical strategies.

Be sure your accountability partners are spiritually mature, of good character, are willing to invest in your life. They should be someone

you respect (you don't want to let them down). Again, not a magic answer but a very effective help.

Note: do NOT ask your spouse to be your accountability partner. It's hard enough to work on your marriage without laying that burden on them. On the flip side, spouse, don't use "accountability" as a way to keep tabs on your spouse. Put all the other protections in place but let someone else handle accountability.

Remove The Opportunities

When someone is really serious about losing weight, they go through their house, office, car, etc., and remove all the junk food and fattening goodies.

In the same way, a person struggling with porn can remove many of the opportunities:

- Block porn with computer software and site-blocking services.
- Don't do computer work alone at night or alone at the office after hours.
- Position your monitors where anyone can walk up from behind and see what you are doing.
- Install software on the computer that tracks and reports your activity. Have it send reports to others, or have someone else control the password.
- Have your Internet browser locked down with only access to approved and acceptable websites.
- Block sites like Google images, or other search engine image results. Block video sites and celebrity sites.
- Call ahead and have your hotel disable the porn channels or remove the TV completely.
- Cancel subscriptions to satellite or cable-service movie channels that show inappropriate or tempting flicks.

- Consider all the opportunities, times, situations, and arrangements that have given you opportunity to view pornography. Figure out how you can eliminate those opportunities.

Get Serious Biblical Advice And Counsel

Dealing with porn is not just a tactical battle. It is deeply spiritual as well. Again, humanistic, sin-ignoring psychotherapy is not the answer. You are NOT a lifelong "addict." You don't need drugs or 12 steps or victimization. Nor do you need some foolish "Christian" fad that replaces fundamental Christian basics of faith and life with catchy and popular, but useless, gimmicks.

Besides the practical steps already discussed, you need mature, serious, pastoral counseling. You need to pray. You need to stay humble and understand the power of the sin nature that can only be overcome by the power of the indwelling Holy Spirit (Romans 5:13).

You need to stay away from trendy "steps" or "secrets" or "keys" and focus on what the Bible says about purity, holiness, morality, faithful living, self-denial, and putting on the armor of God to battle sin of all types (examples: Ephesians 6: 11; Romans 15:1-13; Colossians 3:5-11; Romans 8:13).

Do yourself a favor and find a group of no-nonsense, Biblically sound and compassionate Christians who will teach you, guide you, help you, hold you accountable and disciple you (teach you to be like Christ).

Anyone can experience some short-term victory over porn by implementing the physical steps I've outlined but it takes the power of God, the accountability and counsel of other mature Believers and the Lord's blessing of serious faith to get long-term healing and victory over the cancer of porn.

Victory Over Porn – Real Hope & Change

There is hope.

Remember that. There is hope. Your marriage isn't over. Your child is not doomed. YOU are not condemned to helplessness.

For those who like a nice list, here my suggested steps to overcome a porn problem:

1. Consider the question of sin and salvation if you have not (see **The Truth Of The Matter** at the end of this book)
2. Repent of your porn habit (be truly sorry, confess the problem, ask forgiveness, determine to never do it again)
3. Take every step you can to physically block the porn, and have others hold you accountable
4. Plan to replace porn with healthy, pure things: education about sexual purity; advice and direction from mature Christian counselors. As you starve the porn monster, you'll find the temptation diminishes. Don't feed it.
5. Don't live in the past. You are NOT a lifetime "sex addict". You are struggling with sin. Overcome the sin and move into your new life. If you fail in the future and view something pornographic, quickly get back to these steps and don't use a failure as an excuse to go back to the porn sewer.

We will always struggle with overcoming sin of some type until the day we die or Jesus returns for us. This is our temporary life until our sinful flesh is made eternally new and perfect by God.

Besides the software, suggestions, and information I've already provided, what follows is a variety of other resources that give hope.

Internet Help & Books

The Internet delivers good as well as bad. There are plenty of good sites and organizations that can help.

- **www.purelifeministries.org**
Pure Life Ministries (PLM) exists to serve Christian individuals and organizations dealing with sexual sin throughout the world by providing biblically based counseling, teaching resources, and a public speaking ministry with the goal of leading Christians to victory over sexual sin through a deeper life in God.
- **xxxchurch.com**
XXXchurch is designed to bring awareness, openness and accountability to those affected by pornography. We are an online community that tours the world speaking at colleges, churches and community centers. XXXchurch.com exists to help those who are in over their heads with pornography, both consumers and those in the industry.
- **www.befreeinchrist.com**
Our Mission is to give encouragement and support to men who are addicted to pornography and other sexual problems; to bring them to the awareness that they cannot be free in their own power, but only through faith in Jesus Christ; to provide a safe environment for recovery and spiritual growth.

Books:

- **Every Man's Battle:** Winning the War on Sexual Temptation One Victory at a Time
- **Every Woman's Battle:** Discovering God's Plan for Sexual and Emotional Fulfillment
- **Passion and Purity:** Learning to Bring Your Love Life Under Christ's Control
- **Sex Is Not the Problem (Lust Is):** Sexual Purity in a Lust-Saturated World
- **Tony Evans Speaks Out On Sexual Purity**

- **The Purity Principle:** God's Safeguards for Life's Dangerous Trails
- **Sexual Detox:** A Guide for Guys Who Are Sick of Porn
- **Sexual Temptation:** How Christian Workers Can Win the Battle
- **Why True Love Waits:** The Definitive Book on How to Help Your Kids Resist Sexual Pressure
- **Sex According to God**

Hope From God's Word

First, consider what God proclaims:

*2 Peter 1:3 ... as His divine power **has given to us all things that pertain to life and godliness**, through the knowledge of Him who called us by glory and virtue, (NKJV; emphasis mine)*

God is good. He didn't leave us hanging and powerless. He promises that He has (past tense; it's already done) given us everything we need to live a Godly life. Porn is not a shock to God. It hasn't caught Him by surprise. He knows we need some help with this scourge.

Let's look at some encouraging verses for you to study and meditate on (emphasis mine):

- 1 John 1:9 (NIV) If we confess our sins, He is faithful and just and will **forgive us our sins and purify us from all unrighteousness**.
- Romans 12:2 (NIV) Do not conform any longer to the pattern of this world, but **be transformed by the renewing of your mind**. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will.
- Philippians 4:8 (NIV) Finally, brothers, whatever is true, whatever is noble, whatever is right, **whatever is pure**, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**.
- 1 Thessalonians 4:3–4 (NIV) It is God's will that you should be sanctified: that you **should avoid sexual immorality**; that each of

you should learn to **control his own body** in a way that is holy and honorable,

- Galatians 5:16 (NIV) So I say, live by the Spirit, and you will **not gratify the desires of the sinful nature**.
- Ephesians 1:3 (NKJV) Blessed be the God and Father of our Lord Jesus Christ, who has blessed us **with every spiritual blessing** in the heavenly places in Christ...

Consider these truths:

- Romans 13:14 ~But put on the Lord Jesus Christ, and **make no provision for the flesh**, to *fulfill its* lusts. (NKJV; *emphasis mine*)

Don't give porn the opportunity. Take away the ability, the time and the situations that lead to viewing porn.

- Hebrews 12:1–2 ~Therefore we also, since we are surrounded by so great a cloud of witnesses, **let us lay aside every weight, and the sin which so easily ensnares us**, and let us run with endurance the race that is set before us, looking unto Jesus, the author and finisher of *our* faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. (NKJV; *emphasis mine*)

Lay aside - get rid of, throw away, discard, toss out - everything that opens the door to viewing porn.

- James 4:8 ~**Draw near to God** and He will draw near to you. Cleanse *your* hands, *you* sinners; and purify *your* hearts, *you* double-minded. (NKJV; *emphasis mine*)

The closer you are to God, the farther away you'll be from porn (and vice versa). Cleanse and purify the porn from your life.

- 2 Corinthians 10:5 ~casting down arguments and every high thing that exalts itself against the knowledge of God, **bringing every thought into captivity to the obedience of Christ**, (NKJV; *emphasis mine*)

Thoughts about porn are obviously not captive to Christ. When porn temptation comes calling, dedicate every thought to Christ knowing that He hears all you hear, and sees all you see.

- Matthew 6:21–22 ~For where your treasure is, there your heart will be also. **“The lamp of the body is the eye.** If therefore your eye is good, your whole body will be full of light. (NKJV; *emphasis mine*)

Your eyes are the windows to your heart. If you watch porn, your whole body is full of sewage. Keep your eyes on Christ and your being will be Godly and pure.

- 1 Corinthians 10:13 ~No temptation has overtaken you except such as is common to man; but God *is* faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make **the way of escape**, that you may be able to bear *it*. (NKJV; *emphasis mine*)

Never believe the lie that you have no power over porn. You do. God has promised that He will not allow His children to be tempted without giving them a way to escape. When porn tugs at you, look for God's escape.

Some Of The Reasons We May Experience Temporary Failure

- We feed the flesh (which makes the flesh weak) rather than feeding the spirit (John 17:17; 1Corinthians 3:1-4).
- We have lost our love for God and our focus on serving Him. (Revelation 2:4).

- We are overcome by worldly temptation and give in to it (Ephesians 4:14).
- We lack faith (Hebrews 11:6).
- We are not alert or aware of Satan's tricks to deceive us (2Corinthians 2:11).

Some Facts You May Have Forgotten

Next, let me remind you of some things that are true about you as a Christian. If you immediately grab this list of truths every time the porn temptation comes calling, you'll soon find the hunger for porn starving to death.

Perhaps you've forgotten these facts. Perhaps you never knew them. Regardless, refresh your memory and embrace what God says is true about you as one of His children (from the Book of Ephesians):

FACT: you are blessed with every spiritual blessing - Ephesians 1.3

God has given us everything we need and more! He has left nothing unfinished, unprepared or unsettled. He has taken care of every aspect of this life, and the one to come.

FACT: you were chosen by God before the foundation of the earth - Ephesians 1.4

Think of that. God chose us before the world was ever created. He doesn't explain the reality of that to us in full, but it leaves us awestruck at the thought.

FACT: you are holy and blameless before God because of Christ - Ephesians 1.4

God sees you as He sees Christ. Your sin was removed and placed on Christ. Christ's holiness has been accounted to you.

FACT: you were predestined to be adopted by God - Ephesians 1.5

God had already decided that you were going to be one of His adopted children. He predetermined for His "own good pleasure" that you would be in His family.

FACT: you were redeemed by the blood of Jesus Christ - Ephesians 1.7

Christ has bought you back from the slave trade of sin. He paid the purchase price for you and you now belong to Him.

FACT: you are forgiven of all your sins - Ephesians 1.7

Your sins are forgiven. When God sees you on the Day of Judgment, you will have no sin that needs to be paid for.

FACT: you have obtained an inheritance from God - Ephesians 1.11

As a child of God, you will receive an inheritance from God. We so easily get excited about a financial inheritance from an earthly family member, how much more exciting is an eternal inheritance?

FACT: you are sealed with the guarantee of salvation by the Holy Spirit - Ephesians 1.13-14

You are sealed with the guarantee of salvation from none other than God Himself in the person of the Holy Spirit. Could you ask for a better guarantee?

FACT: your spiritual eyes have been opened to God's truths - Ephesians 1.18

The truth of God that was once nonsense to you is now a heavenly treasure. You're spiritual eyes are open and God can now illumine your heart concerning eternal truths.

FACT: Christ is your head, and you are part of His body which He fills "all in all" - Ephesians 1.23

Christ is now the head of a body that you belong to. You are part of His Body. You have a purpose, a function and a responsibility in life now. He will fill you "all in all" in order to be successful in your heavenly assignment.

FACT: you were dead in sin, but now you are alive in Christ - Ephesians 2.1

You were dead in sin! Dead! Dead, dead, dead. Sin was your fate and destiny. You were hopelessly enslaved and condemned to eternal separation from God. Now you are alive in Christ! You are alive and your destiny now is an eternity with Jesus!

FACT: you are seated in heavenly places with Christ Jesus - Ephesians 2.6

You now share Christ's exaltation and pre-eminent (above all) glory. You are spiritually seated with Christ already having had the blessings of salvation bestowed on you.

FACT: you are a product of God's personal work - Ephesians 2.10

You are no mere commoner. You are no accident. You are a product of God's own workmanship, purposely created and crafted by Him for His purposes.

FACT: you are now created in Christ Jesus to do foreordained good works - Ephesians 2.10

Like your salvation, your sanctification and good works are predestined and orchestrated by a loving God who has planned them specifically for you alone.

FACT: you are a new person at peace with God and reconciled to Him - Ephesians 2.15-16

You are no longer at war against God. God has no debt to collect from you. You have been reconciled to God and returned to His presence as a new person.

FACT: you now have direct access to the throne room of the King of the Universe - Ephesians 2.18

You may now directly approach God because He sees you as He sees Christ. You now have access to very throne room of Heaven.

FACT: you are no longer a stranger, but a citizen of heaven and a member of God's household - Ephesians 2.19

You are not a foreigner, no longer a stranger to God. You are now one of His children, adopted into His family, welcomed into His Home.

FACT: you are part of the holy dwelling place of God - Ephesians 2.22

You are now part of the Body of Christ whose parts make up the temple that God in the Spirit dwells in.

Study, learn and memorize these facts. They are TRUE about YOU. Fill your mind with these truths leaving no room for porn. Every time you are tempted to look at porn, think about this list of facts instead.

The Ingredients of Real Change

What you need in your life when dealing with a porn problem can be summed up in one word: change.

You must change your life to get victory over porn. Feelings are not enough. Being sorry, guilty or full of shame is not enough. Being intensely tired of the porn rollercoaster is not enough. You have to CHANGE your life.

This book is full of suggestions on how to implement change but it's also important for you to understand how REAL long term change is accomplished. I want to share the following principles with you to help guide your efforts (the ideas are my spin on the excellent teaching from Jay Adams Christian counseling books):

1. God wants you to change (Ephesians 4:17) - transition from living by feelings to living by purpose and will

2. God brings about change by renewing in us what was ruined by our sin nature (Ephesians 4:20-24) - The Holy Spirit indwells us and renews our mind (knowledge, righteousness, holiness)
3. God gives us the power to change by helping us cast off the sin nature, our old sinful ways and bad habits; we then "put on" new ways of living and new habits.
4. God provides us with an escape (alternatives): truth for lies; good for evil; purity for lust. We must not only stop the sin, we must replace it with an alternate goodness.

For real change, learn what God says by reading the Bible and getting Godly counsel from serious, mature Christians (have I made that point enough? It's important). Be open and responsive to the conviction of sin once you learn the truth. Discover what must change: what bad habits need to be replaced, what sinful behavior and attitudes must be cast off.

Make your plan to rid yourself of the bad, and replace it with the good. Get rid of the porn. Replace it with purity and Godly attitudes about sex.

Learn To Put Sin To Death

Colossians 3:5 - Therefore put to death your members which are on the earth: fornication, uncleanness, passion, evil desire, and covetousness, which is idolatry. (NKJV)

As Christians we don't play around when it comes to sin (at least we aren't supposed to). When it comes to porn, we must become outright executioners. We must **put to death** both the opportunity to view porn and the inflamed desire to pursue sexual immorality and lust.

Why we are supposed to "put to death" evil desire and uncleanness? We find that answer starting in Col 3.1:

Colossians 3:1 If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. (NKJV)

IMPORTANT: The first condition is IF you were raised with Christ... have you? If no, see "**The Truth of The Matter**" at the very end of this book.

If yes, then you are to "seek those things which are above" which of course are the things of God: holiness, righteousness, humility and love. But most of all, you should be seeking Christ who is "sitting at the right hand of God", the place of greatest honor and exaltation.

We are to "set" our minds on "things above, not things on earth" (get your mind off porn and on to God). To "set" means to plot a course, to focus on and purposely pursue. It is something you do by choice, not by accident; you aren't going to conquer porn without effort. Thinking about Godliness is not natural (thinking about porn is), it is a choice. Why are we to make this choice?

Colossians 3:3-4 For you died, and your life is hidden with Christ in God. When Christ who is our life appears, then you also will appear with Him in glory. (NKJV)

When you were saved, you died to your old "self" (the "you" that wants porn) and you now belong to Christ. In the end, we will accompany Jesus when He appears in glory. Because of our position with Christ, the Apostle Paul then gives us a list of fleshly things that we need to remove from our life (porn certainly being "fleshly").

He calls them "members" and we are not suppose to "shoo" them away, or run them off, or beat them up.... **we are to KILL them.** Unfortunately, it is more common for us to smack them around once in a while, rather than kill them. This is why people often feel like they can't do anything about porn. They don't kill it, they just corral it a little bit.

Jesus told us that when it comes to sin, we do **WHATEVER** must be done to overcome it (Matthew 5:29).

Fornication

This speaks of any type of sexual immorality: lust (porn), adultery (porn), lasciviousness (porn), etc.

Sexual sin (porn) carries with it an extra measure of destructiveness because it violates your body, the temple of Holy Spirit. Every time you engage in sexual immorality (porn), you do it with the very same body that the Holy Spirit indwells. He's right there having to endure the filthiness of the act or thought.

1 Corinthians 6:18-20 Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. (NKJV)

Uncleanness

Uncleanness encompasses other types of impurity such as wicked thoughts (porn) and acts (porn), evil motives and intentions. It is the participation in anything sinful (porn) that is not fitting for a Christian. This could be in the form of inappropriate entertainment (porn), taking pleasure in wickedness (porn), ungodly music and various other sinful indulgences (porn).

Anything in our lives that does not glorify God and represent your new nature as a Christian should get the death penalty.

Passion & Evil Desire

Sexual immorality (porn) is so evil, that it gets multiple mentions in this passage. "Passion and evil desire" are similar terms that speak of sexual lust (porn) and illicit behavior (porn). They are the two components that make up lust: the actual act and the thoughts that accompany it.

Romans 1:28-29 And even as they did not like to retain God in their knowledge, God gave them over to a debased mind, to do those things which are not fitting; being filled with all unrighteousness, sexual immorality, wickedness, covetousness, maliciousness; full of envy, murder, strife, deceit, evil-mindedness; they are whisperers,....

Romans 1:32 who, knowing the righteous judgment of God, that those who practice such things are deserving of death, not only do the same but also approve of those who practice them. (NKJV)

It is the natural path of wickedness to engage in sexual immorality when God is ignored. At some point, God will let you "have it your way" if you persist long enough in the pursuit of sexual immorality. That is why a porn habit always descends into more and more depraved activity.

God is patient and protective up to a point and then, sadly (but appropriately), will allow a person to feel the full consequence of immorality in order that a person might be turned away from their wickedness. In other words, if you want porn bad enough and ignore God's pleas to "kill it", eventually God will let you feel the full destruction of it.

It is a VERY sobering thought... "those who practice such things (ie, sexual immorality, lust) are deserving of death". With lust, pornography and sexual sin being the "dirty little secret" of the modern Western church, we should not pass over this warning lightly.

Because of these things...

The Apostle Paul continues the thought with a warning: the wrath of God is coming on those who engage in these things. *The wrath of God is coming...* that should send a shiver up your spine. I know that as a Christian, my sins are forgiven eternally, but I still wonder sometimes how it will feel when I come face to face with Jesus knowing that I chose so many times to go ahead and sin, knowing perfectly well what I was doing.

Every viewing of porn should make us wonder when the wrath of God is coming. Don't abuse His patience and mercy. Today is the time to stop and "kill it".

Hope

Verse 7 gives the good news for those who have placed their faith in Jesus Christ... you "once walked" in those things; past tense. The blood of Jesus and the power of the Holy Spirit gives us what we need to no longer be slaves to the flesh and the world. On a daily basis, we can overcome the works of the flesh with God's help. On an eternal basis, we have already overcome and been forgiven. Thank you Jesus!

Unlike like the "therapy" that is common today, you are NOT a porn addict for life. Porn can become a thing of the past in your life. Do what you have to do to put porn to death in your life.

A Real Story of Victory Over Porn

Here is a true story someone sent to me who found victory over porn.

Not Proud of My Past But I'm Forgiven

I struggled with pornography and masturbation since my early teens. Growing up in a home with two older brothers, I never thought anything was really wrong. I never had regular girlfriends as I was absorbed by the sex of the relationship. When I met first wife, we had what I assumed was a normal sexual life. We had ups and downs and tried many things to spice up the marriage.



However, once we got the internet, it really got bad. While initially it added some spice to the relationship, my constant search for

pornography and self satisfaction became a huge problem. However, I was totally oblivious to it and thought my wife was unreasonable. I felt she had the problems. I thought I was not trying to replace her as I was just looking, and really wanted the sex to be with her. However, it got much worse and finally we separated. That was my ticket to freedom and I pursued the sex on-line with dating sites and chat.

I was pretty much at my lowest point. After the divorce was final, instead of feeling great, I realized I wasn't doing that great. I met my current wife through an internet dating site and it was through her invitation to church that I found what was missing in my life.

However, I still struggled to break the porn habit. I prayed and studied, and my new wife supported me through it, but I always struggled. I tried to give my problems to God, but always had to have a little control in my life. Just over a year ago I let go of my last vestige of control and gave it all to God. What a relief, it all seemed to go away so easily. I was truly on my way to recovery from my porn issues as I finally let God take over in my life. Then our minister asked me if I was interested in joining a small group called *Everyone's Battle* and helping some others that were struggling. I did not even hesitate a second and said yes. I would even facilitate the group.

It was amazing as we got into the study how it affected me. It has provided an intimacy with my wife even greater than what we had before and it also made me realize what I had put my ex-wife and children through. I sat down and let God guide me as I wrote a heartfelt apology to my ex and to my children. I pulled no punches, I let it all out. While I really wasn't expecting anything in return, what God gave me was reconciliation with my children and with my ex. While my ex and I will never be together, I can finally look her in the eye without shame.

I have been blessed that God has provided me the opportunity to use the struggles in my life to help others. We are currently studying *Every Man's Marriage*, but I intend to start another group after the first of the year to go through *Every Man's Battle* again. I know there are many men out there that could use this study. While they may

not be as bad as I was, it is an opportunity to revive their marriage and fully realize how this world has skewed men's perspective toward sex, women, and porn.

While I am definitely not proud of my past, I know I am forgiven. I feel God is truly using me to help others now. If men knew what a life with God and without porn is really like, I do feel more would seek that life. There is hope. They can have victory over porn.

**The Following Pages
Have Some Other Stuff
I Wanted To Include
That I Think Is Important
To This Topic:**

The Psychobablization of America

I include this section because pornography is a SIN. In the past couple of generations a war has been declared on the simple concept of sin and the world's ideas now dominate the entire discussion, even inside the walls of the church. Just today I commented to my wife that the Christian radio shows talk about "issues" and "addictions" (the world's terms) and rarely speak of sin or repentance (God's terms). It's important for you understand what is happening so that you can guard against being deceived by unbiblical ideas.

You have a problem with porn. Apparently (according to the world) it's no longer a basic issue of sin. You're an "addict". You have a self esteem problem. Did you know you were mentally ill? Don't get too alarmed... it's estimated now that 85% of the population has some sort of mental illness. Grandma and Grandpa didn't seem to be all screwed up and emotionally frail like we are. Drinking too much alcohol was a choice not a disease and uncontrolled sexual immorality was debauchery not a disorder. Sin used to be sin.

What happened?

A New Industry

A new industry created itself. A very lucrative industry; an industry that neatly fits right in with the sacred cow that man is a product of time and chance (Darwinian Evolution, God does not exist); an industry that is politically correct in denying God and the religious idea of sin... an industry that elevates man to be its own god.

The so-called “mental health” business, the psychotherapy racket, the humanist⁸ psychology industry has completely smothered, saturated and taken over all discussion about emotional and behavioral health.

Even Christian pulpits parrot their message despite the fact that its founders were atheists (and some occultists) and despite its institutions who ignore the Bible and laugh at the idea of the inherited sin nature of man (the very foundation of why Jesus died on the cross for us). It is no coincidence that Darwinism denies God and humanist psychology denies sin (God and sin being two of the foundational truths of Scripture).

Why is it not suspicious to more people (Christian or not) that we have a very lucrative industry who gets to:

- 1) define their own sickness, disorders and syndromes;
- 2) define their own very subjective and unprovable cures/solutions/therapy (that routinely change);
- 3) declare if a person is “cured” or not (predictably, many if not most of these “illnesses” are life-long “addictions” or “disorders” that make you depend on that same industry) and
- 4) profit handsomely off the entire process including the insane and out-of-control application of unproven, scientifically non-observable and (now being shown to be) dangerous drugs.

The contradiction and incompatibility between modern psychotherapy and Christianity couldn’t be clearer but a generation of Believers who suffer from a combination of Biblical illiteracy, political-correctness-peer-pressure and understandable “lawsuit paranoia” have been completely overwhelmed by popular consensus

⁸ When I use the term “humanistic” I mean that the ideas of God, Christianity, sin, the supernatural and the spiritual are ignored or dismissed. Humanistic thought considers all things to be of natural origin therefore must have a natural and scientific explanation. Basically, it attempts to answer the questions about human behavior without including any consideration of the spiritual, supernatural, Bible or God.

(much like the *default acceptance* of Darwin Evolution by most Christians).

**It MUST be true... everyone believes it, right?
It's a fact, right? It's PROVEN, right?**

It doesn't help that well-intentioned Christian organizations (who I don't doubt truly love God and do MUCH good) have popularized "Christian psychology" and "Christian counseling" to the point where just about every kid in the college youth group is getting a degree in it⁹. The problem is, that "Christian degree" is just good old-fashioned humanistic Jungian garbage wrapped with some Bible verses and a few Christian platitudes.

I know my stance on this issue puts me on the outs with mainstream Christianity, many very fine Christian teachers and some large, popular and unquestionably Christian organizations. I'll never get invited to speak at most Christian conferences; Focus on the Family most likely will never publish or endorse me because of my outspokenness about "Christian psychology" despite the fact we believe the same Bible, place the same importance on family and marriage, and equally love our Savior who we agree is the only source of eternal salvation.

Frankly, I'm puzzled that these otherwise faithful and fruitful Christian organizations can ignore the very plain truth about this issue of modern psychology: it's origins, it's incompatibility with Scripture and it's now historical and documented negative effects on individuals and society. NO matter how invested we are in something, once it's show to be wrong, it should be abandoned. Modern Christianity is even slower than the world in this regard.

Consider this about humanistic psychology:

⁹ And sadly, most CHRISTIAN colleges offer nothing more than the exact same worldly academic courses any non-Christian college offers.... Apply a few Bible verses and read a few "Christian" books and viola "Christian psychology"

- It originated with men who deny God and dabbled in the occult
- It completely ignores or denies the concept of an eternal, God-created spirit in each of us
- It completely ignores or denies the original sin of Adam, the curse that came on mankind or the inherited sin nature
- It completely ignores or denies the reality of the supernatural world, the battle between good and evil, Satan, demons and angels
- It denies the effects of the sin nature and the depravity that occurs when man rejects God
- Its foundational concepts treat man completely as materialistic; the ideas of faith, salvation, depravity, etc aren't even considered. Everything is approached from the viewpoint that there is a physical, natural cause for all conditions or behavior

Despite modern psychology's absolute and total rejection of all the foundational Christian principles that affect human behavior, the Church and countless "Christian counseling" organizations embrace the humanistic theories, therapies and "scientific knowledge" that the "psychology" churns out.

Pastor's, Shepherds, Bible teachers and Christians are no longer considered "qualified" to counsel and help people with emotional problems. The first response is to send them off to "therapy" and "Christian counseling" to have their heads filled with professional psychobabble. But at least we don't get labeled as a "kook", right? God forbid we ever take a chance on getting ridiculed by the world.

I don't minimize the very real threat of getting sued today by someone who claims you gave them bad advice instead of sending them to a "professional". This is a sad but real concern for Churches and even individuals.

You Have To Decide Who You Believe: God or Psychology

God: He created man

Psychology: man is a product of time and random chance

God: man is an eternal spirit being with a physical body

Psychology: man is a glob of dirt, water and electrical impulses that somehow “evolved” the ability to think which put him a little higher than monkeys but just another animal none the less; all behavior and problems can be explained by a material cause

God: man was created perfect but chose to sin thereby corrupting the human race, passing on an inherited sin nature to each generation

Psychology: man is inherently good or neutral; all bad behavior is caused by environment, chemical imbalance, disorder or sickness

God: man can overcome sin by faith, righteousness and the indwelling power of God (Holy Spirit)

Psychology: illnesses and addictions require long and repeated sessions of therapy and once you are an “addict”, you are an addict for life

God: man should live with their eyes on the eternal future, putting the past behind, leaving sin, and transitioning to a new life without sin

Psychology: man lives in the past, constantly evaluating, discussing and remembering what events and circumstances caused your “illness” and never forgetting your just one day away from being right back where you were

God: provided man with all things needed for emotional and spiritual health

Psychology: the Bible can help a little, it’s a good book full of useful thoughts, but it cannot be trusted alone to provide “mental health” which can only come from the “scientific, medically proven and established mental health industry”

The choice could not be clearer for Bible-believing Christians and yet to even point out this choice is enough to get you put outside the city gates of not only popular culture but mainstream, conservative evangelical Christianity too. It's just too much of a hot potato. Too controversial. Just leave it alone. What harm is there in it? We'll just mix it in with Christianity (ala Theistic Evolution; ala Christianity mixed in with pagan Roman religions in the 1st century).

Go along and get along. Besides, a lot of good comes from "Christian psychology" right? Does it really?

After decades of this junk, it can hardly be argued that we've raised a generation of spiritual frail, emotional weaklings who are obsessed with their self esteem and feelings in direct opposition to Scripture that teaches self DENIAL and living by faith and obedience... along with constant admonition that feelings are untrustworthy and fickle.

Is Sin "Sin" or Not?

I'm amazed the lengths that humans go to NOT call sin:sin, bad:bad or character-flaws:character-flaws.

Some of the "illnesses" I've read about and these are not jokes (well, they ARE jokes but not because I'm making them up or trying to be funny):

- Episodic Rage Disorder – formerly known as not controlling your temper even to the point of violent behavior
- Oppositional Defiance Disorder, Conduct Disorder or Disruptive Behavior Disorder – formerly known as rebelliousness and disobedience
- Sibling Relational Disorder – formerly known as bickering, fussing and fighting
- Antisocial Personality Disorder – formerly known as being a jerk

- Temper Dysregulation Disorder with Dysphoria – formerly known as a bratty, tempter-tantrum throwing kid who needed a trip to the woodshed
- Intermittent Explosive Disorder – formerly known as someone suffering from Episodic Rage Disorder
- While I don't recall the name, there is a disorder for people like me who DENY that this ridiculous psychobabble is anything more than... ridiculous psychobabble. I have a disorder for not believing this garbage. How convenient to be able to label those who disagree with a mental health illness!

And don't get me started on ADHD. Yes, there are kids with extreme hyperactivity. Yes, I know plenty of adults who say they have benefited from being diagnosed with ADD and taking meds (but YOU get to make that determination; a kid does not).

Having said that, do we really think 6 million kids or whatever ridiculous number now diagnosed are all truly out of the ordinary rather than simply being undisciplined, under-parented, un-teachered and electronically over-stimulated? Remember the paddle? Cured a lot of ADD in school didn't it? That will get me plenty of lovely emails... I'm such a barbarian.

Three Reasons

I believe there are three primary reasons for this psychobablization:

1. It gives people who are weak, impulsive, failing and sinful (all of us) an excuse for our behavior; instead of taking responsibility, we now have an authoritative affirmation to play the victim;
2. It is very profitable, creating an entire industry of so-called experts who are empowered to declare the mental health of others and display God-like powers to analyze "why" people do what they do though that question has been answered since Adam... which leads us to:

3. It allows humans to avoid the issue of sin and accountability to God. I don't have to think about violating the holiness of a Creator when I've accepted the deception that my evil behavior, lack of self-discipline and indulgence in flesh-driven desire has a medical cause that is excused by everyone except religious nutcases like Brent Riggs.

I know the first thing I'll hear is how I lack compassion and judge people who are just "sick" (ie. porn addiction). I'm making fun of them or being mean-spirited. I'm harsh and uncaring, not sensitive to the myriads of problems that plague human behavior. Au contraire... that opinion shows a total lack of understanding the real issues at stake. "Compassionate" humanists want to make excuses for sinful behavior, medicate it and give a false relief of guilt.

I have the ultimate motive of compassion. I care about the eternal soul of each person, an eternal soul who must answer to their Creator for their sinful behavior. Instead of making excuses, we need to be honest that we rebel, disobey, lose our temper, cheat, fornicate, fight and quarrel because of our sinful nature... a nature that can only be "cured" by the same Creator we seek to avoid when labeling sin a "disorder".

In one sense, bad behavior IS a disorder; but it's a spiritual disorder, not medical (which explains why psychotropic behavior modifying drugs are dangerous, unproven, subjective and hard to argue against; you can't "disprove" what you can't "prove").

BLINDNESS

If you have been deceived by this nonsense, or simply embrace it because it's easier than dealing with the fact that you have a sinful, failure-prone heart predisposed to evil... you should really do some soul searching and decide if the eternal question of answering to God is more important than the temporary ability to make excuses.

If you don't stop and think this over, I proclaim a new disorder: *Behavioral Ludicracy Illness & Natural Disposition to Need Excuses for Spiritual Stupidity...* or BLINDNESS for short.

All joking aside, it's important to understand this topic as you battle a pornography problem. You are not an addict. A porn habit doesn't mean you are chemically imbalanced unless you consider a Number Six at McDonald's a nutritional alternative to fresh fruits and vegetables. You do not have a psychological disorder. Your continued indulgence in porn IS YOUR FAULT. You are sinning.

You can deal with the sin and overcome it. Or you can be an "addict" for life. Trust God or trust men who deny God.

It's a clear choice you cannot avoid.

Christian Vocabulary

Christians should quit using the vocabulary and terms used by the psychotherapy industry. We embrace labels like "addiction" and "therapy" and that plays right into the hands of Satan who loves to keep Believers confused.

I encourage Christians to return to Biblical vocabulary to get people focused on God:

- Sin not "addiction"
- Disobedience not "issues"
- Accountability not "support groups"
- Discipleship, counsel or Shepherding not "therapy"
- Repentance not "self improvement"
- The need for God's forgiveness not "self love or self esteem"

We need to see a problem with pornography for exactly what it is, and discuss it in the terms that God uses:

Pornography is a SIN,
a desire of the sin-cursed flesh
that a Christian should repent of
(be sorry for and turn away from),
put to death
(remove the opportunity, hate it)
and replace it with holiness
(Godly thoughts, Godly motives, Godly beliefs),
purity
(an absence of sexual immorality in any form)
and righteousness
(good works, good words).

A Christian should seek accountability
(not keeping sin a secret),
Godly counsel
(Biblical wisdom)
and discipleship
(instruction in how to be more like Christ)
to aid him in overcoming this sin.

The Truth of the Matter

Every person needs to have a right relationship with the God who created us (don't believe the lie that you came from a monkey or goo. God made you, loves you and is now trying to get your attention).

Perhaps in your own heart you have tried to explain away spiritual things, convincing yourself it's all superstition or fairy tales but the questions just won't go away. Do you know why they won't go away? Because God created in every person the need and desire to know the answers... this need is evidence that God exists, and is reaching out to you.

You need to be "saved". Perhaps you don't understand that religious phrase. Let's take a look.

To be saved means to be rescued from some impending harm. You cannot really desire to be saved unless you are convinced there is something that you need to be saved from. Saved from what?

The nutshell is this: you are a sinner. The God who created you doesn't tolerate sin. Like a righteous human judge doing his duty, pronouncing punishment and penalty on wrong doing, the Judge of the Universe - God - must pronounce eternal judgment on all those who have violated His perfect Law. That's the bad news. The good news is God also has provided a way for us to be forgiven for those violations (sin).

But I'm a good person.

Are you really a sinner? Most people would answer, "no, I'm a good person." Hmmm... let's put that to the test.

Have you ever lied? Ever, even once? How many lies does it take to be a liar? One. You're liar. So am I.

Have you ever stolen, cheated on your taxes, been lazy at work? You're a thief.

Ever lusted? Ever take God's name in vain ("g*d*m**t) or used His name casually ("oh my god")? Ever hated someone? Even once? That makes you an adulterer (Jesus said lust is equal to adultery in your heart), a blasphemer (using God's holy name without proper reverence) and murderer (Jesus said to hate your brother is the same as wanting to kill him).

See what I mean. You are not "good". You're a lying, stealing, blaspheming, murdering adulterer (and that's just a start. We aren't even half way through the 10 Commandments). **You're a sinner.** I'm a sinner. We ALL are sinners. We **all** have a very real need for forgiveness by God. That's what "being saved" means. We need to be saved from God's righteous pronouncement of "GUILTY!" and His just sentence of "DEATH" for our sin. Just like a good human judge will pronounce "guilty!" and a penalty on someone is who has broken the law, God The Perfect Judge will do the same. Makes sense, huh?

God mercifully provided a way for us to be saved. It's free but will cost you everything. You don't have to earn it but you must give your whole life for it. You can't demand it but you must ask for it.

Here are seven truths to help you find true Christian faith for yourself, based upon what God says in His Word – the Bible.

- **God Loves You:** ...God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.
- **You Are in Trouble:** All have sinned and fall short of the glory of God." -- "You [God] are not a God who takes pleasure in evil; with You the wicked cannot dwell.
- **Sin Brings Disaster:** The wages of sin is death; but the gift of God is eternal life in Christ Jesus our Lord.
- **God Has Provided the Answer - a Savior:** God demonstrates His own love for us in this: While we were still sinners, Christ died for us.
- **Repent* of Your Sin and Turn To the Savior, Jesus Christ:** Turn to God in repentance and have faith in our Lord Jesus -- To all who

received Him, to those who believed in His name, He gave the right to become children of God.

**To repent means to "turn away from". It means to be sorry for your sin and truly not want to do it anymore.*

- **Believing in Jesus & Receiving the Savior by Faith Gives Eternal Life:** This is the testimony: God has given us eternal life, and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life -- If you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.
- **Now Is the Time to Receive Him and Respond in Obedience:** Today, if you hear His voice, do not harden your hearts. -- Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins.

Do you know what "praying" is? It just means to talk to God. If you have finally realized you are a sinner and need to be saved, talk to God and ask Him to forgive you. Tell Him you believe Jesus died to pay for your sins, and you want to stop sinning. Thank God for this.

Now go and find some other Christians who are serious about their faith in God and believe the Bible. Ask them to show you what God would have you do next. The Bible says we authenticate our salvation **by our obedience** - doing what God says. Other mature Christians can show you what God would have you do now such as being baptized, and meeting with other Christians regularly.

Your decision of what relationship you want with God is the most important decision you will ever make in your life. If you have questions, or need help finding Christians in your area who can talk to you further, don't hesitate to email me: brent@brenttriggs.com

Look up these Bible verses where God says many of the things I've written above: John 3:16, Romans 3:23, Psalm 5:4, Romans 6:23, Romans 5:8, Acts 20:21, John 1:12, I John 5:11-12, Hebrews 3:7-8, Romans 10:9; Acts 2:38. I've adopted "The Truth of the Matter" from things I've read over time. Any similarity is not meant as plagiarism but rather just a choice to communicate this important truth in the best way possible. I've lost track of what part of this came from where, or what is my own.