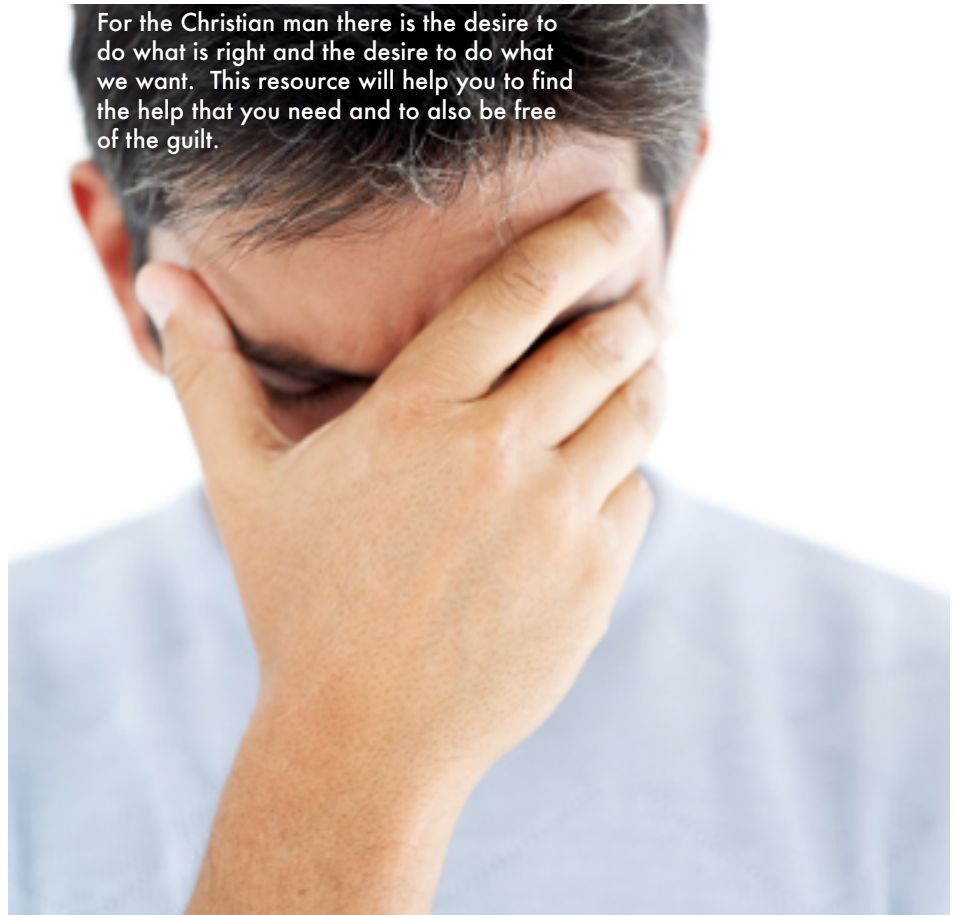


Pornography

AND ITS EFFECT
ON THE
CHRISTIAN
MAN AND
WOMAN

For the Christian man there is the desire to do what is right and the desire to do what we want. This resource will help you to find the help that you need and to also be free of the guilt.



What the Bible says about Pornography and How to Walk In Freedom

"I feel so ugly right now, and so hurt..."

I was eighteen years old. It was the beginning of the technology age. Computers and the internet were beginning to be used in all areas of life. A friend and I were on the computer and I wanted to show him a picture of a girl that I had met online through AOL Instant Messenger. I did a search for her name on the computer and instead there were hundreds of images of other girls not wearing anything. My heart sunk because I knew that I had not downloaded them and there was only one other man in the house...

The tears in my mother's eyes I will never forget. I had to tell her what I had found and as a young Christian man, it was the hardest

thing I had ever had to do. I understood on some level what my step-father was doing, but I had always figured it was different for married guys, that they had someone and they would have no need for a two dimensional picture.

On another level, I could not understand it. I loved my mother and I thought he did too. As I stood before her, my mother uttered the words that would change the course of my life and keep me from a lot of heartache in my own marriage. She said, "I feel so ugly right now, so hurt, and I never want your wife to go through this."

I know that it was through God's divine plan that I had been reading through a book called "Every Man's Battle" in which the two authors called for every man to begin to walk in the freedom of purity. I had begun my

journey towards purity and this event was what propelled me to desire it even more. I wish I could say that this instance was enough to keep me motivated, but I learned quickly that purity would be a lifelong battle, but a battle that could be won.

-Real Testimony From "Bill"

Jump to a Section:

5 Myths about Pornography	2
Media and Pornography	5
Statistics of Pornography	6
Resources For You	8

The Good News!

"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit Himself intercedes for us with groanings too deep for words."

Romans 8:26

Myths about Porn

And the Truth of What is Actually Occurring

1. Only men struggle with porn.

Pornography for women is the fastest growing section of the industry. Women are now becoming more visual creatures as well.

2. It is only porn if it is labeled such.

While there is a large industry group who labels themselves the "porn industry" something can be pornographic and not in this category.

3. It doesn't have an affect on me.

Studies have shown the ways that these images stay with a person and can be in the memory for a lifetime. This carnal view of people also changes the way that we think.

4. Nobody is hurt by it.

Pornography changes the way that we view people. This alone changes the way that we interact with them. The people of the opposite sex in our families are deeply hurt, whether or not they are aware of it.

5. Purity comes from avoidance.

Purity does not come from avoiding things, but instead comes from striving towards purity. There is a big difference.

Statistics on Females

28% Of people visiting porn sites are female.

70% Of women who visit the sites keep cyber activities secret.

17% of women who visit the sites struggle with pornography addiction.

9.4 Million women access adult web sites each month.

13% Admit to access porn at work.



Not Just For Men Anymore...

As I sit writing this packet, one of the movies at the box office right now is "Magic Mike" which is a movie starring Channing Tatum, in which he plays a male stripper. This is one example of the contrast from years past in which men were the ones who were visual beings. There has been a culture shift in which women are the ones looking at and buying pornography at an increasing rate. The fact that this movie is out and has done so well, speaks to the reality of the culture shift.

The reason why this is so important to acknowledge is that ladies and young girls may have a problem that will be overlooked. In fact, xxxchurch.com explains that women are far more likely than men to act out their behaviors in real life, such as having multiple partners, casual sex, or affairs.

It's Not Really Porn...

This is probably the biggest lie that our culture has chosen to accept. There is rarely a movie that comes out in the United States that doesn't contain some kind of sexuality and/or nudity in it. We have been taught that the movie only contains a sex scene and so, therefore, it still a good movie. While there is some truth that there are good stories told through the movies that contain sex/nudity, the reality is that those images will also stay with someone for just as long.

What we as Christians must own now is the truth that we have allowed culture to tell us what is acceptable and what is not rather than the Word of God. Culture shifts and changes, but God's word remains the same. An easy way to see this is simply by imagining playing today's movies back during another time in our country. How would they view our movies in the 20's, 30's, and 40's?

Many people are probably now thinking, "How will I ever see a good movie again since so many contain some form of sex/nudity in them?" The advantage we have in the United States is that most good movies will end up on television at some point in which they are edited for content. A good friend of mine will often ask if I have seen the "Pastoral Version" of a particular

What the Bible Says:

Ephesians 5:3-4 "But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. 4 Let there be no filthiness nor foolish talk nor crude joking, which are out of place, but instead let there be thanksgiving."

I Haven't Changed...

There is a reason that McDonald's, Go Daddy, Miller, and others will pay millions upon millions of dollars for a Superbowl ad. While the commercial typically lasts only 30 seconds, the impact of that commercial lasts for much longer. Advertisers understand something about the way the human mind works, the way that images that are seen for only a few moments are burned into our memories.

Many of the companies who pay for a Superbowl commercial spot are also using scantily clad (Toyota) or implied naked women (GoDaddy) because they also understand that those images are imprinted into the minds of people even more.

If we can be honest with ourselves, we can admit that the very first pornographic image we saw became stuck in our brains and years later it is still there. Why would we believe that only that one image stays with us and not the others that we see?

The Bible says that what we bring into ourselves will be reproduced and come out of us in some way. In this moment we must acknowledge that we have been changed by the things that we have looked at and that in the deepest parts of us we have been reprogrammed.

In some people, this "reprogramming" can cause someone to become addicted to pornography. Warning signs for this are listed in the box to the right.

With any sin, it is important to remember this true statement: "Sin will take you further

than you want to go, keep you longer than you want to stay, and cost you more than you ever wanted to pay."

Nobody is Getting Hurt...

Many people believe that because something is secret it is not hurting anyone. The reality is that an addiction to pornography is much like a cancer. While cancer does not appear to be doing much damage, the reality is that it is destroying the body.

Paul explains in I Corinthians 6:18 "*Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.*"

Not only does a person harm themselves with this sin, but those around them are also affected. One of the most famous stories in the scriptures is the story of King David and his affair with Bathsheba. This string of events, which eventually ended with murder, began simply by a man gazing in secret at a beautiful woman. Poor Uzziah would never make the statement that nobody is hurt by a little lust!

In the same story when David is confronted with his sin, he realizes that the person he ultimately hurt was his God. David had forgotten all that he had, and instead, allowed lust to change his entire relationship with God and the consequences followed him for the rest of his life.

Is it Addiction?

Warning Signs



Dramatic change in Personality

Is the person who was an introvert now an extravert? Does the person who used to laugh a lot seem to rarely smile?

Dramatic Change in Habits

Has the person who was disciplined now appear disorganized? Does the person not enjoy doing the things he/she typically enjoyed?

Deterioration in Relationships

Is this person having difficulties with his/her closest friends? Family? How are things at school/work?

Mood Changes

Is the person having severe mood swings from one extreme to another? Is the person having quick changes in mood though not quite as dramatic?

Physical Changes

Has the person ceased to keep up with their normal appearance? Do they appear disheveled? Are they changing their appearance dramatically?

Control

Can the person stop doing this at anytime? Has it become part of the daily routine? Is there an overwhelming need that must be satisfied?

Changing the way we think:
Everyone involved in
pornography is someone's
child.



Who is Hurt by It?

YOURSELF
THE FUTURE

God

CHILDREN

Loved Ones

Which brings us to another consequence of this type of sin. The future is affected by the choices that are made today. By choosing lust and pornography, we must acknowledge that in some way this will have impact on our future lives.

Probably the aspect that causes the most fear is the idea that our sins have consequences that will affect the lives of our children. For David, the scripture said that the sword would forever remain in his house. As we read the story we see how the lives of his children were impacted by the choices that David made as a middle aged man.

Avoidance is the Key...

The biggest mistake made by the Christian community is dealing with purity in completely the wrong way. Throughout the past couple of decades, we have tried to simply teach what to avoid. So the questions that most teenagers ask is "How far can I go?" This mentality continues into adulthood. The best example of this is when the President of the United States, Bill Clinton was caught in infidelity in which he explained that he didn't believe that the acts he did qualified.

Instead of asking the question of what can I not do, there needs to be, instead, a pursuit of purity. How does one do this? Rather than give moral reasons to avoid certain activities, we need instead, to begin pressing into Jesus and allowing Him to change us from the inside out. The more that I pursue purity, I am not looking at the line, but my eyes are focused on the right thing. See Figure 1.

This does not mean that we do not put things in place to safeguard our purity. (As we will look at later in this packet). If we are only working on "sin management", we have missed the whole point of what Jesus wanted for our lives for us; to be able to have "life and have it to the fullest."

True love does more than wait.

At age 15, I had a very specific idea of what my church leaders thought it meant to be pure, yet only a vague understanding of what the Christian life required beyond virginity. Part of this was probably due to my interests at the time, but part of it was a particular focus in my community. This tunnel vision carried with it an unhelpful consequence: Many of my friends and I evaluated commitment to Christ mainly in terms of sexual behavior. As a practical matter, the presence of Christ mainly meant the absence of bad sexual behavior rather than love or the fruit of the Spirit.

This is not to say that one form of obedience should be ignored for another.

Sexual immorality is something we must take seriously, the Bible says, and regardless of what our culture says, we should uphold that. And yet a love of God in Christ (and obedience as the manifestation of love) has to be the first foundation of our communities. What good will sexual morality do if we have not love (see 1 Corinthians 13:1-3)?

Now, sexual boundaries are indeed one of the main issues in a teenager's life, and nothing should stop us from trying to keep kids out of trouble. But even these good goals should not obscure the primacy of love and obedience in our communities. Things certainly seem obscured when a teenager's main understanding of fidelity to Christ is sexuality. In other words, if we don't order our topics carefully, the all-encompassing call of Christ can be replaced with a compartment of good behavior.



Figure 1

I doubt many of us would disagree with any of this in the abstract, but nevertheless, it seems to get lost in the average teen experience—or at least I missed it in mine.

In my youth groups, we loaded marriage up with huge expectations. Marriage was often presented as the sole remedy for lust, and therefore, great hopes of sexual satisfaction were attached to it. As I understood it in my teenage years, it was marriage, not a life given to God, that was the remedy for sexual desires I couldn't fulfill. I merely had to control desire until marriage, then I was home free.

Of course, the Bible does prescribe marriage this way (recall "it is better to marry than to burn with passion" in 1 Corinthians 7:9), but it's not the only biblical solution.

Another one is self-denial, which is a significant part of discipleship. Living without something we want can be a valuable practice, and begin to transform our desires. The Bible also recommends self-control, a fruit of the Spirit, as something that will naturally flow out of a transformed follower of Christ.

Certainly, both self-control and self-denial are biblical visions of how we might avoid sexual sin. And yet in my experience, I heard only about marriage when it came to sex.

But this kind of thinking can create problems for couples down the road.

The first is that marriage doesn't solve all our lust problems. "True love waits" naturally implies a finish line, either for love, sex, or both. The phrase hints that our wait will, at some point, stop. And yet, as many of us know, the waiting does not stop, and love, to the contrary, is something to be nurtured and grown into rather than acquired in a moment.

Second, if marriage was presented as the main fix for lust, perhaps it was because we often had only a shallow vision of self-denial. Discipleship is not just hanging on until marriage; it is, as we've said, a gradual and complete reordering of all our desires, sexual and otherwise, so that we can live more wholly for Christ.

Learning to say no to our desires is a major part of orienting our lives toward God, and it can often be a life-giving discipline. It might not always be practical for hormonal teens, but it's possible that things could look different if teens seek purity out of a desire to give their lives to Christ, rather than just to "save themselves" for a spouse. The two goals may overlap in quite a few circumstances, but in others, they are undoubtedly different.

Indeed, if we said, "Deny yourself" instead of "True love waits," and if we practice setting aside desires rather than just hanging on until we can satisfy them, we might be less surprised and better prepared for the actual challenges of marriage. We might be ready for the wide range of sacrifices marriage requires. A better-rehearsed practice of self-denial and self-control would almost certainly train us to bring more grace and selflessness into all that we do, including marriage.

Furthermore, if self-denial were to be emphasized in our adolescent sex seminars, rather than only marriage-as-carrot, singles might also find themselves better prepared for navigating the challenge of purity as a single adult. There would, most likely, be fewer discouraged singles who give in. And there would be fewer singles who succumb to temptation because they think, "What's the harm? No point in holding out if there isn't true love waiting for me." If we frame purity in terms of discipleship and not marriage, singleness would lose some of its dread and instead be valued as a fruitful position for learning Christlikeness. Rather than feeling frustrated in a holding pattern, anyone who is single might more readily see the value and particular grace of his or her situation.

Media

The Wall Street Journal reported on March 11, 2005 that the average kid gets 8 1/2 hours of exposure to DVDs, videos, music, internet, video games, etc. every day.

The most startling revelation in the Kaiser report is that for a majority of kids there are no rules in the household about media use.

Computer

Tip 1

Keep the computer in a well trafficked area.

Tip 2

Limit the amount of time that the child (or adult) spends on the computer.

Tip 3

Download software that blocks and reports any questionable sites.

Smartphone

Tip 1

Know who your child is talking to and texting. Don't be afraid to randomly take and check their phone at any time.

Tip 2

Limit the amount of time that is spent on the phone to create more time with family. When it is time for bed, leave the phone elsewhere.

Tip 3

Download software that blocks and reports any questionable sites.

iPod/Tablet

Tip 1

Know which applications are on the device and what they are capable of. Know if texting and emailing are available, too.

Tip 2

Limit the amount of time spent on the iPod/Tablet. Leave the devices out when it is time for bed; there is no need for them during sleep.

Tip 3

Download software that blocks and reports any questionable sites.

If I Run, it is Done...

The story of Joseph fleeing from Potiphar's wife is a great example of how a person can flee temptation. By leaving where the temptation is, it becomes much easier to resist the temptation. However, it is important to note that today the temptation is always present. Because of technology, pornography is literally "on" a person through the world wide web on the mobile devices that are carried.

Because there is now no easy way to flee the proximity of temptation, there must now be safeguards put into place that cause the temptation to be unreachable or at least more difficult to access.

Above are resources that will help create more barriers to pornography, as well as provide resources for accountability. Parents and spouses should strongly consider the tips and software mentioned above. It is not an issue of trust, but an act of wisdom because as the scripture explains, anyone is capable of falling. 1 Corinthians 10:12 "Let him who thinks he stands take heed lest he fall."

What about Trust?

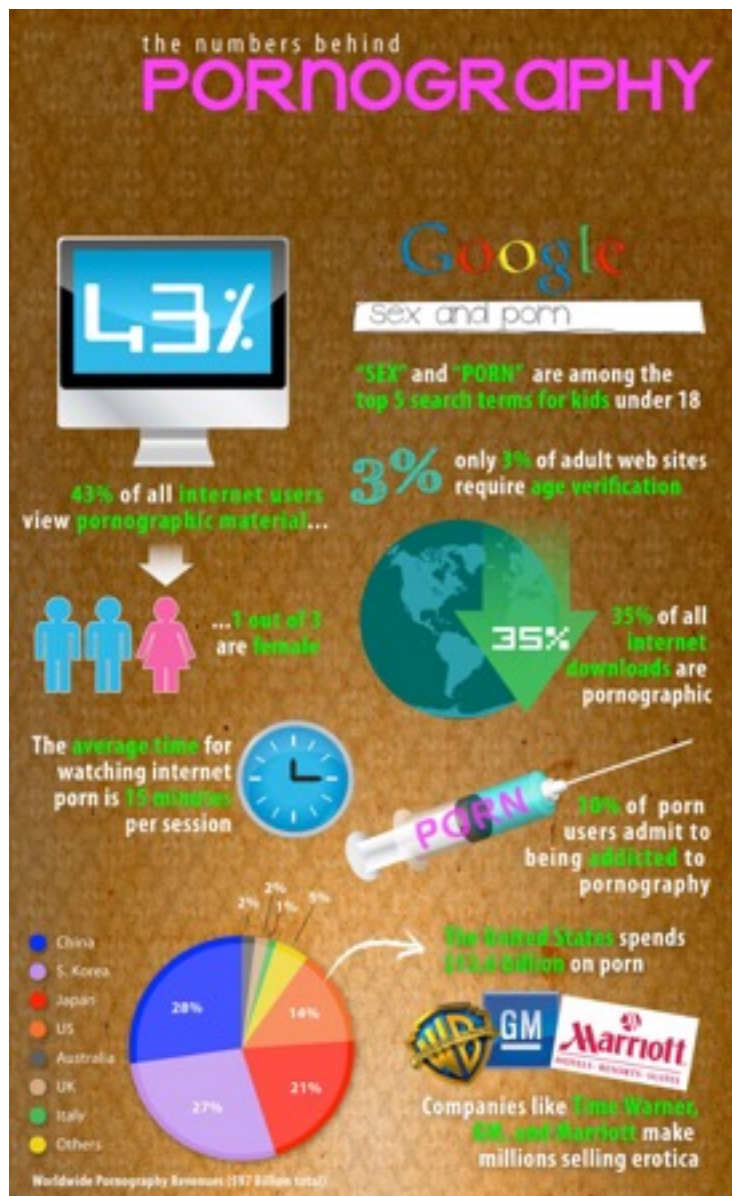
Trust is essential and definitely one of the biggest things that I hear most from teenagers, but in the area of pornography the issue is not one of trust, but a realization that we have an adversary who will stop at nothing to cause the children of God pain. As was mentioned earlier, the scripture says that any person can fall at any time if they are not careful. In his book "When the Crosses are Gone," Dr. Michael Yousef explains it this way:

"You may say, 'But I don't want my child to think I don't trust him! I don't want to hurt his feelings or damage his self-esteem. If that is your position, then you are making a huge mistake. You are placing your child's feelings above principles—and above your biblical duty to raise your child in the nurture and admonition of the Lord.'"



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The Stats



Check For Yourself

Because we live in a postmodern world, many people would argue that the statistics are skewed in favor of the argument that is trying to be made from the stats. While there is truth that numbers are often manipulated and that it is possible to bend data as one sees fit, all of the information from these statistics are listed below. Organizations like CNN, CBS News, PBS, NBC, etc. have made this information available. Feel free to check the links below for more information.

- www.nationalcoalition.org/stat.asp
- www.cnbc.com/id/29960781/
- www.cnn.com/2009/LIVING/personal/07/24/o.women.watching.porn/
- www.pbs.org/wgbh/pages/frontline/shows/porn/business/
- www.latimes.com/news/local/la-fi-ct-porn10-2009aug10.0.3867866.full.story
- www.listaholic.com/the-5-highest-paid-pornstars.htm
- www.cbsnews.com/stories/2003/11/21/60minutes/main585049.shtml
- www.filmsite.org/sexualfilms.html



Its All About the Money

In the United States we spend 13.6 Billion dollars on pornography. To put this in perspective that is more than the Gross National Product of Mozambique, Namibia, and Rwanda. It must be noted that despite such an enormous amount the United States comes in fourth place on the money that is spent with China coming in first by spending double of what the United States does. Christianity is banned from the country.

What the Bible Says:

Romans 1:24-25 "Therefore God gave them up in the lusts of their hearts to impurity, to the dishonoring of their bodies among themselves, because they exchanged the truth about God for a lie and worshiped and served the creature rather than the Creator."

THE STATS ON INTERNET PORNOGRAPHY

1. 12% OF THE WEBSITES ON THE INTERNET ARE PORNOGRAPHIC. THAT'S 24,644,172 SITES.



2. EVERY SECOND... \$3,075.64 IS BEING SPENT ON PORNOGRAPHY. 28,258 INTERNET USERS ARE VIEWING PORN.



3. 40 MILLION AMERICANS ARE REGULAR VISITORS TO PORN SITES.

1 IN 3 PORN VIEWERS ARE WOMEN. **70% OF MEN AGED 18-24 VISIT PORN SITES IN A TYPICAL MONTH.**



4. IN THE US, INTERNET PORN PULLS IN \$2.84 BILLION PER YEAR. THE ENTIRE WORLDWIDE INDUSTRY IS WORTH \$4.9 BILLION.



5. 2.5 BILLION EMAILS PER DAY ARE PORNOGRAPHIC. THAT'S 8% OF ALL EMAILS.



6. 25% OF ALL SEARCH ENGINE REQUESTS ARE PORNOGRAPHY RELATED. THAT'S 68 MILLION A DAY.



7. 35% OF ALL INTERNET DOWNLOADS ARE PORNOGRAPHIC.



8. TOP PORNOGRAPHIC SEARCH TERMS:



9. UTAH HAS THE NATION'S HIGHEST ONLINE PORN SUBSCRIPTION RATE PER THOUSAND HOME BROADBAND USERS: 5.47



10. 34% OF INTERNET USERS HAVE EXPERIENCED UNWANTED EXPOSURE TO PORN EITHER THROUGH POP UP ADS, MISDIRECTED LINKS OR EMAILS.



11. THERE ARE 116,000 SEARCHES FOR "CHILD PORNOGRAPHY" EVERY DAY.



12. THE AVERAGE AGE AT WHICH A CHILD FIRST SEES PORN ONLINE IS 11.



13. 20% OF MEN ADMIT TO WATCHING PORN ONLINE AT WORK.



THE AVERAGE PORN SITE VISIT LASTS 6 MINUTES AND 29 SECONDS.

14. THE LEAST POPULAR DAY OF THE YEAR FOR VIEWING PORN IS THANKSGIVING.

THE MOST POPULAR DAY OF THE WEEK FOR VIEWING PORN IS SUNDAY.



www.OnlineMBA.com

Check For Yourself

- www.dailymail.co.uk/femail/article-1141485/A-clicks-mouse-internet-porn-destroys-middle-class-marriage-.html
- <http://internet-filter-review.toptenreviews.com/internet-pornography-statistics-pg3.html>
- www.safefamilies.org/sfStats.php
- www.nationalcoalition.org/stat.asp
- www.newsblaze.com/story/20090316152957faul.nb/topstory.html
- www.sltrib.com/utah/ci_14770529
- <http://news.bbc.co.uk/2/hi/technology/7845561.stm>

What the Bible Says:

Jeremiah 6:13, 15

For from the least to the greatest of them, everyone is greedy for unjust gain; and from prophet to priest, everyone deals falsely.

Were they ashamed when they committed abomination? No, they were not at all ashamed; they did not know how to blush.

Other Topics to Address

What if it is an Addiction?

An addiction is different than curiosity or sexual desires. Addiction to pornography speaks to something else that is going on.

There are several reasons why a person might become addicted to pornography. For some, it is an escape. For others, it because of their personality type. The most common cause would be because of self esteem issues. To the



right of the page, you can see these causes in more detail.

Should there be concern that it is an addiction there are several programs that are available for addicts. The primary program for Christians is the program Celebrate Recovery which can typically be found in churches in the area.



Will it satisfy?

In this section, there is a picture of a nice steak dinner. If you are hungry or on a diet this picture will frustrate you. You can stare at this picture all you want, but it will not fulfill your hunger. It may cause you to want steak, or to run out and get food, but it will not help to stare at the picture. The thing that is interesting is that for some reason, we humans believe that we can find satisfaction or completion in things that were never designed to complete us.

The simple parallel for this illustration is that many people choose a two dimensional



picture on the screen rather than a real living person and are surprised when things do not live up to their expectations.

The much deeper meaning that is true is that nothing outside of God can satisfy and complete you. Complete satisfaction will not be found in a person. Even if your spouse met every need that you have emotionally, physically, intellectually, etc. You would still feel the emptiness that can only be filled with a relationship with God. Too often we keep trying to use the creation to do what only the creator can do.

For the Spouse

Please understand that you will need to get healing for your soul as well. The key is going to be being honest about where you are with your emotions. Please hear this truth as well: THIS IS NOT YOUR FAULT. For so many situations the spouse does not see how this affects you or is even about a need that you are not meeting. Pornography is typically about something else and is a sin just like any other, which can bring pain and hurt. The good news is that reconciliation and healing can occur.

Why Addiction?

As An Escape

For some, when stress begins to overwhelm, they turn to pornography for an escape. Yet, when this occurs it only ends up compounding the stress.

An Addictive Personality

There are certain people that have addictive personalities. Pornography is simply one outlets that are used by those with addictive personalities. [Anything can be an outlet i.e. exercise, internet, eating, work, television, etc.] There are several theories to the cause of addictive personalities. Theories include genetics, environment, anxiety, cognitive, etc.



Self Esteem

According to Dr. Patrick Carnes self esteem is often a



factor for young people in pornography addiction. The four primary reasons that a person turns to pornography for self esteem are: 1) I am basically a bad, unworthy person, 2) No one would love me as I am, 3) My needs are never going to be met if I have to depend upon others, 4) Sex is my most important need.

Resources For You

[Every Man's Battle](#)
Fred Stoker & Stephen
Auburn

[Every Young Man's Battle](#)
Fred Stoker & Stephen
Auburn

[Affair of the Mind](#)
Lori Hall

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<http://internet-filter-review.toptenreviews.com/internet-pornography-statistics-pg3.html>

www.safefamilies.org/sfStats.php

www.nationalcoalition.org/stat.asp

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http://news.netcraft.com/archives/2010/04/14/april_2010_web_server_servey.html

www.sltrib.com/utah/ci_14770529

<http://news.bbc.co.uk/2/hi/technology/7845561.stm>