

Modern science allows us to understand that the underlying nature of an addiction to pornography is chemically nearly identical to a heroin addiction...." - Dr. Jeffrey Satinover's testimony to the U.S. Senate in 2004

3. Key Scriptures

1 Corinthians 6:18–20, NIV84 -¹⁸ *Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.* ¹⁹ *Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰ you were bought at a price. Therefore honor God with your body.*

Proverbs 28:13, NIV84 -¹³ *He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.*

Psalms 101:3, KJV -³ *I will set no wicked thing before mine eyes....*
[Pastor Joe has this verse written above his computer monitor.]

2 Timothy 2:22, NASB95 -²² *Now flee from youthful lusts and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart.*

Hebrews 13:4, NASB95 -⁴ *Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge.*

Proverbs 4:23, NASB95 -²³ *Watch over your heart with all diligence, For from it flow the springs of life.*

Ephesians 5:3, NLT -³ *Let there be no sexual immorality, impurity, or greed among you. Such sins have no place among God's people.*

Jeremiah 2:13, NLT -¹³ *"For my people have done two evil things: They have abandoned me—the fountain of living water. And they have dug for themselves cracked cisterns that can hold no water at all!*

- If God will not satisfy us, pornography will never satisfy us either.
- If we do forsake God, whatever we turn to will be a broken cistern.

Psalms 119:11, KJV - *Thy word have I hid in mine heart, that I might not sin against thee.*

4. Study Passage

1 Thessalonians 4:3–8, NASB95 -³ *For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; ⁴ that each of you know how to possess his own vessel in sanctification and honor, ⁵ not in lustful passion, like the Gentiles who do not know God; ⁶ and that no man transgress and defraud his brother in the matter because the Lord is the avenger in all these things, just as we also told you before and solemnly warned you. ⁷ For God has not called us for the purpose of impurity, but in sanctification. ⁸ So, he who rejects this is not rejecting man but the God who gives His Holy Spirit to you.*

A. Three words to understand:

A. "Abstain" – "To hold off from, to have nothing to do with;" used only 7 times in the NT, in every case, it represents a command of God and is an absolute prohibition.

B. "Sexual Immorality" – From the one Greek word *porneia*, a broad word encompassing every kind of sexual activity outside marriage ('biblical marriage' is one man and one woman married to one another). [It includes premarital sex (fornication), extra-marital sex (adultery), every form of homosexuality and every form of pornographic presentation (soft, hard, AV, prints, etc.)]

C. "Sanctification" – A sanctified person is one whose life is totally and distinctively different because it is set apart for God.

B. Two Commands to Obey

A. "Control your body" – "... Each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God." -vv. 4-5, NIV); Your body is good, your hormones are good, your urge for intimacy is good, your sex drive is good and not evil BUT, like fire, it can either warm us or destroy us. A God-empowered man/woman controls their own body.

B. "Don't defraud another person" – "That no man go beyond and defraud his brother [or sister] in any matter (v. 6, KJV). "Defraud" means to create a sexual desire in someone else that cannot be righteously satisfied.

C. "God... calls us to sanctification" – Follow God's plan and win!

- God will punish those who practice immorality.
- God has called us to purity—that's HIS plan for us.

- Rejecting purity means rejecting God.

5. Practical Suggestions

6 Steps to Break Free from Porn

An Epiphany

A man/woman with a porn battle has a tough habit in a part of their lives that is outside of God's control. At some divine moment, a divine appointment will take place, when you realize you must turn from porn back to God—at all cost. It's the first step in being ready to conquer this (and any other) addiction.

Accountability

This battle is seldom fought and won by one's self. Finding just one other person (at least) to enter a no-nonsense accountability and encouragement structure is paramount to breaking free, once and for all, from porn.

Access

Removing access to the problem is more than half the battle. You'll start by making a clean break, removing (as much as possible) access to porn. (e.g., accountability software, placing your computer in a public place, not having your phone on your nightstand, pass-wording internet activity, etc.)

Awareness

Most porn users "fall" at the same time(s) and at the same places. Most have a predictable pattern. Knowing yourself—your patterns and weakness—is essential. You must be aware of how this "sin" attacks your life. Your race is on and your race will end. How it ends is up to you. One day you will stand before the judgement seat of Christ. The wise man keeps his eye on that truth. *Stand before Him now in your battle against porn.*

Amends

You will not be the only one hurt in this matter. Others hurt when you use porn (wife, husband, children, family member, friend, etc.). Show humility; take responsibility.

Abandon

Begin by surrendering your life to Christ. **It is the real mode of battle against porn—surrendering to Christ!** Abandon (i.e., give up) your life to Christ continually.

6. Resources

Web: www.XXXchurch.com – Lots of great resources and Godly counsel.

Web: www.X3watch.com – A great accountability software. (Paid—but worth it.)

Book: "5 Steps to Breaking Free from Porn" by Joe Dallas (Harvest Pub.)

Book: "Victory in Christ" by Charles Trumbull (CLC Pub.)

TOUGH QUESTIONS

and Straight Answers by Pastor Joe K. Taylor

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All Scriptures are printed verbatim with translations noted. • Pastor Joe's email is Joe@southreno.com.

Here's the **TOUGH QUESTION:**

PORNOGRAPHY

Is it really that big of a deal?

Here's the **STRAIGHT ANSWER:**

1. The Short Answer:

Absolutely—it is that big of a deal!

"We must not delight in what God detests."

- Pastor Joe

2. Statistics

- Of all Internet users, 42.7% view porn—at least monthly.
- 40% of adults in the U.S. regularly visit porn websites.
- 51% of all men and 22% of all women struggle with porn.
- PSYCHOLOGY TODAY notes that frequent viewing of porn is related to elevated depression, anxiety, and loneliness.¹
- According to the AMERICAN ACADEMY OF MATRIMONIAL LAWYERS, 56% of divorces involve one party having an obsessive interest in pornographic websites.²
- 18% of all pastor's struggle with pornography addiction.³
- Internet porn represents 38% of all internet traffic in the US.⁴
- Internet porn represents a \$97 billion dollar a year industry (worldwide).⁵

¹ <https://www.psychologytoday.com/us/blog/inside-porn-addiction/201408/how-porn-really-affects-relationships>

² <https://www.psychologytoday.com/us/blog/inside-porn-addiction/201112/is-porn-really-destroying-500000-marriages-annually>

³ <https://www.focusonthefamily.com/family-q-and-a/sexuality/pastor-addicted-to-pornography>

⁴ <https://www.denisonforum.org/columns/daily-article/porn-users-have-structural-brain-damage/>

⁵ <https://www.nbcnews.com/business/business-news/things-are-looking-americas-porn-industry-n289431>