

Pornography

(Fake Intimacy That Destroys Our Souls)

Resources Used for This Topic Include:

J. Brian Bransfield: **Overcoming Pornography Addiction**

Robert Carter: **Breaking The Bonds Of Pornography**

Tim Chester: **Closing The Window: Steps To Living Porn Free**

Joe Dallas: **5 Steps To Breaking Free From Porn**

Jesse Duckworth: **Against All Odds: Men Pursuing Purity In A Pornography Society**

Wendy and Larry Maltz: **The Porn Trap: The Essential Guide To Overcoming Problems Caused By Pornography**

Vaughan Roberts: **The Porn Problem**

Henry J. Rogers: **The Silent War: Ministering To Those Trapped In The Deception Of Pornography**

William M. Struthers: **Wired For Intimacy: How Pornography Hijacks The Male Brain**

How Big A Problem Is It?

Pornography: Printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement. (V. Roberts)

Here's the point—when something looks and feels like pornography to _____, for you in that moment, it _____!

Some surveys have over _____% of CHRISTIAN men admitting they are addicted to porn and _____% of CHRISTIAN women (Chester, 9)

We've seen a MONUMENTAL EXPLOSION of porn, sparked by the triple-A engine of cyber-sex: _____, _____, AND _____!" (V. Roberts, 13)

It's so EASY to destroy you because your brain does _____ distinguish between what is real and what is vividly imagined

Struthers (48):

What Damage Does It Do?

This is NOT a _____, _____ pastime.

"There is no dignity when the human dimension is eliminated from the person. In short, the problem with pornography is not that it shows too _____ of the person, but that it shows far too _____." Pope John Paul II

Porn not only demeans sex; it also _____ people. In porn the other person is just a body on a screen. Not a _____ person.

A study of college students found that frequent exposure to pornography was associate with the following attitudes: (Chester, 19)

- ✪ Increased tolerance toward sexually explicit material
- ✪ Misperceptions about exaggerated sexual activity in people
- ✪ Acceptance of promiscuity as a normal state of interaction
- ✪ Viewing Sexual Inactivity as a health risk
- ✪ Diminished trust in intimate partners
- ✪ Decreased desire to achieve sexual exclusivity
- ✪ Cynicism about love
- ✪ Believing Superior Sexual Satisfaction is attainable without affection for one's partner
- ✪ Believing marriage is sexually confining
- ✪ Finding childrearing an unattractive prospect

Rogers (p. 178-191) gives the consequences of Porn:

1. **Porn distorts _____**
2. **Porn destroys a wife's _____ - _____**
3. **Porn _____ and always leaves you wanting more**
4. **Porn devalues _____**
5. **Porn Creates _____**

6. **Porn Facilitates Child Molestation**
7. **Porn Is _____**
8. **Porn Shapes _____ and _____**
9. **Porn Feeds Organized Crime**
10. **Porn Kills _____**
11. **Porn Addiction Can Be _____ to the Next _____**
12. **Porn Destroys a _____**
13. **Porn Destroys _____**
14. **Porn _____ the heart of God**
15. **Porn gives _____ a stronghold in your life**

Lots of studies and stories have pointed out that the more porn you see, the more _____ you become to it.

Porn _____ Your brain!

Dr. Victor Cline observed a four step syndrome (Carter, 18-19)

1. Addiction
2. Escalation
3. Desensitization
4. Acting Out Sexually

Signs of trouble include:

- Continued use _____ promises to quit
- _____ use
- Increased _____ or _____ of sexual content
- Lying to cover it up
- Anger or Irritability
- Loss of _____ in sexual relationship with your spouse
- Feeling alone or detached from others
- Using drugs or alcohol with porn
- _____ strangers or viewing them as body parts, not people

What Is God's Design Instead?

Scripture has a wonderfully _____ view of Sex.

SEX IS NOT SIMPLY _____: IT IS PROFOUNDLY _____ (V. Roberts, 23)

Healthy Sexuality vs. Unhealthy Sexuality (Struthers, 49)

Godly/Healthy Sexuality	Pornography/Unhealthy
Caring	Using
Sharing with someone	“Doing to” someone
Honoring	Shaming
Authentic	Deceitful
Enhances Your Identity	Compromises Identity
Emotional Bonding	Emotional Separateness
Spiritual Unity	Sp. Separateness
Morally Saturated	Free of Moral Convention
Communication Essential	Optional
Other-Focused	Selfish, Self-Directed
Biblical Boundaries	Has no limits
Involves the other person	Is visual or genital
Drives Toward Intimacy	Drives Compulsions
Drives Toward Satisfaction	Drives Depravity
Matures Responsible Habits	Escalates Irresponsibility
Nurtures the Spouse	Hurts the Partner
Is an Expression of Love	Is an Expression of Use
Humanizes	Objectifies
Honors God’s Image in You	Dishonors
Honors God’s Image in Spouse	Dishonors
Provides Emotional/Rel Clarity	Produces Confusion

IT IS IMPOSSIBLE TO VIEW PORNOGRAPHY AND NOT HAVE IT AFFECT ONE’S BELIEF ABOUT WOMEN (STRUTHERS, 50)

LIE---Pornography can _____ sexual intimacy.

Truth—Sharing Sexual Intimacy should not be a public act

LIE—The most important thing is sexual _____.

How Can We Begin To Be Free Of It?

Struthers, quoting Reid and Gray list excuses we make: (71)

1. **ENTITLEMENT**
2. **OMNISCIENCE**
3. **ALTRUISM**

4. DECEPTION
5. BLAMING/VICTIMIZATION
6. PRIDE
7. OBJECTIFICATION
8. DISTRACTION
9. REVENGE

But life cannot be _____. Life can only be _____.

We are as sick as our _____.

Freedom _____ possible: 1 Cor. 6:9-11

Tips and Strategies:

- There are groups to help. Sexaholics Anonymous. www.pugetsoundsa.org/meetings/
- Have _____ in place on ALL your devices
- Know _____
- Do THAT instantly until the temptation passes; “When you flee temptation, be sure you don’t leave a forwarding address.”
- Mark Twain: It’s easier to STAY out than GET out!

Tim Chester gives these 5 ingredients:

1. ABHORENCE of _____
2. ADORATION of _____
3. ASSURANCE of _____
4. AVOIDANCE OF _____
5. ACCOUNTABILITY to _____

Joe Dallas 5 Steps:

- 1.** _____
- 2.** _____
- 3.** _____

Know your Porn triggers

- 4.** _____
- 5.** _____

GIVE AWAY THE BOOKS.

Next Pastor’s Perspective will be next Tuesday, November 13th! **“Has Science Buried God? (Actually, just the opposite)”**

Let’s stand and pray...