

# Be Excellent About Is Good And Innocent To What Is Evil

Turning From Pornography with Mind and Heart

# The Beginning Point

This discussion will proceed in light of three important truths:

the penalty of sin has been paid (Col. 1:21-22)

the power of sin has been broken (Rm. 6:5-7,14)

we are to walk in a manner worthy of the name Jesus (Col. 1:9-10)

# Scale and Content

The largest porn “tube” sites, reported 92 billion views in 2015 with 1.5 TB of content viewed every second (equal to 150 feature films/sec.)

Aggressive acts (ex. slapping, gagging,) were depicted in 90% of scenes with the majority being physical (88% of scenes) versus verbal (ex. name calling) in 48% of scenes

Women were the recipients in 95% of the aggressive acts, with 95% of those aggressive acts being received as pleasurable/emotionally neutral

“Teen” is consistently one of the most frequently searched terms in Canada on the most popular user based porn website.

# Spiritual Dimensions of Porn Use

Sex is uniquely powerful and affects us in deep and lasting ways. Therefore sexual sin affects us in equally deep and enduring ways.

Ephesians 4:27 – Do not give the devil a foothold in your life

Romans 13:14 – Do not make a provision for your sinful nature

Pornography is powerful because it engages spiritual forces. By using it, we provide a foothold for the devil, I make a provision for my flesh (sin nature), and I engage in a wicked industry

# Transforming Your Mind

Do not be transformed by the patterns of this world *but be transformed by the renewing of your mind*

Romans 12:2

Everything we need for life and godliness is found in our *knowledge of God* II

Peter 1:3-4

# Transforming Your Mind

Spiritual change is connected to changing the ways that we think

How do we change our thoughts?

1. Through exposure to repeated messages of truth
2. Through repeated experiences of living out the truth

Two important truths

1. Be aware of the power of self-pity
2. Be aware of destructive rationalizations

# Transforming Your Mind

Focus Passage – Philippians 4:8

Finally, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, think about such things.

# Transforming Your Emotions

When asked, Jesus stated that the greatest commandment is that we love God with our heart, soul, mind, and strength and love our neighbours as ourselves (Matt. 22:37-40)

Guard your heart with all diligence for out of it flow the springs of life (Prov. 4:23)

# Transforming Your Emotions

Our lives are in large part directed at what we allow ourselves to love and turn our hearts toward.

Engaging in pornography can become a destructive and regular means of addressing emotional needs in our lives

Our loves are formed by what we allow ourselves to focus on (our “gaze”)

# Transforming Your Emotions

Prayer Focus – Psalms 139: 23-24

Search me, O God, and know my heart. Try me and know my thoughts. And see if there be any hurtful way in me, and lead me in the way everlasting.

What Practical Steps Can  
I Take?

# What Can I Do?

Flee your youthful lusts and pursue righteousness, faith, love, and peace with those who call upon the Lord from a pure heart

II Timothy 2:22

## Run From

- Make like Joseph and run (Gen. 39). Physically remove yourself from the opportunity to make a bad decision
- Guard your innocence and your heart (Prov. 4:23)

## Run Toward

- What is true, honourable, right, pure...(Phil. 4:8)
- The purposes of God through your life (Acts 13:36)

## Run With

# What Can I Do?

Dealing with uncontrollable use of pornography can be like cutting down a big oak tree; you bring it down a limb at a time

## **Desires**

- Praying to see sin for what it is and what it does. Ask God to help you see the “price” of making a bad decision
- Ask God to help you see and prize the benefit of staying pure

## **Accountability**

- Accountability needs to be early and more than reporting
- Accountability involves someone with spiritual maturity if possible

# What Can I Do?

## **Good Accountability Partner questions**

Is there a time of day when you are more easily tempted? Is there a particular mood when you are most often tempted?

Is there a place where you are more easily tempted?

Are there choices that “make provision for the flesh and its lust” ?

What is the most powerful rationalizations you use to justify the use of pornography? What “self-talk” scripts are most powerful to move you to compromise?

# What Can I Do?

## **Eliminating Anonymous Access (Triple-A Engine)**

- Be radical in eliminating access, especially early on
- Utilize blocking/tracking software (ex. Net Nanny, Covenant Eyes)
- Reveal and address every possible platform of access – computer, smartphone, game console, tablet, iPod
- Know and make a plan for your most vulnerable times and places

## **Destroying spiritual bonds**

- Go through a program that works through your past and deals with “strongholds” (ex. Freedom Session, Freedom in Christ)
- Get a team of intercessors

# Selected Resources

## Books

Pastoral: *Finally Free* (Lambert); *Surfing For God* (Cusick)

Research Oriented: *Wired For Intimacy* (Struthers)

Clinical (accessible): *In The Shadows of the Net* (Carnes, DelMonico, Griffin); *Untangling the Web* (Weiss, Schneider); *Treating Porn Addiction* (Skinner)

## Websites

[www.yourbrainonporn.com](http://www.yourbrainonporn.com)

[www.fightthenewdrug.com](http://www.fightthenewdrug.com)