

PORNOGRAPHY

PORNOGRAPHY IS ANY MATERIAL USED IN ORDER TO ELICIT SEXUAL AROUSAL.

Pornography can include images, videos, magazines, literature, television, movies, social media, and any other source that stimulates erotic behavior or feelings for a person. Pornography use is not exclusive to gender or age groups. The root of this sin is primarily spiritual and emotional rather than sexual. Pornography is often used in conjunction with masturbation, or by couples seeking sexual arousal and/or sexual experimentation.

COMMON CHARACTERISTICS

Common reasons people use pornography include:

- **To get a natural “high”:** The chemical rush that occurs with pornography and orgasm can be addictive.
- **To take control:** Pornography provides an opportunity to find selfish pleasure in an endless number of ways without considering others’ needs or desires.
- **To escape reality:** Pornography can be used to fantasize about a different life or experience when real life is not satisfying (For example: to feel desirable when you feel neglected or unwanted).
- **To numb internal pain:** Sexual pleasure can be used to medicate pain.
- **To feel something:** Emotionally numb people can become desperate to experience any sensation.
- **To fill a void:** Pornography can be used to fill the void of something “missing” in a person’s life.

Regardless of why someone pursues sexual arousal apart from God’s design for healthy sex (monogamy in marriage), pornography cannot fix the underlying problem. Porn, like most addictions, masks the true spiritual problem and can become a source of pain itself. It can lead to isolation, an inability to live in reality, impotence, loneliness, perversion, broken relationships, and separation from God.

BIBLICAL INSIGHTS

GOD LOVES YOU. If you are trapped by the shame of pornography, know that God sees you and is pursuing you. Nothing you’ve done will cause Him to reject you. He wants you to turn to Him so that you can be free. He wants to heal you and give you an abundant life.

- “But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.” (Psalm 86:15)
- “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” (Jesus, John 10:10)

THE SIN OF PORNOGRAPHY ENSLAVES YOU. Sin is deadly. Pornography is a sinful corruption of the heart.

- “But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.” (Jesus, Matthew 5:28)
- “They promise them freedom, while they themselves are slaves of depravity—for ‘people are slaves to whatever has mastered them.’” (2 Peter 2:19)

CHRIST UNDERSTANDS YOUR TEMPTATION AND IS ABLE TO HELP YOU.

- “For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.” (Hebrews 4:15)
- “Because he himself suffered when he was tempted, he [Jesus] is able to help those who are being tempted.” (Hebrews 2:18)

JESUS ALREADY PAID FOR YOUR SIN. Christ died for all of your sin and offers forgiveness for every sin to anyone who accepts His blood as payment for sin. Those who accept Christ will never be condemned.

- “But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.” (Isaiah 53:5)
- “Therefore, there is now no condemnation for those who are in Christ Jesus...” (Romans 8:1)

YOUR BODY IS PRECIOUS. God wants you to care for your body and to honor Him with it.

- “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.” (1 Corinthians 6:19-20)

YOU ARE POWERLESS TO CHANGE ON YOUR OWN, BUT GOD CAN TRANSFORM YOU. Anything short of a spiritual transformation by the power of God is only behavior modification and is bound to fail. But God’s Spirit working through His Word and through His people can free you from addiction.

- “For I know that good itself does not dwell in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.” (Romans 7:18)
- “So I say, walk by the Spirit, and you will not gratify the desires of the flesh.” (Galatians 5:16)

YOU ARE NOT ALONE. Frequent porn use is a common struggle for men and women. Fortunately, many people who once struggled are now experiencing freedom in Christ and are willing to help you.

- “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.” (1 Corinthians 10:13)
- “Carry each other’s burdens, and in this way you will fulfill the law of Christ.” (Galatians 6:2)

NEXT STEPS

- Ask Christ to heal you. (Romans 10:13)
- Identify and address the underlying need behind your porn habit. The next time you feel the urge to look at porn, slow down, pray and consider your motivation. Ask God for courage to address your habit and let others know your temptation. (Proverbs 14:8)
- Confess and ask someone for accountability. Commit to 24 hours of sobriety. (Matthew 6:11)
- Repent. Get rid of access to pornography. (Matthew 5:29-30)
- Practice communicating. Find a place like **Restoration Pointe** where you can talk without fear of judgment and work through your struggles. Step out of secrecy. (1 John 1:7)
- Identify your stressors that often tempt you to look at pornography and decide how you will respond to them should temptation come. Prepare for vulnerable situations well in advance. (1 Corinthians 10:13, 1 Peter 5:8, Ephesians 6:13)
- Do not despair when you fall to temptation. God’s grace and his love is unconditional. (Romans 8:1)

God loves you, and there is hope and healing in Christ. If you have not yet experienced God’s salvation, you can learn more at [rprecovery.org/the-gospel](https://www.rprecovery.org/the-gospel).