



Virtual Sex and Pornography - Does God Care?

Romans 1:28: (NASB) *And just as they did not see fit to acknowledge God any longer, God gave them over to a depraved mind, to do those things which are not proper.*



Never have we been in such a place of insidious contradiction. On the one hand, technology has opened a once-locked door of accessibility, as anyone with an internet connection can now reach that which was once thought to be unreachable regarding knowledge, understanding and goodness. On the other hand, technology has given the world the opportunity to throw open the door of reckless indulgence and to have our curiosities draw us into a dark and powerful vortex of destructive sights, sounds and activity. Sexual behavior, once considered a sacred behavior, has become a mainstream and malignant tumor within our culture that

quietly eats away at our humanity under the guise of “freedom of expression.” Pornography - with all its degrading extremity, explicitness and violence - has become the single most popular destination of the billions who search the web. It is a web of entrapment that leads to the ruining of countless lives and relationships. What can we do about it? What *should* we do about it? Is there a way out of this godless web once you have become entangled?



Due to the graphic nature of our conversation today, we ask parents to use their discretion regarding the sensitive ears of their children. We do recommend it be used as a tool for teenagers when appropriate.



 Addictive, *The Science of Pornography Addiction*, AsapSCIENCE

- *Pornography constitutes about 25 percent of all search engine requests and is the fourth most common reason people give for going on the internet. Pornography has dynamically changed over time, ultimately molding our tastes and desires. The not-so-shocking truth is that pornography has profound consequences for the brain and acts in many ways like a drug. With prolonged exposure, your tolerance is increased and many often find themselves addicted. Though it's not a physical substance, it leads to the same general loss of control, the compulsiveness to seek out the activity despite negative consequences and withdrawal when it goes away, much like that of gambling or running, for example. The issue is that continued exposure can cause long-term or lifelong neuroplastic change in the brain.*



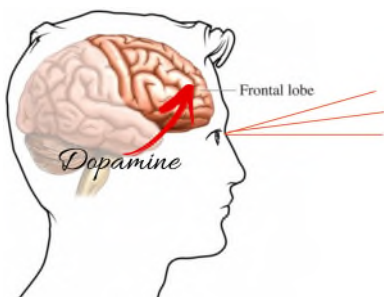
Our perspective on this issue is blunt: All pornography and online sexual encounters are sins of a most degrading nature. Period. Having said that, we realize that because of their lure and addictiveness, there are many who find themselves either drawn to or stuck in horrible, life-degrading habits. If this is you or someone you know, please stay with us as we attempt to lay out this subject in such a way that it will provide a motivation and means of walking away from such sin.

2 Timothy 3:1-2: (NASB) ¹But realize this, that in the last days difficult times will come. ²For men will be lovers of self, lovers of money, boastful, arrogant, revilers, disobedient to parents, ungrateful, unholy...

Never could the Apostle have imagined that such things as we all have access to would be available! The online sex industry “takes” from you in an enticing way.

 Dopamine, *The Science of Pornography Addiction*, AsapSCIENCE

- *Dopamine is released as a reward whenever we accomplish something, whether it be eating to sustain life or sexual activity to produce future life. And this dopamine consolidates neural connections in order to drive us to perform the same activity in the future. In other words, it alters and forms the brain cells to motivate certain actions. It rewires your brain. The National Institutes of Health measured drug addictiveness by testing rats. The rat is trained to press a button in order to get a drug, and the harder it works indicates how addictive the substance is. It turns out that the more addictive a drug is, the more dopamine we see released. We do know that dopamine is also released during sexual excitement, which pornography plays right into. The more time you spend doing it, the more dopamine gets released, which reinforces the behavior and makes you not only desire it in the future, but require it. As you begin to imagine these images away from the computer or while having sex, they become reinforced.*





2 Timothy 3:3-13: (NASB) ...³unloving, irreconcilable, malicious gossips, without self-control, brutal, haters of good, ⁴treacherous, reckless, conceited, lovers of pleasure rather than lovers of God, ⁵holding to a form of godliness, although they have denied its power; avoid such men as these...

So many of these prophetic characteristics fit the online sex industry today!

 **Slavery and Consistency, *The Porn Paradox*, Megan Johnson, TEDxGreenville**

- *Two thousand years ago Aristotle believed people were born naturally fit to be slaves. He lived in a culture where nearly every household owned one. He accepted the status quo. Today we don't, and yet an estimated 27 million slaves remain in the world, more than ever in history, and 80 percent of them experience sexual abuse and exploitation. Sex trafficking is the fastest growing illicit industry in the world, but I'm not actually here to talk about the horrors of sex trafficking. I'm here to talk about consistency.*

⁶For among them are those who enter into households and captivate weak women (and when it comes to internet pornography - men, too!) weighed down with sins, led on by various impulses, ⁷always learning and never able to come to the knowledge of the truth...

The clamor for freedom of expression masks ignorance and deeply harmful actions.

 **Sex is legislated, *The Porn Paradox*, Megan Johnson, TEDxGreenville**

- *In our country sex is legislated. We have outlawed rape, statutory rape and pedophilia. When sex produces a child, we call it “parenting,” and we are legally bound to it for 18 years. When sex causes incurable diseases, we are legally bound to tell our partners about it, forever. Sex is a legally significant act because of its physical, psychological and relational consequences. And so far, the laws are consistent, right? It should occur between consenting adults who understand the risks and responsibilities that come with it. What about sex plus money? Forced sex for money we call “commercial sex trafficking” and it’s illegal. Consensual sex for money is “prostitution” and it’s still illegal here in all but two counties in Nevada. So, basically if money is exchanged for sex, a crime is committed UNLESS someone films the sex and distributes it on the worldwide web.*

¹⁰Now you followed my teaching, conduct, purpose, faith, patience, love, perseverance, ¹¹persecutions, and sufferings... ¹²Indeed, all who desire to live godly in Christ Jesus will be persecuted. ¹³But evil men and impostors will proceed from bad to worse, deceiving and being deceived.

Our expectations regarding our stand against these abusive things is to be ridiculed and laughed at, but we must take this stand!



First Action Step:

Acknowledge the utterly degraded state and purpose of the sex industry



The online sex industry hurts a lot of people. Who are they?

Hold yourself responsible for a higher standard than anybody else expects of you. Never excuse yourself. Never pity yourself. Be a hard master to yourself - and be lenient to everybody else.

— *Henry Ward Beecher*

You cannot know what it means to be hurt unless you know what it means to be healthy and strong:

Romans 1:16-19: (NASB) ¹⁶For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. ¹⁷For in it the righteousness of God is revealed from faith to faith; as it is written, but the righteous man shall live by faith. ¹⁸For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness, ¹⁹because that which is known about God is evident within them; for God made it evident to them.

We have to stand in faith in the right kinds of things - God, His word, His morality and His plan. Getting stuck in the trap of pornography does not mean God will strike you down dead, but we have an obligation as Christians to stand for something higher. It is not merely about being “right” or “good” or “moral,” since these can all be subjective based on society.

What about casual porn use? What is wrong with that? That means casually, once in a while, you choose to not be godly. For those minutes, God does not matter and you will stand against what God says. Do we want to go down that road?

 Supporting sex slavery, *The Porn Paradox*, Megan Johnson, TEDxGreenville

- *This we call “hardcore pornography,” and not only is it legal and protected as an expression of free speech, but we celebrate and encourage it as a rite of passage, recreational escape and a marital inspiration. But people are still getting paid to have sex, a legally significant act with physical, psychological and relational consequences. This is the commodification of human beings for the pleasure of paying consumers for an estimated 14 billion dollars a year. From prime time to late night, our popular culture light heartily accepts the reality of porn consumption, while simultaneously joining in the public outcry against sex trafficking. But remember how the tobacco companies denied any relationship with cancer for decades? Just like tobacco undeniably causes cancer, the pornography industry both drives and supplies the growing demand for sex slaves.*



93.2% of boys and 62.1% of girls have seen online pornography before age 18. (Source: http://www.familysafemedia.com/pornography_statistics)

32% of teens admit to intentionally accessing nude or pornographic content online. Of these, 43% do so on a weekly basis.

(Source: TruResearch (2012) *Covenant Eyes 2015 Pornography Statistics* <http://www.covenanteyes.com/lemonade/wp-content/uploads/2013/02/2015-porn-stats-covenant-eyes.pdf>)

Pornography makes sex slavery possible, profitable and valuable to many people. Are we going to use this for our pleasure? Who gets hurt? The people in the industry - consenting or not! Do you want to support sex slavery, even if only a little bit?



Romans 1:20-25: (NASB) ²⁰For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse. ²¹For even though they knew God, they did not honor Him as God or give thanks, but they became futile in their speculations, and their foolish heart was darkened. ²²Professing to be wise, they became fools, ²³and exchanged the glory of the incorruptible God for an image in the form of corruptible man and of birds and four-footed animals and crawling creatures. ²⁴Therefore God gave them over in the lusts of their hearts to impurity, so that their bodies would be dishonored among them. ²⁵For they exchanged the truth of God for a lie, and worshiped and served the creature rather than the Creator, who is blessed forever. Amen.

Pornography is as far a contradiction from the will and way of God as we can imagine.

For the sake of our conversation, the truth of God is human sensuality in its proper and private place has been exchanged for human base desire presented in a depraved way to a depraved world.

There is nothing wrong with human sensuality in its proper place - God designed it so. When the sacred is taken from its proper place, it becomes polluted and for some reason becomes attractive.

 **Extreme violence, *The Porn Paradox*, Megan Johnson, TEDxGreenville**

- *The demand for more extreme forms of violence also continues to increase. Two studies conducted in 2005 and 2010 reveal that 90 percent of the most popular porn downloads contain multiple instances of physical and verbal aggression and violence, all directed at women, who in turn give the appearance of enjoying it. Still worse, of the results of a 2010 Google search for the term “rape porn,” 86 percent boasted the actual rape of girls under 18, 75 percent involved weapons, 43 percent included the realistic portrayals of drugged women and 46 percent claimed incest.*

Who gets hurt? The families/spouses of those who access such depravity.



The United Nations estimates that out of the more than 1.8 million children who are exploited as part of the illicit commercial sex market each year, approximately 100,000 American children are the victims of trafficking. (Source: June 6, 2014, *The Internet Pornography Pandemic: The Largest Unregulated Social Experiment in History*, Donna Rice Hughes)

(Source: <http://enough.org/objects/christian-apologetics-journal-spring2014.pdf>)

30% of all data transferred across the internet is porn.

(Source: http://www.huffingtonpost.com/2013/05/03/internet-porn-stats_n_3187682.html)

Romans 1:26-27: (NASB) ²⁶For this reason God gave them over to degrading passions; ²⁷...committing indecent acts and receiving in their own persons the due penalty of their error.

According to TIME magazine (April 11, 2016, *Porn and the Threat to Virility*) Some men report having trouble in the bedroom after living porn-saturated lives as teenagers, and some women report feeling pressure to act like porn stars during their most intimate moments.



The depth of depression and hurt resulting from the porn industry is deeper than can be expressed.



Humiliation becomes normal, *The Porn Paradox*, Megan Johnson, TEDxGreenville

- *Fightthenewdrug.org* says the vast majority of pornography viewed by millions of people every day is teaching that humiliation and violence are a normal part of what sex is supposed to be. And studies show that the more socially normal one believes a behavior, the more likely they are to act upon it. We are raising a generation of boys and girls compelled to act out this false norm of sexual dominance and perversion, not to mention the unavoidable sexist racism. Pornography arouses viewers to mentally and physically engage in behaviors they would never dream of acting upon in real life but after multiple exposures, what was once shocking becomes mundane and the demand grows. Studies repeatedly show that people who view porn regularly are much more likely to pursue bought sex in real life. And as with any commodity, the lower the cost, the higher the profit, leading to inevitable exploitation of the most vulnerable. In fact, 80 percent of sex traffic survivors recall clients playing pornographic scenes for them to imitate.

Who gets hurt? Inevitably all of those who have exposure to those who indulge in such sin. It is thought that 56 percent of divorces involve pornography.



A University of Oklahoma study of married couples who watched porn revealed:

Married couples who watched porn increased their risk of divorce by nearly 200 percent - more than doubling their chances of heading to divorce court.

33 percent of women watch pornographic videos or view explicit photos at least one time per week.

Couples who might have only had a three percent chance of getting divorced and described themselves as very happy in their marriage during their initial interview surged to a 12 percent chance of getting divorced by the time the follow-up survey occurred, if they were porn watchers.

Wives who quit watching porn experience a 6 percent decrease in divorce probability. Those wives who continued to watch porn experience a higher divorce risk rate of 18 percent. Oddly, husbands who ceased to watch porn did not experience an effect upon their divorce rate risk.

(Source: *Porn-Watching by Married Couples Jacks Divorce Risk Rate up Nearly 200 Percent*, Inquisitr August 21, 2016)

Romans 1:28-31: (NASB) ²⁸And just as they did not see fit to acknowledge God any longer, God gave them over to a depraved mind, to do those things which are not proper, ²⁹being filled with all unrighteousness, wickedness, greed, evil; full of envy, murder, strife, deceit, malice; they are gossips, ³⁰slanderers, haters of God, insolent, arrogant, boastful, inventors of evil, disobedient to parents, ³¹without understanding, untrustworthy, unloving, unmerciful; ³²and although they know the ordinance of God, that those who practice such things are worthy of death, they not only do the same, but also give hearty approval to those who practice them.



possessed child pornography, more than half featuring children under the age of five.

Luke 9:23-25: (NASB) ²³And he was saying to them all, If anyone wishes to come after me, he must deny himself, and take up his cross daily and follow me. ²⁴For whoever wishes to save his life will lose it, but whoever loses his life for my sake, he is the one who will save it. ²⁵For what is a man profited if he gains the whole world, and loses or forfeits himself?

Take up his cross daily - Christianity is inherently about choice and action. For us, to choose a spiritual course means we act on *leaving behind* our physical life. This is a process that continues to daily unfold.

 **Sensitization, Your Brain on Porn - The Scary Effects of Porn, DoctorScottHealth, yourbrainonporn.com**

- *...sensitization, so that's actually becoming sensitized to the stimulus. Being exposed to the high-speed internet pornography, any subtle thing, maybe it's just a little bit of skin and it's like, "Oh, man!" Then your brain dumps in the dopamine and is like, "Gotta have it!" and you are on that one-track mind of sex. You go straight to the porn, you go straight to that thought pattern.*

Your brain begins to associate satiating a desire with this particular thing. You are sensitized to it; it becomes magnetic for you.

In the TIME magazine article previously quoted, it comments how when healthy young men attempted to be sexually active with actual women, they physically could not get aroused due to years of porn rewiring their brains. The natural function was no longer there. How damaging that is!

1 Peter 1:14: (NASB) *As obedient children, do not be conformed to the former lusts which were yours in your ignorance,*

If you are a Christian, you are stuck living a dual life. What do you do? You must control it and decide to step away from it.



The statistics for Christian men between 18 and 30 years old:

- 77 percent look at pornography at least monthly.
- 36 percent view pornography on a daily basis.
- 32 percent admit being addicted to pornography (and another 12 percent think they may be).

The statistics for middle-aged Christian men (ages 31 to 49) are no less disturbing:

- 77 percent looked at pornography while at work in the past three months.
- 64 percent view pornography at least monthly.
- 18 percent admit being addicted to pornography (and another 8 percent think they may be).

Even married Christian men are falling prey to pornography and extramarital sexual affairs at alarming rates:

- 55 percent look at pornography at least monthly.
- 35 percent had an extramarital sexual affair while married.

(Source: 2014 survey commissioned by a nonprofit organization called Proven Men Ministries and conducted by Barna Group among a nationally representative sample of 388 self-identified Christian adult men)



 **Desensitization, Your Brain on Porn - The Scary Effects of Porn, DoctorScottHealth, yourbrainonporn.com**

- *Next is desensitization. This is actually also in the case of drugs, since this is related to addiction, you get used to the drug. You gain tolerance. So, you get used to the stimulus. You get used to riffling between two tabs of internet pornography, you maybe have to have longer sessions, you have to have multiple partners. The same things that did it for you before don't do it for you anymore, and now you have to have crazy fetishes and crazy orgies and this and that and craziness just to get that same fix. You travel further and further down the rabbit hole. It causes a desensitization because your brain isn't getting what it needs - it's become desensitized. Things that gave you pleasure before really don't do it for you anymore, just regular things in life.*

Romans 12:1-2: (NASB) *¹Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. ²And do not be conformed to this world, but **be transformed** by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.*

Be transformed - have that transformation be a part of who you are. This is a choice.

In our sinful state, the renewing of one's mind is a continuing process, in the same way we are to take up our cross daily. This indicates that Christian lives are to be driven by spiritual action habits. Bad things become habits. To counteract, we need something good to replace that habit. If we do not, we will go through sensitization where we get used to it, then desensitization where we need more that is disrespectful and harmful. Next, we get to hypofrontality...

 **Hypofrontality, Your Brain on Porn - The Scary Effects of Porn, DoctorScottHealth, yourbrainonporn.com**

- *The next one is hypofrontality. What is our big distinguishing factor from the rest of the mammals? We have a part of our brain that actually can override our primal instincts. Instead of saying, "Go get it," "Sex, sex, sex," our prefrontal cortex jumps in and says, "Whoa! Let's not do that! That's probably a bad idea because of this, this and this." Our prefrontal cortex gives us that executive function, and when we have any form of addiction - whether that is with drugs - methamphetamine, heroine, and now we are seeing with sex addiction and high-speed internet porn addiction, we start eroding that willpower, that ability of our prefrontal cortex to be able to override those functions, and it becomes very difficult to think clearly. We get any little stimulus and we want what we're programmed to want. Whatever that addiction is, we can't hardly focus on anything else but getting that fix.*

We start to lose control of our ability to control!




A CQ App user writes: I left my husband at 24 years old after almost four years of marriage. He was addicted to porn to the point where he expected me to behave the way he saw the woman in his videos act and would often pass up intimacy with me in favor of watching porn online. I eventually gave him an



ultimatum and he chose his addiction over our marriage. I now see pornography as a modern day form of adultery.

Philippians 3:12-14: (NASB) ¹²Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. ¹³Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, ¹⁴I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Another of our spiritual action habits is the continual putting away - the continual letting go - of our sinful past so that we are free to reach forward and grasp our spiritual future. You cannot hold on to what is behind you and reach forward to that which is before you at the same time! You will break. As a Christian, we have to start making these decisions because being stuck in between is not a good place to be.

 **Dysfunctional stress circuits, *Your Brain on Porn - The Scary Effects of Porn*, DoctorScottHealth, yourbrainonporn.com**

- *Dysfunctional stress circuits - food is a good one to relate this to. Food can be highly addictive. Everyone goes on a sugar binge every now and then. What happens when you're stressed? You go straight to that food. So, when we're stressed, we get dysfunctional stress circuits when we have these particular addictions. Once just a little stressor comes, our mind goes straight to that one track mind of "let's satiate that desire."*

You become an out of control human being, damaging those around you and those you are watching, many of whom are slaves.

1 Corinthians 6:16-20: (NASB) ¹⁶Or do you not know that the one who joins himself to a prostitute is one body with her? For He says, The two shall become one flesh. ¹⁷But the one who joins himself to the Lord is one spirit with Him. ¹⁸Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body. ¹⁹Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? ²⁰For you have been bought with a price: therefore **glorify God in your body.**

Glorify God in your body - by watching porn and thereby supporting the slave trade industry, is that answer “yes?” Of course not.

Engaging in porn and virtual sex is stepping toward and joining with absolute immorality. Spiritual action habits dictate we join with God (who owns us) through Christ and RUN from all immorality.

Third Action Step:



*Acknowledge the harm and destruction
you are causing yourself
by engaging in any form of online sexuality
and dwell on the pain of such choices*



What do virtual sex and pornography do to my Christian beliefs?

Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power. — Clint Eastwood

Our belief system regarding intimate relationships is simple and sacred:

Genesis 2:21-25: (NASB) ²¹So the LORD God caused a deep sleep to fall upon the man, and he slept; then He took one of his ribs and closed up the flesh at that place. ²²The LORD God fashioned into a woman the rib which He had taken from the man, and brought her to the man. ²³The man said, "This is now bone of my bones, And flesh of my flesh; She shall be called Woman, Because she was taken out of Man. ²⁴For this reason a man shall leave his father and his mother, and be joined to his wife; and they shall become one flesh. ²⁵And the man and his wife were both naked and were not ashamed.

Our belief system has its foundation in fidelity and the deep bonding that comes from it.

 **The brain - use it or lose it, *The Science of Pornography Addiction, AsapSCIENCE***

- *Pornography addiction can often lead to finding your mate less attractive. The good news is, it doesn't have to be permanent. Usually when people understand the mechanism and realize it's affecting their relationships, they can stop. The brain is often described as a "use it or lose it" system, because the neural connections you stimulate grow stronger and desire to be activated, while the ones you ignore become weakened. Much like your muscles, which if sitting still all day itch for activity, but after prolonged non-use, they become complacent. Luckily because of this "use it or lose it" brain, the same neuralplastic system that proliferates these habits can also be used to acquire healthier ones.*



This is good news. If we start to walk away from something and stay away from it, it will eventually allow our brain to right itself. This is not easy.

Again from the TIME Magazine article we referenced, men were able to regain healthy sexual function with their spouses when they stopped the bad behavior.

We started out by looking at how dark and despicable this problem is. Then we looked at who we hurt - those around us and ourselves. Now we are looking at what we believe in. This gives us ample evidence that we cannot go there anymore. All of these reasons need to be put in front of us and rehearsed again and again.

Hebrews 13:4-5: (NASB) ⁴Marriage is to be held in honor among all, and the marriage bed is to be undefiled; for fornicators and adulterers God will judge. ⁵Make sure that your character is free from the love of money, being content with what you have; for He Himself has said, I will never desert you, nor will I ever forsake you.



There is great power in the sanctity of the privacy of the marriage relationship. Couple this with humility and contentment and we build a strong and faithful life!

 **Porn drives sex trafficking, *The Porn Paradox*, Megan Johnson TEDxGreenville**

- *The pornography industry also contributes to the supply of sex trafficking. Sex traffic survivors report hours of forced pornography viewing as systematic desensitization, or so-called “training” by their oppressors. Nearly half the survivors remember being forced or tricked into making pornographic film to shame them into submission. Today it’s estimated that at least 20 percent of current online porn footage depicts trafficked girls, and detecting it is nearly impossible. Consider the fact that the largest porn entry site in the world, which entertained 78 billion views in 2014, acts primarily as a hub directing viewers to live action camming sites and illegal tube sites, the most frequently viewed kind that is viewed by both men and women. Sites like these provide multiple platforms for traffickers to cash in on beautiful young lives without ever getting caught. Pornography drives and supplies the demand for sex trafficking.*



Traffickers show pornography to sex trafficking victims to train them and desensitize them to the sex acts they will be forced to perform.

Porn users demand a constant stream of new, increasingly violent and fetishized content. In order to keep up with this demand, more women and children become prostituted and trafficked.

(Source: National Center on Sexual Exploitation. (2015) *Pornography + Sex Trafficking: The Facts* <http://stoptraffickingdemand.com/facts/>)

Romans 6:15-19: (NASB) ¹⁵What then? Shall we sin because we are not under law but under grace? May it never be! ¹⁶Do you not know that when you present yourselves to someone as slaves for obedience, you are slaves of the one whom you obey, either of sin resulting in death, or of obedience resulting in righteousness? ¹⁷But thanks be to God that though you were slaves of sin, you became obedient from the heart to that form of teaching to which you were committed, ¹⁸and having been freed from sin, you became slaves of righteousness. ¹⁹I am speaking in human terms because of the weakness of your flesh. For just as you presented your members as slaves to impurity and to lawlessness, resulting in further lawlessness, so now present your members as slaves to righteousness, resulting in sanctification.



To be a slave to benevolence and mercy is to be as free as a human being can be. To understand the degradation of the sex industry and support it is to be a slave of it as well, even with only periodic use.



Break up letter, Pornography Isn't Your Problem, Jason Mahr, TEDxCincinnati (This was written by a minister who was stuck in the pornography vortex.)



- *It goes like this: When we first met, it was just like any new and even secret dating relationship. Lots of attention, obsession, that constant feeling of being on a high. I really couldn't get enough of you, because you were always there to pick me up when I fell down. But then things changed. Even though you always were able to make me feel good physically, you had this way about you that made me feel terrible about myself inside. And then came the realization that you were lying to me. I realized you weren't even faithful to me. You were in a relationship with almost all of my friends. I was a fool to let you into my life and to believe your lies. Now, since I've broke up with you, it hasn't been easy but I've managed to get my family back, my marriage back, and most importantly my heart, mind and soul back. Because believing the best about myself may seem like a leap, but it is the best jump I've ever made. So, now I'm inspired and I'm on a mission to keep as many people as I can from being hurt by you. And I'm not going to spare your feelings and say something like, "Oh don't worry. It's not you, it's me," because dear pornography, I'm glad things are over between us. Stop trying to contact me because, remember, it's not me, it's you.*

What should we hold on to?

1 Corinthians 7:1-5: (NASB) ¹Now concerning the things about which you wrote, it is good for a man not to touch a woman. ²But because of immoralities, each man is to have his own wife, and each woman is to have her own husband. ³The husband must fulfill his duty to his wife, and likewise also the wife to her husband. ⁴The wife does not have authority over her own body, but the husband does; and likewise also the husband does not have authority over his own body, but the wife does. ⁵Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

The Apostle recognized the need for sex within marriage. God made it pleasurable for a reason. Sexual activity in its proper place is a God-designed and sanctioned way to bond.



We need help outside ourselves to attain the good intentions and plans of our hearts as the principle of Proverbs 15:22 shows us: *Plans fail for lack of counsel, but with many advisers they succeed.*

Fourth Action Step:



Acknowledge the absolute contradiction pornography and virtual sex present with your core Christian beliefs

and how they destroy all that your beliefs stand for



How do we stop - how do we change, even if we are only casually engaged in the sex industry?

Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind - you could call it "character in action." — Vince Lombardi

 You can reprogram your brain, [Porn Addiction Recovery, curethecraving.com](http://PornAddictionRecovery.com)

- Studies have shown that if you introduce a new thought to the brain with emotion, every day for about 30 days, it creates a new neural pathway in the brain. And if you continue to reinforce it for 90 days, it becomes the primary neural pathway in the brain. On a cellular level, it becomes who you are. You can literally reprogram your brain to think differently.



Researchers believe that pornography's intense stimulation of the brain brings about significant changes to the brain similar to drug addiction. As hours of reported pornography use increases, the amount of grey matter in the brain decreases.

(Source: Simone Kühn, Jürgen Gallinat, "Brain Structure and Functional Connectivity Associated With Pornography Consumption: The Brain on Porn," JAMA Psychiatry 71 (July 2014): 827-834)

Fifth Action Step:



Assemble all the things you have previously acknowledged, write them down and place them before God and before someone you trust. Then daily renew your focus to be sanctified.

Set up new, accountable, godly habits. Why?

Galatians 6:7-8: (NASB) ⁷Do not be deceived, God is not mocked; for whatever a man sows, this he will also reap. ⁸For the one who sows to his own flesh will from the flesh reap corruption, but the one who sows to the Spirit will from the Spirit reap eternal life.

God is not mocked - Our "public life" and "private life" need to match. If you are following Christ, you have promised to leave sin behind. Of course we are going to drag sin around with us, but we must be working on it. It must be deeply important to us.

A quick clarification...virtual sex is engaging with someone online. Some people think this is fine because no one is actually touching. Plain and simple, this is adultery.

We must have integrity and must teach our children integrity. This is why we suggest our listeners work with this program for their teenagers to show them the darkness and evil caused by the online sex industry versus God's plan for us.



Bought sex on camera (edited), *The Porn Paradox*, Megan Johnson, TEDxGreenville

- *Finally, a growing amount of research considers the pornography industry itself a form of sex trafficking, calling it “bought sex on camera.” Interviews with porn performers look identical to those of trafficked survivors. They endure the actual enactment of sexual assault, so they are torn, gagged, bound, bruised, beaten and verbally degraded in every way possible, often by multiple people in a single scene. This might explain the well-documented prevalence of drug abuse and addiction in the industry. Furthermore, the STD rate among porn performers is 10 times greater than that of the same demographic in the general population. Actors have unprotected sex with so many partners in their short 4 to 6 month careers on average that it’s impossible to keep up with the rate of infection. In addition, adult film actors suffer from drug overdose, depression, alcoholism, suicide, accidents and homicide, giving them the highest death rate of any legal industry.*

Are you going to support this?



Almost half (46%) of teenagers say “sending sexual or naked photos or videos is part of everyday life for teenagers nowadays.”

Seven out of 10 (72%) 18 year olds say “pornography leads to unrealistic attitudes to sex” and that “pornography can have a damaging impact on young people’s views of sex or relationships.”

Two thirds of young women (66%) and almost half of young men (49%) agree, “It would be easier growing up if pornography was less easy to access...”

(Source: “Studies shed light on sexual behavior of teenagers,” Burnet Institute, 10/9/14, http://www.burnet.edu.au/news/435_burnet_studies_shed_light_on_sexual_behaviour_of_teenagers)

There is no room for pride in this fight; rather, we must humbly cling to the highest principles!

1 Corinthians 10:12-13: (NASB) ¹²Therefore let him who thinks he stands take heed that he does not fall. ¹³No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.

What happens if you get stuck in all of this? If you are willing to go back to your Christian faith, God can deliver you. It is not going to come via a miracle or a private prayer, then a cure. It will come through the humility of dragging yourself before God and others who can help you do the hard work. By God’s grace, good things can happen.


What if you relapse? Pray for forgiveness and stand again:

Proverbs 24:16: (NASB) *For a righteous man falls seven times, and rises again, But the wicked stumble in time of calamity.*

We are not being righteous when engaging in pornography. We can stubbornly defy Him, saying it is part of our freedom of expression. But what is the cost of our freedom of expression? What is the trade-off for your gratification? Who gets hurt? You and everyone around you. Is it your right? Sure. But is it a godly way to live if you are a Christian? Not even close!



What are we supporting when we engage in pornography...?

 **My clicks support slavery (edited), *The Porn Paradox*, Megan Johnson, TEDxGreenville**

- *But while we universally object to a porn-inspired rape culture we accept and embrace the production and consumption of porn itself. Forty-two million people regularly engage with violent sex online. This absolutely contributes to the practice of selling people. As you can see here, the cycle of pornography, objectification and bought sex includes sex trafficking. Participation at any point in this cycle contributes to it. Viewing pornography forces me to see people as objects, and just by watching, my clicks alone fuel the demand for more workers, more variety, but many people don't stop there. My imaginative mind engages with the activity making me feel like I'm the one participating. This makes it more likely that I will pursue bought sex. Maybe at a massage parlor where women and children are kept hidden by pimps and traffickers. The ability to tell who is there by choice and who is not evades me, and at this point it might not matter because the porn I watch makes me believe that everyone loves what they're doing.*

When Jesus surrounded himself with sinners, he healed them. When we surround ourselves with the sin of pornography, we exploit them.

We need to emotionally rehearse the unconscionable treatment of women and children that pornography supports to build our heart conviction against it. Go over these things again and again! It is destructive and heinous. Put it right in front of you and hopefully it will give you that little bit of impetus to stop. Talk to a friend. Seek help. Pray. Do not stay where you are.

1 Thessalonians 4:1-7: (NASB) *Finally then, brethren, we request and exhort you in the Lord Jesus, that as you received from us instruction as to how you ought to walk and please God (just as you actually do walk), that you excel still more...³For this is the will of God, your sanctification; that is, that you abstain from sexual immorality; ⁴that each of you know how to possess his own vessel in sanctification and honor, ⁵not in lustful passion, like the Gentiles who do not know God; ⁶and 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. ⁷For God has not called us for the purpose of impurity, but in sanctification.*

We need to emotionally rehearse the glorious peace and contentment that come from being a follower of Jesus.

 **Know the facts, *The Porn Paradox*, Megan Johnson, TEDxGreenville**

- *Leo Tolstoy said that everyone thinks of changing the world but no one thinks of changing himself. There's no neutral when it comes to valuing each individual as a person who craves to be known and loved. Every pornographic download exploits somebody's child, mother, sister, brother, friend, fellow human beings inherently worthy of our respect. When we reduce a person to the sum of their body parts and eliminate the third dimension of their humanity, we uphold the same cultural mindset that drives sex slavery. By accepting the status quo, like Aristotle, and denying the causal relationship, like the tobacco company, we also contribute to the slavery of 27 million people.*

Galatians 6:9: (NASB) *Let us not lose heart in doing good, for in due time we will reap if we do not grow weary.*



In due time you will reap a harvest if you are continuing to do good according to godly, righteous standards. We have to be willing and able to stand up against these things so that we can, with our full conscience, get behind the simple word, NO. “I am not going there anymore because the only thing that ever comes from going there is hurt, pain, suffering, abuse and all that brings about destruction.” That is not what our lives are about.

Never give in, never give in, never, never, never, never, never, give in! - Winston Churchill

*So, virtual sex and pornography - does God care?
For Jonathan and Rick and Christian Questions...
Think about it...!*

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*By constant self-discipline and self-control, you can develop greatness of character.
— Grenville Kleiser*

*In reading the lives of great men, I found that the first victory they won was over themselves...
self-discipline with all of them came first. — Harry S Truman*

Additional Scriptures and definitions:

1 Peter 1:13-16: (NASB) ¹³Therefore, prepare your minds for action, keep sober in spirit, fix your hope completely on the grace to be brought to you at the revelation of Jesus Christ. ¹⁴As obedient children, do not be conformed to the former lusts which were yours in your ignorance, ¹⁵but like the Holy One who called you, be holy yourselves also in all your behavior; ¹⁶because it is written, You shall be holy, for I am holy.

Ephesians 5:1-20: (NRSV) ¹Therefore be imitators of God, as beloved children, ²and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God. ³But **fornication <4202>** and **impurity <167>** of any kind, or greed, must not even be mentioned among you, as is proper among saints. ⁴Entirely out of place is obscene, silly, and vulgar talk; but instead, let there be thanksgiving. ⁵Be sure of this, that no fornicator or impure person, or one who is greedy (that is, an idolater), has any inheritance in the kingdom of Christ and of God. ⁶Let no one deceive you with empty words, for because of these things the wrath of God comes on those who are disobedient: ⁷Therefore do not be associated with them. ⁸For once you were darkness, but now in the Lord you are light. Live as children of light - ⁹for the fruit of the light is found in all that is good and right and true. ¹⁰Try to find out what is pleasing to the Lord. ¹¹Take no part in the unfruitful works of darkness, but instead expose them. ¹²For it is shameful even to mention what such people do secretly; ¹³but everything exposed by the light becomes visible, ¹⁴for everything that becomes visible is light. Therefore, it says, Sleeper, awake! Rise from the dead, and Christ will shine on you. ¹⁵Be careful then how you live, not as unwise people but as wise, ¹⁶making the most of the time, because the days are evil. ¹⁷So do not be foolish, but understand what the will of the Lord is. ¹⁸Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, ¹⁹as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, ²⁰giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Ephesians 5:3: (NRSV) But **fornication <4202>** and **impurity <167>** of any kind, or greed, must not even be mentioned among you, as is proper among saints.



Fornication: Strongs #4202 harlotry (including adultery and incest) figuratively, idolatry
KJV - fornication

Strongs #4203 to act the harlot, i.e. (literally) indulge unlawful lust (of either sex),
or (figuratively) practice idolatry
KJV - commit (fornication)

Harlot, whore: Strongs #4204 feminine of 4205; a strumpet;
figuratively, an idolater

Fornicator, whoremonger: Strongs #4205 (to sell; akin to the base of 4097);
a (male) prostitute (as venal), i.e. (by analogy) a debauchee (libertine)

Some uses of #4202:

1 Corinthians 6:13: (KJV) *Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body is not for **fornication <4202>**, but for the Lord; and the Lord for the body.*

1 Corinthians 6:18: (KJV) *Flee **fornication <4202>**. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.*

Use of 4205 as an idolater:

Hebrews 12:16: (KJV) *Lest there be any **fornicator <4205>**, or profane person, as Esau, who for one morsel of meat sold his birthright.*

Impurity: Strongs #167; impurity (the quality), physically or morally: KJV-- uncleanness.

Some uses:

Romans 6:19: (KJV) *I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to **uncleanness <167>** and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.*

2 Corinthians 12:21: (KJV) *And lest, when I come again, my God will humble me among you, and that I shall bewail many which have sinned already, and have not repented of the **uncleanness <167>** and fornication and lasciviousness which they have committed.*

Ephesians 5:4: (NRSV) *Entirely out of place is **obscene <150>**, **silly <151>**, and **vulgar <2160>** talk; but instead, let there be thanksgiving.*

Obscene: Strongs #151 shamefulness, i.e. obscenity
KJV - filthiness

Only use:

Ephesians 5:4: (KJV) *Neither **filthiness <151>**, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.*

Silly: Strongs #3473, silly talk, i.e. buffoonery: - foolish talking

Vulgar: Strongs #2160, witticism, i.e. (in a vulgar sense) ribaldry: - jesting