

# PORN: Overcoming it

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## Introduction

There was a well-loved pastor and his wife in the States named Kurt and Brenda. They had two adopted sons. For most of their married life, there is evidence that Kurt struggled with pornography. Later in his life, while he was the associate pastor at a church for 10 years, Kurt accepted the position of senior pastor. It was then that he began to find women on the internet to have sex with over the next 4 years.

One day after Brenda learned about Kurt's unfaithfulness, she confronted him with what she knew. As a result, he went to his office at church and attempted to remove any proof of his immorality. Then, within a 24-hour period Kurt took his own life. Kurt left behind a devastated wife, two sons and a church and community to deal with the results of his actions. This was the end of a path that all began with an addiction to pornography.

All of the following statistics presented are from the "2015 Pornography Statistics" report, which was published by:

**Covenant Eyes**  
**1525 W. King Street**  
**PO Box 637**  
**Owosso, MI 48867**

Note: The highlighted statistics in this presentation were not highlighted in the original "Covenant Eyes" report.

## THE PROBLEM

### STATISTICS ABOUT PORNOGRAPHY

Though the following statistics are from the USA, please understand as you view them the gravity of this information and that your country's statistics may be similar or even higher. Even if you believe that your country's statistics are less than those presented, consider how they may relate to your culture, church, family or personal life. Also contemplate the negative influence pornography is having within your country.

#### Internet Statistics

In 2008, the company Hitwise catalogued **40,634** websites that distributed pornography.

- According to the research by two neuroscientists, Ogi Ogas and Sai Gaddam, in 2010, out of the one million most trafficked websites in the world, **42,337 are sex-related sites.**

- Free websites comprise between **70-80%** of the adult material online, typically used as “bait” for pay websites, guiding viewers to premium pay services.

#### Statistics about men

A survey conducted by the Barna Group (a Christian-based research group in the USA) in 2014 revealed:

- The following percentages of **men** say they view pornography at least **once a month**:
  - 18-30-year-olds, 79%
  - 31-49-year-olds, 67%
  - 50-68-year-olds, 49%
- The following percentages of **men** say they view pornography at least **several times a week**:
  - 18-30-year-olds, 63%
  - 31-49-year-olds, 38%
  - 50-68-year-olds, 25%

#### Statistics about women

- The following percentages of **women** say they view pornography at least **once a month**:
  - 18-30-year-olds, 76%
  - 31-49-year-olds, 16%
  - 50-68-year-olds, 4%

#### Statistics about women

- The following percentages of **women** say they view pornography at least **several times a week**:
  - 18-30-year-olds, 21%
  - 31-49-year-olds, 5%
  - 50-68-year-olds, 0%

#### Statistics about married people

- 55% of **married men** say they view porn at least once a month, compared to 70% of **unmarried men**.
- 25% of **married women** say they view porn at least once a month, compared to 16% of **unmarried women**.

## Statistics about Youth

In 2001, a study by the Kaiser Family Foundation discovered among all youth who use the internet, ages 15-17, **70%** say they have accidentally stumbled across pornography online.

According to a report commissioned by the US Congress in 2004, some 70 million individuals visit pornographic websites each week; about 11 million of them are younger than age 18.

In 2008, more than 560 college students responded to an online survey as follows:

- 93% of **boys** and 62% of **girls** were exposed to pornography before age 18
- 14% of **boys** and 9% of **girls** were exposed to pornography before age 13
- 69% of **boys** and 23% of **girls** have spent at least 30 consecutive minutes viewing pornography

According to a 2007 study among 813 students from six U.S. schools:

- 66.5% of young men and 48.7% of young women said viewing pornographic materials is an acceptable way to express one's sexuality
- 21.3% of young men said they view pornographic material *every day or almost every day*
- 27.1% of young men said they view pornographic material 1 or 2 days a week
- 21% of young men said they view pornographic material 2 or 3 days a month
- 16.8% of young men said they view pornographic material once a month or less
- **13.9% of young men said they never view pornography**
- 31% of young women said they view pornographic material

Viewing internet pornography:

- 63% of boys have done so more than once, and 35% of boys have done so on more than 10 occasions
- 83% of boys and 57% of girls have seen group sex online
- 69% of boys and 55% of girls have seen same-sex intercourse online
- 39% of boys and 23% of girls have seen sexual bondage online
- 32% of boys and 18% of girls have seen bestiality online
- 18% of boys and 10% of girls have seen rape or sexual violence online
- 15% of boys and 9% of girls have seen child pornography

## Youth and Sexting

Sexting is sending or posting a sexually suggestive nude or nearly nude photo or video of oneself.

Older teens are more likely to report having **sent** a sext.

- 4% of 12-year-olds have sent a sext
- 7% of 14-17-year-olds have sent a sext
- 9% of 13-18-year-olds have sent a sext
- 19% of 18-24-year-olds have sent a sext

Percentages of teens that have **received** a sext are higher than those who send them.

- 4% of 12-year-olds have received a sext
- 17% of 13-18-year-olds have received a sext
- 20% of 16-year-olds have received a sext
- 30% of 17-year-olds have received a sext
- 21% of 14-24-year-olds have received a sext

## Pornography Among Churchgoers

According to data taken from Internet users who took part in the General Social Survey for the year 2000:

- Regular church attenders are 26% *less* likely to look at porn than non-attenders, **but those self-identified as “fundamentalists” are 91% more likely to look at porn [than non-fundamentalist church attenders]**
- In 2003, 34% of **female** readers of *Today’s Christian Woman’s* online newsletter admitted to intentionally accessing Internet porn

A survey conducted by the Barna Group in 2014 revealed:

- 64% of self-identified Christian men and 15% of self-identified Christian women view pornography **at least once a month** (compared to 65% of non-Christian men and 30% of non-Christian women)
- 37% of Christian men and 7% of Christian women view pornography at least **several times a week** (compared to 42% of non-Christian men and 11% of non-Christian women)
- 39% of Christian men and 13% of Christian women say they **believe their use of pornography is “excessive”** (compared to 19% of non-Christian men and 12% of non-Christian women)
- 21% of Christian men and 2% of Christian women say they think **they might be “addicted”** to pornography or aren’t sure if they are (compared to 10% of non-Christian men and 4% of non-Christian women)

- 28% of Christian men and 11% of Christian women say **they were first exposed to pornography before the age of 12** (compared to 23% of non-Christian men and 24% of non-Christian women)

### Pornography Among Pastors

“If you think you can’t fall into sexual sin, then you’re godlier than David, stronger than Samson, and wiser than Solomon.” – Bill Perkins

In August 2000, *Christianity Today* conducted an exclusive survey of its readership—both laity and clergy—on the issue of Internet pornography:

- In August 1999, **11%** of the calls received on Focus on the Family’s Pastoral Care Line were about pastors and online porn. One year later, in August 2000, online porn worries prompted **20%** of the calls.
- 33% of clergy say they have visited a sexually-explicit website
- Of those who have visited sexually-explicit websites:
  - 53% say they have visited the sites a few times in the past year
  - 18% of clergy said they visited explicit websites between “a couple of times a month” and “more than once a week”

Among the clergy who use Internet porn, 30% do not talk to anyone about their behavior.

In 2000, a survey of 564 pastors showed:

- 51% said Internet pornography is a possible temptation
- 43% said they had never visited a pornographic site
- 21% said they do so “a few times a year”
- 6% said they do so “a couple times a month or more”
- 37% of pastors said viewing pornography was a “current struggle”
- 75% of pastors said they do not make themselves accountable to anyone for their Internet use

In 2002, of 1,351 pastors surveyed:

- 54% said they had viewed Internet pornography within the last year
- 30% of these had visited within the last 30 days

### Results of Prolonged Exposure to Pornography

#### With Youth

When a child or adolescent is directly exposed to pornography, the following effects have been documented:

- Lasting negative or traumatic emotional responses
- Earlier onset of first sexual intercourse, thereby increasing the risk of sexually transmitted diseases over their lifespan

- The belief that superior sexual satisfaction is attainable without having affection for one's partner, thereby reinforcing the commoditization [treating as a commodity] of sex and the objectification [treating as an object] of humans
- The belief that being married or having a family are unattractive prospects
- Increased risk for developing sexual compulsions and addictive behavior
- Increased risk of exposure to incorrect information about human sexuality long before a minor is able to contextualize this information in ways an adult brain could

#### With Adults

According to the *Journal of Adolescent Health*, prolonged exposure to pornography leads to:

- An exaggerated perception of sexual activity in society
- Diminished trust between intimate couples
- The abandonment of the hope of sexual monogamy
- Belief that promiscuity is the natural state
- Belief that abstinence and sexual inactivity are unhealthy
- Cynicism about love or the need for affection between sexual partners
- Belief that marriage is sexually confining
- Lack of attraction to family and child-raising

In 2002, the American Academy of Matrimonial Lawyers reported the following as the most salient factors present in divorce cases:

- 68% of the divorces involved one party meeting a new lover over the Internet.
- 56% involved one party having "an obsessive interest in pornographic websites."
- 47% involved spending excessive time on the computer.
- 33% involved excessive time spent speaking in chat rooms.

A survey of women (and some men) who experienced serious adverse consequences from their partner's cybersex involvement revealed:

- In 68% of the couples, one or both lost interest in relational sex: 52% showed a decreased interest, as did 34% of partners
- Partners commonly reported feeling hurt, betrayed, rejected, abandoned, lonely, isolated, humiliated, jealous and angry. Partners often compared themselves unfavorably to online images. Partners overwhelmingly felt that cyber affairs were as emotionally painful as offline affairs.

## Conclusions from a Study on Pornography

In 1982 and 1984, Dr. Dolf Zillmann and Dr. Jennings Bryant conducted an experiment with 80 male and 80 female college-age participants. These were divided into three subgroups, and each group was shown 4 hours and 48 minutes of media over a six-week period:

- (1) the “**Massive Exposure Group**” was shown 36 non-violent pornographic film clips
  - (2) the “**Intermediate Exposure Group**” was exposed to 18 pornographic film clips and 18 regular films
  - (3) the “**No Exposure**” control group was shown 36 non-pornographic film clips
- A direct correlation was noticed between the amount of pornography one viewed and one’s overall sexual satisfaction
  - Participants from the **Massive Exposure Group** reported less satisfaction with their intimate partner, such as their partner’s physical appearance, affection and sexual performance
  - Researchers concluded, “consumers eventually compare appearance and performance of pornographic models with that of their intimate partners, and this comparison rarely favors their intimate partners”

Those exposed to more pornography attached more value to casual sex (i.e. sex without emotional involvement).

When asked if minors should be protected from seeing pornography, those who said they should be protected from these three groups were:

- 84% of the No Exposure Group
- 54% of the Intermediate Exposure Group
- 37% of the Massive Exposure Group

Those exposed to more pornography:

- showed a greater acceptance of premarital sex and adultery
- decreased the value one placed on:
  - the institution of marriage
  - one’s desire for children
  - the need for faithfulness in a relationship
- seemed to condition participants to trivialize rape

These participants were asked to rate their overall support for women’s rights. Both men and women who were in the Massive Exposure Group showed significant drops in support compared to the No Exposure Group. There was:

- 71% **male** support in the No Exposure Group compared to 25% in the Massive Exposure Group

- 82% **female** support in the No Exposure Group compared to 52% in the Massive Exposure Group.

When asked how common or popular certain sexual activities were in the general population — activities like anal sex, group sex, sadomasochism and bestiality — the percentages given by the **Massive Exposure Group** were two to three times higher than the No Exposure Group.

The **Massive Exposure Group** was far more likely to believe women fit the stereotype of the women shown in pornographic films — that is, “socially non-discriminating, as hysterically euphoric in response to just about any sexual or pseudosexual stimulation, and as eager to accommodate seemingly any and every sexual request.”

Additionally, two weeks after they stopped seeing videos, all participants were given an assortment of pornographic and non-pornographic films to watch in private. Those who were exposed to more pornography were significantly more likely to want to watch hardcore porn.

### Helpful statistics to know

Those who are happily married are **61% less likely** to look at porn.

Data from a 2004 study of nearly 1000 adolescents in Israel showed:

- The strongest predictor of using pornography was being male.
- Adolescents who reported using porn were more likely to:
  - (1) attend a secular school vs. a religious school
  - (2) have a lower commitment to family
  - (3) have a lower support of pro-social attitudes [that of helping others]
  - (4) be a heavy Internet user

A warm and communicative parent–child relationship is the most important factor [in reducing porn use among children]. Therefore it is constructive to have open parent–child channels for communicating about:

- sexual and media experiences
- sex education at home or school and
- parental participation with children on the Internet

“For boys already at risk for antisocial behavior, parents should carefully monitor and severely limit access to pornography on file-sharing networks and elsewhere.” – Dr. Patricia M. Greenfield



## STEPS TO ADDICTION

### Biblical information

James 1:14–15

14 “But each one is tempted when he is carried away and enticed by his own lust.

15 Then when lust has conceived, it gives birth to sin; and when sin is accomplished, it brings forth death.” (NASB)

According to this passage, the steps to addiction are:

1. Temptation
2. Lust
3. Sin
4. Death

According to James 1:14-15, a temptation will only produce sin if lust is present for whatever the temptation offers. If lust is not there, the temptation will stop. Therefore it must be the goal of pastors, church leaders and parents to help young people not acquire a taste for pornography, as well as other sins of addiction. If there is no desire, a temptation will have no fuel to feed its fire.

### Standard progression

Here are the steps a person takes to addiction according to Focus on the Family (a Christian organization in the USA):

1. **Early exposure**  
Most guys who get addicted to porn start early. They see the stuff when they are very young, and it gets its foot in the door.
2. **Addiction**  
Later comes addiction. You keep coming back to porn. It becomes a regular part of your life. You're hooked. You can't quit.
3. **Escalation**  
After a while, escalation begins. You start to look for more and more graphic porn. You start using porn that would have disgusted you when you started. Now it excites you.
4. **Desensitization**  
Eventually, you start to become numb. Even the most graphic, degrading porn doesn't excite you anymore. You become desperate to feel the same thrill again but can't find it.
5. **Acting out sexually**  
At this point, many men make a dangerous jump and start acting out sexually. They move from the paper and plastic images of porn to the real world.

From Focus On the Family, 1996.

<http://www.focusonthefamily.com/marriage/divorce-and-infidelity/pornography-and-virtual-infidelity/stages-of-porn-addiction>

### Definition of dependency

An unhealthy, compulsive activity which coincides with the use of pornographic material which continues even when there are negative consequences to a person's well-being or even to those associated with the individual, such as one's physical, mental, spiritual or financial welfare.

### Warning signs of dependency

Warning signs and symptoms of a porn addiction according to ProjectKnow may include:

- Being unable to stop using porn or stop engaging in the behaviors associated with porn, despite repeated attempts to do so.
- Experiencing cravings to view porn. Much like substance users report feeling strong urges to use drugs, porn addicts can experience strong urges to view porn.
- Becoming angry, hostile, or irritable when asked to stop using porn. Porn addicts may deny their porn viewing or be upset when loved ones request that they stop.
- Keeping all or part of one's porn use secret from loved ones. Porn addiction has been shown to lead to increased secrecy in relationships.
- Feeling as though one is living a double or secret life because of porn use. A person with a porn addiction may feel guilty or ashamed and work hard to hide his or her porn viewing from others.
- Continuing to view porn despite negative consequences, such as broken relationships or a job loss. Relationships where one partner is addicted to porn can lead to a reduction in intimacy, emotional distance, reduced sexual satisfaction and an overall poorer quality of relationship. Being unable to abstain from porn during work hours can lead to disciplinary action or even job loss.
- Losing track of large chunks of time due to being absorbed in porn use. Porn addicts may spend much of the day viewing pornography. This can lead to porn becoming a priority, with everything else set aside in favor of viewing porn.
- Requiring increasing amounts or more explicit porn to gain the same satisfaction or thrill, similar to the development of a tolerance.

From ProjectKnow Understanding addiction, Nov. 14, 2016,

<http://www.projectknow.com/research/porn-addiction/>

### If treatment warranted

ProjectKnow's guideline "to determine whether porn addiction treatment is necessary, you may be asked to consider which of the following statements are true for you:

- I feel powerless to resist the urge to view porn.
- I frequently spend more time or money on porn than I initially intended.
- I have made many unsuccessful attempts to limit or stop viewing porn.
- I spend a significant portion of time viewing porn, thinking about porn, or engaging in activities that will enable access to porn.
- I neglect family, social, or work obligations to view porn.
- I continue to use porn despite experiencing negative consequences.
- I pass up opportunities, or consider passing up opportunities, to have more time to use or view porn.”

From ProjectKnow Understanding addiction, Nov. 14, 2016,  
<http://www.projectknow.com/research/porn-addiction/>

## STEPS TO FREEDOM

1. Desire freedom from pornography or you have already lost the battle (Php. 3:12-14)
  - 12 “Not 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.
  - 13 Brethren, 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,
  - 14 I press on toward the goal for the prize of the upward call of God in Christ Jesus.”

2. Confess this sin to God (1 John 1:9; Psal. 51:1-9)

“If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.”

Read Psalm 51:1-9

3. Ask God to help you overcome this sin (Psa. 51:10,12-13; 91:15)

Psalm 51:10–13

- 10 “Create in me a clean heart, O God,  
And renew a steadfast spirit within me.
- 12 Restore to me the joy of Your salvation  
And sustain me with a willing spirit.
- 13 Then I will teach transgressors Your ways,  
And sinners will be converted to You.”

Psalm 91:15

“He will call upon Me, and I will answer him;  
I will be with him in trouble;  
I will rescue him and honor him.”

4. Imprison every sinful thought (2 Cor. 10:5)

“We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ”

5. Look for the way of escape (1 Cor. 10:13)

“No 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.”

Do as Joseph did with Potiphar’s wife (Gen. 39:6-12)

6. Understand your enemy (1 Pet. 5:8-9)

- 8 Be of sober *spirit*, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.
- 9 But resist him, firm in *your* faith, knowing that the same experiences of suffering are being accomplished by your brethren who are in the world.

7. Resist the devil (Jam. 4:7-10)

- 7 “Submit therefore to God. Resist the devil and he will flee from you.
- 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.
- 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom.
- 10 Humble yourselves in the presence of the Lord, and He will exalt you.”

8. Refocus your thoughts on the things of God (Col. 3:1-2; Php. 4:8-9)

Colossians 3:1–2

- 1 “Therefore if you have been raised up with Christ, keep seeking the things above, where Christ is, seated at the right hand of God.
- 2 Set your mind on the things above, not on the things that are on earth.”

Philippians 4:8–9

- 8 “Finally, brethren, 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, dwell on these things.

9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.”

9. Dispose of all of your pornography immediately (Jam. 1:21-22)

21 “Therefore, putting aside all filthiness and *all* that remains of wickedness, in humility receive the word implanted, which is able to save your souls.

22 But prove yourselves doers of the word, and not merely hearers who delude themselves.”

10. Stay away from people who influence you toward pornography (1 Cor. 15:33)

“Do not be deceived: “Bad company corrupts good morals.”

11. Understand the devastation this sin can have in a person’s life (Rom. 6:16,21; Jam. 4:4)

Romans 6:16,21

16 “ Do 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?”

21 Therefore what benefit were you then deriving from the things of which you are now ashamed? For the outcome of those things is death.”

James 4:4

“You adulteresses, do you not know that friendship with the world is hostility toward God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.”

12. Renew your mind daily with the Word of God (Rom. 12:2; Eph. 4:20-24; Titus 3:5)

Romans 12:2

“And 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.”

Ephesians 4:20–24

20 “But you did not learn Christ in this way,

- 21 if indeed you have heard Him and have been taught in Him, just as truth is in Jesus,
- 22 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit,
- 23 and that you be renewed in the spirit of your mind,
- 24 and put on the new self, which in *the likeness of* God has been created in righteousness and holiness of the truth."

### 13. Put on the full armor of God (Eph. 6:13)

"Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm."

According to Ephesians 6:14-17, this means living in truth (vs. 14), righteousness (vs. 14), peace (vs. 15) and faith (vs. 16), while protecting your mind with the truth of the gospel (vs. 17), and living by the Word of God (vs. 17).

### 14. Practice what you know is right (Jam. 4:17)

"Therefore, to one who knows the right thing to do and does not do it, to him it is sin."

### 15. Call your accountability partner for help when struggling (Jam. 5:16)

"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much."

## MAINTENANCE

1. Continue practicing the 15 Steps to Freedom
2. Write out or print verses that encourage you to have victory over this sin which you can review daily or as necessary:

Exo. 20:17	Psa. 62:5-8	Mark 7:20-23
Job 31:1	Psa. 63:1	Luke 4:1-12
Psa. 27:7-8	Psa. 69:1-3	Luke 18:1a
Psa. 28:7	Psa. 70:1,5	John 15:1-11
Psa. 30:10-12	Psa. 77:11-15	Rom. 12:1-2
Psa. 32:1-5	Psa. 91:14-16	Rom. 6:1-2,5-7,11
Psa. 33:20-22	Psa. 101:3	Rom. 7:14-8:13
Psa. 37:3-6	Psa. 119:9-11	Rom. 8:26,31-39
Psa. 38:18	Psa. 139:1-12	Rom. 13:12-14
Psa. 40:1-3	Prov. 6:20-28	1 Cor. 6:13-20
Psa. 42:1-2	Mat. 5:27-28	1 Cor. 10:12-13,23
Psa. 42:5	Mat. 6:1	1 Cor. 15:33
Psa. 46:1,10	Mat. 11:28-30	1 Cor. 16:13
Psa. 51:1-13	Mat. 26:41	2 Cor. 12:9

Gal. 2:20	Col. 3:1-10	Heb. 13:4
Gal. 5:1,13,16-24	1 Thes. 4:1-8	Jam. 1:13-15
Eph. 2:10	1 Tim. 6:11-12	Jam. 1:21-22
Eph. 3:16	Titus 2:11-14	Jam. 4:1-10
Eph. 4:17-19	1 Pet. 5:6-7	Jam. 5:16
Eph. 5:1-16	2 Pet. 2:9	1 John 1:9
Eph. 6:10-18	Heb. 4:15-16	1 John 4:4
Php. 4:8-9	Heb. 12:1-13	

### 3. Understand and remove temptation triggers

#### **Physical triggers**

- Things with sexual content
  - Internet websites
  - Movies
  - Music
  - Novels
  - Magazines/journals
  - T.V. programs/channels/advertisements
- Friends or acquaintances which are not good influences
- Stores which sell pornography
- Alcohol/drug usage

#### **Mental/emotional triggers**

- Marital frustration
  - Sexual problems
  - Discord
- Anxiety
- Depression
- Stress
- Anger
- Loneliness
- Tiredness
- Illness

When an individual is struggling with these things, he or she will be weaker and more susceptible to temptation.

### 4. Accountability

Have an accountability partner (someone trustworthy) with whom you:

- Call in times of temptation
- Keep no secrets
- Are honest
- Are humble
- Are vulnerable
- Allowed to check your computer history and mobile phone at any time

If you are married, have accountability with your spouse in these ways as well.

5. Get biblical counseling

6. Spiritual life

The following practices are important:

- Daily times with God in His Word and prayer
- Scripture memory
- Church attendance
- Bible study groups
- Fellowship
- Ministry involvement

7. Goal setting and moving forward

Don't let your addiction define or keep you imprisoned! Set:

- Addiction deliverance goals
- Personal life goals
- Work goals
- Spiritual life goals
- Physical activity goals (sports, healthier lifestyle, etc.)
- Family life goals
- Friendship goals
- Hobby goals (learning a musical instrument, reading, etc.)

## **MINISTERING TO THE ADDICTED**

Attitude of the church's leadership

1 Corinthians 10:12

"Therefore let him who thinks he stands take heed that he does not fall."

Pastors need to give support and not condemn these people, privately or in the pulpit. It is their job to help them!

## **CHURCH SUPPORT OF MEMBERS**

### Things to do

- Preach about this topic from the pulpit
- Preach about marriage and how sex is meant for the confines of marriage and why this is true



- Teach about this topic in Bible study/home groups
- Address this topic in Sunday School
- Offer resources to your congregation
  - Books
  - Lectures
  - Seminars
  - Bible software which protects home computers from pornography
  - Parental training
  - Internet website about this issue
- Provide counseling for those with this addiction
- Provide weekly support groups
- Train members in how to be accountability partners
- Train other members in how to counsel people with addiction issues
- Encourage your church members to talk about this issue with their friends in the church, having mutual accountability
- Train parents in how to talk with their children about pornography, family, marriage, etc.

### Premarital Counseling

Hand out questionnaires to couples about things you need to know before you begin counseling them. Some questions to include are:

- Have you ever or do you now view pornography?
- How frequently did you or are you now viewing pornography (daily, weekly, monthly, etc.)?
- Have you answered all of the answers on this questionnaire truthfully? (this should be the last question)

Because of how devastating pornography is to relationships, you need to ask these questions so that you can give the couple the help they need before they get married.

## **CHURCH LEADERSHIP ACCOUNTABILITY**

The pastor and his elders need to hold each other accountable.

## **ASSOCIATIONAL OR DENOMINATIONAL SUPPORT OF MEMBER CHURCHES**

### Could provide

- An independent counselor for pastors with pornography addictions (which does not report back to the BU unless there is adultery or pedophilia taking place)
- Seminars about pornography at various levels

- Training for pastors and other church leaders about pornography
- Resources for pastors/churches

## CONCLUSIONS

### Observations from statistics

Note that:

- Christian education is very important
- A strong family is crucial
- Training your members in how to help others is vital
- A limit to internet use is required

Note that:

You or your family members are likely to stumble across pornography on the internet, therefore install protective software on your computer and smartphone. Because this may likely occur when children are young, they must be warned about using the internet and about the dangers that exist there, as well as what to do if they stumble across it.

Note that:

Because the largest viewers of porn – both men and women, married and single – are ages 18 to 30, focus on helping this group. Then focus on those ages 31-49, who are the next significant users of pornography.

Also be involved in prevention for those under age 18 by warning them about this sin. Likewise, encourage people in your church to talk with their friends in your church about this issue as a way to hold each other accountable.

Note that:

Teach/preach about the fact that God gave sexuality to mankind as a blessing and for pleasure, but that this is only to be between married couples which consist of one man and one woman. Explain from the Bible why sex outside of marriage is wrong. You must explain the why! Just giving rules is not sufficient.

Note that:

Understand that being a Christian or a church leader does not exempt you from the sin of pornography, especially if you see yourself as a fundamentalist.

Note that:

Pastors and other church leaders need to realize that they are vulnerable (1 Cor. 10:12). They need to have their elders hold them accountable and vice versa.

Note that:

You must teach your people about the negative effects pornography can have on them personally, to their families, the church, etc. They must understand that pornography can be a catalyst which can lead to fornication, adultery, divorce, tragedy, ruined relationships and sex lives, rape, incest, pedophilia, etc.

Note that:

Pornography can also lead to warped views of women, sex and what a sexual relationship should be. It can lead to low self-esteem over one's appearance or a dissatisfaction over the appearance or sexual performance of one's spouse. It can lead to a loss in intimacy, to a change in values (of people's worth, value of children, of holiness, etc.), and what is reality and what is not.

Note that:

Parents must develop and maintain good relationships and open communication with their children so that they can discuss these things openly with them. If open communication exists between them, then they will not be afraid to confide in their parents when they are struggling with sin.

Note that:

Churches need to find ways to help the families in their churches deal with such realities!

### Charge

As 1 Corinthians 16:13 states, we need to:

“Be on the alert, stand firm in the faith, act like men, be strong.”