

#### 4 Bad reasons to stop looking at porn

1. To prove to \_\_\_\_\_ that you're "good enough".
2. To prove to \_\_\_\_\_ that you're "serious".
3. To prove to \_\_\_\_\_ that you're a "real" Christian.
4. To prove to \_\_\_\_\_ how awesome you are.

ANSWERS: 1. God 2. Someone Else 3. Yourself 4. The World



#### 11 Good reasons to stop looking at porn

##### 1) It is a rejection of God.

It disregards God's good standards for sexuality by seeking sexual gratification outside of marriage. Whenever the bible uses the phrase, "sexual immorality" it is referring to "pornea" – which simply means forbidden sex. Incidentally, this is where the word pornography comes from. The word literally means: "images of forbidden sex". Looking at porn (if it is done for sexual gratification) is outside of God's purpose for sex, even if you never actually interact with another real person. God cares not only what we do with our genitalia, but he also cares what we do with our mind and thought-life. Every sexual act that is not done in service of your marriage is a form of "pornea".

Rejecting God's good standards for sex is a personal rejection of God, as these passages point out:

*1 Thessalonians 4:1-8, Ephesians 5:3-11*

##### 2) It is an approval of and an act of celebrating in the sin of others.

You have to know that it's not just that looking at porn is wrong (like being a "peeping tom" looking into a married couple's bedroom). Porn actors and producers are also sinning, and to use the sin of others for sexual gratification is not just a rejection of God – it's also celebrating those who are rejecting God.

*Romans 1:32, 1 Corinthians 13:6*



**3) It destroys the joy of salvation.**

For a Christian, sin does not destroy your salvation, but it does destroy your ability to find joy in your salvation. You simply can not enjoy both God and sin at the same time. There are many other consequences to sexual sin, but the loss of joy in God is the most guaranteed and the most immediate.

*Psalm 51:12*

**4) It is a fundamentally unloving, selfish and dehumanising practice.**

God's plan for sex from the very beginning is for it to be about serving another person, not just serving yourself. It is about intimately bonding with your wife, becoming "one flesh" physically as you are "one flesh" relationally. The makers and users of porn are doing so for completely selfish reasons (be it for money or for sexual gratification). Porn actors are treated as pieces of meat rather than people made in the image of God and so both the maker, the actor and the user are all dehumanized by pornography.

*Genesis 2:18-25, 1 Corinthians 7:1-5*

**5) It will destroy your life.**

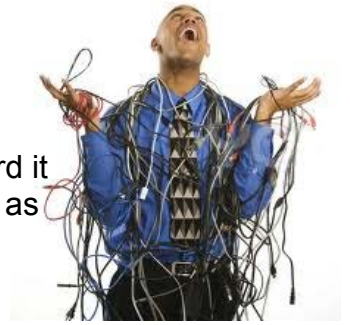
If you continue on the "porn path" where could you end up? Losing your job, wrecking your marriage, traumatizing your kids, shattering your ministry, harming your friendships and even landing you in jail. These might seem like selfish reasons to give up porn, but the bible doesn't think so. Only a fool would ignore the potential dangers of sin.

*Proverbs 5:7-14, Proverbs 6:23-33*



**6) It entangles.**

Although there is still a debate about whether there is a real medical condition called “porn addiction”, the bible has always warned us about the danger of being trapped in sin and how hard it is to break free. Porn use often gets worse and worse over time as we become more desensitized to it and more caught up in the cycle of sin.



*Hebrews 12:1*

**7) It stuffs up your brain.**

“Repeated exposure to pornography changes the way our brains see each other. Repeated exposure to any stimulus results in neurological circuit making. Pornography is the consumption of sexual poison that becomes part of the fabric of the mind... The visual scanning of the naked image has a power that forces itself onto the brain. With each lingering stare, pornography deepens a Grand Canyon like gorge in the brain through which naked images are destined to flow. Constant exposure creates a one-way neurological superhighway where a person’s mental life is over-sexualised and narrowed... The unfortunate reality is that when he acts out (often by masturbating), this leads to hormonal and neurological consequences, which are designed to bind him to the object he is focusing on. In God's plan, this would be his wife, but for many men it is an image on a screen. Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.” - **Dr. William M. Struthers**

*1 Corinthians 6:12-20*

**8) It teaches you lies about sex, yourself, others & God.**

Porn is appealing, partly because it is not real. It entices us with fantasy and fills our mind with attractive lies that we want to believe. But the more we give in to lies, the more we are shaped by those lies and the more dissatisfied we become with the truth and the reality of the life God has given us.

*Proverbs 7:6-27*

**9) It is adulterous to your wife.**

Looking at porn is not specifically “adultery”, but it is *adulterous*, in that it is an act of unfaithfulness where you are giving sexual attention and receiving sexual gratification from someone other than your wife. You would never look at porn when she was standing right there. Looking at porn when she is not present is still an act of unfaithfulness, betrayal and cruelty towards your wife.

If you are single, then think about your potential future wife. Start fostering an attitude and practice of loving faithfulness now.

*Matthew 5:27-28*

**10) It perpetuates an abusive industry.**

The porn industry is filled with girls who only got fooled into doing it to make a bit of quick cash, but then entered a world of abuse, perversion and intimidation that they can not escape. The industry is rife with



sexually transmitted diseases and drug abuse as actors numb both the pain and their mind to get through a scene. Porn actors have no control over how their content is used or where it is reproduced and many lives have been forever ruined by the sins of their past. And these points do not even take into the consideration the reality that the porn industry fuels sex slavery and child pornography all around the world.

You may think that you are not part of the problem just because you don't make porn, you only watch it, but as ex-porn producer Donny Pauling says, *“Let's call it as it is, folks. Consumers of porn are not without blame. In a world that lives by the rules of supply and demand, the customer ultimately initiates the entire process. If there was no demand, I would never have produced content of this model. I would never have had the money to use to entice her. We all fuel this vehicle called pornography. We're all in it together.”*

*James 1:27*

**11) If you are a Christian, it invites the Lord's discipline.**

It is true that there is no condemnation for those in Christ, but that does not mean that God will not allow you to face the natural consequences of your sin. In fact, to shape you into the man of God he wants you to be, his love and mercy will not allow you to continue in your sin without consequence. Hear God's rebuke and heed his warning. Do not mock God by believing the lie that you will “get away with it” forever. If you do, you may be setting yourself up for a bit of tough love from above.

*Galatians 6:7-8, Hebrews 12:4-11, Revelation 3:19*

**The right response to sin.**

- **Godly Sorrow** (2 Corinthians 7:8-11)
- **Repentance & Renunciation\*** (Acts 3:19)
- **Find forgiveness and cleansing in Jesus** (1 John 1:9-2:2)
- **Take Action** (Matthew 3:8, Acts 26:20)

**\*A note about promises.**

Proverbs 20:25 says, *“It is a trap to dedicate something rashly and only later to consider one’s vows.”* Be wary of making promises “never to look at porn again”. You may be sincere in your intention, but is it actually a promise you are able to keep?

Think about when someone first repents and puts their trust in Christ. They turn from their life of sin and repent from their rebellion towards God, but we would not counsel them to make the vow that “I promise never to sin again.” It’s just not reality. Of course, our goal is not to sin and we should always work in that direction, never taking sin lightly, but making promises we are not going to keep is not wise. As the writer of Ecclesiastes says, *“It is better not to make a vow than to make one and not fulfill it.”* In fact, if you keep making and breaking promises you have made to God, to others and to yourself, your shame and self-condemnation will just be compounded.



So what should we do?

Well, don’t confuse repentance with a promise to never fall again. Repentance is about “changing your mind” about sin. We *can* reject sin. We *can* declare that porn is evil and make a conscious decision to turn away from it. We *can* renounce any allegiance or commitment to our sin. We can do all that without making unrealistic promises. To repent is to be like the Prodigal Son in the pigsty who came to his senses and turned back home to his Father.

God does not want our empty promises. He wants “a broken and contrite heart” (Psalm 51:17). He wants our honest acknowledgment of our sin, our decisive rejection of it and our complete reliance on his grace and mercy.

The only promises that we are to declare and rely on, are the promises that God has made to us. Unlike our promises, they will never fail and so it should be God’s promises, not ours, that give us hope. Like the psalmist says, *“I rise before dawn and cry for help; I have put my hope in your word. My eyes stay open through the watches of the night, that I may meditate on your promises.”* (Psalm 119:147-148). Reflect on these two promises of God:

*“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”* (1 John 1:9)

*“Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.”* (Philippians 1:6)