

# What Does the Bible Teach About Christians and Pornography?

(Compiled by Paul R. Blake)

## Introduction:

### A. Understanding this study

1. This is not a matter for humor; there is nothing appropriate about making light of sin.
2. We will use clear speech with direct terminology; it will not be helpful to cloud our meaning with obscure or euphemistic words.
3. Sexual temptation is a serious matter for Christians today.
4. This sin makes one less of a person, reducing his or her usefulness to the Lord
5. This sin makes one less of a husband and father, wife and mother; married persons often compare their mates to models and lose interest in their spouse; fathers and mothers begin showing improper attention to children, including their own (repent/repeat cycle)
6. This sin increases one's potential to move on to worse forms of perversion ("gateway drugs"); one finds himself moving on to masturbation, porn in public, strip shows, degrading or unnatural forms of experimental sex, adultery, child porn, child molestation, molesting one's own children.
7. Over time, this sin can generate a reprobate mind, one loses all capacity for repentance (one brother caught in the throes of porn addiction said he cannot look at a woman without imagining her naked).

## I. HOW BAD IS THE PROBLEM?

### A. It's no secret that porn has become mainstream entertainment in our culture.

1. There are around 42 million porn websites, which totals around 370 million web pages of porn.
2. Porn is a global, estimated 97 billion dollar industry, with about 14 billion dollars of that coming from the U.S.
3. The porn industry's annual revenue is more than the NFL, NBA, and MLB combined. It is also more than the combined revenues of ABC, CBS, NBC, and Fox.
4. Porn sites receive more regular traffic than Netflix, Amazon, and Twitter combined
5. Recorded child sexual exploitation (known as "child porn") is one of the fastest-growing online businesses.
6. Over 40 million Americans are daily visitors to porn sites. The average visit per site lasts 6.5 minutes. That's 4.4 million hours every day in the U.S. is spent viewing porn
7. One fourth of all search engine requests are related to sex
8. One third of all downloads from the internet are pornographic
9. Two thirds of men aged 18 to 24 visit a porn site at least once a month
10. The largest consumer group of porn is men aged 35 to 49.
11. One-third of all internet porn users are women, and they constitute the fastest growing consumer group of pornography

## B. In the home

1. One half of families in the United States reported that pornography is a problem in their home.
2. Pornography use increases the marital infidelity rate by more than 300%. 56% of American divorces involve one party having an “obsessive interest” in pornographic websites.
3. 55% of married men and 25% of married women say they watch porn at least once a month.
4. Eleven is the average age that a child is first exposed to porn, and 94% of children will see porn by the age of 14.
5. One in three men who profess to be Christians view pornography
6. One in five women who profess to be Christians view pornography

## C. In my experience

1. In the 45 years that I have been preaching, churches with which I have worked have witnessed the following: 28 divorces, 31 infidelities, 3 incidents of incest, 2 incidents of child molestation, and 7 times a Christian wife came to me or the elders to talk to her husband about his porn addiction. And in about three quarters of these incidents, pornography viewing was a factor.

## II. THE SIGNS OF PORNOGRAPHY ADDICTION

### A. What are the marks of someone who is addicted to pornography?

1. Viewing pornography daily or binging
2. Craving porn, needing it to deal with stress, anger, anxiety, etc.
3. Intensity of porn has increased from soft core to hard core, fetish, bondage, violence, child porn, etc.
4. Attempts to act out the scenes viewed in porn
5. Becoming difficult to find anyone attractive other than women in pornography

### B. Self-test for pornography addiction

1. Do I look at porn at least once a week?
2. Do I regularly look forward to logging onto pornographic websites?
3. Has the type of porn I view increased in severity over time? soft core to hard core, fetish, bondage, violence, child porn?
4. Do I look for sexy images in newspapers, magazines, catalogs, billboards, etc.?
5. Do I seek out sexually arousing programs on television?
6. Do I look forward to going away on business trips?
7. Are there behaviors I cannot share with my spouse?
8. Is getting rid of my Internet account something I could never bring myself to do?
9. Do I find my mate less sexually interesting or satisfying?
10. If you answered yes to at least five of these questions, you may be addicted to pornography.

## III. THE PROBLEM PORNOGRAPHY VIEWERS FACE

- ### A. Addictive nature of neuro-chemical release in one's brain during sexual activity
1. Users keep returning to the activity that gave them the high

2. Because our bodies are designed to be adaptive, we need more activity and stronger forms of it in order to get the same high
- B. Common myths:
1. "I can compartmentalize this." Impossible to avoid impacting other parts of life and relationships
    - a. There is no such thing as a sin that hurts no one else.
  2. "It's not going to happen to me." That is exactly what was said by every alcoholic and drug addict in the world
    - a. Loss of interest in one's mate
    - b. Inability to interact with opposite sex in a healthy way
  3. "I am not going to get caught." Long term sin cannot be hidden; not only is it impossible to hide from God to Whom we must give an account, but eventually others will catch on.
    - a. There is no app or software that can erase all traces of your Internet searches
    - b. I would be happy to teach your wife or your parents how to find out where you have been
  4. "It doesn't happen to Christians." Nonsense!

#### **IV. WHY WE FLIRT WITH TEMPTATION**

- A. We believe God has not fulfilled our needs - Jer. 12:1-2
- B. We have a physical body that still desires sin - Gal. 5:16-18
- C. We believe we can still be viewed as faithful Christians - Num. 32:23
- D. We believe we can't break old habits, even with the help of God - 1Cor. 10:13
- E. We believe we can control it, and it will not escalate - Luke 12:16-20

#### **V. THE SOLUTION**

- A. This sin can be beaten
  1. But it will take as much or more effort than that which went into developing and hiding it
  2. Start by confessing the sin, not just to God, but to family or fellow disciples who will actively help you to break this pattern of behavior
- B. Avoid places where you will be tempted; public swimming, public places in hot weather where people like to dress scantily; some TV programming, cable movies, Internet porn sites, etc.
  1. Have someone you trust to set filters and controls on your search engine on your computer and smart phone, and then have them lock it with a password they refuse to share with you
- C. Stop looking intently; train your gaze to look away
  1. If you stop looking intently, the temptation will grow less strong in time
  2. Resist the urge to dwell on the image in your mind that thinks carnally about the images
  3. What would your mate do if they knew what you were thinking? Or your parents or grandparents? Or Bible class teacher or elders?
- D. Pray about it and ask for help so as to not enter temptation
- E. If you fall, immediately repent and confess it to God - 1John 1:9
- F. Make a vow, a covenant with your eyes - Job 31:1

1. By making a vow or commitment and by working to make that commitment a success, you can help keep your eyes and mind where they should be
- G. Establish accountability with another trustworthy brother - James 5:16
- H. In addition to reading the word of God daily, obtain materials written by Christians on how to overcome this temptation
  1. Hard Core: Defeating Sexual Temptation with a Superior Satisfaction, by Jason Hardin
  2. Subscribe to an Internet Accountability Service: CovenantEyes.com

## **VI. THE PLAN FOR RECOVERY**

- A. Self-knowledge, admitting that you have a pornography problem
- B. Realizing that pornography use is a symptom of deeper emotional issues
- C. Willing to do whatever it takes to recover
- D. Accept that recovery may be a life-long process
- E. Commit yourself to the process; don't give up
- F. Purify the home
  1. Remove all pornography or suggestive materials from the home
  2. Monitor all media that enters the home
  3. Place the computer in a public area of the home
  4. Spouses and parents must have full access to all computers in home
  5. Monitor all electronic devices including smart phones
  6. Monitor all social media and email
- G. When traveling, choose hotels that do not offer adult cable channels
- H. Support and accountability: arrange for someone trusted and morally strong to whom you will report regularly
- I. Counseling is almost always needed for pornography addiction, and is used to identify the emotional, personality, and spiritual conflicts leading to porn use
  1. Root causes of porn use: selfishness, loneliness, anger, weak confidence, mistrust of women, excessive responsibilities (real or perceived), poor body image, permissive parenting, negative parental role model, weak spiritual life

## **VII. EDUCATING AND PROTECTING THE FAMILY**

- A. Become knowledgeable of the dangers of pornography
- B. Become aware of the resources available to fight pornography
- C. Protect the emotional lives and character development of family members
- D. Teach children and teens about the dangers of pornography
- E. Teach children and teens about healthy sexuality, respect, virtues, etc.

## **VIII. THE SPIRITUAL PLAN FOR RECOVERY**

- A. Confess the sin humbly, sincerely, and fully
- B. Worship and Bible study every week
- C. Daily prayer and spiritual reading
- D. Discuss spiritual growth and development periodically with elders
- E. Be active in the work of the local church