

Pornography

Things hidden in the dark get power.

The Internet has made it easy for men to lust after women and keep it a secret. Likewise women who watch porn are able to secretly lust after men.

Pornography is defined as *'The portrayal of sexual subject matter for the purpose of sexual arousal'* (Wikipedia). Statistics from the U.S. showed 64% of men and 33% of women watch pornography. It is disturbing that the percentage for christian men viewing pornography is about the same.

What is happening to us as disciples of Jesus our Lord if the lust of the eyes and the pleasure of our flesh has us enslaved to the bondages of pornography ? We are to be Holy (set apart) as our Lord is Holy. *1 Peter 1:15 'but like the Holy One who called you, be Holy yourselves also in all your behaviour;*

Job made a covenant with his eyes not to look upon a young woman. Predetermined courses of action don't leave us vulnerable to circumstances, particularly unexpected ones.

Job 31:1 "I have made a covenant with my eyes; Why then should I look upon a young woman?"

A handsome young married teacher on worship who travelled widely explained that any opportunities that might present themselves for behaviour of a sexual nature was an egg he would never crack open. Another wonderful example of predetermined and pre-planned behaviour.

Jesus tells us if we look on a woman lustfully we have committed adultery with her in our heart.

Mat 5:27-30 You have heard that it was said to those of old, 'You shall not commit adultery.' But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell. And if your right hand causes you to sin, cut it off and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.

To use an image or form of someone made in the image of God for sexual pleasure is not only feeding the lusts of the flesh, but is also personally damaging as God given sexual pleasure is diverted to visual sexual gratification without relationship. It dehumanises the person lusted over. *Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, Gal 5:19* Sensuality means pleasing to the senses. *(Collins dictionary)*

Lasciviousness and not sensuality is used in the King James Bible and means showing or producing sexual desire.

From a practical viewpoint how is this happening? Pornography is mainly sourced from the Internet or video. Statistics show 50% is viewed by phone, 34% by desktop and 16% by tablet. Friday was the peak viewing day, Saturday was less busy.

As parents it has become important to know what our children are watching on their computers or phones. One mum we know checked regularly what her boys had been accessing on their computers. What a good deterrent.

Worldwide pornography statistics for 2016 reveal:

92 million porn videos were watched

64 million site visits a day- that's 44,000 a minute

America, the U.K and Canada rated first, second and third for pornography traffic. Australia rated eighth.

Multiplying daily site visits for the year is 64,000,000 x 365 and there are not enough digits on the calculator, or you might blow it up with the gigantic number of porn videos watched per year.

All statistics shown are approximates from various Internet sources and are indicative of what is a worsening trend.

Understanding the habits of a pornography addict/user can help pinpoint days, times, places and methods of use. This can be helpful in identifying red flags to help the user understand and deal with their habit.

Statistics have identified peak viewing times (Friday) and methods of access. (phone, computer, video)

Breaking a pornography habit or addiction starts with honesty and accountability. *Therefore, confess your faults to one another and pray for one another so that you may be healed. James 5:16* It takes humility to confess your sin to another. Whether you are a pastor or one of the flock we all need accountability and particularly for any areas of weakness.

Starting to see the bodies that you have been lusting over as God's creation and made in His image puts what you have been doing in perspective. How can you lust after someone made in God's image?

If your porn habit has become addictive some accountability structures may be helpful. Someone who can check how you are going and that you report to regularly can be a good

model. It can be helpful to have a couple of people to talk to as one person can not be available all of the time.

Establishing your red flag alerts is helpful in understanding your addiction and how to deal with it.

It's the how, when, where and why of the problem.

Questions that may be helpful:-

Is there a day you are more vulnerable?

Is there a time you are more vulnerable?

Is there a device you use to access explicit material?

Does the device need a filter to stop access?

Is there a place you are more vulnerable?

The alcoholic is best not to walk home past the pub. Similarly there may be times you need to ring someone to talk to rather than succumb. If being home alone is your most vulnerable time have a pre made plan as to how you will deal with those times of temptation. That way you have something to draw from rather than being caught out.

Finally some negative effects from excessive pornography use from Wikipedia:-

Excessive amounts of time spent viewing pornography instead of interacting with others.

Social isolation - Decreased productivity - Career loss - Financial consequences - Impeding of social life. Can you see the down hill spiral?

As believers the battle we face is in the mind. Garbage in garbage out. What we dwell on with our mind will determine our behaviour. (See [James 1:14,15](#)) *'Finally brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and anything worthy of praise, dwell on these things'* [Phil 4:8](#)

Jesus came to heal the broken hearted and set the captive free. ([Luke 4:18](#)) Now there's some good news.

In [2Timothy 2:22](#) Paul advises *'Now flee from youthful lust and pursue righteousness, faith, love and peace, with those who call on the Lord from a pure heart'* What a wonderful encouraging scripture acknowledging the lust that besets us and to flee it.

It is the Father's heart to see His children set free and made whole. A wonderful journey of discovery awaits those of us who are ensnared. It's an opportunity to know God's power to deliver and set free. It takes time, it takes patience, but any of us who have been ensnared in one addiction or another will tell you, it's worth the hard yards when you finally come out the other end.

Be encouraged the Heavenly Father wants to see us delivered more than we want it ourselves. He is the Master deliverer, He is faithful, He will do it. We just have to play our part.

v1.1
br. Bruce
15/03/2018