

**Struggles in Christian living – Fleeing Pornography**

What sort of problem do you think porn is for us?

Porn is pictures, videos and words that are used by us and by others to arouse us sexually.

‘soft porn’ ... used in lots and lots of advertising and a huge range of “family friendly” movies.

“porn” ... people in explicit sexual acts

**We all know it is wrong.**

Matthew 5:27 ... to look lustfully at anyone else other than your spouse is adultery.

**So how does porn harm us as individuals?**

Firstly, porn rewires our brain

Secondly, porn wrecks real sex for an individual.

Thirdly, porn objectifies people.

Fourthly, porn has been shown to impact the mental health of users.

**How does Porn harm our relationships?**

... pressures partners to perform,

... wrecks libido

... breeds mistrust in relationships

... often leads to adultery

**How does Porn harm society?**

... most people are losers.

Actors ...

... permanent footprint

... changed our society and the way sexual relationship are conducted

... sexualised a younger generation

... removed relationships of commitment from sex.

... sex slavery and child exploitation

**How porn impacts our relationship with God**

... wrecks our relationship with God.

... sinful.

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- ... **against God’s plan for the right use of sex,**
- ... **consumes us with guilt**
- ... **distracts us with lust**
- ... **wrecks our marriage**
- ... **wrecks sex in our marriage or in a future marriage**
- ... **wrecks our families**
- ... **wrecks the way we see others**
- ... **wrecks our ability to form healthy relationships**
- ... **wrecks relationships in churches**
- ... **wrecks our ministry desire**
- ... **wrecks our serving of God.**

**Fleeing porn**

**Galatians 5:24 ... crucified the flesh with its passions and desires**

**“Captured by a better Vision”, Tim Chester**

... **the compelling story of the bible**

**a) Abhorrence of pornography**

... **hate it with a passion**

**b) Adoration of God**

**c) Assurance of grace**

**d) Avoidance of temptation**

**e) Accountability to others**

**f) Addictive behaviour therapies**

**Where to from here?**

**“Captured by a better vision” by Tim Chester.**

**resistporn.org**

**Seek help**