

## **The Pain of Porn**

### **I. Introduction**

- A. A growing problem, but not a new problem. (Mt. 5:28)
- B. The key to sexual purity. Prov. 4:23 1 Thess. 4:3-5
- C. Three major sin issues – idolatry, lies, and narcissism.

### **II. What Sex is for: Positively**

- A. God created sex as good
  - 1. To express the oneness of the marriage covenant (Gen. 2:24, 4:1)
  - 2. To produce children (Gen. 1:27-18, Ps. 127)
  - 3. For the mutual enjoyment of husband and wife (Prov. 5:18-19, Deut. 24:5, Heb. 13:4, Song of Sol. 1:2, 13-16, 7:1-10, 4:1-7, 5:10-16)
- B. Evil is not merely the opposite of good, but the perversion of the good.
  - 1. The opposite of sexual sin is not no sex, but “good sex.”
  - 2. Lust and pornography dehumanize sex.
- C. God’s command is that you direct all your sexual energy (including thoughts) towards your spouse. (Mt. 5:27-28, Pr. 5:15-17, 6:25, 7:25, Song of Sol. 4:12-15)
  - 1. Don’t try to excuse yourself by narrowing the definition of adultery
  - 2. Solo sex is a violation of God’s design (1 Thess. 4:3-6, I Co. 7:3)
    - a. Sex is to be relational and other-focused
    - b. Lust is isolating – a poor substitute for intimacy
  - 3. Lust and pornography are enslaving (John 8:34, Rom. 6:16, 2 Pet. 2:19, Pr. 27:20)

### **III. Lust Is Very Destructive**

- A. It affects your relationship with God (Ps. 51:4, 32:3-4, Gen. 39:9)
- B. It affects your relationship with your (future) spouse.
  - 1. You are robbing your spouse of what is rightfully their possession: All of your sexuality (I Cor. 7:4)
  - 2. Your attitude towards your spouse is affected
  - 3. They will be wounded; Trust will break down. (Num. 32:23)
- C. It affects others under your influence, especially your children
  - 1. King David’s example (2 Sam. 13:1ff, 16:20-21, 1 Ki. 11)
  - 2. Will you be able to provide moral leadership and help when they struggle?
- D. It affects you personally (Prov. 5:11-13, 22-23)
  - 1. Sin makes you miserable (Ps. 32:3-4)
  - 2. It leads to more sin (James 1:14-15)
  - 3. Other consequences. (Prov. 6:25-35, 5:21-23, 11-13, 7:22-27, Nu. 32:23, I Cor.

6:9-10)

- E. Special considerations for singles.
  - 1. Lust now affects your relationship with your future spouse
  - 2. If this area is out of control, you are not ready for marriage
  - 3. Make good deposits in your “marriage bank”
  - 4. Getting married will not solve your lust problems

#### **IV. Guard Yourself from Lust**

- A. Draw near to God.
  - 1. Rules alone will not change you
  - 2. Delight yourself in God! (Isa. 55:1-2, Prov. 9:1-6 7:4-5)
  - 3. Remember who you are in Christ (Rom. 6:11ff)
  - 4. Guard your heart (Prov. 4:23, Ps. 51:10)
  - 5. Seek the Lord’s help in times of temptation (I Cor. 10:13)
  - 6. Stay busy doing the work He has given you (Mt. 6:33, 2 Sam. 11:1ff)
- B. Make a covenant with yourself (Job. 31:1, 9)
  - 1. Stay as far away from temptation as possible (Prov. 5:8, Ro. 13:14, II Sam. 11:2)
  - 2. Beware of rationalizing sin (Prov. 30:20)
  - 3. Don’t trust yourself (I Cor. 10:12, II Cor. 7:10)
  - 4. See Madam Folly according to her true nature (Prov. 2:16-19, 7:10-12, 14, 18)
  - 5. When does a look become lustful?
- C. Be prepared to take radical action (Mt. 5:29-30, Rom. 13:14, 12:1, Eph. 5:3, Gal. 6:7-9)
  - 1. When tempted, RUN and don’t look back (II Tim. 2:22, Gen. 39:8-13)
  - 2. Cut off TV, internet
  - 3. Notice patterns of sin/triggers
  - 4. Take every thought captive (II Cor. 10:5, Phil. 4:8-9, Mt. 15:19)
  - 5. When you stumble, be honest (1 Jn. 1:8-10)
- D. Seek help: accountability and prayer (Jas. 5:16, Prov. 27:17)
- E. Be prepared for an ongoing battle.
- F. What if your spouse/boyfriend/girlfriend struggles with pornography?

#### **V. Conclusion: God Offers Hope and Forgiveness** (I Cor. 6:9-11 Ps. 51 32)

#### **VI. Recommended Resources**

- A. Finally Free, Lambert
- B. Pornography: Slaying the Dragon, David Powlison, 1999
- C. Pure Freedom: Breaking the Addiction to Pornography, Mike Cleveland, 2002
- D. The Purity Principle: God's Safeguards for Life's Dangerous Trails, Randy Alcorn, 2003
- E. Sexual Detox: A Guide for Guys Who are Sick of Porn, Tim Challies, 2010

