

6) Get rid of anything that is tempting you to sin. Throw out any pornography in the house or burn it. You will very likely need to get rid of your computer, at least for a while. Cancel your cable channels that have pornography, or get a friend to put a password on them that you do not know. Change old routines associated with pornography use (alcohol, places or people, etc.). "A number who had practised sorcery brought their scrolls together and burned them publicly." (Acts 19:19) "If your hand or your foot causes you to sin, cut it off and throw it away. It is better for you to enter life maimed or crippled than to have two hands or two feet and be thrown into eternal fire." (Mt 18:8)

7) Pray -- talk to God about everything. He is ready to listen! "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." (Php 4:6)

8) Be grateful. "always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ." (Eph. 5:20)

9) Realize that your soul is at stake -- pornography is a dangerous thing. It will lead you to more and more corruption and may lead you to eternity in hell. "Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God." (1 Cor. 6:9-10)

10) Don't condemn yourself when you fail. Confess your sin to God, accept his forgiveness

and commit yourself to walking more closely with the Lord in holiness. "Therefore, there is now no condemnation for those who are in Christ Jesus," (Rom. 8:1), "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), "Live by the Spirit, and you will not gratify the desires of the sinful nature." (Gal.5:16), "I will set before my eyes no vile thing." Ps. 101:3

11) Remember there is hope! You CAN change. Don't give up. It is God who is working in you to give you the will to change, and then to help you to do it. (Phil 2:12-13) You are not the first and will not be the last who got free from pornography.

Scientific research shows that what we think and do sexually affects how our brain works, for good or for evil. <http://articles.latimes.com/1997/oct/23/news/mn-45881>

If we change how we think, we will change also, just like the Bible says: "Be ye transformed by the renewing of your mind." (Rom. 12:2)

VICTORY OVER PORNOGRAPHY

The growing influence and availability of pornography, especially via the internet, has made billions of dollars for the porn industry, but has left in its wake millions of men addicted to a destructive habit.

Porn is credited with destroying marriages, destroying the lives of the young people often forced into pornography, and inciting sexual crimes. It creates tremendous guilt and degrades the people who use it and those who make it. It separates people from God, and often is a contributing factor to depression, drug or alcohol abuse and suicide.

Maybe you know someone who is suffering from this, or perhaps you yourself need help in overcoming pornography.

If so, then you are blessed, because this little booklet may be the beginning of a new life for you, one free from pornography.

You may feel like it is hopeless -- that it will never change. The first thing you need to know is that it is possible to overcome this addiction.

The first stage sounds simple but it is the most difficult one. Many of us don't make it past stage one -- which is overcoming denial that we have a problem. Unless we admit we have a problem and cannot overcome it by ourselves, we will never change.

How to know if you have a problem

The simplest definition is this: A porn addict is a person whose use of pornography causes problems. If you have tripped in the same hole in front of your house three times, the hole is a problem. If our use of pornography is causing

us problems repeatedly, then we need to admit we are addicts and move on from there.

Why we fail

A second reason we fail in overcoming pornography is that we are in a hurry. We want to solve the problem today. However, pornography addiction is very powerful. We need much more than a few minutes to overcome it. We must be prepared to make major changes in our lives. We must be almost desperate to change.

Which brings us to the third reason we fail to overcome pornography addiction -- we really don't want to change. We like it. We enroll in a rehabilitation program only under pressure from others. This will not work. We need to decide to change. No one else can do that for us. We may have to hit rock bottom before we begin to look up. And only you can decide what rock bottom is. For some it is loss of a wife or the respect of our friends or children. For others it might be criminal prosecution.

If we are sure we want to change, then the following eight steps are our path to a new life. These steps, especially as you read the later ones, may seem impossible at first. Don't be discouraged. Concentrate on one step at a time. As you accomplish each stage with God's help, you will have more strength to go on to the next step. A condensed version of these stages follows:

1. Admit that I am powerless to control my addiction, and that my life is unmanageable.
2. Realize that God cares for me, and that He can help me recover.
3. Choose to commit all my life and will to Christ's care and control.

4. Openly examine and confess my faults to myself, to God, and to someone I trust.
5. Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.
6. Evaluate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I've done to others, except when to do so would harm them or others.
7. Reserve a daily time with God for self-examination, Bible reading and prayer in order to know God and His will for my life, and to gain the power to follow His will.
8. Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

It is very important to the success of our rehabilitation that we meet with others who can help and encourage us, especially those who have also recovered from pornography. For more information on such a group check out the website below:

<http://old.settingcaptivesfree.com>

In order to live without pornography, we offer the following tips compiled by others who have made the same journey you are now beginning, with Bible verses that relate:

- 1) When tempted to use pornography, leave the house. "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body." (1Co 6:18) "She caught him by his cloak and said, "Come to bed with me!" But he left his cloak in her hand and ran out of the house." (Gen. 39:12)

- 2) Realize that your temptations are NEVER more than you and God can handle. Never accept the lie that it is "too much": "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it." (1 Cor. 10:13)

- 3) Be faithful to the wife you have now or stay pure for the wife you will have: "Drink water from your own cistern, running water from your own well....May you rejoice in the wife of your youth. A loving doe, a graceful deer--may her breasts satisfy you always, may you ever be captivated by her love." (Proverbs 5:15-19)

- 4) Get the phone number of someone you can talk to when tempted, and whom you can help as well. "Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken." (Eccl. 4:12) "Therefore confess your sins to each other and pray for each other so that you may be healed." (James 5:16)

- 5) Live one day at a time -- don't borrow trouble from tomorrow, and don't let worries drive you to the "relief" of pornography. Find other ways of coping with stress than this -- which is more destructive than we realize. "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Mt 6:34) "Dear friends, I urge you, as aliens and strangers in the world, to abstain from sinful desires, which war against your soul." (1Pe 2:11)