

The Captives are Meant to be Set Free



“Be not overcome
of evil, but
overcome evil with
good.”

- Romans 12:21

Lesson 1004

Overcoming Porn

What are New Name Journals?

You've probably completed numerous Bible studies over the years. Most of these studies strive to increase your knowledge of the Bible itself or strengthen your commitment to the doctrinal principles you were taught. Both of these pursuits are valuable, but neither are transformative if you do not find a way to apply them to your walk with Christ.

New Name Journals are designed to take you further. Our goal is to help facilitate your desire for change. Applying Biblical principles to your daily life leads to transformation. To be effective, this must go beyond the mental exercise of accumulating facts. Openness and honesty in your responses can lead you to a point of changing the way you think about yourself, others, God, and your world - essentially repentance (the renewing of your mind).

To arrive at this point of repentance, you will want to personalize the information to your own individual circumstances. Feel free to use any extra space available to complete your thoughts.

As with all worthwhile pursuits, ask the Holy Spirit to guide you into all truth.



Journal Goals

This Journal will help you to discover your God-given tools to overcome porn so that you can "do even greater things than these" (John 14:12) as Jesus promised.

This *Overcoming Porn* Journal will give you an opportunity to:

- † Discover the emptiness that comes from deviant sex.
- † Learn the patterns of addiction and escalation.
- † Understand the disappointment that porn brings to sexual expression.
- † Debunk the myth of masturbation.



_____ Name
_____ Date

Improvise, Adapt, and Overcome

1 Corinthians 6:18 “Flee immorality. Every other sin that a man commits is outside the body, but the immoral man sins against his own body.”

Whether you plan to bug in or bug out should tough times occur, the ability to improvise, adapt, and overcome problems will be necessary regardless of how well-stocked, tooled, provisioned, or conditioned you are.

In 1995, Time magazine broke one of the first big stories on “cyber porn.” In that piece, Philip Elmer-Dewitt described the new allure of online porn:

... pornography is different on the computer networks. You can obtain it in the privacy of your home—without having to walk into a seedy bookstore or movie house. You can download only those things that turn you on, rather than buy an entire magazine or video. You can explore different aspects of your sexuality without exposing yourself to communicable diseases or public ridicule.

Easy access, anonymity, and affordability have made Internet porn more attractive and seemingly less dangerous than past outlets for sexual experimentation. We’re starting to see, however, that looking for sex online is not without dangers and disappointments.

It’s still possible for the online sex surfer to get caught, get taken advantage of, get addicted or get in trouble with the law. Even the sex surfer who avoids these pitfalls may fail to find what they are looking for. Of equal concern to the dangers of looking for sex online is the disappointment of not finding it . . . in a meaningful way.

Share one meaningful sexual experience (no pornographic detail) you have had through porn, sex chat rooms, or the movie theater of your mind.



The experience of sexual arousal can be adrenalized and intense when viewing pornography, and like any 'high' your body will crave another hit. The result is a pattern of addiction and escalation. Soft-core pictures of women in lingerie will soon become boring and you will seek full nudity, and as that loses novelty you will look for something more enticing. Dr. Victor Cline, of the University of Utah, has studied this escalation and reports that it proceeds according to four steps:

- **Addiction:** You keep coming back to porn. It becomes a regular part of your life. You're hooked and can't quit.
- **Escalation:** You start to look for more graphic pornography. You start using porn that disgusted you earlier, but is now enticing to you.
- **Desensitization:** You begin feeling numb towards the images you see. Even the most graphic porn is no longer arousing. You become desperate to feel the same thrill again, but you can't find it.
- **Acting Out Sexually:** This is the point that you make a critical jump and start acting out the images you have seen and rehearsed in your mind.



Looking at the four (4) steps on the previous page, describe how each of these steps looked in your life.

Addiction:

Escalation:

Desensitization:

Acting Out Sexually:

“Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed.” - Ephesians 4:19



Looking at these same four (4) steps, describe how each step affected those closest to you.

Addiction:

Escalation:

Desensitization:

Acting Out Sexually:



*“Don't you know
that a little yeast
affects the whole
batch of dough?”
- Corinthians 5:6*



DISAPPOINTMENTS



A recent Zogby International survey, conducted for Focus on the Family, found that one in every five persons admitted that they had visited a sexually-oriented Web site. Interestingly, two-thirds of them expressed that they didn't think it was possible to find sexual fulfillment online. It turns out that the Internet is better at delivering sexual arousal than sexual intimacy.

For many seekers of online sex, the dangers of getting caught, getting addicted, getting taken advantage of or getting in trouble with the law simply become obstacles to work around. Instead of avoiding the dangerous behavior, they just try to dodge the dangerous consequences. Much harder to dodge is the inevitable disappointment of trying to find meaningful sexual fulfillment outside of a committed marriage.

Seeking sexual fulfillment through pornography will inexorably leave you unsatisfied. For starters, it will subtly affect the way you view women. Dr. Gary Brooks detailed this in his book called *The Centerfold Syndrome*. Essentially, women lose their relational value and are viewed as only sexual objects. The effects are especially obvious in marital relationships. "When a man, after weeks of [Internet pornography], actually sleeps with his wife, he's in for a letdown," says Greg Gutfeld.

List three (3) ways in which porn, sex chat rooms, or the movie theater of your mind set you up to be disappointed with true sexual intimacy.

1.

2.

3.

IMPROVISE

USE WHAT IS AVAILABLE

ADAPT

ADJUSTED TO NEW CONDITIONS

OVERCOME

SUCCEED

Write down four (4) things available to you to use in your struggles with porn.

1. _____
2. _____
3. _____
4. _____



Write down four (4) ways you can adjust to life without porn.

1. _____
2. _____
3. _____
4. _____

Write down four (4) areas of your life that will improve because your success over porn.

1. _____
2. _____
3. _____
4. _____





Jesus fulfilled His calling on the earth through an intimate relationship with our Heavenly Father; leaving us all a clear example to follow. Our Heavenly Father desires an intimate relationship with those created in his image. We hide from His intimacy when stuck in shame and fear from lies about our true identity in Christ. Seeking the Kingdom of God first, and delighting ourselves in our Heavenly Father, will create right desires (“de” means of – “sire” means father) in our relationship with Him, others and ourselves. Christ centered relationships transform our very being and empower us to do on earth, as it is in Heaven. When we accept and walk in our role as distributors of the Kingdom of God here on Earth, we listen to what the Father is speaking, and out of our relationship of love with/for Him, we can obediently speak and do the same here on earth.

In the same way, God designed sexuality to be expressed through right relationship. It is no secret that God's design is for our sexual expression to be saved for the marriage bed. As Christians, we "get it" that our days of sex for sex sake, taking what we want, and using the weak for our pleasure are over. The mistake we often make is to rush into a marriage so we can get it right "legally". This is because we still see sexuality from the warped filter of our past. We are still living in sexual deviancy because relational intimacy is not at the core of our expression. Instead, it is the pursuit of sexual pleasure within the confines of some idea of Biblical "law". Make no mistake, sex feels good no matter how deviant we make it. The problem is deviancy (by Biblical standards) is unfulfilling because God did not design us to be fulfilled outside of His principles. Uncorrected lack of fulfillment encourages ever increasing deviancy until we find ourselves deep in sexual addiction. This happens in any area of our lives where we live outside of Biblical principles: coping with life, work ethic, acquiring life's resources, etc.

BONUS

SECTION

Let's look at this passage from I Corinthians 7:3-5. "The husband should fulfill his marital duty to his wife, and likewise the wife to her husband. The wife does not have authority over her own body but yields it to her husband. In the same way, the husband does not have authority over his own body but yields it to his wife. Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer. Then come together again so that Satan will not tempt you because of your lack of self-control." Notice that the focus of sexual expression is not our own pleasure but the pleasure and protection of our spouse. All these years we've had it backwards. No wonder we've drifted so far from the truth. Biblical sexuality is about intimacy (in – to – me – see), yielding the most vulnerable part of ourselves to our God ordained counterpart in a life-long covenant. This demands emotional and physical risk at a level of trust that cannot be achieved through an orgasm-based relationship.



On the scale below, with “1” representing Biblically defined sexual deviancy as described above and “10” representing sexual intimacy by Biblical standards, circle the number that matches your most Biblical experience of sexual intimacy.

A horizontal scale with a black line and tick marks at each end. Below the line are the numbers 1 through 10, spaced evenly along the scale.



SECTION

So, how does this speak to masturbation? Let's consider the sexual fantasy. Sex offender treatment providers may encourage clients to masturbate to "appropriate" sexual fantasies. Certainly, this would be better than fantasies of rape or sex with children. This still begs the question: "What is appropriate?" Sexual fantasy by its definition must be selfish and self-serving. At best it is "my" fantasy of what this shared event should look like. Its purpose is "my" sexual release and fulfillment. Considering the Biblical approach to sexuality with its call for shared intimacy and vulnerability, it is impossible for sexual fantasy to provide any of these. Therefore, masturbation will always lack fulfillment and will require pushing of the emotional envelope that supports and leads to continued and greater deviancy and ultimately addiction to, or at least submission to, activity that leaves us empty; thus, creating a barrier to a healthy fulfilling sexual relationship.

Let's look at this physiologically. Sexual expression is not a "need". Eating and breathing are needs. Fail to do these for a long enough period of time and you die. Refraining from sexual expression for a long period of time will not make your penis fall off. Wet dreams can be held in check by controlling sexual thinking. By developing a habit of taking every thought captive in obedience to Jesus Christ, sexual thinking will become more and more the choice it has always been.

Don't believe the myth that you must ejaculate to be healthy. The truth is the body absorbs aging sperm back into the body. Wet dreams do not come from a buildup of sperm but rather from a buildup of sexual thinking. It takes time and dedication to get to the point where regular sexual expression is seen as a choice rather than a need.

To win the struggle against the temptation to participate in Biblically deviant sexual behavior, one must receive the truth of what Biblical sexual expression is, rather than a commitment to refrain from sinning. The Truth will always set you free. Get to know Him intimately as you learn from Him about your call to sexual purity.



SECTION

Create five (5) personal declarations about how you will achieve sexual purity. Utilize Kingdom Truth but don't get religious. Each statement will begin with "I will."

1. **I will**

2. **I will**

3. **I will**

4. **I will**

5. **I will**

As you complete this stage of your journey of transformation, look back and appreciate what you have accomplished. Recognize what God has given you to carry you through the challenges and opportunities ahead.

This Journal has helped me to... _____

New Name Ministries envisions its model of community safe residential reentry replicated nationwide, promoting social reform through effective renewal of former offenders reentering society, resulting in fewer victims and a safer, stronger America.



Lesson 1003