

Dear all, greetings once again.

Here are the notes to the 2nd half of my recent sermon on men, porn and the Good News. I write this stuff not to condemn or to make people feel guilty, but to help those who do struggle to find victory by the grace of Jesus Christ and in fellowship and encouragement with fellow disciples. Victory is possible over this particular sin! Never give up hope! For God, all things are possible, and this is not the unforgivable sin!

Men, Porn and the Good News

Porn – God’s Good News Solution to the Problem

- **Matthew 5:27-28.** Recognize your desperate need of help. There is no such thing as an “acceptable” use of porn. All porn use is sin with eternal consequences unless confessed and repented of.
- **John 3.16-17.** Understand that God loves you and wants to save you, despite your porn use!
- **Psalm 103:8-14.** Confess your sin to your God. Claim God’s promise to you in 1 John 1.9.
- **1 Cor. 15.3-4.** Look in faith to Jesus, dying in your place, bearing your sin of porn on your behalf.
- **Isaiah 41.10.** Claim God’s promise of power to overcome your sin.
- **Confess your sin to your spouse.** Your wife may already know or suspect from your tell-tale behavior, e.g. being withdrawn and moody for long periods of time, unreasonable sexual demands and secretive behavior. Confess unreservedly. It is NEVER her fault. Never impute any blame to her. Be grateful for a wife who has been patient enough to put up with your corrupted behavior and mind. Be willing to provide her with the time, space and support as needed for her to come to terms with the reality of your sinfulness. Be ready to actively participate in marriage counseling if she so desires.
- **Recognize that you are addicted.** Porn is a sin, but it also has a neuro-biological component over which you have lost control. This sinful addiction has dominion over you, resulting in compulsive, sinful and risky behaviors.
- **Assess your level of addiction.** There are many online addiction assessment tools. They vary in quality, but search for an online tool that you can take at home.
- **Seek appropriate accountability.** Reflect honestly on what triggers your use of porn and how you access porn. Recognize when the triggers happen, and find healthy ways to respond to the triggers, e.g. going for a walk, playing a game of ping-pong, listening to uplifting music etc. If possible, remove the triggers and the access points to porn from your life, e.g. cut off home internet access. Enter a suitable online accountability program such as Covenant Eyes or X3Watch or Accountable2You.
- **Find a support group.** Men often have many acquaintances but few true friends. It can be very hard for men to open up to each other unless they know the conversation is happening in a confidential and safe environment. However, men recovering from porn find it very helpful to join a Christian support group where they can encourage one another, share testimonies, hold each other accountable, pray with and for each other, and experience true Christian friendship. Support groups often work through a recovery program such as the Conquer series or the Fortify program which provides practical counsel, different strategies for different levels of porn addiction, and Godly encouragement.
- **Never give up hope. Romans 12.1-2.** Like a recovering alcoholic, a recovering pornoholic will always have a struggle with temptation. However, as the days pass into weeks and then into months and then years, you will find that God’s promise of brain renewal will come true as your brain develops new, healthy and God-fearing neural pathways. Your use of porn has burned sin-bearing chemical pathways in your brain, but God has blessed us with neuroplasticity, so by

God's grace you can be transformed in your thinking with new, wholesome and God-honoring neurological pathways.

Conclusion

- First, "Seeing then that we have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need." (Hebrews 4:14-16).
- Second, "The greatest want of the world is the want of men--men who will not be bought or sold, men who in their inmost souls are true and honest, men who do not fear to call sin by its right name, men whose conscience is as true to duty as the needle to the pole, men who will stand for the right though the heavens fall." {Ed 57.3} "But such a character is not the result of accident; it is not due to special favors or endowments of Providence. A noble character is the result of self-discipline, of the subjection of the lower to the higher nature--the surrender of self for the service of love to God and man." {Ed 57.4}
- Third, today is the day not only of salvation, but also of victory over the power of sin in our lives. Do not leave the gift of victory over sin unwrapped! Today, if you are already a disciple of Jesus Christ, affirm afresh your covenant with God to live your life as a living and holy sacrifice to our loving and holy God, and seek help from God-fearing disciples who can help you in this particular area of struggle.

Have a blessed Sabbath!

Conrad.