

## **Breaking the bonds of pornography**

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**Purpose:** Study of God's Word to examine how a Christian can break free from the bonds of pornography addiction or any other addiction that tries to hold the born again believer in chains of oppression. Examine in Scripture why pornography (even mutual use in marriages) is sinful and damaging to the Christian's relationship with God.

### **Focal Scripture:**

[1 John 1:8, 9](#) – confess your sin

[Romans 13:14](#) – do not create an environment for sin

[James 4:7](#) – resist sin

[1 Corinthians 10:13](#) – trust in the promises of Christ

[James 5:16](#) – find an accountability partner

Pornography is a destructive, powerful master that enslaves so many precious brothers and sisters but is something largely considered too shameful to discuss. Because of the shame and humiliation of pornography many of those suffering in its addictive vice are too afraid to seek out help, and because this addiction and its power are largely misunderstood or ignored many pastors and councilors are woefully unprepared to discuss the damage or how to break free. As you begin this Bible study I need for you to understand a few important truths: I have personally struggled with this addiction in my own life. As we focus on why pornography is wrong, what it does to your relationship with your spouse, friends, family, and God, and how to break free, understand this will be a challenge. If you are reading through this study you are either in a lonely place, feeling helpless and powerless to break free of the prison you find yourself, or you know and love someone who is. As you study, remember these 3 P's:

**Prayer** ([Romans 8:26-27](#)) – without the power of the Holy Spirit you will never experience lasting, true transformation. Until you understand that some obstacles can't be overcome or ignored and must be raised up to God, everything else is pointless. The Christian's greatest weapon is prayer. Where there is no prayer there is no power, where there is much prayer the power of the Lord is present.

**Persistence** ([Luke 18:1-8](#)) – if you are struggling with pornography or know someone who is, this didn't happen over night. This dreadful destruction comes from months or years of ignoring the hand of God and living and seeking everything but Him. Knowing the facts doesn't always provide instantaneous change (anything is possible with our God). You must make war against this sin daily and when you fail you must get back up again.

**Pardon** ([Luke 15:11-32](#)) – If you have confessed in your heart Jesus as Lord and surrendered your life to Him, you are forgiven. Even the Christian can be led astray, but you feel the hand of God on your heart now and must fully repent and turn your heart fully to Him. Shame is a powerful shackle on the mind of the Christian and prevents many a prodigal child from returning home. The Father is waiting, and yes the grace of Jesus Christ is sufficient.

In this study we must consider 3 things: why is pornography a sin, how can a Christian be caught up in the sin of pornography, and how to break free from this destruction. As you move forward do so knowing that I love you, that Jesus loves you, and that through Christ alone you can be forgiven and free, but a Christian cannot and will not continually deny the convicting hand of God. Our first point is quite simple, but the truths of Scripture are profound.

### **Why is pornography a sin?**

Sin is simply anything that goes against the Law of God. Some may be quick to point out that Christians are not under the Law and thus justify their sin, this is only half true. Christians are not under the ceremonial or dietary law of the Old Testament but we are absolutely and certainly under the moral law of God (1 John 2:4, 5). For us to fully understand why pornography is a sin, we must understand that the commandments of God must govern the lives of Christians. God said: "thou shalt not commit adultery" (Exodus 20:14), Jesus expounded on that to help us fully understand, even looking on a woman lustfully is to commit adultery with her in our heart (Matthew 5:28). Fantasizing about a person who is not your spouse is adultery, plainly and simply.

God cares about your heart and mind. Scripture commands us to be holy (morally blameless) as He is holy (God). Why does God care about things like pornography, lust, adultery, sexual immorality, and so on (porn always leads to lust, lust always leads to adultery in your heart, adultery is sexual immorality)? Because He knows that as you gratify your flesh with evil, sinful things, you will ignore His love and guidance and create an idol (false god) for yourself in what gives you pleasure (but brings death – Romans 6:23). Scripture reminds us: But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death. (James 1:14, 15 ESV) God is a jealous God, and only the things that He has ordained (marital sex between one man and one woman – 1 Corinthians 7:2) are right and good.

### **How can a Christian be caught up in the sin of pornography?**

Christians are sinners saved by grace. Simply put, the Christian isn't some super hero religious person who is perfect and righteous after they come in contact with Jesus, Christ alone is perfect and holy. How can a Christian get caught up in porn? Temptation. Taking their eyes off the cross and looking around at the world for a moment can cause one to stumble. Wanting power or pleasure or the things of the flesh instead of the things of God. Idolatry. Ultimately the way that most Christians fall in the trap of pornography is by getting distracted, angry, hurt, frustrated, or weary and thinking that you can bring yourself peace outside of God.

### **How to break free from the destruction of pornography.**

There is no catch all, one shot and we are done way to break free from the destruction of pornography. To break free is a multiphase process and every part of the process must be completed as God leads to ensure full repentance. First, confess your sin to God. If you have struggled with pornography and masturbation you have sinned against God and you must confess it and turn from it. Please don't overlook that last part, you must repent. Does repentance suddenly mean that you will never struggle or fail again? No. Can a Christian continually, willfully sin? Scripture forcefully tells us no: No one born of God makes a practice of sinning, for God's seed abides in him, and he cannot keep

on sinning because he has been born of God. (1 John 3:9 ESV).

In 1 John 3:9 the word “practice” also translated “commit” is the Greek *proi-eh'-o* which means to continue, without delay, in essence saying “no one born of God continues willfully, purposefully sinning against God”. Does this mean the true Christian won't sin against God? Not at all. This means that our purpose will be to serve God and in our weakness we will fail Him, not purposefully, willfully, and without regard.

After you have confessed your sin to God and repented of your addiction to pornography, you need to confess your addiction to your spouse. Prayerfully consider how God would have you do this and understand that the light exposes the darkness, you must confess. Satan cannot have a foothold in your life, he cannot have a dark, shameful secret over your head, you must fully confess to those who you've betrayed. Yes, your addiction has betrayed those you love as you've put your personal gratification above not only God's desire but their love too. You've told your spouse “your not enough” as you've selfishly perused gratification from a source besides the one God has appointed.

After your confession, immediately destroy or rid yourself of any pornographic material or access to the filth. If you use a mobile device like a phone or tablet, if you can get rid of it. If you can't, make sure your spouse has full access, don't hinder them from checking in, it is their right, you are one flesh and trust has to be earned once again. Pray and then find a faithful Christian brother or sister (men find another man, women find another woman) and ask them to be your accountability partner. Pray with this person, confess the struggles (unfiltered, fully, totally) you have faced and setup a plan to be able to gain prayer and support when you are struggling.

Put on the full armor of God. Prayer is essential but it isn't all God has in mind, studying God's Word is crucial. How did you get so off course? You took your eyes off the cross and started perusing worldly things not understanding just because it smells good, looks good, and tastes good, doesn't mean it won't kill you (ask Adam and Eve). Start taking the time you used to devote to smut and instead give it to God, set it aside as prayer time, devotional time, Scripture study time. Have you ever read the story of David and Bathsheba? Do you know why David committed adultery and ultimately murder to hide his crime? He wasn't with the army like God had commanded Him. When we aren't doing what God instructs us to do, we will fall, fail, and get off track.

## **Conclusion**

We cannot allow our self to surrender to the bondage of pornography and masturbation, we must war against it. Our sin put the Saviour on the cross at Calvary and to willfully rebel against God and to make a practice of sinning is to reject the grace, kindness, mercy, and love of God. We can't break free alone, I've tried, and failed. We must faithfully peruse after God's desires in our life and when we fail we must repent and return to the throne of grace in our time of need (Hebrews 4:17). Can and will the Lord forgive us? Even when we fail Him and feel like hypocrites and failures? I believe Scripture guarantees it. When asking the Lord how often he should forgive his brother if he sinned against him, Peter said “shall I forgive him 7 times?” The practice of the Pharisees was to forgive someone 3 times if they committed a sin against you, Peter was doubling that and adding one more (no doubt a huge step in his mind). The Lord responded in an amazing way which demonstrates His love, mercy, kindness, and desire to forgive His beloved of their sin and failure (that is you and me):

Jesus said to him, "I do not say to you seven times, but seventy-seven times." (Matthew 18:22 ESV).

As you complete this Bible study I leave you with 5 things that you must do: confess and repent (the two must go together), change your environment or habits to eliminate anything that makes the sin possible, resist the sin (prayer and Bible study are key here, you cannot resist on your own), trust that God is faithful and His promises (never to let you resist alone and never to make it impossible to resist) will always endure, find a faithful brother or sister (men find a man, women find a woman) to pray and study with, someone to share in this journey as God helps you break free from the bondage of pornography.

Lastly, it is possible that in the process of fighting the battles that you have fought, that you have found yourself farther from the Lord than you ever thought you could be. I have good news, He never changes... Jesus is the same yesterday, today, and forever... if He never changes, that only leaves us. If you've taken your eyes off the cross and found yourself walking or running from God, it is time to accept His loving correction and return to His loving arms. Some call it "recommitting", let us simply call it repenting, and you can do it today, right now. Please visit <http://mymanuel.com/recommit> to learn more about how to turn from your sin and failure and lean on the understanding of the eternal God and remember: he who the Son sets free is free indeed (John 8:36).