

FINDING FREEDOM



Put together by Brendan Dick – NSAC Associate Pastor

Adapted from Dr. Dave Currie - [**doingfamilyright.org**](http://doingfamilyright.org)

And [**fightthenewdrug.org**](http://fightthenewdrug.org)

And [**https://www.theunionmovement.com/**](https://www.theunionmovement.com/)

Check out these three amazing resources for more information, blogs, media, and programs to help in many areas of sexual brokenness.



What exactly is pornography?

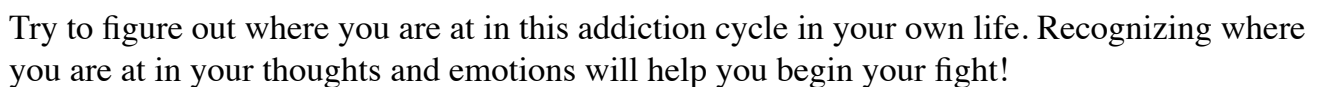
Currently pornography is generally thought of as consuming explicit sexual content. While this is not incorrect, I think a wider definition is helpful:

1. From Tim Chester in his book *Closing the Window: Steps to Living Porn Free*: “Pornography is **anything we use** for sexual [pleasure], gratification or escape – whether it was intended for that purpose or not.”
2. **HarvestUSA**: “Pornography is anything that the heart uses to find sexual expression outside of God’s intended design for relational intimacy. It is anything that tempts or corrupts the human heart into desiring sexual pleasure in sinful ways.”
3. From the Catechism of the Catholic Church: “Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense. Civil authorities should prevent the production and distribution of pornographic materials.”

As a Christian I am FOR life and FOR LIVING LIFE ABUNDANTLY (John 10:10). In this document I am CLEARLY AGAINST pornography. But as a Christian I do not want to be only known for being ‘against’ the evil in this world. **But I do want to be known FOR living life to the full in a way that both honours God and promotes the flourishing of all people.** God is the one who unashamedly created sex, therefore, we shouldn’t be afraid or ashamed to talk about it! And pornography was NOT in God’s design!

*“God’s design for His grand and glorious gift of sex is this. . . that sex is a gift to be [enjoyed] by one man and one woman within the context of an exclusive, monogamous, covenantal, life-long marriage. That’s it, plain and simple. Sex is something God made, gave to us, and enthusiastically declared “Good!” But with everything else, we go and mess it up. And when the Bible commands us to “flee from sexual immorality,” the word that it uses is **porneia**, which means “to practice prostitution, sexual immorality, or fornication.” In the New Testament, the Apostle Paul frequently (20 + times) used the word in reference to any kind of sinful and illegitimate sexual activity. Porneia is, in fact, the very thing from which followers of Jesus are commanded to “flee!” (I Corinthians 6:18).” Walt Mueller.*

Pornography is a multi-billion dollar world-wide industry. Its influence in this world (especially since in the invention of the internet) is monstrous! It is shaping the way humans think about sex and sexuality. It is addictive. It adds fuel to the sex trade industry. It is playing a role in dividing families as a major factor in many divorces. The damage done to this world by pornography is something we need to pay attention to. We must unite and take a stand against this monster that roams around in cyberspace and many of our minds.



16 GOOD REASONS TO FIGHT FOR FREEDOM OVER PORNOGRAPHY

Choose at least 5 reasons from below to hi-lite and look at on a weekly basis and/or when you are facing temptation:

THINKING ABOUT THE PRESENT:

1. I want to fulfill God's plan for my life and become the person He wants me to be —one of quality, that will in turn, attract other quality people into my life; both male and female.
2. I want to walk in a God-honoring, spiritual purity having a clean mind and a pure heart expressing authenticity and integrity in every way possible.
3. I want to receive God's forgiveness and remove this roadblock between God and myself so I can seek Him freely and grow in my spiritual life.
4. I want to regain my self-worth before God and my confidence with others by dealing with the shame and guilt associated with my impurity, thus taking on a new and healthy view of myself.
5. I want to find freedom from pornography and defeat the enemy who is using this temptation to drag me down and destroy my life and future. I admit it is a spiritual fight that I need God and others to help me overcome.
6. I want to be in a right relationship with God so that I can serve Him and others freely and consistently without feeling a nagging sense of hypocrisy.
7. I want to work to permanently change the way I look at people sexually. I cannot see them or use them as sex objects for my pleasure any longer.
8. I understand that pornography consumption changes the chemistry in my brain; that it is addictive like hard drugs, and will alter both my brain and my behavior in negative ways.
9. I acknowledge that many of the actors in pornography are sex-trafficking victims. My continued consumption of pornography continues to fuel the sex trade.

THINKING ABOUT THE FUTURE:

10. I don't want to be neutered or distracted from a healthy, God-honouring emotional and sexual intimacy with my spouse whether now or in the future, believing that porn creates a fixation to self-oriented sex that isn't in keeping with a healthy marriage or view of sexuality.
11. I want to escape my selfish, sexual life so I can experience real and vibrant sex as God intended in my marriage whether now or in the future.
12. I want to trust God to clean out my memory banks of images so I can easily and only focus on healthy sex with my spouse whether now or in the future.
13. I want to walk away totally from the extreme and graphic fantasy world of pornography and seek to renew my mind so I can love my spouse without comparison or unrealistic expectation whether now or in the future.
14. I acknowledge that sooner or later I will be found out and I don't want to feel the embarrassment and regret of having to face my spouse or others with my sinful problem whether now or in the future.
15. I want to live with sexual boundaries that show respect and value to my spouse whether now or in the future. I don't want to hurt and distance them in any way.
16. I want to be a Godly example to my children whether living now or in the future. I desire to raise them in a well-coached and God-honoring way.

I WILL COMMIT TO THE FOLLOWING IN ORDER TO FIND FREEDOM:

1. Getting an accountability circle to be OPEN and HONEST with. These accountability partners must be able to encourage me but also be strong with me. Keep up your regular accountability reports with those in your accountability circle.
2. Get accountability software for all your wifi capable devices!
(accountable2you.com – covenanteyes.com – X3watch.com – etc.)
3. Spending time daily to read the Bible and pray.
4. Re-read often the reasons that your reasons for fighting for freedom.
5. Finding positive hobbies/activities that you can spend your energy on. What are your passions?
6. Pursue and foster healthy face to face relationships.
7. Giving up ANY ONLINE devices that continue to enslave me.
8. At least once a week, commit your life and body to GOD. Give him your 'whole' body so that you can completely honour Him (Romans 12:1-2, Romans 6:11-14).
9. Be connected consistently with Christian community (e.g. church, youth group, Bible study, etc.).
10. Work at memorizing and meditating on key Biblical passages that speak about sexual purity. See:
 - ⇒ Job 31:1
 - ⇒ 1 Corinthians 10:11-13
 - ⇒ 2 Corinthians 7:1
 - ⇒ Ephesians 5:3-6
 - ⇒ 2 Timothy 2:22-23
 - ⇒ James 4:7-10
 - ⇒ Hebrews 13:4
 - ⇒ 1 Thessalonians 4:3-7
 - ⇒ Colossians 3:5-8
 - ⇒ 1 Corinthians 6:18-20
 - ⇒ Romans 13:13-14
 - ⇒ See page 7-9 for verses in full



FACING THE EMOTIONAL HURDLES OF PORNOGRAPHY:

Instructions: Below is a collection of common feelings associated with men and women who have struggled with pornography. Identifying different emotions will help you realize these difficult feelings are commonly difficult for many people. Read through this list twice and then circle your top 5 in each category. Share your responses with your counselor and accountability partner.

HOW I AM FEELING ON THE INSIDE ABOUT MY PORNOGRAPHY PROBLEMS:

<ol style="list-style-type: none"> 1. Trapped 2. Disgusted 3. Shame 4. Weird 5. Scared 6. Pathetic 7. Powerless 8. Failure 9. Gross 10. Overwhelmed 11. Alone 12. Angry at self 13. Overcome 14. Weak/hopeless 15. Addicted 16. Diseased 17. Disappointed 18. Exhausted 19. Embarrassed 20. Self-hatred 21. Rejected 22. Spiritual failure 23. Fake/A sham 24. Guilty 25. Humiliated 26. Isolated 27. Preoccupied 28. Other: 	<p>Share 3 ways these negative feelings are having an ongoing and unhealthy affect on <u>your life:</u></p> <ol style="list-style-type: none"> 1. 2. 3. <p>Share 3 ways these negative feelings are having an ongoing and unhealthy affect on <u>your spiritual life</u> with the Lord:</p> <ol style="list-style-type: none"> 1. 2. 3. <p>Share 3 ways these negative feelings are having an ongoing and unhealthy affect on your <u>relationships with others:</u></p> <ol style="list-style-type: none"> 1. 2. 3.
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STRATEGIES FOR HARD IN THE MOMENT TEMPTATION:

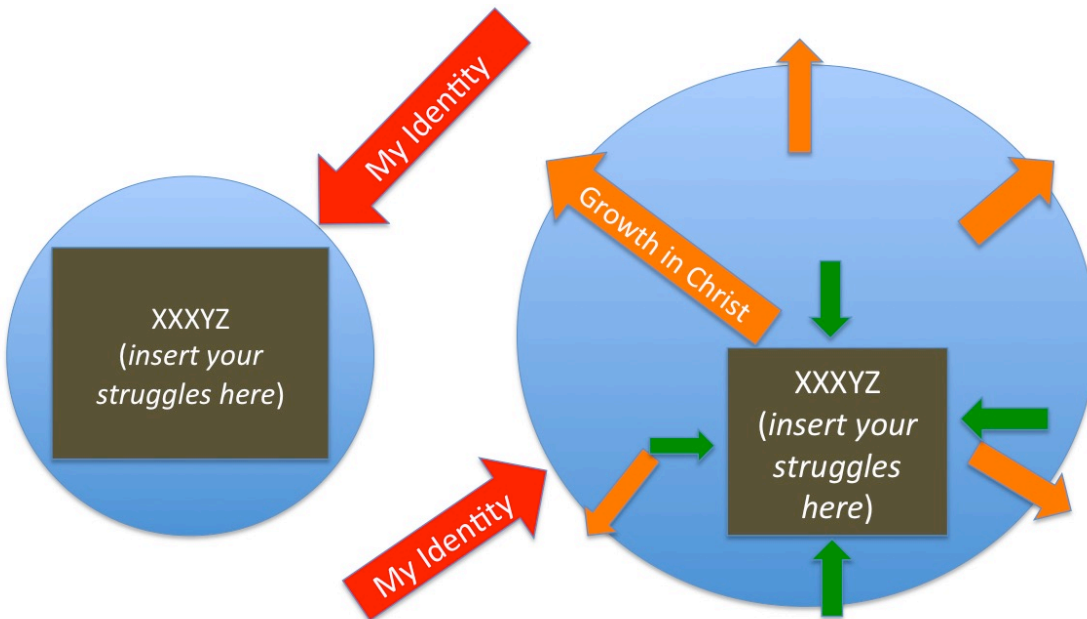
1. Pray out loud reaching out for help in the moment of strong temptation: “Dear Jesus, help me now Jesus, to find freedom over these temptations. Help me Jesus, I want to honour you!” – *There is power in the name of Jesus!!* Own that power as Christ promises to dwell in us through his Spirit (2 Timothy 1:7, Romans 8:10-11)
2. Re-read the different reasons that you want to find freedom from pornography. Let those reasons sink in and believe that they are true for you!
3. Turn on some of your favourite worship music and listen to God’s truth communicated through song. Sing along.
4. Call for help! Get on the phone and talk to your accountability partner. Ask for prayer and support you may not be able to think of in the moment.
5. Get out of wherever you are! Go for a walk or run. Have a prayer walk and talk to Jesus about your temptations and ask for His help and strength to win. (see the story of Joseph and Potiphar in Genesis 39:7-12 where Joseph flees from imminent sexual temptation).
6. Get into community! Go to a friends house or out for coffee. Find a place where being with others brings you accountability.
7. Keep your future/present spouse and family in mind. Pray for them and ask God to make you a man or woman of integrity for those key people in your life or future.

The JOURNEY of Growth: FIX YOUR EYES ON JESUS (New IDENTITY and CHURCH COMMUNITY)!

What consumes your mind controls your life - **Romans 12:2** “Don’t become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your eyes on Jesus. You’ll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.” (MSSG)

Hebrews 12:1-2 “Let us throw off everything that hinders and the sin that so easily entangles us. And let us run with perseverance the race marked out for us, **2** fixing our eyes on Jesus, the author and perfecter of faith.”

Jesus wants us to be free from the sin in our lives that enslave us! In Jesus there is power to break the chains of bondage that keep us from human flourishing (no half measures)! Jesus is our redeemer (*Luke 1:68; Romans 3:24*), which means that he has bought us back from the power of evil. He purchased our freedom with his life, death, and resurrection! And he wants to redeem our brokenness, our shame, our marriages, and our sex/sexuality. We are no longer are we slaves to sin! We are redeemed, we can no longer see our identity as sinners but we must see ourselves in light of our redeemer Jesus Christ: we were washed, we were sanctified, we are justified (*1 Corinthians 6:11*) and ultimately this is what we need to focus on to gain our freedom that is available in Christ. Our identity is first and foremost in Christ, we are children of the True King! If we focus on our brokenness that is what we will see, but if we focus and grow in Christ and Christian community that is where we will begin to find our freedom!



As you begin to grow in your faith and journey with Jesus, your struggles will eventually shrink and your identity in Christ will grow! This is not necessarily an easy journey, but a very important one.

KEY BIBLE PASSAGES (NIV):

Job 31:1 - I made a covenant with my eyes not to look lustfully at a young woman.

1 Corinthians 10:11-13 - These things happened to them as examples and were written down as warnings for us, on whom the culmination of the ages has come. **12** So, if you think you are standing firm, be careful that you don't fall! **13** No temptation has overtaken you except what is common to mankind. 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 endure it.

2 Corinthians 7:1 - Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

Ephesians 5:3-6 - But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. **4** Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. **5** For of this you can be sure: No immoral, impure or greedy person —such a person is an idolater—has any inheritance in the kingdom of Christ and of God.

2 Timothy 2:22-23 - Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. **23** Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels.

James 4:7-10 - Submit yourselves, then, to God. Resist the devil, and he will flee from you. **8** Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. **9** Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. **10** Humble yourselves before the Lord, and he will lift you up.

Hebrews 13:4 - Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.

1 Thessalonians 4:3-7 - It is God's will that you should be sanctified: that **you should avoid sexual immorality; 4 that each of you should learn to control your own body** in a way that is holy and honorable, **5** not in passionate lust like the pagans, who do not know God; **6** and that in this matter no one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. **7 For God did not call us to be impure, but to live a holy life.** **8** Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.

Colossians 3:5-8 - Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. **6** Because of these, the wrath of God is coming. **7** You used to walk in these ways, in the life you once lived. **8** But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips.

1 Corinthians 6:18-20 - Run from sexual sin! (Story of Joseph and Potiphar's wife in Genesis 39) No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body. **19** Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, **20** for God bought you with a high price. So you must honor God with your body.

Romans 13:13-14 - Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. **14** Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Jude 1:4 - I say this because **some ungodly people have wormed their way into your churches, saying that God's marvelous grace allows us to live immoral lives.** The condemnation of such people was recorded long ago, for they have denied our only Master and Lord, Jesus Christ.

Jude 1:18 - They told you that in the last times there would be **scoffers whose purpose in life is to satisfy their ungodly desires.** **19** These people are the ones who are creating divisions among you. **They follow their natural instincts because they do not have God's Spirit in them.**

Romans 12:9 - Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. **10** Love each other with genuine affection, and take delight in honoring each other.

2 Corinthians 6:14 - Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? **15** What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever? **16** What agreement is there between the temple of God and idols? For we are the temple of the living God.

Proverbs 5:15-20 What the Bible says about married sex –worth the wait!

15 *Drink water from your own cistern, running water from your own well.*

16 *Should your springs overflow in the streets, your streams of water in the public squares?*

17 *Let them be yours alone, never to be shared with strangers.*

18 *May your fountain be blessed, and may you rejoice in the wife of your youth.*

19 *A loving doe, a graceful deer—.,may you ever be intoxicated with her love.*

20 *Why, my son, be intoxicated with another man's wife? Why embrace the bosom of a wayward woman?*