

2. **PRAY all the time:** You need to pray daily for God's protection, strength, and encouragement so that you may be able to face the daily battle against pornography. The Lord said ... *"men always ought to pray and not lose heart."* **Luke 18:1** He also said *"Pray that you may not enter into temptation."* **Luke 22:40**

3. **CONFESS your sin:** When you confess your sin, you receive forgiveness and advice from your Spiritual Father. You also unload the heavy guilt associated with pornography, which cripples your progress. *"If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness."* **1 John 1:9**

4. **Practice FASTING:** The power of Fasting is underestimated by many people in the battle against lust. Through fasting you will strengthen your willpower and your spirit and you will be able to fight the demon of lust. *"...this kind [of demon] does not go out except by prayer and fasting."* **Matt 17:21** Also, Abba Theodotus when speaking about lust said... "Abstinence from bread quiets the body".

5. **Keep BUSY:** Boredom often comes before pornography. It was once said that the idle mind is the devil's play ground and idle hands are the devil's tools. Keeping yourself busy is a practical way to avoid pornography.

6. **RUN away:** Sometimes the best defense against temptation is to run away. *"Flee also youthful lusts, but pursue righteousness."* **2 Tim 2:22**



7. **READ the lives of the Saints:** The Holy Bible says that you should not be lazy *"... but imitate those who through faith and patience inherit the promises [of God]."* **Heb 6:12** By reading the lives of the Saints, you can be inspired and encouraged to follow their example of purity and holiness of life.



8. **REMOVE the cause of sin:** Often times if the temptation is not available, you won't fall into sin so you should remove anything that causes you to sin. In other words, identify where the temptation comes from and remove it completely from your life. If you have to remove your computer or TV from your room, do so. Don't walk into a mine field and not expect to get hurt. Remember what the Lord said... *"and if your eye causes you to sin, pluck it out and cast it from you."* **Mt 18:9**

Some Verses for Encouragement

"Put on the Lord Jesus Christ, and make no provision for the flesh, to fulfill its lusts." **Romans 13:14**

"I have made a covenant with my eyes, why then should I look upon a young woman?" **Job 31:1**

"God is faithful who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape that you may be able to bear it." **1 Cor 10:13**

"Blessed are the pure in heart for they shall see God." **Matthew 5:8**

"Set your mind on things above, not on things on the earth." **Colossians 3:2**

"Be faithful until death and I will give you the crown of life." **Revelation 2:10**

"Pursue peace with all people, and holiness, without which no one will see the Lord." **Hebrews 12:14**

"Turn away my eyes from looking at worthless things and revive me in Your way." **Psalms 119:37**



ESCAPE



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TRAP

How to Triumph over the Temptation of Pornography



HOW TO TRIUMPH OVER THE TEMPTATION OF PORNOGRAPHY

Late hours and a fast pace characterize our life in the world today. Whether you are in high school, college, or a recent graduate or even a married person, life is very hectic and full of stress. Days are



long and tiring and it seems that you start your day very early and finish very late. And when you finish your day, you finally sit down at the computer to pay some bills, check e-mail, finish up some homework or just surf the net for relaxation. You log on to the internet, and all of a sudden, you come across links marked XXX, Adult Material and 18 and over. Out of curiosity, you open the site, and without realizing it, you have started the journey into the depths of internet pornography. The next time you log on, you return to these sites, going further and further and before you know... you are caught in the sticky web of pornography, unable to escape. This is the case for many people. What can you do to overcome what some people say is the most powerful temptation of your life? Before we answer this question, we must understand why pornography is wrong and why it is destructive.

Spiritual Consequences of Pornography

1. Pornography is participation in worldly, carnal desires and lusts. *“Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.” 1 John 2:15-16*

2. Pornography prevents one from running the race to heaven. *“Let us lay aside every weight, and the*

sin which so easily ensnares us, and let us run with endurance the race that is set before us.”

Hebrews 12:1

3. Pornography is falling into lust. *“But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. Matt 5:28*

4. Pornography is a form of sexual immorality and the Bible says we should not be sexually immoral. *“For this is the will of God your sanctification: that you should abstain from sexual immorality that each of you should know how to possess his own vessel [body] in sanctification and honor not in passion of lust, like the gentiles who do not know God.” 1 Thessalonians 4:3-8*

5. Pornography destroys the unity of the married couple. God describes Marriage as ‘oneness’ in Matt 19:6 where He says... “a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh. So then they are no longer two but one flesh”. How can you be one with your future or current spouse if the oneness has been shared with someone else, even if it is imaginary. You see... God created this ‘oneness’ to build intimacy and trust in order to bond the couple together. Pornography destroys marriages.

Social & Psychological Consequences of Pornography.

1. Pornography is a one-sided, self-satisfying relationship built on selfishness, lust and immediate gratification and devalues the true meaning of an intimate sexual relationship.

2. Pornography prevents the development of healthy relational skills needed for a lifelong intimate relationship with a future spouse. It causes a person to view others as sex objects rather than individuals created by God.

3. Pornography always leaves a person unsatisfied and wanting more. This is called ‘ESCALATION.’ Over time, pornography users require more explicit and

deviant material to meet their needs.

4. Pornography forms lasting memories that will hinder a healthy relationship with a future spouse.

5. Pornography creates guilt that is hard to get rid of. It stains the memory and influences all actions, thoughts, words, and attitudes.

6. Pornography encourages one to live a double life. Instead of being honest about every area of life, it causes one to always look over his shoulder and to cover up his tracks.

7. Pornography wastes valuable time. Endless hours are spent surfing the internet and watching pornography.

8. Pornography users have an increased tendency to act out behaviors they have viewed and to imitate what they see.

9. Pornography promotes adultery, prostitution and unreal expectations in intimate relationships.

How To Overcome Pornography?



Before you consider what you should do to be freed from pornography, don't forget that there is nothing that you can do ALONE. The ultimate freedom from sin can only be accomplished by living a sacramental life and having a deep, real, and living relationship with God. There is no other way!!! Remember what the Lord said... *“I am the vine, you are the branches. He who abides in Me and I in him, bears much fruit; for without Me you can do nothing.” John 15:5*

So how can you have this relationship with God?

1. FEED yourself: You can not fight any temptation without feeding on the Word of God. It becomes for you the “sword of the spirit” to fight temptation. *“Your word I have hidden in my heart that I might not sin against you.” Psalm 119:11*