

## The Pain of Porn.

Jim Newheiser

### I. Introduction.

**A. A growing problem, but not a new problem. Mt. 5:28**

**B. A widespread problem among professing Christians.**

**C. The key to sexual purity.**

1. See sex as God sees it.
2. Heart purity. Pr. 4:23
3. People are sexually immoral because they don't know God. I Th. 4:3-5

**D. Three major sin issues**

1. Idolatry.
2. Lies.
3. Narcissism.

### II. What Sex is For: Positively.

**A. God created sex as good.**

1. To express the oneness of the marriage covenant. Gen. 2:24 4:1
2. To produce children. Gen. 1:27-18 Ps. 127
3. For the mutual enjoyment of husband and wife. Prov. 5:18-18 Deut. 24:5  
Heb. 13:4 Song of Solomon 1:2,13-16 7:1-10 4:1-7 5:10-16

**B. Evil is not merely the opposite of good, but the perversion of the good.**

1. The opposite of sexual sin is not no sex, but "good sex".
2. The opposite of good sex (within marriage) is not no sex, but perverse sex.
3. Lust and pornography dehumanize sex.

**C. God's command is that you direct all of your sexual energy (including thoughts) towards your spouse. Mt. 5:27-28 Pr. 5:15-17 6:25 7:25 Song 4:12-15**

1. Don't try to excuse yourself by narrowing the definition of adultery.
2. Solo sex is a violation of God's design. 1 Thess. 4:3-6 I Co. 7:3
  - a. Sex is to be relational and other-focused.
  - b. Lust is isolating – a poor substitute for intimacy.
3. Lust and pornography are enslaving. John 8:34 Rom. 6:16 2 Pet. 2:19 Pr. 27:20

### III. Lust is very destructive.

**A. It affects your relationship with God. Ps. 51:4 32:3-4 Gen. 39:9**

1. Sexual sin is primarily a sin against God. Ps. 51:4 I Cor. 6:15-20
2. Your sin separates you from God. Ps. 32:3-4
3. Repent quickly and find grace. Ps. 32:5,9

**B. It affects your relationship with your spouse.**

1. You are violating your marriage covenant. Eph. 4:25
2. You are robbing your wife of what is rightfully her possession: All of your sexuality. I Cor. 7:4
3. Your attitude towards your wife is affected.
4. She will be wounded. Trust will break down. Num. 32:23
5. You put your marriage at risk. Mt. 5:32

**C. It affects others under your influence, especially your children.**

1. King David's example. 2 Sam. 13:1ff 16:20-21 1 Ki. 11
2. Will you be able to provide moral leadership and help when they struggle?

**D. It affects you personally. Pr. 5:11-13,22-23**

1. Sin makes you miserable. Ps. 32:3-4
2. It leads to more sin. James 1:14-15 Pr.
3. It can lead to sickness or even death. 6:25-35 5:21-23,11-13 7:22-27 Nu. 32:23  
I Co. 6:9-10

**E. Special considerations for single men.**

1. Lust now affects your relationship with your future spouse.
2. If this area is out of control, you are not ready for marriage.
3. Make good deposits in your "marriage bank".
4. Getting married will not solve your lust problems.

**IV. Guard yourself from lust.**

**A. Draw near to God.**

1. Rules alone will not change you.
2. Delight yourself in God! Isa. 55:1-2 Pr. 9:1-6 7:4-5
3. Remember who you are in Christ. Rom. 6:11ff
4. Guard your heart. Pr. 4:23 Ps. 51:10
5. Seek the Lord's help in times of temptation. I Cor. 10:13
6. Stay busy doing the work He has given you. Mt. 6:33 2 Sam. 11:1ff

**B. Make a covenant with yourself. Job. 31:1,9**

1. Stay as far away from temptation as possible. Pr. 5:8 Rom. 13:14 II Sam. 11:2
2. Beware of rationalizing sin. Pr. 30:20
3. Don't trust yourself. I Co. 10:12 II Co. 7:10
4. See Madam Folly according to her true nature. Prov. 2:16-19 7:10-12,14,18
5. When does a look become lustful?

**C. Be prepared to take radical action. Mt. 5:29-30 Ro. 13:14 12:1 Eph. 5:3 Ga. 6:7-9**

1. When tempted, RUN and don't look back. II Tim. 2:22 Gen. 39:8-13
2. Cut off TV, internet.
3. Notice patterns of sin/triggers.
4. Take every thought captive. II Co. 10:5 Phil. 4:8-9 Mt. 15:19
5. When you stumble, be honest. 1 Jo. 1:8-10

**D. Seek help: accountability and prayer. Js. 5:16 Pr. 27:17**

**E. Be prepared for an ongoing battle.**

**F. Draw near to your wife. Invest in your marriage. I Cor. 7:3-5 Heb. 13:4 Ecc. 9:9  
Pr. 5:15-19**

## **V. Helping a wife whose husband struggles with lust.**

### **A. Some things a wife needs to understand about her husband's struggle with lust.**

1. His lust is primarily a sin against God, not you. Ps. 51:4
2. His lust does not have to do with your inadequacy.
3. Men are sight driven and may be attracted by the sight of a good looking or immodest woman in the way you might be attracted to chocolate.
4. Not all lust/pornography is the same. You need to understand where a man's behavior is on a spectrum and deal with him accordingly.
  - a. He sees a pretty girl at the beach and his eyes linger.
  - b. He notices a swimsuit model when he is checking the sports scores.
  - c. He deliberately seeks photos of naked or nearly naked women on the internet.
  - d. He views photos or videos of men and women having sex.
  - e. He gratifies himself sexually while looking at porn.
  - f. He goes to strip clubs.
  - g. He gets lap dances at the strip club.
  - h. He watches kinkier sex videos/photos – bondage, masochism.
  - i. He watches homosexual sex videos/photos.
  - j. He watches illegal porn -- children, bestiality.
5. Your love and grace can help to rescue your husband from temptation. Pr. 5:15ff

### **B. The biggest problem is the loss of trust. Eph. 4:25**

1. The sex is usually easier to forgive than the lies.
2. The husband must be honest and accountable.
3. How much should he tell her? Eph. 4:29
4. How much should the wife check up on her husband?

### **C. Help the husband to repent and the wife to forgive. 2 Co. 7:10-11 Eph. 4:32**

### **D. Help the wife to find her security in the LORD. Jer. 17:5-8**

## **VI. Conclusion: God Offers Hope and Forgiveness. I Cor. 6:9-11 Ps. 51 32**

### **VII. Recommended resources.**

- A. At the Altar of Sexual Idolatry, Gallagher**
- B. Fidelity, by Doug Wilson**
- C. Pornography: Slaying the Dragon, by David Powlison**
- D. Pure Freedom, Cleveland**
- E. The Purity Principle, Alcorn**
- F. Sexual Detox: A guide for guys who are sick of porn, Challies**

### **VIII. Handouts**

- A. Sexual Purity Covenant**
- B. Business Travel Plan for Avoiding Sexual Temptation**
- C. Personalized List of Anticipated Consequences of Immorality**