

“Is there any Deliverance from Pornography?”

Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things—fix your mind on these things (Amp).

In my lifetime, pornography has moved from the trunk of sleazy cars, to the low-life so called “X-rated movie houses,” to “Adult Book Stores,” to the dark corner of the Neighborhood Video Store, to over 50 million annual violations of the postal laws, to over one million sights on the world-wide web today! Multiple billions of dollars are spent every year in our country alone on Pornography.

Everything from books, magazines, motion pictures, billboards on the highways, TV commercials, even prime-time programs are pushing the envelope to see how much they can get away with. Some people are becoming so addicted to internet porn that they can scarcely function in their every day relationships.

Our question for today: Is there a way out of this addiction-obsession-possession—is there any true deliverance from pornography? I am going to shout out a resounding “yes!” With God all things are possible! Our line of thought will be:

- Five Dangers of Pornography
- Five Biblical Exhortations to Purity
- Five Steps to a Pornography-free life

I. FIVE DANGERS OF PORNOGRAPHY:

a. Pornography pollutes the mind and destabilizes a person’s ability to cope with every day life!

A double-minded man is unstable in all of his ways. James 1:8

A Christian who is struggling with an addictive sin uses so much energy to try to conceal, explain away, and deal with guilt related to...his addictions and failures that it is often difficult to handle even the simplest decisions of life. He or she often becomes angry, unreasonable, and defensive!

b. Pornography values a person on his or her outward attractiveness rather than on the value of the person's eternal soul!

It doesn't help matters that so many people have "bought into this!" No society is more obsessed with outward appearance than we are here in the United States!

c. Pornography sets an unfair standard of comparison for those we are supposed to love exclusively!

Our wife is not going to look like some of the women in the Sports Illustrated bathing suit issue. The girls that pose for those pictures don't even look like that 99% of the time!

d. Pornography is addictive and requires more and more and satisfies less and less!

e. Pornography distorts God's purpose for sexual union.

1. Sexual union is only for the marriage bed! God created this expression of love for the Husband and his Wife!

a. Physically, each partner commits himself or herself totally to the other.

b. Mentally, there is to be no fantasizing of another!

c. Spiritually, sexual union within marriage involves the husband, the wife and God!

2. In pornography, the participants are unmarried, have multiple partners, and use each other for personal pleasure only. STD's are rampant in the porno-world!

II. FIVE EXHORTATIONS TO PERSONAL PURITY!

a. Over and over in the scriptures, we are commanded to **keep ourselves** free from sexual sin—in thought and deed! *1 Tim 5:22 "...do not share in the sins of others. **Keep yourself pure.**"*

b. *2 Tim 2:22 **Flee** the evil desires of youth!*

One commentator recently pointed out that we are not instructed to debate, pray over, meditate on, etc., evil desires; we are to **flee from** them, get away from the source, and get involved in godly thoughts or actions.

c. *Colossians 3:5 **Put to death**, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires..."*

Actuate in your life that which God has already declared to be true—in Christ, you died to sin! Now, **make that truth real and operational** in your daily life! Remember, God never commands us to do something that we cannot do in the Power and Name of Jesus Christ!

d. *1 John 2:15-17 Do not love the world or anything in the world. If anyone loves the world, the love of the Father is not in him. For everything in the world--the cravings of sinful man, **the lust of his eyes** and the boasting of what he has and does--comes not from the Father but from the world. The world and its desires pass away, but the man who does the will of God lives forever.*

e. *Philippians 4:8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything*

*is excellent or praiseworthy--**think about such things**
—fix your mind on these things (Amplified Bible
Translation.)*

III. FIVE IMPORTANT STEPS TO DELIVERANCE:

I dislike messages that “tell me what I need to do, but do not tell me how to do it. So, let’s look at some “how-to’s.”

1. Be on the alert:

a. Alert to Satan’s temptations...

1 Peter 5:8-9 Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith... Satan attacks our thought life!

b. Alert to our own vulnerabilities:

Galatians 5:17 For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want! i.e. There is—within you—remnants of your old fallen nature that still want you to cater to your fleshly lusts!

c. Alert to circumstances that cause us to fall!

1. Places we go...

2. People that drag us down into old habits!

3. Circumstances that make it hard to resist.

2. Stay out of the minefields! ***1 Thessalonians 5:21 Avoid every kind of evil.*** It’s called the “Principle of Amputation!” Matthew 5:29-30 ***If your right eye causes you to sin, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. And if your right hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell.***

Jesus teaches here by use of a “hyperbolic” statement. A hyperbolic statement is “exaggeration for the sake of effect.” His point is: Whatever is hindering your walk with God, get it out of your life, no matter what it takes.

3. Find a “Christian replacement” for your sin.

Jay Adams writes something like this: “No godless activity is defeated until there is a Christian alternative behavior in its place.” What could replace such a devious sin as addiction to pornography? I am going to suggest “**scripture memory and appropriation.**” (Jesus used this with Satan! See Matthews 4)

Psalm 119:11 I have hidden Your word in my heart that I might not sin against You. In this case, scripture related to my temptation!

Job 31:1 "I made a covenant with my eyes not to look lustfully at a girl."

Matthew 5:27-28 "You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Of course, our Lord may reveal other ways to deal with this sin particularly suited to your needs.

4. Develop a “Pre-Mind-Set” as to how you will deal with this temptation the next time it comes!

Temptation will come again and again—we have already shown Satan that we are vulnerable at this point! But we can pre-think how we will deal with the temptation when it comes.

1 Corinthians 10:13 tells us: No temptation has seized you except what is common to man. 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 stand up under it.

Pray and “pre-think” what will be the “God-provided way out” of that temptation.

5. Continually pray to be being filled with God’s Spirit. Learn to walk in step with the Holy Spirit!

Ephesians 5:18-19 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit. Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

Galatians 5:16-17 So I say, live by the Spirit—walk in step with the Spirit—and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature.

Don’t focus your thoughts on your sin. Focus your thoughts on the Holy and Awesome God who—through Jesus Christ—has forgiven your sin and now desires you to live for Him! And, beginning today, may you find the joy of walking together with God in victory over your sin!

1. Be on the alert!
2. Stay out of the minefields.
3. Find Christian replacements for your sin.
4. Develop a “pre-mind-set” as to how you will deal with future temptation.
5. Continually pray to be filled with the Spirit!