



Old Man New Man – Pornography Unhooked

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

The pornography industry is larger than the revenues of the companies Microsoft, Google, Amazon, eBay, Yahoo, Apple, Netflix and EarthLink combined: Every second of every day almost 30,000 people are viewing pornography on line and worldwide there are 72 million visitors to porn sites a month. The average age of a person exposed to pornography is 9 years old (Estherministries.org, 2002) and in today's high tech age a person can be a full blown addict in about two months.

Job says in chapter 31:1 that he made a covenant with my eyes not to look lustfully at a woman. In I Thessalonians 4:3-5 Paul writes that it is God's will that we avoid sexual immorality and that we learn to control our own body in a way that is holy and honorable, not in passionate lust.

Mechanics can't wash the grease on their hands with a plain bar of soap. It takes a special type of soap to get rid of the mess. In a similar way, addictions, such as pornography, take a special strength to overcome. We find this strength in Christ. Let's discover how!

1. There's a saying that goes something like this: "Curiosity killed the cat." Many addictions start up as curiosity.
 - a. I once touched an iron rod that had just being welded just to see how hot it was.
 - b. What kind of trouble has curiosity led you into?
2. Sex was created by God. Talk about the following statements:
 - a. Sex is best enjoyed within the boundaries of marriage.
 - b. Sex is meant to connect a husband and a wife.
 - c. Sex is a tool for a man/woman to enjoy his/her spouse.
 - d. God created sex, but some religious people have made it taboo.
3. How serious is the problem of sexual addiction in today's society? Do you recall Omar's statement in reference to how early are individuals getting hooked with pornography?
 - a. Omar also mentioned the length of time it takes to get hooked through magazines and through the internet. Do you remember these numbers?
 - b. What is the problem with that?

4. Sex creates connection and intimacy between the husband and his wife. How this intimacy is best developed?
 - a. Talk about these acts:
 - i. Face to face interaction
 - ii. Sharing of heart and emotions
 - iii. Listening
 - iv. Giving rather than taking
5. Is it the woman's job to sexually satisfy her husband at any cost? Explain your answer.
 - a. What is the problem[s] caused by the fantasies created by pornography?
6. Some men think that pornography, masturbation, and/or looking at women lustfully does not hurt anyone. Discuss the following verses from Scripture and how they deal with the thoughts listed above: [for those that are single these principles apply just the same]
 - a. Job 31:1
 - b. Matthew 5:27-30
 - c. 1 Thessalonians 4:3
7. There's a progression in the process of addiction: first interest, then addiction, followed by the person becoming desensitized, and then the addicts need increases. Leading to more extreme risks and fantasies.
 - a. How can someone falling on this slippery slope stop?
 - b. But how is a Christian man to do it?

Here are some tools to help in your journey.

1. Bounce and starve images and ideas off your mind replacing them with what is holy and worthy.
2. Acknowledge the challenge. Recognize the threat and be alert to it. Being a man of sexual integrity is a battle worth fighting.
3. Confess your weakness to God and ask to be filled with the Holy Spirit which will give you power and strength.
4. Trash it: Get rid of all of the gateway material.
5. Fill your mind with the Word of God. This will begin to change your thinking and behavior leading you to a life of victory and holiness.

With God all things are possible, remember good input, good output.

Close this session with prayer. Be specific in your prayer and if anyone in the group has disclosed an addiction remember to keep the information private, provide support and continue to pray earnestly for him.

Visit www.oldmannewman.com for more information.