



# THE NEW YOU

D I F F E R E N C E M A K E R S

## PART 2: VICTORY OVER PORNOGRAPHY

Jan 17, 2016 • Pastor Gregg Matte • Psalm 119:9–11 (p. 397 in HCSB provided)

### A few things to remember:

1. "Pornography" is rooted in the Greek word *porneia*, which means to practice prostitution, sexual immorality, or fornication.
2. Both men and women are tempted.
3. Every stumble is not addiction, but it can quickly become one.
4. There's hope!

### ▶ How did we get here?

1. Three Reasons: \_\_\_\_\_ Accessibility, and Anonymity.  
(Morgan Bennett at Pepperdine University School of Law)

### ▶ Pornography acts like a \_\_\_\_\_.

1. Pornography is also a \_\_\_\_\_ issue, not just moral or spiritual issue. Neuroplasticity, reward center, dopamine, we crave more, reward without the work, insatiable appetite... reality no longer satisfies.
2. If pornography brings a chemical reaction why is it wrong?
  - a. \_\_\_\_\_ are seen as objects instead of made in God's image.
  - b. It is \_\_\_\_\_ victimless: promotes and finances trafficking, abuse, and prostitution.
  - c. \_\_\_\_\_ families and lives.

### ▶ How do we break free? *Psalm 119:9–11*

1. Our Head – renew and rewire our minds *Romans 12:2*
  - a. Remove and \_\_\_\_\_: Flee sexual immorality and pursue God.
2. Our Hands – create a protection plan *Psalm 119:9*
  - a. \_\_\_\_\_ is stronger than \_\_\_\_\_: accountability and confession. Bring it to the light.
  - b. \_\_\_\_\_ instead of click. Spend time with others.
  - c. Develop a \_\_\_\_\_ Plan (see Resources section)
  - d. Know your \_\_\_\_\_. When are you most vulnerable? *Luke 4:13*
  - e. Still not victorious? Chat with a counselor, attend Celebrate Recovery or both.
    - Counseling Center – 713.335.6462; Sessions available at The Loop, Cypress, and Sienna Campuses; [HoustonsFirst.org/Counseling](http://HoustonsFirst.org/Counseling)
    - Celebrate Recovery – Every Thursday @ 6–9p — The Loop Campus (English — Oasis Rm, Spanish — Rm 401/402)
3. Our Hearts – Trust the \_\_\_\_\_ of Jesus *1 Corinthians 6:9–11*
  - a. Flee shame and run to the Savior. *Luke 15:11–31*
  - b. Come from condemnation to the kindness of God. *Romans 2:4, 8:1*
  - c. Step out of fear to forgiveness; Jesus is your purity and payment. *Romans 5; 2 Corinthians 5:21*

## RESOURCES

Visit [HoustonFirst.org/Pornography](http://HoustonFirst.org/Pornography) to find these and other resources, including therapy groups, counseling services, and additional websites, apps, books, and articles.

### Websites

- [CovenantEyes.com](http://CovenantEyes.com)
- [XXXChurch.com](http://XXXChurch.com)
- [Just1ClickAway.org](http://Just1ClickAway.org)
- [SexualIntegrityInitiative.com](http://SexualIntegrityInitiative.com)
- [PornProofKids.org](http://PornProofKids.org)
- [BlazingGrace.org](http://BlazingGrace.org)
- [PornHarms.com](http://PornHarms.com)
- [FocusOnTheFamily.com/socialissues/family/pornography/pornography-issue](http://FocusOnTheFamily.com/socialissues/family/pornography/pornography-issue)
- [PureLifeMinistries.org](http://PureLifeMinistries.org)
- [StopPornCulture.org/about/about-the-issue/facts-and-figures-2](http://StopPornCulture.org/about/about-the-issue/facts-and-figures-2)
- [FamilySafeMedia.com](http://FamilySafeMedia.com)

### Articles

- *The New Narcotic*, [ThePublicDiscourse.com](http://ThePublicDiscourse.com), Oct 9, 2013 (<http://hfb.cta.gs/PR1>)
- *10 Steps to Win over Pornography*, [ChuckLawless.com](http://ChuckLawless.com), Jan 10, 2016 (<http://hfb.cta.gs/PR2>)
- *Six Guidelines to Put Technology in its Proper Place*, [GrowingLeaders.com](http://GrowingLeaders.com), Sep 3, 2014 (<http://hfb.cta.gs/PR3>)
- *5 Myths About How Teens Use Technology*, [Time.com](http://Time.com), Nov 3, 2015 (<http://hfb.cta.gs/PR4>)

### Books

- *Porn-Again Christian* by Mark Driscoll (free e-book)
- *A Celebration of Sex* by Dr. Douglas E. Rosenau
- *Sex, Men & God* by Dr. Douglas Weiss

### Elements of a Family Technology Plan

1. Screen-Free Zones like the dinner table, front seats of the car, bathrooms, etc.
2. Daily Log-off Times
  - Time of the day where all devices are put away—times may be different based on student's age
3. Overnight Device Bedroom Policy
  - Remove all devices with screens from rooms overnight
  - Create a "Family Charging Station" in parents' room or public area
4. Device Audits
  - Monthly (or more frequent) audits of devices
  - Look through texts, apps, pictures, Tweets, etc.
5. Know Accounts and Logins
  - Understand what "accounts" your student has and check them whenever you want
6. Plan consequences in advance if plan is broken
7. Allow for designated free-time with their devices

Source: Tony Bianco, *Middle School Student Minister, The Loop Campus*

### Live Q&A Webcast

Pastor Gregg will answer your questions during live webcast events on Thursday, January 21 @ Noon–12:30p and Thursday, January 28 @ Noon–12:30p at [HoustonFirst.org/Webcast](http://HoustonFirst.org/Webcast). Visit [HoustonFirst.org/Pornography](http://HoustonFirst.org/Pornography) to submit questions in advance using an online form.

### Bible Verses

*Job 31:1; Psalm 119:9–16; Romans 12:1–2; 2 Corinthians 10:3–5; Ephesians 6:10–18; Philippians 4:8; 1 Thessalonians 4:3–8*



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**Total Bible Study 5,504**

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