

Breaking the Power of Pornography: Breaking Its Hold

Sexuality is a wonderful gift from God but has great potential for evil if it is abused. Now that pornography is so easily available on the Internet, most young men and women are learning about sex, love, and relationships in all the wrong places. It is claimed that it is harmless and educational. But many fall prey to addiction. Many marriages are profoundly scarred and sometimes destroyed. How can we remain pure when there are temptations all around us? How can we protect ourselves and help people break free from sexual addiction?

Richard Winter is one of the leaders of the European Christian Counselors Network. He is currently Professor of Practical Theology and Director of Covenant Seminary's counseling program in St Louis, USA. He is also a Psychotherapist and Counsellor who was trained in Medicine and Psychiatry in England before being on the staff and a director of the English branch of the L'Abri Fellowship for 14 years. He has served in a variety of pastoral and teaching leadership roles in the church. He is the author of *When Life Goes Dark: Finding Hope in the Midst of Depression*, IVP 2012; *Perfecting Ourselves to Death: The Pursuit of Excellence and the Perils of Perfectionism*, IVP, April 2005; *Still Bored in a Culture of Entertainment: Rediscovering Passion and Wonder*, IVP, 2002; *Choose Life, A study of abortion and other reproductive technologies* (Out of Print), and professional journal articles. He is married, with four children and eight grandchildren.

I. Problems of the Heart

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Jesus teaching on looking and lusting Matt 5:27-28
Paul's passionate plea for purity 1 Cor 6:12 – 7:9

II. Principles of Healing

- A. Confession and repentance – complex process needing care
- B. Abstinence and detox – changing relationship to sex
- C. Heart issues and vulnerability
- D. Facing fantasies

- E. Honesty in relationships
- F. Dealing with shame, guilt and fear
- G. Healing group and community
- H. Behavior and thought life battles
- I. Learning healthy sexuality
- J. Intimacy Disorder - so build intimacy skills

III. A Promise

- A. The LORD your God is with you, the Mighty Warrior who saves. He will take great delight in you; in his love he will no longer rebuke you, but will rejoice over you with singing." Zephaniah 3:17
- B. "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free..." John 8:32

Suggested Reading

Healing the Wounds of Sexual Addiction, Mark Laaser, Zondervan, 1996

No stones: Women Redeemed from Sexual Shame. Marnie Ferree, 2002

Every Woman's Battle, Shannon Ethridge, Waterbrook, 2003

Spouses of Sex Addicts: Hope for the Journey, Richard Blankenship, 2011

Your Sexually Addicted Spouse, Barbara Steffens and Marsha Means, 2009