

## **Breaking the Power of Pornography: Knowing the Enemy**

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?

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### **I. Pleasure**

- A. If it feels good, do it!
- B. Pleasure and self fulfillment
- C. Relationships often difficult
- D. Release without responsibility
- E. Fantasy easier than reality

### **II. Power**

- A. Channeling emotional tension
- B. Mood and Brain altering
- C. Addictive nature of orgasm
- D. Why men more than women?
  - 1. Thoughts and fantasies
  - 2. Visual stimulation
  - 3. Separate sex and relationship
  - 4. Confuse love and lust

### **III. Progression**

- A. Tolerance
- B. Withdrawal symptoms
- C. Time
- D. Desensitization of conscience
- E. Deception and risk taking
- F. Addiction – “a pathological relationship with a mood altering experience associated with denial of adverse consequences and loss of control.” John Sealy

### **IV. Poison**

- A. “Seeing the world through porn tinted spectacles”
- B. Devaluation of women
- C. False intimacy
- D. Narcissism
- E. Callousness
- F. Lack of commitment

### **V. Pain**

- A. Secrecy and Split life
- B. Self loathing
- C. Shame – drives the cycle
- D. Marriage problems
- E. Distance from God

### **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