



# World Christian Fellowship

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## Freedom from Porn

### **The power of pornography**

Pornography hijacks the brain and distorts affections. More research has been done on the unique connection between the brain and pornography.

Too often we fail to adequately consider how our physical body (including our brain chemistry) affects our soul.

Because the human brain is the biological anchor of our psychological experience, it is helpful to understand how it operates. Knowing how it is wired together and where it is sensitive can help us understand why pornography affects people the way it does.

Here are three reasons porn use becomes a destructive habit:

#### **1. Porn rewires the brain**

Sexually explicit material triggers mirror neurons in the brain. These neurons, which are involved with the process for how to mimic a behaviour, contain a motor system that correlates to the planning out of a behaviour.

In the case of pornography, this mirror neuron system triggers arousal, which leads to sexual tension and a need for an outlet. Seeking a release through porn leads to hormonal and neurological consequences, which are designed to bind a man to the object he is focusing on.

"In God's plan, this would be his wife, but for many men it is an image on a screen," Pornography thus enslaves the viewer to an image, hijacking the biological response intended to bond a man to his wife and therefore inevitably loosening that bond.

## **2. Dopamine causes arousal addiction**

Of the five primary chemicals that trigger sexual arousal and response in men, dopamine, which plays a major role in the brain system responsible for reward-driven learning, may play the most significant role in pornography addiction.

Every type of reward that has been studied increases the level of dopamine transmission in the brain, and a variety of addictive drugs, including stimulants such as cocaine, amphetamine and methamphetamine, act directly on the dopamine system.

Dopamine surges when a person is exposed to novel stimuli, particularly if it is sexual, or when a stimulus is more arousing than anticipated.

Because erotic imagery triggers more dopamine than sex with a familiar partner, exposure to pornography leads to "arousal addiction" and teaches the brain to prefer the image and become less satisfied with real-life sexual partners. This

neurological mechanism is one of the primary reasons for the abundance and addictiveness of Internet pornography.

### **3. Overstimulation creates desensitization**

Overstimulation of the reward circuitry, (Like motherboard to the computer) -- such as occurs with repeated dopamine spikes related to viewing pornography -- creates desensitization.

When dopamine receptors drop after too much stimulation, the brain doesn't respond as much, and we feel less reward from pleasure. That drives us to search even harder for feelings of satisfaction -- for example, by seeking out more extreme sexual stimuli, longer porn sessions, or more frequent porn viewing -- thus further numbing the brain.

## **Steps to freedom**

Understanding how pornography affects men's brains can help us prepare solutions for breaking this soul-destroying habit. Through God's grace anyone can be released from the shackles of pornography.

### **1. Confess and repent**

Stop wallowing in guilt and shame. Confess your sins by agreeing with God that consuming pornography is sinful, acknowledging that God views it as harmful and destructive to us and contrary to His own character.

Repent knowing that Jesus has already paid the price for the sins of your heart.

Every sin is against God.

**Psalms 51:4**, *Against You, You only, have I sinned, And done this evil in Your sight— That You may be found just when You speak, And blameless when You judge.*

## **2. Affirm God's forgiveness**

Once we have genuinely confessed that pornography is sin and has found a stronghold in our life, we need to affirm God has pronounced us clean and forgiven.

**1 John 1:9**, *If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.*

While it may sound humble and modest to question God's forgiveness, it is prideful and arrogant to refuse to believe what God declares to be true about you.

## **3. Seek transformation**

Not only will God forgive our lust, He will give us the power to overcome that sin as we meditate on His Word on a daily basis.

Renew your mind with the word of God.

**Romans 12:1–2**, *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.* <sup>2</sup>*And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

Ask for and seek His transforming grace even as you address the patterns of behaviour that leave you more vulnerable to succumbing to the temptations of the flesh.

**Psalm 19:13**, *Keep back Your servant also from presumptuous sins; Let them not have dominion over me. Then I shall be blameless, And I shall be innocent of great transgression.*

#### **4. Establish accountability**

Seek out someone with whom to establish an accountability relationship and to whom you give permission to hold you accountable.

Explain to them that you've been enslaved to porn but are now striving to be free and clean.

It's often wise to avoid sharing explicit details -- that life of filth is gone.

Ask them to help hold you accountable during your transformation, giving them specific permissions to inquire about what you are feeding your mind when no one is watching.

## **5. Install buffers and filters**

Use tools and techniques that will prevent you from coming into contact with porn, such as Covenant Eyes or Net Nanny, on your computer and smartphone. Avoid practical, outward temptations as you work on your heart.

If you need to get rid of your computer or smartphone, don't hesitate. Do whatever it takes to wage war against sin.

## **6. Practical steps**

Look for the time and place you are being tempted.

- Don't take your phone/laptop to bed.
- Keep your door open so that anyone can walk inside your room at any time.
- Don't lock your phone and system so that anyone can take anytime.

## 7. Don't give up

If you stumble, go back to step one -- confess and repent -- and start again.

**Proverbs 24:16**, *For a righteous man may fall seven times And rise again, But the wicked shall fall by calamity.*

God's power over sin is infinitely greater than your pornography habit as you seek to yield yourself to him.

**Romans 6:13–14**, *And do not present your members as instruments of unrighteousness to sin, but present yourselves to God as being alive from the dead, and your members as instruments of righteousness to God. <sup>14</sup> For sin shall not have dominion over you, for you are not under law but under grace.*

Trust in His grace; don't give up, and continually seek freedom from the enslavement to pornography.

**Galatians 6:8–9**, *For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life. <sup>9</sup> And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

Here are some guiding passages to help you in your journey to freedom:

**Exodus 20:14**

**Psalm 101:3**

**Matthew 5:28**

**1 Corinthians 10:13**

**1 Corinthians 6:13**

**2 Timothy 2:22**

**1 John 2:16**

**Proverbs 6:25**

**Galatians 5:16**

**Romans 8:6**

**James 1:14-15**