

## THE PROBLEM OF PORNOGRAPHY (Psalm 101:3)

### I. Pornography is harmful.

- A. There are physical effects on the mind of one who views pornography.
  - 1. It becomes an addiction.
    - a. When one views pornographic material, certain chemicals are released in the brain.
    - b. These chemicals are released when intimate with our spouses, which causes us to seek that pleasure with them again, as God would have it.
    - c. These chemicals are also released when narcotics are taken into the body, creating dependency on those chemicals.
    - d. Dopamine is released.
      - (1) This causes a focusing of attention on the stimulus.
      - (2) It helps us to ignore any negative feelings.
      - (3) It triggers feelings of ecstasy.
      - (4) It is a main cause of dependency because our bodies like how it feels when it is released.
    - e. Norepinephrine is released, which allows the experience to be seared into the brain much like a branding iron.
    - f. Oxytocin is released.
      - (1) This is known as the “cuddle chemical.”
      - (2) It helps in the creation of mental bonding with what is causing the stimulus.
      - (3) This was first discovered when a mother was holding her newborn child.
      - (4) It is released in great amounts during intimacy.
  - 2. For young people, it distorts the proper growth of sexual knowledge.
    - a. By watching pornographic movies, boys believe that is how a woman should respond to them.
    - b. It takes what God has created as a beautiful event between husband and wife, and distorts and cheapens it into something that can and should be done by anyone at any time.
- B. There are marital effects to pornography consumption.
  - 1. There is no way in which pornography is good for your marriage.
  - 2. Instead, it desensitizes the viewer to his or her spouse.
  - 3. Studies have shown that those who view pornography and then their spouse find their spouse less attractive.
  - 4. It hurts the self-esteem of the spouse.
    - a. It causes the non-viewer to wonder what is wrong with him or her.
    - b. It creates a wall that should never be present in marriage.
- C. There are financial effects when pornography is consumed.

1. This shows the effects of pornography on society in general.
  - a. Pornography is a \$13 billion a year industry.
  - b. It brings in more money than the NBA, MLB and NFL combined.
  - c. Internet pornography sales are \$3 billion of that \$13 billion.
2. Who is paying that money?
  - a. Parents who ought to be supporting their families are part of the ones paying.
  - b. Corporate workers who access pornography are another part of that number.
    - (1) It is estimated that 5 billion work hours a year are lost to cyberporn in the US.
    - (2) 70% of all internet porn traffic occurs during the 9-5 work day.
    - (3) About 1 in 3 companies have terminated employees for inappropriate web usage.
    - (4) A few years ago in Business Week magazine, a report showed that 44% of US workers with an internet connection admitted to accessing pornographic websites at work in the month of March the year in which the article was written.

D. There are also numerous spiritual effects.

## II. Why pornography is sinful.

- A. Pornography violates scripture.
  1. Ephesians 5:23; Matthew 5:28.
  2. Pornography is not a valid excuse for divorce (Matthew 19:9).
    - a. Fornication is unlawful sexual intercourse.
    - b. The force of the word shows it is a physical act, not a mental or emotional act.
    - c. Pornography does not fit that sin.
    - d. However, the spiritual consequence is the same, although the physical consequence is not.
- B. It is a form of stealing.
  1. Stealing is the taking of something that belongs to someone else without right or permission.
  2. You steal from your spouse when you view pornography if you are married.
    - a. 1 Corinthians 7:2-3.
    - b. Hebrews 13:4.
  3. We also noticed that work hours are lost, which is another form of stealing.
  4. You are stealing time from your spouse to spend with another..
- C. Pornography corrupts the heart.
  1. Matthew 12:35.
  2. Studies have shown that pornographic viewing leads males to have a much more demeaning view of women.

- D. Pornography puts up a wall between us and God.
  1. It hinders our prayer life and blocks worship.
  2. 1 Peter 3:12; Psalm 66:18.
- E. The addictive nature of pornography causes people to refuse to obey the gospel or repent because they don't believe they can overcome the addiction.
- F. It is possible over time to become numb to the gospel (Hebrews 6:4-6).
- G. It is putting impure things in our minds and not pure things (Philippians 4:8; Proverbs 23:7).
- H. The viewing of pornography contributes to other sins.
  1. It opens up a door for adultery to take place.
  2. Often, one needs to lie to cover up his or her viewing habits.

### III. **Pornography can be overcome.**

- A. There must be a strong desire to overcome it.
  1. It is not easy to do, especially for men.
  2. There is no way to go to heaven as one that views pornography, so the desire for heaven must become greater than the desire for pornography.
- B. You have to have a strong determination.
  1. You can't wean yourself off of pornography, it must be stopped instantly and forever.
  2. We must avoid those things that stimulate the desire for it.
  3. We have to control our hearts.
- C. You have to be active in prayer and Bible study.
  1. Great strength is their for us (Philippians 4:13).
  2. There is power in God's word (Psalm 119:11).
- D. You have to eliminate the sources.
  1. 1 Corinthians 6:18.
  2. You may need to move your computer to a public part of the house.
  3. You may need to cut off your data usage on your phone or tablet.
  4. It may be that you need to cut off access to the internet or even cable.
  5. DirecTV is the largest seller of pornographic movies in America.
- E. You need to change your habits.
  1. You may need to rearrange your schedule.
  2. It may mean you need to change the people you are around on a daily basis.
- F. Get an accountability partner.
  1. Most dependency groups have this.
  2. This would be someone you could trust and check in with periodically who asks how everything is going.
  3. This is very biblical (James 5:16; Galatians 6:2).
- G. As bad as technology can be, there is also aid in technology.
  1. Covenanteyes.com has made accountability software and even internet filtering devices.

- a. There are individual subscriptions for \$9.99 a month.
  - b. There are family subscriptions for \$13.99 a month.
2. Internetsafety.com has safeeyes filtering software for \$49.95 a year.
3. K9 web protection is something we use on our children's devices that is free and allows for filtering and parental control.
4. Thetruthabout.net has numerous videos done by Don Blackwell on moral issues including pornography.

From an outline by Robert Hatfield.