



# What Porn is Doing to Your Future Sex Life

By Dr. Dave Currie

**A. We live in a porn-saturated society.** Porn is *ubiquitous* - simultaneously everywhere!

**Time Magazine Screams the Truth** – April 11, 2016 - PORN: Why Young Men who Grew Up with Internet Porn are Becoming Advocates for Turning It Off

**Porn is a bigger problem today than ever before.**

4 Reasons

- Accessible
- Anonymous
- Affordable
- Addicting

**God created sex and wants your future marital intimacy to be awesome!**

**B. Does God say anything else but “NO” to sex?**

## 1. God Calls Us to Self-Control and Sexual Purity

1 Thessalonians 4:3-7 – *It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life.*

## 2. God Calls Us to Avoid Lust – Pornography of the Heart.

Matthew 5:27, 28 – *You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*

## 3. God Calls Us to a Pure Life without a Hint of Sexual Impurity.

Ephesians 5:3 – *But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people.*

Job 31:1 – *I made a covenant with my eyes not to look lustfully at a girl.*

#### **4. God Calls Us to Run Away from Dangerous Temptations**

*2 Timothy 2:22 – Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.*

#### **5. God Calls Us to Be Faithful and Keep Our Marriage Bed Pure.**

*Hebrews 13:4 – Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer (messing around after marriage) and all the sexually immoral (messing around before marriage).*

#### **6. God Calls Us to Be Captivated Only by Our Spouse's Sexuality.**

*Proverbs 5:18, 19 – May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be captivated by her love.*

*Song of Solomon 8:6, 7 – Love is as strong as death, its jealousy unyielding as the grave. It burns like blazing fire, like a mighty flame. Many waters cannot quench love;*

#### **7. God is Faithful to Help Us Overcome Porn**

*1 Corinthians 10:13 – The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, he will show you a way out so that you can endure.*

#### **8. If we Deny God, He Gives Us Over to Sinful, Shameful Desires**

*Romans 1: 21, 24 – For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator.”*

#### **9. God Warns Us about Giving in to Dangerous Temptations**

*James 1:14, 15 – Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.”*

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## C. The Ugly Truth about Porn's Effect on You

1. **Porn kills love.**

It's about getting. Real love is about giving. It's about romance and a trust relationship. A date is a friend not a conquest, an object or a toy.

2. **Porn erodes values.**

Morals decline. Ethics shift. Once scandalous, shameful acts become normalized. Tolerance grows as porn is embraced. You get used to it. "It's no big deal now."

3. **Porn caters to ME.**

It feeds instant gratification. Solo sex is self-centered only about my needs and my schedule. Great sex is other's centered.

4. **Porn neuters young men.**

Google Erectile Dysfunction. You won't like it. The brain gets warped to respond only to porn and you are unable to enjoy real person sex later.

5. **Porn distorts young women.**

Girls are now believing they have to be sex machine to get a guy. Sex gets attention but not feeling loved and cared for. Long for respect and to be cherished.

6. **Porn dumbs you down.**

Ongoing porn fixation limits cerebral activity and growth. Research already shows that porn is known to actually shrink the brain.

7. **Porn robs innocence.**

The magic of marital intimacy is tarnished. Nothing is left to your imagination. The fun of being unique and creative with your mate has been lost.

8. **Porn breeds comparison.**

Seeing countless naked creatures engaging in countless sexual experiences sets you up for a lifetime of sexual evaluation of your spouse.

9. **Porn hyper-stimulates.**

The highly over-sensationalized and dramatized sex scenes flood the sexual arousal center of the brain far beyond what real intimacy was designed to consistently deliver.

10. **Porn dehumanizes people.**

It displays a harsh, degrading and offensive version of sex that is fully dysfunctional in marriage. Partners aren't people but are humiliated, violated and abused.

11. **Porn warps expectations.**

Unrealistic, unfair anticipations are formed. Porn drives the agenda of variation in marital intimacy thus creating extreme, unhealthy pressure.

**12. Porn crushes emotionally.**

The private sex life of porn is shrouded in shame and increases in aloneness moving one away from both others and God.

**13. Porn violates God's plan.**

It is clearly outside of God's design for relationships and separates us from Him. Porn messes people up long-term.

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**D. What to Do to Win Your Battle with Porn**

1. **Quit Making Excuses:** Justifying a life of ongoing relapses because you are not married yet is lame and selfish thinking and displays a weak mind and will.
2. **Bravely Ask Around:** Do you how many married men would do anything to be able to go back and start fresh by getting married with their addiction behind them. ALL OF THEM.
3. **Be Committed to Your Future Wife:** Faithfulness to your wife starts now. Honour her by establishing purity and stability in your recovery now.
4. **Your Mind Flush is Long Overdue:** Estimate how many sexual scenes you have viewed. Cleaning your mind from all these images is a 2-year plus process. Why should your future wife start with you over-exposed to a self-absorbed, selfish and objectified form of sex?
5. **Get with the Program:** Don't miss ReGroup. Work your butt off. Finish the 12-step. Reach out to other men to connect and be accountable to.
6. **Seek God Daily:** He will need to be your advocate in your battle beyond porn. Daily, be in prayer, in His Word and in fellowship to grow spiritually stronger. Fill the void.

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**God's plan for sexual Intimacy is far better than pornography...  
Trust Him!**

**Boys make excuses – Men make changes!**