

MPM MAY 2005 MEN'S RETREAT – DEALING WITH PORNOGRAPHY

The bondage of defeat vs. the freedom of victory

Note: this is applicable to all men: young, old, married and single.

1. **This is a struggle every man faces – You are not alone!**
 - a. **Jn.10:10** – God promises an abundant life, sexual impurity hinders that.
 - b. ***God's standards are there for our own good.***
 - i. **Yes – Great sex (amen!)** - He does want you to have a great sex life.
 1. **Pr.5:15, 18-19** – ¹⁵Drink water from your own cistern, running water from your own well. ¹⁸May your fountain be blessed and may you rejoice in the fountain of your youth. ¹⁹A loving doe a graceful deer may her breasts satisfy you always and may you ever be captivated by her love.
 - c. ***The boundaries of the abundant life.***
 - i. **Matt. 22:37-39** - To love Him with all our heart, soul and mind, to love our neighbor like ourselves.
 - ii. **Col. 1:10** - To walk worthy of Him, pleasing Him fully, being fruitful in every good work, increasing in our knowledge of Him.
 - iii. **Gal. 5:22-26** - To be loving, joyful, peaceful, patient, kind, good, faithful, gentle and ***self-controlled.***
 - iv. **Eph. 5:25, Col.3:19** - To love (AGAPE) our wives.
 - v. **Col.3:21** - To treat our children correctly.
 - vi. **Rom.6:12-14** – don't offer your body for unrighteousness.
 - vii. **1Tim.4:12** – to be examples of purity.
 - viii. **Mt. 5:28** – Looking at a woman lustfully is the same as adultery.
 - ix. **Acts.15:29, Rom.13:12-13, 1Cor.6:13, 1Cor.6:18, 2Cor.12:21, Gal.5:19, Col.3:5-6, 1Thes. 4:3-7, Heb.13:4, 1Pet.4:3, Jude v.7, Rev.21:8 and many others** – Don't give in to sexual immorality.
 - d. ***Condition.***
 - i. **Jer.2:13** - We've replaced the Spring with empty cisterns – 5c's.
 - ii. **Rev. 2:4-5, 3:14-22** – We've forsaken our first love, we've been lukewarm and invested in false riches.
 - iii. **Is.29:13 and Mark 7:6-7** - We've honored God with our lips but our hearts have been far from Him.
 - e. ***Some revealing stats*** (from a recent Focus on the Family study).
 - i. **33%** of Christian men admit viewing porn.
 - ii. **51%** of pastors admitted struggling with porn.
 - iii. **40%** admit viewing porn (***maybe the pastors are just more honest.***)
 - iv. **25%** use internet filters.
2. **Victory is possible, even guaranteed if you'll walk in it.**
 - a. **2 Peter 1:3-4** – He has already given you everything you need for life and godliness.
 - i. **No quick fixes** – it is a process you'll have to stick with the rest of your life.

- a. ***You lose*** - the abundant life, freedom, fulfillment, purity and satisfying sex God intended for you. **It will chew you up and spit you out!**
- b. ***Your wife loses*** – the husband God intended for her.
- c. ***Your kids loose*** – the example and role model they so desperately need.
- d. ***Your church, community and country loose*** – the man God intended for them.
- e. ***Eternity loses*** – your life calling, purpose and fruitfulness are limited.
- f. ***Ripple effect*** – **You can't control it!** Who knows how far it will take you?
 - i. **Ted Bundy killed as many as 75 women.**

Excerpts from the Dobson-Bundy interview – “I led a normal life except for this one small but very potent and very destructive segment of it that I kept very secret, very close to myself... I’ve met a lot of men who were motivated to commit violence just like me; without exception every single one of them was deeply involved in pornography, deeply influenced and consumed by an addiction to pornography... It reached out and snatched me 20 or 30 years ago... Certain feelings and ideas developed in me to the point where I began to act out on them; certain very violent and very destructive feelings.”

4. **If you do choose to win – victory, effects and results.**

- a. ***You win*** - the abundant life, freedom, fulfillment, purity and satisfying sex God intended for you.
- b. ***Your wife wins*** – the husband God intended for her.
- c. ***Your kids win*** – the example and role model they so desperately need.
- d. ***Your church, community and country win*** – the man God intended for them.
- e. ***Eternity wins*** – your life calling, purpose and fruitfulness are not limited.
- f. ***Ripple effect*** – Intimacy with God, purity, fulfillment and sexual satisfaction!

5. **My story.**

- a. ***John Ray*** – my 6th grade teacher who stepped out of his comfort zones and challenged me to purity.
 - i. He is one of the most influential men that has ever been in my life.
 - ii. I’ll consider him a personal hero till the day I die.
- b. ***My decision*** – I decided that day that I would never look at a naked woman other than my future wife.
- c. ***My battle*** – the fight wasn’t always easy!
 - i. Often tempted.

- ii. **Kept and keep** my eyes, mind and heart from wandering.
- iii. Avoided disaster.
 - 1. Twice asked for sex and able to say, “no.”
- d. **The results** – more blessed than I ever could have imagined.
 - i. Intimacy with God.
 - ii. No porn or other images competing with my wife.
 - 1. **You never just forget those images.**
 - iii. Awesome sex.
 - iv. Erin’s complete respect and trust.

6. **You were intended for freedom.**

- a. **Gal.5:1** – It is for freedom that Christ has set us free. Stand firm then and do not let yourselves be burdened again by a yoke of slavery.
- b. If you have never yet dealt with porn – **stay free!**
- c. If you have struggled with porn.
 - i. God’s mercy and grace are available.
 - 1. **Step 1: 1Jn.1:9** – confess all known sin – He’ll forgive, cleanse and purify you.
 - 2. **Step 2:** Choose to fight, walking in the victory He promises.

7. **Summary.**

- a. **A life-long battle we each fight.**
 - i. It is a good fight.
 - ii. Part of the refining process.
- b. **If you choose to loose** - you will **never** experience the abundant life, victory, fruit of the Spirit, fulfillment and satisfying sex God has planned for you.
 - i. You’ll never be the man He made you to be.
- c. **Choose to win.**
 - i. Repent, change your mind about porn.
 - 1. Hate the sin.
 - ii. Confess your sin (**1Jn.1:9**).
 - iii. Be filled with His Spirit.
 - iv. Read, study, memorize, meditate on and apply His Word.
 - v. Fight!
 - 1. **Guard your eyes, mind and heart.**
 - 2. **Never let your guard down.**
 - vi. Be accountable.
- d. **Trust God on this!**
 - i. He has your best interest in mind!
 - ii. **1Cor.2:9** – “No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him.”
 - iii. **You’ll be satisfied beyond any expectation!**

Discussion questions

1. *How has your fight with lust and pornography been? Have you experienced victory in this major area?*
2. *What were the results of bondage to lust and porn in your life?*
3. *In which ways have you seen victory over this area? (Review victory points).*
 - a. *Walking in the Holy Spirit's power.*
 - b. *Reading, studying, memorizing, meditating on and applying the Word.*
 - c. *Repent – Change your mind about porn, see it how God does!*
 - d. *Confess.*
 - e. *Guard eyes, mind and heart.*
 - f. *The process.*
 - g. *Accountability.*
 - h. *Others?*
4. *What are the results of victory in your life?*
5. *Will you decide today to never look lustfully at any woman other than your wife for the rest of your life?*

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