Pornography

If you are currently struggling with pornography, we want you to know that God loves you and He wants to set you free. This is a sin that you can overcome. God desires for you to walk in purity and not to give in to lust.

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

"Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body." (1 Corinthians 6:18)

"Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry." (Colossians 3:5)

As you can see, the Bible challenges us to be sexually pure. This is why Jesus even tells us to guard our minds. Note that He said in Matthew 5 that to even look on a woman lustfully is to commit adultery with her. Lust and impure thoughts are triggered in the heart and mind when we view pornography, nakedness and explicit sexual material. This results in us living in bondage. God desires freedom for you from this bondage and He is the one that can set you free.

Do you want to be free from pornography?

Here are some things we would challenge you to do:

- Confess your sin to God and other believers. James 5:16 says, "Therefore confess your sins to each other and pray for each other so that you may be healed."
- Ask God to cleanse, renew, and transform your mind. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will." (Romans 12:2)
- Understand the proper meaning of sex and rely on your spouse alone to meet that desire.
- Take practical steps to remove yourself from all exposure to pornographic images.

God can set you free from pornography. One thing that will help you practically is that you need to set up the proper boundaries for the places and times that you are weak. Boundaries are a first step, but they do not change a heart. God will do that. For anyone that is battling sin, freedom starts by knowing the truth of Scripture and applying it to your life and meditating on it, so that when you are tempted to sin, you can run to God's truth and take control over those thoughts (2 Cor. 10:5).

Here are some resources that we have found to help with this issue:

- Every Man's Battle – Stephen Arterburn and Fred Stoeker
- Every Woman's Battle – Shannon Ethridge
- Porn Again Christian – theresurgence.com/books/porn_again_christian
- Accountability software for your computer or phone – xxxchurch.com

If you are struggling with pornography, we want to help you. Please contact the church office at 919-772-0515 or email us at church.office@raleighfirstnazarene.org.

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