

## **Pornography Addiction – The Call For Help**

“And Adam said, this is now bone of my bones, and flesh of my flesh... Therefore shall a man leave his father and his mother: and shall cleave unto his wife: and they shall be one flesh. And they were both naked, the man and his wife, and were not ashamed” (Gen. 2: 23-25) This union was most perfect and was not corrupted by sin or evil. Eating from the tree of the knowledge of good and evil was the moment when man’s eyes were open to evil and they became ashamed of their nakedness. This was the first corruption of this perfect union and the devil continues to attack this most perfect union, today. The rewarding act of marriage, intimacy, and sexual pleasure are all intended for the bond of holy matrimony and remains one of the most coveted and sought-after targets of the devil.

With this in mind, we approach the subject of pornography. Pornography is the exploitation of nakedness and the exploitation of the holy bond of matrimony. Many things are aimed at breaking down this bond and they range from finances, communication, trust, to unfaithfulness and this includes pornography. When one watches pornography or views pornography this artificially stimulates the reward system to a high degree causing the viewer to repeat this behavior. As the behavior continues to be repeated the reward received becomes more and more difficult to attain and many times the behavior increases as the viewer continues to chase after this reward. As this pattern repeats itself, the viewer becomes addicted to the viewing. Because the reward system is directly related to survival, when this system is compromised, it becomes very hard to find recovery. But, recovery is possible through hard work, prayer, and support.

There is much shame and guilt surrounding asking for help and when asking for help with pornography addiction this shame and guilt is often much more magnified. But, be assured healing, recovery, and help is available. **The average age of exposure to pornography is 11 years old and 93.2% of boys and 62.1% of girls see pornography before the age of 18.** This means this silent pandemic affects many of us and healing and recovery lies in asking for help. If you are struggling, reach out. If you are experimenting, seek help. If you have shame, ask for a listening ear. If you are feeling guilty, seek repentance. If you are concerned about someone, talk to them. If someone is joking around, be an accountability buddy, not an enabling buddy. There is shame in all sin and we must all repent from all sin. If you need to start with a text message asking for help, do it. If you need to have someone help you ask for help, do it. If you need to email someone for help, do it. There are many reasons to stay hidden, point fingers, find blame, but all these help us avoid the problem and this goes for those who do not struggle as well.

If we blame, shame, and defame those who are seeking help—we avoid helping.

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## ***SIGNS OF PORN ADDICTION***

Many people who are addicted to porn and try to stop, experience the same symptoms of withdrawal that alcoholics and drug users face.

- **Constant craving to view pornography**
- **Unable to stop viewing porn despite several attempts to do so**
- **Experiencing anger and hostility when asked to stop using porn**
- **Decreased interest in intimacy with one's partner**
- **Sneaking around to watch porn**

## ***WHERE TO SEE HELP***

- Elim Committee can lend a confidential, listening ear and direct you to the help you are looking for.
- Book Resources: Pure Eyes, Clean Heart: A Couple's Journey to Freedom from Pornography, The Stages of Pornography Addiction, Addicted to Pornography, Ten Keys to Breaking Pornography Addiction and Helping a Spouse Overcome Addiction to Pornography.
- Website Resources are XXXChurch, Covenant Eyes, X3 Pure, Safe Families, Freedom Begins Here, Truemanhood, Relativity, Recovery Nation, Sexualcontrol, and many more.
- Counseling Services: Focus on the Family counseling services, Bethesda Counseling Services, Season Center for Behavioral Health, All Things New Therapy, Creative Living, and more depending on your area.

Addition Resource:  
Listen to Rev. J.J.Witvoet presentation on pornography at Parents Day, Feb 12, 2021 by going online to the church dropbox.  
Webpage: <https://bit.ly/3s1N7bv>

***There is hope for healing, recovery, and support. Remember you are not in this alone, just reach out because without connection and support; healing and recovery cannot thrive.***

