

Good Sex, Bad Sex - The problem with porn

The more we pursue sexual pleasure on our terms the less we will have. When we experience sexual pleasure on Gods terms we actually experience more of it.

Pornography Statistics

- Globally, porn is a \$97 billion industry
- 1/3 of all downloads and 1/4 searches on the internet is porn
- 71% of young adults use their smart phone to view porn
- A study of over 3000 data points (conquer series): 60-70% of men, 50-58% of pastors, 20-30% of women in evangelical churches are sexually addicted
- There are 26 million pornographic websites with over 2 billion pages.
- The average porn site in 30 days distributes enough material to fill
- 540 million 4 drawer file cabinets

Porn is not God's will for us

- Habakkuk 2:15 Matthew 5:28-30

Porn eats away our inner soul

- “There appears to be something inherent in the human family that feels it is wrong to view the private sexual acts of others. In other words the mind, the electrical intelligent part of us simply cannot feel good about participating in it. I make this claim after listening to hundreds of stories of clients who have viewed pornography. The results are always the same. I have never had a client come in and tell me that they had a slip during the past week and they felt good about. Never! Viewing pornography leaves in its wake feelings of frustration, irritation, depression. These feelings are the direct result of normal chemical disruptions in the brain.” - Gordon S. Bruin M.A., L.P.C



- 1 Timothy 4:2 ...consciences have been seared as with a hot iron

Porn Damages our Brain

- “Sexual bondage is not primarily a moral problem but a brain problem. This is where the battle takes place it is in your mind.” – Dr. Ted Roberts

Cambridge University brain scan study 2014:

1. There was a correlation between time spent viewing porn and reduced grey matter in their brains' reward circuitry (which governs motivation and appetites). Reduced grey matter is associated with needing greater stimulation to achieve the same effect.
2. The reward circuitry, which lights up in response to sexual stimuli, showed less activation the more porn individuals had watched (both per week and over the years) even if they weren't addicted.
3. The connection between the prefrontal cortex, the "executive control" part of the brain, and the reward circuitry was weaker the more porn the users watched -- a risk for impaired decision making.

29 scientific studies on how porn use and effects the brain:

<http://fightthenewdrug.org/scientific-studies-porn-use-brain/>

Porn is highly addictive

- “With the advent of the computer, the delivery system of this addictive stimulus has become nearly resistance free. It is as though we have devised a form of heroin 100 times more powerful than before, usable in the privacy of one's own home and injected directly into the brain through the eyes. It's now available in unlimited supply via a self-replicating distribution network, glorified as art and protected by the Constitution.” - Dr. Jeffery Satinover, Princeton University
- “Today the average age of exposure is 11 years old. How would you feel if you saw someone holding an 11 year old on the ground and injecting him

with heroin? Not a pleasant thought is it? In reality that is what is happening with pornography. Throughout my professional career I have spent countless hours treating those with chemical dependency addictions such as alcohol, heroin/opiates, cocaine, methamphetamine, marijuana, etc. I feel qualified to speak about what I have seen and make the claim from a clinical therapeutic perspective that pornography addiction is the primary addiction of them all. It hits at the very core of our humanity and is negatively affecting the world in ways that most scarcely imagine.” - Gordon S. Bruin M.A., L.P.C

Porn is progressive

Porn demeans and hurts women

- 2 million children are exploited in the global commercial sex trade - UNICEF. State of the World’s Children 2005.
- Human trafficking generates about \$100 billion a year from commercial sexual exploitation. - International Labour Organization.
- Top 250 porn titles – 90% have violence towards women – choking, gagging, hitting and name calling. - The Bridge study
- 1 Timothy 5:1-2 Treat... older women as mothers, and younger women as sisters, with absolute purity.

Porn is reshaping sexual templates

- The vast majority of porn viewed by millions of people every day is teaching that humiliation and violence are a normal part of what sex is supposed to be. - FightTheNewDrug.org
- “Can I still be popular if I refuse to have porn-star sex?” – Jr High girl

Porn wrecks relational intimacy in marriage

- Sexual pleasure is one of the most intense human experiences. Physically speaking, when a man or woman reaches sexual excitement, nerve endings release a chemical into the brain called “opioid.” “Opioid” means opium-like and is a good description of the power of this chemical. Apart from a heroin-induced experience, nothing is more physically pleasurable than sex. This is a wonderful thing in a committed marriage relationship, because it helps to bond two people together and bring joy to living together and building a

relationship. - Dr. Stephen Arterburn

- “About 90% of the people I see with marriage issues have pornography issues as well and I am convinced that that is the central cause: the isolation, the shame, the dishonesty the lies that is the central cause of marriage disharmony today.”- H. David Wright Ed.MS.(Marriage Counselor)
- Porn Sex: Alone, You are in control, selfish, constant novelty, shock and surprise, variety, anytime
- Married Sex: courtship, touching, being touched, smells, pheromones, interaction, emotional connection, not all the time
- “Men and women who viewed more pornography tended to be less happy with their relationship” - University of Oklahoma study

ED & Sexual dysfunction

- Cambridge university study 2014: 60% of active porn users (average age: 25) had difficulty achieving erections/arousal with real partners, yet could achieve erections with porn
- Internet porn is killing young men’s sexual performance – Italian society of andrology and sexual medicine
- When I say that porn is killing America's sexual behavior, I am not kidding, nor am I exaggerating...A man who masturbates frequently can soon develop erection problems when he's with his partner. Add porn to the mix, and he can become unable to have sex. - urologist Dr. Harry Fisch

Porn gives the enemy a foothold

- Ephesian 4:27 1 Peter 5:8

Psalm 103:1-5

Isaiah 55:1-3

Recovery Resources:

<https://www.xxxchurch.com>

<https://www.nofapacademy.com>

<http://www.rebootnation.org>

<https://moralrevolution.com>