

T H E

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F A C T O R



Session 3: Internet Intimacy and the Porn Problem

THE SEX FACTOR

Internet Intimacy

- Information breeds intimacy
 1. You let your guard down
 2. You increase the risk of seeing unhelpful images/pictures etc.
 3. You limit your ability to communicate affectively.

The Pornography Problem

enter

THE SEX FACTOR

- Definition (C.O.E.D.)
“The explicit description or exhibition of sexual activity in literature, films, etc. intended to stimulate erotic rather than aesthetic or emotional feelings.”
- Danny Plunkett (ex-Editor of Loaded)
“We know that a lot of people enjoy it [porn] and take it with a pinch of salt. We certainly don’t view it as dangerous.”

THE SEX FACTOR

1. Porn is **HIGHLY ADDICTIVE.**

Kelly Cooke (Porn Actress)

*"It got to the point where I considered having sex the way most people consider getting a hamburger. But when you try to give it up – that's when you realise how addictive it is, both for consumers and performers. **It's a class A drug, and it's hell coming off it.**"*

THE SEX FACTOR

2. Porn Degrades Women and reduces everything to a fantasy world.
3. Porn presents a highly distorted and unbiblical view of sex/relationships.
4. Porn supports criminal activity.
5. Porn will poison and ultimately destroy your relationship with God.

Exodus 20:3-4, Luke 10:27

THE SEX FACTOR

- Job 31:1 (emphasis added)
“I made a covenant with my eyes not to **look** lustfully at a girl.”
- Philippians 4:8-9 (emphasis added)
“Finally my brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy, **think** about such things.”

THE SEX FACTOR

1. Make yourself accountable.
2. Make prayer/Bible study a priority.

Hebrews 4:12 "For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart."

THE SEX FACTOR

2. Make prayer/Bible study a priority

James 5:16 "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective."

3. Make a decision things need to change and take it one day at a time.

THE SEX FACTOR

4. Make holy choices (Gal 5:17 NLT)

“The old sinful nature loves to do evil, which is just opposite from what the Holy Spirit wants. And the Spirit gives us desires that are opposite from what the sinful nature desires. ***These two forces are constantly fighting each other, and your choices are never free from this conflict.***”

THE SEX FACTOR

5. Make a plan: know when you are weak and prone to temptation.

1 Corinthians 10:13 "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it."

THE SEX FACTOR

- Hebrews 4:15 (NIV – my emphasis)
“For we do not have a high priest who is unable to sympathise with our weaknesses, but we have one who has been ***tempted in every way***, just as we are – yet without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.”

Questions for SAME-SEX Groups

1. *Go around the Group and share one thing which stood out for you.*
2. *Consider your use of the internet. Is there anything which needs to change? Why?*
3. *[For the Boys especially]: Is porn an area you have struggled with in the past/are struggling with now? What practical steps covered tonight might you need to put into practice to get free?*

