

Truth & Lies about Pornography

(1) The Lie: You should satisfy your curiosity about what is at that website.

(1) The Truth: Indulging your curiosity will increase your lust, NOT satisfy it.

(2) The Lie: You spent a lot of time and money finding and getting that porn. Don't delete it. You could get it back through the Internet again anyway. You might as well save it in case it ever becomes useful.

(2) The Truth: To be truly free, you cannot allow dangerous material to remain close at hand. You should be doing all you can to make it more difficult for yourself to use porn, not easier, in order to better resist its temptations. Besides, keeping it around is a sure way to shock and destroy your spouse, your children, anyone who could, in time find it. Better to eliminate all the porn you have. You will feel freer by doing so. In fact, making yourself accountable to someone for each time you attempt to find porn, or creating some kinds of Internet porn access barriers, will help even more.

(3) The Lie: You are just being human. Everyone enjoys this.

(3) The Truth: There is nothing natural about a person having sex with themselves, about their lusting of men, women, children, and objects in disgusting situations, often in conjunction with unseen spirits who revel in the lust together. Real human beings find and romantically love just 1 true person, ideally as a lifetime partner.

(4) The Lie: You don't get enough sex as it is, so it is OK.

(4) The Truth: Sex is intended by God to be a sacred act shared between 2 people for love, so it is NEVER OK to maximize this experience for one's own guilty pleasure.

(5) The Lie: You are experiencing a lot of stress, so this is a good way to relieve it.

(5) The Truth: Giving yourself to porn increases stress by causing loss of self-control, and loss of self-esteem.

(6) The Lie: You had a rotten day, and were treated unfairly, so do this for yourself.

(6) The Truth: Porn is never a benefit to you. It lowers you in every sense, physically, mentally, and spiritually, because it focuses your time, energy, and will on something that is completely void of actual goodness, and is void of any potential goodness.

(7) The Lie: Ok, so you can quit very soon, anytime you want, but why not take one more plunge into it, before you quit for good.

(7) The Truth: If you give in even a little, browsing, planning about, and contemplating this lust, then you stand a good chance of being totally immersed in it, and potentially in the worse lusting state that you have yet experienced. The truth is, as you give in to the demands of lust, the plunge increases with each moral surrender and defeat. Porn addicts have been known to evolve into molesters and rapists, because the porn deadened their feelings of right and wrong, and destroyed their will to resist evil.

(8) The Lie: People are so beautiful, and this is one way to enjoy that beauty.

(8) The Truth: Reducing the beauty of people to their most sexual aspects only dehumanizes them as objects of lust, despicably turning one's perception of them into flesh idols without a soul. In fact, by viewing porn, you are an accomplice in keeping porn-industry workers involved in a degrading, dehumanizing activity.

(9) The Lie: You aren't hurting yourself by doing this.

(9) The Truth: Lust is a fire that grows and seeks to burn into destruction all that is in your life. All your time, energy, money, willpower, will be gradually or suddenly be completely consumed as in a forest fire. Your ability to work, to interact socially with others, to feel loved, and to love others will be seriously damaged.

(10) The Lie: God gave you freedom to do whatever you think brings you happiness, so it is all right you do this.

(10) The Truth: Over time, by lusting porn you lose all your freedom because you cannot choose to really do what you need to do to make your life happy and successful and free.

(11) The Lie: You aren't hurting anyone else by doing this.

(11) The Truth: Through porn, you are gradually or suddenly eroding your self-respect, your willpower, your energy, your money, your sociability, your loving heart, your sense of right and wrong. All of these good resources are needed for helping and supporting your family, friends, and coworkers. In addition, as porn warps your sense of reality, you could very well hurt someone, a child, your spouse, a friend or stranger, under the influence of your enslaving lust.

(12) The Lie: Ok, so maybe porn isn't that great. The fact is that you are an addict who has never been able to stop. And you never will. You can't even help wanting it right now. So you should accept whom and what you are: a porn addict now, a porn addict forever. Give in to what you really are. What other choice, pragmatically, is there?

(12) The Truth: You always have a choice, and porn is the opposite of free choice. Through God, who is all love, all wisdom, all power, and all peace, you can be healed, renewed, purified, protected, and redeemed. Starting **NOW**, you can be uplifted above all the darkness and bondage. You may stumble later, but you can always improve your resistance after each failure. The day will come then, when you will be completely healed and whole, as countless others have become. God will never stop loving you. Holy angels, some who even suffered in the same manner, are a thought away from helping you succeed and be free of this evil burden. Reach out to God; reach out to the loved ones in your life. Plan and live your life to involve the healthiest and most spiritually rewarding activities you possibly can: spiritual study and prayer, hiking, fishing, playing sports, involving yourself in artistic musical hobbies, camping, exercising, volunteering, spending time with your family and friends. Your spouse, your family, your friends, and even perfect strangers are willing to be supportive of your choice to be free of porn. They will pray for your ultimate victory of never giving in to even one act of demeaning addiction. You will eventually even be a mentor and friend who successfully helps others to break their addictions.

The joy of life, of God's love is within you, is all around you right now. Feel and share God's love and joy, now and always.