**PATHWAY TO PURITY**

**CHANGE FACTORS**

1. **God’s word** – embracing our identity, victory and resources in Christ
2. **God’s Spirit** – tapping on His power and work in believers’ lives.
3. **God’s community** – providing encouragement, support, accountability and grace.
4. **Prayer** – drawing on God’s resources for change and to break bondages.
5. **Time** – change takes time and there may be recurrences.

We need a holistic approach that encompasses all these change factors.

1. **Keep looking to Jesus**
* It’s not about your willpower or behavior modification. It’s desiring Jesus, who will satisfy more than anything else.
* It’s seeing the beauty of Christ and what He has done for you constantly. In Christ, you have been washed, sanctified and justified. You are dearly loved and accepted in Christ.

*“ . . . But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.” (1 Cor 6:11)*

1. **Confront any denial**
	* Due to shame, some choose to hide or deceive themselves. It’s time to confront any dark secret or any denial of your struggles.
	* Commit to honesty at all cost. It's time to bring God’s light into our darkness.

*“But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.” (1 John 1:7)”*

1. **Confess your sins and reject Satan’s lies** (see suggested prayer below)
	* Humbly come before God: confess your sins and how you grieve the Holy Spirit.
	* Reject Satan’s lies that you are doomed for failure.

 *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”* (I John 1:9)

1. **Share your struggles with a trusted friend or group of believers who can give you the support, grace and accountability that you need.**
	* You are not alone in this struggle. There are people out there who understand and can reach out to you in love. Confess your struggles (specific enough yet avoiding the lurid details) with them.
	* Be willing to confess each time when you slip. Make a commitment to meet regularly for encouragement and prayer.

 *“Two are better than one, because they have a good return for their work If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!”* (Ecclesiastes 4:9-10)

1. **Understand the nature of the battle**
* Struggle with porn isn’t just a spiritual and moral problem; it’s also a brain problem. A powerful chemical neurotransmitter called dopamine, or the “gotta have it” molecule, is released in our brains when we view porn or act out sexually.
* Read up more about how porn affects our brain from [www.pphbc.org/resources](http://www.pphbc.org/resources)

*“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. . . .” (Rom 12:2)*

1. **Look out for triggers**
* Identify triggers or stressors that tempt you watch porn. Be watchful when you are hungry, angry, lonely, tired, stress (H.A.L.T.S) or bored. Choose to process it in a healthy way rather than trying to numb it with porn or other unhealthy habits.
* Talk with your spouse (if married) or accountability partner when you are in these states. Process ways you can respond better together.

*“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.” (1 Corinthians 10:13)*

1. **Look deeper to see if there are any deeper issues that fuel your lust**
* Some people use porn to ‘medicate’ or numb their unmet need, pain or longing. Is there a longing for intimacy or control, a sense of low self-image, feeling of unloved, unresolved hurt from your past?
* Go on the exploratory journey on your own or with safe people and ask, “What could be fueling my urge for porn?”

 *“He heals the brokenhearted and binds up their wounds.” (Ps 147:3)*

1. **Build up fences to protect yourself**
	* Install internet accountability or filter software (eg. Covenant Eyes, x3watch, Ever Accountable, Accountable2You) & add your spouse (if married) and a few close friends as allies for ongoing accountability purposes.
	* Text or call someone when the temptation is strong.

  *“The prudent see danger and take refuge, but the simple keep going and suffer for it.”* (Proverbs 27:12)

1. **Exercise your authority in Christ in taking every lustful thought captive.**
	* When any lustful image or thought comes to your mind, take active step of commanding it to go away. Don’t let it linger or simmer. You can pray aloud: *“In the name of Jesus, I command this lustful image/thought of \_\_\_\_\_\_\_\_\_\_ (describe it) to leave my mind and not to return. Fill my mind, Lord with godly thought about women/men.”*

*“We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” (2 Cor 10:5)*

1. **Take on positive habits of discipline, such as exercise, sports, regular sleep and new hobbies.**
	* Start or resume healthy habits or hobbies.
	* Choose to do release your stress through these healthy ways.

*“God did not give us a spirit of timidity, but a spirit of power, of love and of self discipline.”* (2 Timothy 1:7)

1. **Renew your mind with Scripture and prayer regularly** (see suggestions below).
	* Meditate, memorize & pray Scripture promises about your identity & victory in Christ
	* Focus your mind on Christ and the gospel, rather than on your sins.

*“Sanctify them by the truth; your word is truth. (John 17:17)”*

1. **Never give up**
	* Prepare for a life-long battle against lust.
	* There is hope. You *can* find lasting freedom. You don’t have to struggle alone. This journey may be difficult, but with Christ & God’s community, you can walk with integrity and purity.

*“I can do everything through Him who gives me strength.”* (Philippians 4:13)

**SATAN’S LIES ABOUT STRUGGLE WITH PORN**

*Satan’s lie*: *“You’re the only one dealing with this problem. If anyone ever finds out, you’ll be shamed and rejected.”*

**Truth**:Most men and some women deal with this problem to some extent, so there will be more understanding and grace than I think.

*Satan’s lie*: *“You failed again. You’ll never be able to train your eyes. It’s impossible.”*

**Truth***:* Though I have failed, God is able to redeem each failure as I turn to Him. He promises to make me more than a conqueror. Through Him all things are possible. I refuse to believe the lie that though I have not yet experienced consistent victory, I am doomed to failure. God is constantly at work in me and will provide what I need when I need it. All of His promises apply to me. (Romans 8:28, 37, Philippians 1:6, 2:13, 4:13, 4:19, 1 Cor. 10:13, Jude 24, 2 Peter 2:7-9, Galatians 6:9)

*Satan’s lie:* “*As long as you failed, you might as well go ahead and indulge yourself.”*

**Truth:**At every point of temptation, God provides a way out for me. (1 Cor. 10:13) If I

indulge myself, I will feel even worse than I did before I started. If I indulge myself, I will still have the bad feeling that drew me to give into temptation in the first place. But I will also feel even more guilt and shame. (Galatians 6:7-8)

*Satan’s lie: “God is losing patience with you. He is angry with you and sees you as a failure.”*

**Truth:** My sins are forgiven and there is no condemnation for those in Christ Jesus. Where sin abounds, grace abounds still more. (Romans 2:4, 5:20, 8:1, Ps. 103:8, Phil 1:6)

*Satan’s Lie: It’s too late. You’re trapped and can’t get out.*

**Truth:** If I choose to face and deal with the problem, God’s unlimited resources, power and promises are all available to me. God’s grace did not come just to pay my penalty for my sin. It also came to set me free from the power of sin. I can choose to no longer be a slave to sin, but a slave of righteousness. (Romans 6)

**SUGGESTED PRAYERS AGAINST PORNOGRAPHY**

**Prayer of confession & renunciation**

*“Dear Heavenly Father, You have told me to put on the Lord Jesus Christ and make no provision for the sinful nature in regard to its lust (Rom. 13:14). Lord, I confess that I have committed the sin of sexual immorality in my thought life through pornography. I thank You that in Christ my sins are already forgiven, but I have broken Your holy law and given the devil a chance to wage war in my body (Rom. 6:12, 13; Jas. 4: 1; l Pet. 5:8). I come to You now to confess and renounce these sins (Prov. 28:13; 2 Cor 4:2) so that l might be cleansed and set free from the bondage of sin.*

*In the name of Jesus, I renounce all these uses of my body as an instrument of unrighteousness through pornography. I renounce any ungodly ties with these \_\_\_\_\_\_\_\_\_\_\_ (name the porn websites, movie titles, types of porn, etc). I command all lustful images lodge in my mind to go away. I cancel out all ground that evil spirits have gained through my willful involvement in sin. I pray, Lord for your cleansing & renewal of my mind in Jesus’ name.*

*I choose now to present my eyes, mouth, mind, heart, hands, feet and sexual organs to You as instruments of righteousness. I present my whole body to You as a living sacrifice, holy and acceptable, and l choose to reserve the sexual use of my body for marriage only (Heb. 13:4).*

*Lord, thank You that You have totally cleansed and forgiven me and that You love and accept me just the way I am. Therefore, I choose now to accept myself and my body as clean in Your eyes. In the name of Jesus. Amen.”*

**Prayer against Temptation**

*“Lord Jesus Christ, my old sinful nature is tempting me to see pornography, and I know that if it’s left to itself, it is wicked enough to cause me to sin against You. I affirm that through the work of Your cross I am dead with You to the rule and control of my sinful nature and its desire to ward pornography. Holy Spirit, I ask You now to replace this ungodly desires that is tempting me toward pornography with the fruit of Your control. Put within my mind, will, and emotions Your love, joy, peace, patience, and all the virtues that my Lord Jesus Christ enables me to live out for His glory. Amen.”*

**Resources**

[www.pphbc.org/resources](http://www.pphbc.org/resources)

[www.covenanteyes.com/e-books/](https://www.covenanteyes.com/e-books/)

[www.xxxchurch.com/resources](https://www.xxxchurch.com/resources) **BIBLE VERSES FOR MEDITATION, MEMORIZATION AND PRAYER[[1]](#footnote-1)**

***“There is therefore now no condemnation for those who are in Christ Jesus” (***[***Romans 8:1***](https://biblia.com/bible/esv/Rom%208.1)***).***

God does not condemn you because Christ was condemned for you. But Satan wants you to believe otherwise. He wants you to doubt God’s grace, mercy, and faithful love. Don’t. The miracle of grace is that before, during, and after that sin, you are condemnation-free.

*Pray: Father, I’m prone to doubting your grace; the shame and self-hatred I feel after viewing porn is devastating. But the gospel does not condemn me. Help me to believe I am forgiven.*

***“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery” (***[***Galatians 5:1***](https://biblia.com/bible/esv/Gal%205.1)***).***

Right now, in Christ, you are free. You must believe it. You are not doomed to digital dungeons. Don’t go online with palms up and wrists ready for sin’s chains.

*Pray: God, you set me free. Help me to believe it. Help my unbelief. Give me resurrection power to stand firm. Help me, Jesus.*

 ***“This is the will of God, your sanctification: that you abstain from sexual immorality” (***[***1 Thessalonians 4:3***](https://biblia.com/bible/esv/1%20Thess%204.3)***).***

God is growing you. God is with you. He wants you to walk away from pornography, and he will help you. Believe it. Your purity is God’s will. He will give you the resources you need to do his will. God will help you.

*Pray: God, you say your will is my sanctification, my growing in Christlikeness. I believe it. Help me to be like Jesus right now and when temptation arrives. Help me to abstain; I want to. But I need you. Help me, Lord.*

***“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing” (***[***John 15:5***](https://biblia.com/bible/esv/John%2015.5)***).***

Our attempts to fight against pornography often fail because we rely on our own resources. Our union with Christ is a protective shield against the temptations of pornography. We are connected to him, and he can produce the power we need to turn away. He powerfully works within us.

*Pray: Jesus, I need you. I’ve tried on my own and I fail. Without you, I’m doomed. And with you, I’m free. Jesus, my Lord, help me.*

***“Sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints” (***[***Ephesians 5:3***](https://biblia.com/bible/esv/Eph%205.3)***).***

The gospel brings us into the life of Christ, a life that isn’t filled with sexual immorality, but one of purity. Pornography is not proper for God’s children. We need the bluntness of [Ephesians 5:3](https://biblia.com/bible/esv/Eph%205.3). We are saints, co-heirs of the universe. It isn’t right for us to dwell in impurity.

*Pray: Father, you tell me this isn’t proper for me. I believe you. I am your child. You’ve made me a saint. I don’t want this sin. Help me, Father.*

***“Whether we are at home or away, we make it our aim to please him” (***[***2 Corinthians 5:9***](https://biblia.com/bible/esv/2%20Cor%205.9)***).***

What do you want? Do you want to bring joy to your heavenly Father, or do you want to bring temporary pleasure to your sinful nature? God’s grace should lead us to obey him. Ask yourself who you want to please: the porn video producer? Your sinful passions? Or Jesus Christ?

*Pray: God, I want to honor you. I don’t want to grieve the Spirit. My aim, my desire, my goal is for you to be glorified, pleasing you. Lord Jesus, help me.*

***“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me.*** ***And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me” (***[***Galatians 2:20***](https://biblia.com/bible/esv/Gal%202.20)***).***

You’ve died with Christ. You’ve been raised with Christ. Jesus is alive in you. When the temptations call, walk away from your digital devices by faith in the crucified and risen Christ. You can walk away because Jesus walked out of the tomb. He loves you. Remember his love.

*Pray: O Jesus! You love me. You died for me. You are alive in me. I believe you will empower me to turn from this sin. I’m looking to you. I live by you. King Jesus, help me.*

1. Adapted from <https://www.desiringgod.org/articles/seven-promises-to-pray-against-porn> [↑](#footnote-ref-1)