

**Struggles Christians Face**  
**3. Pornography – how can I be pure?**

John Percival

**Introduction**

- The proliferation of porn

**Jesus calls us to recognise the ugliness of pornography**

- Porn is a distortion of God's good gift (Gen. 1:27; 2:24-25)
- Porn is selfish (Eph. 5:3)
- Porn is harmful (1 Tim. 5:2, Prov. 5:21-23)

**Jesus calls us to know and trust the gospel**

- Amazing news (Rom. 3:23, 1 Cor. 6:9-11)
- Amazing results
  - A new identity (2 Cor. 5:17)
  - A new lifestyle (Ps. 119:9)

**Jesus calls us to radical action**

- Take practical steps
- Limit your access
- Seek appropriate accountability (Gal. 6:1-2)

**Conclusion**

**Additional Bible verses:** Matt. 5:28, 5:29, 1 John 3:2

**Psalm 119v9-16 (NIV)**

<sup>9</sup> How can a young man keep his way pure? By living according to your word. <sup>10</sup> I seek you with all my heart; do not let me stray from your commands.

<sup>11</sup> I have hidden your word in my heart that I might not sin against you. <sup>12</sup> Praise be to you, O LORD; teach me your decrees. <sup>13</sup> With my lips I recount all the laws that come from your mouth.

<sup>14</sup> I rejoice in following your statutes as one rejoices in great riches. <sup>15</sup> I meditate on your precepts and consider your ways. <sup>16</sup> I delight in your decrees; I will not neglect your word.

The three best books I have read on dealing with pornography:

Vaughan Roberts, *"The Porn Problem"* (very short, very readable, good introduction to the subject)

Heath Lambert, *"Finally Free"* (Slightly longer, gospel-centered approach to tackling pornography addiction)

Tim Chester, *"Captured by a better vision"* (longer, more in-depth book with great pastoral insights and help)

Christian accountability software

[www.covenanteyes.com](http://www.covenanteyes.com) - Christian accountability software

[www.xxxchurch.com](http://www.xxxchurch.com) - Christian advice/ accountability software

[www.dgmcommunity.com](http://www.dgmcommunity.com) - Christian website and resources for women addicted to sexual sin

[www.protectyourkids.co.uk](http://www.protectyourkids.co.uk) - Christian advice and software for families