



# Shepherd Care®

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To Care for People Where They Live and Work

## COMMUNITY Care TOPIC

### The Perils of Pornography

If porn is involved in your family, you are not alone. Covenant Eyes reported in their most recent statistics (via MSNBC and a Stanford/Duquesne study): "In 2000, 25 million Americans spent 1 to 10 hours per week viewing Internet pornography, and as many as 4.7 million spent over 11 hours per week viewing Internet pornography." Of those millions, I cannot imagine how many are married. But even if a person is single, pornography never blesses, it only takes. It never enriches, it only deceives. One sip, one look, and, like alcoholism, it can be a downhill journey once again.

#### How Did The Event Happen?

*Curious-* some people want more information or are bored. *Neglect-* unfulfilled in their marriage. *Thrill Seekers-* the rush of feelings that people experience. This can also include reading romance literature or risky movies. *Philanders-* Unfaithful (Just Plan Cheaters).

#### Why Is Pornography Wrong?

Here are 5 ways that pornography can hurt your life and marriage. I pray you take them to heart and know that none of us are immune to the affects.

**Way #1: Porn Invites Comparison:** Comparison can take away the joy that we experience in our marriages, specifically in our marriage beds.

**Way #2: Porn Encourages Lies:** Lies of any sort can rip a marriage apart but lies about porn are sneaky ones that often take a while to come out into the open. Being trustworthy means honesty with your spouse. Hiding a porn addiction is not only being dishonest, but it's being untrustworthy. A marriage is built on trust, and without it the marriage will crumble.

**Way #3: Porn Lowers Self-Worth:** If we know our spouses are looking at other person, it must mean that they don't think we are enough for them. When one becomes upset with him/herself, going into "another world of Porn" can be an easy escape from reality—one that always appears to fulfill and bring pleasure no matter what the real-

life circumstances may be. Without respect for oneself, a marriage will suffer and be brought down. Porn also demeans the people involved in the pictures.

**Way #4: Porn Robs Us of Intimacy:** Porn takes intimacy away. Period. "Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge." *Hebrews 13:4* "Undefiled" means "without stain or blemish." Porn is a stain that will take sex that a married couple has and completely strip away all holiness and intimacy that it once had.

**Way #5: Porn is Adultery:** Anytime we look for fulfillment (married or single) outside of God's standards, we are in a danger of compromise and sin. "But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart." *Matthew 5:28*

**Where to Go From Here:** If you're curious about how an affair or encounter would feel, it would likely feel great...for a few minutes. But it would betray your spouse, damage your marriage, and cost your integrity. It isn't worth it! Our children, family, and employment can be negatively affected by our choices. You can do a lot to make a life and marriage porn and affair resistant, but your spouse still has free will and can choose to cheat. Stop watching porn and stop thinking sex is all about the physical. Spend more time communicating and building a loving relationship with God, spending quality time with your spouse in God's Word together, secure an internet filter, and deepening intimacy in and out of the marriage bed. Remember, if you have to sneak to do it, lie to cover it up, or delete it to avoid being seen, then you probably shouldn't be doing it.

**Need More Help?** If you find yourself in the snare of porn, remember that God is a Redeemer! He can work even devastating circumstances out for His good (*Romans 8:28*). Visit: <http://www.xxxchurch.com/> and [www.covenanteyes.com](http://www.covenanteyes.com).

Introducing your Community Chaplain

**Eric Kieselbach**

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"Sow a thought and you reap an action; sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny."

**Ralph Waldo Emerson**

Significant Help for the Article Outline:

<http://hotholyhumorous.com/2015/08/forget-josh-duggar-what-ashley-madisons-client-base-reveals-about-husbands/>

<http://www.covenanteyes.com/2012/02/27/christian-marriage-advice-5-ways-porn-will-hurt-your-marriage/>

"I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me." *Psalms 101:3*

All Scripture quotations, except otherwise noted, are from the King James Version of the Holy Bible, (Cambridge: Cambridge) 1769. Public Domain.