

Dear \$contact,

Porn/sex addiction is a prevalent problem in the church, and you are not alone. Most of the statistics are showing that 50% of men struggle with pornography. I am grateful that you have the courage and integrity to be open with your struggle, as transparency with your weaknesses is the first step towards breaking free from the bondage of lust.

Here are a few points for you to consider:

He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.
Proverbs 28:13

Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.
James 5:16

Sexual sin is strongest when we keep it hidden; I would encourage you to find one man or a group where you can be transparent with your struggles on a consistent, ongoing basis. Lust is not a sin that we can fight off by willpower; we need the support and encouragement of others.

You have heard that it was said, YOU SHALL NOT COMMIT ADULTERY; but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart. If your right eye makes you stumble, tear it out and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell. If your right hand makes you stumble, cut it off and throw it from you; for it is better for you to lose one of the parts of your body, than for your whole body to go into hell. Matthew 5:27-30

Many Christian men stay on the fence because they have not made a firm choice between Christ and the illusion of lust. Jesus left us no false comfort when it came to choosing between Him and sin; all the responsibility lies with us as to which god we will follow. This does not mean that the battle with our flesh ends, but that we run from sin with everything we have got.

In practical terms this means that if you have cable in your home and it causes you to slip, it should be turned off. If the Internet is a problem, install accountability software such as Covenant Eyes or Safeeyes. If you are having an affair, the relationship should be terminated immediately.

Most men who struggle with lust have 3 issues in common: they are lonely and isolated, they did not have a close relationship with their earthly father, and they have not completely accepted the gift of grace from God in their heart. A disconnected relationship with your earthly father often translates into a struggle with connecting and receiving love from the living God.

The good news is that Jesus came that we might have life, and have it abundantly (John 10:10). There is no sin that the cross does not cover, no man or woman is beyond the reach of His grace.

For more information and resources in the area of sexual addiction, I strongly suggest you visit our friends at...

www.blazinggrace.org

God bless,
Grace to you!