

**SEX** – *it's just about everywhere nowadays!*

On the movies, on TV, on the radio, and sprawled all over the Internet ... our modern culture has become so sexualized. Gone are the days of having to search out pornography and sexual materials – it's literally at your fingertips, *at the click of a button.*

And it's no wonder – why wouldn't the enemy want to so tarnish and pervert something so powerful and beautiful – *that was GOD's Idea and Design in the first place!*



With the vast majority of people moving away from the LORD and the Truth of the Scriptures – our moral fiber is fraying. And our families/relationships are suffering severely. This leads to a host of issues – one being the rise in pornography addiction.

What we are discovering is that most *all* addictive behaviours (including most all life-struggles/wounds people face) begin in *early childhood*. What we are discovering is that childhood development and family dynamics are **KEY**.

We are innately designed and wired for *relationship*. This is set out from the very beginning in the Garden. The foundation of creation was relationship – the relationship with Adam and Eve (the two becoming ONE in marriage), and their relationship with GOD, beautifully pictured by how Adam walked in the cool of the day with His Father ... if we're honest, we will admit this is our *deepest* longing – to be loved, and to be in relationship/fellowship.

*At the root of pornography  
is this cry for love and fellowship ...*

We are designed to bond within a safe/loving family and joyful relationships – when there is a lack of love and bonding as a child (especially within the first EIGHTEEN months), this creates a vacuum and emptiness inside, which one will seek to fill up with something – ANYTHING – that will heal the pain, and help me cope with life. So, depending on the severity of one’s pain, and what one is exposed to – we turn to drugs, alcohol, work, sports, relationships, sexual addictions – whatever your “flavour” – as a coping mechanism for our heart’s cry.



Sexual addictions and pornography are the most common “Band-Aids”, as they work on two core levels – (1) our desire for relationship/bonding, and (2) the pleasure sexuality brings. In fact, these two components make pornography one of the *fastest* habits to hard-wire in our brains – it only takes **3.5 minutes** of pornography to establish a pathway/groove in the brain for pornography!

What most people don’t realize – is that pornography is not just an emotional or spiritual problem – it actually changes our brain chemistry. Just like drug/alcohol addiction – pornography involves our brain and the way we think. There have actually been several studies on the affects of pornography and the brain – these changes and/or thinking patterns can actually be seen on brain scans. This means that walking in victory/freedom from pornography and sexual addictions – and in Jesus Christ, you **CAN** walk in victory – must address all *three* core roots:

1. **Spiritual/demonic strongholds** – walking in spiritual warfare, and dealing with open doors, both in your personal life, and that of your bloodline.
2. **Childhood pain/experiences** – dealing with emotional/inner healing.
3. **Physical re-wiring of the brain** – forming new Godly thinking pathways!

And GOD has designed our brains  
with the ability to re-wire!

Science is only NOW catching up with what the Scriptures have told us so long ago – that we are NOT to be conformed to this world, but to *transformed* by the **RENEWAL** of our minds! (Romans 12:2)

What are some of the steps in renewing our minds?

1. Face the issue – realize you have a problem ... and make a **WILLFUL** choice to seek healing/deliverance.
2. **REPENT** and turn to Jesus Christ – surrender all that you are, the good, the bad, and the ugly – and make Him **KING** over your life ... and decide to follow after Him in loving obedience, to His Word and Ways.
3. Spend time with **GOD** daily – asking Him to teach you, and guide you by His Spirit.
4. Identify your “triggers” – the hurt/pain/wounds that have caused you to seek fulfillment and love in un-Godly ways, like pornography.
5. Make a deliberate commitment to **RENEW** your mind. This takes work and some time! But, as you learn to renew your mind – to create new Godly thinking patterns and behaviors – your brain **WILL** literally change and be renewed by the Truth of **GOD**!
6. Seek counseling/mentoring – trusted/mature “allies” that will walk with you, and support you on this road to recovery. This should be someone older of the same gender, who can guide you and keep you accountable.
7. Pray all the time! Meditate, study, and apply the **WORD** of **GOD**!



8. Choose to walk the long haul – the JOURNEY following Jesus Christ – every baby step counts!

Be encouraged!

In and through the POWER of Jesus Christ, we CAN have VICTORY of every addiction, every destructive cycle, everything not of the LORD. **Choose LIFE** – choose to face and deal with the un-Godly areas/roots of your life ... and seek that GOD establish *HIS* Will and Kingdom in every area of your life.

For more resources on dealing with un-Godly roots, and walking in victory over destructive cycles/addictions, please check out the following resources from Kanaan Ministries:

- Our foundational series, **Journey2Freedom** (particularly *J2F8*).
  - <http://www.kanaanministries.org/courses/journey2freedom/>
  - <http://www.kanaanministries.org/courses/journey2freedom/new-j2f8-9-materials/>
- Our follow-on series to J2F — **Journey2Wholeness**.
- Our **Healing The Sexually Broken-Hearted** series (particularly *book two* dealing with sexual addictions).

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# Watching **Porn** Makes **Straight Men** More Receptive To The Idea Of **Same-Sex Marriage**<sup>1</sup>

- Effect was particularly marked in less-well educated men, researchers say.
- They believe porn may open men's minds to alternative sexual situations.
- Research has shown 30 per cent of all internet traffic is porn.

By Damien Gayle

**PUBLISHED:** 18:00 GMT, 4 February 2013

*Same-sex marriage – heterosexual men warm to the idea of gay marriage more if they watch pornography.*

Campaigners for same-sex marriage have always come up against particularly vociferous opposition from heterosexual men.



But a study from the U.S. has suggested a novel method of persuading them to soften their stance on the divisive issue: get them to watch dirty videos.

The new academic analysis suggests that the more that straight men watch pornography, the more they warm to the idea that two people of the same sex could be married.

Paul Wright, assistant professor of communications at Indiana University and author of the study, said the effect was particularly marked in men who were less-well educated.

He said the change in attitude could because of pornography opens their mind to accepting non-traditional sexual situations – like those involving participants of the same sex.

“Our study suggests that the more heterosexual men, especially less educated heterosexual men, watch pornography, the more supportive they become of same-sex marriage,” he told the **Washington Examiner**.

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<sup>1</sup> Article taken from [http://www.dailymail.co.uk/sciencetech/article-2273376/Watching-porn-makes-straight-men-receptive-idea-sex-marriage-new-study-claims.html?ITO=1490&ns\\_mchannel=rss&ns\\_campaign=1490#axzz2JvU7v4th](http://www.dailymail.co.uk/sciencetech/article-2273376/Watching-porn-makes-straight-men-receptive-idea-sex-marriage-new-study-claims.html?ITO=1490&ns_mchannel=rss&ns_campaign=1490#axzz2JvU7v4th)

He went on: “Pornography adopts an individualistic, non-judgmental stance on all kinds of non-traditional sexual behaviours and same-sex marriage attitudes are strongly linked to attitudes about same-sex sex. If people think individuals should be able to decide for themselves whether to have same-sex sex, they will also think that individuals should be able to decide for themselves whether to get married to a partner of the same-sex.”

*Mind opening – the change in attitude could because of pornography opens the minds of men to accepting non-traditional sexual situations – like those involving participants of the same sex.*

The results of the study, published in the journal Communication Research, could be interpreted as suggesting that backers of same sex marriage should encourage men to watch more port.

Professor Wright said: “Since a portion of individuals’ sexual attitudes come from the media they consume, it makes sense that pornography viewers would have more positive attitudes towards same-sex marriage.”

If figures on internet usage are correct, it is likely that support for same-sex marriage will be fairly strong worldwide – researchers last year revealed a staggering 30 per cent of all online traffic is pornography.

The biggest porn site on the web – Xvideos – receives 4.4 billion page views and 350 million unique visits per month, according to figures revealed last spring. The only sites that surpass this in size are the likes of Google and Facebook, according to an investigation carried out by ExtremeTech. The report uncovered the viewing figures for Xvideos from Google’s DoubleClick Ad Planner, which uses cookies to gather information about users.

It then used these figures – and actual data from the third biggest porn site, YouPorn – to extrapolate how much data is being transferred out of the site’s servers.

It based the first calculation on the average length of time spent on Xvideos, which is 15 minutes, and assumed a low resolution video was being streamed. From this it estimated that around 29 petabytes of pornography is being transferred a month, or 50 gigabytes per second.



However, it upped this estimate to 35 to 40PB per month after learning that YouPorn hosts over 100TB of porn, gets 100 million page views and transfers 950 terabytes per day.

For the latest study, Professor Wright and study co-author Ashley Randall, of the University of Arizona, looked at data from studies of 500 heterosexual men over the past five years funded by the National Science Foundation. "Pornography consumption did predict over-time increases in support for same-sex marriage," they wrote.

**MEN WHO LOOK AT PORN  
"DAMAGE PARTNER'S SELF-CONFIDENCE"**

*It may make them more liberal and accepting in their attitudes towards gay marriage, but research shows that men who look at porn are making their partners miserable.*

*A study found that when their partners turn to X-rated films for pleasure it had a corrosive effect on a woman's self confidence.*

*Women's sex lives were also damaged if their partners preferred virtual ways of arousing himself instead of sleeping with them.*

*Destin Stewart, a clinical psychology intern at the University of Florida, looked at the problem after one of her patients explained she was having difficulty with her porn-addicted partner. She asked 308 students aged 18 to 29 and asked them to complete online questionnaires about how often their partners viewed porn.*

*They were also asked about how sexually satisfied they were, how much self-esteem they had and how they rated the quality of their relationship. All the women were heterosexual.*

*The results showed a strong statistical link between men viewing porn and women becoming unhappy. When women thought that their partner was a heavy porn user or a porn addict it also had a negative impact on their self-esteem and general sexual satisfaction.*

*Ms. Stewart said that the key to solving the issue was to get couples to talk frankly about what they wanted, even though it can be tough. She said: "It's just about trying to do some education about what is realistic and unrealistic and trying to get couples to be honest about what their wants and needs and desires are".*

# Pornography: The New Narcotic<sup>2</sup>

by John Piper | 9 October 2013

*The new narcotic.* Morgan Bennett just published [an article by this title](#). The thesis:

Neurological research has revealed that the effect of internet pornography on the human brain is just as potent — if not more so — than addictive chemical substances such as cocaine or heroin.

To make matters worse, there are 1.9 million cocaine users, and 2 million heroin users, in the United States compared to 40 million regular users of online pornography. Here's why the addictive power of pornography can be worse:

*Cocaine* is considered a stimulant that increases dopamine levels in the brain. Dopamine is the primary neurotransmitter that most addictive substances release, as it causes a “high” and a subsequent craving for a repetition of the high, rather than a subsequent feeling of satisfaction by way of endorphins.

*Heroin*, on the other hand, is an opiate, which has a relaxing effect. Both drugs trigger chemical tolerance, which requires higher quantities of the drug to be used each time to achieve the same intensity of effect.

*Pornography*, by both arousing (the “high” effect via dopamine) and causing an orgasm (the “release” effect via opiates), is a type of polydrug that triggers both types of addictive brain chemicals in one punch, enhancing its addictive propensity.



But, Bennett says, “internet pornography does *more* than just spike the level of dopamine in the brain for a pleasure sensation. It literally *changes the physical matter* within the brain so that new neurological pathways *require* pornographic material in order to trigger the desired reward sensation.”

Think of the brain as a forest where trails are worn down by hikers who walk along the same path over and over again, day after day.

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<sup>2</sup> Article take from <http://www.desiringgod.org/>

The exposure to pornographic images creates similar neural pathways that, over time, become more and more “well-paved” as they are repeatedly traveled with each exposure to pornography. Those neurological pathways eventually become *the* trail in the brain’s forest by which sexual interactions are routed. Thus, a pornography user has “unknowingly created a neurological circuit” that makes his or her default perspective toward sexual matters ruled by the norms and expectations of pornography.

Not only do these addictive pathways cause us to filter all sexual stimulation through the pornographic filter; they awaken craving for “more *novel* pornographic content like more taboo sexual acts, child pornography, or sadomasochistic pornography.” And it gets worse:

Another aspect of pornography addiction that surpasses the addictive and harmful characteristics of chemical substance abuse is its *permanence*. While substances can be metabolized out of the body, pornographic images cannot be metabolized out of the brain because pornographic images are stored in the brain’s memory.

“In sum,” Bennett writes, “brain research confirms the critical fact that pornography is a drug delivery system that has a distinct and powerful effect upon the human brain and nervous system.”

None of this takes GOD by surprise. He designed the interplay between the brain and the soul. Discoveries of physical dimensions to spiritual reality do not nullify spiritual reality.

When Jesus said, “I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart” (Matthew 5:28), he saw with crystal clarity — the way a designer sees his invention — that the physical eye had profound effects on the spiritual “heart.”

And when the Old Testament wise man said in Proverbs 23:7, literally, “As he thinks in his soul, so is he,” he saw with similar clarity that soul acts create being. Thinking in the soul corresponds to “is.” And this “is” includes the body.

In other words, it goes both ways. Physical reality affects the heart. And the heart affects physical reality (the brain). Therefore, this horrific news from brain research about the enslaving power of pornography is not the last word. GOD has the last word. The Holy Spirit has the greatest power. We are not mere victims of our eyes and our brains. I know this both from Scripture and from experience. And I will write more about it next Tuesday.