

July 5, 2026

Title: Escaping the Trap

Scripture: 1 Corinthians 10:13, Job 31

Series: Think Ahead

Speaker: Ian Bonthron



69% of men and 40% of women will view porn this year. (USA)

"[Pornography is the] most concerning thing to psychological health that I know of existing today... The internet is a perfect drug delivery system because you are anonymous, aroused and have role models for these behaviors... To have drug pumped into your house 24/7, free, and children know how to use it better than grown-ups know how to use it – it's a perfect delivery system if we want to have a whole generation of young addicts who will never have the drug out of their mind... Pornography addicts have a more difficult time recovering from their addiction than cocaine addicts, since coke users can get the drug out of their system, but pornographic images stay in the brain forever..." cocaine addicts, since coke users can get the drug out of their system, but pornographic images stay in the brain forever..." — Mary Anne Layden - co-director of the Sexual Trauma and Psychopathology Program at the University of Pennsylvania's Center for Cognitive Therapy

Matthew 5:28 ESV

28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

When God says _____, he's also saying, I don't want you to _____ yourself.

How do we _____ the trap?

Matthew 5:28 ESV

28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

1 Corinthians 10:13 ESV

13 No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

Job

Job 31:1 NIV

"I made an agreement with my eyes. I promised not to look at a young woman with impure thoughts.

Job 31:4 NIV

Does he not see my ways and count my every step?

Job 31:11-12 NIV

11 For that would have been wicked, a sin to be judged.

12 It is a fire that burns to Destruction; it would have uprooted my harvest.

Think Ahead — and ask, **“If left unchecked, what could your sexual sin cost you?”**

The Temptation Cycle: Craig Groeschel

Proverbs 7:6-12 ESV

For at the window of my house I have looked out through my lattice, 7 and I have seen among the simple, I have perceived among the youths, a young man lacking sense, 8 passing along the street near her corner, taking the road to her house 9 in the twilight, in the evening, at the time of night and darkness. 10 And behold, the woman meets him, dressed as a prostitute, wily of heart. 11 She is loud and wayward; her feet do not stay at home; 12 now in the street, now in the market, and at every corner she lies in wait.

Step 1—You’re _____.

Proverbs 7:13 ESV

13 She seizes him and kisses him, and with bold face she says to him,

Step 2—Your desire is _____.

Proverbs 7:13b-20 ESV

She seizes him and kisses him, and with bold face she says to him, 14 “I had to offer sacrifices, and today I have paid my vows; 15 so now I have come out to meet you, to seek you eagerly, and I have found you. 16 I have spread my couch with coverings, colored linens from Egyptian linen; 17 I have perfumed my bed with myrrh, aloes, and cinnamon. 18 Come, let us take our fill of love till morning; let us delight ourselves with love. 19 For my husband is not at home; he has gone on a long journey; 20 he took a bag of money with him; at full moon he will come home.”

Step 3—Your brain attempts to _____ your desire.

Proverbs 7:21 ESV

7 With much seductive speech she persuades him; with her smooth talk she compels him.

Step 4—You _____ out.

Proverbs 7:21 ESV

22 All at once he follows her, as an ox goes to the slaughter, or as a stag is caught fast 23 till an arrow pierces its liver; as a bird rushes into a snare; he does not know that it will cost him his life.

Step 5—You experience the wave of _____.

Sin grows best in the _____.

Proverbs 7:24-27 ESV

24 And now, O sons, listen to me, and be attentive to the words of my mouth. 25 Let not your heart turn aside to her ways; do not stray into her paths, 26 for many a victim has she laid low, and all her slain are a mighty throng. 27 Her house is the way to Sheol, going down to the chambers of death.

Think Ahead—Pre-Decide Your Escape Plan

1) Don't fight temptation; _____ from it.

1 Corinthians 6:18 ESV

18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body.

2) Community and accountability are _____

Hebrews 3:12-13 ESV

12 Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. 13 But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin.

Accountable2You

Covenant Eyes

3) Don't just flee from temptation; pursue a life with _____.

Pornography consumption [functions as an] existential escape from boredom — Science Direct
- <https://www.sciencedirect.com/science/article/pii/S0191886922003075>

Pre-decide to seek Jesus because he sought you first. The more you fall in _____ with him and the more you'll fall out of _____ with _____.

Sexual Detox - Tim Challies

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Book List: Credit Tim Challies

Sexual Detox by Tim Challies - Shorter book - good for everyone, geared toward young men Free PDF

Finally Free by Heath Lambert - top recommendation - gospel focused, very practical, and very encouraging.

Rescue Skills: by Deepak Varghese Reju and Jonathan D. Holmes - Practical, Essential Skills for Restoring the Sexually Broken and creating a plan to deal with pornography

Rescue Plan: by Deepak Varghese Reju (Author), Jonathan D. Holmes (Author) How to help someone (a friend, child, spouse, etc.) who has become entangled in pornography.

Undeified by Harry Schaumburg Schaumburg's particular strength and ministry is in recovery from sexual sin. This book is ideal for hurting spouses who are attempting to recover together.

Wired For Intimacy by William Struthers Struthers explores the important link between pornography and biology.

Purity Is Possible by Helen Thorne Written for women, this book addresses the issues of pornography, fantasy and erotica from a female perspective.

Sexual Sanity For Men by David White is geared toward helping men build or recover a healthy sexual identity. Also consider **Sexual Sanity for Women by Ellen Dykas** (Amazon).

Samson and the Pirate Monks by Nate Larkin is a gut-honest book about porn and one that provides a hopeful way forward.

Pure in Heart by J Garret Kell - When willpower isn't enough, this book helps you deal with sexual sins with the promises of God

Book for Parents with young kids:

Not If, But When: Preparing Our Children for Worldly Images by John Perritt - This book is meant to be read alongside your child. It is pitched at seven to twelve-year-olds.

God Made Boys and Girls by Marty Machowski - For younger children

Growing Up God's Way For Girls or For Boys by Dr. Chris Richards & Dr Liz Jones - Ages 10-14 - Essential, Biblical, and Ethical teaching on God's design for our bodies and reproduction, along with facts about puberty.

Practical Helps

31 Days of Purity - Online Devotional - prayers and scripture to help flee lust

Covenant Eyes - Accountability Software for all your devices.

Accountable2You - Accountability Software for all your devices.

The Porn Free Family Plan - Tim Challies - Detailed instructions for how to help your family live Porn free

Helpful Articles:

The Real Reason You Can't Quit Porn: <https://www.thegospelcoalition.org/article/real-reason-quit-porn/>

Is Your Pain the Root of Your Porn Use?: <https://www.desiringgod.org/articles/is-your-pain-the-root-of-porn-use>

Help, I'm Struggling with Porn: <https://www.thegospelcoalition.org/article/help-struggling-porn/>

A Safe Place for Sinners to Change: <https://www.desiringgod.org/articles/a-safe-place-for-sinners-to-change>

Walk in the Light: How God uses our Confession to Others:
<https://www.thegospelcoalition.org/article/confession-others-sin/>

How to Leave Porn Behind: <https://www.desiringgod.org/articles/how-to-leave-porn-behind>

Where the Gospel Meets Pornography: <https://www.thegospelcoalition.org/podcasts/tgc-podcast/gospel-meets-pornography/>

Victory Over Porn is Closer than You Think: <https://www.desiringgod.org/articles/victory-over-porn-is-closer-than-you-think>

Seven Promises to Pray Against Porn: <https://www.desiringgod.org/articles/seven-promises-to-pray-against-porn>