

One of the main reasons so many Christian women and men struggle with an addiction to porn is there is not enough to counterbalance the input we are all getting from our world and culture.

From the very first time Adam saw Eve God knew He had designed a winner. After naming all the animals and seeing there was not a partner suitable for him God blew Adam away and created Eve. And when she came into his line of sight he breaks out in prose and cries out...

“Wow...I really like what I am seeing.
Look at that great bone structure and gorgeous skin tone.
She shall be called WOWman
Because wow ... I can't take my eye off her.”

And then long before Frankie Valli existed Adam breaks into song...

“You're just too good to be true
Can't take my eyes off of you
You'd be like Heaven to touch
I wanna hold you so much
At long last, love has arrived
And I thank God I'm alive
You're just too good to be true
Can't take my eyes off of you...”

Now if you believe as I do that God knew exactly what He was doing when He created Eve He created her exactly to what He knew Adam would find attractive. I am sure he was aware that his reaction to Eve was completely different from all the animals he had named. And I assume there was a change in his anatomy that till that time he did not know existed. Because this “selection” caused the first erection...but I digress.

One of the main reasons so many of us struggle with our sexual brokenness is that we are awash with an unlimited supply of sexual images. And it is not just porn that does this. Marketers learned long ago that sex sells so if you want to grab the attention of a man walking down the aisle looking at multiple competitors of your product add a woman to the box and his attention is drawn to your package almost immediately.

However, it was long before sensual packaging was being used that there was a strong attraction between people whether it was opposite sex attraction or same sex attraction...or both. It is part of our design and just as we have a drive for food and eat when we are hungry so also we have sex when we are horny either as a solo, a duet, or more event. And thanks to porn we can see exactly what we want to see whenever we want to see it.

So, we have learned to objectify people and see them as things, objects for us to use for our pleasure instead of real people created in the image of God and worthy of honor and respect. But we have gone past even seeing that. Our desires for sex rivets our eyes and minds upon what has become for us simply another object to use and then throw away.

Sex and porn is one of the most powerful addictions to overcome because it is around us 24/7/365. It feels so very good, and after using it we can go on with our life like nothing has

happened. No alcohol on our breath. No slurred speech or trouble walking a straight line and we, for a short time, feel great because of the drugs in our brains that have been released and done their job in making us feel better...for a while...and then we feel worse.

For years we have been taught "...once an addict always an addict." So, with that thought in our brains and our desires for sex so inflamed we think we will never be able to stop. But I do not agree with that line of thinking. I believe addictions can be broken and a life of sobriety can be maintained if one is willing and able to do the work it takes to remain sober.

I believe that the power of the Spirit is able to set us free and unentangle us from this sin that has so easily entangled us. I believe nothing is impossible with God and if He can heal people of a disease like cancer He can heal us as well. In fact, we need to realize that sexual purity is God's Will for our lives and if we are willing to do the work recovery requires the Spirit of God who dwells within our body can make that transformation happen.

One of the main problems is that we want it done miraculously. We want to be cleansed like Jesus cleansed the leper. One touch and the leprosy immediately left him. Or like the crippled man by the pool...we want to just pick up our mat and walk away into freedom.

Can that happen...Yes...of course it can but if it hasn't happened to you yet, like me, you must go with Plan B. Plan B is to do the things the Bible literally teaches us to do daily and consistently if we want to live a Christ-like life. A life where the Holy Spirit enables and empowers us walk in freedom every day.

For most of us it comes down to this. Are we going to make the deepening of our relationship with Christ our priority? Are we willing and able to do what Jesus told his disciples they must do and that is to...

"If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul?"

Our denial of self is where our problem lies. However, one must choose for themselves. Do you want to experience the power of God in your life to enable you to live a holy life or do you want to continue to experience an ever-deepening addiction to porn and sex until it destroys your life.

If you want Plan B...and we both know you do...we will go into what enables that to happen tomorrow.