

Bad bosses, lousy Lords and a great God.

An idol is anything more important than God. Anything that absorbs your heart and imagination more than God. Anything you seek to give you only what God can give. Anything that if you lost it, you would feel like life is hardly worth living. - Tim Keller

Troubles multiply for those who chase after other gods..."
Psalms 16:4 NLT

I. The god of sex

““Haven’t you read,” he replied, “that at the beginning the Creator ‘made them male and female,’ and said, ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh’? So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate.”
Matthew 19:4-6 NIV

“May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love.”
Proverbs 5:18-19 NIV

What the bible says about sexual immorality

“It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own

body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God;"

1 Thessalonians 4:3-5 NIV

The problem with porn is not that it shows too much of a woman, but that it shows too little. You're looking at a woman with hopes dreams and a soul and all you can see is her body. It is the essence of objectifying a person.

- Josh Howerton and Paul Andrews

Stats on porn

- 1. The porn industry in America generates more revenue than the NFL, NBA, and MLB combined.**
- 2. 50-80 percent of men report regular use and the fastest growing population of users being young women.**
- 3. Physical and verbal aggression, sadism, and racism are rampant in popular porn videos**
- 4. 88 percent of the 50 most viewed videos depicted physical aggression**
- 5. 90 percent of these videos contained real physical, sexual or verbal violence against women.**
- 6. On average, boys are exposed to porn by age 10, girls by age 13.**
- 7. About 54 percent of practicing christians report using compared to 68% of overall population.**

The damage of porn

- 1. Porn damages your brain to go darker and darker**
- 2. Porn can damage mental health and interpersonal relationships**
- 3. All research shows a correlation between porn and sex trafficking, violence towards women and rape culture.**

4. Pornography use among married people nearly doubles the probability of divorce.

Solutions:

1. Pray for a hatred towards it.

“Love must be sincere. Hate what is evil; cling to what is good.”

Romans 12:9 NIV

2. Be kind to yourself

“Therefore, there is now no condemnation for those who are in Christ Jesus,”

Romans 8:1 NIV

3. Share in safety

4. Learn with every stumble

“For though the righteous fall seven times, they rise again,..” Proverbs 24:16

II. The god of digital distraction

“This is all the more urgent, for you know how late it is; time is running out. Wake up, for our salvation is nearer now than when we first believed. The night is almost gone; the day of salvation will soon be here. So remove your dark deeds like dirty clothes, and put on the shining armor of right living.”

Romans 13:11-12 NLT

1. Mental Health Issues:

- **Anxiety and Depression:** Prolonged use of social media can contribute to feelings of inadequacy, anxiety, and depression.
- **Addiction:**

2. Physical Health Concerns:

- **Sedentary Lifestyle:**
- **Eye Strain:**

3. Sleep Disruption:

- **Blue Light Exposure:**

4. Reduced Productivity:

- **Distraction:**

5. Impact on Relationships:

- **Social Isolation:**

“Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil.”

Ephesians 5:15-16 NIV