

GET HELP

men
hope. healing. recovery.

INTRO

The reality is that as men we all struggle. And for some it's an overwhelming struggle with pornography. Women are beautiful. We know that this beauty attracts us. We know where to find porn and we know how to keep it hidden. In our culture the line has been blurred on what is porn. The magazines, TV and the Internet put it right in front of us every day of our lives.

It is time to make some decisions. What are we doing with all the junk that is coming at us? Consume it, get in way over our heads or are we going to live for things that are greater? There is a point in which we have to acknowledge that what we keep hidden from our wives, girlfriends and children we are not proud of. The question is simply will you live a life that is transparent?

IT IS FANTASY.

At the core of consuming porn is selfishness. I will get my fix. No one will know. It is my secret. It is what I do in private. My dad did it. Everyone does it and I am going to as well.

Porn is a fantasy designed to do one thing-keep you completely to yourself. It is a lie. Porn tries to tell you what sex should feel like and look like.

Porn will destroy the relationships around you. You will pull away from reality because of this dirty little secret. As you consume porn, it becomes your life and you will eventually lose control to addiction.

Stop now. Be done with it all. Change today because there are much greater things than porn to give your time, money and energy to.

STATS

Men admitting to accessing pornography at work-20%

U.S. adults who regularly visit Internet pornography websites-40 million

Promise Keeper men who viewed pornography in last week-53%

Christians who said pornography is a major problem in the home-47%

Adults admitting to Internet sexual addiction-10%

Breakdown of male/female visitors to pornography sites is 72% male & 28% female

Internet Pornography Sales-\$4.9 billion

Pornographic websites-4.2 million (12% of total websites)

Pornographic pages-420 million

Over \$3k a second is spent on porn worldwide.

72% of porn viewers are men.

260 new porn sites go online daily.

Internet users who view porn-42.7%

89% of porn is created in the U.S.

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NEXT STEPS

1. Confess

Go before God with everything. Confess your struggles through prayer. He already knows it all anyway, right? You have to put all your junk out on the table and acknowledge that you can't handle it anymore-you need God. You cannot handle it on your own.

2. Get accountable

Find someone in your life that you trust and let him or her in on your struggles. Such as a close friend, pastor or family member. You are not alone. You are not supposed to deal and carry this on your own. God has placed people around you that will walk with you as you move toward freedom. As men we naturally want to keep it all to ourselves. It is time to own up to those closest to you.

Download XXXchurch's free accountability software X3watch. It's simple and completely free. This software monitors what is accessed online and sends a report of any questionable websites to your accountability partners email addresses. Download X3watch - www.x3watch.com

3. Clean it up

Throw away the porn stash. Delete it all. Literally get rid of the things that are tripping you up. It is time to break that pattern of the things that make you stumble, the things you go right back to.

Maybe you need to cancel your cable or internet altogether, move the computer out of the basement to the kitchen or get a filter on your computer. Take solid action steps toward moving away from your places of struggle. The process of cleaning it up is continuous and will not happen overnight. Define the specific situations you struggle and take tangible steps to eliminate those places from your life.

GROUPS

Looking for a support/recovery group in your area?

- + Celebrate Recovery
- + LIFE Ministries Men

Want to start your own group?

Check out the XXXCHURCH and LIFE Ministries Workbook as a guide:

- + Men's Workbook

for more info

Please visit xxxchurch.com/gethelp/men

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