



a WiseWord customized

LIFEHELP GUIDE

prepared specifically for:

ERIC DUNN

YOUR ISSUE

Eric, in our discussion you expressed the desire to “stop looking at porn” and that was the reason why you sought help from a biblical counselor. You also said that you were frustrated because your past was characterized by multiple failed attempts to stop and/or relapses. Other counselors (non-biblical) and programs helped for a while but you quickly found yourself back in a pattern of habitual sin.

What we began to unearth is that lust and pornography is not the real problem. In your case, Eric, the sin behind the sin is idolatry in the form of pride. Pornography is only the symptom. Yes, pride is a sin but your hope is that Christ redeems sinners. Your hope is that you can be forgiven and that lasting, biblical change is possible.

BIBLICAL CONCERNS

The biblical paradigm of change always moves away from sin and toward Christ. So, you are not just “stopping looking at porn.” You are turning away from sin and then turning to God. This means confession (to all those individuals your sin has harmed) and repentance. After you “put off” ungodly ways of thinking and doing, the next step is to “put on” godly thinking and good works. In your case, because you are not a member of a local church, this demands getting involved in a local congregation. Remember, biblically speaking, being a part of the church is not optional and an easy way to crucify your selfishness is to serve others.

RESOURCES

In addition to daily Bible study and prayer I recommend three books to purchase: “From Pride to Humility” by Dr. Stuart Scott, “The Heart of Addiction” by Mark Shaw and “Addictive Habits: Changing for Good” by David Dunham.

SCRIPTURE REFERENCES

I recommend that you memorize the following verses and rotate studying them every day:

Psalm 10:4

Proverbs 6:16-19, 11:2, 16:18, 22:4

Ephesians 4:1-6

James 4:1-5

I Peter 5:5-11

PRACTICAL STEPS

You are going to match things that are "high" and Scriptural with simple, everyday, practical steps to define the contours of your walk. First, you cannot have unrestricted access to the Internet. We talked about several options for accountability software and enlisting the help of an accountability partner who can help to keep you honest. Second, you mentioned that looking at media (movies and YouTube) are often the triggers for you to look at porn. Is such media worth it? Remember Jesus's principle of "radical amputation" (Matthew 5:30) to kill sin. Sin is trying to kill you so why play nice with it?

CLOSING COMMENTS

Remember, Eric, that in Christ you are not defined by your sin. You are defined by Christ and your union with Him. Who you are is not a slave to sin; you are free to serve Jesus. And, keep in mind why you are pursuing Christ-like change: for the the glory of God. The reason why your prior attempts have failed is because (as we talked about) you didn't actually want to change or your reasons for change were self-centered (e.g., fear of being found out, threatened loss of girlfriend). God is eternal and unchanging so pursuing His glory means we have and unchanging, heavenly reason for transformation, not a circumstantial one. We were made for God's glory (Isaiah 43:7) so God is the point of everything.

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