



# What to Do When You are Tempted to Use Internet Porn

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Help for those who want to stop using porn: <http://www.abattleplan.com>

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Help us get the word out about pornography and how to break free from it. The way the internet works today, there are many people who have a problem with porn. Porn users come from all walks of life. You are not alone. Get yourself help and live a life free from porn. A life free of porn is much better than the stimulation that porn provides.

Brian

Pornography is lurking at the door.

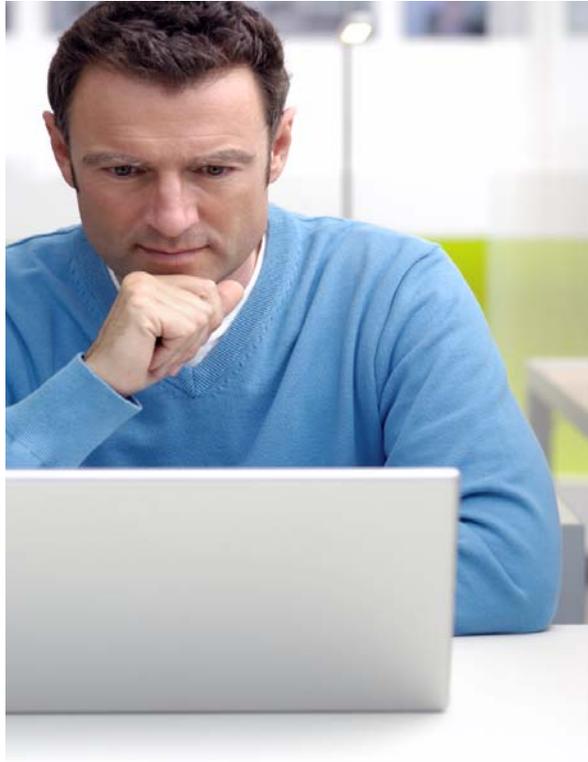
Right about now you are thinking about taking some time to indulge in some porn. We know this feeling all too well.

***Your mind is thinking:*** I've got some time alone and a computer all to myself. I don't have to be anywhere or have anything to do but relax. My tracks are easy to erase and no one will ever know. Besides, I deserve this. My wife just isn't as interested in sex as she used to be. If she would be more open to my advances and needs, I wouldn't have to use pornography. I mean, a guy is a guy, we all need regular sex to satisfy our needs and if I don't get it one way, I will on my own. This is not cheating on my wife, I am not sleeping with another woman or anything. So, let's see what I can find out here on the internet.

***Your body is feeling:*** Your pulse is starting to race. Your anticipation is starting to make your senses get heightened. You are starting to get that rush you feel when those images flash in front of you on the screen. The world around you is starting to be tuned out and you have tunnel vision of your computer screen.

***You need to:***





You really want to view pornography right now. You don't have to obey your lust for pornography. Here is what you need to do:

**Print this report** – If you are not already reading a hard copy.

**Close your internet browser and shut down your computer** - Shut your computer down! Hit the off button or power strip button immediately. Don't hesitate for a second. **DO IT!**

**Leave the room you are in and head outside or to a public area** – You need to put yourself in different surroundings. Chances are you have a favorite place where you go to get away from it all and enjoy yourself. The associations between that physical place and pornography are very strong. Your mind has associated feeling good along with your favorite place. Whenever you are in your favorite place, your mind will go back to the porn and you will join the ride. Get away!

**Sit down. Do 10 deep cleansing breathes in and out.** - This sounds a bit new-age and kooky, but deep breathing will help to calm you down and bring back some sanity. Your body is revved up and raring to go. Your mind is on the track to Pornville. Slow your physical desires down and pull that train off the track. Breathe a bit more if you are not slowing yourself down.

**Clear your head. Put out all images of porn.** – Clear your head and stop yourself from all the images of porn, women and sex. You need to change your focus. Quiet yourself down completely and then pray.

**Here is a prayer for overcoming temptation** - Dear God, I am under tremendous temptation at the moment to sin against you. Please give me the strength to walk away from this temptation and focus on what is pure, what is true, what is right and anything that is excellent or praiseworthy. I do not want to fall into sin to please my flesh. Allow your Spirit to fill me and work in me right now. In Jesus' name Amen.

**Read the Word of God** - Crack open your Bible and read it. The best antidote against sin and the devil is God's word. Jesus himself even quoted scripture when he was tempted by the devil. Here are some verses to counteract lust of the flesh & sexual temptations:

**Job 31:1** “I made a covenant with my eyes not to look lustfully at a woman”

**1 Cor 10:13** “No **temptation** has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.”

**Proverbs 6:25** “Do not **lust** in your heart after her beauty or let her captivate you with her eyes”

**Col 3:5** “Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, **lust**, evil desires and greed, which is idolatry.”

**1 John 2:16** “For everything in the world--the cravings of sinful man, the **lust** of his eyes and the boasting of what he has and does--comes not from the Father but from the world.”

**Repent** - Now that you are calmed down and have come back to your senses, you need to ask God for forgiveness for this sin and tell him you want to turn away from it. In all sincerity and in your own words, tell God how you feel. Even if you are not yet to the point of feeling remorse for your sin, ask God to help you with repentance.

**Reflection** – You should take a walk and reflect on how easy it was to get yourself revved up to the point of another session of porn. Some good questions to ask yourself are: When am I most tempted? What part of pornography appeals the most to me? What excuses have I been making (in my head) to justify my porn usage and to assuage guilt? What lies do I believe deep in my heart that feed my lust for porn?

**Time for Action** – You know that living a double life (your outside life & your private life) is hypocritical. You want to stop feeling guilty, shame, ineffective and defeated. You need to do something proactive to stop your porn usage. Here are a few suggestions:

**Call someone you can trust** – You need to get in touch with someone who you trust to share your struggles with. Your pastor, elder, or godly friend would be a good start. Ask to meet with them because you want to pray and need some help.

**Read up on the subject** – There are many books out there on the subject of pornography. Some of them are good, however they spend too much time citing statistics and the reach of porn. There are also many approaches to stopping a porn addiction. I find that many of them are overly spiritual (meaning that you have to pray it away and let God do the work) or they are overly works based (meaning you have to use this technique and do that). The best approach to kicking the pornography habit is both spiritual and practical (works) based. Please watch for my workbook coming soon!

**Seek out a counselor** – A good biblical counselor will be able to offer you the best of God's word, practical advice and a bit of psychology.

**Find a recovery group** – Sexaholics anonymous or other local groups can provide you the help you seek. You will be amazed at the bonds and accountability that can be established with others who struggle. Call around to local churches to find groups that meet in your area.

I have only scratched the surface on taking action. Changing old habits and ways of thinking requires a lot of work. There are countless resources available to you to help you out of the bonds of porn.

**When you are tempted it is important to remember:**

Resist the temptation  
Flee the location  
Calm yourself down  
Pray