



Man's Greatest Battle
March 2, 2018

Dr. Mike Russell

I'd like to start with a brief prayer; helps me with my nerves.

Let's Pray.

Father I ask that the words of my mouth, meditation of my heart, will be acceptable in Your sight. You are my rock and redeemer. And I pray for all of us that You would search us, O God, know our hearts, try us, know our thoughts, and see if there's any unrighteous way in us and lead us in the everlasting way. In Jesus name. Amen.

Since most of you probably don't know me, I'm just going to take two or three minutes and give a little background on me. I grew up in a moral family, but not a church going family. So at 19 years old, with no church background, I thought I'm going to study the major religions and see if there's anything in it for me. So I studied Judaism, Islam, Hinduism, Confucianism, Jainism, there may have been some other isms in there as well but I don't remember. But I didn't study Christianity because being an American I thought I knew what Christianity was all about. And of course, I didn't. But during all that searching and finding nothing really that grabbed me, I didn't think any of them were viable. I decided that I was an Atheist and that lead me to Hedonism. And since it was the late '60's, early '70's it was about sex and rock & roll. By the age of 24, my life was actually going pretty well. I was pretty happy. I was pretty satisfied. I had a good job as a reporter at a daily newspaper. I had a place to live. It was a cabin in the woods which was wonderful. I was pretty much there by myself. My roommate dropped in every once in a while. Drugs were cheap and good. And I had friends and sadly some of those friends came with benefits; things that I regret now. But I was a sinner to be sure back then.

Even though my life seemed really good to me, I did have an Achilles heel, although I didn't know it at the time. And that is how God grabbed me and got a hold of me and got my attention. And for the first time I really heard the gospel and trusted Jesus as my Savior. And then because I had no background, it's almost like He gave me 10 months to study and to find out, do I really want to commit to this or not? Do I want to make Him my Lord? I had actually tried to do that before and it just never seemed to take. But after about 10 months, it did. He gave me a vision of what He

wanted to do with me. How He wanted to change me. So I accepted Him as my Savior and my Lord.

Now there are some basic questions I want to address, very basic. The first one is: What is pornography? There's a legal definition for it but we're not going to go into that. There is what I like to call a more practical definition, a personal definition. Pornography is anything for you that creates a trans-experience. We'll talk more about that later. That trans-experience is behind all addictions. So if you find something that is arousing to you, almost irresistible, I don't care if it's modern art, not modern art, if you're attracted to modern art, we've got problems I cannot address.

Another question is: What's the big deal? Some people might view this as a victimless sin or a victimless practice. But it's not. Pornography degrades both men and women. When we're involved with it we are less than what we are meant to be. That is not what God created us for and we are misusing not just our bodies, but especially our brains. It changes our perceptions of women. We'll talk about that in a minute. And it also changes what we believe or what constitutes good sex. I don't know about you, but when I was young it was pretty basic. It was pretty simple; missionary position. That was it. That was good sex. Even though I wasn't having it, that was my vision of it. That changes, though, with viewing pornography. You might ask yourself, and I'm not going to ask for volunteers, how has your view of sex changed due to you viewing pornography; being acquainted with images, videos, different things. Because it does change what you believe is good sex. It also, and this is going to be the heart of what I want to talk about, it also trains us and rewires our brains. And it happens whenever we see something that is arousing or we remember a situation or an image or even just fantasize about something. Our brains are being rewired at that point.

Really quickly, I'm going to use some terms here, but I will come back around to them and define them. What happens when we view porn? There are different responses from when we look at a nude woman versus watching intercourse. When we look at a nude woman, testosterone, dopamine, and norepinephrine are released, but I'll explain those later. When we watch a couple having sex, it's very different. What's known as endogenous opiates created by our bodies are released into our bloodstream and we like those things. We like those drugs a lot. They make us feel good. It also creates anxiety in us. It supercharges a part of the brain called the amygdala, it's the emotional center of the brain. And it prepares us for sex.

It also triggers what's called, or what's known as, mirror neurons. Anybody ever heard of mirror neurons before? They're pretty popular these days in some circles. Mirror neurons are special cells that we have in our brains. They're activated when we watch anything, not just porn. When those mirror neurons kick in it releases neurotransmitters in our brains, it releases hormones into our brains. A mirror neuron, what happens with those is if I'm standing here tossing a ball up in the air while I'm talking to you, your brain is going to be mimicking my behavior. It's going to have that experience within you at an unconscious level. My wife sometimes asks me why I watch so much golf on television. It's in hope that the mirror neurons will kick in and I'll be better at it. It hasn't happened yet, but I'm hoping. But those mirror neurons are very, very important. And they are close to the heart of the problem. You think about viewing pornography and then the mirror neurons kick in. As I was preparing for this, it rang a bell. I'm going to read real briefly Matthew 5:27 & 28. Jesus is speaking at the Sermon on the Mount.

²⁷“You have heard that it was said, ‘You shall not commit adultery’; ²⁸but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.

And you know what? That’s the mirror neurons. Now I’m not saying Jesus is giving us this hidden truth that we would discover later when we had the appropriate equipment to do it, but what science has found is the underpinning for the truth that Jesus spoke back then. I think what’s next here is a quote I want to read. A lot of this material came from a book that I’ll mention later. It’s called *Wired For Intimacy*.

When men watch a pornographic video, the brain reacts in such a way as if you were the person engaged in the sexual act. Viewing a pornographic movie creates a neurological experience whereby a person vicariously participates in what he is watching. As a man watches a pornographic movie, he can neurologically identify with the performers, the man in the video, and place himself into that scene. He’s no longer restricted to responding just to the nakedness of a woman. To deal with the arousal it creates, the brain mirrors and heightens the arousal causing even more sexual tension. That’s what pornography does, by the way, it doesn’t resolve it, it heightens it, it makes you more sexually tense. The sexual drive is fueled even further and screams for an outlet. Ejaculation, neurologically speaking, chemically speaking, ejaculation due to stimulation by a partner (a wife hopefully) or yourself gives the same euphoric feeling as doing heroin or cocaine. It’s a powerful, powerful drug that gets released into your bloodstream. Arousal releases dopamine into our system. Dopamine heightens the desire that we have for whatever the object is and sets us on a pursuit of gratification.

So real briefly, how does it work? Well we see the image, it goes into our eyes, from there it goes to a part of the brain called the thalamus, the thalamus is like the switchboard operator in our brains. It sends out signals elsewhere. One of the places it sends a signal is to the sexual arousal center of the brain. That creates sexual tension, the way to resolve that sexual tension is through masturbation/ejaculation, but that in itself also reduces dopamine and shuts down that part of the brain, the amygdala, the fear center of the brain, it shuts it down. That’s why we feel so good after orgasm. All’s right in the world. Anything in the world can happen at that time and we don’t care. because the amygdala is not working. And the amygdala keeps us safe.

Another quote (same book). This first sentence is kind of obvious.

Males like looking at pornography. Naked women are interesting and arousing. When sexual images come through the visual system, they stimulate sexual arousal. When there is a male performer, they can, this is the mirror neurons kicking in again, vicariously participate in the sexual act. If they arouse themselves and masturbate to pornography, they now begin to set in place a neurological habit. The images, arousal, masturbatory act, and ejaculation are all associated with one another.

This is how a pornography addiction and sexual compulsion is built from scratch. It involves the visual system; looking at porn. The motor system; masturbating. The sensory system; genital

stimulation. And neurological effects of orgasm; the euphoria, the opiates, the addicting dopamine, and reduced fear in the amygdala. And they have now begun to store this pattern as a reinforced neurological habit.

In our brains are what are called neuropathways. These are like highways in the brain. The difference being, the more often you go down a particular pathway, the stronger it becomes, the wider the highway becomes, they up the speed limit, everything. And other pathways that you might have taken instead begin to atrophy. They're not as strong. And so the more a person looks at porn, the more likely they are to look at it again because it is a very rewarding pathway. It's chemically marked in the brain as important and significant. And given, well if we're not watching ourselves, we're going to go right down that path again.

Hormones and neuro-transmitters provide the power behind pornography. Testosterone; men have much more testosterone than women. We have 40 to 60 times as much testosterone as women. In fact, if you took a woman with the most testosterone and the man with the least, the man would still have 30 times as much. Pornography releases testosterone into the blood supply. It increases with sexual cues. It increases our sexual drive. It prepares the brain for sex. And, of course, it's triggered by porn. Dopamine, one of those neurotransmitters, reinforces basic behavior such as eating, drinking, and sex. Those are the basic three drives. Dopamine is found in most, or a trigger for dopamine, is found in most addictive drugs. It creates cravings that we experience. It focuses us on what we deem to be important or significant. And dopamine stimulates testosterone. Testosterone enhances dopamine. And you have a loop going and it deepens and those pathways get bigger and bigger and broader and broader and much more likely for us to go down them.

Norepinephrine, another neural transmitter, is involved in sexual arousal and sexual memory. It prepares the brain for sex, just like the others. It provides energy, though, for the pursuit. If it were just the dopamine, you might not actually act on it, but norepinephrine gives you energy and that's what drives you to pursue the object of your desire. It also stores emotional stimuli in memory, images or experiences that we've had. And of course storing those memories is creating more neuropathways.

Now endogenous opiates, it's a big term, it's like narcotics that your body produces. If you're seriously injured, your body will pump out those endogenous opiates so that you don't feel the pain so acutely. It's a good thing. God put it there for a reason. But it will create a rush, or a trance, or men looking at pornography. I'm not sure if I covered this, you can stop me if I did. I mentioned before that when you look at the naked woman, certain things are released: testosterone, norepinephrine, dopamine. What's interesting, though, is if you just look at a naked woman, it's not a good thing, but you kind of divide her up. You look at her body parts. You don't look at the whole person. You're looking at whatever it is that you find especially attractive about this woman. You're not seeing the real person. You're just seeing body parts. But if you are watching intercourse, a video or online streaming, you don't look at the woman's body. You pay attention to her face because you're looking to see if she enjoys it. And if you masturbate along with that, then the endogenous opiates are going to be released. That also increases the dopamine, shuts down the amygdala, we don't fear things, and it also adds pleasure and significance to the experience and the euphoria. Abuse though of pornography, frequent use, I think the average for people that are addicted to pornography, they spend at least 20 minutes a day

looking at pornography. But with the abuse comes tolerance. There are receptors in your brain and what your body's creating suddenly isn't enough anymore. And the absence of the opiates, and this is where the addiction really comes in, you're addicted to your own opiates, that's what develops tolerance. And that creates more cravings. I hope you're beginning to get an idea of everything that's going on in your body at this point. There's a lot of stuff going on. Pornography is certainly sinful, but it's also dangerous. When it creates those neuropathways and marks them chemically, they are very resistant to change. You have to be abstinent. A sexual addiction is very similar to an eating disorder. It's not like you can stop it altogether if you're married. You have to learn to control it. But that's difficult if you're addicted because you need abstinence for a period of time.

Back to tolerance. What does tolerance do? It makes us bored with reality because pornography is a really effective stimulus, we like that. It gives us energy. We like the feelings it produces. We need more because tolerances build up. We need more. But it's not more of the same. You know, in most addictions if you're addicted to cocaine, you just want more cocaine. But you can't do that with pornography. You've got to find new things, different things, riskier than what you previously were looking at. And it escalates. It gets darker and darker; into more and more perversions. Anybody can become addicted to it if you look at it enough. I would say looking at it at all is a good idea, but if you do and you do it on a repeated basis, you will get addicted.

Another effect of the tolerance is we have a reduced capacity for intimacy, real intimacy, especially with the opposite sex. And as I said, it does lead to addiction. OK. A couple more big words. There are two other hormones, or neurotransmitters, involved in this. It's oxytocin and vasopressin. What those two things do is they bind us, and this is where it's dangerous, they bind us to the object of our desire. And if your desire is some woman on your computer screen, you're going to be bound to her. And addicts by definition become unavailable for real relationships with people that they previously loved. They are unavailable because they have been bound to that image or that experience. And these two, oxytocin and vasopressin, are released in huge amounts in orgasm. Oxytocin is also involved in achieving and maintaining an erection. But also higher levels of trust in that absence of fear. That's why a lot of men get busted at work. Because they don't think they'll get caught. They feel safe. And the vasopressin increases attachment either to your partner or to the object of your desire on the screen.

Real quickly, I've been warned by Chris not to run over. Signs of addiction. You don't have to have all of these, but some of them:

- Out of control behavior – An inability to stop even though you want to stop and even though there are serious consequences for the behavior you can't stop. There's a persistent pursuit of pornography. There is an obsession. You can't stop thinking about it. You're thinking about the next time you'll have an opportunity to look at it again. As I said before, you're looking for new stuff, new situations.
- It also affects your mood. Some people use pornography to manage their moods, actually. It affects your mood before, during, and after. You're just not the same person.

- And sadly, another sign of addiction, you neglect significant relationships and responsibilities.

Interestingly, and what's surprising, is that increasingly young men are giving up pornography. And I can give you chances to guess, I would not have guessed it if I had 20 chances to guess. It's two letters: ED. What does ED stand for? Erectile Dysfunction. The younger people today, on average, start looking at pornography when they were 10 years old. And they continued to do that through their adolescent/teen years. During their teen years, dopamine and neuroplasticity, that just means your brain can change and reorganize itself, they are at their highest. And they're laying down strong pathways in the brain. And other things, like behaviors that would be involved in courtship, like how to ask a girl out, how to court her properly, how to interact, those things atrophy. And they never learn how to do that. It takes longer for the younger men to recover because of that. The older men, when they stop, guys in their 40's and 50's because they didn't start at age 10 typically, they bounce back probably in half the time.

Let me mention some books. I think on your table you're going to find one book that's used a lot here and it's called, *The Fight of Your Life*. Other books, pretty much anything written by a man named Patrick Carnes, he's written things like *Shadow of the Net*, *Don't Call It Love*, *Contrary To Love*. For information on the brain and pornography the book I mentioned, *Wired For Intimacy*, it's by William Struthers. Two other books by a man named Norman Doidge, *The Brain's Way of Healing* and *The Brain That Changes Itself*. I'm kind of a nerd when it comes to the brain stuff so I read all this stuff. And then a couple books on addiction: *The Addictive Personality* and *Addictive Thinking*. They're the best books I've seen.

Real quickly. Any solutions? What can we do about it? The simple answer is: stop it. Abstinence is essential. You have got to create new pathways in the brain and let the others atrophy. Let them become weaker and weaker over time. Allowing the Holy Spirit to create those new pathways in our brains is key. This is what Romans 12:1 & 2 is all about. About being transformed by the renewing of your mind. I think the Holy Spirit creates those new pathways in our brains, that's the process of sanctification. And I think He uses the word of God to do it. That's His building material. We need to have our noses in this book all the time. Because that's the only way we're going to get out of it and stay out of it.

There's also another answer. A surprising answer. During the Vietnam War it's estimated that 20% of all soldiers in-country were addicted to heroin. And authorities were very concerned that when they came home there was going to be an epidemic of heroin addiction in the United States. So the troops came home and nothing happened. There was no epidemic. There was no rehab for these men. They didn't go. They didn't even have withdrawal. And that really upset psychologists whose theory said, "If you do heroin on a regular basis, you will be physically addicted and you will go through withdrawal and you'll need rehab." Except it didn't happen. It wasn't necessary. So one psychologist, a Canadian named Bruce Alexander, decided to run a little experiment. What psychologists do, they're called Rat Psychologists because they use rats for guinea pigs, they'll take a rat, put it in a wire cage, give it two bottles, one of water and one of water laced with heroin, morphine, or something like that. And they leave the rat in there and then what do you know, the rat will drink the water laced with heroin and eventually will overdose and kill itself. That's that he did in one cage.

Then he set up another cage and in this cage, it was a wire cage just like the other one, but he put down wood chips to cover the flooring of it. And he put up little structures inside it so they had a place to go to sleep, to nest, or whatever they wanted to do. There were tubes running through it so they could run through those. There were wheels for them to play. And they also had the two bottles. Most significantly, he put four or five rats in a cage. You can probably guess what happened, they never touched the water laced with heroin. Never touched it. They just drank regular water. They had no need for it. What's that tell us? That community is important. And I would argue that for all of us here, involvement in some kind of men's group, it doesn't have to be Celebrate Recovery or a twelve step program, although those are really good, but being involved in a men's group is critical. It's relationships that heal us. It's interaction with others. The Holy Spirit in you ministers to me. And the Holy Spirit in me hopefully ministers to you. That's the way God has set it up. It's why He says, "Don't neglect the gathering of yourselves together." There's a wonderful phrase in 1 Samuel 23. It's talking about David and Jonathan. And it says that Jonathan, with David, Jonathan strengthened his hand in the Lord. That's what we ought to do as men for one another. We should strengthen one another's hand in the Lord.

Lastly, this is true not just of porn but all temptation. Who determines what's right or wrong? The whole scene, the whole drama of the Garden of Eden, Genesis 3, is played out in our lives daily. We either are going to believe God, that He knows what's best, He knows what's right and wrong. Or we're going to decide that we know better. This is where obedience comes in. It's where faith comes in. We have got to believe that God knows what's best for us. Even if we really enjoy something, if He says it's bad, it's bad. If there's something that He tells us to do and we don't like the idea, it doesn't matter, it's still what's good for us. You have that battle every day. I do too. It's a matter of trusting God, having faith in Him, and allowing Him to determine what's best for us.

Chris Osborne

I pastored in Midland, Texas and if you know anything about Midland, it's all oilfield, right. Oilfield people are crazy. One of the guys told me he had this, he owned a company and he had this drawer that he had candy in. A guy would come in, one of the salesmen, every time he walked into his office he'd reach down, open that drawer, reach in, and take the candy. And he said, "Listen, Bob, I don't mind you getting candy, but just ask me. Don't just come in here and grab it." Every time he walked in he'd grab it. How many guys are in the oilfield? Anyone? OK. You'll understand this. So he caught a rattlesnake. Sewed its mouth up. Sat it in the drawer. The guy came in the next day, opened it up and put his hand in there. Boom! Never put his hand back in that drawer. Because those things are fearful. If it had been a couple of Garter Snakes, hand would still be going in the drawer. The issue for us is almost exactly that. Your struggle, and again I'm going to talk tonight only to those of you that are Christians. If you're not a Christian, what I'm going to say tonight has no value for you. But if you are a believer, I want you to understand that your struggle is between two things. You've got a volition, a desire, to obey the Father. But then you've got these desires that come up that pull you away from what you know you ought to be doing.

Now there's an old thing that we have two natures in us. We don't. You have the same exact mindset that Adam and Eve had. They had one nature, but if you go to Genesis 3, and I'm going to give you some scriptures tonight that I want you to lock down. I want you to put them on some 3 x 5 cards. I want you to lock them into your head.

Now I want you to listen. Remember God told Adam and Eve, "You can eat any tree here except this tree." What did he say would happen if they ate from that tree? What would happen? They would die. Now if you tell me that this pulpit is capable of killing me, I'm not walking around the pulpit. I'm walking away from it. It's like a rattlesnake. I'm going to ease away from it. I guarantee you they didn't walk every day and check the tree out and go, "Wow! It looks good." They didn't even look at the tree. It was a fear thing because they knew its danger. And so they walked around it. Their desires were not opposed to what God wanted. Their desires toward the tree were the same as God's desire for them. The problem we come to is when our desires are in opposition to what God wants for us. At this point with them believing that this tree is dangerous, they feel about the tree what God has told them to feel about the tree.

Now listen to Genesis 3.

¹Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, "Did God actually say, 'You shall not eat of any tree of the garden'?" ²The woman said, "Well we may eat of the fruit of the trees in the garden, ³but God did say you should not eat of the fruit of the tree in the midst of the garden, neither shall you touch it lest you die." ⁴But the serpent said to the woman, "You will not surely die. ⁵God knows that when you eat of it, your eyes will be opened, you will be like God, knowing good and evil." ⁶So when the woman saw the tree was good for food, a delight to the eyes, and a tree to be desired to make one wise, she took of its fruit and ate.

Now what's caused the change? I mean prior to this they were walking by this tree. They probably don't even look at it. They probably don't even walk in the vicinity because, I mean they're scared of the tree. But when the enemy gets done with her, she now looks at the tree in a totally different way. Now Adam and Eve have not sinned yet. They sin after they eat. But before they sin, her fleshly desires have been aroused toward the tree and are now in opposition to God's desires for her. Prior to Satan coming in, her desires for the tree are identical to God's desires. But now that Satan's come in and he said to her, "God didn't tell you the truth." Her belief has shifted from what God has said to her to what Satan has said and that shift, now listen, that shift has awakened in a person who is holy and a believer in God, she's holy. But that change of belief has awakened desires that are now in opposition to the Creator. She takes from the tree, she eats, and they die. They're banished from the garden, they lose God, they lose each other, they lose themselves.

That's our struggle, gentlemen. If you're a believer in Christ, your struggle is simply one thing. You believe what God says here or you believe what the enemy whispers to you. Now part of the problem is, and this is the deal you've got to understand, you can't pray this desire out of you. He put it in you. The desire for sex is in you. God put it in there. All you can do, though, is corral it. It's the only sin with a time limit. It's always wrong to blaspheme God. It's always wrong to be a glutton. It is not always wrong to have a sexual release in your life. So it's the only sin with a time limit on it. You can't pray it out. Your desires are not controlled by Satan within you. That

is not what controls your desires. Your desires are controlled by what you believe. So what you have to do is come back to a couple of things in the scripture and believe them. And if you lock these beliefs in, they will set you free.

Now let me walk you through a couple of those. I want you to look, if you've got your Bibles, I want you to go to Romans 6. Now listen. Romans 6:6. Here's what he says. It's one of the verses I want you to memorize. I want you to lock it down. Here's what I want you to do. I want you to go home tonight, I'm going to give you the references, I'm going to read the context. I want you to write the references down on a 3 x 5 card, every reference I've given you. One is Genesis 3. I want you to write those down, you're going to laminate these, you're going to put them on a 3 x 5 card, you're going to put them:

- In your car
- On your bathroom mirror
- At work

Nobody's going to know what they say. You're going to know what the content is. So you're going to begin to reorient your mind and your thought process, I mean Mike's right, we're going to re-change the neuropathways by what we believe God says. And Romans 6:6 says this. Listen:

⁶we know that our old self was crucified with Him, in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin.

So here's the first thing you need to understand. Adam and Eve sinned. They now have a wicked nature in them they pass to their children. Cain kills Abel. Ever since then for 2,000 years, we've sinned. There's been nobody that hasn't sinned. But when you come to Christ, that nature that you inherited from Adam and Eve is gone. Now what that means is this:

1. You don't have to sin. You don't have to do it. Now you're going to do it because you're going to believe the whispering of the enemy. And he's never going to leave you alone. But you don't have to because the old nature has been killed off.
2. Romans 8:13. Listen to what he says:

¹³if you live according to the flesh, you will die; but if by the Holy Spirit you put to death the deeds of the body, you will live.

And then this statement in Galatians 5:16

¹⁶But I say, walk by the Spirit, it is impossible for you to gratify the desires of the flesh.

So here's what the Bible says. I'm a believer. I get up every morning. I'm going to lock down, number 1, I don't have to go to the porn sight because you're going to feel like you have to. Number two, you're going to believe that the Holy Spirit in you has the ability to remove and change and alter that desire. You're going to believe that.

3. You're going to believe that if he does that, you cannot step into the desire of the flesh. You're going to believe those three things. You're going to get up every morning and look at those verses and those references and you're going to reprogram your brain with that truth. You're going to remember Genesis 3, that it's what I believe that determines my desire.

So the first thing you're going to do is those three things. You're going to lock it away. I don't have to sin. The Holy Spirit can enable me to do what's right. And if I live in Him, I can't fall.

Now next thing. Listen to Proverbs 5:15 – 20. I looked at part of this last week. But I want you to listen to the whole thing. Listen to what he says. This is why porn's wrong.

¹⁵Drink water from your own cistern, flowing water from your own well. ¹⁶Should your springs be scattered abroad, streams of water in the streets? ¹⁷Let them be for yourself alone and not for strangers with you. ¹⁸Let your fountain be blessed, and rejoice in the wife of your youth. ¹⁹A lovely deer and a graceful doe, let her breasts fill you at all times with delight;

You can't do that. Every pornographic woman, her breasts, her body is, 99 out of a 100 times, going to be better than your wife. That's why it says, "You let your wife's breasts satisfy you." Not looking at another woman's.

Be intoxicated always in her love. ²⁰Why should you be intoxicated, my son, with a forbidden woman and embrace the bosom of an adulteress?

Now listen to what he says. Now I want you to listen to me carefully tonight. The next thing I want you to lock in. If you're single, every woman is forbidden to you. Every woman. If you're married, all but one woman is forbidden to you. You have one wife. She's the sole object of your sexual desire. So the forbidden woman is, if you're single, everybody. If you're married, it's all but one. You allowed a singular woman in your life that is not forbidden. So you've got to believe in your head, you're going to rewire, that there's only one woman, if you're married, that is not forbidden.

Now I want you to listen. Next verse I want you to lock down, Colossians 1. I'm going to put all this together, just hang on with me. Listen to what he says:

²⁷to them God chose to make known how great among the Gentiles the riches of the glory of this mystery, which is Christ in you, the hope of glory.

So here's where we are. I don't have to sin. I can, in the power of the Spirit, do what God wants. I'm going to understand that pornography is wrong because I'm only allowed one woman in my life. And if I'm not married, all women are forbidden. If I'm married, all but one is forbidden. That's a given.

Third thing. Now listen. What matters in my life, now listen, is not forgiveness, but the glory of Jesus Christ. You say, "Well why do you say that?" Because as a believer you're automatically

forgiven. That's why you can die, no matter what you're doing, and you're going to heaven. You're automatically forgiven in Christ. Before you even go to the porn site, you're forgiven. When you go to the porn site, while you're watching it, you're forgiven. When you get done and you masturbate and you finish that, and you've done this, you are still forgiven. That's the beauty of the grace and the mercy of Jesus Christ. You're forgiven. So listen, the issue's not forgiveness. The enemy's got us worrying about forgiveness when that's not the issue. The issue is not forgiveness; the issue is repentance. I don't have to worry about whether or not I'm forgiven, so what does the enemy do? What does he do when you go to the porn site and you masturbate? He makes you have enormous guilt. And all of a sudden what happens? You're worried about the guilt instead about worrying about repentance. You're forgiven. So the issue for you is not, "Am I forgiven?" But how do I stop this. And what matters is not whether or not I'm forgiven, what matters is the glory of God and Jesus Christ and that glory shines whether you're alone in your bedroom or whether you're at church on Sunday morning. So your message, your focus is not going to be forgiveness, but on the glory of Jesus Christ. And if I can begin to think, I get up in the morning and go, "OK. I don't have to sin. I do have the power of the Holy Spirit in me. I'm Chris Osborne. I'm married. I've got one woman I can look at. I can't look at any others." And what matters from dawn to dusk is not my forgiveness, but His glory. If I can re-shift that, I can re-shift all those pathways in my head, and I can start going where I need to be and I can get free from the mess we're in.

Now let me add one other thing. You do have one problem that Adam and Eve did not have. You're just like them except for one issue. What Adam and Eve did not have when they sinned, was a memory index. I think this is where the addiction begins to fit in spiritually. The problem you have is you remember. I mean Mike did a great job of telling us exactly why, but you remember why it felt so good. If it was two days ago, the memory's fresh, enemy comes along and says, "Come on, man. He'll forgive you. It's no big deal. Nobody's looking at you. You're in the bedroom by yourself. Doesn't matter. Hit the site. Masturbate. Go home." I have this memory index where I remember how good that felt. And that furthers the difficulty. So what you have to do, gentlemen, you have to become almost like a monk in your life.

I reload handgun bullets. I use a Dillon Reloader. They send me magazines every month which I keep because I change things out. And they always have good bargains on brass in there. But the front page is always some hot chick with a gun. So my wife came in one day, picked it up, and she said, "What's with your porn?" Number one: I said, "Baby that's not even porn." You're going to have to be really careful. You can't go to the Sports Illustrated website. You can't go to an R-rated movie. You can't watch Big Bang Theory. I loved that show. One of the funniest shows I've ever seen. But I had to turn it off because every show was about some sexual innuendo, hot chick across the hall, coming in half dressed. You have got to make a conscious effort that you don't allow yourself to go places where that memory index is increased. Because if you go to an R-rated movie and you watch a guy touching a woman's breasts, you watch them engage, and you come home, that memory index may, in fact, overwhelm your faith. So you do have one additional flaw that Adam and Eve didn't.

Now, gentlemen, those of you that are married, most of the time you're engaged in this because you fought your wife. Haven't had sex for a week. The Bible says you're supposed to. Been a different issue, she's mad about something or you haven't been able to get into the bed with her.

And pretty soon at the end of the week, I guarantee the enemy's going to come to you and say, "You know, she's not taking care of business. You've got some tension there. Go ahead, hit the site, open it up, do your thing. You're justified because she hasn't met your need." So let me explain something, gentlemen. Marriage doesn't fix this problem. It actually exacerbates it because you go into the marriage thinking, "OK, every night's going to be great." And it won't be. You say, "Well why is that?" Because God wants you to learn exactly what Mike Russell is talking about. That you need to love your wife for who she is. Not what she puts out for you. You can't do that unless you come in a marriage where love is a choice and special and meaningful. Now I'm going to tell you how long you're going to struggle with this..... until you die. You're never going to stop.

The difficulty in marriage is we're visual, we're turned on and romanced visually. Women are not romanced visually. I shouldn't tell this story, but I don't care. How many of you remember Tim Skaggs? OK. Well here you go. I'm not going to change the names to protect the innocent. He told me one time, I mean, we all know. A naked woman turns us on. I mean it just does. So he decided he'd see if it worked with his wife. So he said, "I come in one morning, buck naked, walked up to the mirror with her, I'm brushing my teeth." He said, "I stood there about five minutes. Didn't even phase her. She just kept talking." Because you don't look good naked. Your wife does. You don't. She's turned on in her soul by how you treat her. Which is why porn for you, a lot of times, is not an assault on her, but she's going to see it that way. You destroy her when you engage in that because she's romanced in what you think about her. And what she thinks when she hears you're engaged in that, is you don't think much about her. So gentlemen, I want you to get a 3 x 5 card, I want you to write the referenced down and remember them. You're going to write:

- Genesis 3 – You're like Adam and Eve. What the enemy makes you believe is where your desires are going to go.
- You're going to believe that you don't have to sin.
- You're going to believe the Holy Spirit can empower you to stay away from it and you're going to believe it's not about forgiveness, it's about His glory no matter where you are. So you're going to center yourself around that.
- You're going to understand you have a memory index, so you're going to corral that desire by not going somewhere where that is going to increase your desire. So you're going to watch the movies you watch, the books you read, the TV shows you watch. You're going to be careful. And I'm telling you, nudity in the next 10 years will be on prime time everywhere in America. You may have to cut cable. Because more important than whether or not you get to watch football game is whether or not you honor the glory of Jesus Christ in your home and in your life. That's the ball game. And it's a lifelong struggle.

I'm 66 and still enjoy my wife. She doesn't enjoy me, but I enjoy her and that's really all that matters.

Question & Answer Session

Q. Mike, are there things that speed up erasing your memory of images and thoughts?

A. Yeah, I think the more time you spend in the word of God and prayer, the faster the process. God's faithful. He said He would sanctify us. We just have to provide the material. And as I've said before, I think that material is the word of God. That's the only thing we know for sure is true. Other people may have great ideas, and some of them may be true, but I think scripture is the building block for new pathways in our brain.

Q. Chris what about some practical, day-to-day things that you can do besides scripture, some easy, you talked about not being alone, maybe not taking your phone into the bathroom, what are some practical day-to-day things that we can do to combat this?

A. Yeah, there are some practical things. One of them in Every Man's Battle is you do your best when you look at a woman to look her from her neck up. That's hard to do because you're going to deal with women. We have women that come to church man, I'm pulling out the other day, I'm in my big, ¾ ton diesel, little girl in this little prius, or whatever those things are, not real cars, but she's real low, and I glance over to see if I know who it is, and her dress is all the way up to here. So you're going to run into those moments. You have to immediately think; I've got to point my head to the face. Because it's easy to linger. I think you've got to do that. I think you've got to think neck and above. You've got to stay away from anything that would hinder that. I think you've got to get up in the morning and say, "God let me see women today in exactly the way you want me to see them." I would pray that prayer every morning. I think it's a prayer He'll honor. But at the end of the day, recombining the pathways, looking neck above, there's not a lot you can do because the other problem we face today is everything is sold with naked women today. I mean everything. If they're not naked, they're really loose. Everything's sold that way. So you almost can't get away from it. You've got to think neck above. For me that is the best thing that I think I can do. Because it's just hard. We have Godly women that come in here, and this is the problem. Because women aren't turned on like we are so they don't know. Not because they're ungodly. They really don't know that showing cleavage is going to make us go "Hmmmmmm...." They don't know that.

(Mike) Most of you may be familiar with Martin Luther's quote about, "You can't stop the birds from flying over your head, but you can stop them from making a nest in your hair." That's what you're trying to do.

Q. One of the other things you brought up was drinking from your own cistern and my question is one of the other taboo topics we don't talk about is the physical intimacy in a relationship. What biblical material is available when you have those couples who are sitting there and they're dealing with intimacy issues because they're afraid they're not providing for the fountain. And is there any good material out there when you're sitting with that because you're sit there like, "I didn't satisfy my wife." So she's not satisfied with me and the next thing you're on a porn site. Same thing with your wife dealing with.... The Hallmark channel. I'm going to say the Hallmark Channel.....

A. Actually I think your point is more taken than you think. We need to stay away from the porn channel and they need to stay away from the Hallmark channel. Women have pornographic literature. But it's Harlequin Romance books and in those books, now what did we talk about last Sunday morning? That the very place of their richest connection is a huge irritant to us as men. But in those Harlequin Romance books, it's we were on the deck, he danced with me in the moonlight, his eyes met my eyes, he poured his heart into my soul, he shared with me his deepest feelings. And boom! They're in bed. I don't do that. I don't dance. I don't look at her eyes in the moonlight. And I'm telling you, when you have kids that crap's over anyway. My kids are 4 and 2 one night, it's a Friday night. I'm in Midland. I'm thinking, "OK. Let's do a little amorous tonight." So I'm putting the moves on my wife. She looks at me and says, "You know, you're just one more thing at the end of the day." So I'm telling you, marriage doesn't fix this thing. I think one of the best things to do, it's the hardest thing to do and Mike can give you some literature, but I think the best thing to do is sit down with your spouse, get alone, and say, "Alright, let's talk this out." What one woman likes is not what your wife may like. What you like, is not what another guy likes. You've got to discuss that. You've got to talk about that. You've got to be honest about that, even if it hurts the feelings. You've got to discuss, and here's the problem, men in our early years are orgasmically quicker than our wives. So you've got to think as a man, when you go into that sexual relationship, it's not about me being satisfied, I've got to get her satisfied before I satisfy myself. There are some things you can buy that assist you with that. But I think you've got to sit down with your wife and just talk about, "Baby what am I doing you don't like? What am I doing you do like? Let's talk this thing through."

Mike: You know if you talk during sex, that's the best time. She can teach you.

Chris: Really?

Mike: If you're teachable.

Chris: I'm 66. I'm real teachable.

Mike: Yeah, me too.

If you can talk during sex, you know I had those experiences before I was saved. Had sex, but I didn't know how to make love to a woman. I did not know how to do that and my wife taught me because we would talk during sex. And it's as simple as saying, do more of this, do less of that, I don't like this, I like that. That's how you learn how to make love to your wife. Women are all difference, but they're all the same too. It's about communication. It's about talking openly and honestly and not feeling like talking about sex with your wife is dirty somehow. It's a gift from God and you work on it. I can tell you now. I've been married coming up on 38 years, sex is better now than it's ever been.

I'll tell you this. It's the true adage, it's not in the Bible but it's true. When it comes to sex, men need a place, women need a reason. There's really some legitimacy to that. Men generally don't have bad sex. Women do. I've had guys come off the honeymoon and go, "It was great!!" And the wife will go.....

Q. We're all here because we're trying to do the right thing. I'm interested to know what women think knowing that we're here. My wife was very surprised that a class like this even existed. And for all of us to be here, it's going to have a positive effect on the women that are around us.

A. I know my wife's asked me about 20 times, "What are you talking about tonight?" I said, "You're not a man. You don't get to know." I think our wives do feel devalued, so the fact that we're taking any interest in trying to fix a huge issue, I think would mean something to them.

Comment: I think that's what I got tonight was that anytime we look at another woman or see something that we shouldn't see, it does de-value your wife when they see us at a store, we can't help but look sometimes because it's right there, but it does devalue that relationship where your wife wants to be the only person you see.

Q. My question is about something you said a little while ago about the sports magazine and the gun magazine coming out with girly picture on the front. We live in a culture that we really don't actually have to look for it, it comes to us. I mean there's mild porn in the Walgreen's store, Walmart, grocery store, at the mall, Victoria's Secret. So my question is between the spiritual warfare between the peace that God gives us and the guilt that Satan wants to pile up on us, can you say something to that because we're like between a rock and a hard place.

A. (*Chris*) No, and I think the answer's real simple. The fact that we live in a culture that's really sexually saturated. I do think that's why the passage, Galatians 5:16, if I walk in the Spirit I can't fulfil the lust of the flesh. If the Holy Spirit's empowering me, that won't take over. We live in an environment that's far less than the Roman Empire. There was, Pompeii for example, was captured by the volcano. Pompeii was not even an immoral city. Corinth was vile. Pompeii was an average city. Now in Pompeii what they discovered is like the exit doors, instead of an arrow was a man's penis pointing whichever way you were to go. I mean that was an average Roman city. So that culture was surrounded way even worse than we are. And I think that's why Paul wrote and said, "You'd better be filled with the Spirit because otherwise the culture is going to engulf you." I think the only thing that helps us, I have to re-wire my mind. I've got one woman I'm allowed to look at and that's my wife. Every other woman is forbidden. I have to lock that down. I have to be filled with the Spirit. I have to get up and go, "I don't have to yield to this and I can say 'Yes' to Jesus." I think I have to do those things. I think it's a spiritual battle every day for us. And the problem you gentlemen have, all kidding aside, I'm not being funny here. A few years ago, probably 25 years ago, now I grew up outside of New Orleans. So my assumption was I was not a naïve person. And so the provost at the New Orleans seminary called me one day and said, "Tell your deacons what you're doing, but type sex in google." I was stunned at what came up. The delineation of porn. You can watch a guy with a 14-year-old girl. You can watch different cultures. You can watch different skin colors. And it's free. So you have a far more difficult time than I had. We had a guy's dad's Playboy we found in the house. That's really pretty much all we had. You guys in a far more difficult day. I think in my day I could have grown up without the Spirit and I wasn't

driven by pornography because I grew up without the Spirit. But I think in this day if we don't live in the Spirit, I think the culture's going to take you down.

Q. This is from a woman's perspective that are actually doing the porn. What's the motivation that drives them. Because if we would wipe that out completely, what's their motivation for wanting men to look at them nude and the sexual act?

A. *(Mike)* Money. They make a lot of money. There are a lot of single moms that turn to that to support themselves and their children because they can make a lot of money. Whether it's just a pole dancer or being in a video they can make a lot of money. There's also something that most people don't think about because we don't really think about the woman as a person. We don't see the person. We just see body parts. So we see an activity. We don't see the person at all. And we don't stop and think about what kind of background do you have to have to do pornography. And typically there's been a lot of abuse. There's been rapes. There's been many cases of incest. Just sexual abuse after sexual abuse. These are damaged women. I've talked to some. I've had some as clients and they're human beings. If they get saved, and one of them did, she's just like every other woman in the church. She has struggles. She has pains. But we don't see them. But anyway, I'm off on a tangent. It's money.

Q. Is there a relationship between low self-esteem and pornography?

A. *(Mike)* For some. I think also some women just think they're so hot they just want to get up and show everybody. If we're going to put dollar bills or whatever into their thong.

Q. From what Jeff was talking about and you mentioned Sunday along the lines of love and respect and the 5 Love Languages and you talked tonight about speaking, as far as tools of connecting, can you hit on those, because we look at intimacy as a physical act vs what they see in our retraining of how do we connect with our spouse, approach our spouse.

A. Yeah, there's no question. I think that's a great question. I think sex does start in how you treat them in the morning. I mean they're romanced in the soul. You're romanced in the body. So how you make their soul respond to yours, the Bible says the soul of Jonathan was knit together with the soul of David. So the soul is where we connect emotionally. It's interesting to me if you're married and making love to your wife, you'll notice two things. She comes into bed, you're ready to go. She wants to talk. You're like, "Talk? What is wrong with you?" When you're done, she wants to talk because those are connecting times. So if I don't do that before and after then I think I damage pretty clearly the sexual deal. And so I think you have to, and I think the other thing is, you've got to be intentional with your wife. When I do premarital, my brother-in-law interviewed Billy Graham back before the days of the internet. So Graham's been in Indonesia for eight weeks. My brother-in-law is interviewing him because he won the Templeton Award and he said, "What are your priorities in life?" Well what's Billy Graham going to say? "God, family, ministry." That's going to be his order. So my brother-in-law said, "Well how do you say that? You've been in Indonesia for eight weeks. You haven't talked to your family. So how do you say your family's a priority?" So Graham had an interesting response. He said, "You're right. When I'm home Ruth and I take an hour a night. We

sit on the couch. We face each other. We hold hands and we talk. We don't play with the kids. We don't watch TV. We don't answer correspondence. We don't listen to the radio." And in your day it's; we don't Facebook, we don't Snapchat, we don't Instagram, we don't e-mail, we don't text. And you focus on your wife. And you've got a much easier day. You can DVR a football game. I mean I remember we're on one of our anniversaries and the Cowboys are playing St. Louis. My wife comes in and says, "You want to talk." And I say, "Are you kidding me?" That didn't go over well.

Take your wife, you take her 30 minutes a night. And you have children, you don't talk about the children, you take 30 minutes a night, take that evil, demonic tool, the phone and put it up. And you sit down and you talk to her for 30 minutes. Number two: you take one night a week and you take her out of the house on a date. You get her out of the house. You make it sacred. You get out of there, you take her somewhere. And then, number three, you take her off three or four times a year out of town. Just you and her. And that's got to be intentional from you to her. You do those three things, you're connecting once a week, every night, and three or four times a year you get her out of town. What you're saying to her, "You're so valuable to me, I want you just for me." You don't take the kids and you don't go see friends and you don't go see family. You do somewhere just the two of you. You do those three things, I think you'll romance her in her soul in a way you'll be shocked at.

Q. I probably should say anything. I think in the perspective of where our wives and us come from, I think today's, and I'm sure you'll probably agree with this, families today have failed their children. Preparing them for binding together as husband and wife. Especially those who have no idea what a Christian marriage is supposed to be. Fortunately, I grew up in a family that was Christian. My dad taught me well. He taught me how to hunt. He taught me how to fish. He taught me that sex was like pizza. If it's bad, it's still pretty good. So I say that to say what is the deal with the church today? Why are we afraid to address this with our young people coming up into college, college into being married? Why are we afraid to address this sex as an idea or you know sex as you come into a marriage, as you come into a relationship it seems like we're always afraid to do that. You find young couples get married in the church, they're struggling just as I did when I got married in the church. We come from different situations. He thought it was taboo to have sex even though they were married and had a ring on her finger.

A. I'm pretty sure what you're saying, but in this church that's not correct. Our children's stuff talks about it. Our youth stuff talks about it. And then we're becoming very intentional in the college and we're going to have one class on dating, marriage, and family in the coming thing. That may be in other churches, but that's not here. I can't answer for any other church except us. I do know there are people that have left the church because something will be said in a sermon about some sex and they want their kids to be absolutely protected. And I think those people will awaken kids to a dangerous environment.

(Mike) I wanted to go back to something before about our wives. I say this to husbands a lot and they think I'm kidding. But I'm not kidding at all. What I tell husbands is, "For your wife, foreplay begins, for your wife, as soon as orgasm is over. It's everything that

happens in between. It all counts.” We think that we can take her out, buy dinner, maybe go see a movie, sit and talk for 15 minutes, and then she’s all ready to go when you get home. And it doesn’t work that way with them. It doesn’t. You can’t buy them that cheaply. Talking to them and listening to them even if you’re just nodding your head and grunting, which is what I do a lot, you’re investing in your wife, in yourself, and in lovemaking. So keep that in mind. It’s not just what you’ve done that day or that evening. It’s the whole period in between.

Q. I was talking to my wife and oftentimes we try to take the principle of being protective.... But a lot of times she ended up being hurt by me saying I didn’t want to go to that, I didn’t want to go to that ballgame because I wanted to protect us and myself. But she ends up being a little hurt that I don’t want to go do those things even though she knows why. What advice would you give to somebody in that situation? This is something I want to protect; I want to put these things in place to make sure that our marriage does stay strong. Not because you’ve got the problem, I want to make sure I’m not the problem.

A. I think you have to be careful owning up with your wife what you struggle with. They are never going to understand what we struggle with. They’re never going to get it. And if you start doing something like that, then what she begins to think is, “Oh my gosh, everywhere he looks. It’s a struggle.” And you actually damage it. I wouldn’t say anything. I would just say, “We’re not going.” Or I’d go with the Holy Spirit’s filter in my heart. But it’s one of the things you have to be careful of. For example, you never want your wife to be your accountability partner. I mean they don’t understand what we struggle with tonight. They have no idea. So I think you can, you don’t want them to know how much you struggle. I think that’s where you need to keep it clear.

Q. So there’s that point you were talking about. They won’t know what we’re struggling with. They can’t really see that. Well the wife has different struggles and how do we address that. I mean that’s one of the things, I’m sitting here and she’s spending all this time on the Hallmark Channel, and I’m joking about this. It’s from the standpoint of looking at it going, “I’m wondering if I’m not providing for her.”

A. I think you need to tell her to turn it off. No, I’m not being funny. Because if you watch a Tom Hanks/Meg Ryan movie, they always get together in the end and everything is great. That’s not reality and those shows make it look like all relationships turn out well. And if you marry, it’s a struggle. And so I would tell her, “You need to stay off that like I stay off other stuff.”

(Mike) You can think of pornography as a lie we’re buying into. But for women, those romantic comedies are almost like porn for them because it tells them a lie about relationships and what they’re supposed to look like. And they need to stay away from it. When I was in seminary I took this class and we were reading Christian fiction and we read this one book, I think it was called Loves Perfect Image, and it was all about these Christians at a gym working out. But they never talked about sex. They talked about eating all the time. That was their metaphor and how wonderful it tasted and they couldn’t wait. It was disgusting. I had so many problems with that book, I got into therapy over it because

everybody thought it was great literature. I thought, “You’ve lost your mind. This is perverted. This is dirty. It’s a lie.” And women need to stay away from that stuff too.

(Chris) I think I would. I think I would sit down with my wife and say, “Here’s some channels that are your porn. Here’s my porn. Here’s your porn. You need to get out of it.” Because she’ll idealize you.

Q. I have a 3 ½ year old boy. I don’t even know what to ask because I’ve never had, I don’t know what age do you talk to them. How do it without freaking them out about sex where it’s psychologically they’re scared of it. Is there an age.

A. I don’t think there’s an answer to that. I think you’ve got to feel your way with your own child. I remember when I did it with my son one night. I’m terrified. I don’t remember how old Stephen was. I’m reading him this book. I’m embarrassed. Because that’s embarrassing. I finish the book and I go, “So son, you’ve got any questions?” He goes, “You know where the basketball is, Dad?” I go, “Yeah, let’s go get it.” So I don’t know whether I had an impact on his life, but there you go.

(Mike) The rule of thumb is the best time to talk to them is, especially before puberty hits. Because then they’re going to be ashamed to talk about it. The time to talk to them is maybe around the age of 10 or 11. They can begin to comprehend those things. They know friends that are perhaps changing, they’re a little different, and they may be noticing curves on women. That’s the time to talk to them about it. When they’re little just answer the question as simply as you can if they ask about it.

Q. I read recently or heard recently that females are intentionally getting into online pornography. I don’t have a daughter, but my son is going to find girls.

A. (Mike) Yeah, it’s an issue because research shows that 28% of paid for online pornography is by women. That’s remarkably high to me. But you follow the money. And that seems to bear out. So if you have daughters, mom needs to talk to them. Dads don’t you talk to your daughters about sex ever. Let mom talk about it. And the same way with sons. Your wife should not be teaching your son about sex. That’s just weird.

Q. I agree with you that your wife shouldn’t be your accountability partner, but there was one night when my wife asked me, she knows the struggle for us men and she asked me, “What can I do to help you?” And I didn’t know what to tell her. Is there a successful way to include your wife in your struggle?

A. Now Mike may have a different idea. I think the worst thing you can do is include your wife in the struggle. I would have answered my wife and said, “Baby, I’ve got this.” Every other woman, this is what I’d say to my wife, “I want you to know that since we put the rings on, every other woman is forbidden to me. You’re the only one I’ve got.” And I would stress that. You do not want your wife dealing with this because she will then begin to worry every time a show comes on, a woman comes out scantily clad. She’s going to

be going, “I wonder if he’s looking? I wonder what he’s thinking?” You just want her out of that agenda. You just don’t.

(Mike) And I think you would agree, what you want to tell your wife is like Chris said, “I’ve got this. I’ve got two or three men that are holding me accountable. They’re talking to me. We’re talking with one another. We’re working through it. We’re on top of it.” And it helps if these are men that she knows and respects.

Q. (Ed Wren) He’s talking about his wife watching these Hallmark movies. My wife watches a lot of these true life murder mysteries. Should I be concerned about that?

A. Your wife watching true life murder mysteries? Oh yeah, I don’t think there’s any question you should be worried!! I don’t know how you’ve made it this far. And he can’t run very fast now. All I know is I saw her walking behind the house the other day with a pistol. That’s all I know.

Q. I was double-checking exactly what should go on the index cards?

A. I want these scriptures. I want you to put on there: Genesis 3, not the scripture, just the reference. Romans 6. Romans 8:13. Galatians 5:16. Proverbs 5:15 – 20. Colossians 1:27 – 29.

Q. Is it true scripturally that you will always sin?

A. Yes, I think it’s true scripturally that you will always sin, but you don’t have to sin. But you will always sin because there’s going to be days he’s going to talk you into doing what you don’t want to do.

Q. How do we move forward.

A. I think you move forward knowing you’re always going to sin with two statements. The Bible says He always leads us to victory in Christ Jesus. So I think we live on that. Then what I’m doing this year, I may not do in five years. I think I’m going to get better. The other thing is I don’t have to. I understand that. I live in forgiveness. That even before I do the sin, I’m forgiven. I think I understand and lock that away. And I think particularly with porn, we beat ourselves up worse than maybe anything else we do. So I think you accept forgiveness. His blood covers everything. And I think we have to lock that away. I forgiveness is the key to forward. I think there are two keys to forward. He will make you struggle with forgiveness because he wants to make you focused on that which is doing what? You’re looking backwards. I’m already forgiven so what I want to do is go forward and say, “I want to repent, God. I don’t want this to happen again.” What should happen, you’re doing porn two or three times a week, if you begin to work, it should lessen and lessen and lessen. That’s the key.

(Mike) You may disagree with me on this, I wrote a couple books. New believer, wasn’t even married at this point. One was called Freedom From Guilt. The other was No

Condemnation. Came away from those two books believing that God does not want us, as His children, to feel guilty. He wants us to repent. There's a famous psychologist who said one time, "People who feel guilty have no intention of changing." You know why? Because guilt is a form of self-punishment. And we all have these scales of justice within us. And you know if you're doing pornography and nobody else knows, and you feel guilty, right. So you punish yourself. You're upset with yourself. You're angry with yourself. And all of a sudden the scales get balanced again and you'll have to change. God doesn't want us to feel guilty. He wants us to repent and change.

(Chris) I would totally agree with that. And it's interesting there are a couple metaphors in the Bible. It says puts our sin behind His back. It says He throws it as far as East is to West. And it says He puts it in the depths of the sea. Now here's the questions, right. Can he reach behind His back? Absolutely. Can He go East to West? Absolutely. Can He go to the depths of the sea? Absolutely. What are the three metaphors for? It's for me. That I can't reach behind His back and get it. I can't go to the depths of the sea and get it. I can't reach East to West and get it. It's three metaphors to say, "Quit picking it up. It's gone from where you should pick it up and move forward."

Q. Could not hear question.

A. You've got to talk to your wife. Exactly what Mike said. She's not doing the sex counseling for your son. You need to go home tonight and tell her. "That's not your role. I've got the boy. He's embarrassed talking to you. He's going to be embarrassed. That doesn't mean you failed as a mother. It's not your role as a mother."

(Mike) I think your wife needs to know but your son doesn't need to know that your wife knows. I think your wife needs to know so that she doesn't accidentally bring something up that's going to embarrass him. Just knowing that he's struggling is enough and you're taking care of it. You're handling it. That's what she needs to know.

(Chris) But I would limit the knowledge to the fact that he's struggling.

Q. So obviously in a marriage relationship, physical beauty is important, but how do you not let that..... *I could not hear rest of question.*

A. Physical beauty is real important. You don't want to marry a woman that you look at and go "Mmmm, no." I think part of the balance in it not driving you is you don't have sex before marriage. You date until your friendship drives the relationship, not sex. If you have sex before marriage, you're driven by that. You don't have any idea whether you'll ever like her or not.

Q. So I have some teen sons, we bought some different filtering systems for the iPhone. How do you protect your kids? Is it practical at some point just to say we're not going to do any of it whether it comes in on TV or Facebook?

A. *(Mike)* I think our responsibility to our kids is to teach them how to handle it and how to avoid it. Because you can shut it off in your home, but they're going to see it at school. They're going to see it at Starbucks. They're going to go someplace and it's going to be there. So you teach them about it. You tell them the truth about it and you talk to them about the risk and the danger and the damage that can be done.

(Chris) It's like training your kids to date. You've got to train them how to treat a woman when dating. I think you train them on that too.