

God's Gift of Sex and the Problem of Porn

God desires our sexual wholeness and that we embrace our sexuality. Within this, God gives us the gift of sex to enjoy with a lifelong sexual partner in marriage, as illustrated in the erotic love poems of “Song of Songs.” Note the warning in “Song of Songs” to not arouse the passion of erotic love until it is ready (2:7, 3:5, 5:8, 8:4), for once activated, it’s a powerful force in our life.

This can bring about intimate union. It can also lead to ruin when it captivates us and violates others. Such is the power of lust as disordered sexual desire. Many scriptures warn about this, like Proverbs 5:1–23 (paraphrased below), Sirach 6:2–4, 9:1–9; Matthew 5:27–30, 6:22–23; 1 Thessalonians 4:1–7; and James 1:13–16.

Pornography provides an easy but harmful path for lust. Porn objectifies and harms women and men rather than respecting who they are as God’s beloved daughters and sons. What Paul describes as slavery to sin can be understood in terms of addiction. Porn is now considered a new drug, with internet porn being the crack cocaine of sexual addiction. Even though pornography degrades sexuality, violates our integrity, and harms

women, children, and men, it is widely used and has a powerful hold on most men.

By age 16, 90% of males have viewed pornography online. Below are percentages of males who view porn at least once a month in the United States:

- > Males (not practicing Christians) ages 13–24: 72%
- > Males (practicing Christians) ages 13–24: 41%
- > Males (not practicing Christians) ages 25+: 55%
- > Males (practicing Christians) ages 25+: 23%²³²

Proverbs 5 (paraphrased)

*Keep far from the temptations of porn.
Do not go near its seductive cover.
Do not enter its internet site
or you will dishonor others and yourself.*

*If you think your browsing is free,
know that it will charge you greatly,
costing your integrity and intimacy,
compromising your trust and reputation.*

*After fleeting satisfaction,
you will wallow in guilt and shame.
In self-contempt you will say,
“How I hated self-control and faithfulness.
Now I am at the point of ruin from lust,*

failing to preserve sexual wholeness.”

*Instead, let passion flow in unions alone.
May covenant partners satisfy each other;
may they be intoxicated forever with their
love.*

For sexual wholeness and recovery:

- > Know that God is love, has grace, and offers freedom.
- > Admit your struggle to God and someone else.
- > Learn about the problem and impact of porn.
- > Install a filter to block internet pornography.
- > Seek professional assistance as needed.
- > Have a spiritual friend(s) for mutual support.

Helpful resources

Download from MennoniteMen.org:

- > *Seeking Sexual Integrity: Stories of Men and Pornography* (Mennonite Men, 2018)
- > *Pornography—Lies, Truth, and Hope* (Mennonite Central Committee, 2013)

Visit

- > fightthenewdrug.org
- > covenanteyes.com
- > drpatrickcarnes.com
- > xxxchurch.com
- > faithfulandtrue.com