

# MOMENTUM BUILDERS

DIGGING INTO THE HEART OF THE MESSAGE.

## "THE 3 MYTHS OF PORNOGRAPHY"

**SEAN MCDOWELL**

*Understanding God's design for sexuality is important. Learning how to fight the lie of pornography's grip and the shame which tied into the battle is key. Sean shares with compassion and great wisdom on how to wrestle and win against sexual addiction.*

**WATCH:** Sean McDowell —Momentum 2013. 52 Minutes. <http://onmissioninsights.com/thelieofporn>

**What is pornography? The original definition—writings about prostitutes.** 2013 Stats: 42.7% of internet users have used porn. 28,000 users every second. This is not just an issue for men; 30% of all porn consumption is by women.

### THE THREE MYTHS OF PORNOGRAPHY:

#### 1. It doesn't affect me. It's not a big deal.

Pornography teaches us to view each other as objects, rather than as human beings—we become divorced from emotion & relationship."

How does it affect us? We all have scripts. These tell us how to behave in certain settings. The problem is that pornography is what is currently writing our scripts. Pornography mocks marriage. Some of its lies include:

- \*Sex is best, most exciting when it is outside of marriage
- \*Women like all sexual acts that a guy demands

- \*All women want sex from men
- \*Every women who doesn't want sex can be persuaded by force

#### 2. I'll quit later

The brain's neurons form 100 trillion connections. Our choices and experiences physically mold the structures of our brains. Even the first time a person views pornography, it physically changes the brain. Some of these neurochemicals include:

- \*Oxytocin – The bonding chemical
- \*Vasopressin – the monogamy molecule

- \*Dopamine – the reward chemical

#### 3. I'm not hurting anybody

- The top two reasons for divorce are finances and pornography.
- Every sin hurts somebody. It hurts us. God. And all of our relationships.
- There is a direct link to pornography and the child sex industry.

### THREE TRUTHS

**Truth.** God can heal you: God is bigger than your use, addiction, form of addiction, and depth of addiction.

**Truth.** You can't do it alone: Just "trying harder" will lead you to failure. We need the body of Christ. It is the love, encouragement, and community of faith that God uses to bring us healing.

**Truth.** Healing is not found through human effort: God has love, forgiveness, and strength inside of Himself to give to you.

*Restoring relationships is at the heart of healing addiction to pornography*