

FREEDOM FROM PORNOGRAPHY

Pornography affects us in deep and intimate ways, and it requires the transforming grace of God to overcome these effects. Still, if we are serious about ridding ourselves of this addiction so we can live in the fullness God desires, we need to be wise. Here are a few resources to help understand how to approach freedom from pornography and to help keep you accountable.

THE PROBLEM ISN'T PORN

This article talks about how approaching pornography just from a moral perspective leads to either shame (failure) or pride (success). Pornography must be tackled at the level of redeemed personhood and identity.

<http://faithoncampus.com/the-problem-isnt-porn-finding-a-frame-beyond-shame/>

SLAVE MASTER: HOW PORNOGRAPHY DRUGS AND CHANGES YOUR BRAIN

An addiction to internet-pornography is equivalent to becoming dependent on a drug. Your brain actually makes biochemical changes to adapt to porn use. Again, a moralistic approach simply is not enough to overcome this sinful addiction.

<http://www.salvomag.com/new/articles/salvo13/13hilton.php>

HOW TO DEAL WITH THE GUILT OF SEXUAL FAILURE

Piper discusses how masturbation is wrong but should not stop people from giving their lives to the Missio Dei. Missionaries still sin but are not meant to continue in sin.

<http://www.desiringgod.org/blog/posts/missions-and-masturbation>

SOFTWARE FOR PORNOGRAPHY ADDICTIONS

- Covenant Eyes
covenanteyes.com
- XXX Church
xxxchurch.com
- Net Addiction
netaddiction.com
- Setting Captives Free
settingcaptivesfree.com
- Accountable 2 You (costs \$4 a month, but it's got a great browser for your phone)
accountable2you.com