

“A DIY Guide to Better Sexual Health: Taming Your Tiger”

www.newperceptions.tv

» THE TIGER

- 64% of young people, ages 13–24, actively seek out pornography weekly or more often.
- A study of 14- to 19-year-olds found that females who consumed pornographic videos were at a significantly greater likelihood of being victims of sexual harassment or sexual assault.
- A Swedish study of 18-year-old males found that frequent consumers of pornography were significantly more likely to have sold and bought sex than other boys of the same age.
- A 2015 meta-analysis of 22 studies from seven countries found that internationally the consumption of pornography was significantly associated with increases in verbal and physical aggression, among males and females alike.
- Porn sites receive more regular traffic than Netflix, Amazon, & Twitter combined each month.
- 35% of all internet downloads are porn-related.
- The “teen” porn category has topped porn site searches for the last six years.
- At least 30% of all data transferred across the internet is porn-related.
- Recorded child sexual exploitation (known as “child porn”) is one of the fastest-growing online businesses.
- 624,000+ child porn traders have been discovered online in the U.S.
- Porn is a global, estimated \$97 billion industry, with about \$12 billion of that coming from the U.S.
- In 2018 alone, more than 5,517,000,000 hours of porn were consumed on the world’s largest porn site.
- The world’s largest free porn site also received over 33,500,000,000 site visits during 2018 alone.
 - National Center on Sexual Exploitation (www.endsexualexploitation.org/wp-content/uploads/NCOSE_Pornography-PublicHealth_ResearchSummary_8-2_17_FINAL-with-logo.pdf)
- Denny Burk: “A growing number of young men are convinced that their sexual responses have been sabotaged because their brains were virtually marinated in porn when they were adolescents. Their generation has consumed explicit content in quantities and varieties never before possible, on devices designed to deliver content swiftly and privately, all at an age when their brains were more plastic—more prone to permanent change—than in later life.” (in *Meet Generation Z* 61)

» THE TAMING

- Luke 5:17-20
- *Desire of Ages*: “Oh, wondrous love of Christ, stooping to heal the guilty and the afflicted! Divinity sorrowing over and soothing the ills of suffering humanity! Oh, marvelous power thus displayed to the children of men! Who can doubt the message of salvation? Who can slight the mercies of a compassionate Redeemer?” (269)

Five Steps (Maybe Six) to Overcoming Pornographic Addiction*

» Admit your _____.

- To yourself for honesty—Romans 7:14-15
- To God for help—2 Chronicles 20:12

» Confess your _____.

- To Jesus for cleansing—1 John 1:7
- To someone else for accountability—James 5:16**

» Surrender your _____ and _____.

- To the Holy Spirit—1 Corinthians 6:18-20
- To the Lord—Joshua 24:15

» Worship your _____.

- Daily through prayer—Daniel 6:10/Psalm 55:17
- Daily through His Word—Joshua 1:7-8/Psalm 119:9-11

» Consecrate your _____.

- Take up your cross—Mark 8:34-35
- Obey His commands—Luke 19:13

» Turn in your _____.

- Jesus' radical counsel—Matthew 5:29-30
- The Father's radical warning—Revelation 21:6-8

*For further study/reflection:

1. www.wikihow.com/Overcome-a-Pornography-Addiction-As-a-Christian

2. www.christianitytoday.com/ct/2019/august-web-only/sexuality-sexual-temptation-repression-sure-fire-failure.html

** ADVENTIST RECOVERY MINISTRIES: The Journey to Wholeness (269.281.1520/harelene.e.smith@gmail.com)/GROW Groups: "Sexual Purity for Men" & "Conquer"

"Friend, your sins are forgiven"

(problem, sin, will, body, Savior, life, device)