





***Pornography
is a
problem.***

***One-third of all
internet porn
users are
women.***

***One in
every five
mobile searches
is for
pornography.***

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***64 percent of Christian
men & 15 percent
of Christian women
admit to watching
porn monthly.***

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***35% of internet
downloads are
pornographic.***

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What does science say?

According to studies over the past couple of decades, pornography has been proven to have a negative effect not just from a christian stand point, but a neurological one. Studies have proven that porn has a negative effect on the brain. Studies would conclude that it has the potential to blur the line between reality and fantasy, perhaps damaging relationships and encouraging harmful behavior: It is not only shrinking the brain cells of the user, but also twisting their idea of sex all together. The negative effects of porn use are directly connected to domestic violence, genital problems and even divorce rates. Pornography, even scientifically, is dangerous.



why science says you shouldn't watch porn



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What does the bible say?

God created sex, but it has been perverted by mans agenda. 'Pornography' specifically is not mentioned in the bible, but "pornea", the greek root, is. It is used in scripture as a 'catch-all' word for filth and perversion. The greek term "graphe" is commonly used in the bible as well, being the greek root for "scripture". When you combine the two, you get what we now call "Pornography" which in essence means 'perverted scripture'. In the bible, that is where a majority of sin comes from. Taking what God created holy, twisting it and perverting it.



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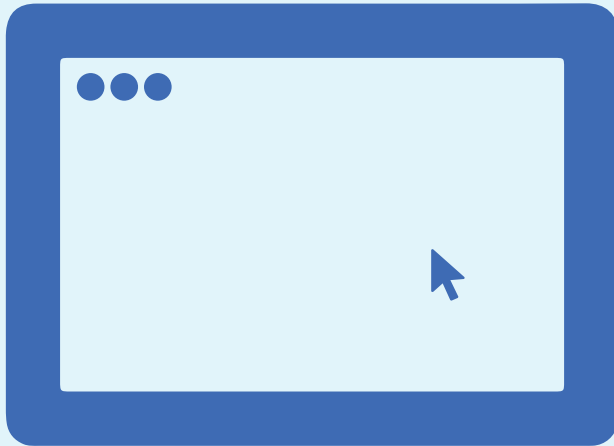
***“Blessed are
the pure in
heart for they
shall see God...”***

Matthew 5:8

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***“So if the Son sets
you free, you will
be free indeed.”***

John 8:36



PORN FREE

The battle plan



Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the LORD out of a pure heart..

2 Timothy 2:22

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*Fleeing gets you off
the wrong path.*

*Pursuing gets you
on the right
path.*

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How to flee

...
Get practical: Set boundaries on your devices to limit explicit content

Access your phone's settings ▾
Open general settings ▾
Enable restrictions ▾
Websites ▾
Limit adult content ▾

"<http://covenanteyes.com>"

A christian based software to help you be free from pornography. Download on any device and set up an account.

Get the help of a loved one. Have them make the passcode and give an email to help monitor your activity.

Freedom is much easier when you don't do it alone.



HOW TO PURSUE

...
Get spiritual: Fill your life with the things of God.

"When your soul is full, you turn down even the sweetest honey. But when your soul is starving, every bitter thing becomes sweet."

Proverbs 27:7

The Pursuit of purity

Flee from temptation and Pursue righteousness

14 day devotional

Take time daily to spend in Gods word and pray through the guided topics



Day 1

**“Freedom”
John 8:31-32**

Jesus offers us all freedom when we accept him into our lives. When we feel bound by our sin, Jesus replaces that with grace, love, and freedom.

**Day 2 “Truth”
John 14: 6**

Jesus is the truth, which means that what he says is also. We must build our lives around the truth who is Jesus.

**Day 3 “Strength”
Philipians 4:13**

Turning away from sin can be hard. Sin makes us feel weak, but God makes us feel strong. Turning to God in times of struggle gives us the strength to push through and reminds us that what we're struggling with isn't the source of our strength.

**Day 4 “Temptation”
James 4:7**

We are able to stand firm against temptation. When temptation tries to steal our attention, we can turn away and instead turn our attention towards the authority we've been giving through God.

Day 5 "Repentance/Accountability" James 5:16

When living alone with our sin, we feel restrained and shameful. Sharing with others what we're struggling with and surrendering that to God allows us to no longer live in secret. God can't heal what we hide.



Day 6 "Purity" 1 Corinthians 6: 19-20

You are pure in the eyes of God. He has made you perfectly whole through Him. He sacrificed everything in order to spend eternity with us. So in return, we must honor Him with our bodies and minds.

Day 7 "Love" Psalm 36:5-7

God's love is more valuable than any love the world offers. His love always covers and protects us, no matter what we're facing.

Day 8 "Confidence/ Self-worth" Romans 8: 37

God has made you precious and worthy, he has chosen you as his Son and Daughter. Any problem you face, reach out to him and he will give you the victory!

Day 9 "Shame/Guilt" Psalm 25: 2-4

God is not a father who shames and condemns, he loves you more than you could ever imagine. Run and put your hope in him and the shame/guilt you feel will disappear.



Day 10 "Acceptance" Romans 5:8

No matter your flaws, past mistakes, the brokenness you're feeling, God has already accepted you into his family. His unconditional love is there for you to accept.

Day 11 "Compromise" Matthew 5: 29:30

We must draw the line and take a stand against the things that tempt us, not just think about freedom. Take the steps towards a Godly standard of living.

Day 12 "Identity" Isaiah 43:1

God loves you deeply and created you with his love. He has called you to do greater things! He knows your heart and is wanting the very best for you in this life.

Day 13 "Trust/Faith" 1 Peter 5:7-9

Resist any temptation by speaking God's word over your life. His word places that trust you need that he will get you through and bring you out better.

Day 14 "Negative Thinking" Romans 12: 2

The enemy wants to take away the peace from your life by giving you negative thoughts. The only way to keep your thoughts right is by reading God's word and speaking it over your life.

“I COMPROMISED IN MY PURITY... WHAT NOW?”

We understand that purity is a pursuit; meaning that part of your journey may come with moments of failure. We don't just want to help you prevent falling into sexual temptation, we want to help you get back up if you do fail. God doesn't just have things to say for those on the mountaintop, but he also has something to say for those in the valley. The Bible is filled with hope for the one who finds themselves back on the floor, regretting a decision, or those filled with thoughts of shame & condemnation. Here are 7 things to do if you find yourself in that place:

1. KNOW YOUR ENEMY

Remember who the real enemy is. Satan loves to bring condemnation and shame AFTER a fall. The enemy ONLY LIES. He lied to you before you indulged in pornography and he loves to lie to you after. He is the father of lies (John 8:44). Do not forget that there is an enemy. Your enemy isn't God & and it isn't yourself. Your enemy is Satan and he loves to kick God's children on the floor when they are down. Don't let him.

2. FIGHT SELF-HATRED

Remember that after a mistake, you will be tempted to turn on yourself. It is no question that pornography is wrong and that it dishonors others and disregards God. It will be a natural temptation for a child of God to try to punish themselves for the wrong they have just done. To have a grieved conscience is good, but to turn on yourself through wallowing in hate-talk, self-harm, or other means is not what God wants. If you are tempted to wallow, don't let your (good) intuitive hatred of sin lead you to hate yourself. Be patient with yourself because God is patient. He is fighting for your life. He has not forgotten you. He has not left you. Keep fighting with him. Receive the grace of God!

3. FIGHT THE HAZE

Right after indulgence, a haze kicks in. Jesus knows. “Blessed are the pure in heart, for they shall see God” (Matthew 5:8).

Purity helps you see God in this world. Impurity has the ability to lead to self-isolation, avoidance of God, others, self, leaving you numbed, dazed, and desensitized. The feeling is common, browser history cleared, dragging through the rest of the day, lumbering from task to task, from person to person — meaningless, personless, passionless. This experience is integrated into the framework of pornography indulgence. The most practical thing to do is ride the wave. Keep praying (Ephesians 6:18). Keep reaching out to God. Stay awake. Keep breathing.

4. GUARD OTHERS

Pornography is a training session in the skill of using others for personal pleasure. Be aware that you are now inclined to use people in close relationship the same way you use those in pornography— with selfish motive and with a neglectful attitude.

Pornography puts relational blinders on us. It deeply hinders our ability to love others well. So, the best course of action is to walk as if we have physical blinders on: Step slowly, and assume that we are currently very vulnerable and prone to treat those around us as subhuman. After indulgence, it is vital to keep in mind that those not on the screen deserve the respect and dignity that we just failed to show those on the screen. It takes self-control to remember that pornography is a false love story. To fight we must actively think less of ourselves and more of others: to remember human dignity and the love of Christ for those around us.

5. CONFESS TO A FRIEND.

Confess sin to a friend, leader, or parent who will not excuse you, but equally as important, someone who will not crush you. The purpose of confession is “that you may be healed” and “pray for one another” (James 5:16).

Of course, the value of “the prayer of a righteous person” is that it “has great power as it is working” (James 5:16). Power to do what? To “cleanse us from all unrighteousness” (1 John 1:9). Confession to a friend (a same-gender friend) is not a barrier between the sinner and Christ, but a means of fixing brokenness. The wise sinner confesses to those who will not “crush the afflicted at the gate” (Proverbs 22:22) nor “call evil good and good evil” (Isaiah 5:20).

6. USE YOUR CLARITY FOR GOOD.

Although there’s a haze after failing, there is also clarity; a clarity that sin hurts your life instead of helping your life. Use that clarity for good: be practical and aggressive about putting up boundaries to prevent a cycle of failing. You may need to delete an app, get Covenant Eyes, and limit explicit content on your phone. Bring accountability to all apps, and internet browsers that you have access to. Tell a friend about the back-door access you have to pornography. If you do not plan at all, you are planning to fail again.

7. KNOW YOUR GOD

Remember this: God loves you so, so much. He is unsettled about sin (Genesis 6:6), and brokenhearted with us. The haze can block us from God. Even when we cannot see him, even when we fail to obey him, let us pray: “God, frustrate our plans to disobey” (Nehemiah 4:15), and “no purpose of yours can be thwarted” (Job 42:2).

More than anything: “God, help us to cast all our anxieties on you, because you care for us” (1 Peter 5:6–7). He does not abandon the sinner. He does not depart from the indulger. Wait in his love.

“Build yourselves up . . . in the Holy Spirit”, “keep yourselves in the love of God, waiting for the mercy of our Lord Jesus Christ that leads to eternal life” (Jude 1:20–21).

Know the difference between the God-mask Satan would wear to deceive you: disgusted, distant, unavailable, disinterested, and remember the face of your real God: loving, patient, working, unsurprised, unrelenting, unwavering in his grasp on you. He won’t let you go.

***Keep up with
“dedicatedyth”***

