RBYA Summer Camp 2023

Waging War Against Porn

1. You must want to overcome the porn addiction.
   1. James 3:9 “Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom.”
2. You must confess your sin.
   1. To God. 1 John 1:9 “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.”
   2. To others. James 5:16 “Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.”
3. You must know yourself and your proclivities toward temptation.
   1. Romans 13:13-14 “Let us walk properly as in the daytime, not in orgies and drunkenness, not in sexual immorality and sensuality, not in quarreling and jealousy. 14 But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”
   2. Know yourself and your times of temptation.
   3. Don’t put yourself in situations that trigger you and entice your flesh.
4. You must put off the deeds of the flesh.
   1. Colossians 3:5 “Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.”
   2. Matthew 5:29 “If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell.”
   3. At some point you must make the commitment that you will not give into sexual sin.
   4. Downgrade to a simple phone.
   5. Keep your smartphone away from your bedroom and private places.
   6. Download Covenant Eyes or accountability software.
   7. Retrain your eyes to look away from sensual sights. Do not give the devil a foothold.
   8. Get off of social media as much as possible.
   9. Don’t watch films with nudity. Watch movie reviews before you go. IMDB parents guide.
   10. Find friends who actively pursue sexual purity rather than those who indulge in sexual sin.
5. You are a new creation. You must put on the new man.
   1. Colossians 3:12 “Put on then, as God’s chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience,”
   2. Thanksgiving- According to Romans 1, one of the reasons people descend into sin is because they do not live a life of contentedness and thanksgiving.
   3. Humility- Pride stands at the root of many sins.
   4. Servant’s heart- Lust uses others rather than serves others. Become a servant who denies himself for the good of others.
   5. Accountability- Be transparent with others who can be trusted. We are called to bear one another’s burdens.
6. You must have a battle plan for unavoidable circumstances.
   1. Cry out to God in prayer- Psalm 34:4 “I sought the LORD, and he answered me and delivered me from all my fears.”
   2. Remove yourself from the situation- 2 Tim. 2:22 “So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.”
   3. Recite Scriptures -Psalm 119:11 “I have hid your word in my heart that I might not sin against you”
   4. Call a friend who can help -Proverbs 27:10 “Better is a neighbor who is near than a brother who is far away.”
7. You must have a plan for if/when you fail.
   1. Confess your sin to God and your accountability partner.
   2. Know that you are still God’s forgiven child -Romans 8:1 “There is therefore now no condemnation for those who are in Christ Jesus.”
   3. Shame that lingers beyond repentance is of the devil and not of God -2 Cor. 7:10 “For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.”
   4. God wants you to live a life of joy -Psalm 51:12 “Restore to me the joy of your salvation, and uphold me with a willing spirit.”
   5. God’s will for you is to leave your past behind you. Psalm 25:7 “Remember not the sins of my youth or my transgressions; according to your steadfast love remember me, for the sake of your goodness, O LORD!”
   6. God’s love redeems you and sees you as pure -Jeremiah 31:3-4 “…I have loved you with an everlasting love; therefore I have continued my faithfulness to you. 4 Again I will build you, and you shall be built, O virgin Israel! Again you shall adorn yourself with tambourines and shall go forth in the dance of the merrymakers.”
8. You must make a life-long plan.
   1. 1 John 3:1-3 “See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. 2 Beloved, we are God’s children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. 3 And everyone who thus hopes in him purifies himself as he is pure.”
9. You must count the cost and consider the alternative.
   1. John 10:10 “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

Helpful Resources:

* Rescue Plan: Charting a Course to Restore Prisoners of Pornography- Deepak Reju and Jonathan Holmes
* Rescue Skills: Essential Skills for Restoring the Sexually Broken- Deepak Reju and Jonathan Holmes
* Finally Free: Fighting for Purity with the Power of Grace- Health Lambert
* The Death of Porn: Men of Integrity Building a World of Nobility- Ray Ortlund
* Pornography: Fighting for Purity (31-Day Devotionals for Life)- Deepak Reju