



the **PATH** to **PURITY**

do not be conformed to your former lusts
BE HOLY!



**WHEN DID YOU
FIRST BEGIN TO USE
THE INTERNET?**

1980-1990

PERSONAL COMPUTERS

1986

1990-2000

THE INTERNET

1997

2000-2010

HIGH SPEED INTERNET

2004

THE INTERNET
WAS BORN

HISTORY OF THE INTERNET

40 Million Americans
Regularly View
Porn Sites.

Porn theaters
disappeared.

DVD and cable sales
declined dramatically.

WHY?

In two just decades,
the internet has become **THE PATH OF CHOICE**
for accessing pornography.

IS IT WRONG?

LUST

Matthew 5:27-30

MARRIAGE

Proverbs 5:15-20

PARTICIPATION

Ephesians 5:11-12

DISCIPLESHIP

Matthew 10:24-25



the **REASONS**
behind the **RULES**

1998

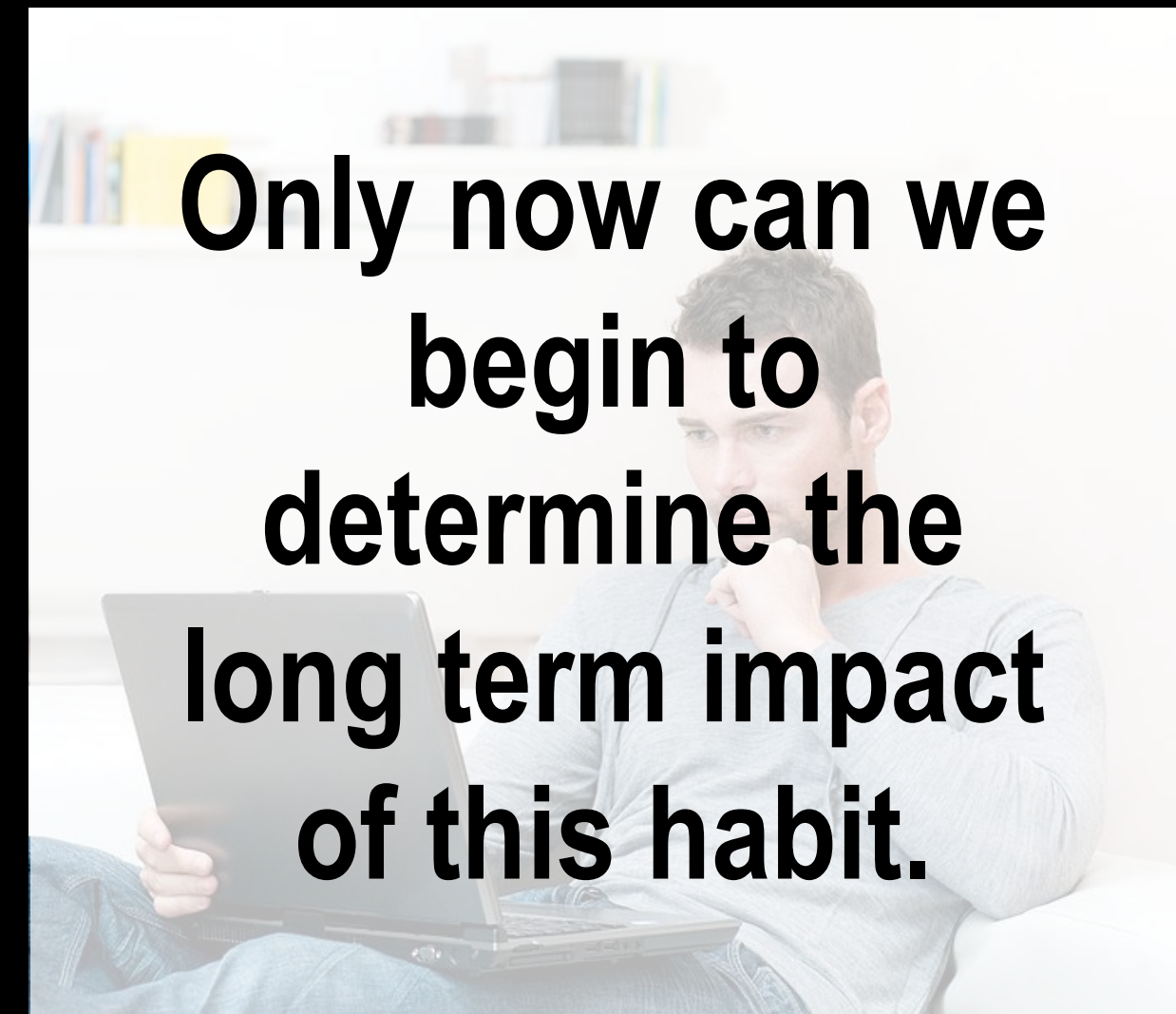
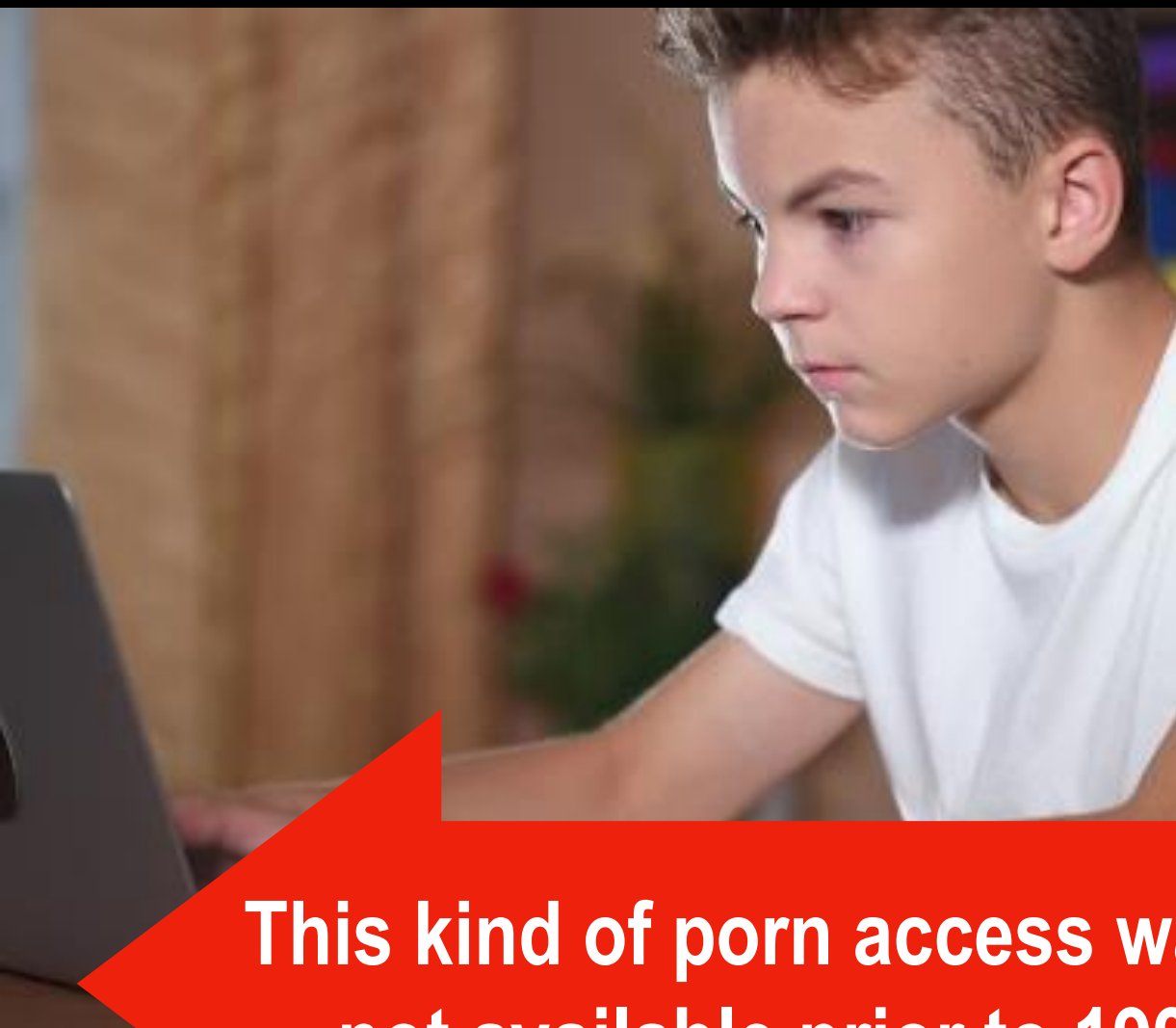
THE INTERNET

2008

HIGH SPEED INTERNET

2018

20 YEAR HABIT / FORMATIVE YEARS



This kind of porn access was not available prior to 1990.

Only now can we begin to determine the long term impact of this habit.

13
Years
Old

23
Years
Old

33
Years
Old

What are we learning about this guy?

- ▶ Sexual dysfunction on a world wide scale
- ▶ Dramatic drop in interest
- ▶ Porn no longer satisfies
- ▶ Inability to perform with a real woman
- ▶ Young men using medications
- ▶ Negative impact on life generally

2018



**33
Years
Old**

What are we learning about this guy?

As a child I was highly athletic, smart, and sociable. I was always happy and had a million friends.

That all changed around age 11 when I downloaded ... porn ... and progressed to every type of porn imaginable ...

The next 15 years of my life were completely miserable. I was incredibly anti-social. I didn't talk to anybody and sat alone at lunch. I hated everyone. I quit all the sports I played ... my grades ... plummeted ... As much as I hate to think about it now, I had even started thinking about planning my own ... exit ...” (Wilson, YBOP)

2018



**33
Years
Old**

WHETHER YOU'RE TAKING DRUGS
OR VIEWING PORNOGRAPHY, THE
ADDICTION PROCESS IS THE SAME:

CHEMICALS

You over-expose the brain with pleasure chemicals like **dopamine**, **serotonin**, **oxytocin**, and **epinephrine**.

FRONTAL LOBES:

The area of your brain responsible for **making decisions** and **logically thinking** through situations and scenarios is the part of your brain most affected by addiction.

REWIRING

Your brain rewires itself to **accommodate the extra chemicals**.

DEPENDENCY

You build up a **tolerance** and a **dependency** to the chemicals. You go from **"wanting"** the pleasure chemicals in order to feel good, to **"needing"** them.



2018



**33
Years
Old**

2019



**34
Years
Old**

**the
DAMAGE
can be
UNDONE**



the **REASONS**
behind the **RULES**




**Decision
Habits
Accountable
Committed
Prayer**

Spiritual Solutions

Break up the routine
Unplug from digital life
Upset the ritual
Address triggers



Lifestyle Solutions



**New desk chair
Move your office
Move your surfing
Leave the door open**

Environmental Solutions



Technology Solutions



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