

Pornography Prayer Guide

THE ISSUE

Pornography is a multi-billion dollar industry in the world today. It has expanded exponentially with the internet. Playboy magazine, “old school porn”, had 7 million views a year, while pornhub, the 2nd most popular porn site has 115 million views a day.¹ Pornography (porn) is sexually explicit media which is primarily intended to sexually arouse the audience. “Soft porn” may include something as simple as advertising which uses sexually arousing photos to make a product more attractive to a buyer. “Hard porn” includes videos of sexual acts being performed. In some western nations there is a legal porn industry that produces films and videos with actors who have willingly participated in the production. Although, even in the legal porn industry, many who participate have been trafficked and forced into the work. Additionally, there are also many illegal videos and photos produced and uploaded to websites without the consent of those involved. Image based sexual abuse (sometimes called revenge porn, or sextortion) is the term for the non-consensual sharing of intimate images. Child sexual abuse material (CSAM, at times called “child porn”) includes any sexually explicit material with a minor. All of these different types of sexually explicit materials are readily available online at various porn streaming websites, and often on mainstream social media sites or gaming sites. Websites are supposedly responsible for ensuring that illegal content is not uploaded to their site, but most exercise little control over what is actually available. Porn websites are likely to be linked to traffickers, as there is little to no moderation or control; most websites allow anyone to upload videos. The websites are known for promoting the use of CSAM, revenge porn, kidnapped/trafficked victims, and rape even on their home pages, often offering various channels for each of these.

**71% OF YOUNG PEOPLE
WHO HAVE SEEN PORN,
DISCOVER IT BY ACCIDENT.**

Children are being exposed to viewing porn at an average age of 12 years old, and some are much younger at first exposure.² First time exposure for many (71%) is by accident³, while searching for something else, or by someone sharing it with them unasked. Unfortunately children’s / pre-adolescent brains are not yet fully developed. Studies show that one third of men who have been exposed to porn as

boys have trouble being aroused by their partners. And the development of the rewards system in the brain related to sex, doesn’t match the normal reward system for a boy who has not been exposed to pornography. So the man who has been overexposed to porn as a child seeks more novelty in sexual arousal / stimuli (for example, violence or abusing children). Boys exposed to pornography are statistically more likely to commit sexual assault. People exposed to pornography are less likely to intervene when seeing a sexual assault unfolding. And women exposed to pornography as children are less likely to report a sexual assault and more likely to tolerate it.²

The average age of
**first exposures
to pornography
among boys is
12 years.**

Addiction to pornography has a high level of shame and stigma surrounding it, making it more difficult for those struggling to open up and get the help they need.

In society today, porn is seen as a legitimate way for both adults and teenagers to explore different options of sexual preferences and to learn about sex. Many teenagers are using porn as their main source of information for learning about sexual relationships. Unfortunately, 88% of pornography is aggressive. 94% of the aggression is targeted at women. And 95% of the time, the woman responds with a neutral or pleasurable response. Only 2-3% of pornography shows the practice of safe sex. What porn teaches does not match up with society's values of safe, consensual sex; it is even further from biblical values of intimacy within marriage.

"Incorrect sexual attitudes and beliefs lead to young people seeing women as sexual objects and holding negative gender impacts. They are less likely to enjoy intimate behaviours due to an increased use of porn, even leading to sexual abnormalities at much younger ages. There is a hard transition between pornography and real relationships. Some studies show that pornography has caused an increase in pressure of looks for girls and boys leading to a negative body image and physical inferiority. Sexually aggressive behaviour is strongly associated with regular pornography used, such as forced sex, intimate partner violence, harassment or abuse. Some young people find it hard to stop watching porn or thinking about sex even when it is disruptive, also their preferences change over time as they need more extreme porn in order to get aroused."⁴

88%

of scenes in porn films contain acts of physical aggression

Of those 94% of that aggression is targeted to a woman.

95% of the women respond in a neutral or pleasurable way.

"The young women who talk to me on campuses about the effect of pornography on their intimate lives speak of feeling that they can never measure up, that they can never ask for what they want; and that if they do not offer what porn offers, they cannot expect to hold a guy. The young men talk about what it is like to grow up learning about sex from porn, and how it is not helpful to them in trying to figure out how to be with a real woman...For the first time in human history, the images' power and allure have supplanted that of real naked women. Today, real naked women are just bad porn."

– Naomi Wolf

90% of teens and 96% of young adults are either encouraging, accepting, or neutral when they talk about porn with friends.

45% of adults 25 and older believe porn is **NOT WRONG**.

1 in 5 youth pastors and **1 in 7 senior pastors** use porn on a *regular* basis.

43% of youth/senior pastors have struggled with porn addiction in the past.

64% of men and **15% of women** who identify as Christians say they watch porn at least **once a month**.

Only **7%** of pastors report their church has a ministry program for those struggling with porn.

(US figures)

51% of male and 32% of female high school students who have seen porn, first viewed it **before they were teenagers.**

In 2019, **Pornhub** had
115 MILLION
visits per day
(42 billion total views),
with more than **6 MILLION**
videos uploaded.⁵

ROOT CAUSES

Lies

- Porn teaches people about healthy sex as God designed
- People who are using porn are in control, it gives them power over those who they have sexual relationships with.
- Sex is from the devil and as Christians we cannot talk about it
- Watching porn is a normal part of growing up
- Watching porn is fun, doesn't harm anyone, and gives you pleasure
- Defeat is inevitable - we will end up sucked back in, why even fight
- Women are a commodity, or an object of lust or desire
- The main function of women is to give pleasure to men
- To be a real man you need as much money, power, and sex as possible
- The number of sexual partners gives status
- It's okay to exploit people to make money - greed

Truths

- It is God who designed sex to draw husband and wife together to become one
- Sex is designed for love and intimacy, for relationship; sex is good
- Self-discipline is a good thing
- We are called to guard our hearts and minds so that they are a wellspring of life
- We are called to love our neighbors; porn violates that because it causes us to objectify others for our own pleasure. Beyond that, we are supporting an industry that preys on vulnerable children and trafficking victims.
- Both men and women are created in the image of God and have the same value
- Our bodies are the temple of the Holy Spirit and should be treated as such
- Even looking at another person lustfully is sin
- A single person can live a fulfilled, good life within the bounds that God set
- We are called to teach people to obey in all areas of life—families and churches need to talk about sexuality
- Deuteronomy 6:6-9, we are to teach our children God's commands

HOW TO PRAY

Pray for a change in **worldview** around manhood and womanhood that aligns to God's will; that manhood is not about power and control; that womanhood is not just about being desired by a man. Pray for a worldview about sexual relationships that does not have the foundation of power and obligation. Pray for God's truth to be revealed.

Pray for **young people** to be protected from porn. Pray for them to not come across porn by accident. Pray for porn to be inaccessible to them. Pray for those who are being influenced by pornography to be repulsed by it, and for them to be able to turn it off, step away from it, or stop watching it. Pray for them to have safe people to talk to about it. Pray for them to know that it is not realistic for healthy relationships.

Pray for **families** to be able to approach the subject with their children. Pray for them to set up healthy boundaries with the internet. Pray for mothers and fathers to be bold in discussing porn and sexual relationships with their children in age-appropriate ways. Pray for husbands and wives to grow in their sexual relationships without the influence of porn. Pray for release and healing for **marriages** that are affected by it.

Pray for **the Church** to teach about God's truth of relationships and sex. Pray for an openness to discuss the dangers of porn and addiction. Pray for Christians who are struggling to find support, not shame, in the Church.

Pray that **Governments** will move against companies that allow CSAM and other illegal videos to be posted. Pray for abuse and exploitation to be taken down. Pray for new ways to track and eliminate it.

Pray for **those trapped in the porn industry**. Pray for those who have been forced into the industry and see no way out. Pray for those who are in the industry by choice to understand the damage that is done. Pray for them to choose to leave the industry. Pray for recovery and restoration programs for them to be healed of the trauma they have suffered and to re-engage in society. Pray for the porn industry to be illegal everywhere in the world.

Pray for **the advocates** who fight for freedom of people in the porn industry. Pray for them to have financial resources to challenge this lucrative industry. Pray for safety as they walk into dangerous situations to find those who are forced into it. Pray for more voices, both male and female, to speak against it.

SCRIPTURES:

How can a young person stay on the path of purity? By living according to Your word.

Psalms 119:9

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:8

Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh.

Romans 13:14

I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Romans 12:1-2

No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it.

1 Corinthians 10:13

Additional Verses

Matthew 5:27-30

1 Corinthians 6:12-20

Galatians 5:13-25

SOURCES TO GO DEEPER

Covenanteyes.com

Traffickinghub.com

Exoduscry.org

Fightthenewdrug.org

Truthaboutporn.org

SOURCES

1 Jo Robertson, TedxChristchurch, "Why we need to talk about porn." <https://www.youtube.com/watch?v=TCY2dOf2eMs>

2 Warren Binford, TEDxSalem, "Sex, Porn and Manhood." <https://www.youtube.com/watch?v=R1vJilg7BAQ>

3 <https://www.covenanteyes.com/pornstats/>

4 <https://www.healthnavigator.org.nz/clinicians/p/pornography-and-young-people-for-healthcare-providers/>

5 <https://www.pornhub.com/insights/2019-year-in-review>