


# How to Pray Against... **PORNOGRAPHY ADDICTION**



Pornography addiction is a rapidly growing problem. As internet access has improved in cities across the Majority World, people have more and more exposure to porn. Globally, the average age of first exposure is 12 years, and most children see it first by accident. Many adolescents begin looking at porn out of curiosity and then, all too often, don't know how to stop. Porn gives a distorted view of sex in which women are objects and violence is normal. It is especially dangerous for young people because adolescent brains are still developing; as adults they are then hardwired to pursue a form of sexuality that is not healthy, achievable, or honoring to their partner. Sadly, porn is very easy to access and incredibly difficult to escape from.

While much of secular society regards using porn as normal, fun, and harmless, for most Christians the issue is shrouded in shame and secrecy. Churches, especially in Asia and Africa, avoid talking about it. On one extreme, the lie is that it is okay to exploit others for our own pleasure. On the other, there is the lie that sex itself is bad and dirty. But the Bible teaches that sex is a good part of God's design within the covenant of marriage. Porn distorts God's design for sex, destroys intimacy, and traps addicts in shame and isolation.

## Please pray...

- Pray for Christians to have a right view about sexual relationships that reflects God's good design and biblical truth. Pray that we would know the truth about this issue and the truth would set us free.
- Pray for young people to be protected from porn. Pray that they would not come across porn by accident, that it would be inaccessible to them. Pray for those who see pornography to be repulsed by it, and for them to be able to turn it off or step away. Pray for them to have safe people to talk to about it. Pray that shame would not control them.
- Pray for parents. Pray for them to set up healthy boundaries with the internet. Pray that they would be bold in discussing porn and sexual relationships with their children in age-appropriate ways.
- Pray for husbands and wives to grow in intimacy 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 design for relationships and sex. Pray for an openness to discuss the dangers of porn addiction. Pray for Christians who are struggling to find support in the Church.
- Pray for Governments to pass and enforce laws that protect children from being used in porn and exposed to porn. Pray for abuse and exploitation to be tracked and eliminated.

*Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.*

Romans 12:1-2



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