

Overcoming the Stronghold of Pornography

By Dave Batty

Part 1: The state of pornography/lusting in Teen Challenge today

A. Current cultural views of pornography

B. Teen Challenge survey on Pornography & Lusting 1997

A 1997 survey of 231 men and 230 women in 25 Teen Challenge centers across America participated in the survey. Of the 461 who participated in this survey, 74% reported they had been sexually active outside of marriage before coming to TC.

Table 1

Viewed pornography before coming to Teen Challenge

Daily	10%
3-5 times a week	17%
1-2 times a week	15%
1-2 times a month	16%
Less than once a month	28%
Never	13%

Before coming to TC, 87% of the men viewed pornography. 42% viewed it at least 1 time a week.

When you see how widespread their sexual experiences have been in this area, it helps one in understanding why lusting is such a common part of the lives of so many.

Table 2**Lusting before coming to Teen Challenge**

Daily	65%
3-5 times a week	14%
1-2 times a week	9%
1-2 times a month	7%
Less than once a month	4%
Never	1%

Table 3**Lusting while in Teen Challenge**

Daily	23%
3-5 times a week	23%
1-2 times a week	22%
1-2 times a month	16%
Less than once a month	15%
Never	1%

It is encouraging to see that lusting has decreased in its frequency since they entered Teen Challenge. Daily lusting has decreased from 65% to 23%. However, Table 3 shows that lusting is still a major issue for the large majority of men, where 68% reported lusting one or more times a week.

What was even more sobering is to see the student ratings of lusting in their lives today. Table 4 below shows the results of those who have been in TC less than 5 months compared to those who have been in the program longer than 5 months.

Table 4**Lusting while in Teen Challenge—based on time in the program**

	Less than 5 months at TC	5 months or more at TC
Daily	16%	26%
3-5 times a week	25%	22%
1-2 times a week	22%	23%
1-2 times a month	16%	15%
Less than once a month	19%	13%
Never	1%	1%

Those who have been in Teen Challenge more than 5 months show little difference from those who have been in TC less than 5 months. The survey showed that 26% of those in the program over 5 months struggle with lusting on a daily basis.

Table 5**Helpfulness of classes and counseling at Teen Challenge to address the problems of lusting and pornography**

	Induction (68)	Training phase (156)
Very helpful	37%	31%
Somewhat helpful	49%	34%
None	10%	32%
Too much	4%	3%

- C. Why do people find pornography such an attraction?
What are the benefits of viewing pornography?**

D. The problem of delusion

We find it very easy to _____ our lives.

Living Free training seminar has excellent material on this issue of delusion.

E. A great need for our students to renew their mind

This is a battle in the mind, one that is not simply won with prayer. Appropriate biblical strategies must be applied if one is to be successful in winning this battle in life.

Part 2: Teaching students on overcoming battles with pornography/lusting**A. Comments on issues or problems the students felt needed to be addressed more at Teen Challenge to help them overcome temptations to lust or view pornography. (This list comes from the 1997 TC Survey on Pornography)**

1. All the teaching is vague. I need a sound step by step manner to overcome lusting.
2. More teaching that goes into greater depth on these issues.
3. We need to understand the differences in how males and females view sex.
4. Show me more about how to interact with the opposite sex in a Christian manner, not just an object to make my life more pleasant.
5. Masturbation seems to make it harder to control lustful thoughts and make them obey Christ. Basically more help in overcoming masturbation.
6. Why do I want women so badly? Why do I long to have the love of a woman? Why do I find her body so attractive?
7. Will I really don't know. Maybe make the programs co-ed and hook us up with wives.
8. Staff and interns need to set a better example in this area.
9. I think the dating class is very poor and does not address lust for a second. We need to do better!
10. What leads a person to needing pornography to fulfill satisfaction in life?
11. I feel that whoever is addressing the issue (staff teaching) needs to check their motives and personally analyze themselves before trying to bring a message to us. When you see someone in authority stumbling over the same issues they are teaching against, it invalidates their point.
12. Focus more on positive fulfillment of the sexual desires through a godly marriage than to focus on the negative abstaining from a desire one delights in.
13. More positive reinforcement, and positive aspects of teaching a celibate life.
14. Teaching on homosexuality and its consequences.
15. Self-control, self-discipline. More person-to-person than being told to pray about it.
16. Have a class on what kind of scriptures will help us. And to talk about it in class.

17. The staff need to be better equipped to handle the subject. Some of the things I told my counselor (at the training center) blew his mind. Students need to be taught how to turn those negative thoughts into positive thoughts.
18. How to keep the thoughts out and how to renew your mind. How to effectively fight Satan's temptations in this area.

B. We do not need a course on the evils of lusting and pornography

C. The role of effective discipleship training in achieving success in this area of living

Use the GSNC course *Temptation* as an approach to addressing this issue. Focus the personal applications on this specific issue.

Temptation Contents

Chapter 1. Temptation in the life of the new Christian	4
A. What is temptation?	4
B. How does temptation fit into the life of the Christian?	5
C. Did the devil make you do it?.....	6
D. How do the needs in your life fit in with temptation?.....	7
E. How do your desires fit in with temptation?	8
Chapter 2. The process of overcoming temptation.....	12
A. Where do you stand?	12
B. Was that a temptation?	13
C. What are the steps to overcoming temptation?.....	13
Chapter 3. How to prepare for temptation.....	18
A. Draw close to God	18
B. Fill your needs in God's way.....	19
C. Let God determine appropriate desires.....	22
D. Some temptation can be prevented.....	25
E. Be aware of Satan's strategies	27
Chapter 4. Understanding failure and handling it God's way	29
A. What happens when you give in to temptation?.....	29
B. Why do people give in to temptation?.....	34
C. What should you do after you have given in to a temptation?	37

D. Seeing the fulfilled life from God's point of view
Seeing sex from God's point of view

1. The failure of seeing God's truth about dealing with lustful thoughts
2. Sexual thoughts are not always sinful

E. Teach them how to respond to old memories (or new thoughts)

1. Thank you God for giving me a sound mind
2 Timothy 1:7
2. Understanding what part of my thoughts are right and wrong

Right thought

Wrong thought

Right feeling

Wrong feeling

Right person

Wrong person

Right time

Wrong time

3. What to do when I feel weak
2 Corinthians 12:9

F. Identify triggers

G. Develop substitute behaviors

H. A closer look at renewing the mind