

Overcoming the Stronghold of Pornography

By Dave Batty

Teacher notes are in Red

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

A. Current cultural views of pornography

Ask them to share the different views, either as a large group activity, or break them into small groups and have them create their list. If you use small groups, give them about 3 minutes to come up with their list, and then have each group share one or two different views.

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%

Even though this survey is over 20 years old, the data is still relevant for our discussion purposes. The full report is available in iTeenChallenge.org which also includes numbers from women's programs.

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%
Lesser 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%
Lesser 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%

The numbers after Induction (68) and Training phase (156) represent the number of students who responded to this question.

The Training phase represents months 5-12 of the residential program. This shows that many students at this part of the program did not feel they were getting any help, yet Table 4 shows that this is still a significant problem for many during this phase of their time at TC.

C. Why do people find pornography such an attraction?

What are the benefits of viewing pornography?

Drug addicts are familiar with a false high from drugs

Sexual Chaos book, Tim Stafford

Search for true intimacy

Less risky options—porn, children

False Intimacy, Harry Schaumburg

Spiritual dimension

Our evil desires

Undefined, Harry Schaumburg

D. The problem of delusion

We find it very easy to **compartmentalize** our lives.

Minimizing the problem

PPT Slide: Who needs to know about your secret sins of the past?

Discuss this issue and provide specific examples of what is healthy and what is not.

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

These comments provide excellent points for discussion on current status at their ministry in addressing this issue. You may want to come back to selected ones of these as you cover the remaining parts of this workshop.

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

They already know it is a sin. What they need is practical help in addressing this issue in their lives.

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.

One suggestion is to go through the *Temptation* course a second time and focus the discussion on dealing with all kinds of sexual temptations.

Also the course *Growing Through Failure*

PSNC Project 41 (old 401) "God's expression of love" deals with masturbation.

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

For a man to have a thought about having a sexual relationship with his wife is the right thought, with the right person.

But for a man to have a thought about having a sexual relationship with a woman who is not his wife is the right thought, but the wrong person.

Having thoughts about having sex with a child is the wrong thought, and wrong on all the other categories.

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

F. Identify triggers

There is a course on iTeenChallenge.org that addresses triggers.

Title: [Understanding triggers in our daily living](#)

G. Develop substitute behaviors

H. A closer look at renewing the mind

Depending on how much time you have for this training, you may want to cover the workshop entitled “An Introduction on How to Renew Your Mind” by David Batty. This is available on www.iTeenChallenge.org