

PRACTICAL SAFEGUARDS: Boundaries are established through tools and intentional decisions that reduce exposure and remove triggers.

DAILY PRAYER AND SCRIPTURE: A life rooted in God's Word strengthens the heart and mind. "Your word is a lamp to my feet and a light to my path" (Psalm 119:105).

CELEBRATE PROGRESS: Growth is recognized as a process, and each step forward is met with gratitude toward God.

HOPE AND WHOLENESS IN CHRIST

No matter how deep the struggle, there is hope in Christ. God's grace offers forgiveness and restoration to all who turn to Him. "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness" (1 John 1:9).

Through repentance, accountability, and dependence on the Holy Spirit, freedom is possible. Lives can be restored, relationships can be healed, and a new path forward can be lived in obedience to God. "So if the Son sets you free, you will be free indeed" (John 8:36).

GOING FURTHER: RESOURCES

Finally Free by Heath Lambert

Pure Desire by Ted Roberts

Sexual Detox by Tim Challies

Wired for Intimacy: How Pornography Hijacks the Male Brain by William M. Struthers

Every Man's Battle by Stephen Arterburn and Fred Stoeker

Every Woman's Battle by Shannon Ethridge

Clean by Douglas Weiss

The Death of Porn: Men of Integrity Building a World of Nobility by Ray Ortlund

When Your Husband Is Addicted to Pornography by Vicki Tiede

Redeemed Sexuality by Andrew A. Boa



THE DANGERS OF PORNOGRAPHY

Pornography is a pervasive issue affecting individuals of all ages, impacting both men and women. While the consequences of pornography are significant emotionally, relationally, and spiritually, there is hope. Through Scripture, the understanding of how the body and mind function, and the transforming power of Christ, the dangers of pornography can be understood along with the path toward healing and restoration.

THE BRAIN'S BATTLE: PORNOGRAPHY AND THE AMYGDALA

Research shows that pornography affects the brain, particularly the amygdala, which is connected to emotions, decision making, and impulse control. Exposure to pornography overstimulates the brain's reward system, releasing excessive dopamine and creating an addictive cycle. Over time, this can lead to diminished self-control, difficulty forming healthy relationships, and a distorted understanding of intimacy. Many find themselves becoming more emotionally connected to a screen than to real relationships.

The emotional disconnection that screens create often goes unnoticed until it begins to affect relationships. While technology can be a useful tool, it can also become a barrier to intimacy when not used wisely.

Men and women may turn to screens for escape, entertainment, or a sense of connection, but these interactions lack the depth of face-to-face relationships. This imbalance often leaves relationships strained and individuals feeling disconnected. The more time and attention given to screens, the less is invested in real relationships. When pornography is added, it weakens relational bonds even further.

This reality calls for intentionality, especially in marriage and close relationships. Investing time, attention, and emotional presence into others builds



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trust and intimacy in ways no screen can replace. As screen time increases, the relational gap tends to grow, making it important to realign priorities and strengthen meaningful connection.

THE GENDER GAP IN PORNOGRAPHY ADDICTION

While pornography addiction has often been associated with men, it increasingly affects women as well.

Seventy percent of men ages eighteen to twenty-four report regular pornography use, compared to thirty percent of women in the same age group.

Among those who identify as Christians, sixty-four percent of men and fifteen percent of women report monthly pornography use.

Nearly sixty percent of pastors acknowledge struggling with pornography at some point in their lives.

Pornography is identified as a contributing factor in over fifty percent of divorces in the United States.

Men often engage pornography for visual stimulation, while women may be drawn to emotional escape. Regardless of gender, the spiritual, emotional, and relational impact is significant. Jesus teaches, “But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart” (Matthew 5:28).

THE EMOTIONAL AND SPIRITUAL CONSEQUENCES

Pornography fosters isolation, shame, and guilt, creating distance in relationships with others and with God. It weakens marriages, distorts intimacy, and hinders spiritual growth. “Do not be deceived: God is not mocked, for whatever one sows, that will he also reap” (Galatians 6:7).

THE ROLE OF COMMUNITY IN OVERCOMING ADDICTION

Addiction grows in isolation but begins to heal in community. Research continues to show that the opposite of addiction is not only sobriety but connection. Accountability and supportive relationships play a vital role in breaking free from pornography. “Bear one another’s burdens, and so fulfill the law of Christ” (Galatians 6:2).

Healthy spiritual leadership and trusted relationships provide guidance, encouragement, and a clear path toward healing. A structured approach that includes accountability, biblical counsel, and consistent support helps individuals walk in freedom.

A WARNING TO YOUNG MEN AND WOMEN

Young people are especially vulnerable in a digital age where pornography is easily accessible. Exposure often begins early, shaping patterns that are difficult to break.

The average age of first exposure is eleven years old.

Ninety-four percent of children will have seen pornographic content by the age of fourteen. Early exposure frequently occurs unintentionally through online searches, social media, or shared content. This exposure can distort a young person’s understanding of relationships, intimacy, and identity. It affects brain development, influences decision making, and can lead to patterns of dependence. Spiritually, it introduces sin before there is maturity to process it, often leaving behind shame, confusion, and distorted beliefs.

“Train up a child in the way he should go; even when he is old he will not depart from it” (Proverbs 22:6). This highlights the importance of early guidance, helping children learn to guard their hearts and minds in a world filled with harmful influences.

Paul instructed, “Flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart” (2 Timothy 2:22). Pornography distorts how men view women and intimacy, and it often leaves women struggling with inadequacy and shame. Both experience spiritual harm that requires healing through Christ.

COMMITMENT TO CARE AND RESTORATION

Spiritual leaders and mentors recognize the widespread impact of pornography and the need for compassionate, truth centered support. They are committed to walking alongside those who struggle, offering guidance, accountability, and a path toward restoration.

Confidential support provides a safe and honest environment for sharing struggles and seeking help.

Accountability creates structure and encouragement for lasting change.

Biblical counseling addresses the deeper spiritual issues and points toward healing.

Hope in Christ reminds individuals of God’s grace and transforming power. “Therefore, encourage one another and build one another up, just as you are doing” (1 Thessalonians 5:11).

STEPS TOWARD FREEDOM

REPENTANCE AND CONFESSION: Sin is acknowledged before God with honesty and humility. “Create in me a clean heart, O God, and renew a right spirit within me” (Psalm 51:10).

ACCOUNTABILITY AND SUPPORT: Trusted relationships provide encouragement and correction. “Iron sharpens iron, and one man sharpens another” (Proverbs 27:17).