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Slaying the Monster online conference

strategies for overcoming pornography

Deeper Walk International **Slaying the Monster** **Online Conference**

Participant Notes

deeperwalkinternational.org

The Monster

- 90% of kids 8-14 have watched porn – most while doing homework.
- Men with a porn habit are 300% more likely to have an affair. In 56% of divorces at least one party had an obsessive porn habit.
- 24% of pastors describe their porn habit as a possible addiction.
- 73% of women have viewed porn in the last 6 months.
- Porn drives the sex trafficking industry.
- 37% of all internet traffic is porn.
- In 2006 porn industry revenues were larger than Microsoft, Google, Amazon, E-Bay, Yahoo, Apple, and Netflix – combined – and 90% of porn is free.

Why porn is so hard to overcome

1. Under-Developed Maturity

a. Characteristics of under-developed maturity

- Angry
- Anxious
- Avoidant
- Addicted

b. Reasons for under-developed maturity

- Emotional maturity is like a bucket.

The bucket grows as it is filled with dopamine and serotonin.

- A Trauma is like a bucket that never gets full enough.

Missing key skills and experiences as children leaves us with underdeveloped maturity.

- B Trauma is like a hole in the bucket.

Bad experience (abuse) including early exposure to porn introduces trauma that can stunt our maturity development.

- C Trauma sours the joy in the bucket.

Comparing ourselves with others creates fertile soil for lies that can keep us in bondage.

2. Brain Issues

Pleasure vs. Joy

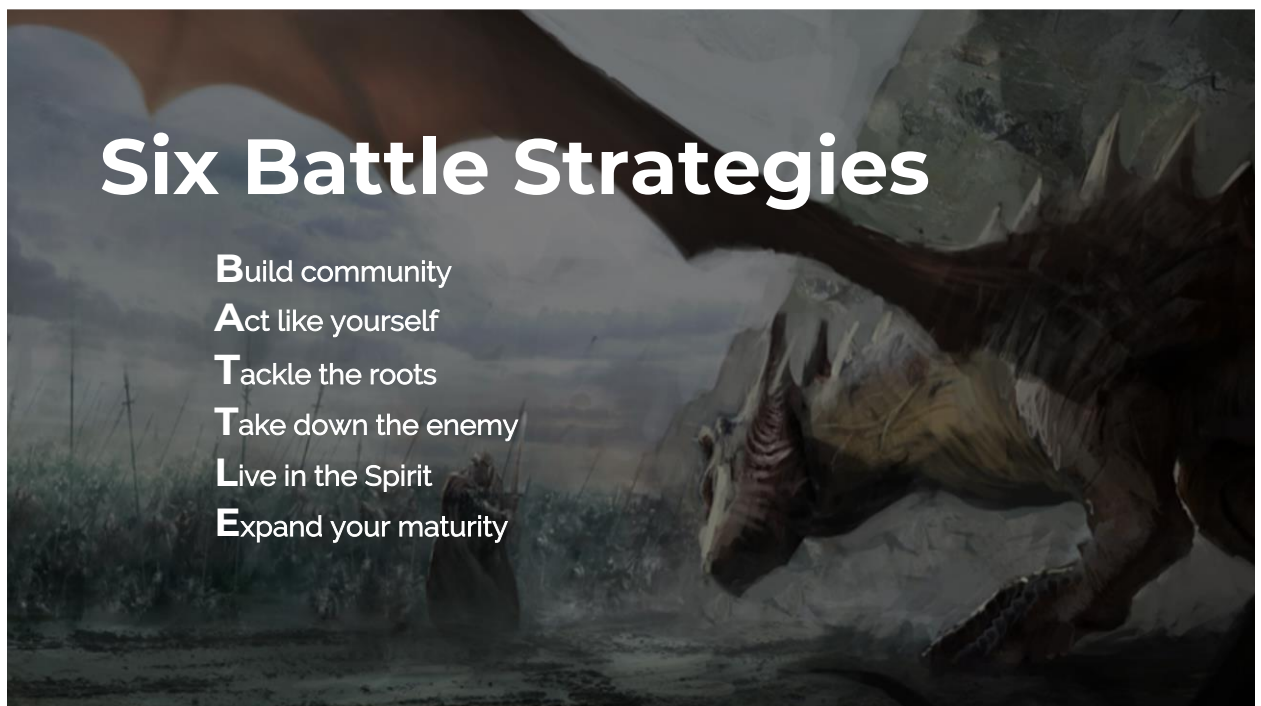
- Your brain craves relational joy.
- Addictions are non-relational pleasures that substitute for joy.
- Your brain needs increased stimulation over time to create the same pleasure.

Amplification

- Your brain learns to look for what is important to you.
- Your brain begins to crave what it has learned to form bonds with.

Relational Circuits

- Your brain has an on/off switch for its relational circuits.
- Porn (addictions) turn off your relational brain.
- This cuts off access to your identity center, so you act like someone else.



Strategy 1: Build Community

- Isolation fuels addiction
- Tell someone.
- Join a group.
- Start a call list.

Strategy 2: Act like Yourself

- Shame
- Your identity in Christ

- Becoming a protector
 - Possum
 - Predator
 - Protector – first step is to protect people from yourself.

Treat younger men as brothers, older women as mothers, and younger women as sisters, with all purity - 1 Timothy 5:2

Strategy 3: Tackle the Roots

- Wounds, Lies, Vows, Strongholds

- REAL Prayer
 - Remember
 - Explore
 - Ask
 - Listen
 - Are you having any new FEELINGS?
 - Are you having any new THOUGHTS?
 - Do you SEE JESUS anywhere – what is he doing?

Strategy 4: Take down the enemy.

- Demons tempt in order to enslave.
- Entering into agreements with demons gives them permission to a place in our lives.

Confess

I confess that I have participated in . . .

Cancel

I cancel any permission I have given to demons to be present in my life.

Command

I command every wicked spirit related that has been assigned to me to leave in the name of the Lord Jesus Christ and take all of your works and effects with you.



Karl Payne
*Spiritual Warfare; Christians,
Demonization, and Deliverance*

Taking Thoughts Captive

(ANTS – Automatic Negative Thoughts – Dr. Daniel Amen)

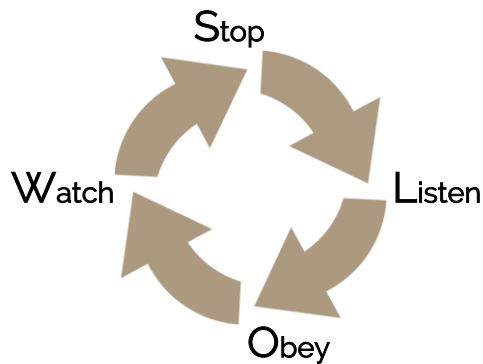
1. Write down the negative thoughts you routinely have when you start having feelings of temptation.
2. Write down a counter strategy of thoughts to replace them, so that you have a battle strategy ready.

Strategy 5: Live in the Spirit.

- Greek for flesh is *sarx* – Dr. Jim Wilder thus talks about overcoming the 'sark'
- How the flesh works.



- How we walk in the Spirit.



Stop - Take time away.

Listen - Ask questions and write thoughts.

Obey - Write out any next steps.

Watch - Practice gratitude

Strategy 6: Expand your maturity.

- Characteristics of maturity.
 - Remain relational
 - Act like yourself
 - Return to joy
 - Endure hardship well

- Basic steps in growing your maturity.
 - Quieting
 - Appreciating
 - Spreading joy
 - *Hesed*