

How to Reject Pornography

Job said: "I have made a covenant [a contract or an agreement] with my eyes. So how could I show improper attention to a virgin?" (Job 31:1) Evidently, Job decided *in advance* how he would respond to temptation. You can do the same with regard to pornography. The key is to be prepared to do so.

1

KNOW WHAT YOU WILL DO

In what circumstances are you most likely to encounter Internet pornography?

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List two things you can do to *reduce* the likelihood of your encountering pornography online.

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(Some things to consider: time, location, settings on your computer, keywords that you enter in a search engine, people with whom you associate online.)



2

KNOW YOUR MORAL VALUES

When confronted with temptation to commit adultery, Joseph firmly refused and said: “*How could I* commit this great badness?” (Genesis 39:9) The words “How could I” indicate that Joseph had *strong moral values*. You can cultivate strong values too. To help you do that, write your responses to the following.

List three reasons why, in your opinion, pornography is bad.

<p>1</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>2</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>3</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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(Some things to consider: how pornography affects the viewer, how it demeans those who are featured in it, how the porn industry preys on—and profits from—others’ addiction, how marriage and family life can be harmed.)

REMEMBER THIS: The painted white lines on a highway are a guide, but they will not *make* you a good driver. Similarly, rules that restrict your access to pornography can guide you on the right path, but they will not *make* you an upright person. This is a good reason for you to adopt strong values of your own.

3

WRITE DOWN YOUR ACTION PLAN

To reduce my chances of encountering online pornography, I will . . .

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If I encounter pornography while online, I will . . .

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“Turn my eyes away from looking at what is worthless.”—Psalm 119:37.