

## Angie's Marriage Column –February 25, 2007

### Husband Addicted to Pornography, Help!

**Ask Angie:** Angie, my husband is a Christian, and I just found out that he has been looking at porn on the Internet for about a month. How do I have a relationship with him after this? We went through this when we first got married 19 years ago...I don't think I can do it again!

**Marriage Guidance:** Don't take it personally. It does not mean that your husband does not find you attractive. Porn addiction has nothing to do with the wife, but everything to do with the husband and his relationship with Christ. Some husbands are in denial, but since you said your husband is a Christian or trying to be a Christian then he is not in denial and should work towards inner healing.

BTW, to say someone is a Christ-One, plus they have an addiction is an OXYMORON—there is no such thing. What you mean to say is your husband is TRYING to be a Christ-one. Does Jesus Christ look at porn? Of course not!! We are not Christians until we are "Christ-Like". So just saying your husband has a lot of inner healing to do.

You have to see your husband underneath the cloak of his addiction. Addiction is not who he is but what he has allowed to filter into his heart and mind. You need to pray about his recovery and ask God to give you the strength to get through these hard times in your marriage.

Many husbands lie to themselves and believe its ok to look at naked women and men. But the truth is it's not ok! It's not ok if you look forward to viewing women on the Internet instead of the woman you married and that God has blessed you with.

It would be a good idea to **print this marriage column out** and read through it with your husband. Work together on this issue by being supportive and encouraging. Try and be your husbands other half (help mate) rather than an antagonist.

**Pornography viewing is an addiction of the heart, mind and soul.** It is a symptom of something greater going on within those who view it. Just as drinking is a symptom of alcoholism; viewing porn is a symptom of a sexual, emotional, and psychological addiction. He needs to figure out “what” the problem is within him (past issues) and tackle it head on through His Creator. Was he sexually abused as a child? Was his mom or dad an alcoholic who didn’t show him any love? Was he emotionally bruised from someone in his past as a child?

He desperately needs to humble himself and ask Jesus for HELP!! He Needs to ask for the inner healing he needs to get past this deep rooted problem that is within him. Otherwise it will continue to control the person (husband) God wants him to be.

**We all have issues from our past but we must grow away from these sufferings and learn from them.** We can’t keep blaming our failings and weaknesses on our past – that’s not right. Grow up, be responsible and take accountability for your actions. If you have bruises that need healing, then heal them! You know what to do. But just in case you forgot, I will help you out a bit with some marriage guidance. Click on the article at end of marriage column, [\*Pornography Addiction: What Can a Man Do?\*](#)

**Lust is an unhealthy desire that takes a person away from that which is right and good.** It does not matter if it is lusting after strangers on the Internet or a fleshly body in a secret place. To yearn for the flesh of another person other than who you are married is *wrong thinking* taking over your mind and eliminating the natural goodness that resides in man.

The evil one knows that by getting you to think and envision the lusty images in your mind first it will entice you to desire it. Once you take a peek, you look again, and again, until you can’t seem to get the immoral imagery away from your mind, and you become ensnared within it. If you think long enough, you become what you think. God says we are not to even THINK about these things in our mind.

Now that we have the Spiritual Christ within us (for those who repent and follow HIS WAYS) the written command/law of “Do not commit Adultery”

has gone a step further with Jesus Christ and he makes it real simple “Do not look at a woman/man with lust in your heart and mind”. It is not about the written law anymore because that did not work; married folks were still sleeping around. It is now about the Spiritual Law and who we are and where we are in Jesus Christ. Only you and your husband know that.

“Do not lust in your heart after her beauty or let her captivate you with her eyes, for the prostitute reduces you to a loaf of bread, and the adulteress preys upon your very life”. Proverbs 25, 26

You are worth more than a loaf of bread, aren't you? If you continue in your wrong thinking long enough, you will turn moldy, and then no one will want you. So if the *act* of adultery is wrong, then so is the *intention*. It is considered mental adultery and thus a sin!

**To be faithful to your spouse with your body, but not your mind is to break the trust that is so vital to marriage.**

**Another Question from a Reader:** *“There is nothing wrong with looking at porn, at least I'm not having an affair!”*

Pornography for many is more justified than the physical act and if they get caught looking at it, all they have to say is, *“well, at least I didn't have an affair.”*

WRONG! But you are having an affair each and every time you look at another woman or think of another woman in a lustful way! Don't you get it? you are allowing naked strangers to control who you are. Is that who you are? I thought you were a child of God? He created you. What happened to respecting His choices for your life? Why are you disrespecting yourself by choosing to turn your back on God?

“It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God.” 1Thessalonians 4, 3-5

The power to rid yourself of temptation and to remain faithful comes from what you believe. Therefore it does not rest in you alone but in your

Creator. If you have been unfaithful to your wife by looking at other women, it is because you do not have the foggiest idea how to utilize the tools (gifts) God has given you. Otherwise you would not be addicted, right?

So, I say, live by the Spirit (The Spirit is Jesus Christ – Your Savior) and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit. (Galatians 5:16-17)

Virtually *anyone* can become addicted to porn if they allow their heart and mind to gravitate to it. Addiction doesn't pick certain people to become controlled by it – it takes whoever wants to play; whoever is not trusting in God with their life. Porn addiction will take hold of your life just like any other addiction... *if* you don't live by the Spirit of Jesus Christ.

**What are the tools (gifts) from God that a man or woman can use against the power of porn addiction?**

Faith to trust God with your life! God won't let you be tempted beyond what you can bear. And He will provide a way out of temptation so you can stand up under it! Do you believe God can do that? Do you believe with that kind of faith? Then use it as a weapon next time you are tempted.

No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it. (1 Corinthians 10:13)

Loyalty, in all areas of marriage is a part of the giving process that you learn through allowing God's love and forgiveness into your heart and mind. When you accept what the Truth is, you can actually give of yourself and do it freely. It's really that simple. Accepting is on the same line as humbling oneself. If you humble yourself to God, the one and only true director, you are giving yourself to God. Once you actually release your sins to God, He will rid you of temptation. You see how that works?

How great is the love the Father lavished on us, that we should be called *children of God!* And that is what we are! The reason the world does not know us is that it did not know him. Dear friends, now we are *children of*

*God, and what we will be has not yet been made known. But we know that when he appears, we shall be like him, for we shall see him as he is.*

*Everyone who has hope in him purifies himself, just as he is pure.*

*(1 John 3:1)*

**Are you a child of God? Then why do you look to the world (evil and sin) for reassurance of self?** If the world is where you look for truth, you will believe what the world says, and probably be weak in your sin again. As with any addiction we are powerless to defeat it on our own. The world justifies sin and makes people believe its ok to rebel against God.

It is God's will that all marriages be built upon the rock of loyalty and when you remain steadfast and loyal to your spouse, even through the hardships, you are allowing God to give you the understanding you need to remain faithful. By trusting in what God says for your marriage, you are less tempted to stray from the marriage, whether in the physical act or through pornography.

Therefore, you must stop looking to society for the answers. Faith comes from believing in what you cannot see with your eyes, bringing those beliefs into the heart and acting upon them with passion. Having and utilizing the power of faith is an individual matter that is gained by your own personal relationship with God. Make God your Captain.

Jesus Christ will free the man or woman from bondage when he or she believes and trusts God with His life. You can find your way home – Jesus is waiting for you to come follow Him. Remember true repentance means we must change how our heart and mind thinks. What we think we believe. For what a man thinks he becomes.

Blessings!

Frank and Angie

### **Article Source**

Overcome Sexual Sin

[http://www.heavenministries.com/articles/overcome\\_sexual\\_sin.htm](http://www.heavenministries.com/articles/overcome_sexual_sin.htm)

Pornography Addiction: What Can A Man Do?

[http://www.heavenministries.com/articles/pornography\\_addiction\\_WhatCanAManDo.htm](http://www.heavenministries.com/articles/pornography_addiction_WhatCanAManDo.htm)

Pornography Addiction: What Can A Wife Do?

[http://www.heavenministries.com/articles/pornography\\_addiction%20WhatCanAWifeDo.htm](http://www.heavenministries.com/articles/pornography_addiction%20WhatCanAWifeDo.htm)

The Effects of Negative Imagery On Our Children

[http://www.heavenministries.com/parenting%20articles/subliminal\\_messages\\_of\\_sexual\\_imagery%20on%20our%20children.htm](http://www.heavenministries.com/parenting%20articles/subliminal_messages_of_sexual_imagery%20on%20our%20children.htm)

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