

## Angie's Marriage Column ~ January 30, 2008

### My Husband is Addicted to Pornography

**Question:** My husband has an addiction to pornography. However, he does not see anything wrong with it whatsoever and will not admit to it being wrong. He believes it is a normal natural thing to do and that I need to accept this 'part of him' for us to continue to be married. He often times looks at porn on a daily basis. Until he is willing/able to admit to his addiction and due to the 'demand' placed on me to fully accept this as a part of him, how should I handle this? I am currently living apart from him even though we are still married. Thanks!!

**Guidance:** Your husband is definitely in denial about his addiction. As long as he remains in denial, he'll continue to think nothing wrong with looking at porn. As with any addiction "the substance" or "abuse of a habit", if you will, is only a symptom of something greater going on within the addict. You can help your husband come out from denial by first taking care of yourself, spiritually, mentally and emotionally. – Detach yourself from *that part* of your husband and do not have any part of it by not enabling it in any way. And you do not have to undermine your own beliefs to accept that which you know to be wrong and ungodly.

Spiritually, you need to find your way to God and pray about this and ask God to bring you the peace of mind you need so you can get through this disturbing time in your marriage. God is our source for comfort and strength in our time of need. Build a protective wall of God's love around yourself so you won't feel alone with this problem. Connect with other women who are going through the same thing. Search for reliable information that works on helping the addict get to the root of their problems rather than cover over the addicts inner emotional problems with a band aide.

Your husband is greatly confused about porn addiction and the fact he believes there is nothing wrong with it, tells me he is in great denial. That is a lie fed to him by the master of lies himself. Anytime a married person

looks at another with “feelings of lust” it is considered adultery of the heart and mind. **What a man thinketh he is.** Your husband is committing adultery in his heart, which is just as inappropriate as the physical act.

“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.” Matthew 5:28

“But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.”  
(Matthew 15:18,19 KJV)

I’m assuming because you separated yourself from your husband, you have made your stand by letting him know how you feel about him looking at porn. Addictions are powerful, so much so that as long as the addict is in denial they won’t come out from addiction unless it is on a temporary basis. That mans pressure, threats, coercion etc from you and or, “or else” ultimatums is not going to do a bit of good until he realizes that what he is doing is wrong against himself, God and marriage. He needs to realize he has a problem – period!

Being that your husband is in refutation about his addiction, he’ll have to come to reflection of his problem on his own. The reality is if your husband is not a believer, he may never come out of the deeper issues that he is holding, onto and he will remain in an addictive personality because of that. Your husband desperately needs to put his faith in God to make him the whole person God wants him to be.

Without God in the forefront of our lives, as you can see, we are nothing. Unbelievers’ care about is the pleasures of the world. Without spirituality to guide your husband from his erring ways, it will be an uphill battle for him. You can threaten a man with death but if he needs a drink or needs to shoot up, or needs his pills, or needs to look just one more time, the threats won’t matter. They’ll still abuse their substance or their habit.

So...the first step is for your husband to come out of denial. How can you help? What you can do, without your husband feeling like you are trying to

control him or turn him into a Christian is to print out scriptures that reference to sexual immoralities and temptation and leave them laying around the house in inconspicuous areas for him to find and read. I'm leaving you with a website that has some very good free material on porn addiction that you can print out also.

**Pornography Addiction Resource:** This is a very good site with free materials, articles, and teleseminars. <http://www.kickporn.com/>

**Scriptures References:** I suggest looking up these scriptures and then printing out the articles above and the scriptural references below and leave somewhere your husband can read without you knowing, and let God do the rest.

### **Sexual Sins**

1 Corinthians 6:13

1 Corinthians 6:15

1 Corinthians 6:18-20

1 Thessalonians 4:3

Hebrew 2:18

Hebrews 13:4

Hebrews 4:15-16

James 1:12

2 Peter 2:9

### **Lust**

James 4:1-4

1 John 2:16-17

Matthew 5:27-28

Proverbs 6:25-29

2 Peter 1:4

James 4:7-8

1 Peter 1:14-16

1 Peter 2:11

2 Timothy 2:22

Titus 3:3-5  
Ephesians 2:3-6  
Titus 2:11-12  
James 1:13  
Galatians 5:24  
Galatians 5:16-17  
Jude 18-21  
Romans 6:11-12, 14

---

## A MESSAGE TO WHOEVER HAS EARS TO HEAR

*Dear friend,*

*Why are you doing this to yourself? You are a child of God and your body belongs to Him. You might not think there is anything wrong with what you are doing but it does hurt YOU very much – you just don't know it. You are hurting yourself in a terrible way. Addiction damages the mind in spiritual and emotional ways that keep you from being the complete and whole person God intends you to be. God loves you very much it and hurts him to see you hurting yourself.*

*Yes! God loves you even though you have an addiction to pornography. But God does not love the addiction or what it does to you and those you love. God wants you to go to Him with your problems – THAT'S how much He loves you!*

*Mentally and emotionally you are destroying the ability to handle life on life's terms when you keep hiding your problems behind a veil of addiction. You may think you're not hurting yourself or anyone else, but all addictions are progressive and can be more and more harmful as they advance.*

*Emotionally you are damaging the way you feel about yourself. Who are you? Are you someone who is addicted to porn and so have made that a part of who you are? Who are you? Are you a porn addict or are you a human being created in the image of God. If you are created in the image of God and a part of God's family, then what are you doing to yourself and those who love you?*

*If you are a child of God, what happened? Did you unintentionally let your guard down and now can't seem to pull yourself out of its trap? Tell God – Tell God you want out – He'll listen if He knows you really want to turn your life around. God knows your heart. God will listen.*

*Have you thought of the woman you married and how much you may be hurting her? Not only are you destroying yourself but also you are destroying the love built up between you and the woman you married. You may **think** you aren't hurting anyone else while you progress into addiction but you are, and you have. The woman you married is hurting and wounded by your addiction more than you will ever know. Words are not enough.*

*How much longer are you going to let this go on? You do not NEED this addiction. You CAN come out of the depths of addiction for good by LETTING IT GO AND GIVING IT TO GOD! Tell God you are ready to end addiction – let it go, and He will come to you and He will BE with you!*

---

Until next Wednesday, May God bless you for His glory in His kingdom!  
Angie and Frank  
<http://heavenministries.com>

Heaven Ministries Copyright © 2008