



GOD HAVE

MERCY

FOR I LUST

Stats on Porn

1. 25% of search engine requests per day are related to sex.
2. 35% of all internet downloads are pornographic.
3. 1/3 of all internet porn users are women (on the rise).

Stats on Porn

1. 25% of search engine requests per day are related to sex. (68 million a day)
2. 35% of all internet downloads are pornographic.
3. 1/3 of all internet porn users are women (on the rise).

Stats on Porn

4. 12%-13% of the entire internet is pornographic content.
5. Average age for someone first introduced to pornography - 11 years old.
6. 64% of Christian men and 15% of Christian women admit to watching porn on monthly basis or more.

Stats on Porn

4. 12%-13% of the entire internet is pornographic content. (24 million sites)
5. Average age for someone first introduced to pornography - 11 years old.
6. 64% of Christian men and 15% of Christian women admit to watching porn on monthly basis or more.

2 Samuel 11:1

In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem.

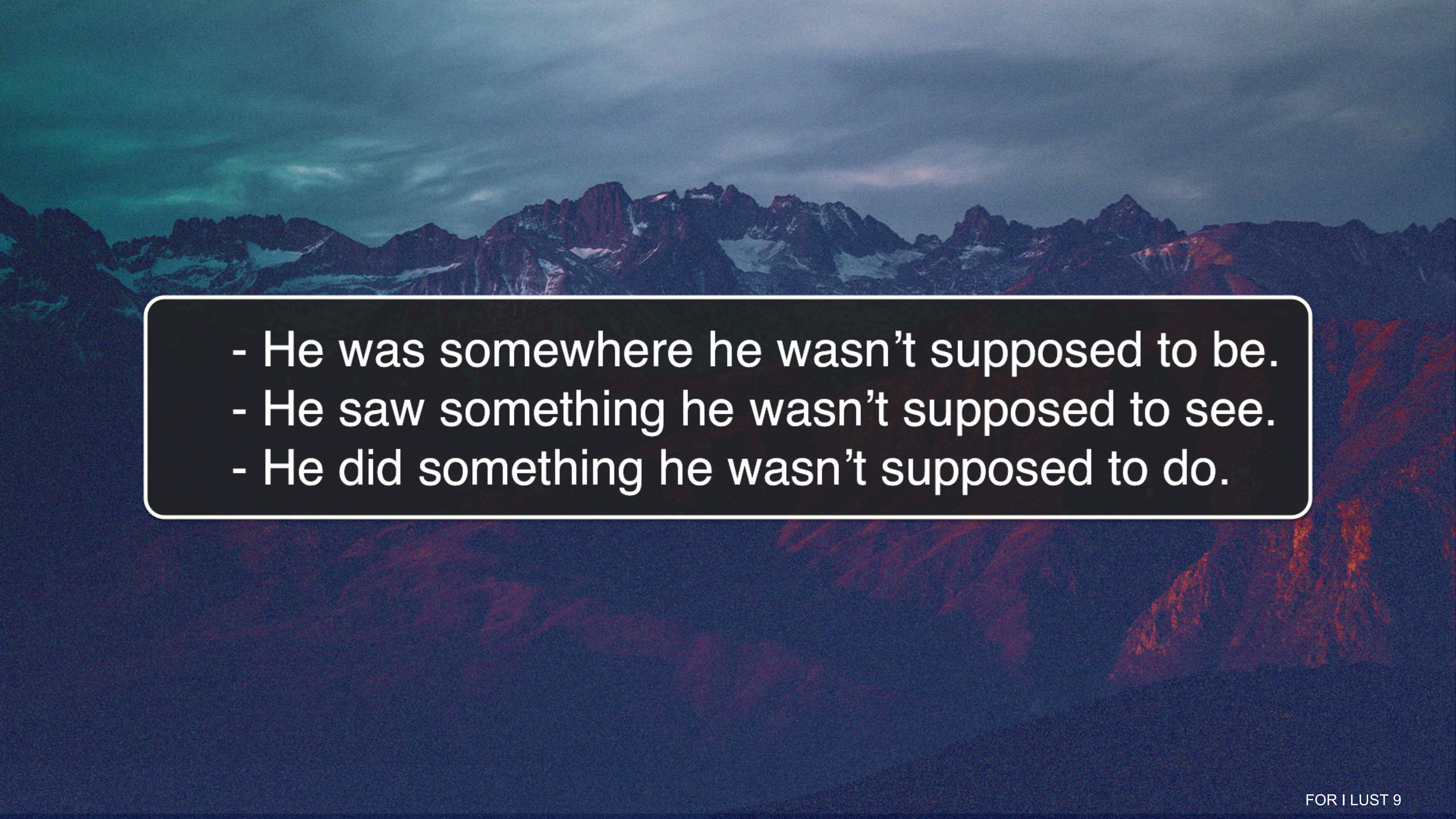
2 Samuel 11:2-4

One evening David got up from his bed and walked around on the roof of the palace. From the roof he saw a woman bathing. The woman was very beautiful, and David sent someone to find out about her. The man said, “She is Bathsheba, the daughter of Eliam and the wife of Uriah the Hittite.”




2 Samuel 11:2-4

Then David sent messengers to get her. She came to him, and he slept with her. (Now she was purifying herself from her monthly uncleanness.) Then she went back home.

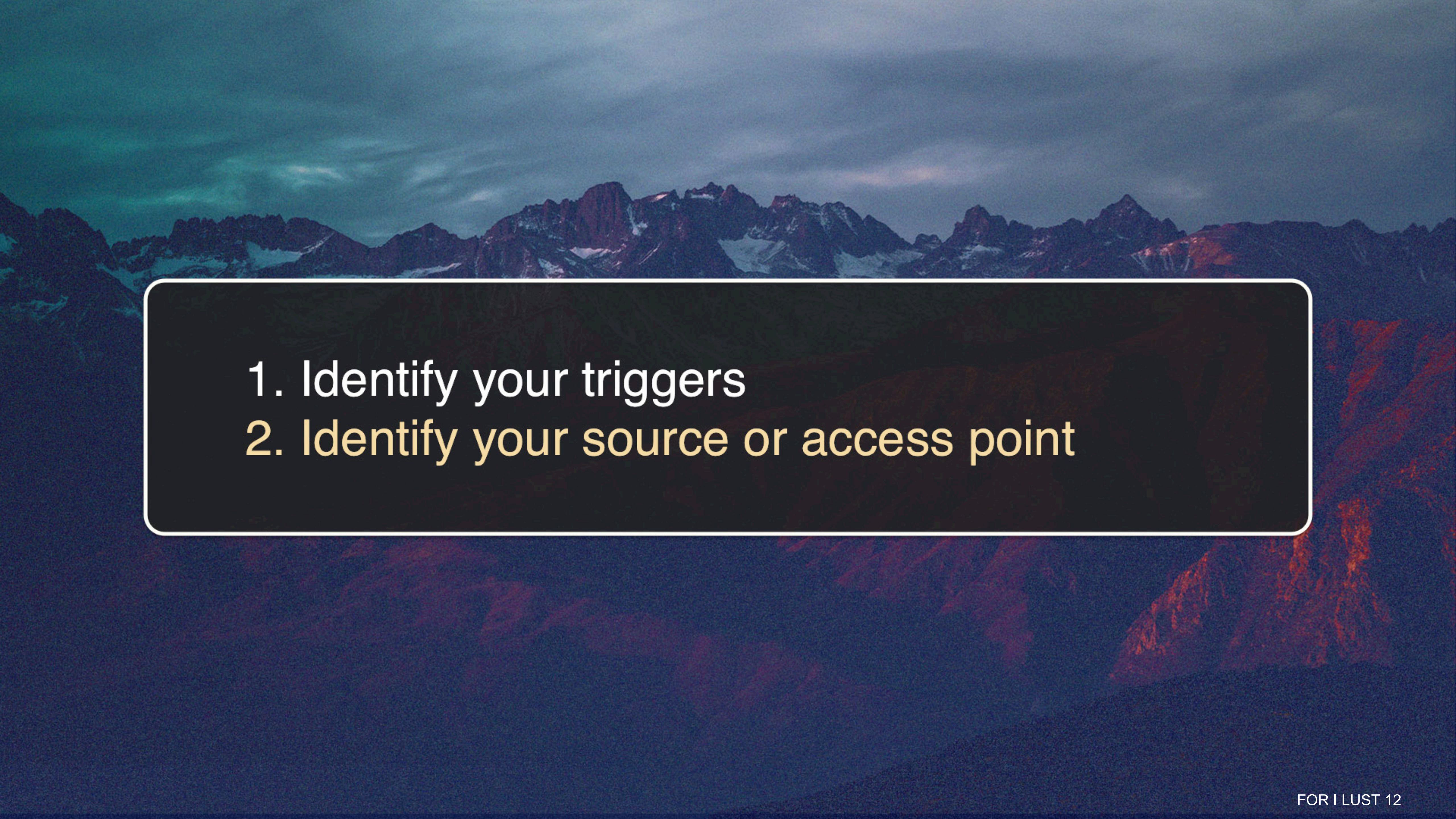
- 
- He was somewhere he wasn't supposed to be.
 - He saw something he wasn't supposed to see.
 - He did something he wasn't supposed to do.


Rationalize and justify why it's not that bad

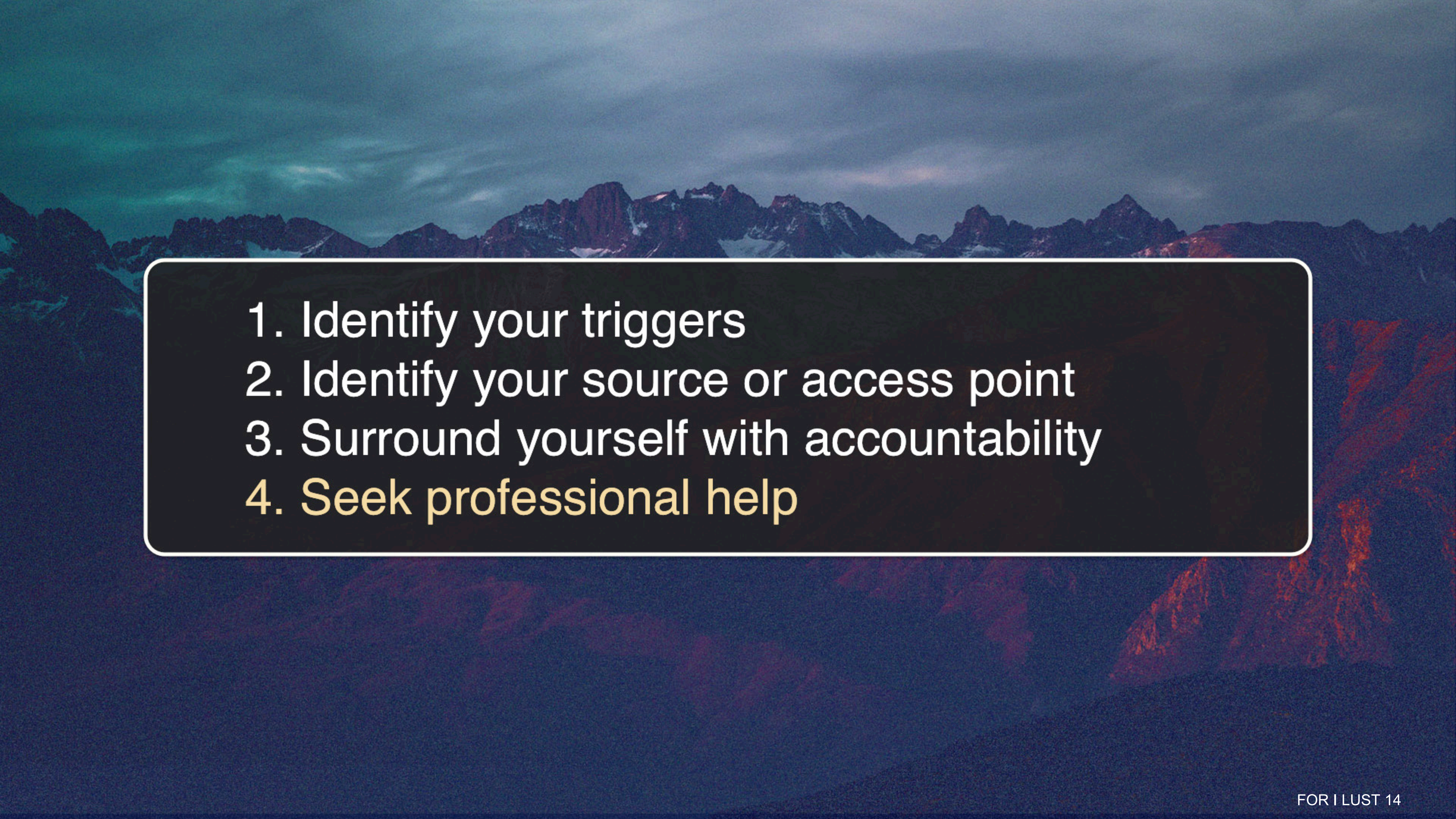
- I'm not married.
- I only watch it with my spouse.
- My spouse isn't willing to have sex enough to meet my needs.
- My spouse doesn't fulfill my emotional needs so I look elsewhere.
- It's not as bad as sleeping around.



1. Identify your triggers

- 
1. Identify your triggers
 2. Identify your source or access point

- 
1. Identify your triggers
 2. Identify your source or access point
 3. Surround yourself with accountability

- 
1. Identify your triggers
 2. Identify your source or access point
 3. Surround yourself with accountability
 4. Seek professional help

1. Repent to God — Psalm 51:1-2


For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.

Have mercy on me, O God, according to Your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin.



2. Confess to Others — James 5:16

Therefore, confess your sins to each other
and pray for each other so that you may be healed.
The prayer of a righteous person is powerful
and effective.



3. Let the greatness of our God
heal your scars.

2 Corinthians 12:6-10

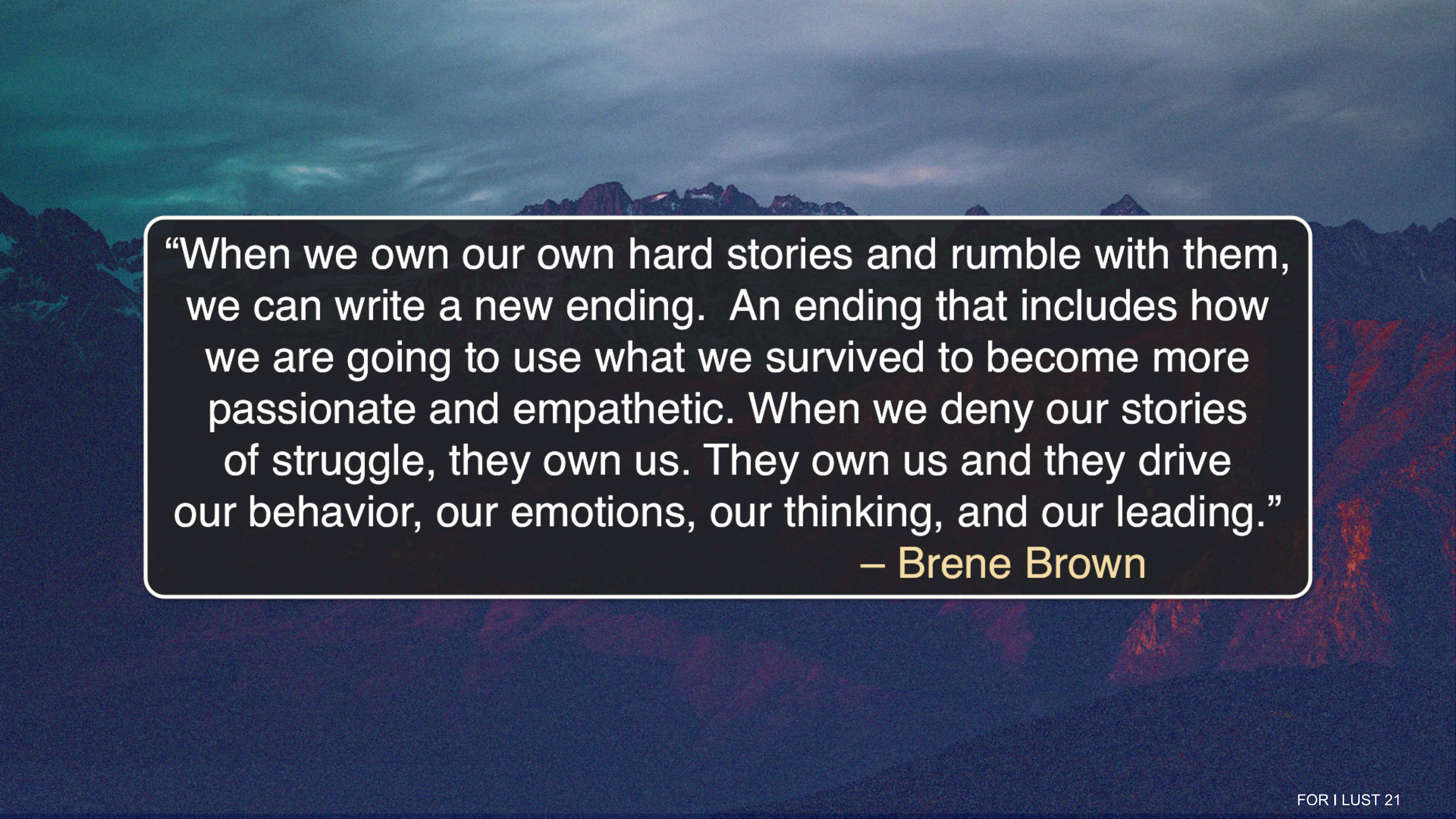
I will boast about a man like that, but I will not boast about myself, except about my weaknesses. Even if I should choose to boast, I would not be a fool, because I would be speaking the truth. But I refrain, so no one will think more of me than is warranted by what I do or say, or because of these surpassingly great revelations.

2 Corinthians 12:6-10

Therefore, in order to keep me from becoming conceited, I was given a thorn in my flesh, a messenger of Satan, to torment me. Three times I pleaded with the Lord to take it away from me. But He said to me, "My grace is sufficient for you, for My power is made perfect in weakness."

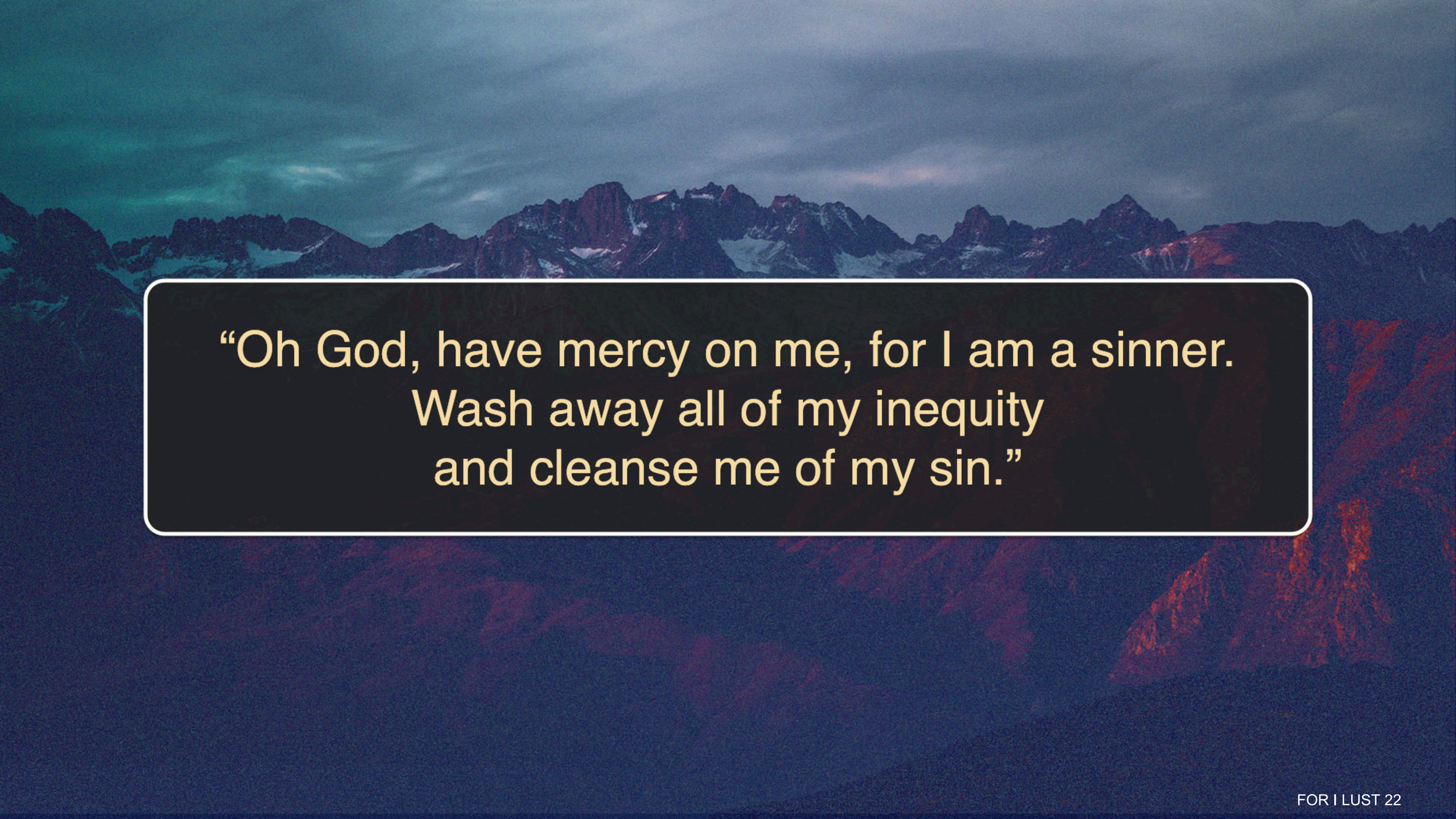
2 Corinthians 12:6-10

Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.



“When we own our own hard stories and rumble with them, we can write a new ending. An ending that includes how we are going to use what we survived to become more passionate and empathetic. When we deny our stories of struggle, they own us. They own us and they drive our behavior, our emotions, our thinking, and our leading.”

— Brene Brown



“Oh God, have mercy on me, for I am a sinner.
Wash away all of my inequity
and cleanse me of my sin.”