



Support Guide

www.loveismore.eu (.de .sk .pl .es .ru)

I do what I don't want to do*

* Romans 7:19

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SAFER SURFING

Vienna (idea)—Addiction to pornography doesn't bypass Christians. There was a dramatic rise in the consumption of adult pornography when the internet was established. A new Christian ministry, founded by former addicts, offers a way out of pornography and sex addiction.

The chairperson of this organisation 'SAFER SURFING' is Phil. He fought with a porn addiction whilst ministering in churches. This is how he describes his dilemma: 'I used to preach to young people in the evening and at night I watched this stuff online.'

It was a similar situation with his co-worker Ulrike. With God's help she was freed from her addiction too. She stresses how this problem is rapidly getting out of hand.

An anonymous poll in churches showed that about 50% of young men watch pornographic material, this includes young boys as well as fathers. According to Ulrike reckoning, 10–20% of women attending church wrestle with pornography.

It's not just the consumer who is afflicted but wives/husbands as well, who feel betrayed and hurt. This ministry, in collaboration with sexual-ethic organisations such as the Germany based 'Weißes Kreuz' (White Cross), offers ways out of addiction through informative programs. They particularly want to reach people via their websites www.loveismore.eu and www.nakedfacts.co.uk



FORUM

At www.loveismore.eu there's the possibility to discuss and get advice

RADIO

- » www.loveismore.eu
- » How porn destroys marriage
- » The truth behind the sex industry
- » Interview with a wife of a sex addict
- » Women, sex addiction and the church

INTERNET SOFTWARE—CHILD CONTROL

One of the best internet filter software programs these days is “Child Control”. It is important not only to secure your own access to pornographic Websites but also your families and kids.

You often hear ‘my kids would never look at that!’ Unfortunately this is a big error, kids have full access to the internet—an open porn channel at home”.

You can order the software via www.loveismore.eu

BOOK RECOMMENDATIONS:

- » The Road to Grace—*Mike Genung*
- » The Dirty Little Secret—*Craig Gross*
- » The Pornography Trap—*Ralph Earle*

FOR WOMEN

- » Every Woman's Battle—*Shannon Ethridge*

THE ROAD TO GRACE—MIKE GENUNG

Genungs' report on his way out of sexual addiction gives hope to all who are also addicted or confronted with such problems in their daily lives.

He shows the depth of addiction and how God goes to the heart of the problem showing the way out with compassion, acceptance and his limitless love. Mike Genungs' book is clear and without compromise.

It's a deeply positive book which gives hope to those who have none.

'This book is a "must" for counsellors and those affected by this subject'—*Rolf Trauernicht, Head of 'Weißes Kreuz e.V.'*

'You need to be daring to read this book and you might want to read it unobserved! He who dares will be taken, with "no holds barred" on a breathtaking journey through life. It will start you on the way to healing'—*Jürgen Werth, Director of ERF, Germany*

'In the same way that in some circles it is bad form to talk about money, so it often is in christian ones, when it comes to talking about sexual issues. This autobiographical book "The Road to Grace" not only highlights the problem but shows where hope and healing can be found.'—*Wilfried Schulte, Leader 'Neues Leben'*



VIDEOS

You can find stories here, of people who have found a way out of their addiction to pornography.

www.loveismore.eu

SEMINARS AND SERMONS

'I do what I don't want to do—Leaving porn behind!'

The Organisation 'SAFER SURFING' offers seminars and sermons on the topic of addiction to pornography and the way out of it. The series of seminars are run under the patronage of the Evangelical Alliance Austria and Germany.

Contact: safers@safersurfing.eu

AUDIOS/RADIO

MP3-Downloads of Sermons, interviews and seminars

www.loveismore.eu

COURSES

- » Setting Captives Free
- » Pureonline
- » Pureonline for Church Leaders
- » Purelifeministries
- » Elucidalearning

More under www.loveismore.eu

PORNOGRAPHY

Pornography or porn is the explicit depiction of sexual subject matter with the sole intention of sexually exciting the viewer. It is to a certain extent similar to erotica, which is the use of sexually arousing im-

agery. Pornography may use any of a variety of media—printed literature, photos, sculpture, drawing, painting, animation, sound recording, film, video, or video game ...
Definition Wikipedia

STATS

- » 50% of all christian men and 20% of all christian women are addicted to pornography
(ChristiaNet 7th August 2006)
- » A census of 1351 church leaders on the use of pornography showed: 54% of them have looked at porn on the internet in the last year, 30% in the last 30 days.
Pastors.com March 2002
- » Pornography in the USA has a bigger turnover than Microsoft and Amazon together.

POLLS BY 'SAFER SURFING':

- » At a men's retreat:
77% consumed porn over the last year
- » At a church: about:
10% of women consumed porn over the last year
- » At a pastor's retreat:
76% consumed porn over the last year

HELMUT

I was hooked on pornography from the time I was 10 years old until I was 36.

I was caught up in pornography from the time that I was 10 years old until I was 36. It developed into a massive addiction after I discovered internet-pornography and it consumed most of my free- time.

Instead of satisfying my inmost needs, it drove me into deeper misery, bondage and isolation. When I was 19 years old I decide to give my life back to God and experienced great change in many areas.

Since then I have tried hard to know God better and because of this have experienced much healing. My sexual life though, was always my weak point.

Several things have happened that have helped me to get free.

First of all I realised that things could not go on as they were. The next step was to bring everything out into the open.

When I went public with my addiction to my church leaders and my house group, I was not cured but much of the destructive elements were removed. It was important to look at sexuality in a positive light and to understand what a precious gift it is. The important key for me was to discover that what I had been seeking deep in my heart through looking at pornography had long since been provided by God.

Pornography only numbed my inner emptiness and the painfully deep need for fulfilment which can so seldom be found in this life.

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When I experienced that only God could satisfy this deep longing and in a way that was more lasting than anything else, I was able to let go of the former things.

Once I had found the 'real thing' I was finally free from the destructive 'copy'.

Now I am experiencing an incredible upsurge in my quality of life. It is a wonderful present, no longer to be governed by my sexuality but to be able to handle it in a responsible manner.

This is without painful abstention, "cold showers" or self-castration. It is possible with God's help and a little discipline, to remain free. When God fills our soul we are no longer dependent on useless crutches.

EX-PORN-ACTRESS

Many people believe the old myth that women enjoy producing porn. In reality they are broken by it. Women don't have fun acting in these films. Some women hate it so much that you can hear them vomiting in the bathroom during breaks.

Shelley Lubben at www.nakedfacts.co.uk

EX-PORN-PRODUCER

What has it cost me - my lifestyle of pornography? My self respect? Certainly
A great wife? Absolutely
What else? I've lost my son, the most important person in my life!

Donny Pauling at www.nakedfacts.co.uk

THE PORN SET

Most girls that enter the porn industry shoot one video and leave. The experience is so painful, terrible, embarrassing and humiliating for them, that they never do it again. *CBS*

LIES

Everyone knows these phrases and they are lies:

- » If you hear in a message 'Jesus went to the cross for all your sins'—do you too think 'Yes for everyone else but not for my dreadful sin.'
- » 'Nobody can help me, it is my own fault that I'm in this situation!'
- » 'If anyone knew about this ... they wouldn't talk to, or spend time with me.'
- » 'Nobody must find out— I have to sort this out on my own.'

Ulrike

TRUTH

Truth that sets us free, which we however often cannot believe:

Come to me, all you who are weary and burdened, and I will give you rest *Matthew 11:28*

I tell you the truth, all the sins and blasphemies of men will be forgiven them. *Mark 3:28*

On hearing this, Jesus said, it is not the healthy who need a doctor, but the sick. But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners.

Matthew 9:12–13

TALK ...

How to take practical steps in prayer so that the truth replaces the lies:

- » Learn to be honest in confessing your sins to God. As long as you are too ashamed to be honest about every detail of your life, the sin will be stronger than the truth.
- » Tell Jesus what you really feel in prayer and ask him to bring light into every corner of your heart, even though you feel so dirty, that you cannot look him in the face.
- » Let Jesus and people (counsellors) show you what's behind the sin e.g. how to cope with negative feelings etc.
- » Take your time. Talk to your accountability partners about your progress and ask what steps to take to be fully healed.

... WITH GOD

- » Ask Jesus to clean your heart from false shame and to replace it with the right perspective on sin.
- » Ask him to show you the true face of sin and to give you back the right feelings like disgust and antipathy towards sin.
- » Stick all the pictures in your mind into a photo album and give it to Jesus. Let him take away your burdens. He will be happy to do so. You will have to repeat this process because there may be many pictures in your mind.
- » Start on the path to healing that God has prepared for you.

Ulrike



FEEDING GROUND

It is important to be careful of *times* where you are weak and of *places* where you are vulnerable. The feeding ground of sin is different for each individual:

- » Lack of real relationships
- » Unresolved feelings
- » Lack of love
- » Anger, loneliness, tiredness, hunger
- » Boredom
- » Midlife crisis
- » Unemployment
- » Stress
- » Separation
- » Discouragement (failure, broken promises)

ADDICTION

- » Isolates, ensnares and destroys
- » Nearly always works through the pleasure senses (alcohol, sex, pleasure of winning, food satisfaction, etc).
- » Usually works slowly—A person will first experience pleasure they seek; as addiction progresses it becomes more work and less fun. As a person crosses the invisible line into full addiction, right of choice is lost; they must increasingly do what their addiction tells them.
- » In full addiction, they lose all pleasure from the activity; it becomes only bondage, repeating the action of their addiction. Commands them to perform. Pleasure is replaced with intense emotional pain and always devastating physical, emotional, and negative spiritual effect.

The way out is finding God, as you come to understand God. Seek Him and He will be found.

FREEDOM

Pornography is sex with yourself. Due to feelings of guilt which are often bound up with despair, the spiritual life of a Christian comes to a standstill. I know what I'm talking about. I was addicted to porn for 14 years. Most of that time I was a Christian and in leadership as well. I knew that God did not like what I was doing but I was still trapped in porn. I would not have called myself 'addicted' but I really was. I was looking for something to fill the vacuum in my heart and so had to have some 'stuff' that satisfied me; at least for a short while. This is the loneliest kind of sex that there is. With my addiction to porn I hurt my girlfriend, Karina, now my wife.

A wise friend told me something that has helped me a lot: "Whenever you see naked women, for example on an advert, stay cool and relaxed. Register what you have seen but don't study it, then walk away without panicking, uptight or with fear.

- » Let God and your friends fill the vacuum in your heart with their love. All of us are looking for something to fill up our hearts.
- » Don't be afraid to mess up again. Bathe in the love and grace of God instead because this love is endless.

Phil

CHILDREN

Young people collect pornography on mobile phones, as they did football stickers in the past

Porn offers in mobile format are increasing rapidly. This trend does not exclude young people. Christian youngsters receive hardcore pics on their cell phones. So, how do we handle our kids who are technically more advanced than their parents...?

**More to be viewed at
www.loveismore.eu**

CHILD PROTECTION

Parents are the most effective people to protect their children from access to porn. We have met many parents who have absolutely no clue as to what is going on in the "real" world.

- » 'Well, my little Johnny would never look at naked pics on the internet.'
- » 'My children are safe because we've installed a website filter.'
- » 'My little angel only chats with friends and would never talk to a stranger.'

Now is the time for you to intervene in the lives of your children.

More to be viewed at www.loveismore.eu

TIPS AND IDEAS

These are a few suggestions, not all will apply to you or are necessary:

- » Put PC/TV in a frequented room
- » Use Internet filters (i.e. 'Child Control' see www.loveismore.eu)
- » Choose TV movies intentionally, no 'zapping'
- » Limit your TV consumption (only with others)
- » Make a film check on www.kids-in-mind.com
- » Cancel Cable/Satellite TV/Pay TV if necessary
- » Put photos of the family on the TV/PC monitor
- » TV/PC: password-protected access via partner/parents
- » Talk openly about things, without details!
- » Accountability Partners
- » Meet a friend regularly—Pray & Exchange
- » Start a men's or women's breakfast
- » Pastors could work in joint offices
- » Maintain supporting relationships
- » Keep a diary
- » Maintain relationship with God and eat 'spiritual food'
- » Create a list of personal weaknesses
- » Go to bed in good time, especially when one is tired
- » Look for fellowship when you feel lonely
- » Find activities that divert your thoughts when you are bored
- » Decide to do something as the thoughts come—not when it's too late
- » Be relaxed and laid-back
- » Prepare yourself for 'difficult' situations/places
- » Get out in the fresh air for times of recuperation, vacation/holidays
- » Learn essential facts about sex/body
- » Physical compensation for work (hobbies, leisure activities, sports, exercise)
- » Eat regularly and healthily
- » Do not feed lust
- » In emergencies 'run'—change your location immediately
- » Be aware of your perception and thoughts
- » Be aware of the consequences of the 'afterwards'
- » Confess your problem to God

- » Be aware of the victims behind the scenes e.g. porn actors
- » Go to bed at the same time as your spouse
- » Work on your marriage (conversation, romance, tenderness)
- » Ask your wife to cancel mail-order catalogue subscriptions
- » Give your partner the antenna cable/PC/modem
- » Cancel bulk mail
- » Do not leave children alone with TV/PC

BUSINESS TRIPS

- » Ask the reception to switch off the Blue movies
- » Put a family photo on the TV
- » Pray & call spouse in the evening
- » Choose a room without TV
- » Pick a hotel room without TV



PORNOGRAPHY—AN ISSUE ONLY FOR MEN?

I accidentally fell into the trap of pornography when I was 12 years old and at the stage when most teenagers usually experience inner turmoil! In my innocence, not knowing all that was involved, at first I was shocked and at the same time fascinated by what I found on this subject, I felt a pleasant sensation within which filled me with shame at the same time. It was exactly this shame that drove me into isolation. I could always talk about everything with my mother but the topics of pornography and masturbation were absolutely taboo for me. I would have been ashamed to death in the full sense of the word if my mother had found out about all of this.

My sense of shame deepened because I had believed in Jesus from the time that I was 6 years old and had always been active in my church. I was sure that I was ill because it was only men who had a problem with pornography. I thought that I was the only 'perverted' woman.

When I received compliments about my outward appearance I was unable to accept them or believe that they were true. Instead I thought: 'If people really knew what I was like they would not pay me compliments.' It was a vicious circle: I tried to deal with my feelings of guilt and tension which drove me into masturbation and the dream world of erotic fantasy. Incidentally this fantasy world is typical for women who read explicit love stories and thus consume more pornography than they are aware of. Addiction does not only confine itself to the consumption of hardcore porn but can be played out in masturbation and losing oneself in an erotic fantasy.

My own healing began when I began to talk to God honestly about my problem. The realisation that Jesus did die for everything, finally gave me the strength to open up to a friend. Our friendship did not end but became deeper and more meaningful. It was this friend, who time and time again, pointed out that I was trying to do things in my

own strength—a mistake that many make when they try to escape this vicious circle of pornography. They beg God to give them more strength to resist the temptation and wonder why it does not work. I tried the same thing, unsuccessfully.

I found the root of my sin when I took a journey into my 'inner-self': I grew up in a protected environment in which there were seldom quarrels or arguments, therefore, I had never learnt to deal with my negative feelings. I learnt to express disagreement in an appropriate way instead of withdrawing as I had previously done in conflict situations. As I learnt to forgive and to accept forgiveness and allowed myself to be drawn into friendships, the tension was

built down. The proof of my healing is in the fact that I no longer feel ashamed of what I did.

Incidentally, my mother now knows everything. It has come to my attention over the last few years, that I am not the only woman to have had problems with pornography even though examples of men are usually cited when it is spoken of. I want to tell all women who are affected that there is a way to break the chains of shame. A time will come when women will be able to live out their femininity in freedom as God originally planned it.

Ulrike (40 years old)

CITATIONS

Above all, love each other deeply, because love covers over a multitude of sins.

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

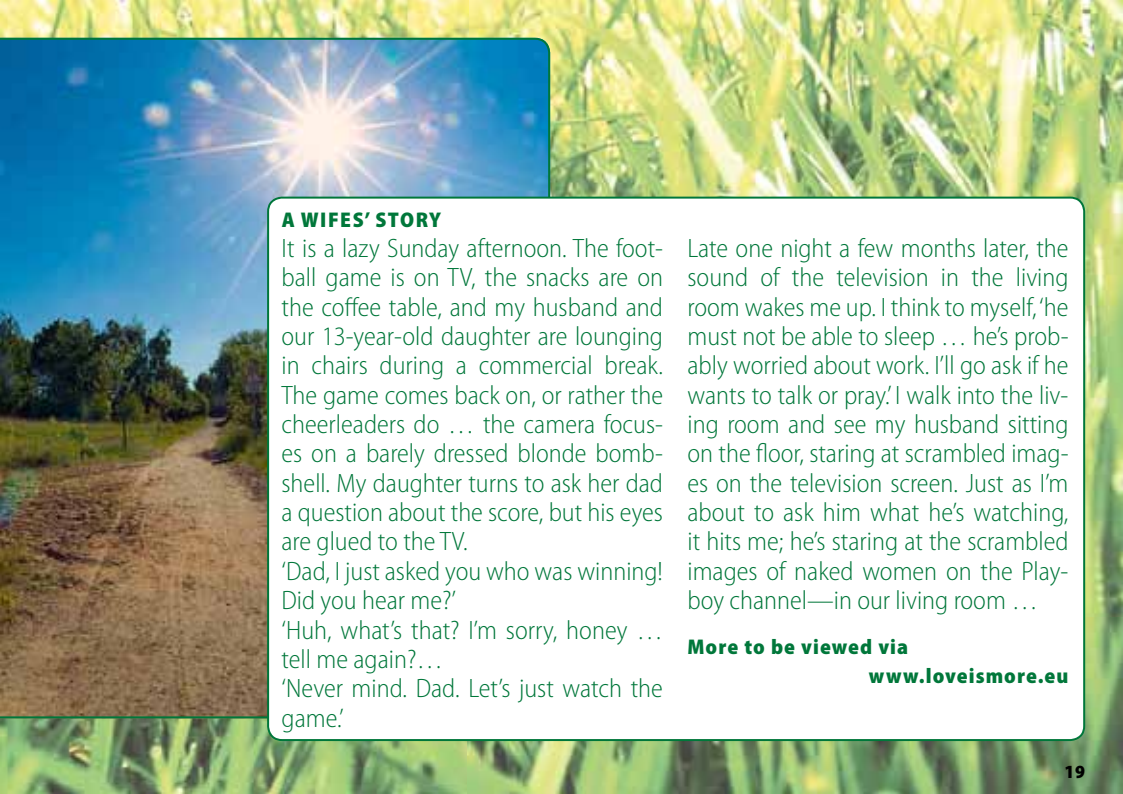
Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you.

Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart.

Do not be overcome by evil, but overcome evil with good.



A WIFES' STORY

It is a lazy Sunday afternoon. The football game is on TV, the snacks are on the coffee table, and my husband and our 13-year-old daughter are lounging in chairs during a commercial break. The game comes back on, or rather the cheerleaders do ... the camera focuses on a barely dressed blonde bombshell. My daughter turns to ask her dad a question about the score, but his eyes are glued to the TV.

'Dad, I just asked you who was winning! Did you hear me?'

'Huh, what's that? I'm sorry, honey ... tell me again? ...'

'Never mind. Dad. Let's just watch the game.'

Late one night a few months later, the sound of the television in the living room wakes me up. I think to myself, 'he must not be able to sleep ... he's probably worried about work. I'll go ask if he wants to talk or pray.' I walk into the living room and see my husband sitting on the floor, staring at scrambled images on the television screen. Just as I'm about to ask him what he's watching, it hits me; he's staring at the scrambled images of naked women on the Playboy channel—in our living room ...

More to be viewed via

www.loveismore.eu

AUTHORS OF THE BROCHURE

SAFER SURFING is a non-profit organisation providing help to people who are caught up in pornography or sexaddiction. SAFER SURFING has a strong focus on providing information as help and support in preventing kids and youth getting into porn.

A lot of work is put into the Project by people who themselves have left porn behind and enjoy the freedom living without it.



Please support us through prayer and a donation so we can continue to help people leave porn behind and support parents in the area of kids protection. Thanks for your support.

Thanks for your support.

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S. 1: Jenny/photocase.de; S. 20: Petzi/
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see www.loveismore.eu

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