It’s not a crime for a girl to be attractive or for a guy to appreciate the fact that she is!

In fact, God **created** the first man and woman to be attracted to each other. He gave them the ability to love each other and to find fulfillment in their relationship. But Adam and Eve decided they knew better than God and disobeyed His instructions. Ever since then the sinful nature they passed on has encouraged men and women to seek fulfillment—including sexual fulfillment—by disobeying God’s instructions.

That’s why it’s so easy to look at a “forbidden” web porn site, then another, then just one more... or to download pictures or hide magazines to look at in secret. Lust comes naturally. It’s an intense desire aimed **only** at satisfying your own sexual desires. Love, however, is an unselfish concern for the good of another person that puts that person first, and your desires second. **Love doesn’t want that person used, abused or thought of as a sex object** (1 Corinthians 13:4-7)... **but lust could care less.**

The naked truth is that pornography is **all about lust and nothing about real love**! Casually checking out pornography may seem harmless, but porn **traps you** into harmful thinking about every aspect of “the opposite sex” and male-female relationships.

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What kind of trap is pornography?

Pornography devalues sex and damages relationships.

Pornography is a one-sided, self-satisfying relationship built on lust and immediate gratification. It devalues and damages the true meaning of sex. No way will it provide the relational skills and understanding attitude that you need for relating to women or for a lifelong relationship with your future wife.

Porn is a multi-billion dollar industry that, like drugs, thrives on “addiction.” Pornographers have no concern for your well being. They only care about getting you hooked on their products, bringing you down to their gutter level of morality, and then persuading you to call it “normal.”

Don’t settle for the world’s lies that will leave you outside God’s best intentions for you. All sexual relationships outside marriage—real or fantasized—seriously damage God’s good plans for your life. It’s not worth trading a future of happiness for cheap thrills now.
Pornography always leaves you wanting more

God’s Word says it best: “Death and Destruction are never satisfied, and neither are the eyes of man” (Proverbs 27:20). Eyes always want a refresher course in what they saw last time.

Most college guys who are into porn got hooked years before college. Older men who struggle with pornography have probably been into it since their teens. Many of them are trapped in a lifetime habit. Is that what you want? Remember…you’re becoming right now what you’re going to be someday.

Pornography destroys your integrity

You’re mistaken if you think you can download porn into your mind and also live a strong Christian life. You’re only fooling yourself if you think it’s not making any difference in your relationships, especially your relationship with God. “A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction” (Galatians 6:7-8). That statement begins with these words: “Don’t be deceived: God cannot be mocked.” Even if you hide it from everyone else you can’t fool God by indulging in porn in secret.

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What you put into your mind makes a difference. If you fill your mind with pornography, it's going to negatively influence the way you think about girls and how you treat them. For example, pornographic memories will never influence you in the right direction when you're on a date. You know that sexual desire is like a fire that needs to be kept under control... pornography pours gasoline on that fire!

When a guy lusts after the women he sees in pornography, the images burn into his memory so deeply they never totally disappear. And lusting for women isn't just a mental thing... Jesus said "Anyone who looks at a woman lustfully has already committed adultery with her in his heart" (Matthew 5:28).
What Pornography Really Costs You

It helps to remind yourself of the consequences of using porn. Here’s a self-check to think about when you’re feeling like giving in to temptation.

My involvement with pornography...

Causes me to view girls and women as sex objects rather than whole individuals created by God with a social, intellectual, and spiritual dimension along with a physical dimension.

Encourages me to use women for my lusts rather than having a proper appreciation for them as persons made in God’s likeness.

Satisfies only my sinful nature and obstructs the work of God in my life. Instead of pleasing God it brings pleasure to Satan and people who have no in godly living.

Grieves Christ who died so I could enjoy salvation and forgiveness. Lust is one of the sins that nailed Christ to the cross. One day I’ll have to look Him in the face and account for my involvement in porn and sexual lust.

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Forms **memories** that will hinder a pure relationship with the girls I date now and the intimacy I’ll want someday with my future wife.

**It destroys my example and credibility** with non-Christians and Christians.

**Creates guilt** that’s hard to shake, stains my memories, and influences all my actions, thoughts, and attitudes.

**Encourages me to live a secret “double life”** instead of being honest about every area of my life. It’s not something I want my family to know about.

[www.escapethetrap.com](http://www.escapethetrap.com)
**Escaping the Trap**

Let's be honest about sexual temptation... 99% of guys are tempted and the other 1% are lying!

So what are you going to do? Sexual temptation will come knocking at your door every day...

Only Jesus **always refused** to open the door and let temptation come in to visit. Check out how you can follow His lead and refuse to open the door when sexual temptation knocks. Like other temptations, pornography will **always** try to gain control of your life. But God's Word says if you "live by the Spirit...you will not **gratify** the desires of the sinful nature" (Galatians 5:16). **God is more powerful than temptation.** Since Jesus lives in every Christian guy, with His help you **can** win the battle.

Begin now building a **wall of defense** that will last a lifetime.

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**The Foundation**

Putting your trust and confidence in Jesus Christ

A wall is no stronger than the foundation it's built on. You can't construct a strong wall on a weak foundation. In the same way, there are no steps to freedom from sexual sins or any other sin without a right relationship with God. Without that, occasional victory will be the best you can hope for. The last two pages of this book explain how you can know God personally and have His power within you to keep you from caving into the pressures of temptation. Please go there **now** if you're doubtful about your relationship with God.

Then, begin building a **wall of defense on that foundation using these important “bricks”**...

- Discipline
- Resistance
- Prevention
- Submission
- Accountability
- Discipline
- Priority
- Submission
- Accountability
The Brick of Submission

Give God control of your life

I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Romans 12:1-2

Let God be in charge of your life every day, so that you will honor Him in what you look at and how you look at girls. This is a daily battle...temptation will come, so you will have to be ready to withstand it with God’s help (James 1:13-15, 4:7-8).

Realize that sex is God’s creation. Lust is Satan’s trap to rob you of God’s perfect plan. Thank God for your sexuality, and ask for the strength to honor Him with it.

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The Brick of Accountability

Take responsibility for your actions

Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity. 1 Timothy 4:12

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. 1 John 1:9

Be accountable to God. If you’ve been using porn, confess your sin against Him and ask for His forgiveness (1 John 1:9, Psalm 51). Establish an accountability partnership with a trustworthy, spiritual Christian guy, someone who also wants to honor God (Proverbs 27:17). Make sure you regularly ask each other hard questions like “Have you looked at anything inappropriate since the last time we talked?”

Also, make your closest friends people who will encourage you to live a life that pleases God. Don’t kid yourself: “Bad company corrupts good character” (1 Corinthians 15:33). Be wise in the kinds of activities you participate in with friends who don’t share your spiritual goals. This alone will take care of lots of problems (but don’t act self-righteous—it’s God who makes the difference).
The Brick of Priority

Read and follow God's Word

How can a young man keep his way pure? By living according to Your word, I seek You with all my heart; do not let me stray from Your commands. I have hidden Your word in my heart that I might not sin against You. Psalm 119:9-11

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8

Spend quality time often in the Bible to get God’s perspective on life, then seriously think about what you’ve read and put it into practice. Stay in touch with God through consistent prayer (Luke 18:1): ask Him often to help you overcome evil thoughts with good ones. Be active in a church where the Bible is taught as God’s changeless instructions for people today.

Make your wall portable by memorizing verses from the Bible that God will use to help you in times of temptation to crowd out evil thoughts. Start with the verses each of these “bricks,” then add your favorites.

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The Brick of Prevention

Set boundaries to avoid pornography

I made a covenant with my eyes not to look lustfully at a girl. Job 31:1

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

The moment you’re confronted with porn is not the best time to make a decision. Pre-decide what you’ll do before tempting situations happen, then act on the basis of that decision when temptation comes.

For example, pre-decide to stay off the Internet when you’re the only one at home. Even when others are in the house, turn the monitor towards the door, and leave the door open. With cable TV, don’t even surf by channels you know carry porn or questionable shows and movies.

Install a good filter on your computer. Even then, realize that no filtering program can protect you from everything evil on the Internet, but it’s an important tool (check out www.thesafesite.com for a good filter).
Always keep in mind the goal of being like Christ.

Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith.... Hebrews 12:1-2

The grace of God that brings salvation...teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age.... Titus 2:11-12

You’re in a battle for your eyes and mind! Just like with sports, discipline is the key to victory. Do you desire temporary sinful satisfaction more than pleasing God? That’s a question that will be answered by your actions. Jesus said, “You are my friends if you do what I command” (John 15:14).

The Brick of Resistance

Always resist temptation.

Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. 1 Peter 5:8-9

Ask “What would Jesus do?” in your choices of reading and viewing material (magazines, web, MTV, video games, DVDs, movies) and in the way you look at girls.

Check www.gospelcom.net/preview before deciding to see a movie. Listen to wholesome music that will strengthen your “wall of defense,” not chip away at it (Ephesians 5:19-20). Guard every door of your heart and the “path” you take each day (Proverbs 4:23,25-27).

Here’s how pastor Chuck Swindoll sums it up: “We’ve made resisting temptation some mystical, unreachable, unattainable, talent reserved either for the very old or the very pious. Saying ‘no’ is something all of us who belong to Christ can do and must do! There’s nothing magical about it. You simply put Jesus at the controls of your life and say ‘No!”

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The Brick of Fleeing

Get out of tempting situations immediately

Flee the evil desires of youth, and pursue righteousness, faith, love, and peace, along with those who call on the Lord out of a pure heart. 2 Timothy 2:22

It is God’s will...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.... 1 Thessalonians 4:3-5

Paul told his young friend Timothy to “flee the evil desires of youth.” Your absolute best defense is to run from pornography and sexual lust. God designed your needs to be fulfilled through pure relationships, not one-sided lust that messes with your mind, convincing you that what’s wrong is right because it feels good or excites you sexually.

Fleeing means avoiding “babe watch” TV and movies. It means walking away from provocative CDs, videos, DVDs, posters, and magazines on store shelves. It’s choosing not to sit across from the girl in the short skirt or low-cut shirt. It’s looking and/or going the other way when you realize something or someone is a temptation to you. Fleeing is doing the right thing rather than caving in to temptation...it’s very practical. Let God guide you in doing the right thing.

Involvement with pornography is like making out or having sex on dates...wrong things you do now will become regrets later in life. God’s plans for true love and pure sex have your best interests in mind...and the best interests of girls, too. You’ll never regret pursuing the goal of a pure life guided by the Spirit of God!

Guys, when a pretty girl walks by or when you see a beautiful woman on a magazine cover at the checkout, Call 3.1.1! That’s what a wise man in the Bible did. In Job 31:1 Job said “I made a covenant with my eyes not to look lustfully at a girl.”

Make up your mind right now to Call 3.1.1 every time your eyes tempt you to give in to lust and sexual temptation! You’ll have to retrain them to look away. You may have gotten into the habit of letting your eyes “follow girls” down the hall; have you ever noticed that eyes never get enough? One long gaze doesn’t do it for the rest of your life...not even for the rest of the day. You’ll have to refrain from letting your eyes roam and retrain them to regain a godly approach to how you look at women. Building godly habits takes time. Practice calling 3.1.1 regularly and depending on God to help you make it a “holy habit” in your life!

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Stop! Drop! & Roll!

For your sexual safety, you’ll need to know these two very simple yet profound truths about sex...

You _will_ be tempted.
When you’re tempted, you _might_ fall.

The awareness of these two simple yet profound truths about sex will prepare you well for temptation. And when it strikes, remember

_STOP! DROP! & ROLL!_ Those words that have prepared so many to face the dangers of a burning building can also help save you from destroying your life when the heat of passion burns hot around you.

Stop the excuses!

The first thing to do when temptation strikes is to **stop the excuses.**

Anything that satisfies our fallen nature as much as porn does isn’t going to go away without a fight. That’s reality, but it’s not an excuse to keep wading around in the sewers of porn.

It doesn’t matter that other guys think porn is cool; _you_ know you can’t do porn and be pure at the same time. “Do you not know that your body is a temple of the Holy Spirit, who is in you?...honor God with your body” (1 Corinthians 6:19-20)? There’s no excuse for a Christian guy inviting sexual immorality into his body! If you feel an excuse coming on, _stop!_ The first step to escaping the sex trap is saying “No more excuses.”
Drop the encounters!

Don't cut yourself any slack. You can't gradually cut back your involvement with lust and porn as in, "I'll limit myself to an hour today, then 55 minutes tomorrow, then 50 minutes..." No! That's planning a way to satisfy lust! And the Bible clearly says "Don't think about how to gratify the desires of the sinful nature" (Romans 13:14).

The best way to say "no" to temptation is to avoid it in the first place. The fewer the temptations, the less we are likely to give in. Your goal has to be to drop the encounters.

Someone says, "I'm on the Internet a lot and I'm struggling to keep away from pornography. Could you give me some steps to say 'no'?" Sure, drop the Internet until you install a good filter, then don't try to figure ways to defeat the filter! Drop the encounters.

Someone else says, "I've got these friends who are really into some bad stuff and I'm getting swept away with them. Could you give me some direction on saying 'no'?" Yep. Drop those friendships. Drop the encounters.
Roll on out of there!

And finally, **roll away from the enemy**. There comes a time when you need to wake up, see what’s happening, and get out of there.

Let me explain it this way. When you go fishing, you don’t just drop a bare hook into the water and expect fish to rush over and attach themselves. Instead you **lure them over** by putting a fat, wriggling worm on the hook. You want the fish to forget about all danger signs and think **only** about enjoying a big, juicy worm!

When a fish slurps in the bait and winds up getting hooked and jerked out of the water, you’d think the other fish who saw it happen would never be lured into the same trap. Wrong! Instead, as comedian Paul Reiser describes it, the fish “line up! They see their friends getting yanked out of the water, and they don’t care. They’re cocky: ‘Don’t worry...that won’t happen to me. He didn’t know what he was doing, whereas...OWWW! This one’s got a hook, too!’” They don’t see the whole pattern: Worm/death! Worm/death!”

That’s our basic problem...for a moment of sexual fulfillment we fail to see the whole pattern—the direct connection between sin and consequences. If we’re going to stop getting hooked, we need to **start** saying “no” and **keep** saying “no” to the bait.
Even when you’ve stopped the excuses and dropped the encounters, the temptations still keep pounding in there. At those moments, what do you do? **Roll on out of there!** No wavering, no second looks. “Let’s roll!” is the biblical response when you’re tempted to sin: “Flee the evil desires of youth” (2 Timothy 2:22).

**YOU ARE TRAPPED Roll!**

If you feel disgraced for repeatedly saying “yes” to temptation and genuinely sorry about continually letting lust get its hooks into you, go to God in sincere confession of sin. He wants to forgive you, cleanse you, and give you the joy and satisfaction that can only be found when you’re living for Him. God loves to restore purity!

What do you do before temptation comes? Realize you will be tempted and that you might fall. What do you do when temptation strikes? Stop the excuses. Drop the encounters. And roll away from the enemy. **Stop! Drop! & Roll!** Even in a world of temptation, God can keep you pure. **Will you let Him?**
There’s little hope of consistently resisting temptation and escaping sexual traps without a personal relationship with God. But inside that relationship, the wall of defense becomes a reality as the believer allows God to guide him. Otherwise you’re on your own, separated from God’s help.

It’s our sinfulness that not only separates us from knowing God, but also earns us all an eternal destiny in hell forever separated from God. The Bible clearly states that “all have sinned” and “the wages of sin is death” (Romans 3:23, 6:23a).

Thankfully, God wasn’t willing to leave us in that condemned state. God’s unique Son became a human being—Jesus Christ. He lived a perfect life—never giving in to any temptation—and then died to take the punishment we deserved for our sins. He literally took our place. “God demonstrates His own love for us in this: While we were still sinners, Christ died for us” (Romans 5:8). Then He rose to life again three days later!

If you truly believe that Jesus died as your substitute and that no other solution will satisfy God’s justice, God promises forgiveness and eternal life—“the gift of God is eternal life in Christ Jesus our Lord” (Romans 6:23b).

Eternal life in heaven will be wonderful, but eternal life begins the moment you truly believe in Jesus Christ as your Substitute and Savior from sin’s penalty! “Whoever believes in the Son has eternal life” (John 3:36). From that moment God actually makes Himself available to help each believer resist temptation and live a life that pleases Him.

This prayer can guide you if you’d like to place your trust in Christ for forgiveness of sin and to receive eternal life.

“Dear God, I realize that I can’t measure up to Your standards for being good enough. I admit my sinfulness. I know there’s no other way to gain your forgiveness than by believing that Jesus substituted Himself for me and died to take the punishment my sins deserved. I do believe that with my whole heart.

I need Your help now to face life from this new point of view. Thank You for Your promise of eternal life to all who believe in Your Son Jesus.”