

(CA2) EMAPW 4 - I CAN'T GET THESE IMAGES OUT OF MY HEAD**Theme music**

FOSTER: Paul served in the church by greeting visitors. He always had a smile for everyone. He was a happy guy who loved his wife, kids, and His Lord, but he had one problem.

Paul would be working on a task when suddenly an image of a nude woman would flash in his mind. Even though Paul stopped looking at pornography shortly after he became a Christian, he couldn't stop old images from popping into his mind. He felt defeated, embarrassed, and hopeless that things could ever change. But is this true?

Welcome to Champions Arise. I'm Foster Braun and I'm with Kent Darcie. Today we continue our series on men and pornography as we look at the problem of old pornographic images that stay stuck in Men's minds and the hope God offers us for freedom from this. We want to alert parents that this conversation will be talking about sexual issues. Though we will not get explicit, this important discussion will not be appropriate for pre-teenagers. Please keep this in mind, because after this message, we'll start our discussion here on Champions Arise.

Music Theme in

FOSTER: Kent, so far in this series we've discussed what pornography and lust is—and why it's a problem. We looked at how men often feel like they are the only one battling this problem.

KENT: Which is not true.

FOSTER: No, it's not. We learned that many men struggle with temptations to view pornography in its various forms. In our last program, we learned that some men don't realize that viewing pornography is wrong—is a sin against God.

KENT: That really is the first step out of using pornography. Coming to the realization that following Jesus Christ and lusting over women doesn't go together.

FOSTER: Jesus talked about that.

KENT: Yes, in Matthew 5 verse 28 Jesus said, "*I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.*"

Some men think that because it's not a real woman they're lusting over, it's not sin, but Jesus was very clear on that.

FOSTER: *And* viewing pornography can lead to the desire for sex with a real woman

KENT: Yes. that does happen. But more often it reduces or eliminates our desire to be intimate in a loving way with the real woman God already gave us.

FOSTER: Our wife.

KENT: That's right. Our wife can't compete with the women in pornography or women touched up to look perfect in magazines. And God never intended her to have to.

FOSTER: So today, we're focusing on the man who has given up pornography or is desperately trying to, and keeps having images of nude women popping up in his head. And we'll look at why that keeps happening, but I want to remind our listeners that you are listening to Champions Arise. I'm Foster Braun and I'm with Kent Darcie. Today's program is part of a series that is discussing men and pornography. If you are a parent, please be advised that though we will not get explicit, we are discussing sexual issues that are not appropriate for children to hear. You may want to send the little ones to another area.

But Kent, why do the images keep popping up?

KENT: Let's answer that question by looking at how pornography works. What's the attraction and why does it hook so many men? According to research it's not the nudity that hooks men, it's the constant supply of new images. Whenever men get excited sexually, a drug called Dopamine is released.

FOSTER: And the brain likes that feeling.

KENT: Oh yes. And for any women listening... the closet comparison I can think of would be the feeling many women seem to get when they eat chocolate.

FOSTER: My wife can relate to that!

KENT: Mine too! But take that feeling and multiply it by...100 and you can see where the addiction comes in. But the way we are created, to keep that Dopamine high, or to get it back, you need new stimuli—new images. And unfortunately, on the computer, or in the magazine, or on the beach there are countless new images to lust over and release Dopamine.

FOSTER: So why do these images keep popping into our minds after we've quit?

KENT: While we're looking at all those images, certain ones particularly grab us, and the brain stores them.

FOSTER: And they pop up at weird times.

KENT: Basically, that's it.

FOSTER: So how do we get rid of those images?

KENT: Two ways come to mind. First, stop putting images in to your brain. Stop looking.

FOSTER: I've heard the expression—garbage in, garbage out.

KENT: Yes. What we put into our minds is going to come out in thoughts, words, or actions. That reminds me of what it says in Proverbs 6 starting at verse 20. It says, *"My son, keep your father's command and do not forsake your mother's teaching. Bind them always on your heart; fasten them around your neck. When you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you. For this command is a lamp, this teaching is a light, and correction and instruction are the way to life, keeping you from your neighbor's wife, from the smooth talk of a wayward woman. Do not lust in your heart after her beauty or let her captivate you with her eyes. For a prostitute can be had for a loaf of bread, but another man's wife preys on your very life."* And verse 27 is the key, *"Can a man scoop fire into his lap without his clothes being burned?"*

FOSTER: Or in our context, how can you put pornographic images into your head and not expect them to come out.

KENT: Exactly. So stop putting them in.

FOSTER: You mentioned that there are two ways to get rid of recurring images. The first was to stop putting new ones in. What's the second way?

KENT: The Bible says in Romans 12 verse 2, *"Do not be conformed to this world, but be transformed by the renewing of your minds, that you may prove what is the will of God, what is good, acceptable, and perfect."* Foster, you said garbage in, garbage out. Paul is saying here, God's word in, God's word out.

FOSTER: That reminds me of what Paul wrote in Philippians 4 verse 8.

“Finally, brothers and sisters, 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.”

KENT: One Bible version says *“Meditate on these things.”* I like that. If we are going to override or replace the bad images and thoughts that are in our minds, we need to replace them, but that takes time and effort. We need to start memorizing scripture so that is what pops into our minds.

Ephesians 4 verses 22 – 24 is a good place to start. Can you read those verses to us please Foster?

FOSTER: Sure. Ephesians 4 verses 22 – 24.

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.”

KENT: I like that. The former way of life. Putting off your old self. Putting on our new self. Good scripture to memorize.

I would also add Romans 8 verse 5 which says: *“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”*

FOSTER: It's so important to have our minds set on what God's Spirit desires.

How about this verse for memorizing. Romans 6, verse 12, *“Therefore do not let sin reign in your mortal body, that you should obey it in its lusts.”*

KENT: Another good one. There are many verses that can help you reprogram your brain. And research shows that we can literally reprogram our brains from pursuing pornography to pursuing God. And memorizing God's word is the key.

FOSTER: It's exciting that we can stop, or greatly reduce, those bad images from popping up in our minds. But Kent, we've been focusing on how God can rewire our brains to eliminate those images—which again is great news, but what if pornography has led us to do horrible things? What if we've been involved in rape, or incest, or adulteries or homosexual encounters? And even though we've confessed our sin to God, asked Him for forgiveness and repented, those images keep coming back. What hope can you offer that man?

KENT: The hope of God's faithfulness. Jesus said, "with man this is impossible, but with God all things are possible." That's Matthew 19 verse 26. And while Jesus was talking about salvation in that situation, these words apply to this man perfectly. Your own efforts to erase those horrible memories will lead to frustration, but when you ask God for His help and learn and memorize Gods' word, you'll find that the scriptures of hope and forgiveness and love and grace will either erase those memories, or God will take away the guilt, and shame from them.

FOSTER: That's such good news.

KENT: That's why they call the Gospel of Jesus Christ the good news. He sets the captives free.

FOSTER: He does indeed. Kent once again, our time has passed quickly. Please review the main points of today's conversation.

KENT: Sure. We discussed how our bodies release the drug Dopamine when we are stimulated sexually. But more important, the amount of Dopamine drops off after a while unless we put a new image in our brains. Then it's released again and again until we're addicted to that high. Also, certain pornographic images are stored in our brains and drop into our minds at infrequent and often awkward times.

The solution is to stop lusting over women and memorize God's word regularly. With God's word in our minds, there is less space for the bad thoughts and images to pop in.

But it takes work. God does heal miraculously, but more often we need to renew our mind with Gods words and pursue Him.

FOSTER: Thanks Kent. I hope our listeners have been encouraged by the power God has to restore our minds. Psalm 119 verses 9 and 11 say:

"How can a young person stay on the path of purity? By living according to your word. I have hidden your word in my heart that I might not sin against you."

My friend, we challenge you to start memorizing God's word today!

We'll be right back with Champions Arise.

Program Close

FOSTER: Thank you for listening to Champions Arise where men are equipped and strengthened to meet their God-given potential. Today we explored why pornography is such a problem and how our humble dependence on God can reduce or eliminate pornographic or lustful pictures from popping into our minds. You can listen to other programs in this series our website championsarise.org.

I'm Foster Braun with Kent Darcie. I hope you'll join us as we continue our discussion on men and pornography in our next program. Until then, thank you for listening to Champions Arise. May God mold you into the man He knows you can be.

Closing ID

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