

# Breaking the Cycle of Lust

**Eph. 1:18 (TLB)** *I pray that your hearts will be flooded with light so that you can see something of the future he has called you to share . . .*

## 1. Porn is a problem.

**Matt. 5:28 (NAS)** *Anyone who looks on a woman to lust for her has committed adultery with her already in his heart.*

Your brain is part computer and part \_\_\_\_\_.

## 2. Porn is an addiction.

Pornography is addicting because it uses the same neurological pathways as a drug dependency. In the case of a morphine or heroine addiction, synthetic opioids are injected into the body to induce intense pleasure. With pornography, this happens internally.

*-Dr. Jeffrey Satinover, The Science of Pornography Addiction*

## 3. Porn has a mode of entrance.

Frustration produces \_\_\_\_\_.

Marital frustrations tend to have their roots in misunderstanding \_\_\_\_\_.

Men are \_\_\_\_\_ and woman are \_\_\_\_\_.

**Prov. 5:15-19 (NIV)** *Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public square? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer - may her breasts satisfy you always, may you ever be captivated by her love.*

Men are more \_\_\_\_\_ driven and emotionally fortified while woman are more \_\_\_\_\_ driven and physically fortified.

### Build a circle, break a cycle!

*Be honest with the Lord, yourself, and somebody you can trust (same-gender friend).*

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