

Purity in a Pornified World?

A Christian response to porn

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“God said, “Let us make man in our image, in our likeness....”

IN THE IMAGE OF GOD - RELATIONAL

“Male and Female he created them...”

GENDERED

“Be fruitful and multiply...”

SEXUAL

“God saw all that he had made, and it was very good...”

PERFECT

Genesis 1

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Corrupted Sexuality



and Damaged Relationships

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What is Pornography?

Pornography is defined as ‘sexually explicit media that are primarily intended to sexually arouse the audience’

‘Sexually explicit’ representations include images of female or male nudity or semi-nudity, implied sexual activity and actual sexual activity.

Malamuth, N. (2001) ‘Pornography’, pp. 11816–21 in N.J. Smelser and P.B. Baltes (eds) International Encyclopedia of Social and Behavioral Sciences. Amsterdam: Elsevier

What is Pornography?

- In most heterosexual pornography,
- Men and Women have perfect bodies and genitalia
 - Sex is divorced from intimacy, loving affection and human connection;
 - All women are constantly available for sex and have insatiable sexual appetites;
 - All women are sexually satisfied by whatever the men in the film do.
 - AND rarely (if ever) is safe sex practiced .

Biology & Theology of the three phases of sexual relationship

Lust: "I Desire SEX"

Attraction: "I Love (*desire sex with*) YOU"

Bonding: "I will be Intimate with YOU"

And how Porn disrupts Gods pattern

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**God Created....
..... Lust, A Desire for Sex**

Testosterone Based Drive for Sex.

Limbic System

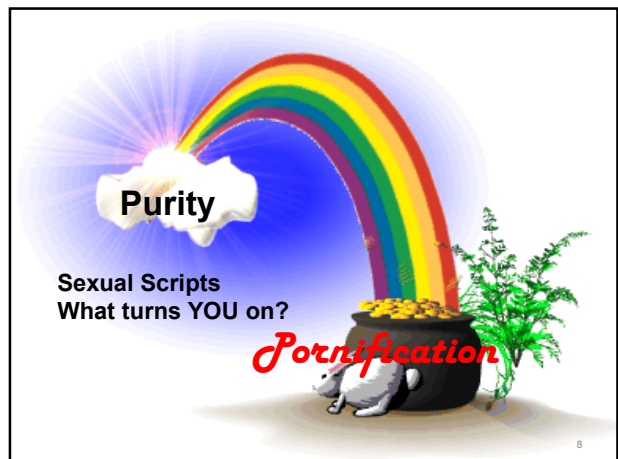


Dual Control Mechanisms in the Cortex.

Inhibitory and Stimulatory

John Bancroft et al (2009) The Dual Control Model: Current Status and Future Directions, JOURNAL OF SEX RESEARCH, 46(2-3), 121-142

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The Subtle Suggestions of Satan

'I used to when I was a teenager , but don't do so now' – **DENIAL**

'I look, but only very occasionally' – **MINIMALIZATION**

'Everybody does it' – **NORMALIZATION**

'I am so stressed at work I deserve some pleasure.' – **RATIONALIZATION**

'It helps my (our) lovemaking' - **CELEBRATION**

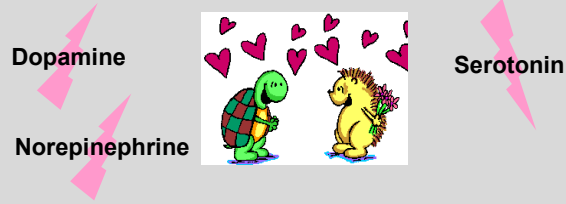
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God created Love

Sexual Attraction: "I LOVE YOU"

In your Brain: "Hot Love" is specific – goal oriented.

Pleasure and Reward Systems Light up



S Zeki (2007) The neurobiology of love, Federation of European Biochemical Societies, 581, 2575–2579. 10

The Porn High

Availability: Quick and easy instant sexual gratification. No romancing required!
Objectification, *I and 'It' not I and Thou*

Accessibility: Internet, Mobile phone
No relationship involved. Use it and dispose of it.

Anonymity: Surely no one will ever know?

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The Porn High

Brain Plasticity: Exposure to Porn created Neural Pathways.

1. Pleasure and reward mechanism
Raises tension – I WANT!
Dopamine and Testosterone

2. The Satisfaction mechanism
A quick release of an orgasm
Endorphins Opiates

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The Porn High

With time – this becomes the **automatic pathway** for sexual desire and arousal. Needing more intense stimulation for the same level of pleasure and reward.

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The Porn High Leads to rewired brains:

Sexual Objectification of every gendered encounter. *see sex – think porn*

Corrupted Intimacy: Inability to connect relationally. False expectations of sexual activity.

Seared Conscience - Desensitization: Loss of Shame and Guilt.

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Effect on Girls

Constructions of Gender and Sexuality

The rise of “Raunch Culture”

women make sex objects of themselves and others, there is a cultural expectation that women will exhibit their bodies, female empowerment is signalled only by overt and public sexuality.

The phenomenon of ‘Sexting’

Levy, A. (2005) *Female Chauvinist Pigs: Women and the Rise of Raunch Culture*. Melbourne: Schwartz

Effect on Boys

Constructions of Gender and Sexuality

Pressure to gain masculine status through sexual achievement;

Sexual double standard of female ‘sluts’ and male ‘studs’;


Narrow images of female sexual desirability;


Obsessive focus on bodies and sexual acts;

Tolerance for sexual violence

God created Intimacy & Bonding
“I will STAY with YOU”

In Your Brain – The ‘Cuddle’ Hormones

Oxytocin  **Vasopressin**

The Chemical of Bonding  **The Monogamy Chemical**

Increased in Sexual Activity **The “Vole” story**

Larry Young (2009) Love: Neuroscience reveals all, NATURE, 457, 148. 17

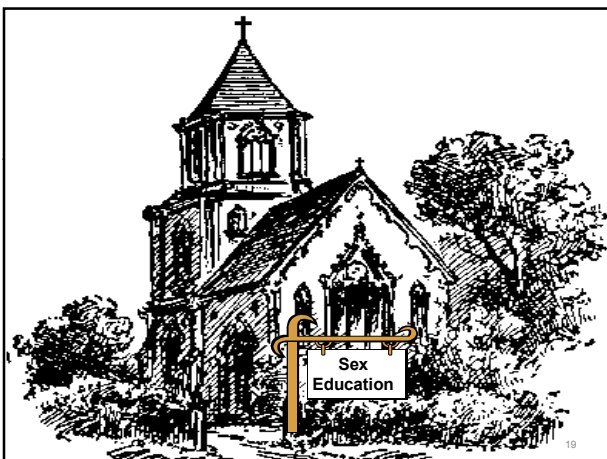
Bonding to your Porn Star

Masturbation and Fantasy
Releases the feel good chemicals [Endorphins] and the chemicals of bonding [Oxytocin]

Porn makes you bond with the ‘un-bondable’

Compulsion
Addiction

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A Model for Management

C – Comfort and Competence

I – Information and Implementation

T - Therapy

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C – Comfort and Competence

Know Sex for What it is:

The Biblical pattern is that sex is a good aspect of our created humanity, to be enjoyed together by one man and one woman, who have promised to be with each other for life – that is, lifelong, heterosexual, monogamous marriage.

Know Porn for what it is:

‘Porne-ia’: Prostitute, prostitution
 ‘Graphie’: Visually represented.

Any sexually explicit material that is intended to be or is used as a sexual outlet.

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I – Information and Implementation

Accountability Partnerships:

Peer support both one to one & groups
 Senior Mentors – Wisdom, Grace and Truth

Web watch software:

XXX church (free); Covenant Eyes.

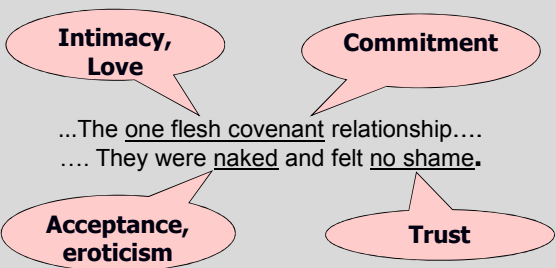
Identify Triggers:

Environment, psychological, emotional

Reframe Thinking: What does it mean to be a man/woman created in the image of God?

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I – Information and Implementation



Reframed Relationships – Rewired Brains

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T - Therapy

There is a place to refer to a specialist.

Addiction.

Deeper underlining issue (sexual abuse in the past, self esteem issues)

Avoiding Intimacy in marriage

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