

“Let us also lay aside every weight,  
and sin which clings so closely,  
and let us run with endurance the  
race that is set before us. Fixing our  
eyes on Jesus...”

Hebrews 12:1-2b



# The Brutal Realities of Pornography



# Practicing Christian Men Who Watch Porn (2024)

Barna

- 78% of all generations
- Almost nine out of ten Gen Z & Millennial men(18-43)
- More than half are watching daily or weekly



\*Barna survey 2024



# Practicing Christian Women Who Watch Porn

Barna

- 34% of all generations
- Seven out of ten of Gen Z & Millennial(18-43)
- One in Five are watching daily or weekly



\*Barna survey 2024



# Porn is Waging War Against...

## SPIRITUAL GROWTH

“Any porn use... is associated with declines in religious commitment and behavior (i.e. attending services, prayer, etc.) and an increase in religious doubts.”

- Dr. Samuel Perry



# Porn is Waging War Against...

## MARRIAGES

- Porn using couples are 2-3 times more likely to divorce than the porn-free couples.
- One of the best predictors of divorce for a person is the depth of their porn habit.
- A couple who watches porn is 318% more likely to commit adultery.



# Porn is Waging War Against...

## GODLY PARENTING

More Porn = Less spiritual interaction with kids



# Of those who watch porn:

- Weekly - 13% say they're bisexual
- Daily - 20% say they're bisexual
- Multiple Times Daily - 27% say they're bisexual

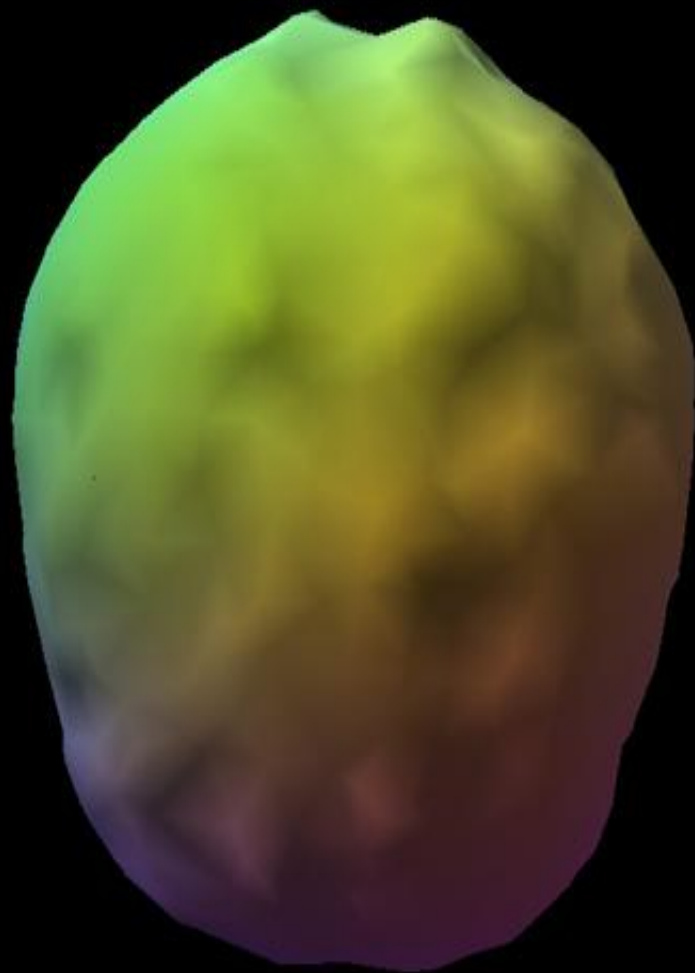




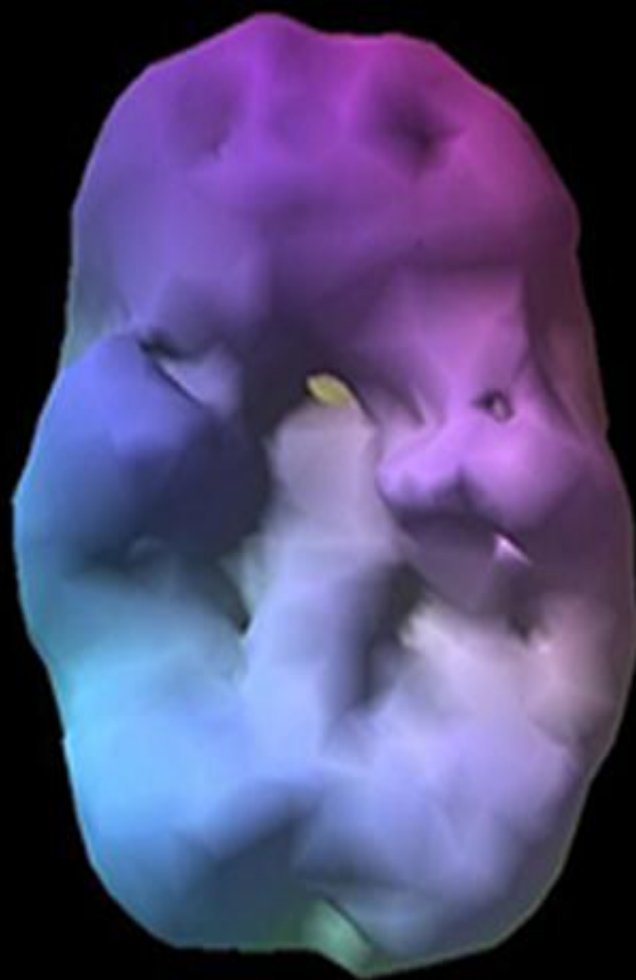
From 2010-2020 child pornography arrests increased 2500% from the previous decade.



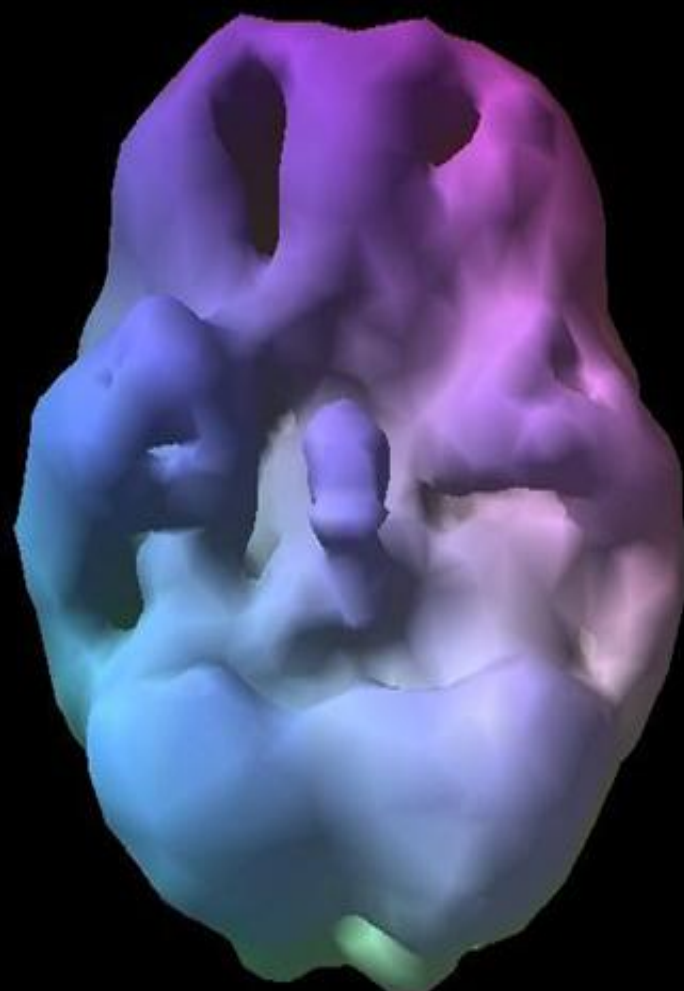
HERE'S YOUR BRAIN



HERE'S YOUR BRAIN  
ON HEROIN



HERE'S YOUR BRAIN  
ON PORN



[www.ConquerSeries.com](http://www.ConquerSeries.com)



# Root of Addiction → Growth Area

A Sexualized Society

→ Practical Holiness

An Addicted Brain

→ Renewing the Mind

Isolation

→ Authentic Accountability

Negative Emotions

→ Processing Your Emotions

Trauma

→ Replace Lies with Truth

Shame

→ Living Out Your Identity in Christ

