

From Senior Youth last night (1 August) here are the red hot tips for living porn free and staying sexually pure.

By way of reminder, Porn = any sexually explicit material. Which therefore covers a lot more than Playboy. It's in the movies we watch, the songs we listen to, the magazines we read, the way we talk and how we dress. Needless to say, this is not just a 'boys problem'.

DONT . . .

- * . . . watch late night TV alone or at all. If the porn on the box doesn't get you, the ads will.
- * . . . have internet on your phone or internet access in your room. When you can do things in secret with no accountability, you're asking for trouble.
- * . . . indulge in sexually explicit anything: music / tv / movies / music videos / novels. The 'garbage in garbage out' principle applies. What we think about we rehearse. Linger over words or images in your mind is the first step to acting on them. It increases the chances of you acting on them.
- * . . . use sexual words in your conversation.
- * keep your sin a secret. It holds you hostage until you have shared it to a reliable Christian friend and confessed it to God.

DO . . .

- * . . . surround yourself with people and conversations that spur you to good things. 'Bad company corrupts good character!'
- * convict your mind with Memory Verses! (The one from last night was Ephesians 5:3)
- * . . . fill you mind with how to really love and serve the opposite sex. Always look for those opportunities. I'm thinking of how to encourage them, compliment them, be funny with them, without resorting to anything romantic or sexual.
- * be honest with a close Christian friend. No man is an island.
- * bounce your eyes and your thoughts. If an image or idea hits, don't linger in it, bounce your attention somewhere else, pronto!
- * . . . get encouragement from Jesus – he was also tempted. Also, remember what he gave on the cross so you can also resist temptation.
- * . . . pray

And lastly . . . feed your love for God more than your love for the sin. Feast on the good things of being a Christian and starve out the sexual temptations. They will grow weak and die.