

# War Against Porn

A 7-Day Devotional for Men

*Pure Grit Faith*

*puregritfaith.com*

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*"Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death."*

**-- James 1:14-15**

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## Introduction

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This devotional was not written in a comfortable office by someone who has never struggled. It was written by a man who understands what it means to live in darkness and what it means to be dragged into the light by the grace of Jesus Christ.

I have been a successful tattoo artist for over 30 years. I have sat across from men and women carrying unspeakable pain. I have watched addiction destroy families from the inside out. I have lived some of that destruction myself -- as the one causing it. And I have experienced the only thing that actually sets a man free -- not religion, not willpower, not a twelve-step program, but the real Jesus Christ. Not the comfortable cultural version. The One who looks you dead in the eye with full knowledge of everything you have done and says I am not going anywhere.

If you picked this up you already know you are in a war. Maybe you have been fighting it alone for years. Maybe you are exhausted from trying and failing. Maybe you have almost stopped believing freedom is possible for someone like you.

It is. I am proof. Seven days. Seven truths. One King who has never lost. Let's go.

## **DAY 1 -- THE WAR IS REAL**

*Scripture: James 1:14-15*

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Every man who has ever struggled with pornography has told himself the same lie at some point. It is not that bad. It is not hurting anyone. I can stop whenever I want. Everyone does it. It is just how men are wired. That is exactly what the enemy wants you to believe. Because a man who does not know he is in a war is a man who will never pick up his weapon.

James 1:14-15 pulls back the curtain on exactly how this works. Each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin and sin when it is fully grown brings forth death. Notice that James does not say sin comes from outside you. It starts inside. With a desire that is not evil in itself -- but when it is fed the wrong thing it grows into something that destroys everything it touches.

Notice the progression James describes. It does not start with a dramatic fall. It starts with a lure. A thought entertained for a half second longer than it should have been. A door cracked open just slightly. A moment of boredom or loneliness or stress or conflict with your wife where the enemy whispers just this once and the flesh agrees. Desire gets twisted and weaponized against you. Then it grows. What starts as a curiosity becomes a habit. What starts as a habit becomes a compulsion. What starts as a compulsion becomes a chain. And what starts as private becomes public -- in the destruction it leaves behind.

James says the end of that chain is death. Not just physical death. The death of genuine intimacy in your marriage. The death of your ability to be fully present with your children. The death of your effectiveness in the Kingdom of God. The slow erosion of the man God created you to be happening so gradually you barely notice until one day you look in the mirror and cannot recognize what you have become.

But here is the truth the enemy is terrified of. You are not too far gone. No man who has ever brought this darkness into the light and surrendered it to Jesus Christ has been turned away. Not one. The same Jesus who restored Peter after his threefold betrayal. The same Jesus who forgave the woman caught in the very act of adultery and said go

and sin no more. The same Jesus who met Paul on the road to Damascus when Paul was actively persecuting the church. That Jesus is available to you right now in this moment. Not after you clean yourself up. Right now.

You cannot receive help for a war you refuse to admit you are fighting. The bravest thing a man can do is say out loud what he has been hiding. Even if only to God right now. I am in a war. I am losing. And I cannot win this alone. That is where freedom begins. Not at the finish line. Right here at the admission.

### **Reflection**

*How long have you been fighting this battle alone and in secret? Be honest with yourself -- what has this addiction actually cost you? List it out. Your marriage, your relationship with God, your self-respect, your presence with your children. Naming the cost is the beginning of counting it.*

### **Prayer**

*Father I am done pretending this is not a problem. I have minimized it, justified it, rationalized it, and hidden it for too long. I am in a war and I have been losing and I am tired of losing. Today I bring it into the light before You. Not because I have a plan to fix it. Because I am desperate and You are the only One who has ever truly set a captive free. I cannot win this in my own strength. I have proven that too many times. So I come to You broken and honest and I ask You to begin the work of freedom in me today. In Jesus name. Amen.*

## DAY 2 -- THE REAL ENEMY

*Scripture: Ephesians 6:12*

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Most men fight pornography like it is a bad habit to break. They white knuckle it through the first few days. They install content filters on their devices. They make promises to God and to themselves and sometimes to their wives. They delete apps. They change passwords. And they fail. Again and again. And with every failure the shame gets heavier. And they wonder what is fundamentally wrong with them that they cannot just stop.

The reason willpower alone always fails is because they are fighting the wrong enemy with the wrong weapons. They are bringing a handshake to a gunfight.

Ephesians 6:12 is one of the most important verses you will ever read about this battle. Paul says -- we do not wrestle against flesh and blood but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Read that again. Slowly. This is not primarily a brain chemistry problem. This is not primarily a moral failure problem. This is a spiritual battle being waged over your soul with eternal stakes.

The enemy of your soul is not stupid. He is ancient and strategic and patient. He knows that a man enslaved to pornography is a man who cannot lead his wife with authority and tenderness because he is drowning in shame. He cannot father his children with presence and wisdom because his mind is elsewhere. He cannot stand in the gap for anyone because he is too busy managing his secrets. He cannot advance the Kingdom of God with any real power because he is living in contradiction between what he claims to believe on Sunday and what he does in private.

That is the target. Not just your purity. Your marriage. Your fatherhood. Your calling. Your destiny in the Kingdom of God. The enemy fights so hard in this area because he knows what you could become if you were truly free. A man walking in sexual integrity is one of the most dangerous weapons the Kingdom of God has. The enemy knows it even if you do not.

This is why filters help but do not set you free. This is why accountability helps but does not transform you. This is why therapy helps but cannot do what only the Spirit of God can do. You are fighting a spiritual war and spiritual wars require spiritual weapons. The Word of God. Prayer. Confession. Brotherhood. The name of Jesus spoken out loud over every temptation. These are not suggestions. These are weapons. Use them.

### **Reflection**

*Have you been treating this as a habit problem or a spiritual war? Think about the difference in those two approaches. What weapons have you been reaching for? What spiritual weapons have you been neglecting? What would it look like to fight this battle the way Paul describes in Ephesians 6?*

### **Prayer**

*Lord open my eyes to the real battle. I have been fighting the wrong way with the wrong weapons for too long and I have the losses to prove it. Today I pick up the full armor of God. I stand on Your Word. I speak the name of Jesus over every temptation. I renounce the lie that this is just a habit. This is warfare and I will fight it like warfare. I do not fight in my own strength -- I fight in Yours. The enemy has had enough of my life. No more. In Jesus name. Amen.*

## **DAY 3 -- BRING IT INTO THE LIGHT**

*Scripture: John 3:20-21 / James 5:16*

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Sin is a parasite that feeds on darkness and starves in light. This is not poetry. This is spiritual biology. Every man who has struggled with pornography understands this instinctively even if he has never put words to it. The shame of what he has done drives him deeper into hiding. The hiding makes the shame worse. The worse the shame gets the more desperately he needs an escape from it. And the escape he reaches for is the very thing that created the shame in the first place. It is a cycle specifically designed to keep you isolated and alone and convinced that you are beyond help.

Jesus said in John 3:20 -- everyone who does wicked things hates the light and does not come to the light lest his works should be exposed. The word exposed there sounds terrifying. Nobody wants to be exposed. But look at what the very next verse says. John 3:21 -- whoever does what is true comes to the light so that it may be clearly seen that his works have been carried out in God. Coming to the light does not destroy you. It reveals what God has been doing in you all along. The exposure is not the end of your story. It is the beginning of your freedom.

James 5:16 gives you the specific instruction that most men read and then ignore because it is too terrifying. Confess your sins to one another and pray for one another that you may be healed. Read what James connects confession to. Not just forgiveness -- he connects it to healing. There is a dimension of healing that God has specifically designed to happen in authentic human community that does not happen in private prayer alone. You were not made to fight alone. The enemy knows this. It is why isolation is his first and most effective strategy.

This step -- finding one trustworthy man and telling him the truth -- is the most terrifying step in this journey. It is also the most important one. Most men never take it because they are afraid of losing respect, losing their reputation, being seen as weak or hypocritical. But let me tell you something man to man. The men who are most respected in the Kingdom of God are not the ones who managed to hide their struggles successfully. They are the ones who brought their battle into the light and fought it with integrity and with other men standing beside them.

Shame cannot survive confession. It is physiologically and spiritually impossible. Find one man today. A pastor. A mentor. A trusted brother in Christ who you know walks with integrity. Not your drinking buddy. Not the guy who will just relate to your struggle without calling you higher. Someone who will speak truth in love and pray with you and check on you. And tell him the truth. Out loud. In the light. Your freedom is waiting on the other side of that conversation.

### **Reflection**

*Is there one man in your life right now that you could call today and tell the truth to? If the answer is no -- why not? What does the absence of that kind of brotherhood tell you about the walls you have built? What is the cost of continuing to fight this alone?*

### **Prayer**

*Father give me the courage to step into the light today. The shame has had me in hiding for too long and the hiding has only made things worse. I know that what feels like the most terrifying step is actually the step toward healing. Lead me to the right man. Give him ears to hear and a heart to help and not to judge. And remind me in that moment that You already know every detail of everything I am about to say and You have not left and You will not. In Jesus name. Amen.*

## DAY 4 -- RENEW YOUR MIND

*Scripture: Romans 12:2 / Psalm 119:9-11*

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Pornography does not just damage your soul. It physically rewires your brain. This is not an opinion. This is neuroscience confirming what Scripture has always declared. The brain forms neural pathways based on what you repeatedly expose it to. Every time a man watches pornography those pathways deepen and strengthen and become more efficient. Over time the brain begins to require more extreme content to produce the same chemical response. Your tolerance rises. Your appetite darkens. And your capacity for genuine intimacy -- the kind that requires vulnerability and full presence and real love -- diminishes quietly in the background.

The brain you have right now is not the brain God designed for you. It has been modified by years of feeding it poison. But here is what the enemy does not want you to know. The brain is extraordinarily plastic. It changes based on what you feed it. The same science that documents the damage also documents the recovery. Men who walk away from pornography and replace it with intentional engagement with the Word of God experience genuine neurological transformation over time. Romans 12:2 is not just theology. It is also neuroscience.

Romans 12:2 says -- do not be conformed to this world but be transformed by the renewal of your mind that by testing you may discern what is the will of God what is good and acceptable and perfect. The word transformed here is the Greek word metamorphoo. The same root as metamorphosis. This is not a patch job or a behavioral adjustment. This is a complete renovation of the way your mind works from the foundation up. And it happens through the consistent intentional immersion of your mind in the Word of God.

Psalm 119:9 asks the question every man in this battle needs to hear. How can a young man keep his way pure? And the answer -- by guarding it according to your Word. I have stored up your word in my heart that I might not sin against you. The Word stored in your heart becomes a firewall against temptation. When the enemy comes with a lure the Word rises up and provides a way out. But you cannot draw on what you have not deposited. You cannot fight with a weapon you have not loaded.

Every morning you open your Bible before you open your phone you are winning the war one thought at a time. Every verse you memorize is a weapon loaded and ready when temptation comes. Every chapter you read is another brick laid in the new mind you are building. The renewal of your mind is not an event. It is a daily discipline. But every day you do it the old pathways weaken and the new ones strengthen. That is how freedom is built. One day at a time. One truth at a time.

### **Reflection**

*What are you feeding your mind consistently right now? Be ruthlessly honest -- social media, entertainment, conversations, what you allow yourself to look at. Measure every input against the Word. What needs to be removed immediately? What needs to replace it? Pick one verse today and commit to memorizing it this week. Write it on a card and put it where you will see it every morning.*

### **Prayer**

*Lord transform my mind. Not just modify my behavior on the outside -- get into the places where the corruption lives and renovate them from the inside out. I commit today to feeding my mind with Your Word consistently and intentionally. Every lie that pornography has written into my thinking -- replace it with truth. Renew every corrupted pathway. And when temptation comes let the Scripture I have stored in my heart rise up before the lure can take hold. In Jesus name. Amen.*

## **DAY 5 -- FLEE AND PURSUE**

*Scripture: 2 Timothy 2:22 / 1 Corinthians 10:13*

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Paul gives Timothy some of the most practical and honest advice in all of Scripture about how to handle sexual temptation. He does not say resist it. He does not say stand your ground and fight it head on. He does not say reason your way through it. He says something far more visceral and direct. Flee. Run. Get out of there.

2 Timothy 2:22 -- flee youthful passions and pursue righteousness faith love and peace along with those who call on the Lord from a pure heart. The model for fleeing sexual temptation is Joseph in Genesis 39. Potiphar's wife did not get a thoughtful conversation about appropriate boundaries. She did not get a carefully worded explanation of why Joseph had to decline. She got the back of his coat as he sprinted out of the house. That is the model. When temptation presents itself you do not negotiate with it. You do not linger at the edge to see how close you can get. You remove yourself from the situation immediately and completely.

But Paul gives you a second command in the same sentence that most men completely miss because they are so focused on the fleeing. He says flee AND pursue. Two simultaneous movements in opposite directions. Running away from the darkness and running toward the light at the exact same time. And this second command is just as essential as the first.

Fleeing alone is never enough. If all you do is stop watching pornography without intentionally filling that space with something holy and life-giving you will create a vacuum in your life. And nature abhors a vacuum. Within days or weeks the old patterns will come rushing back in to fill the empty space because you gave them nothing to compete with. The man who simply stops without pursuing something better is a man who is white-knuckling his way through life with nothing sustaining him.

You have to pursue. Pursue time in the Word daily. Pursue worship even when you do not feel like it. Pursue deep authentic brotherhood with men who are fighting the same battle and winning. Pursue your wife -- with the intentional love and presence and attention you have been misdirecting toward a screen. Pursue the Kingdom of God with the energy the enemy has been stealing. And when temptation comes 1 Corinthians

10:13 promises that God will always provide a way of escape. But you have to take it. The escape requires action. Get up. Leave the room. Call someone. Put the phone in another room. Walk outside. Do something. Freedom is not passive. It is aggressive.

### **Reflection**

*What are the specific triggers that consistently lead you toward pornography? Name them. Loneliness. Stress. Conflict with your wife. Boredom late at night. Write them down. Now beside each trigger write a specific holy pursuit you can put in place to replace it. Not a vague intention. A specific action with a specific person or practice.*

### **Prayer**

*Father I choose to flee and I choose to pursue simultaneously. Show me every door that needs to close and give me the discipline to close it. Show me every holy pursuit that needs to open and give me the hunger to chase it. Make the way of escape obvious when temptation comes and give me the wisdom and the will to take it every single time. Make You more satisfying than anything this world or the enemy is offering me. In Jesus name. Amen.*

## **DAY 6 -- GRACE IS NOT A LICENSE**

*Scripture: Romans 6:1-2 / 1 John 1:9 / Hebrews 12:1*

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There is a version of this conversation that cheap grace has corrupted for a lot of men. It is a quiet internal negotiation that sounds something like this. God will forgive me. I will ask for forgiveness tonight and start fresh tomorrow. Grace covers it. He knows I am trying. And for a little while that logic feels almost spiritual. Almost humble. Until you realize you have been running the same cycle for years and nothing has actually changed.

Paul anticipated this exact reasoning. Romans 6:1-2 -- what shall we say then? Are we to continue in sin that grace may abound? By no means. How can we who died to sin still live in it? The argument Paul is demolishing is the same one men use to justify staying in patterns they know are destroying them. And his answer is not gentle. By no means. The Greek there is *me genoito* -- the strongest form of negation available. Absolutely not. The very idea is a contradiction.

Grace is not a hall pass. Grace is not a cosmic reset button designed to be pushed on a cycle. Grace is the undeserved unstoppable love of God that sent His only Son to die in your place so that the power of sin over your life could be completely and permanently broken. The entire point of the cross was not just forgiveness of sin. It was freedom from the dominion of sin. Paul says we died to sin. Past tense. Completed action. The power it once held over you was broken at the moment of your salvation. The tragedy is that millions of men are living as slaves to something whose chains were already cut.

But here is the other side of this truth that is equally important. Grace is your only hope when you fall. Not if. When. Because you may fall again. Not as a plan and not as an excuse. But the reality is that sanctification -- the process of becoming more like Christ -- is not an event that happens once and is finished. It is a daily progressive work that happens over a lifetime. And 1 John 1:9 is still completely true for every man in the middle of that process. If we confess our sins he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. Every single time. Without a limit. Without making you earn your way back first.

Hebrews 12:1 gives you the posture. Let us lay aside every weight and sin which clings so closely and run with endurance the race that is set before us. The imagery is an athlete stripping off everything that slows him down. You lay it down. It is an active decision to put down what is slowing you down and keep running. Get up. Confess. Receive forgiveness completely. Lay it down. Keep running. That is what grace looks like in the real life of a real man.

### **Reflection**

*Examine your heart honestly. Have you been using grace as a license to keep sinning or have you been receiving it as the power to stop? What would it look like today to live as a man whose chains have genuinely been cut rather than a man who keeps picking them back up?*

### **Prayer**

*Father I am not using Your grace as an excuse. I am clinging to it as the only rope that can pull me out of this pit. Thank You that the blood of Jesus Christ is sufficient for every single failure I bring to You without limit and without condition. Forgive me completely. Restore me fully. And help me to live today -- actually live, not just intend -- like a man whose chains have already been broken. Because at the cross they were. In Jesus name. Amen.*

## **DAY 7 -- THE MAN YOU WERE MADE TO BE**

*Scripture: 1 Corinthians 6:18-20 / Ephesians 5:25*

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You were not made to be a slave to a screen. That is not your identity. That is not your destiny. That is a chain that was placed on you by an enemy who is terrified -- genuinely terrified -- of who you become when you are truly free. Because the enemy has studied you. He knows what you are capable of. He knows the marriage you could have. The father you could be. The leader your church needs. The man God designed before the foundation of the world. And he has been working overtime to make sure that man never fully emerges.

1 Corinthians 6:18-20 lays out the theological foundation of why this matters so deeply. Flee from sexual immorality. Every other sin a person commits is outside the body but the sexually immoral person sins against his own body. Or do you not know that your body is a temple of the Holy Spirit within you whom you have from God? You are not your own for you were bought with a price. So glorify God in your body. You were bought at the price of the blood of Jesus Christ. That is the value God placed on you. That is who you belong to. Not to your appetites. Not to your history. Not to the screen. To Him. Permanently and completely.

Ephesians 5:25 calls you to something extraordinary and specific. Husbands love your wives as Christ loved the church and gave himself up for her. Think about what that means. Christ loved the church sacrificially. He gave up comfort. He gave up safety. He gave up His life. He was fully present to the needs of those He loved without distraction and without division. That is the standard Paul is setting for a husband. A man enslaved to pornography cannot love his wife that way. He cannot be fully present. The distortion it creates makes genuine intimacy almost impossible. But a man set free by Jesus Christ can love his wife the way Ephesians 5 describes. He can be present with his children -- genuinely present. Eyes clear. Mind engaged. Heart available. Soul free.

On the other side of this battle is the man your wife has been quietly praying for. The man your children instinctively know you could be even if they cannot put words to it. The man your church is waiting for someone to be. The man the Kingdom of God is desperately short of in this generation. That man is not a stranger. That man is not

someone else. That man is you -- the you that Jesus Christ died to set free and the Holy Spirit lives inside you to empower.

You have spent long enough in the dark. Every day in the dark is a day that man does not show up. Every day in freedom is a day he does. The war is worth fighting. The man on the other side is worth everything it costs to get there. Fight for him. He is waiting.

### **Reflection**

*Spend time today picturing in specific detail the man you would be if this battle was fully won. What would your marriage look like? What would mornings with your children look like? What would your relationship with God look like? What would you be able to do for the Kingdom that you cannot do right now? Is that man worth the fight? Write your answer down.*

### **Prayer**

*Father I want to be the man You created me to be. Not perfect -- I know better than to ask for that. But free. Actually free. Fully present with my wife in a way I have never been. Fully present with my children. Fully available to You without the weight of what I have been hiding. I believe -- I choose to believe right now -- that the same power that raised Jesus Christ from the dead lives inside me and is more than sufficient to set me free from this. I receive that freedom today by faith. Not because I feel it yet. Because Your Word says it is true. In Jesus name. Amen.*

## A Word About Jesus

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If you have read through these seven days and you realize you do not yet have a personal relationship with Jesus Christ -- I want you to know something important. Everything in this devotional is available to you. Every promise. Every word of grace. Every identity truth. Not because of how spiritual you are or how together your life looks. But because of what Jesus did.

He died on a cross to pay for everything you have ever done wrong. He rose from the dead three days later proving that death itself could not hold Him. And He is offering you right now -- in this moment -- complete forgiveness, a brand new identity, and a relationship with the God who made you and knows you and loves you without condition.

Romans 10:9 -- if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead you will be saved. That simple. That real. That available to you right now. If you want to take that step reach out to us at [Brian@puregritfaith.com](mailto:Brian@puregritfaith.com) or visit [puregritfaith.com/prayer](http://puregritfaith.com/prayer). We would be honored to walk with you. You were not made to do this alone.

*-- Brian | Pure Grit Faith | [puregritfaith.com](http://puregritfaith.com)*

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*"Therefore confess your sins to one another and pray for one another that you may be healed."*

**-- James 5:16**

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