

Family Legacy Institute

Tools For Families Building Godly Legacies

The Road To Wholeness

By Dr. John Splinter

Gene never dreamed he'd consider suicide. A three sport high school letter athlete, Division One sports scholarship jock and excellent student, Gene was a leader with a bright future. He was good looking, dated whomever he wished and was very popular. But he had one weakness ~ when he was 9 years of age an older brother had introduced him to pornography. By the time he was 20, Gene was using pornography on a daily basis, had dabbled into child porn, and found beastiality "interesting."

He had found it difficult to make meaningful relationships with girls he dated. Always on the hunt for something more ~ something different ~ a date without sex was a waste of time. But sometimes in his dorm room after a particularly frisky date he wept ~ lonely ~ empty ~ unaware of how to fill the emptiness. He finally "came to his senses" and recognized he needed help after pouring cyanide into a glass of water ~ poison stolen from chemistry lab ~ and was half way through writing a suicide note when images of his kid sister, weeping, devastated at his funeral, brought him out of his death-reverie. The next morning he called his pastor and asked for help.

When people finally "come to their senses" like the Prodigal Son (Luke chapter 15), and wish to be free of porn, they are often so emotionally and physically hooked that breaking their dependency is about as realistic as jumping to the moon. They have likely tried to stop many times. Therapists today say that porn addiction is more difficult to break than addiction to cocaine or heroin. Having written about this elsewhere (see *Five Components of Porn Addiction*, also *The Spiritual Side of Porn Addiction*, and *Breaking Chains*), this article will focus upon how to go about breaking the coiled Anaconda that pornography becomes as it crushes the bones of emotional health and squeezes the breath of character out of its victims ~ and how to "come home again to God."

Before diving into this article, some readers may benefit by knowing something about addiction. The more addicted we are, the more we tend to seek quick answers. This being so, you may already feel bored with reading this, and you may be tempted to do the Cliff Notes version by browsing the headers and paragraph titles, and then assume you know the material. If that's your style, then go for it. You'll be back to the same point in a year, or five. Part of what needs to happen in your life is that you slow down your pace. So chill, kick back, and do some reading.

Three To Five Year Recovery

Everyone is different. No two people bring the same levels of resilience. Breaking free from porn ownership can be of varying timelines. There are a few significant variables that often make a difference in the length of time it takes for a person to get free of porn ownership.

Perhaps the most important of these is the level of emotional strength (or lack of) that one brings from their family of origin. A second variable involves one's spiritual health, because above all else, porn addiction is a spiritual issue. The third variable is a bit more difficult to understand. It involves one's general personal level of "resilience" ~ one's ability to bounce back after failure ~ one's ability to turn lemons into lemonade ~ one's internal chutzpa.

However all things considered, experts in the recovery field recognize that getting free from porn and its residual effects in the brain, is generally a three-to-five year process. The good news is that it is indeed possible. The bad news is that it's not likely something one can just snap out of. The rest of this article will be about the good news, and how to do it.

Four Lies That Lead Us Away From Home

To begin the journey toward wholeness, one must begin by understanding how one got lost in the first place. The pathway in either direction is spiritual ~ *not* religious ~ *spiritual*. We get lost when we start listening to the lies whispered by the Enemy of God, and we drift away from God's plan. Here's a brief review of some of Satan's most widely experienced lies. The story begins in the Garden of Eden. Satan is whispering to Eve, through the mouth of a snake. Here's the text:

Genesis 3:1-12 ~ Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?" 2 The woman said to the serpent, "We may eat fruit from the trees in the garden, 3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

LIE #1: *You will not surely die," the serpent said to the woman.*

LIE #2: *For God knows that when you eat of it your eyes will be opened,*

LIE #3: *and you will be like God,*

LIE #4: *knowing good and evil."*

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. 7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

8 Then the man and his wife heard the sound of the LORD God as he was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden.

9 But the LORD God called to the man, "Where are you?" 10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid." 11 And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

12 The man said, "The woman you put here with me — she gave me some fruit from the tree, and I ate it." NIV

Let's look at the lies one at a time, for understanding them is the first step toward your healing.

LIE #1: ***"You will not die."*** There are a lot of ways to die. One of them is physical, as in ten-toes-up. But a lot of people live lives of emotional death as well. For example, something precious dies inside a woman when she's raped. Something also dies in the soul of the rapist. Something precious dies in the soul of the child being used for child porn movies. Something also dies in the soul of the adult shooting the footage, and the person watching it. Something...