

How Men Are Quitting Porn in 2019 – You've gotta see this...

Business Insider tells us what all that dusty gym equipment already knew... a full 80% of New Year's resolutions fail by February.

With nearly seven out of ten men in the church viewing porn on a regular basis according to a Pure Desire survey of churches, there is a desperate need for men to understand the battle they are up against.

Many churchgoing men who love the Lord and desire to serve Him are looking for a way out.

Yet, just as statistics show, most men who make a New Year's resolution to never watch porn again find themselves back on the same websites in no time.

That's because of this simple truth: Willpower won't fix it!

It's not about loving Jesus more, praying more, or being more disciplined.

It's not a battle of the will... It's a battle of the brain.

Do It the Right Way in 2019... Start a Process

Trying harder only makes things worse, it turns out.

Each time you try to stop watching porn but fall back again, it increases the level of shame you carry, perpetuating the cycle – you go back to porn to medicate the shame you're feeling.

Committing to a process takes time because there's no quick fix.

It's more than just saying "I will no longer watch porn" because it's really not about porn.

By accessing the internal pharmacy in your brain, you are using porn to medicate the feeling of worthlessness you have down in your soul.

Powerful neurotransmitters such as dopamine are released when you watch porn, which make you feel much better... temporarily.

A little later on – maybe even while still shutting your computer down – the feeling of shame sets in again and the cycle restarts.

And that pattern of behavior is very hard to break.

Dr. Tim Jennings is a neuropsychologist who appears in the Conquer Series. The Conquer Series is a powerful small group study helping men find freedom from pornography. Jennings explains, "Any type of repetitive behavior will create trails in our brain that are going to fire on an automatic sequence."

The result is years of bondage. This is how you can love the Lord, but still be trapped in bondage to porn.

You must renew your mind by establishing new pathways to healthy sexuality.

Retrain not Restrain