**Pornography and tattoos**

**Porn Addiction**

Porn viewing almost 100% of the time leads to porn addiction, and most of the time leads to other sexual activities.

Like all addiction, sexual/pornography addiction is a way to reduce anxiety and pain.

Like using drugs Porn is a fast acting and extremely effective way to stimulate the pleasure centers of the brain.

**Porn Addiction cont…**

In time, as with all addictions, the body adjusts to the highs and moves into "tolerance," a phase where the same stimulus is no longer effective, and increase of the stimulus is required to produce the same "high".

As time passes the increase stimulus moves the person into one of two states, either a state of very uncomfortable withdrawal, (without the stimulus), or a "high" requiring and engaging a considerable amount of stimulus.

**Some facts…..**

The more emotionally healthy and happy, the less one tends to engage in behaviors that dull one's emotions and pain.

The temporary "high" is not equivalent to happiness, in fact often leads to unhappiness.

Sexual addiction is ultimately an intimacy disorder.

**Effects of pornography on teenagers**

Modeling and imitation of inappropriate behaviors.

Unhealthy interference with normal sexual development.

Emotional side effects (inc. nightmares, residual feelings of shame, guilt, anxiety and confusion)

Stimulation of premature sexual activity.

Development of misleading and potentially harmful attitudes towards sex.

**Action Plan for Overcoming Porn Addiction**

Realize that this is not just a spiritual issue; it’s also a bodily one so make sure you emotionally happy.

Have a plan - don’t objectify woman

Cut your supply chain by avoiding situations

Keep your life in the light, by learning to release and control yourself

Take positive steps to beat your porn addiction, by managing you anxiety and pain.

**5 step plan to overcoming your porn addiction**

**1. Make sure your emotional healthy**

What issues and challenges are you currently facing that need overcoming?

What pain are you repressing that needs healing?

**2. Do not Objectify women**

The more respect, the less objectification of women.

The more a guy sees women as equal, valuable, human beings, (mothers, daughters, sisters, granddaughters, partners, friends), the less he considers it appropriate to degrade and use women for his momentary gratification.

**3. Rather than keeping it in learn to stop and control**

One can acknowledge an instinct and let it go rather than indulge.

One can consciously let go of the thought rather than hold the ideas and allow thoughts to grow and increase.

It may take practice nevertheless, it is the healthy way to move toward greater consciousness.

The bible says…

“If your hand causes you to sin, cut it off; if your eye causes you to stumble, gouge it out.”

**4. Avoid situations**

Avoid those situations, images, media, and environments that promote the objectification of women.

One doesn't need to immerse themselves in the sexual environment of our society.

As an alcoholic avoids the bar, (perhaps even the beer section of the market), those with tendencies toward porn addiction may find removing themselves from the temptation extremely valuable.

King David Example

5.How do you manage pain and anxiety?

Many guys find it easy to just cover up the pain, and have not learned how to manage and truly cope with anxiety or uncomfortable feelings and emotions. Our society seems to have done a poor job of teaching healthy and appropriate ways to deal with the challenges of life.

If you notice you are not dealing well with the challenges of life, or if you find yourself wanting to cover up, ignore, deny the pain, get professional help to learn to better manage those difficulties.

Our church has professionals to help manage these issues, as well as ways to identify and manage the addiction.

**Conclusion**

*In sum, addiction to porn is based in pain, it is a intimacy disorder, and is a unhealthy way to dull the senses and create moments of pleasure. The brain "tricks" a person into thinking the pleasure is somehow leading to happiness, when in fact the opposite is true.*

***“Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body. Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own”***

 ***(1 Corinthians 6: 18-19)***

Tattoos and Christians - Should Christians Have Tattoos?

By [Mary Fairchild](http://christianity.about.com/bio/Mary-Fairchild-16017.htm), About.com Guide

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**Question:**Tattoos and Christians - Should Christians Have Tattoos?

**What does the Bible say about tattoos? Is it a**[**sin**](http://christianity.about.com/od/glossary/f/whatissin.htm)**to get a tattoo?**

Besides looking into what the Bible says about tattoos, together we'll consider the concerns surrounding tattooing today and present a **self quiz** to help you decide if getting a tattoo is right or wrong.

**Answer:**The answer, I believe, is ***yes*** and ***no***.

**To Tattoo or Not To?**

This is a question many Christians struggle with. I believe tattooing falls into the category of "[disputable matters](http://christianity.about.com/od/faqhelpdesk/f/romans14issues.htm)" where the Bible is not clear.***But wait a minute***, you might be thinking. The Bible says in Leviticus 19:28, "Do not cut your bodies for the dead, and do not mark your skin with tattoos. I am the Lord." [(NLT)](http://christianity.about.com/od/faqhelpdesk/p/newlivingtransl.htm) How much clearer can *that* be?

It's important, however, to look at the verse in context. This passage in Leviticus, including the surrounding text, is specifically dealing with the pagan religious rituals of the people living around the Israelites. God’s desire is to set his people apart from other cultures. The focus here is prohibiting worldly, heathen worship and witchcraft. God forbids his holy people to engage in idolatrous, pagan worship and sorcery which imitates the heathens. He does this out of protection, because he knows this will lead them away from the one true God.

It's interesting to observe verse 26, "Do not eat meat that has not been drained of its blood," and verse 27, "Do not trim off the hair on your temples or trim your beards." Well, certainly many Christians today eat non-kosher meats and get haircuts without participating in the forbidden worship of pagans. Back then these customs were associated with pagan rites and rituals. Today they are not.

So, the important question remains, is getting a tattoo a form of pagan, worldly worship still forbidden by God today? My answer is, this matter is disputable, and should be treated as a[Romans 14](http://christianity.about.com/od/faqhelpdesk/f/romans14issues.htm) issue.

If you are considering the question, "To tattoo or not to?" I think the more serious questions to ask yourself are: What are my motives for wanting a tattoo? Am I seeking to glorify God or draw attention to myself? Will my tattoo be a source of contention for my loved ones? Will getting a tattoo cause me to disobey my parents? Will my tattoo cause someone who is weak in the faith to stumble?

In my article, "[What to Do When the Bible is Not Clear](http://christianity.about.com/od/faqhelpdesk/f/romans14issues.htm)," we discover that God has given us a means to judge our motives and weigh our decisions. Romans 14:23 states, *"...everything that does not come from faith is sin."* Now that's pretty clear!

Instead of asking, "Is it okay for a Christian to get a tattoo," perhaps a better question might be, "Is it okay for ***me*** to get a tattoo?"

Since tattooing is such a controversial issue today, I think it's important to examine your heart and your motives before you make the decision.

**Self Exam - To Tattoo or Not To?**

Here is a self-exam based on the ideas put forth in[Romans 14](http://christianity.about.com/od/faqhelpdesk/f/romans14issues.htm). These questions will help you decide whether or not getting a tattoo is a sin for you:

1. How does my heart and my conscience convict me? Do I have freedom in Christ and a clear conscience before the Lord regarding the decision to get a tattoo?
2. Am I passing judgment on a brother or sister because I don't have freedom in Christ to receive a tattoo?
3. Will I still want this tattoo years from now?
4. Will my parents and family approve, and/or will my future spouse want me to have this tattoo?
5. Will I cause a weaker brother to stumble if I receive a tattoo?
6. Is my decision based on faith and will the result be glorifying to God?

Ultimately, the decision is between you and God. Though it may not be a black and white issue, there is a right choice for each individual. Take some time to honestly answer these questions and the Lord will show you what to do.
 **•**Consider the [pros and cons of tattooing](http://christianteens.about.com/od/advice/f/tattoo.htm) with Christian Teens Guide Kelly Mahoney.  **•**Take an in-depth look at [Tattoos and the Bible](http://www.wogmag.com/articles/biker-tatts/item/91-tattoos-and-the-bible) by Pastor Chuck Gerwig.  **•**Examine a biblical view of the question, [Is Getting a Tattoo a Sin?](http://blogs.christianpost.com/confident-christian/is-getting-a-tattoo-a-sin-12619/) by Robin Schumacher.  **•**Consider [a Jewish perspective on tattoos](http://judaism.about.com/library/3_askrabbi_o/bl_simmons_conversiontattoo.htm).  **•**See what some [Christian music artists say about tattooing](http://christianmusic.about.com/od/editorial1/a/tatsok0506.htm).

**A Few More Things to Consider**

There are serious health risks involved with getting a tattoo:
• [Possible Tattoo Diseases & Reactions](http://tattoo.about.com/od/disease/)
• [Tattoo Health Risks](http://tattoo.about.com/cs/tatsafety/a/health_risk.htm)

Lastly, tattoos are permanent. Be sure to consider the possibility that you could regret your decision in the future. Although removal is possible, it is more expensive and more painful.
• [Tattoo Removal - Options and Alternatives](http://tattoo.about.com/od/tatremoval/a/tatremoval.htm)

**Tattoos and Christians**

* [What to Do When the Bible is Not Clear](http://christianity.about.com/od/faqhelpdesk/f/romans14issues.htm)
* [Poll: Are You a Christian with a Tattoo?](http://christianity.about.com/b/a/257187.htm)
* [Judaism on Tatoos, Branding, Scarification](http://judaism.about.com/library/3_askrabbi_o/bl_simmons_tatoos.htm)

**Before Getting a Tattoo**

* [Frequently Asked Questions About Getting a Tattoo](http://tattoo.about.com/cs/beginners/a/blfaq.htm)
* [Tattoo Safety Checklist](http://tattoo.about.com/cs/beginners/a/blchecklist.htm)

**Christian Symbols Illustrated Gallery**

* [Pictures of Christian Symbols](http://christianity.about.com/od/symbolspictures/ig/Christian-Symbols-Glossary/index.htm)