

# Pornography – A Biblical Worldview Perspective

*Kerby Anderson looks at pornography from a biblical worldview perspective. He clearly chronicles the physical, emotional and spiritual harm created by pornography and lays out the scriptural warnings to protect us from its degrading effects.*

Pornography has been tearing apart the very fabric of modern society, but the problem has been made much worse with pornography's proliferation through the Internet. Studies show that 40 million adults regularly visit Internet pornography sites.[{1}](#) To put that in perspective, that is ten times the amount of people who regularly watch baseball.

When I first started writing about pornography in the 1980s, it was already a multi-billion dollar-a-year business mostly promoted through so-called "adult bookstores" and pornographic magazines. With the development of videos, DVDs, and the Internet, pornography has become ubiquitous.



The wages of sin are enormous when pornography is involved. Revenue from Internet porn exceeds by nearly a 2 to 1 ratio, the combined revenues of ABC, CBS, and NBC.[{2}](#) And sales of pornographic material on the Internet surpass the cumulative sales of all other products sold online.[{3}](#)

The current estimate is there are over 4 million pornographic websites representing almost 400 million pages of pornographic material.[{4}](#)

Pornography is not just something a few men view in the late hours in the privacy of their homes. At least 70 percent of porn is downloaded during work hours (9 am to 5 pm). A percentage of those who do so admit to accessing pornography at work.

And pornography also affects those in church. According to *Leadership Journal*, 40 percent of pastors admit to visiting a pornographic website.[{5}](#) And at one Promise Keepers Convention, 53 percent of men admitted to visiting a porn site the week before.[{6}](#)

The impact pornography is having on young people is alarming. It used to be that when you would ask someone when they first saw pornography they would tell you a story about seeing a porn magazine at a friend's house when they were in middle school or high school. Now a child in grade school has already seen images that were only available in an adult bookstore a few years ago. At one time these images were inaccessible to youth; now they are merely a mouse click away. The average age of first exposure to Internet pornography is 11 years old. And the largest consumer of Internet pornography is the 12-17 age group.[{7}](#)

How should we define pornography? What is the effect on individuals and society? And what is a biblical perspective on this? I deal with each of these questions in detail in my book, *Christians Ethics in Plain Language*.[{8}](#) In the next section, we address some of these questions.

## Definition and Types of Pornography

How should we define pornography? Pornography has been defined as material that "is predominantly sexually explicit and intended primarily for the purpose of sexual arousal." Hardcore pornography "is sexually explicit in the extreme, and devoid of any other apparent content or purpose."[{9}](#)

Another important term is obscenity. In the 1973 Supreme Court case of *Miller v. California*, the justices set forth a three-part test to define obscenity:[{10}](#)

- (a) The average person, applying contemporary community standards, would find the work, taken as a whole, appeals to

the prurient interest.

(b) The work depicts or describes, in a patently offensive way, sexual conduct specifically defined by the applicable state law, and

(c) The work, taken as a whole, lacks serious literary, artistic, political, or scientific value.

What are the types of pornography? The first type of pornography is adult magazines, which are primarily directed toward adult male readers. The magazines with the widest distribution (*Playboy* and *Penthouse*) do not violate the *Miller* standards of obscenity and thus can be legally distributed.

The second type of pornography is video. Videocassettes or DVDs are rented or sold in most adult bookstores and the Internet. They have become a growth industry for pornography.

The third type of pornography is motion pictures. Ratings standards are being relaxed, and many pornographic movies are being shown and distributed carrying R and NC-17 ratings. Many of these so-called "hard R" rated films would have been considered obscene just a few decades ago.

A fourth type of pornography is television. As in motion pictures, standards for commercial television have been continuously lowered. But cable television poses an even greater threat. The Federal Communications Commission does not regulate cable in the same way it does public access stations. Thus, many pornographic movies are shown on cable television.

A fifth type of pornography is audio porn, which includes "Dial-a-porn" telephone calls, the second fastest growth market of pornography. Although most of the messages are within the *Miller* definition of obscenity, these businesses continue to thrive and are often used by children.

A sixth type of pornography is "cyberporn," or Internet

pornography. Virtually anyone can download and view hard-core pictures, movies, online chat, and even live sex acts through the Internet.

## **Addiction to Pornography**

Victor Cline, a psychologist, documented how men become addicted to pornographic materials, then begin to desire more explicit or deviant material, and finally act out what they have seen.[{11}](#) He maintained “that memories of experiences that occurred at times of emotional arousal (which could include sexual arousal) are imprinted on the brain by epinephrine, an adrenal gland hormone, and are difficult to erase. This may partly explain pornography’s addicting effect.”[{12}](#)

Other research showed that biochemical and neurological responses in individuals who are aroused release the adrenal hormone epinephrine in the brain, which is why one can remember pornographic images seen years before. In response to pleasure, nerve endings release chemicals that reinforce the body’s own desire to repeat the process.[{13}](#) Kimberly Young, an authority on Internet addiction, found that 90 percent of those who became addicted to cyberporn became addicted to the two-way communication functions: chat rooms, newsgroups, and e-mail.[{14}](#)

Psychologists identified a five-step pattern in pornographic addiction. The first step is *exposure*. Addicts have been exposed to pornography in many ways, ranging from sexual abuse as children to looking at widely available pornographic magazines.

The second step is *addiction*. People who continually expose themselves to pornography “keep coming back for more and more” in order to get new sexual highs. James L. McCough of the University of California at Irvine said that “experiences at times of emotional or sexual arousal get locked in the brain

by the chemical epinephrine and become virtually impossible to erase.”[\[15\]](#)

A third step is *escalation*. Previous sexual highs become more difficult to attain; therefore users of pornography begin to look for more exotic forms of sexual behavior to bring them stimulation.

A fourth step is *desensitization*. What was initially shocking becomes routine. Shocking and disgusting sexual behavior is no longer avoided but is sought out for more intense stimulation. Concern about pain and degradation get lost in the pursuit of the next sexual experience.

A fifth step is *acting out fantasies*. People do what they have seen and find pleasurable. Not every pornography addict will become a serial murderer or a rapist. But many do look for ways to act out their sexual fantasies

In my book *Christian Ethics in Plain Language*, I discuss in further detail the issue of pornographic addiction as well as describe the social and psychological effects of pornography.

## Social Effects

Defining the social effects of pornography has been difficult because of some of the prevailing theories of its impact. One theory was that pornography actually performs a positive function in society by acting like a “safety valve” for potential sexual offenders.

The most famous proponent of this theory was Berl Kutchinsky, a criminologist at the University of Copenhagen. His famous study on pornography found that when the Danish government lifted restrictions on pornography, the number of sex crimes decreased.[\[16\]](#) Therefore, he concluded that the availability of pornography siphons off dangerous sexual impulses. But when the data for his “safety-valve” theory was further evaluated,

many of his research flaws began to show.

For example, Kutichinsky failed to distinguish between different kinds of sex crimes (such as rape and indecent exposure) and instead merely lumped them together, effectively masking an increase in rape statistics. He also failed to consider that increased tolerance for certain crimes (public nudity and sex with a minor) may have contributed to a drop in the reported crimes.

Proving cause and effect in pornography is virtually impossible because, ethically, researchers cannot do certain kinds of research. As Dolf Zillman said, "Men cannot be placed at risk of developing sexually violent inclinations by extensive exposure to violent or nonviolent pornography, and women cannot be placed at risk of becoming victims of such inclinations."[{17}](#)

Nevertheless, a number of compelling statistics suggest that pornography does have profound social consequences. For example, of the 1,400 child sexual molestation cases in Louisville, Kentucky, between July 1980 and February 1984, adult pornography was connected with each incident and child pornography with the majority of them.[{18}](#)

Extensive interviews with sex offenders (rapists, incest offenders, and child molesters) have uncovered a sizable percentage of offenders who use pornography to arouse themselves before and during their assaults.[{19}](#) Police officers have seen the impact pornography has had on serial murders. In fact, pornography consumption is one of the most common profile characteristics of serial murders and rapists.[{20}](#)

Professor Cass Sunstein, writing in the *Duke Law Journal*, said that some sexual violence against women "would not have occurred but for the massive circulation of pornography." Citing cross-cultural data, he concluded, "The liberalization

of pornography laws in the United States, Britain, Australia, and the Scandinavian countries has been accompanied by a rise in reported rape rates. In countries where pornography laws have not been liberalized, there has been a less steep rise in reported rapes. And in countries where restrictions have been adopted, reported rapes have decreased.”[\[21\]](#)

## **Biblical Perspective**

God created men and women in His image (Gen. 1:27) as sexual beings. But because of sin in the world (Rom. 3:23), sex has been misused and abused (Rom. 1:24-25).

Pornography attacks the dignity of men and women created in the image of God. Pornography also distorts God’s gift of sex which should be shared only within the bounds of marriage (1 Cor. 7:2-3). When the Bible refers to human sexual organs, it often employs euphemisms and indirect language. Although there are some exceptions (a woman’s breasts and womb are sometimes mentioned), generally Scripture maintains a basic modesty towards a man’s or woman’s sexual organs.

Moreover, Scripture specifically condemns the practices that result from pornography such as sexual exposure (Gen. 9:21-23), adultery (Lev. 18:20), bestiality (Lev. 18:23), homosexuality (Lev. 18:22 and 20:13), incest (Lev. 18:6-18), and prostitution (Deut. 23:17-18).

A biblical perspective of human sexuality must recognize that sexual intercourse is exclusively reserved for marriage for the following purposes. First, it establishes the one-flesh union (Gen. 2:24-25; Matt. 19:4-6). Second, it provides for sexual intimacy within the marriage bond. The use of the word “know” indicates a profound meaning of sexual intercourse (Gen. 4:1). Third, sexual intercourse is for the mutual pleasure of husband and wife (Prov. 5:18-19). Fourth, sexual intercourse is for procreation (Gen. 1:28).

The Bible also warns against the misuse of sex. Premarital and extramarital sex is condemned (1 Cor. 6:13-18; 1 Thess. 4:3). Even thoughts of sexual immorality (often fed by pornographic material) are condemned (Matt. 5:27-28).

Moreover, Christians must realize that pornography can have significant harmful effects on the user. These include: a comparison mentality, a performance-based sexuality, a feeling that only forbidden things are sexually satisfying, increased guilt, decreased self concept, and obsessive thinking.

Christians, therefore, must do two things. First, they must work to keep themselves pure by fleeing immorality (1 Cor. 6:18) and thinking on those things which are pure (Phil. 4:8). As a man thinks in his heart, so is he (Prov. 23:7). Christians must make no provision for the flesh (Rom. 13:14). Pornography will fuel the sexual desire in abnormal ways and can eventually lead to even more debase perversion. We, therefore, must “abstain from fleshly lusts which war against the soul” (1 Peter 2:11). Second, Christians must work to remove the sexual perversion of pornography from society.

## Notes

1. Mark Penn, *Microtrends: The Small Forces Behind Tomorrow's Big Changes* (NY: Twelve, 2007), 276.
2. Ibid., 277.
3. George Barna, *Boiling Point: Monitoring Cultural Shifts in the 21st Century* (Ventura, CA: Regal, 2003), 223.
4. Truth in Porn, [www.truthinporn.org](http://www.truthinporn.org).
5. The Leadership survey on Pastors and Internet Pornography, 1 January 2001, <http://ctlibrary.com/9582>.
6. *Today's Christian Woman*, September/October 2003.
7. Truth in Porn.
8. Kerby Anderson, *Christian Ethics in Plain Language* (Nashville, TN: Thomas Nelson, 2005), chapter 11.
9. Michael McManus, ed., *Final Report of the Attorney General's Commission on Pornography* (Nashville: Rutledge Hill,



1986), 8.

10. *Miller v. California*, 413 US 15, 47 (1973).

11. Victor Cline, *Where Do You Draw the Line?* (Provo, UT: Brigham Young University Press, 1974).

12. Victor B. Cline, *Pornography's Effects on Adults and Children* (New York: Morality in Media, 1990), 11.

13. J. L. McGaugh, "Preserving the Presence of the Past," *American Psychologist*, February 1983, 161.

14. Kimberley Young, Paper presented to 1997 convention of the American Psychological Association. A full treatment can be found in Kimberley Young, *Caught in the Net: How to Recognize the Signs of Internet Addiction-and a Winning Strategy for Recovery* (New York: John Wiley & Sons, Inc. 1998).

15. Quoted in Kenneth Kantzer, "The Power of Porn," *Christianity Today*, 7 February 1989, 18.

16. Berl Kutchinsky, "The Effect of Easy Availability of Pornography on the Incidence of Sex Crimes: The Danish Experience," *Journal of Social Issues* 29 (1973): 163-81.

17. Dolf Zillman, "Pornography Research and Public Policy," in *Pornography: Research Advances and Policy Considerations*, ed. Dolf Zillman and Jennings Bryant (New York: Academic, 1989), 387-88.

18. Testimony by John B. Rabun, deputy director of the National Center for Missing and Exploited children, before the Subcommittee on Juvenile Justice of the Senate Judiciary Committee, 12 September 1984.

19. W. Marshall, "Pornography and Sex Offenders," in *Pornography: Research Advances and Policy Considerations*.

20. *The Men Who Murdered*, FBI Law Enforcement Bulletin, August 1985.

21. Cass R. Sunstein, "Pornography and the First Amendment," *Duke Law Journal*, September 1986, 595.

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# “Men Have Always Looked at Pornography—What’s the Big Deal?”

**Men have always looked at pornography—what’s the big deal?**

I asked for insight on this question from my friend Emily Efurd, a licensed marriage and family counselor who has been working with sex addicts for over a dozen years. She writes:

The one thing we know from the Bible is that men and women are different. Many people take a statement like that and do a lot of damage with it, but what I mean is that God created them to be different. One of the major differences is that men are sexually aroused by visual stimuli and women are sexually aroused by feeling special, cherished and loved. Many men believe that looking at pornography makes them better lovers for their wives. Unfortunately these men are hacking away at their marriage one piece at a time. Let me tell you a story about a man named Frank.

Frank was well into his twenties when he married. He and his wife had life all planned out. They would mature in the marriage for a few years, then have a family, which they did, with a boy and a girl. He was a professional, had a good job, was a great dad and even went to church occasionally. Frank’s pornography habits were known by his wife, she even shared in watching some of his videos, but she soon grew bored with it. Frank did not get bored with it. His viewing pornography escalated beyond *Playboy* and videos to “peep shows” and trading or buying some “really great stuff” on line. Because his wife didn’t look anymore she missed out on some great things he saw, so he began to

ask her to do certain things and dress in certain garments when they made love. She began to wonder if she was not attractive to him anymore. Frank kept asking his wife to get breast implants, so that she would look like the women in the pictures. At this point she became very self-conscious about her looks, and did not like to even change clothes in front of Frank. He became irritated with her and enjoyed lovemaking with her less and less. She just wasn't as "sexy" as he wanted her to be. He found more pleasure in waiting until his wife had gone to bed (which became earlier and earlier) and sitting in front of the computer with these "beautiful babes" and letting his imagination take over. He enjoyed pleasuring himself rather than taking pleasure in his wife. As the relationship deteriorated, they were barely speaking. As she confided in her friends about what a bum of a husband Frank was, one friend at work kept telling her how beautiful and wonderful she was, and that he'd know how to appreciate a woman like her. I don't need to tell you how that ended. Frank suspected she was having an affair so he turned to the 16-year-old babysitter, because she looked a lot like the porn pictures.

By the time I met Frank, there had been a bitter divorce, fighting each other for custody of the children, and felony charges for aggravated sexual assault of a child (the 16-year-old babysitter). Frank told me that looking at pornography had nothing to do with the problems he had.

How does a person come back from this kind of misery? Understanding how a man conditions his own arousal pattern is the first step. As Frank looked at porn and masturbated to those images, he was conditioning his arousal to more deviant sexual images. Soon *Playboy* just didn't do it for him anymore. He needed more graphic sexual images to masturbate to. As those images became boring he needed something like live images to look at. As this addiction grew it is no wonder that he lost interest in his wife. He

became obsessed with finding more graphic images and lost his ability to draw boundaries around what is appropriate and not appropriate.

Frank's therapy started with getting a clear understanding of how he got where he was. Then he had to make the decision that he didn't want to be there anymore and be willing to make some changes in his behavior. Giving up masturbating was difficult because even without looking at the porn images he had a great collection in his imagination. As he progressed he began to recognize times that he was free of the urge to masturbate. He became more aware of how he objectified women in general. Objectifying women means that you look at them as body parts, rather than as a person. "Wow, great breasts," "Look at that body," and undressing women in your mind is an indication you're objectifying women. I asked Frank to begin to consciously look at women in the face, noting the color of their eyes, and hair. He became more aware of how much he did see women as sexual parts. I'd known Frank about two years when he finally admitted to me that he was the one who destroyed his marriage and he took full responsibility for his other inappropriate behavior. He thanks God for the chance to change his way of thinking and living and often tells people how mighty and powerful the love of God is to forgive and restore him to dignity and integrity.

Psalms 51 tells Frank's story, because it was also King David's story.

Oh loving and kind God, have mercy.

Have pity upon me and take away the awful stain of my transgressions.

Oh wash me; cleanse me from this guilt. Let me be pure again.

For I admit my shameful deed; it haunts me day and night.

It is against you and you alone I sinned, and did this terrible thing.

You saw it all, and your sentence against me is just.  
But I was born a sinner, yes from the moment my mother  
conceived me.  
You deserve honesty from the heart; yes utter sincerity  
and truthfulness,  
Oh give me wisdom.

Sprinkle me with the cleansing blood and I shall be clean  
again,  
Wash me and I shall be whiter than snow.  
And after you have punished me, give me back my joy again.  
Don't keep looking at my sins—erase them from your sight.  
Create in me a new, clean heart, O God, filled with clean  
thoughts and right desires.  
Don't toss me aside, banished forever from your presence.  
Don't take your Holy Spirit from me.  
Restore to me again the joy of your salvation, and make me  
willing to obey you.  
Then I will teach your ways to other sinners, and  
they—guilty like me—will repent and return to you.  
Don't sentence me to death. Oh my God, you alone can  
rescue me.  
Then I will sing of your forgiveness, for my lips will be  
unsealed—oh, how I will praise you.  
Psalm 51: v. 1-15

I asked Emily for the bottom line steps to overcoming sex  
addiction:

1. Recognize how you got where you are by examining the  
small but important choices you have made over time.  
(Note: more in-depth information on this step is  
available [here](#) in the Probe Answer to E-mail “Help! I’m  
a Compulsive Masturbator!”)
2. Confess it all as sin and choose to repent by changing  
your behavior. Slam the door on your former behaviors.
3. Stop masturbating, which is a type of substance abuse.  
(The brain chemicals activated by arousal and orgasm are

a specific chemical substance that can become addictive. There is no recovery from substance without giving up “using.”)

4. Stop objectifying women as sex objects or body parts and train yourself to see them as real people. For example, look them in the eye and note their eye color; note their hair color.

Hope you find this as helpful as I did.

Sue Bohlin

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