

# THE PORN EPIDEMIC

by: Josh D. McDowell

Facts  
Stats &  
Solutions

## ILLUSTRATIONS



## Illustrations

“I’d like to close with a story. In the forests of northern Europe, and Asia a little animal called the ermine lives. He is mostly known for his snow-white fur. The ermine has a peculiar pride in his white fur coat. At all hazards he protects it against anything that would spoil it.” (Jeff Hughes, “A Blueprint for Purity”, Sermon Central, February 8, 2003, <https://www.sermoncentral.com/sermons/a-blueprint-for-purity-jeff-hughes-sermon-on-pornography-54871?page=7>)

“It is said that the fur hunters take advantage of the ermine’s care to keep his coat clean. They don’t set a trap to catch him, but instead find his home, a cleft in the rock or the hollow of a decaying tree, and dab the entrance and interior with mud. Then their dogs start the chase. Frightened, the ermine flees toward his home, his only place of refuge. He finds it unclean, and he will not spoil his pure white coat. Rather than go into the unclean place, he faces the yelping dogs and preserves the purity of his fur at the price of his life. It is better that he be stained by blood than spoiled by uncleanness. The ermine is right - purity is dearer than life.” (Jeff Hughes, “A Blueprint for Purity”, Sermon Central, February 8, 2003, <https://www.sermoncentral.com/sermons/a-blueprint-for-purity-jeff-hughes-sermon-on-pornography-54871?page=7>)

“From the invention of halftone printing in the 1880s (allowing for the creation of the first pornographic magazines), to the silent ‘stag films’ of the early 20th century, to home video players in the 70s, pornography has always ridden on the heels of new technology. Damon Brown, a regular writer for Playboy, correctly states, ‘If we invent a machine, the first thing we are going to do—after making a profit—is use it to watch porn.’” (Damon Brown, “PCs in Ecstasy: The Evolution of Sex in PC Games.” Computer Games, May 2006.) (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, <http://www.covenanteyes.com/when-your-child-is-looking-at-porn/>)

“Make sure you are listening to God”

“A. The story is told of a man who was driving from Miami to Ft Lauderdale.”

“1. He needed to use the restroom, so he pulled into one of those rest areas on the side of the road.”

“2. He went into the bathroom and took the second stall, since the first one was taken.”

“3. Suddenly, he heard a voice from the other stall say, ‘Hi there, how is it going?’

“4. The man thought to himself, ‘Okay, I am not the type to strike up conversations with strangers in bathrooms on the side of the road. But he didn't know what to do, so he finally said: ‘Not bad.’”

“5. Then the voice said: ‘So, what are you doing?’”

“6. The man thought to himself, ‘This is getting a bit weird.’ But then he nervously replied, ‘Well, I'm going to Ft Lauderdale.’”

“7. Then the man heard the person in the next stall say, ‘Look, I'll call you back. Every time I ask you a question, this idiot in the next stall keeps answering me!!!”

“Just like that conversation in the bathroom, the subject of today's sermon might make us all a little uncomfortable.” (David Owens, “Lust Makeover”, Sermon Central, March 3, 2014, <https://www.sermoncentral.com/sermons/lust-makeover-david-owens-sermon-on-pornography-183576>)

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“JOKE: A girl talking to her grandma asked, ‘How old are you?’ to which grandma replied, ‘Dear, you shouldn't ask that question. Grownups don't like to tell their age.’”

“The next day, the girl asked, ‘Grandma, how much do you weigh?’”

“‘Honey, you shouldn't ask grownups how much they weigh. It isn't polite.’”

“The next day the girl was back with a smile and said, ‘Grandma, I know how old you are—62, and you weigh 160 pounds.’”

“Grandma was surprised and said, ‘My goodness, how did you know?’”

“The girl said, ‘You left your driver's license on the table, and I read it. And I also saw on it that you got an ‘F’ in sex!’” (Chuck Sligh, “Untying the Knot of Lust (Part 1)”, Sermon Central, June 2, 2013, <https://www.sermoncentral.com/sermons/untying-the-knot-of-lust-part-1-chuck-sligh-sermon-on-purity-176427>)

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“One of my favorite books of all time, is The Endurance.”

“The true story about Ernest Shackleton and his crew, who in 1914 set out to cross the continent of Antarctica: But instead their ship, the Endurance, became trapped in frozen ice off Antarctica – They spent 10 months trapped on the ship – and then the ship was crushed by the ice, so the crew had to abandon ship, and set up tents on the floating ice.”

“After camping on the ice for five months, Shackletons crew made two journeys, in an open lifeboat in freezing weather across 800 miles of ocean.”

“They faced incredible problems and hardships, but they refused to give up, they kept on fighting and fighting against incredible odds, and ultimately every man in the crew survived, not one was lost.”

“But they had to keep fighting, and they did keep on fighting, because the alternative was to quit, and die.”

“My choice, and your choice in the battle for purity, is you can fight, or you can quit fighting, give in, and die spiritually.”

“Your Choice.” (Ken Ritz, “Overcoming Pornography”, Sermon Central, December 30, 2005, <https://www.sermoncentral.com/sermons/overcoming-pornography-ken-ritz-sermon-on-sin-bondage-to-86849?page=3>)

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**“An 8-year-old girl went to her dad, who was working in the yard. She asked him, ‘Daddy, what is sex?’”**

**“The father was surprised that she would ask such a question, but decided that if she was old enough to ask the question, then she was old enough to get a straight answer. He proceeded to tell her all about the ‘birds and the bees’. When he finished explaining, the little girl was looking at him with her mouth hanging open. The father asked her, ‘Why did you ask this question?’”**

**“The little girl replied, ‘Mom told me to tell you that dinner would be ready in just a couple of secs.’”** (Paul Decker, “Sexual Chaos”, Sermon Central,

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“There was an affluent, aristocratic woman reviewing resumes from potential chauffeurs to drive her Rolls Royce. She narrowed the applicants to three men and invited them to her palatial home. She escorted each one individually to her driveway and the brick wall beside it. Then she asked, ‘If you were driving my Rolls, how close do you think you could come to that brick wall without scratching my car?’”

“The first applicant says, ‘I can drive within a foot of that wall and not damage your Rolls.’”

“She brought out the second applicant and asked ‘If you were driving my Rolls, how close do you think you could come to that brick wall without scratching my car?’”

“He scratches his head and says, ‘I can drive within six inches of that wall and not damage your car.’”

“She invited the third applicant and asked, ‘If you were driving my Rolls, how close do you think you could come to that brick wall without scratching my car?’”

“He did not hesitate. ‘Ma’am, I do not know how close I could come to the wall without damaging your car, but if I was driving your car, I would stay as far away as possible from the wall so as not to damage your car.’”

“Guess who got the job? You see, many people want to know where the line is between a second glance and lust or an addiction to pornography. But when addressing sexual temptation, the point is not how close one can get to the temptation without getting ‘scratched’ or crossing the line or falling off the ledge, but the issue is staying as far away as possible.” (Chip Monck, “Who Cares...When I’m struggling with lust and pornography?”, Sermon Central, August 22, 2007, <https://www.sermoncentral.com/sermons/who-careswhen-im-struggling-with-lust-and-pornography-chip-monck-sermon-on-pornography-110776>)

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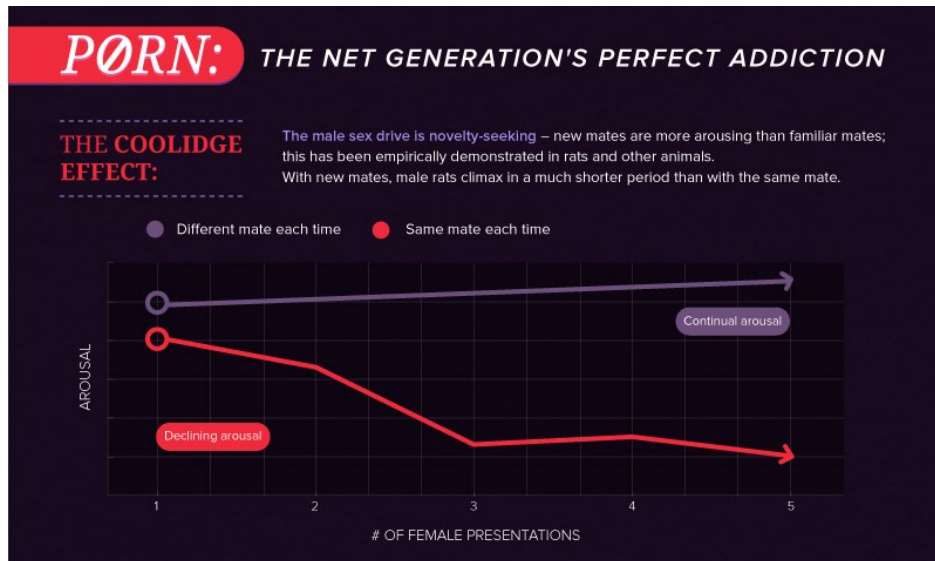
“The downside of increased sensitivity is that recovery is not linear. Former users have really good days and really bad days before their brains return to equilibrium—almost like a pendulum swings before it rests. Because many have been desensitizing their brains with porn since puberty, they have not necessarily learned how to deal with intense emotions of anger and frustration as they come out of their fog. Group support is very helpful during this phase.” (Marnia Robinson, “Pornography and Addiction: Brain Chemistry Research and Porn”, Scribd, April 28, 2010, <http://www.scribd.com/doc/32712148/Pornography-and-Addiction-Brain-Chemistry-Research-and-Porn-by-Marnia-Robinson#scribd>)

“My college students and I were discussing the pros and cons of reading Fifty Shades of Grey last semester. I teach at a small Christian college with a diverse population of kids from the farm, the hood, uptown, and fresh out of their mamma’s kitchen classroom. You can imagine this sparky debate. After the banter died down, I simply sighed and said, “But your brains. Your brains just can’t handle that kind of stimulus. They’re not even fully formed yet, and your sexual experiences haven’t even culminated in marriage yet, and geesh.... Your neuro-pathways, and synapses, and desire and pleasure centers will learn to feast on trash so they won’t even recognize homemade ice cream as being good. And why is abusive sex glamorized, anyway? When, in our society, did it become sexually gratifying to be used?” I don’t know if those 18 and 19 year olds even knew what I was rambling on about- me with my hopeless shoulder-shrugging, and old-fashioned ideals. But I know.” (Michelle Hollomon, “The Secret We Can’t Afford to Keep”, Michelle Hollomon, May 24, 2015, <http://michelle-hollomon-498f.squarespace.com/blog/the-secrets-that-slowly-kill-us-inside>)

“It is like a fire. We love sitting in a living room with a fire in the fireplace. But if we take that same fire and put it in the middle of the floor, it could burn the house down. That’s the way sexual passion is. There’s a fitting place to start that fire—in the setting of marriage—but if you stir up that passion outside of marriage, it only ends up hurting you.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013, <http://www.covenanteyes.com/when-your-child-is-looking-at-porn/>)

“Until then, you shouldn’t deny you have this passion inside you. Instead, use it to ‘build your fireplace.’ Work to become the kind of man/woman who can serve and love someone else as a husband/wife. Get wisdom from me

and other adults about how to become a godly man/woman with sexual desires. Learn when is the best time and way to start dating or get married.” (Luke Gilkerson, “When Your Child is Looking at Porn”, Covenant Eyes, 2013,



<http://www.covenanteyes.com/when-your-child-is-looking-at-porn/>)

### “The LongTerm Recovery Journey”

“Recovery can be compared to launching a satellite into orbit. It takes tremendous energy to get a rocket out of the pull of earth’s gravity. As the rocket gains momentum, less power is needed to put it into its desired orbit.”

(“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [www.healthysandy.org/fileadmin/downloads/healthy\\_sandy/Ecclesiastical\\_Packet.pdf](http://www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf))

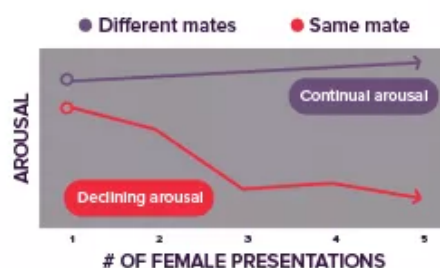
“Eventually, the satellite is released into orbit and only requires small and consistent bursts of energy to keep it positioned in orbit. The satellite will stay in its correct orbit as long as those consistent corrections are applied.” (“Safety Net – Resources to Protect Your Family from Pornography,” Healthy Sandy Partnership, [www.healthysandy.org/fileadmin/downloads/healthy\\_sandy/Ecclesiastical\\_Packet.pdf](http://www.healthysandy.org/fileadmin/downloads/healthy_sandy/Ecclesiastical_Packet.pdf))

	Boys	Girls
<b>“Number of times spent viewing for more than 30 minutes”</b>		<b>76.8%</b>
• Never	30.6%	76.8%
• Once	6.9	9.1
• Up to 10 times	27.8	11.4

	Boys	Girls
<b>“Reasons for viewing Internet pornography</b>		
• “Wanted the sexual excitement”	69.3%	16.8%
• “Curious about different things people do sexually”	53.1	26.1
• “Wanted information about sex”	39.7	19.5
• “With friends who wanted to do it”	34.1	20.8
• “Never looked for pornography on purpose”	6.8	42.3

(Chiara Sabina, Ph.D., Janis Wolak, J.D., and David Finkelhor, Ph.D., “The Nature and Dynamics of Internet Pornography Exposure for Youth,” CyberPsychology & Behavior, Volume 11, Number 6, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

#### A novelty-seeking behavior :



Fapstronauts report becoming regular porn users at a surprisingly young age.



developed a regular porn habit during age 12-14

started before they were 12

(Their problem often begins before they're even out of middle school.)



59%, spend a remarkable  
**4-15 HOURS**  
per week on porn



**64%**  
report that their tastes in porn have become more extreme or deviant

# TAKING A WHACK AT PORN

Profiling the Voyage of 73,000+ Fapstronauts

Today's young adults are voracious consumers of online porn — an endless stream of videos can give you anything you want, whenever you want it. But what happens when this habit becomes a problem — can porn addiction ever be broken?

Table 1 Characteristics of Exposure to Internet Pornography before Age 18

	Boys n = 192	Girls n = 371
Exposure to Internet Pornography		
Yes, before 18	93.2%	62.1%
Yes after 18	4.2	20.6
...		
Reasons for viewing Internet pornography before 18		
Sexual excitement	69.3%	16.8%
Curious	53.1	26.1
Wanted information about sex	39.7	19.5
Friends who wanted to do it	34.1	20.8

(Chiara Sabrina, Janis Wolak, David Finkelhor, "The Nature and Dynamics of Internet Pornography Exposure for Youth", University of New Hampshire, 2008, <http://www.unh.edu/ccrc/pdf/CV169.pdf>)

## Ben Bennett



# BEN BENNETT

## SPEAKER | AUTHOR

Ben grew up in Virginia Beach, Virginia and met Christ at an early age. After being heavily involved in Cru throughout college, and developing a great desire to see college students transformed by the gospel, he joined their staff in 2011.

For over 10 years of his life, Ben battled a porn addiction and other forms of habitual sexual sin before coming to lasting freedom through a Biblical and clinical approach to sexual addiction recovery.

Ben currently resides in Dallas, Texas and serves with Josh McDowell Ministry as an author, speaker, and evangelist supporting the health and restoration of men and women struggling with woundedness, habitual sin, and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Ben will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

### Ben is available to speak on:

iGen for Jesus | Overcoming Sin & Setbacks | You, Me, We | Wholeness In A Sex Saturated World | Relevant, Reliable, Relational: The Bible?



# WHO'S TALKING ABOUT BEN?



*"Ben speaks from personal experience of the freedom Christ offers each and every troubled heart. It is such a delight for me to hear Ben speak for his generation in such a relevant, reliable, and relational way."*

-Dr. Ted Roberts // Pastor, Counselor, and Founder of Pure Desire Ministries

*"While many young people today struggle with hurt, mental health issues, and addictions, few have a story of freedom to share like Ben's that renews hope, gives a roadmap to healing, and inspires next steps. I've personally benefited greatly from what Ben has to share and I think many people in all walks of life will too."*

-Karl Armentrout // Cru National Conference and Events Director

*"My hidden sin had me imprisoned in silence, guilt, and secrets for years. When I attended Ben's session, he shared his journey of liberty from sin, and I felt the Holy Spirit moving and convicting me. Through Ben's personal encouragement and passion for sharing the love of God, I shared my darkest sin with others and began the journey of healing and freedom through Jesus and His wonderful people. Thank you Ben."*

-Marylyn // Texas College Student

## Ben is the author of:

Living Free

FLESH SERIES: Sex, Lust, Porn and The Christian

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.



For more information or to book Ben please contact:

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## Jake Kissack



# JAKE KISSACK

## SPEAKER

Jake was raised where the buffalo still do roam. His family owns a 3000 acre cattle ranch in Wyoming. His adventurous heart was pursued and captivated by Jesus as far back as memory serves. His passion to see Jesus bring life to all was bolstered in his master's degree thesis work on how pornography negatively affects the church.

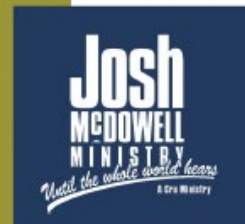
His 13 year journey with a porn addiction crushed his passion and compelled him to seek true freedom, which was found through Christian sexual addiction recovery.

Jake resides in Dallas, Texas and serves with the Josh McDowell ministry as a developing author, speaker, storyteller and evangelist, supporting the health and restoration of men and women struggling with porn and sexual brokenness.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Jake will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

### Jake is available to speak on:

When God Talks | Empowered to Live Life Fully Alive | Connections that Count  
Wholeness in A Sex Saturated World | Unshakable Truth // Live for Love



# WHO'S TALKING ABOUT JAKE?



*Jake is wholesome, invigorating and smart. His ability to speak is only surpassed by his contagious love for Christ and the Scripture. He wins the hearts and minds of students through stories."*

**-Josh D. McDowell // Author/Speaker**

*Jake communicates with compassion for the wounded and broken and has an authentic desire to see people healed and set free. God's work through his message has been a beacon of hope that has empowered struggling students to find freedom and live wholehearted.*

**-Sherry Broesamle // Field Director of People & Culture, CRU**

*Jake's heart and passion is to participate in and see God heal wounds and restore people.*

**-Austin Adams // Family Pastor, Crossroads Community Church**

*Jake passionately plants seeds of gospel hope and invites people to live whole heartedly for the glory of God. His message is culturally relevant, Gospel focused, and needed wherever young people are gathering!*

**-Kurt Sauder // Author, Speaker, Radio Host, Further Still Ministries**

Josh, Ben, and Jake are launching a movement focused on speaking, equipping, and connecting individuals to solutions to overcoming unwanted struggles.

Through interactive speaking, digital content, and practical next step resources, God is raising up a generation of young people who are passionate about following Jesus wholeheartedly and working through the setbacks and sin that hinder them.



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## Alex McClellan



# ALEX MCLELLAN

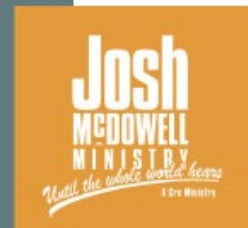
## SPEAKER | AUTHOR

Alex McClellan serves with Josh McDowell Ministry, a Cru ministry (formerly Campus Crusade for Christ). An effective communicator with international experience, Alex is passionate about engaging others with the gospel, and he has joined our team to share the truth of Christ – until the whole world hears.

For more than fifty years, Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry. Alex will serve alongside Josh, writing, speaking and shining the light of Christ into the darkest places, and helping believers be prepared to share with confidence, knowing the reason why Christianity is reliable, relational and relevant to our lives.

### Alex is available to speak on:

You Can Handle the Truth! | How To Find The Meaning Of Life  
Reasons To Believe In The Resurrection | Will The Real Jesus Please Stand Up | How Do You Make Sense of Suffering? | Can We Trust The Bible? | Be Prepared to Share (1 Peter 3) | Be Prepared to Shine (Matthew 5) and more . . .



# WHO'S TALKING ABOUT ALEX?



*"Alex is a winsome and effective communicator who understands how skeptics view the gospel and the questions they raise...I enthusiastically recommend his work."*

—Ravi Zacharias, Ravi Zacharias International Ministry

*"Alex's ministry has been immensely beneficial to the church in helping to train, equip and prepare God's people for the task of bringing the gospel to the world and the world to Christ."*

—Wayne Sutton, Senior Pastor, Carrubbers Christian Centre, Edinburgh, Scotland.

*"Alex is gifted in providing a strong intellectual and culturally relevant expression of the Christian faith and this has been a powerful way for our students to build their own foundation in Christ and His Word."*

—Peter Thomas, National Director, Capernwray Bible School, Australia

## Alex is the author of:

A Jigsaw Guide to Making Sense of the World (InterVarsity Press, 2012)

A Jigsaw Guide to the Meaning of Life (JG2P, 2016)

A Jigsaw Guide to Sharing Your Faith (JG2P, 2016)

Alex and Sheryl have been married for over twenty years and have three children: Sophia, Moriah and Asher. The family lived in Scotland, UK, before relocating to the USA, and they currently reside in San Diego, California.



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## Josh McDowell



# JOSH McDOWELL

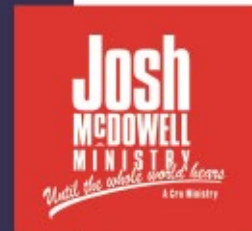
## SPEAKER | AUTHOR

Josh McDowell has been at the forefront of cultural trends and groundbreaking ministry for more than 54 years. He shares the essentials of the Christian faith in everyday language so that people of all ages and stages can know Christ, understand what they believe and why it is true, and learn how to live, share and defend their faith.

Well known as an articulate speaker, Josh has spoken to approximately 35 million people, in 140 countries. Josh has written or co-authored more than 150 books in over 100 languages including *More Than a Carpenter* with over 27 million copies distributed and *Evidence That Demands a Verdict*, named one of the twentieth century's top 40 books and one of the thirteen most influential books of the last 50 years on Christian thought by World Magazine. *Evidence That Demands a Verdict* also just won the 2018 Evangelical Christian Publishers Association award in the Bible Reference Book category.

Josh is available to speak on:

Relationships | Parenting | Reliability of Scripture | My Journey  
Self Image | Sexual Integrity | Truth in Today's Culture



# WHO'S TALKING ABOUT JOSH?



*"This has helped me more than any other kind of seminar on speaking"*  
-Cru Staff Member, Young Communicators Seminar

*"His message spoke to all of us but certainly impacted the hearts and minds of the teens the most."*  
-Alpha Women's Center of Grand Rapids Staff Member

*"Youth leaders and teachers spoke to us for weeks after the dinner telling us his message opened paths to discussion of needs with their groups."*  
- Ministry Leader and Event Host

*"Josh's message was a deep examination of God's truth made relevant for your contemporary, apathetic youth culture."*  
-Tim Rickman, High School Principal, Wesleyan Education Center

**Josh McDowell is an award-winning author and international speaker. He has written or co-written more than 150 books--some in over 100 languages--and has spoken to approximately 35 million people in 140 countries.**

**Josh and his wife Dottie have been married 46 years. They have four children and ten grandchildren.**



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