

# LOVE IS MORE



**A LIFE WITHOUT  
PORNOGRAPHY.**

**SUPPORT GUIDE**

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## LOVE IS MORE

Porn addiction does not spare Christians. Especially through the internet, there has been a dramatic rise in the compulsive consumption of hard pornography. A Christian ministry, founded by people who used to be affected themselves, offers help in finding a way out of pornography and sex addiction.

Chairperson of the organization LOVE IS MORE is Phil Pöschl. He himself fought with porn addiction while ministering as a youth leader. This is how he describes his dilemma: „I used to preach to the young people in the evening and at night I watched this stuff on the internet“. It was

a similar situation for Susanne. With God's help, she became free of her addiction. Both of them emphasize that this problem is steadily increasing. Anonymous surveys in churches show, that over 50% of young men watch pornographic material, including teenagers and fathers. According to Susanne's estimation, about 20% of all female Christians are wrestling with pornography. It is not just the consumers who are affected, but also their spouses who feel betrayed and are deeply wounded. LOVE IS MORE offers ways out of porn addiction through informative events. In particular, the ministry aims to reach people on site - that is through the internet.

## SUPPORT GROUPS

There are several ministries that can help you find an English-speaking support group:

- [www.blazinggrace.org](http://www.blazinggrace.org)
- [www.focusonthefamily.org](http://www.focusonthefamily.org)
- <https://freedomeveryday.org>

If you would like to start your own group, we are happy to help you with useful information on which steps to take.

[www.loveismore.eu](http://www.loveismore.eu)



## CHILD PROTECTION ON THE INTERNET

Parents are the most effective protection for their children against pornography. We have met parents who have no idea about what is going on in the “real” world.

We often hear sentences like: ‘My little Johnny would never look at nude pics on the internet!’

It is time to step up and intervene in the lives of your children. Make your electronic devices like PC/Laptop and Smartphones safe for them.

We recommend “child control” for Windows PCs/Laptops and Android devices.

<https://salfeld.com/en/>



## BOOK RECOMMENDATIONS

- The Road to Grace – Mike Genung

To order write to: [safers@safersurfing.org](mailto:safers@safersurfing.org)

- 100 Days on the Road to Grace – Mike Genung
- The Road to Grace for Couples – Mike Genung
- The Dirty Little Secret – Craig Gross
- Every Man's Battle – Steve Arterburn
- The Pornography Trap - Ralph Earle

For Wives:

- The Wife's Heart – Mike Genung





## **VIDEOS**

Interviews and talks with personal testimonies of people, who found a way out of consuming porn.

[www.loveismore.eu](http://www.loveismore.eu)

## **SEMINARS**

„A Life Free from Porn“. LOVE IS MORE offers seminars on this topic.

Inquiries [www.loveismore.eu](http://www.loveismore.eu)

## **COURSES**

Online course for men, women and parents

[www.loveismore.eu](http://www.loveismore.eu) - Help

Online course for women

[www.loveismore.eu](http://www.loveismore.eu) - Help

## PORNOGRAPHY

„Pornography“ is an ancient GREEK word, which is composed of πόρνη (pórne, „prostitute“) and γράφειν (gráphein, „to write or to record“).

Pornography is the explicit depiction of human sexuality or the sexual act, usually with the intention to arouse the spectator. Thereby the focus often lies on the activities of the genitals. Pornography may be depicted in many types of media for instance pictures, videos, texts and sound recordings.

## STATISTICS

- 50% of all Christian men and 20 % of all Christian women are addicted to pornography.
- A research study with 1351 church leaders about the consumption of pornography showed: 54% of them have looked at porn on the internet in the last year, 30 % in the last 30 days.

## POLLS BY LOVE IS MORE:

### At a men's retreat:

77 % have consumed porn over the last year.

### At a church:

About 10% of the women have consumed porn over the last year.

### At another church:

99 % of the men admitted that they had consumed porn at least once in their lives.

**At a Christian leadership conference:** 76 % had consumed porn within the last year.



## HELMUT

**I was hooked on pornography from the time I was 10 years old until I was 36. It developed into a massive addiction after I discovered internet-pornography and it consumed most of my free time.**

What I thought would satisfy my innermost need, drove me into even deeper misery, bondage and isolation. When I was 19 years old, I decided to give my life to God and have experienced great changes in many areas since then. I have tried to

know God better and because of this have experienced much inner healing. However, through all these years, my sexuality remained the weak point. Several things helped me to become free.

First, I realised, that things could not go on as they were. The next step was to bring everything out into the open. Though I was not suddenly free by admitting my addiction to my church leaders and my house group, the addiction lost

much of its destructive power. It was important to look at sexuality in a positive light and to understand what a precious gift it is. The crucial key for me was to discover that what I had been looking for in pornography, had long since been provided by God.

Pornography only numbed my inner emptiness and the deep and painful inner yearning for fulfillment, which we so rarely find in this life. When I experienced that only God can satisfy





this longing and in a way that was more lasting than anything else, I was able to let go of the former things. Once I found the „real thing“, I became free of the „fake“ solution. Now I experience an incredible improvement in my quality of life. It is a wonderful gift that I'm no longer controlled by my sexuality but am able to handle it in a responsible way and without painful self-denial, „cold showers“ or self-castigation. With God's it is possible to remain free. When God himself fills our souls, we are no longer dependent on such useless crutches. – Helmut

## **EX-PORN ACTRESS**

„Many people believe the old myth that women enjoy producing porn. In reality, they are broken by it. Women don't have fun acting in these films. Some women hate it so much that you can hear them vomiting in the bathroom during breaks.“ – Shelley Lubben

## **EX-PORN PRODUCER**

„What has it cost me – my lifestyle of pornography? My self-respect? Certainly  
A great wife? Absolutely  
What else? I've lost my son, the most important person in my life!“ – Donny Pauling

## **THE PORNO-SET**

Most girls that enter the porn industry shoot one video and leave. The experience is so painful, terrible, embarrassing and humiliating for them, that they never do it again.



## LIES

Everybody knows these sentences, but they are lies:

I heard in a message that „Jesus went to the cross for all your sins,“ but this is only for other people, not for my dreadful sins.

Nobody can help me. It is my own fault that I am in this situation.

If they only knew. . . , they would not like me, or want to speak to or spend time with me.

Nobody must find out about this – I have to sort this out on my own.

## TRUTH

The Truth that sets us free, but which we often cannot believe:

Come to me, all you who are weary and burdened, and I will give you rest.  
– Matthew 11:28

I tell you the truth, all the sins and blasphemies of men will be forgiven them.  
– Mark 3:28

On hearing this, Jesus said, it is not the healthy who need a doctor, but the sick. But go and learn what this means: „I desire mercy, not sacrifice.“ For I have not come to call the righteous, but sinners. – Matthew 9:12–13

## TALK ...

How to take practical steps in prayer, so that the truth can replace the lies:

- Learn to be honest in confessing your sins to God. As long as you are too ashamed to be honest about every detail of your life, the sin will be stronger than the truth.
- When you pray, tell Jesus what you really feel and ask him to bring light into even the darkest corner of your heart
- Let a counsellor show you, what could be behind the sin e.g. not dealing appropriately with negative emotions etc.
- Take your time. Talk with your accountability group about your progress in order to continue on your way to complete healing.

## ... WITH GOD

- Ask Jesus to clean your heart from false shame and to replace it with the God given sorrow that leads to repentance.
- Ask him to show you the true face of sin and to give you back the right feelings like disgust and revulsion towards sin.
- Stick all the pictures that are stored in your mind into a photo album and give it to Jesus. He will be happy to take this burden from you. Sometimes it is necessary to repeat this process of inner cleansing, because there may be many pictures in our mind.
- Start on the path to healing that God has prepared for you.

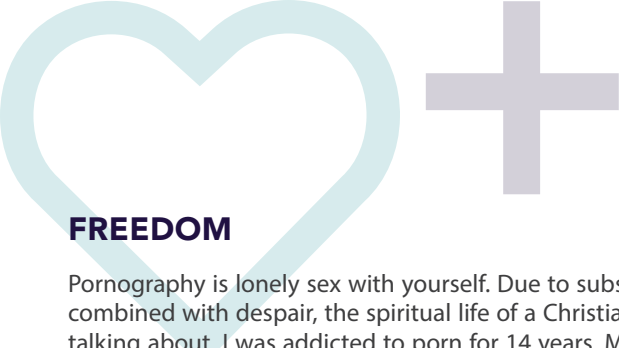
## FEEDING GROUND

It is important to be careful of times and places where you are weak and vulnerable. The Feeding ground of sin is different for each individual:

- Lack of real and loving relationships
- Unresolved feelings
- Anger, loneliness, tiredness, hunger
- Boredom or thirst for adventure
- Midlife crisis
- Unemployment
- Stress
- Break-up of a relationship
- Discouragement (personal failure, broken promises)

## ADDICTION

- Addiction isolates, holds captive and destroys
- Addiction can start through repeated stimulation of our senses: alcohol, sex, food, winning.
- Addiction begins slowly and is not recognizable at first, because it brings pleasure. However, later it becomes more work and less fun. Addiction at an advanced state takes control over all thoughts and behaviour.
- A full-blown addiction leads to the loss of all pleasure from the activity. Pleasure is replaced with intense emotional pain and the addiction always has devastating physical, emotional and spiritual side effects. The way out is to come closer to God. Seek Him and He will be found.



## **FREEDOM**

Pornography is lonely sex with yourself. Due to subsequent feelings of guilt that often arise combined with despair, the spiritual life of a Christian comes to a standstill. I know what I'm talking about. I was addicted to porn for 14 years. Most of that time I was a Christian and in leadership as well. I knew that God did not like what I was doing.

But I was still trapped in porn. I would not have called myself addicted but I really was. I was driven, restless and always looking for something to fill the vacuum in my heart and so I quickly had to get more of that stuff to satisfy me. This type of sex is the lonliest kind of sex there is. With my porn addiction, I also hurt my girlfriend, Karina, who is now my wife. A wise friend told me something that has helped me a lot: „Whenever you see naked women, for example on

an advert, stay cool and relaxed. Register what you have seen but don't study it, then walk away without panicking.“ Let God and your friends fill the vacuum in your heart with their love. All of us are looking for something to fill our hearts. Don't be afraid to mess up again. Stay in the love and grace of God instead, because His love never ends – Phil

## INFO FLYER FOR PARENTS

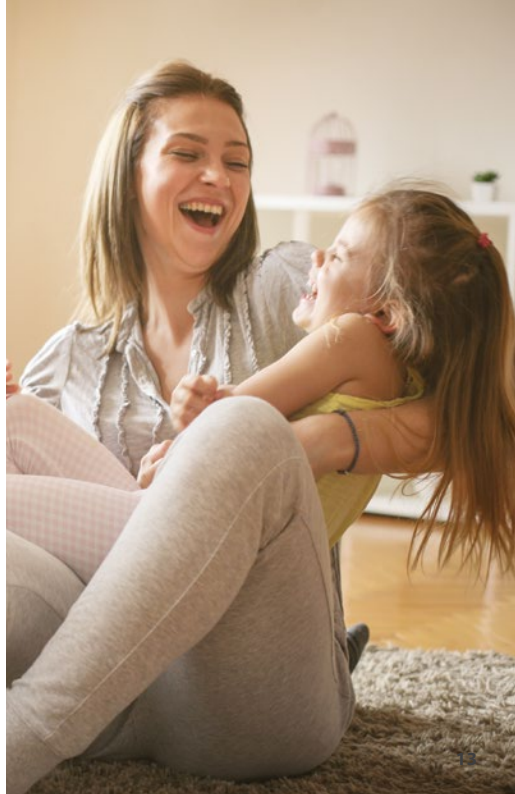
Young people collect pornography on mobile phones today, as they did football stickers in the past.

Offers for pornographic content in mobile format are increasing rapidly. This trend does not exclude young people. Christian youngsters receive hardcore pics on their cell phones. So, how do we handle our kids who are technically more advanced than we parents are?

Flyer for Parents: "Internet Porn – Your Child's Source of Sex Education"

Download free on

[www.loveismore.eu](http://www.loveismore.eu)



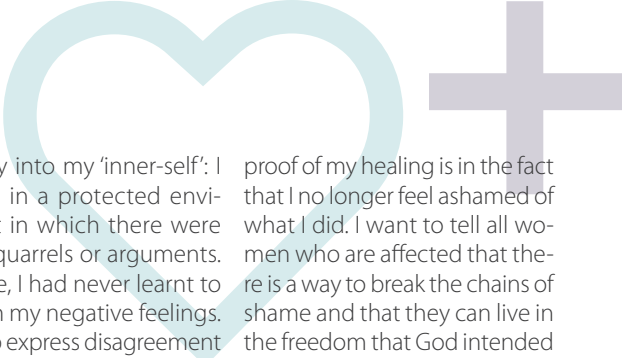
## **PORNOGRAPHY - AN ISSUE ONLY FOR MEN?**

### **A woman talks about her way out of feelings of guilt.**

I accidentally fell into the trap of pornography when I was 12 years old and at the stage when most teenagers usually experience inner turmoil! I had no idea of what I was getting into. At first, I was shocked and at the same time fascinated by what I found and felt a pleasant sensation within me that filled me with shame at the same time. It was exactly this shame that drove me into isolation. I could always talk about everything with my mother but the topics of pornography and masturbation

were absolutely taboo for me. I felt that I would have died of shame, had my mother found out about all of this. My sense of shame was even greater because I had believed in Jesus from the time that I was 6 years old and had always been active in my church. I was sure that I was ill because I thought only men had problems with pornography. I thought that I was the only 'perverted' woman. When I received compliments on my appearance, I was unable to accept them. Instead, I thought, 'If people really knew what I am like, they would not pay me any compliments.' It was

a vicious circle: I tried to deal with my feelings of guilt and tension by masturbating and dreaming myself into a world of erotic fantasy. Incidentally, this fantasy world is typical for women who read explicit love stories and thus consume more pornography than they are aware of. Addiction does not only confine itself to the consumption of hardcore porn, but can be played out losing oneself in an erotic fantasy and masturbation. My own healing began, when I started to talk to God honestly about my problem. The realisation that God is present regardless



of my sins and that Jesus did die for everything, finally gave me the strength to open up to a friend. By my opening up to her, our friendship did not end, but became even more meaningful and honest. It was this friend, who time and time again, pointed out that I was trying to do things in my own strength—a mistake that many make when they try to escape this vicious circle of pornography. They beg God to give them more strength to resist the temptation and wonder why it does not work. I tried the same thing, unsuccessfully. I found the root of my sin when I took

a journey into my 'inner-self': I grew up in a protected environment in which there were seldom quarrels or arguments. Therefore, I had never learnt to deal with my negative feelings. I learnt to express disagreement in an appropriate way instead of withdrawing, as I had previously done in conflict situations. As I learnt to forgive and to accept forgiveness and allowed myself to be drawn into friendships, the inner tension decreased. I also discovered that I am not the only woman to have had problems with pornography even though usually only examples of men are given. The

proof of my healing is in the fact that I no longer feel ashamed of what I did. I want to tell all women who are affected that there is a way to break the chains of shame and that they can live in the freedom that God intended for us. – Susanne

## BOOK TIP

Every Woman's Battle -  
Shannon Ethridge



## TIPS AND IDEAS

- 
- Put your PC/TV in a frequented room
  - Use an internet filter
  - Choose TV movies intentionally, no zapping'
  - Limit your TV consumption (only watch with others)
  - Make a film check on [www.kids-in-mind.com](http://www.kids-in-mind.com) or [www.pluggedinonline.com](http://www.pluggedinonline.com)
  - Cancel Cable/Satellite TV/ Pay TV if necessary
  - Put family photos on the TV/PC monitor
  - Set up a password-protected acces via partner/parents
  - Talk openly about things, without details!
  - Accountability parnters
  - Meet with friends regularly – pray & exchange
  - Church leaders could work in joint offices
  - Maintain supporting relationships
  - Keep a diary
  - Maintain a relationship with God and eat,spiritual food'
  - Make a list of personal weaknesses
  - Go to bed early
  - Look for fellowship when you feel lonely
  - Find activities that divert your thoughts when you are bored
  - Stay cool and laid-back
  - Prepare yourself for ,diffcult' situations
  - Manage your free time wisely (recuperation/vacation/ holidays)
  - Learn essential facts about sexuality and your body
  - Physical compensation for work (hobbies, leisure activities, sports, exercise)



- Be aware of your perception and thoughts
- Be aware of the consequences of your acts
- Confess your problem to God
- Be aware of the victims behind the scenes e.g. porn actors
- Got to bed at the same time as your spouse

During business trips:

- Place a family picture on the TV
- Pray & call your spouse in the evening





## **BIBLE QUOTES**

Above all, love each other deeply, because love covers over a multitude of sins. – 1 Peter 4:8

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these, he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. – 2 Peter 1:3-7

Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. – James 5:16

Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. – James 4:7

Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. – James 1:21

Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart. – 1 Peter 1:22

Do not be overcome by evil, but overcome evil with good. – Romans 12:21



Pictures: Shutterstock

## **WEBSITE RECOMMENDATIONS**

[www.loveismore.eu](http://www.loveismore.eu)

## LOVE IS MORE

LOVE IS MORE is a non-profit organisation with the aim to protect children, teenagers and adults from content on the internet that can cause addiction to pornography.

LOVE IS MORE offers help to people who struggle with addiction to pornography as well as giving support to spouses, parents and others who are affected by this subject.

Many volunteers make the work of LOVE IS MORE possible.

You could help, too, with your donation. Thank you very much for your support!

[www.loveismore.eu](http://www.loveismore.eu)

## DONATIONS ACCOUNT

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You can also use Paypal to make a donation:

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Safersurfing - Eisgrubengasse 2 - 6, 2334 Vösendorf, Austria  
ZVR-Zahl: 730044457, Phone: +43 1 6091528