



Pornography and Its Impact

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In a survey conducted by the Barna Institute, along with Covenant Eyes, 71% of pastors reported that the primary way they help people who struggle with pornography is by referring them to counseling.¹ For people who struggle with sexual brokenness in their life or family, this means that the unfortunate message they often receive from their church is, “Please go and deal with this somewhere else—we can’t help in this area.”

Many pastors or ministry leaders feel that the burden of addressing sexual issues in their congregation is too heavy or that this work requires a professional who has extensive experience dealing with issues regarding sexuality and addiction. While a trained counselor can always be a good resource, the truth is that the church is the ideal place for men and women to find healing and freedom from pornography or other sexual struggles.

Pornography, by its nature, is a behavior that isolates people in secrecy and shame. In this dark place, the struggle is amplified. While visiting a counselor alone may have benefits, this step often does very little to alleviate the sense of secrecy and shame such people are feeling. The only person they have told has been paid to hear their story and help them! What these men and women need is a safe, confidential place to walk out their journey with others from their community who are headed in the same direction. Through community and connection, those who struggle with pornography can experience the love and acceptance of Christ in a deeper way.

This is the kind of community the church—the Body of Christ—can provide better than any organization in the world!

Nick Stumbo of Pure Desire Ministries presented a recent webinar on this important topic. A recording of that webinar is available on [The Discipleship Place](#).

¹ Josh McDowell, “The Porn Phenomenon,” 114. <https://shop.barna.com/products/porn-phenomenon>