

# **The Porn Addict's Pocket Bible**

A Simple Collection of Bible Verses  
Compiled by a porn addict, recovering by  
the Grace of God

For Christians who struggle with this sin

## **Table of Contents**

Consuming Pornography is a Sin  
page 1

A Christian Should not Masturbate  
page 4

Masturbation Provokes God's Wrath  
page 7

God's promises to the sinner  
page 8

Notes on this pamphlet  
page 10

Verses are KJV unless noted  
Emphasis is all placed by me



## Consuming Pornography is a Sin

Proverbs 6:25-28

25 Lust not after her beauty in **thine heart**; neither let her take thee with her eyelids.

26 For by means of a whorish woman a man is brought to a piece of bread: and the adulteress will hunt for the precious life.

27 Can a man take fire in his bosom, and his clothes not be burned?

Proverbs 31:30

30 Charm is deceitful, and beauty is vain, but a woman who fears the LORD is to be praised.

Matthew 5:28

But I say unto you, That whosoever looketh on a woman to **lust** after her hath committed adultery with her already in his heart.

Hebrews 13:4 ESV

... God will judge the sexually immoral and adulterous.

Job 31:1

I have made a covenant with my eyes; how then could I gaze at a virgin?

## Ephesians 5:3

But fornication, and all uncleanness, or covetousness, let it not be once named among you, as becometh saints;

## Mark 7:21

21 For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

## 1 Corinthians 6:9 OEB

Don't you know that wrong-doers will have no share in God's kingdom? Do not be deceived. No one who is immoral, or an idolater, or an adulterer, or licentious, or a sexual pervert,

## 1 Corinthians 6:13 ESV

Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

## **A Christian Should not Masturbate**

While the Bible never explicitly mentions the physical act of masturbation, it is degrading and defiling to the man in Christ, and leads to other sins. Pray on the following verses.

Ephesians 2:3 OEB

3 And it was among them that we all once lived our lives, indulging the **cravings** of our earthly nature, and carrying out the desires prompted by that earthly nature and by our own thoughts. Our nature exposed us

1 Corinthians 11:7

7 ...A man... is the image and the glory of God

[Does Masturbation reflect that image?]

Matthew 5:30 OEB

30 And, if your right hand **causes** you to sin, cut it off and throw it away. It would be best for you to lose one part of your body, and not to have the whole of it go down to Gehenna

[There is no commandment to cut off a hand, but anything that causes us to sin must be removed. It is likewise with masturbation]

Romans 1:24

Wherefore God also gave them up to uncleanness through the **lusts** of their own hearts, to dishonour their own bodies between themselves:

3 John 1:2

Beloved, I wish above all things that thou mayest prosper and be in **health**, even as thy soul prospereth.

[The health effects of masturbation are well known and gaining increasing recognition]

Titus 1:15

Unto the pure all things are pure: but unto them that are **defiled** and unbelieving is nothing pure; but even their mind and conscience is defiled

[If this defiles your conscience, but you keep doing it, this could be a lack of faith]

1 Peter 2:11

11 Dearly beloved, I beseech you as strangers and pilgrims, abstain from **fleshly lusts**, which war against the soul;

1 Corinthians 6:18-20

18 Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

20 For ye are **bought** with a price: therefore glorify God in your body, and in your spirit, which are God's.

Romans 14:23

...whatsoever is not of faith is sin.

[Can you Masturbate in faith?]

Galatians 5:19 ESV

Now the works of the flesh are evident: sexual immorality, impurity, sensuality,

Colossians 3:5 ESV

Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.

## **Masturbation Provokes God's Wrath**

Psalm 5:4-5

For thou art not a God that hath pleasure in wickedness: neither shall evil dwell with thee. The foolish shall not stand in thy sight: thou hatest all workers of iniquity.

Romans 6:1-2

1 What shall we say then? Shall we continue in sin, that grace may abound?

2 God forbid. How shall we, that are dead to sin, live any longer therein?

Hebrews 10:26-29

26 For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins,

27 But a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries.

[The Bible is clear that not all sins committed by converted Christians are damning, but being forgiven your sins is not a license to live in sin!]

Matthew 7:23

And then will I profess unto them, I never knew you: depart from me, ye that work iniquity.

## God's Promises for the Sinner

John 8:32

And ye shall know the truth, and the truth shall make you **free**.

[If you believe in Christ, you are at this moment free from masturbation by making surrender to Him and His commandments]

2 Timothy 1:7

For God hath not **given** us the spirit of fear; but of **power**, and of love, and of a **sound** mind.

[Should one who is redeemed by God's blood live in fear of being tempted by a computer?]

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins, and to **cleanse us** from all unrighteousness.

1 Corinthians 10:13 ESV

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also **provide** the **way** of escape, that you may be able to endure it.



## Matthew 7:7-11

Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

For **every one** that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened.

Or what man is there of you, whom if his son ask bread, will he give him a stone?

Or if he ask a fish, will he give him a serpent?

If ye then, being evil, know how to give good gifts unto your children, **how much more shall your Father which is in heaven give good things to them that ask him?**

[It's not just wrong to believe that God won't heed your earnest requests, its ridiculous!]

## Philipians 4:13

I can do all things through Christ which **strengtheneth** me.

Mark 2:9-10

9 Whether is it easier to say to the sick of the palsy, Thy sins **be** forgiven thee; or to say, Arise, and take up thy bed, and walk?

10 But that ye may know that the Son of man hath power on earth to **forgive sins**, (he saith to the sick of the palsy,)

[You are forgiven by Christ the very moment that you repent! And by Him you have power]

Issiah 40:29

29 He giveth power to the faint; and to them that have no might he increaseth strength.

James 4:7

7 Submit yourselves therefore to God. Resist the devil, and he will **flee** from you.

2 Chronicles 7:14

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I **hear** from heaven, and will forgive their sin, and will heal their land

**AMEN!**