

On Breaking the Power of Pornography IV

9. Pray.
 - a. Pray a chaplet of the Rosary every day. In God's plan, the Blessed Virgin will crush the head of the serpent. She will play a vital role in your life by neutralizing the poison of the serpents' venom of pornography.
 - b. Pray as well to St. Joseph. He is the Patron Saint of the family, the Guardian of the Holy Family. A just and righteous man, he is the perfect model of purity for men. Remember, "...the continual prayer of a just man availeth much." (James 5.16)
 - c. The enemies of your soul will seek to keep you isolated. They prefer it if you have no contact with God or His saints. So again, don't forget to talk to the saints and read about them. To combat their specific attacks, my favorite prayer is on the medal of St. Benedict, whose intercession is particularly powerful against wicked spirits. You may have seen a number of letters on the back of the medal, and each letter stands for a phrase. Here it is in English: "Cross of Holy Father Benedict, Holy Cross always be my light. No dragon will ever be my leader. The things you offer are evil. Never persuade me of your vanity. Drink your own poison."
 - d. Lastly for prayer, write a letter to contemplative nuns or monks. Ask them to pray for you. The intercessions of real nuns or monks (like the Carmelites here in Littleton) produce remarkable results.
10. Take practical physical precautions.
 - a. If you get too little sleep, and have too much stress, you need to take some extra precautions until your physical condition is restored. In such a state of fatigue, the use of any mood altering substance such as alcohol will severely diminish your ability to make good judgments in this fight. "Be sober and watch: because your adversary the devil, as a roaring lion, goeth about seeking whom he may devour." (1 Pet 5.8)
 - b. A second precaution is the avoidance of idleness, and lots of time alone. Fill that idle time with something fun or recreational or some service to someone else.
 - c. If you go on a business trip, plan your time off as well as you plan your work schedule. Again, bring the holy water, a good book, exercise clothes... be prepared. Also, do not fail to ask good friends to pray for you while you are gone.
11. Don't give up after a setback.
 - a. An overwhelming wave or waves of guilt and discouragement can follow in the wake of a setback. All temptations from hell have one purpose especially, and that is to get you to give up, to be discouraged. So if you do fall, be prepared for an onslaught of condemnation. The Hebrew word "satan" means "accuser." Satan is called the accuser of Christians in Scripture (Apoc. 12.10). After a fall, Satan will bombard you with doubts of Gods' love for you.
 - b. When this happens, recall what St. Paul said to do: "In all things taking the shield of faith, wherewith you may be able to extinguish all the fiery darts of the most wicked one." (Eph 6.16) The shield of faith in this case will be for you to call to mind those instances of God's *steadfast* love and mercy. They might be just going to scenes in Sacred Scripture of Christ's willingness to forgive the worst of sinners, or reading/praying Psalm 50, or Romans 8.31-39.
12. Ask your wife for assistance.
 - a. Your wife probably knows about your compulsion and is emotionally crushed by it. Stop lying to her about it. The lying, whether about the money or time used, or simple denials of the use of pornography destroys trust and weakens the bonds of matrimony. Many wives find the lying as devastating as the pornography itself. Speak the truth to her no matter how humbling. Most wives will help—if their husbands are honest with them.
 - b. Stop shifting blame. Your pornography use is not your wife's fault, or anyone else's fault. It's your fault. The road to repentance and back to real joy begins when you take responsibility for your actions.
 - c. Turn back to your wife and communicate your sexual needs in a gentle way with her. "Let thy vein be blessed, and rejoice with the wife of thy youth: Let her be thy dearest hind, and most agreeable fawn: let her breasts inebriate thee at all times; be thou delighted continually with her love. Why art thou seduced, my son, by a strange woman, and art cherished in the bosom of another?" (Prov. 5.18-20)
 - d. Most likely, your marriage has been harmed by the use of pornography. You may not see it, but it will weaken martial communication, trust, intimacy, and sexual relations. But as you begin to walk away from pornography; your married life will improve. And strengthening your marriage will fortify you against the lure of pornography.