

FOREWORD BY JOSH MCDOWELL

"This book is an answer to prayer for what I believe is the greatest threat to the Church today."



The
FREEDOM
FIGHT

The New Drug and
the Truths That
Set Us Free

TED SHIMER

“The growing problem of porn addiction has taken ground in millions of lives, and it’s time to fight it with the only power that overcomes—the power of Christ. Ted Shimer has taken this problem by storm and gives readers the hope and restoration they need to fight this battle and win.”

—**CRAIG GROESCHEL**, Pastor of Life Church
New York Times Best-Selling Author

“There is no more immediate problem in western civilization than the presence of pornography. Young men and women are having their entire adult lives robbed from them. The church will be forced to deal with this issue one way or another. Ted Shimer’s book gives a biblical perspective, analysis, and path to follow. Any person in ministry had best read this book.”

—**PASTOR TOMMY NELSON**, Denton Bible Church
Board Member, Dallas Theological Seminary

“As someone who has studied pornography for the last twenty-five years, I can confidently say Shimer does a masterful job of weaving together accurate statistics, science, and personal stories that bring the material to life. The array of topics he covers so well in one book is very impressive. I highly recommend his landmark book.”

—**DR. JOHN FOUBERT**, Author of *How Pornography Harms*

"*The Freedom Fight* combines God's Word with expansive research and personal stories to paint a clear picture of true freedom. This book will be a powerful tool for any leader who is shepherding men and women through the process of recovery."

—**JONATHAN JP POKLUDA**

Best-selling author of *Welcome to Adulthood*

Lead Pastor of Harris Creek in Waco, TX

"Working with men for over forty years, I have witnessed firsthand the explosive plague of pornography sweeping over our country. That being the case, we desperately need the insights of my friend, Ted Shimer, and the help his book *The Freedom Fight* provides. It powerfully awakens us to how extensive the bondage of pornography is. But even more importantly, it offers us a real path to freedom. Ted Shimer has answers. Life-giving answers. I highly recommend his book."

—**DR. ROBERT LEWIS**, Pastor, Author

Founder of Men's Fraternity

"The Freedom Fight is a critical weapon in the arsenal for purity and holiness. Shimer delivers a clear diagnosis of root issues and attacks the problems from every dimension: spiritually, psychologically, physiologically, and practically. I believe the Lord will use this work to give hope to many helping them break the chains of addiction."

—**BRIAN LEWIS**, Senior Leader, Campus Outreach

"The Freedom Fight is the most needed discipleship resource in the Church today. Ted Shimer has been a master disciple-maker for over thirty years. He combines this experience with deep theological roots and the best clinical training of the day. This book will equip you to disciple others out of a porn habit that has gripped their lives. The results have been disciples who are not only free but also more Word-filled, authentic, and passionate about the King and His Kingdom."

—**DR. STEVE SHADRACH**

Founder of Student Mobilization and Center for
Missions Mobilization

"Ted Shimer has given us a long-overdue, practical, accessible, biblically and theologically-sound, research-informed resource that provides very real hope and help and practical solutions that can lead to the *"freedom"* that God wants us to experience and enjoy. No pie-in-the-sky platitudes. It is the fruit of thousands-of-hours of interviews, reviewing the latest medical and brain-based research, and real-life hands-on application with men and women around the world. *The Freedom Fight* will inform, educate, and even transform those who apply its truths. This is one resource that you'll refer to many times in the years ahead ... and want to share with others."

—**GARY J. OLIVER, THM, PHD**

Licensed Clinical Psychologist, Clinical Director
The Center for Healthy Relationships
John Brown University

“I have counseled men and women in the church who are battling with sexual brokenness for over thirty years and have written fifteen books on the subject. So when I say I am profoundly excited about Ted Shimer’s book, it is for very practical reasons. This book is unique because it cuts through all the psychobabble of the day and presents in concise bullet points the core of the issues. You are going to be provoked, stimulated, and brought to a new depth of comprehension regarding the problem of and solution for sexual brokenness.”

—**DR. TED ROBERTS**, Founder of Pure Desire Ministries
Pastoral Sex Addiction Professional-Supervisor
Co-Creator of Conquer Series

“To all who feel stuck ... help has arrived! This is the book we have been waiting for!”

—**DR. TODD AHREND**, Founder, The Traveling Team

“Porn enters my room and sits on my sofa every single day as a therapist in one capacity or another. Ted Shimer does an excellent job of explaining the what, why, and how behind porn addiction in a way everyone can understand. Ted also does a beautiful job of revealing where true freedom resides ... in Christ. The principles in this book provide a therapeutically sound and scripturally inspired path for successful recovery ... for freedom.”

—**SUSAN GOSS, MED, MS**
Licensed Marriage & Family Therapist
Licensed Professional Counselor
Founder of Tangible Truth Ministries

“We are in the middle of an epidemic. It is not Covid-19, nor is it opioid addiction, but this crisis is equally destructive. Porn and sex addiction has invaded our nation, and many are in desperate need of help and freedom. This book is a great tool for helping people restore healthy sexuality. Ted Shimer’s work is thoroughly researched and field-tested. I am grateful for this contribution to the Kingdom of God.”

—**DR. SAM HANNON**, Fellowship Bible Church of
Northwest Arkansas

“This book is really excellent! It’s well-written and filled with valuable information and insights. Ted doesn’t just describe the seriousness of the problem, backed up with solid data and research, but he also gives clear direction and hope for recovery.”

—**KEN HARRISON**, CEO, Promise Keepers

“For the past twenty years, I have mentored college women. The number of Christian women struggling with porn or other unwanted sexual behaviors has exploded in the last several years. *The Freedom Fight* is a desperately needed resource to understand the “whys” behind what’s going on and a real guide for the path to freedom. If you’re working with women of any age, this is a resource you need.”

—**TONYA ZUNIGHA**, Director of Women's Ministry,
Faith Bible Church, Edmond, Oklahoma

"*The Freedom Fight* does an excellent job of combining Scriptural wisdom with practical application that's having a lasting impact in people's lives. It has been the perfect complement for our men to continue their journey toward lasting sexual freedom and wholeness. Thanks, Ted, for this excellent resource!"

—**BRYCE BOUCHARD**, The Navigators
Founder of Noblemen Ministries

"Having disciplined students for 50 years, I know the value of passing on the "whys" and "how-tos" in any area of a disciple's transformation. Ted's book does both so well! He goes after the roots of porn addiction and then gives intentional disciple-makers the practical steps we need to help set people free. *The Freedom Fight* gives the sound scholarship, biblical understanding and practical help that I will use with the students I disciple."

—**ROGER HERSHEY**, Cru speaker and mobilize
Author of *The Finishers*

"Ted's book offers the strongest impact of any book that I've read because of his strategy of fighting back through second order change with biblical and neuroscience truths. This level of change is long-lasting because it goes to what's underpinning the problem, not just the abstinence from the behavior! *The Freedom Fight* is a must read for everybody!"

—**DR. ADRIAN HICKMON**,
Founder of Capstone Addiction Treatment Center, LPC
Certified Sex Addiction Therapist-Supervisor

The
**FREEDOM
FIGHT**

The New Drug and
the Truths That
Set Us Free

TED SHIMER



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HOUSTON

The Freedom Fight
by Ted Shimer

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*To Amber, my beautiful bride and best friend.
You are an amazing wife, mother, and soulmate.
Thank you for all your love and support as we
serve the Lord together. Let's go another thirty!*

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Foreword

I have been sounding the alarm about pornography in the Church for a decade. I have been compelled to warn and educate believers about the pervasiveness and destructiveness of porn. As a result, many people have been pressuring me for years to write a book on pornography. When I read the manuscript of *The Freedom Fight*, I said, “Oh my gosh, this is better than anything I could have written.”

That is saying a lot because I have authored or coauthored over 150 best-selling books that have sold over thirty million copies in total. I never thought I would say that about a topic, especially pornography. That is how blown away I was by what Ted has written. I decided at that moment instead of writing a book on pornography, I was going to take my energy, effort, and influence and promote this book as if it was my own. The Church needs to know and understand the message of this book.

This book is an answer to prayer for what I believe is the greatest threat to the Church today. We are in an epic spiritual battle, and our enemy is using pornography to destroy churches, pastors, marriages, and young people like never before. It is capturing the minds of the next generation, and few are sounding the alarm. Even fewer are offering real solutions. Ted Shimer does both in this book.

The Freedom Fight

Ted's theological studies, his thirty-plus years of disciple-making, and his world-class clinical training for sex addiction uniquely qualify him to speak to the Church with authority. Ted does an excellent job of helping the reader understand the brutal facts of porn use and why it matters. It's one thing to sound the alarm so forcefully and accurately, but it's another to offer real solutions. The principles that Ted lays out to overcome porn addiction have a significant track record of bringing freedom. The solutions are biblical, gospel-centered, clinically proven, and effective.

This book is a must-read for every Christian leader in the home and church. We need more Christians who understand this issue and who are equipped to address it effectively. *The Freedom Fight* will equip you to take action, whether you need help in your own struggle with porn or you just need to be equipped to help others.

Some may question whether this is really needed for every Christian. Someone may wonder, how could this book be relevant for the Baby Boomer grandparents who never had issues with pornography. This book shows them the frontlines of the spiritual battle raging in the Church today so they can effectively pray for their leaders. It will help them know and understand what is going on in the world of their kids and grandkids. It will equip them to help others break free from the plague of our day. It will put them in a position to be a mentor to the next generation and offer real gospel-centered solutions that few have but so many need.

Whether pornography is a part of your past or not, you can get equipped to help the younger generation walk in genuine freedom and become a more fully devoted

follower of Christ. The Body of Christ needs more believers who want to seize this opportunity to deposit the truth of God more deeply into the lives of those they disciple. If we think we are making disciples that will last but are not addressing this issue, we are fooling ourselves.

This book is a discipleship resource that the Church desperately needs. This is an opportunity for the Church and its leaders to show the relevance of God's Word and provide biblical and effective solutions. The first half of the book shows why porn is so devastating. The second half of the book unpacks the six roots of a pornography addiction that must be addressed to find freedom. Growth and development in key areas of a person's life are required for lasting freedom to be established.

If we think the impact of pornography is bad now, the research tells us a tsunami of destruction is coming. The future of the Christian home and church does not look bright. If there is no decisive action in the Church to address this issue, we are going to reap destruction to a greater level than we already are. My prayer is that pastors around the world will use this book in small groups in their church and among their youth to encourage their people to get equipped in this area. There is a hole in the discipleship of the Church that God can use this book to address.

Could it be that God will use the process of breaking His people free from porn to build more committed followers of Christ? Could it be that discipling people out of porn addiction is something God will use to bring revival to the Church? What if this is an opportunity to show the world the relevancy and power of the gospel and the Word of God to bring freedom to such a modern

The Freedom Fight

issue? This is an opportunity for the Church to shine the beauty and the power of the gospel for the glory of Christ.

—**Josh McDowell**, Author/Communicator

Introduction

In 2007, our ministry identified pornography as the number one obstacle to our mission of building spiritual leaders for Christ. Our purpose was in jeopardy because many of our aspiring leaders were addicted to porn. We knew we had to find a solution to this problem, or we would have to lower our standards for leadership. What we thought was a desperate situation was about to get dramatically worse—the iPhone came out later that year.

All our staff men started going through a porn addiction recovery program so we could be equipped to mentor students who were struggling. I started reading everything I could find on the topic. I walked with different staff who struggled with porn through a variety of addiction recovery programs. I later got clinically trained in porn addiction recovery. Through this process, it became clear that a holistic approach was essential for lasting freedom. There are physical, emotional, spiritual, and relational factors that must be addressed for freedom to last.

The Freedom Fight’s gospel-centered approach is biblically-based, scientifically informed, and holistic. Unfortunately, some in the Christian community only address a porn addiction from a spiritual angle, but prolonged porn use changes a person’s brain. The same God who created the soul created the brain, and both need attention in a porn addiction. God can immediately deliv-

er someone, but He normally doesn't. He instead uses the process of healing to grow and develop the person to be more like Christ. Before His truth sets us free, it changes us. And because it changes us, the freedom lasts.

The stories in this book are real. I have changed names and, in some cases, the details to protect a person's identity. If I use a person's first and last name, that means they have already publicly shared their story.

In chapters 1-7, I explore the destructive nature of pornography. We look at how pornography use wages war on many fronts with devastating results. In the second two-thirds of the book (chapters 8-17), I focus on the roots of a porn addiction and get very practical about how to overcome them. The first third of the book lays important groundwork for the solutions that follow. Understanding the first section will help you more effectively apply the second section. So, whether you are reading this book for yourself or so you can be equipped to help others, both sections of the book are critical to winning the freedom fight.

This book is designed for both individuals and small groups. There are discussion questions for each chapter in the appendix.

Section One

The Brutal Realities of Porn's Impact

The Tsunami Is Coming

Mark grew up on a farm in rural Iowa. He learned to work hard raising crops and cattle. He loved his dog, Axel, who never left his side, whether he was doing his chores or wandering the farm. Mark was a good student and a standout athlete in football and track at the local high school. But behind what seemed like an ideal mid-western childhood was something darker, a plague that infects boys and girls like Mark on a daily basis. Mark was a porn addict.

He was nine when he first saw pictures of nude women on the internet. At twelve, he watched his first pornographic video. Throughout high school, pornography became a part of his weekly—if not daily—routine. The draw was more than just watching other people have sex. The hardcore imagery became a refuge and place of security in the midst of his parents' divorce. It was a place he could go to check out from the pain of his life. And though Mark knew watching porn was wrong, after years of use, he couldn't stop. He loved porn.

Mark went to college on a track scholarship and took his porn habit with him. But even while mired in addiction, Mark started to explore his faith and got plugged into a campus ministry. He decided to follow Christ, and

his life changed as he started growing spiritually. As he did, he felt convicted about his porn habit and tried to stop watching it. He couldn't. He prayed for God to take it away. God never did. He continued following Jesus, though, and began sharing his faith and leading Bible studies. With increased leadership came an increased sense of shame and hypocrisy. He confessed his struggle to his mentor, the campus minister, but nothing seemed to work. Mark continued to limp along.

After graduation, Mark hoped to join the staff of the college ministry that had been so instrumental in his new faith. The problem? The ministry required twelve months of sobriety from pornography. Mark was motivated. He got a flip phone and upped his accountability. He found "freedom" long enough to get hired, but his sobriety did not last. Why? If you asked him now, he'd tell you this: he'd only focused on behavior modification and hadn't addressed the roots of his addiction. After a short stint of sobriety, Mark's addiction came back stronger than ever.

I began to walk with Mark through a variety of programs as we searched for freedom. He'd met a girl, was in love, and wanted to marry her. He loved his job. Both of those things were in jeopardy if he didn't break free from porn, and he knew it. So he took radical steps. He increased accountability again and sold his computer to make sure he had no internet access. His efforts still were not enough. When the urge hit, he'd sneak his roommate's phone or laptop and watch porn. Addicted people do risky things.

Week after week, we talked about Mark's addiction. I was puzzled. How could a man who is motivated and

loves God continue in pornography use? How could an addiction sink its claws so deeply into someone?

Together, Mark and I became obsessed with uncovering a solution. We tried counselors, sex addiction therapists, and multiple online recovery programs. We found a one-month inpatient program, and Mark enrolled. When your best bet is to send someone to California for help, you know things are desperate. Nothing seemed to work.

Mark hated what he was doing but could not stop. And that's when the doubt set in. He prayed for God to set him free, yet he still struggled. This led him to wonder, "If I'm not experiencing the freedom the Bible promises, is my faith real? What's wrong with me?" He knew he'd experienced Christ's work in his life, which was evidenced by so much life change. Still, this unbreakable habit would not relent. In his utter shame and hopelessness, Mark even had passing thoughts of suicide.

Finally, Mark found a program that was eleven months long. At a cost of \$5,500, it was a sacrifice for a young aspiring minister. But at the end of it, he found freedom. As we debriefed Mark's efforts to find freedom, we realized he had spent two-and-a-half years, attended several programs, and spent over \$20,000. Although we were encouraged by Mark's progress, a sense of discouragement set in. This was not a viable pathway to freedom for the masses.

Everyone who struggles with porn struggles to varying degrees. Not every case is as extreme as Mark's. Still, the level of addiction seen in young adults is deepening each year. This reality strengthened my desire to find a Christ-centered, affordable, and effective solution. I

explored and evaluated over twenty different porn addiction resources. I also went through the training to become a sex addiction professional-supervisor.¹ Ultimately, I went on to create The Freedom Fight, an online porn addiction recovery program that is both free and built on proven principles that are biblical, holistic, and effective.

Before someone can fully understand the solutions to a pornography addiction, they must appreciate how addiction happens and the brutal impact it has on the individual, their brain, and society. Only then can people fully appreciate the root factors that drive a porn addiction. And for each of these root factors, there are biblical, scientifically informed, and powerful solutions that lead to genuine freedom.

Observing the evolution of this issue over the last thirty years has made it clear: a tsunami of porn addiction is coming. This tsunami will wreck people's lives, their marriages, and their churches.

The Tsunami Is Coming

On December 26, 2004, an earthquake of a magnitude 9.1 struck off the coast of Indonesia. The immediate impact wasn't felt because it struck deep under the surface of the ocean. Just before 8 a.m., the ocean floor thrust upward more than sixty feet because of the collision of the earth's plates along a 600-mile fault line. All the water displaced by this violent quake had to go somewhere. It pushed rapidly through the ocean, moving toward the shore at more than 500 miles per hour.

The sheer volume of water was barely noticeable until it reached the shoreline, where it grew into a huge wall, a

wave reported to be over 100 feet high in some areas. There was little warning of the coming devastation. The people in coastal towns were caught completely off guard. The resulting tsunami was the deadliest in history, killing over 227,000 people in fourteen countries.²

Much like this tsunami, the destructive nature and enormous scale of pornography addiction are hidden from the masses. Much like a tsunami, the wave may not be seen until it is too late. And much like the tsunami that crushed so many communities in southeast Asia, the wave of porn addiction is gaining size and speed at an alarming rate. Today, we only partially see the impact of porn in culture, but there is a wave of devastation coming when today's youth who have been raised on porn grow up. If the Church does not wake up to the coming tsunami, the devastation will be catastrophic.

While I was writing this book, what was already a tsunami of epic proportions grew even worse. In January 2020, COVID-19 came to the American shores. As a result, state and local governments closed borders and businesses. They recommended people socially distance themselves from each other, shelter in place, and work from home. During the first three weeks of that lockdown, pornography consumption rose by 12%.³ And this happened on top of the explosive growth the porn industry sees every year. This opportunity led the largest porn provider in the world to offer its premium package free for thirty days. Thirty days is long enough to hook new users for life. This savvy move increased their users by 24% worldwide, a statistic that represents millions of people.⁴

The destructive consequences of increasing porn addiction are coming. The next generation will experience them firsthand. The consequences will be worse than ever because each subsequent generation is getting more addicted than their predecessors.

The Law of Reaping and Sowing

Pornography has been around for decades, but historically, accessibility was the limiting factor to widespread use. Before the internet went mainstream in 1993, pornography was mostly available through magazines, videos, adult bookstores, or a friend's dad's stash. And purchasing pornography came with its own social obstacles, you had to walk into smut stores or endure shame and embarrassment at your local bookstore to get it. These inconveniences and obstacles kept exposure to pornography in check, at least until the dawn of the digital age.

With the internet, pornography became anonymous, affordable, and accessible from the comfort and in the secrecy of home. This ease of access led people around the country to pressure the government to pass legislation protecting young minds from pornographic material on the internet. However, the Supreme Court ruled that pornography is protected as free speech.⁵ This ruling and others like it gave the green light to the porn industry. The number of online porn sites exploded overnight, and over the next decade, millions of people became addicted to porn.

As if the birth of the internet wasn't enough, two other technological shifts made porn more potent. The first shift was the invention of high-speed internet. Before 2006,

photographs comprised the majority of pornography on the internet. High-speed internet, however, made it possible to click through an endless buffet of pornographic videos. The possibility of watching hardcore videos for hours at a time became a reality for millions of people. In fact, one man shared how the upgraded internet affected his porn addiction, saying, “High-speed porn changed everything. I began masturbating more than once a day. I found myself looking at porn prior to sex with my wife because she just couldn’t do it for me anymore.”⁶

A year after the birth of broadband, the iPhone made it possible to stream pornography to a handheld device. No matter what age or stage of life someone was in, anyone with a smartphone had their own personalized porn theater in their pocket or purse. This technology made it easier for adolescents to watch hardcore porn than it was for them to get a drink of water. Now, a teenager didn’t even have to get out of bed to watch porn.

Bryan is a twenty-four-year-old porn addict who was raised in a Christian home. His story is not unusual.

I started looking at porn when my parents bought me an iPhone. I was fourteen. I knew porn was there before, but I never had the opportunity to watch it regularly. My fascination grew, and by the time I was fifteen, I watched porn for at least an hour each day. I told my parents I was going to listen to music or play video games, and then I would disappear into porn. My parents never knew I even had a struggle with pornography until last year when

my wife divorced me because of my porn addiction.

People wrongly assume that this unprecedented consumption of pornography is no big deal, but the Bible warns, “Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption” (Galatians 6:7-8). We tell ourselves it’s not a big deal, but God’s Word is true. If we continue to sow the seeds of pornography, we’ll reap corruption, and ultimately, death.

The death and destruction that come with pornography aren’t usually instant though. Often, pornography brings a slow death. What does it look like? I’ll explain more throughout this book, but for now, consider the following deaths pornography leaves in its wake.

- *A slow death of a heart for God:* Those who view pornography more often reported lower levels of closeness to God and higher levels of religious doubts.⁷
- *A slow death of marriages:* Porn is mentioned as a significant reason in 56% of all divorces.⁸
- *A slow death of healthy sexuality:* People who watch porn are less satisfied with their sex lives than those who don’t.⁹
- *A slow death of a heart to serve God:* Porn usage significantly decreases the likelihood that a person will serve or have a position of leadership in their church.¹⁰

Those paying attention in the secular world are observing the law of reaping and sowing when it comes to

pornography. Consider four examples: an actor, an athlete, an author, and a musician.

Russell Brand is an award-winning actor and comedian. His life is marked by substance abuse and relational dysfunction, including his two-year marriage to Katy Perry. Of his pornography use, Brand said:

I think my own past with pornography is the hub of my inner conflict and doubt. I know pornography is wrong... there's a general feeling, isn't there, in your core if you look at pornography that this isn't what's the best thing for me to do. If I had total dominion over myself, I would never look at pornography again. I would kick it out of my life... it's affecting my ability to relate to women, to relate to myself, to my own sexuality, to my own spirituality.¹¹

Terry Crews, a former NFL linebacker and current actor, suffered the repercussions of porn addiction. Because of his addiction, he and his wife separated. During that separation, he came to realize he had to make a choice: love his wife or love porn. He chose his wife. Crews said:

Pornography, it really, really messed up my life in a lot of ways. Pornography changes the way you think about people. People become objects. People become body parts. They become things to use rather than people to be loved.¹²

Atheist author Gary Wilson wrote, "Until recently, erectile dysfunction was rarely seen in men under forty.

Now it is seen in teenagers as young as fifteen.” Why? Wilson attributed the phenomenon to the use of porn. He went on to explain:

By the time they find a real partner, perhaps as much as a decade later, some guys discover they have trained intensely for the wrong sport. These young men had simply conditioned their sexual response to screens, isolating, constant novelty, shock/surprise, fetish porn, and watching other people have sex... you become numb to real partners.¹³

Musician John Mayer has a net worth of \$40 million and presumably could choose whatever sexual partner he wanted. He admitted in an interview that he prefers fantasy and masturbation to sex with a woman.¹⁴ Mayer says porn has changed him. He says he will sometimes see 300 naked women before he ever gets out of bed to start his day. He said:

I’m 100% straight as an arrow. But, look, because of all the porn I’ve watched, I’m now enamored with what I call ‘the third kind.’ It’s not male, it’s not female. It’s a new creation.¹⁵

Whether they know it or not, these four men agree with the Scriptures. When a man sows to the flesh, he reaps corruption. But this is not just a man’s issue. As we will see, pornography is advancing among women too. The law of Scripture is universal, applying to men and women alike.

Melodie Shekia was a twenty-two-year-old follower of Christ who attended a Christian college and served on the praise team at her church, where she was seen as a role model for the younger girls. In the secrecy of her room, though, Melodie was addicted to porn. She said, “I could barely sleep at night because of the guilt. I stopped praying, not because I wanted to stop, but because I thought God was angry with me. I was hiding from God.”

She desperately begged God for deliverance, but there was something about porn that hooked her and wouldn’t let her go.¹⁶ Porn had a persistent power, one that called her back to itself. The urge to watch it seemed overwhelming. She had sown to her fleshly desires, and as a result, she was reaping a harvest.

“Don’t be misled . . . You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature” (Galatians 6:7-8, NLT). That decay and death is evident to Christian leaders today. As author Josh McDowell said, “Right at this moment, there’s never been anything in history that is destroying more churches, more pastors, more marriages, more young people, than pornography.”

The effects of pornography in society are so pervasive that they impact users and non-users. Men and women, young and old—no one is immune. This book is for anyone who wants to know the pathway to freedom for themselves or so they can be equipped to help others. Join me as we explore both the destructive impact of porn and how to overcome an addiction to it.

Today's pornography stimulates the brain like other addictive drugs and is hooking a generation. No one is immune—men, women, young, or old—to the destructive power of porn. It is waging war against a walk with Christ, a godly marriage (or future marriage), and is sidelining God's people from Kingdom service.

This book shows a path to true, lasting freedom with a biblical, clinical, and gospel-centered approach to recovery. You will learn the six roots of porn addiction and how to effectively address them. Before God's truth sets us free, it changes us. And because it changes us, the freedom lasts. Whether you need to quit porn yourself or you want to be equipped to help others, this book is for you. What if addressing a great threat to the Church is also a great opportunity for revival and growth? We are seeing it happen, and if you apply the principles in this book, you can see it happen, too.

"Ted Shimer gives readers the hope and restoration they need to fight this battle and win."

—**Craig Groeschel**, *Pastor of Life Church and New York Times Best Selling Author*

"Any person in ministry had best read this book."

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Ted Shimer has mentored men since 1991 with the collegiate ministry Student Mobilization. He received his MABS from Dallas Seminary and was trained as a Pastoral Sex Addiction Professional-Supervisor. Ted has helped people overcome the bondage of pornography in the context of making disciples. Ted is the Founder of The Freedom Fight, an online porn addiction recovery program. Ted and his wife Amber have four adult children and live in Fayetteville, Arkansas.



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