



parent tips



A Guided Conversation About Pornography

Oftentimes I hear “I feel like a failure as a parent,” when parents discover their student, boy or girl, has watched porn. We know students are likely to face this temptation, so it would be helpful if you and your student form a strategic plan to help them resist. We love John Piper’s ANTHEM strategy, and we’ve tweaked it just a little to form a guided map to a conversation that could be awkward if you don’t have a plan heading into it.

A – AVOID as much as is possible and reasonable the sights and situations that arouse inappropriate desire. Some temptation is inevitable. Not all desire is bad. We know our weaknesses and what triggers them. Avoid them. 2 Timothy 2:22 says, “Flee youthful passions and pursue righteousness.”

N – Say NO to every lustful thought within five seconds. And say it with the authority of Christ, “No, I follow Christ and not my desires!” You don’t have much more than five seconds. Any longer and you’re odds of winning drop significantly. James 4:7 says, “Resist the devil, and he will flee from you.”

T – TRAIN your mind towards Christ. Saying “no” won’t suffice. You have to move from defense to offense. Attack the promises of sin with the more satisfying promises of Christ. Deceit is defeated by truth. After you say “No,” immediately turn to Christ.

H – HOLD the promise and the pleasure of Christ firmly in your mind until it pushes the other images out. Don’t let go. Fight for as long as it takes. Hebrews 12:2 says, “Fix your eyes on Jesus.” That’s the key.

E – EQUIP yourself with scripture. The more we equip our students with God’s Word the better chance they have to fight it because they now have a weapon to fight with. Job 31:1 is a great one to start with. Or Psalm 90:14 says, “Satisfy us in the morning with your steadfast love, that we may rejoice and be glad all our days.” And, we can teach our students how to fight with Scripture.

M – MOVE into a useful activity. Don’t allow yourself too much free time. Bad things grow in the dark. Find something better to do, and do it with all your focus. 1 Corinthians 15:58 says, “Be steadfast, immovable, always abounding in the work of the Lord.” Get up and do something. Displace lust with a passion for Christ-like things.