

## **14 Scriptures to help you overcome porn addiction**

### 1. 1 John 1:9-

But if we confess our sins, he will forgive our sins, because we can trust God to do what is right. He will cleanse us from all the wrongs we have done.

### 2. 1 John 2:16-

These are the ways of the world: wanting to please our sinful selves, wanting the sinful things we see, and being too proud of what we have. None of these come from the Father, but all of them come from the world.

### 3. Psalm 119:37-

Keep me from looking at worthless things. Let me live by your word

### 4. 1 Corinthians 10:13-

"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."

### 5. Ephesians 3:16-

I ask the Father in his great glory to give you the power to be strong inwardly through his Spirit.

### 6. Ephesians 3:20-

"Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us."

### 7. Ephesians 6:11–13-

Put on the full armor of God so that you can fight against the devil's evil tricks. Our fight is not against people on earth but against the rulers and authorities and the powers of this world's darkness, against the spiritual powers of evil in the heavenly world. That is why you need to put on God's full armor. Then on the day of evil you will be able to stand strong. And when you have finished the whole fight, you will still be standing.

8. Philippians 4:8-

Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.

9. Philippians 4:13-

"I can do all things through him who strengthens me."

10. Proverbs 6:25-

Don't desire her because she is beautiful. Don't let her capture you by the way she looks at you.

11. Proverbs 23:26-

My son, pay attention to me, and watch closely what I do.

12. 1 Corinthians 6:18-

So run away from sexual sin. Every other sin people do is outside their bodies, but those who sin sexually sin against their own bodies.

13. Galatians 5:16-

So I tell you: Live by following the Spirit. Then you will not do what your sinful selves want.

14. Romans 12:1-2-

So brothers and sisters, since God has shown us great mercy, I beg you to offer your lives as a living sacrifice to him. Your offering must be only for God and pleasing to him, which is the spiritual way for you to worship. Do not be shaped by this world; instead be changed within by a new way of thinking. Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.