



# **COLD SHOWERS**

**HOW CATHOLIC MEN CAN  
PUMMEL PORN ADDICTION  
WITH MORTIFICATION**

**KEVIN KUKLA**

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How Catholic Men Can Pummel Porn Addiction Using Mortification

Kevin Kukla

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*This book is dedicated to my dear wife, Milissa. Here's praying for a lifelong, grace-filled marriage.*

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# INTRODUCTION

You want help. You want some hope. You need to believe there is a way out. Rest assured, you can make it out.

If you want to know how to overcome addiction to pornography, this comprehensive ebook is for you. If you look at porn at all and want advice on how to stop before you become addicted, then this ebook is for you. Additionally, if you struggle with the vice of lust and other carnal desires, and you need help in overcoming that, then you're reading the correct ebook, as well.

We must recognize porn addiction affects both sexes, although not equally. For this reason this ebook can prove helpful to anyone and everyone struggling with porn use.

Because men are more susceptible to using porn, I am going to speak primarily to men going forward. This is not to slight or discredit the struggle a growing percentage of women face in their own addiction to porn.

Even if you do not or have never struggled with porn, you almost certainly know family members or friends who do. I am confident those of you in that camp will glean tremendously helpful information you can pass along to your loved ones.

As well, this ebook can prove personally useful to nearly everyone—even those who do not view porn. This is because many of the remedies prescribed in the following pages can be used to curb any “sin of the flesh.” Porn addiction is a symptom of the capital vice of lust.

Lust is not the only “sin of the flesh.” St. Paul tells us, “Now the works of the flesh are manifest, which are fornication, uncleanness, immodesty, luxury, idolatry, witchcrafts, enmities, contentions, emulations, wraths, quarrels, dissensions, sects, envies, murders, drunkenness, revelings, and such like” (Galatians 5:19-21, Dhouay Rheims). Thus, if you find yourself tempted to and/or committing any of the sins he lists above, then you stand to gain help in overcoming those by following the advice to come.

I also want to add a caveat that I am purposely limiting the scope of this ebook. You will find little mention of the dozens of effects of porn use. Although I am very interested in the topic, having researched it extensively myself, I chose to leave that discussion for another day.

I [have written](#) on the topic [on my blog](#) at ProLife365.com numerous times [in the past](#), and a few mentions of [the effects of porn](#) will make their way into these pages. But, again, this is not the aim for this book. Instead, I am targeting strategies for ending porn use and addiction.

What this ebook will lay out are practical steps you can take to curb your use of erotic materials, and end lustful desires altogether. This is a bold initiative, but I am confident you will find these ideas extremely helpful, if you implement them.

Imagine if you were to hop on a bike right now, you could ride it around the block easily, even if you haven't rode a bike in years. Why? Because your body formed a “muscle memory” of how to

stay balanced on two wheels while pedaling and turning.

What I propose in this ebook are strategies to help you grow a “spiritual muscle memory,” if you will. I will suggest to you steps to take to strengthen yourself against temptation. Specifically, I will help you to teach yourself to deny yourself the pleasures you seek to satisfy your carnal desires.

What I am proposing is a guide to practicing mortification. By mortification I mean developing self-mastery over one’s body through acts of penance and self-denial.

You having a porn addiction means you are under the influence of demons. I listened to a talk given by a renowned exorcist who explained that as a result of the Fall of Adam and Eve, mankind has been subjected to the influence of the devil.

The fallen angels have been given access to most faculties of our human bodies. Thus, they can affect our imaginations, our senses, or emotions, etc. Since they can control us through our bodies, they wish to keep us in bondage to them by us being controlled by our passions.

Thus, to break free from porn means to break free from the demonic influences. To keep the devil at bay, you will need to gain self-mastery over your passions. You can do this a number of ways, but principally through practicing mortification. I will explain more later in the book.

Together we will develop a battle plan for overcoming your own worst enemy: yourself.

I do not wish to bombard you with statistics. However, just so you realize you are not alone in this fight, I found a handful of stats from a popular, Christian resource, [CovenantEyes.org](http://CovenantEyes.org).

The following statistics come from [CovenantEyes.com](http://CovenantEyes.com)’s free ebook, “[Pornography Statistics: 250+ facts, quotes, and statistics about pornography use \(2015 edition\)](#)”:

Page 9 of [CovenantEyes.com](http://CovenantEyes.com)’s ebook cites a survey [conducted by the Barna Group](#) in the U.S. in 2014. Here are some of the alarming statistics the Barna Group reported in their study:

- The following percentages of men say they view pornography at least once a month:  
18-30-year-olds, 79%; 31-49-year-olds, 67%; 50-68-year-olds, 49%
- The following percentages of men say they view pornography at least several times a week:  
18-30-year-olds, 63%; 31-49-year-olds, 38%; 50-68-year-olds, 25%
- The following percentages of women say they view pornography at least once a month:  
18-30-year-olds, 76%; 31-49-year-olds, 16%; 50-68-year-olds, 4%
- The following percentages of women say they view pornography at least several times a week:  
18-30-year-olds, 21%; 31-49-year-olds, 5%; 50-68-year-olds, 0%
- 55% of married men say they watch porn at least once a month, compared to 70% of not married men.
- 25% of married women say they watch porn at least once a month, compared to 16% of not married women.

Page 19 of [CovenantEyes.com](http://CovenantEyes.com)’s ebook draws more stats from the same survey conducted by the Barna Group. This time, it gives some stats on the rate of people looking at pornography while at work:

- 63% of adult men have looked at pornography at least on[e] time while at work in the past 3 months; 38% have done so more than once.
- 36% of adult women have looked at pornography at least on[e] time while at work in the past 3 months; 13% have done so more than once.

The Barna Group's survey is cited once again on pages 20 and 21 to give the rate of self-identifying Christians' use of porn.

- 64% of self-identified Christian men and 15% of self-identified Christian women view pornography at least once a month (compared to 65% of non-Christian men and 30% of non-Christian women).
- 37% of Christian men and 7% of Christian women view pornography at least several times a week (compared to 42% of non-Christian men and 11% of non-Christian women).
- 39% of Christian men and 13% of Christian women say they believe their use of pornography is "excessive" (compared to 19% of non-Christian men and 12% of non-Christian women).
- 21% of Christian men and 2% of Christian women say they think they might be "addicted" to pornography or aren't sure if they are (compared to 10% of non-Christian men and 4% of non-Christian women).
- 28% of Christian men and 11% of Christian women say they were first exposed to pornography before the age of 12 (compared to 23% of non-Christian men and 24% of non-Christian women).

If you're reading this ebook because you want to break free from your vice of lust and your porn addiction, know that you're not alone. You're not the only one struggling with those same sins. "No temptation has overtaken you that is not common to man," we read in Scripture (1 Cor 10:13, NRSV).

### So, What's Contained in This eBook?

Let's lay out what you can expect to find in this ebook, quickly. We start with a brief discussion of the **Origins of Your Porn Usage**.

Then we move on to discuss that the whole point of the Christian faith remains to have union with God Himself through the salvation offered by Jesus Christ won for us by His death and resurrection. The point of this ebook is to help those struggling with compulsion to view porn to be restored to a state of grace with God.

This is why the first section of this practical guide contains a discussion on **the Importance of Prayer**. Without a prayer life, defeating porn use will be nearly impossible. In this section I will give you prayers to add to your daily regimen that will likely prove new to you. Use them, see the results. Send your thanksgiving checks in the mail to me anytime. (I am half-heartedly joking.)

The next section, similarly, lays out the benefits to **Developing a Strong Sacramental Life**. The sacraments provide us the spiritual nourishment we need to navigate this world.

The following section describes common sense tips we can all follow to **Avoid Sources of Temptation**. If you knew a cop is almost always sitting along a certain section of road, then you know better than to display your lead foot when driving by.

Similarly, if you take time to think about it, you will realize certain situations in your life are instances where the devil is likely to lure you into sins of the flesh. The fancy term for these is “occasions of sin.” We’ll break down tips to avoid them. This will reduce the opportunities Satan will be given to try to get you to fall.

In the subsequent part, titled **Concupiscence: What It Is and Why It Explains Your Struggle Against Porn Addiction**, I explain the spiritual warfare occurring in our lives. I show why it is that you do what know you ought not, from time to time. St. Paul describes the part of our human nature that wants to prevent us from spiritual ascent toward God as “the flesh.” We must go to war with our fleshly desires.

Next, I am excited to give you tips on how to “**Mortify Your Flesh, You Weakling.**” The Bible labels those who do mortify their flesh as true followers of Christ. Whatever does it mean and why would this prove helpful? Read on to find out why this is essential, and little to no spiritual progress will be made without this!

In the following part of the book, I give you some **Steps to Take** that will go a long way toward determining whether you win or lose this battle against porn use.

Then we’ll explore the need to **Not Become Discouraged** through the process, even if you might fall along the way. After all, barring a knock-you-off-your-horse kind of graced-filled moment (Acts 9:1-19), your road to recovery will be a journey, not an overnight success story.

Next, I give you a section, I make **Important Distinctions on Temptation and Sin**. I make a couple helpful distinctions about what constitutes sinful behavior dealing with the 6th and 9th Commandments (‘Thou shall not commit adultery,’ and ‘Thou shall not covet thy neighbor’s wife,’ respectively –Exodus 20:14,17). In here, I also distinguish the point at which a temptation becomes a sin and the different kinds of sin. I follow that with the self-explanatory section, **What to Do in the Heat of the Moment When Temptation Comes**. Next, I give you **Some Evils of the Pornography Industry** as a hopeful deterrent to using it.

What follows are a series of appendices, beginning with a list of **Useful Bible Passages** for you to pray over, pour over, and ponder in your prayer time, pertaining to pummeling porn addiction. I also include a list of **Additional Resources** for you to use going forward, beyond referencing this ebook.

Next, I give you the **Prayer of Blessing** a priest says over St. Joseph Cords. Then I give you helpful tips for overcoming lust, from St. **Philip Neri**.

In what will prove likely very useful, I lay out in the final appendix, **7 Practical Steps You Can Take Each Day Over the Next 7 Days to Curb Your Porn Addiction**. Here, I synthesize down all this information I am giving you and lay out a practical battle plan you can implement, starting now. Follow these steps and, God willing, reap the spiritual benefits for all of eternity.

Finally, I wish I could take credit for all these insights, but I can claim very little of it as originating in me. I owe a great deal of gratitude to a couple people. One is to St. Alphonsus Liguori, to whom I have a devotion to. He is the sole Doctor of the Church on Moral Theology. His teachings on human

sexuality, and the faith life in general, have been a boon in my spiritual life—and to my marriage, as my wife can attest.

As well, much of my material contained in these pages I must attribute to my spiritual director. He asked me to remain anonymous, but if you would, float up a prayer for him. He wouldn't turn that down, I know. Okay, well enough with the introductions already. Let's get started, what do you say?

# 1. ORIGINS OF YOUR PORN USE

The origins of your use of porn are likely a story in itself.

I know my first exposure to it was while I remained in elementary school. The erotic materials were available at my babysitter's home and her son, a year younger than me, shared them with me.

I always knew it was a sinful, shameful act to look at this erotic material. It wasn't until my junior year of high school when I resolved to stop.

Your story may be similar, but it is likely very different.

Whether you were sexually abused, handed a *Playboy* by an older relative, or stumbled upon porn accidentally, you are now hooked. And you need help. You need to become detached.

Undoubtedly, though, you are turning to porn out of some sort of woundedness. Some emotional and spiritual needs of yours are not being met. For this reason, you need to give Christ Jesus permission to enter into your woundedness and to restore you.

As well, let me say from the get-go to anyone who may be turning to porn as a coping mechanism for sexual assault you suffered: I am sorry you had to experience that. I implore you to not only get counseling for the trauma you experienced, but also to spend a tremendous amount of time in prayer with Christ Jesus, for He knows what you have experienced. He alone can heal you.

I pray this ebook will help you to develop strategies for overcoming your desire to lust and to break free from your vice (bad habit) of porn use.

## 2. DEVELOP A DEEP PRAYER LIFE

Like any guide for self-improvement or healing worth anything, this one too is going to start by recommending development of a strong prayer life. Whom better to turn to for help than the source of all goodness, blessing, and healing—God Himself?

Think you can relate to this prayer contained in Thomas á Kempis' book, *The Imitation of Christ*? "I am laden with sin, troubled with temptations, enmeshed and oppressed by many evil passions, and there is none to help me, none to deliver and save me but You, my Lord God and Savior, to Whom I entrust myself and all I have, that You may protect me and lead me to eternal life" (Mineola, NY: Dover, 2014, pg 123).

Christ Jesus and He alone has the remedy for what ails us.

### **Pray daily for help and healing from God**

Jesus Himself instructed, "Watch ye, and pray that you enter not into temptation. The spirit indeed is willing, but the flesh is weak" (Mark 14:38, Dhouay Rheims). To avoid temptation, therefore, we need to pray to God (think of the Lord's Prayer, cf. Matthew 6:5-15; Luke 11:1-13).

What does a rich prayer life look like? Ideally you will need to be spending time in meditative prayer *every, single day*.

The meditative prayer here does not mean Eastern meditation, whereby you try to empty your mind of reality (like Buddhism or yoga). No, it means one-on-one conversation with the God of the Universe. It may sound intimidating, but that's the entire point of the Christian faith: union with God Himself.

If you don't pray much now, start with five minutes a day and work your way up to 30 minutes or more.

Without asking for God's help, you are not likely to progress too far. You came here looking for help, and I am pointing you to the One Who made you and knows you better than anyone.

If you don't know where to start, or even if you already have a habit of meditative prayer, you can't go wrong meditating on the Passion of our Lord.

Talk to Him about His sufferings. See the pain He endured, the extent to which God Himself went to free *you* from *your* bondage to sin. Don't tell me He doesn't care for you and has better things to do than to help you.

### **A Starting Place: Meditate on Christ Enduring the Scourging at the Pillar to Atone for Sins Against the Flesh**

For what reason did Christ withstand the torturous punishment of the scourging at the pillar? One amazing book I have read explains it very well and I want to share it with you. It relates to "sins against the flesh," and viewing porn remains one of these types of sins.

“In the first place, Christ wished, by submitting to the flagellation, to atone for all the sins of impurity,” writes Reverend James Groenings, S.J., in his must-read book, “The Passion of Jesus And Its Hidden Meaning: A Scriptural Commentary” (Rockford: Tan, 1900, 6th Ed., p. 197). Rev. Groenings adds, on top of actions, lustful thoughts, looks, and words were also being expiated by Christ (p. 197).

Jesus allowed himself to be unclothed by the Roman soldiers. “By His ignominious disrobing, He wished to atone especially for those sins which are committed and provoked by shameless clothing,” Rev. Groenings explains (p. 197).

Who exactly was on His mind when he suffered the humiliation of the disrobing? The Reverend answers that Christ wished to atone for “slaves of lust and open libertines,” as well as “those frivolous women who [dress scantily so that] everyone who loves his soul, is forced to cast down in his eyes in fear.” (p. 197).

He adds, “But He thought also of those Catholic women and girls who... [appear] in attire which readily provokes and begets sin[—]a fashion which comes from the devil and leads to the devil. These are sins and customs on account of which Christ suffered Himself to be disrobed and scourged” (p. 197-198)

“But how the vice of impurity appears to the eyes of God is shown more clearly and definitely by Christ, scourged for us, than by the Divine judgments and the Mosaic Law itself” (p. 198-199).

For what other reasons did Christ endure the scourging at the pillar?

Fr. Groenings goes on to describe three more reasons Christ willingly ensured the flagellation (p. 199-200):

(1) Christ wished to display graphically the terrible punishments to be inflicted upon the hell-bound after their death, (2) Christ desired to provide strength and comfort to future martyrs for the faith, and (3) *Christ made himself an example for all penitents of the need to practice penance, especially against one’s own body, in response to sins against the flesh.* Fr. Groenings point out St. Paul heeds this, saying he “chastised his body” (1 Cor 9:27).

We might add that the Romans in those times did not regularly scourge each condemned man who was to be crucified. Thus, the scourging was something extra that Christ suffered.

However, Jesus suffered it willingly. A *Miles Christi* priest at a retreat I went on said that Christ asked the Heavenly Father to suffer that fate. While a single drop of Christ’s blood was more than sufficient to forgive our sins, Jesus instead chose to atone for “sins of the flesh” by being scourged, instead. Now that’s plenty to meditate on, do you agree?

### **Pray the Rosary daily**

Pope Saint John Paul II observes that praying the Holy Rosary allows us to be “healed and transformed” (*Rosarium Virginis Mariae*, 25). By praying the Rosary for the intention of gaining purity and freedom from vice, you too can be “healed and transformed.”

If you’re a husband, lead your family each day in it—there’s even an indulgence you can ask for when praying as a family. Our Lady of Fatima came down to earth to implore us to pray the Rosary daily!

### **Attend Eucharistic Adoration**

Once a week, devote an hour to sitting in front of the Blessed Sacrament in a Catholic Church. Call it radiation therapy!

See if your Church or a neighboring one has a perpetual adoration chapel. If so, sign up, and make your weekly appointment to see the Great Physician. If your Church does not, you are still welcome into any Catholic Church during the day. They leave them unlocked, so you can slip in anytime to pray. You can go on your way to or from work, for instance.

While there before Christ Himself, in His sacramental, physical presence, plead with Him. Ask Him to break you free and to preserve you from bondage.

### **Say St. Thomas Aquinas' Post-Communion Prayer**

If you are able to receive the Sacrament of the Eucharist while in a state of grace, I highly recommend saying the following prayer when you get back to your pew. It is a powerful prayer you can say to ask for the grace to break free from the enslavement of pornography. All emphasis is my own, to highlight this point.

*I thank You, Lord, Almighty Father, Everlasting God, for having been pleased, through no merit of mine, but of Your great mercy alone, to feed me, a sinner, and Your unworthy servant, with the precious Body and Blood of Your Son, our Lord Jesus Christ.*

*I pray that this Holy Communion may not be for my judgment and condemnation, but for my pardon and salvation.*

*Let this Holy Communion be to me an armor of faith and a shield of good will, a cleansing of all vices, and a rooting out of all evil desires. May it increase love and patience, humility and obedience, and all virtues.*

May it be a firm defense against the evil designs of all my visible and invisible enemies, a perfect quieting of all the desires of soul and body. *May this Holy Communion bring about a perfect union with You, the one true God, and at last enable me to reach eternal bliss when You will call me. I pray that You bring me, a sinner, to the indescribable Feast where You, with Your Son and the Holy Spirit, are to Your saints true light, full blessedness, everlasting joy, and perfect happiness. Through the same Christ our Lord. Amen.*

### **Develop a Devotion to a Patron Saint of Chastity**

Ask any number of saints for their prayers to help you break free from your addiction and to stay pure.

Good patron saints for chastity or holy purity include, but are not limited to, the Blessed Virgin Mary, St. Joseph, St. Agnes, St. Philomena, St. Augustine, St. Thomas Aquinas, St. Dominic Savio, St. Aloysius Gonzaga, and my personal favorite, St. Maria Goretti.

St. Maria Goretti was martyred at the age of 11 by a young man and family friend, Alessandro, who attempted to rape her. She would not submit to his effort to steal her virginity. He stabbed her and she was rushed to the hospital. She forgave him before she died shortly thereafter. The attacker, Alessandro, later converted to the Catholic faith while in prison, after receiving a vision of St. Maria.

He later attended Maria Goretti's canonization by Pope Pius XII at St. Peter's Square, alongside St. Maria's mother!

### **Develop a Devotion to St. Michael, the Archangel**

Lucifer was the highest being created at the time of his fall. He was humiliated by an angel from a lower rank defeating him and banishing him from Heaven. St. Michael, the archangel was the angel who defeated Lucifer (Revelation 12:7-12).

The devil and his minions, the demons have tremendous power and influence in this world. Who better to ask for assistance in overcoming Lucifer and the demons than St. Michael, who has proven his power over them?

If you don't know it already, I encourage you to memorize and say daily the Prayer to St. Michael: *St. Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray. And do thou, O Prince of the Heavenly host, cast into hell, Satan and all the evil spirits who prowl about the world, seeking the ruin of souls. Amen.*

### **Have Your Home and Even Your Vehicles Blessed by a Catholic Priest**

This will be an aid in keeping the demons away. It will protect you and your loved ones. It will also help to kick out any evil spirits who may be present in your home. After all, demons are attached to the consumption of pornography.

Even if certain family members do not view porn, demons of oppression can negatively affect any and every member of a home where porn is viewed.

### **Pray the Three Hail Mary's for Purity Each Day and Night**

This is an important and highly-recommended devotional practice, as recommended by Doctors of the Church, St. Alphonsus Liguori and St. Anthony of Padua, as well as Sts. Gertrude, Matilda, Philip Neri, Leonard of Port Maurice, and Anthony Mary Claret.

Each morning when you wake up, say three Hail Mary's for the intention of growing in purity. Likewise, each evening say them before closing your eyes to fall asleep.

Hopefully you're brushing your teeth at least twice a day—in the morning and before bed. Add these prayers while you're cleaning your teeth. Ask Mary to pray that your soul would be cleansed as well as your desires.

I have heard it said that St. Alphonsus Liguori, the Doctor of the Church in moral theology, would give this as a penance to penitents who came to his confessional, if he learned they didn't already have this practice in place.

### **Use Sacramentals Daily**

Fr. John Hardon's Modern Catholic Dictionary defines a sacramental this way:

“Objects or actions that the Church uses after the manner of sacraments, in order to achieve through the merits of the faithful certain effects, mainly of a spiritual nature. They differ from sacraments in not having been instituted by Christ to produce their effect in virtue of the ritual performed. Their

efficacy depends not on the rite itself, as in the sacraments, but on the influence of prayerful petition; that of the person who uses them and of the Church in approving their practice.

“The variety of sacramentals spans the whole range of times and places, words and actions, objects and gestures that, on the Church’s authority, draw not only on the personal dispositions of the individual but on the merits and prayers of the whole Mystical Body of Christ.”

As Fr. Hardon asserts, the examples of sacramental are nearly innumerable. Nonetheless, here is a handful that would prove useful to those trying to overcome addiction and want to combat evil influence in their lives:

- *Wear the Brown Scapular for protection from Our Lady of Mount Carmel*

She promised those who die wearing the Scapular will not experience eternal hell fire. Great graces come by also saying certain prayers, as we as intentionally practicing chastity.

- *Wear a St. Benedict Medal*

When it is blessed, it contains a powerful exorcism prayer of protection from evil spirits. I recommend taping one of these to each door and each window of your home to help keep the demons out.

- *Sprinkle Blessed Salt throughout your house and in your vehicles*

Salt can be blessed by a priest and can contain powerful exorcism abilities. Obtain some and toss some into each corner of each room of your home. In particular, each night you can sprinkle some in the four corners of your bedroom before you sleep, to alert the evil spirits to stay away.

- *Bless yourself daily with Holy Water*

Obtain holy water for free from your parish (with the priest’s permission). Then have a font of holy water in your house—next to the light switch in your bedroom, for instance. Keep reminding the demons and the angels (and yourself) where you stand by blessing yourself often.

- *Consider purchasing for yourself a Chastity Ring (if you are not married)*

Yes, I realize this might be cheesy and something only middle schoolers or high schoolers do, but it might prove effective for you. Assuming you resolve to live a chaste life in which you practice purity and self-control, you can buy yourself a personal reminder of your commitment.

You can wear the ring or put it on a necklace. Either way, it will be your visible reminder of your commitment to your future wife and to Christ Himself to remain pure. You could even have your ring blessed by a Catholic priest.

Somewhere around my sophomore year of college I purchased a ring to serve as my personal reminder to practice chastity. The ring I chose has two circles connected by a cross in the center. To me it symbolizes Christ being the unification between my wife and myself.

When I decided to propose to my wife, I had a jeweler create a custom engagement ring in the same mold as my chastity ring. Where mine was relatively cheap and made of silver, her was made with different colors of gold and pressed with diamonds. My wife liked the ring so much, she chose to keep it as her wedding band. No one else in the whole world has the same ring.

The old chastity ring I had for over two years before meeting my wife I gave to my mother-in-law just before the Nuptial Mass for my wife and me was about to begin. I handed it to her and I said, "I want you to know your daughter was worth waiting for."

- *Wear a St. Joseph's Cord (or Cincture)*

Dating back to the Old Testament time period, cinctures have been worn as signs of one's chastity. Those who wear the St. Joseph Cincture can receive the graces of this great saint's protection, chastity, final perseverance, and St. Joseph's intercession at the hour of death.

Seven knots toward the end comprise the Cord itself. They symbolize the seven sorrows of St. Joseph and their respective joys:

- The doubt of Saint Joseph (Matthew 1:19) and the message of the Angel (Matthew 1:20)
- The poverty of Jesus' birth (Luke 2:7) and the birth itself (Luke 2:7)
- The Circumcision (Luke 2:21) and the Holy Name of Jesus (Matthew 1:25)
- The prophecy of Simeon that many would be lost (Luke 2:34) and his prophecy that many would rise (Luke 2:34)
- The flight into Egypt (Matthew 2:14) and the overthrow of idols (Isaias 19:1)
- The return from Egypt (Matthew 2:22) and life with Mary and Jesus (Luke 2:39)
- The loss of the Child Jesus (Luke 2:45) and finding Jesus in the Temple (Luke 2:46)

Each person who wears a St. Joseph Cincture is asked to pray daily seven Glory Be's for each of the Sorrows, and to pray daily to St. Joseph for his intercession to receive the grace of purity. That Prayer for Purity is as follows:

*Guardian of virgins, and holy father Joseph, to whose faithful custody Christ Jesus, Innocence itself, and Mary, Virgin of virgins, were committed; I pray and beseech thee, by these dear pledges, Jesus and Mary, that, being preserved from all uncleanness, I may with spotless mind, pure heart, and chaste body, ever serve Jesus and Mary most chastely all the days of my life. Amen.*

These Cinctures are blessed by a priest. See the Appendices at the end of this book for the full blessing of the St. Joseph's Cincture, as it is a very powerful prayer.

Finally, a friend of mine has offered to make YOUR St. Joseph Cincture and we will mail it to you. In return, if you are able, my friend asks that you just send a donation to our parish. If you would like to take us up on the offer, [contact me directly](#) to place your order and I will give you more details. Otherwise I know AdoremusBooks.com sells them for a reasonable price.

### 3. YOU MUST VALUE A SACRAMENTAL LIFE

Catholics are gifted with an incredible gift of access to the Sacraments. We would be foolish not to take advantage of these as often as possible.

#### **Get to a State of Grace and Stay There!**

If you are addicted to pornography, then you are guilty of acts which in themselves are gravely immoral. (More on mortal versus venial sins later in the book.)

If you want God's protection, you will need to get to a state of grace. There God and his angels can protect you. But being in a state of sin makes you more susceptible to attacks from Satan. The devil is far less effective at harming anyone who remains in a state of grace.

How do you get to a state of grace? The Catholic Church offers you the Sacraments, most especially the Sacrament of Confession.

#### **Make Frequent Confessions!**

##### *Go weekly to Confession*

Step it up, swallow your pride and get to Confession at least once a week. If necessary, especially when battling over an addiction, go even more often—even daily, if necessary. Making a commitment to doing this will prove extraordinary in your ability to overcoming your addiction.

Author Francis Fernandez-Carvajal, in his book, “Overcoming Lukewarmness: Healing Your Soul’s Sadness,” summarized the power of going to Confession:

“This sacrament [of Confession] not only forgives sins but prepares and strengthens the soul for the future, thanks to repentance, the absolution of the priest and the penance he imposes. It reduces the tendency to fall again, increases the inclination to do good, and disposes us to receive new, more efficacious actual graces that will enable us to resist and avoid venial sins [and all sins]. Obviously these good outcomes depend to a great extent on making good use of the sacrament and avoiding routine in its reception” (New York: Scepter Publishers, Inc., 2011, pgs. 74-75).

Thomas á Kempis writes in his masterpiece, *The Imitation of Christ*: “To You, O Lord, humble sorrow for sins is an acceptable sacrifice, a sacrifice far sweeter than the perfume of incense. This is also the pleasing ointment which You would have poured upon Your sacred feet, for a contrite and humble heart You have never despised” (pg 103).

St. Philip Neri warns, “He who conceals a grave sin in confession is completely in the devil’s hands.” (For more of his thoughts, see Appendices as the end of this book for the “Maxims of St. Philip Neri for Conquering Lust.”)

**Make Fervent Communions**

So long as you are in a state of grace, reception of Holy Communion as often as possible will surely draw you closer to our Lord. After all, that is the purpose for which we were made: to have union with our Creator.

*Make an intention for each Mass attended*

Too often folks show up on Sundays for Mass, but they fail to bring any petitions to our Lord. Do not make this mistake. It is grace you can tap into and you'll regret at the end of your life not doing so more often.

Thus, at each Mass you attend, fix an intention for that Mass to be sent to Heaven at the Offertory. You should unite your prayers to the prayers of the priest. Clearly, I recommend you ask our Lord to set you free from your vices.

*Make an intention for each Communion received*

This can be the same intention as your Mass intention, but you can also add something else. Right after Communion, ask the Lord for the graces you need for your state in life. Ask Him for the power to break out of the bondage of your sinful addiction.

St. Teresa of Ávila urged her daughters not to rush out after Mass but to make an urgent thanksgiving: "Let us detain ourselves lovingly with Jesus, and not waste the hour that follows Communion."

She also taught her daughters to think of their soul as a throne of grace, to whom Christ comes to visit in Communion. She had her nuns imagine Christ asking each of them, "What do you want that I should do to you?" It is as if Christ were pleading with each of us to make known the favors we ask of Him: "O Christian soul, I am come for the express purpose of giving you my graces. Ask what you wish and you shall obtain it."

Make sure to stay after Mass to give a heartfelt thanksgiving to God and do not rush out the door as soon as the last hymn is sung.

**If You Are Married, Ask for a Renewal of Your Sacrament of Holy Matrimony**

If you are married and you struggle with purity, ask God for an outpouring of grace from the Sacrament of Holy Matrimony you received on your wedding day—provided you married in accordance with the Church.

Part of the Sacrament remains a grace to love your spouse as tenderly as possible. Your porn addiction clearly undermines your marital union; thus, any grace you can receive to root it out of your life should be welcomed. Ask God for a renewal of conviction to honor your marriage vows and to serve your spouse as she deserves.

*Fall in love with your spouse all over again*

It wouldn't be too far a stretch to say that your viewing pornography likely coincides with a lack of fervor in love on your part toward your spouse. Likely the intimacy you two once had seems a distant memory and may appear unobtainable once more.

Well, as you have experienced undoubtedly, marriage requires hard work—work that the two of you need to put in on a daily basis. You cannot change your spouse, but you can change you.

This is why I would highly recommend courting or dating your wife as often as possible, to try to revive what likely seems dormant in your relationship. Find a babysitter and take your wife out on a date once a week, or as often as you can. Buy her flowers and romance her once more.

Sure, it may seem laborious and may feel hollow in the beginning. However, I remain confident that in time, you two will reconnect. Love has a funny way of healing hurt, forgiving offenses, mending fences, and covering a multitude of sins (read 1 Cor 13:4-8).

### **If You Are Not (Yet) Married**

If you are not currently wed, consider this time period of your life as preparation for marriage. If God calls you to get married, you will want to enter into your marital union with as little baggage as possible, obviously.

Commit to praying for your future spouse every single day. Consider fasting from something for her so that she too will be made holy. You need not even know her name in order to pray for her. God knows whom you will one day be wedded to. And if you never do get married, no pious prayer will ever go wasted by God.

Beginning my sophomore year in college, I began praying for my future wife. At the time I did not know whom I would marry. It wasn't until 2.5 years later that I met my wife. Every night before falling asleep in bed, I prayed a *Hail Mary* for my future bride.

My wife has thanked me for those prayers, as she is confident it helped her to make it through some struggles she faced, prior to ever meeting me. We have been married now over eight years, and I have yet to stop praying a *Hail Mary* just for her each night before I fall asleep.

## 4. AVOID THE OCCASION OF SIN, FIRST OF ALL

Not every fight you're invited to do you need to show up for.

This was some sound advice I was given years ago that I have held onto. It can apply to many areas of your life. For instance, for me I found it helpful in combatting the sin of anger, which coincidentally, is another sin of the flesh.

“The wicked have laid a snare for me, but I do not stray from thy precepts,” reads Psalm 119:110 (NRSV). In order to avoid falling into the grave sin of porn use and masturbation, each person would do well to avoid the near occasion of sin.

This means you must actively steer clear of situations in which you are likely to fall into this sin. Another way to put it is that each man must know his limitations. “[E]ach person is tempted when he is lured and enticed by his own desire,” teaches James 1:14 (NRSV).

You need to do more than claim you will not view porn any longer. That's a great intention, but hardly a winning formula. Instead, you must form a habit of avoiding tempting situations.

Here are some examples of things you can do and must do to avoid the grave sin of viewing porn.

### **Install an Internet Filter on *Every* Computer and Smart Phone You or Your Family Owns**

This should go without saying, but I will say it anyway. The Internet is not your friend. As someone tempted to view porn, you need to protect yourself from yourself.

Get an Internet filter installed on each device you own with access to the Internet—desktop computers, laptops, smart phones, etc.

Otherwise, you are walking around with your personal porn theater in your pocket. That is a recipe for spiritual disaster, unless you take the necessary steps of getting a filter in place.

If you are looking for a good filter, Mobicip has extended an offer of 10% off their services. See Chapter 14, near the end of this ebook, for more details.

### **In Addition to Not Watching X-Rated Films, Stop Watching R-Rated Films and Even PG-13 Films Too**

These days it is hard to find a movie aimed for a male audience that doesn't have women dressed immodestly, sexual overtones, and provocative scenes. These are near occasions of sin that must be avoided. Divert your eyes away from the screen, for sure. But better yet, just don't watch that type of “entertainment;” hey, it could be the difference in whether you receive salvation!

### **Stop Listening to Provocative Music**

To find wholesome pop music these days remains near impossible. So much of it is filled with provocative lyrics that can serve as a near occasion of sin. God knows when you're singing along to a song about promiscuous sex or committing adultery. He doesn't look kindly to such activity. As well, as a general rule, avoiding syncopated rhythms (of which rock 'n roll music is built upon) will help you better maintain control of your passions.

### **Ditch Your TV**

No, seriously. You did NOT misread my practical advice tip there. I am imploring you to ditch your television set. It has 200 channels but virtually nothing of quality is on it, save for EWTN.

Take a 12-gauge and blow a hole in your TV in your backyard. Do it and don't look back. You will thank me later. I miss watching sporting events occasionally, but otherwise I do not miss my television at all. I haven't owned a TV for over seven years.

If you're a father, let me ask you something. Would you let a stranger knock on your door, enter your home, and then dance provocatively in front of your children? No? Then why do you let your kids watch the equivalent on MTV, sports commercials, and so on?

Not watching TV will allow you to be set free from watching supermodels try to sell you beer, sports cars, shaving cream, and so forth. It will also mean you will have more time to spend with your family and friends... and in prayer!

### **Don't Read Bad Magazines or Books**

Be careful what your eyes lay hold of. The magazine stands are rife with exciting images meant to draw you in. Don't let the enticing woman on the cover wearing a swimsuit be your downfall.

Be careful what books you read, as well. Avoid genres that really do not bring glory to God. "Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things," instructs St. Paul (Philippians 4:8, NRSV).

### **Avoid Bad Company**

"Do not be deceived: 'Bad company ruins good morals,'" observes 1 Corinthians 15:33. No one goes to Heaven alone and no one goes to hell alone. The company you keep plays a huge part in the spiritual battles you will undergo.

If your friends are encouraging you into porn use, into a promiscuous lifestyle, or into an adulterous affair, then guess what. They are not your friends. And you need to find new ones. True friendship is centered around inspiring one another to grow in virtue—not vice.

### **Do Not Be Alone with a Woman... Ever!**

Similar to the advice above on choosing your friends wisely, be careful in your company keeping of those of the opposite gender. You are weak, and without God's grace can fall into sin. Be wise and do not trust yourself to be alone with a woman.

Do you ever find yourself asking the question, “How far is too far?” to go physically with your girlfriend or any woman? If this is the case, then you’re likely already allowing yourself into near occasions of sin. Stop!

### **Remember, Sometimes a Good Defense *Is* a Good Offense**

Chances are you are tired of being assaulted by the devil virtually every day. Although you will never end temptation until ten minutes after you die, you can lessen the frequency with which the devil attacks you.

Do you think a mean dog will try to bite you if he learns you will pepper spray him every time he tries?

I heard an exorcist priest explain in a talk he gave that the demons do not like to get beat up by God and his angels. Thus, if you can get into the habit of practicing the five steps to overcoming temptation outlined in Chapter 9 below, then you will curb the assaults.

You can accomplish this because (a) you will not be falling into sin, and thus discouraging the demons in their attempts. And (b) you will be turning the attack back on them, by invoking the saints to pray for you and petitioning Jesus and Mary to assist you.

### **Stay Busy!**

It has been said, for every demon tempting a busy man, there remains a legion to tempt an idle man. Scripture says idleness is an enemy to the soul, as well: “[I]dleness teaches much evil” (Sirach 33:27, NRSV). Elsewhere it says, “Behold this was the iniquity of Sodom thy sister, pride, fullness of bread, and abundance, and the idleness of her...” (Ezekiel 16:49).

If you want to stop viewing porn, then you would do well to get out of the house and stay busy. Get a job, do all your schoolwork, volunteer at the soup kitchen, mow lawns, train for a 5K race, etc.; the possibilities abound.

For those already enslaved, to keep sitting in front of the laptop and falling into this addictive sin day after day is almost inevitable. You need to get up, get away from the computer, and work hard to avoid the occasions of sin.

The Bible advises us to avoid the occasions of sin, but not even going near them, lest the temptation prove too much to overcome:

“Do not look intently at a virgin, lest you stumble and incur penalties for her. Do not give yourself to harlots lest you lose your inheritance. Do not look around in the streets of a city, nor wander about in its deserted sections. Turn away your eyes from a shapely woman, and do not look intently at beauty belonging to another; many have been misled by a woman’s beauty, and by it passion is kindled like a fire” (Sirach 9:5-8, NRSV).

## 5. CONCUPISCENCE: WHAT IT IS AND WHY IT EXPLAINS YOUR STRUGGLE

The attraction you have toward lust and the impulse to view porn can be chalked up to your fallen, human nature. We are all born with an attraction toward committing sinful deeds. The fancy theological term for this is ‘concupiscence.’

The Catechism of the Catholic Church explains that one of the results of “The Fall” of Adam and Eve was that all future generations would be born with this attraction to sin. Section 405 explains:

“[H]uman nature has not been totally corrupted: it is wounded in the natural powers proper to it, subject to ignorance, suffering and the dominion of death, and inclined to sin—an inclination to evil that is called ‘concupiscence’. Baptism, by imparting the life of Christ’s grace, erases original sin and turns a man back towards God, but the consequences for nature, weakened and inclined to evil, persist in man and summon him to spiritual battle.”

The Catechism offers a concise, explanatory definition of concupiscence in section 2515:

“Etymologically, ‘concupiscence’ can refer to any intense form of human desire. Christian theology has given it a particular meaning: the movement of the sensitive appetite contrary to the operation of the human reason. The apostle St. Paul identifies it with the rebellion of the ‘flesh’ against the ‘spirit’ (cf. Galatians 5:16,17,24; Ephesians 2:3). Concupiscence stems from the disobedience of the first sin. It unsettles man’s moral faculties and, without being in itself an offense, inclines man to commit sins (cf. Genesis 3:11).”

The next section of the Catechism gives further explanation of concupiscence. It describes it as playing a negative role in the “tension” between our worldly and spiritual desires. Section 2516 reads:

“Because man is a *composite being, spirit and body*, there already exists a certain tension in him; a certain struggle of tendencies between ‘spirit’ and ‘flesh’ develops. But in fact this struggle belongs to the heritage of sin. It is a consequence of sin and at the same time a confirmation of it. It is part of the daily experience of the spiritual battle...” (emphasis original).

I hope you can see now why you struggle daily with sins of the flesh. Your own, fallen human nature is working against you! While you still choose to sin by exercising your will, concupiscence has primed you by making sin appear appetizing.

### **Taming Your Passions**

Now that you better understand the battle you face, let us further develop a plan to rein in our concupiscence. Let us build up a battle plan for taming our passions. This way we can restore our human dignity by placing our reason in control of our appetites, lest our appetites control us.

*The Virtue of Chastity*

“I chastise my body, and bring it into subjection: lest perhaps... I myself should become a castaway,” explains St. Paul (1 Cor 9:27).

The key to controlling our unreasonable desires for sex, food, anger, or whatever other ‘sins of the flesh’ you may list here, remains to “chastise” our concupiscence. This is exactly how St. Thomas Aquinas, the Universal Doctor of the Church, describes the virtue of chastity in his *Summa Theologica*.

“I answer that, Chastity takes its name from the fact that reason ‘chastises’ concupiscence, which, like a child, needs curbing, as the Philosopher [Aristote] states (*Ethic.* iii, 12). Now the essence of human virtue consists in being something moderated by reason, as shown above (I-II, Q. 64, A. 1). Therefore it is evident that chastity is a virtue” (II-II, Q. 151, A. 1, co.).

*Maybe an analogy will illuminate matters*

The following analogy I am borrowing from a sermon from my former pastor. The stagecoach analogy is not unique to him, but his explanation of it is the best I have ever heard. So I will try to repeat it here.

A product of the Fall was a disordering of our passions. We lost the ability to control them easily. Think of them as the horses pulling a stagecoach in which the will and the intellect are in the driver’s seat steering.

One horse would just assume eat everything in sight (gluttony). Another would just assume be lazy (Sloth). Another gets upset easily and bucks constantly (Anger). Still another would prefer to hang with all the mares (female horses) (Lust). And onward you can go, with a horse corresponding to each of the passions.

These horses, just like the passions, do not see the big picture. They just run toward their object in mind. It is up to the will and the intellect to break them, in order to gain control over them.

The longer a horse goes without being broken, the harder it becomes to break. The same goes for the passions. Each passion that goes unchecked becomes impossible to control.

For example, if you indulge your three-year-old by letting him eating all the junk food he could ever want, you won’t have much success in convincing him to eat his vegetables. If a parent is always making excuses for their child for late assignments in school, he’s not likely to find the motivation to be to work on time after graduation.

The key to breaking any of the passions and making it fall into line with your will and your intellect is to deny it its true end. Because, if you fail to do so, you will find the passions will control you, instead of the other way around. Your will and your intellect should rule over your passions, and not be subjected to your passions.

What does it look like to deny your passions their ends in order to gain control over them? It is simple, really. Starve your desires for sweets to curb gluttony. Practice humility to defeat your vice of pride. And so forth you can go through the passions, curbing them with self-control. The following chapter will give you numerous examples of how you can put this into practice.

Hopefully, you can see the practicality of this stagecoach analogy to your battle over porn addiction. To gain mastery over each of your passions, you must 'break' it into obedience, so it will be tamed. You must deny it what it wants. For example, if you seek to end the vice of lust, you must starve it from what it desires.

## 6. MORTIFY YOUR FLESH, YOU WEAKLING

“Watch ye, and pray that you enter not into temptation. The spirit indeed is willing, but the flesh is weak,” Christ, Our Lord warns (Mark 14:38, Dhouay Rheims).

### What’s the Point in Practicing Mortification?

Here below I will provide you with over 40 mortifications you can practice to ‘chastise’ your concupiscence. By running through a combination of these each day, you will gain a “muscle memory” of sorts for your self-control.

You have to learn to deny yourself. This is the way forward to progress in overcoming the vice of porn use. Imagine what it would be like to tell the devil to buzz off each time he attempts to tempt you. You can achieve this if you learn good habits of self-denial.

Instead of that bag of chips being irresistible to you, despite you not being hungry, you will be able to, in time, resist the temptation. When someone cuts you off on the highway, you can pray for them, rather than blast your horn. You watch, because after you get into this habit, you will be able to resist the temptation to look at dirty pictures and videos.

Because you fasted from your morning coffee all week, you will find it easier to deny yourself when you feel the impulse to look at porn. Since you drove to work without turning on the radio and took the stairs instead of the elevator, it will be easier to also deny yourself a lustful glance at your boss’s secretary while at work.

This is how you form healthy habits, also called virtues that will help you in times of temptation. If you have been denying yourself dessert all month, it will be far easier to deny yourself a lustful look on your laptop.

Okay, so you see now the value in starving your appetite for lust. But the question remains, what would that look like? What practical steps can you take to tame the beast within that causes your impulses? What follows is a guide to practicing mortification of the flesh.

To practice mortification means to practice penitential acts to overcome the desire for sin and to strengthen the will to practice virtue. It comes from the word ‘mortify,’ which means to subdue, subjugate, or humiliate. In order to subdue our passions, we must humble them to serve our reason.

*Scripture says the practice of mortification is a marker of a true Christian believer*

- Galatians 5:24 reads, “And they that are Christ’s, have crucified their flesh, with the vices and concupiscences” (Dhouay Rheims).
- Colossians 3:5 exhorts, “Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry” (NRSV).
- 1 Peter 2:11 states, “Dearly beloved, I beseech you as strangers and pilgrims, to refrain yourselves

from carnal desires which war against the soul” (Dhouay Rheims).

- 1 Peter 4:1-2 affirms, “...for he that hath suffered in the flesh, hath ceased from sins: That now he may live the rest of his time in the flesh, not after the desires of men, but according to the will of God” (Dhouay Rheims).
- Romans 13:14 implores, “But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires” (NRSV).
- Matthew 17:21 records Jesus making known that some demons cannot be cast out except by prayer and fasting.

#### *Practicing mortification “manfully”*

Thomas á Kempis writes in his masterpiece, *The Imitation of Christ* the following passages on the vital importance to practicing mortification of the flesh, and embracing the challenge “manfully.”

“When you are troubled and afflicted, that is the time to gain merit. You must pass through water and fire before coming to rest. Unless you do violence to yourself you will not overcome vice” (pgs 20-21).

“Fight like a man. Habit is overcome by habit” (in other words, bad habits [called vices] are overcome by practicing good habits [called virtues]) (pg 18).

“Sometimes, however, you must use violence and resist your sensual appetite manfully. You must pay no attention to what the flesh does or does not desire, taking pains that it be subjected, even by force, to the spirit. And it should be chastised and forced to remain in subjection until it is prepared for anything and is taught to be satisfied with little, to take pleasure in simple things, and not to murmur against inconveniences” (pg 57).

“But if you desire to be crowned [by God], fight manfully and bear up patiently. Without labor there is no rest, and without fighting, no victory” (pg 65).

“A man’s true progress consists in denying himself, and the man who has denied himself is truly free and secure” (pg 87).

“So also the more perfectly a man renounces things of this world, and the more completely he dies to himself through contempt of self, the more quickly this great grace comes to him, the more plentifully it enters in, and the higher it uplifts the free heart” (pg 136).

#### **Numerous Examples of Mortifications of the Flesh You Can Do**

Do three to five of these mortifications each day to build up a resistance to your own appetites. When you make these sacrifices, consciously pray for purity as your reward from God. You can also offer these up in reparation for your sins. These will help you to not only avoid occasions of sin, but to turn away in moments of temptation.

#### *Pray*

- You may not have thought much about it, but praying is an act of self-mortification.
- For one, it is often difficult to do, especially when out of practice—like lifting weights.
- As well, it can seem long and laborious.
- Prayer also mortifies you in many ways.

For instance, you humble yourself by taking your place under your Lord, recognizing His power over you. As well, you are petitioning Him and relying on Him.

*Practice custody of your eyes*

- The idea is to regain control of your sense of vision—you can see why this is important!
- Take a mental note of every woman’s eye color, rather than her breast size
- When you go to a sports bar, purposely avoid watching any TV for ten minutes at a time
- Purposely avoid looking at yourself in the mirror while at the bathroom sink
- Don’t look around for the ambulance or fire truck when you hear sirens—unless you’re driving!
- Delay for ten minutes reading a good part of a book or article
- Delay for ten minutes retrieving the package that arrived at the front door

*Eat more of what you don’t like and less of what you do like* • This practice of mortification in what you eat and drink will go the furthest in helping you to overcome your ‘sins of the flesh.’

- Take only one helping of food at each meal
- Give up condiments (including salt)
- Give up desserts
- Skip cream and sugar in your coffee
- Order your second favorite menu item when out at a restaurant
- For that matter, let someone else decide what restaurant to eat at
- Let your fries or eggs get cold before eating them
- Season a portion of your food in a way you don’t like and eat it anyway
- Don’t drink anything between meals for the entire day
- Eat more salads (I call them ‘rabbit food’)
- Give up meat every Friday (and even more often, to really step it up)

Eating red meat, especially boosts testosterone levels. Thus, eating it less often means gaining more self-control over lust.

Dr. Taylor Marshall, Catholic theologian, philosopher, professor, and author describes in detail the connection St. Thomas Aquinas made between fasting from red meat and being able to chastise the flesh.

Dr. Marshall [writes](#), “Higher testosterone leads to a higher libido. It’s scientific fact. Guys, do you want to increase your testosterone? [E]at more red meat and fatty meats. Same goes for women. Harvard Medical School found that women can increase their fertility responsiveness by increasing protein intake and switching to full-fat milk.

“Want to decrease your testosterone? Eat more salad, soy, sugar, simple carbs, veggies, and lean fish. Cut out red meat and dairy.

“Remember that Thomas Aquinas sat under the teaching of Albert the Great – Europe’s premier biologist. It may sound medieval, but they were on to something back then. They knew that human fertility (and sexual concupiscence) was related to the consumption of animal products”

St. Thomas Aquinas explained it this way: “...fasting was instituted by the Church in order to bridle the concupiscences of the flesh, which regard pleasures of touch in connection with food and sex.

Wherefore the Church forbade those who fast to partake of those foods which both afford most pleasure to the palate, and besides are a very great incentive to lust.

“Such are the flesh of animals that take their rest on the earth, and of those that breathe the air and their products, such as milk from those that walk on the earth, and eggs from birds. For, since such like animals are more like man in body, they afford greater pleasure as food, and greater nourishment to the human body, so that from their consumption there results a greater surplus available for seminal matter, which when abundant becomes a great incentive to lust. Hence the Church has bidden those who fast to abstain especially from these foods” (STh. II-II, Q. 147, A. 8, co.)

#### *Fast often*

- Add a monthly fast throughout the year. Catholics are accustomed to fasting during Lent in the six weeks leading up to Easter. There’s nothing preventing you from imposing on yourself more fasts than just that. Pick something you enjoy eating or drinking often (dessert, coffee, etc.) and resolve to go without it for a calendar month. Then pick something else the next month.

#### *Guard your tongue*

- Practicing modesty in your speech can help you to maintain self-control in your actions.
- Don’t speak today, unless necessary
- Avoid using the phone, if at all possible
- Do not gossip today and say a prayer each time you’re tempted to do so
- Consciously avoid making any complaints today
- Avoid angry responses and deliberately be kind to the person who angered you
- Be cheerful to everyone you meet today

#### *Quit navel gazing and serve others*

- Seek to serve and do no self-seeking today
- Resolve to say at least one kind remark to each member of your family or household today
- Do a job needing to be done without being asked
- Visit someone you don’t typically get to see today or at least call them to check in on them to see how they are doing
- When asked to do a favor for someone, do it with a cheerful heart

#### *Don’t get comfortable, lest you get lazy*

- If you find yourself being idle, pray instead or read a spiritual book
- Take cold showers and/or end your shower by turning it to ice cold, then spinning in circles while saying three *Glory Be’s*
- Don’t wear a coat when it is cold out
- Don’t wear socks when walking across a cold floor
- Walk barefoot, if you don’t like it
- Put a pebble in your shoe while you walk around. Each painful step can be an opportunity to pray.
- Let your car be cold in the winter or hot in the summer
- Skip the kneeler at Mass
- Go without your favorite music in the car—tune in Classical music instead, or turn off the radio altogether
- Drive the speed limit!

- Wait your turn to exit in the right-hand lane
- Purposely pull up behind a semi-truck at a red light and wait patiently for the driver to accelerate

## 7. STEPS TO TAKE NOW BETWEEN WINNING AND LOSING THIS BATTLE

Here we will discuss a few practical steps you can take starting today. These will go a long way toward deciding whether you overcome the sin of porn use (and masturbation).

### **Find an Accountability Partner**

Find someone you admire for their virtue and ask him to be your accountability partner. Preferably this is an older gentleman who is devout in his faith and is not going to pull any punches.

Do not choose someone who is struggling with this vice too, so you can commiserate when one or both of you fall. I was in an accountability group like this before, and a friend admitted to the group to having fallen into the sin the day before our weekly meeting. Everyone just sort of sighed and didn't say much of anything of value to him.

Schedule a weekly meeting at coffee shop and give each other permission to call or text anytime, 24/7. That way, if you're facing a temptation to view porn at 11:30 pm, you can call him to talk. He can also call you to see how you're doing at anytime. I know it is not in our nature as men to be vulnerable, but here it can do great good.

In the Additional Resources section near the end of this ebook, I recommend to you an App available for iPhones and Androids called *Victory*. That can be a great tool to use to communicate with your accountability partner day to day.

As well, ask a priest to become your spiritual advisor and meet as often as possible. Tell him about your struggles and follow his advice to break free. This priest will also serve as your regular confessor, ideally.

You need to find community and people to encourage you and hold you accountable. Don't let the devil succeed against you in his common tactic of dividing and conquering.

This is why I am excited to tell you about a great perk to reading this ebook! If you are a Catholic man, you are invited to join my fellow Catholic author, Devin Rose's exclusive, online forum for those trying to overcome porn addiction.

More details on this exclusive offer can be found near the end of this ebook in Appendix IV.

### **Get Internet Filters in Place on ALL Your Internet Devices**

It is time to get serious about ending your vice of porn viewing. Make the effort to install an Internet filter service on all your Internet-capable devices—desktops, laptops, smartphones, iPads, etc. This will help you to remove sources of temptation and occasions of sin.

If you have a wife, give her the password to the computers, so you must ask her to get on the Internet. This way she will be on your mind every time you log on.

I am honored that Mobicip, one of the leading Internet filter services in this country, has offered *an exclusive offer of 10% off to readers of this ebook and to readers of ProLife365.com*. Although they have a basic version of their software available for free, their Premium service has many perks not otherwise available.

To learn how to take advantage of this exclusive 10% off savings, read Appendix III of this ebook.

### **Any Computer Use Needs to Be Closely Monitored**

Place any computers in your home in a prominent place in your home, such as in the living room or the dining room. Place them wherever there is a lot of traffic. This way you and anyone else using the computer will be less likely to go to bad sites, because you know someone may catch you.

As well, if you have any children, do not let them go online unless you or your spouse are prepared to closely monitor their activity. Remember, you don't want to have to stand before God upon your death to give an account as to why you allowed your daughter or son to view erotic material within your home.

### **Offer Reparation for the Sins of Pornography**

Offer to the Good Lord sacrifices in reparation for your sins and the sins of others for porn use. You can make a daily sacrificial act to show God your sorrow for your sin and the offenses of others. As well, I would encourage you to offer your Communion, Mass intentions, Rosary intentions, prayers and penances to this end.

Pray for those porn actresses (or actors) that pop up in your imagination when you find yourself recalling porn scenes you have watched. If you get in this habit of praying for the porn producers and actresses, it is less likely the devil will put those images into your imagination. And it is less likely he will tempt you to view porn, since each occasion will bring an assault against him instead!

St. John Vianney is famous for saying, "Offer your temptations for the conversion of sinners. When the Devil sees you doing this, he is beside himself with rage and makes off, because then the temptation is turned against himself."

## 8. DON'T BECOME DISCOURAGED EVEN IF YOU FALL

Look, the fact that you're reading this ebook shows your willingness to put up a fight. You're wanting victory. You just need help getting there.

Well, the attitude to maintain is one of perseverance. *Do NOT become discouraged, even if you should stumble and fall along the way.* Discouragement is the devil's game. "Be subject therefore to God, but resist the devil, and he will fly from you," promised James 4:7 (Dhouay Rheims).

Do not give up. Keep fighting. Keep in mind that the demons themselves can become fatigued, just as you can. Although they are much more powerful than you, their strength is not infinite.

That said, make no excuses for yourself. No less than sainthood is what God is calling you to. Wimps need not apply.

Here are two ideas to offer you. One, make the right actions easy to do and the sinful ones difficult. Set yourself up for moral victories by making it easier for yourself to choose the good and to avoid the evil.

Second, do NOT rely on your own strength in overcoming your vice of lust in any way, whatsoever. St. Alphonsus Liguori, the Doctor of the Church in Moral Theology, has some wonderful advice in his work, "On Avoiding the Occasions of Sin."

In there he says, "Some foolishly rely on their own strength" to be able to flee moments of temptations. He implores his readers to avoid occasions of sin altogether. He quotes St. Augustine from Augustine's commentary on Psalm 5: "[H]e who is unwilling to fly from danger, wishes to perish in it."

If you do fall back into looking at porn or masturbating, do not beat yourself up. Do not lose hope and give up the fight. Instead, acknowledge your weakness and ask God for pardon and for strength to overcome.

Take courage that you lasted longer than the last time since you fell. Be encouraged that your falls occur fewer and farther between. And be confident that one of these times, you will fall for the very last time. After that you will have defeated this foe.

If you are Catholic, then obviously you need to get to Confession after each time you fall, before you can receive Communion. But run to Confession each and every time. After all, each visit to the Sacrament supplies you with a dose of grace to overcome any and every sin you confess. Sooner or later, the chains holding you down will be weakened and they will break. You will be set free.

## 9. IMPORTANT DISTINCTIONS ON TEMPTATION AND SIN

Here are some thoughts to hold onto as you try to break from this addiction.

### **'Sins of the Flesh' Are Often Mortal Sins**

“All pleasure outside of marriage that is associated with the creative power that is directly willed or desired, intentionally procured or permitted is a mortal sin.”

This is the instruction my spiritual advisor has shared several times with our congregation. Let's unpack what this wonderful priest means when he says this.

By “all pleasure outside of marriage that is associated with the creative power,” he means to say all pleasure derived from our sexual appetite. This would include lustful thoughts, kissing, groping, masturbation, intercourse, and so on.

If you willfully partake in those acts outside of marriage, you are guilty of a *mortal* sin. The only person who has the right to your body is your spouse. The only person who has the right to view or to enticingly touch your body is your spouse.

This truth remains for all the porn actresses and actors, as well. No one has a moral right to view their naked bodies or to become excited over them. You cannot take what is not yours.

### **Distinctions Would Be Helpful as to What Constitutes a Mortal Sin**

Concupiscence in itself is not a sin (cf. CCC 2515). Any temptation we face in itself is not a sin either. Where we sin is in our will. Our intentions determine the culpability for our actions.

“All wrongdoing is sin, but there is sin which is not mortal,” reads 1 John 5:17. Thus, the Church divides sins into venial sins and mortal sins. Venial sins wound us and our relationship with God. They also weaken us and make us susceptible to falling into mortal sin. But it is mortal sins that are such grievous offenses to God that they cost us all sanctifying grace in our soul and sever our relationship to the Holy Trinity.

To be guilty of a mortal sin, three criteria must be met. First, the act must be grave matter. Second, it must be done willfully. And third it must be done with full knowledge as to its sinfulness. If any of those three are missing, you may be guilty of a venial sin, or even no sin at all.

What must be made clear is that viewing pornography, masturbating, and partaking in any pleasure outside marriage “that is associated with the creative power” constitute “grave matter.” By reading this ebook, you now have full knowledge as to this reality. Therefore, hereafter you cannot claim ignorance.

All that's left for you to become guilty of a mortal sin is your willingness to partake in one of these grave acts. Avoid these grave sins and fight against them to keep yourself free from the taint of sin.

## On Temptations

“Blessed is the man who endures trial, for when he has stood the test he will receive the crown of life which God has promised to those who love him,” reads James 1:12 (NRSV). “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it,” explains 1 Corinthians 10:13 (NRSV).

Being human in a fallen world means we face temptations to sin on a daily basis. This remains a fact of life. Temptations, in themselves, are not sins. Even Christ Himself faced temptations (Matthew 4:1).

Here’s a helpful distinction for those facing temptations. If you are faced with a temptation to sin—any sin—you are given a choice of your will to consent to it or not to. If you consent to it, then you are guilty of sin. But if you do not consent, then you are not guilty of sin.

Below is a helpful chart:

No intention, no consent: no sin. (No thanks, must get away!) No intention, some consent: venial sin. (Hmmm... oh, wait I better not.) No intention, full consent: mortal sin. (Whoa! Check that out!) ANY direct intention: mortal sin. (I am going to look at this now.)

You can be barraged by the devil for hours being tempted to sin. Yet, so long as you resist him the entire time, you will have never offended God. In fact, you will gain merit and be a more virtuous person for having never given.

In the following section, I will pass along some helpful, practical advice on what specifically you can do to resist temptation. You can apply this advice to most any temptation, but especially to enticements to lust.

# 10. WHAT TO DO IN THE HEAT OF THE MOMENT WHEN TEMPTATION COMES

This brings us to a very practical guide as to what to do when you are situated with a moment of enticement to sin. What should you do?

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, that you may be able to endure it,” assures 1 Corinthians 10:13 (NRSV).

St. Alphonsus Liguori says, “With all other sins the devil fishes with a hook. With lust he fishes with a net!”

## How to Make an Escape

What follows is a five-step plan to escape the temptation to impurity. The temptations will come. Be prepared. I have heard it said a man stops being enticed to impurity about ten minutes after he has passed away!

### *1. Get moving!*

First, we need to move our bodies in an effort to redirect our minds. Scripture tells us temptations against the flesh require us to flee—NOT to fight directly (1 Thessalonians 4:3-5; 1 Corinthians 6:18, 10:14; cf. Genesis 39:12).

So get up, if you were lying down; walk, if we were sitting; etc. By physically removing yourself from the place the temptation came, you will help yourself tremendously. Not only will you be following the Biblical command to resist the devil (James 4:7), but you will be demonstrating, both spiritually and physically, your unwillingness to be spiritually attacked.

### *2. Use a binding prayer*

Get the hell out first, so you can later welcome all of Heaven in!

A binding prayer is invoking the name of Christ to gain control over an evil spirit. For example, you can say, “In the name of Jesus, I bind you spirit of (lust / fornication / impurity / etc.) and send you to the foot of the Cross to be judged by Jesus Christ” (cf. Romans 14:11, Philippians 2:10-11). After all Hebrews 2:18 reassures, “For because he himself (Christ) has suffered and been tempted, he is able to help those who are tempted” (NRSV).

### *3. Call on the Precious Blood*

Now that you have commanded the demon from hell to leave, call on Christ to protect you. Here you can say something to the effect of, “Precious Blood of Christ, wash over me and protect me from the snares of the devil.”

Jesus shed His blood for sinners. Even if you are not in a state of grace when you pray this, this prayer still has power over demons.

#### *4. Now welcome all of Heaven in*

As Catholics we have recourse to the Church Triumphant, the saints in Heaven who intercede on our behalf. You would help yourself greatly by asking for their powerful intercession at your moment of need.

An example of a prayer might be, “Jesus, Mary, Joseph, St. Maria Goretti, Guardian Angel, help me!” Praying like this will ensure we won’t fall into sin when the temptation strikes.

#### *5. Change the image in your mind to something wholesome*

Not only have you physically moved your body, but you have begun redirecting your thoughts too. The next step is to think about something wholesome.

The priest who recommended this escape route from temptation to me suggests one to think of an outdoor activity you enjoy. You can imagine sailing, skiing, canoeing, or something else.

#### *Important tips*

Romans 8:5-6 reads as follows: “For they that are according to the flesh, mind the things that are of the flesh; but they that are according to the spirit, mind the things that are of the spirit. For the wisdom of the flesh is death; but the wisdom of the spirit is life and peace” (Dhouay Rheims).

Likewise, 2 Corinthians 10:5 states, “[Christians] take every thought captive to obey Christ” (NRSV). These verses indicate the importance Christians must place on controlling their thoughts.

Do NOT oppose this type of temptation head on! Temptations to ‘sins of the flesh’ require you to flee. Move your body and deflect your mind until the temptation subsides.

You might need to battle for hours, but so long as you do not consent, you do not sin!

#### *St. Alphonsus gives similar advice*

St. Alphonsus Liguori gives similar advice to avoid sinning in lust, in his work, “Hell’s Widest Gate: Sins of Impurity.” He also has some prayers you should say.

1. “At once call to your aid Jesus and Mary, pronouncing their sacred names.” Do so persistently, if the temptation continues.
2. “Undertake some special devotion to our Lady,” such as fasting on Saturdays, visiting her image daily, and begging for her intercession.
3. “Never omit saying three ‘Hail Marys’ in honor of [the Blessed Mother’s] purity” when you wake up and when you go to bed.
4. Say an Act of Contrition each night.
5. Memorize and recite the Memorare prayer.

# 11. SOME EVILS OF THE PORNOGRAPHY INDUSTRY

The porn industry is a multibillion-dollar enterprise, which makes more money a year than the National Football League, National Basketball Association, Major League Baseball, and National Hockey League combined.

Porn use has evil spirits attached to it. For instance, before the video recorder is turned on, producers often invoke Satan to curse their production and enslave their viewers.

Families with porn users will always experience more disagreements, strife, and chaos.

Porn itself is inherently dehumanizing to its actors and actresses. For example, men view the “actresses” as pieces of meat, essentially, there only for the men’s good pleasure. Horror story after horror story can be told of how disgusting it is for women in this industry.

Former porn actress, Shelley Lubben [described](#) the porn industry, from her firsthand experience, in an interview with LifeSiteNews.com. The interview was published in April 2015 and is titled, “This former porn star is exposing porn’s secrets: and it should make you very, very uncomfortable.” Here are some quotes from that interview:

“I was a single parent, so what the heck, might as well do sex on camera. But it was completely and utterly the worst, darkest thing I’ve ever been involved in.”

“You don’t want people to think you’re weak when you’re in porn; you wanna act like you love it and you love rough stuff, and you love being violated, and called degrading names. It’s all just a pack of lies.”

“They want [porn scenes to be] harder, and grosser and darker, and you know, I can’t imagine what our society will be like in 20 years from now... I doubt any normal girl could walk the street at that point.”

“A lot of people think that pornography fuels sex trafficking and it does. But it does that because it is sex trafficking. It’s called [a] cutthroat business because it’s trafficking; all of us have been coerced into doing a scene we didn’t wanna do.”

A question you need to ask yourself is whether you want to make use of an industry like that.

# APPENDIX I: USEFUL BIBLE PASSAGES FOR PRAYERFUL MEDITATION

Job 31:1 ~ “I made a covenant with my eyes, that I would not so much as think upon a virgin” (Dhouay Rheims) This is our goal. Not to avoid looking in lust, but not to even have lustful thoughts, like St. Job.

Ezekiel 33:1-7 ~ “And the word of the Lord came to me, saying: Son of man, speak to the children of thy people, and say to them: When I bring the sword upon a land, if the people of the land take a man, one of their meanest, and make him a watchman over them: And he see the sword coming upon the land, and sound the trumpet, and tell the people: Then he that heareth the sound of the trumpet, whosoever he be, and doth not look to himself, if the sword come, and cut him off: his blood shall be upon his own head. He heard the sound of the trumpet and did not look to himself, his blood shall be upon him: but if he look to himself, he shall save his life.

“And if the watchman see the sword coming, and sound not the trumpet: and the people look not to themselves, and the sword come, and cut off a soul from among them: he indeed is taken away in his iniquity, but I will require his blood at the hand of the watchman. So thou, O son of man, I have made thee a watchman to the house of Israel: therefore thou shalt hear the word from my mouth, and shalt tell it them from me” (Dhouay Rheims)

In other words, I have this knowledge like a prophet that needs to be told to my brothers (and sisters as a warning). If I don't say anything and they fall, it is my fault. But if I do warn them, and they still fall, it's on them.

Romans 7:14-15 ~ “For we know that the law is spiritual; but I am carnal, sold under sin. For that which I work, I understand not. For I do not that good which I will; but the evil which I hate, that I do” (Dhouay Rheims)

This is the battle we all have. That is, “an inclination to evil that is called concupiscence” (Catechism 405).

Galatians 5:24 ~ “And they that are Christ's, have crucified their flesh, with the vices and concupiscences” (Dhouay Rheims)

Colossians 3:5 ~ “Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry” (NRSV:CE)

1 Peter 2:11 ~ “Dearly beloved, I beseech you as strangers and pilgrims, to refrain yourselves from carnal desires which war against the soul” (Dhouay Rheims)

1 Peter 4:1-2 ~ “...for he that hath suffered in the flesh, hath ceased from sins: That now he may live the rest of his time in the flesh, not after the desires of men, but according to the will of God” (Dhouay Rheims)

Romans 13:14 ~ “But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires” (NRSV:CE)

Mortification (or crucifixion of the flesh) is a marker of a Christian

John 15:18-19 ~ “If the world hate you, know ye, that it hath hated me before you. If you had been of the world, the world would love its own: but because you are not of the world, but I have chosen you out of the world, therefore the world hateth you” (Dhouay Rheims)

Christ says we must be counter-cultural, not friends with the world.

Philippians 4:8 ~ “[W]hatsoever things are true, whatsoever modest, whatsoever just, whatsoever holy, whatsoever lovely, whatsoever of good fame, if there be any virtue, if any praise of discipline, think on these things” (Dhouay Rheims)

St. Paul says to meditate on holy things. We must work to control our thoughts. Our thoughts control our actions.

Hebrews 2:18 ~ “For because he himself (Christ) has suffered and been tempted, he is able to help those who are tempted” (NRSV:CE)

God had no obligation to assume human nature and lower himself into our cesspool of sin, but He did so, for our sake, to set us free from all that mires us.

Ephesians 6:11-18 ~ “Put you on the armour of God, that you may be able to stand against the deceits of the devil. For our wrestling is not against flesh and blood; but against principalities and power, against the rulers of the world of this darkness, against the spirits of wickedness in the high places. Therefore take unto you the armour of God, that you may be able to resist in the evil day, and to stand in all things perfect. Stand therefore, having your loins girt about with truth, and having on the breastplate of justice, And your feet shod with the preparation of the gospel of peace: In all things taking the shield of faith, wherewith you may be able to extinguish all the fiery darts of the most wicked one. And take unto you the helmet of salvation, and the sword of the Spirit (which is the word of God). By all prayer and supplication praying at all times in the spirit; and in the same watching with all instance and supplication for all the saints”(Dhouay Rhiems)

St. Paul outlines the spiritual armor we need for spiritual battle.

1 Corinthians 15:33 ~ “Do not be deceived: ‘Bad company ruins good morals.’” (NRSV:CE)

Be careful with whom you spend your time. A true friend leads others to virtue, not vice. 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 strength, but with the temptation will also provide the way of escape, that you may be able to endure it” (NRSV: CE)

We must be perceptive to see when we are being tempted and we must persevere not to commit the sin.

Matthew 5:28-30 ~ “But I say to you, that whosoever shall look on a woman to lust after her, hath already committed adultery with her in his heart. And if thy right eye scandalize thee, pluck it out and cast it from thee. For it is expedient for thee that one of thy members should perish, rather than that thy whole body be cast into hell. And if thy right hand scandalize thee, cut it off, and cast it from thee: for it is expedient for thee that one of thy members should perish, rather than that thy whole body be cast into hell” (Dhouay Rheims, cf Mark 9: 42-47).

This is a device Christ uses in His speech to drive home a point. Here He is not necessarily saying we ought to literally cut off our hand or pluck out our eye. Instead, whatever source of sin we have—

like Internet porn—needs to be removed from our lives. Better to not look at the Internet and go to Heaven than to keep the Internet and end up in hell.

Romans 8:5-6 ~ “For they that are according to the flesh, mind the things that are of the flesh; but they that are according to the spirit, mind the things that are of the spirit. For the wisdom of the flesh is death; but the wisdom of the spirit is life and peace” (Dhouay Rheims)

Mark 14:38 ~ “Watch ye, and pray that you enter not into temptation. The spirit indeed is willing, but the flesh is weak” (Dhouay Rheims)

Simple advice straight from our Lord’s lips. Don’t trust yourself. Whom do you serve?

## APPENDIX II: ADDITIONAL RESOURCES

### Catholic Resources:

CatholicMenConquerPorn.com

My friend, Devin Rose developed a course to lead Catholic men out of the bondage of porn addiction into a life of chastity. He is offering YOU a chance to join at a 30%-discounted rate (see Appendix IV)!

IntegrityRestored.com

Helping men and their wives restore order to their lives by breaking free from porn addiction.

ThePornEffect.com

They speak about the beauty of sex, the ways porn harms its users, and the healing people can find.

MattFradd.com

*THE* go-to national, Catholic speaker on the topic of overcoming porn addiction. He has created numerous resources, including his books, *Delivered* and *Restored*.

The “Victory” App for Smartphones

Catholic apologist and anti-porn speaker, Matt Fradd and LifeTeen’s Mark Hart came up with a free app for teens and others to download to their smartphones to help them remain accountable in their struggle for purity. The app offers you the chance to send out prayer requests—especially when temptation comes. As well, it has features to help you track your weak spots, so you can learn to avoid occasions of sin. This app is available for iPhones and for Androids.

ChastityProject.com

Jason Evert is *THE* nation’s leading Catholic author and speaker on the topic of chastity. He has traveled the world giving presentations and has numerous books, including *How to Find Your Soulmate without Losing Your Soul*, *If You Really Loved Me*, and *Purity 365*.

EverettFritz.com

Everett Fritz’s first book tackles strategies for breaking free from sexual temptation, titled *Freedom: Battle Strategies for Conquering Temptation*. Everett’s background is in youth ministry and his book is tailored for a high school freshman.

“Create in Me a Clean Heart”

The US Conference of Catholic Bishops released a pastoral response to the porn epidemic in November 2015.

St. Alphonsus Liguori

I highly recommend you read and meditate on the wisdom offered by this holy saint in his work, “Hell’s Widest Gate: Impurity,” available [here](#). I also highly recommend you read his shorter piece, “On Avoiding the Occasions of Sin,” available [here](#).

**Christian Resources:**

LiveBold.org

Live Bold Magazine is dedicated to men and men's ministry.

PureHope.net

They offer Christian solutions to counteract our oversexed culture, which is filled with sexual exploitation and suffering.

SettingCaptivesFree.com

A non-denominational ministry aimed at helping people overcome "sins of the flesh," such as impurity, over-eating, substance abuse, smoking, and even gambling.

ThePinkCross.org

A ministry trying to free those working in the porn industry to get out. They also offer resources to those suffering from porn addiction.

BeggarsDaughter.com

Jessica Harris dedicates this site and her ministry to women struggling with pornography.

**Secular Resources:**

TogethernessProject.org

An online community for women offering hope and healing after being hurt and traumatized after sexual addiction, porn use, and infidelity rocked their relationships and families.

NoFap.com

An online forum founded by an atheist devoted to helping men end their porn use and masturbation habit.

YourBrianonPorn.com

Tons of research articles and resources to analyze the addictive nature of porn use on the human brain.

FighttheNewDrug.org

They offer scientific facts and personal testimonies to expose the dangers of porn use.

# APPENDIX III: SPECIAL OFFER FROM MOBICIP FOR PROLIFE365.COM READERS

I am happy to share with you this wonderful news.

Mobicip, one of the nation's premiere Internet filter services is offering a special 10% discount to all ProLife365.com readers!

Since this ebook is made available exclusively only on ProLife365.com, I am making this discount available to you, the readers of this ebook.

Mobicip offers Internet filtering and accountability software at Mobicip.com. They offer a Basic service for free.

For those who wish to upgrade to the Premium Service, you will receive perks such as these:

- Online Management of Your Account
- Access Requests
- Browsing History Reports
- Time Limits
- Accountability Mode

How much does it cost for this Premium service? Would you believe normally it would cost only \$39.99 for an entire year, to cover up to five devices?

Very affordable, right? Well, now we'll help you out even more.

I am proud to say Mobicip has agreed to offer a 10% discount on their services to all ProLife365.com readers.

**All you need to do is enter the discount code "7A6QIJ" (without the quotations) at checkout at [Mobicip.com](http://Mobicip.com) to redeem this exclusive discount!**

We talked about the importance of putting Internet filters in place and holding yourself accountable. Here's your chance to put those ideas to practice!

# APPENDIX IV: SPECIAL OFFER ON COURSES BY CATHOLICMENCONQUERPORN.COM

My friend, and Catholic author and speaker, Devin Rose offers a comprehensive set of courses to Catholic men looking to overcome pornography addiction. In addition to offering some free materials, Devin Rose offers three different courses to Catholic men attempting to conquer porn addiction.

I am honored that he has agreed to extend to the readers of this ebook an exclusive 30% savings on his courses available at <http://catholicmenconquerporn.com/courses/overcome-porn-addiction>.

## **Basic Training (\$27)**

You will receive the following:

- Nine video courses
- Devin Rose's ebook, *Unbreakable Purity: The 30 Day Catholic Guide to Conquering Porn Addiction*
- Access to his 17-week Bootcamp, a daily guide to follow
- Access to an exclusive forum of men looking to overcome porn addiction for accountability
- Email access to Devin Rose

## **Ranger Battalion (2 Payments of \$47 / month)**

You will receive the following:

- All the perks of Basic Training
- A bonus book
- Free shipping
- A 30-minute phone call with Devin Rose

## **Special Forces (2 Payments of \$97 / month)**

You will receive the following:

- All the perks of Basic Training and Ranger Battalion
- 3 books
- Free Shipping
- A Free Month of Covenant Eyes software
- Personal Coaching from Devin Rose

To receive your 30% savings on any of the above courses, just enter the promo code "PRO-LIFE30" (without the quotes) at checkout at <http://catholicmenconquerporn.com/courses/overcome-porn-addiction>. This is a unique opportunity to join a forum of fellow Catholic men attempting to overcome the same vice as you. You're not alone!

## APPENDIX V: ABOUT THE AUTHOR

Hello,

My name is Kevin Kukla. I am a happy husband and proud father of a growing family. Currently our family lives in East Texas and we are devout Catholics.

You may be familiar with my blog, ProLife365.com. I started in March 2014 and since then I have written three times a week on various topics pertinent to the pro-life cause. You may also be familiar with my first ebook, “7 Biblical Passages Against Birth Control... And How to Defend Life.”

This time around I chose to write a new book giving practical advice to those who struggle with purity. I know from personal experience the struggles we can have in obeying the Sixth and Ninth Commandments.

But I also know the liberty Jesus Christ provides to those who seek to follow His will. My prayer is that you too will experience this freedom for yourself.

There is virtually nothing in this book that I can claim credit for as an original thought of my own. Instead, I happily confess I am merely allowing myself to serve as a vehicle for the Holy Spirit to impart His knowledge.

Particularly, I draw from the influences various places, but mostly from Sacred Scripture, St. Alphonsus Liguori, Thomas á Kempis, and the pastoral wisdom I have received in recent years.

God willing, you, the reader, will be edified by reading this, and, more importantly, challenged to follow through with the advice given in these pages.

You are welcome to send me feedback on this ebook. You can email me at [kevin@prolife365.com](mailto:kevin@prolife365.com) or write to me at ProLife365.com, P.O. Box 131255, Tyler, TX 75713.

I am availing myself for any conferences where you may need a speaker at your local parish, or for radio or TV programs where you need a guest.

Christ’s peace,

Kevin Kukla



# APPENDIX VI: THE PRIESTLY BLESSING OF THE ST. JOSEPH'S CINCTURE (CORD)

I highly encourage you to obtain a St. Joseph's Cincture and to wear it all day, every day, as a sacramental.

The following comes from sanctamissa.org and includes the priestly, Roman Ritual blessing of the cinctures worn in honor of St. Joseph.

(Approved by the Congregation of Sacred Rites, Sept. 19, 1859)

The priest, vested in surplice and white stole, says:

P: *Our help is in the name of the Lord.*

All: *Who made heaven and earth.*

P: *The Lord be with you.*

All: *May He also be with you.*

P: *Let us pray. Lord Jesus Christ, who inculcated the counsel and love of virginity, and gave the precept of chastity, we appeal to your kindness, asking that you bless + and hallow + this cincture as a token of purity. Let all who gird themselves with it as a safeguard of chastity be enabled, by the prayers of St. Joseph, spouse of your holy Mother, to practice that continence which is so pleasing to you, and to live in obedience to your commandments. May they also obtain pardon of their sins, health in mind and body, and finally attain everlasting life. We ask this of you who live and reign with God the Father, in the unity of the Holy Spirit, God, forever and ever.*

All: *Amen.*

P: *Let us pray. Almighty everlasting God, grant, we pray, that those who revere the inviolate virginity of the most pure Virgin Mary and of Joseph, her spouse, may by their prayers be pure in mind and body; through Christ our Lord.*

All: *Amen.*

P: *Let us pray. Almighty everlasting God, who committed the boy Jesus and the most pure Mary, ever a Virgin, to the care of the chaste man Joseph, we humbly entreat you that those who are girded with this cincture in honor of St. Joseph and under his patronage may, by your help and his prayers, persevere in holy chastity for all time; through Christ our Lord.*

All: *Amen.*

P: *Let us pray. God, the lover and restorer of innocence, we pray that your faithful who are to wear this cincture may, by the prayers of St. Joseph, spouse of your holy Mother, have their loins girded and hold burning lamps in their hands, and thus be likened to men who wait for their Lord when*

*He shall return for a wedding, that when He comes and knocks they may open to Him, and be found worthy of being taken into everlasting joys; through you who live and reign forever and ever.*

All: *Amen.*

Then the priest puts incense into the censer, sprinkles the cincture with holy water, saying:

P: *Sprinkle me with hyssop, Lord, and I shall be clean of sin. Wash me, and I shall be whiter than snow.*

After this he incenses the cincture, and then continues:

P: *Save your servants.*

All: *Who trust in you, my God.*

P: *Lord, send them aid from your holy place.*

All: *And watch over them from Sion.*

P: *Lord, heed my prayer.*

All: *And let my cry be heard by you.*

P: *The Lord be with you.*

All: *May He also be with you.*

P: *Let us pray. O God of mercy, God of goodness, who are pleased with all good things, and without whom no good work is begun, no good work is finished; kindly hear our prayers, and defend your faithful, who are to wear this blessed cincture in honor of St. Joseph and under his protection, from the pitfalls of this world and all its lusts. Help them to persist in their holy resolution and to obtain pardon of their sins, and thus merit to be numbered among your elect; through Christ our Lord.*

All: *Amen.*

Pretty cool, don't you think?

# APPENDIX VII: MAXIMS OF ST. PHILIP NERI FOR CONQUERING LUST

- Devotion to the Blessed Virgin is actually necessary, because there is no better means of obtaining God's graces than through His most holy Mother.
- In order to preserve their purity, young men should frequent the Sacraments, especially confession, go to sermons, and be often reading the Lives of Saints.
- He who conceals a grave sin in confession, is completely in the devil's hands.
- There is nothing more to the purpose for exciting a spirit of prayer, than the reading of spiritual books.
- We ought to fear and fly temptations of the flesh, even in sickness, and in old age itself, aye, and so long as we can open and shut our eyelids, for the spirit of incontinence gives no truce either to place, time, or person.
- The stench of impurity before God and the angels is so great, that no stench in the world can equal it.
- Humility is the true guardian of chastity.
- We must never trust ourselves, for it is the devil's way first to get us to feel secure, and then to make us fall.
- If young men would preserve their purity, let them avoid bad company.
- Without mortification nothing can be done.
- Let them also avoid nourishing their bodies delicately.
- Young men should be very careful to avoid idleness.
- If young men wish to protect themselves from all danger of impurity, let them never retire to their own rooms immediately after dinner, either to read or write, or do anything else; but let them remain in conversation, because at that time the devil is wont to assault us with more than usual vehemence, and this is that demon which is called in Scripture the noonday demon, and from which holy David prayed to be delivered.
- When a man is in an occasion of sin, let him look what he is doing, get out of the occasion, and avoid the sin.
- An excellent method of preserving ourselves from relapsing into serious faults, is to say every evening, "Tomorrow I may be dead."
- Let a man always think that he has God before his eyes.
- Men should often renew their good resolutions, and not lose heart because they are tempted against them.
- One of the most efficacious means of keeping ourselves chaste, is to have compassion for those who fall through their frailty, and never to boast in the least of being free, but with all humility to acknowledge that whatever we have is from the mercy of God.
- To be without pity for other men's falls, is an evident sign that we shall fall ourselves shortly.
- In the matter of purity there is no greater danger than the not fearing the danger: when a man

does not distrust himself, and is without fear, it is all over with him.

- As soon as a man feels that he is tempted, he should fly to God, and devoutly utter that prayer which the fathers of the desert so much esteemed: “O God come to my assistance, Lord make haste to help me” or that verse, “create a clean heart in me, O God.”
- When sensual thoughts come into the mind, we ought immediately to make use of our minds, and fix them instantaneously upon something or other, no matter what.
- In temptations of the flesh, a Christian ought to have immediate recourse to God, make the sign of the cross over his heart three times, and say, “Christ, Son of God, have mercy on me.”
- In the warfare of the flesh, only cowards gain the victory; that is to say, those who fly.
- We should be less alarmed for one who is tempted in the flesh, and who resists by avoiding the occasions, than for one who is not tempted and is not careful to avoid the occasions.
- When a person puts himself in an occasion of sin, saying, “I shall not fall, I shall not commit it,” it is an almost infallible sign that he will fall, and with all the greater damage to his soul.
- Let us always go to confession with sincerity, and take this as our rule—never out of human respect to conceal anything from our confessor, however inconsiderable it may be.
- In trying to get rid of bad habits, it is of the greatest importance not to put off going to confession after a fall, and also to keep to the same confessor.
- When we go to confession, we should accuse ourselves of our worst sins first, and of those things which we are most ashamed of, because by this means we put the devil to greater confusion, and reap more fruit from our confession.
- At Communion we ought to ask for the remedy of the vice to which we feel ourselves most inclined.
- In order to begin well, and to finish better, it is quite necessary to hear mass every day, unless there be some lawful hindrance in the way.
- We must not trust in ourselves, but take the advice of our spiritual father, and recommend ourselves to everybody’s prayers.
- Let us strive after purity of heart, for the Holy Ghost dwells in candid and simple minds.
- The Lord grants in a moment what we may have been unable to obtain in dozens of years.
- We must pray incessantly for the gift of perseverance.
- Human language cannot express the beauty of a soul which dies in a state of grace.
- To obtain the protection of our Blessed Lady in our most urgent wants, it is very useful to say sixty-three times, after the fashion of a Rosary, “Virgin Mary, Mother of God, pray to Jesus for me.”

# APPENDIX VIII: 7 PRACTICAL STEPS YOU CAN TAKE EACH DAY OVER THE NEXT 7 DAYS AND BEYOND TO CURB YOUR PORN ADDICTION

I encourage you to print out this section of the ebook and place it in your nightstand drawer or someplace known only to you. Check your progress on this and check off the boxes throughout the day.

## Today, Day 1:

- Admit you have a problem.
- Spend time in prayer, right now, asking the Lord, Jesus Christ for the grace to recover.
- Resolve in prayer and to yourself that you will do whatever it takes to break free.
- Move your desktop or laptop computer into the living room or dining room, where more people can monitor activity on it.
- Install Mobicip (or some other Internet filtering and accountability software) on your computer and smart phone devices.
- Call up a mentor or someone you admire for his sanctity, and ask him to be your accountability partner.
- Tonight, while brushing your teeth before going to sleep, start saying your Three Hail Mary's for Purity, asking Our Lady to pray for you.

## Tomorrow, Day 2:

- When you wake up, say your Three Hail Mary's for Purity as you brush your teeth.
- Visit your local Catholic Church
- Go to Confession if possible. If not, find out the soonest you can go and make it there!
- Attend Daily Mass if possible.
- If nothing else, spend time in the sanctuary in silent adoration, praying to Christ for help.
- Say a Rosary this day for the intentions of breaking free from your vice.
- Stop into the office and schedule an appointment with a priest to talk over your addiction and to ask for his guidance.
- Pick up some Holy Water and bring it home with you.
- Be sure to check in today with your accountability partner several times throughout the day to let him know how you are doing and to ask for his prayers. Remember, now that you have resolved to end your addiction, the devil will be on the prowl.
- Text your accountability partner before punching in for work to ask him for prayers.
- Text him at lunch time with a status update.
- Call him on your way home from work for a short chat.

- Text him before going to bed.
- Begin making three to five mortifications today to break yourself from your fleshly desires (See Chapter 6 for numerous ideas).
- Perhaps, wait for your eggs at breakfast to turn cold before eating them.
- Perhaps, don't listen to the radio on your way to work, spending time in prayer instead.
- Try parking far from your office and walking further. Take the stairs, instead of the elevator.
- Order flowers for your wife on your lunch break and have them delivered to her today.
- When you get home from work, leave your cell phone on top of the fridge and don't look at it until after the kids have gone to bed.
- Walk around sprinkling that Holy Water you picked up at the Church throughout your home. Fling some into every corner of every room and closet. Say the St. Michael Prayer and/or a binding prayer repeatedly as you do it.
- When (not if) temptation comes, follow the Simple 5 Step Guide to overcome it:
  1. Get Moving
  2. Use a Binding Prayer
  3. Call on the Precious Blood
  4. Welcome Heaven in
  5. Think of Something Wholesome
- Say your Three Hail Mary's for Purity while brushing your teeth before bed.

**Days 3 through 6:**

- Say your Three Hail Mary's for Purity while brushing your teeth after you wake up.
- Say a Rosary today for the intention of breaking free from your addiction.
- Continue making three to five mortifications today to break yourself from your fleshly desires.
- Take a cold shower.
- If you pack your lunch, skip the potato chips or other snack item. If you order out, get the sandwich and no fries or soda.
- Try not turning on the heat (or the A/C) on your drive to work.
- When you get home from work, leave your cell phone on top of the fridge and don't look at it until after the kids have gone to bed.
- At dinner time, be the last to feed yourself and limit yourself to one portion. No dessert, either.
- Check in with your accountability partner several times a day.
- Pray to Sts. Joseph and Maria Goretti for help in remain chaste.
- When (not if) temptation comes, follow the Simple 5 Step Guide to overcome it:
  1. Get Moving
  2. Use a Binding Prayer
  3. Call on the Precious Blood
  4. Welcome Heaven in
  5. Think of Something Wholesome
- Say your Three Hail Mary's for Purity while brushing your teeth before bed.

**Day 7:**

- Say your Three Hail Mary's for Purity while brushing your teeth after you wake up.
- Say a Rosary today for the intention of breaking free from your addiction.
- Continue making three to five mortifications today to break yourself from your fleshly desires.
- Take a cold shower.  If you pack your lunch, skip the potato chips or other snack item. If you order out, get the sandwich and no fries or soda.
- Try not turning on the heat (or the A/C) on your drive to work.
- When you get home from work, leave your cell phone on top of the fridge and don't look at it until after the kids have gone to bed.
- At dinner time, be the last to feed yourself and limit yourself to one portion. No dessert, either.
- Meet up with your accountability partner today, in addition to checking in with him several times.
- Visit Christ in the Tabernacle, making a Holy Hour of Adoration today.
- When (not if) temptation comes, follow the Simple 5 Step Guide to overcome it:
  1. Get Moving
  2. Use a Binding Prayer
  3. Call on the Precious Blood
  4. Welcome Heaven in
  5. Think of Something Wholesome
- Say your Three Hail Mary's for Purity while brushing your teeth before bed.

**Day 8 and Beyond:**

- Say your Three Hail Mary's for Purity while brushing your teeth after you wake up.
- Say a Rosary today for the intention of breaking free from your addiction.
- Continue making three to five mortifications today to break yourself from your fleshly desires.
- When (not if) temptation comes, follow the Simple 5 Step Guide to overcome it.
- Develop prayerful devotions to our Eucharistic Lord in Adoration, to the Blessed Virgin Mary, to your guardian angel, to the Saints, especially Sts. Joseph and Maria Goretti.
- Say your Three Hail Mary's for Purity while brushing your teeth before bed.