



Written by [Luke Gilkerson](#)

I used to watch porn a lot. I hated how much I loved it, because I knew it was slowly chipping away at my soul, my relationship with God, and my ability to relate to women.

What fed my love of porn more than anything was the lie that sex was life. I was single at the time, and I had bought into the lie that sex was a basic, fundamental “need” of which I was deprived. To hear that God wanted me to give up porn sounded like God wanted me to give up life itself. I got angry with God for seemingly creating me with such strong cravings and then depriving me of what I thought was a basic right.

I had to learn that sex, though good and pleasurable, is not life. The desire for sex and intimacy is good, but even the best intimacy in marriage was designed by God to be a reflection of something greater.

Attractive naked people aren’t the only reasons why porn is so alluring. The power of porn is the story it tells: everything from the setting to the words spoken to the expressions on the actor’s faces tell a story.

We chase after porn because it is promising life to us—or at least something we’ve defined as life. We buy into those false promises and get hooked on the fantasy world.

In his fantastic book, [Closing the Window](#), Dr. Tim Chester **identifies six promises the fantasy world of porn often makes to its viewers.**

Below is my summary. This is the story porn feeds to us:

1. Respect

If we feel inadequate or rejected, our sinful hearts often crave respect, and porn offers the fantasy of respect. In the fantasy world, we are adored by fantasy women or men. Porn gives us an eroticized

world where we are man enough or woman enough to capture the attention of others by our sexual prowess. We enter the fantasy, and for a brief moment, can feel truly valuable.

2. Relationship

We desire intimacy, but we don't like its risks. We want to be close to others, but we don't want to be vulnerable. We want a real relationship, but we want to be the one in control. Porn gives us this illusion: we can feel "connected" but not have all the mess of a real relationship. Porn offers a parody of love and closeness.

3. Refuge

In times of hardship or fear of failure, we want to relieve our stresses. When life gets hard we want somewhere to escape. We want to pretend to be someone else or somewhere else. Porn gives us a fantasy world where we are never a failure: you always get to have the hot girl or guy you desire, or you get to be the hot girl or guy. Porn provides us with an erotic escape.

4. Reward

In times when we are bored or when we feel like we've made great sacrifices, we often want to reward or entertain ourselves. This sense of entitlement drives us back again and again to the world of fantasy where our overworked minds and under-appreciated egos can "get what we deserve." Porn showcases its "trophy" men and women across the screen, and for a brief moment, we experience that rush of, "Yes! I deserve this."

5. Revenge

In times of frustration and anger, we might turn to porn as an act of revenge against another person (like our spouse who isn't having sex with us when we want) or against God (who isn't giving us the life we want). Porn is our tantrum at the world that isn't catering to our desires. Porn is our outlet for saying, "I'll get what I want, and no one can tell me otherwise."

6. Redemption

In times of guilt and self-loathing, the fantasy world of porn offers false redemption. If we are feeling guilty, pornography says, "You're okay just the way you are. Nothing about you needs to change." If we are mired in self-hatred, porn is our way of punishing ourselves. "This is the shameful life I deserve," we say to ourselves. Porn is a way to indulge our dark world of self-pity.

These are the false promises of porn, and for each person it is a little different. Just one of these might ring true for some people. For others, several or all of them ring true.