

**LIE #1:** My pornography addiction defines who I am

**TRUTH** ■ Only God can define who you are.

---

**LIE #2:** I am alone in my struggle with pornography addiction

**TRUTH** ■ You are not the only one fighting this battle, and God never intended for you to fight it alone.

---

**LIE #3:** My pornography addiction is about fulfilling my sexual desires

**TRUTH** ■ Pornography addiction is an attempt to meet the deepest needs of your soul without being required to risk anything in the process.

---

**LIE #4:** I can compensate for my pornography addiction by doing enough good in other areas

**TRUTH** ■ None of us will ever be good enough to earn our own way into Heaven.

---

**LIE #5:** My pornography addiction separates me from God's love

**TRUTH** ■ Your sin will never separate you from God's unconditional love and acceptance.

---

**LIE #6:** I'm strong enough to control my pornography addiction on my own

**TRUTH** ■ In order to find true freedom, you must give up on your own ability to control your sin.

---

**LIE #7:** Jesus can set others free from pornography addiction, but not me

**TRUTH** ■ If you believe Jesus is Lord, you can trust that everything He promises is true, even for you.

---

**LIE #8:** Holding on to unforgiveness has no effect on my pornography addiction

**TRUTH** ■ Unforgiveness is one of the most common ways of allowing spiritual bondage back into your life.

---

**LIE #9:** I must shut down my desires if I want to be free from pornography

**TRUTH** ■ God doesn't want you to shut down your desires. He wants to redeem them for His good.

---

**LIE #10:** God can no longer use me because of my pornography addiction

**TRUTH** ■ God loves to use broken people to do amazing things for His kingdom, regardless of their past.

---

*And you will know the truth, and the truth will set you free.*

**JOHN 8:31-32**

*You can download a free, printable PDF of this page at:*

**BELTOFTRUTH.COM/RESOURCES**