




PO Box 991752 Louisville, KY 40269


502-939-9269

daniel@abbasdelight.com

Daniel Mingo, Ministry Director Est. Apr 2008 NEWSLETTER—May 2016

www.abbasdelight.com

 Hope For Wholeness Referral Ministry

 Referral Ministry of ROCK-Reclaim Our Culture Kentuckiana

THIS MONTH'S MEDITATION SCRIPTURE: *How can a young man keep his way pure? By keeping it according to Your word. Your word I have treasured in my heart that I may not sin against You. Ps 119:9,11*

Porn: Why Should I Stop Watching It?

In the April 11, 2016 edition of Time magazine, the cover story is about porn and “why young men who grew up with Internet porn are becoming advocates for turning it off.” The story identifies and talks about fellows who have watched porn regularly/habitually for most of their lives largely unhindered, and have now realized as adults wanting to engage in sexual activity with other individuals, they no longer have the ability to maintain erectile functionality when engaging a real live partner. They’ve even given it a name: PIED—porn-induced erectile dysfunction.

One twenty-something normalized his porn use, stating that “porn was as much a part of adolescence as homework or acne.” Another fellow whose dad was a software engineer said he was encouraged from the age of three to be on his computer. By the age of 14, he was masturbating to porn ten times a day. The rest of his time was spent playing video games.

Their rationale was explained simply by one man who shared, “There was a disconnect between what I wanted in my mind and how my body reacted.” According to the article, these guys “are convinced that their sexual responses have been sabotaged because their brains were virtually marinated in porn when they were adolescents.”

For those of you reading this piece, who may not believe that porn in our culture is such a big deal, check out these statistics from the article. “One independent web-tracking company clocked 58 million U.S. visitors to adult sites in February 2006. Ten years later the number was 107 million. One of the world’s largest adult sites...says that it gets 2.4 million visitors per hour and that in 2015 alone, people around the globe watched 4,392,486,580 hours of its content...” And that’s just one site! Recent studies show that the average age for first-time porn viewing in males is 12 years old.

To counteract the effects of this long-term porn use, there have been online groups, forums, phone apps, websites, blogs, educational videos, and podcasts established to help these men avoid porn use, and to help them understand the dilemma. Some have taken on speaking engagements to spread the word, and one fellow does counseling for \$100 a session.

One such YouTube video that I have found helpful in ministry is called The Science of Porn, describing what porn viewing does to our brains.

<https://www.youtube.com/watch?v=1Ya67aLaaCc>

Not everyone is buying into porn being a negative thing, that it even has an effect on erectile functionality, or that people can become sexually addicted. Some believe that those individuals are simply over-sexed. However, I doubt that those who feel trapped with no way out would agree. One study showed that men who are 'religious' are more likely to believe they are addicted.

So, as a man of God, why should I avoid watching porn? Primarily, to be obedient to my Father! He created the good gift of sexual expression to be shared only between a husband and his wife. Therefore, any expression outside of that formula is disobedient to His word. Jesus preached that even entertaining lustful thoughts in our minds toward other individuals is adulterous. Sounds so simple! But carrying out His instruction is often not. Bringing every thought captive to the obedience of Christ has been a strong support in my walk of purity and holiness for over 20 years. Being open, honest, and transparent with close brothers about my thoughts and temptations has served well, too. Additionally, engaging in repeated porn viewing will certainly deter me from pursuing God's purpose and destiny for my life, as He has called me to specific tasks in building His kingdom on earth. While He chooses to use fallible humans to accomplish His work, I certainly want to give Him my full cooperation in the process.

Have I become perfect in holiness? Not by a long shot! But it is a goal I continue to grow towards with His mercy and grace.

[Responses From You](#)

From a sister in IN: Thank you for the timely reminder about God's love. May we walk daily led by the Holy Spirit & sharing God's love.

Please share your comments by email reply if you have been impacted in any way by our monthly newsletter articles. We always appreciate hearing from you.

[Upcoming Ministry Meetings](#)

Family & Friends Group: Tuesday, April 26, 2016; Tuesday, May 10, 2016; Tuesday, May 24, 2016

Overcomers Group: Thursday, May 5, 2016; Thursday, May 24, 2016

[Upcoming Conferences](#)

Counsel the Word, April 26-27, 2016 at Southern Baptist Theological Seminary, Louisville, KY
Exhibiting Abba's Delight Ministry

Hope for Wholeness, "Jesus Above All," June 1-5, 2016, Ridgecrest Conference Center, Black Mountain, NC www.hopeforwholeness.org and www.ridgecrestconferencecenter.com to register

Presenting 2 workshops:

Finding Your Destiny in God's Kingdom on Earth Because salvation and eternal life with God are gifts, which we do not have to earn, what does Father desire of us as long as we're here on earth? We'll discuss our individual and corporate destinies in God as we honor Jesus above all with our lives.

Bringing Clarity/Definition to Being a Man of God The world has definite ideas of what a man is supposed to be, and so does the Church. But are the pictures of a man painted by the world and the Church a true reflection of what God's word puts forth? We'll examine some characteristics of men and masculinity from the Scriptures. Bring your Bible!

Conference Scholarship Assistance

I am aware of some people who would love to go to the Hope for Wholeness conference, but do not have all of the necessary funds to participate. If you have the funds and are unable to go, please consider donating to Abba's Delight towards assisting someone else to attend. Simply mark your checks "conference scholarship." Thank you for your consideration.

Ongoing Prayer Requests

As always, we covet your prayers for our ministry to grow, financial support to increase, to move forward proclaiming freedom to the captives, and that churches would open their doors to Abba's Delight. Please pray for our ministry participants, our Family & Friends Support Group, our meetings, our conferences, events at which we sponsor and exhibit, our Board of Directors, and most importantly that many lives will be touched by the Holy Spirit to draw closer to Jesus, seeking freedom from their bondage. Please pray that church leaders and congregations will awaken to the necessity of being prepared Biblically with wisdom and God's love to face head-on the growing numbers of those in our congregations who are being impacted, either directly, or indirectly through a loved one, by homosexuality and the ever-increasing acceptance of gay life in our culture.

If you do not wish to receive the Abba's Delight Ministry Newsletter any longer, please let me know. If you do wish to continue to receive it, please be certain to put our email address in your address book, so that this mailing does not go to your spam, and report to your carrier. Thank you.

Now unto Him who is able to keep you from stumbling and to make you stand in the presence of His glory blameless with great joy, to the only God our Savior through Jesus Christ our Lord, be glory, majesty, dominion and authority before all time and now and forever. Amen. Jude 24-25