

Healing From Pornography

You may know someone who is stuck in the cycle of pornography, or you may be the one seeking help from this destructive behavior. The good news is that **YOU CAN BE HEALED FROM IT!**

So what do you do? It is not easy to be freed from pornography, but you can do it if you love Jesus and seek His mercy to help you. As a Catholic, we know we can go to Sacramental Confession, but you need to understand that pornography addiction has taken years to envelop your life. This means, it may take months to help you rid yourself of this addiction. So you need to persevere in the healing. Since pornography is really an evil spirit which has attached itself to you, you may have many demonic spirits attached to you, tempting you, enticing you, overcoming you in this quest of healing. Don't listen to the demons, but get rid of them as quickly as you possibly can. For our non-Catholic Christians, you may want to talk with your Pastor, ask your Pastor to pray for you during your cleansing period of ridding these demonic spirits from you.

How it works, you need to hand **EVERY PORN IMAGE** you have ever looked at into the hand of our Savior, Jesus Christ. You can use this picture of Jesus or you can select any image of our Crucified Savior from home or at church.

Wherever you are, you need to begin with covering yourself in the Blood of Jesus, His Blood which poured from His holy body which was shed on the Cross for our sins.

Next, ask your Divine Savior, who loves you beyond your understanding, to help you purge all the images of porn that you have ever looked at. Those images have been placed in your conscious and subconscious mind, but our Jesus can remove them and He will, one by one. This may be the most important point, **YOU MUST EARNESTLY BE SORRY FOR LOOKING AT ANY PORNOGRAPHY.** Without a sincere heart, pleading for forgiveness, you cannot be healed! Repent, repent and repent more.



The Healing Process

1. Go to a quiet place, where others cannot interrupt your healing process.
2. Make sure you cover yourself with the Blood of Jesus for protection.
3. Ask the Holy Spirit and Mother Mary to come and help you purge these images from your mind.
4. Close your eyes and ask our Savior Jesus to show you a porn image that needs to leave your life today!
5. When you recall that porn image, give it to Jesus, place it in His holy hand as say this little prayer,

“Dear Jesus, I have sinned against you by participating in and viewing pornography, I ask you to please forgive me for sinning against you! I want to go to Heaven and so I seek your forgiveness and mercy today. Please Jesus, take this porn image from me, from my conscious and subconscious mind forever so that I will never remember this porn image ever again.”

6. Now thank Jesus for taking that porn image away once and for all. Jesus has healed you from that porn image and you should never be able to recall that porn image ever again.
7. If you have looked at hundreds of porn images, then you will need to repeat this process hundreds of times.
8. Now go to Sacramental Confession, confess your sins of pornography! Jesus forgives us and heals us when we have a deeply repentant, sorrowful heart. Repent from your heart, go to Confession and be healed!

Some say that pornography is a sickness, it is. The devil has convinced you that you have no control, but it is a lie because the devil is a liar. So pray for strength, courage and perseverance and Jesus will heal you!

***If you want to report your healing, please let us know. We will never use your name publicly. God bless you and know this Apostolate is praying for your healing!