



Research Brief

Christian Men & The Temptation of Pornography

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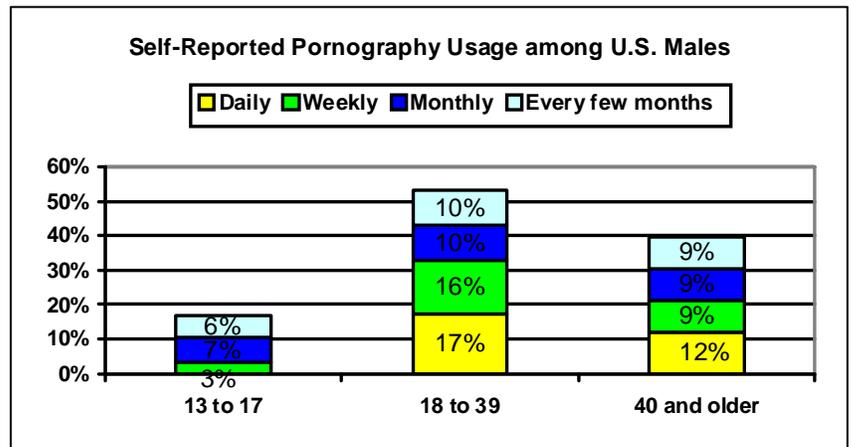
The advent of the internet and an explosion of sites displaying sexually explicit material have created a world where pornography is just a click away for most people, most of the time. Concerns over who is using pornography and what are the consequences are running high both in the mainstream and the Christian community. In such an emotionally charged area, it's not surprising to find a wide range of estimates on the extent of the problem (see, for example, www.BlazingGrace.org). Unfortunately, however, many of these estimates are questionable because they do not come from scientifically sound research or are based on non-representative samples.

The Center for Bible Engagement (CBE) at Back to the Bible has collected data on self-reported pornography use from over 50,000 Americans. This research brief summarizes what we have learned about how many people struggle with the temptation of pornography.

Our surveys of random samples of U.S. adults reveal that two-fifths of men view pornography at least every few months. One out of five uses pornography at least once a week.

Younger men have much higher rates of pornography use than older men.

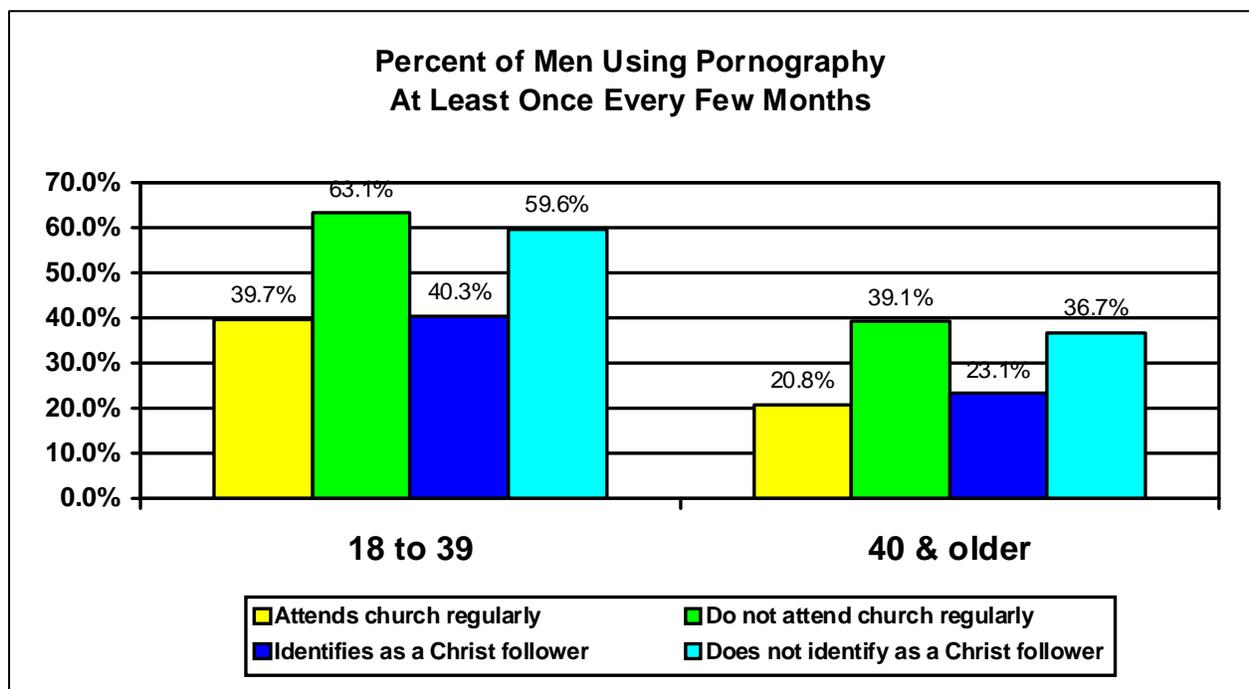
More than half of adult men under the age of 40 self-report viewing pornography regularly. For one-third, this means at least once a week.



Usage rates are generally lower among men who regularly attend church. However, pornography remains a frequent temptation for a significant proportion of the church body.

Considering the general population of U.S. men who attend church regularly, we find that one-fourth of those over the age of 40 and two-fifths of those under 40 say they view pornography at least every few months. Rates for those who identify themselves as Christ-followers are similar.

For an individual church, these estimates serve as a good starting point although rates will vary depending on the composition of its unique congregation. CBE's surveys of individual churches reveal marked variations from 33.0% to 63.1% of men viewing pornography at least every few months.



Men engaging in pornography also more frequently struggle with anger, hopelessness, and feeling like they have to hide.

The Center for Bible Engagement strives to help people connect with God through His Word and spiritually win each day over the temptations and struggles that hinder spiritual growth. Our data indicate that men who are involved in pornography also face additional challenges in growing and winning the day spiritually. Specifically, men who view pornography at least once a month struggle frequently (at least a few times a month) with feelings such as hopelessness (45.8% vs 19.1%), bitterness (46.7% vs 21.4%), needing to hide from others (55.0% vs 20.1%) and unable to please God (37.5% vs 20.7%).

In sum, our data confirm that pornography is in fact a mainstream issue among American men, especially those under 40. The sobering reality for church leaders as well is that many men in their congregations have fallen into a trap and are struggling to win the day over this temptation. These additional CBE reports may be useful in understanding more about the issues Christ-followers face in their spiritual lives and how engaging with God through His Word helps:

[Scientific Evidence for the Power of 4](#)

[Winning the Day Spiritually: Temptation Survey Results](#)

[American's Views of Spiritual Growth & Maturity](#)