

Title: "Cut it Out" 5/3/26

Passage: Matthew 5:27-30

Speaker: Jadaé Fox

## 1. Repent of the Sin

## 2. Recognize the Pattern

## 3. Remove the Trigger

## 4. Rejoice in the Rescue

Blessed is the one whose transgression is forgiven, whose sin is covered.

<sup>2</sup>Blessed is the man against whom the Lord counts no iniquity, and in whose spirit there is no deceit.

<sup>3</sup>For when I kept silent, my bones wasted away through my groaning all day long.

<sup>4</sup>For day and night your hand was heavy upon me; my strength was dried up<sup>[b]</sup> as by the heat of summer. *Selah*

<sup>5</sup>I acknowledged my sin to you, and I did not cover my iniquity; I said, "I will confess my transgressions to the Lord," and you forgave the iniquity of my sin. *Selah*

<sup>6</sup>Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him.

<sup>7</sup>You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance. *Selah*

<sup>8</sup>I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

<sup>9</sup>Be not like a horse or a mule, without understanding, which must be curbed with bit and bridle, or it will not stay near you.

<sup>10</sup>Many are the sorrows of the wicked, but steadfast love surrounds the one who trusts in the Lord.

<sup>11</sup>Be glad in the Lord, and rejoice, O righteous, and shout for joy, all you upright in heart!

**Verse 1:** This blessing of forgiveness is for all who come to Jesus in faith and repentance.

See: **Acts 3:19**

**Verse 3-4:** Secret, unrepentant sin is heavy, eats away at you, and takes your strength.

See - **Proverbs 28:13**

**Verse 5:** The 1<sup>st</sup> step to deliverance is to acknowledge our sin with no excuse. Then we can ask for forgiveness (in faith)

See - **1 John 1:9, Psalms 51:3-6**

**Verse 6:** The time to act is now...don't wait!

See - **2 Corinthians 6:2**

**Verse 7:** The LORD promises a place of refuge from our struggles with sin. He will deliver those who cry out to Him.

See - **Psalms 91:1-4**

**Verse 8:** <sup>8</sup> God will instruct you... teach you...counsel you, He will NOT leave you.

see - **John 14:26, Hebrews 13:5**

**Verse 9:** Do not be stubborn or resist God. This only makes His offer of help harder to benefit from.

See - **Hebrews 3:15**

**Verse 10:** Trusting in the LORD is key for these truths to be realized.

See - **Proverbs 3:5-6**

**Verse 11:** The response of the one who trusts in the LORD (the forgiven, redeemed, and derived)... is rejoicing!

\*We have His righteousness, not ours.

See - **Titus 3:5-7, 2 Corinthians 5:21**

## Where do I have sin patterns?

- This is designed to help you identify possible SIN PATTERNS that need to be CUT OFF.
- All sins need to be repented of and forgiven. But by addressing our sin patterns, we can find deliverance from the long-term effects.
- This is by no means a complete list. Are there ones I've missed? Consider adding them and letting me know.

### **Pride / Self-exaltation**

- Isolated: You take credit in a moment you should've shared.
- Pattern: You consistently need recognition, struggle to celebrate others, and feel threatened when you're not noticed.

### **Envy / Comparison**

- Isolated: You feel a twinge of jealousy over someone's success.
- Pattern: You regularly compare, resent others' blessings, and lose joy when others win.

### **Sexual temptation**

- Isolated: A passing look or thought that you quickly reject.
- Pattern: You entertain it, revisit it, seek it out, and build habits around it.

### **Dishonesty / Half-truths**

- Isolated: You exaggerate a story once.
- Pattern: You routinely bend the truth to protect your image, avoid consequences, or gain an advantage.

### **Bitterness / Unforgiveness**

- Isolated: You feel hurt and struggle for a time to forgive.
- Pattern: You replay offenses, rehearse arguments, and hold onto resentment long-term.

### **Control / Lack of trust in God**

- Isolated: You sometimes stress about a situation.
- Pattern: You constantly manipulate outcomes, can't stop striving, struggle to rest, and resist the peace that God offers.

### **Fear / Anxiety (sinful expressions of it)**

- Isolated: You feel afraid in a real pressure moment.
- Pattern: Fear consistently dictates your decisions, obedience, and willingness to trust God or others.

### **Laziness / Sloth**

- Isolated: You procrastinate on a task.
- Pattern: You avoid responsibility regularly, lack discipline, and neglect what God has entrusted to you.

### **Harsh speech / Lack of self-control**

- Isolated: You snap in a stressful moment.
- Pattern: Your default tone (stressful moments) is cutting, sarcastic, or demeaning toward others.

### **Materialism / Love of comfort**

- Isolated: You make an unwise purchase.
- Pattern: Your decisions consistently revolve around comfort, status, or accumulation. (Perhaps considering the wisdom of a purchase afterward.)

### **Gossip / Slander**

- Isolated: You share something you shouldn't have once.
- Pattern: You regularly discuss others' faults, mask it as concern, and damage reputations. (Comparison is a frequent companion of Gossip)

### **People-pleasing / Fear of man**

- Isolated: You avoid a hard conversation.
- Pattern: You consistently compromise with truth or obedience to keep approval. You struggle to do "the right thing" because of what others may think.

## **“My Sin pattern is triggered when...**

### **“I struggle with it when...”**

- **Use this resource after you have discovered a sin pattern,**
- **find your triggers (These MAY be things to adjust or to “Cut out/off.”**
- **Always pray and get advice from a godly brother /sister before committing to a drastic life change!**

#### **Physical / Body State**

- I am tired
- I am hungry
- I am stressed or overwhelmed
- I am physically run down
- I haven't taken care of myself

#### **Emotional State**

- I feel rejected
- I feel lonely
- I feel bored
- I feel discouraged
- I feel anxious
- I feel angry
- I feel unappreciated
- I feel insecure

#### **Environment / Setting**

- I am alone for long periods
- I go to certain locations
- I am on my phone late at night
- I am scrolling without purpose
- I am in an environment where sin is normalized

#### **People / Relationships**

- I am around certain people
- I am trying to impress someone
- I am with people who don't follow Christ
- I am with people who excuse sin
- I am in conflict with someone

\*List compiled by Jadaé Fox 5/2/26 - With AI Assistance

**“My Sin pattern is triggered when...  
“I struggle with it when...”**

**Moments / Timing**

- Late at night
- First thing in the morning
- After a long day
- After a win (when I let my guard down)
- After a failure (when I feel defeated)
- When I have unstructured free time

**Spiritual Condition**

- I haven't been in the Word
- I haven't prayed
- I am spiritually disconnected
- I am coasting instead of pursuing God
- I am justifying “small” compromises

**Patterns / Access Points**

- When I revisit old habits
- When I open certain apps or websites
- When I listen to certain music or media
- When I dwell on certain thoughts
- When I don't shut something down quickly

**Control / Desire Issues**

- When I don't get what I want
- When my expectations aren't met
- When I feel out of control
- When I want comfort right now
- When I feel entitled

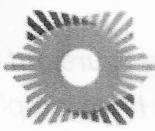
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## Porn Use in the United States

### What do people think about porn?

- **46% of people** believe that porn is harmful.
- **38% are neutral** about porn's effects.
- **Millennials** are the likeliest group to view pornography favorably.
- **Gen Z** has a more negative view of pornography.<sup>9</sup>
- **41% of teens** say they believe watching porn is wrong. 38% do not believe it is wrong.
- **Half of teens** say they “feel guilty or ashamed” after watching online porn.<sup>10</sup>

### How many people watch pornography?

Despite the recognition of the negative effects of pornography. The number of people consuming pornography continues to rise.

- **61% of the general population** report viewing pornography.
- 78% of men watch pornography.
- 44% of women watch pornography.

### How many teens watch porn?

- 73% of teens have consumed pornography.
- Most teens who view pornography have been exposed to **aggressive and/or violent forms of pornography.**
- **12 is the average age** of first exposure.<sup>11</sup>

### How many Christians watch porn?

- **54% of practicing Christians** watch pornography.
- **75% of Christian men** watch pornography.
- **40% of Christian women** consume pornography.
- **22% of Christians** view pornography **at least once a week**, compared to 31% of non-Christians who view pornography at least weekly.<sup>12</sup>

*“The young women who talk to me on campuses about the effect of pornography on their intimate lives speak of feeling that they can never measure up, that they can never ask for what they want; and that if they do not offer what porn offers, they cannot expect to hold a guy. The young men talk about what it is*

like to grow up learning about sex from porn, and how it is not helpful to them in trying to figure out how to be with a real woman...For the first time in human history, the images' power and allure have supplanted that of real naked women. Today, real naked women are just bad porn.”

– Naomi Wolf

### Statistics on Pornography and Marriage

“I have also seen in my clinical experience that pornography damages the sexual performance of the viewers. Pornography viewers tend to have problems with premature ejaculation and erectile dysfunction. Having spent so much time in unnatural sexual experiences with paper, celluloid and cyberspace, they seem to find it difficult to have sex with a real human being. Pornography is raising their expectation and demand for types and amounts of sexual experiences; at the same time it is reducing their ability to experience sex.”

– Dr. MaryAnne Layden

When pornography is viewed, **couples are twice as likely to separate.**<sup>13</sup> **70% of wives** of sex addicts could be diagnosed with PTSD.<sup>14</sup>

Prolonged exposure to pornography leads to:

- Diminished trust between intimate couples.
- Belief that promiscuity is the natural state.
- Lack of attraction to family and child-raising.<sup>15</sup>

A 2014 study found that compulsive pornography users “had **greater impairments of sexual arousal and erectile difficulties in intimate relationships** but not with sexually explicit materials.”<sup>16</sup>

### Statistics on Pornography in the Church

“A study at a Christian university found that among Christian students who use pornography, 43 percent of men and 20 percent of women say their pornography use worsened their relationship with Christ. Further, 20 percent of men and 9 percent of women reported their pornography use caused them to lose interest in spiritual things.”

—Sam Black, *The Healing Church*

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- **67% of pastors** have a personal history with porn.
  - **18% of pastors** in the United States currently struggle with pornography.<sup>17</sup>
  - Only **7% of pastors** report their church has a ministry program for those struggling with porn.<sup>18</sup>

Taken from: <https://www.covenanteyes.com/pornstats/#porn-use-in-the-united-states>