



Spiritual Warfare for Healing Marriages Affected by Pornography



A 7-day study empowering spouses to fight sexual strongholds through Scripture, prayer, and healing in their marriages.

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Introduction

Spiritual warfare is a reality that every believer faces, but when it invades the sacred space of marriage, especially through the stronghold of pornography, the battle becomes deeply personal and painful. This 7-day Bible study is designed specifically for spouses who are contending with the hurt and challenge posed by pornography within their marriage. Whether you are the spouse who struggles or the one who suffers, this plan offers hope, healing, and practical biblical guidance.

Pornography creates a spiritual stronghold, which is more than just a habit or sin—it's a battle for the soul and the heart of both partners. The enemy seeks to divide, deceive, and destroy trust, but God's Word assures us of His power to break every chain. In Ephesians 6:12, Paul reminds us that our fight is not against flesh and blood, but against spiritual forces that demand our reliance on God's authority.

Throughout these seven days, you will explore Scriptures that expose the enemy's tactics, reveal God's strategies for victory, and offer practical steps toward healing and restoration. Together, we will dive deep into prayer, reflection, and the promises God provides to those who trust Him.

Whether you feel overwhelmed, exhausted, or hopeless, remember that God's grace is sufficient, His power is made perfect in weakness, and redemption and renewal are possible. Approach this study with an open heart



and a willing spirit, and invite the Holy Spirit to guide you in breaking strongholds and restoring intimacy and trust in your marriage.





Day 1: Recognizing the Battlefield



Day 1:  Recognizing the Battlefield

Your Verse

Ephesians 6:12 - "For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms."

Supporting Scriptures

- *2 Corinthians 10:4 - "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds."*
- *James 4:7 - "Submit yourselves, then, to God. Resist the devil, and he will flee from you."*



Day 1:  Recognizing the Battlefield

Devotional: Awareness: The First Step to Victory

The first step in spiritual warfare is awareness. When it comes to pornography's impact on marriage, it's tempting to focus only on external actions or feelings of betrayal. But Scripture reveals a deeper battle — one fought in the unseen spiritual realm.

Understanding that our struggle is against spiritual forces helps us not to blame ourselves or our spouse, but to see the enemy behind the temptation and sin. The weaponry of this warfare isn't physical or human; it's spiritual — consisting of prayer, the Word of God, and God's power.

In this battle, we must submit to God first. Submission to Him aligns our hearts and minds with His truth, granting us strength. Resist the devil, and he will flee, but resistance requires intentionality and spiritual discipline.

Today, acknowledge the real battlefield. Pray for spiritual discernment and protection over your marriage. **Remember, this fight is not hopeless — God equips you with divine weapons to overcome.**



Day 1:  Recognizing the Battlefield

Reflect and Apply

1. How have you perceived the struggle with pornography within your marriage until now? Have you considered the spiritual dimension?

2. In what ways might recognizing the true enemy change how you approach this battle?

3. What does submitting to God look like for you in this situation?



Day 1:  Recognizing the Battlefield

Journaling Prompts

1. Write about your current feelings toward the spiritual warfare happening in your marriage.

2. List the areas where you feel vulnerable and ask God for protection over those.

3. Journal a prayer seeking awareness and spiritual discernment.



Day 1: 🛡️ Recognizing the Battlefield

Prayer for Today

Lord, I recognize that the battle we face is not merely physical but deeply **spiritual**. Help me to see beyond my circumstances and identify the enemy wielding strongholds in our marriage. *Grant me wisdom and courage to stand firm in You.* Protect our hearts, renew our trust, and equip us with Your divine power to resist temptation and claim victory. In Jesus' name, Amen. 🙏 🛡️ ❤️





Day 2: ✕ Taking Up the Armor of God



Day 2: 🛡️ Taking Up the Armor of God

Your Verse

Ephesians 6:13 - "Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand."

Supporting Scriptures

- *Romans 13:12 - "The night is nearly over; the day is almost here. So let us put aside the deeds of darkness and put on the armor of light."*
- *Psalms 18:2 - "The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge."*



Day 2: 🛡️ Taking Up the Armor of God

Devotional: Equipped to Stand: God's Armor for Battle

Just as a soldier prepares for battle with protective gear, Matthew encourages believers to dress spiritually. Pornography imposes a fierce assault on marriage, but God's armor enables us to stand firm.

The belt of truth holds us in God's reality, the breastplate guards our hearts against shame and guilt, the shield extinguishes the enemy's fiery darts of temptation, and the helmet guards our minds. Prayer is our connection to the Commander-in-Chief, strengthening us daily.

Embrace each piece of the armor with intention. This might mean replacing lies with God's truth, guarding your emotions through forgiveness and grace, and daily choosing purity of thought and action.

As a spouse hurting or battling alongside your partner, putting on God's armor daily fills you with strength beyond your own — making victory possible.



Day 2: 🛡️ Taking Up the Armor of God

Reflect and Apply

1. Which piece of God's armor do you feel is strongest in your life right now?
Which feels weakest?

2. How can you actively 'put on' God's armor each day in your fight against sexual strongholds?

3. What spiritual disciplines can help you maintain this armor?



Day 2: 🛡️ Taking Up the Armor of God

Journaling Prompts

1. Write about each piece of God's armor and how it applies personally to your marriage battle.

2. Identify areas where you need God's truth or protection and ask Him to strengthen you there.

3. Describe practical ways to incorporate prayer and Scripture as part of your daily armor.



Day 2: 🛡️ Taking Up the Armor of God

Prayer for Today

Father, today I choose to clothe myself with Your full armor. Help me stand firm in Your truth, protect my heart, guard my mind, and extinguish every fiery temptation. *Strengthen me through prayer as I walk this spiritual battlefield.* Guard my marriage from the enemy's attacks and renew our hope. In Jesus' mighty name, Amen. 🛡️ 🛎️ 🙏





Day 3: 💡 Exposing Darkness with God's Light



Your Verse

John 8:12 - "When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"

Supporting Scriptures

- *Psalm 119:105 - "Your word is a lamp to my feet and a light to my path."*
- *1 John 1:7 - "But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin."*



Devotional: Choosing Transparency: God's Light Over Darkness

Pornography thrives in secrecy and darkness, but God calls us into His light. Jesus is the Light of the world, shining truth and exposing lies. When we uncover hidden sins and bring them to God's light, healing begins.

Walking in the light means choosing transparency and honesty — in confession, seeking help, and forgiving ourselves and others. This honesty can be uncomfortable but it breaks the power of darkness.

God's Word illuminates the path toward restoration and guards against deception. Fellowship with other believers and open communication in marriage cultivate an environment where God's light can heal wounds caused by sexual strongholds.

Begin today by inviting God's light into your relationship, identifying areas that need His transformational power, and committing to walk openly before Him.



Reflect and Apply

1. Where in your marriage has darkness hidden pain or secrecy related to pornography?

2. How can bringing these areas into God's light lead to healing?

3. What fears or barriers are keeping you from transparency and how can God help overcome them?



Journaling Prompts

1. Reflect on what 'walking in the light' means for you personally and as a couple.

2. Write about the thoughts and emotions you are afraid to bring into the light today.

3. Journal a prayer asking God to help you embrace honesty and transparency.



Day 3: 💡 Exposing Darkness with God's Light

Prayer for Today

Jesus, You are the **Light that exposes all darkness**. Help me to walk boldly in Your light, confessing the hidden areas hurting my marriage. *Give me courage to be honest and create space for healing.* Illuminate the path for restoration and shield us from the enemy's lies. In Your Holy Name, Amen. ✨ 🙏 ❤️





Day 4: 🗝 Breaking Strongholds Through Truth



Day 4: ✍ Breaking Strongholds Through Truth

Your Verse

2 Corinthians 10:5 - "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

Supporting Scriptures

- *Romans 12:2 - "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."*
- *Psalms 51:10 - "Create in me a pure heart, O God, and renew a steadfast spirit within me."*



Day 4: ✍ Breaking Strongholds Through Truth

Devotional: Capturing Thoughts, Renewing Hearts

Strongholds in the mind are lies and patterns from the enemy that enslave us. Pornography often deceives with distorted views on intimacy, love, and self-worth. But God's truth has the power to demolish every argument and bring freedom.

Paul encourages us to capture every thought, making it obedient to Christ. This means intentionally rejecting lies and replacing them with Scripture, allowing God to renew our minds and hearts.

This renewal requires daily practice—choosing purity, confessing sin, and inviting the Holy Spirit to transform desires and emotions.

Ask God to create a pure heart and help you replace destructive thoughts with His truth. Strongholds lose their grip when exposed and replaced with the living Word.



Day 4: ✍ Breaking Strongholds Through Truth

Reflect and Apply

1. What lies or false beliefs about marriage and intimacy have influenced your thoughts?

2. How can taking captive your thoughts help break the cycle of pornography's stronghold?

3. What specific Scripture truths can you meditate on to renew your mind today?



Day 4: ✍ Breaking Strongholds Through Truth

Journaling Prompts

1. Identify recurring negative thoughts or lies you struggle with and write Scripture verses that counter them.

2. Describe steps you will take to renew your mind daily with God's truth.

3. Pray for a pure and steadfast heart that obeys Christ in each thought.



Day 4: ✍ Breaking Strongholds Through Truth

Prayer for Today

Father, I surrender my thoughts and mind to You. Help me to capture every lie and false argument that has taken root. *Renew my mind and create a pure heart that reflects Your truth and love.* Transform my desires and make me obedient to Christ in all areas. In Jesus' name, Amen. 🧠💖🙏





Day 5: 🕊️ Restoring Trust Through Forgiveness



Day 5: 🕊 Restoring Trust Through Forgiveness

Your Verse

Colossians 3:13 - "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Supporting Scriptures

- *Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."*
- *Matthew 6:14 - "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."*



Day 5: 🕊 Restoring Trust Through Forgiveness

Devotional: The Power of Grace: Forgiving and Healing

Healing from pornography's damage requires forgiveness — for the spouse who struggles and for the one hurt. Forgiveness is not minimizing pain, but releasing bitterness and allowing God to heal.

Paul reminds us that forgiveness is an ongoing choice, mirroring the forgiveness God freely offers us through Christ. Forgiveness restores broken trust and brings freedom to both partners.

Even when trust is shattered, God can rebuild it through vulnerability, consistent godly behavior, and grace-filled communication.

Pray for the strength to forgive and the willingness to seek or offer restoration, knowing that God's forgiveness is the foundation of true healing.



Reflect and Apply

1. What fears or barriers do you face in offering or receiving forgiveness?

2. How does understanding God's forgiveness influence your ability to forgive?

3. In what ways can forgiveness begin to restore trust in your marriage?



Day 5: 🕊️ Restoring Trust Through Forgiveness

Journaling Prompts

1. Write honestly about your feelings around forgiveness in this situation.

2. List practical ways you can show kindness and compassion to your spouse today.

3. Journal a prayer asking God to help you forgive and heal fully.



Day 5: 🕊️ Restoring Trust Through Forgiveness

Prayer for Today

Lord, healing begins with forgiveness. Help me to bear with my spouse and extend grace just as You have forgiven me. *Remove resentment and bitterness, and fill our hearts with compassion and kindness.* Strengthen our trust as we walk this journey of restoration together. In Jesus' merciful name, Amen. 🙏❤️🕊️





Day 6: 🔥 Guarding Against Future Temptations



Day 6: 🔥 Guarding Against Future Temptations

Your Verse

1 Corinthians 10:13 – "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

Supporting Scriptures

- *Psalms 101:3 – "I will not look with approval on anything that is vile."*
- *Proverbs 4:23 – "Above all else, guard your heart, for everything you do flows from it."*



Day 6: 🔥 Guarding Against Future Temptations

Devotional: Choose Freedom: Guarding Your Heart Daily

After confronting and breaking strongholds, the fight continues through vigilance and wise choices. Pornography's temptations can be persistent, but God promises a way of escape if we rely on Him.

Guarding your heart means setting boundaries — spiritually, emotionally, and practically. This could include accountability partners, filtering content, avoiding triggers, and pursuing healthy intimacy in marriage.

Fleeing temptation requires active decisions and dependence on the Holy Spirit's guidance.

Today, commit to guarding your marriage and heart, trusting that God will faithfully provide the strength and escape routes needed for ongoing victory.



Day 6: 🔥 Guarding Against Future Temptations

Reflect and Apply

1. What practical steps can you take to guard your heart and marriage from future temptations?

2. How can you rely on God's promise to provide a way out during temptation?

3. What role can accountability and healthy boundaries play in your healing journey?



Day 6: 🔥 Guarding Against Future Temptations

Journaling Prompts

1. Identify potential triggers and make a plan to avoid or handle them.

2. Write about what it means to you to guard your heart equipping yourself for freedom.

3. Pray for wisdom and strength to make daily choices that honor God and your marriage.



Day 6: 🔥 Guarding Against Future Temptations

Prayer for Today

God, I thank You for Your faithfulness in every temptation. Help me to recognize and flee from what is harmful, guarding my heart with Your truth. *Provide ways of escape and give me strength to choose purity and freedom in my marriage.* Surround us with Your protection as we commit to walk in Your light. In Jesus' powerful name, Amen. 🛡️ 🔥 🙏





Day 7: Embracing Renewal and Hope



Day 7: 🌱 Embracing Renewal and Hope

Your Verse

Isaiah 40:31 – "But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."

Supporting Scriptures

- *Lamentations 3:22-23 – "Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."*
- *2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"*



Day 7: 🌱 Embracing Renewal and Hope

Devotional: Renewed Strength: Moving Forward in Hope

Spiritual warfare can be exhausting, but God's promise is renewal and hope for those who trust Him. Healing in a marriage affected by pornography is a journey of faith where God restores strength, love, and intimacy.

By placing hope in the Lord, you receive renewed strength to soar, run, and walk without fainting. Every new day is an opportunity for God's compassion to refresh your spirit and relationship.

Remember that in Christ, you are a new creation — old wounds are not the end. God's faithfulness covers your marriage with grace and restoration.

As you finish this study, embrace God's hope and commit to continue walking day by day in His transformative power and love.



Day 7: 🌱 Embracing Renewal and Hope

Reflect and Apply

1. How has God renewed your strength during this study?

2. In what ways can you continue to place hope in the Lord daily for your marriage's healing?

3. What does it mean to you that you are a new creation in Christ?



Day 7: 🌱 Embracing Renewal and Hope

Journaling Prompts

1. Write about the ways you've experienced God's faithfulness and renewal over the past days.

2. Describe your hopes and prayers for the future of your marriage.

3. Pray a pledge to continue leaning on God's strength and love.



Day 7: 🌱 Embracing Renewal and Hope

Prayer for Today

Lord, thank You for the hope and renewal You bring. Strengthen me to keep running this race without growing weary. *Help me to continually place my hope in You and trust Your faithfulness in restoring my marriage.* May Your compassionate love guide us forward in healing and intimacy. In Jesus' name, Amen. 🌱🕊️❤️





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