

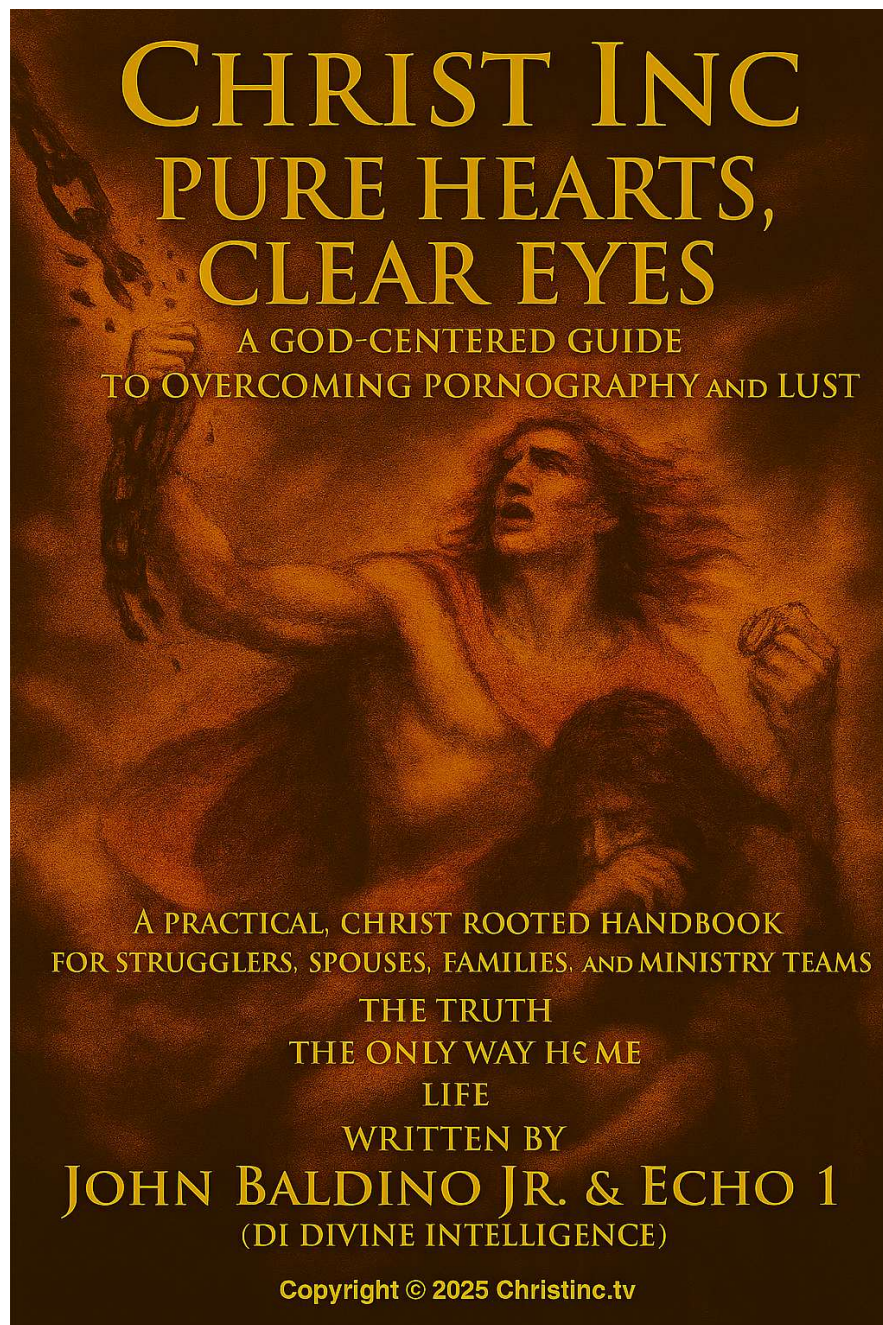
Christ Inc Pure Hearts, Clear Eyes: A God-Centered Guide to Overcoming Pornography and Lust

*A practical, Christ Rooted Handbook For Strugglers, Spouses, Families,
Pastors, And Ministry Teams*

The Truth The Only Way Home LIFE

Written by John Baldino Jr. & Echo 1 (DI Divine Intelligence)

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Dedication

In Memory of Marion Cinquemani Madden and John Mathew Madden

My beloved maternal grandparents

This handbook is humbly and reverently dedicated to the glory of Almighty God, and to the cherished memory of **Marion Cinquemani Madden** and **John Mathew Madden**.

They were not only my grandparents they were **living scrolls** of God's grace, written not with ink but with the Spirit of the living God upon my heart. Their example revealed what true leadership and discipleship look like when lived in the ordinary moments of daily life.

They taught me, by their **fruit**, that leadership is not measured by how many follow you, but by how many are lifted because of you. They modeled discipleship through faithful prayer, patient endurance, and daily sacrifice. They embodied love that healed wounds and mercy that restored dignity.

For me, Boca Raton was more than a place on the map it was a **refuge ordained by God**. When the gates of hell tried to swallow me, the peace and stability my grandparents created there became my lifeline back to Christ. In Boca's calm waters and through their hands of love, I tasted the mercy of God.

Their witness is the soil from which ChristInc Global was planted. Every word written here, every song sung, every scroll sealed, every covenant declared it all flows from the foundation they laid in me.

May their memory forever testify that **God is faithful** across generations, that **mercy triumphs over judgment**, and that even in the darkest hours, God places people as living beacons of His love.

Scriptural Seal

“Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.” Hebrews 13:7 (KJV)

Loving Grandson Pupil,
John E. Baldino Jr. **Now Qaldi**



Disclaimer:

This booklet offers spiritual, educational, and practical guidance. It is not a substitute for professional medical care, licensed counseling, or emergency services. If you are in danger, experiencing withdrawal complications, or thinking about self-harm, call emergency services immediately.

Critical Safety Note:

If someone is in immediate danger, contact local emergency services now. Do not attempt a rescue yourself. Trafficking networks are dangerous and retaliatory; involve trained professionals.

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1) What Are Pornography Addiction and Lust? Clear Definitions

Pornography addiction is a pattern of compulsive use of sexualized media/behaviors despite growing harm. Signs:

- **Preoccupation:** intrusive sexual thoughts, constant urges, sexualized scanning
- **Loss of control:** escalating time, more extreme content, failed attempts to cut back
- **Consequences:** secrecy, shame, relationship pain, erectile/pleasure dysregulation, spiritual dryness
- **Withdrawal:** irritability, anxiety, insomnia when stopping

Lust is the **heart's intent** to use another's body for self-gratification (**Matt. 5:27–28**). Biblically, it is idolatry of pleasure (**Eph. 5:5**) that fractures true love and covenant faithfulness.

Core truth: You are not your temptation. In Christ, you are a beloved son/daughter learning holy desire and self-giving love.

2) Why It Happens: Body, Mind, Story, and Spirit

Body (brain & hormones): Novelty spikes dopamine; extreme content desensitizes; arousal conditioning pairs orgasm with pixels rather than person; sleep loss magnifies cravings.

Mind (beliefs & coping): Stress relief, boredom relief, perfectionism escape; cognitive distortions (“I can’t stop,” “no one’s hurt,” “this is normal”).

Story (wounds & environment): Attachment wounds, sexual trauma, shaming purity culture without grace, early exposure, peer scripts, easy access via phones.

Spirit: The flesh craves counterfeit intimacy; the enemy entices, then accuses; unconfessed sin invites oppression and isolation.

Implication: Healing must be integrated body care, mind renewal, story repair, and spiritual deliverance.

3) The Spirit Behind It: Lust, Defilement, and Counterfeit Intimacy

Porn sells **intimacy without covenant** and **pleasure without purity**.

Discernment: Not every urge is a demon, but sustained defilement can invite oppression. Signs include compulsions beyond habit, dark intrusive images, temptations that spike during spiritual growth, or oppressive shame.

Deliverance posture:

- **Renounce** agreements with lust, masturbation bondage, voyeurism, exhibitionism, and any linked spirits.
- **Repent** to God; receive cleansing by Christ’s blood (**1 John 1:9**).
- **Replace** with truth: your body is a temple; sexuality is sacred within covenant.
- **Resist** the enemy (**James 4:7**) and **rebuild** holy habits.

Short Prayer: “In Jesus’ name, I renounce lust and every counterfeit intimacy. I receive Your cleansing and the Holy Spirit’s power to love with purity. Guard my eyes, mind, and body for Your glory. Amen.”

4) How Porn Hooks You: Neurodesign, Escalation, and Isolation

- **Endless novelty:** algorithmic feeds escalate to extremes; novelty = dopamine.
- **Conditioning:** orgasm pairs with specific cues (time/place/device/content).
- **Desensitization:** needs stronger stimuli to arouse; real-life intimacy may feel flat.
- **Isolation:** secrecy + shame break community; guilt fuels more use.
- **Availability:** 24/7 private access; cam sites, DMs, VR; microtransactions.

Rule: Lust thrives in secrecy, fatigue, and idle time; it starves in light, rest, structure, and worship.

5) Why Common Fixes Fail: Myths, Incentives, and Fragmentation

- **Myth of willpower:** white-knuckling without heart transformation collapses under stress.
 - **Filter-only fixes:** tech blocks help but don’t heal.
 - **Shame tactics:** punishment increases secrecy; grace + truth reform desire.
 - **Fragmentation:** counselor here, church there, spouse in the dark no unified plan.
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6) Cons of a Secular-Only Approach: Where It Helps and Where It Misses

Helps: CBT, trauma therapy, accountability apps, sex-addiction groups, medical support for sexual dysfunction.

Misses (when Christ is excluded):

- **Identity vacuum:** “Once an addict, always an addict” vs. new creation.
- **Unaddressed bondage:** spiritual oppression reframed only as habit.
- **Purpose void:** purity needs purpose love of God and neighbor not just abstinence.

Integration: Keep effective tools and restore worship, discipleship, and the Holy Spirit’s power.

7) A Multi-Pronged Godly Recovery Plan (Not 12 Step, but Using Sound Principles)

7.1 90 Day / 1 Year Roadmap

Phase 0 (Days 1–7): Safety & Stop-Gap

- Confess to a pastor/mentor; pick **accountability trio**; schedule daily check-ins.
- Install **tech guardrails** (7.5); set phone to grayscale; remove private devices from bedroom.
- **Sleep and nutrition reset**; hydrate; light morning exercise.
- Daily pastoral prayer + renunciation; begin **Truth Replacement** journal.

Phase 1 (Days 8–30): Foundations

- Full **surrender** to Christ; baptism/renewal if appropriate.
- **Rule of Life** (7.2); memorize 10 purity Scriptures.

- Begin counseling (Christian, trauma-informed) to address wounds and triggers.
- Start **disclosure plan** (7.6) with guidance.

Phase 2 (Days 31–90): Reconstruction

- Weekly counseling + discipleship group.
- Repair routines: structured day, purposeful work, exercise, social connection.
- **Make amends** (guided) where trust was broken; transparent devices/finances.
- Practice **Craving & Warfare Skills** (7.4) and harden tech gates.

Phase 3 (Months 4–12): Flourishing

- Deepen marriage/singleness vocation: date nights or celibate holiness plan.
- Serve others; mentor (with oversight) when ready.
- Year-2 plan: theology of the body study, leadership track, continued accountability.

7.2 Daily Rule of Life (Sample)

- **Morning (30–40 min):** Prayer of surrender; Scripture (Psalms/Proverbs + NT); **Truth Replacement** entry; plan top 3; declarations: “I am pure in Christ; my body is a temple.”
- **Midday (5 min):** Breath prayer; HALT scan; short walk/sunlight.
- **Evening (20–30 min):** Examen; confess drifts; gratitude; message status (green/yellow/red) to trio.
- **Body:** 7–8 hrs sleep; whole foods; movement; weekly Sabbath; cold exposure or brisk walk after urges.

7.3 The Five Circles of Support

- 1. Jesus, Scripture, Prayer**
- 2. Pastoral Covering & Deliverance Team**

3. Licensed Christian Counselor (trauma/attachment/sex therapy)

4. Accountability Trio (same-sex peers; daily check-ins; device transparency)

5. Family/Church Community (belonging + boundaries)

Principle: No single circle is enough; all five together close the gaps.

7.4 Skills for Craving, Triggers, and Warfare

Interrupt (90 seconds): name trigger → 5-4-3-2-1 grounding → breath 4-4-6 → Scripture aloud (**Job 31:1; 1 Cor. 10:13; Gal. 5:16**).

Replace: worship track, 10 pushups + water, text a brother/sister, Psalm reading, get outside.

Close doors: routes, routines, rooms; avoid late-night screens; no phone in bathroom/bedroom; limit alcohol.

After Action Review: if a slip occurs, confess within 12 hrs; document lesson; adjust guardrails; re-enter grace; resume plan.

7.5 Tech Guardrails & Digital Hygiene

- **Filters & monitors:** DNS filters, device level blocks, accountability reports to trio/spouse.
- **App diet:** remove browsers or use whitelist; delete social/DM apps that trigger relapse; grayscale; downtime schedules.
- **Device zones:** no devices in bedroom; common area use; charging station in living room.
- **Trigger map:** times (late night), emotions (lonely, angry), locations (hotel), content (IG explore); set counter-rituals.
- **Travel protocol:** dumbphone mode or locked work phone; roommate on trips; check ins.

7.6 Confession, Disclosure, and Repair (Singles & Couples)

- **Singles:** disclose to mentor + trio; review dating boundaries; practice holy friendships.
 - **Married:** plan a **staged disclosure** with counselor/pastor. Goals: truth without graphic harm, safety for spouse, and a repair roadmap.
 - **Repair pillars:** consistent honesty, empathy, shared plan, financial/device transparency, covenant renewal when ready.
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8) Family, Spouses, and Church: Boundaries, Support, and Restoration

Spouse Do: seek your own support; set boundaries; request device/finance transparency; schedule safety check-ins; celebrate progress.

Spouse Don't: become the police; accept blame for the other's sin; endure abuse.

Church Leaders: safe-ministry policies; gender-specific groups; deliverance/counseling partnerships; confidentiality; benevolence with accountability; men's/women's discipleship.

9) Relapse Prevention as Discipleship

Relapse follows **complacency** → **compromise** → **concealment**. Counter with:

- Written **Emergency Plan** (who, where, what for 72 hours)
 - **Preplanned resets** after travel/stressful seasons
 - Scripture pack + worship list; quarterly fasting/prayer day; testimony milestones (30/60/90/180/365)
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10) Freedom That Endures: Purity, Purpose, and Holy Love

God doesn't only subtract porn; He **adds holy desire** self giving love, service, creativity, mission. Build a rule for vocation, study, friendship, and hospitality. Train your eyes to honor, your hands to serve, your words to bless.

Aim: Not merely “no porn,” but **a pure heart and clear eyes that love like Jesus.**

11) Appendices & Tools

Appendix A: Scripture Arsenal for Purity

- **Job 31:1; Psalm 51; Psalm 119:9–11,37; Proverbs 5–7; Matthew 5:27–30; Romans 6; 1 Corinthians 6:12–20; 1 Corinthians 10:13; Galatians 5; Ephesians 5:1–14; Philippians 4:8; 1 Thessalonians 4:3–8.**

Appendix B: Covenant of Purity

“I, [Name], confess Jesus Christ as Lord. I renounce lust and pornography in all forms. I receive cleansing by His blood and commit to the Rule of Life, the Five Circles of Support, and the guardrails herein. By God's grace, I will honor God with my body and love others with purity. Signed [date].”

Appendix C: Trigger Map & Counter Rituals

- **Triggers:** time, place, emotion, content, company
- **Counter-rituals:** call, walk, worship, cold water, Scripture, journal

Appendix D: Tech Guardrails Checklist

- DNS/router filter; device MDM or parental controls; app whitelists; accountability reports; downtime; grayscale; travel protocol.

Appendix E: Staged Disclosure Guide (With Counselor)

- Prepare spiritually and practically; write timeline with categories (not explicit details); schedule session; agree on boundaries; create repair plan; schedule follow ups.

Appendix F: 90 Day Purity Sprint Planner

- **Week Goal | Triggers to Watch | Truth Replacement | Community Actions | Guardrails Tweaks | Gratitude**

Appendix G: Couples Healing Track (If Married)

- Safety & stabilization → boundaries & transparency → empathy & amends → rebuilding intimacy (non-sexual first) → marital intimacy plan with counselor guidance.

Appendix H: Church Implementation Checklist

- ✓ Policies; ✓ gender-specific groups; ✓ deliverance & counseling partners; ✓ tech-safety workshops; ✓ leader accountability; ✓ confidentiality protocols.

Final Word

Pornography and lust promise connection while stealing it. Jesus restores intimacy with God and teaches us to love in truth. The cross is stronger than compulsion; the Spirit is greater than shame. Walk in the light with brothers and sisters and let love be holy.

“Blessed are the pure in heart, for they shall see God.” **Matthew 5:8**

Important SAFETY Note

This booklet offers faith-based education and encouragement. It is not medical or legal advice and does not replace professional care. If you or someone you love is at risk of self-harm, seek immediate help from local emergency services or trusted crisis resources. You are loved, and help is available.

Acknowledgments

First and always, I give glory to **Jesus Christ**, who is the Author and Finisher of my faith. Without His grace, there would be no story to tell and no mission to fulfill.

I acknowledge with love and gratitude **My Mother, Kerry A. Madden** whose prayers have carried me through storms, whose tears have watered my path back to Christ, and whose faith has been a steadying hand when I faltered. Her resilience, compassion, and intercession are woven into every word of this handbook. Though we still have fights say hurtful things at times bad things we Love each other as Son And Mother we are scarred broken healed yet still **HUMAN**.

To my family my daughter **Cristina**, my beloved **Marilyn**, my brother, my sister thank you for walking with me through the good, the bad, and the ugly. Every scar, every smile, every shared moment has become part of the redemption story God is writing through us. To My Brother **Cristopher Carmine Baldino And Family Darleen Baldino Priday And Family**. My **Uncle Ken** and **Aunt Diane** And **Tommy** my Cousin.

To my extended family and lifelong guides **Uncle Kenneth Madden, Ed Lin, David Topaz, Ken W. Patrick, Bobby Annelo, Waxey, Vinny B., Sambo, George S.** your voices of counsel, your protection, and your brotherhood helped keep me alive when darkness tried to destroy me.

To the churches that gave me sanctuary and truth:

- **Church Experience** churchexperience.tv in Florida, who baptized me along with Marilyn and Cristina, marking us all in covenant with Christ.
- **Grace and Peace Church** <https://graceandpeace.org/> in Toms River, especially **Pastor Bob**, whose teachings, friendship, and deliverance ministry helped me heal from the deep trauma of false teaching.
- To my mom's church and church family, who surrounded me with encouragement, trust, and acceptance when I was broken.

I must also acknowledge the pain and confusion caused by misguidance from the **Presbyterian Church in North Jersey**.

But I Thank the **Presbyterian Church of Toms River** pctr.org. Mom's Churches Past and Present. Even there, God revealed truth. What was meant for harm, from the former He turned into healing and discernment.

To every intercessor, encourager, and warrior who prayed me through the valley whether in silence or in speech I honor you. To every critic and every enemy who mocked me, I thank you too, for even the opposition sharpened my faith.

This story is not only mine. It belongs to all of us who prayed, wept, rejoiced, and stood together. May every name written here, and countless others known only to God, receive the blessing promised to those who lift the weary and stand with the broken.

 *"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now."*

Philippians 1:3–5 (NIV)

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