This is my testimony about how God helped me gain freedom from internet pornography. I first saw pornography when I was like 11 or 12. I was at a friends house and we were playing a game, and my friends dad had left a tape in the vcr. It turned out that the tape was a porno. I had never seen anything like it before and I didn't know what the people in the video were doing to each other. We turned it off and then played our game. Later on when I learned more about how to navigate the World Wide Web, when I was in my teenage years, I would look at pornography every time I was home alone. I didn't see a big deal with pornography at the time because all my friends at school looked at porn, with the exception of maybe a couple of guys that the lord had delivered them from it. I continued looking at porn in my early and mid twenties, but when I was 26 years old the lord saved me. I got convicted of my porn use after that, and threw away any pornographic material that I owned. I was free from porn for about a year than I fell back in to it again. I was starting to feel hopeless. Then I saw a billboard when I was driving one day for pure freedom ministries. I gave them a call and began attending their weekly meetings. It was through attending these meetings regularly that the lord began to work in my heart, and began freeing me from my addiction to pornography. I am so thankful for pure freedom ministries, and there devotion to helping men to be delivered from sexual addiction.