

## **We men don't stand a chance**

February 1, 2024

Yesterday I got on the self-pity train. In a perfect storm of being sick for more than a week, my prayer habits out of whack (I missed a Holy Hour the other day for the first time in months), and feeling frustrations with work, I took a rest day and napped for most of it. But for part of it, I turned to an old vice of binging on Facebook. I was on there for about an hour, two max.

Luckily, my meetcircle app turned off all the videos on there within 15 minutes (that's the custom timer I have on there) but I was still able to scroll. The app is supposed to turn off the site completely, but this time I was still able to be on there.

I haven't been on Facebook (or any social media) for this long in about six months.

My experience makes me worry for all men.

Within a minute, I could find "prank videos" of women in tight or revealing clothing. Even ads with attractive women. It reminds me how on YouTube sometimes there's a provocative ad on the top left corner of the screen. Or in bots within the comments. I have a zero timer for Instagram because I know what I would be "discovering" on the Discover page. A zero timer on Twitter or "X", or might as well be called XXX, with GIFS of porn that can be found easily there.

The endless scroll left me desenthithized, flipping to page to page so easily with my thumb.

Meanwhile, more and more women filling my screen. Lust kicking in and wanting more. Jason Evert tells a story of these traps for wolves. Hunters put a giant knife into the ground pointing up in the middle of a hunk of meat. The wolf cuts its tongue on the knife gushing his own blood, but he doesn't realize it's his, wanting more of the warm

red venom. The more he licks, the more blood comes out, and he bleeds to death. This is how lust kills.

For the first time in maybe a year, a voice creeps in: *What if you click on one of those [explicit] links? You know you want to see more. Treat yourself. Be free! It'll just be once...*

Luckily, defense mechanisms kick in. Other voices kick in.

*Whoa, what was that? I haven't heard a voice like that in a long time. It's been years since I looked at porn, do I really want to ruin that for "just once"?*

Other voices: *Matt, you're going to have to tell Mimi today what's happened so far. She's going to be upset. Go further, you're going to make her cry. Do you want that?*

*What about the kids, especially the girls? They are so precious and pure in your eyes. Remember last time years ago? It perverted your view of them completely. You understood back then, for a scary moment of thought, why domestic sexual abuse happens in homes, if you had continued down that long slippery slope...*

*You know the amount of shame you could fall into. So much shame eventually on this long slippery slope that you would be entertaining other voices, voices of taking your life. You've been there, a long time ago. And there goes a husbandless wife, fatherless children, just because of "just once". It's never just once.*

I stopped watching. Tossed my phone across the couch. Resolved to tell Mimi what happened later and apologize to her (and I did).

That was all within one to two hours of bingeing. First time in months.

What if guys are doing this every day? Every week? For months on end? He doesn't stand a chance. The Devil is out there sniping men left and right on social media, the Internet, pulling millions into pornography.

Left to our own devices, pun intended, we men don't stand a chance.

Unless we make decisions to avoid the near occasion of the near occasion of the near occasion. Unless we know strongly our why and can play out what would happen if we fell into sin. Unless we get the right help. For me, it was counseling years ago. Others might need more, others might need less. Unless we are willing to do whatever it takes to have multifaceted defenses to fortify our will.

With no intentional why, no accountability, no desire to do what it takes, binging on social media will pick me off eventually and I worry is picking off man after man after man.

Enough social media, we men do not stand a chance.

Lord, hear us. Christ, have mercy on us.

Amen.