

Chasing GOD, not Women: How Breaking Free from Porn Led me to the Love of my Life

Matt Aujero - 2025-02-13

INTRODUCTION: We welcomed Matt Aujero as he talked about the passionate ministry, Fight Club Catholic, he founded and continues to grow to save young men from the scourge of pornography in our country and our world today. Fight Club is about reaching young men to prepare them to love Jesus Christ, their future brides, and their brothers in the battle of purity of heart. Matt also offered us some information on how we, as women, can support the young men in our lives.

MATT'S STORY: Beginning with Valentine's Day in fifth grade and going all the way through college, Matt always had a Valentine on the day! In fifth grade, he was also first exposed to pornography. Matt grew up in a solid family, immersed in a tight Filipino, charismatic Catholic community in North Carolina. He was the youngest of three. Like many parents today, his parents did not know what they were getting into when they brought technology into their home, and to their children. One day, Matt was on-line, and an ad came up, and two clicks later, he landed on his first porn site. His siblings were quite a bit older, so every day during middle school, he was alone in the home, viewing pornography, which eventually led to unchaste relationships in high school. It was not until college at Catholic University when he met other men in a brotherhood fighting for chastity, that he had a reversion to the faith, back to God, back to saving himself for marriage. It was at this time that he heard the word chastity for the first time.

It was during his junior year, at a time he was feeling particularly grateful to the men in his life, that he decided that he wanted to be part of the solution to help bring other men to the Lord, through brotherhood. Our small "v" vocations are when the needs of the church intersect with the cross and gifts and talents that God gave us. Matt ended up writing his thesis about fatherhood. He found out through research that most of us are broken because we come from broken families, and most families are broken because of an absent or broken father. Matt had a great father, but many of the girls he dated had absent or broken fathers, including his wife who came from a divorced family, and he saw first-hand how this affected them. At the same time, Matt was becoming more free from pornography, and so had a greater capacity to love.

SHE IS THE ONE: Matt met his future wife Mimi his senior year in college. At a senior retreat they attended together, they were at late night Adoration, when Matt heard Jesus tell him she is the one. After Adoration, he asked Mimi what she had heard Jesus tell her during Adoration, and much to his chagrin, she told him that Jesus wanted her to break up with him! At the time, Matt did not share what Jesus had told him. Matt was confused, and it was a low point in his life. He felt he was doing all the right things, praying every day, going to Mass, and yet events did not unfold as he expected. Although Mimi did not want to break up with him, she did so anyway out of obedience to Jesus. They moved apart, she to LA, and he to Costa Rica, where he became a missionary for a year teaching students English. He said no to chasing after women, and yet was surrounded by attractive women – God does have a sense of humor.

I LOVE YOU GOD: Valentine's Day 2011, Matt was alone with no Valentine for the first time since fifth grade. He was alone in his room, and started playing a love song. He closed his eyes and realized his Valentine was God – for the first time ever at age 22, he said "I love you God." It was a powerful moment for him after a lifetime of chasing women. While in Costa Rica, his computer broke, which led to the beginning of his journey to be porn free, and fueled his ability to fall completely in love with our Maker, freeing his disposition for authentic love with the true Lover Himself. Matt realized that he needed to get love from God, not from women, and to be able to bring that love from God to a woman one day. The following year, he went back to Costa Rica, and spent hours with the Blessed Sacrament on retreat. His favorite monstrance, owned by Fr. Dan Leary, is one that shows the Eucharist in the pregnant belly of Our Lady of Guadalupe. All we do has to be rooted in deep, loving relationship with Christ Himself, allowing Him to tell what we are to do.

THE FIGHT CLUB STORY: Back at college, Matt ran into Mimi again – they had not spoken to each other in many months. She had had a change of heart, and they decided to get back together again, and were married on August 10, 2013. In the Spring of 2013, before they were married, Mimi encouraged Matt to leave his job because he was miserable, and she wanted to marry a "happy man." She encouraged him to follow his dream of reaching men for Christ. He was unemployed at his wedding, hardly the American dream. Matt was invited to give a talk at the University of Maryland Catholic student center on Catholic Brotherhood. The chaplain at the time offered him a job as the men's campus minister at the same student center. It was there that he started

Fight Club, with five men who were meeting with a FOCUS (Fellowship of Catholic University Students) missionary, and they were striving for chastity. Matt offered to take over the group. At first, Matt thought it was a pornography recovery ministry. When one of the young men was porn-free he felt a calling to go to seminary. It is then that Matt realized that the ministry was not so much a porn recovery ministry, it was more an “allowing men to see Jesus Christ” ministry. “Blessed are the pure of heart for they shall see God.” God is the end goal, not sobriety. The group made it about who they were fighting for – God, their future bride, their brothers. Two of the original five went to seminary that year, and a total of fifteen have gone to seminary in the eleven years of Fight Club’s existence. There have been numerous marriages too. One man told Matt that his future wife who already had high standards, raised them even more when dating him. When a woman meets a man, and he causes her to raise her standards, there is cause for great hope.

80% of 18–30-year-old young men view pornography at least monthly, and of this group, one in three view it daily. These men are struggling in darkness, and the Fight Club ministry is about the opportunity to reach these same men for Jesus Christ, to free them so they can fall in love, and bring that love to their future brides and their families, and to carry that love across the generations beyond their own lifetimes.

THE FUTURE VISION: In 2019, Matt went to Mexico. At the time, he was content with keeping the ministry in Maryland. Our Lady of Guadalupe wanted the project to go further. “Where is my book? Do not be afraid. This is my project.” She was confirming to Matt that she wanted this Maryland-based project to go further and reach more men. Matt said yes like a little Juan Diego. The first Fight Club book was published. The book was mass dispersed to 3500 men. More chapters were created and continue to be created at colleges and universities across the country. Men are hungry because they are sick and tired of being sick and tired. Fight Club is taking that hunger and inviting a relationship with Jesus Christ. It is inviting them into a brotherhood where they can fight together. Men need other men.

In 2023, Matt left his job of ten years to become the CEO of Fight Club Catholic. God was commissioning him to take a leap of faith and take on Fight Club Catholic full time. There was no hesitancy because of how much proof God has given Matt. Although there was no seed money, God provided and the mission is growing through mission partners. All of us can join the ministry with prayers and support. The ministry creates a spiritual army to reach young men, our sons and grandsons, so they can find a brotherhood to fight together for pure love.

Q & A:

- ***Is Fight Club for non-Catholics as well?*** It is unapologetically Catholic, daily striving for the “PRAY” strategy – daily Prayer, daily Rosary, daily Accountability, daily Yes to a battle plan to fight their triggers when it comes to impurity. That said, non-Catholics are welcome.
- ***What about women/girls?*** The issue of pornography is definitely not a male-only issue, and it is a growing problem for females. Among 14-18 year-olds, 57% of girls have viewed pornography at least once, as compared to 84% of boys. The devil is now attacking young women as well. There is a [tab](#) for women on their [website](#). Matt particularly recommends the Magdala Ministries.
- ***What about targeting High Schoolers and Middle Schoolers?*** There are some High School Fight Clubs, but they need to further expand these efforts. If we get on the email list, we will have access to resources for parents how to best protect families from on-line harm and pornography – available software and the right filters to set up on devices.
- ***What about the connection between pornography and sex trafficking?*** Sex trafficking is a social issue that many can be motivated to get involved in. Matt mentioned a non-religious [website](#) for young people. There is high correlation between trafficking and pornography. And Matt also recommended a [website](#) by Jason Evert with great Catholic material on all things relating to sexual morality.
- ***Any book recommendations?*** Matt provided a list of book recommendations which are included on his talk page. See [LINK](#)