



# 1 Your Story

## Intro

If you are reading this paragraph with an older person that you trust, you are an incredibly courageous person. We say that because you would not be reading this with someone else if you had not worked up the courage to disclose your struggle with pornography, and your desire to get help. We are proud of you! It is also a beautiful sign of God at work in your life. If God were not at work in your life, you would not want help to fight against porn. While you may be feeling shame or fear, we want you to know that we're celebrating your courage, and God's grace in your life. Having said that, we also want you to know that you are entering a journey.... one that will be filled with ups and downs, one that may not be easy. Please don't be suprised by that, and know that your journey is normal and okay.

*1 Thessalonians 4:3-4 says,*

*It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable...*

### **Circle the words "learn to control".**

That phrase tells us that God knows pursuing purity is something that takes work and happens over time. It assumes there will be "ups and downs". Don't quit. Don't stop reminding yourself of the truth that God is for you, not against you. Don't stop pursuing honesty. Don't stop being courageous.

In many ways, because you are here, doing this study with someone else, you have already taken "the first step". Awesome. That makes today the "second step". This second step is about beginning to honestly share your story. It is also about beginning to hear God's story, and His love for you.

Go with courage. We have prayed for you.

## Self-Assessment

### **Tell me about your journey.**

What was your first encounter with pornography?

How old were you? How did you come across it? What were the circumstances? Were you alone?

What did you think when you first encountered it?

How did that make you feel?

How did you respond?

Did you tell anyone? Why or why not? How did they respond?

When did your parents or guardians find out? How did they respond?

How often do you currently interact with pornography?

When are you most tempted to look at or think about pornography?

How do you feel after you have looked or thought about pornography?

Why do you think you keep accessing pornography?

How do you think God feels about you when you look at porn?

In light of your interaction with pornography, how do you feel about God?

 **God's View**

Psalm 8:3-5

*When I look at the night sky and see the work of your fingers—  
the moon and the stars you set in place—  
what are mere mortals that you should think about them,  
human beings that you should care for them?  
Yet you made them only a little lower than God  
and crowned them with glory and honor.*

 **Response**

The psalmist tells us how God views his human creations.  
What phrase or phrases, shows how much God values you?

What is God's "valuing of us" based on?

 **God's View**

Romans 8:35-39

*Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.*

 **Response**

According to the Apostle Paul (author of the letter to the Romans), how strong is the love of Christ for you?

What modern-day invention or image do you think might symbolize the strength of this love for you?



## Response

Can your sexual sins separate you from the love of God? Why or why not?

Name the most encouraging truth that comes through to you in the scripture passages above.

How will you remind yourself of that truth during the coming week?



## Take Home

These can all be done in point form.

In the space provided, write down the ways pornography has negatively affected your life.

Next, write down if you think pornography or viewing pornography is inappropriate or bad and why (what are the reasons).

Next, spend some time writing down what you would like to accomplish from our time together.

There are two Fighter Verses to memorize this week...

**Fight the lie: Taking radical action against sin isn't necessary**

*2 Timothy 2:22*

*Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.*

**Fight the lie: The pleasure of lust is better and more real than the pleasure of God.**

*Psalms 16:11*

*You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

PRAY to wrap up your time together!