

DAY ONE

FILTERS

In the group study, we learned some myths about pornography that cause us to believe it isn't that big of a problem. We also learned some ways pornography harms us and others. Now, let's find ways to prevent ourselves from becoming addicted to pornography.

What are you doing right now to keep from being ensnared by pornography?

Are there any preventative steps you should be taking but aren't? If so, what are they?

Let me suggest a few practical steps to prevent becoming ensnared by pornography.

CREATE FILTERS.

Add a filter on all of your devices. Internet filters easily and naturally build accountability into your life.¹¹ Ask your parents or guardians for help with this.

READ 2 CORINTHIANS 4:2.

But we have renounced disgraceful, underhanded ways. We refuse to practice cunning or to tamper with God's word, but by the open statement of the truth we would commend ourselves to everyone's conscience in the sight of God.

How can you "renounce disgraceful, underhanded ways" in your life, especially when it comes to pornography?

Who can you rely on to be an accountability partner?

TALK ABOUT IT.

Confess your sins to a fellow Christian and experience God's grace. Burying sin can create a cycle of guilt and shame, but confessing sin brings freedom. Share your struggles with a trusted adult and allow that person to encourage you with God's grace and forgiveness. Simply talking through your temptations and failures—and experiencing love and grace—can help set you free from the temptation of pornography.

What are some reasons people turn to pornography?

Is viewing pornography always about sexual fulfillment? Why or why not?

ADDRESS BROKENNESS.

Understand that porn use is just a symptom of a deeper brokenness. If you have past hurts, they could be fueling your habit. Remember, God designed us to experience healthy relationships with Him and other people. Pornography aims to fill the good desire God has given us with a relational counterfeit. Addressing habitual porn use must begin with the goal of becoming relationally healthy through building intimate connections with God and other people.

And when we are relationally healthy, we become empowered to truly love others.

Which of these steps can you enact right now to avoid becoming trapped in an addiction to pornography?

DAY TWO

THE ROAD TO FREEDOM

Understanding how God views sexual abuse is part of the road to freedom. Let's take a look at some key truths revealed in Scripture.

THE BIBLE IS HONEST ABOUT SEXUAL ABUSE.

What are some instances of sexual abuse recorded in the Bible?

Why do you think these terrible accounts were recorded in God's Word?

The Bible speaks openly and honestly about sexual abuse. Consider these examples:

- In the sad day of Sodom and Gomorrah, Lot offered his daughters to a group of men who wanted to rape his guests. Both cities were destroyed for their wickedness (see [Gen. 19](#)).
- King David, who is called "a man after [God's] own heart" ([1 Sam. 13:14](#)), used his power as king to have sex with Bathsheba then murdered her husband to hide his guilt. David may have loved the Lord, but he committed a serious act of sexual exploitation against Bathsheba.

The Bible does not hide the reality of sexual abuse, even when its heroes are the abusers.

GOD HAS A HEART FOR THE MARGINALIZED.

While the nation of Israel was expected to care for those who were in need, we see God's heart for the marginalized fully expressed in Jesus. He cared for those with disabilities, the poor, the sick, the demon-possessed, lepers, and others who were considered outcasts.¹²

What does the way Jesus treated the marginalized in His society teach you about the way you should treat people?

Think back to previous sessions. What are some of the reasons Jesus took on human form?

JESUS UNDERSTANDS.

God is not distant from our suffering. Through the person of Jesus, God took on human flesh and experienced the full weight of temptation yet remained sinless (see [Heb. 4:15](#)). God knows what it's like to be misunderstood, betrayed, mocked, beaten, and humiliated. He was stripped naked and crucified publicly. While the Bible does not report that Jesus was sexually abused, we can be confident that He empathizes profoundly with the shame that survivors often feel. As one such survivor, Mary DeMuth, explains, "Our beautiful, empathetic Savior understands what it's like to live in this violent, sexually charged world. He knows betrayal and physical pain."¹³ If you were sexually abused, Jesus hurts with you.

What does this tell you about any pain you have suffered in life?

What are some ways you can seek to experience healing from past suffering you've endured?

As Christ followers, we need to help those who have suffered from sexual abuse.

We need young Christians to become counselors to help people overcome the crippling effects of sexual abuse. We need young Christians to work with organizations, such as the International Justice Mission, that aim to end worldwide slavery, including sex slavery. We need young Christians to become filmmakers to capture the horror of sexual abuse and tell powerful stories of redemption. We need young Christians to be good listeners to those who have experienced sexual abuse.

Could this be you?

List some actions you can do this week to help prevent sexual abuse or to assist those suffering from sexual abuse.

DAY THREE

DEEPER VALUE

Maybe you have suffered from sexual abuse, or maybe you would like to help someone who has. It's important to look to God's Word for encouragement for those who have experienced sexual abuse.

RECOGNIZE YOUR IDENTITY IN CHRIST.

READ 2 CORINTHIANS 5:17.

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

What does this verse teach you about who you are—no matter what you have experienced in life?

What can reduce your value in God's eyes? What increases your value in God's eyes?

I recently asked my dad how he became a healthy person in light of his experience with sexual abuse. His response caught me off guard: "Son, I chose not to see myself as used goods." In other words, while he couldn't control the evil that was done to him, he could control how he responded. As difficult as it was, he came to embrace the belief that his value overshadowed the abuse. When he became a Christian, he understood more deeply that his value came from his relationship with Christ (see 2 Cor. 5:17).

You are not defined by what happened to you either. God says you are a beautiful, wonderful creation and that He greatly desires to be in relationship with you. Nothing that you do and nothing that happens to you can decrease or increase your value to God. He already does and always will love you to the extreme most.

SHARE YOUR EXPERIENCE WITH SOMEONE.

This can be a scary step, but it is vital for beginning the journey of healing from sexual abuse. People didn't talk about sexual abuse much when my father was younger, but now they do. Teachers, counselors, pastors, and others are ready to believe your story and help you overcome your pain. It's understandable that you would feel fear about sharing your story. But the only way to begin the journey of healing is to open up and share with a trusted adult.

Who do you trust that you could you talk with about anything or turn to if you ever needed help?

SPEAK OUT WITH YOUR STORY.

I hesitate to share this point because I don't want to move too quickly over the hurt and pain of sexual abuse. Dealing with sexual abuse is a journey that often takes a lifetime. Yet many courageous sexual abuse survivors have shared their stories publicly and experienced the power of helping others. My friend Lisa Michelle, for instance, is a survivor of sexual exploitation. Her story is heartbreaking, but it's also a testimony of how God can transform the most broken lives.¹⁴ She is now a speaker and the founder of No Strings Attached Ministries, which reaches out to women who work in the sex industry.

How can God transform your past experiences to help others?