

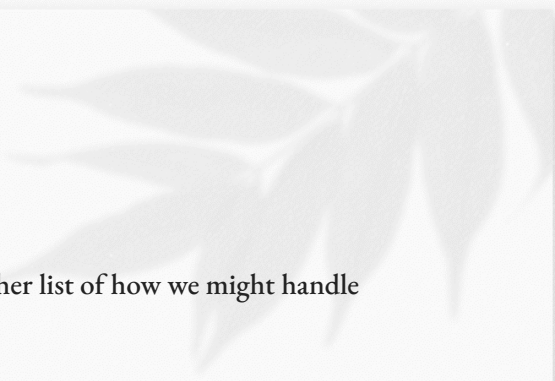
Chapter 1: Sexual Sin and its Consequences

Key Ideas:

1. Sin seeks good apart from God's design.
2. Porn is never victimless or harmless.
3. The sin of pornography distorts the way we see and act in the world.
4. Guilt is a gift from God when it is calibrated right.

Discussion Questions:

1. What stood out to you in this chapter?
2. What good things does porn pretend to be? Or put another way, if porn could speak, what would be the good news promise it would make to you?
3. Jeremy describes porn as “trickery... an imaginary world of false goods that cuts you off from the genuine world of real goods.” What do you think he means? Can you give a better definition of sin?
4. We can be tempted to believe that pornography is a harmless private sin. Specifically, who and how are other people affected when you watch pornography?
5. What does it mean that porn has a way of conditioning and training you? How does this affect the way you act?
6. What other things can be lusted after, like porn, but might not be considered pornography in a technical sense?

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7. Make a list of how we can handle guilt from sin rightly and another list of how we might handle guilt from sin wrongly. Discuss.


 8. Pornography is incredibly addictive. How should we think about sin as addiction while maintaining that we are still responsible for our actions?

Reflection Questions:

1. Have you ever genuinely asked God to give you eyes to see the evil of pornography?

 2. Do you secretly believe God is denying you something good by forbidding pornography?

 3. What are some of the contributing factors that have led to your seeking out sexual sin? Are there issues in your past? What are you currently desiring? Make a list and be specific.

 4. Do you have an appropriate level of guilt? How can you direct your guilt to bring you to Christ rather than to despair?
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Recommended resources:

- *The Dynamic Heart in Daily Life* - Jeremy Pierre
- *The Mortification of Sin* - John Owen
- *Addictions: A Banquet in the Grave* - Ed Welch
- [Covenant Eyes](#) is one of the most helpful tech tools we have found for battling pornography. If you use the promo code INTOTHELIGHT, you get your first month free, AND you financially support us, which allows us to create more free resources like this one.

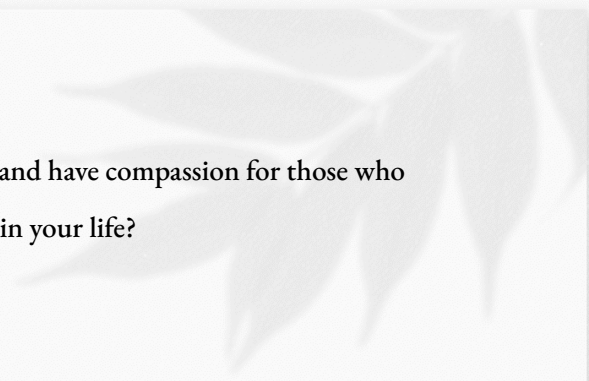
Chapter 2: God's Design for Sexuality

Key Ideas:

1. God designed all sexual activity for the context of covenant marriage.
1. There is sexual brokenness in this world and in me.
2. God has designed boundaries within which your sexuality can flourish and outside of which you will wither.
3. Masturbation does not fit God's design for sexuality.
4. Jesus moves towards sinners in their brokenness.

Discussion Questions:

1. What stood out to you in this chapter?
2. How were you first taught about sex and marriage (through the church, school, family, porn, etc.)? Was this consistent or inconsistent with a biblical understanding of sex?
3. What parameters has God designed sex to be enjoyed within? How does masturbation fall outside that good design?
4. For many, masturbation is linked with pornography. But others may have discovered masturbation without porn. Is masturbation always connected to lust?
5. "Sex is good!" What thoughts come to mind when you read that statement?

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6. “We can both hold onto our standards for God’s good design and have compassion for those who have broken it.” Discuss. Have you felt this tension anywhere in your life?

 7. How do you respond after you sin (self-righteousness, excuses, pride, shame, hopelessness, trust, repentance, confession, sorrow, worship, etc.)? What do these reactions reveal about your perspective of God and yourself?

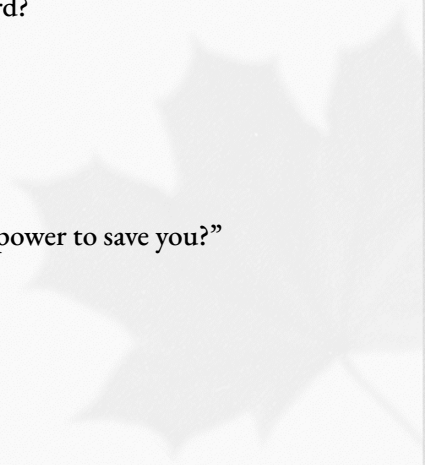
 8. As a group, make a list of verses that describe Jesus’ attitude towards sinners. How are these passages a comfort/encouragement to you?


Reflection Questions:

1. Were your parents married? What example (or lack thereof) did they set for you?

 2. Have you struggled with masturbation? How did you first discover it? Have you struggled with guilt and shame over masturbation? Has masturbation become a coping mechanism for anything?

 3. “Christ showed his love for us, in that while we were still sinners, Christ died for us.” Are you tempted to believe you have to clean yourself up before approaching the Lord?

 4. Jenny ends with a challenging question, “Do you really believe God has the power to save you?” Evaluate your own heart, do you believe? What makes you have doubts?
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5. “Desperation can lead to hopelessness or it can cause us to repent.” How are you practically going to take steps this week to move from hopelessness to repentance?

Recommended resources:

- *Redeem Your Marriage* - Jenny Solomon
- *Gentle and Lowly* - Dane Ortlund
- *Married for God* - Christopher Ash
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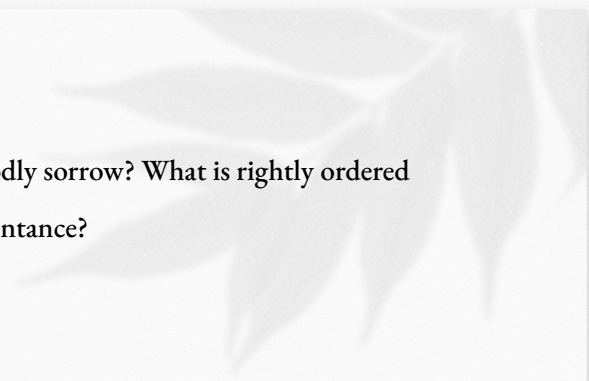
Chapter 3: Understanding the Heart

Key Ideas:

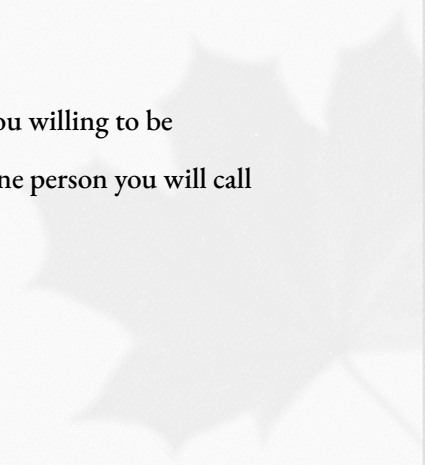
1. Your main problem with pornography is not that it exists in your life but that your heart desires it.
2. The root, shoot, and fruit metaphor will help you understand your heart.
3. You have to kill the root (desires) of sin in order to overcome porn.
4. Triggers can help you understand your heart.
5. True repentance both confesses sin to God and to others, and it is willing to accept the consequences.

Reflection Questions:

1. What stood out to you in this chapter?
2. Discuss the dandelion metaphor. Explain the root, shoot, and fruit. Did you find this metaphor helpful?
3. What is the practical question that Heath shares several times? Do you find this question helpful? Why or why not?
4. How can triggers be helpful?
5. We know that your personal sin, others' sin, trauma, and other factors all play into your current heart desires. How do past influences shape your present struggle with pornography?

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6. Read 2 Corinthians 7:10-11. What are worldly sorrow and godly sorrow? What is rightly ordered sorrow? What might be some disordered motivations for repentance?
 7. What does good accountability look like? Why do we find it so hard to practice it?

Reflection Questions:

1. Have you tried to address the shoot (action) of sexual sin without addressing the root (heart desires)? How might you now address the root?
 2. Identify 3-5 triggers in your life. What do they reveal about your underlying desires?
 3. How could you use your triggers as a launch pad to fight sin this week?
 4. Think about your past. Is there brokenness, trauma, or sin that contributes to your present struggle?
 5. Heath says one of the first steps of godly grief is to reach out for help. Are you willing to be completely honest with a fellow believer about your sin? Can you identify one person you will call today?
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6. Are your actions the fruit of godly repentance or merely a desire to avoid consequences and shame?

Recommended resources:

- *Finally Free* - Heath Lambert
- *How People Change* - Timothy Lane & Paul Tripp
- *Doctrine of Repentance* - Thomas Watson
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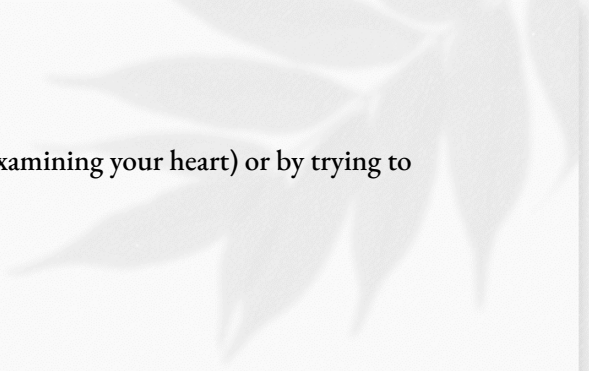
Chapter 4: The Practical Radical Measures

Key Ideas:

1. It is good, wise, and healthy to put up boundaries to unfettered access to porn.
2. Jesus is radical in his approach toward sin.
3. You have to protect yourself from yourself.
4. Find an accessible person other than yourself to be the administrator for your devices.
5. Behind sin lies a false theology of God.
6. God's word is fundamental to this battle.
7. Even though sexual sin is ultimately a heart issue, we do not abandon practical measures.

Reflection Questions:

1. What stood out to you in this chapter?
2. Are there any devices in this room right now that you could find pornography on? Discuss the pervasiveness of pornography.
3. "You have to protect yourself from yourself." Discuss this statement as a group.
4. Discuss ways to block, cut off, and inhibit any access to pornography.
5. What feelings and thoughts did Garrett's quote provoke in you: "I've so dumbed down my smartphone that you could hold a gun to my head and I wouldn't be able to find Illicit content?" Is this true of your phone?

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6. Do you typically approach the battle through introspection (examining your heart) or by trying to “cutting off access” more?

 7. Discuss Don Whitney’s tea bag analogy. Do you practice Scripture meditation? What is the difference between meditation and simply reading?


 8. Has praying with others been a regular part of your Christian walk?

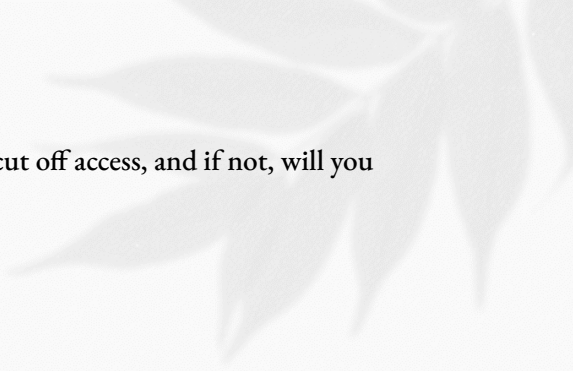
Reflection Questions:

1. What radical measures are you going to take to cut off access to pornography? Are those radical enough?

 2. When are you going to implement these radical measures? Is that soon enough?

 3. Who are you going to ask to help you with this? Are they available and qualified enough?

 4. Do you have a workaround on your phone? Who knows about it? Who will you tell?
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5. Do you feel knowledgeable enough about your technology to cut off access, and if not, will you commit to asking someone to help you?

 6. Reflect on the last time you gave into sexual sin. Try to remember what you were thinking. Did you have a boundary in place to block that temptation? What did you believe about God?

 7. Are there patterns to where and when you are sinfully acting out? Consider keeping a temptation journal for a week to help you track commonalities. Include the time, location, length, result, and heart desires you felt.

Recommended resources:

- *Rescue Plan and Rescue Skills* - Deepak Reju and Jonathan Holmes
- *Pornography 30-day Devotional* - Deepak Reju
- *Spiritual Disciplines for the Christian Life* - Donald Whitney
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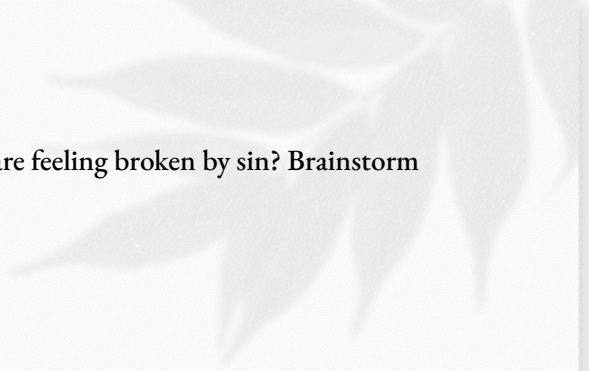
Chapter 5: Running with Endurance

Key Ideas:

1. Your fight against pornography is a marathon.
2. You don't belong to yourself; you belong to Jesus.
3. Resist the urge to let your track record become bigger in your heart than Jesus.
4. We have a merciful savior who knows that sin will remain while we are in this world.
5. Resist the devil, and he will flee from you.

Reflection Questions:

1. What stood out to you in this chapter?
2. Setbacks in the fight for sexual integrity can lead to feeling jaded. What new lies might you believe if you fall back into pornography?
3. Have you ever grown tired of resisting temptation and felt like giving up? What has helped you press on?
4. Have you considered how addictive pornography is? Does this change the way you fight?
5. Ellen says, "Resist the urge to let your track record become bigger in your heart than Jesus." Do you think this encourages a low view of sin? What is helpful about the statement?

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6. What are some Bible verses that we can take hold of when we are feeling broken by sin? Brainstorm passages as a group.

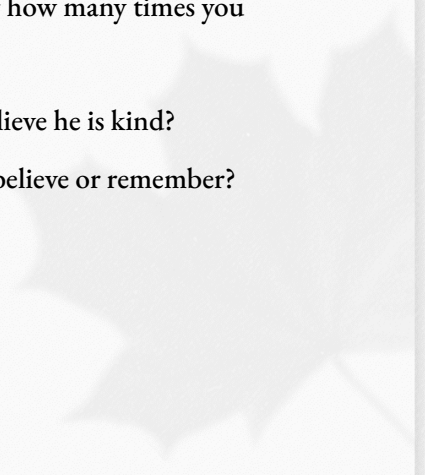
 7. Do you tend to use passive language when talking about watching porn? What does this reveal about your perspective of sin?

 8. Ellen says that we should re-commit to the fundamentals of change discussed in the previous chapters. How would you sum up where we have been so far?

Reflection Questions:

1. The fight against sexual sin comes one day at a time. How can you pursue faithfulness today?

 2. Can you think of ways you have sugar-coated or been less than honest in telling your accountability partner about your sin in the past? Do you need to apologize to them because of this?

 3. Ellen gives a list of Scriptural truths that she calls “gentle reminders.” Based on this list:
 - Do you believe there is no longer condemnation for you who are in Christ?
 - Do you believe that God is generous to extend forgiveness no matter how many times you fall?
 - Do you believe God shows mercy to those broken by sin? Do you believe he is kind?
 - Is one of these promises from scripture particularly hard for you to believe or remember?
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4. Are there steps from chapters 1-4 that you need to recommit yourself to?

Recommended resources:

- *Sexual Sanity For Women* - Ellen Dykas
- *Purity is Possible* - Helen Thorne
- *Shame 30-day Devotional* - Esther Lao
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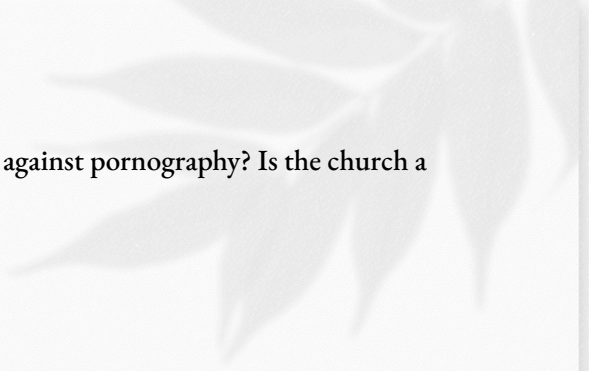
Chapter 6: True Freedom in the Church

Key Ideas:

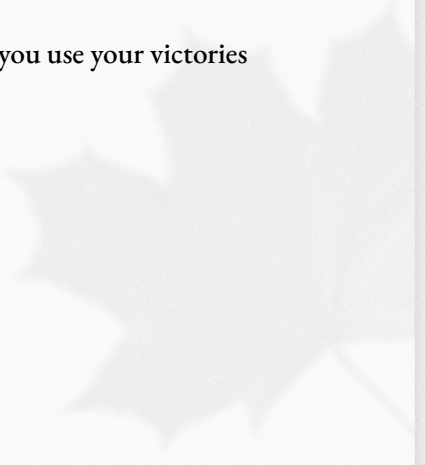
1. Sin promises pleasure but always hides the price tag.
2. You will never regret resisting sin but will always regret giving in.
3. The Christian life is more about direction than perfection.
4. The pure in heart will see God.
5. No one can take your joy from you when it is in Christ.
6. True freedom is eternal freedom.

Discussion Questions:

1. What stood out to you in this chapter?
2. Garrett said, "You will never regret resisting sin. But you will always regret giving in." Can you give a personal example of this?
3. Jesus promised, "your joy will be full" and "no one will take your joy from you" (John 15:11, John 16:22). What thoughts and feelings do these promises produce in you?
4. What practical steps did Garrett take when he was scrolling social media and came across a tempting image? What steps had Garrett clearly taken before that moment of temptation that allowed him to make the choice he did?
5. What does it mean that purity is not an end in itself but a means to an end?

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6. How does committing to a local church help you in your fight against pornography? Is the church a key part of your battle?
 7. Is your church equipped to help you and other strugglers?
 8. How can dwelling on the future kingdom help you fight against your sin right now?

Reflection Questions:

1. Do you believe freedom from pornography is possible for you? What does your answer reveal about your perspective on God's grace in your life?
 2. Has your battle against pornography brought you joy, or are you just winning?
 3. If, over the last few weeks (or months), you have had victory over porn, have you replaced it with any other sin?
 4. If you are experiencing freedom, what are you going to do with it? How can you use your victories (even small ones) to motivate and encourage others this week?
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Recommended resources:

- *Pure in Heart* - Garrett Kell
- *The Great Divorce* - C. S. Lewis
- *Making All Things New* - David Powlison
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