

Dear Group Leader,

We don't know whether you are using this episode series in a Bible study, small group, discipleship relationship, counseling room, or accountability context, but however you choose to use it, we are grateful for your kingdom work.

We have some thoughts that will be helpful for you to consider before beginning this study.

1. For each chapter, we have two sets/categories of questions.
  - The first set is intended to facilitate group discussion. We hope that group members are open and vulnerable, and these questions are designed to dig deeper into the material.
  - The second set of questions is intended for personal reflection. These could be fantastic group questions, but not every group may be ready to talk openly about them. In that case, these questions could be assigned as homework or as optional questions.
2. In addition to the group questions, the leader's guide has commentary and specific answers in italics below each question. Several counselors, pastors, parents, and seminary students contributed to this leader's guide to make it as effective as possible.
3. If you are using this in the context of a group, an initial time of confession and accountability may be helpful before diving into each chapter. This will encourage members of the group to give more personal answers to the questions and move from theoretical to practical.
4. Encourage participants to speak in "I" and "me," not "we" and "they." We are interested in working through the sins of our hearts, not offering an analysis of the cultural issue of pornography.
5. [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.

Our prayer is that God would work through you and this series to free men and women from the clutches of pornography. We are grateful for you.

In Christ,

Jacob Valk and John-Michael Bout

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## Chapter 1: Sexual Sin and its Consequences

### Leaders Comments:

- *There may be people in your group who are not saved. Consider starting with a question that explores this possibility. This study guide has no ultimate value if participants gain the world and lose their soul. Remind the group that there is assurance for those who have repented and trust in the saving work of Christ.*
- *If there is anyone in the group who is watching porn weekly, go to chapter four right after this one. It is important to start by cutting off access so that there is space to deal with heart issues.*
- *We have written many discussion and reflection questions; consider going through the material beforehand and selecting the questions you most want to spend time on.*
- *Consider closing with Psalm 32 and a prayer of confession.*
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### 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?
  - *Have everyone share something that stood out to them. This question is generic, but it can break the ice and give everyone a chance to speak.*
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?

- *Behind every temptation is the promise of something good. It is helpful to look at what 'goods' are most tempting for us to pursue apart from God's design. Some examples might be security, affirmation, freedom, love, or escape.*
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?
- *Jeremy did not intend to give a fully flushed-out definition of sin here, but it may be helpful for the group to see if they can come up with a biblical definition of sin that takes into consideration what Jeremy said.*
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?
- *Who and how others are hurt is often not obvious to a struggler who has been desensitized by porn. Discuss how porn use affects:*
    - *your family (spouse, children, siblings, parents)*
    - *your church*
    - *your friends*
    - *your witness to unbelievers*
    - *your relationship with self, including romantic relationships*
    - *your relationship with God*
    - *your brain*
    - *your desire to read the Bible*
    - *your desire to pray*
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?
- *Be careful that this discussion does not become a means of temptation for others in the group who may not have considered these avenues of temptation. Be ready to jump in if something inappropriate is being shared.*



- *However, it is important to have a clear understanding of what falls into the category of explicit porn, provocative content, and appropriate content. We can sinfully lust after things that fall into any of these categories.*
  - *Think through how Instagram, movies, novels, VR, video games, and more can be unhelpful.*
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?
    - *There is debate around whether porn use can be technically considered an addiction or not. In many cases, we strongly believe it is. If you are interested in the resources that have helped us understand addiction, feel free to email us at [intothelightdocumentary.com](mailto:intothelightdocumentary.com).*
    - *Because of this, we need to have patience with those who are caught in porn. God will sometimes work change incredibly quickly, however, most often, the process of breaking free from pornography takes time. As Ellen says later in the documentary, we need “faith-fueled, Christ dependent expectations for this battle.”*

#### 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?

#### Recommended resources:

- *The Dynamic Heart in Daily Life* - Jeremy Pierre
- *The Mortification of Sin* - John Owen
- *Addictions: A Banquet in the Grave* - Ed Welch

## Chapter 2: God's Design for Sexuality

### Leaders comments:

- *It can be easy in a discussion about pornography to foster a negative view of sexuality. It is vital to know that sex is not bad; sex outside God's good design is. Within proper boundaries, our sexuality is a good gift given to us by God. As with most evils, the devil has taken a good thing and has twisted it.*
- *Having discussed the ramifications of pornography, there are likely individuals in your group who will be crushed by guilt and shame. Spend time meditating on Christ's heart for sinners as well as his transforming power to save.*
- *We have written many discussion and reflection questions; consider going through the material beforehand and selecting the questions you most want to spend time on.*
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### Key Ideas:

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

### Discussion Questions:

1. What stood out to you in this chapter?
  - *Have everyone share something that stood out to them. This question is generic, but it can break the ice and give everyone a chance to speak.*
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?



- *Sadly, most people's understanding of sex and marriage comes more from dysfunction, pornography, and schoolyard jokes than from their parents, scripture, or responsible teaching.*
  - *It is helpful to understand where the group is coming from and whether or not they received sex education. Be cognizant that some individuals' first introduction to sex is through sexual abuse. If this is the case, encourage them to seek a biblical counselor trained in dealing with abuse situations.*
3. What parameters has God designed sex to be enjoyed within? How does masturbation fall outside that good design?
- *We believe there are five main boundaries that sex is designed to be enjoyed within.*
    - *Sex is to be enjoyed within the covenantal boundaries of marriage.*
    - *Sex is for cultivating emotional, physical, and spiritual intimacy between spouses.*
    - *Sex is for the selfless giving and receiving of pleasure.*
    - *Sex is for bringing new life into the world.*
    - *Sex is intended to offer insight into Christ's relationship with the church.*
  - *Why does masturbation not fit within God's design? The most helpful way to illustrate the point is by walking through each boundary for sex and seeing how masturbation does not fit into these categories. Masturbation is as big of a struggle for Christians as pornography and is rarely talked about.*
    - *Masturbation does not happen within the context of marriage.*
    - *Masturbation does not cultivate intimacy between spouses.*
    - *Masturbation selfishly takes, focuses on the individual's needs, and fosters lust.*
    - *Masturbation cannot bring children into the world.*
    - *Masturbation is a significant distortion of the Christ-church relationship.*
  - *Masturbation is an issue that Christians must address. Take time with the group to talk through why masturbation is sinful.*
4. For many, masturbation is linked with pornography. But others may have discovered masturbation without porn. Is masturbation always connected to lust?
- *It is possible to masturbate without lustful thoughts if that connection has not been forged by habit and pornography. The act of masturbation can be seeking after things other than sexual pleasure. It can be a form of control, exploration, or insomnia relief. For women, masturbation can be used as a soothing mechanism during their menstrual cycle.*

- *However, we believe that scripture teaches the absence of lustful thoughts does not make it a permissible practice (refer back to question three).*
5. “Sex is good!” What thoughts come to mind when you read that statement?
    - *This is simply intended to be a thought-provoking question. Sex is a good gift, but that phrase can be used poorly in the culture to mean all sexual expression is good.*
  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?
    - *Some key passages are Matthew 11:29, Hebrews 4:15, Hebrews 12:2, Hebrews 5:2, John 6:37, Romans 5:8, 2 Peter 3:9, and 1 John 4:10.*

#### 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?
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



## Chapter 3: Understanding the Heart

### Leaders comments:

- *Remind everyone that heart work takes time and careful meditation. Ask God to reveal all the sins, heart motivations, and other contributing factors that are in the dark.*
- *We have written many discussion and reflection questions; consider going through the material beforehand and selecting the questions you most want to spend time on.*
- *Consider closing with Psalm 51.*
- *[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.*

### 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:

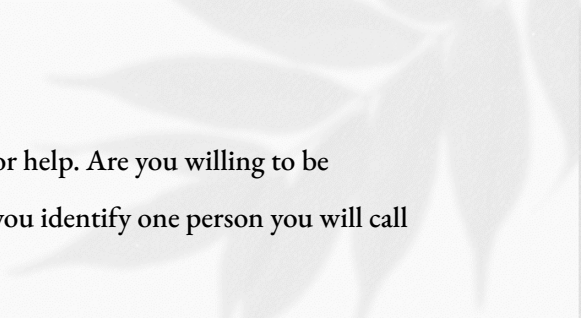
1. What stood out to you in this chapter?
  - *Have everyone share something that stood out to them. This question is generic, but it can break the ice and give everyone a chance to speak.*
2. Discuss the dandelion metaphor. Explain the root, shoot, and fruit. Did you find this metaphor helpful?
  - *Root = heart desires, Shoot = sinful action, and Fruit = the results of sin.*
3. What is the practical question that Heath shares several times? Do you find this question helpful? Why or why not?
  - *What are you wanting so badly you will sin to get it and sin if you don't get it?*



4. How can triggers be helpful?
  - *Triggers often reveal what we want. Carefully examining what tempts us can reveal patterns of heart desires, past brokenness, or even healthy desires.*
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?
  - *Every porn struggle is a manifestation of a unique cocktail of desires, needs, events, and persons. It can be easy to be drawn into one extreme or another. Never let the past remove personal responsibility, and don't let personal responsibility cause us to ignore past influences.*
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?
  - *For many, the desire to change their actions (shoot) is more motivated by not liking the outcomes of sin (fruit). Help them see this connection, and that true repentance first hates how their sin affects their relationship with God.*
  - *There are many helpful motivations for killing sin, such as not wanting to hurt your wife, husband, boyfriend, or girlfriend. But if these motivations are primary, they are disordered.*
7. What does good accountability look like? Why do we find it so hard to practice it?
  - *Good accountability is regular, accessible, honest about sin, severe on sin, has a mature presence, and has the goal of total freedom from sexual sin.*
  - *While there are many poor applications of accountability groups, this does not mean that accountability cannot be structured in a group format and still be helpful. Read Rescue Plan and Rescue Skills by Deepak Reju and Jonathan Holmes for more information on accountability.*

#### 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?

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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?
  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



## Chapter 4: The Practical Radical Measures

### Leaders comments:

- *In this chapter, Deepak talks about the importance of scripture in the battle against pornography, and later Garrett will share examples of how to use God's promises to combat temptation in chapter 6. Consider memorizing a fighter verse for a few weeks as a group to apply this teaching.*
- *Avoiding legalism does not mean that you should not take radical measures to put your sin to death. There will be many excuses for why group members can't get rid of X, or Y. Remind them that sin is serious and requires radical measures. A mark of true repentance is a willingness to accept the consequences of your actions. That might mean having a radically dumbed-down phone for several months/years.*
- *We have written many discussion and reflection questions; consider going through the material beforehand and selecting the questions you most want to spend time on.*
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### 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?
  - *Have everyone share something that stood out to them. The question is generic, but it can break the ice and give everyone a chance to speak.*



2. Are there any devices in this room right now that you could find pornography on? Discuss the pervasiveness of pornography.
  - *This is important. Clearly, we do not want to encourage group members to search for access points, but if there are any unprotected devices around you, it can serve as a powerful example of how easy it is to get at pornography. The next step is obvious. How can those devices be locked down?*
3. “You have to protect yourself from yourself.” Discuss this statement as a group.
  - *Help the group flush out all the implications of this key idea. The battle is primarily against the sinful YOU, not the sinful porn. Consider asking*
    - *What do you need to shut down?*
    - *Where are you tempted/watching porn?*
    - *When are you tempted/watching porn?*
    - *Why are you tempted/watching porn?*
    - *How will you cut off temptation/porn?*
4. Discuss ways to block, cut off, and inhibit any access to pornography.
  - *This type of question needs to be handled with care. When talking about shutting down access, group members can inadvertently reveal ways of finding pornography that other group members were oblivious of. Encourage people to speak in general terms of places they need to block/cut off and not discuss specifics such as website names, apps, specific shows, or books.*
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?
  - *It probably should be.*
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?
  - *We highly recommend reading Spiritual Disciplines for the Christian Life. In chapter two, Don Whitney provides 17 methods for meditating on the Bible. TGC has an article outlining*



*these methods called "17 Ways to Meditate on Scripture," which can be easily found with a Google search. Consider discussing them as a group or assigning the article as homework.*

8. Has praying with others been a regular part of your Christian walk?
  - *Consider ending your time together by breaking off into groups of two or three and praying for each other for a few minutes. Beginning the rhythm of praying with and for one another can be transformative in the battle against porn.*

#### 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?
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

## Chapter 5: Running with Endurance

### Leaders comments:

- *After years of pursuing holiness, falling, getting back up, and doing it all over again, it can be very easy to get jaded. We ought to have sympathy, as well as realistic expectations for someone who has been hooked on porn for many years. As Ellen says, this life is a marathon, and to run it well, we need endurance. Remind them of the truths they learned in chapters 1-4.*
- *This chapter is focused on a part of the journey that many people will go through, a time when they have had some success but have fallen back into sin. Encourage the group that freedom is possible, but we must fight each day, empowered by the Spirit.*
- *Some in the group will be tempted to despair over sin, while others will be tempted to get comfortable with sin. Both fail to see the glory of Christ.*
- *We have written many discussion and reflection questions; consider going through the material beforehand and selecting the questions you most want to spend time on.*
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### 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?
  - *Have everyone share something that stood out to them. The question is generic, but it can break the ice and give everyone a chance to speak.*



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?
  - *They may be tempted to believe that God does not exist, that his design for sexuality includes porn, that they are not Christians, that they will never get free, that they can compartmentalize that part of life, that taking their life would be easier, that porn is the one issue they have, and many other examples.*
3. Have you ever grown tired of resisting temptation and felt like giving up? What has helped you press on?
  - *Point the group to the promises Jesus gives us for freedom from sin (John 8:36, Titus 2:11-14, Galatians 5:1). It might be encouraging to remind them that (likely) they are falling into pornography much less than when they started this journey. That is good and worth celebrating.*
4. Have you considered how addictive pornography is? Does this change the way you fight?
  - *There is debate around whether porn use can be technically considered an addiction or not. In many cases, we strongly believe it is. If you are interested in the resources that have helped us understand addiction, feel free to email us at [intothelightdocumentary.com](mailto:intothelightdocumentary.com).*
  - *Because of this, we need to have patience with those who are caught in porn. God will sometimes work change quickly, however, most often, the process of breaking free from pornography takes time. As Ellen says later in the documentary, we need “faith-fueled, Christ dependent expectations for this battle.”*
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?
6. What are some Bible verses that we can take hold of when we are feeling broken by sin? Brainstorm passages as a group.
  - *Romans 2:4, 5:1-2, 8:1, Hebrews 10:24, 25, and many others.*
7. Do you tend to use passive language when talking about watching porn? What does this reveal about your perspective of sin?
  - *So often, the language we use about our own sin feeds a passive mindset. Phrases like, “I fell,” “I slipped up,” and “that sucked,” can reveal that we are distancing ourselves from personal*

*agency. Another way we do this is by using stories to mask or build sympathy for our sinful actions. Help participants see how this reveals a heart of passivity and excuse-making.*

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?
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



## Chapter 6: True Freedom in the Church

### Leaders comments:

- *We have written many discussion and reflection questions; consider going through the material beforehand and selecting the questions you most want to spend time on.*
- *Encourage the group to apply the teaching to their local church context.*
- *Consider closing your time by praying for opportunities to share your freedom and victories with others.*
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### 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?
  - *Have everyone share something that stood out to them. The question is generic, but it can break the ice and give everyone a chance to speak.*
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?
  - *These words may feel hopeful and inspiring or difficult to believe and perhaps discouraging. Be sympathetic if someone struggles to see the glory of these promises and encourage them to*

*ask God to help them see.*

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?
  - *Help the group see the link between the actions Garrett took in the moment and the work he has done over the years by memorizing scripture, building healthy disciplines, and committing to accountability.*
5. What does it mean that purity is not an end in itself but a means to an end?
  - *It is entirely possible to make an idol out of purity. If you break free from porn in your own strength, it can reinforce self-sufficiency over trusting in Christ. Your ultimate goal in pursuing purity is to glorify God and to see Him more clearly (Matt 5:8).*
6. How does committing to a local church help you in your fight against pornography? Is the church a key part of your battle?
  - *We believe that the church is essential to fighting sin, and commitment to a local body is vital for long-term spiritual health.*
7. Is your church equipped to help you and other strugglers?
  - *It is vital that we love and encourage our local churches. However, an honest assessment of many churches is that they do a poor job of helping those struggling with porn. If your church is lacking, encourage members to be the change they would like to see in their Gospel communities.*
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?



Recommended resources:

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

## Closing Letter to the Group Leader:

Dear Group Leader,

Thank you for thoughtfully walking through this video series with your group. Your work is eternally valuable.

If your group has experienced God working through this series, please send us an email [intothelightdocumentary@gmail.com](mailto:intothelightdocumentary@gmail.com) to share your testimony. We would love to hear it.

We are an entirely crowdfunded, donation-based ministry. These discussion questions alone took many hours to create. If this resource was helpful for you, we would be honored if you would encourage the group to make a donation on our website, [intothelightdocumentary.com](http://intothelightdocumentary.com). You will be partnering with us to help make free resources for fighting pornography.

If you have not listened to our Into The Light podcast yet, you can find more interviews with our speakers on pornography, sexuality, and the Christian life on all streaming services.

[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.

Thank you for taking sexual integrity seriously. Soli Deo Gloria.

In Christ,

Jacob Valk and John-Michael Bout

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