



## LEAVING PORNOGRAPHY, FINDING WHOLENESS

with Michael Cusick

### ► FOCUS VERSES

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

1 Corinthians 10:13

### ► DISCUSSION

#### 1. When did you have your first encounter with pornography?

- a. What was it and how did you come across it?
- b. Do you remember how it made you feel?

#### 2. Have you ever found yourself preferring pornographic images, whether still photos or videos, to actual intimate contact?

- a. What made the pornography seem preferable?
- b. If you were in a relationship at the time, how was that relationship affected?
- c. Were you surprised to hear some of the damaging effects porn can have on adult men and their relationships?



Find this podcast at [theredeemed.com/leaving-pornography/](https://theredeemed.com/leaving-pornography/)

3. **Has your preference for, or dependency on, pornography ever led to you living a sort of “double life”?**
- a. How are those two lives different from one another?
4. **Michael alludes to the way shame can create a sort of feedback loop when it comes to porn consumption—we feel guilty for looking at porn, guilt turns to shame, and we go searching for something to make ourselves feel good again. Does that description resonate with your own life at all?**
5. **Rather than focusing on “sin management,” merely “suppressing” the lustful urges that lead us to porn—which Michael says rarely works for very long—he says we should “re-orient” ourselves around more positive goals, i.e., being the kind of person who doesn’t have to look at pornography.**
- a. With that in mind, what would your goals be?
- b. What are some constructive, life-affirming things you could be doing instead with the time you’ve spent on porn?
6. **Imagine finding out that your own spouse or significant other had developed a fixation on pornographic images of other men or women.**
- a. What would your reaction be?
- b. Would you feel like you’d been cheated on in a way?
- c. Could you forgive that person? Should you forgive that person?
7. **Michael says that overcoming porn addiction is a journey we can’t walk alone—fellowship with other men is key to the process. (See *Ecclesiastes 4:9-12.*)**
- a. Of all the men in your life, who is the one person to whom you’d be most comfortable admitting the time you spend looking at pornography?
- b. What do you think his reaction would be?

