



Putting Porn in the Rearview Mirror

with Frank Rich

DISCUSSION

- 1. 6:23—When were you first exposed to pornography? How old were you? Did you seek it out, or were you exposed through someone else?**
 - How did it affect you at the time? Did it create a desire to seek out more?
 - Looking back, what beliefs about yourself, others, or sexuality may have formed from that experience?
 - How do those beliefs align with or differ from God's design and truth?
 - ***Proverbs 4:23***
- 2. 7:35—When you feel tempted, what are you usually feeling beforehand (boredom, stress, loneliness, rejection, etc.)?**
 - What are you hoping pornography will give you in that moment?
 - What need or longing might God be inviting you to bring to him instead?
 - What would it look like to turn to Christ instead of pornography this week?
 - ***Jeremiah 2:13***
- 3. 8:50—Have you noticed pornography becoming less satisfying over time?**
 - Have you found yourself seeking more extreme or different material?
 - How do you think pornography has affected your heart, your mind, and your ability to experience real intimacy?
 - What kind of man is God calling you to become instead?
 - ***Ephesians 4:18–19***

4. **20:12—How have you viewed pornography in the past? Did you see it as normal, harmless, or not a serious issue?**
- Has your perspective changed? If so, what caused that change?
 - How do you believe pornography is affecting your relationship with God, yourself, and others?
 - Where do you sense God convicting or inviting you toward freedom?
 - ***Romans 6:16***
5. **33:34—How much time do you spend on your phone each day? When are you most vulnerable to temptation?**
- What patterns or habits make you more vulnerable?
 - What habits help you feel stronger, clearer, and closer to God?
 - What is one habit you can begin or strengthen this week to pursue freedom?
 - ***Ephesians 5:15–16***
6. **44:28—Have you thought about the people in pornography as real individuals created by God?**
- How does pornography affect the way you see and value others?
 - How does this compare with how God calls you to view and love others?
 - How might freedom change the way you see yourself and others?
 - ***Philippians 2:3–4***
7. **46:55—Have you hidden your struggle from others? If so, how has that affected you?**
- How does secrecy impact your peace, confidence, and relationship with God?
 - What fears make it difficult to be honest with others?
 - What would it look like to live in honesty and bring this struggle into the light?
 - ***Psalms 32:3–4***
8. **49:05—After you fall, what thoughts do you tend to believe about yourself?**
- Do you struggle with shame, guilt, or feeling unworthy?
 - What does God say about you because of Christ?
 - Do you believe freedom is possible for you? Why or why not?
 - What is one step God is inviting you to take toward freedom this week?

ADDITIONAL RESOURCES

- Michael Cusick's book, ***Surfing for God***, and podcast, ***Restoring the Soul***
- GOATA Movement (goatamovement.com)