

# SET FREE FROM ADDICTION

PSALM 119:9; JAMES 5:16; MATTHEW 5:29;  
ROMANS 12:2; 1 COR. 6:9-11

## A few things to remember:

1. "Pornography" is rooted in the Greek word *porneia*, which means to practice prostitution, sexual immorality, or fornication.
2. Both male and female are tempted.
3. Every stumble is not addiction, but it can quickly become one.
4. There's hope!

## How did we get here?

- Three Reasons: A \_\_\_\_\_, A \_\_\_\_\_, and A \_\_\_\_\_.

## Pornography acts like a D \_\_\_\_\_

1. Pornography is also a b \_\_\_\_\_ issue, not just moral or spiritual issue. *Proverbs 27:20*
2. If pornography brings a chemical reaction why is it wrong?
  - P \_\_\_\_\_ are seen as objects instead of made in God's image.
  - It is N \_\_\_\_\_ victimless
  - D \_\_\_\_\_ families and lives.
  - Engaging in pornography is downright S \_\_\_\_\_. *Job 31:1; Proverbs 6:25; Exodus 20:14, 17b; Matthew 5:27-28*

## How do we break free?

1. Our Hands – create a protection plan *Psalms 119:9*
  - C \_\_\_\_\_ W\_\_ is stronger than M\_\_: *Prov 28:13*
  - P \_\_\_\_\_ with others. C \_\_\_\_\_ instead of click. *James 5:16*
  - R \_\_\_\_\_ access. Develop a T \_\_\_\_\_ Plan (see Resources on Website-Sunday Resources) *Prov 28:13*
  - Know your T \_\_\_\_\_. When are you most vulnerable? *Luke 4:1-3*  
**H.A.L.T.** Hungry, Angry, Lonely, Tired
  - Still not victorious? Chat with a counselor, attend Freedom in Christ or both.
2. Our Head – renew and rewire our minds *Romans 12:2*
  - P \_\_\_\_\_ the right things *2 Timothy 2:22*
3. Our Hearts – Trust the G \_\_\_\_\_ of Jesus *1 Cor. 6:9-11*
  - Flee shame and run to the Savior. *Luke 15:11-31*
  - Come from condemnation to the kindness of God. *Romans 2:4, 8:1, 38-39*
  - Step out of fear to forgiveness; Jesus is your purity and payment. *Romans 5; 2 Cor. 5:21; 1 John 4:16-18*

## NEXT STEPS:

1. Every day this week read over the Who I am in Christ Statements.  
<http://restored.pub/resources> (we may need to save this document to a local tbc page)
2. Let us know that you responded to Jesus' call and received him as your new life. As a first step fill out the connect card or email us at [pastor@tbclife.net](mailto:pastor@tbclife.net) and let us know so that we can reach out to by phone and help you.
3. If you are living with shame, share it with a trusted friend, pastor, our counselor.
4. Find a group of trusted friends who can help you on your journey of grace.  
<https://www.tbclife.net/groups/>
5. Be back next week as Pastor David talks about how, as



## DISCUSSION QUESTIONS:

*PSALM 119:9; JAMES 5:16; MATTHEW 5:29; ROM 12:2; 1 COR 6:9-11*

Open your group or time alone in prayer, and remember that this is only a guide. Feel free to discuss each of the provided questions and Next Steps above, or simply dive deeper into just one. Before you close with prayer, look over the three essential questions at the end.

1. What is pornography? What's the difference between a stumble and an addiction?
2. Why is pornography so widespread? How is it harmful to individuals, marriages, cultures, and one's spiritual relationship with God?
3. How does the Bible address it? How is purity addressed and sexuality addressed?
4. What is the CPR plan for dealing with addiction? James 5:16; Matthew 5:29
5. What keeps people from confessing, praying, and removing access? What can you or this group do to encourage transparency and accountability? Prov 28:13
6. How does addiction make it hard to trust the grace of Jesus?
7. Read the beginning and end of Romans 8. How does this help our hearts trust God? (also Luke 15:11-31; 2 Corinthians 5:21; 1 John 4:16-18)
8. Knowing that others have been set free...does that give you hope? 1 Corinthians 6:9-11  
Who do you need to give hope to? 1 Thess 5:14

## THREE ESSENTIAL QUESTIONS

1. **What do you think?** How did this message challenge, change, or affirm your thinking? What point in this message was most impactful for you?
2. **What will you do?** How will you or your group put into practice what you've learned today?
3. **How can you help others in your group?** How can you encourage, affirm, pray for, or keep accountable the commitments they put into practice?

## KIDS' GUIDE:

Have you checked out a book from your school library or a public library? When you check out a book, it means that you are borrowing a book from the library that you will have to return. The book does not belong to you. So, you must treat that book with care so that when we return the book, it is in good condition.

You will hear people in church say that everything belongs to God, well that is true, including our bodies. In the same way you must return your library book back to the library, someday we will return our bodies back to God. God is not only going to ask us on the day of judgement what we did with the things that He gave us, He is going to ask us what we did with the bodies He gave us.

We must take good care of our bodies by getting enough sleep, eating right, and exercising. There is another thing God wants us to do to take care of our bodies, and it's called "purity".

Pastor Brad read Psalm 119:9-11 today in his message. It says, "How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands."

Just like junk food that can affect your body's condition, there is other junk we see and hear that can affect the condition of our soul. When we see and hear certain things it affects our mind in the way we think and act. When we hear and see good things, we are more likely to think and act good. When we hear and see bad things, we are more likely to think and act bad.

This kind of junk that I'm talking about can be found on the TV, radio, and in books. Now that we have laptops, tablets, and smart phones, there is a lot of junk that can be found on these devices that are not good for us. Your parents can help you avoid the kind of junk that I'm talking about.

Just like you return your books to the library, there will be a day that we return our bodies to God. Talk to your parents about how we can remain pure and have freedom from addictions.