



Book Discussion Leader's Guide

This is the suggested schedule for leading a discussion group through “The Freedom Fight: The New Drug and the Truths that Set Us Free” along with the discussion questions for each chapter.

Schedule

Week 1: Chapters 1-2

Week 2: Chapters 3-4

Week 3: Chapters 5-6

Week 4: Chapters 7-8

Week 5: Chapter 9

Week 6: Chapter 10

Week 7: Chapter 11

Week 8: Chapter 12

Week 9: Chapter 13

Week 10: Chapter 14

Week 11: Chapter 15

Week 12: Chapter 16

Week 13: Chapter 17

Discussion Questions

Chapter 1: The Tsunami is Coming

1. What did you find interesting about Mark's story?
2. In what ways does the author say a tsunami describes the state of the world related to pornography? Do you agree or disagree? Why?
3. In what ways did the Internet change pornography consumption? What changes do you think were the most significant? Why?
4. How does the following verse apply to pornography consumption?

Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption” (Galatians 6:7-8).

5. What was most alarming about the examples of slow death that porn can bring? Why?
6. What ways did the four men observe the law of reaping and sowing?
7. How have you seen pornography wreak havoc in people’s lives?
8. What else from the chapter stuck out to you?
9. What ways are you most tempted to sow to the flesh? How can you avoid it?

Chapter 2: How Much? So What?

1. How has access changed pornography consumption? How have you seen or experienced it?
2. Are the Barna Group statistics what you expected? Why or why not?
3. Which stats about porn consumption did you find the most interesting?
4. Why do you think porn usage among Christians and non-Christians is virtually the same?
5. Why do you think young Christians are using so much porn?
6. What caught your attention the most from the 1980’s experiment showing the impact of watching pornography? Why?
7. How does viewing pornography change people?
8. Why do you think God told us to be so careful about what we let into our minds when He said, “take every thought captive to obey Christ”?
9. How can we make this command practical?

Chapter 3: Something is Off

1. Sexlessness, teenage erectile dysfunction, the decline of marriage, violence against women, pedophilia, and sex trafficking are all on the rise. Which of these trends is most disturbing to you? Why?
2. Do you think the increase in porn consumption is a major reason these trends have increased? Why or why not?
3. Which of these do you see have the biggest impact on the church? Why?
4. Why do you think so few churches address the issue of pornography?
5. According to Sociologist Dr. Mark Regnerus, what is cheap sex? How does he say it is impacting marriage rates? Do you agree or disagree? Why?
6. How does this chapter illustrate John 10:10 where Jesus says, “The thief comes only to steal and kill and destroy, but I came that they may have life and have it abundantly”?
7. In light of the research of the chapter, how does Jesus’ command in Matthew 5:27-28 show God’s grace and goodness? “You have heard that it was said, ‘You shall not commit adultery’; but I say to you that everyone who looks at a woman

with lust for her has already committed adultery with her in his heart” (Matthew 5:27-28).

8. Why is it difficult to see God’s commands and boundaries as blessings? How might we change that?

Chapter 4: Hijacking the Brain

1. What caught your attention about how porn hijacks the brain?
2. How is porn like candy to the brain?
3. How does understanding the brain science of addiction help give you compassion toward the struggler who has tried to stop but can’t?
4. How can the impact of porn on the brain be an example of this verse: “Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body” (1 Corinthians 6:18)?
5. Why is the adolescent brain more susceptible to being impacted by porn?
6. Why is just trying harder with more accountability and discipline not enough?
7. What is neuroplasticity and why is it a reason to be hopeful?
8. How is Romans 12:2 (“be transformed by the renewing of your mind”) an illustration of neuroplasticity? How can we renew our minds practically?

Chapter 5: War Against the Soul

1. How did porn use wage war against Alex’s soul?
2. “Beloved, I urge you as aliens and strangers to abstain from fleshly lusts, which wage war against the soul” (1 Peter 2:11). What are some of the other manifestations of how pornography use wages war against the soul?
3. God repeatedly warns us against being deceived in the Bible. Which of those passages do you most need to be aware of? Why?
4. What stuck out to you about the rationalizations that pastors say they have heard from members of their church related to their porn use?
5. Which area of research where porn use wages war against the soul was most concerning to you? Why?
6. How do you see this spiritual attack of pornography use impacting the family and the Church?
7. Do you see people “pervert the grace of their God into a license for immorality” (Jude 4)? How so?
8. What made the difference for Alex to come back around in his faith?
9. How can we live this out? “If you continue in My word, you are truly disciples of Mine; and you will know the truth and the truth will set you free.” (John 8:31-32).

Chapter 6: Till Porn Do Us Part

1. What did you learn from Sarah and Mason’s story?

2. Were you surprised by the stats about how destructive porn is on marriages? Why or why not?
3. Why do you think porn is so destructive to marriages?
4. What did you learn from this chapter about the impact porn has on marriages?
5. Why doesn't marriage fix a person's porn problem?
6. How is pornography a supernormal stimulus?
7. The author said that, for many people, pornography is a gateway drug to adultery. Do you agree? Why or why not?
8. How would you explain to someone, who uses porn to spice up their sex life, that the practice will ultimately be destructive to the marriage relationship?
9. Jesus prayed that His disciples "may all be one... so that the world may believe that you have sent me" (John 17:21). How does this add to the ramifications of Christian marriages being destroyed? What are other ramifications of Christian marriages being destroyed?
10. How should we live in light of what we learned in this chapter?

Chapter 7: Pastors and Porn

1. What stood out to you from Antwan's story?
2. Since pornography is waging war against Christians' souls, marriages and is capturing the minds of the next generation on a massive scale, why do you think so few Christian leaders are addressing the issue?
3. Which obstacles do you think are the most significant? Would you add others?
4. Did you think the three solutions were adequate to address the issue? What are other solutions?
5. In your opinion, "Should a pastor be fired or asked to resign if they are found to be using porn?" Why or why not?
6. What is the punishment culture and how does the author say that it contributes to pastors and congregations staying stuck? Do you agree? Why or why not?
7. What stood out to you from the passage James 4:4-10?
8. What do you think of the suggested restorative culture? How does a restorative culture encourage repentance?
9. Why is a restorative culture important in light of the porn use of the younger generation?
10. What did you learn from Nick's story?
11. What does getting off the beach and charging the hill look like for you?

Chapter 8: Faith and Works

1. God rebuked His leaders saying of them, "They have healed the brokenness of My people superficially, saying, 'Peace, peace,' But there is no peace" (Jeremiah 6:14). What are some of the superficial solutions being offered today for the sexual brokenness of porn addiction?
2. What's the difference between first order change and second order change?

3. How does 2 Peter 1:4-8 show the importance of both faith and works in living an effective and fruitful Christian life?
4. What do we learn from Austin's example? Why are both faith and works important to him?
5. Why do you think it is important to deal with the roots of a porn addiction?
6. Which of the six roots is most surprising? Why?
7. Which are you most looking forward to learning more about? Why?
8. The author says those who find freedom must "outgrow porn" by developing in certain areas of their lives". Which area of growth interests you the most? Why?
9. Why do some Christians address the roots of their addiction and outgrow porn while others do not and settle for first order change?
10. What were some of the results in Brandon's life of him addressing the roots of addiction?

Chapter 9: Sexualized Society

1. What caught your attention from Parker's story?
2. What aspects of our sexualized culture make it most challenging for you to walk in holiness and purity?
3. How do these worlds of Jesus capture the idea of walking in holiness in the midst of a sexualized society? "For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few" (Matthew 7:13-14).
4. What stuck out to you from the holiness section?
5. Why is growing in holiness an important step to walking in freedom for the long haul?
6. Why do you think that Jesus called for such a radical approach when it comes to lust (Matthew 5:27-29)? Does going ninety days without a relapse seem doable to you? Why or why not?
7. What did you learn about triggers? Why is it important to know your triggers? What are some of your biggest triggers?
8. What boundaries have you put in place to help you address triggers? What other potential boundaries do you still need?
9. What biblical attitudes should we have toward temptation (Matthew 26:41, 1 Corinthians 6:18, 2 Timothy 2:22)? What temptations are you tempted to flirt with instead of flee?
10. What did you learn about the importance of accountability and anticipation?
11. Do you see the drift toward worldliness around you? In you? In what ways?
12. What action steps do you need to focus on? What are you specifically going to do?

Chapter 10: The Addicted Brain

1. What can we learn from the Navy SEALs to help with the addicted brain?

2. What did you learn about how porn hijacks the brain?
3. How does the limbic system—the emotional brain, overpower the Prefrontal Cortex (PFC)—the logical brain?
4. How do we fix our brakes(PFC)?
5. How does each aspect of BRACE help overcome the addicted brain and resist temptation?
6. What part of BRACE do you think would be most helpful? Why?
7. What did the author mean when he said, “Repetition got you into the addiction and repetition will help get you out?” How does BRACE help you build a new brain pathway?
8. What are the promises God gives about His word in Joshua 1:8 and Isaiah 55:11? How has God’s word impacted your life?
9. How does a habit/relapse contract help a person renew their mind?
10. What did you think of the example contract given? How could this be an example of Paul ‘disciplining his body and keeping it under control’ (1 Corinthians 9:27)?
11. What are some benefits of doing a crash report?
12. Which action steps do you need to prioritize? What’s your specific plan this week?

Chapter 11: Isolation

1. What stood out to you about Rat Park?
2. What does it mean that the opposite of addiction isn’t sobriety, it’s connection?
3. Why do you think we tend to hide from God and others (Genesis 3:7-8)? How do you see this tendency in your own life?
4. What is Jesus claiming when He says, “If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, out of his heart will flow rivers of living water” (John 7:37-38)? Have you ever experienced this? How?
5. Why do you think Jesus likens the decision to trust Him to being born again—“unless one is born again he cannot see the kingdom of God” (John 3:3)?
6. What do you think about bonding to porn?
7. How do porn and isolation feed one another?
8. What can we learn from Noah and his response to temptation?
9. What does it mean to live in reality? What makes it challenging?
10. “It is more blessed to give than to receive”(Acts 20:35). How does the author say this can apply to someone in recovery?
11. What action steps do you need to prioritize? What is your specific plan?

Chapter 12: Negative Emotions

1. How is porn like a ‘comfort food’? What are some of your ‘comfort foods’?
2. What is self-awareness and emotional intelligence?

3. Proverbs 14:8 says, “The wisdom of the prudent is to give thought to their ways” (NIV). Why is it wise to give thought to your ways? How can this apply to our emotions and our response to our emotions?
4. Which of the BLASSTED emotions are most often triggers for you?
5. What can we learn from David about processing his emotions with God? “Search me, O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, And lead me in the everlasting way” (Psalm 139:23-24, NASB).
6. What does it say about God that He commands us to “Cast your cares on the Lord and he will sustain you” (Psalm 55:22)? What does he say about us if we refuse to (1 Peter 5:6)?
7. Have you learned to anticipate your emotions? How?
8. What did you learn about the importance of lifestyle balance? What are those self-care practices that you need to make sure are a regular part of your schedule?
9. What are the benefits of regular check-ins?
10. Which of the action steps do you need to prioritize? What is a way to make it practical?

Chapter 13: Shame

1. What stood out to you from the Prince and Dragon story?
2. Shame researcher Brene Brown defines shame as, “an intensely painful feeling or experience of believing we are flawed and therefore unworthy of acceptance and belonging.” How is this different than guilt?
3. What did you learn about how shame is connected to the other roots of addiction?
4. How is a shame identity formed? What are the different factors?
5. Which factors do you feel are the most significant contributors to a shame identity? Why?
6. Have you experienced any of those? How?
7. How does a person’s identity impact their behavior?
8. When you look at the prodigal son story in Luke 15 through the lens of shame, what are some fresh insights?
9. The author says God’s word must define reality for us—not our feelings, shame, or the enemy’s accusations. How do you think we can do that practically?
10. What action steps do you need to prioritize? How can you make them practical this week?

Chapter 14: Identity Defeats Shame

1. What did you learn about shame from Brendan’s story?
2. In the Understanding Shame section, how does shame keep a Christian porn user stuck in their sin?
3. What did you learn from the shame river illustration? Which tributaries have delivered the most shame in your life?

4. Why is worth such an important part to overcoming shame? (hint: last of shame river section).
5. What resonated with you from the Worth that Transcends Shame section?
6. How would you explain the Great Exchange to someone without a church background?
7. How is shame a spiritual attack? 2 Corinthians 10:3-5 What is a stronghold? How do you destroy them?
8. How do we take thoughts captive and make them obey Christ?
9. Which practices in putting it all together do you think would be the most helpful? Why?
10. What were some of the right moves Brendan made after his wife discovered his secret?
11. What action steps do you need to prioritize? How can you make them practical this week?

Chapter 15: Vulnerability Defeats Shame

1. What aspect of Roosevelt's speech most resonates with you?
2. What were your thoughts on the research showing the importance of vulnerability? Why do you think vulnerability is essential to defeating shame?
3. "Therefore, confess your sins to one another and pray for one another, that you may be healed..." (James 5:16) How is vulnerability essential for confession? Why is going beyond just being vulnerable and admitting sin so important to healing?
4. What were some observations that stuck out to you about the rest of Brendan's story?
5. How does this verse make the case for vulnerability? "My grace is sufficient for you, for my power is made perfect in weakness. Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me"(2 Corinthians 12:9). Why is being vulnerable challenging to do?
6. What were some of the examples of the power of vulnerability that resonated with you?
7. Have you experienced the power of vulnerability in your own life or seen it in others? How?
8. Why does vulnerability take practice?
9. Which of the four practices seem the most helpful? Doable? Challenging?
10. What thoughts or observations did you have about the Restored After Shame section?
11. What action steps do you need to prioritize? How can you make it practical this week?

Chapter 16: Healing Trauma with Truth

1. What did you learn about trauma's impact on porn use from Maggie's story?
2. How is shame a manifestation of spiritual warfare? What aspect of trauma makes it so damaging? 2 Corinthians 10:3-5

3. What stuck out to you in the Exploring Trauma section?
4. Why are small groups such an important part of helping someone heal trauma?
5. What are your thoughts about the ten worst moments exercise? How might that be helpful?
6. What makes a father so influential in a person's life?
7. What did you think about the principles to process your pain?
8. Which seems particularly helpful?
9. What stuck out to you from Eric's story? Mason's story?
10. What did you find interesting about trauma and porn genre?
11. Why is it important to ask the tough questions when you wrestle with your trauma?
12. How does Romans 8:28,35-39 speak specifically to shame?
13. What action steps do you need to prioritize? How can you make it practical this week?

Chapter 17: May It Be

1. Based on what we've learned in this book, what is the tsunami caused by porn that is going to hit? Why don't people seem concerned about it?
2. What do we learn from David in 2 Samuel 11:1-2 about the importance of purpose related to walking in purity?
3. Do you believe the threefold vision the author mentions is for every follower of Christ?
To know Christ (Matthew 22:27-28); to be like Christ (Romans 8:29); and to make Christ known (Matthew 28:19-20). Why or why not?
4. What caught your attention from the Harvest is Plentiful section?
5. What did the author mean when he talked about Grow by Teaching?
6. What stuck out to you about the different arenas to equip within the Church?
7. Paul described the world the Ephesian Christians lived in as, "They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity?" (Ephesians 4:19). How does this describe our pornified world?
8. What did you think about how Ephesians 4:17-27 parallels the roots of addiction and their solutions?
9. How do followers of Christ have an advantage in dealing with a porn addiction over other communities?
10. Do you believe that addressing the porn issue is an opportunity for growth and revival in the Church? Why or why not?

