

## Freedom Fight Equipping Training

\*\*Group discussion question at the bottom of this sheet.

- The Freedom Fight's mission is to equip men and women to \_\_\_\_\_ and run the race and reach their God-given potential in Christ.
- Ted doesn't know of a heavier weight or a more entangling sin than \_\_\_\_\_.
- The goal isn't simply \_\_\_\_\_, but the goal is to run free after Christ and his purposes.

### Brutal Realities of Pornography:

- It's \_\_\_\_\_.
  - \_\_\_\_\_% of Christian men use porn at least monthly.
  - \_\_\_\_\_% of non-Christian men use porn at least monthly.
  - Practicing Christian college men:
    - \_\_\_\_\_% watch porn at least occasionally.
    - \_\_\_\_\_% watch porn at least weekly.
    - \_\_\_\_\_% watch porn daily or multiple times a day.
  - Practicing Christian college women:
    - \_\_\_\_\_% watch porn at least occasionally.
    - \_\_\_\_\_% watch porn at least monthly.
  
- It's \_\_\_\_\_.
  - Of all the language God uses to describe how fleshly lust impacts a person, He uses \_\_\_\_\_ imagery.
  - Porn is waging war against:
    - \_\_\_\_\_ growth.
    - Marriages.
      - One of the best predictors of divorce for a person is the \_\_\_\_\_ of their porn habit.
    - Kingdom Service.
      - More porn = less \_\_\_\_\_.
    - Godly parenting.
    - Healthy Sexuality.
      - Porn can change your \_\_\_\_\_ preferences.
  - Only \_\_\_\_\_% of pastors have a resource to address pornography.
  - Less than 10% of Christian men who struggle with porn seek out help, because \_\_\_\_\_ is massive.
  
- It's \_\_\_\_\_.
  - \_\_\_\_\_ is the pleasure chemical that our brain releases when we experience something our brain wants us to remember and repeat.

- o When people get hooked on the “sugar high”, they lose their appetite for the “\_\_\_\_\_ meal.”
  - o Our brains can lock us into \_\_\_\_\_.
  - o The adolescent brain is more susceptible to \_\_\_\_\_ substances.
  - o If a person gets hooked on an addictive substance before they’re 18, the chances that it becomes a lifelong struggle go way up.
  - o Addiction experts tell us that an addiction goes to a new level when a person starts using their dopamine high to medicate \_\_\_\_\_ \_\_\_\_\_ in their life.
- “They have given themselves up to sensuality. In the Greek, that literally means “\_\_\_\_\_ lust.”

<b>Root of Addiction</b>	→	<b>Solution</b>
The _____ Society	→	Renew the Mind
Isolation	→	Develop authentic _____
Negative _____	→	Process emotions and grow EQ
Shame	→	Live out of identity in _____
Trauma	→	Replace _____ with truth

- If you were a cocaine addict and always had a \_\_\_\_\_ of cocaine in your front pocket, do you think it’d be hard to break? That’s what we have with the iPhone.
- You don’t just quit a porn addiction - you must \_\_\_\_\_ it.
- \_\_\_\_\_% find freedom when they finish the program and are committed to its core 3 habits.

**Notes:**

### Equipping Video Discussion Questions

1. What are your thoughts on the pervasiveness of porn among growing Christian college students?
2. Which of these areas of life that porn attacks are most alarming to you and why?
  - Spiritual Growth
  - Marriage
  - Kingdom Service
  - Godly Parenting
3. In light of the spiritual warfare being unleashed through pornography, why do you think so few churches address the issue directly? (Only 7% of pastors say their church has a resource to address pornography.)
4. How do you think porn is influencing the sexual confusion and perversity we see in our world today?
5. Read 1 Corinthians 6:18. Why do you think God put an asterisk next to sexual sin?
6. What stuck out to you about how Paul addressed the sexual immorality (pornia) among the Ephesian believers?
7. Read Hebrews 12:1. How can this verse apply to pornography in a believer's life?