

The Freedom Fight

Equipping Meeting Handout

- 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:

1. It's _____.
 - _____% of Christian men (18-70) use porn at least occasionally (monthly).
 - _____% of Christian men (18-43) use porn at occasionally (monthly).
 - _____% of Christian men (18-43) use porn weekly, daily, or more often.
 - _____% of Christian women (18-70) use porn at least occasionally (monthly).
 - _____% of Christian women (18-43) use porn at occasionally (monthly).
2. 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 somebody's porn habit.
 - A couple who watched porn is _____ more likely to commit adultery.
 - Kingdom Service.
 - More porn = less _____.
 - Godly parenting.
 - Healthy Sexuality.
 - Porn can change your _____ preferences.

3. It's _____.

- _____ is the pleasure chemical that our brain releases when we experience something our brain wants us to remember and repeat.
- Addiction experts say an addiction goes to a new level when a person starts using their dopamine high to medicate _____ in their life.
- The adolescent brain is more susceptible to _____ substances.
- If a person gets hooked on an addictive substance before they're 18, the chances that it becomes a lifelong struggle go way up.
- Only _____% of pastors have a resource to address pornography.

4. Six _____ Areas

- Practical holiness
- Renewing the mind
- Authentic accountability
- Processing your emotions
- Replacing lies with truth
- Live out an identity in Christ

Root of Addiction → Growth Area

The _____ Society → Practical Holiness

An Addicted Brain → Renewing the _____

Isolation → _ Accountability

Negative _____ → Processing your emotions

Trauma → Replace _____ with truth

Shame → Live out your identity in _____

- You don't just quit a porn addiction - you must _____ it.
- _____% find freedom when they finish the program and are committed to its three core habits.