

Session 1 - The Enemy Within

Dr. Terry Turner

Matt 5:27-28 (HCSB): ²⁷ “You have heard that it was said, Do not commit adultery. ²⁸ But I tell you, everyone who looks at a woman to lust for her has already committed adultery with her in his heart.

Why is looking at a woman lustfully the same as committing the act of adultery?

Judges 14:1-3; 16:1 (HCSB): Samson went down to Timnah and saw a young Philistine woman there. ² He went back and told his father and his mother: “I have seen a young Philistine woman in Timnah. Now get her for me as a wife.” ³ But his father and mother said to him, “Can’t you find a young woman among your relatives or among any of our people? Must you go to the uncircumcised Philistines for a wife?” But Samson told his father, “Get her for me, because I want her.”

Samson went to Gaza, where he saw a prostitute and went to bed with her.

Dr. Turner expresses that men are tempted more by their eyes (the “eye gate”). He uses the illustration of Samson as a man who allowed the “eye gate” to destroy him. **Aside from online pornography, what are some other sources of visual temptation in our daily lives?**

What are some actions you can take to avoid sin of the “eye gate” in the office, at the store, on the road, and regular places you encounter temptation (besides the computer, tablet, or smartphone)?

Matthew 6:22 (HCSB): ²² “The eye is the lamp of the body. If your eye is good, your whole body will be full of light. ²³ But if your eye is bad, your whole body will be full of darkness. So if the light within you is darkness—how deep is that darkness!

Jesus understood man’s problem with the eye. That which you allow your eyes to see becomes an image etched into your memory. The more you focus on darkness, the greater that darkness will invade your life.

According to Dr. Turner, why was the gift of a sexual relationship given to a husband and wife?

How does viewing pornography destroy the light of God’s gift and fill our lives with darkness?

Romans 1:24-25 (HCSB): ²⁴ Therefore God delivered them over in the cravings of their hearts to sexual impurity, so that their bodies were degraded among themselves. ²⁵ They exchanged the truth of God for a lie, and worshiped and served something created instead of the Creator, who is praised forever. Amen.

Addiction is being “delivered over [to our] cravings.” The level of addiction in our society is evidence of the depravity of the sinful nature. In particular, Dr. Turner points out overwhelming evidence of the addictive impact of pornography on the western world.

Dr. Turner lists a number of problems which pornography brings to marriages and families. These include:

- **Marital distress: separation and _____**
- **Decreased marital intimacy and sexual _____**
- **Devaluation of _____**
- **Belief that marriage is sexually _____**

What evidence have you seen around you (at work, at home, at church, with friends and neighbors, relatives, etc.) of the disastrous impact of pornography on marriages and families?

1 Corinthians 6:12-13, 18 (HCSB): ¹² “Everything is permissible for me,” but not everything is helpful. “Everything is permissible for me,” but I will not be brought under the control of anything. ¹³ “Food for the stomach and the stomach for food,” but God will do away with both of them. The body is not for sexual immorality but for the Lord, and the Lord for the body.

¹⁶ Don’t you know that anyone joined to a prostitute is one body with her? For Scripture says, The two will become one flesh. ¹⁷ But anyone joined to the Lord is one spirit with Him.

¹⁸ Run from sexual immorality! “Every sin a person can commit is outside the body.” On the contrary, the person who is sexually immoral sins against his own body.

In 1 Corinthians, Paul argues against some of the common reasons believers were using to excuse their sinful behavior (identified by the “quoted” statements in the passage above). **What are some of the common excuses you and other men use to justify viewing pornography?**

Bottom line: Viewing pornography IS sexual immorality—a sin against God, against your spouse, and (as Paul says) a sin against your own body. Sin requires repentance. **Spend time in prayer; repent of your own sin if you are involved in pornography or other sexual sin; pray for your brothers in Christ who are caught up in sexual sin; pray for revival in our sexually addicted world.**

Session 2 - Run Away and Fight!?

Ryan Rush

2 Timothy 2:22 (HCSB): ²² *Flee from youthful passions, and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.*

Why should we flee, or RUN AWAY, from the sin of pornography? Aren't we supposed to "stand firm" and fight our sinful impulses?

What is likely to happen if we try to stand and fight this battle through our own willpower?

2 Samuel 11:1-4 (HCSB): *In the spring when kings march out to war, David sent Joab with his officers and all Israel. They destroyed the Ammonites and besieged Rabbah, but David remained in Jerusalem.*

² *One evening David got up from his bed and strolled around on the roof of the palace. From the roof he saw a woman bathing—a very beautiful woman.* ³ *So David sent someone to inquire about her, and he reported, "This is Bathsheba, daughter of Eliam and wife of Uriah the Hittite."* ⁴ *David sent messengers to get her, and when she came to him, he slept with her.*

Ryan Rush uses the story of David and Bathsheba to illustrate the need to flee from sexual temptation. Rush offers three points to connect David's story to the lure of online pornography for men today.

A _____: David was king and had the power to take what he wanted. Online pornography is free for any man with an internet connection.

A _____: With her husband being off at war, there was nothing to keep Bathsheba from coming to David. Online pornography is available to any man with a computer, tablet, or smartphone.

A _____: David was powerful enough to keep the affair quiet (this is, until Bathsheba became pregnant and David had to try and cover his sin). Likewise, viewing pornography can seem like an anonymous activity (however, nothing is anonymous in the eyes of God).

Men who take advantage of the affordability, availability, and anonymity of online pornography become victims of Satan's trap; but they are not the only victims. **Who are others who are hurt and victimized by pornography?**

2 Timothy 2:22 (HCSB): ²² *Flee from youthful passions, and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart.*

Rush urges men to RUN AWAY from sexual temptation, and RUN TO godly character. **How does viewing pornography promote ungodly characteristics in your life?**

How do the following characteristics keep you protected from sexual sin?

- Righteousness
- Faith
- Love
- Peace

2 Timothy 4:7-8 (HCSB): ⁷ *I have fought the good fight, I have finished the race, I have kept the faith.*

⁸ *There is reserved for me in the future the crown of righteousness, which the Lord, the righteous Judge, will give me on that day, and not only to me, but to all those who have loved His appearing.*

Rush explains that the greater goal for fleeing sexual temptation and pursuing godliness is to RUN FOR the prize: the crown of righteousness.

What are some earthly benefits we will experience by overcoming the temptation of viewing pornography or other sexual sins?

How is our spiritual reward even better than any of these personal benefits we might receive?

Bottom Line: Retreat is one of the best offensive strategies for battling sexual sin. That may seem like an “unmanly” response to sin, but our best fighting is done under the cover of God’s power rather than out in the open and exposed to Satan’s tactics. **Read Psalm 46 and discuss how RUNNING TO God will keep you safe in our times of temptation.**

Session 3 - Winning the Battle for Purity

Jon Kitna

Galatians 5:19-21 (HCSB): ¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

List sins of the flesh which are defeating you:

Romans 7:14-8:31 (HCSB): ²¹ So I discover this principle: When I want to do what is good, evil is with me. ²² For in my inner self I joyfully agree with God's law. ²³ But I see a different law in the parts of my body, waging war against the law of my mind and taking me prisoner to the law of sin in the parts of my body. ²⁴ What a wretched man I am! Who will rescue me from this dying body? ²⁵ I thank God through Jesus Christ our Lord! So then, with my mind I myself am a slave to the law of God, but with my flesh, to the law of sin.

What does Kitna mean when he says men always try to fix our sin problems "in the flesh"?

Romans 8:10-11 (HCSB): ¹⁰ Now if Christ is in you, the body is dead because of sin, but the Spirit is life because of righteousness. ¹¹ And if the Spirit of Him who raised Jesus from the dead lives in you, then He who raised Christ from the dead will also bring your mortal bodies to life through His Spirit who lives in you.

How does Romans 8:10-11 provide a solution to our sin problem?

If we are already victorious in the Spirit, how can we stop "choosing to lose"?

1 John 1:7-9 (HCSB): ⁷ But if we walk in the light as He Himself is in the light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. ⁸ If we say, "We have no sin," we are deceiving ourselves, and the truth is not in us. ⁹ If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Kitna suggests three spiritual strategies for victory over pornography:

1. Spend time with _____

Kitna uses the illustration of an NFL game to point out how little time we actually spend “abiding in Christ” when compared to our other interests and hobbies. He challenges us to spend at least two hours a week with Jesus. **What are some interests or activities which keep you from spending quality and quantity time with Jesus? How can you readjust your schedule to make time for the Lord?**

How should you spend your regular time with Jesus?

2. Protect yourself online; use an _____ software

What other strategies could you use to keep from accessing pornography from your computer, tablet, or smartphone?

3. _____ your sins to one another; find at least two other men for accountability

Ecclesiastes 4:9-12 (HCSB):⁹ *Two are better than one because they have a good reward for their efforts.*

¹⁰ *For if either falls, his companion can lift him up; but pity the one who falls without another to lift him up.* ¹¹ *Also, if two lie down together, they can keep warm; but how can one person alone keep warm?*

¹² *And if someone overpowers one person, two can resist him. A cord of three strands is not easily broken.*

What are some necessary elements for an effective accountability group?

Why is mutual accountability an essential spiritual strategy for winning this battle?

Bottom Line: Winning the battle for purity is about relationships: an abiding relationship with Christ, an honest and committed relationship with your spouse and an accountable relationship with your brothers in Christ. **Where are you struggling within each of these relationships? What is your “game plan” for strengthening these relationships, beginning today?**