

Marriage • Parenting • Spiritual Growth • Sexuality • Relationships • Mental Health
Men • Women • Hurts and Emotions • Singles • Ministers and Mentors • Technology



a resource in:

Sexuality

Coming Out From Porn



APOSTOLIC CHRISTIAN

Counseling and Family Services

Helping the hurting. Nurturing hope. Encouraging growth.

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Coming Out From Porn

Questions:

1. The interviewee started viewing porn in middle school. When were you first exposed to pornography? What were the circumstances that led to your indulgence?
2. The interviewee remembers a full confession of sin and a brand new beginning when he repented many years ago. Can you relate to this “new birth” experience? Why or why not?
3. The interviewee confessed to having impossible sexual demands on his wife. If you are married, has pornography caused you to have unrealistic expectations for your spouse? Where appropriate, please describe.
4. The interviewee noticed that when he used porn privately it turned his heart away from his wife. He was angry with her. If you are married, describe the effect pornography has had on how you relate to your spouse. [anger, separation, loneliness, etc.]
5. The interviewee fought hard against porn with small durations of success before backsliding. “I fought harder, I prayed harder, I tried harder” he said. Can you relate to these statements? If so, which ones?

Consider:

1. A light bulb went on when the interviewee was told that “Addiction is not the problem. Addiction is the solution to the problem.” What does this mean?
2. The interviewee admitted that feelings of inadequacy, poor self-worth and not being “that guy” was the source of his problem. He medicated this with porn. What is it that you medicate with porn?
3. To deal with this problem, the interviewee realized that he needed to forgive the bullies in his past and embrace God as the answer to his deep emotional needs. What does this look like for you?
4. The interviewee realized that over the years many “triggers” had been formed that would trigger pornography. What “triggers” have formed in your life?
5. The interviewee believes God can heal someone in an instant. However, his healing came over a long period of time. Is this encouraging? Discouraging? Both? Why?

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Challenge:

1. The interviewee could hardly believe that 30 years of wrecked life could be restored. Do you believe your life can be restored? If no, why? Do you want your life to be restored? Imagine that all is restored. Let this be your vision.
2. The interviewee said that when he understood the incredible worth God places on him, that He wants us to come to Him, and that He has victory for us because He loves us – “a fog lifted”. Meditate on this love and worth which God has for you.

For our next meeting:

- Be thoughtful about your deeper needs.
- Identify the problem(s) you medicate with porn.
- Report on the existence of this need and how you dealt/are dealing with it.

