

# SEX, DRUGS AND SAUSAGE ROLLS

Discussion Notes

## PORN FREE

Although this is a difficult topic, it's important that we create space for people to discuss porn in a way which is encouraging and supportive of each member. Remember that every person will have had different experiences, whether they themselves have been addicted to porn or have friends or family members who are. If anything comes up in the discussion that needs to be passed on, get in touch with Kate.

Depending on the group, you may want to approach this topic from a more personal perspective, encouraging people to be honest and vulnerable. Or, you might want to talk about porn as an industry as a whole if your group aren't in a place to be as vulnerable.

Kate suggested that some people might think of porn as being fine and healthy - it is a form of sexual expression, the women earn a living etc. Do you see this view reflected in society? What does wider society think about porn?

Porn is dangerous because it affects us in several different ways: it affects our minds, our relationships and the way we treat women.

**Porn affects our minds** as it rewires our brains. We begin to develop warped thinking patterns about what the human body should look like and what sex should look like.

- Do you agree? Do you think porn has affected the way we think about sex and the human body?
- Have you ever considered the effect that porn is having on the brain?

**Porn affects our relationships** as we lose our ability to have real relationships. Kate shared that men in particular can lose their sex drive and lose attraction to their partner.

- Have you thought about the impact porn has on our relationships?
- Do our friends who don't go to church consider this? Would knowing this change the way they think about porn?

**Porn affects our attitude towards women.** 88% of the most popular porn videos in the 2019 feature acts of violence towards women. 1/3 women say they have experienced sexual violence inspired by things that men have watched in porn. The porn industry helps drive sex trafficking.

- What is your response to these statistics?

Read Galatians 5 together. You may want to use this as a time to open up the discussion to the topic of how we find freedom in general, or keep the discussion focused on porn.

- v. 1 "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." How do we find freedom in the cross? What does it mean for Jesus to take our 'yoke of slavery'?
- v. 16-17 "So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want." What does it mean for us to 'walk by the Spirit'? How can we live walking with the Spirit every day? What does Paul mean when he Spirit and flesh 'are in conflict with each other'?

## 4 Steps to Live Porn Free

### 1. Commit yourself to Love

- What does this look like?
- How can we use love to counteract the damage that porn does?
- How does committing yourself to love help us live porn free?

### 2. Confess to Others

- What difference would this make?
- Who can you confess to?
- How can we as a Hub support one another?

### 3. Get Practical

- What practical steps can we put in place to either help ourselves or help a friend get porn free

### 4. Walk in the Spirit

- How do we do this?

You may want to break down into male and female groups to pray with one another if appropriate. Here it may want to offer prayer not only for those who use porn but also those who have been affected by someone else's use of porn. Or, use this opportunity to share in communion, taking some time to repent and receive Jesus' forgiveness.

## Resources:

- Dangerous Honesty - Karin Cooke
- Applying the Hand Brake - Ben Dyer
- <http://thenakedtruthproject.com>
- Woodlands are hosting the Naked Truth Conference on March 20th