



The Secret Lives of Almost Everyone Week Three

Important Note For Mixed Gender Groups

As we look at this week's talk on the topic of pornography, consider if your group should divide up by gender. While we respect safe discussion and friendship can happen between men and women, at EastLake Church we often suggest men speak to men and women speak to women on topics like this. As a group leader, please use wisdom and discernment.

Opening Prayer

God, help us to connect with you and one another today. We want to encounter love and healing.

Talk It Over

As we talk through our guide, please be conscious and compassionate to the idea that we are all different people, with different stories, and in different places on our journey. Throughout our conversation, remember groups exist to help us grow in friendship and faith. We're not simply looking to nail down a 'right' or 'wrong' answer with each question. We're looking to connect with another and to encounter God together. We are welcome to challenge one another in gentle loving ways, but we cannot force our thoughts onto other people. Listen to one another in a genuinely open loving way, learn what you can from one another, and allow the Holy Spirit to guide you personally through this topic.

- What do you personally classify as pornography?
- Growing up what were the boundaries your parent(s) had in place on this topic of pornography?

Read Romans 7:24–25 (New Living Translation)

Struggling is a normal part of the human experience. We all have different issues and our issues come out in different ways, but we all have hurts, habits, or hangups.

- Looking back at the course of your life, have you ever felt stuck, defeated, or dominated by a hurt, habit, or hangup? You don't need to share the specific details, but share about what that experience was like.
- Have you ever loved someone who felt stuck, defeated, or dominated by a hurt, habit, or hangup? What was that experience like for you.

Read Genesis 2:24–25

The original design for sexual expression is shame free. Sexuality is a gift from God.

- Have you ever felt shame tied to your sexuality? Where did this message come from? **(Continued on next page.)**

- Have you ever felt free and whole in your sexuality? Share how you got there.

Read James 1:14-15 (New International Version)

The science and research behind pornography teaches us that porn has a way of removing us from health and killing love. Porn can literally rewire our brains and disable us from enjoying and engaging in normal life, real sex, and love.

- What are some ways pornography has personally affected you?
- How has pornography personally affected someone you love?
- What good do you think could come from a world without pornography?

Read Corinthians 10:5 (NIV) and Proverbs 27:12 (NLT)

Science teaches us that the damage of porn can actually be reversed. Along these same lines, the Bible teaches us that God desires to teach us a way out of destructive living. But in order to enter into healing, we must say 'yes' to a new way of living.

- What are some practical boundaries, tools, and guidelines you have in place on this topic?
- What are some new boundaries, tools, and guidelines you think you should put in place moving forward on this topic of pornography?

Read 1 John 1:8-9 and Romans 12:2 (NIV)

God invites us to see the problems in our life as the problems they are. By owning our hurts, habits, and hangups, we open ourselves up to God's healing grace and love. By owning our issues, we see first hand that God's grace and love is truly more powerful than any issue we may have— including porn. In addition, by saying 'yes' to God's transformation process, we also position ourselves to extend more of God's grace and love to others.

- In what way would you love more healing in your life on this topic of pornography?
- In what ways can you grow in compassion for yourself or others on this topic?

Closing Prayer

God, you know our issues better than we do. You know where we need healing, repair, grace, love, and compassion. Help us to become more open and aware of what you desire to offer us.