

Champions Arise Study Guide

Series: Every Man a Pure Warrior

Program # (CA2) EMAPW04 - Pornography: I Can't get These Images Out of my Head

Focus passage – Romans 12:2, *“Do not be conformed to this world, but be transformed by the renewing of your minds, that you may prove what is the will of God, what is good, acceptable, and perfect.”*

1) If you have looked at pornography, how old were you the first time you saw it?

2) What is Dopamine?

3) How is Dopamine connected to pornography?

4) What is the first step to take to rid ourselves of pornographic images in our minds?

5) What is the second step to take to rid ourselves of pornographic images in our minds?

“How can a young person stay pure? By obeying your word.” Psalm 119: 9, 11

Sample Bible Memory Verses

Romans 12:2, Proverbs 6:27, Romans 6:12, Philippians 4:8, Ephesians 4:22-24, Romans 8:5, Matthew 19:26, Romans 8:1. Matthew 5:28. Galatians 2:20. Romans 6:14. 1 Corinthians 6:18.

Commitment: I will put the word of God into my mind by memorizing verses.

Pornography: I Can't get These Images Out of my Head – LEADER'S GUIDE

1. Thank everyone for coming.
2. Open in prayer
3. Read the focus passage.
4. Ask men to answer Question #1. Remind the men that what is said in the meeting is confidential.
5. Listen to the program: Pornography: "I Can't get These Images Out of my Head"
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the four remaining questions with the men in the group.
Encourage everyone to participate, but never force or shame someone into participating.
 - a. Question #2 answer: Dopamine is a drug that is released by the body when it is excited sexually.
 - b. Question #3 answer: Dopamine makes the brain feel good. Pornographic images stimulate the release of Dopamine and our brains get a new shot of Dopamine with each new exotic image.
 - c. Question #4 answer: Stop lusting at images of women on the computer, or in magazines, or in any other area.
 - d. Question #5 answer: Memorize Bible verses
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to challenging each other to memorize Bible verses each week.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Almighty God. All things are possible with You so we humbly ask You to give us the desire to cleanse our minds with Your word. In Jesus name, Amen.