

**Champions Arise Study Guide**  
**Series: Every Man a Pure Warrior**

**Program # (CA2) EMAPW09 - Pornography: What about Masturbation?**

Focus passage – Philippians 4:8, *“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”*

1) How do you feel talking about today’s topic? Why?

\*I’m okay, \*I’m kind of nervous, \*I’m really nervous, \*I don’t want to talk about it.

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2) What is one of the physical problems ongoing self-gratification can cause?

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3) Why is “just thinking about our wife” during the act not a justification for masturbation?

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4) Why does solo-sex for single men not keep them pure before God?

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*“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”* Matthew 5: 27-28

5) When tempted to masturbate, what choice does the Bible teach?

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*“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.*

**Commitment:** I commit to stop masturbating and trust God to meet my sexual needs.

## Pornography: What about Masturbation? - 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. If someone doesn't want to answer, that is ok.
5. Listen to the program: Pornography: What about Masturbation?
6. After the program is finished, allow time for comments or questions on the program
7. Review the answers to the remaining four questions with the men in the group.  
Encourage everyone to participate, but never force or shame someone into participating.
  - a. Question #2 answer: Self-gratification trains your body to respond sexually in a very specific way. When we have sex with our wife, her body probably doesn't respond in that very specific way. As a result, the sexual experience is lacking which reinforces the lie that we need pornography to be fulfilled sexually.
  - b. Question #3 answer: 1) we can't "just think about our wife" 2) if we were able to, we would not be thinking of her in a cherishing, loving, and God-honoring way.
  - c. Question #4 answer: Because they are committing adultery/fornication in their minds.
  - d. Question #5 answer: Choose to follow the Spirit and not the flesh.
8. Ask the men what was most important to them from this teaching.
9. Ask the men to commit to honoring God, their wife, and themselves with their sexual drives.
10. Confirm the time for the next meeting
11. Take prayer requests.
12. Close in prayer

Sample prayer: Heavenly Father, You know our motives, desires, needs, and lies. Please help us to honor You by filling our sexual needs in accordance with Your word. In Jesus name, Amen.