



# INSIDE JOB – GROWTH GROUP

## Sessions 3 & 4 - Study Guide

### LESSON THREE

# WHY CAN'T YOU STOP? Part 1

Satan can only tempt you with something you desire. This is why many are enticed into sin and bondage—they are drawn away by their own desires. If you want to be free from the power of sin, you must hate sin the way God hates it. Otherwise, if you still enjoy your sin, you'll struggle to become free of it. Often, the resistance we face is internal rather than external. This is evident with some-one who feels restricted by the Word of God—obeying because they have to rather than because they want to. The Word of God restrains them rather than being their delight. But when your heart changes toward sin, it's only natural for your behavior to change too.

#### **In this lesson we learned:**

- Satan has a systematic plan to draw you into sin.
- Satan can only tempt and entice you.
- The devil cannot entice you unless you have a desire for it.
- God will not force His will upon us.
- Sometimes, if we are stubborn, God will give us what we want—even if it's to our detriment.

#### **REFLECT**

1. What is the difference between those who are restricted by Scripture and those who delight in God's Word?
2. Do you still like and enjoy watching porn? If so, why?
3. Write out a list of all the God-given needs you may be trying to meet with porn. Then write out some ways that God would have you meet those needs in a healthy way.



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### VOICE OF TRIUMPH

- I walk in the light of God's Word and the blood of Jesus Christ cleanses me from all sin. (1 John 1:7)
- The law of the Spirit of life in Christ Jesus has set me free from the law of sin and death. (Romans 8:2)
- I have a spirit of power, love, and a sound mind. (2 Timothy 1:7)

### BATTLE READY

“I believe God made us to crave. Now, before you think this is some sort of cruel joke by God, let me assure you that the object of our craving was never supposed to be food, sex, money, or chasing after significance. Think of Eve’s temptation in the garden of Eden. While the object that enticed her might have been an apple, the core of her struggle was that she wanted to be like God, knowing good and evil. The very downfall of humanity was caused when the first woman surrendered to a craving to eat something she wasn’t supposed to eat, and to pursue a power that she was never intended to wield. But it doesn’t stop there . . . Satan tried to appeal to Jesus’ physical craving for food. But here’s the significant difference between Eve and Jesus. Eve was saturated in the object of her desire. Jesus was saturated in God’s truth. Jesus had been in a desert fasting for forty days. But He held strong and set a powerful example of how to escape the vicious grip of temptation. When we feel deprived and consumed with wanting unhealthy choices, we too can rely on the truth of God’s Word to help us.”

–Lysa TerKeurst, Author of Made to Crave.



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### **VICTORY STANCE**

For I can do everything through Christ, who gives me strength. (Philippians 4:13)

### **BATTLE PLAN**

Find an accountability partner. This person should be someone you trust and will be firm and direct with you. Connect with them at least once a week. This can be done in person or over the phone. Whenever you connect with them, be vulnerable. Share both your struggles and your victories. Always close in prayer. If possible, install accountability software on all your electronic devices where porn can be viewed.



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### LESSON FOUR

## WHY CAN'T YOU STOP? (PART 2)

You become a slave to whatever you choose to obey. This is a process, not an event. It occurs progressively through the decisions we make and the habits we form. This process is confirmed by modern neuroscience, which has discovered that repeated behaviors are reinforced in our brains through the formation of neural pathways.

These pathways allow our brains to save time and energy in regard to decision-making. Through repeated behavior, our brains are trained to respond automatically to obey sinful impulses. Fortunately, these habits can be reversed and displaced.

### **In this lesson we learned:**

- To become free from porn addiction, you have to replace old neuronal pathways with new ones, which takes time.
- Porn causes changes in the brain, much like substance addictions.
- All addictions follow the same cycle of trigger, response, reward, and repeat.
- Addictive behavior is rooted in idolatry.
- The way you got into addiction is the same way you get out.

### **REFLECT**

1. Think back on when you first became addicted to porn. How did it begin?
2. Can you see how the addiction progressed in strength? What are some ways you could've avoided spiraling deeper into porn?
3. What are steps you can take to break the cycle of addiction? Is there anything in your home that needs to be removed?



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### VOICE OF TRIUMPH

- I consider myself dead to the power of sin and alive to God through Christ Jesus. (Romans 6:11)
- I am transformed by the power of God and by the renewing of my mind. (Romans 12:2)
- I put off my old sinful nature and I put on my new nature which is created in the likeness of God. (Ephesians 4:22–24)

### BATTLE READY

“Finally, be vigilant with your thoughts and what goes into your mind. Pornography is one of the largest industries on the Internet, which makes it easy for men to bring it right into their homes, where it will quickly gain a foothold if we aren’t careful. Whether it creeps in through magazines, television, or the computer, the best way to avoid an addiction to pornography is to avoid the stuff altogether. Addiction to pornography is just as real as an addiction to alcohol or other drugs, and it can be just as damaging. Like other addictions, it often starts in a subtle way. You don’t have to find yourself at an adult bookstore or an X-rated movie to be tempted or led down the path. Today, there are so many avenues where we might find ourselves confronted with those im-pure thoughts . . . As with any other addictive substance, you can’t be too careful with sexually explicit materials. The next time you’re tempted to look, keep this in mind: I have friends who are involved in organizations that are trying to combat the global epidemic of human trafficking. They tell me there’s a good chance that the person you’re staring at is quite likely a runaway or slave, and that sultry smile is probably forced, hiding a life of incredible pain and hopelessness.”

—Tony Dungy, Author of *Uncommon*



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### **VICTORY STANCE**

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure. (1 Corinthians 10:13)

### **BATTLE PLAN**

Write out the triggers you experience that often lead you to be tempted with porn. Is it pain? Rejection? Loneliness? Boredom? Then write out a healthy, God-given way to address these triggers in the future. Remember, the need itself is not bad—it's when we try to meet a God-given need in an unhealthy way that we find ourselves struggling with addictions.