



Seminar#2

From Slave to Son: Escaping Bondage, Living in Liberty

Tuesday November 7, 6:30-8:30 PM

& Saturday November 11, 2017, 8:30-10:30 AM

Your Notes

Insights from Follow-Up Study

-What effect do PLANS have in our resistance to porn?

-In 1 Corinthians 6:18 Paul spells out a simple yet effective plan when faced with sexual temptation.
What is it?

How can you flee what can appear on your phone/ tablet?

-How does knowing who Christ made us affect our response to sexual temptation, including porn?

OUT OF DARKNESS

Focus this week: the **enslaving, degenerative, damaging** effects of porn on those who use it.

-**Porn rewires the brain**, and actually causes damage to it.

-**Porn is degenerative**: in order to get the same kick, one is forced to consume harder core material.

-**Porn destroys relationships**, now and in the future. Today's porn use can sabotage a present or future dating relationship, engagement, or marriage.

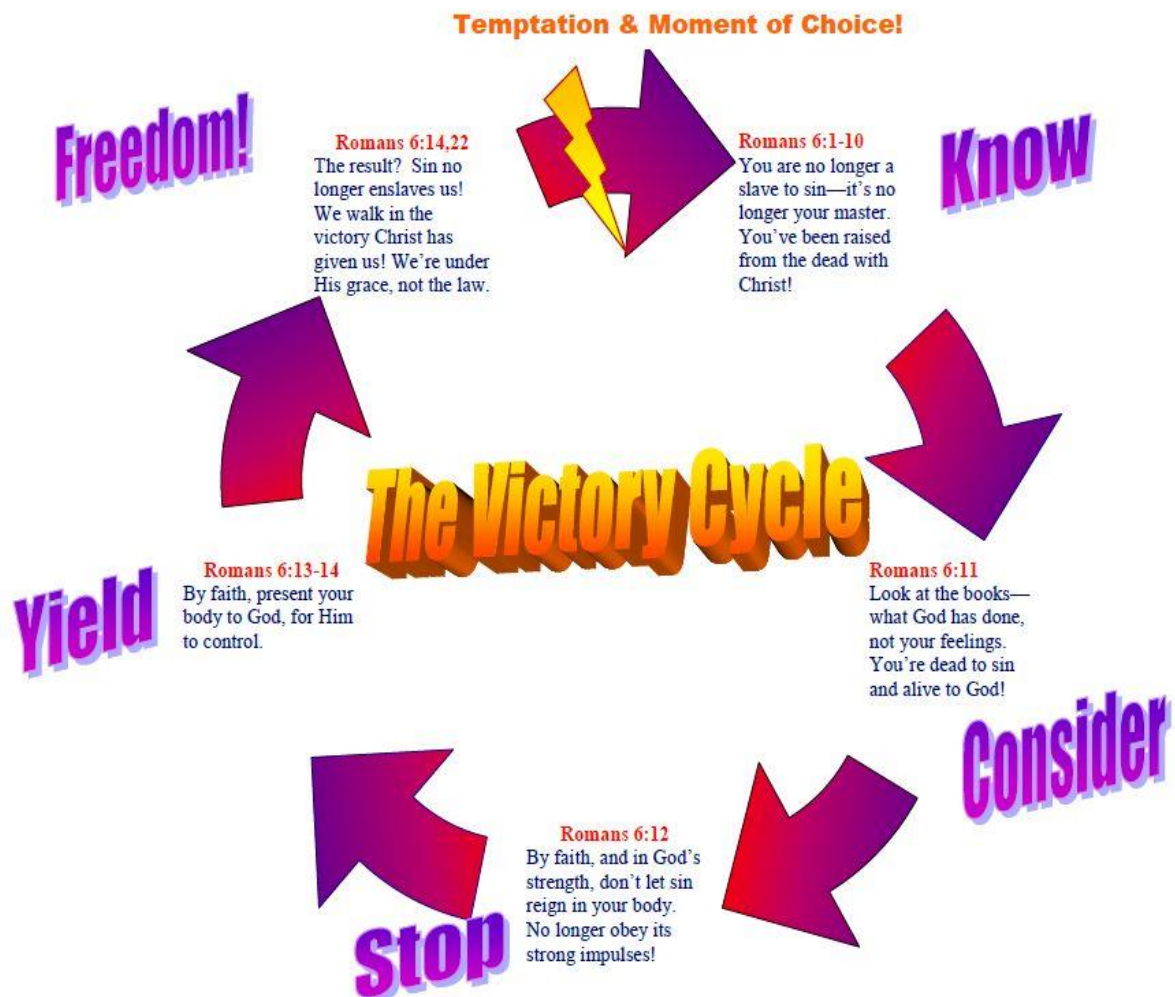
Guest Speakers:

Crissi Beier (Master's student in counseling): how porn affects the brain.

Porn Kills! Leadership Team (LifeChurch, Reno): Herb Hall; Annamarie Nevarez; Joe Jonovic (Tues.); Rob Rodriguez (Sat.)

INTO GOD'S MARVELOUS LIGHT

A new way to respond to temptation. Romans 6:11-14



Winning the Battle in Our Mind 2 Corinthians 10:3-5

3-4 What are the weapons of our warfare? (See Ephesians 6:13-18) How can they help us in the battle against porn and sexual temptation?

God's purpose for us to use these weapons: **demolish strongholds** (forts) in our lives.

What's a **stronghold**?

A sinful habit practiced by a believer:

- initiated
- habituated
- exploited
- perpetuated

Pull down arguments & every high thing that opposes God

Take every thought captive to Christ

****HOW** do we do this?

Replacement

Sit in front of computer with...

Fantasize with

Yield with

Other helpful methods to demolish practices and arguments we use to justify sinful behavior.

Follow Up at Home (you don't need to do all... they're options for growth available to you)

- **Four Stages of Temptation** by Dan Anderson (Covenant Eyes) based on James 1:13-15.
- Study on the **armor of God** (Ephesians 6:10-20); learn more about each piece of armor God has given us and how to use it.
- **NCOSE publication** offers research that spells out the damaging effects porn has on those who use it.

Online resource:

- **Your Brain on Porn** (Covenant Eyes): details the neurological and behavioral effects of long-term porn consumption.

Next week we wrap up the series with:

- Keeping Kids and Your Family Safe
- Establishing new habits; creating accountability
- Helping others overcome by porn