



Session 1: Presenter – Debby Wade

Debased: to reduce in quality or value; adulterate; lower in rank or significance
John 10:10 “The thief comes *only* in order to steal and kill and destroy. I came that they may have life, and have it in abundance [to the full, till it overflows].
Let this be a time of reflection:

What are the 3 A’s of Pornography that make it easily ADDICTING:

Take an moment and be honest with yourself to reflect on a few questions:
 Reflect briefly on the very first time that you were exposed to pornography
 (don’t stay in thought and fantasize about it, just brief reflection).

- What age were you?
- What do you remember feeling? Were you alone or with someone? Were you able to tell anyone?
- Does it feel safe/vulnerable to be able to share that with your spouse?
- Is there anyway that this first exposure has influenced your view on pornography?
- Does this first exposure still have any influence on how you view sex? Women? Men?

We have all been impacted by pornography. In this culture there is no way that we are not exposed to it in someway... but do you invite it in? Seek it out?

I support you in beginning with a prayer. “LORD, Help me be honest with how I have been impacted by porn. And help me reclaim a healthy view of sexuality and sex.”