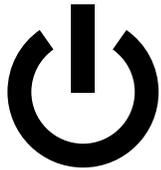


Speaker: Sean McDowell

Title: What's the Big about Pornography?

Key Verses: Gen. 2:24; Prov. 5; Matt. 5:27–30; 1 Thes. 4:3; 1 John 1:9

Summary: Departing from God's design for sex has disastrous effects.



Power Up: Take a moment to prepare

Sex is everywhere, but rarely portrayed in faithful, marital relationship in song, TV and film. Brainstorm a list of five to ten songs, TV shows, or films that put sex in the context of marriage.



Replay: Take some time to watch

Note the flow of Sean's talk: **1)** defining pornography and its widespread effect; **2)** exposing 3 myths: **a)** "It doesn't affect me"; **b)** "I'll quit later"; **c)** "I'm not hurting anyone"; **3)** three protections from pornography.



Comment: Take some time to talk

"Pornography is just a symptom of deeper brokenness," Sean says. ***What is the root issue? What sexual hope and freedom do the Bible offer?***

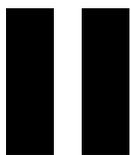
Sean stresses that pornography "is a human problem." ***How does the porn problem affect genders differently? How has this trend changed?***

Sean calls pornography the "script" that shapes American sexual ethics. ***What are the 4 "Scripts of Porn"? Where do you hear these scripts?***

What are the three myths of pornography? Which one do you think is most prevalent? Which is most damaging? Explain.

Read Matthew 5:27–30. ***How does Jesus address sexual purity?***

How do recent findings in neuroscience explain the difficulty of quitting porn? What are ways to rewire the brain for purity?



Pause: Take a moment to pray

Thank God for His beautiful design for sexual fulfillment in marriage. Ask Him for perseverance in purity of mind and body in a sexually dysfunctional culture. Ask Him for freedom and victory over sexual temptation and sin.



Take Action: Take a step forward

If you have not installed a filter on your devices or established some guidelines about usage (e.g., no cell phone in the bedroom or after 9:00 PM), wait no more. Also, consider finding an accountability partner who can help you in your commitment to avoid the lure of pornography.

Bonus Features | Additional Notes and Quotes from Sean McDowell

Power Track Summary: Pornography is more accessible, accepted, and aggressive than ever before. It is a HUGE problem facing all Christians, including Christian teens. Studies show that viewing porn affects how we view ourselves, other people, and God. It even physically changes the structure of the brain and hurts our ability to develop loving, lasting relationships. In this session, Sean responds to three of the most common myths about pornography and offers both hope and direction for avoiding its snare.

About the Speaker: Sean McDowell is a professor of apologetics at Biola University. He is a father, husband, author, and passionate speaker to young adults across the nation.

Pornography Statistics

- 9 out of 10 young men talk about porn in acceptable or neutral ways.
- 56% say not recycling is immoral; 32% say pornography is.
- 41% of practicing male Christians (13-24) & 13% females (13-24) actively seek out porn 1-2x a month

“Pornography is not the heart of the issue. An addiction is a symptom of something more deep that is broken... broken relationships with people and God. An addiction is something that is used to fill the void that a relationship is meant to fill.”

“Looking at pornography teaches you to objectify. ‘The problem of pornography isn’t that it shows too much, it shows too little’ (Pope John Paul).”

Four Scripts of Porn

1. Sex is best experienced outside a loving relationship.
2. All women want sex from men.
3. Women like all sexual acts men perform or demand.
4. Any woman who does not at first realize this can be persuaded with a little force.

“Porn mocks the biblical message... The reality is... those who follow the biblical pattern for sex are having the most and best sex on the face of the planet. Period.”

“Neurons that fire together wire together. Synapses connect them and form pathways and patterns that become habits... Your brain becomes trained to sexually cue a computer.”

“**Dopamine** is the ‘reward’ chemical that makes us feel good for taking risks.” Dopamine is released in the brain when someone looks in pornography. It’s the same chemical release when taking certain drugs (cocaine). It requires increased levels to achieve former highs.

“**Oxytocin** is the bonding hormone that triggers feelings of trust [in women].” It’s the same hormone released when women give birth, nurse, or engage in healthy physical gazing/touch.

“**Vasopressin** is the ‘monogamy molecule’ that causes bonding in males.”

“Every time you click on a porn site you’re voting, saying, ‘I want to spend my time on this. I want more of this. I support this.’ And you are indirectly contributing to the slavery of kids.”

Additional Resources: www.covenanteyes.com; www.xxxchurch.com; *Ethix* by Sean McDowell; www.seanmcdowell.org (keyword: pornography)