

Conversation Guide

Pornography, ep. 4

Episode 4 summary

- Shame is a significant force in many people's lives, and according to Brené Brown, we can build our lives around our shame.
- But the Gospel and the words of the New Testament are filled with many strong anti-shame and identity statements.
- It can be hard to truly believe this though, and we need to surround ourselves with people who remind us of our value and purpose. This can be a big first step to overcoming porn.

1. A Cultural Canyon

2. Counterfeits

3. Lies

4. That Dragon, Shame

Discussion questions

01 In times when you felt shame, did it inspire you to lean into relationships or away from them? Whatever your answer, discuss why you think that is.

02 Loneliness is a powerful force. Have you ever struggled with something you thought no one else did? Feel free to reflect instead of discussing this one if it feels too raw.

03 When it comes to shame, especially shame related to porn, one truly powerful phrase to hear is "me too." Why do you think this is the case? Why is someone else saying they also struggle such an effective opponent to shame?

Diving deeper

Read the entirety of Romans 8. Romans 8 is truly one of the greatest sections of scripture to combat the shame sin can force us into. Spend some time praying for one another, in community, that the Holy Spirit would reveal to you the truth of Paul's words. That our hearts would begin to believe that nothing, not even porn, can separate us from the love of God. "There is therefore now no condemnation for those who are in Christ Jesus."