

SEX TALKS: *I'm Just Looking*—The Problem with Pornography

by Julianna Shults, DCE

ILLUSTRATIONS/ACTIVITIES

A Little Lust...

Take a very small, but very smelly item (piece of rotten food, piece of dog feces, etc) and put it in a box. During the lesson open the box and wait until youth start to notice the change in smell. When they discover what caused the smell, defend yourself by saying things like, "Look, it's really very small. It can't be that big of a deal." Discuss how something so small like looking at a few pornographic pictures can change a whole person or can gradually take over a person's life. You can also use a gross smelling spray room freshener in the room and ask the kids if it helps the smell. When it doesn't, talk about how we can try to cover up pornography effect on our lives, but in the end the only thing that will help is confessing and putting it away for good.

Barbie or the Real Thing

Bring out a Barbie and a Ken doll. Ask your students to make a list of reasons why a doll would make a good boyfriend/girlfriend. (*They would never leave. They don't fight with you. They always do what you want. Etc.*) Discuss how tempting it might be on the surface to have a boyfriend/girlfriend that acted like a doll. Then make a list of why the dolls would not be an ideal boyfriend/girlfriend. Discuss how pornography allows you to have a relationship like you would have with an object and how pornography gradually turns our minds from real people to objects for our own benefit.

TEACHING/TALKING POINTS

Teaching Point #1 – Warped and Broken

Read Genesis 2: 18, 24-25.

In the beginning before our fall into sin, God created sex. He created Eve, a companion for Adam and within that first marriage, sex was a perfect, sacred, God pleasing thing. After the fall, sex, like everything else in our world, became warped and broken. Pornography is a changed and twisted version of the sex God created, yet many men and women, old and young, single and married fall into the trap of believe pornography is harmless and even beneficial. Nothing could be further from the truth.

Teaching Point #2 – “It’s just a few pictures. What could it hurt?”

Read Matthew 5:27-28.

God created our minds so that when we engage in sexual activity certain hormones, including dopamine, are released that make us feel happy and help us to bond with whoever we are with. However, with pornography those hormones are forming a bond with the warped version of sexuality and with ourselves. No matter how temporarily sexually gratifying they may be, just a few experiences with those unrealistic, detached pictures can create links in your mind forever. Pornography doesn't just come and go; it stays with us affecting all our relationships. There is no such thing as pornography in moderation. Jesus spoke about this when He said that if someone looks at a woman lustfully he has already committed adultery with her.

Teaching Point #3 – Lust leaves you wanting more

Read Genesis 3:6.

Pornography is all about gratifying our lust, a powerful force. Lust gets into our minds and it makes us feel incomplete without the thing we crave. Eve looked at the apple from the Tree and felt incomplete without its beauty and knowledge, so she ate and so did Adam. We feel sexual urges so we think looking at pornography will fill our need. Unfortunately, lust does not deliver on its promise of fulfillment. It always leaves us hanging and wanting more, because it never gives us what we really need, love and companionship. It never quite fulfills on its promise so each time we come back, we need a bigger, more explicit fix. What once gave us a temporary satisfaction no longer satisfies. It becomes harder and harder to deny it and strive for what God has designed for us.

Teaching Point #4 – Real people, not objects

Read 1 Corinthians 6: 18-20.

Pornography by its very nature takes real people and makes them into sexual object. Pornography teaches us that the girl in the picture doesn't need a name, a family, or a life. In fact, the less you know or care about her the better. She is

simply the vehicle for sexual stimulation. Pornography can never truly show us what a healthy, loving, fulfilling sexual experience is like so instead, pornography goes for the quick, easy lust fix. Men and women become simply creatures who are simply doing “what feels good”. When the people in the porn are real people with real lives it is harder to use them as a cheap thrill. Part of breaking the spell of pornography is seeing the real people being used and hurt in order to give you the quick release.

Teaching Point #5 – From Grace to Accountability

Read Luke 12: 2-3.

For those who have already fallen into the trap of pornography, there is forgiveness and hope. They need to be totally honest with someone who will be able to hold them accountable. They need to find a way to prevent moments of weakness from falling back into old habits. Like any other addiction, pornography thrives on the lie that people can fix it on their own. In this visually driven society, everyone needs to be aware of the truth and consequences of pornography because it is so easy to fall into its trap. Being proactive will allow you to enjoy relationships and ultimately sex the way God intended for you.

DISCUSSION QUESTIONS

- What is pornography? How do we determine what is pornographic and what is not?
- What are some reasons people look at pornography?
- How do people justify looking at pornography?
- How does lust get into our minds? What kinds of lies does it tell?
- In the book “The Dirty Little Secret”, a woman who has left the pornography business and become a Christian wrote this:

“A closer look into the scenes of a porn star’s life will show you a movie porn doesn’t want you to see. The real truth is we porn actresses want to end the shame and trauma of our lives, but we can’t do it alone. We need you men to fight for our freedom and give us back our honor. We want you to throw out our movies and help piece together the shattered fragments of our lives. We need you to pray for us the next fifteen years so God will hear and repair our ruined lives.”

How does this quote change how you perceive the people participating in pornography? How can you respond to this call for help?

- How can we start to be free from pornography? How does this quote from Rob Bell’s “Sex God” help us understand freedom?
“But freedom isn’t being able to have whatever we crave. Freedom is going without whatever we crave and being fine with it.”
- What are ways we can hold each other accountable in keeping from pornography?

RESOURCES

Books for Adults:

Sex God by Rob Bell

The Dirty Little Secret by Craig Gross

Books for Teens:

Questions You Can’t Ask your Mama about Sex by Craig Gross and Mike Foster

Sex Has a Price Tag by Crystal Kirgiss

Every Young Man’s Battles by Stephen Arterburn and Fred Stoeker

Websites:

www.XXXchurch.com

This site has lots of help for all different kinds of Christians struggling with pornography including support and accountability software

www.Cybertipline.com

This is the National Center for Missing and Exploited Children where you can report an online sexual solicitation. This is a great resource if students have been exposed to pornography against their will on the internet.