

Breaking Free:

Finding Freedom in a World Designed to Keep You Hooked

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What Is Counterfeit Intimacy?

A counterfeit looks _____ like the real thing to be accepted, but it does not carry the _____, substance, or authority of the genuine article.

Pornography offers the _____ of intimacy without the _____ of intimacy.

Counterfeit Intimacy
How to Break Free from Pornography

Real intimacy says, "I know you, I honor you, I give myself faithfully to you, and I care about your whole person."

Counterfeit intimacy says, "I want an experience from you without knowing you, serving you, or being responsible to you."

1. WE MUST _____ WHAT CORRUPTS GOD'S GIFT OF INTIMACY

"Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 1 Corinthians 6:18 (NIV)

Understand what happens when you quit.

- **The brain enters _____ mode**
- **"Negotiating" means finding
_____ to satisfy the craving.**

Action Steps:

- **Name your predictable _____**
- _____ **private access in vulnerable places and times**
- Use a pre-decided escape plan

2. WE MUST HONOR GOD WITH OUR

_____ **AND OUR** _____

MEMORY VERSE:

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own."

1 Corinthians 6:19 (NIV)

Action Steps:

- _____ each day by presenting your body to God as an instrument of worship.
- _____ empty screen time with Scripture, exercise, service, rest, learning, and healthy relationships.
- Treat every person as an image-bearer, never as material for consumption.
- If trauma, anxiety, loneliness, or depression fuels the cycle, seek qualified counseling alongside pastoral care.

CONGREGATIONAL DECLARATION: My body belongs to God. My mind can be renewed. My eyes will honor His image in others, and my life will glorify Jesus.

3. WE MUST _____ AND BE HEALED

"You were bought at a price. Therefore honor God with your bodies." 1 Corinthians 6:20 (NIV)

- **Refused to _____ in shame**

"But if we are living in the light, as God is in the light, then we have fellowship with each other, and the blood of Jesus, his Son, cleanses us from all sin." **1 John 1:7 (NLT)**

What stays hidden stays powerful. What comes into the light can be confessed, confronted, and _____.

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." **James 5:16 (NIV)**

What Accountability Should Sound Like

Accountability is not surveillance without relationship. It is truthful discipleship. Helpful questions include:

- Have you viewed, searched for, saved, or attempted to access explicit material since we last spoke?
- What were your strongest triggers, and what did you do when they appeared?
- Were you fully honest, or is there anything you are minimizing?
- Are your boundaries still working? What needs to change this week?
- How can I pray for you, and what action will you take before our next conversation?

What to do if you fall?

"For a righteous man may fall seven times and rise again." **Proverbs 24:16a (NKJV)**

Action Steps:

- _____ the complete truth to God and one trustworthy, mature person within the next twenty-four hours.
- _____ your written freedom plan before the next predictable trigger arrives.
- Schedule consistent accountability; do not rely on occasional crisis conversations.
- If another person has been harmed, pursue responsible disclosure, repair, and counseling rather than demanding quick trust.
- Celebrate progress humbly while keeping the structures that support freedom.

**Pornography offers temporary escape,
_____ offers lasting freedom.**

CONGREGATIONAL DECLARATION: I belong to Jesus. I will walk in the light. I will receive grace, tell the truth, accept help, and practice freedom one faithful day at a time.

MY NEXT STEP TODAY IS:

- ✓ I will memorize **1 Corinthians 6:19 (NIV)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

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