SESSION ONE: THERE IS HOPE



Lesson Overview

Video Time: 05:24

Topics Covered:

- Overview of the course and what to expect.
- Finding hope in the midst of addiction.
- You are not alone.

Reflection Questions:

- What are your biggest fears or doubts about overcoming pornography?
- What does freedom in Christ mean?
- Do you believe healing is possible? Why or why not?
- How might shame, guilt, or secrecy keep someone from seeking help and pursuing freedom?
- What does it mean to trust God's grace while taking responsibility for your choices?

Inspiration:

Jeremiah 29:11 • "For I know the plans I have for you," declares the Lord.

Action Step:

Write a prayer asking God to guide your journey to freedom.