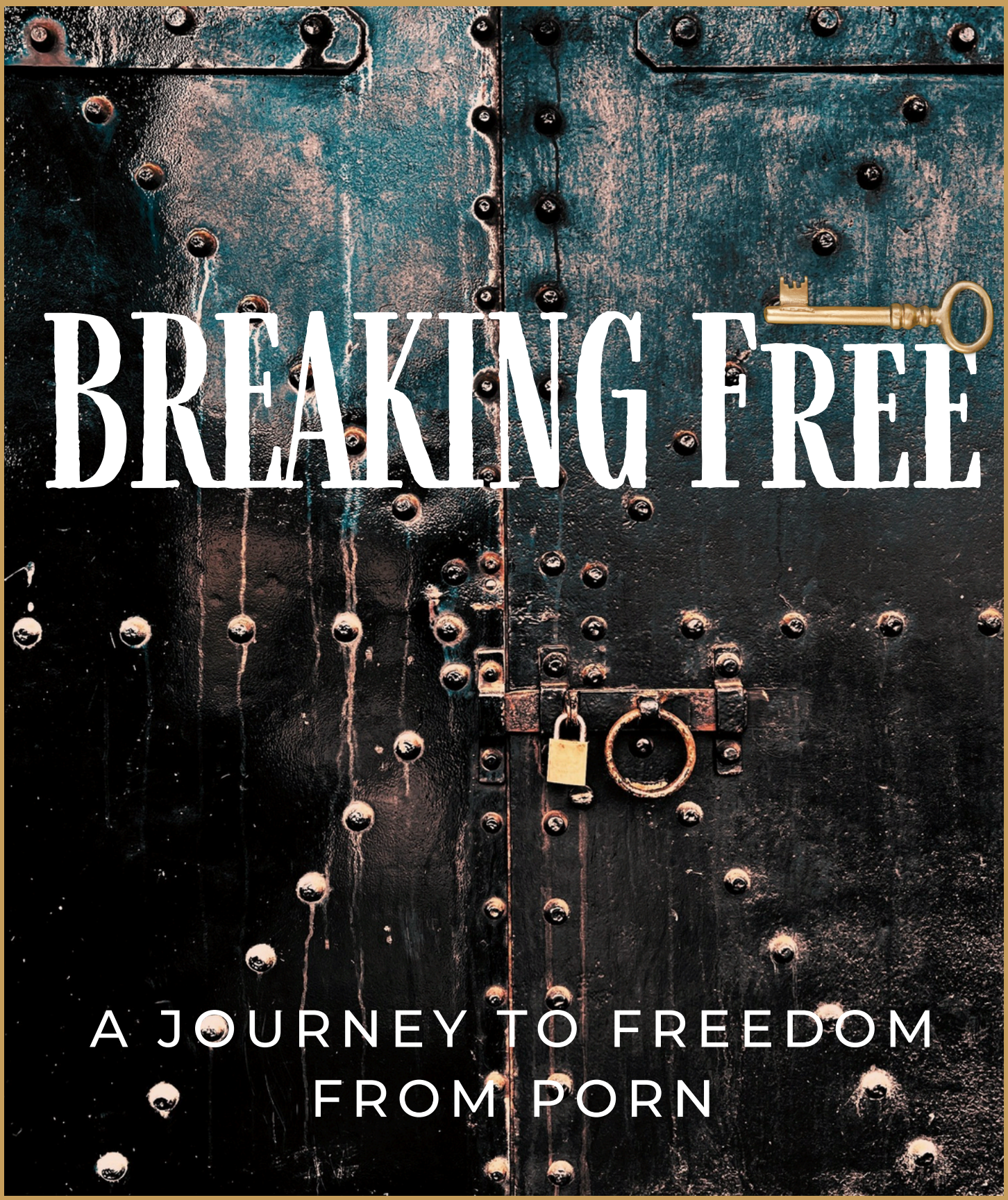
INTERNATIONAL

SAINTS & ABOLITIONISTS

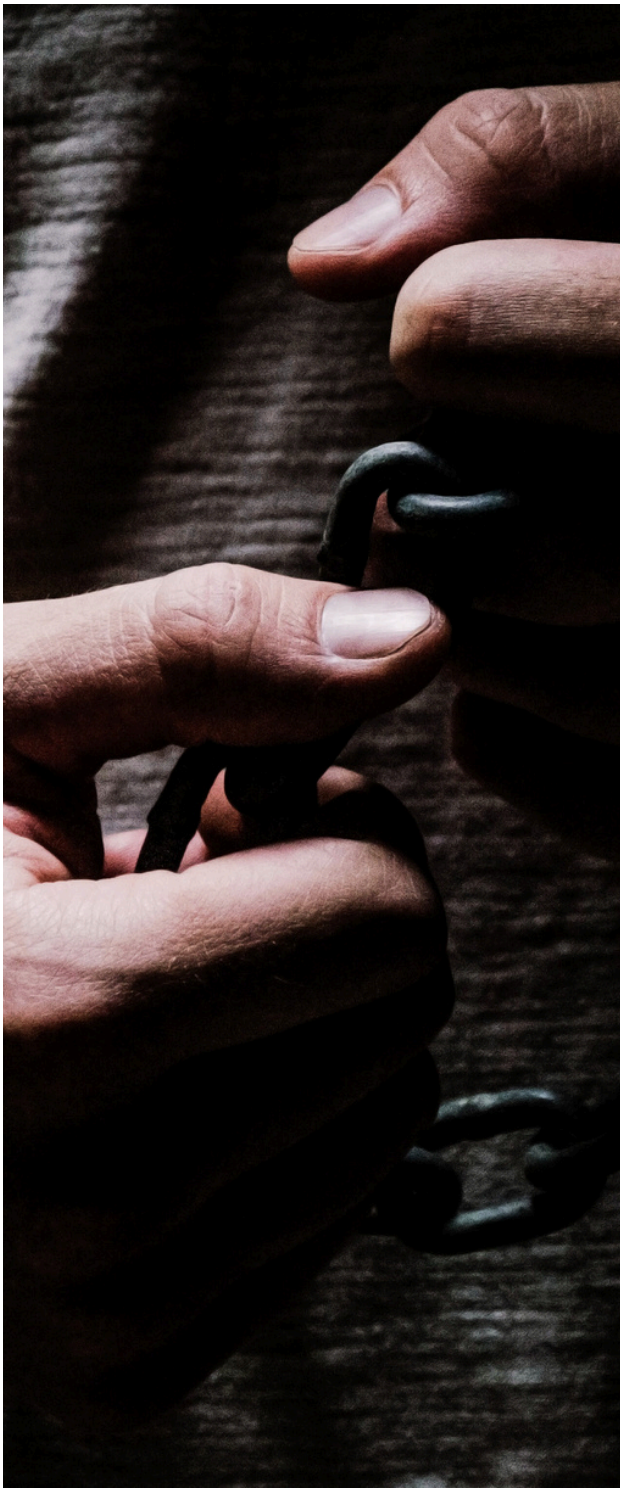


BREAKING FREE

A JOURNEY TO FREEDOM FROM PORN



COURSE OUTLINE



Breaking Free:

12-Session Outline

Course Objective: Pastor and Abolitionist Joshua Parriera will guide participants through understanding sexual sin and overcoming pornography through the power of Jesus Christ. This course will focus on education, tools, and spiritual growth to achieve lasting freedom.

Total Duration: 2.5 hours, spread over 12 lessons (approximately 5-25 minutes per lesson).

Each Session Includes:

- Topics
- Teaching Time
- Reflection Questions
- Scripture Inspiration
- Action Steps

Daily Steps

- Spend time daily in prayer and scripture.
- Use the provided PDFs (Confession Sheets, Coping Skills, Truth and Scriptures) to support your journey.
- Journal your progress and challenges.

Breaking Free
A JOURNEY TO FREEDOM

12 SESSIONS

Session One: There is Hope

Session Two: Taking Responsibility

Session Three: The Dangers of Porn

Session Four: Freedom in Christ

Session Five: Abstaining from Sin

Session Six: Confession

Session Seven: Renewed Repentance

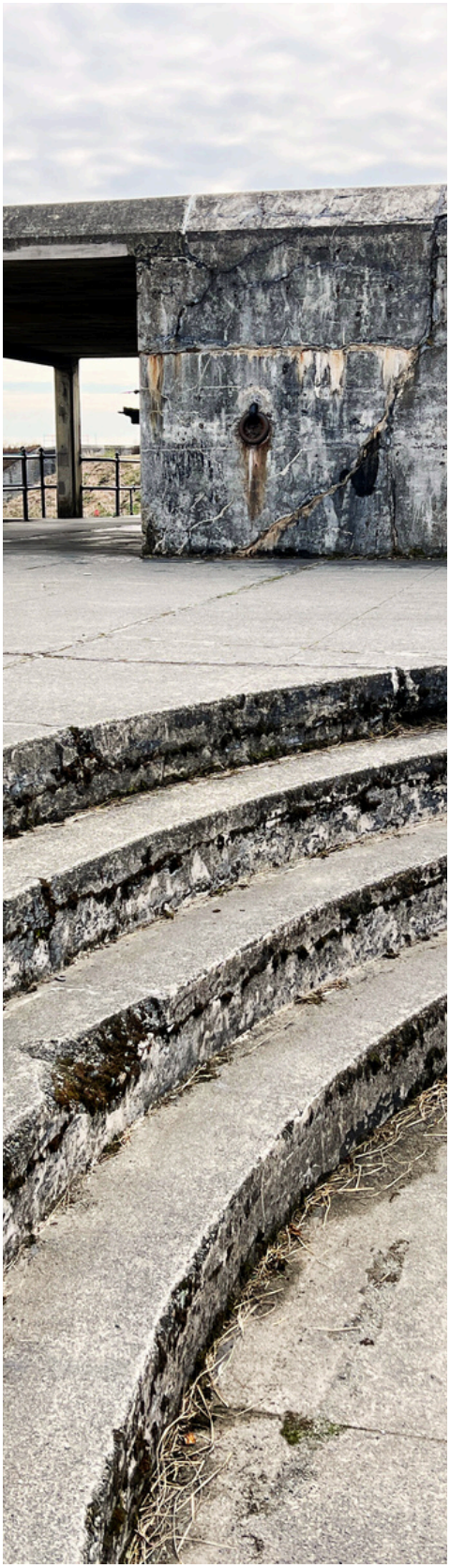
Session Eight: Safeguarding Freedom

Session Nine: Committed to Purity

Session Ten: Transparency & Purity

Session Eleven: Living in Freedom

Session Twelve: Living a New Life



Breaking Free
A JOURNEY TO FREEDOM