

## 06 | Porn & Masturbation

# Devotional



**TODAY'S VIDEO:**

[youtu.be/Eym12CFqC6Y](https://youtu.be/Eym12CFqC6Y)



### Day 1 | Pornography Can Hurt And Destroy

Although pornography may be uncomfortable to talk about, it is so important to discuss. This topic isn't exclusive to men; women can also struggle with habitual (even addictive) porn use. Porn has the ability to distort our view of other people, how we understand sex, and how we pursue relationships.

**ENGAGE:**

*How do you think culture portrays porn and/or masturbation? Do you think this is an accurate or healthy depiction?*

*Have you ever heard porn or masturbation talked about in the Church? How was this conversation addressed, and how did it make you feel?*



**TODAY'S VIDEO:**

[youtu.be/S2aNyCkjPNO](https://youtu.be/S2aNyCkjPNO)



### Day 2 | Masturbation Can Defeat Us

Although the Bible does not explicitly say that masturbation is a sin, masturbation can have many consequences. The bonding that naturally occurs in sex can still occur in masturbation, not with a person but with an action. Habitual masturbation can do more harm than good; it can enslave us and defeat us.

**ENGAGE:**

*What has been your understanding of masturbation up until now?*

*Read 2 Peter 2:19. Reflect on what God may be revealing in your life that you have been a slave to. Pray for forgiveness and guidance from God on this.*



**TODAY'S VIDEO:**

[youtu.be/HI685W3HxKE](https://youtu.be/HI685W3HxKE)



### Day 3 | Allow Yourself To Heal And Grow

If you have struggled with habitual (or addictive) porn use and/or masturbation, these can be helpful next steps. If you haven't, these steps can be useful as a form of prevention: (1) Go to Jesus. (2) Find a trusted friend or mentor who can help keep you accountable. (3) Build healthy habits that will reduce your temptation to look at porn. (4) Pray and ask God to step into whatever void you are trying to fill.

**ENGAGE:**

*Pray and reflect on these practical habits and choose one that you want to develop this week.*

*We find healing in community, so consider talking to a trusted friend or family member if you are struggling with porn and/or masturbation.*