

## THE FOLLOW UP

***Be sure to get these **FOUR** devos and the Quiet Time Challenge done***



Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.  
~ 1 Corinthians 6:18

## DEVO #1—Ready to Be Free?

### READ: John 8:1-11; 31-36

In John 8, a woman is thrust into Jesus' life. She has been thrown at His feet because she was caught in adultery. The surrounding crowd has branded her a sinner. Publicly exposed for her behavior, she can hear the shouts of condemnation. Can you imagine the shame and embarrassment? Can you imagine the guilt she is feeling? Maybe you've been there too...or are there? You're the one with that pornography addiction. You're the one who...fill in the blank. Whatever it is, everyone knows about it. Now you are filled with shame and guilt, and every time you look at people, you think they are looking at you with judgment in their eyes. If that is you, read this next part carefully: This is what you should care about. JESUS IS HERE. And He is saying, "I died to set you free. You don't need to feel condemned and judged anymore. If you have guilt and shame, let it lead you to Me. Feel My love and be set free by it. Don't be trapped in a prison of guilt, shame, or addiction. It's time to be free!"

1. Jesus does not condemn this woman but does give a command in verse 11. What is it?
2. Why does Jesus tell the person He set free to sin no more?
3. Have you made shameful choices in the past? If so, what do you think Christ wants to do for you right now?
4. Where do you need to experience Christ's freedom? What will it take to fully experience it?

### PRAYER

~Thank Jesus for the power to free you from condemnation  
~Confess to God, if necessary, not moving forward in Christ because you are too focused on what others think  
~Ask God to fill you with Himself and the freedom He offers  
~Ask God to show you where you need His work in your life

## ADDITIONAL NOTE SPACE

---

---

---

---

---

---

---

---

## POSSIBLE ACTION STEPS

- ◆ If you have a porn problem, seek help immediately. Better to confess and get help then to allow the problem to worsen
- ◆ Join a support group like Celebrate Recovery for Teens (called "The Landing") or Conquer Series. If your church doesn't have either, talk to your parents and/or youth pastor about starting one or both
- ◆ Find an accountability partner. For teen guys, Dad is a good place to go. For teen gals, Mom is a good choice
- ◆ Make sure your internet connected devices are filtered. There are inexpensive filters out there through Covenant Eyes, Mobicip, NetNanny, and WebWatcher
- ◆ Think about other things you can do to keep porn from becoming an easy temptation. Consider brainstorming with your family about it

## QUIET TIME CHALLENGE

### NOTE:

The *Quiet Time Challenge* is NOT a devotional in itself. It is designed for you to do separately apart from your daily devotional time.

### HOW IT WORKS:

Find a quiet place with no distractions. Make this between just you and God. Clear your mind then read the Bible verse(s). After doing so, work through the questions. At the end, spend five to ten minutes in "listening mode." Just ask God to speak to you and then be quiet and seek to hear His voice.

### PART 1 — READ: 1 Thessalonians 4:3-5

### PART 2 — QUESTIONS

Explain these verses in your own words:

How are you doing in the area of sexual purity? Which are you pursuing more: God's holiness or the world's sexuality?

### PART 3 — LISTEN

Ask God to examine your heart and to show you where sexual struggles may have a hold over you. Then seek to hear His voice speak to your soul. (Feel free to jot down anything you hear.)

## DEVO #2 — This is Your Brain on Porn

### READ: 1 Corinthians 6:12-20; Ephesians 5:3; Colossians 3:5

As you learned during this week's lesson, porn is a ginormous issue. Most people know this already. But, what they don't understand is the ravaging effects this issue has on our brains and bodies. Researchers have discovered that brain scans of those high on heroin and brain scans of those stimulated by porn are nearly identical. In fact, since the brain reacts to visual stimuli quicker than anything else, studies show that the effect of viewing pornography is actually quicker and more severe than taking illegal drugs!

Studies also show that viewing porn actually damages the part of our brain known as the pre-frontal cortex. This is serious business, especially when you understand that it is the pre-frontal cortex that is the "decision-making" part of the brain. This means each time you look at porn, you make it harder for yourself to be rational in the future.

1. How does understanding this research change your view on porn?
2. What does the Bible say in 1 Corinthians 6:18?
3. How is science finally catching up with God and showing that sexual immorality does negatively effect your body?
4. What are you doing to avoid the negative effects of porn?

### PRAYER

~Thank God for the truth and wisdom of His Word  
~Confess to God, if necessary, looking at porn all too often  
~Ask God to enable you to run from sexual sin and pursue Him with all your heart, soul, mind, and strength

## DEVO #3 — Renew the Mind

**READ: Ephesians 4:17-24; Philippians 4:8-9;**

Researcher Luke Gilkerson writes, "When our prefrontal lobes are working properly, we have executive control of the processes going on in our brains. It is where we do our abstract thinking, make goals, solve problems, regulate behavior, and where we suppress emotions, impulses, and urges." However, the flood of chemicals released from our brain's "pleasure center" (known as the limbic system) during the viewing of porn cause all activity in the prefrontal lobes to be overridden.<sup>1</sup>

As with anything, exercise makes things stronger while a lack of exercise makes things weaker. When constantly viewing porn, the pleasure center strengthens rapidly and decisions are no longer made through rational thought but through "feeling." And when feelings of arousal repeatedly win out over rational thought, the pre-frontal cortex shrinks. This further limits the ability to make wise choices in future times of temptation.

1. What is Paul telling us to do in Ephesians 4?
2. What is Paul saying in Philippians 4?
3. How can filling our minds with good thoughts (Phil. 4:8) and allowing the Spirit to renew our thoughts (Eph. 4:23) help bring healing to our brains?
4. What can you do this week to begin (or keep) training your brain to think on good, right, true, and noble things?

### PRAYER

- ~Thank God for His Spirit which can renew your mind
- ~Confess to God, if necessary, thinking on things that are wrong, immoral, sexual, etc.
- ~Ask God to transform your thoughts into ones that please Him
- ~Ask God to give you wisdom to make good choices

## DEVO #4 — Boundaries and Accountability

**READ: 1 Peter 5:8; 1 Thessalonians 5:4-8**

Two words that most children, teens, and even adults hate are "boundaries" and "accountability." We all want to be able to do our own thing without anyone looking over our shoulder asking questions about what we are doing and why. Nevertheless, both boundaries and accountability promote safety and good choices.

The devil, of course, wants us to hate boundaries and accountability, so he is always whispering in our ears that we are too old for such things, and we'll be fine without them. He is a liar! We are never too old for boundaries and accountability, and no one is safe without them. The devil knows that lone sheep end up dead sheep, so he is continually working to get us to stray past the boundary marker and to keep people from asking us questions about what we are up to. Don't give him the satisfaction. Follow God's Word and allow others to keep you accountable.

1. Who does Peter say is always looking for a victim?
2. What does Peter say, as well as Paul (1 Thess. 5) about how to keep the devil from getting us to fall to temptation?
3. Are you staying within God's boundaries and allowing people to hold you accountable?
4. If you do not have an accountability partner, when will you get one?

### PRAYER

- ~Thank God for His protection and care
- ~Confess to God, if necessary, straying from His protection and care by leaving His boundaries and not having accountability
- ~Ask God to guide you to the right accountability partner(s)
- ~Ask God to help you stay within His boundaries