

Unit 5 By my own strength?

Bible Verse:

Philippians 4:13 For it is God who works in you to will and to act in order to fulfil his good purpose.

Question 1: Describe your experience with fighting against pornography by your own strength. How has this lesson changed your point of view?

Question 2: How have you been trying to justify your addiction?

Application: Think about your sexual history and past experiences and how your addiction may be a consequence of some of the things you have gone through before. Be reconciled with your past, forgive and let go of the injuries inflicted on you and look ahead with confidence.