



6TH COMMANDMENT

teacher guide



CONQUERORS
THROUGH
CHRIST



6TH COMMANDMENT CATECHISM LESSON TEACHER GUIDE

This lesson follows the process of

VERBALIZE

NORMALIZE

VILLIANIZE

EVANGELIZE

STRATEGIZE

to teach you to understand and equip you to handle sexual temptation.



INTRODUCTION

STUDY THE ACCOUNT OF DAVID AND BATHSHEBA

The story takes place in 2 Samuel 11.

What correlation do David's actions have with pornography use?

TEACHING NOTES

- As they read, encourage the students to keep track of the "victims" of David's sin.
- Obviously, not everyone struggles with a personal pornography addiction, but everyone (and I mean everyone) is affected by the amount of porn that is viewed daily in our world - just as David, Bathsheba, Uriah, the child, and more were all affected here.

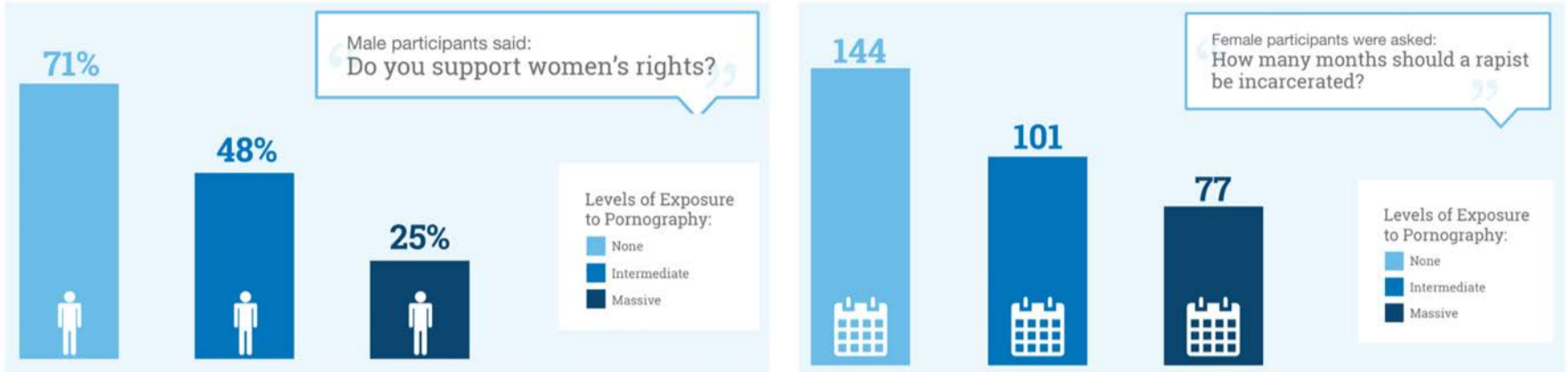
SHOCKING STATS

Which of the following statistics or facts is the most shocking to you and why?

TEACHING NOTES

- These statistics are meant to help the students understand that there is no one who is unaffected by porn in our world.
 - A common objection (especially from the girls) might be, "That's mostly a guy's problem, so why do we have to study this?"
 - To that, you answer that 2 out of every 3 Christian men watch porn regularly, and because of that, they are receiving a standard of sex that the normal woman cannot achieve. To a man who is struggling with porn, real women are not as attractive because they aren't as available, willing, or adventurous as a porn star. If a Christian woman wants to be taken seriously by her husband, he must not be watching porn. That means that women need to fight against porn also because it is a fight that men cannot win alone.
 - Your purpose as a teacher at this beginning section is to help students understand that no matter who they are, porn is attacking them.
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- 68% of young adult men and 18% of women use porn at least once every week.
 - 64% of Christian men and 15% of Christian women say they watch porn at least once a month.
 - 51% of male and 32% of female students first viewed porn before their teenage years (12 and younger).
 - 56% of divorce cases involved one party having an obsessive interest in pornographic websites.

- Porn users are far more likely to struggle maintaining meaningful relationships with the opposite gender than those who don't use porn.
- It is a well-attested fact that getting married will not cure a person of their porn addiction.





VERBALIZE

TEACHING NOTES

The point of the Verbalize section is to help get porn out of the dark. It's easy for Satan to tempt us not to talk about pornography, whether we struggle with it or not. The Christian Church exists to bring each other to repentance and forgiveness, even if that means having tough conversations.

Proverbs 28:13

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.

Psalms 32:3,5

When I kept silent, my bones wasted away through my groaning all day long. Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord." And you forgave the guilt of my sin.

Job 31:1

I made a covenant with my eyes not to look lustfully at a young woman.

Question #1: What are some of the "bad" things that would happen if you confessed your sin of watching porn?

TEACHING NOTES: The point here is to help the guys understand that confessing the sin of pornography addiction is not as impossible as Satan is making it seem in their minds. Yes, they might be embarrassed, yes, they might have a struggle ahead of them. But they are not going to lose the love of their God, their teacher or pastor, their family, and they will get help from the Church, not exclusion.

Question #2: Why is it so difficult for Christians particularly to confess the sin of watching porn?

TEACHING NOTES: Christians have a very high standard of piety, and frankly, we aren't good at dealing with each other's sins. This question is to help students see that if someone confesses their porn addiction to them, they have won! Repentance is the goal in every person. Now, they need to love that person and forgive them as a fellow brother or sister.

Question #3: Is the phrase “my bones wasted away” hyperbole? Why or why not?

TEACHING NOTES: The answer is no! Mental and spiritual anguish can lead to real physical ailments! Think about ulcers! Your body is made by the same creator who made your mind, and neither were built to withstand sin and guilt. That’s why God calls you to confess!



NORMALIZE

TEACHING NOTES: The Normalize section is to help students realize how much porn is part of their life and the lives of others. It's something that Satan wants to keep in the dark, but Jesus wants you to bring it out into the open. If you know others are struggling, it's far easier to confess. Here, if you want, you can talk about your own interactions with porn. Obviously, if you are still struggling, I wouldn't do that for the sake of the ministry, but if you struggled in your past, this would be a great time to tell the students how porn hurt you and those around you. Model how to Normalize!

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind.
And God is faithful; he will not let you be tempted beyond what you can bear.
But when you are tempted, he will also provide a way out so that you can endure it.

Hebrews 4:15

For we do not have a high priest who is unable to empathize with our weaknesses,
but we have one who has been tempted in every way, just as we are—yet he did not sin.

Question #1: Agree/Disagree: “Porn is one of the worst sins.”

TEACHING NOTES: This question could be answered either way.

If **Agree**, they should understand that porn is a terrible sin because of what Paul says in 1 Corinthians 6:18 (Sexual immorality is against a man’s own body), but also because it hurts the people around you more than most sins. It messes with your relationships, the way you treat and view other people, and ultimately the way you view yourself.

If **Disagree**, they should understand that lust is sexual immorality and Jesus died to forgive sexual immorality. 1 Corinthians 6 is good for this too. “That is what you were...but you were washed, justified, sanctified...”

Question #2: Was Jesus tempted by porn?

TEACHING NOTES: Based on the Hebrews passage. You have to imagine that he saw a scantily clad or naked woman in his life because of the cultures he passed through. So, while it's not the internet, he still knows your struggle.

Question #3: Agree/Disagree: “Based on the statistics above, porn should be easy to confess to one another.”

TEACHING NOTES: This is again to help kids see that porn is widespread, and we don't have to be silent or weird about it.



VILLAINIZE

TEACHING NOTES: The Villainize section is to help us understand that porn is destructive.

Matthew 6:22-23

The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light.
But if your eye is bad, your whole body will be full of darkness.
If therefore the light that is in you is darkness, how great is that darkness!

Matthew 5:28

But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Question #1: What are the ways that porn can make “your whole body full of darkness?”

TEACHING NOTES: Porn cheapens other people into collections of body parts for consumption. Porn cheapens sex into entertainment. Porn causes the same type of chemical reactions that hard drugs cause, and therefore can ruin a person if not used correctly. Porn mentally destroys people and inhibits them from having meaningful relationships because they lose touch with human reality.

Question #2: How does porn affect... Your view of yourself? Your view of other people? Your view of grace?

TEACHING NOTES: Yourself—It may make you feel like a lost cause or damaged goods. It may also affect your body image because you cannot live up to the standards of porn stars.

Other People--Like objects for your pleasure. A study that tracked brain activity while watching pornography found that the part of the brain that lights up when watching pornography is the part that lights up when looking at inanimate objects. When we watch porn, our brain begins to learn that porn stars are not people, but objects.

Grace--Either as too weak to forgive you or as a license to sin.



EVANGELIZE

TEACHING NOTES: The evangelize and strategize sections are purposely without much or any discussion. That's because the rest does have quite a bit of discussion and because these are thoughts for kids to ponder themselves. This would be a good chance for you to maybe tell a story to illustrate God's grace or one of the exact things in the verses below.

Luke 19:10

For the Son of Man came to seek and to save the lost.

TEACHING NOTES: Many people feel lost in porn, unable to escape. This verse shows how Jesus' express purpose was to come find people like you!

Romans 5:8

But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

TEACHING NOTES: Jesus didn't wait until you got clean. He didn't wait until you were on the right track. He died for you while you were at the bottom. That's when he wanted you, and he did everything he had to earn you because you meant that much to him.

Jeremiah 31:34

For I will forgive their wickedness, and will remember their sins no more.

TEACHING NOTES: How does God forget sin? We aren't exactly sure, but we know that he does. He does what you will never be able to do, to give you a completely free and fresh start. He will never remember the sin of your past, he won't bring it up, and he will not see you as a product of it.

Feeling guilty?

Jesus came to find you while you were lost in your guilt.

Feeling like a failure in trying to break an addiction?

Jesus died for you before you even said you were sorry the first time, and forgave you even before you realized you needed to be forgiven. He has already forgiven your failure to break addiction as well.

Feeling the weight of years of porn use?

God doesn't remember those years of struggle. He forgave and forgot them.

Feeling sorry for your friend who is struggling?

Sacrifice for them like Jesus did for them. Find them, talk to them, confront them, pray for them, forgive them! Those are all things Jesus has done for them. Be the physical presence of God to your friends who need help.



STRATEGIZE

TEACHING NOTES: “Strategize” looks different for everyone, but confession is universally a good first step. After that, exploring resources at Conquerors through Christ or even a website like Covenant Eyes will educate a person about ideas for breaking the cycle of addiction.

What’s my next step?

(If you’re someone who struggles with pornography)

Confess, Confess, Confess. Make yourself a rule right now that every time you fall into porn for the rest of your life, you’re going to tell someone. It’s proven that people who confess more often are more likely to break an addiction. Find a trusted Christian friend. Talk to your pastor. They love you. They will forgive you.

(If you’re someone who does not struggle with pornography)

Tell people about the dangers of porn use, but also the amazing grace of God for sinners. Pray for people. Love someone if they confess to you.

