

**STUDY GUIDE FOR *FINALLY FREE:*
FIGHTING FOR PURITY WITH THE POWER OF GRACE (by Heath Lambert)**

INTRODUCTION

1. Summarize the introduction in 1-2 sentences.

For further study and reflection:

- 1 Corinthians 6:9-11
- Ephesians 5:3-4

Notes:

CH 1: GRACE AS THE FOUNDATION IN THE FIGHT AGAINST PORNOGRAPHY

1. Begin a “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Practice explaining “forgiving grace” and “transforming grace”, including how to make practical use of the latter in your fight for purity.
 - Find at least one person to whom you explain this concept.
3. Using “C-A-R”, prepare how you will respond to failure/sin in your life.
 - Be ready to discuss this at our next meeting.
 - Write out a prayer that exercises this model of repentance and grace.

Scripture memory & meditation: Pro. 5:1-2 (be ready to quote & discuss)

For further study and reflection:

- Romans 3:21-25
- Romans 5:20
- Romans 6:11
- Colossians 2:13-14
- 1 John 1:8-9

Notes:

CH 2: USING SORROW TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Complete #1-3 provided at the end of the chapter.
 - In which characteristics of godly sorrow do you most frequently fall short?

- For #2, do this as frequently as you discover worldly sorrow in your life.
- For #3, write down your observations for what each passage teaches about the goodness of God and the horror of sin.

Scripture memory & meditation: Pro. 5:3-6 (be ready to quote & discuss)

For further study and reflection:

- Psalm 51:4
- 2 Corinthians 7:8-11

Notes:

CH 3: USING ACCOUNTABILITY TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Based on this chapter, develop a written “contract” between someone seeking accountability and an accountability partner.
 - E.g., “I promise to contact _____ during times of temptation ...”
 - Use this contract to challenge yourself in whichever role you are fulfilling.
 - Pray through it, asking God to help you.
 - Pray through it for the other person you are helping or who is helping you.

Scripture memory & meditation: Pro. 5:7-8 (be ready to quote & discuss)

For further study and reflection:

- Galatians 6:1-2
- Ephesians 5:11-12

Notes:

CH 4: USING RADICAL MEASURES TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Work with an accountability partner on the following:
 - Track your time “alone” and plan to minimize it.
 - Track your temptations and access points (even if you are not accessing pornography, how would you do it if you wanted to access it?). Develop a strategy to eliminate potential access.
3. Develop a business travel plan and use it!

Scripture memory & meditation: Pro. 5:9-11 (be ready to quote & discuss)
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For further study and reflection:

- Psalm 119:11
- Matthew 3:8
- Matthew 5:27-30
- 2 Corinthians 3:18

Notes:

CH 5: USING CONFESSION TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Be prepared to discuss:
 - a. What is the relationship between confession and God’s grace and mercy?

- b. When you confess sin, who should and should *not* be involved?

- c. What is the right attitude to have when you confess your sin?

- d. How should you respond when others are hurt or even sinful in their response to your confession?

- e. What is the right amount or detail/content in a confession?

3. Consider #1 at the end of the chapter. If there are names on your list, talk to your accountability partner(s) and complete the rest of the items.

Scripture memory & meditation: Pro. 5:12-14 (be ready to quote & discuss)

For further study and reflection:

- Psalm 51:4
- Matthew 7:1-5
- James 4:6

Notes:

CH 6: USING YOUR SPOUSE (OR YOUR SINGLENESS) TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Develop a separate Think List for Proverbs 5 entitled “God’s Strategy for Change”.
3. For discussion: “In times of temptation, I will ...”

Scripture memory & meditation: Pro. 5:15-17 (be ready to quote & discuss)

For further study and reflection:

- Proverbs 5-7

Notes:

CH 7: USING HUMILITY TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. For discussion: How is humility a key weapon in the fight?

3. Develop a specific plan for growing in humility by adding personalized details under each of the following headings:

- a. Considering my salvation

- b. Considering my sin

- c. Considering how I can serve

- d. Seeking God’s grace

Scripture memory & meditation: Pro. 5:18-20 (be ready to quote & discuss)

For further study and reflection:

- Philippians 2:3-4
- Titus 3:3-7
- James 3:13-16
- 3 John 4

Notes:

CH 8: USING GRATITUDE TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. From Eph. 5:3-4 & the section “The Importance of Gratitude in the Fight for Freedom”:

a. Complete the table below:

God forbids:	God commands:

b. Be prepared to discuss the implications of these truths to the daily fight for purity.

3. For discussion:

a. How does greedy lust pervert our desires?

b. What is a greedy heart focused on? Why will this never be satisfied (i.e., consider the nature of lust)?

c. What is a grateful heart focused on? List a few categories to consider.

- d. How would we counsel Dustin and help him along the path of biblical change?

Scripture memory & meditation: Pro. 5:21-23 (be ready to quote & discuss)

For further study and reflection:

- Ephesians 5:3-4
- 1 Thessalonians 5:18

Notes:

CH 9: USING A DYNAMIC RELATIONSHIP WITH JESUS TO FIGHT PORNOGRAPHY

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. Discuss John 6:53-58 and how we should apply it in our fight for purity. What was the real error of the people who Christ addressed?

3. We must grow in “cherishing [Christ] as the fountain for all life.”
 - a. How might we be doing that?

- b. How might we judge our progress?

4. For discussion: How do we “remain in Jesus”? What does this look like day-to-day/practically?

Scripture memory & meditation: Eph. 5:3-4 (be ready to quote & discuss)

For further study and reflection:

- Matthew 6:33
- John 6:53-58
- John 15:7-8

Notes:

CONCLUSION: A CALL TO HOLINESS AND HOPE

1. Add to your “Think List” from this chapter.
 - Review it multiple times each day for 2 weeks.
2. From 1 Thes. 4:3-7, explain why sexually immoral behavior is wrong.

3. In what ways does 1 Thes. 5:23-24 complement 4:3-7?

Scripture memory & meditation: 1 Thes. 5:18 (be ready to quote & discuss)

For further study and reflection:

- Romans 5:20
- Ephesians 4:17

Appendix

- Ephesians 4:32
- 1 Thessalonians 5:11
- Hebrews 4:14-16
- Hebrews 10:24-25

Notes: