

SOMEBODY'S DAUGHTER

A JOURNEY TO FREEDOM FROM PORNOGRAPHY

Discussion Guide



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SOMEBODY'S DAUGHTER DISCUSSION GUIDE

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Introduction

The stories vary. But the problem is the same. Sexual desire—one of God’s great gifts—gone awry. A wife walks in on her husband checking e-mail and discovers him viewing x-rated images. A veteran youth pastor is discovered using the church computer to download sexually explicit pictures and videos. A businessman travels out of town resolving one more time not to watch “adult” movies in his hotel room, but good intentions fall short—again.

Broken trust. Broken relationships. Feelings of shame and hopelessness. This is not the way it was meant to be. But what hope is there when committing to “just try harder” fails again and again?

Many are surprised to learn that compulsive struggles with lust and pornography are not really about sex. And they aren’t simply about temptations for which we need to redouble our efforts. The critical issues are rooted deep in the heart:

For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. (Matthew 15:19 NIV)

The good news is that Jesus came to transform our hearts and to bring freedom to those held captive. Even better news is that God is in the business of taking the very struggles which have become barriers to knowing Him more intimately—things like struggles with pornography—and turning them into bridges.

Real change is possible!

How to Use This Material

Thank you so much for participating in the *Somebody's Daughter DVD* experience and for using this *Discussion Guide*. Many who have been touched by the *Somebody's Daughter* audio and video tracks experienced the life changing power of the music, lyrics, and video. *Somebody's Daughter* materials are being used around the world in church services, men's groups, Bible studies, counseling offices, college chapel services, and conferences. This guide offers suggestions for using this material in a more structured way, especially in group settings.

The *Somebody's Daughter DVD Discussion Guide* is a six-week series designed to offer hope for the tens of millions who struggle with pornography. It invites you into redemptive conversations with others about the destructive impact of this cancer of the soul. The discussion guide sessions stay close to the content of the DVD and are flexible and user friendly. We offer three different levels of discussion questions for three distinct types and sizes of audiences.

Large Group

Some people will use the *Somebody's Daughter DVD* at larger public gatherings such as conferences, workshops, church services, or college chapel. This will probably occur in one sitting over the time span of one to two hours. We imagine participants first viewing the DVD together in its entirety, and then discussing it for 20-30 minutes in smaller clusters of 4-6 people. Suggested discussion questions for such large group settings are provided on page 5.

Small Group: Level One

We also imagine the *Somebody's Daughter DVD* and music selections being used in smaller groups like church small groups, cell groups, Bible study groups, staff development meetings, groups of church leaders or Sunday school teachers or youth workers, etc. Such groups might include men and women, or they could be gender specific. Participants in these smaller groups are invited to interact over the DVD and music selections, but the questions suggested in the pages that follow allow for deeper personal sharing. If you have time to answer all of the Level One questions provided, great. But also feel free to select only a few questions from those suggested if that fits your group better.

Small Group: Level Two

Level Two questions are designed for use in small, intimate settings including men's groups, group counseling sessions, focused retreats, or even between husband and wife or between

mentor and mentoree. The emphasis is on deep disclosure and greater vulnerability, in settings where people trust one another and agree to carefully respect one another's confidentiality.

What you will need

- DVD player suitable to the size of audience
- CD player, MP3 player,
- Pen/pencil for notes (space at end of each session)
- An open heart

A Word to Women

You might be surprised to learn that men aren't the only ones who look at pornography. Recent studies indicate that pornography viewing is growing rapidly among women, too. This material focuses on men's struggles with pornography, but female strugglers will be helped, too.

If you are a woman whose husband, boyfriend, brother, father, or friend has a struggle with pornography, take hope. The insights offered here will help you understand him better and encourage you to walk with him on his journey to freedom.

Al-Anon says this to the spouses of addicts: You didn't cause it, you can't control it, and you can't cure it. The same is true for anyone in relationship with a man struggling with pornography. But having said that, our encouragement is the same—*there really is hope!*

How to Use Your Time

Each session is designed to last roughly one hour—give or take ten minutes. Each of the six sessions consists of a same format:

Check In

- **Connect** (Optional 5-8 minutes)
- **Preview** (2 minutes)

DVD (7-9 minutes)

- **Discuss DVD** (20 minutes)

Music (5 minutes)

- **Discuss Music** (5-10 minutes)

Check Out (2 minutes)

Total time: One hour +/-

Large Group Plan and Questions

If your context is a large group or you are devoting only one 60-90-minute session to the *Somebody's Daughter* DVD, we suggest this plan for getting the most out of your experience.

Check In (optional—5-8 minutes)

Have someone read aloud the Introduction found on page 2. Divide yourselves into small clusters of 4-5 people. Take only 3-5 minutes to discuss any (not all) of these ice-breaker questions before you view the DVD.

- What brings you to this group today?
- What do you hope to get out of this session?
- What does it feel like for you to be here discussing the topic of pornography (relief, hope, anxiety, etc.)?

View DVD (43 minutes)

View the entire *Somebody's Daughter* DVD. Take notes on particular things that touch you or that you would like to discuss later with your small group.

Discuss DVD (15-30 minutes)

In your small groups of 4-5, discuss the following questions together.

- What stood out to you from the DVD? Or what new insights did you gain about the struggle with pornography?
- What were you aware of feeling at various points during the program?
- What questions do you have that you would like your group to discuss?
- How do you think what you've learned today might help you or someone you know?

Closing Music (3-4 minutes)

Select and play one song from the *Somebody's Daughter* DVD or Audio CD to bring your session to a close. Invite people to listen to the words meditatively.

Session One: Hooked

Preview

It has probably happened to you at some point. You set your heart on honoring a woman for who she is as a person—for the fact that she is “somebody’s daughter.” But then for reasons you can’t explain, you find yourself caught in a familiar pattern of lust.

Maybe you’ve told yourself, “She’s a person and not an object. She’s a sister created in the image of God with hopes, dreams, and a desire to be loved and cherished.” But still, you find yourself drawn to what is only skin deep instead of the person deep inside.

What in the world is going on here? Why do our good intentions fall short so consistently? An ancient saint once said, “Every sinful behavior is rooted in a legitimate godly appetite.” Which means that beneath your lust is a godly appetite, a holy hunger, a God-given thirst.

My people have committed a compound sin: they’ve walked out on me, the fountain of fresh flowing waters, and then dug cisterns—cisterns that leak, cisterns that are no better than sieves. (Jeremiah 2:13, MSG)

In the scripture above, God blesses our deep thirsts and desires. Including thirsts like intimacy, significance, and comfort—even sexual desires. Of course, only God’s way can ultimately satisfy our thirsts. But predictably we turn away from God’s living water and dig our own wells. Because they leak, we have to keep going back again and again.

So if you’re asking, “Why do I see only flesh?”, a better question might be, “What am I *really* thirsty for beneath the surface of my misdirected desire?”

Check In (5-10 minutes)

Connect

Before you view the DVD, select one of the questions below and respond to it.

- What brings you to this group today?
- What do you hope to get out of this session?
- Have you ever participated in a group like this before?
- What does it feel like for you to be here (relief, hope, anxiety, etc.)?

Preview

Ask someone to read the preview of this session printed above.

DVD

Watch *Somebody's Daughter* DVD: Part 1 from 00:00 to 7:19 minutes. Stop the DVD when Bernie (pastor in rust colored shirt) says, "No one knew my deep dark secret." (7 minutes)

Discuss Together (20 minutes)

Remember that in this first session and all future sessions, you may choose to discuss all the suggested questions. Or select only some of them, if that suits your group better.

Level One

Early in the DVD, Michael (wearing a light blue shirt) says: *"We were created as men and women to enjoy the gift of sex and the gift of sexuality within a sacred covenantal relationship. Whenever we step outside of those boundaries there is going to be a diminishment to our own souls—it lessens our capacity to love and be human. Pornography strips men and women of their dignity. Pornography violates love and prevents intimacy—that's the case in my life."*

1. How do you think pornography damages the dignity of women?
2. How do you think pornography damages the dignity of men?

3. In what ways have you, or someone you know, been impacted by pornography?

4. Michael reminds us that “*sex is in fact a gift from God.*” But many who have struggled with pornography or other sexual sin say that it doesn’t feel like a gift at all. It feels more like a burden or even a curse because of the shame associated with the gift. In the first 20-25 years of your life, what “messages” about sexuality did you pick up from other people or from your culture?

5. Have you ever felt as if your sexuality is less of a gift and more of a burden? If so, how has this affected your relationships?

Level Two

In another part of this segment Michael, John, Bernie, and John shared honestly about their early exposure to pornography and how it affected them. John M’s first exposure came at ten or eleven when he found a stack of pornographic magazines in a neighbor’s barn. Michael related being with a friend who stole a magazine from a store. John C. described working from home and discovering how to access porn from his home computer. What each of them quickly discovered was that they couldn’t stop. Before long each man was leading a double life.

1. Respond to one or two questions from Level One.

2. Have you ever shared with anyone the story of how you were first exposed to pornography?

3. What *is* the story of how you were first exposed to porn?

4. How has this affected the way you see yourself or define yourself?

Music

Watch and listen to *Somebody's Daughter* music video (4:40 minutes). Notice that this song was co-written by John Mandeville who speaks in the DVD with his wife Shelli.

Somebody's Daughter

Words and Music by Steve Siler & John Mandeville

The moment she was born
Her mommy and daddy cried
Taken by the wonder of life
From Barbie dolls to ballet shoes
From roller skates to lipstick and rouge
She's become a lady overnight
Why do I see only flesh and look right past her heart
I try to tell myself I can't help what I feel

Then I remember

She's somebody's daughter
Somebody's child
Somebody's pride and joy
Somebody loves her for who she is inside
She has a mother and father
She's somebody's daughter

You knit her together
Your cherished creation
Made her body a temple for the soul
Why can't I appreciate
The beauty that your hands have made
And maintain my self control
'Cause when I see only flesh you're looking at her heart
There is so much more to her than meets the eye -
I need to remember

Heaven's own precious child
A person full of worth and dignity
When her beauty is defiled
I demean us both and fail to see

She's somebody's daughter
Somebody's child
Somebody's pride and joy
Somebody loves her for who she is inside
She has a mother and father

She's somebody's daughter
She has a heavenly father
She's somebody's daughter

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Discuss Together (5 minutes)

1. How do you think it impacts a woman when someone looks past her heart and only sees her flesh? How does that demean her?
2. How do you think it impacts the heart and soul of the one who is lusting?
3. If this woman were your daughter (or sister, wife, girlfriend), what would you want to say to the person who looks past her heart and only sees her flesh?

Check Out (2 minutes)

Very briefly, respond to either one of these questions:

- What is the most important thing you'll take away from this session?
- Share one thing you learned about yourself during today's session.

Notes

Session Two: Ashamed

Preview

Struggles with pornography or other sexual sin can stir up feelings of self-condemnation and shame. And like our ancestors in the Garden of Eden who covered themselves with fig leaves, we too hide our shame. With modern day fig leaves we cover ourselves by pretending, performing, and hiding.

Shame can be a confusing and misunderstood concept. For starters, it is often confused with guilt—that sense of conviction we feel when we have violated some standard, when we have *done wrong*. So if a person lies, steals, or commits adultery, they will typically feel some sense of guilt for having *done wrong*.

But where guilt says that “I have *done* wrong,” shame says that “I *am* wrong.” Shame is a feeling (which often becomes a belief) that one is defective, flawed, unworthy, or bad. The lens of shame always focuses not on what a person has *done*, but on who they *are*.

However, as revealed in the amazing grace of Jesus, God Himself doesn't shame us.

“Therefore, there is now no condemnation for those who are in Christ Jesus.”

(Romans 8:1, NIV)

That's right. Jesus never shames us. Even though He knows about all the things we have done wrong, His heart toward us is one of kindness, compassion, and blessing. So whenever we are hearing the voice of shame, we can assume it is not the voice of God.

Remember, God came searching for Adam and Eve, calling out “Where are you?” Even though you may be hiding in shame, the truth is that God is searching for you, too.

Check In (5-10 minutes)

Connect

Answer either one of the following questions.

- Since the last time we met, is there anything you'd like the group to know about or pray for?
- What is one thing from the last session that you've been thinking about since we last met?

Preview

Ask someone to read the preview of this session printed above.

DVD

Watch *Somebody's Daughter* DVD: Part 1 from 07:18 to 14:29 minutes. Stop the DVD when John and Shelli are together and John says, "And we had to make that decision together."

Discuss Together (20 minutes)

Level One

1. Sometimes we imagine that only certain kinds of people look at pornography—but "not my husband, brother, father, pastor!" After hearing from a pastor, a counselor, a businessman, a Christian songwriter, and his wife share, has your perception changed as to who watches porn?
2. Do you think pornography can really be an addiction, or is it just a bad habit?
3. In this segment Bernie shares how shame urged him to keep his struggle a secret:

Bernie: *At seminary the addiction began to take root. That's really where it became the darkest. I came away from seminary still holding the secret, still realizing that internally I'm still really in crisis over this. There was a darkness to me. No one knew, and I didn't want anyone to know. So I go back out into ministry serving as a pastor, and the addiction really begins to emerge stronger.*

Why do you think we tend to keep our sinful struggles a secret, rather than share them with others?

4. Bernie continues to share, describing how frustrated he was in not being able to overcome his struggle alone: *“I wanted to change, but change wasn’t happening. I said, ‘God can you just take this thing away from me—just take it away! I’ll do whatever!’”*

Why do you think that God didn’t “just take the struggle away” from Bernie?

5. How do you think keeping our struggles a secret “ties God’s hands” from bringing the healing and help that is needed?

Level Two

1. Respond to one or two questions from Level One.

In this segment each person relates that beneath a well manicured life there was another life that no one knew existed. Behind an acceptable Christian veneer, there was a life of addiction, guilt, shame, and anxiety that was eating them alive.

John M: *If you had looked in on my life you’d have said, “This is working.” We had the right car, the right home, a beautiful family. You’d see us at church on a regular basis. But the reality is that behind the scenes I had already departed. And once I began there was no coming back. Because of the secrecy it began to grow. As a result of it growing, the job was affected, my home life was affected, my self-respect was affected, my dignity was affected. All those began to impact my life.*

John C: *I was playing the part, going to church every Sunday morning, sitting up in the choir loft, singing those songs, listening to those sermons, teaching that Sunday school class. But in the back of my mind I was filled with guilt. I was tired of living a lie. There was no peace. I had no rest. I was living a double life. And that guilt was driving me away from every relationship that mattered in my life. Number one was my relationship with God. Number two was my relationship with my wife. Number three, my kids, and my friends. Guilt had caused me to withdraw from those relationships.*

2. Is there anything from John M or John C’s stories that you can connect with? Explain.

3. How has secrecy played a part in your struggle with porn?

4. What are ways that you have tried to manage your shame and guilt? (i.e., try harder, avoid thinking about it, blame others, etc.)

Music

Play “Traitor” (audio track #4 on *Somebody’s Daughter* CD, 3:07 minutes)

Traitor

Words and Music by Steve Siler & John Mandeville

I'm in church on Sunday morning
Got the family and the new SUV
Your co-worker and your neighbor
I'm exactly who you think I should be
But my eyes feast where none can see
On visual profanity

I'm a traitor
A betrayer
A double minded-man
I'm a liar
A decay-er of everything I stand for
A voyeur in the dark
An adulterer of the heart
I'm a traitor
A traitor

I committed to be faithful
To keep my passion only for her
Now I'm surfing while she's sleeping
Trusting that our bed is still pure
I've taken what was intimate
And carelessly polluted it

CHORUS

I feel like I'm drowning
Out of control
Like an addict who needs a fix
Selling my soul for the counterfeit high
In these pictures and pixels

God I want to pray to you
But it feels like you wouldn't want me to

CHORUS

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Discuss Together (5-10 minutes)

1. This song describes what happens if we allow shame to contaminate our identity or define who we are. What are several different ways that the man in the song had allowed shame to define him (i.e., as a traitor, an addict, etc.)?
2. Have you ever experienced shame messing with your identity or trying to define who you are? If so, how have you sometimes finished this sentence? “I’m just a _____.”
3. “God, I want to pray to you, but it feels like you wouldn’t want me to.” How have you felt when you tried to talk with God about your struggle?

Check Out (2 minutes)

Very briefly, respond to either one of these questions:

- What is the most important thing you’ll take away from this session?
- Share one thing you learned about yourself during today’s session.

Notes

Session Three: Terrified

Preview

It comes to your inbox and pops up on your home page. It's in TV commercials and store windows at the mall. The reality of porn is everywhere. And like second-hand smoke, you don't have to be a smoker to be affected by it.

Struggles with porn and enticing images are indeed "every man's battle." But too many men are losing ground in this war. Often it's because they don't know exactly what they are fighting against. Or it's because they haven't been equipped to fight. Caught between the terror of being discovered and ongoing defeat, too many men hide their struggle and live in quiet desperation.

So what is this thing we are fighting? And how do we begin to turn the tide? As a starting point, we need to focus not just on what we are doing with our eyes, but also on what is happening in our hearts. Exercising self-control and having accountability are essential. But the primary battleground must shift from the outside to the inside.

"Keep vigilant watch over your heart; that's where life starts." (Proverbs 4:23, MSG)

Whether it's porn, an attractive coworker, or a private sexual fantasy, the real issue is never about what tempts us. The core of the struggle has to do with the God-given desires within our hearts, mixed with a self-centered demand for satisfaction (or relief) apart from God.

As we keep watch over our hearts, let's pay close attention to our God-given desires and to the ways that we seek satisfaction apart from Him.

Check In (5-10 minutes)

Connect

Answer either one of the following questions.

- Since the last time we met, is there anything you'd like the group to know about or pray for?
- What is one thing from the last session that you've been thinking about since we last met?

Preview

Ask someone to read the preview of this session printed above.

DVD

Watch *Somebody's Daughter* DVD: Part 1 from 14:30 to end of Part 1 (22:40 minutes)

Discuss Together (20 minutes)

Level One

In this segment each of the participants speaks about the risks he was willing to take by using pornography. With each of the risks came fear—and some potentially devastating consequences. Consider their words:

Bernie: *I was risking so much for pornography. I was risking so much for something so little. I was risking being seen by my children. What if? Imagine if my children were to walk in on their dad looking at pornography on the computer.*

John C: *It wasn't until one evening when had my office doors closed and I thought my wife had gone up to bed. She came downstairs and opened the door, and there it was. As I think about that night . . . I remember the look on her face.*

John M: *I knew the degree of duplicity that I was living. So I just assumed automatically that she would leave. I assumed that she would say, "Okay, you're a loser" and "I can't believe this," which she did. But that also she would say, "I'm done with you and I'm taking your daughters, and I'm walking." And I was going to be left at this abyss to manage myself. I*

think that's why a lot of men don't say anything about it, because they think they will be left alone with something they already know is too much.

1. What are the risks that someone takes with behavior they're ashamed of like porn? What's at stake? Personally? Relationally? Spiritually? Professionally?
2. Why do you think men who struggle with pornography are willing to risk so much, even when the consequences are so high?
3. Consider these words from Thomas Aquinas: *"Every sinful behavior is rooted in a legitimate godly appetite."* If you agree with this idea, what might be some "legitimate appetites" beneath someone's struggle with porn?

Level Two

Many single men who struggle with porn believe that once they get married their struggle will end because their sexual desires will be satisfied. Many married men blame their struggle with porn on their wives. They convince themselves that they wouldn't need to turn to porn if only their wives were more or less _____ sexually (you fill in the blank). In this segment, however, John Mandeville describes how pornography is really not about the sexual experience. It's really not about sex.

John M: *When you are not married, you think that when you become married, that this whole habit you've created will just go away, because now you will have a sex partner. You will have somebody there for whenever that urge comes up—you've got your "in house fix." But the problem is that it's not actually a sexual experience: it's a fantasy experience that your body gets trained for. So now, the reality—in the marriage—isn't the fantasy.*

John M: *You've got a habit built into your core personality, that whenever life is too much you escape, through . . . pick the doorway. Whether it's alcohol or whether it is porn or whatever it is, it's the release valve when I just can't take anymore. As a believer, a follower of Christ, I should be running to God—not running to fantasy.*

1. Respond to one or two questions from Level One.
2. Can you relate in any way to the idea above that "when I'm married I won't struggle"? Or can you relate to the married man who blames his own struggles on his wife's inadequacies or sexual performance? Explain.

3. Have you ever considered before that the issue of pornography is not an issue that is about sex, but about something broken within yourself? John says that turning to porn isn't actually about seeking a *sexual* experience as much as it's about seeking a *fantasy* experience. What do you think that means? How true is that for you?
4. In what ways can you relate to pornography use as a means of escape, relief, or control for "when I just can't take it anymore"?
5. What might it mean in your situation to be "running to God, not running to fantasy"?

Music

Play "Never Shake His Hand" (the music video from the DVD, 3:07 minutes)

Never Shake His Hand

Words and Music by Rick Altizer

Never shake his hand
Although he asks you please
Never shake his hand
Or you'll catch his disease
It's hard to gauge the power he commands
You can never shake his hand

Never shake his hand
In the loneliness of night
Never shake his hand
Although it feels so right
You must beware of the things that you demand
You can never shake his hand

Never shake his hand
You're no match for his grip
Never shake his hand

You can't give him the slip
It only takes one touch to understand
You can never shake his hand
Never shake his hand
You'll find he sticks to you
Never shake his hand
He's something like the flu
He's introduced as an honest man

He'll recommend a subtle change in plans
And then he'll leave you wasted in the sand
You can never shake his hand

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Discuss Together (5 minutes)

1. Who or what is the singer referring to when he warns us not to shake “his” hand?
2. What are some ways that you might be “shaking hands” in your own life?
3. As you watched this video, what most caught your attention? What most moved your heart?

Check Out (2 minutes)

Very briefly, respond to either one of these questions:

- What is the most important thing you’ll take away from this session?
- Share one thing you learned about yourself during today’s session.

Notes

Session Four: Exposed

Preview

On a typical day, most people have something in their lives that they would rather not share with others. Private thoughts. Personal struggles. Sins of commission and sins of omission. For the man who secretly struggles with pornography, however, being caught or coming clean is to be avoided at all costs. The price just seems too high.

But if that same man ever hopes to be free of his struggle, telling someone else is a crucial step—one of the most difficult things he’s ever had to do. Having sin exposed is always painful, and much of the time feels like death. But in God’s design, it leads to life.

If we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. (1 John 1:7)

Surprisingly, the real battle with pornography is not with our sin. The battle is about whether we will hide our sin or bring it into the light. If we stay in hiding, we’re forfeiting the grace and forgiveness that is ours in Christ. Coming into the light plunges us into mercy and cleansing.

There is a temptation that is greater than sin. And that is to keep our sin a secret. To hide. To stay far from God and others. But because of what Jesus did on the cross, there is always somewhere to go and Someone to go to with our sin and shame.

Check In (5-10 minutes)

Connect

Answer either one of the following questions.

- Since the last time we met, is there anything you'd like the group to know about or pray for?
- What is one thing from the last session that you've been thinking about since we last met?

Preview

Ask someone to read the preview of this session printed above.

DVD

Watch *Somebody's Daughter* DVD: Part 2 from 00:00 to 8:07 minutes. Stop DVD when John Cozart (glasses and olive shirt) says, "Thank God I found my way out." (8 minutes)

Discuss Together (20 minutes)

The overarching idea in this segment is the importance of exposing our struggles to someone else. Each man in the DVD said that it was absolutely necessary for him to make his struggle known to someone he could trust. And one wife, Shelli, speaks of what happened after "the bomb went off and the truth was out."

Shelli: *There's definitely a death of all that I thought I had and that was real. I felt like I didn't know him anymore. It felt fake, like everything we had prior to that was artificial. That I was believing the lie, that I didn't know who he really was, and the way he felt about me was a big lie. The most important thing for a woman to understand is that it's not you being rejected. It's not that you're not enough, not beautiful, or all that he needs or wants. That is so important for women to get. Otherwise they are just completely defeated in the fight. And it makes them want to run away instead of stand by him.*

John C: *By keeping my struggles with pornography a secret, initially we thought we were doing the right thing. Because nobody was talking about it in churches, I thought perhaps I was the only one that was struggling. My wife was embarrassed. She wondered what people would think knowing that her husband was struggling with pornography and had been for a*

long time. But I didn't know that as long as this thing remains in secrecy, that's where it thrives.

Bernie: *The most powerful way for God to transform my heart and to change was for it to be known, and to be public, and to come out and cause a major disruption. My way would have been for God to simply take away the problem with pornography and not let anyone else find out about it. In this moment where I was so desperate I continued to hear God whisper to me, "Tell someone." So I said, "Okay I'll tell someone. There's one person I can call."*

John C: *When you expose it, when you start to talk about it, that's when you start to help people. That's when you start to offer people accountability and resources. But as long as you keep the lid on this thing, people are going to sink deeper and deeper and deeper into darkness.*

Level One

1. Shelli gives us a look into her broken heart, warning other women not to blame themselves as she did. What might some women tell themselves when the bomb of betrayal goes off? How true do you think these self-messages usually are?
2. Each of the men in the DVD describes a similar pattern of hiding his struggle and never letting anyone know what was really going on. Why do you think that sharing one's struggle with pornography (and other habits and addictions) is such a difficult step to take?
3. John C. and Bernie both describe the beginnings of freedom and change as the time when their secret was exposed. Bernie even acknowledges that his way would have been for God to "just take it away." Why do you think that bringing the problem into the light is such a powerful thing to do?

Level Two

1. Respond to one or two questions from Level One.
2. In the quote above Shelli describes the death of all she thought and believed was real in her marriage. What would it feel like for you to feel the pain and betrayal of the woman in your life (wife, sister, mother, daughter)? Describe how you think she would be feeling in her heart?

2. Bernie describes the process of the truth coming out and being exposed as a “major disruption.” In what ways has/would exposure cause major disruption in your life?
3. John C. mentions that his wife felt embarrassed about other people’s reactions learning of his struggle. Have you ever held back from exposing an element of your struggle because you were not sure how others would respond? Explain.
4. John C. says “as long as this thing remains in secrecy, that’s where it thrives.” In regard to struggles with pornography and sexual sin, do you think it is ever OK to have hiddenness in your life? Explain.

Music

Play “Is It Me?” (audio track #10 on *Somebody’s Daughter* CD, 3:16 minutes).

Is It Me?

Words and music by John Mandeville and Steve Siler

I can't breathe
This can't be happening to me
Was everything we had just a lie?
I believed while you deceived me
Faithful while my love was being violated
Nothing is the same
Nothing to hold on to
Where's the man I knew a day ago?

Is it me?
What did I do?
Am I not enough for you?
Is it me?
Was I wrong?
I believed our love was strong
Is it me?

I feel sick
Has it really come to this?
Didn't what we have mean anything?
You lied to me while you lay with me
What am I supposed to do with all the dreams you shattered?

How could you do this to me?!
I can tell you're sorry
Don't touch me!
I need you to hold me

Who's going to comfort me now?
You disgust me
I know this isn't like you
It's over between us
I hope you still love me
I hate you!
I hate that I need you!
Only God can save us
Only God can save us
Is it me?

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Discuss Together (5 minutes)

1. You've just heard Shelli (from the video) singing about her shock and pain. What are ways you've seen a woman hurt by her husband's struggle with porn?
2. For Men: Select just one of the questions this woman asks herself (see song lyrics). If the woman in your life asked you that question, how would you like to be able to answer her?

Check Out (2 minutes)

Very briefly, respond to either one of these questions:

- What is the most important thing you'll take away from this session?
- Share one thing you learned about yourself during today's session.

Notes

Session Five: Relieved

Preview

Imagine if you can what it would be like: No secrets. Nothing to hide. No fear of being caught. And no more wondering what people would think if they really knew your life behind the facade. What *would* that be like?

Too many men can't even begin to imagine such a life. It seems more an impossibility than a genuine possibility. More a fairy tale than something real. But living with such authenticity, and the peace and joy that go with it, is the right and privilege of every follower of Jesus. To be fully known and fully loved. To be exposed in all of our sinfulness, weakness, and brokenness, and to still be wanted and valued.

How do we get to such a place? It begins by listening to that still small voice inside of our hearts. The voice of the Spirit. You know the Voice. The one that says you are more than the sum of your sin. The one that says, "Don't let shame define you, son/daughter. Let Me define you!" The one that nudges you to talk to someone about your struggle. The one that never stops whispering, "There is hope."

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace. . . . (Romans 8:6 NIV)

Life and peace. It's not a fairy tale. And it's not a Bible promise that applies to everyone else—but not you. It's the life in God that you were created for. The only thing you have to do is take the risk of letting yourself be loved.

Check In (5-10 minutes)

Connect

Answer either one of the following questions.

- Since the last time we met, is there anything you'd like the group to know about or pray for?
- What is one thing from the last session that you've been thinking about since we last met?

Preview

Ask someone to read the preview of this session printed above.

DVD

Watch *Somebody's Daughter* DVD: Part 2 from 08:08 to 14:07 minutes. Stop the DVD when John says, "That's the decision we live with now." (6 minutes)

Discuss Together (20 minutes)

Bernie: *When I said it with my own mouth and spoke the story to him, I just felt such a tremendous relief and freedom. To finally be exposed and to let someone else know. From that moment on, it has been this journey of more and more freedom and more and more peace. As you expose this secret, dark, sexual sin it loses its power. As difficult and painful as it is to expose something so personal and so deep, it is the beginning of breaking the bondage and the stronghold that pornography can often have in a person's life.*

John M: *If you are at the breaking point then you are going to need help—even if it's just one person. You are going to need other people around you saying, "I'll help you walk through this. Call me before you are blowing up. Contact me before you do something you wish you hadn't done. Do this before you activate the shame in your life. Call me."*

Michael: *The biblical model is not just accountability, but accessibility. Where accountability crosses over to something really powerful to transform us, is when you're not a cop, you're not a coach, but you're a cardiologist. And a cardiologist is someone who is concerned with the welfare of my heart. Jesus said in Matthew 15 that adultery and sexual immorality come out of the heart. It's not what goes into a man that makes him do that: it's what comes out of his heart. So I need a cardiologist. I need someone who is going to care for me and*

pursue and probe and be willing to make an incision in my heart. So that when I come clean, when I open up, I'm not just going to sit there and bleed.

John M and Shelli: *The generation behind us is going to run where we stumble. We made the decision. I remember the night we did. We held up our girls in diapers. I said, "This is the end of this. If I'm the only man who stands up in my generation, I will not take it anymore. It's worth fighting for." You know what? I'm not doing it all right. I'm not perfect. But maybe somebody will look back at me and say, "Great Grandpa John put a flag up while everyone else was out getting trashed and doing whatever they were doing." That Great Grandma Shelli stood up and said, "Women, here's your role in it." That's the decision we made. That's the decision we live with now.*

Level One

1. In the secrecy of their struggle each of these men was alone. John M. stresses the importance of men asking other men for help in their struggle. Why do you think there is such a tendency for men to struggle alone?
2. Before being exposed, each man in the video was deeply committed to secrecy, believing that somehow they would be ruined if anyone ever knew about their struggle. Paradoxically, when their secret was finally known, they felt relief, peace, and freedom. Why do you think that exposure eventually brought such unexpected feelings like relief, peace, and freedom?
3. Say that a friend asks you to help him with his pornography struggles. What do you think it would look like for you to:
 - . . . be a cop?
 - . . . be a coach?
 - . . . be a cardiologist?
4. Re-read Michael's quote above. When someone is trying to break free from bondage to porn (or any other bad habit or addiction), why do you think it's so important to explore what's going on in his/her heart—not just in behavior?

Level Two

1. Respond to one or two questions from Level One.
2. Bernie says, *“As difficult and painful as it is to expose something so personal and so deep, it is the beginning of breaking the bondage and the stronghold that pornography can often have in a person’s live.”* Describe on a scale of 1-10 (10 being the most difficult and painful) what it would be like (or has been like) for you to expose something so personal and so deep.
3. Earlier in the DVD Bernie shares that God nudged him to tell someone about his own struggle. Have you every felt that nudge? Why have you (or haven’t you) listened to the nudge?
4. Michael says: *“So I need a cardiologist. I need someone who is going to care for me and pursue and probe and be willing to make an incision in my heart.”* In what ways do you need a cardiologist to help bind up the brokenness in your heart?
5. John says he wants to leave a godly legacy for future generations in his family. When you think of your influence and legacy to the next generation, how does this impact the way you wrestle with your struggle now?

Music

Play “Into the Light” (audio track #12 on *Somebody’s Daughter* CD, 4:32 minutes).

Into the Light

Words and Music by Steve Siler & John Mandeville

The walls are crashing down
My illusion has been shattered

Those thoughts that held me captive in my skin
I’ve let the secrets out
I’ve felt the demons scatter
Maybe now the healing can begin

Into the light
Into the place where nothing's hidden
Into the light
Into the hope that I'm forgiven

Climbing from the shadows toward the way that leads to life
Out of the shame
Out of the chains
Into the light

There's going to be a cost
Habits that need breaking
I know the path I'm on will change my life
Oh God, I need you so much
Without you I won't make it
Lord, take the veil of darkness from my eyes

CHORUS

The unrelenting guilt that I've belonged to
Is finally letting go from deep within
Through the brokenness and tears
I've found its love I've feared
Yet love can take my heart from where it's been

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Discuss Together (5 minutes)

1. Stepping into the light begins to relieve us from the shame and bondage to our pornography addiction (and other sinful habits). It also is the first step toward experiencing forgiveness. Discuss why you think it's important for us to experience forgiveness from God . . . from others . . . and from ourselves. Which do you think might be hardest?
2. The song talks about "*climbing from the shadows toward the way that leads to life.*" In what ways do you think living in the light has been or will be life-changing for you?

Check Out (2 minutes)

Very briefly, respond to either one of these questions:

- What is the most important thing you'll take away from this session?
- Share one thing you learned about yourself during today's session.

Notes

Session Six: Freed

Preview

“Every addiction begins with a soft choice, a quiet compromise.” You might also say that freedom begins in just the opposite way: *“All freedom begins with a hard choice, a refusal to compromise.”*

Your freedom begins one choice at a time. Over time, choices become habits, habits become passions, and passions become a life.

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you. (Galatians 5:1, MSG)

Arriving at a place of freedom reveals a wonderful surprise. On the one side of freedom is the idea that we are freed *from* something. We are released from pornography, or lust, or some other habit or sin. But then we discover that we are also freed *toward* something. Free to live, and move, and direct our passions in a direction that brings joy to our own soul and the heart of God.

Perhaps this is why Dietrich Bonhoeffer wrote that the pursuit of purity is not about the suppression of lust, but about the reorientation of our lives to a larger goal—a larger passion. You and I were created to live a much larger story than battling sin and resisting temptation. We were created for Love. And to make this Love known to the world.

The journey to freedom is a path paved with humility, perseverance, and lots of trust. Trust that God is bigger than your struggle, and that there’s nothing you can do to step outside of His grace.

Check In (5-10 minutes)

Connect

Answer either one of the following questions.

- Since the last time we met, is there anything you'd like the group to know about or pray for?
- What is one thing from the last session that you've been thinking about since we last met?

Preview

Ask someone to read the preview of this session printed above.

DVD

Watch *Somebody's Daughter* DVD: Part 2 from 14:08 to 22:40 minutes. Stop DVD at the end.
(8 minutes)

Discuss Together (20 minutes)

In a previous segment John Mandeville said that, "The only way to freedom is to commit to being free." In this segment each of the participants share how freedom played out in their life and what this freedom looked like as they walked from darkness to light.

Bernie: *You have to go in with a battle mindset. I want to fight this battle. I want to win. I'm not going to be defiled by the culture and let it destroy everything that is so valuable and so important to me. This doesn't happen just because I want it to. This doesn't happen just because I know it's bad. It happens when I say, when I decide, "I am going to live differently. I'm going to do things differently."*

It is all by God's Spirit that this happens. You can't live differently and not have God be a part of it. My natural way to live would be to go and indulge, to look at every woman that walked in front of me and to seek out pornography. That would be my natural way to live. But God gives you that power. He changes you—He gives you new eyes to see with, a new mind to think with. And my mind and heart are transformed.

There's constantly that lure . . . that call back into the other, dark way of living. But God comes in and He shows you a different way to live: to peace and freedom and happiness and joy and true intimacy and fulfillment.

Michael: *Jesus is this amazing, radical, unbelievable, relentless lover who loves at the expense of His own broken heart. What that means is, at the center of God's heart, there's not shame when He thinks of me. When God thought of me in my darkest sexual moment, my greatest moment of infidelity, Jesus was not shaming me. Jesus was there on the cross for me. And the amazing thing about the gospel is that God actually takes our failure, our sin, our shame, our wickedness, our wounds, and He transforms it all. That's what the cross is all about. The cross is not just about forgiveness. The cross is our entry into a life with God, the God who embraces us, a God who doesn't shame us, a God who wants us, even in our darkest moment. And then He wants to set us free to live out His passion, which is to bless the world, to live with a heart that is fully alive to love.*

John M: *Even in the worst of it, I had a ray of hope. That God had to be greater than this, or why bother. So I brought my nothing. I felt like I had nothing left to give. I had no strength left, I had no self respect left, I had no respect left with her. So I remember praying, "God I'm bringing You my nothing. If You can do anything with my nothing, and make a life out of it, I'll serve You the rest of my life." In response, I felt an impression from the Holy Spirit, "John, all that is, I made out of nothing. So today begins a whole new life."*

I think it's important that we don't paint an unrealistic picture and try to hand somebody three easy steps to a happy life. That's not what this is about. This is about transforming your perspective before God, allowing Him to give you an entirely new value structure. Men get so destroyed that they can't even run. They are fumbling all over themselves and applauding each others' failures. It's tragic to me. "Show me your ways so that I can run" (Psalm 119:32) was the cry of my heart. That's the freedom cry.

Bernie: *You feel like you just run out of all grace and mercy with God, where there is such shame and guilt and ugliness to your life, where you can't even stand yourself, and you wonder if God can ever stand you. I think the message that always came back to me is what Paul received—that "My Grace is sufficient for you." That no matter how far down this dark tunnel I travel, I can never go so far that God can't love me or rescue me.*

Level One

1. After watching this video series, how would you describe the journey someone goes through from bondage to freedom?
2. Can you describe a time when your life has been transformed by God's grace?
3. The hope of freedom promises so much *more* than just relief from bondage. It promises a new life! For John to experience this new life, he had to face his “nothings”—and then give them to God. Think about whatever you might be struggling with now, or feeling hopeless about. What might it look like for you to bring your “nothing” to God? What do you think He would do with that?

Level Two

1. Michael: “...*at the center of God's heart, there's not shame when He thinks of me. When God thought of me in my darkest sexual moment, my greatest moment of infidelity, Jesus was not shaming me. Jesus was there on the cross for me, saying, 'This is what I'm going to do to set Michael free and bind up his broken heart.'*” Fill in this blank: “When Jesus thinks of me, He feels _____.” Now share that with the group. Explain why you chose that word.
2. Bernie talks above about making a decision to live life differently. What might it mean for you to do life differently?
3. Bernie states, “No matter how far down this dark tunnel I travel, I can never go so far that God can't love me or rescue me.” In the journey ahead of you, what is one thing that brings you hope?

Music

Watch “Free” music video, by John Mandeville. (4:31 minutes)

Free

Words and Music by John Mandeville

I'm not fighting anymore
I stopped trying
Yeah I've burned all the ammunition
That kept me at war
I'm not weary anymore
I've stopped trying
Trying to live up to expectations
That weren't even mine

I'm free
Finally free
Oh I'm free from the pain and confusion
Thought I'd never be
Yeah I'm free
So free

Made my way through the lies and delusion
To this sweet release
I'm free

I'm not tortured anymore
Got no secrets
I've come clean with the dark obsessions
That haunted my life

I'm not lonely anymore
I've stopped hiding
Yeah I've opened my heart to the passion
That burns in your eyes

CHORUS

And I can't explain
What you've done for me baby
With a love that dared to believe
With a love that really believes

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Discuss Together (5 minutes)

1. To find freedom from the power of porn, most men tell themselves to “try harder.” Yet John sings that he “stopped trying.” What do you think that means?
2. Whatever you struggle with, what would it look like for you to stop trying harder in order to find freedom?
3. How might it free you to hear the words “I believe in you” . . .
 - . . . from the woman in your life?
 - . . . from God?

Check Out (2 minutes)

Very briefly, respond to either one of these questions:

- What is the most important thing you’ll take away from your group experience with the *Somebody’s Daughter* material?
- Share one thing you learned about yourself during today’s experience.

Notes

Suggested Uses for Additional CD & DVD Content

SONGS

“All of Me” This song challenges us to “come clean” and let go of our “favorite” sins, surrendering them to God. Play this song and then discuss the concept of favorite sins and what that says about our sinful nature.

“I Commit My Eyes” In this song men are encouraged to make a promise to God about how they will use their eyes in order to overcome the onslaught of sexual imagery in today’s culture. Play the song and then ask men to give specific examples of ways they might “commit” their eyes.

“Every Man’s Battle” This song encourages the listener to find accountability partners in order to stay the course of the higher road toward sexual purity. Have men split off into pairs and talk honestly with one another about what they are learning from the group and then set some new goals.

FOR YOUTH

“Losing Ground” DVD Our youth are growing up in an evermore highly sexualized culture. This song talks frankly about one young man’s frustration as he fights to overcome the temptations that arise from being bombarded by sexual imagery. He ultimately turns to Jesus as the way to “end the shame.” Play the song for your youth group. And ask them if they can identify with Topher’s struggle. What kind of “lies” come at them regarding sexuality? Discuss the tension and peer pressure young people feel about sexuality, living both as people of faith and as citizens of the world. Talk about what trusting Jesus looks like for them with regard to attitudes toward sex.

SPOKEN WORD

Throughout the CD there are personal testimonies, poetry, and interviews. These pieces lend the authenticity of human experience to the project. Scripture is also included to bring the authority of God. Use these different elements to prompt discussion.

“The Lies of the Eyes” This poem describes the devastation brought upon one man’s life by always keeping his struggle with pornography a secret. Discuss the consequences of his “hiding” this part of his life. Ask the group members if they have ever had a secret that caused more and more problems the longer it was kept hidden.

“Two Different Me’s” In this brief testimony one man shares his pain living a double life. Have members of the group share a time have they’ve felt as if an area of their private life was at odds with their public life.

“Disgusting” This man talks about how he felt when he realized that other men could be looking at his daughter the same way he was looking at other women. Then we hear a “gallows” laugh. What do you think the man was feeling when he laughed? Ask group members to share how it makes them feel to think of other men looking with lust at their daughter, wife, sister, or other woman they love.

“I Tell You” Several scriptures are woven together here to share a biblical perspective on sexuality. Ask group members to select one of the scriptures shared by the pastor and talk about what they think it means for their own walk.

“A Difficult Confession” Have the group listen to Renee’s story. If there are any women in the group, ask them to share which parts of Renee’s story resonate for them. Ask the men in the group to share how hearing Renee’s story might make them more or less likely to be truthful with their wives.

“Bounce” Fred Stoeker outlines a discipline he developed to help him not dwell on women as sex objects. Is this a practical solution? Ask men in the group what has worked for them?

“Open Up Your Life” Bernie talks in this piece about how important it is to open up and to keep talking regularly and honestly with other men about what is going on in your life. Challenge your men to set up a regular weekly one-on-one meeting with someone else in group. If there are women in your group, encourage them to set up an ongoing support group.

“You Can Make It” John summarizes in one presentation the story he tells on the DVD. Ask the group members to talk about what parts of John’s story give them hope. What does his story challenge them to do differently?