



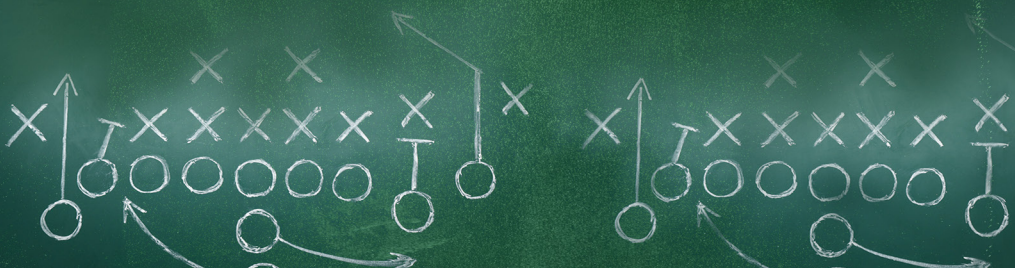
FATHER & SON CHICKEN BOWL

FLAG FOOTBALL TOURNAMENT

CONVERSATION GUIDE



THE CHAPEL



HOW TO USE THIS GUIDE

Welcome to the Chicken Bowl discussion guide! Yes, we are actually going to talk about pornography. Yes, we know this can be challenging and awkward to talk about. That is why we want to come alongside you as you navigate these conversations.

We have put together this discussion guide to equip and empower you to have discussions with your son that allow him to be seen and not shamed in a common struggle while also encouraging him to pursue Godly living. In this booklet, you will find statistics that bring light to the prevalence of pornography in our society, questions to guide you in meaningful conversations, and resources to help you and your family pursue kingdom living. This discussion guide is designed to be both a one-time conversation and a resource to return to as you talk to your son on an ongoing basis.

SECTION 1: Read through this section first and get a look at why these conversations matter and some of the staggering statistics around pornography in our country. We will also give you a few tools to help you in your discussions.

SECTION 2: Use this section to help guide a meaningful conversation with your son...

The discussion guide will use the following format:

ASK - Ask open-ended questions

LISTEN - Listen to the answers

RESPOND - Respond insightfully

SECTION 3: Find resources you can use to further your knowledge and continue this conversation with your son.

SECTION 1:

WHY HAVE THIS CONVERSATION?

Every day in our country access to pornography increases. Because of phones, computers, and media, what used to be available only through magazines and movies is now at our fingertips. Our sons are currently living in a reality where struggles with pornography will affect all of them and ensnare most of them. Let that sink in. This is not the life God desires or intended for his children. God wants us to live a life of freedom from the grips of pornography. Freedom FROM something will only come when we are running TOWARD something even better. Resources and safeguards are crucial when temptation comes, but more is needed. Did you know that only 19% of Christian men read their bibles daily? Compare that to the statistics of men seeking out porn, and we realize that we need to take seriously the pursuit of God, not just the removal of porn. Pursuing Christ and seeking to live out a kingdom perspective of sexuality is our only way to truly experience wholeness in our lives and find freedom from the lure of pornography.

We would be remiss if we didn't acknowledge that some of you reading this also struggle with the lure of pornography in your life. Whether you only occasionally fall into this temptation or it is an ongoing daily struggle, we want you to know there is hope for freedom found in Jesus. Through the power of the Holy Spirit, you can break the chains that pornography has on your life and create a legacy of freedom for your sons and daughters. Our church is filled with stories of men who have brought their struggles into the light and seen God free them from the bondage and shame they once were captive to. We encourage you to talk to your campus pastor and find a trusted friend who can walk with you as you journey to freedom.

When we chase after God's best for us, pornography and lustful temptations will not have the strength they once did, and we will be free to live in the reality of God's Kingdom.

STATISTICS

Pornographic images are readily available to our sons, making it more difficult than ever for our children to resist the temptation of pornography. Years ago, parents could protect their children from the dangers of pornography by limiting the places they were allowed to visit and by controlling the proximity of home computers. Now that pornography has gone mobile, it is only a simple click away. This issue has never been as serious in our world as it is today.

- 50% of all Christian men and 20% of Christian women think they are addicted to porn.
- According to a 2021 national survey of U.S. teens, 84.4% of 14 to 18-year-old males and 57% of 14 to 18-year-old females have viewed pornography.
- 72% of Christian young adults (ages 18-24) actively seek out pornography online.
- Of men aged 18 to 49, 67% say pornography is morally acceptable.
- 36% of Christian men look at pornography daily. Only 19% of Christian men read their Bible on a daily basis.
- 9 out of 10 boys are exposed to pornography before the age of 18.
- The first exposure to pornography among men is, on average, 11 years old.
- Research shows that while feeling guilt can motivate healthy change, feeling shame actually fuels problematic porn habits.
- 1 in 5 mobile searches are for pornography.
- In July 2022, porn sites received more regular traffic than Netflix, Amazon, Twitter, Hulu, eBay, and Twitter combined.

These statistics are staggering, but we are not without HOPE in Jesus. 2 Timothy 1:7 reminds us, “For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline.” Let’s see these statistics as an opportunity to get fired up that we have an enemy after our hearts and minds. But he will not win! Victory is ours in Christ Jesus!

HELPFUL HINTS FOR MEANINGFUL CONVERSATIONS

Purity, pornography, and wholeness can be difficult topics to discuss openly. The following tips and tricks can help alleviate some of the awkwardness.

- Have the conversation in the car. The car provides an excellent opportunity to talk about tough subjects without having to look each other in the eyes.
- Share with your son about your own experience and struggles in this area. Your honesty will pave the way for your son to be vulnerable and let him know he is not alone.
- Be sure you communicate the value, love, and care you have for your son amidst the very real struggle they face. If your son opens up about his own struggles, be sure to look him in the eyes and intentionally demonstrate care, support, and respect for his boldness in stepping into this conversation.
- Be age appropriate in your discussion.
- This is not a one-and-done conversation. Continue to talk to your son about this on a regular basis.
- We need to watch what they watch, read what they read, listen to what they listen to, and engage in their social media circles. Follow them on Instagram, connect with their Snapchat, and be friends and/or follow if they have Facebook or Twitter accounts.

Are you ready?! The more you have these conversations, the less awkward they will feel. You got this!

SECTION 2: GETTING STARTED

ASK

- Do you know what pornography is?
- Has anything inappropriate ever popped up on a device while you were using it?
- Have you ever seen something on accident on your phone?
- Why do you think pornography is everywhere?
- Why do students at your school look at pornography?

LISTEN

RESPOND

Say something like: Pornography, in all its forms, can be found everywhere today. It will be virtually impossible for you to live your entire life without facing the temptation of pornography, and I want to talk about that. Many people think looking at pornography is harmless, but it is actually very damaging.

THE DANGERS

ASK

- Can you think of some reasons why pornography could be dangerous?
- What do you think are some harmful effects of pornography?

LISTEN

RESPOND

Read this together or say something like: When God created our bodies, he designed us with sexuality. God created sex for both reproduction and pleasure. His design for sex is that it be experienced inside of marriage. One of the things about how God created us is that when we are getting ready to have sex, our bodies begin to produce a chemical in our brains called endorphins. This chemical reaction creates excitement (duh!) and gets us ready to have sex. One thing about pornography that is dangerous is that when we look at it, our body begins to produce those endorphins, and our body prepares for sex. But pornography isn't sex; it's a cheap substitute. So instead of the amazing designed outcome of intimacy, love, and children, it instead brings shame, addiction, and brokenness.

The more we look at pornography, the less it excites us. Our minds become to be desensitized to the images we are looking at, and over time, you have to look at more to get those same feelings. Of course, the more you look at it, the more likely you will become addicted to it, which can destroy your life. Eventually, when you become addicted to porn, you no longer want to just look at the images, but instead, take the step to act out what you have seen. Please hear me; porn is serious and dangerous. The best way to remain healthy is to pursue purity and wholeness and to place boundaries in your life to keep you free from viewing pornography. If you are already viewing pornography, we can begin today to free you from the addiction.

I want to take some time for us to develop a strategy to fight for purity and wholeness and to fight against pornography together. Some of these you will agree with and some you might not. I want you to know I believe this is a big deal, and because I care about you, we're going to do this together.

UNDERSTANDING WHERE YOU ARE AT

ASK

- Is pornography something you are currently struggling with?

LISTEN

RESPOND

If no...

- What steps have you taken that have helped you pursue purity and wholeness?
- Why are purity and wholeness worth pursuing?
- How have you invited God into this journey?
- What do you need to do to continue to be healthy and free?

If yes... (Acknowledge your son's courage in sharing that with you and that your love for them doesn't change)

- How do you feel about bringing this into the light?
- How long has this been going on?
- How have you invited God into this challenge?
- Do you see any patterns where you struggle most? (Time of day, location, specific devices, ways you work around filters and safeguards)
- What things have you tried to experience freedom in this?
- Have any of those things been helpful in experiencing freedom?
- Why are purity and wholeness worth pursuing?
- Who have you invited into this journey to help? Or who can you invite into this journey?

DEVELOPING A FAMILY PLAN

Either today or sometime in the next week, sit down and discuss the following areas together and form a plan for pursuing purity and wholeness as a family.

SPIRITUAL FORMATION

- What does your time with God currently look like?
- What scripture do you anchor yourself in when things are challenging?
- In what ways do you seek to grow your relationship with God?

ACCOUNTABILITY

- If you start to struggle, what is your first step in seeking help?
- Who are you willing to invite into this journey to help?

INTERNET-ENABLED DEVICES

- What kind of Internet-enabled devices are allowed/not allowed in your home? (Ex. cell phones, iPads, gaming devices)
- Where should we place our computers or mobile devices when looking at the Internet?
- Should we limit the time per week you spend on Internet-enabled devices?

DEVELOPING YOUR PLAN

TYPES OF MEDIA

- What filters should we set up for TV show ratings and channels?
- What music will we listen to around our home?
- What content is not beneficial to listen to?
- What apps should we not allow on our phones and tablets? Why? (Ex. movies/shows with nudity, gore, vulgarity)

SOCIAL MEDIA ACCOUNTS

- What kinds of social media should be allowed?
- Do we need to be friends on Facebook, Twitter, Snapchat, and Instagram?
- Write down family rules regarding social media. (Ex. only can be friends with those you know, no sending pictures to strangers, safe-mode enabled)

INTERNET FILTER & ACCOUNTABILITY

- Should we install filtering and accountability software on our computers and mobile devices?

CONTINUING THE CONVERSATION

Add a reminder to your phone to continue the conversation at each of these intervals:

- **2 WEEKS OUT:**

- How can I help you focus on freedom and purity?

- **4 WEEKS OUT:**

- Where is it hardest to stay pure? Why?
- What can we do to help you?

- **6 WEEKS OUT:**

- How is your fight for sexual integrity going now versus six weeks ago when we talked at the Chicken Bowl?

- **2 MONTHS OUT:**

- Where have you failed? Where have you won?
(Remember that you, as an adult figure in his life, have the opportunity to dispel shame in failure and fight for victory together.)
- How can I pray for you? How is it going?
- Talk about the possibility of adding another reminder once a month moving forward.

**HELPFUL RESOURCES
ON THE NEXT PAGE**

SECTION 3:

RESOURCES

SOFTWARE

- X3watch: (www.x3watch.com) accountability software you can download on your computer and mobile devices
- Covenant eyes: (www.covenanteyes.com) internet accountability and filtering software
- Open DNS security and filtering for iOS devices, www.umbrella.com/products/mobility

BOOKS

- Every Young Man's Battle by Stephen Arterburn, Fred Stoeker and Mike Yorkey
- Preparing Your Son for Every Man's Battle: Honest Conversations About Sexual and Emotional Integrity by Stephen Arterburn
- Preparing Your Daughter for Every Woman's Battle: Creative Conversations About Sexual and Emotional Integrity by Shannon Etheridge
- Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World by Shannon Etheridge and Stephen Arterburn
- IntegrityPorn Nation: Conquering America's #1 Addiction by Michael Leahy

WEBSITES/BLOGS

- xxxchurch.com
- covenanteyes.com/blog
- integrityrestored.com/resources
- fightthenewdrug.org

PODCAST

- The Naked Gospel