

Personal Growth Assignment: Pornography

Pornography is the #1 sin-plague of our day. According to Covenant Eyes, an average of 61% of the general population views pornography regularly (78% of men and 44% of women). We could wish this were only true outside of the Christian church, but sadly, that is not the case. Therefore, believers must be equipped to come alongside one another in the pursuit of holiness in the fear of the Lord.

“For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor” (1 Thessalonians 4:3–4)

In this post, I’ll offer both 8-session and 16-session sample plans rooted in biblical truth to help you walk alongside others who are battling sexual sin. You may especially find it helpful to work through these in a small group setting. But first, let’s revisit the purpose of each element of a Personal Growth Assignment (PGA) and how to use them most effectively. (If you missed my introductory post explaining the “why” behind PGAs, I encourage you to [read that first.](#))

Three Core Elements of Effective PGAs

Each PGA should typically include the following elements:

1. Engage with the Word

This is the most essential component. Our aim is to minister to the heart by nurturing a habit of meditation on Scripture. God’s Word—His revealed mind in written form—is the Spirit’s primary instrument to renew the mind and transform the heart (1 Cor. 2:11–16; 2 Cor. 3:18). Encourage Scripture memorization to keep God’s truth close throughout the day. When assigning a passage for meditation, offer a few journal prompts to help the person engage meaningfully with the text. For example:

- What does this passage reveal about God? Which of His attributes or works speak most directly to your current struggle?
- What does this passage reveal about you? Are there weaknesses, sins, or trials that hinder a trusting response to God?
- What affections of your heart are challenged by this passage? Are there desires the Spirit wants to change in you?
- What thoughts or behaviors need confession, and where do you need God’s help for change?

2. Invite More Counsel

The second element introduces trusted biblical voices through carefully chosen resources—books, articles, sermons, podcasts, or videos. In a noisy world, it’s vital to point people toward biblically sound and soul-stabilizing content (Titus 2:1–6; Prov. 27:17). When you “bring another counselor into the room,” ask the person to interact with the resource actively

highlighting meaningful sentences and journaling personal takeaways. Links to recommended resources appear at the end of this post.

3. Put Feet to Faith

Spiritual growth isn't just about learning, it's about living. While renewing the mind is foundational, it must lead to changed actions (James 1:22–25). This third element invites the person to take a specific step of obedience based on what they're learning.

That step might be:

- Developing a new habit,
- Writing a prayer based on a Scripture meditation,
- Or having a hard but needed conversation.

Instead of assigning this yourself, consider asking: “*What is one way you can apply this truth to your life this week?*”

You may choose to meet weekly or biweekly. Remember, counseling is simply intentional discipleship shaped by someone's specific needs and context. Keeping that in mind will help you avoid a one-size-fits-all approach.

Sample Plans for Fighting Sexual Sin

8-Session Plan

#	Engage with the Word	Memorize	Invite More Counsel	Put Feet to Faith
1	Read Matthew 5 slowly, at least four times this week. Journal about what Jesus teaches about the heart, and God's view of sin and righteousness. What truths encourage you? Which ones convict you?	Matthew 5:8	MEN: Read <i>Help! He's Struggling with Pornography</i> by Brian Croft (Intro & Ch. 1). WOMEN: Read <i>Help! She's Struggling with Pornography</i> by Rachel Coyle (Intro & Ch. 1). TEENS: Read <i>Help! I Want to Stay Pure</i> (Intro & Ch. 1) Highlight meaningful sentences. Be ready to share 5–10 highlights.	Work on the Practical Application Projects at the back of each of these mini books.
2	Matthew 6 (follow the same process as above).	Matthew 5:27-30	Chapter 2 in the preferred mini book.	Work on the Practical Application Projects at the back of each of these mini books.

#	Engage with the Word	Memorize	Invite More Counsel	Put Feet to Faith
3	Matthew 7 (follow the same process as above).	Matthew 5:27-30	Chapter 3 in the preferred mini book.	Work on the Practical Application Projects at the back of each of these mini books.
4	1 Thessalonians 4:3-8 (follow the same process as above).	1 Thess. 4:3-4	Chapter 4 and Conclusion in the preferred mini book.	Work on the Practical Application Projects at the back of each of these mini books.
5	Romans 5	Romans 6:5-7	Read <i>The Liberating Truth of Romans 6</i> by Armand Tiffe (Ch.1)	Complete application questions at the end of the chapter.
6	Romans 6	Add Romans 6:8-9	Read <i>The Liberating Truth of Romans 6</i> by Armand Tiffe (Ch. 2)	Complete application questions at the end of the chapter.
7	Romans 7	Add Romans 6:10-11	Read <i>The Liberating Truth of Romans 6</i> by Armand Tiffe (Ch. 3)	Complete application questions at the end of the chapter.
8	Romans 8	Add Romans 6:12-14	Read <i>The Liberating Truth of Romans 6</i> by Armand Tiffe (Ch. 4)	Complete application questions at the end of the chapter.

Optional Continuation: 8 Additional Sessions

#	Engage with the Word	Memorize	Invite More Counsel	Put Feet to Faith
9-16	Psalms 119 (three 8-verse portions)	Review all memory verses.	Read four chapters/week in the 31-day devotional, <i>Pornography</i> :	Journal your response to the reflection questions

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	per week). Journal as you did before.		<i>Fighting for Purity</i> by Deepak Reju.	at the end of each chapter.

Other resources to consider (use at a helpful pace):

- *Pure in Heart* by Garrett Kell
- *Rescue Plan* by Deepak Reju & Jonathan Holmes
- *Sexual Detox* by Tim Challies

For married couples:

- *Reclaim Your Marriage* by Curtis Solomon
- *Redeem Your Marriage* by Jenny Solomon

Final Thoughts

These plans are flexible and intended to help you get started. As you grow in discipleship counseling, you'll gain confidence in tailoring assignments to each person's unique context and need. For now, let these suggestions serve as a helpful framework.

The listed resources are available from many online bookstores, including:

- [Biblical Counseling Books](#)
- [WTS Books](#)
- [Cumberland Valley Bible & Book Service](#)
- [Reformed Book Services](#) (Canada)

MORE RECOMMENDED resources for Sexual Sin (Adultery, Porn, and Masturbation)

More Personal Growth Assignments

- [PGA for Anxiety](#)