

Case Study: Erik April 22, 2026

Erik is a 20-year-old Believer who has been struggling with pornography for the last three years. Before that time he knew that pornography existed, but had never seen it because his parents carefully monitored all the technology in their home. Erik discovered porn on a trip out of town when some of his friends from High School showed it to him on their phones. Since then Erik has frequently looked at pornography. The problem became worse when he moved to college and had unfettered access to the Internet on his laptop computer. Several weeks ago, Erik became convinced that as a Christian he must begin to deal aggressively with this sin. He did the hardest thing he had ever done and told his dad about the problem. Erik's dad loves his son and wants to help him, but has no idea what to do about a problem like this. They came together to meet you for counsel.

1. Assume that the information you have here is a straightforward presentation of the facts and write down the homework assignments you want Erik to complete after this first meeting with you. After you list the homework explain the specific issues you will address with Erik in counseling sessions. Please include the categories of "put off" and "put on" in your answer.

Salvation is a yes.

Homework:

- 3 spiritual disciplines: Confession to the Lord if have not. And when sin, all sin

Depending on what his pattern of time with the Lord looks like I will "assign" accordingly. Typically something like 5x x 30 min.....

Word = Read Proverbs 5-7 and meditate on every day

Journal 1 take away from time in the Word every day.

- Identify Idols Worksheet, understand "WHY" turning to pornography.
Idol Repentance Plan.....*BradBigney.com*

Is it sexual lust & physical gratification, control, when hurt, fairness (when life is unfair, idol of being treated fairly).....*turning to pornography rather than turning to Jesus. Why turning to pornography, that's what want to understand.*

There may be 1 reason, or combination....

- What other life dominating / besetting sins in Erik's heart? Pride, anger, etc.... and repentance plan on these as well. He does not have just 1 sin in his life.

And often besetting sins may intersect. i.e. Sin of pride & control when things do not go the way he wants them to go, he turns to lust of the flesh in porn & gratification.

- Answer these X-Ray ?'s to help identify what setting mind on:

Where do you find refuge, safety, comfort, escape, pleasure, security?

What do you think about most often? What preoccupies or obsesses you? IN the morning, to what does your mind drift instinctively?

What are your characteristic fantasies, either pleasurable or fearful? Daydreams? What do your night dreams revolve around?

- *Finally Free*. Ch 1- questions at the end. And what stands out to you in this chapter
- Tracking Tech on devices
- No provision for the flesh = no tech in room alone, or anywhere alone. In library only, etc.....
- Accountability: Spiritual battle plan = temptation comes you confess--- go to Scriptures (Prov 5-7), or Gospel, meditate on--- choose to worship Jesus

You battle, but if going to give in, call me or your dad before sin

- *Gospel Primer* read 1 every morning & the Scriptures. When tempted to go to porn, confess the temptation and go to these Scriptures that you read in the morning and meditate on them until worshipping Jesus.

Put Off:

For sure: impurity, lust of the eyes and lust of the flesh.

Identify other sins from Idol worksheet & discussion; put on righteous opposite

Put On:

Worship the Lord, 1 Cor 10:31;
purity, Mt 5:8, Prov 5-7;
self-control, Gal 5:23