



CHEW On This™ Resource Blog: CHEW Questions for Struggling with Porn

Question: If I really believed Jesus cleanses me completely, how would that change my shame after I fall?

Possible answers:

- I would run to Jesus immediately instead of hiding from Him.
- I would stop replaying my failure in my mind and start thanking God for His forgiveness.
- I would let go of the belief that I'm "too dirty" to be loved.
- I would accept God's grace instead of punishing myself.
- I would talk honestly with a trusted friend or mentor, instead of keeping it secret.
- I would remember that my identity is "forgiven and clean in Christ," not "addict" or "failure."
- I would pray, "Thank You, Jesus, for making me clean right now," instead of "I'm so sorry, I'll never do it again."
- I would believe change is possible because God's cleansing is real and ongoing.
- I would feel hope, not despair, after I fall.
- I would see myself through God's eyes, not my shame.

Transparency Note:

This resource is crafted in collaboration with advanced AI tools and thoughtfully finalized by the 1st Principle Group staff to ensure biblical faithfulness and practical relevance for our readers.