

# HOPE UNDIMMED

SURPRISING ANSWERS TO THE MOST DIFFICULT QUESTIONS

SAMPLE



# Leader Guide



# Table of Contents

A Note to Leaders from Steve Bollman.....	3
Introduction.....	4
Session 1: Is Porn Naked and Unashamed?.....	11
Session 2: Can a Woman Have Sex Like a Man? .....	14
Session 3: Humanity: Beyond the Limits of Science.....	18
Session 4: Why Can't a Woman Be More Like a Man? .....	21
Session 5: Boy Meets Girl: Agony or Ecstasy?.....	24
Session 6: Where is This World Headed?.....	29
Session 7: What Brings Happiness?.....	33
Participant Pages.....	36
Participant Pledge Signature Sheet.....	62
Participant Pledge Card.....	63

## *A Note to Leaders from Steve Bollman:*

Dear Youth Ministry Leaders,

Thank you for your indispensable service to young people. Today, youth are confronted by ideas and choices that did not exist just one generation ago. They will inherit a world with very serious and troubling issues. Finding reliable answers is difficult. For many, hopelessness is a real threat. It was precisely for these youth that *Hope Undimmed* was filmed.



**STEVE BOLLMAN**  
FOUNDER AND PRESIDENT,  
PARADISUS DEI

It asks the questions most on the minds of youth—from pornography and “hooking up” to what the future holds and finding authentic happiness. It brings together the people best able to answer these questions—from porn stars to popular heroes and from leading world authorities to monks in sandals.

*Hope Undimmed* takes nothing off the table. The sessions are provocative: frequently disturbing, but always filled with hope. They profoundly touched the students who participated in the live filming. Indeed, one out of every six students attending the series witnessed to having experienced a deep conversion. And every single student recommended *Hope Undimmed* for their age-peers. Almost three out of four students strongly recommended it.

Thank you for saying “yes” to *Hope Undimmed*. Trust in the goodness, grace, and mercy of God. Trust in your young people. Trust in yourself. Make the journey with them. Cross the threshold of hope.

“Now is the time for hope. ... We must not be afraid of the future...with the help of God’s grace, we can build in the next century and millennium a civilization worthy of the human person” (*Pope St. John Paul II, Address to the United Nations, October 5, 1995*).

May Our Lady, Star of the New Evangelization, guide you and the young people to whom you minister.

Sincerely yours in Christ,

**STEVE BOLLMAN**  
*Founder of Paradisus Dei*



## SESSION ONE:

# Is Porn Naked and Unashamed?

To prepare for this session, preview the video and then read through this guide and the Participant Pages, keeping your group in mind.

Have the room set up before participants arrive, make sure all equipment is working and you know how to use it, and prepare copies of all materials needed (Participant Pages and Pledge Sheet).

You may consult the Introduction of this guide for additional suggestions on preparing to lead a session.

### OBJECTIVES OF THIS SESSION:

- To help participants see how harmful pornography is for everyone involved, despite its allure.
- To persuade participants to reject porn.
- To provide resources teaching how pornography addictions can be overcome.

### The following lesson plan has four parts:

1. Preparing the group for the video
2. Showing the video
3. Small-group discussion of the material
4. Closing prayer and call to action against porn

## 1. PREPARING THE GROUP FOR THE VIDEO

- a) Welcome participants and provide any necessary orientation (e.g., name tags, refreshments, directions to the rest rooms, and asking that all phones and personal devices be turned off during class).
- b) Go over the sidebar “Some key facts about porn” in the Participant Pages. This is to show that the content of the video will be relevant to their lives.
- c) Tell participants the objectives of this session (listed above).
- d) Explain the title of the video. Say something like, “Genesis 2:25 tells us that in the beginning Adam and Eve were naked and unashamed. There was no barrier to receiving love from God or one another.”
- e) Provide a reality check: “This isn’t what you experience, is it? The Devil tricks Adam and Eve into choosing the creation over the Creator. In pornography, Satan takes something that God intended to be very good and perverts it.”
- f) Then say something like the following to underline the session objectives: “Today you will have the chance to see this truth brought out into the light and you will have a decision to make. Will you choose God’s plan for sexuality and marriage or the Devil’s counterfeit?”
- g) Announce the need for the Holy Spirit’s assistance and lead the participants in the prayer to the Holy Spirit provided in the Participant Pages.

---

## 2. VIDEO

Show the video straight through, if possible. It will last about one hour.

---

## 3. SMALL-GROUP DISCUSSIONS

We recommend if at all possible that the small-group discussions be organized on a single-sex basis.

In the Participant Pages, the **General discussion questions** are intended both for groups of young men and groups of young women. The **Questions just for young women** and **Questions just for young men** are additional questions for the respective single-sex group.

## 4. CLOSING PRAYER AND CALL TO ACTION AGAINST PORN

- a) Lead the closing prayer in the Participant Pages. If possible, conduct this prayer and call to action in a chapel or in the parish church.
- b) Tell the participants something like the following: “The final petition mentioned ‘concrete action either to avoid or overcome pornography use.’” A concrete action is most likely to be carried out if it is the result of a practical resolution.
- c) Say: “As we observe a moment of silence, in the presence of God, ask yourself, what is God asking of me to avoid or overcome pornography use?”
- d) At the end of the moment of silent prayer, ask the participants silently to read through the “Pledge against Porn” in the Participant Pages. Tell them that you will invite them to read the pledge together, and then if they agree to it, they can each sign the pledge sheet to fight against porn. Tell them the pledge sheet will be placed at the foot of the statue of Our Lady or on the altar.
- e) Reinforce the call to action. Explain that for this experience to have a meaning in their lives, they will have to live it out. To help them do so, they should review their pledge each day and examine how they are doing in carrying out their resolutions, relying on God’s grace to help them do his will.

SAMPLE

SAMPLE

# Participant Pages

# SESSION ONE: Is Porn Naked and Unashamed?

---

## OPENING PRAYER

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

God is the good Creator, and everything he creates is good. The Church teaches us that the goods of creation are for human beings and that the first two people were created in the state of marriage. Genesis tells us that in the beginning Adam and Eve were naked and unashamed. And the man and his wife were both naked, and were not ashamed (*Gn 2:25*). There was no barrier to receiving love from God or one another.

God Our Father, by the power of the Holy Spirit, help us to see the true meaning of human sexuality, marriage, and the family, and to live these truths now and for the rest of our lives. We ask this through Christ Our Lord. Amen.

---

## SMALL-GROUP DISCUSSIONS

### General discussion questions

---

#### Video Participants

- **Donny Pauling**, former porn producer
- **Christina**, former porn star
- **Sam**, pornography consumer, and **Beth**, his wife
- **Dr. Mary Anne Layden**, psychotherapist and Director of Education, Center for Cognitive Therapy at the University of Pennsylvania
- **Steve Bollman**, narrator and session moderator

- What surprised or impacted you the most in this video?
- What do you think personally motivated each of the persons in this video to do what he or she did?
- According to this video, what are some of the surprising consequences of pornography, whether one wants them or not?
- Is Donny's claim true that if you are consuming pornography you are just as involved in the industry as those creating it? Why or why not?
- Why does Dr. Layden say that everything about pornography is a lie? Do you think the other participants in the video agree with her?
- What do you make of Steve's observation that all these stories are really just one story?
- Why do you suppose it is that people can be more attracted or even addicted to a false and unsatisfying fantasy, than to a true and very good reality?
- Beth attributed Sam's new experiences with pornography to having unaccountable time and an Internet connection. Based on this, what are some ways young people can protect themselves from viewing pornography?
- How did people in this video change over the course of time?
- What is the "cost" of walking away from pornography? Is the cost worth it? Why or why not?

## Is Porn Naked and Unashamed?

### Questions just for young women

- How would you feel if you found out your boyfriend was secretly viewing pornography?
- How do you think your viewing pornography would change how you see men and how you behave towards them?
- Have you ever felt pressure to change your behavior or your appearance due to pornography?
- How do you see pornography fitting into true womanhood?

### Questions just for young men

- How would you feel if you found out your girlfriend was secretly viewing pornography?
- How do you think your viewing pornography would change how you see women and behave towards them?
- When Sam got married, he assumed he had moved beyond his former problems with pornography. Why do you suppose he got back into it in such a big way?
- Sam said when his wife was first pregnant that he was acting like a boy when he was supposed to be a man. How do you see pornography fitting into true manhood?

---

### Resources to Begin your Battle Plan Against Porn

Take the pledge to live God's plan for purity.

If you need help, talk to a trusted friend, teacher, counselor, or above all, parent. It is difficult to overcome a pornography addiction by sheer willpower.

A good list of web resources can be found at <http://bit.ly/1yPoKgX>.

A good website devoted to helping men break free from pornography addiction is <http://www.integrityrestored.com>.

There is a free e-book from Catholic apologist Matt Fradd entitled *5 Step Approach For Removing Porn From Your Life*, available at: <http://cvnteyes.co/battle-plan>.

Increase your success with filtering and accountability software. *Hope Undimmed* participants can enjoy a free month from Covenant Eyes using the coupon code "undimmed" at: <http://www.covenanteyes.com>.

---

## CLOSING PRAYER AND CALL TO ACTION

**Leader:** To the following petitions please respond, "Lord, hear our prayer."

- For those who are involved in the creation of pornography, that like Donny and Christina they would be open to the grace of God, reject the pornography industry, find personal healing, and help others understand the reality of pornography, *we pray to the Lord.*
- For those who consume pornography and for their loved ones, that like Sam and Beth they would receive God's grace, be freed of the plague of pornography, and find personal healing, *we pray to the Lord.*
- For those who govern us, that they will pass and enforce just laws that protect society from pornography and so promote the common good, *we pray to the Lord.*
- For all those who are harmed in any way by pornography, not just those who create and consume it but also their family members, loved ones, and anyone being used by them, *we pray to the Lord.*
- That each of the people in this room will be protected from the harm of pornography. That God will grant us courage, right judgment, and strength in the face of this great evil, *we pray to the Lord.*
- God calls us to chastity and to respect the image of God in ourselves and every other person. May we receive the grace we need and take concrete action either to avoid or to overcome pornography use, *we pray to the Lord.*

### **Pledge Against Porn**

I want to live according to God's plan for human sexuality because that is part of my true path to happiness and the happiness of my future spouse and family. Therefore, I pledge to do the following.

- If I am a young man, I will practice courtesy and respect toward women, in recognition of their dignity.
- If I am a young woman, I will live the virtue of modesty and refuse to "sexualize" myself by the way I dress and act, out of respect for the dignity of men.
- I will develop a relationship with God through prayer, the Sacred Scriptures, and the Sacraments of Penance and the Eucharist. I recognize that friendship with God is completely incompatible with porn. Friendship with God will help give me the strength to avoid pornography.
- I will avoid situations in which I have unaccountable time and access to pornography.
- If pornography poses a temptation, I will install a content filter on my computer to block porn and "mature" content.
- I will use my computer within set hours and in a public place in my home. I will fast-forward through and not look at soft-porn sexual scenes and images in films, TV shows, and advertising.
- If I am in need of help, I will talk to a trusted friend, teacher, priest, counselor, or above all, parent. I realize that it is difficult to overcome a pornography addiction by sheer willpower. I may need help, including from outside resources.

SAMPLE