

HOSTING A PURITY EVENT

Broken Strength Ministries

(can be called “Battle for Purity” or “Pursuing Holiness Together” or “Finally Free ” or something along those lines)

NOTE: attendance and promotion by the lead pastor and elders/church leaders is VITAL.

Our events are hosted in the local church and feature the following aspects:

1. We share a meal together – normally something simple to serve like pizza. If breakfast, it can be as simple or as complex as the host church desires it to be. The church can charge for the meal or cover the cost through their internal budget. Normally on a Friday/Saturday night or a Saturday morning.

2. Two purity testimonies. Two men testify to the freedom that they have found through confessing their sin to another brother and addressing their heart idolatries. Ideally, the host church would have one or both of their own men share a purity testimony – 5-8 minutes, written out and rehearsed. We also can provide a testimony from a someone who has found freedom in Christ and is vetted by Broken Strength.

3. A presentation (usually including PowerPoint) that speaks to the problem at hand and the hope and help we find in the Gospel of Jesus Christ. It emphasizes the need to receive the gospel (Romans 6), respond in humility (2 Corinthians 12:9-10), and repent through confession (Proverbs 28:13,14; 1 John 1:5-9).

(This may include table discussions during or after the presentation if your men are accustomed to some sort of interaction during men’s events)

4. A call to repentance and confession. At the conclusion, the men will be invited to pray with someone as they confess their sin and commit to follow-up (faithful men in the church will be trained for this before the event). The chaplain/table leader will listen to their confession and pray for the men, as well as encourage them to complete the three session follow up training. Each man that commits to the follow-up will receive a “Finally Free” book to start on.

5. Follow-up training:

- One hour before the event (or the night or week before if that works better), those who will be the chaplains/facilitators/table leaders will get a brief training and what to expect regarding the event and the follow-up.
- At the conclusion of the event, we need your lay leaders that have agreed to lead groups to pray together and make sure they are prepared for the start of their groups. We can do the training for these groups before or after the event, whatever the church prefers. The men who will go through the training receive their books at the event.
- The three session follow up training is conducted once a week for three weeks – day and time to be decided by host church. Many churches offer different times and days, depending on how many facilitators you have for these discussions. Each meeting covers three of the chapters of the book Finally Free, using the questions we have developed around those chapters.

6. Materials – we provide all materials. We only ask to be reimbursed \$10 for each book that you get from us – we bring those books with to the event – you do not need to prepare or create any materials.

7. Advertising: we provide samples of what a ½ page bulletin insert could look like. The local church is the primary advertising vehicle. Ideally, the pastoral staff would invite our staff to address an area pastor's gathering to do promotion as well.

8. Honorarium: we do not ask for honorariums. If the church wants to make a love gift, it should be made to: Broken Strength, 755 – 73rd Ave NE, Fridley, MN 55432.

9. Other: we love it when 2 or more churches go together to host an event or when a church simply invites other churches. We would rather bless a city than a single church.

EVENT HOSTING CHECKLIST

Broken Strength Ministries

- Develop a prayer plan (4 months before event)
 - Identify prayer warriors (male and female)
 - Specify your purpose for the event to the church body.
- Make sure all leadership is on board and involved. (4 months out)
 - Ask questions about their own sexual integrity story and thoughts.
 - Engage in conversations about any reservations or insights they have.
- Pick a date for the Event. (2-4 months ahead of time)
 - Usually, Friday nights and Saturday mornings have worked well.
 - Place it on the church calendar and bring it up often.
 - Invite other churches and community.
- Name the event and come up with outline. (3-4 months)
 - Be clear about purpose and gospel involvement.
 - Keep it simple (see above).
- Identify men for testimony(ies), chaplains, table leaders, small group facilitators (2 mths)
 - Testimonies s/b 5-8 minutes and include brief history, how they got help, what the difference is now, and what the battle currently looks like.
 - Chaplains/table leaders/facilitators (many times it's the same people) will need to be at event 1 hour before in order to have 30-45 minutes to cover what will happen at the invitation and what the 3-week follow-up looks like.
 - Qualifications for this is determined by the church leadership since they know their men best - men of integrity who live lives of repentant discipleship.
- Identify women who could help women who may need help processing their husband's addiction. Maybe there's some women who have been through this and can coach through how to disclose to spouse or counsel through betrayal trauma? (1-2 months)
- Promote event to church and other churches (5 weeks)
 - We can provide examples or templates, but church should come up with this part of the promo themselves.
 - Local media can be used, but make sure it's clear what the event is and isn't
- Schedule when and where the 3-week follow up group(s) will take place. Plan on a group for every 3-5 responses. (4 weeks)
- Talk and pray through ongoing need for men to maintain accountable, grace-filled, transparent relationships with each other. (Broken Strength has resources. Pure Desire has great group guidelines and training. See leader tips for list of follow-up after 3-weeks. (3 weeks)

- Confirm specifics of event (3 weeks)
 - Meal
 - Music (during meal, create focus before testimonies, part of the response time, etc.)
 - Prayer covering.
 - Testimonies. If you can't get 2, Broken Strength can help provide one of them.
 - PowerPoint or KeyNote connection for the main talk (confirm with your Broken Strength speaker).
 - Some sort of physical, substantive way for men to respond (Examples: Broken Strength will provide prayer medallions that can be handed out. Response cards are made available that includes small group information. Some churches have used flags and bails of hay to plant their white "commitment flags" in a memorable way)
 - What is your anticipated attendance? Make sure Broken Strength is bringing enough material for what you're anticipating.
 - All leaders (chaplains, table leaders, emcee, etc.) are in place.
- Follow-up plan with your church (2 weeks)
 - Prayer for men that respond and the groups themselves.
 - Ongoing opportunities and/or communication with men after the 3-week followup.
 - Is there a "sexual integrity champion" at your church that can oversee follow-up and be the Broken Strength contact moving forward?
 - Here are options of what to do after the 3-week Finally Free follow-up:
 - "The Death of Porn" by Ray Ortlund.
 - Broken Strength Website is updating our resources (www.apathtopurity.org)
 - puredesire.com - 7 Pillars of Freedom study
 - Walkingthetext.com - Bible study resources
 - thefreedomfight.org - resources for teens and up.
 - intothelightdocumentary.com - full documentary and study guide
 - covenanteyes.com - resources for all ages.
 - "God's Call For You" Broken Strength 7-Week Bible study.
 - Many other options. Check with your pastor or ministry leader for good, Bible-based materials.

Pursuing Holiness Together

Broken Strength Ministries

Description - *A weekend evening or Saturday morning event around a meal that presents a biblical response to sexual temptation and facilitates discussion about the topic.*

Outline of the Event

1. Starts with emcee welcoming men, praying for the meal, and eating.
2. Introduction of speaker (Joe Smith, founder and current board chair or Paul Klassen, former pastor and current Executive Director).
3. Either before or after the presentation we ask that you have one of your men present a testimony of victory over porn.
4. Joe or Paul will present the powerpoint that takes 25-30 minutes.
 - a. Ideally, each attendee will get a one page outline of the powerpoint, and that pens are available on the tables. Outline could be a half page of "bullet points"
 - b. Be ready to have men read verses from their Bible or Bible app that we will cover during the presentation.
5. At the conclusion of the presentation men will go through pre-determined questions at their table — led by one of your lay leaders.
 - a. Questions will be provided, but feel free to add, delete, change those questions.
 - b. Lay leaders should be prepared to disclose a weakness or two - if the attendees think their table leader is "perfect", they will be hesitant to share.
 - c. Make sure they know the names of attendees - we suggest name tags if yours is a larger church.
 - d. Guide the discussion, insuring that all men get to participate, and don't allow one person to dominate.
 - e. Ideally, table leaders would do follow up with all of the men at their table, especially those who are hurting.
 - f. Strongly encourage each man to do the follow up training. The follow up training helps create a small group of men committed to being honest, praying, and battling for holiness together.
6. At the end of the table discussion, each man will be asked at the table to respond in some way:
 - a. Signing up for 3- or 4-week follow-up using *Finally Free* by Heath Lambert.
 - i. Pre-determine meeting dates and time.
 - ii. Broken Strength can provide cards that are filled out to determine availability.
 - iii. Ideally, every man would attend, if nothing else to be equipped to help others struggling for sexual purity.
 - b. Praying for one another at the table around confession and a commitment to go forward with the follow-up.
 - c. Stick around and fellowship with others, the speaker, your pastor(s), and other leaders.

- d. Those men who commit to follow-up should receive the book at the event. Another option would be to hand those out the following Sunday.

Preparation for the Event

1. Surround the event with prayer - leaders need to be committed to praying, promoting and attending this event
2. Logistics: Decide on date, name of event, food, possible RSVP, promotion and leaders/testimony(ies).
3. Pre-training" for table leaders: we will need about a 30 minutes with table leaders to walk them through the process, and the questions. This can take place in Google space, Zoom call, or immediately before the event.
4. We have created a pdf covering those 3 sessions.
5. Church should coordinate with Broken Strength or pre-order books to hand out at the event - *Finally Free* by Heath Lambert. Call Katrina Handley @ Harper Collins for church pricing: 615 902-2184
6. We recommend promoting the event to the congregation with verbiage similar to: "We encourage all men 15 and over to attend. This is for all men - come and be equipped to grow and to help others grow as well. We are always stronger together".

Other Considerations

1. Having someone lead singing with 2 or 3 songs is always helpful.
2. You might also consider having 3x5 cards available and ask men to list topics for men to discuss at future meetings, or to list ways the church could help them grow in grace and truth.
3. Advertising: we provide samples of what a ½ page bulletin insert could look like. The local church is the primary advertising vehicle. Ideally, the pastoral staff would invite our staff to address an area pastor's gathering to do promotion as well.
4. Honorarium: we do not ask for honorariums. If the church wants to make a love gift, it should be made to: Broken Strength, 755 – 73rd Ave NE, Fridley, MN 55432.
5. Community Outreach: we love it when 2 or more churches go together to host an event.

Sample Table Questions for Pursuing Holiness Together

1. What struck you most about the testimony(ies)?
2. What are the triggers in your life that tempt you to sin? (BECSHALTS - Bored, Exhausted, Curious, Stressed, Hurt, Angry, Lonely, Trauma, Successful)
3. What have you found to be most effective in defeating temptation?
4. What keeps us from being transparent and accountable to another Christian brother?
5. What factors hinder you from growing spiritually?
6. What is your biggest takeaway from today?
7. What does Satan want to steal, kill or destroy in your life? In your marriage?
8. What is God wanting you to address today?

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MY SEXUAL HISTORY

On the following pages write out your sexual history. Pray for God to reveal to you what you need to write down. This is a critical piece of the healing process. You will share this with your partner and then shred it at the foot of the cross and put it in the past once find for all. Free free to use you own paper for this exercise.

AGE PERIOD: 1-10 YEARS

AGE PERIOD: 11-20 YEARS

AGE PERIOD: 21-30 YEARS

AGE PERIOD: 31-40 YEARS

AGE PERIOD: 41-50 YEARS

AGE PERIOD: 51 THROUGH PRESENT

Tips for Leaders – Follow up training

Joe Smith & Paul Klassen, Broken Strength Ministry; www.apathtopurity.org

Keys to cover at the start of the 3-week follow-up

1. Remind men of the meeting at least once between meetings.
2. Always start the meetings with prayer.
3. Ask someone to share a 5 minute testimony of how God has worked to help them in their battle for sexual purity – emphasize 5 minutes.
4. Make sure they know of the software options for their internet usage: Accountable2You or Ever Accountable. Some software has options of daily or weekly alerts; some have family options as well.
5. Ensure that they have an accountability partner – if they don't, assign one at the first meeting. If you have an uneven number of people, make one group a triad of three.

Accountability partners should do daily check-ins during the three session follow up training – call, text, or as a last resort email.

NOTE: The wife should NOT be THE accountable partner – that should be a trusted male friend. Making the wife a “policeman” is not a healthy approach.

6. Emphasize to men the need for them to guard their leisure time. Every choice we make about our time is a value statement.

Things to remember as a leader

1. It is often helpful to lead by admitting your weaknesses. If men feel unsafe, acknowledging your own struggles will open the door for them to be honest.
2. You may need to gently guide some men's conversations – some guys will use the group as a way to air grievances against their wife or others. Other men will want to take up excessive amounts of time telling details that are not helpful. These are difficult issues to address publicly, and you may need to spend some personal time with a participant to help him see the need to limit his speaking. If you have several men who want to dominate, you may want to announce at the beginning of a meeting that each person should speak no more than 2 or 3 minutes at a time.
3. Emphasize the role of daily prayer and scripture reading. If we are too busy for 15 minutes a day with God, we are simply too busy, or we have not prioritized our time well.
4. If they have not already done so, men should give you \$10 per book – or all they can afford. Checks can be made to Broken Strength.
5. Ideally, the leaders of the church will have identified a mature woman or two that the wives of men can talk to. How and when the men should confess to their wives is a really big

decision – do not rush into this. You may want to counsel with one of the pastors before you do this, or even ask for their involvement.

6. Asking good questions. Avoid “how are you doing?” Better questions:

“How is your soul?”

“How is your marriage going?”

“How would you describe the battle right now in your life?”

“Tell me about your daily time with the Lord.”

“What in the Bible are you reading?”

“How has Satan been attacking you effectively lately?”

“Have you looked at porn or anything illicit this week?”

“What parameters (software, prayer partners, commitments, etc.) do you have in place right now to protect your eyes?”

7. Possible next steps for groups after the three session training:

(a) go through the book “The Death of Porn” by Ray Ortlund (can go through chapter by chapter or lump chapters together);

(b) go through the study “The Gospel Centered Life” by Thune:

(c) 7-week Discovery Bible Study based on 7 passages that use the word *porneia* (provided by Broken Strength)

(d) use the resource Right Now Media to view videos and questions (the church can get a church-wide membership).

(e) Sexual Integrity 101 or 7-Pillars study from puredesire.com

(f) Start a Freedom Fight group with a 30-Day challenge through thefreedomfight.org (and other resources for lay and ministry leaders)

8. Considerations to start and/or grow your men’s ministry moving forward

a. Consider ways to get the men together at least monthly, and have table-based discussions based around prepared questions and designated table leaders.

b. Encourage men to get together regularly in groups of 2, 3 or 4 for prayer and accountability questions.

c. Consider starting a discipleship “track” with men interested. I have found that having a group of guys sign a covenant to read and study together, memorize Scripture and be accountable can be very profitable – it helps them disciple others – men need “tracks to run on” if they are to duplicate something.

d. Have a cadre of faithful lay leaders to pray for and with, and implement men’s gatherings that have the approval of the leaders of the church.

Broken Strength - A Path to Purity

COMMITMENT TO FOLLOW UP TRAINING USING FINALLY FREE

Name:

Phone:

Email:

Church affiliation (if any):

I am interested in participating in a three session follow up training process. The best times for me to meet are:

(Circle One) Evenings Mornings

The best day(s) of the week for me are:

www.apathtopurity.org

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Broken Strength Ministries

FACILITATOR'S GUIDE

Three Session Follow up Training

Based-on the book, "Finally Free," by Heath Lambert

- First meeting should happen as soon as possible after the Purity Event, preferably within one week, but no longer than two weeks.
- At the Purity Event, or soon after, each person that responds and wants to be part of the 3-week follow-up (1 ½ -2 hours long) should have received a book and instructions to read the introduction and first 3 chapters.
- In their readings, encourage each person to make note of impactful quotes and concepts. Encourage question-asking and give time to pray for men as they hit milestones of victory or heart-discoveries.

Week 1

You need to have:

- Copies of blank Sexual History sheets (1 for each person)
- Ensure everyone has their copy of Finally Free
- Ensure everyone has an accountability partner – if they don't have one, assign one right then. If there is an odd number of men, you can create a triad of three. Make sure they have each other's cell number and email. A partner can be someone outside of the group that can be the partner beyond the follow-up, but there should also be partners (or triads) for the 3-week group.

1. Open in Prayer

2. Have one or two share a 5 minute testimony - Just a simple "how's it going?" Or "explain why you're here." Or "anything specific to report about a recent struggle/victory?" Keep these brief, not too involved or specific, as some may not be ready to hear much for details from other peoples' stories.

3. Important intro items:

- Ask which people have some type of software on their phone and internet devices to report inappropriate viewing? Strongly encourage everyone to have either Accountable2You or Ever Accountable, Covenant Eyes, Net Nanny, opendns.com, or similar.
- Defining your struggle: Pornography is an escape from, and a substitute for, the intimacy God has designed for a man and a woman who are married. *Porn addiction and sexual sin is bondage that you can be free of through Jesus and His gospel!*

4. Scriptural discussion:

- a. Read 2 Cor 7:10 Discuss godly sorrow vs. worldly sorrow

Key truths for facilitator to share:

- Don't waste your pain – as we mature, we can move from bondage to freedom and then to maturity and being able to minister to others. Pain is a great motivator.
- Power to change: Christ is always ready to help the repentant sinner – He loves to help those who cry to him for help. The work of Christ on the Cross also guarantees that He will move towards me in my pain – see Gal 2:20 and Rom 8:32

5. Book Discussion (use as much or little of this as the facilitators think is needed)

Questions from Introduction and Chapter 1 of “Finally Free”

- In the battle for purity, where do you place your confidence? p.13
- For the Christian, who or what has the final “word” and how do we know that is true?
- Read Philippians 2:12 – 13.....how does this help ? What is the role of the word “for” ?
- Lambert proposes that the foundation of our striving for holiness is GRACE p. 15 - Discuss how grace is a force and a key strategy.
- On p. 16 he says that “no strategy to combat sin can bring profound and lasting change if it is disconnected from the POWER of JESUS. Strategies are important, but they must flow from the Gospel.” LEADER: *this may be a great time to talk about the gospel if you sense that not all men are believers.*
- p. 19 When you feel discouraged, disheartened, defeated because of repeated sin, “it’s because you are thinking more about your SELF and your PORN than you are about JESUS and his GRACE.” Lambert also presents the concept “that grace can be a topic we discuss, rather than a POWER we EXPERIENCE.” Describe your experience of grace.
- He lists two kinds of grace on pages 20 and 21: FORGIVING grace and TRANSFORMING grace. LEADER - Ask, “*What are the difference and similarities between these two?*”
- Discuss his “three steps” on pages 23-25:
 - CONFESS
 - AFFIRM
 - REQUEST
- p.26 “Stop talking to yourself in terms of condemnation, and talk to God in categories of CONFESSION.”
- Who or what are you trusting to help you break free of stronghold sin?

- Discuss: “ Jesus’ grace to change you is stronger than pornography’s power to destroy you.”

Key Truth: DON’T LET SIN DEFINE YOU – TRUST IN THE BLOOD OF CHRIST TO DEFINE YOU. You are not an orphan battling sin alone, you are a child of the Almighty, and He has given us His Spirit, His Word, and our brothers to help in this battle.

Questions from chapter 2 of Finally Free (Using Sorrow)

- p. 34 “The issue is not whether someone is sad about their actions, the question is: what are they sad ABOUT.”
- Honestly – what are you sad about?
- Note – our sin does not change our status as children of God, but it does affect our relationship. See 1 John 1:6 – 9. LEADER: *Could make a personal illustration here of the similarity of a father/child relationship*
- Discuss the “Marks of Godly Sorrow” (p.36 – 40)

Questions from chapter 3 of Finally Free (Using Accountability)

- Read Galatians 6:1-2 (p.46). What are we called to do ? How does this relate to the role of the local church ?
- Why do we hesitate to be accountable to others? How have you experienced accountability work and not work?
- Discuss the “7 Principles of Accountability” (p. 47 – 55)
- Accountability can only be effective if we are 100% HONEST with our prayer partner.
- Accountability takes time and commitment.....faithfulness and consistency are critical

6. Assignment for meeting #2:

- Continue daily check-ins with purity partner;
- Write out your sexual history – to be shared in meeting 3 – do this prayerfully, not quickly;
- Read chapters 4, 5, 6
- Memorize Gal 5:1

Week 2

Covering chapters 4 – 6

1. Open in prayer
2. Have one or two share 5 minute testimony
3. Verify that people are checking in with their accountability partner

Key Introductory Items

- The only person you can change is YOU. Prayer is vital to change; heartfelt, honest prayer.
- Scriptural Discussion: Read James 4:7 What does it look like to submit ourselves to God? How does it help us to be honest with a prayer brother?
- Eliminate access to porn on all devices – ask if everyone has Accountable2You or Ever Accountable, Covenant Eyes, Net Nanny, opendns.com, or similar.
 - Discuss “replacement” or “re-directing” techniques in battling lust and porn.
- 4 Step Fire Drill: “WALK as children of light.” - Ephesians 5:8
 1. Wait - Speak aloud, “Why am I triggered?” “What exactly is drawing me in?” “Am I willing to sacrifice my purity for this?”
 2. Ask – Pray! Ask Jesus for help at that very moment.
 3. Leave – walk away from the computer; change locations
 4. Know –know you’re not alone. Call or text your prayer brother

Book discussion

Key Questions to be considering as we cover chapters 4-6

1. What lies do you believe about yourself?
2. What is God’s truth that counters those lies?

Questions from chapter 4 of Finally Free (Using radical measures to battle)

- Not just your internet usage, but what you view on the TV – what media outlet is your biggest temptation ?
- Know your triggers - What *BECSHALTS* is/are halting your spiritual growth?
 - When I am **Bored**
 - When I am **Exhausted**
 - When I am **Curious**
 - When I am **Stressed**
 - When I am **Hurt**
 - When I am **Angry**
 - When I am **Lonely** (or alone)

- When I am **Traumatized**
 - When I experience **Success** (“I deserve this”)
 - Others _____
- Which of the above list causes you to stumble the most?
 - How can you avoid this tendency?
 - Battling for a pure thought life – guard against fantasy – the first few seconds are critical
 - Guard how you spend your time – idleness leads to boredom which leads to temptations
 - Consider putting passwords on your computer and giving that password to your accountability partner

Questions from Chapter 5 (Using Confession to fight)

- Read Prov 28:13 Discuss – have you found this to be true?
- Read Prov 18:1 Put that in your own words. Do you have any real life examples?
- What is the opposite of pride?
- How does sin affect our prayer life?
- Confession restores the relationship between Christ and yourself.....it “cleans” up the highway of grace by removing sin. Ps 66:18 “If I had cherished sin in my heart, the Lord would not have listened.” How does “sin which clings so closely” (Heb. 12:1) get in the way of your growth?
- We know that “God opposes the proud but gives grace to the humble.” (James 4:6). Compare the attitude of pride – how is it evidenced? How does humility evidence itself?
- (P. 52) - “Effective accountability should avoid EXPLICIT details.” What are the three keys to effective confession? HOW you accessed, HOW MUCH TIME you spent, and STYLE of pornography
- How does James 5:16 and 1 John 1:7-9 speak to effective accountability?

Questions from Chapter 6 (Using your spouse - or singleness - to battle)

- p. 93 Another way to battle temptation is to think about the negative consequences or aspects of sin. What are some of the potential negative consequences?
- What does pornography destroy in your life and relationships?
- Do you believe God is more concerned more about your heart than your physical appearance? If so, what is the correlation to how you view your wife?
- In your own words, explain the Gospel.
- How would focusing on the good news of the Gospel, and our redemption, help us in battling lustful thoughts or porn?
- If your marriage has gone stale over time, what do you think would help “revive” it ?
- Read and discuss 1 Peter 3:7
- 5 Love Languages (understand what encourages her, and what discourages her)
 - W – words of affirmation and appreciation
 - A – acts of service; take out the trash, pick up after yourself
 - T – Time – quality time, focus on her and not the TV, ask about her day, what was important
 - T – touch, not touch to get her to the bedroom, but a simple hug, holding her hand
 - G – find gifts that mean something; could be a simple letter or card

Key truth: It is important that we speak the primary love language or our spouse.....these 5 “aspects” are a good point to discuss with your spouse. If we only “speak” our primary language we will probably miss hers.

7. Assignment for Meeting #3:

- Read chapter 7 – 9 and conclusion.
- Do daily check-ins with partner.
- Consider daily prayer with and for wife.
- Complete your sexual history – to be shared at mtg #3

Week 3

Covering chapters 7-9 and conclusion

1. Opening prayer
2. Ask how each person is doing in their accountability
3. Have one or two share 5 minute testimony

4. Share your sexual history with your prayer partner (or another person in the group) and then tear it up, burn it, shred it, thanking God for dieing for it all and for giving you a future full of hope.
 - a. Pray for your partner, for healing of past wounds and experiences.
 - b. Since this could take 10-15 minutes, groups of 4 or more should split up into groups of 2-3 for sharing purposes.
 - c. If you don't share it all, don't worry, but schedule a time to finish with your prayer partner soon.
 - d. **THIS IS IMPORTANT**

5. Key Introductory Item
 - How to properly relate to women:
 - Treat women as if they were your sister; Treat them with honor and dignity;
 - Be a protector not a predator; Practice visual purity – neck up looking; bounce your eyes
 - If you are single, pray for your future wife.....ask God to protect her
 - If you are single, and have crossed godly barriers with your girlfriend, how can you restore health?

6. Bible Interaction: Read and discuss Genesis 50:20 (Joseph's declaration to his brothers). What are the major goals God has for His children?

Tools for the Battle:

5 Commandments for Purity

1. Pray for your purity.
2. Meet together.
3. Call and check on partner.
4. Read Bible-based purity material (Listen to podcasts) regularly
5. Pray for protection and purity

7. Book Discussion

Key Questions to be considering as we cover chapters 7-9

- What is the difference between true intimacy and false intimacy.
- What are the differences between love and lust?

Questions from Chapter 7 – Using Humility to fight pornography

- How does pride (arrogance) evidence itself when we view pornography or entertain lustful thoughts?
- What are ways we can “cultivate” humility?
- Most men who are consumed with pornography believe that this is their primary, and sometimes, their only sin. Do you feel that is true or false, and why?
- The essence of sin is man substituting himself for God. The essence of salvation is God substituting himself for man.
- List the ways that you tend to “substitute” yourself for God:
- Discuss Mark 10:45.....how is the approach of Christ different than the “world”?
- What are ways that you could serve others?

Questions from Chapter 8 – Using Gratitude to fight pornography

- How is greed evident in the act of consuming pornography?
- (p.125) Though it’s not wrong to desire something, “greedy lust perverts desire either in DEGREE or in DIRECTION.”
- How does consuming pornography relate to a lack of contentment for the Christian?
- How do contentment and gratitude (opposites of greed) relate to each other?
- How does lust steal our joy?
- On p. 130 he says that we can battle porn by pursuing a greater joy.....discuss how this can work.
- Read and discuss 1 Thess 5:16 – 18. How do these verses apply to lust?
- In the midst of trial, hardship, suffering, temptation, how can we experience joy?

Chapter 9 – Using a dynamic relationship with Christ to fight porn

- Discuss John 6:28 – 29. What is our “work” to be?

- If we “pursue” Christ ONLY when we are struggling with porn (or another sin) we are missing much of the joy and fullness that comes with cherishing all of Christ for all of life. Has this been true for you? How so?
- What does it look like to “pursue” greater intimacy with Christ?
- Describe your spiritual disciplines. What area do you need to shore up?
- Discuss this statement: “A call to prayer is a call to holiness”. Is that true, untrue, or partly true? How do prayer and holiness relate to each other?
- Read Rom 8:29 – what is God’s desire for every Christian?

8. Concluding your time together

- Reflect on this time we have spent. What has been most helpful and in what way?
- Remember – for most of us, this is not a simple fix of our sin issues.....accountability should be a life long investment – for our good and protection.
- What is your “battle plan” going forward to protect yourself, and grow in maturity? ALWAYS HAVE A PLAN.
- Is there someone in your life that you can reach out to and help them grow in spiritual maturity?
- Is there something we can do to foster on-going accountability and fellowship? We are always stronger together. Some ideas for books/curriculum that can foster continuing battle-ready relationships:
 - *The Death of Porn* by Ray Ortlund (small book for 4-6 week study)
 - *Life Change: A Biblical Journey to Freedom* by Dr. James Reeves (larger workbook patterned after AA 12-step yet blatantly biblical - 13 week study)
 - Go back through *Finally Free* one chapter at a time while maintaining good Allie relationships, daily check-ins, etc.
 - *The Freedom Fight* by Ted Shimer along with resources from www.thefreedomfight.org
 - Any good Bible study that includes application and consistent follow-up and questions that foster a transparent environment in which men confess, are forgiven, and remember God’s grace.

BATTLE FOR HOLINESS COVENANT

A. OUR PURPOSE

The purpose of this Battle for Holiness follow-up is to provide a safe, confidential environment for men who struggle with sexual issues so that they can receive encouragement, high accountability, Biblical instruction, and personalized prayer.

B. PROMISES I MAKE TO GOD, MY PRAYER PARTNER, AND THE OTHER MEN IN THIS GROUP DURING OUR INITIAL FOLLOW-UP (and beyond, as agreed upon).

1. I will install Ever Accountable, Covenant Eyes, Accountable2you, or compatible monitoring/filtering software and have Prayer Partner listed.
2. I will keep confidential whatever others in the Group share with me, both during meetings and outside of meetings. I will talk only in generalities to my spouse. I understand that breaking trust is damaging on numerous fronts.
3. I will inform my facilitator or pastor of any physical, emotional, or spiritual challenges that come to light through my participation in this group.
4. I will respect my time and those of my group by being on time and, as the facilitator, holding to the time length we agree to together (____ minutes).
5. I will complete all homework assignments including reading, writing, memorization, etc., understanding that I will only benefit from this time as much as I put into it.
6. I will hold my fellow battlers to these promises.
7. I will pray for my fellow battlers and my facilitator daily.
8. I will call/text my Prayer Partner daily.
9. Through my journey, I will carry my Prayer Coin with me as a reminder of God's work of mercy on me and my commitment to my God, these men, and my spouse, future spouse, family, etc.

SIGNATURE

DATE

- | | | |
|----|--------|-------|
| 1. | _____. | _____ |
| 2. | _____. | _____ |
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(Make copies for each participant after all have signed)

Broken Strength Ministries

Three Session *Battle for Holiness* Follow-up

Based on the book, "Finally Free," by Heath Lambert

You have taken a huge, difficult step in your sexual integrity journey. Yes, you are on your way, but there is work to be done. These next few weeks are meant to provide a degree of immediate freedom as well as a foundation for ongoing healing for you and those close to you.

A couple of things to remember:

- You will get out of it as much as you put in. By doing the readings, noting key parts, and doing the homework, you not only get the greatest benefit, but other men will be helped as well.
- Growth comes through transparency. In order to invite and practice transparency, please keep all things said in the group confidential and make it a goal to be completely transparent with at least one other person.
- Power of God is found through weakness. 2 Corinthians 12:9 - "But he (Jesus) said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me."

Week 1 (covering intro and chapters 1-3)

Key outcomes

- Identify an accountability partner
- Obtain software for smart devices and identify boundaries needed in your life.
- Covenant with others to commit to your pursuit of sexual integrity. Know that *porn addiction and sexual sin are bondage that you can be free of through Jesus Christ and His gospel!*
- Memorize/Meditate on Galatians 5:1

Week 2 (Covering chapters 4 – 6)

Key outcomes

- Continue daily check-ins with ally (accountability partner)
- Commit to honest, heartfelt prayer.
- 4 Step Fire Drill: "WALK as children of light." - Ephesians 5:8
 1. Wait - Speak aloud, "Why am I triggered?" "What exactly is drawing me in?" "Am I willing to sacrifice my purity for this?"
 2. Ask – Pray! Ask Jesus for help at that very moment.
 3. Leave – walk away from the computer; change locations
 4. Know –know you're not alone. Call or text your prayer brother
- Identify key trigger(s) - HALTSSS
- Memorize/Meditate on Proverbs 28:13 and 1 Peter 3:7
- If married, know your wife's main love language

Week 3 (Covering chapters 7-9 and conclusion)

Key outcomes:

- Share your sexual history with your prayer partner (or another person in the group) and then tear it up, burn it, shred it, thanking God for dieing for it all and for giving you a future full of hope.

- Five Commandments for Purity:
 1. Pray for your purity.
 2. Meet together with others.
 3. Call and check on partner.
 4. Read Bible-based purity material (Listen to podcasts) regularly.
 5. Pray for wife and others for protection.

Finish your time having a plan for . . .

1. Regular worship, fellowship, and time in the Word.
2. Ongoing accountability.
3. Ongoing physical boundaries.
4. Treating all women respectfully.
5. Helping others in the midst of your and their journey.