

**WARRIORS FOR PURITY**

**A group dedicated to Helping one another overcome the sins of impurity**

**WELCOME PACKET**

**Purpose of Warriors For Purity Meetings**

“*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”* **1 Corinthians 10:13**

With God’s power to provide freedom from sexual sin that have entangles us for so long by providing the accountability and support God designed for us to have for each other

**New Candidate Instructions**

* Before the First Meeting Make sure to talk to the leader of the group (Call Maurice at 912-481-1047)
* You’ll be asked to make a commitment to participate in the group and attend the meetings for at least the next 6 months.
* Meeting will start sharply on Saturday from 7:00 AM to 8:30 AM either through Zoom or in person. Check with your leader to confirm.
* Any issues with commitment or attendance will be communicated prior to the meeting
* Participate in daily check-ins
* Create boundaries
* Participate in daily work
* Be willing to be open to group and spouse
* Consider attending Pure and Simple Conference

**At First Meeting**

* Observe how the meeting works
* Get an assigned daily renewal partner to check-in with
* Start considering new boundaries (Blocks on internet devices and restrictions)
* Communicate boundaries with partner and spouse/roommate
* Plan for daily work
* All new candidates are to buy or borrow two books which are required reading:
	+ Some Sat In Darkness by Brenda Leatherwood, Delcan Joyce and Mike Leatherwood
	+ Tempt Away by Guy Hammond
* Get a list of phone numbers from the group

**About the Meetings**

The Bible says that Jesus came to this earth from the Father full of grace and truth (John 1:14). In order to recover from sex addiction, we need both grace and truth. We need God’s forgiving nature and unconditional acceptance that he sets forth in his grace. However, we also need his hard-lined honesty and seriousness about the destructive nature of sin in our lives. We learn about these facets of God as we experience them in relationships with godly people. In our meetings we get both grace and truth. There is a non-judgmental spirit and attitude towards all who attend, but a rigorous expectation to be serious about the work of recovery.

**Godly Elements of the Meeting**

* God focused
* Welcoming spirit and family atmosphere
* Place where people are free to be vulnerable about sin and emotions.
* Emotional training
* Spiritual life training
* Heart level discipling takes place
* Fun

**Service Meeting Format**

1. Prayer
2. Rules
3. Short Check-in - Work done (# of exercises, # of daily check ins) - Boundaries violations / acting out - Sobriety Date
4. If relapsed (Masturbation, pornography or immorality)
5. Interactive Lesson or Journal Reading
6. Long-share - Groups of two or three - Share feelings / temptations - Intimate discussion about the weeks struggles

**Warriors For Purity Rules**

 1. Make a full commitment to stop acting out in any form of sexual sin, including pornography, masturbation, immorality etc… Setting a goal of six months in the group.

2. Make a full commitment to completing the work laid out in the Freedom ministry program.

3. Fully commi tted to the group Rules:

* Each candidate is expected to be committed to the weekly meeting. In other words, attend every week on time. Excused misses will be allowed for work or family emergencies.
* Each candidate must have a check in partner.
* Each candidate must write a journal within one month after the start date.
* Each candidate must share his journal at the group.
* If candidate acts out in form of masturbation, pornography, or immorality they must complete a relapse assignment and renew his sobriety date.

4. We are fully committed to keeping all personal information shared as confidential.

**Major Milestone**

In order to complete the Warriors For Purity Ministry successfully you must do the following:

You must attend the weekly Freedom Ministry meeting and activities for six straight months.

Must have six straight months without acting out in the form of masturbation, pornography, immorality etc…

Must complete Phase I – Journal exercise

Must complete Phase II - Must complete the required reading of both books, Some Sat In Darkness and Tempt Away

Practice Daily check In consistently

Must complete Growth Self Evaluation form and go over with the meeting leader. This is done within last two weeks.

Must complete relapse prevention assignment. This is done within the last two weeks.

**Journal Assignment “Facing the Truth”**

The next step of recovering from sexual addiction is coming to terms with the depth of trouble and damage caused by our addictive lifestyle. At times in our mind it may have felt glamorous or euphoric, but the truth is that it has always been destructive to our relationship with God, to us and or to someone else. Facing the truth about our addiction, learning of its destructive nature, and surrendering to how powerless we really are is essential if we are ever to break free completely. Part of God’s plan is that life can be very painful and difficult, but from those challenges we are supposed to grow. When we use sexual sin to medicate these challenges, we become extremely spiritually ill. Our lives often get so confused and filled with rationalizations that we use all our energy to avoid, rationalize and dodge the challenges God is sending to help us grow. God says in **Galatians 6:7-8** *“A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction.”* Here we are trying to bring into the light the patterns of addiction which have kept us from growing up in our salvation**. I John 1:5** *“God is light and in him there is no darkness”* The Goal is more than a time of confession which is powerful**. James 5:16** says *“therefore confess your sins to each other and pray for each other so that you may be healed.”* The goal is to see the absolute hopelessness of our condition and to identify patterns of rationalizations and excuses that we have had for our addiction. We also want to see the destruction that our sin has caused, so that we can feel urgency for God and our need to change.

What we do is write a detailed journal chronicling as much of our sexual sin as we can remember. We do not generalize and we do not glamorize our past. We simply put forth in simple truth the facts of what we did. We also write our excuses for giving in, the consequences of our actions and the feelings we felt as a result of our sinful lifestyle. Then we share that journal with the rest of the group so that we can connect with the truth of our addiction and embrace the full seriousness of where we are at.

**Romans 7:21** says *”When I want to do good evil is right there with me”* and **vs 24-25** says *“what a wretched man who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord.”*

First we write the journal then share it with the group. When we are certain that we are really facing our condition and willing to do whatever God asks of us we are ready to move on to phase III Facing Life.

**Writing the Journal**

1. Pray for the Spirit to open you up to important memories. Pray for the courage to be honest.

2. Try to set aside quiet periods of time for up to 3 hours at one sitting. If your sexual addiction has lasted for a long time, you may need several chunks of time like this to complete this exercise.

3. Use a fresh clean pad of paper or notebook.

4. Write out as many experiences with sexual sin as you can remember, beginning from your earliest memories up to the present. (Try to keep them close to chronologically accurate, so you can see the progression of the sin.)

5. It may be wise to ask advice along the way to make sure that you are focusing on the rights things.

6. Write down experiences in the following format:

* What sexual sin did you do?
* What were the consequences of what you did?
* How did that make you feel during and after the consequences?

**Example:**

I stayed up late watching pornography on the internet, when I should have been getting rest for work and I gave out my credit card number.

*Consequences*

* Shame and guilt
* Loss of money
* Tired and ineffective the next day

*Feelings and Consequences*

* I felt tons of shame for what I had done the next day.
* I felt the sting of frustration when I saw my credit card bill hit for $250
* I felt a chasm between myself and my family.
* I felt really stupid and angry at myself for doing the same stupid stuff again, will I ever learn.

7. Once you write something down, try not to change it. Just leave it for the time when you read your journal.

8. When writing in your journal, focus on honesty and accuracy. Try to put out of your mind that you will be reading your journal in front of the group.

**Relapse Assignment**

**Romans 8:28 -** *And we know that in all things God works for the good of those who love him, who[*[*a*](https://www.biblegateway.com/passage/?search=Romans+8%3A28&version=NIV#fen-NIV-28145a)*] have been called according to his purpose.*

**Boundaries**

• Truth: God commands us to run from sexual sin and run to him. Proverbs 5

• Honoring him would be obedience in this area.

• Our pride minimizes our seriousness about boundaries.

1. Describe your convictions about your boundaries leading up to the relapse?

2. What caused them to decrease at this time?

3. What change of heart do you need in order maintain your convictions about boundaries?

4. What can be done next time?

**Isolation**

• Truth: God commands us to be devoted to one another and in one another’s lives on a regular basis. **I John 1:8**

• Honoring God would be to live a lifestyle of being connected and having my heart in the light.

• Our sinful nature pulls us towards isolation.

1. Describe your convictions about living in isolation right before the relapse?

2. What can be done when the situation arises again?

3. What are the biggest obstacles for you to staying close to others?

4. What must you do practically to be free from?

5. Is there something in your heart that likes isolation and fears or hates connectedness?

**Emotions**

• Truth: Emotional suffering is painful and intoxicating, yet no excuse for sin, rather it is to train us to be godly. **Hebrews 12:7-12**

• Honoring God would be searching for answers and right perspective in the midst of emotional suffering, then follow it up with obedient behavior.

• Our sinful nature makes up excuses and lies to get us to sin.

1. What were you feeling prior to your relapse?

2. What should you do if this happens again?

3. What would have been more constructive responses to these emotions, that you can do next time?

**Seeking God**

• Truth: God expects us to seek him always. When under temptation, he will provide a way out. **I Corinthians 10:13**

• Honoring God would be seeking him in everything and especially when temptation arises.

• Our sinful nature leads us to believe we can handle life on our own.

1. Describe the ways you were failing to seek God both during the week and when tempted?

2. In what way must your heart change to seek God in everything?

3. How should you practically seek God if this situation arises again?

**Sexual Addiction Book List**

*“Instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning.”* **Proverbs 9:9**

*Recording from Pure & Simple Audio Conferences:* <http://www.pureandsimpleministry.org> - Understanding the battle of purity for men and identifying practical Biblical principles to help you overcome.

*Pure in Heart*: Biblical principles for restoring purity by David Weidner Ideal for individual or group work. Brothers around the world have found freedom through these lessons. Understanding the battle of purity for men and identifying practical Biblical principles to help you overcome

*Tempt-Away*: How to defeat temptation in under 60 seconds and how to recover quickly when you don’t by Guy Hammond Practical resource to help you identify and conquer moments where sin is crouching at the door.

**Recovering as a couple through Biblical principles**

 *Building a Pure Marriage in an Impure World* by David and Robin Weidner: Attain true Biblical intimacy through honesty, humility and overcoming fear. Married couples seeking to heal wounds both from their pasts and their marriage.

*Grace Calls*: Spiritual Recovery After Abandonment, Addiction or Abuse by Robin and David Weidner Work through a journey of mourning, warfare and renewed purpose together. Understanding how sexual addiction affects individuals, couples and the church

*Healing the Wounds of Sexual Addiction* by Mark R. Laaser - A path beyond compulsive thoughts and behaviors to healing and transformation. Super practical. How pornography affects the male brain

*Wired for Intimacy* by William Struthers - Understanding brain science brings deep conviction, insight & freedom. Biblical path to freedom for men

*At the Altar of Sexual Idolatry* by Steve Gallagher - A look at the root causes of sexual sin and provides a path to repentance. Fighting for purity through grace

*Finally Free* Heath Lambert - 8 biblical strategies for finding freedom from pornography

**Understanding Sexual Addiction**

 *False Intimacy* Harry Schaumburg - Causes, how to deal with addicted spouse, how to prevent in children

**Healing from Sexual Addiction through Christ**

*Breaking Free* Russell Willingham Purity groups. Partners in purity. Great insight for sex addiction.

**Understanding Addiction**

*Addiction and Grace* Gerald May Love and spirituality in the healing of addiction of all types.

*Out of the Shadows* Patrick Carnes Understanding the cycle of sexual addition, family of origin issues, and core beliefs

**Understanding Effects of Causal Sex**

*Hooked*: New Science on How Causal Sex is Affecting Our Children Joe S. Mchaney, Freda McKissic Bush Amazing insights into how causal sex affects the brain; a clear and thorough discussion of hormones and their role in bonding to one person. Intelligent reasons why causal sex hurts us.

**Understanding Lust as a Problem**

*Sex is Not the Problem (Lust Is): Sexual Purity in a LustSaturated World* Joshua Harris Straightforward approach at recognizing lust as a problem in order to see sex as God intended it.

*How can a young person live a clean life? By carefully reading the map of your Word. I’m single-minded in pursuit of you; don’t let me miss the road signs you’ve posted. I’ve banked your promises in the vault of my heart so I won’t sin myself bankrupt. Be blessed, God; train me in your ways of wise living. I’ll transfer to my lips all the counsel that comes from your mouth; I delight far more in what you tell me about living than in gathering a pile of riches. I ponder every morsel of wisdom from you, I attentively watch how you’ve done it. I relish everything you’ve told me of life, I won’t forget a word of it.* **Psalm 119:9-16 (The Message)**

**Phase I** – **Face the Daily Battle Daily Recovery and Relationship Training**

We have found that as sex addicts, we were most often ill equipped to have mature relationships with anyone. We often saw people as a bother or people were to be used in order to get what we wanted. Many times, we wanted to be close to others but we just felt a huge chasm with no idea how to cross over to closeness. In the Warriors For Purity ministry we have had to learn that relationships with other people were essential to recovery and a relationship with God. In **Acts 17:26** the Bible says *“and he determined the times set for them and the exact places where they should live. God did this so that men would seek him and perhaps reach out for him and find him, though he is not far from each of us.”* Also in **I Corinthians 12:18** *”But in fact God has arranged the parts in the body just as he wanted them to be.”* God places the people we need in our lives, but it is up to us to fight for and nurture those relationships.

Though we were not good at building relationships, we discovered that we needed people involved in our lives for several reasons:

1. To be able to be open with sin and temptations.

2. To guide us through example and timely correction.

3. To help us cope with terrifying emotions.

4. To enjoy and experience life with.

5. To have other people to serve and be useful to them. All these reasons add up to a great deal of God’s guidance for our lives through the people he has put in our lives. God was really saving us from our addiction and leading us through life at the same time.

In order to begin to really overcome sexual sin there are four essential regular activities that one must learn and integrate into his life:

1. Daily Check-ins

2. Meeting Plans

3. Boundary Training

4. Recovery work

**Daily Check In**

In order to break out of the addiction cycle, we found that our recovery had to be on our minds every day in some form or another. One way to do that was through daily Bible study, prayer and recovery exercises. Another way to keep recovery in the forefront of our minds was the daily check in. Here we made an effort to check in with someone every day. Occasionally we may miss a day, but our heart is to do this as often as possible. This also serves to help us build relationships, not only by the consistency of talking daily, but when we learned to share vulnerably about the events and emotions of our lives; we began to connect with others like never before.

**Elements of Daily Check-In**

1. Pray

2. Something you are grateful for

3. Share all sin, temptations and wild thinking

4. Share emotional challenges

Note: This can be done by phone or at a meeting

List of people for daily check in: Name Phone # 1. 2. 3. 4 5. 6. 7.

**Deep Daily Check-In**

1. Do you realize that apart from Christ you can do nothing, but that through him all things are possible?

**John 15:5-8**“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples."

**Matthew 19:26**Jesus looked at them and said, “With man this is impossible, but with God all things are possible.”

2. Are you willing to follow in the steps of Jesus today regardless of the cost?

**Luke 9:23-24**Then he said to them all: “Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it.

3. Tell me about time you have spent delighting in God’s presence during the last 24 hours (i.e. reading, singing, praying, fellowshipping, reaching out).

**Psalm 37:4-6**
Take delight in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him and he will do this: He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

4. What are you thankful for today?

**Colossians 2:6-8**
So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. See to it that no one takes you captive through hollow and deceptive philosophy, which depends on human tradition and the elemental spiritual forces of this world rather than on Christ.

**Ephesians 5:3-4**
But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

5. In the last 24 hours have you broken any boundaries? Is there anything that you need to bring into the light?

**Galatians 5:16-17**So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

**I John 1:6-7**If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.

**James 5:15-16**And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. Therefore, confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

6. Do you see any snares in your path today? Is there any sin crouching at your door?

**Genesis 4:7**
If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it. ”

7. Do you have any feelings of shame or anxiety that you need to surrender?

**I Peter 5:6-7**Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

**Galatians 6:2-5**Carry each other’s burdens, and in this way you will fulfill the law of Christ. If anyone thinks they are something when they are not, they deceive themselves. Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.

8. What do you plan to do for God today? Is there anything that the Holy Spirit is specifically prompting you to
do?

**Romans 8:14**For those who are led by the Spirit of God are the children of God. The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, “Abba, Father.”

9. Do you see any opportunities today for you to grow in your intimacy with others?

**Philippians 2:1-4**Therefore if you have any encouragement from being united with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion,then make my joy complete by being like-minded, having the same love, being one in spirit and of one mind.Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves,not looking to your own interests but each of you to the interests of the others.

**Philippians 1:9-11**
And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

10. Words of encouragement for your check-in partner.

**Hebrews 3:13**Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if you yourselves were suffering.

**2 Corinthians 11:29-30**
Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn? If I must boast, I will boast of the things that show my weakness.

Questions 11 and 12 would be asked on
a weekly basis.

11. What verse will be your sword this week? (Short memory scripture used to quickly “attack” when tempted.

12. What verse will be your shield? (Longer memory scripture used to build deep convictions about

**Ephesians 6:14-18**Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place,and with your feet fitted with the readiness that comes from the gospel of peace.In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people.

Additional Support Scriptures:

**Psalm 37:4**
Delight yourself in the Lord and he will give you the desires of your heart.

**Ephesians 5:3-4**But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.

**Ephesians 6:17**Take the helmet of salvation and the sword of the Spirit, which is the word of God.

**Ephesians 6:16**Take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one.

**Hebrews 3:13**
But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.

**Romans 8:14**Those who are led by the Spirit of God are sons of God.

**I John 1:7**
But if we walk in the light, as he is in the light we have fellowship with one another, and the blood of Jesus, his son, purifies us from all sin.

**Weekly Meeting Plan**

In addition to a daily check in, we needed a consistent dose of meetings with people who would be a positive influence in our lives. Jesus placed his followers in the church so that everyone would continue to be built up. We had plenty of friends who could help us in the other direction. So we needed to put as many of these meetings in our schedule as possible.

**Boundary Training**

When it comes to dealing with addictions, what are boundaries? Boundaries are lines that we choose to draw for ourselves, at a determined point in our lives where if we were to continue; we make ourselves highly susceptible to relapse. Each person has unique boundaries to their own lives, depending on their own weaknesses. These boundary lines may exclude certain people, places, entertainment, and thoughts. They are essential to recovery from addiction. It is also essential to have self-imposed consequences for breaking these boundaries. If you keep breaking these boundaries, eventually you will receive the consequences of acting out on your addiction again.

Examples of consequences are: fasting for a day or giving personal entertainment money to charity etc..

 We have found that without a radical stance on boundaries in our lives we will never overcome addiction. Jesus had this same radical stance when he said in **Matthew 5:29**, *“If your right eye causes you to sin, gouge it out and throw it away it is better for you to lose one part of your body, than for your whole body to be thrown into hell.”* He was making the point, better to cut off something you love and overcome sin, than continue on and lose your soul.

**Exercise #1 - Boundaries with People**

Every relationship in our lives has some kind of influence on us good or bad. We find as addicts, that we can easily get swept up into destructive sin and addiction by being with the wrong kinds of people. We may initiate to spend time with others without a desire for trouble or because of feelings of loneliness, but we then get taken away into activities that we know are harmful and we seem to have a complete inability to resist. Consider what God says in his Bible about who we choose as our friends:

**II Corinthians 6:14-18** “*Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness? What harmony is there between Christ and Belial? What does a believer have in common with an unbeliever? What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." "Therefore, come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty."*

Why do you think God does not want his people yoked or bonded together with those who do not believe in him?

What does it mean when he says come out and be separate?

What kinds of people most influence you in a negative way?

List the people in your life that potentially could lead you back to addiction. If you have family members listed above, get advice on the best way to interact with them.

**Exercise #2 - Boundaries with Places**

Certain places also can be very dangerous for us. Once we enter or get near certain places, our thinking immediately considers temptation. If we do not have careful boundaries set up around certain places in our lives we can easily fall back into our addiction. As the old saying goes “We do not go into the barber shop to read sports illustrated, pretty soon we are going to get our hair cut.”

For example, Jim a sex addict who likes to go out to adult book stores for the peep shows. He has been pure for a few weeks and thinks “I’ll just get gas at the station right next to the adult book store and see if I see the same familiar cars.” “See I don’t have to worry about that bookstore anymore.”, he tells himself. His likelihood of acting out sexually, sky rockets by him being near by the adult bookstore. He must make his own decision to draw a boundary line. A wise boundary in this situation, do not drive past or near that bookstore. **I Thessalonians 5:22** *“Avoid every kind of evil”* **Proverbs 5:1-8** *“Do not go near the door of her house”*

Part of recovery is to avoid things that are bad for us. What part of your pride does that offend? Make a list of places, where you usually relapse into your addiction. What are the triggers that get you to pursue those places? Make a decision to set up boundaries from these places.

**Exercise #3 - Boundaries with Entertainment**

In today’s society we have entertainment pumped into every environment. We can watch movies on our phones, we can get the internet almost anywhere and we have a selection of hundreds of channels for our televisions. Though technology is fascinating and entertainment is a part of our culture, we must understand that entertainment also has a powerful influence over us. Watching people doing impure acts can easily lead us back into our addiction. For example, we watch the movie’s where we see people having sex or implications and innuendos are all over the theme and Hollywood always makes it seem so harmless and in fact glamorous. It plants the seed in our minds that this sexual fantasy is in fact where the real fun is at. Maybe, if I try it one more time, it will be fun like those people in the movies. Of course, this is a lie; television and other entertainment rarely portray the true horrors of sin. Consider the following scripture: **Psalm1:1-2** *“Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers, but his delight is in the law of the Lord and on this law, he meditates day and night”*

• Here the man who is influenced by the world first gets near, then stops and thinks about the message and pretty soon he joins them as one of them.

• But God’s plan is to be influenced by the Word and what God thinks.

* In what ways do we get sexually tempted by entertainment?
* What worldly sexual philosophies have you adopted from television and or other media?
* Make a list of all entertainment that you watch which potentially could lead you back into your addiction.
* Make decisions to set up boundaries lines from these places.

**Exercise #4 - Boundaries with Thoughts**

This may seem strange to try to set up boundaries in your thought life, but fantasy is often a big part of the addict’s inner world. We dream of pleasures we wish our addiction would bring us. We also consider past times and think, if we could recapture those experiences once again, all would be right with life. The problem with this is that our memory forgets the painful consequences that our addiction brought, while it tends to glamorize the pleasure.

What we need is to recognize sinful thought patterns and reject them in favor of God’s word.

**Proverbs 4:23** *“above all else guard your heart, for it is the well-spring of life”*

• From our inner world comes the life that we have. We are to guard it from the foul philosophies of this world for they only contaminate it.

**II Corinthians 10:5** *“We demolish arguments and every pretense that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”*

• The Bible teaches us to take control of what we think about. We are not to be victims of our own thinking.

What are some of your thought patterns that precede acting out?

Can you find a scripture that would directly deal with that habit? If you cannot call another person in the Freedom group and ask for help. Make a decision to set up boundaries around this kind of thinking. Also make a decision to call and be open about this kind of thinking as soon as it arises.

**Exercise #5 - Boundaries with Ourselves**

When our lives become filled with the chaos of addiction, we often do not listen to the simple requests that our body makes. Now that we are in recovery, we need to realize that our first responsibility is to appropriately meet our physical and emotional needs. When we refuse to listen to our bodies it can set us up for relapse.

We call the following needs the **HALT Boundaries**:

* Hungry – Have a meal
* Angry – back off and call someone in recovery for perspective
* Lonely – Call someone in recovery and share your feelings.
* Tired - Get some sleep These may not seem like rocket science, but we have found that learning to take care of these needs is essential to recovery.

Which physical needs do you tend to neglect, hunger and or sleep?

Give examples List three people to call if you are seriously angry?

List three people to call if you are lonely?

**Confidential Men’s Sexual Integrity Survey**

**1.** **Do you struggle with sexually perverse thoughts during the course of your day that do not stimulate you?**

 a) Several times a day

 b) Once a day

c) Couple times a day

d) Once a week

e) Couple times a week

f) Once a month

 g) Couple times a month

h) Almost Never

 i) Never

**2.** **Do you fantasize about sex where you get stimulated during the course of your day?**

a) Several times a day

b) Once a day

c) Couple times a day

d) Once a week

e) Couple times a week

f) Once a month

g) Couple times a month

h) Almost Never

 i) Never

**3.** **Do you look at pornography?**

a) Several times a day

b) Once a day

c) Couple times a day

d) Once a week

e) Couple times a week

f) Once a month

g) Couple times a month

h) Almost Never

i) Never

**4.** **Do you act out sexually in the form of masturbation?**

a) Several times a day

b) Once a day

c) Couple times a day

d) Once a week

e) Couple times a week

f) Once a month

g) Couple times a month

h) Almost Never

 i) Never

**5. Do you engage in immoral sex with someone else?**

a) Several times a day

b) Once a day

c) Couple times a day

d) Once a week

e) Couple times a week

f) Once a month

g) Couple times a month

h) Almost Never

i) Never

**6.** **Do you feel you are caught in some type of cycle where you cannot break free?**

a) Yes

b) No

c) Are not Sure

**7.** **Was this completed with the group Leader?**

Yes \_\_\_\_ No \_\_\_\_\_

Comments\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_