



The Mission

Volume 1, Week 2, Lesson 2

A secret idol: Finding satisfaction in sexuality, rather than in God, is a form of idol worship because it replaces our reverence and need for God.

What a man loves, he protects. --Dr. Doug Weiss

Components of the Noose: It isn't just one thing – one strand of the noose – that keeps men enslaved, held captive in sexual bondage. The four strands of the noose work together, strengthening their grasp:

- 1. The root of bondage, which are past wounds and trauma.
- 2. The mindset of shame or having a shame perspective: “Something is wrong with me”.
- 3. The lifestyle of bondage: engaging in a binge-purge cycle.
- 4. The cloak of denial: the justification of our choices.

Shame perspective: Many men cannot understand why they struggle to beat sexual bondage. Despite trying harder, the problem is not in willpower; they've dealing with a wounded heart. They're carrying the shame within their soul. Shame is different than guilt. To use a football analogy: Guilt – you stepped out of bounds. Shame – you can't get the ball in the end zone no matter what you do; you're convinced there's something wrong with you.

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That [pornography and other sexual sins] can get into a man's heart to the place where it replaces God...It becomes an idol. And how do you know it's an idol? When you're in pain, you go to your idol. When you're in need, you go to your idol. When you're hurt, you go to your idol. When you want to celebrate, you go to your idol. --Dr. Doug Weiss

Not just a moral problem: Most Christian men in sexual bondage love God with all their heart. They pray and read their Bible daily, but can't stop their behavior. We have to realize that sexual bondage isn't mainly a moral problem, but a brain problem. Addiction influences the brain's neurochemicals, changing the structure of the brain. Understanding the problem is the first step to freedom. It typically takes 2 to 5 years to break free from sexual and porn addiction. This process requires the renewing of the mind through Christ.

The three keys to freedom:

- 1. Break denial structures.
- 2. Understand the bondage cycle.
- 3. Access the deep wound.

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Sexual bondage is not about sex, it's about how you've learned to medicate the pain in your life. Once you start facing this, your pain level is actually going to go up. Because you've been medicating that pain for so long, you'll have to put your big boy pants on and you'll have to face the pain.

This is going to challenge you as man more than anything you have ever done in your life. –Dr. Ted Roberts

Tools to Conquer: A fighting chance against the enemy.

It is so important to understand that the battle is in your brain. Therefore, there are three things that must take place for you to have a fighting chance against the enemy.

1. Become aware of the what, when, where, why and how of your acting out.
2. Become accountable to yourself and others.
3. Pay it forward by helping other men find freedom.

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Summary Points

- Sexual bondage is not about sex, but how you have learned to medicate the pain and stress in your life.
- Men usually find sobriety within 90 days, but true transformation requires 2 – 5 years of ongoing commitment to this process with a miracle every day.

Trying harder doesn't work: It's crucial to understand that your integrity and your legacy are determined by your sexual integrity. The first step is realizing that trying harder doesn't work – you need to learn how to fight. You need to understand the battle; know your mission and learn to apply God's weapons and strategies to your battle.

Discussion

Watch DVD 2 of the Conquer Series before answering the following questions:

1. Why doesn't trying harder work when it comes to sexual bondage?

2. Why can't you win this battle alone?

3. Dr. Doug Weiss says, "What a man loves, he protects." What do you love?

4. Considering the Noose of Sexual Bondage, which strand of the noose has the strongest grasp in your life?

Accountability

Note: If there are new members in the group, have them read and sign the Memo of Understanding and Covenant to Contend before proceeding with this section.

Last week’s 7-Day Mission

1. Did you join a Conquer Group?

2. What did you score on the SAST?

3. Housecleaning: On a scale of 0 (no porn) to 10 (a lot of porn), what is your progress on ridding your house of all porn?

012345678910

Porn-free housea lot of porn

Placing accountability software on all your devices: look at the connection and protection-plan table you filled last week. How much did you accomplish? Name the device, protection, and people you talked with.

4. What was your experience with calling all the men in your Conquer Group?

5. Journaling your battles: how did it go? Have you established a time and place to do your daily journaling? As you mentally review your week and your Journal Exercise, what did you battle with most? Did you discover any patterns?

7-Day Mission Checklist – Week 2

Note: The 7-Day Mission provides a concise weekly battle plan on the key concepts in the DVD lesson for you to work out in your Conquer Series Study Guide and Journal. Additional exercises mentioned in the Conquer Series are suggestions for you to add on your own.

- ☐ Filled out the Commitment to Change in my Conquer Series Journal
- ☐ Called each member in my Conquer Group
- ☐ Prepared for battle each night