



# The Battle Plan

## Volume 2, Week 9, Lesson 9

Two important principles that will help you continue the journey:

1. Break the denial structures.
2. Be part of an accountability group where the men in your group know all your secrets.

**Note:** Do not disclose your sexual addiction to your wife until you have achieved at least six months of sobriety.

**The “Onion Principle”:** An onion can be peeled one layer at a time. Discovering the wounds in your life takes time and happens one layer at a time. Several layers must be peeled away before healing can be complete.

The healing process takes two to five years, which may seem daunting if you don’t understand the “Onion Principle”. A man may gain sobriety from pornography and masturbation within a few months, but those behaviors are only a symptom of a much deeper issue; this is only the first layer. Getting to the core of your sexual addiction is the goal and it is the process that takes time.

He may struggle with alcohol use or anger issues and need to process these behaviors over the next six months. This is the second layer. Over the next year, as he continues to heal, he discovers that he has some resentment toward his father for working so much during his childhood, missing his sporting events, and neglecting their family. This is the third layer. As you continue in your healing journey, the Lord will reveal additional layers that need to be processed for you to gain complete freedom from your addiction. If you only deal with the symptoms and not core issue, you will find yourself continually trapped in your addiction.

**Sweet revenge:** God wants you to have sweet revenge against the enemy by taking back what the enemy has stolen from you and using the very thing with which he (Satan) planned to destroy your life. God can use the wounded places in your life to help others.

*The more anointed you are, the more you’re going to be attacked not to pick up your sword. –Dr. Doug Weiss*

**Circumstance vs. Consequence:** Many people blame their problems on circumstance, but only about two percent of life is circumstance; the rest is a result of consequences from the choices they have made.

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### SUMMARY POINTS

- Conquerors are not born, they’re made.
- Change takes times; it’s a process.
- True healing comes from taking back what the enemy has stolen from you.
- Most of life results from the consequences of our choices, not from our circumstance.

**Mental Visualization:** Through mental rehearsal, also know as mental visualization, athletes in the Olympics are able to achieve their goals; they visually rehearse what they want to achieve and visualize themselves succeeding. Through mental visualization, your brain is experiencing the same thing as if you were actually performing the action. Mental visualization creates new neurological pathways in your brain.

**Positive Self-Talk:** Discovering your prophetic promises counteracts the negative voices in your head. When God speaks a word into your soul, it's a rhema. When you speak that word back to your situation, you are cutting through the enemy's attack and taking back what has been stolen from you. Be persistent, because it takes four to five months of hard work to fully understand this principle.

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### SUMMARY POINTS

- Mental visualization is instrumental to renewing the mind and creates new neurological pathways in the brain.
- Your brain responds the same way to mentally rehearsing a task and actually performing a task.
- Positive self-talk is a powerful way to replace the negative voices in your head, focusing on God's Word instead of the situation.

### DISCUSSION

**Watch DVD 4 of the Conquer Series Volume 2 before answering the following questions:**

1. Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receives from God. **–2 Corinthians 1:3 – 4**

Like many messages in Scripture, Corinthians was written to a group of people – in relationship and in community. Personalize this Scripture. Insert your name or the names of everyone in your Conquer Group in each place where the words “our”, “us” or “we” appear in 2 Corinthians 1:3-4. How does this simple exercise change your understanding of these verses?

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2. How can the very areas where you have been wounded the most become a place of ministry that God can use? What is your idea of sweet revenge?

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3. What's the difference between circumstance and consequence?

- Give an example of one area where your circumstances led to a certain outcome in your life.
- Give an example of a situation or problem that you faced that was the consequence of a choice you made.

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4. Tell about a time when you practiced mental visualization and positive self-talk. What happened? Or tell about a problem you faced when you think using those techniques could have helped you make different choices.

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## ACCOUNTABILITY

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

### Last week's 7-Day Mission

1. How did you do filling in the Prophetic Promises Table this week? What did you learn about your identity? What did you learn about your destiny?

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2. During your devotional time last week, what new insights did God reveal to you?

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3. Maintaining a healthy lifestyle is key to breaking free from sexual bondage. How did you do with your maintenance steps last week?

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### 7-Day Mission Checklist – Week 4

**Note:** The 7-Day Mission provides a concise weekly battle plan built 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.

- ☐ Wrote a letter to myself from my future self; I am prepared to share some aspects of this experience with my Conquer Group.
- ☐ I wrote in my journal throughout the week and completed the FASTER scale each day.