



# Finishing Strong

Volume 2, Week 10, Lesson 10

*Start your day by speaking your prophetic promises that declare who you are in Christ. Then you'll start praying in light of your promises rather than your problems. —Dr. Ted Roberts*

**Power of prayer:** Without prayer, we lose our intimacy with God and lose our focus. The lives of biblical men like Gideon, Solomon, Demas and Judas ended in failure because they lost their intimacy with God.

*The first hour is tithing your time, which is valuable, and for most of us that's a real sacrifice...First thing every morning I give God my tithe, which is my time. —Mark Koch*

**NOTES:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SUMMARY POINTS**

- Identify four prophetic promises in your life and confess them the moment you wake up in the morning.
- Prophetic promises come from times when you encountered God’s presence in your life and were given a promise, which was tied to a Scripture.
- Pray in light of your prophetic promises rather than your problems.
- Prayer creates intimacy with God and gives you direction.
- Start your day declaring five things you are thankful for from the previous day.

**Tools to Conquer: Control your arousal template.**

Once you’re aroused (for example, through anger or fear), your heart rate reaches over 100 beats a minute and your prefrontal cortex shuts down. Your brain gets flooded with hormones and your prefrontal cortex shuts down because cortisol (stress hormones) is released in your body, norepinephrine (adrenaline) is released in your brain, and your brain goes into fight or flight mode. Your survival brain has now taken over. Men will shut down for up to three hours, while women can process arousal within 20 – 30 minutes. This is why learning to do deep breathing exercises is important. You need to learn how to breathe when you’re uptight, by breathing from your stomach and not from your chest, so you can calm your limbic system. Once you calm your limbic system, you become aware of what is going on and enable the Holy Spirit to speak to your soul.

Calm yourself: Deep diaphragmatic breathing, calms your dorsal vagal nerve, which runs down the back of your brain to your stomach. This nerve is connected to your limbic system. When you learn to breathe deeply, you get more oxygen to your prefrontal cortex and you automatically calm your limbic system.

**NOTES:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**The power of intentionality:** The power of the life of Jesus Christ as a man was the intentionality of His life. He said, “I only do what the Father shows me to do.” Prayer strips away the inconsequential. Prayer is what brings us to a place of focus.

**New memories:** Ask God to give you new memories as you understand where you’ve been wounded; ask God to bring healing, new father figures and new experiences.

*Men make plans, boys make excuses. –Dr. Doug Weiss*

**Four principles for nurturing yourself: S.E.E.D.S.**

Social Contact   Exercise   Education   Diet   Sleep

**Tools to Conquer: A family-systems issue.**

If you’re married and have kids, this is about bringing healing to your marriage and family as well. It is critical to understand that sexual bondage, at its core, is a family-systems issue. God wants you to be completely healed and restored so that you – and your family – can be a living threat to hell and become everything God has called you to be.

*You were wounded in community; therefore, you have to be healed in community. –Dr. Ted Roberts*

**NOTES:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**SUMMARY POINTS**

- Conquerors deal with their wounds.
- Conquerors make plans.
- Conquerors are under spiritual authority.
- Conquerors never quit.
- Conquerors surrender to grace.

**DISCUSSION**

**Watch DVD 5 of the Conquer Series Volume 2 before answering the following questions:**

1. Name one way you are intentional about your daily life. In what area would you like to be more intentional?  
\_\_\_\_\_  
\_\_\_\_\_
2. What questions do you have about prophetic promises? How has the daily SWORD Drill changed your view of God or what you can hear from Him?  
\_\_\_\_\_  
\_\_\_\_\_
3. What did you learn about the power of prayer from this lesson?  
\_\_\_\_\_  
\_\_\_\_\_

## ACCOUNTABILITY

### Last week's 7-Day Mission

1. How was writing a letter to yourself from your future self? Share some aspects of that experience with the group.  

---

---
2. What did you discover through the daily SWORD drill and FASTER scale exercises this week?  

---

---

### Your 7-Day Mission – Week 10

#### 1. CREATE A BATTLE PLAN

Your mission this week is to create a personalized battle plan so you can continue the process that you started with the Conquer Series. As a suggestion, use the S.E.E.D.S. principle to help you customize a battle plan.

##### S.E.E.D.S.

Social Contact

Exercise

Education

Diet

Sleep

#### 2. WHAT'S NEXT?

At this point, many men will ask, "What's next?" Because the Conquer Series is packed with so much information, we recommend for your group to go through the Conquer Series – at the very least – one more time. Then from here, the next step to your healing would be the Seven Pillars of Freedom, a 1-year, in-depth study. This advanced course will take you to the next level of healing and freedom. You can order the Seven Pillars of Freedom at [ConquerSeries.com](http://ConquerSeries.com). Remember, real healing from sexual bondage is a two to five year process with a miracle from God every day.

### 7-Day Mission Checklist – Week 10

**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.*

- ☐ Filled out my Battle Plan, incorporating the S.E.E.D.S. tool
- ☐ Made the decision to move toward lifelong healing and plan to join a Seven Pillars of Freedom group

**We have reached the end of the Conquer Series, which has given you a strong foundation for fighting this battle for sexual purity.** You have finished well! I hope that you continue this journey by doing the full 10-week Conquer Series course over again, then move on to a Seven Pillars of Freedom Group with the other men in your Conquer Group. Continuing to be part of a grace-filled, Christ-centered group of men – who encourage, support and walk beside you – will be essential in maintaining the victory you have found through this process.

As you look to the future God has planned for you, cling to the power of your prophetic promises, your identify in Christ, and your new destiny. Expect that God will use this process to transform your life and the lives of those around you.

May God bless you as you continue in your healing journey,

**Dr. Ted Roberts**