



Strongholds of the Enemy – Part 1

Volume 1, Week 5, Lesson 5

Two strongholds the enemy can use:

1. First is the arousal template. Your arousal template is what turns you on sexually. It is uniquely individual. It's a mixture of your genetic background, your family of origin, and your sexual experiences. It's what you have learned to glue yourself to sexually.
2. Second, the enemy uses your wounds. Most people in sexual bondage have wounds that were typically caused during childhood or adolescence. However, not everyone in sexual bondage has major wounds; they can just feel under stress and find themselves acting out to medicate the pain. In other words, they have developed destructive coping mechanisms.

Anger is a secondary emotion. What you're primarily dealing with is fear. Men would really get healed if they faced their fears because the sense of worthlessness is chewing away at the individual's soul. – Dr. Ted Robertson

Tools to Conquer: The Arousal Template.

You may be asking, "What is my arousal template important?" Without a correct understanding of the arousal template you personally have in your head, you will never have an effective relapse prevention plan. It's a tool that will help you conquer and prevent relapse from occurring in your life. Secondly, it will keep you from being blindsided by the enemy. Thirdly, it will keep you from crashing and not knowing why.

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Summary Points

- An arousal template is a form of sexual imprinting that you automatically return to.
- Your arousal template is uniquely individual.
- The more the sexual stimulus is repeated, the stronger the template will become.
- You must know your arousal template and trauma profile in order to create an effective relapse prevention plan.

The heart of bondage: When we refer to our "heart", we're actually referring to our limbic system. Most of the decisions we make are done on an unconscious level. When we are under a lot of pressure, the limbic system fires off, overpowering the prefrontal cortex. People in sexual bondage medicate their pain without their awareness.

Family of origin: We carry our family of origin with us in our brain. Often, you'll find father or mother wounds in people who struggle with sexual bondage. Sexual bondage is the result of panicking limbically. In other words, you act out because you're fearful about your worthlessness, which was imprinted during your formative years.

Fear – the root of selfishness: Selfishness is fear-driven. We are born wired with a need to survive that drives us into selfish behavior and the exploitation of others. Fear impairs our sense of unity and closeness with others. We have more apprehension become more self-oriented.

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Summary Points:

- Most of our decisions are made on a subconscious level, in the limbic system.
- The limbic system is what the Bible refers to as our heart and our flesh.
- Fear hinders the prefrontal cortex from making rational decisions.
- Bondage takes place in the limbic system – our subconscious mind.

Tools to Conquer: Reprogram your limbic system.

Why is the limbic system the core of our addictive behavior? For two reasons: Firstly, it’s programmed by the time you’re six years old. Your prefrontal cortex (your braking or impulse-control system) isn’t developed until you’re twenty-five years old. ninety-eight to ninety-nine percent of the decisions you make in life are done subconsciously; you’re being directed by patterns of the past. Secondly, the limbic system is programmed to help you cope and survive, and coping behavior is at the core of addictive behavior. Sexual bondage is taking defective coping mechanisms and making them a lifestyle. In-depth healing comes from reprogramming your limbic system through the power of the Holy Spirit by God’s Word; penetrating down into your soul, transforming you from the inside out.

Destructive vows: Vows result when the enemy takes our imagination captive. We only see the worst and live our life in light of what was done to us. That begins to affect our ability to dream and see what God wants to do in the future. Destructive vows have to be renounced so that we can start dreaming the dreams of God, instead of living in the past. Not all vows are destructive. We can make positive vows, but it’s the destructive vows that can keep us in bondage.

Accessing the wound: Wounds create an intimacy disorder. Overreacting is one clear sign of a wound. Another indicator is if you can’t tell your story. Once you discover the wounds in your soul, you’ll discover the limbic lie that’s been inserted into the place where you’ve been wounded.

Emotional wounds typically come from three sources. 1) Things people do to us. 2) Things people take from us. 3) our own sins. We’ve been wounded by The Fall. We’ve been wounded by our own sin and by the sin of others. Here are my choices: I can either Get into a process and experience healing of those wounds and received the fullness and abundance of intimate relationships with People, or I can refuse to experience healing, keep people at a distance, and try to medicate the pain. –James Reeves

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SUMMARY POINTS

- Sexual bondage is a coping mechanisms to medicate wounds and to deal with the stress of life.
- Sexual bondage is panicking limbically.
- Typically, men in bondage have been deeply wounded by their earthly fathers.

DISCUSSION

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

1. Dr. Ted Robert says, "We carry our family of origin with us in our brain." What do you think about that statement? is this evident in your Life?

2. What destructive vows have you made at a time when you were wounded? First, identify a time you were wounded, maybe something that happened when you were a child. Then, think about how you dealt with the wound. Did you make a statement (vow) such as, "I will never...."?

Example: I will never allow myself to be in an intimate relationship again. I'm never going to let anyone hurt me again (physically or sexually).

3. Dr. James Reeves says that emotional wounds come from three sources:
 - 1) things people do to us;
 - 2) things people take from us; and
 - 3) our own sins. Does this definition help you identify emotional wounds from your past in a new light? Does it offer you a new perspective regarding emotional wounds?

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. Last week you were asked to provide a full disclosure to your Conquer Group. How did it go? Were you able to give a thorough account of your sexual history? Were there more details or events that came to mind during the week?
2. Did you call each member of your Conquer Group this week?
3. Did you make time to journal your battles on a daily basis? What were the struggles you encountered? What victories can we celebrate with you? Were you able to recognize anything new about your behaviors?
4. How successful were you in preparing for battle each night? What was most challenging? What is getting easier about preparing for battle each night?
5. What was the lowest level you reached on the FASTER Scale this week? Did you call someone in your Conquer Group to help you avoid relapse?

7-Day Mission Checklist – Week 5

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.*

- ☐ Reviewed my arousal template looking for specific patterns that lead to relapse
- ☐ Completed my 10 Worst Moments Table (see below); I am prepared to share with my Conquer Group
- ☐ Completed the Double Bind Exercise in my Conquer Series Journal
- ☐ Used the FASTER Scale daily in my Conquer Series Journal

My 10 Worst Moments

| In the Boxes Below, List the 10 Worst Moments Of Your Life. | Identify any Vows you made as a result of Your Worst Moments. |
|---|--|
| Example: When I was in high school, I embarrassed myself with my girlfriend. | 1. I will never again be vulnerable with women. |
| Example: My parent’s divorce. | 1. I will never trust the important people in my life. 2. I will never get married. |
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