



Understanding The Battlefield

Volume 1, Week 1, Lesson 1

The Four principles you must understand to accomplish your mission:

1. The weapons of the enemy.
2. The strategy of the enemy.
3. The weapons of God.
4. God's battle plan for purity.

Facts and Figures: A study of over 3000 data points discovered that 60 – 70 percent of men, 50 – 58 percent of pastors, and 20 – 30 percent of women in evangelical churches are sexually addicted.

How do we define sexual addiction? “When you cannot stop your behavior; when you’re spending more time and money than you thought you would; when you’ve been caught or had consequences but continue anyway; when you’ve made promises to quit and can’t fulfill those promises to yourself, God, your family, and your wife, you most likely have an addiction.” – Dr. Doug Weiss

Porn is a problem at any dose, and it doesn't need to be utilized at any dose. It's like I wouldn't tell people: "Well, as long as you're not addicted to cocaine, cocaine is fine." No, it's not!

- Dr. Tim Jennings, M.D. FAPA

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The Kinsey Factor: According to Dr. Judith Reisman, the publishing of the Kinsey Reports was a turning point in history which opened the door to sexual immorality in America. The Kinsey Reports were based on fraudulent data submitted by rapists, pedophiles, and prison inmates who systematically molested and raped hundreds of children for “scientific” information. They recorded their “experiments” with a ledger and a stopwatch.

The information compiled in the Kinsey Reports sought to change our opinions about sexuality and to convince the public that we are sexual from birth. Ultimately, our perspective on our sexuality did change, which ignited the sexual revolution. Over time, penalties for sexual crimes were lessened and pornography and abortion were legalized. America now stands as the number one exporter of pornography to the rest of the world.

God's original plan for sex was to reveal His image in the covenant relationship between a husband and wife.

Your body is the temple of the Holy Spirit; therefore, any sexual activity or behavior outside of marriage, whether you're single or married, is sin. Read “The Bible and Sexual Sin” in the appendix of this study guide.

God created our sexuality to be beautiful...To be something that brings great joy, and yet man, in the Fall, has perverted that. Ever since that's been perverted it's been a battle of whether it is something of beauty or something that degrades people. Something that brings joy or something that brings bondage. -Paul Cole, Christian Men's Network

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The Noose of Bondage: Understanding the noose of bondage is key to your freedom. The noose is composed of:

- 1. The root: Wounds
- 2. The mindset: Having a shame perspective of oneself
- 3. The Lifestyle: Binge-purge cycle
- 4. The cloak: Denial, delusion, and blame

The importance of processing the wound: King David was referred to as a “HaKatan”, a worthless one, by his father. This sense of worthlessness worked its way down into David’s soul. Like David, many successful men become entangled in sexual sin because they have failed to process their wounds. The majority of sex addicts in church come from rigid, disengaged religious homes dominated by rules and lacking in relationship. It is important to discover the root—the wounds in our lives—in order to find true healing and freedom. The place where you were wounded is where the enemy has inserted a lie about you. However, sexual addiction isn’t always caused by wounds, as there are men who become addicted simply by watching pornography; once they are hooked, they learn to deal with life by resorting to pornography, sex, and masturbation, to name a few. Sexually acting out becomes a coping mechanism. The majority of men trapped in sexual bondage have wounds from their past.

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SUMMARY POINTS

- . Seventy percent of Christian men struggling with sexual bondage come from homes where rules override relationship.¹
- . Sexual sin promises to serve and please, but only desires to dominate and destroy.
- . In most cases, wounds are the root of sexual bondage.

¹ Roberts, T. (2009) Seven Pillars of Freedom Workbook. Gresham, OR: Pure Desire Ministries International.

Discussion

Watch DVD 1 of the Conquer Series before answering the following questions:

1. What one idea or fact about addiction stands out to you that you learned from in this lesson?

2. What did you learn about the process involved in overcoming and healing from addiction?

3. What is significant about processing the wound? What feelings come to mind when you think about processing your wounds?

Accountability

1. What do you expect from being part of a Conquer Group?

2. What are you struggling with today and how is it affecting the people you love?

3. Your 7-Day Mission this week includes cleaning your house of all porn and completing a chart to identify all electronic devices that can access porn. Go to the 7-Day Mission section in this Chapter (step 3) and spend 5 to 10 minutes filling in the chart during your Conquer Group meeting. Discuss with your group the areas you plan to protect this week and the people you must talk to regarding these changes.

Mission Checklist – Week 1

- ☐ Joined a Conquer Group
- ☐ Took the Sexual Addiction Screening Test (SAST): ConquerSeries.com/sast
- ☐ Cleaned my house of all porn and installed accountability software on all my Internet devices
- ☐ Called all the men in my Conquer Group this week
- ☐ Daily journaled my battles in my Conquer Series Journal