

Comments & Questions for Leader/Facilitators

Week 4 DVD #4

Leadership Tip

It is important to reinforce that we cannot win this battle alone. We need one another to ask us direct questions and to strengthen us in our journey. Whether in these groups or outside them in another context we also need others to disciple us.

I. Transparency/Accountability

- How is memorizing 1 Corinthians 6:13-20 coming. We don't do this to avoid embarrassment or pass a small group test. This passage must become very well digested.

Ask one-another: - Are we involved in a binge-purge cycle? Have we tried to stop but can't? Do we lie to cover up our behavior? Are we practicing behavior that is in contradiction to what we believe?

How is our preparation going before we go to bed that has been talked about in previous weeks?

II. Discussion

Watch DVD 4. You can use your own questions but following are suggestions:

1. When the point is made that sexual bondage is mainly a brain problem, does it mean that a man in sexual bondage shouldn't be held responsible for his actions? Why or why not?
2. Because our brains are pliable (able to be renewed) until death, name some spiritual and practical things you can do to renew you mind and begin creating new neural pathways.
3. What is involved in properly disclosing an addiction to one's wife, fiancé or person being seriously dated?

III. Lesson Overview. DVD #4 continues on with the theme of the brain, and the released bonding hormones during sexual intimacy and further comments on the power of sexual bondage. Also highlighted is the hope for everyone that comes from retraining our mind (Romans 12) not simply restraining behavior. Then the importance of disclosure and confidentiality will be focused on.

IV Week 4 Mission. - Continue memorizing 1 Corinthians 6:13-20. Journal your struggles. Deal with the temptations of technology in every needed. "Make no provision..." Prepare before you go to bed each night.