THE FREEDOM FIGHT

Leader's Guide

August 2026

A comprehensive guide to leading Freedom Fight Flagship groups.

Introduction

Welcome to the Freedom Fight Leader's Guide! Helping men and women find freedom from pornography and other unwanted sexual behaviors has never been more urgent in our history than it is today. Satan is using porn to steal people's joy, kill their intimacy, and destroy marriages. However, we believe God is using the process of outgrowing porn as an opportunity for revival and growth! We have seen so many men and women emerge from the Freedom Fight program more emotionally aware, committed to holiness, and secure in their identity in Christ.

Outgrowing a porn addiction is not just about stopping the behavior. As we help others address the roots of their addiction, we are presented an opportunity for deep discipleship.

Our program is 60+ video lessons and Bible studies that address the six roots of a porn addiction in a holistic way. Alongside that growth, your group will learn how to rewire their addicted brain using God's truth and address their past trauma and shame. The path to freedom is not easy, but with God's grace, freedom is possible, and you can help your group experience true, lasting freedom.

We want to encourage you in your willingness to lead/facilitate a Freedom Fight small group. The Church needs more men and women willing to invest in God's Kingdom in this way. Launching your first group can seem daunting. It is important to remember that your job is to facilitate and provide accountability and encouragement to group members. Fortunately, you do not have to have all of the answers. You can be a fellow learner as you follow this Leader's Guide every week. We will walk you through the key steps needed to launch your group effectively, offer some helpful tips, and equip you to confidently use the Freedom Fight program in your ministry to help men and women break free from the bondage of porn.

If you have questions about launching Flagship groups or leader training, you can book a free 20 min Zoom call with a member of our team: Book free coaching call.

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About the Freedom Fight

The Freedom Fight was founded by Ted Shimer, who graduated with a Master of Biblical Studies (MABS) from Dallas Theological Seminary. Ted is a Pastoral Sex Addiction Professional Supervisor (PSAP-S). His training was through IITAP, the organization of world renown sex addiction authority Dr. Patrick Carnes.

Ted has discipled college students professionally since 1991 with the collegiate Christian ministry Student Mobilization. Helping young men overcome the bondage of pornography has been a part of his mentoring from the beginning. But it was the epidemic level of porn addiction on the college campus, combined with the lack of effective, affordable and biblically based recovery options that gave birth to The Freedom Fight. Through the collective experience of Ted and his team, the principles of recovery and discipleship that lead to freedom became clear. They are passionate about helping others understand and apply these principles so they can find freedom.

The Freedom Fight is the low cost porn recovery program that blends brain science, clinical practices, and biblical wisdom to help men and women find freedom. We understand the full spectrum of factors that drive compulsive porn use — physical, emotional, mental, and spiritual. For anyone ready to be free of the destructive power of pornography, the Freedom Fight delivers breakthrough insights, practical tools, and step-by-step training to guide you.

Created by Andrew Buck and Ted Shimer.
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How to Use This Guide

This Leader's Guide is a comprehensive roadmap to leading a Freedom Fight small group. As the group leader/facilitator you will be leading the discussion every week, setting boundaries, and assigning outside work. In the following sections, we will teach you how to start a group and implement a group format. We will also share key tips for leading a successful group. We will provide a weekly guide that you can follow from the first group meeting to the last.

After reading about how to start your group, you can begin to use the weekly guide starting on page 17. The guide will provide a road map and give you confidence as the group leader. If you have ever led a Bible study, you can lead a Freedom Fight group! Simply follow the group format discussed in the next section and be a good listener and encourager. As the leader, it is critical that you come to group just as prepared as your group members. Watch the videos and fill out the Study Guide each week. Being a fellow learner will help you grasp the content and enable you to provide valuable insights for your group members.

Starting Your Group

1. Get Started

As a leader, you will need to get familiar with the Freedom Fight program. Once you have finished reading through the "Starting Your Group" section, the best way to get familiar with the program is to download the Freedom Fight app and start using it.

2. Pray

Pray for your group regularly and ask God to do what only He can do. Ask him to use your willingness and leadership to change lives (Psalm 127:1-2). A critical step to leading a successful group is to understand that only God can change your group members' lives. A common mistake that group leaders make is measuring their worth or success by how their group is doing. Group leaders need to commit to their group, pray earnestly for them, and be faithful to them. The Lord will do the rest.

3. Use the Freedom Fight Group Format

Part of leading an effective group is having a plan for each week. The recommended meeting time for groups with 4-5 members is 1.5 hours. For groups with 6 members, we recommend an hour and forty-five minutes. If groups have more than six members, we recommend splitting into two smaller groups for the Weekly Check-In process and coming back together for the content discussion. For your weekly meeting, we recommend the following format:

Discuss Weekly Check-In (40 mins)

Each weekly meeting will start with each group member talking through their Weekly Check-In (located on the Home Dashboard of the FF App). Group members will do Daily Check-Ins (see Using the FF App on page 12) which will populate the Weekly Check-In. Then he or she will answer questions evaluating his or her lowest day of the week. This will grow the member's emotional intelligence and awareness. Group members should complete the Weekly Check-In within 24 hours before the group meeting begins. For Check-Ins, it is important that your group size is limited to six total members. Otherwise, you will need to extend the length of the group meeting. A porn/sex addiction isn't just about sex, it's about how we have learned to medicate stress, pain, and negative emotions in our lives. If a man or woman can't understand and communicate his or her emotions, he or she will never be able to stop medicating his or her life with unwanted sexual behaviors. We have to be able to communicate to others and to God how we feel and why we feel that way.

Paul commanded us in 1 Timothy 4:7 to "...train yourself for godliness." God calls us to be godly and to train ourselves to that end. Though training in spiritual disciplines is essential, this verse is about more than just that. Paul commanded the church in Corinth, "Let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God" (2 Corinthians 7:1). Over time these Check-Ins are going to give group members a greater awareness of the unholiness in their hearts and how they are medicating their lives with sexual behavior. Each group member should get 6-8 minutes to Check-In (For the first few weeks, consider utilizing a stopwatch to help train the members in the group to stick to the Check-In and not get off track). As the leader, you may need to ask a follow-up question or two if group members are being vague or if you've noticed a pattern in their Check-Ins (i.e., I noticed on your Check-Ins every weekend you're stressed, what's causing that?).

Discuss the Content (45 mins)

Each week as the leader/facilitator you will lead the discussion of the videos and Bible studies. We recommend that you follow the weekly guide starting on page 17. It has a recommended weekly video schedule, discussion questions, and homework that should be assigned. You may not be able to ask every single question, but you can pick and choose or add questions of your choice. To maximize your time in the group, we recommend that group members watch the videos and fill out the Study Guide and Bible study before the group meeting begins. If you follow this guide, it will take you 30 weeks to complete the course. As the group leader, you may find you need to spend an extra week discussing portions of the content. We encourage leaders to do this if needed, especially with the 10 Worst Moments exercise. The content within these videos will drastically influence your group's Check-Ins over time. Members will gain greater insight into how their unwanted sexual behavior has affected so much of their lives.

Commitment to Change (C2C) (5 mins)

At the end of each group, every group member should submit a Commitment to Change (C2C) in the Weekly Check-In section in the Menu of the app. After the C2C is submitted, it should be voiced out loud. Try to guide individuals in the group to make C2C's related to the core applications and practices that are highlighted at that point in the program. Once Double Binds (DB) are introduced, facing the DB can also be a good practical C2C for members to make. In the beginning, it is common for group members to choose a vague C2C. For instance, "I'm going to read more this week" or "I'm going to check in every day this week" are not great C2C's because they are not specific or measurable. It is not necessary to correct group members if this is what their C2C is, but it is your job to challenge them to make specific changes so that other group members can effectively keep them accountable.

4. Ask Everyone to Commit to Confidentiality

You can't have an effective group without honesty, and you won't have honesty without confidentiality. Each person needs to know that whatever is shared in the group will stay in the group. Confidentiality of course can't be maintained if there is an issue of self-harm or a concern about abuse, so mention those exceptions on the front end. You can print out the Commitment to Confidentiality document found in the Resources section of the FF App.

5. Maximize the Power of Check-In Phone Calls

In a Freedom Fight group, each person should be making at least three phone calls to other group members each week, with a daily call the goal. You will need to encourage them frequently at the beginning of the group to help them build the habit. Here are a few ground rules to help your group members maximize Check-In phone calls:

1. Calls are 2 minutes or less. Concise and purposeful.
2. Content of the call: the caller should identify where they are on the FASTER Scale, why they are there, and what they need to do to return to Restoration (i.e. address a Double Bind). Before we introduced the FASTER Scale in Week 2, they will just identify their emotions, the source of their emotions, and how to return to restoration.
3. If no one picks up when they call, they should leave a voice message to check in and process like they would if someone answered. The receiver of the message replies with a text or call acknowledging receipt of the message.
4. The receiver of the Check-In phone call doesn't typically reciprocate and Check-In themselves. It's important for people to practice breaking isolation by initiating the call. We also want people to think through their call instead of just winging it on the spot.

Keys to Leading a Group

1. Keep the Group on Track

It is difficult to have a group that meets for less than 1.5 hours unless you shrink the content discussion to less than the recommended lessons. The ideal size of a small group is 4-6 participating members. If group members get off topic during the check-in time or take too much time, then set a time limit for each person to have 6-8 minutes to speak. Some groups use a timer to help everyone stay on track. During Weekly Check-Ins and crash reports, encourage your group members to read what they have already written to help keep your group on track.

2. Model Authenticity

As the leader, you need to model authenticity. If you are walking in freedom, you can join your group as they check in and make accountability calls. If you feel the need to maximize time for your group members to share during group time, you can instead stay accountable to someone outside of your group. If you are currently not walking in freedom, share that with the group and let them know you will be checking in with a different group.

3. Emphasize the Importance of Check-Ins

Group members should be checking in on the website/app daily and making at least three or more accountability phone calls weekly (the goal is at least one per day). Group members should be getting each other's Daily Check-In reports within the small group chat. Checking in is one of the Core Habits that lead to freedom, so make sure it is happening at an effective level. If group members are not making their phone calls, you may need to assign who they call. Typically, group members will pair up, but they may need some help in the early weeks to build the habit. See Using the FF App on page 11 to learn how to complete the Check-Ins.

4. Maximize the Group's Learning

We suggest having the group watch the videos on their own and respond to the weekly questions before the group meeting begins. This gives them the chance to internalize the content on their own and then discuss it with the group later. If a group member is not watching the lessons or doing the Biblical Insights, core applications, and core practices, the impact of the program is severely limited in that member's life.

For each lesson, the Freedom Fight Study Guide has a note-taking outline and Bible verses that bring Biblical wisdom concerning the lesson. This has proven to be a powerful tool as it undergirds each lesson with the authority of God's Word. Those who utilize the Study Guide retain much more from a given lesson and contribute more to the group. Encourage each group member to utilize the Study Guide! It will make a significant difference for both the group and the individual. There is a writable Study Guide in the resource section to download or you can purchase a hard copy from Amazon.

5. Coach Your Group When Needed

Finding freedom from porn will likely be one of the hardest things your group members have ever done. Encourage each group member within his or her progress; you will often see it before they do. If they are slacking, challenge them to do the work of recovery. They will need both encouragement and spurring to get the most out of the program (Hebrews 10:24-25).

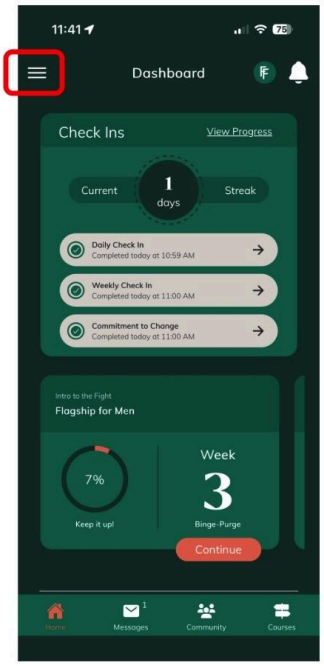
6. Utilize My Groups and Messages in the FF App

The My Groups Portal is under the Menu in the FF App and gives leaders access to your group members' progress in the program. Once you create a small group and invite each group member, they will need to confirm their group invitation by email. Then you will be able to see their latest Check-Ins and the lessons they have completed. When needed, you can remind them about finishing a particular element of the program before your group meets.

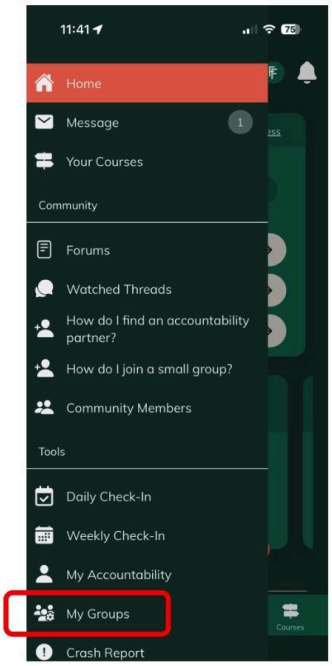
Once you have created a small group, a group chat will be created in the Messages tab. All notifications from group members will be sent into this chat. Utilize the chat to respond to and encourage group members. As the leader, if you send a Check-In or crash report, those notifications will not be sent to your group members. However, if you choose, you can opt-in for all notifications to be sent to your group members by electing to Share Data.

Using the FF App

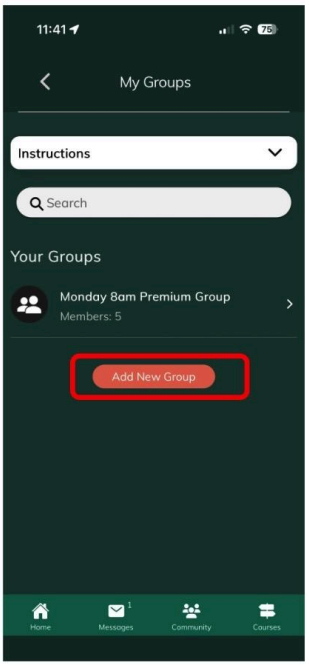
Create a Small Group



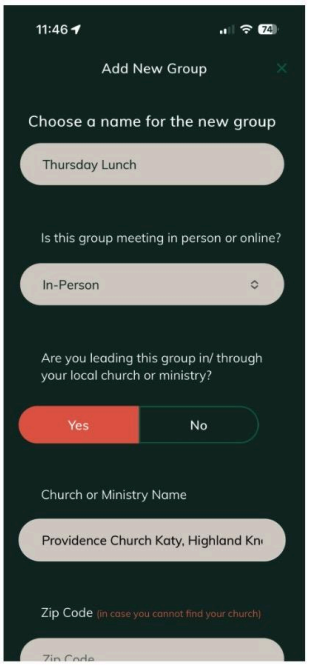
Tap the menu icon



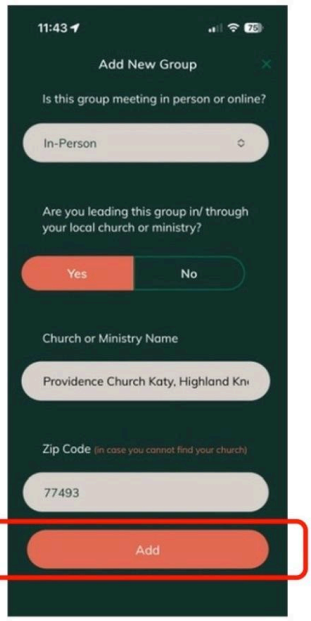
Tap My Groups



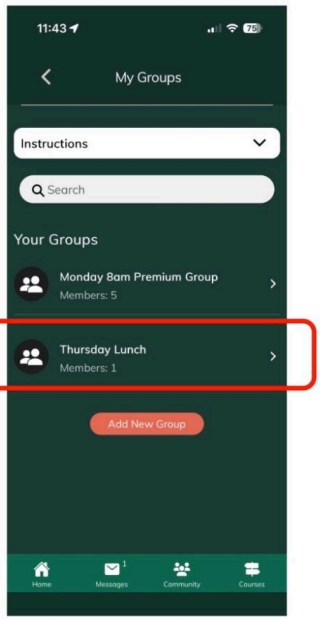
Tap Add New Group



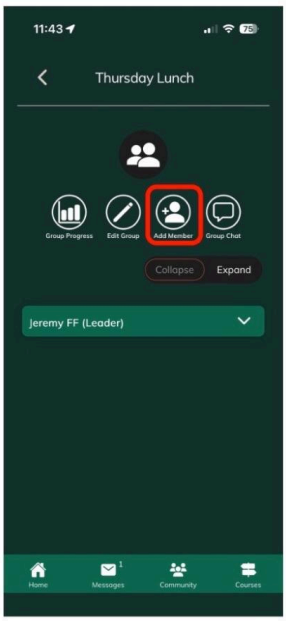
Fill in info



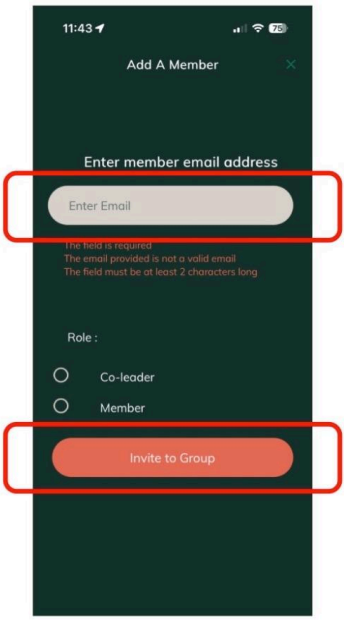
Tap Add



Tap on Group



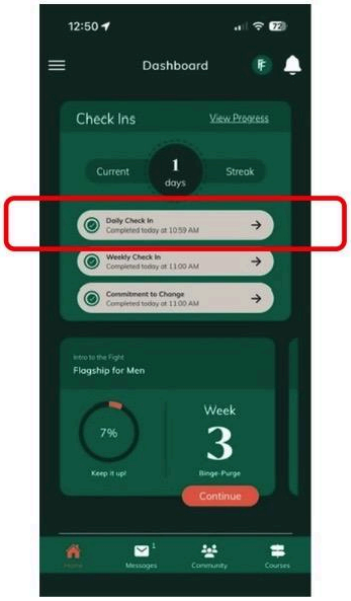
Tap Add Member



Enter email, role, and tap Invite to Group

How to Check-In

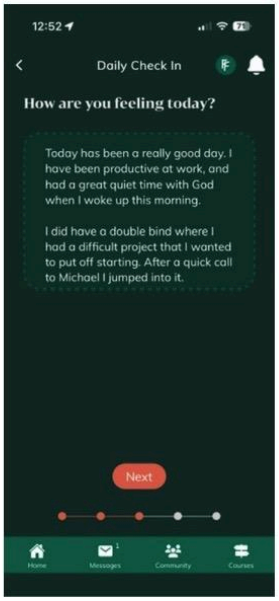
Daily Check-In



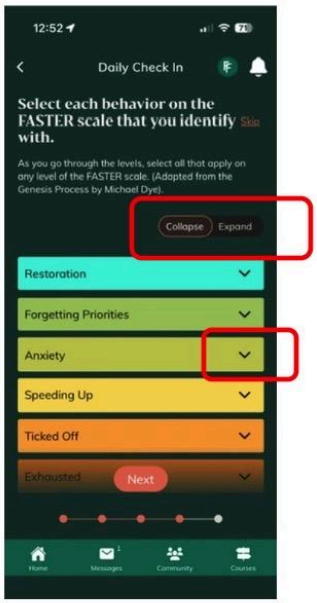
Tap Daily Check In

Tap your emotions

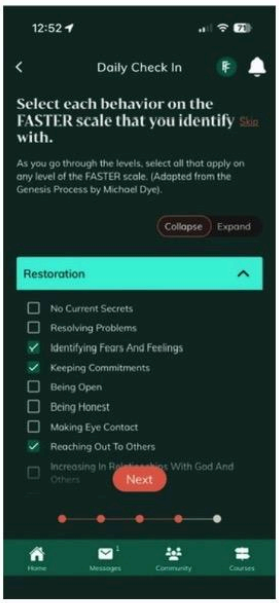
Tap your Zone of Recovery



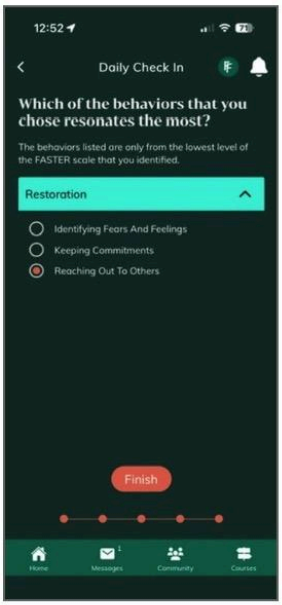
Type out how you're feeling



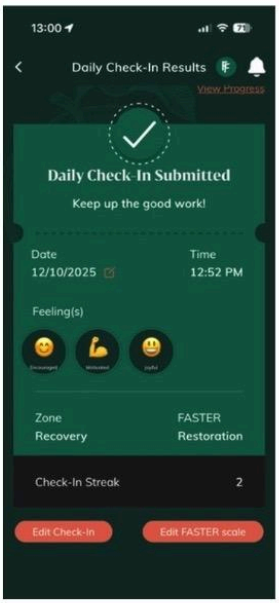
Expand a section or the entire FASTER Scale



Tap your behaviors

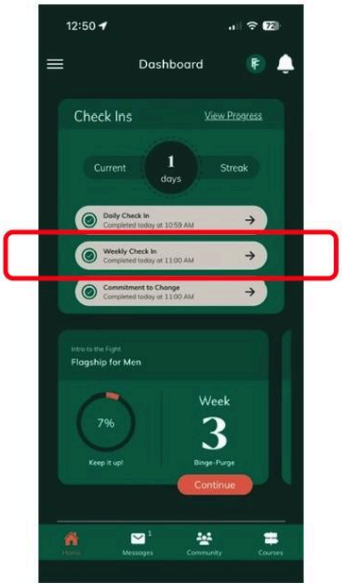


Tap the behavior that resonates most with you



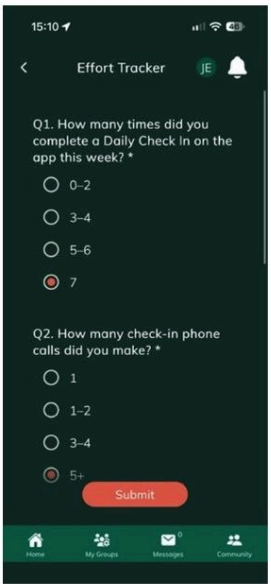
Edit from the summary card

Weekly Check-In



Tap Weekly Check In

Tap Begin on Effort Tracker

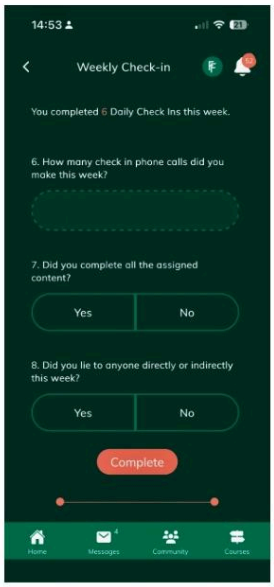


Answer the questions and tap Submit

Review your score and tap Weekly Check-In

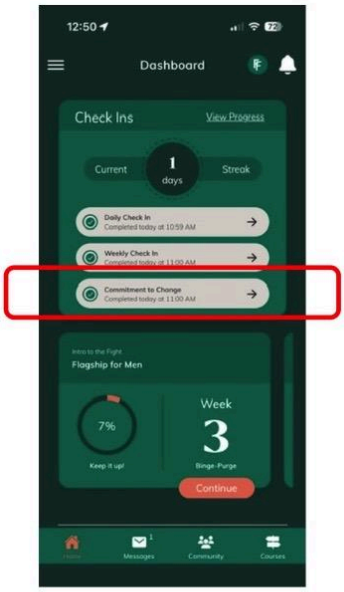
Review your Daily Check-Ins then tap Weekly Questions

Answer the questions and tap Next



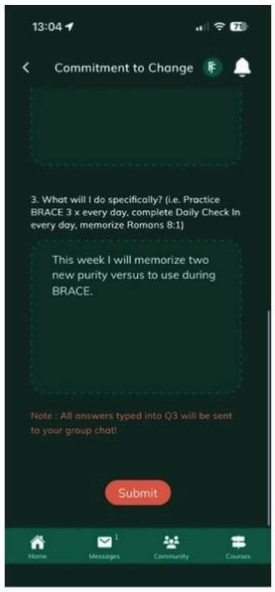
Answer the questions and tap Complete

Commitment to Change (C2C)

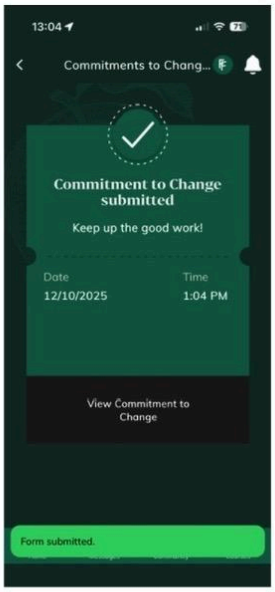


Tap Commitment to Change

Answer the three questions



Q3 will post to your Groups and Accountability Partners



Done!

Launch Your Group

You are all set to launch your first Freedom Fight group! Your next steps to get your group off the ground is to set a weekly time that each group member can attend, then choose a start date. For the first meeting, make sure you have downloaded the Freedom Fight App and are familiar with it. For the first week, print out and bring the Commitment to Confidentiality for each group member to sign. For online groups, have each group member email you a signed Commitment to Confidentiality.

Utilize the weekly guide and turn to page 17 to view Week One which walks you through the first week's meeting.

Flagship Schedule

Week	Assigned Videos / Content	Comments	Core Practices & Applications
Week 1	Watch Getting Started during the First Group Meeting.	Set expectations, follow week one, set up a group, and add accountability. Watch getting started together. Assign Week 2 videos.	
Week 2	Get in the Fight, The Opposite of Addiction, The FASTER Scale.		Complete a Daily Check-In daily using the FF App.
Week 3	Small Group Blue Print, Binge-Purge, A Holistic Approach.	Discuss "Faster Scale Q&A with Experts" article.	Check-In phone calls regularly with accountability.
Week 4	Time to Get Real, Detox.		Be completely honest with accountability. Take the SAST.
Week 5	The Addicted Brain, BRACE for Battle.	Suggest purity verses to memorize.	Practice BRACE daily.
Week 6	Zones of Recovery, Zones of Recovery Exercise.	Share everyone's Zones of Recovery.	Fill out Zones of Recovery.
Week 7	Manifestations of the FASTER, The Double Bind.	Discuss "Common Double Binds" article.	
Week 8	Just Do It, Relapse and Reality, Surviving a Crash.	Show the Crash Report to the group.	Fill out a Crash Report after any relapse.
Week 9	Better Together, The Anatomy of a Relapse.	Progress check, review additional resources not discussed yet.	Evaluate core applications and practices.
Week 10	Disclosure, Understanding Her.	Read the resources "Formal Disclosure" and "Emotional Impact Letter."	Write your Full Disclosure & make a plan for disclosure.
Week 11	Forgiveness and Building Trust, A Safety Plan and Boundaries.	Share the "Spouse Recovery Action Plan" document.	Create a Recovery Action Plan.
Week 12	Sex and True Intimacy, For Your Wife.	Share their plans for completing the disclosure material.	
Week 13	The Addiction Cycle, Drivers of the Addiction Cycle, The Great Exchange.	Has everyone made the Great Exchange?	Identify your routines.
Week 14	Zones of Recovery 2.0, Zones of Recovery 2.0 exercise.	Share exercise with the group.	

Week 15	The Brain's Reward System, The Pharmacy in Your Head, The Making of an Addicted Brain.		
Week 16	Conditioning the Arousal Template, Extreme Conditioning, Game Changers.	Identify your Arousal Template.	
Week 17	The Iceberg of Addiction, Rats and Dopamine, Young Mind Perfect Storm.	Have group members lock up devices.	Evaluate progress on boundaries and porn access.
Week 18	Renewing the Mind, Pay it Forward, The Book.	Encourage group to invest in other people's recovery.	Regular Bible reading and scripture memory.
Week 19	To Steal kill and Destroy, Quench Your Thirst, Trigger Happy.		Continue to address triggers with boundaries.
Week 20	Don't Get BLASSTED, Facing BLASSTED Emotions, Casting your Cares.	Commit to not isolate when triggered.	
Week 21	Those Most Likely to Relapse. Make a list of 30 reasons for pursuing recovery.	Share list of 30 reasons for pursuing recovery.	Address patterns that lead to relapse. Take negative emotions to God in Prayer.
Week 22	Shame, The Making of a Shame Identity, True Identity.	Identify sources of shame in your life.	Share sources of shame.
Week 23	Bo Knows, Living a New Identity, Win The Battle of the Mind.	Accept your value and worth that God assigns to you.	Take every thought captive to obey Christ.
Week 24	Face the Pain, Process the Pain.	List out your 10 Worst Moments.	Complete the 10 Worst Moments exercise.
Week 25	Process 10 Worst Moments.	Reverse group format order.	Start with Content then Check-In.
Week 26	The Stockdale Paradox, In the Zone.	Start the Zones of Recovery 3.0 exercise.	Evaluate convictions and memorize scripture to deepen them.
Week 27	Freedom: Once for All, Faith and the Promises of God.	Memorize Romans 6:10-11.	Take steps to practice seven qualities of purity.
Week 28	The Helper, The Spirit-Filled Life.	Encourage group members to be leaders for the next generation.	
Week 29	A Vision for Recovery, Vision/Purpose and Next Steps.	Share your Purpose and Vision from the Zones of Recovery 3.0 exercise.	Clarify your Vision for Recovery.
Week 30	The Power of Gratitude, A Vision for Holiness.	Encourage the group towards their next steps.	

First Meeting: Week 1

First Meeting Check List:

- ☐ Send time and location or Zoom meeting information if meeting online.
- ☐ Let everyone introduce themselves.
- ☐ Read through 1 Timothy 4:7-> Emphasis on training ourselves. Can you remember a time where you diligently trained yourself? What did you do? Why did you do it? Why should we be even more committed to training ourselves for godliness?
- ☐ Read through James 5:16 -> Encourage confession during group meetings (cross talk is allowed if asked for, but as a leader make sure to communicate group members need to communicate from experience and not from “what they think is best”).
- ☐ Read through 2 Corinthians 12:9-10 -> The more we are vulnerable about our weaknesses the more healing we will find.
- ☐ Share a brief history of your sexual sin, ask everyone to do the same.

Expectations:

- Attendance at group unless approval from leader.
- Completing assigned homework before the group meeting.
- The group will be viewing two or three videos every week.
- Complete a Daily Check-In every day and a minimum of three accountability phone calls a week.
- Complete Study Guide and Bible study with physical copy or writable PDF.

Set Up a Small Group on the FF App:

- Have group members type their FF account emails into the Zoom chat box.
- Have group members type in their phone numbers into the Zoom chat box and exchange their phone numbers for accountability calls.
- While group members are exchanging phone numbers, create a small group on the FF app, and add group members.
- Have group members accept small group invitations on their email.
- Test small group chat to make sure everything is working.

Further Instruction:

- Walk group through how to complete a Daily Check-In without the FASTER Scale.
- Explain layout of group: Weekly Check-In, content, Commitment to Change.
- Explain what accountability calls this week will look like. (No FASTER Scale, 2 minutes or less, audio version of a Check-In, stay on topic.) *We introduce the FASTER Scale in week two.
- Watch the Getting Started video together.
- Send the schedule to group members.

Assign Homework:

- Watch: Get in the Fight, The Opposite of Addiction, and The FASTER Scale.
- Complete Daily Check-In daily (FASTER Scale not required until next week).
- Make a minimum of three accountability phone calls.

Week 2

Weekly Objectives:

- Walk group through how to do Weekly Check-In on the FF App. From the FF App Home Dashboard, tap Weekly Check-In. Complete the Effort Tracker and click Weekly Questions. These are the questions we will answer each week during our group Check-In time, so before the group next week fill this out.
- Have the group use the FASTER Scale during their Daily Check-In.

Discuss Content: 45 minutes

Get in the Fight:

- Ted said "The first step to freedom is always asking for help." What is the most difficult part for you in asking for help?
- A common lie is that marriage will fix our problem, have you believed that lie?
- Why do you think outgrowing a porn addiction is going to be one of the most challenging things you will do?

Bible Study: Read John 10:10

- What are some ways that porn or other unwanted sexual behaviors are accomplishing this?
- Do you think this promise for abundance applies to a person's sex life? Why or why not?
- Why should John 10:10 give us hope today?
- What lie is the thief using most right now—and what truth from Jesus counters it?

The Opposite of Addiction:

- Porn stunts people's growth relationally, emotionally, spiritually, and sexually. How have you experienced some of these?
- What does it mean the opposite of addiction is connection? What does this say about the importance of small groups?
- How would you explain why someone needs both God and others to overcome a porn addiction?
- What makes connection hard for you—shame, fear of rejection, pride, or past wounds?

Bible Study: Read 1 Peter 2:11

- What does it mean to abstain?
- “Wage war” means strategic warfare, how do these desires wage war against our souls? How does it mute the effects of the gospel in a person’s life?
- Why must we abstain from these desires?

The FASTER Scale:

- Why is it important to see a relapse as a process and not an event? Why is this distinction important for lasting freedom?
- What do you think the purpose of the FASTER Scale is? Proverbs 14:8
- Which do you think is most important to you for getting the most out of the FASTER Scale: Trust it, Use it Daily, or Personalize it?

Bible Study: Read Proverbs 7

- What were some warnings from Proverbs 7?
- How can the FASTER Scale protect us from being vulnerable to “her” path?
- What does the command of v. 25 mean? Why is it important for you not to even allow your heart to turn to her ways? What are some of the things that turn your thoughts to her ways?
- Growing in self-awareness is moving your perspective from the young man on the street to the wise man looking out the window. What do you think it will take to get there?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Small Group Blue Print, Binge-Purge, and A Holistic Approach.
- Read “FASTER Scale Q&A with Experts.”
- Complete a Daily Check-In using the FASTER Scale every day. Set an alarm on your phone for a good time of day to build consistency.
- Make a minimum of three accountability phone calls.
- Fill out a Weekly Check-In within 24 hours of the next meeting.

Week 3

Weekly Objectives:

- Have group members do Weekly Check-In in the FF App, give coaching if struggling.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Small Group Blue Print:

- What is the difference between an accountability group and a recovery group?
- Which key characteristic of effective recovery groups stuck out to you the most?
- Which key characteristic will personally be the most challenging for you?

Bible Study: Read Hebrews 10:24-25

- Can you think of a time when you were spurred on in your walk with Christ?
- What are ways we can spur and encourage one another towards love and good deeds in this group?
- Any other thoughts on this verse and why it's important?

Binge-Purge:

- **What about the binge/purge cycle could you relate to?**
- **What are common lies you tell yourself during the binge/purge cycle?**
- Why is just trying harder not enough to overcome a porn habit?

Bible Study: Read Romans 12:2

- What were your definitions for conform, transformed, and renewing?
- How does God transform us? If he focused on the mind, what do you think Satan focuses on to conform us?
- How do you think God intends for us to renew our minds?

A Holistic Approach:

- Ted said, “sex addiction isn’t mostly about sex as much as it’s about how you medicate the pain and discomforts in life.” How have you seen this in your own life?
- Why does addiction thrive in isolation?
- Which of the four aspects of a holistic approach are you most interested in getting into? Why?

Bible Study: Read Romans 7:18-19; 21-23

- How can you relate to this in terms of your sexual behavior?
- How does the Gospel give us hope for this passage?
- Paul said this other law is “waging war” against his mind and making him a prisoner of sin. Why do you think a holistic approach to breaking free from sexual addiction is essential in light of this reality?

FASTER Scale Q&A w/Experts:

- What did you find helpful from this resource?
- What questions do you have about the FASTER Scale?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Time to Get Real and Detox.
- Complete a Daily Check-In each day using the FASTER Scale.
- Make a minimum of three accountability phone calls.
- Fill out a Weekly Check-In within 24 hours of the next meeting.

Week 4

Weekly Objectives:

- Stick to schedule.
- Encourage Daily Check-Ins and phone calls.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Time to Get Real:

- Ted said, “most men who struggle with a porn or sex addiction tend to deny, minimalize, or rationalize their condition.” How do you think you have denied, rationalized, or minimized the seriousness of your sexual habits?
- Of the four reasons for telling the truth, which one stood out to you the most?

Bible Study: Read Proverbs 28:13 and James 5:16

- What do you think it means to prosper?
- How does hiding keep us from prospering?
- How have you experienced God’s promise of healing with confession?
- What is the connection between confession and prayer?

Detox:

- Why is it so important to go through a period of detox?
- Have you experienced any symptoms of detox and withdrawal?
- Which 7 steps for a successful detox do you need to implement immediately?
- What devices or methods have you previously acted out with?
- Do you have any access to those devices/sources?

Bible Study: Read Matthew 5:29-30

- Jesus sometimes used hyperbole or overstatements to make a point. What do you think Jesus is really communicating by these statements?
- How do you think God wants you to be radical for recovery the next 90 days?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch The Addicted Brain and BRACE for Battle.
- Whitelist devices and commit to detox.
- Complete a Daily Check-In each day using the FASTER Scale.
- Make a minimum of three accountability phone calls.
- Fill out a Weekly Check-In within 24 hours of the next meeting.
- Take the SAST.
- Create specific accountability questions.

Week 5

Weekly Objectives:

- Stick to schedule.
- Discuss locking up devices.
- Discuss SAST results.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

The Addicted Brain:

- What did you learn about the addicted brain?
- Ted said at the end, “Part of renewing the mind is training your prefrontal cortex to re-engage when you face sexual triggers.” Why do you think we would need to train ourselves to do this?
- How do our brains lock us into bondage after repeated porn use? How does God’s Word offer us hope that we can break free from this bondage?

Bible Study: Read 1 Corinthians 6:18

- What is unique about sexual sin?
- How do you think we sin against ourselves?
- How have you experienced the consequences of porn or other unwanted sexual behaviors?
- How does the rest of the passage give us motivation for fleeing sexual sin? (v. 19-20)

BRACE for Battle:

- As a group practice BRACE.
- Meditate on Flee Sexual Immorality.
- What is the importance of breathing deeply?
- What is the importance of remembering the truth?
- Have you found it easy or difficult for you to call someone when tempted?
- What are healthy outlets we can escape to?
- What is the purpose of BRACE?
- What is the old pathway? What is the BRACE pathway?
- What does it mean that repetition got you into the addiction and repetition will help get you out?

Bible Study: Read Hebrews 12:3-4

- In verse three, why is it important for us to reflect on what Jesus did?
- What does verse four mean?
- In your struggle for finding freedom, what hard things will you have to resist?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Zones of Recovery.
- Complete the Zones of Recovery Exercise.
- Practice BRACE daily.
- Read “Common Double Binds.”

Week 6

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Clear understanding of Zones of Recovery.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Zones of Recovery:

- Ted said, “If you don’t grow your definition of a relapse you typically find yourself justifying these triggering behaviors that will lead to relapse.” What triggering behaviors do you typically justify?
- Recovery isn’t just about stopping a certain behavior but it’s about living a new lifestyle. What did you put in your recovery zone activities?
- What did you put in your Danger Zone activities?
- What did you put in your Relapse Zone?
- What are your boundaries for the Danger Zone activities?

Bible Study: Read Romans 13:14

- What are the commands?
- What does clothe mean? How would you paraphrase this command?
- Making provision for the flesh, how do we do this? Do you have any open doors for the flesh?
- How does this verse apply to the Zones of Recovery?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Manifestations of the FASTER Scale and The Double Bind.
- Read “Common Double Binds.”
- Fill out a Crash Report if you relapse.
- Have group members continue to fill out their Zones of Recovery.
- Have members use the Zones of Recovery resource in the app.

Week 7

Weekly Objectives:

- Stick to schedule.
- Encourage group to keep practicing BRACE.
- Clear understanding of a Double Bind.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Manifestations of the FASTER Scale:

- Dr. Patrick Carnes said, “Craziness first manifests itself as lapses in routines, simple behaviors that support self-maintenance.” When things start getting crazy for you, what are your first routines and practices to go?
- How is sliding down the FASTER Scale a measure of your trust in God?
- What emotions or behaviors do you most often express as a way to medicate or numb pain?
- How can you continue to personalize the FASTER Scale?
- Why is knowing yourself and knowing when you're sliding down the FASTER Scale crucial to recovery?

Bible Study: Read Psalm 139:23-24

- What does King David ask God to do?
- Why is David’s prayer a good example of how we should take our emotions to God?
- What has God been revealing to you to lead you in a way everlasting?
- How could this passage apply to you as you process negative emotions?

The Double Bind:

- What is a Double Bind?
- How does a Double Bind relate to the FASTER Scale?
- Why is the right decision in facing our Double Binds usually the more difficult one?
- What are common Double Binds you experience?
- What are verses you can apply to your Double Binds?

Bonus Scripture: Read Hebrews 12:11

- What does this verse say about doing the hard things?
- Why do you think discipline produces a harvest of righteousness?

Bible Study: Read Psalm 51:6

- What does God desire? What does that mean?
- Knowing the definition of innermost being from the Study Guide, how would you paraphrase the first part of the verse.
- Why do you think God desires this for us?
- How do you think this applies to identifying the Double Binds in our lives?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch Just Do It, Relapse and Reality, and Surviving a Crash.
- Fill out a Crash Report if you relapse.
- Text the group when you practice BRACE daily.
- Make a minimum of three accountability phone calls.
- Have group members begin identifying Double Binds in their Daily Check-Ins.

Week 8

Weekly Objectives:

- Stick to schedule.
- Encourage the group to keep practicing BRACE.
- Help group members think through Double Binds.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Just Do It:

- What stuck out to you from this video?
- Why is it important to diligently practice the truths learned through the program instead of just working through the material?

Bible Study: Read 1 Timothy 4:7-8

- What is the command in verse 7?
- Why do you think we will need to train ourselves in order to find freedom from our sexual habits?
- How does Paul drive this point home in v.9-12?

Relapse and Reality:

- What does it mean to live in reality?
- Which of the five critical responses to relapse are most important to you?
- What makes the difference in a relapse being turned into a positive moving forward or setting you back in progress?

Bible Study: Read 2 Corinthians 7:10 and Romans 8:1

- Do you find yourself experiencing Godly or worldly sorrow more often?
- Is the truth of Romans 8:1 hard for you to believe personally at times? Why or why not?

Surviving a Crash:

- Why do you think filling out a crash report after a relapse is important?
- Ted said, “those who struggle the most instead of fleeing temptation they flirt with it.” In what ways are you still flirting with temptation as opposed to fleeing from it?

Bible Study: Read Genesis 39:1-12

- How was Joseph tempted?
- What is your most common triggering circumstance?
- Notice Joseph’s God awareness in verse v.10. It wasn’t about sinning against Potiphar, but it was about sinning against God. How can we cultivate this kind of God awareness?
- How can you flee?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Better Together and The Anatomy of a Relapse.
- Fill out a Crash Report if you relapse.
- Practice BRACE daily.
- Make a minimum of three accountability phone calls.
- Identify Double Binds when completing the Daily Check-In.

Week 9

Weekly Objectives:

- Stick to schedule.
- Encourage the group to keep practicing BRACE.
- Help group members think through Double Binds.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Better Together:

- What has impacted you the most about pursuing recovery with our small group?
- Why is others-centeredness important for recovery?
- Who are other people who can be impacted by your recovery now?

Bible Study: Read 2 Timothy 2:22

- Why do you think we must pursue righteousness after fleeing "youthful lusts?"
- What comes to mind when you think of pursuing righteousness?
- Why do you think we need to do so with others?

The Anatomy of a Relapse:

- Ted said, "Pornography is not our only coping mechanism." What are some of your other coping behaviors?
- To resolve Double Binds, we must first identify them. How long does it take you to identify your Double Binds?

Bible Study: Read Psalm 119:33

- Psalm 119:33 says, "Teach me, O LORD, the way of your statutes; and I will keep it to the end." Beyond acting out, what habits, choices, or patterns in your life might God's Word be calling you to change?
- Instead of medicating negative emotions what does God prescribe?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch Disclosure and Understanding Her.
- If your group is mostly single, you should still go through the disclosure content. Singles can benefit from this content as they learn more about the potential impact on their future marriage.
- Practice BRACE daily.
- Make a minimum of three accountability phone calls.
- Identify Double Binds when checking in.

Week 10

Weekly Objectives:

- Stick to schedule.
- Even if your group is mostly single, you should still go through the disclosure content as a group. Singles can benefit from this content as they learn more about the potential impact on a future marriage. They will also likely go through the disclosure process if they start dating.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Disclosure:

- What denial structures are you facing and need to dismantle? (The permission giving lies that keep you from living in reality and keep you stuck.)
- Why is it helpful for single men to go through these disclosure videos?
- Why is a full disclosure incredibly important at the start of the healing process?
- How can a staggered disclosure hurt your marriage and your spouse?
- Consider going through the disclosure process with an experienced professional (therapist or counselor).

Bible Study: Read Matthew 5:23-24

- How do these verses apply to the disclosure process with your spouse?

Understanding Her:

- How does a woman's interconnected brain affect her in the midst of betrayal?
- Ted said, "The amount of pain inflicted on the wife increases as you move down the pyramid." How far down the pyramid have you gone?
- Why is it important for us to understand the pain we have caused our wives?
- What is the difference between how a man and a woman feel after the disclosure?

Bible Study: Read 1 Peter 3:7

- What does Peter command husbands to do in this verse?
- How can we do that after a disclosure?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch the next two videos: Forgiveness & Building Trust and A Safety Plan & Boundaries.
- Work on your Disclosure letter.
- Download Emotional Impact letter and Restitution Letter resource.
- Consider finding a certified sex addiction therapist or counselor.

Week 11

Weekly Objectives:

- Stick to schedule.
- Ask about disclosure letters and progress in finding a certified sex addiction therapist or counselor.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Forgiveness and Building Trust:

- How can asking for forgiveness too early hinder the healing process?
- How can we encourage our wives through this process?
- Why is it important that we focus on building trust in our marriages?
- Which of the trust busters will be hardest for you to fight against?

Bible Study: Read Proverbs 10:9

- What is the promise in this verse?
- How will living with integrity restore trust in your marriage?

A Safety Plan and Boundaries:

- Why is it important for us to help our wife establish her safety plan?
- What is the ultimate purpose for our wife establishing a safety plan with boundaries?
- What do you think are some actions that your wife needs to see from you?
- Which of the four ways for us to ensure our wife establishes an effective safety plan will be most difficult for you?
- What are some ways that you think you need to apply these immediately?

Bible Study: Read Ephesians 5:28-29

- How are we commanded to love our wives?
- How do you think helping our wives with a safety plan and boundaries is loving and caring toward her?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Sex and True Intimacy.
- For Your Wife: 7 Common Questions you can share with your wife after you have done a disclosure.
- Commit to fill out a Safety Plan after disclosure.
- Review Safety plan with group.

Week 12

Weekly Objectives:

- Stick to schedule.
- Ask about the disclosure letter and progress in finding a certified sex addiction therapist or counselor.
- Ask about Safety Plans.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Sex and True Intimacy:

- What stood out to you personally?
- How does porn take away God's gift of sex?
- How can a period of abstinence be helpful?
- Why should your wife decide when you two should start having sex again?
- What are specific ways you can invest in your marriage?
- What are ways you can cultivate non-sexual intimacy?

Bible Study: Read Hebrews 13:4

- How do you think porn threatens intimacy in marriage?
- How does porn use go against what this verse is saying about keeping the marriage bed pure?
- How is your conviction for pornography in relation to this verse?

Discussion time:

- Help group complete disclosure material.
- Full disclosure.
- Safety Plan.
- Emotional Impact Letter.
- Restitution Meeting.

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: The Addiction Cycle, Drivers of the Addiction Cycle, and The Great Exchange.
- Fill out a Safety Plan with your wife only after you complete your disclosure.
- Consider finding a professional counselor or therapist.
- Complete full disclosure after six months of sobriety.

Week 13

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

The Addiction Cycle:

- Ted said, “most men don’t realize that they have routines that precede their acting out; but learning to see the patterns are crucial.” What are some of your routines that precede you acting out?
- What roadblocks do you need to put up to stop your routines?

Bible Study: Read Romans 6:16

- What reality in Romans 6:16 should challenge us to set and keep the boundaries we set up for ourselves?
- How does this verse apply to the sexual addiction cycle?

Drivers of the Addiction Cycle:

- Which of the 5 Drivers or roots are most powerful for you?
- Why is dealing with the roots of addiction the only way to find lasting freedom?
- Someone doesn’t quit a porn habit, but they must outgrow it. Of the six roots, what growth areas are you looking forward to developing the most?

Bible Study: Read Jeremiah 6:14

- How does our culture relate to the culture that Jeremiah was living in?
- What are some of the cliché superficial answers people give for overcoming a porn addiction?
- According to Jeremiah, why is it important for us to begin addressing the roots of addiction?

The Great Exchange:

- How would you explain the process of God crediting us righteousness?
- Have you made the great exchange? If not, what would be keeping you from making that decision now?
- Follow up with anyone who is thinking about or has made the great exchange.

Bible Study: Read 2 Corinthians 5:21

- What does it mean to be a new creation?
- How do you think this verse is impactful for your recovery?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Zones of Recovery 2.0.
- Complete the Zones of Recovery 2.0 exercise.
- Fill out a Crash Report if you relapse.
- Practice BRACE daily.
- Make a minimum of three accountability phone calls.

Week 14

Weekly Objectives:

- Stick to schedule.
- Set up clear boundaries and consequences.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Zones of Recovery 2.0:

- How can consequences be a way to discipline ourselves and make our body obey like Paul talks about in 1 Corinthians 9:27?
- How can consequences help us renew our minds?
- What is snacking? What are the biggest temptations for you to snack?
- How are consequences different from punishment?

Bible Study: Read Romans 8:13-14

- How does the Spirit help us put to death the deeds of the body(sin)?
- What has this looked like for you in the area of lust?

Bible Study: Read Matthew 5:27-30

- How can using consequences for danger zone behaviors help you apply Jesus' words to your life?

Zones of Recovery 2.0 Exercise:

- Share the different boundaries and consequences you put in the exercise.

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: The Brain's Reward System, The Pharmacy in Your Head, and The Making of an Addicted Brain.
- Fill out a Crash Report if you relapse.
- Practice BRACE daily.
- Make a minimum of three accountability phone calls.

Week 15

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

The Brain's Reward System:

- What did you learn about your brain's reward system?
- How does porn hijack the brain's reward system?
- Ephesians 2:1-3—Indulging the desires of the flesh and of the mind

Bible Study: Read Romans 8:5

- What was your response to question #1 in the Study Guide?
- What was your response to question #2 in the Study Guide?
- How do you think the way our brain is made influences what we set our minds on?
- How do you think BRACE helps us to "Set our mind on what the Spirit desires?"

The Pharmacy in Your Head:

- How does our brain conclude, like Dr Doidge said, "that real people are less rewarding than fake people?"
- Why does porn make people more depressed than people who are not using porn?

Bible Study: Read Galatians 6:7-8

- How does this verse give us insight into the science behind what we learned in this lesson? How should we apply this truth from scripture?
- Is there anything you are sowing to the flesh you need to give to God?

The Making of The Addicted Brain:

- Why are strong boundaries and accountability especially important in the early months of recovery?
- Why do most addicts experience a breakthrough in their recovery after 6-8 weeks of sobriety?

Bible Study: Read Romans 6:19

- How is the brain involved in the process described in this verse?
- How does this verse give us hope about overcoming this bondage?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Conditioning the Arousal Template, Extreme Conditioning, and Game Changers.
- Complete the Arousal Template Awareness worksheet.
- Fill out a Crash Report if you relapse.
- Practice BRACE daily.
- Make a minimum of three accountability phone calls.
- Next week's material may be triggering, reach out when doing content.

Week 16

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Discuss the Arousal Template Worksheet.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Conditioning the Arousal Template:

- What have you learned about your arousal template?
- What stuck out to you about the arousal template?
- How would you describe what your arousal template consists of? Do you think porn has helped shape that?

Bible Study: Read Romans 8:6-8

- What does it mean to set our minds on the flesh? What results?
- How do you think what we set our minds on will affect the conditioning of our arousal templates?

Extreme Conditioning:

- Ted said that through extreme conditioning a porn user can find himself sexually excited by images and sex acts that go against his morals, values and even sexual preferences. What are some of the potential results from this?
- Which of the negative effects related to your future if you continue to condition yourself with porn is most convicting?

Bible Study: Read Romans 1:24-27

- Read verse 21 then read 24-27. How do these verses illustrate extreme conditioning?
- How do these verses relate to our culture?

Discuss Arousal Template Worksheet:

Make sure each person completes the arousal template exercise and shares with the group any key insights they learned related to their arousal template. Discuss this before you discuss Game Changers in case you run out of time.

- Why is it helpful to understand your arousal template?
- What insights did you gain about your arousal template from doing the exercise?

Game Changers:

- What from this video stuck out to you the most?
- How is today's porn different from the porn of previous generations?

Bible Study: Read 1 John 2:15-16

- What are we commanded to do in these verses?
- How is today's porn in opposition to these verses?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Iceberg of Addiction, Rats and Dopamine, and Young Mind Perfect Storm.
- Fill out a Crash Report if you relapse.
- Practice BRACE daily.
- Make a minimum of three accountability phone calls.
- Create 2-4 specific accountability questions.

Week 17

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Share specific accountability questions.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Iceberg of Addiction:

- Ted said, “one of the biggest hindrances that you will have to walking in freedom is the fact that you have resisted temptation many times on your own.” Why do you think this is such a big hindrance?
- Why do you think people who practice BRACE tend to have a better track record?
- Evaluate group progress. How well have you been doing at checking in, making calls, practicing BRACE, regular Bible study, and applying the core applications?
- Why do you think doing these things are important for finding freedom?

Bible Study: Read Colossians 3:23

- Do you view recovery in this way?
- What would change if you viewed recovery in this way?

Rats and Dopamine:

- What stuck out to you from this video?
- What happens when we experience a higher level of dopamine than what God had intended for us to experience?
- What are mundane things or activities that have become more enjoyable since pursuing recovery? (After dopamine returns to normal levels.)

Bible Study: Read Romans 6:12-13

- What are we commanded to do in these verses?
- How does porn relate to this?
- What are examples of physical impacts when people present themselves to porn?

Young Mind Perfect Storm:

- Ted said, “The earlier one is exposed to pornography the greater likelihood of addiction.” How has learning about the adolescent mind helped you understand the impact of pornography in your own life?

Bible Study: Read Luke 17:1-2

- What do these verses reveal to us about God’s thoughts on youth and porn?
- If you have kids, how can you be diligent to safeguard them?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Renewing the Mind, Pay it Forward, and The Book.
- Commit to the process of finding freedom.

Week 18

Weekly Objectives:

- Stick to schedule.
- Keep encouraging your group to stick to commitments.
- Identify lies group members are believing and replace them with the truth.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Renewing the Mind:

- The Key to Transformation is Renewing Your Mind, which of the lies listed do you still find yourself telling yourself? Any other lies?
- What can we learn about how Jesus fought temptation? When faced with temptation, how did Jesus fight it?

Bible Study: Read John 8:31-36

- Jesus promises freedom so what do you tell the believer who says they claim this promise and verse and yet they can't find freedom?
- Some people will quote some of this passage and proclaim that Jesus promised us freedom so why aren't you walking in it? What is the condition Jesus puts on His promise?
- Why do you think Jesus teaches us to "hold or abide" in his teachings?
- What are ways as disciples of Jesus we can do that better?

Pay it Forward:

- Why do you think only 7% of pastors say their church has a program or resource to help their people overcome pornography?
- How has the Freedom Fight being so low cost had an impact on your life?
- Have you considered paying it forward for the next person?

Bible Study: Read Hebrews 12:1-2

- What are ways porn can keep us from running the race God has for us?
- Why do you think we are told to have endurance?

The Book:

- Dr. Samuel Perry said “any porn use... is associated with declines in religious commitment and behavior and an increase in religious doubts.” How have you seen this in your lives or others close to you?
- How do you see this as a manifestation of 1 Peter 2:11 “fleshly lusts which wage war against the soul?”
- Why is it important for a person to have confidence in God’s Word?
- Which of these arguments about the truth of God’s Word do you feel is the strongest? Why?

Bible Study: Read Psalm 119:9-11

- What is the relationship between God’s word and purity?
- How did the psalmist apply this truth in v.11?
- How can the Bible offer real solutions when it comes to our fight in sexual addiction?
- What are your holy habits to get God’s word in your life? (Read, Hear, Study, Memorize, and Meditate) Which is the strongest and which do you need to improve the most on?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: To Steal, Kill, and Destroy, Quench Your Thirst, and Trigger Happy.
- Regular intake of scripture.

Week 19

Weekly Objectives:

- Stick to schedule.
- Keep encouraging your group to stick to commitments.
- Identify lies group members are believing and replace them with the truth.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

To Steal Kill and Destroy:

- How is porn an example of Satan's strategy to steal, kill, and destroy? (John 10:10)
- What truth do you know, but struggle to believe?

Bible Study: Read John 8:44

- How is Satan described?
- What are some of the ways that Satan has lied to you in an attempt to steal, kill, and destroy your life?

Bible Study: Read 1 Peter 5:8

- What is the command and why is it given?
- How is Satan devouring people through sexual sin?

Quench Your Thirst:

- What are places you are tempted to look for ultimate satisfaction, significance, and security outside of Jesus?
- Why must we recognize and admit that porn isn't just a bad habit in our lives but an idol? How is it an idol?

Bonus Scripture: Read Psalm 135:15-18

Bible Study: Read Jeremiah 2:13

- What are the two sins that God rebukes His people for?
- How is porn and sexual sin an example of this?
- What does it mean for our lives if we continually drink from our own cisterns?
- Read John 7:37-38, What promise can we cling to from these verses?

Trigger Happy:

- How do you define a trigger?
- What is your most common sexual trigger and non-sexual environmental trigger?
- Why is anticipating triggers important? What are examples of doing that?
- What have been some of the boundaries you have put in place?
- Are there any boundaries you need to put in place?

Bible Study: Read James 1:13-14

- What resonated with you from these verses?
- How do you think our own evil desires can keep us from setting up good boundaries?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Don't Get BLASSTED, Facing BLASSTED Emotions, and Casting your Cares.
- Regular intake of scripture.

Week 20

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Understand how emotions affect people.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Don't Get BLASSTED:

- Which of the BLASSTED emotions is most common for you?
- Why is growing self-awareness important for facing your emotional triggers?
- How have you grown in your emotional awareness since starting the Freedom Fight?

Bible Study: Read Proverbs 4:23

- How do you think putting up boundaries for triggers relates to guarding our hearts?
- Why do you think the author said above all else, guard your heart?

Facing BLASSTED Emotions:

- Why is it important to face your BLASSTED emotions versus avoid it?
- Which of the 5 steps to addressing your BLASSTED emotions stood out to you?
- Why is completing a Daily Check-In important?
- Why is verbalizing your emotions out loud and to others helpful? Do you do this often?

Bible Study: Read Proverbs 14:8

- How does this verse relate to the lesson?
- How do you need to apply this truth to your life?

Casting Your Cares:

- Have you made prayer your first response to anxiety or other BLASSTED emotions?
- Why is it a blessing when we recognize our weakness?

Bible Study: Read 1 Peter 5:7

- What does casting your cares/anxieties do for your relationship with God?
- Is casting your cares/anxieties to God a regular practice for you?

Bible Study: Read 2 Corinthians 12:9-10

- What do you think it means when Paul says “For when I am weak, then I am strong?”

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Those Most Likely to Relapse.
- Commit to not isolate when triggered. Reach out and make a Check-In phone call to your Accountability Partner.
- Complete 30 Reasons for Pursuing Recovery exercise.

Week 21

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Have the group share their top five reasons for pursuing recovery.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Those Most Likely to Relapse:

- Which of the 6 qualities are you most tempted to fall into?
- Are there any lifestyle changes you have avoided changing that are contributing to your struggle? (Media, Calls, Triggers, etc.)

Bible Study: Read 1 Corinthians 9:24-27

- How does this verse encourage us to live a lifestyle of recovery?
- How would you evaluate your commitment level to the process of recovery?

Bible Study: Read 1 Peter 1:13-19

- What are the different motivations we can find in this passage for pursuing holiness in our sexual purity?

Share 30 Reasons for Pursuing Recovery

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Shame, The Making of a Shame Identity, and True Identity.
- Identify the sources of shame in your life.

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Week 22

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Open group up with prayer affirming God's truth of Romans 8:1 for our past.
- Invite the group to share sources of shame.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Shame:

- How is Shame different from guilt?
- What makes shame such a powerful driver of the addiction cycle?
- Which of the five keys to disempower shame are most meaningful to you?
- How does being open and honest help you overcome shame?

Bible Study: Read Genesis 3:1-10

- How does shame play a significant role in what happened to Adam and Eve in their relationship with each other and their relationship with God in Genesis 3?
- How is the way Adam and Eve responded similar to how we respond to shame? Are there other ways you respond?

The Making of a Shame Identity:

- Which of the four sources of shame have been a source of shame for you?
- Which of Satan's shame messages have you believed?
- Why does a performance mentality result in a source for shame?
- How can you identify other sources of shame in your life this week?
- Are there any sources of shame you would like to share?

Bible Study: Read Colossians 1:21-22

- What truths from the verses stand out to help you combat your shame identity?

True Identity:

- What ways outside of Christ do you look to base your identity, significance or self-worth on?
- Which benefit to building your identity in Christ stuck out to you?
- What does it mean to build your identity on who you are in Christ?
- How will building your identity in Christ help you fight temptation?

Bible Study: Read 2 Corinthians 5:17 and Genesis 1:27

- How do these verses apply to us living out our real identity?
- What truth do you need to meditate on to live out your identity in Christ daily?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Bo Knows, Living a New Identity, and Win The Battle of the Mind.

Week 23

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Clear understanding of your Identity in Christ.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Bo Knows

- Have group members open to 2 Samuel 9.
- How is Mephibosheth described that would have contributed to his shame identity?
- How is what David did for “Bo” a picture of what Christ has done on behalf of those who trust Him?
- Put yourself in Bo’s shoes. The first time you ate at the King’s table as one of his sons, what would make it difficult to embrace the new reality?
- What makes it difficult to embrace the new identity you have in Christ?

Living a New Identity:

- Which of the six practices do you most want to practice? Why?
- How can a small group be particularly helpful in overcoming a shame identity?
- What do you think it means to live out your identity by faith?

Bible Study: Read Colossians 3:12 and 2 Corinthians 5:7

- How do these verses encourage us to live out our new identities?
- How is faith an essential part of living out of a new identity in Christ?

Win The Battle of the Mind:

- Which of the 4 keys to winning do you need to focus on?
- What does it mean to take every thought captive? Has that been your practice? How can we do that practically?
- What are some of your rationalizations?

Bible Study: Read 2 Corinthians 10:3-5

- Paul talks about arguments, pretensions and thoughts that have become strongholds in our minds that need to be destroyed. What do you think are some of the thoughts or “arguments” that have become strongholds in your mind that need to be deconstructed?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Face the Pain, Process the Pain.
- Start the “10 Worst Moments” exercise early and pace it over time. Most participants need several sessions to complete it—encourage steady progress rather than rushing.

Week 24

Weekly Objectives:

- Stick to schedule.
- Encourage the group to practice BRACE and complete all Check-Ins and phone calls.
- Read 2 Corinthians 12:9-10 and pray through that before the group meeting.
- Have each member share a few Worst Moments.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Face the Pain:

- How is trauma connected to sex addiction?
- Are there certain events or messages that you replay from earlier in your life? The leader can kick off with an example.
- Are there any lies you believe regularly?

Bible Study: Read Psalm 139:23-24

- Why does David ask God to see if there are any hurtful ways in him?
- How do these verses apply to our pursuit of facing the pain of our past?

Process the Pain:

- Why do you think Dr. Patrick Carnes says “True abstinence will not be achieved until the wounds are addressed?”
- What stood out to you from the 7 Principles of Processing Your Pain?
- Which principle of Process Your Pain will be the most challenging for you?
- What are some of your Worst Moments?

Bible Study: Read Luke 4:18

- What does this verse say about what God wants to do in your life regarding your sexual addiction?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Next week content is set aside for your group to go deeper into the 10 Worst Moments. Do not assign any new videos, but spend the entire next meeting having your people share their 10 Worst Moments.
- Complete 10 Worst Moments exercise.
- Continue to process 10 Worst Moments.

Week 25

Weekly Objectives:

- **Flip schedule, start with 10 Worst Moments. If groups need all the time to process their worst moments, skip the Weekly Check-In.**
- Read 2 Corinthians 12:9-10 and pray through that before the group meeting.
- Process 10 Worst Moments using the exercise guide. Group members should come to this group meeting having completed the worksheet. Some group members may need additional counseling with a professional counselor or Certified Sex Addiction Therapist.

Discuss Content: 60 minutes

10 Worst Moments:

For Leader: Process the pain with them, thank them for being vulnerable and affirm them. Have each member walk through their worksheet for one worst moment at a time.

- Have each member share their worst moment.
- Have them share the message and lie they believed.
- Connect the dots, how does the message or lie impact their current mindset or behaviors.
- What is God's truth for each lie they believe?
- Go around to each group member sharing one at a time for 40 minutes.

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: The Stockdale Paradox and In the Zone.
- Have group members process one worst moment with group members over the next week.

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Week 26

Weekly Objectives:

- Stick to schedule.
- Continue to encourage group members in their recovery.
- Begin clarifying next steps.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

The Stockdale Paradox:

- Why were the overly optimistic the most likely NOT to survive the prison camp according to Stockdale?
- What is the Stockdale Paradox?
- What stuck out to you from the two brutal facts?
- What would change in your daily lives if you had a “whatever it takes” mentality with your recovery?
- What do you think it takes to create second order change versus first order change?

Bible Study: Read Romans 5:3-5

- What insights do these verses give us in the area of outgrowing a porn addiction?
- How do these verses give us hope?

In the Zone:

- Why is living in recovery a new lifestyle?
- What new habits and practices have you implemented since starting the Freedom Fight?
- Which of the Core Anchor Convictions have you grown the most in?
- Which of the Core Anchor Convictions do you need to grow in?

Bible Study: Read Matthew 7:24-27

- The man who heard Jesus' words and put them into practice was described as building his house on the rock. How do you think that is similar to anchoring your life with core convictions?
- What does this verse say about what God wants to do in your life regarding your sexual addiction?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: Freedom: Once For All and Faith and the Promises of God.
- Start to make a plan for your next step in your recovery after the group stops meeting. i.e. go through *The Freedom Fight* book, lead others through the 30-Day Challenge, continue to meet in group with different content, lead a group, or go through the Freedom Fight content again.

Week 27

Weekly Objectives:

- Stick to schedule.
- Encourage your group on their progress.
- Clarify next steps.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

Freedom, Once For All:

- Why must people believe the power of Sin has been broken to truly experience it?
- How does the elephant illustrate how we are prone to respond to our sin?
- Why do you think we must learn to trust and believe God in the heat of our temptation?
- What is a practical way we can do this? (BRACE)

Bible Study: Read Romans 6:10-11

- Why does Paul command us to consider ourselves dead to sin? Why is this important to the process of recovery?
- How has applying scripture to different triggers been while using BRACE?

Faith and the Promises of God:

- Which of the 7 Qualities Related to Sexual Addiction Recovery do you need to currently grow in the most?
- Which of the 7 Qualities Related to Sexual Addiction Recovery have you grown in the most?
- Where are you on the Recovery Approach Spectrum? What do you need to do specifically to move towards a more balanced approach?

Bible Study: Read 2 Peter 1:4

- What do you think it means to participate or become a partaker in the divine nature?
- How might the corruption in the world caused by evil desires keep you from being a partaker in the divine nature?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: The Helper, The Spirit-Filled Life.
- Memorize Romans 6:10-11.
- Continue clarifying your next step.

Week 28

Weekly Objectives:

- Stick to schedule.
- Encourage your group on their progress.
- Clarify next steps.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

The Helper:

- How does the Spirit help us to live a lifestyle of recovery?
- How are the Yates (oil well) a good example of how most followers of Christ go through life in relation to the Holy Spirit?

Bible Study: Read John 14:16-17 and John 16:12-13

- Through the recovery process we have discovered shame messages, lies we have lived by and the truth that the enemy seeks to destroy our lives. Why is having the Spirit so integral for our recovery?

The Spirit-Filled Life:

- Which step of being filled by the Spirit stood out to you?
- Why must we continue to be filled with the Spirit versus a one-time thing?
- How do you think being Spirit-filled will impact your recovery?
- Which of the 3 steps to being filled with the Spirit do you need to apply most?

Bible Study: Read Ephesians 5:18

- How do you think being filled by the Spirit is comparable to being drunk?
- When is a time you were filled by the Spirit?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: A Vision for Recovery, Vision/Purpose, and Next Steps.
- Complete Vision and Purpose Zones exercise.
- Clarify your vision of recovery.

Week 29

Weekly Objectives:

- Stick to schedule.
- Encourage your group on their progress.
- Share Vision and Purpose Zones.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

A Vision for Recovery:

- Why is having a committed vision for recovery important?
- How have you seen the recovery process grow your relationship with Christ?
- What do you think about the fact you don't have to be in full recovery to lead others?

Bible Study: Read 2 Corinthians 1:3-4

- What do you think God would want you to do as a result of your experience through the Freedom Fight as a result of this passage?

Share Vision and Purpose Zones:

- The purpose zone is your personal mission statement, your life objective, your big picture purpose in life. Spend time reflecting and praying about what's God's purpose for your life.
- What are you currently doing or need to be doing to practically live out your purpose? How are you specifically living out your purpose?
- Have the group share each of their purpose and vision zones.

Vision/Purpose and Next Steps:

- How is freedom more about what you start doing than what you stop doing?
- What do you think about the definition of freedom that Ted talked about? No acting out for two years a*nd establishing healthy relationships and habits.*
- What are your purpose and vision statements?
- What are your next steps related to your own recovery and your plan to pass it on to others?

Bible Study: Read Hebrews 5:12-14

- How are the immature described?
- How are the mature described?
- What practices have been most helpful at training you in your growth?

Commitment to Change: 5 minutes

- Have group members complete and share out loud the three questions located in the Commitment to Change.

Assign Homework:

- Watch: The Power of Gratitude and A Vision for Holiness.

Week 30

Weekly Objectives:

- Stick to schedule.
- Encourage your group to take their next step.

Weekly Check-In: 6-8 minutes per group member (40 minutes total)

- Group members should fill out the Weekly Check-In questions within 24 hours of the group meeting and should read from what they have written.

Discuss Content: 45 minutes

The Power of Gratitude:

- How does gratitude help a person's mental health?
- What did you learn about anxiety and how gratitude impacts it?
- Which of the ways to practice gratitude do you most often practice? Which do you need to improve on?

Bible Study: Read 1 Thessalonians 5:16-18

- What is the difference between giving thanks 'in' all circumstances versus 'for' all circumstances?

Bible Study: Read Ephesians 5:3-4

- What should we avoid and what should we practice?
- How can practicing gratitude help us walk in sexual purity? (Emotionally? In our mindset?)

A Vision for Holiness:

- What stood out to you about how God emphasizes His holiness?
- Which of the seven biblical reasons for pursuing holiness of mind are most motivating to you and why?
- What are your biggest obstacles to pursuing holiness?

Bible Study: Read James 4:4-10

- How does friendship with the world impact our relationship with God?
- What are the steps in this passage to draw near to God? What are other steps to draw near to God?

Next Steps:

****Have each group member let you know what their next steps are.****

There are two areas that you should be making your plans in related to your next steps: Your personal growth and accountability plan and your personal ministry to help others find freedom.

What is your plan for personal growth and accountability?

Option One: Go through the Freedom Fight again with a different group. Recovery on average takes six months to two years, going through another group may be what you need!

Option Two: Continue meeting weekly with one or several of the people in your current group and go through different material like the holiness study, Sit Walk Stand or Better Man. Sticking to the same format of doing Check-Ins and Commitments to Change in these meetings is a great practice to keep up.

Option Three: Establish a different accountability practice like doing a check-in phone call once a week or meeting every other week with a trusted accountability partner. Lean into some local accountability to keep doing the core practices with.

What's your plan to help other people start their journey to freedom? Remember, the first part of freedom is finding freedom yourself and the second part is passing that freedom onto others.

Option One: Lead a 30 Day Challenge group in your local church or ministry. You don't have to be completely walking in freedom yourself before you help others start their freedom journey.

Option Two: Consider launching or co-leading a Freedom Fight group in your local church or ministry. It has proven most effective to recruit this group from those who have gone through a 30 Day Challenge so you can find those who will be most committed to the process.

If you have questions about launching Flagship groups or leader training, you can book a free 20 min Zoom call with a member of our team: Book free coaching call.