

30-Day Challenge Leader's Guide

<https://thefreedomfight.org/create-account/>

If you are not using the equipping study and video to kick off your group, this introduction lesson will be the content of your first meeting for the 30-Day Challenge. You will start the content of the 30 DC on the app/website the day after this first meeting. If you are using the equipping study for your introduction meeting or you aren't doing a small group where you need an introduction, you can start with week 2 to discuss the first set of lessons in the 30 Day Challenge.

Introduction

Welcome to the 30-Day Challenge. We're going to kick off with a question. Share at your table or with the person beside you: In your opinion, who is the G.O.A.T. (Greatest Of All Time) in any sport? Wrap-up discussion.

We admire athletes because of their ability to perform at a high level. An elite athlete must have elite training. We are going to do some training in godliness over the next 30 days. As we do, I want to encourage you to go through the 30-Day Challenge with two purposes. One is to grow personally and be sharpened in your own purity and holiness because we all have room to grow. And secondly, I want to encourage you to press into this training so you can be equipped to help others find freedom. Sexual sin (in thought or deed) is such a pervasive issue today, we need more people who are equipped in this arena, especially if we want to make disciples of the next generation.

The Apostle Paul regularly used athletic analogies to give us a deeper understanding of the Christian life. He commands Timothy,

...train yourself for godliness; 8 for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come. **1 Timothy 4: 7b-8**

The Greek word for train is gymnazo, which means “to exercise vigorously.”

1. Can you remember a time where you trained vigorously for something?
2. How did the training help you?
3. What are the reasons given for training ourselves for godliness?
4. What are some of the benefits of godliness in this life? The life to come?
5. When we pursue godliness/holiness how will this impact our...

...relationship with God according to John 14:21?

...influence with God in prayer according to James 5:16?

...usability by God according to 2 Timothy 2:22?

Which of these benefits of godliness motivate you the most to pursue godliness/holiness? Why?

6. Read 1 Cor. 6:18. Why do you think God puts an asterisk by sexual sin?
7. Read 1 Timothy 1:5. How does porn use undermine what Paul said is to be the foundation of our love for God and others?
8. One survey found that only 9% of pastors say their church has a resource to help their people overcome pornography. In light of the destructive nature of pornography use, why do you think so few churches are willing to address the issue?

This is why we are doing this 30 Day purity challenge because we want to equip more people to be able to help others find freedom.

Have people download the FF app or go to the website and sign up for a free account. Once they are verified and finish onboarding (2 minutes) they can open the app and start for the 30-Day Challenge. Each lesson is 10 minutes or less of content each day and your group will meet weekly to discuss the previous 6 days' lessons (leader's guide has weekly discussion questions).

They have 7 days to do 6 lessons so you will complete the 30 DC in five weeks.

Have people sign up in the meeting and let them know how it will work. Once they get signed-up they will go through 10 minutes of content each day and your group will meet weekly to discuss the previous 6 days lessons (leader's guide with discussion questions here). They have 7 days to do 6 lessons so you will complete the 30 DC in five weeks.

Let them know that you all will be discussing the questions about the lessons they go through during the previous week so doing the lessons beforehand will make the weekly discussions more fruitful.

Week 1 Discussion Questions

Kick off Question: What lesson impacted you most this week? Why?

Day 1 Binge-Purge Cycle

How do you think that pornography use is a weight that keeps people from running the race that God has for them?

Why is understanding the Binge-Purge Cycle important? Why do you think trying harder is not enough to overcome a struggle with porn?

Day 2 Destroy Strongholds

What are lies or rationalizations you tell yourself?

What truth have you found to combat each lie you identified?

Why do you think confession is integral to finding freedom?

Bible Study:

Read 2 Corinthians 10:4-5. What gives us the ability to destroy strongholds and arguments? Why do we need to take every thought captive?

Day 3 Nate's Story

What lies that Nate believed can you relate to?

Why do you think Nate said "I could only experience healing to the depth that I was willing to confess and repent. I dreaded it, but I did it"?

In light of Nate's story and his depth of confession, in what ways can you go deeper in your confession? Do you have anything you would like to confess now that you have been dreading?

Day 4 A Holistic Approach

Which area did you say you are most interested in growing in (physical, emotional, spiritual, social)? Why?

Why do you think "addiction thrives in isolation?"

Why is a holistic approach so vital to recovery? How can your approach to recovery be more holistic?

Bible Study:

Read Romans 7:18-23. How does this passage help us understand our weakness and the need for God and others?

Day 5 Not Again

How do you think God wants to use the process of finding freedom to bring you closer to him?

Day 6 Detox

Why is a 90-day detox so important?

Have any of you experienced any of the classic withdrawal symptoms?

Application: What are you going to do specifically this week to apply something you have learned?

Week 2 Discussion Questions

Kick off Question: What was the most interesting aspect of the brain science on porn to guys?

Day 7 Cut it Off

What are specific steps you need to take to achieve 90-days of detox?

Does anyone need help locking up their devices?

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?

Day 8 The Addicted Brain

Why is it important to take responsibility for our sin while also understanding the significance of an addicted brain?

How does understanding the addicted brain help you understand what happens when you are tempted to act out sexually?

Day 9 The Rut

Why do you think Paul tells the church in Corinth to flee from sexual immorality?

Read 1 Corinthians 6:18 as a group. Paul says the sexually immoral person sins against their own body. What are negative physical implications of partaking in sexual sin?

Day 10 BRACE for Battle

Why do we need to use a tool like BRACE?

Which part of Brace do you need to practice the most?

Bible Study:

Read the following passages of BRACE. Romans 12:2 “R”, 2 Timothy 2:22 “A&C” and 1 Corinthians 6:18 “E”.

As a group practice BRACE together. Breathe in 4 seconds, out 4 seconds. Remember the truth of scripture (encourage scripture memorization). Identify who you will call for help. Emphasize the importance of escaping and leaving the triggering situation.

Day 11 Renewing the Mind

What stood out to you after meditating on Romans 12:2 for an extended amount of time?

How does Romans 12:2 say we can be transformed?

What does it look like to renew your mind?

Day 12 Train Yourself for Godliness

Read 1 Timothy 4: 7-8, What do you need to do specifically to “train” yourself for godliness? What spiritual disciplines can you start incorporating to start daily ‘training’ yourself for Godliness?”

How do you think training yourself to use BRACE would help you to find freedom?

Application: What are you going to do this week to apply something you have learned?

Week 3 Discussion Questions

Kick off Question: How many times last week did you practice BRACE?

Day 13 SAST

Why do you think people tend to deny, minimize and rationalize their struggle?

Dr. Patrick Carnes says “Making promises to ourselves does not work. Telling the truth does. Healing starts the moment we understand the ultimate reality.” Have you ever promised yourself you’d never do something again, be it watch porn, masturbate, etc?

What do you think Dr. Carnes means by understanding the ultimate reality?

How can you start telling yourself real truth, instead of just making promises to yourself?

Bible Study:

Read Proverbs 14:8. Why must we give thought to our ways in regard to purity?

Day 14 The Addiction Cycle

What are some of your triggers and routines that precede you acting out?

Why is stopping the cycle at the beginning important?

Day 15 Who’s Your Master

When pursuing freedom, why is putting up boundaries or roadblocks important?

What boundaries or roadblocks can you put in place to help stop your routines?

Bible Study:

Read Roman 6:16, what are some of the ways we can offer ourselves as slaves of righteousness?

Day 16 Don’t Get BLASSTED

Why must someone figure out what they are medicating in order to find lasting freedom? How have you medicated your emotions with sexual sin?

Why do you think understanding our emotions is important?

Which of the BLASSTED emotions are most common triggers for you?

Day 17 Emotional Intelligence

Why is regularly checking in with others important for finding freedom?

Did you download the Freedom Fight app and begin checking in?

Were you able to add an accountability partner?

Day 18 Relapse and Reality

What does living in reality mean to you? Why is living in reality so important?

In what ways are your confessions sometimes not complete reality?

How can a relapse be turned from a set-back to actually moving you forward in your recovery?

Bible Study:

Read Hebrews 3:13. Why do you think the bible warns us of being hardened by the deceitfulness of sin when we do not exhort each other?

Who do you know that you can develop a daily accountability/encouragement relationship with? Find one person to commit to a daily check-in and accountability.

What is a way you can be more intentional to exhort someone else?

Application: What are you going to do this week specifically to apply what you have learned?

Week 4 Discussion Questions

Kick off Question: What is something God has revealed to you through the 30-Day Challenge?

Day 19 Walk by Faith

How do you think pursuing freedom requires faith?

Read Romans 8:1. After a relapse, why is it a challenge to believe this?

Day 20 The Stockdale Paradox

What stuck out to you from the video in this lesson?

Why were the overly optimistic the most likely NOT to survive the prison camp according to Stockdale?

In sex addiction recovery why is focusing on second order change so critical?

Bible Study:

Read 2 Corinthians 12:9-10. How does God's strength/power become fully realized in Paul's life?

How must we do the same to break free from this struggle?

Day 21 The Most Challenging

Porn or sex addiction is one of the most challenging addictions to break. From what you have learned so far, what do you think makes it so challenging?

How do you think outgrowing a porn addiction is an opportunity to die to yourself and lean into God like never before?

Day 22 Win the Battle of the Mind

What does it mean to take every thought captive?

How can you practically do this?

Why is taking every thought captive imperative for finding freedom?

Day 23 Spiritual Warfare

Read 2 Corinthians 10: 3-5. What resonated with you from the passage?

What is a thought or “argument” that has become a stronghold in your mind that needs to be deconstructed?

What does the Gospel truth say about it?

How can you take these thoughts captive?

Day 24 The Opposite of Addiction

Why do you think that people need God and others to find freedom?

How has discussing this content in community helped you?

Application: What is something you need to apply to your life this week to take your next step in your recovery journey?

Week 5 Discussion Questions

For the leader: Begin thinking of what God is calling you to lead in next. The 30-Day Challenge is a great starting point for people to begin finding freedom, but it usually takes six months to two years for someone to find freedom. Do you feel God is leading you to launch a small group using the Freedom Fight? You can learn and be equipped [here](#) on how to launch a Freedom Fight small group.

Kick off Question: What has been the most impactful part of the 30-Day Challenge for you so far?

Day 25 Winning Together

What can you relate with from Blake’s story?

James 5:16 implores us to confess our sins to one another so we may be healed. Is there anything the Spirit is prompting you to confess and get in the open? Spend time praying over any confession.

Bible Study:

Read 2 Timothy 2:22. Why do you think we need to flee from youthful lusts and pursue righteousness, faith, love, and peace with other believers?

Day 26 The Prince and the Dragon

What stood out to you from the prince and dragon story?

How was shame manifested in this story?

What was the impact of shame on the prince?

Shame must be disempowered to find true freedom. Vulnerability defeats shame. How can you be more honest and vulnerable to disempower shame in your life?

Day 27 Shame

What is the difference between guilt and shame?

How does shame fuel porn use?

What are manifestations of shame in your life?

What are ways to disempower shame?

Bible Study:

Read Romans 7:23-24. Who does Paul look to for freedom from his struggle?

How does Jesus and following Jesus' word help a person break free?

Day 28 Defeating Shame

Sharing shameful things from your past takes away its power as triggers. Is there anything from your past you would like to share?

Day 29 Faith and Diligence

Which of the qualities mentioned do you need to seek in your recovery (virtue, knowledge, self-control, perseverance, godliness, brotherly kindness, love)?

What would it look like for you to make every effort to add these qualities to your faith?

Bible Study:

Read 2 Peter 1:4-8. Why must we believe the power of sin has been broken to experience it?

Why are both faith and diligence important to a fruitful and effective life?

Day 30 The Next Step

What is your next step in pursuit of recovery?

Possible next steps: Start The Freedom Fight main program, read The Freedom Fight [book](#), share and go through the 30-Day Challenge with a friend.

Application: From what you learned about yourself and pornography, where would you like to see yourself in 6-months? A year? What do you need to do today to start the journey towards that goal?