

Emotional Growth Study

Leader's Guide

The Freedom Fight was developed as a discipleship tool to help men and women who are struggling with pornography. This Emotional Growth study focuses on the key principles and tools from the FF program that help people grow specifically in their emotional awareness and intelligence.

Overview

The Freedom Fight Emotional Growth Study is an 8-week jumpstart helping people become more emotionally aware and intelligent. This study is going to help people be able to better identify and process their emotions so they understand key drivers in their life that trigger negative emotion and move them toward unwanted coping behaviors.

How to Use this Study and Guide

This guide will walk you week by week through the Emotional Growth Study. This study is best used with 4-8 participants and you should plan to meet for 60-90 minutes each week depending on how many participants you have. Each week there will be a video teaching, a study guide/bible study to fill out or discussion questions. We recommend the group participants complete the assigned work before the group meeting so the group meeting can focus on discussing the content at a deeper level.

Weekly Meeting Format

After launching the group in week one (instructions below), the weekly format will be the same for weeks 2-8, the first 30-40 minutes should be used for the group participants to complete a weekly check-in. You will learn about this in the study, but it is an important tool and skill for people to grow in their emotional awareness and intelligence. By checking in each week, they will begin to understand and connect

the dots to why they may struggle emotionally or cope with their emotions in unhealthy ways.

After everyone has checked-in (5-6 minutes per person), you can then begin discussing the weeks content, you can find discussion questions in the weekly guide below. End the meeting each week with 10 minutes for each person to share their commitment to change each week. This can be found at the bottom of the weekly check in section of the app/website.

Note: Daily Check-ins are done on the FF app or website. When you submit your daily check-ins, they populate in your weekly check in. The lowest level you reached each week is outlined in red. And the behavior that most resonated with you at that level is bolded. This is the behavior that each person will answer specific questions about in the weekly check ins.

Leader Preparation

(before group starts)

- Watch week 1 content before your group.
- Send your group the study guide link and have them print it or be able to take notes virtually.
- Download the FF app ahead of time and create an account.
 - o Create a group in the Small Group area.
 - o Add people to your group, doing so will add them if they already have a FF account or will send them an email to download the app.

Schedule

Weekly Meeting Schedule:

- Check-ins (~30 min) 5-6 minutes per person.
- Discussion of the videos/content (45 minutes).

Week	Assigned Content	Comments:
Week 1	Intro Video, FASTER Scale, Daily and Weekly Check-in.	This week you will watch the assigned content together and get your group set up on the app.
Week 2	Watch: Manifestations of the FASTER Scale, BRACE for Battle.	Assign the content to be completed with the study guide BEFORE your meeting.

Week 3	Watch: The Double Bind. Read: FASTER Q&A w/ experts and Common Double Binds.	Assign the content to be completed with the study guide BEFORE your meeting. Have people begin checking in on app and identify one double bind.
Week 4	Watch: Don't get BLASSTED, Facing BLASSTED Emotions,	Assign the content to be completed with the study guide BEFORE your meeting.
Week 5	Watch: Casting Cares, The Power of Gratitude.	Have group watch the video on their own, discuss it during group.
Week 6	Watch: Session 1 Sit, Walk, Stand.	Have group watch the video on their own, discuss it during group.
Week 7	Watch: Session 2 Sit, Walk, Stand.	Have group watch the video on their own, discuss it during group.
Week 8	Watch: Session 3 Sit, Walk, Stand.	You can continue sessions 5,6 or assign them to do it on their own. You can continue group format and insert different material as desired.

Week One

Week One Objectives:

- Help everyone get set up for the Study
- Get to know each other
- Watch Week 1 content together.

Content:

Watch the Intro video together:

- Why do you think it is important for people to grow in their emotional awareness and intelligence?
- What do you think are some of the benefits of growing in your emotional awareness?

Watch The FASTER Scale video together:

Have group members fill in study guide while watching the video

- What would you say is the purpose of the FASTER scale is?
- How can the FASTER Scale be used to help you develop in emotional awareness and intelligence?
- 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: Proverbs 7

- What were some warnings from Proverbs 7?
- How can the FASTER scale protect us from being vulnerable to “her” path?
- 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?

Daily Check-ins are a core practice for growing in your emotional awareness and intelligence. Watch the Daily Check-in video to learn how to do it. Encourage your group to check-in daily.

Watch Daily Check-ins together:

- What benefits are there for checking in daily with someone?
- Complete a daily check-in together.

Watch Weekly Check-ins together.

- Do you have any questions about how to complete the weekly check-in?

Assign Homework:

- Next week, within 24-hours of our next meeting, fill out the weekly check-in so you will share it with the group.
- Watch: Manifestation of the FASTER Scale and BRACE on your own.
 - o Fill out the study guide and bible study.
- Read: FASTER Scale Q&A w/ Experts

Week Two

Week Two Objectives:

- Complete weekly Check-in
- Continue to learn about FASTER Scale
- Learn BRACE

Content: Discussion

Manifestation of the FASTER

- 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 my 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 to help you grow in your emotional awareness and intelligence?
- Why is knowing yourself and knowing when you're sliding down the FASTER scale crucial to recovery?
- What's one practical way you can process your difficult emotions with God?

Bible Study: 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?

BRACE for Battle:

- As a group practice BRACE
- 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 you are tempted or struggling with a difficult situation?
- What are healthy outlets we can escape to?
- What is the purpose of BRACE?
- What is the old pathway? What is the BRACE pathway?

Bible Study: Read Hebrews 12:3-4

- In verse three, why is it important for us to reflect on what Jesus did?
- What does v.4 mean?

- What biblical truths would be most helpful for you to meditate on when practicing BRACE?

Assign Homework:

- Next week, within 24-hours of our next meeting, fill out the weekly check-in so you will share it with the group.
- Watch: The Double Bind.
- Read: FASTER Q&A w/ experts and Common Double Binds.

Week Three

Week Three Objectives:

- Complete weekly Check-in
- Continue to learn about FASTER Scale
- Learn and begin practicing resolving Double Binds

Content: Discussion

The Double Bind:

- What is a double bind?
- How do unresolved double binds drive you down 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?
- Dr. Ted Roberts said "the double bind is typically related to our deepest fears and lies we believe about life, ourselves and God." What faulty core beliefs might be fueling some of your double binds? What are some verses that would counter those lies?

Bible Study: Read Psalm 51:6

- What does God desire? What's 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?

Discuss FASTER Scale Q&A w/ Experts:

- What key principles of the FASTER scale stand out to you?
- How do you think using the FASTER scale to build emotional awareness?

Discuss Common Double Binds:

- What key principles of Double Binds stand out to you?
- How do you think it will be helpful to identify a double bind every day?

Assign Homework:

- Fill out the weekly check-in so you will share it with the group.
- Watch: Don't get BLASSTED, Facing BLASSTED Emotions.
- Identify one double bind in your daily check-in.

Week Four

Week Four Objectives:

- Complete weekly Check-in
- Learn more about processing emotions.

Content: Discussion

Don't Get BLASSTED:

- Which of the BLASSTED emotions is most common for you?
- Why is growing in self-awareness important for facing your emotional triggers?

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 learn to face your BLASSTED emotions instead of avoiding them?
- 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? How often do you do this?

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?

Assign Homework:

- Fill out the weekly check-in so you will share it with the group.
- Watch: Casting Cares, The Power of Gratitude

Week Five

Week Four Objectives:

- Complete weekly Check-in
- Learn more about processing emotions and practicing gratitude.

Content: Discussion

Casting Your Cares:

- Why do you think it is human nature to medicate emotional pain instead taking it to God?
- 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?

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?"

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 1 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?)

Assign Homework:

- Fill out the weekly check-in so you will share it with the group.
- Watch: Session 1 Sit, Walk, Stand

Week Six

Week Four Objectives:

- Complete weekly Check-in
- Discuss Session 1 SWS

Content: Discussion

Session 1: Sit in Your Position in Christ

1. How have you seen people in the world around us work to create, build, and manage their identity?
2. What does it mean to have your identity in Christ?
3. What about the analogy of the governor's pardon and adoption stood out to you?
4. As Ted mentioned, Ephesians 1:13 describes us as being "sealed with the promised Holy Spirit." This is the indwelling presence of God in us. We are temples for God to live within us. We are in Christ and Christ is in us. How should this reality shape how we view ourselves?

5. Read Ephesians 1:17-18
What was Paul praying for his audience and why? How can knowing God better help us build our identity in who we are in Christ? What can we be tempted to put our hope in besides our eternal inheritance in Christ?
6. Read Ephesians 3:17-19.
Paul says that understanding the full dimensions of God's love will enable us to be filled with all the fullness of God.
 - What do you think it means to be filled with the fullness of God?
 - How does understanding God's love for us allow us to be filled with all the fullness of God?
 - What might this look like today in your life?

Assign Homework:

- Fill out the weekly check-in so you will share it with the group.
- Watch SWS Session 2.

Week Seven

Week Four Objectives:

- Complete weekly Check-in
- Discuss Session 2 SWS

Content: Discussion

Session 2: Walk Worthy in a Sexualized Culture

1. How is Gentile thinking described in 17-18? How do we see people darkened in their understanding and ignorant of the truth today?
2. From the video, what did you learn about pornography or sex addiction?
3. What is scary about the idea of sexual sin leading toward being "greedy to practice every kind of impurity"? How do we see evidence of this in our world today?
4. Ted walked us through the concept of shame by pointing out that **guilt** says "I've done bad," but **shame** says, "I am bad." So often, we can experience deep shame and self-hatred when we are unable to act in a way that lines up with our stated beliefs. This toxic shame can result in an inability to believe and receive God's love.

How can shame lead us into a similar mindset as that of the Gentiles (v.17-18)?

5. Why does Ted say that pornography addiction is an important topic for believers to be equipped in?

But that is not the way you learned Christ! assuming that you have heard about him and were taught in him, as the truth is in Jesus - Ephesians 4:21-22

6. What are ways you see believers today thinking and living like the lost? What areas are you most tempted to think and walk like the Gentiles?
7. What can we do to help make sure that Jesus remains our standard of truth?

Assign Homework:

- Fill out the weekly check-in so you will share it with the group.
- Watch SWS Session 3.

Week Eight

Week Four Objectives:

- Complete weekly Check-in
- Discuss Session 3 SWS, finish strong!

Content: Discussion

Session 3: Walk by Putting off & Putting on

#1 PUT OFF OLD SELF (v.22): What are the old practices, habits, or even self-deceptions that can keep believers stuck in their old life and identity?

#2 BE RENEWED IN THE SPIRIT OF YOUR MINDS (v. 23): Read Romans 12:2 How is the mind like a **Battlefield**?

- How does what we feed our minds make a difference?
- How have you seen God change you by renewing your mind?

#3 PUT ON THE NEW SELF IN... HOLINESS (v.24): Why do you think pursuing Christlikeness is so important for us to walk in our identity in Christ?

- What does it mean to become who we are?

#4 REPLACE LIES WITH TRUTH (v.21, 25) What are some of the lies that you have believed or seen others believe that have kept them stuck from growing in their spiritual life?

- What are some of the ways we can renew our minds?

#5 SPEAK THE TRUTH WITH HIS NEIGHBOR, FOR WE ARE MEMBERS OF ONE ANOTHER (v. 25): What might it look like to be committed to one another and speak the truth to those around you?

#6 BE ANGRY AND DO NOT SIN, DO NOT LET THE SUN GO DOWN ON YOUR ANGER (v. 27): How can our negative emotions be similar to a check engine light in a car?

- How should we deal with our anger or other negative emotions?
- What did you learn that gives you more insights about addictions?

Course Finished!

Possible Next Steps

If your group is able to meet a few more weeks, finish the SWS content. After that, determine if your group will continue to meet. If you would like to keep meeting you, our recommendation is to stick with the same format of doing a weekly check-in and then discussing different content. Some options could be the FF book, FF program or other applicable material to your group's needs.