

***Every Man's Battle***  
Week One  
Chapters 1-3

Chapters 1-3 should be read **before** this first group session.

Begin with Prayer

Discussion:

1. What were the most significant things for you in these three chapters?
2. From your reading and your own thinking, what is the difference between normal sexual desire and sexual addiction? How would you explain the author's concept of *fractional addiction*?
3. Do you agree that sex can be a way of medicating inner pain for a man?
4. To what extent do you agree or disagree with the book's contention that, for most men, sexual sin is based on pleasure highs rather than true addiction?
5. Look at The Heart of a Woman quotation at the end of chapter 3. Were you surprised by what these women said? What part of that gave you a better understanding of your wife?

**What action steps do you plan to take this week as a result of your reading and our discussion?**

Read Chapters 4-7 for our next session.

Finish with Prayer

***Every Man's Battle***  
Week Two  
Chapters 4-7

Begin with Prayer

Discussion:

1. What did you find most significant for you in these chapters?
2. How would you summarize what the author said about the different meaning that sex has for men and women? Do you agree? How do you see that played out in your relationship with your wife?
3. How would you summarize God's standards for sexual purity? How have those standards been watered down by our culture...even in the church?
4. What "maleness" traits, if not bridled by the Spirit of God, contribute to sexual immorality? When are those same traits positive for men?
5. Do you agree or disagree with the book's assertion that a real man is a doer of the Word of God? Why or why not?
6. How important is the fellowship of Christian men in your personal commitment to sexual purity? What part does that fellowship play in living up to your commitment?

**What action steps do you plan to take this week as a result of your reading and our discussion?**

Read Chapters 8-10 before our next session.

Finish with Prayer

## ***Every Man's Battle***

Week Three

Chapters 8-10

Open with Prayer

Discussion:

1. What things in Chapters 8-10 were most significant for you?
2. Do you agree or disagree with this statement from Chapter 8?

*Sexual impurity isn't like a tumor growing out of control inside of us. We treat it that way when our prayers focus on deliverance as we plead for someone to come remove it. Actually, sexual impurity is a series of bad decisions on our part, a result of immature character ...and deliverance won't deliver you into instant maturity. Character work needs to be done, Holiness is not some nebulous thing. It is a series of right choices. You will be holy when you choose not to sin. You are already free from the power of sexual immorality. You are not free from the habit of sexual immorality until you choose to be.*

Does prayer, deliverance, or the breaking of curses have any place in a man's battle for sexual purity? When might those things be indicated? How does that fit with the points the author is making in the statement above?

3. What is the author's definition of "sexual purity?" What are the three defense perimeters we must build to attain the goal of sexual purity? What practical things can we do to build and maintain those perimeters?
4. Look at Satan's arguments under "Purity Always Brings Spiritual Opposition," page 111. In your opinion and experience, which of these arguments are men most susceptible to? How does 2 Cor. 10:4-7 apply to the issue? How do you defend yourself against those arguments?

**What action steps do you plan to take this week as a result of your reading and our discussion?**

Read Chapters 11-13 before our next session.

Finish with Prayer

## *Every Man's Battle*

Week Four  
Chapters 11-13

Open with Prayer

Discussion:

1. What did you find most significant or helpful in these chapters?
2. What is your reaction to the *bowls analogy* in Chapter 11? How helpful is it for you to view your sexual need this way? Why?
3. How would you summarize the author's recommendations for your eyes in this section? How hard is that for you to commit to or maintain? How might you strengthen your resolve to keep your eyes pure?
4. What is the problem (chapter 13) in getting into a conversation with yourself about sexual purity or whether to look or not to look?
5. To this point in our study, what things have you learned, been convicted of or reminded of in your quest to please God? What have you changed in response to those things the Spirit has spoken to you about?

**What action steps do you plan to take this week as a result of your reading and our discussion?**

Read Chapters 14-16 before our next session.

Finish with Prayer

***Every Man's Battle***  
Week Five  
Chapters 14-16

Open with Prayer

Discussion:

1. What parts of these chapters did you find most helpful or encouraging?
2. From chapter 14, how would you explain the process by which the mind cleans away old sexual pollution? What encouragement does understanding this process give you? How does that process relate to Romans 12:2?
3. What do the authors mean by “mental customs stations” and “starving the attractions?” Describe those processes in practical terms and discuss how effective those processes might be for you if practiced on a consistent basis.
4. What tactics were presented for maintaining pure thoughts in regard to old girl friends and the wives of your friends? Why is it so critical to maintain vigilance in these areas and how affective do you think these strategies are?
5. In Psalm 53 David prays after his sin with Bathsheba. What insights do you gain from this about the Spirit's ministry in achieving sexual purity in your life?

**What action steps do you plan to take this week as a result of your reading and our discussion?**

Read Chapters 17-18 before our next session.

Finish with Prayer

***Every Man's Battle***  
Week Six  
Chapters 17-18

Begin with Prayer

Discussion:

1. Which parts of these two chapters were most significant for you?
2. When have you been frustrated or angry lately when your expectations for your wife haven't been met? How do you typically respond or retaliate when she doesn't meet your expectations?
3. Under the heading of *How Cherishing Feels* in Chapter 17, look at the author's paraphrases from the Song of Solomon. How would you analyze the feelings conveyed in these passages? What kinds of things make your spouse feel cherished in your marriage?
4. Tell the story of David and Bathsheba in 2 Sam. 11-12. What were the short term and long term consequences of their sin? If David had thought of the potential consequences of his sin, do you think he would have made better choices? Why did he not think of those consequences? What consequences have you seen in your own life or the life of others when men or women have been involved in an affair or pornography?
5. How helpful would it be, if tempted, to run the fantasy past the short term gratification and imagine the destructive consequences that will be yours in the long run....since God will expose the sin?
6. What commitments have you made to yourself and to God as a result of this study?

**Does anyone in the group recognize that he has a sexual addiction that will need more than this study to be defeated? How can we help?**

Dismiss with Prayer