

CRU PRESS

GREEN



C H A P T E R   E X T R A C T S

# CIRCUIT BREAKER

BY CODY BURIFF



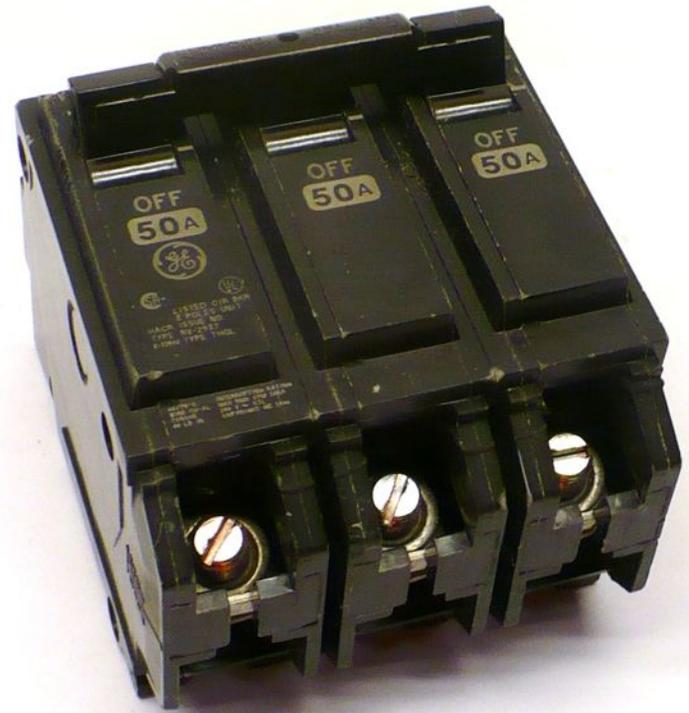
## FROM FAILURE TO FREEDOM

We're all tired of seeing men—leaders, pastors, husbands—disqualifying themselves. God's gift and design for sex has been perverted and twisted almost beyond recognizing. Pornography is wrecking our marriages, ministries, and our capacity to connect with God.

Circuit Breaker is set up for weekly one-on-one mentoring, but could also be used in a Small Group setting. This is an attempt to get something concise, clear, and effective out there to help men walk through a discovery and recovery process together.

# circuit breaker

from failure to freedom: a leader's guide



**Circuit Breaker:** (n) an automatically operated switch designed to protect something from damage caused by overload or short circuit. Its basic function is to detect a fault condition and interrupt current flow. A circuit breaker is used to reset and resume normal operation.

*Circuit Breaker* is a Jesus centered resource. Intentionally. This problem is not just a physical problem. The need is heart change. And frankly, real transformation doesn't happen without Jesus doing some rewiring in people's hearts and minds.

Sexual addiction and habitual sexual sin is a cancer, destroying most of the men (and many of the women) in this generation, even in the church. Our enslavement to sexual sin is wrecking our marriages, ministries, and our own ability to connect with Jesus. Mark Driscoll says that we spend more on porn each year than the total amount spend on major league baseball, basketball, and football. Combined. Porn is available anytime, any place. The average boy is exposed to pornography by age 8. Porn fuels the sex trafficking industry (CSE), which enslaves millions of men, women and children around the world. Porn and masturbation are encouraged by many university professors and school psychologists.

We're all tired of seeing men- leaders and pastors- disqualifying themselves and ruining relationships. God's gift of and design for sex has become so perverted and twisted. I'm weary of watching men work really hard to pluck the bad fruit they are producing, just to see it come back with a vengeance and take them down. Again.

And let's face it: accountability groups are generally pretty lame. You get a small band of guys together in a quieter place and then after you confess the escapades of the past week, the other guys pat you on the back and say something like, "Bummer dude. Can we pray for you?" Rinse and repeat a few times, and then come back the next week to do it all over again. With no real change. I've been apart of several groups and relationships like this. I've left feeling hopeless, either for myself or for the other guys, because I didn't have a clue how to help either of us.

*Circuit Breaker* is set up for weekly one-on-one mentoring, but could also be used in a small group setting. It is also geared for men, but has been successfully used numerous times with women. This is an attempt to get something concise, clear, and effective out there to help men walk through a discovery and recovery process together. We want to see men move towards the freedom found in Jesus.

#### **How to use *Circuit Breaker*:**

Print out and look over the resource before meeting with the person you are leading. Don't give it to them. As you get to the 10 most painful experiences week, you may give them those pages as an assignment to be turned in, but otherwise keep the packet with you. After you have finished using this, you should give it to them.

There isn't necessarily a right or wrong way to use this. Much of your experience with *Circuit Breaker* will be based on you. The most important thing I can stress is to listen well.

I pray God uses it to bring freedom and healing to the wounded and enslaved you know!

### **week 1: possess the land**

*goal: understand the need to fight hard, walk away with resolve and commitment*

- read over Romans 6 and discuss it together
- read over the text on the page
- assign 1 John 1

### **week 2: turning the light on**

*goal: confess hidden sin, understand need for the gospel and results of confession*

- 1 John 1:5-10
- assign Proverbs 7

### **week 3: positioning**

*goal: create goals and define disciplines to move towards cessation of sin and replacing sin with healthy habits*

- Proverbs 7- positioning for obedience
- go over tactics and have them choose specific points of action
- assign '10 of my most painful experiences' sheet

### **week 4: 10 painful experiences**

*goal: process difficult, life-shaping events*

- walk through the 10 experiences in-depth. listen well. ask questions. take notes.
- your assignment (as the guide) is to look for patterns of beliefs and themes for week 6
- assign thorough reading of Isaiah 43:1-10

### **week 5: renewing the mind**

*goal: see the false patterns of thought and beliefs, grasp the contrasting truths of the gospel for renewing the mind*

- read over the tree 'how to' ahead of time
- fill out the 'fallen' side of the tree page together
- explore Isaiah 43:1-10 together
- fill in the redeemed side of the tree using the truths of Isaiah 43:1-10
- assign them to share the truths of the redeemed side of the tree with others
- assign Romans 7-8

### **week 6: freedom**

*goal: understand the basic physiology of addiction, the process of recovery, and the source of power in recovery*

- give and talk about the sexual addiction assessment
- read over the brain section
- Romans 7-8
- explain the cycles of addiction, relapse and recovery

### **week 7: better accountability**

*goal: understand the need for accountability, and how to 'do' accountability well*

- read over 1 Samuel 14:6-15
- read over the page together, and discuss it

Take some time to read through Romans 6, and talk about it together. When you are finished, read over these words from Rick James' *Flesh* and chew on the implications. What needs to happen in your life?

In the book of Joshua in the Bible, we are given the account of how God delivered the land he had promised into the hands of the Israelites. While the land was a gift, they still needed to engage in conquering it. (This is the kind of gift I'm tempted to give: "You see that football stadium on your campus? It's yours. Simply kick out the 80,000 people who attend games there, as well as the football team—a mere formality.")

Of course, the Israelites were promised God's power, protection and direction in the task as they were ordered to drive out or destroy all who lived in the land before they could fully occupy the territory. Most, however, did not. They surged forward, and when the fighting became too difficult, they compromised and allowed certain portions of the land to remain unclaimed and unconquered. As a result, we see Joshua encouraging them to take full conquest of the land: So Joshua said to the Israelites: "How long will you wait before you begin to take possession of the land that the Lord, the God of your fathers, has given you?" -Joshua 18:3

Yet they did wait and allowed powerful pockets of the land's inhabitants to form in unchallenged territory. These pockets became strongholds: unconquered kingdoms within the borders of the Promised Land. Not content to remain little islands and outposts, they waged terror attacks against the Israelites, steadily growing in power until we read, "The Israelites prepared shelters for themselves in mountain clefts, caves and strongholds." The Israelites didn't fully drive out their enemy and allowed strongholds to remain from which their enemy began to reign. The result was that the Israelites were run out of their towns and houses. They found themselves hiding in hills within the land they owned and should have controlled.

The implications for our spiritual growth and our fight against lust should be obvious: when we let lust remain in our lives, it grows in power and influence until it is controlling our life as much or more than God. The battle against lust is "kill or be killed," "fight or be attacked," "conquer or be conquered." Allowing lust to remain, or tolerating its presence, is not one of our options. What Joshua was calling for, and what the passage in Romans is calling for, is a decision to fight. We are to commit ourselves to completely clearing the land, so that there isn't a trace, "not a hint," of our enemy, lust.



# 1 john 1:5-10

bring it into the light

A glowing lightbulb hangs from a cord against a cracked, textured wall. The lightbulb is illuminated, casting a warm glow. The wall is a mottled yellowish-brown with prominent vertical and diagonal cracks. The lightbulb is positioned on the right side of the page, partially overlapping the text 'bring it into the light'.

\*As the guide, it is imperative that you do not allow your person to sit in shame while going through this. As he/she confesses, you must listen well, lead in authenticity, and communicate graciously. If he is an addict, he is not responsible for his addiction, and it does not define him. Shame will only make him more likely to fail again.

In Genesis 3:8, mankind hid for the first time. Relationship was broken, and Adam started a legacy of looking over his shoulder that continues to haunt us today. Like Adam, we too hide our brokenness. We are told to cowboy up, be tough, don't cry, be a man! To show weakness is the greatest sin, and so we've learned to hide; to wear a mask. Often we have even convinced ourselves that we are the only ones that are truly broken. Or that we aren't broken after all.

Begin by reading through verses 5, 6, 8, and 10.

Specifically:

**v5** Ask: What does it mean that God is light?

**v6** Ask: What is darkness? (concealed sin) Talk about what it is like to walk in literal darkness (hazardous to health).

Ask: Who we are lying to? (others, God)

**v8** Ask: Who is deceived? What is the difference between 'lying' and 'deceived'? (knowing truth/believing a lie)

**v10** Ask: Who is being labeled a deceiver? How did we get to 'God as deceiver' from 'God is light'? How have you seen this progression in the world? Your life? Where did it all start? (keeping things in the dark)

Take some time to ask about his or her darkness. Allow ample time to intentionally draw out the concealed sin, asking questions like "What would you not want your parents/roommates/girlfriend/me to know?" and encourage specificity. You want to help them to drag their garbage into the light. Use the right side of this page to write it all down.

Now go back in and look at v7 and v9.

**v7** Ask: What does it mean to walk in the light? What happens when we choose to do so? (authentic relationships, cleansing of sin)

**v9** Ask: What does the word "confess" mean? (Greek= 'same-say') What does it look like to see and call sin the way God sees it? What is the result of confession? (forgiveness, cleansing, reconciliation, He is faithful) Who could we confess to? (God, brothers)

Assign Proverbs 7.

# proverbs 7

Solomon, a man whose downfall was being led astray through multiple wives into worship of multiple gods, shares wisdom from both above and from the daily battle on this fallen earth.

This passage talks about positioning ourselves in 3 ways:

## **Position your heart in the Word:**

v1-4 Circle the active commands (keep, treasure, bind, etc.)

v5 Why? To keep us free from the adulteress and all that she represents.

In other words, we need to be actively engaged in the intense battle to 'keep our perimeter clear.'

## **Position your body far from "her":**

v6-7 How does he describe the young man?

v8-9 Why does Solomon conclude that he is lacking sense? Where does the young man position himself? (near her corner, taking the road to her house, at the time of night)

## **Position your mind to see temptation for what it is:**

v10-12 Where is the battle of temptation? (everywhere)

v13-20 She will present herself in a beautifully alluring way. She will not reject him, but in fact she really wants him specifically. She has readied her home and put on sweet smelling perfume. She appeals to his God-given longings for beauty, love and delight. All of this points us to understand the nature of her temptation. What is meant to be shared within marriage as a God-honoring, enjoyable and covenantal intimacy that mirrors the Trinity, she twists into a one-night perversion of love. But she, like a siren of Greek mythology, has a horrendous secret.

v21-23 The imagery is vivid: a slaughtering death. Unbeknownst to him, it will cost him his life.

How have you seen this passage ring true in your life?

## **Recap:**

How have you seen each of these three stages in the lives of those you know?

How have you seen them in your own life?

In v24 Solomon harkens us back to v1 and draws our minds and hearts back to focus on his words/ commands. What are those commands? (his teachings on finding life in God and death in sin, essentially pointing us to the Gospel and our need for Jesus)

In v25-27, Thus the command to stay focused on Christ, not on her ways or her path that leads to death.

Don't follow the crowds of guys she has seduced. Stay the course. Keep your perimeter clear by training and positioning your mind, heart, and body.



# tactics

We don't want to put too much of a focus on behavior modification. We want to hit the roots of the problem, not just pluck the fruit. That said, you need to start running on some tracks that will set you up well for freedom. Here are some tactics to help with that aspect of recovery.

## Get Moving:

Install porn protection software on your computer. (covenant eyes, xxx church, etc.)

Start bouncing your eyes.

Do what you can to remove temptations. Don't watch certain TV shows. Get rid of magazines. Don't be alone so much.

In light of Matt 12:43-45, don't leave your house empty. It is wise to begin personal disciplines in 5 areas of your life, replacing the sinful habits. I like to call it "taking your meds."

*Friendships:* ex. Have an intentional meal with 3 guy friends once per week each, and enjoy some real talk with them. Get awkward and uncomfortable; get honest and vulnerable.

*Acts of Service:* ex. Go serve at a soup kitchen or mentor a child once per week. Wash your housemate's dishes every day. Do something you don't really want to do that will serve your community.

*Spiritual Disciplines:* ex. Fast for 12 hours once per week. Get in the word every day. Memorize your Big 5. Read a book per month.

*Physical Exercise:* ex. Lift weights 3 times per week, go for a run 3 times per week. Go with someone if possible.

*Hobbies:* ex. Whittling, drawing, reading, woodworking, shooting. Spend a bit of time each week developing a healthy hobby.

\*It might be helpful to understand that 'failure' in these goals is going to happen. The definition of success is not the absence of failure, but it is the willingness to keep going in spite of failure. Just because you miss a goal does not mean you are dead. Keep moving. Be faithful.

## Your Big 5:

Choose five short passages of scripture and write them down. These verses should speak directly to the lies you tend to believe, and point you to the beauty of the gospel and your position in Christ. Every morning when you wake up and every evening when you lay down, read over these passages and recite them. Pray through them by asking God to help you believe them, and trust Him. Practice renewing your mind, and practice the presence of God in this way. You might include Romans 8:1.

## Visualization:

In Romans 6, Paul encourages believers to, "consider yourselves dead to sin and alive to God in Christ Jesus." The Navy Seals, great athletes, and influential leaders use this technique to help them succeed. While not in the moment, practice visualizing yourself in the moment of choosing whether or not to sin. First, decide on what action steps and decisions you would like to make in those moments, and then close your eyes and put yourself in the moment. Imagine the battle you are entrenched in, going back and forth. "I shouldn't do this, but I want to." Now focus on what you want yourself to do in that moment and the decisions you want to make, and then imagine yourself doing it.

Write down the action and decisions you want to make. What things do you want to do in that moment to position yourself better? What truths do you want to remind yourself of in the heat of the battle? What do you want to say to God?



# 10 of my most painful experiences

rank 1-10, 1 = most painful, 10 = least painful

example:

\_\_\_(rank) painful event: alcoholic mother

a. describe the process: she was never there for me

b. describe the emotional effect: I felt abandoned

c. describe the beliefs constructed/reinforced: I am not worth being loved

\_\_\_(rank) painful event:

a. describe the process:

b. describe the emotional effect:

c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

a. describe the process:

b. describe the emotional effect:

c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

a. describe the process:

b. describe the emotional effect:

c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

a. describe the process:

b. describe the emotional effect:

c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

a. describe the process:

b. describe the emotional effect:

c. describe the beliefs constructed/reinforced:

# 10 of my most painful experiences (continued)

\_\_\_(rank) painful event:

- a. describe the process:
- b. describe the emotional effect:
- c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

- a. describe the process:
- b. describe the emotional effect:
- c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

- a. describe the process:
- b. describe the emotional effect:
- c. describe the beliefs constructed/reinforced:

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- a. describe the process:
- b. describe the emotional effect:
- c. describe the beliefs constructed/reinforced:

\_\_\_(rank) painful event:

- a. describe the process:
- b. describe the emotional effect:
- c. describe the beliefs constructed/reinforced:

# how to fill out and use the tree

If you have placed your faith in Jesus, you have a redeemed nature, but unfortunately we all still deal with our fallen nature as well. This fallen nature (the roots) can directly affect our behaviors (fruit), or can directly affect our beliefs (branches) and thus our behaviors. More often than not though, our fallen nature affects our behaviors and beliefs by way of our wounds (trunk).

During week five, fill in the fallen side of the tree. The fruit should include the confessed sin and darkness from week one. The beliefs section should be filled in with the thematic lies that you found while working through the ten most painful experiences sheet during week two. Some examples of lies that people believe might be: "I am worthless;" "I am abandoned;" "I am a screw-up;" "No one sees me;" "I'll never be \_\_\_;" "God made a mistake with me;" "God only tolerates me."

After completing the fallen side, walk intentionally through Isaiah 43:1-10 verse by verse. Try to draw out every drop of truth regarding the Christian and God. As you walk through the passage, write those truths on the 'redeemed' side of the tree. It can be especially powerful to see how these truths inevitably contradict the core lies that are listed within the 'fallen' beliefs. Then fill in the 'fruit' with the fruit of the Spirit and other desired behaviors that oppose the fallen fruit.

In Romans 12, Paul commands the believers to be "transformed by the renewing of your mind."

The purpose of the tree page is to help a person become familiar with the false beliefs that tend to trigger their personal sinful habits and addictions. The hope is that it can then help them remember the truths of scripture that are contrary to those triggers.

In those moments of insecurity or rejection or (insert emotion here), we must first recognize the false belief and the impulse to sin that grows out of it. We can then ask the Holy Spirit to remind us of the truths of scripture that speak directly the false beliefs and emotional pains. Finally, we can turn and worship Jesus rather than our false idols.

A stroke patient requires about ten-thousand repetitions in order to truly re-learn the right movement. They say it takes ten-thousand hours of practice to become an expert musician, artist, or craftsman. In the same way, it generally takes a lot of time, practice, and failure to see real growth and transformation happen as we rewire our brains.

As a point of action, once you have filled out the tree completely, have him keep it in a visible location, such as by his bed, or on his wall. Have him look at it in the morning when he wakes up and in the evening before laying in bed, for the purpose of renewing his mind with the truths of the gospel.



# the tree

...be transformed  
by the renewing of your mind.

beliefs about me

fruit

true of me

beliefs about God

beliefs

true of God

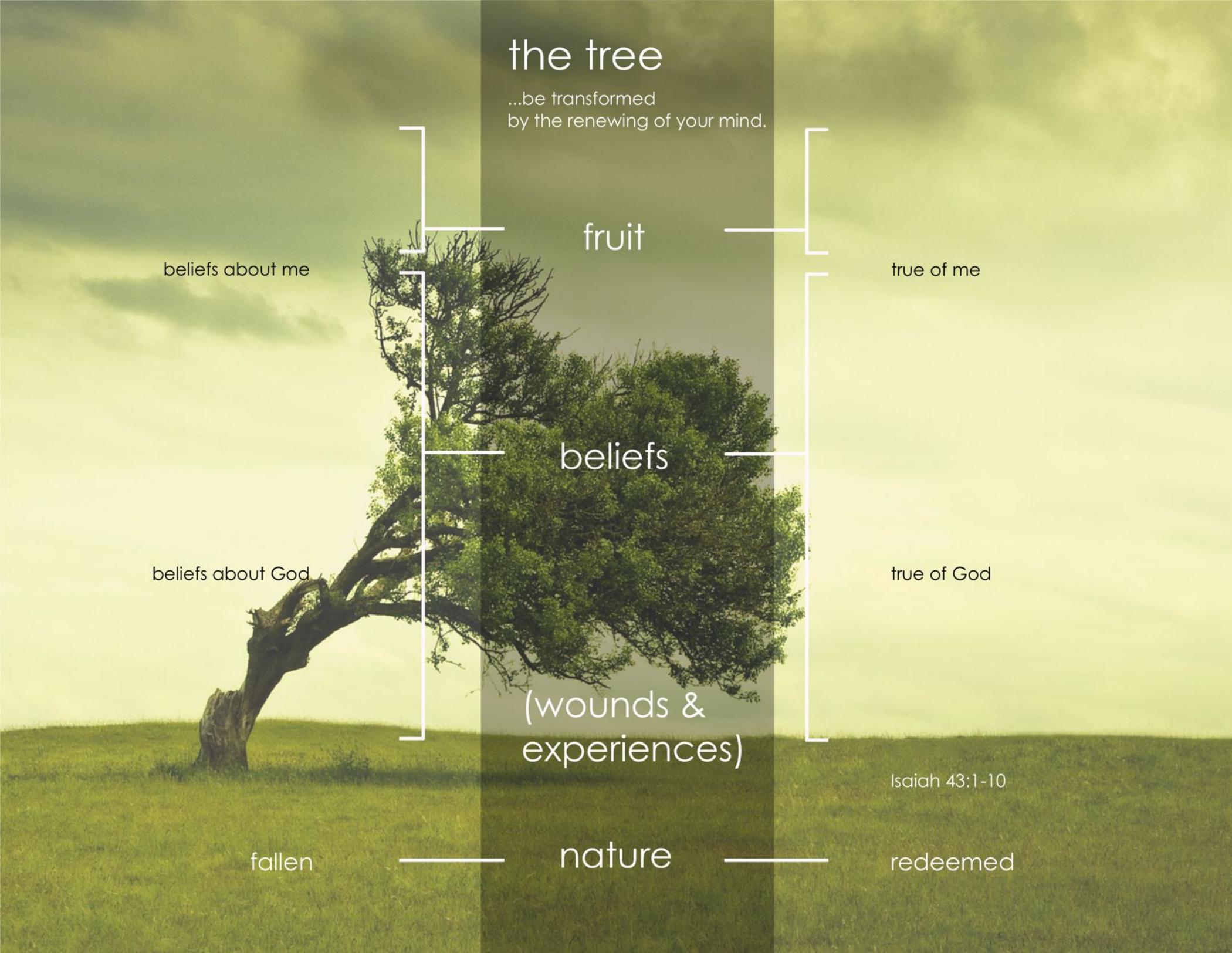
(wounds &  
experiences)

Isaiah 43:1-10

fallen

nature

redeemed



## assessment tool

- Y N 1. Do you feel unable to control your sexual behaviors?
- Y N 2. Do you continue to act out sexually, regardless of the problems it has caused?
- Y N 3. Have you realized lately that you are acting out more frequently than you did in the past?
- Y N 4. Have you lied often to hide your sexual behaviors?
- Y N 5. Do you worry about people finding out about your sexual behaviors?
- Y N 6. Have you tried to quit some of your sexual behaviors and not been successful?
- Y N 7. Have your finances been affected by your sexual activities?
- Y N 8. Does it take more deviant behaviors to achieve the "high" from your sexual behaviors?
- Y N 9. Have you risked hurting anyone by acting out sexually?
- Y N 10. Do you often feel entitled or think you deserve a reward that your sexual behaviors can satisfy?
- Y N 11. Have you felt powerless and used your sexual behaviors to make yourself feel in control or powerful?
- Y N 12. Do you feel isolated, depressed, lonely, or ashamed following acting out sexually?

**if you have circled 'yes' to 5 or more of these questions, you may be a sexual addict.**

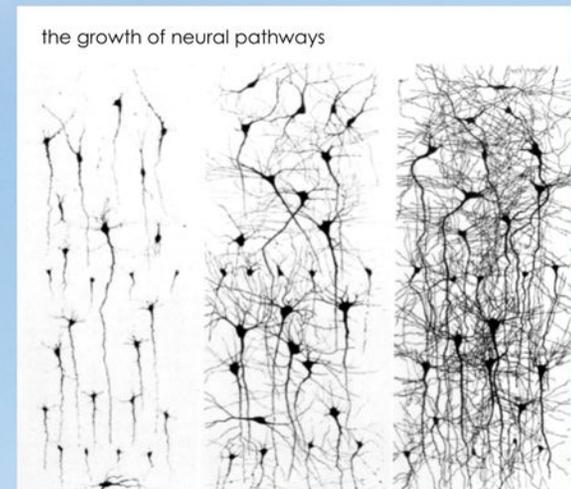
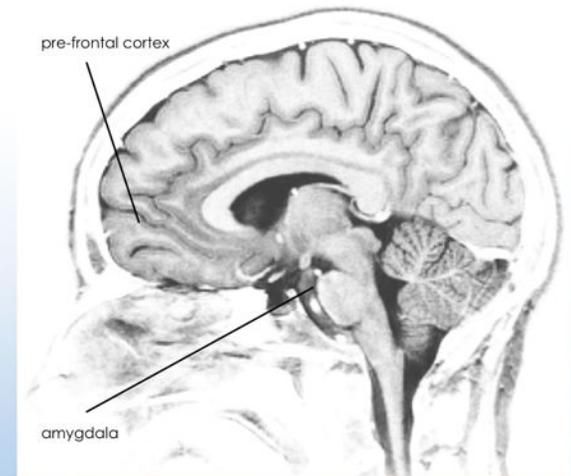
\*adapted from an assessment tool created by PureHope

## physiology of addiction

As children, we are primarily operating using our amygdala, the emotionally driven part of our brain. It is typically over the ages of 15-25 that our brain transitions power to the pre-frontal cortex, the area of logic, planning, and execution. When we experience pain, especially as children, our instinct is to make it stop, and keep it from happening again. Our brain starts to form neural pathways and as we repeat these pathways, they grow stronger: like a simple dirt road can become a super-highway.

We feel rejected, and so we find something to make the pain hurt less- a comfort response. Over time, we subconsciously get to a point where we might not realize why we are looking at porn or eating those oreos- but there is a reason.

In Romans 12, Paul encourages us to "be transformed by the renewing of our mind." Amazingly, God designed our brains such that with work and over time, we can bulldoze our thought super-highways and start to rebuild them. By walking in the power of the Spirit, allowing Him to heal our woundedness, capturing our thoughts (2 Corinthians 10), and quite literally re-training our physical brains, we can find freedom from addiction and receive our ultimate satisfaction, fulfillment, and identity in Christ.



\*disclaimer- I am not a brain expert.

What stands out to you as you read Romans 7:15-25?

What emotions does the author convey as he writes this?

Who is Paul? (He wrote half of the New Testament and planted churches all over the Mediterranean.)

How does it make you feel to read this section, knowing who he is?

Why does he say, "Thanks be to God..." in v25? What hope can you draw from that?

What does 8:1-4 say? Why are Christians free from condemnation? (Gospel, Justification)

According to v4, what should the result be in our lives?

What leads to death? By whose power do we have life and peace and freedom? (v6)

Who is the Spirit?

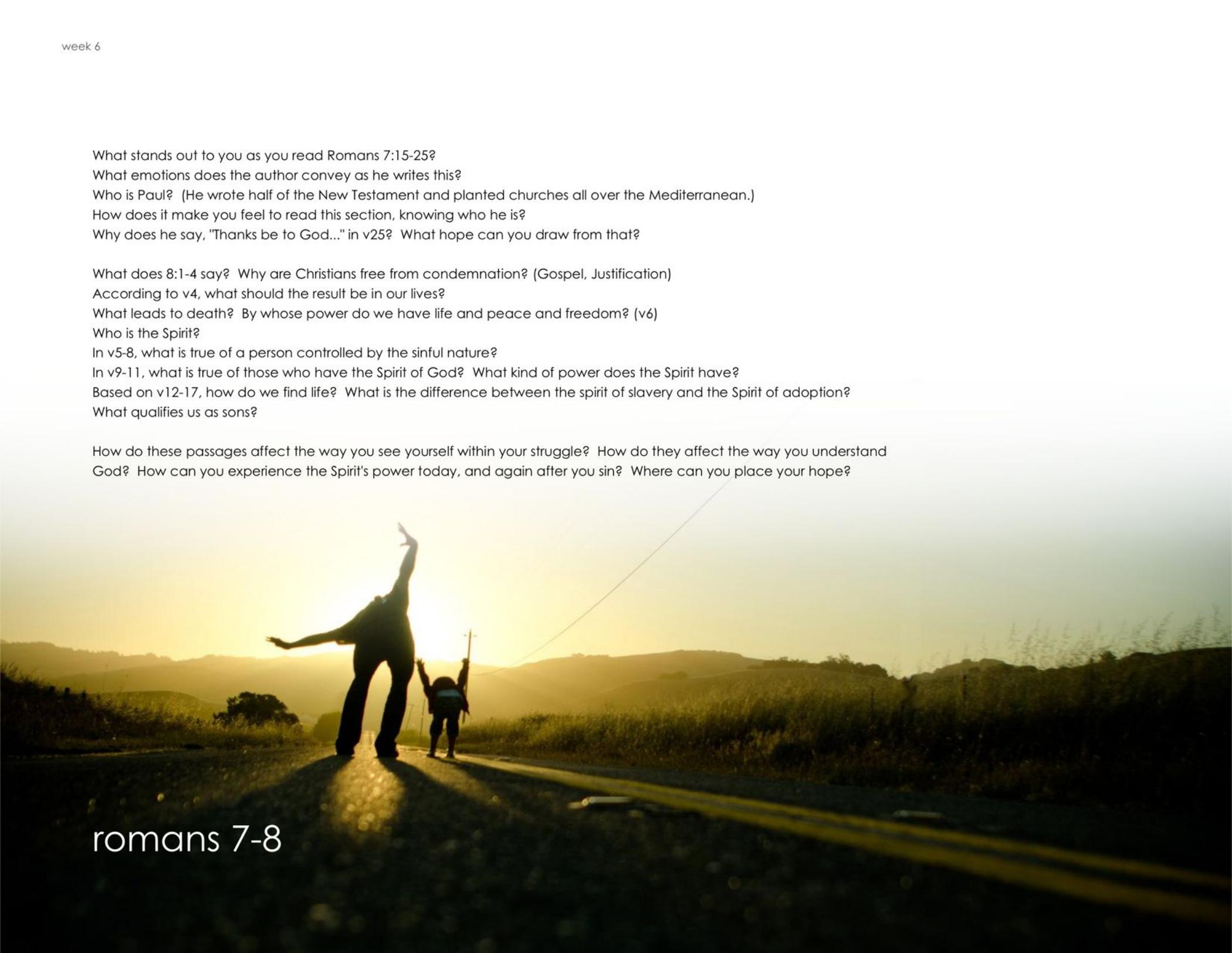
In v5-8, what is true of a person controlled by the sinful nature?

In v9-11, what is true of those who have the Spirit of God? What kind of power does the Spirit have?

Based on v12-17, how do we find life? What is the difference between the spirit of slavery and the Spirit of adoption?

What qualifies us as sons?

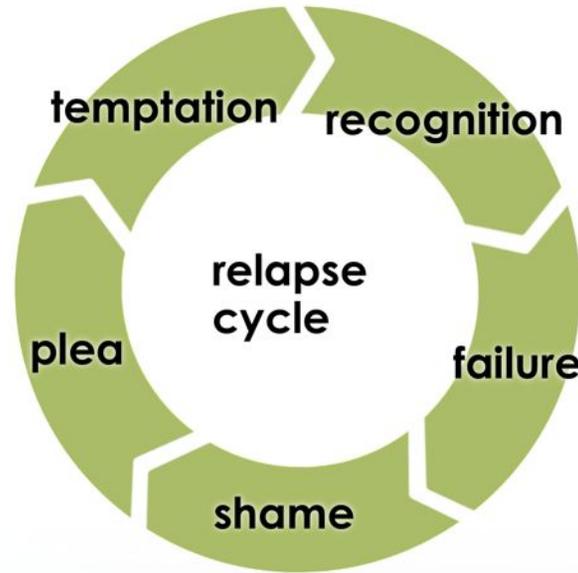
How do these passages affect the way you see yourself within your struggle? How do they affect the way you understand God? How can you experience the Spirit's power today, and again after you sin? Where can you place your hope?



romans 7-8



self-indulgence  
deception and dishonesty  
self-pity and blaming  
isolation  
fear of disclosure  
betrayal  
anger and resentment  
guilt and shame



increased self-awareness  
recognizing temptations  
taking responsibility  
confession and surrender  
submitting to accountability  
striving for sobriety  
building connections  
embracing the gospel



daily practicing confession and  
surrender to the Holy Spirit  
maintaining sobriety  
maintaining accountability  
healthy connectedness  
healthy boundaries  
embracing identity in Christ  
experiencing joy in the gospel

# cycles of compulsive behavior and recovery



## one day at a time

Don't try to jump from addiction to recovery. With few exceptions, almost everyone encounters relapse to some degree or another. Nick DeCola says, "Avoid dramatic one-time commitments. It is unwise and unrealistic to commit to such things as purity or not masturbating ever again (or this month). Most of the time people who sincerely want to walk with Christ have made countless commitments in areas of habitual sin. These can often be counter-productive in that they ultimately lead to disillusionment and despair."

It is generally more effective to take things one day at a time. In fact, it's biblical. God gave manna to the Israelites daily. Jesus teaches us to pray for daily bread. Nick goes on to say, "This perspective also highlights the relational nature of growth. We invite God into our daily struggles and temptations and receive moment by moment His gracious power and presence. Rather than thinking in terms of victory, think of it as a process of growth and change and the benefits of the journey."

Ultimately, we are powerless and have no chance of overcoming our habitual sin when left to our own devices and will. We really do have to depend on the power of the Spirit in our lives daily. (See John 15:5, 2 Corinthians 12:7-10)

### addiction cycle:

- Starts with a **trigger** that usually subconsciously harkens back to a past wound or experience, and hits on a core lie the person believes. It could be something like getting a poor grade on an exam (I'm a failure) to a conversation with a friend of the opposite sex ending abruptly and awkwardly (I'll never be loved).
- A **craving** begins to hit, sometimes quickly, sometimes slowly, for a device to numb the pain.
- The person begins to **position** themselves to find or get the drug of choice, and use it.
- The drug is administered, **action** is taken.
- Guilt, shame, and **despair** often follow just after the 'high' wears off.

### relapse cycle (relapse is normally part of the process)

- Starts with a trigger which leads to a **temptation** to find and use.
- The person is able to **recognize** what is happening. They see why they want the drug and know why it is not the answer.
- **Failure** to win the battle occurs, and the person uses.
- The person feels **shame** afterwards, and even during.
- The person cries out to God or others in a **plea** for help and a changed heart.

### recovery cycle

- Starts with the **trigger**.
- **Recognition** of the true situation occurs.
- The person is able to **remind** self or be reminded of the truth of scripture and the gospel and apply it.
- The person is able to find **freedom** from the lies and from the drug.
- The person is able to **rejoice** in Christ and celebrate being on the path to victory.

## an explanation of the cycles



# better accountability

In 1 Samuel 14:6-15 Jonathan and his armor bearer were able to take down 20 men in no time. That ratio is 10 to 1. So what made them successful? First, God was with them (v12). Second, they were fully committed to each other and to the task (v7). And in the midst of the of the battle, they were fully dependant on each other.

They had a special fighting style, outlined in v13. Jonathan would make the first strike on an opponent, knocking him to the ground, while the armor bearer came behind him and made the kill shot while Jonathan took down the next guy. If either one failed to engage in his responsibility, they both would die. They had to trust each other, and fully engage in the battle together.

We all know (at least we ought to) that we cannot beat our addiction on our own. Isolation is not God's intention. He intends for us to live in community. We need an accountability group or partner. But most of us also know that those relationships are usually somewhat fruitless and lame.

Nick DeCola writes, *"Elements of what we commonly refer to as accountability are helpful in dealing with habitual sin. Accountability offers us the opportunity to come into the light and confess our sins to others. However, accountability groups or partners can take on the component of simply becoming a "tracking device" for sinful and destructive behavior. They can easily focus on the negative—avoiding certain behavior—and not on the positive of moving out of isolation and into authentic, real relationships. Accountability relationships can become somewhat artificial in nature. We might come to the group meeting, confess our sins, and yes be accepted, but there might be little interaction or connection outside of the meeting itself."*

Avoid lame accountability. Instead of going around a circle or looking across the table, confessing, saying a chorus of 'bummers and then praying for each other, what if it got real? What if instead of saying, "I looked at porn last Tuesday, and masturbated" you said this: "Last Tuesday I gave into my flesh and watched two of God's children desecrate the sacred marital action of sex, for my own pleasure, and enjoyed it. I broke his heart. I then decided to desecrate the temple of my body in worship to the false goddess and broke his heart again." "Confess" in the Greek means "same-say." Call it like it is.

And then, instead of saying "bummer," you started asking questions like, "What lies were you believing in your soul that led you to that action?" And then engaged in an all out encouragement and reminder of the beautiful redemptive truths of the gospel. Like those in the 'tree'. What if you shared your deepest secrets and greatest pains, and laid yourself bare? What if you helped each other renew your minds?

Don't give up. Keep moving towards relationship and away from isolation. You may go through a few relationships as people move away, or change their schedules, etc., but know that it isn't failure. Keep pushing authenticity and vulnerability in your relationships, and encourage your brothers by helping them renew their minds with the beautiful and powerful truths of the gospel.

# live together, die alone

## Format:

Accountability relationships or groups generally should have a facilitator, and any person wanting to be a part of the group should have 2 things: a recognition of their need, and a commitment to the group/relationship.

Ideally, the members should gather weekly, but be willing and able to contact the other members any time for support, and be willing to be contacted.

The meetings should consist of some specific kinds of questions, as well as prayer.

Questions to ask each other:

### **Symptomatic Questions**

Tell us about your failures and victories this week. Be specific, please.

Have you told us everything and been completely honest? (Do seek to draw things out of hiding and into the light, but do not stay here and allow the person to sit in shame.)

### **Diagnostic Questions**

What was the trigger for any failures this week? What emotions were you feeling? What lies were you believing? (These questions are meant to dig into the root of the actions, down into core beliefs that need to be re-wired and renewed.)

### **Healing Questions**

What does God say is true of you in his Word? Truths that oppose the lies. In what ways does it feel difficult to believe what God says about you? (Encourage your brother to renew his mind by reminding him of his true identity in Christ.)

