

# MindArmor<sup>®</sup> Facilitator's Guide

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*The Facilitator's Guide includes the Key Points, Questions, and Scripture References that are found in the Participant's Workbook. Brief answers to the questions have been provided in this Facilitator's Guide.*

## Segment One: God's Design

### Genesis 4

#### Key Points

<sup>6</sup>Then the LORD said to Cain, "Why are you angry? Why is your face downcast? <sup>7</sup>If you do what is right, will you not be accepted? But if you do not do what is right, sin is crouching at your door; it desires to have you, but you must master it. – **Genesis 4:6-7**

1. God told Cain, Cain you must **master** your emotions.
2. That rage of yours is **sin** and it's at your door.
3. You must **master** it.
4. It was Cain's **responsibility** to **master** his emotions.

#### Discussion Questions

1. Who is responsible for mastery of the emotions? (This question may be difficult for the men to answer. It is answered more directly in the Segment Three on God's Part—Our Part; however, this is a good place to lay a foundation.)

**Note to Facilitator:** Men must learn what part they play and what part God plays in the transformation process. It is crucial that the men realize that God does not take their will away. As men we are to lead the world, our family, and self according to the Word of God. Most Christians will say that they go to God's Word to guide their decisions. However, my experience in counseling for over 30 years is that they don't. Living in the world filled with ambiguity, conflict, and deception demands that we have a reference for truth. Push this issue a little by challenging the men to discuss if they actually go to God's Word to sort out the difficult decisions that they make. We must know where to go for **the** truth.

**Answer:** As Christians, we believe God's Word is our reference for **the** truth not the world. God's Word makes it clear that we have a part to play. God designed us in such a way that He expects us to run our brain. Consequently, we are mandated by God and empowered by the Holy Spirit to take control of our thoughts, emotions, and behavior.

2. What happens when you don't have mastery over your emotions?

**Answer:** This is obvious as we look at the condition of our world. The pandemic of lust and pornography that has infiltrated our world and the church is staggering. The law of sin and death is overpowering the earth. Yet, the truth in God's Word shines through for those who grab hold of it through the power of the Holy Spirit.

## Civil War (Stop video at 1:46)

### Key Points

1. God's design was **hidden** from them.
2. They didn't know how to **cooperate** with God's **design** for healing.
3. The soldiers in the Civil War died from infection because the surgeons did not know how to keep the wounds and themselves sterile to prevent infection.

### Discussion Questions

1. Are there any other areas in life where the truth about X has always existed, but because of ignorance or lies that people embraced, the truth has been ridiculed or ignored? (The deception can be such a part of our culture and upbringing that the men may have a hard time identifying areas that people have embraced and God opposes.)

**Answer:** There are many areas where the enemy has installed lies: smoking, abortions, changing the meaning of marriage, idea that money solves everything, pride, status, and religion.

2. How does this apply to pornography in today's society?

**Answer:** The enemy has put pornography into almost every TV program, commercials, movies, magazines, books, adult cartoons, billboards, posters, music . . . It is now accepted as the norm. Hardcore pornography and evil are entering our homes through the guise of entertainment. Women dress seductively in church. Christians live together and have sex before marriage. Homosexuality is not sin and is openly portrayed as a Godly family unit. Christians are considered dinosaurs, prudes, and judgmental when they don't embrace the evil in the world that God considers reprobate. Christians mirror the world. When Christians object or take a Godly stand against this evil and we are judged, gives evidence of what Satan has accomplished in society and the Christian community.

3. Is it true that individuals, families, and society suffer because of ignorance and lies?

**Answer:** Heart breaking stories abound of pastors, leaders, fathers, and sons who have lost everything because of lust and pornography. The pit is deep and sucks in those who succumb to its pull. The heart turns to stone. Matthew 24:12 says, *Because of the increase of wickedness, the love of most will grow cold.* We are warned of the outcome. Read 2 Timothy 3:17.

**Ask the men if they know of someone who has lost his ministry or family to lust and pornography.**

## Cookie Story (Stop video at 3:35)

### Key Points

1. We have the **mind** of Christ available to us.
2. You are going to learn the **schemes** of **Satan**.
3. 2 Corinthians 2:11 says, . . . *so that no **advantage** would be taken of us by **Satan** for we are not **ignorant** of his **schemes**.*

### Discussion Questions

1. How does the cookie story apply to what the enemy is doing in our lives?

**Answer:** The enemy has tricked us to get our needs met in an inappropriate manner. The enemy's methods are instant gratification of basic needs. The cook in the kitchen is injecting poison into the heart of our church, and we keep eating the cookie. God wants our needs satisfied in healthy ways. In order to get our needs met in healthy ways, we need to eat a different Godly baked cookie.

2. Would a person eat the cookie if he knew that the devil made it from a toxic substance?

**Answer:** Most people will avoid known toxic substances; however, alcoholics will drink rubbing alcohol to get drunk knowing it is capable of killing them. Most heroine and meth addicts know that the drug is destroying their brain and body. The lie that is in them makes their drug of choice an idol. Lust and pornography are fleshly ways to instantly satisfy basic needs.

3. How does this work with lust and pornography?

**Answer** Lust and pornography are internal, fleshly solutions to our need for love, sexual intimacy, and the drive to procreate. It is accessible, affordable, and anonymous. This makes it very enticing, which creates a constant fleshly pull to satisfy the sexual needs. Lust and pornography are also fleshly ways to instantly relieve anxiety, stress, and shame. Because lust and pornography interrupt these difficult emotions and provide temporary relief, they can easily become an idol. Inappropriate solutions take the form of reasoning to a false premise; the truth a person holds is pushed aside, and they become a hearer of the word only and not a doer of the word (James 1:22).

4. How have Satan's schemes taken advantage of you?

**Answer:** Let the men express themselves.

**Note to Facilitator:** Installing the truth of God's Word is an absolute, essential key to transformation; however, an alcoholic who knows that alcohol will kill him and destroy his family, can resort to drinking rubbing alcohol because of a lie that still exists in him. This is called double-minded. So the two parts of transformation are installing the truth and destroying the lie. Watch the Matrix video about the red pill. <http://www.youtube.com/watch?v=zE7PKRjrid4>

## Double-Minded (Stop video at 5:18)

### Key Points

1. James 1:8 states that a double-minded man is **unstable**.
2. You have a part of your **mind** that draws you toward the **darkness** of **lust** and **pornography**, and a part of your **mind** that draws you into the **light** of the **truth**.
3. Double-minded means that there are **two minds**, which are in **opposition** to each other.
4. Failure in this war is caused by **two minds** in **opposition** to each other.
5. In 1 Peter 1:13 it says, . . . **stand firm**, **prepare your mind for action**, and **add to your faith moral excellence**.
6. You can't be God's man and remain **double-minded**.
7. The enemy uses the **world's system**, all the forms of **media**, combined with how we're **designed** to keep us **hostage**.

### Discussion Questions

1. What does double-minded mean?

**Answer:** Double-minded means that there are two minds, which are in opposition with each other. One part of the person (the mind of the flesh) desires to do fleshly thoughts, emotions, and behavior while the other part of the person (the mind of the spirit) wants to do the truth. The opposing forces make the person double-minded, which makes a person unstable.

2. Where would you be unstable?

**Answer:** You would be unstable in the specific area in which you are double-minded. Being double-minded causes a vacillating between two opposing opinions. Take tithing for example, one part of the person wants to tithe and another part wants to keep all the money. This person will be unstable in the area of

trusting God for his finances. Regarding the pull toward lust and pornography, as a Christian you know it is wrong. So you have a pull toward the light of the truth and a pull toward the darkness. You will be unstable and lack confidence in your relationship toward God and those you love. You would also be wavering between the shame of failure and the joy of freedom.

3. Are you aware of the areas in your life where you are double-minded?

**Answer:** Have the men share.

4. How does being double-minded affect your life?

**Answer:** Have the men share.

5. Is this statement true? There is no temptation if you are not double-minded.

**Answer:** Yes, this is true. You cannot be tempted where there is no opposing area to entice. Temptation is not sin, but it gives birth to sin. So the danger of being double-minded is that it leads to the birth of sin. For example, imagine a stack of \$100 bills on the table, and the owner leaves to go to the bathroom. Would you take one of the \$100 bills if you knew that it would not be missed? If your answer is no, and the thought never occurred to you, you would not be double-minded. The same is true of lust and pornography.

*<sup>14</sup>But each person is tempted when they are dragged away by their own evil desire and enticed. <sup>15</sup>Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.*

– James 1:14-15 NIV

## Thought Produces an Emotional Charge

### Key Points

1. Thoughts **stimulate** chemicals to be released into your brain that generate **emotions** that **motivate** the behaviors we do.
2. The **visualization**, the **sexual stimulation**, of pornography is putting chemistry into our brain.
3. Pornographic behavior is attempting to **remove** us **inappropriately** from the painful feeling.
4. When you participate in pornography it captures you, **hijacks** you, and shuts down your higher **spiritual reasoning**.

### Discussion Questions

1. Do you believe that thought can stimulate chemistry to be released in the brain?

**Answer:** Thoughts produce chemistry; chemistry produces behavior. Toxic thoughts produce toxic chemistry that gives us toxic behavior. God made the brain in such a way that thoughts and chemistry are linked together. They combine together uniquely, and the result is a reference for a feeling. The visualization, the sexual stimulation of pornography is putting chemistry into our brain. Toxic thoughts produce toxic chemistry that hijacks your brain. You don't have to ingest chemicals to get high. Lust and pornography produce the same toxic chemicals as the drugs an addict uses.

**Note to Facilitator:** Link to the following URL for more information. <http://www.mind-armor.com/problem-deeper-look>. Godly thoughts produce chemistry that coincides with the "fruit of the Spirit."

2. Do you feel hijacked by lust and pornography?

**Answer:** Have the men share.

## Tune-Ups

**Note to Facilitator:** Have your group complete two Tune-Ups per week. The remaining Tune-Ups will be completed prior to the follow-up session that will be conducted two to four weeks at the completion of your group meetings.

### Week One

*The following exercises accompany the Tune-Up for this day. Have the men discuss the exercises.*

#### Tune-Up Day 2

Decide today to be objective, mindful and purposeful over your thoughts. Put on your MindArmor! Notice how the matrix of the world is presenting lies regarding love versus lust.

- Become aware of what you are saying internally. Pay attention!
- Notice what is being said on the television programs.
- Notice the way a product is presented in the advertisements on TV.
- Listen to the words of the songs that are on the airways.
- Decide what you will entertain in your internal thoughts.

Become committed and wake up to the issues; you are at war with the system of the world! The Holy Spirit is at war with the desires of the mind of the flesh. Decide today to be a warrior with the Holy Spirit.