

## Segment Three: God's Part – Your Part

### God's Part

#### Key Points

1. I can't save **myself** and I can't keep **myself** saved. It is finished; I am saved because of Jesus' sacrifice.
2. The surpassing greatness of His **power** is available to us according to the **strength** of His **might**. (Ephesians 1:19)
3. God provides **armor** so you can **stand** firm. (Ephesians 6:11)
4. His divine **power** has granted to us **everything** pertaining to **life** and **godliness**. (2 Peter 1:3)

**Discussion Questions** are at the end of "Working Together."

### Our Part

#### Key Points

1. You **master** your **emotions**. (Genesis 4:7)
2. You **guard** your **innermost** thoughts. (Proverbs 4:23)
3. You **destroy** strongholds; you **make** every effort to take thoughts captive. (2 Corinthians 10:5)
4. You **prepare** your mind for **action**. (1 Peter 1:13)
5. You **apply** all diligence in your faith; you **supply** moral excellence. (2 Peter 1:5)

**Discussion Questions** are at the end of "Working Together."

### Working Together (Stop video at **2:46**)

#### Key Points

1. God causes all things to work together for good (Romans 8:28) means to put forth power **together**, to **partner**, and to **cooperate** one with the other, the Holy Spirit and **you** together.
2. *Koinonia* is the Greek word for *fellowship*. It means:
  - To be a joint participant, a partner with someone in a specific endeavor.
  - Fellowship with the Holy Spirit means to be a joint participant, a partner with the Holy Spirit in the common endeavors of life.
  - To walk by the Spirit moment by moment. To be in step with the Holy Spirit.

#### Discussion Questions

1. Who or what is the "higher power" referred to by the 12-step recovery program?  
**Answer:** I am not my greatest credibility anymore. The flesh wants its way, and it can be relentless in the pursuit of pleasure and avoiding pain at any cost. We need God's grace to be overcomers. Trust the Holy Spirit to guide and direct; He is our "higher power."

2. What does “higher power” mean in practical terms for overcoming the power of lust and pornography in your life?

**Answer:** Start your day by asking the Holy Spirit to open your eyes to the schemes of the enemy. Allow the Holy Spirit to help you see women through His eyes. Become partners in fellowship with the Holy Spirit to live the day according to the fruit He wants you to bring forth.

3. If you have the “higher power,” why doesn’t it always work?

**Answer:** God will be our Higher Power when we acknowledge Him as our God and Savior. When we fall back on our own efforts, we are in jeopardy of being hijacked again. Remember you are in a spiritual war; *“Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”* 1 Peter 5:8. We don’t have to like that we are in these battles, but we cannot be naive to the fact that we are at war.

4. How does the “you do it” part of the equation work when you are empowered by God?

**Answer:** You are to master your emotions. You are to practice taking the lustful, pornographic thoughts captive (Philippians 4:10). Your part is to make every effort without thinking you are doing it alone or are capable of doing it alone. It is a cooperative process—you being diligent and God joining you so that you can have victory.

## Repentance

### Key Points

1. There is a difference between repent and repentance.
2. To repent is good, but sorrow alone is not enough.
3. Godly sorrow leads to repentance.

### Discussion Questions

1. What does “repent” mean?

**Answer:** Repent is a verb because it is the act of obtaining the new think; it is the process of changing the mind from some past form of thinking (a lie) to a new form of thinking (the truth).

2. What does “repentance” mean?

**Answer:** Repentance is a noun. When truth resides in you as intimate and experiential knowledge, your thinking has changed. Once you have changed your mind regarding a lie, you now have possession of repentance.

3. How do you stay in a state of repentance?

**Answer:** The change of thinking from lust and pornography to the truth of God’s Word and the power of the Holy Spirit is your means of seeing women. The world system is constantly assaulting your nervous system with lies. It is essential that you practice the truth every single day until it becomes you. Like it or not, this is the way it is. Be diligent to practice the truth, and you will live in a state of repentance.

4. How does “everything about meaning” (from the cookie example in Segment One) relate to repentance?

**Answer:** Once you have the truth and **practice the truth**, you will not be lured or enticed into sexual sin. The only reason anyone would lust or do pornography again is because the meaning has shifted, and the lie is doing its work. When double-mindedness starts and meaning shifts to a sinful position, the teeter-totter starts. Be diligent to stay in a state of repentance; it is far less work than the alternative.

5. Is feeling bad an act of repentance?

**Answer:** Feeling bad is a natural part of the process of entering into repentance, but it is not repentance. Repentance moves beyond feeling bad and enters into the think of God about the sin. Repentance is a way of thinking that allows freedom to live in fellowship with the Holy Spirit.

6. Is feeling bad enough?

**Answer:** No, I have met thousands of people over the years that are stuck, and they *do* repent and shame repeatedly. Repent knows that X is wrong. To feel bad is the entry to the path of repentance. It is appropriate to feel bad, but to stop there or enter shame is not enough. Your thinking has to change to the think of God about the sin. Until this happens, repentance has not occurred.

7. What is the evidence of repentance in your life?

**Answer:** Freedom! Oh how good it is to be free. No matter how difficult the effort is or the extent of the battles, freedom is so worth it. It is so liberating never to look at women inappropriately. Your wife, girlfriend, children, and friends will know the change in your life. I believe every woman wants to know her man is free.

Acts 26:20 says that we should repent (the **verb**) and turn to God performing deeds **appropriate** to repentance (the **noun**).

***So men, I am going to give you a few moments now to talk to God and make that decision to be done with lust and pornography.***

## Tune-Ups

### Week Three

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

#### Tune-Up Day 5

*The thief comes only to steal, and kill, and destroy; I came that they may have life, and have it abundantly.*

**– John 10:10 NASB**

Take the time to examine yourself and learn. Take a good look at your life.

- How does lust make you feel when you are finished?
- How does pornography make you feel when you are done?
- Begin a journal to record the things God brings into your awareness.
- Become aware of what words you say internally and what pictures you see internally.
- Notice what conditions are present as you move to the point of lust or pornography.
- Do you know what your threshold is?
- Do you know where your heart is hardened?

Repent and start to take control of your thoughts through the power of God's Word and His Spirit. We resist the Spirit, grieve the Spirit, and we can be in danger of quenching the Spirit. Lust and pornography rob you of life. Decide today to renew your commitment to live your life in the center of God's will. Do not give up the precious jewels of life for garbage.

## **Tune-Up Day 6**

*Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you. – **Philippians 4:8-9 NASB***

Practice **10 times today** seeing women objectively as God's children. Yes, a minimum of 10 times today! When you watch TV, walk in the mall and when you are at work, see all women in all purity. Practice, practice, and practice some more! You are training your brain how you want it to function. It is your brain to use, so use it! Practice seeing with the mind of Christ. Move toward what is honorable, right, pure, lovely, of good repute, excellence, and praise worthy—dwell on these things by practicing these things. **Decide!**