

## Section Seven: Attack, Defend, and Destroy

**Note to Facilitator:** *I am **not** just being redundant in these statements.* As the facilitator, you are to take the time to make sure each man understands the concepts in Segment Seven. This is easy for some to grasp and very difficult for others. All of them can get it, but it takes patience, slowing down this process, and practice. The key to transformation is having the truth implanted in the brain. Once there, the truth can be accessed. It is also crucial to know how to destroy lies that are in conflict with the truth. When both a lie and the truth are in residence, a person is double-minded. The following segment will help the men gain a single-minded purpose of doing the truth. *Practice, practice, and practice some more.*

### Key Points (Stop video at **2:36**)

1. Learn the difference between thoughts *being real and true* and *real but not true*.
2. Being able to see an internal picture and to hear internal words doesn't make what is seen or heard true.
3. The Word of God is the determining factor for knowing what is both real and true.
4. You are responsible for being the objective observer.
5. "To attack" means to be **preemptive**, purposely **proactive**, and to take action **ahead** of time.
6. Learn to attack.
  - a. When you attack, you are teaching your brain what you want, what the truth is. And the **truth** will become **you**.
  - b. Teach your brain what you want based upon what God wants, not what the mind of the flesh wants.
  - c. Practice attacking ahead of time.
  - d. Defend: anytime you are confronted—anytime images automatically pop into your brain.

**Exercise: Destroy The Pull Of Lust And Pornography** (We recommend that you have the men watch the video a number of times before they do the exercise.)

### Instructions

**Note to Facilitator:** Inappropriate TV commercials, movies, magazines that come in the mail, or the past consumption of pornography are stored in the brain as memories. When the men purpose to be proactive and to attack these memories, it defuses the meaning of the memories and teaches the brain who is in charge. The men are informing their brain that this kind of garbage is not allowed. Your human spirit is the objective observer, and you can smash the pictures or light them on fire. Command your brain to do the truth! Help the men teach their brain that lust and pornography are not allowed.

1. First have the men listen to the exercise on the video.
2. Stop the video at **2:36** and prepare the men. Ask them to really concentrate as they do the exercises. (You may need to stop the video after each instruction below to make sure the men are following along. Or you may need to do the exercise two times to make sure that all the men complete it. This needs to be individualized to the group you are facilitating.)

## Attack

1. See theater marquee with your name on it.
2. See Jesus greet you and go into the Theater of Life in Christ.
3. Sit right next to Jesus, shoulder to shoulder.
4. Notice the screen in front of you and be the objective observer.
5. Put a pornographic picture up on the screen. Freeze frame it and see it through the mind of Christ.  
**Important!** You will need to move through this part fairly fast so the men do not get stuck in the viewing of the pornographic picture.
6. Turn the picture into glass and smash it into little pieces.
7. Hear the glass shatter and fall to the ground.
8. Together, you and Jesus sweep up the glass and dump it.

**Make this point: You did it. You smashed it. You're teaching your brain the way to think about pornography.**

Stop the video at **4:14** and ask the men how the exercise went. Get some feed back.

## Attack

1. Go back into the theater seat, shoulder to shoulder with Jesus.
2. Put a different pornographic picture up on the screen.
3. Be the objective observer and have the mind of Christ about the picture that is on the screen.
4. Turn the picture into paper and light it on fire.
5. See the picture go up in flames.

Stop the video at **4:36**. Make sure that the men have enough time to do the exercise.

Stop the video at **5:05**. When they have finished the exercise. Go over the following with the men:

- Choose whichever way is easier for you—breaking the glass or lighting it on fire.
- Have the men identify which method works best for them. Have them raise their hands to commit to either smash the picture or light it on fire.

Back in the theater seat and do it again. Stop the video at **5:50** and give the men enough time to finish the exercise. Go over the exercise with the men before they do it.

1. Ask the men to say this to themselves with a loud ferocious internal auditory, "I will not allow that in here anymore. This is my brain and in Jesus' name I'm done with this."
2. Then smash it or light it on fire, sweep up the glass or the ash, and dump it.

Emphasize to the men, "You just attacked. You are destroying the meaning and pull of lust and pornography."

1. Attack means to be **preemptive**, purposely **proactive**, to take action **ahead** of time.
2. When you attack, you are teaching your brain what you want, what the truth is. And the **truth** will become **you**.

**Note to Facilitator:** This form of attack (practicing ahead of time) is necessary because we are at war and as men, we need to attack as soon as we enter the enemy's territory. Purposely doing this teaches the brain that you can be proactive because you are aware of the enemy's schemes. As the objective observer, you are in charge. You are able to see the truth and ATTACK.

**Attack: Practice Ahead of Time** (Stop the video at anytime you would like to discuss.)

1. Practice seeing all women in purity ahead of time.
  - a. When you are watching TV
  - b. When you are at work
  - c. When you are at the mall
  - d. When you are driving your car
  - e. From the time you wake up in the morning until you go to bed at night
2. Make 1 Timothy 5:2 personal. *I am going to see* all women with purity as mothers, sisters, and daughters.
3. Practice 10, 20, 30 times a day ahead of time.

**Defend: Anytime you are confronted—anytime images automatically pop into your brain** (Stop the video at anytime you would like to discuss.)

1. Be ferociously determined to *defend* against the attacks of the enemy *anytime* images automatically pop into your brain.
  - a. When you are watching TV
  - b. When you are on your computer
  - c. When you are at the mall
  - d. When you are driving in your car
2. Add this to your defense:
  - a. See Jesus holding a stop sign.
  - b. Hear Him say your name.
  - c. See the words written on the stop sign: “I love you, (your name), stop this now!”
  - d. Turn the unwanted image into glass and smash it into little pieces or turn it into paper and light it on fire.
  - e. Say *ferociously inside*, “I am not going to allow that in here! This is my brain, this is not allowed!”
3. Discuss the following:
  - a. You are going to need to continue to attack and defend because there is a lot of garbage that makes a stench of the world. There is **no cure for the flesh**, only a **ferocious determination to dominate it** with the power of God’s MindArmor® Training Tools.
  - b. *The things you have learned and received and heard and seen in me, practice these things, and the Go of peace will be with you. - Philippians 4:9*
  - c. . . . *for as long as you practice these things, you will never stumble. – 2 Peter 1:10*

***Be a man, God’s man! Pray for and with the men.***

## Tune-Ups

### Week Seven

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

#### Tune-Up Day 13

Today take the time to see and hear. Practice attacking at least **10 times today** by destroying a pornographic memory. This could be a TV commercial or an ad that comes through the mail that has established itself in your brain.

Remember, go into the Theater of Life in Christ and sit with Jesus. Put the pornographic image on the screen of your mind. Either turn it to glass and smash it, or turn it to paper and light it on fire. When you smash the picture or light it on fire say, with an aggressive, determined, internal auditory, "I will not allow this garbage in my brain. This is my brain, and in Jesus' name, I will not allow this ANY MORE." Sweep the glass/ashes up and dump them. Praise God!

#### **Tune-Up Day 14**

Today if you are tempted, realize immediately that temptation is *not* sin. Jesus was tempted in all ways but without ever succumbing to the flesh. If you are attacked by images, external or internal, decide that you will see with the mind of Christ. **Smash or light on fire** any internal memories that randomly pop into your mind. Teach your brain that you are the boss. Do this **every single time** it pops into your mind. Your brain will learn that this is what you want. Do this exercise every single time you are attacked; defend the territory that is yours in Jesus' name.