

Pure & Simple Groups

“Starting a Purity Group”



1. Pray, Pray and Pray

2. Create Plan

- Decide on a time, day, and date to start your group.
- This may be right away or may be a month out if you do not have candidates.
- Start working on your first lessons.

3. Lots of communication with your Minister

- Let him know the details of your plan.
- We work together and are never in competition with each other.
- The focus is helping people together .

4. Start searching for candidates

- Pray – Jesus says “The harvest is plentiful, but the workers are few”
- Make clear announcements to your region or other regions ex.
- Ask the brothers in the fellowship
- Call hospitals and or rehabilitation centers
- Go to SA meetings
- Go to other churches and let them know that you have a sexual integrity ministry

5. Plan group dynamics

- Make it family – we offer coffee and Tea at every meeting
- Create an atmosphere of vulnerability, by being vulnerable yourself
- Remember to be gentle but firm with the rules, you will be tested!
The Bible says in II Timothy 2 “You must learn to gently instruct those who oppose you.”

New Candidate Instructions

Before the First Meeting

You or someone in the group has a talk about the SI Ministry and tells them:

- It is a serious group about recovery

Ask the following questions:

1. Why do you think you need to come to the meeting?
2. Are you willing to do the work required? Which includes:
 - Commitment to the meetings
 - Daily work
 - Daily check-ins
 - Let their minister know they are enrolling

If they are willing they can come to the meeting?

Longshare of the First Meeting

During the long share, the CR Group leader or a competent assistant sits down with that person to have a good talk and makes sure the new person leaves with an action plan.

- Explain a daily work plan on

www.settingcaptivesfree.com

- Also, instruct them on the daily check in and get them a list of current phone numbers.
- Let them know that the following week they will check in and they will need to share the number of days they did work as well as the number of check-ins
- In addition you may want to give him a rubber band.

This may take 20 -30 minutes or so, but it is crucial to make sure that this talk happens and that they leave with a clear action plan. This sets the foundation to refer back to throughout their time in the SI ministry.

List of Phone Numbers

Always have an updated list of phone numbers for the group. Then you can give the new candidate that list at his first meeting. Remember temptation can be fierce in those first several weeks and he will need to have every contact possible in order to help him recover.

Sexual Integrity Meetings

The Bible says that Jesus came to this earth from the Father full of grace and truth (John 1:14). In order to recover from sex addiction we need both grace and truth. We need God's forgiving nature and unconditional acceptance that he sets forth in his grace. However we also need his hard-lined honesty and seriousness about the destructive nature of sin in our lives. We learn about these facets of God as we experience them in relationships with godly people. In our meetings we get both grace and truth. There is a non-judgmental spirit and attitude towards all who attend, but a rigorous expectation to be serious about the work of recovery.

Godly Elements of a SI Meeting

1. God focused
2. Welcoming spirit and family atmosphere
3. Place where people are free to be vulnerable about sin and emotions.
4. Emotional training
5. Spiritual life training
6. Heart level discipling takes place
7. Fun
8. Service

Meeting Format

1. Prayer
2. Rules
3. Short Check-in
 - Feelings/Temptations
 - Work done (# of exercises, # of daily check ins)
 - Boundaries
 - Sobriety Date
4. If relapsed (Masturbation, pornography or immorality)
5. Interactive Lesson or Journal Reading
6. Long-share
 - Groups of two or three
 - Intimate discussion about the weeks struggles

Major Milestone Instructions

“Major Milestone” is for those people who have completed the following:

1. At least six months pure,
2. Completed Setting Captives Free
3. Completed the Journal assignment
4. Are having victory and understand why they are having victory

Ideas for Major Milestone Party

1. Invite friends of graduate
2. Invite staff
3. Invite existing candidates
4. Start with Dinner
5. Prayer
6. Bring graduates forward
7. Pass out Milestone
 - Milestone is a rock with a scripture on it
8. Time of sharing for the Group leader, other candidates and discipling partners towards the milestone recipient
9. Time for milestone recipient to say something

*Note: We typically do this once a year in August

*Note: This year we rented a forest preserve and had a BBQ

*Note: At our milestone party one year we gave out stones for yearly sobriety dates as well to honor the brothers.

- We had a 3 year stone to pass out
- Several 2 year stones to pass out
- Several 1 year stones to pass out

Meeting Schedule

1. The SI Ministry meets every week
2. Meetings will be at assigned place
3. “Major Milestone” celebrations will take place when appropriate and location will be determined.
4. The SI meetings will be canceled only in rare circumstances.

Journal Assignment

“Facing the Truth”

The next step of recovering from sexual addiction is coming to terms with the depth of trouble and damage caused by our addictive lifestyle. At times in our minds it may have felt glamorous or euphoric, but the truth is that it has always been destructive to our relationship with God, to us and or to someone else. Facing the truth about our addiction, learning of its destructive nature, and surrendering to how powerless we really are is essential if we are ever to break free completely.

Part of God’s plan is that life can be very painful and difficult, but from those challenges we are supposed to grow. When we use sexual sin to medicate these challenges, we become extremely spiritually ill. Our lives often get so confused and filled with rationalizations that we use all our energy to avoid, rationalize and dodge the challenges God is sending to help us grow. God says in Galatians 6:7-8 “A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction.” Here we are trying to bring into the light the patterns of addiction which have kept us from growing up in our salvation. I John 1:5 “God is light and in him there is no darkness”

The Goal is more than a time of confession which is powerful. James 5:16 says “therefore confess your sins to each other and pray for each other so that you may be healed.” The goal is to see the absolute hopelessness of our condition and to identify patterns of rationalizations and excuses that we have had for our addiction. We also want to see the destruction that our sin has caused, so that we can feel urgency for God and our need to change.

What we do is write a detailed journal chronicling as much of our sexual sin as we can remember. We do not generalize and we do not glamorize our past. We simply put forth in simple truth the facts of what we did. We also write our excuses for giving in, the consequences of our actions and the feelings we felt as a result of our sinful lifestyle. Then we share that journal with the rest of the group so that we can connect with the truth of our addiction and embrace the full seriousness of where we are at. Romans 7:21 says “When I want to do good evil is right there with me” and vs 24-25 says “what a wretched man who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord.”

First we write the journal then share it with the group. When we are certain that we are really facing our condition and willing to do whatever God asks of us we are ready to move on to phase III Facing Life.

Writing the SI Journal

1. Pray for the Spirit to open you up to important memories. Pray for the courage to be honest.
2. Try to set aside quiet periods of time for up to 3 hours at one sitting. If your sexual addiction has lasted for a long time you may need several chunks of time like this to complete this exercise.
3. Use a fresh clean pad of paper or notebook.
4. Write out as many experiences with sexual sin as you can remember, beginning from your earliest memories up to the present. (Try to keep them close to chronologically accurate, so you can see the progression of the sin.)
5. It may be wise to ask advice along the way to make sure that you are focusing on the rights things.
6. Write down experiences in the following format:
 - What sexual sin did you do?
 - What were the consequences of what you did?
 - How did that make you feel during and after the consequences?

For Example:

What

- I stayed up late watching pornography on the internet, when I should have been getting rest for work.
- I gave out my credit card number

Why

- I was bored
- I was relieving Stress
- I did not care and I felt entitled

Feelings and consequences

- I felt tons of shame for what I had done the next day.
- I felt the sting of frustration when I saw my credit card bill hit for \$250
- I felt a chasm between myself and my family.
- I felt really stupid and angry at myself for doing the same stupid stuff again, will I ever learn.

7. Once you write something down, try not to change it. Just leave it for the time when you read your journal.
8. When writing in your journal, focus on honesty and accuracy. Try to put out of your mind that you will be reading your journal in front of the group.

Sharing the SI Journal

1. Start with a prayer
2. The Candidate reads his journal from beginning to end
3. The rest of the group listens intently until the reading is complete.
4. Only respectful sharing is permitted and only after the reading is done.
5. Encourage and disciple as needed
 - Observations about seriousness of attitude
 - Observations about glamorizing
 - Observations about whether the journal was written according to the instructions.
 - Observations about minimizing.
 - Observations about its completeness
 - Observations about exaggerating
 - Encourage when you see someone putting their whole heart in the work.
 - Is the journal focused on owning behavior or is it a time of self-pity?
6. The SI leader decides whether the candidate needs to rewrite the journal, based on honesty and depth of content. Sometimes this requires reflection and additional conversation.

Relapse Assignment

Romans 8:28

Boundaries

- **Truth: God commands us to run from sexual sin and run to him. Proverbs 5**
 - Honoring him would be obedience in this area.
 - Our pride minimizes our seriousness about boundaries.
1. Describe your convictions about your boundaries leading up to the relapse?
 2. What caused them to decrease at this time?
 3. What change of heart do you need in order maintain your convictions about boundaries?
 4. What can be done next time?

Isolation

- **Truth: God commands us to be devoted to one another and in one another's lives on a regular basis. I John 1:8**
 - Honoring God would be to live a lifestyle of being connected and having my heart in the light.
 - Our sinful nature pulls us towards isolation.
1. Describe your convictions about living in isolation right before the relapse?
 2. What can be done when the situation arises again?
 3. What are the biggest obstacles for you to staying close to others?
 4. What must you do practically to be free from?
 5. Is there something in your heart that likes isolation and fears or hates connectedness?

Emotions

- **Truth: Emotional suffering is painful and intoxicating, yet no excuse for sin, rather it is to train us to be godly. Hebrews 12:7-12**
 - Honoring God would be searching for answers and right perspective in the midst of emotional suffering, then follow it up with obedient behavior.
 - Our sinful nature makes up excuses and lies to get us to sin.
1. What were you feeling prior to your relapse?
 2. What should you do if this happens again?
 3. What would have been more constructive responses to these emotions, that you can do next time?

Seeking God

- **Truth: God expects us to seek him always. When under temptation, he will provide a way out. I Corinthians 10:13**
 - Honoring God would be seeking him in everything and especially when temptation arises.
 - Our sinful nature leads us to believe we can handle life on our own.
1. Describe the ways you were failing to seek God both during the week and when tempted?
 2. In what way must your heart change to seek God in everything?
 3. How should you practically seek God if this situation arises again?

Sexual Addiction Book-list for Men

“Instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning.” **Proverbs 9:9**

1. **Living Pure:** Tom Nuelle
2. **Breaking Free:** Understanding sexual Addiction & the healing Power of Jesus, By Russell Willingham
3. **False Intimacy:** Understanding the struggle of sexual addiction, By Harry W. Schaumburg
4. **Final Freedom:** Pioneering Sexual Addiction Recovery By Phd Doug Weiss – 101 Freedom exercises Workbook available
5. **Out of the Shadows:** Understanding sexual addiction, By Phd Patrick Carnes
6. **At the Altar of Sexual Idolatry,** by Steven Gallagher
7. **Men Living in Freedom Everyday:** Mark Laaser (Workbook)

Web Filters

1. **Covenant Eyes –** Covenanteyes.com
2. **K9 –** K9webprotection.com
3. **Net Nanny -** Netnanny.com
4. **Ever Accountable –** Everaccountable.com
5. **Content Watch -** Contentwatch.com