

Lesson Plan - Session 16 – Step 4 – Fears, Sexual Conduct

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session</p> <p>Catch-up sharing</p> <p>Share Exercise 4.4 Fears</p> <p>Share Exercise 4.5 Sexual Conduct</p> <p>Discuss next assignment - Exercise – Deep, Dark Secret</p>
0:05	Catch-up sharing
0:10	<p>Share Exercise S4.4 Fears</p> <ul style="list-style-type: none"> • Ask each man to select 1 of his fears. Take 1-2 minutes to share the contents of that row in the table. If a particular fear has been discussed multiple times, consider selecting a different fear to share. • As appropriate, ask if the fear is any weaker after this exercise? Any change in feelings? • After all have shared and time permitting, ask if anyone has another fear that has not been mentioned that might also apply to others.
0:45	<p>Share Exercise S4.5 Sexual Conduct</p> <ul style="list-style-type: none"> • As above, ask each man to select 1 example from his list of sexual conduct and read the entries on that row. Complete each share in 1-2 minutes. • As appropriate, ask if this exercise - naming it, analyzing it, sharing it -has had any impact on guilt or shame? • After all have shared and time permitting, ask if anyone has another example of sexual conduct that has not been mentioned that might also apply to others.
1:20	<p>Assignments</p> <p>Review the assignments on the Overview for the next session.</p> <p>Get current on all exercises in Step 4 – intend to complete Step 4 in the next session.</p> <p>Discuss Exercise S4.6 - Deep Dark Secrets</p> <p>Give instructions (or alert to instructions) regarding the submission of 1 deep, dark secret to the leader for redistribution to another member of the group before the next meeting.</p> <p>If current, read Step 5, pages 113-117 or get current in the rest of your life – take your wife on a date, spend time with your kids, take an afternoon nap!</p> <p>Final questions or comments</p>
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

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Leader Discussion Guide

Scripture Verses – Fears

Deut 31:8 – The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.

I Thess. 5:24 – The one who calls you is faithful, and he will do it.

I John 4:4 - I John 4:4 – You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

Rom. 5:8 – But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Joshua 1:5 - No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you.

Gal 4:4-5 - God sent his Son ... to redeem those under the law, that we might receive adoption to sonship.

2 Cor. 9:8 - And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

Phil 4:19 - And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Phil 4:13 – I can do all this through him who gives me strength.

Jer. 29:11 – For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future.

Deep, Dark Secrets

Last exercise in Step 4. One final exercise to look at the depravity in our lives before recovery. Our deepest, darkest secrets are the things that cause us extreme embarrassment and shame. Many of these were traumatic in nature.

Exposing them to the light will help rob them of their power over us – the power to return and plague us; rob us of our serenity and peace.

Your deep, dark secret may be a behavior or a fantasy. Could be an illegal activity. Could be something that our spouse or friends would find disgusting.

Regardless, bringing such secrets into the light will help break through the lies – “I am a terrible person” and replace that with – “This is a terrible thought” and “I want to be free of it” or “It will not control me”.

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We search for at least 1 Scripture that speaks truth to this situation; that enables us to escape from the power of this secret.

Because we are doing this exercise as a group, we will share our deepest, darkest secrets both openly and anonymously. Openly by hearing them read aloud. Anonymously by submitting one of them in writing in advance. The leader(s) will provide your statement to another member of the group to read and will give you the secret of another man. In this way, each man will read aloud a deep, dark secret of another member of the group. When finished, we will release these deep, dark secrets to God in prayer.