

Lesson Plan - Session 5 – Complete Pre-Step Work, Introduce Step 1

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for the session today</p> <p>Catch-up sharing for any pre-Step 1 exercises</p> <p>Discuss pages 69-76</p> <p>Share Exercise 1.1 - Family of Origin</p> <p>Discuss next 3 exercises and relationship to drafting Step 1</p>
0:10	<p>Questions from prior session</p> <p>Catch-up sharing, if any</p>
0:15	Discussion/questions for pages 69-76
0:25	<p>Family of Origin</p> <ul style="list-style-type: none"> • Ask each man to share for 1 minute regarding one person or factor in their family of origin that contributed to their sexual impurity. <ul style="list-style-type: none"> ○ This will not provide a complete picture of each man, but rather provide a wide array of potential family members or situations that contribute to addictive, compulsive, or obsessive behaviors. ○ If time permits, go around the circle again asking if anyone has a person or situation that has not already been mentioned.
1:05	Discuss next 3 exercises – details in Leader Discussion Notes
1:20	<p>Assignments</p> <p>Review the assignments on the Overview for the next session.</p> <p>Complete Exercises S-1.2, S-1.3, S-1.4</p> <p>Come prepared to share</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 Notes

Note to leaders – As discussed previously, it is not important that you share the following pages of notes during this session. In addition, there will not be enough time for you to share all of this info and provide sufficient time for the men in the group to share. Sharing is more important! However, to the extent you are familiar with the following info, you may be able to quickly and effectively respond to questions or interject a comment at a critical point in the group conversation.

Reading, pages 69-76 – probably a brief discussion

Christian Roots of the 12 Steps – pages 69-70

Reminder – this was discussed in Session 1; no need to discuss again in detail

2 supplement documents were provided in Pre-Work

Might ask if there are any questions – OK if there is not

12 Steps – pages 71-75

Read at every meeting – no need to read again now

Key points:

Steps build – each one prepares for and leads to the next

Slow transformation, progress

Moving toward God, away from self-centeredness

Requires commitment

50% not good enough, pages 75-76

Relief vs. Recovery

First 50% - Lifelong sanctification – progress toward Christ's image

Second 50% - Giving back what has been given to us

Exercises S-1.2 through S-1.4 and Drafting of First Step

In next session, will share from assigned exercises and discuss drafting of First Step.

Completing Exercises 1 through 4 provides each man with the building blocks for drafting Step One.

In brief, giving a Step One in a support group meeting is the act of **admitting** that we are **powerless** over our addictions and compulsive behaviors, that our lives had become **unmanageable**.

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Our first step is not an autobiography. We do tell our story, but it is the story in which we **admit powerlessness** to change ourselves and the **unmanageability** that brought into our lives. Our family of origin likely set the stage in some way(s), powerlessness and unmanageability ensued when we submitted to our obsessive and compulsive behaviors, and there was great cost associated with this.

Exercise S-1.1 Examine potential contributing factors

Clarification of Powerlessness and Unmanageability

See instructions for exercises 2 & 3

Powerlessness – inability to stop acting out

“I won’t ever do this again” – said for the 5th time for the same activity – watching porn, having an affair, etc.

Unmanageability – when acting out disrupts our daily life and creates negative consequences for us or those around us

I am 6 months behind on my mortgage. Foreclosure is looming. I spent the mortgage money on paid sex.

I missed my son’s ballgame because I could not stop watching porn.

My wife threw me out of the house; my wife left me.

I stopped taking care of myself – eat poorly, lack of sleep, lack of exercise, don’t have regular health checkups, etc.

Exercise S-1.4 – Addiction Cost Worksheet

See instructions – detailed and include explanation

Attempt to estimate a dollar value to the unmanageability of our sexual acting out. 2 main components:

- Estimate of the value of our time if it had been used to earn money instead of acting out
- Estimate of costs we actually incurred in pursuit of our obsessions and compulsions

In summary, the information we gather as we complete Step 1 exercises 1 through 4 will be the building blocks we use to tell the story of how we developed our obsessive and compulsive behaviors, how we repeatedly failed to stop acting out (powerlessness), the damage our behavior inflicted in our lives (unmanageability), including the estimated cost of our wasted time and moneys spent. Once we make this admission (and reflect on it), we are ready to move to Step 2.

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Jesus and the 12 Steps – Step One (excerpts/paraphrase)

Mark 5:1-20 The Man with Many Demons

This was a man whose life was unmanageable. Had lost family, home, occupation, reputation, and lifestyle. Desperate. From cemetery hill, he could see the town of his former life.

Jesus crossed the lake to see one man – a man who lived in a cemetery. Possessed by countless demons, beyond the reach of therapy and science.

Some observations:

- His condition was progressive (could not bind him anymore)
- All else had failed
- He turned to Jesus – came to meet him, fell on his knees in front of him
 - Jesus did not try to reform him – no class to attend, no medicine, no set of rules to live by. The man had a spiritual condition for which there was only a spiritual solution.
 - There is something about Jesus that draws others to him; that creates a longing for something more.
 - The man brought his whole self; not just his problem. coram Deo – Latin – living before the face of God.
- Name it before he (we) can claim it
 - Legion – military term for 3,000 to 6,000 soldiers.
 - Before you can treat an illness, you must identify it.
 - He named Legion; you have to say “sex addict”
- Negotiated with God – please don’t send them (demons) out of the region
 - He wanted healing on his own terms
 - In recovery, a man often wants the benefits without the cost (sobriety without sacrifice; recovery without repentance)
 - Submission is necessary
- Recovery comes on God’s terms
 - Demons entered the pigs who rushed down the hill and drowned
 - Naaman dipped in muddy waters
 - Blind man received mud in his eyes
 - Lame man had to pick up his mat
- The man was transformed – sitting there, dressed and in his right mind.
- The man went away and began to tell how much Jesus had done for him. Legion’s words were authenticated by his change life. It was only when others saw what God did in him that God could effectively speak through him.
 - St. Francis of Assisi – Preach everywhere, and when necessary, use words.

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- When we get sober, others need to see our changed behaviors before they can hear our words.
- Preview of Step 12
 - The healed man begged to go with Jesus
 - Jesus said – Go home to your own people; tell them how much the Lord has done for you, and how he has had mercy on you.
 - We need recovery activities and friends in recovery, but we also need to share the message with others.
 - God has uniquely gifted you and placed you so that you can make a difference
- When you are ready to admit that your life is out of control, when you can label your problem for what it is, and when you accept that your life is unmanageable, you are ready to experience freedom.