

Overcomers Workshop

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Overcoming with a Godly Purpose

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THE RONDORF CLAN



43 years / 4 kids / 4 spouses / 6 grandkids / 3 generations

INTRODUCTION AND BACKGROUND

- ◆ *initial efforts 2006*
- ◆ *today we have years of purity / gaming / alcohol by several men*
- ◆ *2012 began attending Pure and Simple Conference*
- ◆ *2016 began wives support group*
- ◆ *2017 began working w teens in Hampton Roads*
- ◆ *2018 Began a Women's Purity Group*
- ◆ *Work to hold couples forums several times a year*
- ◆ *The Goal: **Glorify God with victory and help make disciples (help others overcome)***

EITHER WAY IT IS A PROBLEM

Addiction or Idolatry?

ADDICTED:

Physically and / or mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects.

synonyms:

dependency, dependence, craving, habit, weakness, compulsion, fixation, enslavement;

IDOLATRY

the worship of idols (false gods)

synonyms:

fetishism, iconolatry, icon worship

paganism, heathenism, heresy, sacrilege, ungodliness

"extreme admiration, love, or reverence for something or someone."

Resource / References

- ◆ Every Man's Battle - Arterburn / Stocker
- ◆ Twelve Steps and Twelve Traditions -AA
- ◆ Pure and Simple Conference - Weidners
- ◆ Emancipators - HR Church Website
- ◆ Pure and Simple - Dave Weidner
- ◆ Some Sat in Darkness - Mike Leatherwood
- ◆ Sex is not the Problem - Joshua Harris
- ◆ Forgotten Factors - Roy Hession
- ◆ Out of the Shadows - Dr Patrick Carnes
- ◆ Addiction and Grace - Dr Gerald May
- ◆ Breaking Free - Russel Willingham
- ◆ Finally Free - Heath Lambert
- ◆ Don't Call it Love - Dr Patrick Carnes
- ◆ Samson and Pirate Monks - Nate Larkin
- ◆ Caring Beyond the Margins - Guy Hammond
- ◆ Repentance - Ed Anton
- ◆ Every Man's Challenge - Arterburn / Stocker
- ◆ Building a Pure Marriage - Dave Weidner
- ◆ Wired for Intimacy - William Struthers

Resource / References (Cont.)

- ◆ Grounded, Living Pure - Tom Nuelle
- ◆ Switch on Your Brain - Dr Caroline Leaf
- ◆ Covenant Eyes Website
- ◆ The Way of Purity - Mike Cleveland
- ◆ The Christian Twelve Steps - Dr Richard Krejcir
- ◆ Caring Beyond the Margins - Hammond
- ◆ Messed Up - Guy Hammond
- ◆ Tempt Away - Guy Hammond
- ◆ The Game Plan - Joe Dallas
- ◆ Unchained - Daniel Key
- ◆ How to Help People Change - Jay Adam
- ◆ The God Shaped Brain - Dr T Jennings
- ◆ Untangling Addiction - Dr DeCarval
- ◆ Emotional Purity - Heather Paulsen

Women's Resources

- ◆ Your Sexually Addicted Spouse - Barbara Steffens
- ◆ Every Woman's Battle - Shannon Ethrigde
- ◆ Grace Calls - Robin Weidner
- ◆ Hope After Betrayal - Meg Wilson
- ◆ S-Anon Twelve Steps - S Anon

Resource / References (Cont.)

Women's Resources (cont)

- ◆ **Intimate Treason - Claudia Black**
- ◆ **The Power of a Praying Wife - Stormie Omartian**
- ◆ **Spiritual Discovery - V Lefler, K Heinen / J Lefler**
- ◆ **Facing Heartbreak - S Carnes / M Lee / A Rodriguez**
- ◆ **Every Heart Restored - Fred and Brenda Stoeker**
- ◆ **Pulling Back the Shades - Danah Gresh / Juli Slattery**

◆ PARENTING REFERENCES

- ◆ **God's Design for Sex - 4 book set**
 - ◆ **The Story of Me - Brenna Jones**
 - ◆ **Before I was Born - Carolyn Nystrom**
 - ◆ **Facing the Facts (the truth about sex and you) - Stan Jones**
 - ◆ **What's the Big Deal? (Why God cares about sex) - Stan Jones**
- ◆ **How and When to tell your kids about Sex - Stan Jones**
- ◆ **Good Pictures Bad Pictures - Kristen Jenson**
- ◆ **Parenting the Internet Generation - e book**
- ◆ **A Chicken's Guide to Talking Turkey with your Kids about SEX - Dr K Jones / Kathy Bell**
- ◆ **Covenant Eyes Website**

3 PURPOSES OF SEX

create life, pleasure, & oneness

- 1. Life:** *Biblical sex is life-giving. The brain is the control center of our sexuality and emotions. Creates the overall goodness of family by God's Plan.*
- 2. Pleasure:** *Biblical sex delivers rich pleasure. This physical response and the accompanying emotions are fulfillment of God's plan to create marriage for life.*
- 3. Oneness:** *Biblical sex is an expression of oneness between two, committed, married adults. It is the ultimate culmination of God's plan of creation.*

Biblical Sex vs Pornography

Biblical sex is life-giving; porn sex as a selfish act. Porn strikes its deadliest blow to the brain and robs us of life. It causes the brain to prefer the cheap thrill of fantasy over the goodness of marriage and family. **(Selfish)**

Biblical sex delivers rich pleasure; porn offers only shallow temporary pleasure followed by guilt. Not only does porn exhaust our sexual drive, but it conditions us to prefer novelty and pixels over a deep and committed physical relationship. Porn causes brain to fatigue, deadening us to real satisfaction-desensitization **(Deceives)**

Biblical sex is an expression of oneness between two, committed, married adults; porn portrays sex as casual and only bonds viewers to a visual experience. This bonding to an image makes normal personal relations very difficult to develop. **(Numbs). Undermines God's Plan!**

Let's Be Honest

90% of boys / 70% of girls 13-14 have watched Porn

35% of boys say "too many times to count"

70% of boys / 25% of girls have watched porn for > 30 min sessions

**in our campus the stats indicate about 50%
are deeply mired in Purity issues**

ACR church surveys indicated 30-50 % are struggling

Virginia Pilot article in 2016 published survey results at 33%

22% of young adults view "porn as good for society"

Emotions

- ◆ *God has created us with emotions which are good and proper (Created in God's image) Gen 1:27*
- ◆ *God has intended that our emotions are positive and useful (fruit of the Spirit) Gal 5:22-23*
- ◆ *Phil 4:4 God is our intended emotional resource "rejoice in Lord always"*
- ◆ *Addiction is a result of misdirected emotional responses and we turn away from God and turn to inappropriate sources for emotional solutions (drugs, alcohol, pornography, gaming). This can be viewed as addiction and / or Idolatry*

Historical Issue - Godly Plan

Leviticus 18 - *Do not do as they do in Egypt and do not do as they do in Canaan. We should not conform to world (do not do as they do in Hollywood)*

Leviticus 20 - *a second Chapter on sexual relations - Israelites needed a lot of guidance and so do we - are we discipling and training on this issue?*

This is not new to mankind but the method of delivery has made it so available there is not a lot of thinking required.

**We go from temptation to sin without logical thought
(Proverbs 7 > Adult Store > videos > phone)**

Out of control vs Controlled emotions

Galatians 5:19

Sinful Nature

Sexual Immortality

Impurity

Idolatry

Fits of rage

Debauchery

Selfish Ambition

Drunkenness

Orgies

Galatians 5:22

Fruit of the Spirit

Love

Joy

Peace

Patience

Kindness

Gentleness

Self - control

EMOTIONS/THOUGHTS VS SIN

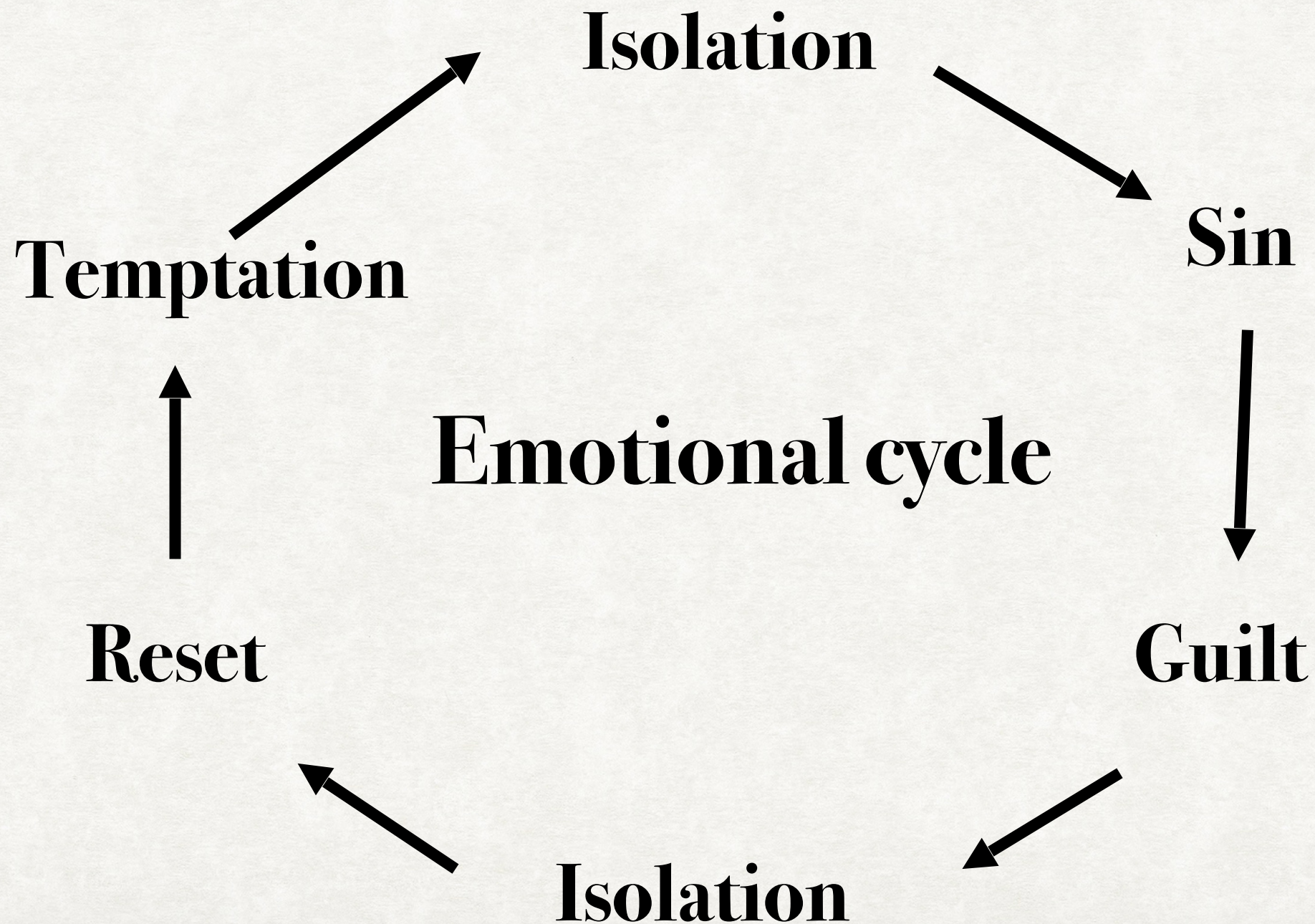
- ◆ **Gen 1:27** *Created in God's Image - Emotions are part of us*
- ◆ **Gal 5:22-23** *Fruit of the Spirit / Phil 4:4 God is intended as our emotional resource - Rejoice in the Lord always*
- ◆ **Matt 5:28** *Look lustfully (thoughts) - adultery*
- ◆ **2 Cor. 10:5** *"Take Captive every thought..."*

Emotions and thoughts are to be controlled and we are not to be controlled by them.

If we continually allow ourselves to be controlled, we are setting up idols

Addictive Cycle

Dr Gerald May / Dr Patrick Carnes



Shame - the two sided coin

Ps 22:5 trust / Ps 25:3 hope / Ps 31:1 refuge / Ps119:6 obedience
Rom 5:5 hope / 2 Tim1:12 belief / Heb12:2 Jesus / 1Pet 2:6 trust

Ps 22:5 ...”in you they trusted and were not put to shame”

Shame - a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior

What drives shame? —guilt / failure /pride

How does the person respond?

- fear / withdrawal / isolation / self condemnation

What is impact on those around the person?

- confusion / doubt / indignation / disappointment / condemnation

What is needed? Humility and Compassion

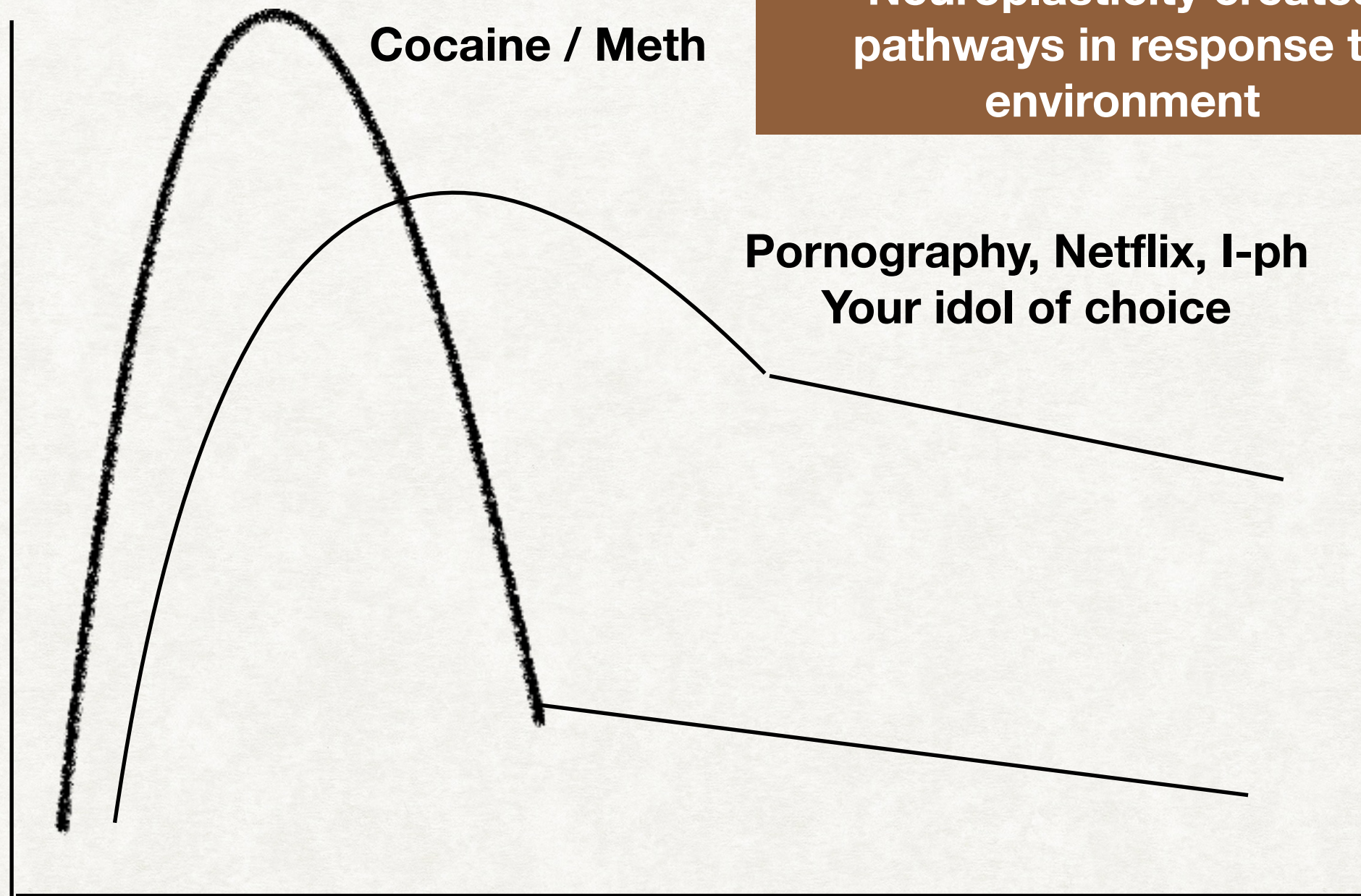
Running the Race/Training in Righteousness — overcome sin

- ◆ **John 16:8** *Counselor (Holy Spirit) Convict in regard to Sin / Righteousness / Judgement*
- ◆ **The Race:** *1 Co 9:24 run the race to get the prize*
 - *Heb 12:1-2 run with perseverance*
 - *2 Ti 4:7 I have finished the race, I have kept the faith*
- ◆ **Training** (A Chicken's Guide to Talking Turkey with your kids about Sex(Dr Kevin Leman / Kathy Bell)
 - ◆ **Pr 22:6** *Train a child*
 - ◆ **1 Corinthians 9:25** *Strict training, run to get prize / crown*
 - ◆ **2 Timothy 3:16** *Training in righteousness to be complete and ready for every good work*

DOPAMINE RESPONSE

Neuroplasticity creates pathways in response to environment

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The overall dopamine release and duration is what creates the power

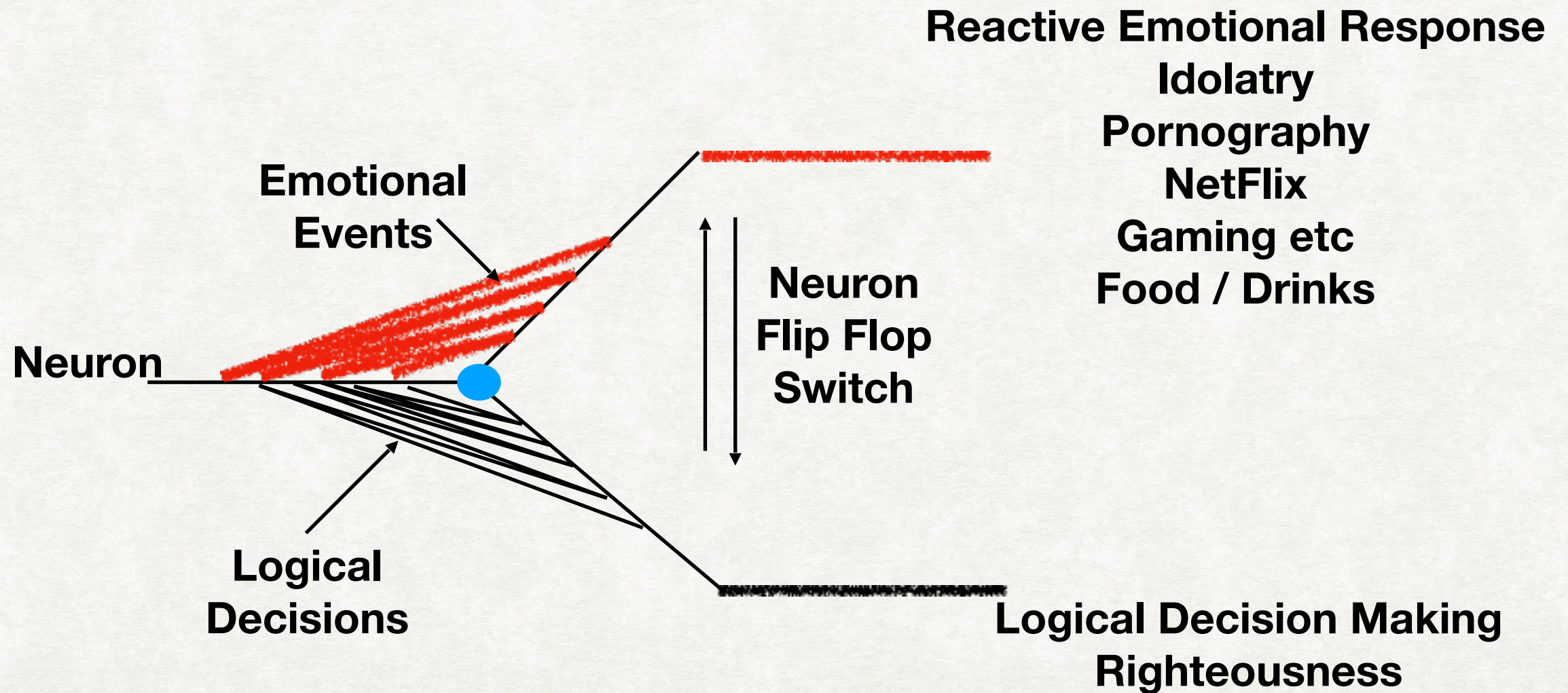
Character Change

Jay Adams - "How to Help People Change"

- ◆ *Habits take 45 days to break and 45 days to establish*
- ◆ *We have been captive to our sin for years if not decades*
- ◆ *Take captive every thought 2 Cor 10:5 - it is a spiritual expectation*
- ◆ *Training (self controlled 1 Pet 1:13 / 1 Pet 4: 7)*
 - ◆ *eyes / thoughts / physical responses*
 - ◆ *power of Holy Spirit / Memory Scripture (Eph 4:13)*
 - ◆ *Word of God is powerful and active (Heb 4:13)*
 - ◆ *God focused not self help in character modification*

Neuroplasticity

*Every decision is a building block
- what are you building?*



Discipling Addiction

“Some Sat in Darkness” - Mike Leatherwood

- ◆ *Shame and guilt are already there - don't pile on*
- ◆ *Addictive personality trait is to be secretive (James 5:16 confess)*
- ◆ *Must draw out the emotions and deal with them*
- ◆ *Cannot allow isolation (1 John 1:7 walk in the light)*
- ◆ *repeat confession is an indicator but deception is second nature*
- ◆ *build confidence in willingness to help (never give up on them)*
- ◆ *Must build new mind and body responses (Col 3: 5-10 renewed self)*
- ◆ *Professional counseling is often necessary (choose wisely and ensure the advice is consistent with scripture)*

Tolerance vs Compassion

- Tolerance -1) willingness to accept something 2) capacity to endure 3) allowable amount of variation
 - John 5:14 “...See, you are well! Sin no more...”
 - John 8:11 ...“Then neither do I condemn you,” Jesus declared. “Go **now** and leave your life of **sin**.”
- Compassion - sympathetic pity and concern for the suffering or misfortune of others
 - Matt 9:36 When Jesus saw the crowds, he had **compassion** on them...
 - Col 3:12 Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with **compassion**, kindness, humility, gentleness and patience.

Compassion of Jesus

- ◆ *We need compassion to disciple addiction because they will resist, take a long time, relapse, w/o compassion we will give up on them*
- *MATT 9:36 ...he saw the crowds and had compassion on them*
- *MATT 20:34 ...(2 blind men) ...he had compassion on them and touched their eyes.*
- *2 COR 1:3 ...the father of compassion and the God of all comfort*
- *PHIL 2:1-2 ...if any tenderness and compassion...*
- *COL 3:12 ...clothe yourself w compassion...*

God's Standard on Purity

- ◆ **Ephesians 5:3** *“there shall not be a hint of sexual immorality, or impurity”*
- ◆ **Matt 5:28** *Lust = adultery = sin = impurity (eyes, thoughts must be controlled)*
 - ◆ *disciplined decisions vs emotional response*
 - ◆ *Culturally men don't show emotion but the spiritual perspective is that REAL MEN control their emotions*
 - ◆ *First step is to recognize emotions and sources*

Summary

- *Do not conform to the world (Rom 2:12)*
- *We need to train to turn to God not social media for encouragement (1 Peter 5:6 Humble yourself)*
- *God needs to be the emotional resource for all of us (1 Pet 5:7 Cast all your anxiety on HIM...)*
- *Emotions need to be recognized and sources identified and dealt with appropriately (discipling)*
- *Media must be controlled and not allowed unfettered access to our families / lives / relationships.*
- *Make Disciples - Live to Glorify God*

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