





**MORNING**

Read the notes from Valiant Man, Session 2: *Teachable*.

*Better the ugly truth than a beautiful lie.*  
Jewish Proverb

**Matthew 13:1-23**

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When God's man tries to keep secrets, he isolates himself from both his Creator and the people who need him most.

**EVENING**

*If you tell the truth you have infinite power supporting you, but if not, you have infinite power against you.*

Charles George Gordon

**Psalm 51:6  
John 8:32**

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*Love the truth though it may do you harm; hate the lie though it may please you.*  
Arabian Proverb







**MORNING**

Read the notes from Session 2: *Courage*

**James 1: 2-4, 12**

Difficulties are like a cloud with a silver lining. We might wish the struggle would go away, but the Bible says the struggle will make us strong. No pain, no gain. Face the wind and be the man you are called to be. You've fallen down in the battle with your sexuality? Get up, run the race!

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*Courage is not just one of the virtues, but the form of every virtue at testing point.*

C.S. Lewis

**EVENING**

**Read Proverbs 24:16**

Then read the poem on the next page. It is taken from a book called *Chicken Soup for the Soul #2*. It is a wonderful insight to God's perspective on your struggle to be a Valiant Man. Read it, and write your reflections about it. Pray.

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*Courage is resistance to fear, mastery of fear, not absence of fear.*

Mark Twain

## THE RACE

A children's race, young boys, young men - How I remember well  
Excitement sure, but also fear - it wasn't hard to tell.  
They all lined up so full of hope, each thought to win that race  
Or tie for first or if not that at least take second place.

And Fathers watched from off the side each cheering for his son  
And each boy hoped to show his Dad that he would be the one  
The whistle blew and off they went young hearts and hopes afire  
To win - to be the hero there was each young boy's desire.

And one boy in particular whose Dad was in the crowd  
Was running near the lead and thought "My Dad will be so proud".  
But as he speeded down the field across a shallow dip  
The little boy who thought to win lost his step and slipped.

Trying hard to catch himself his hands flew out to brace  
And mid the laughter of the crowd he fell flat on his face.  
So down he fell and with him hope, he couldn't win it now  
Embarrassed, sad, he only wished to disappear somehow

But as he fell his Dad stood up and showed his anxious face  
Which to the boy so clearly said "Get up and run the race."  
He quickly rose, no damage done, behind a bit that's all  
And ran with all his mind and might to make up for his fall

So anxious to restore himself, to catch up and to win  
His mind went faster than his legs, he slipped and fell again.  
He wished that he had quit before with only one disgrace  
"I'm hopeless as a runner now, I shouldn't try to race."

But in the laughing crowd he searched and found his Fathers' face  
That steady look that said again "Get up and run the race"  
So he jumped up to try again 10 yards behind the last  
"If I'm to gain those yards" he thought "I've got to move real fast"

Exerting everything he had he regained eight or ten  
But trying so hard to catch the lead he slipped and fell again.  
Defeat! He lay there silently, a tear dropped from his eye  
"There's no sense running any more - three strikes you're out, why try?"

The will to rise had disappeared, all hope had fled away  
So far behind, so error prone - a loser all the way.  
"Get up" an echo sounded low, "Get up and take your place"  
"You were not meant for failure here, get up and run the race."

"With borrowed will get up", it said, "You haven't lost at all,  
For winning is no more than this; to rise each time you fall."  
So up he rose to run once more and with a new commit  
He resolved that win or lose at least he wouldn't quit

So far behind the others now, the most he'd ever been –  
Still he gave it all he had and ran as though to win.  
Three times he'd fallen stumbling, three times he rose again,  
Too far behind to hope to win, he still ran to the end.

They cheered the winning runner as he crossed the line first place  
Head held high and proud and happy; no falling, no disgrace.  
But when the fallen youngster crossed the line last place  
The crowd gave him a greater cheer for finishing the race.

And even though he came in last with head bowed low, un-proud  
You would have thought he won the race to listen to the crowd  
And to his Dad he sadly said "I didn't do so well"  
"To me you won" his Father said "You rose each time you fell".





MORNING

Mathew 5:28

Jesus said, "Whoever looks at a woman and lusts after her has committed adultery with her already in his heart." Jesus knew the problem men have with their eyes. He knows the importance to personal purity of winning the battle for the eyes. Matthew 6:22 says, "The eye is the lamp of the body. So if your eye is sound, your entire body will be full of light."

It's time to fight for control of your eyes! What are your thoughts about rising to this challenge?

Lined writing area for morning reflection.

Not all that tempts your wand'rin eyes and heedless hearts, is lawful prize: nor all that glisters gold.

EVENING

Read Job 31:1

Write this passage out long hand on the lines below. How have you handled the challenge of your eyes today?

Lined writing area for evening reflection.

If we define "lusting" as staring open mouthed until drool pools at your feet, then a glance isn't the same as lusting. But if we define lusting as any look that creates that little chemical high, that little 'pop', then we have something a bit more difficult to measure. This chemical high happens more quickly than you realise.

MORNING

It's a new day, and we are learning to bounce the eyes away from every sight that provokes lust and impurity in us. No matter what happened yesterday, this is the day the Lord has made – it is a day in which you can experience growth in your personal purity.

Revisit the foundational passage defining the purity of a Valiant man.

1 Thessalonians 4:1-8

Focus on verses 2-6

What are your thoughts at the start of today?

Horizontal lines for writing notes.

Between stimulus and response, man has the freedom to choose. Stephen Covey

EVENING

1 Thessalonians 4: 1-8 (Focus on verses 7-8).

However we may set out on the path of pilgrimage, we spend a lifetime walking it. There are no rest stops, no plateaus at which we can flop down and say that we've gone far enough. At the beginning, God accepts us in all our sinfulness and selfishness, but this does not mean that He is content to have us remain in that state. We are all- in the New Testaments terrifying phrase- "called to be saints." Our Father knows our weaknesses even better than we do, and He does not expect us to become saints overnight. But, He does demand that we keep moving in that direction, or as the good old Methodist phrase puts it, "groaning towards perfection." At each step of the journey, the question that really matters is not whether we are a little further along than some of our friends or neighbours, but how far we have progressed since yesterday.

Louis Cassels

What are your thoughts as today draws to a close? How did you go bouncing the eyes today?

Horizontal lines for writing notes.

A man's true value consists in his likeness to God. What gives value to his thoughts, his feelings, and his actions, is the extent to which they are inspired by God, the extent to which they express the thought, the will and the acts of God.

MORNING

Read 1 Corinthians 6:18

The dictionary defines fleeing as; to run away, to withdraw or go hastily, to go quickly, to move swiftly.

Why do you think the above verse commands us to "flee"?  
*How can we live this out in our own lives?*

Lined area for writing responses to the morning reflection questions.

*Morality is not only correct conduct on the outside, but correct thinking on the inside where only God can see.*

Oswald Chambers

EVENING

Friends

Reflect on your small group time this week.  
What, from that time this week, has impacted you the most?  
Have you phoned your buddies?

Lined area for writing responses to the evening reflection questions.

*I love you for what you are, but I love you yet more for what you are going to be. I love you not so much for your realities as for your ideals. I pray for your desires that they may be great, rather than for your satisfactions, which may be hazardously little. You are going forward toward something great. I am on the way with you, and therefore I love you.*



**MORNING**

Review Session 3 notes, page 6.

Have you recognised ways that you have indulged in junk sex?  
Have you included avoiding these, in your boundaries?

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*No nation has ever made any progress in a downward direction. No people ever become great by lowering their standards. No people ever become good by adopting a looser morality. It is not progress when the moral tone is lower than it was. It is not progress when purity is not so sweet. It is not progress when womanhood has lost her fragrance. What ever else it is, it is not progress!*

Peter Marshall

**EVENING**

Review Session 3 page 6.

Forget community standards for purity and adopt a brand new standard for purity.

Do you find yourself being dragged down by the morality of the community around you? What can you do to guard yourself against this?

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**Philippians 4:8**

*“Finally, brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.”*

See ya tonight 7:30

MORNING

Purpose

For everything, absolutely everything, everything above and below, visible and invisible... everything got started in Him and finds its purpose in Him.

Colossians 1:16 MSG

If God has a purpose for our lives, how does the way we handle our sexuality impact this?

Horizontal lines for writing.

Bad will be the day for every man when he becomes absolutely content with the life he is living, with the thoughts that he is thinking, with the deeds that he is doing, when there is not forever beating at the door of his soul some great desire to do something larger, which he knows he was made and meant to do because he is still, in spite of all, the child of God.

Phillip Brooks

EVENING

“... You cannot arrive at your life’s purpose by starting with a focus on yourself. You must begin with God, your Creator. You exist only because God wills that you exist. You were made by God and for God – and until you understand that, life will never make any sense. It is only in God that we discover our origin, our identity, our meaning, our purpose, our significance, and our destiny. Every other path leads to a dead end.”

Rick Warren: The Purpose Driven Life

Read 2 Peter 1:3

Write this passage out in your own words.

How does this passage relate to 1 Thessalonians 4:7?

Horizontal lines for writing.

Compared to what we ought to be, we are only half awake.

William James

**MORNING**

**Read 2 Peter 1:4-5**

How can you apply these verses to your life today?

**The Maker's Manual**

There's a book that's been around  
Since before the dark ages  
All wisdom and knowledge  
Can be found in its pages

It was written by shepherds,  
doctors, religious zealots  
Boat builders and such  
But without the hand of God upon  
each of them  
It wouldn't mean that much

It would just be a collection  
Of stories and narratives  
About Adam and Eve  
And throughout history  
The genealogy  
Of all of their relatives

Songs and poems  
About battles  
Kings and Queens  
And things yet to come  
Things yet unseen

But woven into the tales tall but true  
Is our Maker's Manual  
Of how life should be  
For me and for you

Every problem we will ever face  
You, me  
The whole human race  
Soon would be solved  
We'd understand eternity  
Spelled out in the Bible  
By Jesus – Simply

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**EVENING**

**Read 1 Peter 1:5-8**

How is your relationship with Jesus?  
Write an "end of the day" note to Jesus as your friend.  
Tell him how the day went and open your struggles to him.  
When you have written it, read it out loud as a closing prayer for the day.

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*Far better it is to dare mighty things, to win glorious triumphs even though  
chequered by failures, than to rank with those poor spirits who neither enjoy much  
or suffer much because they live in the grey twilight that knows no victory or  
defeat.*





**MORNING**

Read pages 3 and 4 of this week's notes.

**1 Corinthians 6:16** in part says *"the two shall become one flesh"*.

What implications does this have within a marriage relationship?

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What implications does this have outside of a marriage relationship?

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**EVENING**

**Read Romans 8:12-14**

God is Spirit, we being created in His image and we are filled with His Spirit.

Write a note to God tonight about what you need from him in this quest for growing personal purity. Close your day by closing your eyes, letting out the tension and releasing your emotional struggles to God. Tell God what you need from him.

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*Live close to Me, and I will do minister to you in secret and do a deep inner work veiled to the eye of man. Others may view the results but the process will be secret.*



MORNING

Matthew 5:8

"Blessed are the pure in heart, for they shall see God."

God's ideal for us is to be pure of heart, our hearts being the centre of our being, our mind, our will and our emotions. Remind yourself of Archibald Hart's insights on how men misuse sex. Renew your commitment to healthy motives.

What will you need to be on guard about today?

Horizontal lines for writing.

A humble, ignorant man or woman depending on the mind of God has an explanation for things that the rational man without the spirit of God never has.

Oswald Chambers

Mans mind is the Holy of Holies, and to admit evil thoughts, is like setting up an idol in the Temple.

C H Malik

EVENING

2 Timothy 2:19-22

How can you live this scripture out? Write your thoughts about this passage.

Horizontal lines for writing.

If a man lets his garden alone, it very soon ceases to be a garden; and if a saint lets his mind alone, it will very soon become a rubbish heap for Satan to make use of.

Oswald Chambers

Occupy your mind with good thoughts, or the enemy will fill it with bad ones; unoccupied it cannot be.

Sir Thomas More



**MORNING**

**Read Romans 7:15 & 19**

Write them out in your own words.

How do these words relate to your personal pursuit for purity?

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*A man is first startled by sin; then it becomes pleasing, then easy, then delightful, then frequent, then habitual, then confirmed. The man is impenitent, then obstinate, and then he is damned.*  
 Jeremy Taylor

**EVENING**

Write down your understanding of “fractional addiction”.

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Have you recognised a fractional addiction in your life?  
 What is it and how do you propose to deal with it?

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*Christ’s definition of sin penetrates far deeper than a list on a membership card. It goes to our inner desire, motivations and inner thoughts.*  
 Erwin Lutzer

**MORNING**

**Read Ecclesiastes Ch 1 & 2**

Even King Solomon, the richest man in the world at the time, got bored with life.

What are your expectations for your life?

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It seems to help if a man can be more realistic about what he can expect in terms of excitement in life. How does this apply to you?

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*I cannot change yesterday. I can only make the most of today and look forward with hope to tomorrow.*

**EVENING**

**John Chapter 4: 1-30** describes Jesus' encounter with the Samaritan woman. The underlying spiritual principle is very important: the essence of it is in verse 13.

Write your own understanding of what this verse says to you about addictive cycles and what it says to you about your own quest for personal purity.

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*A vessel that grows as it is filled will never be full. If a bin able to hold a cartload grew while you were dumping a load, you could never fill it. The soul is like that, the more it wants, the more it is given; the more it receives, the more it grows.*

Meister Eckhart

**MORNING**

Shame is self-loathing that flows from believing that you are an unworthy person and is a powerful driver of sexually addictive behaviours. We men, because of the way we are wired, often feel shame for the wrong reasons. We can feel shame over what is a perfectly natural response to stimuli, and we can suffer self-condemnation, which only serves to deepen our feelings of shame.

**Read Romans 8:1**

Take your feelings of shame and condemnation to Christ, write a prayer asking Him to show you what He would want you to do with these feelings

**Afar**

I kept my distance	Healing has been taking place
You loved me from afar	My broken life renewed
I turned my back	All it took was to seek your face
You loved me from afar	And to accept
	Your Amazing Grace
You felt my hurt	I thank you Lord for loving me
You saw my pain	For accepting me as I am
You stretched out your hand	For taking a frightened broken child
I turned my back once again	And making a whole and Godly man
	© Steve Beattie, 2004
I felt fear as you drew near	_____
Ashamed of all I'd done	_____
Not knowing you could heal my pain	_____
I felt the fear and turned to run	_____
Your loving kindness drew me towards you	_____
The fear began to wane	_____
I felt your strength upholding me	_____
I gave in and felt the pain	_____
Your healing hands drew me close	_____
Your loving arms embraced me	_____
My broken heart began to heal	_____
As you were close enough	_____
For me to feel	_____

**EVENING**

**Read Ezekiel 36: 25-27**

Write how you feel about this passage.

**Wash me**

Wash me Lord \_\_\_\_\_  
 Cleanse me \_\_\_\_\_  
 Within, without \_\_\_\_\_  
 Let there be no shadow of doubt \_\_\_\_\_

That I am cleansed \_\_\_\_\_  
 From all that I was \_\_\_\_\_  
 And that I am becoming \_\_\_\_\_  
 All I can be \_\_\_\_\_  
 More like you \_\_\_\_\_  
 Less like me \_\_\_\_\_

Take my heart of stone \_\_\_\_\_  
 Cast it aside \_\_\_\_\_  
 Let a heart of flesh \_\_\_\_\_  
 Within me abide \_\_\_\_\_

Renew my mind \_\_\_\_\_  
 My spirit as well \_\_\_\_\_  
 Then those around me \_\_\_\_\_  
 Will be able to tell \_\_\_\_\_

That you have taken \_\_\_\_\_  
 A desert and barren place \_\_\_\_\_  
 And planted within it \_\_\_\_\_  
 Your love and Grace \_\_\_\_\_

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**MORNING**

The best news about confronting distortions in our sexuality is that we don't have to do it alone.

**Read Romans 8:26-30.**

What encouragement can you take from this passage into today?

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*God is preparing His heroes; and when the opportunity comes, He can fit them into their places in a moment, and the world will wonder where they came from.*

A B Simpson

**EVENING****Read Romans 8: 31-39**

If you have time write this passage in your own words. If you don't have the time simply read it and write some encouraging thoughts from this passage about Gods goodness toward us.

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Jesus Christ carries on intercession for us in heaven; the Holy Ghost carries on intercession in us on earth; and we saints have to carry on intercession for all men. Pray for the men in your group tonight. Ask God to bless every one of them.

**MORNING**

Read page 7 of this weeks notes.  
Review the dot points. Which of them is going to be hardest for you to do?  
Why?

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There can be many things in our lives that become “idols” and “images”, all of which have the potential to keep us distant from God, things like our sexual distortions, possessions, pride, relationships etc. What idols and images do you have to destroy in order to draw nearer to God?

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*“Idolatry is not only the adoration of images.... But also trust in ones own righteousness, works and merits, and putting confidence in riches and power.”*  
Martin Luther

*“Whatever a man seeks, honours or exults more than God, is idolatry.”*  
W B Ullanthorne

**EVENING**

**Accountability**

**Read Ecclesiastes 4:10, 12**

These verses outline what accountability can do for us as far as supporting one another through tough times, or times when we might be slipping back into old habits. God is always there for us, but He also puts people in our lives to encourage, love, affirm, confront, intercede for, and walk out life along side us. When we recognize that “the heart of man is deceitful above all things,” we know that we need others in our lives to reflect back to us honestly how we are really going. We need to meet regularly with two or three other men, in a group, so as to develop relationships where we feel safe enough to be honest about our struggles, our defeats and our victories.

Anyone can see there would be benefits from being part of an accountability group. How do you feel and what are your thoughts about becoming part of an ongoing accountability group at the end of this series?

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If you are interested in forming an accountability group at the completion of the Valiant Man program see Steve Beattie.

**MORNING**

**A Word to Singles**

This week we are focusing on the marriage relationship, so take what you can from it, even write down your thoughts as to how you want your marriage to be. The exciting part for you is that you can go into marriage and not have to make some of the mistakes that normally occur, due to lack of knowledge.

*“What then is the purpose of sex? God intends, as the story of Eve’s creation from Adam shows, that the “one flesh “ experience should be an expression and a heightening of a partners sense that, being given to each other, they now belong together, each needing the other for completion and wholeness. Children are born from their relationship, but this is secondary: what is basic is the enriching of their relationship itself through the repeated “knowing” of each other as persons who belong to each other exclusively and without reserve.”*

J I Packer.

Packer outlines the ideal outcome from a sexual relationship in marriage. Write your thoughts about the similarities and differences in your own marriage relationship.

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*“The woman was formed out of man – not out of his head so as to rule over him; not out of his feet so as to be trampled upon by him; but out of his side to be his equal, from beneath his arm to be protected, and from near his heart to be loved.”*

Matthew Henry

**EVENING**

Read the passages from Song of Solomon on page 2 of this week’s notes. Are sexual relations an anticipated delight for your wife? If not, why not? Write your thoughts.

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Being totally honest with yourself, how does it make you feel to know that the responsibility for a sexually fulfilling marriage for both your wife and you, begins with you?

MORNING

Entering Chaos

"It seems almost an insult to Jesus' enormous cost in dying for His Bride if we simply settle for fewer hassles in our marriages instead of pursuing a terrifying and joyous passion for each other that some how mirrors Christ's own passion for us."

Nancy Groom's book *Risking Intimacy*

Sex can be the glue that sticks us together in a marriage, or it can be the mortar in a brick wall that separates us, and stops us from enjoying a passionate marriage.

What is sex in your marriage, glue or mortar?  
Write your thoughts about this challenge.

Horizontal lines for writing.

"This is the secret of joy. We no longer strive for our own way, but commit ourselves, easily and simply, to Gods way, acquiesce in His will, and in doing so find our peace."

Evelyn Underhill

EVENING

Entering Chaos

"The truth is, as God entered chaos to create His world and as Christ entered the chaos of our sinful world (and the chaos of engaging intimately with His fallen people) to win His Bride through suffering and sacrifice, so each man is called to enter the chaos of his wife's world, willing to suffer and sacrifice on her behalf."

'Husbands love your wives just as Christ loved the church' is no simple command. It touches at the deep terror in every man's soul – the terror of chaos and the threat of exposed incompetence. Most men don't bargain on this when they marry. But the man who longs not only to stay committed to his marriage, but to richly impact for good the woman he has covenanted to love, this man will have to face the darkness of his terror and enter it with the intent to bless his wife, though he wont have a clue how to do it."

Meditate on this for a while and then write down your thoughts about it.

Horizontal lines for writing.

Agape love is "...profound concern for the wellbeing of another, without any desire to control that other, to be thanked by that other, or to enjoy the process."

Madeleine L'Engle









**MORNING**

**The Seventh Commandment**

**Read Matthew 5: 27 –28**

Sex is Holy; it is to be confined to the marriage relationship, valued highly and treated with honour. Sex is part of the glue that holds a marriage together for a lifetime. Theology and life intersect powerfully in sex. Sex only exists because of the intimacy inherent in Gods own divine nature. The Bible tells us that when a man looks upon a woman lustfully he has already committed adultery with her in his heart; this has a profound impact upon the intimacy in a marriage. The end result of a man nibbling on junk sex, looking at porn, or engaging in an inappropriate fantasy thought life is the same for a woman, emotionally, as if he has committed physical adultery.

Every time we engage in junk sex, we make a withdrawal from our intimacy account with our wives. We may not even notice it but it will affect our relationship with them. The proof of this will be evident when we have fully embraced all that it takes to be a Valiant Man. We will be surprised by the new found appreciation that our wives have for us and the new depth of intimacy in our relationship with them.

Take some time to reflect upon the degree to which nibbling on junk sex has affected your intimacy with your wife?

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**EVENING**

*Every Mans Battle* by Arterburn, Stoeker and Yorkey includes comments, from wife’s perspectives, on what the men had written in each chapter. Below are some of their thoughts about their husband’s battle for sexual purity. It may give you an insight as to how you own wife thinks.

*“I was surprised to learn that Christian men have this problem even after they are married.”*

*“I didn’t know the depth that men would go and the risk they would take to satisfy their desires.”*

*“I don’t want to sound mean, but because women don’t generally experience this problem, it seems to us that some men are uncontrolled perverts who don’t think about anything but sex. It even affects my trust in men, knowing that pastors and deacons have this problem. I don’t like it that men lustfully take advantage of women in their thoughts, although I realize that women can be largely to blame because of what they wear. It’s at least some comfort to know that many men have this problem. Since most men are affected, we really can’t call you guys perverts.”*

*“After hearing about this, I was surprised that married men would have so much trouble. I feel sorry for them. When I asked my own husband about it, he was honest with me that he had some struggles, and at first I was hurt. Then I just felt thankful that he would share with me. He hasn’t had a major problem in this area, for which I’m thankful.”*

*“My husband is regularly bombarded with sexy images, and I was pleased with his honesty regarding that, I want to know the temptations he faces. It will only help me be more sympathetic to his plight. I didn’t feel betrayed because he’s proven faithful in his battle. Other women aren’t so lucky.”*

*“When my husband and I talked about this he was honest, and I was very angry with him. I was hurt, I felt deeply betrayed because Id been dieting and working out to keep my weight down so that I would always look nice for him. I couldn’t figure out why he still needed to look at other women.”*

Pray that God would work in you in a big way to produce the kind of personal purity that allows a woman to live in safety.

Pray that God would bring you into a profound partnership with your wife in which Christ is honoured.

## DAY 34

### MORNING

The Top Ten Love Chillers, taken from *Every Mans Marriage*

*Men are rebellious by nature: we get bored fast with the straight life. By nature we quickly tire of submitting to the needs and essence of our mates. We'd rather have things our own interesting way.*

*The male ego is bigger but more fragile than the female ego: the fragility of our egos prevents oneness and intimacy. (One wife said), "Most things in our marriage are Gils plans and desires. Gil never shows me any of his deep feelings, and I can't say that I've ever felt one with him. He once said, 'if I let you in and show you my feelings, I'd be vulnerable to becoming hurt.'"*

*Men are relatively less sensitive to the needs of others: In a perfect world, the head of the home would be the most sensitive one in the house. We don't live in a perfect world.*

*Men are less able to express emotions and feelings verbally than women are: in one study, Stanford University researcher Diane McGinness gave young children twelve tasks and recorded any vocalization. What happened? The boys had The same amount of vocalization as the girls, but it was vastly different. The girls spoke to each other and 100 percent of the vocalization was in words or sentences. The boys weren't verbally oriented at all. Only 60 percent of their vocalization was language, and the remaining 40 percent was non verbal, one syllable exclamations like "Wow!" or "Boy!" or motor noises. (Ever notice how men tend to curse and swear more than women do?) For obvious reasons, our natural verbal deficiency doesn't aid the cause of oneness.*

*The male brain is more oriented to facts and logic than to emotions or intuitions: Because of brain differentiation during fetal development, the female brain has more lateral transmission points between the two hemispheres of the brain. Women ....also recall details of any fight you've had over the past 20 years — including the color of the shoes you wore as you stormed out the door. We men are often totally outmatched in conflict and often try to do everything we can to avoid it. This avoidance doesn't help communication.*

God is not trying to make you into a woman. He does want you to become an Understanding Man. Pray it will happen.

## DAY 34

### EVENING

*Men are sexually stimulated visually: Were more prone to straying sexually than women because our eyes chase any short skirt that moseys by. When coupled with our rebellious natures, this becomes a huge obstacle to oneness.*

*Before marriage, males take responsibility for nurturing the love relationship: after marriage he sees the bride as someone to look after him. Having conquered this frontier called love, we turn the reins of the relationship over to our wives.*

*Men need less romance than women: we tend to forget to stoke the fires of the relationship. We say to ourselves, "Okay, I've got a wife, what's next on the agenda?" But romance lies at the heart of the female essence. Every wife is an incurable romantic, since romantic love is the fuel that runs the female engine.*

*The male shield from inferiority is his work: the wife's shield from inferiority is generally her husband, so she naturally places a higher value on the marital relationship than he does. Oneness isn't on his radar screen.*

*Men desire peace from marriage, while women desire oneness: we (men) can easily be satisfied with a "business partner" relationship in marriage as long as there's peace and enough sex. Rather than rise above our natural preference for peace over oneness (intimacy), we selfishly settle for what's comfortable for us.*

Those ten male traits didn't form an encouraging list, did they? By nature men are insensitive, poorly focused (relationally), and have little interest in male submission. No wonder oneness in marriage is so rare. In the face of the countless incompatibilities of marriage, we need soft hearts if we're to submit our rights for the sake of oneness.

Obviously two becoming one flesh requires more than just a sexual union.

Pray that you will grow as an Understanding Man.

**MORNING**

**Treasured**

T is for trust  
So easily broken  
By actions, wrong motives  
And words falsely spoken

R is for respect  
Given not earned  
For she is the daughter of a King  
A Princess  
This I have learned

E is for edify  
To uplift and encourage  
To speak well of her to others  
And for knockers to discourage

A is for allow  
Allow her to grow  
Into a woman of God

E is for edify  
I'll tell you again  
Never, ever put her down  
Not like most other men

D is for die  
To yourself that is  
To give her your best  
Remembering that she is not yours  
She's His

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How are you feeling about your  
responsibility as the leader in your  
marriage relationship?

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So that Christ's love she will show

S is for sorry  
The word that you must say  
When you have wronged her  
In even the slightest of ways

U is for unity  
To the world you must show  
In our marriage and lives  
So that to God the glory will go

R is or romance  
You must kindle the fire  
So that you become  
Your girls hearts desire

**EVENING**

We only have to look at the millions of dollars spent on advertising to know how important it is to women to look nice. Do we help our wives feel good about themselves and nurture them? Here are some pointers.

- Constantly affirm her as a person, wife, mother, daughter of the King, friend.
- Compliment not only her external beauty but also her inner beauty as well.
- When you come home notice even the most mundane things that she has done.
- Tell her she's done a great job of the housework.
- Say "I love you" often, she will never get tired of hearing it!
- Buy flowers, go out to dinner - just the two of you.
- Notice what music or books she likes and bring home a gift.

When we start to do these things our wives will begin to feel that we really "know them" and intimacy will begin to deepen.





MORNING

Sexual purity is a challenge for a man. We can be very attracted to stuff that is unhelpful for us and offensive to God.

Listen to what **Colossians 3:5-6** has to say:

*“Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming.”*

The Bible says the fear of the Lord is the beginning of wisdom. The fear of the Lord includes being aware that some stuff is offensive to God, then allowing that knowledge to awaken a determination for change even when you might have quite enjoyed some of what you are about to reject. Write down a thought pattern, a fantasy pathway, that you have indulged in the past. What is that pathway about? In general terms, describe that fantasy.

Horizontal lines for writing notes.

*Prayer: Lord, if just told the truth about something I have allowed to live in my mind. I acknowledge it is not pleasing to you. I'll need your help to build an off-ramp. Help me, Lord. Amen.*

EVENING

We are attempting to confront our thought life. It is not easy. We have determined to control our eyes; now the battle moves to our head. Thoughts can be hard to control. Some of our thoughts are ANTs – *Automatic Negative Thoughts*. We don't deliberately set out to have those thoughts. Something triggers them, up they pop, suddenly we find ourselves aware that our head is back in that space again. Frustrating. Don't beat yourself up. It won't help. You must learn to become aware that ANTS are in the pantry again and DIVERT. Break in on their party. Get angry. Speak to those ANTS. *“Get out of my life. You have no place here.”* Speaking alerts your brain that action is required. Snap that rubber band if necessary. Write your thoughts about this process. Your questions, your hopes, your success, your frustrations. Then commit them to Christ.

Horizontal lines for writing notes.









Lord, I've got just two weeks left in this class. I want to make the most progress I can and get all the tools I can. I submit myself to you with all my heart. Lead me and teach me in Jesus' name. Amen.

## DAY 42

### MORNING

An ANT story.

After 5 days in the Tasmanian country side, my wife and I returned to Launceston on a sunny spring day. Enter the ANTs. We were walking down the mall in Launceston, when my wife said to me "You're not with me". I asked her what she meant and she repeated what she had said. The penny dropped. ANTs! Having been in the beautiful Tasmanian country side almost totally alone for 5 days, and having my undivided attention, my wife was immediately aware when my mind became distracted by ANTs. I wasn't even aware that my eyes were lingering for a split second too long where they shouldn't have, but my wife sensed that the intimacy that had been built in the preceding days was under attack, and she let me know. She acted like a rubber band for me and reminded me of my ANTs. It was an amazing reminder to me of how on guard and vigilant I have to be about where I let my eyes go, because if I let my eyes go, my thoughts will soon follow and the downward spiral to impurity will begin. I am truly grateful that my wife understands the battle I face each day, she's not thrilled about it, but she understands it and she supports me in that battle in any way she can. The book Every Mans Battle gave her the understanding she has about my struggles and because of this we can talk freely about them. It has enabled me to give her permission, to gently remind me now and then when I might be straying off course.

It is impossible to win this battle alone.

Who do you have that you can go and talk to about, and encourage you, in your battle? Write your thoughts about my story compared to yours.

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"Encouragement is oxygen to the soul". George Adams

## DAY 42

### EVENING

Stephen Covey has written a book called The Seven Habits of Highly Effective People. We can take the first two of these and apply them to changing the pathways in our minds.

#### Habit One: **Be Proactive.**

Proactive means more than merely taking the initiative. It means that as human beings, we are responsible for our own lives. Our behaviour is a function of our decisions, not our conditions. We *can* subordinate feelings to values. Go right back to our second session on the Arena of Healing. Jesus said the same thing.

What values do you need to put in place to be able to begin to retrain your thoughts?

Write them out.

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#### Habit Two: **Begin with the End in Mind.**

To begin with the end in mind means to start with a clear understanding of your destination. It means to know where you're going so that you better understand where you are now, and so that the steps you take are in the right direction.

Make an honest assessment of where you are now.

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Write down two things you know you will have to do to get there.

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Write a sentence about the kind of man you want to be:





**MORNING**

Dr. Neil Anderson, in his book *Victory Over The Darkness* devotes a whole chapter to “Winning the Battle for Your Mind”.

Here are some thoughts from that chapter.

We can live Gods way: operating by faith, which I like to call plan A, or we can live our way, plan B.

The strength of plan A in your life is determined by your personal conviction that Gods way is the right way and your obedience to Him. The strength of plan B is determined by the amount of time and energy you invest in entertaining thoughts that are contrary to Gods Word.

Where do plan B thoughts come from? There are two primary sources. Firstly our flesh. Our flesh is that part of us that was trained to live independent from God. Second there is a person active in the world today who has opposed Gods plan since the garden of Eden. Satan and his demons are actively involved in trying to distract you from your walk with God by peppering your mind with his thoughts and ideas. He is relentless in his attempts to establish negative, worldly patterns of thought in your mind which will in turn produce, negative, worldly patterns of behaviour.

**Read 2 Corinthians 10:3-5**

The first thing you need to know about the battle for your mind is that it is not fought on the plane of human ingenuity and ability. You can't outsmart or outmuscle your flesh or the devil on your own.

Your weapons must be “divinely powerful” if you are going to win a spiritual conflict.

Write you thoughts about this spiritual battle:

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*‘Gainst the logic of the devil  
Human logic strives in vain’  
Adam Lindsay Gordon*

**EVENING**

Continued.....

The main targets that must be destroyed are the fortresses in the mind. The KJV uses the word “strongholds”. Strongholds are negative patterns of thought which are burned into our minds through repetition over time.

Whenever you are stimulated to conform to plan B instead of plan A you are experiencing temptation. The essence of all temptation is the invitation to live independent of God and fulfil legitimate needs in the world, the flesh or the devil, instead of in Christ.

That’s the great contest. And Satan knows just which buttons to push to tempt you away from dependency on Christ. He has observed your behaviour over the years and he knows where you are vulnerable, and that’s where he will attack.

The moment you are tempted to get your need met in the world instead of in Christ, you are at the threshold of a decision. If you don’t immediately take that thought captive to Christ, you will begin to consider it as an option. And if you mull it over in your mind, immediately your emotions will be affected and the likelihood of yielding to that temptation is increased.

Once your consideration of a temptation has triggered an emotional response leading to a plan B choice, you will act upon that choice and own that behaviour. You may resent your actions or claim that you are not responsible for what you do. But you *are* responsible for your actions at this stage because you failed to take a tempting thought captive when it first appeared at the threshold of your mind.

The greatest victory Satan can have in your life is to have you give into temptation, put on the Armour of God, stand firm in your faith, be courageous and show Satan that he has no power in your life.

Stamping out the ANTs in your life is possible. Pray that you will.

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## MORNING

Here is a humorous example of a cycle. The character in it is struggling with her diet.

1. I will take a drive, but I won't go near the grocery store.
2. I'll drive by the grocery store but won't go in.
3. I'll go into the grocery store but I won't walk down the aisle with the lollies in it.
4. I'll look at the lollies but won't buy any.
5. I'll buy them but not open them.
6. I'll open them but not smell them.
7. I'll smell them but not taste them.
8. I'll taste them but not eat them.
9. EAT, EAT, EAT!

Scripture teaches us that God provides a way of escape from every temptation (1 Corinthians 10:13). But as illustrated by the example above, the escape is at point 1. She actually lost the battle when she decided to take a drive.

Is this kind of thing happening with your sexual discipleship? Be honest to yourself and write down NOW the way this cycle works with you:

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*Better to shun the bait, than struggle in the snare.*

John Dryden

God tested Abraham. Temptation is not meant to make us frail; it is meant to confront us with a situation out of which we emerge stronger than we were. Temptation is not the penalty of manhood; it is the glory of manhood.  
William Barclay

*My temptation has become my strength, for to the very fight with it, I owe my force.*  
W.C. Gannett.

*Temptation is not a sin, it's a call to battle.*

EW Lutzer

## EVENING

In order to win the battle you need a strategy.

If the strongholds in your mind are the result of conditioning, then you can be "reconditioned" by the renewing of your mind. Anything that has been learned can be unlearned. Through the preaching of Gods Word, Bible study and personal discipleship (accountability) you stop being conformed to this world and are transformed by the renewing of your mind.

If Satan can place a thought in your mind, and he can, it's not much of a trick to make you think that it was your idea. If you knew it was Satan, you'd reject the thought wouldn't you? But when he disguises his suggestion as your idea, you're more likely to accept it. That is his primary deception.

Since Satan's primary weapon is the lie, your defence against him is the truth.

Dealing with Satan is not a power encounter; it's a truth encounter. When you expose Satan's lie with Gods truth, his power is broken.

Fill your mind with Gods truth.

Read these scriptures:

**John 8:32**  
**John 17:15,17**  
**Ephesians 6:14**  
**Romans 12:2**  
**Colossians 3:15,16**  
**1 Peter 1:13**  
**2 Corinthians 10:5**  
**Philippians 4:6,7**

*Those saints that God loves best,  
 The devil tempts not least.*

Robert Henrick

*Unless there is within us that which is above us, we shall soon yield to that which is about us.*

P T Forsyth.

*The devil never sleeps, and your flesh is very much alive. Prepare your self for battle. Surrounding you are enemies that never rest.*

Thomas A Kempis

**MORNING**

Review building an “off ramp”, page 5 of this week’s notes.

Have you found an effective way to disturb your ANTs? Write it down for others to learn from:

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Have you found a way to confront your ANT? What do you say? Write it down for others to learn from:

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What new thought do you deliberately speak?

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Have you found a way that works for you in reinforcing the new thoughts you are cultivating? Write it down for others to learn from:

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On a scale from 1- 10 how are you going at disturbing your ANTs?

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*And what kind of habitation pleases God? What must our natures be like before He can feel at home within us? He asks nothing but a pure heart and a single mind. He asks no rich panelling, no rugs from the Orient, no art treasures from afar. He desires but sincerity, transparency, humility, and love. He will see to the rest.*

A W Tozer

**EVENING**

Review your notes on the role of the will, pages 5 & 6.

Read these passages from the Bible:

**Matthew 6:10, 7:21, 26:39**  
**John 6:37**  
**Acts 21:14**  
**1 John 2:17**

The greatest example we have of bringing our will into line with Gods, is Jesus. His example shows us how we should handle temptation; not our will be done but God’s. We need to choose to do, think and say what ever is pleasing to God. Obedience is the bottom line.

Ask God for forgiveness for all the times you have knowingly gone against His will. Write a prayer asking Him for a fresh infilling of His Spirit so that you might be strengthened in your spirit. Allow your prayer to be deeply honest.

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*It is quite natural and inevitable that, if we spend sixteen hours of our waking lives in thinking about the affairs of the world, and five minutes thinking about God and our souls, this world will seem two hundred times more real than God.*

W. R. Ingle



**MORNING**

What Are You Soaking In?

From the book, *Every Man, God's Man*.

So how does God's man marinate his mind in the precepts and ways of the Lord? The Bible gives us the principle of meditation, as we read in Psalm 119:23, "*Your servant will meditate on your decrees*".

The defining marker for God's man is that he thinks deeply and continuously about what God has spoken. And just as my plain pork ribs take on a new identity as they soak in the special marinade, so the man who immerses himself in Gods word takes on the very character of God: he is changed into something new.

God is not bashful about telling His men what they need to do- especially when the circumstances demand new heights of commitment and character. After the death of Moses, Joshua faced the most challenging task of his life, conquering a new land. The secret of his success however was not the size of his armies, the speed of his chariots, or the will of his people. Joshua's secret was to obey Gods command.

**Read Joshua 1:8**

Write out the underlying principle from this passage of scripture.

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*What God in His sovereignty may yet do on a world scale I do not claim to know; but what he will do for the plain man and woman who seek His face I believe I do know and can tell others. Let any man turn to God in earnest, let him exercise himself unto Godliness, let him seek to develop his powers of spiritual receptivity by trust and obedience and humility, and the results will exceed anything he may have hoped for in his leaner and weaker days.*

A W Tozer

**EVENING**

Here are some common reasons guys say its hard to spend time with God or in His word:

- No time
- Too tired
- Too busy
- Boring
- Add your own reasons to the list.

**Read Psalm 1:1-3**

This is the reward for the man who marinates himself in scripture. Now have a look at those excuses again and see if you can overcome them.

Here are some thoughts on setting aside time to spend with God:

- If you had an important appointment to keep you would, what could be more important than spending time with your heavenly Father? Make an appointment, set aside a time every day, then keep the appointment.
- Do you have a tent of meeting? Somewhere quiet to read, pray and journal.
- Join the reading program at Careforce and learn how to do a S.O.A.P.
- Meet with other men.
- Get hold of a daily devotional book.
- Start reading books that will give you a greater understanding of God and who He is.
- Do a Pathways course.
- Develop a personal relationship with God, treat Him as a friend.
- Where the heart is willing it will find a thousand ways, but where it is unwilling it will find a thousand excuses.

**MORNING**

As Steve Irwin would say, " WOOO HOOO!" Crikey, our brains are complicated things. Get a load of this one: its uni-focused, dual focused, and multi-focused. I thought blokes were supposed to be uncomplicated!

When we get an understanding of how complicated our brains are and how they function its easy to understand why some of our struggles are hard to overcome just by trying harder or having a positive mental attitude.

Part of my "off ramp" from ANTs is to declare to myself the fact that my wife is Gods answer to my hearts cry for intimacy, and that every time ANTs occur I am damaging my intimacy with her. The Bible tells us that a house divided against itself will fall; it's the same with our hearts. When our hearts are searching here and there for intimacy, instead of focusing that need on our wives, we will ultimately destroy what intimacy we do have with them. We need to guard our hearts.

Review in your diary what "off ramp" you decided to put in place.

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Write down, honestly, how you are doing with them.

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Maybe you got an idea about an effective "off ramp" for you right in the middle of this devotion. Write it down. Don't let it get away.

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*"Any kingdom divided against itself is laid waste; and any city or house divided against itself will not stand."*

Matthew 12:25 NASB

**EVENING**

**James 1:17 NASB**

*"Every good thing given and every perfect gift is from above, coming down from the father of lights, with whom there is no variation or shifting shadow".*

**What Feminine Side?**

Feminine side  
 What feminine side?  
 Are you talking to me  
 I'm a bloke  
 An Aussie bloke  
 Theres no feminine side to me

When we cleave to our mate  
 We are made complete  
 For it is through marriage  
 That it is once again  
 Our spare rib  
 We meet

Ya see God had a plan  
 At the beginning of the world  
 For there to be two types of people  
 One a boy, one a girl

What was taken out  
 Is once again restored  
 My feminine side  
 My wife  
 A gift from the Lord.

He created the bloke first  
 And when He was finished  
 Was well pleased with His handiwork  
 But there was something He had missed

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God took a rib from the bloke  
 And created beauty, Eve  
 And said for this reason  
 A bloke will leave his mum and dad  
 And to a woman cleave

Society tells us men  
 To get in touch with our feminine side  
 But that was taken from us  
 When that rib we were denied

Do you see your wife as a precious gift from God? \_\_\_\_\_

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**MORNING**

**Review page 2, Principle #2** of this weeks notes.

Are you content or discontent in your relationship at the moment? Write how you feel about your relationship right now.

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If you are discontent in your relationship at the moment, what can *you* do to improve the level of contentment?

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How does: *Contentment = to dwell within limits* make you feel?

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Some points from LifeKeys *Making Marriage Better*.

**Contentment:** *“Contained within limits, therefore quiet, not disturbed, at peace. Satisfaction which holds the mind in peace, restraining complaint, opposition, or further desire and often implying a moderate degree of happiness.”*

**Discontent:** *“Dissatisfaction, envy, fretfulness, restlessness, regret.”* Are any of these attitudes at work in your life today in relation to your wife? Discard them and thank God for the provision of His best for you!

Discontent is a disease of the soul that has the power to destroy a good marriage.

*A wise man cares not for what he cannot have.*

George Herbert

**EVENING**

The smartest and richest man in the world, King Solomon, experienced the torment of discontent and conducted a personal experiment to find the answer to it.

**Read Ecclesiastes 1 & 2**

Like Solomon we can spend a lot of time and effort chasing after contentment, when all we have to do is to choose it. God has given us all that we need for contentment in our lives, especially when it comes to our wives. He has given us one of His daughters, someone precious to Him. Who better to know what we need than our Creator? Who better to know who we need beside us to do life with?

Discontentment can flow out of un-forgiveness for what our wives aren't, rather than appreciating them and feeling contentment for who they are.

Write a list of all the great things about your wife, then in prayer thank God for her and ask forgiveness from Him for not accepting His best for you.

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Contentment is not the fulfilment of what you want, but a realization of how much you already have.

## MORNING

Dr. James Dobson in his book *Straight Talk To Men* has a chapter entitled, "A man and the straight life."

Here are some thoughts from that chapter regarding contentment.

*"The straight life for the working man is pulling yourself out of bed, five days a week 48 weeks of the year. It's having that holiday where you go where the kids want to go. It's being financially responsible. It's running the kids to footy or cricket or dance or whatever on the weekend when all you want to do is veg out. It's going to work when you have the flu because you have to. It's mowing the grass, which amazingly grows back again by the next weekend. It's filling out tax forms, signing homework off or worse still having to help with it. It's going to church on Sunday, tithing when you already wonder how ends meet. These are the things that make up the straight life for most men."*

*"What I'm saying is that for all of us who walk the straight life today, there are voices that continually invite us to leave it. Examine any magazine or turn on the TV and you're likely to encounter these opponents of self discipline and responsibility. Let's examine four of the voices that are most influential in encouraging people to leave the straight life."*

*"Pleasure: life can seem boring, so why not spice it up by reneging on some of my responsibilities and spending money on what I want for a change, or taking up a sport that gets me off the hook for some of the running around."*

*"Romance: I don't get that butterfly feeling in my stomach when I see my wife anymore, but I do when I flirt with the girl in reception; maybe I've married the wrong person?"*

*"Sex: sex at home is OK, but I know if I was with someone younger or sexier it would be great."*

*"Ego: my wife never encourages me or tells me how well I'm doing, but the girl next door does."*

All of these are legitimate needs but they all need to be met within the context of our marriage. Tonight let's look at ways to silence these voices.

## EVENING

As we read earlier God has called us to live life within limits. Why? For our own good! The result of Genesis 3 was the very thing God wanted us to avoid. Having us live life within limits is God's way of preventing us from doing harm to ourselves and to others.

**Pleasure:** society tells us we should be enjoying pleasurable things all the time. Why? Because if we aren't we can't be happy. Wrong!!! Life is about probation, getting ready for heaven, where we will know pleasure, happiness, joy, beyond imagination in the presence of the Lord. We can experience times of pleasure while here on Earth, but gentle pleasures are the norm. Be content with the life God has given you, knowing that this is not all there is; there is more to come.

**Romance:** is a feeling. You need only to do certain things to get that feeling. So choose to do those things with your wife that used to create those feelings. Stop being slack and romance your wife, woo her like you did before you were married. Just because you got married doesn't mean she doesn't want you to pursue her anymore. Go on do it; she'll love it!!

**Sex:** usually follows romance, but doesn't necessarily have to. Great sex is about great communication, finding out what each others likes and dislikes in that area are and then working around them. Don't be scared to read some books on the subject.

**Ego:** we all like to be told how great we are doing, to be encouraged; so communicate to your wife that you appreciate encouragement. It won't take her long to figure out that its important to you.

Become a reader. For every challenge we face there have been books written by someone who has been where we are. Learn from their mistakes so that you don't have to make your own. Experience is not the best teacher. It can extract far too high a price for the wisdom it imparts.

*In diving to the bottom of pleasure, we bring up more gravel than pearls.*

H De Balzar

**MORNING**

We know how much of a miracle a human life is; it is something that only God can create. We know how valuable each human life is to God, because He sent His Son Jesus to die for each one of us. Who are we then to treat another human being, especially our wives, as anything less than a heaven-sent miracle?

Men, God has given us the profound honour of sharing life with a miracle.

He has entrusted us with someone He sees as immeasurably valuable. I know that when I stand before Jesus, I hope to be able to give my wife back to Him in better condition than that in which I found her. This is part of our life mission. After our relationship with Him, our relationship with our wives needs to be our next highest priority; to nurture her, to encourage her as a mum, as a daughter, as a friend, as the daughter of the King.

T D Jakes in his book *Daddy Loves His Girls* says this to his daughters about men and the ability to nurture.

“Now dear daughters, don’t think that men don’t have feelings, because we do have feelings. We don’t always articulate them as easily as you do, but we are not by nature nurturers, ... perhaps that is why the Holy Spirit comes right out and challenges men who have had the new birth, to nourish the wife as if she was his own body ( Ephesians. 5:29 ). This is a charge that only the Holy Spirit can give, because by nature, in our old state we are not nurturers. The strength of Paul’s argument rests on the appeal for men to care for their own body. Well sir, your wife is in fact your body!”

Isn’t it great to know that this is another thing we don’t have to do in our own strength!

This morning as you start the day ask God to help you become aware of the areas in which your wife needs the greatest nurturing. Ask Him for the right heart and wisdom to be able to help your wife blossom into all that He created her to be.

**EVENING**

**Read page 3 Principle #4 of this weeks notes.**

The “ewe lamb” principle.

Your wife entrusted her future into your hands the day she said “yes” to your marriage proposal. No matter how old your wife is, inside her is a little girl who needs your protection. Would you refuse to protect a three or four year old girl from danger? Your wife needs this same kind of protection.

Right now, get up and go and find a photo of your wife as a three or four year old.

Look at her, how small and vulnerable she is. Guess what? Nothing has changed. She is your “ewe lamb”.

Commit today, before God to protect her. Be her lion.

Write down the emotions you are feeling at this moment.

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*“The Bible uses the term to capture a heavenly message. As Bathsheba was precious to Uriah, your wife is your precious one, your only one. She lives with you and lies in your arms. She’s to be cherished, not because of what she does for you, but because of her essence, her value to God as a child born of His image. You’ve been entrusted with the priceless essence of another human soul, so precious to God that at the foundation of the world. He planned to pay His dearest price to buy her back again. Regardless of the rubble in your marriage or the list of unmet conditions, you owe God to cherish that essence. When you look deeply enough into your wife’s eyes, past the pain and hurts and fights, you can still find that little ewe lamb gazing back, hoping all things and trusting all things.”*

Every Man’s Battle, Arterburn and Stoeker

**MORNING****Read Ephesians 5: 25****Everytime**

Every time I do what she wants  
 Instead of what I want  
 A part of me dies

Every time I choose her  
 Over time with the boys  
 A part of me dies

Every time I feel like  
 She's getting her way  
 And me not mine  
 A part of me dies

Every time I give in  
 And let her win the argument  
 A part of me dies

Every time she wins  
 And I lose  
 A part of me dies

Every time I have to say  
 Sorry  
 A part of me dies

Every time I choose  
 Humbleness over pride  
 The part of me that dies is  
 Self

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**EVENING**

Guarding your heart and emotions is the only way that your wife will sense that she is cherished. When she knows that she knows that she is the only person on earth who has your full emotional attention she will begin to feel safe. As she begins to feel protected and safe your relationship with her will begin to go to a level that you once would not have thought possible. When my wife began to feel safe in our marriage, she began to blossom into a person that I never knew existed, not that she was that bad before, but when she was released from having to compete for my emotions and attention, it allowed her to fully open up to me and to God.

I've written a poem about the woman I see now.

**A heart**

A heart  
 Is what I see  
 A warm, loving , caring  
 Heart

Set free  
 Released  
 At peace

Bringing comfort to others  
 Daughters, sisters, aunties  
 Mothers

A heart  
 On fire  
 Full of passion  
 Desire

Set free  
 By the King  
 So that  
 This heart could bring  
 Peace to others

Nieces, nephews  
 Cousins  
 Sons, daughter  
 Husband and brothers

This heart once wounded  
 Now healed  
 Through healing  
 Christs love  
 Grace, mercy  
 Compassion  
 Revealed

This heart  
 Yearns to serve  
 Its Lord upon high  
 To proclaim His kingdom  
 And never deny

The Truth of His word  
 The working of His Spirit  
 This heart  
 The small still voice  
 This heart can hear it

Where is this heart  
 Where does it reside  
 Enclosed and beneath  
 The breast of my bride

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**MORNING**

Tomorrow will be our last Valiant Man session together.

We have been on a journey together. It is a journey that has never been travelled before. You are part of a group of 120 men who have walked a pathway never walked before. You are part of an experiment, an experiment undertaken in the hope that men all over this nation and in other parts of the world might have an opportunity to bring their sex drive back into the sphere of blessing.

What have you learned? \_\_\_\_\_

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What one thing stands out in your heart as the greatest lesson you have learned?

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Write out that lesson in a few words or in many. Be ready to share it at your group on the last night.

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Jesus: I am grateful to be a man. I am grateful for the passion you have put within me. It is my prayer that the passion I have will be a blessing all the days of my life and never a curse. Grant me to receive all you have for me in these last few days. AMEN

**EVENING**

I am an OX. I was created a man to carry burdens, be strong for my family, for my God and for my fellow man. I am grateful for the strength to be an OX.

I am a LION. I was created to roar when necessary, to guard and protect those in my sphere of influence. I am grateful for the courage to be a LION.

I am an EAGLE. I can pray, I can worship, I can believe. I can lift up my household in prayer. I can lift up my wife (or my wife to be if I am still waiting) into the presence of God and know He will listen. I am grateful for the faith to be an EAGLE.

I am a MAN. I get tired and horny. I feel temptation and pressure. I have hormones and passions that sometimes push me hard. Yet I am a good man. I am not perfect, but because of Jesus I am a good man. I want to do what is right. I trust in Jesus. So even in my struggles I have a great high priest who never stops thinking the best of me. I am grateful to be a MAN under Christ's gracious hand.

Tomorrow is the last session in this series.

Do you need to be part of an ongoing group? Would you be willing to join together with a few other men to help them apply all they have learned over the past 10 weeks?

Write your thoughts about the future. Be prepared to share your thoughts about the future with your group tomorrow night.

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**MORNING**

All good things come to an end.

Tonight is the last night of the Valiant Man Program.

I'm glad we have been able to do this journey together. I will always value your presence as part of my years of study. It is my sincere hope that you have been helped over the past 10 weeks.

Tonight when you meet with your group for the last time give each man you have shared the journey with a word of encouragement.

Take a moment to think of those in your group. Write a thought about each one to share in your group tonight.

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**EVENING**

*Well guys. Its over as far as the course is concerned.*

*But the call to purity has only just begun.*

*If you continue with an accountability group I pray that you will be blessed by the persistence and the company.*

*If you have come to the end of the journey – God’s Blessings on you.*

*Thanks for being part of the team.*

With Love

Pastor Allan Meyer