



**MEN'S  
SUMMIT**

The thief comes to steal,  
kill, and destroy.  
I have come that they  
may have **life** and  
have it to the **full**.

JOHN 10:10



# Losing Integrity

1. Fake
2. Inconsistent
3. Isolated

# Choosing Integrity

1. Decide not to hide.
2. Choose trust.
3. Encourage and protect.

**"WHAT IF IT WAS LESS IMPORTANT THAT ANYTHING EVER GETS FIXED THAN THAT NOTHING HAS TO BE HIDDEN?"**

- John Lynch

# NOTES

**"IF WE CLAIM THAT WE'RE FREE OF SIN, WE'RE ONLY FOOLING OURSELVES.  
A CLAIM LIKE THAT IS ERRANT NONSENSE. ON THE OTHER HAND, IF WE ADMIT OUR SINS..."**

- 1 John 1:8 MSG

# Session 1: Questions

- Why is it tempting to wear a mask?
- In what arena is it most difficult to be authentic?
- Have you ever met someone who was truly authentic?
- What has helped you discover your authentic self?
- Have you ever had a group or person with whom you felt comfortable being authentic? Why?

**"HE WON'T LET US DOWN; HE'LL BE TRUE TO HIMSELF. HE'LL FORGIVE OUR SINS  
AND PURGE US OF ALL WRONGDOING."**

Porn sites receive more regular traffic than Netflix, Amazon & Twitter combined each month...

The annual productivity loss to companies from employees looking at pornography at work is a staggering \$16.9 Billion dollars.

## EVERY DAY:

37 pornographic videos are created in the United States.

2.5 billion emails containing porn are sent or received.

68 million search queries related to pornography — 25% of total searches — are generated.

116,000 queries related to child pornography are received.

# 28,000

Number of internet users viewing porn, every second

Porn is a global, estimated **\$97 billion industry**, with about \$12 billion of that coming from the United States.

 Pornography use increases the marital infidelity rate by more than 300%.

# 266

Number of new pornographic websites that appear online, every day

# 3,000

Approximate number of English-language websites that distribute child pornography

IN 2016 ALONE, MORE THAN 4,599,000,000 HOURS OF PORN WERE CONSUMED ON THE WORLD'S LARGEST PORN SITE.

# Is it really a **big deal**?

1. Pornography is a relationship with something fake, instant, and one-way.
2. Sex is like duct tape, fire, and super glue.
3. Something fake is usually filling a legitimate desire for something real.

# The road to **integrity**

1. Acknowledge, set a boundary, and confess.
2. Enter the mess.
3. Pursue relationships to give, not to get.

***BUT WHEN YOU ARE TEMPTED, HE WILL ALSO PROVIDE A WAY OUT.***

# NOTES

***IF SEX IS LIKE FIRE, PORNOGRAPHY IS LIKE A SPARKLER.***




# Session 2: Questions

- What statistic about pornography most surprised you?
- Which metaphor about sex most resonated with you?
- Have you ever talked about sexual integrity in a group before?
- How would you want our group to tackle this subject together?
- The next two sessions focus on how we as a group respond to one another when these subjects come up. Are you interested in discussing that together?

**"SINCE, THEN, YOU HAVE BEEN RAISED WITH CHRIST, SET YOUR HEARTS ON THINGS ABOVE, WHERE CHRIST IS, SEATED AT THE RIGHT HAND OF GOD. SET YOUR MINDS ON THINGS ABOVE, NOT ON EARTHLY THINGS. FOR YOU DIED, AND YOUR LIFE IS NOW HIDDEN WITH CHRIST IN GOD."**

- Colossians 3:1-3

A scenic view of a waterfall cascading down a rocky cliff face, framed by dense evergreen trees. The waterfall is the central focus, with water falling from a high point on the cliff and continuing down a series of ledges. The surrounding forest is lush and green, with tall pine trees in the foreground and middle ground. The sky is overcast, and the overall atmosphere is serene and majestic.

THE BEST WAY  
TO FIND OUT  
IF YOU CAN  
TRUST SOMEBODY  
IS TO TRUST THEM.

— ERNEST HEMINGWAY —

# Session 3

- Break the ice: Did your family have any odd or memorable rules growing up?
- Review: What were the highlights of Sessions 1-2?  
What has stuck with you since that conversation?
- Read page 12 of this booklet out loud.
- Read 1 John 1:8-9, James 5:13-18, and Colossians 3:1-17 out loud.

## DISCUSS

1. What stands out to you from the verses we read?
2. How do you want our group to respond when someone opens up?
3. What are things people do to break relational trust?
4. Reread the quote by Bob Goff on page 12. How is that different from the way you grew up?
5. What's the difference between holding someone accountable and holding someone close?

**"WHAT IF REPENTANCE WASN'T A PROMISE FROM YOU TO GOD BUT A GIFT FROM GOD TO YOU?"**

- John Lynch

# Choosing Trust

Choosing to tell someone what is going on is risky. It's choosing to trust, to take a risk, without certainty of what will happen next. God says if we want to be forgiven, we should tell him (1 John 1:9), but if we want to be healed, we should tell someone else (James 5:13-18).

When a guy takes the risk to open up, the last thing he needs is condemnation. Faced with sin, we are tempted with three responses: hurt, shame, or apathy. We were not designed to absorb sin, so we either try to carry it, transfer it, or reject it. Our inadequacy become clear and we run away.

Instead of the place where people came expecting shame, what if people came to this group knowing they would receive grace? What if we became the type of group where someone could take off their mask and we could help them see who they really are? Instead of pointing people back to their mistakes, what if we pointed them to Jesus? The focus of this week is about trust, about choosing to trust the guys around us, and being trustworthy with what we've been told.

***"WE HOLD PEOPLE ACCOUNTABLE, JESUS HELD PEOPLE CLOSE;  
NOT BECAUSE HE DIDN'T KNOW HOW, BUT BECAUSE HE KNEW IT WOULD WORK."***

- Bob Goff

# NOTES

***I'M NOT GOING TO FIX IT, BUT YOU'RE NOT ALONE.***

- Brene Brown

An aerial photograph of a winding path through a rocky canyon. The path is paved and curves through the landscape, which is characterized by large, reddish-brown rock formations and patches of green vegetation. Several people can be seen walking along the path. The overall scene is a mix of natural beauty and human-made infrastructure.

# EPHESIANS 5:16-18

**SO BE CAREFUL HOW YOU ACT;  
THESE ARE DIFFICULT DAYS.  
DON'T BE FOOLS; BE WISE:  
MAKE THE MOST OF EVERY OPPORTUNITY  
YOU HAVE FOR DOING GOOD.  
DON'T ACT THOUGHTLESSLY,  
BUT TRY TO FIND OUT  
AND DO WHATEVER  
THE LORD WANTS YOU TO.  
DON'T DRINK TOO MUCH WINE,  
FOR MANY EVILS LIE ALONG THAT PATH;  
BE FILLED INSTEAD WITH THE HOLY SPIRIT  
AND CONTROLLED BY HIM.**

# Session 4

- Break the ice: Is there anything you love to fix?
- Review: What has stuck with you from our last discussion?
- Read page 16 of this booklet out loud.
- Read Galatians 5:13–26 out loud.

## DISCUSS

1. What did you think about the Holy Spirit growing up?
2. Which of the words stood out to you from the list in Galatians 5?
3. In Galatians 5, Paul talks about someone staying in step with the Spirit. Have you ever witnessed someone who does that? What was it like?
4. How can someone know if God is leading them?
5. Is there anything this week that led you to be more like what Paul described in Galatians 5?
6. What is God leading you to in this season?

**SINCE WE LIVE BY THE SPIRIT, LET US KEEP IN STEP WITH THE SPIRIT.**

- Galatians 5:25

# Stay in Step

Faced with problems he probably had answers to, Jesus rarely doled out advice. He asked many more questions than he gave answers. He said more about trust than he did about sure-fire guarantees.

To all my fellow fixers: instead of fixing, try listening. Yes, there's a time for practical help. Here's what's needed most: help us return our focused attention to Jesus. He told us the secret sauce is to stay close to him through his Spirit. This isn't natural for us. We much prefer giving advice to listening, and we are usually more comfortable with formulas than faith.

In this session, we'll talk about the Holy Spirit. It might feel like a right-hand turn. When Paul went to describe how to get rid of the sin and stuff that messes up the world, he didn't lay out antidotes and programs. He pointed us back to God. Talking about God's leading through his Spirit might feel uncomfortable. Sometimes Christians can get a bit wonky about the Holy Spirit. Rest assured, the New Testament teaches that an encounter with the Holy Spirit is exactly like an encounter with Jesus.

You may remember from Session 3 that God's plan for us to regain integrity is to confess to one another. We maintain integrity by staying in step with what God is doing and responding to how he is leading. Read the passages on page 16 and think about how you can encourage one another to listen and respond to God.

***SO I SAY, WALK BY THE SPIRIT, AND YOU WILL NOT GRATIFY THE DESIRES OF THE FLESH.***

- Galatians 5:16



# NOTES

**“THEREFORE, CONFESS YOUR SINS TO ONE ANOTHER  
AND PRAY FOR ONE ANOTHER, THAT YOU MAY BE HEALED.  
THE PRAYER OF A RIGHTEOUS PERSON HAS GREAT POWER  
AS IT IS WORKING”**

- James 5:16

## Questions to Ask | : |

How are you doing?

Are there any boundaries we can  
put in place?

What will you do next time?

How can I help?

## When Someone Opens Up

“Thank you for trusting me  
and telling me.”

“You are forgiven. I forgive you and  
God has already forgiven you.”

“This does not define you.  
This is not who you are.”

Pray together.

**“TRY HARDER” IS RARELY GOOD NEWS.**

# ADDITIONAL RESOURCES

## **BOOKS TO READ ON YOUR OWN:**

*The Purity Principle*, by Randy Alcorn

*Every Man's Battle*, by Stephen Arterburn

## **STUDIES TO DO AS A GROUP:**

*The Cure and Bo's Cafe*, by John Lynch, Bruce McNicol, and Bill Thrall

*Training vs Trying*, by John Ortberg

## **RESOURCES ON PORNOGRAPHY AND RECOVERY:**

[fightthenewdrug.org](http://fightthenewdrug.org) (Video and Resources on Pornography)

[enough.org](http://enough.org) (Making the Internet Safer for Families)

[covenanteyes.org](http://covenanteyes.org) (Internet Accountability and Filtering)

Counseling Referrals (Email [care@buckheadchurch.org](mailto:care@buckheadchurch.org))

**"IF THIS LIFE OF CHRIST IN US IS TRUE -  
IF THERE IS NO CONDEMNATION, IF HE'S PERFECTLY  
WORKING TO MATURE US FROM THE INSIDE OUT ...  
WHY WOULD ANY OF US EVER PUT ON A MASK AGAIN?"**

*- The Cure*