



TRUE

FAITHFUL

Faithful & True
presents
Dr. Mark Laaser
&

The Fight of Your Life

A program to support men's search
for sexual integrity & accountability

Being the Man God Calls You to Be

CREATED BY
MARK LAASER, M.DIV., PHD

To live your life with sexual integrity, moral accountability and purpose are all components of becoming a Man of Valor... the man God calls you to be.

ROMANS 12:2

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — His good, pleasing and perfect will.

NEHEMIAH 4:14

After I looked things over, I stood up and said to the nobles, the officials, and the rest of the people, "Don't be afraid of them. Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes."

Through THE FIGHT OF YOUR LIFE event, you will come to understand the nature of the fight and be given the tools to be victorious.

DISCOVER THE GREAT THINGS GOD HAS IN STORE FOR YOU!



The Challenge of Pornography

“We started our research seeking men in their twenties who had never consumed pornography. We couldn’t find any.”

— DR. SIMON LAJEUNESSE, UNIVERSITY OF MONTREAL.

- _____ % of men watch porn?
- _____ % of women also watch porn?
 - Porn Sites get more visitors each month than Netflix, Amazon, and Twitter combined.
 - 2/3 of business owners have found porn on their employees' computers.
- _____ % of all data transferred across the Internet is porn?

Information gathered from The Huffington Post

DID YOU KNOW?



12%
of the websites on the internet are pornographic.



That is
24,644,172 sites.



40 million
Americans are regular visitors to porn sites.

- **Every second** over **2 million** dollars is being spent on pornography.
- **1 in 3** porn viewers are **women**.
- **2.5 billion e-mails** per day are pornographic.
- **25%** of all search engine requests are pornography related.
- **35%** of all internet downloads are pornographic.
- There are **116,000 searches for child porn daily**.
- The average age a child first sees porn is **11**.
- **20%** of men admit to looking at porn at work.
- The most popular day for viewing porn is **Sunday**.

*Information gathered from
The United Families International Blog*



What About Christians and Porn?

- **50%** of Christian men and **20%** of Christian women say they are addicted to porn. The Nielsen Ratings indicate that **70%** of porn is viewed by men and **30%** by women.
- People who identify themselves as a “fundamentalist” are **91%** more likely to look at pornography than the average person.
- **51%** of pastors admit that pornography is a personal temptation and **40%** admit that they have struggled with it. **1/3** of those **40%** say they have looked at porn **in the last 30 days**.
- **75%** of pastors do not make themselves accountable to anyone for their internet use.

Information gathered from covenanteyes.com

Research reveals many systemic effects of pornography that are undermining an already vulnerable culture of marriage and family. Even more disturbing is the fact that the first Internet generations have not reached full maturity, so the upper limits of this impact have yet to be realized.

— DR. JILL MANNING, SOCIOLOGIST.

What About Our Kids?

- **71%** of teens hide online behavior from their parents.
- By age **18**, virtually all teens have seen porn, intentionally or unintentionally.
- By **age 17, 30%** have received a sext.
- **1/3** of all boys and **1/4** of all girls have seen bestiality and bondage online.
- **83%** of boys and **57%** of girls have seen group sex online.
- **69%** of boys and **55%** of girls have seen same-sex intercourse online.
- **15%** of boys and **x** of girls have seen child pornography.

Information gathered from covenanteyes.com

Never before, in the history of telecommunications in the United States has so much indecent material been so easily accessible by so many minors in so many American homes with so few restrictions.

— US DEPARTMENT OF JUSTICE

- It is becoming more common for young adults to make their own porn.
- **Nearly 1 in 5 young adults** (ages 18-24) have sent a sext.
- **67%** of young men and **49%** of young women say viewing porn is an acceptable way to express one's sexuality.

Information gathered from covenanteyes.com

Infidelity Statistics

- In **41%** of marriages one or both spouses admit to either emotional or physical infidelity.
- **57%** of men admit to being unfaithful in any relationship they've had.
- **54%** of women admit to infidelity in any relationship they've had.
- **22%** percent of men and **14%** of women admit to at least one sexual affair in marriage.
- **36%** of men and **35%** of women admit to having an affair with a co-worker.
- **17%** of men and women admit to having an affair with a brother or sister- in-law.
- Average length of an affair – **2 years**.
- **69%** of marriages that have experienced an affair end up in divorce.
- **74%** of men and **68%** of women admit they would have an affair if they would never get caught.

Information gathered from infidelityfacts.com

The Myths of Modern Culture

1. Sex is merely a recreational activity. Therefore, we can be friends/acquaintances and simply have sex for fun or enjoy "friends with benefits." No one gets hurt as long as both people are "mutually consenting."
TRUTH: Recreational sex has consequences. Some sexual consequences are emotional in terms of self-esteem, some consequences are psychological in terms of sex addiction, and some consequences are physical in terms of STDs.
2. Sex will create emotional intimacy.
TRUTH: Research has shown that men are less likely to be emotionally attached after having sex with someone.
3. The more sex we have or the more we practice sex, the better we will be at it. Having sex with lots of women proves our manhood.
TRUTH: Research has shown that people who are virgins when they get married and are monogamous in marriage have a higher degree of sexual and marital satisfaction.
4. Having regular sex, or "enough sex," will be satisfying.
TRUTH: Neuroscience has shown us that the human brain becomes tolerant or adjusts to sexual arousal and will gradually always want more sex. Biological sex, if that is all it is, will be unsatisfying.
5. There is an ideal partner or the perfect "soul mate" that has the ability to satisfy all of my sexual and emotional needs. I just have to find her.
TRUTH: The "perfect" person does not and never has existed. The search for the "magic" lady will always be unsatisfying. Marital satisfaction is best found through monogamy and sexual fidelity.

What Are the Ways of the World?

- According to the Kaiser Foundation (2014), **70%** percent of all TV shows contain some sexual content. **80%** of prime time shows contain sexual content. There has been a **7-10%** increase in the last **7 years**.
- By the time they reach 18 and graduate from High School, teenagers will have watched **15,000 hours of TV**.
- A survey of the largest advertising agencies revealed that "sex appeal" is their number one strategy in marketing. Sociologists and media experts tell us that sexual marketing to young children has become common. Even some popular young idols have become models of sexual immorality. (*Examples: Justin Bieber and Miley Cyrus.*)
- The rate of teenage pregnancy in the US is **double** that of England and 8 times that of Japan.
- In 2013, The American Psychological Association reported that the sexualization of young women in popular culture is linked to the three most common mental health issues in women: low self-esteem, eating disorders, and depression.
- How often do you have a choice to see a G-rated movie?
- What are the sexual messages contained in secular music?
- The next time you check out at the grocery store, notice how many sexual messages you encounter by observing the covers of the magazines being sold there.
- Do an experiment for yourself. Pick a day and in a notebook keep track of the number of sexual stimuli you encounter. You may be surprised that the average number will be **over 100**.

What Does the Bible Say?

1. The word sex never appears in the Bible.
2. However, the Bible does refer to sexual misconduct (Matt 5:32; Acts 15:20) and to the "sexually immoral". (1 Cor 5:9-10; Rev 22:15)
3. The Hebrew word "Yada" is the word that is often used for sex such as in Gen. 4:1 which says that Adam "knew" Eve. The word Yada means to know spiritually, emotionally, and physically.
4. Paul stated that since sex is such an integral part of marriage, the spouse always should be sexually available. If the couple refrains from intercourse, the decision should be mutual, should be for a spiritual reason, and should be only for a stated period. (1 Cor 7:1-5)
5. God created mankind in His own image as "male and female". (Gen 1:27; 5:2)
6. The act of sexual intercourse is part of God's first command to mankind: "Be fruitful and multiply; fill the earth". (Gen 1:28)
7. The Old Testament records legislation that sought to restrict premarital and extramarital sex. (Ex 20:14; Lev 20:1)
8. Tamar is the lovely daughter of David by Maacah & sister of Absalom (2 Sam 13:1-22,32; 1 Chron 3:9). Tamar was raped by her half-brother Amnon. She fled to Absalom, who plotted revenge. Two years later, Absalom got his revenge for Tamar by arranging Amnon's murder. However, since he told her to never talk about it, she remained in her brother's house, a desolate woman.
9. Paul starts his letter to the Romans with admonitions about sexual sin. Romans 1:24-25: "Therefore God gave them over in the sinful desires of their hearts to sexual impurity for the degrading of their bodies with one another. They exchanged the truth of God for a lie, and worshiped and served created things rather than the Creator — who is forever praised."
10. Jesus teaches us about "thought life" (Matt. 5:27-28), "You have heard that it was said, 'Do not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."
11. Later Jesus talks about divorce (Matt.5:31-32), "It has been said, 'Anyone who divorces his wife must give her a certificate of divorce. But I tell you that anyone who divorces his wife, except for marital unfaithfulness, causes her to become an adulteress, and anyone who marries the divorced woman commits adultery!'"
12. Paul teaches us to keep our bodies pure in his first letter to the Corinthians 18-20. "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually, sins against his own body. Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body."
13. In Ephesians, Paul teaches us that we should lead a life of love just as Christ loved the Church and sacrificed himself for the church. Ephesians 5:3.
14. Never mind what Paul says in this same chapter about wives, remember what he says to us in Eph 5:28-33, "In this same way, husbands ought to love their wives as their own bodies. He who loves his wife loves himself. After all, no one ever hated his own body, but he feeds and cares for it, just as Christ does the church— for we are members of his body. For this reason a man will leave his father and mother and be united to his wife and the two will become one flesh. This is a profound mystery — but I am talking about Christ and the church."

THREE SPIRITUAL QUESTIONS TO ASK YOURSELF:

- 1** *Do you want to be well?*
- 2** *What are you thirsty for?*
- 3** *What are you willing to die for?*

7 Principles of Highly Accountable Men

- 1. Accountability begins with sadness, humility, brokenness, confession, and repentance.**
Nehemiah 1
- 2. Accountability means that you can express your feelings and needs.**
Nehemiah 2:1-4
- 3. You will need an army.**
Nehemiah 2:9
- 4. You must get rid of the garbage in your life.**
Nehemiah 3:14
- 5. Prepare ahead for the attack which will come.**
Nehemiah 4:8-9
- 6. Build and defend in equal measures.**
Nehemiah 4:16-18
- 7. Do whatever it takes, as long as it takes, whatever the cost. Do not be distracted by the enemy.**
Nehemiah 5 and 6



Retraining Your Brain

- Your brain can become tolerant to the neurochemicals of sexual arousal and orgasm:
 - Adrenalin
 - Dopamine
 - Oxytocin
 - Serotonin
- Detox is possible and your brain will reset if you can be sexually abstinent for at least 7-14 days. (Corinthians 7:5)
- "Neurons that fire together, wire together." Your brain makes associations between sexual arousal and the relief of certain emotions. It is the "Bermuda Triangle."
- The brain is "plastic". It can be retrained and new neurological associations can be formed. Romans 12:2 is anatomically possible.
 - Community
 - Journaling and reflection
 - Meditation
 - Repetition
- Mental Health issues can affect our ability to think clearly and responsibly. Accurate diagnosis is important.
 - Medication
 - Nutrition
 - Exercise
 - Therapy



Taking Every Thought Captive

- Taking a thought captive does not mean telling it to go away.
- This kind of thinking usually leads to avoidance, distraction, and self-deprivation.
- Some examples are:
 - The 3 Second Rule
 - Certain places we won't go
 - Replacing a thought with scripture, hymns, and positive thoughts
 - It's "somebody's daughter"
 - Rubber bandsThese may be helpful at times, but they don't lead to the long - term solution.
- All thoughts and fantasies may, in fact, be messages from the soul.
- We should, therefore, interrogate them.

Interrogating Thoughts and Fantasies

Fantasies seek to achieve 3 "Goals of the Soul":

1. They can replay early events that wounded us with a different result.
2. They can seem to bring us the deeper needs and desires of our soul.
3. They can be associated with early times in our lives when sexual arousal seemed to be a "solution" to our sadness, loneliness, anxiety, or fear.

There are 4 questions you can ask of your sexual or romantic fantasies:

1. Who "show ups" in your fantasies?
2. What do they do in your fantasies?
3. Where do your fantasies take place?
4. What kind of romantic or sexual activity takes place?

What Is Your Vision?

1. What is your calling, plan, or purpose?
2. What are you doing when you feel God's pleasure?
3. What do others tell you you're good at?
4. What gives you a sense of fulfillment when you are doing it?
5. What will you build: a marriage, a family, a career, a service to the Church, a book, a ministry, a house?

FANTASY VS. VISION

Fantasy

A mental picture of activity that you think will satisfy your soul.

Vision

A mental picture of what God is calling you to do.

*If you, or someone you know, is struggling with pornography and sexual purity issues, we want you to know that **WE CAN HELP.***

Faithful & True is a leading Christian counseling center specializing in the treatment of sexual addiction and relational betrayal in the country. Located in Eden Prairie, Minnesota, Faithful & True was created by the late, Dr. Mark Laaser, M.Div., Ph.D. and his wife, Debbie Laaser, MA, LMFT. With over 32 years of experience, Mark & Debbie Laaser lead men, their spouses, and couples struggling with sexual purity in intensive workshops rated by workshop alumni as "life changing". Mark Laaser, a pastoral counselor, internationally-acclaimed author, speaker and teacher was considered the leading Christian authority in the field of sexual addiction. Mark has written over **ten** books on the subject, including *Healing The Wounds of Sexual Addiction* and his 3-book *Men of Valor* series. Debbie is a marriage & family therapist and the author of the highly-acclaimed book, *Shattered Vows* and her latest book, *From Trauma To Transformation*. Together, Mark & Debbie authored their popular book, *Seven Desires*.

At **Faithful & True**, individual and group counseling is available for men who struggle with sexual integrity and relational betrayal, as well as, counseling and support for their spouse or partner. We also offer counseling for couples who have experienced sexual or relational betrayal.

*For more information about our services, or to register for any of our upcoming Men's, Women's or Couples' Intensive 3-Day Workshops, visit us at faithfulandtrue.com or call **952.746.3880**.*

The Faithful & True Podcast

THE FAITHFUL & TRUE PODCAST, formerly *The Men of Valor Program*, was originally launched in 2012, hosted by the late Dr. Mark Laaser and Randy Evert.

The Faithful & True Podcast continues to honor Mark's legacy by bringing hope and healing to a growing audience of men struggling with sexual addiction and their spouses.

Dr. Greg Miller, Director of Faithful & True's Workshops, together with Randy Evert, and other Faithful & True counselors and notable guests from across the country, provide insight on issues that really matter, but are often difficult to discuss; issues ranging from sexual health, to relational intimacy, to spiritual growth.

We invite you to join us each week on our website, faithfulandtrue.com, the Faithful & True YouTube channel, or wherever you find your favorite podcasts.

Thanks for listening!



Resources

BOOKS BY **MARK LAASER, M.DIV., PHD**

- *Healing The Wounds of Sexual Addiction*
- *Becoming A Man of Valor*
- *The Seven Principles of Highly Accountable Men*
- *Taking Every Thought Captive*
- *The Pornography Trap w/Ralph Earle, Jr.*
- *The Fight of Your Life w/Dr. Tim Clinton*
- *Talking To Your Kids About Sex*
- *The Faithful & True Workbook*

BOOKS BY **DEBBIE LAASER, MA, LMFT**

- *Shattered Vows*
- *From Trauma To Transformation*

BOOKS BY **MARK & DEBBIE LAASER**

- *Seven Desires*
- *The Toolkit for Growth*

WEBSITES SUPPORTING THE LAASERS' WORK:

- faithfulandtrue.com
- laaserlegacy.com

Order any of these books by Mark and Debbie Laaser from our bookstore at faithfulandtrue.com



Notes



Notes



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