

the  
everyman  
series

sexual integrity

Stephen Arterburn  
Fred Stoeker with Mike Yorkey

# every man's battle workbook

**The Path To Sexual Integrity Starts Here**

**A Guide for Personal or Group Study**



**Praise for**  
***Every Man's Battle***

“There is no more common enemy of true manhood than the diversion or the perversion of our sexual capacities. I welcome every contribution to the arsenal of resistance.”

—JACK W. HAYFORD, LITT.D.  
pastor of the Church on the Way and  
president of the King's Seminary

“This book will revolutionize the marriage of every man who reads it. Why? Because every man battles sexual temptations and every marriage grows stronger when these temptations are defeated. The vulnerable, honest, and insightful pages of this book reveal what every man must know.”

—DRS. LES AND LESLIE PARROTT  
authors of *Saving Your Marriage Before It Starts*

“This timely resource presents clear, practical principles for sexual purity. Arterburn and Stoeker call for courage, commitment, and self-discipline as they lead men into a more successful relationship with God, family, and spouse. This book is truly for every man.”

—DR. JOHN C. MAXWELL  
founder of the INJOY Group

“God has used Steve Arterburn countless times to impact my heart and life; I am thankful for him and his investment in *Every Man's Battle*. I am also grateful for Fred Stoeker. Fred pours himself into this book with honesty, vulnerability, and a practical strategy to fight the good fight. He offers biblical truth and hope to anyone with ears to hear how to battle the war of sexual temptation. Read with an open heart. *Every Man's Battle* may save your marriage and your witness.”

—DR. GARY ROSBERG  
president of America's Family Coaches  
author of *Guard Your Heart* and *The Five Love Needs of Men and Women*

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Italics in Scripture quotations reflect the author's added emphasis.

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# contents

Questions You May Have About This Workbook . . . . .	1
<i>Week One:</i> Where Are We? . . . . .	7
<i>Week Two:</i> How We Got Here (Part A) . . . . .	17
<i>Week Three:</i> How We Got Here (Part B) . . . . .	31
<i>Week Four:</i> Choosing Victory (Part A) . . . . .	41
<i>Week Five:</i> Choosing Victory (Part B) . . . . .	51
<i>Week Six:</i> Victory with Your Eyes . . . . .	65
<i>Week Seven:</i> Victory with Your Mind . . . . .	79
<i>Week Eight:</i> Victory in Your Heart . . . . .	91
Don't Keep It to Yourself . . . . .	101


# questions you may have about this workbook

## **What will the *Every Man's Battle Workbook* do for me?**

This workbook will guide you through some serious Bible study, an intense examination of your personal life, and an honest application of biblical truth to help you win the war on sexual temptation and live a pure life God's way.

You'll find realistic help straight from God's Word for actively training your eyes and your mind to increasingly see and think according to God's standards.

## **Is this workbook enough or do I also need the book *Every Man's Battle*?**

Included in the studies you'll find a few featured excerpts from the book *Every Man's Battle*, each one marked at the beginning and end by this symbol: . But you really do need to read along in the book *Every Man's Battle* to truly get the most out of this companion workbook. (You'll find the appropriate chapters to read listed at the beginning of each weekly study.)

## **The lessons look long. Do I need to work through everything in each one?**

This workbook is designed to promote your thorough exploration of all the content, but you may find it best to focus your time and discussion on some sections and questions more than others.

To help your pacing, we've designed the workbook so it can most easily be used in either an eight-week or twelve-week approach.

- *For the eight-week track*, simply follow along with the basic organization already set up with the eight different weekly lessons.
- *For the twelve-week track*, the lessons labeled Weeks Two, Five, Six, and Seven can be divided into two parts (you'll see the dividing place marked in the text).

(In addition, of course, you may decide to follow at a different pace—faster or slower—whether you're going through the workbook individually or as part of a group.)

Above all, keep in mind that the purpose of this workbook is to help guide you in specific life-application of the biblical truths taught in *Every Man's Battle*. The wide questions included in each weekly study are meant to help you approach this practical application from different angles and with personal reflection and self-examination. Allowing adequate time to prayerfully reflect on each question will be much more valuable for you than rushing through the workbook.

### **How do I bring together a small group to go through this workbook?**

You'll get far more out of this workbook if you're able to go through it together with a small group of like-minded men. And what do you do if you don't know of any group that's going through this workbook? Start such a group of your own!

If you take a copy of the book *Every Man's Battle*, plus a copy of this companion workbook, and show them to the Christian men you know, you'll be surprised at how many will indicate interest in joining you for exploring this topic together. And it doesn't require a long commitment from them. The workbook is clearly set up so you complete one lesson per week and finish in only eight weeks—or, if you'd like to proceed at a little

slower pace, you can follow the instructions provided for covering the exact same content in a twelve-week track.

Your once-per-week meeting could happen during the lunch hour one day at work, in the early morning before work begins, on a weekday evening, or even a Saturday morning. The location could be an office or meeting room at work, a room at a club or restaurant, a classroom at church, or someone's basement or den at home. Choose a location where your discussion won't be overhead by others, so the men are comfortable in sharing candidly and freely.

This workbook follows a simple design that's easy to use. First, each man in the group completes a week's lesson on his own. Then, when you come together that week, you discuss together the group questions provided under the Every Man's TALK heading in each week's lesson. Of course, if you have time, you can also discuss at length any of the other questions or topics in that week's lesson; we guarantee the men in your group will find these to be worth exploring. And they're likely as well to have plenty of their own related questions to bring up for discussion.

It's best if one person in your group is designated as the group's facilitator. This person is *not* a lecturer or teacher, but simply has the responsibility to keep the discussion moving and to ensure that each man in the group has an opportunity to fully join in.

At the beginning, remind the men of the simple ground rule that anything shared in the group *stays* in the group—everything's confidential. This will help the men feel safer about sharing honestly and openly in an environment of trust.

Finally we encourage you during each meeting together to allow time for prayer—conversational, short-sentence prayers expressed in honesty before God. Many men don't feel comfortable praying aloud before others, so in an understanding way, do all you can to help them overcome that barrier.



*You're in a tough position.  
You live in a world awash with sensual images available  
twenty-four hours a day in a variety of mediums:  
print, television, videos, the Internet—even phones.  
But God offers you freedom from the slavery of sin  
through the cross of Christ, and He created your eyes and mind  
with an ability to be trained and controlled.  
We simply have to stand up and walk by His power  
in the right path. Men need a battle plan  
a detailed plan for becoming a man of sexual integrity.*

—from Steve Arterburn  
in the introduction to *Every Man's Battle*

*We need real men around here—men of honor and decency,  
men with their hands where they belong  
and their eyes and minds focused on Christ.  
If roving eyes or sexually impure thoughts  
or even sexual addictions are issues in your life,  
Steve and I are hoping you'll do something about it.  
Isn't it time?*

—from Fred Stoeker  
in the introduction to *Every Man's Battle*

# where are we?

**This week's reading assignment:**

**the introduction and chapters 1–3 in *Every Man's Battle***

*Before men experience victory over sexual sin, they're hurting and confused. Why can't I win at this? they think. As the fight wears on and the losses pile higher, we begin to doubt everything about ourselves, even our salvation. At best, we think that we're deeply flawed. At worst, evil persons. We feel very alone, since men speak little of these things.*

*But we're not alone. Many men have fallen into their own sexual pits.*

—from chapter 3 in *Every Man's Battle*

## EVERY MAN'S TRUTH

*(Your Personal Journey into God's Word)*

As you begin this study, ask for the Holy Spirit's help in hearing and obeying His personal words for you. Read and meditate upon the following Bible passages, which have to do with God's holiness and His call to purity. Let the Lord remind you that He is calling you to purity because He has your best interest at heart. Also remember that He delights in you—as one who is made in His image and growing into His likeness, day by day.

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.  
(Matthew 5:27-28)

Who will bring any charge against those whom God has  
chosen? It is God who justifies. Who is he that condemns?  
Christ Jesus, who died—more than that, who was raised to  
life—is at the right hand of God and is also interceding for  
us. Who shall separate us from the love of Christ? Shall  
trouble or hardship or persecution or famine or nakedness  
or danger or sword?... No, in all these things we are more  
than conquerors through him who loved us. For I am  
convinced that neither death nor life, neither angels nor  
demons, neither the present nor the future, nor any powers,  
neither height nor depth, nor anything else in all creation,  
will be able to separate us from the love of God that is in  
Christ Jesus our Lord. (Romans 8:33-35,37-39)

“Come now, let us reason together,”  
says the LORD.  
“Though your sins are like scarlet,  
they shall be as white as snow;  
though they are red as crimson,  
they shall be like wool.” (Isaiah 1:18)








7. Have you ever considered your roving eye to be uncontrollable? In the past, when have you been most likely to lose control? What has helped you to exercise control?

### EVERY MAN'S WALK

*(Your Guide to Personal Application)*

 Steve: I can't tell you what her face looked like; nothing above the neckline registered with me that morning. My eyes feasted on this banquet of glistening flesh as she passed on my left, and they continued to follow her lithe figure as she continued jogging southbound. I turned my head further and further, craning my neck to capture every possible moment for my mental video camera.

Then *blam!* I might still be marveling at this remarkable specimen of female athleticism if my Mercedes hadn't plowed into a Chevelle that had come to a complete stop in my lane. 

 Fred: There was a monster lurking about, and it surfaced each Sunday morning when I settled in my comfy La-Z-Boy and opened the Sunday morning newspaper. I would quickly find the department-store inserts and begin paging through the colored newsprint filled with models posing in bras and panties. Always smiling. Always available. I loved lingering







c) What do you believe God wants you to do in response to this week's study?



### EVERY MAN'S TALK

*(Constructive Topics and Questions for Group Discussion)*

#### *Key Highlights from the Book for Reading Aloud and Discussing*

📖 Addictive sex is devoid of intimacy. Sex addicts are utterly self-focused. They cannot achieve genuine intimacy because their self-obsession leaves no room for giving to others... Addictive sex is used to escape pain and problems. The escapist nature of addictive sex is often one of the clearest indicators that it is present. 📖

📖 When we're fractionally addicted, we surely experience addictive drawings, but we aren't compelled to act to salve some pain. We're compelled by the chemical high and the sexual gratification it brings. Another way of looking at the scope of the problem is to picture a bell curve. According to our experiences, we figure around 10 percent of men have no sexual-temptation problem with their eyes and their minds. At the other end of the curve, we figure there's another 10 percent of men who are sexual addicts and have a serious problem with lust... The rest of us comprise the

middle 80 percent, living in various shades of gray when it comes to sexual sin. 📖

📖 [From *The Heart of a Woman*] “When my husband and I talked about this, he was honest,” Deena conveyed, “and I was very angry with him. I was hurt. I felt deeply betrayed because I’d been dieting and working out to keep my weight down so that I would always look nice to him. I couldn’t figure out why he still needed to look at other women.”

Women told us that they struggle between pity and anger, and their feelings may ebb and flow with the tide of their husband’s battle. Let us direct this advice to women reading this book: Though you know you should pray for him and fulfill him sexually, sometimes you won’t want to. Talk to each other openly and honestly, then do the right thing. 📖

### *Discussion Questions*

- A. Which parts of chapters 1-3 in *Every Man’s Battle* were most helpful or encouraging to you and why?
- B. How would you summarize the difference between normal sexual desire and addictive sex?
- C. Do you agree that sex can be a way of trying to escape inner pain? What is your own experience with this?
- D. How would you explain to another man what the authors define as fractional addiction?

- E. To what extent do you agree or disagree with the book's contention that, for most men, our sexual sin is based on pleasure-highs rather than true addiction?
- F. Look together at The Heart of a Woman quotation. What is most surprising to you in the comments of this woman? What is most helpful to you in better understanding your own wife?
- G. Do you agree with the authors' advice to wives? Talk about it together.
- H. As an additional group-discussion option, look together at the text under the heading The Heart of a Woman at the end of this week's reading. What is most surprising to you in the comments of these women? What is most helpful to you in better understanding your own wife?