

WHY IN A GROUP? CAN'T I DO THIS ALONE?

Many men who struggle with sexual brokenness try to go it alone. They believe the lie that sexual brokenness is about sex; when really, it's about medicating the pain in their lives.

Through *Seven Pillars'* guided lessons and a trusted community, you will develop the tools necessary to break free, heal your relationship, and take back your life.

AUTHORS



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TESTIMONIALS

"This is a powerful tool for those looking to break the chains of sexual brokenness. Find a group and jump in. It's not easy, but it will be worth it."

"I'm a part of a network of churches in the Boston area and we've been using Pure Desire materials and having a variety of Pure Desire groups for the past few years. We've been seeing a powerful transformation take place. What we love about Pure Desire is that it is very holistic in its approach and it is very comprehensive in how it addresses sexual bondage. I'm personally leading my first Seven Pillars group this year and so far it has been a great experience with genuine growth and freedom happening as a result of the material."

"Literally, the most significant and influential program I have ever been a part of. I was an addict to porn, masturbation, and sexual fantasy from as far back as I can remember. Through the grace of God, He placed me in a group of guys who journeyed and experienced this 10 month, intensive program together. I learned about neuroscience, trauma, and God's power and love through the Seven Pillars. I cannot recommend this enough!"

PURE DESIRE
MINISTRIES

SEVEN PILLARS OF FREEDOM



HELPING MEN EXPERIENCE
FREEDOM FROM SEXUAL
BROKENNESS, PORNOGRAPHY, AND
UNWANTED SEXUAL BEHAVIOR



For more information on
Seven Pillars of Freedom

HOW SEVEN PILLARS OF FREEDOM HELPS:

Through a weekly group experience with other men on this recovery journey, *Seven Pillars of Freedom* will guide you in making sense of your story, identifying past pain and trauma, establishing sobriety, and more.

GROUP DETAILS

- + Weekly 2-hour meetings with a confidential group over 8-10 months
- + Daily work in the Seven Pillars of Freedom Workbook and Journal
- + Group size of 4-7 men

GROUP OUTCOMES:

- + Understand your whole story.
- + Identify the factors that contribute to your sexual brokenness.
- + Share your story in a safe, grace-filled environment.
- + Become grounded in God's Word and His plan for your life.
- + Learn new tools and strategies to help navigate recovery.
- + Establish and walk in your identity in Christ.
- + Develop confidence in your ability to pursue healing and healthy



**WATCH SEVEN PILLARS
PROMO VIDEO**

INSIDE SEVEN PILLARS OF FREEDOM

Pillar One: Breaking Through Denial

Lesson 1: Direction Determines Destination
Lesson 2: Points of Powerlessness
Lesson 3: Exiting the Highway of Denial
Lesson 4: The Road to Recovery

Pillar Two: Understanding the Nature of Sexual Addiction

Lesson 1: Hope in the Midst of Hopelessness
Lesson 2: Secrecy
Lesson 3: Isolation
Lesson 4: Shame
Lesson 5: Warfare

Pillar Three: Surrendering to the Process

Lesson 1: Learning to Face the Pain
Lesson 2: Being Your True Self
Lesson 3: Love, Acceptance, & Forgiveness
Lesson 4: Self-Care

Pillar Four: Limiting Damage

Lesson 1: You Need a Damage Control Plan
Lesson 2: The Matrix of Addiction
Lesson 3: Your Grievance Story
Lesson 4: Identifying Your Crippledness
Lesson 5: Getting Up Off the Floor

Pillar Five: Establishing Sobriety

Lesson 1: Understanding Fantasies
Lesson 2: Trusting God in the Moment
Lesson 3: Training Exercises
Lesson 4: Constructing a Winning Battle Plan

Pillar Six: The Battle for the Mind

Lesson 1: MIGS Coming Out of the Weeds
Lesson 2: Check Your Six!
Lesson 3: Learning to Turn Into the Fight
Lesson 4: Power Tools

Pillar Seven: A Spiritual Growth Plan

Lesson 1: Disclosure
Lesson 2: Helping Your Wife (Part One)
Lesson 3: Helping Your Wife (Part Two)
Lesson 4: Self-Control & Vision

GROUP OPTIONS



LOCAL GROUPS

- + Volunteer leader
- + Free attendance



ONLINE GROUPS

- + Certified leader
- + Fee-based attendance



**FIND A SEVEN PILLARS
OF FREEDOM GROUP**

SEVEN PILLARS OF FREEDOM KIT

\$79⁹⁹



WORKBOOK

Lessons include Scripture, assessments, and guided reflection questions.



JOURNAL

Includes proactive tools and strategies for sobriety, spiritual growth, and lifelong healing and freedom.



COMPANION VIDEO

Weekly videos to help you have a great, life-changing group experience.