



# RESTORING GOD'S FOUNDATION

## CATHOLIC MEN'S INTEGRITY PROGRAM

Satan has bombarded us with a distortion and perversion of sexuality. He has taken God's beautiful gift of authentic sexuality, the gift to take part in the Holy Trinity by engaging in a divine union with our spouses and co-creating life with God. Satan has taken this ultimate gift of self and perverted it into a selfish act that attacks human dignity, damages us biologically and turned it into a distorted behavior. A behavior that instead of getting us closer to God, actually destroys our souls.

**Restoring God's Foundation** is a Catholic based men's integrity program that serves to restore God's foundation of authentic sexuality by guiding men to freedom from sexual sin. The weekly program accomplishes this by educating men on God's plan of authentic sexuality, developing fraternal brotherhood, engaging in the Sacraments of the Catholic Church and then seeking to heal souls from the emotional damage resulting from life events that fuel the addictive process and create a skewed view of sexuality. The program is designed around the small group format and may be run by laity or professional leaders.

**Restoring God's Foundation** materials come complete with facilitator training manual and guide with step by step instructions, a participant handbook, and weekly lessons on establishing a foundation for recovery, education on authentic sexuality and personal healing. Program registrants have free lifetime access to materials being continually developed, online video and lesson materials, and direct access to development staff for questions and assistance.

### Restoring God's Foundation program is presented in 3 phases:

#### Phase 1: Establish a foundation for recovery (Weeks 1-8)

Encouraging group members to admit their powerlessness over sexual sin and related behaviors and to surrender this powerlessness to God. Then to begin to educate practical methods of limiting exposure to temptation, understanding their temptation, setting boundaries and designing escape or exit strategies for when temptation does occur. Phase 1 also involves utilizing the sacraments of the Church to secure grace and a safe foundation for recovery. Essentially, Phase 1 is about establishing a foundation that begins to stabilize the behavior.

#### Phase 2: Spirituality: Authentic sexuality and the understanding the battle (Weeks 9-13)

Education of authentic sexuality to help members understand how and why sexual behavior is part of God's plan and how the fulfillment of that plan is designed. Phase 2 also includes education on how God wired us and created our biological systems to naturally facilitate these cravings and intimacy bonds.

#### Phase 3: Healing (Weeks 14 and ongoing)

The third phase of the program is ongoing. Understanding that the core of most sexual sin is an effort to incorrectly or sinfully fulfill our need for connection with others. That our core needs as humans to feel accepted, wanted, understood, significant etc., which has in nearly all cases, been compromised at some point(s) in our lives. This compromised human spirit reveals itself as woundedness and we adapt by adopting a false identity and thus seek false intimacy. This part of the program works on identifying common wounds, discovering authentic identity, sharing our experiences, and developing a fraternal brotherhood with intent to develop and strengthen those needed bonds.

### Here is a preview of the first several weeks

#### Phase 1:

- Week 1: Where do I start?
- Week 2: Why am I doing this? Motivation, Desire, Surrender
- Week 3: Setting Boundaries
- Week 4: Accountability and Sponsors
- Week 5: Cycle of Addiction
- Week 6: Exit Strategies
- Week 7: Sacraments are the cornerstone of Grace
- Week 8: Cost and Benefit exercises

#### Phase 2:

- Week 9: God's Plan for Sexuality
- Week 10: What is Intimacy?
- Week 11: Biology and chemistry of sex
- Week 12: How porn damages us
- Week 13: Know your enemy

#### Phase 3:

- Week 14: River under the River – why we do what we do
- Week 15: The Shame that Binds me
- Week 16: Identity part 1
- Week 17: Identity part 2
- Week 18: Transformation in Christ online meditation
- Week 19: The 3 – I's
- Week 20: Sources of wounds – Father wounds / Mother wounds
- Week 21: Affirmation and Denial
- Week 22: Being accountable, making amends
- Week 23: When will I be normal?



### Program cost \$299

Includes:

- 1 Facilitator Guide
- 5 Participant Handbooks
- Lifetime Registration for your organization and access to updates and new material.

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303-725-1818

Additional Participant Handbooks \$20 ea.