

What two attributes did the models have? (p 41)

Compare holiness/authenticity with mediocrity/acceptance? (p. 43-51)

Who are you really? (Can't manage what you don't name.)

What are the three tendencies and how does each impact this struggle?

#1 Impact:

#2 Impact:

#3 Impact:

In what ways does visual foreplay make this struggle harder? (p. 57-62)

Answer these questions taken from page 62

Do you lock on when an attractive woman comes near?

Do you masturbate?

Are you holding a grudge against women—a grudge that gives you a sense of entitlement?

Do you seek sexually arousing articles or photo spreads in newspapers or magazines?

Do you have a private place or secret compartment in your life that you keep hidden?

Do you practice behaviors that you can't share with others?

Do you frequent porn/sexual-related sites on the Internet?

Do you watch sexually charged movies, videos, or TV programs?

Have I lied on any of my answers?

What's the difference between just being male or being a man? (p 64)

How does an impure life relate to stealing? (p71)

Use a dictionary (Webster's or Bible) define covenant?

Write out an expanded translation of Job 31:1 using the full definition of covenant(p 71-73)

What were the two critical aspects to Fred's covenant? (p. 74)

According to Fred, what is God's definition of manhood? (bottom p. 75)

In what ways would you have to change to be a man and not just male?

What does God promise in Galatians 6:7-8 about the consequences of our actions? (p. 76)
("If you're tired of the crop you're reaping, sow different seeds.")