

1. How does a male brain resemble a wild mustang? (p 187-188)
2. What does it mean to lead a sexualized attraction out of your “coral”? (p 189)
3. List the three lines of defense Fred describes on page 190-191.
4. What two things does Fred say to do in response to an aggressive woman? (p 192-193)
5. What is the key difference between Uriah and Zedekiah? (p 200-201)
6. Fred writes, “You, a sexual being, are being asked to live purely with pretty girls all around you. That’s why you need to act with honor. You need real defenses, not stupid ones.” For you, what are some stupid defense and what are some real defense that help you act in honor?
7. What does Fred say is required if you are going to be a spiritual leader? (p 209)
8. Write our Fred’s definition of foreplay? (p 211) How does this definition contribute to your ability to live at the center of purity instead of the boundary of purity? (p 212)
9. Write out the three questions Fred recommends using when evaluating your activity with a girl? (p 213)
10. What is your reaction to Fred’s definition of sexual purity on page 214?
11. In what ways have you pursued intensity instead of intimacy? (p 215-216)
12. What about you? Isn’t it time? Are you willing to start making choices that lead you down the road that prepares you to be a godly husband and a worthy father?