

## Session 4: Daily Disciplines

*The following disciplines should be done once a day for at least 30 minutes.*

	Wed.	Thurs.	Fri.	Sat.	Sun.	Mon.	Tues.
Neg. Feelings Index (1-10)							
Temptation Index (1-10)							
Scripture							
Meditation							
Prayer							
Feelings -Identified							
Feelings -Communicated							
Journal							

### **Reading: Galatians 4:4-7.**

But when the time had fully come, God sent his Son, born of a woman, born under law, to redeem those under law, that we might receive the full rights of sons. Because you are sons, God sent the Spirit of his Son into our hearts, the Spirit calls out “Abba, Father.” So you are no longer a slave, but a son: and since you are a son, God has made you also an heir.

### **Meditation:**

Ask God to reveal to you how this Reading applies to your struggle and your beliefs about yourself. Sit in silence, meditating on this Reading and listening for God to respond.

### **Prayer:**

Points to pray:

- For God to reveal family patterns and how they affected you.
- For God’s comfort as difficult feelings start to arise.
- Dedicate your body, specifically your penis, to God’s service.

### **Feeling Exercise:<sup>1</sup>**

1. I feel (feeling word) when \_\_\_\_\_ . (Present tense)
2. I first remember feeling (same feeling word) when \_\_\_\_\_.(Past tense)

### **Journal:**

With the remaining time, journal about what you’ve just experienced. What are you learning about yourself?

Also, use this time to fill in the interaction patterns as well as any other structural information on your genogram. Using a different color for the interaction patterns is a good idea. Be sure to include any addictions, suicide, mental illness, abuse, womanizing, misogyny (hatred of women), in addition to the interaction patterns listed on the handout. Note: it’s a good idea to ask family members for information you may not know. Just be careful to do it in a sensitive way to mitigate the risk they feel judged.

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<sup>1</sup> Source: Weiss, D. (2000). 101 Freedom Exercises. A Christian guide for sex addiction recovery (2<sup>nd</sup> Edition). Fort Worth, TX: Discover Press.