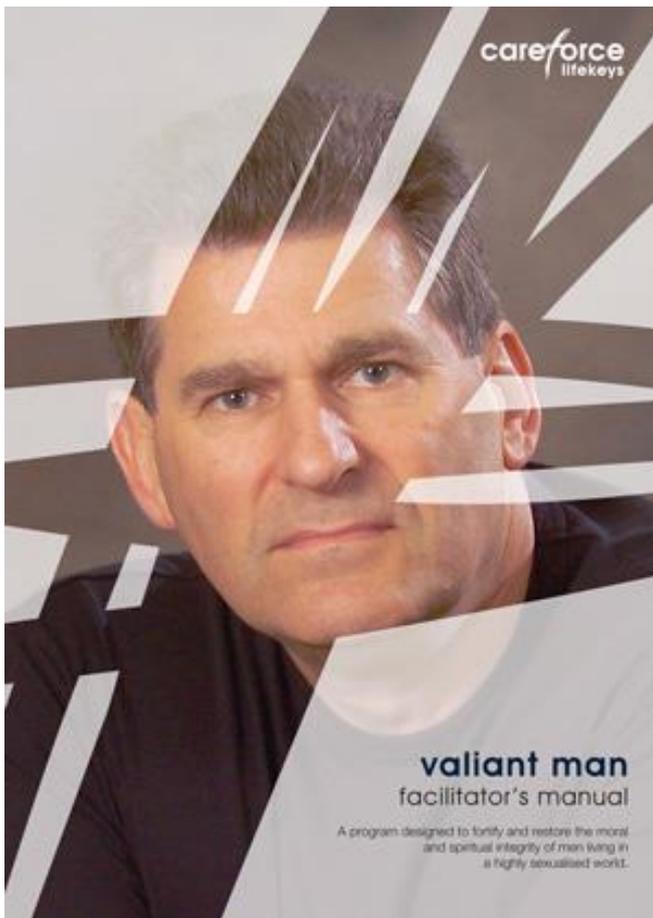


# Valiant Man

Developing and maintaining a healthy sexuality is every man's battle. Valiant Man is about male sexual discipleship.

This program with study and devotional guide is designed to fortify and restore the moral and spiritual integrity of men.

Valiant Man challenges all men to fight for their own personal, moral, and spiritual vitality and help other men fight for theirs.



## Session Information

### A Vision for Manhood

The aim of this session is to plant the seeds of vision for a better future, a vision for Valiant Manhood, while undertaking a rigorous moral inventory of current reality.

### The Arena of Healing

This session aims to introduce participants to the mind and heart attitudes necessary for growth and change to occur, and it introduces the Arena of Healing which provides a visual image to help participants identify the healing process.

### The Sexual Man

The aim of this session is to provide participants with information about the construction of male sexuality with a view to helping men normalise their experience of their

own male sexuality and begin to appreciate the issues involved in successfully managing male sexuality.

### The Origin, Power and Purpose of Sex

The aim of this session is to provide men with a theology of sex which introduces them to the deepest issues of our sexuality, which go beyond biology and psychology to the character of God and his ultimate purpose.

### The Cycle of Addiction

The aim of this session is to explain the cycle of addiction from a behavioural and bio-chemical point of view. The purpose is to help men understand the dynamics of addictive sexual behaviour so they can better appreciate the choices they must make if they intend to make permanent changes.

### The Understanding Man

The aim of this session is to give men insight into the differences between male and female sexuality with a view to increasing their capacity to be understanding husbands and lovers.

### Retraining Your Brain

This session aims to provide an understanding to men of how thought processes are established in the brain with a view to learning a workable process for bringing thoughts under control.

### Taking a Stand

This session prepares the men for a time of prayer and consecration, as they take a stand against shame, fantasy, pornography and inappropriate sexual behaviours.

### Guarding Your Heart

This session teaches men principles that will help them maintain sexual integrity as they grow in sexual purity.

### Realistic Expectations

This session reviews the ground covered over the previous nine sessions and assists men to prepare for a realistic view of the challenges they will face as they leave the course. Strategies for ongoing success will be explained.



- Central Broadview, SA 08 8261 1844
- Hills Mt Barker, SA 08 8398 2777
- Northern Gawler, SA 08 8523 2233
- Southern Clovelly Park, SA 08 8276 7971
- Western Albert Park, SA 0481 952 066