

# Canyon Hills Community Church Men's Summit

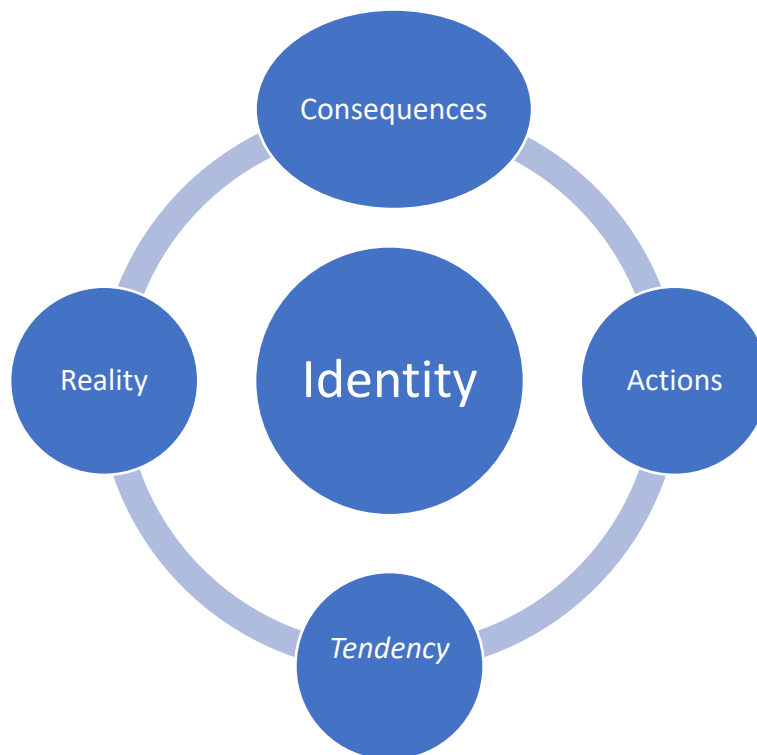
## Finding Our Identity in Christ: Overcoming Society's Pressures on Men.

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In this session, we will explore the various challenges men face in today's culture and how these pressures can impact our Identity and sense of self-worth. We will examine specific issues such as the negative effects of addictions, depression, societal expectations around success and wealth, and the impact of social media on our self-image. We will discover how to find our true Identity in Christ through biblical teachings and practical strategies and live with purpose and intentionality.

### Definition for Circle of Identity



**Identity:** I live whom I believe I am

**Tendencies:** An inclination toward a particular characteristic or type of behavior.

**Actions:** Emulate the Tendencies

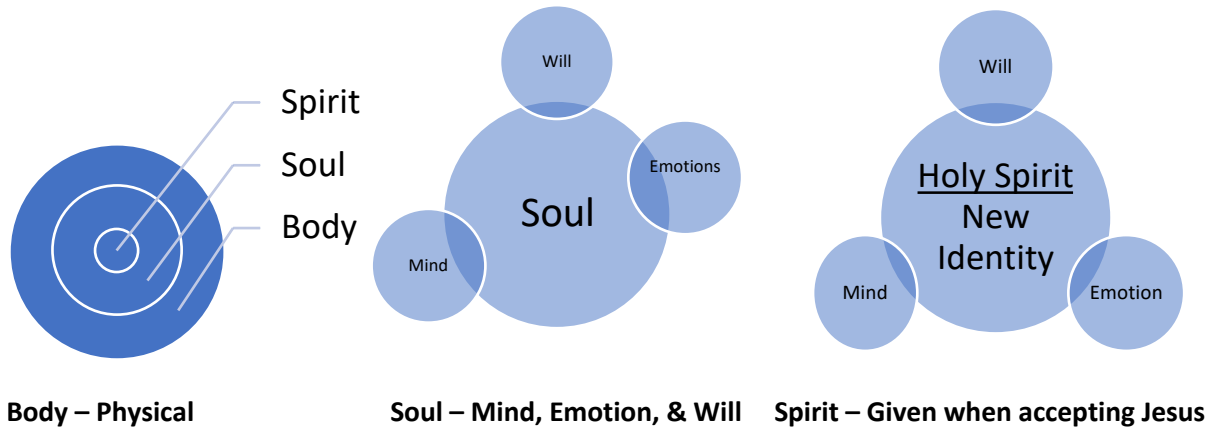
**Consequences:** Results of actions

**Reality:** Their subjective and personal experience of the world around them, shaped by their perceptions, beliefs, experiences, and cultural background.

**False Identity:** An intentional or unintentional misrepresentation of one's personal information, characteristics, or background, often to conceal one's true Identity.

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**1 Corinthians 6:19** *"Do you not know that your body is a temple<sup>[1]</sup> of the holy Spirit within you, whom you have from God, and that you are not your own?<sup>20</sup> For you have been purchased at a price. Therefore, glorify God in your body."*



**Act 2:38** - *"Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost."*

### Given a New Identity as a Believer in Christ Jesus

1. **John 1:12:** But as many as received Him, to them He gave the right to become children of God, to those who believe in His name, **You Are a Child of God.**
2. **John 15:5:** I am the vine, you are the branches; the one who remains in Me, and I in him bears much fruit, for apart from Me you can do nothing. **You Are Given Everything You Need.**
3. **1 Corinthians 12:27:** Now you are Christ's body, and individually parts of it.
4. **2 Corinthians 5:17:** So then, if anyone is in Christ, he is a new creation; what is old has passed away—look, what is new has come! **You are a new Person.**
5. **Galatians 2:20:** I have been crucified with Christ, and it is no longer I who live, but Christ lives in me. So, the life I now live in the body, I live because of the faithfulness of the Son of God, who loved me and gave himself for me. **You Are All In.**
6. **Colossians: 3:12:** Therefore, as the elect of God, holy and dearly loved, clothe yourselves with a heart of mercy, kindness, humility, gentleness, and patience. **You Are Jesus' Representative.**

### Core Men's topics

Pornography addiction: Many Christian men struggle with pornography addiction but may feel ashamed or embarrassed to talk about it with others, including their partners or spiritual leaders.

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- A. A study by Covenant Eyes, a Christian accountability software company, found that 64% of Christian men viewed pornography at least once a month, and 21% viewed it at least once a week. I believe these stats are higher than what is reported.
- B. In the US, 16.9 billion is spent on pornography.
- C. The divorce rate among Christians is 39% same as non-believers.
- D. A 2017 report by the anti-trafficking organization Exodus Cry estimated that up to 90% of women in the porn industry were recruited or coerced into the industry.

### **The Effects of Pornography on Your Soul, Body, and Mind.**

- 1. Soul:
- 2. Body:
- 3. Mind:

### **So, what do we do with this to combat inappropriate sexual desires?**

**James 1:14-15**, which says: *"But each person is tempted when they are dragged away by their own evil desire and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death."*

**Emotional vulnerability:** Some Christian men may feel pressure to appear strong and unemotional and struggle to express their emotions or seek help when needed.

1 Peter 5:7

James 5:16

Galatians 6:2

**Faith and spirituality:** Some Christian men may struggle with doubts or questions about their faith but may hesitate to discuss these issues with others for fear of being judged or misunderstood.

1 Peter 5:9

John 15:5

Corinthians 12:9

Philippians 1:6

**Career and work-related stress:** Christian men may feel pressure to succeed in their careers or provide for their families, which can lead to stress and anxiety.

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*The LORD God took the man and put him in the Garden of Eden to work it and take care of it. —Genesis 2:15*

Colossians 3:23-24

Ephesians 2:10

**Social media can significantly impact our self-image in both positive and negative ways. Here are a few ways in which social media can influence how we see ourselves:**

- 1.
- 2.
- 3.
- 4.
- 5.

### **Discussion Questions:**

1. What was your main takeaway from this session? And why?
2. How has the world shaped your false Identity?
3. Out of the following cultural pressures, Pornography, Emotional Vulnerability, Faith struggles, and Social Media, which do you struggle with and why?
4. What is one action step you can begin applying today to overcome cultural pressures?