**Biblical Sexuality Workshop**

Presenters: Mike & Kathy Cain

Notes, Resources and Questions for Consideration

Mike and Kathy’s Story

Enemies and Allies

Why are we so vulnerable?

Resources:

***The Conquer Series*** (10-part streamed video series with a study guide)

<https://conquerseries.com/>

***Sexual Integrity 101*** (8-part streamed series with small group study guide)

<https://puredesire.org/courses/sexual-integrity-101/>

***7 Pillars of Freedom*** (30+ week series for men dealing with the roots and causes of sexual brokenness. Designed to be done in a small group setting, in person, or online)

<https://puredesire.org/shop/seven-pillars-of-freedom-kit/>

***Unraveled: Managing Love, Sex, and Relationships***(For women who struggle with love, sex, porn, and relationship addictions.) [*https://puredesire.org/shop/unraveled-kit/*](https://puredesire.org/shop/unraveled-kit/)

***Betrayal and Beyond***(30+ week series to help women wounded by a spouse’s unwanted sexual behavior.) <https://puredesire.org/shop/betrayal-beyond-kit/>

Questions for further consideration:

1. What one point was new or helpful? What’s my most useful “take-away”?
2. How can I personally benefit from these resources? What is my next step toward healing in this area of my life? (Mike’s contact #: 951-906-2674, Kathy’s contact #: 951-990-0665)
3. Who can I share this information with—ministry partners? church leaders? students?

**Additional Resources**

**Books**:

*Pure Desire (Ted Roberts)*

*Safe* *(N*ick Stumbo)

*Redeemed Sexuality: 12 Sessions for Healing and Transformation in Community* (Drew Boa)

*Ragamuffin Gospel* (Brennan Manning)

*Unwanted: How Sexual Brokenness Reveals Our Way to Healing* (Jay Stringer)

*The Good and Beautiful God, Life, Community, Self* (John Bryan Smith) [4 book series]

*The Cure: What if God Isn’t Who You Think He Is, and Neither are You?* (Bill Thrall, Bruce McNichol, John S. Lynch)

*In the Realm of Hungry Ghosts* (Gabor Mate)

*Emotionally Healthy Spirituality* (Pater Scazzero)

*Emotionally Healthy Leader* (Peter Scazzero)

*The Soul of Shame* *(*Curt Thompson, MD)

*The God-Shaped Brain* (Timothy R. Jennings)

*Life Together* (Dietrich Bonhoeffer)

*The Prodigal God* (Timothy Keller)

**Podcasts:**

*Pure Desire* (Nick Stumbo and Trevor Windsor)

*The Emotionally Healthy Leader* (Peter Scazzero)

*Husband Material* (Drew Boa)

*True Face, Beyond the Mask* (Robby Angle)

*Transforming Discipleship* (Oliver Hersey)

*Renovare,’* Conversations about Life with God (Nathan Foster)

**Videos:**

*The Heart of Man* (Movie) <https://www.imdb.com/title/tt4585080/>

*Addicted to Porno: Chasing the Cardboard Butterfly* (A secular documentary about the effects of pornography on lives and relationships)

*The Conquer Series* (10-part streamed video series with a study guide) <https://conquerseries.com/>

*Sexual Integrity 101* (8-part streamed series with small group study guide) <https://puredesire.org/courses/sexual-integrity-101/>