

CULTURE  
SHIFTERS

A MOVEMENT OF  
KINGDOM MEN

# ANCHORED

— A CULTURE SHIFTERS STUDY —

PART ONE OF THREE

A 12-WEEK SMALL GROUP  
AND INDIVIDUAL STUDY

WRITTEN BY

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ANCHORED IN CHRIST.  
UNSHAKABLE IN LIFE.

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*Vol. 1*

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## The Current We're Swimming Against

### Preface

#### *Staying Anchored in an Over-Sexualized World*

We are living in a culture where sexual imagery, temptation, and distorted views of intimacy are everywhere. What once required effort to find is now delivered directly into our pockets through smartphones, social media, entertainment, and endless online content. For many men, this creates a quiet but powerful battle: one that is often fought alone, behind screens, and under a heavy weight of shame.

But the struggle with sexual temptation is not new. From the earliest pages of Scripture, we see that the battle for purity has always been a battle for the **heart and the mind**. What is different today is the **intensity, accessibility, and privacy** of temptation. The digital world has made it easier than ever for men to fall into patterns of secrecy, distraction, and addiction.

Yet the message of the gospel is not one of condemnation, it is one of **freedom, refocus, and renewal**.

This study, *Staying Anchored in an Over-Sexualized World*, was created to help men face this struggle honestly and biblically. Rather than ignoring the problem or pretending it doesn't exist, we will look directly at the realities many men face. Together, we will examine what Scripture teaches about temptation, how pornography and sexualized culture impact our hearts and minds, and how men can pursue freedom through Christ-centered community and spiritual discipline.

Our theme verse comes from **Romans 12:2**, where the apostle Paul writes:

“Do not be conformed to this world, but be transformed by the renewal of your mind...”

These words remind us that the Christian life is not about simply resisting behavior, it is about allowing God to **renew the way we think, desire, and live**. Transformation begins when our minds are anchored in truth rather than shaped by culture.

Over the next four weeks, this study will guide us through conversations about the spiritual battle behind sexual temptation, the realities of pornography and digital temptation, and the practical ways men can remain grounded in Christ.

Through Scripture, honest discussion, accountability, and prayer, our goal is to move from secrecy and struggle toward **clarity, strength, and freedom.**

This study is not about perfection.  
It is about **progress.**

It is not about shame.  
It is about **anchoring our lives in Jesus.**

And when men become anchored in Christ through Scripture, community, and practical disciplines, they become men who lead stronger families, healthier relationships, and churches that reflect the transforming power of the gospel.

The storm around us may be real, but when our lives are anchored in Christ, we do not have to drift.

## THE STORM

*Before we can get anchored, we need to understand the battle we're in as men. It's a different battle than past generations.*

### Key Theme

Sexual temptation is not new, but the **intensity, accessibility, and secrecy of it today are unprecedented.**

### Opening Conversation

Every man in this room has faced sexual temptation. That part isn't new. From the earliest pages of Scripture, we see the tension between our desires and God's design for sexuality.

But what *has* changed is the environment we're living in. Previous generations had to go looking for sexual temptation. Today, it comes looking for us. It's in our pockets. On our phones. In our feeds. In our ads. In moments when we're tired, bored, stressed, or alone.

It's not just easily accessible, it's normalized in a way that it's never been before. That reel or image you see has just become normal.

And because of that, the battle men face today isn't just just about willpower, it's about constant exposure. The storm isn't occasional. It's constant.

And a lot of men feel like they're standing in it by themselves.

But before we talk about freedom, we have to understand the storm we're actually living in, and the severity of it.

## **The Reality of the Struggle**

One of the biggest lies men believe is this: *“I’m the only one dealing with this.”* Shame isolates. It convinces you that everyone else has it together, and you’re the exception.

But the truth is very different. This struggle is not rare. It’s common. And more than that, **it’s hidden.**

Studies continue to show that a large percentage of Christian men, including leaders, have struggled with pornography at some level. Not because they’re uniquely broken, but because they’re human, and they’re living in an environment that constantly feeds temptation.

This isn’t about pointing fingers. It’s about pulling back the curtain.

**Because you can’t fight something you pretend doesn’t exist.**

## **The Brain and The Battle**

This isn’t just a spiritual issue, it’s also physical.

When a man engages with pornography, his brain releases dopamine, the same chemical involved in addiction. Over time, the brain begins to associate sexual imagery with reward.

And that changes things.

It can:

- Increase cravings
- Lower sensitivity to normal pleasure
- Create patterns that feel compulsive
- Distort how we view intimacy and relationships

This is why so many men say, “I don’t even want this... but I keep going back.”

It's not just weakness. It's **wiring**. You are literally, over time, re-wiring your brain to the things that are not of God. It's deeper, more serious than just a little weakness.

But here's the key: Scripture has been addressing the battle for the mind long before science ever explained it.

## **Scripture Focus | Matthew 5:27-30**

Read this passage together...

“You have heard that it was said, ‘You shall not commit adultery.’ But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart...”

...and ask the following question - **How can just looking at a woman lustfully be considered committing adultery?**

## **Teaching Week One**

Jesus does something here that completely shifts the conversation. He moves the issue from behavior... to the heart. In a way, he moves it from just a one time “I’m only going to engage with porn this one time and then I’ll be good” to a much deeper thing. The heart. And, the heart affects so much, when we really think about it – Our relationships, our jobs, our finances. If our hearts are living in sin, we’re affecting a whole lot more than just our eyes at that moment.

In that culture, people thought they were doing fine as long as they avoided the physical act. But Jesus makes it clear, sin doesn’t start with what you do. It starts with what you dwell on.

It starts in the mind.

It starts in the heart.

It starts with what you allow to sit and grow.

And when Jesus talks about cutting off a hand or removing an eye, He’s not being dramatic for effect, He’s showing how serious this really is.

A big takeaway here is that freedom doesn't happen casually. It requires intentionality. It requires action.

## **The Enemy's Strategy**

The battle isn't random. There's a real enemy involved.

Scripture says he's like a lion—watching, waiting, looking for someone to devour.

And he understands something about men:

If he can keep you distracted...

If he can keep you ashamed...

If he can keep you isolated...

He can keep you ineffective, and take you off the battlefield.

Because when men are stuck in hidden sin, they stop leading. They stop stepping up. They stop living with clarity and conviction. Sure, you can still serve at your local church but the longer you engage in porn the more ineffective you'll become.

This also isn't just about you. It impacts your marriage, your future family, your leadership, and your influence. Which is exactly why the enemy wants it **hidden**.

## **How Sin Develops**

Sin doesn't usually start big. It starts small.

James lays it out clearly:

“But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.” - James 1:14-15

Desire → Sin → Death

But before that, there's always a beginning point. A look. A thought. A moment you didn't shut down. A curiosity you entertained.

And over time, those small moments become patterns. Patterns become habits. Habits shape identity.

That's how the storm builds.

Not all at once, but over time.

The sneaky part about this is - Just because it's behind closed doors we tend to think that it's totally isolated. It's not. It's literally re-wiring your brain, ruining your relationships, and your marriage. What goes on behind that closed door impacts everything in your life.

## **Discussion**

Take time to talk honestly about this:

Where do you see temptation entering your life most often right now? Is it late at night? When you're stressed? When you're bored or alone? Or is it totally random because the algorithm is that advanced now?

How has technology changed the way you experience temptation compared to past generations?

And why do you think this struggle carries so much secrecy—even in the church?

What would it look like to stop hiding and start fighting together?

## **Staying Anchored This Week**

Growth doesn't happen just by hearing truth, it happens by applying it.

This week, focus on a few simple things:

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- Stay in Scripture daily (read James 1)
- Pray honestly and don't clean it up
- Identify your weak moments and patterns
- Start putting guardrails in place

Awareness leads to action, and action leads to **change**.

## **THE DRIFT**

*How men slowly lose their anchor.*

### **Key Theme**

Most men don't fall suddenly, they drift gradually.

### **Opening Conversation**

Most men don't wake up one day and decide to wreck their lives. They don't plan to damage their marriage, lose their integrity, or fall into habits they once said they would never touch. It usually happens slowly.

Not through one big decision, but through a series of small ones. Small compromises. Small moments of curiosity. Small areas of secrecy.

Secrecy becomes our "saving grace." We fully buy into the notion that just because it's a secret, we're totally safe from any consequence.

Drifting rarely feels dangerous at first. In fact, it often feels harmless. Perhaps because we've conditioned ourselves to fully buy into how secrecy protects us.

A late-night scroll. A private search. A moment of boredom. A thought that you allow to linger longer than you should.

The danger is not that sin appears all at once. The danger is that it grows quietly while we convince ourselves nothing is wrong.

This week is about understanding the drift... how men slowly lose their anchor **without realizing it.**

### **The Reality of the Drift**

One of the enemy's most effective strategies is not destruction overnight, it's distraction over time.

Most men who find themselves stuck in sexual sin didn't start there. They started with exposure.

Exposure leads to curiosity. Curiosity leads to compromise. Compromise leads to patterns. Patterns lead to bondage. And bondage... checks notes... **leads to death**. When Paul talks about how sin leads to death, he's not talking about literal death. He's talking about - relationships, mental health, work, etc. And if we're being intellectually honest with ourselves, you know exactly what I'm talking about (or Paul is talking about).

And because the consequences don't always come immediately, it becomes easy to believe the lie that nothing bad will happen.

But Scripture teaches something very clear: what we plant will eventually grow.

### **Scripture Focus | Galatians 6:7-8**

Read this passage together...

“Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please.

At its core, this verse speaks to a moral and spiritual cause-and-effect: the choices you make carry real consequences, and your actions—whether good or bad—produce results over time. You cannot live one way and expect a different outcome, because what you consistently sow in your life will ultimately shape what you reap.

You see, when we're engaging in sexual sin, we're being gaslit into thinking that it's a secret/there's no consequence. But in reality - What you put in, you'll produce.

## THE TARGET

*Why the enemy attacks men through sexual sin*

### Key Theme

Sexual temptation is not random. The enemy targets men sexually because we are valuable to God, and we are dangerous to the kingdom of darkness.

We are valuable because we are the leaders in our homes. Our counterpart (the woman) has her own strong virtues, and we need her. But the man has his own unique leadership qualities and is expected to lead in a different way than the woman. And, this isn't about income. It's far greater and deeper than that. We set the tone, we set the expectation, we set the direction. And Satan knows this, which is why he comes after us in a much different and sinister way than how he might come after others.

### Opening Conversation

Many men assume their struggle with sexual temptation is just a weakness. Just hormones. Just curiosity. Just part of being a man. This is understandable. Especially if you grew up in the 70s, 80s, or 90s. Many of us grew up in the “hot model” culture, the days of Baywatch, the days of certain posters on our walls.

But Scripture paints a very different picture. This isn't just “men being men.” The battle men face is not random. It is not accidental. And it is not meaningless.

There is an enemy who understands something many men forget — men matter.

Culture paints a much different picture. Culture actually tells us that men don't matter. Current culture postures itself in a way that paints women as the most important asset, while painting men as bad. Therefore... in a super ironic way, men are often much more underprivileged than women in our current culture. The default position is – Protect women, while men are forgotten about. I believe that this is a sneak, very high-tier lie that nobody talks about. If the enemy can devalue us - We (men) become much more easier to control.

Men carry influence. Men carry responsibility. Men carry assignments from God. And the enemy knows this. It's time for us to recognize this!

You see, when a man is distracted, ashamed, or trapped in sin, he becomes less likely to lead, protect, build, and stand firm in the places God has called him. What we think is secrecy, actually affects so much that **is seen**. You think no one knows you're looking at porn? Sure, but they see your relationships falling apart, your chronic anxiety, your financial ruin, and your overall tense vibe.

That is why sexual temptation is one of the enemy's favorite weapons.

Not because men are worthless... but because men are **valuable**.

This week we are going to talk about why men are a target — and why understanding your value changes the way you fight the battle.

## **The Value of a Men's Life**

Many men live as if their life has no real purpose beyond work, bills, and getting through the week. But Scripture says something very different.

God did not create men randomly. He created men intentionally. With design. With purpose. With assignments.

And when a man forgets that, he becomes easier to discourage, easier to isolate, and easier to **control**. We must understand that if we are addicted to sexual sin, it's a much bigger and deeper problem than merely being addicted to something bad. We are being CONTROLLED.

## **Scripture Focus | Ephesians 2:10**

Read this passage together...

“For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

This verse is a reminder that your identity was never meant to be shaped by your struggles, but by your **Creator**.

You are not defined by sexual sin, temptation, or past failure—you are **God's workmanship**, intentionally designed and created with purpose. In a world that constantly pulls men toward instant gratification and hidden sin, this verse calls you back to something higher: you were made in Christ Jesus for good works, *not* for bondage. That means your life has direction, your choices **matter**, and there is a path already laid out for you that leads to freedom, not shame. Sexual sin tries to convince you that you're in control, and that no one really sees it. But we need to understand that reality says otherwise. Does anyone see you by yourself engaging in sexual sin? No, but they see all of the things you're sowing from it. It's easy to physically hide sexual sin, but it's not easy to hide that look in your eyes, the personal drama, the anxiety.

Christ has already prepared a better way for you to walk in, one marked by discipline, integrity, and purpose. The question isn't whether that path exists—it's whether you'll choose to lean into it. It takes courage, but it can be done.

## THE NEW MAN

*Before we finish this study, we need to understand one final truth: freedom doesn't begin when you finally stop struggling. Freedom begins when you understand who you already are in Christ.*

### Key Theme

You are not fighting to become a new man, you are fighting to stay new.

### Opening Conversation

Throughout this study we've talked about the storm, temptation, the battle for the mind, and the practical steps men can take to stay anchored.

But if we're not careful, we can leave thinking Christianity is simply about trying harder.

Paul teaches something very different.

He does not say we will become new someday. He says we are new *now*. This is huge, and something we (as Christ followers) need to accept. We ARE new creations.

Many Christian men spend years fighting sexual sin while still seeing themselves through the lens of their past failures. They believe freedom is something they have to earn, achieve, or eventually arrive at.

But Scripture paints a different picture.

In Christ, your identity has already changed.

Your old life does not define you.

Your failures do not define you.

Your temptations do not define you.

Your past does not define you.

Jesus does.

That doesn't mean temptation disappears overnight. It doesn't mean the battle ends. It means the battle is now fought from a completely different position.

You are no longer fighting for freedom.

Jesus has already fought this battle for us. And won. Therefore, we must stop defining ourselves by our sins. We have been bought and paid for, with a price, and we have BEEN free. It's time we truly understand this, as men.

## Scripture Focus | 2 Corinthians 5:17

Read this passage together and ask the following question:

**How would your battle against temptation change if you truly believed you were already a new creation?**

*"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17*

### A New Identity

In 2 Corinthians 5:17, Paul writes that if anyone is in Christ, he is a new creation; the old has passed away, and the new has come.

This verse emphasizes that in Christ, a person's identity is fundamentally changed. The former life, defined by sin and separation from God, is no longer what defines them. Instead, a new life has already begun, marked by transformation, renewal, and a restored relationship with God.

Now, if you still feel like nothing has changed in your life, that you're still living like your former life, you need to have an honest conversation with yourself and with God. Have you just been going through the motions, or are you truly tapping into your new identity in Christ? Remember, you might think you're hiding your sexual sin because it's behind closed doors... but that secrecy ends up touching all areas of your life.

I'm not claiming that we still don't sin or don't do stupid stuff. But if you're embracing your new identity in Christ, the things of this world (like porn) are

going to become less attractive and more offensive to your spirit. You'll begin craving different things. You'll crave Scripture. You'll crave fellowship. You'll crave serving others. You'll crave being around your brothers in Christ.

## **Made Alive Right Now**

In Ephesians 2:4–5, Paul explains that even when we were dead in our trespasses, God made us alive together with Christ.

*"But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved."* — Ephesians 2:4–5

This highlights that spiritual life is not something we earn or gradually achieve. It is something God has already done for us.

Through Christ, we have already been brought from death to life.

If we fully understand this, we'll have a much easier time forgiving ourselves and stepping into this new life in Christ.

If Christ didn't exist, we'd be stuck in our sin. We'd be trapped in patterns that destroy relationships, marriages, leadership, and influence. Even if we tried to fix ourselves, we'd likely fail.

But Jesus already made a way.

We need to understand that, embrace it, and live from it.

## **The New Self Has Already Been Given**

In Colossians 3:10, Paul says that we have already put on the new self: *"And have put on the new self, which is being renewed in knowledge in the image of its Creator."* Notice the language. Paul isn't talking about something that might happen someday down the road. He's describing something that has already happened. This new identity is already ours in Christ, and this new life is available right now. Will it require discipline? Absolutely. Will it require daily surrender? Without question. But the life Christ offers isn't waiting for you somewhere in the future. It's available today.

Romans 6:4 reinforces this same truth: *"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life."* Again, Paul isn't talking about a future change—he's describing a present reality. When he says you are a new creation, he means right now. Your old identity has already been dealt with, and your new life has already begun. The enemy doesn't want you to believe that. He wants you to think your struggle isn't serious, or if it is serious, that you'll never overcome it. In one sense, he's right—you can't fix yourself. But you now have access to the greatest help in human history: Jesus Christ.

One of Paul's clearest teachings comes later in Romans 6 when he reminds us that our old self was crucified with Christ so that the power of sin would be broken and we would no longer be

slaves to it. Temptation may still come. Sin may still try to speak. Failure may still happen. But sin is no longer your master. Before Christ, sin owned you. After Christ, sin becomes an enemy, **not an owner**. Many men continue fighting sin as though they're still slaves when, in reality, **they have already been set free**.

Paul continues this theme in Colossians 1:13–14, describing salvation as a complete transfer. God has rescued us from the dominion of darkness and brought us into the kingdom of His Son. We weren't just forgiven—we were moved. We were moved from darkness to light, from slavery to freedom, from condemnation to grace, and from the enemy's kingdom into Christ's kingdom. Yet many men continue living as though they're still trapped in that old kingdom—not because it's true, but because their thinking hasn't caught up with what Jesus has already done.

This is why Galatians 5:1 tells us to stand firm in the freedom Christ has given us. The enemy cannot take your identity in Christ, but he will do everything he can to convince you to forget it. He'll remind you of your failures, replay your past, and whisper that nothing has really changed. If you believe that lie, you'll live as though freedom isn't real, even though Jesus has already paid for it. Throughout Scripture, we see the same message repeated: the old life is not being improved, it has been replaced. The more a man believes that truth, the more he begins living in alignment with it.

Paul's message is this:

**You're not fighting to become new, you are fighting to stay new.**

That changes everything.

You are not trying to earn a new identity.

You are learning to live out the identity Christ has already given you.

## **Discussion**

*Take time to think honestly about these questions:*

- How does believing you are a new creation change the way you fight temptation?
- Does it give you confidence? Does it reshape how you view failure?
- Where are you still defining yourself by past sins or old labels God has already removed?
- Do you truly live like someone who is free, or do you still feel like you're trying to earn freedom?
- What lies or thought patterns have you believed for too long?
- What truths from Scripture need to replace those lies?

## **Staying Anchored This Week**

Freedom grows when you keep your identity in front of you and stay connected to the things that make you strong. One of the enemy's greatest tactics is getting men to forget who they are in Christ. That's why you have to consistently remind yourself of what is already true: you are a new creation, no longer a slave to sin, rescued from darkness and brought into the kingdom of Christ. You are free. What you believe about yourself will ultimately shape how you live. If you continually see yourself as defeated, you'll live defeated. But if you begin seeing yourself the way God sees you, you'll start walking in the freedom He has already given you. With that in mind, here are some practical ways to put this truth into action:

- Remind yourself daily who you are in Christ
- Stay in Scripture, even when you don't feel like it
- Stay connected to your church and a solid group of men
- Be around people who speak truth, not just comfort
- Be honest about your struggles and your growth

- Lead in your home and in your circle
- Encourage and invest in other men

One of the strongest ways to stay anchored is to *help someone else* stay anchored. You're probably read or seen the old Biblical adage before - "Iron sharpens iron."

When you begin pouring strength into others and living as the example you wish you had, your own foundation becomes stronger.

This isn't about creating a formal accountability program.

Ask God to naturally use you to strengthen another brother.

As you help others stand firm, you'll become stronger too.

## **Final Thought: Be Praus**

I want to leave you with this.

Do you know what the word *meek* means?

In English, Merriam-Webster defines meek as someone who is humble, mild, and quiet. Being that Jesus famously said, "*Blessed are the meek, for they shall inherit the earth,*" that definition never sat well with me.

I've known "meek" men, and honestly, I've never wanted to be like them. I remember growing up in church and these "men" were softer than Charmin.

And if you know me, I'm not particularly mild or quiet.

Decades later, I learned what that word *really* means and it totally shifted what I thought about Jesus and his calling for us, as men. Jesus wasn't telling us to be timid or calm, at all.

The Greek word translated as *meek* is **praus**.

It means **strength under control**.

The word was used in ancient Greece to describe a wild horse that had been trained to obey its master while retaining all of its strength and power.

Aristotle described *praus* as someone who possesses mastery over himself, especially when it comes to emotion and reaction. In other words, not a man who is incapable of responding, but a man who chooses how to respond. There really isn't a perfect English equivalent for the word. So when Jesus tells us to be meek, He isn't calling us to weakness. He's calling us to strength that has been surrendered to God and governed by self-control. And when you think about it, that makes a whole lot more sense.

The storm is real. The pull is real. The enemy is real. But so is freedom in Christ. Jesus didn't just die to forgive you, He died to make you new. You are not fighting for freedom; you are learning to **LIVE IN IT**. So men, stay anchored.

And be *praus*.

# ANCHORED

A CULTURE SHIFTERS STUDY

OUR CULTURE PULLS MEN IN COUNTLESS DIRECTIONS.  
**CHRIST ANCHORS US.**

Sexual sin is one of the greatest battles facing men today. The enemy wants to keep you isolated, ashamed, and stuck. But Jesus offers something different—freedom, purpose, and a firm foundation that will not move.

**ANCHORED** is a call to break free and build a life rooted in the unshakable truth of who you are in Christ.

This study will challenge you to examine your heart, renew your mind, and take practical steps toward freedom and lasting transformation.

IN THIS STUDY, YOU WILL:



UNDERSTAND THE ROOTS OF SEXUAL SIN AND HOW IT DISTORTS IDENTITY AND PURPOSE.



DISCOVER WHAT IT MEANS TO BE ANCHORED IN CHRIST AND LED BY HIS TRUTH.



BUILD PRACTICAL HABITS FOR PURITY, ACCOUNTABILITY, AND SPIRITUAL STRENGTH.



WALK IN FREEDOM AND LEAD OTHERS TOWARD THE SAME HOPE YOU'VE FOUND.



PART ONE OF THREE

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WRITTEN BY  
**JOSH BROWN**

Josh Brown is a speaker and author on the Culture Shifters team. He is passionate about helping men embrace biblical truth, walk in freedom, and become the leaders God created them to be.

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