



FREEDOM FOR MEN • New Heart • New Mind • New Life
Trusted, experienced, faith-based men helping men find hope and freedom!

Chapter 2: Bringing AWARENESS and light to the battle.

Week 5: Awareness of STATISTICS; denial, minimization, and rationalization.

Videos:

It's not about the nail: [Click here to watch a video clip in our Vimeo account.](#)

Amazing Grace: [Click here to watch a video clip in our Vimeo account.](#)

Bringing awareness of/and to triggers, emotions, the enemy, marriage struggles, the broken world we live in, other people's battles, our character defects, our blind spots, and stories (don't judge until you have walked in someone's shoes). Breaking out of DENIAL.

Theme verse: *Aware of their discussion, Jesus asked them: "Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened?" – Mark 8:17*

Word of the Week: Aware/Awareness

Quote: "Awareness is the greatest agent for change." – Eckhart Tolle

John Eldredge: "What makes pornography so addictive is that more than anything else in a lost man's life, it makes him feel like a man without ever requiring a thing of him. The less a guy feels like a real man in the presence of a real woman, the more vulnerable he is to porn."

Highlight Video: Sound of Freedom

[Click here to watch a video clip in our Vimeo account.](#)

Word of the Week: Aware

Dictionary:

adjective

- having knowledge; conscious; cognizant: *aware of danger.*
- informed; alert; knowledgeable; sophisticated: *She is one of the most politically aware young women around.*

Awareness, noun

- the state or condition of being aware; having knowledge; consciousness:

Quotes: “Words do two major things: They provide food for the mind and create light for understanding and awareness.” – Jim Rohn

“Awareness is the greatest agent for change.” – Eckhart Tolle

“What you are aware of you are in control of; what you are not aware of is in control of you.” – Anthony de Mello

“To be aware of little, quiet things, you need to be quiet inside. A high degree of alertness is required. Be still. Look. Listen. Be present.” – Eckhart Tolle

“True joy results when we become aware of our connectedness to everything.” – Paul Pearsall

“Presence is needed to become aware of the Beauty, the Majesty, the Sacredness of Nature.” – Eckhart Tolle

“When we become aware that we do not have to escape our pains, but that we can mobilize them into a common search for life, those very pains are transformed from expressions of despair into signs of hope.” – Henri Nouwen

“Gratitude is becoming more aware of what you have than what you don't. Recognizing the treasure in the simple - a child's hug, fertile soil, a golden sunset. Relishing in the comfort of the common.”

– Max Lucado

Bible: Genesis 28:15-16

I am with you and will watch over you wherever you go, and I will bring you back to this land. I will not leave you until I have done what I have promised you. When Jacob awoke from his sleep, he thought, “Surely the Lord is in this place, and I was not **aware** of it.”

Exodus 34:28-29

Moses was there with the Lord forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments. When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, he was not **aware** that his face was radiant because he had spoken with the Lord.

Leviticus 5:5

When anyone becomes **aware** that they are guilty in any of these matters, they must confess in what way they have sinned.

Matthew 12:14-16

But the Pharisees went out and plotted how they might kill Jesus. **Aware** of this, Jesus withdrew from that place. A large crowd followed him, and he healed all who were ill. He warned them not to tell others about him.

Matthew 16:8-10

Aware of their discussion, Jesus asked, “You of little faith, why are you talking among yourselves about having no bread? Do you still not understand? Don’t you remember the five loaves for the five thousand, and how many basketfuls you gathered? Or the seven loaves for the four thousand, and how many basketfuls you gathered?”

Mark 8:17

Aware of their discussion, Jesus asked them: “Why are you talking about having no bread? Do you still not see or understand? Are your hearts hardened?”

Acts 10:27-28

While talking with him, Peter went inside and found a large gathering of people. He said to them: “You are well **aware** that it is against our law for a Jew to associate with or visit a Gentile. But God has shown me that I should not call anyone impure or unclean.

Online Collected Statistics:

Mental health. About one in five (20%) adults suffer from a diagnosable mental illness in a given year. People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions. 33.5% of U.S. adults with mental illness also experienced a substance use disorder. In light of the COVID-19 pandemic, mental health conditions were exacerbated, with approximately four in ten adults reporting increased symptoms in early 2021.

Schizophrenia. affects approximately 24 million people or 1 in 300 people worldwide, as many as 3.5 million Americans have been diagnosed with this illness. Schizophrenia stats suggest that in a given year, roughly 100,000 people will be diagnosed with this disorder in the U.S. alone. Unfortunately, as many as half of those diagnosed have not received professional treatment.

Depression. An estimated 3.8% of the population experience depression, and 5.7% of adults older than 60 years. Approximately 280 million people in the world have depression. Depression is about 50% more common among women than among men. Worldwide, more than 10% of pregnant women and women who have just given birth experience depression.

Suicide. More than 700,000 people die due to suicide every year. Suicide is the fourth leading cause of death in 15–29-year-olds. More than 30,000 Americans commit suicide each year; hundreds of thousands more attempt it but fail. Every day, approximately 123 Americans die by suicide. In 2021, 48,183 Americans died by suicide. The highest suicide rates have historically been among caucasian males over 65. Many elderly have undiagnosed depression, intensified by the trauma of losing a spouse or the stress of living with a chronic illness. Depression and substance abuse are key risk factors for suicide.

Sex trafficking. Estimates say 250,000 children per year are victims of sex trafficking. Most older children are trafficked while still going to school and living at home! Human trafficking is the fastest-growing organized crime activity in the United States. There are an estimated 40.3 million victims of human trafficking globally. Of these millions of forced labor victims, 25 percent are children, 75 percent are female. Of the millions exploited for forced labor, this includes those caught in one of the most common form of trafficking: sex trafficking. Women and girls are overwhelmingly affected by exploitation of this sort, and make up 99 percent of victims in the commercial sex industry. Human trafficking earns global profits of roughly \$150 billion a year for traffickers, \$99 billion of which comes from commercial sexual exploitation.

Child Sexual Abuse. 1 in 5 girls and 1 in 13 boys are sexually abused. During a one-year period in the U.S., 16% of youth ages 14 to 17 had been sexually victimized; Over the course of their lifetime, 28% of U.S. youth ages 14 to 17 had been sexually victimized. Children are most vulnerable between the ages of 7 and 13.

Pornography. This industry generates more income than the combined revenues of ABC, NBC, and CBS and more than the combined revenues of NFL, NBA, and MLB. In the USA, the porn industry generates between \$15 billion – \$97 billion a year. Every second, \$3,075.64 is being spent on pornography. If there is so much free porn on the internet, how does the porn industry make money today? The answer may surprise you: advertising. We've all heard stories around the world, from people who when they were younger, getting pop-up ads on their computers and stumbling across these "teasers." For many, this is often their first (but often not their last) exposure to porn. The reality is, advertising runs the porn industry. It's a heartbreaking reality that 9 out of 10 boys and 6 out of 10 girls have been exposed to pornography before the age of 18; the average age of first exposure is about 11 years old. Men are 543% more likely to look at porn than women. 50% of Christian men and 20% of Christian women say they are addicted to pornography. And the most popular day of the week for viewing porn is Sunday. 68% of church-going men and over 50% of pastors view porn on a regular basis. Of young Christian adults 18-24 years old, 76% actively search for porn. Of the 1,351 pastors that Rick Warren's website, Pastors.com, surveyed on porn use, 54% said they had viewed internet pornography within the last year and 30% had visited within the last 30 days. 51% of pastors say that Internet pornography is a possible temptation for them. Approximately 20% of the monthly calls to Focus on the Family's Pastoral Ministries Division are because of sexual misconduct and pornography. More than 30% of pastors are functionally addicted to Internet pornography. More than 15% of pastors engage in sexual behavior that they consider inappropriate 10-14% of pastors have sexual contact with someone other than their spouse while employed as a minister.

Alcohol. Causes 13.5% of deaths among 20- to 39-year-olds. Men are 3 times as likely as women to die as a consequence of alcohol abuse. Alcohol use disorder is responsible for 95,510 deaths in the U.S each year. 15 million Americans have an alcohol use disorder and only 8% of these people will get treatment. Alcohol use disorder costs the nation 249 billion dollars each year. Individuals who drink alcohol before the age of 15 years have a five times higher risk of developing an alcohol use disorder than those who have their first drink at 21 years of age and older. 28% of all driving fatalities were alcohol-related. Alcoholism has a profound effect on the entire body, especially the brain, heart, pancreas, mouth, liver, and immune system. An estimated 15 million people struggle with an alcohol use disorder in the United States, but less than 10% of them receive treatment.

Opioids.— synthetic opioids—are currently the main driver of drug overdose deaths. Nearly 88% of opioid-involved overdose deaths involved synthetic opioids. Opioids were involved in 80,411 overdose deaths in 2021 (75.4% of all the drug overdose deaths). More than 106,000 persons in the U.S. died from drug-involved overdose in 2021, including illicit drugs and prescription opioids. Fentanyl, the potent synthetic opioid, is still driving the majority of the overdose deaths. Since 2000, opioid overdose deaths have grown ten-fold in Michigan. It’s one of the greatest public health crises of our lifetimes.

Workaholic. A new study of employed Americans found that nearly half consider themselves to be modern-day “workaholics.” But interestingly, they also found that only 28% of them worked hard out of financial necessity. 77% of Americans who work full-time have experienced burnout at their jobs – this might have something to do with the fact that 94% of service professionals put in 50+ hours a week, according to a Harvard survey. Nearly 70 percent of professionals feel their employers are not doing enough to prevent or alleviate burnout. Nearly half of millennials say they have left a job specifically because they felt burned out. It’s not just about the long hours, it’s also the fact that Americans are constantly obsessing about career development.

Affairs. 25% of affair relationships end after a week, 60% only last for six months, and 10% persist for over six months. 3% marry the lovers they had the affair with. 50-60% of married men engage in extramarital sex at some time during their relationships. According to research, the average American tells a lie one to two times each day. One study discovered that 60% of participants couldn’t go even 10 minutes without telling a lie. 13% of married women and 20% of married males have cheated on their partners. A little over 46% of survey respondents in a monogamous relationship said they had affairs, nearly 24% of marriages affected by infidelity reported staying together. Most affairs start in the workplace. Others at the gym, social media, bonding over a common cause or surprisingly at church.

Divorce. According to the American Psychological Association, approximately 40-50% of first marriages end in divorce. The divorce rate for second marriages is even higher, with approximately 60-67% of second marriages ending in divorce. Approximately 827,261 divorces were recorded in 2019, with the total number of divorces since 2000 topping 8.3 million. The divorce rate in the United States is highest among adults aged 25-39, with the majority of divorces occurring at the end of the first five years of marriage. The most common reasons for divorce are communication issues, infidelity, and financial problems. A leading sociologist and director of the National Marriage Project, found that “active conservative Protestants” who regularly attend church are 35 percent less likely to divorce compared to those who have no religious affiliation.

Electronics. Television, cell phones, gaming, computers, social media, smart watches and gadgets. Researchers logged how much time the kids spent on devices and found that 4.4% qualified for a new OCD diagnosis. The odds of developing the disorder over the study period increased by 15% for every hour a kid played video games, and by 11% for every hour that they watched videos. Overuse or dependence on technology may have adverse psychological effects, including: isolation, depression, anxiety, higher stress, eyestrain, poor posture, sleep disorders, and reduced activities. The average American spends 7 hours and 4 minutes looking at a screen each day. Being constantly connected can have a negative impact on both their physical and mental health.” 48% of parents say that regulating their child’s screen time is a constant battle, and 58 percent report feeling like their child is attached to their phone or tablet. 45 percent say they feel disconnected from their families even when they are together because of technology. 58 percent say they worry about the influence of social media on their child’s physical and mental health. 65 percent of Americans strongly agree that periodically “unplugging” or taking a “digital detox” is important for their mental health. However, only 28 percent of those who say this, actually report doing so.

Religion. Christianity is the most prevalent religion in the United States. Estimates from 2021 suggest that of the entire U.S. population (332 million) about 63% is Christian. One survey in 2019 says, 17% of Americans now describe their religion as “nothing in particular,” up from 12% in 2009. It seems like everyone is talking about “deconstruction” these days. Most Pastors say “It may be easier to find people in the midst of deconstructing their faith on social media than within churches.” This means many are deconstructing their faith, by systematically dissecting their beliefs and often reject the Christianity they grew up with. Almost 3 in 4 pastors are familiar with deconstruction. There’s an increasing number of young people deconstructing their faith and leaving the church. 66% of young adults in the U.S. who attended a Protestant church on a regular basis as a teenager dropped out for at least a year between the ages of 18 and 22. 70% of youth stop attending church and start leaving when they graduate from high school. Nearly a decade later, about half will return to church. Abuse in religion. More than 6,000 Catholic clergy members have been credibly accused of sexual abuse in the United States. Many of these accusations of abuse date back decades. 4,392 Catholic priests and deacons in active ministry between 1950 and 2002 have been plausibly accused of underage sexual abuse by 10,667 individuals. In the average American Protestant congregation of 400 persons, with women representing, on average, 60% of the congregation, there are, an average of 7 women who have experienced clergy sexual misconduct. In the study, 8% report having known about Clergy Sexual Misconduct occurring in a congregation where they have attended.