

Warning! If you teach these truths, the enemy will attack you. Mostly this attack will come in the form of lies in your thinking and deceptions on what you think about doing a group like this. Not to worry, God's Spirit in you is greater than the enemy. Just expect it and defend yourself by putting on your armor and asking Jesus to protect you. Keep your eyes open and be aware of the evil ones prowling around like lions looking for openings. This workbook will help you continue to learn how to fight spiritually.

Why I wrote this material.

I believe that sexual lust is the major area that Satan uses against all men. I believe that the Christian Church has already lost this battle for the minds of our young men and we need to become extremely proactive about taking sexuality back and showing and teaching how we can be free and pure in Christ.

Sadly I think that most Christian men resolve themselves to managing lust rather than getting set free from it. Most of the Christian writing on this subject has focused on the white-knuckle approach, or just try harder. (read Anti-White Knuckle Approach in the back bonus section of the book) I wanted to show men that if they use the principles in the Bible, they can be free from the stronghold of lust; there is hope and real freedom in Christ.

Our negative thinking habits start and the strongholds in our minds form when we are young. I wanted to target young men with this material, but it has been used by married men with the same effectiveness. I would only recommend using it for boys younger than 15 years old with parental permission.

The average age I have found for young men seeing their first porn is 10 years old. Try to imagine what that will do to a 10 year old mind. This is what we are up against.

Small Group Success:

What we have learned:

1. **This material is meant to create discussion** and a different way of thinking about sexual issues. It is best if you don't rush through it. Take your time - 2 hours for each lesson seems to work well. It has been

most effective if you have a ten week period and continue to meet after that for follow-up and accountability.

2. **Follow-up, accountability and finding fighting partners** cannot be stressed enough. Everyone needs to keep meeting with their fighting partners after they complete the Dangerous Men workbook. This is just the start of the process that hopefully will last a lifetime.
3. **Commitment** is absolutely needed in a group like this, otherwise it is very difficult to teach because each lesson builds on each other. It will be a lot less frustrating for you, the coach, if you get a firm commitment from the beginning. Everyone needs to build a lot of trust in each other. There is a sample contract in the back of this book for you to use, copy, and change anything you want to make it work for you if you feel one is needed. **I would recommend that if someone in your group misses twice and does not make up the lesson they should drop out and do it the next time it is offered.**
4. **Confidentiality:** What is said in group stays in group. It must be a safe group to share personal struggles honestly. This cannot be compromised. Each person must make a commitment to that.
5. **Money:** Have them buy their own books; they can pay you back if you purchased them to start the group. This invites more ownership. Use your personal money or ministry budget to buy snacks and drinks. Food is always good to have during groups.
6. **Scheduling:** Schedule the group as soon as possible, especially when leading a group of college students because their schedules will fill up fast. **Schedule the Steps to Freedom retreat well in advance to prevent time conflicts.** For groups over 10 we sometimes can come and do a Steps retreat weekend for you. Contact us at info@manup.org for information and details.
7. **Creating an atmosphere** for your small group meeting is very important. Get a private, comfortable room with comfortable seating. Eliminate all things that could possibly interrupt you during group. **Turn off cell phones—really!** Have food and drinks available.
8. **Prayer:** When you or others in your group pray, make it personal between them and God. Don't let them use prayers like, "Thanks for bringing us here tonight." It's better to say, "Thanks for bringing me here tonight because I ..." or "Jesus, please help me to depend on you" instead say "Jesus, I choose to depend on you." etc. Don't let them by with generalizations. Get specific with God.

9. **Coaching Videos:** Make sure to watch them at ManUp.org. They will teach you how to lead a group effectively. They contain very short clips of guys who have been a group coach and what they wish they would have known before they started.
10. **Contact:** If you are leading a group where you don't know many of the members, have a point person for the group. This should be someone who is excited about the group and might be in more constant contact with the group members than you are
11. **ManUp.org** Check out the website for coaching videos, articles, posters, our store, and other helpful resources.

Things to Know to Avoid Common Mistakes.

1. **Remember that this is a process not a program.** Meaning that this workbook will only guide you into the process of Lust Free Living and discipleship. From there you must fight to remain free forever; this process does not stop once your group is over. It is not just something you go through and everything is fixed. I like to say that there is a 100% failure rate. All of us will probably fail at some time and sinfully lust again. We will also face temptations many times and not fail. This process just teaches us how to fight and how to get back up again once we have fallen. The number of times that we fall will absolutely get better and we will be stronger the more we fight against lust and the evil ones.
2. **Dangerous Men groups**, work best if members are friends already. Try to get men who want to start this process in your group to bring along a friend who can go through this process with them. This way when they build accountable relationships (fighting partners) they are already know each other and will stay in contact more often.
3. **The battle intensifies** after someone joins a group because the enemy does not like the prospects of them being free. Make sure your group knows this and begins to pray for spiritual protection for each other and for you, the coach. Again, these spiritual attacks usually come in the form of thoughts and lies in your mind. Look for the lies, talk to the group about what is going on in your head each time you think about attending group. Pray against these lies together.
4. **There is usually a honeymoon period** after your group finishes this workbook and the Steps to Freedom. Everyone feels very free and things look better and brighter. This period lasts for a while and then they are all attacked with a lot of lustful temptations again. This

should be expected and you should tell this to your group members often. Remember that we do have a very intelligent enemy who is always scheming against us. As Paul writes to the Corinthian church, "...so that Satan will not outsmart us. For we are very familiar with his evil schemes."

5. **Remind them again**, after men start this process and the group is over, when they sin again with lust they have a tendency to go into a shame fest and listen to all the enemies' accusations. "You know better; it did not work; you cannot overcome this; etc." They will again not want to confess to their fighting partners because of the shame, FIGHT IT!. Warn the men at the end of the group about these things. Do not let the schemes of the evil ones work on the men in your group. Review these points with them constantly.
6. **Do not to focus on the symptoms** but look for the underlying causes. Look for the lies and use truth and lie statements to fight them. Remember that what people tell you is the issue is usually never the issue. Look for the lies they believe.

Preparing You:

1. **Prayer and prayer partners.** You need people who will actually pray. Find four or five people to pray for you while you coach men through this material. Have them specifically pray for protection for you from the evil ones and that you can walk with and hear the Holy Spirit.
2. **Everyone in your group** should ask two or more people to pray for them while they are in group. Girlfriends, mothers, fathers, grandmothers, grandfathers and siblings are all good prayers. They have a love and interest in the person. But grandmothers are a score if you get one praying for you, they just don't stop. Don't be afraid to have them ask for prayer specifically for their sexual purity and understanding in this area. People are very motivated about that prayer request.
3. **Prepare in advance.** Remember the group will only be as committed as you are. It is really difficult to lead men if you haven't experienced it yourself. If you do not have freedom in these areas yet, make sure to admit it to your group from the beginning. Tell them that you are going through this for yourself also. The group usually will not be vulnerable to each other if the coach is not vulnerable. I believe that God wants authentic over perfect.
4. **Relax.** As much as possible, come into the group time rested and

renewed rather than frazzled and frustrated over your day. Realize and be aware that the day of the group could be filled with more challenges than normal. Remind yourself and the group members to stand firm in their commitment. Expect the enemy to attack everyone that day.

Preparing the Lessons:

The following outlines are meant to be a guide to help you teach and coach men through this material. Be flexible and creative with it. Change what you need in order to fit the needs of your group and as the Spirit leads. Make sure to make each lesson practical to where you are at right now, today.

It usually works best to read each lesson out loud each week. Stopping often, asking questions and encourage discussion. In my groups I give them permission to say, "I just spaced out, repeat that please." It really helps if guys feel free to say that and they learn a lot more also.

Notes to the Coach: At the end of each lesson in the *Coaching Guide* there are some "Other Ideas" that you might want to use with your group. Most of these take some advance planning and preparation, so please read them well in advance so you can use them if you choose.

Important information about the video clips!

These video clips are to be shown **ONLY** in your Dangerous Men group and **NOT** shown in public or copied in any form.

These young men have shared their lives with us. They have shared their deepest shame, their most intimate thoughts and actions, their joys and struggles, their secrets. They have laid themselves out in the light, allowing God to deeply touch their souls. Because of their honesty, true Christian community and intimacy has been established in our hearts, and we have seen the body of Christ in action. We have all been truly blessed. They made this video in hopes of helping you and others get honest with God and each other. Please respect their courage and privacy. That is also the reason why this material and videos is copyrighted and cannot be used publicly without written consent of the publisher.

Suggested 10-12 Weeks/2-3 Hours Each Session:

Eight weeks plus the Steps to Freedom (8-10 hours) is the average amount of time needed for the Steps. If you have more time, that is best. Remember to be flexible to meet the needs of your group. Two hours works and three hours allows for the tangents, short breaks, food, and all the random things that happen during group sessions and especially if you use the other ideas sections with extra movie clips, etc. and lots of discussion.

Always start and end your group on time. You can choose to schedule individual time before and after with anyone who wants to talk more.

A Really Good Idea:

When I have done groups, I require that each person to post a summary telling me, and others in the group, of their thoughts throughout the week, what they learned, what was meaningful, what they question and how they are processing the information. This creates good feedback for you as the coach on improving your time together. It also reinforces in their minds what they have learned. They remember it longer and learn it more completely. You can do this in a variety of ways — creating a private Facebook group is a good way to do this. Add me in for fun if you want to.

Please watch the Coaching Tips videos. I asked other group leaders what they wished they knew before they started their first Dangerous Men group and recorded their answers. They are a great resource for you not to make the same mistakes they did. Go to ManUp.org and look for the “Coaching Tips—Training Videos” or watch them from the ManUp flash drive under the bonus videos/coaching tips videos.

First Meeting

Introduction to Dangerous Men ... Get to Know Each Other.

Involve the group in making the expectations, rules and commitments and confidentiality. Collect monies. Make any announcements and collect signed contracts if you use them.

Open by talking to God. Try to use each member of the group to say the opening prayer at some time. Use the prayer in the beginning of the *Steps to Freedom in Christ* section. You can read it out loud to the group, using "we" instead of "I".

Read the Declaration taken from the beginning of the Steps section also. You can read this in unison or have one person read it and at the end everyone says out loud, "I agree."

You can use any of the promo video clips to show at the first meeting if you like them. The "Good Christian Boy" video might work. You can find them on your ManUp.org flash drive or at manup.org.

For the first meeting read the "Warning" section in the front of the book out loud. Everyone should have a *Dangerous Men* book (and bookmarks if you bought them from manup.org)

Questions to spur on group conversation and interaction: Make up your own or use some of these. This first discussion will vary greatly with each group depending on how well the members of your group know each other. Be sensitive to that, and don't use questions that are too personal with people who don't know each other yet.

1. Why do you think there is this warning at the beginning?
2. Go around the group and have them tell something about themselves that the other members don't know about them.
3. Talk about the first time you masturbated and what you thought and felt about it. Was it lustful the first time? (Remember that if you, as the leader, starts out honest and vulnerable, your group will most likely follow and vice versa.)
4. Share some general stories about where you have been sexually so far and where you want to go with this process.
5. Talk about why you want to be pure. (The pure in heart will see God, and purity before the power of the Spirit, etc.)

Lustimonies Many groups are now starting with this in order to set the honesty bar high. These are group members' personal sexual lust history. Some groups use this as the entrance to the group—it gets everyone committed and personal fast. If you are using this first group to see if they like it and they don't have to come back if they don't—you should wait until the second meeting to do this. This is an excellent way for the group to get comfortable sharing with one another. Be sensitive though, as this may be the first time they have shared the information with anyone else. If a person is not comfortable sharing at first, they can share after they hear others. Remember that you as the group leader if you go first and are honest the rest of the group follows. You might pick someone to go second who you know will be honest, maybe talk to them in advance to prepare them.

Close by asking God to keep them safe from all the enemies of the Lord Jesus Christ and remind them to read next week's lesson in advance of the group time and come prepared. Write their summary before they come to group next week.

Notes to the Coach: At the end of each lesson in the *Coaching Guide* there are some "Other Ideas" that you might want to use with your group. Most of these take some advance planning and preparation, so please read them well in advance so you can use them if you choose.

"Anti-Lust Updates." Begin these at the second lesson, it forces your group to be honest with each other. Here is what they look like: You ask for anyone in your group to share (making sure everyone does at some point) about their sexual activity for the week. The point is to bring to the light every sexual sin and deal with it openly with the group. Also to tell where you were tempted, how you fought it, what you did well throughout the week and where you failed or succeeded.

Have someone in the group pray for each person after they share (James 5:16).

After they get used to this type of honesty it goes easier. You can even start out by asking the question, "When was the last time you ej'ed (outside of sex with your wife if you are married) and tell us about it, what caused it, why, where, when, etc." More questions are on the bookmark that came with your book if you bought it from manup.org.

Process each success and failure with each person as you go, making sure to encourage them and pray for them. Build them up and find the lies that are still in their heads. Renounce out loud any lies and state the truth as you go.

Other Ideas: Show the clip from *Lord of The Rings: Two Towers*, where the king is released from the evil power (scene 16) and where Gandalf tells the king to remember his strength by holding his sword. This is a good reminder for all of us to hold on to the sword of the Spirit (God's word), and to remember that truth is our strength.

Good coaching things: I said this before, but remember to ask your group to email you a summary, or post on private Facebook group, of their thoughts and reactions, what they remember and what changed in their thinking after each LFL lesson. This is good for the men to have to sit down and think and write out their thoughts, and it is good for you to hear their feedback.

Call them during the week and ask how you can pray for them, and then pray right then on the phone. You can also ask them to pray for you and tell them what you need to bring before the Lord.

Remember that this is going to be tough (battle against the flesh) and it might seem awkward many times (don't give in to the enemy's accusations), but God and His truth need to get into our heads and then into our hearts...and we must work together in the body of Christ for this to happen.

If you purchased the books from the web site you received two book marks with your order. One is about our identity and who we are in Christ, please encourage the men in your group to put this one where they see it often and try making a habit of reading the scripture passages often and reading out loud the truth and lie statements. The other bookmark is questions to ask and talk about with your fighting partner. Please encourage them to use them when being accountable with each other. If you purchased the book from other bookstores you can email me with your name and address and let me know how many bookmarks to send you. seashore@manup.org

Author's Note: American culture keeps us busy. So busy, in fact, that we are forced to schedule things all the time. The schedule fills up really quickly and soon we find ourselves thinking about/practicing/living the next event as it is scheduled, usually once a week. Christianity, or the following of Jesus, has taken the same blow as the culture it resides in: God is thought about/talked to/lived with/during His appropriate scheduled event. And here, therein, is the lie: that God is but yet another event—RENOUNCE IT!

LFL is not just another program, Bible study, or small group thing that will help you to manage sin. This is a LIFESTYLE change!

Lesson 3

Spiritual Warfare ... Basic Training.

Author's Note: This is the topic that most Christian men in our western culture have the most difficult time with. Who knows why? Spiritual warfare is throughout the Bible. Take lots of time to understand this yourself, and teach it well. Do extensive review on this subject. The questions for discussion below are all very good. There are lots of books out there on this subject that you might also want to read. I highly recommend *The Bondage Breaker* by Neil T. Anderson and *Battle Plan for Spiritual Warfare* by Joe Wasmond and Rich Miller. A fun fiction novel that I think is very interesting and easy to read is Frank Peretti's "This Present Darkness."

Announcements.

Open by talking to God. Ask those who want to share who they prayed for and what they prayed for this past week.

Read the Declaration taken from the beginning of the *Steps* section. You can read this in unison or have one person read it and at the end everyone says, "I agree."

Anti-Lust Updates: You should be doing these now. Encourage every member to share about their week.

Review last week's lesson. Did it make any difference in how you viewed yourself sexually? What difference did it make in your thinking or actions this week? Use the questions from the previous lesson for this review if you like. Did anyone come under any spiritual attack this week? Talk about it.

Show the video clip: *Lesson 3 – Spiritual Warfare ... Basic Training.*

Read the lesson out loud, section-by-section, stopping to discuss and ask questions along the way. Encourage lots of discussion and listen well. Remember that the leader should not be the main reader.

Questions to spur on group conversation and interaction: Make up your own or use some of these. You can also use these questions for the review next week.

1. Where is the spiritual battle fought?
2. Do you think a problem can be just spiritual? Just emotional? Just physical? Why or why not?
3. What are the three warfare weapons Satan uses against us?
4. What are the three provisions God gives us to fight them?
5. How are you currently fighting "defensively"? Internet filter, etc.?

6. Define a spiritual stronghold.
7. Why is it important to accept our forgiveness immediately after sinning?
8. Why do I often wait until I feel "bad enough" before I confess (admit) that I sinned? Why do I sometimes leave the gate open for so long?
9. When I would go for a long time without confessing my sin, what was my life like?
10. Come up with and describe a word picture or analogy of the concept of a "spiritual stronghold."
11. How do you renew your mind?
12. What is the most difficult type of spiritual warfare for you personally to fight? Why?
13. How does sin become a stronghold Satan uses against us?
14. How are strongholds removed?
15. How do we battle against accusations?
16. Do you have a spiritual stronghold or wound that involves your relationship with your father?

Close by talking to God. Pray and be SPECIFIC in your talk with God. Remember no vague or general terms. Correct the group members if needed.

Remind them to read ahead each week and think about the verses and their meaning throughout the week. Ask them to pray for each other and you as the leader. **Have them ask God what He would like them to pray for and then pray for that each day.**

Other Ideas: You might want to show the subway scene (scenes 33 & 34) from the movie, *The Matrix*. It could portray what it looks like to live up to James 4:7, "Submit to God, resist the Devil, and he will flee from you." Remind them just how important identity is in the battle for freedom vs. slavery. It is only when Neo begins to believe in the reality in which he lives, who he really is, when Trinity turns to Morpheous and says, "What is he doing?" Morpheous replies, "He is beginning to believe." This is when he is able to turn and with courage, face his enemy. Notice that Neo's resistance is not some short and simple, "Leave me alone" or "God take it away!" No, Neo resists his great Enemy with fierce words and even more fierce actions that last for some time. Remind your men that resistance towards any temptation must have this connotation because it will require them to actually stand as Paul says in Galatians 5:1 and Ephesians 6:13. Neo finally defeats his enemy, then after much offensive and defensive resistance, by claiming his new name, his true identity (for us it would be in Christ). The enemy shames and accuses him with the name the world gave him, Mr. Anderson, but Neo fights back with, "My name is Neo," and then the enemy is momentarily defeated.

Music to play is "The Battle Belongs to the Lord" by Caleb Carruth

Lesson 2

Sexuality Celebrating it!

Author's Note: This lesson is meant to create discussion and re-think how men think about their sexuality. Too many men believe that their sexuality is bad or dirty because of their lustful pasts. This chapter is meant to be on the edge and to get them talking. You do not need to have everyone agree on this at the end of the lesson. I don't think that people will truly understand this concept until they go through the *Steps to Freedom in Christ* at the end. Don't worry about getting everyone to agree with me or with your opinions, enjoy the discussion it creates. Love the fact that they are thinking and talking about the subject.

Announcements. Always do announcements, etc. before prayer.

Open by talking to God. Use the prayer from the *Steps to Freedom in Christ*. You can read it out loud to the group and have them say, "I agree"

Read the Declaration taken from the beginning of the *Steps* section. You can read this in unison or have one person read it and at the end everyone says, "I agree."

Anti-Lust Updates: You should be doing these now. These are updates from group members about the lust and sexual stuff they encountered throughout the week. Use the bookmarks for good questions to use. i.e. How were you tempted this week? How many times did you M'n? What led up to it?

Review identity verses and see if they are reading them often. Encourage it again. You can use some of the questions from the previous lesson to help with your review of this lesson.

Show the video clip: *Lesson 2 – Sexuality...Celebrating it!*

Read the lesson out loud. Have group members volunteer if they want to read sections of the chapter. Not everyone is comfortable reading out loud so don't force anyone. Just ask for volunteers. It is a good idea for the leader not to read everything. Stop often to ask questions and talk about what is being said. Encourage discussion and active listening.

Questions to spur on group conversation and interaction: Make up your own or use some of these. You can also use these questions for the review next week.

1. Why is it important to develop a positive attitude toward being sexual?
2. Define and tell the differences between love and lust.
3. What is the purpose of the rules of soccer? How does it apply to sex?
4. Have you experienced this: "the enemy switches sides so quickly"?
5. Thomas Jones says, "No amount of physical activity can create the wholeness for which our hearts long." What are the other longings and needs he mentions?
6. Does God actually want us to enjoy sex? Why or why not?
7. Why is this a difficult topic to talk about?
8. How has sex been twisted and perverted in your life?
9. Why does sex seem so powerful?
10. Talk about how you can enjoy being a sexual person and enjoy your sexuality in the context of being single (or married.)

Talk to God. Sometimes move guys out of their comfort zone. You can have everybody get on their knees and put their elbows on the chair and pray for each other or stand in a circle putting their arms around each other or make up something yourself.

TEACH THEM HOW TO PRAY:

This might be strange at first or even new to you, but it is so important. When you talk to God, make it personal. Tell your group in advance that you are going to stop them while praying and you are going to help them to learn a new style of talking to God. Don't allow prayers like "Jesus, help us to follow you" but stop and correct them to say "Jesus, I choose now to be obedient to you." Don't allow "God help us to know you better this week" but restate as "God, I choose to talk to you more, listen more and read about you more this week." Get specific and real when talking to God. Our faith journey is our choice. God has already given us all we need to be His radical followers. We must **CHOOSE to OBEY!** Making this change in how we pray is essential in our efforts to fight against the attacks of the enemy as well as experiencing the fruit of our faith and communion with the Father.

Remind them to read next week's lesson before coming to group and think about it during the week. Come prepared and write their summaries.

Ask them to Talk to God for two specific people in the group this week each day and also pray for you. Have them ask God to show them which two people they should pray for.

Lesson 1

Identity Theft Taking Your Life Back.

Author's Note: This chapter and concepts are foundational to our walk with Christ. If we don't know or believe who we are in Christ, we cannot live in the victory, freedom and life He promises.

Announcements. Always do announcements, etc. before prayer.

Open by talking to God. Try to use each member of the group to say the opening prayer at some time. Use the prayer from the beginning of the *Steps* section. You can just read it out loud to the group and have them agree to it.

Read the Declaration taken from the beginning of the *Steps* section. You can read this in unison or have one person read it and at the end everyone says, "I agree."

Show the video clip: (The videos can also be shown after you read the lesson)
Lesson 1 – Identity Theft ... Taking Your Life Back.

Read the lesson out loud. Have the volunteers read it section by section. Discuss as you go and ask lots of questions. A good idea here is to ask them to repeat what they just read in their own words. This can help tie thoughts together in their minds and give you, the coach, a good idea about how much they really understand. Talk about how we get tricked into Satan's lies and miss God's truth. **I also give permission for them to tell me when they "spaced."** **They just say, "please repeat that I spaced out during that section."**

Ask them if they feel any different about themselves or how they are processing this information. Do they feel like God's boy yet?

Homework (Although this information is in the book, make sure to emphasize these points.)

Read these verses out loud to yourself every day for at least two weeks. Re-program, re-learn, re-train and re-new your mind with these truths.

Read them in your spare time, tape them to your bathroom mirror and read them out loud in the mornings. Post them on your bed. Do any creative thing

you want, but start believing in who God says you are. Know and accept who you truly are IN CHRIST.

Questions to spur on group conversation and interaction: Make up your own or use some of these. You can also use these questions for the review next week.

1. Why is our identity such an important issue?
2. What are the subtle ways you start believing the lies?
3. Which one of the lies or truths does your head agree with but you do not follow with your heart?
4. What is one practical thing you will do this week to help renew your mind with God's truth?
5. Why do you think this subject about our identity in Christ is such an important issue in our lives?

Close by asking God to show all of you what He would like you to deal with today. Then as things come to your mind, you can pray for those things.

Remind them to read next week's lesson in advance.

Other Ideas: At the beginning of the lesson you can also show the name scene (Scene 16 "My name is Gladiator") from the movie, *Gladiator*. In this scene the Emperor makes Maximus take off his helmet to reveal who he is. You can talk about how essential it is to know who you are, to know where your identity comes from.

You can discuss that it's a battle, a confrontation of evil vs. good. Discuss the fact that circumstances do not determine who you are. Just because Maximus is a slave in the arena does not mean that he is just a slave. He is a loyal servant of the true Emperor, a father, husband, freedom fighter and valiant warrior. There are many more things they can bring up about this movie scene.

Show the battle scene from the movie *Brave Heart* (Scene 10 "Are you ready for War?" on the DVD.) It is the scene where the nobles want to negotiate and Wallace comes forward and gets them to fight for freedom now (instead of later) and they win the battle. Use the analogy to show that we are in a battle now, and we need to get in the battle and fight for our freedom now. Stand up and fight now for spiritual freedom, freedom from sexual lust and sin!

Songs you can use: "Remind me Who I Am" by Jason Gray
 (Watch this awesome video on You Tube)
 "Beloved" by Derek Webb
 "Who Am I?" by Casting Crowns