



FUNDAMENTALS

THE FOUNDATION OF RECOVERY

R40

Confess | Learn | Adjust | Declare

The C.L.A.D. exercise is designed to cultivate daily honesty and surrender, keeping your heart aligned with God and interrupting old patterns before they take root again. Practiced consistently, C.L.A.D. will train you to respond to temptation and the emotions that arise with truth, humility, and obedience, fostering steady growth rather than chasing perfection.

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Daily Devotional: Relationships

"Jesus grew in wisdom and stature, and in favor with God and man" (Luke 2:52). **We are also to grow** in godly wisdom and to live in a way that brings us favor with others and with God.

"Love is patient, love is kind... it does not insist on its own way" (1 Corinthians 13:4–5). Love is not proven by words alone, but by your **actions and daily choices** to put another person before yourself.

"Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves" (Philippians 2:3). **Healthy relationships** require you to be humble and not self-protective or prideful.

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32). **Forgiveness and kindness** are the bridge that reconnects broken trust and wounded hearts.

Spending time with God, doing the recovery studies, and fostering healthy relationships are part of your growth with God and with others. People are praying that you will be freed from the chains of your past.

Where do you tend to struggle most in relationships—communication, forgiveness, or selfishness?

How has your past affected the way you relate to others today?

What is one practical step God is asking you to take this week to strengthen a relationship?

**Lord, teach me how to love the way You love. Heal what is broken in my relationships.
Help me listen, forgive, and walk in humility so my relationships honor You. Amen.**

Relationships

Introduction: The purpose of reviewing our life experiences, sharing our stories, and listening to others' stories is healing. God uses this process to heal our past, remove shame, and allow us to be fully known. As we open up, **genuine intimacy is built with a team of men** who will know you, accept you, and understand you. Revive40 is a safe, confidential place where you can be real, honest, and free from judgment.

As you answer this week's questions, **invite the Holy Spirit to reveal areas of your past that may be hindering your future.** The ultimate goal is not simply insight, but transformation to walk in the grace, power, and freedom Christ secured for us through His death and resurrection. When you finish, share your story with your Revive40 team, trusting God to use your honesty for healing and growth.

Each day, begin your time by asking the Holy Spirit to bring to mind what He wants you to remember, heal, or release. Progress happens when truth is brought into the light, and freedom follows.

Where born? _____ When Born: _____ Were you adopted? Y / N

Sibling Relationships

List siblings in order of age and a few words that describe each of them. Note if step-siblings:

Parental Relationships

List parents and a few words that describe them. Note if step-parents:

Other Relationships

List your primary caregivers and influencers other than your parents, their title, and a word that describes them: (Babysitters, teachers, coaches, relatives, friends, pastors, etc.)

**You don't move on by forgetting the past; you move on by understanding it.
And if you don't heal what hurt you, you'll bleed on people who didn't cut you.**

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Daily Devotional: Experiences

Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything (James 1:2-4). God, in His love, allows us to go through difficult experiences to grow, strengthen our faith, and learn to depend fully on Him.

"So be truly glad. There is wonderful joy ahead, even though you must endure many trials for a little while. ⁷ These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold, though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world" (1 Peter 1:6-7).

"In all things God works for the good of those who love Him..." (Romans 8:28).

Think about one experience in your life, good or painful, that has shaped who you are today.

How might God want to use your experiences to redeem those moments for growth, healing, or helping others?

Your experiences shape your character, or your chains, depending on how you respond.

Experiences

Our lives are shaped by experiences that are both good and bad. The victories remind us of God's faithfulness; the painful moments reveal our need for Him and His grace. Scripture tells us that **God wastes nothing** (Romans 8:28). He uses every season, even our failures and wounds, to form Christ in us and to prepare us to comfort others with the comfort we have received.

When we invite God into our experiences rather than hiding from them, healing begins. The good builds gratitude and confidence in Him; the hard produces humility and dependence, taking us to a deeper level of trust. As we reflect honestly on our story, we discover that God has been present all along, working, redeeming, and drawing us forward into greater freedom (which may include losing our lives, as in Matthew 16:25) and maturity (which may involve suffering).

School History and Experiences

List the schools you attended, your experiences there, and the impact on your life:

Job History and Experiences

List the jobs that have had a significant impact on your life. Describe the impact.

Extracurricular Activities (Sports, hobbies, arts, clubs, etc.)

List activities you've done, the level you participated, and the impact on your life:

Health History (Alcohol/Drug abuse, eating disorders, diabetes, arthritis, diseases, etc.)

List health issues that have impacted your life. Are they still affecting your life today?

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The C.L.A.D. exercise builds daily honesty and surrender, keeping your heart aligned with God and stopping old patterns before they take root. Practiced consistently, it trains you to respond to temptation with truth and humility, promoting steady growth—not perfection.

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Daily Devotional: Impact Moments 0-21 Years Old

"When you go through deep waters, **I (God) will be with you.** When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you. **For I am the Lord,** your God, the Holy One of Israel, your Savior" (Isaiah 43:2-3).

"The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged" (Deuteronomy 8:31).

"All the days ordained for me were written in your book before one of them came to be" (Psalm 139:16).

These verses remind us that God's not distant from our story; He is present in every moment of it. Whether walking through deep waters, enduring seasons of fire, or facing uncertainty about the future, God promises to be with you. Your life has never been random or overlooked. Every day has been seen, known, and written by God before it unfolded. Reflect on your journey and let these promises anchor your heart in the truth that God is good, He has a redemptive plan, and He loves you very much!

What did these verses speak to you today?

Where in your life have you felt overwhelmed or alone, and how does God's promise to be with you challenge that belief now?

"The Lord is close to the brokenhearted" (Psalm 34:18).

Your pain is not proof of God's absence, but often the place of His deepest work.

Impact Moments: 0-21 Years Old

God is with you always. As a Christ follower, the Holy Spirit dwells within you and knows you completely. When it seems God is silent or prayers go unanswered, it's not due to His absence or indifference, but because He has a purpose. Even when confused, trust His wisdom and remember He is always at work.

As you reflect on the moments of your life, **ask God to help you** release old wounds and forgive those who have hurt you. Scripture challenges us not to seek revenge, but to entrust justice to God and overcome evil with good (Romans 12:17–21). **This kind of surrender is difficult, but it is necessary** and the doorway to freedom, healing, and peace.

Impactful Moments in Your Life. Don't overthink this or look for something that isn't there. List the major positive (+), negative (-), and secret events from each season of your life. For each event, write down the emotions you felt at the time and how you feel about it today.

Place a **(+)** or **(-)** in the left-hand margin to identify the type of experience when you add it to your timeline at the end of the week. Most importantly, **invite God into this process, ask Him to guide your memory, reveal truth, and bring clarity as you reflect.**

0 - 10 years old:

11 - 21 years old:

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Daily Devotional: Impact Moments 22-51+

You... My servant... I have chosen you... I took you from the ends of the earth, from its farthest corners **I called you**. I said, 'You are My servant'; I have chosen you and have not rejected you. **So do not fear, for I am with you**; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand" (Isaiah 41:8-10).

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and His understanding no one can fathom.

He gives strength to the weary and increases the power of the weak. ³⁰Even youths grow tired and weary, and young men stumble and fall; ³¹but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint" (Isaiah 40:28-31).

These verses remind us that we are not accidental, forgotten, or rejected. God has chosen you, called you by name, and claimed you as His own. Even when you feel weak, distant, or discouraged, He declares, "Do not fear, for I am with you." Your strength does not come from trying harder; it comes from trusting God. When you can't run, He will help you walk. When you can't stand, He will uphold you. You are **never** facing life alone.

Where in your life are you relying on your own strength instead of trusting God to uphold and sustain you?

What fear, discouragement, or weariness do you need to surrender to God today so He can renew your strength?

God doesn't call the strong; He strengthens the ones He calls, and He never lets go.

Impact Moments: 22-51+ Years Old

List the significant positive (+), negative (-), and secret events from each season of your life. For each event, write down the emotions you felt at the time and how you feel about it today. **In the left-hand margin, place a (+) or (-) to help identify the type of experience** easily when you are ready to add it to your timeline at the end of the week. Most importantly, invite God into this process, ask Him to guide your memory, reveal truth, and bring clarity as you reflect.

22-30 years old:

31 - 50 years old:

50+ years old:

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C.L.A.D. is a daily check-in with God. It helps keep your heart open before God and your recovery on track. By practicing it consistently, you will learn to confront temptation early, respond with honesty and obedience, and grow stronger over time, with a focus on progress, not perfection.

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Daily Devotional: Your Spiritual Life

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.¹¹ Therefore, remember that formerly you who are Gentiles by birth... remember that at that time you were separate from Christ, excluded from citizenship... without hope and without God in the world.¹³ But now in Christ Jesus you who once were far away have been **brought near by the blood of Christ**" (Ephesians 2:10-13).

"I insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking.¹⁸ They are darkened in their understanding and separated from the life of God because of the ignorance that is in them due to the hardening of their hearts" (Ephesians 4:17-18).

"Like newborn babies, crave pure spiritual milk, so that by it **you may grow up in your salvation**" (1 Peter 2:2).

God reminds us where our story began and where it's going. We were once separate from Christ, without hope, but we were born again. Salvation didn't just rescue us from sin; it gave us a new identity and a new purpose. The Christian life isn't about managing sin better; it's about learning to align our thinking and actions to match our new identity.

Peter gives us the pathway forward... we are to crave pure spiritual milk. **Growth happens when we hunger for truth daily.** Maturity is not instant, but it is inevitable when we stay connected to Christ.

How did these verses speak to you today?

How might your recovery be part of the "good works" God prepared in advance, not only for your healing but also for helping others?

"Faith goes up the stairs that love has built and looks out the windows... which hope has opened." Charles Spurgeon, Pastor

Your Spiritual Life

Your spiritual life doesn't stay in a quiet corner; it shapes everything. When your connection with God is strong, it influences how you think, how you respond under pressure, how you treat people, and how you handle temptation. When it's neglected, cracks begin to appear all over. What's happening on the inside always leaks out.

Scripture reminds us that "*from the heart flow the springs of life*" (Proverbs 4:23). A healthy spiritual life leads to clarity, humility, and self-control. A neglected one often leads to emotional reactivity, isolation, and old coping patterns. This is why recovery isn't just about behavior change; it's about heart transformation.

When you invest daily in your walk with God through honest prayer, Scripture reflection, and surrender, you will not only become more spiritual but also more stable. Strong roots produce steady growth. As you grow in the Lord, every area of your life begins to benefit. Ask God now to help you remember how your spiritual life has unfolded over time.

Spiritual Life

Describe your spiritual upbringing and the impact it had on your life:

At what age did you give your life to the Lord? Describe that experience:

How did your life change? If it didn't, why do you think?

Have you had a period of walking away from the Lord? If so, what led up to it, and what brought you back to Him?

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Reflect on your week to assess recovery progress, recognize setbacks or unhealthy patterns, learn lessons, and make adjustments to stay on course spiritually. Also, note victories and write down your thoughts.

Weekly Power Scripture

Write the scripture from this week's study that touched you the most below. Reflect (deeply) on it throughout the week and try to memorize one verse per week. This is one of the main ways our minds are transformed.

Your "Top Three"

Write down three things you learned this week from your R40 recovery work. These may include a recovery principle, a scripture, or something God has impressed on you spiritually. **Share at least one** of your "Top Three" with your R40 team each week. It's a **good idea** to bring the WIN devotional and workbook to each meeting, so your team can see your progress.

1.

2.

3.

Recovery is God weaving the past into the present for a lifetime of freedom.

Starting With Your Life

Your life timeline tells a story, but it does not get the final word; today does. How we look at each new day is a mindset. No matter what yesterday holds on your timeline, remember, “*This is the day the Lord has made, let us rejoice and be glad in it*” (Psalm 118:24). God meets you **now**, inviting you to rejoice not because life has been easy, but because He is present and still at work.

As you reflect on your past and fill out your timeline, Scripture challenges you to be intentional about what you dwell on: “*whatever is true, noble, right, pure, lovely, admirable, excellent, or praiseworthy. Think on these things*” (Philippians 4:8). Recovery and growth happen when we acknowledge our past without living in it, choosing instead to let God redeem our story by shaping how we think and live today. **Each new day** becomes a turning point on your timeline, marked not by shame but by hope and renewed purpose in Christ.

Today Start Filling Out Your Timeline

God wants to walk closely with you. Over Days 6 and 7, use your work from the past five days to fill out your timeline on the form in the Locker Room or create your own. This timeline visually shows your life story, highlighting how traumas, choices, and victories have shaped you. Your timeline is a powerful tool designed to be shared, especially in counseling and with your R40 team. It will help you identify patterns and triggers, raise awareness of areas that may still hinder your growth, and highlight places where God desires to bring healing, truth, and freedom.

The Basics of Filling Out Your Timeline

Prayerfully seek the Holy Spirit's guidance throughout this process. **Place your age** on the timeline at the points where significant events occurred (start from birth). **Write positive moments above the line and negative moments below** the line. **Place a star next to “firsts,”** e.g., first kiss, first time abused, first time you viewed porn, first major accomplishment. **Place a box around an event** you think may still be affecting you today. If you have multiple events for the same time period, stack them above or below one another.

Birth ->Your Timeline-> Today

What's Next: After completing your timeline, your next step is to share your story with your R40 team. This can be emotional but meaningful. Sharing allows men to hear your story and still love, accept, and stand with you, regardless of your past. God uses this to tear down walls of shame and guilt, replacing them with grace and truth. There's a **sheet online in the Locker Room called Removing the Root** that may help you heal the root of whatever is hindering you, so you may walk free.

Next week, you will begin the *WIN Devotional & Recovery Study*. This workbook will deepen your recovery and help you build a consistent daily devotional life. Approach the work prayerfully and intentionally. Seek God as you go. What you invest here will pay dividends, not just now but for the rest of your race.

“Through salvation our past has been forgiven... our present is given meaning.... and our future is secure and hopeful.” Rick Warren, Pastor

A Message From Revive40's Founder

On a personal note, almost 30 years ago, I was where you are in your journey of recovery. I understand the pull and power of sexual sin. I never thought I could break free and was too ashamed to tell anyone about the battle I was fighting alone. My desire for man's approval and to look like a good Christian to my pastors, friends, family, and, most importantly, my wife kept me trapped in my addiction for several years.

I share this to let you know you're not alone on your journey and that you can succeed in recovery. This is important to remember because you have an enemy who desires to discourage and destroy you. You can WIN this ongoing battle and become a man of Godly character. With Revive40, **freedom can be won... together.**

I pray you succeed in your recovery and find freedom from any sexual sin hindering your life.

I pray that when you find freedom, you will stay free and never be mastered by any sin again.

I pray you will completely surrender to God and make Him Lord of every area of your life.

I pray God will heal you and repair any damage that this sin may have caused.

I pray God will give you the wisdom to deal with each step of your recovery.

I pray you'll be a blessing to your family, friends, and other men seeking recovery at Revive40.

May God give you courage and strength to grow daily in your recovery! Amen

Steve Wagner

Founder and Executive Director, Revive40

Galatians 5:1

my story timeline | day 6

Begin to fill out your timeline today. Prayerfully seek the Holy Spirit to guide you through the process. Place your age on the timeline when impactful moments happened. Write the positive moments above the line and the negative moments below the line. Put a star next to firsts, e.g.,

first kiss, first time abused, first time you viewed porn, first major accomplishment. Put a box around an event that you think may still be affecting you today. If you have multiple events for the same time period, stack them above or below one another.

Birth

Continued...

MY STORY TIMELINE | DAY 7

Finish filling out your timeline today.

Continued...

Today

What's Next: It's time to share your personal story with your R40 team. Sharing your story is a vulnerable time that allows you to feel unconditional love and acceptance from those around you and release the shame and guilt you have carried. No matter what you have lived through or what you have done, it's a powerful experience to be "completely known" by a group of men

you can trust. This is an important part of learning how to live a life with no secrets. The next step is to begin the W/N Volume 1 Recovery Workbook. This will take you much deeper into your recovery work while also helping you develop a daily devotional time. This work will pay big lifelong dividends as you find freedom from your past.