

DAY 7

Sitting with God - Practice just sitting in His presence.

What does it look like for you to sit with God? Do you have any expectations?

Practice quieting your mind, and learn to enjoy just being with Him.

Picture yourself sitting next to Jesus in your favorite, peaceful place. See Him smiling at you. **Allow yourself to be loved by Him** doing nothing to deserve it and asking for nothing in return. Notice how you're feeling. Return to this sweet place whenever you're feeling anxious or tempted. **Write down anything you want to remember from your time with Him today:**

Worship - Pick a song or two and think about what you're singing. Read the lyrics as you listen. Talk and pray to God as you sing and worship. Imagine Jesus & Father sitting on Their thrones and you are worshipping the two of them.

Write down anything God impresses on you from your worship time...

Scripture of the Week - Write out the #1 verse that spoke loudly to you this week...

What can you do to bring more meaning and more joy to your life?

Think about it!

WIN.

Key Scriptures
behind the R40 Recovery Principles

Week 1

DAY 1

Confess Setbacks & Victories / Learn / Adjust - When we think of confession we typically think of confessing sin or a setback we have experienced in our recovery. R40 confession is about also confessing the things you are doing well. Ask God to search your heart and bring to mind any setbacks you can learn from and any victories that need to be celebrated. We pray meeting with God will become your favorite time of the day.

Wisdom - Recovery Scriptures

You will seek me and find me when you seek me with all your heart. Jeremiah 29:13

I (God) will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. Ezekiel 36:26

The fear of the Lord is the beginning of knowledge but fools despise wisdom and discipline. Proverbs 1:7

Wisdom will save you from the ways of wicked men... who leave the straight path to walk in dark ways, who find delight in doing wrong... It will save you also from the adulterous... Blessed is the man who finds Wisdom... Get Wisdom... Proverbs 2:12-16; 3:13; 4:5

If you hold to My (Jesus) teaching, you are really My disciple. Then you will know the truth and the truth will set you free... If the Son sets you free, you will be free indeed. Jn 8:31-36

How did these verses speak to you?

What is one simple action step you can take this week to apply what God impressed on you from these scriptures?

The Challenge

Understand that knowledge doesn't equal understanding! We have watched many men read book after book, attend \$10,000 intensives, and go to counseling for years only to return to their sexual lust. Why? There are many good answers to this question, but the simple answer is they put their faith in the wrong thing. As the scriptures above show, only God can truly change your heart, your, soul and your thinking.

When applying Biblical recovery principles, it is important to do the following:

1. Seek **Godly knowledge** on recovery.
2. Ask God for **understanding** for how to apply the knowledge to your life.
3. Take a simple action step to apply the knowledge to your life. This is called **wisdom**. **Wisdom** is knowing **and** doing.

Explain in your own words, why getting knowledge about sexual addiction recovery isn't enough to cause real, lasting change. Also, explain what causes lasting change and why?

5 Minutes with God - Talk to Him about what He is teaching you about recovery.

DAY 6

Confess / Learn / Adjust Every Day

Ask God if there is anything you have not dealt with or celebrated this week. Write below what you learned about yourself and how God wants to use it in your recovery.

Your "Top 3" - Write **3 things** from your recovery work this week that you believe God is teaching you. It may be a recovery principle, a scripture, or something from your time in the devotionals. **Come prepared to share these with your R40 team each week!**

1)

2)

3)

**Recovery typically starts in our deepest, darkest moments.
This is the darkness before the light washes it away!**

DAY 5

Confess | Learn | “Adjust”

Without **Adjusting and making a plan** to not repeat your setbacks, there may be little growth spiritually. We learn best from setbacks! Also, thank God for your Victories! Tell your R40 team about your plans and ask them to hold you accountable to implementing them.

How Your Past Can Hinder Today - Recovery Scriptures

*If anyone is in Christ, he is a new creation. **The old has passed away**; behold, the new has come. 2 Corinthians 5:17*

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: **Forgetting what is behind** and straining toward what is ahead, **14 I press on toward** the goal to win the prize for which God has called me heavenward in Christ Jesus.

*I have been crucified with Christ and **I no longer live**, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, Who loved me and gave Himself for me. Gal 2:20*

We know that in all things God works for the good of those who love Him, who have been called according to His purpose. Romans 8:28

Remember not the former things, nor consider the things of old. Behold I am doing a new thing... Isaiah 43:18

*For if you forgive other people when they sin against you, your heavenly Father will also forgive you. **15** But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:14-15*

Did you learn anything new about your past from the Recovery Scriptures above?

Is your past hindering you? Why or why not?

Based on today's readings, how do you need to deal with your hurts, trauma, abuse, deep father wounds, etc.

The Challenge

Many of us want to wait until we feel like forgiving someone who has hurt us in our past. Sit with God and ask Him what He wants you to do based on the above scriptures today. Once you have dealt with your past, it may still keep trying to rear its head. This is because your flesh doesn't like to let go, and your enemy wants you to stay stuck. **This is where spiritual warfare comes into play. It's time to fight!**

Ephesians Chapter 6 tells us to stand firm against the schemes and strategies of the devil. **What does this look like? When the old tapes from your past start to play** in your head, you can speak to those thoughts and tell them you have already dealt with your past and “in Jesus name” those thoughts have no power over you any more. Stand firm as often as it takes and watch your old thoughts disappear in time. The devil wants to keep you stuck in the past so he can keep you stuck in addiction. It's time to snap the chains of the past.

DAY 2

The “Why” Behind our Daily Practice—Confess / Learn / Adjust

You have searched me, Lord, and You know me. You know when I sit and when I rise; You perceive my thoughts from afar. You discern my going out and my lying down; You are familiar with all my ways. Before a word is on my tongue You, Lord, know it completely. Psalm 139:1-4

The R40 ministry is about helping men grow into sexually pure men with Godly integrity. To grow we must ask God to search us daily and show us areas of our lives that may need to change in order to reflect Christ. This daily exercise is part of the sanctification process for the rest of your life.

This exercise is not about personal introspection but rather connecting with our Creator saying, “Lord, show me what I am doing well and what I can do to be formed more into Your image.” Some days there will be things to celebrate that you're doing well. and other days there will be areas that need some work. Connecting with God in this way should be an intimate and comforting experience. 1Timothy 4:7

No Secrets & Complete Honesty - Recovery Scriptures

Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy. Proverbs 28:13

Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: “Wake up, sleeper, rise from the dead, and Christ will shine on you.” Eph 5:11-14

*Confess your sins to one another and pray for each other so **that you may be healed.** James 5:16*

Nothing in all creation is hidden from God's sight. **Everything** is uncovered and laid bare before the eyes of Him to whom we must give account. Hebrews 4:13

You shall not...act deceptively, nor lie to one another. Lev. 19:11

Blessed are the pure in heart for they shall see God. Matthew 5:8

How did these scriptures impact you?

What if you had no secrets and had nothing to hide? What if you were an open book and could speak honestly without fear of others knowing the truth? How would you feel?

If you made a commitment to yourself not to hide any of your behaviors from others, how would that affect the decisions you make? Why is honesty always the best policy?

The Challenge - Complete Honesty!

Make a firm decision that you're not going to lie, hide or deceive others anymore. This can only be done through the power of the Holy Spirit in you. Being honest and transparent with others is the beginning of healthy, intimate relationships. In the beginning, complete honesty can be hard and painful, but in the end, it is unbelievably freeing! Do this! Life will eventually change for the better, and you will find **peace with God.**

Talk with the Lord about your **desire** to no longer hide anything. Be free!

DAY 3

“Confess & Turn” | Learn | Adjust

Confessing set backs always needs to be partnered with **Turn**. If there is sin, there is no need to confess if you don't have any desire to repent. Repent means to turn and go the opposite direction from sin to obedience. This is a big heart shift. Ask your R40 team to pray for you to have a repentant heart. Don't forget to celebrate your victories also!

Freedom. Together. Recovery Scriptures -

*Two are better than one... 10 If either of them falls down, **one can help the other up**. But pity anyone who falls and has no one to help them up. Ecclesiastes 4:9-10*

As iron sharpens iron, so one man sharpens another. Proverbs 27:17

Encourage one another and build each other up... 1Thessalonians 5:11

*Let us consider how we may spur one another on toward love and good deeds, 25 **not giving up meeting together**, as some are in the habit of doing, but **encouraging one another**—and all the more as you see the Day approaching. Hebrews 10:24-25*

*See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. 13 But **encourage one another daily**, as long as it is called “Today,” so that none of you may be hardened by sin's deceitfulness. Hebrews 3:12-13*

They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer... 44 All the believers were together and had everything in common... 46 Everyday they continued to meet together... Acts 2:42, 44, 46

How did God use these scriptures to speak to you today?

Why is it hard to change old habits without having others hold you accountable?

Why do you think God made us to be part of a church community?

The Challenge

We live in a very busy, isolated culture. We don't like others to know our business. We want to handle life on our own. We think, “I don't need anyone to help me; I'm a man.” To get us isolated and alone is one of our enemy's greatest tactics. We are more vulnerable to temptation when we are alone. It's God's design for us to live life together in community because it is much harder to be deceived and walk away from Him.

Have at least “3” godly men in your life with whom you can share anything. Try to meet with them weekly for the rest of your life to talk about 1) how your relationship with God is going 2) any struggles you're battling and 3) what you need prayer for. This will help you stay on God's path for your life. Life is meant to be lived... Together!

Sit with God - Ask Him to bring men into your life so you can sharpen one another.

DAY 4

Confess | “Learn” | Adjust

The **Learn** part of this daily connection with God is to IDENTIFY any patterns that may need to be broken or continued. Ask yourself, “What can I learn from yesterday?” Ask God to help you identify emotional, spiritual, or physical issues in your life that may be triggering various behaviors. Share your discoveries with your R40 small group.

Fullness of God - Recovery Scriptures

*I pray that out of His glorious riches He may strengthen you with power through His Spirit in your inner being, 17 **so that** Christ may dwell in your hearts through faith.*

*I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, **to grasp** how wide and long and high and deep is the love of Christ, 19 and **to know** this love that surpasses knowledge—**that you may be filled to the measure of all the fullness of God**. 20 Now to Him who is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us, to Him be the glory... Ephesian 3:16-20*

*For in Christ all the **fullness of the Deity** lives in bodily form, **10 and in Christ you have been brought to fullness**. He is the head over every power and authority. Col. 2:9-10*

Explain how the “fullness of God” in you helps you live a pure and godly life.

How can you experience the fullness of God in your life? How can it affect your life?

1 Thessalonians 5:19 says, “Do not quench (stifle, extinguish) the Spirit.” How does this happen and what is the result of it in our lives?

The Challenge

God desires to use everything in your life to bring you to the place of fully surrendering all of your life to Him. Many men call God Savior but not Lord. When you give Him all of your life, you can then begin to experience the fullness of His Spirit in you. Only then can you have His power to help you understand the depth of His love according to Ephesians 3:18 above. Only then can you fully experience His love & grace.

Lasting recovery from besetting sins is nearly impossible without complete surrender to God.

Talk with God - Ask Him what you've not yet surrendered that may be stealing your joy.