

**DAY 7**

**Sitting with God - What does this mean to you?**

**Describe your time with Him today!**

**Worship - What song did you pick? Why?**

**How does worship help you connect with God?**

**Verse of the Week - Write out the #1 verse that spoke loudly to you this week. How did it touch you?**

***40 million Christian men are looking at porn every month. We want to change this!***



## DAY 1

### **Learn from Yesterday!!**

Prayerfully **Confess** your Mistakes and Celebrate your Victories.

Identify a LIE you believed or a FEELING you were trying to satisfy. Replace it with the truth from God's Word. What can you **learn** from your Mistakes or Victories?

What **adjustments**/action steps can you take to not repeat mistakes or to repeat victories?

### **Read / Listen / Apply / Change - 1John Chapter 1**

What did Jesus' closest friend on earth have to say to you today in the WORD?

What are two fundamental recovery principles you saw in this section of scripture?

1)

2)

### **Reflection Verse - Hebrews 3:1**

*Holy brothers, who share in the heavenly calling, set your **focus on Jesus**, whom we acknowledge as our apostle and high priest.*

### **Purity Principle / Quote / Thought / Prayer**

**"Love does not consist of gazing at each other but looking together in the same direction."** Unknown

This is true with God, your wife, and your friends. But what direction? Are they worldly pursuits or are you looking in the direction of being righteous and pure? This purposeful gaze is a big part of your identity in Christ. **Your IDENTITY** will determine your direction! Will you fix your gaze on temporary lusts or on eternal life? Don't be shamed by this but be challenged. It's not too late to make God your #1 goal. **Finish strong!**

Today's reading tells us we can "**claim**" to be walking with God (V6) but are actually walking in darkness. Thank God for His Son's shed blood for us that washes and scrubs us clean! I pray that Jesus' willingness to go to the cross for you would be enough for you to desire to walk in the **direction of the light**. Reflect on this for a few minutes. Below, describe your desire to live for Jesus because HE chose you and washed away your sin.

**What do you want to talk to God about?** Listen for His response to your concerns.

## DAY 6

### **Confess / Learn / Adjust Every Day!!**

This needs to be the most important part of your day. Why?

**"Seek first the kingdom of God and His righteousness..."** Matthew 6:33

**Your "Top 3"** - Write **3 aspects** of your Integrity Work this week that really impacted you. It may be a principle, a scripture, or something that God is teaching you.

***Share these with your R40 small group each week!***

1)

2)

3)

**No finite "thing" can ever satisfy what an infinite God was meant to fill.**

## DAY 5

**Confess / Learn / Adjust** - What Can You Learn from Yesterday's Experiences?

Write down your thoughts today...

**Read - Psalm 139:1-24** God is all-knowing, all-powerful, and present everywhere!! God's greatest gift to us is allowing us to know Him. There are so many incredible truths in this chapter of scripture. What is GOD SAYING to YOU in this passage?

Can you imagine all the days of your life were written in God's Book before one of them came to be. This same God created you and knows your heart. Describe how this makes you feel and how it could change the way you live?

**Reflection Verse - John 10:27-28** God wants to intimately live life with you. ***My sheep listen to My voice; I know them, and they follow Me. 28 I give them eternal life, and they shall never perish; no one will snatch them out of My hand.***

### Pray

Let's pray! **Lord, help me to realize** how intimately "**You know me.**" I have sinned against You often and feel like I've let You down, yet, You forgive me. Your grace amazes me! I know **You want me free of my addiction** so that I can understand the real joy of walking with You on this earth. I want to fulfill the purpose for which You created me. I want to be "**effective and productive**" in my faith while I'm here. Help me to be at **peace** with myself, forgive myself, and rest in Your grace. **I want to overflow with the joy** of knowing how much You love me today! In Jesus name, amen.

### 5 Minutes with God - Talk / Listen / Journal

Talk with God about what touched you in Psalm 139 today. Write down how He responded.

## DAY 2

**Confess | Learn | Adjust** - Connect with God Today to Keep a Clear Conscience

**Read / Listen / Apply / Change - 1John 2:1-17**

Why did John write the book of John?

Why is "**obedience**" important according to John?

There will always be people in this world you like better than others, but **hatred** is not an attitude of the heart God wants you to have. Why?

### Reflection Verse - 1Peter 1:1-3

*Rid yourselves of all **malice** and all **deceit**, **hypocrisy**, **envy**, and **slander** of every kind. **2** Like newborn babies, **crave pure spiritual milk**, so that by it you may grow up in your salvation, **3** now that you have tasted that the Lord is good.*

### Purity Principle / Quote / Thought / Prayer

THE EASY BUTTON - Have you heard of it? Staples office supply store began marketing a red button that when pressed would say, "**That was Easy!**" We bought them for many of our employees at a time when we were going through a tough stretch in business. After they completed a difficult project, we would push the button and laugh... most of the time!

Today in Revive40 many men just want to push the **Easy Button**. They would push it in a heartbeat in order to stop their addictions and the painful consequences.

Today our **Easy Button** is really Jesus. The problem is... it ain't so easy. Slowly, Jesus helps us understand how we have used sex for so long to medicate our pain and cope with the struggles of life. Over time, we start to develop the character of Christ in areas we lack, e.g., faithfulness, self control, a love for God, and a myriad of other qualities. When God changes our hearts, we're free to serve Him rather than our flesh!

**Reflect on V15 for a moment.** From V15-17, list below the three **areas that tempt you** and how you feel you are doing in your battle against each of them.

1.

2.

3.

**5 Minutes with God** - Ask God why you personally don't obey His commands at times. **Go deeper than just the "proper" Christian answer.** Repent if necessary, and express to

## DAY 3

**Confess | Learn | Adjust** - Keep Short Accounts with God!

This term is used to remind you to not let things build up between you and God. The goal is every 24 hrs you are **Confessing** your wrongs & victories, **Learning** from them, and making **Adjustments**. This is a lifelong habit to try to practice daily. It will change your life!

### **Read / Listen / Apply / Change - 1John 3:1-10**

What is GOD SAYING to you in this passage? How does it make you feel?

What actions steps do you feel you need to take after reading this passage today?

### **Reflection Verse - Philippians 1:6**

*Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus.*

### **Purity Principle / Quote / Thought**

Author Bernard Baruch once said, **“Whatever failures I have now, whatever errors I have committed, whatever foolish things I have done in my public life have been the consequences of action without thought.”** If you continue in your sinful behavior, describe the possible consequences 5-years from now.

How will your life be different 5 years from now if you live obediently?

*In the height of our addictions, it is crazy how we give little thought to the consequences of the sinful choices we are making. Yet in recovery, this is so important to remind ourselves. Are your current actions worth the future consequences?*

### **#ACTIONS WITHOUT THOUGHT= INSANITY**

**Chatting with God** - Talk to God about V2-3 in today’s reading.

Write down “3” key words He impresses on you!

- 1.
- 2.
- 3.

## DAY 4

**Confess Wrongs & Victories | Learn | Adjust** - Talking with God Daily Must be Habitual.

Don’t ever skip this daily exercise. It is foundational to walking in the Spirit. Share what God is saying to you as He searches your heart.

### **Read / Listen / Apply / Change - 1John 5**

What is GOD SAYING to you in this passage?

How will living out the words you read today change your life?

### **Reflection Verse - James 1:22**

*Do not merely listen to the Word, and so deceive yourselves.  
Do what it says!*

### **Purity Principle / Quote / Thought**

Ben Franklin said, **“Well done is better than well said.”** In other words, what you do is more important than what you say you plan to do. Many men have good intentions. Your BEHAVIOR is a better indicator of who you are becoming than who you SAY you are becoming. **It is important to immediately take small steps toward your goals.**

Get started!! Otherwise years will pass and you will wonder where they went!

The time is now! Write two action steps you have intended to take in your pursuit of freedom but haven’t. **Then call or text these action steps to your coach and your accountability team. Have them ask you each week if you’re making progress.**

1.

2.

REMEMBER THIS PRINCIPLE: **“Plans without accountability are merely dreams.”**

### **5 Minutes with God - Talk / Listen / Journal**

Talk to GOD about the connection between **love for Him and obedience**. Reflect on

1John 5:3 in today’s reading, *His commands are not burdensome*. Discuss your thoughts about this verse with Him, then listen to what He has to say.