



FUNDAMENTALS

THE FOUNDATION OF RECOVERY

R40

Fundamentals: The Foundation of Recovery

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We encourage every reader to go to their personal Bible translation and read each verse without any emphasis or clarification added, and/or conjunctions and conjunctive adverbs removed. The scriptures used are solely for reflection and devotional purposes and are not intended to replace the original text. Our desire is never to alter the intended meaning of the scriptures.

Parentheses () have been added to some scriptures for clarification, e.g., *I (Jesus) tell you that anyone...* All scripture has been *italicized* to make it easy to distinguish. The word/words in the parentheses are not italicized to make it clear the word was added and not part of the original text. **Bold** and underlined words in certain scripture verses have been added for emphasis only. At times, conjunctions and/or conjunctive adverbs have been dropped at the beginning of a quoted verse to eliminate confusion to the reader, e.g., **Therefore, But, Finally**. Some scripture verses have a “...” added to show words or sentences were dropped for emphasis.

We believe scripture is pure, flawless, and true. Proverbs 30:5 We recommend all scripture be read in context when studying.

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A God Fundamental

“Train yourself to be Godly. ⁸ For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” 1 Timothy 4:7-8

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Welcome To Revive40

The purpose of our *Fundamentals* workbook is straightforward: to introduce you to the Revive40 Christian recovery ministry and to offer practical steps you can follow during the first three weeks of your recovery. These steps will immediately help you regain control of your life as you begin your journey toward freedom.

For over 25 years, Revive40 (R40) has been used by God to help thousands of men break free from all types of sexual sin and become men of godly integrity. We have seen marriages restored, wives healed, families reunited, and men, whether single or married, learn how to walk in purity in a hyper-sexualized world. We have witnessed God fulfill His promise in **John 8:36, “If the Son sets you free, you will be free indeed.”**

Your R40 team, your relationship with God, and our WIN biblically based recovery and devotional curriculum will equip you with the tools you need to break free and stay free from porn and other unwanted sexual behaviors.

About Revive40

Revive40 is a Christ-centered, 501(c)(3) nonprofit ministry founded in January 2000. Our mission is fourfold:

1. To help men break free from porn, lust, and sexual brokenness, and become men of sexual integrity.
2. To walk alongside men as God heals and strengthens their most sacred relationships and fosters new, honest and transparent relationships with other men in recovery.
3. To teach and challenge men to apply Scripture to their recovery and daily lives.
4. To assist men in developing healthy, daily rhythms that will sustain their freedom for a lifetime.

Revive40’s name was inspired by Ezekiel 37–39, where God breathes life into dry bones and raises up a vast army. In the same way, Revive40 exists to revive men trapped in pornography and sexual lust—freeing them to become men who help others find freedom. The “40” represents the nearly **40 million Christian men in America** impacted by pornography. The need is urgent, and the mission is clear. Lives are already being transformed, restoring families, strengthening churches, and impacting communities.

“Freedom. Together.” This motto captures one of the most important fundamentals of lasting recovery. Learning to build healthy, honest, accountable relationships with other men forms the foundation of our ministry. Revive40 is a safe, confidential space filled with hope and God’s grace. Because of Jesus, every man can become a man of integrity and find freedom together at Revive40.

God Turns Trials Into Triumphs

In John 6:28–29, Jesus’ disciples asked, “*What must we do to do the works God requires?*” Jesus answered, **“Believe.”** He didn’t say obey, or love, or feed the poor, but believe in the One God sent. As His disciples, our first and greatest work is to believe and trust Him, trust His Word, and trust that all He does is good.

Romans 8:28 declares that *“God works all things for the good of those who love Him...”* That means this trial you’re facing is not wasted. God desires to use it to draw you into a deeper relationship of surrender and dependence on Him.

Paul understood this deeply. In 2 Corinthians 12:9-10, he said, *“I will boast gladly in my weaknesses... for when I am weak, then I am strong.”* God takes our weakest places and turns them into triumphs where His strength shows up.

At Revive40, we’ve seen this truth lived out again and again. Men once enslaved or addicted are now walking in freedom, integrity, and joy. No more hiding. No more secrets. They are experiencing firsthand how God transforms trials into triumphs.

James 1:2-4 also reminds us that trials have a purpose. They produce perseverance, maturity, and a faith that lacks nothing. God uses hardship to shape you into the man He designed you to be. Ask yourself: “Am I willing and ready to believe He wants to do this in me?”

Revive40, The Holy Spirit, and Science

How does a man get free, and stay free? At Revive40, we teach men how to apply God’s Word to their daily lives because real transformation happens when Scripture meets action.

Research shows you retain far more of what you read when you:

1. Reflect on how it may apply to your life.
2. Write out your answers and insights from the studies and devotionals.
3. Discuss with the men on your R40 team what God is teaching you.
4. Ask trusted teammates to hold you accountable and ask the hard questions.

These are lifelong habits rooted in both biblical wisdom and solid science. Science also confirms what Romans 12:1-2 has taught us for over two thousand years: your mind can be transformed.

Recovery begins with confession and full disclosure to at least one trusted person. **It also requires a genuinely repentant heart**, a willingness to turn entirely away from sin, and move in a new direction. Repentance is often a process, but it deepens as Godly sorrow develops in you as you walk honestly and humbly before the Lord and others.

At Revive40, our goal is to help you build lifelong habits grounded in **both biblical truth and proven science**. But ultimately, as 1 Corinthians 3:6-7 reminds us, **only the Holy Spirit** can bring profound revelation deep in your soul, resulting in lasting change.

Revive40 Team Meetings at a Glance

Men who attend Revive40 are **learning to walk in God’s plan for sexual integrity** and break free from pornography, masturbation, sexual fantasies, affairs, prostitution, massage parlors, strip clubs, and same-sex attraction.

There is no cost to attend an R40 group. However, materials such as workbooks need to be purchased for a small fee. You will check in weekly with your R40 team about what you’re learning through the *Fundamentals*, the WIN curriculum, and the ongoing recovery devotionals. Working the program as laid out will deliver the quickest and longest-lasting results.

Revive40 is funded by the men who participate, as well as by churches and partners who support the R40 mission. Giving is a biblical principle, and we encourage you to prayerfully support the ministry and help the next man who walks through our doors. All donations are tax-deductible.

Each week, we gather first as a large group for:

1. Worship or prayer, announcements, and Warrior Tag celebrations
2. A brief teaching follows, then a discussion on a freedom topic, a recovery video, or a testimony of God's transforming work in a man's life.

Afterward, we break into teams of 3–6 men, where:

1. Each man shares their "Top 3" takeaway from the *WIN* recovery work and devotions that week.
2. Each man checks in via accountability questions, and the teams conclude with prayer.

Recovery happens through consistent daily habits. Each week, we focus on making progress by completing the *WIN* work, staying connected to God and others, attending meetings, and pursuing sexual sobriety, one day at a time.

Revive40 Team Sharing Guidelines

These guidelines explain how we share in our teams at Revive40. They are read each week to encourage honesty, safety, and accountability.

1. **Be honest and transparent.** Don't minimize your behavior or hide secrets. Focus on sharing your actions, rather than those of your wife or others. No blaming.
2. **Be honest but wise.** Avoid being too vague or too graphic. Do not share website names, specific locations, or descriptions of women who tempt you.
3. Complete the "**Small Group Guidelines**" before attending your next Revive40 meetings.
4. **Uplifting cross-talk is allowed.** Men may share from personal experience to encourage one another. Hearing what has helped others can strengthen your own recovery.
5. **Don't fix or lecture others.** Avoid statements like "You should..." unless a man specifically asks for input. Instead, ask thoughtful, challenging questions that help a brother discover truth for himself.
6. **Be specific about your week**, without being graphic. Instead of saying, "I battled," give a clear summary of what happened, who you confessed to, what you learned, and what adjustments you'll make. Recovery grows through honest reflection, not shame. Every setback is an opportunity for a comeback.
7. **Remember: Revive40 is about progress.** Don't settle or make excuses, but keep moving forward one honest step at a time.

Becoming a Man of Sexual Integrity Starts Now

You've probably tried to stop acting out many times on your own, but with little success. Achieving freedom is incredibly difficult alone. If you're ready to pursue sexual integrity, it's time to commit to a Revive40 team of men who know your past, acknowledge your struggles, and support your goals.

Revive40 groups are a safe, encouraging place to share your story and hear powerful testimonies of how God is restoring men and healing marriages. For almost three decades, the R40 program has helped men experience real change by applying biblical principles to their recovery.

This can be a pivotal moment in your life. Your journey to becoming a man of godly integrity begins right now. Welcome, brothers, to Revive40!

Your Revive40 Path to Recovery

Change is hard, and reshaping your thinking takes effort, but it becomes far more achievable when you walk with a team of like-minded Christian men pursuing the same goal.

The Revive40 pathway to recovery focuses on a few key Fundamentals:

1. **Attend** your Revive40 team meeting each week.
2. **Create** a personal recovery game plan by completing the curricula: *Fundamentals* and *WIN* books.
3. **Be known** deeply by your R40 team and stay connected and accountable daily. Make calls!
4. **Develop** a daily, intimate, recovery-focused devotional time with God through the curriculum.
5. **Discover** the “Why” (roots) behind your behaviors and replace them with Truth.
6. **Help another** new R40 man work through the *WIN* curriculum and eventually become a Coach.
7. **Continue meeting** with men weekly, being accountable, and using the *WIN* strategies until you meet Jesus face-to-face. (If men relapse, they typically quit doing one of these.)

As you consistently apply the *WIN* biblical strategies, you will begin to see real, measurable progress in your recovery fairly quickly. If not, we recommend meeting with your Campus Coach or an R40 staff member.

The Fundamentals and WIN Curriculum

Every man begins with the *Fundamentals* book (3 weeks), learning practical strategies to start recovery confidently. After completing “My Story” in *Fundamentals*, he can share it with his R40 team to strengthen connections. Then each man completes the 14-week *WIN Devotional and Recovery Study*, starting where the R40 group is at. *WIN* is reviewed constantly, providing multiple opportunities to revisit missed materials.

WIN is designed to gradually lead you toward complete freedom and lasting heart transformation. As you work through *WIN*, you’ll face some important questions:

- ☐ How did I end up here?
- ☐ What was I getting from porn and my other sexual behaviors?
- ☐ Do I genuinely want to recover?
- ☐ Who am I, and what is my purpose in life?
- ☐ How can God use this struggle for my good?

This process will help you identify the issues and their root causes that must be addressed to ensure complete recovery. As you gain more freedom, you’ll have the opportunity to lead a small team of men also seeking freedom. Supporting the next man up is a key part of recovery!

WIN will train you to develop a Christ-centered mindset, make wise decisions, live by truth instead of feelings, and adopt healthy ways to handle life. Over the next 14 weeks, you’ll learn new things about yourself, and if you’re willing, God will start shaping you into the man He created you to be.

The Timeline of The Recovery Process

Men often wonder how long recovery takes. It varies for each person, and God ultimately decides when a man is truly free. Progress depends on your dedication to applying the WIN biblical recovery strategies. While Jesus offers complete freedom from sexual sin, our sinful nature isn't simply "fixed." God doesn't take away your free will; you still get to decide for the rest of your life how you will respond to temptation. Recovery advances through good choices, one day at a time.

Many men feel free within 3-6 months, but aren't thoroughly battle-tested. It typically takes 1-2 years to fully renew your mind, break old habits, and develop healthy coping skills. The WIN strategies are meant for lifetime use. Men who relapse after 1-2 years often stop applying some of the strategies.

Five Key Signs That a Man is Serious About His Recovery

1. He is consistently completing the Daily Devotionals and Recovery Studies.
2. He is staying closely connected to God.
3. He is making an effort to reach out and build healthy relationships with R40 men.
4. He is open, honest, not hiding, and taking responsibility for his actions.
5. He is willing to do whatever it takes to break free and heal from sexual brokenness.

Revive 40 Terms to Learn & Understand

Most of these terms are unique to Revive40 and will quickly become familiar as you participate in your weekly team meetings.

The Cast

Revive40 offers practical steps to help you begin your recovery. These steps will help you identify the thoughts, habits, and patterns that lead to self-destructive behavior. We call these steps the Recovery Cast because a cast holds a broken bone together so it can heal properly. A cast doesn't heal the bone; it simply keeps it in place. Similarly, the Recovery Cast's practical action steps will help you stay steady as God begins to heal and rebuild your life.

Daily Calls or Contacts for Accountability

It is recommended to call, text, or meet with someone on your R40 team daily until you have good traction in your recovery. Connecting with men who are further along in recovery can help strengthen and encourage you before temptation hits.

When reaching out to your R40 team during the week, be sure to share any setbacks and victories from the last 24 hours, any adjustments you plan to make, and what you're learning. Commit to them that you will stay sober for the next 24 hours. Scripture encourages this rhythm: *"Encourage one another daily... so that none of you may be hardened by sin's deceitfulness"* (Hebrews 3:13).

Warrior Tags

These dog tags are a big part of men's recovery at R40. Warrior Tags are awarded weekly to men who reach 1–12 months of sexual sobriety. Receiving your tags is a significant milestone and a powerful reminder of your progress to you, the men in the group, and your wife. Designed by

Revive40, they can be worn, placed on a key ring, or kept in your pocket. **These tags symbolize hope** for you and every new man walking through the door, proving that freedom from pornography and sexual lust is possible.

Four “Must” Statements

These four brief statements are powerful tools you’ll write down and memorize to help you resist temptation effectively and transform your mind. They will help reshape how you see yourself, your identity, women, and the purpose for which you were created. You will complete these in time, or you can go to the Locker Room to download the Must Statement form. The Four “Must” Statements are: 1. Framing Statement 2. New You Statement 3. New View Statement 4. Purpose Statement

Your Sword

Ephesians 6:17 refers to God’s Word as the “*Sword of the Spirit*.” You use your Sword when you speak God’s truth to resist temptation. You prepare to use it by memorizing Scripture. Jesus resisted Satan’s temptations by quoting Scripture (Matthew 4:4–11). Scripture is your weapon as well! Here are 10 key verses we recommend committing to memory to defeat the enemy of your soul:

1. Luke 9:23
2. Romans 12:1–2
3. 1 Corinthians 6:20, 10:13
4. 2 Corinthians 10:5
5. Philippians 4:8
6. Colossians 3:2
7. 1 Thessalonians 4:7
8. 2 Timothy 2:22
9. James 1:22
10. Psalm 51:10–12; 119:9–11; and 139:1–3, 23–24

These verses will strengthen your mind, sharpen your defenses, and help you stand firm when temptation arrives.

Training Your Eyes

At Revive40, you’ll hear terms like “bouncing your eyes” and the “one-second rule.” We advise asking God to help you turn your eyes away from visual temptation in less than one second and direct them toward what honors Him. When temptation hits, you might also: use your Sword (quote Scripture), recite one of your Must Statements, call someone, flee from the situation, or pray. Training your eyes requires time and practice, but you can master this skill.

Renewing Your Mind

Lustful thoughts have influenced your thinking for years, but the Holy Spirit can transform your mind as you fill it with God’s truth. Proverbs 23:7 reminds us, “*As a man thinks, so is he.*” Renewing your mind is a fundamental part of recovery, and it begins with intentionally monitoring your thoughts, moment by moment. Training your eyes and renewing your mind go hand in hand and will be discussed in depth in *WIN*.

Slip vs. Relapse

These terms are standard in recovery settings. When we say, “I slipped,” we are not trying to minimize the seriousness of the setback. Most slips are sins, but using the term “slip” helps separate behavior from identity. It helps prevent shame from hijacking a man’s recovery.

- **A slip** is a single, brief, isolated incident of acting out, such as viewing pornography or masturbating, caused by a momentary lapse in judgment, stress, fatigue, poor boundaries, or other factors. A slip is immediately reported to an R40 team member, focusing on what you can learn from it and what adjustments need to be made.
- **A relapse** is a return to old patterns of thinking and coping, where acting out becomes your way of dealing with life again. A relapse is often not reported promptly to the team and typically involves hiding, lying, or justifying.

Masturbation

Although the word masturbation doesn’t appear in the Bible, it’s linked to lustful thoughts, fantasies, and self-gratification (Matthew 5:28; Philippians 4:8). For many men, it becomes a way to soothe pain, shift mood, or cope with stress, potentially turning into a controlling habit and primary coping method. We are to be controlled only by God (1 Corinthians 6:12; 9:27).

Masturbation is non-relational, driven by lust, and can damage sexual intimacy with a wife. It fosters instant gratification, training the brain to seek relief rather than godly transformation. Over time, it can lessen spiritual desire and strengthen fleshly instincts. Based on passages like Philippians 4:8, 1 Corinthians 6:12, and Galatians 5:13, Revive40 considers masturbation, in most cases, sinful, and men who continue to do so often lack lasting freedom from lust.

Sexual Sobriety / Freedom

At Revive40, true sexual sobriety means freedom, as Jesus promises in John 8:36: *“If the Son sets you free, you will be free indeed.”* It’s more than avoiding acting out; it’s about a transformed life. Freedom from lust isn’t about being tempted but who’s in control when temptation hits. You’re free when you turn to God first. Instead of asking, “How do I satisfy this urge?” ask, “What am I feeling and how can I please God?” This shows lust no longer has its grip on you.

Triggers and Boundaries

A trigger isn’t a sin but a signal, marking where you’re vulnerable, whether external like social media and movies, or internal like loneliness or stress. Identifying these is key to recovery.

Boundaries are pre-decided limits that protect your heart, mind, body, and relationships from lust, compromise, and secrecy. They are about wisdom, freedom, and love, not control or fear. Initially restrictive, they serve as guardrails that guide you toward integrity, protecting what matters most. These will both be discussed more in the *WIN*.

Beloved

Beloved is a vital part of Revive40. It supports wives and girlfriends who are facing betrayal, pain, and confusion because of their partner’s pornography use or other sexual behaviors. Beloved provides a safe community where women can process shame, anger, loneliness, hurt, and hopelessness and receive support from other women who understand this journey.

Facilitators & Coaching

After 60 days of sexual sobriety, you can attend a NEXT meeting and begin training to become a team facilitator if you wish. Revive40 will prepare you to lead an R40 team and, over time, become a coach or even a campus coach. As you grow in freedom and work through the *WIN* curriculum, you'll have the opportunity to help many other men find freedom.

The Fundamentals Training Procedures

The *Fundamentals* and the *WIN* curricula are designed in a daily devotional format for a reason. Studies show that doing a little bit each day helps you retain information more than binge studying on a weekend. There are many studies that show that retention improves when multiple senses are involved. This is why the program requires you to read a passage, answer questions in **writing**, and **share** your responses with your R40 team.

During the first two weeks, the focus is on simple action steps and practical tools you can use right away. Tomorrow, you'll start working through ten essential fundamentals and devotionals to help you begin strong during your first two weeks of recovery. **A key part of early recovery is setting up daily rhythms and structure**, such as:

1. Meeting with God through a daily devotional time
2. Studying daily biblical recovery fundamentals & strategies
3. Connecting daily with other R40 men in recovery

Each day's devotional starts with the **C**onfess | **L**earn | **A**adjust | **D**declare section. This is a time to meet with God, ask Him to search your heart, and reveal any offensive ways over the past 24 hours (Psalm 139:23–24). The C.L.A.D. acronym reminds us to put on Jesus daily. This practice helps us maintain a clear conscience, learn from setbacks, adjust, and celebrate victories.

C: Confess setbacks and repent when needed.

L: Learn from your setbacks

A: Adjust behaviors as needed

D: Declare your victories when you're making progress.

Days 1–5 Daily Devotionals include a short scripture reading and reflection questions that challenge you to think about how they may be applied to your recovery. Ask yourself each day, "How will God's Word change me if I live it out in my life?"

Days 1–5 Recovery Studies include a short topical teaching followed by reflection questions that make you think deeply about how you're really living in these areas of life.

Day 6 is your Weekly Summary. You start the day with **C.L.A.D.**, then write down one scripture that really spoke to you during the week (try to **memorize** it for next week). Finally, review your week and identify which **recovery strategies or biblical principles** resonated most with you and which you want to make sure you're putting into practice. Write down your **"Top Three"** in the space provided and plan to **share** at least one of these with your R40 teammates each week.

Day 7 is a catch-up day if needed. It's a great time for extended personal prayer, private worship, and reflection on what God's been teaching you. Try to embrace and celebrate the changes He's making in your life.

Then, in Week 3, you will dive into “My Story & Timeline.” The week will guide you through your past, supporting your recovery by bringing clarity to what once controlled you. When you honestly examine your story, your wounds, patterns, beliefs, and coping strategies, you begin to see why you turned to unhealthy behaviors and how those habits formed. **This awareness turns confusion into understanding and replaces shame with truth.**

Revisiting your past with God and trusted men helps identify lies, unhealed pain, negative self-talk, and shaping patterns. Instead of being trapped, turn these into opportunities. Your past becomes a teacher, rather than a tyrant, guiding you to respond differently and build a future based on truth, freedom, and purpose.

You are not here because you are a bad man. You are here because parts of your story remain unhealed. You are a child of God, learning what it looks like to live like one! You are now ready to begin a new journey of recovery by working through the first daily devotional and recovery study.

Remember: Small daily actions led to BIG breakthroughs.

Daily Devotionals & Recovery Studies



Confess | Learn | Adjust | Declare

Pause now to pray and ask God to examine your heart (Psalm 139:23) and show you how you've lived over the past 24 hours... relationally, obediently, and open to His guidance, as well as anything else He may reveal. Do you need to **confess** anything? If so, what can you **learn** from it? Are there **adjustments** you may need to make to prevent it from happening again? Do you have any victories to **declare**?

- C.
- L.
- A.
- D.

– Daily Devotional: Foundation For a Winning Recovery – Godly Sorrow –

*“Even if I caused you sorrow by my letter (Paul’s letter confronted sin in their church), I do not regret it. Though I did regret it—I see that my letter hurt you, but only for a little while—yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended and so were not harmed in any way by us. **Godly sorrow brings repentance** that leads to salvation and **leaves no regret**, but **worldly sorrow brings death**. See what this **Godly sorrow has produced in you**: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.” 2 Corinthians 7:8–11*

More will be discussed in the WIN workbook about Godly Sorrow. For now, start asking God to help you experience Godly Sorrow that leads you not only to surrender your behavior but also to surrender your heart. Which of the statements below describes Godly sorrow, and which describes worldly sorrow?

1. I attend Revive40 meetings because I am sorrowful for the destruction I caused in my life.
2. I attend Revive40 meetings because I am grieved by sinning against a Holy God and want to be right with Him.

After reflecting on the scriptures above, describe in your own words why **Godly sorrow** is key to your recovery.

1. How does Godly sorrow produce a lasting desire to fully **surrender** your entire life to God?

Recovery begins when you stop trying to manage your sin, stop thinking you can fix yourself, and start submitting your life to God and the WIN process.

Foundation For a Winning Recovery – Godly Sorrow

Your Godly sorrow is one of the tools God uses to bring you to a place of complete surrender of your life and will to Him. God will use your sin to bring you into a deeper relationship with Him than ever before. Most men don't become entirely free from pornography or sexual addiction until they surrender everything to Him. Below are three reasons Godly sorrow leads to a surrendered life.

1. **Godly sorrow shifts the focus** from the frustration of getting caught to being changed into the image of God. Many men start recovery motivated by various fears, shame, or pressure to be a good Christian. These motives don't sustain freedom. Godly sorrow awakens a holy grief that recognizes sin as relational brokenness with God, not just rule-breaking. When a man truly grieves how far he's drifted from God, he stops thinking about how to hide his sin and starts yielding to God's ways.
2. **Godly sorrow breaks self-reliance and exposes the need for God.** Addiction thrives on control, secrecy, and self-management. Godly sorrow shatters the illusion that "I can fix this on my own." It humbles a man enough to admit, "I am powerless here—and I need God and others," and leads to true repentance. Without this type of humility, men may comply externally while remaining internally resistant to God. A man who knows he can't heal himself is finally ready to let God lead.
3. **Godly sorrow fuels repentance, and repentance activates recovery.** Acts 3:19 says, "*Repent... and turn to God, so that your sins may be wiped out...*" Repentance is not merely stopping behavior; it's a change of direction, a change of mind, heart, and action. Godly sorrow provides the emotional and spiritual energy needed to do the hard work of confession, setting boundaries, attending group, getting honest with yourself, and daily surrender. Godly sorrow helps a man lay down his old ways and step fully into God's healing process.

Are you ready to fully surrender to God? If not, ask for His help to become willing. Many at Re-vive40 have relied on their strength, but God wants to teach you to live by His power through the Holy Spirit. He can help you stay sexually sober by replacing lust as a way to cope with pain, stress, loneliness, and anxiety. Describe in your own words what total surrender to God means to you.

If I were truly surrendered to God today, what would look different in how I think, speak, or act?

**Godly sorrow is spiritual grieving over your sins against God. It is having a humble...
"broken and contrite heart..." (Psalm 51:17).**

Confess | Learn | Adjust | Declare

Pause now to pray and ask God to examine your heart (Psalm 139:23) and show you how you've lived over the past 24 hours... relationally, obediently, and open to His guidance, as well as anything else He may reveal. Do you need to **confess** anything? If so, what can you **learn** from it? Are there any **adjustments** you may need to make to your behavior or attitudes? Do you have any victories to **declare**?

- C.
- L.
- A.
- D.

Daily Devotional: Just For Today

"Seek first His kingdom and His righteousness, and all these things (shelter, clothing, food) will be given to you as well. 34 Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matthew 6:33-34).

"Your Word is a lamp to my feet and a light to my path" (Psalm 119:105).

Jesus taught us to pray, *"Give us today our daily bread"* (Matthew 6:11).

1. What do you believe God is illustrating or teaching us with these verses today?
2. How does focusing on today help reduce the shame of the past and the fear of the future?

Yesterday's obedience doesn't cover today. Tomorrow's grace isn't available yet... But today's love, mercy, and forgiveness are already waiting for you.

Just For Today

Today's recovery principle is simple but hard to live by. Living "Just for Today" makes recovery easier and more doable. It might be hard to imagine life without checking out women, fantasizing, masturbating, or engaging in other sexual behaviors that have dominated you for years. Many men believe they can go one day without acting out, but long-term sobriety can seem impossible.

Jesus reminds us in Matthew 6:34 that today has enough challenges of its own. In recovery, God calls us to focus on obedience one day at a time. Your goal right now, by God's grace, is simple: stay sexually sober and remain connected to Him "Just for Today." Three key principles:

1. **Focus on Today, Not Forever:** Freedom isn't won by making promises of lifelong perfection; it's built through daily surrender. When you commit to sobriety Just for Today, the burden becomes manageable, and faith that you can someday be completely free stays alive.
2. **Daily Commitment Leads to Lasting Change:** Each morning requires a fresh decision. Reset your mind on things above, renew your surrender, clad yourself in the armor of God, and recommit to purity for the next 24 hours. Over time, these daily choices add up to real transformation.
3. **Relational Accountability Makes Progress Possible:** Recovery is not meant to be done alone. Calling an R40 teammate "each day" reinforces humility and perseverance and helps prevent isolation. What begins as a daily call often becomes months of freedom by God's grace.

What pressures or fears arise when you think about staying pure long term?

How does living "Just for Today" remove pressure and help you stay consistent in your recovery?

To implement the Just for Today strategy, begin each morning by surrendering everything to God and committing to following His guidance for the next 24 hours... no more, no less. Avoid thinking about future temptations or past failures; instead, focus on making the next Godly choice right in front of you. When temptation arises, remind yourself that obedience is required only today.

This Just for Today principle is part of every successful recovery program. Use the tools you have been given to make calls, change your environment, and redirect your thoughts to God. Over time, these faithful individual acts will compound into lasting freedom by the grace of God. List below three men you can call when temptation comes knocking:

Today, choose courage over fear, God over lust, and freedom over slavery!

Confess | Learn | Adjust | Declare

Pause now to pray and ask God to examine your heart (Psalm 139:23) and show you how you've lived over the past 24 hours... relationally, purity, and being open to His guidance. Have you CLAD (clothed) yourself with Christ (Romans 13:14)?

- C. Confess:
- L. Learn:
- A. Adjust:
- D. Declare:

Daily Devotional: The Power of Commitment

Reflect on Job's Commitment to Keep His Lust Under Control

"I made a covenant (commitment) with my eyes not to look lustfully at a young woman. For what is our lot from God above, our heritage from the Almighty on high? Is it not ruin for the wicked, disaster for those who do wrong? Does He not see my ways and count my every step? If I have walked in falsehood or my foot has hurried after deceit—let God weigh me in honest scales and He will know that I am blameless—if my steps have turned from Your path, if my heart has been led by my eyes, or if my hands have been defiled, then may others eat what I have sown, and may my crops be uprooted. If my heart has been enticed by a woman, or if I have lurked at my neighbor's door, then may my wife grind another man's grain, and may other men sleep with her. For that would have been wicked, a sin to be judged" (Job 31:1–11).

Was there something God impressed on you as you read Job's words?

List three attitudes Job had toward God that helped him continue walking in purity. Reflect on how these attitudes could help YOU walk in purity.

- 1.
- 2.
- 3.

How could Job's example help you in your recovery?

Commitment means consistently doing the work and living it out... even on days when your feelings vote no.

The Power of Commitment

Commitment is the state of being dedicated to a cause, an obligation, a promise, or a pledge to act. Commitment in recovery is so powerful because it closes all the escape hatches and helps your mind stop negotiating with temptation. Being committed means you will never stop pursuing sexual integrity, even when you are walking in freedom. For the rest of your life, you will not give Satan or your flesh any wiggle room to lust or sin sexually. **Commitment is the pavement on the “Pathway to Recovery and Beyond.”**

How committed are you to your recovery? 75%? 98%? Or 100%? Being committed to recovery is not just about having good intentions. It means you are willing to do whatever it takes to break free and stay free! Partial commitment to anything in life rarely succeeds. You might grow weary and discouraged at times, but you can't quit. Commitment is a key factor in successful recovery. Your commitment involves:

1. **Commitment to the process:** regular attendance at R40 meetings, completing daily WIN recovery assignments, and applying the WIN strategies. Men don't fail in their recovery because they don't want freedom; they fail because they stop doing the work of recovery!

What part of the recovery process do I tend to skip, rush, or minimize? Why?

2. **Commitment to community:** eliminating isolation, secrecy, and striving for complete transparent honesty with other men, and allowing godly men to challenge you and ask you the hard questions.

Do the men on your R40 team know the real state of your heart? What are you tempted to hide from them and why?

3. **Commitment to God:** without it, recovery shifts from heart transformation to merely man-aging behaviors. God does the deep work of healing relational wounds, addressing the labels people have applied to you, and teaching you new biblical ways to cope with life's stresses.

How does your view of God affect your willingness to fully surrender to Him? Is God powerful enough and good enough to heal you?

Reflection

Is obedience to God's Word optional if you want to live a fully abundant life in the Lord? Why? Is purity optional if you want to be married and have a family that respects you? Why should your recovery be a top priority?

Freedom grows in the field of honesty, fellowship, and commitment.

Confess | Learn | Adjust | Declare

Pause and pray, asking God to examine your heart and show you any way that is displeasing to Him. Have you put on the armor of God (Ephesians 6:11)? Are you living in truth? Do you have anything from your last 24 hours that needs to be confessed?

C. Confess:

L. Learn:

A. Adjust:

D. Declare:

Daily Devotional: The Practicality of The Cast

"I (Jesus) tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart. If your right eye causes you to stumble, gouge it out... if your right hand causes you to stumble, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to go into hell" (Matthew 5:28-30).

"Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23).

"Make no provision for the flesh, to gratify its desires" (Romans 13:14).

The Recovery Cast is like a cast for a broken bone, holding it in place as God heals. It consists of practical steps and boundaries to help you resist temptation. The scriptures above mention removing stumbling blocks, guarding your heart, and eliminating things that lead to fleshly indulgence.

Does putting a filter or accountability software on your cell phone and computer heal the sexual lust in your heart? If not, why should you still put them on these devices?

The scriptures above illustrate how seriously God views lust and the need to eliminate it from your life. This is a time to get real. Describe specifically what you need to cut out or add to your life to be successful in your recovery.

**Freedom isn't found in doing whatever you want...
it's found in choosing what helps keep you free!**

The Practicality of The Cast

The Recovery Cast is designed to hold you in place, like a cast on a broken bone, while God does His deeper healing work on the inside. Likewise, the Recovery Cast provides clear action steps and boundaries to help you heal during the beginning of your recovery.

The Cast is not about control or punishment; it's about protection, wisdom, and giving God room to work. When applied consistently, it will help you make steady progress and shield you from everyday temptations that could derail your recovery.

Putting on the Cast

Below are examples of what it looks like to “put on the Cast.” As you read through them, prayerfully identify which steps you need to apply right now. **Remember:** obedience today builds freedom tomorrow.

1. **Install Filters and Accountability Software:** On all electronic devices. Romans 13:14 gives us the reason we are to do this: *“Make no provision for the flesh.”*

Why this matters: Technology is one of the most common access points for sexual sin. Filters and accountability remove secrecy and reduce the possibility of temptation. If you don't block access, you're not serious about recovery yet.

2. **Eliminate Secret or Hidden Access:** Get rid of anything like extra email accounts, a second phone or tablet, private bank accounts, or hidden cash that allows you to hide and act out.

Why this matters: Recovery and secrecy cannot coexist. Healing begins when everything is brought into the light. Take these action steps immediately.

3. **Avoid Known High-Risk Places** where you've previously acted out sexually or where you've gone to feed your flesh and feel the rush of lust in the past.

Why this matters: Wisdom plans ahead. Returning to familiar danger zones is not faith, it's planned temptation.

4. **Make Daily Calls (First 90 days or as long as needed):** Call someone on your Revive40 team every day. These calls do not need to be long. During each call, share honestly how your recovery is going, and commit to not acting out for the next 24 hours, and pray for each other.

Why this matters: Addiction thrives in isolation; recovery grows through connection.

5. **Starve Your Eyes:** Stop feeding your eyes with anything that fuels lust. Practice “bouncing your eyes” and, at the same time, redirect your thoughts toward something healthy and God-honoring.

Why this matters: What you feed grows. What you starve weakens and eventually dies.

Team Accountability

Share the action steps you are taking with your Revive40 team. Invite feedback and ask for additional suggestions that may strengthen your recovery. Humility accelerates healing.

Additional Practical Action Steps

List other steps God is prompting you to take. Examples: eliminate alcohol or drug use, remove inappropriate movies, remove social media, or create healthy evening and weekend routines.

- 1.
- 2.
- 3.

Confess | Learn | Adjust | Declare

Confession keeps the heart clean by dragging sin and hidden motives into the light before God. **Learning** from our mistakes helps form us into the image of God. **Adjusting** turns these insights into concrete, Spirit-led actions. **Declaring** the victories you are experiencing and God’s promises out loud will motivate you to walk humbly before Him today.

- C.
- L.
- A.
- D.

Daily Devotional: Healthy Communication

Ephesians 4:29 and 4:32 are God’s standards for human communication.

“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification according to the need of the moment, that it may give grace to those who hear... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.”

“Everyone should be quick to listen, slow to speak, and slow to become angry” (James 1:19).

“Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone” (Colossians 4:6).

What did you learn from the passages above that will help you improve your communication?

Practicing these scriptures regularly will strengthen and heal your relationships. When you speak with others, do you strive to make your words kind, encouraging, respectful, and full of grace?

Do you listen to understand or to respond? Why does this make a difference?

Real strength isn’t found in raising your voice... It’s found in the ability to control it.

Healthy Communication

Communication is the ability to share thoughts, feelings, and information in a way that is truly understood. Healthy communication builds trust, deepens connection, and strengthens every relationship. As a man in recovery, learning to communicate well is essential, especially with your wife or girlfriend.

Principles for Effective Communication

1. **Schedule Intentional Check-Ins**

Choose a specific day and time each week to meet with your wife or girlfriend to update them on what you have been doing in your recovery. Discuss your recovery progress and any changes you may need to make with an R40 teammate. Proactive, consistent communication demonstrates commitment.

2. **Lead with Humility and Self-Control**

Your tone and attitude often speak louder than your words. Be humble, gentle, and kind. Stay calm, avoid defensiveness, and be slow to anger. Your nonverbal cues, including eye contact, posture, and facial expressions, communicate just as much as what you say.

3. **Create Space for Honest Expression**

Allow the other person to express their thoughts and emotions freely. Be patient and understanding, knowing that rebuilding trust takes time. How you respond plays a critical role in her healing. James 1:19-20 reminds us to be good listeners, respond slowly, and without anger. Practice this consistently.

4. **Listen to Understand, Not to Defend**

Don't interrupt. You don't have to agree with everything she says, but you must value her perspective. Reflect back what you heard to confirm you understood. This will help her feel heard, respected, loved and cared for.

5. **Practice Balanced Transparency**

Avoid being too vague, which can feel like hiding, or too detailed, which can overwhelm. Let her know that your R40 team receives the full details of your recovery. Periodically ask, "Do you feel I'm sharing too much or too little about my recovery?" Then adjust accordingly.

Reflection

At the end of your conversations, do the people in your life, your wife or girlfriend, family, friends, and co-workers feel heard, valued, and respected? Your communication is not just information sharing; it reflects how well you are walking in integrity, humility, and love, and how well you are doing in your recovery.

What steps can you take to improve your communication with:

Your wife or girlfriend?

Your relatives?

Your friends or co-workers?

Trust grows when words are encouraging, tone is gentle...
God is present, and sincere honesty is felt.

Confess | Learn | Adjust | Declare

Reflect on your week to evaluate your progress in recovery and identify any setbacks that might need acknowledgment. Consider what lessons each experience offers and what adjustments you can implement to stay spiritually on course today. Also, think about declaring any victories from the week. Write down what comes to your mind.

Weekly Power Scripture

Write below the scripture from this week's study that touched you the most. Reflect on it throughout the week and try to memorize it. This is one way our minds are transformed.

Your "Top Three"

Write down three things you learned this week from your R40 recovery work. It may be 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 every week. It's a good idea to bring your work with you to each meeting.

1.

2.

3.

There is tension at the beginning of recovery. Early recovery stretches you because old patterns are losing their grip, and new habits are forming. That tension is growth.

Reflect

Confess | Learn | Adjust | Declare

Confession keeps the heart clean and keeps you connected to God. **Learning** from our mistakes helps form us into the image of God. **Adjusting** is where the real progress happens. **Declaring** victories is what encourages you to keep going.

- C.
- L.
- A.
- D.

Daily Devotional: Identify Temptation Patterns

*“**Because He Himself (Jesus) suffered** when He was tempted, He is able to help those who are being tempted” (Hebrews 2:18). Jesus understands the lure of temptation!*

*“No temptation has overtaken you except what is common to man. God is faithful; He will not let you be tempted beyond what you can bear. But when tempted, **He will provide** the way of escape so that you can endure it” (1 Corinthians 10:13). God always gives us a way out of temptation!*

*“God’s divine power has given us **everything** we need for life... so that... (we may) escape the corruption in the world caused by evil desires” (2 Peter 1:3-4). We have His power to help us overcome temptation!*

1 Corinthians 10:13 tells us we will be tempted at times. It doesn’t say “if” we’ll be tempted, but “when.” Temptation is a part of life (even Jesus was tempted). **Temptation isn’t sin, it’s an invitation.** It’s a moment of decision. Giving in to temptation is sin. What did the scriptures above teach you about temptation?

God knows your temptations and what triggers you. Trust God to show you the **way of escape** in each temptation. Do you believe this promise is for you? List below some ways God might provide a “way of escape” for you during a temptation.

You don’t need to feel ashamed of being tempted;
 you need a “plan” for how you will respond.

Identify Temptation Patterns

Identifying old temptation patterns is powerful in recovery because it turns mystery (the why) into clarity and reaction into strategy (a plan). As you seek God to help you identify these patterns, He will begin to show you the triggers that fuel your cravings. Here's how identifying these patterns can help:

1. **It exposes the trigger, not just the behavior.** Most acting out doesn't start with lust. It starts earlier, at A in the A-Z addiction cycle, with familiar triggers such as stress, loneliness, fatigue, boredom, conflict, or shame. When you see the patterns, you can stop asking "What's wrong with me?" and start asking "What's really going on in me right now?" That shift brings wisdom and healing instead of condemnation.
2. **It gives you advance warning instead of being surprised.** Patterns repeat. Once you recognize them, temptation loses its ambush power. You begin to see it coming by time of day, emotional state, location, or thought patterns. That **window of awareness** gives you time to reach out, pray, change environments, call a teammate, or use other R40 recovery tools.
3. **It helps you interrupt the A-Z cycle earlier.** If you recognize when you are being triggered at ABC, it is much easier to intervene and make Spirit-led choices. Identifying patterns allows you to act at the first sign of temptation instead of waiting until desire is at its full strength (XYZ). This is where recovery shifts from white-knuckling to following the Holy Spirit moment by moment.
4. **It replaces shame with understanding and responsibility.** Patterns explain how you got stuck without excusing what you did. That combination is critical: less shame, more ownership. You stop seeing yourself as "broken beyond repair" and start seeing specific areas where God is renewing your mind.
5. **It helps you build targeted boundaries and habits.** When patterns are clear, your recovery plan becomes specific rather than generic. You don't just say "I'll try harder"; you say: "When I feel ___, I will ___." Or "When I'm tempted in ___ situation, I will call ___." This is how lasting change is built!

Bottom line: Identifying old temptation patterns and triggers will help you move from reacting... to recognizing... to responding with biblical truth, recovery tools, team support, and a plan. This is the way transformation happens. What are two internal emotions that consistently trigger you? Design a simple plan to help you stay walking in the light. (More on triggers & boundaries will be covered in WIN.)

- 1.
- 2.

What are two external emotions that are triggers for you? Design a simple plan that will help you stay walking in the light.

- 1.
- 2.

**The secret to recovery is not focusing on stopping old coping habits ...
but on building new healthy ones.**

Confess | Learn | Adjust | Declare

Confession keeps the heart clean and keeps you connected to God. **Learning** from our mistakes helps form us into the image of God. **Adjusting** is where the real progress happens. **Declaring** victories is what encourages you to keep going.

- C.
- L.
- A.
- D.

Daily Devotional: Renewing The Mind

*"We demolish arguments (false beliefs) and every pretension (lies) that sets itself up against the knowledge of God (truth), and we take captive **every thought** to make it obedient to Christ" (2 Corinthians 10:5).*

*"Brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things**" (Philippians 4:8).*

In what ways did these scriptures prompt you to consider the manner in which God has intended for us to think?

The above scriptures emphasize the importance of **"how" we think**. We can't always control the thoughts that enter our minds, but we can control which ones we choose to dwell on. Philippians 4:8 is not a suggestion; it's a command. Describe a bad thought that often comes into your mind and how you will respond to it in the future.

Explain how your past thinking patterns have contributed to your acting out.

Every relapse starts as a thought long before it becomes an action.

Renewing The Mind

Renewing your mind may be the single most important biblical recovery principle. Romans 12:2 tells us we are transformed, not by willpower, but by the renewing of our minds. To be transformed into the image of Christ is intentional and requires daily action. Below are five practical ways to begin renewing your mind.

1. **Pray for Awareness:** Ask God to reveal destructive thought patterns you've allowed to run unchecked. Many thoughts become automatic through repetition. When God brings them to your attention, take them captive and **replace them with truth.** (2 Corinthians 10:5; Philippians 4:8)
2. **Pray for a Desire for Holiness:** Ephesians 4:22–24 calls us to put off the old self and put on the new self that is created to be like God. If you don't genuinely desire holiness, you won't consistently pursue it. Pray that God grows your hunger for righteousness and a new way of living.
3. **Pray to Be Filled With God's Word & His Spirit:** God's Word is life, truth, and counsel. Immerse yourself in Scripture, read it, memorize it, and reflect on it daily. **Let it saturate you** as a dry sponge dipped in water (Psalm 119). Soak in it!
4. **Practice Uplifting Truth-Talk:** When a destructive thought appears, **confront it** with the truth. Acknowledge the pain, lie, or critical spirit, then intentionally replace it with God's perspective and promises. Choose thoughts that align with Philippians 4:8. Correcting negative self-talk is vital for recovery.
5. **Be Patient, Consistent, and Accountable:** Renewing your mind requires a plan, a team, and time. Memorizing key scriptures (e.g., 1 Corinthians 10:13) creates new neural and spiritual pathways. Over time, God will use His Word to reshape how you see Him, yourself, others, and life.

When temptation or unwanted thoughts hit, what is your default response: escape, indulgence, distraction, or truth? Explain:

What thoughts do you allow to play on repeat in your mind, and how are they shaping your actions, choices, and identity?

Do you truly desire holiness, or do you mostly desire relief from consequences? Why?

If you don't train your mind, your mind will train you... your past is proof of this.

Confess | Learn | Adjust | Declare

Daily confession is important because it keeps your heart from hardening and prevents the devil from gaining a foothold in your life. **Learning** from your mistakes transforms you. Making **adjustments** shows you care. **Declaring** victories gives you hope. How did you live your last 24 hours?

- C.
- L.
- A.
- D.

Daily Devotional: Fight or Be Destroyed

*"I find this law at work: **Although I want to do good, evil is right** there with me. For in my inner being I delight in God's law, but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me" (Romans 7:21-23).*

*"Be strong in the Lord and in His mighty power. Put on the full armor of God, so that you can take a firm stand against the devil's schemes. For **our struggle** is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and **against the spiritual forces of evil** in the heavenly realms. Therefore, put on the full armor of God, **so** that when the day of evil comes, **you may be able to stand your ground**" (Ephesians 6:10-13).*

*"The thief (Satan) comes only to steal and **kill and destroy**; I (Jesus) have come that they may have life, and have it to the full" (John 10:10).*

What did God impress on you today as you read these passages?

YOU'RE AT WAR with the flesh, the world, and Satan himself! The Scriptures warn us of the constant battle with evil forces for our minds and our souls. What battles are you currently fighting? How are you preparing (a plan) to be victorious in these battles?

Why do you have to fight or be destroyed? What do we mean by this?

Impurity never announces itself as destruction...
it disguises itself as relief while quietly attacking your soul.

Fight or Be Destroyed

As a man called by God to be His child, pursuing holiness, purity, or obedience to His Word is not optional. Why? Because you will never experience the life that God has planned for you! Anything less will lead to the destruction of your testimony and relationships, and to the loss of experiencing God's power at work in your life and in those around you! Two important principles can help you resist your enemy's tactics:

First, be aware that you have an enemy. Satan actively seeks to ambush you through temptation and lust to destroy your recovery and your relationships. Scripture warns us to stay alert because the devil is always looking for an opportunity to devour us (1 Peter 5:8). **Satan doesn't sleep; stay awake and be prepared!**

Second, be aware that you have authority in Christ. Jesus has given you everything you need to stand against the devil and your fleshly desires. Through prayer and God's Word, the sword of the Spirit, you can WIN this battle (Ephesians 6:17–18).

This war is not only external but also internal. Sinful desires wage war against our souls (1 Peter 2:11). But because of Jesus, we are no longer slaves to sin. Christ died to set us free, and true freedom is found in obedience (John 8:36). Each right choice makes the next one easier.

Jesus Himself modeled how to overcome temptation. When Satan tempted Him, Jesus responded with Scripture, and the devil fled (Luke 4:3–4). You can experience the same victory by using God's Word when temptation comes.

Write out one Scripture you will use to stand firm when temptation strikes.

What practical steps can help you become more aware of your thoughts and recognize the enemy's tactics?

God's Word isn't just advice; it's a weapon. Satan retreats when the Word advances!

Confess | Learn | Adjust | Declare

Daily confession is important because it keeps your heart from hardening and prevents the devil from gaining a foothold in your life. **Learning** from your mistakes transforms you. Making **adjustments** shows you care. **Declaring** victories gives you hope. How did you live your last 24 hours?

- C.
- L.
- A.
- D.

Daily Devotional: Discovering Your “Why”

“The purposes of a person’s heart are deep waters, but one who has insight draws them out” (Proverbs 20:5). God already knows your why, but He wants you to discover it with Him. When you ask God to reveal the reason behind your struggle, you are not excusing sin; you are positioning yourself for transformation.

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives” (Genesis 50:20). Your past may include sin, wounds, and loss, but God specializes in redemptive outcomes, not in wasted pain. Amen!

“If anyone is in Christ, he is a new creation. The old has gone, the new has come” (2 Corinthians 5:17). Your past can explain why sexual lust has a grip on you, but it can no longer define who you are!

“Brothers... one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to WIN the prize for which God has called me heavenward in Christ Jesus” (Philippians 3:13-14). We must deal with the past! It can no longer control us!

What is God saying to you through these scripture verses today?

How does holding on to shame, regret, failure, or my past affect my recovery today? What changes do I need to make so I can start looking forward to who I am becoming?

Prayer: God, I’m tired of surface-level change. I want You to show me the truth about my heart. Reveal the **why** behind my struggle, not to condemn me, but to heal me. Replace my false solutions with Your presence, peace, truth, and grace. Teach me to run to You first. You are God Almighty! Nothing is impossible with You! In Jesus name, Amen.

Discovering Your “Why”

Sexual sin or looking at porn is rarely about sex. Sexual sin is typically a symptom, not the source. For most men, sex is used as a coping strategy, a counterfeit solution to a deeper need, wound, or belief. Many men turn to sex to cope with pain, stress, loneliness, shame, fear, rejection, or unmet needs. Below are some of the most common “whys” that drive men toward sexual sin. As you read through them, ask God to show you which ones resonate with your story and could be the root of healing unwanted sexual behaviors.

1. **Unhealed Emotional Pain or Unprocessed Trauma:** Many men learned early on to numb pain rather than express it. Sexual sin becomes a way to escape or find temporary relief from rejection or abandonment, abuse or betrayal, loss, grief, or chronic disappointment. Could any of these be your “why?”
2. **Shame and False Identity Beliefs:** Shame says, “I am bad.” Common lies or false beliefs about yourself include: “I’m not good enough.” “I’ll never change.” “This is just who I am.” “My Dad was right; I’m worthless.” Shame makes you feel terrible and leads to more acting out, which produces more shame. This is the sexual addiction cycle.
3. **Loneliness and Lack of Connection:** Many men are physically present but emotionally isolated. Without safe, authentic relationships, loneliness can grow and increase vulnerability. Porn, strip clubs, or sex with women other than your wife can become substitutes for true intimacy. Sexual sin offers the illusion of connection without the risk of rejection.
4. **Stress, Pressure, and Emotional Overload:** High expectations at work, home, or ministry can leave men exhausted and overwhelmed by performance pressure, fear of failure, or a sense of responsibility for everything. Sexual lust acts as an escape valve, allowing the mind to shut down temporarily and experience a moment of pleasure. **The truth:** If you only focus on “what you do,” you will keep repeating it. When you understand “why you do it,” God can begin to bring lasting freedom.

Which “whys” above feel closest to your story? See “Why” in the Locker room.

When you act out, what emotions are you trying to escape or soothe?

What lie do I tend to believe right before temptation hits?

Prayer: God, I don’t want to merely manage my sin—I want You to heal my heart. Show me the root causes of my struggle. Expose the lies I’ve believed, the wounds I’ve ignored, and the needs I’ve tried to meet apart from You. Lead me into truth, freedom, and lasting transformation. Amen.

**Sexual sin isn’t the problem; it’s the signal.
It points to areas where God wants to heal, restore, and rewire your heart.**

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.

- C.
- L.
- A.
- D.

Daily Devotional: Focus on Progress

*“The steadfast love of the Lord never ceases; His mercies never come to an end; **they are new every morning**; great is Your faithfulness” (Lamentations 3:22–23).*

“Come to Me (Jesus), all who labor and are heavy laden, and I will give you rest. Take My yoke upon you, and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy, and My burden is light.” Matthew 11:28–30

What can you learn from these verses that will help you overcome any shame or defeat from perfectionism?

How can perfectionism be a potential trigger for you in your recovery?

Reflecting on these verses about God’s never-ending love and compassion will help you realize that you don’t need to perform to earn God’s approval. You can have complete assurance that God loves and accepts you just as you are.

Recovery isn’t about never failing; it’s about never quitting!

Focus on Progress

At Revive40, one of our mottos is “**Progress, Not Perfection**”, a principle embraced by effective recovery programs everywhere. Recovery is about making **steady progress**, not stressing over being perfect. It isn't about never failing; it's about never quitting.

Perfectionism can fuel relapse. When you expect yourself to do recovery perfectly, even small setbacks can feel like failure. But no one does recovery perfectly. Setbacks may happen early in recovery. When they do, **confess** them to God and your R40 team quickly, **learn** from what happened, **adjust** your plan, and move forward. Progress always matters more than perfection.

God does not call us to be perfect; **He calls us to do our best.** Scripture tells us to “*run in such a way as to WIN the prize*” (1 Corinthians 9:24) and that “*whatever you do, do it all for the glory of God*” (1 Corinthians 10:31). You may not be able to control every circumstance in your life, but you can control how you respond. By God's grace, you can choose to do your best today!

Three Ways to Overcome Perfectionism

1. **Seek God to uncover the root.** Ask God to reveal where your perfectionistic tendencies began. Common roots may include:
 - Abusive, rigid, critical, or shaming parents
 - A deep need for approval or acceptance stemming from insecurity
 - Believing your worth is based on performance
 - A desire to be in control
 - Learning that good performance brought praise
2. **Silence the shaming voice.** When self-criticism rises up, tune it out and declare: “By the grace of God, I am doing my best today, and that is good enough.”
3. **Lay down the burden.** Meditate on Matthew 11:28–30 (in today's devotional). Jesus invites you to release the heavy weight of perfectionism and walk in His rest instead.

How has perfectionism shown up in your recovery so far? In what ways has it helped you, and in what ways has it hurt you?

When you fall short, what is your first response: shame or surrender? What does that reveal about what you believe God expects from you?

How can this principle help you continue moving forward in your recovery?

**“Progress happens when you bring your weaknesses and setbacks into the light...
perfectionism wants to keep them in the dark.”**

Confess | Learn | Adjust | Declare

Reflect on your week to evaluate your progress in recovery and identify any setbacks or unhealthy patterns that might need acknowledgment. Consider what lessons each experience offers and what adjustments you can implement to stay spiritually on course today. Also, think about declaring any victories from the week. Write down what comes to your mind.

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.

Early recovery asks one question every day:
Will you trust the pain of growth more than comfort?

Reflect

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.

- C.
- L.
- A.
- D.

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.**

Confess | Learn | Adjust | Declare

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

- C.
- L.
- A.
- D.

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. ⁷These 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?

Confess | Learn | Adjust | Declare

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.

- C.
- L.
- A.
- D.

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:

Confess | Learn | Adjust | Declare

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

- C.
- L.
- A.
- D.

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. ²⁹ **He gives strength to the weary and increases the power of the weak.** ³⁰ Even youths grow tired and weary, and young men stumble and fall; ³¹ but 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:

Confess | Learn | Adjust | Declare

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.

- C.
- L.
- A.
- D.

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?

Confess | Learn | Adjust | Declare

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
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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 *WIN 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.