



## DAY 1

### Confess | Learn | Adjust

David asked God to show him where he needed to **adjust** in Psalm 139:23-24. “**Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting.**” If God searched your heart today, what adjustments would He recommend you make?

### Read | Listen | Apply | Change - Psalm 51

This is an important recovery Psalm because David is sharing from a heart of Godly sorrow over his sin as an adulterer and murderer. Try to identify with the sorrow he was feeling over his sin.

What is God saying to you in this passage?

What steps can you take to **apply** this to your life, and if you do, how could it change you?

### Reflection Verse! Psalm 51:6,10, 12 - Lord, make us men of Godly integrity!

*Surely You desire truth in the inner parts... Create in me a pure heart, O God... Restore to me the joy of my salvation.*

### Purity Principle | Quote | Thought | Prayer

God never rejects a humble, repentant heart! **Never!** He wants to use your sin to work His character in you for your good and His glory! He desires you to completely surrender to His will in your life. He wants you to learn that you are weak apart from Him, but in Him **you are Superman Strong!**

**He is** in the business of “**forgiveness, restoration, and creation!**” He wants to create in you a clean heart! He wants you to grasp that you can’t walk in purity without Him or your brothers! We need Him and each other more than we realize!

**David asked God to restore the joy of his salvation** in V12 today. This indicates that he must have lost site of what brought him real joy in the first place. He possibly lost his joy in God and tried to get that joy from sex with Bathsheba. **How did that thinking work out for him?** How has it worked for you? Think about it...

### Going Deep with God - Talk | Listen | Journal

What do you want to ask God about? Write your question down and the answer He gives you.

Question:

Answer:

## DAY 6

### Confess | Learn | Adjust

Draw close to God. Write below anything you have not dealt with this week! Anger issues? Not controlling eating? Lazy? Depressed? Too much alcohol? Pain meds? Etc.?

### Your “Top 3”

Write **3 aspects** from your Integrity Work this week that you don’t want to forget. It may be a principle, a scripture, or something that God is teaching you. Share these with your R40 team!

- 1.
- 2.
- 3.

### Read | Reflect | Respond | Pray

Lectio Divina is latin for divine reading. It is the practice of reading the scripture with purpose. It is designed to promote a close, intimate relationship with God and to increase your knowledge of God’s Word. The Bible is not to be simply looked at as a book but to realize it IS God, the Living Word! Let this verse come alive to you and put into practice Lectio Divina.

“Among you there must **not** be even **a hint** of sexual immorality, or of **any** kind of impurity... because these are improper for God’s holy people.” Ephesians 5:3

Read -

Reflect -

Respond -

Pray -

**I may not be the man I want to be; I may not be the man I ought to be;  
I may not be the man I hope be; but praise God, I’m not the man I used to be.**

~ Martin Luther

## DAY 5

### Confess Setbacks | Celebrate Victories | Learn | Adjust

Keep Short Accounts. This is an R40 phrase used to remind us to not let things pile up. These piles can give our flesh and the enemy inroads into our lives. Confess, Learn, Adjust is an easy way to help you identify what's going on daily so sin's deceitfulness can't harden your heart. Talk to God about your yesterday. Any setbacks or victories? What did He say?

**Read | Listen | Apply | Change - Psalm 139** This Psalm never gets old! What was God saying to you as you read His **Holy Word** today?

What steps can you take to apply the Word He gave you to your life? How could it help assist you in your recovery?

**Reflection Verse: Psalm 139:1-4** Wow! God is sovereign. How's this touch you?  
*You have searched me, Lord, and You know me. 2 You know when I sit and when I rise; You perceive my thoughts from afar. 3 You discern my going out and my lying down; You are familiar with all my ways. 4 Before a word is on my tongue You know it completely, O Lord.*

### Purity Principle | Quote | Thought | Pray

H.A.L.T. is an acronym to help you identify various times when you may be more susceptible to temptation. Ask God to help you become "aware" of when you're feeling **Hungry, Angry, Lonely, and Tired (HALT)**. **These can be triggers** for those of us battling sexual brokenness.

I made up an **Identity Acronym**... **S.A.L.T.** (Saint, Atoned, Loved, Temple) because we are to be the "**SALT**" of the earth (Matthew 5:13). **This is our identity** and it helps to keep our focus on who & Whose we are, more than, focusing on our triggers. **It's good to be aware of your triggers, but don't make them your focus.** Write your own acronym to help you "**focus**" on who God says you are. **What is your new Identity in Christ?**

### Talk | Listen | Journal

Psalm 139 is the **Identity Psalm**. Talk to Him as a Daddy today realizing that He loves you and knows you intimately. As His child, ask Him, "**Daddy, why did You make me the way I am?**" "**What's special about me?**" Write below His answers:

## DAY 2

### Walk by the Spirit | Confess | Learn | Adjust

*"If you live according to the flesh, you will die; but if **by the Spirit** you put to death the misdeeds of the body, you will live. **For those who are led by the Spirit of God are the children of God.**"* Romans 8:13-14 Have you been led by the Spirit or the flesh this week? Explain:

### Read & Think about what you're reading! - Psalm 63

What was God saying to you personally as you read through Psalm 63?

If you applied what He said to you, would it impact your life? Could it help your recovery?

**Reflection Verse: Psalm 63:1, 3** Is God your God, your Lord, and your Life? Why?  
*You, God, are my God, earnestly I seek you; My soul thirsts for you, my whole being longs for You... Your love is better than life.*

### Purity Principle | Quote | Thought

Author Peter Trucker said, "**Doing the right thing is more important than doing the thing right.**" This is such a simple statement but is really deep when you think about it. We make it so difficult sometimes to live out the Christian faith. But God is really simple. Here are **a few simple steps** to living a simple Christian life 1) Love God 2) Love others 3) Obey moment by moment following the Holy Spirit's guidance 4) Rely on God's power 5) Confess | Learn | Adjust when you sin. Simple!

**If you love God**, you will have to tell OTHERS at some point! You will love OTHERS, teach OTHERS, and serve OTHERS. The Word says if you love God, you will try to obey Him! When you love God, it turns "**I have to**" into "**I get to!**" Real love for God and belief in God changes everything! God's laws are no longer a burden (1 John 5:3), but they are there to bless us, keep us safe, and help us realize how much we need Him!

**Do the next RIGHT THING!**

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

In today's reading, David said his "**soul thirsts**" for God and that God's love is "**better than life!**" Most scholars believe the SOUL is a combination of your **1) Mind 2) Will and 3) Emotions**. What is the condition of your soul? How does it affect your love for God? Express your thoughts below:

## DAY 3

### Confess Yesterdays Setbacks | Learn Today | Adjust for Tomorrow

Ask God about how He feels you lived yesterday? What can you learn from it? What adjustments will need to be taken?

### Read! | Reflect! | Hear! | Apply! | Change! - Psalm 103

What was God impressing on you today as you read His Word?

How can Psalm 103 impact your life if you apply it? How could it possibly help your recovery?

### Reflection Verse: Psalm 103:2,10,12 - How does this “impact” how you live for Him?

*Praise the Lord, O my soul, and forget not all His benefits... He does not treat us as **our sins deserve** or repay us according to our iniquities... as far as the east is from the west, so far has **He removed** our transgressions from us. Wow!*

### Purity Principle | Quote | Thought | Pray

**TV character, Gomer Pyle**, often said, “**Surprise! Surprise! Surprise!**” and we all laughed! But there is a **surprise** coming to many who call themselves Christians. Many people believe you just have to be a good person in order to get into heaven. They believe doing good acts of service will make up for all their sins. Picture sin on one side of a scale and good works on the other and as long as the **good outweighs the bad**, they think they will be in heaven. Wrong.

**The Bible tells us this isn’t correct.** Salvation’s by grace through faith in Jesus Christ. All of our sin, past, present and future, were placed on Jesus at the cross. He took our punishment, paid the price, and reconciled us to Himself. All we have to do is turn from our sins, believe He is the Son of God, and receive His forgiveness. Ephesians 2:8-9, Romans 10:9-10, Matthew 7:21-27

Our desire to be obedient is proof that we actually believe He is our Lord (James 2:17). So, part of the reason we get rid of sexual lust from our lives is so nothing clouds our love for Jesus. As our love for Him grows, we develop a hatred for evil (Romans 12:9). Our sin begins to look like vomit (Proverbs 26:11). **Focus on building a relationship with God rather than trying to stop sin!** What do you have to gain in this life by obeying God’s Word? Share below your answer:

## DAY 4

### Confess Setbacks & Victories | Learn | Adjust

As you practice this principle of meeting with God daily to talk with Him about your yesterday, you will begin to reap the fruit of this exercise. Don’t grow weary in the process. When you plant good seed; it will grow. Your thoughts?

### Read | Hear | Reflect | Apply | Change - Psalm 119:1-24

What is God saying to you in this passage?

What steps can you take to APPLY this to your life? How could it help change your life?

### Reflect: Psalm 119:127-128,133 - Why’s the Psalmist hate every wrong path?

*Because I love Your commands more than gold, more than pure gold, 128 and because I consider all Your precepts right, **I hate** every wrong path... Direct my footsteps according to Your Word; let no sin rule over me.*

### Purity Principle | Quote | Thought

**“Why did God create Adam before Eve? Because He didn’t want any advice on how to do it!”** Joke! Don’t tell my wife that one! Lol. Guys, we need God to open our eyes as to **why** our wives or fiancées are such an important part of our lives.

God said, **“It wasn’t good for man to be alone. I will make a helper suitable for him.”** You can see He created this TEAM to navigate life together. He made wives a suitable helper for each man! We need to love and cherish this gift God gave us as our teammate, the mother of our kids, and our lover! We are called to **love them them for better or for worse, in sickness and in health. Remember this while you’re driving together! ;)**

**90% of the time our wives are the way they are because of us!** We are to lead in love and make them feel valued. They are a gift! If you’re not experiencing this blessing, you may want to look in **the mirror** and ask yourself how you’re doing as a husband. Ask her how you’re doing and what areas you may need to work on. Ask her if **she feels valued** when you discuss issues. Does she feel like you’re a team working together? **This may be painful to address**, but to get the most out of your marriage these questions need to be answered! More than a Conquer?

### God

Talk with God about Psalm 119:24. Is God’s Word your delight? Your counselor? Ask Him why or why not. Write down what He impresses on you.