

DAY 7

Sitting with God - Practice just sitting with God.

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

Practice quieting your mind and learn to enjoy just being in His presence. Picture yourself sitting next to Jesus in your favorite, peaceful place. See Him smiling at you, and allow yourself to be loved by Him doing nothing to deserve it and asking for nothing in return. Just BE still and Be Loved! Notice how you're feeling. Return to this sweet place whenever you're feeling anxious or tempted.

Worship - Pick a few songs or use the ones we recommend. Think about what you're singing. Talk and pray to God in the middle of the songs. Imagine Jesus & Father sitting on Their thrones and you are singing to the two of them.

1) **Speak to Me** by Dave Lubben 2) **Way Maker** by Leeland

Share anything God impresses on you from your worship time:

WIN

Winning Strategies to Become A Man of Sexual Integrity

Recovery Work

Week 3

DAY 1

Keep Short Accounts - Confess | Learn | Adjust

This term is used to remind you to not let things build up between you and God. Every 24 hours, the goal is to **Confess** your wrongs & victories, **Learn** from them, and make **Adjustments**. This is a lifelong habit to try to practice daily. It will change your life!

Read / Listen / Apply - Matthew 7:24 Write & Reflect...

List the five themes of Matthew 7:24 below and how each apply to you.

1. Everyone - How?
2. Who hears these words of Mine - How?
- 3.
- 4.
- 5.

Soul Work

THE CAST is a variety of practical things you implement in your life to help you recover and keep from relapsing. Like a **CAST** on a broken bone, these things won't heal you but will keep you stable while God is healing you inside. These have been studied by the leading experts in the field of sexual addiction over the last 30 yrs and have been deemed necessary to speed up and ensure recovery.

THE CRAZY PART: Many men won't apply these to their lives even though they are spending time, money, and energy to get free! They say they want recovery but are unwilling to put them into **PRACTICE**. Then they wonder why they aren't healing.

Your **SOUL WORK** is to sit with God and talk about why you won't do what the leading experts in the field of sexual addiction recovery say to do? Do you think you know better? Could this be part of the problem? Is this what keeps you from putting God's Word into **PRACTICE**? Take a few moments right now to ask yourself, "Why don't I do them?"

Your Challenge

This is a tough challenge to do what **you don't think** is necessary. Proverbs 14:12 says, "***There is a way that seems right to a man but in the end it leads to death.***" Underline below the aspects of the CAST that you believe you should be **PRACTICING**.

Have a daily, devotional time with God Memorize Scripture. **HAVE A PLAN FOR ALONE TIMES**

Identify triggers and boundaries. **Think on identity scriptures before you go to sleep**

Put Electronics away 30 minuses before bedtime. **Protection on Electronics: cell, computers, pads, Xbox, TV**

Proclaim "5" things you're thankful for as you step into the shower. **Call 3-men/week**

You can't do all of these at once. Don't let the enemy try to discourage you with the challenge today. It is about progress and going in the right direction... not perfection! You are now engaged in a war and need to practice and train to be victorious with God's help. Charge! The battle belongs to the Lord!!

DAY 6

Confess Yesterday's Mistakes & Victories, Learn Today, Adjust for Tomorrow!

This is a crucial step to freedom! Ask Him how you did living for Him in your last 24 hours.

Your Top Three - Write **3 aspects** from your Recovery 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 with your group this week.

1)

2)

3)

DAY 5

Confess / Learn / Adjust - Is this a Daily Habit?

Write below what you learned new about yourself in the last 24-48 hours.

Read / Listen / Apply James 1:14-15 "The Cycle of Sin"

Write the passage and **think about how your own desires** have lead you down a road to death. In today's culture, we want to BLAME our behavior on someone else and what they did to us. It may have influenced our choices, but we are never given an **excuse to sin** because of what others have done to us. **We must be men and take responsibility for our behavior.**

When is the best time to take action against temptation: at ABC or MNO or WYZ on the A-Z Temptation Scale? How are you able to stop the temptation before it takes hold of you and you sin?

Soul Work

Blaming started in the Garden of Eden after Adam and Eve ate from the tree of the knowledge of good & evil. When God asked them if they ate from it, the man said, **"The woman you put here gave me the fruit and I ate it."** The woman said, **"The serpent deceived me."** So He curses the serpent, tells the woman she will have pain in birth, and to the man HE says, **"Because you listened to your wife and ate from the tree I commanded you, 'You must not eat from it', cursed will be the ground... and through painful toil you will eat of it."** Gen 3:11-19

Did God excuse Adam and Eve's sin because of the influence of someone else on their lives? No. God is gracious and forgives our sin, but we are still responsible for what we do! Eve couldn't blame Satan for his influence on her, and we can't **blame others** for how WE behave either. **What can you learn from Adam and Eve?**

Your Challenge

We must take responsibility for our actions, e.g., sexual sin, anger or any other sin. **CONFESSION** is agreeing with God that we sinned and what we did was wrong. BUT realize God understands your situation perfectly! **He is GRACIOUS & MERCIFUL!** We must man up when we act out and quit blaming our wives, others, our past, or even God for making us this way. **Stop!** Adam and Eve still had to deal with **the consequences of their sin**. Instead, ask God what HE desires to teach you through this trial. He loves you and is with you for the long haul. **You can only find TRUE FREEDOM when you take responsibility for your own actions. MAN UP & WALK FREE!**

Intimacy Building with God

Blaming is a hard habit to stop. Ask God to make you aware when you're blaming. Listen...

DAY 2

Keep Short Accounts - Do you have anything to **Confess or rejoice** about from your last 24 hrs? What does God want you to **Learn** from it? Any lies you're believing that you need to replace with truth? **Adjust!**

The **Confess / Learn / Adjust** section is to help build the daily habit of asking God if you have any sin you need to deal with in your life over the last 24 hours. **Stay free! Keep a clear conscience!** Eliminate new bad habits from taking root. Deal with issues immediately! Learn from your mistakes and make the immediate adjustments to not do it again. Journal this daily. **If you slip, confess and journal what you can learn from it!!**

Read / Listen / Apply - Hebrews 11:1 is foundational to our lives as Christians!

As you write this verse, reflect on your faith in God to take care of you and His desire to be involved in you and your family's restoration. **What is your HOPE in?**

What is God trying to say to you today as you write and meditate on this verse?

Soul Work

As Christians, we are to live a **supernatural life** because we have God living inside of us! We are different from the rest of the world. We are called to live by faith believing that an **unseen** God is directing our lives. Read the verses below and ask yourself if you **understand how to apply them in your life**. If not, what needs to change?

"For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." 2Cor 4:17-18

"For we live by faith not by sight." 2Cor 5:7

"We do not wrestle against flesh and blood but against... spiritual forces of evil in the heavenly places." Eph 6:12

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight." Prov 3:5-6

Your Challenge

When your wife or someone offends you, is your first thought to defend yourself, or do you **ask**, "I wonder if the spiritual forces of evil could be using this person to try to steal my peace?" **Make a decision** to pray for them right then, and don't respond to their attack. If you can stop an argument and solve a disagreement, then it's a win/win.

Intimacy Building with God

Ask God what He would like to talk to you about today. Write it down.

DAY 3

Confess / Learn / Adjust - Is this a daily habit? If not, why?

Read / Listen / Apply- John 1:1&4 Reflect on the fact that **God is the Word and He is LIFE** as you write these verses! Everyday we get to spend the day with GOD. WOW!

Soul Work

The goal today is to grasp the truth that nothing in this world can change you like **the WORD...** because it is God. He is the **Wonderful Counselor**. He is the **Prince of Peace**. Understanding the importance of the WORD in your life will greatly shorten your recovery time. **Soak** in the WORD today. **Marinate** yourself in it! The WORD is not a typical book! If you read it that way, it loses much of its power! **Read God's amazing WORDS below:**

Isaiah 55:11 **My Word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.**

James 1:22 **Do not merely listen to the Word, and so deceive yourselves. Do what it says.**

Matt 22:29 **You are in error because you do not know the Word or the power of God.**

Ps 119:105 **Your Word is a lamp for my feet, a light on my path.** (It guides us.)

2Timothy 3:16-17 **All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.** (It prepares us.)

Luke 11:28 **Blessed are those who hear the Word of God and obey it.** (It blesses us.)

Hebrews 4:12 **For the Word of God is alive and active... it judges the thoughts and attitudes of the heart.** (It shows us our motives.)

Psalms 119:9 **How can a young person stay on the path of purity? By living according to Your Word.** (It purifies us.)

Psalms 119:11 **I have hidden Your Word in my heart that I might not sin against you.**

2Tim 2:15 **Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the Word of truth.**

Ps 18:30 **As for God, His way is perfect: The Lord's Word is flawless...**

Your Challenge

Understand the importance of the WORD in your life and how it can change you. Write below any **new thoughts** you have learned about **the Word of God!**

#TheWord=God=Creator=Life=Living=Jesus=Freedom!

Intimacy Building with God

Chat with God about **your attitude** towards **the Word** and what HE might have you change.

DAY 4

Confess / Learn / Adjust - David asked God to show him where he needed to adjust. **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.** Ps 139:23-24

Read / Listen / Apply - Romans 1:21-22 Thankfulness

Write this verse.

What is God saying to you through this verse?

Why is thankfulness a great way to show you KNOW God?

Soul Work

Thankfulness! It's a great way to glorify God. It demonstrates to others that our blessings come from GOD! **Daily** you should be stating "5" things you're thankful for as you step into the shower! Every time you step into the shower your mind will be meditating on how grateful you are to God. This will help transform your mind from "**selfish thinking**" to "**grateful thinking!**"

Meditate on the scriptures below to work on Mind Transformation.

Be joyful always, 17 pray continually, 18 give thanks in all circumstances; for this is God's will for you in Christ Jesus. 19 Do not put out the Spirit's fire... 22 avoid every kind of evil. 1Thes 5:16-19, 22

15 and be thankful 16... sing spiritual songs with gratitude in your heart.

17 Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him." Colossians 3:15, 16, 17

"We are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, 29 for our God is a consuming fire. Hebrews 12:28-29

What did you learn about thankfulness? How can you implement what you've learned?

Your Challenge

Ask God to help you **develop a heart of THANKFULNESS** for what He is going to teach you through your sexual addiction and how He will work it out for good. Learning to be thankful for the blessings and trials in life **is a character quality that develops over time** and takes practice. List below "3" difficult things you want to be thankful for even though right now you're not.

1)

2)

3)

Intimacy Building with God

Talk to God about being thankful **for how He created you...** all the good, bad, and ugly.