

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 being in His presence. Remember, we are human beings not humans doing. Be still before God...

Picture yourself sitting next to Jesus in your favorite, peaceful place. See Him smiling at you.

Allow yourself to be loved by Him doing nothing to deserve it and asking for nothing in return. Notice how you're feeling. Return to this sweet place whenever you're feeling anxious or tempted. **Write down anything you want to remember from your time with Him:**

Worship - Listen to *"I Can Only Imagine"* by Mercy Me. Write down anything God impresses on you from your worship time.

How could thinking about this song change how you live and help you recover?

Verse of the Week - Write out a verse the Lord really touched you with this week.

"When you can stop, you don't want to. And when you want to stop, you can't.
That's addiction!"



DAY 1
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
Write down what God found when He searched your heart.

Read / Listen / Apply / Change - Galatians 2:11-21 This book is a call to freedom. Paul is teaching us in this passage that we are justified by faith not by our actions. We are dead men made alive by Christ. In your own words, what does it mean to be dead? Dead to what? Why does this make a difference on how you live?

How can you APPLY this in your life in order to help your recovery?

Reflection Verse - Titus 3:4-5 - How does this verse correlate with today’s reading?
When the kindness and love of God our Savior appeared, 5 He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit...

5 Minutes with God - Talk / Listen
I love that God lets us see the apostles experienced conflict. But let’s focus on V20 and the NEW LIFE we have in Jesus. Read this verse again and **ask God** questions like, “**What does it mean, God, to be crucified with You?**” or “**If I no longer live, Lord, how am I to live with You in me?**” Ask God questions about this verse, then listen...

Purity Principle/Thought - Christ lives in you. He is the Word. It WILL change you! Ezra the priest, wrote in Psalms 119:24, “*Your statutes are my delight, they are my counselor.*” God’s counsel doesn’t cost \$100/hr; it’s free! God guarantees His Word will CHANGE your life as you APPLY it to your life. Why run to a counselor first?

Why wouldn’t you dig into God’s Word for answers and SEEK Him first? No time? A counselor knows better? Laziness? You don’t know how to find the answers in His Word? It may be time to get a mentor. The answers are in His Word! Challenge yourself today to get into the **Word** in a different way than ever before. Ask God to help you!

Read the verses below. Write down “**7**” reasons why reading God’s Word DAILY is so important. Heb. 4:12; 2Tim 3:17; Ps 119:24,105; Rom 10:17; Ps. 119:11; Matt 4:4; John 17:17

1.

2.

3.

4.

5.

6.

7.

8. Bonus Answer

DAY 6
Confess / Learn / Adjust Every Day
Be WITH God. Is there anything you have not dealt with yet this week? Share below.

“Nothing is impossible with God!”

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

Be prepared to **share these “3” with your R40 small group every week!**

1)

2)

3)

“How can a young man keep his way pure... by living according to the Word.”

DAY 5

Keep Short Accounts - Confess / Learn / Adjust

- 1) Prayerfully **confess** & turn from your wrongs; celebrate your victories from yesterday.
- 2) Identify a LIE you believed or a FEELING you were trying to satisfy. What is the truth? What can you **learn** from it?
- 3) What **adjustments** can you take in order to not repeat the same mistakes?

Read / Listen / Apply / Change - Ephesians 1:1-20

What is GOD SAYING to you in this passage?

What steps can you take to APPLY this to your life? How will it help you in your recovery?

Reflection Verse - Joshua 1:9 - Joshua had to trust God to lead him. Will you?

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

Purity Principle / Quote / Thought / Prayer

A very wise man of God once said, **“Choose for yourself this day whom you will serve.”** With every choice we make, we get to decide WHOM we’re going to serve. **Joshua** could have asked in Chapter 24, “Are you willing to serve God in every thought, every temptation, every trial?” **These all come our way daily.** Maybe the question really is, “Have we chosen to surrender and make HIM LORD of every area of our life?”

Most of us have chosen HIM as Savior, but how about LORD? Have you? Do you want Him to direct your every step? Are you afraid to trust Him? Why?

No one serves God perfectly or makes every right choice! More importantly, is this your desire?

Talk with God - Today’s reading is about who God says you are to Him. Find peace in that. He chose you! He died for you! He lets you choose how you will live. Write below WHOM you will live to please and why?

Read Eph 1:3-6. Then ask God **why HE CHOSE YOU** out of all the people on the earth to be **His child**. Listen closely to what He says...

DAY 2

Walking in the Spirit - Confess \ Learn \ Adjust

Read Galatians 5:16-18 for a good explanation of how to walk in the Spirit!

Read / Listen / Apply / Change - Galatians 3:10-29

What is GOD SAYING to you in this passage?

If you APPLY this to your life, how will it help you in your recovery?

Reflection Verse - Jude V4 - How does this verse apply to today’s study?

For certain individuals whose condemnation was written about long ago have secretly slipped in among you. They are ungodly people, who pervert the grace of our God into a license for immorality...

Purity Principle / Quote / Thought / Prayer

Regarding Satan’s tactics to defeat us, C.S. Lewis wrote, **“He wants us to be preoccupied with our sins so we live a life of defeat.”** Ask God to help you live a life that is preoccupied with HIM. Tell Him you want to fulfill the calling He has on your life. Try to walk each moment in your **new identity as a Christian. This is key to victory over sin!!**

Focus your thoughts on, **“What Would Jesus Do.”** (WWJD) What would He do in your circumstances? How would He handle the temptation that is coming at you? Write out a strategy for how you will live in order to be **victorious today:**

5 Minutes with God - Talk / Listen / Journal

Today’s study is about your **justification through faith**. Your **faith & salvation** are the **most valuable** things you own. They were given to you as a free gift! Every Christian man I’ve asked would not sell their salvation for \$1,000,000,000. Talk to Jesus about this gift He has given you. Then write **how it makes you feel and why it changes how you live!**

DAY 3

Keep Short Accounts - Confess / Learn / Adjust

What do you think it means to keep short accounts with God?

Read / Hear / Reflect / Apply / Change - Galatians 5:13-26

What did GOD impress on you as you read this passage?

Describe what it means to live out Gal. 5:16-18 and how this will keep you from sin:

5 Minutes with God - Talk / Listen / Journal

There are **key verses** today that you must understand at the soul level. When God shows you how to live by these, your **freedom from lust** will be easier to maintain. God said,

“It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” Gal 5:1

“You, my brothers, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.” Gal 5:13

“Walk by the Spirit, and you will not gratify the desires of the flesh.” Gal 5:16

“Those who belong to Christ have crucified the flesh with its passions and desires.” Gal 5:24

Ask God what He wants to teach you from these verses about overcoming sin?

1.

2.

3.

Reflection Verse - Galatians 5:24-25 - What does it mean to crucify the flesh?

*Those who belong to Christ Jesus **have crucified the flesh** with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.*

Prayer

If you're able, kneel and pray. “God, You told me in today’s reading that you “called me” to be FREE. You want me to be free from the bondage of sexual sin so I can **focus on loving and serving others**. I’m sorry for the years I have wasted pursuing my lusts. Lord, they are an abomination to You! I deserve hell, but through Your blood and Your grace, You have forgiven me SO I CAN WALK FREE. Thank You! Thank You! Amen.”

DAY 4

Listen to What God is Saying to YOU About How You Lived....Yesterday!

Write down what He said...

Read / Listen / Apply / Change - Galatians 6:1-10 - Key recovery passage!

What is GOD SAYING to you in these verses? How can it help you in your recovery?

Reflection Verse - Galatians 6:9 - Don’t give up! Obedience eventually pays well.

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Purity Principle / Quote / Thought / Prayer

Here’s a crazy thought. **“100 pianos all tuned to the same fork are automatically tuned to each other. They are of one accord by being tuned, not to each other, but to another standard to which each one must individually bow,”** said A.W. Tozer, a famous evangelist. Our focus must be on the **STANDARD who is Jesus, our Savior and our Lord!**

Our life must be set on **“His Standards”** and NOT the standards of this world. Does your life resound with the ring of the world or the sweet hum of Jesus? Ask God what He wants your heart focused on besides Him? Write down what you hear...

How do His standards compare to yours? In the areas of love? Language? Jokes? Little white lies? Alcohol you drink? Criticism? Etc. Why is this important?

5 Minutes with God - Talk / Listen / Journal

Unlike the 100 pianos above all in tune, you have a war of discord going on inside of you. It’s the battle of **flesh vs spirit!** Gal. 6:7-8 says you get to choose which one you will obey. You will reap a harvest, either good or bad, from those decisions. You will not reap immediately, just as it takes time for a seed to grow. **You never reap at the same time you sow! Talk with God about the new seed you WANT to PLANT.** Name the SEED!