



# FUNDAMENTALS

THE FOUNDATION OF RECOVERY

R40

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.

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## Identify Temptation Patterns

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**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.

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

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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.

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## Renewing The Mind

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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?

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

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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.
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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.

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## Fight or Be Destroyed

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**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?

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

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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.



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## Discovering Your “Why”

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**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.

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

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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.

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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!

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## Focus on Progress

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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?

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

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**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.

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- 3.

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

## Reflect