



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 **Confess | Learn | Adjust | 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 Revive40 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 managing 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