

DAY 1

Confess Setbacks & Celebrate Victories | Learn | Adjust

Connection Passage - Psalm 37:1-4, 37:4-6, 23-24

V1 I have a message from God in my heart concerning the sinfulness of the wicked: There is no fear of God before their eyes. V2 In their own eyes they flatter themselves

too much to detect or hate their sin. V3 The words of their mouths are wicked and deceitful;

they fail to act wisely or do good. V4 Even on their beds they plot evil; they commit themselves to a sinful course and do not reject what is wrong.

V4 Take delight in the Lord, and He will give you the desires of your heart. V5 Commit your way to the Lord; trust in Him and He will do this: V6 He will make your righteous reward shine like the dawn, your vindication like the noonday sun.

V23 The Lord makes firm the steps of the one who delights in Him; V24 though he may stumble, he will not fall, for the Lord upholds him with His hand.

What are the “7” sinful behaviors of the wicked God listed in V1-4?

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | |

Which of the “7” behaviors above are you struggling with personally? How do you believe God wants you to deal with them.

- 1.
- 2.
- 3.

Describe in your own words what it means to “**delight in the Lord.**”

Describe in your own words what it means to “**commit your way to the Lord.**”

Your Challenge

Notice there is no guarantee for the man who delights in the Lord and is committed to Him that he won’t stumble at times. But **God’s promise** is that we won’t fall because He will catch us with His hand. Look up the definitions of the words delight and commit. Then ask yourself **if you’re really delighting in Him? Are you really committed to living for Him?** What’s holding you back if the promises described in V4-5 are for those who do? Ask God where you’re at!

Delight Yourself in the Lord

Practice delighting yourself in Him in your mind right now. Try to remember all the things He has done for you; like giving you eye’s and a mind that’s able to read and comprehend this right now. Remember that your going to heaven. He lives inside of you. He is amazing!

DAY 6

Confess | Learn | Adjust

What inappropriate behavior kept lingering around you last week? What’s God want you to do with it this upcoming week? Do you also have **ONE WIN** from the week to write down!?

“Your Top 3”

Share what God has been doing “in you” this week with your R40 team. Someone once said, “**You can’t enjoy the possession of something unless you can share it with someone!**”

- 1.
- 2.
- 3.

The New You

You are still you but you are a new an improved version of you. This is called the sanctification process that God does in each of us. Below are a few **New You** scriptures to reflect on.

*“If anyone is in Christ, **he is a new creation**; the old has gone, the new has come!”*
2 Corinthians 5:17.

*“For **we are** God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.”* Ephesians 2:10

*“I no longer call you servants, because a servant does not know his Master’s business. Instead, **I have called you friends...**”* John 15:15

Write down a short “New You” statement to be memorize and recalled when you are feeling down, discouraged, or tempted. **God will use this** to power you through those moments and reset your thinking! This is your Biblically based identity as a Christian man.

Reflect | Memorize One!

Write down a scripture that will help you remember who you are and the purpose for which you were created. You are who God says you are. Memorize this verse and use it often.

“Are you crazy enough to believe the Bible is true? Are you crazy enough to trust that God loves you and is forming you into His image? Are you crazy enough to think that ‘you’ could make a difference in this world for Christ?” What’s crazy is that people like you are the ones that do!

DAY 5

Confess Setbacks | Proclaim Victories | Learn | Adjust

Have you had any setbacks or victories over the last few days? If setbacks, describe what they are feeding in you and what triggered them.

Connection Passage - Psalm 100:1-5

V1 Shout for joy to the Lord, all the earth. V2 Worship the Lord with gladness; come before Him with joyful songs. V3 Know that the Lord is God. It is He who made us, and we are His; we are His people, the sheep of His pasture. V4 Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name. V5 For the Lord is good and His love endures forever; His faithfulness continues through all generations.

Shout for joy to God! Do this sometime today, perhaps in your car. Pretend you're at a football game and your team scores the winning touchdown just as the time expires. **Shout to the Lord and praise Him** for freely giving you eternal life, food on the table, the car you're driving, freedom from sexual bondage, and anything else you can think of!

List the "5" things you are very thankful for right now!

- 1.
- 2.
- 3.
- 4.
- 5.

Answer the following concerning the **worship of God**:

Do you feel like you're coming into God's presence when you **worship**? Why?

Do you willingly and frequently **worship God** outside of church? Why?

Do you experience joy as you **worship**? Why?

Do you feel like you're just going through the motions when you **worship**? Why?

The questions above aren't to make you feel guilty or broken but to challenge you. What've you learned about yourself today and about **worship**?

The Challenge

Worship God through song today! Below are a couple suggested songs, but feel free to choose your favorites. As you worship, focus on **the fact that God's good and He's dependable!** You may want to Google the lyrics to the songs.

"I Will Rise" by Chris Tomlin

"O Come to the Alter" by Elevation Worship

"Give Me Jesus" by Jeremy Camp

"The Stand" by Hillsong Young and Free

Worship the Author of Your Life

Reflect on why we worship the Creator, Savior, and Judge. Be still and listen.

DAY 2

Confess & Repent | Adjust

It is important to remind yourself that repentance is a key to recovery. We can confess over and over but if we never turn from our sin, our confession is insincere. How is your repentance from sexual brokenness being demonstrated in your life?

Connection Passage - Psalm 40:1-4, 10

V1 I waited patiently for the Lord; He turned to me and heard my cry. V2 He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. V3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in Him. V4 Blessed is the one who trusts in the Lord, who does not look to the proud or to those who turn aside to false gods.

V10 I do not hide Your righteousness in my heart; I speak of Your faithfulness and your saving help. I do not conceal Your love and Your faithfulness from the great assembly.

"Waiting patiently!" This can be tough! If you're like most men recovering from sexual brokenness, waiting for God to restore your life seems to take forever. Christ being formed in us seems so slow. This is why many men run to other counsel outside of the Word of God. **Where did David get his help from** according to V1-4? Are you willing to wait and trust God will direct your steps and lift you out of the **"mud & mire?"** Why or why not?

What are the "4" benefits David received by **waiting according to** today's passage?

- 1.
- 2.
- 3.
- 4.

David is saying in V10 that he proclaimed to everyone what God did in his life. David had a lot of bad stuff happen to him, but he doesn't focus on it here. He focuses on what God has done for Him. How about you? **Where is your focus?** Are you learning to "count it all joy" in the middle of trials (James 1:3)? Do you want to tell others about His love & faithfulness? Why?

The Challenge

Blessings! V4 says they come to the man who trusts that God knows what He is doing! We are blessed when we wait patiently. He knows what's better for us than other people, counselors, or even pastors. **God has created us to sit and talk with Him in relationship, and then He directs our steps.** He wants to bless you as His child! Be patient. He is faithful! What's does His "faithfulness" mean to you? Is God **faithful** to you even when you sin or when you break your promises? Reflect on these concepts God's teaching you from His Word today.

DAY 3

Confess | Replace False Beliefs with God's Truth | Adjust

Celebrate Victories but also deal with any lies you have bought into!

Connection Passage - Psalm 51:1-4, 9-13, 16-17

V1 Have mercy on me, O God, according to Your unfailing love; according to Your great compassion blot out my transgressions. V2 Wash away all my iniquity and cleanse me from my sin. V3 For I know my transgressions, and my sin is always before me. V4 Against You, You only, have I sinned and done what is evil in your sight...

V9 Hide Your face from my sins and blot out all my iniquity. V10 Create in me a pure heart, O God, and renew a steadfast spirit within me. V11 Do not cast me from Your presence or take Your Holy Spirit from me. V12 Restore to me the joy of Your salvation and grant me a willing spirit, to sustain me. V13 Then I will teach transgressors Your ways...

V16 You do not delight in sacrifice, or I would bring it; You do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart, O God, you will not despise.

In V1-2, David uses many “action phrases” in his plea to God for restoration, e.g., have mercy, unfailing love, blot out, wash away, and cleanse me. He is clearly dependent on **God to restore him**. How about you? Do you realize your need for God to restore you or can you do it on your own? Write in your own words your personal plea to God for **restoration**.

Do you need to have the “joy of your salvation” restored (V12)? Have you ever had lasting joy from the revelation that God died for your sins? Has your life been changed by Him? Ask Him to give you a new, daily excitement of the realization that you're forgiven and going to heaven.

Words to Reflect on from V10:

1. The word **create** in V10 is the same word used in Genesis 1:1: “Bara”. David is saying that if God can create the world out of nothing, He can create a pure heart in him.
2. **Renew** means to make new by rebuilding or repairing.
3. **Steadfast** is the Hebrew word “Nakun”. It means to erect upright, to stand right, true, firm, constant. It is the type of spirit that doesn't yield to temptation.

The Challenge

We can't please God with our actions if our hearts are not right first according to V16-17. Are you broken before God? **Do you feel a deep sorrow for your sin?** Your brokenness and humility before God is pleasing to Him! David was extremely sorry for what He did, but he did not keep beating himself up for the terrible, sinful choices he made. He reaped some severe consequences and hurt many people. But, he accepted God's forgiveness and went on to lead the nation of Israel as king. Later, he is described as a **man after God's own heart!** Questions:

1. Will you take responsibility for what you did and accept God's forgiveness?
2. What kind of man do you want to become?

It's up to you where you go from here! Some of the consequences of your sin may never change, but like David, you still have a **legacy** to leave. What legacy will you leave? You were created and chosen by God for a purpose. **Will you finish strong?** Think about it...

Jesus

Talk with Him about why He cleansed your sins and what He saved you to do on this earth.

DAY 4

Confess | Learn | Adjust

“This is the day the Lord has made, let us rejoice and be glad in it.” Psalm 118:24 What can you rejoice about from this last week?

Connection Passage - Psalm 91:9-16

V9 If you say, “The Lord is my refuge,” and you make the Most High your dwelling, V10 no harm will overtake you, no disaster will come near your tent. V11 For He will command His angels concerning you to guard you in all your ways; V12 they will lift you up in their hands, so that you will not strike your foot against a stone. V13 You will tread on the lion and the cobra; you will trample the great lion and the serpent.

V14 “Because he loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges My Name. He will call on Me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. With long life I will satisfy him and show him My salvation.”

Define from the dictionary: **refuge** -

How do you make the Lord **your refuge**?

How can making **God your refuge** change your life?

Angels are real! God sends His angels to guard us and watch over us. The Bible also calls them ministering spirits. How can angels help you in your battle against sexual sin?

Circle the “3” most important aspects of God to you that are listed below. Reflect on why!

He rescues	He answers you	His protection	His presence
salvation	His forgiveness	His love	He satisfies
His grace	His guidance	His comfort	His peace

The Challenge

Satan used V11-12 from today's passage to tempt Jesus in the desert in Matt 4:6. It is interesting that **Satan** leaves out the second half of V11. It's easy to twist Scripture to make it say what you want. This is why it's so important to **know Scripture**. It is easy to be **deceived** if you don't know what it says. Challenge yourself to begin a daily reading plan in the Word of God. The Bible is massive! It is necessary to continue to read it consistently for life. Don't put this off! **Good intentions will not change your reading habits**. This has to be a commitment you make; to know God's Word. Read a chapter a day and get started immediately!

The Lover of Your Soul

He wants you to know Him and the depth of His love for you through reading the Bible.