

Notes

Share what God is showing you during your devotional time. It may be something you don't want to forget or what you will share with your R40 team as part of your Top 3. Journaling your journey with God can be exciting to look back and see all the amazing things God did and what He taught you along the way.

“A man study’s because his brain is hungry for knowledge, even Bible knowledge.

But he prays because his soul’s hungry for God.”

—Leonard Ravenhill, Evangelist

BUILDING

GODLY

INTEGRITY

THROUGH THE BIBLE

“Those who cleanse themselves from the latter (dishonorable behaviors) will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work.”

These are Revive40 Men!

2 Timothy 2:21

Week 16

DAY 1

Confess | Proclaim Victories | Learn from Yesterday | Adjust

What victories have you been experiencing lately? How are you growing in the Lord? What have you **learned** new about yourself? Does anything need to be **adjusted** to continue in victory?

“Keeping short accounts is one of the most important habits to defeat sin.”

Read | Listen | Apply | Change - Philippians 2:1-16

What is God saying to you in this passage? If you apply this, how will it impact your life?

Write below the definition of **selfless**? On a selfless scale from 1-10, where would you place yourself? Explain:

Purity Principle | Quote | Thought

Louie Giglio said, “**Every problem in life doesn’t stem from thinking too little of ourselves, but thinking too little of God.**” God promises that He will work everything in your life for good if you love Him and are His child. **This is truth!** You can trust Him. You can depend on Him. He is Creator God! He formed you! He knows what will happen to you an hour from now... a day... a month... a year from now!

Call out to Him for His help today even in the little things. He loves when you bring Him into your everyday life. My kids will send me pictures or a video when they are on a trip so I can share in their experience. They will FaceTime me when they’re playing with my grandkids to include me in their lives. **Nothing brings me more joy!**

I believe your Dad in heaven also loves it when you include Him in your life. “What should I wear today, Dad? What would you like to do? **I just want to be with You, Dad!**” Try including Him in every aspect of your life. Enjoy His presence.

Reflection Verse: Romans 12:10-11 Jesus was the greatest servant of all.

*Be devoted to one another in love. Honor one another **above yourselves.** 11 Never be lacking in zeal, but keep your spiritual fervor, serving the Lord.*

From Selfish to Selfless

It could be argued that V3-4 today are a **major key to men finding freedom from sexual sin.** **Selflessness** is the opposite of addiction. It takes the focus off of ME and puts it on to OTHERS. Talk to God about how this attitude shift could change your life. Write down what He says:

DAY 6

Confess Setbacks & Victories | Learn | Adjust Every Day

What haven’t you dealt with this week. Have you forgotten to celebrate your victories? What is going on in your thought life? How is practicing the 1-second rule going? Are you identifying any patterns that could help you escape early on the A-Z temptation scale? Answer below:

Your “Top 3”

Write below the **three main** fundamentals from your recovery work & devotionals this week that impacted you. It may be a principle, a verse, or something that you believe God is teaching you. Be prepared to share your “Top 3” with your R40 team this week!

- 1.
- 2.
- 3.

The Cast: Non-Negotiables

The Cast holds you steady as God heals your sexual brokenness. **The Cast** is a series of practical principles you put on to help you stand firm against temptation. **The Cast** is nothing new to most of you attending Revive40. These principles must be implemented in your life in order to experience freedom and have it last lifetime.

Below are a few non-negotiables for lasting recovery!

1. Put accountability software/parental controls on all your electronics.
2. Build a team of men you connect with and are accountable to (daily if necessary).
3. Turn off TV, cell, computer, 30 minutes before bedtime, and **think on things of God!**
4. Live one day at a time! Focus on making right choices... today!
5. Practice the “**one-second rule**” when tempted through your eyes or your thoughts.
6. Every time you step into the shower tell God five new things you’re thankful for.
7. Have a plan for alone/idol times. Be prepared!
8. If married, check-in with your wife about how your recovery is going on a weekly basis.
9. Be consistent in biblical disciplines: reading the Word, memorization, prayer, worship, etc.
10. Self-care: exercise, eat right, deep breathing, plenty of sleep, have some fun, etc.

List any other personal aspects of the Cast that are non-negotiables for you:

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

Your sin will take you farther than you wanted to go, keep you longer than you wanted to stay and cost you more than you wanted to pay!

DAY 5

Confess | Learn | Adjust

Write below whatever the Lord shows you ask Him to search your heart today.

Read | Listen | Apply | Change - Colossians 3:1-25 One of my favorite chapters! Men of God, did He give you any new revelations today? Describe if so:

Is Paul suggesting or commanding us to live our lives as described in these scriptures? Why?

Reflection Verse: Colossians 2:6-7 Our roots need to go deep in Him.

*“Just as you received Christ Jesus as Lord, **continue** to live your lives in Him, **7 rooted and built up in Him, strengthened in the faith as you were taught, and overflowing with thankfulness.**”*

Purity Principle | Quote | Thought

Mike Cleveland, [Setting Captives Free](#) author, said, **“The heart that is set on Christ is the heart that has broken free from sexual sin.”** Colossians 3:1 tells us to *“set our hearts on things above...”*

What does it mean to **“set your heart” on Christ**? How do you actually do this? How can you make this thinking part of your **everyday** routine? If you don’t, you may slowly drift back to your old ways. What’s your **heart set on**? How can this help you break free from the clutches of sin? Write below how you may need to adjust your thinking:

Word’s of Life

Reflect on these **action verses** from the Holy Bible (some are paraphrased).

V1-2 - **“Set your heart and mind on things above, not on earthly things.”**

V5 - **“Put to death** (crucify)... *sexual immorality, impurity, lust, evil desires...*”

V8 - *You must **rid** yourself of all... anger, rage, malice, slander, filthy language...*”

V12 - **“Clothe yourselves with compassion, kindness, humility, gentleness, and patience.”**

V13 - **“Forgive as the Lord forgave you.”**

Ask God, “How do You want me to apply these to my life, and if I do, what will change?”

DAY 2

Confess | Learn | Adjust

“... be transformed by the renewing of your mind.” Romans 12:2 Confessing the mistakes you’ve made from the day before, learning from those mistakes, and then replacing them with truth from the Word of God will renew your mind! Do you want to be transformed? What do you need to do to pursue a renewed mind?

Read | Reflect | Apply | Change - Philippians 3:7-4:1

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

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

Reflect: Ephesians 3:20 NIV, NASB, AMP - Cry out to know this Power that is in you!

“Now to Him who is able to do immeasurably more (exceedingly, abundantly more, infinitely beyond our greatest prayers) than all we ask or imagine, according to His power that is at work within us...”

Pray

My Lord, my God, my Savior, you are almighty God! I desire to have Paul’s perspective that **everything is loss outside of knowing You!** I want to know You intimately! I want to know and understand how Your power works in my life. I want to comprehend the suffering You went through for me. I want to value the cross, Your death, and Your resurrection.

I want to leave my past in the past. I want to start fresh, wash my conscience and scrub my soul clean. Lord, thank You for Your forgiveness. It is so undeserved. Jesus, I want to be a man of integrity. No more lying! No more deception. I want to be different. I want You to use me to bring You glory. I’m so sorry for any willful sin in my life. Help me to make choices that honor You. I love You. I need You! Amen.

5 Minutes with God

Make V10-11 the cry of your heart. Paul gave up everything to **know Christ!** Talk to God about what you may need to give up in order to **know Christ** in a fresh and deeper way! Write down what He shows you:

DAY 3

Confess | Learn | Adjust

“Words from a wise man’s mouth are gracious.” Ecclesiastes 10:12 What can you learn from this scripture? Have your words been filled with grace lately? If not, how do you need to adjust?

Read | Listen | Apply | Change - Philippians 4:2-13 A lot in a few verses today! What did God say to you in this passage?

How will life be better if you apply these verses to your life? Why wouldn’t you do this?

Purity Principle | Quote | Thought | Pray

“Nobody ever planned to be broke, fat, lazy, and stupid. Those things just happen when you don’t have a plan.” said comedian Larry Wright. Interestingly, most men with an addiction don’t have a **plan**. A God-directed **plan** is necessary for victory over sexual sin. Pray and ask Him for a **plan**, and don’t stop until it’s complete.

A PLAN includes things like 1) Setting a time to meet with God daily 2) Being part of a support group with accountability 3) Identifying your triggers & setting boundaries 4) Identifying lies and replacing them with God’s truth 5) Making a list of who God says you are as His child 6) Knowing when to use your “3 Must” statements 7) Healing from past, poor choices 8) Forgiving people that have hurt you 9) Planning alone times 10) Confess, learn, adjust daily!

This PLAN should look like a job description of a disciple of Christ. **Your challenge** is to sit down and make a plan. If you don’t know how to do this, **get help from someone you trust**. The most important thing is to **get started**. If you don’t do it **today**, you probably will never do it!

Reflection Verse: Galatians 6:9 God promises you a harvest! What type will it be? *“Let’s not become weary in doing good, for at the proper time we’ll **reap a harvest** if we don’t give up.”*

Pure Thoughts

What’s the result of putting Philippians 4:8 into practice according to 4:9. Do you believe it? What you think about is a key aspect of recovery! **Practice** V8 and break the chains of sin!

Paul also tells us to be *“**anxious about nothing**.”* Go to God and give Him your anxious thoughts. What did He say as you released them to Him?

DAY 4

Confess | Learn | Adjust

“... offer your bodies as a living sacrifice, holy and pleasing to God.” Romans 12:1 The offering of your body includes your mind, eyes, hands, private parts, etc. Offering your body daily to God is a form of holy worship. Has the use of your body this week been pleasing to God?

Read | Listen | Apply | Change - Colossians 1:9-23 What is God saying to you in Colossians today?

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

Purity Principle | Quote | Thought | Pray

Denzel Washington, actor said, **“There are two types of pain in this world, pain that hurts you and pain that changes you. I’ve experienced both.”** Sometimes we have to go through what we have to go through to get to where we need to be! My father-in-law said, **“He needed every drink he drank to get sober from alcohol.”**

This is true for every Christian. **It takes what it takes to get us to completely surrender our lives to Jesus!** Most of us have to get caught or hit by devastating consequences before we will deal with our sin. Let God use your sin, your problems, and your pain to shape you into the person you really want to be, **a man who reflects Christ!**

Requirements to stay surrendered & dependent on Him: You will need to come to a place of 1) Brokenness 2) Humility 3) Godly sorrow and a 4) Hunger for God. Let the Potter do His work in you! Where are you on a **scale of 1 to 10** for each of these? How could they be of help to you?

1. Brokenness -
2. Humility -
3. Godly sorrow -
4. Complete reliance and hunger for God -

Reflection Verse: Philippians 2:3-4 The goal: a life worthy of our calling! *I urge you brothers, to live a life worthy of the calling you have received. 2 **Be** completely humble and gentle; be patient, bearing with one another in love. 3 Make every effort to keep the unity of the Spirit through the bond of peace.*

Give Thanks to God

Read aloud V9-14 and personalize Paul’s prayer(replacing you with I). How does this touch you?