

| DAILY BATTLE PLAN |

- bible study
- prayer
- motivation review journal
- "For the next twenty-four hours I recommit myself to sexual purity."

Daily Prayer –

Matthew 6

:8 "For your Father knows the things you have need of before you ask Him.
:9 "In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name.
:10 Your kingdom come. Your will be done On earth as *it is* in heaven.
:11 Give us this day our daily bread.
:12 And forgive us our debts, As we forgive our debtors.
:13 And do not lead us into temptation, But deliver us from the evil one.
For Yours is the kingdom and the power and the glory forever. Amen."

Motivation Review Journal –

I want to stay sexually pure because...

- I want intimacy with God.
- I want intimacy with my self.
- I want intimacy with my wife.
- I want intimacy with others.
- I want to become the sort of man I can honestly respect.
- I'm tired of lying, hiding, and covering up.
- I want peace of mind.
- I don't want to be actively or passively contributing to the porn industry.
- I am tired of being double-minded.
- I hate the feeling afterwards.
- I want to be faithful to God.
- I want to be whole.
- I want to have more energy to do more productive things (hobbies, school, house projects, etc.)
- I want to be able to help other people.
- I don't want the devil to win.
- I want more consistency in my life.

| WEEKLY BATTLE PLAN |

- daily bible study
- daily prayer
- daily motivation review
- daily recommitment
- weekly meeting with accountability partner
 - Did you use pornography this week?
 - Did you put yourself in proximity of pornographic material?
 - Did you compromise with the internet this week?
 - Did you compromise with the TV this week?
 - Did you lust after another woman?
 - What triggers did you identify that were causing you to want to act out?
 - Did you act out?
 - Did you call your accountability partner when you were tempted?
 - Did you and your wife set aside time for communication?
 - Did you sacrifice time, energy and/or resources for your wife?
- weekly meeting with accountability group
- weekly recreation (at least twice a week)
- therapy (at least twice a month)

