

## DAY 7

### Confess | Learn | Adjust

David asked God to show him where he needed to adjust. He said in Psalm 139:23-24, "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me and lead me in the way everlasting." Write below what God found in your heart as He searched you this week:

### Your Top Three!

What are the three main things God is teaching you from the Revive40 curriculum this week?

- 1.
- 2.
- 3.

### Breaking the Addiction Cycle - Traumas, Trials, & Troubles

Here are a few Bible verses that talk about healing our hurts:

"God heals the brokenhearted (shattered into pieces) and binds up their wounds." Psalm 147:3

"Lord my God, I called to You for help, and You healed me." Psalm 30:2

"We know that in all things God works for the good of those who love Him, who have been called according to His purpose." Romans 8:28

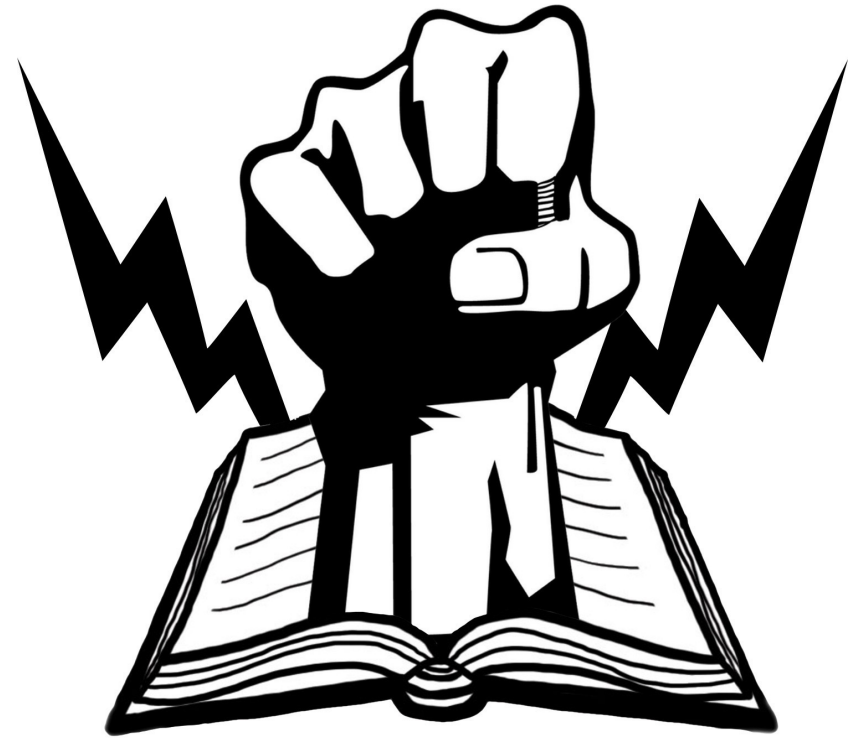
"It was good for me to be afflicted so that I might learn Your decrees." Psalm 119:37

There are many more scriptures like these that teach us that God wants to heal those who have been wounded or are facing troubles. This is who He is... the healer, the wonderful Counselor, and Prince of Peace.

Meditate on Bible verses like the ones above and ask God to replace your pain, hurts, fears, and anxieties with truth, peace, and a restored heart. You will not be able to heal if you are not willing to forgive those who have wounded you.

To break the power your trauma has over your life, you will need a team of people to help you work through whatever is hindering your life. Paul said, "Brothers... one thing I do: Forgetting what is behind and straining toward what is ahead..." Ask your team to help you keep looking forward once you have dealt with your past. Your enemy will try to keep you stuck in the past so that you will never be able to be free nor able to focus on your true identity!

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"Only to those who have been in PRISON does freedom have such great meaning." Corrie Ten Boom, ex-prisoner, author  
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# THE WORD

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The POWER to change your life!

"Do not merely listen to the Word, and so deceive yourselves. Do what it says." - James 1:22

**MIND METAMORPHOSIS - WEEK 2**

## DAY 1

Walking in the Spirit through:

**Confessing** mistakes, **Proclaiming** victories, **Learning** from mistakes & victories, **Adjusting** to Repeat/not Repeat. Do this daily looking at your last 24 hours.

**POWER PASSAGE:** Matthew 6:33; John 15:5 - Read / Reflect / Apply / Change  
**“Seek first the kingdom of God and His righteousness, and all these things will be given to you as well.”** (All these things is our needs talked about in previous verses.)

**“I am the vine; you are the branches. If you remain in Me and I in you, you will bear much fruit; apart from Me you can do nothing.”**

**Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways acknowledge Him, and He will make your paths straight.** Proverbs 3:5-6

**“For it is God who works in you both to will and to do for His good pleasure.”** Phil 2:13

**Jesus said, “If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free... 36 if the Son sets you free, you will be free indeed.”** John 8:31-32, 36

What is God saying to you in these passages of scripture?

What steps can you take and what will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

Prayer/Quote/Challenge/Principle

**#1 most important aspect of recovery is GOD!** Relationship with God is the reason we were created. To change, you must change your priorities. Seeking God and His presence throughout the day has to move to the top of the list. But how?

Pastors who are stuck in sexual sin know God. They have given their lives to serving God. They have all the knowledge they need. They teach people to prioritize God. **Trying harder to stop doesn't work.** So, why do they/we battle this sin?

**It's because the sexual sin itself is not the main issue.** The issue is the condition of the heart. Most drift from what they know is true a little at a time trying to cope with problems/pain by entering a fantasy world where everything feels good and safe, where we are wanted and desired. It alters our mood, but it is merely a temporary fix.

**The answer lies in learning how to handle the pain with God.** Learn how to forgive, love, and accept those who have hurt you. Get back to the basics of looking forward and not backwards. Build new healthy relationships with God and others. Call at least one Godly man this week, or find a Christian counselor to talk about your pain. Discuss what you're medicating. Be accountable for some new ways to cope. Identify lies you have been believing and replace with a truth from God's Word. **This is just the beginning. Don't quit!**

Talk with God about past hurts you may not have dealt with; Connect intimately!

## DAY 6

Walking in the Spirit - Confess, Repent, Learn, Adjust

**POWER PASSAGE:** John 14:26; Psalm 32:8 - Read / Listen / Apply / Change

**“The Counselor, the Holy Spirit, whom the Father will send in My name, will teach you all things and will remind you of everything I have said to you.”**

**“I will instruct you and teach you in the way you should go; I will counsel you with My loving eye on you.”**

**“Your Word is a lamp for my feet, a light on my path.”** Psalm 119:105

**“For those who are led by the Spirit of God are the children of God.”** Romans 8:14

**“Walk by the Spirit, and you will not gratify the desires of the flesh.”** Galatians 5:16

**“For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.”** Romans 8:13

**“For to us a child is born, to us a Son is given, and the government will be on His shoulders. And He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.”** Isaiah 9:6

What is God saying to you in these verses?

What steps can you take and what will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

Prayer/Quote/Challenge/Principle

We start each day with the section called, **“Walking in the Spirit”** because we believe this is the most important part of finding freedom from addiction or bad habit. We want to challenge you to seek God for a deeper sensitivity to His Holy Spirit. When you start to feel tempted, there is a soft voice or a sense that you are about to do the wrong thing. **This is His way of escape from the temptation.** 1Cor 10:13 The CHALLENGE is listening to that gentle nudging of the Holy Spirit to keep you on His path. **Will you listen?**

**God is our guide, our counselor,** our peace, our joy, our power, and our freedom. Following Him moment by moment is how we experience the greatest joy in this life. This close, constant relationship with Him removes loneliness and brings a sense of adventure as we navigate through this life. It can be quite a ride with the creator of the universe! Hop on board; the ride starts right now. Will you trust His guidance?

Be Still & Listen. What does God want to say to you about this week's study?

## DAY 5

Talking with God Daily Must be Habitual - Confess Wrongs & Victories | Learn | Adjust

**POWER PASSAGE:** Hebrews 10:24-25; 3:12-13 - Read / Listen / Apply / Change  
*“Let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”*

*“See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. 13 But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.”*

*“Encourage one another and build each other up, just as in fact you are doing.”* 1Th 5:11

*“As iron sharpens iron, so one man sharpens another.”* Prov 27:17

*“For lack of guidance a nation falls, but victory is won through many advisers.”*

(Godly advisors) Proverbs 11:14

What is God saying to you from His Word today?

What steps can you take and what will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

**Another key to recovery is BROTHERS.** We need to be real with other men, yet not judged for the battles we fight. This is intimacy. No secrets. Transparency. Honesty. This is the breeding ground of healing. Being accepted unconditionally removes guilt and shame.

**We have a deep desire to be liked for who we are.** To heal, we need a place where we don’t need to perform or put on masks, where we don’t need to please other people. This is why one of our slogans is... Freedom. Together.

Every area of your life where you want to see change needs to be brought to the group. You need to be **specific** and get **accountability** in these areas until you see real change.

**List any areas you feel you need to bring to the group to get some help** outside of sexual lust. Anger? Stress? Anxiety? Unforgiveness? Pride? Food? Narcissism? Etc.

1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_ 4) \_\_\_\_\_

Talk with God about being a “God Pleaser” and not a People Pleaser.

## DAY 2

Walking in the Spirit - Confess, Repent, Learn, Adjust

**POWER PASSAGE:** Gal 2:20; Romans 12:2 - Read / Reflect / Apply / Change  
*“I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave Himself for me.”*

*“I urge you, brothers, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”*

*“He called the crowd to Him along with His disciples and said: “Whoever wants to be My disciple must deny themselves and take up their cross and follow Me. 35 For whoever wants to save their life will lose it, but whoever loses their life for Me and for the Gospel will save it.”* Mark 8:34-35

What is God saying to you from His Word today?

What steps can you take and what will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

### Prayer/Quote/Challenge/Principle

The Christian life is a life of denial and death to our flesh as we learn how to walk in the power of the Holy Spirit by faith. **This life eventually generates** love, joy, humility, peace, purpose, and self-control. Your purpose for living changes. The things that make you really happy change. Life begins to be an exciting journey with God. Let’s pray:

**Lord, Jesus, You are the Christ, the Messiah!** Help me to realize the blessing of who we get to talk with right now. What an honor to be chosen as your child. Help me to live a life that is pleasing to you. Show me how to walk free from sexual sin since I died and no longer live. I know this is true, but at times it doesn’t feel this way. I choose today to offer my body to you. **Do with me as you please! I want your life to shine through me!**

**Thank you** for forgiving my sins, for eternal life, for all you have given me, and for being with me through my suffering. I need you, Jesus! May I feel your presence with me this week. Amen

Now talk with Him about the Exchanged Life in Gal 2:20 above.

## DAY 3

### Connecting with God & Keeping Short Accounts - Confess, Learn, Adjust

**POWER PASSAGE:** Proverbs 16:9; Phil 4:6-7 - Read / Reflect / Apply / Change  
*“Man plans his way, but the Lord directs his steps.”*

*“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

*“Plans fail for lack of counsel, but with many advisers they succeed.”* Proverbs 15:22

*“By wisdom a house is built, and through understanding it is established; 4 through knowledge its rooms are filled with rare and beautiful treasures.”* Proverbs 24:3-4

What is God saying to you in these scriptures?

What steps can you take? What will the result eventually be in your life if you **apply** it?

How can these verses help you in **your recovery**?

#### Prayer/Quote/Challenge/Principle

It is important to have a PLAN as a Christian man. We must seek God for what His plan is for us. Prov. 16:9 says, “The mind of a man plans his way, but the Lord directs his steps.”

List below your top **“3 Triggers”** and a **“Plan”** you can set up in order to not fall when tempted. These are called **“Boundaries.”**

#### **Triggers**

#### **Planned Boundary**

1)

2)

3)

**Be Still - Reflect on God’s power to help you see the triggers coming**

**Extra:** Write down every TRIGGER you can think of and set BOUNDARIES on a separate piece of paper. **The key** is to be prepared when the lab tests of temptation come.

## DAY 4

### Start Each Day with God Talking about How You Lived the Last 24hrs Confess Wrongs & Victories... Learn from them... Adjust

**POWER PASSAGE:** Micah 2:1, James 4:13-17 - Read / Listen / Apply / Change  
*“Woe to those who plan iniquity, to those who plot evil on their beds! At morning’s light they carry it out because it is in their power to do it.”*

*“Listen, you who say, “Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money.” 14 Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. 15 Instead, you ought to say, “If it is the Lord’s will, we will live and do this or that.” 16 As it is, you boast in your arrogant schemes. All such boasting is evil.”*

*“Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?”* Luke 14:28

What is God saying to you in these verses?

What steps can you take and what will the result eventually be to your life if you **apply** it?

How can these verses help you in **your recovery**?

#### Prayer/Quote/Challenge/Principle

List below what your sin will COST you if you don’t stop.

1)

2)

3)

List below the LIES you’re believing about your sin, and what is God’s TRUTH about each?

1)

2)

3)

Talk with God about how much He loves you in the middle of this battle...