

Fighting Temptation

Every man and woman is prone to sexual sin. No one is in this struggle alone. During this time you are most likely more isolated and alone than you have ever been. It's important to add extra measures to protect you from sin. Your primary weapons in this battle are the scriptures and the Holy Spirit. You need to rest in their promises, truth, and power. God has also given us community and wisdom to help during this battle as well and that's what this resource is for. Below is a 5 step process to help you fight idleness and the temptation of sexual sin. It will also help you if you find yourself giving in to sin and how to confess and repent before the Lord.

1 Find an advocate This is someone who is further along in the faith than you. You love them, they are grace giving, they will not shame you, and will hold you accountable. Think of someone who will partner with you and not police you. This does not need to be someone who is currently struggling with the same sin.

- Text this person every time you are tempted for prayer and support
- Meet with this person on a weekly basis via text, phone call, or video
(You can discuss the questions in the temptation tracker section at the bottom)

2 Temptation Tracker There is a temptation tracker at the bottom of this tool kit. This is used to document when you have a temptation to sin. You can take elements of the tracker and transfer them to your phone if you need to. Here's what you do when you are tempted to sin:

- Record the day on your calendar (this is on the temptation tracker section at the bottom)
- Time of day
- Where you are/were at
- What you were doing

For instance, you may be tempted to give in to sexual temptation on Monday at 10:00pm while lying in your bed looking at images on instagram. Over time you may see a theme. This will allow you to know areas where you are vulnerable to be tempted and how you can better respond. This will give you wisdom to win the war against temptation.

3 Escape Plan Whenever you are tempted, it's important to develop a plan so you do not give in. Develop a 30 minute action plan that will remove you from your current location and get you active for 30 minutes. During this time you need to begin to pray. Over time this creates a new path to escape. It literally rewires your brain. As mentioned earlier, we want you to run to Jesus, not sexual sin. You will also contact your advocate immediately and let them know you're struggling. Here are a few examples of an escape plan:

- Go for a run and pray as you run
- Workout and pray
- Remove yourself from that physical space and hangout in a different room and pray
- Read a book of the Bible

4 Boundaries Boundaries do not fix our temptations but they help curb them. Put healthy boundaries in place that will guard you against the possibility of being tempted.

Here's what this can look like:

- Putting your phone in another room after a certain time at night
- Not using the explore feature on Instagram or not allowing yourself to scroll
- Not being one-on-one in a private place with someone of the opposite sex
- Use accountability software on your devices, such as Covenant Eyes

5 Learn Take time to learn about this struggle. You're not alone. You are in this with every man and woman on this planet. The more you know, the more empowered you will become. Here is a list of resources to help:

Surfing for God, Michael Cusick

will help you understand what's at the heart of porn and sexual addiction

Hooked, Joe McIlhaney

will help you understand the science behind porn and sexual addiction

cravefreedom.com

30 Day Media Fast

What happens if I give in to sexual temptation?

You must allow Jesus to minister to you in your temptation and in your hurting areas. First, you must confess your sin to God.

1 John 1:9 says, "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

It's important to know that in Christ you have already been forgiven. You need to confess this sin to the Lord and rest in his acceptance of you as a child of God.

- Read Psalm 51 and repent of your sin to God. God wants our hearts to be broken over our sin before Him. If you have never surrendered your life to Christ, now is the time to do it. Freedom only comes in Christ
- Experience forgiveness in this exercise in Isaiah 6
- Write down your sexual sin and read Isaiah 6:1-5 (reflect on God's Holiness)
- Confess your sin and read Isaiah 6:6-7 (reflect on God's forgiveness that comes in Christ)
- Finally destroy the list (If you are in Christ, your sexual sin does not define who you are)

Temptation Tracker (4 weeks)

WEEK

1

As you go through your week record any sexual temptations you have. This will help track when you're most tempted to sexually sin and be better prepared next time temptation hits. When you meet with your advocate discuss these questions.

SUN	MON	TUE	WED	THU	FRI	SAT

Weekly Evaluation

What was your strongest trigger?

When and where were you most vulnerable to sexual sin?

Daily Checkpoints

Have you developed an escape plan?

Have you been able to connect with your advocate?

Did you stand up against temptation this week? Celebrate it!

WEEK

2

As you go through your week record any sexual temptations you have. This will help track when you're most tempted to sexually sin and be better prepared next time temptation hits. When you meet with your advocate discuss these questions.

SUN	MON	TUE	WED	THU	FRI	SAT

Weekly Evaluation

What was your strongest trigger?

How has your escape plan worked? Do you need to keep it or change it?

Daily Checkpoints

How are you doing?

Have you noticed a theme yet?

Remember to keep your eyes on victory today. Don't worry about tomorrow.

WEEK

3

As you go through your week record any sexual temptations you have. This will help track when you're most tempted to sexually sin and be better prepared next time temptation hits. When you meet with your advocate discuss these questions.

SUN	MON	TUE	WED	THU	FRI	SAT

Weekly Evaluation

What have you started to see a pattern?
What is it?

How have things changed for you or have they been the same?

Daily Checkpoints

Have you been able to run to Jesus when you're tempted instead of sexual sin?

Do you have a plan in place?

Did you stand up against temptation this week? Celebrate it!

WEEK

4

As you go through your week record any sexual temptations you have. This will help track when you're most tempted to sexually sin and be better prepared next time temptation hits. When you meet with your advocate discuss these questions.

SUN	MON	TUE	WED	THU	FRI	SAT

Weekly Evaluation

What was your strongest trigger?

When and where were you most vulnerable to sexual sin?

Daily Checkpoints

Are you beginning to see a pattern in your temptation tracker? Where are you most vulnerable?

How is Jesus changing you?

Did you stand up against temptation this week? Celebrate it!