



Strategic Battle Plan

In your struggle against sexual addiction, it's important to recognize that you are in a war with your fleshly desires and forces of this dark world. As with any war, victory is dependent on a strategic battle plan. This document will help you develop and implement that plan. Once you've completed your SBP, share it with your accountability partners, so they can battle with you in prayer and hold you accountable to the actions. Remember that this battle plan is not the key to freedom. Only a powerful relationship with God, who will reveal the truth through His Word, will set you free. The SBP will keep you in the battle long enough for God to help you win your personal war. Stay true to the plan and keep battling every day.

1. Internet Filter with Accountability

In order to win the battle, you must have a strong defensive position. The first step in this is an internet filter with accountability. Covenant Eyes is a great system that works on your computer, tablet, and phone. It offers filtering of pornographic sites, as well, as a system that emails your accountability partners the sites you have visited. This is your first line of defense. To learn more or subscribe to Covenant Eyes, click [HERE](#).

Check here when you have Covenant Eyes installed with at least two Accountability Partners who will receive your report.

2. Counseling

A professional counselor with experience in sexual addiction is the next recruit for your army. Select someone of your same gender and who has documented experience helping people struggling with sexual addiction. Feel free to call and interview the person to make sure it's a good fit (and if at any point it's not a good fit, find someone else). It's best if the counselor is a believer in Jesus, as God is the only way to be completely free. The money you invest in counseling will be well worth it, when you are free. Meet with the counselor weekly until you've had at least two months of total freedom (no acting out), then schedule monthly appointments for another six months.

- Check here when you have completed your first counseling appointment.
- Check here when you have completed your first two months of counseling.
- Check here when you have completed your first six months of counseling.

3. Accountability/Recovery Group

Seek out a local sexual addiction recovery group. Preferably this should be a Christian group, so if your church doesn't offer something, call the larger churches in your area until you find one. Your counselor may also know of groups. Find a group that meets weekly and commit to being there every week until you have a year of purity. If you can't find any groups, look for Celebrate Recovery groups. Again, if nothing, talk with your Pastor or Men's Ministry Director about starting a group at the church.

- Check here when you are part of a weekly accountability/recovery group that is targeted to sexual addiction.

4. Accountability Partners

You should have at least two accountability partners who know about your battle and are willing to link arms with you to defeat this enemy. You should meet physically with each of them weekly to give a report of how you are doing and for them to encourage you. You also need to give them permission to call you any time and ask if you've acted out sexually and how you are doing with your battle plan. If you can't meet with them physically, then a weekly call is fine. They should also give you permission to call them any time you are feeling tempted. In this regard, you should have at least 3 additional people you can call if the first two are not available.

List your accountability partners here:

5. Triggers

Identify the things that trigger acting out. Is it times of stress? Boredom? Work or home conflict? Lack of sexual contact with spouse? Sexually oriented images? Sexual conversations? Attractive co-worker, friend, neighbor? Television programs? Movies? Non-pornographic web sites? What thoughts do you think before starting down the road to acting out? First, do whatever you can to identify all your potential triggers. Second, share them with your accountability partners and group. Third, as much as possible, eliminate the triggers. Fourth, for those you can't eliminate, have a plan for handling them. For example, let's say that you have an attractive co-worker, do your

best to avoid that person. Avoid looking at them, unless they are speaking with you and then, focus on the eyes.

List your triggers here:

6. The Lies

One of the reasons guys get stuck in sexual sin and can't seem to get out is that they have bought into some lies. Things like: "my wife isn't satisfying me, so it's okay to satisfy myself"; "I'm a single guy and I have sexual needs, so it's okay to have casual sex or look at porn and masturbate"; "It's not hurting anyone if I look at a little porn and masturbate"; "I only look at porn and masturbate to relieve stress"; "I only look at porn and masturbate once or twice a month"; "I had a great day, I deserve to enjoy myself". There are just a few common lies. Keep in mind that these all have selfish roots and are anti-God, so you are slipping into the dark, when you believe the lies.

List the lies you have believed that keep you stuck in sexual sin:

Then renounce those beliefs and ask God to give you new beliefs to replace them.

7. Re-Focus Your Time

Those who struggle with sexual sin are devoting time to the sin. Re-focus that time to worship, prayer, studying the Word of God, listening to sermons, attending Christian classes/seminars/conferences, meeting with other Christians to talk about God and the Bible. Limit television, movies, and definitely time on the internet and social media.

List what you need to give up to re-focus your time:

8. Worship

“Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, ²⁹for our “God is a consuming fire.” (Hebrews 12:28-29, NIV)

Worship is one of your most powerful weapons against the demonic principalities and powers of this dark world. It also prepares your heart for relationship with the Lord and opens your spiritual ears to hear what He is saying. Start each day with a short (or long, if you have the time) time of worship. You can use a worship CD, MP3, or look up worship songs on YouTube. Bethel Church offers some great worship sets (you can find them on the Bethel Church app or in YouTube. Press into the song. Sing the words. God always hears a joyful noise, so don't worry about your voice. Remember what Jesus did for you on the cross and enter fully into worship. If you commute to and from work, use that for additional times of worship.

Check here when you have some worship sources readily available that you can utilize every day. List them here _____

9. Word

“If you continue in My Word, you are truly My disciples. Then you will know the truth, and the truth will set you free.”

God already provided freedom from all sin, through Jesus's sacrifice on the cross. His work is already done. Your part is to get revelation from the Word of God (Bible), which is the truth about sin, forgiveness, and how sin affects your relationship with God. It's that truth that will set you free from sexual addiction once and for all time. Invest at least 15 minutes studying scripture, first thing in the morning and again right before you go to sleep. Keep yourself from conforming to the ways of the world and transform your mind with the Word of God (Romans 12:2). The more time you can devote to the Bible, the quicker your transformation. Remember that you are to be a doer of the Word, not a hearer only, so make sure you are putting what you learn into action in your life.

How much time every morning and night are you committing to studying the Word of God? _____

List at least five scriptures you are going to memorize in the first 30 days:

10. Prayer

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.” (2 Corinthians 3:17)

“So if the Son sets you free, you will be free indeed.” (John 8:36)

When you pray, you are speaking with God/the Lord. If you have accepted Jesus as your Savior and are working to make Him Lord over your life, then you have the Holy Spirit/Spirit of the Lord living inside you. When you set your fleshly desires aside (crucify the flesh) and allow your spirit (under the influence of the Holy Spirit) to take control of your desires, you will be free from sexual sin and can live a life of purity. Jesus has already set you free, you just have to embrace and live it. Prayer is just conversation, so don't make it fancy, just speak with God like you are speaking with a friend (because He's your best friend). Don't be concerned if you aren't hearing anything with your physical ears, as God doesn't typically speak that way, but He will speak to you through your thoughts and give you inclinations or ideas.

Another form of praying is praying in your spiritual language or tongues. Paul talks a great deal about this in 1 Corinthians 14. It's one of the listed spiritual gifts listed in 1 Corinthians 12:10. Speaking in tongues enables you to speak directly to God in a heavenly language. It's the Holy Spirit praying the perfect prayers through you. You still have total control and can stop and start any time you want. It's powerful and all you have to do is ask God to activate it! Speaking in tongues is a powerful weapon in the battle against sexual addiction.

What is your prayer plan?

11. Godly Sorrow

There are two types of sorrow. The first is the sorrow that comes when you are caught by your wife, child, or boss looking at porn or in some other inappropriate sexual activity. You are sorry you got caught and this is a very weak type of sorrow. The second type is Godly sorrow. This is the sorrow you feel when you realize how much you have grieved your heavenly Father and Jesus, who died for you! They went all out – the Father willingly sending His only Son to earth to take on flesh and the Son willingly giving up the glories of heaven to become Jesus, the baby and then die a horrific death on the cross. That's a heavy price to pay for YOUR sin. When you really embrace this price, your

sexual sin (and all sin) will cause Godly sorrow. This is a deep, impactful sorrow that will cause you to stop sinning.

Godly sorrow will come from your worship, word, and prayer time with the Lord. As you grow closer to Him and develop that intimate relationship that He seeks, you will begin to feel how He feels. You will begin to hate what He hates and love what He loves (He always hates the sin, but loves the person).

If you are serious about freedom from sexual sin, this is a key to a successful battle plan. In your quiet time with the Lord, ask Him to reveal how your sexual sin grieves Him. Don't ask, unless you are ready for freedom. Your Godly sorrow will cause you to draw a line in the sand and say "NO MORE!" Acting out sexually will no longer be an option and will be a significant step toward complete freedom.

Describe your experience of seeking and experiencing Godly sorrow:

12. Forgiveness

There are several layers of forgiveness. First, know that if you believe in Jesus as your Savior, then your sin (past, present, and future) is already forgiven. Confess the sin and turn away from it back to God (repentance). You don't have to ask God to forgive your sins over and over, as He's already done it (on the cross). You look the same to Him as Jesus does and He loves you just as much. Never question your salvation (that's a lie of the enemy).

Second, if you are married, you must ask your spouse for forgiveness. Whether your sexual sin is pornography or with real people, you have committed adultery and in your spouses' eyes and mind you have betrayed trust. The first step to restoring this trust is to ask forgiveness and this must be heartfelt. Next, you must show your spouse that you are serious about freedom and rebuilding trust (That's the purpose of this SBP).

Third, you must forgive yourself. The enemy wants to heap shame and condemnation on you. "There is no condemnation for those who are in Christ Jesus." (Romans 8:1) God has already forgiven you, so forgive yourself and move on. If you are hearing condemning voices, that's the enemy. Just tell him to shut up, in Jesus' name! Now, if you are beginning to think about acting out and feel conviction that it's wrong, that's God giving you a way out. In the next point, you will learn how to create a temptation plan.

Date you recognized that you are forgiven by God _____

Date you asked your spouse for forgiveness _____

Date you forgave yourself _____

13. Temptation Plan

Temptation is all around you and unfortunately, once you get free from sexual sin, it doesn't go away. Over time, it's less appealing, but it's always there trying to trip you up. That said, you must have plan for facing those times of strong temptation. What are you going to do to avoid it? Here are some suggestions.

First, quickly move away from what is tempting you. Second, offer up a quick prayer, asking God to strengthen you. Third, in Jesus' name rebuke any demonic influences. Fourth, have your accountability partners on speed dial and dial the first one. Fifth, move your attention from whatever is tempting you to the Word of God. Sixth, begin to speak prayers you have memorized or sing worship songs or just praise Jesus!

When Jesus was tempted by the devil in the wilderness, His response was always to quote scripture. The only way you can do this is if you have scripture memorized, so devote time to memorizing scriptures you can use, when the devil comes tempting you with some kind of sexual temptation. To win that battle, you must be prepared.

Outline your temptation plan here:

14. Armor of God

No good soldier would go into battle unprepared. In Ephesians 6: 10-16, Paul talks about the Armor of God. Put on the armor every morning – Helmet of Salvation to protect your mind and thoughts from attacks of the enemy; Breastplate of Righteousness – to protect your heart and emotions; Belt of Truth – so you will always be girded up by the truth of God's Word; Shoes of Peace – so you will always walk in the peace that surpasses all understanding; Shield of Faith – to ward off the fiery darts and arrows (temptations, lies) of the enemy; Sword of the Spirit – the Word of God (scripture you have memorized and ready to throw back at the enemy).

- Check when you have put on the armor of God every morning for a week.
- Check when you have put on the armor of God every morning for a month.

15. Reinforcing Who You Are in Christ

God has given you many promises in His Word. You are a child of God, a co-heir with Jesus. You are the righteousness of God in Christ Jesus. You are seated at the right hand of the Father in Christ. You will find a document titled Who I Am as a New Creation in Christ in the resource section of www.Revive40.org. Download, print, and read at least ten every day! This will remind both you and the devil who you really are.

- Check when you have spoken at least ten Who You Are in Christ statements every morning for a week.
- Check when you have spoken at least ten Who You Are in Christ statements every morning for a month.

16. Church

An important piece in your battle plan is to be part of a mighty army. You can't fight this battle alone or with just a few. You must be an active part of the body of the Christ, the church. So, if you are not in a Bible believing/teaching, Holy Spirit filled church, find one quickly and get plugged in. Attend all services and classes. Volunteer to help at the church. Invest the time to get to know people and build friendships.

- Check here when you have found your church and are plugged in.

Name of the church _____

How are you involved? _____

17. Serve

Jesus said that He came to serve and not be served. Here was the Son of God, the King of Kings and Lord of Lords and He did not want to be served. Yet, in most churches, everyone is seeking to be served, rather than to serve. In the previous battle point, you are to serve inside the church, but God also calls us to serve out in the world – to feed the hungry, clothe the naked, house the homeless, take care of the poor/orphans/widows, and honor the elderly. Start asking around and find a ministry or non-profit where you can serve as a volunteer. It might be a homeless shelter or a food or clothing bank. Maybe it's a nursing home or mentoring at risk youth. Ask God to lead you to the place where He would have you serve.

- Check here when you have found your place of service and the date you will start serving _____

Describe the place of service, how often you will be serving, and what you will be doing:

Most likely you are already busy and probably think this is too much to do. How badly do you want to be free of your sexual sin? This is a battle and you need an all-out attack in order to win. This is going to take re-organizing your time. Getting rid of some things like television, internet, social media, etc. in order to make room for your battle plan activities. It's going to take dedication and work EVERY day for the rest of your life, but it's worth it to have that burden off your shoulders and out of your life!