



PORN
FREE

COURSE GUIDE

INTRODUCTION

Welcome to the *Porn Free* course!

I want to commend you for having the courage to face your addiction and find freedom. I too was once bound to pornography, but I found victory over it.

The same is possible for you!

Throughout this guide, you'll discover lesson summaries, reflective questions, declarations, additional devotional content, and challenges designed to help you find freedom.

As you break free from this stronghold, you are paving the way for victory—not only for yourself, but also for your marriage, your family, and the generations that will follow.

Together, let's place a stake in the ground!

Sincerely,

John Bevere

LESSON ONE

THE STRUGGLE IS REAL

You have an enemy who is determined to destroy you. One of his most effective weapons is pornography. This is because the ripple effects of porn addiction reach beyond an individual and damage marriages, families, and communities.

But it doesn't have to be this way! Jesus loves you and has paid a great price for you to live in freedom. If you are struggling with porn, there is hope. You can find freedom, because Jesus has not only freed you from the penalty of sin—He has also freed you from its power.

In this lesson we learned:

- You're not alone in the battle with porn.
- God loves the sinner but hates the sin.
- Porn is sin and separates you from God.
- Porn degrades people created in the image of God.
- Porn is a betrayal and hurts those in relationship with you.
- Porn is slavery.
- You can experience victory over porn.

REFLECT

1. Why do you think pornography is so destructive?
2. What are some of the damaging effects of porn?

3. What are some of the benefits of becoming free from porn?
4. Do you believe you can be free from porn? Why or why not?
5. How does heeding truth help with finding freedom?

VOICE OF TRIUMPH

- 🔒 I stand victorious in the freedom that Christ Jesus has provided for me and I am no longer bound by pornography. (Galatians 5:1)
- 🔒 I am no longer a slave of sin because Jesus has set me free from the power of it. (Romans 6:6–7)

BATTLE READY

“Vulnerability makes us feel weak; and weakness makes us try to cover up and cope; and when we try to cover up and cope, we run to an addiction. Let’s put it into practical terms. If someone you know is addicted to porn, then the root cause in the broadest terms is that he or she is feeling ‘vulnerable.’ They feel lost. Confused. Open to attack. Under pressure. They are hurt. Bored. Lonely. Feeling rejected. Something along those lines. So they run to this evil as a means of covering up their vulnerability. They run to the addiction hoping it will satisfy. Hoping the pain will go away. But it never does. And he or she gets hurt in the process. Pornography is a destroyer of every good thing. The pornography never satisfies or brings positive results. It’s a super-short-term high for an insecure soul. In the end, the addiction brings death to every good thing around us. Fortunately, there is a solution: Christ. Jesus takes down the giant of our addictions. And we’ve got to derail this harmful trajectory of turning toward harm whenever we feel pain . . . But the solution, instead of running to an addiction, is running to Jesus. We can be confident and secure when we’re immersed in intimacy with God.”

—Louie Giglio, Author of *Goliath Must Fall*.¹

¹ Extracted from chapter 7 of *Goliath Must Fall*, copyright © 2017 Louie Giglio. Published by W Publishing Group, an imprint of Thomas Nelson.

VICTORY STANCE

No, despite all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. (Romans 8:37–39)

BATTLE PLAN

God loves you and there is nothing you could ever do to make Him love you less. But you need to believe in God's love for you! On several sticky notes, write down 1 John 4:16 and the words *God loves me*. Place these notes in places where you can view them often, such as your bathroom mirror, car dashboard, desk, or bedside table.

LESSON TWO

THE CORRECT MOTIVATION

The right motivation is critical to experiencing lasting freedom. Often, sorrow can be a powerful source of motivation to seek help. Yet, it's not enough to just be grieved over your sin—you have to be grieved for the right reasons!

We must understand that there are two types of sorrow: *godly sorrow* and *worldly sorrow*. Both of these sorrows are genuine emotions which differ in focus. Worldly sorrow focuses on *self*. It is more concerned about the personal effects of sin's consequences. Godly sorrow focuses on God and the harm done to others. It goes beyond self-centeredness and is God- and others-centered.

In this lesson we learned:

- The difference between the two types of sorrow.
- How godly sorrow produces repentance.
- An intimate relationship with God is foundational to a life of freedom.
- To be honest with your assessment of your motives.
- If you're honest, you can change. If you are not honest, you cannot change.

REFLECT

1. Why do you want to be free from porn?
2. Are you grieved that you are hurting God's heart and others? Why or why not?
3. How do your motives affect your addiction?

VOICE OF TRIUMPH

- 🔒 I have a pure heart and a steadfast spirit. (Psalm 51:10)
- 🔒 My heart is filled with God's Word and I delight to do His will. (Psalm 40:8)
- 🔒 I am a new creation. Old things have passed away and all things have become new. (2 Corinthians 5:17)

BATTLE READY

“There is a direct connection between your sexual behavior and your destiny in Christ. God has designed you and me to do amazing things for his kingdom, and our level of sexual purity will determine how useful we are. Sex and destiny are linked. This is why the devil works so hard to ensnare you in sexual sin. His goal is to neutralize you through immoral sexual behavior, thereby making you ineffective for the kingdom. And after twenty years of counseling men on this issue, I can tell you this is evidence that the devil is scared of you. Yes, afraid. Here's why. We have all seen great men of God excelling in the Lord and moving toward global impact, only to succumb to sexual sin. Suddenly, all they can do is watch as their ministries, families, and reputations crumble in shame. Had these men prepared themselves to fight against sexual sin—been transparent with others, sought counsel, remained accountable—we would still benefit from their ministries today. As I like to say about the devil, if he can seduce you, he can reduce you. There are examples of this throughout the Bible, especially regarding sexual temptation. Our biblical forefathers' and mothers' responses to temptation had a direct impact on their fates.”

—Doug Weiss, Author of *Clean*²

VICTORY STANCE

Therefore we make it our aim, whether present or absent, to be well pleasing to Him.
(2 Corinthians 5:9 NKJV)

² Extracted from chapter 2 of *Clean*, copyright © 2013 Doug Weiss. Published by Thomas Nelson.

BATTLE PLAN

Make a list of compelling reasons you desire to be free from porn. Also, write a clear vision of where you can be five years from now if you start walking in freedom. Focus it on intimacy with God and developing the healthy and thriving relationships with others. View these statements often, especially when you're tempted.

LESSON THREE

WHY CAN'T YOU STOP? (PART 1)

Satan can only tempt you with something you desire. This is why many are enticed into sin and bondage—they are drawn away by their own desires. If you want to be free from the power of sin, you must hate sin the way God hates it. Otherwise, if you still enjoy your sin, you'll struggle to become free of it.

Often, the resistance we face is internal rather than external. This is evident with someone who feels restricted by the Word of God—obeying because they *have* to rather than because they *want* to. The Word of God restrains them rather than being their delight. But when your heart changes toward sin, it's only natural for your behavior to change too.

In this lesson we learned:

- Satan has a systematic plan to draw you into sin.
- Satan can only tempt and entice you.
- The devil cannot entice you unless you have a desire for it.
- God will not force His will upon us.
- Sometimes, if we are stubborn, God will give us what we want—even if it's to our detriment.

REFLECT

1. What is the difference between those who are restricted by Scripture and those who delight in God's Word?

2. Do you still like and enjoy watching porn? If so, why?
3. Write out a list of all the God-given needs you may be trying to meet with porn. Then write out some ways that God would have you meet those needs in a healthy way.

VOICE OF TRIUMPH

- 🔒 I walk in the light of God's Word and the blood of Jesus Christ cleanses me from all sin. (1 John 1:7)
- 🔒 The law of the Spirit of life in Christ Jesus has set me free from the law of sin and death. (Romans 8:2)
- 🔒 I have a spirit of power, love, and a sound mind. (2 Timothy 1:7)

BATTLE READY

“I believe God made us to crave. Now, before you think this is some sort of cruel joke by God, let me assure you that the object of our craving was never supposed to be food, sex, money, or chasing after significance. Think of Eve's temptation in the garden of Eden. While the object that enticed her might have been an apple, the core of her struggle was that she wanted to be like God, knowing good and evil. The very downfall of humanity was caused when the first woman surrendered to a craving to eat something she wasn't supposed to eat, and to pursue a power that she was never intended to wield. But it doesn't stop there . . . Satan tried to appeal to Jesus' physical craving for food. But here's the significant difference between Eve and Jesus. Eve was saturated in the object of her desire. Jesus was saturated in God's truth. Jesus had been in a desert fasting for forty days. But He held strong and set a powerful example of how to escape the vicious grip of temptation. When we feel deprived and consumed with wanting unhealthy choices, we too can rely on the truth of God's Word to help us.”

—Lysa TerKeurst, Author of *Made to Crave*.³

³ Extracted from Day 4 of the *Made to Crave* YouVersion Bible app devotion of *Made to Crave* by Lysa TerKeurst. Published by Zondervan copyright © 2010.

VICTORY STANCE

For I can do everything through Christ, who gives me strength. (Philippians 4:13)

BATTLE PLAN

Find an accountability partner. This person should be someone you trust and will be firm and direct with you. Connect with them at least once a week. This can be done in person or over the phone. Whenever you connect with them, be vulnerable. Share both your struggles and your victories. Always close in prayer. If possible, install accountability software on all your electronic devices where porn can be viewed.

LESSON FOUR

WHY CAN'T YOU STOP? (PART 2)

You become a slave to whatever you choose to obey. This is a process, not an event. It occurs progressively through the decisions we make and the habits we form. This process is confirmed by modern neuroscience, which has discovered that repeated behaviors are reinforced in our brains through the formation of neural pathways.

These pathways allow our brains to save time and energy in regard to decision-making. Through repeated behavior, our brains are trained to respond automatically to obey sinful impulses. Fortunately, these habits can be reversed and displaced.

In this lesson we learned:

- To become free from porn addiction, you have to replace old neuronal pathways with new ones, which takes time.
- Porn causes changes in the brain, much like substance addictions.
- All addictions follow the same cycle of *trigger, response, reward, and repeat*.
- Addictive behavior is rooted in idolatry.
- The way you got into addiction is the same way you get out.

REFLECT

1. Think back on when you first became addicted to porn. How did it begin?
2. Can you see how the addiction progressed in strength? What are some ways you could've avoided spiraling deeper into porn?

3. **What are steps you can take to break the cycle of addiction? Is there anything in your home that needs to be removed?**

VOICE OF TRIUMPH

- 🔒 I consider myself dead to the power of sin and alive to God through Christ Jesus. (Romans 6:11)
- 🔒 I am transformed by the power of God and by the renewing of my mind. (Romans 12:2)
- 🔒 I put off my old sinful nature and I put on my new nature which is created in the likeness of God. (Ephesians 4:22–24)

BATTLE READY

“Finally, be vigilant with your thoughts and what goes into your mind. Pornography is one of the largest industries on the Internet, which makes it easy for men to bring it right into their homes, where it will quickly gain a foothold if we aren’t careful. Whether it creeps in through magazines, television, or the computer, the best way to avoid an addiction to pornography is to avoid the stuff altogether. Addiction to pornography is just as real as an addiction to alcohol or other drugs, and it can be just as damaging. Like other addictions, it often starts in a subtle way. You don’t have to find yourself at an adult bookstore or an X-rated movie to be tempted or led down the path. Today, there are so many avenues where we might find ourselves confronted with those impure thoughts . . . As with any other addictive substance, you can’t be too careful with sexually explicit materials. The next time you’re tempted to look, keep this in mind: I have friends who are involved in organizations that are trying to combat the global epidemic of human trafficking. They tell me there’s a good chance that the person you’re staring at is quite likely a runaway or slave, and that sultry smile is probably forced, hiding a life of incredible pain and hopelessness.”

—Tony Dungy, Author of *Uncommon*⁴

⁴ Extracted from chapter 24 of *Uncommon*, copyright © 2009, 2011 Tony Dungy. Published by Tyndale House Publishers, Inc.

VICTORY STANCE

The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure. (1 Corinthians 10:13)

BATTLE PLAN

Write out the triggers you experience that often lead you to be tempted with porn. Is it pain? Rejection? Loneliness? Boredom? Then write out a healthy, God-given way to address these triggers in the future. Remember, the need itself is not bad—it's when we try to meet a God-given need in an unhealthy way that we find ourselves struggling with addictions.

LESSON FIVE

BREAK THE POWER OF SHAME

Shame is crippling because it attacks your identity—it communicates that you are bad because you did something bad. If left unchecked, shame will rob you of your strength and weaken your resolve.

Research has shown that shame is highly connected with addiction. If you want to break the power of addiction, you have to break free from the power of shame. This occurs by discovering your identity in Christ and embracing all that Jesus has done for you. Only then will you find the strength to rise up and break the power of shame.

In this lesson we learned that in Christ:

- **We are new creations, not sinners.**
- **Our new identity as children of God frees us from condemnation.**
- **We are forgiven.**
- **We are holy, without fault and blameless.**
- **We hold a position of authority in the spirit realm because we are seated in heavenly places in and with Christ.**
- **God loves us just as much as He loves Jesus.**

REFLECT

1. **How has your battle with porn created shame in your life?**
2. **How does knowing and believing your identity in Christ help you overcome**

the power of shame?

3. Which aspect of your identity in Christ do you struggle to believe and why?
4. You empower what you believe. Are you empowering shameful beliefs in your life?
5. Take the time to pray and ask God to reveal to you the lies that you've been believing that have kept you bound. For every lie you wrote down, write the truth that sets you free.

VOICE OF TRIUMPH

- 🔒 Condemnation has no power over me. (Romans 8:1)
- 🔒 I am who God says I am. (Ephesians 1:17–19)
- 🔒 I rule over sin and temptation. (Romans 5:17)

BATTLE READY

“Shame is the fear of being unworthy, and it adversely affects our relationship with God, ourselves, and others. It greatly hinders our ability to receive God’s unconditional love—and share it with others. Because of God’s great love, I began to discover the power of God’s Word to break through the lies I had believed—and to reveal the truth of who I am and why I was created. Notice that the key word in that sentence is began. Breaking free from the shackles of shame is not an overnight experience or a quick-fix, ten-step process. It is, however, a grand, ongoing adventure of discovering the depths of God’s love and the huge scope of God’s power to transform us, re-create us, and continually renew us.”

—Christine Caine, Author of *Unashamed*⁵

⁵ Extracted from the introduction of *Unashamed*, copyright © 2016 Christine Caine. Published by Zondervan.

VICTORY STANCE

This High Priest of ours understands our weaknesses, for He faced all of the same testings we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most. (Hebrews 4:15–16)

BATTLE PLAN

Examine the items in your home. Remove any magazines, DVDs, or books that may cause you to be tempted sexually. Stop watching TV shows that contain sexual innuendos and stop listening to music that has sexual lyrics.

LESSON SIX

BREAK THE STRONGHOLD

We are at war and our mind is the battlefield. The mind is where the enemy attempts to develop strongholds through our repeated disobedience. And make no mistake about it—if we give the devil an inch, he'll take a yard! This is why we must remain sober and vigilant against his onslaught and resist him steadfastly. And with the Word of God as our weapon, we are equipped for battle.

In this lesson we learned:

- Strongholds are erected in the mind.
- There are three levels of demonic activity: influence, oppression, possession.
- We must exercise our authority over the enemy.
- God's Word is a sword.
- We must consistently resist the devil.

REFLECT

1. Where are strongholds developed and how are they erected?
2. Why is it important to remain sober and vigilant against the attacks of the enemy?
3. How do you resist the devil?

VOICE OF TRIUMPH

- 🔒 I am sober and vigilant at all times. I resist the devil steadfast in the faith. (1 Peter 5:8–9)
- 🔒 I have authority and power over the devil and nothing he tries shall harm me. (Luke 10:19)
- 🔒 I am strong in the Lord and in the power of His might. I put on the whole armor of God and I walk in victory over the spiritual forces who try to oppose me. (Ephesians 6:10–12)

BATTLE READY

“Today, the word tolerance is used as if it were a great virtue. I want to dispel this myth. No doubt God is patient, and we are all living proof of his patience. However, God is not tolerant in that he is consistent in what he does and doesn’t like in our behaviors and hearts. Otherwise Jesus would not have had to die for the sin of the world. The same things that upset him in Genesis upset him throughout Scripture. Remember, ‘Jesus Christ is the same yesterday and today and forever’ (Hebrews 13: 8). God does not tolerate sexual sin. He never has and he never will. And there are plenty of good reasons for it. This particular sin is very harmful on several levels. Not only does it destroy an individual’s soul and spirit; it also is very difficult to erase. Once you have an affair, you can never undo it. It is a part of you forever. You can be forgiven, but you cannot erase past actions. This, of course, has dire effects on the family, causing divorce, child abandonment, and a whole host of other unintended consequences. And when the family breaks down, entire societies break down. That is why we find Jesus still saying the same things in the last book of the Bible, after the resurrection, Pentecost, and years of church growth. He hasn’t changed. Tolerance of this type of sin in our lives and in the local church is unacceptable.”

–Doug Weiss, Author of *Clean*⁶

⁶ Extracted from chapter 3 of *Clean*, copyright © 2013 Doug Weiss. Published by Thomas Nelson.

VICTORY STANCE

Sin is no longer your master, for you no longer live under the requirements of the law. Instead, you live under the freedom of God's grace. (Romans 6:14)

BATTLE PLAN

Set a time for yourself to go to bed and have a Bible devotion or book to read as part of your bedtime routine. Implementing disciplines—such as getting consistent sleep—are great ways to form healthy habits.

LESSON SEVEN

REWRITE YOUR HISTORY

Strongholds are not only created by our thoughts and actions but can also be passed down generationally. As parents, not only do we pass on genes to our children, we also pass on gene functions. What this means is that the propensity toward sin is what is passed down rather than the sin itself. Science refers to this process as *epigenetic inheritance*.

A simple way to explain this process is to look at a person's behavior as a movie. The cells are the actors, the genes are the script, and epigenetics are the directors who tells the actors (cells) how to express themselves. We can “flip the script” by addressing the sins of our fathers and making good choices.

In this lesson we learned:

- **Strongholds are passed down generationally.**
- **Strongholds are genetically created by thoughts and actions.**
- **Strongholds can be overcome by the way they are developed—by changing our thoughts and actions.**

REFLECT

1. **Have you observed generational strongholds in the life of your parents and children? What have you noticed?**
2. **How can you break the power of these strongholds in your own life?**

3. **How can you help break the power of these strongholds in the lives of those closest to you?**

VOICE OF TRIUMPH

- 🔒 **I pull down every stronghold in my life. I cast down every thought and belief that exalts itself against the Word of God and I take every thought captive and make it obedient to Christ. (2 Corinthians 10:3–5)**
- 🔒 **I choose a life of obedience and self-control. (Proverbs 25:28)**

BATTLE READY

“But for most of us, the struggle lies in daily walking out our convictions—especially when it comes to thinking in such a way that our minds don’t violate our hearts. Ultimately, true success lies in your ability to manage your inner life, the secret kingdom that lives within you. It is really impossible to control your behavior long-term unless you master your thoughts and subject them to the virtues that you have chosen to live by . . . your virtues train your attitudes, attitudes dictate your choices, choices decide your behavior and your behavior determines your destiny. The way that this whole process begins is by giving your virtues authority over your thoughts. If your virtues do not govern what you allow yourself to think about, this process of reaching your destiny will be sabotaged. Trying to behave inside your virtues, without taking control of what movie is being shown in the theater room of your heart, simply won’t work. Everything in life begins with a thought, an image that is projected on the movie screen of your mind.”

—Kris Vallotton, Author of *Moral Revolution*⁷

⁷ Extracted from chapter 4 of *Moral Revolution*, copyright © 2012 Kris Vallotton and Jason Vallotton. Published by Chosen Books.

VICTORY STANCE

Each time He said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. (2 Corinthians 12:9)

BATTLE PLAN

Exercise regularly, even if you start by just taking regular walks. The chemical release produced from exercising can help alleviate and displace the desire for sexual gratification.

LESSON EIGHT

RENEW YOUR MIND

The mind plays a pivotal role when confronting addiction because the war against porn is fought on the battlefield of the mind. The mind is where the decision to yield to the *desires of the Spirit* or to the *desires of the flesh* is made. The more your mind is renewed by God's Word, the more you'll yield to the Spirit. And by walking in the Spirit, you will displace the desires of the flesh and enforce victory.

In this lesson we learned:

- We must displace wrong thoughts, not just eliminate them.
- We renew our minds through meditating on God's Word.
- We receive God's Word through intimacy with Him.
- Porn is not a sin problem; it's an intimacy problem.
- Every woman is someone's little girl.
- The Word of God is our weapon.
- Accountability is necessary to gain victory over addiction. Don't fight alone!

REFLECT

1. What do you need to do to make more time for God and His Word?
2. What lies do you need to displace with truth?
3. How do you use the Word of God as a weapon?

VOICE OF TRIUMPH

- 🔒 I believe in the power of God's Word and His Word works in me mightily. (1 Thessalonians 2:13)
- 🔒 I am no longer my own. My body belongs to God. God lives in me. I honor God with my spirit, mind and body. (1 Corinthians 6:19–20)
- 🔒 I store God's Word in my heart that I may not sin against God. (Psalm 119:9–11)

BATTLE READY

“Your mind is the battlefield of your life. It is here that the war for your destiny is fought. Your thoughts are the weapons of warfare. In the midst of this battlefield, fortresses are constructed from the building blocks of imaginations that either protect lies and fantasies or safeguard truth. If you submit your mind to fantasies that undermine your virtues and values, soon a stronghold is built that protects these lies in the middle of the battlefield. You can always tell when the evil fortress is completed by the fact that you begin to defend your right to behave in a way that contradicts your core convictions. But when you train your thoughts and actions to agree with your virtues and healthy core values, righteous castles are erected that defend your integrity and apprehend your divine destiny. One of the ways that integrity is created and preserved in your life is by not allowing your thoughts to violate your virtues. Integrity means that you are the same person on the inside that you are on the outside.”

—Kris Vallotton, Author of *Moral Revolution*⁸

⁸ Extracted from chapter 4 of *Moral Revolution*, copyright © 2012 Kris Vallotton and Jason Vallotton. Published by Chosen Books.

VICTORY STANCE

Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. (Romans 12:2)

BATTLE PLAN

Examine your friendships. Cut off any relationships with people who encourage engaging in explicit content or who talk inappropriately. Removing negative influences from your life is a big step in the right direction. If you work with these types of people, minimize your interaction with them.

LESSON NINE

GO BEYOND YOUR OWN STRENGTH

You cannot live a holy life in your own strength. But through faith, you can receive God's grace which will empower you to go beyond your natural ability. So stop trying to overcome your addiction to porn in your own strength—without grace, you're doomed to fail! Rather, cultivate a habit of asking God for His grace to live in victory. He has an unlimited supply available for you!

In this lesson we learned:

- **God's grace not only forgives our sins, it empowers us to overcome sin.**
- **When you try to live holy in your own strength, you're going to fail.**
- **God's grace is inexhaustible.**
- **We access the power of grace through faith.**

REFLECT

1. **Have you been relying on your own strength to overcome your porn addiction? How has this made you feel?**
2. **Before this lesson, what was your view of grace and how has that changed?**
3. **Why do you need God's grace and how do you access it?**

VOICE OF TRIUMPH

- 🔒 I have access to God's grace through faith. (Romans 5:2)
- 🔒 I am empowered by grace to overcome porn addiction. (1 Corinthians 15:10)
God's grace is what I need. His power is made perfect in my weakness. (2 Corinthians 12:9)
- 🔒 I can do all things through Christ Who gives me strength. (Philippians 4:13)

BATTLE READY

“God is able to do, through the power He has placed in us, superabundantly, far over and above all that we can think or ask. So our ‘container’ is how much we can think or ask, and of course this would be in accordance with what we actually believe in our heart. No matter how big you can think or how far-reaching your request may be, His power in us is able to do more. So in essence it’s our thinking that limits the power of God residing in us . . . Oh, how we’ve settled so far short of His ability! Why haven’t we thought, imagined, prayed on a larger scale? The answer is simple: because our faith has not been developed. We’ve not searched out His covenant promises and simply believed. Influenced by the world, we’ve been more driven by our feelings, reasoning, and experiences rather than inspired by His Word.”

—John Bevere, Author of *Extraordinary: The Life You're Meant to Live*⁹

⁹ Extracted from chapter 13 of *Extraordinary*, copyright © 2009 John P. Bevere Jr. Published by WaterBrook Press.

VICTORY STANCE

But He gives more grace. Therefore He says: “God resists the proud, but gives grace to the humble.” (James 4:6 NKJV)

BATTLE PLAN

Pray daily. Don't just wait until you're tempted to begin to pray. Jesus encouraged praying against temptation in advance. This will prepare and strengthen you for future temptation. God will strengthen you!

LESSON TEN

LIVE ON MISSION

Living with a sense of purpose produces strength and stability. With this posture, you are less prone to temptation because you will possess greater focus and discipline—knowing when to say “no” to what is wrong and harmful and knowing when to say “yes” to what is right and beneficial. An idle person is an easy target for the devil because it’s harder to say “no” to something without having a better “yes.”

In this lesson we learned:

- **The importance of living with purpose.**
- **How to displace bad habits with good habits.**
- **Why we need to develop a consistent prayer life.**
- **How to pursue healthy relationships with other believers.**
- **The necessity of finding somewhere or someone to serve.**
- **The importance of obedience to God’s Will for your life.**

REFLECT

1. **Are you living with a sense of purpose and mission?**
2. **What do you need to say “yes” to in order to displace the things you should say “no” to?**
3. **How does living with a sense of purpose impact your resolve to break free from porn addiction?**

VOICE OF TRIUMPH

- 🔒 I am strengthened by obeying the call of God on my life. (John 4:34)
- 🔒 I lay aside every weight and entanglement and I run with endurance the race set before me. (Hebrews 12:2)
- 🔒 I forget those things which are behind, and I reach toward those things which are ahead. I press toward the goal for the prize of the upward calling of God. (Philippians 3:12–14)

BATTLE READY

“Because your present will one day be your past, you can protect your future by living carefully right now . . . Listen to me very carefully: *It’s not too late*. You’re not too far gone. Your greatest days can come after your biggest failures. God specializes in redemption stories . . . I’m not saying it’ll be easy or that every consequence will go away. But if you give God your present, he will begin a new chapter in your story. Just because you can’t unrep what you have already sown doesn’t mean you can’t start sowing something new. I dare you to believe that what feels like a big, fat mess right now can bloom into a powerful message.”

—Levi Lusko, Author of *Swipe Right*¹⁰

VICTORY STANCE

And so, dear brothers and sisters, I plead with you to give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. (Romans 12:1)

¹⁰ Extracted from chapter 6 of *Swipe Right*, copyright © 2017 Levi Lusko. Published by W Publishing, an imprint of Thomas Nelson.

BATTLE PLAN

Create a vision board. Pin images and quotes that remind you of your dreams and the vision you have for your future. Include images that convey victory. The enemy will use anything and everything to keep you from fulfilling God's call on your life. It's time to throw off that which hinders and start running the race marked out for you.

PORN FREE: COURSE GUIDE

Copyright 2019 by John Bevere

Published by: Messenger International, Inc., P.O. Box 888, Palmer Lake, CO 80133-0888

All rights reserved. No portion of this book may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without prior permission of the publisher.

Unless otherwise indicated, Scripture quotations are taken from *Holy Bible*, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked (NKJV) are taken from the New King James Version. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved.

Written by John Bevere

Edited by Chris Pace