



# Next Steps – Individual Study “Make a Plan”

**Sexual Issues/Pornography**  
[www.ThePornEvent.com](http://www.ThePornEvent.com)

**Welcome!** If you are reading these words, it may be because you are being held captive to the strongholds of sexual addiction and pornography. Perhaps you have experienced the hurt, hopelessness and confusion that struggle can introduce into your life and the lives of those you love. You may be experiencing a wide range of emotions right now, but the very fact that you are reading this document probably means you are interested in identifying the important first steps in your healing journey. No matter how you may be feeling in this moment, please be assured that the path toward healing is a road worth taking!

**What is the goal of this study?** Over the coming weeks, our prayer is that the Lord will reveal to you the right plan for your freedom and healing from sexual addiction to take place! By providing “next steps” to you, we hope to create a plan that will help you begin your individual healing process. Completing the steps in this guide prayerfully and honestly will help you identify the plan of healing He has in store for you.

Ultimately, the goal of this study is Jesus. He alone can free us from our strongholds and restore the broken places in our lives and in the lives of those we love. There is no sin so great and no heart so broken that He cannot heal. Through His Word and through prayer, you will begin to plan for the long-term support you need to be able to break away from your sexual addiction and begin to experience His restoration and healing in your life and in the lives of those you love.

**You will need: A pen**

- A notebook or journal
- A pen
- A Bible

# Week 1: Ownership and Reality

**Goal:** To see our sin as God sees it. Confess our sin and take ownership of our problem.

*It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; For God did not call us to be impure, but to live a holy life.*

*1 Thessalonians 4:3-5,7 NIV*

## Questions to consider:

- How does God feel about sexual sin?
- Why do you think God takes sexual sin so seriously?
- How serious do you take this issue?
- It is important to admit our mistakes to God and to ourselves. If we don't see our behavior and habits as a severe problem, we will not have the motivation to change it. Have you admitted your mistakes/sin to God?
- Do you have any unconfessed sin you'd like to take to God at this time?

## This Week: Your Next Step Plan:

- 1. Look up the following scriptures that speak about sexual sin. Make note of the ones that are especially meaningful or challenging for you. Share them with your group next week:**

*Mark 7:21-23*

*Colossians 3:5-6*

*Ephesians 5:3-4*

*Acts 15:29*

*1 Corinthians 6:18*

*Psalms 32*

*Matthew 5:28*

*Romans 13:12-13*

*1 Corinthians 5:11*

*1 Corinthians 6:13*

*1 Corinthians 6:18-20*

*2 Corinthians 12:21*

*Galatians 5:16, 19*

*1 Thessalonians 4:3-5, 7*

*Hebrews 12:16*

*Hebrews 13:4*

- 2. How does the Bible say we should battle sexual sin?**

- 3. Write out your history of sexual sin. As you do, answer the following questions:**

- Where did it start?
- Do you remember any of the thoughts and feelings you experienced as your struggle began? If so, write them down in your notebook/journal.

- 4. Write out scriptures that have been especially helpful and/or challenging to you.**

- Include verses from the list provided in question 1 that spoke to you in an important way.

- Write out any other scriptures the Lord has used to comfort/challenge you during this time.

**5. In your own words, write down how God feels about sexual sin.**

Writing down your thoughts will allow you to process the steps that brought you here. Writing down scriptures that are meaningful to you will allow you to return to them easily for daily reference and meditation.

# Week 2: Commitment and Boundaries

**Goal:** To make a 30-day commitment to abstain and set some personal effective boundaries.

*I made a covenant with my eyes not to look lustfully at a girl. Job 31:1 NIV*

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.*  
*2 Corinthians 10:5 NIV*

## Questions to consider:

- What are some of your danger zones visually and non-visually?
- What are some effective boundaries that would keep you from these danger zones?
- What can you do to strengthen your relationship with God?
- What are some ways to incorporate Job 31:1 (guarding your eyes) and 2 Corinthians 10:5 (guarding your mind) into your everyday life?
- Are you willing to commit to abstaining from viewing, thinking about, or acting on sexual sin (including pornography, masturbation, fantasizing, and sex outside of marriage) for the next 30 days? If yes, pray and tell God you are making that commitment.

## This Week - Your Next Step Plan:

- 1. Write out your 30-Day commitment in your journal. Sign and date it.**
- 2. Write out a list of your "danger zones," or times of day, places, people, and circumstances that tempt you to fall into sexual sin.**
- 3. Brainstorm some possible boundaries and safeguards that can keep you separated from (or accountable in) your danger zones.**
- 4. Read the following scriptures and journal your thoughts about 1) what they say about how God feels, and 2) how they can be applied to your life:**
  1. Job 31:1
  2. 2 Corinthians 10:5
  3. 1 Corinthians 10:12-14

# Week 3: Surrender and Perspective

**Goal:** To surrender your life and plans to God. See how God sees and loves you.

*So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you. Romans 12:1-2 MSG*

## Questions to consider:

- What does the term "surrender to God" mean to you?
- What have you not surrendered to Him?
- What are some steps you can take to begin to surrender all of your life to Him?
- How do you think God feels about you?
- Do you believe God has shown His love for you? In what ways?
- Describe who you think you are from God's perspective:

## This Week - Your Next Step Plan:

1. **Look up the following scriptures that speak about surrender and God's heart toward you. Make note of the ones that are especially meaningful or challenging for you.**

*Psalms 103:4*

*Isaiah 41:10*

*1 Peter 2:10*

*Zephaniah 3:17*

*Luke 15:4-7*

*Romans 5:8*

*Romans 8:37-39*

*1 John 3:1*

2. **Write a prayer of surrender to God.** Tell Him the things you willingly surrender. Tell Him the things that are hard to surrender and ask for Him to help you learn to surrender those areas to Him.
3. **Write down how you believe God feels about you.** Refer to the verses above and consider God's thoughts toward you as you write.
4. **Make a list of all God has done for you.**

**Remember – Surrendering to God is not something that happens just once – it is ongoing!**

# Week 4: Connection and Accountability

**Goal:** To connect with God first and people second in order to heal.

*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. Philippians 4:6-7 NIV*

*You will seek me and find me when you seek me with all your heart. Jeremiah 29:13 NIV*

Put seeking, knowing, and connecting with God as your number one priority during the healing process. Seeking and trusting God are the most important steps in our healing journey. Only God can change the heart, renew the mind, and heal what has been broken.

- 1) The most critical step in your plan is to seek God!**
- 2) The next most critical step in your plan is to identify fellow Christ-follower(s) who can hold you accountable and pray for you.**

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:16 NIV*

## Questions to consider:

- What are some key things you have learned in your journey so far?
- What are some ideas you are considering for accountability from this point forward?
- What are some needs you have taken or need to take to God?
- How have you heard God speak to you during this process so far? What is He saying to you?

## This Week - Your Next Step Plan:

Begin to set up connection and accountability in your life. Following are some ideas to consider:

- **Pick a reading plan** from [www.youversion.com](http://www.youversion.com).
- Set aside a time and place to **connect with God**. Keep it as the most important appointment of your day.
- **Enroll in a support group** that deals with sexual addiction and brokenness. (See the resource PDF at [www.thepornevent.com](http://www.thepornevent.com).)
- **Choose 1-3 trustworthy Christ-followers who will hold you accountable.** These people should be your same gender, and should be able to be firm and loving as they hold you accountable and pray for you. Ask them to make a real commitment to partnering with you in your healing journey. Other than Christ Himself, these will be among the most important partners you have!

- **Place accountability on your internet activity** by using programs such as [www.covenanteyes.com](http://www.covenanteyes.com).
- **Seek counseling.**

# Week 5: Making Your Plan

**Goal:** Finish your individual next step plan.

*Therefore, prepare your minds for action; be self-controlled; set your hope fully on the grace to be given you when Jesus Christ is revealed. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; 1 Peter 1:13-15 NIV*

## Questions to consider:

- What has God shown you this week?
- What plans did you make for connection with God during your healing journey?
- What plans did you make for accountability and connection with others?
- Have you found a support group?
- Have you made a decision about counseling? If so, have you made contact or set an appointment with a counselor?
- Who did you ask to hold you accountable? Have they agreed?
- What are you most nervous or fearful of as you consider your plan for connecting with God and being held accountable by others?

## This Week – Your Next Step Plan:

Now that you have a plan for connecting with God and being held accountable by others, here are more steps to consider as you finalize your healing plan.

- Look for **scripture**, **music**, and **quotes** or **sayings** that can help you fight when the moment of temptation comes. Keep the music on a **playlist** or **cd** where you can find it easily. Keep scriptures and quotes in a **notebook** that you can conveniently locate and access.
- **Make a list** – Write down the names and phone numbers of at least 10 people you can call any time when you are tempted. You may need to ask people for permission to call them during late hours if you are not sure it is ok. The people on this list can be people who know about your struggle – but they don't have to be. They just need to be people you can call at any time to talk about the weather, their family, their work, or anything else to disrupt your train of thought and break the cycle of temptation. Start with a list of 10 people and add to it, eventually compiling 20 or more people you can call. Keep this list in your wallet, in your home, and at your desk – in places that are easily accessible to you at all times. Should you feel tempted, start at the top of the list and call through it until you find someone who can talk to you. You may have to call through the list more than once, and you may need to talk to more than one person before the temptation passes – but it is worth it and it works!
- **Have a plan** for those times when you are most tempted. Some ideas include:

- **“Fix-it” or “build-it” projects.** If you like to work with your hands, keep ongoing projects that you can go to when you are tempted to focus on something productive that you enjoy.
- **Creative projects** - If you are a musician, or if you like to write, make a plan to go to those things rather than succumbing to temptation. (Note – if you are a writer, it might be better to take paper and pen to a place where you can enjoy writing rather than jumping on your computer during moments of temptation.)

Having a “fix-it” project, building something, or expressing yourself and your innermost thoughts in a creative way can be an effective way to avoid temptation and spend time with God at the same time.

Any and all of these ideas can be valuable tools to you on your journey! Consider which of these ideas you will choose for your plan. Try to think of other things that might help you when the moment of temptation comes.

# Week 6: Going Forward

**Goal:** To firm up your healing plan to enable you to move forward in freedom.

*Since God assured us, "I'll never let you down, never walk off and leave you," we can boldly quote, God is there, ready to help; I'm fearless no matter what. Who or what can get to me? Hebrews 13:5-6 MSG*

*What, then, shall we say in response to this? If God is for us, who can be against us? Romans 8:31 NIV*

## Group Discussion:

- What has God shown you this week?
- What plans did you make for dealing with the moments of temptation as they come?
- Did you have any ideas for overcoming the moments of temptation that were not on the list?
- What plans did you finalize for accountability and connection with others?
- Have you found a support group?
- Have you made a decision about counseling? If so, have you made contact or set an appointment with a counselor?