**Repentance Plan: Turn from My Sin pattern of lust/sexual fantasy and turn to God**

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| **IDENTIFY Existing Patterns:  List any connections to the sin issue, pattern, or idol for each category below** | **How will I TURN FROM SIN? Changes I will make to turn from sin and guard myself from old sinful patterns** | **How will I TURN TO CHRIST? Changes I will make to turn to God instead of this sin or idol (use Scripture to determine God’s path/provision)** |
| **WHO influences my struggle?**  My wife Linda  My friend Jim | Ask for Linda’s help.  Change my relationship with Jim by limiting how often (and where) we spend time together. | Invest in Linda, God’s provision for my sexual needs. Be satis!ed and rejoice in my wife (Prov. 5:15–23).  Flee lust. Build relationships with godly men. Pursue godly things with godly people (2 Tim. 2:22; Prov. 27:17).  Invite Jim to church (Matt. 5:14-16). |
| **WHAT are my triggers or ways I access my struggle?**  Internet porn on phone and computer  Trips to club and talking about females w/Jim | Linda to password-protect internet. Get a phone w/o internet.  Tell Jim no more girl talk/flirting. Limit outings with Jim to when others who are good influences can come. | Internet not helpful for me right now (1 Cor. 6:12)  Memorize Psalm 101:3–4; 2 Tim. 2:22 Daily Bible/prayer time (Matt. 6:11) Accountability with godly men (Gal. 6:2) |
| **WHEN am I vulnerable?**  Nighttime after my wife has gone to bed  Traveling for work  Fishing trips & “guys’ night out” with Jim | Go to bed with Linda every night.  Reserve Friday nights for dates with Linda rather than “guys night out” with Jim. | Start every morning with Bible (Lam. 3:22–23)  Pray every night with Linda (Matt. 19:6)  Pray & call accountability partners when traveling or when I am tempted (Psalm 28:7; 1 Thess. 5:14) |
| **WHERE do I frequently struggle?**  At home on internet  At hotels/conferences during business travel  At the nightclub with Jim | Avoid home alone; if alone, no internet No nightclub trips  Ask hotels to shut off movies or unplug television. | I will seek God in his Word (Psalm 119:11), in prayer (Matt 6:13), and in his people (Prov. 24:6).  I will attend church and Christian recovery regularly (Hebrews 10:24). |
| **WHY do I struggle? Are there feelings, desires, or needs I am trying to fill or escape?**  When Linda rejects or disrespects me, or if she is unhappy with me, I cope by trying to !nd pleasure or af!rmation from other women.  When I am stressed, I fantasize about women.  It is hard for me to say no to Jim when he invites me to the club. I don’t want to be seen as “weird,” but as “one of the guys.” | Try to uncover what I am feeling by writing down emotions/worries/stresses in life. Tell them to the godly men in  my life.  When feeling insecure, tell Linda. Ask what she notices about my insecurities.  When asked to go to the club with  the guys, offer alternative locations. Be willing to be the “odd man out” if necessary. Initiate lunch plans at good locations. | I will rely on God’s power by growing in knowledge, practicing faithfulness and godliness. God has given me everything I need for godliness in life (2 Peter 1:3–8).  I will pursue my wife emotionally and sexually. I will tell her my feelings and stresses. I will pray with her. I will purposefully rejoice over her and delight in her (Proverbs 5:15–23).  I will memorize God’s word to know and practice his will (Hebrews 4:12).  I will seek help from God’s people (Hebrews 12:11–13). |
| **HOW am I tempted in my struggle? Are there routine steps or patterns in when I am tempted to sin?**  When I feel rejected by Linda, after she goes to bed, I look at porn on the computer. | I will go to bed with Linda every night— even when I feel rejected. I will pray, examine my hurt with my mentor, and plan to discuss it with Linda. I will let godly men in my life know when I am feeling tempted, asking them for prayer and follow-up. | I will flee lust and run to God for strength through prayer and his Word. I’ll ask godly friends and Linda for prayer and help to see my needs, my sin, and point me toward Christ. I will address my hurt and insecurities with the people in my life by learning and practicing the biblical steps of recovery. |