

TEMPTATION

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Includes guidance on what to do before and when temptation strikes



YOU MUST BE PROACTIVE

The Self Fulfilling Prophecy

Some men think there's no way they can stop viewing porn, visiting strip clubs, or using prostitutes. If that's you, then you're right. On the topic of success, Henry Ford once said "Whether you think that you can or that you can't, you are usually right." Proverbs 23:7 says it like this "As a man thinketh in his his heart, so he is."

What do you see:

HELPISNOWHERE

Do you see "Help is nowhere" or is "Help is now here" what you see? Either way you're correct. I'm here to tell you that you can stop. It won't be easy but it will be worth it.

Before you're tempted:

Structure is important:

- Know when you will have free time. What will you do during those times?
- When traveling, plan on relaxing in the hotel lobby or working in the business center if being alone in your room is too tempting.

Know your limits:

- Drinking impairs judgment. If you've acted out after drinking too much in the past, abstain from drinking.
- Don't watch late night TV. Bring a book or go to sleep.
- When traveling, disable adult movies in your room. Confirm with the front desk when you check in that it's been turned off.

IT'S TOO OVERWHELMING TO THINK ABOUT RESISTING TEMPTATION FOR THE REST OF YOUR LIFE. JUST TRY TO GET THROUGH THE NEXT 5 MINUTES. AFTER YOU DO THAT, GET THROUGH THE NEXT 5 MINUTES AND SO ON AND SO ON. THE EXERCISES ON THE NEXT PAGE WILL HELP YOU DO THAT.

WHEN TEMPTATION STRIKES

Temptation will pass. Do these exercises until it does.



Play the tape through

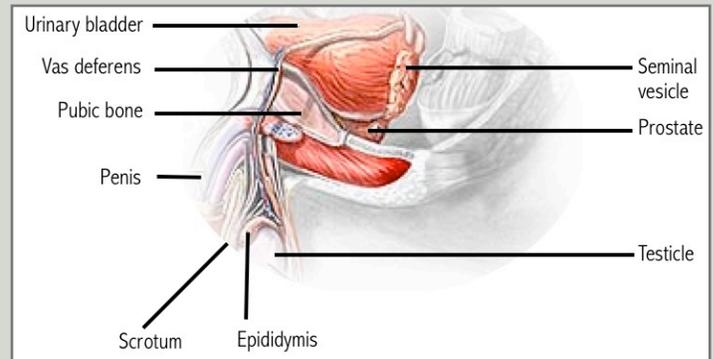
You're tempted now, but how are you going to feel after acting out. Do you remember how you felt last time? The guilt, the disappointment in yourself. What are the consequences of continuing this behavior? What will it do to your marriage or other relationships? You can do this on your own or call an accountability friend to talk about these consequences.

Romans 12:1 prayer

When you feel tempted, use the diagram and pray to God, dedicating each part of your reproductive system for Him to use for His glory.

Here's an example, "God, I dedicate my penis for you to use for your glory. I dedicate my Pubic bone to use for your glory. I dedicate my....."

It will probably seem awkward or strange. That's OK. If you feel tempted 5 minutes later, go through the prayer again. Say it as many times as you need to.



Cycle of redemption

Don't try to stop the images that come to your imagination. Instead, use the opportunity for pray for the person you are imagining. Pray that God would heal them from the abuse they likely suffered growing up and continue to suffer in the sex trade industry, that God would heal their self-image and that He would call them to become adopted sons and daughters. Whereas you previously contributed to the cycle of abuse, you are now interceding in a cycle of redemption.

You will have to do these exercises over and over. Temptation will return. Plan on it.

Make the call

Call someone who cares about you. Talk about your temptation. Also, determine if you're feeling stressed, anxious, lonely, sad, tired or some other powerful emotion. What else is happening in your life that

Do you continue to struggle?

Speaking with a professional counselor may help you uncover the reasons you act out. You can resist behaviors temporarily. However, long term change comes from resolving the underlying emotional causes of your urges.

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About me

I am a Christian. My philosophy of therapy is holistic, meaning that I believe that people are made up of many parts – body, soul, (mind, emotions, will) and spirit. I believe that God created all these parts for wholeness, which comes from a relationship with God, others, and oneself.