

Sin you are working on: Porn

Impediments and Facilitators

	To the Former Sinful Ways	To the New Holy Ways
Impediments	Add impediments to sin:	Remove impediments to righteousness:
	Conversion	Laziness
	Fear God Ex. 20:20; Prov 16:16; Eph 5:5	Lack of schedule
	Pray to hate sin Prov. 8:13; Ps. 97:10	Negative peer pressure
	Accountability	Wasting time on computer
	Occasional fasting	Have a purpose for every minute
	Flee/take physical action 2 Tim 2:22	Covering up sin – speak the truth
	“I will guard my ways” (Ps. 39:1a)	Wandering thoughts/lazy mind
	Prayer	Trade responsibilities for rights – rights home.
	Memorize Ps. 119:11; 37:31; John 8:32	Get rid of discouragement, failure attitude
	Meditation Josh 1:8; Ps. 1:2-3; 1 Tim 4:5	Refuse to say “I can’t” – see affirmations sheet
	Worship	
	Discipline of body through exercise	
	Alarm clock across the room	
	Cold shower	
	Spiritual warfare prayers	
	Realize consequences to porn	
See porn people as demonic, revolting		
Work masturbation pure thought paper		
Facilitators	Remove facilitators of sin:	Add facilitators to righteousness
	On phone alone	Faith/Expectation 2 Pet 1:3-4; Gal. 3:1-9
	Break demonic legal ground Ex 20:5; Ps	Hope 1 Cor. 10:13; Phil. 4:13
	Verbally resist demons Ps. 101:3-4	Memorize Bible Ps. 119:11; 37:31; John 8:32
	Know when internal motivators come - Curiosity, anticipation, desire, conscienc	Meditation Josh 1:8; Ps. 1:2-3; 1 Tim 4:5
	Put off undisciplined thinking, drifting	Dedicate body parts to God 1 Cor 6:15
	Learn to discipline the eyes	Crucify selfishness through service
	Bad companions	Accountability Eccl. 4:9-10
	Laziness	Computer covenant Job 31:1
	Gluttony	Covenant eyes
	Lack of discipline of body	Have a travel plan
	Don't lounge in bed	Work the circle of life
	Pride versus broken heart sheet	Daily give rights to God
	Get rid of practices that bring desire such as ads, certain TV shows, store ads	Work masturbation pure thought paper
		Make Laws of harvest part of your life