Men's Journey to Purity: Overcoming Pornography



A focused 21-day Bible study equipping men to overcome pornography addiction through confession, accountability, and Scripture.





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Introduction

Welcome to your 21-day journey toward freedom and purity. *As men,* navigating challenges related to sexual temptation—especially pornography addiction—can feel isolating and overwhelming. Yet, Scripture offers hope, healing, and strength through God's grace.

This study is designed to guide you through practical, biblical steps centered on **confession**, **accountability**, **and embracing Scripture** as your anchor. Each day provides focused readings and reflections to help you recognize the nature of temptation, understand God's power to transform, and cultivate a renewed mindset.

Remember, *freedom is possible, not by your own might, but through surrender to God and support from fellow believers.* This journey calls for honesty with yourself, boldness in confession, and the courage to build healthy accountability relationships.

Through dedicated time in God's Word, prayer, reflection, and journaling, you will be equipped to resist temptation, overcome shame, and walk confidently in purity.

Take heart: You are not alone. Each step toward purity is sacred and significant. God's grace covers every part of your story.







Let's embark on this transformative journey together—starting now.















Your Verse

Ephesians 6:12 - "For our struggle is not against flesh and blood, but against... spiritual forces of evil."

Supporting Scriptures

- James 1:14 "Each person is tempted when they are dragged away by their own evil desire."
- 1 Peter 5:8 "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion."







Devotional: Understanding Your Spiritual Battlefield

Temptation isn't just a physical struggle—it's spiritual warfare. Paul reminds us in Ephesians 6 that our true adversaries are not people, but powerful spiritual forces determined to derail our purity.

Pornography addiction often starts with a whispered lie and a desire cultivated in the heart. James explains temptation begins when our desires pull us away.

Recognizing this spiritual dimension is empowering. You aren't just fighting a habit or a feeling—you are engaged in a battle for your soul. Understanding this helps you to put on God's armor and seek His strength rather than relying on willpower alone.

Today is about awareness—acknowledging the battlefield prepares you to stand firm. Stay alert, and remember God's power fights alongside you.







Day 1: \bigcirc Recognizing the Battle Within

Reflect and Apply

1.	How have you recognized spiritual influences affecting your struggles?
2.	What lies or justifications have disguised temptation for you before?
	How does viewing temptation as spiritual warfare change your approach?







Day 1: \bigcirc Recognizing the Battle Within

Journaling Prompts

1.	List moments recently when you felt temptation strongest and what triggered it.
	Write about how you feel when you realize your struggle is spiritual, not just physical.
3.	Describe how understanding this battle impacts your desire for God's armor.







Prayer for Today

Lord, open my eyes to see the true battle in my heart today. Help me to recognize temptation's spiritual roots and give me the strength to stand firm. Guard my mind and shield my soul, so I may walk in purity. Guide me as I take these first steps toward freedom, trusting in Your power rather than my own. In Jesus' name, Amen. 🙏 📢 😭

















Your Verse

Psalm 32:5 – "Then I acknowledged my sin to you and did not cover up my iniquity."

Supporting Scriptures

- 1 John 1:9 "If we confess our sins, he is faithful and just to forgive us."
- James 5:16 "Confess your sins to each other and pray for each other."







Devotional: The Power of Honest Confession

Confession is not a sign of weakness but the doorway to healing. David models transparency before God, admitting his sins openly without hiding any parts.

Pornography addiction thrives in darkness and secrecy. The burden grows heavier when sin is concealed. Yet Scripture reminds us confession unlocks forgiveness and restores fellowship—both with God and others.

James encourages believers to confess to one another, introducing accountability and prayer support essential to victory.

Today, take courage to honestly name your struggles and invite God's cleansing power into your life. The first step toward purity is exposure, trusting God's mercy over shame.







Reflect and Apply

1.	What fears or barriers make confession difficult for you?
2.	How might hiding your struggles be hindering your healing?
3.	Who in your life can you trust to confess and find support?
4.	What does God's promise of forgiveness mean to you?













Journaling Prompts

1.	Write down your honest confession to God about your addiction.
	Reflect on a time God forgave you deeply—how can that encourage you now?
3.	List individuals you could safely share your struggle with and why.







Prayer for Today

Father, help me to confess my sins without shame. I surrender my hidden struggles and ask for Your forgiveness and cleansing. Grant me courage to be honest and open, drawing on Your faithfulness. Lead me to trustworthy others for support and healing. Thank You for Your boundless grace. In Jesus' name, Amen. 🙏 💙 😂

















Day 3: 🌣 Embracing Accountability

Your Verse

Proverbs 27:17 - "As iron sharpens iron, so one person sharpens another."

Supporting Scriptures

- Ecclesiastes 4:9 "Two are better than one..."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 3: 🌣 Embracing Accountability

Devotional: Strength in Shared Struggles

Accountability is a vital key to overcoming temptation. Proverbs tells us that relationships sharpen us and strengthen our walk.

Isolation makes overcoming addiction far more difficult. When you invite trusted brothers into your journey, you receive encouragement, correction, and prayer support essential for victory.

Ecclesiastes reminds us that two together have greater strength and resilience. Galatians calls us to carry each other's burdens, modeling Christ's love.

Seek out a mentor, friend, or support group to walk with you honestly and faithfully. This isn't a sign of failure but of wise stewardship over your freedom.







Day 3: 🂢 Embracing Accountability

Reflect and Apply

	Why might men hesitate to seek accountability for struggles like pornography?
2.	What qualities should you look for in an accountability partner?
3.	How could a supportive relationship change your recovery journey?
4.	In what ways can you carry others' burdens as well?













Day 3: 🂢 Embracing Accountability

Journaling Prompts

1.	Identify potential accountability partners in your life and why you trust
	them.
2.	Write about your hopes and fears around starting accountability conversations.
3.	Plan steps to initiate accountability relationships this week.







Day 3: 🌣 Embracing Accountability

Prayer for Today

God, bring trustworthy brothers into my life. Help me find accountability partners to share my burdens and encourage purity. Give me humility to receive correction and courage to be transparent. May our relationships sharpen and uplift one another, reflecting Your love. Amen. \heartsuit \bigwedge









Day 4: Renewing the Mind









Day 4: @ Renewing the Mind

Your Verse

Romans 12:2 - "Be transformed by the renewing of your mind."

Supporting Scriptures

- Philippians 4:8 "Think about things that are true, noble, right, pure..."
- 2 Corinthians 10:5 "Take every thought captive to obey Christ."







Day 4: Renewing the Mind

Devotional: Capturing and Replacing Tempting Thoughts

True transformation starts in the mind. Paul urges us not to conform to the world's pattern but to be renewed inwardly.

Pornography addiction often begins with thoughts that gain foothold. Our duty is to capture every rebellious thought and replace it with truth.

Philippians gives us a blueprint on what to fill our thoughts with—things pure and praiseworthy. 2 Corinthians reinforces taking thoughts captive as an act of obedience to Christ.

Practice vigilance over your mental landscape today, rejecting temptation's entry and inviting God's truth in. This ongoing battle renews your heart and strengthens your will.







Day 4: Q Renewing the Mind

Reflect and Apply

1.	What recurring thoughts fuel your temptation?
2.	How do you currently manage intrusive, harmful thinking?
3.	What positive truths can you meditate on to counter temptation?
4.	In what ways does your mind's renewal affect your overall purity?













Day 4: Renewing the Mind

Journaling Prompts

Journal specific thoughts you want to capture and reject today.
List Bible verses or truths to meditate on when tempted.
Describe how you will practice renewing your mind this week.







Day 4: @ Renewing the Mind

Prayer for Today

Lord, teach me to control my thoughts. Help me to identify and capture tempting ideas and fill my mind with Your truth and purity. Transform my inner being and give me the strength to obey You fully. May my mind be a sanctuary of holiness. Amen.

















Your Verse

Proverbs 4:23 - "Above all else, guard your heart."

Supporting Scriptures

- 1 Corinthians 10:13 "God provides a way out of temptation."
- Matthew 5:29 "If your right eye causes you to stumble, gouge it out."







Devotional: Protecting Your Heart and Guardrails

Guarding your heart requires intentional boundaries. Proverbs warns that what we allow in shapes who we become.

Pornography thrives where watchfulness is lax and doors remain open. Setting clear boundaries—whether digital filters, time limits, or avoiding triggers—helps protect you.

God promises a way out when you're tempted; recognizing and taking that exit is wise stewardship.

Jesus teaches radical measures to avoid sin because purity is priceless.

Commit to practical steps that protect your heart today. Boundaries are not restrictions but shields preserving your freedom.







Reflect and Apply

1. What current habits or environments expose you to temptation?	
2. Where do you sense the need for stronger boundaries in your life?	
3. How can recognizing God's way out motivate you to act immediately?	
4. What difficult but necessary changes are you willing to make?	













Day 5: O Setting Boundaries

1.	List specific situations to avoid and how you will do so.
2.	Write about feelings that come up when considering strict boundaries.
3.	Plan boundary-setting steps you will implement starting now.







Day 5: O Setting Boundaries

Prayer for Today

Father, help me guard my heart with wisdom and vigilance. Give me discernment to recognize triggers and courage to set firm boundaries. Lead me to Your way of escape when temptation comes. Protect me and keep me pure for Your glory. Amen. • •

















Your Verse

Matthew 26:41 - "Watch and pray so that you will not fall into temptation."

Supporting Scriptures

- Philippians 4:6 "Do not be anxious about anything, but in every situation, by prayer... present your requests to God."
- Psalm 50:15 "Call on me in the day of trouble; I will deliver you."







Devotional: Prayer as Your Strength Against Temptation

Prayer is your frontline defense against temptation. Jesus Himself told His disciples to watch and pray so they would not fall.

When anxious or tempted, turning immediately to God in prayer invites His help and peace. Philippians encourages us to replace anxiety with supplication.

Psalm 50 assures that God hears our call in times of trouble and promises deliverance.

Let prayer be your habit—calling on God at every moment of struggle, trusting His power to sustain purity. You are not alone in this fight.







Reflect and Apply

	How frequently do you turn to God in prayer during moments of temptation?
2.	What feelings or obstacles have kept you from praying consistently?
3.	How might deepening your prayer life strengthen your purity journey?
4.	What promises from Scripture encourage you to keep praying?











1.	Record prayers you can use when tempted.
2.	Write about a time prayer helped you resist temptation.
3.	Plan a consistent daily prayer time dedicated to purity.







Prayer for Today

Lord, teach me to watch and pray continually. When temptation arises, remind me to turn to You immediately. Fill me with peace and strength; deliver me from all snares. Keep me steadfast in prayer and mindful of Your presence. Amen. 🙏 🖏

















Your Verse

Psalm 51:10 - "Create in me a pure heart, O God, and renew a steadfast spirit within me."

Supporting Scriptures

- Isaiah 1:18 "Though your sins are like scarlet, they shall be as white as snow."
- Acts 3:19 "Repent... so that times of refreshing may come from the Lord."







Devotional: Turning From Sin to New Life

Confession must lead to repentance for true change. David's heartfelt prayer in Psalm 51 shows his longing for purity beyond mere regret.

God promises cleansing even for scarlet sins. Isaiah assures us that no sin is beyond His forgiveness.

Acts urges repentance so we may experience refreshing committed to new life.

Today, don't just admit your faults—turn fully from them and ask God to renew your heart and spirit. This is God's desire for you.







Reflect and Apply

1.	What does genuine repentance mean to you beyond feeling regret?
2.	How can you cultivate a steadfast spirit that resists repeating sin?
3.	In what ways has God refreshed you after sincere repentance?
4.	How does this renewal motivate your purity journey?













1.	Write a prayer asking for a renewed, pure heart.
2.	Reflect on times God refreshed you after repentance.
3.	Describe steps to maintain steadfastness moving forward.







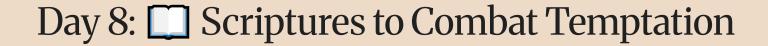
Prayer for Today

Father, create in me a pure heart and renew my spirit. Help me turn completely away from sin and embrace the new life You offer. Cleanse me and strengthen me to walk in Your ways daily. May Your refreshing presence sustain me. Amen. △ ♦ ♦

















Your Verse

Psalm 119:11 – "I have hidden your word in my heart that I might not sin against you."

Supporting Scriptures

- Hebrews 4:12 "The word of God is living and active... it judges the thoughts and attitudes."
- Matthew 4:4 "Man shall not live on bread alone, but on every word..."







Devotional: Using God's Word as Your Weapon

Scripture is your most powerful weapon against temptation. God's Word hidden in your heart equips you to recognize lies and stand strong.

Hebrews 4 reminds us the Word penetrates deeply, discerning our thoughts. Jesus modeled this by quoting Scripture during His own temptations.

Today, commit to memorizing and meditating on verses that specifically combat sexual temptation.

Knowing God's truth guards you against temptation's pulls and empowers obedience.







Reflect and Apply

1.	Which verses have you found most helpful in resisting temptation?
2.	How can you incorporate more Scripture memorization into daily life?
3.	What lies do you need to challenge with God's truth today?







1.	Write down key Bible verses to memorize for purity.
2.	Reflect on how Scripture has protected you in past struggles.
3.	Plan a daily habit for Scripture meditation and memorization.







Prayer for Today

Lord, let Your Word dwell richly in my heart. Help me memorize and meditate on Scripture that shields me from temptation. Use Your truth to renew my mind and guide my steps. May Your living Word empower my purity daily. Amen. \square \lozenge \triangle

















Day 9: God's Love and Your Worth

Your Verse

Romans 5:8 - "God demonstrates his own love for us in this: While we were still sinners, Christ died for us."

Supporting Scriptures

- Psalm 139:14 "I am fearfully and wonderfully made."
- Ephesians 2:10 "We are God's handiwork, created for good works."







Day 9: God's Love and Your Worth

Devotional: Knowing Your Value in God's Eyes

Temptation often feeds on feelings of shame and low self-worth. Yet God's love for you is immense and unchanging.

Romans reminds us that Christ died for us even while sinners—His love is not conditional on perfection.

Psalm 139 celebrates your unique creation, and Ephesians confirms you are crafted for good.

Understanding your divine worth gives you strength to reject sin that would demean or destroy you. Embrace God's love as the foundation of your identity and purity.







Day 9: 💙 God's Love and Your Worth

Reflect and Apply

1.	How do shame or guilt distort your view of yourself?
2.	What does God's unconditional love mean for your healing?
3.	How might embracing your God-given worth change your behavior?







Day 9: 💙 God's Love and Your Worth

1.	Write about how God's love has impacted your life.
2.	List qualities God has given you that reflect His handiwork.
3.	Describe how embracing your worth helps you in temptation.







Day 9: God's Love and Your Worth

Prayer for Today

Father, help me grasp the depth of Your love for me. Remind me that I am fearfully made and worthy in Your sight. Let Your love heal shame and renew my purpose. Strengthen me to honor Your design in purity and grace. Amen.









Day 10: 💪 Strength Through the Holy Spirit









Day 10: 💪 Strength Through the Holy Spirit

Your Verse

Galatians 5:16 – "Walk by the Spirit, and you will not gratify the desires of the flesh."

Supporting Scriptures

- Acts 1:8 "You will receive power when the Holy Spirit comes on you."
- Romans 8:13 "By the Spirit you put to death the misdeeds of the body."







Day 10: 6 Strength Through the Holy Spirit

Devotional: Relying on Spirit's Power for Victory

You are not alone in your battle for purity. The Holy Spirit empowers you to walk free from fleshly desires.

Galatians urges believers to live by the Spirit's leading, which disables sinful cravings.

Jesus promised power through the Spirit at Pentecost, equipping you to overcome impossible odds.

Romans encourages putting sinful actions to death by Spirit's work within.

Invite the Holy Spirit's presence and strength daily, surrendering control to Him. His power transforms weakness into victory.







Day 10: 💪 Strength Through the Holy Spirit

Reflect and Apply

How dependent are you on your own strength versus the Spirit's power?
What practical ways can you invite the Holy Spirit into moments of temptation?
How does Spirit-led living affect your desire and choices?







Day 10: 💪 Strength Through the Holy Spirit

1.	Write a prayer inviting the Holy Spirit to lead you today.
2.	Describe past experiences of Spirit-empowered breakthroughs.
3.	Plan daily habits to stay sensitive to the Spirit's guidance.







Day 10: Strength Through the Holy Spirit

Prayer for Today

Holy Spirit, fill and empower me. Help me walk by Your strength, not my own. Lead me away from fleshly desires and into holiness. Renew my heart and give me boldness to live in purity. Amen.

















Your Verse

Lamentations 3:22–23 – "Because of the Lord's great love we are not consumed, for his compassions never fail..."

Supporting Scriptures

- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."
- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions."







Devotional: God's Compassion and New Beginnings

Failures don't disqualify you from God's compassion. Lamentations highlights His unfailing mercy every morning.

2 Corinthians promises a fresh start as a new creation when you embrace Christ.

Psalm 103 reminds us that God removes sins completely as far as east is from west.

Though addiction may break trust, God's compassionate nature provides a new beginning and hope for restoration. Lean into this truth to rebuild your walk with God.







Reflect and Apply

1.	How have past failures affected your trust in God's mercy?
2.	What truths encourage you to believe in a fresh start?
3.	How can you live out being a new creation daily?







Journaling Prompts

1.	Write about how God has shown mercy in your life.
2.	Reflect on the concept of being made new in Christ.
3.	Describe practical ways to deepen your trust in God.







Prayer for Today

Lord, thank You for Your endless compassion. Help me embrace new beginnings and live as Your new creation. Remove shame and restore my trust. Guide me forward in Your grace and love. Amen.















Day 12: ● Speaking Truth in Place of Lies

Your Verse

John 8:32 - "Then you will know the truth, and the truth will set you free."

Supporting Scriptures

- Proverbs 3:5 "Trust in the Lord with all your heart."
- Psalm 19:14 "Let the words of my mouth and the meditation of my heart be pleasing to you."







Day 12: ● Speaking Truth in Place of Lies

Devotional: Replacing Lies with God's Truth

Addiction often fuels lies about identity, failure, and worth. Jesus affirms that knowing truth produces freedom.

Proverbs encourages wholehearted trust in God rather than your own feelings.

Psalm 19 invites your words and thoughts to align with God's will.

By speaking and meditating on God's truth, you silence the lies that feed addiction and reinforce your identity as Christ's beloved.







Day 12: **♦** Speaking Truth in Place of Lies

Reflect and Apply

1.	What lies have you believed about yourself?
2.	How can speaking Scripture over yourself combat those lies?
	What steps can you take to align your speech and thoughts with God's will?







Day 12: **♦** Speaking Truth in Place of Lies

Journaling Prompts

1.	List lies you want to reject today.
2.	Write Bible truths to declare over your life.
3.	Describe ways to practice positive, truthful speech daily.







Day 12: **●** Speaking Truth in Place of Lies

Prayer for Today

Jesus, set me free through Your truth. Help me reject lies and speak words that honor You. Guard my heart and mind to reflect Your love and identity. Empower my speech to build me up in purity and faith. Amen.









Day 13: Walking in New Habits









Day 13: **%** Walking in New Habits

Your Verse

Colossians 3:9-10 - "Put on the new self... and be renewed in knowledge in the image of its Creator."

Supporting Scriptures

- Ephesians 4:22–24 "Put off your old self... and put on the new self."
- Philippians 3:13 "Forgetting what is behind and straining toward what is ahead."







Day 13: **%** Walking in New Habits

Devotional: Replacing Old Patterns with Godly Habits

Old sinful habits can be replaced with new Christlike practices. Paul urges believers to put off the old self and renew their minds toward God's image.

This transformation requires forgetting past failures and focusing on God's calling.

Establishing godly habits—daily prayer, reading Scripture, accountability meetings—strengthens your walk.

Commit to building new routines that honor God and support your purity journey.







Day 13: 🥎 Walking in New Habits

Reflect and Apply

1.	Which old habits must you intentionally put off?
2.	What new, godly habits will you adopt for growth?
3.	How will consistency impact your transformation?







Day 13: **%** Walking in New Habits

Journaling Prompts

1.	List habits to stop and habits to start.
2.	Reflect on challenges to forming new habits and solutions.
3.	Plan a weekly schedule including godly routines.







Day 13: **%** Walking in New Habits

Prayer for Today

Lord, help me put off my old ways and embrace renewal. Guide me in forming godly habits that reflect Your image. Give me perseverance and joy in this new walk. May my life glorify You daily. Amen. 🙌 🍞 🙏

















Your Verse

1 Corinthians 15:58 – "Let us be steadfast... always abounding in the work of the Lord."

Supporting Scriptures

- Galatians 6:9 "Do not become weary in doing good."
- Psalm 126:3 "The Lord has done great things for us, and we are filled with joy."







Devotional: Acknowledging Progress in Purity

Change is a process, and every small victory matters. Paul encourages us to be steadfast and abounding in God's work.

Galatians warns against losing heart and encourages perseverance.

Psalm 126 invites you to celebrate God's great work in your life with joy.

Recognize and rejoice in progress—however small—as motivation to continue. God delights in your faithfulness.







Reflect and Apply

1.	What small victories have you experienced recently?
2.	How do you encourage yourself during setbacks?
3.	In what ways can celebrating progress fuel perseverance?







Journaling Prompts

1.	List recent victories in your purity journey.
2.	Write about how celebrating this progress feels.
3.	Plan ways to reward and encourage yourself meaningfully.







Prayer for Today

Thank You, Lord, for every victory, big or small. Help me stay steadfast and joyful, trusting You are working through me. Strengthen my perseverance and fill me with hope and encouragement. Amen. *>*









Day 15: <a> Guarding Digital Spaces









Your Verse

Philippians 4:8 - "Think about things that are true, noble, right, pure..."

Supporting Scriptures

- 1 Corinthians 15:33 "Bad company corrupts good character."
- Matthew 6:22 "Your eye is the lamp of your body."







Devotional: Protecting Your Online Environment

Our digital environment strongly influences the mind's landscape. Philippians directs us to focus on pure things.

1 Corinthians warns associations affect character, including virtual ones.

Jesus emphasizes the eye's influence on the body's direction.

Set strict controls on digital content. Avoid websites, apps, or contacts that lead to temptation. Fill your online time with uplifting, godly content.







Reflect and Apply

What digital habits contribute to temptation in your life?
How can you create a safer, more uplifting online environment?
What accountability can you implement for your digital activities?







Journaling Prompts

1.	Write down your current digital triggers and their sources.
2.	Plan specific controls or filters to implement immediately.
3.	List positive digital resources you will focus on instead.







Prayer for Today

Lord, help me guard my digital spaces wisely. Give me discernment to avoid harmful content and choose purity online. Fill my screen time with things that honor You. Protect my eyes and heart always. Amen. .

















Your Verse

Psalm 147:3 - "He heals the brokenhearted and binds up their wounds."

Supporting Scriptures

- Isaiah 61:1 "He has sent me to bind up the brokenhearted."
- Matthew 11:28 "Come to me... and I will give you rest."







Devotional: Addressing Root Hurts Behind Addiction

Emotional pain often fuels addictive behaviors. God is a healer of broken hearts and wants to restore your wounded soul.

Isaiah highlights Jesus' mission to bind wounds.

Jesus personally invites you to find rest in Him.

Seek God's healing and consider counseling or trusted support to address painful areas fueling temptation. Healing is essential to lasting purity.







Reflect and Apply

1.	What unresolved hurts may be influencing your addiction?
2.	How open are you to seeking emotional healing and support?
3.	What rest does Jesus offer that you need most?







Journaling Prompts

1.	Write about emotional wounds connected to your struggle.
2.	List ways God has comforted you in pain before.
3.	Plan steps to pursue healing or professional help.







Prayer for Today

Jesus, heal my broken heart and restore my soul. Bind my wounds and give me rest that only You can provide. Help me face pain with courage and receive Your peace. Guide me to healing and renewal. Amen. \heartsuit \bigwedge









Day 17: (S) Living With Integrity









Day 17: S Living With Integrity

Your Verse

Proverbs 10:9 - "Whoever walks in integrity walks securely."

Supporting Scriptures

- Psalm 25:21 "May integrity and uprightness protect me."
- 2 Corinthians 8:21 "We aim to do what is honorable... not only in the Lord's sight but also in the sight of others."







Day 17: S Living With Integrity

Devotional: Walking Securely in Integrity

Integrity lays a foundation for lasting freedom and confidence. Proverbs assures secure walking when honesty guides your actions.

Psalm 25 prays for protection through uprightness.

Paul calls us to live honorably before God and people.

Let integrity shape your decisions, words, and relationships, guarding against secret sins and strengthening your testimony.







Day 17: O Living With Integrity

Reflect and Apply

1.	How does integrity currently shape your life and choices?
2.	What temptations threaten your honesty or transparency?
3.	How can living with integrity protect you and honor God?







Day 17: O Living With Integrity

Journaling Prompts

1.	Write about how integrity relates to your freedom from addiction.
2.	List areas where you want to grow in honesty and uprightness.
3.	Plan concrete actions to live more transparently.







Day 17: O Living With Integrity

Prayer for Today

Lord, help me walk in integrity every day. Let honesty and uprightness guard me from temptation and unclean habits. Guide my heart to live honorably before You and others. Amen. \bigwedge









Day 18: Cultivating Humility









Day 18: (Cultivating Humility

Your Verse

James 4:6 - "God opposes the proud but shows favor to the humble."

Supporting Scriptures

- Philippians 2:3 "Do nothing out of selfish ambition but with humility."
- 1 Peter 5:6 "Humble yourselves, therefore, under God's mighty hand."







Day 18: (Cultivating Humility

Devotional: Strength in Humble Dependence on God

Humility opens the door for God's favor and strength. James contrasts God's opposition to pride with His grace toward humility.

Paul urges selflessness and humility as keys to unity and growth.

Peter calls for humble submission to God's sovereign care.

Admit your weakness honestly and lean on God's power, not your own. Humility invites healing and victory.







Day 18: 🖰 Cultivating Humility

Reflect and Apply

1.	Where might pride hinder your openness or recovery?
2.	How can humble dependence transform your purity journey?
3.	In what ways can you practice humility daily?







Day 18: 🖰 Cultivating Humility

Journaling Prompts

1.	Reflect on areas you struggle to admit weakness.
2.	Write a prayer of surrender and humility.
3.	Plan practical ways to cultivate humility.







Day 18: (Cultivating Humility

Prayer for Today

God, cultivate humility in my heart. Help me lay down pride and depend fully on Your strength. Teach me to serve You with a humble spirit. Restore me by Your grace. Amen. 😂 🙏 👀







Day 19: 🗎 Persevering Through Setbacks









Day 19: A Persevering Through Setbacks

Your Verse

2 Corinthians 4:8-9 - "We are hard pressed on every side, but not crushed."

Supporting Scriptures

- Galatians 6:9 "Let us not become weary in doing good."
- Philippians 3:14 "Press on toward the goal to win the prize."







Day 19: A Persevering Through Setbacks

Devotional: Hope and Strength to Keep Moving Forward

Setbacks are part of the journey but don't define it. Paul acknowledges pressure but uncrushed spirit.

Galatians encourages endurance without losing heart.

Philippians urges pressing on toward the ultimate prize.

Hold onto hope and keep moving forward, leaning on God's strength after every fall. Recovery is a process, not perfection.







Day 19: 🔏 Persevering Through Setbacks

Reflect and Apply

1.	How do you typically respond to setbacks or failures?
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2.	What encouragement does Scripture offer for perseverance?
3.	How can you refocus on your goals after a stumble?
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Day 19: 🔏 Persevering Through Setbacks

Journaling Prompts

1.	Write about a recent setback and your response.
2.	List scriptures that encourage perseverance for you.
3.	Plan specific actions to keep moving forward after failure.







Day 19: A Persevering Through Setbacks

Prayer for Today

Lord, give me strength to persevere. When I feel crushed or weary, renew my hope and spirit. Help me press on toward purity and freedom with steady faith. Amen.







Day 20: Experiencing God's Grace Daily









Day 20: Separation Experiencing God's Grace Daily

Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Lamentations 3:22 "Because of the Lord's great love we are not consumed."
- Titus 2:11 "The grace of God has appeared that offers salvation to all people."







Day 20: Sexperiencing God's Grace Daily

Devotional: Relying on Grace as Your Strength

God's grace meets you where you are—weak and striving. Paul rejoices that God's power shines brightest in weakness.

Lamentations reminds us grace preserves us daily.

Titus proclaims grace offers salvation freely.

Depend on God's unfailing grace to carry you each day—this is the source of your true strength and freedom.







Day 20: Sexperiencing God's Grace Daily

Reflect and Apply

1.	How have you experienced God's grace in your struggles?
2.	What does depending on grace look like practically?
3.	How does grace motivate you to continue your journey?







Day 20: Separation Experiencing God's Grace Daily

Journaling Prompts

1.	Write about moments you felt God's grace sustaining you.
2.	Reflect on how grace differs from self-effort.
3.	Plan ways to remind yourself daily of God's grace.







Day 20: Separation Experiencing God's Grace Daily

Prayer for Today

Lord, thank You for Your sufficient grace. When I am weak, empower me by Your grace. Help me rely on Your mercy and love every moment. Let Your strength guide me to lasting purity. Amen. \triangleleft \triangleleft \triangleleft

















Your Verse

Jeremiah 29:11 - "For I know the plans I have for you... plans to give you a future and hope."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace."
- Psalm 37:4 "Delight yourself in the Lord, and he will give you the desires of your heart."







Devotional: Embracing a Hope-Filled Future

Your journey toward purity doesn't end here—it's a new beginning. God's plans for you are hopeful and good.

Romans prays that God fills you with joy and peace as you trust Him.

Psalm invites delight in the Lord, who fulfills desires aligned with His will.

Step forward confidently, committing to ongoing growth and victory through God's power and purpose. You have hope and a future.







Reflect and Apply

1.	. What hope do you hold for your future purity?
2.	. How can you maintain joy and peace in this journey?
3.	. What desires do you want to align with God's will?







Journaling Prompts

1.	Write about your vision for a pure, hopeful future.
2.	List ways to cultivate joy and peace daily.
3.	Outline ongoing commitments to support your walk with God.







Prayer for Today

Father, thank You for the hopeful future You have for me. Fill me with joy and peace as I walk forward. Help me delight in You and align my desires with Your will. Guide me continually toward purity and purpose. Amen.







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