# Restoring Integrity: A 7-Day Journey for Men Overcoming Shame



A 7-day Bible study to help men reclaim faith and integrity after exposure of secret sins.





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#### Introduction

Facing the aftermath of exposed sin is deeply painful, especially when it strips away our sense of dignity and faith. For many men, being caught in the grip of pornography addiction can bring overwhelming shame, fear, and isolation. Yet, the gospel speaks powerfully to every broken heart, offering hope, restoration, and newness of life.

This study is designed specifically for men wrestling with the aftermath of sinful mistakes becoming public. It addresses the raw emotions of shame, the struggle to reclaim integrity, and the challenge of walking forward in faith despite past failures. Each day invites you to encounter God's truth and grace afresh, helping you take intentional steps toward healing.

You are not alone in this journey. Many biblical men faced moments of weakness, yet God's mercy never left them. As you engage with Scripture and reflect deeply, may you find courage to admit your wounds, grace to forgive yourself, and strength to embrace God's redemptive power. Restoration is possible — and God's love meets you exactly where you are.

Take this week one day at a time. Pray openly, journal honestly, and lean on God's promises. Let His word rebuild your identity and renew your heart. Healing and wholeness await those who seek Him.







# Day 1: Facing Shame with God's Compassion









Day 1: • Facing Shame with God's Compassion

#### Your Verse

Psalm 34:18 - "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- 1 John 1:9 "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."







Day 1: Facing Shame with God's Compassion

#### Devotional: God Meets Us in Our Deepest Shame

Shame can feel like a heavy, isolating burden. When secret sins become public, it's common to want to hide or run away. Yet the Bible offers a different invitation: bring your shame to God. Psalm 34:18 assures us that God is especially near to those who are brokenhearted and crushed in spirit.

Why does God draw close to us at our lowest? It's because He understands the depths of our pain and offers healing, not condemnation. Our Heavenly Father is not a distant judge but a compassionate refuge. Isaiah 41:10 reminds us not to be afraid because God is with us. This means even in your shame and regret, you are not abandoned.

Confession in 1 John 1:9 is not only about admitting wrongdoing but about unlocking God's forgiveness and cleansing power. When we truly confess, God does not keep score but makes us clean and whole again. This is the starting point of recovery—leaning into God's compassion rather than drowning in self-condemnation.

Today, courageously face your shame and bring it honestly to God. Allow His love to begin dissolving the weight you carry.







Day 1: **(**) Facing Shame with God's Compassion

## Reflect and Apply

	What emotions does your shame bring up when you think about your past?
	How does knowing God is close to the brokenhearted affect your view of yourself?
3.	What might confession to God look like for you today?







Day 1: V Facing Shame with God's Compassion

### **Journaling Prompts**

1.	Write honestly about how shame has impacted your relationships.
2.	List specific fears you have about being exposed or judged.
3.	Record your prayers asking God for courage to confess your struggles.







Day 1: **(**) Facing Shame with God's Compassion

#### Prayer for Today

**Lord, today I come broken and ashamed, but I trust Your promise to be close to my heart.** Help me to surrender my shame and open my soul to Your healing light. Give me courage to confess my sins honestly and accept Your forgiveness. Teach me to rest in Your compassionate love and not in my failures. Walk with me through this journey of restoration and renew my spirit. *In Jesus' Name, Amen.*















#### Your Verse

James 5:16 – "Therefore confess your sins to each other and pray for each other so that you may be healed."

#### **Supporting Scriptures**

- Proverbs 28:13 "Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







# Devotional: Healing Begins in Honest Confession to Others

Recovery requires transparency, though it feels terrifying to reveal our hidden sins. James 5:16 encourages believers to confess sins to one another and pray together, highlighting that healing often comes through community. When sinful mistakes become public, the invitation is to step out of isolation and into the support of trusted brothers in Christ.

Why is confession to others important? Proverbs 28:13 explains that hiding sin typically leads to continued destruction, but embracing confession opens the door to mercy. It can be a profoundly humbling act, yet it initiates true freedom. The mourning over our failures is not the end—Matthew 5:4 promises comfort for those who mourn.

Consider carefully who can hold your story with grace and confidentiality. Vulnerability is the pathway to healing. God often uses the prayers and love of others to strengthen our faith and restore integrity.

Today, seek a trustworthy person or spiritual mentor and consider sharing your burden. Let confession bring light and relief.







## Reflect and Apply

1.	What fears or barriers hold you back from confessing to a trusted person?
2.	Who in your life could you trust with your story of struggle?
3.	How might sharing your pain lead to spiritual healing and growth?







### **Journaling Prompts**

1.	Write the name of one person you feel safe sharing your burden with.
2.	Describe what honesty about your sin would look like in that relationship.
3.	Reflect on any past experiences where confession led to healing.







#### Prayer for Today

Father, I recognize the power of confession and community in healing. Help me to overcome fear and find courage to share my brokenness with someone trustworthy. Surround me with grace through others and restore my heart by Your mercy. Teach me to mourn rightly with hope and receive Your comfort abundantly. Strengthen my faith to step fully into recovery. *In Jesus' name, Amen.* 💝 🖤 🔲















#### Your Verse

Ephesians 1:7 - "In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."

#### **Supporting Scriptures**

- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."
- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions from us."







#### Devotional: Embracing God's Complete Forgiveness

**Grace is the bridge from shame to restoration.** If you have been trapped in guilt and self-condemnation since your sin was revealed, Ephesians 1:7 offers powerful hope. Redemption and forgiveness are freely given through Jesus' sacrifice.

What does it mean that God's grace is rich 'in accordance' with His purpose? It means His mercy is perfectly sufficient to cover every failure, no matter how public or painful. Romans 8:1 reassures believers that once we belong to Christ, condemnation no longer applies. God's love rewrites our story beyond mistakes.

Psalm 103:12 uses the vastness of east and west to illustrate how completely God removes our sins. The past no longer defines us; instead, God's forgiveness creates a new beginning.

Today, meditate deeply on God's grace. Receive His forgiveness as a perfect gift, not something you must earn. Let His mercy renew your identity as a beloved son.







### Reflect and Apply

1.	How has guilt affected your view of God's forgiveness?
2.	Are there parts of your past you struggle to believe God can forgive?
3.	What steps can you take to actively accept God's grace today?







### **Journaling Prompts**

Write about what forgiveness from God feels like to you personally.
List ways shame tries to keep you from embracing grace.
Record Scriptures that remind you of God's mercy and promise.







#### **Prayer for Today**

Lord, thank You for the richness of Your grace and forgiveness. Help me trust that my sins are fully forgiven through Jesus' blood. Free me from the chains of condemnation and fill me with peace. Teach me to walk in newness of life and identity as Your redeemed child. May Your mercy heal and restore my soul each day. *In Jesus' name, Amen.* 

















#### Your Verse

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

#### **Supporting Scriptures**

- Galatians 6:1 "Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently."
- Psalm 51:10 "Create in me a pure heart, O God, and renew a steadfast spirit within me."







# Devotional: God's Power Sustains Our Journey to Integrity

Rebuilding integrity is a process that happens one faithful step at a time. Our weaknesses reveal where God's power shines brightest (2 Corinthians 12:9). When faced with past failures and public exposure, restoration might seem impossible, but grace empowers every step forward.

Integrity is not perfection but a commitment to truth and growth. Galatians 6:1 reminds us that restoration happens through gentle support, not harsh condemnation. Men recovering from public sin need communities rooted in grace to nurture honest change.

Psalm 51:10 is a prayer of deep renewal—asking God to create a pure heart and restore steadfastness. This renewal is ongoing; God's Spirit sanctifies our hearts gradually as we remain faithful in small victories and struggles alike.

Today, identify practical ways to live out integrity in your daily interactions. Rely on God's grace to keep you steady and open to restoration.







## Reflect and Apply

1.	What does integrity mean for you in light of your past mistakes?
2.	How can you accept help and gentle restoration from others?
3.	What small steps of honesty and obedience can you take today?







### **Journaling Prompts**

1.	Write specific areas where you wish to grow in integrity.
2	Reflect on times when God's grace helped you overcome weakness.
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3.	Journal about supportive people who encourage your renewal.







#### **Prayer for Today**

Father, thank You that Your grace is enough in my weakness. Help me to walk humbly and steadily on the path of integrity. Renew my heart and strengthen my spirit as I strive to live honestly before You and others. Surround me with those who gently restore and encourage me. May Your power be made perfect through my weakness. *In Jesus' name, Amen.* 















#### Your Verse

Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."

#### **Supporting Scriptures**

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."
- 1 Thessalonians 5:11 "Encourage one another and build each other up."







#### Devotional: Strength Restored in Godly Brotherhood

**Healing rarely happens in isolation.** Ecclesiastes 4:9–10 emphasizes the strength found in companionship—when one falls, the other lifts him up. This principle is vital for men recovering from shame and brokenness.

God designed brotherhood to encourage accountability, provide comfort, and spur growth. Hebrews 10:24–25 challenges believers to actively pursue community that motivates righteous living. The Christian walk, especially after public failures, needs a circle of men determined to love and support without judgment.

1 Thessalonians 5:11 reinforces the call to encouragement. Finding or forming a brotherhood where open dialogue about struggles is safe can dramatically accelerate restoration.

Today, consider reaching out to or deepening connection with men who will walk alongside you in this healing journey.







## Reflect and Apply

1.	Who are the men in your life that you can trust with your story?
2.	How might joining a supportive group help your recovery?
3.	What barriers have kept you from seeking brotherhood before?







### **Journaling Prompts**

dentify qualities you desire in spiritual brothers.
Vrite about experiences you've had with encouraging or discouraging riendships.
lan practical steps to build or join a supportive men's group.







#### **Prayer for Today**

Lord, thank You for the gift of brotherhood and community. Lead me to men who will love me honestly and help me grow. Help me to be humble and open, willing to receive support and encouragement. Build bonds that reflect Your grace and empower my healing journey. Teach me to be a friend who uplifts others as well. *In Jesus' name, Amen.*  $\heartsuit$   $\bigwedge$ 

















Day 6: 6 Guarding Against Temptation

#### Your Verse

1 Corinthians 10:13 – "No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear."

#### **Supporting Scriptures**

- Matthew 26:41 "Watch and pray so that you will not fall into temptation."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 6: Guarding Against Temptation

#### Devotional: Strengthening Resolve to Resist Temptation

Temptation remains a real challenge, but it can be overcome with God's help.

1 Corinthians 10:13 assures us that God provides a way out and never leaves us to face temptation alone. Recognizing patterns and being vigilant protects the fragile heart recovering from exposed sin.

Jesus instructs us in Matthew 26:41 to watch and pray continually. This intentional alertness combined with prayer creates spiritual armor. Psalm 119:11 highlights Scripture as a weapon against sin—when God's Word is hidden deep in our hearts, it guides our choices and strengthens resistance.

Today, develop practical habits for vigilance: regular prayer, memorizing verses, and situational awareness. Guard your heart as precious to God.







Day 6: 6 Guarding Against Temptation

### Reflect and Apply

1.	What triggers lead you toward temptation, and how can you avoid them?
2.	How can prayer and Scripture become daily defenses for you?
3.	When temptations arise, how do you typically respond?







### **Journaling Prompts**

Write about past moments you successfully resisted temptation.
List Scriptures that encourage you to stand firm.
Plan a daily prayer routine focused on spiritual alertness.







Day 6: 6 Guarding Against Temptation

#### **Prayer for Today**

Father, I ask for strength to resist temptation each day. Help me remain watchful and pray continually so I don't fall back into sin. Fill my heart with Your Word so it guides and guards me. When I feel weak, remind me of Your faithfulness and the way of escape You provide. Renew my resolve to honor You with pure living. *In Jesus' name, Amen.*















#### Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

#### **Supporting Scriptures**

- Romans 12:2 "Be transformed by the renewing of your mind."
- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."







# Devotional: Walking Boldly as a New Creation in Christ

Recovery culminates in embracing your new identity in Christ. 2 Corinthians 5:17 offers glorious hope: the old self—burdened by shame and sin—is gone, and a new life has begun. This transformation is not surface-level but a deep spiritual reality.

Romans 12:2 calls us to a renewed mind. Change the way you see yourself, not as your past mistakes but as a beloved child created anew. Galatians 2:20 expresses the profound truth that Christ now lives in you, empowering you to live beyond former sins.

Today, release old labels and allow God's truth to define you. Affirm your identity as forgiven, restored, and chosen. Let this new beginning fuel daily faithfulness and joy.







## Reflect and Apply

1.	What old labels or identities do you need to let go of today?
2.	How does being a new creation affect your view of your future?
3.	In what ways can you live out your identity in Christ daily?







## **Journaling Prompts**

new identity in Christ.
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#### **Prayer for Today**

Lord, thank You for making me a new creation in Christ. Help me to shed past shame and live boldly in the identity You have given me. Transform my mind and heart daily, and empower me to walk worthy of Your calling. May Your life shine through mine as a testimony of grace and redemption. *In Jesus'* name, Amen. 💸 🙏 🖤







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