

# PERSONAL PURITY CLIMBING PLAN

*"A man without a plan is a man planning to fail!"*

1. Begin your day with God ... reading or listening to His Word, journaling, confession, prayer, thanksgiving, worship, etc.
2. Begin your day recommitting to sexual sobriety. Say out loud, "Today I recommit my heart, mind, and body to 24-hours of sexual sobriety." Then ask God for His grace and strength to live that.
3. Begin your day, briefly reading or listening to your personal purity climbing plan and to at least ten reasons why you need to live sexually pure.
4. Daily check-in with your accountability partner and keep track of your days of sobriety.
5. Throughout your day, stay focused and full on good and godly things that help you heal, learn, grow, and motivate you to be a better man. You need to realize that what you continually behold, you eventually become ... and freedom follows fullness ... so utilize good podcasts, audio books, music, prayer, memory cards, and conversations with Christian brothers to stay focused and full.
6. Get continued coaching/counseling as needed to understand yourself and heal from past trauma, wounds, unmet needs, etc.
7. Keep focused on the specific calling/mission that God has given you and work towards it.
8. Every week attend your support/accountability group.
9. Every week attend a good bible believing/teaching church.
10. When feeling stressed, anxious, depressed, lonely, or in major pain ... reach out for support/prayer/encouragement. Don't isolate.
11. Keep [Covenant Eyes](#) accountability software monitoring your online devices and do not allow any other browser or apps that allow you to view junk. Keep your phone locked up with a password that you don't know ... and set it up so that the Covenant Eyes app cannot be deleted.
12. Don't have any tempting social media apps on your phone. Only access your social media via the Covenant Eyes app so that your browsing remains monitored.
13. Delete and avoid any social media accounts that provide tempting images, videos, stories, etc. (SnapChat, Instagram, Twitter, etc.)
14. Don't watch or listen to media that contains nudity or sexual content (TV, YouTube, social media, music, video games, podcasts, audio books, magazines, etc.). Check the rating and content first.
15. Avoid edging. Edging is looking/listening to things that are not technically porn, but they arouse you. Edging will eventually lead to a fall.
16. Avoid being home alone and bored. Go somewhere public, get connected, and/or do something constructive.
17. Be consistent with healthy eating and exercise. Discipline in one area contributes to other areas. Period. The reverse is also true. Undisciplined, lazy, sloppy living in one area spreads like cancer.

Written by Jason George, Founder and President of [Narrowtrail Ministries](#) and Host of [The GRIZ Podcast](#).

18. Every week take a personal day for relaxation and good pleasures: mountain biking, hiking, fishing, dates with wife, movies, fiction book, hammock, nap, pool, beach, sports, etc.
19. Go to bed when your wife goes to bed. Don't stay up late and watch TV or browse online.
20. Look women in the eyes and if they're dressed provocatively, then flee the area and focus on better things. Reach out to your accountability partner if you need to.
21. Don't talk or joke about perverted things. It's a form of "edging" and easily leads to a fall.
22. When traveling, don't use the TV in your hotel room if you're alone. Only use your devices that are monitored by Covenant Eyes.
23. Don't meet alone with females. Keep it public or have a third-party present.
24. Don't flirt with females and if they flirt with you disengage and flee the area.
25. Don't have private conversations with females (texts, emails, social media, etc.). Always keep your wife in the loop if you talk to other females, and always allow your wife to have access to all of your devices with passwords.
26. Continually evaluate your life and technology and eliminate any potential triggers.
27. Unconditionally love and encourage your wife and kids. Listen to them. Pray for them. And constantly be a humble servant/leader to them. Help make their lives better/successful/blessed.
28. Help other men find victory in Christ.
29. If you relapse, immediately confess it to God and your accountability partner/group. Then figure out why/how it happened, and immediately make the necessary adjustments to prevent it from happening again. Failure is an awesome opportunity to learn and grow.
30. Continually remind yourself that in Christ, there is nothing you can do to make your Heavenly Father love you anymore, and there's nothing you have done to make Him love you any less. Let that truth motivate you to a life of deeper obedience/holiness.
31. Above all NEVER QUIT CLIMBING! No matter what opposition, resistance, failures, relapses, setbacks, or obstacles you encounter, keep strategically fighting your lust/sin until the day you die! Victory is attainable, but it takes time, determination, the help of brothers, and perseverance. It won't come quickly or easily. NEVER QUIT CLIMBING!



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