

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. Stop and worship God throughout your day. Worship is a powerful weapon. [Ephesians 5:19-20](#) says ... "addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart, 20 giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,"
6. Everyday do at least one hard thing (physically and mentally) that you don't "feel" like doing.
7. At night have an "Amish Hour" ... no TV, Computer, Phone, etc. ... Go read, pray, meditate, journal, whatever.
8. Plan your week in advance. Prepare for potential days, times, and places when/where you might be tempted. When you're at your best prepare for your worst. Carpe Diem = Seize the day!
9. Get continued coaching/counseling/therapy as needed to understand yourself, learn, heal, and grow.
10. Keep focused on the specific calling/mission that God has given you and work towards it.
11. Every week attend your support/accountability group. The opposite of addiction is not sobriety, it's staying in connection.
12. Every week attend a good bible believing/teaching church.
13. When feeling stressed, anxious, depressed, lonely, or in major pain ... reach out for support, prayer, encouragement. Don't isolate. Don't wait. Don't medicate. Call a friend, accountability partner, coach, etc.
14. 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.
15. Don't have any tempting social media apps on your phone. Access your social media via the Covenant Eyes app so that your browsing remains monitored. Delete and avoid any social media accounts that cause you to stumble (SnapChat, Instagram, Twitter, whatever tempts you).
16. Don't watch or listen to any media that contains arousing nudity or sexual content (TV shows, movies, YouTube, music, video games, podcasts, audio books, magazines, etc.). Check the rating and content before consuming.

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17. Don't subscribe to channels/networks that provide sexual shows/movies.
18. Avoid edging. Edging is looking/listening to things that are not technically porn, but they arouse you (porn substitutes). Edging will eventually lead to a fall.
19. Avoid being home alone and bored. Go somewhere public, get connected, or do something constructive. If you feel tempted at all when home alone ... just leave!
20. 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.
21. Maintain good sleep hygiene and every week take a personal day for relaxation and good pleasures (a "sabbath") ... go mountain biking, hiking, fishing, date with wife, movies, fiction book, hammock, nap, pool, beach, sports, etc.
22. Go to bed when your wife goes to bed. Don't stay up late and watch TV or browse online. At night you're run down, tired, and more vulnerable.
23. Look women in the eyes and if they're dressed provocatively, then bounce your eyes, flee the area, and remind yourself, "She's someone's daughter. She's also someone whom Christ died for and she needs His salvation". Reach out to your accountability partner if you need to.
24. Don't meet alone with females. Keep it public or have a third-party present.
25. Don't flirt with females and if they flirt with you disengage and flee the area.
26. Don't touch females. Only firm side hug. No massages unless wife is also present.
27. 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.
28. Don't talk or joke about perverted things. It's a form of "edging" and easily leads to a fall.
29. 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.
30. Continually evaluate your life and technology and eliminate any potential triggers.
31. 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.
32. Help other men find victory in Christ ... guide, encourage, equip, and pray for them.
33. 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 difficult, but can be an awesome opportunity to learn and grow. ... Remember ... 1. Contact and Confess. 2. Watch Your Game Films. 3. Take Action Immediately.
34. 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! Kill sin or sin will be killing you. Victory is attainable, but it takes time, determination, perseverance, and the help of brothers. It won't come quickly or easily. NEVER QUIT CLIMBING!