

Disciples of Integrity

How to Stop the Temptations

- 1. Sign up for the battle.** We as men are designed to be **Warriors**, if you are struggling with pornography then this is the battle you have been called to fight right now. Sign up by making a commitment to fight. Men who go off to war, focus only on the battle they are in. You must make this battle your #1 priority until it is won.
- 2. Join a fighting unit.** If you joined the army and were sent off to war; would they give you a weapon, an instruction manual; then drop you off in a war zone **alone**, and tell you to go conquer the enemy? Then would you be surprised if you were shot, captured, and tortured? Yet this is precisely how most Christian men are attempting to win this battle. You need to be part of a “Specially Trained Commando Unit”, specially trained to deal with this enemy. We do this by joining and committing to a “For Men Only” small group.
- 3. Find a Mentor.** Find a unit leader to follow; someone who has found victory in this fight and follow him. Find other “Foxhole buddies” and fight together shoulder-to-shoulder to win this battle. Do not be afraid but have courage. Courage is the proper management of fear. This will happen in your “For Men Only” small group.
- 4. Download filtering and accountability software.** You can find these at [K9](#), [CovenantEyes.com](#), and [3Xwatch](#) to name a few.
- 5. Evaluate all your cable and internet devices.** Eliminate all that tempt you. Cell phone, TV, Cable, etc.
- 6. Eliminate Social Media.** If it temps you.
- 7. Have your Mentor Set Restrictions.** Have your mentor password protect and set restrictions on all your devices. (so that you have no control) Also have him delete all download/delete Apps.

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- 8. Do this with everything in your life that tempts you.** For one man it was no longer reading the Sunday newspaper, because the lingerie ads fueled his lust. Be honest with yourself and remove anything that tempts you. This may sound extreme. But if you are serious about winning this battle, you must remove as much temptation as you can for the duration of this battle, it won't be forever.

Yes, you will lose some clean websites, your internet access will be limited, you will spend less time on the internet. See this as a positive, you will have more time to spend with God, your spouse, your children, and your friends. Watching pornography for hours on the internet is a "disconnection". Begin re-connecting to those in your life that really matter.