

## DAY 7

**START RIGHT:** CONFESS | LEARN | ADJUST

### **REFLECTION:**

Wow! A lot of great insight this week! What are your “3” main take-aways this week that you never want to forget? How can you apply them in your life?

> 1.

> 2.

> 3.

On page 70, read 1Cor 10:12-13. What “3” things can you learn from these verses?

> 1.

> 2.

> 3.

> The more your AWARENESS intensifies and you refuse to EXIT the Spiral using your exit strategies of Fleeing, Confessing, or Praying, the more your mind and your life will become consumed with LUST. This is where having men to challenge you daily to use your exit strategies may be the extra encouragement you need to overcome! List “3” safe people who will ask you each day if you’re using your exit strategies!?

> 1.

> 2.

> 3.

### **TRANSFORMATION PASSAGE:**

*“If you think you are standing strong, be careful not to fall. The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.” 1Corinthians 10:12-13*

*“Do not merely listen to the Word, and so deceive yourselves. Do what it says.” Jas 1:22*

*“Solid food is for the mature, who by constant use (practice) have trained themselves to distinguish good from evil.” Hebrews 5:14*

**ACTION STEP:** Reflect & write how God wants you to apply the scriptures.

### **“3” EXIT STRATEGIES FROM THE SPIRAL**

1) Flee/Run or 2) Confess or 3) Prayer or a combination of all “3.”

# The SPIRAL



## Forgiven and Free

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Daily Devotionals  
Chapter 3 - Awareness

## DAY 1

**START RIGHT:** CONFESS | LEARN | ADJUST

### **REFLECTION: Trigger #1 - AWARENESS (Read the entire chapter today!)**

AWARENESS may be the most important chapter in this book! It is hard to begin restoration from sin when it has become such a lifestyle that you're not even aware of what is driving you towards sin. Let God speak to you and open your eyes to your various triggers that are leading you towards a life of destruction.

> What part of Dustin's story do you relate to the most on pages 57-58?

List YOUR "3" biggest take-aways from reading the chapter this week.

> 1.

> 2.

> 3.

### **TRANSFORMATION PASSAGE: Luke 11:34-35**

*"Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when it is unhealthy, your body is filled with darkness. Make sure that the light you think you have is not actually darkness. If you are filled with light, with no dark corners, then your whole life will be radiant, as though a floodlight were filling you with light."*

**ACTION STEP:** Reflect & write how God wants you to apply this scripture.

Have your eyes been healthy and filled with light over the past week? Why or why not?

Referring to the Scripture passage above, what does, "Make sure that the light you think you have is not actually darkness" mean? What changes do you need to make in your life today?

### **"3" EXIT STRATEGIES FROM THE SPIRAL**

1) Run or 2) Confess or 3) Pray or a Combination of all "3."

## DAY 6

**START RIGHT:** CONFESS | LEARN | ADJUST

### **REFLECTION**

The third option you can use for exiting the Spiral is PRAYER, pages 67-69. Matt 26:41 encourages to WATCH and PRAY in order to overcome our triggers. A "60-second" PRAYER can change everything!!

> How is your prayer life and devotional time each day? Are you TITHING your time? Why or why not? (Is your prayer time creating spiritual growth?)

> What do you think will be the outcome of your life if you TITHE YOUR TIME in a consistent way? Why?

> How can PRAYER be an effective way to exit the spiral?

> Do you find it hard to lust after women for whom you are praying? Write down a prayer you can say to God when you become AWARE that you're being TRIGGERED?

> Jeremiah says in 29:13, "If you seek me you will find Me (God) when you seek Me with all your heart." What more can you desire as a Christian? Seek God sincerely through prayer and you will find what you need to walk in freedom. Do it now!!

**Take "5" minutes now!!**

### **TRANSFORMATION PASSAGE:**

*"Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"* Matthew 26:41

*"Devote yourself to prayer, being watchful and thankful."* Colossians 4:2

*"Be joyful in hope, patient in affliction, faithful in prayer."* Romans 12:12

*"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us."* 1John 5:14

**ACTION STEP:** Reflect & write how God wants you to apply this scripture.

### **"3" EXIT STRATEGIES FROM THE SPIRAL**

1) Run or 2) Confess or 3) Pray or a Combination of all "3."

## DAY 5

**START RIGHT:** CONFESS | LEARN | ADJUST

### REFLECTION

**CONFESSION** is the second option for exiting the Spiral on pages 65-67. It's where healing begins! Confession is a decision not to hide anymore. It shows your desire to be free when you reach out to let others know you're struggling and need prayer! It shows a humility to admit you need others to make it through this life! Pride keeps us stuck in isolation and sin!

Read the following scripture and answer the question. *"If we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness."* 1John 1:9

> When confessing sin to the Lord, what is He cleansing us from? How does this help you practically?

*"Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective."* James 5:16

> Why is confession so important when experiencing the first trigger of the Spiral?

What are "3" reasons that keep you from CONFESSING sexual sin?

> 1.

> 2.

> 3.

> How can confession help you exit the Spiral even though you haven't actually sinned yet?

### TRANSFORMATION PASSAGE:

*"Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."* Prov 28:13

*"Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. 11 See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves..."* 2Cor 7:10-11

**ACTION STEP:** Reflect & write how God wants you to apply this scripture.

**"3" EXIT STRATEGIES FROM THE SPIRAL**

## DAY 2

**START RIGHT:** CONFESS | LEARN | ADJUST

### REFLECTION:

There are twelve triggers within *The Sex Spiral* shown on page 28. The first one we are focusing on this week is AWARENESS.

> Define this first trigger in your own words. Why is it important for you to understand it to overcome sexual sin?

> Is the first trigger a sin? If not, what exactly is it according to pages 60-61.

Dustin challenges everyone on pages 58-60 to ask the question, "Am I really a Christian?"

> How can you know if you are?

> How does your life today reflect your heart? Read Proverbs 27:19. In other words, how does your behavior prove what you profess to believe?

> What "3" areas do you need to become aware of in order to break free from sexual sin? See page 61.

> 1.

> 2.

> 3.

> When you are being triggered, it is important to ask yourself at least "3" of the questions listed at the bottom of page 61. Which "3" are best to help you break the temptation pull?

> 1.

> 2.

> 3.

### TRANSFORMATION PASSAGE:

*"As water reflects the face, so one's life reflects the heart."* Prov. 27:19

*"Every good tree bears good fruit, but a bad tree bears bad fruit. 18 A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit. 19 Every tree that does not bear good fruit is cut down and thrown into the fire. 20 Thus, by their fruit you will recognize them."* Matt 7:17-20

**ACTION STEP:** Reflect & write how God wants you to apply the scriptures.

**"3" EXIT STRATEGIES FROM THE SPIRAL**

1) Run or 2) Confess or 3) Pray or a Combination of all "3."

## DAY 3

**START RIGHT:** CONFESS | LEARN | ADJUST

### **REFLECTION:**

**AWARENESS** according to the dictionary is knowledge or perception of a situation or fact; consciousness of events happening around you. (It also includes what is happening in you.) **Do you feel like you are very AWARE of what's going on around you? In you? Why or why not? Ask people who know you if they feel you are an AWARE person?**

Dustin talks on page 61 about breaking old, sinful habit patterns and creating new ones by being more AWARE of 1) your thoughts 2) your motives 3) and your feelings. Write down how you want God to help you to be more AWARE in each of the areas below and why.

> 1. THOUGHTS -

> 2. MOTIVES -

> 3. FEELINGS -

> **Are you AWARE if those closest to you think you are becoming less controlling and angry, more patient and present, more loving and self-controlled in your recovery? Can you provide an example? If not, why do you think that is?**

### **TRANSFORMATION PASSAGE:**

***"...we (you) take captive every thought to make it obedient to Christ. 2Cor 10:5***

***"When you ask, you do not receive, because you ask with wrong motives..." James 4:3***

***"Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting. Ps 139:23-24***

***"Why my soul, are you downcast? Why so disturbed within me? Put your hope in God." Ps 43:5***

**ACTION STEP: Reflect & Write - How God wants you to apply the scriptures?**

### **"3" EXIT STRATEGIES FROM THE SPIRAL**

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## DAY 4

**START RIGHT:** CONFESS | LEARN | ADJUST

### **REFLECTION:**

*The Sex Spiral* will allow you to start breaking habits and creating new, godly disciplines as you become more aware of your thoughts, motives, and feelings. Within each of the twelve triggers there are "3" options for exiting the Spiral.

**"FLEEING"** is the first option discussed in the book on pages 61-65. Page 61 talks about asking yourself questions when you become AWARE that you're being triggered! Write down "3" of your own questions you could ask yourself when feeling triggered!?

> 1.

> 2.

> 3.

> **Once you have become aware that you're feeling triggered, list "3" reasons why you don't flee sometimes?**

> 1.

> 2.

> 3.

According to 2Tim 2:22, one of the most important concepts in this area of FLEEING is to not just run from sin but to run and PURSUE something else. **What does God say in this verse that you are to PURSUE? How will you actually do this?**

### **TRANSFORMATION PASSAGE:**

***'Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. 1Cor 6:18***

***"Flee the lustful desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart." 2Tim 2:22***

**ACTION STEP: Reflect & write how God wants you to apply the scriptures.**

### **"3" EXIT STRATEGIES FROM THE SPIRAL**

1) Run or 2) Confess or 3) Pray or a Combination of all "3."