







## 1 Year

Psalm 119:9-11

Hebrews 12:1-2

James 1:2-4

James 4:6-10

I Peter 2:11-12

LJohn 2:15-17

James 1:12-15

Hebrews 4:14-16

Thessalonians 4:3-5

Colossians 3:1-6

Galatians 5:16-18

I Corinthians 10:12-14

I Corinthians 6:18-20

Romans 13:12-14

Romans 12:1-2

Romans 8:5-8

Romans 6:12-14

Ephesians 5:3-5

Galatians 5:24

Romans 8:12-14

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LJohn 3:8-10

I Peter 4:12-13

Titus 2:11-14

II Timothy 2:19-22

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## How to Fight

- Jesus Christ Galatians 5:24
- **His Word** Psalm 119:11
- **His Church** 2 Timothy 2:22



#### Stage 1: The Hand

"If your right hand causes you to sin, cut it off and throw it away" (Matt. 5:30). This is the

act of committing sexual adultery physically. Whether it is any form of sex or inappropriate action to cause arousal for self or other, "cut it off" immediately.

#### Stage 2: The Screen

'Rescue the weak and the needy; deliver them from the hand of the wicked" (Ps. 82:3



-4). The world teaches that oppression of the weak brings pleasure, but in reality it only brings destruction. Participating in pornography not only encourages the oppression of the weak, but is the act itself. See Isaiah 58:6-7



#### Stage 3: The Eye

"But I say to you that every one who looks at a woman with lustful intent has already

committed adultery with her in his heart" (Matt. 5:28). The eyes are the avenue through which lust enters the heart. Are you guarding what you let into your heart? If your eye is bad, your whole body is too. See Matt. 6:22-23

## Stage 4: The Mind

"For the mind that is set on the flesh is hostile to God, for it does not submit to God's



law; indeed, it cannot" (Rom. 8:7-8). Where do you let your mind wander for pleasure? Are you allowing endless hours of fantasies control you? See Col. 3:1-6.

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