



Guerrilla Warfare

F R E E D O M I S W A R

Noah Brown

Guerrilla Warfare

FREEDOM IS WAR

*An 8-Week Journey Empowering Men
to Wage Spiritual Warfare and Embrace Lasting
Freedom from Lust and Pornography*

Based on Psalm 51

Noah Brown

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www.guerrillawarfarestudy.com

THANK YOU...

To my beautiful, strong, and encouraging wife, Lillian. I would not and could not have written this study if it were not for you. By one conversation on Psalm 51 and a gentle nudge by the Holy Spirit, you pushed me forward into making this study. You believed in this, and me, from the very beginning.

To the 7 men who willingly took a step of faith and agreed to do a test run of this study over the course of 8 weeks - you are all lifelong brothers no matter what distance separates us. For 8 weeks we fought together, and we grew together. Thank you for trusting me through this.

To the Lord, Jesus Christ, who gave me the strength to open up about a subject that has been destroying countless lives and relationships, which nearly included mine too. It is to Him alone that I give the glory and honor for anything and everything that happens with this study.

It is Him alone that began the work in me when I was still young, and which is still in progress to this day.

And to you, reader, for taking this first step on your journey to freedom.

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*Welcome to
the War*



RB102018

DEPARTMENT OF GUERRILLA WARFARE

HEADQUARTERS

What are the chances that you picked up this specific study for a specific reason? What are the chances that I know exactly what you're going through because I've been through it myself? What are the chances that you decide to change?

Chances are if you've watched pornography, you've lusted.

Chances are, you've lied about it.

Chances are, you've masturbated.

Chances are, you want to quit, but you just can't seem to fight off the urge. Chances are if you've watched pornography, you feel horrible afterward. Chances are if you've watched pornography, at some point you've accepted defeat and said you're not strong enough to overcome it.

Chances are it all started with a little seed you didn't even know was planted. And chances are, by faith, you will overcome this struggle.

I created this study to help you. It's not designed to be an easy, "one-time-fix-it-all" solution, but it's designed to put your heart, mind and soul through a mental boot camp. There might be some harsh things said or things that sting, but everything I say in this study is with the grace, love and care of a fellow brother who struggled for years with pornography and lust. And quite honestly, I still struggle from time to time.


Yes, this is going to hurt. It's not going to be easy; let that be your mindset from the beginning. War is not won with ease and the absence of pain. There will be sacrifices made. There will be moments of feeling defeated. There will be heartache and most likely many tears as God begins to heal you. This kind of work takes time and might expose some deep, dark things in you. When those things come up, take them to God, your Heavenly Father.

I would encourage each of you who are going through this study to stay the course, dig your feet in, grit your teeth, and keep pushing. Every. Single. Day. Do the work. Read every verse. Watch every video. Write every note. Stay consistent. The more effort you put into this, the more you will get out of it.

So prepare yourself. Prepare your heart, prepare your mind, and prepare your soul because this is going to be war.

And freedom is war.

See you in the trenches.



NOAH BROWN

REVELATION 12:11

Let me begin by opening up about my own story. I'm currently 28 years old at the time of writing this. I was exposed to pornography at a very young age, and it wasn't by my own choice. I remember seeing images and videos on TV late at night, or watching a VHS tape that had a movie on it with some "bonus content" at the end, or venturing out to my dad's shop and seeing magazines and calendars with nude women on them. And then with the online age taking off when I was younger, the world exploded with these types of images and websites. I remember finding an unnamed folder on the computer desktop, clicking through it and discovering pornographic videos which continued to fuel my addiction that was slowly building.

As I found these things, I continued searching and looking for porn. The desire for the excitement and dopamine I got from looking at porn fueled my lust. Even after being caught on multiple different occasions, I continued watching porn because the excitement in the moment was worth more than the consequences or guilt later on.

This continued for about 12 or 15 years, through middle school, high school, and well through college. Looking at porn led to many other issues - secrecy, lying, lusting, manipulating, and being distant from God. I was attending church and was heavily involved but even then I continued to watch porn and lust after women. Somewhere down the line, my brain justified my actions, thinking that it wasn't reasonable or logical to wait until marriage for sex or to not watch porn. I physically spoke and believed these words at one point. After all, everyone else did it and talked about it and they seemed to be fine.

What happened was that I allowed myself to be consumed with the thinking of this world rather than being renewed and transformed.

This kind of situation is exactly what the enemy wants. He wants to get to you when you're young and trap you in cycles at an early age. If he can do this, he thinks he has done it and that he's won. That is, he thinks he has beaten you and sometimes we believe that ourselves. Take my story for example: I was caught in the same cycle for many years, knowing I wanted to stop but not sure if I could. So I just kept doing it, thinking it didn't matter or that it wasn't that big of a deal. And even when I did try to stop I failed horribly. All the more reason to not even try, I told myself.

It wasn't until 2018 that I made the conscious decision to fight my flesh and battle against these temptations. And that is precisely what this must be, a conscious decision to fight. But let me make this very clear up front. Just because you decide that you are going to fight

and take a new direction doesn't mean this is easily won, especially when it has been tolerated for so long.

So what did I do? I began reading the Bible. I decided to make time every single night to read in the same place at the same time. I made it a discipline first, and then it became a habit. I started in Matthew and just read one chapter a day. What happened? It changed me from the inside out. I experienced the inward change that led to the outward action. I began to replace the wrong desires in me with the right desires of God. Did I always get it right? No, but I kept making progress every day.

I admit, this study was not easy to write. Even while I was writing this study I struggled. In the weeks that I wrote, studied and created this, it seemed that every day I had to fight harder and harder. This was because I decided to wage war on an enemy that is running rampant among so many men and women. Most days I win, but some days I lose. Some days I have to repeatedly repent and turn back to God, and other days I walk strongly in His ways. But I am always and continually improving.

So I pray that this study helps you. I pray that you become the man of God you were created to be. I pray that you become a warrior for the Kingdom. I pray that you become a selfless and humble servant to God, your spouse, your family, and all of those around you. Lastly, I pray specifically for you. I know what it's like to struggle because I've been there. But be assured, you're not in this alone.

Through the next 8 weeks, you will walk through strategies, questions, scriptures and resources to help you overcome this battle with lust and pornography. You will pray, read, talk, and discuss. Even if you stumble, you will get back up and keep going.

This is your first step and I am so proud of you for taking it.

Welcome to Guerrilla Warfare.

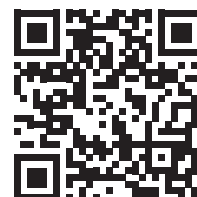
BEFORE YOU BEGIN

MATTHEW 18:20

I set this study up so that you can either do this by yourself or in a group. To be sure, it is much more advantageous to do this in a group, but the weekly videos can guide you through this solo as well. However, I discovered that the group setting proved to be much more effective. When you get in a group, you're going to be held accountable to do the study each week, show up prepared, and allow yourself to be vulnerable and talk about what you're going through. If you do this with a group, make sure this is a group you can trust and can be open with.

VISIT WWW.GUERRILLAWARFARESTUDY.COM

Take a look through the website to familiarize yourself with this study and how to use it. This will also be where you access the videos for each week. Scan the QR code to access the website directly.



HONESTY, HUMILITY, & HONOR

Remember the reason you signed up for this. Be honest with yourself through the process. Be humble in your thoughts and actions. Don't compare yourself to other people, and be willing to admit when you come up short. Lastly, be a man of God and honor the Lord with everything you have. In doing so, you will honor your family, your friends, and yourself.

CHECKLIST

LOOK AT THE WINS & LOSSES CALENDAR (PAGE 308)

You're going to use this calendar every day and you're going to mark either "Win" or "Loss." For example, if you didn't look at porn, act on your lustful thoughts, etc., that's a win. Check that box. If you mess up and the day wasn't so great, that's a loss. Check that box. At the end of each week, reflect on the number of wins vs. losses and record that number.

Use this as a goal for the next week. Have 1 less loss next week. That's a victory.

At the end of the study, you'll be able to tangibly see how much progress you made and how many victories you had.

GET A TIGHT WRIST BAND

This could be a rubber band, a hair tie, or something similar. This is a method I learned while doing some research. Every time you have a lustful thought or want to watch porn, snap the wrist band HARD. You want this to hurt. It's going to rewire your brain to associate pain with those types of thoughts and actions and will help you stop before you begin.

DETERMINE WHAT YOU'RE GOING TO PUT INTO THIS STUDY

What you put in is what you get out. It's going to take a lot of work and sacrifice. How are you going to make sure you complete each week of the study? What are the things you need to stop watching or listening to? Where are the places you need to stop going? What do you need to do beforehand to set yourself up for success? Plan it and implement it.

PSALM 51

Have mercy upon me, O God,
According to Your lovingkindness;
According to the multitude of Your tender mercies,
Blot out my transgressions.
Wash me thoroughly from my iniquity,
And cleanse me from my sin.
For I acknowledge my transgressions,
And my sin is always before me.
Against You, You only, have I sinned,
And done this evil in Your sight—
That You may be found just when You speak,
And blameless when You judge.
Behold, I was brought forth in iniquity,
And in sin my mother conceived me.
Behold, You desire truth in the inward parts,
And in the hidden part You will make me to know wisdom.
Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.
Make me hear joy and gladness,
That the bones You have broken may rejoice.
Hide Your face from my sins,
And blot out all my iniquities.

Create in me a clean heart, O God,
And renew a steadfast spirit within me.
Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.
Restore to me the joy of Your salvation,
And uphold me by Your generous Spirit.
Then I will teach transgressors Your ways,
And sinners shall be converted to You.
Deliver me from the guilt of bloodshed, O God,
The God of my salvation,
And my tongue shall sing aloud of Your righteousness.
O Lord, open my lips, and my mouth
Shall show forth Your praise.
For You do not desire sacrifice, or else I would give it;
You do not delight in burnt offering.
The sacrifices of God are a broken spirit,
A broken and a contrite heart—
These, O God, You will not despise.
Do good in Your good pleasure to Zion;
Build the walls of Jerusalem.
Then You shall be pleased with the sacrifices of righteousness,
With burnt offering and whole burnt offering;
Then they shall offer bulls on Your altar.

01

Acknowledge *& Ask*

*Do not despise these small
beginnings, for the Lord
rejoices to see the work begin.*

Zechariah 4:10

WEEK 1

OVERVIEW

Every Journey Has A Beginning

The words of Zechariah should be a reminder for you throughout this study that even though you have just started and you have a long way to go, the Lord is rejoicing that you are even taking this first step.

Let them be a source of encouragement on your bad days
and let them be a source of joy on your great days.

Every step you take toward freedom is worthy of celebration.

God is faithful to empower you through this.

It may start small, but with God, all things are possible.

Day 1:

- Read Verses
- Introduction Video
- Bible Plan

Day 2:

- Read Study
- Advance Phase 1
- Advance Phase 2

Day 3:

- Advance Phase 3
- Review

Day 4:

- Debrief
- Creed

Day 5:

- Advance Phase 4
- Strategy

Day 6:

- Ambush Phase 1
- Ambush Phase 2

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:1-2

HAVE MERCY UPON ME, O GOD,
ACCORDING TO YOUR LOVINGKINDNESS
ACCORDING TO THE MULTITUDE
OF YOUR TENDER MERCIES,
BLOT OUT MY TRANSGRESSIONS.
WASH ME THOROUGHLY FROM MY INIQUITY,
AND CLEANSE ME FROM MY SIN.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 1. Use the space below to take notes.

BIBLE PLAN

Download the YouVersion Bible App for all the Bible plans.

Go through the plan, “Exposing Seven Lies of Lust” by Douglas Weiss on the YouVersion Bible App.

Use the space below to take notes each day.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE FIRST LESSON IS THIS: YOU MUST ACKNOWLEDGE YOUR MISTAKES AND ASK FOR FORGIVENESS.

Welcome to Week 1 of Guerrilla Warfare! Through the next 8 weeks, you will be reading through Psalm 51, a Psalm King David wrote after Nathan the prophet confronted him about his adultery with Bathsheba. David knew what it was to lust and then act upon it, just as you do. But there are many lessons you can learn from the story and the emotional prayer that David expressed as a result of his sin.

I am going to try to keep these writings brief so that you have more time to write, read, and study for yourself. The fact that you have this study in your hands means at some point, you acknowledged that you have a problem and you want to work towards overcoming lust and pornography. And that is the very first step you must take. Acknowledgment.

You can't solve a problem you don't know exists. Had someone never wondered what $2 + 2$ equals, we would not be doing calculus today. That might be a bit of a stretch and math probably started way before that, but truthfully at some point someone said I have a problem and I need to solve it.

However, part of the issue can become that you don't realize you're making a mistake while you're making it. Let's go back to the math example - when you make a mistake in math, most of the time you don't realize the error until you find out you have the wrong answer at the end. And it would be ridiculous to argue and try to justify the answer you got because you thought we never made a mistake at all. Or even worse, to realize you made a mistake early in the problem but continued on as if you didn't, thinking you would still reach the correct answer in the end.

The point is sometimes you don't realize you're making a mistake but other times you do. It doesn't matter if you realize it at that moment or later on, you must, at some point, acknowledge the problem. But what must come first is recognizing the problem itself. Then you need to take the right steps in the right direction to lead you to the right answer.

Before he penned Psalm 51, David understood and acknowledged what he did after he was confronted. And as a result of this initial acknowledgment, Psalm 51 is the prayer of a man who knows he has sinned and has stopped all self-justification and denial.

To put it plainly, you must acknowledge your sin. We all sin and fall short of the glory of God. There's no sense in hiding it because God has already seen it. But the most beautiful part about this is that when you do acknowledge and confess your sin, God is faithful and just, and will forgive your sins and cleanse you from all wickedness.

Let's dive into these first two verses more.

PSALM 51:1-2

Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies blot out my transgressions.

Wash me thoroughly from my iniquity, and cleanse me from my sin.

What is the first thing David does after he has realized he has made a big mistake? He looks to God and he asks for mercy and forgiveness. But it's not from a place of fear and worry that God is going to punish him. It's from a place where David knows the nature and character of God, a God who is loving and full of mercy. He says:

*“...according to Your lovingkindness;
according to the multitude of Your tender mercies...”*

One author put it this way: “If our sins are as numerous as the hairs on our head, then God’s mercies are as numerous as the stars...”¹ What a way to think about God and His mercy. Our sin can never compare to the richness of His mercy and love, and this is our initial focus.

You also need to make it personal. Notice how David kept saying it was “my transgressions...my iniquity...my sin...” If you’re going to acknowledge your mistake, you have to take ownership of it. Let me say it again this way, you have to take ownership of your actions and your decisions. No one else but you has decided that you are going to watch porn or lust in one moment or another. Therefore, no one else can take responsibility for your decisions.

David asks God to blot out his transgressions, wash him thoroughly from his iniquity, and cleanse him from his sin. You might think that blotting out the sin would be enough, but David says it's not. He wants to be washed and cleansed thoroughly, meaning this requires going beyond the surface of what is seen to what is unseen. It implies that this is a three-part process: blot, wash, and cleanse.

You can't solve a problem *you don't know exists.*

Have you ever gotten some sauce on a white shirt? If you leave it there for a long time, it's going to be harder to get the stain out. You'll have to put some stain remover on it, wash it, maybe even wash it again, only to hope it's not very noticeable the next time you wear it. But if you take immediate action, remove your shirt, spray it with some stain remover and wash it, it'll be like new. But this issue is not a shirt, nor is it sauce. It's your soul and sin, which is why David points out who is being cleansed:

*“Wash **me** thoroughly from my iniquity, and cleanse **me** from my sin.”*

It's not the sin that needs to be cleansed the most, it's you. When it comes to lust and pornography, you might have to go through the process more than a few times. I know what it's like to try to get the stain out yourself - it just never seems to work. Luckily on this side of the cross we have been blotted, washed, cleansed, and made new by the blood and sacrifice of Jesus Christ, which covers all sin.

Take time this week to acknowledge where you are. Are you in the middle of a “lust -binge”? Are you doing better but still can't stay off of the pornographic websites every Friday night? Do you do a double-take every time you see an attractive woman?

Whatever it is, acknowledge it and ask God for forgiveness. This is the first step on our long journey together.



**LET US APPROACH
THE THRONE OF GRACE
WITH CONFIDENCE**



ADVANCE

Do a quick Google search for “Statistics about pornography and the church,” and read the articles that come up.

Write your thoughts below about what you read and discover.
What’s most shocking to you?

In his book, *Mere Christianity*, CS Lewis wrote:

"The right direction leads not to peace, but to knowledge. When a man is getting better he understands more and more clearly the evil that is still left in him. When a man is getting worse he understands his own badness less and less. A moderately bad man knows he is not very good: a thoroughly bad man thinks he is all right. This is common sense, really. You understand sleep when you are awake, not while you are sleeping. You can see mistakes in arithmetic when your mind is working properly: while you are making them you cannot see them. You can understand the nature of drunkenness when you are sober, not when you are drunk. Good people know about both good and evil: bad people do not know about either."

Summarize this in your own words.

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “When It’s Time to Throw a Punch” by Craig Groeschel from his series, *Warrior*.

Use the space below to take notes.

REVIEW

HAVE MERCY UPON ME, O GOD,
ACCORDING TO YOUR LOVINGKINDNESS
ACCORDING TO THE MULTITUDE
OF YOUR TENDER MERCIES,
BLOT OUT MY TRANSGRESSIONS.
WASH ME THOROUGHLY FROM MY INIQUITY,
AND CLEANSE ME FROM MY SIN.

*Take a few minutes to write your
own prayer from these verses.*

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

DEBRIEF

Q What is going to be your biggest challenge in completing this study? What can you do to overcome this obstacle and make it through to the end?

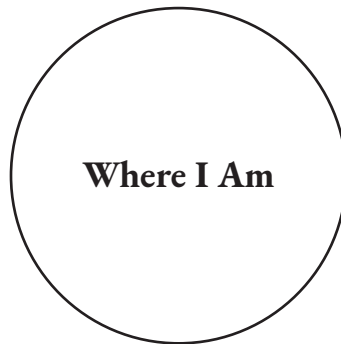
Q What do you need to acknowledge this week? What actions and decisions do you need to take ownership of?

Q Write down where you are - truthfully. Are you in a “lust binge?” Do you keep going back to the pornographic websites? Pray that God would help you see where you are so you can begin working with Him in this area.



Use the following diagrams to describe where you are.

Draw lines from each circle and be honest about where you are, and where you want to be by the end of this study.



CREED

Consider and reflect on the following verses

1 John 1:8-10

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

Hebrews 4:15-16

For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Psalms 103:10-14

He will not always accuse, nor will he harbor his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is his love for those who fear him; as far as the east is from the west, so far has he removed our transgressions from us. As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Think Like a Wolf :: I Declare War (Pt. 1)” by Levi Lusko from his series, *I Declare War*.

Use the space below to take notes.

STRATEGY

"Practice the Pause"

S1

Proverbs 24:16 says, "For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes." Notice that both the righteous and wicked fall, but the righteous get back up. **So when you do fall, immediately get back up and keep going.** Be prepared to do this over and over again.

S2

When you see someone and you lust or when you go to *those* websites, **stop and think about how God created those people. That is His son or daughter just as much as you are.** Would you want someone to look at your son or daughter the same way? Try reframing your mind from God's perspective.

S3

Sometimes all it takes is one little thought to get my mind going. Soon enough, I might want to “inquire” of someone or something via Instagram, Incognito Mode, clearing the search history, or whatever method you have (you know what yours is).

This week, if you feel like “inquiring” of someone or something, try to pause and inquire the Word instead. AKA, read the Bible!

S4

In a moment of lustful thoughts, **pause for a second and pray for that person.** This is another way to refocus and reframe your mind from God’s perspective. Practice the pause.



AS FAR AS

THE EAST

IS FROM

THE WEST



AS HIGH

AS THE

HEAVENS

ARE ABOVE

THE EARTH

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Speak Like a Wolf :: I Declare War (Pt. 2)” by Levi Lusko from his series, *I Declare War*.

Use the space below to take notes.

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Act Like a Wolf :: I Declare War (Pt. 3)” by Levi Lusko from his series,
I Declare War.

Use the space below to take notes.

ACCORDING TO YOUR
loving kindness
ACCORDING TO THE
MULTITUDE OF YOUR,
tender mercies

Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



02

Confess
Your Actions

... let us throw off
everything that hinders
and the sin that so easily
entangles...

Hebrews 12:1

WEEK 2

OVERVIEW

A Humble Confession

There is a weight and a depth that comes in this week's verses, and the truth is, we often choose to bear this burden willingly. I, too, have found myself carrying this weight on numerous occasions.

But rather than be weighed down by the guilt and shame, you need to do what the writer of Hebrews says in 12:1. How then, do you "throw off everything that hinders and the sin that so easily entangles...?"

It starts with a humble confession to God.

Honesty with ourselves and most importantly with God paves the way for true repentance and true healing.

Day 1:

- Read Verses
- Introduction Video
- Bible Plan

Day 2:

- Read Study
- Advance Phase 1

Day 3:

- Review
- Debrief

Day 4:

- Creed
- Ambush Phase 1

Day 5:

- Ambush Phase 2

Day 6:

- Ambush Phase 3
- Strategy

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:3-4

FOR I ACKNOWLEDGE MY TRANSGRESSIONS,
AND MY SIN IS ALWAYS BEFORE ME.
AGAINST YOU, YOU ONLY, HAVE I SINNED,
AND DONE THIS EVIL IN YOUR SIGHT—
THAT YOU MAY BE FOUND JUST
WHEN YOU SPEAK,
AND BLAMELESS WHEN YOU JUDGE.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 2. Use the space below to take notes.

BIBLE PLAN

Download the YouVersion Bible App for all the Bible plans.

Go through the plan, “Goliath Must Fall: Winning The Battle Against Your Giants” by Louie Giglio on the YouVersion Bible App.

Use the space below to take notes each day.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE SECOND LESSON IS THIS: GOD IS JUST AND BLAMELESS; SIN HAS CONSEQUENCES, BUT CONFESSING THEM PUTS YOU IN A PLACE OF HUMILITY AND HELPS YOU REFOCUS YOUR ATTENTION ON THE LOVE, MERCY, AND GRACIOUSNESS OF GOD.

BEGIN BY READING 2 SAMUEL 11-13.

I realize it might sound weird to have started Week 1 saying we need to acknowledge our sin and ask for forgiveness first, when now David says in verse 3,

“For I acknowledge my transgressions and my sin is always before me.”

So what’s the difference here? As you saw in 2 Samuel, after David is confronted by Nathan, David realizes his terrible mistake and acknowledges the problem right then and there. Therefore, Psalm 51 is the result of that acknowledgment. Let me say this again, we must first realize that we have a problem before we can begin solving it. Starting this second week, we’ve already come to terms that we have a problem, but now we must focus on implementing the right steps while keeping our focus on God, His character, and nature, because God is the only one who can truly give us lasting change.

Part of the issue at hand is that after David sleeps with Bathsheba and kills Uriah, time passes between his adultery and Nathan's confrontation. God sent Nathan as a wake-up call for David, something that some of us might have experienced before in some way or another. It seems like when David had this moment with Nathan, much more was revealed to him than just his affair with Bathsheba. At the end of verse 3, we see David say,

"...and my sin is always before me."

I wondered about this statement for a while. Why is David saying his sin is always before him if this happened in the past?

As I did some research and looked into this, it occurred to me that without David acknowledging his sin and confessing it to God during those months, God wasn't necessarily the only one leading him - his sin had a part to play too. Does this mean all of David's decisions afterward were sinful or that he forgot about God? No, of course not! Just because we look at porn one night doesn't mean now all of our decisions are evil and we completely abandon God. However, he recognized that God was not the only one leading him and directing his steps. Just think back in 2 Samuel how David had a man murdered as a cover-up. I don't think God directed that step.

I can imagine David's mind reeling at that moment as he realizes what he's done and the blood draining from his face. The truth of the prophet's words hit deep. And in a moment of true repentance, he is turning back to God and abandoning whatever else he was following. The same must be true with us.

I want you to notice what David did not say. David didn't say, "My *punishment* is always before me," or, "My *consequences* are always before me." What concerned

Many of us will be concerned over the consequences of sin more than the actual sin itself.

David the most was his sin, not what happened as a result. And for many of us, we will be concerned over the consequences of sin more than the actual sin itself. For example, you might have said, “I looked at porn, I better delete my search history so no one else finds out.” What you should have said would have been something like, “I looked at porn. God I repent and turn back to You. Help me through this struggle.”

And perhaps that is one reason why we find ourselves in the same place, time and time again. When we don't despise the sin itself as much as the consequences, we tend to justify our actions for the surge of excitement and emotion (aka dopamine) we get from sinning. Reality check...it feels good to look at porn in a moment, but it will always leave us feeling shameful and guilty, maybe even resenting ourselves or others afterwards.

PSALM 51:3-4

*For I acknowledge my transgressions, and my sin is always before me.
Against You, You only, have I sinned and done this evil in Your sight - that
You may be found just when You speak, and blameless when You judge.*

Verse 4 is very interesting. Not only do we see David confessing his sin, but David says that he has sinned only against God. This is technically true since God is the only one we can sin against because He is without sin and cannot tolerate it. However, the effects of sin are felt by many more than just God.

In David's case it was Bathsheba, Uriah, David and Bathsheba's first child that died because of the sin, David's other children and family that would rebel against him, potentially the entire kingdom, and yes, himself. When David tried to cover his sin through manipulation and murdering Uriah, God uncovered it. Remember Nathan the prophet?

David then tells us that God saw every part of his sin, from the lustful look to the eventual actions that affected many others. God sees every single detail of our lives. So what is the point of confessing our actions to God if He has already seen them and knows about them? Is it to bring ourselves relief and to remove the burden and make us feel better? No, not entirely. David was confirming God's justice and holy character, proving that His commands were good and just even when David broke those commands and did what was displeasing to God. Kind of like when we break those commands and do what displeases God, too. As uncomfortable as it may be, God is always just in His handling of sin.

It's ironic to say that God would be found just when He speaks and blameless when He judges because God is *always* just and blameless in everything He says and does. No words or actions are wasted with God. And who is going to try and argue against this? David is expressing that God is God and he is not, therefore he must take a position of humility before Him. And these two things are facts: God speaks and God judges - both are always right.

**In these moments of weakness,
acknowledge and confess**

and turn to God...

We confess to humble ourselves and realize we can't do this without God, without His help, lovingkindness, mercy, and forgiveness. Even though God does judge, God does speak, and our sins do have consequences, God is still loving, still merciful, still forgiving, and still gracious with us.

In these moments of weakness, we must acknowledge and confess our sin and turn to God for His help and His forgiveness. Being corrected by God is not exactly the most pleasant of experiences, but it produces the right results in us.

That's why the writer of Hebrews said this:

*“No discipline seems pleasant at the time, but painful.
Later on, however, it produces a harvest of righteousness and peace
for those who have been trained by it.”*

Hebrews 12:11

May our mindsets and attitudes be so this week.

DISCIPLINE PRODUCES A HARVEST OF

**RIGHTEOUSNESS
& PEACE**

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Attraction 2 Satisfaction” by Pastor Michael Todd from his series,
Relationship Goals Reloaded.

Use the space below to take notes.

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

REVIEW

FOR I ACKNOWLEDGE MY TRANSGRESSIONS,
AND MY SIN IS ALWAYS BEFORE ME.
AGAINST YOU, YOU ONLY, HAVE I SINNED,
AND DONE THIS EVIL IN YOUR SIGHT—
THAT YOU MAY BE FOUND JUST
WHEN YOU SPEAK,
AND BLAMELESS WHEN YOU JUDGE.

Take a few minutes to write your own prayer from these verses.

DEBRIEF



Look at 2 Samuel, chapters 11 through 13 again.

What things stick out the most to you about this story? Write them below.



There are 3 things that set David up for failure in this story:

1) He was on a rooftop instead of a battlefield.

2) He let his eyes wander to places they shouldn't go.

3) He acted on his impulses and desires.

What are the places and/or triggers in your life that set you up for failure?

Identify your "rooftops instead of battlefields." Where are those places?

How can you choose not to act on your impulses and desires?

Q

How can you remove these triggers and set yourself up for success?

Q

What personal responsibility can you take this week for your actions?
What actions need confessing to God?

Q

Describe a time when you were more concerned with the consequences of sin more than the sin itself.

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

Ecclesiastes 10:18

Laziness leads to a sagging roof; idleness leads to a leaky house.

How do you interpret this verse?

Romans 8:5-6

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Is your mind governed by the flesh or by the Spirit?

Psalms 101

Read this entire Psalm and write your down thoughts, notes, and any verse that stands out to you.

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Killing Your Inner Coward” by Craig Groeschel from his series, *Warrior*.

Use the space below to take notes.

SPIRIT

MIND

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “The Four Seasons of Failure - 2 Samuel 11” by Skip Heitzig of Calvary Church.

Use the space below to take notes.

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Don’t Let The Enemy Distract You” by Steven Furtick.

Use the space below to take notes.

**DON'T
CHOOSE
COMFORT**

**OVER
YOUR
FREEDOM**

STRATEGY

"Idleness and Fasting"

S1

If I don't keep myself busy, I find myself falling back into old habits. Sometimes it can be simply laying on the couch or taking a break, and then "out of nowhere" I'm right back to the same website or Instagram page I just told myself that very morning I was not going back to.

Find productive ways to stay busy and away from temptation.

S2

Ever since I started working from home (#2020), I've found that it is way too easy to take a break and just relax after lunch - the place where I tend to have "idle hands." **Think through your day and identify places where you have "idle hands" as well.** Chances are, there's a common environment or activity that is causing this trigger. Once you can identify it, find ways to change that place/activity and remove the trigger.

S3

Fasting can be a key strategy in this battle. Fasting is putting aside things your flesh/body wants or needs - most of the time this is food, but can also be social media or other areas of your life. The purpose is to focus on your heart posture and to realign yourself with God.

Experiment with different ways of fasting. Listed below are some examples. Whatever it is, seek God's guidance and use this time to draw closer to Him to hear from Him.

- Do a 3 day fast (liquid only, no food, 1 meal a day, etc.)
- 21 day Daniel's fast
- Remove all social media for a week
- Fast from technology when you can (after work, mornings, etc.)

Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



03

Know
The Secret Place

*The fear of the Lord is the
beginning of wisdom, and
knowledge of the Holy One
is understanding.*

Proverbs 9:10

WEEK 3

OVERVIEW

The Beginning of Wisdom

To be in fear of the Lord means that we acknowledge His holiness, His greatness, and that we stand in awe of Him. The fear of God is the secret to unlocking His powerful work in your life.

True wisdom and understanding begins when we show reverence and awe for God and humbly submit to Him.

Pride, selfishness, ambition and any other types of self-gratifying praises must be laid down and submitted before God. Because to gain wisdom is one thing; it is an entirely different thing to know wisdom.

Day 1:

- Read Verses
- Introduction Video
- Advance Phase 1

Day 2:

- Read Study
- Advance Phase 2

Day 3:

- Review
- Debrief

Day 4:

- Creed
- Ambush Phase 1

Day 5:

- Ambush Phase 2
- Strategy

Day 6:

- Ambush Phase 3

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:5-6

BEHOLD, I WAS BROUGHT FORTH IN INIQUITY,
AND IN SIN MY MOTHER CONCEIVED ME.

BEHOLD, YOU DESIRE TRUTH
IN THE INWARD PARTS,
AND IN THE HIDDEN PART YOU WILL
MAKE ME TO KNOW WISDOM.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 3. Use the space below to take notes.

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Take God To That Place” by Steven Furtick.

Use the space below to take notes.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE SECOND LESSON IS THIS: GOD MUST DO THE DEEP, DIFFICULT, AND HARD WORK WITHIN US IN ORDER TO PLACE MORE OF HIMSELF IN US.

Congratulations! You have made it to Week 3! At this point, you've made it farther than most people stick to their New Year's resolutions. And what a perfect segue into this week's lesson.

You might fail to reach a goal because you make it too large. Think of reaching the goal like eating an elephant. If you wanted to eat an elephant, you would start one bite at a time. But because you're so eager to reach the end goal, you keep eating bite after bite after bite wanting to make it happen all at once. But soon enough, you give up and say you can't do it and that it's impossible.

But an elephant is not eaten all at once. It's eaten bite by bite, a little at a time. The trap for you is to think in one single day, or a week, or maybe even a month, that you will overcome your lust and the pornography addiction. You're trying to do it all at once. And when you don't see the results you expect, you give up way too soon, much like when you make New Year's resolutions and give up by the 3rd week into the year. If soldiers stopped fighting because it took too long and they didn't see the war being won immediately, they would lose every time.

We will begin a study like this or make a commitment to change but want to see results

immediately. And what's even more, we may not be seeking a true inward change. We want the exterior to look better, but it is the deeper parts within us that need the most work. When it comes to this battle that you, myself, and thousands of other men are facing, the problem is much deeper than we think. And God wants to do the deep work to remove these issues and replace them with more of Himself.

To be transparent, this was my struggle for a long time. I kind of expected God to do a miracle and heal me instantly like He's done for others, but it didn't happen that way. It has taken me years to overcome this addiction. I desire to do good and to live a transformed life but it wasn't until my heart changed that everything else began to change.

Now, let me flip this around. Just like the elephant analogy, the devil will begin with a little bit at a time. He starts with a little seed that says, "It's just a little bit," or, "It's just one time." This is a dangerous seed that he wants to plant in you when you're young. Just like he convinced Eve to take just one bite of the fruit, he wants us to take just one bite of lust and porn. Just a little taste. It won't hurt, right? And little by little, you begin to consume it until it consumes you. It's all you think about. You plan your day around it, make time for it, rationalize it, justify it, and even tell your friends about it!

But then it turns into something else. You don't even want to eat it, you just want the taste and benefits that come with it at first, only to spit it back out. I'm talking about our sexual desires. We want the immediate results of the taste (porn, lust, masturbation), but we don't want the process of chewing, swallowing, and waiting for digestion (self-control, purity, marriage) to give us the proper nutrition and fulfillment we need.

This type of fulfillment only comes from God.

Let's jump in to these next verses:

PSALM 51:5-6

Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part You will make me to know wisdom.

What does David mean when he says that "...in sin my mother conceived me?" Is he making some deep theological statement and passing the blame to someone else? I personally do not believe this is the case. David is not complaining or blaming someone else for his problem, he's trying to show us the depth of this issue, which is our stubborn sin nature that roots itself deep within us so it can keep coming back and drawing us away from God. He is acknowledging that he is not only a sinner by what he has done or by practice, but he is also sinful by nature, as we all are, being descendants from Adam. But this is also poetry, a figure of speech, and a way for David to express himself and the deep convictions that he is having.

Regardless of how you view this statement, I want you to picture a throne in the middle of your heart. And on that throne sits someone or something that dictates the direction of our lives. It should be God that sits on that throne, but I know that many other things can take His place - pornography, lust, pride, yourself, your wife, your career, etc.

And so we see the battle that takes place within us - God's desires versus our sinful desires. The things God wants to plant in us versus what Satan wants to plant in us. Like myself, we can be exposed to things at a very young age and have sinful desires placed in us that grow and mature over time. If all goes

“Something like this takes *time, consistency, effort, and diligence.*”

according to the devil’s plan, those seeds trap us and keep us in cycles for years, or potentially the rest of our lives. If you’re like me, that seed sprouted, grew, developed roots, and took hold of you and your life. And if you’re also like me, you decided it wasn’t that bad and that’s just how you are.

You gave in and gave up.

Truthfully, for a while I gave in and gave up.

But if you know anything about seeds, roots, and planting, then you know something like this takes time, consistency, effort, and diligence, both when planting a new seed (forming new habits) and when removing old roots (removing old habits and thought patterns). When a seed has been in the ground for a while, it develops deep roots that aren’t easy to get rid of. There might be a lot of dirt that gets uncovered as part of the process. I encourage you to embrace this process, uncomfortable as it may be.

PSALM 51:5-6

*Behold, I was brought forth in iniquity, and in sin my mother conceived me. Behold, You desire truth in the inward parts, and in the hidden part
You will make me to know wisdom.*

God desires truth in our inward parts, or innermost being, according to verse 6. Those inner parts are your heart, soul, mind, and spirit. In other words, everything about you that makes you distinctly you is where God wants His truth to be. Think back to the throne in your heart.

If this is something that has to be done in the innermost part of us, this cannot be superficial. When I say superficial, I don't mean something fake, but rather something that is only surface level. This is a deep and lasting transformation that only God can do. You cannot put a Band-Aid on a bullet wound. You'll continue bleeding everywhere and on everyone else until it eventually kills you.

What I find interesting is the phrasing of the last line, which says, "In the hidden part, You will make me *to know wisdom*." David doesn't say that God will *give* him wisdom. Rather, God will make him *know* wisdom. The Hebrew word here for "know" is *yada'*, which is an intimate form of knowing someone, like a husband knows a wife type of intimacy that is exclusive to the two of them. God wants to remove whatever is in us that was not placed by Him and He wants to know us - *yada'* us - and He wants to put His truth within the deepest parts of us, the places no one else knows about except for you and God. Yes, He knows. He's already seen those places and wants to help you, but you have to open the door for Him to enter. It is in the secret place where we learn from God, grow with Him, and quite frankly learn more about ourselves because God will reveal the hidden things to us.

When we look at verses 5 and 6, we understand that the issue is much deeper than surface level. This goes down to the roots of our souls which is also the very place where God wants to be and inhabit. And if that place has someone or something else sitting in the driver's seat, it must be removed and replaced by God, His truth, and His wisdom. This is a work only He can do.

Perhaps this week, you need to take some time to be alone with God. It's time for a one-on-one with Him. He wants to do some deep work in you, remove the roots that the enemy has placed there, and replace them with Himself. He wants your desires to line up with His, to seek first His kingdom and His righteousness. He wants you to be filled with His truth, His Word, and His Spirit, and to know His wisdom.

Find your secret place, go there, and meet with God.

Yada' God.

Allow Him to work, even though it will be painful and uncomfortable. But this is what it's going to take for lasting change. The men who used guerrilla warfare tactics often had to crawl face-down during battle to surprise their enemies. I suggest you do the same. Get on your face, prostrate before the Lord, and surprise your enemy.

You cannot put a Band-Aid
on a bullet wound.

ADVANCE

In his book, *Rooted*, Banning Liebscher wrote:

“...David’s first move after being anointed king was to return to the field and his sheep. The field was the secret place where he built a foundation of intimacy with God that enabled him to thrive and ultimately fulfill God’s purpose for his life. Building a secret-place lifestyle like David’s is critical in our process with the Lord, because it is in our secret place that God meets with us and establishes the root system, the foundational elements, for the fruit that lasts.”

Rewrite this paragraph in your own words.

PADA'
GOD

YADA'
GOD

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

REVIEW

BEHOLD, I WAS BROUGHT FORTH IN INIQUITY,

AND IN SIN MY MOTHER CONCEIVED ME.

BEHOLD, YOU DESIRE TRUTH

IN THE INWARD PARTS,

AND IN THE HIDDEN PART YOU WILL MAKE ME

TO KNOW WISDOM.

Take a few minutes to write your own prayer from these verses.

DEBRIEF

Q Describe your ideal secret place. Can you think of some places where it can be just you and God? Write these places down and spend time there this week.

Q What do you think might happen if you start to spend time in this secret place with God?

Q List some truths that God wants to place within you.

Q Have you had moments of saying to yourself, “It’s just a little,” or, “It’s only one time?” Describe those moments and the actions that took place afterward.

Q What are the deep issues that you need God to work on?

Q How can you make an effort to *yada*’ God this week?

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

Matthew 6:33

But seek first his kingdom and his righteousness, and all these things will be given to you as well.

What can you do this week to align God's desires and your desires?

James 1:5-6

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

Psalms 119:9-11

How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray from your commands. I have hidden your word in my heart that I might not sin against you.

Underline the answers in this Psalm to the question,
“How can a young person stay on the path of purity?”

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Who Before Do - Habits Part 1” by Craig Groeschel.

Use the space below to take notes.

SEEK

FIRST ONLY ALWAYS DAILY

GOD

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Lonely Places” by Steven Furtick

Use the space below to take notes.

STRATEGY

"Mornings Matter"

S1

Sometimes, we want to sleep in, be lazy, aimlessly scroll through our phones, and check the stocks - all before we do anything else in the morning. While it's okay to rest and have downtime, **make it a priority to get up early in the morning and get your day going.** This helps you set the tone and focus for the day, rather than filling your mind with the things of the world to begin with.

S2

If you have issues with hitting the snooze button 7-too-many times, **put your phone somewhere that makes you get out of bed.** Force yourself to get up in order to turn the alarm off. This will help you avoid rolling back over and going back to sleep. Start your day with discipline and consistency.

S3

I watched a YouTube video of US Navy Admiral, William H. McRaven, where he says, “If you want to change the world, start off by making your bed.” What this does is it starts your day with an accomplishment - it’s the little step that leads to the next, that ultimately leads to other steps to be successful. This goes for this study and the habits we’re breaking too. There’s a reason soldiers are trained to make their bed every morning. **So, start your day with a small accomplishment.**

S4

Begin your day with the Word - the Bible. It will change your life to start your day this way. By putting the Word first, you’re going to be looking at the rest of your day through the lens of scripture. Find scriptures to read - go through the Psalms or Gospels, read a YouVersion plan, whatever it might be for you. Just begin your day with getting the Word in you.

MEET WITH GOD
MEET WITH GOD
MEET WITH GOD
MEET WITH GOD
MEET WITH GOD
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MEET WITH GOD
MEET WITH GOD
MEET WITH GOD
MEET WITH GOD
MEET WITH GOD

FIND YOUR SECRET PLACE AND
MEET WITH GOD

MEET WITH GOD IN YOUR
SECRET PLACE

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “If You Want to Change the World, Start Off by Making Your Bed” by William McRaven, US Navy Admiral

Use the space below to take notes.

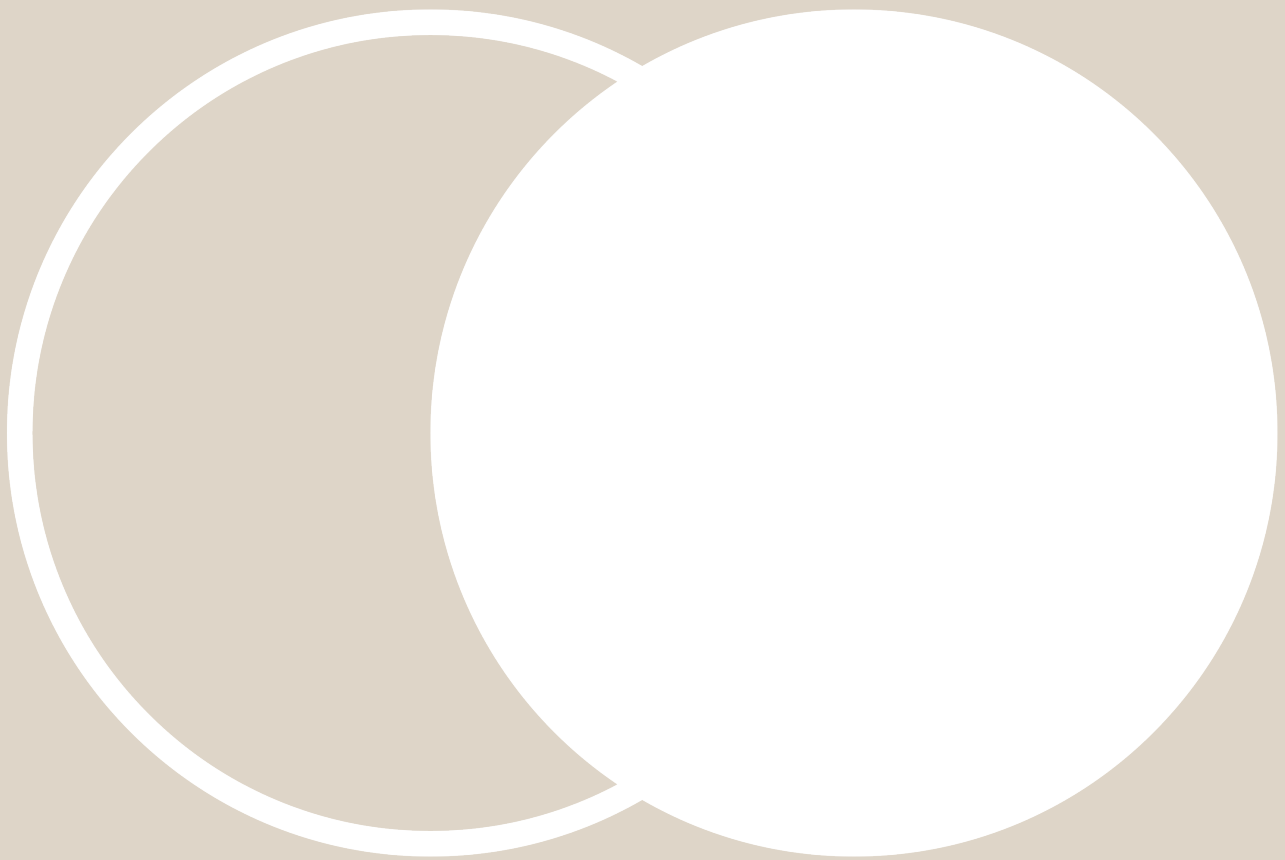
Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



04

Cleanse Me

Though your sins are like
scarlet, they shall be as white
as snow; though they are red
as crimson, they shall
be like wool.

Isaiah 1:18

WEEK 4

OVERVIEW

Scarlet Sin & Crimson Cost

There was a price paid for you. You owed a debt that you could not repay no matter how many good deeds you did, do, or will do. This debt was sin and it was paid by the blood of Christ who sacrificed Himself for you on the cross.

No matter how deep the stain of sin is, God's forgiveness is greater. What was once stained with sin is now made new, as if it was never there to begin with.

A repentant heart and desperate cries are met with the response of a merciful and compassionate God to cleanse us.

God hears the cry of the oppressed and comes quickly to rescue and redeem us.

Day 1:

- Read Verses
- Introduction Video
- Bible Plan

Day 2:

- Read Study
- Advance Phase 1

Day 3:

- Review
- Debrief

Day 4:

- Creed
- Advance Phase 2

Day 5:

- Ambush
- Reflect on Verses

Day 6:

- Strategy

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:7-9

PURGE ME WITH HYSSOP,
AND I SHALL BE CLEAN;
WASH ME, AND I SHALL BE
WHITER THAN SNOW.
MAKE ME HEAR JOY AND GLADNESS,
THAT THE BONES YOU HAVE
BROKEN MAY REJOICE.
HIDE YOUR FACE FROM MY SINS,
AND BLOT OUT ALL MY INIQUITIES.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 4. Use the space below to take notes.

BIBLE PLAN

Download the YouVersion Bible App for all the Bible plans.

• Go through the plan, “Living Lust Free - A 7 Day Journey” by Doug Weiss.

Use the space below to take notes each day.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE FOURTH LESSON IS THIS: WE MUST DECIDE TO SECURE OUR FREEDOM FROM SLAVERY AND BONDAGE.

I would consider these next two lessons to be the most important ones. Up to this point we've seen David acknowledge his mistakes while taking responsibility for them, ask God for forgiveness, understand that God is fair and just in all He does, realize the depth of his issue, and learn that God wants to inhabit the deepest parts of him. Hopefully the same is true for you. Now we transition into the part where David decides to take action and change his ways.

These are the steps we must go through, and not just once as I mentioned before. We are called to take up our cross day by day, lay aside our pride, and give ourselves completely to God.

To begin this week, I want to take you back to the story of the Israelites the night they fled Egypt.

BEGIN BY READING EXODUS 12:1-30 BEFORE YOU CONTINUE.

I bring the story of Passover into this week because it gives us some key context about what David is saying in the next verses. I want to bring to your attention the command to dip the hyssop branches in the blood of the lamb and put it on the top and sides of the doors (verse 22). Why a lamb? Why hyssop branches? And why the top and sides of the door? Let's break this down to make it applicable.

The Lamb

In Egypt, the lamb was considered a sacred animal and to sacrifice it would be outrageous. Yet we find God commanding them to do this very thing. Why? By sacrificing a lamb, the Israelites are declaring that they are departing from their old ways in Egypt, severing their connection to them, and beginning a new way with God. The work to remove Egypt from them begins as a decision they have to make for themselves.

Hyssop Branches

In the sacrificial system in Israel, the hyssop branches were used by priests in cleansing ceremonies for skin diseases, to cleanse a house that contained mold, and other reasons that made people unclean. It was symbolic of cleansing the soul. But the branches were also used when Jesus was crucified. When the soldiers offered wine vinegar on a sponge to Jesus when He was thirsty, they offered it to Him on a hyssop branch. And this was the last act that Jesus did before He gave up His spirit. He was offering a cleansing for all of us. The hyssop branch represents the cleansing.

The Door

The top and sides of the door are debated among scholars, but I think this was done to symbolize a complete covering of the people and the household. For example, if you took some paint and applied it generously to the top and sides of a door, what would happen? It would run down and begin dripping to the ground, right in the doorway where people would enter. So you can imagine the blood of the lamb completely covering the door and as the members of the household would pass through, they would be “sprinkled” with the blood of the lamb. The house and all the inhabitants are covered and protected.

So what is David trying to say here? This request to be purged with hyssop means David is making the decision to part from his old ways and is asking to

The work to remove Egypt begins as a decision

they have to make for themselves.

be completely cleansed, covered, and protected by God. David is deciding to secure his freedom and his new life.

I found something very interesting when I was reading through 1 Samuel as part of some research and backstory for this study. David had a history and some issues just like the rest of us. He lied on a few different occasions, acted insane, and dealt with fear of his own. But in a particular story in 1 Samuel, it says David was fleeing from Saul for fear of being killed by him. And about that night of David's fleeing, it says,

“Then Michal [Saul’s daughter, David’s wife] took an idol and laid it on the bed, covering it with a garment and putting some goats’ hair at the head.”

I have a question: why is there an idol in David's house? And of all the places for it to be, Michal lays it *in the bed*? Perhaps the same bed that would be used when David slept with Bathsheba?

An idol in David's bed. You don't hear about that very much.

I think this story is a foreshadowing of what would happen later in David's life with Bathsheba when he allowed a little crack in the door. “It's just an idol. It's fake anyways...I worship and believe in the real God so what difference does it make?” David realized it makes all the difference. Little decisions add up and escalate quickly. That goes both ways, good and bad.

PSALM 51:7-9

Purge me with hyssop and I shall be clean. Wash me and I shall be white than snow. Make me hear joy and gladness, that the bones you have broken may rejoice. Hide Your face from my sins, and blot out my iniquities.

God loves our broken praise. I want to point out that a broken and messed up man is rejoicing in verse 8. This is not what we typically think of when it comes to praising God, but David understands that out of his deep place of brokenness, true rejoicing comes from the healing and restoration that God offers and provides to him. There can be no greater rejoicing than knowing God has made you new, has given you a new start despite all your brokenness, and is going to use it as a strength so that others may see you and consequently see God's handiwork. That's the joy of having a close relationship with God.

Finally, verse 9 shows us the continual repetition of asking God to remove the stain of sin. But take note of how David phrases this last sentence. He says, "Hide *Your face* from my sins," rather than saying "Hide *my sins* from Your face." I think this is where we get confused sometimes. We want God to ignore our sins like He's putting them in a secret place where He can't see them anymore, but that's not the case. This is not God turning away from sin as much as it is Him seeing all of it and completely removing it.

As king, David would have been fully aware of what hyssop was used for and he is asking for the same kind of cleansing. I believe he did this not only for himself but for his entire household. Remember, the Israelites secured their freedom from bondage and slavery by the blood of the lamb over the entrances to their houses.

We must also secure our freedom from lust and pornography, not only by guarding the doors in our lives, but also by being purged and washed with the blood of the Lamb, the sacrifice of Jesus Christ.

David understands the depth of the sin and the depth of the cleansing process that needs to take place, but he also understands the holiness of God. It's like David is saying, "God, You're too holy to look at this horrible sin. Turn away from me!" And it's like God lifts up David's head and says, "David, I love you too much to have you stay where you are. Look up."

I believe God is saying the same thing to you. Even in your worst moments, turn to Him. Even when you think your sin is too great and God surely can't forgive that one, take it to Him and let Him purify you. And yes, you can take your sin to God because He is the only one who was able to do anything about it when He sent Jesus to take it for you. When you repent and cry out to God for forgiveness and healing, it's like a pleasing aroma to Him, an acceptable offering like the ones the priests would make at the altar in the Old Testament. But the choice is yours to make whether you keep hiding your sin or you do what David did and ask God to cleanse him.

David repented and made his decision. Now it's your turn. As you go through this week, decide to secure your new freedom and new life that Christ has made available to you.



Little decisions

add up and escalate quickly.

WASHED

B Y T H E

BLOOD

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “The Compromise of Pornography” by Michael Todd from his series, *Relationship Goals Reloaded*.

Use the space below to take notes.

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

REVIEW

PURGE ME WITH HYSSOP, AND I SHALL BE CLEAN;

WASH ME, AND I SHALL BE WHITER THAN SNOW.

MAKE ME HEAR JOY AND GLADNESS, THAT THE BONES

YOU HAVE BROKEN MAY REJOICE.

HIDE YOUR FACE FROM MY SINS,

AND BLOT OUT ALL MY INIQUITIES.

Take a few minutes to write your own prayer from these verses.





DEBRIEF

Q What things, areas, or patterns in your life do you need to sacrifice and depart ways from? How can you make the decision to do so this week?

Q What doors in your life do you need to place the blood of the Lamb on? Use the image to write what each part symbolizes (top, sides, bottom).



Q David made faith statements: “I shall be clean...I shall be whiter than snow.”
What faith statements can you make on overcoming lust and pornography?

Q The Passover was celebrated by the Israelites as a festival every year. God wanted them to remember their calling to be set apart and to be a holy nation. When did you decide to depart from your old ways and begin a new relationship with God and His ways? Maybe today needs to be that day.

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

John 19:28-30

Later, knowing that everything had now been finished, and so that Scripture would be fulfilled, Jesus said, “**I am thirsty.**” A jar of wine vinegar was there, so they soaked a sponge in it, put the sponge on a stalk of the hyssop plant, and lifted it to Jesus’ lips. When he had received the drink, Jesus said, “**It is finished.**” With that, he bowed his head and gave up his spirit.

2 Corinthians 5:17

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

How are you a new creation in Christ? What does this mean for your daily living?

Ephesians 4:22-24

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Your Porn Battle Plan” by Craig Groeschel from his series, *Warrior*.

Use the space below to take notes.

FINISHED

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Hold That Thought” by Levi Lusko.

Use the space below to take notes.

REFLECT

You are halfway through this study and Psalm 51 and this is a perfect time to reflect on the verses you've read, memorized and prayed over. Spend some time today reflecting on what they have meant to you, what they have shown you, and how God has revealed truth in them.

Here are some ideas:

- Write them out a few times.
- Say them out loud repeatedly.
- Sit and meditate on each verse, each line, each word.

Have mercy upon me, O God,
According to Your lovingkindness;
According to the multitude of Your tender mercies,
Blot out my transgressions.
Wash me thoroughly from my iniquity,
And cleanse me from my sin.
For I acknowledge my transgressions,
And my sin is always before me.
Against You, You only, have I sinned,
And done this evil in Your sight—
That You may be found just when You speak,
And blameless when You judge.
Behold, I was brought forth in iniquity,
And in sin my mother conceived me.
Behold, You desire truth in the inward parts,
And in the hidden part You will make me to know wisdom.
Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.
Make me hear joy and gladness,
That the bones You have broken may rejoice.
Hide Your face from my sins,
And blot out all my iniquities.

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STRATEGY

"Daily Declarations / Limits"

S1

Pastor Craig Groeschel described different affirming statements that he says to himself each day. Each one typically begins with the words, "I am."

Write 5-10 daily declarations you can make about yourself and try to recite them everyday to yourself.

One example I encourage you to say is this, in your own way:

"I am pure in mind, body and spirit. I have the power to overcome lust and pornography because of Christ in me."

S2

There's a lot of functions on your smartphone that allow for content restrictions, downtime, and other features to help you stay focused and on the right path.

Decide what limits you need to set for yourself: set a limit on the amount of time you can spend on apps, set up content restrictions for Internet browsing, schedule downtime for the evenings, etc.

S3

You might find yourself doing well for awhile, and then you might find yourself not doing so great for a time. **In times like these, keep going and keep pressing harder.**

Turn back to God - repent and refocus yourself. Put one foot in front of the other.

And don't forget to look back at your calendar to see how you're doing with wins and losses. Take a step back and look at it from a wider perspective.

THE OLD IS GONE

THE NEW
IS HERE

Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



05

Create & Restore

I will remove from them
their heart of stone and I give
them a heart of flesh.

Ezekiel 11:19

WEEK 5

OVERVIEW

A Divine Transformation

In the words of the prophet Ezekiel, God promises to replace our hearts of stone with hearts of flesh. We would be wise to reflect on the readiness of our hearts for such a profound transformation.

For this is no easy transformation and it is not one that you can do yourself. This requires the work of a skilled and patient Master Craftsman who tends to every detail.

God is on the verge of performing a remarkable work within you, but it requires your willingness to receive and submit to His guidance and touch. Only His hand possesses the power to accomplish this task.

Day 1:

- Read Verses
- Introduction Video
- Bible Plan

Day 2:

- Read Study
- Advance Phase 1

Day 3:

- Review
- Debrief

Day 4:

- Creed
- Ambush Phase 1

Day 5:

- Ambush Phase 2
- Strategies

Day 6:

- Ambush Phase 3

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:10-12

CREATE IN ME A CLEAN HEART, O GOD,
AND RENEW A STEADFAST SPIRIT WITHIN ME.

DO NOT CAST ME AWAY FROM
YOUR PRESENCE, AND DO NOT TAKE YOUR
HOLY SPIRIT FROM ME.

RESTORE TO ME THE JOY OF YOUR SALVATION,
AND UPHOLD ME BY YOUR GENEROUS SPIRIT.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 5. Use the space below to take notes.

BIBLE PLAN

Download the YouVersion Bible App for all the Bible plans.

Go through the plan, “UNCOMMEN: Confronting Sin” by UNCOMMEN.

Use the space below to take notes each day.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE FIFTH LESSON IS THIS: WE'RE CALLED TO BE NEW CREATIONS IN CHRIST, FULLY DEVOTED IN HEART, SOUL, MIND, AND WILL TO GOD ALONE.

If you have made it this far, I must commend you for making it past the halfway mark. Hopefully, you've started to see changes in yourself and you're taking the necessary steps in this process. By this time, you've created new habits. Let's keep going.

I want to prepare you this week by letting you know you're about to be very uncomfortable, if you haven't been already. You're going to be praying and asking God to do something that will require a very open heart because you're going to be asking God to give you a new heart altogether.

One of the most painful things I can think about is open-heart surgery. Every time I think about a surgeon cutting your chest open, forcefully pulling it apart, and exposing the organ that keeps me alive, my entire being cringes. But that is exactly what God wants to do with you this week. He wants to cut you open, expose some things, and take out your old heart so He can replace it with a new one.

Though the concept of open-heart surgery may be daunting, we can find peace in knowing that God's intentions are rooted in love and restoration. His desire to perform this spiritual procedure is not to inflict pain or harm, but rather to heal and restore us from within.

Just as a skilled surgeon delicately handles each step of the procedure, God, the Master Physician, knows exactly how to navigate the intricacies of your heart. He works with precision and gentleness, removing the burdens, wounds, and sinful patterns that hinder your spiritual growth.

While the process may seem uncomfortable and vulnerable, you can trust that the outcome will be transformative. God deeply wants to replace your old, hardened heart with a heart that is alignment with Him and His will for your life. Welcome His divine surgery, knowing that through it, you will experience the depth of His healing power and the strength of a renewed heart.

*“Create in me a clean heart, O God, and
renew a steadfast spirit within me.”*

It is within this single sentence that a man’s life can change. This is a vulnerable step to take in our process. If you memorize no other verses through this study, please memorize this one.

I want to dive a bit deeper into the meaning behind David’s words here. The Hebrew word for “create” is *bara*’ and means “to shape or to fashion by cutting something.” Imagine a potter starting with a lump of clay and slowly yet purposefully cutting away parts and pieces from the clay to get a finished product. It is also the same word that is used to describe how God created everything in Genesis. Out of nothing, a new creation. Out of chaos, order. With just one word, God creates something new. God can create something new in us, too, no matter what we look like at the start. A potter starts with a single lump of clay that looks like nothing, but in the right hands becomes a masterpiece. Once again we see David understanding that God must do this work, not himself.

PSALM 51:10-12

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.

The word used for “heart” translates to *leb* in Hebrew. *Leb* means “inner man, mind, will, and heart.” This word has a lot of significance; this is an entire renewal and dedication of yourself. Think about Jesus’ words about the greatest commandment in Matthew 22:

“Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment.”

Jesus says the greatest commandment is to love God with everything we have. And this is what David is saying, too. He asks, “*Bara*’ in me a clean *leb*,” as if to say “Remove the excess in me by cutting away the old things and create a new person out of me, one that is entirely dedicated to You.” Simply put, David wants all of who he is - his heart, his soul, his mind, and his will - to be dedicated to God alone. Jesus confirms that this is our deeper calling as we follow Him.

So if David is asking God to do the kind of work He did at the beginning of time, consider how God created everything. First He separated (days 1-3), then He filled (days 4-6). So we must be separated from the old things and filled with new things of God.

In Genesis, it states that the Spirit of God was hovering over the waters. The word for “spirit” used both in Genesis and here is *ruach*, which means “breath, wind, or

Create in me a clean heart, O God, *and renew a steadfast spirit within me.*

spirit.” So, when David asks God to, “...renew a steadfast spirit within me,” he asks for the Spirit of God to dwell, or breathe into him again. David not only asks God to make him a completely new creation, he asks God to breathe into him with His spirit. After all, what’s the point of being made new if it is not the very Spirit of God that fills us?

Notice David's specificity - he asks for a steadfast spirit, meaning that it is firm and established, prepared and able to stand against whatever comes against it. David has decided he is not going back to his old ways. He wants every ounce of his being to be consumed and made new by God, rather than his old habits and wrong desires.

Cut out the old, make me new, set me apart, and fill me with Your Spirit. This is the prayer of David. Not exactly the easiest process to go through.

This is what we are called to be! New creations in Christ, firm and established in His ways, equipped with the full armor of God so that we may be able to stand against the attacks of the enemy. Ask God to shape a new inner man within you, fully devoted in heart, soul, mind, and will, with a spirit that is prepared and firmly established, ready for battle.

I find the next verses very interesting. It’s almost as if we can see David’s thoughts recalling back to the time when Saul disobeyed God and found himself

tormented by evil spirits. And who was the one in the palace playing music to help alleviate Saul's condition? None other than David who saw it firsthand.

PSALM 51:10-12

Create in me a clean heart, O God, and renew a steadfast spirit within me. Do not cast me away from Your presence, and do not take Your Holy Spirit from me. Restore to me the joy of Your salvation, and uphold me by Your generous Spirit.

I believe David is asking God to not let this happen to him. He wants to avoid ending up like Saul, a king once anointed, but now only a king. So what is the difference between David and Saul? We would think David should receive the worst of God's punishment right? He not only committed adultery but then murdered a man to cover it up! The difference between David and Saul is their heart. But here's the thing, both men had open and humble hearts when they were first chosen. The key difference is what they did when they messed up. Saul was unrepentant, made excuses, and did not change his ways. David fully repented, made no excuses, and asked God to completely change him. I think this is a good reminder to all of us that none of us are exempt from making mistakes, and that God's grace is available to us all. But it's up to us to have the right heart posture.

I can imagine David with his head hung low, shoulders hunched over, crushed by this weight upon him - he's a man in need of restoration. And when he asks God to restore the joy of His salvation and uphold Him by His Spirit, it's a reminder that when we have salvation in Christ we are indeed restored and given a new life. We can lift our heads and stand up taller because God *will* restore us, forgive us, and make us new. It is God who lifts us up and then continues to uphold us by the Holy Spirit, not ourselves.

We need to realize that God must do this in our hearts. We cannot do these things on our own. Believe me, I've tried a thousand times, only to fail and find myself discouraged.

Open your heart to God and let Him transform it. It begins in the heart, but soon expresses itself in the outward expression. He is the Creator of all and the Restorer of all. When we recognize our limitations and surrender our hearts to God, He can do a marvelous work within us. It's in our vulnerability and dependence on Him that true transformation takes place. God, as the Creator and Restorer, knows exactly what our hearts need, and when we open ourselves to His loving touch, we find hope and strength in our journey of faith.

It's essential to remember that God's grace and power are far greater than our own efforts. We may stumble and falter along the way, but His love remains steadfast, ready to pick us up and guide us forward. So, let us continually seek His presence, allowing Him to mold us into vessels of His love, compassion, and righteousness. As we yield to His divine work within, our lives will become a beautiful expression of His glory to the world around us.

None of us are exempt from mistakes,
but God's grace is available to us all.

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Why Die Here?” by Stephen Chandler from his series, *Fight or Flight*.

Use the space below to take notes.

CREATE IN ME

A CLEAN
HEART

RENEW IN ME

A S T E A D F A S T
S P I R I T

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

REVIEW

CREATE IN ME A CLEAN HEART, O GOD,
AND RENEW A STEADFAST SPIRIT WITHIN ME.
DO NOT CAST ME AWAY FROM YOUR PRESENCE,
AND DO NOT TAKE YOUR HOLY SPIRIT FROM ME.
RESTORE TO ME THE JOY OF YOUR SALVATION,
AND UPHOLD ME BY YOUR GENEROUS SPIRIT.

Take some time today to write your own prayer from these verses.

DEBRIEF

Q We saw in Matthew 22:37-38 Jesus' words about the greatest commandment and loving God. Write a sentence on what you think it means to be devoted to God in each of these places:

Heart:

Soul:

Mind:

Q Which of these areas of your life need some work and more devotion to God? Write at least one thing you're going to do this week to improve this area.

Heart

Soul

Mind



Look at the list below from 1 Corinthians 13:4-13 that describes everything love is. Next to each statement, write what you think lust is compared to love. For example, if love is patient, you could say, “Lust is immediate satisfaction.”

Bonus: Put a star next to the statement that best describes your current actions (lust or love).

Love is patient

Love is kind

Love does not envy

Love does not boast

Love is not proud

Love does not dishonor others

Love is not self-seeking

Love is not easily angered

Love keeps no record of wrongs

Love does not delight in evil but rejoices with the truth

Love always protects

Love always trusts

Love always hopes

Love always perseveres

Love never fails

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

2 Corinthians 5:17

So, if you think you are standing firm, be careful that you don't fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Proverbs 27:19

As water reflects the face, so one's life reflects the heart.

What is your life saying about your heart?

Matthew 5:28

“But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”

This is a hard verse to swallow. Knowing that Jesus said this, what does this mean about how often you need to have a new heart created in you?

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Continue through the *Fight or Flight* series by Stephen Chandler.

Use the space below to take notes.

**WATER
REFLECTS
THE FACE**

**LIFE
REFLECTS
THE HEART**

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Continue through the *Fight or Flight* series by Stephen Chandler.

Use the space below to take notes.

STRATEGY

"The Word"

S1

When certain thoughts, emotions, or feelings arise, go to scripture.

When Jesus was tempted out in the wilderness, He not only rebuked Satan's lies with scripture, He corrected the interpretation of it.

One of my favorite books in the Bible to go to is Psalms, but find what works for you and go there.

S2

Let's say you're in a situation and for whatever reason you can't immediately open your Bible to fight against temptation. This is why memorizing scriptures and certain verses is key to winning this battle. **You need to have the Word stored up in you (memorized)** so that when the trial comes, you already have the weapon at hand, no matter the situation.

S3

There's a correlation between writing something out and memorizing it. In order to memorize important and helpful Bible verses, **try writing them out a few times, word by word.** As you do, say them in your mind or out loud to reaffirm what you're writing.

S4

Here's a question: can Satan cause us to sin? The answer is **no**. Satan can only *tempt* us to sin.

Taking action is your part. Keep this in mind the next time you feel tempted. What action are you thinking about doing? Is it Godly or to satisfy your flesh? Stop the action before it starts.

WITH

ALL

YOUR

HEART

SOUL

MIND

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Continue through the *Fight or Flight* series by Stephen Chandler.

Use the space below to take notes.

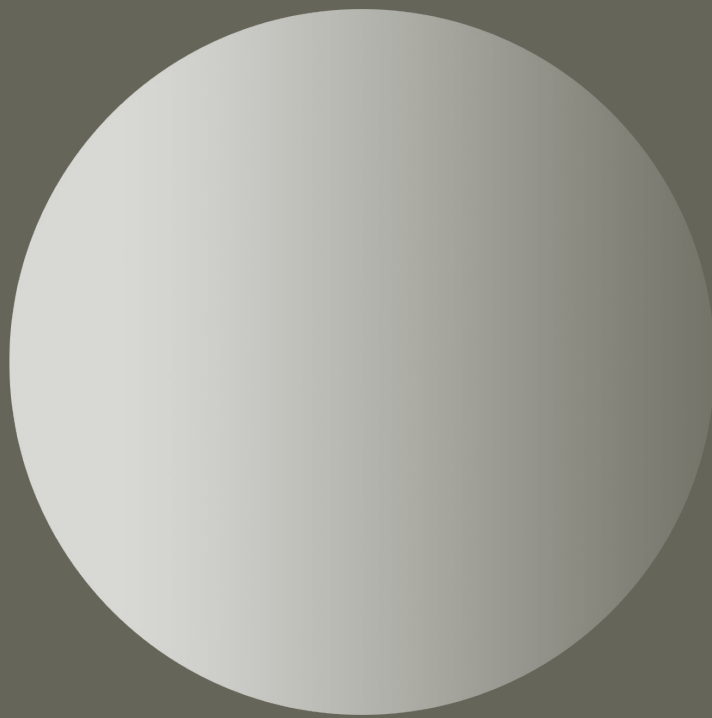
Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



06

Share
Your Story

*My tongue will proclaim
Your righteousness, Your
praises all day long.*

Psalm 35:28

WEEK 6

OVERVIEW

Your Story To Share

Your transformation should lead to a Godly desire to share the work God has done in you. This desire is not meant for seeking personal glory but rather to magnify God's glory, drawing others back to Him.

For before, your tongue was used for death, to speak the ungodly desires of the flesh. Now, you have a new meditation to utter and a new song to sing.

Let the praises of God be on your lips day and night, permeating every aspect of your life.

Just as you have been taught, teach others, sharing the blessings of your newfound understanding.

Day 1:

- Read Verses
- Introduction Video
- Advance Phase 1

Day 2:

- Read Study
- Debrief

Day 3:

- Ambush Phase 1
- Review

Day 4:

- Creed
- Advance Phase 2

Day 5:

- Ambush Phase 2

Day 6:

- Strategy
- Action Step

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:13-15

THEN I WILL TEACH
TRANSGRESSORS YOUR WAYS,
AND SINNERS SHALL BE CONVERTED TO YOU.
DELIVER ME FROM THE GUILT
OF BLOODSHED, O GOD,
THE GOD OF MY SALVATION,
AND MY TONGUE SHALL SING ALOUD
OF YOUR RIGHTEOUSNESS.
O LORD, OPEN MY LIPS,
AND MY MOUTH SHALL SHOW
FORTH YOUR PRAISE.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 6. Use the space below to take notes.

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Strength” by Erwin McManus.

Use the space below to take notes.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE SIXTH LESSON IS THIS: TELL OTHERS WHAT GOD HAS DONE IN AND THROUGH YOUR LIFE.

I absolutely love this part of Psalm 51. This is like the great commission before the Great Commission - teaching others what we have learned and sharing our story. David understood that everything he went through and everything God brought him out of was not just for him. He knew he must now tell others what God has done and show them the right path. David has been through the process of being forgiven, made new, and restored. Now we see the results and actions that follow.

At first I thought this should be at the end of the study. It would make sense that way, right? We want to share what we've been through only after we're out of it and God has restored us and we're finally free! We want others to look at us and say, "Wow! Look at them and all they've overcome!" But I believe there is much more power in sharing your story even if you're still going through it. Once I opened up to others about my struggle, things actually started getting better and easier. For example, had I waited until I had "arrived" and was completely free of lust and pornography to write this study, I may not have ever written it. I could have said I'm not ready or that I needed to somehow be "perfect" before I started. But how would that help you? I'm in the trenches with you, fighting every day to win this war because we are all in it together, even if some of the battles look different. Besides, God doesn't usually use people who are ready or perfect, just available.

I'm not a perfect man, I'm just progressing.

Why did so many people show up?

Because one man told his story.

There's nothing quite as powerful as your testimony. When you tell the stories and miracles that God has done in your own life, powerful things happen. And yes, you could recite scriptures all day, give people Christian clichés that may or may not work, and explain every theological concept known to man, but for some reason God wants to use your story and His story together. He is inviting you to be part of His great narrative.

Think of the miracles Jesus did for people. When someone had their life changed because of Him, what did they do? They went and told everyone, even at times when Jesus said not to. They couldn't help themselves - they had to tell others!

I can think of one of the most powerful examples of this in Mark 5 when Jesus heals a demon-possessed man. Now, this is the first time that Jesus and His disciples are in this region. After Jesus heals the man, He tells him to go to the Decapolis - a place made up of ten cities - and tell everyone what Jesus had done for him. Later in Mark 7 and 8, we see Jesus and the disciples in the region again, but now *four thousand* people show up. Why did so many people show up? Because one man told his story.

It can be hard to open up about a personal and sensitive subject like lust and pornography. And it's not always appropriate to blurt it out to everyone you meet. I'm not saying that you need to run through your neighborhood and shout, "GOD HEALED ME FROM PORN!" But I am saying you need to find

people in whom you can trust to share your story. Maybe it's your best friend, your sibling, a parent, a small group, or even your spouse. You'll often find you're not alone with this issue. It may start small, but it could very well lead to many other people experiencing a miracle for themselves because of your story.

*“Then I will teach transgressors Your ways,
and sinners shall be converted to You.”*

I want to emphasize the point in this verse that it's about *teaching*, not converting. Our focus is to help and teach others so that they don't fall into the same problems you and I have been through. The Holy Spirit is the one who convicts and turns people back to God. Our job is to just be the vessel through which God can work. Your story, healing, and renewal is not for you to keep to yourself. Others need to know. And that is why I wrote this study in the first place. For you.

The next verses present a call to more specificity and directness from David:

*“Deliver me from the guilt of bloodshed, O God, the God of my salvation
and my tongue shall sing aloud of Your righteousness.”*

We've not seen David confess an exact sin up to this point (his murder in this case), nor have we seen him say that God is *his* God of salvation. I believe this is happening because David is growing in confidence in who he is in God's eyes and what the true nature of God is. Just as he made his sin personal back in verse 2, he now makes God personal.

PSALM 51:13-15

Then I will teach transgressors Your ways, and sinners shall be converted to You. Deliver me from the guilt of bloodshed, O God, the God of my salvation, and my tongue shall sing aloud of Your righteousness. O Lord, open my lips, and my mouth shall show forth Your praise.

He is doing what Hebrews 4 says and is going boldly before the throne of grace. It's like we can see the resolve in David begin to grow and his courage being strengthened. Charles H. Spurgeon says it this way:

“He confesses sin more plainly in this verse than before, and yet he deals with God more confidently: growing upward and downward at the same time are perfectly consistent.”

For a few days I wrestled and wondered what to continue writing about this. I knew what these verses were saying, but I could not get them to sound right or even come out at all. And then it hit me one night as I prayed about this. God said, “The answer is within you.” To which I said, “What does that mean?”

And as I looked back at verse 15, I understood.

“O Lord, open my lips and my mouth shall show forth Your praise.”

Praise is the answer. Praise is simply focusing your attention on God. He is the answer. Where else does praise come from other than from within? Even if that praise is broken! David says if his mouth opens then praise is what will come out of it. Not wishing he had never done it. Not sulking in the guilty feelings and shameful thoughts. Praise.

I believe God is saying that if you would just open your mouth, share your story

with others, and give God the praise He rightfully deserves, you would realize you have had the answer inside of you this entire time.

You have the answer to the problem before the problem exists.

What does this praise look like? Do you need to throw your hands up or be in a church or get down on your knees? Maybe. You could run and scream and jump and shout, whatever you feel like doing! But if you're not sure, then when was the last time you just said, "Thank You," to God? I think that would be an excellent starting place.

Maybe for months you've held something in like David and you need to pour it out to God. Please, let it out! When you release praise, breakthrough happens. When you're in the middle of the war and you shift your eyes to God, you see the victory from within the fight. You gain a new perspective as David did.

To end this week, let me share one last thought.

From my own experience and from talking with others, guilt and shame can be the heaviest burdens. The secret is, they want to keep us quiet. They want to seal our lips and keep every wrong emotion and bad thought inside. They don't want us to share our story. The enemy knows that if he can keep you quiet you'll continue to feel guilty and feel the weight of shame. And he knows that if you bear that weight alone, you'll never move forward.

**You have the answer
to the problem**
before the problem exists.

When I opened up and began to speak about my problems, they didn't get worse, they started getting better. I now have the desire to hold myself to a higher standard and try my best every day to win this fight. Darkness doesn't make light dimmer. Light makes darkness brighter. Darkness is only the absence of light. So expose the dark places and shed light on them, because what gets brought to the light only gets brighter.

It's time to shift your perspective and share your story. Yes, you and I have messed up. Pretty badly sometimes and probably more frequently than we care to admit. But God is full of love and mercy and grace. When we confess our sins to Him and turn to Him, He throws them as far as the east is from the west. So open your mouth and declare who God is and what He has done through you.

When you share your story, you give God praise.

When you openly share your struggles and the redemptive work God has done in your life, you allow His transformative grace to shine through your brokenness. Your story becomes a powerful testimony of His faithfulness, mercy, and love. In our vulnerability, we invite others to experience the same life-changing encounter with God that we have encountered.

Remember, your testimony is not just about your failures; it must also highlight the victories God has achieved in and through you. When you share your story, you bring glory to God's Name and inspire others to seek His presence in their lives.

So, let your voice be a trumpet of praise, proclaiming the greatness of God's love, and let your story be a beacon of hope, guiding others to the boundless grace found in Him.

GOD IS
THE ANSWER

DEBRIEF

Q Read Mark 5:1-20, Mark 7:31, & Mark 8:1-10.
The story of Jesus healing this demon-possessed man shows the power of a testimony.
What stands out in this story to you?

Q What does the phrase “growing upward and downward at the same time are perfectly consistent,” mean to you?

Q Write down as many words as you can think of that are the opposite of guilt and shame. Use these words to remind yourself of who God is when you feel like guilt and shame are weighing you down.

Q What areas of your life need to be brought to the light and exposed? How can you begin doing that this week?

Q Write a letter that shares your testimony in the space below. Explain what God has done through you and how He has been faithful to you.

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Honest To God” by Levi Lusko.

Use the space below to take notes.

REVIEW

THEN I WILL TEACH TRANSGRESSORS
YOUR WAYS, AND SINNERS SHALL BE
CONVERTED TO YOU.

DELIVER ME FROM THE GUILT OF BLOODSHED,
O GOD, THE GOD OF MY SALVATION,
AND MY TONGUE SHALL SING ALOUD
OF YOUR RIGHTEOUSNESS. O LORD, OPEN
MY LIPS, AND MY MOUTH SHALL SHOW
FORTH YOUR PRAISE.

*Take some time today to write your
own prayer from these verses.*

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

James 5:16

Therefore 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.

What does this say about how we are healed?

Psalm 71:15-18

My mouth will tell of your righteous deeds, of your saving acts all day long— though I know not how to relate them all. I will come and proclaim your mighty acts, Sovereign Lord; I will proclaim your righteous deeds, yours alone. Since my youth, God, you have taught me, and to this day I declare your marvelous deeds. Even when I am old and gray, do not forsake me, my God, till I declare your power to the next generation, your mighty acts to all who are to come.

Psalm 32

Read Psalm 32.

There are many similarities between Psalm 32 and Psalm 51, both of which were written by David.

What can you conclude about David's attitude in both Psalms? What does this tell us?

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Seven Supernatural Thoughts” by Louie Giglio.

Use the space below to take notes.

CONFESS

TO EACH OTHER
THAT YOU MAY
BE HEALED

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “The Enemy Only Attacks What’s Valuable” by Steven Furtick.

Use the space below to take notes.

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

ACTION STEP

Your growth and journey of faith deserve a significant moment of application.

This week, it's crucial to take the time to share your story with someone.

Use this space below to prepare for that moment. Summarize your experiences, struggles, and encounters with God. Use bullet points for key moments. Embrace vulnerability and allow God to meet you in this place of reflection and processing. Taking this bold step will not only impact others but also deepen your own understanding of God's work in your life. Trust that as you share, His presence and grace will be evident, bringing encouragement and hope to both you and your listener.

STRATEGY

"Positive Distractions"

S1

You have a phone right? Use it! **When you feel like lusting or watching porn, call someone.** Don't text them, don't send a DM, call them and ask them for help and prayer through your situation. We saw in James 5:16 that we confess our sins to *each other* in order to be healed. You might want to put someone's number on speed dial so that you can stop the action in the moment.

S2

Here's a simple tactic: **turn on worship music during the day** - whether in the morning, when you're getting ready for work, during the day, in the evening, or all of the above. Put some headphones in and listen to your favorite worship artist.

S3

Sermons are a great tool to use to help keep your mind on the things of God, not the desires of temptations. Turn on a message on YouTube while you're cooking or washing dishes or any other task, since most messages will last longer than your time doing these things. Use the Advance/Ambush sections as a starting point if you're not sure what to listen to.

S4

When you experience shameful thoughts or guilty feelings, **use your wrist band to snap yourself out of it (literally)**. That band isn't just for lust and porn - use it to take *every* thought captive. Remember, don't stay caught in cycles of guilt and shame when God has already forgiven you.

EVERYTHING
YOU NEED

IS ALREADY
WITHIN YOU

Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



07

Sacrifice
Yourself

The Lord is close to the
brokenhearted and I saves those
who are crushed in spirit.

Psalm 34:18

WEEK 7

OVERVIEW

When Struggle Becomes Strength

Intimacy with God requires struggle. It necessitates embracing brokenness, feeling crushed, and reaching the end of ourselves, because that is where God and His work begins.

Those who are closest to Him are the ones
who are the most broken.

Jacob wrestled all night with God and found a deep revelation of who God is and who he was, and prepared him for what he was about to experience in his life.

But that wrestling required being in the closest proximity with God, and that is the precisely the place where God transformed Jacob.

Day 1:

- Read Verses
- Introduction Video
- Bible Plan

Day 2:

- Read Study
- Advance Phase 1

Day 3:

- Review
- Debrief

Day 4:

- Creed
- Advance Phase 2

Day 5:

- Ambush Phase 1
- Strategies

Day 6:

- Ambush Phase 2

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:16-17

FOR YOU DO NOT DESIRE SACRIFICE,
OR ELSE I WOULD GIVE IT;
YOU DO NOT DELIGHT IN BURNT OFFERING.
THE SACRIFICES OF GOD ARE A BROKEN SPIRIT,
A BROKEN AND A CONTRITE HEART—
THESE, O GOD, YOU WILL NOT DESPISE.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 7. Use the space below to take notes.

BIBLE PLAN

Download the YouVersion Bible App for all the Bible plans.

• Go through the plan, “Lust is a Savage” by David & Ella.

Use the space below to take notes each day.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE SEVENTH LESSON IS THIS: YOUR DESIRES, THOUGHTS, AND WAYS MUST BE SACRIFICED TO GOD. HE WANTS EVERY SINGLE PART OF YOU.

We are down to the final 2 weeks! After 49 days, we're closing in on the home stretch. This week we're discovering what kind of sacrifice God truly wants.

It can be relatively easy to sacrifice social media, TV, certain foods, and so on. What I mean is that it is easy to sacrifice *things* to God, but is that what He truly wants? I have a feeling you can guess where I'm going with this.

Let me ask a question: which is harder to give up, your things or yourself? Giving up something can be easy and may not always be considered a sacrifice. You could give up watching porn, but if you keep going to Instagram to find porn or lustful images there, would you consider it a true sacrifice? Now hear me, I'm not speaking about the progression you might have to go through. You might give up porn but still stumble on Instagram - this is progressing.

But if you gave up watching porn only to then justify looking at models on Instagram because it's "not as bad," would you consider that a true sacrifice?

God's desire in a sacrifice means to give up yourself. Laying aside all of your desires, pride, and direction for your life and surrendering it all to Him. It's giving all your bests and firsts to Him.

The greatest example I can think of that fits this perfectly is the scene of Jesus in the Garden of Gethsemane. The story describes the agony of Jesus as He is praying before He is arrested and ultimately condemned to be crucified. We see Jesus completely surrendering His will to God's will knowing that it is leading to His death, even though He didn't want to. How powerful is that? The Savior of the world didn't want to go through with God's will but He chose to do it anyways. We, too, must choose to die to ourselves. That is, we must sacrifice our desires, thoughts, feelings, emotions, and wants to God. The things seem a bit easier to give up now, right?

PSALM 51:16-17

For You do not desire sacrifice, or else I would give it; You do not delight in burnt offering. The sacrifices of God are a broken spirit, a broken and a contrite heart - these, O God, You will not despise.

God doesn't want your things or rituals, He wants *you*. David understood this. He says that God does not desire sacrifice, otherwise he would give it. But then why did God institute the sacrificial system if He didn't desire sacrifice? It's about your heart posture and His place in your life.

Interestingly enough, within the sacrificial system there were no sacrifices acceptable for adultery or murder. The only appropriate action was death according to the law. So why wasn't David put to death? It is here that we see

David's deeper understanding of God's grace and mercy that have existed since the beginning of time. David says the sacrifices of God are a broken spirit and a contrite heart. In other words, a humble spirit and a repentant heart.

David could have made the biggest sacrifice that had ever been made in the history of Israel yet it would not have even been applicable. It was his heart that moved God. Yes, David still had to face the consequences (go back and reread 2 Samuel 12 if you need a shocking refresher), but David was also shown extravagant mercy when he went before God. It is when we have a broken and crushed heart that all senses of pride and arrogance are gone - our self-made importance suddenly disappears.

Consider this: David's actions would have been perfectly acceptable to all of the other kings and nations around him. To take a woman as he pleased and to kill anyone who stood in his way was a common practice for the world at that time. Many others around him would have despised a broken and contrite heart. After all, a king was supposed to be strong, not show weakness, and to do as he pleased and conquer everything around him, no matter the cost.

But David wasn't concerned about what everyone else thought about him. A man after God's own heart isn't after the hearts of everyone else.

Kingdom perspective is always upside down. As men, we may have been led to believe that we can't show weakness, we can't be broken, we can't cry or anything else that society and culture have told us. May I submit to you that you are strongest when you are on your knees and your face before our King? If God loves a broken spirit and a contrite heart, that means you're going to have to experience and express the pain and weakness.

A man after God's own heart *isn't after the hearts of everyone else.*

I have spent many nights on my face weeping and praying before God. I like to say it's my spirit sweating. Some nights I've just sat down on the edge of my bed and began to weep for no apparent reason, even after having a good day. Other times, after a bad day or period of time, I need to let some things out and ugly cry. Yes, we can ugly cry too. This is like Week 5 where we learned that God wants to create something new in us and I believe that's what happens in those moments. It is less of me and more of Him.

In those moments I have never felt a deeper sense of peace and stillness knowing that I am pouring myself out to God so that He can fill me back up with more of Himself. It's a humbling experience, but a necessary one. Sin hurts and has a weight. Jesus experienced this crushing weight on the cross with all the sin of the world on Him. He saw you when He hung there. He saw the choices you would make, the sin you would commit, and the shame you would have. And He chose to take all of it and carry it for you so you don't have to live with it any longer.

The beauty of the cross is that one sacrifice covered you. Every sin you have committed, are committing, or will commit, was covered by the sacrifice of Jesus Christ when you place your faith in Him. But Jesus did not stay there, nor in the grave. He got up. And I urge you as well to get up with the same power. Don't stay in the grave buried by guilt and shame. Offer your broken, contrite, and crushed heart. Go before God and give yourself to Him.

Offer yourself. All of you.

Hold nothing back in surrendering your heart, your mind, and your soul to the unending love and mercy of God. Let go of the burdens that weigh you down, the mistakes that haunt your conscience, and the doubts that hold you captive.

Just as Jesus rose from the grave, you too can rise above the darkness that once consumed you. Embrace the power of redemption and the transformative grace that flows from the cross. Allow God to heal your wounds, mend your brokenness, and wash away the stains of sin.

Offer yourself. All of you.

Trust in the promise of forgiveness, for God's love knows no bounds. The cross stands as a symbol of ultimate sacrifice, reminding us that we are not defined by our past but by the unending grace offered to us in the present.

In those moments of surrender, you will find a deeper sense of peace and stillness, knowing that you are not alone, that you are loved beyond measure, and that you are forever held in the embrace of God's grace. Let the cross be your anchor, and let your faith be your strength as you with God, confident in the knowledge that you are His, and He is yours.

Offer yourself. All of you.

“The beauty of the cross is that
one sacrifice covered you.”

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Everything Must Go” by Sarah Jakes Roberts.

Use the space below to take notes.



Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

REVIEW

FOR YOU DO NOT DESIRE SACRIFICE

OR ELSE I WOULD GIVE IT;

YOU DO NOT DELIGHT IN BURNT OFFERING.

THE SACRIFICES OF GOD ARE A BROKEN SPIRIT,

A BROKEN AND A CONTRITE HEART -

THESE, O GOD, YOU WILL NOT DESPISE.

Take some time today to write your own prayer from these verses.

DEBRIEF

Q

What kind of imagery do you see when you think of a broken and contrite heart?

Q

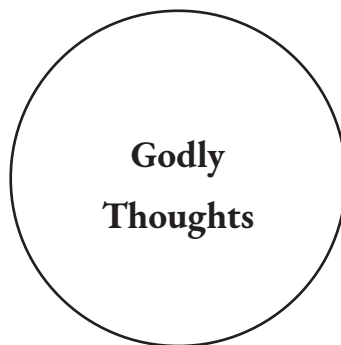
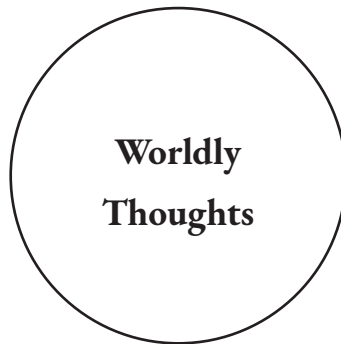
What are some things you know you need to sacrifice and give up? Of those things, what can you give up this week?

Q

Are you more concerned with what people might think or what God might think?
How can you become more like David and be a man after God's own heart?



Use the following diagrams to describe some of your “Worldly Thoughts” and then contrast them with the “Godly Thoughts” that should replace them.



Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

Romans 12:1-2

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Matthew 26:36-42

Read the story of Jesus in the Garden of Gethsemane.

What can we learn from Jesus about offering ourselves as a living sacrifice?

Romans 3:25-26

For God presented Jesus as the sacrifice for sin. People are made right with God when they believe that Jesus sacrificed his life, shedding his blood. This sacrifice shows that God was being fair when he held back and did not punish those who sinned in times past, for he was looking ahead and including them in what he would do in this present time. God did this to demonstrate his righteousness, for he himself is fair and just, and he makes sinners right in his sight when they believe in Jesus.

ADVANCE

In his book, *Mere Christianity*, CS Lewis writes:

"We may, indeed, be sure that perfect chastity - like perfect charity - will not be attained by any merely human efforts. You must ask for God's help. Even when you have done so, it may seem to you for a long time that no help, or less help than you need, is being given. Never mind. After each failure, ask forgiveness, pick yourself up, and try again. Very often what God first helps us towards is not the virtue itself but just this power of always trying again. For however important chastity (or courage, or truthfulness, or any other virtue) may be, this process trains us in habits of the soul which are more important still. It cures our illusions about ourselves and teaches us to depend on God. We learn, on the one hand, that we cannot trust ourselves even in our best moments, and, on the other, that we need not despair even in our worst, for our failures are forgiven. The only fatal thing is to sit down content with anything less than perfection."

Rewrite this in your own words.

A LIVING SACRIFICE

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “EVEN THOUGH - Don’t Give the Enemy a Seat at Your Table” by Louie Giglio.

Use the space below to take notes.

STRATEGY

"Little by Little"

S1

Rather than trying to give up everything all at once, **start small and work your way up**. Give someone your Instagram password so they can keep you in check. Limit the amount of time spent watching TV, or only watch things that don't have triggers in them (nudity, violence, crude jokes, etc.). Spend the last hour of your night before bed reading instead of scrolling through social media. Whatever it is, start small and build from there.

S2

If you can catch yourself in the moment of wanting to lust or look at something you know you shouldn't, **get up and walk away from wherever you are**. Change your environment. Go do something else for a little bit. You want to teach your mind to think, "Yes, I noticed that thing, but now I'm going to focus on another thing so I can have a different outcome."

S3

Identify moments where you feel the strongest and realize that after great victories usually come great attacks. It's in our best moments where we tend to fall. For example, after Joshua and the Israelites defeat Jericho, a large enemy, they're defeated by Ai, a smaller enemy. They fought with their own strength and were then defeated by something much more insignificant. All because someone said, "It's only a little..."

Read more about this in Joshua 6-7.

S4

Close your eyes and imagine yourself physically turning from the lust and sin and back to Jesus. You can even turn physically no matter where you are. This helps to have a moment of refocus - away from the sin and back to God as David did. Once you do, move on and keep striving to do better each day, each hour, and each moment.

ONE

FOR ALL

Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Why Didn’t God Stop It?” by Steven Furtick.

Use the space below to take notes.

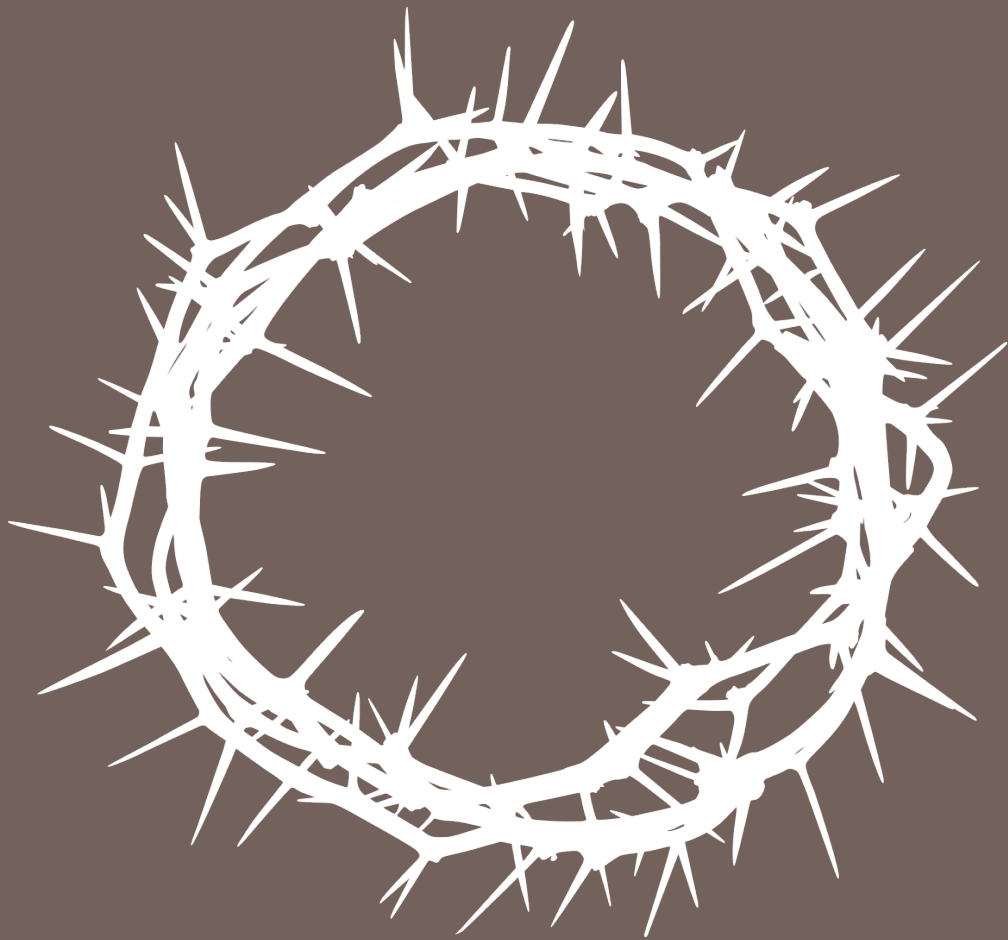
Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



Build The Kingdom

But if we walk in the light, as he
is in the light, we have fellowship
with one another, and the blood of
Jesus, his Son, purifies us
from all sin.

1 John 1:7

WEEK 8

OVERVIEW

Being In The Light

True fellowship with one another comes through walking in the light of Jesus. So from this day forward, you are going to be walking in fellowship with others.

Walk in the light and let your spirit be continually renewed and your mind transformed. True sacrifice and offerings that please God arise from hearts that are cleansed by the blood of Jesus and walking in the light of His truth.

It's time to be the man of God you're called to be.
It's time to walk in the light and step out of darkness.

Day 1:

- Read Verses
- Introduction Video
- Advance Phase 1

Day 2:

- Read Study
- Advance Phase 2

Day 3:

- Review
- Debrief

Day 4:

- Creed
- Ambush Phase 1

Day 5:

- Ambush Phase 2
- Strategy

Day 6:

- Ambush Phase 3
- Reflection

Day 7:

- Rest

Day 1

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

PSALM 51:18-19

DO GOOD IN YOUR GOOD PLEASURE TO ZION;

BUILD THE WALLS OF JERUSALEM.

THEN YOU SHALL BE PLEASED

WITH THE SACRIFICES OF RIGHTEOUSNESS,

WITH BURNT OFFERING AND

WHOLE BURNT OFFERING;

THEN THEY SHALL OFFER BULLS

ON YOUR ALTAR.

INTRO

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch the introduction video for Week 8. Use the space below to take notes.

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “The Armor” by Priscilla Shirer.

Use the space below to take notes.

Day 2

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

STUDY

THE EIGHTH AND FINAL LESSON IS THIS: BE A MAN OF GOD, LIVE A LIFE WORTHY OF YOUR CALLING, AND BUILD THE KINGDOM.

Welcome to Week 8! This is it! The last leg, the homestretch, the two-minute warning, the last week of the study. We've got one more lesson to go through, so let's dive in. Let's recap. What have we learned?

We've learned to acknowledge our sin and to ask God for forgiveness.

We've learned that we have to confess our actions to God because only He can help us through these situations and that He is just and right in all He does.

We've learned that these issues run deep, but God wants to inhabit those areas and place His truth there instead of the lies of the enemy.

We've learned that we must make the decision to depart from old lifestyles and habits, and that we can secure our freedom by the blood of the Lamb over the doors in our lives.

We've learned that God has to come in and do only what He can to create something new in us, and that all of our heart, soul, mind, and will should be dedicated to Him.

We've learned that we must share our testimony with others because the answer is within us and that exposing the darkness to the light only makes the darkness brighter.

We've learned that God wants our brokenness and desires a true sacrifice from us - a living sacrifice each day of our desires and wills.

And now in our last week, we're going to learn to set up boundaries and strongholds moving forward so we may become men of light.

To build a house, you don't even build. You plan. You prepare. You strategize. You have to see the finish line before you even put a shovel in the ground. There's excavating that needs to happen. There's the removal of dirt, rocks, and stones from where the foundation will be laid. Then the foundation is poured and cured. And before you can continue building, an inspector has to come and make sure everything is as it should be. Then builders create the frame - the structure. Slowly but surely, everything else gets put in place from the drywall to the final decorations. This can take months and sometimes years to complete. But if everything started with a compromised foundation, nothing else would matter.

So it is with us and the houses we are called to build, namely our lives. We must prepare, plan, and see it before it's built. We need a vision for it. Things must be removed and the foundation has to be poured and inspected by our Inspector. Every detail must be given careful attention. Ironically, this is not a house that we build, but one that God does.

Psalm 127:1 says this:

"Unless the Lord builds the house, the builders labor in vain. Unless the Lord watches over the city, the guards stand watch in vain."

**If everything started with a
compromised foundation,
*nothing else would matter.***

PSALM 51:18-19

*Do good in Your good pleasure to Zion; build the walls of Jerusalem.
Then You shall be pleased with the sacrifices of righteousness, with burnt
offering and whole burnt offering; then they shall offer bulls on Your altar.*

The responsibility of the builders is the integrity of the house. The responsibility of the guards is the protection of the house. Therefore, there must be integrity and protection in this process. And again, it's not you or I that do the building - this is God's work. I hope you've caught on to that by now. Anything we do to try and overcome the temptations of lust and pornography is in vain without the help of God. And we must place our foundation on Him and His Word to ensure that our lives are built with integrity and are protected.

And how appropriate is it that Solomon is the author of Psalm 127? If you don't know who he is, Solomon is David's son, born by Bathsheba. I don't think this is a coincidence. As a father, you would naturally think David would have warned his son about adultery and the allures of lust. While Solomon did have issues of his own, he understood that unless God is in it, it's pointless. You can try to build up defenses and stand guard yourself but it will not be until you allow God to step in that a real difference will be made. Like I said before, I tried myself and failed over and over again. David understood this as well. Without God, he could not help himself out of the situation he was in.

It is only God whom we must turn to in our struggles.
This battle is the Lord's.

David's ending to this Psalm shows how deeply he cares for not only his own spiritual well-being, but also the entire kingdom with which he has been entrusted. David ends his psalm with a prayer over Jerusalem that God would build its walls. How much more should we strive to be like this? To first acknowledge that we need restoration ourselves, but to also acknowledge that we need to set up strongholds and boundaries for others around us?

Just as we discovered in Week 4 that we must secure our freedom with the blood of Christ in all areas of our lives, we must set up strongholds over our family, our children, our houses, and all those with whom God has entrusted us. We are called to be men of God, warriors for the Kingdom, and we must decide what will pass through the gates.

David writes in Psalm 122:7-9, speaking about Jerusalem:

PSALM 122:7-9

*“May there be peace within your walls and security within your citadels.
For the sake of my family and friends, I will say, ‘Peace be within you.’
For the sake of the house of the Lord our God, I will seek your prosperity.”*

I believe it is here within these verses that we discover a deeper meaning behind David asking to “build the walls of Jerusalem” - peace and prosperity. A well-fortified and secure city is one where the people do not need to worry about foreign invaders or attacks from enemies. When God builds the house, it has peace. When God watches the house, it prospers. So build up your life with God, for God, and for those around you that God has given to you.

My friends, I urge you to become men of the Kingdom. Defend God and His truth like David did as a young boy against Goliath. Set up the strongholds and boundaries. Do not waver from side to side and do not be conformed to the patterns of this world but be transformed by the renewing of your mind. Perhaps most importantly, offer your heart to God. God desires a true sacrifice, one that is met with a humble spirit.

An act of repentance that is merely out of obligation or fear of punishment lacks the essence of true transformation. It is in the genuine sorrow for your actions and the earnest desire to turn away from sin that repentance finds its power. So, approach this journey of repentance with a sincere heart, seeking reconciliation with God, and allowing His grace to mold you into a better person.

Inevitably, you may stumble and fall along the path of righteousness, but remember that progress is not defined by perfection. Keep moving forward, rising from every setback with renewed determination. Never let failures discourage you from seeking a closer relationship with God and a life guided by His principles.

Just as no warrior goes to battle without armor, so too must you arm yourself with the spiritual protection that God provides. Each day, equip yourself with the armor of God – the belt of truth, the breastplate of righteousness, the

It is only God whom we must
turn to in our struggles.

shield of faith, the helmet of salvation, and the sword of the Spirit – to face the challenges that lie ahead.

Living a life aligned with God's ways means shedding the foolish and childish pursuits that distract from your true calling. Seek the higher purpose and seek wisdom in His Word. Embrace the responsibility to live a life worthy of the calling you have received, reflecting God's light in every aspect of your existence.

In your journey of repentance, spiritual warfare, and kingdom living, remember that you are not alone. God's presence, strength, and guidance will be with you every step of the way. Seek His guidance through prayer, immerse yourself in His Word, and draw strength from the community of believers that walk this path alongside you.

Be men of light.

Well done. Grace and peace to you.

Acknowledge

Confess

Know

Cleanse

Create

Share

Sacrifice

Build

ADVANCE

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch "Forgive yoU // How To Forgive Yourself // FU - Forgiveness University (Part 5)"
by Michael Todd.

Use the space below to take notes.

MEN OF
LIFE

Day 3

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

REVIEW

DO GOOD IN YOUR GOOD PLEASURE TO ZION;
BUILD THE WALLS OF JERUSALEM.
THEN YOU SHALL BE PLEASED
WITH THE SACRIFICES OF RIGHTEOUSNESS,
WITH BURNT OFFERING AND
WHOLE BURNT OFFERING;
THEN THEY SHALL OFFER BULLS
ON YOUR ALTAR.

Take some time today to write your own prayer from these verses.

DEBRIEF



Where is your “house” in the building process? Do you need to do some excavation and lay a new foundation? Are you building the frame and creating the structure?



What house has God called you to build in addition to your own life? If you're married, do you need to set up new boundaries in your household? Do you have ownership of a company or lead a group of people?



What does it mean to you to allow God to build your house? How can you trust Him through this process? How can you be His partner in this process?



Read Ephesians 6:10-18.

What do each of the pieces of the armor of God represent to you? Write this in the spaces below each part of armor.

Belt of Truth

Breastplate of Righteousness

Feet Fitted with the Readiness of the Gospel of Peace

Shield of Faith

Helmet of Salvation

Sword of the Spirit



Moving forward past this study, how will you put the armor of God on each day as you fight against lust and pornography?

Day 4

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

CREED

Consider and reflect on the following verses

Psalm 127:1

Unless the Lord builds the house, the builders labor in vain.
Unless the Lord watches over the city, the guards stand watch in vain.
How have you let God do the building in your life?

Ephesians 4:1-3

As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace.

1 Peter 2:9

But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light.

*Describe what it means to be a chosen people, a royal priesthood,
a holy nation, and God's special possession.*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “VICTORY - Winning the Battle of the Mind” by Louie Giglio.

Use the space below to take notes.

GOOD

B U I L D S

THE HOUSE

Day 5

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “Peace Under Pressure” by Michael Todd.

Use the space below to take notes.

STRATEGY

"Keep Building"

S1

Forgive yourself. When you stumble and mess up, yes we need to ask God for forgiveness, but with the same grace that God has, we need to extend that to ourselves. We're human and we mess up - in different ways and situations. So forgive yourself. Look in the mirror and say it out loud if you need to. You're not perfect, so there's no sense in trying to pretend like you are.

S2

Don't start your day with a compromise. For me, this was working out in the morning and then sitting around in my workout clothes instead of showering and getting dressed. But it started with justification - "I'm just working from home," or "It's just for a little bit of time." If you find yourself saying, "It's just..." then you're most likely justifying a compromise.

S3

Don't stop here. Keep tracking your wins and losses even after this study is over. Rewatch videos. Implement new strategies or try something new. Keep telling others your story. Keep building.

S4

Look for new ways to fight against this enemy. Keep identifying triggers and replacing them. Get creative with how you fight. Keep the enemy off balance so you can stand firm. Keep going, day after day. But no matter what, always, always, *always* go to God in your time of struggle. He will provide a way out.

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Day 6

DAILY INTENTION _____ *Set your intention for the day*

MEMORIZE _____ *Write out the verses for the week*

REFLECT _____ *How did the day go?*

AMBUSH

Visit www.guerrillawarfarestudy.com to find the videos for each week.

Watch “When The Battle Chooses You” by Steven Furtick.

Use the space below to take notes.

REFLECTION

I want to create a space for you to reflect on the last 8 weeks. This is your last assignment for this study, so take it seriously and use this time wisely.

So, take a few minutes to reflect.

Think about where you are now compared to where you were when you started.

Thank God for what He has done in you and what He is still doing in you. Express gratitude.

Identify areas you need to continue improving.

Write down any thoughts, notes, or reminders for yourself to come back to later on.

Day 17

REST & REFLECT _____

Overall, how was your week? How did God speak to you?

What do you need to do moving forward?

Tracked your wins and losses? Y / N



Onward

and

Upward

THE FIRST STEP

You've made it to the end! Or is it the beginning? Because to truly end something like this, you'd have to be dead right? Truly, this is a process that takes time. It might take weeks, months, or even years to fully overcome lust and pornography. God can do a miracle in a moment and you wake up one day and everything is gone. But He is also a God of the process. He loves to work with us and show His power and glory through the process.

This requires daily work, sacrifice, and commitment. Not every day is going to be a win, and some days will be harder than others.

But I believe you can overcome by the power of Christ within you and with His help. You picked up this study in the first place because at some point you said you couldn't do it on your own and you were looking for an answer. And let me reiterate, this study is not the answer. It is only meant as a tool to help you along the way. You have the battle plans against the enemy now, so use them. But more importantly listen to your General who knows all, sees all, and is in all, and who never lets you be tempted beyond your ability.

It's funny how God uses the most messed up, screwed up, strange and backwards kinds of people through which His Son Jesus Christ would come into the world. God used a deceitful man, a liar, a woman who posed as a prostitute, a woman who was an actual prostitute, a man who had all kinds of misplaced wealth and wives, a woman who was taken in adultery and whose husband was murdered, and many good and bad kings and people along the way. All of this from a nation that fell into idolatry and sin time and time again, and yet God kept choosing them over and over again. If that's not grace, I don't know what is.

God does not shy away from our mistakes. He uses them for His own story and partners with us through the process.

I wonder what He can do through you and your story?

*About
the Author*



I have a passion for building - not just physical things, but building the Kingdom of God, people, and the church. At the end of my life, I hope my headstone says, "He followed and obeyed God. Sure, he messed up, but he kept going. Until now."

I am married to the most beautiful woman in the world, Lillian. Together, we enjoy traveling and taking steps of faith together. I love the Bible, I love learning new things, and I do my best to live out the verse on my necklace, Genesis 6:22 - "And Noah did everything as God commanded him." My faith has grown through trials, triumphs, heartache and joy, and I'm slowly learning to release control of what I think my life should be and surrender it to God, who already has it laid out for me. I'm learning how to trust the process, and I hope you are as well.

I'm not perfect. Just progressing.

*No temptation has overtaken you
except what is common to mankind.
And God is faithful; he will not
let you be tempted beyond what
you can bear. But when you are
tempted, he will also provide a
way out so that you can endure it.*

1 Corinthians 10:13

REFERENCES

WEEK 1

1. C.H. Spurgeon. *The Treasury of David* (London, Edinburgh, and New York: Bottom Of The Hill Publishing, 2012), 409.
2. C.S. Lewis. *Mere Christianity* (New York: Touchstone, 1996), 88.

WEEK 3

1. Banning Liebscher. *Rooted: The Hidden Places Where God Develops You* (Colorado: WaterBrook Press, 2016), 103.

WEEK 6

1. C.H. Spurgeon. *The Treasury of David* (London, Edinburgh, and New York: Bottom Of The Hill Publishing, 2012), 406.

WEEK 7

1. C.S. Lewis. *Mere Christianity* (New York: Touchstone, 1996), 101-102.

WINS & LOSSES TRACKER

Write a "W" or "L" for each day of the week to keep track of your wins and losses. This will help you visualize your progress and keep you motivated throughout the study.

	MON	TUE	WED	THU	FRI	SAT	SUN	# OF WINS
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
WEEK 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

TOTAL WINS _____



5112

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5134

5156

5178

