

The Roadmap to Sexual Freedom:

*Victory over Unwanted Sexual
Behavior*

by David Brady

Purity Plan.org



Hey there, let's Connect!

Want to get help in a struggle you are having? I would love to help you take the next step, and learn what victory looks like!



[Go here to contact Dave!](#)

About This e-Book

Congratulations for downloading this e-book! Every day some Christians struggle greatly with sexual sin (fantasy, porn, etc.). They've gotten in deep, and they don't know the way out.

In this brief e-book, I'm going to give an overview of the way out. The steps are greatly summarized, and much detail has been omitted. To find freedom, you will at some point need to get real help to work through the details of the steps. However, it's a start to know them. Every step is important, and must not be overlooked. May God help you to see exactly where you are on the "road" to sexual freedom, and what step you need to focus on next.

I know that God gave me the message of this book to help struggling people. If you are one of them, may God open your eyes as you read.

Dave Brady



The Roadmap

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It's not enough to want
to arrive at the
destination of victory,
you have to be willing
to ***walk the road*** that
takes you there.

Dave Brady

Introduction to the Roadmap

A short time ago I received a call from a friend while he was driving. As we talked, he asked me, "**What is your process for helping people overcome sexual sin?**" It's a hard question to answer quickly because there is no simple answer (as much as I wish there were). So I want to break it down in this e-book. In the following pages, we will go through an overview of "The Roadmap to Sexual Freedom".

This is not meant to be a deep-dive into every point (we will leave that for another time). It is simply given to show what the road ahead looks like for those who want to break free from sexual sin.

Let's jump in.





**Step 1 – Waking up to your
desperate condition**

Waking up to your desperate condition...

This is where it starts. This is where a man sees that he is out of control...that his private sexual struggle not just a "little problem" ... and that he is in serious danger. This is where he sees that he has a desperate need – he's becoming a prisoner of lust and of his desires!

Do you see yourself in a dangerous spot?

Sexual sin cannot be "managed". You cannot keep it within a nice tidy little box that you decide when to open and close. Sexual sin always gets out of control. It controls a man. If a man thinks that he has control and that everything is under control, then he is not desperate and has not hit rock bottom.

The good news is that God does miracles for desperate people! Bible miracles happened in times of great crisis, where people had nowhere else to turn. Maybe your desperation come from the length of time you have been addicted to lust, porn, etc. Maybe your desperation is related to the extreme nature of the content you are consuming.

Whatever your situation is, the hope of a person finding freedom is in their desperation. In Mark 5:25-34 we learn the story of the woman with a serious bleeding disorder. She had sought help for years from doctors, had spent everything she had, and was only getting worse. She knew she was in a very desperate spot. But her desperation led to the faith to take a long-shot for a miracle and reach out and touch Jesus' garment. That day she got truly healed. Indeed, God pours water on the person that is thirsty and desperate (Isaiah 44:3).

This brings us to Step 2.



**Step 2 - Realizing you can't
do it on your own**

Realizing you can't do it on your own...

This speaks to the matter of personal *inability*. Your thought process has to be something like, "I'm not going to make it, if I keep going it on my own".

In sexual sin, there is no easy fix, and there is no self-fix. You can't bring about the solution you need on your own.

Many times, a person struggling with areas such as porn use, lust and fantasy will also struggle with pride or self-sufficiency. He may have an exaggerated opinion of himself (and his spirituality). This thinking is actually feeding the sexual sin problem. Proverbs 18:12 says, "Before destruction the heart of man is haughty..."

There is a fallacy in the old adage that "God helps those who help themselves". This is not so. Isaiah 40:29 says "...to them that have no might He increases strength...". God helps those who "have no might" - who can't help themselves. It is a man's inability that makes way for God's ability.

In John 5: 2-9, is the story of the man at the Pool of Bethesda who had been incurably sick for 38 years. The Bible says that Jesus realized that the man "had been now a long time in that case," and that he had no one else to help him. That day he got healed - but it was not through his own ability. Again, his inability brought him to rely on God's ability.

God will help anyone who humbles himself and admits he can't pull himself out! D.L. Moody said, "God never turns any one away, except those who are full of themselves".



Step 3 - Repenting and returning whole-heartedly to God

Repenting and returning whole-heartedly to God...

This step is about coming face-to-face with God about the sinful matter at hand. This is hard for a man. Perhaps he's had years and years of minimizing, justifying, or hiding sin, and now he will just have to come out with it all to God. No more hiding it. God knows about it anyway, but a man must bring it to him no matter how messed-up and dark it is

This is not about casual confession of sin (I John 1:9). This is a full return to God. This is mentioned in Joel 2:12-13: "Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness..."

A person may ask, What if I feel have already repented over this sin in the past? Well, I believe there are *levels* of repentance, as a man increasingly sees the evil of what he is doing, and even the great pains he has taken over the years to indulge in and hide his secret sin.

What God wants is a deep return in all areas of the man's life. That is, not just confessing a sin, but a whole-hearted, repentant returning to Him].

Have you done this?



**Step 4 – Spending quality
time alone with God and in
personal Discipleship**

Spending quality time alone with God and in personal Discipleship...

This step touches on the need for ongoing help in a struggling person's life. **This point could be summarized by saying that you will need major help from 2 places: God and another person.**

Let's first talk about your connection to God: Being in a quality, close relationship with God is not optional. Freedom from long-term, destructive addiction does not happen quickly. It will take a lot of time of hearing and responding to God. Psalm 119:130 says, "The entrance of thy words giveth light; it giveth understanding unto the simple". God has much to say and to do in our lives. Our relationship with Him must become very deep and meaningful.

Secondly, it will also take walking along the path with another more mature, victorious Christian brother. About a year ago, a man that came into our ministry to get help . He had had a many-year's struggle with sexual sin. In speaking to me on the phone one day, he realized that he needed to have an accountability partner. Once he took that step to get help from a Christian brother, he has been able to get real victory over his years-long besetting sin.

This 2-fold emphasis of Step 4 [i.e. God's Word and a Godly friend/mentor] will help with "reinforcement" of new ideas, actions, thinking, etc. The sinful path that you have been walking has been greatly reinforced. Now you will have to undo that, as well as reinforce other, new habits. You are going to need God's help AND man's help – and a close relationship with both.



Step 5 - Cleaning out your life's Clutter

Cleaning out your life's Clutter...

There is a lot of "clutter" that a man has gathered in his life when he has been addicted for years. Some are intangible -- his viewpoints attitudes, value system, etc. And then, some are very tangible: sensual videos, worldly entertainments, favorite websites, etc.

There will have to be a determined cleaning out of specific life areas. Victory is not going to come from a life that omits putting focus and energy on the things that will make a difference.

The areas that need "deep cleaning" are related to 3 areas. First of all is the matter of personal *Habits*. A person struggling with sexual sin has some truly strong habits that have formed over the years. For instance, a person having the habit of staying up late surfing the web with little or no accountability is going to face very strong temptation at times. Habits such as this will have to be broken by God's help.

Another life area needing cleaning is related to the *home-life* of a person. For instance, many homes have all sorts of magazines coming into the home that will be lust-traps (Sports Illustrated swimsuit edition, People magazine, etc.). Also, most homes have at least one video streaming service. This will likely have to be dealt with to find victory.

Finally, there is a person's past *History*. Your past experiences in life may have shaped your sexual desires. God will have to enable a person to overcome what their past may include that is setting them up for sexual disaster. This matter of the "past" is well brought out in the life story of Samson. Samson has a history of sexual struggles and exploits (Judges 14:1-4, 7; 16:1-4). These matters are all God-sized, but I've seen people find victory in these areas, and I know you can as well.



**Step 6- Taking decisive
action against your biggest
perpetrators**

Taking decisive action against your biggest perpetrators...

Someone has said, "Nobody ever drifted to the life they wanted". It's true. And in the same vein, sexual sin has never gone away by a person being passive. It begins to go away by taking action. Decisive action against sin will have to take place. We're talking here about looking at your biggest danger zones - where lust has often defeated you. These "danger zones" will take courage and honesty to face, but they are not hard to find. In a verse in the Bible regarding young King Josiah it says, "For in the eighth year of his reign, while he was yet young, he began to seek after the God of David his father: **and in the twelfth year he began to purge Judah and Jerusalem from the high places**, and the groves, and the carved images, and the molten images" (2 Chronicles 34:3). Josiah took decisive action against sin, and God blessed him greatly.

This step regards making decisions about neutralizing what tends to trip you up the most. This means dealing decisively with some obvious "weak links" in your life. So, take a look at your own life and determine where the enemy (your flesh) has violated God's will the **most**.

Is it internet videos, sensual video games, or an immoral relationship with a certain person? No doubt, as with most people, the Internet will be far and away the biggest source of your troubles with lust. There is a saying that says, "Porn is the drug; the Internet is the drug dealer". What you do in this matter will determine most of everything else. The fantasy world in a man's life will be fueled by what he sees here. But it can stop today.

Some other questions: Do you need to make a decision and take action on avoiding bookstores, or Netflix, or unfiltered smartphone usage? Are there places of entertainment in your town that you need to avoid?

I have a weekly sexual purity group that meets on Zoom. There is an exercise I do with them that has to do with "shutting the open door to sin." It has been helpful in men taking action to close off "doors" of temptation and sin. But doors don't usually (if ever) close themselves. YOU have to close them!

Remember, Purity doesn't happen by accident, it happens by *action*. If you don't take decisive action, the "weak links" and open doors will bring you back into addiction.

Romans 13:14 says, "But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof". What action do you need to make today to ward off major troubles?

Let me end this roadmap with some encouragement. No matter where you are today; no matter what decisions you have made in the past, **a year from now, you will be where your decisions today begin to take you.** Now is your opportunity to make decisions that will change your entire future.

Let's recap the Roadmap to Overcoming Sexual Sin. It will take...

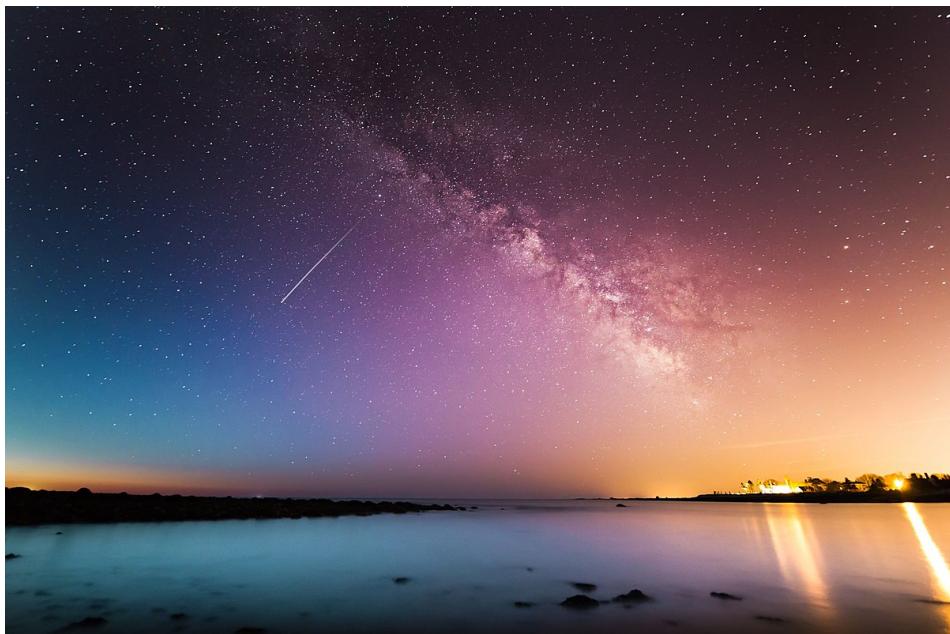
1. **Step 1 - Waking up to your desperate condition (desperateness)**
2. **Step 2 - Realizing you can't do it on your own**
3. **Step 3 - Repenting and returning whole-heartedly to God.**
4. **Step 4 - Spending quality time alone with God and in discipleship**
5. **Step 5 - Cleaning out your life's clutter**

6. Step 6 - Taking Decisive action against your biggest perpetrators

Conclusion:

I want to leave you with a story of victory from the Bible. When King Jehoshaphat was facing extermination of his kingdom by an opposing multi-nation enemy, he desperately prayed to God. Listen to what he prayed: "O our God...we have no might against this great company that cometh against us; neither know we what to do: but our eyes are upon thee" (2 Chronicles 20:12). God intervened and delivered them in a great way (see 20:22-24)! No attempts of yours to stay pure will stick without God's miraculous help and intervention - and a very real running to Jesus when sexually tempted. **Going forward and every day you are going to need to depend on God moment-by-moment for His powerful grace to stay pure.** God can do miracles for those who depend on Him!

God bless you as you now begin by God's grace to walk the road to overcoming sexual sin. Please reach out to me if I can help you.



Let's Chat

Want to get help on your own road? I would love to chat with you to see what step you can take next. Finally, please visit <https://www.purityplan.org/> to learn about our **Sexual Purity Course.**

Testimonial -

"In the five years since I have been saved, no single influence stands out to me more than Brother Brady's purity ministry. His application of scripture, and his experienced counsel, have permanently altered my walk with God. I can only pray that the Lord will work in other lives as he has in mine."

- R.G.

Go here to contact Dave!



See the **Purity Course** at www.purityplan.org

