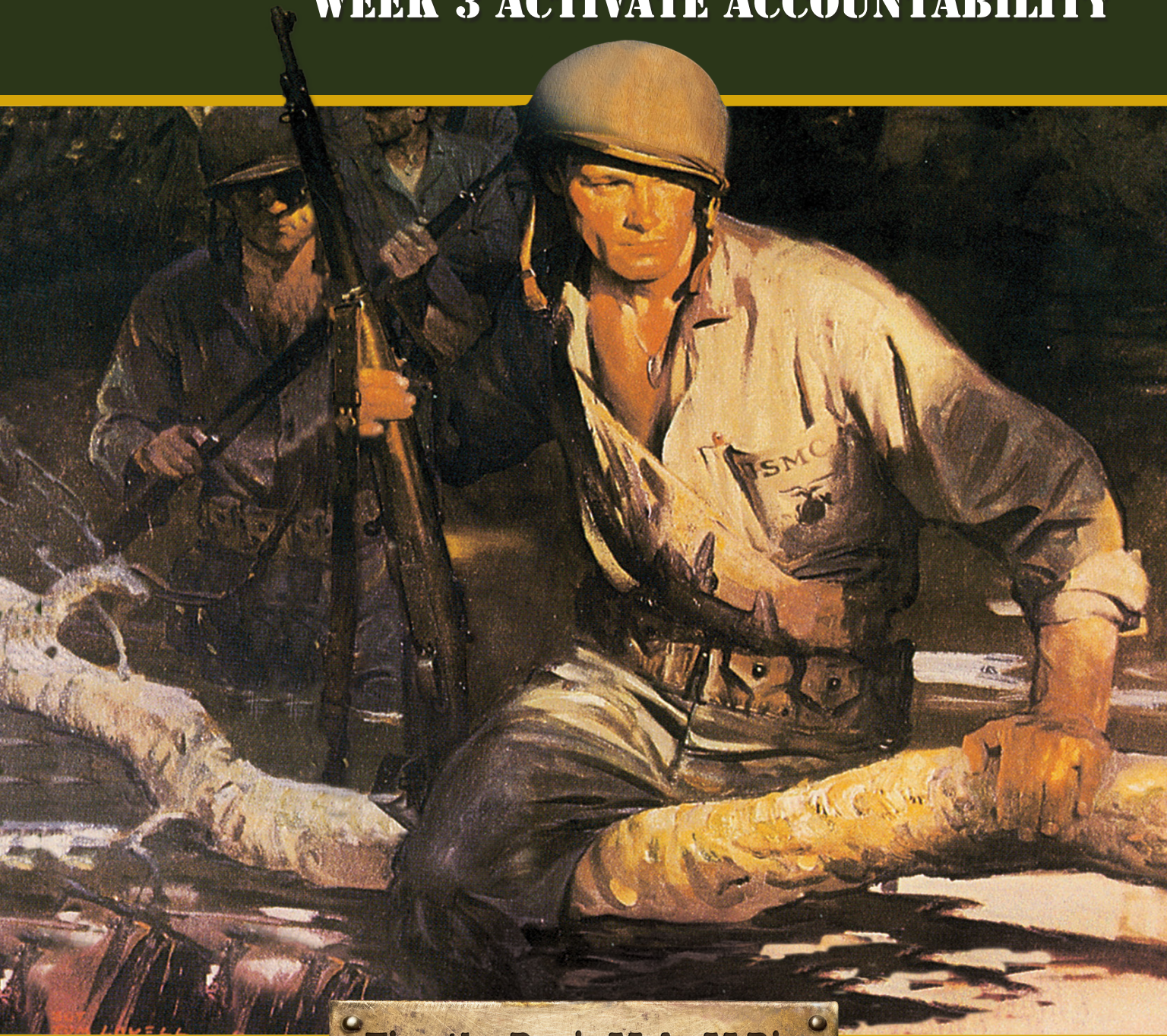




# BASIC TRAINING!

**STAGE 1: OPERATION PURITY  
WEEK 3 ACTIVATE ACCOUNTABILITY**



**Timothy Davis M.A., M.Div.**

**THE #1 BATTLE-TESTED GUIDE  
TO SEXUAL PURITY**

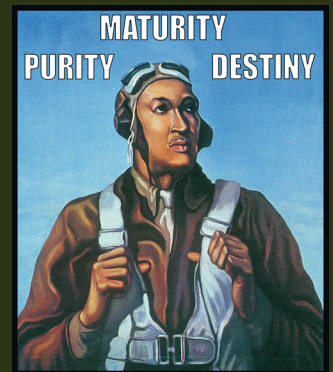
# YOUR MISSION, SHOULD YOU CHOOSE TO ACCEPT IT:



*Basic Training!* provides a step-by-step process for breaking free from sexual sin into consistent purity, spiritual maturity, and personal destiny. Refined during 1000's of hours of pastoral counseling and proven in the transformed lives of over 500 counselees and 100's of marriages saved, the Truth can set you free!



I should know, it's the story of my life. I was sexually and ritually abused as a child. I was sickly, depressed, demonized, and sexually addicted for many years. I suffered from PTSD, repressed memories, and recurring nightmares. With character flaws too many to mention, I was an unfaithful husband, a harsh father, and a failure as a pastor. As a Christian I was wounded, addicted, cursed, carnal, and immature.

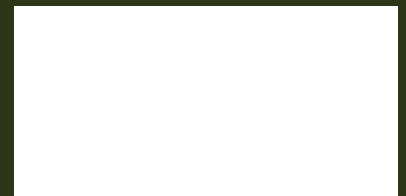


God has transformed my life in ways I never imagined possible. I now walk in purity, maturity, and destiny, and if I can do it, anyone can. Using my trademark WWII graphics, blunt and Biblical truths, and life-changing homework, I want to share my journey with you. Accept your *Basic Training!* mission today so you too can

**Win the War for Purity!**



Timothy Davis is the Founder and Director of Pureheart Ministries. A graduate of Wheaton College, Denver Seminary (M.Div.), and Western Seminary (M.A. Counseling), he worked as a pastor for 10 years before launching Pureheart. Timothy has personally counseled over 300 men and helped save over 150 marriages. Pureheart counselors have ministered to people in all 50 states, most Canadian provinces, and over 20 countries and seen many miraculous transformations. The truth really can set us free! Find out more at [www.PureheartMinistries.net](http://www.PureheartMinistries.net)



## Basic Training! Stage 1: Operation Purity

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# WEEK 3

# ACTIVATE ACCOUNTABILITY

*Your Mission, Should You Choose to Accept It...*



Accountability is a spiritual discipline just as important as prayer or fasting—but far more neglected. Pay attention, Agent Hunt: Completion of your Mission Possible demands the consistent practice of honest transparency and real accountability!

I define accountability as the practice of meeting daily/weekly with trusted brothers or sisters to give a detailed account of your spiritual walk—the good and the bad—for that day or week. There's no such thing as a disciple without the discipline of iron sharpening iron in the community of a band of brothers/sisters working together to grow in Christ. Accountability is perhaps the simplest of all spiritual disciplines to learn and practice, and yet how often have you received any practical teaching on living the accountable life? Has your pastor ever preached or modeled accountability for you?

I've been to seminary twice, so you can imagine the amount of time I spent in class, and yet I don't remember a single discussion on the subject of accountability during 7 years of schooling. I had to start my own accountability group while in seminary. I'd been randomly placed in a group with 4 other students, a seminary support group as it were. As I soon found out, 4 out of 5 of the students, including myself, struggled with sexual purity. And I'm reasonably certain the 5th student was lying about his struggles.

Future pastors in training, and yet already sexually addicted—do you think we needed to be in accountability?! How insane to teach preaching, doctrine, and Greek to a group of addicts in training, and yet never lift the slightest finger to address the oh-so-important heart issues of sexual purity, honesty, and basic spiritual maturity! Every Christian should practice accountability—but those in leadership positions most of all!

There's no way I can overstate the importance of accountability to the addict in recovery.

***Rule of Recovery #4: Daily/Weekly Check-Ins for Life!***  
*Addiction recovery and long-term maintenance of your recovery will require rigorous, intentional, and consistent accountability for the rest of your life.*

## RULES OF RECOVERY

4: DAILY/WEEKLY  
CHECK-INS FOR LIFE!

True accountability is the natural enemy of Immorality, Immaturity, Idolatry, and especially Denial. Consistent use of the weekly Checklist in your group is kryptonite to the cult of one that lies at the heart of every addiction.

In this chapter I'll prove to you the Biblical importance of giving an *account* of yourself, and why you must do this in a small group setting. We'll discuss the key aspects of real accountability. Finally, I'll provide you with a simple but life-changing weapon: The Pureheart Checklist. This way, you can immediately put into practice what you learn in this chapter. Speaking as someone who has practiced rigorous accountability for over 30 years, I have much to teach you about this important spiritual discipline.

## Give a Good Account Now, Give a Good Account Then!

*Well done, good and faithful servant.* The 6 most important words you and I may ever hear...



Allow me to point out one critical fact: This is a conditional phrase. In fact, it's a very conditional phrase. On Judgment Day, every Christian must give an *account* of how they spent their life on earth. Eternal reward or punishment is based on this accounting. We may hear those 6 words of eternal significance—or these 7: *Depart from Me, I never knew you...*

This is plain, Biblical teaching. Paul writes: *So then, each of us will give an account of himself to God* (Romans 14:12). Peter says: *But they will have to give account to Him who is ready to judge the living and the dead* (1 Peter 4:5). The writer of Hebrews warns us: *No creature is hidden from His sight, but all are naked and exposed to the eyes of Him to whom we must give account* (4:13, ESV). In the Parables of the Talents/Minas and the Foolish Virgins, Jesus teaches us that every Christian will be rewarded and/or punished based on the results of this final accounting. Indeed, Revelation teaches us that *books* will be opened—not just the Book of Life. Presumably these are the books that record all our deeds, good and bad, and even every careless word we've ever uttered.

Despite the wealth of passages that focus on this Great Accounting in the Sky, in my experience, most Christians live in some kind strange spiritual denial. Even though many live lukewarm, perverted, and idolatrous lives, somehow—there's that word again—somehow on Judgment Day, God will wave His magic wand and make it all better. Then again, maybe not:

*Each one's work will become manifest, for the Day will disclose it, because it will be revealed by fire, and the fire will test what sort of work each one has done. If the work that anyone has built on the foundation survives, he will receive a reward. If anyone's work is burned up, he will suffer loss, though he himself will be saved, but only as through fire.* 1 Corinthians 3:12-15, ESV



So much for that theory. It's obvious from Scripture we must all give an account, but it's in the practical preparation for this accounting that many Christians seem to lose their way. Judgment Day seems far away and far from relevant in the busyness and pressure of ordinary life. So it's easy to live in denial. Compare this denial to your savings account (or lack thereof). Set aside so much money each month, as every financial planner will tell you, and your savings combined with a good interest rate will compound over the long haul and turn into a lot of money. We all know this, and yet how many of us do it? Whether it's savings or spirituality, the average Joe or Jane Christian is too busy trying to survive the Now to worry about the Then.

Here's the good news: Living for the Then is all about establishing the right habits Now. How do you establish habits now that prepare you for Judgment Day? Practice the spiritual discipline of consistent accountability!

## Keys to Life-Changing Accountability

There's a right way and a wrong way to do accountability. Most Christians I've met never practice accountability at all, and if they do, it's what I call Wimp Accountability. It's not specific, nor is it measurable. There's no cost for failure, and no focus on the positive. As someone who has been practicing accountability for over 3 decades now, here's how you do it right.

# A.

### ACCOUNTABLE

*You need to practice daily/weekly accountability with a trusted group of brothers or sisters the rest of your life.* Brand this one into your brain. This is in the top 3 most important things you must do if you want to achieve consistent Purity, Maturity, and Destiny. I cannot state this baldly enough: **THERE WILL NEVER BE A TIME IN YOUR CHRISTIAN WALK WHEN YOU AS THE EYE OR THE HAND OR THE MOUTH CAN SAY TO THE BODY OF CHRIST, "I DON'T NEED YOU!"**

What, the world is going to stop pushing porn in our faces? Women will suddenly start wearing more clothing? The devil is going to retire? And even if you've been pure for 50 years, you're never exempted from following Scriptural commands and examples. And don't you have other spiritual areas requiring growth? I've been in accountability most of my life, but my spiritual bucket list seems almost endless. Good thing I'm now working far more on adding the positives than I am removing the negatives. Even so, I need my Band of Brothers now more than ever!

# C.

### CONSISTENT

So much of spiritual maturity is just showing up each week. Good days, bad days, when your checklist is boring and routine. A massive crisis. Your biggest spiritual breakthrough. The standard here is Hebrews 3:13—*Encourage one another daily*. Multiple times a day is the max, weekly is the minimum, but it needs to be consistent, week in, week out, for the rest of your life.

And yes, groups will come and go. People move, drop out, change churches. But none of this excuses you from finding a new BOB or BOS group. Thanks to modern technology, accountability has never been easier—you can instantly text, call, and video conference with brothers and sisters across the world.

# C.

### CONFESSION

James 5:16 isn't a suggestion. **CONFESSION IS A COMMAND.** Are you sinning daily? Then confess daily. Sinning weekly? Then confess weekly. Keep short accounts, and keep yourself sharp. And how can you confess your sins (and strengths) if you never meet in a small group? Your BOB or BOS group should know all your secrets. Honest consistent confession guarantees open-hearted transparency!

I'm not suggesting you confess your sins to everyone—just a trusted group of brothers or sisters. And yes, it may take you a while to find a group you trust, but start building it one by one. Two people is a small group!

# C.

### CHECKLIST

The extra "C" in my A.C.C.C.O.U.N.T. acronym is all about brass tacks. At the end of this chapter, you'll find an example of the famous Pureheart Daily/Weekly Checklist (see the Appendix for a copy). You have my permission to copy and distribute the Checklist as often as you like (just not for paid purposes).

This Checklist has been proven many times in transforming the lives of men and women, so I highly recommend it. The Checklist is all about specific and measurable goal-setting. Combine this with the power of accountability and the motivation of tangible consequences, and anyone can turn goals into habits.

*Note:* The Pureheart Checklist is easily adapted to cover any addictive struggle. Keep the format and change the words to fit your particular addiction. If you wrestle with multiple addictions, use the back page to add extra lines to cover each area of struggle.

# A.C.C.C.O.U.N.T.



## “ONESTY”

What’s the point of meeting with your brothers or sisters if you’re going to lie on your Checklist?! Transparency and accountability must coexist; otherwise it isn’t real accountability. Continuing to lie is a choice to remain trapped in your addiction, not to mention heaping sin upon sin. As I always tell my brothers: I help addicts break free as a matter of course, but I can’t help liars. The devil, not God, is the father of liars, so even God can’t help a liar!

Here’s the good news. Lying is nothing more than a bad habit, and like all habits you can learn to break it and replace it with a positive habit (truthtelling, in this case). See Chapter 12, “Liquidate Lying,” if you struggle in this area. And note the misspelled word “Onesty” so you remember my acronym!



## UNITY

*Two are stronger than one. A cord of three strands is not easily broken. Do not give up meeting together as some are in the habit of doing. He sent them out two by two. The eye cannot say to the hand...* You know this already, but it’s time to be a doer of the Word and not just a hearer. The unity of the brethren or the sistren (that should be a word) will happen only if you meet in a group small enough to get to know each other.

The practice of unity is especially important for those of us in the recovery process. I lead small groups because I know that the teacher always learns the most. Knowing I must set an example for my bros pushes me to excel in my walk with God. And yet, how many times have I needed my bros? And how many times have they had my back?! It works both ways. The bottom line is that we need each other; we can’t do Christianity without our BOB or BOS group!



## NO—WHAT ARE YOU SAYING “YES” TO?

AA groups (Alcoholics Anonymous) have helped countless thousands worldwide and taught many, myself included, much about the recovery. One thing I can’t stand about their groups, however, is that whenever you speak, you have to say something like, *I’m Tim, and I’m an alcoholic*. I understand they are teaching the addict to surrender to the fact of being an addict, but my identity is a new creation in Christ. *I’m Timothy, and I’m a Man of God*.

In other words, what you’re saying Yes to is far more important than what you’re leaving behind. The typical addict in recovery usually gets this wrong, and spends the bulk of their time focused on trying *not* to do something. This is why dieting, for example, rarely works—it’s all about the negative, *what you are trying to lose*. I never put people on diets. Instead, I want them completely sold out on their new exercise program, *what they’re going to gain* once they start running marathons or add 50 pounds of muscle or join CrossFit. This is why the Checklist starts with the positive. Yes will always be stronger than No.

*Note:* You will target bad habits very specifically in Basic Training!—but even then, the focus is on replacing those habits with positive habits.



## TANGIBLE CONSEQUENCES

Why do I see so many amazing testimonies in my counseling? One of the keys to my success is the judicious use of *Tangible Consequences*. I will discuss TC’s in more detail in Chapter 6, “Plan for Purity,” but allow me to at least introduce the concept.

Jesus isn’t joking when He talks about cutting off hands and plucking out eyes. Just because He doesn’t mean it literally doesn’t mean He’s any less serious about the principle involved. Having invented humans, God of course knows that we are extremely conditionable. Pain is the great conditioner (I’m speaking as an expert on breaking and making habits). It does wonders for practically helping people keep goals!

With TC’s, you deliberately cause yourself pain (say, a \$200 donation per masturbation), so you learn to associate the bad habit with pain you most definitely want to avoid. Or you give yourself a reward for achieving a good goal. Pleasure can have an equally powerful conditioning effect. Essentially you train yourself via punishment or reward using very practical tangible consequences. Again, much more on this later—but get ready to put your money where your mouth is!

## Give an A.C.C.C.O.U.N.T.

As you can see, we are quickly moving out of the realm of theory and into the rubber-meets-the-road reality of everyday life. In a moment you’ll discover the Pureheart Checklist, which combines all of the above into a simple, practical Checklist you can use anytime, anywhere. For now, let’s go back to Scripture and briefly study the practice of accountability in the Gospels and the Early Church.





## BIBLICAL BIG PICTURE

How important is accountability in the context of Christian community? *When Jesus came to earth, all He did on an institutional level was to start and run a small group.* Think about that. This is Jesus we are talking about!

Imagine the limitless possibilities. Imagine the headlines:

Jesus meets with UN Famine Relief,  
**ENDS WORLD HUNGER!**

Messiah Founds World's Largest Company,  
All Profits Donated to Missions and Charities!

**EVERY KNEE SHALL BOW**  
Billions Watch Transfiguration on Mt. Everest!

Jesus Walks Across Atlantic to Join Peace Accords;  
**THIS IS PEACE IN OUR TIME!**

CNN to become Christ's News  
Network!



## Give an Account—Where? Small Group Accountability


All this and so much more! But instead we get a traveling small group with grubby fishermen, some rich women, and one guy from the IRS (Jesus loves everyone!). Throw in miracles and exorcisms and some teaching that nobody at the time understood (because it was encrypted)—and that's it. Nor does it get any better after Pentecost. The teaching is finally understood, but the New Testament epistles are just letters to a bunch of house churches (read “small groups”). Paul spends most of his time—when he isn't being persecuted—training up men who go out and start more small groups to train more people who start more small groups, etc. In this context of constant community, the disciples give an account to Jesus, Ananias and Sapphira to Peter, Stephen and Philip to the apostles, and Timothy and Silas to Paul—in a chain of small group discipleship that continues to this very day.

Implicit in the Great Commission (Matthew 28:18-20) is the fact that the Messiah's methods are just as fundamental and binding as His teaching (*Make disciples just like I made them*, to paraphrase Jesus's words). I'm merely skimming the surface; go back and see how the disciples time and time again come to Jesus for commendation, rebuke, further instruction, commissioning, impartation, and so on. Time in community and then back on the road, a minimum of two at a time (a small group!), to implement what they are learning.

Note how Paul and Timothy are so close they are like father and son. Paul knows Timothy's extended family, his strengths and weaknesses as a church leader, and even his physical ailments (*Drink a little wine...*). They travel together as Paul spiritually mentors his apprentice; Timothy learns how to serve as a missionary church planter by watching Paul. Read Paul's letters to Timothy—he exhorts, he warns, he instructs, he chides, he encourages, and he expects his spiritual son to live up to his example, and indeed to use the very spiritual gifts imparted through Paul to Timothy. This depth of relationship, this oh-so-practical level of accountability, comes only via spending considerable time together.

*In the New Testament, the Christian walk is lived out only in the context of constant accountability in a small group community!* I can't speak for churches in other countries, but the American version of Church has become so radically different from the New Testament model as to be virtually unrecognizable. In the American Church, it's one meeting a week where one person gets up and does all the talking. And though the sermon is often amazing, there's not a single shred of accountability anywhere in sight!


Imagine, however, if I were to preach a sermon on evangelism at my church and give everyone the homework assignment of witnessing to 5 people that week. There's nothing new about that; you and I have heard a thousand sermons on evangelism that encourage witnessing. Here's where I get radical—brace yourselves—and accountable. In the very next service, I call on people in the congregation before I start my sermon. *Bill, did you witness to 5 people this last week? Awesome, Bill, good job. Marco, how about you? You didn't. Why not? Susan? You led the lady sitting next to you to Christ and brought her to church?! Susan, you are on fire!* To make matters even wilder, I would assign positive and negative rewards for doing the homework. *Let's give Bill a standing ovation everyone! Marco, how about you clean all the church bathrooms this week. Susan, you and your husband have won an all-expenses-paid trip to Cancun. Congratulations!*




Arm all alone, and I like that way!



I don't need no stinkin' torso!



Who really needs their head anyway!



More parts means more conflict! And who has the extra time anyway!

Pureheart counseling sessions are like this church service miniaturized. One of my favorite moments as a Pureheart counselor is when the poor counselee suddenly realizes that I expect him to *literally change his behavior*—and that I'll even charge him money or an ice bath if he doesn't. To make matters worse, I literally ask him every week about this change in behavior, both in removing the negative (masturbation, affairs, gluttony, anger, etc.) and especially in adding the positive (daily devotions, detailed exercise plan, date night with wife, etc.). The look of shock on my counselees' faces is priceless, especially since it isn't long before I start seeing astounding changes in my brother's life (his walk with God, marriage, family, and even career).

Do I see astounding changes in people's lives because I'm such an amazing counselor? I'm an average counselor at best. I am, however, very good at motivating my brothers by *holding them accountable to accomplish the things they've always wanted to accomplish!*

The majority of men I counsel hate their sexual addiction with a passion. They don't want to keep hurting their wives or keep testing God with their constant relapsing. It's the savings account analogy all over again—we all know the financial planner tells the truth about compounding interest. We know that no excuse will cut it on Judgment Day. The desire to please God, the dream of a healthy and happy marriage, the yearning to be free and pure and honest—all this is extremely powerful in my brothers. The spirit is indeed willing! What they have lacked is the know-how, and especially the nitty-gritty accountability that helps them break off long-term negative, sinful habits and replace them with positive, life-changing habits. The Pureheart Process works precisely because it's founded in the power of accountability in community, as modeled for us by Jesus and the Early Church.

***Don't forget your***

## ***Keys to Life-Changing Accountability!***

**IMPORTANT**

### **Accountable:**

Commit to practicing real accountability the rest of your life.

### **Consistent:**

Accountability must be consistent; daily and/or weekly as needed.

### **Confession:**

Confess your sins and strengths daily/weekly with a band of brothers (BOB) or sisters (BOS) group.

### **Checklist:**

Be specific, be measurable, and set short-term, mid-term, and long-term goals.

### **Onesty:**

Be honest. No denial, minimizing, justifying, white lies, or lies of omission or commission.

### **Unity:**

Help those in your group with your strengths, lean on them where you are weak.

### **No:**

No focus on the negative. What you say "YES" to is far more important.

### **Tangible Consequences:**

Put your money where your mouth is and put teeth to your accountability.



## Give an Account—Why? The Body of Christ Interdependent

As I stated previously, we are entering the end times where, surrounded by the omnipresence of sexual sin, we are being tested as never before. We need the power of accountability in community now more than ever! You and I were made to be *interdependent*. It's built into our spiritual DNA—the success of our Christian walk depends in large part on the level of connection with the brothers and sisters around us. Jesus not only modeled this dependence; He literally built it into His Body. That's you and me, the *Body of Christ*: *Now the body is not made up of one part but of many. If the foot should say, "Because I am not a hand, I do not belong to the body"... The eye cannot say to the hand, "I don't need you"... Now you are the body of Christ, and each one of you is a part of it* (1 Corinthians 12).

Have you noticed the body parts graphically sprinkled throughout this chapter? Can these pictures get any more ridiculous? And yet, how many Christians today live like this? If your Body experience is primarily listening for 45 minutes a week to one Body part with the gift of preaching, then you're doomed from the get-go. You'll never hear the 6 most important words ever! God intentionally created us with certain innate weaknesses. These divine structural failures as it were are designed to implode when you attempt to live out Christianity as a Lone Ranger. When combined, however, with the spiritual steel of other brothers and sisters, they suddenly turn into amazing divine strengths.

Indeed, you and I as addicts and former addicts—and thus as weaker Body parts—have the potential for the greatest honor because when we turn our lives around and get it right, such astounding transformations bring even greater glory to God. I imagine Jesus taunting the devil with the latest Saul-to-Paul conversion: *See this one, accuser; I gave you permission to destroy this, abuse that, kill this; you completely stacked the odds against My child. And yet look at him now. Wow! Makes Me want to dance for joy!* I envision Jesus dancing, laughing, and praising the Father as myriad angels and millions of saints join in, the devil slinking away after yet another humiliating defeat...

Want to become one of these amazing transformation testimonies? Commit yourself to the community of a small group. I've been part of various types of small groups practically my entire Christian life. Indeed, I'll always remember my first Pureheart group (we didn't call it that way back in 1992)—the first time I started a group specifically for guys struggling with sexual sin. We were young, so we also had a lot of fun and bonded at a deep level. As the fearless group leader, however, I knew we needed to confess our sins, and since we all relapsed frequently, we spent a lot of time confessing!

For the first time in my life, I was brutally honest with a bunch of brothers on a regular basis. Beyond this, I had absolutely no idea what I was doing. Even though I could offer little help at the time, God honored my obedience. I can think of at least 2, maybe 3 marriages that were saved thanks to this group. This group was Pureheart's conception; I was faithful in the very little I had at the time, and now Pureheart ministers to people around the world!

Do you get what I'm talking about? God took by far my weakest area, connected me with other brothers to practice community and accountability, and used the Body to lay the foundation for a ministry that will one day, Lord willing, impact more than a million people. Do not despise the day of small beginnings, nor the power of real accountability in a small group community!



## Give an Account—How? The Discipline of Habitual Goal-Setting



We all know the familiar verse in Galatians 6:7—*Do not be deceived: God is not mocked, for whatever one sows, that will he also reap* (ESV). The agrarian image of a farmer sowing and then reaping the crop is the perfect analogy for the discipline that every Christian must acquire if they want to be part of the end-times Spiritual Greatest Generation. There's nothing glorious about planting seeds; it's hard, routine, even boring work that requires great faith, since the harvest is typically far in the future. There are many obstacles: disease, insects, drought, storms, to name a few, plus ever changing market prices. The farmer must plow, plant, fertilize, protect, and wait patiently for that great day when all that hard work gets rewarded.

Any of this sounding familiar? *Well done, good and faithful farmer?*

No Body/body can reap a harvest without the discipline of self-control. DISCIPLINE is the Achilles heel of almost every Christian I know (remember what I said about divinely placed weaknesses?). Our lives are utterly shaped by the presence and/or absence of discipline. *I can't stop looking at porn. I can't keep the weight off. I went to the gym for a month and then gave up. Why can't I hear my spouse, instead of talking over her/him? Alcohol is destroying my life. Will I ever get out of debt? Why don't I ever witness to anyone?...*

Or imagine the opposite, if establishing a life-changing habit was as easy as saying the words. *Wow, I am running a marathon tomorrow. I saved \$50,000 this year. I will never cheat on my spouse again. I love getting up every morning at 5 a.m. for time with God. I can't believe I just preached a sermon to 5,000 people. Here I am in Cambodia running a home for victims of sexual trafficking.* Remember your homework from Week One—dreaming about the new you?

*Discipline is nothing more than the ability to consistently remove bad habits and practice healthy habits via the art of setting and achieving goals.* Read that sentence again. Say the word *habit* out loud. Go ahead. HABIT. Anyone can learn to break and keep habits—trust me, I am a HABIT expert. Break or keep a habit consistently for 2-3 months, and you are 80% there.

Now say the words *goal-setting* out loud. *GOAL-SETTING.* Good, you're doing great. You already set and keep goals every hour of the day. Think about it. *I need to pick up the kids at school. I have to finish that paper for Biology class. I need to sell 5 tractors today. I need to get to the gym.* It isn't that you and I don't know how to set and keep goals; the issue is that most of us never transfer the ability we already possess to our spiritual walk!

I often counsel very successful men: lawyers, judges, doctors, CEO's. One guy I counseled was responsible for a billion dollars worth of merchandise. These guys are smarter than me and more disciplined. They work harder and certainly make a lot more money. But almost to a man, they had never transferred their marketplace skills to their own spiritual growth. Trust me, brothers and sisters, this isn't rocket science. If you can successfully manage a billion dollars in goods, you can set a goal and never masturbate again! Or for that matter, if you can graduate from college, raise kids, keep a job, brush your teeth every morning...

Indeed, the art of habit-forming and goal-setting is so important, we'll spend an entire chapter on developing your Purity Plan. Allow me to conclude this chapter, however, with—what else?—a WWII story. A short one!



## Your Preflight Checklist

The B-17 bomber was a tireless performer in the Army Air Forces during WWII. It was a complicated plane to fly, however, and several men were injured and even killed during the initial test flights. With a bewildering variety of instrumentation and key adjustments necessary for takeoff and flight, pilots were literally forgetting to complete the basic tasks that meant the difference between life and death.

Thanks to the failure of the test flights, Boeing—the company behind the B-17—faced bankruptcy—until someone created the idea of the pre-flight checklist. *The checklist was nothing more than a written list of the most basic yet important tasks that needed to be completed prior to each takeoff.* Upon immediate implementation of the checklist, Boeing pilots flew 1.8 million hours on 18 B-17s without accident, and eventually 13,000 B-17s were produced. Boeing is, of course, one of two major producers of aircraft in the world today. The next time you land safely after a flight, you can thank your pilot for going through his or her pre-flight checklist—and remember those brave test pilots who flew the B-17.

The moral to the story? Are you doing your pre-flight checklist? You and I will be taking off someday soon. We must practice consistent accountability in this life if we want to give a good account in the next. In short, only by giving a good account *Now* can you give a good account *Then*. Think of your Pureheart Checklist as your daily/ weekly dress rehearsal for your moment before the Great White Throne...



## Guide to the Pureheart Weekly Checklist (Following Pages)

Most of the Checklist should be self-explanatory. However, I do want to clarify a few items:

### 1. Make Copies of This Checklist

You'll be filling out one of these Checklists every week, so do *not* fill in the Checklist in the book. Instead make multiple copies so you can have blank Checklists for each week. There's an extra copy of the Checklist in the Appendix just in case. You have my permission to copy and use this Checklist as needed, except in cases of making financial profit.

Even though it's time-consuming at first, I strongly recommend that everyone who uses the Checklist actually fill out both pages each week for at least 3 months, if not longer. The rote work of circling the numbers and writing in answers helps train you in how to check in specifically each week. In the group, you can save time by having everyone answer the same question before moving on to the next question. That way you don't have, for example, 8 people reading every question on the Checklist.

### 2. Say Yes to Purity/Sobriety, Spiritual Disciplines, Self-Care, and Career/ Ministry/Dream Goals

These questions should be fairly self-explanatory. Each question relates in some way to Pureheart's core goals of helping each person achieve consistent Purity so they can then focus on healing their wounds and dysfunctions and grow up in Christ (Maturity). You must be pure/sober and growing up spiritually if you truly wish to fulfill your Destiny in Christ.

### 3. Say No to the Itch, Hunt, Buildup, Relapse, and Lying

To fully understand this section, you'll need to read the next chapter, "Annihilate Acting-Out, Part One." Here's a short explanation. There are 4 steps to the Acting-Out Cycle, a cycle that is virtually identical for all addictions, although the actual behaviors and results can of course be very different:

**Itch:** The external/internal triggers that drive your addictive behaviors. You can't get rid of Itches; you can only "scratch" them in healthy ways.

**Hunt:** Playing with fire, peeking out the door but not going all the way in—these are ritualistic behaviors that seem "small" or unimportant, but are key steps in moving you from Itch into Buildup.

**Buildup:** This stage is all about getting out of control. You make choices, often ones that involve breaking your positive routine, that get you to the point of no return where you have to have your fix, no matter the cost.

**Relapse:** This stage is obvious. You get your orgasm, porn, sex, rush, alcohol, drugs, food, etc. And then comes the guilt, shame, fear, self-disgust, and the hiding, the lying, the promises, etc. Then it's back to the Itch, and here we go all over again.



Important: Read the following please!

For **Question #23**—when people answer this erotic material question, they need to be specific about the where and how *without* getting graphic or inadvertently putting ideas in people’s heads. In other words, *I looked at porn on the Internet* (not the specific web address or how I got past my filter!).

**Question #24** is a catch-all question for any behavior beyond masturbation and looking at erotic material. Texting/sexting sexually, flirting, affairs, prostitutes, phone sex, random hookups, fetishes, cross-dressing, and so on. In short, if you did it, and it wasn’t masturbation or erotic material, it goes here. Specific, but not graphic.

**Question #25** is for tracking other addictive behaviors. If you have more than one addiction, I recommend you create an extra Checklist, and use the Itch-Relapse questions but adjust them to fit your other addiction(s).

For **Question #26**, Tangible Consequences must be paid/fulfilled within 3 days of relapse or they lose their effectiveness. Double your TC so you make sure it gets completed in timely fashion. See Chapter 6, “Plan for Purity,” for details.



**Give a Good Account Now...**

**Give a Good Account Then!**

# PUREHEART WEEKLY CHECKLIST

ID#: 

Say "Yes" to Purity, Maturity, &amp; Destiny!

DATE: 

Note: All answers should cover the previous week. If you miss a checklist, average out answers since your last checklist.

## Purity/Sobriety

1. I kept my purity/sobriety goals (scratched itches, no hunting, no relapse, maintained basics, etc.)

Addict? That's me!! 1 2 3 Some itch/hunt/buildup behavior 4 5 6 Purity? Sobriety? That's my photo in the dictionary!

2. I made my BOB/BOS group, covered the Checklist, and called/texted/visited as needed.

Body of Christ? Who needs it!? 1 2 3 Hit and miss 4 5 6 There for my Bros/Sis'

3. I'm working my Purity Plan. Here are some specific examples how: Revising "No" section, paid TC's, exercise goals, college courses, ministry goals, promotion etc.

Specify here:

## Spiritual Disciplines

4. I attended church last week?  Yes/No I attended a small group last week?  Yes/No

5. Last week I spent daily time in prayer/Bible study and weekly, personal worship time.

Too bored/busy/tired 1 2 3 4 5 6 7 Daily

6. I practiced God's presence, full of His Spirit, heard His voice, delighted in Him.

Lukewarm 1 2 3 Basics 4 5 6 On fire for Jesus!

7. I practiced spiritual disciplines: prayer, fasting, journaling, stillness, service to the needy, etc.

None 1 2 3 Average 4 5 6 WOW!

## Self-Care

8. I spent quality/quantity time with my family/friends (active listening, date night, sex w/ spouse, time w/ kids, resolved conflict, fun times, Bible study/prayer, exercised together, meal time, did chores, etc.)

None 1 2 3 Average 4 5 6 WOW!

9. I exercised my temple for over 30 minutes how many days last week?

Couch Potato 0 1 2 3 4 5 6 7 Captain America

10. I kept my routine, slept well, practiced healthy eating, avoided junk food, met weight loss goals, and/or treated my temple right.

Glutton 1 2 3 Some progress 4 5 6 Feeling and looking great!

11. I balanced my checkbook, paid bills, controlled spending, avoided debt, tithed, saved...

Bankrupt 1 2 3 Holding steady 4 5 6 A model of self-control and restraint

## Career, Ministry, & Dream Goals

12. I made progress in my job/business or ministry this week: new job, promotion, sales, goals, acquisitions, hiring, new clients, marketing, etc.

Unemployed 1 2 3 It pays the bills 4 5 6 Dream job/business

13. I am giving back what was given to me; using my spiritual gifts and witnessing/mentoring/ministering to others to build God's Kingdom.

Me witness? Lead? 1 2 3 Family only 4 5 6 Weekly, intentional leadership at home, work, church, etc.

14. I made progress toward dream goal(s): education, marriage, career, house, finances, fun, etc.

Big picture? 1 2 3 Some progress 4 5 6 Go big or go home!



Say "No" to Immorality, Immaturity, & Idolatry.

For more on *Itch*, *Hunt*, *Buildup*, & *Relapse* see Week 4-5, *Annihilate Acting-Out!*

**Itch**

15. I identified my Itchy triggers as they happened: stress, boredom, horniness, past abuse/trauma, pain, sickness, isolation, passivity, procrastination, depression, anxiety, travel, change of routine, tiredness, anger, etc.

Clueless 1 2 3 Some awareness 4 5 6 Totally self-aware Specify Itches: \_\_\_\_\_

16. I scratched my Itchy triggers in healthy ways: exercise, devotions, journaling, venting to fam/friends, self-care, etc.

Passive 1 2 3 Some action 4 5 6 Very proactive Specify healthy behaviors: \_\_\_\_\_

**Hunt**

17. I hunted for a quick buzz. Lingering looks & fantasies? clicking/searching Internet? TV/movies? social media? flirting/catching eyes/texted/called? old ritual habits/behaviors? obsessive thoughts/behaviors? other?

Hunter 1 2 3 Some 4 5 6 Self-controlled Specify Hunting: \_\_\_\_\_

18. I craved my drug(s) of choice and had close calls (rank intensity of craving and nearness to relapse)?

Relapse 1 2 3 Some near misses, medium-strength cravings 4 5 6 No cravings/close calls

**Buildup**

19. I chose to lose control emotionally/physically: loss of sleep/late bedtime, overeating/junk food, stuffing my stress/negative emotions, lack of exercise, lack of venting, no self-care, other?

Out of control 1 2 3 Some 4 5 6 Self-controlled Specify buildup behaviors: \_\_\_\_\_

20. I chose to lose control spiritually: no or low devos, no church, missed small groups, missed weekly checklists, didn't call/text bros/sisters, no sex w/ spouse, no budget/over-budget, bad boundaries, other?

Out of control 1 2 3 Some 4 5 6 Self-controlled Specify buildup behaviors: \_\_\_\_\_

21. I chose to lose control addictively: use of unfiltered devices, access to drug of choice, unsafe locations, hunting online/TV/movies/social media, boundaries with people, not planning ahead, other?

Out of control 1 2 3 Some 4 5 6 Self-controlled Specify buildup behaviors: \_\_\_\_\_

**Relapse**

22. Last week I masturbated how many times? **0 1 2 3 4 5 6 7 8 9 10** or more times

23. Last week I looked/lingered on erotic material (anything that turns you on) how many times?

0 1 2 3 4 or more times Specify how (access), where, and what type of e.m.: \_\_\_\_\_

24. Last week I acted out sexually with people and/or objects (besides #8 & #9). Include anything from flirting to affairs to prostitutes. Also include any deviant behaviors. Use code to keep confidentiality.

0 1 2 3 4 or more times Specify who, where, and what type of behaviors: \_\_\_\_\_

25. Last week I engaged in 2nd looks and fantasized about people other than my spouse

**0 1 2 3 4 5 6 7 8 9 10** or more times

26. Last week I engaged in other addictive behaviors (alcohol, drugs, food, spending, etc.).

Describe the behavior and frequency/type of use. \_\_\_\_\_

**Honesty & Tangible Consequences**

27. Last week I was tempted to lie to my spouse/boss/counselor/group etc.

Very strong temptation 1 2 3 Thought about it 4 5 6 No temptation whatsoever

28. I was 100% honest in this checklist; no lies, white lies, omissions, minimization, secrets, etc.

Liar, liar, pants on hellfire 1 2 3 Lied & confessed later 4 5 6 Brutal honesty

29. My tangible consequence for this week has been paid/done (double if not done in 3 days). **Yes/No**

# Basic Training! A Battle-Tested Labor of Love



The book you've been reading took 15 years to write, rewrite, design, redesign, and edit, at a cost of \$30,000. It's birthed out of nearly 50 years of personal study, testing, failure, and success. Plus 7 years at seminary, 10 years as a pastor, and 15 years as the leader of Pureheart Ministries. Not to mention my own experience with sexual abuse, ritual abuse, demons, PTSD, depression, and (obviously) sexual addiction, and all the things I learned by the grace of God in overcoming these Goliaths in my life. All things are indeed possible for those who believe!

I've spent literally thousands of hours in individual and group counseling sessions testing and refining the truths contained within these chapters. By the grace of God, I've personally led over 300 brothers into consistent purity, brothers from practically every denomination in the Western Church, and from over 20 different countries. Men of diverse races, economic classes, educational levels, ages, careers, and addiction levels.

I've successfully counseled many pastors, church elders, missionaries, and ministry leaders. I've helped save over 150 marriages, many of these on the rocks, and some on the verge of divorce. And I haven't even mentioned all the people my counselors have helped. So when I tell you that this book is proven and battle-tested, believe it! And please, don't just take my word for it. Check out the Testimony tab at [pureheartministries.net](http://pureheartministries.net), and judge the tree by its fruit.

## No Punches Pulled

As you will soon discover, I write like I talk—blunt and intense. Some of this is personality. Some of it comes from the extreme events of my life. And some of it comes from having counseled literally hundreds of drug addicts, alcoholics, and sex addicts. The bottom line: I call it like it is. Think of me as your personal Nathan (as in David and Bathsheba). Like Nathan, I'm hoping to rock your world enough so that you cast aside things like denial, deceit, dysfunction, sexual sin, and spiritual immaturity, so you live utterly sold out for Jesus the rest of your life. I'm here to help you get consistently pure and spiritually mature, so you can live out your awesome destiny and calling in Christ!

Brace yourself...

## Message of Hope

You can expect blunt intensity, but nobody is more hopeful than I am when it comes to turning all your junk into gold. I know the dark side of life well. As a child I was sexually abused by my grandfather and ritually abused by either an organized group of pedophiles or outright Satanists. For most of my life I was sickly, depressed, seriously demonized, and completely sexually addicted. I was a failure as a pastor, an immature and unfaithful husband, and a harsh and mercurial father. And yet, by God's grace and lots of work, I've overcome my past and now lead others into ever-increasing freedom and victory. (See my testimony a little later in this book, and in *Special Ops!*).

It never ceases to amaze me how God uses even the worst events of my life to radically change people's lives! Hear my message of hope loud and clear, because it's literally the story of my life. If I can break free, anyone can!

## This Means War!

I use the metaphor of war as a way of illustrating a fundamental reality of the Christian walk. Christians live in a state of war—it's the explicit teaching of Scripture. Peter urges believers to abstain from the passions of the flesh (sexual sin) which *wage war against your soul* (1 Peter 2:11). To paraphrase Ephesians 6, we are engaged in hand-to-hand combat with demons. In the spiritual realm, there's no such thing as a Christian pacifist. You're either overcoming the devil, or he is devouring you.

Sexual sin is at the very heart of this war, because it will—given enough time—literally destroy everything you hold dear. Sexual sin is the devil's #1 battle strategy for destroying you and your God-given calling.

World War II was the most devastating war in human history, yet it pales beside the war over purity now raging in the spiritual realm as we draw ever closer to Judgment Day.

My brothers and sisters—welcome to the war!

## Follow Instructions

In 1 Thessalonians 4:3-5, Paul says we must *learn* how to live sexually pure, which clearly implies: 1) sexual purity is *not* natural behavior, and 2) we need people who can teach us truths we do not know. I know how to walk in personal purity, and I know how to pass it on to you. It's absolutely critical however that you learn from the truths in this book. In other words, you've got to follow the instructions!

I refuse to dumb down my teaching, so you'll need to read and reread my chapters, because they are densely packed with truth and instructions. Pace yourself. I recommend you focus on one chapter a week (and sometimes spend 2-3 weeks on a particular chapter). I strongly recommend that you write out your homework, because this will help you remember what you learn. Finally, I provide many practical steps that will radically change your life.

You must—absolutely must—consistently apply these steps if you want the Pureheart Process to work for you.

## Men and Women

This is obviously a masculine-looking book, and since I only counsel men, there's a natural focus here on the male side of sexual addiction. At the same time, female sexual addiction is going through the roof. And while this is only a guess, I believe that female sexual addiction is increasingly comparable to the male equivalent. While the relationship component will undoubtedly continue to be a major issue for women, I suspect that women are increasingly addicted to the buzz and the chemical high of masturbation, porn, and acting out sexually for its own sake. If this is the case—then

ladies, read on, because you'll find much in these books that addresses these specific issues.

## Individual and Group

*Basic Training!* is designed for individual use as well as group settings. As the author, I strongly recommend that you go through this book with someone else—your pastor, a church elder, your best friend, a counselor, or best of all, a group of brothers or sisters. This will give you immediate accountability for getting the work done. You'll need the encouragement, prayers, discipline, and occasional kick in the pants from a brother or sister (the same sex as yourself), because breaking free of addictions is no small task. In other words, don't fight this war by yourself; form your own BOB (Band of Brothers) or BOS (Band of Sisters), and join forces in the war to change your life.

## Second Edition, 5 Stages, and a Note for My International Readers

I split *Basic Training!* into 5 Stages so make sure you read all 5 books. Stages 1 and 2 focus on breaking free of sexual addiction, Stage 3 on spiritual warfare, and Stage 4 and 5 zero in on connecting with God, self, and others, while preparing you to move forward into Purity and Destiny.

Also note that I use WWII photos and comics because in America, something produced by the government is public domain and not copyrighted, which means I don't have to pay someone to use it. Given all the graphics in this book, it would cost a fortune otherwise. I'm thus primarily limited to pictures of the US Armed Forces, even though obviously many countries fought the good fight. So, for my international readers—please do not interpret the lack of photographic global representation as a slight in any way. I'm simply trying to be a wise steward with a heavily illustrated book.

