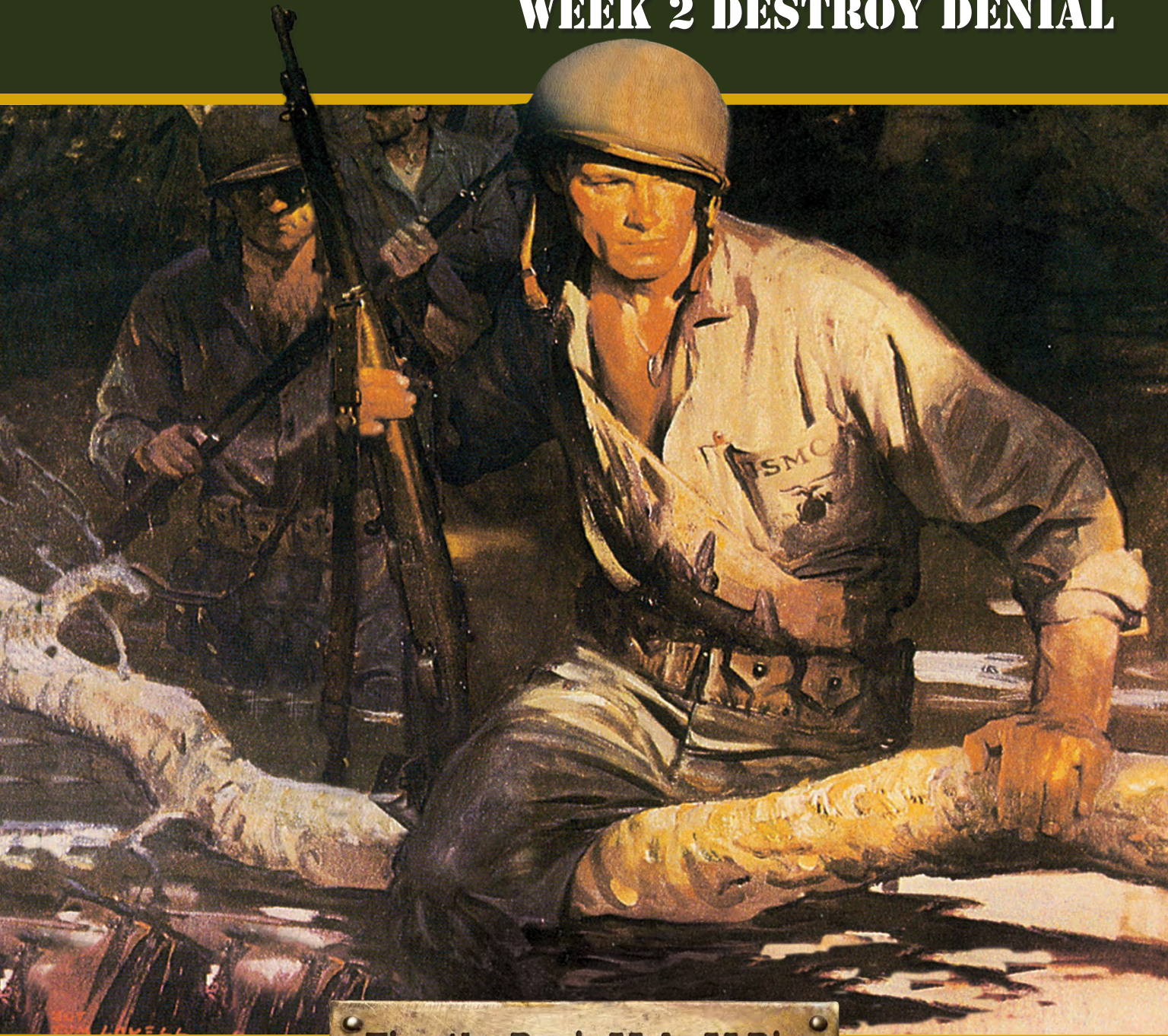




BASIC TRAINING!

**STAGE 1: OPERATION PURITY
WEEK 2 DESTROY DENIAL**



Timothy Davis M.A., M.Div.

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

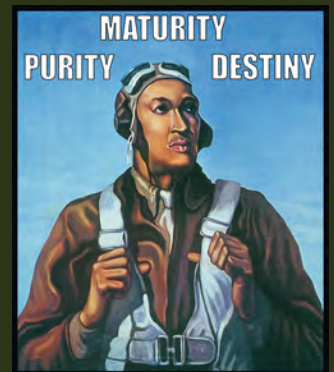
YOUR MISSION, SHOULD YOU CHOOSE TO ACCEPT IT:



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.

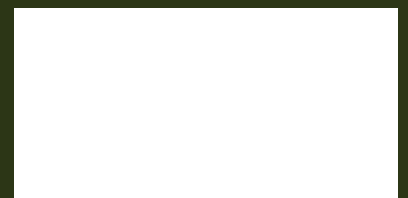


God has transformed my life in ways I never imagined possible. I now walk in purity, maturity, and destiny, and if I can do it, anyone can. Using my trademark WWII graphics, blunt and Biblical truths, and life-changing homework, I want to share my journey with you. Accept your *Basic Training!* mission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



Basic Training! Stage 1: Operation Purity

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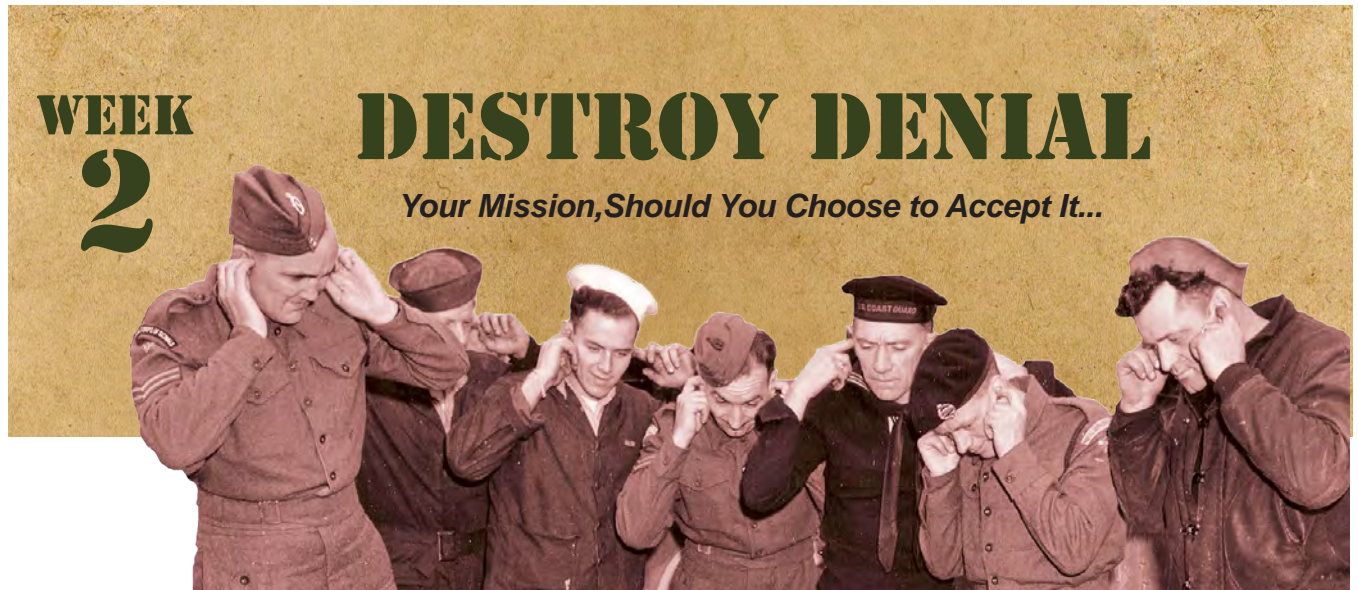
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Agent Hunt, are you ready to get serious about Purity, Maturity, and Destiny? Can you see your Promised Land there in the distance? What about the unseen giant blocking your path forward? Unseen enemies are the most dangerous, because you never see the attack coming—just ask David. Indeed, this particular Goliath cut off David’s head...

David, meet Denial! Denial is a make-or-break giant, because everything hinges on *defeating your own ability to deceive yourself*. But what happens when you’re oblivious to your own deception? How can you set a slave free when the slave is clueless to their slavery? Indeed, they are seriously offended if you point out the obvious (to you) ball and chain around their throat. If you don’t really have a problem, why bother changing?

Try these classic Denial come-ons for size, and see if they sound familiar: *I can stop anytime I want. I can stop it on my own. This is the last time. I’m not hurting anyone. It’s my wife’s fault. I never asked to be single. Porn is better than prostitutes. I’ve been clean for the last two months, so I’m cured! I need a drink to relax. Marijuana is legal now. Everybody does it...*

In this chapter, we define denial and study both Adam/Eve and King David as examples of the terrifying power of denial. Denial is a closed system where secret sins inevitably create more secret sins, which in turn further tie down the system to where it destroys the greatest of Christians—even *the man after God’s own heart*. We’ll learn that denial is instinctive, irrational, incremental, and systemic. We then discuss how breaking free of denial requires shocks to the system, typically in the form of exposure, confrontation, and suffering. We conclude by learning the A.R.M.U.R. keys to destroying denial—as in Accountability, Reality, Maturity, “Umility,” and Resistance.

Brace yourself. We are about to get personal. *Denial is an unconscious, elaborate construct of lies; it’s a false fortress of fantasy that protects the entire addictive system*. In other words, denial is fundamentally self-deception. It’s so deceptive, we aren’t even aware of our own self-deception!

Within this closed system, basic spiritual laws are somehow—as if by magic—suspended. A Christian can practice consistent immorality, immaturity, and idolatry, and apparently never suffer any consequences. When we live in denial, God apparently *can* be mocked. We are the exception to the rule because—*insert excuse here*. We can sin endlessly, but our behavior doesn’t really hurt others. Perversions, no matter how perverted, can be placed in a mental box, and somehow they all disappear. If we never talk about something it doesn’t exist (Church Rule #1). You can live your life as a hypocrite and still be rewarded. Judgment Day? Somehow God will just make it all go away...

The closed system of denial operates much like a cult—a *Cult of One*. You’ve likely spent most of your life as a full-fledged cultist, as much a fanatic as any Jim Jones Kool-Aid drinker. An addict’s narcissistic self-deception drowns out any attempt at reversing cult conditioning. Systemic lies are constantly repeated and reinforced in a culture of isolation that reacts violently to the threat of outside truth. Like a cult, addictions always involve brainwashing—in an addict’s case, both mentally and literally chemical. As in a cult, addicts pay any price to achieve their goals, regardless of the ultimate cost to themselves or loved ones. Even to the point of giving up their lives for the higher calling.

This cult-like commitment is so lifelong and powerful it can be overcome only by a major shock to the system. My average counselee has spent 30 years living as an addict. Most of my counselees had to be caught first—many of them multiple times—before they truly asked for help. Even then, it typically takes a spouse's divorce threat before the addict is finally willing to risk giving up his or her idolatrous cult of one. The Pureheart counseling process is normally yearlong because it takes that much time to deprogram an addict.

This surprised and disappointed me at first. I naively thought that if I shared my testimony in brutally honest fashion, if I came up with a cool war theme and great graphics, if counseling was affordable and convenient—well then, men and women would flock to Pureheart for help. Boy, was I wrong! Like most, I seriously underestimated the incredible power of denial.

How powerful is denial? I cite here but a few examples: I was recently counseling yet another deeply addicted Christian, a husband, father, and regular churchgoer. In his 50s now, he has been visiting prostitutes since his early 20s. During the assessment, I confronted him about 3 decades of adulterous behavior. With a straight face, he stated he'd been visiting prostitutes *for only a couple of years*, even though I'd just asked him when he first had sex with a prostitute (his answer was 30 years ago!). Another brother was confronted by his wife yet again about looking at porn. Swearing on the life of his wife—literally—this brother proclaimed his innocence even as his wife held in her hand a long printout of all the porn websites he had been visiting. Yet another brother explained he could not confess his adultery to his wife because it would hurt her too much. As if his unconfessed affairs weren't already damaging his wife and destroying his marriage!



**Welcome to the Alice-in-Wonderland
WORLD OF DENIAL!**



BIBLICAL BIG PICTURE

Adam and Eve, The First Couple of Denial

Why is denial so powerful? Instinctive and irrational, denial inevitably and incrementally increases in step with bad behavior and negative consequences, especially as these things systemically impact our entire world.

The human tendency to run and hide is instinctual behavior inherited directly from the First Couple. Thank you, Adam and Eve!

Then the man and his wife heard the sound of the LORD God as He was walking in the garden in the cool of the day, and they hid from the LORD God among the trees of the garden... He (Adam) answered, "I heard You in the garden, and I was afraid because I was naked; so I hid."
Genesis 3:8,10



Denial is Instinctive

Here's the first commandment in the negative, and the first human sin ever—but nobody needs to teach Adam and Eve what to do next. Run away and hide in the bushes. Pretend like nothing happened, and it will all go away. The world's first cover-up, though certainly not the last. The sudden need for "clothes" to cover up nakedness is the perfect metaphor for how we use denial to hide our true selves. The inevitable shame the follows sin creates in us a nearly irresistible urge to live the secret life, even if we all know instinctively that nothing stays a secret forever.

Denial is Irrational

Come on, folks. Adam and Eve knew God without the veil—they lived with Him in unbroken communion. God is omnipresent, omnipotent, and omniscient (all-knowing). *So here's the plan, since we screwed up big time—run and hide behind some bushes, because that way He will never find us!*

Anyone outside the deniers' closed loop can see holes a mile wide in the story. Everyone in the world knew Bill Clinton was lying through his teeth when he claimed—*I did not have relations with that woman*. Nixon wasn't a crook? Come on! We can instantly spot someone else's denial, even as we completely miss the logjam in our own eye. When we live in denial, we never see our own self-deception, no matter how idiotic and unlikely the story.



Denial is Incremental

The more lies we tell, and the longer we tell them, the more elaborate our denial must become. The closed system feeds upon itself, reinforces itself, and over time becomes a literal, self-fulfilling prophecy. Read Genesis 3. Adam and Eve never repent, at least as the story goes. No one ever says, *I'm sorry*. No one takes responsibility. The closest Adam can come to honesty is admitting to being frightened by God's approach, but even this is self-centered. Does anyone care how God feels about this betrayal?

What would have happened if Adam and Eve had immediately and profoundly repented of their actions? Tragically, Adam and Eve stick with their story, resorting to the inevitable blame game. Adam even ends up blaming God for his own willful choice—*Hey, You're the one who gave me this woman!* Ah, see the Fall was really God's fault! The First Couple's behavior only reinforces their denial, which both compounds their sin *and* kills all possibility of reconciliation.

Denial is Systemic

Note the ripple effect of the First Couple's sin—ripples that are still spreading to this day. Remember, denial doesn't just justify bad behavior; it protects and helps sustain it. And since this was indeed the First Couple, everything about the Fall was foundational, largely in the negative. In other words, it set the default tendency not just for individuals but for institutions.

The Church in general, for example, remains in complete denial about sexual sin—institutions can hide behind the bushes just as easily as individuals. Do churches ever ask their elders about their sexual sins? Do seminaries and mission agencies ever ask detailed questions about a candidate's purity? Does your pastor do a thorough purity check-in every week? Who holds him or her accountable? What about big name speakers or authors on Christian TV?

It isn't just the Church, however. Every year politicians, actors, movie producers, teachers, coaches, and so on succumb to sexual temptation even as the media ceaselessly promotes the utter sexualization of culture and country. If you truly want to see the utter objectification of women on a national scale, try growing up in Latin America like I did. The stereotype of the lustful Macho man is so integral to society that the constant use and abuse of women is simply the norm. The system of denial perpetuates this abuse, because by definition no one can see the national blind spot. Denial isn't always a cult of one; it can systemically impact churches, cultures, and even entire countries.

Any of this sounding familiar? Can you relate to Adam and Eve? Has your denial been so instinctive that you didn't even know you were in denial? Have you behaved irrationally, saying and doing things that make no sense whatsoever? As your addictive behaviors increased, did you increase your cover-up? Did you confess your sins? If you got caught, have you truly repented, or are you still hiding behind the bushes of your lies? Have you learned the hard way that living like Adam and Eve will ultimately destroy your entire world?

***Denial can destroy entire nations.
Germany broke God's laws,
murdered millions, and ruined
entire countries only to
become a ruin itself.***

***You don't break God's laws,
God's laws break you!***





BIBLICAL BIG PICTURE

King David, The King of Denial

At first glance, there are many similarities between Adam and Eve and King David. David's denial is just as instinctive and irrational, even as his closed system helps him hide his adultery and make things even worse by adding murder to the mix. And just like with the First Couple, the ripples of David's sin lead directly to the death of his sons, the idolatry of his descendants, and (one could argue) the eventual destruction of Israel as a nation. This is what we call impacting your entire world! David's life proves the deceitful deadliness of denial, because when you aren't doing anything "wrong," why repent?!

Remember David and *Bathsheba*? Pun intended. Read 2 Samuel 11 and 12. God has promised David, on the condition of his continued obedience, an unbelievable amount of blessing. So what does David do? Instead of going to war with his army, he stays home, gets bored, takes a walk on the roof, and sees Bathsheba taking a bath (the Bible says she was "very beautiful"). He decides then and there that he must have Bathsheba.

There's one small problem: Uriah, her husband. David gets Bathsheba pregnant (remember this is the Old Testament, so by law they both should have been stoned to death), and then decides to have Uriah killed by telling his general to abandon Uriah during a critical point in battle. Wow, the Man After God's Own Heart covets, commits adultery, schemes, murders, lies by omission, and breaks nearly half the Ten Commandments—all without batting an eye. This is the incredibly dangerous power of denial!

Denial is a Closed System.

Remember what I said about denial being a cult of one, a closed system? *A closed system means you have no idea you are in a closed system!* Read the Psalms—they are in effect David's journals. Does David ever talk in detail about his problems with lust? Fantasies? Fornication? Adultery? (Psalm 51 is after the fact!). I mean, he writes in depth about everything else in the Psalms, so why not his struggles with sexual sin? How many times does he refer to his struggles with fear or despair or abandonment? The revenge he desires upon his enemies is described in vivid detail, but when it comes to sex, it's the Psalms of Silence!

Get this, folks: David doesn't become aware of his own denial until it's too late.

I believe David was already practicing denial long before he met Bathsheba. Indeed, it's very likely David grew up in a closed system of denial. Most of us were raised in a closed system with parents and grandparents already steeped in practicing denial and sexual sin. So naturally we do what our parents did. David's ancestors practiced incest and prostitution and married Moabite women (Ruth)—and those are just the sins we know about! Indeed, David may have been an illegitimate child. *Behold, I was brought forth in iniquity, and in sin did my mother conceive me* (Psalm 51:5)—this verse could be a literal reference to his being a child of adultery. This would explain why Jesse somehow forgot to invite David during Samuel's visit. And the reference to David's red hair ("ruddy") could point to his physically looking distinct from his half-brothers.



It's only guesswork at this point, but from my pastoral counseling experience, you don't live a life of complete righteousness and then one day flip a switch and murder someone so you can have his wife. The Bible teaches us that we reap what we sow—Bathsheba was just the culmination of what had to be a long process of sowing into both sexual sin and the closed system of denial.

Obviously, the Bible doesn't discuss David's sexual sins pre-Bathsheba (my point exactly), but we can certainly judge a tree by its fruit. David's predisposal to sexual sin is hugely evident in his sons. Long before Bathsheba, David fathered a rapist (Amnon), plus another son (Absalom) who thought nothing of making a big public spectacle out of sleeping with his father's concubines. Note the harkening back to the ancestral sin of incest (Lot and his daughters). Post-Bathsheba we get a son who makes Hugh Hefner seem chaste: Solomon, the King of Sex Addicts. And what about David's other descendants? Talk about rotten fruit!

Something is seriously wrong with this picture. Thanks to the Psalms, we know David's heart like no other Biblical hero. Think about it: This is the only time in Scripture we have a journal of a person's most intimate, obviously uncensored, thoughts. David writes about everything except the very thing that destroyed himself and his family and his kingdom—precisely because he lived within a closed system and never saw the threat coming!

Denial Keeps the Secrets That Keep Us Sinning

Denial is dangerous, because a closed system doesn't just breed secrets; it protects those secrets, and secrets (lies) inevitably lead to even more sin. More sin requires more secrets, which means more denial, which means we must make our closed system even stronger—until finally the entire ever-escalating mess blows up in our faces. Of course, we aren't the only ones who suffer the consequences of our sins, as most of you know from painful experience. Look at David's behavior after Bathsheba. David committed adultery *and* murder; obviously such public sins would have required serious cover-up!

What was David's response to all of this? *Who me? I'll just make Bathsheba my wife, and all this other stuff will go away—if we don't talk about it...*

David was an expert at denial. Read 2 Samuel 12. The prophet Nathan doesn't appear on the scene until *after* Bathsheba's child is born. That's *at least nine months* that David pretended nothing happened. How could he do that? How could he see his new wife and not be instantly reminded of the innocent man he had murdered? From the Psalms we know that David loved God dearly, and yet he gets real only *after* the prophet Nathan supernaturally exposes his sins.

David's refusal to expose and confess his predilection for sexual sin led directly to his refusal to confess his adultery, which led directly to the even more grievous sin of murder. And what about the death of his first child with Bathsheba? And by rights, he and Bathsheba should have been stoned to death, so he should have been responsible for her death as well. And what about Amnon and Absalom, and the people who died in Absalom's rebellion? And what about the division of the kingdom and the long list of reprehensible kings over Israel and Judah?

Are you starting to appreciate the dangers of denial yet? Do you really want to follow in David's footsteps?!

.....

David was an expert at denial.

He lived in his lies, adultery, and murder for at least 9 months, and even then it took a miraculous confrontation with a prophet to bring him to the point of repentance.

Beware the power of your own capacity for self-deception!

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Denial Trumps Righteousness Every Time

David's mess was massive and ongoing for centuries. But imagine how much worse it would have been without Nathan's intervention?!

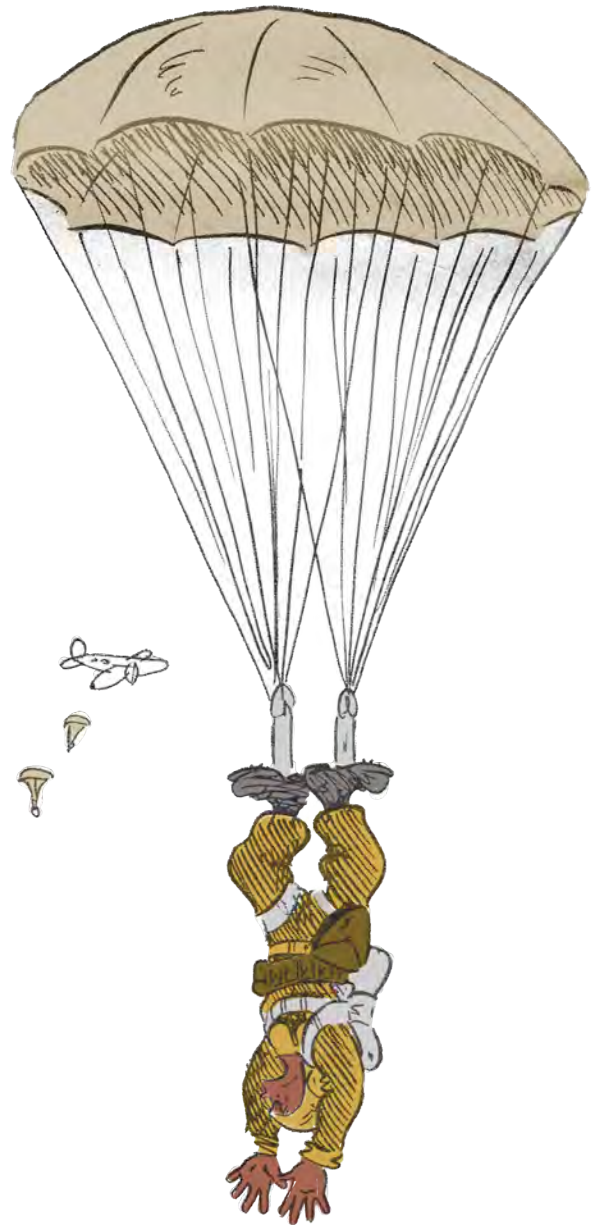
This brings us to yet another dangerous aspect of denial. David was *the man after God's own heart*. Is there any higher praise than this? Here is a man who does almost everything right, pre-Bathsheba—despite multiple adventures that must have involved incredible amounts of stress and fear, and near unbelievable highs and lows. He doesn't just get it right; David is a rock star for doing things God's way (apart from my presupposition of sexual sin). Plus, he's a seriously badass warrior who's also a poet, a dancer, a singer, a lover, a hero to the masses, and a king! Just read the Psalms—this man *knows* God, and God *knows* him.

After Jesus, of course, David is my biggest hero in the Bible. And yet, despite all this, David should be the poster boy for required weekly checklists, confession, and accountability. Notice that doing everything right didn't stop David from flaming out with all the subtlety of a plane crash. Knowing God intimately didn't stop David from throwing it all away. Heck, writing one of the all-time favorite books of the Bible didn't stop David's fall!

Denial is by definition a blind spot, and therefore you can't see the gaping hole in your own armor. All the devil has to do is fire the arrow of temptation straight through the hole and into our hearts. This is why the Bible teaches us, *Therefore let anyone who thinks that he stands take heed lest he fall* (1 Corinthians 10:12). Righteousness without accountability has no defense against the power of addictive sin, because if we are in a closed system of denial, we'll never know it. This is why we need accountability so desperately, because only someone outside our closed loop can point out the holes in our armor we can't see. Once our weaknesses are acknowledged and confessed, we can take steps to make sure we are protected, and can avoid fiascos like David's fall.

This is why, to cite a current example, you've never heard even a hint of sexual scandal about Billy Graham. Talk about someone on the devil's hit list! And yet Billy Graham was wise and humble enough to never travel alone, and usually with a male secretary. So brand this into your brain and save yourself a lot of pain: *Thanks to the dangerous power of denial, anyone can fall from any height at any time!*

***A Christian in denial,
especially one without real
accountability, is just an***



***Accident Waiting
To Happen!***

Shocks to the System



Breaking Free From the Cult of One

It took a huge shock to David's system to help him break out of his denial. Can you imagine the moment? Here's this prophet suddenly exposing the two worst things you've ever done! Nathan lived in reality; he didn't live in the false fortress of David's fantasy world where God's laws no longer applied. Thank God for the Nathans of this world!

It typically takes a major shock to the system—multiple shocks, in most cases—before we can start seeing our own denial. Most of us wait until we get swallowed by the whale of life before we have enough incentive to start changing long-term addictive patterns.

I'll never forget the first major shock to my system (see my testimony in the Introduction section for more). As a junior in high school, my health teacher gave me a copy of an article called *The War Within: An Anatomy of Lust*. To this day I can feel what seemed like body blows as this pastor—anonously—described his torturous path down into the pit of perversion. His brutal honesty took my breath away. I had literally in my life never heard anyone talk like this. I could see my life in his life as plain as porn. And then, even as I was already reeling from cutting conviction, God scared the hell out of me with a mental vision of a circular stairway down into bottomless flames.

I owe my life, my marriage, my children, and my ministry to this man. Through the courage of this pastor—as far as I know, the first Christian leader in the history of the US to ever share openly about personal sexual sin—God planted a deposit in my heart that to this day is bearing good fruit via Pureheart Ministries. The book you're reading now was born the day that pastor chose to write that article.

Sadly, after reading that article it took me another 20 years before I finally started experiencing consistent purity. Back then there was no help of any kind for sex addicts. And thus, I needed more shocks to my system before I finally started coming to grips with my denial.

My next shock was reading a book by Stephen Arterburn on addictions—it had only one chapter on sexual addiction, but this chapter contained a short survey measuring one's level of sexual addiction. Honestly, the chapter and the survey were not that great—this was still the early days—but it was the first time in my life anyone had ever asked me to objectively quantify my addictive behavior. I answered the questions honestly, tallied the results, and then was surprised to see that my score qualified me as an addict. To this day I remember being offended by the term *addict*! I had never once used that term to describe myself—the thought had never entered my mind.

Today, of course, I look back and think, *What an absolute and complete IDIOT!* How could I have been so blind, so ignorant, so hard of heart? So utterly oblivious to the years and years and the thousands upon thousands of times I repeated the same old—dare I say it—addictive patterns! Talk about living in the closed system of my own denial!

The Five Antidotes to Denial: A.R.M.U.R.

Accountability, Reality, Maturity, “Umility,” and Resistance



If denial is so powerful and so dangerous—so much so that it took down the First Couple and the Man after God’s Own Heart—is there any hope for the likes of you and me? Absolutely! Truth can set us free from anything, denial included.

For many of us, reality starts when a truth-teller like Nathan enters our lives. Do you remember the story? The prophet Nathan enters the scene at least 9 months after the affair with Bathsheba. Notice how Nathan deftly avoids rebuking David to his face (which could have possibly hardened his denial). Instead, Nathan tells a story sure to play on David’s well-developed sense of justice. The parable also sets the stage for the shock that’s about to smash David’s denial right in the face.

In the parable, a rich man with many lambs of his own steals a poor man’s only lamb so he can feed it to a visiting traveler. David is instantly enraged: *As surely as the LORD lives, the man who did this deserves to die!...because he did such a thing and had no pity* (2 Samuel 12:5-6).

Is this the most ironic moment in all of Scripture?! Do you understand the absolute blindness of denial?! Are you starting to fear your own capacity for self-deception? David literally

doesn’t have a clue he is calling for his own death sentence. And Nathan’s response is one of the most damning rebukes in the entire Bible—the consequences to David, his family, his descendants, and his kingdom are grim.

Pay attention: The greater our calling and the greater our potential, the more damage we cause when we get it wrong—another scary reminder for those of us in leadership!

There are, however, definitely some positives in this mess. *I have sinned against the LORD* (12:13). David immediately and profoundly repents of his sins. (Note that, as an inspiration for the likes of you and me, he never once returns to the dog vomit of sexual sin). What a contrast with Adam—in the moment of confrontation, there’s no hiding for David, no blaming, and no whining. He immediately and personally takes responsibility. *I have sinned*. No excuses, no buts, no lies—finally. Just some good old-fashioned humble pie.

Unlike Adam, David humbles himself—even though he’s an all-powerful king—and he accepts Nathan’s (God’s) rebuke and punishment. Unlike Adam and Eve, David actually has an accountability partner (of sorts). Instead of running away and hiding in the bushes, David remains grounded in reality and matures through the moment. Apart from Bathsheba and the chaos caused by his sons, David personally ends well, learns from his mistakes, and accomplishes his primary mission of preparing Israel for the temple and the coming of God’s presence.

We can learn from David’s positive example. Breaking free and staying free of denial requires the consistent use of A.R.M.U.R to protect yourself from the fiery darts of denial.

Accountability

The first and largest piece of armor in the battle against denial will always be Accountability. *You desperately need help—not just to get free, but to stay free!*

I just had the sad experience of getting a phone call from one of my former counselees. Within moments of talking to me, he started crying, and I knew this was one of *those* phone calls. I don't get them very often, thank God, but once in a while one of my guys calls me after a major relapse. My former counselee is learning about the importance of accountability the hard way. He ignored my counsel, and years ago gave up on attending a weekly accountability group. He decided to go it solo. I could see it coming. In his pride he believed he didn't need the group. Nor did he ever really open up his heart to the guys in the group, but kept everyone at a friendly but polite distance.

Will you follow in his footsteps? Or do you have ears to hear the oh-so-crucial truth your brother Timothy is laying out for you? Accountability is the most powerful antidote of them all!

It's so important that I devote an entire chapter to it, so here's but a short introduction. Note the parallels and lack thereof between Adam and David. Both men lived at hugely important times in history with potentially huge promises at stake in how they lived their lives. Imagine how different life would be on earth if Adam and Eve had passed their test? Imagine Israel in all of its glory with God literally living in their midst in the new temple. Instead of glory, however, we get an object lesson in how sin and denial impact descendants for generations to come.

Both men are judged directly by God, but herein lies the one crucial difference. There is no Nathan in Adam's life, no brother willing to confront him with the truth of his behavior. Read the story of Adam again in this light—it's a very tragic story. We don't hear another word from Adam after the Fall. Does he repent? Does he get his act together? End well? Keep screwing up? The only thing we know for sure is that his firstborn is a murderer. And since the apple doesn't fall far from tree, as the saying goes, how does this reflect upon Adam?

By holding David's royal feet to the fire, Nathan literally changes the course of David's life. Indeed, we see that even toward the end of his life, David is still following Nathan's wise counsel (1 Kings 1). David has learned from hard experience that accountability is a priceless practice!



***Stop fighting alone. There is safety in numbers.
Join your BOB/BOS group for life***

Reality

How do you remain grounded in Reality? I've distilled your journey to freedom down to some absolutely indispensable principles called the *Rules of Recovery*. Think of these rules as the 10 Commandments of Recovery. They are that important. Memorize them. Tattoo them on your body. Name your children after your favorite rule—yes, they are that life-changing!

Here's your first rule to help you keep it real:



Rule of Recovery #1: Stop lying—Tell the Truth.

A choice to keep lying is a choice to remain in the fantasy world of denial. God will not be mocked; be sure your sins will find you out!

The second armored antidote to denial is Reality. *If you are in denial, your view of reality is completely skewed.* It's like those glasses with the distorted lenses they give to alcoholics to help them—while they are sober—to experience what really happens when they drive drunk. It's hilarious to watch people wearing these glasses—they can't even walk straight, much less drive. The sad thing is that they had to invent these glasses because alcoholics to a man and woman refuse to accept reality—I *can drive fine after a few beers! I drive better after a glass of wine. I wasn't swerving into the other lane, officer.* I once counseled an alcoholic in group counseling who, while driving drunk, killed a child. And yet this man, to my face, still denied being an alcoholic. I wanted to punch him in his oblivious face! Of course, it isn't just alcoholics—every addict lives in lotus land.

How do you start seeing *real* reality, practically speaking? Without accountability, Adam and Eve chose the lie of omission and tried to hide their sin behind the bushes. Contrast this again with David. Nathan forces David to confront the brutal unvarnished truth, and the shock to the system brings David back to his right mind. Note how, when his child dies, the servants are “whispering together,” afraid to share the horrible news with their king. David, however, is done with hiding things, and immediately gets to the painful truth. *Can I bring him back again? I shall go to him, but he will not return to me* (2 Samuel 12:23). This is as real as it gets, folks, spoken by someone who is learning the hard way the importance of remaining real and keeping everything out in the open light of day—especially the painful and the embarrassing stuff.

Go and do likewise. Hang out with people who have been there, done that, and yet now live life without blinders. In reading my books, for example, you're constantly being confronted with *real* reality. Setting addicts free is what I do for a living. There are tons of books and videos and podcasts out there; absorb all the wisdom you can. Meet with an addictions counselor—they are trained in debunking your myths while steering you toward truth. Join a group of people ahead of you in recovery, hopefully far ahead—they won't let you get away with lies and denial. Actually listen to your spouse; see the reality of what you're doing to him or her. I got so tired of that look in my wife's eyes—the reality of the pain I was causing her over and over again. Be brutally honest in the sexual activity survey you're about to take. Stand up in church and confess all your sins in detail. Okay, maybe hold off on that last one, for now...

ACCOUNTABILITY RESISTANCE "UMILITY" MATURITY
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Maturity

Our third piece of armor—Maturity—is yet another critical part of the whole. We can see David's maturity by studying the end of his life (see 2 Samuel 24), particularly when he sinned by taking the census of Israel. David didn't sin deliberately very often, but when he did, it was usually catastrophic! In this case 70,000 people died because of David's sin.

There's a huge difference, however, between this sin and the Bathsheba affair. This time David doesn't need Nathan to expose anything, David is immediately convicted by his own conscience, and he immediately repents. He takes it a step further and even pleads that God will punish only him and his family (and not the nation), since it was his sin that brought down God's wrath. He listens to a prophet yet again (Gad), and then pays for a threshing floor that eventually becomes the site of the Temple, refusing to take the land for free. *I will buy it from you for a price...I will not offer burnt offerings...that cost me nothing* (2 Samuel 24:24). These are the actions of a man seasoned by pain, failure, and success who has learned the hard lesson that maturity is always bought with a personal price.

In other words, *stop expecting God to come down and zap you and take away your addiction*. This is an immature expectation. Of course, God could deliver you instantly from all addictive cravings (I've known a few people instantly delivered in this fashion), but this is never His first choice. Instant deliverance does nothing whatsoever to build His character in you. Integrity comes like the building of the house—one nail at a time. And once you have paid the price, it's your house forever. It's no coincidence we are called to be God's *disciples*. *Discipline* is at the very heart of Christianity.

Indeed, why don't you start today with

Rule of Recovery #2: Craving your Drug? Run Away! Always respond to a mental/emotional craving with a physical response. Do not fight a mental/emotional craving with thoughts.

In other words, don't lie there in bed fighting the urge to masturbate. Get out of bed immediately and go take a cold shower, run 5 miles, have sex with your wife, walk the dog, or call your mom! DO ANYTHING BUT LIE THERE TRYING TO RESIST THE TEMPTATION.

At this stage, you're not remotely strong enough to win the battle this way (which is why you've failed so many times in the past). A year from now you'll simply take every thought captive and be done with the temptation, but you've a long way to go before you reach that stage. For now, always *resist indirectly* by doing something physical, not mental. You'll know you've picked the right physical activity when, 5 minutes after the craving, you've already forgotten it. Trust me, this works!

Mature people mature via learning. Destroying denial is just another lesson to be learned—and like any learning, we get better with practice. Living in a fantasy world is fine for a 4-year-old—but not for a 40-year-old! We must grow up and mature. We develop maturity by *submitting to God's discipline* (Hebrews 12), so stop running away from God's pain and embrace it. In my experience, those of us with addictive personalities require serious levels of pain precisely because our levels of denial are so high. Always remember, however, that pain is not the point of discipline; the purpose of discipline is that we may share in His holiness (12:10).

You can't get to consistent Purity, Maturity, and Destiny if you don't first break free and then stay free of denial.



“Umility”

In case you're wondering, in the interest of memorability, I always try to misspell a word when I use an acronym. “Umility” is yet another major part of your armor, especially at the beginning of your recovery process. Take as a bad example again my former counselee who called me recently. Even though this brother had experienced years of purity apart from an occasional masturbation, denial had crept back in and set the stage for a major adulterous relapse. Indeed, if he'd gone all the way, he'd be in divorce proceedings as we speak, and yet another Christian family would have been destroyed.

In his pride, this brother refused to listen to me as the Nathan in his life. I gave him two critical pieces of truth he needed to follow in order to maintain his purity over the long haul. The first, of course, was that he needed to get back to weekly/daily accountability. I also told him flat out that he was an alcoholic, and he needed to cut out any use of alcohol. Unfortunately, just like the hundreds of other alcoholics I've counseled, he was too proud and too much in denial to accept the truth. In this case, my counsel was particularly important because this brother's habit of drinking while traveling always preceded previous major relapses. And—surprise, surprise—this most recent relapse followed exactly the same pattern.

Humility is the natural enemy of denial. Always start with humility. *A humble person never underestimates his own capacity for self-deception.* Read that again. Jeremiah 17:9 says it this way: *The heart is deceitful above all things and beyond cure, who can understand it?* Jesus teaches us that evil comes first out of the abundance of our hearts. This default state of deception demands a healthy respect for the many lies every Christian can concoct. How anyone can read the story of David and Bathsheba and not be scared in a good way is way beyond me. Basic humility understands that you and I can follow in David's footsteps at any moment, if we aren't taking our daily anti-denial medicine.

Now, trust me, I am not denying that we are new creations in Christ; Jesus has already given us new hearts with a new default. The new default of sanctification, however, is learned over time, through discipline, pain, and practice. God doesn't snap His fingers and instantly make anyone into the ideal Christian. True humility recognizes this now-and-not-yet paradox, and finds strength in admitting our weaknesses.

Contrast my former counselee's pride with David's humility. Remember, David was an all-powerful king. He could have instantly had Nathan executed, along with his family and extended family. Powerful people, past and present, do not like having their darkest secrets exposed. David, however, immediately and wholeheartedly repented. He humbled himself before God's prophet, received the rebuke and the punishment, and truly changed his ways *because he never again relapses into sexual sin.*

So get this, brothers and sisters, from the get-go: My words and this book are God's way of bringing the prophet Nathan into your life just when you need it most. Have the humility to carefully receive and apply the truth contained herein!



Resistance

The final piece of A.R.M.U.R is Resistance, as in spiritual warfare. *Resist the devil and he will flee from you.* I've much more to say on this important topic in Stage 3, but here are some basics. David was a *man after God's heart* because he was warrior par excellence—yeah, read that sentence again, because you've never thought about it that way before.

Unfortunately, you've been influenced by modern-day Christian peaceniks who cite the few verses that refer to the peaceful side of Jesus (*He is the Prince of Peace*), while ignoring the constant Biblical references to God's warlike character and ways. "Jesus" is just another way of spelling "Joshua," which was also the name for God's general over the warrior tribes of Israel. "Joshua" is coming back riding a warhorse, and it ain't no olive branch coming out of His mouth, but a sharp sword meant for killing and judgment. *With justice He judges and makes war... The armies of heaven were following Him, riding on white horses and dressed in fine linen, white and clean* (Revelation 19:11-16).

Yeah, that's right. That's you and me and David riding to war on warhorses right behind Jesus (John previously identifies the "fine linen" as representing the "righteous acts of the saints," 19:8). Note that David the warrior *ran toward Goliath*, but instead of running off to war as king, he *ran toward Bathsheba*. Every member of God's kingdom has a warrior calling upon their life, but if you miss your calling, it's easy to end up resisting the will of God instead.

So wake up, giant-slayer, and start acting like your savior "Joshua." It's high time you start *making war* on the enemies of your soul—starting with the demons that have been leading you into sexual sin.

Rule of Recovery #3: Resist Demons First, Then Crucify Your Flesh! Resist demons by quoting Scripture out loud, just like Jesus did in defeating the devil in the Wilderness.

Quote James 4:7 and specifically rebuke whatever demon is behind the temptation. I usually paraphrase James 4:7 and say something like this: *I submit myself to God, I resist the devil, and you must flee. Demon of masturbation* (or whatever the temptation is), *get out of here in the Name of Jesus.* This will work about 50% of the time (an obvious approximation), because typically (in my experience) about half of all temptation is demonic in origin. Demons have



to obey the Word of God spoken in faith, so about 50% of temptations will stop right there. Indeed, if it's demonic, you often can't even remember what the temptation was once it's gone.

But the other 50% of the time, the craving will *not* go away. And that means it's just your flesh: your sinful nature, or the testosterone in your system, or the consequences of looking at porn thousands of times before, or all of the above. This is when you move to Step 2 and *Crucify your Flesh*. This usually takes more work (which is another reason to rebuke demons first), because you have to go back to Rule of Recovery #2 and engage in physical activity before you can remove the craving. This is yet another reason why you should go through my books with a Band of Brothers or Sisters, so you can set up daily texting and check-in with your brothers/sisters. A great physical response to temptation is to grab your phone, go for a walk, and call one of your brothers or sisters and tell them about the temptation, and then pray together.

How do we break free and stay free of denial? Put on your A.R.M.U.R. daily. Practice accountability, tell the truth and remain grounded in reality, work your plan with consistent maturity, stay humble, and resist the devil until his demons flee. And do all this with a trusted group of Nathans who will hold your feet to the fire!





Chamberlain or Churchill

We are entering the last days when, as Scripture says, the love of many Christians will grow cold. Your love for God will indeed grow cold if you remain trapped in sexual sin deceived by your own denial. I plead with you yet again: Pay the price, learn from your mistakes, apply the truths herein, and break free of denial. You cannot remain in denial and achieve your destiny as a chosen member of God's Greatest Generation. Denial or Destiny? You can't have both...

"I believe it is peace for our time." Waving the peace declaration before a rapturous crowd, Britain's Prime Minister Neville Chamberlain uttered these infamous words on the eve of WWII. It's doubtful that any public figure in all of history has ever been more wrong than Neville Chamberlain. Talk about denial! The result was 55 million dead, millions of refugees, trillions in damages, entire countries wiped off the map, stories of trauma and horrors beyond count, and these newfangled things called nuclear bombs! Does any of this remotely sound like *peace* to you?



Chamberlain had just signed a deal with the Hitlerian devil himself, the culmination of Britain's policy of appeasing the dictator to avoid war at any cost. Indeed, despite a mountain of evidence to the contrary, the entire world—America included—buried itself in the delusion of denial that they could negotiate with evil. The brutal reality is that the diplomacy of denial did nothing whatsoever to prevent war. Hitler grew ever stronger, and his dreams of world domination raced that much closer to fulfillment.

The contrast between Chamberlain and Churchill could not be more stark. Churchill had somehow known since childhood that his destiny would be to help save England (and thus the world). He was truly born for the moment, and his larger-than-life experiences—his many military adventures, political grappleings, and spectacular failures—had prepared him as no other for the world's darkest hour. Churchill was the one voice in the wilderness of denial who kept ranting about Hitler's treacheries and the need to prepare for the war no one wanted to fight.



I highly recommend you watch the movie, *The Darkest Hour*, so you can truly appreciate the stone-cold courage of Winston Churchill. He was brought in at the last hour, the man nobody wanted, with all the odds stacked against him, and yet he did not give into fear or despair or failure. In true bulldog fashion, he kept calm and carried on until the day was saved.

Denial will destroy your personal world as surely as it nearly destroyed the entire world during WWII. Are you an appeaser, living in a land of make-believe, keeping a pretend peace by buying off the devil with bits of your soul? Or will you follow in Churchill's footsteps and fight for freedom with everything you have? You don't reason with evil; like Jesus on the Cross, you crush its ugly, stinking head. Likewise, cut the head off your own capacity for self-deception and destroy denial!



Purity Action Steps

1. **Take the Sexual Activity Survey.** You'll find this survey and the instructions for scoring it on the next pages. This is very important. Quantifying your addictive behavior is a big step in breaking free of denial. Here is some key information:
 - A. **Fill out the survey for your whole life—not just what you did last week!** In other words, even if you paid once for a prostitute 35 years ago, you still mark the “yes” box.
 - B. **Be brutally honest.** There are questions on the survey designed to test for lying. And why bother doing all this if you know you're lying anyway?! If you want to serve the devil, go serve him. Otherwise, get real!
 - C. **Make a copy of the survey, use the copy to record your answers, then shred that copy when you're done.** Do not fill out the survey in the book. This survey should contain your deepest, darkest secrets, so confidentiality is very important. The main thing we want out of this survey at this point is your total score—not the specific answers.
 - D. **Score the survey results carefully.** Scoring the survey is somewhat complicated so be careful. We want an accurate result!
2. If you haven't done so already, **get an assessment from a counselor who specializes in sexual issues.**

Pureheart Group Discussion Questions

(Remember to write down your answers.)

1. Share your score from the sexual activity survey and your response to that score. Are you an addict?
2. In your own words, define *denial*. Include specific and personal examples (no vague generalizations allowed!).
3. Have you lived in denial like Adam/Eve and David? Write down specific examples of how your denial has been instinctive, irrational, and incremental (gotten worse over time).
4. Have you experienced any shocks to your system of denial? If so, what were they, and how did they help you become aware of your denial?
5. Pick two of the A.R.M.U.R. antidotes to denial and explain why they are particularly important to your recovery process. Add specific steps you're taking to make them a regular part of your life.
6. Write down all 3 Rules of Recovery and then explain your specific plan to make them regular habits in your life.

Pureheart Sexual Activity Survey

(Respond to each question by checking either the Yes or No box)

	Yes	No
1. Do you often feel "horny" and desire sex more often than others?		
2. Have you always thought and acted properly in regard to sexual matters?		
3. Have you ever viewed pornographic images on the Internet?		
4. Have you ever masturbated?		
5. Do you feel angry more than other people you know?		
6. Do you sexually fantasize about women with whom you have had casual contact?		
7. Have you ever had any legal problems (civil or criminal) due to your sexual behaviors?		
8. Have you ever visited an adult video store and/or massage parlor?		
9. Have you ever struggled with your sexual activities?		
10. Do you feel separated from God because of your sexual behaviors?		
11. Do you have periods where you cannot control your sexual thoughts and fantasies?		
12. Do you spend time in chat rooms chatting about sexual matters?		
13. Have you ever sexually cheated on your spouse or partner?		
14. Have you ever thought of a woman as a sexual object?		
15. Have you ever reduced your participation in church activities because of your guilt?		
16. Do you feel God has abandoned you because of your sexual sin?		
17. As an adult, have you ever inappropriately touched or were sexual with a minor?		
18. Do you always avoid looking at sexual images in the media or films?		
19. Do you ever feel depressed or hopeless over your sexual behaviors?		
20. Have you ever tried to quit a type of sexual activity which you eventually resumed?		
21. Have you ever been sexual with a prostitute?		
22. Do you ever have thoughts about having sex with men?		
23. Do you ever think you're a horrible person because of your sexual behaviors?		
24. Do you think about group sexual experiences?		
25. Do you always remove yourself from sexual temptation?		
26. Have you ever been arrested for sexual solicitation?		
27. Have you ever bought or paid for porn DVD's/videos, mags, pictures, and/or website access?		
28. Do you like pornographic images showing brutality and humiliation towards women?		
29. Do you feel agitated when you cannot have a "daily sexual release?"		
30. Do you feel bored most of the time unless you are being sexual or thinking about sex?		
31. Do you have a high level of stress in your life?		
32. Do you feel you have completely conquered sexual temptation?		
33. Have you ever asked God to take away your sex drive or sexual organs?		
34. Have you ever felt disturbed over your sexual activities?		
35. Do you enjoy viewing pornographic images of children?		
36. Have you ever had sexual activity with a pet or farm animal?		
37. Do you think about sexual activities when you are at church services?		
38. Do you ever dress like a woman in order to enhance your sexual experience?		
39. Do you ever use drugs or alcohol to enhance your sexual experience?		
40. Have you ever exposed yourself to others in public?		
41. Have your sexual activities hurt your relationships with your loved ones?		
42. Have you ever had a homosexual experience?		
43. Do you feel you need to be tested for Sexually Transmitted Diseases?		
44. Do you ever secretly watch others through windows of their houses or apartments?		
45. Do you think you are morally bankrupt?		
46. Have you lied about your sexual activities?		
47. Do you ever excessively masturbate until you physically hurt?		
48. Have you ever used alcohol or drugs to take sexual advantage of someone else?		
49. Have you ever visited a strip club/bar, swinger's club, and/or lingerie modeling venue?		
50. Have you always been honest?		
51. Do you neglect your responsibilities because of your sexual behaviors?		
52. Do you feel a need to be sexual in order to feel good about yourself?		
53. Have you ever sexually fantasized?		
54. Do you think that your "special" sexual needs make you different than others?		
55. Do you spend long periods of time thinking about sex?		
56. Do you feel ashamed of your sexual behaviors?		
57. Do you think about past and future sexual activities?		
58. Do you think if you're sexual with someone then you will have them under your power?		
59. Have you ever called a phone sex site, had cyber-sex, and/or "sexted" someone?		
60. Have you had sexual relations with anonymous partners?		
61. Do you sexualize others that you see in public places?		

Survey Self-Scoring Guide

Add up all of your “Yes” responses to all of the 61 questions and place total on **Line A** below.

Add up all of your “Yes” responses to the questions 7; 8; 12; 13; 17; 21; 22; 26; 27; 35; 40; 43; 44; 47; 49; and 60. Multiply the total number of “Yes responses from these questions by 5 and place total on **Line D** below.

Example: You have 3 yes responses from these questions and you multiply 3 times 5 which equals 15. You place 15 on Line D.

Add up all of your “Yes” responses to questions 2; 18; 25; 32; 50; and 54. Add up all of your “No” responses to questions 4 and 9. Add together the total number of “Yes” and “No” responses from these questions and then times that number by 2. Place the number on **Line W** below.

Example: You have two “Yes” responses from these questions and one “No” from these questions. You add 2 plus 1 which equals 3. You multiply 3 times 2 which equals 6. You place 6 on Line W.

Add Line A _____ **+ Line D** _____ **+ Line W** _____ **= Total Score** _____

Depending on your survey score, we recommend a Pureheart Assessment:

If your total score is less than 15, no assessment is necessary.

If your total score is between 16 and 20, a Pureheart assessment is worth considering.

If your total score is between 21 and 25, you should sign up for a Pureheart assessment.

If your total score is higher than 26, we strongly recommend you sign up for a Pureheart assessment.

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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, 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.

