



CALL TO RESET

The Identity of Freedom

A 30-day reset plan for breaking free from addiction, building discipline and living from who you already are in Jesus.

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Before You Start



This plan is for anyone who wants to get free. Porn, gaming, the phone, alcohol, or whatever has been eating your evenings. Men and women, any background.

The roots are Christian. You don't have to share that faith to use the steps. But I will talk about Jesus a lot, because He is the reason I believe freedom is possible.

What is inside

- **Parts 1 to 3:** the why. Who you are, how the slide into addiction happens, and how breakthrough works.
- **Part 4:** the plan. 30 days, one action each day.
- **Daily Check-In:** five short questions to ask yourself every evening.

How each day works

- **Scripture:** read it slowly.
- **Declare:** say it out loud.
- **Do this:** the action for today. This is the part that matters most.
- **Pray:** pray it, then go live your day.

If you miss a day or fall: your bath still stands (you will see what that means in Part 1). Let Jesus wash your feet and pick up where you are. Don't start over from zero.



PART 1

Identity First

If you try to beat a habit with willpower alone, you end up on a treadmill. You fail, you try harder, you fail again. When it works, you get proud. When it doesn't, you despair.

Basically, behavior flows out of identity. Change what you believe about who you are, and the behavior follows. Freedom is not a trophy you earn at the end of a perfect run. It is an inheritance you already have in Jesus.

The bath and the foot washing

In John 13, Jesus washes the disciples' feet. Peter refuses. Then he asks Jesus to wash his hands and his head too. Jesus answers:

"Anyone who has bathed needs only to wash his feet and is clean all over."

John 13:10

In those days, people bathed at the public baths and walked home in open sandals on dusty roads. The body stayed clean. Only the feet got dirty.

- **The bath (justification).** When you gave your life to Jesus, you were washed from head to toe. Fully forgiven, fully clean, dressed in His righteousness. God can't love you more than He does right now.
- **The foot washing (daily cleansing).** When you fall, you don't lose your bath. Your feet just got dusty. You don't need to be saved again. You need to let Jesus wash your feet.

Why shame keeps you stuck

After a fall, the enemy's first move is a lie: "You lost it all. Now you have to earn your way back." So you hide, like Adam in the garden. Hiding creates an ache inside. And the ache pushes you straight back to the habit to numb it. The lie that you need a new bath every time you fail is the engine of the whole cycle.

THE SHAME-RELAPSE CYCLE

Stumble → "I lost my standing" → Guilt and shame → Hiding from God → Ache and numbing →
Relapse

THE FOOT-WASHING CYCLE

Stumble → "I'm clean, my feet are dirty" → Boldness → Run to Jesus → Fellowship restored →
Cycle broken

So when you fall, run to Jesus right away. Admit it. Don't hide it. Foot washing is not getting saved again. It is about positioning your heart back on Him. Then the shame loses its grip, and so does the need to numb it.

Freedom can't be mass-produced

A lot of recovery programs, secular and church ones, work like a factory. Same template, same checklist, fast results. In 1913, Henry Ford's moving assembly line at Highland Park made cars cheap. It also brought some hidden costs:

- **Planned obsolescence:** things built to break, so you buy new ones.
- **Throw-away culture:** fixing what is broken stops making sense.
- **People as parts:** skilled work replaced by replaceable workers.

Treat a soul like a car on a conveyor belt and you get the same thing. Quick compliance that breaks under stress. Then people say Christianity "didn't work" for them.

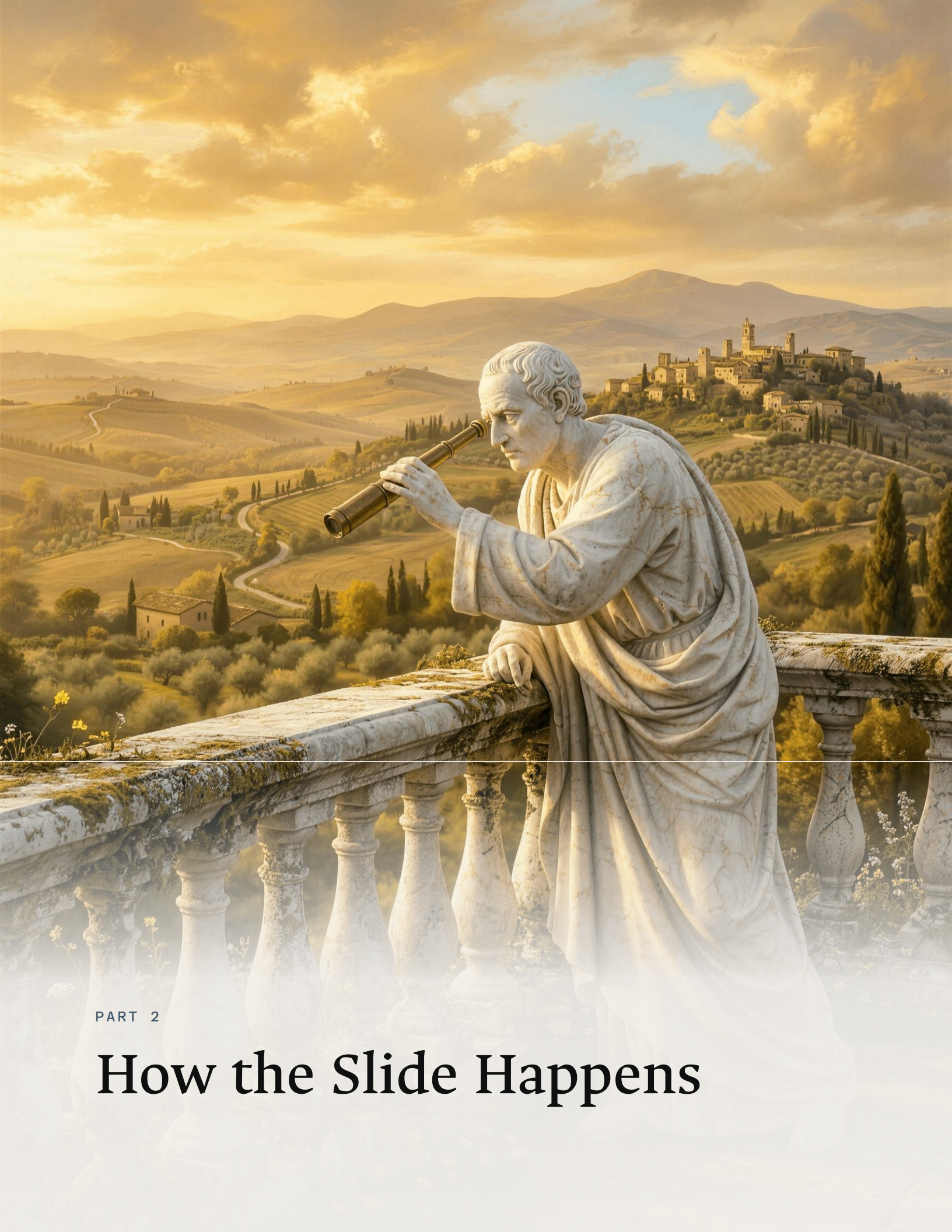
Life doesn't come off an assembly line. A child needs **intimacy** to be conceived, nine months of hidden **gestation**, and about two decades of patient **parenting**. Freedom grows the same way.

ASSEMBLY-LINE RECOVERY	KINGDOM DISCIPLESHIP
Standard conveyor belt	Intimacy with God in the secret place
Mechanical habit tracking	Hidden growth, with time and depth
Cheap, disposable results	Patient, relational discipleship
Breaks down, high relapse risk	Lasting fruit that reproduces

"For though you might have ten thousand instructors in Christ, yet you do not have many fathers."

1 Corinthians 4:15

An instructor gives you a template. A spiritual father or mother gives you their life and walks with you through every foot washing. Freedom is born in the secret place with God and grows in patient relationship.



PART 2

How the Slide Happens

Nobody falls into addiction overnight. The habit is not the root. It is the late symptom of a slow slide on the inside. It usually goes in four stages.

1. Complacency

You run on talent, routine and past experiences. God's gifts still seem to work, so you don't notice that fresh, daily time with the Holy Spirit has stopped. Like King David, resting on his balcony in the season when kings went out to battle. You drop your guard and live on autopilot.

2. Burnout

You push past your limits and skip Sabbath rest. This is not tiredness that one night of sleep fixes. It is soul exhaustion, and it leaves you wide open.

3. Losing your joy in God

Prayer feels cold. The Bible feels like a duty. God feels far away. A soul that stops enjoying God goes looking for other comfort to numb the ache.

4. Losing the fear of God

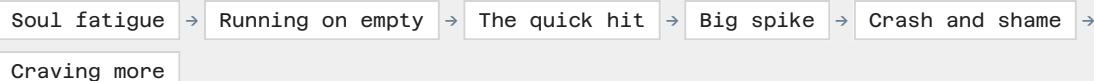
You start overriding the Holy Spirit's conviction. Secret compromise gets explained away. Hidden folders, secret browsers and a double life start to feel normal.

Cheap joy and real joy

God made your brain with a reward system that runs on dopamine. It is meant to move you toward Him, toward people, learning and good work. Walking with God and doing what He made you for gives a steady, healthy kind of satisfaction.

When you're worn out and you have lost your joy in God, you run on empty. Then one click, one game, one scroll or one drink gives a huge spike, far more than normal life was designed to give. Right after it comes the crash, and you end up lower than before. So you want a bigger hit next time. That is how the habit digs in.

HOW THE HABIT HIJACKS YOU



Leonard Ravenhill said it plainly: *"Entertainment is the devil's substitute for joy."* Porn, endless scrolling, nonstop entertainment and alcohol are cheap copies. They try to fill a hunger that was made for God.



Fasting resets the appetite

Fasting doesn't earn points with God, and it doesn't twist His arm. It puts your appetites back under control. When you step away from food and from screens, the noise goes quiet. You sit with God. Your conscience wakes up, and you start to enjoy the secret place again.

Akarit: live with the end in mind

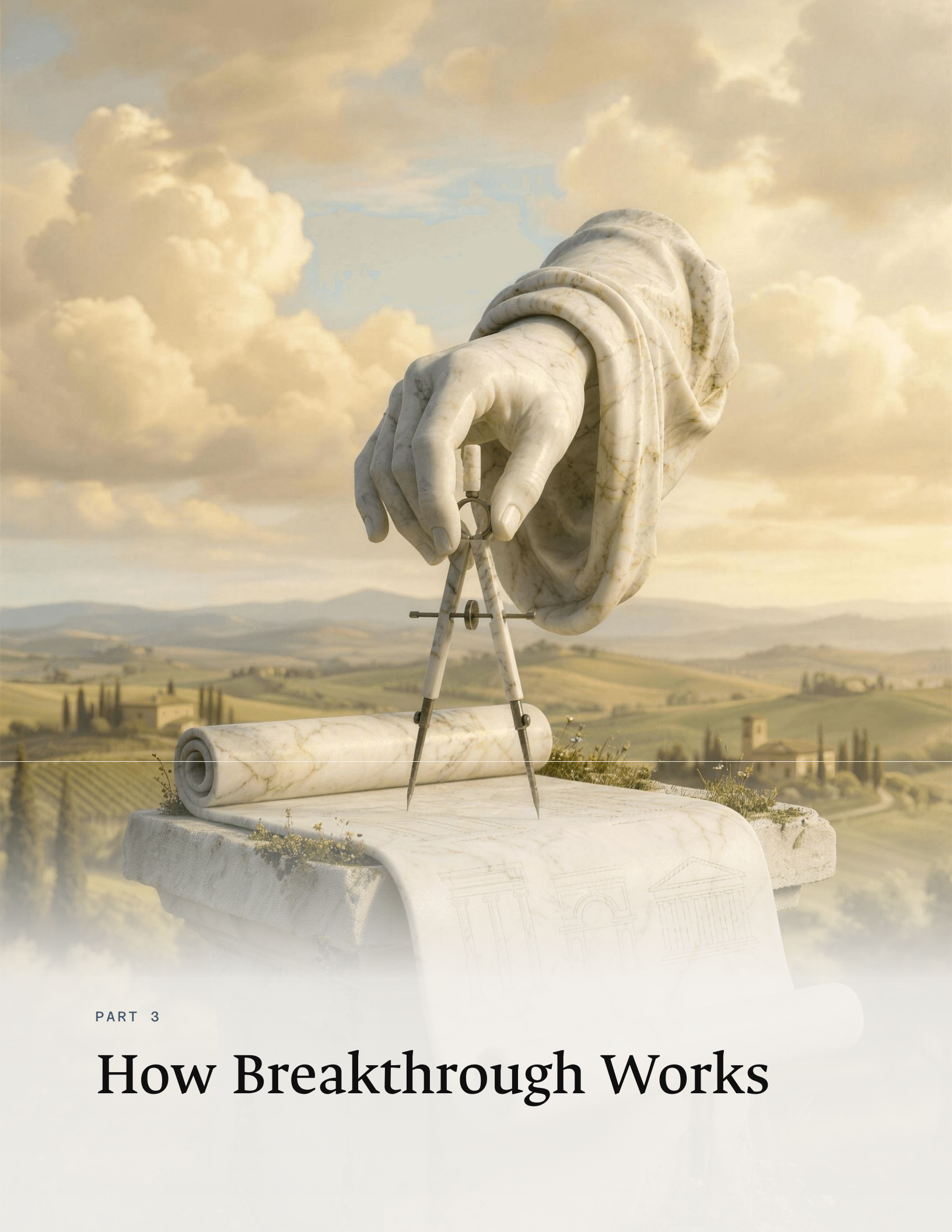
Temptation is short-sighted. It shows you the next five seconds and hides what comes after: the shame, the damage, the broken fellowship. The Hebrew word **akarit** has no single English word. It means the end, the final outcome, the back side of a matter.

"Mark the perfect man and behold the upright, for the end (akarit) of that man is peace."

Psalms 37:37

- **Dr. Michael Brown** kept pressing this word into his students at the Brownsville Revival School of Ministry. He often quoted Thomas à Kempis: *"Happy is the man who has the hour of his death (his akarit) always before his eyes."* One morning he opened the newspaper and saw his own name at the top of the obituaries. It was someone else. But it hit him: one day there will be two dates on his stone with a small dash between them. What matters is how that dash is lived before God.
- **Reinhard Bonnke**, as a boy, knelt at a church altar next to an old pastor. The pastor was weeping and asking God to forgive the secret compromise he had allowed for decades. Reinhard moved to the other side of the altar and prayed: *"Lord, help me to mind in the beginning what matters in the end."* He lived by that prayer for the rest of his life.

Keep the end in front of you, and secret sin loses its pull.



PART 3

How Breakthrough Works

Breakthrough is not an emotional high at a church service. It is God's power breaking real chains, in real time.

God calls Himself **Baal-Perazim**, the God of the breakthrough. Breakthrough happens when faith, today, takes hold of what God already promised.

Mix the Word with faith

"The word which they heard did not profit them, not being mixed with faith in those who heard it."

Hebrews 4:2

SUGAR IN WATER	HYDROPHOBIC SAND
You receive the Word like a child. It dissolves into your spirit and becomes part of who you are.	This sand is coated so water can't wet it. You hear the Word with cynicism, or "I'll think about it." It stays dry on the surface.
When temptation comes, the Word is already inside you. The enemy can't take it.	When temptation comes, the enemy snatches it away easily.

Faith works like a fuse

Faith doesn't run on volume, shouting or bargaining. It works like an electrical fuse. A fuse conducts because it has low resistance.

- **High resistance:** skepticism, pride, arguing, waiting before you agree. The current is blocked.
- **Low resistance:** you agree with what God says about you right away, like a child. The power flows.

God is always at His zenith

"Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning."

James 1:17

A sundial casts shadows as the sun moves. At noon, with the sun straight overhead, the shadow disappears. Your feelings move all day, inspired in the morning and exhausted at night. God doesn't. He is always at noon. He is not more or less willing to free you on a bad day. His promises stay 100% the same.

When He speaks, I jump

Temptation needs a delay. A trigger opens a short window. If you hesitate, debate or explain it away, desire builds and turns into action. So the rule is simple: **when He speaks, I jump.**

Reinhard Bonnke's successor, Daniel, tells this story. One Saturday at 6:00 AM, Reinhard called him. He was driving two hours from Vero Beach, Florida, to Orlando to meet him. At a restaurant Reinhard said: *"The Lord spoke to me this morning. He told me, 'I have a harvest home for you in Orlando.' We are no longer to rent. We are to buy our own facility."*

Daniel had two objections. It was Saturday, so every real estate office was closed. And they had no money. They were hundreds of thousands of dollars behind on payments for an upcoming crusade. Reinhard answered with tears in his eyes:

"Oh, Daniel, I know you can't do anything about it today. I didn't drive here for you. I drove here because I feel as though the eyes of God are upon me, and I want Him to see that when He speaks, I jump!"

A few days later, a businessman who had never given to the ministry called. He had heard that Reinhard refused to endorse a book on evangelism because it left out the Holy Spirit. He flew to Orlando, looked at a \$4 million building across the street and paid for it in full, in cash.

God speaks → No delay → You act ("I jump") → Provision

So when the Holy Spirit nudges you to close the laptop, leave the room, turn off the screen or confess a thought, don't negotiate. Jump. Quick obedience cuts temptation off before it grows into action.



PART 4

The 30-Day Plan

This is not a checklist to earn God's favor. You already have it. It is 30 days to line up your mind, your body and your spirit with who you already are: forgiven, clean and a child of God.

One day at a time. Do the action, even on a tired day.



PHASE 1 · DAYS 1-7

Identity and a Clean Slate

DAY 1

The Bath and the Foot Washing

SCRIPTURE *"Anyone who has bathed needs only to wash his feet and is clean all over."* John 13:10

DECLARE "I have been fully washed by the blood of Jesus. My standing before God is clean, permanent and secure."

DO THIS Take a sheet of paper. Write down every guilt-thought and past failure that haunts you. Across the whole page, in bold red ink, write: **"BATHED IN FULL. POSITIONALLY CLEAN."** Tear it up and throw it away.

PRAY "Lord Jesus, I am fully justified by Your blood. Wash my feet today from any dust of compromise or doubt. I walk into this day clean and loved. Amen."

DAY 2

No Condemnation

SCRIPTURE *"There is therefore now no condemnation to those who are in Christ Jesus."* Romans 8:1

DECLARE "I live in a no-condemnation zone. God is not angry with me. He loves me to the last and highest degree."

DO THIS Find the room or place where you feel the most shame or temptation. Walk in, raise your hand and say out loud: **"This space is governed by the zero-condemnation law of Christ!"**

PRAY "Father, I refuse shame and self-hate today. I take Your love and rest in it as Your child. Amen."

DAY 3

Clothed in Righteousness

SCRIPTURE	<i>"For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him."</i> 2 Corinthians 5:21
DECLARE	"Right now I am as righteous before God as Jesus is, because I wear His righteousness."
DO THIS	Stand in front of a mirror. Look yourself in the eye and say it three times: "You are the righteousness of God in Christ Jesus. Stop acting like a slave."
PRAY	"Lord, my acceptance rests on what Jesus did, not on my performance. I wear His righteousness today with thanks. Amen."

DAY 4

Seated Above the Habit

SCRIPTURE	<i>"But God, who is rich in mercy... raised us up together, and made us sit together in the heavenly places in Christ Jesus."</i> Ephesians 2:4-6
DECLARE	"I am seated with Jesus in heavenly places, far above every habit and every trigger."
DO THIS	The moment an urge or impure thought hits today, sit down in a chair. Close your eyes. Picture where you really are: seated with Jesus, above the temptation.
PRAY	"Father, line up my view with where I really am in Jesus. From that seat I rule over my lower appetites. Amen."

DAY 5

Adopted into the King's Family

SCRIPTURE	<i>"God has sent forth the Spirit of His Son into your hearts, crying out, 'Abba, Father!'"</i> Galatians 4:6
DECLARE	"I am not a slave to my impulses or my screens. I am an adopted child of the King."
DO THIS	Audit your digital life hard. Delete any hidden app, secret vault or browser setting that belongs to a "slave identity."
PRAY	"Abba Father, thank You for adopting me into Your family. Tune my heart to hear Your voice today. Amen."

DAY 6

The Cleansing Blood

SCRIPTURE	<i>"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."</i> 1 John 1:9
DECLARE	"The blood of Jesus keeps cleansing my conscience. Darkness has no hiding place in my life."
DO THIS	Practice instant honesty. When you feel an impure pull, bring it to God right away. Confess it. Don't hide it and don't explain it away.
PRAY	"Lord, I bring every private thought into Your light. Wash my feet with Your truth and keep my walk open before You. Amen."

DAY 7

Sabbath Rest

SCRIPTURE *"There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works."* Hebrews 4:9-10

DECLARE "My victory does not come from striving. It comes from resting in the finished work of Jesus."

DO THIS Take a strict 24-hour Sabbath. Step away from performance pressure, work email and mental striving. Rest your body and your soul.

PRAY "Lord, I stop my self-effort today. I receive Your rest deep into my soul. Amen."



PHASE 2 · DAYS 8-14

Dismantling Triggers and the Slide

DAY 8

Soul Fatigue and Boundaries

SCRIPTURE *"'Not by might nor by power, but by My Spirit,' says the Lord of hosts."* Zechariah 4:6

DECLARE "I am honest about my limits. I honor God by guarding against burnout."

DO THIS Do a soul-fatigue check. Find one ministry duty, work task or social plan that is draining you. Say a clear "No" to it today.

PRAY "Holy Spirit, forgive me for working in my own strength. Refresh my tired soul and teach me the unforced rhythms of grace. Amen."

DAY 9

Clean Up Your Digital Space

SCRIPTURE *"By the fear of the Lord one departs from evil."* Proverbs 16:6

DECLARE "My eyes and my mind belong to God. I shut every digital door to secret compromise."

DO THIS Reset your digital life. Install strong content blockers. Remove the apps that trigger you. Set one rule you don't negotiate: **no phone, tablet or laptop in the bedroom overnight.**

PRAY "Lord, I give You my devices today. Let what I do online match who I am in Jesus. Amen."

DAY 10

A Dopamine Fast

SCRIPTURE *"Your word I have hidden in my heart, that I might not sin against You."* Psalm 119:11

DECLARE "My desires answer to the Holy Spirit. Cheap hits have no power over my appetites."

DO THIS Do a full 24-hour media fast. No TV, no scrolling, no streaming, no video games. Let your brain reset in quiet time with God.

PRAY "Father, I put my appetites under You today. Quiet the noise so I can hear Your still, small voice again. Amen."

DAY 11

Back to Your First Love

SCRIPTURE *"You have left your first love. Remember therefore from where you have fallen; repent and do the first works."* Revelation 2:4-5

DECLARE "I reject autopilot faith. Jesus is my first love and my delight."

DO THIS Remember the joy you had when you first met Jesus. Spend one full hour today in private worship, praise and thanks. Don't ask Him for a single thing.

PRAY "Lord Jesus, forgive me for coasting on past victories. Light the fire of first love in me again today. Amen."

DAY 12

The Fear of the Lord

SCRIPTURE *"The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding."* Proverbs 9:10

DECLARE "I walk in the fear of the Lord. I value His presence far above any secret, short pleasure."

DO THIS Practice God's presence. Set an alarm for every two hours. When it rings, stop, take a deep breath and remember that God is in the room with you.

PRAY "Holy God, remove every hard layer of compromise in my heart. Give me back a deep awe for Your name. Amen."

DAY 13

Delight in the Word

SCRIPTURE *"How sweet are Your words to my taste, sweeter than honey to my mouth!"* Psalm 119:103

DECLARE "God's Word satisfies me more than any screen."

DO THIS Swap 45 minutes of screen time for reading three chapters of the Gospel of John out loud. Go slowly and let every word sink in.

PRAY "Lord, open my eyes to the beauty of Your Word. Let Your truth fill my hunger today. Amen."

DAY 14

The Akarit Check

SCRIPTURE *"Mark the perfect man and behold the upright, for the end (akarit) of that man is peace."*

Psalms 37:37

DECLARE "I live with my akarit in view. I choose lasting peace over five seconds of impulse."

DO THIS Write your spiritual obituary on an index card. How do you want your life, your legacy and your faith to be remembered when you stand before Jesus? Keep the card in your wallet.

PRAY "Father, keep eternity in front of my eyes today. Let my final destination shape every private choice. Amen."



PHASE 3 · DAYS 15-21

Activating Faith

DAY 15

Mix the Word with Faith

SCRIPTURE *"The word which they heard did not profit them, not being mixed with faith in those who heard it." Hebrews 4:2*

DECLARE "God's Word dissolves into my spirit and becomes part of who I am."

DO THIS Pick one promise of freedom (for example Romans 6:14). Say it out loud thirty times through the day, until it sinks in like sugar in water.

PRAY "Lord, I mix Your Word with faith today. I won't let doubt keep Your truth dry on the surface of my heart. Amen."

DAY 16

Childlike Faith

SCRIPTURE *"Whoever does not receive the kingdom of God as a little child will by no means enter it." Mark 10:15*

DECLARE "I trust my Father like a child. I drop my arguments against His promises."

DO THIS Find one area where you've been over-analyzing your recovery. Drop the arguments on purpose and say out loud: **"God said I am free, I believe it, and that settles it."**

PRAY "Father, forgive my pride and my skepticism. Give me a simple heart that agrees with Your Word right away. Amen."

DAY 17

God at His Zenith

SCRIPTURE *"Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning." James 1:17*

DECLARE "God is always at His zenith over my life. His character and His will to free me never change."

DO THIS However you feel today, tired, sad or stressed, spend fifteen minutes praising God for His character that never changes.

PRAY "Lord, thank You that You never change. When my feelings shift like shadows, I anchor my soul in who You are. Amen."

DAY 18

The Armor of God

SCRIPTURE *"Be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil." Ephesians 6:10-11*

DECLARE "I am dressed in God's armor. No dart of the enemy gets through my shield of faith."

DO THIS Before you get out of bed, pray through each piece of the armor out loud: the belt of truth, the breastplate of righteousness, the shield of faith and the helmet of salvation.

PRAY "Lord, I put on Your armor today. I stand firm against every subtle impulse and every lie. Amen."

DAY 19

Taking Thoughts Captive

SCRIPTURE *"The weapons of our warfare are not carnal but mighty in God for pulling down strongholds... bringing every thought into captivity to the obedience of Christ." 2 Corinthians 10:4-5*

DECLARE "I guard the gate of my mind. I stop impure thoughts the second they show up."

DO THIS The second a triggering image or fantasy touches your mind today, say out loud: **"I take that thought captive to the obedience of Christ right now!"**

PRAY "Holy Spirit, keep my mind alert. Help me stop thoughts at the door before they take root in my emotions. Amen."

DAY 20

The Secret Place

SCRIPTURE *"When you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place." Matthew 6:6*

DECLARE "My most important life is the hidden time with my Father."

DO THIS Spend twenty minutes in a closed room, in silence, with no devices. Don't hurry. Just be with God. Love Him and let Him love you.

PRAY "Father, thank You for the sweetness of the secret place. Everything that lasts in my life starts here with You. Amen."

DAY 21

Praise in the Middle of Temptation

SCRIPTURE *"Let the high praises of God be in their mouth, and a two-edged sword in their hand."*

Psalms 149:6

DECLARE "Praise is my weapon. The enemy can't work on my desires where God is being praised."

DO THIS If temptation or heaviness hits today, put on worship music right away. Sing out loud until the urge breaks.

PRAY "Lord, I lift Your name high today. Let praise in my mouth break every attack against who I am in You. Amen."



PHASE 4 · DAYS 22-30

Radical Obedience and Lasting Freedom

DAY 22

Instant Obedience

SCRIPTURE *"If you have faith as a mustard seed, you can say to this mulberry tree, 'Be pulled up by the roots and be planted in the sea,' and it would obey you."* Luke 17:6

DECLARE "I respond fast to the Holy Spirit. When He speaks, I jump."

DO THIS Zero delay today. Whatever the Holy Spirit prompts you to do (close a screen, send an encouraging text, give, step out of isolation), do it within three seconds.

PRAY "Holy Spirit, take the hesitation out of my walk. Let my heart answer every prompt with quick, joyful obedience. Amen."

DAY 23

Kingdom Vision

SCRIPTURE *"Where there is no revelation, the people cast off restraint."* Proverbs 29:18

DECLARE "I am not only running away from sin. I am running toward the mission God gave me."

DO THIS Write a one-page **"Kingdom Vision Document"**: your spiritual goals, creative projects and calling for the next five years. Focus on what you are built to build.

PRAY "Lord, make my vision bigger. Replace the narrow pull of secret sin with the purpose You have for my life. Amen."

DAY 24

Creating Value for the Mission

SCRIPTURE	<i>"You shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant."</i> Deuteronomy 8:18
DECLARE	"God gives me wisdom and creativity to build value. I am moving from survival to building."
DO THIS	Spend 45 minutes mapping out a skill, a business idea or a project that creates value and can fund Kingdom work.
PRAY	"Father, thank You for the ability to create value. Let my finances become an engine for Your Kingdom. Amen."

DAY 25

Community and Honest Accountability

SCRIPTURE	<i>"Confess your trespasses to one another, and pray for one another, that you may be healed."</i> James 5:16
DECLARE	"I walk in the light with people I trust. Isolation has no place in my life."
DO THIS	Reach out today to a mature Christian you trust. Share your journey honestly. Set up a weekly check-in that stays.
PRAY	"Lord, take me out of secret, independent living. Plant me in honest friendship within Your family. Amen."

DAY 26

Serving Others

SCRIPTURE	<i>"You have been called to liberty; only do not use liberty as an opportunity for the flesh, but through love serve one another."</i> Galatians 5:13
DECLARE	"I am free from self-obsession, so I can carry God's love to people who are hurting."
DO THIS	Do an anonymous act of service, or give to someone in need today. Move your attention off yourself and onto them.
PRAY	"Father, let Your love flow through me today. Use my hands, my money and my time to lift someone's load. Amen."

DAY 27

The Power of Testimony

SCRIPTURE	<i>"And they overcame him by the blood of the Lamb and by the word of their testimony."</i> Revelation 12:11
DECLARE	"My story of freedom gives hope to others."
DO THIS	Write a three-minute summary of how God freed you from shame and settled your identity in Jesus. Be ready to share it when you are led.
PRAY	"Lord, give me boldness to share my story. Let Your grace in my life break chains in others. Amen."

DAY 28

Becoming a Spiritual Parent

SCRIPTURE *"For though you might have ten thousand instructors in Christ, yet you do not have many fathers."* 1 Corinthians 4:15

DECLARE "I am growing from a spiritual child into a spiritual parent who patiently helps others stay free."

DO THIS Think of a younger believer, or someone in your circle who is struggling. Reach out this week with encouragement, prayer and real friendship.

PRAY "Father, give me the patient heart of a spiritual parent. Use my life to raise up the next generation of believers. Amen."

DAY 29

Standing Firm Against Triggers

SCRIPTURE *"God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape."* 1 Corinthians 10:13

DECLARE "God always gives me a way out. No impulse and no trigger can trap me."

DO THIS Name your highest-risk situations (late nights alone, business travel, emotional fatigue). Write an **"Escape Protocol"** with the exact steps you will take when you are triggered.

PRAY "Lord, keep me sober-minded and alert. Thank You for always making a way of escape. Amen."

DAY 30

Finishing Well

SCRIPTURE *"I have fought the good fight, I have finished the race, I have kept the faith."* 2 Timothy 4:7

DECLARE "Freedom is my identity and my inheritance in Jesus."

DO THIS Read back your Day 1, Day 14 and Day 23 declarations. Close these 30 days by taking communion and thanking God for your full bath.

PRAY "Lord Jesus, I close these 30 days in Your presence. I don't walk out as an addict trying to stay clean. I walk out as Your forgiven, loved child. Freedom is already mine. Amen."

EVERY EVENING

Daily Check-In

Use this every day, during the 30 days and after. It takes two minutes. Be honest. If the answer is no, that is a foot washing, not a failure of your identity.



AREA	ASK YOURSELF	DAILY TARGET
The Word	Did the Word dissolve into me through faith (sugar in water), or did it stay dry (sand)?	15+ minutes in Scripture
Secret place	Did I spend unhurried time with the Father, away from screens?	20+ minutes of quiet
Digital boundaries	Did I guard my eyes, clear my triggers and keep my phone out of the bedroom overnight?	Every boundary kept
Identity	Did I say out loud who I am in Jesus (bathed, clean, no condemnation) when my feelings shifted?	Out loud, every day
Obedience	When the Holy Spirit nudged me to turn away, confess or step out of isolation, did I jump?	Zero delay

AFTER DAY 30

Freedom Is Already Yours

You finished 30 days. This is not a program you are now done with. It is how you live from here on.

Freedom from porn, from any addiction and from shame is not only for a few super-saints. It is the normal inheritance of every child of God who knows who they are in Jesus.

You don't fight *for* freedom. You fight *from* freedom. You already had the bath. You are forgiven and dressed in the righteousness of Jesus.

When your feet get dusty, don't hide. Run to Jesus. Let Him wash your feet, drop your resistance to His voice and keep walking in the glorious liberty of the children of God.

God is good, and He loves His children.

