

DRIVEN

Prepare

A Journey is defined as: Travel or passage from one place to another; hence, figuratively, a passage through life.

Driven is an instruction manual to assist you on that journey on the road to freedom from pornography addiction.

Prepare your self to be changed, and realize this is NOT the cure, This is a guide for you to use to help break the bondage of pornography addiction.

Many people have the desire to stop watching pornography but just don't know how to do so. This guide was created as a guide you need to help end your addiction once and for all.

Read this manual from beginning to end, you will see a *: this symbol stands for a statement being made, the Q: stands for a question, take time to answer to the questions.

Our prayer here at Thirteen to Thirty Three is that you will be delivered from the evil that exists within pornography, and live the life you were created to live.

Q: Has pornography addiction taken over your life?

Q: Are you ready to break the cycle, and get on the road to recovery?

Why?

Research

Before this journey begins we must look into why were going. Lets look back to see what got us in this situation from the beginning.

Adam and Eve were the first two people on the planet. They were told they could have any fruit except the forbidden fruit. So they went for what they could not have the fruit that looked good to them, was the very thing God told them to avoid.

God has been telling us since the beginning of time that there are things that are harmful to us, and although they may look good on the outside, they are poisonous on the inside.

We also learn from this story that God never meant for us to be alone, people who suffer with pornography addiction do so alone, due to shame, fear and pride.

Secrecy is Sin's best friend, it makes sin stronger, and with out confession to someone who can help us, we will not get better, only worse.

Satan loves when we think we can do this alone, he knows if you get help your chance of succeeding will increase. Pornography addiction is a Spiritual and neurological disorder. It not only destroys your relationship with God, but it changes the Neurochemistry of your brain to hook you on the drug called pornography.

The brain does not differentiate between drugs, alcohol, gambling, or pornography, Pornography is the easiest and cheapest of all these therefore it's becoming one the world's worst addictions.

*: Write out your life story, you don't have to share it with anyone. Research it see what event(s) caused you become addicted to pornography.

Q: If you could change any thing about the past, what would it be?

Needs

This Journey will require some things from you, Lets look at the core of all addictions is: Selfishness.

Selfishness: It is the act of placing one's own needs or desires above the needs or desires of others

When we put our own pleasure over everything and everyone around us there can only be trouble.

Lets look at mans law when it comes to driving, We stop at red lights, stay within our lanes and avoid collisions. Most of us have two fears when driving, fear of the Police and death.

How can we follow mans law of driving safely, yet ignore God's law of pure living? We should fear God more than a traffic ticket or an injury to our car or our bodies.

Q: Why don't we take God perfect plan for our sexuality more serious?

Q: Was there a need do you not receive that may have caused the addiction to pornography? What was it?

Drive

As we begin the journey we notice that our car has many parts that all serve a unique purpose. The Car represents your body, and the Journey represents life. Let's take a close look at you before we set out on this trip.

-----**Restoration**-----

This process starts first with a stripping down of old parts; God must tear away at what we are in order to restore us to the condition he created us to be.

EYES-----HEART-----MIND

Eyes- They are the entry point in to you body, that being said they are all your greatest enemy against purity. God gave us sight to enjoy the beautiful items of this world, not to ingest lustful images into our bodies. When your eye begins to sin, picture a stop sign or a red light, and imagine what happens when we ignore it. The consequences could be deadly.

And if your eye causes you to sin, tear it out and throw it away. It is better for you to enter life with one eye than to have two eyes and be thrown into hell fire.

Matthew 18:9

Heart- Engine- The heart of a human and the engine of a car is both the core, the center. Neither can function without it and if the heart/engine are bad, the car/human is bad as well. We need to ask God to clean our hearts, so that we may grow to be all he's called us to be.

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

Pslams 51

Mind- Transmission- The mind is a powerful tool, a person that's controlled by pornography needs to have their mind transformed for this journey. The word "transform" means to change. You can't store old images or keep old sinful habits in something that has changed.

Do not be conformed to this world, but continually be transformed by the renewing of your minds so that you may be able to determine what God's will is-what is proper, pleasing, and perfect.

Romans 12:2

Word of God-Engine Oil – The motor oil is vital to an engine running; it creates an environment for the engine to run at peak performance.

God's word poured into our hearts does the same thing, it keeps our heart

Sin-Train- When we see a train on the track from a mile away, it does not look very lethal. As the train comes closer, it has the potential to kill us, especially if we put ourselves in its path via temptation.

Temptation-Railroad Crossing- When were hit with temptation a decision must be made stay, or advance, the arms of a train track come down its like God's hands coming down to stop up, many times we go around those arms to do what we think is best.

Fellowship-Alignment- We must align ourselves with people dealing with the same issues we are. At time we think that we are the only person in the world dealing with this, the truth is there are others going through the same thing and we must spend time with others to gain and give encouragement.

Bible- Owners Manual- When we know how a invention works, we read the manual, God is our inventor, he put the bible her for us to gain instruction on how life works. Life is an open book test, most people will fail, because they will never read the book.

Holy Spirit- Navigation System- GPS or global position systems give us direction, the holy sprit also guides us through day to day living her on earth, making good decisions to help and not harm us. We do have free will to ignore it and go our own way, if our way were better, we would not be in this situation.

Jesus Christ-The Mechanic -You don't have to tools or the knowledge to repair yourself. Just like a car taken to automotive shop to be repaired you must ask Jesus the mechanic. Let him restore you, you will be glad you did.

Q: Which of these areas do you need to work on the most?

*: Memorize these examples, so you can use them to get you one step closer to Purity.

Road 2 Recovery

During our journey we see that we have options, we can stay on the road we have been on, or change the course to a new destination: A town called **Purity**. God's design for our sexual lives is 100% Purity.

Here is a road map of our journey:

Broken Road- Where you are now

Restoration- Where your change will come

Recovery Toll Way- Your journey begins

Interstate Freedom- The final stretch

Destination: A town called **Purity**

As we arrive at our destination, you soon see how great this *new* life is, and ask yourself why would I want anything other than this.

*: Imagine what your life would be without pornography.

Q: Can you see all you have to gain, and how little you have to give up reaching God's perfect destination called purity?

Leave

As we arrive at our destination we know we will soon have to depart. Death is certain, we all will die one day. You must ask yourself is this the way I want to die?

Decide that you will live your life pleasing God, caring for you family and friends and others who look up to you.

We urge you to:

- Confess to someone you trust
- Seek Christian counseling
- Read your “*Owners Manual*” the Bible daily
- Pray and ask God to send you the PEOPLE & RESOURCES to help you be come free of this addiction.
- Take steps to protect you EYES/MIND/HEART
- Find something to fill the void that pornography we leave behind.

*: Write down the regrets you would have if you died tomorrow week.

Q: Do you want to die in bondage to pornography?

Thank you for reading “Driven”. Please give a copy of this file to someone you know who is dealing with this addiction.

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