Covenant

There is a battle going on within me. As much as it pains me to admit it, that battlefield is my sexuality. I realize that the outcome of this battle not only impacts my own life, but the lives of those I love and care for. I now choose to fight for godly character and integrity, not only for my soul, but also for my family, friends, brothers and sister in Christ, and above all else, Almighty God. I am beginning to understand I cannot win this battle by myself. I am coming to see the biblical truth that "we are members of one another." Therefore I surrender to His wisdom, turn to the leadership of the Church, and submit myself to the process of renewing my mind.

I CAN:

- Live life on God's terms, not my own or the world's.
- Attend regular small group meetings, make contact with a group member are least three times between meetings, and verbally express my feelings.
- Pay close attention to what I look at, listen to, and focus on, and take responsibility for my thoughts and actions.

I CAN ACCEPT:

- Healing is a miraculous process that takes time that involves pain and learning from it.
- I do not live in isolation, and my choices do affect others.
- I have become skilled at lying to others and myself, and my secrecy keeps me in bondage to my sin.
- I am very capable of falling back into pornography addiction.
- A relapse doesn't stop the healing process, but it will have consequences.

I WILL COMMIT TO:

- A willingness to change and to follow through on my plans.
- Total confidentiality—I will discuss only my own experiences outside the group.
- Rigorous honesty with God, my small group, myself, and eventually, my family and friends.
- Reading scripture, praying (including a nightly examen), and expanding my knowledge base.
- Receiving Holy Communion at least once a month or as frequently as possible due to mortal sin
- Pursuing biblical standards of sexual purity in my life and a goal of sobriety that is living God's way.

SIGNED _____ DATE _____

WITNESSED BY _____