

## **The 10 Commandments of Sexual Integrity**

*(Following a proven program that is time-tested and has worked for many others is a key part of submitting to a new recovery lifestyle.)*

1. AM Prayer: *Partnership with God*
2. Reading recovery literature (in addition to Bible-reading)
3. Weekly Group Meeting: *Accountability & Refusing isolation*
4. Make a daily phone call: *Reconnect/encourage/check-in*
5. Scripture memorization goals: *Taking thoughts captive* (PC mem-lok is a program that can help.)
6. Connect relationally around Vision: *What am I recovering to?*
7. Exercise regularly: *Set goals, stay healthy.*
8. Plan & enjoy adventurous fun: *Looking forward & Feeling alive!*
9. PM Prayer: *Giving thanks for the Partnership.*
10. Reinforce results: *Celebrating partnership with God regularly.*