

# SATISFIED

## THE BATTLE PLAN — FOR LADIES —

*Ecc 4:9-12*

*Two are better than one; because they have a good reward for their labour.*

*For if they fall, the one will lift up his fellow: **but woe to him that is alone when he falleth; for he hath not another to help him up.***

*Again, if two lie together, then they have heat: but how can one be warm alone?*

*And if one prevail against him, two shall withstand him; and a **threefold cord** is not quickly broken.*

The plan presented here is the result of several months of crying out before the Lord in desperation for deeper victory. That being said, this is the Lord's plan and it will never work without Him. This plan is not the only thing needed to find moral stability, but rather it is the only thing missing for many men and women.

### **Attitude**

There is only one type of candidate suitable for this plan: a desperate one. This is not just a lady who is "interested in learning more about purity," but one who has tried everything, only to end up where she started or worse. This lady heard a sermon on prayer so she tried that - and fell. Then she heard a message on Bible reading so she tried that - and fell again. She tried fasting, confession, faith, accountability, and then hears the message on prayer again so she starts the cycle over. Most ladies eventually give up hope after following this cycle several times, but some spend decades in this cycle - desperate for freedom, but finding no answer. Though her search for the one thing that will cure her addiction is the wrong search, it is this desperation that qualifies a lady for victory.

### **Purpose**

Most accountability groups are only preventative. The idea is to scare away lust with the fear of confession. Ecc 4:10, however, makes it clear that true life-saving help is not just preventative, it is interceptive. In order to have this kind of help available, daily accountability is required. The following verse shreds our modern view of discipleship when it says "a **threefold cord** is not quickly broken." Many churches see discipleship as the strong reaching the weak, but the idea of a threefold cord is that there is not one member of the cord who is contributing any more than she is depending on the other members to give the cord its strength. Thus the purpose of this accountability is to provide a platform of daily transparency to bring each woman to a deeper level of moral integrity.

## Plan

Many woman who begin accountability find it ineffective because it is often too sporadic, and always too vague. What starts once-a-week becomes every other week before it's forgotten altogether the following month. What starts every day, however, becomes a routine habit and will continue every day. According to Ecc 4:9, the purpose of accountability is to guard against a lady being **alone when she falls**. You can sit in the midst of dozens of people in a church service or classroom and still fall in your mind, so this aloneness is not just physical. The question is not just *who are you surrounded by*, but *who are you answering to*? Who is going to know **the day** you fall? If a lady is accountable once a week, she is alone for 6 days - and much ground can be lost in 6 days! But if she is answering daily for her thoughts, viewing, and actions in the last 24-hours, that sense of aloneness largely disappears.

The other problem with our accountability is that it is far too vague. At best, someone might have called us in the past and asked, "how did you do in purity today?" We reply "I did well," and that's the end of it. What the partner did not know is what we meant by that. I might have taken a double glance at a jogger but I didn't stare long so "I did well." I might have entertained a thought about him/her later, but I eventually got victory so "I did well." I may have masturbated that night, but it was the first time this week so "I did well." We say "I did well," but we really mean, "I did better than I did last week." There is a big difference! Compromise this week breeds relapse next week. Anything less than absolute, Christ-like purity is a predictable step in the direction of relapse and if we do not fight the battle on that level, we will be powerless to hold our ground on the next. The following ranking system is provided with the goal of taking all subjectivity out of our accountability. We rate our day on three different scales: 1-10 in thoughts, 1-10 in viewing, and 1-10 in masturbation.

- 10 **Absolute Christ-like purity.** A "10" rating is used when, to the best of our knowledge, we cannot see a way in which our purity in that category could be improved tomorrow. If you are not satisfied with today's level of purity being repeated, however, move down the scale.
- 9 Though the temptation itself is not a sin, to even **ponder and consider** the sin according to Rom. 8:6 and Prov. 23:7 already sets us up to fall, so it would be a "9" on the scale.
- 7-8 Putting ourselves in a compromising position and **making provision for the flesh** would be a "7-8" even if we encounter no temptation. This might include being online alone, laying in bed after the alarm goes off, or the unnecessary glance at a jogger unsure if it is even a man or woman. What falls in this category of "provision" will differ woman-to-woman and will become more clear as her weaknesses and patterns are understood.
- 5-6 A brief indulgence in a temptation that was unexpected - be it a **second glance** at a billboard, spending a few seconds on an immoral thought while sitting at work, or beginning to touch oneself before turning away is a "5-6" on the respective scale.
- 3-4 Extended indulgence in an unexpected temptation, such as **clicking** on an inappropriate add that pops up, would be a "3-4."
- 1-2 The **intentional search** for any kind of sexually stimulating material, the intentional fantasizing in ones mind, and the blatant choice to masturbate are rated as a "1-2," or, as many will admit, "zeros."

When a lady admits a clear compromise in any of the three areas, (especially with a rating of “6” and below) an action step is required. She will then be held accountable daily not just for the three areas, but also for her action step. A lady that fell while laying in bed with her phone should leave her phone across the room or elsewhere for 7 days. Then at the end of 7 days, reassess to see if she should maintain this action step long-term. Most ladies will commit to something for 7 days that they would never commit to for a lifetime, but after seeing the freedom possible, they will often sense that God is leading them to a more permanent safeguard.

The key question to ask a lady who has compromised is “what was the first mistake you made that set you up for failure?” Go back as far as possible - the first compromise found is where the action step is made. We are always trying to learn from our mistakes. In theory, if you don’t make the same mistake twice, you’ll eventually run out of mistakes. With this mentality, we are always progressing. For every one step backward, we take two steps forward by committing to a plan of action that will prevent that compromise from recurring. In other words, God is able to use even our failures to move us further along the journey of moral integrity. (Rom. 8:28; Jam. 4:10)

In summary, each check-in should include three numbers, an explanation, and action steps if needed. In order for daily accountability to be sustainable, it absolutely must be as brief as possible. Most are able to give those details within 60 seconds, ensuring that there will never be a day too busy for accountability.

### **Ultimate Goal**

What is our ultimate goal in a plan for purity? Is it possible to have a selfish motive? Many women are looking for purity because they hate a guilty conscience, but eventually their love for sin will trump their love for a clean conscience. While it feels good to be satisfied with purity one moment, it will feel better to be gratified with impurity the next moment. We must guard against selfish motives, and thus **purity cannot be the goal**. Matthew 5:8 does **not** say “Blessed are the pure in heart for they shall be pure.” It says “Blessed are the pure in heart for **they shall see God**”! The ultimate goal of purity is not to be pure, it is to see God. Though we are not meriting a relationship with Him, there is no question that without a compromised conscience obstructing our view, we will be able to know our God in a new and vibrant, real way. God is both the goal and the means of our purity.

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