

"SO HOW DO I GET OUT?"

Fight Back!

Drop your pride and discipline your eyes and your flesh

UNMARRIED

START PRAYING FOR A GODLY HUSBAND/WIFE.

MARRIED AND UNMARRIED

1. STOP HANGING AROUND OTHERS WHO PRACTICE THE SIN YOU WANT TO GET OUT OF OR PLACES THAT ATTRACTS YOU TO YOUR STRONGHOLD.
2. GET WITH A GODLY WOMAN/MAN AND CONFESS YOUR SIN, NAME IT; THEN ASK THEM TO HOLD YOU ACCOUNTABLE FOR THE FOLLOWING THINGS:
 - STOP WATCHING TELEVISION, DVDS, INTERNET SITES, OR ANY VIDEO MEDIUM FOR AT LEAST 3 WEEKS.
 - FAST WEEKLY (IN SOME WAY)
 - KEEP ALL YOUR RADIOS ON PURE CHRISTIAN RADIO (PREFERABLY MOODY STATIONS)
 - PLAY CHRISTIAN CD'S BY CHRISTIAN ARTIST (*LISTEN TO SOUND TEACHING MORE THAN MUSIC*)
 - START STUDYING THE BIBLE CONSISTENTLY AND SYSTEMATICALLY.
 - START BY DOING A DAILY WORD STUDY ON IMMORALITY AND WORLDLINESS OF ALL KINDS. TAKE NOTES AS YOU STUDY
 - WRITE A SUMMARY OF YOUR STUDY EACH DAY
 - MEMORIZE A VICTORY BIBLE VERSE EACH WEEK
 - SHARE YOUR TESTIMONY