



**12-Week Workbook Study to a Proven Path to
Sexual Integrity; Help with porn, lust,
masturbation or sex addiction from a Biblical
perspective**

Joel Hesch

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Most men struggle with sexual integrity, whether it is pornography, masturbation, lust, or fantasy—and many are trapped in bondage to it. In fact, over one-half of men struggle with porn and one-third are addicted. Breaking free requires more than self-will or self-help. The good news is that there is a Proven Path and roadmap to follow that leads you towards victory each day along the life journey God intended for you. In our companion book, A Proven Path to Sexual Integrity, we set out a Proven Path to victory. But, there are no shortcuts and no magic formulas. Victory will be won through living out six fundamentals of faith, on which the “proven” acronym is based. Because it takes time to make lasting changes, this 12-week daily workbook Study is designed to be your daily roadmap to follow that leads you towards victory each day along the life journey God intended for you. This Study will help you switch masters, as you become a Proven Man in the midst of an era with a worldview based on sex. This 12-week daily workbook study is the hallmark of our ministry because it results in lasting change, when combined with weekly accountability. This Study is intense because it addresses an intense issue. It also requires time and soul searching. This Study won’t simply move you away from sexual sin, but closer to the Lord. It provides you with what programs don’t – victory and lasting relief. There are three keys to lasting victory. First, you must make a commitment that your sexual sins are “no longer an option” and be willing to do “whatever it takes.” Second, you must put in the time using the companion Study. Third, you must meet weekly in a support group or with an accountability partner to discuss what you are learning in the Study, as well as your struggles and new decisions. Those who try to go it alone will continue to ride the rollercoaster, with lasting victory always slipping through their grasp. Please join the brotherhood of Proven Men. Learn more on our website: www.ProvenMen.org.

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