

A "Battle Plan" That Works Against Habitual Sin

Available at Battle Plan Ministry website: <http://www.battleplanministries.org/>

I am a man who has been delivered by God from a hard-core "addiction" to pornography and sexual sin. This page gives my testimony and a BATTLE PLAN that has proven to be successful in the warfare against habitual sexual sin. Let God deliver you from oppression.

First Written in 1997; Revised in 2002; Revised in 2007 [change to NKJV for Scriptures]

Focusing on Christ in Victory Over Habitual Sin

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Psalms 144: 1,2

1 Blessed be the LORD my Rock,
Who trains my hands for war,
And my fingers for battle—

2 My loving kindness and my fortress,
My high tower and my deliverer,
My shield and the One in whom I take refuge,
Who subdues my people under me.

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Psalms 141: 4

4 Do not incline my heart to any evil thing,
To practice wicked works
With men who work iniquity;
And do not let me eat of their delicacies.

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INTRODUCTION - TESTIMONY: Bill Berry

I address anyone who feels oppressed by any type of habitual or recurring sin. Though this plan was originally written to deal specifically with the sin of pornography or sexual addiction, it will also work to find deliverance from **ANY SIN PATTERN**. You may be one who identifies with David in the Psalms above. If so, I am one who knows where you are. As the kids say these days, "**... been there, ... done that!**"

I was racked in the bondage of sexual sin for over 20 years, being addicted to pornography and involved in an underground lifestyle that flushed into the dark subculture where porn can be found. One could easily say that I was a "hardcore" addict, and it was pulling me under. There's no need to go into great detail about my habit patterns back then; but you do need to know that my choices were about to threaten my marriage, my family, and even my career. By the way, if you'd like to get a quick look at the guy who's writing this, as well as my lovely little Dutch wife, click on the link below before you go on.

Back in the 1970s, when I was so lost, I was living a Dr. Jeckyl & Mr. Hyde existence. For years I had been able to hide my addictive behaviors/habits. I was introduced to porn when I was about 12 at a Boy Scout camp. Quickly thereafter, I began to seek out sexual images in any form, mostly softcore stuff then. But I chose to let the "addiction" lead me deeper and deeper into the porn culture: books, movies, topless shows, and later videos (which today would likely be the Internet). Softcore became hardcore; and as with any obsessive habit (what some would call an "addiction"), it took harder stuff to satisfy me. And as my Mr. Hyde choices brought me closer and closer to my acceptable Dr. Jeckyl lifestyle, I finally had to confess my addiction.

This led me to "come out of the gutter" to my wife and seek help, which I first got from a competent secular psychiatrist. He did help me to understand that I was using obsessive sexual behavior to replace the physical affection that I had seldom experienced from my mother, who loved me but had trouble expressing that love openly and physically. It was those lost hugs I tried to replace with the pursuit of sexual images; and even though I was able to achieve a surface control of my sexual acting out behaviors after my confession to my wife, there remained a spiritual "black hole" inside of me. I felt spiritually impotent, like something was missing deep in my soul.

I began to seek after New Age or far Eastern type religions. However, in them I found nothing to fill me up or give me the emotional strength I was seeking. Finally, as we moved into the 1980s, some new friends witnessed their faith in Jesus Christ to me; and through a wonderful work of the Holy Spirit, my agnosticism was breached by the power of God; and I surrendered to Jesus Christ on April 13, 1983. Since then, I have become what I like to call a "posterboy" for 2nd **Corinthians 5:17** ...

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2nd Corinthians 5:17 ... Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.
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My surrender to Christ caused me to recognize just how weak I really was, even having been helped by a very competent psychiatrist. At that time, Satan (who hates it when a baby Christian is born from above) really came after me; and I discovered that, like the stealthy cat he is described to be (1Peter 5:8), he will attack the young, impressionable Christian at his weakest point.

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1st Peter 5:8 ... Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour.
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That point with me was my desire for sex, and all the old poisons in my soul bubbled to the top. Oh, how I wanted to seek out those old haunts, those magazines, and those peep shows. But by then, (Praise God!) I was involved in growth and discipleship at Central Church Collierville, TN. [[LINK: Central Church](#)] The result of this growth, taking over 10 years, was victory and deliverance, as well as the fulfillment of God's promise in 2Timothy 1:7. In His grace and mercy, God has seen fit to deliver me from the obsessive sexual drives and behaviors which so enslaved me for those many years.

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2nd Timothy 1:7 ... For God has not given us a spirit of fear, but of power and of love and of a sound mind.
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I am writing to testify that **YOU TOO** can have victory in Christ over any perversion, any sexual oppression, or any habit pattern of sin. It really depends on how much you believe in Christ's power in your life and how much you desire to surrender **to Him**, ... and ... how much you're willing to follow Him. I'll be glad to give you an effective "**BATTLE PLAN**" here; but **ONLY YOU** can put it into action. And I should warn you to be patient and endure what you're going to go through. Remember, the admonition and encouragement from the Book of James in the Bible.

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James 1: 3 - 4 ... 3 knowing that the testing of your faith produces patience. 4 But let patience have *its* perfect work, that you may be perfect and complete, lacking nothing.

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FOCUS POINT #1: Before I begin this "battle plan," I want to introduce some points of FOCUS. You can consider my focus points as sign posts or warnings along the road way to deliverance. And my first one is a warning sign against the dangers of the term "battle."

No intelligent Christian would deny that we are involved in a spiritual "battle" in this world. However, if we focus on the battle rather than the victory, we'll have a tendency to get mired down in battle techniques and to get our eyes off of the real power source; and that is the HOLY SPIRIT. So, as you read this "battle plan," turn it into a "focus plan," that would keep your eyes on where you're going and not so much on the techniques of doing battle.

BATTLE PLAN ... Phase One: SURRENDER

I want to make it perfectly clear. I am writing to **CHRISTIANS** here. Nothing that I will say from this point on applies to the non-believer. I firmly believe that until one surrenders his or her life to the Lordship of Jesus Christ, there will be **NO VICTORY** over habitual sexual sin or habitual sin of any type. Surrender, therefore, is the Phase One in your battle plan.

First, of course, there is the surrender of belief or faith in Christ's atoning grace on the Cross, where He died for our sins. If one cannot bring himself or herself to confess one's sins to Christ and repent, ... asking God to cleanse himself/herself, there will be **NO VICTORY**. God will do a work in us **ONLY** with our decision to confess and **truly repent** of our sins and be saved. [See verses below.] **If you seriously question your own salvation, just email me at the address at the end of this message, and I will help you give it all up to Christ.**

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Romans 5: 8 ... But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.

John 3: 16 ... For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

1st John 1: 9 ... If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness.

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But what I've discovered from my history and the reports of many, who have struggled with sexual oppression, is a phenomenon that I call "**the repentance roller-coaster.**" This is where a Christian FEELS (and it is a lie from Satan!) that he has repented; but he or she soon falls back into the same pattern of sin, feeling the conviction and guilt all over again, and having to go back and confess again. This pattern often recurs **OVER** and **OVER** again, like a roller-coaster riding ... up and down. Maybe you're on that roller-coaster right now.

The problem here, I believe, is incomplete surrender to the Holy Spirit. It would be like giving over most of the keys to a rental house when the landlord calls for them, but retaining one or two keys to secret, dark closets that are hidden from view. But who do we think we're trying to kid, anyway?! Do we really think we can hide any of our keys from the Master Landlord, ... GOD?

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Psalm 139: 1 - 3 ... 1 O LORD, You have searched me and known me.

2 You know my sitting down and my rising up;
You understand my thought afar off.

3 You comprehend my path and my lying down,
And are acquainted with all my ways.

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One of the men whom I had mentored via Internet email for about a year wrote strongly that we so often think we can work this problem out on our own. In his words, "*This addiction is a stronghold in the life of an addict. It has become far too strong to resist. It mocks us by first giving pleasure and then torments us with tremendous guilt. It threatens marriages, careers, family relations, etc. Unless the Lord performs a miracle, the only way to have victory in the battle is to break this stronghold down in the same way it was built ... stone by stone. Your battle plan [referring to this presentation] is a structured path to breakdown this stronghold in your life.*"

So, as my brother indicates, **complete surrender** is necessary, or you might as well get ready for another roller-coaster ride!

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FOCUS POINT #2: Now here is where the reader must take caution to avoid focusing on doctrine and a recipe for freedom. The "battle" techniques outlined herein can be effective, but only embedded in the empowerment that comes from God's grace, which is imparted by one's relationship with the Holy Spirit. So, as you move into this preparation and discipline phase, remember FOCUS primarily on your relationship with Christ in the activation of this plan of action.

BATTLE PLAN ... Phase Two: Preparation

No good Captain would want his troops to go into battle without good preparation. And the first stage of preparation is **BOOT CAMP**. Boot camp is where the soldier gets in shape, gets equipped, and learns the basics of fighting on the battlefield.

The early stages of boot camp get the soldier into fighting shape. This involves discipline; and the discipline you're going to need to wage war against the enemy in the area of sexual sin only happens when you develop your scriptural muscles. We all desire to avoid sin, I assume?! ... And God's word is clear on this.

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Psalm 119: 9 - 11 ... 9 How can a young man cleanse his way?
By taking heed according to Your word.
10 With my whole heart I have sought You;
Oh, let me not wander from Your commandments!
11 Your word I have hidden in my heart,
That I might not sin against You.

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So, ... getting God's word deeply into your heart is a must, soldier! And if you're not willing to discipline yourself by study, meditation, and memorization of God's word, you will not be in shape to meet the enemy on his turf (i.e., the world). I used to have a mentor, a battle-hardened warrior in Christ, who became my drill instructor and field sergeant. In my "boot camp" experience of discipleship with this man, he held my feet to the fire, helping me memorize over 75 key verses early in my Christian discipline that really got me in shape for battle. He promised me that if I'd complete the **Topical Memory System, a series of 60 Bible verses by NAVPRESS**, it would change my life. And he was soooooo right!! Take my word (and experience) for it! My mentor taught me how to get these verses deeply into my very being. It was much more than just memorizing scriptures. It was showing me how a relationship with the Holy Spirit, The Author of God's word, would transform me as I surrendered to its transforming power in my life. So to you I would say, "Get started NOW!" **Just do it!** And like my mentor, I can promise you, God's word will change your life!

But back to boot camp discipline! While getting in shape, the next phase of boot camp is getting fully equipped for battle. You can find God's equipment listed for you in **Ephesians 6: 10 - 18**. And the only way to put this grace-empowered equipment on is to study (and I mean really study!), meditate, and internalize this passage ...

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Ephesians 6:10 -18 ... 10 Finally, my brethren, be strong in the Lord and in the power of His might. 11 Put on the whole armor of God, that you may be able to stand against the wiles of the devil. ...
[now, personally study the rest of this passage describing God's full armor]
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This is pretty heady stuff; and only you can do this equipping in study for yourself, **by submitting to the empowerment of the Holy Spirit**. Really He is your sergeant, your captain, and your general all wrapped up into One. If you want to understand the preparation involved here, just ask the Lord and trust Him to lead you in the right direction. [**James 1:5, 6; Proverbs 3: 5, 6 - study these for yourself!**] But this is just going to take some good, old-fashioned bootcamp brow sweat. However, getting help with this from a mentor/soldier in Christ is also a good idea; and so, let's talk about getting a mentor that you can trust in your training for battle (and in the field).

The final phase of boot camp is becoming battle ready with practice, practice, and more practice. This means taking the skills you will learn, putting on your grace-given armor, and getting some field experience, with the direction by someone who can give you reliable feedback with appropriate exhortation and encouragement. This person is the drill instructor who becomes your field advisor and leader. He [if you're a man] is your mentor.

It is possible to become a strong soldier for Christ on your own; but it is highly unlikely! So, you need to let your battle leaders (i.e., the leaders in your church) help you find a war-proven soldier of fortune who can show you the ropes, prepare you for battle, help you develop your skills, and lead you into battle when you're ready. For me, this was an Elder in our church, who was willing to become my mentor in Christ. He was someone **I knew I could follow**, because I knew he was following Christ; and I met with this man regularly for over 12 years to become a God-shaped and battle hardened leader.

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1Cor. 11:1 ... Imitate me, just as I also imitate Christ.
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Your drill instructor (i.e., mentor) will be there to be used by God to grow you into the soldier you need to become to get out there on the battle field of this world. He [or she, if you're a sister in Christ] will be there to pick you up when you fall ... to redirect you when you get off track ... and to encourage you when you feel down (and believe me, you will!). I cannot state strongly enough that mentoring is a process that all too often is omitted by those who battle against sexual oppression or habitual sin; and it may be the primary reason why so many fail to develop into victorious warriors. So, take my word on this one! **Get a mentor and follow Christ TOGETHER.**

BATTLE PLAN ... Phase Three: Marching Orders

No foot soldier goes into battle without marching orders; and as a Christian, you know, that our marching orders come from Christ ... and they are found in His word. Joshua, after Moses died, found himself up against a frightening prospect. Though he had been a battle proven warrior and general, he had never been called upon to be the spiritual leader of God's chosen people. So, here he was, with God commanding him to take charge and be a leader like he'd never been before; and he didn't feel up to the task. Do you feel like you're not up to the task of becoming the man (or woman) God intends for you to be?

Well, Joshua needed clear direction. He needed "marching orders" that would lead him to success so that his life could glorify his God. And God came through for Joshua, just like He will come through for you. God gave old Joshua exactly what he needed in **Joshua 1: 1 - 9**, clear directions and encouragement for a clear task. Your task ahead is likely clear for you, and God's word to Joshua should really help you as well. Joshua wanted success in his quest for victory over doubt and the devil; and God gave him the orders that would take him to success. God said, "Get into My word and stay in My word and follow My word; and if you do, I AM will give you success in battle." Well, that's the Bill Berry version of **Joshua 1: 8 ...**

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Joshua 1:8 ... This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it.
 For then you will make your way prosperous, and then you will have good success.

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See, you'll never go wrong if you're into God's ultimate battle plans, ... His victory-guaranteed marching orders, ... His Holy Word. Get into passages like **1st Cor. 6: 12 - 20 ... 2nd Cor. 12: 7 - 10 ... Gal. 5: 16 - 26 ... Eph. 4: 17 - 24 ... Col. 3: 1 - 17 ... and others.** Study, meditate, and apply God's word. Get your mentor to help you in this discipline and study. But above all remember that God's word is HIS SWORD for battle. He wants you to let Him use that sword to cut out the things in your life that need to be surgically removed and to protect you from our common enemy, the devil. That's why just memorizing the words, as I said above, is not enough. You must let God, through your relationship with His Spirit, take His sword up on your behalf. So, when you get His word (i.e., battle plan) deeply into your heart of hearts, God will take up The Sword and use it to strike down the enemy.

BATTLE PLAN ... Phase Four: Finding the Battle !

You certainly know that you won't have to worry about finding the battle, because it will find you. In fact you may be right in the middle of it right now. But so many, who are attacked by Satan's arrows right into our weakest points, don't realize that we can choose to take the high ground in this battle. I'm referring to the primary staging ground which gives us a real advantage in battle with the enemy.

You see, the high ground for any spiritual battle is **PRAYER**. Even before you get all the appropriate equipment, ... and before you get yourself in shape for battle, ... and, with the help of your drill instructor (mentor), ... before you have practiced your skills, ... and certainly before you have studied God's marching orders, ... before you do all these things, you **MUST GO** to the place where you are in the best position to protect yourself and ultimately to win; and that place is in **PRAYER!** Now granted, when the battle arrives, we must go into that staging area with your practiced and sharpened sword (i.e., God's word) drawn and ready (i.e., deep in your heart).

Probably the best illustration of this battle posture on high ground was when Christ faced His adversary (and the same one you and I are facing) in the wilderness (**Luke 4:1 - 13**). I would exhort you to find this reference on your own and **really digest and meditate hard** on this passage. Notice how Christ, the living God, prepared Himself for battle (by the discipline of prayer/fasting). He, of course, had the full armor of God on because **He IS** the full armor of God. So, He was fully prepared, i.e., Spirit-Filled, when Satan came stalking with his arrows and darts of temptation and deceit. And what was our Lord's primary weapon when Satan began slinging arrows of temptation? You've got it! It was the sword of the Spirit (i.e., His word). Three times the enemy shot his arrows, and three times came the mighty admonition from the Son of God, "**It is written...**" followed by pronouncements from the Word of God. And finally, Satan sulked off the battlefield in defeat.

In your battles, you have the same Word of God available to you and you can go to the same high ground that our Lord used to be ready for the battle. If it's good enough for Jesus, don't you think it's good enough for us?!

BATTLE PLAN ... Final Phase: Victory !

We all are looking for victory over Satan and over our sin nature. And as we've seen here, that is what you are promised. In fact, as a Christian, God wouldn't put you into any trial or tribulation or allow you to be tempted in any way that He didn't feel you could handle it ... **with His help.**

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1Corinthians 10: 13 ... No temptation (this Greek term is also translated "test" or "trial" or "tribulation") has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

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Now that's encouragement! But the question is, **do we believe it?!** And an even more practical question becomes ... how far do we allow ourselves to be entrapped in Satan's lair before asking God to help us find a way out? It is true that our weakness can become a powerful showcase for God's strength.

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2nd Corinthians 12: 9 ... And He [Christ] said to me, "My grace is sufficient for you, for My strength is made perfect in weakness."
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Okay; where do we go from here? ...

Well, here's the deal! As one who's been where you are, and a brother who has experienced the deliverance you likely seek, I am going to challenge you to **exercise your belief in the power of the Holy Spirit to deliver you** from Satan's oppression and your own sin choices (because that's what they are). The question really is ... do you really believe that Christ has delivered you from the grip of sin? If you have sincere doubts, one must question your relationship with Christ, ... either your salvation or the depths of your walk in the Spirit.

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1st John 1: 6 - 7 ... 6 If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. 7 But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.
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So, with these thoughts in mind, I challenge you to get out a clean sheet of paper and begin to develop your own - **Spirit-led** - battle plan. This will require that you follow many of the elements of the plan God gave to me in writing what you have read herein. However, you should go into powerful deliberation with God, asking Him for the wisdom that He promises you. **DO NOT** look at the "battle plan" as your recipe for freedom or your doctrine for direction. This was the plan that God gave to ME. Yes, there are principles here, taken from His living word, that could apply to your life as well. But **your focus here must be on Christ**, ... not on Bill Berry's "Battle Plan."

FOCUS POINT #3: And I reiterate for emphasis, that you must avoid looking for a stepwise map out of the mine field we know of as life. Your focus must be on Christ. He stated clearly, in Luke 9:23 that His disciples must simply follow Him. And that should be the focus, i.e., the battle plan, for all Christians. Build your relationship with the Holy Spirit; and His plan will be there for you.

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James 1: 5 - 8 ... 5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him. 6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. 7 For let not that man suppose that he will receive anything from the Lord; 8 he is a double-minded man, unstable in all his ways.
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God's word lays it out pretty clearly, doesn't it? If we seek after HIS battle plan (i.e., His wisdom), expecting that He WILL give it to us, ... He will! Again, **2nd Timothy** has it summarized with authority!

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2nd Timothy 1: 7 ... For God has not given us a spirit of fear, but of power and of love and of a sound mind.
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There we have it! If you doubt God will help you find your own battle plan, as it says in James 1, there is serious doubt as to the effectiveness of any plan you would develop. However, if you truly believe that God will bring you deliverance and you **KNOW** that the Holy Spirit will give you the plan to do it, God **WILL** give you a battle plan, a method to focus on His victory, that cannot fail. Get this promise deeply into your very soul!

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Romans 8: 31 ... If God is for us, who can be against us?
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But finally, for emphasis [and I know that I'm being redundant here!]; but ... **I EXHORT YOU** to find a Godly mentor who can help you in this quest. Yes, this "mentor" in Christ can be your drill instructor in boot camp

and later, your field advisor in battle. He, for you men, will also become your friend out there on the battlefield. And when you need interpretations of God's marching orders, your mentor will be there to give you sound advice. Occasionally, you're going to need directions through the minefields that Satan will lay along the way; and your mentor will be there to lead you, step-by-step, having you follow in his footsteps, showing you the safe way to go. This way will be **the way** to go as long as your mentor is following Christ. I don't know about you, but when it comes to walking through minefields, I'd rather follow someone who knows the way rather than try to go through on my own.

Finally, before you leave this battle plan proposal, let me give you an **EFFECTIVE DEVICE TO WARD OFF SATAN** the next time he tempts you. This will be my final focus point.

FOCUS POINT #4: And Remember, if you are a believer, Satan is after your testimony. If you haven't surrendered to Christ, he's after your soul. In the latter case, or if you doubt your salvation, I would ask you to email me and we can discuss this matter of eternal importance! But for you who believe and are saved, here is a focus point to use against the enemy.

Therefore, if you are a Christian, DO THIS:

(1) Write these Bible verses on 3 X 5 cards: *Psalm. 119: 9, 11; 1st Corinthians 10: 13; Phil. 4: 13; 2nd Timothy 1: 7.*

(2) Until you memorize these verses (and you should ASAP), carry the cards with you AT ALL TIMES.

(3) When tempted, recite or read the verses through three times >>>

>>> After the first recitation, **pray to the Holy Spirit**, asking Him to give you strength ... after the second recitation, **pray to Jesus**, thank Him for His saving grace ... and after #3, **pray to God the Father**, praising His Holy Name!

I GUARANTEE YOU, if you do this when tempted, **Satan will flee** just as promised in *James 4: 7*. This, my friend, will work! ... but only if you do it!

So, **it's up to you now and your focus on victory!** But I do want you to know that if I can be of any help to you and this process of growth and battle preparation, I am yours in Christ. You can find me here ...

BILL BERRY >>> email address: bpm@battleplanministries.org

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OTHER RESOURCES: Use this link which will take you to our resources, where there are many weapons to fight habitual sin, especially sexual sin ... <http://www.battleplanministries.org/resources>.

Use the many citations to organizations, websites, and books that will help in your battles with sin. There are also links to our message forums where you can communicate with others who are fighting many of the same battles.

But when it comes to resources, there's no substitute for God's word; and hopefully that message has been clear from this presentation. God wants you to claim the victory He has already won on the cross; and this battle plan can do that. It is to that end I pray. **FOCUS ON CHRIST!**

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May God grant you His peace and the victory He promises! Always remember ... Christ is the Truth; and the Truth will set you free! (see John 8: 32)

God bless you and yours !!

NOTE: Unless otherwise noted, all Bible citations are from the *New King James Version* = {NKJV}