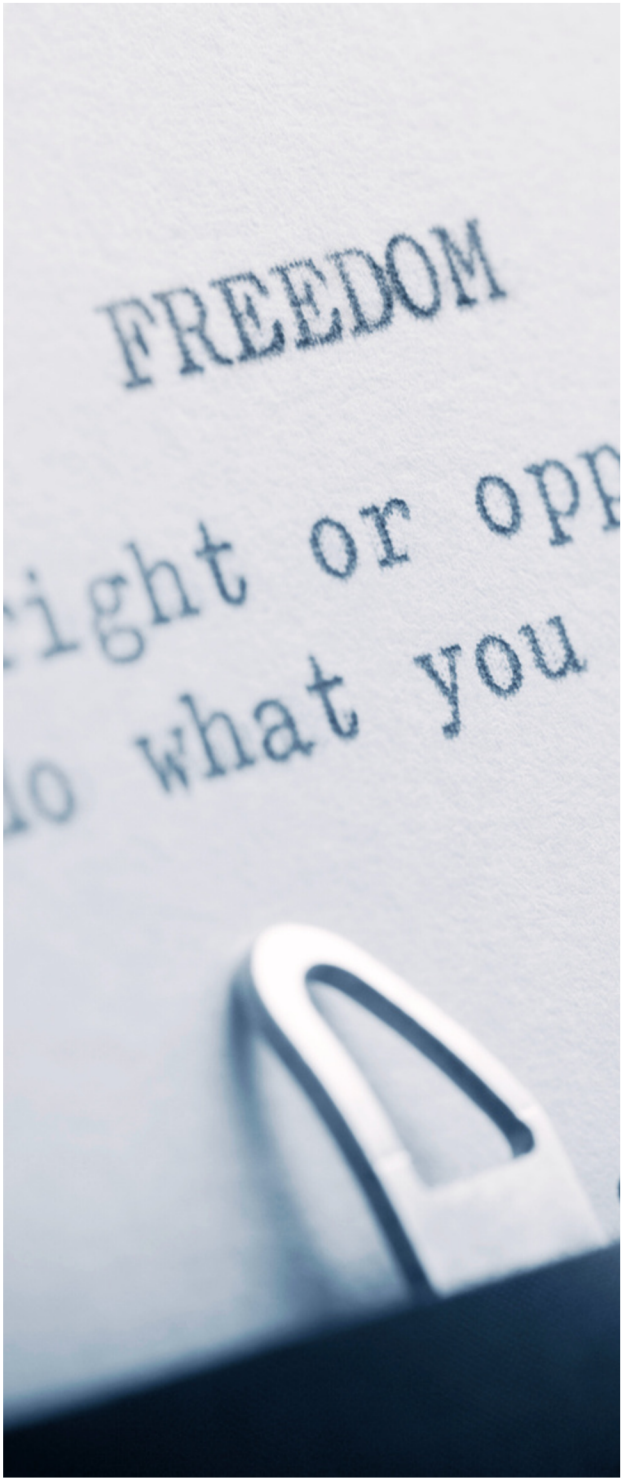
SESSION EIGHT: SAFEGUARDING YOUR FREEDOM



Lesson Overview

Video Time: 13:58

Topics Covered:

- Establishing practical safeguards.
- Identifying coping skills, and creating boundaries to maintain freedom.

Reflection Questions:

- What are the most common ways you have coped in life?
- Was porn a way you coped? If so, how did taking pleasure in unrighteousness soothe you?
- How can you cope now Biblically?
- What are some healthy activities or habits you can adopt to replace sinful behaviors?

Inspiration:

Philippians 4:8 • Finally, brothers, whatever is true, honorable, just, pure, lovely, commendable, if there is any excellence or worthy of praise, think about these things.

Action Step:

Create a personalized safeguard plan to address areas of weakness and use the provided confession sheet to assist you with change.



1. Why Safeguarding Matters

Freedom is a precious gift, and like any valuable thing, it needs care and protection. Safeguarding is not about fear or control; it is about stewardship. God is doing a good work in you, and this step helps you guard what He is healing and restoring.

2. Understanding Emotional Triggers

God created you with emotions, and they are not something to be ashamed of. Many falls do not begin with a desire for sin, but with unmet needs like exhaustion, loneliness, or stress. Learning to notice these moments allows you to respond with wisdom rather than back to sin.

3. False Comfort vs True Comfort

Sin often disguises itself as comfort, offering quick relief when we feel overwhelmed. But it never truly satisfies or heals. God invites you to bring your weariness to Him, where comfort restores your soul rather than wounds it.

4. Replacing Old Coping Patterns

God does not simply ask you to stop sinning; He teaches you how to live differently. Replacing old patterns takes time and grace. Choosing healthy coping skills is not punishment; it is learning how to react in a way that leads to Christ and freedom.

5. Practical Coping Skills

Small, simple actions can be powerful tools. Healthy activities help your body release stress and your mind reset. These practices are not distractions; they are supports God uses to strengthen self-control and resilience. No longer taking delight in sin.

6. Building Healthy Routines

God is a God of order, and healthy rhythms create a place for peace. Routine does not remove joy; it protects it. Consistent patterns in rest, work, and time with God help anchor you when emotions feel unsteady and weak.

7. Safeguarding Relationships

You were never meant to walk this journey alone. God often brings healing through people who love you enough to walk beside you. Honest relationships provide encouragement, accountability, and reminders of truth when you feel weak.

8. A Personal Safeguard Plan

Safeguarding looks different for each person. God meets you where you are and invites you to take the next faithful step. Creating a personal plan is an act of trust, believing that God desires your freedom and will help you protect it.

DIVE IN!



A “theme” is an underlying fear or insecurity that shapes our thoughts, emotions, and behavior. Examples include feeling like a failure, inadequate, foolish, weak, invisible, worthless, or lonely. We often respond to these internal lies through sinful behaviors, attempting to prove them wrong, avoid facing them, or distract ourselves from them. Rather than reacting to these lies, we must identify them and replace them with biblical truth. Underlying fears can keep us trapped in cycles of managing and coping instead of addressing what lies beneath. We must face our fears, reject the lies, embrace the truth, and live boldly in Christ.

Write out a theme:

Write out situations or events that assisted in the belief of this theme:

What thoughts and feelings come with this theme:

What actions and behaviors result in compensating with this internal theme?

What lies come with this theme?

What is truth? What can be a new theme?

SINFUL COPING SKILLS



Coping skills are often used to cover up emotions, insecurities, lies, fears, and situations. They are things that we do to make us feel better. The best way to first understand yourself is to take some time to figure out why you feel a certain way and how past activities have contributed to your comfort with sin. Bad coping skills are addictions.

What sinful coping skills have you used in the past?	How were you comforted?
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Coping skills are ways we reward ourselves when we are happy or sad.

But we never comfort ourselves with sin.

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COPING SKILLS



Coping skills are ways we reward or soothe ourselves.

We never turn to sin for comfort or reward. Instead, we learn to respond to stress, temptation, and difficult emotions in ways that honor God. Identify healthy, godly coping skills that help you find comfort in Him and grow in self-control.

Healthy Coping Skills

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God created us with emotions, feelings, and fears.

But we can't spend our life convincing ourselves that they aren't true. Instead, we must face them, deal with them, change any lies we believe about ourselves, and cope with our emotions in godly ways.

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COPING SKILLS EXAMPLES



Coping skills are ways we reward or soothe ourselves.

This page provides practical, godly coping skills to help redirect your thoughts and actions during stress, temptation, or emotional pressure. These practices replace old patterns with healthy responses that support freedom, self-control, and spiritual growth.

Healthy Coping Skills

1. Gaming with healthy time limits
2. Cooking or grilling
3. Going for a walk
4. Playing golf or hitting the driving range
5. Serving others through volunteering
6. Yard work or home projects
7. Fishing
8. Prayer and quiet time with God
9. Working on a hobby
10. Being outdoors
11. Spending time with family or friends
12. Listening to music or a podcast
13. Watching a game or sports highlights
14. Cleaning or organizing the garage
15. Woodworking or building something
16. Take your wife on a date
17. Working on a car, bike, or skateboard
18. Hiking
19. Journaling
20. Playing basketball, soccer, or sports
21. Taking a drive
22. Drawing, sketching, or graphic design
23. Playing guitar, drums, or piano
24. Swimming
25 Writing music
26. Reading Proverbs
27. Rock climbing
28. Boxing
29. Memorizing Scripture
30. Time with a pet

God doesn't simply remove sin from our lives, He teaches us how to live free from it. By choosing godly coping skills, we learn to find comfort in Him rather than turning to sin for comfort.

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