



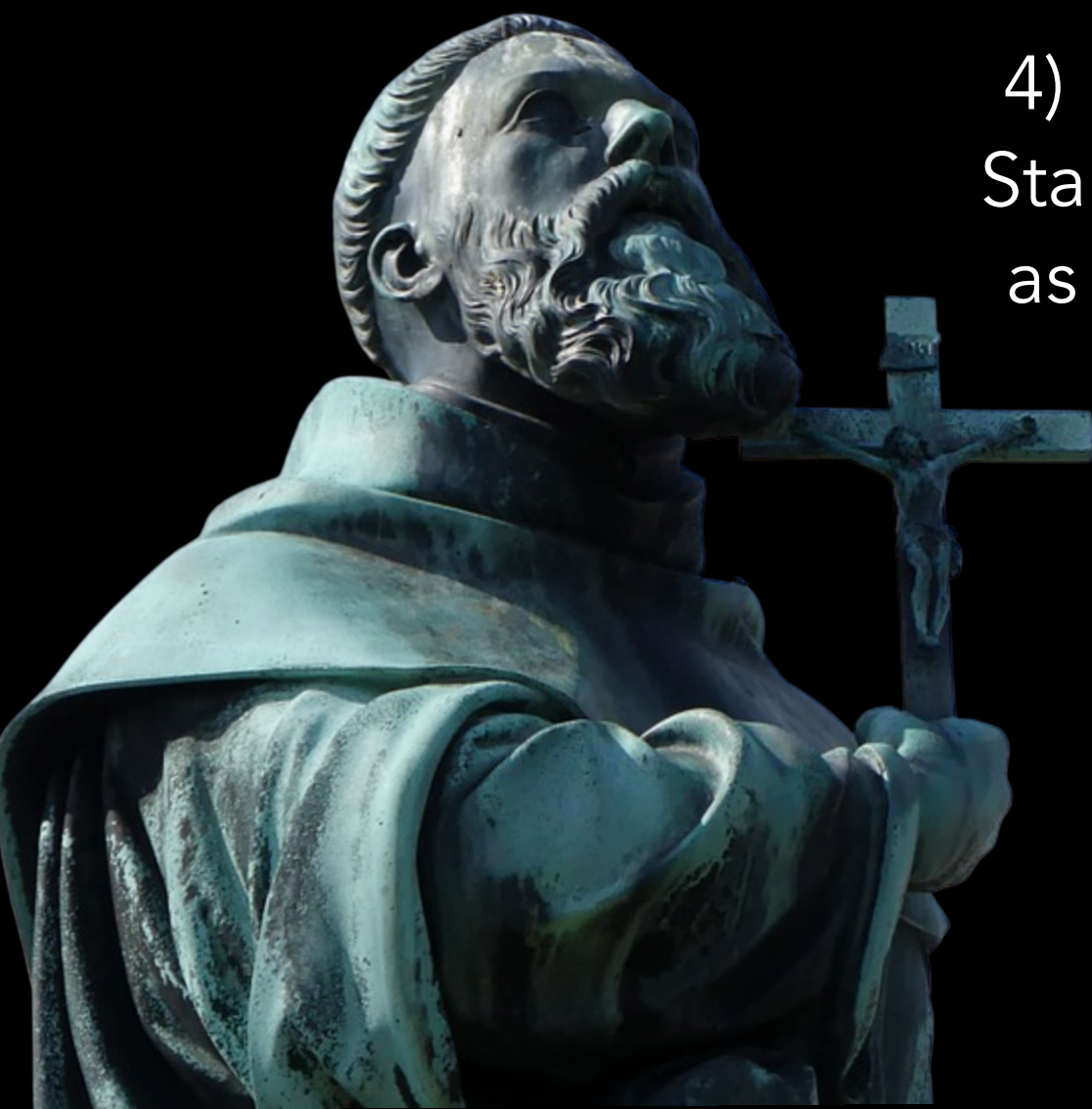
**DO THE HARDER  
THING**

# **SHEDDING BLOOD**

## **IMMEDIATE ACTION PLAN**

This immediate action plan is a simple jumpstart in your battle against pornography and habitual mortal sin. This is not an all-encompassing list. Remember this key: Hebrews 12:4 “In your struggle against sin, you have not yet resisted to the point of shedding your blood.”

- 1) Utilize **BLOCKING & ACCOUNTABILITY** software. (Covenant Eyes, etc) Accountability is a must.
- 2) **LEARN YOUR TRIGGERS:** “HALT” - Hungry, Angry, Lonely, Tired - What time are you most tempted? Before bed? What comes before the temptation? Recognize these triggers and take appropriate steps to avoid them or be on guard.
- 3) **SACRAMENTS:** Reconciliation and Eucharist, as often as possible.
- 4) **MORTIFICATION:** Start denying yourself as often as possible. Cold showers, fasting, etc.
- 5) **PRAYER:** None of this matters if you're not seeking a relationship with God. Talk to Him **DAILY.**





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