



The 7-Day Plan

Private. Practical. No shame.

You didn't fail. Your strategy did.

Seven days for Christian men who have been fighting alone. Not a lecture. A plan you can use tonight.

HOW TO USE THIS

- 01 Read tonight's page now. Do the one action. Do not add extra rules.
- 02 If you fall, start that page again. Grace, not guilt.
- 03 18+ only. You are not meant to do this in secret forever - but you also do not have to tell the whole world today.
- 04 Stay in the brotherhood. Keep the lights on.

Grace, not guilt.

You are not meant to fight this alone.



TONIGHT

The night of panic

The urge is not a verdict. It is a moment.

- 1 Leave the room. Phone down, screen off, lights on.
- 2 Say this out loud: "Jesus, I am here. Help me through the next hour."
- 3 Text one brother, even if it is only: "Pray. Hard night." If you have no one yet, use the Victory WhatsApp after signup.
- 4 Do something with your body for 12 minutes: walk, shower, press-ups.
- 5 Read Psalm 51 slowly. Once. Then go to sleep if you can.

Do not negotiate with the tab. Do not "just check". Survive the hour. That is the whole assignment.



DAY 1

Name it and start

Today is Day 1. Naming it is not shame. It is honesty.

| Morning: pray one sentence before you unlock your phone.

| "Lord, keep my eyes and my heart for the next 24 hours."

| One rule for today: no second screens in the bathroom or in bed. Charge the phone across the room tonight.

| If you already fell since last night: you are still on Day 1. Confess to God. Tell a brother if you can. Begin again without a speech.



DAY 2

Starve the pattern

Lust has a schedule. Yours is usually late, tired, and alone.

Write the three times you usually fall. Then block one of them today: different room, different hour, someone in the house, a walk after dinner.

Delete or log out of the two apps that pull you fastest. You can live without them for a week.

1 CORINTHIANS 10:13

God is faithful. He will not let you be tempted beyond what you can bear — and he will also provide a way of escape.



DAY 3

Tell the truth to one man

Secrecy is the fuel. Brotherhood is the cut-off.

Today you tell one Christian man, 18+, a true sentence: "I am fighting porn. I need someone who will ask me how I am."

If that feels impossible, use the Victory WhatsApp group. Do not dump your whole history. One honest line is enough.

Pray for him too. This is not you being managed. It is two men walking.



DAY 4

Body and evening

The war is often physical: sleep, food, a tense jaw, a dark room.

Sleep: set a real bedtime. Screens off 30 minutes before.

Move: 20 minutes of walking or training. Sweat helps.

Evening: lights on, door open if you live with people, no "one more episode" in the dark.

When the urge hits, delay 10 minutes on a timer. Most waves peak and fall. If it comes back, delay another 10. You are training a new reflex.



DAY 5

Replace, do not just resist

An empty evening will refill itself.

Pick one replacement for the old ritual: a psalm, a call, a chapter, a gym session, writing three lines of prayer, sitting with your wife or housemate.

Do that replacement at the hour you usually fall.

PHILIPPIANS 4:8

Think on what is true, honorable, just, pure, lovely, commendable. Then go do one true thing.



DAY 6

If you fall

Some of you will read this after a fall. Good. You are still here.

- 1 Stop the spiral. Close it. Do not "finish" anything.
- 2 Tell God the truth in one sentence. Psalm 51 is enough.
- 3 Tell a brother the same day. Delay is how shame grows.
- 4 Do not punish yourself with more rules you will not keep.
- 5 Start Day 1 of this plan again at the next morning.

Victory is not a streak for the proud. It is a man who returns.



DAY 7

Keep walking

Seven days is not the finish. It is proof you can keep a plan.

Decide three things you will keep: phone out of the bedroom, one brother who can ask, one evening replacement for the old habit.

When the Victory app lists, you will already know the shape of this: grace, not guilt. First access is waiting on the waitlist.

You are not alone. Stay in the brotherhood. Keep the lights on.