

# Join 1 Million Men: The Porn-Free Commitment

I am making a lifetime commitment to being porn free knowing this commitment is kept one day at a time;

I am acknowledging that I have the capacity to be tempted by pornography and could give into that temptation at any time;

I am placing my relationship with God as the number one priority of my life and admit that God cannot be number one if I am viewing pornography;

I am placing my relationship with my wife (if married) as my number two priority and admit that she cannot be that priority in my life and I cannot love her like I need to love her if I am viewing pornography;

I am placing my relationship with my children (if you have children) as the number three priority in my life and admit they cannot be that priority in my life and I cannot love them like I need to love them if I am viewing pornography;

I understand the only power I have over pornography is the power given by the Holy Spirit as I am surrendered to Him;

I will have at least three other men I can call at any hour of the day or night when the thought enters my mind to look at pornography;

I will consider the consequences to my walk with God, my relationship with my wife (if married) and children (if you have children), my other family members, my job, and everything that is important to me when the thought enters my mind to look at pornography;

I will do everything possible to create a porn-free environment (screensaver of my wife, if married) and children (if you have children); pictures of wife and children around the computer; using the computer in an open place where anyone can see; download accountability software on my computer; install a filtering software on my computer; share my computer password with my wife or friend; put Scriptures on screensaver; post-it notes with Scriptures on computer; taking a different route to work to avoid temptation; when staying in a hotel asking the front desk to turn off pay-per-view on the cable; if necessary avoid traveling with my laptop and use computer in hotel lobby; and eliminate the premium cable channels on my television;

I will develop the spiritual disciplines of daily Bible reading, prayer, personal worship, small-group Bible study, church attendance, fasting, meditating, and journaling (recording what God is saying to you through His Word, the Holy Spirit, your experiences, and your circumstances along with personal victories and failures);

I will recognize those times and places when I am most likely to look at pornography and interrupt those times and places by taking specific steps to guard my mind and heart;

I will immediately remove [pornography] from my life by destroying any pornography of any kind;

Because I know I am not alone in my struggle I will be mindful of praying for and seeking to help my brothers in Christ to stay pure;

I will review and renew this commitment daily.