



**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
*Trusted, experienced, faith-based men helping men find hope and freedom!*

**Chapter 4: Believing FREEDOM is possible.**

**Week 16: Discovering practical TOOLS and taking personal responsibility.**

**Video: Bob Newhart, Stop It**

[Click here to watch a video clip in our Vimeo account.](#)

**Theme verse:** *Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.* – Matthew 7:7-8

**Word of the Week: Seek**

**Quote:** “To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement.”  
– Saint Augustine

**John Eldredge:** “Teach a man a rule and you help him solve a problem; teach a man to walk with God and you help him solve the rest of his life.”

**Closing Song: Hard Fought Hallelujah, Brandon Lake**

[Click here to watch in our Vimeo account.](#)

## **The Top 100 Tools for Escaping Temptation:**

- 100. Run to a new, safe location.**
- 99. Call a friend.**
- 98. Listen to good music.**
- 97. Go workout.**
- 96. Do something fun!**
- 95. Pray, out loud, in Jesus name.**
- 94. Put cold water on your face.**
- 93. Take yourself out to eat, maybe you're hungry.**
- 92. Call and process with a friend, maybe you're angry.**
- 91. Go see a friend, maybe you're lonely.**
- 90. Take a nap, maybe you're tired.**
- 89. Get a drink of water, maybe you're thirsty.**
- 88. Snap the rubber band on your wrist.**
- 87. Slap yourself in the face.**
- 86. Read your affirmation list.**
- 85. Write a gratitude list.**
- 84. Write, or read your Top 10 reasons you want sobriety.**
- 83. Read a good book.**
- 82. Read the Good Book.**
- 81. Get a chocolate shake.**
- 80. Process your anger with a friend.**
- 79. Take a bath or shower.**
- 78. Write out your feelings.**
- 77. Share your feelings with your sponsor.**
- 76. Go buy yourself a new shirt.**
- 75. Read the 12 steps, out loud.**
- 74. Go watch a funny movie.**
- 73. Make amends with someone.**
- 72. Start a new hobby.**
- 71. Set a goal with an accountability friend.**
- 70. Choose to believe, in a new way.**
- 69. Eliminate something from your home, that needs to go.**
- 68. Talk a walk in nature.**

67. **Take something off your schedule, that is not important.**
66. **Take yourself out for a meal.**
65. **Make a plan for something to look forward to.**
64. **Read out loud, your new identity.**
63. **Go buy some healthy groceries.**
62. **Make yourself a favorite meal.**
61. **Make yourself your favorite cookies.**
60. **Pray the "Lord's Prayer."**
59. **Clean your home, or at least, one room.**
58. **Memorize a couple favorite Bible verses.**
57. **Put lotion on your hands and feet.**
56. **Tell someone you trust, a secret you have been keeping.**
55. **Call your grandma.**
54. **Think of a reward that does not cost money, and make it happen.**
53. **Consider the consequences and think it all the way through.**
52. **Make an appointment for self care.**
51. **Put some money in a piggy bank, or savings account.**
50. **Write out, "I am created in God's image," 100 times.**
49. **Order a pizza.**
48. **Write a letter to a sibling.**
47. **Go pick a flower, or something from nature.**
46. **Get outside and look at the clouds.**
45. **Send an encouraging text to a friend.**
44. **Trim your toe nails.**
43. **Go get a haircut.**
42. **Pray the Serenity Prayer.**
41. **Get to a safe, public place.**
40. **Write your feelings and days events in a journal.**
39. **Study the armor of God, in Ephesians 6 and see what is missing.**
38. **Read one week's Freedom Fighter notes from your notebook.**
37. **Speak loudly the name of Jesus.**
36. **Remove something from your home, that causes temptation.**
35. **Start Covenant Eyes, or some other accountability program.**
34. **Hate the sin and believe freedom is possible.**
33. **Create something, some form of original art.**

32. **Play a musical instrument, even if poorly.**
31. **Go buy and blow some bubbles.**
30. **Watch a favorite movie.**
29. **Trim your finger nails.**
28. **Memorize and say the Lord's Prayer.**
27. **Get to a safe, quiet private place for prayer and reflection.**
26. **Call your mom.**
25. **Write a letter to one of your children.**
24. **Don't think you can win alone, reach out to a friend.**
23. **Write out how you want to feel tomorrow.**
22. **Don't take the first step, in a familiar pattern.**
21. **Go help a friend.**
20. **Be quick to forgive and not hold a grudge.**
19. **Make a list of recovery slogans.**
18. **Write or post some affirmations on your bathroom mirror.**
17. **Share your childhood pain with a sponsor or friend.**
16. **Set a counseling appointment.**
15. **Choose the next book you will read.**
14. **Just say no, for today.**
13. **Change something in your life, anything!**
12. **Count to 10, then say, "not today satan!"**
11. **Go play with a dog.**
10. **Buy a fish.**
  9. **Buy a plant and take care of it.**
  8. **Watch a movie, you heard about at Freedom Fighters.**
  7. **Get a wise tattoo.**
  6. **Invite someone to your home.**
  5. **Make some popcorn and add peanut M&Ms.**
  4. **Follow this list, one at a time, each time you are tempted.**
  3. **Go to a Celebrate Recovery, or other 12-step meeting.**
  2. **Invite a friend to join you at Freedom Fighters.**
- #1. **Watch ... Bob Newhart, Stop It!**

**The Top Ten practical TOOLS for taking personal responsibility:**

**Print them out, or enter them in your personal journal.**

**Many of these are also found in *The Uncovering* workbook.**

**The Top 10 Dangers of Pornography \_\_\_\_\_ (or your drug of choice).**

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**The Top 10 Reasons to Die to your Addiction (or compulsive behavior).**

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**The Top 10 Ways to Reward yourself, in Healthy Way (for good choices).**

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**The Top 10 Self Affirmations, or New Names (in Christ).**

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**The Top 10 Reasons to Abstain from Sex Outside of a Loving Marriage.**

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**The Top 10 Things you need to Do, in order to Find Freedom (and keep doing).**

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**The Top 10 Ways to Escape Temptation (from the top 100, that may work for you).**

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**The Top 10 Reasons you want to Fight for Sobriety (and/or integrity).**

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**The Top 10 Promises of God, that strengthen you.**

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**The Top 10 Bible Verses that Inspire You!**

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**The Top 10 Ways you Plan to Implement, that will help you Maintain your Progress.**

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**The Top 10 things you need to eliminate from your life and home.**

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**The Top 10 \_\_\_\_\_**  
**(you come up with a topic on your own).**

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**The Top 10 \_\_\_\_\_**  
**(you come up with a topic on your own).**

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## Word of the Day: Seek

### Dictionary:

*verb, sought, seeking*

- to go in search or quest of: to seek the truth.
- to try to find or discover by searching or questioning: *to seek the solution to a problem.*
- to try to obtain: to seek fame.
- to try or attempt (usually followed by an infinitive): *to seek to convince a person.*

**Quotes: “Your seeking is your becoming and it comes with a consequence.”** – Rabb Jyot

**“You are your biggest obstacle, but you are also capable of the change that you seek.”** – Freequill

**“To fall in love with God is the greatest romance; to seek him the greatest adventure; to find him, the greatest human achievement.”**  
– Saint Augustine

**“If you’re sincerely seeking God, God will make His existence evident to you.”** – William Lane Craig

**“When you seek happiness for yourself, it will always elude you. When you seek happiness for others, you will find it yourself.”**  
– Wayne Dyer

**“The most common mistake Christians make in worship today is seeking an experience rather than seeking God.”** – Rick Warren

**“Don’t let past mistakes keep you from seeking God.”** – Billy Graham

**“If you’re sincerely seeking God, God will make His existence evident to you.”** – William Lane Craig

### Bible: Psalm 4:2

How long will you people turn my glory into shame? How long will you love delusions and **seek** false gods?

**Psalm 9:10**

Those who know your name trust in you, for you, Lord, have never forsaken those who **seek** you.

**Psalm 53:2**

God looks down from heaven on all mankind to see if there are any who understand, any who **seek** God.

**Proverbs 8:17**

I love those who love me, and those who **seek** me find me.

**Proverbs 15:14**

The discerning heart **seeks** knowledge, but the mouth of a fool feeds on folly.

**Matthew 6:33**

But **seek** first his kingdom and his righteousness, and all these things will be given to you as well.

**Matthew 7:7-8**

Ask and it will be given to you; **seek** and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who **seeks** finds; and to the one who knocks, the door will be opened.

**Acts 17:27**

God did this so that they would **seek** him and perhaps reach out for him and find him, though he is not far from any one of us.

**Romans 2:7-8**

To those who by persistence in doing good **seek** glory, honor and immortality, he will give eternal life. But for those who are **self-seeking** and who reject the truth and follow evil, there will be wrath and anger.

**1 Corinthians 10:24**

No one should **seek** their own good, but the good of others.

**Hebrews 11:6**

And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly **seek** him.