

GAME PLAN

EXECUTION SYSTEM

NAME: *Bubba Buck*

YOUR BATTLEZONE: *Visual Lust*

FORMATION: Base this on the Scouting Report Form in Week 4.

Everywhere I go, but mostly at church and church functions.

NUTRITION HISTORY: What have you been “feeding” yourself to entice temptation?

I watch 3-4 hours of TV each night. The shows have sexy female characters. I have not had my regular devotional time in months.

OPPONENT’S STRATEGY: Exactly how does your opponent attack you to create this BattleZONE?

Stimulates my sexual desires with TV characters, which leads to an increased desire to stare at women lustfully. My ability to NOT look decreases in the direct proportion to the amount of TV. For example, when I am working in the garage at night instead of watching TV, I find it easier to turn my eyes away from women.

COUNTER-ATTACK/GAME PLAN:

C3-Technique

Call a timeout and resist the tempter/temptation.

Confess the temptation to God in prayer and ask the Holy Spirit to show you the way of escape.

Choose by faithful obedience to consciously yield to the Holy Spirit’s Play Call, resulting in perfect execution of God’s will.

- 1) *Fast from TV for one week*
- 2) *Regular devotional time M, W, Su*
- 3) *Meditate on Job 31:1 daily, put in my car*
- 4) *Have my TC (teammate/captain) ask me how I am doing throughout the week.*
- 5) *Use the C3-Technique when I am in my BattleZONE.*
- 6) *Prepare my heart and mind on Sundays to desire to worship God more than I desire to look at women.*
- 7) *Have my wife pray for me daily about this sin habit.*