



Key Recovery Scripture For Overcoming Sexual Addiction

Recommended and Compiled by

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Instructions: *“Be transformed by the renewing of your mind...”* Romans 12:2. Read this entire set of verses every day for the next 30 days and check off each day’s completion. If you miss a day, merely keep going daily until all 30 days are checked. Then, read the verse list 1/week for the 10 weeks following checking each week off as you do.

Done ✓	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
Read	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.
Daily	21.	22.	23.	24.	25.	26.	27.	28.	29.	30.
Weekly	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.

Memorize: As you are reading through the verses daily, certain ones will have more spiritual meaning for you. Choose 5 of these and commit them to memory for your own growth in the Lord, to strengthen your recovery and to recite when requested.

Verses Chosen	1.	2.	3.	4.	5.
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My Own Strengthening Verses: Through your daily bible reading, church services or encouragement from others, look for 10 additional bonus verses that are really strengthening for you in your recovery journey. Record them here. Underline them in your Bible. Memorize one of them.

Bonus Verses	1.	2.	3.	4.	5.
Picked	6.	7.	8.	9.	10.

Recovery Work List for Transforming the Mind

1. 30 days of verse list reading completed
2. 10 weeks of verse list reading completed
3. 5 verses chosen to be memorized
4. 5 verses memorized and recited to accountability partner.
5. Underline all listed verses in your Bible with “R” in margin for “recovery”
6. Choose 10 bonus verses you found helpful in faith and recovery journey.
7. Underline the 10 Bonus Verses chosen in your Bible too.
8. One bonus verse memorized.
9. Ongoing Daily Bible reading – 1 chapter/day started/continuing.
10. Ongoing Daily Praying both alone and with spouse (if married).

Key Recovery Verses

1. **Genesis 39:8-12**- But Joseph refused (her advances). “Look,” he told her, “My master trusts me with everything in his entire household. No one here has more authority than I do. He has held back nothing from me except you, because you are his wife. How could I do such a wicked thing? It would be a great sin against God.” She kept putting pressure on Joseph day after day, but he refused to sleep with her, and he kept out of her way as much as possible. One day, however, no one else was around when he went in to do his work. She came and grabbed him by his cloak, demanding, “Come on, sleep with me!” Joseph tore himself away, but he left his cloak in her hand as he ran from the house.
2. **Job 31:1**- I made a covenant (pledge) with my eyes not to look lustfully at a young woman.
3. **Job 31:4-7, 9-12**- Does he not see my ways and count my every step? If I have walked with falsehood or my foot has hurried after deceit— let God weigh me in honest scales and he will know that I am blameless— if my steps have turned from the path, if my heart has been led by my eyes, or if my hands have been defiled (corrupted), if my heart has been enticed (lured) by a woman, or if I have lurked at my neighbour’s door, then may my wife grind another man’s grain, and may other men sleep with her. For that would have been wicked, a sin to be judged. It is a fire that burns to destruction.
4. **Psalms 51:10-12**- Create in me a pure heart, O God, and renew a steadfast (unwavering) spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain (anchor) me.
5. **Psalms 101:2,3**- I will be careful to lead a blameless (innocent) life—when will you come to me? I will conduct the affairs of my house with a blameless heart. I will not look with approval on anything that is vile (dreadful). I hate what faithless people do; I will have no part in it.
6. **Psalms 103:8-13**- The LORD is compassionate and gracious, slow to anger, abounding in love. He will not always accuse (blame), nor will he harbour his anger forever; he does not treat us as our sins deserve or repay us according to our iniquities (immoralities). For as high as the heavens are above the earth, so great is his love for those who fear (respect) him; as far as the east is from the west, so far has he removed our transgressions (wrongdoings) from us. As a father has compassion (care) on his children, so the LORD has compassion on those who fear him.
7. **Psalms 119:9-11**- How can a young person stay on the path of purity? By living according to your word. I seek you with all my heart; do not let me stray (wander) from your commands. I have hidden your word in my heart that I might not sin against you.
8. **Psalms 139:23, 24**- Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.
9. **Proverbs 3:5,6**- Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will direct your path.
10. **Proverbs 5:15-19**- Drink water from your own well—share your love only with your wife. Why spill the water of your springs in the streets, having sex with just anyone? You should reserve it for yourselves. Never share it with strangers. Let your wife be a fountain of blessing for you. Rejoice in the wife of your youth. She is a loving deer, a graceful doe. Let her breasts satisfy you always. May you always be captivated (spellbound) by her love.
11. **Proverbs 5:20-23**- Why, my son, be intoxicated (captivated) with another man’s wife? Why embrace the bosom (torso) of a wayward woman? For your ways are in full view of the LORD, and he examines all your paths. The evil deeds of the wicked ensnare (entangle) them; the cords of their sins hold them fast. For lack of discipline (self-control) they will die, led astray by their own great folly (recklessness).

12. **Proverbs 6:23-29**- For this command is a lamp, this teaching is a light, and correction and instruction are the way to life, keeping you from your neighbour's wife, from the smooth talk of a wayward woman. Do not lust in your heart after her beauty or let her captivate you with her eyes. For a prostitute can be had for a loaf of bread, but another man's wife preys on your very life. Can a man scoop fire into his lap without his clothes being burned? Can a man walk on hot coals without his feet being scorched? So is he who sleeps with another man's wife; no one who touches her will go unpunished.
13. **Proverbs 7:24-27**- Now then, my sons, listen to me; pay attention to what I say. Do not let your heart turn to her ways (the wayward women) or stray into her paths. Many are the victims she has brought down; her slain are a mighty throng (crowd). Her house is a highway to the grave, leading down to the chambers of death.
14. **Proverbs 28:13**- Whoever conceals (hides) their sins does not prosper (thrive), but the one who confesses (admits) and renounces (abandons) them finds mercy.
15. **Isaiah 26:3**- You will keep in perfect peace, all who trust in you, all whose thoughts are fixed on you!
16. **Isaiah 30:15**- This is what the Sovereign LORD, the Holy One of Israel, says: "Only in returning to me and resting in me will you be saved. In quietness and confidence is your strength. But you would have none of it.
17. **Jeremiah 17:9**- The heart is deceitful (dishonest) above all things and beyond cure. Who can understand it?
18. **Ezekiel 36:26,27**- And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees (laws) and be careful to obey my regulations (guidelines).
19. **Joel 2:12,13**- "Even now," declares the LORD, "return to me with all your heart, with fasting (abstaining) and weeping and mourning." Rend (tear open) your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents (holds back) from sending calamity (disaster).
20. **Matthew 5:27,28**- You have heard that it was said, 'You shall not commit adultery (infidelity).' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.
21. **Romans 6:12,13,17**- Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. But thanks be to God that, though you used to be slaves to sin, you have come to obey from your heart the pattern of teaching that has now claimed your allegiance (loyalty).
22. **Romans 12:1,2**- Therefore, I urge (compel) you, brothers and sisters, in view of God's mercy (compassion), to offer (submit) your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. ² Do not conform to the pattern of this world, but be transformed (converted) by the renewing (overhauling) of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.
23. **Romans 12:9**- Don't just pretend to love others. Really love them. Hate what is wrong. Hold tightly to what is good. Love each other with genuine affection, and take delight in honoring (respecting) each other.
24. **Romans 13:13,14**- Let us behave decently (respectably), as in the daytime, not in carousing and drunkenness, not in sexual immorality (depravity) and debauchery (wickedness), not in dissension and

jealousy (envy). Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify (indulge) the desires of the flesh.

25. **1 Corinthians 6:12-17-** “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but I will not be mastered (controlled) by anything. You say, “Food for the stomach and the stomach for food, and God will destroy them both.” The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. By his power God raised the Lord from the dead, and he will raise us also. Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.” But whoever is united with the Lord is one with him in spirit.
26. **1 Corinthians 6:18-20-** Flee from sexual immorality (corruption). All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body. Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honour God with your bodies.
27. **1 Corinthians 10:12-13-** So, if you think you are standing firm, be careful that you don’t fall! No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.
28. **2 Corinthians 4:16-18-** Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed (transformed) day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So, we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.
29. **2 Corinthians 7:1-** Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.
30. **2 Corinthians 7:10, 11-** Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death. See what this godly sorrow has produced in you: what earnestness, what eagerness to clear yourselves, what indignation, what alarm, what longing, what concern, what readiness to see justice done. At every point you have proved yourselves to be innocent in this matter.
31. **2 Corinthians 10:3-5-** For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments (clear opposition) and every pretension (masquerade of truth) that sets itself up against the knowledge of God, and we take captive every thought to make it obedient (line up with) to Christ.
32. **Galatians 5:1, 13, 16, 19-** It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke (harness) of slavery. You, my brothers and sisters, were called to be free. But do not use your freedom to indulge (satisfy) the flesh; rather, serve one another humbly in love. So, I say, walk by the Spirit, and you will not gratify the desires of the flesh. The acts of the flesh are obvious: sexual immorality, impurity and debauchery (wickedness).
33. **Galatians 6:7-9-** Do not be deceived: God cannot be mocked. A man reaps what he sows. Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.
34. **Ephesians 4:17-24-** So I tell you this, and insist on it in the Lord, that you must no longer live as the Gentiles do, in the futility of their thinking. They are darkened in their understanding and separated

from the life of God because of the ignorance that is in them due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every kind of impurity, and they are full of greed. That, however, is not the way of life you learned when you heard about Christ and were taught in him in accordance with the truth that is in Jesus. You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.

35. **Ephesians 5:3-6**- But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God. Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient.
36. **Ephesians 5: 8-14**- For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. It is shameful even to mention what the disobedient do in secret. But everything exposed by the light becomes visible—and everything that is illuminated becomes a light. This is why it is said: "Wake up, sleeper, rise from the dead, and Christ will shine on you."
37. **Ephesians 6:10-18**- Finally, be strong in the Lord and in his mighty power. Put on the full armour of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.
38. **Philippians 3:13,14**- Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.
39. **Philippians 4:13**- For I can do everything through Christ, who gives me strength.
40. **Colossians 2:6,7**- So then, just as you received Christ Jesus as Lord, continue to live your lives in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.
41. **Colossians 3:5-8**- Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice (ill-spirited meanness), slander, and filthy language from your lips.
42. **I Thessalonians 4:3-7**- It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honourable, not in passionate lust like the pagans, who do not know God; and that in this matter no

one should wrong or take advantage of a brother or sister. The Lord will punish all those who commit such sins, as we told you and warned you before. For God did not call us to be impure, but to live a holy life.

43. **1 Thessalonians 5:23,24** - May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful, and he will do it.
44. **2 Thessalonians 3:3-5**- But the Lord is faithful, and he will strengthen you and protect you from the evil one. We have confidence in the Lord that you are doing and will continue to do the things we command. May the Lord direct your hearts into God's love and Christ's perseverance.
45. **2 Timothy 2:22**- Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.
46. **Titus 2:11-14**- For the grace of God has appeared that offers salvation to all people. It teaches us to say "No" to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age, while we wait for the blessed hope—the appearing of the glory of our great God and Saviour, Jesus Christ, who gave himself for us to redeem us from all wickedness and to purify for himself a people that are his very own, eager to do what is good.
47. **Titus 3:4-7**- But—When God our Saviour revealed his kindness and love, he saved us, not because of the righteous things we had done, but because of his mercy. He washed away our sins, giving us a new birth and new life through the Holy Spirit. He generously poured out the Spirit upon us through Jesus Christ our Saviour. Because of his grace he made us right in his sight and gave us confidence that we will inherit eternal life.
48. **Hebrews 3:12,13**- See to it, brothers and sisters, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called "Today," so that none of you may be hardened by sin's deceitfulness.
49. **Hebrews 4:14-16**- Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.
50. **Hebrews 13:4**- Marriage should be honoured by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral.
51. **James 1:12-15**- Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire (lust) and enticed. Then, after desire (lust) has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.
52. **James 1:21-25**- Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you. Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it, not forgetting what they have heard, but doing it—they will be blessed in what they do.

53. **James 4:7-10**- Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. Humble yourselves before the Lord, and he will lift you up.
54. **1 Peter 4:1-3**- Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin. As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. For you have spent enough time in the past doing what pagans choose to do—living in debauchery (moral depravity), lust, drunkenness, orgies, carousing and detestable idolatry.
55. **1 Peter 5:8-10**- Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.
56. **1 John 1:7-9**- But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.
57. **1 John 2:15-17**- Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.
58. **Jude 1:4** – I say this because some ungodly people have wormed their way into your churches, saying that God’s marvellous grace allows us to live immoral lives. The condemnation of such people was recorded long ago, for they have denied our only Master and Lord, Jesus Christ.
59. **Jude 1:18-19** – They told you that in the last times there would be scoffers whose purpose in life is to satisfy their ungodly desires. These people are the ones who are creating divisions among you. They follow their natural instincts because they do not have God’s Spirit in them.
60. **Revelation 12:10-11** – Then I heard a loud voice in heaven say: “Now have come the salvation and the power and the kingdom of our God, and the authority of his Messiah. For the accuser (Satan) of our brothers and sisters, who accuses them before our God day and night, has been hurled down (defeated). They (committed followers) triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.