

BROKEN FREE

# 10:10

## 10 Day Freedom Challenge

### **GALATIANS 5:1**

IT WAS FOR FREEDOM  
THAT CHRIST SET US FREE!

### **JEREMIAH 33:3**

CALL TO ME AND I WILL ANSWER  
AND SHOW YOU GREAT AND  
UNSEARCHABLE THINGS  
YOU DO NOT YET KNOW!



# There is freedom.

**THE DEATH OF THE STRUGGLE COMES THROUGH LIFE BY THE SPIRIT.**

## 10 Daily Challenges

- |   |          |               |           |
|---|----------|---------------|-----------|
| 1 | BE STILL | 7             | FIGHT!    |
| 2 | REPENT   | 8             | RENEW     |
| 3 | OPEN     | 9             | ENVISION  |
| 4 | KING     | 10            | EMPATHY   |
| 5 | EXAMINE  | <b>EXTRA:</b> | PRESS ON! |
| 6 | NEW SONG |               |           |

For the next 10 days, I challenge you to add a new 10 minute prayer segment to your day each day - focusing on a new aspect of drawing near to the Lord in worship, prayer, meditation, and memorization - until the final day where you'll spend ten 10-minute segments drawing near to the Lord.

His promise is to draw near to us in response!

You'll take back aimless 10-minute windows of your day, and grow in your hunger for truth, light, and the secret place with the Lord!

# There is more.

This is not an easy 10 Day Challenge. It will require sacrifice. You will need to prioritize your time, your schedule, and see if you are really hungry for freedom... or just looking for a quick fix.

Men – this is a life or death situation. If you are struggling and calling it 'normal Christianity' to live a life of victory-failure-victory, I have good news: *Jesus paid for more!*

If you are tired of trying to dissect and untangle the nets of your past in order to break free, it's time to stop and be broken free by fixing your eyes on Jesus - not your past.

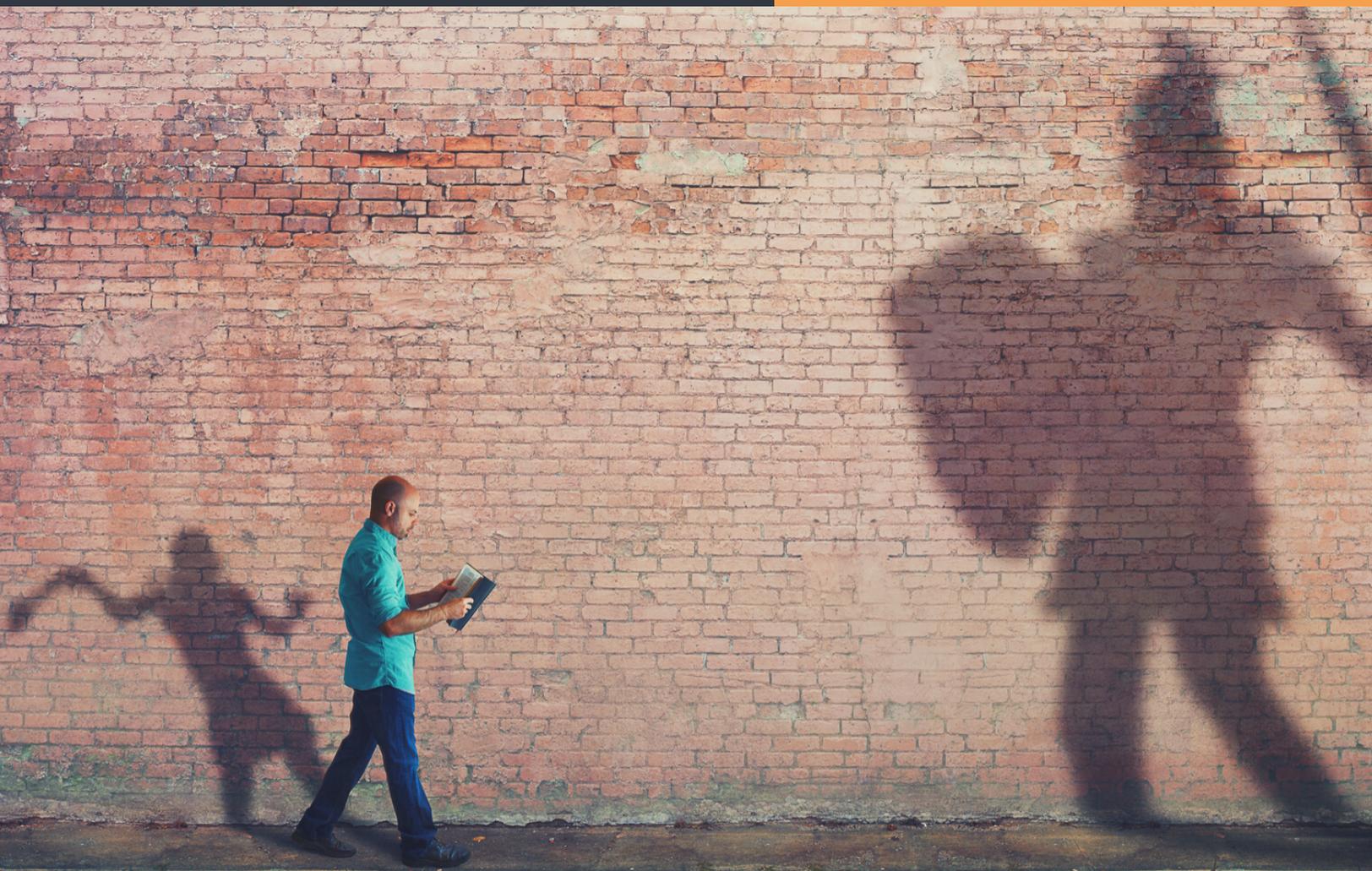
## Phil 3:13-14

### 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,

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.





# 10:10 Tips

- 1. CHOOSE A CONSISTENT TIME TO START.**  
Each day, your challenge will be to add an additional 10-minute prayer segment throughout your day. So starting your reading and review of that day's new segment at the same time each day will help you kick off your day strong each day of the ten days!
- 2. MAKE A LIST OF POSSIBLE TIMES TO PRAY.**  
It won't seem so impossible to end up with 10 different segments of your day to pray if you start with a list of possible times: in the shower, getting dressed, commuting to work, driving to lunch, going the bathroom, driving home, replacing social media surfing, during your media-fast, at the gym etc... what moments are unique to *your* day?
- 3. GRAB A JOURNAL - YOU'LL NEED IT.**  
Each day you'll be challenged to write/reflect on your day - so grab a notebook and keep it on you.
- 4. GRAB A PHYSICAL (NOT DIGITAL) BIBLE.**  
Believe it or not, there's a ton of research about the difference between understanding and recollection of "digital Bible reading" and "physical page-turning". Short answer? Grab a physical Bible to keep in your bag/car during these 10 days.. and use it each day.
- 5. TELL SOMEONE ABOUT YOUR COMMITMENT.**  
Feel free to email [freedom@brokenfree.org](mailto:freedom@brokenfree.org) each day, or text us at 717-537-1266. However, we'd suggest you tell someone local that you trust that you've embarked on this challenge so they can ask you how your heart is responding.
- 6. ALWAYS END YOUR DAY WITH SCRIPTURE.**  
Each day you'll have some different focus verses for meditation or memorization. End each day with speaking them aloud as you lay on your bed! Enter into evening rest with The Sword in your hand!



**CALL TO ME**

**I will answer you**

**and**

**show you great and  
unsearchable things**

**you do**

**not yet**

**know!**

JEREMIAH 33:3



DAY 1

# BE STILL

## First Session: Quiet the chaos!

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Total time needed to  
complete today's  
challenges: 30 mins  
+10 min for reading  
+10 min of challenges  
+10 min journal/response

Each day you will be adding another 10-minute prayer segment into your day. Sometimes you will need to plan for a private time to do your challenge on that day – and sometimes you'll be able to do it while you are driving in your car to and from work.

Today, I want you to do it right where you are, as you ready yourself for 10 days of challenges that will place you right where He wants you: with your eyes fixed on Jesus, the author, and perfecter of your faith.

This is not a method of looking backward and untangling old nets. It is not a navel-gazing method to trying to figure your mess out. It is a challenge to let Holy Spirit be your guide and helper (Jn 16:23, 14:26).

And it starts with being still.

## Practicing Stillness

A mind given over to sexual sin, or struggling with sexual sin, finds it very difficult to be still. It's always racing. In fact, in our culture, it is very difficult for anyone to get away from the noise and buzz of every device, advertisement, pop-up, and notification. So each day of your 10 Day Freedom Challenge will start with ten minutes of being still.

That means no phone. No laptop. No YouTube. No playlist. No radio.

Just ten minutes of waiting on the Lord as you hold a pencil and are poised to write in your journal. Or maybe you just are sitting up on the edge of your couch and listening for His voice.

Trust me – it's difficult. That's why it's called a challenge. But it's doable by His grace.

### Here's my tip and what I practice:

Bring one scripture from the Word of God as your focus for meditation. Use that to simply 1) stay awake, 2) focus your thoughts, 3) deflect distractions, and 4) guide your 10 minutes.

Start with this: "Be still and know that I am God." Psalms 46:10

I literally say out loud (sometimes in my head) "Be STILL and know..." and then "Be still and KNOW...", focusing on what each of the words mean. I will declare things like "I can be still and know..." or "I will be still and know..." and I try to stop talking to myself and just wait to listen.

While God speaks in earthquakes, whirlwinds, and sounds like thunder, He is also a still small voice that requires a quietness of spirit to hear Him. And quiet moments are rare. They make us feel uncomfortable. Especially men. We fill gaps with words because silence makes us feel uncomfortable and vulnerable.

You'll hear me often encourage you to become more "comfortable with the uncomfortable" – so let's start now.

Write down anything you sense from the Lord in your first 10-minute prayer set.

May you never be the same after these 10 days. Set a timer for 10 minutes and let's begin drawing near to The One who authored and perfects us.

**Journal your thoughts, scriptures you are holding onto, and questions *after* you finish the 10 mins.**





**DAY 2**

# REPENT

## **Second Session: More than regretting the consequences!**

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Total time needed to  
complete today's  
challenges: 40 mins  
+10 min for reading  
+20 min of challenges  
+10 min journal/response

I used to understand repentance as a “thing you do when you do something bad.” It was a one-time sequence of words that revolved around feeling sorry for something I had done, the pain I had caused, or remorse I was feeling.

Feeling. Feeling. Feeling.

I. I. I.

True repentance is more than a feeling –  
and it certainly isn't about you.

## Understanding true repentance

In Acts 3:19 we hear Peter calling to the crowd gathered around the freshly-Holy-Spirit-filled disciples: “Repent, and be converted, that your sins may be blotted out, and that times of refreshing may come from the presence of the Lord!”

That word for repentance means to “repent because of an awareness of the sinfulness of your sin” whereas there are other times we read the word ‘repent’ and it means to “feel remorse over the consequence of your sin”. However, every time the greek word is used concerning a “turning away and remorse over the sinfulness of sin”, we see in scripture that it bears eternal fruit.

Most of us have been repenting over the consequences of our sin.

We know our sin hurts our wives because when we confessed it, they did x, y, or z, and so we feel guilty and remorse because we don’t like the way x, y, or z feels to us – so we say “God, I am sorry!” Really, we are saying “God, I don’t like the way that feels to ME, so I am sorry!” It’s still all about YOU in that scenario.

We lose a job because we are caught looking at porn online, so we say “God, I am sorry!” Really, we are reacting to how we feel because we know it was our fleshly lusts that made us lose a good job we would have otherwise kept, and we are sorry for the way it affects us, our family, our integrity etc... it’s all about YOU!

True repentance is where we say “God, I am sorry!” because we have a revelation of the sinfulness of our sin before a Holy God – regardless of the consequences. Sometimes nobody even knows we looked at the porn at work, or that we went here or there and broke a covenant with our eyes or our spouse... yet, we turn with a broken spirit to the Lord because we are aware of the sinfulness of our sin before a Holy God!

It’s not consequence-driven sorrow, but rather offense-to-a-Holy-God-sorrow.

So in this 10-minute segment each day, write down things the Lord brings to mind and cry out for His heart and His perspective so that Godly sorrow would produce eternal fruit. You may want to just ask the Lord for 10-minutes to give you the ‘gift of repentance’. You may need to actively repent for things you know you did wrong.

Listen, it’s not wrong to repent over the consequence of your sin. But there’s a deeper repentance that bears more lasting and eternal fruit that you are invited into! So, start where you are at... and ask the Lord to reveal the more!

**Write in your journal what the Lord brings to mind as you meditate what is driving your repentance.**

**DAY 3**

**OPEN**

**Third Session:  
Permission to enter...  
everywhere?**

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Total time needed to  
complete today's  
challenges: 50 mins  
+10 min for reading  
+30 min of challenges  
+10 min journal/response

If you were away on vacation and a fire destroyed everything in your house, how much would be left?

Nothing. Everything would have been exposed to the fire, without any place to hide.

When sexual sin was ruling my life, I was very good at hiding. In church settings, I hid behind talent and gifting to mask evil and sin. In private settings, I sought hidden places to pursue sin.

So, the practice of being open with the Lord is a necessary part of learning to live a life in the light, where freedom reigns.

Are you willing to expose everything, and let the holy fire of the Lord consume and destroy all the idols?

## In everything...

During this time, be open with the Lord about where you are at.

Philippians 4:6 says *“Do not be anxious about anything, but in everything, through prayer and petition with thanksgiving in your heart, present your requests to God. And the peace of God, which transcends all understanding, will guard your heart and your mind in Christ Jesus...”*

Sometimes we think we can only bring “neat and tidy” requests to God that would pass the ‘sunday school teacher test’. It’s like we are trying to politely and modestly SCREAM AND CRY when there is an urgent need.

### Does God really need to be told what He already knows?

It makes no sense to withhold your true desires and honest thoughts from Him who sees and knows the hidden things of the heart. The Bible promises in Psalms that as we “delight ourselves in the Lord, He will shape the desires of our heart” (Ps 37:4). Your Bible may say “give you the desires...” but the actual word means “to shape and mold”.

God wants us to be open, and in everything (work, life, job, marriage, family, sin, success, struggles etc) to present our requests to God with an understanding and thankful heart that we don’t need to carry that which He has already carried for us.

Anxiety is a sin that was paid for on the cross.

Immorality is a sin that was paid for on the cross.

Greed, lust, gossip, worry, fear, and anger... all paid for on the cross.

So, don’t try to be neat and tidy in this 10-minute prayer set. Open up your journal and write down your ‘worry list’, your thankful list, and your honest thoughts and fears as an offering to God, knowing that He is big enough, patient enough, peace-filled enough, and willing to listen and respond.

But don’t try to hide behind niceties.

A life ruled by sexual sin or addiction is often well-practiced in hiding and covering up. Start being open and honest with Him who already knows the heart. Tomorrow you’ll have another chance to lay it all out. As you do this segment each day, you’ll become more comfortable being “naked and unashamed” in the presence of The Lover of your Soul as intimacy grows between you and The Lord.

**Write out your 'worry list', your thankful list, your honest thoughts and fears. Be open and honest.**



**DAY 4**

# KING

## **Fourth Session: Is He Lord?**

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Total time needed to  
complete today's  
challenges: 60 mins  
+10 min for reading  
+40 min of challenges  
+10 min journal/response

This fourth segment of your 10:10 prayer challenge is about establishing The King in His rightful place on the throne of your heart.

That means *you* have to move.

The *king of self* sits on the throne of your heart more than you are aware of or willing to admit. So this segment is about giving The King of Kings permission to be THE king of your heart.

It is about giving Him the keys to what He purchased again.

The king of "i" needs to die so that The King of Kings can truly reign as Lord.

## **Giving Him permission over all**

As you establish and declare out loud that Christ is the King of your heart, His rule and reign and kingdom will be established in your life... because you will no longer be the one calling the shots.

It may be something new to you to focus on one seemingly small detail for 10 minutes. However, we are amidst a generation that has mastered the establishment of our own agendas, our own kingdoms, and our own destiny. What we feel has become the rule of law. To not follow your feelings has been called 'not being true.' In fact, our democratic system makes it difficult to even fathom what it means to follow a king with ultimate authority and sovereignty.

Think about that in your prayer set today: what does it mean to follow a King who is sovereign? Eternally sovereign. Someone who was not elected by popular vote or who campaigned and won due to their charisma and lobby dollars! But a king. Someone whose right to the throne is based on their family line. His eternal governing right was established before time began – and He desires to be the King of your heart!

As you meditate on His Lordship, your perception of your rights will not be what controls your own desires. You won't have the master keys anymore. There is a great old song that says "May your kingdom be established in our praises / As your people declare your worth / Blessed be The Lord God Almighty..."

When you get to this 10-minute prayer set, continue to lift Him up as the King of Kings and trust that as you fix your eyes on Jesus, your heart will be drawn to greater submission to the King of Kings.

The most dangerous prayer you can pray (in my opinion) is "Lord, I give you full permission to do whatever it takes for you to have all that you paid for!"

**Pick a verse to meditate on and commit to memory - write it down >>**

**Commit one of these verse to your journal and your memory:**

1 Timothy 6:15

*...He will bring about at the proper time—He who is the blessed and only Sovereign, the King of kings and Lord of lords.*

Revelation 1:5

*... Jesus Christ, the faithful witness, the firstborn of the dead, and the ruler of the kings of the earth To Him who loves us and released us from our sins by His blood—*

Revelation 17:14

*"These will wage war against the Lamb, and the Lamb will overcome them, because He is Lord of lords and King of kings, and those who are with Him are the called and chosen and faithful."*

Revelation 19:16

*And on His robe and on His thigh He has a name written, "KING OF KINGS, AND LORD OF LORDS."*

Revelation 19:11-16

*And I saw heaven opened, and behold, a white horse, and He who sat on it is called Faithful and True, and in righteousness He judges and wages war. His eyes are a flame of fire, and on His head are many diadems; and He has a name written on Him which no one knows except Himself. He is clothed with a robe dipped in blood, and His name is called The Word of God.*

Deuteronomy 10:17

*"For the LORD your God is the God of gods and the Lord of lords, the great, the mighty, and the awesome God who does not show partiality nor take a bribe.*

Psalms 136:3

*Give thanks to the Lord of lords, For His lovingkindness is everlasting.*



**DAY 5**

# EXAMINE

## **Fifth Session:** **Search me, Oh God!**

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Total time needed to  
complete today's  
challenges: 1hr 10 mins  
+10 min for reading  
+50 min of challenges  
+10 min journal/response

Psalms 139 begins...

*O Lord, You have searched me and known me.  
You know when I sit down and when I rise up;  
You understand my thought from afar.  
You scrutinize my path and my lying down,  
And are intimately acquainted with all my ways.*

... and ends with...

*Search me, O God, and know my heart;  
Try me and know my anxious thoughts;  
And see if there be any hurtful way in me,  
And lead me in the everlasting way.*

Have you stopped to ask the Lord what He sees – or only brought to Him what you see?

## No Hiding

I encourage you to read the entirety of Psalms 139 in your physical Bible (go ahead, turn some real pages).

The reality is that too often we conduct the search ourselves.

One thing you'll learn about Broken Free is that sometimes it makes the most sense to make a practical illustration to drive home a spiritual point. So, here to goes: can you open your mouth, say Ahhhhh! and see down your own throat to diagnose what's causing the pain in your throat? Can you give yourself an x-ray while standing still? Can you properly examine a mole on your back?

Just as you are unable to search your bodily cavities on your own effort without assistance, *so too are you unable to fully examine your spirit-man without assistance.*

We need The Helper to perform a search of our heart and soul.

When it's up to us, we ask questions to ourselves like: "When did I last mess up?" or "Is there anything I need to apologize about?" It is an "i" question asked by the King Of I: you!

In this 10:10 segment, I want your focus to be on asking the Lord to search you and to examine your heart and mind and reveal things He sees. While we tend to focus on the obvious things and ways that we have failed ourselves, or someone else, it is the Lord's desire to reveal what He sees so we can become men and women who learn to repent because of the 'sinfulness of our sin' rather than the 'consequences of our sin.'

As you spend this 10-minute segment in prayer, take notes of things that are revealed to you.

Small things. Big things. Random things. Write it down.

It is His Love for His glory that exposes your heart – that He might then cleanse and renew things that once lay in darkness, and expose them to the light where things are freed.

**Write out what the Lord is showing you -  
nomatter how big or small they seem to you.**

BE STILL  
REPENT  
OPEN  
KING  
EXAMINE

## DAY 6

# NEW SONG

### Sixth Session: Practicing for eternity

Total time needed to  
complete today's  
challenges: 1hr 20 mins  
+10 min for reading  
+60 min of challenges  
+10 min journal/response

One of the most amazing realities of eternity is that we will worship forever the risen Son!

We will sing new songs... for eternity.

How does "new" continually happen? The reality is that the attributes and depth of God are inexhaustible and when we see Him for who He is, we will have endless praise as our compulsive response.

For many of us, we have only ever followed someone else's lead when it comes to signing songs. We have let other people write lyrics that we sing... sometimes without thinking or weighing them for Biblical truth.

That all changes today.

## **New songs may be new to you**

I am inviting you to step out of your place of comfort and sing a new song. It may be one you didn't know before... or one that's never been sung before. It may be in-tune, or may just be a 'joyful noise'. But the incense of praise is inhabited by God Himself.

So let's join with heaven in this new 10-minute set:

### **Revelation 5:8-14**

*When He had taken the scroll, the four living creatures and the twenty-four elders fell down before the Lamb. Each one had a harp, and they were holding golden bowls full of incense, which are the prayers of the saints.*

*And they sang a new song:*

*"Worthy are You to take the scroll and open its seals, because You were slain, and by Your blood You purchased for God those from every tribe and tongue and people and nation. You have made them into a kingdom, priests to serve our God, and they will reign upon the earth."*

*Then I looked, and I heard the voices of many angels and living creatures and elders encircling the throne, and their number was myriads of myriads and thousands of thousands.*

*In a loud voice they said:*

*"Worthy is the Lamb who was slain, to receive power and riches and wisdom and strength and honor and glory and blessing!"*

*And I heard every creature in heaven, and on earth, and under the earth, and in the sea, and all that is in them, saying:*

*"To Him who sits on the throne, and to the Lamb, be praise and honor and glory and power forever and ever!"*

*And the four living creatures said, "Amen," and the elders fell down and worshiped.*

I challenge you to skip the ipod or radio – but to sing the scripture (Psalms is a good place to start), or sing from memory a new song you learned... and start making up your own heart-lyrics when you forget the words. Fix your eyes on who God is and grow into a place of intimate worship with the Lord where you are no longer bound by fear of man, but solely given to loving Jesus with your new songs!

Become more comfortable with the uncomfortable; it's there you will discover you've moved past your previous settlements into new territory.

**Write down the lyrics of your heart *after* you have spent 10 minutes singing a new heart song!**



**DAY 7**

# FIGHT!

## **Seventh Session: Make War!**

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Total time needed to  
complete today's  
challenges: 1hr 30 mins  
+10 min for reading  
+70 min of challenges  
+10 min journal/response

Fight or flee?

Many of us have been conditioned to 'fight against lust' and to 'battle against sexual thoughts and temptations'.

If you thought that was what the Bible suggests we do when it comes to lust and sexual immorality, you are in for a life-giving surprise!

The Bible calls us to FLEE sexual immorality, and never to stand and fight!

So, why a 10 minute segment on fighting? Because there's a different fight you are called to when it comes to purity of heart and mind - and this FIGHT! segment is about the good fight of faith.

## Fighting the right war.

If you feel like you are “always fighting and never winning”, then you might be using the wrong weapons, attacking the wrong enemy, or simply in the wrong war altogether.

Sexual sin is actually not something we are instructed to fight against; faith is what we are told to fight for.

We are actually commanded to FLEE from sexual sin and lust in numerous places in scripture (and there's lots of messages and articles on BrokenFree.org about what it looks like to flee) - but this segment is about the right fight, with the right weapons.

### 1 Timothy 6:11-12

*But you, O man of God, flee from these things and pursue righteousness, godliness, faith, love, perseverance, and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made the good confession before many witnesses.*

Often times we lose hope *while we are in the process* through the wilderness to the Promised Land and say 'let's just go back to Egypt'. But fighting the good fight of faith is about holding onto the promise of the destination you were set free for: FREEDOM.

This segment is about standing firm and making war for your family, for your spouse, for your marriage, for the testimony of Jesus to be made manifest through your life. In this 10 minute set, I challenge you to DECLARE OUT LOUD your prayers, your war cry – whether you decide to dance against darkness, shout for the victory that is yours, fearlessly cry out, or to advance His kingdom by force through physical exercise as you make spiritual war... all which are Biblical by the way... this should be an *intense* session of your day.

If you view your mouth as merely a tool for communication, you will only speak when you have something to communicate. But if you view your mouth as a light, you'll open it whenever you encounter darkness – as a tool for guidance and illumination of things once hidden.

If you understand your tongue to be a weapon, you will use it to fight. Your tongue and your body is a weapon, given by God as an instrument of righteousness (Romans 6:12-14) - now use it!

## How did you fight in this segment?

BE STILL  
REPENT  
OPEN  
KING  
EXAMINE  
NEW SONG

FIGHT!



**DAY 8**

# RENEW

## **Eighth Session: Transformation by renewal**

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Total time needed to  
complete today's  
challenges: 1hr 40 mins  
+10 min for reading  
+80 min of challenges  
+10 min journal/response

Reflecting on my journey from being a slave to sin to being broken free and living in freedom, I realized that the "transformed by renewing of my mind" came not only from memorizing and being drowned in The Word - but also by meditation in worship.

It's an amazing promise in God's Word that we can be transformed 'simply' by renewing our minds. Unlike the 'New Song' segment, this is a chance for you to just wash and soak in Biblical songs of worship - and let His presence overwhelm you through meditation and "dwelling in His courts and gazing on His beauty" (Psalms 27:4).

As I pondered what 'renewal' meant, I realized I had only ever heard of "a better version of the old" rather than believing God for a brand new heart and mind.

## **Soak in His presence**

As you consider what it means to actually have "all things made new", consider what NEW means. I have often thought *"Lord, it would be much easier to help others be set free if you had only taken me through 10-steps To Freedom. Then, I could just tell everyone else the 10-steps."* Listening to psychologically-trained professionals and pastors list all the things that need to be addressed (The 4-characteristics of Satan's Noose, The 5-components of Walking In Freedom, The 4 Essentials To Fight A Lion, The 6-Keys To Victory) in order to walk in freedom, I get weary!

**If I had to know all the reasons, causes and triggers and all the right answers to untangle my net of sexual bondage, I would still be working on the first knot!**

New is not just a "cleaned up version of the old". Renewal is not just "the same book, with a new expiration" like a library. The reality is that Jesus purchased "a NEW heart and a NEW mind" (check out how much The Bible has to say about 'new hearts' and 'new minds') and doesn't simply want to clean up our old one.

During this 10-minute set, go ahead and soak in Biblical worship music that fixes your eyes on Jesus.

It's not a time to mindlessly jam out to your latest Top 10 list, but to let the beauty of His presence overwhelm you. Plug into lyrics and songs that lift Him up so you can experience the amazing promise that "if we lift Him up, He will draw all men (that's you!) to Himself."

Don't be distracted - but be dwelling on every word as you sing and listen. Write down the songs, and the lyrics, that jump out to you in this time.

There are 7 segments today before you get to encounter Jesus in this 8th "renewal" encounter, so press in with great expectation.

Don't give up brother! Persevere sister! "Seek and keep seeking..." (Matt 7:7) "I will show you great and unsearchable things you do not yet know!" (Jer 33:3)

**Reflect in writing about what renewal would mean for you. Write out 'soaking' lyrics that resonated with your spirit in this season as you plugged in.**

BE STILL  
REPENT  
OPEN  
KING  
EXAMINE  
NEW SONG

FIGHT!  
RENEW

An open book with a red bookmark is shown in a close-up, slightly blurred view. The pages are dark, and the binding is visible in the center. The red bookmark is placed between the pages, extending downwards.

## DAY 9

# ENVISION

### **Ninth Session: Above and Beyond**

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Total time needed to  
complete today's  
challenges: 1hr 50 mins  
+10 min for reading  
+90 min of challenges  
+10 min journal/response

Can you imagine what it's like to live free from the struggle against pornography and lust?

The Bible is full of the promises of 'a new mind', that He will do 'exceedingly and abundantly above all we ask, think, or imagine', and that God himself is our victory!

But we need to meditate in the promises in order for our heart to believe they are for us.

The same imagination we so often use for evil, selfish, and perverse mental exploration is the one that God wants to redeem and use to explore the greatness of His goodness - to envision what it can be when He is in control of your heart.

That's what this segment is about.

## Can you see it's for you?

The Bible says they didn't enter the Promised Land for "unbelief". They had more fear of the enemy than fear of God. They didn't believe (except for Caleb) that what God had promised He would actually accomplish on their behalf.

Do you believe that the fruits of the Promised Land are for you?

Do you believe that you can enter a place of rest where the Lord removes your enemies, fights your battles for you, and is your peace? (Joshua 21:40-45)

Or do you think that enemy is too big, you are too small, and things are actually good enough how they are?

I understand that when you are in bondage and living behind the walls of the enemy's camp (or your own prison) that it's nearly impossible to see what might exist on the other side. I feel like it is almost like asking someone on their death bed, plagued by an unknown disease, to imagine what it's like to be healthy, active, and running around. Or, it's like asking someone who is morbidly obese to envision themselves at a healthy weight and conquering weekend warrior races at the front of the pack. It almost seems unkind and unfair.

That's what this segment might feel like if you are bound, struggling, and suffocating in your sin.

**But since the truth is that where you are today is not where you were set free to be, then *you must have faith* to 'see what is unseen' and that which you have not yet laid hold of!**

The Lord said through the prophet Isaiah: "Forget the former things; do not dwell on the past. See, *I am doing a new thing! Now it springs up; do you not perceive it?* I am making a way in the wilderness and streams in the wasteland. (Is 43:18-19)

As you envision what the Lord has paid for on your behalf, write down what He shows you it looks like for you... then realize He can do more!

**What does your freedom look like? What does a life given over to love God look like?**

BE STILL  
REPENT  
OPEN  
KING  
EXAMINE  
NEW SONG

FIGHT!  
RENEW  
ENVISION



**DAY 10**

# EMPATHY

## Tenth Session: Apathy vs. Empathy

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Total time needed to  
complete today's  
challenges: 2 hrs  
+10 min for reading  
+100 min of challenges  
+10 min journal/response

We hear a lot of focus on having “empathy for victims” of our choices in modern psychology. But that’s not the *entirely* Biblical... there’s something more.

In the final segment of your 10 Day Challenge, we will focus on adding a 10-minute segment on asking the Lord for *His heart*.

B – be still  
R – repent  
O – open  
K – king  
E – examine  
N – new song  
F – fight!  
R – renew  
E – envision  
E – empathy

## **A Broken Spirit**

An apathetic spirit is dead to the things of the spirit. The apathy of our hearts has set in by years of neglecting to listen to the prompting of the Holy Spirit, and rather feeding our flesh and impulses. We value the immediate over that which comes by waiting. We seek that which makes sense to us rather than that which builds faith in the One who is unseen.

All these things breed apathy.

So, we are adding a final focus point of asking for greater empathy. But it's not just towards the victims and collateral damage of our sin and choices. *It's towards the Lord's heart!*

His heart. His view of sin. His broken heart for those we have hurt with our sin. It's not about guilt and shame, but about realizing the depth of God's love and sacrifice for us and uniting our hearts with the great love of Jesus.

To be moved by compassion and conviction rather than rote repetition.  
To be compelled by love rather than just solely driven by discipline.

You may get sick of me saying this but "drawing near to Him" as we resist the devil means that "He draws near to us" and it's His heart that I want you to ask for.

May the Lord break your heart for what breaks His heart as you cry out for a greater understanding of the Love of God that is in Christ Jesus.

During this time, ask (and keep asking) for a revelation of His heart. Cry out for mercy for those who have been victimized by your choices. Cry out for mercy for those around you.

The Lord is eager to reveal His heart to you.

Completing all 10 segments today will require a commitment and a sacrifice. A commitment of time, and a sacrifice of your priorities and agenda in order to seek His face.

And it will be worth it.

**What did the Lord reveal to you about His heart?**

**BE STILL  
REPENT  
OPEN  
KING  
EXAMINE  
NEW SONG**

**FIGHT!  
RENEW  
ENVISION  
EMPATHY**



# EXTRA: Press on!

## You made it – but there's more!

I hope you have been encouraged through this process.

I pray you have been challenged to move outside of your comfort zone.

My own testimony is that through gazing on Him, rather than dissecting my porn-habits and lust-filled lifestyle, producing a transformation of my heart and mind through a deep, deep renewal. Something died making a way for something new to be born.

I want to encourage you to consider what I wrote on BrokenFree.org about “keeping time” as we run this race. Because 10 days is only the beginning of a journey.

After you read that, I wrote about a life lived by the Spirit – which, according to scripture, allows us to ‘put to death the misdeeds of our flesh.’ (Galatians 5)

If you haven't heard my story, you can watch it online and be encouraged to know that there is indeed the promise an end to the struggle for those who will allow Christ to be their victory and their peace. Contrary to what you might have read in man-made-bestsellers, the solution is not found looking backward. It's not found in countless hours in a private-session with someone with 62 degrees on the wall, sifting your way through complex genealogies and past experiences.

It's Biblically found in ‘abiding in Him’. It's an ‘abiding issue’, not a root issue, according to John 15. It's in fixing our eyes on Jesus – not on my past. It's not untangling a net, but rather accepting a new one. It's not scrubbing your clothes clean of yesterday's stains, but daily putting on new ones.



Press on! There is more! This is not a magic 10 Day program, but a constant pursuit with a promised outcome.

It's not a matter of ‘getting something’ but rather ‘becoming someone’. If anyone is in Christ, he is a new creation – old things have passed away! (2 Cor 5:17)

Did you catch it? Old things passing away happens when you become a new person. New things don't lead to a new person – but a new person guarantees a hunger and a thirst for new things.

Oh my brother! How my heart longs for you to know the all-surpassing greatness of the Love of Christ that you would be so overwhelmed by His love that your appetite for lesser loves, fast-food-christianity, and shortcut-versions would melt away.

Schedule another 10:10 day into your schedule in the coming weeks and keep pressing on – towards that for which Christ Jesus took hold of you: FREEDOM! It was for FREEDOM He set you free! (Gal 5:1)

**IT'S NOT ABOUT A  
PROGRAM – IT'S A PURSUIT...  
WITH A PROMISE.**

**AS WE GAZE ON HIM,  
WE BECOME LIKE HIM.  
HE IS THE PERFECTER.  
AND IF WE KEEP KNOCKING,  
HE WILL ANSWER.**

HEB 12 | JER 33 | MATT 7





GET CONNECTED

## OUR MISSION:

We exist to share the Biblical truth about freedom from sexual sin and addiction with the body of Christ - and to wake up those who have fallen asleep or settled for less than what Christ paid for.

## SUPPORT:

If you'd like to support our print, digital, speaking, or ministry efforts, you may do so at [brokenfree.org/gear](http://brokenfree.org/gear)

## SPEAKING REQUESTS:

Justin is available to speak at your church, men's group, youth group, or conference. Please submit all requests to [freedom@brokenfree.org](mailto:freedom@brokenfree.org)



EPHRATA COMMUNITY CHURCH

### HIGH MARKS

KEVIN ESHELMAN, LEAD PASTOR

I GIVE "HIGH MARKS" FOR THE MINISTRY OF BROKEN FREE AND JUSTIN RULE! JUSTIN'S PERSONAL STORY HAS GIVEN HOPE TO MANY...JUSTIN IS A GRACED AND ANOINTED GUIDE FOR OTHERS WHO ARE SEARCHING FOR THE SAME.

THRESHOLD CHURCH

### LIVES CHANGED

JAKE KAIL, LEAD PASTOR

GREAT MINISTRY HELPING MEN WALK IN THE FREEDOM THAT JESUS PURCHASED! JUSTIN...HAS A PASSION TO SEE MEN NOT SETTLE FOR STRUGGLING IN SEXUAL SIN, BUT TRULY WALKING IN FREEDOM. LIVES AND MARRIAGES HAVE BEEN CHANGED.

THE SILENT ADDICTION

### GREAT MINISTRY

MAURICE CRANE, LEAD COUNSELOR

GREAT MINISTRY FULL OF EXPERIENCED LEADERSHIP IN THE REALM OF SEXUAL ADDICTION. JUSTIN IS ON FIRE WITH HELPING MEN NOT ONLY BREAK FREE OF ADDICTION BUT FIND TRUE PURPOSE AND TOTAL HEALING...