

Building our Barriers of Defense

“And they are free to choose liberty and eternal life, through the great Mediator of all men, or to choose captivity and death, according to the captivity and power of the devil” 2 Nephi 2:27

Barrier #1

Spiritual:

Prayerfully select and memorize a scripture that is very meaningful to you.

Scripture: _____

Physical:

Select an physical activity that you will perform while you are repeating your scripture.

Activity: _____

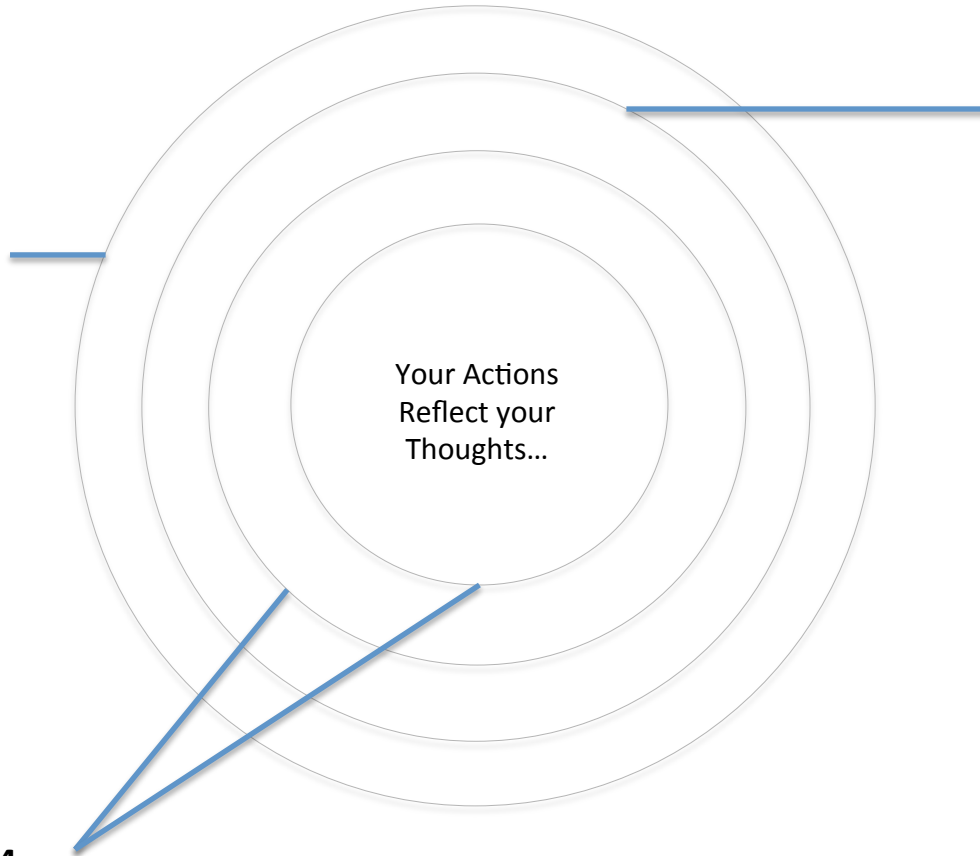
For every bad thought – repeat your scripture and perform your activity. Remind yourself, “This is not who I am or what I want to be”. If the thought persists, go to barrier #2.

Barrier #3 & #4

Select and talk with someone you trust. Ask them to be your 3rd and 4th Barriers of Defense. Define a code word to let them know when you call, they know you are struggling and need to talk to them.

My 3rd Defense : _____ Cell: _____

My 4th Defense : _____ Cell: _____



Barrier #2

Spiritual:

Prayerfully identify 3 things that you love and desire to be more than anything in this world.

1: _____

2: _____

3: _____

Physical:

Select an physical activity that you will perform while you are repeating the 3 things you love and desire.

Activity: _____

Repeat the 3 things you desire more than anything as you perform your activity. Say them out loud if you need to. Repeat Barrier #1 and #2 over and over again.

If the thought persists, go to barrier #3.