

BONUS #2

The 21-Day Renewal Plan

**One Action. One Affirmation. One Habit.
Every Day for 21 Days After You Finish Reading.**

The 21 days immediately after you finish the manual are the most critical window. Old habits fight hardest to return during this period. This plan holds you steady — one day at a time, with Scripture, prayer, and one practical action each day.

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How to Use This Plan

Begin this plan on the day after you finish reading Porn & Masturbation X. Not the day you buy it — the day you finish it. That distinction matters. The manual does the groundwork. This plan builds on it.

Each day has exactly three things:

Scripture: One verse to anchor your mind first thing in the morning. Read it when you wake up — before you check your phone for anything else.

Prayer Focus: One specific thing to bring to God that day. Not a long prayer — a focused one. One minute is enough.

Action: One practical thing to do that day that builds the new pattern. Some are small. Some take 10 minutes. None are complicated.

A few rules to protect the plan:

1. Do not skip ahead. Do each day in order.
2. If you miss a day, continue from where you left off. Do not restart from Day 1.
3. If you relapse, do not stop the plan. Keep going. The plan is not a reward for being clean — it is a tool for becoming clean.
4. Keep this PDF on your phone. Read each day's entry in the morning.
5. At the end of 21 days, go back to Day 1 and run the plan again if needed.

"Freedom is not a one-time decision. It is a daily practice. This plan gives you the structure to make that practice simple."

WEEK ONE

— DAYS 1 TO 7

Foundation: Honesty, Identity, and Awareness

Week one is about establishing the foundation. You are learning to be honest with yourself, understanding your identity in Christ, and building awareness of your triggers.

DAY 1	SCRIPTURE Galatians 5:1 — "It is for freedom that Christ has set us free." PRAYER FOCUS Thank God that freedom is already yours in Christ. Ask Him to make it real in your daily experience. ACTION Write down the moment you first realised this habit had become a problem. One paragraph. No judgment.
DAY 2	SCRIPTURE 1 Corinthians 10:13 — "No temptation has seized you except what is common to mankind." PRAYER FOCUS Ask God to show you that you are not alone in this battle and that He always provides a way out. ACTION Identify your three highest-risk times of day. Write them down. These are your guard moments.
DAY 3	SCRIPTURE Romans 8:1 — "There is now no condemnation for those who are in Christ Jesus." PRAYER FOCUS Renounce the shame you have been carrying. Ask God to replace condemnation with conviction that leads to freedom. ACTION Delete one thing from your phone today that makes the habit easier — an app, a saved link, a browser tab.
DAY 4	SCRIPTURE Psalm 139:23-24 — "Search me, God, and know my heart." PRAYER FOCUS Invite God to show you the emotional root beneath the habit. Ask specifically: "What am I really looking for?" ACTION Journal your answer to this question: "What emotion do I most often feel right before the urge arrives?"

DAY 5	SCRIPTURE James 5:16 — "Confess your sins to each other and pray for each other so that you may be healed." PRAYER FOCUS Ask God for the courage to be honest with at least one person about your struggle. ACTION Send one message to your accountability contact today — even if just: "I'm working on something. Pray for me."
DAY 6	SCRIPTURE 2 Corinthians 5:17 — "If anyone is in Christ, the new creation has come." PRAYER FOCUS Declare your identity over yourself. You are not your habit. You are a new creation in Christ. ACTION Write three true statements about who you are that have nothing to do with this struggle. Read them out loud.
DAY 7	SCRIPTURE Lamentations 3:22-23 — "His mercies are new every morning." PRAYER FOCUS Thank God for the past six days. Ask for fresh mercy and fresh strength for the week ahead. ACTION Review your week. What worked? What was hardest? Write two sentences. Carry what you learned into Week 2.

WEEK TWO

— DAYS 8 TO 14

Building: New Patterns, New Habits, New Strength

Week two is about actively building new patterns. You are replacing old habits with new ones, strengthening your spirit through Scripture, and learning to manage triggers in real time.

DAY 8

SCRIPTURE

Philippians 4:13 — "I can do all this through him who gives me strength."

PRAYER FOCUS

Ask God for His strength specifically for today — not tomorrow, not the whole week. Just today.

ACTION

Set a phone screen time limit on your highest-risk app. Even 15 minutes less is a win.

DAY 9

SCRIPTURE

Romans 12:2 — "Be transformed by the renewing of your mind."

PRAYER FOCUS

Ask God to begin renewing your mind. Ask Him to change what you desire, not just what you do.

ACTION

Spend 10 minutes reading something that builds your mind — a chapter of a book, an article, Scripture.

DAY 10

SCRIPTURE

Psalms 119:9 — "How can a young person stay on the path of purity? By living according to your word."

PRAYER FOCUS

Ask God to make His Word the anchor of your day. Ask Him to make Scripture feel more satisfying than the habit.

ACTION

Memorise your anchor scripture completely today. Write it from memory without looking. Say it out loud three times.

DAY 11

SCRIPTURE

Hebrews 4:15-16 — "We do not have a high priest who is unable to empathize with our weakness."

PRAYER FOCUS

Bring your weakness honestly to God. He is not surprised by it. Ask Him to meet you in the exact place you struggle.

ACTION

Do 20 minutes of physical exercise today. Walk, jog, stretch — anything. Physical activity directly reduces urge intensity.

**DAY
12**

SCRIPTURE

Proverbs 4:23 — "Above all else, guard your heart, for everything you flows from it."

PRAYER FOCUS

Ask God to help you guard what you allow into your eyes, ears, and mind today.

ACTION

Audit your social media for 5 minutes. Unfollow or mute any account that regularly triggers temptation.

**DAY
13**

SCRIPTURE

Isaiah 41:10 — "Do not fear, for I am with you."

PRAYER FOCUS

Ask God to replace fear of failure with confidence in His presence. He is with you even in the hard moments.

ACTION

Call or voice-note one person you trust today — not necessarily about this struggle, just connection. Isolation feeds the habit.

**DAY
14**

SCRIPTURE

Psalms 46:1 — "God is our refuge and strength, an ever-present help in trouble."

PRAYER FOCUS

Thank God for two weeks of growth. Ask Him to be your refuge specifically during the hours you are most vulnerable.

ACTION

Write down one thing that changed in you during the past 14 days. Even something small counts.

WEEK THREE — DAYS 15 TO 21

Sustaining: Freedom, Purpose, and Forward Motion

Week three is about sustaining what you have built and beginning to move forward with purpose. You are not just quitting something — you are becoming someone.

DAY 15

SCRIPTURE

John 8:36 — "So if the Son sets you free, you will be free indeed."

PRAYER FOCUS

Declare your freedom out loud before God today. Not as wishful thinking — as a fact He has already made true.

ACTION

Write a letter to your future self — 90 days from now — describing the person you are becoming.

DAY 16

SCRIPTURE

Ephesians 6:10 — "Be strong in the Lord and in his mighty power."

PRAYER FOCUS

Ask God for His power — not your own. Ask Him to fight this battle through you, not just with you.

ACTION

Identify one positive habit you will build into the slot where the old habit used to live. Plan it specifically.

DAY 17

SCRIPTURE

1 Peter 5:8 — "Be alert and of sober mind. Your enemy the devil prowls like a roaring lion."

PRAYER FOCUS

Ask God to keep you alert and aware today. Ask for discernment about where your vulnerability lies.

ACTION

Review your trigger journal entries from Week 1. What patterns do you see? Write one sentence of insight.

DAY 18

SCRIPTURE

Psalms 51:10 — "Create in me a pure heart, O God, and renew a steadfast spirit within me."

PRAYER FOCUS

Ask God to do what only He can do — create purity from the inside. Your job is surrender, not performance.

ACTION

Do something today that has nothing to do with this struggle — something that brings you genuine joy. Reclaim your life.

**DAY
19**

SCRIPTURE

Galatians 6:9 — "Let us not become weary in doing good, for at the proper time we will reap a harvest."

PRAYER FOCUS

Ask God for perseverance. Ask Him to help you see this as a long journey, not a short sprint.

ACTION

Share something encouraging with your accountability contact or in the Telegram group today. What you give out returns.

**DAY
20**

SCRIPTURE

Romans 8:37 — "We are more than conquerors through him who loved us."

PRAYER FOCUS

Receive this truth today — not as a goal you are working toward but as an identity God has already declared.

ACTION

Write down the three most important things you have learned about yourself in the past 20 days.

**DAY
21**

SCRIPTURE

Philippians 1:6 — "He who began a good work in you will carry it on to completion."

PRAYER FOCUS

Thank God for 21 days. Thank Him for what He started in you. Ask Him to carry it through.

ACTION

Decide now: will you run this plan again from Day 1, or move to a longer accountability structure? Commit to one and write it down.

After Day 21

Completing 21 days is a real achievement. It means you have built a structure around your freedom and shown yourself that consistency is possible. But Day 21 is not the finish line — it is the foundation.

Here is what to do next:

Run the plan again: Go back to Day 1. The scriptures hit differently the second time. The actions go deeper. Many people find the second run more powerful than the first.

Stay in the accountability group: The Freedom Code Africa Telegram group is yours for life. Stay connected. Check in weekly even when things are going well. Community protects freedom.

Find a longer-term structure: Consider a weekly accountability call, a men's or women's group, or a counsellor. The 21-day plan is a runway — not a destination.

Help someone else: If this plan helped you, share it with one person quietly. Forward it on WhatsApp. Leave it where someone will find it. Healed people heal people.

Return to the manual: Re-read any chapter of Porn & Masturbation X that spoke to you. Some chapters only fully land after you have lived a few weeks of the work.

"He who began a good work in you will carry it on to completion." — Philippians 1:6

Ngozi Adeyemi · Freedom Code Africa · Porn & Masturbation X
For support, reach the private Telegram accountability group included with your purchase.