



“BELIEVE BEHAVIOUR”

Words without Works are Dead!

Dr. Dave Currie

Be Warned: I tell your wives that they should “*Believe Behaviour.*” It is not what you say that matters, even what you promise. It is what you do that counts and convinces!

“*Believe Behaviour*” is simply saying to your spouse and family that your recovery is something that they will be able to SEE. Your life can’t continue on the course it has been on. Your porn/sexual addiction is destroying you and the relationships that are most important to you. Change must occur, should start now and is always something that is SEEN. Change is...

- **OBSERVABLE!**
- **MEASURABLE!**
- **QUANTIFIABLE!**
- **CONSISTENT!**
- **GENUINE!**

Dr. Doug Weiss’ recovery mantra is **Boys Make Excuses – Men Make Plans**. At first, I thought, right on. Then, over time, something didn’t sit right about that statement. Finally, it dawned on me. PLANS are still INTENTIONS!!! No matter what you say or what you put down on paper or what you might even “commit” to doing, plans are not enough. PLANS left dormant... PLANS not carried out... are worthless. Scripture is strong on the importance of **follow-through**.

Boys Make Excuses – Men Make Changes!

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FAITH WITHOUT WORKS IS DEAD – James 2:14-24

*“What good is it, my brothers and sisters, if someone **claims to have faith but has no deeds?** Can such faith save them? ¹⁵ Suppose a brother or a sister is without clothes and daily food. ¹⁶ If one of you says to them, “Go in peace; keep warm and well fed,” but does nothing about their physical needs, what good is it? ¹⁷ In the same way, **faith by itself, if it is not accompanied by action, is dead.** ¹⁸ But someone will say, “You have faith; I have deeds.” Show me your faith without deeds, and **I will show you my faith by my deeds.** ¹⁹ You believe that there is one God. Good! Even the demons believe that—and shudder. ²⁰ You foolish person, do you want **evidence that faith without deeds is useless?** ²¹ Was not our father Abraham considered righteous for what he did when he offered his son Isaac on the altar? ²² You see that **his faith and his actions were working together, and his faith was made complete by what he did.** ²³ And the scripture was fulfilled that says, “Abraham believed God, and it was credited to him as righteousness,” and he was called God’s friend. ²⁴ **You see that a person is considered righteous by what they do and not by faith alone.**”*

Ephesians 2:8-10 – “For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God **not by works**, so that no one can boast. For we are God’s handiwork, created in Christ Jesus **to do good works**, which God prepared in advance for us to do.” **Note: Saved by Grace – not by works but to do good works!**

2 Corinthians 5:17 – “This means that anyone who belongs to Christ has **become a new person**. The old life is gone; a new life has begun!” **Change is what God does!**

RECOVERY TALK WITHOUT RECOVERY WORK IS DEAD TOO!

No different than what the Scripture implies, trying to rebuild faith with your spouse without follow-through is **HOLLOW** and **USELESS!** To rebuild trust – to earn respect – always requires change. Words without actions are empty, meaningless and without hope. Your spouse is wise to

...BELIEVE BEHAVIOUR!

It was in 2019 that I first coined the recovery phrase, ***Boys Make Excuses – Men Make Changes!*** No offence, but making plans for change is not enough. Here's what I see...

- ***Stupid behaviour vandalizes spousal trust every time!***

BOYS IN RECOVERY

BOYS MAKE EXCUSES...

Constant Tears

Begging for Another Chance

Excuses

WORDS

What You Say

Intentions

Plans

Quit Early with lame alibis.

MEN IN RECOVERY

MEN MAKE CHANGES!

Consistent Effort

Earning Respect & Another Chance

Execution

WORKS

What You Do

Actions

Follow Through

Don't quit until the job is done!

A Promise made is a Promise Kept!

WHAT BUILDS HER CONFIDENCE IN YOU?

- Put in a Recovery Effort EVERY WEEK
- Follow Through on Recovery Plan
- Get the 12 Step Workbook done
- Keep Your Word – Do What You Say
- Rebuild Trust over time. Slow and steady.
- Live Trustworthy - Be Reliable
- Earn Her Respect by Ending the Cheap Talk
- A Be Accountable to Make the Changes
- Try to do some recovery work every day.

Your Motivation for Change

- Gratefulness for the grace given you
- Don't want to blow a second chance
- Want to live in freedom
- Want to earn spousal respect back
- Want to walk in peace with God