

# LivingIntegrated®

## FOUR TASKS FOR GETTING YOUR LIFE BACK

### INTRODUCTION TO THE FOUR TASKS

These Four Tasks are meant to help folks who are struggling with sexual behaviors that have become troublesome habits. For you the problematic behavior may be watching pornography and masturbating. Or you may be engaging in other sexual behaviors that are beginning to occupy more of your life than you'd like.

“  
*I know I've got bad habits...  
but do I have a problem?*  
”

These Tasks are designed to help you when you are in the very earliest stages of recognizing you have a problem and you want to do something about it.

### HOW THE TASKS ARE STRUCTURED

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Each task has a different focus. And each one has some things to think about and then an assignment or two for you to do.

Finally, each task has a passage or two from the Bible and then a prayer you might choose to make your own.

### OUR APPROACH TO SPIRITUALITY

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Let me say something about spirituality and these Tasks.

Spirituality is a broad term with many different interpretations or applications.

I grew up going to church and from early days had a fairly keen awareness that I believed in God. In my teenage years I became involved in an evangelical youth ministry and my faith took on a sense of belief and practice that really has not ever left me.

Now the term “evangelical” means a lot of different things to people. There is no commonly agreed-upon definition to the term in our culture.

So what do I mean when I use the term “evangelical?”

I believe that there is a God and that Jesus is the highest and fullest human expression of Divinity. Though profoundly mysterious, God is also personal and intentional in desiring our experience in

this life to be increasingly integrated in relationship with our Creator. And I believe that we have a personal responsibility to share the message and carry on the work of Christ in our day.

How did I come to those beliefs? A lifetime of reading the Bible, conversations with others on the same path and thinking/praying/meditation.

And the Bible? What and how do I think about that? The Bible, for me, is an essential and divinely inspired guide to help readers form a working and living faith that deepens our connection with God and informs how we live. And it points to and explains the story of Jesus of Nazareth as the central defining narrative for human-divine experience.

The challenge for all of us reading and trying to understand the Bible is to read it both intelligently and devotionally. This requires of us the work of study and a heart of humility.

I want anyone using these Four Tasks to know where I'm coming from in terms of faith. However, you do not have to share these beliefs for the Four Tasks to be helpful to you.

These tasks, and all the resources and help we offer at LivingIntegrated, are meant to be useful to you no matter what your faith background is.

If you haven't done it yet, now would be a good time to watch the companion introductory video to "The Four Tasks" on YouTube: <https://youtu.be/4xMlyRBCdrE>.

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*We believe your life matters, and we are here to help you find help  
and hope and live your life to the fullest!*

