

## Business Travel Plan for Avoiding Sexual Temptation

- Begin praying for purity days before the trip.
- If possible do not ride in a car alone with someone of the opposite sex.
- Do not confide in someone of the opposite sex about any struggles in your marriage, nor listen to someone else tell you about their own struggles in their marriage.
- When traveling, avoid the newsstand; bring your own magazine or newspaper.
- Avoid staying in hotels with in room porn / adult movies.
- Make reservations in hotels with a workout room.
- As soon as you enter the room pray Psalm 101 and commit your stay to God; repeat every morning.
- Bring and set out a picture of your spouse and children.
- Exercise every day.
- Call your spouse every evening.
- Ask your spouse to pray for you before you leave and during your stay.
- Maintain a routine. Discipline yourself to get up early each morning. Don't just lie in bed.
- Have a time with the Lord (Bible reading and prayer) every day for at least 20 minutes.
- Go to bed by 11:30 p.m. at the latest.
- Bring at least one interesting book to read, both business related and personal related.
- If back at hotel prior to dinner, get a meal at a restaurant or take out. May watch TV **only** while eating, then work, read, or exercise till bedtime.
- If back at hotel after dinner do work till finished.
- Ask spouse to specifically ask you as to whether you followed your plan and avoided sin. Have them specifically ask you if you failed in any area, and have them ask if you lied.
- Meet only in public places if absolutely necessary to meet with someone of the opposite sex.