



Single User Victory Plan with Covenant Eyes

This guide helps individuals use Covenant Eyes and the Victory app with a trusted accountability partner to pursue purity, break addiction cycles, and grow in spiritual strength.

 Sign up for Covenant Eyes: <https://www.covenanteyes.com/signup/>

 Download the Victory App: <https://www.covenanteyes.com/victory-app/>

Step-by-Step Setup for Single Users

1. 1. Install the Covenant Eyes app on all your personal devices (phone, tablet, computer).
2. 2. Ask a trusted friend, mentor, or spiritual leader to be your Ally (accountability partner).
3. 3. Have your Ally install the Victory app and connect their account to yours.
4. 4. Make sure Covenant Eyes is set as your VPN or DNS filter to block explicit content.
5. 5. Regularly review Victory app activity feed with your Ally and keep communication open.

Weekly Check-In Prompts with Your Ally

- When did you feel most tempted this week? What was the trigger?
- What helped you resist or what led to a slip-up?
- What truth from Scripture or prayer strengthened you this week?
- Are there any patterns in your environment or schedule that need to change?
- How can I (your Ally) pray for or encourage you this week?

Digital Purity & Daily Habits

- Turn off all private browsing and use only one browser monitored by Covenant Eyes.
- Remove apps or social media platforms that trigger sexual temptation.
- Avoid screens during late-night hours—replace with a nightly devotional or book.
- Schedule regular fasting days or spiritual resets for deeper dependence on God.
- Create a tech-free zone in your bedroom or prayer area.

 **Final Encouragement**

Freedom is a journey, not a one-time event. As you walk in the light with your Ally, God will strengthen you to overcome shame, secrecy, and sin. Keep going—you are not alone.