

LET CALCULUS AID ABSTINENCE FROM PORNOGRAPHY ADDICTION.

— CHANGE IS POSSIBLE. HEALING IS REAL. FREEDOM IS YOURS. —

$$\frac{d}{dx}f(x)$$

Calculus teaches us:

Change happens *one* moment at a time,
and wholeness is built *over* time.

$$\int_a^b f(x) dx$$

DIFFERENTIATE *to see clearly.*

Differentiate to separate truth
from lies and identify the
root causes and triggers.



Differentiate thoughts:
Truth vs. Lies
(What are you believing?)



Differentiate desires:
Healing vs. Lust
(What are you chasing?)



Differentiate triggers:
Avoid vs. Face
(What leads you to stumble?)



Differentiate identity:
Sinner vs. Son
(Who are you in truth?)

When we differentiate,
we gain clarity.
Clarity leads to better choices.

PROVERBS 4:23



Every day is a
small change.
Over time,
it becomes a
new life.

You are not your past.
You are becoming
who God created you to be.

INTEGRATE *to become whole.*

Integrate daily positive choices
to build a life of purity, purpose,
and lasting freedom.



Integrate the Word:
Truth transforms
(Fill your mind)



Integrate prayer:
Connection brings strength
(Stay close to God)



Integrate discipline:
Small steps, big change
(Consistency compounds)



Integrate community:
Accountability brings freedom
(You don't heal alone)

When we integrate,
we experience transformation.
Transformation leads to freedom.

GALATIANS 5:1

DIFFERENTIATE
(CLARITY)

See what is holding
you back.



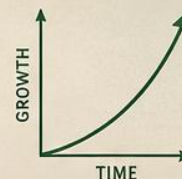
INTEGRATE
(CONSISTENCY)

Add what builds
you up.



FREEDOM
(A NEW LIFE)

Live in purity. Walk in purpose.
Become who you were made to be.



One choice
at a time.
A new life
over time.



CHOOSE TODAY. STAY **CONSISTENT**. TRUST GOD.

"I can do all things through Christ who strengthens me."

PHILIPPIANS 4:13

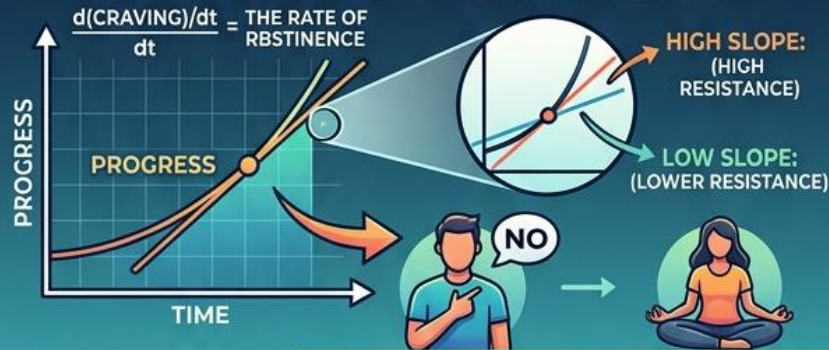


HELP IS AVAILABLE.
YOU ARE NOT ALONE.
THERE IS HOPE.

CALCULUS & HEALING FROM PORNOGRAPHY ADDICTION

DIFFERENTIATING FOR CHANGE: ANALYZING INSTANTANEOUS EFFORT

DERIVATIVE: SLOPES OF REQUIRING ABSTINANCE



EXAMINE
TRIGGERS

IDENTIFY PATTERNS

TAKE MINUTE-BY-
MINUTE CONTROL

INTEGRATING FOR HEALING: ACCUMULATING LASTING RECOVERY

INTEGRAL: SUMMING RECOVERY

$\int (\text{HEALING EFFORT}) dt = \text{TOTAL STRENGTH \& GROWTH}$

$$\int_a^b f(x) dx$$



BUILDING POSITIVE
HABITS OVER TIME



GAINING RESILIENCE
DAY BY DAY



LONG-TERM
TRANSFORMATION



LONG-TERM
TRANSFORMATION

OLD PATH: ADDICTION



DIFFERENTIATE
from old patterns.

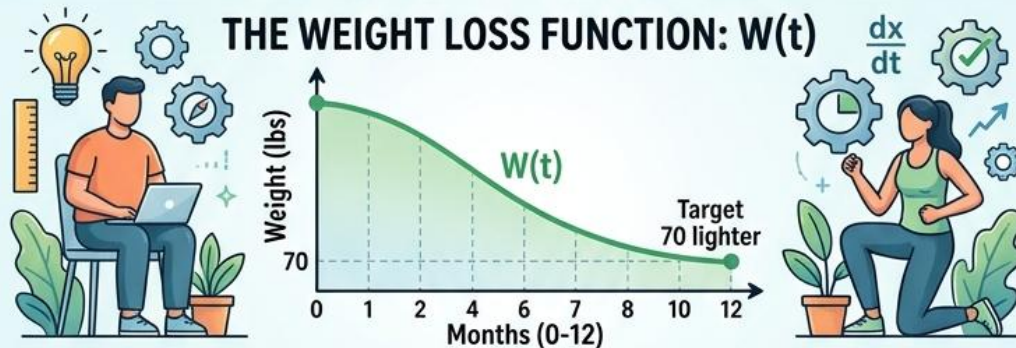
INTEGRATE
into a new life.

NEW PATH: RECOVERY



CALCULUS OF YOUR BODY WEIGHT LOSS JOURNEY:

-70 POUNDS IN 12 MONTHS-



$\int$ INTEGRATE: BUILDING POSITIVE HABITS

- 1 AREA UNDER THE CURVE OF EFFORT:**
Accumulate Small Gains



- 2 ACCUMULATE HEALTHY MEALS:**
Total Daily Intake $\sum$ (Calories In)



- 3 INCREASE TOTAL EXERCISE:**
Integral of Exercise(t)

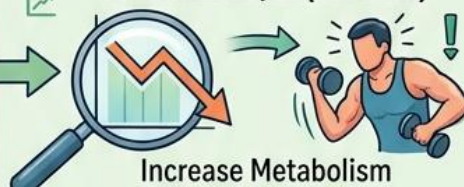


- 4 GATHER MINDFUL MOMENTS:**
 $\int$ Mental Wellness(t) dt



d DIFFERENTIATE: BREAKING DOWN CHALLENGES

- 1 RATE OF CHANGE:**
Maximize dC/dt (Fat Burn)



- 2 OPTIMIZE DAILY CHOICES:**
Analyze Daily Deviations ΔW



- 3 TARGET PROBLEM AREAS:**
 dP/dt Focus



- 4 DECONSTRUCT CALORIES:**
 $d(\text{Calories})/dt$ Analysis



DAILY ACTIONS SUM TO YEARLY CHANGE

\$10,000 CREDIT CARD DEBT REPAYMENT PLAN (12-Month Timeline)

$$A = \int_{t=0}^{12} P(t) dt$$

THE DIFFERENTIATION: FINDING THE DAILY SLOPES (dA/dt)



$\frac{dA}{dt}$: INSTANTANEOUS
RATE OF CHANGE
(Daily Effort)

DAILY TARGET PAYMENT:
 $\approx \$28.00$



REDUCE IMPULSE SPENDING:
 dA/dt (Impulse) $\approx -\$15$



ELIMINATE DINING OUT:
 dA/dt (Dining) $\approx -\$10$



CUT SUBSCRIPTIONS:
 dA/dt (Subs) $\approx -\$3$



DAILY ACTIONS
(DIFFERENTIATION)

THE INTEGRATION: CALCULATING THE ACCUMULATED VOLUME (A)



$\int P(t) dt$: SUM OF DAILY
PAYMENTS
(Total Accumulated)

TOTAL DEBT PAID IN 1 YEAR:
 $\$10,000$



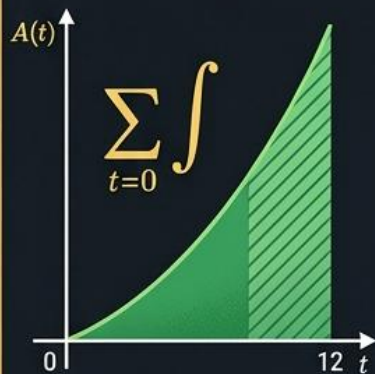
SUMMATION OF EFFORT:
 $\int$ (Daily Payments)



BUILDING MOMENTUM:
 $A(t)$ INCREASES



ZEROS THE BALANCE:
 $A(12) = 10,000$



CUMULATIVE RESULT
(INTEGRATION)

0
MONTHS

0
1
2
3
4
6
7
8
9
10
11
12

DAILY ACTIONS (DIFFERENTIATION)

CUMULATIVE RESULT (INTEGRATION)

THE SOLUTION

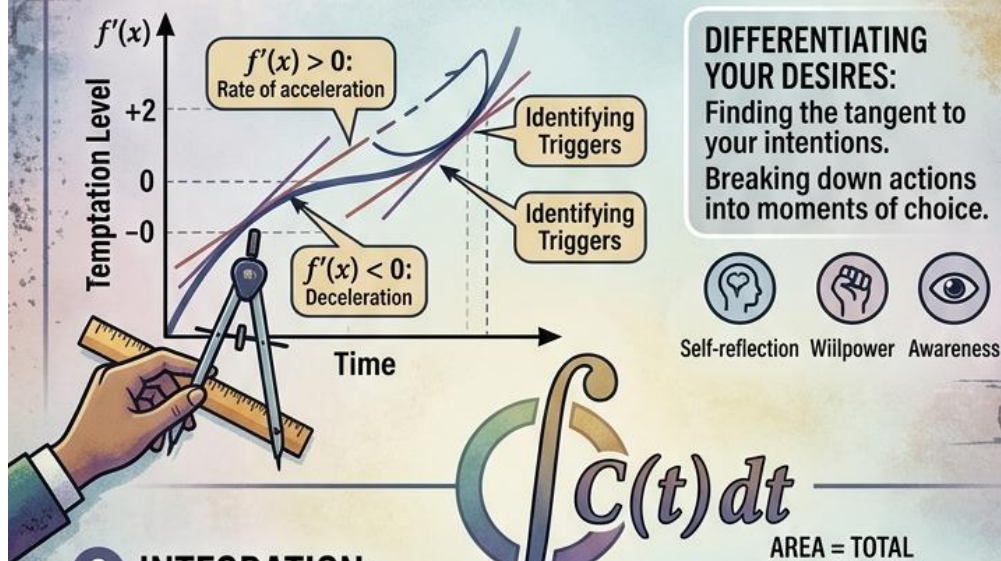
$\sum$ DAILY SLOPES = TOTAL INTEGRAL = DEBT ELIMINATION

MAINTAIN A DAILY REPAYMENT RATE (dA/dt) OF APPROX.
 $\$28.00$ FOR 12 MONTHS TO ACHIEVE ZERO DEBT.

CALCULUS & CHASTITY: VISUALIZING VIRTUE

Reflections inspired by a request for tips
created by beggars in NYC

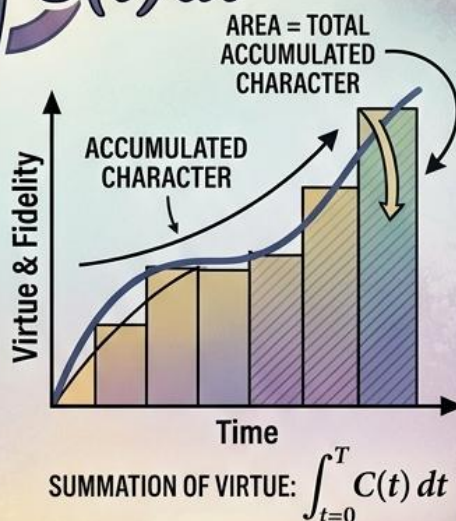
1 DIFFERENTIATION: DISCERNMENT AT EACH MOMENT



2 INTEGRATION: BUILDING THE LIFE

INTEGRATING YOUR PRACTICES:

Accumulating small, faithful choices over time.
Summing your habits into a life of virtue.

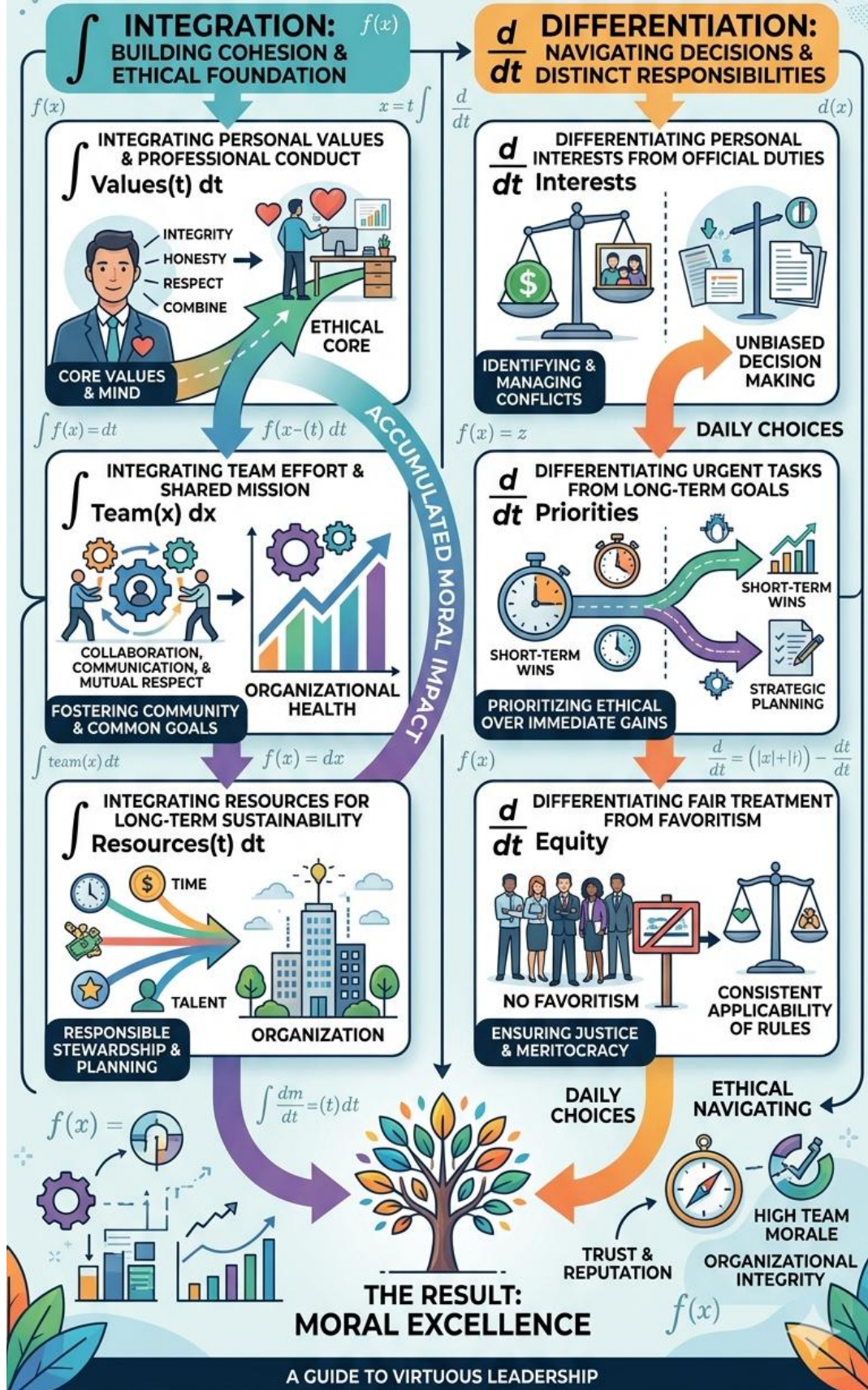


THE LIMITS WE STRIVE TOWARD ARE BOUNDLESS.

$$\lim_{t \rightarrow \infty} \text{Character} = \text{Infinite Grace}$$

THE CALCULUS OF MORAL EXCELLENCE

FOR ADMINISTRATIVE MANAGERS



CALCULUS IN THE KITCHEN: A CLEANING REMEDY POSTER

