



GREAT MIND SERIES

Living a Sexually **Pure Life**

**Leveraging on the Power of
Christ for a Holy Living**

JOHN SEYIFUNMI BALOGUN, MD

Great Mind Book Series

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LIVING A SEXUALLY PURE LIFE

...by **Dr. John Seyifunmi Balogun**

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MEET THE AUTHOR



John S. BALOGUN (BJ) practices as a medical doctor in Abuja, Nigeria. He is a gifted and sound teacher of the Word of God.

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He is a Relationship Counselor and a Youth Teacher. He teaches in Churches, Youth Seminars, Campus Fellowships, and on social media platforms.

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DEDICATION

I dedicate this book...

...to the young man *who has been crying to God for freedom from sexual sins; the young man who is too shy and too afraid to open up his secret sins to his church leaders; the young man who the 'church' has condemned to hell because he has become an embarrassment to them; the young man who bears the burden of sin daily but who is groaning, 'Oh God, is there no any way out?... I dedicate this book to you.*

... to the young lady *who is battling with sexual sins but who is too afraid to open up for the fear of being judged without trial; the young lady who keeps falling victim to the allurements from the sex-hungry beastly randy men; the young lady who has experienced heartbreaks over and over again, who is in doubt if at all there is any way out; the young lady who has so much on her heart to share but who has got no one to listen; the young lady who is crying, 'Oh Lord, can I ever be sexually pure?...' I dedicate this book to you.*

... and to all Sexual Puritans, *who are living practically, through the grace of God, in **the blessedness of a sexually pure life.** I dedicate this book to you also.*

The title 'Foreword' is centered within a white rectangular box with a blue border. This box is set against a background of vertical blue and white stripes. Below the box, there is a small, stylized blue and red emblem.

Foreword

Shortly after I became a Christian some years ago, I noticed I began to battle with some sexual sins like lust, watching of pornography, masturbation and the strong desire to have sexual intercourse. I was a teenager in my late teen age.

It felt so strange to me. I struggled to take care of it but my efforts were not yielding lasting solution. I loved God. I believed in Jesus and desired to please Him but those sins were standing between us as hindrances to living the life of God.

I couldn't open up to the leaders of my local church for three reasons; **one**, I was too ashamed of myself; **two**, the weekly preaching are almost always very judgmental that I was afraid I would be sent out of the church if I tell them my struggles; **three**, I wasn't sure if they could really help me.

So I decided to get over my shame and sought the face of God for my personal freedom from sin. I was tired of covering up a sin that God already knew about; **I came out of my shame and shyness and walked straight into the presence of God.** I wept bitterly and I confessed my struggles. I told God I

have come to the end of myself, I needed His help, and urgently for that matter.

Oh! Thank God I did that; God responded to my penitent plea and was touched by the cry from my broken heart.

Psalm 51:17 says, *"The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."*

Psalm 34:18 says, *"The Lord is near unto them that are of a broken heart; and saves those who have a contrite spirit."*

God spoke through Prophet Isaiah in 57:15, (*This is God Himself speaking*), *"...I dwell in the high and holy place, I also dwell with him who has a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones."*

The best way to get the attention of God is to get yourself humbled and broken, feel very helpless before God and I can assure you that in no time, God will attend to you. That was what I did. I cannot forget that day when God, through His Spirit taught me the Scriptural Principles for holy living.

God gave me a pure heart and then taught me how to live daily in purity; shortly after that period, he

commissioned me to take the message of purity to the people of my generation. I heard Him saying, *“I have out there many chosen vessels who are still struggling to break forth from the web of sexual immoralities, go and teach them what you have learnt here; I will always be with you.”*

Like my elder Brother Paul, *“I was not disobedient to the heavenly vision”*.

God has really been faithful to His word in my life; He has been helping me to live before Him in holiness and righteousness, and to propagate this message to the world. I have seen this message transform so many lives as they learn to walk daily with God.

Our world is one that detests purity and anything that looks like it. **It's a world in which sensuality is celebrated at the expense of spirituality.** If you were noticed to have anything to do with purity, you automatically become a candidate for some form of covert or overt persecution.

It's possible you are struggling to live a sexually pure life; many of us have also struggled, but **we have learned how to walk with God daily in simple obedience.** What is working for us can also work for you.

I have decided to write, in a book, what God taught me; I have lived by it and I have taught many people these Scriptural principles for **LIVING A SEXUALLY PURE LIFE.**

While some emphasis may be on **Sexual Purity**, I want you to know that the same grace that makes us sexually pure is also the grace that makes us **holistically pure.**

The teaching will be in four (4) parts; *Part 1 will deal with how you can **obtain a sexually pure life**; Part 2, how you can **practically live in sexual purity**; Part 3, how you can **prevent your looks from degenerating into lust**; finally, I will teach you how you can **preserve purity in your relationship.***

I desire that you find a solitary place where you can be free to pray and sing because the teachings will require you to pray and to sing.

Keep an open heart. Let nothing hinder you. God's presence has already been prayed down upon this book. You will be touched and transformed by God right there where you are.

I look forward to hearing your testimony.

TIME TO SING AND TO PRAY!

I will like you to sing this prayer song as I start the teaching; it doesn't matter if you don't know the tune of the song, just pray passionately from your heart using the lyrics;

1. Wash me, O Lamb of God,

*Wash me from sin;
By Thine atoning blood,
Oh, make me clean;
Purge me from every stain,
Let me Thine image gain,
In love and mercy reign
Over all within.*

2. Wash me, O Lamb of God,

*Wash me from sin;
I long to be like Thee,
All pure within;
Now let the crimson tide,
Shed from Thy wounded side,
Be to my heart applied,
And make me clean.*

3. Wash me, O Lamb of God,

*Wash me from sin;
I will not, cannot rest
Till pure within;
All human skill is vain,
But Thou canst cleanse each*

stain

*Till not a spot remain,
Made wholly clean.*

4. Wash me, O Lamb of God,

*Wash me from sin;
By faith Thy cleansing blood
Now makes me clean;
So near Thou art to me,
So sweet my rest in Thee,
Oh, blessed purity!
Saved, saved from sin.*

5. Wash me, O Lamb of God,

*Wash me from sin;
Thou, while I trust in Thee,
Will keep me clean;
Each day to Thee I bring
Heart, life, yea, everything;
Saved while to Thee I cling,
Saved from all sin.*

ATTENTION! I advise that you do not continue to read if you haven't prayed! Thank you.



I will start up with 1Thessalonians 4:3 which says,
“For this is the will of God, even your sanctification, that you should abstain from fornication”.

Sanctification is a process whereby you are *being made holy*.

It is both an experience and a process... Where there is **the Sanctifier and the Sanctified**.

Sanctification is a process whereby the Sanctifier (God) and the Sanctified (*we*) are in agreement (*in close cordial relationship with NOTHING between*)..., at that point, *Jesus Christ is fully living inside us, we are also living in Him and He is not afraid to call us Brethren, according to Hebrews 2:11.*

The Bible says it is the will and the delight of God that we all are sanctified.

Our text in 1Thessalonians 4:3 also talked about *fornication*.

Now you need to understand that the word *‘fornication’* in the original Greek language is *‘Porne'ia’*

Porne'ia is a broad word that does not only refer to sexual intercourse but *also everything that has the tendency to result in or ignite the desire for sexual intercourse.*

Porne'ia thus includes lust, reading or watching sexually immoral contents, masturbation, sexual immoralities and intercourse.

Now you understand why Jesus, in Matthew 5:28, says **lust is equal to fornication or adultery.**

However, the good news is that **it is the will of God that you and I possess a pure heart.** So let's go on quickly to discuss on 'how'...

A SEXUALLY PURE LIFE IS POSSIBLE

The first thing I will talk about is that *you must BELIEVE that a sexually pure life is possible.*

Yes! If you do not believe this before or if you once believed it but *due to constant Sinning and repenting, you have given up...* **Pick up your faith again and believe one more time!**

For you to live the life totally free from all forms of sexual immorality, **you MUST believe that such life is possible EVEN FOR YOU!**

Lay aside your doubts and discouragement, **ONLY BELIEVE that it is possible**; because the Bible says it is the will of God that you possess a clean heart.

Jesus says in Mark 9:23 *“If you can believe, all things (including sanctification) are possible to him that believes”*

No Lust in the heart, no involvement in any sexually immoral act: Holiness within and without ALL THE DAYS OF YOUR LIFE... You should believe that it is possible!

A SEXUALLY PURE LIFE IS NOT ATTAINABLE

You **MUST** know that a sexually pure life is **NOT ATTAINABLE**.

Now, this is where many of us church people miss it; we place a lot of disciplines, and principles on ourselves to the point that we can no longer differentiate between the breaking of our own principles and the breaking of the law of God.

We get ourselves under very strict rules and a lot of inconveniences because **we want to attain the level of perfection that we feel God and our church people require of us**; but we have forgotten what Hannah prophesied in 1Samuel 2:9, that *“It is God*

that keeps the feet of His Saints... And BY STRENGTH, SHALL NO MAN PREVAIL."

Proverbs 21:31 says that *"the horse may be prepared against the day of battle, but SAFETY IS OF THE LORD"*.

That is why, *in spite of the boundaries you keep with the opposite gender and all the disciplines, strictness of rules and struggles, there's still a lot of struggles going on within you; because a Sexually Pure Life is NOT ATTAINABLE by any human effort.*

But there's THE GOOD NEWS:

A SEXUALLY PURE LIFE IS OBTAINABLE!

Hallelujah!

In Ezekiel 36:25, God said, *"I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities."*

A beautiful verse in 1Thessalonians 5:23 says, *"The God of Peace will sanctify you totally (spirit, soul and body)..."*

It is God who will do the work of sanctification in your life; the sanctification He will do is A TOTAL ONE... **It will affect your spirit, your soul and your body. It will be an overhaul of your entire person.**

The state of purity (*freedom from all sins*) is a blessed state and the best state any Christian can be.

You might have suffered frustration from persistent falling and rising, and you're contemplating giving up, cheer up! **There's hope even now!**

You **don't grow into holiness** or Purity or sanctification through your own efforts; you have to **first obtain it from God**, then you can **begin to grow in it**.

*Your principles, disciplines and setting of boundaries can come in **after obtaining and not before obtaining** the pure life.*

I will talk about the growing or the living in purity soon **but let's obtain it first**.

We will have a brief period of prayer now but before the prayer, **take note: YOU MUST BE WILLING TO OBTAIN THE SEXUALLY PURE LIFE!**

*You have believed that **it is possible**; you have realized that **it is not attainable** through your efforts and you have believed that **it is OBTAINABLE from God**; then you must **be willing to allow God do it** in your life.*

WHY SHOULD YOU BE WILLING TO OBTAIN THE SEXUAL PURE LIFE RIGHT NOW?

Jesus says in Matthew 5:8 that *the criterion for seeing God is Purity of heart.*

In Psalm 24:3-4, David said *it is those who have pure hearts and clean hands that can successfully climb into the hill of the Lord or stand in His holy place.*

Hebrews 12:14 says *without holiness, no man will see God.*

Jesus says in Matthew 7:21 *“Not everyone that says to me, Lord, Lord, shall enter into the kingdom of God; BUT THOSE WHO DO THE WILL OF MY FATHER WHICH IS IN HEAVEN”.*

Many people will be rejected on the last day not because they did not work for God but **because they did not do the WILL of God.**

Remember in our text, 1Thessalonians 4:3, we have established that *“the will of God is our sanctification, our holiness, our sexually pure lives”.*

Jesus taught us to pray in Matthew 6:10, *“Thy will be done on earth, as it is in heaven”.*

This then is my request right now as you read all these; *Are you willing and ready to obtain this awesome promise of a clean, pure, sanctified heart?*

2Corinthians 8:11 says *“If there is first a willing mind...”*

Isaiah 1:19 also says *“If you are willing and obedient, you will eat the good things of the land”.*

God will not impose it on you; it is you who **MUST show that you are willing and ready even right now!**

Do you believe?

Are you willing to obtain a sexually pure life?

Now it is time to seek the Lord until He rains righteousness upon you.

God promised to give it to you. He promised He will sanctify and purify you, **go before Him now in prayer.**

Express your struggles and frustration. Tell Him you have tried and failed. Let Him know you need His help.

I encourage you to go back to the prayer hymn earlier shared, WASH ME O LAMB OF GOD; use the lyrics to pray right now based on what you have learnt.

Don't be in a haste to stop praying; it is only through prayers of faith that you get the experience.

When you are done praying, **believe it is done.**

Heaven's joy will fill your heart; **you will know when it has happened and you also will say;**

*By faith Thy cleansing blood
NOW makes me clean;
So near Thou art to me,
So sweet my rest in Thee,
Oh, blessed purity!
Saved, saved from sin.*

When you have obtained a pure heart from the Lord, sing sweet songs of praise from your heart to the Lord; feel free to dance also - **it's a beautiful experience!**

Then come back and read up on how you can continually live a life of purity – **A blessed life!**



Now that we all are on the same page, I will start the teaching now on **sound Scriptural principles** that will help you to continuously live a pure life.

Like I already said, *Discipline is good, keeping boundaries are excellent, but it will all end in frustration when you have not received a clean heart from the Lord.*

One thing you must do **to ensure a consistent life of purity** is that **you should be sincere with yourself and with God.**

If the Bible says **Black is black or white is white**, don't argue it, don't rationalize it, don't try to give an excuse for it, *simply accept it and pattern your life after it through the grace of God.*

When you notice that what the Bible says is different from what you are, **it is time to take yourself to God so that He can conform you into the image of His Son, Jesus Christ** because actually, **Jesus is the Word of God** according to John 1:1.

Therefore, conforming to the Word of God is also conforming to the image of Jesus Christ.

Let's start with 1John chapter 3;

Verse 1 says *“God has bestowed so much love upon us, to the extent that we should be called the children of God.”*

That's a basic fact, as long as you have believed in Jesus Christ as your Saviour from sin and as your Lord; you are a child of God.

Verse 2 reaffirms this truth by saying *“Now, we are the children of God...”*

Then verse 3 says **Since God our Father is pure, we also, in order to see Him, must continually live in purity until when we shall see Him.**

Verse 5 says *“the reason why Jesus came to this world is TO TAKE AWAY OUR SINS”*; then it says **there is NO SIN in Jesus Christ.**

Can you see that beautiful phrase?

In Jesus, **THERE IS NO SIN**

Verse 6 will blow your mind...

It says, “*Whosoever abides in Him (in Jesus) SINS NOT...*”

I know it may be difficult to swallow for many of you but I think I'm talking to those who already obtained a pure life... IF YOU HAVE NOT YET OBTAINED THE PURE LIFE FROM GOD, KINDLY GO BACK TO PART 1...

Let me finish the verse; it says “Whosoever sins has NOT seen Him (Jesus), neither known Him”.

Hmmm! *Can you scroll up and read it again?*

Verse 8 repeats this truth and as you may have known, **the essence of repetition is emphasis.**

It says “*He who commits sin is of the devil...*”

That's the truth! **Anyone who enjoys sinning belongs to the devil** because *sin CANNOT be traced to God in any way*; and as far as God is concerned, **He does not have any sinning child...**

...but WHOSOEVER (male or female, young or old, married or single) ABIDES IN HIM SINS NOT.

Hallelujah!

This means that as long as you **ABIDE** in Jesus Christ **You CANNOT be sinning.**

In fact, the single mark that shows that you are a Christian is that **you no longer commit sin.**

See chapter 5 of 1John, verse 18 saying it again this way:

“We know that whosoever is BORN OF GOD sins not... But he that is born of God keeps himself, and that wicked one touches him not”.

Verse 9 says, **“Whosoever is born of God DOES NOT commit sin...”**

It means that whosoever affirms or claims to be a Christian, born again, DOES NOT commit sin.

If you have noticed, you will realize that I have been discussing the Scripture since I started; so let God alone be true!

LET US CONTINUE!

Why is it that a Christian cannot commit sin?

Verse 9 says *“we have inside us the seed, the sinless nature, of God.”*

So, where will a Christian get sin to sin?

Can you relate with the question I am asking?

See verse 6, *“If we say that we have fellowship with Him and yet walk in darkness (sin), we lie, and not telling the truth”*.

The verse is saying that *it is impossible to have Jesus Christ with you and then you will still be sinning*. It is impossible!

Please still follow on as I drive home this teaching; I understand you may be having some doubts but don't give up on me yet, let's press it further.

Permit me to back off to chapter 1 of 1John, verse 5;

It says, *“God is light, and in Him is no darkness AT ALL”*.

DARKNESS there refers to *sin* and **LIGHT** refers to *God's holiness*; meaning that *God is pure, in Him is no sin AT ALL*.

So far, I have made you see the Scripture;

Anytime you are guilty of sins, it means that you have not been having fellowship with Jesus Christ; you don't have to argue or rationalize it... simply accept the fact of Scripture and seek for the solution.

The good news however is that **as long as you ABIDE in JESUS CHRIST, you will NEVER commit sin.**

Let me remind you of an earlier verse we read in 1John 3:6, "Whosoever ABIDES in Him sins not..."

*As long as you abide in Jesus Christ, you can never sin; **it is the presence of Jesus Christ in your life that keeps sin away from you.***

For you as a Christian, sin is not your problem; as long as you ensure your relationship with Jesus is intact, the problem of sin will be solved. True, you will still have temptations but you will not sin.

*I say it again, **as long as you abide in Jesus, you CAN NEVER sin.***

Before I proceed, let me confirm this with the Word of Jesus Christ Himself in John 15:4

*Jesus said, "Abide in Me, and I in you. As the branch cannot bear fruit of itself, except it abides in the vine; **NO MORE CAN YOU, EXCEPT YOU ABIDE IN ME**".*

Jesus said you cannot bear fruit (of holiness and purity) unless you abide in Him.

This is where most of us church people usually miss it; *we often think or assume or erroneously believe that the Christian life is an independent life, we want to practice Christianity without Christ.*

No way! The Christian life is NOT an independent life.

The day a branch becomes detached from the main stem (the vine), that is the day it will begin to dry; why; because it has been disconnected from the source of nutrients.

Likewise you and me, **the day we allow ourselves to be distracted or enticed by the love of this world, the love for pornography, the love for romantic novels, the love for worldly possessions, etc., that is the day we will start going sloppily down.**

Now that God has given you a clean heart, the Bible says, *“Keep yourself in your fellowship with Jesus Christ so that Satan does not get you”.*

Jesus says in verse 5 of John 15, *“...without Me, you can do nothing”.*

I like to paraphrase and personalize it this way;

Without Jesus Christ in my life, the only thing I can do is to commit sin.

The wise thing to do is to ensure that you are always in fellowship with Jesus Christ, no matter what it takes.

The Christian life CANNOT work without Jesus Christ. You must abide in Christ and Christ must abide in you for it to work.

At this point if there is one thing you should ask yourself, it should be, ***how do I ensure an uninterrupted fellowship with Jesus?***

It is by living in the continuous consciousness that He is with you anytime, every time, anywhere and everywhere.

Ensure you are always conscious of the presence of Jesus Christ with you, and ***that consciousness of His presence alone is enough strength for you to say NO to temptations when they come.***

That is what Paul the Apostle meant when he said in Galatians 2:20, ***"I am crucified with Christ, so it is no longer I who is living but it is Christ that is now living in me..."***

Therefore, if Christ is the One living in us now that we have obtained a pure heart, and the Bible says ***in Him (Christ) is no sin***, then we cannot sin because Christ in us cannot sin.

Being a **Christian** means that **Christ is living inside you**; that is why you cannot sin. *Is it getting clearer?*

It is Jesus's presence with you that will enable you to see *the appearances of evil* and then helps you to abstain very easily from it.

The Bible says in 1Corinthian 10:13 that *“He will make a way for you to escape from the temptation”*.

Anytime you find yourself in sin, what it means is that you have left Jesus Christ; you are no longer abiding in Him. **Anytime you are committing sin, you are no longer a Christian** (*in the real sense of it*).

The Bible says the right thing to do at such time is to *confess the sin so that God can forgive you and cleanse you from all unrighteousness*. That means you and me do not have any reason to continue in sin.

Once you confess the sin, your relationship with Jesus Christ will be restored and then the fellowship continues while you continue to abide in Him.

Therefore, **cultivate a close relationship with Jesus Christ and you will remain sinless for the rest of your life**. Hallelujah!

-
- ✓ *Whatever disciplinary measures you want to place on yourself;*
 - ✓ *Whatever principles you want to adopt;*
 - ✓ *Whatever rules you want to use to regulate your actions;*
 - ✓ *Whatever boundaries you want to set with the opposite sex or with other people;*

...Ensure that the purpose is to make your fellowship with Jesus Christ and your abiding in Him an uninterrupted one!

Disciplines, principles, rules, laws, boundaries, etc. cannot make you clean from sin; *but they can enhance your relationship with Jesus Christ.*

And as long as your relationship with Jesus is intact, no power of hell or scheme of men can make you commit sin.

Before they can make you commit sin, they will have to first entice you away from Jesus Christ but you will not be careless!

While you are abiding in Christ, take out time to soak yourself in the Scripture.

Colossians 3:16 says, *“Let the word of Christ dwell in you RICHLY...”*

It also says you should “*sing psalms, hymns and spiritual songs with grace in your heart to the Lord.*”

When you sit down to read, quietly talk to your Jesus, He will be happy that you invited Him to join in the study; and you will be glad you did!

It is not something complex, **it is so simple...** It's a relationship of love; you will enjoy it.

The reason you will say NO to temptations is because you are enjoying your relationship with Jesus Christ so much that you cannot just compromise it for anything else.

That was what made the difference in the life of Joseph, in Genesis 39, **Joseph cultivated a kind of relationship with God to the point that his Master noticed that God was with him.**

Verse 2 says “*and the Lord was with Joseph*”.

Verse 3 says “*and his master saw that the Lord was with him*”.

Verse 29 says, **even in the prison, “... they saw that the Lord was with him”.**

So, it should not surprise us when he overcame his temptation; because he had the correct basis for resisting and overcoming temptation.

He said in verse 9, “...*how then can I do this great wickedness and sin against God*”.

He was not ready to sacrifice the awesome relationship he was having with God for anything whatsoever, even if his refusal would land him in prison.

To be sexually pure, to be totally free from sin, ensure you position yourself properly in Christ Jesus.

Always remember that it is no longer you who is living, but Christ is now the One living in you.

Get yourself so carried away and ravaged by the love of Jesus Christ to an extent that He literally controls everything about you.

You want to go somewhere, simply talk to your Friend, *Sweet Jesus, we will be going to so and so place now, I look forward to a wonderful outing with You.*

Even when you want to eat, you say, *Loving Jesus, can You join me as we eat?*

Be real about it!

Personalize Jesus Christ!

For example, as you sleep, consciously say these words, *My dear Jesus Christ, I know and I'm happy You are here with me right now, I want to sleep, I hope to see You in my dreams, Good night.*

Then end it with, **I love You Jesus!**

When you do that, you are cultivating your relationship with Him in a practical way while you read the Bible to know more about God.

You're no longer afraid of committing sin; you're rather enjoying your relationship or fellowship with Jesus Christ.

It is not a FEARFUL relationship, it is a loving one!

-
- + When temptation stares at you;
 - + When pornography calls for your attention;
 - + When your sinful friends entice you;
 - + When romantic novels stares at you;
 - + When someone is trying to provoke you to anger;

...simply talk to your Jesus, *Jesus my loving Friend, strengthen and uphold me to firmly say NO.*

Anywhere you go, don't go alone; go with your Jesus and you will never sin!

Live every minute, every hour, and every day in the consciousness of Christ Jesus with you.

If you leave your Jesus, you may likely sin.

Remember the meaning of 'Emmanuel' is "*God with us*".

This is very important!

So what do you do if you abandon your relationship with Jesus Christ and commit sin unintentionally?

Don't allow sin to keep you away from your loving Jesus; simply go to Him with a contrite heart and humble spirit and say, *Sweet Jesus, I am sorry for leaving You, I have sinned, please forgive me.*

1John 1:9 is written to Christians like you and me,

It says "*If we confess our sins, God is faithful and just to forgive us and to cleanse us from all unrighteousness*".

1John 2:1 also says that we are not to commit sin but if anyone sin mistakenly, Jesus Christ will advocate for us before God.

As I summarize,

- ✚ If Jesus is with you, you won't think lustful thoughts;
- ✚ If Jesus is with you, you won't commit fornication;
- ✚ If Jesus is with you, you won't be in any sinful relationship with any man or lady;
- ✚ If Jesus is with you, you won't go anywhere Jesus will not go;
- ✚ If Jesus is with you, you won't sing any song Jesus won't sing;
- ✚ If Jesus is with you, you won't watch any movie Jesus won't watch;
- ✚ If Jesus is with you, you won't keep company with friends Jesus won't keep company with;

If Jesus is with you, you will do only what Jesus will do!

TIME TO SING AND PRAY AGAIN

An old Christian composed the lyrics of this song as follows and I want you to join in the prayer right now;

*1. I am weak but Thou art strong
 Jesus keep me from all wrong
 I'll be satisfied as long
 As I walk, let me walk close to Thee*

Chorus:

*Just a closer walk with Thee
 Grant it, Jesus, is my plea
 Daily walking close to Thee
 Let it be, dear Lord, let it be*

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2. *Through this world of toil and snares,
If I falter, Lord, who cares?
Who with me my burden shares?
None but Thee, dear Lord, none but Thee*

Chorus:

3. *When my feeble life is o'er
Time for me will be no more
Guide me gently, safely over
To Thy kingdom's shore, to Thy shore*

Chorus:

Another one goes thus:

*Thou my everlasting Portion,
More than friend or life to me,
All along my pilgrim journey,
Savior, let me walk with Thee.*

*Close to Thee, close to Thee,
Close to Thee, close to Thee;
All along my pilgrim journey,
Savior, let me walk with Thee.*

2. *Not for ease or worldly pleasure,
Not for fame my prayer shall be;
Gladly will I toil and suffer,
Only let me walk with Thee.*

*Close to Thee, close to Thee,
Close to Thee, close to Thee;
All along my pilgrim journey,
Saviour let me walk with Thee.*

Another prayer song goes thus:

1. *I am Thine, O Lord, I have heard Thy voice,
And it told Thy love to me;
But I long to rise in the arms of faith,
And be closer drawn to Thee.*

Chorus:

*Draw me nearer, nearer, blessed Lord,
To the cross where Thou hast died;
Draw me nearer, nearer, nearer, blessed Lord,
To Thy precious, bleeding side*

2. *Consecrate me now to Thy service, Lord,
By the pow'r of grace divine;
Let my soul look up with a steadfast hope,
And my will be lost in Thine.*

3. *O the pure delight of a single hour
That before Thy throne I spend,
When I kneel in prayer, and with Thee, my God,
I commune as friend with friend!*

Chorus:

*There are depths of love that I yet may know
Till I Thee face to face
There are heights of joy that I yet may reach
Till I rest in peace with Thee.*

Chorus:



Read this slowly, meditatively and prayerfully. Enjoy the read and be blessed!

NOTE that if you have not read Part 1 & Part 2, this chapter may not really help you. Go back to Part 1 so that you can obtain a sexually pure life; and to part 2 so you can learn the Scriptural Principles for Living a Sexually Pure Life.

The objectives of this chapter are;

- ✓ *To practically differentiate lust from admiration;*
- ✓ *To help you embrace the Biblical principle of moderation;*
- ✓ *To help you live a guilt-free life so you can steadily grow in grace;*
- ✓ *To offer practical suggestions that will enable you live a sexually pure life;*

Among all the five sense organs (Eyes, nose, ears, tongue and skin), the most powerful is the eye. This is why advertisers and promoters are utilizing this visual power to get their messages to you and me.

It is the reason porn actors are producing films; the reason you now find sexual scenes in almost all

home videos; that is why billboards advertising motor vehicle tires will carry the '*almost nude pictures*' of a woman.

They are using the visual power to get your attention.

There is no way you won't look. Even in the church, you will see all manner of things. However, your concern should be, *how do I look without lusting?*

LOOKING IS NOT A SIN, BUT LUSTING IS A SIN (OF FORNICATION) according to Jesus Christ, in Matthew 5:28.

What is Lust?

Lust is a feeling of STRONG desire for something.
Here, my emphasis will be on Sexual Lust.

Now as a modification to the definition of lust;
It is a feeling of strong sexual desire.

I will differentiate between *admiration* and *lust* right away;

Is it possible to look and admire without lusting?

This is where most (*Sexual Puritans*) Christians miss it; they equate *Admiration* with *Lust* and this has made them to be living in perpetual guilt.

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I will be practical so that you can really follow properly. Take the following instances;

As a lady, you meet this dark-complexioned, tall and charming young man and you say *wow! This man is handsome; have you lusted after him?*

No, you haven't! *You have just admired him.*

Or as a man, you see a lady wearing a very smart, neat, well ironed dress with properly set hair and a good shoe; and you say, *oh sister or lady, you look so good and beautiful...* Have you lusted after her?

NO, you haven't! *You just admired something that looks good to your eyes.*

Now let's take a practical example on lustful looking:

You look at the lady above and then the desire well-up within you to kiss, cuddle, caress, fondle or even have sex with her; *my brother, you are lusting*. Your 'looking' has degenerated into 'lusting'.

You see that handsome guy above, and while you are looking at him, you begin to imagine yourself in his arms, cuddling and fondling you, etc.; *my sister, you are lusting*.

Jesus says in Matthew 5:28, "...Whosoever looks on

a woman to lust after her has already committed adultery (fornication) with her in his heart."

So, while you 'look' with your eyes, 'lust' takes place in the heart.

When you are passionate about sexual purity, your concern will be how to ensure your 'looking' does not degenerate into 'lusting'.

See what Job said in chapter 31 verse 1, *"I made a covenant with my eyes; why then should I think (lust) upon a maid?"*

Thinking is one of the functions of the mind or heart; so Job says, he won't allow his heart to *think or lust* upon a woman.

If you decide to close your eyes, for how long will you close it? If you decide to look away, for how long will you do that?

I have a few practical suggestions to help you ensure a sexually pure life consistently;

1. Reduce your temptations

What are those things you do or play around with that make you vulnerable to lust? Hebrews 12:1 says *"that you should lay aside (get rid of) all those things (sins) that easily weighs you down."*

When you watch pornography, there's no way you won't lust. So sanitize your phone and other devices containing nude pictures and videos.

Home videos are not spiritually healthy for you if you are passionate about sexual purity.

There's no way you will be watching actors and actresses kissing themselves, cuddling each other or fondling, that you too will not 'desire' to do the same thing... that '*desire*' is lust.

What about romantic novels? As you read all those love and romantic stories, you will begin to imagine it in your mind, that is *lust* right there also.

All of that are weights that impose on you the law of gravity, thus preventing you from rising up. You must get rid of them.

When Uncle Job said he made covenant with his eyes not to look, he meant that he was going to reduce his temptations. Reduce yours too!

2. *Moderate your looking*

By this I mean you should be in control of your looking. Avoid excessive looking. When you look and have admired the person, simply face your front and move on.

Proverbs 4:25 says, *“Let your eyes look right on, and let your eyelids look straight before you.”*

Don't assume you have so much grace that you can now look and look and look.

Most times the eyes take the snapshot of the person it looks; you must delete that snapshot with the blood of Jesus so it doesn't lead you to lust.

Don't think you have overcome lust and start doing *'over-looking'*!

3. Quickly catch yourself when lust is about to set in

You have to be sincere with yourself and with God; you have to be proactive too.

No human being can see you lusting; only God and *'you'* can see *you*, so help yourself by listening to the voice of grace as it teaches you to deny *lust*!

Once you notice that you are about to start lusting, quickly confess to God what you are about to do and allow the blood of Jesus cleanse you from all unrighteousness.

Do not allow the *looking* to degenerate into *lusting* because James 1:15 says **Lust will also degenerate into sin; and sin will degenerate into death** (*death here means separation from God; it could be temporary*

until you confess the sin or it could be permanent, if you die in the sin).

4. Remember there are other sense organs which directly feed your heart

Listening to *sexual talk* with your ears and talking *vulgar talks* or singing *sexual songs* with your tongue can stimulate lust in your heart.

Sexual or romantic touching of your skin or body through kissing, hugging, caressing, etc. will make you think lustful thoughts.

Intimacy with someone can make you develop an emotional bonding with that person. If the person is not your legal spouse, you will be battling with lustful thoughts towards him or her.

To preserve yourself in sexual purity, avoid all these as much as possible.

5. Don't get caught up in the web of guilt and condemnation.

Guilt and condemnation are major impedance to spiritual growth.

While godly sorrow for sin is from God, guilt and condemnation are not from God.

Don't allow guilt in your life. Anytime you notice you have sinned through lust, that means you have been enticed by what you saw; quickly run back to God in repentance; He will forgive you and your relationship with Jesus will be restored again. 1John 1:9 says *"If we confess our sins, God is faithful and just to forgive us and to cleanse us from all unrighteousness."*

Instead of carrying a guilty conscience around, simply confess the sin that's making you feel guilty and continue to enjoy your freedom in Jesus Christ.

6. *Guard your heart*

Proverbs 4:23 says, *"Keep your heart with all diligence; because out of your heart are the issues of life."*

Jesus says in Matthew 15:19, *"...out of the heart comes evil thoughts..."*

So, how do you guard your heart when the Bible says in Jeremiah 17:9 that *"the heart of man is deceitful and desperately wicked..."* to the point that your own heart can even deceive you?

You cannot successfully guard your heart because your heart is far much smarter than you; it can manipulate even you, the owner. But God can! He can do for you what you cannot do for yourself. I

have discussed how you can get God to do it for you in Part 1 and Part 2 earlier.

Simply surrender your heart to God and say, *“Oh Lord, I surrender this dirty, deceitful heart of mine, give me a heart like Yours. Amen”*.

7. Begin to learn to walk in the Spirit

Your new heart has the Holy Spirit of God living inside it. Learn to relate with the Spirit of God in you.

Listen and obey Him as He directs and guides you. He will always let you know when there is a temptation to lust ahead of you by alerting you so you don't fall into it.

When your looking is becoming excessive, He will give you a gentle caution by pricking your heart. Simply obey Him!

The more you obey Him, the easier it will be for Him to continually guide you.

The Holy Spirit of God will go with you anywhere you want to go. Always acknowledge His presence with you at all times.

As you learn to walk in the Spirit, the Bible says in Galatians 5:16, *‘... you shall not fulfill the Lust of the flesh’* and verse 25 says, *“Live in the Spirit and walk in the Spirit also”*.

May the grace to live and walk in the Spirit be abundant for you and me in Jesus name. Amen.



This article is for those who have committed themselves to live sexually pure lives. If you are one of them, please read on!

If you are yet to do so and you want to but don't know how to, **please revert back to Part 1 and Part 2 of this book!**

A young man and a young lady approached me one day and requested that my wife and I supervise their courtship. I asked series of questions to be sure they were passionate sexual puritans. I was impressed with them, so I told them we will pray about it and get back to them.

We later felt convinced of God to absorb them for mentorship.

One day, I got a distress call from the young lady, *"Sir, please help! My fiancé is currently in my house and he is finding it difficult to control his sexual urge, please help me talk to him"*.

Instantly I put a call across and called him to order. I encouraged him to please hold on for a little more time. **The sexual fast will soon be over;** I prayed

with him and counseled him to leave the vicinity of his fiancée immediately.

That was how God helped them to save the day; who knows, they would have defiled themselves but thank God, they had made it difficult for themselves to sin because they did not keep a secret relationship and they had a committed mentor in place.

LET ME MAKE A FEW POINT HERE:

One, two Christians who are in relationship and are committed to sexual purity are unlikely to lose their senses at the same time; the one who is yet to lose his/her ability for self-control should immediately call out for help or disappear from the scene of the temptation, **without any regard to how the fiancé or fiancée will feel about it.**

At any time of emotional compromise, *what is important is not the ego of any of them but preservation of purity.* Both of you must be committed to keep and preserve each other in the love of God. That is how iron should sharpen iron; it is not good when you compromise with your partner because you don't want to offend him/her. If you do compromise with your partner, your iron is blunting his or her iron more instead of sharpening it; that is not the will of God.

James 5:19-20 says, *“Brethren, if any of you do err from the truth, and one convert him; let him know, that he who converts the sinner from the error of his way shall save a soul from death, and shall hide a multitude of sins.”*

That is what you should do when you notice your partner is compromising or getting overwhelmed by sexual temptation; help him or her to get back on their feet, not joining them in sin.

When you do that, you will be preventing both of you from falling into a multitude of sins; *the compromise can progress to fornication, unwanted pregnancy, abortion, etc.* which is all grave sins against God.

Two, when calling for help, call the right people or person. Call the person who has the Christian maturity to restore you back to the narrow way in the Spirit of love and meekness; not the one who will dwell on your sin and condemn you to hell. A good mentor is one who steps on the mentee’s toes without messing up the shine of the mentee’s shoe.

Galatians 6:1-2 says, *“Brethren, if a man be overtaken in a fault, you who are spiritual, restore such person in the spirit of meekness... Bear you one another burdens, and so fulfill the law of Christ.”*

It is pity that many of us church people have become so judgmental that we have forgotten the love of Christ. We are quick to rebuke, correct and reprove but we are almost always too slow to love.

Please prayerfully commit yourself to someone who can bear your burden with you in love; someone who will extend genuine love to you in case you mistakenly flop; someone who will correct you, rebuke you, scold you, but in love.

Make it difficult for sin to thrive in your life; sin is not something you should manage or cover up, it has the ability to corrupt your spirit, your soul and your spirit. However, once you expose sins or the appearance of sins, it loses its power over you.

Three, being spiritual is not immunity to sexual temptation. A holy man or woman can fall into sexual immorality if he/she gets careless.

Hebrews 4:15 says Jesus Christ “...*was in all points tempted like as we are, yet without sin*”.

Surprisingly, very strong men of God in Scripture flopped to sexual temptations.

There's nothing like *super-Christian*; you do not have any special grace that will make you overcome sexual temptation if you refused to flee from it.

God who gives grace said *you should flee from youthful lusts and fornication.*

1Peter 1:11 says “...*abstain from fleshly lusts which war against the soul*”.

Always ensure you make the atmosphere around you sin-proof. Make it difficult for yourself to commit sin; and whenever it seems you are overwhelmed by the temptation, look around there will be a way to escape!

1Corinthians 10:13 says, “*There is no temptation you have that is strange but God is faithful, He will not allow you to be tempted beyond your ability; but in the temptation, He will make a way for you to escape so that you can stay safe*”.

Four, maintain an intimate relationship with the Holy Spirit and you will never commit sin. I have discussed this in detail earlier in Part 1 and Part 2.

A beautiful passage from Colossians 2: 6-7 will bring home the point I want you to learn here;

“And now just as you trusted Christ to save you, trust Him, too, for each day’s problems; live in vital union with Him.”

“Let your roots grow down into Him and draw up nourishment from Him. SEE THAT YOU GO ON GROWING IN THE LORD, AND BECOME

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STRONG AND VIGOROUS IN THE TRUTH YOU WERE TAUGHT. *Let your lives overflow with joy and thanksgiving for all He has done."*

Make sure you are growing spiritually; sin usually catches up with Christians who are stagnant. **Ensure that YOU GO ON GROWING IN THE LORD.**

Five, never accept the idea of a secret relationship.

Any relationship you don't want people who care about you to know about will likely land you in trouble. Make it open to your parents, your spiritual leader or your mentor. Sinful acts thrive in the dark.

Ephesians 5:11 says *"Take no part in the worthless pleasures of evil and darkness, but instead, rebuke and expose them"*.

Sin loses its power over a Christian if such Christian lives an open, sincere and transparent life.

If you are afraid to let your parents or leaders or mentors know about your relationship, then the relationship does not deserve your consideration. It is either you are not ripe for the relationship or the relationship is not the right or correct one.

Six, if you are committed to sexual purity, ask your partner, *"Excuse me! In case you misbehave, who can I report you to?"* That is one of the litmus tests to show

if your partner will be sincere with you or not. A good Christian will not do anything to hide sin but to always expose it. If he or she tells you not to report them when they are wrong, your relationship will likely be infected with sexual immorality and may not survive into marriage.

Hebrews 13:17 says, *“Obey your leaders. Be willing to do what they say. They are responsible for your spiritual welfare, so they are always watching to protect you. Obey them so that their work will give them joy, not grief. It won’t help you to make it hard for them.”* (ERV)

You and your partner should have people you submit yourselves to, who will be watching to protect you by giving you instructions for guidance.

I advise that you should not be in relationship with a spiritual orphan.

Seven, whenever you notice you have sinned, confess your sins immediately to God and ask for forgiveness and cleansing from all unrighteousness.

Since you are still in this world, you will continually be bombarded with myriads of temptations every second; so the tendency is there for you to fall into sin if you are not careful. Make sure you always confess your sin immediately you discover it. It is

not normal for a Christian to commit sin but if you mistakenly sin, repent and confess immediately.

1John 2:1 says *“My dear children, I write this letter to you so that you will not sin. But if anyone sins, we have Jesus Christ to help us. He always did what was right, so he is able to defend us before God the Father.”* (ERV)

It is also important that you confess what you did to someone else too so that you can be healed from the wound the sin might have created and prevent a repeat. It will also help you to take care of the guilt and condemnation that usually accompany a sin.

James 5:16 says, *“So always tell each other the wrong things you have done. Then pray for each other. Do this so that God can heal you...”* (ERV)

Never join or help your partner to hide their sin.

May the good Lord preserve you in holiness before Him all the days of your life in Jesus name. Amen.

I desire to get a feedback from you in form of Reviews, Comments, Questions or Contributions; *you can reach me through any of my contacts on Page 4.*

You can also request for your free copy of my eBook on PREPARING FOR MARRIAGE.