

# **Complete DELIVERANCE**

**From**



## **MASTURBATION**

**Bro Freedom Michael**

**COMPLETE  
DELIVERANCE  
FROM  
MASTURBATION**

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# **DEDICATION**

I want to personally and specifically dedicate this book to all Christians all over the world, that thirsts and seeks to serve God in holiness and in righteousness, but are struggling with the yoke of masturbation and pornography, worst of all, they're not bold enough to share their burdens with others.

# PREFACE

Whenever we are talking about preparing the church for heaven and for eternity, then absolute holiness must be taken into consideration.

Sexual purity is very important if the church is really interested in making heaven at all.

Today, I bring to you another important area where many believers are struggling. Many believers needs help in this area of their lives.

**God bless you as you read on.**

# INTRODUCTION

Masturbation has been a major tool in the hand of the devil in this end time with which he has enslaved the lives of many.

Masturbation indeed is a thorn in one's flesh.  
Masturbation is a silent killer.

Many are wallowing in the pit of masturbation.  
Masturbation is a killer and a destroyer. There is nothing good in masturbation. Many would have gone far in life if not for the cage of masturbation they found themselves.

Masturbation is never a good way to satisfy your sexual urge. Once you enter the cage of masturbation, then get ready to struggle in it

throughout your lifetime except by Divine intervention.

Many christians are addicted to masturbation; it's very sad. Many would have gone far in their walk with God if not for masturbation pulling them downward always. Majority of church workers including pastors are struggling with the yoke of masturbation.

Masturbation may appears sweet at the beginning, but by the time you go deeper in it, it unveils its actual identity to you.

Masturbation is a very serious issue in this end time that must never be taken lightly if we want to see ourselves in heaven at the last day.

My dear, I really congratulate you for encountering this wonderful message on masturbation.

My dear, get ready for your testimony, because you are about to testify your complete deliverance from the grip of the wicked end time enemy called MASTURBATION.

Perhaps you might have encountered and read several books and posts on masturbation, yet to no avail but not this one, try this one you will know that indeed Jesus is still in the business of liberating men from captivities.

Please forgive me, if I sounds arrogant, am only trying to express how powerful and delivery my Jesus is.

Beloved, let me be honest with you, this message is strictly for those who have made up their minds to follow Jesus in holiness and in

righteousness all the days of their lives, so if you have not made up your mind to do so but just only interested in stopping masturbation and continue with other sinful lifestyles, I tell you genuinely, this post wouldn't do you any good than merely educating you, because this message is prayerfully and particularly design for those who are striving to serve the Lord Jesus in sincerity but are still struggling with masturbation.

Please don't be embarrassed or offended when you come across some literal terms and steps you will need to take, because I will be practical and raw in this teaching, because I want you to understand everything in this teaching without missing anything and more so because you've suffered too much in the hand of masturbation, and its time for you to permanently triumph over it.

Please again and again am still begging in advance, don't say or think that am too spiritual

or carnal when you come across practical steps you will be asked to take.

**God bless you as you read on**

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# **Chapter 1**

## **WHAT IS MASTURBATION.**

Masturbation can simply be defined as follows:

1. Masturbation is the self stimulation of one's genital for sexual arousal and pleasures usually to the point of orgasm, the stimulation may involves the use of hands, objects, or sex toys.
2. The ability to satisfy your sexual desire by yourself without the involvement of the opposite sex.
3. Masturbation is the act of giving yourself

sexual pleasure by rubbing or playing with your sexual organs.

4. It is the act of having sexual intercourse with inanimate objects such as sex toys.

5. It is the stimulation of one's genital for sexual pleasures.

6. Masturbation is the act of exciting the sexual organs by deliberate rubbing, stroking or fondling in order to give sexual pleasure to oneself.

7. Masturbation is an act by which you have sexual intercourse with yourself.

8. It is the act of having sexual intercourse with demons. i.e when one is masturbating, he or she is having sexual intercourse with evil spirits spiritually without the knowledge of the person.

## 9. Self sex.

Masturbation is one topic most people especially believers don't usually talk, teach or preach about, and whereas is a major problem in the life of many, both male, female, old, young, believers, unbelievers, married, single etc.

Of all the complaints that people brings to my inbox, especially on WhatsApp, the majority is on masturbation and pornography.

The Lord laid it on my heart to teach on masturbation and pornography, but for some time now, I've not been chanced to do so, by His grace, am chanced now, HALLELUYAH!

## **Chapter 2**

# **GATEWAY TO MASTURBATION.**

### **How do people enter the trap of masturbation?**

Masturbation is one of the manifestation of the works of the flesh. This is a very serious issue, because masturbation, like every other sin is never automatic or involuntary, it needs raw materials to work with.

Masturbation is a result of your Initial thoughts or actions.

However, masturbation doesn't jumps into people's lives, it only comes by invitations and activations.

The following are the major entering point of masturbation into people's lives:

## 1. Pornography

### What Is Pornography?

Pornography simply means anything that stimulates sexual desire in you.

Pornography is the major gateway to masturbation. One of the major reasons why most people masturbate, is due to their access to do pornography.

**Pornography is the twin brother of masturbation.** Masturbation rarely happens without the involvement of pornography.

Almost all cases of masturbation, are traceable to pornography. Majority who are addicted to masturbation are also addicted to pornography. Trying to stop masturbation without stopping pornography, is a wasted effort.

**Many brothers and sisters in churches are still struggling with this sin but they don't know what to do,** some even vow not to view pornography again but before they know it, they are already in it again.

Some are dying in silence, they don't know what to do, they know that this sin is leading them to

hell but they just can't stop it

Pornography has captured the lives of many christians including some pastors to the point that they are completely addicted to it.

Many are so deep in it that they wanted to stop but don't know how to do it; the truth is that nobody who is hooked to pornography that can break from that bondage without Jesus, because the demon behind pornography is a strong one, only Jesus can conquer it.

Pornography is a tool that the marine kingdom is using to keep many in darkness and in the bondage of fornication, adultery, masturbation etc.

Pornography is never made for entertainment but rather made to destroy both the actors and their viewers.

There are various forms or types of pornography such as;

1. Pornographic literatures.
2. Erotic songs.
3. Pornographic pictures.
4. Sex chats and immoral text messages.
5. Sex movies.
6. Internet pornography etc

The devil is very serious with the business of destroying humanity, that's why he has devised various means to do that, and pornography is

one of the methods he uses.

The devil believes that if you escape in one area, you will probably not escape in other areas, that's why he has fragmented pornography into various forms, but the various forms produces the same result.

## **Bible References:**

Isaiah 55:7 Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.

## **2. Lustful And Immoral Thoughts.**

Another major gateway to masturbation is through lustful and immoral thoughts.

Actually what makes masturbation a sin, is not just the act only, but rather the lustful thoughts that accompanies it. Masturbation is practically impossible without immoral and lustful thoughts. That's why the bible says in;

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. Matthew 5:28

Many spends time fantasising about sex and sexual intentions.

Thinking and meditating on sexual stuffs opens the door to either pornography or masturbation.

**Bible References:**

**Matthew 5:28**

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

**Proverbs 4:23**

Keep thy heart with all diligence; for out of it are the issues of life.

### **3. Lustful Looks At The Opposite Sex.**

Another door to masturbation, is lustful looks at the opposite sex.

Many spends quality time looking at the opposite sex lustfully, and at the end it results in masturbation.

If you can't control the way you look at the opposite sex, then you are inviting masturbation.

## Bible References:

Matthew 5:28

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

**Job 31:1 (Living Bible)**

I made a covenant with my eyes not to look with lust upon a girl.

#### **4. Playing With One's Genital**

Another gateway to masturbation, is by playing with one's genital.

Many, admires their genital whenever they undresses, usually during bathing or other activities that may warrant them to undress, by so doing, it ends in caressing of their genitals and finally in masturbation.

Oga /Madam why are you playing with your penis or vagina?

When on earth has your reproductive organ became a playing toy?

## Bible References:

1 Corinthians 6:19-20

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

## 5. Desire For Sexual Pleasure.

Desire for sexual pleasure is another way through which many opens the door of masturbation to their lives.

Many just wants to enjoy the privileges meant to be enjoyed only in marriage.

## Bible References:

Hebrews 13:4

Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

## Colossians 3:5-6

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

3:6 For which things' sake the wrath of God cometh on the children of disobedience.

## **Chapter 3**

# **WHY MASTURBATION IS A SIN.**

Many are wondering and debating if masturbation is a sin or not. Well am not here to join the queue of those debaters, but rather am here to teach the infallible word of God.

The fundamental question is not whether or not masturbation is a sin. The question is “Do you want to honour God with your life?”

You must understand that

what God has not ordained is always a sin.

So let's get into the matter now, what is really wrong with masturbation, that makes it a sin?

Any way, the bible is not silenced about this issue it says in :

### Corinthians 3:16-17

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

So you can see from the passages above that we are called God's temple and that any one that

defile his or her body, God will destroy such a person, masturbation like every other sexual sins defiles, so therefore it is a sin.

We Can't Really Say Masturbation Is A Sin Or Not A Sin Without First Defining What Sin Is Based On The Word Of God.

## What Is Sin?

Sin is scripturally defined as follows:

1 John 5:17

All unrighteousness is sin: and there is a sin not unto death.

1. Sin is defined in the above scripture as **unrighteousness**, while righteousness means right standing with God, unrighteousness means the opposite.

**Question** : Based on the above scriptural definition of sin, can you say that masturbation is a good thing and acceptable before God?

1 John 3:4 Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

2. The bible also defines sin in the above passage as **transgression**.

To transgress means;

- \* to violate
- \* break
- \* go against
- \* to offend etc

God did not give the command to masturbate in His word, then why are you doing it and by the way does it honors God?

1 Samuel 15:22 And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

15:23 For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.

3. Sin is defined as **rebellion** in the above scriptures. By indulging in masturbation, is a direct rebellion in the sight of God.

Let me stop here.

## **REASONS WHY MASTURBATION IS A SIN**

Masturbation is a sin based on the following reasons and many more:

### **1. Masturbation Is Usually Associated With Lustful Thoughts.**

Masturbation is almost impossible without

lustful thoughts in the heart; it is those lustful desires or thoughts that most times leads you into the act of masturbation.

Matthew 5:28 But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

The above scripture, has condemned masturbation; if anybody dies in the act of masturbation, the above scripture will be used to judge such a person.

## 2. Masturbation Does Not Glorify God.

Man was created to bring glory to God, more so as christians, we are commanded in scripture, to glorify God in every area of our lives. Look at

what the bible says in :

This people have I formed for myself; they shall shew forth my praise...Isaiah 43:21

Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

1 Corinthians 10:31

And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him...Colossians 3:17

In every thing give thanks: for this is the will of God in Christ Jesus concerning you...1 Thessalonians 5:18

You can see in the above scriptures, that we are

to honour God in all areas of our lives, but the question I want to ask is do you glorify God when you are masturbating?

### **3. Masturbation Defiles Your Body.**

God is a holy God, anything defilement, irritates Him.

He strictly warns us in His word not to defile our bodies with sins, but glorify Him with our bodies.

Masturbation defiles your body because it does not honour God.

#### **Bible References:**

1 Corinthians 3:16 Know ye not that ye are the temple of God, and that the Spirit of God

dwelleth in you?

3:17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

1 Corinthians 6:19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

#### **4. Its An Act Of Selfishness.**

God designed sex for two people, male and female, husband and wife. Anything that contradicts this divinely ordained order, is a

direct disobedience to God.

Sex is for two opposite sex, but when one person is doing what should be done by two persons, its a sign that such a person is selfish and wicked. God hates selfishness.

## Bible Passages:

Genesis 2:24 Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.

Genesis 4:1 And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD.

Genesis 5:2 Male and female created he them;

and blessed them, and called their name Adam, in the day when they were created.

## 5. It Ends In Guilt And Self Condemnation.

Masturbation always ends in guilt and self condemnation.

Guilt and self condemnation is the universal consequences of masturbation.

The anything that troubles your mind, is certainly not from God, because, God is a peace giver.

Masturbation is always accompanied by guilt and self condemnation.

You can never finish masturbating and feel alright, your mind will tell you something is

wrong, that you just did a terrible thing.

## Bible Passages:

John 14:1 Let not your heart be troubled: ye believe in God, believe also in me.

Matthew 5:8 Blessed are the pure in heart: for they shall see God.

Psalms 73:1 Truly God is good to Israel, even to such as are of a clean heart.

Psalms 24:3 Who shall ascend into the hill of the LORD? or who shall stand in his holy place?

24:4 He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

## **6. It Is Done Secretly.**

Another major reason why masturbation is bad and sinful, is the fact that it is done secretly.

Masturbation is a secret sin.

### **Bible Passages:**

Proverbs 28:13 He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

2 Kings 17:9 And the children of Israel did secretly those things that were not right against the LORD their God.

Luke 12:2 For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.

Ecclesiastes 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.

12:14 For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.

## **7. When Caught, One Will Be Ashamed.**

No nobody who masturbates, will be happy or

feel alright when suddenly caught.

The shame that accompanies one if caught masturbating, is a terrible one.

Whatever you will be ashamed of when suddenly exposed as a christian, should be avoided at all cost because God is watching our lives up in heaven and more so because we shall surely give account of how we lived our lives on earth at the last day.

## Bible Passages:

2 Kings 17:9 And the children of Israel did secretly those things that were not right against the LORD their God.

Luke 12:2 For there is nothing covered, that shall not be revealed; neither hid, that shall not be

known.

Jeremiah 23:24 Can any hide himself in secret places that I shall not see him? saith the LORD. Do not I fill heaven and earth? saith the LORD.

Ecclesiastes 12:13 Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.

12:14 For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil.

## **8. It Damages Your Relationship With God.**

Masturbation constitutes an obstacle in between you and God.

Masturbation never allows its victims to serve God the way they ought to.

Masturbation pulls down your Christian life.

Masturbation damages your personal walk with God.

## Bible Passages:

Isaiah 59:1 Behold, the LORD's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear:

59:2 But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.

## 9. It Enslaves

Masturbation is addictive.

Masturbation is not something one jumps into and jumps out easily, its captivating.

Masturbation jails its victims in its prison without offering them freedom except by Divine intervention.

Masturbation never releases its captives without serious confrontations.

Majority of masturbators know that the act is bad, but stopping it, seems impossible to them; because that's how it works.

**Bible Passages:**

## Romans 7:15-23 (Living Bible)

15 I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to—what I hate.

16 I know perfectly well that what I am doing is wrong, and my bad conscience proves that I agree with these laws I am breaking.

17 But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things.

18 I know I am rotten through and through so far as my old sinful nature is concerned. No matter which way I turn I can't make myself do right. I want to but I can't.

19 When I want to do good, I don't; and when I try

not to do wrong, I do it anyway.

20 Now if I am doing what I don't want to, it is plain where the trouble is: sin still has me in its evil grasp.

21 It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong.

22 I love to do God's will so far as my new nature is concerned;

23 But there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin.

So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin.

24 Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature?

25 Thank God! It has been done by Jesus Christ our Lord. He has set me free.

## **10. It Attracts Evil Spirits To Your Life.**

Masturbation opens the door to all kinds of evil spirits into your life.

Evil spirits are attracted by sins.

Behind every sin, there are evil spirits assigned over them; the duties of these spirits is to make sure and ensure that victims of such sins are trapped in them.

Masturbation attracts evil spirits such as spiritual wives or spiritual husbands to your life.

## Bible Passages:

Genesis 6:1-2 (Living Bible)

1 Now a population explosion took place upon the earth.

2 It was at this time that beings from the spirit world looked upon the beautiful earth women and took any they desired to be their wives.

## **11. It Provokes God To Anger.**

Masturbation provokes God to wrath. Anything that makes God to frowns at you as a child of God, is a sin.

**Don't expect God to be happy with you, when you are into masturbation.**

One of the major reasons why God destroyed Sodom and Gomorrah, was because of the sins of sexual perversions. All cases of sexual perversions in the bible was terribly judged by God.

Sexual sins attracts divine judgment.

## Bible Passages:

1 Corinthians 3:16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

3:17 If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

## Chapter 4

### HOW PEOPLE GET ADDICTED TO MASTURBATION

Masturbation on its own is bad, however it becomes worst when one is addicted to it.

Victims of masturbation often struggles to quite but it seems impossible without Divine intervention.

Masturbation is not something you rush into and rush out with ease; entering masturbation is easy but getting out is very difficult.

Journey into masturbation addiction, is not a day journey, but a gradual one. Just as no smoker gets addicted to smoking with just a stick of cigarette, the same way, no one gets addicted to

masturbation by just indulging in the act once but by doing so frequently.

Quitting masturbation is easier if one is not addicted to it, but how possible is that? The devil will never wants you to stop masturbating until you are completely addicted to it.

So in a nutshell, people gets addicted to masturbation by doing it over and over again thinking they are enjoying themselves not knowing they are engaging on a journey that will last throughout their lifetime.

## Bible Passages:

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt

make thy way prosperous, and then thou shalt have good success. Joshua 1:8.

## **Chapter 5**

### **WHY MANY CHRISTIANS WILL NEVER COME OUT OF THE BONDAGE OF MASTURBATION DESPITE THEIR FASTINGS AND PRAYERS.**

I didn't wanted to include this section to this write up, but the Lord insisted I should add it for some reasons He later unveiled to me.

By the special grace of God, am going to expose the quiet deception of the devil which he has been using to prevent the captives of masturbation from gaining their total freedom, despite the fact that they are fasting and praying machines.

My beloved, listen to this deep and hidden truth; when dealing with the issues of addictions especially sexual addiction, the first approach is not fastings and prayers, if you are in the cage of any negative addiction, especially sexual addiction, if your first approach is fasting and praying, then you've got it wrong because you will needs to fast and pray always without resting a bit in order to put the addiction in check, but my question for you is this, can you really do it?

Am not trying to underestimate the power of fastings and prayers here, I believe in prayers, and by the special grace of God, am also a man of prayer, but the point am trying to make here is in relation to addictions especially sexual addictions.

Majority of christians, especially those prayerful ones, often struggles alot with the addiction of pornography and masturbation, don't misquote

me and don't misunderstand me here, am not saying any prayerful christian, is an addict of pornography and masturbation, but the point am making here is that its possible to be a violent prayer warrior and still be under the bondage of pornography and masturbation, I will explain as you read on.

Now let's consider some of the reasons why many believers are still hooked to masturbation despite their serious fastings and prayers.

## **1. Lack Of The Cross Experience.**

Listen to me the cross experience, is the origin of christian life, any christian life and experiences that excludes the cross experience, is fraud, and

such experiences wouldn't last not to talk of taking one to heaven.

I want to boldly say this without any apology,

**"ANY CHRISTIAN THAT HAVE NOT BEEN TO THE CROSS, IS NOT YET A CHRISTIAN".**

The cross am talking about here is not an image or monument.

## **WHAT IS THE CROSS ?**

Let's quickly look at what the cross is before we move on.

1. The cross is the place where Jesus was

crucified.

2. The cross is a place of encounter.

3. The cross is a place where the issue of sin is thoroughly handled.

4. The cross is a place of transformation.

5. The cross is a place where the garment of iniquity is exchanged for the garment of righteousness.

6. The cross is the place where Satan lost his power and dominion over man.

7. The cross is a place of salvation.

8. The cross is a place where sinners drops their

loads of sins.

9. The cross is the central message of the gospel. e.t.c

Many are in churches without the experience of the cross, and beloved let me tell you the truth without being bias, **without the cross experience, the believer will struggle throughout lifetime with the issues of sin, especially addicted sins.**

One outstanding thing about the cross experience is that, its not a collective experience but a personal experience. This is why its very deceptive and extremely dangerous to assumed that everybody in the church are genuinely born again.

Many joined the church, and later became workers after undergoing worker's trainings even

though they are not yet born again.

In the early church, people joined the church when they are saved, but today people joins the church without being saved, without the intention of getting saved but to work for God. See what the bible recorded of the early church:

### Acts 2:41-47

Acts 2:41 Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls.

2:42 And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

2:43 And fear came upon every soul: and many wonders and signs were done by the apostles.

2:44 And all that believed were together, and had all things common;

2:45 And sold their possessions and goods, and parted them to all men, as every man had need.

2:46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,

2:47 Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.

Many christians are struggling with masturbation today despite their serious fastings and prayers due to their lacks of encounter with the cross. I will expatiate on this later when I will be handling

the way out of masturbation.

## 2. Lack Of Willingness To Stop.

Sometimes ago, a young man sent me message on whatsapp he told me he was struggling with masturbation, I sent him my previous teachings on masturbation and that of others, I asked him to follow the steps in the teachings, and when he's through, he should call me so we can pray together; up till now I did not hear from him again neither by call nor messages.

Alot of people only struggles or attempts to stop masturbation when it's overpowering them. The day, week or month that masturbation has the upper hand, is when they remembers that they needs to stop it, but when they have a little relief, they don't even bother about it.

Many are not yet tired of masturbation, they only pretends to be tired of it only when it's overpowering them in a particular period may, some days, weeks or months, but deep inside of them they don't wants to give it up.

### **3. Lack Of Accountability**

Beloved I want to unveil one effective and quiet deception of the devil with which he has been using to cage countless numbers of christians in the bondage of addictions and secret sins.

The devil knows that any christian that is not accountable to anyone, will forever remains his captive if only he can get him or her addicted to any form of destructive habits or secret sins.

Here lies the danger of being alone without being accountable to anyone.

Lack of accountability is the major reason why many christians will never be Free from the bondage of masturbation because the devil knew very well that so long nobody has known about your secret struggles, when the drive to masturbate comes heavily on you, you will be too weak to resist it, and more so because you are not accountable to anyone, after all nobody is aware of it.

Sin exposed, is a sin that has lost its power. Sin, especially addicted sins such as masturbation loves to hide in the secret, satan knew that so long you're not accountable to anyone, and you're addicted to masturbation, he has got you already.

**Hear me and hear me well, FASTINGS AND PRAYERS does not cover the place of**

## **ACCOUNTABILITY.**

Your inability to open up, is the major reason why you still falls back to masturbation despite the fact that you are a fasting and praying machine.

I assure you, if you don't open up, you will spend all the days of your life in fasting and prayer against masturbation, and still not be completely victorious.

I will expand on this later when I will be handling the way out of masturbation.

## **Bible References:**

## Matthew 18:18-20

18 Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

19 Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

20 For where two or three are gathered together in my name, there am I in the midst of them.

## James 5:14-16

14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

## Ecclesiastes 4:9-12

9 Two are better than one; because they have a good reward for their labour.

10 For if they fall, the one will lift up his fellow: but woe to him that is alone when he falleth; for he hath not another to help him up.

11 Again, if two lie together, then they have heat: but how can one be warm alone?

12 And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken.

#### **4. Hypocritical Prayers**

Majority of masturbation addicts, prays hypocritical prayers, especially in the church, for example whenever there is a demand for prayer requests, you will see them listing other things like favour, connections, breakthroughs etc while omitting the main issue which is masturbation.

Many had been in meetings where there was

altar calls for those struggling with addictions, but hypocrisy will not allow them to come out, thinking that when they get home, they will pray about it themselves until the grace and the anointing for their deliverance for that day is gone.

## Bible References:

James 4:3 (Living Bible )

And even when you do ask you don't get it because your whole aim is wrong—you want only what will give you pleasure.

## 5. Shame.

Shame is another major reason why many christians will hardly come out of the bondage of masturbation.

Someone sent me message on whatsapp, the person said "sir, there is something I want to discuss with you," I said "ok go on", dear reader, shame did not allow the person to open up, I was the one disturbing the person, asking what did you intends discussing with me? it was after a while, that the person opened up, that its an issue of masturbation, I smiled, in my mind I was saying is that why you've been keeping silence, you should have opened up long ago, after all am a man of God, and as a man of God, I been privileged to see and to handle various things.

Many christians will struggle throughout their lifetime with the bondage of masturbation because of shame.

Victory over shame, is victory over masturbation.

## 6. Living A Life Of Privacy.

Another thing that fuels masturbation, is the life of **PRIVACY**.

Many christians are privacy conscious, and this has led them into the bondage of addictions and secret sins.

Many christians likes acting and operating secretly. They just always wants to be on their own without mingling with other brethren. Nobody knows their way about, they travel at will, they do things without informing anybody.

When I was a youth president in my previous

parish, there was a youth that stopped attending church services for a long time, I called and visited him several times, but most times he ignored my calls neither did he regarded my person when I paid him official visit, sometimes, he will say, am busy now, I don't have time for you now, this continued until one day I called him, reminding him of church service the following day being on sunday, but he strictly warned me of calling him always, and that I should let him have peace of mind instead of disturbing him with calls in name of reminding him of church services, I was a bit angry and I decided that I will never call him again, that was the last time I called him.

Many christians are just too privacy in their dealings. They are inaccessible, they don't like seeing others coming close to them. If they are youths, their youth president doesn't know how they live their lives, even when he or she tries to get in touch with them, they intentionally makes themselves inaccessible.

Too much life of privacy, is a major reason why many christians will struggle throughout their lifetime with masturbation.

You can't access the phone of many christians because they don't give it out, their phone is passworded, and no one else knows their phone codes. If you're the kind of christian that no one else can access your phone, there is always the tendency for you to yield to the pressures and temptations of pornographic stuffs after all no one else knows your phone's password, and you don't even give it out.

## 7. Pornography

Many wants to stop masturbation, but are not ready to give up pornography, hmmmm what a

joke.

Pornography and masturbation walks together, stopping masturbation will be extremely difficult if not impossible when one is not willing to stop pornography.

Many christians though they are prayer addicts, they still indulge in various forms of pornography, hence they are far from their victory over masturbation.

Pornography here is not necessarily when one is watching sex movies only, it also includes the viewing and lusting after the pictures of opposite sex.

When one is hooked to pornography, such a person will automatically be addicted to masturbation.

**So in a nutshell, addiction to pornography, is addiction to masturbation.**

## **Bible Reference:**

### **Psalms 101:3**

I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me.

### **Job 31:1**

I made a covenant with mine eyes; why then should I think upon a maid?

### **Proverbs 6:25**

Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

**Matthew 5:28**

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

## **8. Lack Of Control Over The Urge.**

Lack of control over the urge of masturbation, is one of the major reason why many are still addicted to masturbation.

If one lacks victory over the urge of masturbation, it will be difficult if not impossible for such

person to gain victory over masturbation.

## Bible References:

1 Corinthians 9:27

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

Proverbs 25:28

He that hath no rule over his own spirit is like a city that is broken down, and without walls.

## **9. Procrastination**

Procrastination is another barrier that hinders and delays people's victory over masturbation. Many would've stopped this habit long ago, but because they are procrastinator, hence they are far from their victory over masturbation.

It will be extremely difficult if not impossible for any masturbator who is a procrastinator, to stop the act.

## **10. Wrong Teachings.**

There is nothing as bad and destructive as heresies. Many will never come out of the habit of masturbation, if they don't withdraw themselves from preachers and teachers that teaches heresies.

Some years back, a renowned preacher said that MASTURBATION IS NOT A SIN. Imagine, if those struggling with masturbation, made this kinds of preacher their mentor, I tell you they will never be free from the act because they wouldn't see anything wrong with it, after all their mentor said its not a sin.

## Bible Reference :

Colossians 2:8

Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

## 11. Sex Chats And Immoral Text Messages.

Involvement in sex chats and immoral text messages, is another reason why many will have a long time battle with masturbation.

Many although prayer warriors, still indulge in filthy and immoral conversations. The kinds of messages they sends and receives, shows that they are far from obtaining victory over masturbation.

If you see the kinds of messages in the inbox of many Christians, you will be seriously disappointed in them.

After marathon and violent prayers, many still ends up indulging in sex chats with the opposite sex or same sex, thereby compounding their problems.

Because of this reason, many christians will hardly come out of masturbation.

## Bible References:

1 Corinthians 15:33

Be not deceived: evil communications corrupt good manners.

## **12. Counseling Or Discussing With Opposite Sex On Intimate Issues that Has To Do With Their Sexual Lives.**

Any masturbation addicts, that counsels or discuss with opposite sex on intimate issues that has to do with their sexual lives, will find it difficult if not impossible to breakout of the bondage of masturbation.

The memory of such discussions, will be the reason for their falling into the act.

## **13. Lack Of Discipline Of The Eyes and Mind.**

The thoughts of Masturbation begins in the mind before it is acted. Anyone masturbator that lacks discipline of the eyes and mind, will have a long battle to fight with masturbation.

Here me and hear me well, fastings and prayers does not covers the place of discipline.

## Bible Reference:

Job 31:1

I made a covenant with mine eyes; why then should I think upon a maid?

## **14. Engaging In Long Conversations With The Opposite Sex.**

The Yorubas has a proverb, it says : "A MAN THAT HIS ENEMIES ARE PLANNING TO ROAST IN FIRE, SHOULD AT ALL COST AVOIDS STAYING TOO CLOSE TO FIRE."

Engaging in long conversations with opposite sex as a masturbator, complicates your struggles with the act.

Many spends hours chatting with opposite sex, and they are expecting freedom from masturbation after watering it, it doesn't work that way.

When battling with masturbation, one needs to be very careful on how he or she relates with the

opposite sex.

## Bible Reference:

1 Thessalonians 5:22

Abstain from all appearance of evil.

## 15. Immoral Play Between The opposite Sex Of The Same Parents.

Many youths who are masturbators today, got into the way as a result of the immoral plays they had with their blood brothers and sisters.

My dear, the opposite sex, is the opposite sex whether you are related or not, there should be a

limit to the kinds of play you play with the opposite sex.

Any masturbator that still indulges in immoral plays with their siblings should stop it otherwise, they are far from their victory over masturbation.

## Bible Reference:

2 Samuel 13:1-14 (NIV)

1 In the course of time, Amnon son of David fell in love with Tamar, the beautiful sister of Absalom son of David.

2 Amnon became so obsessed with his sister Tamar that he made himself ill. She was a virgin, and it seemed impossible for him to do anything to her.

3 Now Amnon had an adviser named Jonadab son of Shimeah, David's brother. Jonadab was a very shrewd man.

4 He asked Amnon, "Why do you, the king's son, look so haggard morning after morning? Won't you tell me?" Amnon said to him, "I'm in love with Tamar, my brother Absalom's sister."

5 "Go to bed and pretend to be ill," Jonadab said. "When your father comes to see you, say to him, 'I would like my sister Tamar to come and give me something to eat. Let her prepare the food in my sight so I may watch her and then eat it from her hand.' "

6 So Amnon lay down and pretended to be ill. When the king came to see him, Amnon said to him, "I would like my sister Tamar to come and make some special bread in my sight, so I may eat from her hand."

7 David sent word to Tamar at the palace: “Go to the house of your brother Amnon and prepare some food for him.”

8 So Tamar went to the house of her brother Amnon, who was lying down. She took some dough, kneaded it, made the bread in his sight and baked it.

9 Then she took the pan and served him the bread, but he refused to eat. “Send everyone out of here,” Amnon said. So everyone left him.

10 Then Amnon said to Tamar, “Bring the food here into my bedroom so I may eat from your hand.” And Tamar took the bread she had prepared and brought it to her brother Amnon in his bedroom.

11 But when she took it to him to eat, he grabbed

her and said, “Come to bed with me, my sister.”

12 “No, my brother!” she said to him. “Don’t force me! Such a thing should not be done in Israel! Don’t do this wicked thing.

13 What about me? Where could I get rid of my disgrace? And what about you? You would be like one of the wicked fools in Israel. Please speak to the king; he will not keep me from being married to you.”

14 But he refused to listen to her, and since he was stronger than she, he raped her.

16. Brothers And Sisters Sleeping In  
the Same Room.

The idea of siblings, especially matured ones sleeping together in the same room or beds, is a negative one because it can prolongs one's victory over masturbation.

Sexual drive, has no respect for relations. Be ware !!!

## **17. Close Intimacy With opposite Sex.**

Any masturbator that always surrounds himself or herself with the opposite sex, will never gain complete victory over masturbation irrespective of their violent prayers and fastings.

Your close intimacy with the opposite sex as a

masturbator, is the reason you still falls back into the act.

## **18. Working Alone With The opposite Sex.**

Any work that brings you together with only the opposite sex as a masturbator, will be the reason for your long time battle with masturbation.

Reject and resign from any work that will endangers your soul else you will regret it all throughout eternity.

**Bible passages:**

## **Genesis 39:10-12 (New Living Translation)**

10 She kept putting pressure on Joseph day after day, but he refused to sleep with her, and he kept out of her way as much as possible.

11 One day, however, no one else was around when he went in to do his work.

12 She came and grabbed him by his cloak, demanding, “Come on, sleep with me!” Joseph tore himself away, but he left his cloak in her hand as he ran from the house.

## **19. Ignorance Of Christ's Finished Works On The Cross.**

There's nothing as destructive as ignorance, oh!  
No wonder the Lord lamented in Hosea 4:6 My  
people are destroyed FOR LACK OF  
KNOWLEDGE.

Many are still ignorant of Christ's finished works  
on the cross, hence they are far from their  
complete victory over masturbation and sin in  
general.

I will expand on this later when I will be handling  
the way out of masturbation.

## Bible Reference:

John 19:30

When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.

Romans 6:6 -14

6 Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

7 For he that is dead is freed from sin.

8 Now if we be dead with Christ, we believe that we shall also live with him:

9 Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

10 For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

12 Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

13 Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

14 For sin shall not have dominion over you: for ye are not under the law, but under grace.

Isaiah 5:13

Therefore my people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst.

Hosea 4:6

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

## 20. Lack Of Intimacy With God.

Lack of personal relationship with God, is the

reason why many are still in the cage of masturbation.

Anyone that lacks personal relationship with God, will always be a slave to sin, however he or she struggles.

A Close and uninterrupted intimacy with God, has a way of withholding a man from the power of sin.

## Bible Reference:

John 15:4-6.

4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

6 If a man abide not in me, he is cast forth as a branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

## **21. Regular Viewing Of The Pictures of Beautiful And Handsome opposite Sex Lustfully.**

One outstanding thing about masturbation is that it operates with images of the opposite sex.

**Masturbation is almost impossible without the**

**images of the opposite sex in mind.**

If you are the type that feeds on the images of beautiful or handsome opposite sex lustfully and regularly as a masturbator, then you are far from your victory over masturbation.

## **Bible Reference:**

**Psalms 101:3**

I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me.

**Proverbs 6:25**

Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

**Matthew 5:28**

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

## **22. Idleness**

Like Pharaoh said in Exodus 5:4 - 9, that the people of Israel are too idle that's why they are thinking and planning of leaving Egypt to serve their God, the same with masturbators, masturbation is an act one commits, when he or she is idle.

Being idle is one of the major trigger of masturbation.

No one masturbates when he or she is seriously busy engaging in important things.

**Idleness is a major cause of masturbation.**

**Bible Reference:**

**Matthew 20: 6-7**

6 And about the eleventh hour he went out, and found others standing idle, and saith unto them, Why stand ye here all the day idle?

7 They say unto him, Because no man hath hired us. He saith unto them, Go ye also into the vineyard; and whatsoever is right, that shall ye receive.

## 23. Avoiding Christian Fellowships

It will be very difficult if not impossible for anyone struggling with masturbation that avoids church services to come out of the act.

There is power in fellowshipping together with fellow believers, the devil is aware of this, that's why he loves distracting believers from attending church services.

There is a great flow of co-operate grace and anointing whenever believers fellowship together which is not available when one is alone.

Neglecting church services for any reason, is an unwise thing to do because it robs you of various spiritual and physical benefits that would've been of great help to your life and destiny.

## Bible References:

Matthew 18:19-20.

19 Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

20 For where two or three are gathered together in my name, there am I in the midst of them.

Psalms 122:1

I was glad when they said unto me, Let us go into the house of the LORD.

Psalms 133:1

Behold, how good and how pleasant it is for brethren to dwell together in unity!

Hebrews 10:25

Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Proverbs 27:17

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

## **24. Lack Of Self Control**

I have said this before, and I don't mind repeating it over and over again, fastings and prayers does not covers the place of self discipline.

No matter how one prays, if he or she lacks self control or self discipline, he or she should forget about overcoming any addiction.

### **Bible References:**

**1 Corinthians 9:27**

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a

castaway.

Proverbs 25:28 (Living Bible)

A man without self-control is as defenseless as a city with broken-down walls.

Proverbs 16:32 (Living Bible)

It is better to be slow-tempered than famous; it is better to have self-control than to control an army.

## 25. Weak Or No Mentorship.

When one is not accountable to any mentor, such a person will always has issues with

besetting sins, because if such a person is addicted to any destructive habits, he or she will not have anybody to share his or her burden with.

Whenever you see any christian that's not submitting under the mentorship of any mentor, fear that person in fact be very careful with him or her because he or she is a dangerous person.

When Jesus was about to ascend to heaven, see the last statements and commands He gave to the church :

Matthew 28:18-20 (NIV)

18 Then Jesus came to them and said, "All authority in heaven and on earth has been given to me.

19 Therefore GO AND MAKE DISCIPLES OF ALL NATIONS, baptizing them in the name of the

Father and of the Son and of the Holy Spirit,

20 and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

From the above scriptural passages, you will discover the emphasis of Christ on DISCIPLESHIP (mentorship).

It's not enough to get born again, one also needs mentorship or discipleship training from those who have gone ahead of you in the faith, in order to grow in the faith without much difficulties or falling into errors.

Whenever ones chooses to be alone without mentorship, such a person is prone to falling into errors.

## **26. Engaging Or Listening To Immoral Conversations.**

Majority of masturbators will have a long time battle with masturbation despite their prayers and fastings because of the kinds of dirty and immoral conversations they engage in and also listens to.

Listening and engaging in immoral conversations, is another reason why many still falls back into masturbation despite their prayers.

### **Bible References:**

**1 Corinthians 15:33**

Be not deceived: evil communications corrupt good manners.

**Ephesians 4:29**

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

**Ephesians 5:4**

Neither filthiness, nor foolish talking, nor jesting, which are not convenient: but rather giving of thanks.

## **27. Lack Of Vision For Holy Living.**

Beloved let me be honest with you, without the vision for holy living, iniquity will become a comfortable lifestyle.

Life of holiness, is a target.

Any christian that has not caught the vision of holiness will always struggles with sins, especially besetting sins because he or she has no target to pursued.

No one lives holily by mistakes, though its by GRACE, but its also intentional.

Many are just church attendants without the aim of living a holy life.

## **Bible References:**

1 John 3:2-3 ( Living Bible )

2 Yes, dear friends, we are already God's children, right now, and we can't even imagine what it is

going to be like later on. But we do know this, that when he comes we will be like him, as a result of seeing him as he really is.

3 And everyone who really believes this will try to stay pure because Christ is pure.

Habakkuk 2:2-3

2 And the LORD answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it.

3 For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.

Matthew 5:48

Be ye therefore perfect, even as your Father which is in heaven is perfect.

1 Peter 1:14-16

14 As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

15 But as he which hath called you is holy, so be ye holy in all manner of conversation;

16 Because it is written, Be ye holy; for I am holy.

## 28. Inconsistency

All attempts to quite addictions will be futile if you are not consistent.

Inconsistency, is a major reason why many masturbators will hardly quite masturbation because overcoming masturbation, requires consistency.

Overcoming masturbation, requires much and uninterrupted determination.

Inconsistency waters down your resolutions and determination to quite the act.

## 29. Internet.

Internet though is good, has also caused tremendous damages to our generation.

Up to 90% of people who are in sexual bondages today, entered through the internet.

Pornography is readily and easily available and accessible today through the internet.

Research had shown that the most visited websites on the internet, is pornographic websites.

Addiction to internet, is a terrible thing indeed. Many are more addicted to internet than they do with masturbation, hence they are far from obtaining their freedom from masturbation.

For many to overcome the habit of masturbation, they needs to abstain from internet for a while.

**Bible References:**

Matthew 5:29-30.

29 And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

30 And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

1 Corinthians 10:23 (NLT)

You say, “I am allowed to do anything” but not everything is good for you. You say, “I am allowed to do anything” but not everything is beneficial.

1 Corinthians 6:12 (NLT)

You say, “I am allowed to do anything” but not

everything is good for you. And even though “I am allowed to do anything,” I must not become a slave to anything.

## 30. Memory Of Past Failures.

There is nothing that haunts and damages one's resolutions to quite destructive and negative habits like the memory of past failures.

Many are still in the cage of masturbation today because of the memory of their past failures that keeps on visiting them. The devil continually bombards them with the memory of their past failures, hence they are trapped down in guilt and self condemnation, thereby rendering their determination and efforts to quite the act impotent.

I will expatiate on this later when I will be handling the way out of masturbation.

## Bible References:

**Isaiah 43:18 (NIV)**

**"Forget the former things;  
do not dwell on the past.**

**Isaiah 43:18 (Message Bible)**

**"Forget about what's happened;  
don't keep going over old history.**

**1 John 3:20 (KJV)**

**For if our heart condemn us, God is greater than our  
heart, and knoweth all things.**

**1 John 3:20 (NIV)**

If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

**1 John 3:20 (NLT)**

Even if we feel guilty, God is greater than our feelings, and he knows everything.

**1 John 3:20 (LIVING BIBLE)**

But if we have bad consciences and feel that we have done wrong, the Lord will surely feel it even more, for he knows everything we do.

**31. Nobody Is Perfect Mentality.**

One quiet weapon of deception of the devil against the church today, is the diabolical statement of " NOBODY IS PERFECT "

Am always against this statement wherever it's been said because it's unbiblical and it's against determination to live holy, and ultimately, it waters down the sacrifice of redemption Christ paid on the cross.

The implication of this statement or mentality is that, nobody is just, so stop wasting your time trying to live righteously because you can't do it, no matter how hard you tried, you will still ends up in where you are coming from, and this is not true because Jesus died to save and deliver us completely from sin.

Nobody is perfect mentality is a major reason why many will never come out of the bondage of masturbation however hard they fast and pray.

Here me and hear well, Jesus did not die on the cross in order for me and you to still remain in the bondage of sin despite the fact that we are serving Him. His death on the cross is not primarily to create platform for us to be confessing sins over and over again without dominion over sin.

People with such mentality, always supports their notions with the following scriptural passages:

Isaiah 64:6

But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

Psalms 14:3

They are all gone aside, they are all together

become filthy: there is none that doeth good, no, not one.

Romans 3:9-12

9 What then? are we better than they? No, in no wise: for we have before proved both Jews and Gentiles, that they are all under sin;

10 As it is written, There is none righteous, no, not one:

11 There is none that understandeth, there is none that seeketh after God.

12 They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one.

A careful observation of the above scriptural

passages shows the category of people being addressed here. The above scriptures, is not the descriptions of a born again children of God saved and sanctified with the blood of Jesus; but its rather the descriptions of the unsaved and unregenerated. The above scriptures also describes those that moral but not yet born again.

The statement or the mentality of nobody is perfect, simply means that everybody whether born again or not, will all ends in hell together, but that's not what the bible teaches, now see these bible passages :

John 3:3,16,18,36

3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

18 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

36 He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.

Titus 2:11-12

11 For the grace of God that bringeth salvation hath appeared to all men,

12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world.

Now let me drive home the point and the summary of this subject matter with this example.

Students that are in schools, may not have reached the stage of graduation, but for the fact that they haven't reached that stage, does not mean that they will never graduate, with time, they definitely graduate.

For the fact that you've not reached the stage of perfection, does not mean you will never be perfect, its a process of time, you will arrive at the perfect state of making heaven.

The statement or mentality of nobody is perfect,

kills and weakens your ability to depend and rely on the sustaining grace of God that makes and keeps a man holy to the very end.

## Bible References:

### Jude 1:24

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.

### 1 John 3:1-10

1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

3 And every man that hath this hope in him purifieth himself, even as he is pure.

4 Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

5 And ye know that he was manifested to take away our sins; and in him is no sin.

6 Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him.

7 Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous.

8 He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

9 Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

10 In this the children of God are manifest, and the children of the devil: whosoever doeth not righteousness is not of God, neither he that loveth not his brother.

Matthew 5:48

Be ye therefore perfect, even as your Father which is in heaven is perfect.

## Romans 6:1-18

[1] What shall we say then? Shall we continue in sin, that grace may abound?

[2] God forbid. How shall we, that are dead to sin, live any longer therein?

[3] Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

[4] Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

[5] For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection:

[6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

[7] For he that is dead is freed from sin.

[8] Now if we be dead with Christ, we believe that we shall also live with him:

[9] Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

[10] For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

[11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

[12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

[13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

[14] For sin shall not have dominion over you: for ye are not under the law, but under grace.

[15] What then? shall we sin, because we are not under the law, but under grace? God forbid.

[16] Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

[17] But God be thanked, that ye were the

servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

[18] Being then made free from sin, ye became the servants of righteousness.

Genesis 6:8-9

[8] But Noah found grace in the eyes of the LORD.

[9] These are the generations of Noah: Noah was a just man and perfect in his generations, and Noah walked with God.

Genesis 17:1

And when Abram was ninety years old and nine, the LORD appeared to Abram, and said unto him,

I am the Almighty God; walk before me, and be thou perfect.

Leviticus 20:7-8,26

[7] Sanctify yourselves therefore, and be ye holy: for I am the LORD your God.

[8] And ye shall keep my statutes, and do them: I am the LORD which sanctify you.

[26] And ye shall be holy unto me: for I the LORD am holy, and have severed you from other people, that ye should be mine.

1 Peter 1:14-16

[14] As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

[15] But as he which hath called you is holy, so be ye holy in all manner of conversation;

[16] Because it is written, Be ye holy; for I am holy.

Job 2:3

And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him without cause.

Ephesians 4:22-24.

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

## **Chapter 6**

### **THE DANGERS OF MASTURBATION.**

Beloved, before I will unveil to you, the keys to completely dismantle this wicked and silent killer called masturbation, let me quickly outline some of its dangers.

Masturbation is both deceitful and destructive. The dangers of masturbation, is too numerous to list, however I will list few of them.

Some of the dangers of masturbation are:

\* **Physical Side Effects**

1. Depression.
2. Living isolated life.
3. Severe body pains.
4. Frequent urination.
5. Feeling tired and sleepy almost all the time.

6. Low self-esteem.

7. Premature ejaculation.

8. Loss of memory.

9. Loss of appetite for sex.

10. Guilty conscience.

11. Lack of attraction towards the opposite sex.

12. Pains in your reproductive organ as a result of masturbating.

13. Weak erection

14. Difficulty in performing real sexual intercourse.

## 15. Loneliness e.t.c

### \* Spiritual Side Effects

Beloved under this spiritual side effects, am going to take time to explain a bit because herein lies the main issue on masturbation.

### 1. It Makes You A Slave To The Demons Behinds It.

Beloved I know this may be difficult for you to believe and accept, but its the truth; behind every

sins or addicted behaviors, are evil spirits attached to them. It is those evil spirits that ensures the victims of such sins or habits never stops doing them.

If you will be honest to yourself, you will discover that you have done all within your human capacity and knowledge to stop this habit, but your efforts seems abortive. You've deleted porns from your phone times without numbers but still end up getting them back even when you don't wants to.

Masturbation is more than an addition, its demonic. It's under the control of demons in the water ( marine spirits). Its those spirits that are appearing to you in the dream to messed you up.

Its those spirits that suppresses your human ability to yield to it whenever it urge comes up.

Masturbation makes you slave to the demons

behinds it.

Bible passages:

Matthew 12:43 When the unclean spirit is gone out of a man, he walketh through dry places, seeking rest, and findeth none.

12:44 Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished.

12:45 Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first. Even so shall it be also unto this wicked generation.

## **2. Masturbation Cages You.**

Besides the fact that masturbation is under the control of demons, masturbation on its own, is addictive.

Masturbation has its special way of caging its victims; it Enslaves.

Masturbation is addictive.

Masturbation is not something one jumps into and jumps out easily, it's captivating.

Masturbation jails its victims in its prison without offering them freedom except by Divine intervention.

Masturbation never releases its captives without

serious confrontations.

Majority of masturbators knows that the act is bad, but stopping it, seems impossible to them; because that's how it works.

## Bible Passages:

Romans 7:15-23 (Living Bible)

15 I don't understand myself at all, for I really want to do what is right, but I can't. I do what I don't want to—what I hate.

16 I know perfectly well that what I am doing is

wrong, and my bad conscience proves that I agree with these laws I am breaking.

17 But I can't help myself because I'm no longer doing it. It is sin inside me that is stronger than I am that makes me do these evil things.

18 I know I am rotten through and through so far as my old sinful nature is concerned. No matter which way I turn I can't make myself do right. I want to but I can't.

19 When I want to do good, I don't; and when I try not to do wrong, I do it anyway.

20 Now if I am doing what I don't want to, it is plain where the trouble is: sin still has me in its evil grasp.

21 It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong.

22 I love to do God's will so far as my new nature is concerned;

23 But there is something else deep within me, in my lower nature, that is at war with my mind and wins the fight and makes me a slave to the sin that is still within me. In my mind I want to be God's willing servant, but instead I find myself still enslaved to sin.

So you see how it is: my new life tells me to do right, but the old nature that is still inside me loves to sin.

24 Oh, what a terrible predicament I'm in! Who will free me from my slavery to this deadly lower nature?

25 Thank God! It has been done by Jesus Christ our Lord. He has set me free.

### **3. It Damages Your Relationship With God.**

No one has ever served God intimately and ended in heaven even while still in the act of masturbation.

Masturbation constitutes an obstacle in between you and God.

Masturbation never allows its victims to serve God the way they ought to.

Masturbation pulls down your Christian life.

Masturbation damages your personal walk with God.

## **Bible Passages:**

Isaiah 59:1 Behold, the LORD's hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear:

59:2 But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear.

## **4. It Kills Your Prayer Life.**

No one masturbating is a prayer warrior and no prayer warrior is masturbating.

Actually the heart desire and plans of the devil against believers, is not necessarily to kill them but to kill their prayer lives.

The devil knew that a man without a prayer life is already a dead man, hence stopping a man from praying is his target because it gives him pleasure.

Masturbation kills the prayer life of its victims.

### **Bible passages:**

1 Thessalonians 5:17 Pray without ceasing.

Luke 18:1 And he spake a parable unto them to this end, that men ought always to pray, and not to faint.

Ephesians 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

## **5. It Kills Your Appetite For The Word Of God.**

Masturbation doesn't allow its victims to have time for the study of God's word.

Masturbation can allow you to read other books pleasurable but not the bible.

Masturbation quenches your hunger for the word of God.

## **6. Masturbation Breaks Down Divine Wall Of**

## **Protection Over Your Life.**

Masturbation makes you vulnerable to the attacks of the enemies because it breaks down divine wall of protection over your life.

### **Bible passages:**

Job 1:9 Then Satan answered the LORD, and said, Doth Job fear God for nought?

1:10 Hast not thou made an hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land.

Ecclesiastes 10:8 He that diggeth a pit shall fall into it; and whoso breaketh an hedge, a serpent shall bite him.

Psalms 105:15 Saying, Touch not mine anointed, and do my prophets no harm.

Isaiah 54:14 In righteousness shalt thou be established: thou shalt be far from oppression; for thou shalt not fear: and from terror; for it shall not come near thee.

Jeremiah 15:20 And I will make thee unto this people a fenced brasen wall: and they shall fight against thee, but they shall not prevail against thee: for I am with thee to save thee and to deliver thee, saith the LORD.

15:21 And I will deliver thee out of the hand of the wicked, and I will redeem thee out of the hand of the terrible.

## **7. It Kill One's Spiritual Gifts.**

Masturbation damages your God given gifts, and prevents you from utilizing them.

Bible passages:

2 Timothy 1:6 Wherefore I put thee in remembrance that thou stir up the gift of God, which is in thee by the putting on of my hands.

1 Timothy 4:14 Neglect not the gift that is in thee, which was given thee by prophecy, with the laying on of the hands of the presbytery.

## **8. Spiritual Barrenness.**

Masturbation kills your spiritual productivity. It makes you spiritually barren.

Masturbation sponsors the rising and falling of its victims as long as they remain in its prison.

Masturbation stunts the spiritual growth of its victims.

## **Bible Passages:**

Matthew 3:10 And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire.

Matthew 7:19 Every tree that bringeth not forth

good fruit is hewn down, and cast into the fire.

Matthew 25:30 And cast ye the unprofitable servant into outer darkness: there shall be weeping and gnashing of teeth.

Matthew 21:19 And when he saw a fig tree in the way, he came to it, and found nothing thereon, but leaves only, and said unto it, Let no fruit grow on thee henceforward for ever. And presently the fig tree withered away.

## 9. Eternal Damnation.

Actually this is the most dangerous damage masturbation does to its victims, this is why you must not joke with masturbation in your life at all.

If masturbation is not dealt with till the death of the victims, the victims will be doomed and damn eternally.

Masturbation automatically qualify it victims as bonafide candidates of hell.

Masturbation will cuts you off from God here on earth and in eternity, I pray that will not be your portion in Jesus name.

## Bible passages:

Ephesians 5:5 For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God.

5:6 Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.

Revelation 21:27 And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life.

## **Chapter 7**

### **THE DIFFERENCE BETWEEN SEXUAL URGE AND THE URGE OF MASTURBATION.**

People tends to mistake sexual urge for that of masturbation.

There is a big difference between sexual urge and the urge for masturbation.

# **WHAT IS SEXUAL URGE?**

Simply put, sexual urge is an inherent drive for sex that comes up from time to time. Its natural, and it's not a sin so long you didn't yield to sin.

Sexual urge is designed by God. It cannot be stopped but rather be controlled.

Having sexual arousal is not a sin, so long your mind is not on immorality or dirty thoughts.

## **How To Control Sexual Urge**

Sexual urge as I said earlier, is natural and cannot be stopped because its ordained by God Himself, but can only be controlled.

Sexual urge can only be controlled in two ways, these are:

1. **Marriage**; when you are married, and the urge arises, then I believe you know what to do with your partner, hahahahaha.
2. **Self control**; For the unmarried or singles, the only way out is to discipline your body, else if you do otherwise, you will end up in sin. Self control is very important when dealing with the case of sexual arousal because even as a married individual, is not all the time you allow sexual arousal to lead to sex, self control handles them sometimes.

## What Is The Urge Of Masturbation?

The urge of masturbation is usually associated with lustful and immoral thoughts; its those immoral thoughts that fuels the urge.

When sexual urge is not controlled, it grows into lust, fornication, masturbation, adultery, watching of pornography etc.

The urge of masturbation is uncontrolled sexual urge.

When you failed to filled your heart with positive thoughts while you are horny, it will definitely results in immorality.

So in a nutshell, sexual urge is not the same as the urge of masturbation, while sexual urge is natural, the urge of masturbation is not, but cultivated by man through frequent meditating and viewing of erotic stuffs.

Sexual urge if not control, becomes sin, but the urge of masturbation is already a sin because it's preceded by lustful thoughts which is already a sin according to the bible:

Matthew 5:28

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

Proverbs 6:25

Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

Matthew 15:19-20

[19]For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false

witness, blasphemies:

[20]These are the things which defile a man: but to eat with unwashen hands defileth not a man.

## **Chapter 8**

### **HOW TO BRING THE URGE OF MASTURBATION UNDER SUBJECTION.**

One of the major reasons why many finds it difficult to break out of the bondage of masturbation, is due to their inability to control or subdue the urge whenever it strikes them.

Beloved, complete victory over masturbation will be futile if you can't bring the urge under subjection, because its the urge that makes way for the act to be committed.

By God's grace, am going to spend a little time on this because freedom from masturbation begins with victory over it urge.

For proper understanding of what the urge of masturbation is and how it operates, let's consider some facts about it.

## **FACTS ABOUT THE URGE OF MASTURBATION**

1. The urge of masturbation, is a product of your thoughts, what you've seen, heard, or touch, that has to do with sex.
2. The urge of masturbation rises progressively.
3. To completely dismantle the urge of

masturbation, then disengage your minds from negative and immoral thoughts.

4. The urge of masturbation is empowered by it triggers.

5. If you don't deal with the urge of masturbation at its initial progression, you may not be able to handle it when it rises.

6. If you lack victory over the urge of masturbation, then quitting the habit will be extremely difficult.

7. To effectively deal with the urge of masturbation, you must be able to identify its triggers and avoid them.

8. When sexual urge is not controlled, it grows into that of masturbation, fornication, adultery or pornography.

9. Self control or personal discipline plays a vital role in handling the urge of masturbation.

## **How To Subdue The Urge Of Masturbation.**

Having considered some facts about the urge of masturbation above, let's look at the various ways to bring it under subjection.

1. Subduing the urge of masturbation begins by subjecting your mind and thoughts patterns to Jesus.

2. Always fill your mind with positive thoughts, when this is done, whenever the urge comes up

as a result of what your body is used to, instead of feeding on negative thoughts, recall those positive thoughts you've been feeding on, feed on them, instantly you will see the urge going down gradually, repeat the circle over and over again and with time, you will be victorious over it. You are victorious in Jesus name.

3. Cultivate self control. My dear, beside the several resolutions to subdue the urge of masturbation and masturbation in its totality, self control is one of the best approach, because it can be exhibited by you at anytime and anywhere.

Self control is a major prerequisite in dealing with the urge of masturbation. Whenever the urge comes up, learn to say no to its demand.

4. Reject it audibly. Whenever the urge comes up, learn to reject it audibly by saying no, I can't do it,

never.

5. Switch over to the realm of violent prayers, whenever you notice the urge arising within you.

6. Discard all forms of pornographic materials in your possession. Masturbation is fed by pornographic materials. Hence it's wise to steer clear of anything that takes the form of pornography whenever one is dealing with issues of masturbation.

7. Avoid lonely places when horny. The urge of masturbation is empowered when one is living an isolated life.

8. Be accountable to someone. Get a trusted person you'll be accountable to. This type of addiction is hard to fight alone  
your inability to open up to people his what

makes you to still be a captive to it. Whenever the urge comes up, immediately pick up your phone and call the person you are accountable to and tell him/her that the thing has started, by saying that, the urge will cool down immediately.

9. Always feed on the word of God. Make the bible your daily meal and companion.

10. Identify triggers and avoid them. Carryout an inventory of those things steering up the urge of masturbation in you and do away with them.

11. Make holy living your goal. The daily target of living a holy life will keep you from sinning and desiring to obey God.

12. Live a day at a time. Let me round up this section with this last one.

Another major reason why the urge of

masturbation keeps on overpowering many is due to the fact that they are focusing on how they can overcome in the future while neglecting how they can overcome in the present.

My dear, learn to live a day at a time; when dealing with issues of addictions you don't focus on how to overcome tomorrow, but rather focus on today first, because you can't tell what will become of you tomorrow.

This is a quiet deception of the devil with which he has held many down in the prison of addictions.

Whenever the urge of masturbation comes up, forget about how it used to overpowered you in the past, face it with anger and overcome it, after your

victory for that moment, the devil may puts fear in you that you will fall tomorrow, reject that fear, don't even accept it, tell the devil that when

tomorrow comes, you will still overcome, keeps on striving daily, before you will realize, days, weeks, months and years has passed, and finally, masturbation will be a thing of the past in your life.

That's how to overcome addictions.

## **Chapter 9**

### **THE WAY OUT OF MASTURBATION.**

**NOTE:** please, this section is practical in its entirety, for maximum result, endeavor to follow the instructions and each steps appropriately.

**God Bless You As You Read On !!!**

In this section, by God's grace am going to unveil the practical steps that will set you on your path of complete freedom from masturbation.

Like I said in the beginning of this teaching that this teaching will never leave you the same way it met you, this is your last bus stop for masturbation, am still serious with it because the Lord will do it in such a way that you will be surprised at the amazing result.

Beloved, am not here to major on dos and don'ts, although I will still give some, like I've always said, dos and don'ts does not stops one from sinning, it's Jesus that does.

***I congratulate you in advance for your freedom from this long time struggle.***

## **\* DISMANTLING MASTURBATION SPIRITUALLY**

Beloved, I believe by now you should have known that masturbation is more than an habit, it has spiritual backings by evil spirits, that's why despite all your efforts and resolutions to quite, you still finds yourself in the act repeatedly. Am going to really emphasize on this, because herein lies the mystery behind the captivity of many in the act.

Hear me and hear me well, as a human being, whenever you're trying to stop anything bad and you couldn't despite all your efforts and self will,

its an indication that it has gone into the realm of the spirit, that means spirits are involved now.

Masturbation like every other sexual sins, is under the control of demons, that's why anyone involves in the act always finds it difficult to quite, because the spirits behinds it, makes sure and ensures the victims remains permanently addicted to it.

The spiritual controls the physical, if a problem is not dealt with spiritually, all attempts to handle it physically will definitely be futile because spiritual things are handled spiritually, spiritual battles can only be fought and won spiritually.

To completely stop the act of masturbation, you needs to deal with it spiritually before doing so physically.

## Scriptural passages:

### Hosea 5:4 (Living Bible)

Your deeds won't let you come to God again, for  
the spirit of adultery is deep within you, and you  
cannot know the Lord.

### Hosea 5:4 (Good News)

The evil that the people have done prevents them  
from returning to their God. Idolatry has a  
powerful hold on them, and they do not  
acknowledge the Lord.

Hosea 5:4 (NIV)

Their deeds do not permit them to return to their God. A spirit of prostitution is in their heart; they do not acknowledge the Lord.

Hosea 4:12

My people ask counsel at their stocks, and their staff declareth unto them: for the spirit of whoredoms hath caused them to err, and they have gone a whoring from under their God.

Hosea 5:4

They will not frame their doings to turn unto their God: for the spirit of whoredoms is in the midst of them, and they have not known the LORD.

Isaiah 49:24-25

[24] Shall the prey be taken from the mighty, or the lawful captive delivered?

[25] But thus saith the LORD, Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children.

Romans 7:15,19,23

[15] For that which I do I allow not: for what I would, that do I not; but what I hate, that do I.

[19] For the good that I would I do not: but the evil which I would not, that I do.

[23] But I see another law in my members,

warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.

Ephesians 2:2

Wherein in time past ye walked according to the course of this world, according to the prince of the power of the air, the spirit that now worketh in the children of disobedience.

## WHAT ARE THE SPIRITUAL PATHWAYS OF DISMANTLING MASTURBATION?

The following spiritual pathways will be of great

help to you in dismantling masturbation from your life:

## \* Understanding The Love Of God

One of the most powerful spiritual weapon that destroys the works of the devil or addictions in people's lives, is the proper understanding of what God's love is all about.

If you are ignorance of God's love for you, I tell you, you will struggle throughout your life time without amounting to anything.

## Isaiah 5:13

Therefore my people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst.

## Hosea 4:6

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

One quiet strategy of the devil against those struggling with addictions is to veil them of God's love, by so doing, they will keep on rising

and falling in the same acts repeatedly, this erodes them the confidence of accessing the throne of Grace with boldness to obtain mercy and grace that will terminate their challenges.

## Hebrews 4:16

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need.

My dear God's love for you is too strong to be weakened by masturbation, I mean masturbation is too small to put asunder God's love for you.

## Romans 8:34-39

[34] Who is he that condemneth? It is Christ that died, yea rather, that is risen again, who is even at the right hand of God, who also maketh intercession for us.

[35] Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?

[36] As it is written, For thy sake we are killed all the day long; we are accounted as sheep for the slaughter.

[37] Nay, in all these things we are more than conquerors through him that loved us.

[38] For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

[39] Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

God's love for you is unconditional. You did nothing that warrants His love for you, He only chooses to love you because He's love, love is His nature.

Romans 5:8

But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

God see your struggles all this while, and yet His love for you has not diminished in one point. Although He's not happy that you're masturbating, neither is He hating you for that, He's not hating you but rather He's hating masturbation. He knows that one day you will

definitely come out of the mess, I decree upon your life, that your day of deliverance has come, in Jesus name.

My brother/sister if you know the depth of God's love for you, ah! You will thank Him profusely on daily basis without being weary.

You occupies an important space in the heart of God than any of His creatures, see it in :

1 John 3:1 (NIV)

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.

## 1 John 3:1 (Living Bible)

See how very much our heavenly Father loves us, for he allows us to be called his children think of it and we really are! But since most people don't know God, naturally they don't understand that we are his children.

My dear you're precious to God, so precious that nothing, I mean nothing, not even masturbation or anything can limits His love for you. Masturbation or no masturbation, He still loves you.

Brother/sister! Hope you're getting me? Stop condemning yourself because you're struggling with the yoke of masturbation, God is not condemning you, why then do you condemn

yourself whenever you falls into the act? Even God is surprise over there in heaven when He sees you condemning yourself whenever you falls into the act, because He's the one in the position to judge and condemn you, but He chooses not to do so because of how important you're to Him, why then should you be condemning yourself? It's a great deception of the devil to prolong your captivity in the act, reject self condemnation today and enjoy your freedom in Christ.

God has not and will never forsake you because you're masturbating, He did not shed His blood on the cross for righteous men and women but for those that needs His mercy and grace of which I believe you're one of them. He died on the cross to completely terminate anything that takes the form of sin in your life. See it in:

Matthew 1:21

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

1 John 1:8-9

[8] If we say that we have no sin, we deceive ourselves, and the truth is not in us.

[9] If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Romans 6:6,18

[6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

[18] Being then made free from sin, ye became the servants of righteousness.

2 Corinthians 5:21

For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

1 John 2:1-2 (Living Bible)

[1] My little children, I am telling you this so that you will stay away from sin. But if you sin, there is someone to plead for you before the Father. His name is Jesus Christ, the one who is all that is good and who pleases God completely.

[2] He is the one who took God's wrath against our sins upon himself and brought us into fellowship with God; and he is the forgiveness for our sins, and not only ours but all the world's.

My dear cheer up, don't accept the imprisonment of depression satan wants to put you in the name of masturbation, let satan come back to you again after your encounter with this book and see if you will still masturbate again. I believe God for you.

*Congrats for your freedom in advance.*

## \* Believe You Can And You Will Stop The Act.

My dear, if ever since you started reading this book up to this stage, you still haven't believed you are quitting the act, then I submit to you, you're wasting your time.

You must make up your mind that you can, you will and you're stopping masturbation right away.

You were not born with masturbation, and hence you wouldn't die with masturbation, I reject that for you. You acquired masturbation in your ignorance, now that your eyes are opened, its time to drop it because it's not useful to you.

My dear! You're not the first person to get addicted in the act, many had entered the cage in

time past, but today they're no longer there, they've gotten their freedom, you're next in line to gain your freedom.

If you lack the belief to stop the act, my dear, let me be honest with you, it will be very difficult if not impossible for you to quit the act of masturbation.

There must be a strong conviction in you, that you quitting the act is not something to negotiate but rather a settled matter. When this is established, then you're closer to your freedom.

Your unshakable belief or faith is a major prerequisite in quitting the act.

If your faith say yes, God will back you up.

## **BIBLE PASSAGES:**

**Mark 9:23**

Jesus said unto him, If thou canst believe, all things are possible to him that believeth.

**Matthew 21:21-22**

[21] Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.

[22] And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

Mark 5:25-29

[25] And a certain woman, which had an issue of blood twelve years,

[26] And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse,

[27] When she had heard of Jesus, came in the press behind, and touched his garment.

[28] For she said, If I may touch but his clothes, I shall be whole.

[29] And straightway the fountain of her blood was dried up; and she felt in her body that she was healed of that plague.

Mark 11:22-24

[22] And Jesus answering saith unto them, Have faith in God.

[23] For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

[24] Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

## \* Genuine Repentance

Genuine repentance is one of the greatest antidote of sins.

There's nothing that disarms satan from chasing after an offender or sinner than genuine repentance.

Repentance opens all satanic prison doors shut against the prisoners.

My friend if you must be free from the bondage of masturbation, I tell you the truth solemnly you must genuinely repent.

Genuine repentance, moves God to cancel His judgment and punishments He had decided to

release on the offenders.

See the below scriptural passages:

Jonah 3:1-10 (NIV)

[1] Then the word of the Lord came to Jonah a second time:

[2] “Go to the great city of Nineveh and proclaim to it the message I give you.”

[3] Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it.

[4] Jonah began by going a day’s journey into the city, proclaiming, “Forty more days and Nineveh will be overthrown.”

[5] The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

[6] When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust.

[7] This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink.

[8] But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence.

[9] Who knows? God may yet relent and with compassion turn from his fierce anger so that

we will not perish."

[10] When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

## 2 Chronicles 7:14

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

\* Cry To God For Help

Whenever you're in a situation or trouble you can't help yourself out, the wise and best thing to do, is to cry out to God for help.

See the below scriptural passages:

Psalms 50:15

And call upon me in the day of trouble: I will deliver thee, and thou shalt glorify me.

Mark 4:37-39

[37] And there arose a great storm of wind, and the waves beat into the ship, so that it was now full.

[38] And he was in the hinder part of the ship, asleep on a pillow: and they awake him, and say unto him, Master, carest thou not that we perish?

[39] And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

## 1 Chronicles 4:9-10

[9] And Jabez was more honourable than his brethren: and his mother called his name Jabez, saying, Because I bare him with sorrow.

[10] And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.

## Psalms 91:15

He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

## Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

My dear from the above scriptural passages, you can see the importance of crying out to God whenever you're faced with unbearable situations.

Cry out to God today, to deliver you from the bondage of masturbation, and He surely do so.

## \* Walk In The Spirit

To walk in the Spirit simply means to yield to the control of the Holy Spirit.

By the time you allow the Holy Ghost to direct and guide you always, there will be no chance for the spirit of masturbation to operate in your life.

As a Christian, always submit yourself to the leadership and rulership of the Holy Spirit.

Walking in the Spirit is so crucial that the bible admonishes us Christian to do so, in order not to fulfill the desires of the flesh.

Galatians 5:16-18,25

[16] This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

[17] For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

[18] But if ye be led of the Spirit, ye are not under the law.

[25] If we live in the Spirit, let us also walk in the

Spirit.

\* Go For Deliverance Or Counselling If The Problem Persist.

After you've done all that's required of you or that's in your capacity, if there seems to be no changes or improvements, I advice you to go for special deliverance prayers or counselling, by so doing, the Lord may probably perfect your deliverance through those avenues.

**Scriptural passages:**

Proverbs 11:14

Where no counsel is, the people fall: but in the multitude of counsellors there is safety.

Obadiah 1:17

But upon mount Zion shall be deliverance, and there shall be holiness; and the house of Jacob shall possess their possessions.

Mark 9:17-27

[17] And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit;

[18] And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not.

[19] He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto me.

[20] And they brought him unto him: and when he saw him, straightway the spirit tare him; and he fell on the ground, and wallowed foaming.

[21] And he asked his father, How long is it ago since this came unto him? And he said, Of a child.

[22] And oftentimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us.

[23] Jesus said unto him, If thou canst believe, all things are possible to him that believeth.

[24] And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.

[25] When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him.

[26] And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead.

[27] But Jesus took him by the hand, and lifted him up; and he arose.

## \* Deal Aggressively With Polluted Dreams.

There are demonic and polluted dreams that aids and results in masturbation.

Examples of such dreams are:

- \* Seeing male or female organs in the dream.
- \* Sexual intercourse in the dream.
- \* Marriages in the dream
- \* Bathing outside or in a place where the opposite sex is watching.

- \* Caressing the opposite sex in the dream. etc

**The outcomes of the above dreams and many others time will failed me to mentioned are:**

- \* Exposure to the spirit of lust.
- \* Exposure to spiritual spouse.
- \* Lustful thoughts.
- \* Immoral feelings.
- \* Uncontrollable sexual drive.
- \* Inability to enjoy sexual intercourse with the victim's (dreamer's) spouse.

- \* Masturbation.
- \* Fornication
- \* Lesbianism
- \* Homosexuality
- \* Temptations from the opposite sex. etc

## WHAT TO DO

If you're dreaming the above dreams, they are demonic and polluted dreams, you shouldn't take them lightly.

## **Do the following:**

- \* Repent and confess every sexual sins you have committed, and break every blood covenant you have signed with any agent of the devil, knowingly or unknowingly.
- \* Reject, renounce and cancel them with the blood of Jesus.
- \* Be sure you pray through on them before you ignore them.
- \* Deal with every evil participants in your dreams.
- \* Purify and cleanse yourself from pollution or contamination from the dream world through prayers using the blood of Jesus.

- \* You need to aggressively deal with the spirits behind those demonic and polluted dreams through prayers.
- \* Abstain from all appearances of evil.
- \* Shun immoral, seductive and worldly dressings.
- \* In a situation where the dreams are reoccurring after prayers, then it's an indication that it's established in the spiritual realm, you needs to pray more or ask others to join you in prayers, or go for deliverance.

## PRAYER POINTS

- \* I cancel and wipe off all evil dreams in the

name of Jesus.

- \* Blood of Jesus wash all the organs in my body in the name of Jesus.
- \* Demonic strongholds in my dream life, scatter by fire, in Jesus name.
- \* Dream polluters! Assigned against my dream life, your end has come! Die by fire! in Jesus name.
- \* Satan deposits in my life through dreams, be wiped out now by the blood of Jesus.
- \* Spiritual spouse troubling my life through dreams, your end has come, die by fire in Jesus name.
- \* Powers breaking my resistance in the dream

world, fall down and die, in Jesus name.

- \* Every power sharing my bed with me, what are you waiting for? Fall down and die.
- \* You unclean spirits living inside of me, I refuse to accommodate you any longer. Come out now and die by fire in Jesus name.
- \* Uncontrollable sexual drive induced in me through dreams! Your end has come, expire by fire.
- \* Negative habits in me that fuels the activities of evil spirits, your time is up! Expire by the blood of Jesus.
- \* I set my dream life on fire in Jesus name.

## \* Deal Aggressively With The Spirits Of Lust.

It's often said that the root of all problems, is the problem of the root.

The root of all sexual perversions, is lust, if lust is properly dealt with, you wouldn't have problems with all other sexual vices.

Lust is the forerunner of all other sexual vices, such as: pornography, masturbation, fornication, adultery, incest, rape, lesbianism, homosexuality etc.

Before you deal with masturbation, deal with lust first, otherwise you will ends up repeating the same circle over and over again.

**By the special grace of God, I have also written a book like this on lust and how to overcome it, if you need it, you can place demand on it, I will send it to you through whatsapp, it's free of charge.**

My dear for you to dissolve masturbation, you must take adequate time to properly and aggressively deal with the spirit of lust.

### **Scriptural passages:**

James 1:14-15

[14] But every man is tempted, when he is drawn away of his own lust, and enticed.

[15] Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

## Hosea 4:12

My people ask counsel at their stocks, and their staff declareth unto them: for the spirit of whoredoms hath caused them to err, and they have gone a whoring from under their God.

## Hosea 5:4

They will not frame their doings to turn unto their God: for the spirit of whoredoms is in the midst of them, and they have not known the LORD.

## Hosea 5:4 (Living Bible)

Your deeds won't let you come to God again, for the spirit of adultery is deep within you, and you cannot know the Lord.

## \* Deal Aggressively With The Spirits Of Masturbation.

It's often said that the child that said that the parents should not sleep, even that child will sleep either.

Since masturbation has made it a full time assignment to trouble you, you also should make it a lifetime assignment to trouble it, until it will have no option than to live you alone.

Listen and listen well, in the kingdom of God or in the Christian race, there's no spiritual gentility. You must be violent, radical, forceful, don't tolerate any nonsense from the devil.

Satan does not respect or fears spiritual gentle men/women, but those that gives him troubles.

My dear, for you to completely and perpetually quite the act of masturbation, the spirit of masturbation must be called to order and be properly and aggressively dealt with else you will needs to keep the circle of struggling throughout your lifetime.

## Scriptural passages:

Matthew 11:12

And from the days of John the Baptist until now the kingdom of heaven suffereth violence, and the violent take it by force.

## Luke 11:21-22

[21] When a strong man armed keepeth his palace, his goods are in peace:

[22] But when a stronger than he shall come upon him, and overcome him, he taketh from him all his armour wherein he trusted, and divideth his spoils.

## Matthew 12:29

Or else how can one enter into a strong man's house, and spoil his goods, except he first bind the strong man? and then he will spoil his house.

## Isaiah 49:24-25

[24] Shall the prey be taken from the mighty, or the lawful captive delivered?

[25] But thus saith the LORD, Even the captives of the mighty shall be taken away, and the prey of the terrible shall be delivered: for I will contend with him that contendeth with thee, and I will save thy children.

## Luke 10:19

Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

**Mark 16:17-18**

[17] And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues;

[18] They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

**\* Understanding The Efficacy Of The Blood Of Jesus.**

The blood of Jesus is the most powerful element in the whole universe.

No evil can withstand the blood of Jesus, not even satan the devil can do so.

See the below scripture:

Revelation 12:11

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

From the above scripture, you can see the potency of the blood of Jesus.

Apply the blood of Jesus to your challenges it will have no other option than to flee.

Challenge the demon of masturbation with the blood of Jesus, you will gain victory.

Whenever you're feeling the urge of masturbation, immediately plead the blood of Jesus, or sing any song that has the blood of Jesus in it.

### \* Night Vigils

There is great power in night prayers.

There are prayers you pray in the day to unseat the powers of the morning and of the noonday. However, in the night the type of prayers you

pray must be different, and these must be, of course, violent prayers.

If you pray prayers like 'Holy Ghost thunder, fire, scatter their meetings' in the daytime it may not work, because demonic forces do not hold meetings in the daytime.

Evil meetings are held at night.

Accidents are also planned during the night.

Many people become weak and worthless at night. They sleep throughout the night, unaware of the demonic visitors that are perching by their bedsides. These diabolical visitors feed them with assorted food from their kingdom, molest and flog them. Eventually they put their demonic signatures all over them and when they wake up, they start praying 'I scatter their meetings! Holy Ghost fire! Holy Ghost bomb explode upon them....' Who are you bombarding? What you are

running from has already been deposited in you in the night while you were sleeping. You say "Holy Ghost, shoot your arrow!" What arrow are you shooting in a meeting that has already ended?

Most of your problems take their root in the night- they are decided and concluded at night while you are in the comfort of your bed.

A lot of problems you are struggling with at the moment would have been dealt with in just one tarry night.

Most of the negative and destructive habits that are in many people's lives, are demonic seeds sown into their lives by the enemy while they were fast asleep.

See the scriptural passages below:

## Matthew 13:24-28

[24] Another parable put he forth unto them, saying, The kingdom of heaven is likened unto a man which sowed good seed in his field:

[25] But while men slept, his enemy came and sowed tares among the wheat, and went his way.

[26] But when the blade was sprung up, and brought forth fruit, then appeared the tares also.

[27] So the servants of the householder came and said unto him, Sir, didst not thou sow good seed in thy field? from whence then hath it tares?

[28] He said unto them, An enemy hath done this.

The servants said unto him, Wilt thou then that we go and gather them up?

Most of the things that makes you run here and there looking for help in the daytime are things you would have just press a button at night and gotten solved.

The power of night vigil, cannot be over-emphasis.

Engage in night vigils, either co-operate or personal, don't be the type that runs away from night prayers, too much sleep can cost you your life and destiny remember Samson.

Are you fighting against the powers of darkness in the daytime? Just know that you cannot win that battle. No way! If you spare them in the night, they will scatter you in the day.

Night vigil is another effective weapon of dealing with masturbation.

Scriptural passages:

Proverbs 6:9

How long wilt thou sleep, O sluggard? when wilt thou arise out of thy sleep?

1 Thessalonians 5:17

Pray without ceasing.

Acts 16:25

And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

Matthew 13:25

But while men slept, his enemy came and sowed tares among the wheat, and went his way.

Proverbs 6:4-5,10-11

[4] Give not sleep to thine eyes, nor slumber to thine eyelids.

[5] Deliver thyself as a roe from the hand of the hunter, and as a bird from the hand of the fowler.

[10] Yet a little sleep, a little slumber, a little folding of the hands to sleep:

[11] So shall thy poverty come as one that travelleth, and thy want as an armed man.

**Jeremiah 6:5**

Arise, and let us go by night, and let us destroy her palaces.

**1 Thessalonians 5:6-7**

[6] Therefore let us not sleep, as do others; but let us watch and be sober.

[7] For they that sleep sleep in the night; and they that be drunken are drunken in the night.

**1 Peter 5:8**

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.

**Job 36:20**

Desire not the night, when people are cut off in their place.

**\* Understanding The Efficacy Of Christ's Finished Work On The Cross.**

The greatest hindrance to the deliverance of many from the power of sin, is the ignorance of Christ's finished work on the cross. If you're ignorance of what Christ did on the cross, I tell you, you will struggle throughout your lifetime with sin, especially addicted sins.

On the cross, Christ settled the issues of sin once and for all.

When battling with masturbation or any sinful behaviors, this is standpoint you fight from, if you do otherwise, you've already lost the battle.

When battling with masturbation from spiritual point of view, your major weapon of warfare, is Christ's finished work on the cross, that's the only legitimate weapon of warfare you can use effectively against the demon of masturbation and it bow without resistance, every other weapons of warfare are secondary.

Hear me and hear me well, Jesus did not die on the cross to make you wealthy, though that's part of it, neither did He die to make you successful in life, though that's also part of it, but the main reason why He died on the cross is to deliver you completely from sin and the power of sin.

See the scriptures below:

Matthew 1:21

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

John 1:29

The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world.

1 John 2:1-2 (NIV)

[1] My dear children, I write this to you so that

you will not sin. But if anybody does sin, we have an advocate with the Father Jesus Christ, the Righteous One.

[2] He is the atoning sacrifice for our sins, and not only for ours but also for the sins of the whole world.

### 2 Corinthians 5:21 (NIV)

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God.

### 1 Peter 2:24 (Living Bible)

He personally carried the load of our sins in his own body when he died on the cross so that we can be finished with sin and live a good life from now on. For his wounds have healed ours!

From the above scriptural passages, it's clear that the main assignment of Jesus on earth is to deal with the issue of sin in your life, and also it's obvious that no matter the dimensions of the anointing you're operating on, if you've not obtained victory over sin by the atoning blood of Jesus, then you've omitted the weightier matter and it's dangerous.

If you don't confront masturbation with the finished work of Christ on the cross, then all other strategies you will deploy, will be futile because you've omitted the weightier matter.

When battling with masturbation, the first and major weapon of warfare is not fasting and prayer but rather the finished work of Christ on the cross, if your first and major weapon of warfare is fasting and prayer, I tell you, you will never be completely free from masturbation, but

you will rather keeps on falling and rising.

When the urge of masturbation comes mightily on you, and the only weapon of warfare at your disposal is fasting and praying, I tell you, it will surely consume you, this is why you needs to fully understand and utilize the power of Christ's finished work on the cross because its always potent and reliable.

Am not underestimating the power of fasting and prayer here, am only pointing out priority as regard to the issue of sin. Fasting and prayer is good but does not have the capacity to deliver from sin, only the finished work of Christ on the cross can do that, oh! you're confused? Can I ask you this question, ever since you've been fasting and praying to stop masturbation, have you been able to quite the act, why haven't you?

# **How To Access And Activate The Finished Work Of Christ On The Cross In Your Life.**

The major reason why I named this book "COMPLETE DELIVERANCE FROM MASTURBATION" is because of this point about to make here.

Many christians, though they believed that Christ died to set them free from sin, yet they're not free from the bondage of sin yet, simply because they don't seemed to know how to take advantage of Christ's finished work on the cross and apply it to their lives.

Beloved, I really struggled in my Christian life with the issues of besetting sins until I caught

this revelation am about sharing in this book now from the scripture. I fasted and prayed several times to live a righteous and holy life, all my efforts proved abortive, no wonder the bible says "by strength shall no man prevail" 1 Samuel 2:9.

After I got the revelations from the scripture, that formed the basis for my deliverance from habitual sins.

The Revelations I Caught From The Scripture That Turn My Christian Life Around.

After several failed attempts to walk in dominion over sin and please God, I was frustrated, but yet I refused to give up, "I heard that Jesus came to die in order to set me free from the bondage of

sin and death, if that's true then why am I not free yet" I said to myself. I didn't stop there, I began to search the bible from cover to cover looking for the solution I needed, until the Lord shown me mercy, and I stumbled across the following scriptures:

### Matthew 5:48

Be ye therefore perfect, even as your Father which is in heaven is perfect.

### Matthew 1:21

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

John 1:11-12

[11] He came unto his own, and his own received him not.

[12] But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.

1 Samuel 2:9

He will keep the feet of his saints, and the wicked shall be silent in darkness; for by strength shall no man prevail.

**Jeremiah 32:27**

Behold, I am the LORD, the God of all flesh: is there any thing too hard for me?

**1 John 1:8-9**

[8] If we say that we have no sin, we deceive ourselves, and the truth is not in us.

[9] If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

**1 John 3:5-6,9**

[5] And ye know that he was manifested to take away our sins; and in him is no sin.

[6] Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither

known him.

[9] Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

1 Peter 2:24 (Living Bible)

He personally carried the load of our sins in his own body when he died on the cross so that we can be finished with sin and live a good life from now on. For his wounds have healed ours!

Matthew 7:7-8

[7] Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

[8] For every one that asketh receiveth; and he

that seeketh findeth; and to him that knocketh it shall be opened.

Mark 9:23

Jesus said unto him, If thou canst believe, all things are possible to him that believeth.

Mark 11:22-24

[22] And Jesus answering saith unto them, Have faith in God.

[23] For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he

shall have whatsoever he saith.

[24] Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

Mark 10:27

And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible.

Matthew 9:13

But go ye and learn what that meaneth, I will have mercy, and not sacrifice: for I am not come to call the righteous, but sinners to repentance.

## Isaiah 1:18

Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool.

## John 3:16-17

[16] For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

[17] For God sent not his Son into the world to condemn the world; but that the world through him might be saved.

John 5:14

Afterward Jesus findeth him in the temple, and said unto him, Behold, thou art made whole: sin no more, lest a worse thing come unto thee.

John 8:10-11

[10] When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

[11] She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

Galatians 5:16-17

[16] This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

[17] For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

## 1 Corinthians 10:12-13

[12] Wherefore let him that thinketh he standeth take heed lest he fall.

[13] There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

## 2 Corinthians 7:1

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

## 1 Thessalonians 5:22-24

[22] Abstain from all appearance of evil.

[23] And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

[24] Faithful is he that calleth you, who also will

do it.

Hebrews 12:1,14

[1] Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

[14] Follow peace with all men, and holiness, without which no man shall see the Lord.

1 Peter 1:14-16

[14] As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

[15] But as he which hath called you is holy, so be ye holy in all manner of conversation;

[16] Because it is written, Be ye holy; for I am holy.

## Colossians 3:1-10

[1] If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

[2] Set your affection on things above, not on things on the earth.

[3] For ye are dead, and your life is hid with Christ in God.

[4] When Christ, who is our life, shall appear, then shall ye also appear with him in glory.

[5] Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

[6] For which things' sake the wrath of God cometh on the children of disobedience:

[7] In the which ye also walked some time, when ye lived in them.

[8] But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth.

[9] Lie not one to another, seeing that ye have put off the old man with his deeds;

[10] And have put on the new man, which is renewed in knowledge after the image of him that created him.

## 2 Corinthians 5:15,17

[15] And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.

[17] Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

## 1 Corinthians 3:16-17

[16] Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

[17] If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.

## 1 Corinthians 6:19-20

[19] What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

[20] For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

## Romans 13:14

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts

thereof.

## Romans 6:1-23

[1] What shall we say then? Shall we continue in sin, that grace may abound?

[2] God forbid. How shall we, that are dead to sin, live any longer therein?

[3] Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

[4] Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

[5] For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection:

[6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

[7] For he that is dead is freed from sin.

[8] Now if we be dead with Christ, we believe that we shall also live with him:

[9] Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

[10] For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

[11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

[12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

[13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

[14] For sin shall not have dominion over you: for ye are not under the law, but under grace.

[15] What then? shall we sin, because we are not under the law, but under grace? God forbid.

[16] Know ye not, that to whom ye yield

yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

[17] But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

[18] Being then made free from sin, ye became the servants of righteousness.

[19] I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.

[20] For when ye were the servants of sin, ye were free from righteousness.

[21] What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death.

[22] But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

[23] For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

1 Peter 2:9-10

[9] But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

[10] Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.

John 19:30

When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.

Proverbs 28:13

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

James 5:16

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

From the above scriptural passages and others not included, I got the following revelations that later became the basis for my deliverance from besetting sins and my victorious Christian living:

1. It's possible to live above sin as a child of God.
2. Jesus has paid the price for my freedom from sin and the power of sin.
3. There's a power to live above sin, for the power to be effective in your life, you needs to tap into it.

4. You can never live above sin by your human efforts without the help of God.
5. Forgiveness of sin is only possible when there's genuine repentance and desire to forsake them.
6. Whenever you falls into sin as a christian, and you repent and confess those sins, the blood of Jesus washes them away.
7. The primary reason why Christ came to died for us, is to deliver us from sin and the power of sin, every other things are secondary.
8. It's not in the nature of Christians to keep on sinning.
9. To live above sin on daily basis as a Christian, you needs to abide in Christ on daily basis.

10. The seed of God otherwise known as the Divine nature of God impacted into the lives of the children of God during salvation experience, is what makes them to hate iniquity and love righteousness.

11. If only I believed that I can live a holy and righteous life, by God's grace, it will be so for me.

12. What seemed impossible with men, is not the same with God.

13. Christ came to convert sinners to saints.

14. God is a merciful God.

15. God is able and willing to forgive me all my sins so long am ready to repent and forsake them.

16. Jesus did not came to world to condemn people but to save people, and me in particular.

17. God hates toying with sins.

18. After forgiveness and deliverance from sin and it's power, am not expected to go back again.

19. Jesus will prefers to have mercy on me than to accuse and condemn me.

20. Walking in the Spirit is an effective way not fulfill the desires of the flesh.

21. No Christian is too big to backslide.

22. The careless are not godly, while the godly are not careless.

23. For every temptation, there's always a Divine provision of escape.

24. No temptation that's bigger and stronger than you is permitted to come to you.

25. To attain holiness in my life, there's a role I must play, likewise there's God's role to play.

26. God is my sanctifier.

27. God is ever faithful to all the promises He made in the scripture to make me holy.

28. It's possible to overcome habitual sins.

29. Holiness is the only visa to heaven.

30. Holiness is an express command by God in

scripture.

31. Covered sin must be exposed, otherwise there's no mercy.

32. Am now a child of God.

33. Wages of all sins big or small, is always death.

34. Am free from sin and it's power.

35. Whenever I yield to sin, am making myself a slave to sin.

36. Because I have been made free from sin, sin no longer have dominion over me.

37. As a child of God, I should not use any parts

of my body as objects of sin.

38. As a child of God, I must accept the fact that am perpetually dead to sin but alive to God through Jesus Christ.

39. My flesh or the sin nature, was crucified with Jesus on the cross.

40. I can't continue in sin anymore because am dead to sin.

41. The more of Jesus in me, the less I sin.

42. God has bought me, am now His property.

43. Am the temple of the Holy Ghost, He dwells in me.

44. So long am in Christ, am a new creature, old things has passed away, all things has become new.

45. Henceforth as a child of God, am not supposed to live for myself but unto God.

46. Am risen with Christ, sitting with Him in heavenly places.

47. Am to set my affections on things above and not things below.

48. Am dead, the life am currently living, is not my own but that of Christ.

49. Am to put off the old man together with its deeds.

50. Am to abstain from all appearances of evil as

a child of God.

Ever since I got the above scriptural revelations, my Christian life has really taken another shape entirely. Am currently living with the reality and revelations of the above scriptural facts, any preachings or teachings that contradicts the above scriptural facts, I don't accept them, I rather discards them because it's harmful to my salvation and my Christian life in general.

Beloved, I just shared a brief story of my Christian life, struggles and victory, well am very sorry for deviating from the main teachings, I just said that to drive home the points am about to make now, that will really set you on the path of freedom from the act of masturbation.

# **Now Let's Get Into The Real Matter, How Can You Access The Finished Works Of Christ On The Cross And Activate In Your Life?**

To access the finished works of Christ on the cross and get it activated in your life, the following steps should and must be taken:

## **1. Have Faith In God And His Word.**

Before I explain this, lets consider the below scriptural passages:

## Hebrews 11:1-3,6

[1] Now faith is the substance of things hoped for, the evidence of things not seen.

[2] For by it the elders obtained a good report.

[3] Through faith we understand that the worlds were framed by the word of God, so that things which are seen were not made of things which do appear.

[6] But without faith it is impossible to please him: for he that cometh to God must believe that he is, and that he is a rewarder of them that diligently seek him.

## Romans 1:17

For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith.

James 1:5-8

[5] If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

John 3:16,18,36

[16] For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

[18] He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

[36] He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.

[6] But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

[7] For let not that man think that he shall receive any thing of the Lord.

[8] A double minded man is unstable in all his ways.

Matthew 21:21-22

[21] Jesus answered and said unto them, Verily I

say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.

[22] And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

Romans 10:9-11,17.

[9] That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

[10] For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

[11] For the scripture saith, Whosoever believeth

on him shall not be ashamed.

[17] So then faith cometh by hearing, and hearing by the word of God.

From the above scriptural passages and many others time will failed me to mentioned, you've seen the importance and the indispensability of faith in regard to and walking with God.

Dealing with issues that has to do with God and His word, faith is a major factor that must be put to work.

According to Heb 11:6, without faith, it's practically impossible to please and get anything from God.

Hence before you can access and utilized the provisions of God, you must enter through the gateway of faith otherwise you're wasting your time.

To access the finished works of Christ on the cross and get it activated in your life, the first and most important thing you must do, is to believe it. You have to accept the fact that what He did on the cross for you is not a mere story but a reality, as simple as this appears, if you don't get it right, then your deliverance from sin will be extremely difficult if not impossible.

## **HOW TO PERSONALISED YOUR FAITH**

I know many people will be saying but I believed why is it not working?

Relax and let me show you how to work these things out, to personalise your faith in regard to masturbation and the finished works of Christ on the cross, personalise the following scriptural passages as thus:

Romans 6:1-23

[1] What shall we say then? Shall we continue in sin, that grace may abound?

## **PERSONALISED**

Should I keep on masturbating and be asking God for mercy and forgiveness everyday?

[2] God forbid. How shall we, that are dead to sin, live any longer therein?

## **PERSONALISED**

God forbid bad thing, how can I (Put your name here) that's dead to sin still be living in sin including masturbation.

[3] Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

## **PERSONALISED**

Oh my God! Now i remember, I almost forgot, that the day I was baptized in water, I was baptized with Jesus into His death.

[4] Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

## PERSONALISED

Oh my God, I almost forgot this wonderful experience; I was buried with my Master Jesus when I was baptized, the same way my Master Jesus was raised up from the dead to life by the power of God, I have no other choice than to live in the new life the dead and resurrection experience has impacted on me.

[5] For if we have been planted together in the

likeness of his death, we shall be also in the likeness of his resurrection:

## **PERSONALISED**

If it's true that I died and was buried with my Master Jesus which I know it is, I will also participate in His resurrection.

[6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

## **PERSONALISED**

Kai, this is where I have been getting it wrong, now I know, that the flesh (power of sin in my life)

has been crucified with Christ on the cross, in order for the power of sin to be completely destroyed in my life, henceforth, I ( put your name ), am no longer a slave to sin, therefore, based on this fact and revelation from the word of God, I decree and declare that am completely and perpetually free from the bondage of masturbation in Jesus name.

[7] For he that is dead is freed from sin.

## **PERSONALISED**

A dead person is free from sin; since am dead with Christ, I (put your name), am free from sin, halleluyah!!!

[8] Now if we be dead with Christ, we believe that we shall also live with him:

## **PERSONALISED**

Since I died with Christ, I believes I will also live with Him. Halleluyah !!!

[9] Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

## **PERSONALISED**

How can I be so careless and foolish to forget the fact that my Master Jesus died and was raised up from the dead and will never die again, death has perpetually lost its power over Him.

[10] For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

## PERSONALISED

The singular death of my Master Jesus on the cross, settled everything that takes the form of sin in my life, including masturbation.

[11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through

Jesus Christ our Lord.

## **PERSONALISED**

Based on the fact that Christ died once and for all to completely and perpetually terminate the issues of sin in my life, indeed, am completely and forever dead to sin including masturbation, Halleluyah! but alive to God through my Master Jesus.

[12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

## **PERSONALISED**

Henceforth, I will never let sin including the idiot that called itself masturbation to rule over me

again, neither will I succumb to it pressures or yield to it. Indeed am completely and perpetually free halleluyah !!!

[13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

## PERSONALISED

Henceforth by the special grace of God, am not offering any parts of my body for sinful acts anymore but rather I will offer them to glorify my Lord and my God for the purpose of righteous and holy living.

[14] For sin shall not have dominion over you: for

ye are not under the law, but under grace.

## **PERSONALISED**

Sin including that bastard that called itself masturbation is no longer in control of my life BECAUSE am now living by the GRACE of God. Halleluyah !!!

[15] What then? shall we sin, because we are not under the law, but under grace? God forbid.

## **PERSONALISED**

Because by God's grace am free from the bondages of sin including masturbation, should I still go back to it again? God forbid bad thing, such nonsense will never happen again by the special grace of God.

[16] Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

## PERSONALISED

O my God, I almost forgot this powerful law, "that one becomes a slave or servant to whomsoever he or she obeyed", I refused to be foolish enough to yield myself under the control of sin because that's an express way to eternal damnation, I rather choose to yield myself to righteous and holy living.

[17] But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

## **PERSONALISED**

Glory to Jesus! I was once a captive of sin including that wicked thing called masturbation, but today, am completely and perpetually free, halleluyah! Henceforth, I choose to obey and pattern my life according to the word of God.

[18] Being then made free from sin, ye became the servants of righteousness.

## **PERSONALISED**

Now am completely and perpetually free from sin, by default, holiness is now my lifestyle. Glory to Jesus.

[19] I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to

iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.

## **PERSONALISED**

In the past, I served sin to the best of my ability, but now, reverse has taken it course, henceforth, am now a servant to righteous and holy living forever.

[20] For when ye were the servants of sin, ye were free from righteousness.

## **PERSONALISED**

In the past, while I was under the control of sin, I lacked the ability to do the right things, because sin refused to allow me do that. Kai, thank God for His timely intervention, halleluyah !!!

[21] What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death.

## **PERSONALISED**

Looking back to my past sinful lifestyles, I really felt bad because indeed there's nothing good in sin, in fact am really ashamed of myself for doing those dirty things because they leads to death.

[22] But now being made free from sin, and become servants to God, ye have your fruit unto holiness, and the end everlasting life.

## **PERSONALISED**

Now, by the special grace of God, am completely and perpetually free from sin and its power, am

now under the absolute control of God, Holiness of life and character is now my lifestyle, everlasting life is sure for me through my Master Jesus. Halleluyah !!!

[23] For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

## PERSONALISED

Indeed the outcome of sin is both physical and eternal death, but the gift of God is eternal life through Jesus Christ our Lord. Amen.

Colossians 3:1-5,9-10

[1] If ye then be risen with Christ, seek those things which are above, where Christ sitteth on

the right hand of God.

## **PERSONALISED**

If what the word of God says is true, which I know it is, that indeed am risen with my Master Jesus, therefore I (Put your name here) will henceforth and perpetually set my heart on heavenly things where my Master Jesus is, than to waste my time thinking on vanities of life.

[2] Set your affection on things above, not on things on the earth.

## **PERSONALISED**

Now, am alive through Jesus Christ, henceforth, my mind is filled with godly thoughts that connects me with heaven, I have no time to waste worrying and thinking about earthly and

**sinful thoughts anymore. Halleluyah !!!**

**[3] For ye are dead, and your life is hid with Christ in God.**

## **PERSONALISED**

Indeed am dead to sin and the flesh, my real life (the life I got at Calvary) is hidden in Christ.

**[4] When Christ, who is our life, shall appear, then shall ye also appear with him in glory.**

## **PERSONALISED**

Very soon, Christ who is my life, shall appear, when He appears, I shall be like Him. Halleluyah !!!

[5] Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry:

## **PERSONALISED**

Because am now a new man, henceforth I put to death the sinful desires of the flesh by not yielding to it demands anymore. Henceforth, there's no need to indulge in masturbation because I have done away with the power that that induces that in me. Halleluyah !!!

[9] Lie not one to another, seeing that ye have put off the old man with his deeds;

## **PERSONALISED**

There's no need for me to be indulging in sinful acts anymore because I have already pull off the flesh that does such things on the cross of calvary. Amen.

[10] And have put on the new man, which is renewed in knowledge after the image of him that created him.

## **PERSONALISED**

Halleluyah !!! Am now living a brand new life that is continually learning more and more of what is right and acceptable before God, and trying constantly to be more and more like Christ who created this new life within me. Amen.

Beloved, you can see the format I used to personalised the above scriptural passages in regard to masturbation and sin in general, this is the format you employ when attempting to put your faith to work based on the word of God. I believed you've gotten the format now, so get into action immediately, begin to claim your inheritance in Christ now and get them activated into your life.

## **The Cross Experience**

The cross experience, is the origin of christian

life, any christian life and experiences that excludes the cross experience, is fraud, and such experiences wouldn't last not to talk of taking one to heaven.

**"Any Christian That Have Not Been To The Cross, Is Not Yet A Christian".**

The cross am talking about here is not an image or monument.

## **WHAT IS THE CROSS ?**

Let's quickly look at what the cross is before we move on.

1. The cross is the place where Jesus was crucified.
2. The cross is a place of encounter.
3. The cross is a place where the issue of sin is thoroughly handled.
4. The cross is a place of transformation.
5. The cross is a place where the garment of iniquity is exchanged for the garment of righteousness.
6. The cross is the place where Satan lost his power and dominion over man.
7. The cross is a place of salvation.

8. The cross is a place where sinners drops their loads of sins.

9. The cross is the central message of the gospel. e.t.c

Many are in churches without the experience of the cross, and beloved let me tell you the truth without being bias, without the cross experience, the believer will struggles throughout lifetime with the issues of sin, especially addicted sins.

One outstanding thing about the cross experience is that, its never a collective experience, but rather a personal experience.

Many joined the church, and later became workers after undergoing worker's trainings even though they are not yet born again.

In the early church, people joined the church when they are saved, but today people joins the church without being saved, without the intention of getting saved but to work for God. See what the bible recorded of the early church:

## Acts 2:41-47

Acts 2:41 Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls.

2:42 And they continued stedfastly in the apostles' doctrine and fellowship, and in breaking of bread, and in prayers.

2:43 And fear came upon every soul: and many wonders and signs were done by the apostles.

2:44 And all that believed were together, and had

all things common;

2:45 And sold their possessions and goods, and parted them to all men, as every man had need.

2:46 And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,

2:47 Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved.

## **HOW TO EXPERIENCE THE CROSS:**

## \* Genuinely Surrender Your To Jesus.

My dear! The only way to access all the benefits of Christ finished works on the cross and all His promises in scriptures, is that you should as a matter of necessity surrender your life completely and genuinely to Jesus as your Lord and personal Saviour, this is not negotiable.

See the scriptural passages below:

John 3:16-19,35-36

[16] For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

[17] For God sent not his Son into the world to

condemn the world; but that the world through him might be saved.

[18] He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

[19] And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.

[35] The Father loveth the Son, and hath given all things into his hand.

[36] He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.

Romans 10:9-10

[9] That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

[10] For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

John 14:6

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

From the above scriptural passages and many others time will failed me to mention, you can see the urgency and indispensability of

surrendering one's life to Jesus as Lord and Savior of your life.

When I said surrender your life to Jesus as Lord and Savior, I do not mean merely praying or reciting religious prayers in the name of salvation prayer, it goes beyond that.

You surrender your life to Jesus, based on the knowledge and revelations of who He is and what He did on the cross.

In summary, to fully and genuinely surrender your life to Jesus, the following points should and must be fully understood and accepted before genuine salvation can take place:

1. You must understand that you are a sinner by nature.

Psalms 51:5

Behold, I was shapen in iniquity; and in sin did my mother conceive me.

2. Sin has a penalty of physical, spiritual and eternal death.

Romans 6:23

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

3. Hell fire is a place of everlasting punishments that's awaiting all sinners that failed to repent.

Psalms 9:17

The wicked shall be turned into hell, and all the nations that forget God.

Matthew 25:41,46

[41] Then shall he say also unto them on the left hand, Depart from me, ye cursed, into everlasting fire, prepared for the devil and his angels:

[46] And these shall go away into everlasting punishment: but the righteous into life eternal.

4. All evil doers that refused to repent, will be punished by God here on earth and in eternity.

Isaiah 13:9,11

[9] Behold, the day of the LORD cometh, cruel both with wrath and fierce anger, to lay the land desolate: and he shall destroy the sinners thereof out of it.

[11] And I will punish the world for their evil, and the wicked for their iniquity; and I will cause the arrogancy of the proud to cease, and will lay low the haughtiness of the terrible.

Isaiah 26:21

For, behold, the LORD cometh out of his place to punish the inhabitants of the earth for their iniquity: the earth also shall disclose her blood, and shall no more cover her slain.

Matthew 25:46

And these shall go away into everlasting punishment: but the righteous into life eternal.

5. Death can meet you unprepared, if that happens, you're eternally finished.

James 4:13-14

[13] Go to now, ye that say, To day or to morrow we will go into such a city, and continue there a year, and buy and sell, and get gain:

[14] Whereas ye know not what shall be on the morrow. For what is your life? It is even a vapour, that appeareth for a little time, and then vanisheth away.

6. You are a child and prisoner of the devil by default.

1 John 3:8

He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

Isaiah 14:17

That made the world as a wilderness, and destroyed the cities thereof; that opened not the house of his prisoners?

John 12:40

He hath blinded their eyes, and hardened their heart; that they should not see with their eyes, nor understand with their heart, and be converted,

and I should heal them.

2 Corinthians 4:4

In whom the god of this world hath blinded the minds of them which believe not, lest the light of the glorious gospel of Christ, who is the image of God, should shine unto them.

7. No sinner that failed to repent will make heaven.

Hebrews 12:14

Follow peace with all men, and holiness, without which no man shall see the Lord.

**Revelation 21:27**

And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are written in the Lamb's book of life.

**8. You cannot save yourself from sin, you need a saviour.**

**Matthew 1:21**

And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.

**John 1:12**

But as many as received him, to them gave he power to become the sons of God, even to them

that believe on his name.

John 3:15-16

[15] That whosoever believeth in him should not perish, but have eternal life.

[16] For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

9. Jesus is the Saviour, luckily, He has settled the issues of sin for you long ago with His death on the cross and His resurrection.

John 10:11

I am the good shepherd: the good shepherd giveth his life for the sheep.

John 14:6

Jesus saith unto him, I am the way, the truth, and the life: no man cometh unto the Father, but by me.

John 19:30

When Jesus therefore had received the vinegar, he said, It is finished: and he bowed his head, and gave up the ghost.

10. Jesus is willing and waiting to save you and deliver you from sin, the power of sin and satan's bondage if only you will repent from your

sins and accepts Him into your life as your Lord and personal Saviour.

Matthew 11:28

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Revelation 3:20

Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.

11. Repent of your sins. Repentance means total and conscious turning away from evil unto good. For your salvation to be genuine, your repentance must also be genuine, else the salvation prayers,

will be of no benefit to you. Make up your mind never to return to sinful lifestyles anymore, forget about the power to do that, you just make up your mind genuinely never to go back into sin, the power to back up your decisions will be released from the Throne of Grace, this is where Jesus will have to come in and play His role as the Saviour. Yours is to repent, and He will do the saving.

## Matthew 4:17

From that time Jesus began to preach, and to say, Repent: for the kingdom of heaven is at hand.

## 2 Chronicles 7:14

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will

heal their land.

Isaiah 55:7

Let the wicked forsake his way, and the unrighteous man his thoughts: and let him return unto the LORD, and he will have mercy upon him; and to our God, for he will abundantly pardon.

Acts 3:19

Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord.

12. Confess your sins to Him and ask for His forgiveness. No matter how terrible and numerous your sins are, confess them to Him and ask Him to forgive you. He hears you, He will

forgive you.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

13. Now, accept Him (Jesus) as your Lord and Saviour by praying the prayer of salvation.

Romans 10:9-10

[9] That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that

God hath raised him from the dead, thou shalt be saved.

[10] For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

## **MY DEAR, SO FAR, WHAT'S IS YOUR DECISION?**

Do you wants to escape the eternal doom that await all sinners that failed to repent?

Do you wants to be completely delivered from the bondage of sin forever?

Do you wants your name to be written in the Book Of Life?

Do you wants to escape the great tribulation that will soon strike the world?

Do wants to spend eternity in heaven with God?

Do wants to escape from satanic cage?

Aren't you tired of living at the mercy of the devil?

Do you wants to genuinely surrender your life to Jesus as your Lord and personal Saviour?

Then pray the prayer of salvation below:

Please before you pray the below prayers, sing the below songs with open heart, then pray the prayers:

## **COME INTO MY HEART LORD JESUS.**

Into my heart, into my heart

Come into my heart, Lord Jesus, Come in today,  
Come in to stay, Come into my heart Lord Jesus.

## **I HAVE DECIDED TO FOLLOW JESUS**

I have decided to follow Jesus;

I have decided to follow Jesus;

I have decided to follow Jesus;

No turning back, no turning back!

The world behind me, the cross before me;  
The world behind me, the cross before me;  
The world behind me, the cross before me;  
No turning back, no turning back!

Though no one joins me, still I will follow;  
Though no one joins me, still I will follow;  
Though no one joins me, still I will follow;  
No turning back, no turning back!

Will you decide now to follow Jesus?  
Will you decide now to follow Jesus?  
Will you decide now to follow Jesus?  
No turning back, no turning back!

## O JESUS, I HAVE PROMISED

1. O Jesus, I have promised  
To serve Thee to the end;  
Be Thou forever near me,  
My Master and my Friend:  
I shall not fear the battle  
If Thou art by my side,  
Nor wander from the pathway  
If Thou wilt be my guide.

2. O let me feel Thee near me.  
The world is ever near;  
I see the sights that dazzle.

The tempting sounds I hear:  
My foes are ever near me,  
Around me and within;  
But, Jesus, draw Thou nearer,  
And shield my soul from sin.

3. O Jesus, Thou hast promised  
To all who follow Thee,  
That where Thou art in glory,  
There shall Thy servant be;  
And, Jesus, I have promised  
To serve Thee to the end;  
O give me give me grace to follow,  
My Master and my Friend.

**ALL TO JESUS I SURRENDER**

1. All to Jesus I surrender,  
All to Him I freely give;  
I will ever love and trust Him,  
In His presence daily live.

## **CHORUS:**

I surrender all,  
I surrender all;  
All to Thee, my blessed Saviour,  
I surrender all.

2. All to Jesus I surrender,  
Humbly at His feet I bow;  
Worldly pleasures all forsaken,  
Take me, Jesus, take me now.

## **CHORUS:**

I surrender all,  
I surrender all;  
All to Thee, my blessed Saviour,  
I surrender all.

3. All to Jesus I surrender,  
Lord, I give myself to Thee;  
Fill me with Thy love and power,  
Let Thy blessing fall on me.

## **CHORUS:**

I surrender all,  
I surrender all;  
All to Thee, my blessed Saviour,  
I surrender all.

4. All to Jesus I surrender,

Now I feel the sacred flame;  
O the joy of full salvation!  
Glory, glory to His name!

**CHORUS:**

I surrender all,  
I surrender all;  
All to Thee, my blessed Saviour,  
I surrender all.

**PASS ME NOT, O GENTLE SAVIOUR**

1. Pass me not, O gentle Saviour  
Hear my humble cry!  
While on others Thou art calling,

Do not pass me by.

**CHORUS:**

Saviour, Saviour, Hear my humble cry!  
While on others Thou art calling,  
Do not pass me by.

2. Let me at a throne of mercy  
Find a sweet relief;  
Kneeling there in deep contrition  
Help my unbelief.

**CHORUS:**

Saviour, Saviour, Hear my humble cry!  
While on others Thou art calling,  
Do not pass me by.

3. Trusting only in Thy merit,

Would I seek Thy face;  
Heal my wounded, broken spirit,  
Save me by Thy grace.

**CHORUS:**

Saviour, Saviour, Hear my humble cry!  
While on others Thou art calling,  
Do not pass me by.

4. Thou the spring of all my comfort,  
More than life to me!  
Whom have I on earth beside Thee?  
Whom in heav'n but Thee?

**CHORUS:**

Saviour, Saviour, Hear my humble cry!  
While on others Thou art calling,  
Do not pass me by.

## **WHAT CAN WASH AWAY MY SIN?**

1. What can wash away my sin?  
Nothing but the blood of Jesus;  
What can make me whole again?  
Nothing but the blood of Jesus.

### **CHORUS:**

Oh! Precious is the flow  
That makes me white as snow;  
No other fount I know,  
Nothing but the blood of Jesus.

2. For my pardon this I see

Nothing but the blood of Jesus;  
For my cleansing, this my plea  
Nothing but the blood of Jesus.

**CHORUS:**

Oh! Precious is the flow  
That makes me white as snow;  
No other fount I know,  
Nothing but the blood of Jesus.

3. Nothing can for sin atone  
Nothing but the blood of Jesus;  
Naught of good that I have done  
Nothing but the blood of Jesus.

**CHORUS:**

Oh! Precious is the flow  
That makes me white as snow;

No other fount I know,  
Nothing but the blood of Jesus.

4. This is all my hope and peace  
Nothing but the blood of Jesus;  
This is all my righteousness  
Nothing but the blood of Jesus.

**CHORUS:**

Oh! Precious is the flow  
That makes me white as snow;  
No other fount I know,  
Nothing but the blood of Jesus.

## **PRAYER OF SALVATION**

Please if you want to surrender your life to Jesus sincerely, pray this prayer with faith;

**"Lord Jesus, I believe you are the Son of God, thank you for dying on the cross for my sins, I come to you today as a sinner, I acknowledge myself as a sinner, please forgive me all my sins and give me the gift of eternal life I promise by your grace and strength not to go back to them again, sanctify me with thy blood and accept me as your child, erase my name from the book of death and write it in book of life, in Jesus name I pray. Amen."**

# **Congratulation !!!**

If you prayed the above prayers with sincerity of heart and with faith in the Lord Jesus, you are now a child of God, born again, your name has entered the Book Of Life, once again I say congrats !!!

## **Now let me pray with you.**

Just lay your hands on your head and say amen;

**Father in the name of Jesus, I thank you for the life of your child who has chosen to follow you this day and henceforth, Daddy You said in Your word that, as many that comes to you, You will no wise cast out, Daddy I commit this soul into thy able hands, forgive all his/her iniquities and cleans him/her thoroughly with thy precious blood in Jesus name, I pray that you will supply**

all the necessary strength, wisdom and Grace required to walk with you all the days of his/her life in Jesus name, I pray for you, you will not fall again in Jesus name, any power assigned and waiting to pull you down, I arrest them by fire in Jesus name, receive the grace to live victorious Christian life in Jesus name, satan is a permanent loser in your life in Jesus name, I command the chains of sinful addictions in your life to break now in Jesus name, henceforth, I declare you completely and perpetually free from all sinful addictions in Jesus name, on the last day, you will not miss the heaven in Jesus name, I envelop you with the blood of Jesus, for in Jesus mighty name I pray, Amen.

\* Put Your Faith To Work

Having considered the above points, as important as they are, they will still not be of great benefit to you, if you don't put your faith to work.

Let's consider the below scriptural passages:

James 2:17-18,20

[17] Even so faith, if it hath not works, is dead, being alone.

[18] Yea, a man may say, Thou hast faith, and I

have works: shew me thy faith without thy works,  
and I will shew thee my faith by my works.

[20] But wilt thou know, O vain man, that faith without works is dead?

Beloved, to access the finished works of Christ on the cross and get them activated in your life, after believing it, surrendering your life to Jesus, the next step to take, is to begin to ACT on what you believed, that's put your faith to work.

The point am making here is that, you should order your life according to the word of God. If the bible says you're a new creature, take it that way, because indeed you're a new creature, begin to live and behave like a new creature.

I don't know if you're getting my point here.

Let me give you this example:

Mr Ojo was issued a cheque of #500,000, he was excited with the cheque because he needed money to pay his house rent and meet other domestic needs.

Now, listen as good and important as the cheque he was given is, it will not be of any benefit to him (Mr Ojo), if he doesn't claim the cash with the cheque. That means if he chose to stay at home merely looking at the cheque without visiting the bank to claim his cash, he will never gain access to the real cash which is represented in the cheque with him.

But if he (Mr Ojo), takes the cheque he was given to the bank in exchange for the cash, he will eventually claim the cash.

From the story above, a man was given a cheque free of charge, but the cheque as important as it is, it's not the real cash, but he can claim the cash with the cheque, if he didn't visit the bank to claim his cash, he will continue to live in lack though he has #500,000 cheque with him, but if he decided to claim his cash with the cheque by visiting the bank, it's only then he can access the cash.

I believed you got the point in the above story.

That's how the finished works of Christ on the cross is. Merely believing it, is not enough, you still need to effect it in your life.

For example, you were addicted to masturbation before you got born again, one day the thoughts

and the urge of masturbation came uncontrollably upon you, and you're at the verge of yielding because you don't know what to do. My dear the way to handle such dilemma, is by putting your faith to work.

Let me break it down for you, had it been you're the one in such situation, what to do is to quote the word of God and stand by it. You can use the below scriptural passages and many others to dissolve the urge:

## 2 Corinthians 5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

## 1 John 3:9

Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

Romans 6:1-2,6,11-12,14

[1] What shall we say then? Shall we continue in sin, that grace may abound?

[2] God forbid. How shall we, that are dead to sin, live any longer therein?

[6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

[11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

[12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

[14] For sin shall not have dominion over you: for ye are not under the law, but under grace.

If suddenly the thoughts and urge of masturbation comes uncontrollably upon you, do the following:

Say it is written if any man be in Christ, he's a new creature, old things had passed away, all things have become new, therefore, you thoughts and urge of masturbation, its over, I no longer masturbates, because am now a new creature, I command you thoughts and urge of

masturbation get out now in Jesus name.

After you issue the commands, it may not leave you immediately, but don't give up, continue saying it, until it will fades away gradually.

Hope you got the point?

Whenever you're faced with any challenges in life, just locate the part of scriptures that handles such challenges, and act on them, you will surely be victorious.

That's how to put your faith to work.

## \* Winning The Battle Of Masturbation In The Mind.

Beloved! After dismantling masturbation from the spiritual realm, the next and important place to dismantle masturbation, is from the mind realm, failure to do so, will be another major reason why you will still continue in the act of masturbation.

See what the bible says on this issue in the below scriptural passages:

2 Corinthians 10:3-5

[3] For though we walk in the flesh, we do not war after the flesh:

[4] For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;

[5] Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.

Proverbs 23:7

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

Proverbs 6:25

Lust not after her beauty in thine heart; neither

let her take thee with her eyelids.

Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

From the above scriptural passages, you can how powerful and effective the human mind is.

Masturbation is less of spiritual and more of the mind.

Dealing with masturbation from the spiritual realm, is actually the most easiest way of dismantling masturbation, but dealing with it from the mind realm, is the most difficult way of conquering masturbation. It's the mind realm that gives entrance and authority to the spirits of masturbation to dominates the victim.

The urge of masturbation emanates from the mind before the body takes over from there and then the act is done.

If you don't deal with masturbation from mind, it will be extremely difficult if not impossible for anyone who is addicted to masturbation to quite the act, because when the urge comes on you, it begins in the mind, if you don't know how to handle it, you will definitely yield to the act with the excuse of repenting and asking God for

mercy later.

## **What Are The Strategies Of Dismantling Masturbation From The Mind?**

**They are:**

- \* Stop Uploading Negative Things Into Your Mind And Start Uploading Positive Things Into Your Mind.

The mind, is like the internet, it's what you uploaded into it, that you will see there. Every stuffs both good and evil you see on the internet today, were uploaded into it by human beings.

If you must win the battle against masturbation in your mind, then you must delete the already uploaded negative stuffs in your mind, do not upload new ones, and start uploading positive things to counter and replace those negative ones already there.

For example, if you're used to watching pornography, stop watching pornography, and starts watching godly and inspiring videos always, in order to replace those pornographic videos you've watched in the past.

If you were used to reading immoral books, magazines or posts, stop reading those stuffs and start reading godly books and write-ups.

### \* Know Who You Are

Realizing your identity in Christ, is another major way of dismantling masturbation from your mind.

### **Who are you in Christ?**

See the below scriptural passages:

## 2 Corinthians 5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

## 1 Peter 2:9-10

[9] But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light:

[10] Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.

## John 15:14-15

[14] Ye are my friends, if ye do whatsoever I command you.

[15] Henceforth I call you not servants; for the servant knoweth not what his lord doeth: but I have called you friends; for all things that I have heard of my Father I have made known unto you.

## John 1:12

But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name.

## 2 Corinthians 6:17-18

[17] Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,

[18] And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.

## Romans 6:1-2,14

[1] What shall we say then? Shall we continue in sin, that grace may abound?

[2] God forbid. How shall we, that are dead to sin, live any longer therein?

[14] For sin shall not have dominion over you: for ye are not under the law, but under grace.

In the above scriptural passages and many others time will not permit me to list, you will discover who you're in Christ.

When you know who you are, you know what to do and what not to do.

Having a full knowledge of who you're in Christ, whenever the urge of masturbation comes uncontrollably on you, just reply that thoughts immediately and audibly by saying " am a child of God, and no child of God masturbates or watches pornography " the thoughts and the urge may not leave you immediately, but keep saying it and don't stop talking it, stand your ground, after a while, the thoughts and the urge will fade away.

## \* Guard Your Eyes.

The eyes, is the gateway to the mind. Be very careful of what you feeds your eyes with.

Do not watch immoral scenes with your eyes, by so doing, you're uploading negative pictures to your mind, this is what will play back to you later when the urge of masturbation comes on you.

Scriptural passages:

## Psalms 101:3

I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me.

## Job 31:1

I made a covenant with mine eyes; why then should I think upon a maid?

## Matthew 5:28

But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

## Proverbs 6:25

Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

### \* Always Reject It Thought Audibly.

As soon as the thoughts of masturbation comes to your mind, immediately reject it audibly. Don't accept it thinking maybe you will do that later, don't postpone the audible rejection.

When the thought comes to your mind, always say "no I will not masturbate, I reject you in the name of Jesus".

## **\* Destroy Or Close All Doorways Of Lust In Your Life.**

Prevention they say, is better than cure.

That you're addicted to masturbation today, was because you opened the gateway to lust sometimes ago, lust was what brought masturbation your way, now that the Lord has shown you mercy and set you free, close and destroy all doorways of lust to your life.

Is there any pornographic materials in your possessions? If yes, destroy them now.

Do you have a boyfriend/girlfriend ? If yes, you

need to break away now.

I mean close down those things that makes you thinks on sexual vices.

Scriptural passages:

Matthew 5:8

Blessed are the pure in heart: for they shall see God.

Matthew 5:28-30

[28] But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

[29] And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

[30] And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

\* **Fill Your Mind With Godly Thoughts.**

Another good and effective way of casting out the stronghold of masturbation from your mind, is by filling your mind with godly thoughts.

See what the bible says concerning this in the below scriptural passages:

### Colossians 3:1-2

[1] If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God.

[2] Set your affection on things above, not on things on the earth.

## Romans 12:1-2

[1] I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

[2] And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

Do not allow negative thoughts into your mind, think only positive and godly thoughts only.

Whenever negative thoughts comes to your mind, reject them immediately and begin to think and meditates on godly thoughts, think about heaven,

soul wining, rapture, holiness, the word of God and so on.

## Scriptural Passages:

### Proverbs 12:5

The thoughts of the righteous are right: but the counsels of the wicked are deceit.

### Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any

praise, think on these things.

Matthew 5:8

Blessed are the pure in heart: for they shall see God.

\* **Discern People That Stimulates Lust In You, And Avoid Them.**

Carefully observe those around you that induces lust in you, and steer clear of them.

This is wisdom.

### \* Make Strong Commitment

Another effective way to get rid of masturbation from your mind, is to make violent commitment never to yield to it again.

For example, if one made commitment not to do certain things, whenever the urge to do such things comes, and he or she remembers his or her commitments, the urge reduces drastically.

Making strong commitment is another way of pulling down the stronghold of masturbation

from your mind.

### \* **Avoid Being Idle Whenever You're Alone.**

It is often said and believe that an idle mind is the devil's workshops.

Make sure you are always occupied with something good.

Don't be idle, it is dangerous, make sure you don't gives the devil any chance to enter your life, because if he does, he will not leave voluntarily you will needs to spend the rest of your life battling with him.

Scriptural passage:

Ephesians 4:27

Neither give place to the devil.

\*     **Always Surrounds Yourself With Godly Materials.**

Another simple way to keep your mind clean always, is to gather things that draw you closer to God around yourself.

For example, christian's literatures such as sunday school manuals, devotionals, messages, visiting godly websites for godly messages. etc.

I recommend the following websites for you because you will gets godly messages like this that will help your christian journey to heaven:

1. <http://obcwm.org>

2. [www.eternityrace.com](http://www.eternityrace.com)

3. <https://holybridesaints.wordpress.com>

4. [www.greatbiblestudy.com](http://www.greatbiblestudy.com)

5. <http://www.rtemoutreach.org>

6. <http://onlinerevivals.org>

Scriptural passages:

Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

**1 Thessalonians 5:21**

Prove all things; hold fast that which is good.

**Philippians 2:12**

Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

**\* Do Not Be Over Confidence On Yourself,  
Always Rely On God.**

Always rely on the grace of God. Don't say I will not masturbate again, but say by the grace of God, I will not masturbate again.

Whenever the urge of masturbation comes uncontrollably on you, say it loud, by the grace of God, I shall prevail, I will not yield, am not relying on my strength but rather in the grace of God.

Scriptural passages:

2 Corinthians 12:9

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me.

**Titus 2:11-12**

[11] For the grace of God that bringeth salvation hath appeared to all men,

[12] Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world.

**\* Stop Magnifying Masturbation.**

Another major mistake many are making that

makes it difficult for them to get rid of masturbation from their mind, is that they magnifies masturbation.

The truth is that anything you magnify, has the capacity of growing and spreading strong.

If you must kick off that idiot called masturbation from your mind, stop magnifying it, and starts minimising it.

I mean do not take masturbation to be anything, don't even accept it as an issue or challenge in your life, just ignore it and move on with your life.

See how David handled Goliath in the below scriptural passages:

## 1 Samuel 17:32,37,45-46,48-51,54

[32] And David said to Saul, Let no man's heart fail because of him; thy servant will go and fight with this Philistine.

[37] David said moreover, The LORD that delivered me out of the paw of the lion, and out of the paw of the bear, he will deliver me out of the hand of this Philistine. And Saul said unto David, Go, and the LORD be with thee.

[45] Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the LORD of hosts, the God of the armies of Israel, whom thou hast defied.

[46] This day will the LORD deliver thee into mine

hand; and I will smite thee, and take thine head from thee; and I will give the carcases of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel.

[48] And it came to pass, when the Philistine arose, and came and drew nigh to meet David, that David hasted, and ran toward the army to meet the Philistine.

[49] And David put his hand in his bag, and took thence a stone, and slang it, and smote the Philistine in his forehead, that the stone sunk into his forehead; and he fell upon his face to the earth.

[50] So David prevailed over the Philistine with a sling and with a stone, and smote the Philistine, and slew him; but there was no sword in the hand of David.

[51] Therefore David ran, and stood upon the Philistine, and took his sword, and drew it out of the sheath thereof, and slew him, and cut off his head therewith. And when the Philistines saw their champion was dead, they fled.

[54] And David took the head of the Philistine, and brought it to Jerusalem; but he put his armour in his tent.

Follow the example of David in the above scriptural passages, and get rid of that small termite called masturbation that tends to be of little challenge to you.

\* **Spend As Little Time As Possible In The Presence Of Opposite Sex Who Is Not Your**

## **Spouse That Arouses You.**

To dismantle masturbation from your mind, avoid people that fuels, revives and remember you of masturbation.

### **ACTION POINT**

Do you have anyone you're sex chatting with on facebook or other social media?

If yes, block them immediately, if it will requires you to change your sim card, please do so now.

See what the bible says in the scriptural passages below:

## Matthew 5:29-30

[29] And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

[30] And if thy right hand offend thee, cut it off, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell.

## Mark 9:43-48

[43] And if thy hand offend thee, cut it off: it is better for thee to enter into life maimed, than having two hands to go into hell, into the fire that never shall be quenched:

[44] Where their worm dieth not, and the fire is not quenched.

[45] And if thy foot offend thee, cut it off: it is better for thee to enter halt into life, than having two feet to be cast into hell, into the fire that never shall be quenched:

[46] Where their worm dieth not, and the fire is not quenched.

[47] And if thine eye offend thee, pluck it out: it is better for thee to enter into the kingdom of God with one eye, than having two eyes to be cast

into hell fire:

[48] Where their worm dieth not, and the fire is not quenched.

**\* Be Accountable To Yourself.**

The greatest accountability, is self accountability.

There's a proverb in Nigeria that says that " To prevent something from being stolen, the best thing to do, is to hand it over to a thief to look after, by so doing you've secured those things ."

Be accountable to yourself. This will make it easier for you to quickly and strategically get rid of masturbation from your mind, because when the feeling to masturbates arises, you will easily reminds yourself that you've made up your mind not to do it again.

#### \* **Never Accept It To Be Your Weakness.**

Never you make the mistake to accepts masturbation as your weakness, if you made the mistake in the past, correct yourself now.

Anything you welcomed, stays with you, but the ones you rejects leaves. So don't accepts masturbation as a weakness at all but rather

reject it as an unclean and filthy thing which it is.

## Scriptural passages:

### Job 22:28

Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways.

### Matthew 21:21-22

[21] Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it

shall be done.

[22] And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.

### \* Hate It With Passion.

For you to get rid of masturbation from your mind completely, you must develop perfect hatred towards it.

I mean the name masturbation, should get you irritated, when you gets to this stage, then it will be easier for you to put it urge under subjection, because there's already an indignation in your mind towards it.

## \* Think And Pray Less About It.

Another easiest and effective way to get rid of masturbation from your mind, is to think and pray less about it.

Stop occupying your mind and thoughts with masturbation, by so doing, you're attracting and refreshing it.

Don't pray too much about masturbation, focus more on other prayer points, if you don't have other prayer points to pray, then let me give you a prayer point, pray for me, ask God bless and

enlarge my coast, instead of wasting all your time praying against that already defeated idiot called masturbation.

I believed you've gotten the point am making here.

Scriptural passage:

Proverbs 23:7

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

## \* Always Pray In The Holy Ghost Daily.

Praying in the Holy Ghost, has a way of setting you on fire, thereby making it difficult for you to be thinking or yielding to masturbation.

Please always pray in the Holy Ghost, or if you've not received the Holy Ghost baptism, pray earnestly for the baptism.

Scriptural passages:

Mark 16:17

And these signs shall follow them that believe; In

my name shall they cast out devils; they shall speak with new tongues.

## Acts 1:8

But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

## Acts 2:1-4

[1] And when the day of Pentecost was fully come, they were all with one accord in one place.

[2] And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting.

[3] And there appeared unto them cloven tongues like as of fire, and it sat upon each of them.

[4] And they were all filled with the Holy Ghost, and began to speak with other tongues, as the Spirit gave them utterance.

Jude 1:20

But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.

\* Pray For The Entire Sanctification Of Your Heart.

When one is genuinely sanctified, such a person can never be addicted to anything sinful.

When one's heart is totally purged from sin, such a person finds it easy to live a holy life.

Sanctification is another best way of casting out the stronghold of masturbation in your mind.

Earnestly seek the face of God in prayer and fasting for sanctification, He will do the miracle of sanctification in your life.

Scriptural passages:

## 1 Thessalonians 4:3

For this is the will of God, even your sanctification, that ye should abstain from fornication.

## 1 Thessalonians 5:22-24

[22] Abstain from all appearance of evil.

[23] And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.

[24] Faithful is he that calleth you, who also will do it.

## Ephesians 5:25-27

[25] Husbands, love your wives, even as Christ also loved the church, and gave himself for it;

[26] That he might sanctify and cleanse it with the washing of water by the word,

[27] That he might present it to himself a glorious church, not having spot, or wrinkle, or any such thing; but that it should be holy and without blemish.

\* Be Prayerful.

Another effective way to keep masturbation from your mind, is to be prayerful.

Prayer here means that you will pray always, even when you are walking or doing anything; this keeps negative thoughts far away from your life.

A man of prayer is a man of power. When you are prayerful, it helps you to be more righteous and closer to God.

When one is prayerful, the urge to commit sins reduces in the life of such a person.

Scriptural passages:

Luke 18:1

And he spake a parable unto them to this end,  
that men ought always to pray, and not to faint.

Luke 21:36

Watch ye therefore, and pray always, that ye may  
be accounted worthy to escape all these things  
that shall come to pass, and to stand before the  
Son of man.

1 Thessalonians 5:17

Pray without ceasing.

James 5:16

Confess your faults one to another, and pray one

for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

**\* Focus More On Your Calling And Goals.**

See the below scriptural passage:

James 1:8

A double minded man is unstable in all his ways.

The scriptural passage above, reveals a powerful revelation and insight from the word of God, it simply means that you can't be thinking on two things at the same time, and still be focus.

Instead of wasting your time thinking on masturbation or negative thoughts, think about your future, academic, life, goals, etc, whenever positive thoughts like this are always in your mind, the thoughts of masturbation will be silent, because according to the above scriptural passage, you can't be thinking on two things at the same time and still be focus, one thought must replace the other.

#### \* **Always Feed On The Word Of God.**

The best way to keep your mind clean always, is by constantly feeding on the word of God.

The word of God carries purifying power.

See the below scriptures:

John 17:17

Sanctify them through thy truth: thy word is truth.

Psalms 119:9-11

[9] Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

[10] With my whole heart have I sought thee: O

let me not wander from thy commandments.

[11] Thy word have I hid in mine heart, that I might not sin against thee.

Always feed on the word of God, be addicted to it.

One of the best way to stop sinful habits is to be addicted to the bible.

The best thing a man can ever be addicted to, is the Scripture.

HOW CAN ONE BE ADDICTED TO THE  
SCRIPTURE?

One can be addicted to the scripture through the following ways:

- ✓ Make sure you have a copy of the scripture; one can never be addicted to the scripture when such a person doesn't have a copy of his or her own.
- ✓ Make sure the bible is your first and last meal daily. The bible should and must be the first and last thing you gives your attention to daily.
- ✓ Make commitment to study at least one chapter of the bible daily.

Don't be over zealous to make commitments

that surpasses your strength, but make the ones you can keep. I don't support the ideal of studying five or more chapters of the bible daily, because one may not be able to focus and mediate on those numerous chapters as in few chapters.

- ✓ Make sure you pick one to three verses of the chapters you read and meditate (think deeply) on them. Although it may looks difficult but force your self to do it.
- ✓ Make sure you quotes the scripture always. Don't just study and meditate only, also speak it out with your mouth, this will help you to be more addicted to it.
- ✓ Always study the bible in your leisure time.

✓ Always carries the bible everywhere you go.

It is often said that what you looks regularly becomes the strongest in your life; what a thing of joy if one is completely addicted to the scripture.

Always ensure you are with your bible either in your place of work or in your bedroom. When travelling, make sure you Carry your bible along with you. Make sure there is a copy of the bible in your phone, if you don't have phone, then get a smaller bible that you can easily carries around.

Scriptural passages:

## Joshua 1:8

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

## Psalm 1:1-3

[1] Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

[2] But his delight is in the law of the LORD; and in his law doth he meditate day and night.

[3] And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

### \* Confess The Act To Someone.

I know this is the most difficult thing to do.

Your inability to open up, is the major reason why you still falls back to masturbation despite the fact that you are a fasting and praying machine.

Sin exposed, is a sin that has lost its power. Sin, especially addicted sins such as masturbation loves to hide in the secret, satan knew that so long you're not accountable to anyone, and you're addicted to masturbation, he has got you

already.

Masturbation always loves to live in secrecy. It will never wants its victims to confess the act to someone else.

Beloved let be frank and honest with you, stopping masturbation and killing its guilty and self condemnation, begins with exposing it.

I know satan will not allow you to expose the act to someone, he will threatens you with fear of shame and embarrassment.

Victory over masturbation, begins with exposing it.

Lack of accountability is the major reason why many christians will never be Free from the bondage of masturbation because the devil knew very well that so long nobody has known

about your secret struggles, when the drive to masturbate comes heavily on you, you will be too weak to resist it, and more so because you are not accountable to anyone, after all nobody is aware of it.

While I was writing this book, some persons opened up to me, I was glad because I knew that they are closer to their deliverance, I promised them that I will send them this book as soon as it's completed, and also I take adequate time in my place of prayer to pray fervently and sincerely for God's intervention in their case, and God is showing up in their cases, the testimonies am hearing from them, is positive.

My dear you needs to open up to someone.

# **HOW TO OPEN UP TO SOMEONE**

I know many will be asking, how do I open up to someone?

To open up to someone, take the following steps:

1. Prayerfully chose a mentor or someone you can easily relate with that can be of great help to your Christian life.
2. Your mentor or the person chosen must be a genuine child of God, he or she must be spiritually matured in the faith than you.

3. The person must be passionate.
4. The person must always be accessible, whenever you need him or her either by phone call or by visitation.
5. The person must not be a talkative. Don't open up to a talkative who will end up spreading the whole matter all over the place.
6. The person must be a lover of holiness and heaven seeker. This is very important because it will determine the kinds of counsel he/she will give to you.
7. The person must be prayerful, if he/she is not prayerful he/she can't be of help to you.
8. The person must sustain the ability to listen to you and your case over and over again without being weary.

9. Make sure you maintain a consistence communication with the person(s).

10. After the verification of the above qualities, you can now open up to the person (s).

11. Tell the person(s) the whole truth, don't hide anything. Tell him/her how the issues started and how long you've been in it, by doing this, it will speedy your deliverance because even God will be happy with you and will intervene without delay.

12. When you're feeling the urge to masturbates, pick up you phone immediately and call the person, just that phone call, the urge will reduce drastically, continue to do that until you will be completely victorious over masturbation.

13. If you failed and fell into masturbation, still

tell the person that you fell that day, don't hide anything from him/her.

14. If you didn't fall, still let the person be aware.

15. Always make sure you maintain a consistence communication with the person.

**I pray God will see you through in Jesus name.  
Amen.**

Scriptural passages:

## Proverbs 28:13

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

## James 5:14-16

[14] Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord:

[15] And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him.

[16] Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

**Matthew 18:18-19**

[18] Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

[19] Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

**PRACTICAL STEPS TO ERADICATE  
MASTURBATION.**

The following steps will be of great help to anyone attempting to quit masturbation:

- \* **Permanently Vacate All Social Networks That Promotes Immorality.**

Any social networks, where immorality is being promoted, should be avoided at all cost.

- \* **Complete Eradication Of Pornographic Materials In Your Possession.**

Get rid of all pornographic materials. Destroy

anything that lures you into lust or masturbation.

### \* Avoid Engaging In Long Conversations With Opposite Sex.

Don't spend too much time engaging the opposite sex in long conversations, that can enhance and steer up lust which will eventually leads to masturbation.

Scriptural passages:

Proverbs 7:21

With her much fair speech she caused him to yield, with the flattering of her lips she forced him.

1 Thessalonians 5:22

Abstain from all appearance of evil.

\* **Shun Nobody Is Perfect Mentality.**

Reject that demonic belief and mentality of nobody is perfect.

One quiet weapon of deception of the devil against the church today, is the diabolical statement of " NOBODY IS PERFECT "

Am always against this statement wherever it's been said because it's unbiblical and it's against determination to live holily, and ultimately, it waters down the sacrifice of redemption Christ paid on the cross.

The implication of this statement or mentality is that, nobody is just, so stop wasting your time trying to live righteously because you can't do it, no matter how hard you tried, you will still end up in where you are coming from, and this is not true because Jesus died to save and deliver us completely from sin.

Nobody is perfect mentality is a major reason why many will never come out of the bondage of masturbation however hard they fast and pray.

Here me and hear well, Jesus did not die on the cross in order for me and you to still remain in

the bondage of sin despite the fact that we are serving Him. His death on the cross is not primarily to create platform for us to be confessing sins over and over again without dominion over sin.

People with such mentality, always supports their notions with the following scriptural passages:

Isaiah 64:6

But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.

Psalms 14:3

They are all gone aside, they are all together

become filthy: there is none that doeth good, no, not one.

Romans 3:9-12

9 What then? are we better than they? No, in no wise: for we have before proved both Jews and Gentiles, that they are all under sin;

10 As it is written, There is none righteous, no, not one:

11 There is none that understandeth, there is none that seeketh after God.

12 They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one.

A careful observation of the above scriptural passages shows the category of people being addressed here. The above scriptures, is not the descriptions of a born again children of God saved and sanctified with the blood of Jesus; but its rather the descriptions of the unsaved and unregenerated. The above scriptures also describes those that moral but not yet born again.

The statement or the mentality of nobody is perfect, simply means that everybody whether born again or not, will all ends in hell together, but that's not what the bible teaches, now see these bible passages :

John 3:3,16,18,36

3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born

again, he cannot see the kingdom of God.

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

18 He that believeth on him is not condemned: but he that believeth not is condemned already, because he hath not believed in the name of the only begotten Son of God.

36 He that believeth on the Son hath everlasting life: and he that believeth not the Son shall not see life; but the wrath of God abideth on him.

Titus 2:11-12

11 For the grace of God that bringeth salvation hath appeared to all men,

12 Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world.

Now let me drive home the point and the summary of this subject matter with this example.

Students that are in schools, may not have reached the stage of graduation, but for the fact that they haven't reached that stage, does not mean that they will never graduate, with time, they definitely graduate.

For the fact that you've not reached the stage of perfection, does not mean you will never be perfect, its a process of time, you will arrive at the perfect state of making heaven.

The statement or mentality of nobody is perfect, kills and weakens your ability to depend and rely on the sustaining grace of God that makes and keeps a man holy to the very end.

## Bible References:

Jude 1:24

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.

1 John 3:1-10

1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the

sons of God: therefore the world knoweth us not, because it knew him not.

2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

3 And every man that hath this hope in him purifieth himself, even as he is pure.

4 Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law.

5 And ye know that he was manifested to take away our sins; and in him is no sin.

6 Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him.

7 Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous.

8 He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

9 Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

10 In this the children of God are manifest, and the children of the devil: whosoever doeth not righteousness is not of God, neither he that loveth not his brother.

Matthew 5:48

Be ye therefore perfect, even as your Father

which is in heaven is perfect.

Romans 6:1-18

[1] What shall we say then? Shall we continue in sin, that grace may abound?

[2] God forbid. How shall we, that are dead to sin, live any longer therein?

[3] Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death?

[4] Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.

[5] For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection:

[6] Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

[7] For he that is dead is freed from sin.

[8] Now if we be dead with Christ, we believe that we shall also live with him:

[9] Knowing that Christ being raised from the dead dieth no more; death hath no more dominion over him.

[10] For in that he died, he died unto sin once: but in that he liveth, he liveth unto God.

[11] Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

[12] Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

[13] Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

[14] For sin shall not have dominion over you: for ye are not under the law, but under grace.

[15] What then? shall we sin, because we are not under the law, but under grace? God forbid.

[16] Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are

to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

[17] But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

[18] Being then made free from sin, ye became the servants of righteousness.

Genesis 6:8-9

[8] But Noah found grace in the eyes of the LORD.

[9] These are the generations of Noah: Noah was a just man and perfect in his generations, and Noah walked with God.

## Genesis 17:1

And when Abram was ninety years old and nine,  
the LORD appeared to Abram, and said unto him,  
I am the Almighty God; walk before me, and be  
thou perfect.

## Leviticus 20:7-8,26

[7] Sanctify yourselves therefore, and be ye holy:  
for I am the LORD your God.

[8] And ye shall keep my statutes, and do them: I  
am the LORD which sanctify you.

[26] And ye shall be holy unto me: for I the LORD  
am holy, and have severed you from other people,  
that ye should be mine.

## 1 Peter 1:14-16

[14] As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

[15] But as he which hath called you is holy, so be ye holy in all manner of conversation;

[16] Because it is written, Be ye holy; for I am holy.

## Job 2:3

And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil? and still he holdeth fast his integrity, although thou movedst me against him, to destroy him

without cause.

Ephesians 4:22-24.

22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;

23 And be renewed in the spirit of your mind;

24 And that ye put on the new man, which after God is created in righteousness and true holiness.

\* **Avoid Unedifying Videos**

Any video that will not contribute to your spiritual growth as a Christian, should be avoided at all cost, it may necessarily not be pornographic in nature.

Scriptural passages:

1 John 2:15-17

[15] Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

[16] For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

[17] And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.

**\* Shun All Forms Of Immoral Plays From Opposite Sex.**

All forms of immoral plays from opposite sex, should and must be rejected.

Do not entertain such.

## \* Make Holy Living Your Goal.

Always strive to please and honour God with your life.

Make holy living your priority.

When one is pursuing holy living, such a person does not toys with sins, he/she does not lives carelessly either, but lives diligently.

Scriptural passages:

1 John 3:2-3

[2] Beloved, now are we the sons of God, and it

doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

[3] And every man that hath this hope in him purifieth himself, even as he is pure.

2 Corinthians 7:1

Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God.

1 Peter 1:14-16

[14] As obedient children, not fashioning

yourselves according to the former lusts in your ignorance:

[15] But as he which hath called you is holy, so be ye holy in all manner of conversation;

[16] Because it is written, Be ye holy; for I am holy.

Hebrews 12:14

Follow peace with all men, and holiness, without which no man shall see the Lord.

Revelation 21:27

And there shall in no wise enter into it any thing that defileth, neither whatsoever worketh abomination, or maketh a lie: but they which are

written in the Lamb's book of life.

### \* Shun Procrastination.

Stopping or overcoming masturbation is not something you postpone to the future, because you can't tell what will become of you tomorrow.

There are many masturbators in hell today, who once had the opportunity to quite the act, but they chose to procrastinate, thinking they still have enough time to do so later, little did they know that their days were numbered.

My dear are you planning to postpone your deliverance from masturbation today?

You better think twice.

**Take action now, and be forever free.**

Scriptural passages:

Hebrews 3:7-8

[7] Wherefore as the Holy Ghost saith, Today if ye will hear his voice,

[8] Harden not your hearts, as in the provocation, in the day of temptation in the wilderness.

## \* **Avoid Close Intimacy With Opposite Sex, Be It Your Siblings.**

Don't be too close to opposite sex who is not your spouse.

Don't put your life into another danger.

## \* **Count The Costs**

Always count the costs of masturbation.

I mean recalls back all the damages masturbation has caused to your life and destiny,

by so doing, it will create an indignation in you against masturbation.

### \* **Shun Premature Perfection**

Don't focus on perfection as a day achievement.

Perfection, is a continuous achievement.

In your journey to victory over masturbation, you may still fall along the line, when this happens, don't blame yourself too much, just get up, dust yourself in repentance, and move on, don't be tempted to give up simply because you fell.

## Scriptural passages:

1 John 1:8-9

[8] If we say that we have no sin, we deceive ourselves, and the truth is not in us.

[9] If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

\* **Avoid Engaging Or Listening To Immoral**

# Conversations.

Whenever you're in a place, and all they're talking about is immoral, leave that place immediately.

Scriptural passages:

1 Corinthians 15:33-34

[33] Be not deceived: evil communications corrupt good manners.

[34] Awake to righteousness, and sin not; for some have not the knowledge of God: I speak this to your shame.

**Ephesians 4:29**

Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

**\* Handling Guilt And Self Condemnation.**

Guilt and self condemnation, is always the outcome of masturbation.

But I tell you solemnly, guilt and self condemnation, is certainly not from God, but from satan the devil.

God does not condemns you when you fell into sin, but rather what He does, is how to quickly forgive and restore you back to Himself.

See the scriptural passages below:

John 8:10-11

[10] When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

[11] She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more.

**John 12:47**

And if any man hear my words, and believe not, I judge him not: for I came not to judge the world, but to save the world.

You can see from the above scriptural passages, that God is more interested in forgiving you your sins than punishing you.

**Question:** where did the guilt and self condemnation comes from?

**Answer:** From satan the devil.

See the scriptural passages below:

Revelation 12:10

And I heard a loud voice saying in heaven, Now is come salvation, and strength, and the kingdom of our God, and the power of his Christ: for the accuser of our brethren is cast down, which accused them before our God day and night.

Guilt and self condemnation comes from the devil.

Guilt and self condemnation, is not godly sorrow, while godly sorrow leads to repentance, guilt and

self condemnation, does not.

## 2 Corinthians 7:9-10

[9] Now I rejoice, not that ye were made sorry, but that ye sorrowed to repentance: for ye were made sorry after a godly manner, that ye might receive damage by us in nothing.

[10] For godly sorrow worketh repentance to salvation not to be repented of: but the sorrow of the world worketh death.

Whenever you're faced with the issue of guilt and self condemnation, do the following:

- \* Genuinely repent and confess your sins to God,

and ask for His forgiveness.

- \* Rebuke and reject those thoughts of guilt and self condemnation because you've already known where they are coming from.
- \* Forgive yourself. It's not enough to ask and receives forgiveness from God, also learn to forgive yourself.
- \* Ignore them and move on with your life, don't pay any attention to them.
- \* Sing praises to God. Sing hymns, or other inspired songs to God, by so doing, the guilt and self condemnation, will clear away.
- \* Make up your mind not to fall again.

God bless you !!!

Scriptural passages:

Isaiah 43:18 (NIV)

"Forget the former things;  
do not dwell on the past.

Isaiah 43:18 (Message Bible)

"Forget about what's happened;  
don't keep going over old history.

## 1 John 3:20 (KJV)

For if our heart condemn us, God is greater than our heart, and knoweth all things.

## 1 John 3:20 (NIV)

If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

## 1 John 3:20 (NLT)

Even if we feel guilty, God is greater than our feelings, and he knows everything.

## 1 John 3:20 (LIVING BIBLE)

But if we have bad consciences and feel that we have done wrong, the Lord will surely feel it even more, for he knows everything we do.

### \* Get Married If You're Of Age.

If you're of age, get married, don't say let me stop masturbation first, marriage can still be of help to you.

There are people that were addicted to masturbation before they got married, after they got married, it stopped.

Please don't misquote and misunderstand me here, am not saying marriage is a cure for masturbation, am only giving a suggestion which has helped others, and may likely be of help to you.

Scriptural passage:

1 Corinthians 7:9 (Living Bible)

But if you can't control yourselves, go ahead and marry. It is better to marry than to burn with lust.

\* **Avoid Places That Are Prone To Immorality.**

As much as possible, avoid all places that are prone to immorality.

### **Scriptural passage:**

1 Thessalonians 5:22

Abstain from all appearance of evil.

### **\* Despising Shame To Gain Your Freedom.**

My dear if you're the shameful type, it will be very difficult for you to come out of masturbation.

I know many will be ashamed to place demand on this book, thinking that someone may know they into masturbation, who care about that?

Despise shame, if you really wants to quite the act or else you wants to continue the circle of struggling over and over again.

The choice is yours.

Scriptural passage:

Hebrews 12:2

Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is

set down at the right hand of the throne of God.

### \* Seek The Assistance Of Others

My dear, don't die in silence, seek for help.

How can you get help, when you don't seek for help?

You don't know who can be of help to you, if you don't seek for the assistance of others.

Scriptural passages:

**Proverbs 11:14**

Where no counsel is, the people fall: but in the multitude of counsellors there is safety.

**Proverbs 24:6**

For by wise counsel thou shalt make thy war: and in multitude of counsellors there is safety.

**\* Stop Chatting With The Opposite Sex That Arouses You Asexually.**

If you're chatting with an opposite sex, and you're

being arouse, say you're gaining erection as a male or you're getting wet in your private part as a female, such conversations should be stopped, and such a person should blocked if you values your life.

**\* Never Entertain Filthy Or Immoral Text Messages From The Opposite Sex.**

Any opposite sex that sends you filthy or immoral text messages, should be firmly rebuked and cautioned.

Don't give any opposite sex, the opportunity to be sending you filthy messages.

Bible Reference:

1 Corinthians 15:33

Be not deceived: evil communications corrupt good manners.

**\* Do Not Entertain Unnecessary Calls From The Opposite Sex.**

You must be very careful in your dealings with opposite sex.

Unnecessary calls from opposite sex, should not

be welcome at all.

**\* Stop Giving Out Your Phone Number To People You Don't Know Too Well.**

It's risky to give out your phone number to people you don't know too well, it can lure you into immorality or masturbation as the case may be.

**\* Set Goals Of Abstinence.**

Begin with a day, then a week, month, year and finally commit to never doing it again.

Until you commit yourself to never again you will always be open to temptation.

**\* As Parents, Stop Making Love In The Presence Of Your Children, To Avoid The Spirit Of Lust And Masturbation From Taking Over Them.**

Bible References:

Matthew 18:6 (Living Bible)

But if any of you causes one of these little ones who trusts in me to lose his faith,it would be better for you to have a rock tied to your neck and be thrown into the sea.

## **\* As Parents Stop Undressing Or Bathing In The Presence Of Your Children.**

The truth is that, majority of teenagers and youths that are addicted to masturbation today, learnt that from their home, because their parents exposed their nakedness to them several times.

## **\* As Siblings, Stop Undressing Or Bathing In The Presence Of The Opposite Sex.**

Bible reference:

Ephesians 4:27

Neither give place to the devil.

## \* Stop Playing Your Genital.

Can I ask you a question?

Why do you plays with your reproductive organ?

Is it a playing toy?

Stop touching your reproductive organ, except for natural purposes such as urinating, bathing, etc.

Don't put yourself into serious trouble.

## **Be warn !!!**

### **\* Disassociate Yourself From People Having The Same Problem.**

If you know others that have the same issue, run away from them, don't associate with them.

If you are associated with other persons having this same problem, you must break off

their friendship.

Never associate with other people having the same weakness. Don't suppose

that two of you will quit together, you never will. You must get away from people of that kind.

Just to be in their presence will keep your problem foremost in your mind. The problem must

be taken out of your mind for that is where it really exists.

Your mind must be on other and more wholesome things.

\* **Make A Lists Of All Triggers, And Get Rid Of Them.**

Take up your writing materials, and jot down those things that triggers the act or the urge of

masturbation in you and get rid of them.

**\* Break Away From Your Sinful Partners ( Boy Friends Or Girl Friends).**

Do you have boyfriend/girlfriend? If yes, then you needs to break up now, if you truly wants to quite masturbation otherwise you're wasting your time.

The presence of that boyfriend/girlfriend, will always reminds you of sex, which will in turn leads to masturbation.

Scriptural passage:

**1 Corinthians 6:18**

Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

**\* Victory Over Masturbation Is A Gradual Process.**

Victory over masturbation, is not instantaneous but continuous.

Please don't misquote and misunderstand me here, am not saying God cannot deliver someone from the bondage of masturbation instantly, what am saying is that yours may not be like that, in case it's not like that, don't worry you will still overcome if you didn't give up.

## Bible Reference:

John 8:31

Then said Jesus to those Jews which believed on him, If ye continue in my word, then are ye my disciples indeed.

\* **Change Your Friends And Environment If They Can Lure You Into The Act.**

If your friends or environment are part of the reason you're masturbating, then change them.

## \* The Importance Of Mentorship.

In this Christian race, mentorship is of great importance.

I have said a lot on this in the previous sections, I will not say more on it again, for proper understanding on this subject, go back to the previous section, and go through it again.

If you don't have a mentor, prayerfully choose one.

Scriptural passages:

## Matthew 28:18-20

[18] Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.

[19] Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,

[20] and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age.”

## 1 Corinthians 11:1

Be ye followers of me, even as I also am of Christ.

## \* Ask Others To Join You In Prayers.

There is power in co-operate prayers, ask others to join you in prayers.

You can also write it as a prayer request to some persons or churches.

## Bible References:

Matthew 18:18-20

[18] Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be

loosed in heaven.

[19] Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

[20] For where two or three are gathered together in my name, there am I in the midst of them.

James 5:16

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

## \* Discipline Your Eyes And Mind.

Control your eyes and mind, don't let them control you.

Your are not a puppet, that you should allow your mind and eyes to control you.

Is not everything your eyes wants to look, you should look, neither is it every thoughts your mind wants to think you should think, rejects the negative ones, and cleave to the positive ones.

Scriptural passage:

**1 Corinthians 9:27**

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

**\* Consecrate Yourself Completely To God And Church Services.**

Get occupied with God, and with church activities.

Give yourself completely to God, and be actively involved in church services.

Don't be idle or far away from God or from church.

Join a bible believing church and settle down there to serve God. Join the workers in the church, and work for God there.

**God bless you !!!**

Scriptural passages:

Leviticus 20:7 (NIV)

Consecrate yourselves and be holy, because I am the Lord your God.

Joshua 24:15

And if it seem evil unto you to serve the LORD, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the LORD.

### Hebrews 10:25

Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

### Psalms 133:1

Behold, how good and how pleasant it is for brethren to dwell together in unity!

### Proverbs 27:17

Iron sharpeneth iron; so a man sharpeneth the

countenance of his friend.

**2 Corinthians 6:17**

Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,

**\* Get Out Of Bed Immediately In The Morning After Waking Up.**

Don't lie down idle on your bed, it's dangerous, it can lure you back into masturbation.

After waking up in the morning, get up from your

bed, and do other things to avoid the temptation of masturbation.

### \* **Importance Of Attending Church Services.**

Do not neglect Christian fellowships. There are great benefits of attending church services.

See what the bible says:

Matthew 18:19-20

[19] Again I say unto you, That if two of you shall

agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

[20] For where two or three are gathered together in my name, there am I in the midst of them.

Psalms 133:1

Behold, how good and how pleasant it is for brethren to dwell together in unity!

Proverbs 27:17

Iron sharpeneth iron; so a man sharpeneth the countenance of his friend.

Psalms 122:1

I was glad when they said unto me, Let us go into the house of the LORD.

**Hebrews 10:25**

Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

Always be in church services, it will help you to grow spiritually.

**\* Fasting And Prayer.**

There's power in fasting and prayer. Fasting and prayer, are great weapons of warfare.

Engage in violent fasting and prayer, they will be of great help to you, even as you embark on your journey of complete victory over masturbation.

Scriptural passage:

Mark 9:29

And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

## \* Always Discipline Your Eyes, Mind And Sexual Appetite.

### Bible References:

Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

Job 31:1

I made a covenant with mine eyes; why then should I think upon a maid?

Psalms 101:3

I will set no wicked thing before mine eyes: I hate the work of them that turn aside; it shall not cleave to me.

Proverbs 6:25

Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

1 Corinthians 9:27

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

## \* Moderate Your Use Of The Internet.

Control your usage of the internet, and don't allow it to control you. Do not abuse data.

Don't spend too much time on internet, else it may have negative effects on your life again.

## Scriptural passages:

1 Corinthians 6:12

All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.

**1 Thessalonians 5:22**

**Abstain from all appearance of evil.**

**Ephesians 4:27**

**Neither give place to the devil.**

**\* Develop Close Intimacy With God.**

**Be closer to God. Do not neglect your personal altar of prayer and bible study.**

Bible reference:

James 4:8

Draw nigh to God, and he will draw nigh to you.  
Cleanse your hands, ye sinners; and purify your  
hearts, ye double minded.

\* **Self Control.**

Cultivate self discipline.

Self discipline is very important when it comes to fighting addictions.

Self discipline or self control simply means you

rejecting evil for good. Another word for self control or self discipline is self denial.

Scriptural passage:

1 Corinthians 9:27

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

\* **Always Remember That God Sees Your Privacy.**

Always be conscious of the fact that God sees you.

God is omnipresent, there's nothing that takes Him unaware, don't allow satan to fool you to think that you can do evil and hide it away from God.

Always be conscious of God's presence with you in your privacy.

Scriptural passages:

Jeremiah 23:24

Can any hide himself in secret places that I shall not see him? saith the LORD. Do not I fill heaven

and earth? saith the LORD.

Hebrews 4:13

Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

Luke 12:2-3

[2] For there is nothing covered, that shall not be revealed; neither hid, that shall not be known.

[3] Therefore whatsoever ye have spoken in darkness shall be heard in the light; and that which ye have spoken in the ear in closets shall be proclaimed upon the housetops.

## \* How To Handle The Memories Of Past Failures.

There is nothing that haunts and damages one's resolutions to quite destructive and negative habits like the memory of past failures.

Many are still in the cage of masturbation today because of the memory of their past failures that keeps on visiting them.

The devil continually bombards them with the memory of their past failures, hence they are trapped down in guilt and self condemnation, thereby rendering their determination and efforts to quite the act impotent.

Memories of past failures, is coming from satan not from God.

See the below scriptural passages for solution:

Isaiah 43:18 (NIV)

"Forget the former things;  
do not dwell on the past.

Isaiah 43:18 (Message Bible)

"Forget about what's happened;  
don't keep going over old history.

1 John 3:20 (KJV)

For if our heart condemn us, God is greater than our heart, and knoweth all things.

1 John 3:20 (NIV)

If our hearts condemn us, we know that God is greater than our hearts, and he knows everything.

1 John 3:20 (NLT)

Even if we feel guilty, God is greater than our feelings, and he knows everything.

1 John 3:20 (LIVING BIBLE)

But if we have bad consciences and feel that we

have done wrong, the Lord will surely feel it even more, for he knows everything we do.

According to the above scriptural passages, forget and ignore the memories of past failures.

### \* Get Involved In Soul Winning

Get involved in soul winning.

By preaching to others, you're also preaching to yourself, gradually, the messages you're preaching will also be effective in your own life.

Also, learn how to pray for other people who are struggling with masturbation, by so doing, you're also praying for yourself.

Whatsoever a man sows, is what he/she reaps.

Scriptural passages:

Matthew 7:12

Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.

Galatians 6:7-10

[7] Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.

[8] For he that soweth to his flesh shall of the flesh reap corruption; but he that soweth to the Spirit shall of the Spirit reap life everlasting.

[9] And let us not be weary in well doing: for in due season we shall reap, if we faint not.

[10] As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.

Mark 16:15-16

[15] And he said unto them, Go ye into all the

world, and preach the gospel to every creature.

[16] He that believeth and is baptized shall be saved; but he that believeth not shall be damned.

### \* **Get Associated With God Fearing People.**

Make friends with children of God.

Associate with people that draws you closer to God.

Move in the company of those that pleases and lives for God.

Associate with those whose Christian lives, is

worth emulating.

## **Bible Reference:**

**1 Corinthians 11:1**

Be ye followers of me, even as I also am of Christ.

### **\* Do Not Fear Falling Again**

Don't buy the lie of the devil that you will fall again, God is more than able to keep you from

falling.

Always rely on God, and also stay close to Him on daily basis.

Always feed on His word on daily basis, order your life according to the word.

Be watchful, don't be careless, avoid companies of careless people.

Maintain periodic fasting and prayer.

Always abstain from all appearances of evil.

See the scriptural passages  
below:

Jude 1:24

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.

1 John 3:6

Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him.

John 15:4

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

## Psalms 121:1-5

- [1] I will lift up mine eyes unto the hills, from whence cometh my help.
- [2] My help cometh from the LORD, which made heaven and earth.
- [3] He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
- [4] Behold, he that keepeth Israel shall neither slumber nor sleep.
- [5] The LORD is thy keeper: the LORD is thy shade upon thy right hand.

## **Joshua 1:8**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

\* What To Do When You Fall Back Into The Act Again.

Many are confused, whenever they fell back into the act of masturbation after several attempts to quite the act, satan deceives them that they're failure, that they can never overcome however hard they seek to. That's a lie from the pit of hell.

## **What Do You Do When You See Yourself Back Into The Act Of Masturbation?**

Do the following:

1. Repent and confess the act to God, ask for His forgiveness.
2. Carefully identify those things or people that made you fell and avoid them.

3. Move on from where you stopped when you fell.

4. Be watchful.

5. Be prayerful

6. Inform your accountability partner, let him/her know you fell. The fear and shame of telling him/her of your repeated failures, will enables you to be more diligence not to easily fall again, to avoid too much confessions.

Scriptural passages:

1 John 1:8-9

[8] If we say that we have no sin, we deceive ourselves, and the truth is not in us.

[9] If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

James 5:16

Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

## \* Living An Open And Transparent Life.

Stop living isolated life. Associate with good people.

Don't be too secrecy in your dealings.

Make yourself easily and readily accessible by others, by so doing, you're closing the doors of secret sins in your life.

By living open and transparent life, you're making yourself accountable to all.

All those long and imperceptible passwords you used to locked your phones and devices that makes it difficult for others to access it, should be removed and replaced with simpler and accessible ones, because failure to do so, will be the reason you will still fall back into pornography and eventually masturbation tomorrow.

Sanitize your facebook and other social media accounts, and make them accessible to others.

By the special grace of God, almost everyone around me, knows my phone's password and has direct access to all my musics, videos, pictures etc.

I decided to make it that way, to main purity, accountability and transparency.

You can do the same.

Scriptural passages:

1 Thessalonians 2:10

Ye are witnesses, and God also, how holily and justly and unblameably we behaved ourselves among you that believe.

1 Samuel 12:1-5

[1] And Samuel said unto all Israel, Behold, I have hearkened unto your voice in all that ye said unto

me, and have made a king over you.

[2] And now, behold, the king walketh before you: and I am old and grayheaded; and, behold, my sons are with you: and I have walked before you from my childhood unto this day.

[3] Behold, here I am: witness against me before the LORD, and before his anointed: whose ox have I taken? or whose ass have I taken? or whom have I defrauded? whom have I oppressed? or of whose hand have I received any bribe to blind mine eyes therewith? and I will restore it you.

[4] And they said, Thou hast not defrauded us, nor oppressed us, neither hast thou taken ought of any man's hand.

[5] And he said unto them, The LORD is witness against you, and his anointed is witness this day, that ye have not found ought in my hand. And

they answered, He is witness.

### \* Be Consistent.

Don't give up in your battle against masturbation, remember winners never quits and quitters never wins.

Continue to strive until you overcome.

Scriptural passages:

Matthew 24:13

But he that shall endure unto the end, the same shall be saved.

Revelation 21:7

He that overcometh shall inherit all things; and I will be his God, and he shall be my son.

Revelation 3:12

Him that overcometh will I make a pillar in the temple of my God, and he shall go no more out: and I will write upon him the name of my God, and the name of the city of my God, which is new Jerusalem, which cometh down out of heaven

from my God: and I will write upon him my new name.

## **WHAT TO DO WHEN THE URGE COMES ON YOU.**

When the urge of masturbation comes uncontrollably on you, do the following:

## \* Always Fill Your Mind With Positive Thoughts.

You don't prepare for battle, in the battle field, you prepared for battle before going to the battle field. You don't have to wait until the urge of masturbation gets you down, before you equipped yourself adequately against it.

Always fill your mind with positive thoughts, when this is done, whenever the urge comes up as a result of what your body is used to, instead of feeding on negative thoughts, recall those positive thoughts you've been feeding on, meditate on them, instantly you will see the urge going down gradually, repeat the circle over and over again and with time, you will be victorious over it.

You are victorious in Jesus name !!!

- \* Avoid lonely places when horny. The urge of masturbation is empowered when one is living an isolated life.

Whenever the urge of masturbation comes uncontrollably on you, steer clear of lonely or isolated places until the urge fades away.

- \* Reject it audibly. Whenever the urge comes up, learn to reject it audibly by saying no, I can't do it, never. Don't accept it at all, continue speaking against it until it fades away.
- \* Don't touch your genital. Do not let your hands go down or make contact with your reproductive organ.

- \* Switch over to the realm of violent prayers, whenever you notice the urge arising within you. Pray fervently in the Holy Ghost or in your understanding.
- \* Switch over to the realm of violent praise and worship to God.
- \* Pray fervently and bind the spirit of masturbation.
- \* Discard all forms of pornographic materials in your possession. Masturbation is fed by pornographic materials.

Hence it's wise to steer clear off anything that

takes the forms of pornography whenever one is dealing with issues of masturbation.

Whenever the urge of masturbation comes uncontrollably on you, make sure there's nothing within or around you, that can fuel it, if there's none, the urge will cool off gradually.

\* Do not visit the internet whenever you're feeling the urge of masturbation.

\* Plead the blood of Jesus immediately you're feeling the urge.

\* Cultivate Self Control.

My dear, beside the several resolutions to

subdue the urge of masturbation and masturbation in its totality, self control is one of the best approach, because it can be exhibited by you at anytime and anywhere.

Self control is a major prerequisite in dealing with the urge of masturbation. Whenever the urge comes up, learn to say no to its demand.

- \* Refocus your mind on something else instead of focusing on the urge. Focus your mind on positive things.
- \* Quote the word of God, audibly.
- \* Realize your identity as a Christian. Say to yourself, "I am a child of God, children of God do not masturbate",

## \* Be Accountable To Someone.

Get a trusted person you'll be accountable to.

This type of addiction is hard to fight alone.

Whenever the urge comes up, immediately pick up your phone and call the person you are accountable to and tell him/her that the thing has started, by saying that, the urge will cool down immediately.

## \* Live A Day At A Time.

Another major reason why the urge of masturbation keeps on overpowering many, is due to the fact that they are focusing on how they can overcome in the future while neglecting how they can overcome now.

My dear, learn to live a day at a time.

When dealing with issues of addictions you don't focus on how to overcome tomorrow, but rather today first, because you can't tell what will become of you tomorrow.

This is a quiet deception of the devil with which he has held many down in the prison of addictions.

Whenever the urge of masturbation comes up, forget about how it used to overpowered you in the past, face it with anger and overcome it, after

your

victory for that moment, the devil will put fear in you that you will fall tomorrow, reject that fear, don't even accept it, tell the devil that when tomorrow comes, you will still overcome, keeps on striving daily, before you will realize, days, weeks, months and years has passed, and finally, masturbation will be a thing of the past, that's how to overcome any addiction.

#### \* Change Your Strategies.

If after applying any of this strategies, there seems to be no chance, don't give up, switch over to another one.

If step one did not get the job done, don't give up, try step two, keep on trying them, you must surely overcome with any or all of the steps.

## **Chapter 10**

### **HOW TO MAINTAIN YOUR VICTORY OVER MASTURBATION WITHOUT FALLING BACK.**

Beloved, I want to really congratulate you, for your victory over masturbation!

In this section, I will be focusing on how victory over masturbation can be maintained.

# **Strategies For Maintaining Your Victory Over Masturbation.**

**\* Always Maintain God's Presence In Your Life As A Christian.**

## **Scriptural passages:**

Exodus 33:14 And he said, My presence shall go with thee, and I will give thee rest.

33:15 And he said unto him, If thy presence go not with me, carry us not up hence.

The most valuable treasure in a believer's life, is the presence of God.

When you lacks God's presence as a christian, you will struggle throughout your life time.

The most crucial need of any child of God, is the presence of God. Any Christian that lacks the presence of God in his or her life, is almost a dead man or woman because such a person is not an issue to satan.

Actually what makes the world (unbelievers) Satan and his agents to respects and tremble before christians is the presence of God. Therefore for a Christian to loose the presence of God, is a disaster.

What makes a building or gathering of people a church, is not the number of people in attendance, but the presence of God there. When God's presence leaves a church, it becomes a mere gathering because what makes it a church is gone.

The presence of God is what keeps the believers from sin. The presence of God is what empowers the believers against temptations and give them victory over them.

The greatest need of every genuine child of God, is the presence of God.

No price is too much to pay  
to secure God's presence.

No matter how weak or un-talented a man is, if he has

God's presence, he will  
make a difference.

When you walk in the fear  
of the Lord, you enjoy  
Divine presence.

Evil can't stand where God stands; and God will  
not stand where evil stands.

Its the presence of God in a child of God that  
attracts favour to him or her.

Serving God is boring only when the presence of  
God is absent in your life.

The presence of God is what keeps satan and  
evil spirits far away from you as a christian.

Keeping Satan and evil spirits far away from your life as a christian is not necessarily by engaging in warfare prayers but by dwelling in God's presence, because engaging in spiritual warfare with the devil or his demons without the presence of God, wouldn't keep them far away from you, instead they will keep on coming and coming.

The presence of God, gives power to its carriers.

Powerlessness in a christian, is traceable to the absence of God's presence.

The presence of God is the best antidote for sinful addictions or besetting sins. The presence of God, silences the urge and power of besetting sins in the life of its carriers, that's why whenever the carriers of God's presence, loses it, he or she immediately returns to his or her sinful addictions he or she had abandoned long ago because the presence of God that has been

withholding him or her from it, is gone.

The presence of God is equally important in the area of evangelism or soul winning. Whenever carriers of God's presence goes out for evangelism, they don't preach long before the sinners are convicted, because the presence of God which is God Himself in the life of the carriers always manifest Himself powerfully in the life of the soul(s) to be won through the believer (the carrier of His presence).

Preaching the word of God without the presence of God, is mere lecturing, it wouldn't yield any effective results.

The presence of God is what guarantees answers to prayers. The effectiveness of your prayers is directly proportional to the presence of God you carries.

The presence of God in you, is what makes your

prayers effective as a christian, its necessarily not the length of your prayers.

The best way to live and maintain holy living, is by dwelling in God's presence.

You can't be a carrier of God's presence, and still be living in sin, it doesn't happen that way, sin and God's presence does not coexist. If you wants to maintain holiness to the end of your life on earth as a christian, then you must be willing to dwell in God's presence throughout your life time. Beloved let no man deceive you, without the presence of God, holy living is practically impossible, you will only ends up a religion hypocrite.

The presence of God upon a man, is what makes him a man of God not probably the titles. When God's presence leaves a man of God, he becomes an ordinary man. Judges 16:16-21.

## **WHAT IS THE PRESENCE OF GOD?**

1. The presence of God, is God Himself dwelling in a man. John 14:23, 1 John 3:24.
2. The presence of God, is the glory of God in a man.
3. The presence of God, is the seal (stamp) of God on a man.
4. The presence of God, is the Spirit of God residing in a man.

5. The presence of God, is a life accepted and approved by God.
6. Its the divine nature of God impacted on a man by the miracle of the new birth.
7. Its the supernatural ability in a man that enables him or her to serve God far above his natural abilities.
8. Its the beauty of God upon the believers.
9. Its that very nature in a christian that makes him or her to hate evil passionately and loves righteousness passionately.
10. Its that strong conviction that usually follows whenever the word of God is faithfully and systematically preached.

11. Its that which makes you feels guilty or sorrowful whenever you gossip or say anything evil against any genuine child of God be it men of God.

12. Its the seed of God in a man.

13. Its the anointing of God upon a man.

14. Its the grace of God on a man.

15. Its that which makes the preachings, songs and other areas of ministrations of believers extra-ordinarily different from others who are not the carriers of the presence.

16. Its the supernatural ability of God in believers that keeps them from sin.

17. Its the move of the power of God.

18. Its the signet of God upon a life that glorifies His name always.

19. Its that invisible covering, that covers every genuine children of God, that makes it difficult for the devil to successfully attack them.

20. Its that mysterious and supernatural force upon a child of God that attracts uncommon favour from unexpected sources.

21. Its God Himself being around or with a man without sending angels or His servants to him.

22. The presence of God, is the power of God.

## \* Facts About The Presence Of God.

1. The presence of God is the person of God.
2. When God's presence is in a man, he becomes a different man.
3. The greatest assets of the believer, is the presence of God.
4. A church devoid of God's presence, is a mere social gathering.
5. Only the carriers of God's presence, can detect it in a place.

6. Only the carriers can know when its gone out of a place or person.

7. Age means nothing as far as the presence of God is concern.

8. Occasionally, people experience the presence of God when they are either fasting, praying, reading the bible, praising or worshiping God.

9. God is with you as long as you are with Him.

10. Any form of divine discipline is more desirable and

more bearable than being removed from His presence.

11. Whatever is keeping you so busy that you have no time to

stay in the presence of your Father in heaven is

not good for you.

12. There is nothing the devil fears in a man's life than the presence of God.

13. The presence of God and Holiness, are inseparable.

14. The day you skips your personal devotion, is the day you lost God's presence.

15. No price is too much to pay  
to secure God's presence.

16. The most valuable treasure in a believer's life, is the presence of God.

17. The closer you are to God, the closer He is to you.

18. The presence of God in a man's life varies from person to person, depending on how close you are to God.

19. The presence of God always has an effect on the ungodly.

20. The more you dwell in God's presence, the more godly you becomes.

21. God is everywhere, but God is not in every place.

22. The presence of God, is not in every church.

23. Not all christians are carriers of God's presence.

## **HOW TO DISCERN THE PRESENCE OF GOD IN A PERSON, CHURCH, OR IN A PLACE.**

The presence of God, is so important that a christian should never attempts to loose or do anything without it.

Whenever I am invited to any church, the first thing I look for immediately I arrived, is the presence of God, if I can't find it, you will never see me there again.

Beloved, the presence of God is so important that I don't joke with it.

The following and many more are the various ways to discern the presence of God in a place or in a person:

## **1. You Must Be A Carrier Of The Presence:**

It takes the carriers of the presence, to detect it in a place.

If you are not a carrier of God's presence, it will be very difficult for you to detect it in a place because you are not used to it.

## **2. The Presence Of God Points You To God:**

The presence of God either in a place or in a person, always points you to God.

One major way to detect the presence of God in a person or in a place, is that whenever you are in a place or with the persons, you are drawn to God. That is, whenever you are in a particular place or with particular persons, something inside of you tells you that you need to take God serious, even when the persons did not preach to you.

### **3. Hypocrisy Does Not Survives In The Presence Of God:**

No carriers of God's presence lives hypocritical life. All carriers of God's presence lives sincerely without hypocrisy.

Another way to detect the presence of God either in a place or in a person, is the inability of

hypocrisy to survives there, hypocrisy in all forms, is exposed in the presence of God. You can't play hypocrisy in God's presence and go unexposed.

When you are an hypocrite, the carriers of the presence can detects you. When Ananias and Sapphire his wife played hypocrisy in the early church, they were exposed publicly.

So if you successfully plays hypocrisy in a church or around men of God or fellow believers without rebukes, it may be because they don't wants to confronts you yet or they lacks the presence of God, because the presence of God in a person, can detects the smallest form of hypocrisy.

#### **4. Holiness And The Presence Of God Goes Together:**

It is practically impossible for the presence of God to be in a place or in a person when holiness is absent because holiness is God's nature.

All carriers of God's presence by His grace lives holily.

The presence of God in the lives of the carriers empowers them to live holy.

It is the presence of God in a church, that makes holy living appealing and also enables the members to live holy. Without the presence of God, I submit to you, holiness is practically impossible.

1 John 3:7 Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous.

## **5. Uncommon Favour Always Follows The Carriers Of God's Presence:**

Another practical way to detect the presence of God in a person, is the presence of uncommon favour. The presence of God always attracts uncommon favour to the lives of the carriers.

When a man of God is a carrier of the presence, people strives to bless him and also support his ministry financially and otherwise.

Joseph is a practical example of this, look at it in:

**Genesis 39:1-6**

39:2 And the LORD was with Joseph, and he was a prosperous man; and he was in the house of his master the Egyptian.

39:3 And his master saw that the LORD was with him, and that the LORD made all that he did to prosper in his hand.

39:4 And Joseph found grace in his sight, and he served him: and he made him overseer over his house, and all that he had he put into his hand.

39:5 And it came to pass from the time that he had made him overseer in his house, and over all that he had, that the LORD blessed the Egyptian's house for Joseph's sake; and the blessing of the LORD was upon all that he had in the house, and in the field.

39:6 And he left all that he had in Joseph's hand; and he knew not ought he had, save the bread which he did eat. And Joseph was a goodly

person, and well favoured.

I pray may you be His presence carrier.

## **6. Carriers Of God's Presence, Hears From God:**

Another indispensable sign to know the carriers of God's presence, is their ability to hear from God.

All carriers of God's presence hears from God.

## **7. Carriers Of God's Presence Are Humble:**

Humility is a must in the lives of the carriers of God's presence.

As we all know, God hates pride.

James 4:6 But he giveth more grace. Wherefore he saith, God resisteth the proud, but giveth grace unto the humble.

## 8. Prayer Addicts:

Carriers of God's presence, are men and women of prayers.

To be honest with you, the more time you spend with God in the place of prayer, the more of the presence of God you carries.

All carriers of God's presence, loves prayers passionately, the presence enables them to pray

effectively.

## **9: Bible Addicts:**

Spending quality time studying the word of God, is the lifestyle of the carriers of God's presence. They don't just study the bible for reading sake, but rather they study it because they wants to know more about God so that they can serve Him better than the way they are doing presently.

## **10. Passion For God And The Things Of God:**

Carriers of God's presence are characterized by unquenchable hunger and thirst for God, and the things of God.

Nothing satisfies the carriers of God's presence like them seeing the works of God progressing.

## **11. Gentility:**

Being gentle is the lifestyles of the carriers of God's presence.

All carriers of God's presence, are usually gentle in nature.

## **12. They Are Divinely Protected:**

All carriers of God's presence, are heavily and divinely protected. Spiritually, they are covered with the fire of God, this is what makes it difficult for Satan and his agents to attack and prevails over them.

Example of this in the bible, is Job, look at in:

Job 1:9 Then Satan answered the LORD, and said, Doth Job fear God for nought?

1:10 Hast not thou made an hedge about him, and about his house, and about all that he hath on every side? thou hast blessed the work of his hands, and his substance is increased in the land.

Psalms 91:1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

91:2 I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

Psalms 105:14 He suffered no man to do them

wrong: yea, he reproved kings for their sakes;

105:15 Saying, Touch not mine anointed, and do my prophets no harm.

"I decree upon your life in the mighty name of Jesus, may you be His presence carrier."

### **13. Love Is Their Lifestyle:**

Love is the nature of God, hence all carriers of His presence exhibits love in all facets of their lives.

When God is in a man, love is inevitable.

1 John 4:7 Beloved, let us love one another: for love is of God; and every one that loveth is born of God, and knoweth God.

## **14. Divine Peace:**

Carriers of God's presence, enjoys divine peace.

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

## **15. They Don't Have Difficulties In Forgiving Others:**

Forgiveness is the lifestyle of the carriers of God's presence.

Ephesians 4:31 Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice:

4:32 And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you.

Matthew 6:14 For if ye forgive men their trespasses, your heavenly Father will also forgive you:

6:15 But if ye forgive not men their trespasses, neither will your Father forgive your trespasses.

## **16. Whenever They Ministers, There Is Always A Mighty Move Of The Power Of God:**

Whenever the carriers of God's presence ministers, either in preaching, teaching, singing or through any other means, there is always a mighty move of the power of God, and lives are blessed and impacted massively.

The presence of God in the lives of the carriers, fertilizes the services they render to God.

When they stands to minister either by preaching or singing, people's lives are blessed, it doesn't ends in mere clapping, shouting and standing ovations, lives are changed.

## **17. They Lives Exemplary Life:**

Carriers of God's presence, are living examples of their sermons.

1 Corinthians 11:1 Be ye followers of me, even as I also am of Christ.

## 18. Evil Men Avoids Them

There is nothing that scares evil and diabolical men in the lives of believers, than the presence of God.

Witches, wizards, occultic and the their kinds, always avoid the carriers of God's presence, because they can't stands it.

## Joshua 1:5

There shall not any man be able to stand before thee all the days of thy life: as I was with Moses,

so I will be with thee: I will not fail thee, nor forsake thee.

## 19. The Kingdom Of Darkness Dreads Them:

The kingdom of darkness, dreads the carriers of God's presence because waging war against them, is a futile exercise.

Romans 8:31 What shall we then say to these things? If God be for us, who can be against us?

Esther 6:13 And Haman told Zeresh his wife and all his friends every thing that had befallen him. Then said his wise men and Zeresh his wife unto him, If Mordecai be of the seed of the Jews, before whom thou hast begun to fall, thou shalt not prevail against him, but shalt surely fall before him.

## **20. Fear Of God:**

Carriers of God's presence, fears God.

## **21. Hatred For Iniquity:**

Carriers of God's presence, hates iniquity passionately.

**The Importance Of God's Presence In Believer's Lives.**

The importance of God's presence here means the benefits or the advantages the carriers of the presence enjoys.

There are a lot of privileges the carriers of God's presence enjoys.

The following and many more are what God's presence does in the lives of the carriers:

## 1. Full Satisfaction

In the presence of God, there is full satisfaction that you can't get elsewhere.

Psalms 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand

there are pleasures for evermore.

## **2. Divine Comfort**

The presence of God in the lives of believers, gives them comfort. Despite the challenges that they go through, they are never depressed because they enjoys divine comfort.

John 14:18 I will not leave you comfortless: I will come to you.

## **3. Uncommon Favour.**

It is the presence of God in believer's lives that attracts uncommon favour to them. Carriers of God's presence, doesn't struggles for favour, it comes automatically.

Genesis 39:1 And Joseph was brought down to Egypt; and Potiphar, an officer of Pharaoh, captain of the guard, an Egyptian, bought him of the hands of the Ishmeelites, which had brought him down thither.

39:2 And the LORD was with Joseph, and he was a prosperous man; and he was in the house of his master the Egyptian.

39:3 And his master saw that the LORD was with him, and that the LORD made all that he did to prosper in his hand.

39:4 And Joseph found grace in his sight, and he served him: and he made him overseer over his house, and all that he had he put into his hand.

39:5 And it came to pass from the time that he

had made him overseer in his house, and over all that he had, that the LORD blessed the Egyptian's house for Joseph's sake; and the blessing of the LORD was upon all that he had in the house, and in the field.

39:6 And he left all that he had in Joseph's hand; and he knew not ought he had, save the bread which he did eat. And Joseph was a goodly person, and well favoured.

39:20 And Joseph's master took him, and put him into the prison, a place where the king's prisoners were bound: and he was there in the prison.

39:21 But the LORD was with Joseph, and shewed him mercy, and gave him favour in the sight of the keeper of the prison.

39:22 And the keeper of the prison committed to Joseph's hand all the prisoners that were in the

prison; and whatsoever they did there, he was the doer of it.

39:23 The keeper of the prison looked not to any thing that was under his hand; because the LORD was with him, and that which he did, the LORD made it to prosper.

#### **4. Power To Live Holy.**

When I was studying the life of Joseph in the bible, I wondered how he served God to the extent he did, even without bible to read, no counselors to advice him, this really got me worried for a very long time until the Holy Spirit made me to understand that its God's presence in his life that helped him to serve God the way he did.

"Holy living is easy with the presence of God in

your life."

The presence of God enables you to live holy as a christian .

You don't live holy by mere listening to holiness messages, you live holy, when God releases on you the power to live holy, this is the mistakes that many Christians makes that has turned many to religious hypocrites.

You can only access the power to live holy in the presence of God.

Zechariah 4:6 Then he answered and spake unto me, saying, This is the word of the LORD unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the LORD of hosts.

John 1:12 But as many as received him, to them gave he power to become the sons of God, even

to them that believe on his name.

Psalms 127:1 Except the LORD build the house,  
they labour in vain that build it: except the LORD  
keep the city, the watchman waketh but in vain.

## 5. Hearing From God.

One major privileges the carriers of God's presence enjoys, is the ability to hear from God.

Moses in the bible was able to do exploits because he could hear clearly from God because he was a carrier of God's presence.

Exodus 33:14 And he said, My presence shall go with thee, and I will give thee rest.

33:15 And he said unto him, If thy presence go not with me, carry us not up hence.

All carriers of God's presence hears from God.

## **6. Divine Protection.**

The best place to seek lasting protection, is in God's presence.

No demons, challenges, battles, struggles survives in God's presence.

God protects the carriers of His presence.

Psalms 46:1 God is our refuge and strength, a very present help in trouble.

46:7 The LORD of hosts is with us; the God of Jacob is our refuge.

Psalms 91:1 He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

91:2 I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

91:3 Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

91:4 He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

91:5 Thou shalt not be afraid for the terror by

night; nor for the arrow that flieth by day;

91:6 Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday.

91:7 A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee.

91:8 Only with thine eyes shalt thou behold and see the reward of the wicked.

91:9 Because thou hast made the LORD, which is my refuge, even the most High, thy habitation;

91:10 There shall no evil befall thee, neither shall any plague come nigh thy dwelling.

91:11 For he shall give his angels charge over

thee, to keep thee in all thy ways.

91:12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.

91:13 Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

91:14 Because he hath set his love upon me, therefore will I deliver him: I will set him on high, because he hath known my name.

91:15 He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him.

91:16 With long life will I satisfy him, and shew him my salvation.

**Psalms 125:1** They that trust in the LORD shall be as mount Zion, which cannot be removed, but abideth for ever.

**125:2** As the mountains are round about Jerusalem, so the LORD is round about his people from henceforth even for ever.

## **7. Victory Over Sin.**

The presence of God in believer's life, gives them the power to live victoriously over sin.

Besetting sins loses power over the carriers of God's presence.

The presence of God in a believer, enables him or

her to triumph victoriously over the iniquity.

1 John 3:6 Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him.

3:7 Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous.

3:8 He that committeth sin is of the devil; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might destroy the works of the devil.

3:9 Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

Romans 6:1 What shall we say then? Shall we

continue in sin, that grace may abound?

6:2 God forbid. How shall we, that are dead to sin, live any longer therein?

6:6 Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

6:7 For he that is dead is freed from sin.

6:8 Now if we be dead with Christ, we believe that we shall also live with him:

6:11 Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord.

6:12 Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

6:13 Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God.

6:14 For sin shall not have dominion over you: for ye are not under the law, but under grace.

6:18 Being then made free from sin, ye became the servants of righteousness.

## **8. Effective Prayer Life.**

The presence of God in a man empowers him to pray effectively and accurately.

It takes the presence of God in your life, to set

your prayer life on fire.

Romans 8:26 Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.

8:27 And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God.

## 9. Sound Health.

Can you imagine sickness dwelling in where God is? No way.

## **10. Accomplishes Much With Little.**

When the presence of God comes upon your life as a christian the circle and the yoke of working like elephant but eating like ants varnishes from your life.

## **11. Fruitful Evangelism.**

The presence of God in the life of the evangelist, makes his evangelism productive.

## **12. Knowledge Of God.**

God reveals Himself personally to the carriers of His presence.

Psalms 103:7 He made known his ways unto Moses, his acts unto the children of Israel.

### **13. Answers To Prayers.**

Carriers of God's presence enjoys speedy answers to prayers.

### **14. Provision.**

There is divine supply in God's presence.

### **15. Serving God Joyfully.**

Serving God is sweet and enjoyable when the presence of God is in your life.

## 16. Immune To Satanic Attacks.

Satan fails woefully whenever he seeks to launch attacks against the carriers of God's presence.

Job 1:8 And the LORD said unto Satan, Hast thou considered my servant Job, that there is none like him in the earth, a perfect and an upright man, one that feareth God, and escheweth evil?

1:9 Then Satan answered the LORD, and said,

**Doth Job fear God for nought?**

1:10 Hast not thou made an hedge about him,  
and about his house, and about all that he hath  
on every side? thou hast blessed the work of his  
hands, and his substance is increased in the land.

**Romans 8:31 What shall we then say to these things? If God be for us, who can be against us?**

**Why Many Christians Looses The Presence Of God.**

Beloved, the worst thing that can happen to any child of God, is to loose the presence of God. Its

better not to have the presence of God in your life at all than to have it and loose it.

A christian that lost the presence of God, lost a great treasure indeed.

Beloved, there is nothing as bad as loosing the presence of God.

The presence of God we are talking about here, can be lost either temporarily or permanently, King Saul in the bible lost the presence of God and did not get it back throughout his lifetime, while David also lost it and got it back.

**Scriptural passages:**

1 Samuel 28:6 And when Saul enquired of the LORD, the LORD answered him not, neither by dreams, nor by Urim, nor by prophets.

28:15 And Samuel said to Saul, Why hast thou disquieted me, to bring me up? And Saul answered, I am sore distressed; for the Philistines make war against me, and God is departed from me, and answereth me no more, neither by prophets, nor by dreams: therefore I have called thee, that thou mayest make known unto me what I shall do.

Psalms 51:10 Create in me a clean heart, O God; and renew a right spirit within me.

51:11 Cast me not away from thy presence; and take not thy holy spirit from me.

51:12 Restore unto me the joy of thy salvation;

and uphold me with thy free spirit.

Psalms 89:20 I have found David my servant; with my holy oil have I anointed him:

89:21 With whom my hand shall be established: mine arm also shall strengthen him.

89:22 The enemy shall not exact upon him; nor the son of wickedness afflict him.

89:23 And I will beat down his foes before his face, and plague them that hate him.

89:24 But my faithfulness and my mercy shall be with him: and in my name shall his horn be exalted.

89:25 I will set his hand also in the sea, and his right hand in the rivers.

89:26 He shall cry unto me, Thou art my father,  
my God, and the rock of my salvation.

89:27 Also I will make him my firstborn, higher  
than the kings of the earth.

89:28 My mercy will I keep for him for evermore,  
and my covenant shall stand fast with him.

The following and many more are the major  
reasons why many believers loses the presence  
of God:

## **1. Over Familiarity With God**

Many believers had lost and are still loosing the presence of God today because of over familiarity with God.

Many are so close to God, that they no longer trembles at His presence.

Many no longer honours the Lord the way they should, and this is traceable to their over familiarity with God. They no longer gives God their complete attention when studying the bible and praying.

As a christian, when studying the bible or praying, you are not suppose to make or pick calls, this annoys God but you wouldn't know.

I pray God will give us the wisdom to serve Him faithfully to the end in Jesus name.

## **2. Pride.**

Another way through which believers loses the presence of God, is through pride.

God hates pride passionately. Nothing annoys God in a man's life like pride because pride is simply telling God you can do without Him.

Many Christians felt that since God is with them always, others are nothing in their sights. Others also feels that because miracles, signs and wonders happens whenever they are ministering they look down on others, and this results in loosing the presence of God.

1 Peter 5:5 Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

### **3. Neglecting Personal Prayer Altar.**

An Altar is a place where divinity meets with humanity.

The presence of God in a man's life, is fuel in the place of prayer.

The day you neglect your prayer altar as a christian, is the day you begins to loose the presence of God gradually, the more you neglect it, the more the presence leaves you until He leaves you completely.

1 Thessalonians 5:17 Pray without ceasing.

#### **4. Toying With Sins.**

Nothing banishes a man from the presence of God than sin.

That you are a carrier of the presence, does not automatically excludes you from sinning, you still have your freewill, you can choose to sin, you can also choose to live in obedience to God.

Sin in any form, separates a man from the presence of God.

Scriptural passages:

Genesis 3:6 And when the woman saw that the tree was good for food, and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.

3:7 And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons.

3:8 And they heard the voice of the LORD God walking in the garden in the cool of the day: and Adam and his wife hid themselves from the presence of the LORD God amongst the trees of the garden.

3:9 And the LORD God called unto Adam, and said unto him, Where art thou?

3:10 And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

3:11 And he said, Who told thee that thou wast naked? Hast thou eaten of the tree, whereof I commanded thee that thou shouldest not eat?

## 5. Neglecting Church Services.

When a christian begins to neglects church services for whatsoever reasons, such a believer begins to loose the presence of God gradually.

Hebrews 10:25 Not forsaking the assembling of

ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.

## **6. Disobedience To God's Voice.**

Numerous believers has lost the presence of God through this act.

When God asked you to do something and you refused, over and over again, with time, He will abandon you because you are disobedient.

Scriptural passages:

1 Samuel 15:22 And Samuel said, Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams.

15:23 For rebellion is as the sin of witchcraft, and stubbornness is as iniquity and idolatry. Because thou hast rejected the word of the LORD, he hath also rejected thee from being king.

## 7. Neglecting Personal Bible Study.

Neglecting one's personal bible study, is another way of loosing the presence of God.

The presence of God flows whenever and wherever His WORD is.

Neglecting the word of God, amounts to neglecting God.

## Bible References:

Psalms 119:9 Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

119:11 Thy word have I hid in mine heart, that I might not sin against thee.

119:89 For ever, O LORD, thy word is settled in heaven.

119:105 Thy word is a lamp unto my feet, and a light unto my path.

Psalms 138:2 I will worship toward thy holy temple, and praise thy name for thy lovingkindness and for thy truth: for thou hast magnified thy word above all thy name.

## **8. Idolatry.**

Idolatry here simply means exalting other things or persons above God i.e making God secondary in your life instead of priority.

Many believers magnifies their children, spouse, business e.t.c above God, and God considers this as idolatry, and it's a terrible sin in His sight.

## **Bible References:**

Matthew 22:37 Jesus said unto him, Thou shalt

love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

22:38 This is the first and great commandment.

Exodus 20:4 Thou shalt not make unto thee any graven image, or any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:

20:5 Thou shalt not bow down thyself to them, nor serve them: for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me;

20:6 And shewing mercy unto thousands of them that love me, and keep my commandments.

## 9. Backsliding.

When a believer backslides, he or she loses the presence of God.

Backsliding as we all know, is a gradual process, the more a believer backslides, the more he or she loses the presence of God until he or she eventually loses it totally.

Hebrews 10:38 Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him.

## 10. Disobeying Your Leaders.

Disobedient in any form, is a rebellion against

God. God hates disobedience.

Disobeying your leaders either in your working place or in the church, is another way of loosing the presence of God.

Scriptural passage:

Hebrews 13:17 Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you.

Romans 13:1 Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God.

13:2 Whosoever therefore resisteth the power, resisteth the ordinance of God: and they that resist shall receive to themselves damnation.

## **HOW TO KNOW WHEN A CHRISTIAN HAS LOST THE PRESENCE OF GOD.**

How do you discern a christian that has lost the presence of God, or do you know you have lost the presence of God as a christian?

Beloved one fearful thing about the presence of God is that, it doesn't announces His departure. A man can loose the presence of God, and miracles, signs and wonders can still be happening during his or her ministrations. It

takes high discernment to detect the departure of God's presence in a person or in a place.

The following and many more are the major ways to know if you have lost the presence of God as a christian;

## **1. Lack Of Hunger For God.**

The first sign you will discover in the life of anyone that has lost the presence of God, is the lack of genuine hunger for God and the things of God. The person can still be zealous but is no longer passionate about God and the things of God the way he or she used to be.

If you discover the above descriptions in your life as a christian, its advisable you search your life and retrace your steps back to God and ask for

His presence again.

## 2. Struggling To Pray.

Another way to know when you have lost the presence of God as a christian, is that prayer becomes a burden instead of being a way of fellowshipping with your Maker.

Any believers that lost the presence of God, often struggles to pray, even at that, the prayer is not effective.

I decree upon your life, if you have lost the presence of God in your life, restoration is coming your way now, in Jesus name.

### **3. Studying The Bible Becomes Difficult.**

Beloved without the presence of God in your life as a christian, the bible will appears as one of those books in your shelf or a mere historical book.

When a christian looses the presence of God, he or she no longer enjoys spending quality time studying the bible. He or she only read the bible just to satisfy his or her conscience from condemning him or her.

### **4. Fear.**

When a christian looses the presence of God, he or she fears what he or she shouldn't fear.

Fear is the order of the day in the life of any christian that has lost the presence of God.

Genesis 3:10 And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.

## **5. Going Bad To Old Sinful Habits.**

Another major ways to know you have lost the presence of God in your life, is the return of old sinful habits.

For example, if you were struggling with lust, masturbation or pornography in the past, before

the Lord delivered you, if you loses the presence of God, you will soon find yourself back into those habits again, because the presence of God that has been keeping you from them, is gone.

## **6. Attacks From The Enemies.**

When a christian loses the presence of God, he or she becomes a playing toy in the hand of the devil and his agents.

For example when you loose the presence of God, the person will suffer oppressions from witchcraft or demons.

**Scriptural passages:**

Judges 16:19 And she made him sleep upon her knees; and she called for a man, and she caused him to shave off the seven locks of his head; and she began to afflict him, and his strength went from him.

16:20 And she said, The Philistines be upon thee, Samson. And he awoke out of his sleep, and said, I will go out as at other times before, and shake myself. And he wist not that the LORD was departed from him.

16:21 But the Philistines took him, and put out his eyes, and brought him down to Gaza, and bound him with fetters of brass; and he did grind in the prison house.

Matthew 5:13 Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but

to be cast out, and to be trodden under foot of men.

## **7. Your Ministries Will No Longer Be Blessing People.**

As a man of God, when you loose the presence of God, your sermons will no longer be touching and impacting lives, your ministries will only ends in clapping, shouting and standing ovations without the lives of your audience being transformed.

## **8. Holy Living Becomes Difficult.**

The presence of God is what enables us to live holy, for a christian to loose the presence of God, is to make holy living difficult.

## **9. Avoiding Church Services.**

Another way to know when you have lost the presence of God, is when you gradually avoids church services, because to you, its burdensome.

## **10. Living In Sins.**

The presence of God and sin does not coexist, when He departs from a man, sin automatically takes over such a man.

**GATEWAY TO THE PRESENCE OF GOD.**

The following are the various ways to access the presence of God:

## **1. Repent From Your Sins.**

Beloved to access the presence of God, you must search your life thoroughly to see if there is sin in your life, if there is, the only remedy is genuine repentance.

## **2. Get Born Again.**

If you are not yet born again, then you need to

get born again or you were once born again but you are currently a backslider, then you needs to rededicate your life back to God for reconciliation.

When you are born again, the presence of God automatically makes you His abode.

Scriptural passages:

1 Corinthians 3:16 Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you?

1 Corinthians 6:19 What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

6:20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

Stop playing religion, if you are not born again, you are not born again, get born again sincerely.

### Bible References:

John 3:3 Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God.

3:7 Marvel not that I said unto thee, Ye must be born again.

### How Do You Get Born Again?

- i. Acknowledge yourself as a helpless sinner that needs a saviour.
- ii. Acknowledge Jesus as your Lord and personal saviour
- iii. Repent from your sins with the motive and determination of not going back to them again.
- iv. Call upon Jesus to save and deliver you from sin and its power.
- v. Be determined to serve Him for the rest of your life.

## **PRAYER OF SALVATION.**

Please if you want to surrender your life to Jesus sincerely, pray this prayer with faith;

**"Lord Jesus, I believe you are the Son of God, thank you for dying on the cross for my sins, I come to you today as a sinner, I acknowledge myself as a sinner, please forgive me all my sins and give me the gift of eternal life I promise by your grace and strength not to go back to them again, sanctify me with thy blood and accept me as your child, erase my name from the book of death and write it in book of life, in Jesus name I pray. Amen."**

Scriptural passages:

John 3:16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

Romans 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.

Romans 10:9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

10:10 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

10:11 For the scripture saith, Whosoever believeth on him shall not be ashamed.

10:13 For whosoever shall call upon the name of the Lord shall be saved.

### **3. Pray For Holy Ghost Baptism.**

Holy Ghost baptism, has a way of setting you on fire for God.

When you are baptized in the Holy Ghost, the presence of God increases immeasurably in your life.

Scriptural passages:

Acts 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

John 14:26 But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you.

#### **4. Maintain Consistency Lifestyle Of Holy Living.**

Holiness attracts God, God expects you to maintain the nature of righteousness you received at salvation to the end to continually enjoy His uninterrupted and His ever abiding presence.

#### **5. Be Prayerful.**

The more you pray, the closer God's presence moves closer to you.

Live a life of prayer.

Don't be a lazy christian, pray always.

## **6. Spend Quality Time On The Word Of God.**

Spend quality time studying the bible. Make the bible your daily guide.

## **7. Raise For Yourself A Prayer Altar.**

Always ensure your prayer altar is alive.

Continuous prayers in your prayer altar, brings down the presence of God to you.

## **HOW TO RAISE PRAYER ALTAR.**

- i. Choose a place devoid of distractions where you can pray.
- ii. Choose any time each day when you can have uninterrupted communion with God.
- iii. Always appear in your prayer altar according to the time you have chosen.
- iv. You can also observe your quiet time there.

v. Don't allow distraction of any kind immediately you appear in your prayer altar.

vi. Continue your practices because there is no graduation in this act, its until you leave this earth.

vii. When you changes locations repeat the procedures.

**NOTES:** In choosing the place of your prayer altar, it can be your parlour, bedroom, kitchen, dinning table or anywhere it's necessarily not outside your house.

**HOW TO PRESERVE THE PRESENCE OF GOD  
THROUGHOUT YOUR LIFETIME.**

Since the presence of God is so precious, preserving it shouldn't be an option but rather a necessity.

Having read the importance and the dangers of loosing God's presence above, its also important to know how to preserve it till the end of our lives on earth.

## **How Do You Maintain God's Presence Throughout Your Lifetime?**

The following and many more are the various ways to maintain the presence of God throughout your lifetime as a christian:

### **1. Treasure It.**

Don't joke with the presence of God, in other word carry it like an egg.

When a man placed value on something, he or she doesn't play with such things.

## **2. Be Determined To Loose Everything And Everyone To Retain It.**

One of the best way to retain the presence of God till the end, is to have this firmed determination to loose everything and everyone on earth including your own life than to loose the presence of God. As for me, my mind is already made up never to trade the presence of God for anything and anyone on earth.

### **3. Love God Above All Things.**

When you sincerely love God above all things including your spouse, children, business etc, its will be very easier to retain the presence of God in your life.

Abraham was a man that loved God above all, that's why he was ready to sacrifice his son Isaac to God without looking back.

The more you love God, the more His presence is presents in your life.

### **4. Always Rely On Him.**

Always rely God in all areas of your life.

## **5. Embrace Humility.**

Always humble yourself. Humility attracts God.

## **6. Do Not Neglect Your Prayer Altar For Any Reason.**

## **8. Make Prayer Your Lifestyle.**

## **9. Feed Daily On The Word Of God.**

## **10. Always Attend Church Services.**

## **11. Always Allow The Leading Of The Holy Ghost In Your Life.**

## \* **Avoids All Places And Appearances Of Evil.**

### **Scriptural passages:**

Romans 12:9

Let love be without dissimulation. Abhor that which is evil; cleave to that which is good.

Psalms 37:27

Depart from evil, and do good; and dwell for evermore.

John 8:29

And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.

1 Peter 3:11

Let him eschew evil, and do good; let him seek peace, and ensue it.

1 Thessalonians 5:22

Abstain from all appearance of evil.

**\* Living An Open And Transparent Life.**

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

Stop living isolated life. Associate with good people.

Don't be too secrecy in your dealings.

Make yourself easily and readily accessible by others, by so doing, you're closing the doors of secret sins in your life.

By living open and transparent life, you're making yourself accountable to all.

All those long and imperceptible passwords you used to locked your phones and devices that makes it difficult for others to access it, should be removed and replaced with simpler and accessible ones, because failure to do so, will be

the reason you will still fall back into pornography and eventually masturbation tomorrow.

Sanitize your facebook and other social media accounts, and make them accessible to others.

By the special grace of God, almost everyone around me, knows my phone's password, and has direct access to all my musics, videos, pictures etc.

I decided to make it that way, to main purity, accountability and transparency.

**You can do the same.**

Scriptural passages:

## 1 Thessalonians 2:10

Ye are witnesses, and God also, how holily and justly and unblameably we behaved ourselves among you that believe:

## 1 Samuel 12:1-5

[1] And Samuel said unto all Israel, Behold, I have hearkened unto your voice in all that ye said unto me, and have made a king over you.

[2] And now, behold, the king walketh before you: and I am old and grayheaded; and, behold, my sons are with you: and I have walked before you from my childhood unto this day.

[3] Behold, here I am: witness against me before the LORD, and before his anointed: whose ox have I taken? or whose ass have I taken? or whom have I defrauded? whom have I oppressed? or of whose hand have I received any bribe to blind mine eyes therewith? and I will restore it you.

[4] And they said, Thou hast not defrauded us, nor oppressed us, neither hast thou taken ought of any man's hand.

[5] And he said unto them, The LORD is witness against you, and his anointed is witness this day, that ye have not found ought in my hand. And they answered, He is witness.

**\* Beware of situations that depresses you or that causes you to feel lonely, bored, frustrated or discouraged.**

These emotional states can trigger the desire to masturbate as a way of escape.

Plan in advance to counter these low periods through various activities, such as reading a book, praying visiting a friend, or doing something else.

### **\* Don't Give Satan A Place In Your Life.**

Don't make the mistake of giving satan any landing space in your life, because if you do, he wouldn't wants to leave voluntarily, you will needs to engage in a lifetime battle with him, to get him out of your life, to avoids such, don't give him any space in your life at all.

## Scriptural passages:

John 14:30

Hereafter I will not talk much with you: for the prince of this world cometh, and hath nothing in me.

Ephesians 4:27

Neither give place to the devil.

\* Develop Hatred For Sin

As a christian, you must develop perfect hatred for sin.

Sin is an enemy that has the potential to sends you to eternal damnation, hence it must not be tolerated at all.

Scriptural passages:

Romans 6:23

For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord.

James 1:15

Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death.

### \* Be Accountable To A Mentor

Prayerfully choose a mentor you will be accountable to.

Always get in touched with your mentor. Ensures continuous communication with your mentor.

Scriptural passages:

## 1 Corinthians 11:1

Be ye followers of me, even as I also am of Christ.

## 1 Timothy 1:1-2

[1] Paul, an apostle of Jesus Christ by the commandment of God our Saviour, and Lord Jesus Christ, which is our hope;

[2] Unto Timothy, my own son in the faith: Grace, mercy, and peace, from God our Father and Jesus Christ our Lord.

**\* Live with the consciousness of God's presence with you.**

Always live in the continuous consciousness that He is

with you anytime, every time, anywhere and everywhere.

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

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

Bible reference:

Matthew 28:20

Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.

### \* **Do Not Fear Falling Again**

Don't buy the lie of the devil that you will fall again, God is more than able to keep you from falling.

Always rely on God, and also stay close to Him

on daily basis.

Always feed on His word on daily basis, order your life according to the word.

Be watchful, don't be careless, avoid companies of careless people.

Maintain periodic fasting and prayer.

Always abstain from all appearances of evil.

See the scriptural passages  
below:

Jude 1:24

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy.

1 John 3:6

Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him.

John 15:4

Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

## Psalms 121:1-5

- [1] I will lift up mine eyes unto the hills, from whence cometh my help.
- [2] My help cometh from the LORD, which made heaven and earth.
- [3] He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
- [4] Behold, he that keepeth Israel shall neither slumber nor sleep.
- [5] The LORD is thy keeper: the LORD is thy shade upon thy right hand.

**Joshua 1:8**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

**\* Always Confess Your Sins And Seek Forgiveness Immediately You Sin.**

Should in case you fell into sin, don't waste time, always confess your sins to God and seek for His forgiveness immediately.

## **Bible References:**

**1 John 1:9**

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

**Psalms 32:5**

I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin.

**Psalms 38:18**

For I will declare mine iniquity; I will be sorry for my sin.

**\* Disassociate From People That Can Lead You Into Sin Including Unserious Christians.**

Scriptural passages:

Romans 16:17

Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them.

## Ephesians 5:6-7

[6] Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience.

[7] Be not ye therefore partakers with them.

## Psalm 1:1

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

## Numbers 16:26

And he spake unto the congregation, saying, Depart, I pray you, from the tents of these wicked men, and touch nothing of theirs, lest ye be consumed in all their sins.

## 2 Corinthians 6:14-18

[14] Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness?

[15] And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?

[16] And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be

my people.

[17] Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you,

[18] And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.

\* **Abstains From All Forms Of Secret Sins.**

Bible References:

Jeremiah 16:17

For mine eyes are upon all their ways: they are not hid from my face, neither is their iniquity hid from mine eyes.

Jeremiah 23:24

Can any hide himself in secret places that I shall not see him? saith the LORD. Do not I fill heaven and earth? saith the LORD.

Ecclesiastes 12:13-14

[13] Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man.

[14] For God shall bring every work into judgment,

with every secret thing, whether it be good, or whether it be evil.

2 Kings 17:9

And the children of Israel did secretly those things that were not right against the LORD their God, and they built them high places in all their cities, from the tower of the watchmen to the fenced city.

Luke 8:17

For nothing is secret, that shall not be made manifest; neither any thing hid, that shall not be known and come abroad.

Daniel 2:22,28

[22] He revealeth the deep and secret things: he knoweth what is in the darkness, and the light dwelleth with him.

[28] But there is a God in heaven that revealeth secrets,.....

Hebrews 4:13

Neither is there any creature that is not manifest in his sight: but all things are naked and opened unto the eyes of him with whom we have to do.

Proverbs 28:13

He that covereth his sins shall not prosper: but whoso confesseth and forsaketh them shall have mercy.

## **\* Do All Your Restitutions**

Despise shame and do your restitutions.

For why should you be ashamed of doing restitutions do you wants to suffer the greatest shame in hell?

Scriptural passages:

Acts 24:16

And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men.

Luke 19:8-9

[8] And Zacchaeus stood, and said unto the Lord; Behold, Lord, the half of my goods I give to the poor; and if I have taken any thing from any man by false accusation, I restore him fourfold.

[9] And Jesus said unto him, This day is salvation come to this house, forasmuch as he also is a son of Abraham.

Romans 12:18

If it be possible, as much as lieth in you, live

peaceably with all men.

## \* Maintain Consistent Lifestyle Of Holy Living.

To maintain your victory over masturbation and sin in general, you must maintain a consistence lifestyle of holiness.

There's no vacation in holy living as a christian if you must ends well.

Scriptural passages:

## **1 Peter 1:14-16**

[14] As obedient children, not fashioning yourselves according to the former lusts in your ignorance:

[15] But as he which hath called you is holy, so be ye holy in all manner of conversation;

[16] Because it is written, Be ye holy; for I am holy.

**\* Shun Hypocritical Living**

Be a true christian, shun all forms of double standard christian living.

Be genuine.

Do away with pretence.

Be a christian in the public and in the secret.

\* **Examine Your Life On Daily Basis.**

Practice daily self examination.

Make sure each day of your life, before going to bed, take adequate time to examine how you lived your life that day.

Always examine your life on daily basis.

Scriptural passages:

1 Corinthians 11:28

But let a man examine himself, and so let him eat of that bread, and drink of that cup.

2 Corinthians 13:5

Examine yourselves, whether ye be in the faith; prove your own selves. Know ye not your own selves, how that Jesus Christ is in you, except ye be reprobates?

**\* Always Preach The Gospel And Win Souls For Christ.**

Mark 16:15

And he said unto them, Go ye into all the world, and preach the gospel to every creature.

Matthew 28:18-20

[18] And Jesus came and spake unto them, saying, All power is given unto me in heaven and in earth.

[19] Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:

[20] Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen.

**\* Obey what you preach.**

Always practice what you preaches or teaches, don't be an hypocrite.

## Scriptural passages:

Romans 2:3 (Living Bible)

Do you think that God will judge and condemn others for doing them and overlook you when you do them, too?

Acts 1:1

The former treatise have I made, O Theophilus, of all that Jesus began both to do and teach.

\* **Live A Day At A Time.**

Always lives to please God on daily basis.

When faced with temptations, don't worry about how you will overcome tomorrow, handle today first, when tomorrow comes how to overcome will not be an issue.

#### \* **The Flesh Must Die.**

Put the flesh to death by refusing to yield to its sinful demands.

Scriptural passages:

Romans 13:14

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

Galatians 5:16-17,24

[16] This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

[17] For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would.

[24] And they that are Christ's have crucified the flesh with the affections and lusts.

## **Colossians 3:5**

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness, which is idolatry.

**\* Do Not Incline Others To Do Evil, Even If They Are Christians.**

Scriptural passages:

## Exodus 23:2

Thou shalt not follow a multitude to do evil; neither shalt thou speak in a cause to decline after many to wrest judgment.

## Deuteronomy 18:13-14 (Living Bible)

[13] You must walk blamelessly before the Lord your God.

[14] The nations you replace all do these evil things, but the Lord your God will not permit you to do such things.

## \* Be Rapture Conscious.

Always live with the consciousness of rapture.

Focus your mind on heaven and how to get there.

Bible References:

1 John 3:2-3

[2] Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is.

[3] And every man that hath this hope in him purifieth himself, even as he is pure.

### \* **Avoid Excessive Looking**

Learn to control your eyes, don't let your eyes controls you.

Mind what you feeds your eyes with.

Don't spend much time staring on the opposite sex.

Avoid excessive Looks on opposite sex or anything that can lures you into sin.

**Bible Reference:**

**Proverbs 4:25**

Let thine eyes look right on, and let thine eyelids  
look straight before thee.

**\* Discern People That Stimulates  
Lust In You And Avoid Them.**

**Scriptural passages:**

## Proverbs 6:25

Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

## Genesis 39:7-12

[7] And it came to pass after these things, that his master's wife cast her eyes upon Joseph; and she said, Lie with me.

[8] But he refused, and said unto his master's wife, Behold, my master wotteth not what is with me in the house, and he hath committed all that he hath to my hand;

[9] There is none greater in this house than I; neither hath he kept back any thing from me but thee, because thou art his wife: how then can I do this great wickedness, and sin against God?

[10] And it came to pass, as she spake to Joseph day by day, that he hearkened not unto her, to lie by her, or to be with her.

[11] And it came to pass about this time, that Joseph went into the house to do his business; and there was none of the men of the house there within.

[12] And she caught him by his garment, saying, Lie with me: and he left his garment in her hand, and fled, and got him out.

**\* Spend As Little Time As Possible  
in The Presence Of Opposite Sex  
who Is Not Your Spouse That**

**arouses You.**

**2 Samuel 13:1-2**

[1] And it came to pass after this, that Absalom the son of David had a fair sister, whose name was Tamar; and Amnon the son of David loved her.

[2] And Amnon was so vexed, that he fell sick for his sister Tamar; for she was a virgin; and Amnon thought it hard for him to do any thing to her.

**Proverbs 5:8**

Remove thy way far from her, and come not nigh the door of her house.

## **Genesis 39:7-8**

[7] And it came to pass after these things, that his master's wife cast her eyes upon Joseph; and she said, Lie with me.

[8] But he refused, and said unto his master's wife, Behold, my master wotteth not what is with me in the house, and he hath committed all that he hath to my hand.

**\* Stop Being Idle Or Isolated, Get Busy Unless You Are Tired.**

**\* Learn To Rebuke And Rejects Lustful Thoughts Immediately It Comes To You.**

Always stop lustful thoughts on  
the spot whenever it comes to you,  
don't even deliberate about it but  
rather reject it, because if you accepts it  
momentarily hoping you will rejects it later, you  
will eventually loose  
the battle later.

Bible References:

Matthew 9:4

And Jesus knowing their thoughts said,  
Wherefore think ye evil in your hearts?

**Ephesians 4:27**

Neither give place to the devil.

**\* Discipline Your Eyes, Mind And Sexual Appetite.**

**Scriptural passage:**

**1 Corinthians 9:27**

But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

**\* Always Cover Your Heart With  
The Blood Of Jesus.**

Revelation 12:11

And they overcame him by the blood of the Lamb,  
and by the word of their testimony; and they  
loved not their lives unto the death.

**\* Always Resist The Devil.**

James 4:7

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

1 Peter 5:8-9

[8] Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour:

[9] Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world.

\* Do not be over confidence.

**Scriptural passages:**

**1 Corinthians 10:12**

Wherfore let him that thinketh he standeth take heed lest he fall.

**Matthew 19:30**

But many that are first shall be last; and the last shall be first.

**\* Always depends on God.**

Remember, you have no power of your own.

## Bible Reference:

John 15:5

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

\* **To Every Temptation, There's Always An Escape Route**

Always realise that: to every temptation, God always makes a way of escape.

No temptation that comes your ways, takes God unaware, He's always aware, and He always makes provisions for your escape if you wants to.

## Bible References:

### 1 Corinthians 10:13

There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.

### Psalms 91:3

Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

## \* Always Abide In God

As long as you abide in God, you can never sin; it is the presence of God 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 God is intact, the problem of sin will be solved. It's true, you will still have temptations but you will not sin.

Scriptural passages:

## 1 John 3:6

Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him.

## John 15:4-7

[4] Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

[5] I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

[6] If a man abide not in me, he is cast forth as a

branch, and is withered; and men gather them, and cast them into the fire, and they are burned.

[7] If ye abide in me, and my words abide in you, ye shall ask what ye will, and it shall be done unto you.

### Psalms 91:1-4

[1] He that dwelleth in the secret place of the most High shall abide under the shadow of the Almighty.

[2] I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust.

[3] Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence.

[4] He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler.

**\* Renew your mind.**

Renew your mind daily with scriptures and prayers.

Rejects negative thoughts and replace them with positive ones.

**Scriptural passages:**

## Romans 12:1-2

[1] I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

[2] And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.

## Ephesians 4:23

And be renewed in the spirit of your mind.

\* **Walk in the Spirit.**

Always allow the leadership of the Holy Spirit in your life.

Allow the Holy Spirit to leads you, always follows His directions and leadings.

Be sensitive to His instructions, and obey them.

Scriptural passages:

Galatians 5:16,25

[16] This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

[25] If we live in the Spirit, let us also walk in the

Spirit.

### \* Always Focus On Jesus.

Always make Jesus, your focal point. Focus your attention on Jesus everyday of your life.

Do not loose sights of Jesus. The day you turns away your eyes from beholding Jesus, is the day your downfall begins.

Anywhere and everywhere you finds yourself in, always focus your mind on Jesus.

Always be conscious of Jesus.

## Hebrews 12:1-2

[1] Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,

[2] Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God.

## Matthew 14:29-30 (Message Bible)

[29] He said, "Come ahead."

Jumping out of the boat, Peter walked on the

water to Jesus.

[30] But when he looked down at the waves churning beneath his feet, he lost his nerve and started to sink. He cried, "Master, save me!"

\* Develop genuine Christian love towards everyone.

John 13:34-35

[34] A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.

[35] By this shall all men know that ye are my disciples, if ye have love one to another.

**\* Associate With True And Holy Believers.**

By associating with true believers, you will desire to be like them, and gradually, you will be like them.

1 Corinthians 11:1

Be ye followers of me, even as I also am of Christ.

**\* Watch And Pray Always.**

Always be watchful and prayerful.

Don't be careless, but rather be diligent in all ways. Watch against little foxes that might seeks to gain entrance into your life and take immediate action against them.

Always be vigilante. Don't be a loosed fellow.

Always watch and pray !!!

1 Thessalonians 5:6

Therefore let us not sleep, as do others; but let us watch and be sober.

Matthew 26:41

Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.

Luke 21:36

Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

## Mark 13:33,35,37

[33] Take ye heed, watch and pray: for ye know not when the time is.

[35] Watch ye therefore: for ye know not when the master of the house cometh, at even, or at midnight, or at the cockcrowing, or in the morning.

[37] And what I say unto you I say unto all, Watch.

## 1 Peter 5:8

Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.

**1 Corinthians 10:12**

Wherfore let him that thinketh he standeth take heed lest he fall.

**\* Maintain Consistent Bible Study Life.**

To perpetually maintain your victory over masturbation and sin in general, you must maintain a consistent bible study life.

You must be closer to the word of God now, than ever before.

The word of God, has a purifying power. The

closer you're to the word of God, the closer you becomes to God, and the further sin moves away from you.

Always spend quality time to study word of God on daily basis.

Do not neglect the study of the bible on daily basis.

## **Scriptural passages:**

### **Joshua 1:8**

This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

John 5:39

Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me.

Psalms 119:9-11,15-16,34,89,105

[9] Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

[10] With my whole heart have I sought thee: O let me not wander from thy commandments.

[11] Thy word have I hid in mine heart, that I might not sin against thee.

[15] I will meditate in thy precepts, and have respect unto thy ways.

[16] I will delight myself in thy statutes: I will not forget thy word.

[34] Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.

[89] For ever, O LORD, thy word is settled in heaven.

[105] Thy word is a lamp unto my feet, and a light unto my path.

Psalms 1:1-3

[1] Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

[2] But his delight is in the law of the LORD; and in his law doth he meditate day and night.

[3] And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper.

\* Always Surrounds Yourself With Godly Materials.

Always surrounds yourself with godly materials that will help you

to grow spiritually.

Another way to maintain your victory over masturbation and sin in general, is to always gather around yourself things or materials that draws you closer to God.

For example, christian's literatures such as sunday school manuals, devotionals, gospel songs, messages, visiting godly websites for godly messages. etc.

I recommend the following websites for you, there you will gets godly messages like this that will help your christian journey to heaven:

1. <http://obcwm.org>
2. [www.eternityrace.com](http://www.eternityrace.com)

3. <https://holybridesaints.wordpress.com>

4. [www.greatbiblestudy.com](http://www.greatbiblestudy.com)

5. <http://www.rtemoutreach.org>

6. <http://onlinerevivals.org>

## **Scriptural passages:**

Ephesians 5:19-20

[19] Speaking to yourselves in psalms and

hymns and spiritual songs, singing and making melody in your heart to the Lord;

[20] Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ.

### Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

### 1 Thessalonians 5:21

Prove all things; hold fast that which is good.

**Philippians 2:12**

Wherfore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.

**\* Maintain Consistent Prayer Life.**

To keep the fire of God burning in your life, you must maintain consistent life of prayer.

Do not neglect your prayer altar.

The more prayerful you're, the closer you are to God. Prayer draws you closer to God.

Always observe your quiet time daily.

Don't skip your devotional life for any reason.

Maintain uninterrupted lifestyle of prayer.

Prayerlessness, leads to captivity, to avoids being a captive of sin or satan, be a man/woman of prayer.

Don't be tired of prayers.

Pray in the morning, afternoon, night or midnight.

**Pray without ceasing !!!**

**Scriptural passages:**

**Leviticus 6:12-13**

[12] And the fire upon the altar shall be burning in it; it shall not be put out: and the priest shall burn wood on it every morning, and lay the burnt offering in order upon it; and he shall burn thereon the fat of the peace offerings.

[13] The fire shall ever be burning upon the altar; it shall never go out.

**Luke 21:36**

Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

Luke 18:1

And he spake a parable unto them to this end, that men ought always to pray, and not to faint.

Ephesians 6:18

Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.

1 Thessalonians 5:17

Pray without ceasing.

## **Chapter 11**

### **MASTURBATION DISMANTLING PRAYER POINTS.**

1. Confess your sins to God and ask for His mercy.
2. Power of sin in my life, your time is up be broken now! in the name of Jesus.
3. Destructive habits! Assigned to waste my life, you are a failure, be wasted by fire.
4. Blood of Jesus! Set me free from the bondage

of iniquities.

5. Cage of secret sin! I am not your candidate!  
Scatter by fire.

6. Chains of habitual sins! Holding me captive!  
Your time is up! Catch fire.

7. Power to live a holy life! fall upon me now! In  
the name of Jesus.

8. Arrow of lust fired into my life to paralyse my  
destiny, what are you waiting for? Back fire now!  
In Jesus name.

9. Blood of Jesus! Arise! And wash me unto  
purity, in the name of Jesus.

10. Uncontrollable urge of iniquity in my life! Your  
time is up! I silence you forever by the power in

the blood of Jesus.

11. Grace to live triumphantly over sin! Where are you! My life is available! Fall upon me now, in the name of Jesus.

12. Strong man of masturbation holding me captive, you are a failure, loose me and let me go now, in Jesus name.

13. Hell fire! You will not harvest my soul in the name of Jesus.

14. Demons of sinful addictions! Assigned against my life, you are a failure receive fire.

15. Grip of secret sins in my life, your time is up! Loose me and let me go now! In the name of Jesus.

16. Fire of purification! My life is available locate me now! In the name of Jesus.

17. My Father! My Father!! Turn my weaknesses into strength in the name of Jesus.

18. Holy Ghost! Help my infirmities.

19. Chain of lust in my life, break now by fire in Jesus name.

20. Yoke of masturbation and pornography in my life! Be broken by the blood of Jesus.

21. Earthquake of the Almighty, Arise! And demolish the altar of lust, masturbation and pornography in my heart.

22. You spirit of lust, masturbation and pornography! I am not your candidate loose me

and let me go.

23. You spirit of masturbation! Your time is up in my life, pack your load and go in Jesus name.

24. My Father My Father ! Have mercy on me and set me free from the bondage of lust, masturbation and pornography in Jesus name.

25. Look! Mr lust you will not send me to hell, instead I kick you out of my life now! In Jesus name.

26. Anointing that breaks stubborn yokes! Locate me now! And break the yoke of lust, masturbation and pornography in my life in Jesus name.

27. Fire of inward purity! My life is available! Purify my heart now in Jesus name.

28. Masturbation! Listen, it is written sin shall not have dominion over me because I am not under law but under grace, therefore, I terminate your activities in my life now in Jesus name.

29. By the power that separated Elijah from Elisha! Separate me from the bondage of lust, masturbation and pornography now! In Jesus name.

30. Holy Ghost fire! Arise! And consume lust out of my heart in Jesus name.

31. Blood of Jesus! Arise and set me free from the bondage of lust, masturbation and pornography in Jesus name.

32. Blood of Jesus purge my heart now in Jesus name.

33. Blood of Jesus! Arise! And wash me unto purity, in Jesus name. Amen.

34. O Lord! Set me on fire for you.

35. I decree and declare that am forever free from the cage of masturbation and pornography in the mighty name of Jesus. Amen.

## **Chapter 12**

### **DELIVERANCE PRAYERS**

**Now Let Me Pray For You !!!**

**Lay Your Hands On Your Head And Say Amen To  
These Prayers:**

**"Father in the name of Jesus, I decree upon the life of this your child the devil wanted to waste away through the act of masturbation and pornography, complete and perpetual freedom in Jesus name!"**

**I command yoke of masturbation in your life to break now! In Jesus name!**

**You spirit of masturbation and pornography, that has held this child of God captive all this while, your time is up! Come out of his/her life now! In Jesus name!**

**I command the stronghold of masturbation and pornography in your life to scatter unto desolation now! In Jesus name!**

**You're free in Jesus name.**

**I arrest every power that wants to drag you back  
to masturbation again by fire in Jesus name!**

**I seal your freedom with precious blood of Jesus.**

**Go and sin no more in Jesus name.**

**Go and blossom in Holiness and Righteousness  
in Jesus name.**

**Go and affect your generation for Jesus. In  
Jesus Mighty name I pray. Amen".**

# **CLOSING HYMNS**

With the love of Christ in my heart, I leave you with these hymns:

## **I HAVE DECIDED TO FOLLOW JESUS**

I have decided to follow Jesus;  
I have decided to follow Jesus;  
I have decided to follow Jesus;  
No turning back, no turning back!

The world behind me, the cross before me;  
The world behind me, the cross before me;  
The world behind me, the cross before me;  
No turning back, no turning back!

Though no one joins me, still I will follow;  
Though no one joins me, still I will follow;  
Though no one joins me, still I will follow;  
No turning back, no turning back!

Will you decide now to follow Jesus?  
Will you decide now to follow Jesus?  
Will you decide now to follow Jesus?  
No turning back, no turning back!

## O JESUS, I HAVE PROMISED

1. O Jesus, I have promised  
To serve Thee to the end;  
Be Thou forever near me,  
My Master and my Friend:  
I shall not fear the battle  
If Thou art by my side,  
Nor wander from the pathway  
If Thou wilt be my guide.

2. O let me feel Thee near me.  
The world is ever near;  
I see the sights that dazzle.  
The tempting sounds I hear:

My foes are ever near me,  
Around me and within;  
But, Jesus, draw Thou nearer,  
And shield my soul from sin.

3. O Jesus, Thou hast promised  
To all who follow Thee,  
That where Thou art in glory,  
There shall Thy servant be;  
And, Jesus, I have promised  
To serve Thee to the end;  
O give me give me grace to follow,  
My Master and my Friend.

## **ABIDE WITH ME**

1. Abide with me - fast falls the eventide,  
The darkness deepens - Lord, with me abide;  
When other helpers fail and comforts flee,  
Help of the helpless, O abide with me!

2. Swift to its close ebbs out life's little day,  
Earth's joys grow dim, its glories pass away;  
Change and decay in all around I see  
O Thou who changest not, abide with me!

3. I need Thy presence ev'ry passing hour.  
What but Thy grace can foil the tempter' s pow'r?  
Who like Thy - self my guide and stay can be?  
Through cloud and sunshine, O abide with me!

4. Hold Thou Thy word before my closing eyes,  
Shine thru the gloom and point me to the skies;  
Heaven's morning breaks and earth's vain  
shadows flee

In life, in death, O Lord, abide with me!

## **JUST A CLOSER WALK WITH THEE**

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

**CHORUS:**

Just a closer walk with Thee,  
Grant it, Jesus, this my plea;  
Daily let it ever be  
Just a closer walk with Thee.

2. Thru this world of toils and snares,  
If I falter Lord, who cares?  
Who with me my burden shares?  
Let me walk close to Thee.

**CHORUS:**

Just a closer walk with Thee,  
Grant it, Jesus, this my plea;  
Daily let it ever be  
Just a closer walk with Thee.

3. When my feeble life is o'er,  
Time for me will be no more.  
Guide me to that peaceful shore,  
Let me walk close to Thee.

**CHORUS:**

Just a closer walk with Thee,  
Grant it, Jesus, this my plea;  
Daily let it ever be  
Just a closer walk with Thee.

**JUST AS I AM**

1. Just as I am, without one plea,

But that Thy blood was shed for me.  
And that Thou bidd'st me come to Thee,  
O Lamb of God, I come!

2. Just as I am, and waiting not  
To rid my soul of one dark blot,  
To Thee, whose blood can cleanse each spot,  
O Lamb of God, I come!

3. Just as I am, though tossed about  
With many a conflict, many a doubt,  
Fighting and fears within, without,  
O Lamb of God, I come!

4. Just as I am, poor, wretched, blind;  
Sight, riches, healing of the mind,  
Yea, all I need, in Thee to find,  
O Lamb of God, I come!

5. Just as I am, Thou wilt receive,  
Wilt welcome, pardon, cleanse, relieve;  
Because Thy promise I believe,  
O Lamb of God, I come!

## **WHEN WE WALK WITH THE LORD.**

1. When we walk with the Lord  
In the light of His word,  
What a glory he sheds on our way!  
While we do His good will  
He abides with us still,

And with all who will trust and obey.

CHORUS:

Trust and obey,  
For there's no other way  
To be happy in Jesus,  
But to trust and obey.

2. Not a shadow can rise,  
Not a cloud in the skies,  
But His smile quickly drives it away;  
Not a doubt nor a fear,  
Not a sigh nor a tear,  
Can abide when we trust and obey.

CHORUS:

Trust and obey,  
For there's no other way

To be happy in Jesus,  
But to trust and obey.

3. Not a burden we bear,  
Not a sorrow we share,  
But our toil He doth richly repay;  
Not a grief nor a loss,  
Not a frown nor a cross;  
But is blest if we trust and obey.

CHORUS:

Trust and obey,  
For there's no other way  
To be happy in Jesus,  
But to trust and obey.

4. But we never can prove,  
The delights of His love,

Until all the altar we lay;  
For the favour He shows!  
And the joy He bestows,  
Are for them who will trust and obey.

CHORUS:

Trust and obey,  
For there's no other way  
To be happy in Jesus,  
But to trust and obey.

5. Then in fellowship sweet,  
We will sit at His feet,  
Or we'll walk by His side in the way;  
What He says we will do,  
Where He sends we will go,  
Never fear, only trust and obey.

## CHORUS:

Trust and obey,  
For there's no other way  
To be happy in Jesus,  
But to trust and obey.

## **NOTE FROM THE AUTHOR:**

God bless you for creating time out of your busy schedules to read this message, I pray the Almighty God will richly bless you in Jesus name.

Please you can copy, edit, print and share with others, but don't dilute the message.

**God Bless You !!!**

## **OTHER BOOKS BY THE AUTHOR.**

- 1. COMPLETE DELIVERANCE FROM MASTURBATION.**
- 2. PRACTICAL HOLINESS FOR HEAVEN.**
- 3. DEALING WITH YOUR WEAKNESSES.**
- 4. FREEDOM FROM THE BONDAGE OF PORNOGRAPHY.**
- 5. FREEDOM FROM THE BONDAGE OF LUST.**
- 6. FREEDOM FROM THE BONDAGE OF SECRET SINS.**
- 7. PRACTICAL WAYS TO PREPARE FOR RAPTURE.**
- 8. FLEE FORNICATION.**
- 9. FREEDOM FROM DESTRUCTIVE HABITS.**
- 10. A GOOD NAME.**

**11. THE THREE KINDS OF CHRISTIANS.**

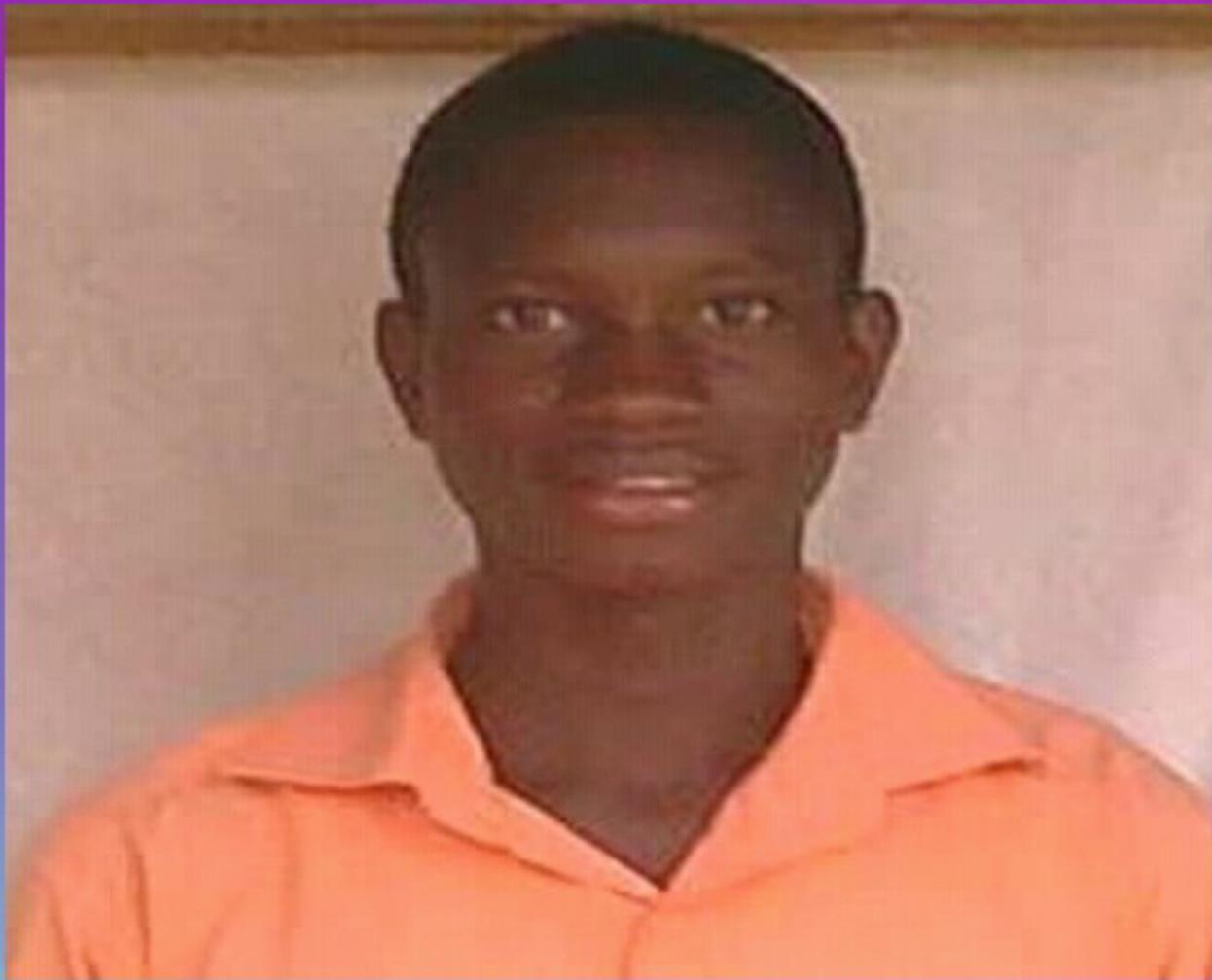
**12. WHAT DOES THE BIBLE SAYS ABOUT HELL.**

**13. THE IMPORTANCE OF GOD'S PRESENCE IN BELIEVERS' LIVES.**

**14. BRAKING THE HABIT OF PROCRASTINATION.**

**.... And Lots More.**

**ABOUT THE AUTHOR**



Freedom Michael is a young dynamic man of God. He is a teacher and preacher of the word of God in this end time. He is currently serving under the Redeemed Christian Church of God, He resides in Delta State, Nigeria.

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**GOD BLESS YOU !!**

***Remain Rapturable !!!***