



**DO I
HAVE TO?**



Dedication

This book is dedicated to God Almighty, the Father of Life and Light.
Praise God!!!




Acknowledgment

My sincere gratitude goes to God for the inspiration that birthed this book and His provisions for its publication. May His name be glorified forever, Amen.

I also want to say a big thank you to all JMLI's volunteers, partners, friends, and family, who have supported the publication of this book. Your reward shall not be taken away in Jesus' name, Amen.

Blessings to Brother Iyanuoluwa Oyebamiji for his sincere contributions to the writing of this book. Thank you, Sir.

And my Dear Editor-In-Chief, Bro Shola, I want to say thank you and God bless you!





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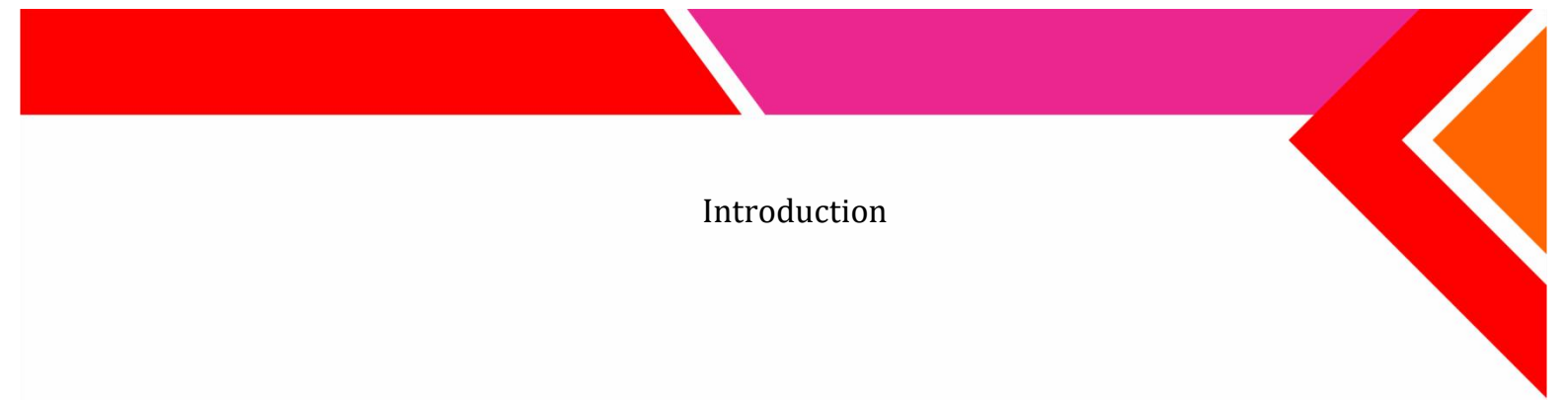
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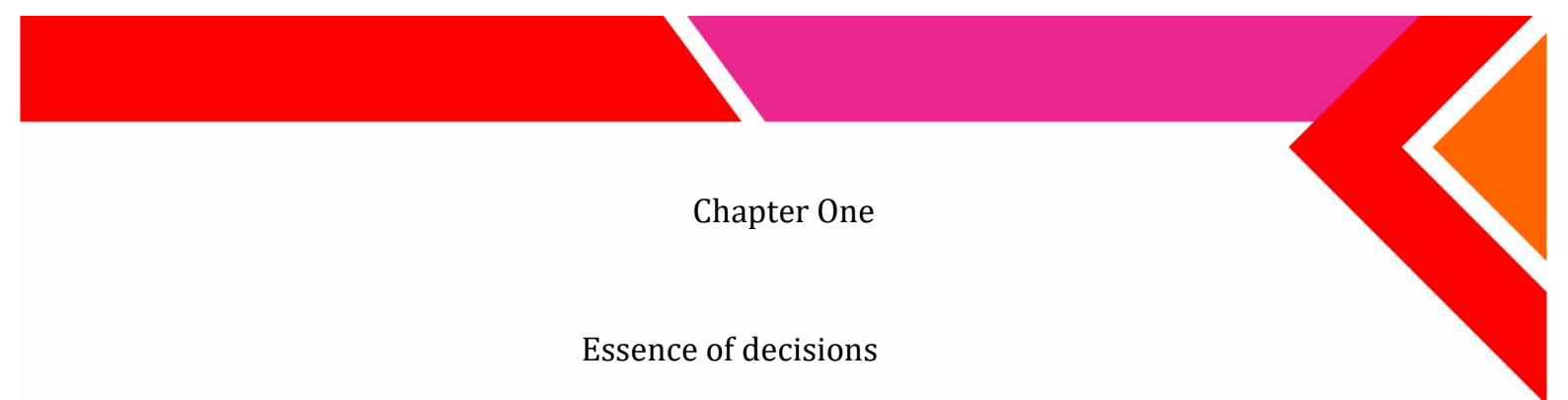
Introduction

"Do I have to?" is a book written out of sincere heart pain on the rate of spiritual and moral decadence in today's society, where teenagers are losing value for the things of God and are being deceived to embrace delinquency — absolute disobedience to God and parents.

This book tends to guide teenagers back to the way that pleases God and fulfills His purpose in this perilous time.

With hope in the Holy Spirit, who changes the lives of men, we believe that as you read this book your life will change and you will develop the right mindset to fulfill God's counsel in your generation.





Chapter One

Essence of decisions

You may decide to catch your mother's attention, even though she's busy — washing dishes, preparing meals for the family. You decide, however, to cry, knowing fully well that she will leave the chores and attend to you as soon as she hears your cry. This, we all did as a baby, is called a decision.

Decisions are an inevitable part of man's life, you make decisions in every stage of life — cradle, childhood, teenager, and adulthood — consciously or unconsciously, perhaps on what to do, eat, and wear; or how to interact, walk, speak, and work.

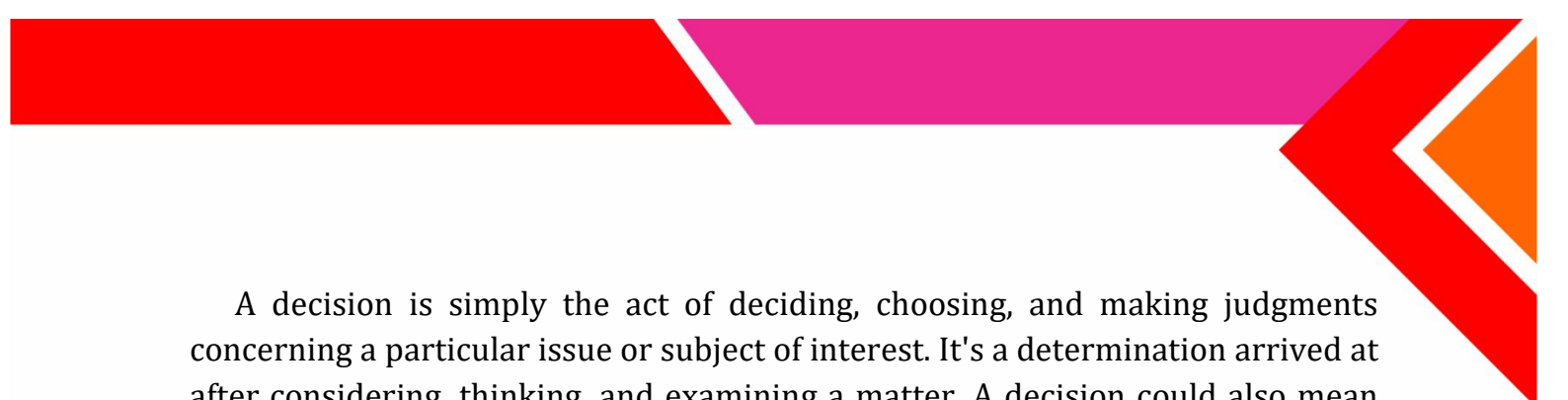
The world's existence comes through God's intention and decision, this reveals the power of decision-making. Decisions do not have to be spoken out before they are acted out. You can just conceive an idea in your heart and without informing anyone, you act it out. Decisions become true and powerful when acted upon, not just spoken out.

As long as you live, you have the power to make decisions, whether you like it or not. A man who is incapacitated to make decisions is either dead or enslaved. The true meaning of freedom is the opportunity and liberty to determine what happens in your life — to decide as you purposed.

As a teenager, you're at a stage where you determine what your future will be, and you have countless decisions to make in your lifetime: relationship with parents, making friends, setting priorities, emotions or feelings control, what to believe, assumptions to make, principles to uphold, and so on.

What is the meaning of a Decision?





A decision is simply the act of deciding, choosing, and making judgments concerning a particular issue or subject of interest. It's a determination arrived at after considering, thinking, and examining a matter. A decision could also mean resolution, determination, or agreement.

The essence of a decision is to bring you to a desired end that you conceived in your heart. No one decides without a focus, aim, or anticipated result; therefore, decisions are made to tailor one's path to the desired end.

God gave us the right to decide the "what," "how," and "when" of actions and happenings in our lives so that He is free from man's accusation and found to be Justified when everyone considers the outcome of their lives.

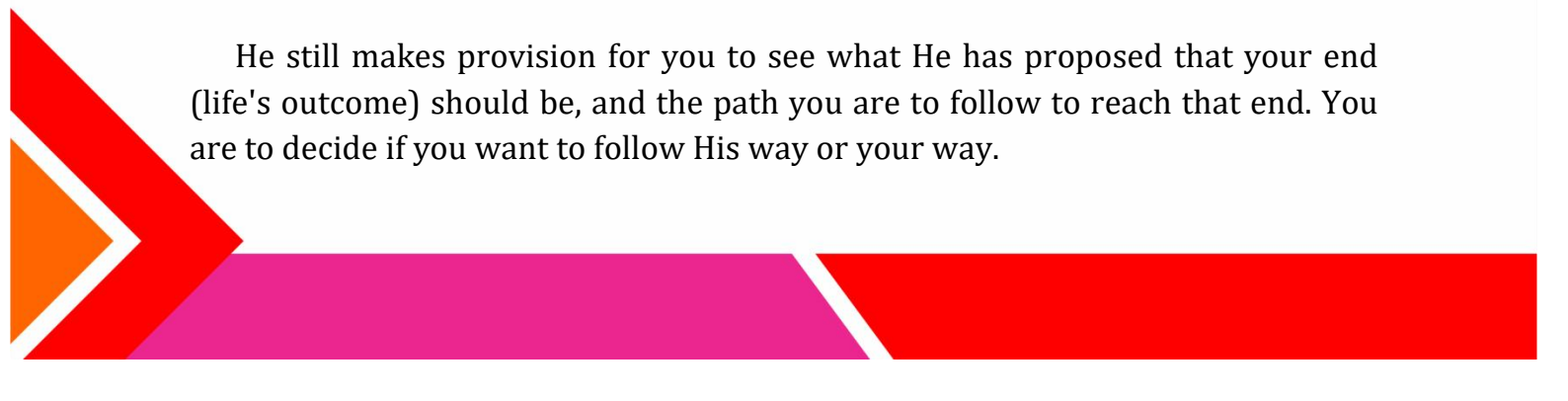
Friend, God created you, and He has the power to force you to do what he wants because He's your maker, but He doesn't exercise his dominating power and authority over you all time, He allows you to choose as you want.

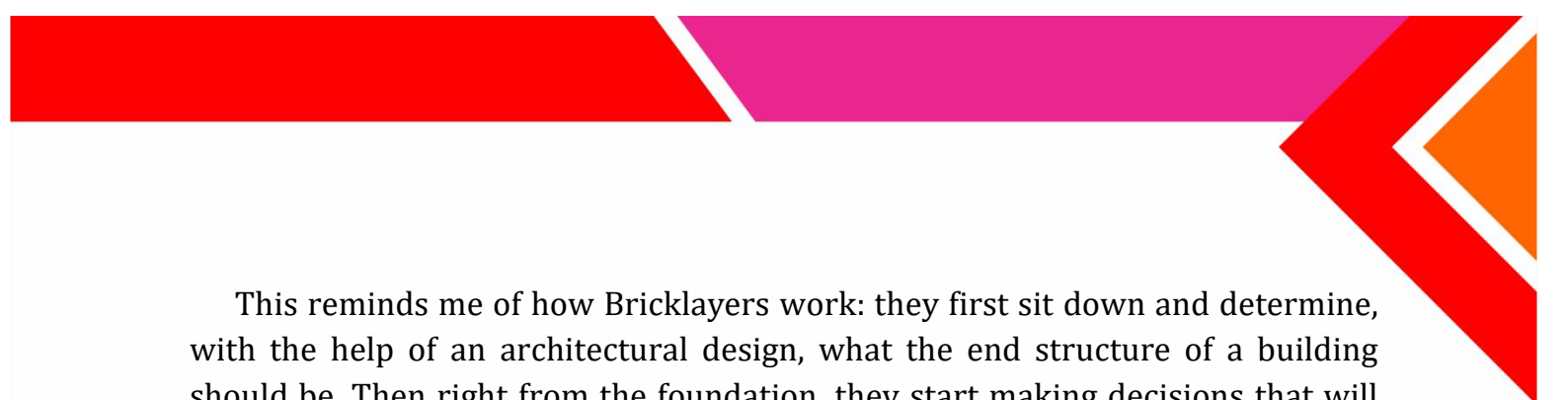
Deut 30:19 — I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.

God gives you the free will of making decisions — to decide your end and pattern your lives towards that end as it deems fit in your eyes. Yet He guides and shows you the path to take; He is a good shepherd who goes before his sheep.

John 10:4 — And when he putteth forth his sheep, he goeth before them, and the sheep follow him: for they know his voice. The sheep will make the decision to follow him and not a stranger.

He still makes provision for you to see what He has proposed that your end (life's outcome) should be, and the path you are to follow to reach that end. You are to decide if you want to follow His way or your way.





This reminds me of how Bricklayers work: they first sit down and determine, with the help of an architectural design, what the end structure of a building should be. Then right from the foundation, they start making decisions that will prompt them to attain the structural end of the building. They don't consider the building quality and end structure after the foundation has already been laid, or when the building has reached a window level; they, however, do it right from the onset — before the foundation is laid. So it is with the decisions you make while young: they are very important to the end or outcome of your life and the years you live.

The essence of the decision is therefore to guide and tailor your life to the end so that your purpose and goal are achieved and fulfilled. It is absolute foolishness to make decisions without considering the end.

Ish 48:17-18 — Thus saith the Lord, thy Redeemer, the Holy One of Israel; I am the Lord thy God which teacheth thee to profit, which leadeth thee by the way that thou shouldest go. O that thou hadst hearkened to my commandments! then had thy peace been as a river, and thy righteousness as the waves of the sea.

Ps 32: 8-9 — I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye. Be ye not as the horse, or as the mule, which has no understanding: whose mouth must be held in with bit and bridle, lest they come near unto thee.

He will teach and lead you, only if you will listen and obey.



Chapter Two

Consequences of Decision

Decisions are powerful and effective, if rightly taken, to bring a man to a fulfilling end. They are, however, hazardous, if the wrong ones are taken, to destroy and mar one's destiny. It will be foolish to take decisions without an end goal, vision, or objective in view because decisions taken without a goal or purpose in mind always lead to a gutter end if not quickly addressed and corrected. It's important to know that no matter how far you've gone in taking wrong decisions, there is still a chance to correct them.

Four different forces influence the decisions one makes, and they shall be considered one after the other.

1. The Emphasis of the Age and Generation

This first force that influences decision-making is a very strong and largely perceived initiator of decision.

The world is constantly changing and so are its standards and value system; the way we perceive and do things thousand years ago is not the same anymore. Technology advancement, modern innovation, cultural belief, value systems, and man's response to the "God being" have been evolving over centuries.

Our rate of advancement in technology and innovation is very fast, but we are also dwindling very fast in cultural beliefs, value systems, and our reverence and obeisance to God. And this leads us to the dilemma of choosing due to the strong influence of what is being done in our age or generation.

If you decide to make decisions based on the system and patterns of the age you find yourself, you enjoy the advantages and suffer the consequences of that decision. Therefore, If you are going to do God's good, acceptable, perfect, will; you must be ready to, if need be, walk alone and not follow the multitude (the world).

Rom 12:3 — 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.

2. Deception and Governance of evil unseen forces

These forces ravage our world — influencing our decisions every day. They cannot be overlooked as they vastly contribute to the devastation of our generation. The outcome of their influences on our decisions is written everywhere in the world.

These evil unseen forces are responsible for every wrong decision you make. Right from Eden, they've been in action to deceive and entice man's pleasure and interest to submit to their dealings and instructions. They are anti-God that trigger every decision that leads you to sin — disobey and displease God. The moment they get a hold of your mind and intuition, you keep following their deceit and governance unconsciously, making decisions that destroy and bring your destiny to an abrupt bitter end. These forces labor to influence your decisions using what you see, hear, think, imagine, and allow to conceive and expound in your heart, even though they are unseen.

But every person is tempted when he is drawn away, enticed and baited by his own evil desire (lust, passions). James 1:14

A carnally-minded man will continuously make wrong decisions. Therefore, put your desires in check, the enemy will entice you by your wrong desires; he will deceive and mislead you.

3. Self-will and Perception

The third force is in man. It is responsible for the careless life decisions you make. Because, when you are governed by your own will and perception, you're impetuous — prone to make decisions that seem good to you at the point of need, not necessarily considering its end.

The decision to live carelessly, without plans and diligent consideration of laid down visions and goals is as dangerous as embracing death while you see it coming. A man who lives by chance, doing what pleases him, will go from pitfalls to pitfalls. People who fall under this category are referred to as the nonchalant ones — They are open to whatever the world system offers them, and become victims of addictions, captivity, and all forms of oppression.

They are unbalanced neither do they have passion or ambition for a fulfilling life. It is dangerous to make decisions based on your will or perception, because, most times, you are wrong and open to anything that comes your way even if it's going to mar you.

Prov 14:12 — There is a way which seemeth right unto a man, but the end thereof are the ways of death.

Prov 26:12 — Seest thou a man wise in his own conceit? there is more hope of a fool than of him.

4. Knowledge of God and Submission to Him

This is the ultimate, most powerful, and yet lightly esteemed force of decision. God created you (spirit, soul, and body) and has absolute control and liberty to influence your decisions according to his will, but He doesn't do this. Unfortunately, most times, you do not consider him in your decisions.

Generally speaking, 94% of the daily decisions you make as an ordinary man are made without putting God first. But a man who comes to know God and surrenders to Him is favored and graced. Because God knows the end from the beginning: He can tell you the end of a decision you are about to make even before you act it out.

Therefore, anyone whose decisions are initiated and influenced by God is safe and will have a beautiful and much more glorious end. God influences your decisions by teaching you His ways, patterns, nature, character, and attributes so that by the knowledge of who He is and the understanding of His ways and patterns, you will be able to decide rightly, correctly, and assuredly have a beautiful end.

Prov 3:5-7 — Trust in the Lord with all thine heart; and lean not unto thine own understanding.

In all thy ways acknowledge him, and he shall direct thy paths.

Be not wise in thine own eyes: fear the Lord, and depart from evil.

Ps 25:9 — The meek will he guide in judgment: and the meek will he teach his way.

Acknowledge God, humble yourself, don't be wise in your own eyes and He will guide you and direct your paths.

The truth is that one of these four forces influences your decisions as an individual. You will do yourself good if you can consider and identify what influences your decisions. The nature and end of what influences your decisions determine the end of your life also. Many people who were to be doomed and destroyed got delivered from this evil fate because of one right decision they made, while people who were to be celebrated and honored changed their lots by acting on one wrong decision.

Your decision either promotes you or demotes you; strengthens you or weakens you; makes you or mars you; saves you or savages you. Your decision will either bring reproach or honor. Your decision determines your end from the

beginning. Your decision is a tool that can change your fate positively or negatively.

Therefore, choose what influences your decisions and you will be choosing what your end will be.

Chapter Three

Do I have to?

At every point or junction of life, there is a need to examine if you truly need to do what you are doing.

It's important to know that when you consider the consequences of your decisions (on your life and the people around you), you are more careful of what you do, say, or think.

As a teenager, it is wise to ask yourself: "Am I doing the important thing?" Because your relationship with people and the things you value determines your decision. No rational man does things anyhow, rather, he considers the essence, necessity, and consequences of his decisions before he takes them.

1 Cor 10:23 — All things are lawful, but not all things are profitable. All things are lawful, but not all things edify.

Morally acceptable and lawful deeds depend on which part of the world you live in; for example, some countries legalize same-sex marriage. But a child of God is not governed by what is lawful and socially acceptable to the world, he knows that not all things should be done, and nothing should be allowed to enslave him as a sinful habit.

Pre-marital relationships (boyfriend and girlfriend) are commonplace now. It's prevailing everywhere, but the question is—Do you need it? Do you have to be in any of such relationships? The counterpart of this is the insubordination of teenagers who reject corrections, instructions, and guidance from God. They are becoming tough, negatively exposed, and engaged in a high level of unrighteousness and rebellion; they are busy striving for liberty and freedom.

This generation is hardened, rebellious, and unteachable: it is hard to relate humbly and obediently with parents, pastors, teachers, etc. But must you follow this trend? Is it necessary for you, too, to follow this pattern? What's your gain from engaging in an immoral relationship? What benefits do you derive from having a boyfriend/girlfriend? What blessing do you get from living disrespectfully and rebelliously?

Christian teenagers need to be taught to answer unashamedly to the name: "the odd one out" or "the weird one", so long as they are standing for Christ and His Kingdom. Truly, we are not of this world and we need not try to conform to it.

John 17:14 — I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world.

Most times, you engage in these ungodly acts because you want to feel among and be identified as a social and trendy person. You find sinful pleasure in it.

Perhaps you do it for companionship, support, and trust. But these reasons are insufficient to engage in this type of destructive relationship if you value your future and God's purpose for you.

Rom 12: 2 — Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing, and perfect will.

When I listen to some teenagers on why they are doing what they do, especially dating — some get into it by friends; some are due to the pathetic reason of poor family background (believing that the person to whom they are engaged can provide love, care, support, and help); some lack parental love and care; some out of a crazy lustful heart, engage in fornication and uncleanness, especially those engaged in homosexuality, masturbation, and bestiality; some believe they can get a potential spouse by doing trial and error with everyone that comes their way. There are a hundred and one reasons teenagers get into immoral relationships, probably yours is not itemized.

About teenagers' insubordination to parents, you can give reasons that are genuine and meaningful — parents can be annoying and frustrating at times, some are so domineering, never care about what you are going through, and only want to impose their will without considering your strength, weakness, opinion, and interest.

It's more saddening when you have irresponsible parents, who don't care, nor cater for their child's needs, materially or health-wise. And this becomes more painful when you have friends whose parents meet their needs and are comfortable. You tend to compare your family with theirs. Considering all these, you might find it hard to submit and surrender, as human beings, to such parents. Yes, it is not going to be easy to obey, serve, love, and honor such parents without choosing to date and find satisfaction in someone else.

Although having these reasons for doing all that you do does not necessitate you to be disobedient and promiscuous? There is a better way out, a positive alternative to solve the problem.

Are you interested in knowing the better way?

Chapter Four

Feelings and emotions

Feelings and emotions are an inbuilt component of the soul. Man is made up of three components: The spirit, soul, and body. The first (Spirit) is redeemed the moment a man surrenders his life to Christ. The second (Soul), however, is further divided into three parts: The mind, will, and emotion. The emotion is a strong feeling and desire.

Your soul is naturally controlled by either of the first three forces discussed in the second chapter of this book, but the moment you decide to surrender your life to Christ, your soul is automatically delivered from the dominion of those forces and brought under the reign of Christ; you're transformed, rebuilt, and restructured to suit the new life that you received.

Many people allow their feelings to control their actions, but some rule and direct their souls as they see fit.

Feelings and emotions are connected to what we hear, see, touch, perceive, or come in contact with. Every man senses, tests, and interprets information such as pictures, songs, temperature, intensity, beauty, intelligence, and taste in the mind: It's so powerful that it captures five times more than what the eyes can pick. It processes and interprets information through the brain. Feeling in a particular way does not mean it's the right thing to do, because, most times feelings and emotions can be very wrong if they have not been regenerated and aligned with God's will.

What then are feelings? Feelings are the sympathy or emotional sensitivity you have for someone or something; It reflects your attitude or opinion about something.

Emotion is a strong feeling, such as love, fear, or anger. It's the part of your character that consists of feelings. You are an emotional being, God made you that way. Even God has feelings, He can be happy, sad, angry, merciful, etc. Having feelings and emotions is as natural as breathing.

Feelings and emotions are an inevitable part of your life. They rule and guide your values, beliefs, and assertions. Every decision you make is influenced by what you feel and think. Psychologically, your brain is wired to react to touch, sound, smell, and excitement. Your feelings can push you to decide and act on a matter even without checking the aftermath effect. If not properly managed, your feelings can propel you in the tenseness of its grip on your heart to act and do things which when considered well, you shouldn't have done.

As the emotional man that you are, your heart tends to pick feelings and thoughts — through movies, songs, conversations, and relationships — that need to be handled properly by the will of God to ensure a happy ending. Attending a mixed school where there are handsome boys with mature ladies has its advantages with an inevitable flow of feelings for one another. If a sincere relationship is built among each other, emotional intimacy sets in.

Emotional intimacy is a serious matter that can leave one restless, unsettled, and passionate about the opposite sex. This is why your heart needs to be guarded seriously, to relate with everyone wisely and ensure building purposeful relationships.

Many teenagers who have dated each other (boyfriend and girlfriend relationship) always end up regretting having anything to do with each other. This is because they are only emotional and allow their feelings to mislead them into making wrong decisions. I would love to share my personal experience on this.

I attended a secondary school where we had handsome, brilliant, and rich guys. And through my six years in school, I did not have a boyfriend, but my friends had more than one before we finally graduated. Meanwhile, at some point, due to closeness and the zeal to enjoy my stay in the school, I started developing feelings for one of my classmates, unknown to me, he also liked me and was moving close to me. He didn't tell me about his feelings, and I kept mine, too. We were just very good friends. My friends engaged in different forms of romance at different corners of the school, but I observed that their feelings for each other could not sustain them for a long relationship. They kept breaking up and moving from one person to another. There are times I saw them crying or rather moody because of break-ups. I never liked these scenes, it irritated and disturbed me that they couldn't control their feelings for one another.

My crush and I kept on being friends until we graduated. After graduation, he proposed to me and I accepted, but since that day, we had not seen each other till today. It's been more than 6 years as I wrote this book. We have had no physical contact since that day. I will discuss what happened in the next chapter.

You need to put your feelings and emotions under control; they are not always right and helpful if followed. They will push you to sin against God and sometimes lose self-esteem and value if not properly managed and controlled. They are byproducts of your senses and thoughts: They can be strong and yet be wrong. As believers you, therefore, have to bring your emotions and desires in line with the word of God so that you are ruled by the word and not our emotions.

Phi 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.

The vast majority of the world's population are slaves to their feelings and emotions, but the good news is that a believer is empowered to dominate his flesh, thoughts, and feelings.

Romans 6:14—For sin shall not have dominion over you: for ye are not under the law, but under grace.

2 Cor 10:5—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.

You also, however, have the responsibility of guarding your mind: beware of what you see, read, and hear.

You cannot sit on the fence — It's either you're yielding to God, his Word, and his thoughts, or you are yielding to the flesh and by extension the devil.

Gal 5:16—This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh.

The truth of this matter

Feeling and emotion is an entity separate from the spirit: It fluctuates and considers not the future; it dictates what suits you at the moment — what makes you happy and excited at the moment. It's temporal. When your feelings lead you, it yields a result that is different from the leading of the Holy Spirit.

Many deaths, terminal diseases, heartaches, irredeemable mistakes, and complications (like children born out of wedlock) people have today come from decisions made at teenage — out of feelings and emotions.

You must, therefore, take note of all the lessons in this chapter to forestall negative experiences in old age.

Here is a clear warning: don't give much attention to your feelings and emotions, If you want to be great and fulfilling in life.

The Spirit sees beyond the physical: beyond now into the future; His guide might not suit your present situation, but it's always safe and peaceful to the end.

The need to have a boy or girlfriend is noticeable if feelings are considered, but it's not a necessity if God's will is prioritized. Anything that displeases God and endangers your future is not encouraged by the Holy Spirit.

Who is the Holy Spirit? The Holy Spirit is the third person of the Trinity that is given to everyone who will accept and embrace God's will for their lives and eternity. He is to teach, guide, counsel, protect, direct, lead, and help everyone (including teenagers) who will accept Him. If you submit to the Holy Spirit, you will begin to think, act, speak, and behave in a way that pleases God, which is safe for your today and future.

Considering the implications of pre-marital sex and relationships, which includes:

1. Emotional stress and imbalance;
2. Distractions;
3. Heartbreak;
4. Uncontrollable passion for the opposite sex;
5. Negative influence on the concentration of concerned individuals at school or work;
6. Unwanted pregnancies, abortions, and complications; and
7. Death and susceptibility to demonic attacks.

If you are wise — that is, you desire peace and rest of mind; you will not like to experience this list.

Ecclesiastes 3:1 — To every thing there is a season, and a time to every purpose under the heaven.

Ecclesiastes 3:11b — He hath made every thing beautiful in his time.

Praise God! Understanding times and seasons is very crucial in fulfilling God's purpose; the rights and wrongs of certain things are judged by their times and seasons. For example, children are God's heritage, but it's more honorable when born in wedlock. Marriage loses its honor when there is no sexual purity.

Heb 13:4 — Marriage is honourable in all, and the bed undefiled: but whoremongers and adulterers God will judge.

Children, teenagers, and even adults need to learn patience and wait for the right time and season.

Distractions and temptations will come, but the understanding of times and seasons will keep you focused and steadfast.

Back to the experience I shared in the last chapter: It's about 6 years now and we haven't seen each other. It was incredible to know that I broke up with Him before he did. Why? I lost my peace.

As much as I felt like I wanted a boyfriend, the Holy Spirit took away my peace, and I was left destabilized and shattered in my heart until I called the boy and broke up with him.

You might be thinking that I am not smart or trendy, but when I considered the glorious future I wanted to protect, the restlessness I went through because the Holy Spirit of God did not permit me at that tender age, I had to opt-out.

In conclusion, if you allow your feelings and emotions to lead you, it is disastrous and dangerous; giving to the guidance and leading of the Holy Spirit, however, is peaceful and assures a fulfilling future.

Chapter Six

Overcoming addiction

Addiction is a general term used when someone is obsessed with something — when you're fond of doing something and spend the most time on it when you are alone, lonely, or free.

An addict is someone addicted to an art or an action. Many youths are addicted to games, eating, smoking, drinking, reading, chatting, surfing the internet, sex, etc., it's a belief that every teenager battles one addiction or the other. An addict yields himself as a servant to something. Addiction, positive or negative, is developed by yielding yourself to it; the more you yield, the more it becomes your master.

Rom 6:16 — 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?

Without prejudice, I will emphasize that some addictions have a fair impact on the addict and the people around them. For instance, addiction to reading or praying does not have so many adverse effects on you or people around, at least, it might be vagued — they are not filthy, or shameful acts. You can show it in public with confidence, and most importantly — they aren't sins.

Since you know, however, that addiction is doing things (s) in excess, and the excess of anything is tantamount to hurting yourself or others around you. Many youths are addicted to drunkenness, smoking, drug abuse, sex, and things related to immoral acts like homosexuality, masturbation, and the rest. All these have sent many to eternal destruction, while many are still suffering from it and look helpless. There is a spirit behind addiction, this makes all addicts unable to get out easily by their own will unless they receive external help from the only reliable and highest source of power — Jesus Christ.

Let's talk about masturbation.

Why masturbation?

I have met many young people suffering from this, and there is a lot of falsehood and deception in it.

DECEPTIONS ON MASTURBATION

Masturbation aids the release of hormones that helps in sharpening sensitivity, quick assimilation, sexual activeness, liveliness, happiness, and prevention of diseases; It reduces ovulation pain; causes good sleep and rest; It gives a sense of maturity. These are fallacies, medically and spiritually; they emanate from the pit of hell. The validity of all those points is not medically proven.

Masturbation doesn't just happen, it starts from a triggering — lusting after the opposite sex and infatuation triggers the arousal. Sexual abuse and assault, exposure to sex-related content — print, audio, or video — corrupts the mind and leads to a hunger for sex which eventually leads to masturbation. What you see produces unholy thoughts: pornography leads to masturbation and vice versa. It goes from the sight to the mind.

Luke 11:34 — The light of the body is the eye: therefore when thine eye is single, thy whole body also is full of light; but when thine eye is evil, thy body also is full of darkness.

Your company (friends) as well as your environment plays a crucial role in your becoming an addict.

1 Cor 15:33 — Be not deceived: evil communications corrupt good manners.

Lack of good upbringing also added: Some parents shirk responsibility, they give their responsibility to someone else. And If you have this type of parent, you seek love from an outsider, who introduces you to uncensored movies and videos —

pornography, which leads you into masturbation. Many broken homes have successfully shattered many children's lives with this.

Caressing and fondling are ugly sins. Caressing is when you or any external person (same or opposite sex) play with the sensitive parts of your body. Fondling is, almost, the same — playing or toying with the private part of the body. Both are sins and also one of the causes of masturbation. When you are alone and reminiscing on the previous fondling and caressing, you will want to do it yourself.

Masturbation weakens the spirit, and no one is too mature to be freed from masturbation. This is why it is highly important to take precautions and avoid entering into it if you haven't already. No addiction is easily overcome; it's evil, and age is not a hindrance to being trapped in the web of masturbation. Masturbation hinders the fulfillment of destiny, It draws you away from GOD. You won't be able to satisfy your partner and might experience difficulty in childbearing (if you're female) in the future. Medically, masturbation weakens the body and changes the state of the mind. It kills you psychologically. Deeper involvement leads to contamination health-wise, Infectious disease, Emotional imbalance, and Spiritual implications. You get separated from your Creator and depression creeps in.

No one is born a Christian — we aren't born as Saint Mathew, Saint Peter, or Saint Paul. At a point in life, we've all messed up big time, and it seems to be the worst moment of our lives — It may even be the dirtiest of all. Since that secret issue is, however, haunting you, enslaving you, or causing a barrier between you and God; you have to spill it out. I beseech you to be truthful to yourself and allow God to help you. Let those things be of the past in your life, only Jesus can help you to gain mastery over them.

Depression is more of a spiritual problem than a medical one. Feeling guilty always is another thing. You will always feel the guilt of sin and be downcasted.

You become prey in the hands of the devil — susceptible to his manipulation. When you don't repent, it will lead to grittier and deadlier sexual sins, and such a man can not fulfill destiny, and definitely, God's purpose for such life will be truncated. (*Romans chapter 6:1*)

The door of repentance is opened today, tomorrow will be too late; this is a call and an opportunity for you to repent and be saved. You might not have graduated into masturbation yet, but you're into something immoral that is not mentioned — there are more grievous sexual activities that don't even have common names. Please, choose to come out today as Jesus is ready to save you.

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

Way out of addictions

1. Go on your knees and confess your sins to the Lord Jesus. Ask him, sincerely, for forgiveness and help today.
2. Embrace spirituality: walk in the Spirit and ye shall not fulfill the lust of the flesh. Believe that addiction is not only physical bondage but also demonic. Call on the Lord Jesus, therefore, to deliver you from the grip of darkness.
3. Believe in what the Lord Jesus has done for you on the cross. Choose to live above the addictions by what Christ has done for you.

Romans 6:10-12 — For in that he died, he died unto sin once: but in that he liveth, he liveth unto God. Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.

4. Talk to somebody about it, not your friends, but a reliable Spirit-filled person — It'll give you a sense of accountability and discipline. It's a battle you can't fight and win alone.
5. Be zealous for God. When you engage your heart in fellowship with Him, in prayers and the word of God, your heart finds it hard to think of sin and unrighteousness.

6. Guard your heart against anything that can corrupt your mind, such as ungodly movies, songs, discussions, and friends. Keep company with the right people. Watch what you see, hear, and go.

7. Be busy doing something for God; An idle man is the devil's workshop.

8. Get rid of any person, material, or activity that can drag you in or back into the mess. Be conscious of your freedom from the bondage of affliction and challenge anything that wants to keep you in that bondage.

First, if you're born again, you are an overcomer. Your new life in Christ empowers you to overcome flesh and sin.

Rom 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.

Second, you must stop yielding your body as a servant to impurity, and contrariwise, start yielding it as a servant to righteousness.

Rom 6:19 — I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your member's servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.

2 Tim 2:22 — Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

You're not only fleeing youthful lusts but also pursuing righteousness, faith, love, and peace with other believers.

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.

As you follow the steps above, rely on God's Grace and help in this time of need. Trust God for your total victory and deliverance.

Chapter Seven

I Will Hold On

As I earlier discussed, you have the power to choose what to do or become, and I know you'll choose right. You'll receive the power of determination when you choose God and trust Him to help your decision.

Proverbs 3:5 — Trust in the LORD with all thine heart; and lean not unto thine own understanding. (KJV).

God has the best plan for you — even if you don't believe it — and He wants to help you achieve His purpose for your life. You must be determined to protect your destiny and walk in the path of fulfillment of your divine purpose.

Ever since the time I broke up with my first boyfriend, I decided never to engage in a relationship until I'm ready to settle down in marriage. Of course, guys still come, but like Joseph, I choose to do only what pleases God. I made a decision: the only person I will ever have an intimate relationship with will be my husband, and no sex until after our wedding. As a young boy or girl, God is waiting for you to make this decision and then see how he will fulfill his purpose for your life.

Because of my choice, I have had strength over the years, through university and National Youth Service Corps (NYSC) to say 'NO' to any relationship that can mar God's purpose for my life. You are not weak but strong enough to say 'NO' too. As soon as you decide to follow the Lord and do his will, He'll help and guide you through; like Daniel, Joseph, and Esther, when you choose rightly, He'll strengthen and help you to stand for righteousness in your generation, too.

Friend, choose to hold on, it's all a matter of time. Be under God's control and don't rush out of your parents' guidance and tutelage. Don't run into a relationship because others are doing it, or because of loneliness. Hold On, with time, all you desire — freedom, intimate companionship, wealth, and honor — will be yours. Just Hold On.

Keys to having a glorious Future:

1. Believe in the Lord Jesus Christ and accept Him into your heart;

2. Seek God to know His purpose for your life through His word;
3. Be focused on God's goal for you;
4. Do not allow distraction or discouragement;
5. Be patient and contented;
6. Be positive, confident, and prayerful;
7. Praise God as you go on to fulfill His purpose for your life; and
8. Follow the road map in the word of God — Take positive actions.

1Cor 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.

Daniel, Joseph, David, Esther, Shadrach, Meshach, Abednego, and our Lord Jesus Christ went through tough times as well. It was obvious that they followed the keys above to the letter and scaled through. They were patient, and today we read about them because they Hold on.

Don't be impertinent, impatient, or insubordinate. Submit to God and those He set over you, and see how he'll beautify and glorify you in the future. You don't have to do what everyone does. Be bold to say 'NO' when you need to say 'NO' and 'YES' when you have to.

DO I HAVE TO?

In this book "Do I have to", the author shares her burden about the decision-making stage of a teenage. With biblical references and personal experience

shared, the book is just what every teenage needs at this forming stage of life. Especially when it comes to dating and parental authority.

The author, being a member of Juvenile Mentorship and Leadership Initiative, lives to see Juveniles make the right decision in life that will spur them to do great things for God in all spheres of life.

For further questions & counselling, contact: 08143079345 & 08106174395

To support the publication of this book: 1025919845 (United Bank For Africa)
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