

SPIRITUAL WARFARE EDITION

'FINALLY LUST FREE'

FOR MEN & WOMEN WHO LOVE THEM

Understand what causes you to lust, find deliverance and discover ways to overcome lust, pornography and masturbation in just 3 days.

HLOMPHO PHAMODI

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By

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PASTOR'S NOTE

Dear Friend,

I want to thank you for downloading this e-book.

You probably have been exposed to a lot of information regarding freedom from lust. You have been wondering what really works and what will ultimately give you freedom. Finally you thought of trying something else and you stumbled upon this e-book. Firstly; I want you to know that God desires to see you overcome this challenge, God cares about you and will give you grace to break free. He actually knows what you are going through and it hasn't surprised Him.

Secondly; through this e-book if you are truly serious and want to be free, you will receive your deliverance in the next 24 hours from the time you read this book. As you go through the prayer points and steps in this book you will definitely not only be free but find ways to stay free, in Jesus name**. This is one opportunity that God is giving you to finally bury the spirit of lust that has robbed you of Gods best for your life. One national news magazine recently reported that in one month one pornographic site received more than 6,000,000, yes! 6 million hits**. Pornography and lust has become the number one devastating epidemic in men. The devil has successfully filled the whole world with lust. Everywhere you look everywhere you go, you can't escape it. It's used in media, it's in every channel, adverts and magazines it's called lust. It doesn't care whether you are educated or not, it has no geographical boundaries, many are imprisoned not only in the physical but also in the spiritual by the spirit of lust. In my book ***'Marine spirits exposed'*** I speak about the kingdom of darkness under the sea that is working day and night to lure men especially Christians into sexual sin. **Until we recognize that we are dealing with the spiritual force our efforts to live holy lives will be shattered,** I take you through 3 days in this book to finally bury lust and all associated sexual addictions that have robbed you all this years. With men it is impossible but with God all things are possible. **These 3 days are going to help you understand how you are designed as a person? Why you lust? What is the root to your sexual sin? And finally destroy that root and be equipped for battle against lust.** The enemy is going to lie to you and tell you that it's impossible but, trust me; you will see God take you out just like that. It's all about knowing the truth and applying it

appropriately.

I invite you into this journey; you cannot afford to loose heaven over something that Christ has provide deliverance for. Be focused, be persistent don't look back, even if you fail in this 3 days, pick yourself up and continue. Remember I am praying for you, Jesus is praying for you, the Holy Spirit is behind you, you will win ultimately. If you have not accepted Jesus Christ as your Lord and Savior pray this prayer.

'Lord Jesus forgive me of my sins, I confess with my mouth that Jesus Christ is Lord and believe in my heart that God raised Him from the dead, I accept you Jesus, come and live in my heart. In Jesus name I pray. Amen.'

If you are already born again, depart from any form of sin, live a holy life, be in submission to God and spiritual authority and let God do the rest.
May you experience Him like never before in Jesus name.

Remember to rate this book and sent a review on www.amazon.com
For prayer requests or testimonies sent us an email on hlomph@hotmail.com we will love to hear from you.

At your service
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DAY 1

MAKE THIS DECISION BEFORE YOU READ ON

(Take time to read through this section before you commit to it, then carefully read it and if possible print it out, put it on your wall or anywhere where you can see it from time to time)

I……(name here) hereby make a conscious decision to refrain from all sexual sin or behavior as from now and forevermore; whether it is through lustful thoughts, looking lustfully at the opposite sex, having sex outside of marriage, watching pornographic material, masturbation or sexual immorality in all its ways. I make a choice today to stop this sinful behavior now.

I choose to confess to God every act of sexual sin (name them) and to be accountable to Him, to my spiritual authority and the brethren in Christ regarding my spiritual purity and walk of faith.

I choose to say no to the desires of my flesh that are driving me into sin and yes to self-control and the Word of God.

I choose to get rid of all relationships, all kinds of channels or environments that are tempting me to sin, be it people, internet access, books, movies etc. I commit to live holy despite the temptations that are pulling me to sin against God, His Spirit and my own body.

I covenant with my eyes that I will not look lustfully at another women/men.

I make a proactive decision to look with dignity and respect at the opposite sex.

I commit my mind my heart to please God, to love and fear Him.

I chose to stop feeding my mind with worldly sexual influences, through internet, media, books, and all manner of entertainment that feeds my flesh.

I choose Holiness no matter the cost; I chose to be free in Jesus name.

I ask God to grand me forgiveness, mercy and a second chance to live uprightly for Him. I ask that He will always remind me of this decision that I have taken should I be tempted to sin. No matter how many times I have fallen I accept forgiveness, I forgive myself and those whom I have hurt, or those who have hurt me through sexual immorality. All this decision is done in the name of Jesus Christ.

NOW PRAY THIS PRAYER BEFORE YOU PROCEED

'Father in the name of Jesus Christ of Nazareth, I……. (name here) come before your throne of grace, and confess every sexual sins and iniquities of my parents, (name specific sins if known) grandparents (name specific sins if known), and all other ancestors.

(Now put your hand on your naval/ belly button and pray) In the name of Jesus, and by the power of His blood, I now renounce, break and sever all cords of iniquity and generational curses I have inherited from my parents, grandparents and all other ancestors and break and sever all unholy soul ties formed between myself and my parents, grandparents and all other ancestors in Jesus name. I declare and decree that I am lust free and as from today I now loose myself and my future generations from sexual sins and bondages passed down to me from my family and ancestors and I command any evil spirits which have taken advantage of these cords of iniquity, generational curses and unholy soul ties to leave me now in the name of Jesus.'

UNDERSTANDING HOW YOUR MIND OPERATES

'You become what you continually listen to and hear.'-H Phamodi Whoever controls your subconscious mind controls you. The first and most important thing to understand especially with regards to sexual sin and lust is how your mind is designed. There is what is called the conscious mind and subconscious mind. When the scriptures says; as a man thinketh in his heart so is he (Proverbs 23:7), the word ***heart*** here refers to the subconscious mind. So it actually should ***read; as a man thinketh in his subconscious mind so is he.***

Now the mind works like this, your conscious mind feeds your subconscious mind. It's the way God designed you. **Your values, character, lifestyle, language, habits and belief system are all coming from your subconscious** mind. You are what is laid deep in your heart. The more you hear or see something, it is first deposited in you conscious mind, then in time it filters or is downloaded into your heart (*subconscious mind)*. When it's there its rooted deep in your soul, where your '***will'*** recites and that's what controls you or rule your life.

Jesus knew this very well, that's why he taught us to be careful of what goes into our ears. In Mark 4:24 ***Jesus said; take heed what you hear.*** The devil is the prince of the power of the air, **unless you understand the power and role of media you will be controlled by the enemy.** The Lord wants you to know this. You are more than a conqueror and you can live a victorious life free of all sexual influences. Its time you take heed and watch over what you feed your mind.

THE DEVIL IS AFTER YOUR SOUL

The way your soul operates is so profound; remember your soul refers to your *mind, will and emotions*. Let's make an illustration to explain how the devil targets your soul.

Your body is safe; you are probably well and are willing to serve God with your body, **this area of your life is not the prime target of the enemy, because there is a real person beyond that body that the devil wants and God wants as well.** That is your soul and spirit man. Now your spirit is safe as well because God the Holy Spirit lives in it, **but now your soul is the one that needs your outmost attention**. The Bible says 1 Peter 1:9; *for you are receiving the end result of your faith, the salvation of your souls.* **God wants to save your soul, and the devil knows this that's why he wants to occupy your soul**. This is how the devil does it; **Your soul is the mediator it's the in-between man between the body and the spirit man.** Your soul receives from the body senses information and sends in to your spirit. In return your spirit sends back feedback to your body via your soul. For example: ***Let's say you are walking down the street, minding your own business, you love God, go to church and are a person who understand what is right and wrong, you happen to see a half-naked woman walk passed you, you sight sends an information or picture to your soul, now your soul, remember that is where your mind is or your subconscious mind is. The soul receive the image and has to make a choice whether to receive the information it is send and it needs to decide too how to act upon it. So in that split second, it sends to your spirit man this information. Depending on how matured your spirit is, it will respond accordingly. If it's not matured or nourished in God's word it will give to the soul whatever junk it has accumulated due to the absence of God's word and power in it. Then if lust is your weakness, your spirit won't have any power to resist, then it will send to the soul lust, and lust with emotion and feelings will cloud your mind, your thinking and before you know it, your body is following after the half-naked woman, eventually the mind starts stripping her off all her clothing and having sex with her in your mind. This is how the devil wins the battle.***

God wants you to rule the world through your soul, because the kingdom of God is about the heart. God desires that you prosper and be in health even as your soul prospers. **The first attention is to be given to your soul**. Jesus first sermon in ministry was *'repent for the kingdom of God is at hand.'* **Repentance means change your mind, change your soul.**

UNDERSTADING OPEN DOORS OF YOUR SEXUAL SIN

'The enemy is only as strong as you allow him in your life.'-H Phamodi

Open doors are a legal ground for the enemy to operate in your life**. Sexual sins that are present in a life of a born again Christian is due to some negligence and ignorance that the enemy takes advantage of**. I was counselling a young man who was struggling with pornography and women, and to my surplice these young men will be free for a few weeks, but soon fall back into the same sin again. I didn't understand why, until God revealed to me that there is an open door, remember what the scriptures says about an unclean spirit in Matthew 12: 43-45; ***the spirit that has gone out of a man goes about dry places seeking rest , but find none. Then the sprit says; 'I will return into my house from where I came out.' And when he has come he finds it empty and clean and garnished .then he goes and take for himself seven other sprits that are more wicket that him, and the state of that man is worse than before.***

The enemy looks for doors as long as this young man was still feeding his mind with lustful content from the interne and social media the enemy could find an open door to bring up those lustful thoughts. There is nothing wrong with the internet and social media but it is the kind of content and relationships that one gets into. The day he cut off all social media and relationships that were keeping him bound he was set free.

What are some of the things that you need to cut off? Internet maybe a great tool, but if it's causing you to sin, then, rather get rid of it. It may be relationships for someone, it may be an idle mind, what you need to do is follow the example of Jesus; **He said once it's better for a man to pluck out his eye that is causing him to sin than to have his whole body burn in hell. (Matthew 5:29) This is a serious matter.**

BEFORE YOU GO FURTHER, MAKE A LIST OF THINGS NOW THAT YOU NEED TO CUT IN YOUR LIFE IN ORDER TO CLOSE EVERY DOOR THE ENEMY IS USING TO TEMPT YOU, AND ACT NOW.

DAY 2

WHAT ARE SOME OF THE DOORS

Before I get into doors that you need to watch out for I want to discuss our own personal gates or doors to our hearts, soul and spirit. The better we understand how the enemy gets into us the more wise we will be towards the enemy.
There are at least three important gates that you and I should guard. The Bible teaches us; ***to guard our hearts with all diligence for out of it flows the issues of life. Proverbs 4:23***

1. YOUR EYE GATE; every form of sexual desire begins here; it's what you look at and find appealing. **Eve was deceived by the devil this way; the Bible says; *when she saw that the tree was good for food and pleasant to the eyes, she took of it and ate it.* The enemy's approach was to make sure she sees the tree. The devil actually deceived her to think that her eyes will be open and that she will be like God, knowing good and evil.**

The sexual content that you are looking at, that is the problem, **the sexual way of looking at the opposite sex that is where the enemy is working 24/7 to make sure you keep looking lustful and feeding your mind with lustful pictures.** Then he waits for you to sleep, he gives you a sexual dream and before you know it you are filled with lust. He makes you so lustful that you cannot believe you are a Christian; and it all starts with what you look at. When I discuss examples of doors I will show you just how smart the enemy has mastered this door especially for men. **Men are stimulated by what they see and woman by what they hear.** This kind of knowledge should help you better understand yourself as a man or woman.

2. YOUR EAR GATE; what you hear is so powerful. Did you know that what you keep hearing is what you will manifest in your life? You cannot hear the word of God and manifest lust; likewise you cannot listen to worldly music and read all that worldly content and manifest the word of God. The scriptures teach us that *faith comes by hearing and hearing by the word of God.* What is your thought life like? **You are only as godly as to how much godliness you are hearing**. The enemy has filled the world with sexually inspired music, and being a former worshipper in heaven he understands music, the more you listen to a certain type of music, the more you will likely fall into sexual sin. Is it wrong to listen to worldly music? I don't think so; remember we talking of a lifestyle here. If you are truly born again or if you truly want to live a holy and righteous life your music library will reflect this, your entertainment will be different and very selective.

3. YOUR MOUTH GATE; now this one works a bit differently from others. **Your possession will always follow your confession.** What you say is what you

will become. You are where you are today because of your confession. I am reminded of the woman with the issue of blood, the Bible says; she kept saying within herself; ***if only I may touch the hem of His garment I will be made whole.*** What is your confession now regarding the lust you are faced with? What is coming out of your mouth? It is the task of the enemy to use this gate to fill you with negative confessions that keeps you in bondage. You could be tempted to say; **'maybe I will never be free of this challenge'**; your mouth has actually created a limitation for you and no matter what you do, those words will count against you. God wants you to use your mouth correctly. Use the word and counteract the spirit of lust, whether it is a spiritual wife or husband that is bound you today it will have to stop.

Now let's make use of our mouth and make this declaration and prayer out loud:

I DECLARE I AM FINALLY DELIVERED FROM LUST (x7)

Lord your Word declares in Eph. 5:3; But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Lord I come boldly before Your throne of grace and mercy to find help and strength my time of need. Lord Your word says to watch and pray so that we will not enter into temptation, for we know that the spirit is willing, but Father my flesh is weak. Lord, I submit myself to You, for Your word says that if we submit ourselves unto You, that we could resist the enemy and he would flee from us. Lord I am fully submitted to You, all that I am, all that I ever hope to be. I surrender unto You. Father, I am weak but thou art strong, I know in my weakness You are made strong. I know that my strength is not in my will to withstand the devil and his many temptations, but my faith, my strength, my hope is in You. Therefore, Lord I confess that I am strong in You, and in the power of Your might.

Father, in the name of Jesus, I cast down every wicked, lustful, lascivious, and unclean thought of the enemy in the name of Jesus Christ of Nazareth. I refuse to allow any thoughts of the enemy to enter in; I dismiss them from me in the name of Jesus. Father, I pray that You will cause me to think upon those things which are pure, honest, and of a good report, and I pray that You will not allow my mind to wander into idleness, but to stay upon the name of Jesus. Father, I thank You for revealing the evil lustful spirit that was trying to confuse me. I thank You for not allowing me to be drawn away by his words of flattery, his lustful eyes, or his gifts of deceit. I thank You for not

allowing me to be overcome with lust in my eyes, for I know the eyes are the door to the heart, and Your words says to guard my heart with all diligence. So Father, please help me to guard my heart by the words that I speak. Father, I pray that You will place upon me the whole amour of God, so that I will always be able to stand against the tricks of the enemy. I pray that You will lead and deliver me from every temptation of lust, sin, and evil.

In the name of Jesus, I take authority over Satan, every principality, every evil spirit, and every spirit of wickedness in high places. I bind them up in the name of Jesus Christ and render them helpless from operating in my life. In the name of Jesus I bind and cast off ever spirit of lust, adultery, fornication, lasciviousness, and uncleanliness in my life. Father, I surrender my body to you as a living sacrifice, and I recognize that my body is the temple of the Almighty Living God and a dwelling place for His Holy Spirit and I rejoice in knowing that the blood of Jesus Christ covers me. Satan, in the name of Jesus, every stronghold, You have tried to bring against me has been rendered helpless, powerless and ineffective to operate in my life, by the authority of Jesus Christ! I put off all forms of lust and put on the new nature of righteousness, purity, and honesty. Jesus has defeated Satan in my life, and now you are under my feet, and your power of lust and sin is broken in my life.

Father, I thank You for hearing my prayer, and delivering me from the tricks of the enemy. I thank You for Your word and how it is established in my heart and in my life. I thank You for giving me power over the enemy, I thank You for strengthening me so that I will not defile my body, and that it will be a temple for the Holy Spirit. Thank You Lord, for restoring me, for cleansing me, and for forgiving me for my weakness. I praise You; I give You all the glory.

In Jesus name Amen

DOORS THAT THE ENEMY USES TO BIND YOU

We have spoken about gates to your heart, soul and spirit, *the eye, ear and mouth gates*; we have explained how they operate and how you should guard them. I will love here to mention a few things around doors that the enemy uses, they will differ from person to person, as the Scriptures also state that every man is tempted, when he is drawn away by his '***own lust'*** James 1:4. **Lust is specific and is tailored for you**. The enemy will not temp you with smoking while drinking is your weakness. So he works with what he knows about you, your background and weaknesses.

The first step to victory is knowing your weaknesses. What tempts you to lust, what sought of cycle or game plan the enemy uses.

For example a cycle of sexual sin for someone might be; ***the enemy needs to create an atmosphere of feeling lonely. A person not knowing what to do they end up being frustrated. But then they remember they have internet, they have lots of friends to chat with on social media. Not long they start texting and looking for company, then they find it with the opposite sex because of a weakness in that area. They begin flirting with one another and being very lustful to each other. Over a period of time the emotions gets high and the message gets clearer and clearer. They end up inviting each other and sleep together.***

Or how about a married man; I once counselled a man who would get so out of control due to a fight and disagreement with the wife. He will start by isolating himself from his wife; then decides to phone some of his friends for a drink. Once he got drunk he went for women and slept with them.

For others it might just be a picture, you start looking or admiring on social media, you end up just browsing on the internet. Until that window shows up and it's like 'CLICK HERE FOR MORE' you can clearly see it's a pornographic content, but your engine has been warmed up. You ignore it for some time but, eventually you think let me just see then; "CLICK" and you are now on a porn website and you can't understand how you got there. There is a cycle that the enemy used; if you know it, you are safe, but if you keep ignoring it you will fall into the same thing over and over.

Many Christians don't know themselves they are casual about everything and a person knows they have a weakness or background of sleeping with women, then you find them being friends with every other woman, spending time alone with them, and all the enemy has to do is create an environment where the two are alone and after all the flirting and closeness the next thing is to get them to sleep together. **Every person needs to know who they are, what**

tempts them and what they need to avoid at all cost in order for their weaknesses to not be compromised.

All the enemy needs is to trigger that right button and the rest will follow. I declare now over your life;

Every spirit that the enemy uses to get you down I command it to be exposed and put to shame right now in Jesus name.

Every time you are facing loneliness, conflict or temptation to fall, I command the grace of God to strengthen you. In Jesus name.

When you are weak you are strong, because His power is made perfect in your weakness.

HERE ARE SOME POPULAR DOORS THE ENEMY USES

SEX OUTSIDE OF MARRIAGE; any form of sexual fulfilment outside of marriage is a big door for the spirit of lust.

PORNOGRAPHIC WEBSITES; With over 6 million websites, and millions of sexually appealing content, porn has been used for decades to destroy families, marriages and ministries. **Don't let the devil use this door, once opened it is very difficult to close because the images stays with you. Unlike drinking; a person to be tempted to drink he cannot think drunk and be drunk he actually needs to buy a drink and get drunk, but with porn you don't need to watch the videos or see the pictures again, no! All you do is to reply them at will in your mind and there the devil has you.**

MASTURBATION; your body is the temple of the Holy Spirit, you cannot satisfy your lust by masturbation, it is a sin before God and your own body. It opens a door for lust to consume you, destroys your self-esteem, keeping you in guilt and shame. **The devil knows that most Christians will not sleep with one another, he knows that they'd rather defile themselves than defile one another**. When you masturbate you are actually saying God this temple, this body that belongs to you, I am subjecting it to demons to use. You are saying Lord I don't trust you to provide for my sexual needs, I'd rather please myself than wait to get married.

SEXUAL IMAGES IN YOUR MIND; a mind given to worldliness and filled with all that the worldly media is promoting is the devil's playground. God wants our minds renewed and that takes a lot more than a once a week sermon on Sunday. **In order to bury the lustful images and sexual desires stored deep in your subconscious, you are going to have to clear out your hard-drive in this case your mind using a powerful software, Gods word** and replace it with new information that will not keep you in bondage.

SOCIAL MEDIA WORLD; Are you a social media expect. Social media is a very powerful tool if used properly but, we have delivered people who were lured into pornography and sexual sin because they were always on social media, looking for attention.

INTERNET ADDICTS; with regards to internet you need to exercise self-control. With over a billion websites and videos on-line you cannot be a person who loves the ineternet. The devil has tricked many young people into pornography this way.

DATING WEBSITES; Do you find yourself forever looking at dating websites for relationships, be careful the devil will flood you with so many options and you will easily be tempted to fantasies about them. Dating websites are not bad

but, you need to exercise self-control.
WORDLY MUSIC; be careful of music that stimulates your sexual drive, the devil works smart and will entice you and make you want to lust through music.
RELATIONSHIPS THAT ARE UNGODLY; all relationships that are not of God, be it dating or friends that are driving you towards sexual sin, please cut them off, there is nothing wrong with company, but what are you getting from the relationships and is that glorifying God?.
FANATICIZING IN YOUR MIND; the mind is a prime target as I explained, your mind is the battle field, make sure that there is nothing that the enemy can use to temp you.
SEXUAL DREAMS; spiritual spouses are the main agenda here, the moment you start having regular dreams of sleeping with the opposite sex, be alarmed the devil has a huge door opened and he wants to bind you and marry you with a demon spirit.
MOVIES; there are movies that are designed from the kingdom of the sea to make you lust; they are filled with sexual content that is designed to go into your subconscious mind. The movie might look innocent but, be careful of what you watch; this doorway is very well utilized by the devil.
CELEBRITY FIGURES; what sort of media news interests you, and who are the faces of media or entertainment that you follow. Most of these well-known stars are used by the devil to seduce men. Be careful of being a fan of this people.
UNFULFILLED SEXUAL DESIRES; (for those who are married) are you married and not sexually fulfilled the devil will use this door to tempt you. He will bring up someone who will interest you sexually. **A man came to me once and said; he was ready to sleep with another woman because his wife was not sleeping with him at all, he was fed up and the devil tempted him. But thank God he got helped.**
COMPARING YOUR SPOUSE WITH ANOTHER; if you are married and comparing your partner with someone else the devil knows this, your mind should always be on your wife lustfully, **you cannot sleep with her while your neighbors wife is in your mind.** This door leads to fornication and lust that is never satisfied.
LIVING OUT YOUR FANTACIES WITH YOUR PARTNER; are you a person who had a sexually active past and know you are expecting your partner to meet a certain standard sexually. The devil sees that and will use it against you. A pastor from my town was reported to be sleeping with prostitutes; one day he borrowed a memory stick to another pastor, unfortunately it was the wrong one, the pastor found pornographic videos and pictures. He brought it to

the church leadership attention and the pastor was exposed. **The enemy cares nothing about you, he wants to expose you and destroy ultimately your soul.**
BROKEN FAMILY BACKGROUND; for those with broken family background, perhaps your parents were sexual immoral and that has affected you, watch out for this door as the enemy can try to pass that curse upon your life and family.
PAST WOUNDS; is there past sexual wounds in your life. It's time to find healing and deliverance as you cannot afford to live your life based on the past. **Remember the enemy uses your past to bind you, but God uses your future to heal you.** For those who have been raped find closure and healing. The Lord loves you and the enemy should not keep you limited in terms of relationships and your sexuality.
UNBIBLICAL IDEAS ABOUT RELATIONSHIPS; what are your thoughts about getting married, a lot of young adults even in the Church don't believe in marriage. God wants you to get the right perspective on marriage, sexuality and relationships.

DAY 3

OVERCOMING LUST

Lust is one major drive in this world that is very powerful and should not be taken lightly. Often you will find yourself doing things you don't even want to do because the lust spiritual push is so strong within. Sometimes if lust has gotten hold of you it feels like everything you trying with all might to be free, is falling back on your face. Does this sound familiar? Don't worry, many have been there and have made it. It is worst thing to happen where you find yourself not being in control of your own body and even your mind.

SO HOW DO YOU BREAK FREE FROM LUST?

Well it starts simply and often surprisingly with identifying the fact that sexual desires are natural and you can thank God for blessing you with a healthy sex drive.

You need to understand that you are a spiritual being and God made sex to be a joining force between two people in marriage. **So when you lust or sin sexually you are joining your soul and spirit to another person.** This is how the kingdom of darkness has claimed so many lives through sexual sin. A married man gets tempted and sleeps around. When he becomes intimate with his partner all those spirits from the sexual unions are joint together into him and the wife, this way the marriage gets defiled, loses its holiness and that's how the devil gains an open door to destroy.

Let's take time to do some powerful prayers against lust;

PRAY THE FOLLOWING DAILY BEFORE AND AFTER YOU SLEEP:

> I……..(name here) renounce all sexual sin that I have been involved with in the past, including fornication, masturbation, pornography, perversion, fantasy, and adultery in the name of Jesus.
>
> I break all curses of adultery, perversion, fornication, lust, incest, rape, molestation, illegitimacy, harlotry etc. in the name of Jesus.

I command all spirits of lust to come out of my stomach, genitals, eyes, mind, mouth, hands, and blood in the name of Jesus. **(Repeat this prayer several times until you sense a release)**

I present my body to the Lord as a living sacrifice.

My members are the members of Christ. I will not let them be the members of a harlot.

I release the fire of God to burn out all unclean lust from my life in the name of Jesus.

I break all ungodly soul ties with former lovers and sexual partners in the name of Jesus.

I cast out all spirits of loneliness that would drive me to ungodly sexual relationships in the name of Jesus.

I command all spirits of hereditary lusts from my ancestors to come out in the name of Jesus.

I command all spirits of witchcraft that work with lust to leave in the name of Jesus.

I take authority over my thoughts and bind all spirits of fantasy and lustful thinking in the name of Jesus.

I cast out all marriage-breaking spirits of lust that would break covenant in the name of Jesus.

I cast out and loose myself from any spirit spouses and spirits of incubus and succubus in the name of Jesus.

I cast out all spirits of perversion, including Moabite and Ammonite spirits of lust, in the name of Jesus.

I receive the spirit of holiness in my life to walk in sexual purity in the name of Jesus.

I loose myself from the spirit of the world, the lust of the flesh, the lust of the eyes, and the pride of life. I overcome the world through the power of the Holy Spirit.

I am crucified with Christ. I mortify my members. I do not let sin reign in my body, and I will not obey its lust.

So you have done it and feel, this is your moment of deliverance, you are ready to put all that embarrassment behind and for once in your life live for God. If this is your goal, you've come to the right place. It's not going to be an easy journey but all you need is to put this steps and knowledge you have learned to action and God will do the rest. **Your motive is very important in this journey it needs to be about God not about you. The bible says in** Isaiah 48:11 God will not share his glory with another. So let your **motive be on the glory God will receive once you are free.**

STEPS IN OVERCOMING MASTURBATION

From here on there is no turning back, no matter how impossible it may seem, if you are willing and have prayed earnestly through this book, use this steps as a guideline and keep evaluating yourself. **What I recommend is also that you set a target or a goal, it can be a week, 21 days or 3 months, put it on your phone, calendar and wall make sure you see it every day.**

UNDERSTAND THAT YOU HAVE A SEX DRIVE

It is normal to have an erection as a man or to be aroused as a women, it is important that you understand God created you with a sex drive, and all we need to do is have self-control.

For men their testicles are continually producing hundreds of millions of reproductive cells call *spermatozoa*. These are moved up a tube called the *vas deferens* to a place called the *ampulla* where they are mixed with fluids from two membranous pouches called *seminal vesicles* and the *prostate gland*. The resultant fluid is called *semen*. When the seminal vesicles are full a signal is sent to the central nervous system indicating they are ready to be emptied this is when you feel like having sex. The rate at which the filling takes place varies greatly from one person to another, depending on such things as diet, exercise, state of health, etc. For some it may be several times a week, for others twice a month and for others, hardly ever.

It is normal for the vesicles to be emptied occasionally at night during sleep. This is called a *wet dream*. The impulses that cause the emptying come from the central nervous system. Often an erotic dream is experienced at the same time, and is a part of this natural process. If a young man has consistently masturbated instead of letting nature take its course, the reproductive system is operating at a more rapid rate, trying to keep up with the loss of semen. When he stops the habit, the body will continue to produce at this increased rate, for an indefinite period of time, creating sexual tensions and pressure. These are not harmful and are to be endured until the normal central nervous system pathway of release is once again established.

Here are the steps: 1. **PRAY AWAY FROM THE PROBLEM**; this is a spiritual matter and must first be handled spiritually, but when you pray, don't pray about this problem, for that will tend to keep it in your mind more than ever. Pray for faith, pray for understanding of the Scriptures, pray for others, your friends, your families, but keep the problem out of your mind by not mentioning it ever not in conversation with others. Keep it out of your mind!

2. **BE ACCOUNTABLE;** find a godly spiritual leader or mentor to encourage you through the process, it’s better to have someone than to be all alone fighting this battle, this should be someone that you trust and

will keep you in prayer. This mentor or person is the one you call when you are under sexual pressure and want to masturbate; they are a support system there for you 24/7.

3. **FAST WEEKLY;** the desire to masturbate is a fleshly desire and by fasting one to three days a week at least for a period of 6 months you are sending a clear message to the flesh that you are walking by the spirit now.

4. **NEVER LOOK AT PORNOGRAPHIC MATERIAL;** anything that triggers the desires stay away from it, never read about your problem. Keep it out of mind. Remember "First a thought, then an act." The thought pattern must be changed. You must not allow this problem to remain in your mind. When you accomplish that, you soon will be free of the act.

5. **REPLACE YOUR LIFE WITH NEW INNOVATIVE ACTIVITIES;** what do you lover to do? Find creative ways to fill your time, if you idle it will be easy to fall into temptation. If you have to create new friendships and stay away from social media, this is a time to focus on you and your deliverance.

6. **BREAK OFF FRIENDSHIPS THAT REMIND YOU OF YOUR ISSUE;** 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 or that is where it really exists. Your mind must be on other and more wholesome things.

7. **DON’T ENTERTAIN YOUR PRIVATE PARTS;** never touch the intimate parts of your body except during normal toilet times. Avoid being alone as much as possible. Find good company or create one and stay there.

8. **CLOSE THE EYES AND EAR GATE;** don’t watch anything that will entice you, don’t talk to anyone that will entice you. Do not admire yourself in a mirror or spend too much time bathing or naked.

9. **IF THE TEMPTATION SEEMS OVERPOWERING WHILE YOU ARE IN BED, GET OUT OF BED AND GO DO SOMETHING DIFFERENT***;* even if it is in the middle of the night, and even if you don't feel like it. The purpose behind this idea is that you get your mind on something else**.** You are the subject of your thoughts, so to speak.

OVERCOMING PONOGRAPHY

It is reported that 70% of men have been exposed to some form of pornography in their lives; in fact porn sites are the most visited sites worldwide. The pornographic industry is one of the most deceptive industry that is growing at an alarming rate. **To overcome this kind of addiction you are going to have to be violent.** The images that have been deposited in your system will ultimately go, but you are going to have to be patient and committed.

WHY DO THE PORNOGRAPHERS MAKE IT SO EASY TO VIEW THEIR FILTHY LUSTFUL BEHAVIOR AND PRACTICES?

How do they profit when millions of their pictures and videos are available for free download? The answer is they don't. **Their evil products are subsidized by the Satanists to destroy human love and the lifelong marital bond. They seek to divide and conquer by destroying God's gift to mankind, human sexuality**. The enemy knows if he can get men he has the family and if the man is bound, he will ultimately leave his family and that way the enemy destroys families, communities and nations, because he knows family is Gods pillar to bring forth His kingdom and godly offspring into the earth.

KIDS ARE THE TARGET

Pornography begins in the early stages of most people's lives. The enemy targets young innocent kids from as young as 8 years with pornographic content. This kind of exposure is so powerful and keeps the young person curious and interested in such filth. **Due to lack of education around sex in most households and churches, young people are looking for answers and often porn creates a false reality for them**. They grow up into it and become dysfunctional and brain washed so to say about sex.

LET'S LOOK AT SOME STEPS TO HELP YOU OVERCOME PORNOGRAPHY:

1. PRAY AWAY FROM THE PROBLEM; like with masturbation, don't keep your mind on the problem, rather pray away from it, but take the matter to God in prayer.

2. ACKNOWLEDGE THAT YOU ARE ADDICTED; many who are caught in the trap of addiction will quickly deny the problem. ***He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.*** Proverbs 28:13. You need to be honest to yourself and to God.

3. YOU MUST REALISE THAT WHAT YOU ARE DOING IS A SIN AGAINST GOD; you cannot justify your behavior, you have to admit that it is wrong. *For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.* I John 2:16

4. YOU MUST NOT BLAME ANYONE; you cannot point a finger at anyone, it is you that has failed to take responsibility. You must begin to take responsibility for your actions.

5. MAKE YOURSELF ACCOUNTABLE TO SPIRITUAL AUTHORITY; find a pastor or a matured believer to account to, tell them about your plans to abstain from pornography addiction and seek their support, mentoring and prayer. The Bible encourages us to confess to one another. *Therefore, confess your sins to one another and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.* James 5:16

6. YOU MUST DESTROY ANY PONOGRAPHIC MATERIAL OR CONTENT IN YOUR POSSESSION; find out what are the kinds of things that lead you to pornography and get rid of them. If it's a cell phone or internet

find a way to avoid them at all costs.

7. FLEE THE TEMPTATION; self-deception may enter you when you think you can play with fire without getting burned. *Do not enter the path of the wicked, and do not proceed in the way of evil men. Avoid it, do not pass by it. Turn away from it and pass on.* Proverbs 4:14, 15. Don't ever think you are strong enough to resists temptation.

8. BE PATIENT GIVE YOURSELF TIME TO WORK THROUGH THE PROCESS OF RESTORATION; there are no short cuts. Allow God to lead you into wholeness and deliverance.

PRAYER TO BE SET FREE FROM WATCHING PORN

Father I have sinned against you and my body by watching porn, I repent Lord, forgive me and wash away my sins.

I take my power and authority in Jesus name and rise against every satanic marriage with demons of lust and immorality in Jesus name

I break every satanic marriage in my life in Jesus name.

I bind every spirit of lust that is controlling my body, soul and mind. I cast them away in Jesus name

Let your fire burn away any lust in my eyes o Lord, and in my sexual members in Jesus name

Father I ask you to close every doorway of lust and immorality in my life. Help me to pursue righteousness, faith, love and peace

Deliver me o Lord by your power and set me free.

I pray in Jesus name

DEVORCE A SPIRITUAL SPOUSE

I resign my involvement in any way from spiritual spouse altars. I withdraw any part of my body and blood deposited on these altars in Jesus name.

I withdraw my pictures, images and inner man from the altars in the sea and covens of evil association in Jesus name.

I purge myself of all evil sperm in my system from evil associations.

I break all inherited covenants with marine spirits.

I renounce and divorce a spiritual husband/wife, I declare I am no longer yours, I belong to Christ and I break my covenant with you now in Jesus name.

I break any soul ties with marine friends or associations.

I claim back from Satan and all the marine kingdom, my earthly belongings in the custody of the spirit husband/wife.

MIDNIGHT PRAYER POINTS

MAKE THESE DECLARATIONS OUT LOAD AND PRAY THEM ONE BY ONE
(1-5 MINUTES EACH PRAYER ITEM/REMEMBER TO PRAY AGRESSIVELY)

1. Spirit husband/ wife Let me LOOSE BY FIRE, in the name of Jesus.
2. Spirit husband/wife, I DIVORSE you by the POWER OF THE BLOOD OF JESUS.
3. Every spirit wife/ husband I command you to DIE AND NEVER RISE AGAIN, in the name of Jesus.
4. EVERYTHING you have deposited in my life, let it come out now by fire, in the name of Jesus.
5. Every ASSEMBLY that is working against my marriage, be destroyed, in the name of Jesus.
6. I divorce and renounce my marriage with the spirit husband or wife, in the name of Jesus.
7. I break all covenants entered into by MYSELF OR FAMILY with the spirit husband or wife, in the name of Jesus.
8. Fire of God to burn to ashes THE WEDDING GOWN, RING, PHOTOGRAPHS AND ALL OTHER MATERIALS USED FOR MY MARRIAGE with spirit spouse, in Jesus' name.
9. Fire of God to burn to ashes EVERY MARRIAGE CERTIFICATE, in the name of Jesus.

10. I DESTROY every BLOOD AND SOUL-TIE with the spirit husband/ wife, in the name of Jesus.

11. Fire of God to burn to ashes the CHILDREN BORN TO THIS MARRIAGE,THEY ARE ILLEGAL in Jesus' name.

12. I WITHDRAW MY BLOOD, SPERM OR ANY OTHER PART OF MY BODY deposited on the altar of the spirit husband or wife, in Jesus name.

13. You spirit husband/ wife tormenting my life and earthly marriage I BIND YOU IN JESUS NAME AND CAST YOU OUT OF MY LIFE INTO THE DEEP PIT, and I command you not to ever come into my life again, in the name of Jesus.

14. I return to you, EVERY PROPERTY OF YOURS IN MY POSSESSION in the spirit world, including the dowry and whatsoever was used for the marriage and covenants, in the name of Jesus.

15. I DRAIN/ FLUSH MYSELF WITH THE BLOOD OF JESUS of all evil materials deposited in my body as a result of our sexual relation, in Jesus' name.
16. Lord, SEND HOLY GHOST FIRE INTO MY ROOT AND BURN OUT ALL UNCLEAN THINGS deposited in it by the spirit husband or wife, in the name of Jesus.
17. I BREAK AND CRUSH the head of the snake, deposited into my body by the spirit husband /wife to do me harm, and command it to come out, in the name of Jesus.
18. I FLUSH OUT, WITH THE BLOOD OF JESUS, EVERY EVIL MATERIAL/ POISON/ SNAKE deposited in my womb to prevent me from having children on earth.
19. Lord, REPAIR AND RESTORE EVERY DAMAGE done to any part of my body and my earthly marriage by the spirit husband /wife, in the name of Jesus.
20. I REJECT AND CANCEL EVERY GENERATIONAL CURSE, EVIL PRONOUNCEMENT, SPELL, ENCHANTMENT AND INCANTATION place upon me by the spirit husband or wife, in the name of Jesus.
21. I GIVE THANKS for my Deliverance in Jesus name.

MY DAILY PRAYER FOR YOU

Thank you for completing this book, go and testify of what the Lord has done. May 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. I Thessalonians 5:23

ABOUT THE AUTHOR



Pastor Hlompho Phamodi is a born again, chosen vessel of God, a general and a commander in the Kingdom of God, an anointed man of God who is called to proclaim and demonstrate the Word of God. He is called to pastor, coach and equip the saints in the area of Deliverance, Healing and Spiritual warfare. His preaching's and writings are backed up with signs and wonders to deliver, to heal and set free the captives. He is a man under submission to spiritual authority; he serves under the apostolic covering of Apostle M Oliphant at His Grace Family Church in Cape Town. He is a married to 'Makarabo Phamodi and lives in Cape Town South Africa.

DEDICATION & ACKNOWLEDGEMENT

Firstly I will love to dedicate this work to the Most Important Person on this planet and in my life, the Holy Spirit Himself, without Him I can do nothing. Without His fire in my life these are just mere words.

To my precious wife ‘Makabo Phamodi, your love and prayers continue to inspire me to do more. I am grateful to the Lord for a suitable helper, may God richly bless you.

I have been blessed to have a wonderful spiritual father Apostle Oliphant and mother Mama Oliphant I want to give God all the glory for giving me such parents. The apostolic covering upon my life through my spiritual father has brought so much favor and blessings in my life. This book is an example of what God can do when you meet your ordained spiritual parents.

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To my family in the Lord from His Grace family Church, and Fill the Gap ministries back in Lesotho I bless the Lord for my parents there, Archbishop M Kolisang and Mama Bishop Kolisang from Fill the Gap Ministries International in Lesotho; I am a product of their prayers and teachings.

To countless sons and daughters of the Most High God all over the world who believe that Jesus has called them to live in uncommon favor, may God bless you beyond human comprehension.

OTHER BOOKS BY THE ATHOUR

1. ***Deliverance by Fire by Force*** **(Available in 8 Volumes Sold Separately for individual subject)**
2. ***Marine Spirits Exposed***
3. ***Money Cometh to me now!***
4. ***Give, Safe then Spend***
5. ***Disarm and Divorce Spiritual Spouses***
6. ***Goliath must die!***

7. ***Deliverance from Barrenness and Miscarriage***
8. ***In the name of Jesus Demons tremble***

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