



COMPLETE DELIVERANCE FROM MASTURBATION AND ALL ADDICTIONS

*Conquering The Beast Of Addictions
Through The Power Of Christ*

First Edition

Peterson O. Abu

Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Bible.

Complete Deliverance From Masturbation
And Addictions

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Introduction

Following the private inbox messages from a talk with a group on WhatsApp regarding a teaching I had with them on this very topic, as well as testimonies from others who had achieved freedom from masturbation, I decided to write this article. I made the decision to expand this training through writing to as many people who are struggling with addictions as possible, and not just those who are struggling with masturbation. Among the dramatic testimonies I heard from people via WhatsApp were those who claimed to have become free simply by reading my article; this was a pleasant surprise. I was

completely taken by surprise when I received such a number of testimonies of their release simply by reading my article. To begin with, it seemed impossible, but after a while I realized that revelation has the power to bring about deliverance. My friend, read every chapter of this book with an open mind, because the power of God will touch you as you progress through the pages of it.

First and foremost, we will be addressing the underlying causes of addiction. To be clear, this book is not the solution; rather, it is a guide to the Solutionist (Jesus Christ) and the path to obtaining this freedom. The solution is also revealed in this book. You

are only required to make a decision and put it into action for yourself in order to obtain your freedom. What I'd want to discuss with you will be beneficial to you. I am aware that you have attempted to break free from masturbation or other addictions on numerous occasions. I understand how irritating it might be to have fasted all of your fasts and yet still be faced with an insurmountable mountain of masturbation. With faith in God, I know that before you finish reading this book, the power of God through revelation will have freed you from every addiction that you have been entangled in. This book is primarily concerned with challenging you to place

your faith in the finished work of Christ, and then you will truly be set free.

Only God has the power to set you free from your prison. Consequently, if you do not yet know Christ or have a personal connection with him, reading this book will be of no benefit to you, unless and until such time as you come to Christ and accept his gift of salvation.

A MESSAGE FROM THE AUTHOR TO YOU

Don't read further without first reading this

While editing this book, I felt the Holy Spirit wants me to tell you (addicts) to carefully read through this book with fasting and intense praying. I will suggest according to the numbers of chapters, let your days of fast be. Reading, and praying night and day, fasting with faith in Christ finished Work. Also I want you to know that this book is a teaching book, you will have to read and meditate to understand what is communicated. By the Grace of God, I am praying for you, and for all those that will get hold of this book. Your

deliverance is assured by the mercies of God.

My questions for you:

1.Are you genuinely born again? If no!

Then don't read further because you may not be able to comprehend the words of the Spirit. First, you must be born again to be qualified for complete deliverance.

2.Are you currently walking with God or a backslider? If you are a backslider then the first thing you must do before reading is to repent, and return to God. After you have genuinely done this, then you can proceed.

Peterson O. Abu

CHAPTER ONE

The Root Of Addictions

Addiction from the Merriam Webster's Dictionary means *"a strong inclination to do, use, or indulge in something repeatedly. It also means exhibiting a compulsive, chronic, physiological or psychological need for a habit-forming substance, behavior, or activity"*

The psychological or physiological behavior or behaviors that lead to addiction can be traced back to the individual. When it comes to humans, psychology is concerned with their minds (and I will elaborate on this as you read on), whereas physiology is concerned with their bodily composition. In my personal opinion, psychology is the human study of a man's soulish life, and I shall define it as follows: it deals essentially with the soulish characteristics, that is, the mind and emotional part of man. Physiology also, in my perspective, is concerned with the biological processes that occur in man (which is the physical body of man). If, according to Webster's dictionary, addiction takes into account both psychological and

physiological factors, then, in my opinion, addiction takes into account both spiritual and physical factors. It takes a spiritual (the soul) as well as a physical (the body) approach to healing.

Following on from the previous point, addiction can be defined as having a strong urge or predisposition to do something over and over again (or repeatedly). If it keeps repeating itself with such a strong craving for a certain thing, behavior, or substance, it is considered an addiction. There are two types of addictions: positive addictions and negative addictions. Fornication, drinking, masturbation, lesbianism, eating or drinking of unhealthy substances, snuffing in of

unhealthy substances, gluttony, and other such vices will be discussed as examples of negative addictions in this section. These and many other issues are currently one of the most difficult problems facing many believers today. That, even after they claim to have been regenerated or born again, the old man with his habits begins to manifest itself in their new life, despite their claims to the contrary. Many people who once have fought so valiantly against addictions have eventually given up their faith after much effort had been expended to no avail. But I want to encourage you reading this now, because it is likely that you are struggling with one or more addictions in your life as a follower of Christ. Please don't give up. You

may be going through a period of rising and falling in your Christian journey; but, I will encourage you not to give up on your faith. Keep resisting, keep enduring, keep fighting, keep pushing; you are getting closer to your deliverance with every step you take. And I have faith in God that before you finish reading this book, the power of God will come upon you and provide complete deliverance for you.

In certain cases, ministers of God recommend for persons suffering from sinful addictions to just pray and fast about the addictions; yet, after repeated tries to be free via prayer and fasting, these victims return later to their vomit and continue their

downward spiral in them. It has been reported that some people even go to the extreme of fasting for days without consuming any food or water, but that at the end of their fast, they end up breaking their fast with engaging in the practices of their addictions. A few people have self-organized prayer vigils to help themselves overcome their addictions, and after the prayer vigil, they subsequently return to the same mess. Although at first it results in a few days of vacation from the desires for the sinful addictions, but after a few days of what looks like temporary freedom, then it follows with a resumption of the sinful acts again with stronger desires this time. Many people have sought advice

from ministers of God, and psychologists, but so far nothing has proven effective. Is Jesus Christ fake to deliver you? No, he is not! There is something I believe you should be aware of.

In any situation in which a person comes up to tell me about his or her engagement in sinful addictions, I always feel compassion for them because I understand how painful and depressing it can be to stay in a specific immoral and harmful habit for an extended period of time. It has a demoralizing effect on the Christian lifestyle. It enslaves the believer to a persistent sense of guilt, inferiority, and self-condemnation, which he or she cannot escape.

What Causes Addiction

Constant participation in a particular evil habit is what causes addiction to take hold in the first place. The desire for sinful acts is also a contributing factor, as is the continual indulgence in them. As soon as involvement or participation in such unhealthy or dangerous activities becomes a habit for a person, that individual is referred to as becoming an addict. Something must be regularly practiced over and over again in order for it to become ingrained in the mind. And the reason it is constantly done on a

regular basis could be due to the pleasures obtained from it or the carnal satisfaction it leaves on the victims. Almost anything the body is exposed to eventually becomes second nature after extensive practice. Example: If you introduce your body to the habit of waking up very early in the morning on a consistent basis over an extended period of time, your body will gradually become accustomed to this way of living and it will eventually become a habit (which is a positive addiction). Additionally, when you expose your soul to pornography and continue to do so for an extended period of time, there is a possibility of developing an addiction to it. When anything your body learns or is exposed to becomes appealing to

your soul, you have developed an addiction. When the body learns something new and keeps doing it over and over again, it gradually becomes enticing to the soul and develops into a soulish problem.

In the case of people who are involved in fornication for the first time, they have just exposed their bodies to a new experience. Fornication will not become an addiction if they do this for the first time. However, if they continue to engage in it, it progresses from merely physical participation to soulish depravity. As soon as it becomes a problem from the perspective of the soul, it becomes a prison for the physical body. As a result, you will notice that those who are addicted

to sexual immorality have a strong inside desire to get more of it from anyone and wherever they can.

Now, I'd like to speak about the underlying causes of addiction. While I believe that there are addictions that are caused by demonic afflictions, as covered in this book, I also believe that there are addictions that are simply just sinful habits, or simply reactions to man's sinful nature, which are discussed in this book as well. It is possible for both the demonized addiction and the sinful soulish addiction to be broken through the power of Jesus Christ.

First and foremost, you must understand that addiction is a strong predisposition or habit

that manifests itself in the form of a DESIRE for something. This is an extremely important foundation on which to build in this study. Addiction has a strong slavery impact through DESIRE, or, to put it another way, it has a strong evil desire for things that are immoral. It is so powerful that it has the ability to move a person against his will. It also makes it difficult to say no to things that one despises doing. However, the point I'm making here is that it is represented through DESIRE. I truly want to talk about this because the desire is at the heart of everything. I believe it is most accurate for me to describe addiction as a tainted and continuous craving for things that are

damaging to one's health and sinful in the eyes of the Lord.

Make certain that you understand what has been mentioned above before proceeding with the rest of the reading. Let us begin by looking up the definition of the word "desire" in the Merriam Webster dictionary.

It is a "conscious impulse toward something that promises enjoyment or satisfaction in its attainment"

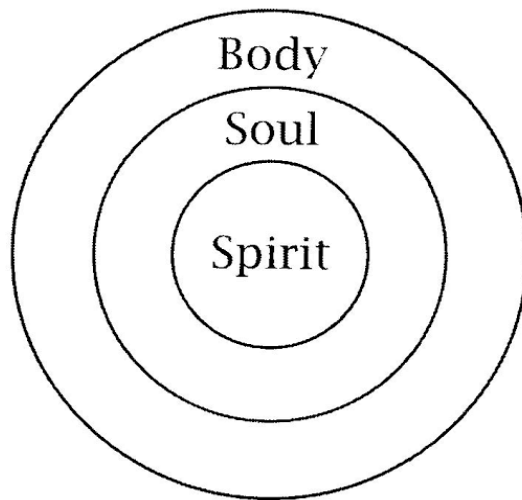
I like the definition above. It is a conscious impulse (feelings) towards something that promises satisfaction. In other words, the goal of desire is to experience pleasure or

satisfaction. We DESIRE in order to be satisfied. Hunger and thirst are both descriptors of the desire to eat or drink. Feeling a strong urge for sex is not a sin; it is simply a natural biological need. We also have polluted cravings for things that are contrary to God's will.

Now that I've established this, I am sure you are aware of the fact that man is tripartite. In other words, a single man is composed of three distinct parts: his spirit (innermost being), his soul (outer being), and his body (outermost being). In a single person, the order of these beings is as follows: the spirit comes before the soul, and the soul comes

before the body, and so on. The following is the sequence:

Spirit -> Soul -> Body



1. Spirit of man: It is the deepest and most inward aspect of man, the most inward and most profound part of man.

It is used interchangeably with the term heart and conscience. Man's innermost being is the part with which God wishes to communicate. When a person continues sinning, this portion of his or her personality becomes inactive. Sin deactivates the human spirit from spiritual life, rendering it inactive.

2. Soul of man: this is the intermediate part of man, the middle man, or the outer man. It is in-between the spirit and the body. It is responsible for the connectivity of the spirit and the body together. It is the essence of a man. The soul of man contains the will, the mind, the desire, the emotion and the memory.

3. Body of man: this is the physical or material part of man that relates with the earth and physical. It is the outermost part of man that executes the will and desires of the soul.

"And the very God of peace sanctify you wholly; and I pray to God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thessalonians 5:23

The spirit is the innermost being, while the soul is the outer being, and the body is the outermost being.

A person's soul serves as a link between their spirit and their physical body. When the Soulish part of man is under the influence of the spirit of man or any other spiritual beings, the body is employed to carry out the suggestions (demands) of those entities (either human spirit, Holy Spirit or evil spirit). If a person is suffering from a sinful addiction, the spirit of that person becomes inactive, allowing only the soul and body to dominate and govern his or her life (every man living in sin has a deadened or inactive spirit). But a strange spirit, which could be a demon, can influence the soul and cause the body of that person to be controlled by the demon.

The cry or judgement of your spirit is called the conscience. As a result, after your soul and body have satisfied their desires through sin, your conscience (spirit) begins to cry out and accuse you from the depths of your being. Desire is expressed by the soul, conscience is from the spirit of a man.

"With my SOUL have I DESIRED thee in the night; yea, with my SPIRIT within me will I SEEK thee early: for when thy judgments are in the earth, the inhabitants of the world will learn righteousness." Isaiah 26:9

The soul is to desire, but it is only by the Spirit you can seek God. This can also help you when seeking God. You can't seek God with your soul, you can only desire God, but to seek God you must involve your spirit man. Most time we are asked to seek God through fasting, this is because fasting silent the activities of the flesh (soul), and makes your spirit more active to seek God. A true fasting always open up the spirit man to become more sensitive to the spiritual realms.

"As the heart panteth after the water brooks, so PANTETH my SOUL after thee, O God. My soul THIRSTETH for God, for the living God: when shall I

come and appear before God?" Psalms 42:1

From the Bible passages above, it is crystal clear that the soul desires, pant, thirst. Desire, panting and thirst all mean the same thing, in nutshell we can agree to the fact that it is the soulish part of man that desires or craves after things.

When a man becomes born again, His spirit is the first part of him that gets transformed, and not the soul and body at that moment of being born again. This is called the regeneration of the spirit, meaning, the quickening or reviving of the spirit of man that was dead in sin and transgressions.

"And you hath he quickened, who were dead in trespasses and sins; 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: Among whom also we all had our conversation in times past in the lusts of our flesh, fulfilling the desires of the flesh and of the mind; and were by nature the children of wrath, even as others." Ephesians 2:1-3

Every natural man born of a woman has a deaden or unconscious spirit, but the moment he experiences the born again or regeneration, his spirit becomes alive to

sense God. This is why after the born again experience there will be an inner witness of the Spirit of God, bearing witness with the spirit of man of his conversion or regeneration. There will be an awakening of the spirit of man to acknowledge the presence of God.

"The Spirit itself beareth witness with our spirit, that we are the children of God:"

Romans 8:16

The regeneration of his spirit will then position his soul to desire the sincere milk and fatherhood of God. So after the born again experience, the man begins to desire

the milk of God's Word, and his spirit begins to cry unto God calling him Abba Father.

These are two separate things, firstly, His spirit becomes alive to God, and his soul begins to desire to read the Bible and to hear the Word of God. Secondly, his spirit while now alive unto God, his soul will begin to cry unto God calling him Abba Father (which is a picture of desiring to pray to his God). So the desire for the Word of God and prayers come after the born again experience.

"Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the

kingdom of God. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again."

John 3:5

"As newborn babes, desire the sincere milk of the word, that ye may grow thereby:" 1 Peter 2:2

"For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father. " Romans 8:15

We're getting to the source of the problem.

What exactly did I mean by addiction?

Correct! I stated that it is an inclination or habit that expresses itself through DESIRE, but that it is a perverted and strong wicked DESIRE, not a natural desire. Thank you very much!

Desire comes from the soul of a man. Desire works with the mind of a man. Okay let me explain better. Your mind is a product of your soul and your heart talks about your spirit. Do you get it now? Okay! Many times the heart, mind and the spirit are used interchangeably in scriptures, but they are not the same thing in the real sense. Your heart as used many times in Scriptures does

not refer to your fleshly heart covered by your ribs or bones. No! Your heart talks about your spirit, they mean the same thing. But your mind refers to your soul. God wants you to worship Him in spirit (your spirit), and He wants to dwell in your spirit (heart). Your spirit is the headquarters of God in you. The Holy Spirit comes into you to dwell in your human spirit.

Let's use the illustration of the tabernacle in the wilderness for better explanation. I say the spirit of man is type for the holies of the holy, his soul is type for the holy places, and his body is type for the outer court. I believe you still remember the Tabernacles built by Moses. Hope you get this.

The characters of the soul are being willing or having choice, desiring, thinking, memorizing, and emotional.

Desire is from the soul, and I said it works with the mind. For example, you can't masturbate without first thinking or having a mental thought of nudity of the opposite sex (thinking is an expression of the mind). When the soul is corrupted by sin or demons, then the mind will be corrupted and of course the desire will be corrupted. The corruption of the soul is expressed by the corrupted mindset and thinking, proceeding from the mind of the soul. So in this case,

the corrupted mind of man has influence over what he starts desiring.

If your mind is corrupted then your desire will definitely be corrupted. For example those who masturbate will have the picture of nudity in their corrupted mind (thinking), before expressing it with the body. The problem with the body is that the body is a slave to the soul. The soul has domineering influence and control over the body. If the soul is corrupted then the body will definitely be indulging in corruption. Why is the soul so powerful to control the body? It is because your POWER OF WILL OR CHOICE is from your soul. Infact, your soul is your real you, and the way you think in

your mind (Bible called it heart here), so you are. Your thinking produces your actions and personality "who you are".

"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 23:7

The heart in the Bible passage above is used for the soul (thinking). Before someone masturbates or engages in any addictive behavior, he must first establish a sexual thought. Because of this, counselors or psychologists will advise a man to keep his mind occupied with other activities so that he does not have the opportunity to dwell about and meditate on those carnal urges.

This type of counseling can occasionally be effective for persons whose addictions are not caused by demons or other supernatural forces. In fact, for those addictions that are sponsored by devils, you will see people excuse themselves from their duty post or offices in order to go to the bathroom and satisfy their sinful addictive impulses.

I'd like you to take action right now. Take some time right now, I mean right now, just find a quiet location or schedule a time if you are too busy right now, and do the prayers listed below:

Practical Approach

Pray violently these prayer points below. 5 minutes each.

1. Oh Lord my God I repent of my involvement in sins and sinful addictions.
2. Oh Lord Jesus cleanse my soul from the corruption of sin, make my soul clean and renewed to think of things that are pure.
3. Oh Lord break me loose from the imprisonment of my sinful desires.

CHAPTER TWO

The Soulish Problem Of Addiction

This chapter is more of understanding the total depravity of man. Addiction to masturbation is an expression of man's fallen nature. So in this chapter you have to carefully read to understand. Deliverance comes by understanding. God spoke through prophet Hosea *"my people are perish for lack of knowledge"* and also through Prophet Isaiah *"my people go into captivity for lack*

of understanding". Lack of knowledge and lack of understanding bring a man to both captivity and death. Read to understand, and immediately the strange nature and spirit of sinful addiction will quietly leave you.

Having the knowledge that desire comes from the soul, which is often supported by the mind. It is very crucial you have this as your background knowledge as you proceed. One of the powerful manners of prayers is praying by revelation knowledge. Fasting and praying with revelational understanding bring divine breakthrough.

It is my earnest desire that you become free from all addictions. I am trusting God to

bring you into the reality of this truth you are reading now. Amen

How Did the Soul Get Corrupt?

This might be your question, because I know some of the victims of sinful addictions are born again believers. Some of these believers have read books on possessing pure hearts, and on sanctification, and have prayed prayers of sanctification, but it appears it never worked out for them. So, does this mean they were not truly born again? The answer is NO! Born again does not deal with addiction, it only gives you the possibility of becoming free. Remember I said being born again essentially affects just

only your spirit (regeneration of the spirit), but does not transform your soul. The born again experience opens your spirit for the Holy Spirit to dwell in. But to become free from addictions (which is in the soul), you need revelation knowledge (the light of Christ to shine from your spirit to your darkest soul, the Holy Spirit is the light of God that comes to dwell in our spirit). Yes, it is revelation knowledge that brings transformation.

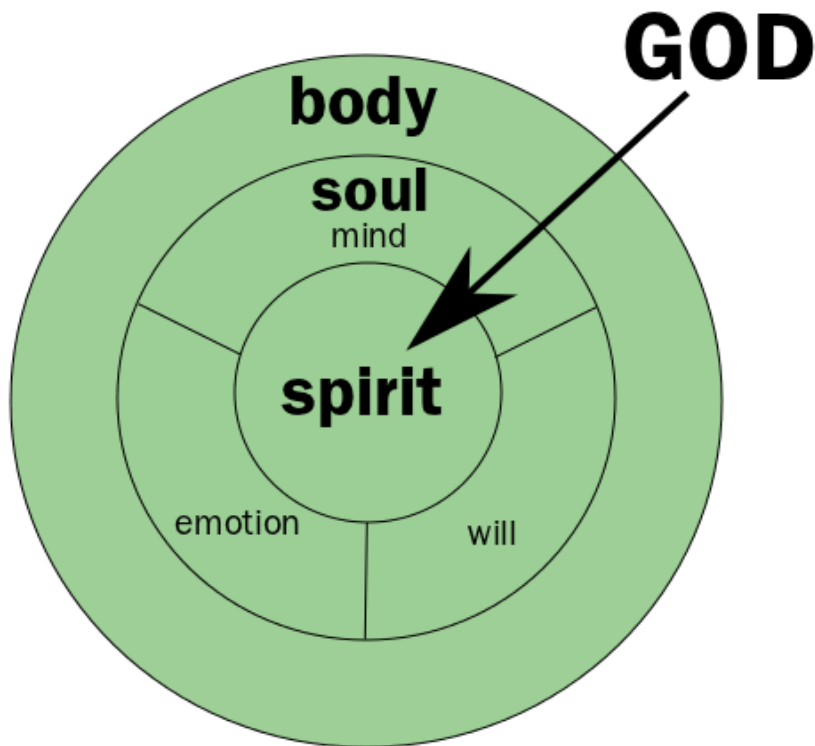
"An hypocrite with his mouth destroyeth his neighbour: but through knowledge shall the just be delivered." Proverbs 11:9

Revelation knowledge is something very powerful pertaining to spiritual freedom. Attaining growth in the spirit is accessed through divine revelation. In the kingdom of darkness, the worshippers of Satan seek more of the powers of darkness to ascend higher, and they often get such through revelation of what they should do or price they should pay for such a dimension of ascension. It is only revelation that makes you KNOW what others do not know, and this will help you to be free from what others are in bondage of.

"And ye shall know the truth, and the truth shall make you free." John 8:32

When a person has a born-again experience, the Holy Spirit takes up residence in his or her spirit, invigorating the human spirit and enabling it to influence the soulish part of the believer, and from the soul, to govern the body.

**Spirit of God-> spirit of man-> soul of
man-> body of man.**



The influence of the Holy Spirit begins from the innermost part of the regenerated spirit, which is where the effect begins. After that, there will be conflict between the Holy Spirit in the human spirit and the untransformed human soul. The untransformed soul or unrenewed mind

begin to resist the influence of the Holy Spirit in the human spirit.

The believer received the Holy Spirit into his spirit man at born-again. The spirit man is now alive and longing to express the life of God through the body, but the untransformed human soul will keep resisting and opposing the regenerated human spirit. This conflict is referred to as the "war between the flesh (corrupted soul or adamic nature) and the human spirit (housing the Holy Spirit)," or "fight between the flesh and the Spirit of God in the human spirit."

The human soul that is corrupted by Adamic nature will desire to struggle against the human spirit (which is now regenerated and influenced by the Holy Spirit within). In the Scriptures, the phrase "flesh against the Spirit" refers to the struggle between the flesh or soulish corruption and the Spirit of God in the human spirit.

**"For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary one to the other: so that ye cannot do the things that ye would."
Galatians 5:17**

So many believers think that the flesh is their physical body. No! The flesh is the

same thing as the corrupted soul or the Adamic nature. The flesh is the corrupted will, emotion, desire, mind, and memory: all these are characteristics of the soul. Adam was made a living soul, but when he sinned against God he became a corrupted soul.

"And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." Galatians 2:7

A very significant conflict takes place between the soul (body) and the Spirit. It will continue until the end of time (death).

I hope you have grasped the concept that the flesh is in opposition to the Spirit of God. This flesh does not represent your physical body; rather, it represents your perverted soul. Jesus stated that the spirit (human spirit) is willing, but that the flesh is weak (weak to do the will of the Spirit), and this is why the body remains inactive in order to serve the Lord. The reason you sleep is because your soul desires it. Although your soul never sleeps, it desires it for the body. You cry and express your emotions because they are coming from your soul.

When your soul proposes that you sleep during a time you ought to be praying, you must choose whom you will obey. Most of

the time, Satan does not entice us to sin; instead, the corruption of our souls drives us to sin. The lust (evil desires) that proceeds from the soul tempts us to sin.

"Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death." James 1:13-15

Oh my goodness! I'd like to believe that you're paying attention. Okay, let's take a moment to reflect on these above.

Okay, allow me to demonstrate to you that your flesh is not your actual physical fleshly body, but rather a nature, and that nature comes from a man's soul.

Firstly, what is nature?

From Merriam Webster's dictionary:

There are two definitions from the dictionary below

It is "an inner force (such as instinct, appetite, desire) or the sum of such forces in an individual"

Please take note of the words (instinct, appetite, desire). These are soulish words. Again

"the inherent character or basic constitution of a person or thing :"

Character is the features of a person. That means, what defines that person. Adam was made a living soul, this is the definition of Adam. Most of humans' life centres on emotion, mindset, choices, thinking, desiring

and memorizing; all these are soulish qualities.

Okay, the Bible says "lust of the flesh and lust of the eyes". Do you know that lust means "desire", and that desire is from the soul? Okay, I think you are getting it now.

So let's now understand how the soul got corrupted? I am sure this teaching is getting interesting.

Adam was made a living soul. And Adam sinned against God, and Adam became a corrupted soul. The spirit of man became deaden(inactive), but the soul became corrupted and much more active. This is

why after Adam sinned against God, his seeds (offsprings) began to express their soulish corruption. Read it from the Bible passage below.

**"And God saw that the wickedness of man was great in the earth, and that every imagination of the THOUGHT of his heart (soul) was only evil continually."
Genesis 6:5**

Remember I told you in chapter one that the Scriptures sometimes interchange the word Mind for Heart. You don't think with heart, you think with mind. Their thoughts (mind) was only wickedness. This means that the

thoughts that come from their souls were only evil continually.

Okay, let me show you the works of the flesh, and you will discover that they are all tied down to soul. The body without soul is dead.

"Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things

shall not inherit the kingdom of God."

Galatians 5:19

All sexual sins are products of lust, and lust means evil desire or desires for things God forbid. But then desire comes from the soul. Anger, envy and others are emotional issues, it comes from the corrupted soul.

In nutshell, all humans born of a woman have a corrupted soul. Born again is not enough, it only deals with the spirit of a man. But then we need to understand what deals with the soul.

"The desire of the righteous is only good: but the expectation of the wicked is wrath." Proverbs 11:23

Transformation of the Soul

"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." Romans 12:2

Paul the Apostle in his epistle to the church in Rome, beseech them to present their bodies to the Lord. Paul was asking them to surrender their physical bodies to the Lord, that is, they are to use their physical bodies to glorify God. There should not be the practice of masturbation or fornication among them, which are sinful practices of the body. But Paul knew that this cannot be possible except they have first experienced a renewal of the mind (soul). The sin of the flesh will only cease if the soulish mind has been renewed. It is the renewal of the mind that brings the transformation of the soul.

While teaching my students and mentees on sanctification, I told them that sanctification

is a progressive experience. Firstly, it begins from the spirit at regeneration or born again, and then to the soul at renewing of the mind, before to the body at resurrection. The sanctification of the soul is what Paul called the renewing of the mind. The renewing of the mind is a daily and continuous experience. As long as the mind is daily renewed the body will daily glorify God. Although the sanctification of the soul is instantly, but the believer must grow in the experience daily through the renewing of the mind. To be free from masturbation or any addiction and sin is to daily renew the mind.

To experience daily renewal of the mind is to consciously spend time in prayers, the

Word and worship daily. Quality time with the Word of God daily is a powerful tool for the daily renewal of the mind, which will grant the believer the enablement to overcome daily temptations to sin.

"Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. With my whole heart have I sought thee: O let me not wander from thy commandments. Thy word have I hid in mine heart, that I might not sin against thee. Thy word is a lamp unto my feet, and a light unto my path." Psalms 119:9-11,105

Also the power of prayer can not be overemphasized, it is the strength of the christian life. Prayer makes the Word of God alive, and effective. Spending quality time in prayers is a great way of refreshing and renewing the mind. Prayer activates the power to say No to every temptation to sin. The believer that is not praying is already fainting, and such becomes vulnerable to sin and Satan.

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

Lastly is worship. A lot of believers do not know the power of worship. Spending time

in worship through songs activates a new atmosphere of God's consciousness. For myself, I love going out, having my headphones with me, because I love to be in the presence of God always through listening to spiritual songs and muttering words in tongues. I just plugged my earpiece or headphones and entered the realm of worship. When you are feeling tempted to masturbate, sin or you are feeling depressed just play powerful worship songs, and I tell you before the end of worship you would see yourself refreshed and renewed. Temptations can't stand the presence of sincere worship, not even the Devil. Always massage your heart for God through spiritual songs with prayers. I love listening to

christian spiritual songs, chants or strings all night, even while sleeping. Even while writing this book, I couldn't separate myself from listening to spiritual strings or instrumentation daily. It refreshes my spirit, and brings my soul into alignment with God. It also creates an atmosphere of prayer.

"Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord."

Colossians 3:16

Practical Approach

Find a place now, or make time to pray the prayer points below. 5 minutes each.

1. Oh Lord grants me revelation knowledge that will lead to my total freedom as I read through.

2. Oh Lord, grant me experiential knowledge of this truth am reading in this book.

3. Let this revelation bring revolution in my life positively, and let it break me loose from every form of sinful addiction.

*Recommendation: search on YouTube
"Christian songs, chants and strings" and
listen to refresh the spiritual man.*

CHAPTER THREE

Possession of the Soul by Demonic Forces

It is important to have knowledge in this area since the soul of a man can be possessed by demons, which is why it is so necessary to have knowledge in this area. Demons are bodiless entities with no physical form. It is their desire to occupy the bodies of humans and animals in order to express themselves, and this drives them to seek out opportunities to do so. There are several churches that do not believe in the exorcism of demons or the liberation of

people from devils. Some preachers are reluctant to discuss the actions of devils with their congregations. But I'll tell you that demons are real, and they do live on our planet in some forms. Mankind was subjected to demonic afflictions and possessions as a result of Adam and Eve's sin. Demons found humans to be the most suited environment in which to reside.

Some Christians do not believe in demonic possession, and thus are known as skeptics. Some people do not believe that a Christian believer can be possessed by demons. Undeterred, some people are still unaware that their current health problems or sinful

habits could be the consequence of demonic influence over them.

Demons do not occupy the physical body of a person, and they are not interested in the human spirit. However, they are far more concerned in acquiring possession of the soul. They rule over their victims' bodies and exert influence over their external behaviors from the perspective of their souls. Demons are attracted to a man's soul because it has the will, emotion, desires, thoughts, and memories, all of which are valuable to them. Demons possess the soul of a man in order to control his physical body. They infiltrate the soul in order to dominate and enslave the individual. The

possession of the soul by demons has led to the involvement of many victims into bad addictions, and they have become chained to these addictions.

It is possible for Christian believer to get addicted to sexual sins such as masturbation, fornication, adultery, homosexuality, drunkenness, drugs abuse and pedophilia, among other things. For those believers under the influence of demonic addictions, there will be manifestations of demonic activities in their lives, which might be persistent for years in their lives, despite the fact that they are unaware that they are under demonic possession. Most Christians are unaware of the actions of demons, and as

a result, they pray for the crucifixion of sinful habits that have been affected by demons.

Jesus never instructed us to expel flesh or the carnal nature from our bodies, but rather to expel demons. Furthermore, to crucify the flesh or sinful nature. Many christian believers who are under the control of demons desire to crucify devils. Demons are not to be crucified, rather they are to be cast out. Instead of wanting to crucify a demon of masturbation who has taken over your soul and is controlling your desire to sin, you are instructed by Christ to cast it out. The wrong approach to situations makes it look as the scriptures is untruthful. The

scriptures never instructed the believers to cast out the flesh and to crucify demons. No! We are to cast out demons, and to crucify the flesh. When an addiction becomes just a fleshly problem, then you are to crucify such nature. But if the addiction is sponsored by demonic influence, then we are to cast out or expel such demons.

It is not appropriate for those whose will and emotions are controlled by demonic forces to pray for God to sanctify their hearts; instead, they should pray for God to cast out the demons. God will not sanctify a heart that is dominated by devils, according to the Bible. The moment a man is possessed by the demons of rage or lust, he will become

enslaved, losing all control over his emotions and temperament. It is the presence of another spirit that has taken possession of a man at the instant he loses control over his will, desire, emotion, mind, and memory; this is the activity of demons in such a life.

Demons have taken control of a man's soul in order to keep him from knowing Christ and maturing in Christ. These demons can appear in conjunction with depression at times. When a believer begins to feel depressed all of the time and in an uncontrollable state of depression, there is a probability that he is under the influence of demonic forces. I recall receiving a phone

call from a lady who was experiencing uncontrollable depression. She explained to me that she had been depressed for approximately a week when she called. I had a strong feeling that it was the work of demons right away. Using the phone, I prayed for her, asking her to place her palm on her head, and I rebuked the depressive spirit that had been hovering over her. As soon as she felt the burden leave her body, she became liberated and extremely joyful again. Because she fell victim to the demon of despair, it is not necessary to crucify her flesh, but rather to cast out the specific demon who was responsible for her condition. One such minister of God was suffering from a demon of depression, and

after reading a book on the activities of demons, he realized that he was under the grip of a demon of depression, and he placed his palm on his chest and expelled the demon out. He immediately felt a presence left him, and joy began to emanate from within him as soon as the prayer was finished. It is only when a believer is unaware of the Devil's schemes that he or she will be taken advantage of by demons.

Actually, sin is the one who opens the way for demonic possession to take place. A guy who engages in sexual immorality on a regular basis has a strong tendency to become possessed, and once possessed, he becomes unmanageable in the face of his

own desires. Sin is always the gateway via which a soul is exposed to demonic possession. When a person commits a sin against God, his or her soul becomes vulnerable to demonic possession. We must distinguish between dealing with sinful practices as a result of nature and dealing with sinful practices as a result of demonic control. The majority of people become possessed by demons as a result of what they see on television or on the internet. Demons have the ability to take control of any individual through what he sees and hears. Some people have been seized by the demon of addiction to pornography since the first time they saw or read a pornographic film or article.

Because of his wickedness against God, king Saul became infected with the spirit of lunacy, which he later lost control over. Demons have a strong influence on the majority of decisions made nowadays by many people. The decisions to commit suicide, have an abortion, steal, be immoral, or divorce, among other things, are frequently influenced by demons. Those who are under the grip of the demon of masturbation become captives to their demonized impulses, and they are compelled to repeat the same addiction over and over again throughout their entire lives.

"And it came to pass on the morrow, that the evil spirit from God came upon Saul, and he prophesied in the midst of the house: and David played with his hand, as at other times: and there was a javelin in Saul's hand. And Saul cast the javelin; for he said, I will smite David even to the wall with it. And David avoided out of his presence twice." 1 Samuel 18:10

Jesus Christ recognized when it was appropriate to cast out demons and when it was appropriate to forgive sins. Many of the sick people who were brought to him were genuinely healed, while those who were possessed by demons had the devils cast out of them. This implies that their illnesses

were caused by demonic possessions of their souls, which explains why they were unwell in the first place. Jesus Christ cast out demons, and also forgave sins. Sins are to be forgiven, and demons are to be cast out of humans.

"And at even, when the sun did set, they brought unto him all that were diseased, and them that were possessed with devils. And all the city was gathered together at the door. And he healed many that were sick of divers diseases, and cast out many devils; and suffered not the devils to speak, because they knew him." Mark 1:32-34

Christ has instructed all true believers to preach the message of salvation to sinners in order to save their souls, and this is what they must do. Christians are then commanded to expel devils out of the lives of people whose behaviors are affected by demons, as directed by Christ. The casting out of demons is also for the purpose of solidifying the salvation of men and women. The corruption of a man's soul causes him to rebel against God's will and makes him vulnerable to demonic possession.

Practical Approach:

spend 5 minutes for each prayer points

Pray these prayers below:

1. I rest my faith on the atoning blood of Jesus for the cleansing of my soul from corruption.
2. I plead the blood of Jesus to sanctify my soul against demonic possession.
3. I expel out from my soul every demonic spirit sponsoring the sinful addictions in my life.
4. Lord baptize my soul in the Holy Ghost and fire.

CHAPTER FOUR

Diagnosing the Tendency

While the flesh represents the proclivity to do evil, the internal depraved nature, the corrupted man within, the old man, the wicked inclination, or the nature of sin within, which was inherited from the fallen man, the Spirit of God in a believer's human spirit represents the ability to do good. Soul corruption is another term that can be used to describe this phenomenon. Because of Adam's transgression against God, his soul was corrupted and he became conscious of evil, which caused him to seek out any

opportunity to conceal his fallen state from God immediately after. Even after the experience of being born again, the nature of the flesh cannot be completely removed from man; it continues to accompany and oppose the will of God in the believer's journey to eternity. However, God has made provisions for daily crucifying of the flesh.

The purpose of the crucifixion of the flesh is to free man from the authority and influence of the flesh, allowing him to live his life in obedience to the Spirit of God on a daily basis. The implication of this is that while a believer walks in the Spirit, there is still the possibility that he or she can still succumb to one's passions and lust of the flesh if not

watchful, which can lead to a return to the flesh, and activation of the carnal nature. As a result, he who walks in the flesh is unable to walk in the Spirit. In addition, the moment a believer chooses to walk in the Spirit, he or she is immediately cut off from the walking of the flesh.

Temptation is basically an encouragement to fulfill the sinful desires of the flesh. In the same way, every time we return to the walking of the flesh, we are returning to a condition of fallenness known as the fallen man, which Paul the apostle referred to as the old man.

**"That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts;"
Ephesians 4:22**

Because you read the preceding chapter of this book, I understand that you may be wondering how a person can tell if he or she is under the influence of the flesh or of demons.

More in-depth revelations about the actions of the flesh were given to Paul the apostle under the inspiration of the Holy Spirit. A distinct distinction exists between when a man is under the control of his flesh and when a man is under the influence of

demonic forces. When it comes to the flesh, Paul says that believers should not make provisions to satisfy its lust.

"But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof." Romans 13:14

"Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things

shall not inherit the kingdom of God."

Galatians 5:19-21

Paul was addressing the Christians in Rome, telling them that they should never make provision or opportunity that could lead to the fulfillment of one's fleshly desires. That is to say, the flesh will have a constant urge to lust, but as a believer, you should refrain from making provisions to satisfy those cravings in the flesh. As an unmarried believer whose sexual hormones yearn for sexual pleasure (for the desire for sex is not a sin, but that the thoughts and deeds of sex that are contrary to God's will are sinful) having a private meeting with the opposite sex when the flesh yearns for sexual

pleasure as an unmarried believer will be hazardous to your spiritual well-being. This has the potential to provide occasion for the satisfaction of one's fleshly desires. Satan frequently advises believers to make provisions for the flesh in order to satisfy their desires of the flesh. Sometimes the Devil may propose that you consider meditating on the nudity of the female secretary at your office, and then he will suggest that you make arrangements to be alone with her in the office in order to satisfy the evil craving of the body, or even to visit a friend places or friends that can offer the sinful substances your flesh desires. Some unmarried or single believers find opportunities to satiate their hunger for

the flesh by engaging in watching pornographic film, viewing nude photos, and reading illicit magazines viewing. The flesh is only pleased when the believer makes provisions to fulfill its lust. Most time people masturbate by first creating the environment for it, or making provision to satisfy the flesh.

The implication is that if we do not make provisions to satisfy the evil desire of the flesh, there is an assurance that the flesh will not be satisfied. The avoidance of any appearances of evil is also a good strategy to avoid making provisions to satisfy one's desire for fleshly pleasures. When the believer is confronted with temptation of the

flesh, he or she is to break off the channel via which the temptation is being channeled. Most of the time, this entails terminating sinful connections that have the tendency to tempt you into fulfilling your fleshly lust. It can also refer to leaving the house or privacy while having the urge to touch your body for masturbation. Additionally, listening to Christian songs and sermons might help to renew your thoughts so that you are not concentrating on sin.

**"Abstain from all appearance of evil." 1
Thessalonians 5:22**

It is more likely that there is an influence of demons within when the will, desires, and

mind are dominated by a stronger force within the person that is at odds with the person's own will. Demons have the ability to affect the will and desires of their victims, causing them to lose control over their own lives. Those who are under the influence of the demons of sinful addictions have no control over themselves; every time the demons speak to them from within, they lose their senses and want only to satisfy the demons' demands. Some people who have been possessed by the spirit of addictions or anger have feelings of sorrow and regret after acting. The vast majority of victims under demonic influence always admit their innocence in the evil they have done; some will even remark, "I didn't know I was doing

it," and they do experience remorse and guilt after their actions. I've spoken with people who have told me about demonic personalities who are residing within them. There is always a difference in their vocal responses and even their facial features when these demonic personalities within them begin to surface or operate. However, as soon as they do an act of evil, they return to themselves and express regret for their actions. The majority of marriage breakdowns are caused by demons. Many marriages and families have been destroyed as a result of the demons of adultery, hatred, irritation, nagging, destruction, bitterness, rage, lust, polygamy, lethargy, divorce, despair, and other similar traits. Christian

couples should be aware of when it is appropriate to seek counseling from psychologists or counsellors, and when it is appropriate to band together in order to wage battle against the operations of demons in their lives and homes.

When Jesus Christ arrived in the country of the Gadarenes, he encountered a man who was under the power of demons. The man was forced to flee the city by the demon, who took up residence among the tombs of the dead. This demon-infested guy possessed incredible power and was afflicted by the demons who had taken up residence in him. The demons seized

possession of him and gained control over his physical appearance.

"And they came over unto the other side of the sea, into the country of the Gadarenes. And when he was come out of the ship, immediately there met him out of the tombs a man with an unclean spirit, Who had his dwelling among the tombs; and no man could bind him, no, not with chains: Because that he had been often bound with fetters and chains, and the chains had been plucked asunder by him, and the fetters broken in pieces: neither could any man tame him. And always, night and day, he was in the mountains, and in the tombs, crying, and cutting

himself with stones. But when he saw Jesus afar off, he ran and worshipped him, And cried with a loud voice, and said, What have I to do with thee, Jesus, thou Son of the most high God? I adjure thee by God, that thou torment me not. For he said unto him, Come out of the man, thou unclean spirit. And he asked him, What is thy name? And he answered, saying, My name is Legion: for we are many. And he besought him much that he would not send them away out of the country." Mark 5:1-10

In other words, daily crucifying of the flesh, meditation on God's word, fasting and praying, self control, and the establishment

of boundaries can all help to subdue our fleshly desires. But demonic influence cannot be subdued solely by these measures; rather, they must be cast out in their entirety. The flesh must be crucified on a regular basis, and demons must be expelled from the body.

Practical Approach:

Take personal decisions against sin now, and set boundaries. Get someone to be accountable to, someone spiritual and strict. The object of temptations no matter how useful it is to you, just put it aside for now. Example: if your phone is the reason or

source of the temptation to masturbate, then avoid spending time with your phone for a period of 30 days. Avoid accessing the internet for some time. This might help if you apply.

Pray these prayer points:

1. Lord I make a covenant with my eyes not to consciously set it on evil.
2. Lord I promise to guard my heart with all diligence, grant me the enablement continually.
3. Lord I ask for grace to keep myself from every appearance of evil, and not to make provision to fulfill the lust of the flesh.

CHAPTER FIVE

The Road to Freedom Through Death

Before considering being free from masturbation, you must believe that with the help of the Holy Spirit, you can be completely free from all sins, not just masturbation. Man's ultimate deliverance from sin has been provided through Jesus Christ. Firstly, freedom from outward sins

(acts of sin), and subsequently freedom from inward sin (dominion of sin). The value of Jesus Christ's sacrifice on the cross of Calvary is that it opens the door to man's release from the grip of sin. And it is with this assurance that we think that a believer can experience complete liberation from the sinful nature by the grace of God.

Death is the only way to be rid of the habit or nature of masturbating. Death is the route to life, i.e., dying to sin and self is the means to spiritual awakening. In the world, living in sin results in spiritual death, but this is not the case in the Kingdom. A man who wishes to be free of the nature or habit of masturbation must subject himself to death

on a daily basis, specifically the death of the Cross.

"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. For he that is dead is freed from sin." Romans 6:6-7

"Forasmuch then as Christ hath suffered for us in the flesh, arm yourselves likewise with the same mind: for he that hath suffered in the flesh hath ceased from sin;" 1 Peter 4:1

The death of Jesus is an invitation to share not just in his physical agony, but also in his

death and resurrection. The Christian life cannot be lived free of self and sin until the believer is exposed to the Cross's death. Masturbation as a habit must be crucified in order for man to be completely free of it. I discussed that there are two probable reasons for addictions in the previous chapters of this book. Either it is a soulish corruptive condition caused by the soul's exposure to such a particular sinful lifestyle, which eventually becomes a habit, or it is demonized addictions caused by demons with legal foundation and ownership over the victims. The demonic possessed victim will be accompanied by a voice or voices that will aggressively speak to tempt him or

her into masturbation or other addictions on a regular basis.

Being crucified with Christ and resurrected with Him is the only way to be free from the power and effect of sin.

There is a critical topic that we must examine in order to live a life free of masturbation and all other sins.

The Life of the Crucified

"Verily, verily, I say unto you, Except a corn of wheat fall into the ground and die,

it abideth alone: but if it die, it bringeth forth much fruit." John 12:24

Many people who are sufferers of masturbation or other addictions have a problem with SELF, self is life in the flesh. The existence of SELF is responsible for the ineffectiveness of living a life free of addictions, as well as the lack of true holiness and dedication. It is not a large word that requires theological seminary to understand when we talk about the crucified life. This crucified life refers to a life that is dead to only one thing: SELF. But, you might wonder, what about being dead to sin? I'd like to point out that sin is the result of self-centeredness. Sin is built on the

foundation of self. You commit sin because you wish to please yourself at the expense of God. You masturbate for the sake of self-satisfaction. So, when we talk about the crucified life, we are talking about self-death. The Crucified Life is a life of self-control and discipline in the face of temptations and sinful allurements.

Permit me to declare that true love for God cannot emerge from the heart until self is dead, which is the crucified life, and not until this is achieved there will be rising and falling in sin. There are people who have confessed their sins of masturbation or addictions to both God and men multiple times but are yet to be set free. This is due to

the presence of a self-life that has yet to be crucified. Many believers' lack of understanding of the Crucified Life is also what allows for division and hostility in the body of Christ. This is to emphasize that victory over sin and self will not be achievable unless believers learn to long for the death of sin and self.

God once told me that His love for man is unconditional, which means that He never favors one race over another, one denomination over another, or one group of people over another. So God was telling me that true Christianity involves loving others as He loves them, with infinite love for sinners, adversaries, and people of all

denominations. This, however, cannot happen unless the heart is circumcised and the self is crucified. True love for God should be an antidote to sin, because true love for God is accompanied by God's presence and enablement in one's life. In such a life, love is the trademark of Christ, and where the Spirit of Christ is present, there is liberty. But we can't have such a heart of sincere love for God unless we have accepted and reckoned the crucified life.

The Crucified Life: Selflessness

Returning to Paul's consecration, I hope you will make this a daily prayer and

consecration for you. That whenever the temptation to masturbate arises, you will swiftly recall your current situation in Christ and courageously tell the Devil and the flesh of your crucified status, as Paul did:

**"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."
Galatians 2:20**

The Crucified Life - Self-Denial

Beloved, there is a stone that must be removed; yes, until this stone is removed, you will not be able to live the crucified life as Paul did; until this stone is removed, you will not be free of your sinful addiction behaviors. Remember, Lazarus didn't come out of the grave until the stone at the grave's entrance was removed. I can hear Jesus yelling, "Lazarus, come forth," but Lazarus can not come forth except the stone is first removed. I'm sure you have prayed for more of God in order to be free. Yes, heaven recognizes your desire for more of God, and yes, it is the Father's good pleasure to offer you the crucified life. But, believe me when I say that heaven will be handicapped until you have surrendered yourself on the altar.

The crucified life begins with the denial of self.

"And when he had called the people unto him with his disciples also, he said unto them, Whosoever will come after me, let him deny himself, and take up his cross, and follow me." Mark 8:34

I pray to God for a visit to you. Many young believers with graceful gifts and anointing struggle with the hidden sins of masturbation and pornography addiction. The purpose of the Cross is to put an end to the sinful nature.

The fruits of the Spirit and gifts of the Spirit will easily manifest after self has been crucified, for example, self control or temperance, which is a fruit of the Spirit, will find expression in your life. Paul claimed to have laid everything down on the altar of Christ. There was nothing he could acquire for himself because he had lost his sense of self.

There are things that pull us away from Christ, such as relationships, partnerships, careers, friendships, and relatives. But can I tell you that before we can live the crucified life, we must count all things as dung. The adversaries of living the crucified life are

those things that encourage self in you, exalting egoism, and promoting flesh.

Practical Approach

Pray these prayers, and keep confessing the Bible text below:

1. O Lord my God, I reckon myself crucified with Christ, therefore I am free from the dominion of sin.

2. O Lord my God, I ask you grant me the enablement to mortify my flesh daily.

3.O Lord my God let your crucifying
power daily rest upon my life for total
freedom addiction.

Keep confessing the Bible passage below,
and believe in it.

**"I am crucified with Christ: nevertheless I
live; yet not I, but Christ liveth in me: and
the life which I now live in the flesh I live by
the faith of the Son of God, who loved me,
and gave himself for me." Galatians 2:20**

CHAPTER SIX

Self-discipline: Keeping Your Freedom Secure

"For that which I do I allow not: for what I would, that do I not; but what I hate, that do I. For the good that I would I do not: but the evil which I would not, that I do." Romans 7:15,19

The above Bible verse describes the life of a man who is enslaved by sin. A man like this becomes a slave to sin. He sins according to the influence of the sinful nature in him as a slave of sin. This experience is distinct from that of those who have been possessed by demons. There is sin as a nature (soulish corruption through the fall of Adam), and there is sin by demonic influence, as I have stated in prior chapters. Those who are under demonic influence have a stronger will within them, and they frequently sense a voice from within speaking to them and compelling them to repeat bad conduct or addictions. There is always the presence of a person wherever there is a voice, where

there is alluring voice of sin strongly speaking to a victim there is the presence of demon. There is a demon present if the demonized victims constantly hear a compelling voice to masturbate, and if this makes him unable to control himself, Such a victim is under the influence of the devil. Those who are simply slaves to masturbation, on the other hand, do not hear a compelling voice, but rather a strong evil desire to masturbate frequently, and this is simply due to sin's corruption of the soul. People who are influenced by the old man, the Adamic nature, or the fallen nature of man, are referred to as those walking in the flesh.

"Jesus answered them, Verily, verily, I say unto you, Whosoever committeth sin is the servant of sin." John 8:34

Because of their sinful nature, persons who are addicted to masturbation by nature of sin must exercise self-control. This chapter is to assist them in maintaining their salvation or deliverance. However, for people under demonic influence, deliverance or exorcism of the demon responsible is required, not self-discipline. This chapter is for those who are hooked to masturbation by habit or nature, rather than by demons.

In Romans 7:15,19 mentioned above, the struggle of living in the flesh was exposed to

the church at Rome by Paul. Although other theologians commented that Paul was speaking to himself because he used the word "I" often. Some other theologians disagree with this interpretation, believing that Paul was never referring to himself. However, given Paul's frequent use of "I," we'll believe he was referring to himself in that chapter for the sake of this study. In the preceding chapter of Romans, Paul was describing the state of natural man enslaved by sin. Paul wrote about not succumbing to sin's dominion.

"Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. 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. For sin shall not have dominion over you: for ye are not under the law, but under grace." Romans 6:12-14

Allowing sin to reign in your mortal body simply means allowing sin to have authority over you. However, Paul stated that the Christian has the option of allowing sin to reign or not. Allowing sin to reign also implies that the believer must intentionally reject sin's desires for dominance over his life. Remember that Paul was speaking to

Christians who had been justified by faith and had been born again. Another approach to maintain oneself free of sin is to not allow sin to reign in one's mortal body.

"Let not masturbation reign in your body again," I may say. This necessitates vigilance, alertness, and prayerfulness. When it comes to this problem, self discipline entails being careful, watchful, and prayerful. And I'd like to expand on these three ideas.

The freedom from the evil practice of masturbating must be preserved or retained, or you will revert to your previous state. I am confident that you are free if you have

violently prayed the prayer points outlined in the preceding chapters. Many people don't know how to preserve their freedom after they've been set free. The goal of this chapter is to assist you in keeping what you have received from God.

Carefulness is a type of self-discipline that causes the emancipated believer to be extremely careful about what he hears, observes, and thinks about. This prudence necessitates that the believer never look at things that contaminate him, never listen to sensual and immoral songs or converse, and to constantly guard his heart. To become self-disciplined, you must be extremely selective about what you accept into your

life. Being careful means avoiding areas or websites that could lead to sin in your life. You must be careful with your phone and limit your time spent on social media and browsing. Masturbation victims sometimes combine this evil behaviour with the viewing of pornography. You must identify what triggers the urge for sin in your life and prevent it as much as possible.

"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."

Philippians 4:8

Another aspect of self-discipline is watchfulness. Being self-disciplined entails being vigilant. As a single brother or sister, you must be vigilant and aware that nothing good comes from the flesh, and that the Devil is the father of lies. The flesh or the Devil will often come with a trick in convincing you to just watch a short video on nudity, or to glance through some romantic magazines as a single brother or sister. Whenever you are tempted to look at the nakedness of the opposite sex or to touch your body, remember that the Devil is attempting to enslave you once more.

Allowing sin, masturbation, or sinful habits to rule over your mortal body is not a good idea. Don't let that happen. Keep an eye out for it and avoid its advice. If you resist the Devil, he will flee.

"Ye have not yet resisted unto blood, striving against sin." Hebrews 12:4

Self-discipline against masturbation and immoral cravings can also be achieved via prayerfulness. Becoming more prayerful is a powerful aid for overcoming addictions. Reading the Bible and fasting frequently without a life of prayer will be futile. To be prayerful is to absorb the Spirit's vitality for daily victory. This implies that you must

have a consistent prayer life that is more intense. Prayer must be done on a daily and consistent basis in order to have a reviving spirit man.

When you return to sin, you activate the power to sin continuously. You must understand that anything (including sinful desires) that is starving will eventually perish. You will progressively silence the voice of sin if you continue to say No to temptations to masturbate. Self-discipline is the act of depriving your body or flesh of its wicked cravings, and as you continue to deprive it, the desire for masturbation will gradually fade away. But understand this: even when your desire for it has faded, the

Devil will continue to entice you, but you must not let sin or flesh rule over your desires.

With the power of the Holy Spirit, Paul the Apostle was able to regulate his body. This was Paul who spoke the things he despised that he saw himself doing; now he can talk freely, and I control my body. But, as he subsequently reminded the Galatians, the secret to his control over his body and passions was that he was crucified with Christ daily.

"And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown;

but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: 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."

1 Corinthians 9:25-27

"I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me."

Galatians 2:20

Make a conscious effort to control your desires and daily activities. If being alone

makes you want to masturbate, either start mingling with praying believers to avoid being alone, or start spending your alone time for prayers and reading the Bible. Keep your thoughts occupied by meditating on God's Word.

"But his delight is in the law of the LORD; and in his law doth he meditate day and night. 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." Psalms 1:2-3

Practical Approach

Be determined to apply everything you have read.

Pray these prayers

1.O Lord my God, grant me the grace of self discipline.

2.O Lord my God grants me the enablement never to succumb to the suggestions of my flesh again.

THE END

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