

FREEDOM FROM
MASTURBATION
Through
KNOWLEDGE



Experience Complete Deliverance from
Masturbation and Addictions

Peterson O. Abu

FREEDOM FROM MASTURBATION THROUGH KNOWLEDGE

*Experience Complete Deliverance from
Masturbation and Addictions*

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Second Edition**

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

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Introduction

Following private inbox messages from a discussion with a WhatsApp group about a teaching I had with them on this topic, as well as testimonies from others who had achieved masturbation freedom, I decided to write this article. I made the decision to extend this training to as many people as possible who are struggling with addictions, not just those who are struggling with masturbation. People who claimed to have become free simply by reading my article were among the dramatic testimonies I heard via WhatsApp; this was a pleasant surprise. I was completely taken aback when I received so many testimonies of their release simply from reading my article. It seemed impossible at first, 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 God's power will touch you as you turn the pages.

We will first and foremost address 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 freedom. This book also contains practical steps. To obtain your freedom, you only need to make a decision and put it into action for yourself. What I'd like to talk about with you will be beneficial to you. I am aware that you have tried numerous times to break free from masturbation or other addictions. I understand how frustrating it can be to have completed all of your fasts and still be confronted with an insurmountable mountain of masturbation. With faith in God, I know that by the end of this book, the power of

God through revelation will have freed you from every addiction you have been entangled in. This book's primary goal is to challenge you to put your faith in Christ's finished work, and then you will truly be set free.

Only God has the power to release you from your confinement. As a result, if you do not yet know Christ or have a personal relationship with him, reading this book will be useless to you unless and until 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 telling me to tell you (addicts) to read it carefully with fasting and intense prayer. Let your days of fasting be determined by the number of chapters. Reading and praying at all hours of the day and night, fasting with faith in Christ's finished work. Also, please keep in mind that this is a teaching book; you will need to read and meditate to fully comprehend what is communicated. By the grace of God, I am praying for you and all those who will come into contact with this book. God's mercies guarantee your deliverance.

- **Here are my questions for you: Are you truly born again? If no! Then stop reading because you might not understand what the Spirit is saying. To be qualified for complete deliverance, you must first be born again.**
- **Are you a follower of Christ or a sinner? If you have fallen away from God, the first thing you must do before reading is repent and return to Him. You can proceed once you have done this sincerely.**

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"*

Addiction is defined as a strong desire to do something over and over again (or repeatedly). Addiction occurs when a decision keeps repeating itself with a strong craving for a specific thing, behavior, or substance.

There are two types of addictions:

- Positive addictions
- Negative addictions.

This section will discuss negative addictions such as fornication, drinking, masturbation, lesbianism, eating or drinking unhealthy substances, snuffing in unhealthy substances, gluttony, and other vices. These and other issues are currently among the most difficult issues confronting many believers today. Despite their claims to the contrary, the old nature begins to manifest itself in their new life even after they claim to have been regenerated or born again.

Many people who once fought addictions valiantly have eventually given up their faith after much effort had been expended in vain. But I want to encourage you to read this right now because it is very likely that you are struggling

with one or more addictions in your Christian life. Please do not despair. You may be experiencing ups and downs in your Christian journey, but I encourage you not to give up on your faith. Keep resisting, enduring, fighting, and pushing; each step you take brings you closer to your deliverance. And I have faith in God that before you finish this book, the power of God will come upon you and deliver you completely.

There are times when God's ministers advise victims of sinful addictions to simply pray and fast about their addictions; however, after repeated attempts to be free through prayer and fasting, these victims return to their vomit and continue their downward spiral in them. Some people have been reported to go to the extreme of fasting for days without consuming any food

or water, but at the end of their fast, they break their fast by engaging in the practices of their addictions. A few people have self-organized prayer vigils to help themselves overcome their addictions, and then they return to the same mess. Although it initially results in a few days of vacation from the desires for the sinful addictions, after a few days of what appears to be temporary freedom, the sinful acts are resumed with stronger desires this time. Many people have sought advice from God's ministers and psychologists, but nothing has proven effective so far. Is Jesus Christ a forgery sent to deliver you? No, he doesn't! I believe you should be aware of something.

I always feel compassion for people who come up to me and tell me about their sinful addictions because I understand how painful and depressing

it can be to stay in a specific immoral and harmful habit for a long period of time. It is demoralizing to the Christian way of life. It enslaves the believer to an unending sense of guilt, inferiority, and self-condemnation from which he or she cannot free himself or herself.

What Causes Addiction

Addiction develops as a result of consistent participation in a particular evil habit. The desire for sinful acts, as well as the continued indulgence in them, are also factors. When involvement or participation in such unhealthy or dangerous activities becomes a habit for a person, that person is said to be an addict. Something must be repeatedly practiced in order for it to become ingrained in the mind. And the reason it is done on a regular basis could be

because of the pleasures obtained or the carnal satisfaction it gives the victims. After a lot of practice, almost anything the body is exposed to becomes second nature. For example, if you consistently introduce your body to the habit of waking up very early in the morning, your body will gradually become accustomed to this way of life and it will eventually become a habit (which is a positive addiction). Furthermore, exposing your soul to pornography for an extended period of time increases the likelihood of developing an addiction to it. You have developed an addiction when anything your body learns or is exposed to becomes appealing to your soul. When the body learns something new and repeats it, it gradually becomes appealing to the soul and develops into a soulish problem.

People who engage in fornication for the first time have simply exposed their bodies to a new experience. If they engage in fornication for the first time, it will not become an addiction. If they continue to participate, it progresses from merely physical participation to soulish depravity. It becomes a prison for the physical body the moment it becomes a problem from the perspective of the soul. As a result, those who are addicted to sexual immorality have a strong internal desire to obtain more of it from anyone and anywhere.

Now I'd like to discuss the root causes of addiction. While I believe that some addictions are caused by demonic afflictions, as discussed in this book, I also believe that some addictions are simply sinful habits or reactions to man's sinful nature, as discussed in this book. Through the power of Jesus Christ, both demonized

addiction and sinful soulish addiction can be broken.

To begin, you must understand that addiction is a strong predisposition or habit that manifests as a DESIRE for something. This is a critical foundation upon which to build in this study. Addiction has a strong slavery impact because of DESIRE, or, to put it another way, it has a strong evil desire for immoral things. It is so powerful that it can move a person against his will. It also makes saying no to things one dislikes difficult. However, the point I'm trying to make here is that it's represented by DESIRE. I truly and honestly want to discuss this because desire is at the heart of everything. Addiction, I believe, is best described as a tainted and continuous craving for things that are harmful to one's health and sinful in the eyes of the Lord.

Before continuing with the rest of the reading, make sure you understand what has been mentioned above. To begin, look up the definition of "desire" in the Merriam Webster dictionary.

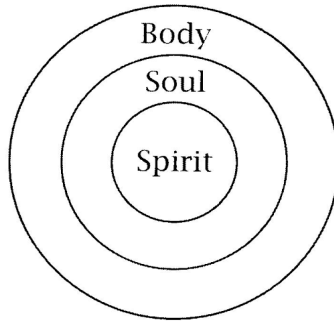
It is a "conscious impulse toward something that promises enjoyment or satisfaction in its attainment"

I like the above definition. It is a conscious desire (feelings) for something that promises fulfillment. To put it another way, the goal of desire is to feel pleasure or satisfaction. In order to be satisfied, we DESIRE. Both hunger and thirst describe the desire to eat or drink. A strong desire for sex is not a sin; it is merely a natural

biological need. We also have polluted desires for things that are against God's will.

Now that I've established this, I'm sure you're aware that man is tridimensional. To put it another way, a single man is made up of three distinct parts: his spirit (innermost being), his soul (outer being), and his body (outermost being). The order of these beings in a single person is as follows: the spirit comes before the soul, and the soul comes before the body, and so on. The following is the order:

Spirit -> Soul -> Body



1. **Spirit of man:** It is man's deepest and most inward aspect, his most inward and profound part. It is synonymous with the terms heart and conscience. God wishes to communicate with the innermost being of man. When a person continues to sin, this aspect of his or her personality becomes

dormant. Sin deactivates the human spirit, rendering it inactive in spiritual life.

2. **Soul of man:** This is man's intermediate part, also known as the middle man or the outer man. It exists in the space between the spirit and the body. It is in charge of the connection of the spirit and the body. It is a man's essence. Man's soul is made up of his will, mind, desire, emotion, and memory.

3. **Body of man:** This is the physical or material part of man that has to do with the earth and physical things. The outermost part of man (the body) is responsible for carrying out the will and desires of the soul.

"And the very God of peace sanctifies 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 most inner being, the soul is the most outer being, and the body is the most outermost being.

The soul of a person connects their spirit to their physical body. When the Soulsh part of man is influenced by the spirit of man or other spiritual beings, the body is used to carry out the suggestions (demands) of those entities (either human spirit, Holy Spirit or evil spirit). When a person suffers from a sinful addiction, his or her spirit becomes inactive, allowing the soul and body to dominate and govern his or her life

(every man living in sin has a deadened or inactive spirit). However, a strange spirit, which could be a demon, can influence the soul and cause the demon to control the person's body.

The conscience is the cry or judgment of your spirit. As a result, once your soul and body have satisfied their desires through sinning, your conscience (spirit) begins to cry out from the depths of your being and accuse you. The soul expresses desire, while the spirit expresses conscience.

"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 desires, but it is only through the Spirit that one can seek God. This can also help you in your search for God. You cannot seek God with your soul; you can only desire God, but in order to seek God, you must engage your spirit man. Fasting is commonly used to seek God because it silences the activities of the soul and makes your spirit more active in seeking God. A true fast always makes the spirit man 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**

The Bible passages above make it abundantly clear that the soul desires, pants, and thirsts.

Desire, panting, and thirst all mean the same thing, and we can all agree that the soulish part of man desires or craves after things.

When a man is born again, his spirit is the first part of him to be transformed, rather than his soul and body. This is known as the regeneration of the spirit, which refers to the quickening or reviving of man's dead spirit as a result of 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 when he is born again or regenerates, his spirit awakens to sense God. This is why, following the born-again experience, the Spirit of God will bear witness with the spirit of man to his conversion or regeneration. The human spirit will be awakened to recognize the presence of God.

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

Romans 8:16

His spirit's regeneration will then position his soul to desire God's genuine milk and

fatherhood. So, after being born again, the man craves the milk of God's Word, and his spirit begins to cry out to God, calling him Abba Father.

These are two distinct things. First, his spirit becomes alive to God, and his soul begins to long to read the Bible and hear God's Word. Second, his spirit, now alive to God, will begin to cry out to God, calling him Abba Father (which is a picture of desiring to pray to his God). So the desire for God's Word and prayers follow the experience of being born again.

"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 closer to resolving the issue.

What did I mean by "addiction"?

Correct! I stated that it is an inclination or habit that manifests itself through DESIRE, but that it

is a perverted and powerful wicked DESIRE rather than a natural desire. Thank you so much.

Desire arises from a man's soul. A man's mind is affected by desire. Okay, let me elaborate. Your mind is a manifestation of your soul, and your heart expresses your spirit. Do you understand now? Okay! Many times in the Bible, the terms heart, mind, and spirit are used interchangeably, but they are not the same thing. The term "heart" as used in the Bible does not refer to your fleshly heart that is covered by your ribs or bones. No! Your heart and your spirit are interchangeable terms. However, your mind refers to your soul. God desires that you worship Him in spirit (your spirit), and that He dwell in your spirit (heart). God's headquarters in you is your spirit. The Holy Spirit enters you and takes up residence in your human spirit.

For a better understanding, consider the tabernacle in the wilderness. I believe that man's spirit is a type of the holies of the holy, his soul is a type of the holy places, and his body is a type of the outer court. I believe you recall Moses' construction of the Tabernacles. I hope you understand.

The soul has the characteristics of being willing or having a choice, desiring, thinking, memorizing, and emotional.

Desire comes from the soul, and as I previously stated, it works with the mind. For example, you cannot masturbate without first considering or having a mental image of the opposite sex's nudity (thinking is an expression of the mind). When the soul is corrupted by sin or demons, the

mind and, of course, the desire are also corrupted. The corrupted mindset and thinking that emanates from the soul's mind express the corruption of the soul. In this case, man's corrupted mind has influence over what he begins desiring.

If your mind is corrupted, your desire will be corrupted as well. Masturbators, for example, will have a picture of nudity in their corrupted mind (thinking) before expressing it with their body. The issue with the body is that it is a slave to the soul. The soul wields domineering power and control over the body. If the soul is corrupted, the body will undoubtedly be corrupted as well. Why does the soul have such control over the body? Because your POWER OF WILL OR CHOICE is derived from your soul. In fact, your soul is your true self, and the

way you think in your mind (which the Bible refers to as your heart) is how you are. Your actions and personality "who you are" are the result of your thinking.

"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 is used for the soul in the Bible passage above (thinking). Before masturbating or engaging in any addictive behavior, a sexual thought must be established. As a result, counselors or psychologists will advise a man to keep his mind busy with other activities so that he does not have time to dwell on and meditate on his carnal desires. This type of counseling can be helpful for people whose addictions aren't caused by demons or other supernatural forces.

In fact, for devil-sponsored addictions, people will excuse themselves from their duty posts or offices to go to the bathroom and satisfy their sinful addictive impulses.

I'd like you to act immediately. Take some time right now, I mean right now, find a quiet place or schedule a time if you are too busy right now, and pray the following prayers:

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 about comprehending man's total depravity. Masturbation addiction is a manifestation of man's fallen nature. So, in order to understand this chapter, you must read it carefully. Understanding leads to deliverance. "My people perish for lack of knowledge," God said through the prophet Hosea, and "my people go into captivity for lack of understanding," God said through the prophet Isaiah. A man's captivity and death are both the result of a lack of knowledge and understanding. When you read to understand, the strange nature and spirit of sinful addiction will quietly leave you.

Knowing that desire comes from the soul and is frequently supported by the mind. It is vital that you have this as background knowledge as you proceed. Praying by revelation knowledge is one of the most powerful types of prayer. Divine breakthrough comes from fasting and praying with revelational understanding.

It is my sincere wish for you to be free of all addictions. I'm trusting God to bring you into the reality of what you're reading right now. Amen

How Did the Soul Get Corrupt?

This could be your question, as I know some victims of sinful addictions are born-again Christians. Some of these believers have read books on having pure hearts and sanctification, and have prayed sanctification prayers, but it

appears that it did not work for them. Does this imply that they were not truly born again? The answer is a resounding NO! Born again does not address addiction; it simply provides the opportunity to become free. Remember how I said that being born again primarily affects your spirit (regeneration of the spirit) but does not transform your soul? The experience of being born again allows the Holy Spirit to dwell in your spirit. However, in order to be free of addictions (which are in the soul), you must have 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 transforms.

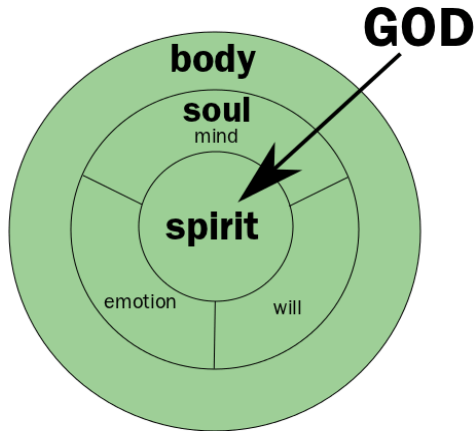
"An hypocrite with his mouth destroyeth his neighbour: but through knowledge shall the just be delivered." Proverbs 11:9

In terms of spiritual freedom, revelation knowledge is extremely powerful. Divine revelation is the means by which spiritual growth is attained. The worshippers of Satan in the kingdom of darkness seek more of the powers of darkness to ascend higher, and they frequently obtain such through revelation of what they should do or the price they should pay for such a dimension of ascension. Only revelation allows you to KNOW what others do not, allowing you to break free from what others are bound to.

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

When a person is born again, the Holy Spirit enters his or her spirit, invigorating it and allowing 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 Holy Spirit's influence begins in the innermost part of the regenerated spirit, which is

where the effect begins. Following that, a conflict will arise between the Holy Spirit in the human spirit and the untransformed human soul. The untransformed soul or unrenewed mind begins to resist the Holy Spirit's influence in the human spirit.

When a person is born again, the Holy Spirit enters his spirit man. The spirit man has come to life and longs to express God's life through the body, but the untransformed human soul will continue to resist and oppose the regenerated human spirit. 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" is the name given to this conflict.

The human soul that has been corrupted by Adamic nature will want to fight against the human spirit (which is now regenerated and influenced by the Holy Spirit within). The phrase "flesh against the Spirit" in the Bible refers to the conflict 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 completely contrary, so that ye cannot do what ye would."
5:17 Galatians

Many Christians believe that the flesh is their physical body. No! The flesh is synonymous with the corrupted soul or the Adamic nature. The corrupted will, emotion, desire, mind, and memory are all characteristics of the soul. Adam

was created with a living soul, but when he sinned against God, he became corrupted.

"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 significant conflict occurs between the soul (body) and the Spirit. It will last until the end of time (death).

I hope you understand that the flesh is in opposition to the Holy Spirit. This flesh is not your physical body; rather, it is the manifestation of your perverted soul. The spirit (human spirit) is willing, but the flesh is weak (weak to do the will of the Spirit), which is why the body remains inactive in order to serve the Lord. Your

soul desires sleep, which is why you sleep. Although your soul never sleeps, it craves it for the sake of the body. Because your emotions are coming from your soul, you cry and express them.

When your soul suggests that you sleep when you should be praying, you must decide who you will obey. Most often, Satan does not tempt us to sin even though he is the tempter; rather, the corruption of our souls drives us to sin. The lust (evil desires) that originates in 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 think you're paying attention. Let's pause for a moment to consider the points raised above.

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

To begin, what exactly is nature?

Merriam-definition: Webster's

The dictionary provides two definitions 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 refers to a person's characteristics. That is, what defines that individual. The definition of Adam is that he was created with a living soul. The majority of a person's life revolves around emotion, mindset, choices, thinking, desiring, and memorizing; all of these are soulish qualities.

Okay, according to the Bible, "lust of the flesh and lust of the eyes" are both sins. Do you know that lust is a word that means "desire," and that desire comes from the soul? Okay, I believe you understand now.

So, how exactly did the soul become corrupted? I'm sure this class is becoming more interesting.

Adam was endowed with a living soul. And Adam sinned against God, becoming a corrupted soul. Man's spirit died (became inactive), but his soul became corrupted and much more active. This is why, after Adam sinned against God, his descendants began to exhibit soulish corruption. It is taken 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 how I said in chapter one that the word Mind is sometimes used interchangeably with the word Heart? You think with your mind, not your heart. Their thoughts (mind) were only evil. This means that the thoughts that came from their souls were always evil.

Okay, let me show you the works of the flesh, and you'll see that they're all linked to the soul. A body without a soul is a dead body.

"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 the result of lust, and lust is defined as evil desire or desire for things that God forbids. But desire is born from the soul. Anger, envy, and other emotional issues stem from a corrupted soul.

In a nutshell, every human being born of a woman has a corrupted soul. Born again is insufficient; it only addresses a man's spirit. But first, we must comprehend what is involved 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

In his letter to the church in Rome, Paul the Apostle implores them to present their bodies to the Lord. Paul was requesting that they give up their physical bodies to the Lord, that they use their physical bodies to glorify God. There should be no masturbation or fornication among them, as these are sinful bodily practices. But

Paul knew that this could not happen unless they first experienced a mental renewal (soul). The fleshly sin will cease only when the soulish mind is renewed. The transformation of the soul is brought about by the renewal of the mind.

When I was teaching my students and mentees about sanctification, I told them that it is a gradual process. It begins with the spirit at regeneration or being born again, then moves to the soul at mind renewal, and finally to the body at resurrection. The renewing of the mind is what Paul meant by the sanctification of the soul. Mind renewal is a daily and continuous experience. As long as the mind is renewed on a daily basis, the body will glorify God on a daily basis. Although the soul is sanctified instantly, the believer must grow in the experience daily through the renewing of the mind. To be free of

masturbation or any other addiction or sin is to renew the mind on a daily basis.

To experience daily mind renewal, devote time to prayers, the Word, and worship on a daily basis. Daily quality time with God's Word is a powerful tool for the daily renewal of the mind, granting the believer the ability 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

Finally, there is worship. Many Christians are unaware of the power of worship. Spending time in song-based worship activates a new atmosphere of God's consciousness. For myself, I enjoy going out with my headphones on

because I enjoy being in the presence of God at all times by listening to spiritual songs and muttering words in tongues. I simply inserted my earpiece or headphones and entered the world of worship. When you are tempted to masturbate, sin, or feel depressed, simply play powerful worship songs, and I guarantee you will feel refreshed and renewed by the end of worship. Temptations, even the Devil, can't stand the presence of genuine worship. Always massage your heart for God by singing spiritual songs and praying. I can stay up all night listening to Christian spiritual songs, chants, or strings. Even while writing this book, I couldn't stop listening to spiritual strings or instrumentation on a daily basis. It revitalizes my spirit and brings my soul back into harmony with God. It also creates a prayerful atmosphere.

"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 I 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 critical to have knowledge in this area because a man's soul can be possessed by demons, which is why it is critical to have knowledge in this area. Demons are non-physical entities with no bodily form. It is their desire to inhabit human and animal bodies in order to express themselves that drives them to seek out opportunities to do so. There are some churches that do not believe in demon exorcism or the liberation of people from demons. Some preachers are hesitant to discuss devilish behavior with their congregations. But I will tell you that demons are real, and they do exist in some forms on our planet. As a result of

Adam and Eve's sin, mankind has been subjected to demonic afflictions and possessions. Demons discovered that humans were the best environment for them to live in.

Some Christians, known as skeptics, do not believe in demonic possession. Some people believe that a Christian cannot be possessed by demons. Undaunted, some people are still unaware that their current health problems or sinful habits are the result of demonic influence.

Demons do not inhabit a person's physical body and are uninterested in the human spirit. They are, however, far more concerned with obtaining possession of the soul. From the perspective of their souls, they rule over their victims' bodies and exert influence over their external behaviors. Demons are drawn to a man's soul because it

contains the will, emotion, desires, thoughts, and memories that they value. Demons possess a man's soul in order to control his physical body. They infiltrate the soul with the intent of dominating and enslaving the individual. Demon possession of the soul has led to the involvement of many victims in bad addictions, and they have become enslaved to these addictions.

Masturbation, fornication, adultery, homosexuality, drunkenness, drug abuse, and pedophilia are all examples of sexual sins that Christians can become addicted to. Those believers who are under the influence of demonic addictions will experience manifestations of demonic activities in their lives, which may last for years, despite the fact that they are unaware that they are under demonic possession. Most Christians are

unaware of demons' actions, and as a result, they pray for the crucifixion of sinful habits influenced by demons.

Jesus never told us to expel flesh or the carnal nature from our bodies, but only demons. In addition, to crucify the flesh or sinful nature. Many Christian believers who are possessed by demons wish to crucify demons. Demons are not to be crucified, but rather cast out. Rather than wanting to crucify a demon of masturbation who has taken control of your soul and is controlling your desire to sin, Christ instructs you to cast it out. The wrong approach to situations gives the impression that the scriptures are false. The scriptures never told believers to cast out flesh and crucify demons. No! We are to expel demons and crucify the flesh. When an addiction becomes merely a fleshly problem, you must

crucify it. However, if the addiction is caused by demonic influence, we must cast out or expel such demons.

Those whose will and emotions are controlled by demonic forces should not pray for God to sanctify their hearts; rather, they should pray for God to cast out the demons. According to the Bible, God will not sanctify a devil-dominated heart. When a man is possessed by the demons of rage or lust, he is enslaved and loses control of his emotions and temperament. When a man loses control of his will, desire, emotion, mind, and memory, it is the presence of another spirit that has taken possession of him; this is the activity of demons in such a life.

Demons have taken control of a man's soul in order to prevent him from knowing and growing

in Christ. These demons can sometimes appear alongside depression. When a believer begins to feel depressed all of the time and in an uncontrollable state, he is most likely under the influence of demonic forces. I recall receiving a phone call from a woman suffering from uncontrollable depression. She explained that when she called, she had been depressed for about a week. Right away, I had a strong suspicion that it was the work of demons. I prayed for her over the phone, asking her to place her palm on her head and rebuking the depressive spirit that had been hovering over her. She felt liberated and extremely joyful again as soon as she felt the burden leave her body. Because she was possessed by the demon of despair, it is not necessary to crucify her flesh, but rather to expel the demon that caused 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 he was under the control of a demon of depression, and he expelled the demon by placing his palm on his chest. As soon as the prayer was finished, he felt a presence leave him, and joy began to flow from within him. Only when a believer is unaware of the Devil's schemes will he or she be exploited by demons.

In reality, sin is what allows demonic possession to occur. A man who engages in sexual immorality on a regular basis has a high risk of becoming possessed, and once possessed, he becomes uncontrollable in the face of his own desires. Sin is always the point at which a soul becomes vulnerable to demonic possession. When a person sins against God, his or her soul becomes open to demonic possession. We must

differentiate between dealing with sinful practices caused by nature and dealing with sinful practices caused by demonic control. The majority of people are possessed by demons because of what they see on television or the internet. Demons have the ability to control anyone based on what he sees and hears. Some people have been possessed by the demon of pornography addiction since the first time they saw or read a pornographic film or article.

Because of his rebellion against God, King Saul was infected with the spirit of lunacy, over which he eventually lost control. Demons have a strong influence on the majority of decisions made by many people nowadays. Demons frequently influence decisions to commit suicide, have an abortion, steal, be immoral, or divorce, among other things. Those who are

possessed by the demon of masturbation become captives of their demonized impulses, compelled to repeat the same addiction over and over throughout their 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 knew when it was appropriate to cast out demons and when it was appropriate to forgive sins. Many of the sick people who came to him were truly healed, and those who were

possessed by demons had the demons cast out of them. This implies that their illnesses were caused by demonic possessions of their souls, which explains how they became ill in the first place. Jesus Christ cast out demons and at the same time forgave sins. Sins must be forgiven, and demons must be expelled from 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

All true believers have been instructed by Christ 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 by Christ to expel demons from the lives of people whose behaviors are influenced by demons. The casting out of demons also serves to solidify men's and women's salvation. A man's soul is corrupted when he rebels against God's will and becomes 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 the human spirit of a believer represents the ability to do good. Another term that can be used to describe this phenomenon is soul corruption. Because of Adam's sin against God, his soul was corrupted and he became aware of evil, prompting him to seek out any opportunity to conceal his fallen state from God. The nature of the flesh cannot be completely removed from man even after the experience of being born again; it continues to accompany and oppose

God's will in the believer's journey to eternity. God, on the other hand, has made provisions for crucifying of the flesh.

The purpose of the flesh's crucifixion is to free man from the authority and influence of the flesh, allowing him to live his life in daily obedience to the Spirit of God. The implication is that even if a believer walks in the Spirit, he or she can still succumb to one's passions and lust of the flesh if not vigilant, which can lead to a return to the flesh and activation of the carnal nature. As a result, whoever walks in the flesh cannot walk in the Spirit. Furthermore, the moment a believer chooses to walk in the Spirit, he or she is cut off from walking in the flesh.

Temptation is essentially an encouragement to fulfill the flesh's sinful desires. Similarly,

whenever we return to walking in the flesh, we are returning to a fallen state 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 previous chapter of this book, I'm sure you're wondering how a person can tell if he or she is under the influence of the flesh or of demons.

Under the inspiration of the Holy Spirit, Paul the apostle received more in-depth revelations about the actions of the flesh. There is a distinct difference between when a man is controlled by

his flesh and when he is controlled by demonic forces. When it comes to the flesh, Paul says that believers should not make plans to appease its desires.

"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 speaking to the Christians in Rome, telling them not to make any provision or opportunity that could lead to the fulfillment of one's fleshly desires. That is, the flesh will have a constant desire to lust, but as a believer, you should refrain from making plans to satisfy those desires in the flesh. As an unmarried believer, having a private meeting with the opposite sex when the flesh yearns for sexual pleasure will be hazardous to your spiritual well-being. This has the potential to provide an opportunity to satisfy one's fleshly desires. Satan frequently tries to persuade believers to make provisions for the flesh in order to satisfy fleshly desires. The Devil may sometimes suggest that you consider meditating on the nudity of the female secretary at your office, and then he may 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 satisfy their appetite for the flesh by watching pornographic films, looking at nude photos, and reading illicit magazines. The flesh is only satisfied when the believer makes plans to satisfy its lust. Most people start masturbating by preparing the environment or making provisions to satisfy their flesh.

The implication is that if we do not make provisions to satisfy the flesh's evil desire, we can be certain that the flesh will not be satisfied. Avoiding all appearances of evil is also a good strategy for avoiding making plans to satisfy one's desire for fleshly pleasures. When confronted with a fleshly temptation, the

believer is to cut off the channel through which the temptation is being channeled. Most of the time, this entails cutting off sinful connections that tempt you to fulfill your fleshly lust. It can also refer to leaving the house or having the urge to touch your body for masturbation while leaving the house or privacy. Listening to Christian songs and sermons may also help to renew your thoughts and keep you from focusing on sin.

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

When a person's will, desires, and mind are dominated by a stronger force within the person that is at odds with the person's own will, it is more likely that demons are at work. Demons have the ability to manipulate their victims' wills

and desires, causing them to lose control of their own lives. Those under the influence of sinful addiction demons have no control over themselves; whenever the demons speak to them from within, they lose their senses and want only to satisfy the demons' demands. After acting, some people who have been possessed by the spirit of addictions or anger experience feelings of sorrow and regret. The vast majority of demonic-influenced victims always admit their innocence in the evil they have done; some will even say, "I didn't know I was doing it," and they do feel remorse and guilt after their actions. I've spoken with people who have described demonic personalities living within them. When these demonic personalities within them begin to surface or operate, there is always a difference in their vocal responses and even their facial features. However, as soon as they commit an

evil act, they return to themselves and express their regret. Demons cause the majority of marriage breakdowns. Adultery, hatred, irritation, nagging, destruction, bitterness, rage, lust, polygamy, lethargy, divorce, despair, and other similar traits have destroyed many marriages and families. Christian couples should understand when it is appropriate to seek counseling from psychologists or counsellors, and when it is appropriate to band together to fight demons in their lives and homes.

When Jesus Christ arrived in the Gadarenes' country, he encountered a man who was possessed by demons. The demon, who took up residence among the tombs of the dead, forced the man to flee the city. This demon-infested man wielded tremendous power and was plagued by the demons who had taken up

residence in him. The demons took possession of him and took 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 the flesh, meditation on God's word, fasting and praying, self-control, and setting boundaries can all help to subdue our fleshly desires. However, demonic influence cannot be subdued solely through these methods; rather, it must be expelled entirely. On a regular basis, the flesh must be crucified, and demons must be expelled from the body.

Practical Approach:

Set personal boundaries and make personal decisions against sin now. Find someone to hold you accountable, someone spiritual and strict. Put the object of temptation, no matter how useful it is to you, aside for the time being. For example, if your phone is the cause or source of the temptation to masturbate, refrain from using it for 30 days. For a while, avoid using the internet. If you apply, this may be useful.

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 abstaining from masturbation, you must believe that you can be completely free from all sins, not just masturbation, with the help of the Holy Spirit. Through Jesus Christ, man's ultimate deliverance from sin has been provided. Freedom from outward sins (acts of sin) comes first, followed by freedom from inward sin (dominion of sin). The worth of Jesus Christ's sacrifice on the cross of Calvary is that it opens the way for man to be free of sin. And it is with this assurance that we believe a believer can be completely liberated from the sinful nature by God's grace.

The only way to be free of the habit or nature of masturbation is to die. The path to life is death, i.e., dying to sin and self is the means to spiritual awakening. Living in sin results in spiritual death before God. To be free of the nature or habit of masturbation, a man 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 invites us to participate not only 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 subjected to the death of the Cross. Masturbation as a habit must be crucified in order for man to be free of it completely. In the previous chapters of this book, I discussed two possible causes of addiction. It is either a soulish corruptive condition caused by the soul's exposure to such a sinful lifestyle, which eventually becomes a habit, or it is demonized addictions caused by demons with legal foundation and ownership over the victims. On a regular basis, 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.

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

In order to live a life free of masturbation and all other sins, we must examine a critical topic.

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 masturbation or other addiction sufferers have a problem with SELF; self is life in the flesh. The existence of SELF is to blame for the ineffectiveness of living an addiction-free life, as

well as the lack of true holiness and dedication. When we talk about the crucified life, it is not a big word that requires a theological seminary to grasp. This crucified life is a life that is only dead to one thing: SELF. But, you may wonder, what about being sinless? I'd like to emphasize that sin is the result of selfishness. Sin is founded on self-interest. You sin because you want to please yourself rather than God. You masturbate to satisfy your sexual desires. So, when we speak of the crucified life, we are referring to self-death. The Crucified Life is a life of self-control and discipline in the face of sinful allurements and temptation.

Allow me to state unequivocally that true love for God cannot emerge from the heart until the self is dead, which is the crucified life, and until this is achieved, there will be rising and falling

in sin. There are people who have confessed their masturbation or addiction sins to both God and men numerous times but have yet to be set free. This is because there is a self-life that has yet to be crucified. Many believers' misunderstanding of the Crucified Life also contributes to division and hostility within the body of Christ. This is to emphasize that victory over sin and self will not be possible unless believers learn to long for sin's and self's death.

God once told me that His love for man is unconditional, which means that He never prefers one race, denomination, or group of people over another. So God was telling me that true Christianity entails loving others as He loves them, with boundless love for sinners, opponents, and people of all denominations. This, however, is impossible to achieve unless

the heart is circumcised and the self is crucified. Because true love for God is accompanied by God's presence and enablement in one's life, it should be an antidote to sin. Love is the trademark of Christ in such a life, and where the Spirit of Christ is present, there is liberty. However, we cannot have such a heart of sincere love for God unless we have accepted and counted the crucified life.

The Crucified Life: Selflessness

Returning to Paul's consecration, I hope you will incorporate it into your daily prayers and consecration. That whenever you are tempted to masturbate, you will quickly 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, you will not be able to live the crucified life as Paul did until this stone is removed; and until this stone is removed, you will not be free of your sinful addiction behaviors. Remember, Lazarus did not emerge from the grave until the stone at the entrance to the grave was removed. "Lazarus, come forth," Jesus yells, but Lazarus cannot come forth until the stone is removed. I'm sure you've prayed for more of God to set you free. Yes, heaven understands your desire for

more of God, and it is the Father's pleasure to offer you the crucified life. But believe me when I say that heaven will be hampered until you have given yourself up on the altar. The crucified life begins with self-denial.

"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 beseech God to pay you a visit. Many gifted and anointed young believers struggle with the hidden sins of masturbation and pornography addiction. The Cross's purpose is to put an end to the sinful nature.

After you have crucified yourself, the fruits of the Spirit and gifts of the Spirit will easily manifest in your life. 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 Christ's altar. He couldn't get anything for himself because he had lost his sense of self.

Relationships, partnerships, careers, friendships, and relatives are all things that pull us away from Christ. But, before we can live the crucified life, we must count everything as dung. The enemies of living the crucified life are those things that encourage you to be self-centered, exalt egoism, and promote 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 preceding Bible verse describes the life of a man enslaved by sin. Such a man becomes a slave to sin. He sins as a slave of sin due to the influence of the sinful nature in him. This is not like the experience of those who have been possessed by demons. As I have stated in previous chapters, there is sin by nature (soulish corruption caused by Adam's fall) and sin by

demonic influence. Those under demonic influence have a stronger will, and they frequently hear a voice from within speaking to them and compelling them to repeat bad behavior or addictions. Wherever there is a voice, there is always the presence of a person; where there is an alluring voice of sin strongly speaking to a victim, there is the presence of a demon. If the demonized victim constantly hears a compelling voice to masturbate, and this makes him unable to control himself, he is under the influence of the devil. Those who are simply slaves to masturbation, on the other hand, hear no compelling voice, but rather a strong evil desire to masturbate frequently, which is simply the result of sin's corruption of the soul. Those walking in the flesh are those who are influenced by the old man, the Adamic nature, or the fallen nature of man.

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

Persons who are addicted to masturbation by nature of sin must exercise self-control because of their sinful nature. This chapter is intended to help them maintain their salvation or deliverance. Deliverance or exorcism of the demon responsible, rather than self-discipline, is required for people under demonic influence. This chapter is for those who are addicted to masturbation due to habit or nature rather than demons.

The struggle of living in the flesh was exposed to the church at Rome by Paul in Romans 7:15,19. Other theologians speculated that Paul

was speaking to himself because he used the word "I" frequently. Some theologians disagree with this interpretation, claiming that Paul never referred to himself. However, given Paul's frequent use of "I," we'll assume in that chapter that he was referring to himself for the purposes of this study. Paul described the state of natural man enslaved by sin in the preceding chapter of Romans. Paul wrote about resisting 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 is simply giving sin authority over you. However, according to Paul, the Christian has the choice of allowing sin to reign or not. Allowing sin to reign implies that the believer must actively resist sin's desire for dominance over his life. Remember, Paul was speaking to Christians who had been justified by faith and reborn. Another way to keep oneself sin-free is to not allow sin to reign in one's mortal body.

"Do not allow masturbation to reign in your body again," I might say. Vigilance, alertness, and prayerfulness are required. When it comes to this issue, self-discipline entails being cautious,

vigilant, and prayerful. And I'd like to elaborate on these three points.

You must keep your freedom from the evil practice of masturbation or you will revert to your previous state. If you have violently prayed the prayer points outlined in the preceding chapters, I am confident that you are free. Many people are unsure of how to keep their freedom after they have been set free. The purpose of this chapter is to help you keep what God has given you.

Carefulness is a type of self-discipline in which the emancipated believer is extremely cautious about what he hears, observes, and thinks. This prudence requires the believer to never look at things that contaminate him, never listen to or converse in sensual and immoral songs, and to

constantly guard his heart. To develop self-discipline, you must be extremely picky about what you allow into your life. Being cautious entails avoiding places or websites that may lead to sin in your life. You should use your phone with caution and limit your time spent on social media and browsing. Masturbation victims frequently combine this heinous behavior with pornographic viewing. You must identify what causes the desire for sin in your life and try to avoid 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

Watchfulness is another aspect of self-discipline. Being self-disciplined necessitates being alert. As a single brother or sister, you must be wary and aware that nothing good can come from the flesh and that the Devil is the father of lies. The flesh or the Devil will frequently use a trick to persuade you to watch a short video on nudity or to peruse some romantic magazines as a single brother or sister. Remember that the Devil is attempting to enslave you once more whenever you are tempted to look at the nakedness of the opposite sex or to touch your body. It is not a good idea to let sin, masturbation, or sinful habits rule over your mortal body. Do not allow this to happen. Keep an eye out for it and stay away from its advice. The Devil will flee if you resist him.

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

Prayerfulness can also be used to achieve self-control over masturbation and immoral cravings. Becoming more prayerful can help you overcome addictions. Without a life of prayer, reading the Bible and fasting will be futile. Prayer is absorbing the Spirit's vitality for daily victory. This implies that you must have a more consistent and intense prayer life. In order to have a reviving spirit man, prayer must be done on a daily and consistent basis.

When you return to sin, you activate the ability to sin indefinitely. You must understand that anything that is starving (including sinful desires) will perish. If you continue to say no to masturbation temptations, you will gradually

silence the voice of sin. Self-discipline is the act of depriving your body or flesh of its wicked cravings, and the desire for masturbation will gradually fade away as you continue to deprive it. But understand this: the Devil will continue to tempt you even after your desire for it has faded, but you must not let sin or flesh rule over your desires.

Paul the Apostle was able to control his body through the power of the Holy Spirit. Paul was the one who said the things he despised and saw himself doing; now he can speak freely, and I control my body. However, as he later reminded the Galatians, the key to his control over his body and passions was that he was crucified with Christ on a daily basis.

"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 concerted effort to exert control over your desires and daily activities. If being alone makes you want to masturbate, either start

mingling with praying believers to avoid being alone, or devote your alone time to prayers and Bible reading. Keep your mind busy 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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