
HOW TO BREAK PORN ADDICTION AND MASTURBATION

Guide Book

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HOW TO BREAK PORN ADDICTION AND MASTURBATION

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Dedication

- This book is dedicated to everyone who thinks that it's impossible to overcome porn addiction and masturbation. Every time you try to abandon pornography and masturbation, you always fall; this book is yours.
- To the next generation, those boys and girls coming after my death. Years to come sexual immorality will reach its climax, it will become even more difficult to live a holy life because of temptations, the devil will powerfully use technology, science, and mass media, especially web-based media to maintain you captive of impurity. False teachers will come in the name of our precious Lord Jesus Christ to tell you that masturbation is not a sin, pornography is not a sin, homosexuality is not a sin, do not follow them, they are all liars just like their master satan. Do not worry, the Holy Spirit will be there to help you and teach you the truth.
- To the Church, the Body of Christ. Every Christian can read this book in order to help and teach others. Millions of God's children are suffering in silence from those satanic bondages, please help them.
- To the world system that encourages pornography and masturbation. You are leading people astray. God will punish you all unless you repent from your sins. Like it or lump it, one day you will stand before God.
- To my children. Even if you are not yet born, I pray the Lord to protect and prevent you from those satanic strongholds when you will come in this world. The day you read this book, I beg you, teach your friends, teach the whole world that Jesus Christ saves from any kind of addiction.
- To my Lord and Savior Jesus Christ. Lord this is not my book but yours.

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- To the memory of Dr Myles Munroe whose teachings have impacted my life. Your legacy still lives on, may your soul rest in peace. See you in heaven...!

Take note that the name satan and related names are not capitalized. I choose not to acknowledge him, even to the point of violating grammatical rules.

Scripture quotations marked NIV are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®.

Scripture quotations marked CEV are taken from the HOLY BIBLE, CONTEMPORARY ENGLISH VERSION®.

Scripture quotations marked KJV are taken from the HOLY BIBLE, KING JAMES VERSION®.

Where there is no mark, we have used the ENGLISH STANDARD VERSION®.

Notes for the reader

It was with tears and pain that I wrote this book. While the wound was still opened and not healed, I started writing this book again. The fall I experienced in my walk with the Lord had just hurt and broken my heart that one would think of reliving the scene of 11/09 in the United States. This time it was not the World Trade Center that was bombed but my heart. It was in the middle of the battlefield that I wrote this book. After having written the first edition of this book, I fell. I must be sincere friend, even in the process of writing this book the devil knocked me down sometimes. It was like he was there to tell me *“You guy! You do not deserve to teach people how to break porn addiction and masturbation because you are still falling. Ah! Ah! Ah!”* I was no more captive but sometimes falls happened again in my life after having been delivered by the Lord Jesus...and I stopped writing the book for a moment because I was just broken, discouraged, and feeling myself so unworthy to write this book.

When the devil hits you, you must hit him back. One of the main ways to hit satan is to confess your sins. Do not hide your sins deep inside your heart because the devil will always use them against you.

Glory to God, He gave me strength to confess my sins, I did not hide them in my heart. Knowing that I was forgiven, I restarted writing the book. The Lord told me in a dream that satan was preparing something bad against me, he had set up a plan to bring me back to pornography and masturbation. I care about this vision just for a moment than I forgot everything the Lord told me because I was distracted. I was a distracted servant of the Lord.

And one day, boom! I fell again, the Lord told me *“You are stupid, I already prevented you.”*

Then I said to myself *“Really, it’s finished here. Dear Jesus Christ find someone else, not me, I do not deserve to teach your people.”* But the Lord told me *“You will write this book and say everything that happened to you the world, people will understand how deep is my love and it’s the only way you can humiliate satan because he was thinking that you would be ashamed to tell people your sins”*. That’s the way I regained strength again, I went to meet my spiritual father, I told him what happened, he prayed for me and peace came back in my heart.

I had peace in my heart but I was always under the shock of what took place in my relationship with the Lord, things I had never imagined before. I had peace but always sad, no joy. And the Lord told me through a song *“My son, why are you so sad. I understand, I do not judge you, you are forgiven, why are you so afraid of coming back to your Father? I can hear the cry of your heart, I will never forsake you, I will always keep you close to me”*. That’s the way he restored my heart.

Every time the devil opened his mouth again to tell me that I was unworthy to write this book, with boldness I hit his mouth by the Scriptures. Quoting 1 John 1:8-9, NIV. **“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness”** Hebrew 2:11, NIV **“...So Jesus is not ashamed to call them brothers and sisters.”** I told the devil *“if Jesus is not ashamed to call me his brother, who are you to tell me that I am a sinner? I am even not your brother/your nephew/your cousin, nor your child, why are you so focused on me? Don’t you have children to care about like our Heavenly Father cares about us? Really, I do not understand you satan. And even if I sin, I do not sin against you, I sin against my God, so mind your own business*

and let me repair my transgression against my Father when I break his laws”. Truly I tell you, he had nothing to respond. That’s the way I hit him back and restarted writing the book again because I could feel that many lives were waiting for it. Satan cannot just resist before the truth of the Word of God. You must tell him who he is and who you are in Christ.

So, be clear Georges, are you still captive or not? No, I am no more captive, I am totally free from those satanic yokes, I don’t fall into pornography and masturbation again. What I am telling you is all my past. Today I am another man, forgiven and restored by the Lord Jesus Christ. I am telling you my story so you may understand that we are all humans and it may happen that we fall. I want to point out the fact that we all need the grace of God. None of us deserves to be called God’s Child, none of us deserves to live in heaven with Jesus Christ, all we have and all we need is the grace of God and his forgiveness, nothing more nothing less, only grace and forgiveness.

No matter how weak you are, no matter what life you are living right now, no matter what your past looks like, Jesus Christ is able to completely restore you. Falling is not fatal if you decide to confess your sin and move on.

Let me tell you Buster Douglas’s story;

The agony of his mother’s death inspired him to one of the most incredible victories in boxing history, as he defeated Mike Tyson.

Buster Douglas was given no chance of a victory against the undefeated heavy weight champion Mike Tyson. Twenty-three days before the fight, his mother died from a heart attack. For sure he was brokenhearted because of the loss of his mother. But rather than being ruined by his mother’s departure

he was strengthened, motivated and inspired to defeat Mike Tyson because he promised it to his mother before her death.

The day of the fight

In the 8th round Tyson landed a big right uppercut that sent Douglas to the floor. No one thought he would get up, but after 9 seconds just before the bell ending the round, he get back up on his feet. Then in the 10th round, Douglas landed a devastating uppercut and a quick combination to put Tyson on the canvas for the first time in his career. No one did it before...

At the end of the fight they asked Buster Douglas, how did it come you beat Mike Tyson? He said **“Because I promised my mom before she died that I was gonna beat him”**.

The moral?

The secret is determination and not giving up, just don't give up even if the enemy sends you to the floor for 9 seconds, 1 second before the end of the round remember that you are a Child of God, Jesus Christ paid the full price on Calvary for your sins. He shed His blood for you, get up and start fighting back. You are a winner, Christ Jesus defeated satan on Calvary for you. I repeat it “for you, for you and for you alone. Not for the archangel Michael nor Gabriel, but you.” Can you understand it? Jesus loves you no matter what, He is always ready to help you. Develop just a prayer life, seek Him in prayer and you will find Him.

It was the case with me. Writing this book could be likened to the 9 first rounds between Tyson and Douglas. It was not easy writing it, because I could feel a strong opposition coming from the devil designed to impeach me

to move forward with this book. I stood firm until the 7th round, in the 8th round the devil landed an uppercut that sent me on the canvas (Watch pornography and masturbate while I was myself writing a book against those stuffs). I was just broken, humiliated, and discouraged that I stopped writing the book. I told the Lord that I was not worthy to write such a book because after having been delivered, after having walked in holiness, and preached to others against those things, I fell again myself. The bell started ringing, **one, two, three, four, five, six, seven, eight...**the devil was dancing and saying “I got him, Ah! Ah! Ah! He is defeated”...**nine...**just before the bell ending the round I remembered Jesus Christ and His tender heart, always willing to forgive and restore. I decided to confess my sin and I went through a deliverance prayer. And I stood up again, then I started fighting back. In the 9th round the devil landed a big right uppercut again that sent me on the canvas for the second time (fall again into pornography and masturbation while the Lord already told me what satan was about to do, I care about it just for a moment then I forgot everything because I was distracted). This time, I thought was the last because I lost hope and I was really empty, I was saying to myself “*Jesus, please look for someone else, not me, I am not strong enough, I do not deserve to teach your people, please! May be some of them are better than me*”. The Lord insisted “*You will write this book and say everything that happened to you*”. While I was on the canvas, the bell started ringing again, **one, two, three, four, five, six, seven, eight, nine, t..** just before the end, I stood up again. And I said “*enough is enough*”, in the 10th round I landed a devastating uppercut that sent the devil on the canvas and he lost the fight. Because thousands of millions of people will read this book, they will know that it is possible to stand up stronger than before and follow Christ again after having been put on the ground by the devil because sins, they will come back to the Lord Jesus Christ and they will be delivered. I am the winner and

satan is simply the loser at the end of the fight no matter how many times he put me on the ground because of my falls. I defeated satan, he lost because I was determined. Your determination is the key!

This book is a product of a bounce back. So, you have no reason to give up just because you keep on falling because the author of the book himself experienced it. Put it in your mind all the time you will be reading this book **“To fall is not fatal, there is a life after a fall, Jesus can still restore you. Fight till the end and you will win.”**

I want to be your model in the matter of confessing your sins when you fall. Never hide your sins friend...confess them. Some sins are like bacteria that do not like light. Once you expose them to the light, they die. Expose your sins so they may die. Expose them to mature persons and people you trust. Do not expose your sins to people who are going to tell your story to others.

I want to be your model in the matter of perseverance in this battle. Never quit the ring before knocking satan out. Never quit even if he continues to knock you down. There is a difference between being knocked down and being knocked out. The knocked down person can still wake up and start fighting back again but the knocked out is just the loser at the end of the fight. In this fight the devil can knock you down but never let him knock you out. At the end of this battle satan must be the knocked out because he is defeated, disarmed forever by the Lord Jesus Christ.

You must fight the devil with the Strength and strategies of God, do not use your own wisdom because he will keep on knocking you down. You must be brave enough to tell the devil that you won't give up until you knock him out. You can read my story again on page 13.

What I have written to you in this book is just true because I have experienced it and I know that if you decide to apply what I have said, the Lord will make you totally free as I am today.

From slavery to weariness, from weariness to deliverance, from deliverance to fall, from fall to the mercy of the Lord, from the mercy of the Lord to fall again, from fall to mercy of the Lord again, from mercy to complete restoration. That is my journey.

I know how these spirits work because I have struggled with them for a long time and I defeated them all. This book is first of all the fruit of a personal experience, then deep meditations, researches and above all the revelations of the Lord Jesus Himself, He explained me deep things about those practices and how to overcome them and put them under your feet.

I said a lot of things in the book that if I don't guide you, you run the risk of reading the book and not understanding its key messages.

How to get the most out of this book?

- Have a strong desire to learn how to overcome these practices.
- Whenever you are reading this book, if you find any information very useful for you, underline it or write it down somewhere. Then see how you can apply it and how it can help you to move forward in this struggle.
- Don't take this book as a supreme guide, it means that it should not become a set of rules telling you what to do and what not to do. If you take it that way, these rules will become heavy burdens to carry. May this book be like a friend advising you, try to put these friendly advice into practice. You know what to do when a friend gives you advice and you find his advice really

relevant. That's how I would like you to act on this book. May it be a friend to you.

- If you see information coming back several times in the book, it means that it is very important. You must pay particular attention to it.

- A fall can happen, do not lose hope, continue the fight, you will win. It all depends on your perseverance and your determination to fight till the end.

- At the end of the book I have proposed prayers that will help you to pray alone before finding a fellow fighter or a prayer group.

- Find someone you trust who can help you. It may be your pastor, a priest, or any mature Christian you trust. Do not fight alone nor hide your sins. Before breaking the yoke of pornography and masturbation, God first takes good care of breaking our proudness.

- Let the Holy Spirit guide you. For example, if while reading the book there is a message that touches you strongly and then the Lord asks you to act according to this message (fast, go confess your sins...), do not resist, do it.

- Don't act like a lazy or a coward who finds everything difficult to do. With this attitude you will not move forward. You must be a fighter, not a lazy who thinks that everything will be easy. You are in a battle, you are a fighter, to be victorious you must make sacrifice sometimes!

- Reading this book just once won't help you. Read it again from time to time so that you master what is said in it. The Lord says that when the world of God is sown in men's hearts, if they don't take good care to deeply meditate on it, satan immediately comes and takes away the world which is sown in them. For those kinds of people the world of God is likened to a seed sown upon rocky ground. You can read the whole story in Matthew 13:1-9, 19-23.

When the word of God is preached, the devil trembles. When people understand deeply what is said he is frustrated. When they apply it he is defeated. The work of the devil is to take away the Word of God from people's minds and hearts so that they cannot believe and be saved. Do not allow the devil to rob you the knowledge you will get through the reading of this book. The only way to impeach him to steal your knowledge is to read this book again and again and write down everything that will be helpful to you. Be brave enough and fight! You can do it friend! You have the power of Jesus Christ deep inside of you to break those addictions. You can do it beloved...

How to break porn addiction and masturbation

Satan is like a fisherman who goes fishing with perforated fishing nets, Jesus Christ perforated all satan's nets on the Cross, if he catches a fish there is always possibility for the fish to escape; what the fish must do is to only notice the holes in the net and move slowly and surely to get out. The problem is not the devil caught you with the net of pornography and masturbation, the main problem is that you are not able to see the holes that are in the net so that you can get out. This book is there to show you the holes that are in the net (pornography and masturbation) of the devil so that you can get out because that is not your place son/daughter of God!

How to break porn addiction and masturbation

FIRST PART

1. SINS OR NOT?

Before all, I want to answer this question. Because there are thousands of people, even Christians, who even do not know that pornography and masturbation are unholy. While you are reading this book, there are people suffering from hellfire because of pornography and masturbation. Most of those who watch pornography and masturbate try to justify their sins, saying that in the Bible it's not written in black and white. But let's see what the Bible says about those impure acts.

Pornography

Pornography is fornication and adultery. What does fornication mean? Fornication is sexual intercourse between people not married to each other. What does adultery mean? Adultery is a voluntary sexual intercourse between a married person and a person who is not his or her spouse. That's what really happens in pornography.

A pornographic actor and a pornographic actress do not form a married couple. **They are not married in real life but still engage in sexual intercourse**, so what they are doing is simply fornication. Some of those pornographic actresses are married, they even have children, but they still engage in sexual intercourse with those pornographic actors who are not their husbands. That is a concrete example of adultery.

It's not the Holy Spirit who is behind fornication and adultery, it's the devil. Pornography is demonic!

You know, even though they were married, there is no reason to expose publicly what must be done privately. Sexual relationship needs intimacy.

When you expose your spouse's nudity, that's nothing else than foolishness. Spiritually pornography is demonic and intellectually it's simply foolishness. Those pornographic actors and actresses rob themselves of value. A straight human being, a fearing God person won't expose his or her body to everyone. Remember dear reader that the fear of the Lord is the beginning of knowledge: but fools despise wisdom and instruction. Proverbs: 1:7. Those actors are fools for they despise wisdom. Watching pornography is inviting the devil to come and destroy your life.

Porn addiction literally destroys everything. It pollutes the eye, it destroys the mind, it changes your personality, it weakens the soul, it clogs up your potential in Christ, it destroys marriages due to the envy and curiosity to have sex like them, and that might lead you to sleep with outsiders, it hurts your relationship with others, even with God, it destroys sex and this addiction can destroy your desires for a real relationship with the opposite sex.

I strongly believe and affirm that the Spirit of the Lord will never push you to fornicate nor commit adultery. The spirit behind pornography is satanic. When you let satan enters your life through pornography, do not expect God's result.

Pornography is also prostitution. What does prostitution mean? It's the fact of engaging in sexual activity with another person in exchange for compensation, such as money or other valuable goods. That's what really happens in pornography. Those actors and actresses engage in sexual intercourses because they know they will be paid. They use their sexes to gain money. That's the very simple meaning of prostitution "*to use your sex or body as an instrument to gain money*". Do not let people fool you around, pornography is prostitution. You and I know that it's not Jesus Christ who

pushes people to prostitution, it's the devil. Once more you see that pornography is demonic. Spirituality covers everything, spiritually speaking and thinking pornography has a goal in your life when you are watching it, and its goal is to give access to the devil to destroy you. The devil is not your uncle, he does not come in your life to do you good!

Pornography is impudicity and impurity. When you watch it, you become immodest, sexually immoral and impure as those actors and actresses. The Bible says without ambiguity that sexually immoral persons will not inherit the Kingdom of God (1 Corinthians 6:9-10) and without holiness no one will see God. Not seeing God is the synonym of going in hell. The Scripture teaches us to have a clear mind but how can you have a clear mind when you are messing with those things? When you watch pornography you are degrading the person you are lusting after. You are destroying them in your heart and you are slowly destroying yourself at the same time. Time passing you will remark great changes in your life. The Lord Jesus says that when we look at a woman with lustful needs, we have already committed adultery with her in our heart (Matthew 5:28), it is the same for a woman who looks at a man with lustful needs. The Scripture says clearly that adulterers will not inherit the Kingdom of God (1 Corinthians 6:9-10). The more you watch pornography the more you commit adultery because you are lusting after a woman or a man who is not your spouse and if you die with those sins in your heart, without confessing them and begging Jesus for mercy before your death, I am sorry to tell you that your eternal destiny will be nothing but sorrow even if you are a Christian. Just some questions for you who watch pornography: Do you know the day you are going to die? Do you know if you will have time to ask for forgiveness? Do you know how will it happen? None of us knows this, no one has answers. That is why I advise you to seek the Lord while He may be found, call out

to Him while He is near. Seek the LORD while he may be found; call on him while he is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the LORD, and he will have mercy on them, and to our God, for he will freely pardon. **Isaiah 55:6-7, NIV.**

In pornography you will find **homosexuality, sodomy, bestiality, pedophilia, etc. All of them are demonic acts.** Read Leviticus 20. Jesus' works and satanic works are absolutely opposed. There is nothing of Jesus Christ in satan. As pornography is one of the works of satan that means nothing of Jesus Christ can be found in pornography, absolutely nothing. **Christians (Christlike people) cannot watch pornography. Watching pornography is like approving prostitution, adultery, fornication, homosexuality, sodomy, bestiality, pedophilia, etc. Pornography is totally demonic. When you watch it, you meet demons and when you masturbate in reality you engage in sexual intercourse with demons.**

When you watch pornography **all your life is in darkness because your eye, which is the lamp of the body looks at unholy things.** As you are in darkness, you need light. Light is nothing else but Jesus Christ. To get out of this darkness in which you are you need Jesus Christ, the Light of the world.

The Lord Jesus states it in this way **"The eye is the lamp of the body. So, if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!"** Matthew 6:22-23

"I have come into the world as light, so that whoever believes in me may not remain in darkness." John 12:46

What is pornography then? Pornography is not just typing something on internet to satisfy your lustful fleshly needs. Pornography is the lustful images on Instagram, pornography is the vulgar song lyrics that glorify premarital sex, pornography is the magazine, blogs, Facebook pages that glorify sexual immorality, and books you read talking about obscenities. Pornography is the sinful movies, video clips, and videos games filled with half naked and naked women.

Again Jesus spoke to them, saying, “I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.” John 8:12

Masturbation

In general masturbation is always accompanied with such acts as watching pornography, reading erotic magazines or imagining impure scenes. Nobody can masturbate and think about hamburger, pizza, or chocolate. Masturbation and evil thoughts always walk together. You cannot separate them, it's a full package. When people masturbate they always think about sex related things (sinful fantasies). It might be someone they have seen on television, someone they know, etc. By doing so, you commit adultery. The Lord Jesus Christ says “*if you look at someone with lustful needs, you have already committed adultery with him in your heart*” Matthew 5:28. When you accept sinful thinking in your heart and start enjoying them, the Lord Jesus says you are not different from the one who has committed the act. As you think in your heart, so are you (Proverbs 23:7 KJV). And The Spirit says through the apostle Paul that ***adulterers will not inherit the Kingdom of God*** (1 Corinthians 6:9). Before asking the

question to know whether masturbation is a sinful act or not, you must first ask the question to know if those autoerotic acts that lead to masturbation are holy. Is pornography holy? If it's not, then masturbation after having watched adult films is a sinful act. Is reading erotic magazines holy? No, it is not. Then masturbation after having read erotic magazines is a sinful act. Masturbation is indeed a result having as cause evil thoughts. They are twins. We cannot talk about masturbation alone and say it's not a sin but the evil thoughts that cause it. No! Masturbation and evil thoughts are always linked. They are sins, and will remain sins before the Lord.

When you masturbate you sin against your own body. When you masturbate you engage into a kind of homosexuality because you are having sex with yourself (You are having sex with YOU; same sex relationship that means it's homosexuality). Sexual sin is keenly destructive, for other sins corrupt external things, yet sexual sin devastates the inside. You must know that this body does not belong to you, you are not the creator of your body, your body belongs to the one who created it, I mean Jesus. One day, He will ask you to give Him account about what you are doing with the body He gave you. The Scripture asks us to glorify God in our bodies, to offer up our bodies as living sacrifices to the Lord. When you masturbate to whom are you giving glory, to whom are you giving your body as a living sacrifice?

Your body is the temple of the Holy Spirit. When you masturbate you put dirtiness in the temple of the Holy Spirit. Be sure of one thing, one day you are going to die and you will give account to Jesus Christ, like it or lump it. You will tell Him what you did with the body He gave you. That day you are going to face the music.

When you masturbate you exchange the natural sexual relationship to that is contrary to nature. It's not God who influences you, it's your own lust and the devil.

Masturbation is one of the works of the flesh, it's impurity. To set the mind on the flesh is death, eternal death, hell. The mind set on the flesh is hostile to God, for it does not submit to God's law. Those who are in the flesh cannot please God. When you masturbate, you make your mind and body hostile to God, they will never submit to Godlike thoughts. At that moment masturbation can be likened to idolatry. Idolatry because your body's desires take now the place of God. You obey your sexual drive more than you obey God.

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God. Romans 8:5-8

You may ask yourself "*what Jesus has to do with my body?*" What Jesus has to do with you masturbating?

You know, what you are doing with your body matters because what Jesus did with his body matters. It is because of the body of Jesus Christ that we are saved. Jesus didn't come as a spirit. He had a body. He kept His body holy for you and I. It's because of the holiness of His body that we are saved. What Jesus did with His body obtained salvation for our souls. So, what you do with your body in a darkened room affects others. When you masturbate, you rob yourself of value and it will also affect the consideration that you have for others. Most of those who masturbate reduce the opposite sex to something they can just lust after to satisfy their lustful fleshly needs. Masturbation kills love, masturbation kills respect,

masturbation kills life. Most of the time people love masturbation until they've gotten off, then they are ashamed of themselves.

Are you going to set your heart towards Christ Jesus or continue with pornography and masturbation? Jesus Christ wants to make you new; pornography and masturbation want to make you fall and send you in hell. Choose today!

Dangers of masturbation

1. For ladies, while inserting all manner of objects, you may mistakenly dis-virgin/destroy your clitoris or hymen and also introduce infection into your genitals and womb.
2. You kill your ability to enjoy sex in future. Millions of women don't enjoy sex in marriage which leads to sexual frustration, adultery, lesbianism and feminism. If you are used to getting orgasm by yourself, you won't be able to get it from your husband. If you are used to objects and hands in your private part, you won't have feelings for your husband's penis.
3. As a man, you will not have a good sex life. You will experience premature ejaculation and your wife won't enjoy you, leading to acute sexual frustration in marriage. You need self-control to fully enjoy sex and give your wife maximum sexual pleasure.
4. If you do not suffer premature ejaculation, you may have serious problem with delayed/retarded ejaculation. A situation where you get erection for several hours without ejaculation and orgasm. Rough masturbation with your hands kills your ability to feel/enjoy sex with your wife. You have so much to lose sexually when you masturbate. Abstaining from this degrading act helps you feel relaxed, confident,

have normal sexual intercourse and enjoy the pleasure that comes from sex in marriage.

5. You start having sex in the dream with a known or unknown person, who is in reality a demonic spirit.
6. You get damaged, hurt and broken.
7. You are at risk of losing God's friendship, being destroyed and going in hell.
8. Pornography and masturbation clog up your potential. You came with a gift here on earth, God put greatness in you and He is waiting for you to release it. But pornography and masturbation will never allow you to release your potential. You are like a bird meant to fly but locked up in a cage. Pornography and masturbation are cages that will impeach you to fly and fly higher in your generation. You will have no concrete vision for your life as long as your only focus will be sexual immorality.
9. These and more are the consequences of masturbation.

We have many things to say about it, but let's move on because the main goal of this book is to tell you what you must do to defeat pornography and masturbation. At this level, we suppose you are convinced that pornography and masturbation are sinful acts and you want to get rid of them, if not, then the reading of this book might be a waste of time. Repentance is the key to get the most out of this book.

2. I SPEAK TO YOU MY FRIEND

Now that the Lord Jesus Christ has delivered me from pornography and masturbation, which kept me captive for several years,

now that the Lord Jesus Christ has forgiven and restored me after my fall. I can tell you how to overcome those satanic things. I will speak in term of principles and I advise you to read the entire book to get accurately the thought I want to communicate to you.

When I was still a captive of these sins, I also had the habit to do some search on how to overcome pornography or masturbation; but I was always falling across scientific theories accompanied by biblical verses. I'm not saying it was unnecessary, but it was not really what I was looking for. I was looking for writings or sermons that could say **clearly and precisely** what I should do to be delivered.

Glory to God who called me, who helped me, delivered me and forgave me when I fell again into pornography and masturbation.

Here is my story

I had been struggling with masturbation since my childhood, and later in high school I had been introduced to pornography. Ashamed of myself when I was thinking of my life in secret, hypocrite when I was thinking of my parents and all those people who love me and hold me in esteem. I spent almost all my childhood watching pornography and masturbating. I cried to the Lord and He heard me! After I was delivered and wrote the first edition of this book, something horrible happened to me. Something I never imagined before. You know, when the Lord gives a mission, He always gives instructions to follow to accomplish it. It was the case with me. When He asked me to write this book, He gave me instructions to follow. Glory be to God, until the publication I had tried to apply them. It was after the publication of the book that the Lord asked me to withdraw in prayer for a while, I knew it and I was feeling the urgency to be away from everything and pray. But I had not followed His recommendations. I continued to

promote the book, to tell people what to do to be delivered from these devil's yokes, without respecting what the Lord commanded me. With my own intelligence, I thought that the ideal places to reach people held captive to these things were the pornographic pages on the social network named Facebook. So, without intending to go and watch pornographic videos or images, I started visiting these pages to urge these people and tell them about the book. I thought I was strong enough never to fall into pornography and masturbation again. What madness! **You see, the fall begins when you no longer obey the instructions of the Holy Spirit.** As I was no longer in the Lord's will, little by little I began to slide, until I fell and spent another six months struggling with those things that I had once overcome. Each month I had to fall at least one time. When everything was good with God, when the joy of walking with the Lord in holiness came back in my heart, it was at that moment that I was falling. Can you feel my pain? Can you feel my shame? But the love of our God is so great, He did not reject me at all despite my disobedience, I confessed my sin, I was forgiven and I went through a deliverance prayer. As the Lord teaches us "When an evil spirit is driven out of a man, he goes to arid places seeking a place to rest, if he does not find one, he will return to the house from which he was driven, not alone but with seven other spirits stronger than himself. If this house is swept away and empty, then they will enter and establish their home there. This will make this man's last condition worse than the first." **That's exactly what happened to me.** Meantime, I was already writing the present book. When those things took place, I was just broken, put on the ground by the enemy, ashamed of myself that I stopped writing the book. After this period, I fell again three times and three times I went to confess my sins to my spiritual father. I did not hide them in my heart trying to justify my sins and say "I will only confess my sin to God". Beloved, most of the time we are just hypocrites that's why we do

not want to confess our sins to others. I could feel that it was no more a matter of being captive of pornography and masturbation --because I was not a captive at all-- but real attacks from the devil to impeach to move forward in life and weight me down with the power of culpability. And today I am totally free because I was determined not to let devil joking with me...From this unfortunate story I would like you to remember three things. The first is **“do not joke with your weaknesses, especially not sexual sin”** because the ones he dropped were spiritually strong. The second is that **our God is truly merciful to those who return to Him with all their heart and who now desire to walk in His ways. God does not want the death of the sinner but He wants him to turn away from his sins and be saved.** Ezekiel 33:11. Whatever your past looks like, whatever life you live right now, if you decide to come to Him with all your heart, He will welcome you. Jesus says **“I will not reject he who comes to me”**. John 6:37. I myself am a testimony of what I’m saying. Our God is truly merciful towards those who confess their sins and return to Him. **The third is that during your deliverance process, a fall may occur (I do not wish it), but never give up, continue the struggle until you are completely free. Every time a fall occurred in my life I had the courage to confess it. I did not hide it in my heart because I knew that the devil will be there to remember me my sins and accuse me before the Lord. The fatal weapon against a fall is confession. Every time a fall occurs in your Christian life, go confess your sins otherwise you will not move forward.** My desire is that the Lord makes you completely free as He did with me.

In this book I will rely on my experience with Jesus Christ and tell you what I have learnt.

Considering the difficulties that I encountered while looking for books that could help me to overcome these abominations, I would not be

too scientific, I will speak to you in a simple, clear and precise way. But this does not prevent us to explain in accord with science some natural phenomena when necessary. But always in a **simple, clear and precise way**.

Please, what I'm going to tell you through this book requires practice in order to be effective. If you read it, you get knowledge but you don't act, I don't know how you are going to be set free. I am not trying to command you or have you obey me like a subaltern does to his superior. I just want you to be the brother or sister who listens to his/her brother's advices. There is one thing that I know about Jesus Christ, when he delivers, His deliverance endures forever. Because He says, "*once I open no one shuts and once I shuts nobody can open*". I would like to tell you that if Jesus Christ opens this prison's door (pornography and masturbation), no one can do anything against you to restrain you. The strategy that will be used in this book is called "**The Cross of Jesus Christ**".

I wrote this book for you who know that pornography is a sin but you do not have enough spiritual strength to abandon it. I wrote this book for you who are tired of pornography and masturbation and you want at all costs to get rid of them. I wrote this book for you who think that you are a prisoner of pornography and masturbation. Through this book your addiction will be broken in the name of Jesus Christ. I wrote this book for you who always ask self-questions such as if one day you will be truly delivered from pornography or masturbation. I wrote this book for you who are desperate and do not see anyone who can help you to overcome these sins.

I would like to tell you that Jesus Christ is the person of those who are lonely. When you just feel alone, not knowing to whom to speak, not knowing who is going to help you to overcome these sins, I want you to remember Jesus Christ.

The first thing that satan, the devil, will try to put in you is doubt, “*If these principles worked for him, do you think they will work for you too?*” that might be his question to sow doubts in you, so you can be discouraged. If he comes to sow that thought in you, you just must understand that **he is afraid**, because you are about to figure out **the truth** about his malicious works. That is just an expression of his fear friend! Principals work everywhere and for everybody. Satan fears the Truth, he can only play with you if you are ignorant. **Satan plays with you in realms where you do not have knowledge.** Most of the time, Christians perish because of lack of knowledge. The devil is using his powerful weapon today called “**distraction**” to impeach Christians to get access to knowledge.

What scares the devil the most is **the knowledge of the truth.** The Lord Jesus says in John 8:44 that satan cannot stand where there is truth. The day you get revelation about something you were ignoring, satan will have no more power over you in that realm. The devil is so afraid of the truth that he is constantly working to bring strategies that keep human distracted. Because he knows that the truth sets us free. *We must not forget that the Truth is nothing else but Jesus Christ* (Matthew 14: 6). Since the Truth scares the devil, I advise you to seek it. In the upcoming lines I will tell you all the truths about these abominations and especially how to spiritually overcome them because I have personally been there. I was once set free, I fell again for almost six months, I had been forgiven and restored by the Lord Jesus Christ. So I really know how to get out of these satanic strongholds. I had a serious spiritual warfare against those spirits during two years and I defeated them all through Jesus Christ who lives in me.

I wrote this book with a rage in my heart, with a great holy anger, thinking of all these past years during which the devil had held me slave. Thinking of my fall after having written the first edition of this book. When

I see how he continues his work of holding people captive till today, it makes me angry knowing that he is a defeated foe. A defeated foe who reigns over God's children, it's not normal. Your situation is not normal beloved! Say with me "It's not normal". It's not normal that on the one side Jesus Christ shed his blood for you so you may be free and on the other side you keep on being slave to sins.

Read this book with an open heart and a willing spirit to give up evils. Let the reading of this book be a real contact with the Holy Spirit, not just a simple reading, I pray. I strongly believe that the Lord will touch you after reading this book. Maybe you're desperate like I was, sometimes I had to think of myself and ask myself what would be my fate if I die. The answer was "*blur!*". I did not see clear about my fate after death and somewhere in my heart I thought to myself "*if a day I have to go to hell it would be because of pornography and masturbation*". I was desperate! I was already going to church, but I was still watching pornography and still masturbating ... it was sad and shameful!

One day I stopped going to church just like that, I decided to seek that Jesus Christ, the one that they preach us, and I found Him ... and He delivered me. Do not desperate, the fact that you are reading this book is not a randomness it's a proof that the Lord wants to free you from those abominations that stain your body, your soul and your spirit. If you do not believe that the Lord wants to deliver you, I believe in your place.

You think you will always remain a slave of masturbation and pornography? The devil is just taking advantage of your weakness and tells you "yes"! The devil and you are wrong, there is someone who breaks the chains of pornography and masturbation when you give your life to him. His name is Jesus Christ, the Son of God. The devil came to destroy you (John 10:10) and Jesus Christ appeared to destroy the works of the devil

(1 John 3:8). That means, right now, satan has no power over you because Christ had already destroyed his works. He was defeated forevermore. He is a loser who deserves to lose, and you are a winner in Christ Jesus who deserves to win. Put it in your mind “**Winners win and losers lose**”. We are winners and demonic forces behind pornography and masturbation are losers. Before losers we are not fighters we are winners. So, while you are reading this book, do not say “*I’m going to fight porn addiction and masturbation*” say “*I’m a winner in Jesus Christ and I’m going to win because winners win and losers lose*”. Believe in what you are saying!

“Satan is like a fisherman who goes fishing with perforated fishing nets, if he catches a fish there is always possibility for the fish to escape; what the fish must do is to only notice the holes in the net and move slowly and surely to get out.” Pastor Marcello Tunasi.

The problem is not the devil caught you with the net of pornography and masturbation, the main problem is that you are not able to see the holes that are in the net so that you can get out. This book is there to show you the holes that are in the net (pornography and masturbation) of the devil so that you can get out because that is not your place.

3. WHAT HAPPENS TO YOU

I am not a prophet, but I can tell you what happens to you before watching pornography or all kinds of obscene things, because I have personally been there.

This is what happens to you:

- First, you start by **feeling a strong oppression** that later pushes you to imagine those obscenities. **That's kind of strong sex drive**, it's like an itch to have sex cost what it may. That happens most often when you expose yourself to images or sexual sounds. Sometimes you feel that oppression without even watching those impure scenes or listening to sounds of a sexual nature. It is due to that oppression that you watch pornography and you masturbate. Sometimes it's just you, by your own consent, or desire you just decide to watch pornography and masturbate without any oppression. Sometimes you watch pornography that leads you to masturbation because you are depressed or you feel lonely.
- Second, when you feel this oppression, if you do not watch pornography or any obscene image that will push you to masturbate you will not have peace, you will be uncomfortable. Because this sensation felt will not leave you unless you watch obscene things and masturbate.
- Third, while you're masturbating you feel pleasure like you were with a partner.
- Fourth, after watching pornography that led you to masturbate, that oppression you felt stops or calms down for a moment.
- Fifth, after having done all those things, you feel dirty in God's presence and you regret. You are ashamed to stand in His presence to ask for forgiveness. That is because it's not the first time it happens. Even when you ask for forgiveness, you always fall!

- Sixth, you feel guilty. But meanwhile, guilt gnaws you and you are unable to pray.
- Seventh, it's a great opportunity for the devil to play with your mind now. He will tell you "*Hey you! God won't forgive you anymore. Look at you, even when you ask for forgiveness you always fall*" It's a lie! On the one hand, you must know that God always forgives us when we sincerely ask for forgiveness. My friend when you regret having committed a bad act and you ask for forgiveness be sure that our God will forgive you. He does not get tired of forgiving us, but that's not a pretext to willingly sin, otherwise it's like playing with Him. When we start playing with Him, at that moment He will show us His wrath. **For the merciful God is also a consuming fire!** On the other hand, I advise you to not give credit to what Satan says to you. You must know that he never says truth, when he lies, he speaks out of his own character. When he says "*God will never forgive you because of what you've done*", just remember he is a liar and the father of lies. What he is saying are just lies! Do not believe him. **If you fall; wake up, confess your sins, learn from your mistakes, avoid to make the same mistakes next time and move on.**

4. FROM TIREDNESS TO DELIVERANCE

Perhaps, during a period in the past you had already made efforts to abandon pornography and masturbation. You tried all kinds of disciplines. It seemed to be working but one day you were at the end of your strength

and you fell. I believe you cried that day and you said to yourself "*I am a slave and I will remain a slave. What should I do again to put an end to this sin! I'm fed up. I am tired.*"

That's a great attitude! It is that anger that triggers your deliverance. **If you have never been fed up with a sin that has tormented you for several years then there will be no determination to overcome that sin in you.** The anger of putting an end to a sin in which you always fall produces determination and a personal determination to overcome a sin leads to deliverance.

When you are determined to overcome a sin and you associate that determination with deep prayer, fasting, and discipline, I am telling you loudly that satan cannot do anything to hold you back. Keep reading and I'll tell you what you need to do to defeat pornography and masturbation.

You often ask yourself questions to know whether the Lord Jesus Christ will really deliver you when you cry out to him. **Yes, He will.** Jesus is not sadistic, He does not feel pleasure from your pain. If till today you are not delivered it just means there is something you must do, but you have not yet done, that will allow Jesus Christ to release His power upon you. May be you can ask yourself the question to know what this thing is concretely. Don't worry! Keep on reading.

You say to yourself, "*I have already accepted Jesus Christ as my Lord and Savior, I am born in a Christian family and I go to church every Sunday.*" It's excellent!! To recognize that Jesus Christ is the only True Lord. **It's a grace to be born in a Christian family.** Now my friend, do an introspection and ask yourself, "*Indeed, I was born in a Christian family and I go to Church on Sunday, but did I freely decide to follow Jesus-Christ, without holding nothing? Do I live a life of prayer? Have I really committed myself to the Church or I just go to church as a spectator?*" After asking yourself these questions

you might see that you have never given your life to Jesus Christ even though you were born in a Christian family, or in the past you once walked right with Jesus Christ but since you have committed an abomination you never came back to ask for forgiveness.

Look, giving thy life to Jesus Christ does not necessarily mean to go to church on every Sunday. It's therefore, the act of opening the door of thy heart to let Jesus Christ enter and when he enters your heart, it will be now necessary to let the Spirit of the Lord guides your life. When the Spirit of God guides our life, one of the proofs will be that we will not miss without any reason the Sunday worship. The Spirit of God in you will do more than sending you every Sunday to Church. I just wanted to say that to defeat pornography and masturbation, ***you must start by giving your life to Jesus Christ.*** When an individual gives his/her life to Jesus Christ, ***he/she must separate himself/herself from the world*** (any system of thought that distances us from God).

After giving your life to Jesus Christ, He will pour out His Spirit upon you and you will have the strength to overcome this sin.

Go a bit further in your reading, I will give you steps in a concrete way to defeat pornography and masturbation.

5. WHAT HAPPENS SPIRITUALLY

Earlier I spoke about what happens to you before watching pornography and after masturbating. Now I'm going to talk about what happens spiritually when you watch those obscene images and films.

- The oppression you feel **does not come from you, it comes from an unclean spirit that has found residence in you or oppresses you from the outside.** Do not rush to say that *“I have no unclean spirit in me and there is no demonic forces acting to maintain me captive!”*

My friend, **satan is not your brother nor your uncle.** He is not a spectator while you devote yourself to these abominations. Do you really think that when you watch pornography he only lets you watch it without putting anything in you? Do you really think the devil remains a spectator when you watch pornography or when you masturbate? No! He sends unclean spirits in you and those unclean spirits are in charge to push you to watch pornography daily. You are going to ask yourself questions such as *“when are these spirits have get into me?”* it was on the first day you have watched pornography through a friend or you masturbated to know how it feels like and made it a habit. It was that day you slept with a person with whom you were not married and made it a habit, that day you kissed that person and made it a habit, etc. **When a relationship is not protected by God, sexual intercourses or any kind of impure touching open doors to unclean spirits.** That’s a warning to young people! There are many gateways for those spirits. You will see one thing! Since you've committed any act, you now tend to have strong sexual urges that always lead you to pornography or masturbation. **When you feel this oppression you must know that the unclean spirit needs food, so he can grow in you and his food are those obscene images or pornographic videos.** Caressing someone who’s neither your wife nor your husband, sexual intercourse between unmarried persons, the flirt, fornication, etc. Those are some of the unclean acts the devil wants from you to feed the unclean spirit. **The**

Word of God is the necessary food for your spirit to grow, bread is necessary for your physical growth, also those unclean spirits need food to get strength and grow. And let me tell you something again, whenever you watch pornography you feed these unclean spirits and the more you feed them, the stronger and dominant they become. As they become stronger, your spirit gets weaker because you don't feed him anymore. During that moment your situation gets worse. They start to get control over you. The Word of God, regular prayers, fasting, everything that strengthens your spiritual life are paralyzed.

I have had conversations with many friends, and they often ask, *"How do I know this act is bad but I still continue to do it?"* Maybe you often ask yourself that question too. The answer is: "it is not you, it is the result of the influence coming from the unclean spirits." The fact that they found residence in you, they will start pushing you to do what they want you to, that because they are now stronger than you, just like I mentioned above. Let me repeat this, the strength of the unclean spirits is superior to yours because the unclean spirits are fed more than the spirit God has put in you.

- When that oppression you felt calms down after watching pornography and masturbating, in the spiritual world the unclean spirit ate his food (which is it for you to watch pornography and masturbate in the visible world) and he is resting for a while. When he will be hungry, he will tell you *"bring me food"*, as a master says to his slave, and you will still feel the oppression in the form of sexual drive, and you will just obey, you will go watch pornography and you will masturbate. **All of this happens to you because your spirit is weakened by hunger** which makes you become a slave to these unclean little spirits who are not so strong than you because you are

the image of God. **I'll tell you how to overcome that, but let me first explain you certain things.** My friend, satan does not change his strategy. Do not have doubts, you will ask yourself "*will these principles work for me?*" Principles work everywhere and for everybody. I know how those demonic forces work because I was once captive and the Lord delivered me and explained me everything about them. The devil has a serious problem today! I will expose him!

- The fact that you regret having done those things proves that you did not want to do it but you were pushed by a force greater than you (actually demons are not stronger than we are, because the one who is in us is stronger than their master, satan). Those spirits took over you because you are weakened by spiritual hunger. It's a good thing that you regret, it reveals that you do not belong to satan, you belong to God because someone who belongs to the devil does not regret after committing an abomination.

When you regret having committed those acts, your heart is sincere and willing to ask forgiveness to God. Do not wait to go ask for forgiveness to God. If you feel like crying, just do it. Please do not believe satan when he tells you "*Hey you! With everything you did, do you really think that God will forgive you?*". Answer him "*I didn't sin against you mister satan, I sinned against God my Father. These things concern the Father and his son, **you are not invited**, and I know that if I do everything he asks me to do to be delivered, he will deliver me. Mind your own business satan! Jesus Christ died for me.*" Beloved, do not be ashamed to approach God, especially with a sad and filled heart of regret, to ask for forgiveness after sinning. The sadness in

your heart is proof that you do not belong to satan. Do not confuse this sadness that pushes you to repent with guilt. The sadness you feel is according to God and it impels you to repentance (2 Corinthians 7:10). Guilt has nothing to do with repentance. Often satan uses guilt to prevent us from moving forward and **the fatal weapon against culpability is confession.**

The Bible says **“If we confess our sins, God is faithful and just to forgive us our sins and purify us from all unrighteousness.”** 1 John 1: 9. When you feel guilty go confess your sin otherwise you will not go forward. When you confess, not only does He forgive you but He also purifies you from the sin that you had just confessed.

Culpability that prevents us from praying after sinning (even though this sin is always repeating) is nothing other than satan’s influence and our own thinking. God’s love is greater than our sins. But we will not be forgiven unless we confess and decide to forsake sins. The first step towards God’s forgiveness is repentance. You must decide to turn away from sins and God will forgive you. God loves you but in the matter of His forgiveness it requires true repentance.

- When you make the decision to abandon pornography and masturbation, but you keep on falling, **it's because you wanted to do it by your own efforts, or you did not discipline yourself. When you discipline yourself to defeat pornography you must always associate it with a regular, deep, and serious prayer life. When you pray regularly, deeply, and seriously to defeat pornography you must associate that with personal discipline.**

Self-discipline and serious life of prayer are indissociable if you want to defeat pornography and masturbation. If after having been delivered by the Lord Jesus, I fell again into pornography and masturbation, it was because I was undisciplined. The Lord says: “*Be always on the watch, and pray that you may be able to escape all that is about to happen, and that you may be able to stand before the Son of Man.*” Luke 21:36, NIV”. “*Watch and pray so that you will not fall into temptation* .Matthew 26:41, NIV”. The Lord does not only speak about prayer, He also speaks about self-discipline (watchfulness). Those are the two main keys to defeat pornography and masturbation. You can add to that fasting to make your prayers more powerful.

You cannot, on one hand pray to defeat pornography or masturbation and on the other hand keep on kissing your boyfriend or girlfriend knowing that it will awake sex drive in you. You cannot pray to defeat pornography or masturbation on one hand and on the other keep on watching videos in which girls are half naked. You cannot pray to defeat pornography on one hand and on the other listen to worldly music where satan resides. You do not believe that satan resides in worldly music? Look how those girls are dressed (half naked) and tell me if it's the Holy Spirit who pushes them to dress like that (half-naked). You do not think that satan resides in worldly music? Listen to how much they sing insanities and tell me if it's the Holy Spirit who inspires those insanities. Tell me...

Personal discipline also involves the fact of separating thyself from the worldly music. That is because satan uses that kind of music to hold back a lot of people in pornography. Let's talk about it then!

Impact of secular music in this battle

“As the plant springs from, and could not be without the seed, so every act of a man springs from the hidden seeds of thought.” James Allen

Before watching pornographic videos, everything starts in the mind. Any act is first a thought. Your thoughts determine your actions and your actions determine your habits and your habits determine your destiny.

When you listen to the music that glorifies premarital sex, homosexuality, lesbianism, and all kind of sexual immoralities, indeed you accept thoughts of perversion to be transferred to your mind. The mind can be likened to a garden, and thoughts are like seeds. Every seed planted in a garden will bring forth a tree that will bear fruits. The seed of perversion planted in your mind will bring forth a tree of perversion that will bear fruits of perversion among which are masturbation and pornography. The devil uses your own mind to maintain you in captivity.

When I say *“A lion is eating an elephant, a lion is eating an elephant, a lion is eating an elephant, oh! a lion is eating an elephant. Don’t you see a lion eating an elephant?”* Tomorrow again I come and keep on saying *“A lion is eating an elephant, a lion is eating an elephant, a lion is eating an elephant! Oh! a lion is really eating an elephant”*. What will you do to grasp better what I am saying? Won’t you make a pictorial representation of *“a lion eating an elephant”* in your mind? The devil knows this principle (when you keep on listening something, like it or not, you will represent it in your mind), that’s why his agents sing sexual related things to fill your mind with obscenities. As your mind is full of obscenities, sooner or later it will push you to act. Have you understood?

- When you happen to think that you will not be delivered from this sin, satan mocks you and he is happy! Yes, it also happens to satan to be happy and I can imagine his smile! This guy should not smile, because of what awaits him (**Revelation 20:10**). When he mocks us during the time we are held captive from sins, he himself knows that his smile is only a facade. He does not make fun of us, he just pretends because **deep down he knows he's a loser**. He is happy (a pretense of joy) when you are ignorant of who you truly are so that he can continue to exercise his power over you. By the way, when he dominates your life, his domination is never secure, his power over you is never stable because he knows that there is an even greater enemy who can overthrow him at any time. This enemy that satan fears the most is called the **Truth**. You just need to know the truth and apply it to give a knockout to satan like Mohamed Ali gave to George Forman in Kinshasa and I'll be there to sing "Ali Bomaye!". The biggest weapon that men have against satan is knowledge of the truth. My friend the day you'll know who you truly are, satan will have big problems as he is having problems with me.

“My people are destroyed for lack of knowledge; Hosea 4:6”. Ignorance of the truth is more dangerous than any other weapon coming from the devil. The most dangerous prison the devil can put you in is the prison of ignorance. In my mother tongue we say *“Ko zanga ko yeba eza liwa ya ndambu”*. Literally it's difficult to translate. The moral lesson is *“an ignorant person is half-dead”*. Satan's dominion over you just reveals the degree of your ignorance. That's why he works hard to keep us in distraction by presenting the world and its desires so that we would not worry about who we truly are. He wants us to not know why we are here

on earth and what is our mission here on earth. Truly I tell you, satan fears the Truth and the Truth is nothing but Jesus Christ. **Satan fears Jesus Christ.** Who is Jesus Christ then? The Word of God made flesh. That's why satan does everything he can to impeach us to read and meditate the Word of God. The devil knows that every time we read and meditate the Bible seriously, we are connected to Jesus Christ. And the more we are connected to Him, the more we are going to be like Him. For it is said "He who is united with Christ becomes one spirit with Him". 1 Corinthians 6:17

Allow me to open a parenthesis that I will quickly close. I would like to tell you that you did not come here on earth just to study, get married, have a good job, have children, and die. That's what's called a stroll. We all came with something special (just like our digital footprint) that we must leave here on earth before we leave (die), after we return to our Fatherland (Heaven). When you do understand that you will leave the distraction of this world and you will want to come closer to Jesus Christ. For you to be able to ask Him why did He put you here on earth. If not, you will only be strolling unnecessarily and the day you will be in front of God what will you say? Lord I got a Master's degree in economics! I had three children! I had a Lamborghini and a Ferrari. No my friend, He will ask you to report on the mission He entrusted you. And if so far you still do not know the mission that the Lord has given you what will you say that day? The parable of talent teaches us nothing? You risk (I say you risk and not you will go to hell) going to hell just because you did not accomplish your mission on earth and you even didn't care about God's purpose for your life. Just like this third servant who hid the talent the master gave him. **He was treated as useless and was thrown where there is crying and grinding of teeth. (Matthew 25: 14-30).**

In addition to this, when people die we often say, "*Rest in peace*", even to the one who died with His sins. I often wonder "*what kind of peace do we talk about?*" I would like to tell you today that the only one who is resting in peace is the dead man in Jesus Christ. If you die without Jesus Christ you go to hell! There will be no peace for you even if "*Rest in peace*" is marked on your tomb.

We only get to rest after working, when you did not do anything, if your life was just a recreational walk here on earth, what are you going to rest for? I close the parenthesis.

You see my friend, satan robs you of a lot of things by holding you back in pornography and masturbation, you cannot know your mission while being a slave to these sins. Satan will destroy you if you do not take the firm resolution to defeat these sins. In short, leave the distraction behind and learn how to know Jesus Christ. Otherwise you will never know your mission here on earth and live a miserable life.

What happens when you watch pornography and when you masturbate?

After telling you and explaining to you what you felt before and after watching pornography, and masturbating, I am now going to tell you what is happening during that time.

This is what happens when you watch pornography.

- You give food to evil spirits. If you watch it three times a day, know that you are feeding these spirits three meals a day (breakfast, lunch, dinner). That's why they are in good health and are giving orders to your weakened spirit who is suffering from spiritual hunger.

- You meet unclean spirits, demons, and angels of satan. When you masturbate and you feel pleasure, do you really think you are alone? No! You are having sexual act with a demonic spirit. Do not fear! It's just the truth. Jesus Christ is capable to deliver you from that if you invite Him into your life and let Him be your Master today. To give your life to Jesus Christ (Do not say I'm already going to church, my dad, my mother and all my family members are Christians.) pray with me this prayer of faith.

“Lord Jesus Christ, I know you paid the full price on Calvary for my sins. I know that I am not perfect. Today I take the firm decision to become a true child of God. Come in my heart and become my Master. Only you can deliver me from those sins that have been holding me for years now. I need your help Lord, deliver me from these sins, today I give you my life. I proclaim that I belong to Jesus Christ! Amen “.

SECOND PART

1. HOW ADDICTION IS INSTALLED?

In the course of life, when we succeed in the achievement of a long-held and planned desire, we feel an internal satisfaction. Even when enjoying food, there is indeed satisfaction, especially after being hungry. Satisfaction is also the same feeling we express after stanching one's thirst under a burning sky. By the same token, when an individual experiences an intercourse, he also resents satisfaction.

That feeling of contentment the individual feels comes from the brain, which releases dopamine (a chemical substance which relates sensation of pleasure to essential behaviors necessary to survival).

In all of man's activity on earth, resides a threshold of recompense, a break-even point, under which a human is unsatisfied and above which feels satisfaction. To grasp better this notion, let's consider a student whose grades always tops 70%, since kindergarten. His or her recompense threshold in school grades is thus 70%, even inconspicuously. As a matter of fact, going below a 70% in grades will be a subject to insatisfaction.

Let's now consider the case of an addict who watches pornography and masturbates. How does it happen?

In fact, because of its ultra-euphoric sensations created in its consumers, pornography sets off a high secretion of dopamine, which fact tops constantly the threshold of recompense. And as stated in fore lines, below it, the addict will feel unsatisfied. Furthermore, as there is no other activity that could procure equivalent gratification than the pornography,

the addict will continuously seek pornography as it procures the threshold of recompense needed in that instance. The addict will return again and again, and cannot walk himself out of the claws of addiction easily.

I hope this scientific illustration has been clear; yet a problem remains. Giving such explanations to people may result in some people giving scientific counter-arguments to somehow escape. That's why some people in addiction address themselves to psychologists, or sex therapists. But they sometimes ignore that **addiction to pornography or masturbation transcends science and reaches the spiritual dimension**, as it is also the case for any drug addiction.

However, concerning pornography and masturbation, I will link the scientific explanation in the limit of the revelation The Lord gave me to spiritual realities, for you to understand that beyond dopamine releases generating satisfaction, dwells some evil spirits unfairly leveraging the natural functioning of the human body.

Behind the scenes of scientific explanations

Remember the threshold of recompense. I told you about how people watching pornography and masturbate tend to return to those practices to reach their threshold of recompense. They become slaves, as pornography is a drug, constraining them to get a dose every day.

2. FROM THE PHYSICAL TO THE SPIRITUAL

When I talked about pornography and masturbation in the first part of the book, I mentioned that in the shadow of facts act demonic spirits of seduction, impudicity, prostitution and so on. I also explained how the body can be subject to addiction. Now let's understand how we move from physical addiction to spiritual obsession and oppression.

Consider the illustration of an "all-time liar". Lies in the first instance could be considered as a weakness on his behalf. Because we all came to lie in a point (I remember again my childhood, when I was lying to escape sometimes from my mother's punishments). However, when we persevere in lying and manage no efforts to get rid of it, when we do not pray God and ask Him the grace to abandon lies, **we open ourselves to be possessed by spirits of lies**. At that point, it is not only a simple default in a human but a spirit controlling. When we persevere in a bad attitude and manage no effort to forsake it, we open doors to satanic possessions related to that attitude, same for pornography and masturbation. Anyone resisting in those weaknesses, by will, constraint or weakness, unfortunately allows demonic spirits in. By this way, pornography and masturbation, once mere physical weaknesses, or physical lust, become spiritual yokes.

In that case, we reach a situation that in the one hand the body becomes enslaved by pornography and masturbation in quest of the threshold of recompense, and in the other the evil spirits feeding to grow.

What do you say Georges, the spirits too feed themselves? Of course, the spirits need to feed to grow. The same way your spirit needs God's message to nurture and grow, the evil spirits too nurture on outrageous actions to develop. Bear in mind from now on that each pornographic video you watch, each act of prostitution, each adulterine relation, are the foods needed by those evil spirits of possession acting behind pornography and masturbation, which makes them growing.

Those spirits are not big the first time they possess a person. They develop time passing. Wonder how? Each time the person yields in actions of abomination (to be developed shortly). Returning from time to time to those actions can be scientifically explained as the quest of the threshold of recompense, but in the scaffolding of facts, act spirits of impudicity (in unison with the flesh) which will be creating more desire for those spirits to feed, grow and incite him to other horrible actions.

3. HOW THE BODY PAVES THE WAY TO EVIL SPIRITS?

The first time you masturbated or watched pornography was primarily not the fruit of evil spirits. In fact, pornography and masturbation are physical attractions before becoming spiritual obsessions. Let me explain this to you, would you follow me with all your attention.

With the first Adam, God created at first the spirit (Genesis 1: 26), then he framed the physical body (Genesis 2: 6-7). In fact, it is the same

process used for he who believes in the last Adam, Jesus Christ (1 Corinthian 15:45). The day we receive Christ Jesus as our Lord and Savior we are born again and we become new creatures, a new spirit is put in us (2 Corinthians 5:17) and there will be a day we will have glorious bodies like the body of The Lord Jesus Christ (Philippians 3:21). Due to the first sin in the Eden garden, the physical body and the spirit of the first Adam are called to die, which is a wretched nature, not in accordance with God's will. Reason why all those who have not yet accepted Jesus in their hearts live in immorality, lies, perversion, and so on. You and I were among that category before meeting Jesus Christ. But now, meeting Jesus in our way changes us into new creatures (2 Corinthians 5:17). There is not a change in the former nature, but a brand new person created in us. In that case, the spirit of the last Adam, Jesus, is created in us, supplanting the wretched nature of the first Adam, and living in us. That is the reason of the perpetual fight between the flesh (nature of the first Adam) and the spirit (nature of the last Adam, Jesus). Their respective desires are opposed, because the person of the first Adam is destroyed, to say, always inclined to act incorrectly and the Spirit of the last Adam always disposed to do good. We are now living the following situation; the spirit of the last Adam, who is Jesus Christ lives in the flesh of the first Adam. That's why when the body of the first Adam pushes you to sin, the spirit of the last Adam is saddened. That's why when the Spirit of the last Adam tells us "*it's time to go to church, it's time to pray, today you must fast*", the body of first Adam tells us "*don't you see that you're tired! Do not go, do not pray, and don't even think about fasting*"

The demons, dethroned angels, come to possess or oppress our physical body, of wretched nature, when we do not want to abandon bad

things. **Both fallen, they collaborate closely and well.** Our physical body wretched, is always inclined to do bad things, among which pornography and masturbation. The more you attach yourself in the flesh, you pave the way to demonic spirits with actions related to those of the flesh. The demons will then add spiritual negative power to succumb the flesh. This is how demons attach themselves to the wretched nature of the physical body. With that occurring, the Christian nature in us suffers. Consequently, those truly belong to Jesus resent sadness when they sin. If you feel really indifferent after sinning you have not yet accepted Jesus Christ in your life.

As a conclusion, in each of activity is a compensation threshold, same for pornography and masturbation. A person consuming pornographic contents increases his threshold of recompense (sexually) because of the ultra-euphoric sensations produced. And as there is no compensatory activity equivalent to those addictions, the person returns in that circle. As he makes it a custom, he becomes addicted. Being addicted, he gives access to evil spirit who will live in him, thus adding a spiritual power to the functioning of the human body. The person passes from the physical addition to the satanic obsession.

4. WHAT ARE THOSE SPIRITS' OBJECTIVES?

Everything is resumed in one word: **“Destruction”**. Their main objective is to incite the greatest number possible to sexual perversion.

Moreover, to do such enterprise, they should feed and grow, and then utterly control the person's life.

5. HOW DO THOSE SPIRITS FEED?

The natural is the mere reflection of the spiritual. Naturally our body needs food to remain healthy and grow, same for the spiritual counterpart. The spirit (I should reserve myself as in reality we are spirit) also needs growing nutriments, and in our instance, the Word of God. To live, we must feed ourselves physically and spiritually. By that fact, the Lord could tell satan that “**man shall not live on bread alone**” (which is the physical food), “**but on every word that comes from the mouth of God**” (the food of the spirit).

Now, the bread nurturing our physical body, and God's Word feeding our spiritual person, the evil spirits also need nutriments to develop. So they feed on impudicity, fornication, prostitution, pornography, masturbation, each visual obscenity, etc. In fact, each pornographic video watched feeds those spirits, keeping them stronger and apt to control a human.

By nature, a one-year-old baby does not absorb the meal of a seven-year old buddy. When these spirits possess, not so impactful at the first time, but growing at the assimilation of impurity and abomination, they become demanding and more powerful. Subsequently, those under porn addiction and masturbation may observe substantial growth in the

time spent consuming pornographic contents and the overall frequency as well. All because the dependent or the addicted keep on feeding the evil spirits making them bigger. The more they are nurtured, the more they demand, the more they get healthier, the more they control, the more the addicted feels like he will never be set free. That's the way they work.

6. HOW DO THOSE SPIRITS CONTROL HUMANS?

In reality, we are spirits living in physical tents, possessing souls, and needing God's Word to grow and be in shape. In a natural world, we become weak when we starve, to be defeated by people or facts not stronger than us by default. We clearly see how those spirits operate to control men and women. They are not stronger than humans. But humans instead of gaining the real strength in the Word of God, prayer and fasting, chose to feed those demonic forces by consuming pornographic contents. They remain in weakness and empower the demonic forces. That's why it's difficult for those who are under the yoke of pornography to get out. Now you know what happens!

7. ARE THOSE SPIRITS STRONGER THAN US?

We were created in the image of God, so we are special creatures. The only factor which can empower us completely is the Holy Spirit. Demons are small spirits. In the Bible for example we find the story of the Gadara madman, possessed by a legion of demons.

Let's read the story:

They (Jesus and his disciples) reached the opposite riverside, in the region of Gerasenes. When Jesus got out of the boat, a man with an impure spirit came from the tombs to meet Him. This man lived in the tombs, and no one could bind him anymore, not even with a chain. For he had often been chained hand and foot, but he tore the chains apart and broke the irons on his feet. No one was strong enough to subdue him. Night and day among the tombs and in the hills he would cry out and cut himself with stones. When he saw Jesus from a distance, he ran and fell on his knees in front of Him. He shouted at the top of his voice, "What do you want with me, Jesus, Son of the Highest God? In God's name don't torture me!" For Jesus had said to him "Come out of this name, you impure spirit".

Then Jesus asked him, "What is your name?"

He replied, "My name is Legion, for we are many". (Mark 5: 1-10)

A legion is a roman infantry (group of on ground soldiers) the number approximately ranging from four thousand under the Roman republic to six thousand under the High Empire and one thousand in the Low Empire.

Considering only this approach of the world legion, we can see that the Garada madman was possessed by over a thousand demons. **If additionally, a thousand demon can live in one man,** you may see how small they are, because such a house to live must be big enough to contain that number. We are in the image of God, unique, special and big.

You are not like any other creature, instead in the image of God. In the universe there is no other similar creature than you and I. So don't let "small spirits" rule over or dominate you. In Jesus, the Holy Spirit in us, we are spiritual giants more than Goliath. That's why I always say in my life there is no giant, I am the giant. I don't always agree with people who pray like this "*let fight the giants of our lives*". In my life there is no giant, I am the giant because the Holy Spirit lives in me.

The kingdom of darkness is not stronger than us; but we just have to resort to the help of the Holy Spirit to remain stronger. Everything is possible with Jesus Christ.

May the Lord break this yoke now! I pray that the angels of God fight for you now! This impure spirit that maintains you in pornography and masturbation catch fire now in the name of Jesus Christ. Be free now in the name of Jesus Christ the Son of the Highest God! If you believe it, just say...

Amen!

THIRD PART

GAIN KNOWLEDGE AND USE IT

The purpose of the devil when he holds you captive from any sin is simply to make you live a miserable Christian life. A Christian life without joy, he wants to prevent you from serving the Lord Jesus with joy, he wants you to be ashamed of yourself all the time, in short he simply wants your misfortune. Many of God's children who find themselves in this situation have already lost hope of being liberated one day, so they continue to live their sinful life, others try to fight but their efforts always result in failure. All this happens because most of God's children do not know how certain spiritual things work. The lack of knowledge is the cause of your death.

You cannot defeat an enemy that you have not taken time to study. Many engage in fights against satan but do not know how to fight him. To overcome this sin that has been holding you for several years, you must begin by knowing yourself, then studying the enemy that is in front of you. When I talk about knowing yourself, I'm referring to what you really are. Who are you then? You are a man created in the image of God (Genesis 1:26). What is a man? Man is a **spirit** who lives in a **body** and has a **soul**. The spirit is the true you created in the image of God (Genesis 1:26), the body is the tent formed from the soil of the ground in which you inhabit (Genesis 2:6-7), the soul is the seat of your will, intelligence and emotions. God had first created you as a spirit, then he formed you a body and He blew in you His breath of life and you became a living being.

To fight a sin that has been holding you for years you must first understand how your three dimensions work (spirit, soul and body).

When the human kind rebelled against God, all his three dimensions became God's enemies, incapable to submit to His will and always ready to do what is evil. Jesus Christ came to resolve this problem, He came to

reconcile man with God (Colossians 1:20). When I talk about man you must understand that I allude to his three dimensions (spirit, soul and body). At birth we all have a rebel spirit to God until the day we meet Jesus Christ. When a man accepts Jesus Christ as Lord and Savior, he becomes a new creature (2 Corinthians 5:17). New creature means God starts everything from zero. Just as in Genesis 1:26, He begins first by giving you a new spirit (that means He transforms your rebel spirit into an obedient one, He makes you now capable to obey Him) then will come the glorified body the day Jesus Christ returns (Philippians 3:20).

Now the question is to know what man's dimension is changed when he receives Jesus Christ as Lord and Savior? **It's the spirit.** The soul and the body still have to undergo transformations and being disciplined. The soul must be renewed (renewal of intelligence in the image of God, to change your mindset, start reading different book, focus your mind on good things, etc) and the body must be submitted to the process of crucifixion.

When we receive Jesus Christ as Lord and Savior for real, God makes our spirit capable to obey Him and hate evil things. But how is it that we still sin? Sometimes, have always been captive of a sin for years?

Here is the explanation

1. KNOW YOURSELF

In the material world, the five senses are connected to the brain, which is the nervous system's headquarters. The brain controls all our thoughts and most of our movements. In the spiritual world it is the role that plays the

spirit. The soul receives information from the body (the five senses) and transmits them to the spirit. The spirit now must process information to determine whether they are good or not. Once information are processed, the spirit returns them to the soul and the soul sends them back to the body. It's a kind of round-trip arrows. The dominant decisions taken by your spirit come to settle in the soul and become your thoughts and your dominant thoughts are transformed into acts manifested by your flesh.

It's difficult for my spirit and yours to deal with corrupted information (sensuality, hatred, love of money, etc.) received from the outside through the five senses and reject them. We constantly need the help of the Holy Spirit. For the Holy Spirit to intervene instead of your spirit, to help him make a good decision, that is to reject all that does not glorify God, you must be in communion with Him through prayer. If you do not have a serious prayer life, all corrupted information that your five senses will capture will be transferred to the soul, then to the spirit, that will deal with them without the intervention of the Holy Spirit. The result is that you will make a bad decision. If it was information related to fornication, surely you will fall into fornication because your spirit alone is not strong enough to reject it. The spirit of every believer is willing to glorify God but alone he can't. Our spirit constantly needs the help of the Holy Spirit Himself to walk in ways that please God. This is how many say "*I want to give up but I still fall*". Right! You are still falling because from one hand, you are not constantly connected to the Holy Spirit through prayer, meditation, singing spiritual songs that glorify Jesus Christ, and on the other hand may be because of your indiscipline. You have a part of responsibility in what happens to you.

Note that your soul cannot send to your spirit information that it has not received from the five senses. **Your soul or your spirit cannot be affected by a**

sex related picture if your eyes don't look at it. I think you understand what I mean.

That is why to overcome this sin that has been holding you back for years you must be careful about what you let enter your mind. Be careful about what you watch, be careful about music you listen to, etc. Close doors to wrong information and the fight will become easier. Separate yourself from all that cause your fall and connect constantly to the Holy Spirit through prayer, singing spiritual hymns that glorify God.

Your firm decision to forsake those sins, your constant connection to the Holy Spirit and your separation from the source of fall, are the means through which you are going to overcome porn addiction and masturbation. Add to that fasting. Fasting is important because it helps you weaken your body so that the Holy Spirit can express Himself and empower you. Some spirits are cast out only by fasting and prayer, said the Lord.

Indeed, it's simple to overcome those addictions, it all depends on your own firm will to break those bad habits you have developed. So many people have not yet decided from the bottom of their heart to fight those addictions. Sometimes we are just hypocrites, deep in our heart we love sins but we want to make God believe that we want to be delivered. Listen! If you do not decide from the bottom of your heart to fight those sins that have been holding you for years, God will do nothing to help you because He respects your will to choose Him or sins. **The first power that will set you free is your firm decision to stop watching pornography and masturbate,** then God will come with his mighty power to help you.

2. KNOW YOUR ENEMY

Put on the full armor of God, so that you can take your stand against devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:11-12, NIV)

Our enemies are “spiritual forces of evil in the heavenly realms”. Speaking of those spiritual forces of evil, the apostle Paul says that Jesus Christ have disarmed them, He made a public spectacle of them, He triumphed over them by the cross. (Colossians 2:15)

That means you are facing defeated enemies, disarmed and powerless. The only way they can dominate you is when you open doors and let them enter your life.

Pornography and masturbation are satanic plans for the sole purpose of bringing men to eternal death, that's hell. Satan takes what God has created and tries to pervert it. God created sex for marriage but the devil takes it and trivializes it in pornography. God created sex to be enjoyed between two persons, satan takes it and perverts it into solo-sex that is masturbation.

When the devil establishes a plan to destroy the human race, he always appoints a chief to execute it. This chief has several other demons under his command.

When satan rebelled against God, he brought with him one third of angels. Those angels are now demons. Just as the holy angels do not all have the same ranks and positions in heaven, fallen angels do not have same ranks or positions in the kingdom of darkness either. There are some who are more

powerful than the others. Even though they are fallen, they always keep the power and intelligence they had when they were with God. Unfortunately they use these powers and intelligence to oppose God's will. Those of them who have more powers than the others occupy strategic places in this world of darkness. Among them we have dominions, authorities and principalities. In most places where they appear in the Bible, the contexts make it clear that they refer to the vast array of evil and malicious spirits who make war against the people of God. They are beings that wield power in the unseen realms to oppose everything and everyone that is of God. The truth is that, whoever they are, they cannot separate us from the love of God, and they are forevermore defeated by the Lord Jesus Christ.

Principalities and rebel authorities dominate the darkness of this world. This world having no light of God, is wholly in darkness and demons govern, for God is not there, except in that He holds the supreme power in all things, turning everything to His glory, and to the good of His children.

These principalities, authorities and dominions inhabit the celestial places (the atmosphere that separates the planet earth and the dwelling sky of our Father with His holy angels). From where they are, they can exert influence here on earth. They occupy decision-making positions in the world of darkness, having under their command several other demons.

According to their ranks and powers, some demons are in the heavenly places to exert influence on earth, and others are moving here on earth seeking people to possess in order to manifest the works of their respective leaders who are in heavenly places. It's a whole system established by the devil to attack you.

But you must note that not all dominions and principalities are demonic entities. During the rebellion of the devil and his angels, two third of angels

remained loyal to God. Among those who remained faithful to God there are also dominions and principalities. Those one are holy angels.

Now let's talk about demons acting behind pornography and masturbation.

First, let me explain you how principalities work and then I will expose those demonic forces acting behind pornography and masturbation.

The princess of seduction: This one is in charge of feminine vanity (extravagant makeup, plastic surgery to look more beautiful, etc.). Vanity corrupts the body and exalts the flesh. The more the flesh is exalted the less it will obey the Holy Spirit. The body is already God's enemy, when you exalt it again, it becomes a worse enemy than before. That's what happened to satan himself. Because of his beauty he corrupted his heart and he believed to be equal to God. The main goal of this principality is to manage that realm of the kingdom darkness. The realm consisting in exalting the body so that it becomes proud of itself and more disobedient before God.

Under the command of this principality there are other demons in charge of very specific tasks. The more a woman indulges in vanity, the more she opens doors to be possessed by spirits of vanity.

Remember again the functioning of our being! The body receives information through the five senses, it transmits them to the soul which will pass them to the spirit. The spirit now will deal with them by referring either to the Holy Spirit or to another spirit (a demonic one for sure). Ok! To understand it better...let's take the example of a woman who indulges in vanity by her own lust. To look more beautiful than the others, having beautiful shapes, beautiful jewels, and things of that kind, is all that can be found in her heart. **This lust having reached its climax will open doors to**

demons of vanity in her life. Once these spirits of vanity enter her life, it will be no longer her own lust that will be in control, but these demonic spirits of vanity. Every time her five senses will be in contact with vanity information, they will be sent to the soul, the soul will send them to the spirit. When they arrive at the headquarters, which is the woman's spirit, instead of finding the Holy Spirit who will reject them, they will find spirits of vanity to which the woman opened doors by her own lust. The sequel is that it will be those spirits of feminine vanities that will process those information by validating them. Then they will send them back to the soul. When these information come to the soul of the woman they become her thoughts. Under the pressure of these same spirits, those thoughts will translate into actions. It will be a vicious circle and the woman will find herself prisoner of vanities. **Read this again so that you can master what I have explained here.**

All this happens under the influence and power of the demonic principality to which satan ordered to manage the department of feminine vanities.

When you put yourself under the power of satan and his demonic entities, it will be difficult, even impossible for you to abandon sins despite your own will to act well. There will be a greater force than yours that will be pushing you to commit sins (sometimes, in collaboration with your own consent). That's why sometimes you say "*I know it's wrong but why do I continue to do this?*"

As I told you at the beginning, you have not to worry about those principalities and demonic entities, Jesus defeated them all, He disarmed them, and triumphed over them by the Cross. If you find yourself in this situation, don't try to save yourself because you can't. Just decide from the bottom of your heart to forsake those bad habits and call upon Jesus Christ to save you from those demonic powers that control you.

I think you now have an idea on how it works spiritually.

Now, what about the demonic force that acts behind pornography and masturbation?

This principality is the one that powerfully acts against youth and the whole world today because the devil knows that sex is a powerful channel through which he can destroy your life. This demon is in charge of sexual perversion. As a chief, he has several other demons under his command. From where he is, he influences men who engage in their carnal lusts, he influences men through lyrics of music filled with insanities, and things of that kind. The more you are exposed to his influences, the more you open doors to be possessed by his spirit. Let's expose him!

The devil is very serious in his work of making men lose salvation in Jesus Christ in order to suffer with him (satan) in the lake of fire for eternity (Revelation 20:10). Every project coming from the world of darkness to bring man away from the ways of God is very well thought out. Thus, for each project launched satan appoints a leader who must supervise the work. There is a kind of division of work, everyone has a very specific space and area to work on to avoid disorder.

Behind pornography and masturbation, there is indeed a demon to whom this work has been entrusted. This demon has several other demons under his command. This principality to whom satan has given the work of pornography and masturbation lives in the heavenly places (the heavenly places here do not in any way allude to the Holy Residence of our Father with His holy angels because satan and his angels have already been driven there. Although driven out of our Father's Abode, satan and his angels still occupy the atmosphere that separates the sky that we see with the naked eye from

our Father's Abode. There will come a time when all these demonic powers acting from heavenly places will be totally ousted here on earth. I believe this will happen after the rapture. When the Lord will come back to take us with Him, as He will personally pass by there before appearing on the clouds, for sure He will totally chase satan from heavenly realms. For the time being, depending on their ranks and powers, some demons are in heavenly places to exert influence here on earth and others are moving here on earth seeking people to possess to manifest the works of their master satan).

From heavenly places, this chief of demons that acts behind pornography and masturbation can exert an influence on men here on earth. The men who engage in impurity, impudicity, and things of that kind, will be possessed by demons under his control. Since demons are not omnipresent, they have established a very effective system to reach men every third of every second, every second of every minute, every minute of every hour, every hour of every day, every day of every week, every week of every month, every month of every year. This system is called the world. The world is the set of systems of thoughts contrary to the thoughts of God. These thought systems reach you through philosophies that are totally contrary to the thoughts of God, music that glorifies sex and sexual perversion, hatred, etc.

These are the strategies used by this demon which acts behind sexual perversion. The more you let yourself be influenced by his works, the more you give him permission to possess you, not him but the demons who are under his command. These demons may be allowed to possess you because of this music filled with impurity that you listen to, the impure things that you watch on television, the sexual practices outside marriage that you engage in, etc.

Once these spirits enter you, they will need to develop and grow in you, in order to push you into even more horrible acts. That's why those who live a sinful life always go from evil to worse, from perversion to perversion.

Just as your body needs food to stay fit, just as your spirit needs food, which is the Word of God to stay fit, these impure spirits also need perverse acts on your part to feed and grow. Hence every pornographic video you watch, every act of masturbation, contribute to the growth of these evil spirits in you. They are getting stronger and stronger and their domination over you will only increase. Thus, despite your willingness to abandon these bad practices, you are unable to do so. You do not arrive, precisely because first of all, your willingness to abandon these practices may be weak, you may never have decided from the bottom of your heart to abandon these practices, and because you are also under the influence of these impure spirits to whom you have opened doors in your life. There is a higher force that prevents you from giving up these things. Don't worry, after explaining all this to you, I will tell you what to do to neutralize these spirits in your life and it will work because I know how they operate. Above all I have explained, I know that the Lord Jesus Christ will do abundantly more. That's why I'm confident that if you make efforts to put into practice what I have said, for sure the Lord will set you free.

3. YOUR PRESENT SITUATION

The situation you find yourself in now is such that, when your five senses receive information from the outside, they send it to your soul which will send it back to the spirit for validation or not. When this information arrives at

the headquarters that is your spirit, instead of finding the Holy Spirit who will command your spirit to reject this corrupted information, it (the corrupted information) will now find the evil spirits to whom you have opened doors and who dominate you for now. When this information is received, they will likely validate it. After validating it, they will send it back to your soul. When the information arrives in your soul, it now becomes a strong thought that will begin to animate you. Under the influence and pressure of these same impure spirits, this thought will become stronger and stronger as it is transmitted to the body. When the information reaches the body, it will now be accompanied with oppressions that will push you to commit the act. Once the act committed, these spirits gain strength, this strong oppression you felt calms down for a moment and all you have left is the guilt that you will try to escape with a prayer of repentance or by trying to do something right such as installing a software instead of asking God to deliver you for good. **Beloved! Most the time you only do prayers of repentance but never prayers of deliverance.** Then you fall again, you take the same things again and again, and so on. And you become tired, broken, hopeless...

You will remember that I said man is a three-dimensional being: **body, soul, and spirit.** This addiction to pornography is not only spiritual because you also have a body. In addition to all these spiritual explanations I have just given you, there is also a scientific explanation related to the functioning of your body. Addiction is not only a problem of impure spirits that oppress and dominate you but also a matter of your own body as well.

This is the scientific explanation of addiction to pornography and masturbation.

In life, when we succeed in doing something that we have planned for several years ago, there is a sense of satisfaction in us that is created. Even

when an individual eats, he or she experiences some satisfaction, especially after being hungry for a while. It is the same feeling that an individual who takes water feels when he comes to quench his thirst under a blazing sun. This sense of satisfaction comes from the brain which releases dopamine (a substance that combines the feeling of pleasure with life-sustaining behaviors).

In every act man carries out here on earth, there is what is called a reward threshold, below which he is not satisfied and above which he is satisfied. To understand better this notion, let us take the example of a student who, since kindergarten obtains 70% or more. His reward threshold is therefore set at 70, without him noticing it. That is why the day he gets less than 70% he will not be satisfied. Because for him the only percentage from which he can be satisfied is 70.

The same thing happens for someone who watches pornography and masturbates. How?

In fact, because of the ultra-excitement it produces in the viewer, pornography triggers an elevated production of dopamine, which will significantly increase the reward threshold. As I told you before, below this reward threshold the individual will always feel dissatisfied. As no other activity can provide him with sensations as strong as pornography and satisfaction as masturbation, the individual will always return there because it will be the only way he can satisfy himself by reaching his reward threshold. He will go back again and again until he becomes totally dependent on it. That's why it will not be easy for him to get rid of these addictions. The fact that the individual returns to these acts will be explained scientifically as the search for reaching his reward threshold, although this explanation is true, there is something much bigger than this. The truth is that the dependence

of his body unfortunately opens doors to unclean spirits. Beyond the scientific explanation there is a spiritual one. Man is a spirit who has a soul and lives in a body. Porn addiction and masturbation are above science, they reach the spiritual realm.

I told you clearly how these impure spirits come to possess people, how they feed and grow, how they can control you, and how your body can become dependent on pornography and masturbation. Through the three first parts you will remark that there are things I kept on repeating over and over. That means they are principal information. It's now up to you to use those information.

Now, taking in account your three dimensions (spirit, soul and body), I'm going to tell you concretely what you can do to break those addictions in Jesus name.

Prayer

“Father God, I thank you for everything. Thanks for the knowledge I gained through the reading of the three first parts of this book. Help me, I need you more than ever before Father. Holy Spirit, help me. I decide to forsake pornography and masturbation, my decision is not enough, I need your power. Fill me with the power of heaven so that I can walk in holiness. Lord Jesus, let your blood cleanse me. I believe you have done it because of your unconditional love. Amen!”

FOURTH PART

STEPS TO DEFEAT PORNOGRAPHY AND MASTURBATION

“What I am going to say is not the only one way the Lord can operate to set you free from porn addiction and masturbation. He can set you free just while you are reading this book (that’s my prayer) or He can act the way He wants. What I will say here is a product of my own experience, deep meditation and revelation from the Lord Himself. But I do not put God in a box.”

Now I want to tell you what you must do to defeat pornography and masturbation. But let me put a word about people who say that masturbation helps to sleep well, and all kind of bullshits they talk about, nanani nanana! It is for them that what the Bible says, **“Professing themselves to be wise, they became fools”** Romans 1:22. They have become fool, yes fool! Really crazy! They begin to even find the good sides of masturbation, **madness!**

Truly I tell you, they are all liars. There is no good side in watching pornography and masturbating. If going to hell after your death is a good thing, then the “good thing” about pornography and masturbation is **“you will go to hell for eternity”**.

I would also like to warn you about an impure spirit that inspires this *“You see! Pornography is bad, but you can only watch people who caress each other, who kiss each other or who are doing all sorts of things, it's not bad! Instead of watching pornography, only watch people who make love! It matures you, you will know how to do it later with your spouse ”*. So, if you're not strengthened spiritually, you will begin to search on how to caress, how to kiss etc. My friend, it is always satan who is behind these things. They are

all children of the same family, the family we call **impudicity** and their father is satan. I already warned you, **do not do any sex-related research because that's where the enemy often catches you.**

“Knowing is not enough, we must apply”

Let's go!

First you must renounce those things before the Lord. Tell Him that you really want to forsake them. Do not come in his presence to joke, be serious.

Let's pray: *“I give up pornography, I don't want to watch these kinds of videos anymore. I renounce masturbation, my body is the temple of the Holy Spirit, I must keep it clean so that He remains in me. I renounce everything that is wrong, I accept to walk with Jesus Christ all my life. Heavenly Father come to my rescue. Please, I beg you! I believe I am free by the blood of Jesus Christ shed on Calvary, Amen!”*

1. HOW BAD DO YOU WANT IT?

The first thing you must do before overcoming porn addiction and masturbation is to decide, just decide, deep inside you decide, in the bottom of your heart just decide to forsake those sins. So many people want to be set free but in the bottom of their hearts they have never decided to fight. How bad do you want to be set free friend? How bad? Be serious and honest with yourself, it's about where you are going to spend your eternity. Do not joke, you must want it so bad. Do you like sanctification? How bad do you want it, that's my question, how bad? Do not play, you got to want it bad, and God will help you. What if they tell you *“Mr. /Ms., you have just two more days to live before you die?”*. Knowing that those who watch

pornography and masturbate willingly will not inherit the Kingdom of God, how will you behave during those two last days? How bad will you pray God before your death? How bad? That's the way I want you "*to want it bad*". Unless you want it bad, you will never be delivered. If you take it like a joke, you will always be captive. There is power in decision. You got to want it bad friend! Let me tell you a story:

Once upon a time a young man came to see the richest man of the village and told him "*Sir, what can I do to be successful in life as you are?*" The richest man told him "*Young man, if you want to be successful as I am, come tomorrow at 9 Am and let's meet at the river.*" "*You say the river?*" asked the young man. "*Yes, the river*" replied the rich man. The next day, they meet at the river. The young man was wondering what could happen at the river. Here is what happened that day: The rich man called the young man, he took his head and put it under water; after fifteen seconds, he took it out of the water. The young man said to himself "*this guy is crazy, I came here to ask him how to become successful, but look at what he has done! He is stupid!*" While he was saying all those things, the rich man asked him. "*Young man, what did you need the most when you had your head under water?*" The young man replied; "*what I needed the most when you put my head under water was breath.*" *What?* Asked the rich man. "*I said what I wanted the most when I had my head under water was breath*". "**Ok, if you want to be successful as bad as you needed oxygen and breath under water then you will be successful as I am**" replied the rich man.

Here is my question: how bad do you want to be set free of pornography and masturbation? If you want it bad, if you show

Jesus Christ that you are willing to give up those sins, He will show you mercy and deliver you. Want it bad...

2. TOMORROW IS NOT YOURS

Sometimes we are willing to give up evils and break bad habits, but most of the time we procrastinate the decision to do so. Someone once said *“Willing is not enough, we must do! Knowing is not enough, we must apply!”* You may be willing to give up pornography and masturbation, but **willing is not enough, you must act**. I remember when I was still a captive of pornography and masturbation, I knew that I had to give up, and I was willing to do so. But you know, I was always procrastinating things, saying to myself *“I will do this, but not today. I will do this, but in two months. I will do this, but when I will have free time. I will do this, but let me watch pornography for the last time. I will give up pornography and masturbation, but not now.”* And you know what? I had never done it. My deliverance starts the day I decided. The devil will do everything to impeach you to start the process. He will always make sure to put something on your way to distract you.

I want you to **put away the “not now mentality”**. You must decide today, not tomorrow. Tomorrow is not yours. What if you die today with your sins? What if...

Write down somewhere in a paper *“enough is enough, I am not a slave, today I start the process. I will fight, I will win because Jesus Christ paid the full price on Calvary. Sins will not overcome! I am a child of God!”*

3. NO EXCUSES

So many people will always find excuses not to give up pornography and masturbation. Some will say “*I watch pornography because I was sexually abused.*” I know it’s painful to be sexually abused, but will you live with this burden all your life? Why not coming to Christ and give Him your pains and let Him heal you? There is no excuse to not give up pornography my friend. Other people will say, “*I watch pornography and I masturbate because I’m not satisfied with my partner.*” He who created your sex, is He not able to restore your sexual life? You do not need to watch pornography to enjoy sex. Others will say “*I work/study so hard that I do not have time to pray, I will pray seriously when I will have free time*”. You know what? You will never have time friend, you must create time.

A great number of people pretend to watch pornography because they need sexual education. That’s not an excuse it’s rather a kind of foolishness. Let me ask you a question. Suppose you buy an iPhone and you do not know how to use it, will you get suitable information about the use of this product by addressing yourself to Apple or Samsung? It’s very clear that you must address yourself to the maker of the product to know how it functions. It is the same for sex my friend. The one who created it is God. So, to understand how to enjoy sex, you need to address yourself to its maker. Since the maker of sex doesn’t approve pornography, it’s very clear that you are getting wrong information about sex by watching pornography.

Make the comparison of your excuse with the pain of spending your eternity in hell, then chose what suits you.

4. ACKNOWLEDGE YOUR PROBLEM

The Lord wants you to recognize that you have a problem and you need help. Many people are not delivered from pornography and masturbation, drug addiction, etc.; because deep inside them they don't want to accept the fact that they have problems and they need help. As long as you will not humble yourself before the Lord and tell Him that you need His help, believe me when I tell you, it will be very difficult, even impossible for you to be healed. The Lord works with and for those who humble themselves before Him. For the Bible says **“God opposes the proud, but gives grace to the humble.”** James 4:6, 1 Peter 5:5 **.Only the grace of God can set you free from porn addiction and masturbation.** And the grace of God is only released when we humble ourselves before Him. Put in mind this principle: **“When humility meets God, grace is released”**. Do not count on your own efforts to overcome pornography and masturbation but count on the grace of God. **“Humility comes before honor”** Proverbs 15:33. One of the ways God can honor you is to make you victorious before sins. And honor comes only after humility. You got to humble yourself before God friend! Acknowledge that you have a problem, recognize that you are spiritually poor and the Lord will help you. Most of those who were healed by the Lord in the Bible started first by acknowledging their problems.

Think about this woman suffering from a discharge of blood for twelve years (Matthew 9:20). She acknowledged her problem, that's why she touched Jesus' garment. If she didn't acknowledge her problem, she would not touch Jesus. She touched Jesus because deep inside her, the problem was admitted and accepted. She humbled herself by touching Jesus without knowing what could be His reaction. Think about this man

suffering from leprosy (Matthew 8:2). He humbly accepted that he had a problem, that's why he went to Jesus. **The only attitude that will push you next to Jesus is humility.** You need to humble yourself before Him, and ask Him for help.

You have a problem, don't ignore it, accept it. One of the bad ways to solve a problem is to ignore it. When there is a problem accept it and attack it with the Help of the Mighty God. **Once you acknowledge your problem, go to Jesus Christ.**

5. BELIEVE THAT JESUS CAN SOLVE YOUR PROBLEM

And without faith it is impossible to please Him, for whoever would draw near to God must believe that He exists and that He rewards those who seek Him. Hebrews 11:6

This woman suffering from discharge of blood touched Jesus' cloak because she was believing in her heart that Jesus could solve her problem. When Jesus turned and saw her, he said **"your faith has healed you"**. In this battle your faith will fight for you. The main goal of satan in this battle is to weaken your faith so that one day you may say that Jesus Christ is not strong enough to deliver from addiction to pornography and masturbation. Once you deny Jesus, satan wins. Our faith in Jesus Christ is the greatest weapon we have against satan. It doesn't matter how many times you have fallen my friend. Still have faith that one day you will be set free. Do not lose hope. Once you lose hope, satan wins. Many people have no more faith that one day they can be set free of porn addiction because they are still falling. One day I was shocked when I came across an article on internet talking about pornography addiction. The writer started his article like *"First, I want to be categorical, it is impossible to overcome*

pornography addiction. You must accept it, and live with it.” That’s a big lie friend. Jesus Christ breaks pornography addiction, I am a living testimony of what I am talking about. No matter how weak you think you are. You must put in your mind that it is possible to overcome this addiction with Jesus Christ. The God who moves the mountains, The God who parts the water, The God who calms raging sea, is not incapable of breaking this addiction in your life. Have faith, move on, and break pornography addiction in Jesus name.

This man full of leprosy fell on Jesus’ face and begged Him to make him clean because he believed that Jesus could. Faith is the weapon God gave us against satan (Ephesians 6:16). Faith in God destroys doubts, faith in God destroys guilt, and faith in God gives you strength to continue the battle even if you are still falling. As long as God, our Father, will be on His Highest Throne, there will always be ways to defeat satan and all demonic forces who act behind pornography and masturbation.

When faith meets Jesus Christ, Power is released. Believe that Jesus can deliver you from pornography and masturbation. No matter how weak you think you are, just have faith. Look away from your weakness and put your trust in the Strength of Jesus Christ. I repeat, look away from your weakness and put your trust in the strength of Jesus Christ.

6. HELP JESUS TO HELP YOU

In your phone, tablet, computer, delete any sex-related things. When I say sexual characteristics, I mean everything that is likely to excite you to have sexual urges. I can mention pornographic films and images, videos of people making love (This is still pornography, but they want to hide it. Some of them write this is not the pornography while it is indeed

pornography; if you are not wise you will be carried away by their lies and you will tell yourself “**I am cultivating.**”, pictures or videos of girls / boys half naked, songs with obscene lyrics, videos clips with badly dressed girls, etc. If you like your soul I advise you to separate yourself from all these things.

The Lord is willing to help you, but His strength cannot act on you as long as you are entertaining pornographic videos in your phone, etc. You must show Him that you really need to be set free. Jesus knows whether you are serious or not. Anytime you tried to overcome these sins but you fell it might be because you were not serious enough. **Do not joke with Jesus Christ.** When you approach Him to be delivered, make sure you are serious otherwise you are joking with yourself and your eternal destiny. Help Jesus Christ to help you by deleting everything sexual.

The Lord says: If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. Matthew 5:29

You got to identify what always makes you fall, and detach yourself from it.

7. MAKE PEACE WITH GOD AND WITH YOURSELF

7.1 Peace with God: Confess your sins

Confession liberates and relieves us of the weight of sins. My friend, carefully observe your past and you will find that there is something you did for the very first time, may be you keep on doing, that maintains you into the category of people slaves to pornography and masturbation. Could

be you slept with someone who was not your husband or wife, maybe you watched pornography through a friend for the first time and after that you made it into a habit, maybe you masturbated once and made it into a habit. Start by thinking about this act that you did for the very first time or you keep on doing, and go confess it. Take the time to talk to a discreet ear, someone who will not tell your sins to others. That's why even before you go meet the man of God you must pray the Lord Jesus Christ to make you meet a true Servant of God. You can tell yourself that you already have confessed this sin before, listen! When you confessed before you were not as determined as you are today to defeat pornography and masturbation. Therefore, I advise you again to go and talk to a man of God. **Take care to tell everything my friend otherwise you will not move forward.** After speaking to the man of God, he will pray for you and he will give you advices. Apply these tips. This prayer that he will do for you will have great impact on you. Associate these advice to what I give you, do not leave this little book. The priest or pastor may have never been a captive of pornography and masturbation, but me who is speaking to you I was a slave to these abominations, I was once set free by the Lord, due to my indiscipline, one day I fell again in pornography after having preached to others. After having written the first edition of this book. Can you feel my pain that day? Can you feel the shame? The day the devil is mocking you and telling you *“you are hypocrite, you do not deserve to preach! Such a liar”*. Can you feel my pain friend? After having been a blessing for thousands of people through my book. Can you feel it? So do not reject my advice. I know what it means to fall, I know it. I know the shame that comes after, I know all those things. But I also know the God whose love is everlasting and unconditional for His children. I also know the sacrifice of the Cross, where all our sins were washed away. Yes I know...

Peace came back in my heart, when I confessed my sins and went through a deliverance prayer. I could feel the love my Father that day. Friend, God loves you. Even after that, I fell again. But God was always there to help me because I was always ready to confess my sins and to not hide them in my heart. That's the way the LORD restored me.

Don't hide your sins, the Scripture teaches us that those who hide their sins never progress. *Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.* Proverbs 28:13.

7.2 Peace with yourself: Be able to receive God's forgiveness

In this battle, you need to make peace with yourself. Most of the time we think that our sins are bigger than the love of God. Even when we ask for forgiveness, sometimes we are not sure that we are forgiven. This attitude will never allow you to do better. Always being against yourself, because you're still failing, will never allow you to break those **bad habits** (masturbating and watching pornography). Do not confuse those bad habits you've developed with yourself. God is against your bad habits but He still loves you. He still cares about you no matter what. You are not a surprise to Him. He knows your battle and He wants to help you. He is not there to kick you when you are down. You are not supposed to go through life being against yourself otherwise you are going to live a miserable life. You must know that every person has something is dealing with, you are not the only one who is dealing with this problem in the world. Enjoy where you are when God is in the process of changing you. You're not a finished product friend. **Joel Osteen** once said "*The problem of not liking*

yourself is that you are the only person you will never get away from. You wake up with you, you go to work with you, and you go on vacation with you.” Everywhere you go you will be with you. So, always being against yourself because you are still struggling with pornography and masturbation will make you live a miserable life, it will keep you from improving in almost every areas of your life.

The most important relationship you have is the relationship with yourself. Being against yourself will not only affect your own life, but it will also affect your relationship with others, even with God. We give only what we have. If you don't like yourself there is no way to like others. Stop focusing on your weakness and fix your eyes on Jesus Christ your Savior.

A savior is the one who rescues another from harm. He is there to free or liberate others from confinement, or other physical (even spiritual) restraint. That means to talk about a savior, we need to have something to be saved, freed, or liberated from. Your struggle with pornography and masturbation just gives Jesus Christ the opportunity to show you that He is really Your Savior. Jesus Christ likes opportunity like this.

You can't change yourself, God is the one who is going to give you the strength and the grace to change. Look away from your weakness, and fix your eyes on Jesus Christ. There will be a voice that will tell you “*You are hypocrite, you can't feel good about yourself, you are still struggling and you want to show us that you are a good person?*” That will be the voice of the enemy. When this voice knocks on the door of your heart, let Jesus Christ answers and say “*I don't condemn him, I order him to go and sin no more.*” John 8:11 and “*No matter how weak he/she is, I am not ashamed to call him/her my brother/sister*” Hebrew 2:11.

Do not tell yourself "I deleted everything that was sexual, I confessed to the man of God and he prayed for me, I feel now good about myself, so it's over, I'm free. Now I will observe if I am truly free." My brother/ my sister! If you tell yourself that, believe me you will still fall into these abominations. After destroying everything, and said everything to the man of God, now comes this step.

Set yourself free from the weight of sins by confessing them and receiving God's forgiveness.

8. BECOME A MAN/ A WOMAN OF PRAYER

The Lord Jesus asks us to pray in order to have strength to escape all evil things (Luke 21:36). That reveals to us that **it's by praying regularly that our inner self receives the force to resist satan.** Indeed, we are able to resist satan; but the strength to do so, comes only by prayer. I would like to tell you, the spirit that is the smartest is not the one that's retaining you in pornography or masturbation; instead, it is the spirit that's preventing you from praying and fasting because satan knows **prayer is the key that opens the door of deliverance, and fasting is the atomic bomb that God has given to His children.** Let's read this story about Paul and Silas:

And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. Having received this order, he put them into inner prison and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was a great earthquake, so that the foundations of the prison were shaken. And

immediately all the doors were opened, and everyone's bonds were unfastened. Acts 16:23-26

That's exactly what happens when we pray seriously! There are spiritual earthquakes, foundations of spiritual prisons are shaken, and all closed doors are opened, and bounds unfastened. When you'll begin to pray seriously, you'll go out of this prison (pornography and masturbation).

If you do introspection, you might notice that you don't live a serious life of prayers or you have nothing at all. When, to win over pornography and masturbation you must become a man or a woman of prayers. Like I've told you before, these spirits direct you to watch pornography because at that moment they are more powerful than your spirit that is weakened by hunger; whereas you are well built than those spirits.

Now, to regain strength, you must eat spiritually (listening to the word of God, reading the Bible...) and exercise spiritually (praying regularly, and fasting).

While you are regaining strength by doing all these, you must now weaken those evil spirits. That comes by avoiding committing the same acts as you were committing previously, no longer have contact with all that is sexual. Just do the opposite of what they were doing while your spirit was weak. To no longer feeding these spirits means what? To never watch pornography; to no longer be at places like nightclubs, bar, beach to see girls in bikinis; you ought not to listen to music that excites you sexually (worldly music with sexual lyrics and sounds); in short, separate yourself from anything sexual, images, texts, or videos.

Have you ever had a week without eating anything, without anything to drink? Will you be capable? Envision how weak will you be! Weaken by hunger; even one who wouldn't be able to hit you will do it just because of your weakness. It doesn't indicate he's tougher than you are. It simply means that he's in shape and hunger has weakened you. That is what occurred to your spirit. Now do the opposite: feed your spirit with the word of God, repossess strength through prayer and fasting, and enfeeble these spirits through hunger (never expose yourself to scenes and sounds that are likely to excite you). The more you pray and weaken these spirits, the more you will have the strength to cease falling into pornography and masturbation.

Seeing that you did not have a life of prayer to start with, self-praying will be immensely strenuous or virtually impossible for you. Thus, I advise you to **join a prayer group in your church**. As for me, I am catholic and I am in **Catholic Charismatic Renewal**; it is this group that has helped me with group prayers. The more I stay in the group, the more growth I gain. I instigated spending some solo time in prayers. That is my advice to you. Be a part of a praying group in your church and never miss the praying program. My friend, I'm certain about one thing, wherever His children meet, God never fails to spread His grace upon them. And just by you being there present, His grace will fall on you as well, to cleanse you of your sins. The more you stay in the group, the more grace you are likely to receive and the stronger you become. Over the course of time you will discover within yourself that the oppression you once felt lessening or departing forever.

I strongly believe, it's necessary to talk about the spiritual power of fasting and praying in this fight.

8.1 FASTING AND PRAYER

8.1.1 FASTING

With the first Adam God created at first the spirit (Genesis 1: 26), then he framed the physical body (Genesis 2: 6-7). In fact, it is the same process used for he who believes in the last Adam, Jesus Christ (1 Corinthian 15:45). The day you decide to follow Jesus Christ, a new spirit is created in you (in other words God transforms your rebel spirit into an obedient one). That's why the Bible says in Jesus Christ we are new creatures. That's the first step. The second step consists in framing a body. The day comes when the Lord Jesus Christ will make these poor bodies of ours like His own glorious body (Philippians 3:21).

Due to the first sin in the Eden garden, the physical body and the spirit of the first Adam are called to die, which is a wretched nature, not in accordance with God's will. Reason why all those who have not accepted Jesus in their heart live in immorality, lies, perversion, and so on. It's their nature. You and I were among that category before meeting Jesus Christ. But now, meeting Jesus in our way changes us into new creatures (2 Corinthians 5:17). There is not a change in the former nature, but a brand new person created in us. In that case, the spirit of the last Adam, Jesus, is created in us, supplanting the wretched nature of the first Adam, and living in us. That is the reason of the perpetual fight between the flesh (nature of the first Adam) and the spirit (nature of the last Adam, Jesus). Their respective desires are opposed, because the person of the first Adam is destroyed, to say, always inclined to act incorrectly and the spirit of the last Adam always disposed to do good.

We are now living a situation such as, the spirit of the last Adam, who is Jesus Christ, lives in the flesh of the first Adam. That's why when the body of the first Adam pushes you to sin, the spirit of the last Adam is saddened. That's why, when the spirit of the last Adam tells you "*it's time to go to church*" the body of the first Adam tells you "*don't you see that you're tired! Do not go*". You see, **your body and your spirit are always at war. The body will always fight the spirit unless you defeat it. The only way to bring the flesh under subjection and allow the spirit to express himself is to fast.** Friends, truly I tell you, fasting is powerful. So powerful that you can't imagine. **And if you associate it with prayer it becomes a spiritual atomic bomb.**

What is fasting?

Fasting is putting away things you find pleasuring, for the sake of God. It shows God how much we love and appreciate being with Him; we push away things that are pleasant to seek God's face. **We abandon ourselves from pleasure**, fasting shows how badly we want God. (Dr Myles Munroe)

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, many people read the Bible, pray, or worship.

Fasting is not just putting away food, telephone, television, computer, it includes how we act during this period. We must have an attitude of consecration. Putting away food, phones, television, is good, but in my humble opinion what touches the heart of the Lord is when we replace the time of eating, talking with friends, and watching television by reading the Bible, praying or listening to His word.

How to fast?

The Lord Jesus has taught us how to fast.

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. **Matthew 6: 16-18**

- Notice that the Lord says **“when you fast”** and not **“if you fast”**. That shows us that fasting is a **“when matter”** and not an **“if matter”**. Fasting is not a suggestion but an obligation for Christians. We are called to fast. We are called to live a fast life style.
- **“So that your fasting may not be seen by others”**. That means you’re not fasting for someone else but yourself. You’re not trying to impress people. When we fast there is no reason to tell people **“you know I’m fasting”**. Due to some reasons I think you can tell people in your household (your spouse, children, mother and so on) that you are fasting in order to avoid disturbance and food temptation (you must expect food and spiritual temptations when you are fasting). Don’t do it to show them that you are a spiritual man/woman. Do it only to show them that you need silence to devote yourself to the Lord.
- **“Your Father who sees in secret, will reward you publicly”**. I want to point out the fact that serious fasting always has a reward. The Lord knows whether we are serious or not. When we are serious, He tells us clearly that we will have a reward. For you, the best reward is the strength to overcome pornography addiction and masturbation. If

you fast in order to be delivered from pornography and masturbation, truly I tell you, the Lord Jesus will set you free and will do abundantly above all you have asked. Fasting is powerful, when we combine it with prayers it becomes a spiritual atomic bomb.

Effects of Fasting

“When you fast you increase your control over your life; “your” refers to your spirit. You are a spirit, but you live in a body and most of time our bodies control us. Fasting puts the control back in your hands as a spirit and makes you discipline your body so that your body becomes a servant of the Lord, rather than a master of your spirit.” (Dr Myles Munroe)

The apostle Paul tells us in Galatians 5:17 that the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

The Lord Jesus Himself says **“The spirit is willing but the flesh is weak”** Matthew 26:41

We see that there is a perpetual fight between the spirit and the flesh. As I said early, the only way to put the body under subjection is to fast. When the body is fed more than the spirit, the spirit remains weak and the flesh takes over it. As the body takes over the spirit, you will be a servant of the body. Now, the works of the flesh are evident: **sexual immorality, impurity, sensuality**, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like this. As long as the body is the master, you will do things according to your

flesh (sexual immorality, sensuality, impurity). Some of you are still struggling with sexual sins because you do not fast often. You eat too much that you forget spiritual matters.

Sometimes we say “*I know what is right, I want to do it, but I don’t know why I keep on doing what is wrong*”. The answer is “*we eat a lot of food*”. It’s crazy but still true. Food is one of the things that fight the spirit, too much food just strengthens the body. It doesn’t allow the spirit to express himself. Don’t get me wrong, I’m not saying we must not eat good foods, I’m just trying to point out the fact that “*from time to time, we have to discipline our bodies in order to strengthen our spirits*”

I think you now have an idea on how fasting and prayer are powerful. Friend, hear me when I tell you this: if only you become a man or woman of prayer, and you add fasting to your prayers, I tell you and I Know what I’m talking about, the Lord Jesus Christ will strengthen you. Just try to fast and discipline yourself, you will see results. **If it seems impossible to overcome an addiction, fast and pray seriously.** Fasting is the spiritual atomic bomb that destroys every evil spirits. The truth of fasting and prayer has been neglected, that’s why so many Christians are still tied by the bandage of pornography, masturbation and all kinds of addictions. I know that it’s easy to talk but when it comes to act it becomes difficult. Sometimes, I struggle with fasting too. Just try to fast, pray and discipline your eyes. Ask the Lord to give you strength to fast.

The devil is called the prince of darkness. Darkness is nothing else but ignorance. That’s means he will only control you in realms where you don’t have knowledge. The most dangerous enemy is not satan. The most dangerous enemies are sins (that open doors to the devil) and ignorance. Just

like my Master, I say “You will know the truth, and the truth will set you free.” **The knowledge of the truth sets free.**

- Fasting changes us
- Fasting gives us more capacity to move closer to God.
Fasting doesn't move God, it moves us. God is not manipulated by your fasting.
- Fasting increases our spiritual capacities.
- Fasting breaks habits (food, sex, drugs, masturbation etc.)
- Fasting gives us pure mind and pure heart.
- Fasting purifies the body.

(Dr Myles Munroe)

Power of fasting

Is this not the fast that I have chosen; to lose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? Isaiah 58:6-11, KJV.

These words are used by God to describe what fasting really means for Him. He was looking at people going without food but, at the same time bonding people in their hearts. God through this verse wants to make it clear that it's useless to go without food if we are not willing to forgive people, forsake wicked deeds, etc. Simply put, God shows us what fasting really means.

But I want you to look at this verse in a new light and understand it another way. God mentions fasting as a powerful mean:

To lose the bonds of wickedness, that means wicked things you keep doing but you do not have enough strength to abandon. This sin you keep on falling into. God says that fasting will help you to lose those bonds of wickedness.

To undo the heavy burdens: Do you feel like a sin becomes a burden for you? Then fast.

To let the oppressed go free: Do you feel like the world is crashing on you? Then fast. Do you feel oppressed by the enemy? Then fast.

And that you break every yoke: Not the anointed oil, not the pastor, but “you”. You have the power to break porn addiction and masturbation. The Lord says in Luke 10:19 that He has given you the power over the devil. But you must exert this power. One of the powerful ways to exert your power over satan is to fast and fast the right way. You have power over satan, put it in your mind!

You are not going to be set free through the power of fasting but the Power of God through fasting! Fasting is just a mean through which God can release His power over you. When you associate a serious prayer life with a fast life style, then your life becomes an atomic bomb that will kill your spiritual enemies. Few are sure it works and even less believe it is necessary. But deeply inside me I know what I am talking about. Fasting is powerful, so powerful that you can't imagine.

In the process of writing this book I've been attacked by the enemy. During this period all my dreams were turning around sex. Every night I was seeing sex scenes. I was having repetitive wet dreams and I was asking the Lord what was going on until He tells me that I was not fasting often. The next day I went on a one day fast. From 0 Am to 6 Pm, I ate nothing

but drunk water. After this spiritual exercise, I felt like my body was purified and since that day I had never seen those kind of dreams again for a moment. When I stopped fasting regularly, I saw those things again. The devil is always behind me, looking to oppress me, because through me so many people are being set free. Because the fight is perpetual then my perpetual weapon against this satanic oppression is fasting. So, I now look at fasting as a life style. From time to time, we need to take spiritual bath and fasting is the soap. Try to make fasting a life style and you will conquer the devil in every areas of your life.

8.1.2 RE-ENERGING YOUR PRAYER LIFE

Much time when our phones get low, we plug in to get re-energized. The Lord is our source, He clearly said without Him we can do nothing (John 15:5). Just as we plug in our phones, we need to plug into the power of the Lord through prayer and be re-energized.

The key to Jesus' success was His prayer life. The key to our success should be our prayer life as well. Jesus lived a disciplined life, and it strengthened Him. The spiritual disciplines of Jesus will do the same for us as we place our focus more squarely on Him.

- Remember that without Jesus you can do nothing.
- Repent from your sins and confess them.
- Develop a prayer plan.
- Prioritize prayer in your daily schedule.
- Find a prayer group.
- Another form of fasting is to put away internet for a period of time as it is the first source of temptation for those who fall into

pornography that leads to masturbation and all kinds of sexual immoralities.

➤ Whenever you pray on the one hand, at the same time you do not discipline yourself on the other, be aware that one day you will once more fall. Eventually, you will have to restart all over again. That's why self-discipline is so important in this battle against the devil.

9. DISCIPLINE YOURSELF

So you can bear the weight you will feel as you will be in the process of doing it you ought to pray a lot.

You can pray well. The Lord Jesus Christ can give you the strength to conquer these sins. However, if you do not take good care in disciplining yourself (especially your eyes), I tell you loudly and clearly you will forevermore fall into pornography and masturbation. Prayer and self-discipline work together, you cannot separate them. **Self-discipline is your own responsibility.** As I told you before, you have a part of responsibility in what is happening to you. Self-discipline consist in identifying the cause of your fall and separate yourself from it. The Lord Jesus says that if your right hand pushes you to sin, cut and throw it away. The first step is to identify what pushes you to sin, the second step is to separate yourself from it. Jesus didn't say "*if your right hand pushes you to sin pray I will throw it away from you*". The Lord said "*Throw it away*". That means it's your own responsibility to put away from you everything that's likely to cause your fall. If the Lord asks you to throw it away that means He knows that you have enough strength to do so otherwise He would not ask you. But this strength is hidden in your firm will to fight porn addiction and masturbation. Jesus used a metaphoric expression. In reality cutting one's hand hurts, it's really painful.

By using this expression The Lord knew that it will not be easy to separate yourself from what causes your fall, because most of the time it's something we are deeply attached to. But, you ought to cut it and throw it away even if the process won't be easy. By all means cut it and throw it away. Let's imagine you are watching a good film and suddenly appears a sex scene. You know your weakness, you know if you keep on watching this film it will awake sex drive in you, you have the remote control with you; my friend **it's not Jesus Christ who will come and change the channel for you.** At that moment you must decide to watch it or not. But the strength to change the channel will come only if you have already developed a strong prayer life. That's why I'm telling you, prayer is the main key to get out of the prison of pornography and masturbation. Start building a strong Christian life with the foundation of regularly prayers. Prayer and Self-discipline work together.

To control one is to have principles. It's to whisper to oneself "*such a thing I will no longer watch for it is likely to cause my fall, such music I will no longer listen to it for its words contain messages and or images that relate to obscene practices, such a person I will no longer be surround myself with during these periods due to the very fact that I always fall whenever I am by her side, either in action or in speech.*" The process won't be easy, but be brave enough...

Discipline, that's what lacks to many Christians who are still struggling with pornography and masturbation. If you do not discipline your eyes, if you do not give to yourself principle to respect, I am telling you that even if the Lord Jesus Christ has already delivered you, you will always fall. Have principles.

It is also to say: I will start praying seriously from this time, from such time I no longer be connected to the internet, such image should not be in my computer, etc.

The Lord has the responsibility to strengthen you spiritually and it's your own responsibility to discipline yourself (especially your eyes). Do not be a lazy and think that the Lord will do everything for you. Do not get me wrong, I'm not saying that it is by your own efforts or discipline that you will be delivered. But I want to point out the very fact that in this battle you will have to take firm decisions. **Will changes nothing, a decisive decision does.**

Regarding worldly music, with its obscene clips, the enemy plays on your subconscious to capture you into pornography that would lead you to masturbation. How come? Have you ever noticed in worldly music; even if the lyrics are not obscene there is always a dose of immorality either in images of the clips or in the dances? This is how satan utilizes worldly music to keep people in fornication by giving them a pretense pleasure in the rhythm they hear. Most of people don't even pay attention about the message transferred by those kinds of musics. *Get outta there my friend!*

Whenever they sing obscene words, all of that is to affect your thoughts. If I say, "*a red pen, a red pen, a red pen, a red pen is under the table*", do you not picture a representation of it to try to understand it better? Satan is aware of it. This is the reason why in the music industry, in which he is the leader, he demands that they sing insanities. Therefore, through the course of listening you create imaginaries that will represent what you are listening to, so it leads you to commit the act sooner or later. Hence, I asked you to separate oneself from worldly music for defeating pornography and masturbation. I acknowledge that it won't be easy to suddenly apart from this music in which you've been listening to for such a long time. But you ought to do this friend! That's part of self-discipline. I know it will be painful, but if you ask the Lord to help you, surely He will.

Let me explain you a little bit deeply how the devil uses music to maintain so many people in pornography and masturbation.

Altar's war through music

An altar is a table made of stones used for religious rites (sacrifices to gods, for idolaters). As far as we are concerned (Christians), an altar refers to the place we offer up sacrifices to our Mighty God, the Only True God.

In the Old Testament altars were also built, e.g. Genesis 8:20 (Noah built an altar where he could offer sacrifices to the Lord after having been saved from the deluge). Some altars were built to immolate animals for sins' expiation. All of them were announcing the Greatest one, I mean Golgotha, where the Lamb of God was immolated and sacrificed for us. Golgotha is the altar of God. Altars are not men's invention. In Heaven there is an altar. The idea of building altars comes from God.

And another angel came and stood at the altar with a golden censer, and he was given much incense to offer with the prayers of all the saints on the golden altar before the throne, and the smoke of the incense, with the prayers of the saints, rose before God from the hand of the angel. Revelation 8:3-4

Who are these saints the Bible is talking about here? It's you and I, Children of God. We are saints just like our Father. We are called saints because of the blood of Jesus Christ.

Prayers they are talking about here are ours. The smoke of incense represents our adoration raising before our Father. Our prayers, adorations, are all represented on the golden altar before God. The fire represents the Holy Spirit and the gold here is a sign of purity. Our prayers and adorations

accompanied by the Holy Spirit provokes blessings from the Lord. **This altar is a melting point between God and our prayers.**

In the tabernacle (The portable tent used by Israelis before the construction of the temple, where the Shekinah, presence of God, was believed to dwell.) built by Israelite under God's directives (Exodus 25-31), we find two altars.

The first one (Exodus 27:1-8) **“The Altar for offering sacrifices”** is established in the court of the tabernacle. Here, sacrificed animals were immolated for sins' expiation. An Israeli who was feeling guilty because of a sin had to buy an animal and sacrifice it here. The animal was killed here. In that case, the animal was taking the place of the sinner just like Jesus Christ took ours at the cross. Fire was coming out from the Lord to consume these sacrifices. This altar represents the cross, where sins were not covered but removed. Golgotha is the Altar of God for us.

The second alter “The Altar for burning incense” : the altar of incense is where sacrifices of adoration and gratitude are given to God. It's the altar of thanksgiving.

Since the death and resurrection of the Lord Jesus Christ, God lives no more in temples made of stones but made of flesh. **That means the body of anyone who believes in Jesus Christ** as the unique Son of God and accept Him as His personal Lord and Savior, **is the temple of God.** That's why the Bible calls us *“Temples of The Holy Spirit”* Galatians 6:16

Now, as a temple you must choose the one who must reside in you. God or the devil? A temple is never empty. There is always a spiritual presence in a temple. The presence of God, the Shekinah, or another spiritual forces coming from the devil. As for the tabernacle in the desert, the temple of the

Holy Spirit (your body) has two altars. The first altar is where we offer our bodies as living sacrifices to God. Romans 12:1. The second altar is where we offer up a sacrifice of praise to God, the fruit of lips that acknowledge His name. Hebrews 13:15

By offering every day your body to God as a living sacrifice (praying, fasting and worshiping Him), you are strengthening your altar before Him. If the devil attacks you, your altar before the Lord will cry out and angels are going to fight for you. But if there is nothing, whenever the enemy wants to attack you, he will. Whenever he wants to play with you, he will. Most of you are still falling in pornography and masturbation because your altar before God is not strengthened.

Now, what happens when you sing worldly music instead of praising God?

First, I want you to remember that the devil is not a creator. Satan is a counterfeiter, he takes what the Lord does, and try to pervert it. When the Lord created sex for the marriage, satan takes it and pervert it into prostitution, pornography. So, to understand what satan does in the kingdom of the darkness, just take what I have explained and think about the opposite.

In the first altar, instead of offering your body as a living sacrifice to God (Romans 12:1), the devil will push you to give your body as a living sacrifice to iniquity, money, etc. That's what he does with pornographic actors and actresses, even you when you watch pornography and masturbate. By so doing instead of strengthening your altar before the Lord, you create another altar (not before the Lord). This altar will fight your own life (That's why some things are not going well in your life no matter how hard you pray). In the second altar, where you must offer up sacrifices of

praise to God, by singing those obscene music, you offer up sacrifice of praise to the spirits of iniquity, pornography, masturbation. By so doing, you are strengthening those spirits. That's why they continue to dominate you. Every time you sing music with sexual related lyrics you must know that you are strengthening a demonic forces who will fight you and maintain you captive of sexual perversion.

Stop strengthening those spirits by singing those obscene music.

10. FIND A CONFIDENT (AN ACCOUNTABILITY PARTER)

Don't be alone. Find someone who can help you in this battle. Someone you can pray and fast with. Someone who can control your progress. You know, some fights are won if we are accompanied. Let's read this story about Israel.

Exodus 17:8-13

Then Amalek came and fought with Israel at Rephidim. So Moses said to Joshua, "Choose for us men, and go out and fight Amelek. Tomorrow I will stand on the top of the hill with the staff of God in my hand." So Joshua did as Moses told him, and fought with Amelek, while Moses, Aaron, and Hur went up to the top of the hill. Whenever Moses held up his hand, Israel prevailed, and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary, so they took a stone and put it under him, and he sat on it, while **Aaron and Hur held up his hands, one on one side, and the other on the other side.** So his hands were steady until the going down of the sun. And Joshua overwhelmed Amalek and his people with the sword.

You see that if Moses was alone, Israel would have been beaten by Amalek. Israel won the victory because Moses was with Aaron and Hur who helped him. To win some fights, you need Aaron, Hur and Joshua. Simply put, you need others. Don't hide your weakness. Find a mature Christian you trust, and tell him your weaknesses. Surely, he/she will help you. You are not the only child of God here on earth. **Find your brothers and sisters in Christ, expose your problem, they will help you.**

The Lord Jesus said “[if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven.](#)” Matthew 18:19. Friend, find someone, both of you be in unison and start praying for your problem. The Lord Jesus said clearly that anything you ask (in line with his will of course), will be done for you. So, if you find a mature Christian, both of you start praying and fasting for your problem (addiction to pornography and masturbation), you will be set free according to Jesus Christ. Why not trying?

I know it may happen that you fall again. If you fall, stand up, ask for forgiveness, learn from your fall, take Jesus' hand and continue the fight more seriously. Every time you will fall, don't be ashamed to tell it to your accountability partner, your confident. Don't hide your sins, the Scripture teaches us that those who hide their sins never progress. [Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.](#) Proverbs 28:13. If you fall, confess your sins to your confident. I know it's not always easy, but you ought to do it if you want to progress. Once you do that (confess your sins), Christ forgives you everything. Knowing that you are forgiven will help you to restart the fight until you win. Tell the devil “*It's not over until I win. If I fall, I will learn from my mistakes, I will ask Jesus Christ to forgive me, and I will continue the*

fight more seriously and more intelligibly.” If culpability comes, take your Bible, and hear Jesus telling you “**I don’t condemn you, go and sin no more**” John 8:11.

You are a child of God, your Father is the King of the universe, you are a prince/princess. Tell the devil “*I will knock you out*”. Remind him that he is a loser and you are a winner because of the blood of Jesus Christ. I suggest you to be bold enough before the devil and tell him no matter how weak you are, Jesus Christ is in the process of setting you free forevermore and strengthen you. If you believe it, just say...Amen!

11. USE THE SEVEN ASSAULTS AGAINST PORNOGRAPHY

“Strategies given by J.A Medders (The lead pastor of Redeemer Church in Tomball, Texas)”

These seven verses can serve as an attack plan, a Messiah-taught martial against lust and pornography. A verse for every day (from Monday to Sunday). **Read it in the morning. Pray it in the night.** Train in the car. Run to it when you hear the temptation in the distance. Text it to a friend. Memorize with an accountability partner. Fight!

- a. “**There is therefore now no condemnation for those who are in Christ Jesus**” (Romans 8:1)

Right now, if you are in Christ, you are uncondemnable because Christ was condemned for you. But satan wants you to believe otherwise. He wants you to doubt God’s grace, mercy, and faithful love. Don’t. The miracle of grace is that before, during, and after that sin, you are condemnation-free.

Prayer for today: *“Father, I’m prone to doubting your grace; the shame and self-hatred I feel after viewing pornography is devastating. But the gospel devastates what devastates me. Help me to believe I am forgiven”.*

- b. **“For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery”** (Galatians 5:1)

Right now, in Christ, you are free. You must believe it. You are not doomed to digital dungeons. Don’t go online with palms up and wrists ready to sin.

Prayer for today: *“God, you set me free. Help me to believe it. Help my unbelief. Give me resurrection power to stand firm, just like Jesus is living in heaven for me right now. Help me, Jesus.”*

- c. **“This is the will of God, your sanctification: that you abstain from sexual immorality”** (1 Thessalonians 4:3).

God is growing you. God is with you. He wants you to walk away from pornography, and He will help you. Believe it. Your purity is God’s will. He will give you the resources you need to do his will. God will help you.

Prayer for today: *God, you say your will is my sanctification, my growing in Christlikeness. I believe it. Help me to be like Jesus right now and when temptation arrives. Help me to abstain; I want to. But I need you. Help me Lord!*

- d. **“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing”** (John 15:5)

Our attempts to fight against pornography and masturbation often fail because our schemes are powerless. Our union with Christ is a protective shield against the temptations of pornography. When we are connected to Him, He will produce the power we need to turn away. He powerfully works within us.

Prayer for today: *“Jesus, I need you. I’ve tried on my own and fail. Without you, I’m doomed. And with you, I’m free. Jesus, my Lord, help me.”*

- e. **“Sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints”** (Ephesians 5:3).

The gospel brings us into the life of Christ, a life that isn’t filled with sexual immorality, but one of purity. Pornography is not proper for God’s children. We need the bluntness of Ephesians 5:3. We are saints, co-heirs of the universe.

Prayer for today: *“Father, you tell me this isn’t proper for me. I believe you. I am your child. You’ve made me a saint. I don’t want this sin. Help me Father!”*

- f. **“Whether we are at home or away, we make it our aim to please him”** (2 Corinthians 5:9)

What do you want? Do you want to bring joy to your heavenly Father, or do you want to bring temporary pleasure to your flesh? Ask yourself who you want to please: the pornography video producer? Your sinful passions? Or Jesus Christ?

Prayer for today: *“God, I want to honor you. I don’t want to grieve the Spirit. My aim, my desire, my goal is for you to be glorified, pleasing you. Lord Jesus, help me.”*

- g. **“I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me”** (Galatians 2:20).

You’ve died with Christ. You have been raised with Christ. Jesus is alive in you. **When temptations call, walk away from your computer** by faith in the crucified and risen Christ. You can walk away because Jesus Christ walked out of the tomb. He loves you. Remember his love.

Prayer for today: *“O Jesus! You love me. You died for me. You are alive in me. I believe you will empower me to turn from this sin. I’m looking to you. I live by you. King Jesus Christ, help me.”*

12. THE POWER OF JESUS CHRIST IS STILL THE SAME

The Bible says that **Jesus Christ never changes! He is the same yesterday, today and forever.** Hebrews 13:8

Pornography and masturbation are spiritual diseases. To be healed, you need the supernatural Healer, Jesus Christ, not psychologists and so on. Here I have listed almost all the miracles of Jesus Christ linked to “Healing”. This list doesn’t contain all the supernatural miracles of Jesus Christ written in the Bible.

In most of those miracles, Jesus used His healing power to heal diseases, to restore life, etc. What I want you to do here is to read all of those miracles, and tell Jesus Christ to do the same thing for you. I want you, somehow, to challenge Him. **Pray with faith, proclaim it loudly. Try to do this exercise every day until you see results.** My prayer is that the same healing power that healed people in the Bible heals you today. Receive your healing now in the name of Jesus Christ.

This point (12) and the next one (13) are about prayers and spiritual exercises. Here we are going to apply everything we said early. Please, submit yourself to those spiritual exercises. I promise you that you will see great changes and results if you are serious about what you are going to do.

1. Healing the royal official's son (John 4:46-54)

Pray: "Jesus Christ, please, just as you healed the royal official's son that day, heal me today from this spiritual diseases. Lord I need your help!"

2. Driving out the evil spirit of a demon-possessed man in Capernaum (Mark 1:21-28, Luke 4:33-37)

Pray: "Lord Jesus Christ, the Bible tells me that you cast evil spirits out of men. I believe that you have that power because you are the Almighty God. Please, do the same for me Lord! "

3. Healing Peter's mother-in-law (Matthew 8:14-15, Mark 1:29-31, Luke 4:38-39)

Pray: "The same power that healed Peter's mother-in-law that day, heal me from pornography addiction and masturbation today. Lord I need your help!"

4. Healing the sick during an evening (Matthew 8:16, Mark 1:32, Luke 4:40)

Pray: “The same power that healed the sick man, heal me from pornography addiction and masturbation today”

5. Healing a man with leprosy (Matthew 8:1-4, Mark 1:40-44, Luke 5:12-15)

Pray: “The same power that healed the man with leprosy, purify me today”

6. Healing a centurion’s servant (Matthew 8:5-13, Luke 7:1-10)

Pray: “The same power that healed the centurion’s servant, break pornography addiction and masturbation today in my life”

7. Healing a paralytic (Matthew 9:1-8, Mark 2:1-12, Luke 5:17-26)

Pray: “The same power that strengthened the paralytic, strengthen me today so that I can give up pornography and masturbation”

8. Healing a man with a shriveled hand (Matthew 12:9-14, Mark 3:1-6, Luke 6:6-11)

Pray: “The same power that healed the man with a shriveled hand, heal me from pornography addiction and masturbation”

9. Raising a widow’s son (Luke 7:11-17)

Pray: “Lord Jesus, pornography and masturbation have killed me for several years. After having committed those sins, I feel like a dead person. The same power that can command dead to wake, resurrect me”

10. Calming the storm (Matthew 8:23-27, Mark 4:35-41, Luke 8:22-25)

Pray: “The same power that can calm a raging sea, calm this raging sea of pornography and masturbation in my life”

11. Healing a demon-possessed man in Gerasenes (Matthew 8:28-32, Mark 5:1-13, Luke 8:26-33)

Pray: “The same power...

12. Healing a woman with internal bleeding (Matthew 9:20-22, Mark 5:25-34, Luke 8:43-48)

Pray: “The same power...

13. Raising Jairus’ dying daughter (Matthew 9:18-19, 23-26; Mark 5:22-24, 35-43; Luke 8:41-42, 49-56)

Pray: “The same power...

14. Healing two blind men (Matthew 9:27-31)

Pray: “The same power...

15. Healing a mute demon-possessed man (Matthew 9:32-33)

Pray: “The same power...

16. Healing a 38-year-invalid (John 5:1-17)

Pray: “The same power...

17. Healing of many people in Gennesaret (Matthew 14:34-36, Mark 6: 53-56)

Pray: “The same power...

18. Healing the demon-possessed daughter of a Canaanite woman (Matthew 15:21-28, Mark 7:24-30)

Pray: “The same power...

19. Healing a deaf and mute man (Mark 7:31-37)

Pray: “The same power...

20. Healing a blind man in Bethsaida (Mark 8:22-26)

Pray: “The same power...

21. Healing a man born blind (John 9:1-41)

Pray: “The same power...

**22. Healing a demon-possessed boy (Matthew 17:14-20, Mark 9:14-29,
Luke 9:37-43)**

Pray: “The same power...

**23. Healing a blind, mute and demon-possessed man (Matthew 12:22-23,
Luke 11:14)**

Pray: “The same power...

24. Healing a crippled woman who suffered for 18 years (Luke 13:10-13)

Pray: “The same power...

25. Healing a man with dropsy (Luke 14:1-6)

Pray: “The same power...

26. Healing 10 lepers (Luke 17:11-19)

Pray: “The same power...

27. Raising Lazarus (John 11:1-44)

Pray: “The same power...

28. Healing blind Bartimaeus (Matthew 20:29-34, Mark 10:46-52, Luke 18:35-43)

Pray: “The same power...

29. Restoring an injured man’s ear (Luke 22:45-54)

Pray: “Jesus Christ, the Son of God, please help me”

30. Jesus did many other things. If they were all written in books, I don’t suppose there would be room enough in the whole world for all the books. (John 21:25)

13. PRAY WITH PSLAMS

Psalm 3, CEV

An Early Morning Prayer

1 I have a lot of enemies, LORD. Many fight against 2 me and say, “God won’t rescue you!” 3 But you are my shield, and you give me victory and great honor. 4 I pray to you, and you answer from your sacred hill. 5 I sleep and wake up refreshed because you, LORD, protect me. 6 Ten thousand enemies attack from every side, but I am not afraid. 7 Come and save me, LORD God! Break my enemies’ jaws and shatter their teeth, 8 because you protect and bless your people.

Psalm 6, CEV

1 Don’t punish me, LORD, or even correct me when you are angry! 2 Have pity on me and heal my feeble body. My bones tremble with fear, 3 and I am in deep distress. How long will it be? 4 Turn and come to my rescue.

Show your wonderful love and save me, LORD. 5 If I die, I cannot praise you or even remember you. My groaning has worn me out. At night my bed and pillow are soaked with tears. 7 Sorrow has made my eyes dim, and my sight has failed because of my enemies. 8 You, LORD, heard my crying, and those hateful people had better leave me alone. 9 You have answered my prayer and my plea for mercy. 10 My enemies will be ashamed and terrified, as they quickly run away in complete disgrace.

Psalm 7, CEV

1 You, LORD God, are my protector. Rescue me and keep me safe from all who chase me. 2 Or else they will rip me apart like lions attacking a victim, and no one will save me. ...

Psalm 17, CEV

6 I pray to you, God, because you will help me. Listen and answer my prayer! 7 Show your wonderful love. Your mighty arm protects those who run to you for safety from their enemies. 8 Protect me as you would your very own eyes; hide me in the shadow of your wings. 9 Don't let my brutal enemies attack from all sides to kill me. 10 They refuse to show mercy, they keep bragging. 11 They have caught up with me! My enemies are everywhere, eagerly hoping to smear me in the dirt. 12 They are like hungry lions hunting for food, or like young lions hiding in ambush. 13 Do something, LORD! Attack and defeat them. Take your sword and save me from those evil people.

Psalm 25, CEV

1 I offer you my heart, LORD God, 2 and I trust you. Don't make me ashamed or let enemies defeat me. 3 Don't disappoint any of your

worshippers, but disappoint all deceitful liars. 4 Show me your paths and teach me to follow; 5 guide me by your truth and instruct me. You keep me safe, and I always trust you. 6 Please, LORD, remember, you have always been patient and kind. 7 Forget each wrong I did when I was young. Show how truly kind you are and remember me. 8 You are honest and merciful, and you teach sinners how to follow your path. 9 You lead humble people to do what is right and to stay on your path. 10 In everything you do, you are kind and faithful to everyone who keeps agreement with you. 11 Be true to your name, LORD, by forgiving each one my terrible sins. 12 You will show the right path to all who worship you. 13 They will have plenty, and then their children will receive the land. 14 Our LORD, you are the friend of your worshippers, and you make an agreement with all of us. 15 I always look to you, because you rescue me from every trap. 16 I am lonely and troubled. Show that you care and have pity on me. 17 My awful worries keep growing. Rescue me from sadness. 18 See my troubles and misery and forgive my sins. 19 Look at all my enemies! See how much they hate me. 20 I come to you for shelter. Protect me, keep me safe, and don't disappoint me. 21 I obey you with all my heart, and I trust you, knowing that you will save me. 22 Our God, please save Israel [me] from all its [my] troubles.

Psalm 35, CEV

1 Fight my enemies, LORD! Attack my attackers! 2 Shield me and help me. 3 Aim your spear at everyone who hunts me down, but promise to save me. 4 Let all who want to kill me be disappointed and disgraced. Chase away and confuse all who plan to harm me. 5 Send your angel after them and let them be like straw in the wind. 6 Make them run in the dark on a slippery road, as your angel chases them. 7 I did them no harm, but they hid a net to trap me, and they dug a deep pit to catch and kill me. 8 Surprise them

with disaster! Trap them in their own nets and let them fall and rot in the pits they have dug. 9 I will celebrate and be joyful because you, LORD, have saved me. 10 Every bone in my body will shout: “No one is like the LORD!” You protect the helpless from those in power; you save the poor and needy from those who hurt them. 11 Liars accuse me of crimes I know nothing about. 12 They repay evil for good, and I fell all alone. 13 When they were sick, I wore sackcloth and went without food. I truly prayed for them. 14 as I would for a friend or a relative. I was in sorrow and mourned, as I would for my mother. 15 I have stumbled, and worthless liars I don’t even know surround me and sneer. 16 Worthless people make fun and never stop laughing. 17 But all you do is watch! When will you do something? Save me from the attack of those vicious lions. 18 And when people meet, I will praise you and thank you, Lord, in front of them all. 19 Don’t let my brutal enemies be glad because of me. They hate me for no reason. Don’t let them wink behind my back. 20 They say hurtful things, and they lie to people who want to live in peace. 21 They are quick to accuse me. They say, “You did it! We saw you ourselves.” 22 You see everything, LORD! Please don’t keep silent or stay so far away. 23 Fight to defend me, Lord God, 24 and prove that I am right in your standards. Don’t let them laugh at me 25 or say to each other, “Now we’ve got what we want! we’ll gobble him down!” 26 Disappoint and confuse all who are glad to see me in trouble, but disgrace and embarrass my proud enemies who say to me, “You are nothing!” 27 Let all who want me to win be happy and joyful. From now on let them say, “The LORD is wonderful! God is glad when all goes well for his servant.” 28 Then I will shout all day, “Praise the LORD God! He did what was right.”

Psalm 143, CEV

1 Listen, LORD, as I pray! You are faithful and honest and will answer my prayer. 2 I am your servant. Don't try me in your court, because no one is innocent by your standards. 3 My enemies are chasing me, crushing me in the ground. I am in total darkness, like someone long dead. 4 I have given up all hope, and I feel numb all over. 5 I remember to think about the many things you did in years gone by. 6 Then I lift my hands in prayer, because my soul is a desert, thirsty from you. 7 Please hurry, LORD, and answer my prayer. I feel hopeless. Don't turn away and leave me here to die. 8 Each morning let me learn more about your love because I trust you. I come to you in prayer, asking for your guidance. 9 Please rescue me from my enemies, LORD! I come to you for safety. 10 You are my God. Show me what you want me to do, and let your gentle Spirit lead me in the right path. 11 Be true to your name, LORD, and keep my life safe. Use your saving power to protect me from trouble. 12 I am your servant. Show how much you love me by destroying my enemies.

14. THE THIRTY-THREE YEAR OLD PRAYER

I have learnt it during a novena. A novena is a series of prayers that are said for nine successive days, usually as a prayer of petition but sometimes as a prayer of thanksgiving. The seventh day, we had been asked to fast all along the day until the end of the prayer meeting. When it was time to pray I was amazed by what took place. The priest who was leading the prayer told us to call loudly upon the name of the Lord Jesus thirty-three times. Each time referring to one year the Lord spent here on earth to accomplish His work. After having done it, we observed a moment of silence. Then, the

Lord started Himself casting out demons, people were speaking in tongues, etc. The atmosphere was just intense and wonderful. So, I think this way of praying will help you. I want to warn you friend. Don't take it as a magic formula. Do not misuse the name of the Lord or try to control Him by using His name. Do it with faith and insistence. Do it like someone who is hopeless and he is calling loudly upon the name of His Savior. As you will be doing it alone, no need to cry. Just repeat your request thirty-three times. Repeating the same thing before God is a sign of insistence. The Lord Himself did it (Matthew 26:39,42,44-45).

This prayer **must be accompanied with fasting**. It all depends on your strength. But I suggest you to fast seriously from 0 Am to 6 Pm, without eating anything. You can just drink water. Do this prayer the moment your hunger will reach its climax. After do not eat solid food. Try to do it regularly and discipline yourself. Friend I promise you. Try this exercise just for two weeks and you will see results. Fast and pray.

The prayer is very simple. Just keep on repeating.

1. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
2. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
3. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
4. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
5. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.

6. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
7. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
8. Lord Jesus Christ deliver me from the bandage of pornography and masturbation.
9. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
10. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
11. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
12. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
13. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
14. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
15. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
16. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
17. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
18. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
19. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.

20. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
21. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
22. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
23. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
24. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
25. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
26. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
27. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
28. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
29. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
30. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
31. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
32. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.
33. Lord Jesus Christ deliver me from the bondage of pornography and masturbation.

FIFTH PART

1. PRINCIPLES

- In the same way that our bodies need bread to be in shape, our spirits also need food (the Word of God) to be in shape.
- Demonic spirits also need to eat to keep fit and strong.
- The foods for these demonic spirits are the different acts of abomination in which men engage. Every time you look at pornography, for example, you feed those evil spirits and make them strong. This is how they become stronger and stronger and they will begin to dominate you and push you to do their will which is contrary to the will of God.
- In the same way that our body is weakened if it is not well nourished, our spirit also loses strength and becomes vulnerable to evil if it is not constantly nourished by the Word of God.
- Evil spirits also lose strength if you abandon the bad practices in which you were immersed. Then fast to get rid of these spirits in your life. They can't stand before fasting.
- Just as the muscle develops and becomes strong as a result of being subjected to the exercises, spiritually you will also become strong when you begin to engage in spiritual exercises such as prayer and fasting.
- In the same way as the muscle loses strength if it is no longer exercised, spiritually we become vulnerable before the devil if we no longer pray, we no longer fast, we no longer read the Bible and listen on regular basis to sermons.
- These evil spirits cannot resist fasting and prayer, ever! They just can't, I know them! That's why they will make sure you do not fast.

- When you sleep and see yourself having sex with a stranger or someone you know, get up and start fasting and praying the next day. If this continues, go expose your problem to a man of God.
- When you sleep and see unclean dreams over and over again that cause night pollution, submit to fasting. These spirits cannot stand fasting.
- Fasting, prayer and self-discipline are the keys to overcoming pornography and masturbation.
- If you fall, wake up, learn from your mistake, ask for forgiveness and move on.
- God will not be able to strengthen you until you have decided from the bottom of your heart to abandon these practices.

2. TESTIMONIES

“The deliverance that the Lord has achieved in my life is a tremendous miracle that I will never stop witnessing. I was a long time a permanent activist in masturbation and pornography, I was so obsessed that I couldn't get rid of it. Until one day, I opened my heart to the Lord Jesus Christ who totally delivered me from these practices. Today I bear witness to this immense love of the Father, revealed in his Son Jesus Christ, who has so far freed me. I point out that deliverance from pornography and masturbation can only be given to you by Jesus Christ, King and Eternal Savior.”

Prince KUVUYUKA YALA

My story with masturbation began when I was a child. When I was still a child, I had sex with a friend. I don't know how and why it happened, but it still happened. Since that day, I started having strong sexual impulses that pushed me to masturbate. At that time I didn't even know that what I was doing was called masturbation. All I knew was that it gave me pleasure and after that ephemeral pleasure came always guilt and shame. I knew I was a captive but I even didn't know what to call this thing that was holding me back. I kept it in my heart, that's how I grew up, with the burdens of guilt and shame of myself when I was alone. I could laugh and talk with others, but when I entered into the secret, it was shame. I felt really bad.

The introduction to pornography came later in high school. Some friends were bringing those kinds of films and naively we were watching them together without thinking about all the consequences that will follow. That's how my situation got worse. Already captive of masturbation, I came to add pornography again, it was hell!

At school, I was doing well. It made my parents and my whole family happy. I was taken as an example to follow, but deep down I knew that this was not the case and that they were all making mistakes. I wasn't who they thought I was. I considered myself a liar and a hypocrite because of what I was doing in secret. I tried several times to put an end to these things in my life, but I still couldn't get there. I could resist a week, a month, two months and then fall back again. I have to be sincere, deep down inside me there was not also this strong desire to give up these things. Somehow I was starting to like and enjoy them.

But there came a time when I was really sick of them (pornography and masturbation). That was enough. But I didn't know how to get rid of them because I didn't have a serious prayer life. Seriously, I was not thinking about

Jesus Christ or the Holy Spirit. I was saying that it was up to me and me alone to give up those bad habits, with my own strength and efforts. All my attempts to put an end to those things were falling, pornography and masturbation were just stronger than me. It was only when I joined a prayer group in my home church that I saw things start to change. Before I was only satisfied with Sunday worship, but when I started to participate a little more actively in the week's prayers, in church activities, it was then that I was given strength to never commit these sins again. It is true that after that period I relapsed again, but things had really changed, they were no longer the same as before. **I persevered in prayer and confession every time a fall came into my life.** And today I am totally free by the power of the Holy Spirit and the Blood of Jesus Christ the Son of God. The Lord says this: **“If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest.”** If you are really tired of the yokes of pornography and masturbation, go with all your heart to Jesus Christ, He will give you rest. He is able to deliver you as He did with me. All you have to do is to decide to forsake pornography and masturbation, deep inside you decide first. Then come to Jesus Christ with all your heart and tell Him to help you. He will... God is able! God is able! God is able! God knows your weaknesses, He wants to strengthen you, but you must decide first to come to Him. Just decide...

Viny BEKO BOMALEMA

It was on the Internet that I first watched pornographic videos. And very quickly, I started visiting these kinds of sites on a very regular basis. It had become impossible for me to spend a week without going to these sites, so

even when I went on the Internet for research, I always ended up going to these sites. And this lasted for three long years. However, no one around me knew this, because despite my perverse practices, I continued to perform well in school, and even very well.

But I gradually became aware of the repercussions of my actions on my father and mother. I was very distressed thinking about how much harm would be done to them if they found out what the son they were so proud of was doing in secret and that bothered me greatly. So, to avoid hurting them, I was firmly determined to stop with these practices. But the problem is, I couldn't do it!

My outward appearance makes me a very well-known person in my neighborhood, school and university today. Thus, I was thinking only of my parents alone, but of all those around me who loved, appreciated, respected and held me in high esteem. And I was tormented at the thought of what they would think of me if they found out what I was doing in secret.

I had every good reasons in the world to stop, but I still couldn't. I felt like I was getting into a car with no brakes.

It seems, the harder I tried, the more powerless and unable I was to overcome these addictions. And I felt unworthy, ashamed of myself. I remember crying over my fate several times.

During the third year of my slavery, I began to participate more actively in Christian activities. And that led me to the Bible in a more applied way. But on the other hand I kept wading through pornography. And honestly, I had never thought I could pray to God about it before. But one day I came across the verse:

Do you not know that your body is the temple of the Holy Spirit?
1 Corinthians 6:19

Having read this text, I just wrote a prayer that I will never forget. I had just written it on my phone's "memo".

“But that has to change, and for that to change, I have to change. That is why Lord, I implore you to give me your strength and support, to free me from this defilement of your temple that is my body, help me to put an end to this perversion that has held me for three years now.”

Yes, I had just written it, in my memo, which I keep carefully until today. But at that time I had just written it without really believing it because I knew that it was up to me and me alone to do everything to stop masturbation.

For another three months, I persevered in my Christian activities. But my attempts to get it over with continued to fail. But one evening, while I was alone, I started crying with joy without being able to explain the reasons for these tears. It was as if I realized for the first time that God really loved me. It lasted almost forty-five minutes. The day after that night and the days that followed, I remained overwhelmed by what had happened. I didn't understand the scope of what I had experienced.

It was a little later still that I realized, without even paying attention that I had just spent three weeks without watching videos, without even thinking about it. It was then that I realized that what had happened three weeks earlier was also the day of my deliverance. And to tell you the truth, I danced like I probably will never dance again. So much I had sighed after that release.

To be honest, yes, sometimes I fell again after that period, but I had clearly felt that things had changed.

I had now taken over the command stick. I had now become able to no longer obey these impulses from my body.

The Lord had restored my dignity! He had removed this subject of shame from the top of my life. And the man I am today has nothing to do with what I was during those three dark years, because of God's grace.

And from that day on, I want to proclaim loud and clear that the Lord Jesus Christ is the one who was able to deliver me from the chains of pornography and masturbation. And for that alone, I owe Him eternal gratitude.

Ben KWELA

3. MEDITATIONS AND PRAYER PROGRAM

From page 94 to page 109 I have proposed a meditation and prayer program to help you put into practice what is said in the book. I would like to guide you, showing you how to apply it every day.

If you go to page 95, point 11, which talks about "**use the seven assaults against pornography**", you will notice that there are several other sub-points that are developed. From[a] to[g]. What are you going to do with them?

On the first day you will meditate on sub-point a, on the second day on sub-point b, on the third day on sub-point c and so on until the seventh day when meditation will be based on sub-point g. Meditation means reading or listening carefully and then reflecting deeply on what you have just read or

listened to. Every day when you wake up meditate on each sub-point and pray the prayer that is just below. On the first day, for example, we talk about no condemnation for all those who are in Christ Jesus. Text: Roman 8:1. It means if you believe in Jesus Christ as Lord and Savior, despite your weaknesses, God loves you and does not condemn you, He rather wants to deliver you. He is not angry with you, He loves you as He loves Jesus His unique Son. So stop feeling guilty at any time. Instead, make efforts to come closer and closer to God.

Still on the first day at noon, you go to page 98, point 12 where they talk about "**The power of Jesus is still the same**". You take the very first verse, you read it, and then you formulate your prayer intention. For example, the very first verse of this point tells the story of Jesus who healed an officer's son (John 4:46-54). Your intention may be to tell the Lord to heal you from these spiritual illnesses of pornography and masturbation just as He healed the officer's son. May the same power that acted to heal this officer's son also act in you. Pray this prayer with faith and trust.

Then on the evening of the first day, you will go to page 103 where we talk about "Pray with Psalms". You take the very first psalm that is mentioned there and pray with it. Pray with the help of a psalm is like repeating what is said aloud before the Lord, believing with all your heart that He will listen to you. Act as if you wrote this psalm and read it before God. Don't recite, immerse yourself in it.

So to summarize. On the first day you meditate in the morning on Romans 8:1, at noon you read the extract about the healing of an officer's son (John 4:46-54) then you formulate your prayer intention and address it to the Lord, and in the evening you pray Psalm 3. On the day you fast, just before

you end your fast, pray the prayer I have proposed on page 107. For the coming days, you apply the same logic.

How will you know that you are delivered?

I pray you will be grateful to God for letting you have part in what has promised his people in the kingdom of light. God rescued us from the dark power of satan and brought us into the kingdom of his der Son. Colossians 1:12-13, CEV.

The Bible says that God has already delivered us from the power of darkness. It's something already done by the Lord. All you have to do is believe and confess it in your own life. Every morning confess "*I am free because of the blood of Jesus, God the Father has already delivered me from the power of darkness. Pornography and masturbation have no power over me in the name of Jesus.*" You must believe deep inside of you that you are already free. As proof, you sometimes go by some days without falling. If you fall it is because you always put yourself in mind that you are imprisoned. Believe that you are free and now ask God for strength to never return to these things again. Most of the time the Lord always told people in the Bible "*may it be done to you according to your faith*". It is the same also with you my friend, it will be done to you according to your faith. If you believe that God has already freed you, you will see His strength working in you, but if you still consider yourself weak, then it will also be done to you according to your faith, you will always be captive.

Personally, how did I know I was already delivered? By the way, it was after I fell that I realized that I was already delivered. When I connected at

night to download music, or to do searches, the very first reflex I had was to go and visit pornographic sites. But one day when I was using internet at night, I didn't even want to go to these sites, there was no pressure on me as there was before to go and watch these videos, I was feeling a power that was protecting me from those things that night . But I still fell because I wanted to. You see that even if the Lord has already delivered you, if you love these sins you will keep on falling. It was after that night that I realized that I was already delivered because I no longer felt these oppressions as I did in the past. That's how I became aware of my deliverance and persevered. Most of you are already free but you are not aware of it. After that, there was no shortage of falls, but things had really changed. I have persevered in prayer and confession of my sins, so today I am totally free from these impure practices. And the Lord continues to support me so that I don't fall again. When you notice that there is a force within you that supports you to stop looking at these obscenities despite the temptations, know that you are already free. And persevere in prayer and self-discipline, and if a fall happens, confess your sin. This is how you will be strengthened. Don't take pleasure in your falls by saying "I will still go to confession". It will be stupidity on your part and the Lord severely punishes premeditated sins. May the Lord bless you and keep you.

The time it will take for you to be delivered will depend on your seriousness towards Christ Jesus.

Fast regularly, Pray seriously and Discipline yourself

Fast regularly, Pray seriously and Discipline yourself

Fast regularly, Pray seriously and Discipline yourself

“If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest” Matthew 11:28-29

To give your life to Jesus just say

“Jesus, I believe you are the Son of God. You died on the cross to pay the price for my sins. Let your blood purify me and deliver me from those sins that hold me back for several years. Today I give you my life, come and be my personal Lord, Savior, and King forevermore.”

Amen!

Find a good Bible and get into a true church and let God fill your heart and transform you.

See you in heaven...

Stay Blessed

