


JAPHET MKONDYA



HOW TO
OVERCOME
THE SIN OF
MASTURBATION
AND
PORNOGRAPHY

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OVERCOMING MASTURBATION AND PORNOGRAPHY

THIS BOOK IS FOR FREE,

Its a result of people who want to see many people hear the Gospel and their life being transformed to the point of resembling like Christ Jesus. We need to provide more books and move forward by preaching the Gospel to many

I would like to invite you to be among of the kingdom supporter by supporting this ministry in any way God has blessed you starting from material or Gospel opportunities so that the Good news would reach to many nations.

GOOD NEWS TO ALL NATIONS

PREFACE

Pornography and masturbation are becoming a big problem nowadays. In the church and the society, you will find a large number of youth and teenagers are the victims of masturbation and pornography. Surprisingly no one is ready to talk about it or even to rebuke openly in the church; but the truth is, it is the church silent killer. We can't talk about the church if we forget to mention the young people generation; who are the most targeted people by the devil; to destroy them through pornography and masturbation. Pornographic things are spread everywhere; in music videos, you will find people dancing naked; also in billboards, magazines, television programs, and social media are all showing naked women.

The devil is using this as his best weapon to fight against the church by making the great men and women of God watch pornographic movies and magazines and they end up masturbating which is a sin against Almighty God. With time,

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these things are getting stronger and affect the future generation who are supposed to be God's next generals but the devil has trapped them through pornography and masturbation. The church indeed has the authority over the devil, but when there is a sin in the church, the devil will have power over it, unless the church repent.

Many people are suffering from these demonic practices, either watching or reading pornographic things and masturbating and they don't know how to free themselves and some of them can't share with anyone and they remain silent while spiritually, mentally and physically are in danger.

In this book, the Lord has poured out his revelation on how to overcome pornography and masturbation so that you can be freed from the bondage and transformed. It doesn't matter how many years you have been held captive, Lord Jesus is going to set you free.

CHAPTER ONE

PORNOGRAPHY AND MASTURBATION DEFINED

It was a nice evening in the city of Dar es Salaam, Tanzania. I met a minister and a fellow Christian who was facing a lot of problems in his ministry. He was seriously confused and not knowing what to do, so he decided to tell me his story on how masturbation has affected his life. He told that he has been practicing it for more than sixteen years; and that, he has tried to get out from it but he finds himself masturbating again. His desire kept craving for more until he found himself watching pornography, and masturbating frequently. He told me that; he had been praying and fasting so often but nothing happened in his life. His desire to masturbate and watch pornography was still there. I got curious that is it possible to fast and pray and, experience nothing? If he is masturbating and watching pornographic things; why God is still using him? He was praying for the sick and demons were manifesting. He had a very good reputation before everyone, but

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his life was trapped in masturbation and watching pornography. You might have the same questions in your heart, how is it possible for a man of God to do such a thing? But truly speaking, this minister he is just an example of thousands of Christians who are born again, and they love Jesus but they are suffering from masturbation and pornography.

There is a truth which the church has to know, and through that truth, the church will be free. Let us have a clear picture of what pornography and masturbation are?

WHAT IS MASTURBATION?

Masturbation is an act of touching the sexual body parts for the aim of fulfilling sex desire and this action may involve hands or sex toys. There are many views from different people and specialists like sexologist, but most of them they consider masturbation as safe and healthy sex though they can't answer the better ways on how to overcome the addiction on it.

WHAT IS PORNOGRAPHY?

It is a visual or printed material expressing sex organs or sexual activities intended to stimulate sexual excitement. This might be in the form of magazines, storybooks or movies.

WHY MASTURBATION AND PORNOGRAPHY IS SIN?

Whenever we hear the word sin; it means, anything which is done contrary to the word of God. This means when you do anything which doesn't come from God's word it is a sin. So if we want to address the issue of pornography and masturbation, we can directly say, it is sin because it's against the word of God. The bible says in Mathew 5:28(ESV) *"But I say to you that everyone*

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who looks at a woman with lustful intent has already committed adultery with her in his heart."

In this scripture, we can see that adultery starts in the heart and not when you have sex. The time you look at pornographic things; in your mind, you create the imagination in what you see, read or hear; and you commit adultery in your heart. When you masturbate, you are committing adultery in your heart.

You can't see the presence of God in your life because of adultery as God's dwelling place is in you, in your heart. The bible says in Revelation 12:10 *"...For the accuser of our brothers and sisters, who accuses them before our God day and night, has been hurled down"*

This is the reason why people feel guilt in their hearts after masturbation and watching pornography because the devil accuses them to God. There is a voice which will start whispering in your heart that God will never forgive me, I am not worthy enough and so many other negative things which are against God's word about you. When you experience this, it is a sign that you have sinned and the devil is accusing you of what you have done.

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CHAPTER TWO

HOW SIN ENTERS HUMAN LIFE

Sinning is not accidental; it is a process. A human has five sense organs which are eyes for seeing, nose for smelling, tongue for tasting, skin for touching. So, before you sin one of your sense organ becomes a door which allows a sin to lodge into your heart. Jesus said that *“Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light. But when it is unhealthy, your body is filled with darkness”* Luke 11:34 (NLT)

Jesus used an eye as an example to show it can be a door for you to sin. You see something, and the eye brings the information to your mind, your mind creates imagination and from your imagination, you get a desire and, a desire creates plans and then plans create the action. This is the same process that happens before someone watching pornography and masturbate. You see the pornographic thing, your eyes bring it to your mind, and

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your mind creates the image, and the imagination creates a desire to masturbate, and a desire become more powerful in you until you put a plan on how you can masturbate, you know what you need use and where you need to be and, finally, you find yourself masturbating. To overcome masturbation and pornography, you will have to break the process before it is too late to win.

The most difficult time for people who are masturbating and watching pornography is the time when the desire to watch pornography or masturbate visits you. But remember that sexual immorality is the only sin which the bible says “flee yourself”. Flee from places, things, people and environment which captivates you to sin against God. Get out of using social media which ruins your heart and the relationship with God. Your relationship with God is better than everything else you could ever need that's why the bible says in proverbs 4:23 *“Above everything else guard your heart because from it flow the springs of life.”*

Your heart purity is more important than everything you need. Do you want to see the hand of the Lord in your life? Just be pure in heart (Mathew 5:8).

| *“Your relationship with God is better than everything you need”*

CHAPTER THREE

THE LIES BEHIND MASTURBATION AND WATCHING PORNOGRAPHY

There is a big lie which the devil has managed to put in the mind of the children of God who are masturbating and watching pornography. They continue sinning repeatedly because there is a voice in their mind speaking to them that God is merciful and He forgives. God indeed forgives and if you repent your sin He will forgive you. Repentance is to change your way of living and, not just a mere promise to change. You can continue to masturbate and watch pornography and, comforting yourself that I will repent, you are just killing yourself.

You can indeed continue singing in the church, preaching, performing miracles and even raise the dead. But it is better to know that God had zero tolerance with sin. Let's see this verse in Mathew 7:22 (NIV) *"Many will say to me on that day, 'Lord, Lord,*

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did we not prophesy in your name and in your name drive out demons and in your name perform many miracles?’ Then I will tell them plainly, ‘I never knew you. Away from me, you evildoers!’.

| *“God has zero tolerance with sin”*

You can see that serving God doesn't mean that God is with you. A gift will remain a gift, God will not take it back from you because you have sinned. God backs off when you sin because He is holy. The scripture we have read tells us that during the judgment day the Lord Jesus will say “I never knew you” to those who sin secretly behind curtains but keep serving Him.

Dear Christian,

“Performing miracles, singing in a gracious voice, prophesying while you live a sinful life, understand that the presence of God is not with you, don't be shocked. The devil is using you to destroy the church, that's why we have problems in the church; there are conflicts in choirs and worship teams, misunderstandings between one ministry and another, divisions in the church, to mention few. These are signs to you that God's presence and His glory is not with you anymore and you need to repent. Seek for the true deliverance from God if you are suffering from watching pornography and masturbation. The devil is a liar and he will try to deceive you that you can minister irrespective of your sin (Read Genesis chapter 3). We are God's children and we show that through the fruits we produce and not how much miracles we perform”

SEVEN (7) THINGS BEHIND PORNOGRAPHY AND MASTURBATION YOU SHOULD KNOW

Several things happen when you masturbate and watch pornography. You have to know that when the devil comes into your life; he comes with three motives; to steal, to kill and to destroy. But Jesus comes into your life to give you life and have it to the full of it. The bible says in the book of John 10:10 "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

There are a lot of things which the devil has stolen, killed and destroyed in your life because of masturbation and pornography. It might be hard to understand, but turn back and see how many years that you have been stagnating. You could be somewhere you deserved, spiritually, financially and, emotionally but you are not there. Masturbation and pornography is affecting your life in the following ways;

1. TO HIDE YOUR TRUE LEGACY FROM GOD

This is the truth which the devil will never show you when you are watching pornography and masturbating; that he intends to make sure that you won't become what God wants you to be. You have to know that God created you in His image (Genesis 1:26) and because God is a spirit (John 4:24), this gives us a great meaning that you are also a spirit as God He is. God's idea is to see you performing at His level.

If God is Merciful, people should see that through you, if God has power, that power must be manifested through you. But, if you live a sinful life of watching pornography and masturbating you allow the devil to steal, kill and destroy your true legacy

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from God. You can indeed preach nicely and everyone shout “*you have blessed us*” or sing with your angelic voice, but that is still not your level.

No matter how you enjoy doing masturbation and pornography, you are just helping the devil to hide the true legacy that you inherited from God. Undoubtedly, sinning contaminates your Gifts and cause you to perform below your level. Reflect on your life and other things around you, are you free? Or you are just suffering financially while the bible says money had to serve you (Psalms 24:1). How about your education?, Look at your relationships, you will find there is no more progress. You need Jesus in your life unless otherwise, you will never enjoy being yourself in Christ. You won’t make it to heaven on the second return of Jesus Christ, despite all great things you have done in your church which everyone said, it is good while when you are alone you are living sinful life of watching pornography and masturbation.

2. TO SEPARATE YOU WITH GOD

When a man sins, the bible says in Isaiah 59:2 “*But your iniquities have separated between you and your God, and your sins have hidden his face from you, that he will not hear.*”(KJV)

You have to know that your strength is having Jesus in your life. The devil knows this and he is trying to bring lies to you so that he can control you and everything you have from God. You indeed are a born again Christian and you have the authority over the devil, but remember that the devil can be over you after separating you from God if you will fall into his trap of masturbation and watching pornography. In the bible, we find a great man of God named Job; who was wealthy and blessed by

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God. The devil could not touch his blessings because God hedging him (Read Job chapter 1). God is also protecting you, showering you with His blessings, love, mercy, power, and kindness, but if you watch pornography and do masturbation, you will be separated from God's kindness, blessings, love, and protection. God loves you but sin separates you from Him. That's why after watching pornography or masturbating you fill guilt and fear in your heart. This is a sign that you separate yourself from God.

| *"Your strength is when Jesus is in your life"*

In 2Timothy 1:7, the bible reveals that *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline"*

Can you ask yourself these questions?

1. *Is your life lead by faith?*
2. *Do you still feel the love of Jesus in you?*
3. *Can you experience God working power in your life?*
4. *When the feeling of watching pornography and masturbation comes to you, can you control it?*

If your answers are simply no, it may reveal that you are possessed by another spirit, not from God because the spirit of God does not lead you to fear but faith in Christ and, not being controlled by sin but controlling sin and, not lead you to emptiness but the moving power of Jesus in your life. The spirit of God will testify the love of Christ to you and, not accuse you. The presence of God is taken out in your life once you masturbate and watch pornography. You need to repent your sin

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before God and He will forgive you. Revelation 2:5 (NIV) says *“Consider how far you have fallen! Repent and do the things you did at first. If you do not repent, I will come to you and remove your lampstand from its place”*

3. TO DISCONNECT YOU FROM THE DIVINE FAVOUR

When God created you; He also prepared everything that you will need for your existence in the Earth. Because the devil knows this he will try to delude you to watch pornography and masturbate. If you fall into his trap, God will take away all the blessings and favour from you. Understand that wherever God promised to give you a favour, there is a condition you need to meet to have that favour in your life. God is looking for someone who will walk with His divine favour but the issue is who fits for this so that he is trusted by God to carry his divine favour?.

When we read in the bible God asserts the condition which, one has to meet; it is just abiding in His word. In Deuteronomy 8:3c the bible says. *“...to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.”*. You can see that you were created to live according to the word of God, failure to that it is a sin.

Just ask yourself this question, Is it true that all that God had spoken in His word, it is lie? If your answer is yes then I will ask you, why are you a Christian?, and if your answer is no I will ask you, why are you not moving forward in every part of your life? Because we know that everything said in the Bible belongs to you?.

Honestly speaking, there are many reasons but one of the reasons I know is sin. Those who masturbate and watching

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pornography cannot experience God's favour in their lives. They were supposed to be gospel preachers but they are gospel fans instead. If you open the door for a sin to get into your life, you allow the devil to steal, kill and destroy you; that's why people who masturbate and watching pornography they end up being failures and live miserably.

When God tells you something, it will happen at a right time. But a delay can come along if you fail to overcome the spirit of masturbation and pornography. I want you to know this when God promises you that you will be a great person, It won't happen until you qualify the test which is to remain holy in any circumstance. Jesus loves a sinner but He hates sin, so continuing to watch pornography and masturbate is disconnecting yourself from what God has spoken to you, for you and his kingdom. Serving God is not about going ten miles and backing off eight mile. I want you to be serious and be thirsty for deliverance from masturbation and pornography because you won't get the blessings God had spoken to you. Christianity is about going Glory to Glory; and not from Glory to shame.

| *"Jesus loves a sinner but he hates sin"*

God has prepared destiny helpers for you to bring forth your gifts but the devil will stop this if you watch pornography and masturbate. God will never come down on earth to give you what He said to you, but He will use people. Sadly, people who masturbate and watch pornography are lonely, because they have been disconnected with the right people due to shame and guilt in their hearts. Be holy and perform in God's standards to enjoy the blessings and God's favour. The devil will never speak the truth about you; how wonderfully God has made you because he is the accuser, that's why when you want to praise

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God you feel guilt in your heart. If you are a preacher, after ministering the devil will attest you to masturbate or watch pornography. This is the sign to show you that the devil is hunting you and trying to stop the divine favour God has prepared for you.

“Christianity is about going Glory to Glory; and not from Glory to shame”

4. TO MAKE YOU UNPRODUCTIVE

What you have to know is that when God called you; He called you for the mission of winning souls to His kingdom: and, He also gave you the spiritual gifts for the ministry. The challenges in ministry bulge out when a gifted Christian creates a room for the devil to trap him/her with masturbation and pornography. The truth is that when you sin you allow the devil to control your gifts; and make sure that your gifts are fruitless to the kingdom of God. We see many ministers feel good when they pray and the demons start to manifest, when they preach or sing and get compliments from the church members and, think they have served the Lord. Sadly, they forget that Christianity is about making an impact to the kingdom of God

We want to know how many souls you have brought to Jesus through your preaching and not how motivational your preaching is, it is not about how splendid your singing is but about the impact you make when you sing. Deplorably, watching pornography and masturbation will ruin your ministry and your gifts will bring negative impacts in the church, family, marriage, and workplace because God is no longer with you. How is this possible? It can be the question you ponder yourself because you prophesy to people and things become true. Of

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course, things may happen just like you have prophesied but the question is, what is the long-lasting impact of your prophecies?, are they connecting people to the Lord Jesus or you?. It is very dangerous to continue serving God with your sinful life. You may find yourself bringing people to hell unknowingly and think, you are serving the Lord while the spirit of God is no longer in you. See what the bible says in Luke 13:6-9 (NIV) *“Then he told this parable: ‘A man had a fig tree growing in his vineyard, and he went to look for fruit on it but did not find any. So he said to the man who took care of the vineyard, ‘For three years now I’ve been coming to look for fruit on this fig tree and haven’t found any. Cut it down! Why should it use up the soil?’ Sir,’ the man replied, ‘leave it alone for one more year, and I’ll dig around it and fertilize it. If it bears fruit next year, fine! If not, then cut it down’”*

This scripture reveals what happens when God has invested a lot of things in your life and you have brought nothing to the kingdom of God. Jesus uncovers that He will part with you and find another faithful one who will work for him. It is better now if you repent and Jesus will deliver you from masturbation and pornography. Remember that sinners can’t bear the fruit for the kingdom of God. The good example is what happened to King Saul when he disobeyed God’s word and he was removed from his post, David was chosen instead! (1Samwel 15). Jesus said in John 15:4-5 (NIV) *“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ‘I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing’”. To bear the fruits for the kingdom, Jesus has to abide in you. If you watch pornography and masturbate, you will remain fruitless and not worthy for the kingdom.*

5. TO LEAD YOU TO THE WRONG DIRECTION

People who have nothing are less likely to be the target of the devil. If you look at the people who are masturbating and watching pornography, you will be surprised; you will find people with great gifts, visions, creativities and many other good things. Sadly, the devil has led them in the wrong direction because they have allowed him to come into their lives through masturbation and pornography. As a consequence, their decision making like kind of people to cooperate with, where they have to be and at which time they should be there, which ministry they have been called for; and many other things will be wrong.

Remember, the devil as a thief, killer, and destroyer he intends is to make sure that he mislead you. He is ready to give you the scholarship at the best university as long as he knows that you are going in the wrong direction. There are mighty and great people whom their abilities to walk in their true call from God have been stolen by the devil because of masturbation and pornography. Marrying the right person, it is not easy nowadays. God wants to see His children walk with great power of God but this ends when they get into a wrong marriage. This happens when the devil deceives them. See what Jesus said in John 14:6 (NIV) *“Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me”*

This scripture helps us to understand that when we make decisions Jesus is the way to go through and make the right decisions. But also, through Jesus, we find the truth about us and live with purpose here on the Earth.

This is the hardest part for many people because they love Jesus but still they do sin secretly. The ills you are going through, it is

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because Jesus who is the way, truth and life is not with you. That's why you find yourself double-minded; you do this and that without bringing it to completion. The truth is that the devil is playing around with you because you have opened a door for him through masturbation and pornography. Why don't you accept Jesus as your saviour? Just repent and Jesus will set you free!. Jesus who is the way will lead your life, you will know who you are, who is your wife/husband and so many other things. Your life will be full of joy because Jesus is leading you and not the devil.

How about many plans you have planned and they have just disappeared?, How about your joy and happiness?, Just think about people who need your help through what God has given you and what can you do to help? How can you please God without overcoming masturbation and pornography?. You can exceedingly do all these things in Jesus' name and it will lead you to fully realize your purpose in the kingdom of God. Masturbation and pornography are the ways in the wrong direction, confusion in your life and, door to hell after you die.

6. TO DEFEAT YOU IN THE SPIRITUAL BATTLES

Since the first day you accepted Jesus Christ as your saviour, you received the authority over the devil. Though nowadays, some of the Christians, they don't know themselves who they are in Christ Jesus, consequently they live like slaves while they are children of the high most God. Such Christians are very vulnerable to watch pornography and masturbate. In Luke 10:19 (NIV) the bible says *"I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you:"*

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It is very true, as the bible put forward that you have the authority over every kind of demonic spirit and the devil but this holds true if you live a holy life. You have to know that spiritual battles are real whether you believe or not but the devil fights you to steal, kill and destroy. When you sin the Spirit of God leaves you because God is holy and, the devil takes control of you. That's why the bible says in Romans 8:31 (CEV) that *"...If God is on our side, can anyone be against us?"*. You have strength when Jesus is on your side and without him you are nothing and the devil can devour you. It is a sin which separates you from Jesus.

The secret is, you are not good enough to fight the spiritual battles alone but you become more than a conqueror when Jesus is with you. You can't defeat the devil if you are still masturbating and watching pornography. If you want to overcome masturbation and pornography accept Jesus as your saviour and He will completely set you free. God wants to speak through you, fight for you, and change the nations through you. Despite all weaknesses you might have, remember that your weaknesses are God's strength. God will not use you if you masturbate and watch pornography secretly. The devil knows that if you live a faithful and holy life by obeying God's word, you become what you speak because it is God speaking through you. That's why the bible says in Jeremiah 51:20 that *"You are my war club, my weapon for battle, with you I shatter nations, with you I destroy kingdoms"*

| *"You are not good enough to fight the spiritual battles alone but you become more than a conqueror when Jesus is with you"*

The Holy Spirit has brought this book to you so, you can understand that fighting the spiritual battles without the great

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warrior Jesus Christ, you will always end up with confusion and doubts about the word of God while the problem is you. You will see the hand of the Lord working mightily in your life if you completely stop watching pornography and doing masturbation.

7. TO STEAL YOUR JOY.

As a believer, joy is not part of your life but it is your life. But you may find that many Christians are unhappy while Jesus died for that. The bible says in Psalm 118:24 (NKJV) *“This is the day the Lord has made; We will rejoice and be glad in it”*

Unhappy life for a Christian it is an alert that something isn't right. Understand that when you allow masturbation and pornography to control your life; you are allowing the devil to steal your joy every day. This happens when you just finish masturbating and you find yourself regretting and you start thinking or speaking negative things about yourself. I received a call one day from a university student who was struggling with masturbation for many years. He told me that he started masturbating when he was very young. Surprisingly, nobody taught him to masturbate but he just finds himself masturbating. When he called me up he was in his room hiding because he felt shame. He could miss some of the lessons because he masturbated the time he was supposed to be in the class.

You can be going through the same situation and the devil's intention is to make you feel guilty so that you won't perform according to God's will. Guilt is a sign that you have to repent. The devil will try to deceive you that there is no need to repent because you have been doing it repeatedly. The next chapter in this book you will find a way to free yourself in this situation. I want to tell you that the devil aims to make sure that your life is

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miserable, there is no joy and you regret every day. It is better if you will start right now to think about to stop watching pornography and masturbation. The Holy Spirit will guide you how to overcome masturbation and pornography, just obey Him and you will enjoy the joy we have in Jesus Christ.

CHAPTER FOUR

THE REALITY BEHIND PORNOGRAPHY AND MASTURBATION

What you have to know is that pornography and masturbation is the battle of mind and so, it is very important we understand what is behind pornography and masturbation. Remember that, someone becomes who he\she is according to what he\she hears and sees every day. Failure to grasp that pornography and masturbation is the battle of the mind the devil will take this as advantage to him to ruin your life. In fact, it is our ignorance.

WHY PORNOGRAPHY AND MASTURBATION IS THE BATTLE OF MIND.

The Bible reveals in 2 Corinthians 10: 4 – 5 that *“The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and*

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every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ"

KEYWORDS FOUND IN THESE SCRIPTURES

1. WEAPON

A weapon is used in battles. The weapon mentioned in the scripture above it has the divine power to demolish strongholds. You have to know that pornography is the real battle and you need the right weapon to defeat it in your life. you can see it on yourself on many times you have been trying to get out of this kind of habit but you always end up by repeating doing it again and again; so don't even start the war without knowing the strength of your Enemy and in this case, your enemy strength is in your ignorance but we thank God the way to come out has come.

| Don't ever start the war without knowing the strength of your enemy

The bible mentions the weapons you can use to defeat the devil in the book of Ephesians 6:13-17 *"Therefore put on the full armour of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God"*

When you look at the above scriptures you will see different types of weapons to overcome the evil spirits causing masturbation and pornography. You have to understand that the

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devil plays with your mind and you can overcome him by investing your time to read the word of God; so that your mind is renewed and you start thinking like how God is thinking; because the word of God is God himself talking to you.

The Good example is Jesus; He used the Word of God when the devil tried to lure him. He didn't say I command you devil to leave but He went back to the scripture from the book of Deuteronomy 8:3c and quoted the verse there "*Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'*" Mathew 4:4

Same applies to what you are going through, don't ever try to command the sexual immorality to leave you but just speak out the scriptures by faith. If you don't have a Word of God to tell the devil, he will speak with your mind and defeat you. This is a battle of mind whereby your mind has to be renewed by the word of God and then, acting through it. This is the first step to overcome the sin of masturbation and pornography. In psalms 119:11 the bible says "*I have hidden your word in my heart that I might not sin against you*". This means that when you have the word of God in you; the desire to masturbate and watch pornography won't entice you. So you will confidently speak out the word of God when the devil tempts you to sin.

| "*If you don't have a Word of God to tell the Devil, the devil will have something to speak in your mind*"

Why do you need the word of God?. The bible says in Psalms 119:105 that; "*Your word is a lamp for my feet, a light on my path:*". It is easy to obey everything which comes from the devil if you don't have the special compass, which is the word of God to direct you to the right place, where you will be able to see and

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understand God's will for your life. Having the word of God in your heart will create the boundary between your heart and sin because if the Word is the light, darkness can't exist and if it is a lamp for your feet, your steps are safe because they are guided by the word of God. Therefore if you want to overcome the sin of masturbation and pornography you need to fill your heart with the word of God and through that Word, you will be able to silence the devil's voice in your mind which gives you pressure to sin against God. See this scripture Hebrews 4:12-13 (NIV) *"For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account"*

Therefore you have to know that when you have the word of God in you; You can judge the thoughts and the attitudes of the heart. So when the devil tries to speak to you, it will be easy to know that this is not God because the light which is the word of God is shining in you and the darkness can't exist at all.

2. DIVINE POWER

The bible clearly says in Ephesians 3:20 *"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us"*. This scripture is talking about the power of God which is within us. The word within means inside of something. Our God explains himself as God who answers more than how we ask or hope for, according to the power which is at work inside us. The full picture we grasp on this scripture is about the divine power bestowed upon us from God to transform us to another level we didn't expect. I am talking to someone held captive by the spirit of pornography and

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masturbation that the only thing you need is the divine power of God to transform your life. Remember that you are a spirit and you have a soul and you are living in the house named body, and according to the bible in Galatians 5:16 the bible says that the body and the spirit are always antagonistic to each other The spirit longs to guide us and do good things and the body opposes the spirit to do evil things. So, to overcome pornography and masturbation it is a battle against your body and sometimes you have to fast and pray enormously (Matthew 26:40-41). The divine power comes through prayer and you will start see changes day after day.

The day you will start to be serious with your life; that will be the day God will also start to be serious with you. Be serious about your life. Pornography and masturbation are sins that's why every day you see yourself not moving in your life spiritually, mentally even financially. And the bible says the wage of a sin is death. This is not a physical death it is spiritual death. The same death happened to Adam and Eve will happen to you.

That's why you need to be serious with fasting and praying comes because this is the only way you can get the divine power to overcome pornography and masturbation. Arrange for days which you will be fasting and praying in a week, stick to that and have a discipline, even if you can't pray for more than one hour, just pray for five minutes and again five minutes until you finish one hour per day. Sometimes negative thoughts may creep in while praying, don't stop to pray just continue because the devil is trying to stop and ruin the journey to your deliverance.

It can be your first time to fast and pray, stop worrying and just start for least 12 hours and you will find the desire to fast more

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days and pray for more hours day after day. Eventually, the divine power will be poured over you to transform you into a different person.

I know that many Christians have been trying to fast and pray to overcome this sin but the problem is they forget the very first step; their mind to be filled with the word of God so that they can use it in times of temptations. Some Christians lack discipline in their prayers; they pray and fast when they face the problem and not because they have to do it habitually. If you want to overcome masturbation and pornography, you need to make prayers and fasting your life and not the part of your life.

3. KNOWLEDGE OF GOD

Knowledge is power. But, you have to know that not every knowledge is the right knowledge for you to have it in your mind. If you read a bible in Genesis chapter 3:6 the bible says *“And when the woman saw that the tree was good for food and that it was pleasant to the eyes, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat”* (KJV)

From this scripture, you can see that the woman (Eve) was deceived to eat the fruit which God said to them that surely you will die the day eat this fruit. But the devil lured them, saying that surely you won't die, God knows that the day you eat the fruit you will become like Him. The woman didn't eat because she was hungry, but she ate the fruit because she heard that there is a new knowledge she will get after eating the fruit.

The woman was right to look for new knowledge but she ended up getting the wrong knowledge. This is the same very reason

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that the devil beguiled you to watch pornography and masturbate. It was all started as just trying new knowledge and experience in your life but later you found yourself trapped and addicted to watching pornography and masturbation. It is not accidental, you longed to get new knowledge about sex and you either searched on the internet or asked your friend but sadly you got the wrong knowledge. The devil just used it as a door to enter into your life. If you mull over this, you may find that the first day you tried to watch pornography and masturbation, the devil told you that it is not a sin and that, God is not going to leave you (Isaiah 59:1-2). Contrary to this, from the scripture we have read in Ephesians, we need a new knowledge from God to come in our minds so that we can be able to avoid the seductive words of the devil when he is whispering in our minds and that we command all the enticing thoughts to obey God-knowledge He has invested in us

WHAT SHOULD YOU DO?

1. UNDERSTAND HOW YOUR MIND WORKS

You have to know that as human being you have a conscious and subconscious mind. Conscious mind deals with all the daily activities you do and thereafter it gradually changes to the subconscious mind which deals with long term things like long term plans and ideas. When you masturbate and watch pornography repeatedly, eventually it becomes your behaviour because it is fused into your subconscious mind. This is a reason you have tried to quit and stop but you are still doing because it is part of you, in your subconscious mind. We thank Jesus that He knew there will be someone like you trying to quit but you can't and so, He died for you and He can set you free.

2. ASK GOD TO TRANSFORM AND RENEW YOUR MIND

As we have seen how our mind works, until your mind is renewed you can't be able to stop watching pornography and masturbation. Our mind works like a computer hard disk, what is kept in depends on the owner of the computer, whether good or bad. As a child of God, you are owned by God, and so, you should embody His behaviour as He owns you. The bible says in Roman 13:13 -14 *"Let us behave decently, as in the daytime, not in carousing and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy. Instead, clothe yourselves with the Lord Jesus Christ, and make no provision for the desires of the flesh"*

The sexual immorality is not from your creator, your source, your God and your father. If you want to stop watching pornography and masturbation you need to be renewed in your mind through Jesus Christ. Sometimes we do format the computer hard disk and put in new things likewise God can format all bad thoughts in your mind and give you his mind. The bible uncovers in Roman 12:2 *"And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God"* (KJV)

As a Christian, according to the scripture above, you need to be renewed in your mind. If you continue to watch pornography and do masturbation you are disobeying God and His Word about You and you can't prove what is Good and acceptable to your creator (God) because your life is in darkness that you can't see His will to you.

When you pray, tell Jesus to transform and renew your mind. As God's child, think like how God thinks and act like how He acts because you are from him and you must show Godly behavior.

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Pornography and masturbation turn off your relationship with God and makes you perform below God's standard for you.

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COMMITMENT PRAYER

Are you tired of watching pornography and masturbating?, Do you believe that Jesus can deliver you? Pray this prayer by faith and the Lord Jesus will set you free from pornography and masturbation;

"Dear Lord Jesus, thanks for your love and mercy you have given me. I am here before you asking for forgiveness of all iniquities I have done against you. Heavenly Father, I know without you I can't do anything, that's why today I commit myself to you and make a great covenant before you that I will walk faithful to you and I will never commit a sin of masturbation and pornography against you"

In Jesus' name I pray Amen

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IMPORTANT MESSAGE TO YOU

Thank you for reading this book. If you have not received Jesus Christ as your saviour, your time is now. You need to confess your sins and give your life to Jesus; He is merciful and loves you so much. He will forgive you. The bible says in Mathew 4:1 *“Repent, for the kingdom of heaven has come near.”*

I was also a sinner but I confessed and accepted him. Since then, He has transformed me to a new creature and gave me a new name; a child of God.

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ABOUT THE AUTHOR

Japhet Mkondya was born in 20th March 1992 in Tanzania (Africa) but currently, he is living in Germany. He is the young minister of this generation called by God to show the way of the true church on how it has to be and perform through preaching, gospel music, books and everything he had being given as a gift from God.

Through many challenges which came along the way, as a young minister, he has grown in Christ Jesus and decided to give his all life to Jesus. Currently he is serving God under the Holy Community Church and reaching thousands of people all over the world through crusades, seminars, charity and preaching the Good News to the poor and hope for those who are in need.

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