

VINY GEORGES BEKO

How to Defeat
PORNOGRAPHY
And
MASTURBATION

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HOW TO DEFEAT PORNOGRAPHY AND MASTURBATION

The Lord's Spirit has come to me, because he has chosen me to tell the good news to the poor. The Lord has sent me to announce freedom for prisoners, to give sight to the blind, to free everyone who suffers, and to say, "This is the year the Lord has chosen."

Luke 4:18-19

Viny Georges BEKO

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Dedicated...

To my grandmother, Helène Besolo,
thank you for showing us the path that
leads to eternal life, Jesus Christ.

To the memory of Dr Myles Munroe, your
teachings have really impacted my life.
Your legacy still lives on, rest in peace
champion!

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INTRODUCTION

1. How and why I wrote this book

It all started after my conversion.

For the record, I was born into a Christian family and from my childhood I was baptized with water, therefore admitted into the family of the children of God. But due to a lack of spiritual guidance and follow up, I had really drifted away from God while I was growing up. I was just an apparent Christian, without any intimate relationship with Jesus Christ, I even spent a full year without going to church, but I was considering myself as a Christian.

So when the waves of pornography and masturbation came into my life, they swept me away like the tsunami devastates everything in its path, because I did not weigh enough spiritually. I suffered for a long time, yes! I suffered a long time from these addictions since I was a child but I didn't dare to say it because it was stronger than me. From the day I started with these practices until the day the Lord delivered me, and even when I fell down again, I tell you no one surprised me. So I didn't give up because my works were discovered but because I couldn't take it anymore. I wanted to be free, I was fed up. I was looking for the one who could help me to get out of

there, but no one could listen to me because those alarm cries were only in my heart, I was ashamed to talk about it for fear of being judged and misunderstood by others.

I suffered for a long time, I don't know exactly how many years, but I suffered from these things for more than seven years.

I really knew that the enemy had imprisoned me, but I was just relativizing my problem, I wasn't taking it too seriously. Even when I decided to take it seriously, I would let go and sink deeper. Until one day, thanks to a friend, I joined a prayer group in my church. And that's when the Lord set me free because we were praying seriously. I understood then that what I was missing during all these years of captivity was a serious prayer life. Not just the habit of going to Church on Sundays, but a personal and living relationship with Jesus Christ.

Before I joined this group, I was just delaying things. I could say, "*I will go to prayer this week,*" but in the end I didn't go. I felt very lazy when it came to praying. It took me two months to finally get there. Later I understood that this heaviness did not come from God, it was a *modus operandi* of the devil to prevent me from going to the place of my deliverance. This can also be the case for you today. You make decisions, but when you have to apply them you feel very lazy. I would like to tell you that this does not come from God.

I knew Jesus Christ only by name, but when I began to pray seriously, He began to reveal Himself to me, and today He is my Friend and I know Him, not only by name but personally.

On my way, in search of deliverance from pornography and masturbation, I met Jesus Christ. When He delivered me, He washed me, He revealed Himself to me, and I fell in love with Him, I now had a deep desire to know Him and to know His word as well. The logical consequence was that I had given up my former life, and I consecrated my youth to Him (Jesus Christ). This is how my life changed, this is how He changed me, this is how I was converted years after my baptism. Being baptized does not always mean knowing Jesus Christ personally. After your baptism you must seek God with all your heart.

After being delivered

First I knew how the Lord had freed me from these addictions, then I knew that I was able to seriously help others who are still under these yokes of the enemy. But the problem was that I didn't know where to start. The longer it took me to take action, the more I felt a great pressure on me to do something for those who are still under the yoke of pornography and masturbation.

So I decided to write something about how to overcome pornography and masturbation based on my experience. Before I had the idea of publishing

only one article, but the more I wrote, the more pages I was writing because I had a lot to say about it. What was an article had turned into a small twenty-eight-page book that I had published. Humbly I can say that it was a success, and I will always thank God for the feedback I received about the book. The Lord touched and delivered many lives.

But as I reread this twenty-eight-page book, I realized that I hadn't said everything, or simply hadn't said certain things as I should have said them. Truly, the Lord really opened my mind and explained to me some deep things about how to overcome these practices. By reading the experiences of others, by listening to the cries of alarm of those who are still under these yokes, I then decided to improve the content of this twenty-eight-page book that I had written, by adding to it what the Lord had explained to me and what others had also experienced. This is how this book was "born".

The fall

There are things that hurt and sometimes you can't find words to express them because they are painful. What I am going to tell you is a period that has been really difficult for me in my walk with the Lord, and especially as a servant of God.

After I was delivered and wrote the first edition of this book, something horrible happened to me. Something I never imagined. You know, when the

Lord gives a mission, He always gives directions to follow to accomplish it. That was the case with me. When He asked me to write this book, He gave me directions to follow. Glory be to God, until it was published I had tried to follow them. It was after the publication of the book that the Lord had asked me to withdraw in prayer for a while, I knew it and I felt it. But I had not observed his recommendations. I continued to promote the book, to tell people what to do to be delivered from these yokes of the devil, without respecting what the Lord was secretly ordering me to do.

With my own intelligence, I told myself that the ideal places to reach people held captive by these practices were the pornographic pages on the social network Facebook. And so, with no intention of going to watch pornographic videos or images, I began to visit these pages to urge these people and tell them about the book. I thought I was strong enough to never fall into pornography and masturbation again. What madness! You see, the fall begins when one no longer obeys the directives of the Holy Spirit. As I was no longer in the will of the Lord, little by little I began to slip, until I fell. It was humiliating and very painful, the author of the book was himself on the ground...disaster!

I had to get over it, because it had really hurt my heart. I could feel some kind of wound in my heart. But I had not kept my sin, I had confessed it. Since I know how satan works, as long as you fight

him in darkness, he will defeat you. To defeat him, you have to take him into the light. And in this struggle, the light is confession. As long as this sin is hidden, it will never be defeated.

From this unfortunate history I'd like you to remember three things. The first is that don't joke with your weaknesses, especially not sexual sin, because the ones he brought down were spiritually strong. Flee any opportunity for a fall, no matter how small it is. 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. Whatever your past, whatever life you lead now, if you decide to come to God with all your heart, He will welcome you. I myself am a witness of what I am saying. The third thing is that during your process of deliverance, a fall may happen, but never give up, continue the struggle until you are totally free. My desire is for the Lord to make you totally free as He has done with me. In reality you are already free by the blood of Jesus Christ, you just have to grasp your deliverance and make it sit in your life.

Why did I write it?

First of all because the Lord made me understand that I could help many people get out of pornography and masturbation, thanks to what I myself have experienced, and especially thanks to what He explained to me.

Then I wrote it because when I was looking for books that could help me overcome pornography and masturbation, I couldn't find any. If I found any, they were too scientific, and I didn't understand anything. I was looking for practical things that could help me get out of the hole I had thrown myself into and the enemy had locked me in. So I said to myself, I would write a book that could solve, as far as possible, the problems I myself had encountered when I was looking for books that could help me overcome pornography and masturbation.

When I read some of the articles published on this subject, I realized that the authors of the articles were only talking about the problems. Almost all of them said that pornography and masturbation were sins before God, but they didn't really offer readers concrete solutions to overcome these addictions. This is one more reason why I wrote this book. Through the book, I will explain spiritual principles that will help you overcome these things. I won't be too scientific, I'll go straight to the point.

In fact, I wrote the book I would have liked to read when I was under the yoke of pornography and masturbation.

Viny Georges BEKO

11. How can you get the maximum benefit from this book?

1. Have a deep desire to learn how to overcome these practices, otherwise it will be really difficult for you to benefit from what will be said in the following lines.
2. First, start by reading each chapter quickly to get an overview. Don't be in a hurry to move on to the next part. Go back and reread the same part carefully. This is how you will internalize what is developed there and it will help you put it into practice.
3. Interrupt frequently to reflect on what you have just read. Ask yourself when and how you will be able to apply this or that suggestion.
4. Check or underline the tips you plan to use. A book full of marks and annotations is much easier and faster to review.
5. The speed with which we forget is truly astonishing. If you want to derive real and lasting benefit from this book, don't think you'll only have to go through it once. After studying it carefully, spend a few hours each month reviewing it. Keep it handy at all times. Remember that it is only by

keeping these principles in mind that you will be able to apply them, I will say automatically or with less effort.

6. Put the principles you find useful into practice at every opportunity. You may find it difficult to follow certain advice to the letter. I know this because sometimes it's not always easy for me to put into practice what I myself have advocated. Therefore, it will depend on your personal possibilities of applying each principle. So these principles will not be burdens for you. Just be sincere to yourself.
7. Monitor your progress weekly. Ask yourself what mistakes you have made, what progress you have made, what lessons you have learned. And what do you plan to do next time?

In summary

1. Have a strong desire to learn and apply what you read.
2. Frequently interrupt your reading to ask yourself about your personal possibilities for applying what you are reading.
3. Highlighting important ideas.
4. Review the book every month.

5. Putting principles into practice at every opportunity.
6. Review your progress.

Model inspired by Dale Carnegie

III. Description of the book

The book consists of nine chapters. Each chapter deals with a specific topic related to these addictions.

In the first chapter I give you the moral situation of the world in which we live today. I show you how the devil is working hard to turn men away from the right path.

In the same chapter I make you understand that the devil has no power over you because Jesus Christ has already defeated him at the cross. The price has already been paid, the enemy has already been defeated.

I also tell you a little bit about my situation, when I was still under the yoke of these sins. I used to say to myself, *"If I ever have to go to hell, it would be because of pornography and masturbation."*

In the second chapter I answer the question "*Is watching pornography and masturbating sinful?* ». Since there are people who defend these things even among Christians.

In the third chapter I talk about the causes that have pushed people towards pornography and masturbation.

In the fourth chapter I talk about the lies of pornography. One of the biggest lies is that people are led to believe that they can use pornography to educate themselves sexually. It's a big lie straight out of hell.

In the fifth chapter I talk about the consequences of pornography and masturbation. The devil will destroy your life little by little if you don't decide from the bottom of your heart to stop with these things.

In the sixth chapter I explain how addiction to pornography is created both physically and spiritually.

In the seventh chapter I describe what happens to you before and after you watch pornography and masturbate. I talk about how you ask the Lord for forgiveness, you promise him not to do that anymore, but a few days later you fall down again. I've been through all that. I'm giving you some advice that will help you get over it.

In the eighth chapter I give you a practical guide to overcome pornography and masturbation. These are spiritual principles that helped me to overcome these things.

In the ninth chapter you will find the testimonies of those who, in the past, were also in the same situation as you, but who were set free by the Lord Jesus Christ. I believe their testimonies will help you not lose heart and always believe that it is possible to live a life of sanctification through the power of the Holy Spirit. If Jesus set them free, why wouldn't He do it for you? At the cross, He shed the same amount of blood for you and for them, and for me. The same grace that set us free is always available, it can also work for you.

After the ninth chapter comes the conclusion of the book and the appendix. In the appendix you will find a model of prayer that I have proposed to you to spiritually fight these powers that block your blossoming. You will also find the answers to some questions still related to this fight against pornography and masturbation. Notably: how will you know that you are delivered? What to do to fight impure thoughts and impure dreams. What to do when you are a servant of God but you still practice these sins?

Notice to the reader

1. The biblical quotations are taken from the Contemporary English Version. If another version is used, this will be noted.
2. We have no intention of telling you that this book holds a monopoly of knowledge about what is being done to defeat pornography and masturbation.
3. If the Lord delivers you after reading this book, save us from the danger of stealing His Glory. It is to Him that you should give Glory, not to us.
4. The name "satan" and any other name used to identify the enemy will all be written in lower case. We choose not to follow the grammar rule that recommends that proper nouns should always begin with a capital letter.
5. You may notice that we have quoted the name "satan" a lot. This is not a way for us to give him glory or too much importance. It is precisely because when it is about him, we quote his name and that is all.

I wrote this book so that after reading it, anyone who says he doesn't know how to defeat pornography and

masturbation will be taken for a liar! If you read this book to the end and then say that you don't always know what to do to overcome these practices, Jesus will tell you that you are a liar!

Enjoy your reading!

Chapter 1: Listen my generation!

From all times, men, under the influence of their fallen nature, have turned away from God to follow their own path. Influenced by the desires of the flesh, they have found themselves on the path of sexual perversion, a path that leads to eternal death, hell.

The Bible expressly says that there is nothing new under the sun, what has existed is what will exist in the future. Masturbation, homosexuality, zoophilia and things like that are not new, they have already existed. If today we are reliving the same things, it is proof that the Bible does not lie.

It is true that these practices have existed before, but what is clearly different is that today these problems have taken on a global dimension and with a speed never seen before. The speed with which these practices are spreading today is greater than in previous years because of the Internet. Access to the Internet is one of the elements that facilitate the consumption of pornography by the old, the young and even the very young. The statistics are really huge.

It has been revealed by some studies that the number of searches for pornographic materials from the beginning of 2015 to date exceeds 3 000 000 000,

9 out of 10 boys and 6 out of 10 girls are exposed to pornography before the age of 18. Every 39 minutes a new pornographic clip would be filmed in the United States. While you are reading these lines, somewhere in the world there is someone watching pornography or masturbating. Do you see how the devil is working hard to pollute our generation as much as possible?

The sad reality is that we continue to trivialize, minimize and relativize the danger of the plague of pornography. Many young people joke about it, they think it's a game to look at other people's nudity. We are shocked by the complicit silence of the authorities who run our countries. The classification of cinematographic works and its hypocritical warnings do not allow society to prevent young people from watching films that seriously harm their lives. This proves that the solution lies elsewhere, not in the hands of those who classify films (-10, -12, -18, etc.), because today with the Internet everyone can watch anything without being controlled.

The darkness that reigns over this generation is only getting darker and darker. So should we panic? No, we don't. The darker the darkness becomes, the more it allows the light to shine like never before.

That's why through this book I would like to shine, because the world gives me this opportunity.

The world gives me the opportunity to tell psychologists, sex therapists, and sex specialists to stop relativizing the problem of addiction to

pornography and masturbation. This problem goes beyond the physical sphere in which they operate, it goes beyond the intellectual sphere and reaches the spiritual sphere. The only one to deliver completely is Jesus Christ by his supernatural power and no one else.

The world gives me the opportunity to openly tell all those who promote pornography and masturbation that they are waging war on Jesus Christ. Their wisdom is actually madness and that they are on the road to eternal death.

The world gives me the opportunity to tell all those who are captive to pornography and masturbation that it is possible to be delivered thanks to Jesus Christ. This deliverance is free of charge, no need to pay for hours of maintenance like at psychologists. Am I downplaying psychologists? Far from it! But let everyone do their job. I recognize the contribution of psychology in this struggle, but it alone is insufficient for total deliverance. In this book I just want to highlight the fact that only Jesus Christ can deliver from pornography and masturbation, and it's true! Only He can totally, completely and forever set them free. I am a living witness of what I am saying.

You can't be a hostage of satan...

Who's a hostage? A hostage is a person seized or held as security for the fulfillment of a condition.

Legally the devil has no right to keep you in pornography and masturbation because the price for your sins has already been paid. God didn't take us back illegally, He paid a price to redeem us. Our sins demanded punishment, and that punishment that was to fall upon us, God has made it fall upon Jesus Christ His Son. **The price has already been paid,** and that price is the precious Blood of the Son of God. We are free!

It is abnormal and illegal for the devil to hold you captive to pornography and masturbation because the Blood of Jesus Christ has already been shed for you, and because of this you have already defeated satan (Revelation 12:11). How then can the overcomer fall so low and become a hostage of the vanquished?

When God created man, He gave him power to rule over all the earth, as we can read in Genesis 1:26; **Then God said, Let us make man in our image,** after our likeness, and **let him rule** over the fish of the sea, and over the birds of the air, and over the cattle, and **over all the earth,** and over every creeping thing that creepeth upon the earth. (Translated from the French version Louis Second)

And in the book of revelation we read And the great dragon **was cast out**, the old serpent, called the devil, and **satan**, which deceives the whole earth; and he was cast out **into the earth**, and his angels were cast out with him. Revelation 12:9 (Translated from the French version Louis Second)

We do not know exactly when satan was cast out into the earth, but one thing is certain, this scene took place in the interval of time between his "revolt" in heaven and the creation of man by God. For a better understanding of the thought that I want to develop, let us take the contracted forms (consider only the words in bold) of these two verses. Let us begin with the very last one which gives us "**was cast out... satan... into the earth**", and the first one gives us "**God said, let us make man in our image... and let him rule... over all the earth**".) Let us arrange these two contracted forms and we will have "**satan was cast out into the earth, and God said, Let us make man in our image, let him rule over all the earth**".

Now the question is: " When God gave man the power to rule over the whole earth, didn't He know that satan was already thrown down to the earth? "Of course he did! God knew it. So, since God gave man the power to rule over the whole earth while the enemy was already there, it just means that God gave man the power to rule even over the devil just as he had to rule over the fish and all living animals. Man was the master of the world. Before man's

disobedience the enemy didn't have control over anything at all.

The Bible says [The Lord has kept the heavens for himself, but he has given the earth to us humans.](#) (Psalms 115:16). The earth was not given to satan, but to us.

It was after he had deceived man that he stole the power that God had given to man in Genesis 1:26, because the Word of God reveals to us that [you are slaves of the one you obey, either of sin that leads to death or of obedience that leads to righteousness](#) (Romans 6:16). By listening to the voice of the devil who led him to eat the fruit of the tree of the knowledge of good and evil, man had become a hostage of the devil. The logical consequence was that his power to dominate the earth had gone to satan. The enemy now had power over the world, that is why he even had the boldness to tempt Jesus Christ by saying that he would give him the glory of the whole earth if he bowed down before him and worshipped him. Blessed be our Lord who resisted him and pushed him away (Matthew 4:1-11). Jesus Christ is the Man who came to repair all the damage we have done in the Eden garden. He had to die in our place and that is what He did.

The Bible tells us that after eating the tree of the knowledge of good and evil, Adam and Eve realized that they were naked and to cover their nakedness they took fig leaves and sewed sashes from them (Genesis 3:7). Later, the Father Himself will give them clothes made of skin (Genesis 3:21).

This just shows the eternal love of our God for us in spite of our failures and shortcomings. Let's stop for a moment and ask ourselves, whose skin was it? Was it tree trunk skin or animal skin? I strongly believe it was animal skin because Adam and Eve had already used leaves from a tree to cover their nakedness. But which animal was it? I strongly believe it was a lamb. In my humble opinion, that same day a lamb was slain for men, that we might be clothed with the garments of salvation and covered with the mantle of deliverance (Isaiah 61:10).

If Adam and Eve were dressed in skin clothes, it means that on that day an animal was killed. It was just the image of the Lamb of God that was to come and be sacrificed in our place. God was quick to show His love and bring us back to Him. In Genesis 2:17, God is making a promise to man with the words, "If you eat, you will die. But in His love He did not want to lose us for eternity, so He took a lamb, who is His own Son, and gave Him in our place, so that by His death we might be delivered from the eternal power of death and sin. This is how His love for us was manifested through His righteousness. Because of His righteousness He could not answer the Lord Jesus, in His human nature when He said, *"Father, if it is possible, take this cup away from me."* There was no other way by which we could be saved except by the death and blood of Christ. The Lord Jesus recognized this and submitted to the Father's will and said, *"Not my will, but thy will be done."*

And since the death and resurrection of Christ

Jesus, we have been recovered from the Father, our fault in the Garden of Eden has been forgotten and erased along with all the consequences we would normally have to face. This is why you must say to pornography, masturbation, evil thoughts, and unclean dreams; *"You are illegal, Jesus has already accomplished everything and I am no longer under the power of sin because of His Blood"*. This is not something you are claiming, it is a truth that you must rely on when you pray to your God and when you cast out demons. You are free! How do you continue to live as a captive? Wake up champion!

Another thing, the day the enemy entered Judas Iscariot (John 13:27), to deliver Jesus to be put to death, frankly I don't understand what was going on in his head (I speak of the devil). He (satan) who knows the Word of God, we suppose, because he had used it to tempt Jesus Christ, had he lost sight of the fact that the Messiah had to die to save men? If he knew this, then why did he enter Judah Iscariot to deliver Jesus Christ to be put to death! In another Bible account, we see the enemy inspiring Peter with foolish words to prevent the Lord from dying. That day I imagine he knew that if Jesus died on the cross, it would be over for him (satan). Read Matthew 16:21-23.

The conclusions are as follows:

- 1.** Satan doesn't master God's strategies; he can't even do that. That is why be sure that he will just be surprised how you will be

freed from these addictions.

2. Sometimes the devil has no control over his actions. There are times when God Himself uses him to accomplish something and to bring forth His glory. For example, in the story of Job.
3. He's not the strongest, he was defeated and he knows it. Jesus Christ will deliver you.

I am going to show you a passage that will make you understand that the devil is not the strongest, he will soon be stripped, humiliated and annihilated.

Isaiah 14:9-17

9 The world of the dead eagerly waits for you. With great excitement, the spirits of ancient rulers hear about your coming.

10 Each one of them will say, "**Now you are just weak as any of us!**

11 Your pride and your music have ended here in the world of the dead. Worms are your blanket; maggots are your bed."

12 You, the bright morning star, have fallen from the sky! You brought down other nations; now you are brought down.

13 You said to yourself, "I'll climb to heaven and place

my throne above the highest stars. I'll sit there with the gods far away in the north.

14 I'll be above the clouds, just like God Most High"

15 But now you are deep in the world of the dead.

16 Those who see you will stare and wonder, "Is this the man who made the world tremble and shook up kingdoms?

17 Did he capture every city and make earth a desert?
Is he the one who refused to let prisoners go home?"

The end of time is approaching, the devil will be stripped of all power, people who will see him in hell will be astonished and say "*is it really him?*" He will be covered with worms, the ancient rulers of the earth who will be with him there will say to him, "*You have become like us,*" and they will laugh at him. This is the truth! This is to tell you that no matter what happens to you in life, Jesus Christ is powerful enough to deliver you, the enemy doesn't weigh enough before the Lord.

My message to you!

Now that the Lord Jesus Christ has delivered me from pornography and masturbation, which held me captive for many years, I know how to overcome this. I will speak in terms of principles, and I advise

you to read this entire book to accurately capture the thought I want to communicate to you.

When I was still captive to these sins, I also sometimes did research on how to overcome them; but I always came across overly scientific writings accompanied by biblical verses. I'm not saying it was of no use to me, but it was just complicated. I didn't understand anything! Instead, I was looking for writings or sermons that could tell me clearly and precisely what I needed to do to be delivered.

Glory be to God who saw my misery while I was struggling alone to overcome these sins, He had compassion on me, He called me, He helped me and delivered me. I would already like to tell you that you are not able to give up these practices because you think that it is by your own efforts that you will be delivered. It is Jesus who gives the strength to give up these things, but that doesn't mean that you will have nothing to do and wait passively for your deliverance. You have to fight!

In this book I will draw on my experience with Jesus Christ, the story of my falls, my confessions and the Lord's forgiveness. It was not easy at all, but the Lord Jesus Christ in His love supported me in my weaknesses (every time I relapsed), and I dare to believe that He will also support you in your weaknesses.

Considering the difficulties I encountered while searching for books that could help me to overcome

these abominations, I will not be too scientific, I will speak to you in a simple, clear and precise manner. But that does not prevent us from explaining, through science, some natural phenomena when necessary. But always in a simple, clear and precise manner.

Take care to put into practice what I am going to tell you through this book, not as a subordinate who obeys his superior but as a brother/sister who listens attentively to his brother's pressing advice. I know one thing my friend, when Jesus Christ delivers, it is forever that this deliverance lasts. For His word reveals to us that He is the One who opens and no one will close, the One who closes and no one will open (Revelation 3:7). I would like to tell you that if Jesus Christ opens the door of this spiritual prison that has been holding you for years, no one will be able to do anything against you to hold you back, except yourself, if you do not discipline yourself.

I wrote this book for you who know that pornography is a sin but you don't have the spiritual strength to abandon it. I wrote this book for you who are fed up with it and want to get rid of it at all costs. I wrote this book for you who are constantly asking the question whether one day you will really be delivered from these addictions. Because despair has taken hold of you, you no longer even have the strength to continue the fight. You say to yourself "*I have fought enough, I have the impression that God will not forgive me anymore, it is better to continue only with what I am doing*". I wrote this book for you who are desperate and cannot find anyone who can

help you overcome these sins because you are ashamed to talk about them. You are afraid that others will find out what you do in secret. Parents and teachers know that you are an intelligent child and that you are the role model, but deep down inside you know that they are wrong, you are not what they think of you.

Don't worry, if deep down you desire to be healed, the Lord will heal you. You're not a hypocrite. You're a child of God. Jesus Christ comes to you today through this book to set you free and to let His light shine on your life, if you decide to open the door of your heart to Him.

The first thing the enemy will try to inspire in you is doubt. *"If these principles worked for him, will they work for you? Do you really think you can be set free just by reading a book? »*. These could be his questions to sow doubt in you to discourage you. If it happens that he inspires these thoughts in you, you just have to understand that he is afraid that you will find out the truth about his abominable works. I tell you, this is the expression of his fear!

I know how these spirits work because I've been disturbed and held captive for over seven years. I will expose them, and you will see that it is possible to defeat them. I pray that the Lord grants you spiritual intelligence to understand what I am going to say.

What the enemy fears most is the knowledge

of the truth. He is so afraid of the truth that he works incessantly to bring strategies that keep men distracted. Because he knows that Truth sets free. Did not the Lord say that His people perished because they lacked knowledge? Everything satan does is aimed at preventing us from knowing the Truth, this knowledge that liberates. In order to have the full knowledge of this Truth of God, I beg you to look and listen to His Son Jesus Christ.

Jesus Christ is that liberating Truth came from the Father, which the devil prevents us from knowing and listening to. Since the Truth frightens the enemy, I therefore advise you to seek it with all your heart. *Jesus Christ is the Way, the Truth and the Life (Matthew 14:6).*

In the following lines, I will tell you all the possible truths about these abominations and especially how to overcome them by the power of the Holy Spirit. You will have to collaborate with the Lord Jesus Christ if you really want to be set free. Do not think that Jesus will deliver you as if with a "magic wand". You will also have to make personal efforts to allow the Lord to work in you.

I write this book with a kind of rage in my heart, with a very holy anger, thinking of all the years that the enemy had made me a slave to these practices. When I see how he holds captive, until today, those who matter to me, I revolt. How a defeated enemy can continue to play with us in this way!

Read this book with an open heart and a mind willing to give up evil. I pray that what you will do as a reading is not just a simple reading but that it will be a real contact with the Holy Spirit. I strongly believe that the Lord will touch you after reading this book.

Maybe you're as desperate as I was. Sometimes I used to think and wonder what my fate would be if I died. The answer was "**blurry**". I couldn't see clearly what my fate would be after death and somewhere in my heart I was saying *"if I ever 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 masturbating...it was sad and shameful!

But one day I stopped going to church out of habit, I decided to find this Jesus Christ they preach us, and I found Him...and He delivered me. You too do not despair, the fact that you came across this book is not a randomness, it is a proof that the Lord wants to free you from those abominations that defile your body, soul and spirit. If you do not believe that the Lord wants to deliver you, I believe in your place.

You think you'll always be a slave to pornography and masturbation? The devil takes advantage of your weakness to confirm that! Then you and the devil are wrong, there is someone who breaks the chains of pornography and masturbation

when you come to him for real, he is called Jesus Christ, the Son of God.

You know my friend, the devil is like a fisherman who goes fishing with nets full of holes, if he catches a fish there is always the possibility for the fish to escape; what the fish has to do is only to notice the holes in the net and move slowly and surely to get out. The problem is not that the enemy caught you with the net of sin, the problem is that you didn't see the holes in that net to get out. This book is there to show you the holes that are in this net of the enemy so that you can get out, because that is not your place. Your place is among the sanctified! Wake up champion!

Chapter 2: Sins or Not?

Pornography

1. It's adultery.

Adultery consists of sexual intercourse outside the bonds of marriage. God has always expressed His indignation there. The Bible clearly states that adulterers will not inherit the Kingdom of God. 1 Corinthians 6:9-10. If you miss the Kingdom of God, you will not escape from hell. (And no matter how much technology advances, hell will not have air conditioners. It is crying and gnashing of teeth for all eternity).

In pornography, these people are not married to each other, what they are doing is adultery. God is not there, it's impossible for God to be there. As nature has the horror of emptiness, since the Spirit of God is not there, it is the spirit of evil that controls.

Pornography is demonic.

Moreover, it is not only these actors and actresses who are adulterers, but anyone who looks at this is also an adulterer.

This is what the Lord Jesus Christ says about this: [You have heard that it was said to those of old,](#)

"You shall not commit adultery". But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. (Matthew 5:27-28/New King James Version)

The Lord begins first by recalling what was said in the law given to Moses. We can read it in Exodus 20:14 and Deuteronomy 5:18. In the law of Moses, the act had to be done for the person to be found guilty. Even though evil is already conceived and accepted in the heart, as long as one did not act, there was no way to be found guilty. But the Lord Jesus Christ says that from the moment the desire to sin is already accepted and consumed in the heart, we have sinned.

What happens with an individual who looks at pornography is that he implicitly enters into a sexual relationship with these "actors and actresses" in his thinking. How does this happen? Because of the sexual fantasy that the individual represents. For example, a gentleman who looks at pornography will inevitably have sexual desires turned towards that pornographic actress he is seeing on stage. Thus, in order to enjoy sex, the man will represent this pornographic actress or another woman in his thoughts and will see himself spending the sexual act with her. It is by doing this that the Lord says that the man who looks at pornography has already committed adultery with this virtual prostitute in his heart, because deep down he desires sexually a woman who is not his own, besides she is a prostitute.

Every time you look at a pornographic scene and you desire that woman you see, you commit adultery with her in your heart. Every time you masturbate with thoughts toward those women whom you have seen in pornographic movies, you commit adultery with them in your heart.

The spiritual reality is that you enter into a sexual relationship with them in your thoughts. These pornographic actresses are prostitutes. Since you sexually unite with them in your thoughts, you then become one flesh with them. According to it is written, ["Do you not know that he who unites with the prostitute is one body with her? For it is said the two will become one flesh"](#) 1 Corinthians 6:16.

By uniting yourself in thought with this pornographic actress who is a prostitute, she also transmits her seed to you because you become bone of her bones and flesh of her flesh. Those seeds of which I speak are demonic spirits, demons of fornication. Another danger that you may be unaware of is that not all the pornographic actresses that you see in those films are still alive. Some of them that you see are already dead. When you start looking at the nudity of a woman who has already died and you masturbate while having fantasies about her, do you see how cursed you are? When you unite sexually in thought with a woman who is already dead, in reality it is not with her that you commit adultery, rather with a demon. You will be possessed by demons by dint of doing so!

Behind these bodies of lust are demons filled with hatred for the human race, especially us who believe in Jesus Christ.

You also commit adultery in your heart with any other woman you covet sexually. When you build up an imaginary world in which you see yourself with women, whoever they are, the Lord says that you commit adultery.

What I have just said also applies to any woman or girl who watches pornography and masturbates with fantasies that are turned to men.

A young girl once told me how she fell into pornography. She said it all started when she first watched a lesbian video. She thought, since they are women, she can watch without any problem. What she didn't know is that when you open a door to an evil spirit, it calls out to others. Just because you're a woman, you can't afford to look at another woman's nudity, otherwise look at your mother's nudity. You sin!

Another dimension of the sin into which the person who looks at pornography falls is that he/she approves the acts of those who do evil. He/she thus becomes an enemy of God. And... one day the Lord will punish all his enemies.

2. That's fornication.

Apart from being an adulterer, a person who

looks at pornography and enjoys doing it is a sexually immoral person. There is no purity in him because he looks at things that offend modesty. And the Bible tells us that sexually immoral persons will not inherit the Kingdom of Heaven (1 Corinthians 6:9).

In addition to this, in pornography there is a practice called sodomy (sexual act with anal penetration, that means instead of having sex naturally, the man introduces his penis into the anus of the woman or another man). It is a practice that comes from the city of Sodom (see Genesis 19:5-8). It is because of such practices that the Lord destroyed the inhabitants of that city by fire. And the LORD sent burning sulfur down like rain on Sodom and Gomorrah. (Genesis 19:24). In the same way, God will punish these pornographic actors and actresses, and all those who approve of these things, unless they repent of their deeds. If you don't want to be among those who will drink the cup of the wine of the wrath of God, then repent and decide to forsake these things now and today. [The Scriptures say, "If you hear his voice today, don't be stubborn like those who rebelled."](#) Hebrews 3:15

When Lot told his sons-in-law that the city of Sodom would be destroyed, they thought he was joking. (Genesis 19:14) For taking these warnings as jokes, they perished in the fire.

It is in the same way that those who indulge in these things take God's warnings as jokes, but there will be a day when fire and burning dust will come down on them and they will no longer have time to

escape God's punishment. There will be a Day when it will be too late to repent. The second after your death!

The Lord Jesus speaking about these cities of Sodom and Gomorrah, says that if these cities had been evangelized as we are today, they would have repented of their sins. Since we benefit from the words and revelations that they didn't hear, and some of us do not want to change their lives, the Lord says that they will be punished more than Sodom and Gomorrah. Luke 10:1-12

Pornographic actors and actresses, the producers of these films, and all those who enjoy watching them, will be punished more than Sodom and Gomorrah. This is a promise of the Lord Jesus Christ.

I am not talking here about those who are willing to give up but who lack strength, I am talking about those who have made sin their lifestyle, also to Christians who make no effort to get out of these prisons.

3. It's prostitution and fornication.

To prostitute is to have sex for pay, to sell sex. In pornography, that's exactly what is done. These men and women sell sexual services, they are paid to have sex with each other. That is prostitution. It is also fornication because it does not take place within marriage.

Then it is clear that it is a sin because God is neither behind prostitution nor behind fornication. The one who drives people to prostitution and fornication is satan. Pornography is a sexual deviation inspired by the devil.

Masturbation

It is a deregulated form of sexuality in which genitals are stimulated either by using hands or sex toys to obtain or give "pleasure". Masturbation is usually done simultaneously with other autoerotic activities such as imagining sexual fantasies, reading an erotic magazine, or watching pornography.

Before even asking the question of whether masturbation is a sin or not, the one who practices it must first ask himself whether the autoerotic activities (imagining sexual fantasies, watching pornography, reading erotic magazines) that lead him to masturbate are approved by God.

In most cases, what drives people to masturbate is pornography. When a person masturbates on the basis of pornography, he or she sins first because looking at pornography is a sin, as I explained in the previous lines, and second because masturbating is sinning against one's own body.

So what about the individual who imagines sexual fantasies?

Some people say that masturbation isn't always a sin. They say that it depends on the fantasy that the person creates for him/herself, they support the fact that if that fantasy is turned towards his/her own wife or husband then masturbating is not a sin, it is a healthy activity. I don't agree with that at all. Let's stay with their reasoning and destroy it together. Let's ask ourselves.

What about a woman who masturbates while having the fantasy turned towards her husband? When she uses her fingers or sex toys to satisfy herself, doesn't she sin? Of course she sins, because she changes the natural use into the unnatural one.

If a married woman uses the dildo or her fingers to masturbate while keeping the fantasy turned towards her husband, do you think the Lord Jesus approves of this? No!

Because this woman is acting like a lesbian. Being of the same sex, lesbians use sex toys and masturbate when they have to have sex. Because I don't see any other way they can enjoy sex except masturbation. Their actions are not approved by God, it is because of these kinds of immoralities that Sodom and Gomorrah were burned.

It is masturbation, zoophilia, homosexual practices, and other practices contrary to God's will that the apostle Paul speaks when he says **This is why God abandoned them to debasing passions: their wives gave up natural sex for unnatural**

practices (Romans 1:26/Translated from the French version Louis Second).

The theories saying that a woman who masturbates with her fantasy turned towards her husband does not sin before God and a man who masturbates with his thoughts turned towards his wife does not sin are false.

After practicing masturbation one always feels impure in front of the Lord no matter who his fantasies turn to. Also by dint of masturbation, no matter who the fantasies are turned to, one ends up becoming an addict and slave to the practice. Addiction is the stage where you lose self-control, you start doing things without really knowing why you are doing them. There will be like an inner force that will start to dominate you. And that's not what the Lord wants from us. Anything that fights our self-control fights the Holy Spirit since self-control is a fruit of the Spirit (Galatians 5:22). Masturbation satisfies your body more than it satisfies the Spirit of the Lord. It is bad, period!

Furthermore, the Lord has set one and only one way for man and woman to enjoy sexuality in marriage. It is the natural sexual intercourse between a married man and a married woman. Any other form used to enjoy sex that is contrary to the one set by God is an unnatural use that God does not approve of. On top of that, keeping the fantasy focused on one person while masturbating is not always easy, especially since in a second countless images can circulate in our brain.

What about a man who masturbates with his fantasy turned towards his wife and suddenly his thoughts turn to another woman and then back to his wife again? Do you see how hard it will be for this man to keep only his thoughts fixed on his wife? Especially since thoughts do not always obey us. Sometimes we have journeys of thoughts, and we pull ourselves together. Then in this case, will the man just repent of the part where his thoughts were turned to another woman? It's still ridiculous to think like that.

Instead of trying to justify our sins, let us rather ask for strength from the Lord Jesus so that we do not fall.

Besides, a man's sperm has a very specific destination. This sacred semen is not to be deposited anywhere and anyhow. In the Bible (Genesis 38:8-9), the Lord God put Onan to death because **he defiled himself on the ground** when he united with the wife of his brother (who had already died). In those days in Israel, the levirate was applied. When a man died, it was his brother who had to take his wife. The children that the brother of the deceased would have with his wife would not be considered his offspring but that of his deceased brother.

So this story talks about a man named Onan who **threw his sperm on the ground** so as not to give offspring to his brother Er because he knew that these children would not be considered his (read the story in Genesis 38:1-9) and because of this God struck him dead.

The thought and the context of this story tells us that **God struck Onan firstly for his bad faith in not wanting to give his brother posterity**, and secondly that Onan's shameful **act of voluntarily throwing his seed to the ground could not be approved by God**. This is why God put him to death.

Let those who support that masturbation is not always a sin tell us where does a man who masturbates with his fantasy turned towards his wife throw his sperm? Isn't it on the floor in most cases like Onan? If God didn't approve it for Onan, how will He approve it today for a man who does it consciously?

Masturbation is also called onanism. Etymologically this word comes from the Onan character we have just seen.

Do we then ask ourselves what happened to Onan after doing this? The Bible tells us clearly that God killed him. The sinful origin of the word "onanism," synonymous with masturbation, already reveals to us the fate God has in store for those who take pleasure in doing so.

In addition to the facts mentioned above, masturbation is also in the category of impurities mentioned by the apostle Paul in Galatians 5:19. Indeed, he who masturbates defiles his body which is the Temple of the Holy Spirit.

Masturbation can become idolatry or a god for some people. Indeed, idolatry is not only the worship

of false gods, but it is also excessive love for something. It is placing the love of something above God. Then, he who masturbates becomes an idolater in the sense that he loves the desires of the flesh more than God, he places his fleshly desires above the Authority of Christ who forbids it.

Like any other sin, masturbation is dishonoring our heavenly Father and despising His authority. When a father commands something to his children, and the children despise his commandments, the father is irritated but also saddened in the depths of his heart. It is the same thing that happens to our Father when we disobey His commandments.

Masturbating is sinning against God. If we have been saved it is because Jesus Christ had preserved His body from all defilement, and He then offered it as a sacrifice for us. If it was an unclean body, it would have no impact. So you see that the holiness of the body is very important to God.

But in all these things there is no reason to condemn anyone, especially since the Lord Himself looks at us all with compassion and not with anger, always being ready to tell us **"I do not condemn you, go but sin no more"**. Just repent!

Chapter 3: Causes

Pornography and masturbation are actually effects. There is one thing in each of our lives that has triggered these negative forces. Teenage curiosity, bad company, sexual abuse, premarital sex, loneliness, inner wounds, the desire to satisfy the flesh, are the causes that have often driven people to pornography and masturbation.

- **The curiosity of adolescence**

Adolescence, between the ages of 13 and 19, is a delicate period in the life of any person. It is during this period that we really begin to become aware of our identity as a "person". The girl becomes aware that she is truly "a woman" and the boy wants to be recognized as a real "man". Teenagers feel the need to have a loving relationship. However, in most cases, it is difficult for them to have a stable and lasting relationship. As a result, many find themselves distracted even at school. The girl is more interested in affection while the boy is more interested in demonstrating his manhood. This is a very delicate stage, since the young person is in the process of discovering himself.

During this period there is also an awakening of sexual impulses. The girl sees her first period and the boy ejaculates. There is a strong desire in each of them to have sex. It is during this period that many young people have discovered pornography and

masturbation, which unfortunately hold them back until adulthood if they do not give themselves to Jesus Christ. If you are still a teenager, I would advise you to channel your impulses towards healthy things. For example, you can get rid of these urges by doing sports regularly. Beyond everything else, this is a time when you really need to cling to Jesus Christ, it is very important. Because He alone can help you go through this period without trouble and disappointment. Most men are lost today because they didn't handle their teenage years well. Don't be like them. Here are ten practical ways that I discovered on a website, which I've reworded for clarity. I suggest them to help you get through your teenage years just fine.

1. Avoid bad company. If you are surrounded by bad friends, you will inevitably be negatively influenced.
2. Avoid "second look". When you see a bad thing, look away immediately. If you linger looking at it, that is when lust is born in your heart and you will be tempted to fall into sin.
3. Have discipline in your conversations. Avoid rude jokes. If someone comes to talk about things that are contrary to modesty and common sense, stop him immediately.
4. Take care of your outfit. You must dress decently. A young woman once said, *"I will dress as if Jesus is going to accompany me."* Avoid clothes that do not honour your body, let

alone the Lord.

5. Choose carefully the TV programs or movies to watch.
6. Select your readings. So many books and magazines focus on sexual attractiveness today, avoid them.
7. Keep an eye on what you do in your spare time. There are certain things that may seem like entertainment, but if you do not examine them thoroughly, you will be drawn into sin. For example, a very good movie, with a nice story, but in which people are just kissing. The devil uses those kinds of things to send you subliminal messages.
8. Discipline yourself in love relationships. Don't confuse physical attractiveness with love. Many young people say "I love you," but they don't even know what "love" really means. They're more attracted to physical appearance, which isn't all it takes to build a lasting love relationship.
9. Spend time in meditation on the Word of the Lord. The psalmist said, "I hold Your word in my heart that I may not sin against You" Psalm 119:11. "Your word is a lamp unto my feet, and a light unto my path" Psalms 119:105. Memorize these biblical words so that you can face the enemy at the time of temptation. God's Word is the weapon that the devil cannot

overcome. In front of the darkness that fills this world, only the Word of God can help you not to get lost.

10. May Jesus Christ occupy your heart and your life. Do you know Him as your personal Lord and Savior? God loves you and He wants you to walk in sanctification. He is able to grant you supernatural strength to overcome sexual temptations. Turn to Him with all your heart and He will forgive you. No one here on earth loves you like God.

- **Bad companies**

Many find themselves captive to these things because they have not been surrounded by good people, and perhaps continue to be poorly surrounded. One young man once said that it was his own brother who introduced him to masturbation. For them it was like jokes and by dint of practicing it, he ended up being an addict. Others were influenced by their friends, like me. And if to this day you continue to spend time with people who don't help you get your life in order with God, you will not be able to overcome these things. "[Don't fool yourselves. Bad friends will destroy you.](#)" 1 Corinthians 15:33.

- **Sexual abuse**

Rape is also part of the causes. Many people who have been sexually abused are sometimes ashamed to say what happened to them and so they live with a weight and emptiness in their hearts. They

often immerse themselves in pornography because they think they will find something in it that will fill the emptiness they feel in their heart. However, they are mistaken. Pornography makes it even worse. It's a bit like the story of Mr. Boubakar. He was so fed up with his wife that he went to get some alcoholic drink to forget his worries. Instead of calming his worries, alcohol made the situation even worse. Because when he returned home, he was seeing his wife doubly under the influence of alcohol. Sometimes we think we can solve a problem by doing one thing, but we create a hundred more. The real solution to this problem is to talk to a man of God. It's not easy I know, but you can do it. If you are in this situation I would advise you to find a man of God or a servant of the Lord in whom you trust and share your problem. Hiding it will only make the situation worse. I know a woman who was sexually abused while she was still a child, even worse by her own father. But she decided to take this burden and give it to Jesus Christ. Today she is one of the Lord's greatest servants, her name is Joyce MEYER. She says that she was raped many times by her own father, but beyond all this, Jesus has restored her life, He can also do it for you. You too can choose not to carry this heavy burden any longer and give it to Jesus Christ.

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. This yoke is easy to bear, and this burden is light.
Matthew 11:28-29

- **Premarital sex**

This is where many young people have opened the door to unclean spirits in their lives. They take it as a joke or just as a fleshly pleasure even though sex is very powerful spiritually. It is not only a meeting of two bodies but also of two souls and two spirits. If you unite sexually with someone who is under a demonic influence ipso facto you also come under this influence because sexual intercourse is a blood pact. That is why the Bible says that man and woman become one flesh when they unite. Also, in the entrance of the genital organ of the woman there is what is called the hymen, which is a membrane of blood that breaks during the first sexual intercourse. This is how blood comes out of some women during their very first sexual intercourse. Why is there a blood membrane right in the entrance of the female genital organ? It's precisely because it's a spiritual wedding ring door. Moses sealed the covenant of the people of Israel with God with blood (Exodus 24:8)! Jesus made the covenant of our redemption with His Blood! Even in the occult world covenants are sealed with blood. When you sexually unite with someone in reality it is a spiritual covenant you are making. If that person was under the influence of pornography and masturbation, when you unite with that person, ipso facto you will also enter this prison because your blood has been in contact. That is why the Lord asks us not to have premarital sex because you do not know the spiritual state of the person you are uniting with. The Lord will only protect you if it is within the

framework of marriage, otherwise you will invite demons into your life.

- **Loneliness**

When people feel lonely or rejected by others, they are also tempted to seek solace in pornography. They think these pleasures will fill the emptiness they feel in their hearts, but a few years later they realize they made the wrong decision. The true comforter is the Holy Spirit. Jesus Christ is the friend of those who feel lonely. Turn to Him, open your heart to Him and He will give you joy.

- **Inner wounds**

An internal injury can also push someone towards these practices. Always in search of consolation, some people who have suffered abuse during their childhood, who have suffered the death of a loved one, who have been disappointed, who are going through difficult situations that create despair, turn to pornography because they are depressed. Once again, I would like to tell you that Jesus Christ is the solution.

- **Lack of self-discipline**

Watching anything and everything, listening to any kind of music, are also causes. There are certain types of music that only exalt sex, by listening to them, do you think you will be filled by the presence of the Lord? No! You will be filled with

desires to satisfy your flesh. This is how many still feel oppressed by sexual desire. Lack of discipline is also a cause. One day a boy said, "*I discovered masturbation through a cartoon. I saw, and I tried it. That's how I became addicted to it.*" You have to watch what your eyes see and what your ears hear.

- **The desire to satisfy the flesh**

Some people have never made the decision to say no to the lust of the flesh. It is true that sexual desire is normal for every man. But when you allow yourself to be dominated to the point of becoming a slave, that is evil. That's why the Holy Spirit is there. He helps us to control this desire and to submit it to the will of the Lord. You must have a heart for God, decide not to let your flesh take you away from God. Many people have never made this decision, so they plunged into pornography.

- **And several other causes**

Everyone knows exactly when it started in his or her life and what was the cause of it. **You must identify this cause and confess it.**

Let's pray!

Lord Jesus Christ. You know my life; you know everything I went through to get in this situation. Give me the strength to share this problem so that this weight can leave my heart. Alone I can't do anything, you know that. Forgive me and help me to walk in holiness. Heal my

*heart Lord. Heal my wounds. Grant me a heart for you.
May I live for you Lord. You are my Lord, today I decide
to change my life and come back to you. Thank you for
your death on the cross, thank you because you do not
condemn me. Thank you for your love Lord.*

Chapter 4: The Lies of Pornography

The Lies

Pornography is a big lie from the devil. As always, the devil takes what God has created and seeks to pervert and twist its use. This is the case with sex. The devil wants us to believe that he is the one who has the real manual on how to use sex.

Indeed, the one who holds the real user manual of a product is its manufacturer. For example, Samsung cannot tell you how to use your iPhone brand mobile phone because it is not the manufacturer. If you own an iPhone and you want to know how to use it, you will turn to Apple because that company made it. Only from them can you get reliable information about how to use your phone.

It's the same with sex. If you want to know how to use it, you have to ask the person who created it. Only He has the real user manual and only from Him will you get reliable information about using sex.

Using pornography and masturbation to teach you about sex is like using the Galaxy S7 user manual offered by Samsung when you're looking for the knowledge that will help you use your iPhone. It's crazy! The real user manual, you will get it from the manufacturer of the brand you own. If you have an iPhone then you should contact Apple as they are the company that made it. If you want to know how to use your sex, refer to God, because He created it.

Listening to all those people who show you the good sides of pornography and masturbation, based on their so-called scientific research, instead of listening to God who created your sex, is pure madness.

According to God your creator:

1. Where can we enjoy sex? In marriage
2. Who should enjoy sex? The man and his wife (married)
3. Why sex?

First of all to share love with the other and create strong bonds of intimacy, then to reproduce and why not enjoy it since it is also a natural desire.

4. How to enjoy sex?

You and I both know the natural custom that God has set for a man to enjoy sex with his wife.

The devil being the father of lies, comes to deceive men, as in his habit, through pornography and says to them:

"You can enjoy sex where you want, with the person of your choice, when you want, how you want. You don't have to wait for marriage, you can find a girlfriend or boyfriend to have sex with, you can masturbate, women can have sex with women and men with men. "Do you see these

disorders? It's precisely because it's not the devil who has the real manual for sex, it's God.

It's ridiculous to believe in what satan says about sex when he didn't create it. So it is not up to him and his disciples who defend these things to give us instructions on how to use sex. It is God, the Father of the Lord Jesus Christ and our Father, who must give us instructions on how to use sex, because He is the one who created it and He is the only one who has the true manual on how to use sex.

Another lie of pornography is that it teaches that a woman is worthless except as a machine that a man can use to satisfy his sexual desire. Through pornography the devil reduces women to mere potential targets for satisfying sexual desires. Pornography dehumanizes women.

Satan, we've got you and we know you're lying! Our mothers and sisters are not what you want to teach us through pornography. Women are worthy of respect.

Teachers of the ignorant and liars!

The teachers of the ignorant are all those who defend pornography and masturbation. They have grandiloquent but hollow speeches. They are full of pride when they talk about sex, presenting the good sides of pornography and masturbation. It is as if they are the ones who created sex or helped God when He created it. They are liars! While many lives are destroyed because of pornography and masturbation, these liars want you to believe that there is no danger. You yourself know that this

is not true. Since none of us like to be controlled by anything. We all aspire to freedom. Anyone who feels controlled by pornography or masturbation often loses his or her self-esteem. These people are cheating on you! They have an intelligence clouded by the devil.

They say that everyone is **free** to choose their sexual orientation, crazy! The paradox is when they talk about **freedom** when **they are slaves to the passions of the flesh** that drive them to look at pornography and masturbate.

They think they're being wise when they've gone mad. They are too confident that they despise the authority of the Lord. These people teach that there is no danger in masturbating and watching pornography. Yet the dangers are there!

Because of their lying teachings that mislead a multitude of souls for whom Jesus Christ shed His Blood, they will be punished unless they repent.

Besides, I would like to tell you that in masturbation and pornography there are no benefits because they are abominable acts that God does not approve of and also because they destroy you physically, psychologically and spiritually.

Questions / Answers

1. Dear Georges, is it normal that the devil keeps me captive to pornography and masturbation?

The truth is that Jesus has already paid the price so that you are no longer under the power of sin. The

darkness no longer has any power over you because of the Blood of Jesus Christ. Therefore, it is not normal for you to be under the yoke of sin. I advise you to read and internalize these verses: Colossians 2:14-15, where we are clearly told that God has stripped the kingdom of darkness of all power over us. Revelation 12:11, where the Bible clearly tells us that we have defeated satan because of the Blood of Jesus Christ.

But I would like you to know, Anne, even though Jesus Christ has already paid the price for your sins, the reality is that if you yourself open the door to the enemy by the way you live, that is when he will be allowed to enter into your life and dominate you by holding you captive to all kinds of bad things. This is what I call paradox (saved by the blood of Jesus Christ but enslaved to sin).

2. So Georges, what opens the door to satan in our lives?

It's just sin, my friend. It is true that we all stumble in one way or another, but when we persevere in the evil we do, that is when we open the door to the devil.

For example, on the first day a person takes alcohol to the point of getting drunk, we can say that maybe it was a mistake and that in the days to come the person will pull himself together and know that what he had done was not good.

But if the person doesn't pull himself together and keeps on drinking until he gets drunk, he makes a habit of it, that's when he opens the door wide to the demonic spirit

of alcoholism that will begin to control his life. Do you understand me, Anne?

3. I understand, Georges! Can I ask you one more question?

Go ahead, my friend, I'm here.

Is watching pornography a sin? If so, why?

Yes, Anne, looking at pornography is a sin. In fact, behind these films it is not the Spirit of the Lord that acts, it is the spirit of satan. The Lord Jesus Christ told us that our eyes are the lights of our bodies, so when you let your eyes look at unclean things, all the light that is in you will turn into darkness. If all your light turns into darkness, then imagine in what darkness you will find yourself.

5. Georges, why do you say that pornography is satanic?

Georges: Very nice question Anne! First of all, do you know anything about prostitution?

Anne: Yes, I know

George: What's prostitution to you?

Anne: It's using your sex to make money.

Georges: Very well said! So, does prostitution come from Jesus Christ?

Anne : No! Jesus does not like that, it is sinning against Him.

Georges: Exactly! So Anne, I would like you to know right now that pornography is just another form of prostitution

and adultery. Prostitution because the women and men who make these pornographic films use their sexes to make money. These pornographic actresses are no different from those who go down the boulevard to have sex with men to get money. They are not making these movies for pleasure, they are just making them for money. It is also adultery because these men and women are having sex together when they are not married. God is not there, and if God is not in a thing it is the devil who comes to settle down because nature cannot bear emptiness. That's why I told you that pornography is satanic. And it is! Everyone who watches these films and doesn't want to give up unconsciously makes an alliance with the devil.

6. Dear George, some people say that pornography is a way to educate oneself sexually, what are you saying?

They're liars, my beloved Anne. Like I told you before, pornography is evil. And it's not demons who should be educating us about sex, because they don't know anything about it. The only person worthy of teaching us about sex is our heavenly Father. Because He is the one who created sex, He is the only one who has the true and unique manual on sex.

Remember what I said before, it's not Samsung that has to tell you how to use your iPhone, it's Apple. It's not the devil teaching us how to use it, it's God.

7. Ah, Georges! All these well-dressed people, with a high level of language, are therefore liars!

Yes, Anne, they are liars, like their master the devil. You must never follow them; they will lead you to eternal death.

8. Georges, can a Christian masturbate?

No Anne! Whoever has really received Jesus Christ in his life and learns to do what the Lord has done, cannot masturbate because the Holy Spirit will rebuke him severely. Our body is the Temple of the Holy Spirit (1 Corinthians 6:19), by masturbating you defile that Temple. By dint of doing so you can even extinguish the voice of the Holy Spirit within you. You will reach a level where even when you do things that are contrary to the Word of the Lord, you don't feel anything. Anne, self-control is a fruit of the Holy Spirit (Galatians 5:22). Everything that fights your self-control doesn't come from God. Masturbation makes you lose control. There are times when you practice it, but you don't know exactly why. There is a force inside you that dominates you and tells you what to do. After yielding to this pressure, you feel defiled and ashamed to approach God. Do you see Anne? All this shows that a Christian who wants to be at peace with the Lord cannot masturbate.

Indeed, it is because of these things that God's wrath comes upon the sons of rebellion among whom we once walked when we lived in sin.

We, children of God, no longer walk among people who rebel against God, consciously doing what is wrong in His eyes. If we are truly disciples of Jesus Christ and sons and daughters of God, we cannot behave like those who do

not know God. We are called to shine like lights in the midst of this perverse generation.

9. Georges, aren't you tired of me?

No, Anne, it's nice talking to you, by the way.

Anne : So tell me, if Jesus Christ has already delivered us from the power of sin, why then are many Christians still under the yoke of pornography and masturbation? On top of that, the Bible says that He who is in us is stronger than He who is in the world, so why does He who is in the world dominate some Christians?

George: As I have already told you Anne, Jesus Christ has already done his part by shedding Blood to redeem us and free us from the power of sin. But He also asks us to make an effort not to live in disorder for fear that we might open the doors to the enemy of our souls. What Jesus has done for us is powerful and no one can dispute it. If some Christians are under the power of satan it is because they live like worldly people who have rejected Jesus Christ. It is because of their way of living that the devil is allowed to keep them under the yoke of sexual immorality, but not only then.

The other Christians are the ones who don't pray enough. You know, the Lord has already told us that we are in the world, but we are not of the world. So since we are not of the world, we have to stay connected to where we come from. And the only thing that connects us to our true home is prayer. You know Anne, prayer is what gives us the strength to walk as true children of God in the midst of this perverse generation. If we don't pray, as we are in the world, we will be swept away by everything in this

world like the pornography and masturbation you just mentioned. To be precise, there are two categories of Christians over whom the devil has dominion. Firstly, those who live like the pagans, and secondly those who do not pray enough (they sin through weakness). They have the will to live in sanctification but they lack spiritual strength.

To the question of why the one in the world dominates some Christians, when the one in the Christians is stronger than the one in the world, I will answer like this.

Anne, you know, the Holy Spirit in us is like electricity in a house. Assuming **there is electricity in your house**, the battery in your phone is discharged, **but you don't have a charger** to plug into the electrical outlet to take advantage of the electrical energy, which is available. In this case, the problem is on which side. On the side of the electricity or on your side. It is clear that the problem is on your side, it is up to you to look for the charger to connect to the electrical outlet in order to benefit from this energy. It is the same thing with us, the Holy Spirit is always available to give us the strength to abandon sin, but it is we ourselves who do not connect to Him to have this strength. This charger that we must connect to the Holy Spirit who is in us to have strength is called prayer. If many are still under the yoke of satan, who is nevertheless less powerful than the Holy Spirit who is in them, it is precisely because they do not pray.

I think I made myself clear, Anne!

10.Thank you Georges. Just the penultimate question before I let you go on with the book. I'd like to know,

what if you're single but your sexual urges are too strong and you can't deal with them?

Anne, it's true that dealing with sexual urges is not an easy thing to do, and I know that. But you know, God isn't sadistic. If He has instituted the moment of celibacy knowing that during that moment the man or woman will face sexual urges, He has also provided a way to endure that without sin. Having sexual impulses is part of the normal functioning of our body. But the Bible tells us that God will not allow that we can be tempted beyond our strength (1 Corinthians 10:13). So if He allows our body to have these sexual urges during the time of celibacy, it is just proof that these urges are not stronger than we are and that we can endure them. The best way to avoid falling into evil is to pray and stay busy doing good things. Take care of other things such as your business, studies, projects, etc. Just avoid idleness, and above all do sports. Sport also allows you to release these impulses. Discipline yourself with regard to what you watch, the music you listen to, the people you meet, etc. Channel your energies into the right things.

11. So what can I do to get away from pornography and masturbation?

Read the rest of the book and I'll tell you clearly what you can do to leave these yokes of the enemy.

12. Thank you Georges!

Your welcome!

Chapter 5: Consequences

Pornography is like a lion cub being fed. At first the baby lion is cute, and he can't do anything to you, so there is no danger in having him and feeding him. But the more he is fed, the more he grows, and the more he grows, the more food he eats, until one day he will become a big lion that will crush you.

Those who encourage pornography and masturbation, dare not tell their followers that this lion cub they are feeding will one day become a big lion that will crush their lives without mercy. Behind pornography and masturbation there are very serious consequences. In the following lines, we will list some of them.

In marriage

1. Those who watch pornography end up not being stimulated only by their spouse.

Indeed, those who spend their time watching porn, get their brain used to combining stimulation and ecstasy with images or videos. That's why it will be difficult for them to be stimulated only by their spouse. This is why, in some couples, before having

sex, they are forced to look at pornographic images in order to be stimulated. This is because their brains are already used to being stimulated only by images and videos. Even if you are married, pornography will always remain a sin. Married man, the nudity of the woman you see when you look at pornography with your wife is not your wife's nudity. You fall into adultery because you allow yourself to see the nakedness of a woman who is not yours. Married woman, the nakedness of the man you see when you look at pornography with your husband is not your husband's nakedness. You sin because you choose to see the nudity of a man who is not yours.

2. Pornography gives a truncated view of sexuality.

Whoever watches pornography will always be tempted to reproduce these virtual adventures in reality. For this individual, the definition of sexuality will be that given by pornography. That is why in some couples there is now a big problem when it comes to the sexual act because either the husband will confuse his wife with a pornographic actress by asking her to take complicated positions, which she will not be able to stand, or the wife will confuse her husband with a pornographic actor by asking him to reproduce for her what she sees in these virtual adventures. This is how misunderstandings will arise that will open the door to infidelity.

3. Cause of Premature Ejaculation in men

Many sexual libertines do not accept this, and they make fools of themselves by trying to contradict what is real. Among their lies, they say that masturbation helps a man to control his arousal, which is false and a folly on their part.

A man who watches pornography and masturbates, accustoms his body to immediate satisfaction. He reaches orgasm very quickly and ejaculates within a few minutes. In fact, those who masturbate know themselves that they ejaculate very quickly (no more than three minutes after starting to masturbate).

Since his body is accustomed to immediate gratification, it will be difficult for a man to hold on for long periods of time during intercourse. This is how the problem of premature ejaculation is created for the man who masturbates.

4. Infections

For a woman, inserting either her hands or objects into her genital tract can also lead to infection.

5. Dissatisfaction

A woman who is used to reaching orgasm through masturbation will find it difficult to be satisfied by her husband. She can come, but not to the same level as when she masturbates. This addiction to masturbation may make her no longer want to be with her man. It is the same thing that happens to a man who engages in masturbation.

6. Pornography and masturbation make you selfish.

The one who engages in these practices, enters into a kind of spiral in which he/she ignores the sexual needs and desires of the other. He will begin to focus only on himself and no longer on sharing pleasure with the other.

7. Incubus and succubus spirits

An incubus spirit is a demon that takes the form of a man to sexually abuse a woman while she sleeps. Some women when they sleep feel like they are having sex with someone. Pornography and masturbation are major doors that give access to these spirits in the lives of many women. When they have access to your life, they will destroy everything. Your health, your studies, your relationships, etc., are all destroyed. What is strange is that if you are married, this incubus spirit will settle down as a real rival to your husband. If he does not pray, then this

spirit will attack his health, finances, sexuality, etc., in order to destabilize your marriage. You are warned!

A succubus spirit is a demon that takes the form of a woman in order to have sex with a man while he sleeps. In the context of marriage, he comes to cause trouble. This spirit can drive the man to infidelity, he can set himself up as a real rival to your wife. If she does not pray, then her life will also be attacked by this spirit. If you are not yet married, he can block your finances, your relationships, your development, your studies, etc.

Psychologically

1. Shame, which creates a feeling of inferiority when one thinks of others who are not under this yoke.

You'll start thinking, "*if only I was like...*" And that makes you feel inferior. Which is not a good thing at all.

2. The guilt

You will have the impression that God is fed up with you, as if He had already put a big cross on you. It's as if you're the greatest sinner in the world. You will feel ashamed to come near God.

3. Hatred of oneself

"I've done so many bad things that now make me want to throw up," said one man.

4. Fear of being discovered or struck by God.

You will always live with the fear of being discovered. In your heart you will always say to yourself, *"If I am ever caught, what will happen to my reputation? »*

5. Loss of self-esteem, lack of self-confidence, etc.

When we realize that there is something wrong that is controlling us, we feel powerless and lose self-confidence. Through being controlled by pornography and masturbation, people lose their self-esteem. It will be difficult for them to assert and accept themselves. There are people who even go to the point of wanting to kill themselves because they no longer feel important because of these addictions.

6. Lack of clear vision for the future

When you are still young and you are involved in pornography, it will be very difficult, if not impossible for you to think about your future with any peace of mind. You won't have time to sit down and write down the goals you want to achieve in life. Without a clear vision for your life you will perish.

7. Some people get very angry over nothing.

Emotionally

1. Lack of love for others.

Pornography makes us hate ourselves. The Bible asks us to love others as we love ourselves. So, if someone does not love himself, how can he love others? If you don't have respect for yourself, it will be hard for you to have respect for others.

On the intellectual and mental level

- 1. Reduced reasoning skills.**
- 2. Memory loss.**
- 3. A distorted view of sexuality.**
- 4. You become a prisoner in an unreal world of perverse fantasies.**

On the spiritual level

- 1. Pornography and masturbation seriously affect communion with God.**

Those who are under this yoke feel it and know it.

2. Loss of taste for divine things

Disinterestedness in listening to the Word of God, reading the Bible, prayer, fasting etc.

3. Doors wide open to demonic possessions

The spirit of seduction, impurity, prostitution, homosexuality, night husbands, night wives, zoophilia, etc., are all part of this.

4. You exchange your glorious destiny in Jesus Christ for the pleasure of the flesh.

The devil actually has no power over us, so none! His only strategy to get into our lives is to push us into sin. Because he knows that once we sin, we are separated from God and that is when he will have access to our lives. In reality our lives are hidden in Jesus Christ, but sin is that door that, once opened, brings Jesus out and lets the devil enter. It is in this logic that the devil keeps people in pornography and masturbation to keep them constantly away from the presence of God, so he can do whatever he wants with their lives. Why does satan use pornography, why does he use masturbation? It is precisely because sex is very powerful! Through sex you can lose all your glorious destiny in five minutes of pleasure.

Brothers and sisters, the spiritual world is a world of exchanges. I wish you could understand why I say it is a world of exchange. For example, if I need to get something from the Lord, what am I going to do? I will pray, won't I? And if my prayer is accepted by the Lord, He in turn will answer me. I prayed, and the Lord Jesus answered. So there was an exchange; I gave Jesus my concerns through prayer, and in return He gave me the answer. As if to say, if I had not prayed there would have been no answer. I gave my prayer, and Jesus gave his answer. Did you understand this exchange? You give your prayer and I give you the answer. No prayer, no answer. Prayer of faith is like the currency that allows us to procure spiritual goods. No money, no good! You give money, you get the good. That's the exchange!

I will give a second example of spiritual exchange. Do you know the story of Joseph the son of Jacob? He was sold by his brothers as a slave. Arrived in Egypt, he was taken as a servant in the house of Potiphar. Seeing that everything Joseph was doing was successful, Potiphar decided to entrust him with the management of his house. Everything was going very well, Potiphar's house prospered in Joseph's hands until the day Potiphar's wife wanted to sleep with Joseph because he was a handsome man, but he refused. Then the woman decided to slander Joseph in front of her husband. She told her husband that Joseph wanted to rape her and sleep with her by force. As a result of this slander, Joseph was put in prison. It was from the prison that circumstances followed one another so

that Joseph became the prime minister of the whole country of Egypt. You can read the whole story of Joseph from Genesis chapter 37 to chapter 41.

Through this story I would like you to understand where the exchange is taking place. We can see very well that after all these trials, Joseph had become Prime Minister of the whole country of Egypt. It is a position that God had reserved for him since he was still a child. For from his young age he had dreams that he would be a great man (Genesis 37:7). Just as the Lord has prepared beautiful things for you. < [For I know the plans that I have made for you, says The LORD, plans for peace and not for evil, to give you a future and hope.](#)> Jeremiah 29:11.

Understand this! If Joseph had agreed to lie with Potiphar`s wife, do you think he would have gone to prison? No! Since that woman was going to cover it up, wouldn't she? So that from time to time they could sleep together in secret. Joseph would probably have become her lover. This is where the exchange takes place! If Joseph had slept with her, he wouldn't have gone to prison, and if he hadn't gone to prison, he wouldn't have become prime minister (because it all started in prison). By sleeping with Potiphar's wife, Joseph would have exchanged his future position as Prime Minister for a few minutes of sexual pleasure. Did you understand this? If you didn't understand, please read it again!

It's the same with you! While you indulge in pornography and masturbation for a few minutes of pleasure, you have no idea what the devil is stealing

from you. You exchange your glorious destiny for a five-minute pornographic movie. That means, the devil gives you pleasure through pornography and in return you pay him with your destiny. But all these things you don't know when you masturbate and watch pornography. This is how the lives of many people, especially young people, do not progress in spite of the studies made, in spite of the level of intelligence, etc. Through pornography and masturbation, they have sold their destinies to satan! Don't sell your destiny anymore! Pornography puts you in alliance with the devil.

And even if Potiphar should catch them one day, and Joseph should be put in prison, he would have gone to prison without the presence of God.

The same thing with Esther, if she wasn't a virgin, she wouldn't be chosen to be a candidate for queenship. If she had lost her virginity, she would also have lost her future position as queen. Don't just look at the present, look at your future as well. Pornography and masturbation steal your glorious destiny.

5. Loss of mission

To each one of us the Lord has entrusted a particular mission here on earth. The more you cling to pornography, the less you will cling to the Lord. As a result, you will not even have an idea of the real reason for your existence here on earth. Why did God create you? If you immerse yourself in pornography,

you will not be able to discover your true reason for being. You have great things to do for God, but pornography is stifling your potential. If I were still attached to pornography, would you be reading this book? In you God has put books, songs, business ideas, and many other things. But you are stifling them through sexual immorality. Pull yourself together!

Chapter 6: From body addiction to spiritual obsession

The facts!

The first day you looked at pornography it wasn't necessarily an evil spirit that pushed you, it was perhaps inadvertently or out of curiosity. But the more you look at it, the more you open doors to unclean spirits who will be allowed to possess and control you. At that point, it will no longer be a simple addiction of the body that a psychologist or any sexology expert can treat, but a spiritual problem. You will now be dealing with the powers of darkness, not just the simple impulses of your body. In this case, to be delivered you will have to go to Jesus Christ because only He can really free you from this spiritual reality.

Pornography works like a drug, when you taste it once, later you will always be tempted to come back for more, and this time a stronger dose than the last one. The more you consume, the more you become totally addicted to it. The more a person watches pornography, it is noticed that they will always look for more and more perverse and exciting scenes. Why this? Because that's how drugs work, the more you take, the more you will seek to take large amounts.

An eight-year-old child exposed to pornography will at first be shocked by the images, but a few years or months later he will be tempted to go and see for himself what it really is. And especially since today, a click on the keyboard or a Google search is enough to get pornography. Once this child watches it, he will be tempted to go back and watch it again and again, thus creating an addiction.

So far I have only evoked the facts, but let's ask ourselves, how and why does an individual who watches pornography and masturbates become addicted? Why can't he give up even when he makes a firm decision?

How is addiction created?

In life, when we succeed in reaching a goal that we have set for ourselves, there is a sense of satisfaction that is created within us. Without anyone saying "congratulations" to us, we feel proud of ourselves. Don't we?

When an individual eats, there is some satisfaction, especially after being hungry for a while. It is the same feeling as a person who takes water to quench his thirst under the scorching sun. When people have sex, they also feel a certain satisfaction.

This sense of satisfaction that this individual feels comes from the brain, which releases dopamine (a substance that associates the sensation of pleasure with behaviors essential to survival).

In every activity that man performs 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 this notion, let's take the example of a student who, since kindergarten, gets only 70% or more. His reward threshold is therefore set at 70, without him realizing it. That is why the day he gets less than 70% he will not be satisfied, -because for him, the only percentage he can be satisfied with is 70--.

The same thing happens to someone who watches pornography and masturbates. How does it happen?

By the way, because of the ultra-euphoric sensations it produces in the viewer, pornography triggers an elevated production of dopamine, which will considerably raise the reward threshold. As I've already told you, below this reward threshold the individual will always feel dissatisfied. And since no other activity can give him sensations as strong as pornography and satisfaction such as masturbation, the individual will always want to return to it because it will be the only way to satisfy himself by reaching his reward threshold. He will go back again and again, until he becomes totally dependent on it. That is why he will not be able to get rid of it so easily.

I think that this scientific explanation has been very clear, but the problem is this; a person who is given only this scientific explanation, will seek at all costs another explanation from science to get out of this addiction. This is why some people go to see

psychologists, sex therapists, etc., to find a solution. What they do not know is that the problem of addiction to pornography and masturbation goes beyond the scientific and reaches the spiritual. This is the case with addiction to all kinds of drugs.

In the case of pornography and masturbation, I will therefore relate this scientific explanation, within the limits of the revelation given to me by the Lord, to spiritual realities so that you understand that in the shadow of dopamine, which creates a level of satisfaction below which one is not satisfied, there are impure spirits that come to attach themselves to this natural functioning of the human body.

In the shadow of scientific explanations

In every human activity there is a reward threshold, as we have already said. I told you about the fact that **a person who watches pornography and masturbates always has a tendency to go back to those things because it is the only way to reach his reward threshold**, and that is what will make him become a slave. Since pornography is a drug, every day the person will be forced to take a dose to feel comfortable. That's why some people never go a day without watching pornography.

From the physical to the spiritual

Behind pornography and masturbation there are impure spirits at work. Spirits of seduction, fornication, prostitution, homosexuality, etc.,

I have explained how the body can become addicted to these things. Now it is time for us to understand how we leave the addiction dimension of the body and move into the obsession or spiritual possession dimension.

For this, I would like to start from an illustration. Let's take the example of a person who lies at all times. The lie at first could be considered as a weakness on his part. Because to each of us it has happened at least once to lie (without loving the lie itself). Who among us will say that he never said anything other than the truth that had to be told? But if the person perseveres in the lie and does not strive to abandon it, then the demonic spirit of lie will come to possess him. At that moment, it will no longer be a mere weakness but a spirit of lie that will be controlling him.

When we persevere in a bad thing that we are used to doing, we greatly open the doors to the demonic possessions related to that bad thing. It is also the same thing that happens with pornography and masturbation. A person who perseveres in these things, voluntarily or out of weakness, unfortunately opens the doors to demonic possessions. This is how pornography and

masturbation which were lusts of the flesh, will become spiritual yokes.

In this case, we will be in a situation where, on the one hand, the body is dependent on pornography and masturbation because of the search for the reward threshold, and on the other hand, the evil spirits to which the person has opened the doors will seek nourishment to grow. What are you saying Georges, spirits also feed? Yes, spirits also need to be nourished in order to be fit to grow. Just as your spirit needs the Word of God to feed and grow, evil spirits also need acts of abomination to grow, to become stronger and stronger and to increase their influence on the person they have possessed. Know today that every pornographic video watched, every act of prostitution, every act of adultery, are food given to the spirits behind pornography and masturbation. This is what makes them grow and become powerful.

The first day they enter a person, they are not as strong. By dint hiding them, they become stronger and stronger and they grow. How do they grow? They grow every time the person commits abominations (we will come back to this later).

The fact that a person always returns to pornography and masturbation can be scientifically explained as the search for the reward threshold. But in the shadow of this scientific reality it will rather be the spirits of sexual immorality (in collaboration with the flesh) that will be pushing the person to look at pornography, so that they feed and grow to make

him/her do even more horrible things than looking at pornography and masturbating. This is how you will see people being willing to film themselves naked and send their pictures to others. This is the consequence of hiding and feeding their sins. The spirits that influenced them have then reached a very high level of influence in them that they completely lose control. They begin to do things that they themselves have no control over.

How does the flesh collaborate with evil spirits?

I told you that the first time you watched pornography or masturbated, it wasn't necessarily a spirit that pushed you. Indeed, pornography and masturbation are first and foremost works of the flesh before they become demonic oppression or possession. Let me explain this to you! Follow me very well.

With the first Adam, God first created the spirit (Genesis 1:26), then He formed the body (Genesis 2:6-7). By the way, it is the same process that happens to the one who believes in the last Adam, who is Jesus Christ (1Corinthians 15:45). Because of the sin of the Garden of Eden, the body and spirit of the first Adam are condemned to die. It is a fallen nature, which does not submit to God's will. That is why those who have not yet truly met Jesus Christ live in immorality, lying, sexual perversion, etc. You

and I were all counted among these men before we met Jesus Christ. Now, what happens when **we actually meet Jesus Christ** is that we become new creatures (2: Corinthians 5:17). It is not the improvement of the old person, but a new birth in spirit. This time it is the spirit of the last Adam, Jesus, that is created in us, replacing the fallen spirit of the first Adam. We will now be in a situation where the spirit of the last Adam, Jesus, dwells in the fallen body of the first Adam. This is why there is this struggle between the Spirit and the flesh. Their desires are always opposite, because the body of the first Adam is fallen, that is, always willing to do evil, and the Spirit of the last Adam is always willing to do good.

Demons, who are fallen angels, come more to attach themselves to our body, which is also a fallen nature. Both are fallen, that is why they collaborate very well. Our fallen body is always inclined to do evil, among this evil I can mention looking at pornography and masturbating. Now, **the longer you stay in the works of the flesh you will open the doors to the demonic spirits who are acting behind these kinds of works in the spiritual world.**

Demons will now come to add spiritual power to the works of the flesh. This is how demons come to attach themselves to our fallen nature which is the body. While all this is happening, the nature of Christ within us is saddened. That is why every time the one who truly loves Jesus falls into sin, he feels sadness. If you don't feel any sadness after doing

something wrong, it is proof that you have not yet really met Jesus Christ.

In short, in every activity we do, there is a reward threshold. It's the same with pornography and masturbation. An individual who looks at pornography increases his or her reward threshold because of the ultra-euphoric sensations it produces. So, since no other activity can provide the same level of satisfaction as pornography, the individual will always return to it to reach his reward threshold. This is how his body becomes dependent on it. Since he makes it a habit, he becomes addicted to it. It is at this level that the addiction of the body is created. So since he becomes addicted to it, he opens the doors to evil spirits who will come to influence him and they will add spiritual power to this functioning of the body. Because when one remains in an evil, one opens the door to the demonic spirit in charge of this evil in the spiritual world. This is how a person moves from addiction of the body to demonic obsession. And at this level of addiction and spiritual influence it is not a psychologist who will come to treat you! Jesus alone can save you...

What are their objectives?

I would like to explain two principles so that you can understand the goals of these spirits when they push you towards sexual immorality.

Principle 1: No spirit can influence the earth without the collaboration of man.

The Bible says that heaven belongs to God and He gave the earth to the sons of men (Psalm 115:16). The earth is the domain of men; it was not created for the devil. No spirit can come to exert influence here on earth without going through man. That is why the Lord Jesus Christ Himself when He came here on earth, He took on human form. The angels when they are sent here on earth, they take human form. Even the Holy Spirit to act needs the cooperation of man. If you do not give Him access, He will not be able to act in you, let alone through you. Man's cooperation is important. It doesn't mean that the Lord is not able to act without man's cooperation, but when He establishes a principle, He submits Himself to it. Since the Lord Himself submits to this principle, the devil has no other choice. He too needs the cooperation of men to manifest his works here on earth. This is how we have occultists, marabouts, sorcerers, etc. They are all channels through which the powers of darkness pass to reach the world.

Principle 2: You will manifest the works of the spirit with which you are often in communion.

If you spend time with the Lord, He will influence you. Little by little you will begin to live like Him: in sanctification, truth, love, humility, and so on. The more time you spend with Jesus, the more He influences you. You cannot meet Jesus Christ and continue to live in sin. God's presence transforms.

Just as Jesus Christ transforms you and gives you His nature when you spend time with Him, the spirits behind pornography and masturbation transform you and give you their nature when you spend your time looking at these things so that you become a channel through which they can pass to reach the world. This is how for those who are so immersed in pornography, nudity no longer tells them anything at all. They can film themselves naked and send their photos or videos to others, they can dress in such a way as to provoke others, and so on and so forth. **What I want you to understand is that the only objective of these spirits is first to destroy all areas of your life and then to make you a channel through which they can pass to influence other people.** (John 10:10)

How do they feed?

The natural is only the reflection of the spiritual. Our body needs to nourish itself to be in shape and grow. It is the same for our spirit. Our spirit (I shouldn't even talk like that because we are actually spirits) also needs to be nourished to be in shape and grow. Our spirit has the Word of God as its food. To live we need food. Spiritually, too, we need to "eat" to be healthy and grow. This is how the Lord could say to satan, man will not only live by bread (which is the food of the body) but also by every word that comes out of the mouth of God (food for the spirit). Matthew 4:4

Now, just as the food for our body is bread, the food for our spirit is the word of God, these evil spirits also need to feed themselves to be fit and grow. Their food is fornication, prostitution, pornography, masturbation, every unclean scene you watch etc. Indeed, every obscene video watched is food given to these evil spirits, it is what allows them to keep their strength, to grow, to control man while strengthening their altars.

A one-year-old baby doesn't eat the same amount of food as a seven-year-old, right?

When these spirits enter, they are not necessarily great and very influential. That's how some people say, *"I only fall down from time to time. But I'm not really hooked"*. But the more the person feeds them with acts of abominations, with impure scenes that he/she continues to watch, these spirits grow and become stronger and stronger. Especially if the person does not want to confess his sin! The more they grow up, the more demanding they become by asking for much more food than when they were small. This is how those who are under the yoke of pornography find that the amount of time they spend watching these movies only increases, and those who are under the yoke of masturbation find that their frequency of masturbation only increases. Scientists may explain this as the search for the reward threshold, but the spiritual reality attached to this situation is that behind this, there are impure spirits that are becoming stronger and stronger and it is them who are increasingly oppressing the person.

How do they manage to control man?

In reality, we are spirits, we live in bodies and we have souls. The food we need to be fit and grow is the Word of God.

Naturally when we don't eat, our body is weakened. Since our body is really weakened by hunger, even the one who is not actually as strong as we are will be able to hit and defeat us. Not because he is stronger than us, but only because he is fit and we are weak from hunger.

This is how these spirits manage to control certain men. This does not mean that these spirits are stronger than men, but it is precisely because, instead of feeding their spirits with the word of God for spiritual strength, men still continue to feed these unclean spirits by watching pornographic videos. As a result, man remains weak, and the unclean spirits grow in him and become strong. That is why they dominate him.

Are these spirits stronger than us?

We are created in the image of God, we are not "**just anyone spiritually**". The only Spirit who can fill us completely is the Holy Spirit. Demons are small spirits. I say they are small!

In the Bible we see the story of the fool of Gadara. In this man lived a legion of demons. Let's read this story:

They (Jesus and his disciples) arrived at the other side of the sea, in the land of the Gadara. As soon as Jesus was out of the boat, a man met him, coming out of the tombs, and no one could bind him, not even with a chain. For he had often been bound with chains, but he had broken the chains and shackles, and no one had the strength to tame him. He was continually, night and day, in the tombs and on the mountains, crying out, and bruising himself with stones. When he saw Jesus from afar, he ran to him, bowed down before him, and cried out in a loud voice. What is there between me and you, Jesus, Son of the Most High God? I beseech you in the name of God, do not torment me. For Jesus said, "Come out of the man, unclean spirit! **And He asked him: What is thy name? And He answered and said unto him, Legion is my name: for there are many of us. Mark 5:1-9/**Translated from the French version Louis Second.

A legion is a corps of Roman infantry¹ that varied from four thousand soldiers under the Roman Republic to six thousand under the High Empire and about a thousand in the Lower Empire. If we must consider this definition of the word legion, then we understand that **in this man there were more than a thousand demons**. If more than a thousand

¹ Soldiers or military units that fight on foot, in modern times typically with rifles, machine guns, grenades, mortars, etc., as weapon.

demons can find abode in **one man**, see how small they are, because the house must be large enough to be inhabited by a thousand people. We are images of God, we are not just anyone spiritually. You are not just anyone, you are not a slave of satan, you are the image of God, you are a child of God, you are an heir of God. In the whole universe there are no other spirits created in the image of God except you and me. So don't let yourself be dominated by spirits that are "smaller" than you. In Jesus, the Holy Spirit within us, we are spiritual giants.

The kingdom of darkness is not stronger than we are as long as we remain attached to the Holy Spirit. Otherwise the devil will play with us like footballs.

Chapter 7: What Happens to You

I know how to tell you what happens to you before and after you watch pornography because I have experienced it myself.

This is what happens to you!

- First you begin by feeling a strong oppression which then pushes you to view these obscenities. It's a kind of overwhelming sexual urge, like a desire to have sex. This often happens to you when you expose yourself to sexual images or sounds. Or when you indulge in impure fantasies based on videos or images you've already watched. Sometimes you feel this oppression without having watched impure scenes or listened to sexual sounds. It comes over you just like that with images that come to mind! You also feel this oppression the day after an impure dream. This means that while you were sleeping you have dreamed about sexual things, and when you wake up in the morning you start to feel a strong excitement that makes you want to act upon what you saw in your dream. It is as a result of this oppression that you watch pornography and practice masturbation.

Sometimes it's just yourself watching it out of your own lust. Sometimes it's just a simple thought going through your head that triggers these desires.

- While you feel this oppression, as long as you don't look at pornography or an obscene image that will make you masturbate, you won't feel very good and you won't be so comfortable that it will bubble up inside you.
- While masturbating you feel pleasure as if you were with a partner.
- After doing all this, all the envy you had ends and it gives way to regret. You are going to delete these videos and your web browsing history.
- You feel dirty before the Lord. You are ashamed to approach God to ask for forgiveness so much that it is not the first time this has happened. Even when you ask for forgiveness, you always fall! You think that the Lord is tired of you and that He won't forgive you anymore.
- Meanwhile guilt is eating away at you and you can't pray.

- Satan takes this opportunity to say to you "*You there! God can no longer forgive you*". This is a lie! God always forgives you when you regret having committed a bad act and ask for forgiveness. Our God never tires of forgiving us! His grace always overflows where our sins abound provided that we come to Him to ask for sincere forgiveness and make a firm resolution to forsake that sin. By the way, even God knows you are struggling! God does not condemn those who struggle, but rather He wants to help them win the battle. Only you must give Him a place in your heart for Him to act. You may think, "*What is He waiting for to deliver me if He knows I am a captive?*" The question should not be directed to God, but to yourself, what effort are you making to be set free. Deliverance will not be served to you like a cake, you must stand up in prayer. It is not by complaining and blaming yourself every day that the Lord will deliver you. You will need to adopt certain attitudes and develop certain habits in order for the Lord to act on your behalf. My friend, after asking God for forgiveness, let us also have the strength to believe that He has forgiven us. No sin is greater than God's love for you. Your sins are not too great to be forgiven. But God's grace is not an excuse to sin voluntarily and say, "*God is good anyway, I'll just go and ask for forgiveness and that's it.*" It is very bad way to know God, if Jesus Christ his Son by essence did not escape the whip, the punishment, the

insults, on the Cross his nakedness was exposed publicly to save us, do you really think that you will escape the righteousness of God if you trample on his Grace? The Bible recommends that we consider God's Love and Severity. His Goodness and Mercy should rather lead us to repentance and not to the practice of sin. (Titus 2:11-12)

understanding what's happening to you

Understand what drives you spiritually to look at pornography and masturbate.

I think I told you what happened to you before you looked at pornography. Now I will explain to you what is happening in the spiritual world.

- The oppression you feel does not come from the normal functioning of your body, it comes from an impure spirit that oppresses you and tries to control you. Don't be in a hurry to say that there is no spirit influencing you. If this were the case, since you know that pornography is a sin, you would already be giving it up by your own efforts and will. If despite your willingness to part with it, you still fall back, it is proof that there is a spiritual force that is driving you to do this. I think I

told you that when you persevere in a bad thing, you open doors to demons in your lives. So when you feel that oppression that makes you watch pornography and masturbate, know that the unclean spirit that oppresses you needs to "feed" itself to grow within you. Remember what I said before, *"just as the food for your spirit is the Word of God, the food for your body is bread, these spirits also need to be nourished for strength.* Every time you look at pornography you are feeding these unclean spirits, the consequence is that they become stronger and take control over you. Your situation gets even worse. The more you watch pornography, the more you make these spirits grow and they take control of you because your spirit doesn't have enough strength to push them away. Your spirit is not strong because you are not eating the spiritual food that is the Word of God. Also because you are not exercising yourself spiritually (regular, deep and serious Prayer, fasting, self-discipline...). The biggest problem is that the Spirit of God that dwells in you is stifled, He cannot act because of certain things you still maintain in your life, because of certain places you still frequent, etc. Since He is stifled, He cannot pour out His Strength on your spirit to sustain it. It is because these spirits are stronger than your spirit that they push you to do what you don't want to do. They make you watch pornography when you don't want to. I'm not saying that wanting to look at

pornography is a good thing! In fact, it is an abomination!

I've talked with many friends who often say *"how do I know this act is wrong but I keep doing it anyway! »*. Maybe you too often ask yourself this question. The answer is that it is not you, it is the sin that dwells within you, supported by an external influence of satanic powers. *These powers are pushing you to do this because they are stronger than you. The strength of these unclean spirits is greater than yours because you are not nourishing your spirit sufficiently with the presence of the Lord.*

- When this oppression you felt calms down after you have watched pornography and masturbated, in the spiritual world the unclean spirit *"ate its food"* (which is for you to watch pornography and masturbate) and is satiated for a time because it got what it wanted. When he is still hungry, he will tell you *"bring me food"*, like a master says to his slave, and you will still feel this oppression in the form of sexual drive, the end is that you will still be watching pornography and he (the unclean spirit) will eat and grow again. Meanwhile, your spirit, so hungry and weak, is unable to resist the commandments given to it by these evil spirits. All it takes is one thought going through your head for you to give in. All this happens to you because your

spirit is weakened by hunger, which is what makes you become a slave to these impure little spirits who are not really as strong as you are because you are the image of God. I will tell you how to overcome them, but first let me explain a few things to you. Satan doesn't change his strategy, don't you think these principles will work for you? Spiritual principles were established by God, and they work for everyone. Even the devil knows that. What I will give you are not human principles, but spiritual principles. The Word of Jesus Christ always works.

- Regret after watching pornography and masturbating proves that deep down inside you have a holy nature that grieves when you sin. It is proof that you belong to God. These spirits are taking over you right now because you are weakened by spiritual hunger. Regret is still a good thing because it reveals that you do not belong to satan but to God. Indeed, one who belongs to the serpent does not regret after committing an abomination. It is while you regret having committed this act that your heart is sincere and willing to ask God for forgiveness. Do not delay in asking God for forgiveness; if you have to cry for him to deliver you, cry. I too have cried once, to be delivered. I remember once we were coming back from a retreat organized by the College where I was studying. I said to myself, "*After this retreat, I will no longer be a slave to these*

abominations. It happened that after that retreat I fell again. That day I began to cry loudly and bitterly in the room to such an extent that I had even lost weight after crying. I remember an elder asked me this question "Are you sick?" I said no! But deep down I knew that it was this suffering that was eating away at my health. It really is a spiritual illness. Don't believe satan when he says, "You, with all you've done, can God really forgive you? ». Answer him, "These matters concern the Father and his/her son/daughter, you are not invited, and I know that if I do all that he asks me to do to no longer be a slave to this sin, he will deliver me. I have sinned against God, I have not sinned against you. My friend, don't be ashamed to approach God, especially with a sad and regretful heart, to ask for forgiveness after sinning. The sadness in your heart is proof that you belong to God. Don't confuse the sadness that leads you to repentance with guilt. The sadness you feel is according to God, and it is what makes you repent (2 Corinthians 7:10). Guilt has nothing to do with repentance. Often the devil uses guilt to keep us from moving forward and getting closer to God. And the fatal weapon against guilt is confession. The Bible states that *if we confess our sins he is just and faithful to forgive us our sins*. Not only to forgive us our sins but also to *cleanse us from all unrighteousness* (1 John 1:9). When you feel guilty, go and confess your sin, otherwise

you will not move forward in this fight. **He who hides his transgressions does not prosper.** (Proverbs 28:13) When you confess, He not only forgives you, but He also cleanses you from the sin you have just confessed. Confession breaks the power of sin. As long as we keep a sin in our heart, it will only grow and cause us more harm.

- The guilt that prevents us from praying after sinning (even if that sin is always repeated) is nothing more than the influence of the devil to discourage us and to finish us off. When you decide not to fall again, but always relapse, always remember that verse where Jesus-Christ is saying, *"I do not condemn you, go but sin no more.* Read John 8:11. So you will still have the strength to continue the fight. Learn from your mistakes and avoid committing them next time, that's how you move forward.
- When you make the decision to give up these things and you still fall, it is either because you wanted to overcome them by your own efforts or you are not disciplined. When you discipline yourself to overcome these addictions you must necessarily associate this with regular, deep and serious prayer. When you pray regularly, deeply, and seriously to overcome, you must necessarily associate this with self-discipline. You cannot pray to overcome these things on the one hand and kiss your

boyfriend or girlfriend on the other hand knowing that this will awaken sexual impulses in you that are likely to cause you to fall. You cannot pray on the one hand and on the other hand exchange obscene text messages with someone. You can't pray for victory on the one hand and on the other hand watch video clips where the girls are almost naked, it's just crazy and reckless. You can't pray to conquer and let your eyes see obscene posts by some friends on social networks, you have to block them outright. You can't pray to the Lord to deliver you from the grip of fornication and still go to nightclubs. You cannot pray to overcome on the one hand and on the other hand listen to this music full of fornication, sensuality, eroticism etc. Satan sits in this music my friend. Look at how these girls are dressed in clips and tell me if it is the Holy Spirit that makes people dress like this (half-naked). Don't you think satan sits in worldly music? Listen to how much they sing nonsense and tell me if it is the Holy Spirit who inspires nonsense. Tell me...Every word sown in your brain will one day bear fruit! Self-discipline also means separating yourself from worldly music because satan uses this music to hold a lot in pornography, I will explain this to you when I give you the principles to defeat pornography.

- When you sometimes think that you will not be delivered from this sin, satan mocks you

and he is happy! Yes, it also happens to him to be happy and I can imagine his smile! His smile is just a mask that hides great anger and jealousy towards us. When he laughs at us while we are afflicted or while we are held captive by sin, he knows that his smile is only a semblance. He never laughs at us, in fact, he just pretends because deep down he knows that he is the loser. He is happy (a semblance of joy) as long as you don't know what you really are so that he can continue to exercise his power over you. By the way, even when he dominates your life, his domination is never secure, his power over you is never stable because he knows that there is a formidable enemy that can overthrow him at any time. This enemy that satan fears the most is called Truth. All you have to do is know the Truth and apply it to give the devil a knockout blow. The greatest weapon man has against the enemy of our souls is the knowledge of the Truth, my friend, the day you know who you really are, the devil will have a problem. That's why he works hard to keep us distracted by presenting the world and its desires to us so that we don't worry about knowing who we really are. So that we don't know why we are here on earth, what our mission is here on earth. Let me 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 we call a walk. We all came

with something special (just like our fingerprint) that we have to leave here on earth before we leave it, after we return to our Homeland (Heaven). When you understand this you will leave the distraction of the world and come even closer to Jesus Christ to ask Him why you came here on earth. Otherwise you will only be walking around uselessly and the day you will be in front of the Lord what will you say? *Lord I have 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 give an account of the mission he had entrusted to you. And if so far you don't know the mission that the Lord has entrusted to you, what will you say on that day? Doesn't the parable of talent teach us? In addition to this, when people die, we often say "*Rest in peace*", even to one who has died in sin. I would like to tell you today that the only one who *rests in peace is the* man who died in Jesus Christ and above all who knew the mission that the Lord entrusted to him and endeavored to fulfill it. Moreover, one rests only after having worked. When you have done nothing on earth, why will you "rest" ? I will close the parenthesis.

You see my friend satan is depriving you of many things by holding you back in pornography and masturbation because you cannot know your mission while being a slave to these sins. You cannot grasp God's blessings with chained hands. Even this talent

that God has given you is being stifled because of pornography and masturbation. If I were still under these yokes, do you think I would be able to write this book? If I hadn't written it, would you be reading it now? Imagine how many lives would have missed it if it hadn't been written. Likewise, you too have things to do for the Lord and you will only be able to discover them when you decide to leave pornography and masturbation. Satan will destroy you if you do not make a firm resolution to overcome these sins. In short! Leave the distraction and get to know Jesus Christ otherwise you will never know your mission here on earth.

What happens while you watch pornography?

- You come into contact with unclean spirits.
- You feed them and they still become powerful within you.
- You are polluting your brain.
- You stifle the work of the Holy Spirit within you.
- You are stifling the talent that the Lord has given you.
- You exchange your glorious destiny for a few minutes of pleasure.
- And many other things...

Let us pray!

"Lord Jesus Christ, I know that You died for me on the cross and paid the price for all my sins. I know that you don't like the way I live, but today I decide to become a true child of God. Please come and become my Master. In front of these sins that hold me back, only you can deliver me, I need you Lord, deliver me from these sins, today I give you my life. AMEN".

After making this prayer be sure that Jesus has listened to you, he is not deaf, and I invite you to read the story of the prodigal son who had been separated from his father for a long time, but the day he came home, his father was very happy and a party was organized in his honor (Read Luke 15). Know that if you have been sincere in your prayer, if you have truly resolved to abandon your old ways and come now to Jesus Christ, a feast is being held in heaven in your honor. I do not say this to flatter you, this is the reality. Whenever a single sinner repents, there is joy before the angels of God (Luke 15:10). Now that you have become a true child of God, what should you do? You must separate yourself from everything that kept you away from Him during all those years (alcohol, drugs, worldly music...).

Questions/Answers

Georges: Anne, have you understood how spirits feed?

Anne: Yes, Georges.

Georges: What did I say about that?

Anne: I am a spirit created in the image of God and I live in a body and I have a soul. Just as my body needs bread to grow, my spirit also needs the Word of God to grow. And as for unclean spirits, I open the door to them when I persevere in evil. When they enter, they will also need food to grow. If the food for my body is bread, the food for my spirit is the Word of God, those spirits are nourished when I look at pornography and when I masturbate. In fact, every obscene video I watch is food given to those spirits. The more food I give them, the more they grow. The more they grow, the more they now take control of me. That's what I've learned, Georges!

Georges: Very well understood Anne! We have now reached the eighth chapter of the book. This is where I am going to tell you what you need to do to defeat these powers that work behind sexual perversion. With all that I have already explained to you, and what I intend to tell you in the next chapter, I believe that you will understand in a clear and practical way what you need to do to leave these yokes of the enemy.

Anne: Thank you Georges!

Chapter 8: A Guide to Overcoming Pornography and Masturbation.

I will speak to you in terms of principles (laws). The particularity of principles is that they work everywhere and for everyone. For example, **the law of sowing and harvesting**: Wherever you are, in Africa or America, whoever you are, you can only reap what you have sown. If you have sown the kernel of a mango, do not expect to harvest avocados. Another example is **gravity**: It is the force that attracts bodies to the center of the earth. Any thing that you throw in the air will return to the earth. This principle works everywhere and for everyone. If you go up to the top of an eight-story building and throw yourself on the ground, we don't even have to think about what will happen to you. Indeed, gravity will pull you down, whether you are the richest man in the world or the poorest man in the world you will break your ribs. Another principle is: **One day equals 24 hours**. Whether you are black or white, whether you are in Europe or Asia, your day will always be equal to 24 hours. No one will be able to wake up one morning and say that from now on his days will be 35 hours. There are many such principles that govern our physical and visible world.

Just as there are principles that govern the visible world, there are also principles that govern the invisible world. You know, sometimes we pray but we pray without knowledge. There are things that don't necessarily require prayer, you just have to have the knowledge, apply it and you will see the

results. The devil is not always impressed by the number of hours you spend in prayer, what scares him the most is the quality of the knowledge you have. Often we pray even where we need to apply the knowledge. That is why the Lord says that we perish because we lack knowledge (Hosea 4:6). We pray a lot but sometimes we pray without intelligence. That is how many say, *"I have prayed to the Lord for a long time to be delivered from these addictions, but so far I have not seen any results."* It's not always a question of praying a lot, it's a question of praying intelligently.

I will teach you how to fight, and with the right weapons!

That's what you have to do to overcome these things!

1. Receive the Lord's love for you

You know as well as I do those moments when you said to the Lord, *"I promise you, I'm not going to do that anymore. Forgive me!"* And a few days later you fall again. Shame and guilt take hold of you, you don't know what to say to the Lord so much that you haven't kept your promise. In the meantime, the devil comes and says to you, *"You there! With all your sins, God can no longer forgive you."* You sink, you cry, you sink deeper and deeper into evil, you feel lost!

I've been through all these things too. I also thought that God was fed up with me, I thought he was thinking *"Enough is enough, I have to punish this little boy. He has to go to hell"*. Every time I fell asleep at night, I was afraid to sleep because I was

afraid to die. Maybe, I told myself that if I sleep, the Lord would "*kill me*" because He is angry with me. I would try not to sleep all night, and when I couldn't resist sleeping, I would say a very small prayer, "*Lord please don't kill me. I will repent!* ». In reality all I thought about the Lord was a lie, lie and lie! Everything I thought about God was the opposite of what He felt for me. He was rather compassionate, He was only waiting for me to actually open a door for Him to come in and rescue me.

Jesus Christ loves you despite your weaknesses. It is for you that He gave His life on the Cross, it is for you that they spat on Him, it is for you that they pierced His hands, it is for you that they pierced His side, it is for you that they humiliated Him, it is for you that He died. He gave everything for you, even before you were born. Before you committed your very first sin here on earth, Jesus Christ had already died for you. Do you understand this? I don't know what to tell you about His immense love for us, Jesus loves us very much, He is truly in love with us. If you feel dirty before Him because of your sins, it is exactly for you that He came here on earth. For He says in His Word that He did not come to seek the righteous but those who were lost (Luke 19:10). If you feel lost, it is exactly you that Jesus is looking for. Not those who pat themselves on the chest saying they are righteous before God. It is you who are ashamed of yourself that Jesus is looking for, He wants to lift up your head.

We often think that Jesus condemns us when we fall, far from it. I am going to tell you a story that you will find in the Bible (John 8:1-11).

One day, scholars of the law and Pharisees came to Jesus with a woman who was caught in the act of adultery. According to Jewish law, such a woman should be stoned to death. When they came with her to the Lord it was to test Him, to find out if He would allow them to stone her or not. If Jesus said "*stone her*," then He would be contradicting the message of love that He Himself preached. If, on the contrary, He said "*do not stone her*", He would contradict the Mosaic Law, He who is a Jew. They thought they were setting Jesus up to finally find an opportunity to accuse Him. Then the Lord simply told them "*he who has never sinned among you throws the first stone at this woman*". Accused by their conscience, knowing that they themselves were sinners, they laid down their stones and went away. When Jesus was alone with this woman He asked her, "*Woman, where are those who would condemn you?*" There was no one left. And Jesus said to her, "*Neither do I condemn you, go and sin no more.*"

Jesus was the only person who had the right to judge or stone this woman since He never sinned, but He had not done so. Because He does not desire the death of the sinner, but He wants him to repent and change his life. Ezekiel 33:11

Jesus does not condemn you, just as He did not condemn that woman who was caught in the act of adultery. Jesus loves you, He does not condemn you. Every time you cry and cry out to Him for forgiveness, know that He forgives you if only you are sincere. Peter once asked Jesus, "*How often must I forgive my brother when he hurts me?*" The Lord replied, "Seventy times seven." Read Matthew 18:21-22. If you do the math, it will be four hundred and ninety times. Imagine someone hurts you 490

times and 490 times he comes back to you asking for forgiveness, Jesus asks you to forgive. It's unbelievable! In reality the Lord is just saying, "Always forgive". If Jesus asks us to always forgive no matter how many times we are outraged, how much more will He forgive us every time we turn to Him for forgiveness. Jesus loves you, and He forgives you. Your sins are thrown into the ocean of forgetfulness every time you ask for forgiveness. Receive His love. *"I am weak, but I know that Jesus loves me and He will help me"*. Confess it every day!

Your sins will be forgiven only if you also forgive others their trespasses. Sometimes what blocks you is the lack of forgiveness for others. So much so that you don't forgive others, in turn when you ask the Lord for forgiveness, you feel as if heaven is blocked. Free the people you have imprisoned in your heart. Forgiveness is the first weapon. Your sins are forgiven by the Blood of Jesus, and you too offer forgiveness to others to release the power behind forgiveness.

One day the Lord told me, *"If you want to defeat satan, you must learn to do things that he cannot do"*. Example: Asking for forgiveness and forgiving.

2. Be determined from the bottom of your heart

When we go to a supermarket, there are two categories of people we meet. The first category is the people who go around the supermarket, they appreciate the items sold but are not ready to pay the price to get them. So someone will say *"This milk can is good, I would like to have it at home"*. It all

ends there, with a wish. But the person is not willing to say, *"I'm going to work, and I'm going to come and pay the price for it."* This is a figure of those who know that pornography and masturbation are sins, they would like to get rid of them but they are not willing **to pay the price to be delivered**. They just stay in wishes *"I would like to be free of it someday"*. But they don't do anything to be delivered. Are you willing to pay the price to have that deliverance? Have you really made up your mind from your heart or is it just an empty wish? Most people pretend, that's why they are not delivered. From the bottom of their heart they have never decided to change but in their mouth they want to make the Lord believe that they want to change. If you have not yet made a decision from the bottom of your heart to change, nothing is going to happen. The second category we encounter is people who enjoy the items and pay the price for them. They represent people who desire deliverance and are willing to pay the price to get it. They are willing to sacrifice themselves to get what they want.

Deliverance will not be served to you on a plate in the ease, you must sacrifice yourself. There are people who are waiting for Jesus to miraculously deliver them when they make no effort to be delivered. Are you determined from the bottom of your heart to change? If not, close this book and give it to someone else please.

3. Confess your sins

This is where several people are blocked. Shame, fear of being judged, pride of self, are the things that prevent many people from being liberated. By nature, man does not like to demean himself, we do not like our own pride to be touched. But here to overcome you need a lot of humility. It is a battle that only humble people can win. If you hide your sin and think that you will defeat it alone, you are wrong. There are some battles that we can never win alone, especially spiritually, we need others. Humility comes before glory, they say. In this struggle humility is a powerful weapon against the devil. Let's take a look at these stories.

When the Israelites were at Rephidim, they were attacked by the Amalekites. So Moses told Joshua, "Have some men ready to attack the Amalekites tomorrow. I will stand on hilltop, holding this walking stick that has the power of God." Joshua led the attack as Moses had commanded, while Moses, Aaron, and Hur stood on the hilltop. The Israelites out-fought the Amalekites as long as Moses held up his arms, but they started losing whenever he lowered them. After a while, his arms were so tired that Aaron and Hur got a rock for him to sit on. Then they stood beside him and supported his arms in the same position until sunset. That's how Joshua defeated the Amalekites. Exodus 17:8-13.

The Bible says that when Moses raised his hand the people of Israel won, but when he lowered his hand the enemy won. When Moses' hands were weakened and he could no longer raise them, Aaron and Hur came to support them. If Moses was alone, surely Israel would lose this battle, since its strength came from the hands of the one on top of the hill.

You see, to win some battles you will need Aaron and Hur. Make no mistake, you will not get good results by trying to fight alone. Sacrifice your pride and confess your weakness.

A second example is the story of this paralytic.

Jesus went back to Capernaum, and a few days later people heard that he was at home. Then so many of them came to the house that there wasn't even standing room left in front of the door. Jesus was still teaching when **four people came up, carrying a man on a mat because he could not walk.** But because of the crowd, they could not get him to Jesus. So they made a hole in the roof above him and let the man down in front of everyone. **When Jesus saw how much faith they had,** he said to the man, "My friend, your sins are forgiven" ...So Jesus said to the man "Get up! Pick up your mat and go on home." The man got right up. He picked up his mat and went out while everyone watched in amazement. They praised God and said, "We have never seen anything like this!" Mark 2:1-5,11-12.

The main thing to note here is that this paralytic did not surrender himself to Jesus since his weak condition did not allow him to do so. It was four other people who brought him to Jesus. The lesson is that just as this paralytic who was weak and needed the help of people who were physically strong to be healed, you too in your present weak state need people who are a little stronger than you spiritually to help you. Pretend that the paralytic in this story is you, you don't want to be carried by others and but you want to go to Jesus yourself, despite your efforts you won't succeed. You may walk a little, but you will fall down even later. This

man was not healed because of his own faith alone, but also because of the faith of those who brought him to Jesus. Don't let your pride make you think you can do it alone. You need someone's support and backing.

The book of Proverbs says that [he who hides his transgressions does not prosper. But he who confesses them and forsakes them obtains mercy.](#) Proverbs 28:13

By hiding your sins all you manage to do is make them stronger. An evil that is hidden only grows stronger. It's a bit like mice, they like hidden, dirty and dark places. In these places, they multiply and grow. But once these places are cleaned and exposed to light, they leave them. That's the way it is with these addictions that you fight, as long as they are hidden, they will grow and dominate you more and more. But once you expose them to the light through confession, you will see that they will lose strength. You cannot defeat satan in darkness, that is his domain. If you want to defeat him, you must bring him to the light. And the light here is confession. The reason you always feel guilty even when you ask the Lord for forgiveness is because you are still hiding your sins. Confess your sins. As the Lord told me once, *"If you want to defeat the devil, you must learn to do things that he cannot do."* The devil can never humble himself, if you want to defeat him you must do what he cannot do. Humble yourself and confess your sins.

There are people who say, *"I confess my sins directly to God."* This is false, it is an attitude that hides pride. They just don't want to demean themselves. There are serious faults that you don't

deal directly with God if you really want to have peace of heart.

So who should I confess to?

This question is a slippery ground because it divides many Christians. Some say that it is not always necessary to confess one's sins to a man in order for God to forgive you, others maintain that it is very important to confess to a man of God or to others, not only to have the Lord's forgiveness but also to have a clear conscience and peace of heart.

Without wanting to enter into debates that divide us (Christians), I would like to put each one of us before his or her conscience, in order to judge alone whether or not it is necessary to confess one's sins to the priest, the pastor or one of the elders of the community.

Brothers and sisters, have you ever committed a sin and then asked the Lord for forgiveness, but not always had peace of heart? Even though you have asked for forgiveness, do you still have the feeling that you are not forgiven? Guilt doesn't leave you! Has it ever happened to you? It's a bit like the story of that sister who told how she always felt guilty and condemned by her past sins, even while serving God. At any moment her old life would come back into her mind and she always felt guilty. Does this mean that God had not forgiven her for her past sins? Yes, she was indeed forgiven. But why wasn't her conscience always clear? Precisely because sin affects not only our spiritual side but also our psychology. That is why sometimes it is not enough to simply acknowledge one's sin before God

to obtain forgiveness, but to know how to confess it in order to get rid of guilt and have peace of heart.

Of course it is God who forgives, but there are cases where it is very important to confess to servants of God, not only to obtain God's forgiveness and get rid of guilt, but also to get help and accompaniment in prayer. Because if you do not fix the problem, it will come back again. This is why some people keep on confessing the same sins again and again instead of dealing with the true problem.

God's desire is not that we come at any time in His presence to ask forgiveness for the same sins that have long held us captive, but rather that we be delivered. And often deliverance is never without confession, never! If a person decides to hide his or her evil deeds in the heart while pretending to ask God for forgiveness in a two-minute prayer after a fall, he or she will never be delivered. That's how we can ask for forgiveness on Monday, Tuesday we come back again for the same sin, Wednesday the same thing...You see? It's not that asking forgiveness from the Lord for every sin is a bad thing. It's just that we have to know how to identify the real problem.

It is also important to know that you cannot expose your weaknesses to just anyone. Some people lack maturity and discretion. You expose your weaknesses to them and they go out and tell other people about them and they start judging you instead of helping you. That is why I advise you to look for a mature, discreet, and truly God-fearing person to help you in this struggle. Humility is the key that opens the door to deliverance.

If out of pride or fear you do not confess these sins, it will be difficult for you to be delivered.

Before ruin, the heart of man is lifted up; but humility precedes glory. Proverbs 18:12

4. Remain in the presence of the Lord

It is only in the presence of God that we are transformed. Many people make decisions that unfortunately always end in failure. It is because they believe that it is through their own strength and discipline that they will be able to overcome these things. You must know that without Jesus we cannot overcome sin. The Lord tells us clearly in John 15:5, "For without Me you can do nothing. It is very clear! Without the help of the Lord you will never be able to overcome these practices. You may resist for a while, but at some point you will always be at the end of your strength and you will let go. It will be like a vicious circle. You ask for forgiveness, you resist for a while, only to fall back into the same things again. Many people go through this, and because of this situation they have lost hope of ever being released, so they sink deeper.

The good news is that Jesus Christ has overcome all these powers of darkness, they no longer have any power over you. But to have the strength to resist you must be in permanent communion with the Lord through prayer, meditation, listening to his word, the Eucharist, listening to sermons. Remain in the presence of God! In the presence of God one does not fall into sin.

The reason you often fall is because you may not yet be living a serious prayer life. Without prayer you will never have the strength to resist temptation. When you remain in the presence of the Lord, you are transformed. Moses spent time with God and his forehead began to shine. Peter spent time with Jesus, and he began to speak like Him. So that the day he denied Jesus, his language betrayed him. Adam and Eve in the Garden of Eden were covered by a strong presence of God that their nakedness could not even be seen. There are so many examples to be given. In God's presence we are covered with His glory and it is this glory that breaks the chains of sin that have been holding us back for years.

What will you need to do practically? You should join a prayer group in your church, participate in the prayer moments organized during the week, don't be a Christian who, out of laziness, only goes to church on Sundays for one or two hours. Get involved in the life of the church. Praying alone at the beginning is often difficult, so it is important to surround yourself with people who are already strong in this area. I was set free, as I have already told you, when I joined the Youth Ministry of the Catholic Renewal, it was there that the Lord granted me the strength to be set free because we pray seriously. How often do you pray? Some only pray when they fall! Do you have a prayer group or do you only do Sunday services? Pray, pray, pray and pray some more!

Good attitudes alone do not save my friend. They can never save you from the chains of pornography. I remember observing the right attitudes for almost 2 months, and I still managed to

walk in purity during those 2 months. But you know my friend? It was a weight I couldn't bear anymore, and I had relapsed again. I had relapsed again, because I thought it was my own efforts that would get me out of there. In reality, it was Jesus Christ alone. This is what happens to many of those who are still under the yoke of pornography and masturbation. They think that it is their good attitudes alone that will get them out of there, that's why they always fall back into pornography.

But beware! Observing the right attitudes is indispensable, but only if it is accompanied by prayer. As long as you observe the right attitudes on the one hand, and on the other hand you do not pray, I reassure you that your efforts will be null and void because you will not be able to bear the weight that will weigh on you. In the same way, if you pray on the one hand, and on the other hand you do not discipline yourself, I make you a promise "you will fall again and again! while you are already delivered".

Discipline without prayer is a waste of time, and prayer without discipline is null and void. Discipline and prayer are two inseparable things in this fight.

Stop whining all the time and take action. You know, the most cunning spirits are not those spirits that hold you captive to these practices, but those spirits that keep you from praying, confessing your sin, and keeping you distracted.

One of the reasons you always fall is that you do not ask the Lord enough through prayer to deliver you. You think of the Lord only after a fall.

Your deliverance will come by train, and prayer is the railway you must build to accommodate it. As long as there is no railroad, there is no way the train will get where you are. The Lord has already given you the strength you need to abandon these things when He died for you on the cross, now it is up to you to seize it through a life of serious prayer.

From time to time listen and sing spiritual hymns praising and glorifying the Lord Jesus Christ. Just by singing these hymns every day, God can use them to break the addictions that dominate you. *"To sing very well is to pray twice,"* said a man of God. The story of Paul and Silas in prison gives us a perfect illustration of what happens spiritually when we pray and sing from the bottom of our hearts. We read:

After they had been badly beaten, they were put in jail, and the jailer was told to guard them carefully. The jailer did as he was told. He put them deep inside the jail and chained their feet to heavy blocks of wood. **About midnight Paul and Silas were praying and singing praises to God,** while the other prisoners listened. **Suddenly a strong earthquake shook the jail to its foundations. The doors opened, and the chains fell from all the prisoners.** Acts 16:23-26.

See what happens when you pray seriously? There is an earthquake in the enemy camp, the foundations of the prison of sexual immorality are

shaken, and the doors open. When the door opens, you have to get out of the prison. Many people are in prisons with open doors, but they don't want to get out. These are the people who are praying seriously, the Lord has already granted them the strength to give up pornography and masturbation, but these people still cling to certain things that keep them in this prison, which is already open. I am talking about you! Jesus on the cross has already paid the price for your sins, why are you still captive to pornography?

You see, just by singing to God the walls of this prison that holds you spiritually will crumble. Therefore, avoid singing things that are obscene and meaningless. This worldly music, which does not edify you in any way, is distraction. The devil uses it to distract you and prevent you from singing hymns to God lest you be set free. If you sing to God, He breaks the spiritual prisons that hold you back, but if you sing a song full of obscenities, you are chaining yourself in sexual immorality.

5. Have faith in Jesus Christ

By dint of falling into the same things one ends up losing faith sometimes. We no longer truly believe in the power of the Lord who can set us free so much that things don't change. When you pray, do you really believe that Jesus is able to do what you ask Him to do? Or are you a little doubtful, maybe that's what still blocks your prayers. When you pray, speak clearly to Jesus and believe that He is able to set you free. Believe from the bottom of your heart that it is possible to overcome these things in the name of Jesus Christ. His name is high above all names, no

sin can hold you back because Jesus Christ paid the full price for your freedom, do you believe in that? Where is your faith? It is a weapon that repels all the attacks of the enemy. You must understand that the target in this struggle is your faith. One day I was talking with someone who confided in me because he couldn't overcome his addictions. He told me something that really shocked me. He said something like, *"I think I have to change my religion because I feel like with Jesus I can't overcome these things."* At one point he had become attached to Islam. Despite this, he was not always able to overcome these things. He hardly ever responded to my messages. But one day I saw his message telling me that he couldn't take it anymore, he really wanted to be liberated. And I taught him what to do, and that was a great help to him. You see where the devil wants to take you? He wants to make you deny Jesus and doubt the power of the work of the cross. The work of the cross hurts the devil. He wants to make you lose the salvation and forgiveness of sins that you have received through faith in Jesus Christ. Where is your faith dear friend?

- **Jesus healed** the son of the king's officer (John 4:43-54).
- **Jesus expelled an evil spirit** from a man in the synagogue (Mark 1:21-27, Luke 4:31-36).
- **Jesus healed** Peter's mother-in-law (Matthew 8:14-15, Mark 1:29-31, Luke 4:38-39).
- **Jesus healed** many sick people and cast out evil spirits one evening (Matthew 8:16-17, Mark 1:32-34, Luke 4:40-41).
- **Jesus healed** a leper (Matthew 8:1-4, Mark 1:40-45, Luke 5:12-14).

- **Jesus healed** the servant of a centurion (Matthew 8:5-13, Luke 7:1-10).
- **Jesus healed** a paralytic (Matthew 9:1-8, Mark 2:1-12, Luke 5:17-26).
- **Jesus healed** a man with a dry hand (Matthew 12:9-14, Mark 3:1-6, Luke 6:6-11).
- **Jesus raised** the son of a widow in the city of Nain (Luke 7:11-17).
- **Jesus healed a deaf-mute man** (Mark 7:31-37).
- **Jesus healed** a man who had been sick for 38 years by a pool called Bethesda (John 5:1-15).
- **Jesus delivered** a moody boy from the demon who made him fall into fire and water (Matthew 17:14-20, Mark 9:14-29, Luke 9:37-43).
- **Jesus healed** a woman possessed with a spirit that had crippled her for 18 years (Luke 13:10-17).
- **Jesus healed** 10 lepers - only one of them will be grateful (Luke 17:11-19).
- **Jesus raised Lazarus from the dead** (John 11:1-45).
- **Jesus delivered me from** the grip of pornography and masturbation.
- **Jesus shed the same amount of blood for you and for me at the cross.**
- **Jesus is the same yesterday, today, and forever** (Hebrews 13:8).

After reading all these things that Jesus did for others, do you really think He can't do anything for you if you ask Him sincerely? Have faith that it is possible to live a free life in Jesus Christ. When you

pray, believe that Jesus is listening to you and that He is giving you His strength.

That is why I say to you: Whatever you ask in prayer, believe that you have received it and you will see it fulfilled. Mark 11:24

6. Discipline yourself

Self-discipline is very important in this struggle. Often we want to leave all the responsibility for our deliverance to the Lord "*it is up to Him to deliver me, I am still waiting for Him to give me strength*". We passively wait for deliverance, forgetting that we must collaborate with the Lord. If you think that it is only the Lord to deliver you and you, on your side, have nothing to do, then you will wait even for years and you will not experience the power of His deliverance. You have to discipline yourself! It is your responsibility; no one will do it for you.

The Lord said, "*If your right eye causes you to sin, poke it out and throw it away. It is better to lose one part of your body, than for your whole body to end up in hell.*" Matthew 5:29

You need to identify the things that often make you lose control and then get rid of them. Ask yourself what often pushes you towards these kinds of videos. What makes you want to masturbate? Ask yourself this question, if you find the answer then separate yourself from these things. Get away from you, run away, any small thing that can cause you to fall. Don't play with your weaknesses, you know where you often lose control so run away, run away, run away from every opportunity to fall.

What kinds of programs do you watch on television? What kinds of music do you listen to?

You can pray on the one hand, but if on the other hand you keep listening to this music that exalts sex, you will always keep falling. You can pray, but as long as you keep kissing your boyfriend or girlfriend, you will always keep falling because it will awaken sexual urges in you. You have to discipline yourself. **Discipline hurts at first, but when you get used to it, it helps you a lot.** Someone said that good habits are hard to develop but it's easy to live with, while bad habits are easy to develop but hard to live with. Either you continue to live with indiscipline and fall off at any time, or you decide to pay the price of self-discipline to live happily. You know your weaknesses very well, don't play with them!

If it is a friend who often posts these kinds of things, block him/her as he/ she becomes a source of temptation. If these are pages you have subscribed to on social networks, unsubscribe.

Discipline yourself also with regard to the use of your telephone, avoid connecting at night to the internet. When you connect to the internet you must have a specific goal. Don't go wandering around without a precise goal, that's often where you end up falling. Don't go surfing just by watching random videos on YouTube, that's when the enemy will offer you an obscene video. You need to have a goal-oriented mind. Don't navigate life on sight. Have clear, written goals for your life, you will find that it will help you channel your energies.

Before connecting to the internet you must have a goal. What am I going to do on internet? If

you have no reason to go, don't go. We often get lost when we don't really know why we are doing what we are doing.

Discipline yourself! The Lord may grant you the strength to give up these things, but if you are not disciplined you will always continue to fall like I did! I already had the strength, I really felt that I was delivered but I was undisciplined especially in the use of my phone. In reality the Lord has already delivered you, but you will not see the manifestation of these things until the day you go to confess your sins and begin to discipline yourself.

If your hand or your foot causes you to sin, chop it off and throw it away! You would be better off to go into life paralyzed or lame than to have two hands or two feet and be thrown into the fire that never goes out. If your eye causes you to sin, poke it out and get rid of it. You would be better off to go into life with only one eye than to have two eyes and be thrown into the fires of hell. Matthew 18:8-9

I will explain something that will help you a lot in self-discipline.

In the physical world, our five senses are connected to the brain, which is the seat of the nervous system. The brain controls all our thoughts and most of our movements. In the spiritual world, this is the role that the spirit plays. The soul receives information from the body (the five senses) and transmits it to the spirit. The spirit must now process the information to determine whether it is good or bad. Once the information has been processed, the spirit sends it back to the soul and the soul sends it back to the body. It's a kind of round-trip arrows.

The dominant decisions made by your spirit come to settle in your soul and become your thoughts, and your dominant thoughts become acts manifested by your flesh. To be more pragmatic I will give you an example. Your eyes happened to see something obscene, this image that your eyes saw will be transmitted into your soul, your soul will take this image and it will transmit it to your spirit. It is at the level of the spirit that decisions are made. It is your spirit that must decide whether to reject this image or accept it. So to make a decision your spirit will refer to a spirit greater than itself. It is either the Spirit of Jesus or the spirit that rules the world. It is the spirit with which you are often in communion that will influence you to make a decision. If you are often in communion with the Holy Spirit through prayer, then He will tell your spirit to reject this image and He will give you the strength to resist. If you do not pray then it will be the spirit of the world that will influence you and tell you to accept this image, then he will cause you to fix your eyes on it. Once the spirit has made the decision, it will send it back to the level of the soul. And your soul in turn will return the decision to your body. Your body will then take the action depending on whether the image has been accepted or rejected at the spirit level. And it happens very quickly that you can't realize it. Reread to better understand what I just said! This is the key to this fight, the Lord has revealed these things so that you will not remain ignorant.

It is difficult for my spirit and yours to process corrupted information (sensuality, hatred, love of money, etc.) received from the outside by the five senses and reject it right away. We constantly need the help of the Holy Spirit to reject anything that does not honor the Lord. In order for the Holy Spirit

to intervene in place of your spirit, to help you make a good decision, that is, to reject everything that does not glorify God, you must be in communion with Him through prayer. If you do not have a serious prayer life, all the corrupted information that your five senses will pick up will be transferred to the soul, then to the spirit, and your spirit will process it without the intervention of the Holy Spirit. The result is that you will make a bad decision. If it was information related to fornication, you will surely 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 it cannot do so. Our spirit constantly needs the help of the Holy Spirit Himself to walk in ways pleasing to God. This is how many people say, *"I want to give up but I still fall"*. It is true! You are still falling because, on the one hand, you are not constantly connected to the Holy Spirit through prayer, meditation, and spiritual songs that glorify Jesus Christ, and on the other hand, perhaps because of your lack of discipline. You are partly responsible for what happens to you. Note that your soul cannot send information to your spirit that it has not received from the five senses.

Your soul or mind cannot be affected by a sex-related image if your eyes do not look at it. I think you understand what I mean. That's why, in order to overcome this sin that has been holding you back for years, you need to be careful about what you let into your mind. Pay attention to what you are looking at, pay attention to the music you are listening to, and so on. Close the doors to bad information and the fight will become easier. Separate yourself from everything that causes you to fall and constantly

connect with the Holy Spirit through prayer, singing spiritual hymns that glorify God. Your firm decision to forsake these sins, your constant connection to the Holy Spirit, and your separation from the sources of temptation are the means that will help you overcome your dependence on these things. Add to this 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 driven out only by fasting and prayer, said the Lord (Matthew 17:21). Indeed, it is simple to overcome these addictions, it all depends on your firm will to break these bad habits you have developed.

So many people have not yet decided from the bottom of their hearts to fight these addictions. They have not yet decided to engage in a real battle against these things, which is why they are not always delivered. Jesus works for those who are sincere and serious in what they are asking. Sometimes we are just hypocrites, deep in our hearts we love sins but we want to make God believe that we want to be delivered. Listen! If you don't decide from the bottom of your heart to fight those sins that have been holding you back for years, God will not be able to act to help you because He respects your will to choose Him or to choose sins. The first power that will set you free is your firm decision to stop watching these kinds of videos and practicing masturbation, then God will come with His power to help you. Jesus is not going to decide for you, all He will do is accompany your decision. If you decide to give up and show it in action, then the Lord will give you the strength not to fall again.

7. Don't let go, persevere

I already want to inform you that it won't be easy. It's a battle, and as you know, in a battle it can happen that we also receive blows that hurt. While you are fighting to get rid of these yokes from the enemy, you must know that he will not leave you alone. He will pursue you as Pharaoh pursued the children of Israel, and it may even happen that you fall again. But don't lose hope if a fall happens to you, I myself have experienced it, I don't know how many times, even while serving God. Naturally, discouragement and guilt invade us, and this was also the case for me. I even remember once telling the Lord that I wanted to stop serving Him for a while because I was ashamed of myself. How can I, as a preacher, still fall into the same things? I don't know if you understand my pain and shame every time I fell. But the Lord didn't see it that way. Certainly it wasn't Him who was behind my falls, as I told you before it was my lack of self-discipline, but He allowed it to happen to teach me self-discipline. I also understood what "Jesus' forgiveness" really means. He supported me, He did not reject me.

If this also happens to you while you are struggling, know that the Lord does not condemn you. Don't be desperate, don't lose heart. Ask for forgiveness, learn from your mistakes and move forward. The one who has known the fall, who has risen up while learning from his mistakes is often wiser and more mature than the one who has never fallen. I'm not saying you have to fall, no! Jesus never fell, yet He is the wisest; we are all called to be like Him. What I am saying is that if the fall happens, don't lose courage, learn from your mistakes and you will be wiser than before. Confess

your sin, learn from your mistakes, avoid making them next time. If you fall seven times, get up seven times. Always remain in the light, do not go and hide in the darkness. If you fall, don't stay on the ground, get up! Remember that woman to whom Jesus said, "Neither do *I condemn you, go, but from now on sin no more.*" Read the story in John 8:1-11. Persevere until you are completely free, do not give up the fight. It's not over...until you win!

Voilà! You have the knowledge you need to overcome these practices. You have Jesus and the Holy Spirit. You have everything you need... Go ahead, champion.

Questions/Answers

Anne : How will I know that I have been delivered?

Georges: When you find that you haven't watched pornography for several days, it happens sometimes without you paying too much attention. When there's some kind of force inside you that prevents you from going to see these things. When those bad thoughts don't even reach your brain anymore. When you see these things, never again dare to expose yourself to erotic scenes or anything that might awaken your sexual impulses, and go into prayer, discipline and fasting again. I am talking about serious prayers.

If after a seminar or times of strong prayers in the church you really feel that you are able to give that up, because in you, you feel like a strength that can help you not to fall anymore, know that deliverance is there, it is the end, you are delivered. At this time, you will have to watch and pray more than you have

already done. Continue to pray, fast regularly and discipline yourself. Every day, you have to watch over Anne.

If after a fall, you find that you were able to not fall because there was some kind of force inside you that prevented you from looking at these things, know that deliverance is already there. Get up and continue your journey while learning from your mistakes.

How did I know I was delivered?

Strange thing! It was after a fall that I knew I had already been released. If I had fallen that day it was my own fault, as you sometimes. That's how it happened.

By the way, when I would connect to the internet at night (*something that should really be avoided*) to download music, videos, etc., my very first reflex was to go and watch the pornographic videos because the sexual impulses I felt were stronger than me. But after I joined my prayer group, things changed, at first I didn't know that the Lord Jesus had already set me free. But one day, as I logged on at night to do my downloads, I realized that I felt no desire to watch pornographic videos, no desire to masturbate, I felt a strength within me that preserved me from these things. But you know what my friend, I had fallen anyway. On that day, at least I was the one who wanted to look at these things (like you do too, sometimes you look at them because you still love them) because the Lord had already given me the strength not to fall anymore. And it was after this voluntary fall that I realized that I had already been set free. I asked for forgiveness for what I had done, the Lord forgave me, I gave

myself up again to prayer because I knew that that was where the Lord's strength came from. And the Lord supports me to this day. I am no longer captive to any sin that I always fall into, I live a full Christian life. And I will not cease to proclaim loud and clear that my Jesus Christ is my Savior.

You too, when you see that in you there is no longer any desire to look at pornography even when you are alone, there is no longer any desire to masturbate even when you are alone, know that the Lord has already delivered you.

Anne : How long do I have to wait to be delivered?

Georges: Everything depends on your seriousness towards the Lord, everything depends on your will, everything depends on you. Jesus Christ can deliver you even now. And I announce to you that He has just done so. What you have to do now is to watch over your way of life and pray that you don't fall into temptation again. One of the reasons you are falling is because you are not praying enough for this sin that has been holding you back for many years. You pray only when you fall to ask for forgiveness, but you don't pray every day to have the strength to leave this evil forever. Along with prayer, you must always be vigilant. The devil will tempt you every day, and you too must be clever to avoid falling. No longer fight directly against pornography and masturbation, the fight must be turned towards yourself now. Fight against this laziness that prevents you from praying, fight against this bad habit of spending a lot of time in front of your smartphone instead of praying, fight against yourself to stay in the presence of the Lord and avoid temptations. May God bless you and grant you the strength to walk in purity. Amen!

Chapter 9: Testimonies

With these few words, I would like to thank God for the deliverance He has granted me on masturbation and pornography.

I was so addicted to it that I couldn't go a day without engaging in this perverse practice.

When I received the Lord Jesus, I engaged in a strong struggle against these practices until I completely eradicated them.

But for a moment, I made the mistake of giving the old nature the opportunity to express itself again by the means of things that were posted on a social network.

This fall will allow a fight that had already come to an end to resurface and crucify my Christian life.

But by the grace of God, I have risen up and I continue in these days to keep watch and to engage in a permanent struggle against everything that must enter me because this is what very often triggers our reactions and emotions.

I advise you to rely on the Lord and do what you can to keep your purity.

Prince KUVUYUKA

Since I was a little boy I suffered in my interior because of pornography and masturbation. I had a double life, that's what was tearing my heart apart. On the one hand, my family took me for an example because of my performance at school, and on the other hand I knew that I was not really an example like everyone thought. I was secretly masturbating and watching pornography. But on the day the Son of God had mercy on me, He met me on my way looking for deliverance from pornography and masturbation. I opened my heart to Him, I accepted that what I was doing was not good before God. That's how I gave Him my life, and He totally freed me from this yoke of the enemy.

Even when I fell again, Jesus supported me during this difficult moment of my walk with Him. He forgave me and restored me. I testify that Jesus Christ is truly the Savior, and only He can deliver you from pornography and masturbation, if you truly give your life to Him today. Friend, there is no good time to give your life to Jesus Christ except today because tomorrow or just the next two hours are not ours and we don't know what they will be made of. Decide to separate yourself from everything that takes you away from God, and experience His power, you will see if He is not able to break this yoke that has been holding you back for many years. Jesus Christ loves you as you are, come to Him, He will transform you.

VINY BEKO BOMALEMA

It was on the internet that I first watched pornographic videos. And very quickly, I started to visit this kind of sites on a very recurring basis. It had become impossible for me to go 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 went on for three long years. However, no one around me knew about it, because despite my perverse practices, I continued to get good results at school, and very good ones.

But I gradually became aware of the impact of my actions on my father and mother. I was very saddened and very disturbed to think of all the harm that would come to them if they found out what the son they were so proud of was doing in secret. So, to avoid hurting them, I was determined to stop with these practices. But the problem was that I couldn't!

My outward appearance makes me a very well-known person in my neighborhood, school and at the university today. So, I no longer thought only of my parents, but of all those around me who loved me, appreciated me, respected me and held me in high esteem. I was tormented by the thought of what they would think of me if they found out what I was doing in secret.

I had all the right reasons in the world to stop, but I still couldn't do it. I felt like I was in a car with no brakes.

It seems, the harder I tried, the more helpless and unable I was to overcome these addictions.

I felt unworthy, ashamed of myself. I distinctly remember crying about myself many times.

In the third year of my slavery, I began to participate more actively in Christian activities. This led me to read the Bible more diligently. But on the other hand I continued to wade into pornography. Honestly, I had never thought I could pray to God about it. But one day I came across the verse:

Don't you 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 the "memo" on my phone.

"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 your support, to free me from this defilement of your temple which is my body, help me to put an end to this perversion which has been holding me for three years now."

Yes, I just wrote it down in my memo, which I keep carefully until today. But at that time I just wrote it without really believing in it because I told myself 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 end it all continued to fail. But one evening, when I was alone, I began to cry 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 was overwhelmed by what had happened. I didn't understand the significance 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 before was also the day of my deliverance. And to tell you the truth, I danced as I probably never will again. So much I had sighed after this liberation.

To be honest, yes, there were times when I fell again after that period, but I had clearly felt that things had changed.

I had now taken back the baton of command. I had now become capable of no longer obeying these impulses of my body.

The Lord had restored my dignity! He had removed this shameful subject from the top of my life. And the man I am today no longer has anything to do with what I was during those three dark years, because of God's grace.

Since that day, 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

When I was very young, I didn't know the consequences of masturbation and pornography. I went to church because I was born into a Christian family. But I did not have a personal relationship with Jesus Christ. No preacher in church talked about these abominable practices, and it didn't help me. I even defended masturbators.

My case was dishonorable. But in spite of this, in my ignorance I rejoiced very much in these destructive pleasures.

But every time I masturbated, it was like two voices talking to me. They sounded like mine, but with different logic. The first one tried to make me understand that what I was doing was not worthy of a Christian, and it encouraged me to repent. The second one accused me and discouraged me. It did not want me to go before God because I was very dirty.

My life was controlled by a shameful routine: Pornography, masturbation, repentance... And this routine lasted for years.

I bless God for some brothers and sisters in my life, they played a very important role in my deliverance. Since I was with men of prayer, then I was also getting closer to the things of God,

especially reading the Bible on a daily basis. And I began to take long breaks from masturbation and pornography, thus distancing myself from friends who influenced me in these practices.

Then God began to reveal to me the realities of masturbation and pornography. In a very clear vision I saw a woman, she had the appearance of a sea creature. Her feet were like a fish, her hair long and wet, her eyes like a ferocious animal. She was wearing chains in her hands, and she had a baby on her back. I asked her, *"Who are you?"* She said, *"I am the woman you have sex with every time you masturbate, and the woman who makes you happy when you watch pornography. Besides, here is your child, the others are on their way, and these chains will serve me to make you my slave, and to block your emancipation".*

This vision had made me conscious, and the awakening was triggered in my life. Through strong and above all sincere prayers, God set me free. He destroyed these spiritual children, and drove this demonic spirit away from me. Today I can say: I am free thanks to Jesus Christ... my thoughts are turned towards Christ. I am disciplined thanks to the Holy Spirit and His teachings. Temptation is daily, and the grace of God is a strength for me not to fall anymore, so I hold on to this grace of God.

Kevin NGWOLO

You, too, can be liberated if only you desire it from the bottom of your heart. The grace that set us free is still available to you today, it can also act in your favor if you want it. May the Lord bless you!

Say a prayer, asking Jesus to forgive you and give you His strength. Here is the procedure you can follow:

1. Begin by asking Jesus for forgiveness for all your sins.
2. Ask Him to cleanse you with his blood shed on the cross.
3. Ask the Holy Spirit to grant you the strength to walk in sanctification.
4. Say thank you to Jesus for his grace and love for you.
5. ...Amen!

Conclusion

The Lord created you for his glory and He has formed projects of blessing for your life. There is a great destiny in front of you, that's why the enemy is fighting you. You must be aware of it. If you do not decide to stop with these practices, it is going to be difficult for you to seize the blessing the Lord has for you. So many lives have been destroyed because of pornography and masturbation, do not be the co-author of your own destruction.

**Decide from the bottom of your heart to
change**

Confess your sins

Abide in the presence of God

Discipline yourself

Here are the four principal thoughts that resume this book. You have everything you need to win this battle! Go on champion and make it happen, Jesus and all the angels are by your side!

Pray with me !

Lord Jesus Christ, I have suffered for a long time from these addictions. I acknowledge my weaknesses; without you I can't overcome these sins. Today I give you my life, come and be my master. I open my heart's door, please come and deliver me. Son of God, deliver me, I wait on you alone. It's in your name Jesus, that I pray. All the Glory, Power, and Reign be to you forever.

AMEN!

APPENDIX

How will you know that you are delivered?

No one will tell you, but there will be a kind of inner testimony in you. You will feel like an inner force preventing you from looking at these things. In the same way before, there was a force more powerful than you that was pushing you toward these things, the Holy Spirit will begin to prevent you from seeing these things too. If you notice this, then you are already free. It is now up to you to watch your step. Because if you are not careful, you may fall into the same things. And if you let yourself win, then your situation will be worse than before.

Unclean thoughts

These are really weird thoughts that go through your head. After years of watching pornography, these images can still continue to bother you even if you are already free from this yoke of the enemy. You may imagine really obscene things.

I remember I was really bothered by these kinds of thoughts. These oppressions were even

more intense when I went to church. During mass, I was imagining obscene things so much that I was not focused on the priest's sermon. In my head I really smelled dirt, I assure you. I really felt that my head was dirty! That's how I once had to share this situation with a brother who prayed for me by touching my head. While he was praying, he said, "*I see the Lord washing your head.*" And exactly, my head was washed.

Today I really feel that my head and my thoughts are purified. It can happen that bad thoughts go through my head, but I reject them right away. The evil is to accept these thoughts and feed them. If you are facing a strong oppression in your thoughts, then share your problem and they will pray for you.

Unclean dreams

Sometimes while you sleep you will see impure scenes. You will either see yourself having sexual intercourse with someone, or you are masturbating, kissing, etc. For men it causes ejaculations during dreams, and for women it is excitement.

If you have already decided to stop with these practices and you still see them in your dreams, don't panic. It is a strategy of the enemy. In reality, since he can no longer have you in reality, he will start attacking your dreams. Often when people see this,

they get discouraged. This is exactly what the devil wants to sow in you. He wants to discourage you so that you will give up the fight. Don't fall into this trap.

It may be night-time pollution, but if you find that it happens often, then share this problem with someone who fears the Lord and whom you trust. Also before you go to sleep take time to pray deeply, ask the Lord to purify your whole being through His blood. Persevere, until it ends.

After defeating pornography and masturbation, you will still have fights either in your thoughts or in your dreams. But don't lose heart because Jesus Christ has conquered all the power of the devil. He is able to deliver you from all these things. I am a living testimony...

Servant of God and addict?

I don't know if you can truly serve the Lord and be addicted to these things at the same time. But what I do know is that many of those who serve God find themselves in these things. Out of weakness or hypocrisy, I don't know. If you are a servant of God and you have fallen down, don't act as if everything is okay with the Lord. Repent, confess your sin, learn from your mistakes and move forward with the Lord. I know that this walk is not easy. Have the humility to humble yourself to say what happened to you. I myself have gone through a difficult time in my walk with the Lord, and I have

told you how the Lord has supported me during this time. He supported me because he saw that my heart was ready to humble itself and ask for forgiveness. I know it is not easy, but when we serve God, we are doubly responsible. Don't pretend, humble yourself. There are two ways God will deal with this problem in you, humility or humiliation. Humility is when you decide to humble yourself to confess your sin, and humiliation is when God resolves to expose you in public to urge you to repentance.

Prayer for freedom from bad alliances.

Pornography and masturbation unconsciously put you in alliance with several demonic powers. From financial blockage, incubus and succubus spirits, the spirit of fornication, anger, distraction, blindness, etc., to the spirit of the devil. Then this prayer will help you to stand up against this demonic spirit that is at work behind pornography and masturbation in your life, as well as all the other spirits you have opened the door to.

Begin by asking forgiveness for your sins.

Also forgive those who have offended you.

Ask the Blood of Jesus to cleanse you.

Ask the Holy Spirit to strengthen you.

And take authority over this demonic spirit that troubles you by saying the words below aloud with faith, not as a recitation. Go ahead...

1. I revoke every covenant, every pact, every evil agreement that reigns in my family and in my foundations in the Name of Jesus.
2. Blood of Jesus, according to Colossians 2:14-15 cancels and erases every evil covenant that invokes evil and woe on my life in the Name of Jesus.
3. Holy Spirit, revoke every negative covenant that brings bad luck in my life and in my family in the Name of Jesus.
4. In the Name of Jesus Christ. I rescind all negative covenants that allow the powers of evil to oppress me and my family in the Name of Jesus.
5. I renounce and break every negative covenant that leads to oppression, humiliation and that prevents me from expanding my territory in the Name of Jesus.
6. You negative covenants, which bring into my life and into my family the opposite of blessing, I cancel you, declare you annihilated by the fire of the Holy Spirit in the Name of the Risen Lord Jesus Christ.
7. Holy Spirit, repel and destroy all the evil covenants that torment my family and me, and strike them with great calamities in the name of Jesus.
8. Lord by your sword of fire, break and destroy all the evil covenants that create barriers and

obstacles in my path, in my life and in my family in the Name of Jesus.

9. Holy Spirit, by Your Axe of Fire, uproot and break the evil covenants without exception, which prevent me and my family from receiving all the blessings of God, in the Name of Jesus.
10. Fire of the Holy Spirit, cancel and completely destroy all the covenants that bring evil things around my spirit, soul, body and family in the Name of Jesus.
11. I cancel and erase by the blood of Jesus all negative covenants that allow demons to destroy my life and my family in the Name of Jesus.
12. Blood of Jesus, Fire of the Holy Spirit erases and destroys every evil covenant in my life and in my family that insults my life and opens the door to evil powers and things to intimidate me in the Name of Jesus.
13. By the Blood of Jesus Christ, I revoke and cancel every evil covenant that eats and dries my skin that God has given me in the Name of Jesus.
14. You evil covenant that belittles my life, my wealth and my potential, be revoked in the name of the Mighty One of Jesus Christ. I renounce you and cancel your effects and yoke on my life and family in the Name of Jesus.
15. Blood of Jesus, erase and cancel all evil covenants that taint my beauty, my blessings and my future in the Name of Jesus.

16. Holy Spirit of God, who searches all things, blotting out and canceling every evil covenant that covers my talents in the name of Jesus.
17. I cancel and break you by the Blood of Jesus, you evil covenant that opposes my beauty, my talents and covers my face in the Name of Jesus.
18. By the power of the Name of Jesus, I renounce and revoke you, you evil covenant that covers my abilities, skills and aptitudes in the Name of Jesus.
19. Holy Spirit, cancel all evil power that makes me mute and prevents me from receiving wisdom, insight, intelligence, and understanding, in the Name of Jesus.
20. Blood of Jesus, destroy and erase all the evil covenants that scatter, swallow and squander my riches, waste my potential and stifle my abilities in the Name of Jesus.
21. Through the Blood of Jesus, I erase all the evil covenants of hatred and failure in my life and in my family in the Name of Jesus.
22. You evil covenant that tears at my character and prevents my elevation and growth, I come against you with the Blood of Jesus and break you in the Name of Jesus.
23. You evil alliances that challenge my life and abort the good things in my life and in my family, be broken by the Fire of the Holy Spirit and forever erased by the Blood of Jesus Christ, in the Name of Jesus.
24. I render null and void any evil covenant that causes my friends, colleagues, acquaintances

and neighbors to suddenly reject me in the Name of Jesus.

25. Blood of Jesus Christ erases from my life all the bad covenants that cause me to offend those I am not supposed to offend, in the Name of Jesus.
26. May the Fire Hammer of the Holy Spirit destroy every evil covenant that curses me and my family in the Name of Jesus.
27. Blood of Jesus, destroy and erase every bad covenant that brings the curse into my life in the Name of Jesus.
28. Holy Spirit destroy and render void any covenant that restores bad partners in my life and family in the Name of Jesus.
29. Blood of Jesus, revoke and erase any covenant that allows demons to establish evil marks, emblems, symbols and designs in my life in the Name of Jesus.
30. In the Name of Jesus Christ, you evil covenants that bring headaches, sadness, suffering, pain and sickness into my life, in the Mighty Name of Jesus Christ, I reject you and revoke you forever.
31. You evil covenant that works in my life because of unclean things touched by me or by anyone of any generation in my family, be broken in the Name of Jesus Christ.
32. Holy Spirit, destroy and erase all the bad covenants that are working against me and my destiny because of the fact that I have touched things dedicated to satan, in the Name of Jesus Christ.

- 33.You alliances that are sources of bad dreams,
I revoke you in the Name of Jesus.
- 34.I cancel you, you evil alliances that allow
demons to bring problems into my life through
dreams in the Name of Jesus Christ.
- 35.Blood of Jesus Christ cancels every covenant
in my life that prevents the work of my hands
from prospering, in the Name of Jesus.
- 36.Oh YHWH destroy every evil spirit that pushes
me to watch unclean videos, in the Name of
Jesus.
- 37.Blood of Jesus Christ, erase all evil covenants
that establish a demonic veil over my spiritual
vision, understanding, thoughts and reasoning
in the Name of Jesus.
- 38.Axe of the Holy Spirit, pluck and destroy all
evil covenants that stand in the way of my
prayers for deliverance in the Name of Jesus
Christ.
- 39.I free myself from every satanic blood
covenant and every satanic soul bond in the
Name of Jesus Christ.
- 40.I free myself from pornography and
masturbation in the name of Jesus Christ.
- 41.I release my head, my destiny and my glory
from every evil covenant, every witchcraft
convent and every bond of soul in the Name
of Jesus Christ.
- 42.I am dismantling every stronghold of the evil
covenants in the name of Jesus Christ.

Contact: vinybeko@gmail.com Feel free to text me personally and give me feedback on the book. Talk about the book to people around you and offer at least one copy to someone. This book has created a great community on Facebook. The name of the page is "how to defeat porn addiction and masturbation".



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