

Overcoming **FEAR & GUILT**



IFE ADETONA

ABOUT THE BOOK

It is believed that everyone has something that they display fear towards, it's just that the degree varies. Also, some people have been trapped in guilt by the devil probably because of a sin that they have committed in the past.

Therefore, this book is here to liberate you from the clutches of fear and guilt. The book explains what fear is, how to identify it and how to overcome it. On the guilt aspect, the author explains the types of guilt and the forces that help to overcome it.

You can escape the clutches of fear and guilt by reading this book. As you read through, you are free indeed!



ABOUT THE AUTHOR

Ife Adetona is an anointed preacher of the gospel. He is the President of the Sons and Daughters of Zion [SADOZ] Global Harvest Ministries. SADOZ is an interdenominational and discipleship ministry which has seen thousands of people baptized in the Holy Ghost with the evidence of speaking in tongues and helped people develop a friend to friend relationship with the Person of the Holy Spirit. SADOZ's daily discipleship and devotional manual called Daily Communion reaches and blesses tens of thousands of people daily to the glory of God.

The author is also the president of the Koinonia Bible Institute [KBI], an online training academy of SADOZ which offers over twenty (25) courses that cut across all facets of life. Some of the courses/schools are: School of Ministry, School of Purpose, School of Leadership, School of Business, School of Prayer, School of Deliverance, School of Healing, Masterclass on Sex Education, Masterclass on Courtship, School of Mental Health, School of Sex for the married and more.

Ife Adetona is an author of over 60 books that is imparting the body of Christ maximally. He is the husband of Elizabeth Ife-Adetona and their home is blessed with godly seeds.

Overcoming Fear and Guilt

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Unless otherwise indicated, all Scriptural quotations in this book are from the King James Version of the Bible.

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Section A: Fear

CHAPTER ONE

FEAR

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

As you read this book, the spirit of fear will grow wings and take its leave off your life in Jesus name.

Fear is one of the subjects we rarely talk or preach about, yet it is an important matter that we all face in life. It is believed that God admonished us not to fear up to 365 times in the Bible. That is one word for each day. If God lay such emphasis on fear, then we must consider it.

The first thing to note about fear is that it is psychological. It deals with the mind. We do not see fear nor can we touch it, but it wields a large influence on us. It is powerful. It can hurt us and can direct the course of our lives. It can maneuver one's life and drive it. Fear is so strong that it can result in sickness. It can result into a mental breakdown and ultimately death.

A merry heart doeth good [like] a medicine: but a broken spirit drieth the bones. Proverbs 17:22

Fear deals with the mind and the **mind is the nucleus of the whole human system**. You have the body, the mind, and the spirit. It is the

mind that interfaces between the body and the spirit. Any force that will control your life must stay in a stronghold and the mind is the stronghold. If anything is to go wrong with your body and spirit, it will start from the mind. When you have fear in your mind, then there is trouble. Fear is a disease of the mind and there's no limit to the damage it can cause. The Bible says fear has torment (1 John 4:18).

Fear appears in 3 conditions which are: physical, spiritual, and medical or mental.

A. PHYSICAL CONDITIONS

This has to do with fear resulting from or reflecting on a physical situation. It could include one or more of the following scenarios:

- When the source of fear is physical.

This is when the fear emanates from the existence of a physical object. For instance, if you know there is a dog in a compound and you are afraid of entering the house because there is a physical thing that can attack or have a negative effect on you.

- When you're fearful because of a previous experience.

You may not necessarily be afraid of the dog in the compound but because a dog had bitten you or someone you know before, then you are fearful of dogs. One of my grownup daughters in the Lord is afraid of hens and chicks. She can't even touch them nor stand them. I had to ask her why she is so fearful of them and she relayed her experience to me. A mother hen had once attacked her younger sister brutally. That incident

occurred when she was a child yet, she has been so afraid of hen till then.

- When you're fearful because it can cause physical hurt.

You are afraid of the dog because it can bite you.

Characteristics of Physical fears

- Physical fear differs from one person to the other.

That daughter of mine was afraid of hen, yours can be different. You might be wondering if a grown adult can be afraid of an ordinary hen. She is a professional nurse and could stand emergencies. Another person may not be afraid of hen but unable to stand blood in emergency situations. I have another daughter of mine who is smart, strong, and bold. She can kill a hen. She once killed a snake with her slippers. She can handle other daunting tasks but she is scared of cockroaches and rats. Another person's fear might be standing before a crowd while that same person may find other higher responsibilities easy to handle.

- Some physical fear could be unreasonable.

No matter the stories behind them, some fears are ridiculous. These include fear of pests such as rats or cockroaches.

- Some fears are reasonable yet not necessary

An individual might be afraid of driving at night which is quite understandable but then such fear should not be tolerated for long. What will happen when there is a necessity to drive at night?

B. SPIRITUAL CONDITIONS

I have told you about fear as a physical condition. Fear as a spiritual condition is when the fear has a spiritual source. When there is an evil spirit of fear tormenting an individual then, it is demonic. Such person's heart beats hard and feels frightened all the time. Such situation has a spiritual undertone.

It is also a spiritual condition when you are fearful of physical elements such as witches, wizards, spells, charms, herbalists, sorcerers, magicians, and so on.

C. MEDICAL OR MENTAL CONDITIONS

This is when the fear you have for a thing is already affecting your health; when it's already turning into a health concern. It could be depression, high blood pressure, heart failure, and so on.

CHAPTER TWO

OVERCOMING FEAR

Information and experience fuels fear. To overcome fear, the first step is to unlearn some things from your mind. Ife Adetona

I believe this is the chapter you look forward to. Fear is all about the mind. The mind is where it stays and where it rules. Hence, to overcome fear, you need to look into your belief system or mindset. There are two major fuels for fear and they are: Information and Experience. If you never knew there was a dog in the compound and no one intimated you, you would walk into the house freely without any iota of fear. You will be bold in all you do because you are oblivious to the existence of a dog in that compound.

The day that my daughter who had a fear of chicken that I referred to earlier will overcome her fear, she was on a bike with another commuter who was carrying a full grown chicken. She wasn't aware at first else she would have screamed and jumped off the bike. By the time she became aware, the bike has covered some distance and she was somehow at ease.

Information and experience fuels fear. To overcome fear, the first step is to unlearn some things from your mind. You have to overwrite contradictory information and experience. That daughter of mine was able to hold herself on the bike because I had just lectured her on her fear that same day. She was leaving my house to her place when she had that encounter.

Fear is not something you can ignore rather; you have to handle it properly. Fear can be likened to some diseases; when you contract it and you ignore it or shun it, it will appear as if it is no longer a threat until it comes back much later in a fuller force. You have to overcome fear and not disregard it. When you give room for new and positive information, you will be changed from being fearful.

PROCEDURES TO OVERCOME FEAR:

1. Identify your fear.

Ask the question: "what?" *What exactly is my fear?* Isolate your fear. Pinpoint it and single it out. Don't generalize or assume. Be specific! We make our problems complex and unsolvable when we overgeneralize them. But we start solving it by isolating it and picking it out.

For instance, a student who says he is tired of schooling should be asked what exactly he is tired of. It could be exams, a particular course or teacher. When you lump things together, you make your situation appear unsolvable but when you lay it bare and pieces it, it becomes simpler. Proper diagnosis they say is half the cure.

2. Ask yourself the reason behind the fear.

Ask the question: "why?" *Why am I fearful?* Understand the reason and source of your fear. If you analyze this critically, you will realize that it could be information, foreknowledge, experience, or even the consequences that it will bring that is causing the fear. When you understand your problem, then your solution is on its way.

3. Look for the way forward.

After answering the questions above, you can now ponder on how to go about resolving that fear. One thing I ask myself is: how long can I go on with that fear? I developed a phobia of sitting in front of vehicles due to the accident I was involved in. I deliberately asked myself just how long it was going to take to live in that fear. Then I decided to face that fear and I began to sit in front of vehicles once again. There was a time I had to take a long journey and deliberately sat in the front. That is something I don't do normally for a long journey but just to face my fear that day, I did it.

At some point, you may have to face your fears while at other times; you may have to change the people in your circle. You may have to change the literature, books, and other information you consume. You may have to change your environment. You may also have to pray and believe by faith that you have overcome the spirit of fear.

The scripture says that you have not being given the spirit of fear but of a sound mind!

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind. 2 Timothy 1:7

Application of the Procedure

Let's see how this procedure can be applied to a case of a person that is fearful whenever he is going to sleep at night.

The first thing is to ask: *what?* The first step is to find out in precise terms the cause of the fear. Is it because of his health or the dreams he usually has at night or what exactly makes sleeping at night a problem? What exactly is the fear all about? Let's say the fear is about armed robbery.

The next thing is: *why?* Why is he afraid of armed robbery? *Has he been robbed before? Or he heard a rumour or news of someone that was robbed? Or is the area is prone to robbery attack?*

When you get the answer, then you can look for the solution which is the way forward. Is he going to move away from the house or get a security system or ensure that the doors are locked and trust God to keep him safe? If he is going with the last option, then he has to do the needful in ensuring that the doors are locked and develop his faith in God.

My belief is that if it is God that kept me yesterday then, He is capable of keeping me today. I will simply look for scriptures that guarantee my safety. Confess, Declare and Announce it repeatedly, close my eyes and go to sleep. I tell you, you may not find it easy to sleep the first day as you will be waking up intermittently but what you are to do each time you wake is to repeat the confession and sleep again. In a number of days of doing this, you will be bold as a lion because your mind become convinced that He that watches over Israel does not sleep nor slumber.

When you handle your fears like this, you begin to gain mastery. If you used to have 120 fears, it will begin to reduce. As you apply the

procedure, you will soon find out that all your fears have become a history.

CHAPTER THREE

TEMPERAMENTS AND FEAR

The difference between a pessimistic person and an optimistic person is not actually the absence of fear, it is forging ahead in spite of the fears.

There are 4 basic temperaments. They are: Melancholic, Sanguine, Choleric, and Phlegmatic. Of all these four temperaments, two are more prone to fear. These two are the Melancholic and the Phlegmatic; with the upper hand being Melancholic. Naturally, a melancholic is a very calculative person who takes precautions and is willing to know the implications of things before indulging in them. They pay attention to details and this nature increases their tendency of being fearful. Hardly would you see a melancholic trying out new things or new methods because they are afraid of the results it will bring. They prefer to stick to the old predictable method.

People with this temperament can make a broad of anything, no matter how trivial it seems to the average person thus, introducing fears in them.

If you are fearful by the reason of your temperament, you do not say: *That's just me, or I'm naturally fearful.* Even if you have a million fears, start by identifying and isolating one after the other. Anytime you have to face your fears, you have to bring them to the table and sort it out. Be truthful to yourself about your fear. Your fear may not even be real. That is why it is good you speak to someone or to yourself. You may feel a compound will have a ferocious dog all because they have a fence but

that can just be a figment of your imagination. Someone may come by and tell you that there is no dog there. Do not allow your imaginations or thoughts to keep you in the bondage of fear. Isolate and deal with just as I have described earlier.

THE FORCE OF FAITH

Make a statement of faith. Declare to yourself that you have the spirit of sound mind and not of fear. Pray and sleep. With time, you will get over it and by the time you overcome fear in one aspect of your life, you can be able to overcome it in others. Once you can overcome the first, it gets easier to overcome the rest.

Pessimism

Some people are naturally pessimistic. They are always considering the downside of things without giving thought to the bright side. A choleric person is usually optimistic. They look out for opportunities and take charge. A melancholic on the other hand is pessimistic.

Meanwhile, the issue of pessimism goes beyond temperament. If you are pessimistic or have a pessimistic fellow around you, you will find some of their fears very silly. To help them, you don't shut them down or shout at them rather, you let them say their fears and assure them of a positive outcome. Motivate them, quote the scriptures, share personal testimonies with them and if you are close to them, use their past successes to motivate them.

As a minister of the gospel, sometimes when my wife expresses some fear as regards a situation, I do not shut her down rather, I allow her to relay

her fears to me and give her assurance. When a person is afraid or anxious about the future, what they need from you is assurance. The assurance could be words, evidence, or testimonies. I would eventually turn my wife to the Scriptures and read together but at first, I make her feel comfortable talking to me and give her positive assurances. I am a very optimistic person and my optimism is highly contagious.

In your own case, you may not have someone to speak to or to assure you but you can help yourself by speaking right to yourself and reminding yourself of what the word of God says. I didn't grow up as an optimistic person. I used to be fearful too but since I gave my life to Christ and became spirit filled, I have allowed the Scriptures to change the way I think.

The difference between a pessimistic person and an optimistic person is not actually the absence of fear, it is forging ahead in spite of the fears.

In some cases, when you have a task at hand or a project and you're very fearful about it, you shouldn't just ignore it and carry on anyway. Instead, you should examine the task and determine the best way to approach it. Research and deal with facts. You can also meet with experts. This will go a long way to alleviate your fears and better prepare you to face it in the case of any. But when you realize that there is absolutely no reason to be fearful but you can't just take the fears off your mind then, you have to handle it spiritually by casting out the spirit of fear off your mind and life in Jesus Name.

Above all, you need the shield of faith to fend off every fiery arrow of fear and disbelief. A believer must be a man of faith and trust in God that all is going to work out well.

Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. Ephesians 6:16

CHAPTER FOUR

SPIRITUAL FEAR

And we know that we are of God, and the whole world lieth in wickedness. I John 5:19

One major source of fear that we cannot ignore is that fear is spiritual and (can) have occultic powers. We can pretend for all we like that it doesn't exist but we know that it does exist. Occultic powers are real. The media has succinctly passed that message to us and the church has magnified it as well. An average African Pentecostal church spends about $\frac{1}{3}$ of the service hours tackling these principalities.

Many people here in Africa believe that there is somebody somewhere that is ready to manipulate them with demonic forces or someone is watching them through a spiritual mirror. It is not strange for me to hear people say some spirits are afflicting them because they see them as a threat.

The fuel for this spiritual fear is not the fact that it exists but rather, the fact that we keep hearing words about them and keep magnifying them more than necessary. In fact, that is the reason they have a foothold in people's life. Instead of that, why not magnify the scriptures? There are churches that would bind and loose from the opening prayers till the closing prayers. Many prophets have no other message to an individual other than some forces are blocking their destinies or holding them down.

I John 5:19

And we know that we are of God, and the whole world lieth in wickedness.

The Bible clearly states that even though the whole world lay in darkness, we know that we are different. Faith is not a victory. Faith is the victory. Faith is the victory that overcomes the world.

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, [even] our faith. 1 John 5:4

We often love quoting scriptures such as we do not war against flesh and blood but principalities and powers. We quote these scriptures to magnify and emphasize the principalities and powers but we refuse to magnify the portion that states that the weapon of our warfare is strong enough and mighty, able to pull down strongholds.

(For the weapons of our warfare [are] not carnal, but mighty through God to the pulling down of strong holds;) 2 Corinthians 10:4

I was at my adolescence when I stopped getting overwhelmed by the presence of demons and evil ones. I started asking lots of questions and I received lots of revelations. The revelations and experiences I gathered over the years by the grace of God led me to write the book: *Mocking the Devil*. If you read that book, you will be looking for the devil and witches to mock because no fear will be left in you.

When I say demonic powers exist, I also say that we have an edge above them. Take for instance, I'm in a stuffy room; I know there is heat

in the room but don't tell me about the heat, rather, tell me about the air conditioner in the room. There could be the devil on this earth but I have Jesus as well and my victory in Him is sure. Darkness is real; witchcraft is real but much more real is our faith and victory. If you will learn to focus on that side of the equation, no demonic powers will send you underground with fears and torments.

Always remember that He that is in you is bigger than he that is in the world. Know it, believe it and say it to yourself always.

Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world. 1 John 4:4

FEARFUL THOUGHTS

Lastly, note that the problem is not having fearful thoughts but allowing it to take a root in you. You can't stop a bird from flying in the sky so also, you may not be able to stop some fearful thoughts from flashing through your mind but you can stop a bird from building up its nest on your head. In the same manner, you can stop fear from building up in your mind. You stop it by rebuking it in the name of Jesus, with the word of God and with your constant confession.

Receive power to deal with fear in every area of your life in Jesus Name.

I rebuke the spirit of fear out of your life in Jesus Name.

Every mental condition resulting from the spirit of fear, I command restoration in Jesus Name.

I ask that the peace and glory of God radiate upon your life.

Section B: Guilt

CHAPTER FIVE

OVERCOMING GUILT

Jesus died on the cross and forgave all your sins not so that you can sin freely but if you sinned, you are readily forgiven.

-Ife Adetona

If you have had some bad experiences or lived some lives and then every time you remember, it haunts you and makes you feel unworthy before God, that is guilt feeling. You just feel guilty about that particular event or lifestyle. If you are not yet in Christ when you lived those lives, the guilt in some cases may not be so much on you but the moment you are in Christ and slip into sin or you are dealing with an addiction, guilt grips your mind and takes a toll on your spiritual growth and overall mental health.

Many people cannot concentrate on their spiritual growth as a result, and the moment they indulge in that act, they feel their spiritual life gradually draining away. I am happy to announce to you that your help has come. In this section, we shall be examining all about guilt and I will show you by the Spirit of God, how to stay above it permanently.

Guilt is a mask used by the devil to torment you. It's like telling a little child that a masquerade will come and take them even when there is none in sight. The fear that the announcement drops in the child's

heart will control the child's actions and inactions. The child will begin to do your bidding as a result. The same way the devil uses the monster of guilt to scare us and control our behaviour.

If I may ask you: what is the source of guilt? Do you think it is from God or the devil? What has guilt achieved in your life so far? Guilt will only draw you farther away from God because every time you appear before Him, you are reminded you are unworthy and then you withdraw. Whenever you withdraw like that, you tend to fall into the same sin again and again. When you are controlled with guilt, you easily slip back into that particular sin. Devil uses the guilt to draw us closer to himself and farther away from God. It is a strategy of the devil.

If God wants to draw us closer to him, He wouldn't employ guilt rather, he will use love and acceptance. Has someone you love so much ever offended you and you don't want to remind them of what they've done because you don't want them to feel bad? That same way, God who is our heavenly father loves us and wouldn't want to remind us of our shortcomings. The plain truth is that He doesn't remember AT ALL. He confirmed this in up to 6 places in the scriptures, where He assured us He wouldn't remember our sins again.

...for I will forgive their iniquity, and I will remember their sin no more.
Jeremiah 31:34b.

If God said this, He meant it. He is not a man that would lie; that would say a thing and mean the other.

Devil has no right to punish you for sins committed

I do ask people in counselling sessions that if they offend their father, who beats them? *Your father or your neighbour?* Of course, *your father.* When you get late to school, who beats you? *Your school teacher or the teacher of another school?* Of course, *your teacher.* When you sin, what makes you think the devil has a right to beat you or punish you? If you sin, do you think God will throw you out or cut you away from Him? Or even make you feel unworthy?

If your child offends you, will you then throw the child out of the home or even down a cliff? No! Rather, you correct and draw close with love. Therefore, every time God sees you, He doesn't see your sins. Most times, people do not even know your sins, but whenever you appear in front of people, the devil capitalizes on your mistakes and makes you feel as if everyone could see the stains on you. Thereby, you start feeling guilty. None of his lies are true. He is only making you feel that way so you can be drawn away from the love of God.

God promised not to never remember your sins or forsake you. So, when you appear before God, you do not appear like a sinner. You are His son and He sees you as such. That you sinned does not make you a condemned sinner rather, you are an individual who make a mistake that God needs to take back to Himself.

Charles Frances Hunter, in his book: *Angels on Assignment* narrates that in one of his encounters in heaven, he was shown a book. In that book, he saw the story of Abraham. In the spirit realm, if you are shown a book or sheet containing words, you don't have to read it line by line, you will

simply understand everything written in it. I know this because I do experience it. Charles said as he was shown the record, he understood all that was in it. He realized that the shortcomings of Abraham were never mentioned. There was no record of going out of the will of God to marry his slave girl.

The man was looking for where Abraham sinned but he couldn't find it. He inquired from God and God replied to him that He doesn't have or keep such record. God told him that He didn't even remember. **That is God for you!** God is not a man that will not forgive you today and remind you of your sins tomorrow. It is man that does that. It is man that wants you to feel bad or remorseful. That is not the habit of God.

Whenever you appear before God in your prayers, quiet time and moments with God and the devil tells you that you are a sinner, face the devil and tell him to stay off as it is a "Father-Child relationship". It is God you offend and not the devil.

CHAPTER SIX

CONSEQUENCES OF SIN

The consequence of a sin is in the sin itself

The consequence of a sin is in the sin itself. Sin does not affect God, it affects you. God asked you not to sin for your own sake. So when you sin, it is a detriment to you. God loves you and would forgive you no matter what you have done. He won't send you away for your life to be destroyed; rather He will embrace you for your life to be repaired.

The prodigal son said: *I will go back to my father and I will tell him I want to be a slave.* The Bible recorded that the father ran to him immediately after he saw him from afar. Every day of that father's life, he has been waiting and praying for the son to come back. Every time God sees you in sin, He urges you to come back home to Him. This is why He is bringing this message to you through me. This is why He sends those who have preached to you. This is why He led me to write this book and to get it across to you. That is why you keep hearing messages that are pricking your conscience to return to him.

The father hugged the prodigal son not minding his appearance or what he was putting on. He still saw him as a son and not a slave. Sin does not turn you into a slave; it doesn't change your status before God. It only tells God that you need help and He is ready to offer that help to you with the provision of strength to stand strong. When you're standing tall and you fall, He is going to pick you up. He won't trample upon you. It is the devil who uses guilt to trample upon you. God uses love to raise you.

When you have a little child trying to walk and they fall, you don't even want to shout so that the child will not cry. You rush to the child, bring him up, and check if there is any hurt after which, you cheer the child up. **It is those that are walking that fall; those that are fallen do not fall.** You fell because you were standing. You fell because you were walking. When you fail, He picks you up. He doesn't trample upon you; He cheers you up. You are a child before God. You are His son. You are His daughter. He loves you so much He doesn't want you to feel bad.

God doesn't even want you to feel bad. He said *I, even I, all by myself, I blot out your transgressions, I wiped out your sins for my own sake.*

I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins. Isaiah 43:25

The next time the devil comes knocking on the door of your heart with guilt, ask him these questions:

- *Did I sin against you?*
- *Are you the one that forgave my sins?*
- *Were you the one that died on the cross for my sins?*

Say to him:

- *He that forgave me did not condemn me.*
- *He said to me: pick up your mat and walk*
- *Devil, it is not your business.*

Always live in the reality that Christ's sacrifice was bestowed upon you. You will only make God happy by standing up, not by remaining on the ground or feeling bad.

Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. Isaiah 1:18

God wouldn't even ask you what your sins were and He wouldn't punish you. Someone said; *when you say to God: I am sorry for sinning again; God would reply: who is counting?*

You have suffered enough

Sin is like putting one's hand inside fire. It will hurt. If you lie, you may lose the trust of your loved ones. If you steal, you may be caught and beaten. If you fornicate, it brings down your self-esteem and makes you feel bad. Indeed, God will forgive you but you may have suffered some consequences. If a child plays with fire and gets burnt, the parent will not leave them to it. They will draw the child close and treat him, apply ointment and honey. **You have suffered enough from guilt, suffer yourself no more.** Allow God to treat you. God specifically asked me to say that word to someone: suffer yourself no more.

Jesus has paid the price for your forgiveness. He has died for you. Come back home as God does not bear records or reckons with your sin. When God sees you, He sees the cleanliness of Jesus on you. No amount of your purity can please God rather, Christ's purity pleases Him and you are qualified. Hence, do not suffer yourself again.

Christ's holiness makes you holy before Him. God told Abraham to walk before Him and be perfect. The first time I studied that passage, I was wondering what sins Abraham committed that warranted God telling him to walk perfectly before Him. The Holy Spirit told me that the sin was not the issue but rather God's injunction to keep walking. All you have to do is to keep walking. If you fall, rise and walk again. Walk and run!

If you keep walking, you graduate from one stage to another and you are free to seek help to aid you in your growth. You picked up this book because you needed help. If you need specific or further help, we have materials that can be of help. We run a free online course titled *School of Spiritual Grooming*, we also have *Training the Trainers against Masturbation and Addictions*. Check the index pages for details.

Do not believe the lie of the devil that says you are suffering for a sin committed in the distant past. When thoughts like that come, treat them like what they are - blatant lies!!! There are other people passing through the same thing you are passing through and never committed the sins you committed.

I remembered being in a deliverance session sometimes back where a young girl was obsessed with an evil spirit. While trying to cast the spirit out, the spirit kept saying the girl belonged to it. The spirit said the girl was from the river and has a crown and all sorts. I didn't even quote the scripture, I just asked the devil when he became a creator? I queried: *when did you become a creator? Where were you when the girl was being created?* The demon kept mute and couldn't answer. I then commanded

it out. Do not let the devil tie you up in ignorance. Jesus said that he is the father of lies!

Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it. John 8:44

Your sin is never too much

Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. Isaiah 1:18

No matter how red your sins are, they are not too strong a stain for the blood of Jesus Christ to clean. His blood has wiped away your stains forever. He wiped mine too and I'm happy. I am not perfect but He has cleansed me. No one is perfect including the fellow that is judging you.

When the woman caught in the sin of adultery was brought to Christ by the mob who wanted to stone her, Christ uttered a statement that changed the course of the mob: *If any man be without sin, let him cast the first stone.* The Bible recorded that they all dropped their stones from the youngest to the oldest. No one could stone her again. Not even the wife of the man she committed adultery with or her husband! Jesus, therefore, announced Himself as the only one qualified to condemn her but He didn't rather, he instructed her to go and sin no more. Your Father is the only person with the right to punish you but He said He won't. Rather, He granted grace.

So when they continued asking him, he lifted up himself, and said unto them, He that is without sin among you, let him first cast a stone at her. And they which heard it, being convicted by their own conscience, went out one by one, beginning at the eldest, even unto the last: and Jesus was left alone, and the woman standing in the midst.

When Jesus had lifted up himself, and saw none but the woman, he said unto her, Woman, where are those thine accusers? hath no man condemned thee?

She said, No man, Lord. And Jesus said unto her, Neither do I condemn thee: go, and sin no more. John 8:7-11

My Sin is too Big

I have heard people said that their sins were too big to be forgiven or wiped away like that. I love how a man described what happened to the bigger sinner and the little sinner. The small sinner went to the river, took a small stone and threw it into the river. The water made a sound and the stone went down the river into the bottom. The bigger sinner went to the same river, carried a big stone, closed his eyes as well and threw it into the river. The stone made a louder sound and quickly went into the bottom of the river. Both stones irrespective of the size were swallowed up by the river. That is the same way your sins got swallowed either big or small.

If the speed of the stones were to be measured, the bigger stone would travel faster than the small stone. Jesus Christ even said that those who were forgiven little appreciate little but those who were forgiven much, appreciate much.

Wherefore I say unto thee, Her sins, which are many, are forgiven; for she loved much: but to whom little is forgiven, the same loveth little. Luke 7:47

Instead of you wondering and asking if your sins can be forgiven easily, what you should do is to be full of gratitude and begin to walk in the light. What God wants is for you to take actions to be totally free from the encumbrances of sin and not you feeling guilty, burying your head under the blanket, or going back to your vomit. Repeatedly going back to indulge in your past sins is like a child who is constantly lamenting over losing his father's money. The father is however consoling such a child not to cry over the money that is lost but to rather find a way to mend the pocket that is torn. God is much more concerned about helping you to come out of your situation.

Guilt is concerned about what has happened while God is concerned about a way out. When you feel guilty, you vow, you scream, you cry but still go right back to it. Those who feel guilty the most go back quickly into their sins. That is what guilt does. However, when you understand God's love for you, you know He is ready to help you out as you take action. Also, don't blame the devil for putting you back into sin. The bulk stops at you. **If you blame the devil, it means you are not ready to take responsibility.**

Guilt is not from God.

Many think feeling guilty is a sign of soberness. God doesn't need you feeling sorry. It is man that needs that. Guilt is an evil spirit from the devil and you have to cast it away from you. It will not help you out. It will keep pulling you in the mire. God loved you and died for you while

you were still a sinner. He didn't die the day you confess your sins; He has died way back. All you have to do is come to Him and repent of all your ways.

If you are battling with addiction, one thing you need to know is that you don't come out of addiction the day you decide to come out. There is a tendency you may fall back into it once or twice but with proper help, you may never fall or stay fallen. **You don't have to battle with thoughts of sinking again rather you think of the way out.** Always see yourself the way God sees you. God sees you as a child learning to walk. He sees you as His child who is still growing and lastly, He sees you as a saint in Christ Jesus.

For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more. Hebrews 8:12

This is how NLT puts it:

And I will forgive their wickedness, and I will never again remember their sins.”

God forgives and forgets

God is not your brother, friend, or neighbour who will continually remind you of the wrongs you commit. He is not human. He doesn't lie. Immediately you ask for His forgiveness, He forgives you. His concern however is for you to come out of that sin and be strong in Him. He wants to help you so you can help others. Jesus told Peter that the devil wants to sieve him. He also admonished him to help others once he's out

of that experience. **God is not concerned with the hurt you do to Him but the help you can get from Him.**

And their sins and iniquities will I remember no more. Hebrews 10:17

NLT says it this way: Then he says, “*I will NEVER AGAIN remember their sins and lawless deeds.*”

In these scriptures, God keeps saying **never** and **again**. When sins have been forgiven, there is no need to offer any more sacrifices. Don't cry, weep, struggle, lament or promise, just ask for help from the Lord. Don't try to go out of a pit by digging under your feet. Do away with the triggers, with the things that push you further into it. Be deliberate and conscious. Never blame the devil, the ball is in your court. Make your own decisions. Seek for help where you need one and keep doing what you are told to do. Never stop.

The challenge with coming out from sins or addiction is that some people neglect what they are told to do after falling back into the sin once or twice. If you fail an exam, you don't burn your textbooks and notebooks, you re-read them. If I tell you to stay away from the person that drags you into sin and you found yourself again with that person, the moment you come back to your senses, the right thing to do is to stay away again. **Don't worry about “falling and rising”. You are falling because you are on your feet. Those who are on the ground do not fall.**

In our course: *Training of Trainers Against Masturbation, Pornography and Sexual Addictions*, one of the things I tell people who claim that they don't know what pushes them to masturbate is to locate dry pepper or

any kind of pepper and put it around them. Whenever they have the urge to masturbate and they couldn't resist, they should rub a little of the pepper on their genitals. Some did it and got their freedom. Some didn't have to do that. They did other things we suggested and they were helped. Some people used the pepper but later abandoned it and fall back into masturbation. They come back to ask for more help, I simply tell them to start all over. Don't be afraid of starting all over. The first time a baby tries to walk is full of falling and rising however, **if a baby is afraid of falling, he will never walk.**

Love not Guilt

God conquered the world with love, not by guilt. He conquered our hearts with forgiveness not by reminding us of what we've done. Always see yourself as God sees you. He is your Father and eager to help you. As dirty as the prodigal son was, the father hugged him that way and instructed them to clean him up and make a feast for him.

Decide to live above guilt today. The first step to achieving that is to let the devil know his place and fate in your life. Refuse to fall for any of his antics and rather go all out for the Father's love.

You shouldn't condemn yourself over that sin anymore. I am not only talking about the sin you committed in the time past but even the one you may commit tomorrow. **Jesus died on the cross and forgave all your sins not so that you can sin freely but if you sinned, you will be readily forgiven.** In fact, He had forgiven you of all likely sins.

My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ the righteous.
1 John 2:1.

Re-dedication

Do you desire to return home right now? Do you want to re-dedicate your life to Him or start all over with Jesus? Say this prayer:

Lord Jesus, I commit my life to you. I am back home Lord. I forsake my sinful ways (mention it). I come to your love. I am free of guilt. I am clean and holy because of what Christ has done. I am in for a fresh start. Thank you Lord for accepting me. In Jesus Name. Amen.

Now face the spirit of guilt and say: *I cast the demon of guilt off my life in Jesus Name. Satan, I know your tricks. You are full of hates but my Father's love has conquered me. Amen.*

The Joy of the Lord

Once your sins have been pardoned and your past erased, you don't need to offer anymore sacrifice. You don't need to weep, lament or promise. You only need to walk in His love. The day I realized that the phrase in the Bible "*the joy of the Lord is your strength*" was not said to saints but to sinners who came into repentance, I won the battle over guilt forever. Those people, having realized their sins were trying to be sober and weep but God told them- cheer up, the joy of the Lord is your strength. It wasn't even in the New Testament but in the Old Testament.

Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for [this] day [is] holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength. Nehemiah 8:10

CHAPTER SEVEN

THE FORCE OF HOLINESS

Only God can judge you and He had justified you.

-Ife Adetona

So far, I have clearly told you not to give room for guilt and your old record is wiped clean. I am not just talking about the records you had before coming to accept Jesus but even the record of sins you committed after salvation.

Meanwhile, I should inform you of the harm sin does in an individual's life. We shall be drawing our case study from the life of the prodigal son.

Luke 15:11-32

To illustrate the point further, Jesus told them this story: "A man had two sons.

12The younger son told his father, 'I want my share of your estate now before you die.' So his father agreed to divide his wealth between his sons.

13"A few days later this younger son packed all his belongings and moved to a distant land, and there he wasted all his money in wild living.

14About the time his money ran out, a great famine swept over the land, and he began to starve.

15He persuaded a local farmer to hire him, and the man sent him into his fields to feed the pigs.

16The young man became so hungry that even the pods he was feeding the pigs looked good to him. But no one gave him anything.

17“*When he finally came to his senses, he said to himself, ‘At home even the hired servants have food enough to spare, and here I am dying of hunger!*

18*I will go home to my father and say, “Father, I have sinned against both heaven and you,*

19*and I am no longer worthy of being called your son. Please take me on as a hired servant.”*”

20“*So he returned home to his father. And while he was still a long way off, his father saw him coming. Filled with love and compassion, he ran to his son, embraced him, and kissed him.*

21*His son said to him, ‘Father, I have sinned against both heaven and you, and I am no longer worthy of being called your son.*

22“*But his father said to the servants, ‘Quick! Bring the finest robe in the house and put it on him. Get a ring for his finger and sandals for his feet.*

23*And kill the calf we have been fattening. We must celebrate with a feast, 24for this son of mine was dead and has now returned to life. He was lost, but now he is found.’ So the party began.*

25“*Meanwhile, the older son was in the fields working. When he returned home, he heard music and dancing in the house,*

26*and he asked one of the servants what was going on.*

27‘*Your brother is back,’ he was told, ‘and your father has killed the fattened calf. We are celebrating because of his safe return.’*

28“*The older brother was angry and wouldn’t go in. His father came out and begged him,*

29*but he replied, ‘All these years I’ve slaved for you and never once refused to do a single thing you told me to. And in all that time you never gave me even one young goat for a feast with my friends.*

30 Yet when this son of yours comes back after squandering your money on prostitutes, you celebrate by killing the fattened calf!

31 “His father said to him, ‘Look, dear son, you have always stayed by me, and everything I have is yours.

32 We had to celebrate this happy day. For your brother was dead and has come back to life! He was lost, but now he is found!’”

1. The consequence of sin is in the sin itself.

Consider sin as fire. If a child's father warned him against touching the fire. He may not understand that fire hurts but desists from fire so as not to offend his father. But one day, he looks at the bright and beautiful flame and was tempted to touch it. When he does, you know what will happen. He will get burnt. The Bible says you can't put fire in your bosom and not get burnt (Proverbs 6:27). As soon as he touches it, he would give a loud cry. The father would rush to him and treat his wound. The father will not condemn him, or turn his whole body to the fire but would treat his wound and wish him a speedy recovery. That has nothing to do with the father punishing him or the devil punishing him. The sin itself is a can of worms or poison that hurts on its own.

Every sin has a hurt ranging from little to more, depending on the kind of sin. If you steal my money, you will need a lot of effort to prove to me that I can appoint you as my accountant or recommend you as one. God has forgiven you for the money you stole. I have forgiven you also. But you have lost my trust. You need to do a lot to prove yourself again.

God once told me that as a young minister, if I commit a sin, especially the big sin. I hope you know the big sin. And you know that sin varies in

degree depending on its consequences. He said; if I commit the big sin, God would forgive me but men will not forgive me. He added that: “and you know that you are not living in heaven but on earth with men and not with angels”. I know of a man of God who was denied ministration on an international platform because of some sin of fornication he committed over a decade ago. You can blame those people who failed to invite him but the fact is, he still suffers from it even though, the effect is greatly minimized and managed. The heaviness you suffer, the guilt, the loss and so on are all consequences of the sin. I pray that you receive the grace to stay above it in Jesus Name. Some effects are short term and some are long term.

The prodigal son left the house and was exposed to sickness, hunger, thirst and ridicule. However, it wasn’t the father’s wish that he suffered those things. He must have learnt some lessons too but that is not the father’s way of wishing to teach him the lesson. His sin did not change his status of sonship, even though he considered himself as a slave. The moment he returned, the father hugged him, cleaned him up and reinstated him.

Guilt comes in after he has been cleaned up and he still felt dirty thinking that the father, his brother and everyone in the house still sees him as a prodigal. It is that guilt he needs to fight off because in all reality, the father was the one he actually offended and he has been pardoned.

Your body is the temple of God not the temple of a man. **Only God can judge you and He had justified you.** Remember, not even the husband

of the woman caught in adultery or the wife of that man could cast a stone on her.

2. Sin makes you walk off the covering.

We are still talking about the effect of sin. When the prodigal son committed the atrocity, he left the house. He was exposed to diseases, to the heat, to robbery, and so on. Soonest, he was hungry and desired to share meals with the pigs but no one gave it to him.

It is the same way when we walk in disobedience; we spiritually walk out of God's protection and play in the territory of the devil. This allows the devil to harm us at will. But here is the good news, it takes coming back to your senses to return. Unlike the prodigal son, you don't need to walk the distance back home. Just repent from your heart. It doesn't matter if that is the umpteenth time you are repenting; God did not keep the record of your past. As far as He is concerned, that is your first time and immediately you repent, it never existed. My prayer is that you don't sustain a lasting scar from the assault of the devil while you wandered off. And even if you did, the purpose of repentance is recovery and restoration. He welcomes you with an open arm so He can quickly attend to your wound and nurse you to health. **God specializes in turning scars into decorations.**

It is not only sin that takes us from God's covering, guilt also does.

The one guilt does is even more than the one the original sin does. A person may sin this moment and repent the next second but Satan would continue to make him feel dirty in spite of being cleansed. I won't be surprised if the prodigal son still sees himself as a slave for some time

or wandered off to eat with the animals in his father's house. His father and brethren must have done a lot of work on Him to make him feel among again. You don't have all that time to keep suffering in guilt. You have suffered enough. Shake it off. The reality is that you have been forgiven.

3. Sin affects how much can be entrusted to us.

God has forgiven you all sins you have committed and may even commit. We must remember that our sins don't end with us. It affects some people's lives and destinies. Some of them may not even have the grace and knowledge that we have to always turn back. To mitigate the effect of our sins on mankind and even on animals and the earth itself, God may not be encouraged to entrust us with more gifts, talents, opportunities and so on. A popular prophet who was mightily used by God in the healing ministry was drifting into error. He was so famous that he was known as "the Prophet". At a point, a man prophesied that: "God is taking away the Prophet so that he won't lead more people astray". He was anointed but he was drifting into heretic messages. He was already enjoying a cult followership. Some of his followers still exist today.

The man died in an accident shortly after that prophecy. He was with his wife in the car when the accident occurred. His wife died instantly but he was still alive. He laid his hands on his wife, the wife came back to life and afterwards, he died. I believe his early death was also a blessing to him else, he could have lost his soul. Just as crimes and offences may limit how men would trust us, it can also limit how we can be used by God. When the brother of the prodigal son complained of his father's partiality because of the party that was set up, the father told him that

all he has belonged to him. The prodigal son was accepted but was not immediately entrusted with the father's properties. I believe that with time, he could be trusted again.

The Bible said that in a great house there are vessels unto honour and dishonour. Remember, they are all vessels. They are all in a great house. But they are trusted differently. The reason for their trust was not determined by the master but by each vessel.

If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every good work. 2 Timothy 2:21

The criterion is simple: each man must purge himself. It is not too late to start now. Abraham started at the age of 75. The purging exercise is a daily task. The Bible says that we must constantly renew our mind (Romans 12:2).

Take practical steps towards renewing and purging- no one will do that for you but grace and strength has been supplied to you. Make a list of practical steps and take them. If at any time you fall, rise again. Keep taking the baby steps. As long as you keep taking the steps, you will soon master it and never fall into it again. Enough grace is supplied.

CHAPTER EIGHT

GUILT TOWARDS SELF

If you can't reverse it, then you have to think about the way forward. Ife Adetona

The first part of this section was on guilt towards God. In the subsequent pages, we shall be talking about guilt towards oneself. Guilt towards oneself occurs when you regret your actions or inactions as the case may be and find it hard to forgive yourself.

For instance, a lady who lost her virginity due to careless attitudes or a fellow who committed a crime may continue to suffer the affliction of guilt. Instead of settling in the thought and feelings of guilt, you have to consider the following:

- *Can I reverse what has happened?*
- *What is the worst implication that can come out of this action?*
- *For how long am I going to suffer for this sin?*
- *What can I do about the sin?*

These and many other questions are what you should ask yourself instead of saying “had I known” or “I wished” and other guilt ridden and regretful statements that does no good.

- **Can I reverse what has happened?**

If you got pregnant unplanned or impregnated someone, can you reverse it? Over the years, I've trained myself not to bother my head over what I

cannot reverse. Instead of thinking this way, I'll rather look for what I can do about it or how best I can handle it.

Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool. Isaiah 1:18.

Your past could be as red as a scarlet or crimson. It could be very bad and terrible but God has assured you of a glorious future.

If you can't reverse it, then you have to think about the future. Ask for the way forward. Your past could be as red as a scarlet and awful as anything but the Lord has promised you a glorious future. If you submit to God, He can make your scar a decoration.

For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Jeremiah 29:11

The Lord opened my eyes right now: every evil spirit laying a siege over your mind and hindering these words from penetrating, I cast off this moment in Jesus Name. Your mind is free and open to the true word in Jesus Name.

If you think this word is for you, you are now free but you have to go over and start reading this section on guilt all over. So that it can rest in your spirit.

- **Ask yourself what is the worst thing that can happen?**

Asking yourself what is the worst that can happen can help at times. But you should never allow the thought of the worst scenarios generate fear in your heart. The truth is that the worst thing you thought may happen never happens. And at times, some *worst* are nothing! They don't worth the fears.

- **For how long am I going to suffer for this sin?**

At times, you have to ask yourself how long you are ready to suffer the implications of your actions? If you misplace your parents' money and they give you some lashes, it will be painful but by next year, you forget you ever lost money. Whatever has happened has happened, you, therefore, have to forge ahead. Some situations do not have a long duration, so you have to get over them quickly and do what will move you forward. Even in a situation that seems to have a more serious consequence, the earlier you look for a way forward, the better. You may feel things will come to a head pretty quick but I assure you that the worst you feared never happened.

Stop thinking and dwelling on that thought that the worst will happen. This will prevent you from developing fear and taking the wrong steps. Your past may be so bad and dirty but your future is glorious and beautiful by the grace of God. Get yourself ready to face the actions from family and friends if there are any, but even those do not last forever. **I am sorry about your past, but the future is now in your hands.** I am sorry about yesterday but today and tomorrow are blank cheques, fill it up.

- **What can I do about this sin?**

You need to ask yourself the way forward in the situation. Do you need to make restitution? Or appeal to those involved? If you find it difficult to forgive yourself or move on, then pray. If God can make something out of the life of Abraham even at his old age, then he can do wonders with your life as well. If a man who was going to die in a few years can make a decision that can change his life, then so can you!

Alfred Nobel who established the Nobel Prizes was an arms manufacturer who invented weapons of mass destruction. His brother died in a plane crash and a reporter thought he was the one and published a news report titled: "*The Killer has been killed*". The man was shocked at the headline and was sad to learn that was what people would think of him when he dies. So he set about rewriting the script and that was said to be the reason for setting apart a large portion of his will towards the Nobel awards for people that pursue peace and not war. One of the five awards he established is the Nobel Peace Prize. It is the most prestigious award anyone can receive. He willed out his properties and estate to promote peace. He rewrote his future, even at a period where others might term *too late*. He took a step to compensate humanity.

So, **stop dwelling on your past and sins, and stop living on "Had I known" Island.** Move over and ask yourself what you can do to salvage the situation. If you have to pray, pray, if you need counsel, seek godly counsel. Also, practice CDA+ (**C**onfess - **D**eclare - **A**nnounce + Imagination). Keep speaking and declaring positively about your life. Speak forth what you want to see manifest in your life. Imagine yourself doing great in the nearest future and say to yourself always: *I see myself*

doing great. If your fear is that you may not get a good man over an abortion, say to yourself: *I see myself married to a godly man, with my children and we are living a beautiful life.*

I have realized that those who find it difficult to forgive others also find it hard to forgive themselves. They seem to have that perfectionistic tendency so when they commit a wrong; it takes a lot of struggle to forgive themselves. You should pray that God help you forgive yourself. Prayer works. If you also find it hard to forgive someone, pray to God to help. I have done that before and it helps. I am not the type that dwells on my mistakes or other people's mistakes. I just move forward and I pray the Lord gives you that grace and serenity in Jesus Name.

PRAYER DEMONSTRATION

Forgiving yourself: Lord, I know that you have forgiven my sins and cleared my debts. I forgive myself this moment as well in Jesus Name. I ask that the peace of God saturate my heart. Help me Holy Spirit. Amen.

Forgiving others: In the name of Jesus, I forgive (mention the person's name) for the sin he committed against me (mention it). I love him because God first love and forgave me. I pray that he prospers and encounter God genuinely in Jesus name. I sowed the hurt that I suffered as a seed to reap a harvest of abundance of peace and joy in Jesus Name. Holy Spirit, help me to remove the pains from my heart in Jesus Name. Amen.

You can employ CDA+ and say: *I see that I have forgiven (mention their name) permanently in Jesus Name. I love them indeed and the pain is*

wiped from my mind. Amen. CDA+ requires that you continue to confess, declare and announce audibly till you see the required result.

I remember praying to God to help me forgive a couple who hurt me. Unlike every other situation where I even tell the people that I have forgiven them in advance of their offence, I just found it hard to forgive this couple or take the pain off my mind. I prayed and God heard me. Some months after, I was passing through a street and found myself in the front of their house. Walking past the house, I was trying to remember what they had done to me but I couldn't remember. For the whole of that day, I didn't remember. I remembered after few days but the hurt wasn't there again. I was surprised that I could even forget for a moment. That is what Holy Spirit does when we crave His help.

CHAPTER NINE

FORCE OF FORGIVENESS

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged. 1 Corinthians 13: 4-5

Joseph is one of those figures in the Bible that exemplifies forgiveness. The Bible says love doesn't keep any record of wrong doings. For a long time, I prayed and still pray for help to live like Joseph lived. Joseph's road to success and greatness was dotted with offences and at no time did Joseph consider any of it worth brooding over.

To his brothers that sold him into slavery, he commented that they were instruments for his greatness and he forgave them wholeheartedly. For years his brothers never believed that Joseph had truly forgiven them. They thought he was pretending or faking it. When their father died, they held a meeting. They said that they knew Joseph didn't forgive them, and that he was only sparing them because of their father. They said since their father had died, Joseph would take full revenge on them. At their meeting, they conspired to lie to Joseph. They told Joseph that the last wish of their father on the death bed was that he should forgive his brothers. He knew his father wouldn't say that and that they were the ones that conceived it. He wept and reassured them that he has indeed forgiven them.

Genesis 50:14-21

14After burying Jacob, Joseph returned to Egypt with his brothers and all who had accompanied him to his father's burial.

15But now that their father was dead, Joseph's brothers became fearful. "Now Joseph will show his anger and pay us back for all the wrong we did to him," they said.

16So they sent this message to Joseph: "Before your father died, he instructed us

17to say to you: 'Please forgive your brothers for the great wrong they did to you—for their sin in treating you so cruelly.' So we, the servants of the God of your father, beg you to forgive our sin." When Joseph received the message, he broke down and wept.

18Then his brothers came and threw themselves down before Joseph. "Look, we are your slaves!" they said.

19But Joseph replied, "Don't be afraid of me. Am I God, that I can punish you?

20You intended to harm me, but God intended it all for good. He brought me to this position so I could save the lives of many people.

21No, don't be afraid. I will continue to take care of you and your children." So he reassured them by speaking kindly to them.

When Joseph was in the prison, he never brought the offence of Potiphar's wife into remembrance. May the Spirit at work in Joseph's life manifest in you in Jesus Name. May you find it easy to let go in Jesus Name. I really don't know why some people feel that they are entitled into holding on to offences. I don't know why they think they must always enjoy the sorrow that comes from brooding over those who were not there for them or those who had hurt them.

Joseph must be the most cheerful and enthusiastic man ever lived. There was no gale or bitterness in him. The book: *The Richest man in Babylon*

explains that one of the things that qualified a slave to get sold is cheerfulness and eagerness. A slave tied up with ropes must present himself as buyable and capable else, he would be dumped in the king's palace as a lifetime slave. Joseph must have put behind him the hurt from his brethren. He must have refused to blame God for his predicament and let go of the memory of the things he enjoyed as his father's favourite. He must have been filled with thanksgiving that he was at least alive to decide his fate for him to attract a noble sale.

Joseph's forgiveness and high spirited lifestyle must have qualified him to emerge as the head of the slaves in Potiphar's house. He wasn't a sadist else, he won't look handsome to qualify for Potiphar's wife lustful desire. He was just about settling down and planning his retirement as head slave in Potiphar's compound when he was again plotted against but he wouldn't lose his joy. Not even in the prison.

In the prison, he was soon entrusted with the responsibility of looking over other prisoners. If he was always wearing a long face and ruminating over various assaults and offences done against him, he won't notice the sad countenance of fellow prisoners, let alone interpreting their dreams which eventually led him to the palace.

As you can see, the only person who profits the biggest from forgiving others and oneself is YOU. Receive this grace in Jesus Name.

CHAPTER TEN

GUILT TOWARDS OTHERS

I am sorry about your past, but the future is now in your hands.

-Ife Adetona

We have examined guilt towards God, guilt towards oneself and here we want to examine guilt towards others. Having a skeleton in your wardrobe can trigger feelings of guilt in the presence of other people. It could be a secret or a bad thing that has been done towards an individual by you or another person, and you have refused to inform the person. This could make you feel guilty when you see them, or even think about it or think about them.

You have guilt toward others when you have offended them, whether they've forgiven you or not. We are going to discuss some steps you can take to clear your mind off guilt feelings towards other people.

- **Repent**

To free yourself from feeling this guilt, the first thing to do is to repent. First, to God; God is the judge of all men. If you have done well in the sight of the Judge, then you are free. No weight of accusation can stand against you. Indeed, God is the one you sinned against and not that man so appeal to Him first. He is the one that can pay you back and forgive you ultimately. If the judge clears your guilt, you are cleared.

- **Forgive yourself**

You have hurt someone so bad but you don't have to dwell with that mindset. You have to forgive yourself and set yourself free. If you are finding it difficult to do that, try declaring and repeating this regularly: *I forgive myself in the name of Jesus.* If you also find it difficult to forgive others, pray as well. I told you of when someone did something very terrible to me and I was finding it difficult to forgive, I had to pray and ask for God's help. He indeed helped me and I've always sought His help. If you also know that you are not completely pristine yourself, you will find it much easier to forgive others. Unforgiveness will put you in a bigger debt and serious situation. Hence, if you have forgiveness issues, remember you are not perfect yourself and pray that the Lord should help you to forgive others quickly.

- **Seek forgiveness from the person you offended**

It is important you do this in some cases. In some other cases, this may not be applicable. We will talk about that later. You can seek the forgiveness of the party involved by directly walking up to them to confess and refund where necessary. I call this direct restitution. In some cases, you can do indirect restitution. This is just a way of clearing your conscience like what Alfred Nobel did. You may step out to help people because you once robbed some people of their belongings and decide to be a solution to a problem you used to be part of.

- **It is not always so on the other side**

Another thing worthy of note is that it is not always so on the other side. You may think the fellow involved hasn't forgiven you but indeed they have forgiven you. You feel they still hate you but that is not so. It is just

your mind playing tricks on you. Never assume for anyone. Until you are very sure of their intents, don't assume they will not or have not forgiven you. Peradventure, they declare openly that they haven't forgiven you, don't stay under that heavyweight. Move on with your life. Seek God's forgiveness and be fine.

You may think that some people will not forgive you but you need to make a move before you can conclude that way. Gideon was afraid of the people on the other side but God instructed him to move close and listen to what they were saying. It was until then that he discovered that it wasn't as he thought. So, until you take a step, you may not know that God has prepared their hearts for you.

Truthfully, some people wouldn't forgive you no matter what you do, even if you kill yourself. They have that hatred locked up in them. You just have to forgive yourself and move on. With time, you may be able to prove them wrong. Till that time comes, you shouldn't lose your peace, your joy, and your life.

They may need some time to eventually forgive you; you shouldn't harm yourself while waiting for that time. You need to be in the right frame of mind so that when they eventually realized that they needed to forgive you from their heart, you will be alive and well to appreciate them.

I need to elaborate that when you ask God to forgive you and you make a move towards the person to forgive you, either they forgive you or not, you are free from the debt.

CHAPTER ELEVEN

RULES GUIDING RESTITUTION

Restitution is not what gives salvation. Salvation is complete with or without restitution. -Ife Adetona

Restitution is a regular debate in the body of Christ. It is also a confusing topic. The Bible says we should pursue peace with all men and owe no man anything. *Follow peace with all men, and holiness, without which no man shall see the Lord: Hebrews 12:14*

Owe no man any thing, but to love one another: for he that loveth another hath fulfilled the law. Romans 13:8

However, in the pursuance of this peace, restitution has become a factor. In some cases, it has done more harm than good. The common referent on this subject is Zacchaeus. He was a notorious tax collector and fraudster but he was also a lover of God. He went to the extreme just to take a look at the Son of man who was capable of freeing his guilt-ridden conscience.

On a certain day, when he learnt that Jesus was going through a street, he did the unusual just too see the face of Jesus. Two to three things served as hindrances to him. He couldn't seek an audience with Jesus because of his notorious acts. He must have felt that Jesus would not oblige. He could have met Him on the road but crowds always encircle Jesus. He may never get that opportunity to stop Him on the road. His third disadvantage was his height. He wished if He could just see what

Jesus looks like. There was no camera at that time, and so the only way was to peep on Him but his height gave him away. He thought of a solution- to climb a tree. He ran ahead of the next route Jesus would take. There were no skyscraper buildings but there was a tree. He climbed the tree and waited for Jesus to walk past.

I really don't think climbing trees to take a look at Jesus would be all that strange at that time, but such an act would be strange for a government official in the rank of Zacchaeus. Jesus spotted him on the tree among every other person and summoned him to come down. Jesus told him that he would even be a guest in his house. To the amusement of many, and especially the religious leaders, Jesus entered into the house of a sinner. Not just a sinner but a chief tax-collector. He was a man whom you can liken to a corrupt police officer who was believed to have enriched himself by extorting others.

No one would expect that Jesus would publicly identify with him. While in the home of Zacchaeus, those who went with Jesus began to grumble and express their shock. They must have expected Jesus to condemn that stinking sinner and betrayer of his people, Israel by accepting to tax his brothers on behalf of the Roman government but Jesus appeared to too comfortable with him.

In the middle of that, Zacchaeus opted to do something that will further clear his mind of guilt and give him a rebranded image before the people. He said: *Behold, Lord, the half of my goods I give to the poor; and if I have taken any thing from any man by false accusation, I restore [him] fourfold.*
Luke 19:8

After saying that, Jesus also said-

v9-10 And Jesus said unto him, This day is salvation come to this house, forasmuch as he also is a son of Abraham. For the Son of man is come to seek and to save that which was lost.

People have taken this statement of Jesus out of context to mean that it was until Zacchaeus declared his intention to restitute that Jesus announced his salvation. They seem to forget that Jesus, the Saviour in the house of Zacchaeus is already, salvation in the heart of Zacchaeus. Not only that, Jesus mentioned what qualified Zacchaeus for salvation and it was clearly not works but grace.

Restitution doesn't produce salvation

Restitution is not what gives salvation. Salvation is complete with or without restitution. Salvation may or may not lead you to restitute depending on the situation. Salvation should produce good works in us. One of the good works possible is restitution, but this shouldn't be generalized.

If you think that you should restitute at all, here is a guideline that can help you in deciding. Note that it is not a law but a guideline.

Guidelines:

1. Restitute when it will bring prosperity to the other party and make them better. Zacchaeus was ready to repay people in four folds. He even said whatever is left of his wealth will be divided into two and half would be given to the poor. If he meant it literally the way he said it, which means he was a business man who had made more

money with whatever he took away from people. He vowed to repay them as much as possible and everyone who benefit from that will be rich as a result or at the least, they will be better off financially. You will agree with me that, that is a good restitution.

2. Restitute when it's not life-threatening. Restitution is not just about returning a goods or property; it could also mean confessing to a crime or an atrocity. When you know that your confession could fuel the anger of the person against you leading to you getting killed or imprisoned, you may want to reconsider your action. The restitution of Onesimus, a man who became a spiritual son to Paul when they met in the prison was to lead to his freedom, and not to further imprisonment. You can read about it in the book of Philemon.
3. Restitute when your spouse is involved. You have a command not to keep the secret of any atrocity from your spouse. Note that this command is meant to make your union stronger and not to destroy it.
4. Restitute when it will enhance peace. The Bible advises us to follow peace with all men. If it will end up fermenting troubles, I think it has defiled its purpose.
5. Shame is not the reason why you shouldn't restitute. Restitution does not always come with flowers and praises. It can result to chastisement and make you feel ashamed but this shouldn't be the reason why you are pulling back.

6. Don't restitute with the aim of being favoured. There are people who go to restitute, expecting to be pardoned so they could enjoy their loot with peace. This is not a Bible reason for it.
7. Don't restitute when it is pointless. There are several dramas that go on in WAEC and NECO (secondary school examination boards) offices. Some believers who claim they are restituting go there to return their WAEC and NECO results because they had cheated during the exams. What usually encourages them to do so is the testimony they heard of people who did the same and an officer had told them not to worry about it. So, some others went with the aim of receiving the same favour only to be disappointed when their results were seized.

If you will ask me, it is pointless to return those results. No officer has the authority to pardon you in that office, not even the director. It is an examination board not a private business. An authorized committee must seat to approve or disapprove your result. Except in the case of impersonation where you didn't go to write an exam but someone sat in for you and transferred the result to you, returning exam results is pointless. If you have an impersonated result then, the result is a fraud. You don't need to return it, just abandon it because you are supposed to be jailed for it according to the Nigerian constitution. If you have already used it to process admission, the certificate from the course is valid but you should write another O-level exam because you may be asked to present one for other purposes.

8. Heartbeats and guilty conscience are not always from God. Hence, don't mistake them for God wanting you to restitute. It may be based on your mindset. What you heard or believed. The peace that comes after restitution is not always from God as well. Imagine a person who threw his result at an officer in JAMB office and the officer gave him the result with a pardon. He must have felt good thinking he was justified not knowing that the man had no authority to grant him a pardon.
9. Restitute only when it is absolutely necessary. One of the cases I can count as necessary is when you steal from a person or committed a crime and the only thing stopping you from going to seek for a pardon is shame. You know they won't hurt you or even demand a repay and even if they do, it is affordable or payable but you are only ashamed. Another case I found necessary is if your action has attracted a curse probably from a church, a pastor, your parents or someone. It won't be out of place to seek their forgiveness if it won't result in more harm. At that point, even if they refused to forgive you, you are free. Mind you, you were free from the sin and guilt even without seeking a pardon but you are taking the step for a further noble cause.

The instances I listed in no.9 are not the only necessary cases, I just cited few examples. If your restitution threatens your life, keep mute and enjoy the forgiveness Jesus has given. Above all, if you are still not cleared or comfortable about a step of restitution you wish to take, it is best you seek a godly counsel with someone who can analyze the specific situation you have and advise correctly. When you are seeking for whom

to go to, it is best you talk to someone who has a balanced understanding of restitution and not someone who overly emphasize it or found it absolutely unnecessary. I pray that the Lord guide your steps in Jesus Name.

SCRIPTURES ON GUILT

As a way of closing up this section on guilt, let us examine some Bible passages.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

Primarily, you sin against God. He is the one who holds the keys to forgiveness and when you go to Him, you can be assured He will wipe your sins and forgive you.

Hebrews 8:12

For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more.

Psalms 103:12

As far as the east is from the west, so far hath he removed our transgressions from us.

In case you are wondering the distance between east and west, just spread your two hands wide. As far apart as it is, that is how God had separated you from your sins and its consequences.

Romans 8:1

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

You see that pounding and condemnation you are having in your heart, it is not from God.

Psalms 32:1

Blessed is he whose transgression is forgiven, whose sin is covered.

Move on with your life. Your sins have been covered. If anyone insists that he won't forgive you, it is left to the person to deal with. Time will change things. Even if they forgive you but didn't trust you, time is all you need.

END NOTE

I believe that you have learnt and unlearnt some things concerning the concept of guilt and fear, and that you will now live above guilt and fear.

You can check the index page for other materials recommended in the course of reading especially *Mocking the Devil*.

INDEX

Receiving Salvation

You were born a sinner condemned to hell but Jesus Christ died for your sins, gave you power to sin no more and to enjoy life here on earth and hereafter. All you need to do is to believe and accept His works by declaring Him as your LORD and Saviour. Do you believe this? Say: Lord Jesus Christ, I accept that you died and resurrected for the remission of my sins, I declare you as my LORD and Saviour. Amen.

Steps to Receive the Baptism of the Holy Ghost

1. You are not to ask or beg God for it, just expect it.
2. Believe He has given you and you will manifest it.
3. Don't hate tongues. That some people misuse it doesn't mean it has lost its power.
4. Don't pretend not to need it. Holy Ghost baptism is not just about tongues, it is about empowerment but tongues is the initial sign that you are baptized.
5. Clear your minds of doubts. God will give you but if you think that any sin can hinder you, ask for forgiveness now and now. (*Isa 1:18 Come now, and let us reason together, saith the LORD: though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool*). And forgive everyone in your heart.
6. As I pray for you, you will be baptized and you will speak in new tongues.
7. As I pray for you, the Holy Spirit will give you utterances and you will speak it out. Note that utterance means any sound produced with the mouth. That means the utterance could be one syllable or two. It could be one word or more. Understand that you are the one

that will pronounce the utterance in anyway it comes to your mind as the Holy Spirit gives you utterance.

8. When I pray for you, the utterance would come. Don't think you are the one thinking it, it is not you. Don't think you will be unconscious or lost, it is not so. Don't be bothered if you don't know the meaning just speak it. And keep repeating whatever comes to your mind.
9. Daddy thank you because you are a faithful God, you always hear me and you are eager to give us more than we are eager to ask. I pray for you: receive the Holy Spirit right now in Jesus Name.
10. Open your mouth and began to speak those tongues.

Steps to Receive Healing

1. **1Peter 2:24 says:** *He personally bore our sins in His [own] body on the tree [as on an altar and offered Himself on it], that we might die (cease to exist) to sin and live to righteousness. **By His wounds you have been healed.***
2. You have been healed. You have been healed even before you had that illness, what I'm about to do by praying with you is to proclaim your healing.
3. As I do that, the pains and symptoms will be no more.
4. After I pray for you move that part of your body just as though it was healed already because it is an instant healing.
5. I proclaim you healed and whole right now in Jesus Name. The last time you had that illness is the last you will ever have in Jesus Name.
6. Check it out and share your testimonies.

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