

A person is sitting on a wooden bench outdoors, possibly by a lake or a paved area. The scene is captured during sunset or sunrise, with a warm, golden light illuminating the ground and the person's silhouette. The person is wearing dark clothing and is looking down. The background shows a body of water and a tree trunk on the right side.

*Fighting*  
**Pornography,  
Masturbation,  
Lust, and more**

**IFE ADETONA**

## **ABOUT THE BOOK**

I thank God because you are holding this book in your hands. I thank God because the answers to your prayers have come. As you are about to open the pages of this book, imagine yourself as a person who is lost, on a cross road, or at a dead end who is weary and couldn't find his way. Imagine a man appear on your path and point the right direction to you. Imagine the delight on your face. But what will you do with the direction? You will simply walk into the path. Are you ready to walk into this path or you seek a magical hand that will carry you? If you are ready to walk, then this book will be your compass and guide by the help of the Holy Spirit.

Let me say emphatically, never say that: I have done all my best. You have done almost all, you have not done all. What is left to be done is in this book and you're just about to discover it. As you see it, apply it and keep applying it, and never stop applying it. Unless you stop, if you don't stop, you will be victorious.

Your victory against lust, masturbation, pornography, fornication, and guilt has just been handed over to you. May the communion of the Holy Spirit be with you.

## ABOUT THE AUTHOR

Ife Adetona is a renowned preacher of the gospel, known for his anointed ministry and dedication to discipleship and nurturing believers into maturity. He is the President of the Sons and Daughters of Zion (SADOZ) Global Harvest Ministries, a dynamic and interdenominational discipleship ministry that has touched the lives of thousands of individuals worldwide.



SADOZ has been instrumental in facilitating spiritual transformation and empowering believers in their faith journeys. The ministry has witnessed countless individuals experiencing the baptism of the Holy Spirit, accompanied by the evidence of speaking in tongues. Additionally, SADOZ has played a pivotal role in helping people establish a personal, intimate and a friend to Friend relationship with the Holy Spirit, cultivating a genuine and

deep connection.

One of the notable contributions of Ife Adetona is the creation of the daily discipleship and devotional manual known as "Daily Communion." This powerful resource has become a source of blessing and inspiration to tens of thousands of individuals on a daily basis, as they engage in spiritual nourishment and growth.

In addition to his ministry responsibilities, Ife Adetona serves as the President of the Koinonia Bible Institute (KBI). KBI is an online training academy affiliated with SADOZ, offering a comprehensive range of over 30 courses. These courses cover various aspects of life, including the School of Ministry, School of Purpose, School of Leadership, School of Long Life, 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, Miraculous School of Conception, and Encounter School for Singles, among others.

Ife Adetona's impact extends beyond his preaching and ministry work. He is also a prolific author, having written over 70 books that have had a profound influence on the body of Christ. These books cover a wide range of topics and have been instrumental in imparting spiritual wisdom and insight to believers worldwide.

Ife Adetona is married to Elizabeth Ife-Adetona, and their home is blessed with the presence of their daughter, Faith Ife-Adetona.

Through his preaching, discipleship ministry, writings, and leadership roles, Ife Adetona continues to inspire and transform lives, leaving an indelible mark on the body of Christ. He is highly resourceful and passionate about impacting knowledge for the empowerment of people from all walks of lives.

**Fighting Lust, Pornography, Masturbation and more**

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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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## **APPRECIATION**

I'm not much of a dreamer or ambitious, I am just a man that is helped by God. To write 70 books within 5 years wasn't a target or goal that I deliberately pursued, but it was in the mind of God and He set men around me to fulfill His divine plan.

I want to appreciate my daughters; Mrs. Sarah Ayanbugajo (Nee Obasa) and Ms. Esther Akano. Sarah (before she got married), and Esther spent several sleepless nights in my house editing the books because we usually release four to five books at once. There was a time we released 20 books at once. That was in August, 2022. It was always a tireless and sacrificial season for them without demanding any dime.

We had faithful men and ladies that did the transcribing for many of the books; from audio to written headed by my son, Segun Adebisi. Later, I reduced the number and asked only my daughter, Timileyin Okunlola to do the job. She was the only one because she is a playwright and she would have done some editing in the process of transcribing. She's a great asset. She also spent several nights in my house at different times after traveling a long distance just to get the job done.

When we decided to put the rest of the books in print because we released them as soft copies at first, our plan was to print 30 books at once. Holy Spirit was the first to spread the idea into my heart. I saw the possibility of printing 30 books without necessarily spending millions of naira. My brother, Dotun Adeyemo, a printer by profession held my hands as we walked through Mokola; one of the printing hubs in Ibadan to make enquiry on how to get the job done. My son, Samuel Jolasanmi who is also a professional printer headed the printing team, together with Isaiah Olaniyan

(now in the UK) and David Oketoyin. I called them mighty men of David, they are faithful sons. It was a laborious task. It took both days, nights, and strength because we had only two weeks to get all the books printed. To the glory of God, on my birthday on December, 29th 2021, we launched 34 newly printed books. 28 were under my authorship while the rest were authored by my wife and Pastor Damsam. That brought the total number of books under my authorship in print to 31. Again, to the glory of God, in 29<sup>th</sup> December of the following year, we printed another set of 37 books of which 30 were under my authorship. That was the period, my son, Seun Adelerin joined the team. He was a great help.

My son, Christopher Adigun designed the back covers of all the books published in this ministry aside from the first two. That makes it 91 designs as of date. He is our own Bezalel. My daughter, Pipeloluwa Adekunle (she's getting married in August) was the very first transcriber, both from manuscript to the computer and from audio to prints. Also, she reviews and confirms the scripture texts in all the books, 73 in all except for the first one. Aside from my wife, she is the longest serving member of this team, from 2015 till date.

Book writing and production requires a lot of attention, especially the numbers we were doing at once. I wouldn't have been able to give it so much attention if not that I am confident that other key departments of our ministry are in good hands. Those good hands are loyal sons and daughters who are the leaders, executives and EBM officials of the ministry. The Koinonia Director, Smart Oladiran, the Chapter Director, Pastor Damola Abegunde (Damsam) and the KBI Director, Mrs. Peace Sodipe (Nee Aderogba), just to mention a few. My daughter, Peace was not only holding forth at the Koinonia Bible Institute, she also oversees the sales and distribution of the books even after the department, Fountain Publishing arm was separated from the KBI.

There's something called backend; someone who's not directly involved in the writing and production but without her efforts, the production itself would have been frustrating, if not impossible. That is my daughter, Aroge Bukola Elizabeth. For every person that came into the house to work on the book, they could stay because she was there to take care of their welfare. During the mass printing, we had a lot of people at once and for the longest period at a stretch. She took care of them all. She is a gift.

I always say that there is one person that pays the price for my availability, and that is the wife of my youth, the mother of my children and my foremost ministerial gift, friend and partner. She provided not only me but the entire team with wise counsel and immense support. At times, she would review our approach and suggest, “why not do it this way?” And that suggestion will give us a great leap. Thank you darling.

My wife and I are really grateful to God for the gift of men. I could only mention a few. Several hands sweat and resources of individuals have gone to this good work, both directly and indirectly. Not just about the production but even the distribution. THANK YOU.

To the glory of God,

In 2014, we published the first book: The Communion of the Holy Spirit

2016 - The Pentecost Volume

2018 - Mocking the Devil

2019 - Roaring Faith, Prayer that Works, and Beyond Purpose Discovery

2020-2021- 25 Books

2022- 30 Books

2023- 7 Books

2024- 6 Books (so far)



## **TESTIMONY FROM TRAINING OF TRAINERS AGAINST LUST, MASTURBATION, PORN AND SEXUAL ADDICTIONS [TOTM]**

### **She came to learn how to help teenagers.**

I have had young ones come to me with issues of masturbation and lust and I really couldn't relate with them because I didn't have the basic understanding of these issues. Oftentimes, I had to refer them to friends that could help, and this influenced my desire to gain knowledge in this area. Offering this course has been enlightening. Every teaching explained each problem to the basic level and helped my understanding. I am grateful I took this course because it also helped me understand some things I went through as a teenager and how to help other teenagers overcome them. **Anasala Comfort Ikwegieshi.**

### **Lust became an issue of the past**

Before I applied for KBI TOTM class, I have been a Christian but I have been battling with lust because of the nature of our environments, schools, dressing and the like. But after the teachings I am totally free from it and also I wanted to gain knowledge to teach in the aspect of pornography, fornication, masturbation and other sexual sins and I have found it. Thank you Pastor Ife Adetona and the whole SADOZ family. **Jima S. Jong- Cameroon.**

### **The fight against sexual lusts ended**

I really bless God for this course. It has really been a blessing to me and has also enlightened me more on fighting or overcoming sexual lusts. I also want to sincerely appreciate the organizer of this institute and also my teacher. Thank you and God bless everyone. **KURE J. V**

### **She wished she came across the course much earlier**

Although I took this course because I work with Teenagers and Young Adults and I needed to sharpen my awareness on this major challenge facing the young ones, I found myself wishing I came across this kind of teaching while growing up. I am one person that God delivered from masturbation. I am married now to the glory of God. I intend to cascade these lessons to my students. **Janet Damilola Afolabi-Feyisetan**

### **Masturbation ended just like that**

I used to masturbate a lot before I knew sadoz. It got to a point in my life I became very frustrated. But along the line in my study in the KOINONIA BIBLE INSTITUTE things changed I didn't believe I won't masturbate for a whole month. To the glory of God I'm free and I've been made whole. Thank you so much KBI. **Sanni. O**

### **KBI greatly impacted him**

My Name's are Chikolopani Moses from Zambia I joined KOINONIA BIBLE INSTITUTE early 2022 when I did my first course TOTM and my second Course School of Spiritual growth. It had greatly impacted my life positively I have really learnt alot of things start with I avoid things that will bring my life to a

downfall. Really want to talk this Opportunity and say thank Pastor Ife and the team and my tutor Madam Victoria for a helping me understand where I wasn't clear. **Chikolopani Moses- ZAMBIA**

I HAVE BEEN ENLIGHTENED AND THAT IS MY GREATEST TESTIMONY. **GAKUKUTOR WISE- GHANA**

### **She applied all, she overcame immorality**

I decided to go for this course because I really needed help on feeling sexual urge that led me to masturbation, I was a victim of child abuse at the age of seven, but I grow up with the mindset of what happens to me is normal but after I gave my life to Christ have been battling with this urge seriously especially when I decided to keep myself from fornication that led me to masturbating. I prayed and fasted for many years but I still find myself doing it, but during this course I realize I myself is the solution to what is doing me. I applied all the instructions given by my lecturer and the 100 × 3times declaration help me to got over the lustful thought that came before the urging. Now to the glory of God I can boldly say that am free from sexual urge and immorality, God has really use this course to open my eyes to the power and authority he has given me over Sins and devil himself. **FOLAKE**

### **Fighting fornication and Guilt helped her**

The course enlightened me on many things most especially fighting fornication and guilt. I have been feeling guilty because of something I did in the past but the course gave me the steps to leave from sin, guilt and how to walk in God's plan for my life. Thank you so much my lecturers. **Deborah**

### **100x3 daily declaration made the change**

During my course of study which is known as TOTM, there was a time in the audio lecture when our lecturer warmly addressed some powerful ways of acting every day, declaring 100 times, three times a day. So, I made up my mind of making it a routine and during those days I noticed that something gradually bit by bit started changing thereby lustful feelings and desires getting rid out of me and started experiencing Godly feelings on how to perceive upon seeing a lady. I just see them as sisters without lusting after them anymore than I used to act on ladies and evil thoughts. To cut the story, I think that's what I can probably say otherwise I thank God for KBI School, KBI management and everyone who is part of this awesome institute. **MOSES .M- ZAMBIA**

### **I applied the steps, I overcame lustful thoughts**

I give glory to Almighty God for giving me the Grace to be part of this (TOTM) This course has transformed my life. After listening to all the Messages from Pastor Ife Adetona of the SADOZ ministry, I've come against lustful thoughts and pornography. Anytime the thought is coming I will follow the step he told us to do and suddenly the thought would just disappear immediately. For me joining this Course by one of my brother who send the link to me then, it has a purpose and I can see God's presence in my life ever since then I give Glory to Almighty God for saving my life through this TOTM course. **SALAMI D. TOLULOPE**

MASTURBATION AND PORNOGRAPHY WAS SOMETHING VERY DIFFICULT FOR ME TO STOP BUT I THANK GOD ALMIGHTY WHO MADE ME TO JOIN THIS COURSE, I LEARNED A LOT AND TO THE GLORY OF GOD I HAVE STOP THEM. **ODOH H. CHINEDU**

#### **He came to learn and it was great**

May I tell you, my thought when I firstly saw the course among other courses is that is for only those that are masturbating and I didn't feel like enroll for it. But my testimony today is that my orientation have changed, have extremely learnt beyond scoring high mark or pass the courses, how I wish everyone could enroll for this an enlightening course like this. In nutshell, KBI is a place to learn an unforgettable lessons, to equip yourself for the Christian journey and discover mystery. I will not want to but to appreciate the efforts of my boss, the tutor thank you so much for the love and care thus far, may the Lord bless you real good. **ADEGOKE TAIWO MAXWELL**

#### **She encountered KBI and got her testimony**

I never wanted to register for this course because I was heartbroken, I was looking onto God for a miracle but it seems like God was just silent. I thought he has given up on me. I graduated last year in school but one of the exam and practical that I did was not found and the result came out that I carried the course. I graduated from KBI (SPG) and we were taught about CDA. But I never take it serious. I was still going up and down concerning the issues. So when I applied for TOTM class, I saw CDA in our Syllabus. I decided to act on it. I went to obtain my HND form with faith and I begin to confess with my mouth that it is settled. I made declaration daily. I even announced it to my friends that I will be going back to school but they were just making jest of me. I decided to continue my confession. And God work it out for me. I was given admission and my result was released the same week. I am so happy that I graduated with the an upper credit. CDA works for others, it also works for me, it can also work for you. I bless God for KBI INSTITUTE and SADOZ at large. **OGUNLADE FAVOUR EBUNOLUWA**

#### **Came to TOTM because of his business and got the answer**

I learnt guidance on attaining discipline, how it is hard initially but becomes effortless when it internalized. What prompted me to take the class in the first place is due to my business, self sabotage knowing the right things but still doing the wrong things every time, I find it hard to unlearn greed and was becoming like addiction which results every time in loss that is beyond my risk appetite. God opened my eyes and I see that I need to do everything possible, rules that are synonymous to applying pepper to my hands in order to avoid masturbation. I also learnt I need to avoid boyfriend girlfriend relationship which I have, there's no way I can manage it if I'm not ready for marriage. It will lead sexual sins and I'm trusting God to help me on that. **Joseph**

## INTRODUCTION: DEFINING TERMS

**Lust** is simply when you think in your heart about being sexually intimate with an individual. For instance, a lady sees a guy and then concentrates on his manhood till she's carried away and starts getting sexually aroused, either immediately or after some time, when she is alone and reflects on the incident. It could also be the man that sees a lady or touches the lady intentionally or unintentionally but generates sexual arousal or thoughts in him. Lust can also emerge from looking at pictures or video, or even having a discussion whether sexual or not with the opposite sex. Lust could happen at that moment or at a much later time after the contact with the opposite sex.

Once you feel sexually aroused and your thought tends to be sexual or sensual, lust has taken place.

**But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.**

**Mathew 5:28**

**There's no lust without a thought.** It is our thoughts that generate lust. But these thoughts are mostly triggered by what we have seen, touched, and also an unhealthy closeness with the opposite sex. When you're too close for comfort with an opposite sex, then you're placing yourself in harm's way.

When you constantly make "harmles" body contacts or sexual touches like rubbing your body against each other, or even talking with the opposite sex at odd hours, they could trigger lust and masturbation.

As a young man, seeing sensitive parts of a woman's body such as the cleavage, breasts, buttocks or thighs may trigger lust in you. He begins to think of being sexually intimate with the same person or another as a result of that thought which results from what he has seen. Lust can also be triggered by certain movies, pornographic content and other impure images.

### **Masturbation**

Masturbation occurs when you start acting on the lustful thoughts in your heart. It often involves fondling your manhood as a man till it gets erected and you ejaculate. Someone might say, I only fondled mine, I do not ejaculate. Well, you have started the process.

For a lady who masturbates, she will rub on her clitoris or even go as far as dipping her hand into the vagina, all in a bid to stimulate herself sexually and get to the point of orgasm.

This is a simple explanation of what masturbation means to both genders: ***“stimulation of one's genitals till the individual reaches the peak of sexual pleasure”***. For a guy, that peak is ejaculation while orgasm does it for the lady.

### **Pornography**

Pornography is looking at unclad people, nude pictures, seductive pictures, movies or videos. To some people, merely seeing posters where they draw sensitive images could even trigger pornography tendencies in them, while to others, mainstream media such as Nollywood, Hollywood

or Bollywood could make them exposed to pornography. There is a northern state in Nigeria whose Islamic police banned the use of mannequins. I guess they believe their people may get sexually aroused by looking at mannequins. It's hilarious but it happens.

Whenever you deliberately look at posters, pictures, and movies that show nakedness and sexual arts, you are giving room to pornography, and this often triggers lust which in turn triggers masturbation or fornication. One can then say that lust and pornography lead to masturbation, as well as fornication.

In the subsequent pages of this book, we shall examine each of these sexual addictions and see how it can be overcome.

## CHAPTER 1

### FIGHTING LUST

*The change of your mindset will not come by impartation  
but by practice*

When it comes to fighting lust, the first thing you need to understand is that you have to form the habit. You have to form the spiritual habit of avoiding everything that can serve as a hindrance to you gaining victory over lust. This habit is what would help you wash your mind as your mind is the centre of all thoughts.

You don't just start opposing lust by fighting it, rather, you go through the route of habit formation. Also, gaining victory over lust will not be a sudden event; it is something you have to intentionally do every day. As the saying goes, a little drop makes the mighty ocean. **It is consistency that wins the war against lust and not a sudden event.**

You are alive because you ate yesterday, you ate last week and you also ate last year. You may not know where the food is right now in your body, but the truth is that that food has formed something great in your body.

In the same vein, you have to allow the food of the word of God to form stamina in you, which will fortify you against the temptation of lust, pornography, masturbation, fornication, and so on. Also, I want to tell you that lust is the host of all other sexual sins. If there is no lust in your life and heart, no other sexual sin will find an expression in you.

***But every man is tempted, when he is drawn away of his own lust, and enticed. James 1:14***

Whenever a man is tempted, he is tempted by his lust. The lust that draws you away is yours. Therefore, stop saying she tempted me, he tempted me, I was tempted, I was carried away, or something came upon me. No, you carried yourself away. You and only you tempted yourself. It was already in you. For instance, if a lady stands before a fellow lady and she's naked, the lady will not feel sexually aroused, will she? Now, if a man stands before a man, the man will not feel sexually aroused, right? But when a lady stands before a man naked, what happens? There is something in a man that will make him feel aroused towards the lady before him.

So whatever makes you sin is near to you. Whenever a sin tempts you, it means something is in you that allow it. Of course, I am aware there are cases of lesbianism and homosexuality. Have you ever wondered why a man is sexually appealing to another man, but he's not appealing to you as a man? Or why a lady is sexually appealing to another lady and not you as a lady? These people are not appealing to you because you don't have the lust for homosexuality and lesbianism in you.

Whenever you get attracted to pornography, masturbation, and fornication, it means that there is lust for those things in you. So once you can purge your mind, which comes by habit formation, it does not attract you anymore.



Again, lust is the host of every sexual sin you can think of. When you lust for masturbation, what does it deliver? Masturbation. When you lust for pornography, what does it deliver? Pornography. When you lust for fornication, what does it deliver? Fornication. Sooner or later, whatever you lust after will be delivered to you.

Every man is drawn away from his lust, so you must dispossess that lust that is consuming you. You must throw it away and denounce it. You must dislodge it from your heart and cast it away.

God said to Cain: *Sin is crouching at the door, eager to control you. But you must subdue it and be its master. Genesis 4:7*

Lust in itself is a sin. Just as HIV defeats the immune system and invites malaria, fever, cholera, diabetes, and a host of other illnesses, lust also brings diverse diseases your way.

***But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.***

Whenever you look at a lady lustfully, you have sinned! Therefore you must deal with lust before it deals with you.

### **Spiritual Habits**

Your mind houses your thoughts, therefore, you must continually purge it clean. The Bible says when a demon is chased out of a man, it brings seven greater demons than itself into that man and they begin to stay there. So to avoid that, your mind must not be empty. You must always

fill it up, because if you don't, you'll continue to wallow in the grips of lust.

There is no way you can fight off lust on your terms. You can't be serious about fighting lust and you're running from the scriptures. Even if you do not find it interesting, you have to discipline yourself and be deliberate. You need to take intentional actions. You must have a system that compels you to read the Scriptures daily. For someone, it is "No Bible, No Breakfast" or the first meal of the day. If they remember in the middle of a meal, they will take a pause and read their Bible.

You must always pray as well. If you pray every day for 10 minutes to 15 minutes, it is a good starting point.

In our ministry, we have a system that facilitates prayer and study of the word. We have the 1 hour daily travelling from 6am to 7am. You don't have to join everyday or for the whole of the one hour, but we encourage everyone to be a part of it. We have Monday 1 hour intercessory vigil between the hours of 10pm and 4am. You just have to pick any one hour of your choice. We also have Wednesday and Friday prayer and fasting. We have the February fasting as well.

For the word, we have the daily SADOZ Family Altar (SFA), the daily discipleship and devotional manual called, Daily Communion. We also observe Bible Study twice a week. The way to purge your heart is to dwell in a saner atmosphere.

You also need to throw away the triggers, the music, the friendship, and every association that brings you down to lusting. By doing this, you reduce the things that come to your mind through the ears and the eyes.

### **Unleash the weapon of the tongue**

The power of your tongue is also a grand way of defeating lust. Like I do say, the thought of lust may drop on your head like a bird flying in the sky. You can't stop that, but you can stop the bird from perching on your head, building its nest and laying eggs on your head. To avoid the bird of lust from perching on your head, you use your tongue. Utilize the power in your tongue and agree on what you want in your life.

***“Greater is he that is in you, than he that is in the world”. 1 John 4:4***

As a believer who acknowledges that the power that is in him is greater than that which is in the world, but finds himself thinking uncontrollably about lust, it is time to use your tongue. The Bible says death and life are in the power of the tongue. Those that know about this power are those that love it, they shall eat the fruit thereof. If you can use your tongue properly, you will benefit from it. I have benefited from my tongue all my life.

***Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof. Proverbs 18:21***

The Bible says the tongue is a little member of the body but it is extremely powerful.

***Even so the tongue is a little member, and boasteth great things. Behold, how great a matter a little fire kindleth. James 3:5***

## **HOW DO YOU USE YOUR TONGUE AGAINST LUSTFUL THOUGHTS**

- By Declaration

From this minute, begin to declare boldly that: *I come against lustful thought and lustful spirit in Jesus name.* You will say this every day, 300 times in a day. Demons do not hear what you are thinking in your heart. Though, they may give you negative thoughts, they don't hear the thought you are thinking in your heart. They can only hear it when you say it, so, you have to say it out. The Bible says, whoever says to this mountain be thou lifted and turn into the sea, and shall not doubt in his heart, he shall have whatsoever he said. So you have to say it so you can have your freedom.

***For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Mark 11:23***

Jesus said something to the fig tree and it happened. Until you say something, God has nothing to confirm. In Mark 16, the Bible recorded that *He confirmed the word of his servants with signs following.* So until you say it, God has nothing to confirm. You must say these words so that those demons who cannot hear your thoughts can hear you. The simple way to do this is when you wake up in the morning. Whenever

you wake up in the morning, the first thing you should do is declare your freedom. I *rebuke lustful thoughts and lustful spirits in Jesus name*. Set a reminder if need be.

***And they went forth, and preached everywhere, the Lord working with them, and confirming the word with signs following.***

***Mark 16:20***

If you don't want the people near you to hear, you don't have to shout, but your lips must move because demons will still hear you wherever they may be once your lips are moving.

In the morning, you should do this declaration a hundred times counting with your fingers. You will use your fingers to count 1-10 declaring: *I rebuke lustful thoughts and lustful spirits in Jesus name*. You should repeat these 10 times to make 100 times in the morning, then another set for afternoon, and before you retire to the bed at night.

The Bible says, and so mightily grew the word, and it prevailed. As you keep speaking the word, you keep prevailing over the circumstances, over the lustful thoughts, and soon enough you become victorious. If you can do this every day for the next 30 days, you'll be totally free from lust.

***So mightily grew the word of God and prevailed. Acts 19:20***

Once you are free from lust, the rest, such as masturbation, pornography, and fornication will crumble. To be free from lust, follow the instructions I have given. See them as rules and not an advice or an option, most

especially the 300 times declaration. Declaration doesn't only change the situation, it also changes us. In fact, it changes us first, that is why you may not see the result immediately until you have declared repeatedly. Remember the ***change of your mindset will not come by impartation but by practice.***

## CHAPTER 2

### MASTURBATION

#### *Coming out of masturbation is all about principles*

Coming out of masturbation is all about principles. Of course, there's room for prayer, fasting, and deliverance, but that is not actually where the main issue is. The main issue is the matter of principle. If you are masturbating, you can't masturbate in the market, you can't masturbate in an open place. So if you can avoid getting yourself known in an open place for masturbating, you can stop yourself from being in a lonely place. Isn't it?

There are principles you can put in place to get yourself out of these habits and I'll be stating some of these principles.

Many people have been out of the clutches of masturbation, even those who have been in the act since they were children. They've been delivered by the grace of God and you can also get delivered if you are ready to put the principles into practice. **Promises do not take any man into the promised land, rather, it is action steps that do so.**

There's no power, magic or God crushing you to get you over it. It is principles that are going to help you. If you can apply these principles, then you will get withdrawn from it.

Research says many virgins, and those who are celibate do masturbate. I can corroborate that research by my experience in interviews with people whom I have counseled with. Most of those who masturbate also watch

porn, and many of those who lust also masturbate. Those who fornicate masturbate as well. In fact, many sexually active singles masturbate, especially those in so-called boyfriend and girlfriend relationships. As shocking as this may sound, it happens and this is often due to the unhealthy practices that abound in such relationships like talking at an odd hour, sending unwholesome pictures to each other and even sexting. Once you have a boyfriend or girlfriend, there's a possibility that you will fall in lust and then masturbate. Many who also love lonely places indulge in lust and masturbation.

## **PRINCIPLES FOR DEFEATING MASTURBATION**

NOTE: if you are reading this book with the mindset that, I have tried several things, it didn't stop. Well, let me start by telling you that the problem is not those principles, it is your adherence to them. Meanwhile, I am going to introduce to you what you may refer to as hacks or simple, yet powerful principles that are easy to apply. But, it is on all you. Those times you successfully keep away from masturbating, either 24 hours or 7 days or one month, it was because you adhere strictly to the rules you set for yourself, not some force from heaven taking over you involuntarily. When you relapsed back into it, it was also because of your neglect of those principles. So, the first principle is actually CONSISTENCY. How will you consistently apply these simple, yet very productive principles? I will be sharing with you in this book.

- **01. Find your triggers.**

The first principle you must consider is finding your triggers. What are those things that trigger you to masturbate? What are those things that



trigger you to lust? Is it a boyfriend? Or a girlfriend? Is it the kind of movies you watch? A friend you talk to? Is it even pornography that leads you into lust? Is it after you finish speaking to that girlfriend or boyfriend? Is it when you visit certain sites?

I remember a time I used to visit a news site. Whenever you read news from that site, they will give you a link which has pornography embedded in it. A curious user would just press the link and boom, images everywhere! Some of these links can also appear on your news feed on your Facebook, or on your timeline on other social media sites.

There are programmes or movies you watch that trigger lust, masturbation or pornography in you. You have to be able to identify your triggers. Your triggers may be a combination of two or three things; hence, you need to be deliberate in finding out those triggers. When you notice your triggers, it becomes easier to tackle them.

An important trigger you need to deal with is relationship or friendship.

**Be not deceived: evil communications corrupt good manners.**

**1 Corinthians 15:33**

I always say that if you don't have a girlfriend, you must not have a friend that has a girlfriend. If you don't masturbate, don't have a friend who masturbates. They will corrupt you. The first and only set of people who introduced masturbation to me were all masturbating. Back then in school, I had a category of friends I moved with, but because of where I live, I began to also associate with some guys from my classroom, who

were also living in my area. I was in SS2 at that time and this new set of people I moved with were the first to tell me that there's something called masturbation. I was ignorant of such an act and to help me, they went further to describe it to me. They taught me how to do it and suggested that I should go and try it.

**Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful but his delight is in the law of the LORD; and in his law doth he meditate day and night. Psalms 1:1**

I've made this verse my watchword because it is complete! Blessed is the man whose delight is in the law of the Lord and he only moves with those who also delight in the law of the Lord.

You can't commit sins, sexual sins, when you move with some kind of people. You can't fall into masturbation or fall prey to lust when you are in certain quarters. People who will influence you badly have to be bad themselves. So, when you change your friends, when you move away from that boy or girlfriend, you will be able to overcome these things.

The Bible admonishes us to flee every appearance of evil. *Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. 2 Timothy 2:22*

Follow them that call upon the name of the Lord with a pure heart. Delete those friends who are deep in these acts, and remove friends who like and follow pornography sites from your Facebook. If you realize that

social media is the bridge that bonds you with those things, burn that bridge. Leave social media, leave some groups, leave Facebook, and Instagram for the sake of your testimony. You can take a break, and get detached from it until you are strong enough to stand on your feet. Like the site I mentioned earlier, I don't have that site again. I don't visit it anymore.

If you're not strong enough to use social media, please get away from it until you are strong enough to handle social media and its nuances. I realized pornographic contents were appearing on my timeline on Twitter (now X). I started by muting and blocking anyone that post, repost or comment on a pornographic content. That was how my timeline was sanitized. When people complain that X is filled with pornographic contents, I can't relate because I am not within that association.

I found it difficult to block a particular movie handle because it gives movie reviews and recommendation. But it keeps bringing up pornographic suggestions here and there. I love movie reviews but it was introducing me to something that is not healthy for me. I said to myself, let me mute this account for a month and see if I was going to die. I muted it and somehow didn't even remember until a month later that it appeared on my timeline again. I just muted it forever. I thought I love movie reviews but I discovered that I love it because I was seeing it. When you water a thing, you will think you like it enough not to do without them. When you begin to cut down on your social media activities, you will discover that you really don't like them like that and you are not going to die without them.

When you cut loose that lady and that boy, you will realize that you can do without them. You just haven't tried.

**And if thy right eye offend thee, pluck it out, and cast it from thee: for it is profitable for thee that one of thy members should perish, and not that thy whole body should be cast into hell. Mathew 5:29**

I read this scripture as a kid and I've kept it to heart since then. This has helped me to put these things in practice and I was able to do away with things that could bring me further into sin.

**Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7**

For some people, the environment that they are exposed to is their trigger. You should avoid these environments, and in situations where you can't avoid them, you should minimize your interaction with it and if you cannot minimize them, you can apply other things that would detach you from those triggers.

**But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart. Mathew 5:28**

You need to stop looking around. Whenever you come across something that attracts you lustfully, keep your eyes away from it! Keep off and place your attention elsewhere. While I was battling with lust, there was a place I didn't walk through because there was a video club in that area

and the club owner would always put up a pornography poster. Whenever I have no other choice but to ply that particular route, what I usually do is to keep my eyes away from the poster till it's out of sight.

To be free from the shackles of these habits, you must know your triggers and put measures to these them.

## CHAPTER 3

### MORE PRINCIPLES FOR DEFEATING MASTURBATION

**When you are desperate to be free, then you will be free**

In the precious chapter, we discussed the first principle in defeating masturbation, which is identifying the triggers and dealing with them.

#### **Rebuking your thoughts.**

Here, in this chapter, we will consider rebuking your thoughts. The first and the biggest battlefield against sexual sin is your mind. You act your thoughts knowingly or unknowingly, sooner or later. There is no sin you commit that does not start from your heart. It all emanates from your heart. When you think of stealing, it starts from your heart. When you think of masturbating, it starts from your heart. Pornography, lust, and all other sins start from the heart. I was able to overcome lust by avoiding everything that could trigger lustful thoughts in me. I avoided them all like a plague. I always refer to the adage that says: *“you may not be able to stop a bird from flying but you can stop it from perching and building its nest on your head”*. Like the flying bird in the sky, you may not be able to prevent thoughts from flashing across your mind, but you can stop it from having a hold in you.

If after you have done your possible best, sexual thoughts, especially the urge to masturbate still finds its way into your mind, do not give up and begin to dwell on them rather, rebuke them immediately!

Rebuke it aloud and boldly! I rebuke the thought of masturbation in Jesus name. You don't necessarily need to shout it but you have to say it out with your mouth. The demons behind those thoughts can hear you clearly. I practiced this very well. I could say it while in a bus or a cab. I just kept on saying it till I received my breakthrough.

***For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Mark 11:23***

You must say it and keep on saying it. Keep rebuking the thoughts because whatever you say or whisper carries weight. You can decide to rebuke it for a hundred times at a go just like I explained in the first chapter.

### **The reality of a spiritual environment**

The Bible says, we are encompassed with a great assembly, and it then began to mention the kind of audience around us. In whatever environment you find yourself, you need to understand that it is a spiritual environment. No environment is neutral. There is the devil, there are demons, there are angels, and there are spirits of the just made perfect. All of them are present in that environment and whatever you say is processed in the spiritual realm, and gives you strength to overcome that addiction or influence from the devil.

***Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us. Hebrews 12:1***

You need to keep on speaking to your environment and rebuking your thoughts. These thoughts may come 100 times in a day, you also have to rebuke them 100 times in a day. Even if you slip into the act before you remember your stance, you need to stop it immediately and commence rebuking the thoughts. You can say, “*I receive forgiveness for allowing lustful thought or thought of engaging in masturbation, I cover my mind with the blood of Jesus*”. Say it now.

That period of my life was one of a constant battle in my mind. The first week, I rebuked lustful thoughts up to 100 times because every time the thought came, I rebuked it. The following week, from 100 times, it dropped to like 30 times. I also rebuked it those 30 times. Then the following month, it dropped to ten and gradually stopped.

***So mightily grew the word of God and prevailed. Act 19:20***

The Bible says, so mightily grew the word of God, and it prevailed. When you keep speaking the word, it will prevail over the mountain of lust. When you keep speaking to that mountain, that mountain will eventually roll away.

So you keep speaking it. Keep speaking. It is in speaking that you have your victory. Speaking is highly crucial to your breakthrough because



the devil does not hear what you are thinking; he only hears what you say. As the devil is not tired of bringing those thoughts, you also must not be tired of rebuking them.

## **BE DESPERATE**

You need to be desperate enough to come out of this situation, especially masturbation. When those friends of mine told me to go and masturbate that day, they asked me to get a cream which I would use. According to their instructions, I would just go to the bathroom and take water along like I wanted to have my bath and I would use the cream there.

I didn't know what they were talking about then, so I decided to practicalize it when I got home. Fortunately or unfortunately, the only available cream I saw that day was Aboniki balm. Nigerians will scream upon hearing the name of that balm. It is the hottest balm in Nigeria from that time till date.

Out of ignorance and curiosity, I just picked the balm, took the water and left for the bathroom. If you are familiar with Aboniki balm, you will understand how hot it gets when mixed with water. As I began to practicalize what my instructors told me, I began to feel the heat, and to douse that peppery feeling, I added more water and then I saw trouble. Eventually, I poured all the water on my body and then ran out, never to try it again.

Although I would have probably gone back to practicing it in a better way but by the mercy of God, I got a book few days later that was speaking

about masturbation as a sin. Guilt of sin overwhelmed me and I decided not to move towards it again. That was the first and last attempt I ever made at masturbation.

My advice for you anytime you feel the urge to masturbate is to get Aboniki balm, pepper or any other substance that has a hot sensation. Apply some on your sexual organ. Do it every time the urge seems to overwhelm you. One of the ways our parents stopped us from sucking our finger is by putting bitter leaf on our thumb and it helped.

Balm or pepper will not harm you. It is meant to rewire your brain to think of pain instead of excitement when the thought of masturbation comes to mind. You can't try it more than once before the idea of masturbation will die permanently. The moment you put pepper in your hand the second time, the urge will grow wings and disappear. By the third time, once you approach the pepper or balm, forget it. It will cast itself out, except you stop applying the pepper, except you stop applying the pepper, and except you stop applying the balm. If you don't stop, you will put masturbation behind you just like that. I told you earlier that these principles work with consistency.

A lady reached out to me that she had gone through our course, Training of Trainers against Masturbation (TOTM) yet, she didn't stop masturbating. She said she used the pepper once. I asked what her experience was. She said hell! Then I asked why she didn't use it other times, she said she was scared. She remembered the previous experience and then developed cold feet. All she had to do the second time was to do it again. A tip of the pepper is enough. Infact, you can put the pepper on

your hand, rinse your hand with water without soap and go touch your genital with the rinsed hand. That is all you need to do. By the third time, your brain will not give the thought a room.

Whenever the urge comes strongly upon you, as you declare, just dip your hand into pepper without washing it. That alone will refrain you from going ahead with the thought.

**When you are this desperate to be free, then you will be free.**

Be desperate concerning pornography too. You can put rub or pepper on your eyelid. You can unfollow that friend or uninstall the social media app. Thank God for AI, you may not even need chrome browser for some time. Cut away from those bad friends and do something serious to set yourself free.

**I made a covenant with mine eyes; why then should I think upon a maid? Job 31:1**

Job made a covenant with his eyes that he would not look upon a lady, think about her or lust after her. I did a further research on the nature of the covenant Job made, and I realized that Job is not a man that just speaks. No, covenant are not spoken, they involve some sort of sacrifice that includes the shedding of blood. He was a man who was very careful of God, so the covenant he made was like placing a curse on himself that whenever he looks at the nakedness of a lady, be it the breast or the buttocks or look lustfully, something terrible should happen to him. That was the kind of covenant that Job made. I won't advise you to place a

curse on yourself, but you can also take a cue from Job and be desperate.

In Greek, that place is translated as "*horkia temnein, temnein spondas*", in Latin, "*icere foedus*" and *beriyth karath*. In Hebrew. It means enacting a covenant by striking down or cutting in pieces. This is a kind of covenant that will involve the killing of an animal. The animal is cut into pieces and in my understanding; it means if the person breaks that vow, he would be cut into pieces as well.

Job's declaration was not just a vow. It wasn't just a covenant. It was a serious attempt from him. Maybe Job was fighting with lust and he desperately tried to be free from it. You need that form of desperation to come out of it.

If you are a lady and you're willing to try what I advised earlier, don't entertain fear of any medical complications. If you put pepper under you as a lady, it cannot harm you in the future. It cannot harm your childbearing, or anything about you. It will only stop you from masturbating. Infact, you don't need to put it inside of your genital. The external layer is enough. Anything close, or on your clitoris is more than enough.

The next time the urge comes upon you and you can't control yourself, get desperate and apply these measures, but don't use any sharp object, please. If you apply any of these things I mentioned, I'm sure that will be the last you will ever do. You have to be desperate. If you apply these principles well, I can assure you your liberation will be very fast but if

you take this with levity, it may take some more time and you will eventually come back to it.

Pastor E.A Adeboye shared the story of a man that was finding it hard to stop fornication until he placed a curse on himself that the next time he fornicates, God should make him impotent. That was how he stopped.

This minute, make a decision never to go back to that same habit. Decide to break free from the clutches of the devil and if you have not given your life to Christ or wish to rededicate your life to God. Can you say take a minute and invite Him to be your Lord today?

Say this:

Lord Jesus, I'm committing all of my life to you today. Take my life and grant me peace in the name of Jesus. I receive forgiveness over lust, over masturbation (*name them all*). In the name of Jesus, Amen.

## CHAPTER 4

### DELIVERANCE FROM MASTURBATION

**The more you bring your mind and heart in and out of the scriptures; it gets cleaner and cleaner**

As a man in the deliverance ministry for over ten years, I can guarantee you that the best and most effective deliverance is self-deliverance. Can you take a minute and rebuke every wrong spirit in your life right now? Rebuke those spirits and cast them away. Take this seriously and repeat it from time to time. Even if you fall, rise and repeat it again.

*I rebuke the spirit of masturbation in Jesus Name. I cast it away from my life right now.*

*I rebuke the spirit of masturbation in Jesus Name. I cast it away from my life right now.*

You can declare this every day. Rebuke the spirit of masturbation every day.

You must also occupy your mind. After rebuking the devil and his antics, you can get him to come back to inhabit your heart if your mind is not occupied. Occupy your heart with the word of God and soak yourself in God's presence. This way, you will always be steps ahead of the devil.

The mind is the central place for every human. It is a place of battle. When you read the word of God, it wets your mind. I've always made the analogy of the word of God being water while your heart is the basket.

Your basket (mind) may not be able to retain water but each time it is coming in contact with water, it is getting cleaned. The more you bring it in contact with water, the cleaner it gets.

**The more you bring your mind and heart in and out of the scriptures; it gets cleaner and cleaner.** Even if you can't remember any scripture or quotation in the Bible, if you keep reading the word of God, your heart will become cleaner. Read every day and ensure you read in a version that you like. It could be Psalms, Proverbs or the story aspect - Judges, Chronicles, 1st Kings, 2nd Kings, Matthew, Mark, John, Acts of the Apostles or the Epistles- just keep on reading and reading.

When you read a pornographic novel, you may not even remember the things in that novel, yet you are getting sexually aroused because the novel is putting marks on your mind the same way the scriptures put marks on your mind.

**Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished. Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first. Even so shall it be also unto this wicked generation. Mathew 12:44-45**

## CHAPTER 5

### FIGHTING FORNICATION

**You don't need to keep blaming your past. Your past has passed.**

**Your future is now in your hands.**

**Let your past stay in the past that it is.**

Many people were introduced to sexual matters at different points in life. Some were sexually abused as a child. Somebody was playing with their private parts, fingering them and doing all sorts of unprintable things to them. Some others got introduced by force, through rape, and then they couldn't stop themselves from going back again. Some were introduced to harlotry, and several other sexual misconducts. Perhaps somebody you once trusted introduced you to all these things and you discovered you're hooked. **You don't need to keep blaming your past. Your past has passed. Your future is now in your hands. Let your past stay in the past that it is.**

You need to take charge of your life. You need to take responsibility and stop blaming the devil or accusing God for making you pass through all those things, or blaming those who brought you into it. You need to begin to take hold of your life from this moment. Perhaps you have even aborted before, forget about all that and begin to live a new life.

Fornication will not leave you the way it met you, and I am not referring to the sexual act alone. When I talk about fornication, I'm talking about kissing, caressing, hugging, and every other illicit act. Many people who are celibate indulge in all of these things as well. This is wrong on all



counts. They believe that it is only when they have penetrative sex that they indulge in fornication. They've done every other unimaginable thing.

If you belong to this school of thought, I would want you to know that all of these acts are also fornication. Yes. For convenience, let's say you've done *forni* and you're just waiting for the perfect opportunity to do the *cation*.

Each time you commit yourself to these sexual sins, including sexual chats or virtual sex, they will never leave you the way they met you. It will cause a drastic change in your life, and the more you are involved in these acts, the more the effects deepen. The more you indulge, the more danger you are exposed to.

God has covered you with so much grace. You know the will of the Lord and you are exposed to the word of God, yet, you still keep going back into it. The more you go back into these things, the more the problems you're likely to come across, the troubles, and dangers you pull yourself into. Every time the deed is done, your troubles are compounded. Don't bother dwelling on how to get forgiven, God has forgiven you. Simply put, your problem is not even with God.

One day, God was speaking to me and he said, *My son, don't make a mistake. Don't fall into sexual sin, if you fall into sexual sin, I'm going to forgive you. However, I want you to know that human beings will not forgive you. You are not living in heaven. You are not living among angels. You are living among human beings and that mistake will keep telling*

*about your ministry, and your life.* He gave me that charge like a Father does to his child.

## **The Greater Sin**

**Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.**

**1 Corinthians 6:18**

Every other sin a man commits is outside his body, but this sin called fornication, is a sin against his body. It is more dangerous and delicate than every other sin, and its effect goes a long way too. Take, for instance, I instructed you not to enter a room and you eventually went against my instruction. Of course, your disobedience will break my heart if you do and you may ask for forgiveness. However, if by entering the room, your hand got burnt by fire. Of course, I will forgive you but will that restore your hand to its original state?

This is the same scenario with fornication. When you touch fornication, you put your hand inside fire. God forgives you but your hand is burnt. There is a Yoruba adage that says, *a knife cuts a child's hand and you throw the knife away, the knife has already done the work it aimed to do.* The hand has been cut, the deed has been done. The more you engage in the act, the more cuts you will sustain.

***Jesus answered, Thou couldst have no power at all against me, except it were given thee from above: therefore he that delivered me unto thee hath the greater sin. John 19:11***

There is something called the greater sin. It is called a greater sin because of its implication. The implication of lying is not the same as the implication of stealing. The implication of stealing is not the same as the implication of backbiting. Sins have various implications. Some are lower while some are higher. This does not take away the fact that sin is sin, and any one of them can take you to hell, but before you get to hell, you will also suffer the consequences here on earth. It is not always about doing it with the belief that God will forgive you and you will go to heaven. Have you ever considered the things you will suffer during your years on earth before you eventually get to heaven?

Fornication is a bigger sin with a bigger implication. Steve Farrar called it the big fuck up. He said, *“Please don't fuck up. But if you fuck up, don't commit the big fuck up”*.

Fornication is a big fuck up. Like I earlier noted, don't just view it as the act of having intercourse alone. It involves the pre-fornications as well; talking to the opposite sex at odd hours, and the unnecessary solo visits. All these things have their implications, and the ultimate aim is to also bring you into fornication.

Do you remember David? The man after God's heart? He committed the sin of fornication and everything went haywire for him. Many people wonder why God forgave David despite his several sins and punished Saul who committed only 'one' sin. They often believe David was one lucky man, but you don't know the story of David. If you know the story of David, you will not want to be like him. You will not pray that your life

should be like his. The punishment He got for sleeping with Bathsheba and killing Uriah is one you would never pray for.

What surprised me the most is that God did not even dwell on the sin of killing Uriah, rather, his emphasis was on sleeping with that man's wife. This means that if he had not killed Uriah, he would still have been heavily punished. Committing adultery with the wife of that man was what also led to killing that man, Uriah.

**Why, then, have you despised the word of the Lord and done this horrible deed? For you have murdered Uriah the Hittite with the sword of the Ammonites and stolen his wife.**

**From this time on, your family will live by the sword because you have despised me by taking Uriah's wife to be your own.**

**"This is what the Lord says: Because of what you have done, I will cause your own house-hold to rebel against you. I will give your wives to another man before your very eyes, and he will go to bed with them in public view.**

**You did it secretly, but I will make this happen to you openly in the sight of all Israel."**

**2 Samuel 12:9-12**

Can you see what God told David, the man after God's heart? The closer you are to God, the more likely you are to suffer the consequences of your misdemeanors on this earth, especially if it persists after several warnings. He will forgive you, but you will bear the consequences of your actions. You need to bear the consequences here and now, so that you won't lose your soul to hell.

It is not a debate of whether God punishes sin in the New Testament or not. The consequence of a sin is in the sin itself. I remember encountering a lady on one of my trips. She was living in a staff lodge. All the staff living there are males, and she was the only female. She confided in me that she was HIV+. Imagine if any of the men in the house slept with her and sees it as a privilege. You can see that God does not need to punish sin. The consequence of the sin is in the sin itself. There was a lady that came to visit me and was seducing me to sleep with her. I lived in a room apartment at that time, and I also had a male friend around. It was after she left that the other brother was asking if she was my girlfriend. I was surprised by his question. He started telling me that the signal she was showing was to seduce. I didn't even know that the signs were seductive. I met her years later with a serious infection. She has done surgeries and she's constantly on drugs. She has been infected for a long time, even before she visited me. But it was an infection that takes time to affect some persons. Imagine if I had fallen into sin with her. Those and many others are what God is protecting you from when He says fornication is a greater sin.

Regardless of the consequences you suffer, God, your Father will still be there to treat you, but no one will share that pain with you.

**v10 From this time on, your family will live by the sword because you have despised me by taking Uriah's wife to be your own.**

God was angry that he killed Uriah, but the emphasis was on despising Him for sleeping with a man's wife and taking the woman to be his, and for that the sword will never depart from his house.

This is how deadly fornication or adultery is. Every war David has fought before that time was external battles and he triumphed gallantly, but from that day, a war started from his house. It was from one trouble to the other. Amnon, David's son raped his step-sister, Tamar who was a maternal sister to Absalom. Absalom then killed Amnon in revenge.

Years later, Absalom rebelled against his father and disposed him of the throne. He went to the extreme by sleeping with all his father's concubines on the roof of the house, in the sight of all Israel. He did that so that everybody would know that he has cut ties with his father absolutely. That act was a punishment for sleeping with the wife of one man.

**v11 “This is what the Lord says: Because of what you have done, I will cause your own household to rebel against you. I will give your wives to another man before your very eyes, and he will go to bed with them in public view.**

**v12 You did it secretly, but I will make this happen to you openly in the sight of all Israel.”**

Please don't joke with sin, because it still keeps you in bondage. After that, Absalom waged war against his father and intended to kill him. God saved David because he has promised him that he will not die, but that

promise didn't extend to his household, and Absalom died. David enjoyed peace for a while until another trouble reared its ugly head again.

According to the law, it was a sin to count the Israelites without God commanding it, and there is a protocol to it. David went ahead to do so without getting an order from God. He also didn't follow the due process. Joab warned him but he won't listen. The census went on for nine months and twenty days. The moment they were done counting, he realized that he had committed a great sin.

**But after he had taken the census, David's conscience began to bother him. And he said to the LORD, "I have sinned greatly by taking this census. Please forgive my guilt, LORD, for doing this foolish thing." 2 Samuel 24:10 NLT**

David counted the people and he entered into another trouble. A plague broke out and the people started dying. God came to him with option of redemption. This was the period when he committed not to offer any sacrifice that did not cost him to God.

One would think that was the end to David's troubles but when he was an old man; another son of his, Adonijah started a coup and intended to overthrow him. Here, David maintained his stand on the promise he made to Bathsheba to enthrone Solomon, her son, as king after him. This decision led to a chain of tragic events.

It is worthy to note that the son Bathsheba bore for David after Uriah's death died soon after his birth. This was the first son of David who died;

followed by Amnon, who was neither married nor had a son. Absalom also died without a son. Upon his enthronement, Solomon killed Adonijah to eliminate further threats to his kingdom.

The sin of fornication is a big *fuck up* which has complicated consequences. It is just better avoided.



## CHAPTER 6

### CONSEQUENCES OF FORNICATION TODAY

**It takes more effort from those who are sexually active before marriage to build and enjoy a healthy sexual relationship with their partners than their virgin counterparts**

There are a number of consequences to fornication both, on the male and the female alike.

- **Your dignity is reduced.**

You can try to patch it up, but you can't deny that your dignity has been tampered with. There is a big difference between the fate of someone who was raped and a fellow who fornicated. The fellow who was a victim of rape will be pitied and loved and many would love to empathize with the person, but that cannot be said for somebody who fornicated and lost their virginity.

Today, I can stand anywhere and proclaim that I never slept with anyone till I got married. Can you also say the same? Can you muster that courage? Indulging in fornication diminishes your dignity; it lowers your self-worth and reduces your pride. Your dignity and virginity are lost and you can't buy it again.

Now, in retracing your steps, you need to know that it is the virginity that is lost. You are not lost and even if you think you are, mercy has found you. Desist from that ungodly act today because the more you indulge in it, the deeper you go, and the more trouble you bring upon yourself.

Virginity is still a virtue and pride before God and man. Strive to keep yours if you have not lost it. Study has revealed that the marriages of virgins last longer. I can confirm that study. My wife counsel couples on marital sex. What we have realized is that it takes more effort from those who are sexually active before marriage to build and enjoy a healthy sexual relationship with their partners than their virgin counterparts. Several studies also confirm this.

- **Diseases.**

The Bible tells us that when you sleep with a harlot, you become one flesh with the harlot (1 Corinthians 6:16). When my wife and I got married and started having sexual relations as husband and wife, certain things changed in our lives.

For instance, before we got married, I usually bathe with warm water except there is a very strong heat, while my wife could drink cold water, bathe with cold water and still sleep in cold weather. Suddenly, she couldn't do that again. She started bathing with warm water as well. Although I have several strong areas, it was this one that first affected her. You might wonder why. Why is it not any of those other strong areas? Or why is it not her ability to cope with cold weather that overcame mine?

If you mix red with white, you get a red outcome and if you mix white with red, you will still get a red outcome. This is because negative things spread more easily than positive ones. This is also the same reason why

bad habits are easy to form but difficult to leave, while good habits are hard to form and easy to leave.

Every man, every woman you sleep with transfers some particles of their DNA into you. These particles are also available in saliva which is exchanged during kisses, but it is stronger during sex. This is because the body fluids secreted during sexual intercourse are not just fluids but blood. At least a strain of blood is exchanged, and this transfers things into both of you spiritually, naturally, and medically.

This way, you are prone to diseases as some people's DNA is filled with negative attributes and these attributes can also find a way into your bloodstream. If you are fornicating with someone who has slept with 10 - 12 people, you are not just sleeping with that person, but also with the 10-12 people they have already slept with. Through that act, you exchange everything in your systems, both known and unknown and that could spell trouble for you.

- **Psychological Attachment**

Psychologically, when you sleep with someone for the first time, there is a high tendency for it to happen again. If you reflect on your escapades, you will discover that the person you fornicated with, you didn't do the act once. You didn't just do it once and left. You went there again. Despite your vow, tears and promises, you still did it.

The next time you see the person, you still feel like engaging in the act. It now becomes more difficult to depart because you have to avoid the

person as much as possible, as you cannot predict yourself or your actions when you are around them.

This is what we continually hear about cases of married people who still go back to their ex and get into more trouble.

- **Marital Troubles**

Engaging in premarital sexual relations can portend trouble to the unmarried. If you want to use sex or romance to keep your partner, then you may be biting more than you can chew. This is because fornication puts your brain in a fog and makes you unable to think. The things you should correct, you can't correct them. You can't talk about it because you are scared they will leave you. Sex has clouded lots of eyes and that's why many people get into the wrong hands.

As an unmarried person, if you begin to sin in your single days, when you eventually get married, that person you're frolicking with could become a pain in your neck and a constant source of trouble for your marriage. When they call you or you see each other, it is trouble lurking at the corner. Your husband or wife as the case may be, may become insecure and they can't vouch for you. Whether you commit the act before or after marriage, there's no limit to the heartache it can cause you. Most importantly, your dignity is diminished.

For instance, if I had been a chronic fornicator before I got saved and started a ministry and then one day, a lady wakes up to accuse me of raping her or sleeping with her, will you defend me? Will you trust me?

You will most likely say since he has done it before; he can as well do it again. Or would you be eager to send your daughter to me for counseling?

I know of a great man of God in this country who was to be invited by a very great ministry with the highest level of honour they can give to any minister. When they mentioned his name, people raised their hands and disagreed with bringing him over, because he slept with his secretary about 15-20 years ago. Again, men will not forgive you nor forget your misdeeds. You are not living with angels; you are living among men, so tread carefully. Keep your dignity tight and refuse to be bound under the shackles of fornication. You might have been in this act for a long time but the best time to stop is yesterday and the next best time is today, right away!

- **Spiritual implication**

Fornication opens you up to several demons and demonic attacks. God has forgiven you but you remain a dwarf in the spirit. You are overwhelmed with guilt and the devil deals with you through that. Soon enough, depression comes in and it seems like all hope is lost.

Despite all the things David went through, he was still listed in the genealogy of Our Lord Jesus Christ, but with a “dent”. In Matthew 1 where the genealogy of Christ was documented, we hear of Abraham. Abraham also married his concubine aside from his wife, Sarah. In that account, they didn't tell us about Abraham's other wives, they just mentioned that he beget Isaac. Ishmael was not even mentioned. This continued till it got to David and we see a reference to the adultery he

committed generations ago. This was because the act was a stain on his life and testimony.

***And Jesse begat David the king; and David the king begat Solomon of her that had been the wife of Urias. Mathew 1:6***

So, take a cue from David's story and retrace your steps. Society doesn't forgive. Sometime back, I was asking someone, what if the person you want to marry tomorrow happens to be the brother, niece or cousin of the person you frolic with? What if they happen to be friends? What is going to happen? Would it be good if the person revealed that? Even if it was a mere caressing, do you think that conversation will go well? Will it augur well for you? You need to think about your future. Consider your marital future and deal with this issue now.

If you have never fallen to it, congratulations. Please never allow yourself to fall into it. It's a deadly trap with no end in sight. The talk about *something* that came upon people is a lie. Nothing comes upon people to have sex. When you are having sexual intercourse, you are in your right mind. You are not possessed. You are not gone. You don't disappear. You are alive. You are you. You didn't become unconscious or slip into a coma. You are still able to think. You knew what you were doing and you did it.

## CHAPTER 7

### RESISTING FORNICATION

***Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.***

***1 Corinthians 6:18***

You may be asking, how can you resist fornication? Don't resist it. Flee! The Bible never said we should resist fornication. The express instruction was to flee. We were only told to resist the devil.

**Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7**

I knew a young boy whom the hand of the Lord was upon. I called him and warned him to be careful. He complained to me how some girls were sending nude pictures to him and I instructed him to preach the gospel to them. He heeded my instructions and they all fled from him. If you resist bad influences, they will flee. The devil will flee. Human beings will flee. Demons will flee. But when you come face to face with fornication, don't think, don't consider what you should do or not. Flee!

Resist bad friends, bad music, bad places, bad associations, boyfriends and girlfriends. There are people I know that wanted me to be their counsellor, their spiritual father and what have you, but I know what they are capable of doing. I resisted them and they fled. I don't give them any avenue, no matter how little. You have to resist aggressively. I wouldn't be here sharing this word with boldness if I had not resisted

some kind of people. They came like disciples who needed help, but deep down they were capable of bringing a man down. I resisted them and they left.

If you have a sexual partner that is making you fall into the sin of fornication, there's no other shortcut, you have to resist them so that they can flee. You have to resist them. If somebody is abusing you, resist the person. If the person is not resistible, raise an alarm. Tell people to help you. Let them call the person involved to order.

There's nothing like I'm trying to avoid them, they're not just getting avoided. There's nothing like that. People can only go as far in your life as the level you permit them. If someone troubles you too much, delete their number. Block them. If they use an unknown number to reach you, the moment you hear their voice, cut the call and block it. Repeat that till they get the memo.

There was a lady I was following up at a time. She was drifting into sin and we were trying to help her. She resisted me but I was stubborn and persistent in helping her. If I call her on the phone, immediately after she hears my voice, she will cut the call. So after a while, I stopped. She resisted me and I fled from her. So, when you resist the wrong friends, they will flee from you.

**Be not deceived: evil communications corrupt good manners.**

**1 Corinthians 15:33**



Anywhere in the world, be it South Africa, the USA, Japan, Ghana, and so on, evil communication corrupts good manners. Evil communication, evil friendship, evil association, evil talk, evil discussion, evil communion, and evil companionship will always corrupt good manners, no matter how impeccable your manners may be. I made an illustration of mixing red with white, and white with red. Either way it is mixed, the outcome will still be red.

If you mix black with white, and white with black, it will still be black. It doesn't matter. In fact, if you put a little black inside many white colour paints, it will still be black. Thus, don't be deceived and led astray.

The Greek word there is *Phtheiro*, it means to lead away. Don't be led astray. Don't be led from the right way. Don't be led away from the truth, don't be led into error. Don't be led aside from the path of virtue. Don't allow yourself to be surrounded by these things or caught in their web.

Evil communication in any century will always corrupt good manners, either the 19th century or the 21st century.

*Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. 2 Timothy 2:22*

Move with those who call upon the Lord with a pure heart. Don't join the wagon with those whose hearts are steeped in iniquity. IF YOU FIND NO ONE, STAND-ALONE. STAND ALONE. Embrace godly habits and watch your life experience a turnaround.

## **Fellowship**

Develop the habit of praying and reading the Word daily. Ten to fifteen minutes to longer hours. Incorporate weekly fasts and prayers into your routine. Also, fellowship with other brethren. Everyone I have counseled with against sexual sins that involves the other gender has friends who are not better of spiritually. Keep godly friends and associations, speak godly words, and go only to godly places. The Bible admonishes us to be with them and call on the Lord out of a pure heart.

## CHAPTER 8

### FIGHTING GUILT

**God wants to draw us closer to Himself, and He doesn't do that with guilt.**

So far in this book, we have talked about how to walk out of lust, pornography, masturbation and fornication. Now, let's address guilt. You may have had some rough experiences in the past. Perhaps, you've made some wrong decisions, maybe fornication, murder, abortion, theft, and all sorts. You've indulged in sexually related sins and it seems to haunt you every time you remember, and this often leads to guilt.

When you are trying to come out of these things and you slipped into them again, either by a mistake or carelessness or through other means, the next thing that comes at you is guilt. This guilt makes you feel unworthy before God. You feel like someone who cannot stand in the presence of God. If these feelings come before you give your life to Christ, it won't be fair on you, how much more when you are already in Christ. Whenever you step into sin or battle an addiction, guilt grips your heart and you can no longer concentrate on your spiritual growth.

**Guilt comes as a result of what you think God is thinking about you.**

If you stole from me and I caught you, you'll be feeling guilty towards me. The next time you see me, you'll still be feeling guilty. You will want to be sure that I've absolutely forgiven you, and that I do not hold the act against you any longer for the guilt to finally leave your heart. So, whenever we are guilty of indulging in a secret sin and we feel guilty before God, it is a result of what we think God is thinking about us. It

will surprise you to know that what you think God is thinking about you is wrong.

### **Source of Guilt**

Guilt is a mask used by the devil to torment you. This is just like the typical scare you give a child that a masquerade will come and catch them, whereas, there is no masquerade anywhere. There is no monster anywhere and we are just using nothing to scare the child. However, the child's belief in what you say can control the child's behaviour. It can make the child withdraw, be quiet, or obey you sheepishly.

This is the same way the devil uses the monster of guilt to scare us. Let me ask you, what is the source of guilt? Does guilt come from God or does it come from the devil? That guilt that you feel in your mind is from the devil. It is the devil that brought guilt to you because guilt never originated from God.

What has guilt achieved in your life so far? If you think this through, you will realize guilt has done nothing but draw you farther away from God. Every time it appears and you are reminded, you feel unworthy and then you withdraw. Immediately that happens, you fall right back into that sin. Whenever you are controlled by guilt, you vow not to indulge in the act again. You feel unworthy, and in trying to get yourself together, you step back into that sin. The devil uses guilt to draw us away from God.

**God wants to draw us closer to Himself, and He doesn't do that with guilt.** Rather, what He uses is love and acceptance. Has someone you

loved ever offended you? Maybe a lover? But you love them so much, and you don't want to remind them of what they've done, because you don't want them to feel bad? This is exactly how God, who is our Father, loves us and doesn't want to remind us of our misdeeds. He doesn't want us to remember what we have done so that we will not feel bad and the truth is that He doesn't remember them either.

When Adam and Eve sinned in the garden, God still came to them, despite knowing they had sinned. He didn't come aggressively; He didn't come raining fire and brimstone. He knew the weakness of man, so he came as a father to them. He came bringing a remedy to the situation they got themselves into.

When Adam replied, he said: *I heard your voice and I hid from you (Genesis 3:8)*. That guilt that made him hide came from the devil. God does not own that guilt. **So, whenever I hear anyone say their spiritual life goes down anytime they masturbate, I often disagree.** It is not that your spiritual life just decides to go down; it is the guilt sponsored by the devil that makes your spiritual life go down. The Holy Spirit does not leave you. He doesn't depart, even when you masturbate.

The Bible assures us that we can never be separated from the love of God (Romans 8:5). Nothing can separate us. He has loved you with everlasting love, even before you gave your life to Him. You didn't suddenly become his child because you were no longer a sinner. The Scripture says that when you were still a sinner, He died for you. So, know today that the guilt you experience is not from God, it is from the devil.

***But when he saw the multitudes, he was moved with compassion on them...then saith he unto his disciples, The harvest truly is plenteous. Mathew 9:36-37***

God does not see you as a sinner. The day Jesus Christ saw many sinners; He said the harvest was plenty. So, Jesus saw sinners as harvest. A farmer is always happy when there is a harvest. He will only be sad if the mango has ripened and is becoming rotten. A ripe mango, a ripe banana, and ripe fruit are always a joy to the farmer.

You are a joy to God because you are a harvest, not a sinner. He sees you as a child learning to walk this way. These were the words someone spoke to me when I used to battle with guilt, and they have stayed with me since then.

No parent sees his child who is trying to walk but keeps falling and feels bad. He will rather encourage the child to do it. Just like that parent, God sees you like a child learning to walk. No matter how many times you fall, you can rise again. You can be strong.

The best part of this is that God sees you as a holy person. He sees you as Christ. He sees you as a holy man desperately working towards overcoming sin.

Cast away guilt this minute and begin to see yourself as God sees you. Always tell the devil to get away with his guilt and leave you alone. This is Father and child business, not father and the devil, not child and the

devil. You cannot offend your Father and he will ask the devil to deal with you.

Many of us see God as a man carrying a cane and waiting for you to commit an offense, then strike you for it. No, that is not God. That is not God. God is looking for a way to help you, not a way to kill you, or further compound your problem.

### **God has forgotten**

There are several places in the scriptures where God said He will never ever remember your sins.

**And I will forgive their wickedness, and I will never again remember their sins.” Jeremiah 31:34b NLT**

God is not a man that would lie, and this is what I tell the devil. When people come for counseling, I often ask them who beats them when they offend their father: their father or the father of their neighbour? Of course, they always reply that it is their father. When you get late to school, who punishes you: Your school teacher or a teacher from another school? Of course, it's your school teacher. So if that is the case, when you sin, why do you believe the devil has the right to beat you? What makes you think that the devil has the effrontery to punish you? And if you sin, do you think God will throw you out? Do you think God will punish or beat you? Do you think God will make you feel unworthy? If you have a child and the child offends you, will you throw the child away? No. Good, God is not interested in throwing you out too.

He wants you to draw closer to Him with love. So every time God sees you, He doesn't see your sin. Most times, people do not even know you sinned, either recently or years ago. God also doesn't keep it against you but the devil makes you feel guilty. He tells you God sees you and you are so dirty before God. This is not true and the devil is only making you feel that way so that they can take you away from the love of God. God said He will never, ever leave you and He meant it. He also assured you that He will not remember your sin. So whenever you appear before God, you never appear as a sinner. You appear as His son. You appear as His daughter. You are His and nothing is changing that.

The fact that you sinned does not turn you into a sinner. It only makes you someone who made a mistake that God needs to help stand again. I wish I could ring this in your ears as many times as possible. Some time ago, a man said he went to heaven and had an encounter with God. God opened books to him and he saw the book on Abraham, detailing the story his life. He said he was looking for where Abraham committed sin but didn't see it. He asked God and God replied that He does not have that record as He doesn't even remember any sin.

Again, this is the plain truth. God is not a man that will tell you I forgive you today and tomorrow will remind you of your sins. So whenever you appear before God in prayer, during your quiet time, or meditation and the devil tells you that you are a sinner, warn him to stay off as this is a father and daughter or father and son business, as the case may be.

**Another thing you need to know about sin is that it does not affect God but you.** God asks you not to sin for your own sake, and not for His



own sake. So when you sin, it is at a detriment to you. When you go back to God, He will forgive you and clean you up because He loves you. He will accept you back to Him so that your life may be repaired.

Do you remember the story of the prodigal son? He decided to go back to his father and inform him of his intention to be a slave, but when the Father saw him, he ran to meet him gladly because his secret prayers over him had been answered. Every time God sees you in sin or see you going astray, He is always yearning to call you back. This is why God even brought this book your way. That is why God sent that person who preached to you to preach to you. That is why you keep hearing messages that are making your heart go back to God. God is saying “come back”. “I want my daughter back”. “I want my son back”. “I love him”. The father of that prodigal son loved and embraced his son, not minding the clothes he wore or how rough he looked. He even kissed him. He saw him as a son, not as a slave.

Sin does not make you a slave. It doesn't change your status before God. It only tells God that you need help, and God is ever ready to offer that help and also grant you the strength to stand strong. If you fall, He is going to pick you up and keep you steady. **The devil uses guilt to trample upon you but God uses love to raise you.**

When you have a little child trying to walk, you are always eager to see the child's progress. When the child falls, you don't even want to shout so that the child will not cry. You rush to the child and bring him up. You ensure he is not hurt and you cheer him up. It is those that are walking that fall. You fell because you were walking. So when you fall, He

picks you up, He doesn't trample upon you, He cheers you up. God loves you so much that he doesn't want you to feel bad. That's why he said I have blotted out thy transgressions for my own sake and will not remember thy sin.

The next time the devil comes to mock you, ask him these questions:

- Did I sin against you?
- Were you the one who forgave my sins?
- Did you die on the Cross?
- It was Jesus who died on the cross and He has forgiven me. God does not remember my sins any longer.

**You only make God happy by standing up, not by remaining on the ground, feeling bad or defeated.**

“Come now, let’s settle this,” says the Lord. “Though your sins are like scarlet, I will make them as white as snow. Though they are red like crimson, I will make them as white as wool”. Isaiah 1:18

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

God will not ask you for those sins and He is not going to punish you for them. You have already suffered enough, please suffer yourself no more. Jesus has paid the price for your forgiveness and bears no records of them. He died for you and is willing for you to come back home.

God does not reckon with your sins, they don't even appear before Him. When He sees you, He sees Jesus. He sees the cleanliness of Jesus in you. No level of your purity can please God. It is the purity of Christ that pleases Him and qualifies you. So, don't make yourself go through unnecessary agony. Jesus' holiness already made you holy before Him.

God instructed Abraham to walk before him and be perfect. When I read that place in the Bible, I was looking for the sins of Abraham that made God tell him to walk before Him and be perfect, but I soon realized that is not the issue. The issue is to keep walking. If you fall, stand and keep walking. When you were a child and learning to walk, it was a process of rising and falling. After a bout of rising and falling, you rose and never fell again. In the same way, go for help till you stand and never fall again. I decree healing and repair for everything that sin has poured into your life in Jesus name.

### **No more punishment**

Some people assume that they are suffering because of the things they have done in the past. This is a lie. Some people never committed such sins, yet they are also suffering the same thing you are suffering. What then is the justification for their suffering? That thought is what made it possible for the devil to keep beating you down in that situation. Get up and dust yourself. You didn't offend the devil, you offended God and He has forgiven you. This is strictly a Father and child's business, so, the devil should keep off.

A long time ago, I was in a deliverance session and there was a little girl who was obsessed with an evil spirit. While casting the spirit out, it

started claiming ownership over the girl, stating that she was from the river and was a queen. I didn't even start quoting the Bible. I just asked the devil when he became a creator. I asked further where it was when God was forming her in her mother's womb. The devil just kept mute. I commanded it to leave and it left right there.

Don't let the devil bind you up in ignorance. No matter how red your sin is, it is not too red for the blood of Jesus Christ, which can clean any stain, and which has wiped your sins away. I am not perfect too but His blood wiped my sins and cleansed me. It brought me up, established me and I'm happy. I can never look down on anybody because I know that I wasn't the perfect man to start with, and no one is perfect, including the persons that are judging you.

When they wanted to stone the woman caught in adultery, Jesus asked anyone perfect to be the one to cast the first stone and everyone dropped their stones and left one after the other. Jesus being the only one qualified to condemn the lady set her free and instructed her to sin no more.

**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 8:10-11**

**I used to say that, the heavier your sin, the faster it sinks.** Imagine throwing a big stone into a river and throwing a smaller stone in it. The bigger stone sinks faster.

## **Go Back No More**

Someone is saying that: I know God has forgiven but my fear is returning back to the sin again and again. Firstly, your forgiveness is paid in advance and help is made available for you. What you should be concerned with is sticking to the principles that you have read in this book. Even if you relapsed or slipped into the sin again, stand again and never let go of the principles. You fell in the first place because you let go of them. God is asking you to take action, but not out of guilt.

If you are fornicating with a particular guy and you still keep going out with the same guy, you are not taking steps to ensure your freedom. You need to leave that guy and the fornication will take care of itself. I have attended to several people who are battling with these addictions and I have always encouraged them to seek ways that will prevent a recurrence of whatever habit they're battling with.

You are like a child who keeps losing his father's money and cries uncontrollably over the money you lost. Now, the father is saying don't cry over the money you lose any longer, rather find a way to mend your pocket so you do not keep losing money. God is much more concerned about helping you to come out of this situation than He is concerned about the sin you committed. **Guilt is concerned about the sin, not the way out.**

What you do after feeling guilty is to vow, scream, cry, and go back into it, but when you are in God, and you understand His love for you, you know He is ready to help you out as you take action. Also, please don't blame the devil for putting you back into sin, the buck stops with you. You already know what to do.

Again, let me remind you that guilt is not from God. It is an evil spirit from the devil. Cast it out of you as it will not help you out, but will keep digging you in. God truly loves you and He died for you while you were still a sinner. He has died for you long before you said the sinner's prayer, or asked for forgiveness for falling into any sin. All you just have to do is come to Him and repent. With my years of experience, dealing with people who are battling with addictions, I can confirm that you don't come out of an addiction the day you say you are coming out. There is every tendency that you may fall back into it once or twice, but with proper help, you may never fall and even if you do, you will come out victorious.

So, instead of battling with the guilt of sin over and over, concern yourself with the way out of it. You need to always see yourself the way God sees you. God sees you as a growing child learning to walk. He sees you as a saint; that is who you are 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**

God is not a man. He is not your brother or your mother who will keep a track record of your sins and remind you of them. No, he wouldn't do

that. He forgets your sins, but wants you to be out of them. He wants you to be strong and keep walking without falling.

**And their sins and iniquities will I remember no more.**

**Hebrews 10:17**

Over and over, we see God affirming that He won't remember our sins ever again and when sins have been forgiven, there's no need to offer any more sacrifices. You don't need to cry, lament or struggle. Just ask for help and boldly walk out of it. Ask God to help you and don't try to go out of a pit by digging under your feet. Also, remember to do away with the triggers and be deliberate with your victory.

Always see yourself the way God sees you. God loves you. He conquered the world with love, not with guilt. He is your Father and He is here to help you. As dirty as the prodigal son was, his father prepared a feast for him.

You can also go back to God today. You don't need any ceremony to do that, just simply say the following words with all sincerity:

*Now I know that it is the devil that is making me feel guilty. I understand now that it was actually my Father that I sinned against, not the devil. Therefore Satan doesn't have the right to punish or accuse me. Now I realize that my Father would rather love and forgive me than punish me. He sees me as a beloved son and daughter of His. He loves me so much, He doesn't remember my sins.*

*Thank you for loving me, Father. I love you too. Now I ask that you keep me and hold me from falling. I will be taking these steps (your resolutions) so that I can do that which will lead me out of this (your situation).*

*I receive your help and forgiveness in Jesus Name. I receive your love. No more guilt in my life. No guilt yesterday, no guilt today, no guilt tomorrow. If I fall, I will rise again, and I will not give any room for guilt in Jesus name. Amen.*



## **End Note**

Apply the principles stated in this book. Apply all. Keep applying them. Never stop applying them. That is your victory. If it happens that after some time, you fall back into that sin, come back to this book. There was something you stopped applying. Come back to this book for a reminder.

## **SECTION B**

### **HOLINESS SCRIPTURES**

## INTRODUCTION

Confess this section of this book daily and you will see your will align with the will to live holy and trample that sin under your feet just as the Scriptures say, ***His spirit willeth in us to do according to his will.***

Jesus said the word I speak unto you, they are living agents and life giving spirits (paraphrased). That means if Jesus speaks the word of sound health to you, the spirits (i.e, words) will become health giving spirits in you. If He speaks the words of fruitfulness, the spirit of the word will become a child in your womb. These are holiness scriptures that is, holiness enabling spirits. When you confess (not just read) them daily, you will prevail over sin and guilt because so mightily grew the word of God and it prevail ().

It doesn't matter if that sin or temptations keep coming even after you have started confessing this book, just keep on. We don't stop proclaiming our healing because we still feel the symptoms. You should never stop confessing all the scriptures in this book daily until your flesh has lost the appetite for that sin

This book is a medicine and a cure. You don't become healed because you bought the medicine and keep. You don't get healed because you are staring at the medicine. You don't get cured because you use the medicine once. You get cured not just by using the medicine but by using it according to doctor's prescription. Here is my prescription:

- Confess all the contents of this book at least once daily.

- If you started out confessing it 6am for instance, keep confessing it every 6am. If it is 8pm for instance, keep to it.
- You don't have to get alone to be able to use it. You can do it even when you are among a crowd. Just confess it by whispering to yourself but ensure your lips are moving.
- Whenever you are alone, confess it more loudly.

You are victorious and may the communion of the Holy Spirit be with you.

## **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.

## HOLINESS SCRIPTURES

In this section, we will be considering Holiness Scriptures which I also call power scriptures. These are passages that empower you to live a holy life, remind you of the need to live a holy life, and also release the grace to live a holy life unto you. You should always read these passages every day, twice a day, or as often as you like.

Just like healing scriptures, these scriptures prepare you and grant you immediate grace. They can be likened to the glucose you ingest on the spot when on the verge of falling.

You can always read these passages, meditate on them and confess them for them to release strength unto you.

### **Galatians 2:20**

**I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me.**

I am crucified with Christ. I am not the one living. I am not the one trying to struggle against sin. There is now a power at work in me and that power is of Christ who lives in me. It is Christ who lives in me that empowers me, and makes holiness easy for me.

### **1 Corinthians 6:11**

**And such were some of you: but ye are washed, but ye are sanctified, but ye are justified in the name of the Lord Jesus, and by the Spirit of our God.**

I am washed, sanctified, and justified in the name of the Lord Jesus Christ, and by the Spirit of our God. I am already justified and I live by the grace and Spirit of Christ.

**Hebrews 10:10**

**By the which will we are sanctified through the offering of the body of Jesus Christ once for all.**

**Having therefore, brethren, boldness to enter into the holiest by the blood of Jesus.**

I don't struggle against sin. I don't fight against masturbation. I don't fight with lust. I don't discuss with fornication. I don't have an argument with alcohol because I am made holy. I hate sin. I don't commit sin. I've been made holy. I'm pure in Christ Jesus.

**1 John 5:18**

**We know that whosoever is born of God sinneth not; but he that is begotten of God keepeth himself, and that wicked one toucheth him not.**

**1 John 3:9**

**Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.**

I am born of God. I don't sin. I cannot sin. Satan cannot touch me. I cannot be tempted, I can't fall into sin. Satan cannot tempt me. I can't fall into sin. I'm born of God. I do not sin. I have the grace to keep myself.

I keep myself by default. I keep myself just as I drink water, just as I eat my food. I keep my environment safe, protected and controlled in the name of Jesus.

Christ has saved me and called me to a holy life. I am called into a holy life. I live a holy life in Christ Jesus. I am called into a holy life. People can testify to it that I am holy. I do not hold on to any secret sin. I am holy in Christ Jesus, not because of anything I have done, but because of His purpose and grace. The grace was given me in Christ Jesus, even before the beginning of time.

I have been made holy even before I was born, by the work of Christ for me on the cross. I am considered to live a holy life by His power.

### **1 John 3:9**

**Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.**

I cannot sin because I am born of God. I have the seed of God in me and therefore cannot sin. I have the word of God in me. I cannot sin. I have the seed of God in me. I cannot sin. I have the word of God in me. I cannot sin. I'm the seed of God. I'm the child of God. I cannot sin. I am holy. I am pure. I am righteous in Christ Jesus. (Mention the sins). I cannot fornicate.

### **John 8:10-11**

**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.**

It is only Jesus that can condemn me and He did not condemn me. I have no sin. I have no record of sin. My past is gone and erased. Yes, I know it was a sin and I fell into it, but now, I look away from that incident and look up unto Jesus who is the only One that can condemn me and He didn't condemn me. Rather, He has set me free. He said there was no record of any wrongdoing and there was no sin.

There's no condemnation for me for I am in Christ Jesus. I'm not condemned. My conscience cannot condemn me. People cannot condemn me. Jesus has glorified me. Jesus has justified me. My past is arrested and the consequences have disappeared. In Christ Jesus, I'm not condemned. I am free. I am holy. Amen.

**Colossians 2:13.**

**And you, being dead in your sins and the uncircumcision of your flesh, hath he quickened together with him, having forgiven you all trespasses;**

**Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross;**

Christ didn't just forgive me for my yesterday's trespasses because He died on the cross for me. He also forgave my today's trespasses, tomorrow's trespasses and granted me the grace to live a holy life, to sin no more by the working of His Spirit and power in me.

## **2 Timothy 2:21**

**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.**

**Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.**

Indeed, in a great house, there are several vessels, some of honour and some of dishonour. I am a vessel of honour. There are vessels of gold, silver, wood and clay. I am a vessel of gold. I purge myself away from every form of sin, masturbation, pornography, alcohol, etc. I purge myself away from them all. I am for honour. I am for glory. I am meet for the Master's everyday use in the name of Jesus.

## **Hebrews 12:14.**

**Follow peace with all men, and holiness, without which no man shall see the Lord:**

I will see my God at the end of the day. I am holy and I live a holy life in the name of Jesus.

## **1 Corinthians 9:27**

**But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.**

My body is under me. My flesh is under me. I have crucified it with Christ on the cross. My environment is controlled. I cannot sin. I'm in charge of my body. I'm in charge of my life. I'm in charge of my environment in Christ Jesus.

**1 Peter 1: 15 - 16.**

**But as he which hath called you is holy, so be ye holy in all manner of conversation; Because it is written, Be ye holy; for I am holy.**

I am holy. I am holy in my speech. I am holy in my relationship with the opposite sex. I am holy in my interaction with my genitals. I am holy. I am pure. I stand righteous in the name of Jesus. Like my Father, like me.

**Philippians 2:12 - 13**

**Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling.**

**For it is God which worketh in you both to will and to do of his good pleasure.**

I work out my salvation. I live daily in purity, in holiness, and in Christ Jesus. The Spirit of Christ is in me. He willeth in me. I will according to His will. I will righteous things. I do righteous things in the name of Jesus. I'm no longer a victim to sin. I am no longer a slave to sin. Devil, I condemn you in the name of Jesus. I am pure and holy. My guilt is washed away in the name of Jesus.

### **Matthew 5:48**

**Be ye therefore perfect, even as your Father which is in heaven is perfect.**

I am not almost there, I am there. I am perfect in Christ Jesus. My things begin to align, my behaviour begins to align, my activities begin to align in Christ Jesus.

### **Philippians 4:13**

**I can do all things through Christ which strengtheneth me.**

I can do all things through Christ that strengthen me. I can say no to unrighteousness. I can flee youthful lust. I can control my environment. I can say no to alcohol. I can say no to sin. I can do all things through Christ that strengthen me. Everything cooperates with me just to make me live a holy life. The environment cooperates. The elements cooperate. People cooperate in the name of Jesus.

### **Romans 8:11**

**But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies by his Spirit that dwelleth in you.**

The Spirit of Christ is in me. That spirit that raised Christ from the dead is in me, so my body is quickened. It doesn't want the things of the flesh. It doesn't want the lust of the eyes. It doesn't want the lust of the flesh. It doesn't want the pride of life. My flesh is empowered. My flesh is

quicken. My flesh desires the things of God. I yield it only to God in Jesus name. It doesn't yield to sin. It doesn't yield to evil things in the name of Jesus.

**Romans 1:4**

**And declared to be the Son of God with power, according to the spirit of holiness, by the resurrection from the dead.**

The spirit of holiness is in me. The Spirit of lust is gone. Spirit of the devil is gone. Spirit of sin is gone. Spirit of alcohol is gone. Spirit of immorality is gone. Unclean spirits are gone. The Spirit of Christ is in me.

**1 John 1:7**

**But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.**

I have the blood of Jesus that cleanses me day in day out from all sins. No guilt is found in me. No stain is found on me. The desire is lost, the will is lost, the lust is lost in the name of Jesus. I fellowship with brethren and co-believers, and then we receive the ministration of the blood of Christ. We receive the grace to live a holy life all the days of our life in Christ Jesus.

**Revelation 12:11**

**And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.**

In the name of Jesus, I condemn unclean spirits. I condemn evil spirits. I command sinful spirits, I rebuke sinful spirits. I rebuke evil spirits, I rebuke demons, I rebuke unclean demons. You demons, you are all unclean. I rebuke you all. I rebuke the spirit of alcohol, I rebuke the spirit of laziness. I rebuke the spirit of anger. I am free for he the Son has set free is free indeed. (Remember to be very specific in mentioning the sin and temptation repeatedly).

### **1 John 3: 9**

**Whosoever is born of God doth not commit sin; for his SEED remaineth in him: and he cannot sin, because he is born of God.**

Devil, you cannot touch me, you cannot make me sin, you cannot tempt me. Get behind me. Get out of me. Get out of my appetite in the name of Jesus.

### **2 Timothy 2:20-22**

20 But in a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honour, and some to dishonour.

21 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.

22 Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

I choose to follow people who call upon the lord with a pure heart. I choose to follow people who serve God. I choose to follow people who obey God. I choose to follow people who live righteously. I choose to follow people who hate lies and sin. I choose to follow them. I'm great. I'm a vessel unto honour. I am great. I emerge great. I emerge a wonderful person in the name of Jesus. I live in pure conscience. I live in a total free conscience before God and man in the name of Jesus.

**Acts 24:16**

**And herein do I exercise myself, to have always a conscience void of offence toward God, and toward men.**

I have my conscience void of offense, void of guilt by his blood that has cleansed my heart forever in Jesus name.

**Psalm 45:7**

**Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.**

I love righteousness. I hate sin. I love righteousness. I hate sin. I love purity. I hate sin. I do not intentionally go back to sin again and again. I hate sin and so my head is anointed. I am lifted up above my peers. I am lifted up above my peers.

**Proverbs 14:34**

**Righteousness exalteth a nation: but sin is a reproach to any people.**

I will not be reproached. I will not be talked against. I will not be a byword. I live in righteousness and I'm exalted. I am exalted on high in the name of Jesus. I do not sin. I withdraw myself. I do not sin. I do not curse. I do not lie. I do not lust. I do not fornicate in the name of Jesus.

**Galatians 5:16**

**This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.**

From today henceforth, I walk in the spirit. From today henceforth, I will not fulfill the lust of the flesh, not anymore, not in my life, today and forever in the name of Jesus.



## 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.

### **Impartation for Vision**

1. You must be baptized in the Holy Ghost with the evidence of speaking in tongues.
2. Be ready to intercede for people, places or programme.
3. Write the names of those people you are interceding for on a sheet of paper
4. Start by worshiping God
5. Pray in tongues for the first name on the list for up to 5 minutes at a stretch.
6. Whatever you see or received concerning them, write it down.
7. Do the same for all the names and items on your list
8. Approach them to confirm what you saw. Talking to them would boast your faith just like Gideon was instructed to approach the Midianites
9. Get Dream, Vision and Revelation by Ife Adetona

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