

UNDERSTANDING MASTURBATION

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Contents

[PREFACE](#)

[DEDICATION](#)

[INTRODUCTION](#)

[CHAPTER 1: DANGERS OF MASTURBATION](#)

[CHAPTER 2: THINGS THAT AID MASTURBATION](#)

[CHAPTER 3: WHY MANY STRUGGLE WITH MASTURBATION](#)

[CHAPTER 4: BORN AGAIN, SPIRIT FILLED, MASTURBATING](#)

[CHAPTER 6: DO NOT FEAR FALLING AGAIN](#)

[CHAPTER 7: SEX AND SEXUAL PLEASURE](#)

[CHAPTER 8: WHAT ABOUT COUPLES, WIDOW, PRISONERS AND MEDICAL NEEDS?](#)

[ABOUT THE AUTHOR](#)

PREFACE

Some time ago, I posted on my Facebook page, (LOVE HELPER) a post on masturbation and I was overwhelmed with the nature and volume of response that I received. It became clear that a sizeable number of persons are involved in the act of masturbating. It was also evident that the practice cuts across almost all age groups. Singles, married, widows, widowers are all involved. Men and women alike are equally practising masturbation and the response I got thus suggests that it weighs equally with both sexes.

A recurring theme, particularly for believers in Christ Jesus is to know whether masturbation is a sin or not. Many are seeking a clear-cut answer to this question but that seems to have eluded many. Several persons that came forward reported that there is a sense of guilt and shame after the act has been done. Some have tried for years to overcome it with success lasting only a short period of time.

There are those who have taken the position that it is a normal biological process designed by nature to bring relief and pleasure to personal self. Some of those who hold this position have gone ahead to advance that masturbation is quite healthy and somewhat necessary for the proper functioning of the body.

The debate as to the rightness of the practice with regards to God has been fuelled with the proposition from some renowned and less known servants of God who have stated categorically that it is not a sin. Their position has sparked more debate and confusion than helped those seeking an answer from the Word of God.

Masturbation has been said to be the key to unlocking sexuality and a means for personal exploration and understanding of sexuality. There are a growing number of people calling on men and women to explore their bodies through masturbation.

I felt a sense of responsibility under God to develop the post into a book and offer a clear, definite and concise Biblical position on the matter. The Word of God is not ambiguous to anyone interested in doing the will of God.

I am particularly grateful to Mrs. Elizabeth Onimole (Nee Omotosho), who volunteered to edit this book.

Olusegun Mokuolu

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DEDICATION

I wish to dedicate this book to the saving GRACE of the Lord Jesus Christ.

INTRODUCTION

Masturbation is both deceptive and extremely dangerous. The deceit in masturbation is that many believers indulging in it assume that it is not sinful because it does not involve another person. That is exactly why satan has found masturbation a potent tool to destroy the lives and purpose of the Children of God. Satan is happy to keep you deceived while you masturbate your soul away. You are not going to ever get delivered from any

habit or behaviour that you are not convinced that it is sinful. If you do not see lying as sinful, you will keep lying even though Jesus has paid for that sin.

The trick of satan is to convince people that sin is not sin. This is what he did in the Garden of Eden. When God puts the man in the garden He told Him, **“But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die”** (Genesis 2:17). The instruction of the Lord was not in any way ambiguous. Adam was not to eat of the tree of the knowledge of good and evil. The Lord also told him categorically that the day he eats of the tree, he will *SURELY* die, but satan came and told the woman something contrary to the Word of the Lord.

“And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.” (Genesis 3:4-5). The statement of satan clearly contradicted the commandment of the Lord. The intention of satan was to reduce the gravity of the Word of God and make it loose its weight in the heart of the woman. The devil is still going about today watering down the Word of God and suggesting to people (believers inclusive) that God does not mean exactly what He says.

Note also that the devil told the woman that they will be like gods while we read in Genesis 1:26-27 that God created man in His own image and likeness. This is the reason men have become gods unto themselves, defining good and evil, right and wrong. We can only understand right and wrong from God’s

perspective. Our definition of sin can only come from the mouth of the Lord. Jesus defined sexual sin for us before He was caught up to sit at the right hand of the Father;

Jesus said, **“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.”** (Matthew 5:28) So the fact that you did not actually have sex with a person does not mean you did not commit sexual sin with the person. In fact, the sexual act is a physical manifestation of a sin that has already taken place in the heart. So, sexual sin is a thing of the heart. You can sit in your living room and commit sexual sin without engaging in any physical sexual act. The mind is not blank when someone masturbates.

Masturbation is the physical manifestation of a sinful thought. For some, masturbation involves the use of pornographic materials or simply imagination of sexual fantasy. It is a manifestation of the flesh. The Bible warns that anyone who walks in the flesh will not inherit the Kingdom of God.

“Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God.” (Galatians 5:19-21).

Note the statement, ‘...**they which do such things...**’ It means the list was not exhausted. It therefore must be established that masturbation is a sin. Sex is not a sin. Sex is good. God created

sex. Sex is to be enjoyed between a man and his wife. It is a beautiful gift from God to humanity. But sex outside of marriage between a man and his wife is sinful. Let me illustrate; if a man has sex with his wife, it is not sinful. If he goes to have sex with any other person, other than his wife, it is a sin. However, in terms of the physical expression of sex, what he has done in both cases is the same. He has had sex in both cases but one is sinful and the other is godly.

So, it is not the act that makes one godly and the other sinful. It is the fact that one violates the Word of God and engages in what is a product of man's sinful nature. Therefore, when it comes to masturbation, it is not the orgasm or the ejaculation that is the problem; it is the sinful nature behind masturbation.

I have had a lot of people confessing this sin. The situation varies from one person to the other. There are 'virgins' who masturbate and several non-virgins who masturbate. Some started when they were very young and some started practicing it as adults. There have been cases where some would masturbate after having certain kind of dreams. In all the cases, it has been a struggle to stop. I am also yet to meet a believer who feels good after fornicating, masturbating or committing adultery. The Spirit of holiness in us will not tolerate sin and defilement in any guise.

If you have been struggling with masturbation, you need to know that it is a sin. Some might then ask, 'what happens when I sleep and wake up to find out that sexual fluid came of me?' Your body has its natural process which is normal provided it does not

involve lustful dreams. A believer should not be having sexual dreams. Renewing your mind by the Word of God and the prayer of faith would take care of that. Remember that orgasm is not sin but the nature or state of heart matters is what makes an action sinful. Sex is not sinful. Sex outside of marriage is a sin. Such sin is committed because men walk in the sinful nature. So the sexual act outside of marriage or in the thought is the result of a deeper problem which can be traced back to the sinful nature or the flesh.

The point I am making is that you have to know or realise that this act is a sin and how we arrived at that conclusion based on the Word of God. Once that conviction comes to your heart, it becomes easy to be delivered because Jesus came to save people from sin. **“And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.”** (Matthew 1:21).

Unfortunately, because of lack of understanding of what sin is, (that it is a nature) and due to the fact that masturbation was not specifically mentioned in the Bible, some preachers have taught that it is not sinful. This has contributed to the struggle of many. It is not my intention to join such debate. I know without a doubt that it is sinful. I have seen people who have repented, asked for grace and have been set free. The Bible makes it categorically clear that sexual lust of the heart is a sin - it doesn't matter what other fancy name we choose to call it. It is also clear from the Word of God that sins are produced by the sinful nature. A person is said to be sinful because he/she is of the sinful nature. Therefore, whatever is the product of the sinful nature is a sin.

CHAPTER 1: DANGERS OF MASTURBATION

Masturbating has several (negative) side effects, I would refrain from going into the medical aspect of this since I am not a medical practitioner but the damage to the soul is even greater. Any sinful habit that can send a man to eternal separation from God is such a serious matter that it should be taken to the Cross of Calvary for immediate cleansing and grace.

Some have been so pressed that they masturbate in public places. Many feel terribly ashamed and it has affected the social well-being of several. Some have concluded that it is impossible to stop and have resigned themselves to doing it for the rest of their lives. People pick this sinful habit up in different ways; for some it was purely accidental, while for others, they learned how to do it through friends, books and the media.

Like any sin, it brings shame and guilt, which is masked for several years. Some people thought they would stop it easily when they get married only to find out that marriage does not cure sexual sin. Marriage gives sexual satisfaction but it can never satisfy sexual lust. Any sin that is not dealt with before marriage is likely to be stronger even in marriage. Those who did not deal with fornication in their life before they got married, would likely end up committing adultery in marriage.

It defiles your body

Masturbation is a sexual sin and it is a sin against your body because it defiles you. Remember, the Holy Spirit dwells in the body of a believer. To commit sexual sin is to defile your body and sin greatly against your own self. The Bible says, **“Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?”** (1 Corinthians 6:18-19). We cannot serve the Lord without offering our body to him as a holy sacrifice. Believers must desist from activities that defile their bodies and souls.

Most people, who masturbate do so based on some fantasy or use some form of pornographic material to aid the process. In most cases, watching anything pornographic would lead to masturbation. I will deal with this further in another chapter. Suffice to mention that filling the heart with pornographic materials corrupts the heart. Just imagine how you are going to react when you get home one day only to discover that some groups of men have visited your home and defecated all over the house and the stench of the filth is all over the house. Can you sleep in such a house? That’s what we do to our heart with pornography. Jesus said, **“Blessed are the pure in heart: for they shall see God”**. (Matthew 5:8)

If you were the devil and you don’t want people to see God, what will you do? I guess you understand the point. Satan is filling people’s heart with things that will keep them from seeing

God. Don't allow pornography to corrupt your heart. God will give you a brand new heart today if that's what you need. The life of anyone with a heart full of impurity (which certainly goes beyond pornography) will be full of darkness and confusion; for the light of God will become obscure to such a person.

Opens door for demonic operations

Masturbation opens your life up for demonic operations and attack. Sinful habits are attractive to demons. By willingly indulging in such sin, you invariably give them authority to manipulate and influence you. The Bible says, "**He that diggeth a pit shall fall into it; and whoso breaketh an hedge, a serpent shall bite him.**" (Ecclesiastes 10:8). Personally I do not believe demons can possess a believer because the spirit of the believer is regenerated and indwelled by the Holy Spirit. However, a believer can be oppressed, depressed and impressed by demonic forces.

You can break the hedge of God around your life by indulging willfully in sin. You become less sensitive to spiritual things and thus become vulnerable to the darts of the wicked one.

It kills your prayer life

Masturbation will kill your prayer life. The devil really loves this. You cannot finish masturbating and raise your hands to God to worship and pray. Guilt will not allow you to pray. It troubles the conscience and makes praying difficult. Masturbation is a tool in the hand of satan to destroy the prayer life of believers thereby

making them weak. The Bible says, **“I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.”** (1Timothy 2:8).

Unless your conscience has become seared, masturbating will constantly make you live in guilt. It takes the joy of the Lord away from you and gives you a guilty conscience. It basically makes a mess of your life. A guilty conscience will drive you away from the presence of God. It was a guilty conscience that made Adam hide himself from God after he sinned. Masturbation allows your conscience to torment you. The Bible says, **“Holding faith, and a good conscience; which some having put away concerning faith have made shipwreck:”** (1 Timothy 1:19). Until we get to eternity, we might never know the impact of being prayer-less and opportunities missed as a result. What the food is to the body, the Word of God is to the spirit of the believer. What the air is to the human body, prayer is to the new creation -man’s spirit. Whatever therefore, keeps the children of God away from fellowship with the Father will ultimately destroy them.

Pollutes your heart

Masturbation keeps you from seeing God. The Bible says, **“blessed are the pure in heart for they shall see God”.** (Matthew 5:8) The evil thoughts and imaginations that usually go with masturbation corrupts and defile your heart. The Lord Jesus said, **“But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness,**

blasphemies: These are the things which defile a man: but to eat with unwashen hands defileth not a man.” (Matthew 15:18-20). I will expand more on this.

It has a stronghold on the soul

Masturbation is addictive. The devil does not just want you to commit sin; he also wants you to be trapped in sin. Many are trapped in the sin of masturbation. They want to come out of it but they keep going back to it. It is addictive. It takes only the power of Christ to break the yoke of sin. Your determination and self-will will consistently fail you. The Bible says, **“Thou hast forsaken me, saith the LORD, thou art gone backward: therefore will I stretch out my hand against thee, and destroy thee; I am weary with repenting.”** (Jeremiah 15:6).

Several people engaging in this act are tired of it and want to get out. They stop for some time only to find themselves right back in it. This is what God meant when He said He was weary with repenting. Some have stopped for a year or even more only to find themselves again masturbating. It is not God’s plan that the saints should be struggling with sin. It is very frustrating to want to quit a sinful habit and find oneself in and out of it for years. Whatever you cannot control is controlling you. **“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?”** (Romans 6:16). The good news is that through Jesus Christ, there is complete deliverance at no cost.

Self-shame

Masturbation brings about self-shame. Just like any sinful habit, it is a shameful act; one that you cannot proudly discuss with anyone. The worst of shame is self-shame. Though unknown to others, it fills your entire being and you constantly feel shameful and dirty. Such shame destroys your self-esteem. The Bible says, **“What fruit had ye then in those things whereof ye are now ashamed? for the end of those things is death.”** (Romans 6:21) You are constantly being reminded in your mind that you have such a sinful habit in your life.

Please note that I am not saying sex is dirty or sinful. I am not saying ejaculation or orgasm is a bad thing. They are beautiful. They are God given and should be enjoyed within the limit of marriage. What is dirty and shameful is a sinful habit in relation to sex. When Adam sinned in the garden, the immediate result was shame even when they were only two people on the face of the earth. Shame is a spiritual condition.

The Bible says, **“And they were both naked, the man and his wife, and were not ashamed. And the eyes of them both were opened, and they knew that they were naked; and they sewed fig leaves together, and made themselves aprons. And he said, I heard thy voice in the garden, and I was afraid, because I was naked; and I hid myself.”** (Genesis 2:25, 3:7, 3:10).

They had always been naked but were not ashamed. So, nothing was wrong with their nakedness. It was when their nature

changed from the nature of God after they ate the fruit that their nakedness became a shameful thing. This is the point we are making with masturbation. There is a shame that comes on a child of God after a sinful habit is practised. Unbelievers may not feel such shame because they are still in the dark. It is different for believers. No matter how you try to justify it, the shame and the guilt will always be there. It is not a mental issue; it is a deep spiritual one.

Destroys ministry

If you are into ministry, masturbation will render you powerless. You won't be able to help people with unclean spirits because the devil cannot cast out the devil. There is even the danger of being overcome by demons when you attempt to cast them out. Masturbation therefore leaves you exposed and vulnerable in ministry. When you preach righteousness or holiness, Satan will remind you of your own secret sinful habit. Do not allow evil spirits to ask you this question, **“And the evil spirit answered and said, Jesus I know, and Paul I know; but who are ye?”** (Acts 19:15)

When Satan cannot directly attack a ministry, he sponsors sin into the life of the minister. This is a proven trick of the devil. He used it against the Children of Israel when Balaam suggested to Balak that the only way he could defeat the people of God was to sponsor sin in their midst.

“Behold, these caused the children of Israel, through the counsel of Balaam, to commit trespass against the LORD in the matter of Peor, and there was a plague among the congregation of the LORD. But I have a few things against thee, because thou hast there them that hold the doctrine of Balaam, who taught Balac to cast a stumblingblock before the children of Israel, to eat things sacrificed unto idols, and to commit fornication.” (Numbers 31:16, Revelation 2:14).

Satan knows that he cannot defeat the people of God but he is equally aware that the eyes of their God are too holy to behold iniquity. If he succeeds in sponsoring sin into the life of the minister, the ministry is already defeated. Ministers of God must take heed not to have any secret sin in their lives. If you stand before the people of God to minister and there are secret sins in your life, satan will point accusing fingers at you and weaken your ministry. You can take every such matter to the Lord today, repent and be washed in the blood of Jesus Christ.

Breeds secrecy

The person who masturbates lives a secret life. You keep watching your back when no one is after you. You keep looking for a private moment and a secluded space for you to perform the habit. You are constantly on the watch when you should be at peace. You have to buy some of the materials you use in masturbating discreetly because no one must know about it. You are living a double life. The Bible say, **“The wicked flee when no man pursueth: but the righteous are bold as a lion.” (Proverbs 28:1).**

You are timid when you should be as bold as a lion. You should not have any skeleton in your cupboard that needs to be hidden. Jesus said that the devil came and found nothing in Him. Let there be nothing of the devil found in your life. Your life must be transparent before God and man. A friend of mine who has gone to be with the Lord once advised me saying, 'bro Olusegun, the only cure to not being found out is not to do anything that can be found out.' He was basically telling me that as long as I do it, I will eventually get caught. So, my only grace is not to do it in the first place. I have never forgotten such godly counsel.

I have read many books on sexual relationships among Christian couples but none on how children of God can masturbate. Why has the Holy Spirit not inspired such a book for His children? The Bible talks about sex between husband and wife and commanded that they should not defraud one another. The unmarried people are commanded to possess their vessel in purity. Those who cannot hold on are counselled to marry in order to avoid fornication. Masturbation was not suggested to them as an alternative to getting married.

If a Christian is doing it, it is in secret and they would not be proud to say it publicly. A married man feels no shame in saying that he does have sex with his wife but an unmarried man cannot proudly say that he has been masturbating. Secrecy breeds darkness and darkness is not of Christ because He is the Light.

Remember God's wrath

Lastly, just like any other sin, masturbation is a sin and God's eyes are too holy to behold iniquity. You risk the wrath of God. You also risk going to hell fire. The worst of it all, you risk kicking God out of your life. The Bible says, **"Behold, the LORD'S hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: But your iniquities have separated between you and your God, and your sins have hid his face from you, that he will not hear."** (Isaiah 59:1-2)

The wrath of God would be poured out one day on the children of disobedience. There are those who teach that sins cannot send a believer to hell. They are entitled to their opinion but I have not read that in the Scripture. The letter to the churches in the book of Revelation by the Lord Jesus would be an empty threat if sin does not matter. Jesus came primarily to set people free from sin so that we can be like Him.

Let's see what the scripture says, **"For this ye know, that no whoremonger, nor unclean person, nor covetous man, who is an idolater, hath any inheritance in the kingdom of Christ and of God. Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. Be not ye therefore partakers with them. For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light:"** (Ephesians 5:5-8). The Holy Spirit speaking in the above scripture says that the wrath of God is coming on the children of disobedience because of sins. He warned us not to be partakers of such sin. The Epistle was written to believers. If sin does not pose a problem to believers, there would not have been a need to pen such words. If

you become partakers with the children of disobedience in sinning, you make yourself qualified for the wrath of God. Let no man deceive you. Let no preacher deceive you. You are now in the light in the Lord if you are born again, therefore walk as children of light.

CHAPTER 2: THINGS THAT AID MASTURBATION

Masturbation is one of the manifestations of the sinful nature. However, just like any sinful habit, there are elements that aid this sinful habit. There are factors that predispose people to masturbating.

Pornography

It is probably the number one reason why people masturbate. Most people can trace their problem of masturbation to watching pornography. Although, in some cases, it is not pornography. Some just found themselves masturbating by accident. Some were taught how to masturbate by others. However, most people who struggle with masturbation are either addicted to pornography or have watched it in the past. The things we see and hear go into our minds. If they are not well processed, they will eventually manifest in our lives. The spirit behind pornography will affect those who watch it.

Pornography is so strong in its hold on men that even servants of God are not spared, as many secretly struggle with it.

The devil has ensured that pornography is the cheapest commodity today as it is available at the click of a button on our phones. Most people's phones, tabs, laptops etc., are filled with either pornographic photos or videos. It has affected many marriages and perverted the minds of several people in our days.

Pornography incites sexual tension, which has to be released either through sexual contact or masturbation. Watching pornography will sure lead to one form of sexual dysfunction or the other. It is a sin that leads to other sins. It is rare to find anyone who masturbates but does not watch pornography in any form. Anyone who wants to be delivered from this sinful nature must also desist from every form of pornography.

Pornography comes in different forms and shapes. It comes in music, movies, pictures and written and spoken words. Someone may not be watching pornographic movies but may be indulging in sexual conversation through the social media. There are books, magazines, newspapers that actively or subtly promote pornography. To become engaged with such materials and hope to live an upright life is to take fire into your bosom and hope not to be burned.

Some have convinced themselves that they can watch pornography and not resort to masturbating, that could be true, but feeding your heart with such unclean content itself is sinful.

Moreover, if you are a child of God, you must understand that the grace of God that sets us free from sin does not cover wilful sin. You cannot be willingly going after sin and hope that the grace of God will help you not to sin. God cannot violate your will. You

are a creation of choice. Do not tempt the Lord your God. Do not play with fire. Enjoy the riches in Christ Jesus and depart from sin because you have been set free.

A man will ultimately become what he watches. When you watch people masturbating, you are inviting the spirit/mind-set behind such into your life. If you are struggling with masturbation, you must get rid of pornographic materials in your life. You cannot continue in sin and expect grace to abound. You cannot be playing with fire and hope not to be burnt.

The good news is that the grace of God is so powerful that pornography and masturbation are no match for it. **“For where sin did abound, grace abounds even much more”** (Romans 5:20). Believers can live in the purity of their spirit, soul and body because of the work Jesus accomplished on the Cross of Calvary. We are not at the mercy of sin but victorious through Jesus Christ. This is why it is important to look at the Word of God and see our victory over every sinful invention of satan.

Lustful sexual thoughts

Sinful sexual and lustful thought is another thing that aids masturbation. Many people spend the whole day fantasising about sex and sexual intentions. These thoughts create sexual excitements and sexual tension that need to be released. More often, it is released through masturbation. This is why the Bible says, **“Keep thy heart with all diligence; for out of it are the issues of life.”** (Proverbs 4:23).

You must learn to lay hold of your thoughts through the Lord Jesus Christ. You are not at the mercy of your thoughts. God has given us power through Christ Jesus to control our thoughts. You cast down every evil imagination and keep your heart free of corruption. The Bible says, **“(For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”** (2 Corinthians 10:4-5).

You have the grace to bring into captivity every thought to the obedience of Christ. You are not at the mercy of your thoughts. God has put you in charge of your heart. That’s why He said keep or guard your heart with all diligence. You are the security man at the door post of your heart. You determine what goes in and what goes out. When the gate of your heart is broken, your life is broken. Learn to keep godly stuff in your heart.

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.”
(Philippians 4:8)

Reprobate mind

Reprobate mind is another tool that aids masturbation. A reprobate mind is a mind giving up on by God. When a mind refuses God, it becomes reprobate and capable of doing any evil or unimaginable sinful sexual practices. A reprobate mind that

masturbates simply cannot stop. Even when the person stops for a while, the reprobate mind-set takes over again and the person is back in the sinful practice. **“And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient;”** (Romans 1:28).

This is a most dangerous state for anyone to be. When the mind becomes reprobate, anything is allowed without the conscience being pricked. All kinds of sinful practices are allowed without limit. Abomination becomes normal. Any sense of shame for sinful practices is gone. A reprobate person can find grace today by turning to Jesus Christ.

It should be stressed that these aids in themselves are also works of the flesh. Flesh is the root of sin. Habits and actions are the fruit of sin. To overcome sin, the root must be uprooted, but without the fruit, it will be impossible to identify the stem and the root. Therefore, pornography, lustful thoughts and reprobate minds are tools that strengthen the grip of masturbation upon the heart of men, and they must all be uprooted through the grace of our Lord Jesus Christ.

Lust for pleasure

Masturbation offers pleasure of sin that is temporal. The lust for sexual pleasure is a strong feeling. Some would almost wish they could spend their whole day in pleasure. This pleasure has become a stronghold upon their soul such that there is a constant search for it. It becomes a driving force; a god that has to be serviced and obeyed. Believers are to love God not pleasure.

When pleasure becomes so important that men would sin in order to have it, then, it has become a stronghold on their soul. This is why several people masturbate; the search for pleasure to fill the emptiness of the heart.

CHAPTER 3: WHY MANY STRUGGLE WITH MASTURBATION

A common experience with anyone that masturbates is that it is difficult to stop. Many have tried and have failed several times. The truth is that sinful habits cannot be overcome with the will of man. The sinful nature is too weak to overcome itself. Many have put in a great deal of effort only to end up failing again and again.

Wrong teaching

Many have been weakened with teachings by some preachers claiming that masturbation is not a sin. The goal of satan is to weaken man's conviction over the matter of sin. He knows that when a man is not convinced that a manifestation in his life is a sin, he cannot overcome that sinful habit. We saw satan play this card when he tempted the woman. He weakened her conviction by telling her expressly that what God clearly said is a sin is not a sin.

God said, **“And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of**

it: for in the day that thou eatest thereof thou shalt surely die.”
(Genesis 2:16-17).

Satan said, **“And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil.”** (Genesis 3:4-5)

With those words, satan was able to weaken her resolve to obey the word of God. The grace of God is present to deliver from all sins but grace will be made of non-effect if there is no firm acceptance that a habit is sinful. This is one of the reasons why children of God struggle with masturbation.

As I mentioned earlier, you must know that sexual sin is not only an act but also a reflection of the state of your heart. Jesus said, **“But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart”** (Matthew 5:28). So, the fact that you did not actually have sex with a person does not mean you have not committed sexual sin. In fact, the sexual act is a physical manifestation of a sin that has already taken place in the heart. Men will keep struggling with this sin until they listen to the voice in their spirit that keeps telling them it is not acceptable.

Lack of willingness to stop

Another reason why children of God struggle with masturbation is the unwillingness to stop the habit. They may say with their mouths that they want to stop but deep within their spirit man, they are not ready to stop. They enjoy the pleasure of sin. Genuine repentance is willingness to quit sin and sinful habits. It has to come from the heart. Once there is a measure of unwillingness to stop, sinful habits would persist, no matter the effort or the number of scriptures used against it.

Most sins offer some form of temporary pleasure. Unless you are willing to forgo temporary pleasure for eternal pleasure you will keep struggling. Concerning Moses, the Bible says, **“By faith Moses, when he was come to years, refused to be called the son of Pharaoh's daughter; Choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season;”** (Hebrews 11:24-25).

The pleasure of sin is only for a season. Once you are ready to let go, the grace of God comes into you and teaches you how to say no to every ungodliness. Do not deceive yourself by loving it (sin) in your heart but denouncing it with your lips. God will not act contrary to your will. God needs your will in order to deliver you. You will not be delivered from something you are unwilling to be delivered from. Once the willingness is there, the deliverance is assured because Jesus paid for it.

Unregenerate

The most crucial reason why most people struggle with masturbation is that they are not regenerated. The grace to overcome sin is only for those who are regenerated or born again. Many who attend church services or play religion are deceived thinking they are born again. The weakness of religion is manifested in the struggle against the human sinful nature. No one would be able to overcome the sinful nature unless he/she is first saved by the washing of water (and the blood) through the Holy Spirit and made into a new creature in Christ Jesus.

An unsaved person by his will may be able to avoid one or two sinful practices but he can never overcome the sinful nature by his will power. When a man becomes born again, the life of God is put inside of Him. The very nature of God replaces the sinful nature in him. He becomes born again; born of the Spirit and water. Therefore, he is able to say no to every form of ungodliness. **“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.”** (2 Corinthians 5:17)

Other sins

Perhaps, this is the major reason why many have struggled with masturbation for years and failed despite, fasting, fighting, praying and determination. They practice other sins in their lives but they want to be freed from masturbation because to them that is a dirty sin. So, you see someone who tells lies, fornicates, steals or generally lives in sin praying to God to be delivered from masturbation. God

does not work like that. God is not concerned mainly about the sin of masturbation but the sinful nature that produces sins in men's' lives. God sets free from all sins not just a particular sin. Men cannot select the sin they want and the one they don't want to be freed from. Every work of the flesh in man must be put to death.

Your desire must be to present your body a living sacrifice, holy and acceptable to God. It must be to walk in a manner worthy of the name of the Lord. Prayer will never be effective against masturbation if you are living in other sins in other areas of your life. When you are ready to get rid of sinful practices in your life, the Lord is also ready to get rid of them all including masturbation. Every sin is dirty in the eyes of God. Though people usually feel dirty after masturbation, every form of sin conceivable by man is dirty in the eyes of the Lord. The Bible says, **“But we are all as an unclean thing, and all our righteousnesses are as filthy rags; and we all do fade as a leaf; and our iniquities, like the wind, have taken us away.”** (Isaiah 64:6) If our self-righteousness is as filthy rags in the eyes of the Lord, how dirty then do you think sin would be before Him? You may have considered masturbation to be a troublesome problem for you but God is interested in your total deliverance from every form of iniquity. Seeking this wholesome purging of the Lord is needed to experience deliverance from sin through the death and life of Christ.

CHAPTER 4: BORN AGAIN, SPIRIT FILLED, MASTURBATING

Before we consider the way out of masturbation, I want to address a group of people I perceive may also be reading this book. I have had to counsel believers who are masturbating. I am talking about born again, spirit filled, some tongue speaking committed children of God. To such people, masturbation is like a mountain that cannot be conquered. They know all the scriptures on forgiveness of sin and victory through the cross of Jesus but they still masturbate.

It is more frustrating when you think you know something, but that which you know is not working for you. Many have given up, concluding that it is thorn in their flesh. God did not give us sin as a thorn in our flesh. I have heard some quote this scripture to eventually justify their predicament.

“For I know that in me (that is, in my flesh,) dwelleth no good thing: for to will is present with me; but how to perform that which is good I find not. For the good that I would I do not: but the evil which I would not, that I do. Now if I do that I would not, it is no more I that do it, but sin that dwelleth in me. I find then a law, that, when I would do good, evil is present with me. For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind, and bringing me into captivity to the law of sin which is in my members.” (Romans 7:18-23).

The experience Paul is describing here is not the experience of the person who is in Christ but a person who lives under the law, who desired to fulfill the law but ends up doing the opposite because the law of sin is present in such a life. This is not the life of the new creation in Christ. We are not living a life of struggle with sin but of dominion over sin. The Bible says, **“Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof.”** (Romans 6:12)

So we see that sin does not reign in the life. How then is it possible for someone who is born again to still be struggling with sin? How can a born again, spirit filled believer masturbate when he apparently does not want to? We have the answer in the following scripture. **“For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, But a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries.”** (Hebrews 10:26-27)

The problem is that such persons are sinning willingly. You may say but that’s not true because you truly want to quit but just cannot do it. That is not completely true. You have been set free from sin but God did not remove your will to sin. He only removed the sinful nature that compels your will to sin. Now, you are free but you can choose to sin or not to sin. Unfortunately, there is no help for anyone who willfully sins.

Let me illustrate it this way. A boy was kidnapped and forced to work on a farm. He does not want to work in the farm but was forced to work the farm anyway. A very rich

man however, came one day and paid for his ransom. The boy was freed and he could go anywhere he wanted and do whatever he wanted to do. He is no longer under the control of his task masters. After he was freed, he left the farm went home to rest and the following morning he started missing some of the slaves he worked with on the farm but he does not want to go to the farm again. After some contemplation, he returned to the farm to do the hard work.

He did not like that life and returned home in the evening. However, in the morning, he started missing his friends again and then returned to the farm but went back home again because he was greatly maltreated at the farm. This continued for a long time and he was eventually killed in the farm. Who do you think was at fault for his death? Is it the task masters, the rich man, his farm friends or the boy himself? Certainly, the boy was responsible for his woes. He was set free and he could choose to stay away from the farm forever but he willfully kept returning to the farm until he was destroyed.

He was set free; he had the freewill to go anywhere he wanted. He was free to choose and he chose to go back willingly to the farm to work. This is what the Holy Spirit is saying in Hebrews 10:26-27, that when a believer goes ahead to sin willingly, knowing fully well that he is sinning, there is no remedy for such a person. So, those who are born again, spirit filled and still find themselves struggling with masturbation should know that they have been made free in Christ and should simply say no to sin because the grace is available to overcome every temptation. If you say no to

masturbation, there is no devil in this world that can force you to masturbate because you are in Christ and made free from the sinful nature.

CHAPTER 5: THE WAY OF DELIVERANCE AND VICTORY

The grip of masturbation on the souls of men is very strong but it is no match for the grip of Jesus on the soul of man. Jesus is the only way out of every sin. I have seen Jesus permanently deliver from this sinful habit. What may seem difficult and impossible to men is easy and possible with God. Do not be afraid of masturbation. It is one of the sins Jesus died for on the cross of Calvary. If stopping masturbation is like crossing the red sea for you, then be assured that the rod that parted the sea is right in the hands of Jesus. Stopping masturbation is not impossible. Jesus delivers from sin. The Bible says, **“And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.”** (Matthew 1:21)

I have seen and counselled a few people masturbating and I noticed that some of them also fornicate. What is disturbing is that they are concerned with overcoming

masturbation but are not so much bothered about living free from fornication. They see masturbation as dirty but fornication is somehow acceptable to them. The Lord is not just interested in saving you from masturbation, He wants to deliver you from ALL iniquity. Jesus died for all your sins. You cannot get saved from one and keep on living in other sinful habits. Even though the focus of this book is masturbation, the intention is still to show all, that Jesus sets free completely from sin. So, you may have struggled with masturbation, but Jesus is ready to set you free from all sins and make you live in the new life found in Christ Jesus.

For the sake of understanding, I will discuss the way out under five different headings. We shall look at how Jesus sets free from different perspectives to aid our understanding. If you have struggled with masturbation for years, months or days, relax your mind, there is a way out. We are not discussing five methods, but Jesus. It is Jesus that sets free not a method. I have only broken the process down methodologically for easy comprehension.

Be born again

The first key to overcoming sin is to be born again. To be born again is to be regenerated. It is to become a new creation in Christ. It is to be dead to sin and alive in Christ through the work of the Cross. **“Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God. Nicodemus saith unto him, How can a man be born when he is old? can he enter the second**

time into his mother's womb, and be born? Jesus answered, Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God." (John 3:3-5). When a man becomes born again, all his sins are forgiven and his sinful nature replaced by the nature of God. The man is empowered to walk as Jesus walked and live above sin.

Peter speaking in Acts chapter two showed the unsaved Jews how to be born again. **"Now when they heard this, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men and brethren, what shall we do? Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost. For the promise is unto you, and to your children, and to all that are afar off, even as many as the Lord our God shall call."** (Acts 2:37-39) It starts with confession and repentance of sin and sinful acts, followed by an acceptance of the Lordship of Jesus Christ.

After the born again experience, you will be rest assured that your sins have been washed and that you are saved from sin. You must constantly affirm your deliverance, reckoning yourself to be dead to sin and alive in God. Do not allow satan to fill your heart with fear and lies. The reality is that you have been delivered from the flesh. You must believe this and keep believing it all the days of your life. Spiritual battle is a battle against your faith.

“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord. Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. For sin shall not have dominion over you: for ye are not under the law, but under grace.” (Romans 6:11-14)

Become a living sacrifice

At salvation, man’s will is not destroyed but strengthened to choose to be on the Lord’s side. That is why, even though salvation is free, not everyone is saved. Everyman is free to reject or accept salvation. For the Lord Jesus to be able to redeem man, He paid a price for us all. Therefore, anyone who is saved has been paid for. The person can no longer lay claim to the ownership of his life. The life now belongs to the Lord.

The believer is God’s property. His spirit, soul and body now belong to the Lord. **“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.” (1 Corinthians 6:19-20)** The believer cannot live the Christian life by still laying claim to his life as his own. His body is now an instrument for righteousness because it has been delivered from the hold of sin.

His body is now for the Lord as the Word of God says, **“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”** (Romans 12:1) When the body is offered as a living sacrifice, it ceases to be available for sin. You have been set free from sin. Masturbation can no longer have its grip on your soul, but you must present your body to God. You must understand that your body cannot be used for sinful practices because it is the body of Christ. Your body is now holy.

Be renewed

The sinful nature operates through the mind. The thought to masturbate is processed in the mind. The mind is the battle ground. As stated earlier, masturbation is one of the manifestations of the reprobate mind. To walk in victory, the mind must be renewed through the word of God. The mind cannot afford to be clean and empty. Winning the battle in the mind is through the power of God.

“And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God. (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”
(Romans 12:2, 2 Corinthians 10:4-5)

The thought to masturbate would still come to your mind, but you are now empowered by the Holy Ghost to take such captive. You don't have to yield any more to the sinful thoughts in your heart. Let the Word of God dwell in your heart richly. Confront every evil thought with the Word of God.

Be filled with the Holy Spirit

Man is controlled by whatever he is filled with. Those who are full of alcohol are controlled by it. Those who are filled with evil thoughts are controlled by it. Those who are filled with pornography are controlled by it. The good news is that those who are filled with the Holy Spirit are controlled by the Holy Spirit. To be filled with the Holy Spirit, you must be present in the place of prayer.

To be prayerful is to be God dependent. Since the victory over sin comes from God, we must continually wait on the Lord in the place of prayer. Not to return regularly to the place of prayer is to be like a car that after having a full tank refused to go back to the filling (gas) station to be refuelled. The car would travel some distance but would eventually come to a halt. Do not let your victory come to a halt, always return to the Lord in the place of prayer. **“And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the word of God with boldness.”** (Acts 4:31) When you

stay filled with the Holy Spirit, sin will not have a place in your life.

Be grace dependent

Sin has a strong hold on the soul of men. Masturbation is a classic example of how sin holds men down. But the grace of God is more powerful than the power of sin. There is no sin that the grace of God cannot overcome. It does not matter how long you have struggled to overcome masturbation, the grace of God will bring you instant and sustained victory. However, you must understand how the grace of God works.

“For the grace of God that bringeth salvation hath appeared to all men, Teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly, in this present world; Looking for that blessed hope, and the glorious appearing of the great God and our Saviour Jesus Christ; Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works.” (Titus 2:11-14)

The grace of God teaches you to say NO! Before now, you have struggled to say NO, but now, through the grace of God, you can say NO. The grace of God enables you to deny ungodly and worldly lusts. The thought to masturbate would still come to you but you are empowered by the grace of God not to yield to it. This is the doing of the Lord and you can walk free and victorious. Hallelujah!

LET US PRAY

There are two categories of people who are suffering from masturbation and I want to lead the two categories to pray separately. In the first category are those who have not been saved by Jesus Christ. These are those who are not born again; who have not put their faith in the Lord Jesus Christ by believing in Him with their heart and confessing Him with their mouth as their Lord and Saviour. In the second category are those who have believed in the Lord Jesus Christ but have continued to struggle with masturbation and other forms of sins in their lives.

So, if you belong to the first category I will like to invite you to repent and make Jesus the Lord of your life. If you have not taken this step, then let's pray.

TO BECOME BORN AGAIN

“Dear God in Heaven, I thank you for sending Jesus Christ into this world to die for the sin of man including mine. I confess to you that I am a sinner and I need you to save me from the world, the flesh and sin. I repent today of my sinful life and I commit the Lordship of my life into the hands of Jesus Christ. I believe in my heart that Jesus Christ is the Son of God and I confess with my mouth that He is my Lord. I ask that you send me the Holy Spirit and fill me with your Spirit. Thank you for saving me. I thank God that I am now born again and a child of God. Give me the grace to walk in this new life from now on. In the mighty name of Jesus Christ I have prayed. Amen.”

TO OVERCOME MASTURBATION

This second prayer is for those who are sure that they are born again but have found themselves struggling to overcome masturbation. They have at one point in time, repented of their sins, acknowledged their sinfulness, surrendered to Jesus and made Him the Lord of their lives. If you are in this category then please can you please pray like this;

“Dear Father in Heaven, glory and honour be to your Most High name. I have gone astray from you as a prodigal child. I am deeply sorry for my sins. I repent today and once again confess Jesus Christ as my Lord and Saviour. I have struggled on my own to overcome the sin of masturbation and other sins in my life. I have finally realised that by my own power I cannot overcome. I, therefore, surrender to you and ask for grace to be free because of the work of Jesus on the cross. Save me today and deliver me by your mighty hand of power. Every stronghold of sin over my life is broken today because I have died with Christ. I overcome masturbation and any other sin in my life today in Jesus name. Thank you merciful Father for loving me and saving me before it is too late. In the mighty name of Jesus Christ I have prayed. Amen.”

Congratulations to you (whatever category you may be) as the Lord has made you free from the hold of sin. It is Jesus who has accomplished this for you on the cross. You must know that you are free. Completely free, Hallelujah!

CHAPTER 6: DO NOT FEAR FALLING AGAIN

“Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.” (Matthew 26:41)

The Devil will lie to your heart that you will fall again and he will back up his argument by reminding you of the several times you’ve tried to stop only to end up masturbating again. This is a lie from the pit of hell because the devil understands that your victory is by faith. He will therefore attack your faith until you start believing his lies. God is able to save you to the uttermost. This is particularly important for those who have attempted to quit masturbating in the past. You have to be assured in your heart that God is able to save you from every form of sin and walk in victory through Jesus Christ. There will be thoughts and suggestions reminding you of sinful pleasure and persuading you to do it again. Those thoughts are not from you. They are satanic suggestions. All you have to do is to take a stand in the name of Jesus and say no.

He said in His Word, **“Wherefore the rather, brethren, give diligence to make your calling and election sure: for if ye do these things, ye shall never fall:”** (2 Peter 1:10) If God says you shall never fall, then you need to believe in Him that you will not fall. Several people have been delivered from masturbation. Some of them were chronic masturbators but

the grace of God reached out to them. Today, they have forgotten that they were once under the grip of masturbation. Therefore, do not listen to the lies of the devil.

The urge will come. The urge does not mean that you are not saved or delivered but it is simply a check to know whether the old life is there or not. Don't yield to the urge because your body is now free. Initially, the urge may come so powerfully such that you would think you will die if you don't do it, it is a lie. This is where many miss it. They assume they are yet to overcome and would begin to yield to the temptation. Temptation is normal and it will always come all though our life time but we don't have to yield to temptation. **"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it."** (1 Corinthians 10:13)

Let me explain a little further why the urge comes back. The human body is a habit machine. The body gets used to whatever routine or indulgence you engage it in. Let me illustrate this way. I used to eat three times a day and even on few occasions, four times. I discovered this was not good for my health and spirit. I decided to reduce my feeding to just twice and ensure I eat healthy foods. Initially, it was difficult because my body kept asking for three meals per day. I ignored it and continued to feed it just twice daily and stopped eating some of the foods I like that were not healthy. After a while, I noticed that my body had gotten used to feeding just

twice a day and any attempt to go beyond that leads to great discomfort. This is what is called resetting of the body. If I had given in initially and continued to feed my body thrice, I will never have been able to arrive where I am today in terms of the health of my body. So, you have to understand that your body needs a little time to readjust. You are truly set free from masturbation and every other sin in your life even though the urge will come.

The good news is that the grace of God is now present to make you say no and allow your body to go back to the manufacturer's setting; God's setting. After some time, the very sins you thought you could not do without will become irritating to you. That is what the power of resurrection accomplishes in us. It makes us to hate sin, not to struggle with sin.

Every time a person quits sinning and comes to Jesus to be delivered, the devil will try to pull that person back to Egypt (sin) by presenting the set of temptations the person is used to. Do not yield. The sinful nature is gone. The Bible says, **“Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof. Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and your members as instruments of righteousness unto God. For sin shall not have dominion over you: for ye are not under the law, but under grace.”** (Romans 6:12-14). Hallelujah!

Congratulations. You are now a child of God. I commit you to the Word of God that says, **“Now unto Him that is able to keep you from falling, and to present you faultless before the presence of**

his glory with exceeding joy, To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen." (Jude 1:24-25)

CHAPTER 7: SEX AND SEXUAL PLEASURE

The Word of God acknowledges that man has sexual needs but the provision to meet that need is through marriage. Couples are free to enjoy themselves in marriage and give one another sexual pleasure as they please. With good consent, they can choose to enjoy whatever they both want. The Scripture says it is better to marry than to burn. It never said it is better to masturbate than to burn. **"But if they cannot contain, let them marry: for it is better to marry than to burn."** (1 Corinthians 7:9)

Another translation puts it this way: **"But if you cannot restrain your desires, go ahead and marry---it is better to marry than to burn with passion."** (1 Corinthians 7:9 GNB) It is therefore clear that masturbation was not the cure for sexual need but marriage.

It is possible to get the wrong impression that I am condemning sex and sexuality. This is far from the truth. God created sex and blessed it. Sex is beautiful. It is a wonderful

gift from God to mankind. Sex is pleasurable because God made it so. God, therefore, is not against pleasure. God himself created pleasure. However, He wants us to enjoy pleasure within the limit He has set, that is in marriage.

It is unbiblical to portray sex as something dirty and sinful. Everything that God created is good. We are simply aware that since the fall of man, the sinful nature has taken advantage of the weakness of man to make him violate the things that are freely given to Him by God. The emphasis on sexual sin should not be misconstrued as a vote against sex or sexual pleasure.

If a man has sex with his wife, it is not sinful. On the other hand, if the man goes out of his marriage to have sex with another woman, it is sinful. In both instances, what the man did was to have sex. So, sex itself is not the problem. The problem is that the man committed adultery by going outside of his marriage to have sex. The lustful desire to have sex with another woman is a manifestation of the flesh/sinful nature. The same principle applies to masturbation. Ejaculation or orgasm is not in itself sinful. Sexual lust in the heart that leads to masturbation and finally orgasm is where the problem lies. It should therefore be clear to our hearts that sex is beautiful and given to husband and wife to enjoy.

Husband and wife should not defraud each other sexually. They should mutually satisfy each other in the spirit of Christ. Those who are unmarried should keep themselves.

If they want to have sex, they should marry and enjoy it as much as they want. There is no sin in that. Note however, that marriage will satisfy your sexual need but cannot satisfy your sexual lust. Sexual need is natural. Sexual lust is sinful. The only cure for sexual lust is the cross of Jesus Christ.

Is masturbation the only sin?

Somebody might want to know why the emphasis on masturbation as if it is the only sin known to man. Another person may wonder why we bother about a specific issue when Jesus has taken care of all our sins. The truth is that the Bible mentioned certain sins specifically and talked about them. Therefore, there is nothing wrong in dealing with specific sins if there is a need to do that. Secondly, this particular issue has been troubling believers in the Body of Christ, hence, the need to throw the light of God's word on it. Many are suffering or struggling in silence with masturbation in particular.

It is imperative to examine the problem of masturbation and provide the children of God with more information on the matter based on the Word of God.

CHAPTER 8: WHAT ABOUT COUPLES, WIDOW, PRISONERS AND MEDICAL NEEDS?

I have written this book with single people in mind, particularly those who are believers in the Lord Jesus Christ but who struggle with masturbation. However, I am aware that there are some people who do not fit into that category but would also be reading this. It could also raise some questions in some people's heart, like for example is masturbation allowed for someone who is married? Whether a widow can masturbate to fill in the absence of her husband? Whether those who have fertility issues can masturbate to give samples?

It is my belief that we avoid hypothetical questions as much as possible as believers. The reason for this is because grace is given in time of need. You cannot tell exactly what you will do in certain situations because you do not know the level of grace God will make available in such situations. **“Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in TIME OF NEED.”** (Hebrews 4:16) It is for this reason I will avoid hypothetical questions that may be related to masturbation but I will trust God to help address some issues that could be of serious concern to believers as I have highlighted earlier.

Now, with regards to married couples, I will want to state that they are free to do whatever they both mutually agree to do. They are one flesh. **“Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh.”** (Genesis 2:24) They have become one flesh; they are exclusive of one another. Like I have repeatedly

said, sex or sexual pleasure in itself is not sinful rather it is the context that makes it sinful. Those that are married can enjoy sexual pleasure within the confines of their marriage.

The Word of God is very clear on widows. **“I say therefore to the unmarried and widows, It is good for them if they abide even as I. But if they cannot contain, let them marry: for it is better to marry than to burn. I will therefore that the younger women marry, bear children, guide the house, give none occasion to the adversary to speak reproachfully.”** (1Corinthians 7:8-9, 1Timothy 5:14) Masturbation is not a recommended alternative for widows. Widows, particularly younger ones, are counselled to marry to satisfy their sexual desire.

Since their husband is late, they are single and cannot engage in sex unless they are remarried. The same applies to widowers too. There are widows that want to remarry but cannot find someone to marry them. In such situation, I counsel that they exercise patience and trust in the Lord. However, if they can keep themselves and don't want to be married, then that is also okay. Let me add that there are those who have engaged in sex and masturbation all their lives before coming to the saving grace of Jesus Christ but had to quit the sinful sexual life and wait until they are married. Some had to wait for several years. It is a similar situation to the widows. They have had consistent sexual experience but must now keep themselves.

The body is not to rule over the believers but the believer is to put his/her body under control through the Holy Spirit based on the finished work of Christ. At every stage in life, we are more than able through Christ Jesus to control our body. **“Know ye not that they which run in a race run all, but one receiveth the prize? So run, that ye may obtain.”** (1Corinthians 9:24)

The same principle applies to the prisoners. There could be different categories of believers in the prison. First are those who have been imprisoned because of their faith. We must uphold all such continually in prayer. Secondly, we have those who committed offences that required prison terms. Lastly, are those who got saved by Jesus Christ in the prison. Even in such situation, masturbation is not the way out. Can we steal in order to satisfy hunger? The answer is pretty clear. **“And they that are Christ's have crucified the flesh with the affections and lusts.”** (Galatians 5:24)

As for medical sample, we don't expect unmarried people to try to have babies. Therefore, as believers in the Lord Jesus Christ, sin issues do not arise for couples who are married and seeks medical assistance to conceive.

The conclusion of the matter is that Jesus came to set us free and everyone that bears His name should depart from iniquity. Our body is the temple of the Lord that must be honoured and kept holy. **“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”** (Romans 12:1)

ABOUT THE AUTHOR

Olusegun Mokuolu is a teacher of God's Word. He is a bond servant of Christ committed to the enthronement of Jesus Christ here on earth and in the hearts of men. He is happily married to Dr. Anne Mokuolu, and together live in Ilorin, Nigeria.