

Great Mind
Series

Freedom



FOR FREEDOM CHRIST HAS SET US FREE;
STAND FIRM THEREFORE,
AND DO NOT SUBMIT AGAIN TO A YOKE OF SLAVERY

- GALATIANS 5:1

FREEDOM

from

MASTURBATION

DR. JOHN S. BALOGUN

Masturbation is the act of exciting the sexual organs by *DELIBERATE* rubbing, stroking or fondling in order to give pleasure to oneself. In other words, **masturbation is an act by which you have sexual intercourse with yourself.**

Almost everyone indulges in this act at some point in life. Information from a source showed that masturbation is more common among men than women. In one survey among adolescents, it was found that 98% of boys and 70% of girls masturbate before the age of 21 years.

For you to be free from the habit of masturbation, there are at least three issues in form of questions I will make you understand;

1. *Why are you masturbating?*
2. *Is Masturbation a sin?*

3. Are you ready to follow the path of freedom?

You see, masturbation is like a tree with roots. Unless the roots are removed, it will continue to release poisons that damage you.

The longer you allow the roots to remain in you, the deeper the damages it will cause.

Now let me help you with the first question;

Why are you masturbating?

You have to tell yourself some sincere truth if you desire to be free from this habit that has stunted your spiritual growth.

I remember during the time I was struggling with this act; at a point I got very frustrated because I was really struggling spiritually.

I kept confessing sin every week, sometimes twice a week; guilt and condemnation

haunted me like a condemned criminal until one day when I told myself the sincere truth.

I asked myself this same question, "*John, why are you masturbating?*"

The day I provided answers to those questions was the day I got my freedom from masturbation.

First of all, I discovered that I usually enjoy or let me say **indulge** the company of ladies (*Christian sisters*). I secretly lust after them as we relate together but I usually act like I was spiritual. All those lustful looks, thoughts and desires would accumulate, unknown to me; and whenever I was alone, my mind would begin to replay the scene of those lustful looks. It's amazing how much pictures our mind can store per second through our optical apparatus called *EYE*.

That was the first discovery!

I didn't stop there; *Why was I masturbating?*
I continued with my self-probe and
discovered the second reason;

It was pornography! I can't forget the first
day I stumbled on the naked body of a girl
on my Nokia phone; at first it was disgusting
to me but then my mind already captured the
image.

Carelessly I began to think on that image and
before I knew it I was desiring to see that
naked body again; that was when I began to
masturbate since I was scared of engaging in
premarital sex with anyone.

The more I saw those pictures, the more I
wanted to masturbate to ease off sexual
tension built up through staring at the nude
pictures. The more I masturbated, the more I
wanted to see those seductive pictures and it
became a vicious cycle.

With time, I was no longer satisfied with
pictures that I graduated into watching porn

videos (*popularly called blue film*). Each time I indulged in the act, guilt and condemnation would knock me hard on the head and then I would get on my knees to confess my sin to God.

It was not that I do not love God; even God knew it that I desire to walk with Him but this thing called masturbation was a great impedance.

Remember I am still talking on *Why are you masturbating?*

I am telling you my own story so as to help you also discover the reason you are masturbating.

Thirdly, I also discovered that I masturbated whenever I was alone. It was usually those lonely periods that sexual tension usually builds up as my mind replays all the photos and videos it had captured when I was outdoor.

Fourthly, I also discovered that sexual tensions normally build up after I had gone through a very stressful activities like after an exam, or an all-night event, or after a long journey, and so on.

In all, I was able to discover those four reasons *Why I was masturbating*.

Yours may be similar or different from mine, it does not matter; the most important thing is that you discover your own reasons and then proceed to answer the next question;

Is Masturbation a Sin?

Now, I will like to take you through a few verses from the Bible. Some people believe the Bible is silent on this matter but that is not true. I will however be careful so as not to be intolerantly authoritative or dogmatic as I share with you the Scriptural standard for holy living.

The fundamental question is not whether or not masturbation is a sin. The question I want to ask is *“Do you want to honour God with your life?”* If you really want to, then I urge you to carefully and prayerfully consider the points I present below;

1. Masturbation is usually associated with lustful thinking.

Masturbation is almost impossible without a lustful thought in the heart; it is those lustful desires or thoughts that most times leads you into the act of masturbation.

Jesus Says *“Whosoever looketh on a woman to lust after her hath committed adultery (fornication) with her already in his heart.”* (Matt 5:28, KJV).

2. When you submit to the urge to masturbate, you become a slave to it.

Romans 6:16 says *“Don't you know that you become a servant to whomsoever you yield yourself to obey?”*

If sin then becomes your master, your life will be full of guilt, condemnation and sorrow.

3. Masturbation uses your body, which is God's temple, as instrument to satisfy lustful desires.

Romans 6:12-13 says we should not allow our bodies to be used as instrument for sin but rather as instrument of righteousness.

4. Practicing masturbation is the exact opposite of the biblical instruction in 1Peter 2:11 that says *“Dearly beloved, I beseech you..., abstain from fleshly lusts (desires), which war (fight) against your soul.”*

5. If you do not get rid of the habit, you may develop a reprobate mind and

may no longer see it as something unclean.

Romans 1:28 says “... *God gave them over to a depraved (reprobate) mind, to do what ought not to be done.*” (NIV)

People with a reprobate mind risks being rejected by God.

6. Guilt is the universal consequence of masturbation.

Most people who masturbate usually have this feeling of self-guilt. Guilt slows down our spiritual growth and destroys our confidence towards God during prayer according to 1John 3:21.

7. According to Sigmund Freud, the father of psychoanalytic school of thought, “A person who masturbates has failed to develop into maturity”.

The act of masturbation is one of the primitive actions of childhood. Everyone

is expected to outgrow this act as they grow into adulthood; however, when it persists into adulthood, it is a sign of poor development and thus a bad habit.

Nonetheless, for a Christian who has the grace of God, you are already equipped to overcome lustful desires whether you are a child, a teenager or an adult.

8. Masturbation prevents you from developing other aspects of your life, passions and talents as you exert time, energy and resources masturbating.

Many people spend hours surfing through the internet for pornography; such time could be used for productive activities. The internet contains both good and bad; you have a lot of tools online for self-development.

9. Stories have been told of how masturbation adversely affects married couple after marriage.

Yes! Stories where one or both party(ies) prefer(s) masturbation to normal sexual intercourse. Many homes are scattering because the person who masturbates could not get sexually satisfied by the partner.

Secondly, because those who masturbate also watch pornography, it will be difficult for their partners to be attractive to them because they will be comparing their partners with porn stars in their lustful minds.

10. Last but not the least, as a Christian, you have a mandate NOT to live on fulfilling your fleshly desires but rather to live on fulfilling the Holy Spirit's desires.

So, let me ask you again, *"Is masturbation a sin?"*

If your answer is YES, come with me as I answer the last question;

Are you ready to follow the path of freedom?

I have established the fact that the act of masturbation is very well associated with the imaginations of the mind; the mind is easily set on the fire of lust when it is fed with sexual thoughts.

The question now is *Are you ready to walk the freedom pathway?*

Let me quickly tell you that freedom from masturbation is possible through the help of the Holy Spirit of God. **You must be ready to walk with the Holy Spirit.**

I will give you some safety tips to keep you from falling into the sin but those tips will fail without the help of the Holy Spirit. I hope you got this?

Let me also point out a few clear facts you need to know;

- ❖ *You CANNOT be free from masturbation if you still read romantic novels and magazines;*
- ❖ *You CANNOT be free from masturbation if you still watch pornographic pictures or movies (Blue films);*
- ❖ *If your closest friends are of the opposite gender, you will likely have a long battle with masturbation;*
- ❖ *If you still enjoy staring at every lady or guy that passes by you, you will NEVER be free from masturbation.*

One sign that shows you are ready to walk the path of freedom is that you will remove the source of the temptation.

What are your sources of sexual temptation?

For me, there were too much closeness with ladies, pornography, lustful thoughts and loneliness.

What are your own?

Sin is the deadliest poison on earth. It invades and corrupts a man's spirit, soul and body. No matter who you are and what you know; once sin enters your life, it makes you lose your senses and you will begin to do things you do not want to do.

The Holy Spirit is ready to help you but He will never impose Himself on you. The Holy Spirit is the gentle Spirit of God. You must take away from your life anything that can grieve Him.

The Holy Spirit wants to live inside you to give you strength from within to overcome your temptations; He wants to help you prevent sinful lustful thoughts and to remove guilt from your life forever.

However, **you must remove the source(s) of your temptation** because as long as the source still remains, no matter how much you pray, fast, make vows or resolutions, you CANNOT be free.

Masturbation is like the fruit on a tree; unless the tree is removed from its roots, it will still continue to bear the fruits or poisons that damage you. The longer you allow the tree to remain in you, the more damage it will do. So, you must remove the source of your temptations.


After you have removed the source of the temptation such as the romantic novels, magazines, pornographic material, etcetera then you are ready for freedom.

It doesn't matter whether you have tried and failed? Satan may be rejoicing for victory over you? Cheer up! *It is your turn to live in victory because God is on your side. God is not against you; He is with you to strengthen you so that you too can overcome.*

Time for Action

By now you should have discovered that if you can get rid of lust, then masturbation

will likely not be your problem. I will give a few tips to help you overcome lust and also masturbation;

 ***Remove the source of your temptations***

What are those things you do or play around with that make you vulnerable to lust? **Hebrews 12:1** says that you should *lay aside (get rid of) all those things (sins) that easily weighs you down.*


When you watch pornography, there's no way you won't lust. So sanitize your phone and other devices containing nude pictures and videos.

Most home videos promote lust through uncensored sexual scenes and definitely they are not spiritually healthy for you. As you watch actors and actresses kissing themselves, cuddling each other or fondling and having sexual intercourse on screen, you

too will '*desire*' to do the same thing. When you do not have someone to do it with, then you end up doing it with yourself (*masturbation*).

What about romantic novels? As you read all those love and romantic stories, you will begin to imagine it in your mind which will build up sexual tension in you and the desire to practice what you are reading becomes intense. When you do not have someone to do it with, you end up doing it with yourself (*masturbation*).

All of that are weights that impose on you the law of gravity, thus preventing you from rising up and stunting your spiritual growth. You must get rid of them.

 ***Moderate your looking***

Excessive staring at the opposite sex means that you are giving your eyes the


opportunity to capture as much images as possible; some of those images may not be healthy for your spirit being.

It is not everything that you must look; if what you see the first time is not good for your spirit being, avoid a second look as much as possible.

If you can't prevent a second look, you should be able to prevent a third one; don't look and look and look until you start lusting in your heart.

Proverbs 4:25 says, *“Let your eyes look right on, and let your eyelids look straight before you.”*

Don't assume you have so much grace that you can now look and look and look; don't assume you have overcome lust and start doing 'over-looking'!



***Quickly catch yourself when
lust is about to set in***

You have to be sincere with yourself and with God; you have to be proactive too.

No human being can see you lusting; only God and 'you' can see you, so help yourself by listening to the voice of grace as it teaches you to deny lust!

The Holy Spirit will always caution you ahead of any temptation, the best you can do to yourself is to obey the voice of the Holy Spirit.

Once you notice that you are about to start lusting, quickly confess to God what you are about to do and allow the blood of Jesus cleanse you from all unrighteousness.

James 1:15 says *"Lust will degenerate into sin; and sin will degenerate into death"* (death here means separation from God; it could

be temporary until you confess the sin or it could be permanent, if you die in the sin).

Keep yourself safe

Jude 1:21 says *you should keep yourself in the love of God.*

You have to intentionally do things that makes you spiritually safe and steer clear of things that reduce you spiritually.


Listening to sexual talk with your ears and talking vulgar talks or singing sexual songs with your tongue can stimulate lust in your heart. Keep yourself safe!

Sexual or romantic touching of your skin or body through kissing, hugging, caressing, etc. will spark off sexual emotions. Keep yourself safe!

Intimacy with someone of the opposite sex can make you develop an emotional bonding

with that person. If the person is not your legal spouse, you will be battling with lustful thoughts towards him or her. Keep yourself safe!

Having a person of the opposite sex as your study or reading mate cannot be spiritually healthy for you. Don't pretend like everything is fine when actually you are battling with lustful thoughts. Keep yourself safe!

 ***Don't get caught up in the web of guilt and condemnation***

Guilt and condemnation are the aftermath of the act of masturbation; they are a major impedance to spiritual growth.

Feelings of guilt are not the same as godly sorrow; while godly sorrow for the sin you commit is from God, guilt and condemnation are not from God.

2Corinthians 7:10 says *“Godly sorrow brings repentance that leads to salvation without regret...”*

Godly sorrow will make you repent of your sins and ask God for forgiveness; whereas guilt will keep you ruminating over the sin and condemnation will keep you from going to God for forgiveness.

Don't allow guilt in your life. Romans 8:1 says *“There is therefore now no condemnation for those who are in Christ Jesus; those who do not walk according to the flesh but according to the leading of the Spirit”*.

Anytime you notice you have sinned through lust, that means you have been enticed by what you saw or touched or heard or said; quickly run back to God in repentance; He will forgive you and your relationship with Jesus Christ will be restored again. 1John 1:9 says *“If we confess*

our sins, God is faithful and just to forgive us and to cleanse us from all unrighteousness.”

Let me tell you this Scriptural truth that most people will not want to tell you;

It is possible that while you are enjoying your freedom from masturbation, you make mistake again and fall; PLEASE DON'T ALLOW THAT FALL TO HOLD YOU DOWN, QUICKLY RUN BACK TO GOD IN REPENTANCE.

1John 2:1 says *“My dear children, I am writing this to you so that you will not sin. But if anyone does sin, we have an advocate who pleads our case before the Father. He is Jesus Christ, the one who is truly righteous.”*

Instead of carrying a guilty conscience around, simply confess the sin that's making you feel guilty and continue to enjoy your freedom in Jesus Christ.



Guard your heart


Proverbs 4:23 says, *“Keep your heart with all diligence; because out of your heart are the issues of life.”*

Jesus says in Matthew 15:19, *“... out of the heart comes evil thoughts...”*

So, how do you guard your heart when the Bible says in Jeremiah 17:9 that *“the heart of man is deceitful and desperately wicked...”* to the point that your own heart can even deceive you.

You cannot successfully guard your heart by yourself because your heart is far much smarter than you; it can manipulate even you, the owner. But God can! He can do for you what you cannot do for yourself. I will shortly discuss with you how you can effectively allow the Holy Spirit of God to be in charge of your heart.

However, I have said it earlier that the Holy Spirit will not impose Himself on you; He won't force you against your will. The Holy Spirit of God will not strive with you; it is you that must willingly submit yourself to the Holy Spirit.

 *Begin to learn to walk in the Spirit*

In the previous tips, I have talked about how the Holy Spirit can be of great help to you on your freedom journey.

When you walk in the Spirit, you will enjoy a life of freedom from sin.

Walking in the Spirit is an art you must learn; it is like a little child who desires to walk with his father. Initially, the walking may look awkward, staggered and zig-zag but as he continues to walk with his father and take instructions from him, the child will get

better and better until walking with his father becomes a part of him.

Sometimes the child may disobey his father's instruction and then falls but the father will hold him up again and the walk will continue. So it is with the Holy Spirit; you must learn to walk with Him.

As you learn to walk with the Holy Spirit, you will begin to learn what He likes and the things that grieve Him. Listen and obey Him as He directs and guides you. He will always let you know when there is a temptation to lust ahead of you by alerting you so you don't fall into it.

When your looking is becoming excessive, He will give you a gentle caution by pricking your heart. Simply obey Him.

The more you obey Him, the easier it will be for Him to continually guide you.


As you learn to *walk in the Spirit*, the Bible says in Galatians 5:16, ‘... *you shall not fulfill the lust of the flesh*’ and verse 25 says, “*Live in the Spirit and walk in the Spirit also*”.

You will begin to live in the consciousness of Him; everywhere you go, you will acknowledge that He is with you. Whenever you are faced with temptation, you will ask Him for grace to overcome. The Holy Spirit will become “*Your ever present Help...*” at all time (Psalm 46:1).

When you become conscious of the Spirit’s presence always with you, praying will become easy; it will become an exciting two-way communication because you talk to Him, He also talks back to you.

2Corinthians 6:16 says “...*God has said, I will dwell in them, and walk in them; and I will be their God, and they shall be My people*”.

That is what the Holy Spirit will do; the grace to live and walk in the Spirit will be abundant for you in Jesus name. Amen.

 ***Soak yourself in the Word of God***

There is no vacuum in space; your heart cannot be empty, if you don't fill it with the Word of God, other things will occupy it.

Colossians 3:6 says *“Let the Word of Christ dwell in you richly...”*

You need to be a spiritual man or lady in order to overcome lust and masturbation; **what makes you spiritual is the Word of God in you.** Your spiritual depth is measured by how much of the Word you have in you.

Psalms 119:9 asked and answered a question like this; *“How can I young man cleanse his*


way? He can do this by living according to Your Word”.

In verse 11, it says *“I have kept Your Word in my heart so that I do not sin against You”.*

From those two verses you will discover that the word of God can both prevent you from sinning and can also cleanse you from sin.

Make the word of God your companion; read it, study it, meditate on it, memorize it and assimilate it.

The word of God is quick and powerful; it helped Jesus Christ to overcome His temptations, it will help you in your temptation also.

 *Give yourself to heartfelt prayers*

In Matthew 6, one of the statements in The Lord's Prayer is *"Lead us not into temptation, but deliver us from evil"*.

Let me give you an illustration from the lives of Jesus Christ and one of His foremost disciples, Peter in Matthew 26:36-46;

They were both at Gethsemane; while Jesus Christ was having a heartfelt prayer time with God in preparation for what lied ahead of Him, Peter was sleeping, deeply sleeping.

Each time Jesus Christ went to see him and others, He would say, *"Couldn't you men keep awake with me for one hour? Pray so that you do not fall into temptation..."*.

Eventually, both Jesus Christ and Peter were faced with temptations shortly after they left Gethsemane; while Jesus Christ overcame His temptations, Peter ended up denying Christ three times.

Prayer is a potent tool against temptation; when you call on God in your temptation, He will deliver you. If you have got a relationship with the Holy spirit, like I have described above, you will surely enjoy praying to God.

Every morning as you wake up, pray to God that He will keep you from falling into temptation; I am sure God will answer the prayer.

Finally, Talk to Someone about Your Struggles

A popular proverb has it that **you do not hide a rotten finger under your cloth**. If you do, you may end up losing that finger; but when you reveal the finger, you are likely to find someone who can help you.

So it is with lust and masturbation; you need to be accountable to someone who is a mature Christian. The person could be your

leader in church, your mentor or your parents.

Revealing your secret struggles is the beginning of healing. I know it's a risk and it's not very easy. Do not worry! I took the risk too and that was the beginning of my victory. Someone has rightly said, **"If you want to just be forgiven, confess your sins to God; but if you want to be healed, confess them to someone else."**

James 5:16 says *"Confess your sins to each other and pray for each other so that you may be healed."*

Get someone you can really trust and one who does not have the same weakness as you. Open up to that person as long as you are sure he/she can help you develop your relationship with God.

Remember, sin likes to hide in the dark but once it is exposed, it loses its power over you.

I encourage you, don't die in silence. Open up and disgrace your enemy.

THE END

© 2013

Edited 2018

MEET THE AUTHOR



John S. BALOGUN (BJ)
practices as a medical doctor in Abuja, Nigeria. He is a gracious, gifted and sound teacher of the Word of God.

He runs with the mandate to propagate the gospel of Christ, with special passion for Premarital and Marital Sexual Purity. He has been described by many as a Crusader of Sexual Purity.

He is a Relationship Counselor and a Youth Teacher. He teaches in Churches, Youth Seminars, Campus Fellowships, and on social media platforms.

A prolific writer, he is the author of the Great Mind Book and Article Series.

BJ is married to Opeyemi Cafy and they are blessed with a baby girl, Noble.

He is on Facebook as 'JOHN SEYIFUNMI BALOGUN'

You can call him on: +234 803 074 4603 or +234 815 098 9646

WhatsApp: +234 803 074 4603

Email: dr.bjseyi@gmail.com

Blog: www.bjseyi.wordpress.com

GREAT MIND BOOKS & ARTICLES

- ✚ *Sexual Purity is Possible (e-copy available for free)*
- ✚ *Living a Sexually Pure Life (e-copy available for free)*
- ✚ *Preparing for Marriage (e-copy available for free)*
- ✚ *The Love Triangle (e-copy available for free)*
- ✚ *Beware of Dream Killers*

The following articles are available in PDF; you can request for your free copies;

- ✚ *Looking without Lusting*
- ✚ *Preserving Purity in Relationships*
- ✚ *Freedom from Masturbation*
- ✚ *Remember Horeb, the Mount of God*
- ✚ *Personal Retreat with God*
- ✚ *The Battle of Sex*

Download your free copies and share with others

www.bjseyi.wordpress.com/downloads