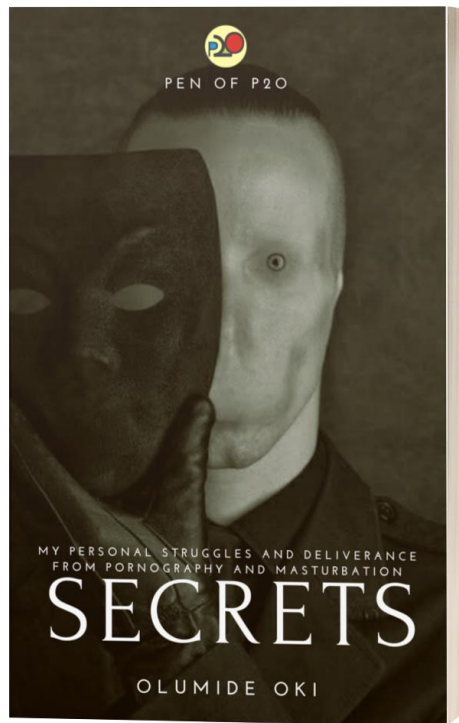


SECRETS

*My Personal Struggles and deliverance from
Pornography and Masturbation*



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*To everyone who wants to be free from
pornography and masturbation*

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FOREWORD

When a retired warrior is telling you about war stories, you should pay attention. When a fish is telling you about water, you have to listen well.

Olumide Oki has been there. He has fought and failed but then he received grace in Christ to win at last! Victory is now his new song.

In this toolkit, Olumide bares it all without holding back. Pouring his heart to you so that you can encounter freedom in a new way!

This book is not written just for the sake of writing one. It is an intentional manual to set the captive free...even the lawful captive.

I strongly recommend this book as a must read not only for those who are challenged by addictions but those who desire to help them.

Victor Olukoju PVO

INTRODUCTION

I have received grace from the Almighty God to write this book and it gladdens my heart that it has pleased God to make you have it this time. Big thanks to God!

This book is ***my true life story***. *It is my personal struggles and deliverance from pornography and masturbation.* It is indeed an untold story of deep secrets and struggles in my life and I believe that it will help you and many others to overcome these struggles too. It will serve as illumination and exposition into God's Words on how to be free from the shackles of pornography and masturbation and it will also serve as a handbook to help those who need help and those who want to help others.

My prayer is that the Lord will open the eyes of your heart to see more than the stories.

You will begin to experience deliverance as you read in Jesus' Name.

You might have been struggling with Pornography and Masturbation for a very long time or you may have someone who is in these shackles and really wants out, the good news I have for you is this - the time for deliverance is now; the time for liberation is now; the time to be free is now!

Follow God as you read on. This is the birth of your liberation and I will be waiting for your testimony of deliverance.

I am Olumide Oki (P20)

CHAPTER 1

THE JOURNEY

Curiosity is defined as *a strong desire to know or learn something*. My journey into pornography and masturbation began as a result of my urge to know more about the subject matter experientially.

The discussions of my floor mates during my 100 level days at the University in the year 2005 at a particular time, center on how bad some students will gather to watch pornography till late in the night at the Junior Common Room (a place where students gather to eat and play generally in the hall).

Many of them were actually saying it is bad and they wonder why it is one of the elders in the hall that is leading the group of night-pornography watchers, but for me, the daily

discussions were dropping dangerous seeds in my soul because my curiosity began to rise.

I had never seen a pornography video before. I didn't even know how it looked like and as they complain that it is not good that those watching it need to be stopped, I secretly desire to see it at least for once.

Before gaining admission into the University, I lived more of a *triangular life* – from *Home, to School, then to the Church*. My parents are Ministers of the Gospel and there was no avenue to see or even hear about the word *pornography*. It was all back-to-back about the things of God. All I hear were scriptures, prayers and fasting.

But when I got into the University, the freedom was there for me, I wanted to explore and my curiosity was high on everything that I have not heard before and that gave birth to something that later haunt me for years.

I wanted to know how pornography looks like and what they will be doing and how they will be doing whatever they are doing. My curiosity was channeled wrongly and for a very long time, it became my secrets – deep untold stories of my struggles with pornography and masturbation.

As you go on in life, let your curiosity be in the Holy Ghost - wanting to know more about HIM and HIS power and not in unhealthy and unholy adventure of sexual immorality. If your curiosity is channeled wrongly to lustful thoughts, and sexual immoralities - wanting to know more about the things that are not in alignment with the things of God but rather in alignment with flesh - you are gradually setting yourself up for dangerous fire in your bosom and you can't put fire in your bosom and walk as a free man.

When I entered the University, at 100 level, 'the devil' was the hall affairs minister because the only duty of our hall affairs minister was to bring out the hall TV at 11pm for people to watch sports briefly and once it is around 12am, he will change the channel to a pornography channel which was his initial aim of bringing out the TV.

So, on this day, I overheard some floor members talking about this bad habit of the hall affairs minister – this has been going on for sometimes on the floor, and within me I said "I will even go and check how '*the thing*' of a lady really looks like." I forgot the teachings of my parents. I forgot everything I was taught back home before going into the University. I wanted to explore and this changed the position of my heart.

I wanted to know how *it* looks like, and I secretly desired to see the videos but my

outward appearance was different. I will also join my floor mates to say “that is bad”, “how can the hall affairs minister be doing that?”, “that act needs to be checked” – but deep down, it was another thing. I was another man waiting for the perfect day to satisfy my secret desires.

There is something that secret desires will always do for you and that is gradually directing your steps to where you will be completely finished or where you will be finished completely and that was what happened one day after much secret desires within me to see the pornography video that my floor mates have been talking about.

One night at about 11pm, I told my roommates “I am going to the reading room to read.” Oh! I couldn’t hold my secret desires any longer; I said within me “today is today, I must see *that thing*.”

I had never read in the reading room of the hall before and after that night, I am not sure I went there again. I carried my books, and off I went – to go and see what others too are seeing, but to my roommates, they thought I was actually going to the reading room.

My closet roommate was hailing me “baba o, iwe ni yen, awon eleyi le kawe para won, awon eleyi le kawe ju” – the meaning literally is – *I love books and I can read very well*. In my mind, I was just ‘shaking’ my head for him as he hails me. I was also hailing him back. And after few minutes, I was off the room.

Listen. As you journey on in life, do not deceive yourself. The terrible thing a man can do to himself is to look at himself in the mirror and lie to himself.

Are you a young guy or a lady on the path that is not in alignment with what your maker has

created you to be, I will advise you that you retrace your steps today.

What shall it profit a man who deceives himself just because he wants to walk on the path of sexual immortality? What shall be the gain of a man who chooses to lie to himself just because he wants to tread on a path that will make him carry fire of sexual immorality in his bosom? What shall it profit a man who walks on hot coals of sexual immorality instead of walking in the hot fire of the Holy Ghost?

Beware! Do not deceive yourself as you *walk the walk* of life.

Beware! Do not deceive yourself as you journey on in life.

PRAYER POINTS

I want you to come to a deep understanding with yourself now because your deliverance has started. This book has been written for your deliverance and that is why you will be praying now before you continue with the book.

First, come to the understanding with yourself that you need deliverance and then you can start with the prayer points.

- Father, in any way that I have deceived myself and the devil is now laying hold of it as a legal ground for him to torment me, Lord deliver me today in Jesus Name.
- Father, every of my lustful and secret desires that has turned me into a slave for sexual immorality, Lord break me today in Jesus Name.

- I break free from every of my lustful and secret desires that is not in line with God.
- Father, every lustful desire that I have subjected myself into that is now haunting me, Lord deliver me today.
- Father, anywhere that I have journey into - physically or in the spirit that is haunting me in life and putting a bar for me to fulfilling destiny, Lord deliver me today with your fire.
- I decree and declare that I am free from every lustful desire in Jesus Name.
- I decree and declare my life free in Jesus Name

Amen

CHAPTER 2

THE INITIATION

There are some dangerous things that it is just good for you not to start at all because once you start; to stop can be hard because of the *power of initiation* and the duo of pornography and masturbation is topping the list of the *'don't just start habit.'*

I left my roommate that night with the *outward intention* that I was going to the reading room, but the *inward intention* was to go and see a pornography video that has been the order of the 'night' in the hall once it is after 11pm.

The curiosity that gave birth to the senseless journey of pornography and masturbation was so high and tensed that I didn't even enter the reading room to drop my books that day.

I went straight to the Junior Common Room (JCR) to join the night-pornography-watchers to see the video because the JCR was just beside the reading room.

The timing was just so ‘demonically’ perfect as the person with the remote was at that moment of me joining them, changing the TV channel to ‘this demonic station’ where the five minutes video that put me into years of struggles took place.

I was there glued to the TV not for more than five minutes. I was there seeing what I wanted to see for a very long time through my secret desires and even though *something* in me was not pleased with what my eyes were seeing but I chose to just stay. It was a decision I made in flesh with agreement of eyes, ears, and my whole body. The motion pictures I saw that day was a strong seed that germinated very fast with strong demonic roots within me.

Kai! I was not the same again after five minutes of *seeing the unseen in the flesh*. I went back into the room feeling really *hard-on below* and I couldn't control *it* because I had let loose the channels to my body.

It was the birth of a dangerous journey!

Listen. What we see and what we hear both have a long way to go in determining our destiny and how well we will live a life of purpose. Our eyes and ears are channels through which *materials* can enter our body system and more often than not, these materials are spiritual – *with God or with devil*.

When you allow your eyes to see not the third heavens but the *underworld* through the agents of darkness in motion pictures via pornography, you are invariable setting yourself on a dangerous path because your eyes is a channel through which *materials* enter into your body.

This is very clear in the scriptures. That is why we are urged to make use of this channel (eyes) in our body rightly by *looking* unto Jesus as the Author and Finisher of our faith (Hebrews 12:2). *That is* - setting that channel of our body to be in alignment with Christ.

The other channel is our ear. What are you hearing with your ears?

My ears heard that there is something called night-pornography-watch in the hall and through that channel a *material* entered my body and a seed sown starts to germinate till the tension to make the second channel of eyes to see what it ought not to see.

These channels are our allies to fulfilling destiny. If you corporate with them in the flesh, you will walk on hot coals that will burn your feet but if you corporate with them in the spirit with alignment to God, you walk in the pathway of sons to live a life of purpose.

Look at David in 2 Samuel 11:2 – *“Then it happened one evening that David arose from his bed and walked on the roof of the king’s house. And from the roof **he saw** a woman bathing, and the woman was very beautiful to behold.”*

The eyes of David as a channel into his body saw something he ought not to see at that time – a woman bathing. And the next he did was to inquire about her. And the next thing was “... took her; and she came to him, and he lay with her...” 2 Samuel 11:4b

Look at Samson in Judges 16:1 – *“Then Samson went to Gaza **and saw** a harlot there, and went in to her”*

Samson went to Gaza and from there he saw in the flesh and that continue the birthing that later haunt him in the nearest future.

Listen. As you go on in your daily activities, take a cautious and deliberate effort to guide your eyes and your ears together with other channels of your body so that you can walk on the pathway of sons and not walk on hot coals that will burn you.

When you let loose the channels of transmission to your body, things that will alter the path to fulfilling your purpose will enter.

What are you seeing on social media? What type of movies delight your soul? Sexual movies and movies with love stories and sexual scenes that have no eternal value? Beware!

What circle of friends do you have? What are you hearing from your friends? What forms the larger part of your discussions with them? Is it talks about ladies (guys), sexual immoralities, and vain talks or is it talk about

the things of God and how to be somebody to reckon with in life? Beware!

At age seventeen, Joseph saw something different. He saw his future. Genesis 37: 7 – *“There we were, binding sheaves in the field. Then behold, my sheaf arose and also stood upright; and indeed your sheaves stood all around and bowed down to my sheaf.”*

When he shared with his brothers, what he saw in a dream took him on a journey to Egypt. There, he saw another thing that kept him on the pathway of sons. He saw that he cannot let loose any channels to his body; else, he will be committing great wickedness and sin against God.

Despite the fact that his Master’s wife allowed her eyes as one of the channels of her body to see something different, Joseph kept on in the pathway of sons.

*“Now it came to pass after these things that his master’s wife cast **longing eyes** on Joseph, and she said, “Lie with me.”*

Listen. As you go on in life, let your curiosity be in the Holy Ghost - wanting to know more about HIM and HIS power and not in unhealthy and unholy adventure of sexual immorality. If your curiosity is channeled wrongly to lustful thoughts, and sexual immoralities - wanting to know more about the things that are not in alignment with the things of God but rather in alignment with flesh - you are gradually setting yourself up for dangerous fire in your bosom and you can't put fire in your bosom and walk as a free man.

PRAYER POINTS

The initiation phase is a dangerous phase. It is the foundation of many things that can alter the destiny of man. That is why you are going to be praying now to break free from this demonic foundation.

- Every dangerous initiation of sexual immorality that I have walked into knowingly or unknowingly, willing or unwillingly, I break free today in the name of Jesus.
- Every curiosity that have gave birth to a senseless journey of pornography and masturbation in my life, I break free today with the power in the name of Jesus.
- Every demonic initiation that the channels of my body have agreed with for sexual immorality, I break free today in the name of Jesus.

- What I have seen and heard that has birth a dangerous demonic initiation in my life and is now putting me in bondage, I break free today in the name of Jesus.
- I decree and declare that the channels of my body will begin to walk in alignment with the Blood of Jesus.
- I decree and declare, the channels of my body are now joint heirs with Jesus. I walk in His strength. I walk in His Power and Might.
- I decree and declare that the Blood of Jesus has purged me of every demonic initiation and I am redeemed in the name of Jesus.

CHAPTER 3

THE RISE

The *journey* that allowed the channels of my body to corporate in flesh gave birth to dangerous demonic *initiation* into pornography and masturbation and this leads into ***the rise***.

I went back to the room that night feeling really *hard-on*. I couldn't read again in the reading room – I had not gone there to read in the first place. I had gone to watch '*the thing*' that I have longed to see and even though I didn't see it for more than five minutes and didn't go back there again to watch it for the second time, the initiation that night caused a big rise in me into the world pornography and masturbation.

Watch what you watch! The devil will always want to plant a seed in your life just to make you walk out of alignment with the Spirit of

God; you need to be cautious and make sure you are committed to your spiritual growth.

Throughout that week, I was unable to read my academic books, the motion pictures I saw kept coming to me over and over and over. Pictures stick and that's why film makers *show and don't tell* – that is, they show what they want the audience to see in pictures and actions and not much with dialogues. Throughout that week, the motion pictures of what I saw kept coming and I couldn't help it. As if that was not enough, the ear as a channel of my body heard another thing again and that gave rise to my situation and added *salt to the injury*.

I had heard about the night-pornography-watchers from my floor mates in the hall and just about a week when the motion pictures I saw were still fresh, I heard another thing.

Listen. Gather friends that can help you on the pathway of sons, the best a friend that walks in the flesh can do is to also help you walk in the flesh. It is going to be more like a *story of a blind leading a blind on the express way.*

Now, there was this floor mate who was always complaining of stomach ache and the only solution that was proffered for him was to try masturbation. That was the first time I will hear that word and another journey of curiosity began.

Let me say again, as you go on in life, let your curiosity be in the Holy Ghost - wanting to know more about HIM and HIS power and not in unhealthy and unholy adventure of sexual immorality. If your curiosity is channeled wrongly to lustful thoughts, and sexual immoralities - wanting to know more about the things that are not in alignment with the

things of God but rather in alignment with flesh - you are gradually setting yourself up for dangerous fire in your bosom and you can't put fire in your bosom and walk as a free man.

I was with them on the floor as the guy narrated how to masturbate and he was saying it freely that he's fond of doing it in the bathroom to release tensions and also make him think well for the day.

Kai! The ear as a channel of my body heard another thing that day and I couldn't wait till the following morning to try it out. Out of curiosity and in agreement with my flesh, I want to know how to *release tension* and *think well for the day* as the guy had said. I want to try it out.

Lo and behold, I was happy to enter the bathroom the following morning to try out *something new* with the motion pictures I already have playing in my head repeatedly.

I tried it out for the first time and *it gladdened my soul while the spirit wept!*

When I came out of the bathroom, I didn't even look like someone who just did something in the bathroom. It was not written in the face. I entered the room to dress for lectures that day not knowing something had taken a downward turn inside of me as there is now a rise in my journey to the world that I wished I had not experienced. In all these, I still appeared religious, pious and sanctimonious. What a brother!

There are some demonic sayings to masturbation – some say it helps them to release tensions, some say it helps them to think well. Some people believe since it is just with yourself, there is no sin in it. Some go to the extent of even using some medical jargons to prove their point. I tell you, masturbation is demonic.

It enslaves those who are in the acts. It puts them under serious satanic bondage and shackles. Masturbation is from the pit of hell and anyone who wants to live a purposeful life should know that it is more of a spiritual matter than a physical matter of just releasing tensions from your body *just to make you feel good*.

Listen. Don't just start! That's the word for it. Because once you start, it is always a birth to something deeper. Instead of a deeper walk in the Spirit with God, it will always be a deeper walk in the flesh with immoralities because the walk of sexual immorality is like Onion layers. You will always want to explore more by day and that was my case.

I began to do this daily with the same pictures I had seen earlier. The 5 minutes motion picture was the first thing I would recollect whenever I was about to venture into this

demonic act and that simply means masturbation is not a solo sex but rather sex with demonic Being that their sole aim is to make those engaging in the acts remain in their shackles for life.

The deeper you go, the stronger the demonic chains and shackles. The deeper you walk in this world of immorality, the deeper you get addicted to it and as you go on, it will get to a point that you will want to try out the things you've seen in the videos and just masturbation alone will not be able to solve the issue. That is the point where your whole possession has been taken by the demonic spirit that coordinates the affairs of this sexual immorality. You will want to go wild.

Have you heard about stories of men who will lock young girls in their stores for days just for sexual pleasures? Have you heard about

adults molesting babies? Have you heard about Women molesting young boys?

Have you heard about sex with animals and with toys? Have you heard about men having sex with dolls?

That is to tell you that this thing called pornography and masturbation is more than the physical. It is demonic. It is satanic. It is from the pit of hell. So, I repeat, don't just start!

Listen. There are different kinds of demon-sponsored posts and articles online talking about the normalcy of masturbation – which it is just you touching yourself for sexual pleasure, but I tell you as someone who has walked in that world and found freedom that there is nothing normal about it.

The lie from the pit of hell will tell you that masturbation will make you to relax but I tell

you that it won't make you relax but rather tighten the chains on your life against fulfilling a purposeful life.

The relaxation you think you are getting from masturbation is a mirage, an illusion. It is something you are looking from the physical to think it is normal but what goes on in the spiritual is more than that. It is a connection. It is an attachment. There is always a string attached with you and the demon that coordinates the affairs of this immorality

Another lie from the pit of hell is that when you masturbate, you understand your body better. Kai! What a perverse world we live in. If you want to understand your body, why not go to the one who created the body for you to house the spirit in you? If you want to understand your body, why not go to Him who breathes life into you?

Many who are in this school of thought are living in the flesh and they are recruiting many to follow their school of thought.

These days, I see some unholy and unhealthy debates about masturbation asking whether it is a sin or not. Some will even query if masturbation is in the Bible and to these ones, I wonder if they are reading their Bible in flesh or in the Spirit.

Let me give illumination to all these...

1 Thessalonians 4:3-6 says *“It is God’s will that you should be sanctified; that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God.”*

Proverbs 25:28 *“A person without self-control is like a city with broken-down walls.*

The concept of masturbation in the Scripture can be broken into sexual immorality and lust.

Sexual immorality is a sin – Ephesians 5:3, Colossians 3:5, 1 Thessalonians 4:3. Lust is a sin – Proverbs 6:25, Matthew 5:28, 1 Peter 4:3

In the scriptures where sexual immorality is outlined more clearly, it clearly defines who to sleep with or who not to sleep with. God also instructs his people not to have intercourse with animals (Leviticus 20:16). Now, the common denominator in all of these sexual acts is lust, and it is intertwined with masturbation.

Jesus talks of lust in Matthew 5:27-30. Lust is a desire without restraint and essentially that is what is happening with anyone who chooses to masturbate. Masturbation most often occurs when a person is thinking sexual thoughts about someone who is not his/her spouse.

The lust of the flesh (1 John 2:16) is the sin. Masturbation is simply the result of the sin.

So, the question whether masturbation is a sin or not, or whether it's in the Bible or not, is not something that believers should give themselves to because the concept of masturbation in the Scripture can be broken into sexual immorality and lust and that is a sin according to the scripture.

But, I have found freedom from that. I have been delivered from that.

I now walk in the liberation and redemption of Abba Father and I am telling you today, you don't masturbate to know your body better. If you want to know your body better, go to the one who created you.

PRAYER POINTS

Now that you have come to realize that it is not just about the physical acts but that there are spirits behind it, it is therefore time to pray for deliverance. It is therefore time to pray for liberation from the shackles of pornography and masturbation.

- Father, I release myself today from the prison of pornography and masturbation
- Father, I release myself today from being the prisoner of my own body.
- Father, deliver me from every demonic sexual spirit haunting my life and making it impossible for me to free the life that you have ordained for me.
- Father, deliver me from every sexual spirit that is putting me in shackles.

CHAPTER 4

THE UNDERWORLD

In the previous chapter, I said *don't just start!* That's one major antidote that can stop *stories that touch* because once a man starts the journey of pornography and masturbation; it never stops unless there is liberation from the power that is above all other powers – which is the power of God.

My ears had heard that I could add masturbation to the motion pictures of pornography that I already had playing repeatedly in my head. My soul and body had agreed to be in alignment with this demonic acts and I kept on doing that repeatedly until the rise in chapter 3 took me into the underworld.

The journey into the underworld of pornography and masturbation started when

the five minutes motion pictures I saw was not enough for me again. I had played that five minutes clip over and over in my head and at that point in my life, I needed more. I needed something stronger. I needed something wild.

Even though I needed all these things, I couldn't go back to the Junior Common Room (JCR) again to join the night-pornography-watcher. I was afraid I could be caught. I was afraid one of the fellowship members would see me. And this fear stopped me from joining other *partners in crime* but still these acts needed to find expression.

There is something about the journey of pornography and masturbation, it will always find expression.

As I was looking for where to find the expressions in this journey, I heard that the school authority had come up with a juicy package for students.

This package will allow students to buy a desktop computer from the school at a reduced rate for a period of time. This sounded good to my ears and I decided to get one.

During my undergraduate days, desktop and laptop computers were available for students then but not like what we have now that it is everywhere and the same thing with mobile phones.

Not too long, I got the desktop computer and that became the *machine* that launched me deep into the underworld.

I didn't need to go to the Junior Common Room again to join the night-pornography-watchers – even though they have now stopped the acts after much pressure from other students but I had already caught the demonic seed that has been growing very fast.

I went all out seeing different pornography video with the desktop computer and at the end will masturbate. I surfed all different types of videos I could lay my hands on and I went deep in this demonic acts.

All the times that I did these demonic acts, none of my roommates was aware and that was what made it more dangerous for me to come out of it.

Listen. The journey to pornography and masturbation is so secretive that you won't know if someone is doing it or not – except those whom the devil have recruited to spread the seed – just like the guy on my floor who was recommending masturbation for another guy and was practically demonstrating it openly. There are some like that – they are crude and wild. Some are known agents while some are unknown agents for the underworld.

In all, the world of pornography and masturbation is a secretive one and the devil is really using these duos to keep many in bondage. At least, with fornication, people might be suspecting when they start seeing you with ladies. With drugs, it will easily tell on the person enslaved with the acts. But pornography and masturbation is so secretive and so personal that for decades, people can be there struggling to get out but with no positive result but negative results by digging deep into the underworld.

I was so secretive about the act. Even my religious, pious and sanctimonious look won't make anyone suspect anything and the demonic strategy I was using made it even harder.

This strategy was to go to off campus in the night to get a pornography video disc from those selling it and afterwards come into the

room to watch it but it was not that simple. Some processes were involved.

The process goes thus - once I bought any disc, I would remove the jacket and keep the main disc in my pocket and trekked from off-campus where I got the disc back to the room. I would wait for the perfect time that I would be alone in the room and then slot the disc in to see the video. After this act, I would break the disc and throw it away secretly only to repeat the same process the following day or at most two days if I manage to keep a disc for another day if the acts there were so wild for me to desire to see it again.

This went on and on and I went deep into the underworld of pornography and masturbation seeing different types of these videos. At this point, pornography went out of my *curiosity* to *demonic attaché*.

I didn't really feel dirty about it any longer because I had lost my sense of spiritual sanity then. None of the things I knew about sexual immorality was coming to my head again. None of the teachings from the fellowship I was attending was having a strong footing in me anymore. Still, my innocent look was so real.

Before the launch into the underworld, I still used to feel dirty about the acts but at that point when it graduated to demonic attaché of different demonic beings, I felt no sense of dirtiness and all I just wanted to do was to *let it out* in marathon masturbation and marathon pornographic watching.

At this point in my life, I had different motion pictures on my head. All I had to do was just to play anyone out of them and *boom*, I was in the dirty act.

Listen. Pornography and Masturbation are demonic duos putting many souls in bondage through the attachments of their souls to the motion pictures they are seeing.

Their souls are being attached to a demon that is represented with the picture of the person they are seeing whenever they watch a video or masturbate.

Listen. The Lord deposited great virtues in us all but many already laid them all down on the altar of pornography and masturbation. The virtues that many ought to use to live a purposeful life had been discharged through masturbation and that is why you see many today just wandering around with no sense of purpose.

PRAYER POINTS

Irrespective of the situation that you are, because you are reading this now, you shall be free in Jesus Name and your lost virtues shall be restored.

The Blood of Jesus will make you free and deliver you from any shackles and bondage of Pornography and Masturbation in Jesus Name.

Amen.

CHAPTER 5

DEMONIC ATTACHÉ

Masturbation is an act of instant, self-gratification. It is quite the opposite of the self-control that we are constantly reminded of in the Scripture because self-control is an act of obedience to God and a fruit of the Spirit (Galatians 5:22-23). An act that requires restraint, thought intentionality and delayed gratification.

Masturbation is the experience of sexual orgasm produced by self-stimulation for sexual arousal and pleasure.

When I journeyed into the underworld of pornography and masturbation, I was engaging in the act virtually every day. I couldn't concentrate on anything again unless I see a new video and at the end masturbate.

I couldn't do anything serious and reasonable until I engage in this act and that went on like that for a very long time. I was in a deep Demonic Attaché!

I know I was in a deep attachment because there was no more concentration for me and the more I wallowed deep in this act, the more secretive I became and no one knew I was doing anything. The strings of my attachment were now much because I had hundreds of characters playing in my head.

Listen. There is nothing like solo sex. Even though masturbation is through self-stimulation for sexual arousal and pleasure, it is important to note that the act, spiritually speaking is between you and a spirit being which you can just only relate with physically with the pictures in your head but what goes on in the spirit realm is far deeper.

Those pictures in my head became demons that were haunting me daily.

They were available whenever I felt like masturbating and they were available when I didn't feel like masturbating. They were like hungry lions and they were devouring me day to day and zapping my energy. They were stalking me daily and most dreadfully, any time I am alone. They call me to masturbate at all times – whether I liked it or not.

Those periods in my life were *demonic marathon masturbation*. I couldn't cry out to anybody. No one would believe a religious, pious and sanctimonious brother like me was engaging in that act. In fact, I didn't even trust anyone to share my dreadful experiences with. My thoughts were "If I can be doing it and no one sees me, how I am sure that many are not doing it too?"

These periods recurred constantly that even when I was in the fellowship, I would see no *'dignity and honour'* in the sisters of the fellowship again.

I was hunted to the extent that whenever I see a sister, I would scan through her and see beyond the clothes she's putting on and this is also the same with any ladies I came across – either in the department, faculty or the University environment at large.

Many times when I am alone in the room, I would go under the bunk to masturbate. Sometimes, I would climb on the bed to do it and sometimes on the chair. Sometimes, I would hold on to the door. The position depends on what the demon controlling my head that time demands.

If a picture in my head at a particular time calls for me to kneel down, that is what I would do.

In fact, I had been in the bathroom before that I had to sit on the floor to masturbate. It was that bad with me. Different pictures in my head calling me to do different things at a time. I was tormented!

It was a deep and terrifying moments for me. All I see were the pictures in my head and I was in that chain for a very long time until something that looked like deliverance came – *there was no privacy in my room as usual.*

All through my stay in the University, I stayed with the same roommates. We were really close and as a result of that, we were always finding our way with the hall authorities so that we could stay together in the same room each session.

So, this particular year, one of my roommates had grown influence and affluence in the hall and in his department; as a result of that, our room was not as private as it used to be.

Also, in that same year, the other roommate was involved in the hall as a press man and also a member of the Campus Journalist. In addition to all that, I also became the Hall Affairs Minister of the hall unopposed, all because of the influence and affluence of my roommates.

Now, our room was always busy. There was no place for me to find expressions again in pornography watching and masturbation. Just within few weeks, everything seemed normal. But the seed that was sown at the beginning out of curiosity had grown and germinated with roots just only waiting for the right moments to explore and explode.

I thought I had become normal again. I thought that was the end of pornography and masturbation. I was now busy with activities – school, hall and fellowship. And this break went on like that.

SELF PRAYER POINTS

Here, I want you to take few moments to begin to pray as the Spirit of God gives you utterances.

Don't just continue reading because you want to know the end of the story – take few moments now to pray. This is self prayer points and make sure you are deliberate about it.

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In Jesus Name

(Amen)

CHAPTER 6

SIMILE FREEDOM

At a time in my journey in the world of pornography and masturbation, I thought I was already walking in freedom. It wasn't an everyday affair again. For weeks, I noticed I was not involved in that act again. Oh! "Halleluyah, the demonic attachment is no more" – I thought within myself.

I thought everything was normal. I thought I had become normal again. I thought that was the end of pornography and masturbation. I thought I was a free man. A part of me was happy because the pictures didn't haunt me again. I was now busy with activities – school, hall and fellowship activities. And this break went on like that for weeks till one day again.

This day, I was alone in the room.

The privacy was unusual. It's being a very long time that I had been that alone in the room – the room had always been filled up.

Suddenly, I saw one of the many pictures in my head playing back and suddenly like a flash back, I saw multiples motion pictures playing at the same time on my head.

Kai! I became a different person at that moment. I became scared even to myself. A different person arose in me as those pictures beckon on me to do as usual. I stood up with speed to lock the door at the back - I closed the back door and dropped the window blind – I picked my bathing soap – and that was it!

I found myself masturbating again.

This time, I was in the wardrobe doing it. I was back to my vomit again. I thought I had been free from this chain, I thought I had gained my freedom from those beings in motion pictures,

but the scene that played that day said it all –
“No, you are not free yet!”

After that act, something unusual happened. In the past scenes of my masturbation journey, I had so grown and mastered the art in flesh not to feel bad about it again and see it as normal but on this day, I felt dirty. I felt like a man putting on a rag. I felt ashamed of myself and I prayed – “God help me, I need help. I don’t want to continue in this act. This act is zapping my energy. Help me oh Lord.” It was a simple prayer I made. Afterwards, I went on to unlock the front and back door.

I had not seen a new pornography video for some time, but still, that process continued. I continued masturbating and now, even though my room was as busy as it was in past weeks, I would always find ways of expressing self and that went on and on like that.

After each session of this act, I would pray. “God, please help me, I don’t want to do this again. I want to be free.” But still I would continue.

All along, I was still that Church-looking, religious, pious and sanctimonious brother. In fact, I had never had sex. I was one of those ‘*technical virgins*’ who had done every other thing with themselves but left with penetration with the opposite sex.

I had been repeating the same process over and over. Masturbate – feel bad – pray – masturbate – feel bad – pray. That process continued and I struggled in silence to be free.

However, one day, something different happened. After a very long time of repeating the same process, I went to Church and during service, I prayed just like I have been praying before but this time, the lines of the

prayers were different. It was like someone was putting in my mouth the words to say.

“God, please take away these pictures from my head. God, please take away these demonic beings always calling me to masturbate. If you take them away no one will question you and if you don’t take them away, no one will question you either. But please Lord, take them away because you have the power to do it and shame the devil. You have the power to do it and make me free. You have the power to do it so that I can be liberated. Today Lord, I ask for help and I know you can do it because you have the power – your power is above all powers. I ask Lord in Jesus Name (Amen).”

After service, I went home and who would have thought that the first thing I would do would be to see a pornography video and masturbate after that deep session of prayers? That was the extent of the struggle.

The service that day was powerful. I felt the hand of God touched me. But what I did when I got home was a different thing and in the time frame of my struggle, I had already graduated from the University.

I dropped my Bible that particular day – saw a pornography video online – then masturbate. But this day something drastic and unusual happened.

The act that day was simultaneous – I was seeing the video and at the same time masturbating. As I was seeing the video, and as I was masturbating, my penis **entered**. I touched my penis and I noticed it became too small like there was nothing there.

This must be a joke. This must be a dream. For some minutes, I didn't know what's happening. I couldn't feel my penis. I was just there sitting on the bed, rolling on the floor and crying.

I was crying profusely and was praying aggressively for forgiveness. I couldn't remember how I prayed but I'm sure it would be something like this – *Lord, please make this thing come back to normal. Lord please, forgive me, I won't do it again. I am so sorry Lord. Lord, please help me.* But, the situation was like that for a whole week.

What an unforgettable week in my life. What an unforgettable experience. I was seriously getting scared. “Who will I call?” “Who am I going to tell?” Lots of questions were coming to my mind and I was wondering – “is this how I am going to continue my life?”

After one week, I decided that I am going to tell my mom. Whatever will happen, I must not die in silence. I must let her know about my acts, and on the day that I decided to inform her, I had gone to the restroom, lo and behold, my penis ***‘resurrected’***

You can't imagine how I was cherishing *the thing* and confirming if it is true or not. I jumped. I laughed. I cried. I prayed. And I said "no more pornography and masturbation."

What an experience!

Who will go through that phase of one week of being less-than-a-boy not to even talk of being a man and would want to continue on that path of pornography and masturbation again?

Well, that is what you will think!

But the renewing of the mind was not yet there. The walk in the spirit that could guide my paths on the pathway of sons was not yet there. This was just a *simile freedom* because the struggle still continued.

SELF PRAYER POINTS 2

Here, I want you to take another few moments to begin to pray as the Spirit of God gives you utterances.

Don't just continue reading again because you want to know the end of the story – take few moments now to pray. This is the second self prayer points and make sure you are deliberate about it.

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In Jesus Name

(Amen)

CHAPTER 7

THE DELIVERANCE

Pornography is wrong. Masturbation is wrong. Yet, many struggle with it for years and wonder if they will ever be free and be delivered from the shackles.

Men and women, young and old, married and singles all over the world are crying out for freedom. The shame and guilt that come with these duos won't even let you live in peace. The good news is this – God has a way out! There is a pathway to freedom and that is what this chapter is all about.

You may wish for one magic encounter or series of steps that will guarantee you never desire pornography and masturbation again. But that's not usually what freedom looks like.

Freedom from pornography is not a single destination; it's a journey to developing a

lifestyle of sexual purity. Because if not, I would have been totally free after that encounter of my penis I shared in the last chapter.

That encounter only made me to ‘run’ from pornography and masturbation for a very long time. But later, I went back. That was how bad the struggle was.

Total freedom and deliverance is more like a journey. Some drastic steps might come to alter the flow; it is also part of the journey because the seed took time to grow in you over a period.

Now, I am not saying God is not capable of making it stop all at once, maybe if someone engaging in the act went blind for a very long time or completely, maybe he will stop but what I am saying is that, the case of Saul who later became Paul on the way to Damascus will not be the same for everybody.

Some may be drastic, some may take time – the process is all about a journey. That’s important because it may seem as though you’ve done some of the things I will be sharing in this chapter before, and pornography and masturbation is still a problem for you. Remember it is a journey!

This journey is for you if you’re sick and tired of the bondage, the hiding, the shame and the guilt. It’s for you if you’re ready to do whatever it takes to find freedom.

As you read on, please note that you cannot be successful on this journey by going half-way. If you don’t go all in, you’ll fail. Jesus has freedom available for you, but you cannot do your own thing in one area and expect to win a battle with compulsive sexual behavior.

Your freedom will not drop on you magically in prayer one day. This is something you and God will work out and walk out together.

This journey begins by making the decision that you will give every ounce of your being to finding freedom. This is the journey I walked in through the help of God that delivered me totally.

Steps to Deliverance

1. Renounce any and all sexual brokenness from your past and present.

Start your journey to deliverance by renouncing any and all sexual brokenness from your past and present. If you have done this before and you still find yourself struggling, don't forget it is a journey.

Keep renouncing any kind of compulsive sexual behavior – pornography and masturbation.

If you are involved in one or two of the following, renounce them all – sexual abuse as a child, sexual trauma as an adult, sexual relationship outside of marriage and sex chat rooms.

Whether you find yourself in this mess as a result of curiosity in the flesh or whether your

abuse was through someone and as a result you plunged deep into sexual immoralities, just renounce them all and don't forget I said earlier – do not deceive yourself.

Listen. This is not the time to wallow in condemnation because there is no condemnation to those who are in Christ Jesus (Romans 8:1). Condemnation is always the devil's work, and it chains you to your past. The Holy Spirit brings conviction which leads you upward and into the light, and points you to your future.

Pray this prayer:

Heavenly Father, I renounce and turn away from every sexual immoral acts in my past and my present that is not in alignment with your commandments of sexual purity. Whether done to me or done by me, I lay all my sexual brokenness at the foot of the cross.

2. Get rid of triggers

During this phase in my journey to deliverance, I had to get rid of triggers. I stopped watching movies generally and I made sure I didn't have any video that could bring that memory.

My struggle with pornography and masturbation was much then that, there was a particular soap that whenever I perceive the smell, I would always be triggered to masturbate. I made sure I changed it also.

Listen. Part of turning away is getting rid of everything that nudges you toward pornography and masturbation. Be ruthless here! Think about the situations where you have become vulnerable in the past.

Take steps to stay away from those triggers; certain types of movies or music, unsupportive friends, certain locations or environments, etc.

Physically destroy any pornographic magazines, pictures, videos, etc. Delete all questionable computer files of images, videos, etc. Clear your browser history, clean your hard drive, and destroy backups.

Remember, this means war! It is war against pornography and masturbation.

3. Come into the light with your sexual brokenness

I remember a particular time – this time in my life, I already have a fiancé (who is now my wife) and I was the Youth president of a fast growing Church in my locality but one day, during our Youth fellowship, I saw a lady who just joined and I said to myself – “I like this sister.”

That ‘like’ was actually not the normal ‘like’, it was from a sexual realm and immediately I had that thought in my mind; I didn’t let that seed to grow. Bad enough, I was the one ministering at that time – at that instant, I stopped ministering and I went straight to meet our Pastor.

I said “Daddy, there is a problem. I saw a sister now that I can ask out and that is dangerous sir.”

What I did that day could sound funny, but I had learnt lessons experientially over the years not to let any seed to have footings. And that singular act killed that seed immediately.

The same thing I recommend in this step in your journey to freedom from pornography and masturbation. Shame and guilt live in the dark. Once you bring your brokenness into the light, it loses some of its stings.

You hide your pornography and compulsive masturbation, don't you? That must end. Speak up to a spiritual leader of the same sex who can help you – do not say there is none. This is your journey to freedom and deliverance, so you have to be intentional about it. Come to light with it!

4. Create an exit plan, an escape strategy

In your journey of freedom from pornography masturbation, you need to create an exit strategy.

Anytime I felt the urge to watch pornography or to masturbate then, my exit strategy was to start reading out loud some bible verses I had memorized and also stood up immediately if it was during the day to take a long walk on the main road. Also, if it was in the night, I have a standby spirit-filled friend that I used to call to either come stay with me or I go to his place to stay for that night.

You will be tempted to return to pornography and masturbation. What will you do then? The circuits in your brain that run from a trigger to engaging in pornography are strong. You have to create a strategy to interrupt that flow.

When you're feeling strong, think through and write down exactly what you will do when you feel the urge to move toward sexual stimulation.

Choose one or two "this means war" Scriptures to memorize. A few possibilities include 2 Timothy 2:22, Job 31:1, Matthew 5:28, 1 Corinthians 6:18-20, Philippians 4:8, 1 Corinthians 10:13, or Psalm 119:9-10.

Include in your exit strategy things you will physically do, such as call a friend, take a walk, sing a song, open a book and read, etc. Remember that temptations to compulsive sexual behavior often occur when you're alone and at night. Prepare in advance!

5. Agree with God's truth about Sex and Sexuality

In your journey of freedom from pornography and masturbation, you need to agree with God's truth about Sex and Sexuality. You must be on the same school of thought with the scripture.

God created sex to be ravishingly enjoyed between one man and one woman in marriage. Any other use dishonors Him and damages your soul. If you do not agree with that statement, this is the time to do some serious Bible study, soul-searching, and deep prayer.

You must see this journey of freedom as a war and to win this war, you must find and choose to believe God's truth.

God created us humans as sexual beings to provide a picture of the sacred bond and deep intimacy God desires between Himself and His

people (Ephesians 5:32). That means He wants that kind of bond with you. YOU!

No wonder the devil has worked so hard to destroy us through sexuality and that is why you must see this journey as a war.

As you journey on, put on the whole armour of God; agree with God's truth about sex and sexuality. Search His Words about the subject matter, let your curiosity be in Holy Ghost and walk in His ways.

Be deliberate! Be intentional!

Because this is war!

6. Acknowledge that Satan uses Sex and Sexuality to pervert, destroy and enslave you

The devil uses sex and sexuality so often because he has been successful there. In your journey to liberty, you must strongly acknowledge that sex and sexuality outside God will pervert, destroy and enslave you.

Pornography and masturbation create such overwhelming shame and guilt. The world's answer is "just don't feel guilty." But you and I are not of this world. We belong to the kingdom of God.

The devil is out to get you in your areas of weakness because he hates your Heavenly Father with a vengeance you and I cannot fully comprehend. When the enemy hurts and enslaves you, he wounds the heart of your Father. So, always remember who your enemy is, and why he hates you so much.

7. Claim Jesus Victory as your own in every area including your personal struggles with Pornography and Masturbation

Finding victory from pornography and masturbation won't come in a vacuum. It will come as part of God's restoration of His image in you. That means when the Holy Spirit puts His finger on something - your life - anything - and says, "Here, let Me have this," let Him have it. When He tells you to do something, do it. When He says something to you, believe it. Give God complete permission to change your whole character from the inside out.

If you don't have an understanding of the victory Jesus gained at the Cross of Calvary over the devil and his entire kingdom of darkness, undertake that study now.

The name of Jesus is higher than any other name. And at the name of Jesus EVERY knee must bow – including pornography and masturbation (Philippians 2:10, Hebrews 4:15)

8. Feed your mind and spirit with wholesome nourishments daily

Just as your physical body grows stronger with nourishing food, you will grow in experiencing Christ's victory faster by taking in good soul nourishments daily.

Just as with physical food, there is an infinite variety of soul nourishment available. You get to choose what is most nourishing and appealing to you, and decide to take it into your being. That means prayer and Bible reading, but it also means healthy relationships with other believers, inspiring media (not entertainment), books or podcasts that stretch your mind, etc. Stay full!

Don't let there be a vacuum at anytime. Always nourish your soul daily with. Read, study, mediate and obey the Word of God.

9. Plead the Blood of Jesus over your life – spirit, soul, body daily.

You cannot, you dare not, go into this battle without the protection of the blood of Jesus. I strongly encourage you to plead the blood of Jesus daily, OUT LOUD!

Say, *“Heavenly Father, I plead the blood of Jesus over my life today – spirit, soul, and body. Let nothing affect me or anything concerning me except that which comes through the blood of Jesus. I claim the cleansing and protection of the blood of Jesus over my mind, my sex life, and my entire being today.”* And do this daily. Yes, every single day!

I learned the power in the blood of Jesus years ago when I was faced with a serious sickness for 6 months and I was moving in and out of the hospital for another 6 months. A whole year of my life! It was the power in the Blood of Jesus that healed me.

Pleading the blood of Jesus daily was a crucial part of my healing and I know it will be powerful for you too.

10. Consecrate your sexuality to Jesus daily

That was then, this is now. The 'old you' was a slave to sin. The 'new you' is alive in Christ Jesus, created in Him for good things (Ephesians 2:10). You are developing a new lifestyle of sexual purity. You are now dead to sin (Romans 6:11) and alive to God.

Remember it's not a single destination; it's about a new way of life. In developing this new lifestyle, get into the habit of turning your sex life, your sexuality, over to Jesus specifically for that day. Consecrate this part of you to God daily, making sure this part of you belongs to Him.

THE FINAL WORD

Friend, I want you to know that you can be free from pornography and masturbation. I want you to know that Jesus wants you to be free.

I was in that mess for a very long time but God restored me. Instead of walking on the journey of sexual immorality, he made me to start walking on the pathway of sons. Now, I walk with Him. Now, I work for Him. This is my testimony today and I will be waiting to hear your testimony of deliverance from pornography and masturbation too.

Listen. No matter how far you had gone. No matter how deep you have been in this mess. Jesus is calling you today to a call of repentance and you can't start this journey on your own. Remember, this is war!

The birth of your deliverance from this chains and shackles that is perverting, destroying and enslaving you is to give your life to Christ. You need to be a son/daughter of the Father of all fathers. He is calling you today. Make a decision to follow Him today.

If you are ready please say this prayer:

*“Lord Jesus, I come before you today. I acknowledge that I am a sinner. My life has been a mess. I come to you today in my mess that you may accept me. I have come to give/rededicate my life to you anew. Come into my life today. I need you in my life Lord Jesus. I can’t walk this earth with my power. I can’t fight this battle with my strength. I need you as I journey on. This is my life; I commit it to you today. I accept you today as my Lord and personal savior. I give myself to you – my totality. Be my personal Lord and savior. In Jesus Mighty Name I pray. **Amen**”*

If you have just prayed that prayer and you will need further counseling and further prayers, I will be glad to receive your messages.

I commit you today in the hand of the Lord. May He continue to strengthen you as you journey-on. May He continue to uphold you and make you walk on the pathway of sons. The Holy Spirit of God will continue to guide and protect you in Jesus Name.

With Love,

Olumide Oki

SPECIAL PRAYER

Heavenly Father, I pray for those who are involved in various forms of sexual immorality. I know that until and unless they truly make up their minds and come to you, satan will reign and captivate their bodies. They will be lured into acts which only bring harm to their mind, body and spirit.

Lord Jesus Christ, I call upon Your blessed name. In Your power, deliver all those who are in the captivity of sexual sins.

In Your mercy and compassion, forgive them, O Lord. By Your power, grant them the strength and courage to overcome these desires and temptations.

Free them from the prison of sexual sins. Help deliver them, O Lord from being prisoners of their own bodies and not enjoying the pleasures of life in the right manner.

Please, forgive them. Set them free from all consequences of their sins. Cleanse them of all defilement of spirit, in their minds, in their conscious, subconscious and unconscious levels.

Come, Lord Jesus, and set free those who suffer and want to be set free from sin.

Please, take their passions and redirect them towards You. Be the chief focus of all their passions and create a new heart and spirit within them.

Speak to their hearts that it is not too late for them to be free. That You love them and that Your Son's victory is available for them.

Empower them by your Holy Spirit to stand against Your enemy and theirs by your grace.

Let them experience complete and total freedom from any form of sexual immorality.

Amen.

ABOUT THE AUTHOR



Olumide Oki is a Bible expositor with special revelational insight into God’s engrafted Word. He is a Pastor in Christ Mirror Chapel, a fast growing Bible expository and prophetic Church with its Headquarters in Lagos, Nigeria.

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His journey into the Drama Ministry began when he had his Ordinary and Advanced Certificate in Christian Drama with the Mount Zion Institute of Christian Drama. He has produced over 150 short movies and 6 feature movies. He's a writer, producer, actor, graphic designer, film editor, an animator, and a movie director.

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