

How to Deal Effectively with Your Sexuality

Sexual Wholeness through Divine Encounter

A Two-Way Journaling Workbook

*12 weeks of assignments
Ideal for Individuals or Groups*

*“Whatever you focus on grows within you.
Whatever grows within you, you become.”*

Focusing on Jesus Rather than Sensuality

Contributors to This Workbook:

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Foundational Rules for Sexual Wholeness

| | Four Keys to Sexual Wholeness | Solutions: These Take a Fair Amount of Work! |
|---|--|---|
| 1 | Get happily married | One way to find a Christian mate is to prayerfully utilize christian.matchmaker.com |
| 2 | Experience fulfilling sexual encounters with your spouse. | Choose to experience sexual intimacy as described in the Song of Solomon |
| 3 | Heal heart wounds in the area of sexuality | Apply the seven prayers that heal the heart |
| 4 | Avoid the downward spiral of lust, pornography and adultery by establishing and maintaining godly boundaries | Install Net Nanny on your Computer with your spouse setting the password, and ClearPlay on your home TV & avoid sexually compromising situations including R- or X- rated movies. |

Prayer: *Jesus, the Light of Our Lives (by Ken D.)*

Lord Jesus, You are the True Light (John 1:9), the Light of the World (John 8:12), and my Light and my Salvation (Psalm 27:1) and You live within me. I release You, Lord Jesus, to illuminate Yourself into every dark area in my life and for You to radiate Yourself out through me, and into this world. I Thank You, Lord Jesus, that now You illuminate and radiate Yourself in every area of my life, In Jesus' Name. Amen.

Do we really want to put our names on a book about sexuality?

So who wants to put their name on a book that deals realistically with our sexuality? Not anyone! That is because sexuality is such a strong force within us, such a continuous pressure within us, such a taboo topic in the church, and such a personal experience between a husband and wife, that really no one wants to put their names on such a document. However, God has put it strongly on our hearts to get something in writing which would be a tool to assist the saints in dealing effectively with their sexuality and the guilt so many feel. Something down to earth, real, truly workable and which truly gets results.

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Endorsements

I have taught Human Sexuality in a Christian counseling program for the last 15 years, so I have read many books on Christian perspectives toward sexuality. This book is unique because, building on the author's previous writings about dialoguing with God, it invites the reader to talk with God directly about his or her sexual questions or struggles, and then hear His answers.

Henry Virkler, Ph.D.
Professor of Psychology
Palm Beach Atlantic University

This work on sexuality is biblical, innovative and practical; a blessing to the body of Christ.

Stan E. DeKoven, Ph.D., MFT
Founder and President
Vision International University: College and Graduate School

Sex and sexuality are topics sadly neglected in the ministry of the church. This book has taken on a topic that is much misunderstood and has made it biblically relevant for our times.

Dr. Vince Rizzo Ed.D
President of AMES Christian University

Your workbook on dealing effectively with our sexuality attempts to fill a long-standing need in the Body of Christ.

Rev. Maurice Fuller, pastor, missionary and Bible College teacher for 45 years.

These documents on sexuality are very good.

Dr. Gary Greig – Former Professor at Regent University

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[Click here for the blog](#) “Don't Go Near the Harlot's Door!”

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An Introduction to Achieving Sexual Wholeness

Sexual wholeness - what a challenge, especially in the age in which we live where we are bombarded continuously with highly stimulating sexual images everywhere we look, from movies, TV and magazines to simply walking down the street or going to a restaurant! And of course, internet pornography and highly sexual internet dating sites and social networks are just one click away. So the battle is intense.

This is coupled with the fact that God has made us sexual beings, and the intensity of the sexual drive is so great that rather than telling us to resist it, we are instructed in the Bible to marry and find our sexual needs fulfilled in our spouse (1 Cor. 7:1-9).

It seems to me that sexuality is just a bit different in its intensity than other drives within us. When we were born, the first thing that was declared was, "It's a boy!" or "It's a girl!" No one said, "It's pride!" or "It's meekness!" Our first defining characteristic is that we are sexual beings, male or female. It would appear to me that every cell of my being is male. However, every cell of my being is not prideful.

So I find the battle for sexual wholeness to be a lifelong battle. Pornography has been called "every man's battle," and I can certainly witness to that. I have had my skirmishes with it off and on over the years, and by the grace of God I have been led to instantly repent and seek forgiveness and cleansing from the Lord. (**Note:** There are lots of resources for men, women, and teens at the website "[Every Man's Battle](#)".) I am very grateful to say that I have only been sexually intimate with my wife, and none other. For some reason I feel a need to say that. Perhaps so people don't judge me too harshly? Perhaps because somehow that makes me feel better or more holy than others who may have failed more deeply in this area than I have?

However, the Bible makes it clear that if one has broken even the least of these commandments, they have broken them all and are guilty of all (James 2:10) and are in need of a Savior (Rom. 3:23). So yes, I am in need of a Savior, for to even look at a woman with lust is the same as committing adultery (Matt. 5:28). According to that definition, I suspect every man is in need of a Savior (Isa.53:6) based on breaking just this one law.

Somehow, adultery appears to be a worse sin than lying, cheating, stealing, doubting or gluttony (in Deut. 21:10 gluttony is listed right up there with drunkenness). However all are listed in the Bible as sins, and all who have committed sin find their way to hell if they do not repent and receive Christ as their Lord and Savior, and receive His robe of righteousness to replace their own sinful garments.

Yes, I am righteous because I stand "in Christ." It is Christ's righteousness that I put on and wear. It is His blood that daily cleanses me of all sin. I have sought to be complete in Christ. So I am no better or no worse than any and all other sinners out there. We all need a Savior. We all need grace extended to us, by God and by the body of Christ. We all need to be washed by His

blood every time we sin, and for every sin. The Bible is crystal clear that we stand in His righteousness, not our own (Rom. 3:10; 5:19; 9:31; 10:3; 10:10; 1 Cor. 1:30; Gal. 3:6; Phil. 3:9).

I have not created a list of all sins mentioned in the Bible but when I did a Google search for "sins in the Bible" I found [this list of more than 600 sins](#). Read that and you will agree we need to repent daily and put on Christ's robe of righteousness (Gal. 2:21; 3:22,27).

Several men have contacted me in the last few months asking for help with their battles for sexual wholeness and purity. Since I surmise it is an ongoing issue for all of us, I have felt led by the Lord to bring this matter up for an open and frank discussion, with a goal to defuse some of the intensity of the emotions which surround the topic of sexuality, and help chart a path toward sexual wholeness.

Church, let's be the Church! Let's face this issue of sexuality with openness, honesty, integrity, and grace. Let's extend grace and forgiveness toward ourselves and toward others who have been snared by the enemy in this area, and let's all pursue enough *agape* love in our lives so that *sexual* love can be handled in a pure and holy manner.

Let us realize that God's grace allowed King David to be used mightily even though he committed adultery and mass murder to cover it up (2 Sam. 12). The shame of these sins could have ruined David's life forever, yet he knew how to repent and repent he did (2 Sam. 12; Ps. 32). And because King David repented, God continued to use him.

Our repentance and sorrow for our sin is central to God finding a way to use them for good. Without our repentance, we spiral further and further into darkness of heart. Eventually we see how far we have gone and may wonder if there is even a way back to God's heart. The best news I can give you is that there is a way back... it's called repentance.

David's greatest gift to this world actually came through his greatest sin, for Jesus Christ was born through the lineage of David and Bathsheba (Matt. 1:6)! What God did for David is available to you, too!

God can use us after our biggest sins, and He can even turn our biggest blunders into avenues through which His grace flows! What a mighty God we serve! Therefore everyone can be used by God! Personally, I am very thankful to God that I have not committed adultery and murder to cover it up, and I am even more thankful that if I had, God could and would still use me. What an amazing God we serve!

Sexual sin is a problem. It is a sin. It is not the only sin we commit. It is one of many sins we commit, and it needs to be repented of as do all our sins, and we need to be washed by the blood of Jesus (1 Jn. 1:7) and clothed with His robe of righteousness (Gal. 3:27). And we need to show grace and mercy to all who have been ensnared in sin (including ourselves), and throw out a lifeline to a better life through repentance and cleansing in the mighty stream of Christ's blood. For if we live in judgment, toward ourselves or toward others, we unleash the law of

sowing and reaping, and we discover that we reap the very sin we judge. So let's love mercy (Micah 6:8).

A prophetic word from the Lord to all who are ensnared in sexual sin: *Go in peace, My child. Yes, sin abounds, but where sin abounds, grace much more greatly abounds (Rom. 5:20). Yes, your sins have made a wall of separation between you and your God, but repent of your sins, and these walls will come tumbling down, and My grace shall appear once more in your life to lift you up and establish you on the path of righteousness. You are to be a doer of the law and not a judge of it. So judge not yourself. Judge not others. I am the judge, saith the Lord of hosts. I am the one who lifts one up and puts another down. Let My blood cleanse you of your sin so that I may lift you up. There is NO sin you have committed that My blood cannot wash away.*

Do not let the evil one cloud you with guilt. Come to Me in repentance, seeking My face and My ways, and My grace will transform your life. You feel there is no way out. There is a way out, saith the Lord of Hosts! It is by My grace. My grace is powerful, more powerful than you would initially discern. For when your eyes are fixed on Me, then My grace flows in your life, and My strength overcomes your weakness. So fix your eyes upon Me, saith the Lord of hosts, and all will be well with you. For My grace shall flow. My forgiveness shall flow. You shall be restored. You shall be exalted. You shall be used in My kingdom. Think not that your sin is unforgiveable. Your sin is not unforgiveable. Is there any sin that My blood cannot cover? I think not, saith the Lord of Hosts. My Son has been crucified for ALL the sins of the world, for ALL time. ALL is covered in our sacrifice for you.

So do not take the load of guilt upon your own shoulders. Give it to Me. Give your sin and your weakness to Me. I know it. I understand it. I cover it with My righteousness and My strength. For I am ALMIGHTY GOD! So come to Me. Come to Me often. Come to Me daily and I shall heal you, saith the Lord of Hosts.

Assignment: Let's pray a prayer of repentance even as King David did: "Lord, I repent for the sexual sins I have been involved in. I repent of (... list the specific sins), and I choose to lay them aside and turn away from these sins and turn to You, Lord. I ask Your forgiveness for these sins, and I choose to walk in Your righteousness. I receive the cleansing of Your blood that washes down over me and makes me white as snow. I put on Your robe of righteousness, and I stand spotless before Your throne in worship to You, through the miracle of Your grace."

Lay your hands on your heart: "Lord, I ask that You circumcise my heart. Cut out the evil desire for illicit sex. Give me a new heart, a pure heart, a healed heart that honors and respects sexuality as You have ordained. I receive this new heart." (Tune to flow – look – see – feel – watch what God does.)

"Holy Spirit, I ask that You convict me any time I am tempted or yield to sexual sin. And as You do, I purpose to fix my eyes back on Jesus, the Author and Finisher of my faith. Thank You, Holy Spirit."

Repent-Restore-Renew: Dear ones who find yourself in this situation where you are in need of sexual wholeness and purity, you may be reaching the point of desperation! We love you and have compassion for you. We are here to help you up out of the ashes and turn your mourning into dancing. Christ will accept your repentance; He will restore you and renew your mind. Please remember that the Lord knows how to rescue you from ungodly temptations (2 Peter 2:9).

An Excellent Online Article - [How Women Can Make Church a Safe Place for Men](#)

Working Definitions Concerning Sexuality: (these are ours – please establish your own)

- **Sexuality:** A strong drive God has woven into us that serves the following three valid purposes: 1) procreation, 2) union and unity in marriage, and 3) joy and physical release.
- **Sexual Wholeness:** Adequately satisfying the sexual tension that God has built into our bodies in a way that is compatible with Scripture.
- **Lust & Pornography:** Viewing someone other than your spouse for sexual stimulation. God states this is a sin (Matt. 5:28).
- **Appreciation of God's Beauty:** Accepting the fact that God has designed us to enjoy the beauty of His creation, which includes people of the opposite sex. Look at their face or their countenance, rather than gazing at the form or shape of their body. Gazing at the form or shape of their body tends to produce desire which is a slippery slope that can bring one quickly into desire and lust.
- **Men, Make a Covenant with Your Eyes:** *"I have made a solemn promise never to look with desire or lust at a young woman"* (Job 31:1). The female body is beautiful and a blessing to man's eyes. However, viewing it leads to desire, desire to passion, and passion fulfilled outside of marriage is sin. So it is crucial that the only female body you gaze upon is that of your wife. Look instead at a woman's face or her countenance, asking God how He wants to minister grace to her. **Prayer:** *Lord, cut out any desire within my heart to look with temptation at the female form (outside of my wife). Give to me a strong revulsion, aversion, hatred and distaste toward all feminine seductiveness, semi-nakedness or nakedness other than that of my wife. I make a promise to LOOK AWAY from any seductive or sexually stimulating woman.*

- **Modest Dress:** Clothes which cover the body without showing off its curves or cleavage. No form-fitting clothes, skin tight clothes, revealing clothes, bikini style bathing suits or speedos. It is a sin to advertise sexually other than to your spouse with whom you can then morally fulfill loving sexual encounters (Prov. 7).
- **Wet Dream:** Experiencing sexual release while asleep, often accompanied by sexual images in one's dreams. Part of God's design for release of sexual tension. It is not evil or dirty.
- **Self-stimulation:** Experiencing sexual release on one's own, while awake. Perhaps part of God's design for release of sexual tension. The Church is strongly divided on whether this is acceptable. "Appendix C" provides a discussion which demonstrates the intense disagreement.
- **Oral Sex:** Oral-genital contact. Not specifically mentioned in the Bible and perhaps alluded to in the Song of Solomon chapter 4. Church doesn't really discuss this much, to our knowledge.
- **Fornication:** Sexual relationship before marriage. God states this is a sin (Acts 15:20).
- **Adultery:** Sexual relationship with someone other than the one to whom you are married. God states this is a sin (Ex. 20:14).
- **Sodomy:** Anal copulation. Forbidden by God (Lev. 18:22, 23; Lev. 20:13; 1 Kings 21:26; Jude 1:7; Gen. 19:24; Deut. 23:17; 1 Kings 14:24; 2 Kings 23:7).
- **Bestiality:** Sex with animals. Forbidden by God (Ex. 22:19; Lev. 18:23; 20:15, 16).
- **Intercourse during Menstruation:** Forbidden by God (Lev. 20:18).
- **Homosexuality:** Sex with person of same sex. Forbidden by God (1 Cor. 6:9).
- **Rape:** Forcing oneself sexually upon another. Forbidden by God (Gen. 34:2 -7).
- **Birth Control:** Interrupting the joining of the egg and sperm. Not specifically discussed in the Bible. The Church is divided about this practice. Birth control is practiced by many Protestant Christians, yet forbidden by some churches such as the Catholic Church.

- **Abortion:** Destroying the fetus in the mother’s womb after the egg and sperm have united. This is considered murder by God, as He already knows us when we are in the womb (Jer. 1:5; Ps. 139:13). For those who have had an abortion, there is cleansing and forgiveness for this sin through repentance and the blood of our Lord Jesus Christ.

Our Unique Learning Approach Is Revelation-Based

Growth comes most quickly when you clearly define from Scripture God’s intended purposes for an area, interact with God about what you are seeing, and then say “Yes, Lord” to what He is showing you (and which you confirm by your three spiritual advisors).

So we ask you to do the exercises given below, and to look up *every* verse mentioned in this workbook – even those you recognize or already know by heart – to pray over them, meditating upon them and asking God to reveal to you the insights He wants you to receive from them. Use two-way journaling which is taught [in these materials](#).

Also use two-way journaling to ask God your questions about sexuality and how to best deal with your sexual desires, sexual issues, sexual blockages and sexual fulfillment. Our experience indicates you should plan on about 50 pages of two-way journaling where God is speaking to you about the above questions (90% of your journaling should be listening to God’s wisdom – Eccl. 5:1, 2 – *not* talking yourself). Submit this journaling to your two spiritual advisors for confirmation (2 Cor. 13:1; Prov. 11:14).

Then review your journaling and distill out any key insights and commands God gives you. Write them on a list and post them where you see them regularly (James 1:22-25). Act in obedience to what God is revealing to you. This brings wonderful release. Memorize key verses, follow the rules God gives you, repent and be cleansed immediately whenever you sin, and press on in God.

How is darkness (sin) overcome in your life? By trying to come against it and push it out? No, you do not drive out darkness by attacking it. You drive out darkness by bringing in the light! So we are asking you to win the battle of handling your sexuality by bringing the Light of God into the area of your sexuality. The above process is how you bring in God’s light!

Revelation-based learning incorporates the following

1. Memorizing Scriptures so we do not sin against God (Ps. 119:11)
2. Meditating on Scripture and receiving God’s insights (Josh. 1:8)
3. Listening to wonderful counsel from the Wonderful Counselor (Isa. 9:6)
4. Writing down Scriptures and revelation God is giving us (Deut. 17:18)
5. Speaking forth Scriptures and what God is speaking to us (Prov. 18:21)

6. Looking constantly at these key ideas until internalized (James 1:25)
7. Acting by becoming impassioned through gazing upon detailed pictures of life and death (Deut. 30:15)

Solomon's Approach to Being Transformed by God's Truth (Prov. 7:2-5)

1. Keep this teaching as the apple of your eye. (Post it somewhere where you can look at it.)
2. Bind it on your fingers. (Let it guide your actions.)
3. Write it on your heart. (Memorize it.)
4. Make it your intimate friend so you may be kept from an adulteress. (Internalize it.)

USE the above approaches to master the various skills in this book! For more reflections on how to do Bible meditation, check [here](#), [here](#) and [here](#).

You Must Have Mastered the Skill of Interacting with the Wonderful Counselor before Proceeding!

You will be asked to do two-way journaling throughout the remainder of this workbook. If you do not know how to do this, then access the **free** training materials [here](#) or [here](#) or materials for **purchase** [here](#). Learn this skill NOW.

Without direct encounter with the Wonderful Counselor, healing is a greatly hampered or even an impossible process as it is likely to turn into self-effort and religion.

So master the foundational skills of hearing His voice and seeing His vision **BEFORE GOING ON** (Jn. 5:19, 20, 30; 8:26,38). My sheep hear My Voice (Jn. 10:27).

An Introduction to the Four Keys to Hearing God's Voice

I tossed and turned in bed, unable to fall asleep. The thought kept going through my mind: "What if I died tonight? I'm not ready to go to heaven." Since I could not shake the thought, I got up, went downstairs and waited for my parents to come home from their meeting. When they did, I announced that I wanted to get saved, and they took me straightway to the pastor's home where he explained the plan of salvation and led me in the sinner's prayer. I was 15 years old when I accepted Jesus Christ into my heart as my Lord and Savior.

It was God's voice that was speaking to me that night, calling me into His kingdom. His voice came as a spontaneous thought inside my head. However, I didn't define this as the primary way God's voice is heard until I had completed a desperate 10 year search to hear Him clearly.

Christianity is unique among religions, for it alone offers a **personal relationship** with the Creator beginning here and now, and lasting throughout eternity. Jesus declared, "This is eternal life – that they may *know God*" (Jn. 17:3). Unfortunately, many in the Church miss the great blessing of fellowship with our Lord because we have lost the ability to recognize His voice. Though John 10:27 promises us that "My sheep hear My voice," too many believers are starved for that intimate relationship that alone can satisfy the desire of their hearts.

I was one of those sheep who was unable to identify the voice of my Shepherd. I hungered for deeper spiritual intimacy with God, but I could not find it. Then on the eleventh year of my Christian life I had the spontaneous thought that "I should take a year of my life and focus on learning to hear God's voice." I decided to act on that thought and devote a year to focused effort, learning to hear His voice. Unbeknown to me, it was the Lord calling me to invest that time.

That year the Lord revealed four simple keys, all found in Habakkuk 2:1, 2, which unlocked the treasure of His voice. Using the four keys together allowed me to easily hear God's voice on a daily basis. It was the most transforming step I have taken in the 45 years of my Christian life! I would like to share them with you so you can try them and see if they do the same for you.

Key: God's voice in your heart often sounds like a flow of spontaneous thoughts.

Habakkuk knew the sound of God speaking to him (Hab. 2:2). Elijah described it as a still, small voice (1 Kings 19:12). I had always listened for an inner audible voice, and God does speak that way at times. However, I have found that usually, God's voice comes as spontaneous thoughts, or flowing thoughts.

For example, haven't you ever been driving down the road and had a thought come to you to pray for a certain person? Didn't you believe it was God telling you to pray? What did God's voice sound like? Was it an audible voice, or was it a spontaneous thought that lit upon your mind?

Experience indicates that we perceive spirit-level communication as spontaneous thoughts, impressions and visions, and Scripture confirms this in many ways. For example, one definition of *paga*, a Hebrew word for intercession, is "a chance encounter or an accidental intersecting." When God lays people on our hearts, He does it through *paga*, a chance-encounter thought "accidentally" intersecting our minds. We consider it chance encounter in that we didn't reason it up, however it is purposeful, because God sent it to us.

Therefore, when you want to hear God's voice, you tune to chance-encounter, spontaneous or flowing thoughts. Even satan's thoughts come to us as spontaneous thoughts, which is why we are commanded to "take every thought captive" (2 Cor. 10:5). I am sure all of us have experienced spontaneous evil thoughts coming to us, even attacking right in the middle of our prayer and worship times. So I conclude that analytical thoughts are mine, spontaneous good

thoughts come from the Holy Spirit, and spontaneous evil thoughts come from evil spirits.

God's thoughts line up with Scripture and with His various names: Comforter, Counselor, Teacher, Giver of Life, Healer and Deliverer. His thoughts edify, exhort, and comfort.

Satan's thoughts line up with his various names: accuser, adversary, thief who comes to kill, steal and destroy. His thoughts condemn and bring despair, rejection, fear, doubt, unbelief and in general, misery.

Key: Become still so you can sense God's flow of thoughts.

Habakkuk said, "I will stand on my guard post..." (Hab. 2:1). Habakkuk knew that to hear God's quiet, inner, spontaneous thoughts, he had to first go to a quiet place and still his own thoughts and emotions. Psalm 62:5 encourages us to silence our souls before God. There is a deep inner knowing (spontaneous flow) in our spirits that each of us can experience when we quiet our flesh and our minds. If we are not still, we will sense only our own thoughts.

Loving God through a quiet worship song is one very effective way to become still. (Note 2 Kings 3:15.) After I worship and become silent within, I open myself for that spontaneous flow. If thoughts come of things I have forgotten to do, I write them down so I can do them later. If thoughts of guilt or unworthiness come, I repent thoroughly, receive the washing of the blood of the Lamb, putting on His robe of righteousness, seeing myself spotless before God (Is. 61:10; Col. 1:22).

Clear focus provides the purest flow: To receive the pure word of God, it is very important that my heart be properly focused as I become still because the intuitive flow comes out of the vision being held before one's eyes. If I fix my eyes upon Jesus, the intuitive flow is pure and comes from Jesus. But if I fix my gaze upon some desire of my heart, the intuitive flow is affected by that desire. To have a pure flow I must become still and carefully fix my eyes upon Jesus (Heb. 12:2).

Again, quietly worshiping the King, and receiving out of the stillness that follows quite easily accomplishes this. Beginning my prayer time as Jesus taught us to pray is expedient: "Our Father Who art in heaven, hallowed be Thy name..." Jesus taught us to begin prayer by lifting our eyes up to our Father and beholding Him. We don't start prayer with our issues. We start our prayer by gazing upon Him!

Key: Fix your eyes upon Jesus and ask to receive visions.

Habakkuk said, "I will keep **watch to see**," (Hab. 2:1,2). Habakkuk was actually looking for a

vision as he prayed. Since I believe the Bible is meant to be lived, I decided that I, too, would begin looking with the eyes of my heart into the Spirit world to see what I could see.

Do what King David did! A good way to begin using the eyes of your heart is by doing what King David did: "*For David says of Him, 'I **SAW THE LORD ALWAYS IN MY PRESENCE; FOR HE IS AT MY RIGHT HAND, SO THAT I WILL NOT BE SHAKEN**' (Acts 2:25 NASB). The original Psalm makes it clear that this was a decision of David's, not a constant supernatural visitation: "**I have set** (literally, I have placed) the Lord continually before me; because He is at my right hand, I will not be shaken" (Ps. 16:8). Because David knew that the Lord was always with him, he determined in his spirit to see that truth with the eyes of his heart as he went through life, knowing that this would keep his faith strong.*

We say, "A picture is worth 1000 words." I believe that is because pictures are the language of the heart. We notice that Jesus used pictures constantly as He taught (Matt. 13:34). When I use pictures in my prayer time, fixing my eyes on Jesus, I am speaking the language of my heart and that moves me quickly into heart/spirit realities getting me beyond my mind.

Use godly imagination: So I choose to do what King David did and I develop "godly imagination," which I define as "picturing things God says are so." Obviously if I am picturing that Jesus is NOT with me, that would be picturing a lie, which is unwise. I can't imagine any reason I would want to picture unscriptural things. So I see Jesus at my right hand, always. I add to this Paul's prayer for God to enlighten the eyes of my heart (Eph. 1:17,18). Then I tune to the flow of the Holy Spirit, and He brings the scene alive. I find I can step from these godly imaginations, into a divine vision.

It is amazing, simple and child-like! Of course it would need to be, as we are told that to enter the kingdom we must become as little children. My 6-year-old granddaughter can do this and she shares with me her journaling and the visions of the angels standing on both sides of her protecting her and watching over her. You will find your young children can do these four keys easier than you can! Try it with them and see.

From Genesis to Revelation God gave dreams and visions, and He specifically said that in the last days He would pour out His Spirit and **we would** see dreams and visions (Acts 2:1-4, 17).

We must look if we want to see! Daniel saw a vision in his mind and said, "I was looking...I kept looking...I kept looking" (Dan. 7:2,9,13). So I needed to repent for not looking, and begin presenting the eyes of my heart to the Lord, and looking. As I pray, I look for Jesus, and I watch and listen as He speaks to me, doing and saying the things that are on His heart. Many Christians will find that if they will only look, they will see flowing pictures, in the same way they receive flowing thoughts.

Jesus is Emmanuel, God with us (Matt. 1:23). It is as simple as that. You can see Christ present with you because Christ *is present with you*. In fact, the vision may come so easily that you will be tempted to reject it, thinking that it is just you. But if you persist in recording these flowing

pictures, your doubt will soon be overcome by faith as you recognize that the content of them could only be birthed by Almighty God.

A lifestyle: Jesus demonstrated the ability of living out of constant contact with God, declaring that He did nothing on His own initiative, but only what He *saw the Father doing, and heard the Father saying* (Jn. 5:19,20,30). *What an incredible way to live!*

Is it possible for you to live out of divine initiative as Jesus did? Yes! It is called “abiding in Christ” (Jn. 15). Fix your eyes upon Jesus. The veil has been torn, giving access into the immediate presence of God, and He calls you to draw near (Lk. 23:45; Heb. 10:19-22). “I pray that the eyes of your heart will be enlightened” and you will see His visions. They are His gift to you, freely given (Acts 2:17).

Key: Journaling, the writing out of your prayers and God’s answers, brings great freedom in hearing God’s voice.

God told Habakkuk to record the vision (Hab. 2:2). This was not an isolated command. The Scriptures record many examples of individual’s prayers and God’s replies (e.g. the Psalms, many of the prophets, Revelation).

I call the process “two-way journaling,” and I have found it to be a fabulous catalyst for clearly discerning God’s inner, spontaneous flow, because as I journal I am able to **write in faith** for long periods of time, simply believing it is God. I know that what I believe I have received from God must be tested. However, testing involves doubt and doubt blocks divine communication, so I do not want to test while I am trying to receive (Heb. 11:6). With journaling, I can receive in faith, knowing that when the flow has ended I can test and examine it carefully, making sure that it lines up with Scripture (1 Thess. 5:21).

Remove doubt: Doubt may hinder you at first, but throw it off, reminding yourself that recording God’s words and visions is a biblical concept, and that God is present, speaking to His children. In the Bible, Satan is constantly casting doubt by saying, “Did God really tell you...?” (Gen. 3:1 GNB).

Learn to relax! When we cease our labors and enter His rest, God is free to flow (Heb. 4:10). Sit back comfortably, take out your pen and paper (or computer or iPad), smile, and turn your attention toward the Lord in praise and worship, seeking His face. Write down, “Good morning, Lord! I love You. What do You want to say to me?” Then become still, fixing your gaze on Jesus. You will suddenly have a very good thought. Don’t doubt it; simply write it down. Later, as you read over your journaling, you will be blessed to discover that the content is *amazing* and that you *are* indeed dialoguing with God!

Hear God through illumined Scripture: Knowing God through the Bible is a vital foundation to hearing His voice in your heart, so you must have a solid commitment to knowing and obeying

God's written Word. We are commanded to meditate on Scriptures (Josh. 1:8). As we pray over Scripture, we find verses leap off the page and hit us between the eyes. This is another very powerful way that God speaks to us. Regular scriptural meditation is commanded by God and is a must for the effective Christian life.

Utilize spiritual advisors: It is also very important for your growth and safety that you be related to solid, spiritual counselors. All major directional moves that come through journaling should be confirmed by your counselors before you act upon them. The Bible says in the mouth of two or three witnesses every fact is to be established (2 Cor. 13:1). Also, in the multitude of counselors, there is safety (Prov. 15:22). So make sure you walk in meekness and seek out and receive input from your spiritual advisors. This step must not be skipped!

The four keys appear again in Revelation: John used the same four keys that Habakkuk did. In Revelation 1:9-11 we find he was in the spirit (stillness), he heard a voice behind him (tuned to spontaneity), saying, "Write in a book (journaling), what you see (vision)." So in both Old and New Testaments we find the same four keys being used to receive God's voice.

As a PACKAGE these four keys work: They get the job done! People hear. We guarantee that if you will use these four keys **together**, they will work for you and you will hear God's voice. Try them as a bundle, and see how they work for you. We have free downloadable music you can listen to as you journal. It is available at www.cwgministries.org/galilee. The first part of the recording takes you for a visionary walk with Jesus along the Sea of Galilee, and guides you into using all four keys together. We encourage you to give it a try! May you be restored to taking walks with the Lord in the garden in the cool of the day. May you experience the fullness of a personal relationship with our Lord and Savior, Jesus Christ. May communion with God be deepened in your life, and may His healing and creative rays fill you through and through.

A summary review of the four keys to hearing God's voice:

- Spontaneity
- Stillness
- Vision
- Journaling

Key # 1 - Recognize God's voice as spontaneous thoughts which light upon your mind.

Key # 2 - Quiet your mind so you can hear God's voice - easiest way is by doing key #3.

Key # 3 - Look for vision as you pray - see yourself together with Jesus in a comfortable Gospel setting.

Key # 4 - Write down the flow of thoughts and pictures that come to you.

Remember: “Hearing God’s voice is as simple as quieting yourself down, fixing your eyes on Jesus, tuning to spontaneity, and writing!”

Use all four keys as you pray and you will easily hear God's voice. To help you when you picture yourself together with Jesus, see yourself as an eight-year-old child. (Jesus did say that if we want to come to Him, we must come as a child.) This helps us sidestep any adult blocks which would hinder us from easily hearing His voice.

Make sure you are sharing your two-way journaling with your 2 or 3 spiritual advisors, asking them if their hearts bear witness that the journaling is from God.

- Don't paraphrase your journaling to them, but instead give it to them word for word as God gave it to you. Your paraphrase is not as good as His first rendition.
- You are not asking them what they think, but does their heart bear witness.
- Their confirmation raises your level of faith so you continue on in hearing God's voice, for if doubt overcomes you, you cannot hear (Heb. 11:6).

If you posture your heart properly, the flow within will certainly be the Holy Spirit!

John 7:37-39 tells us that we can sense a flow within us which is the Holy Spirit. It also lays out four prerequisites for positioning our hearts properly to **ensure** that this flow is coming from God and not self or a demon. The posture is clearly stated:

| Biblical Statement (Jn. 7:37-39) | Key Confession |
|---|--|
| If anyone is thirsty | Lord, I am thirsty for Your voice. |
| Let him come to Me | Lord, I see You at my right hand. |
| And drink | I tune to flow. |
| He who believes in Me | I believe Your Spirit flows within. |

For a complete teaching on this topic, order the book [4 Keys to Hearing God’s Voice](#) at www.CWGministries.org or call 716-681-4896.

Assignment: Listen to the free 60-minute streaming audio [here](#) and complete the journaling exercise of writing a two-way love letter with the Lord. Write a one paragraph love letter to Jesus, sharing one of the reasons you love Him so much. Then, fix your eyes on Jesus, tune to flowing thoughts, and let Jesus speak back in paragraph two, recording the flow coming from the river within. Read what the Lord spoke back to you to a friend, classmate or spiritual advisor and ask if their heart confirms that it came from God.

Assignment: Begin journaling daily, asking the Lord what He wants to speak to you. For some samples of two-way journaling, read through “Section 4 - Extended Journaling Concerning Sexuality”

Twelve Weeks of Assignments – Assignments are in this color for easy reference

If working through this material in a group, we suggest that you **read the assigned material** during the week before it is discussed, and you **complete every section** in this text which is notated as “**Assignment.**” Since healing occurs as you diligently process the expansion of God’s light and healing power within you, we ask you to commit to the following:

- Applying diligence means you put a minimum of 5 hours a week into completing assignments found in this manual. Remember, intense focus brings breakthrough!
- Expanding God’s light within means you will need to hear His voice, see vision, and meditate upon and memorize Scriptures. If you are not at ease hearing God’s voice and seeing vision, then to receive maximum healing from this manual, you need to prepare yourself by acquiring this training on hearing Gods voice and seeing vision, [which you can do here](#).
- You will be asked to heal wounds that contribute to sexual malfunction by applying the seven prayers which heal a heart wound. If you do not know what these prayers are, please acquire this skill so you can receive full heart healing. [Receive this training here](#).
- You will be asked to contribute weekly to honest open discussions concerning what you are reading and hearing from the Lord, insights gained from your Bible meditations, and questions or struggles you may be facing and needing help with.
- Overview of the BEST way to experience full sexual healing:
 - Receive training on [4 Keys to Hearing God’s Voice](#)
 - Receive training on [Prayers that Heal the Heart](#)
 - Work through this book *How to Deal Effectively with Your Sexuality*
 - Follow-up by maintaining relationships with spiritual advisors

Read assigned section and complete all assignments within the given pages. If in a group, come prepared to share insights, questions, struggles and two-way journaling. Begin reading Section 4 on week 3 and continue reading it weekly until you have completed it.

Week Topic Assigned for Discussion

- 1 Get acquainted, review ground rules, overview the healing process we will use.
- 2 Read Introduction (pages 1-8) and scan entire book.
- 3 Review the “4 keys to hearing God’s voice” (pg. 9-15) and begin Section 4 (pg. 45).
- 4 “God Designed Sex – It’s Good!” (Section One: pages 20 - 24) Continue Section 4.
- 5 “Exploring God’s View of What Marital Love Should Look Like” (pages 25 – 30)
- 6-8 Applying 7 “Prayers that Heal the Heart” to Sexual Wounds (pages 28 - 30)
- 9 How to Avoid Lust, Pornography & Immorality (pg. 31-44)
- 10 Building Protective Fences to Help Keep You from Sexual Sin (Pg. 26 – 28)
- 11 Create Passion for Change by Utilizing Pictures (Pg. 28 – 35)
- 12 Share testimonies of victories and commit to walk in God’s light, with spiritual advisors

Section One - God Designed Sex - It's Good - It's an Integral Part of Marriage

A few key Scriptures (NASB) as a springboard for your two-way journaling:

Gen. 2:25 And the man and his wife were both naked and were not ashamed.

1 Cor. 7:1 Now concerning the things about which you wrote, it is good for a man not to touch a woman.

1 Cor. 7:2 But because of immoralities, each man is to have his own wife, and each woman is to have her own husband.

1 Cor. 7:3 The husband must fulfill his duty to his wife, and likewise also the wife to her husband.

1 Cor. 7:4 The wife does not have authority over her own body, but the husband *does*; and likewise also the husband does not have authority over his own body, but the wife *does*.

1 Cor. 7:5 Stop depriving one another, except by agreement for a time, so that you may devote yourselves to prayer, and come together again so that Satan will not tempt you because of your lack of self-control.

1 Cor. 7:6 But this I say by way of concession, not of command.

1 Cor. 7:7 Yet I wish that all men were even as I myself am. However, each man has his own gift from God, one in this manner, and another in that.

1 Cor. 7:8 But I say to the unmarried and to widows that it is good for them if they remain even as I.

1 Cor. 7:9 But if they do not have self-control, let them marry; for it is better to marry than to burn with passion.

Two-way Journaling Exercise: (use a separate notebook or file)

General Question: Lord, what do You want to speak to me from the above verses?

Specific Questions:

1. Lord, what do You want to say to me concerning being naked and unashamed with my spouse? If I am ashamed, what is the root of that? How do You want to heal that?
2. If unmarried: Lord, does Your call upon me include my being married? What do You want me to do to prepare myself spiritually, emotionally and physically for marriage? Where do You want me to be looking for a spouse?
3. If married: Lord, am I fulfilling my duty to my spouse? Am I giving them authority over my body? If not, what is hindering me from doing that? How do You want to heal that?
4. Complete additional dialogue as necessary to fully integrate and live out the principles of the verses above.

Steps for the unmarried to take:

If you are not married and are having trouble handling your sexual desires, then seek God to lead you to a marriage partner as you also seek Him for grace to handle your sexuality while waiting for marriage to occur.

Understand the motivations for abstinence before marriage:

- **To be holy:** You set yourself apart, as unto the Lord, when you reject the world's customs and views on sexual relations outside of marriage. (Leviticus 20:26, 1 Peter 1:16)
- **To be free:** Keeping yourself pure for the man or woman you will marry allows you to walk away from a wrong relationship, if necessary, without guilt or shame. The bond created through sexual intercourse makes it extremely hard to pull yourself away even after it becomes apparent that he/she is not the right one for you.
- **To be whole:** Sex joins our spirit to the other person's spirit—whether we want to or not; too many lovers cause us to be scattered. Paula Sandford of Elijah House Ministries writes:

It is impossible for one person to touch another only physically. Our personal spirit is not poured into our body like water into a container. Our personal spirit gives life to our body (James 2:26) and flows through all its cells. Therefore, when we touch one another, our spirit is also involved. (1 Corinthians 6:16-20).

God has created husbands and wives to become one flesh in holy union (Genesis 2:24, Ephesians 5:31). He has so built a man that in union with his wife his spirit reaches out to enfold, protect and nurture her. A woman is built to embrace and nurture her husband.

When two become one flesh in unholy union, their spirits reach out to latch on because that is what they were created to do. Adulterers and fornicators meet in sinful perversion of God's intent. They have not been given His permission of blessing in marriage, and cannot complete one another in holiness. Their union tells lies one to the other about who they are, and causes them to carry confusion within from their coming together.

If a person has lain with many partners, his/her spirit's focus and energies are scattered, seeking the many with whom he/she was joined; and it has become impossible to bond with only one.

Healing Victims of Sexual Abuse by Paula Sandford, Charisma House, Lake Mary, Florida, 2009, pp. 76-77.

Assignment: While waiting for marriage, make sure you are allowing God to perfect you. Diligently grow as a Christian. Mature emotionally and in the areas of social skills and

interpersonal relationships. Take good care of your body so you look attractive and are healthy. Ask your close friends to be honest with you and tell you of any areas which they see within you which need work. Then seek God about these areas and go to work. Also ask your friends for their assistance in helping you improve. Ask if you can be accountable to them and if they will be a coach to you, helping you grow swiftly into becoming all God wants you to be. Become a great catch!

Assignment: While seeking God in faith for a marriage partner, follow His Spirit's leading. You may be led to go to a certain place and/or to look for a certain sign to find your marriage partner, as Isaac's servant was (Genesis 24:1-14). Or you may be led to simply continue in your everyday work, and your marriage partner will come to you, as Rebekah did (Genesis 24:15-67). Follow the Lord's leading as you pray for God to bring you and your partner together. Christian dating websites have been proven to be effective in finding a good Christian partner if used with caution (christian.matchmaker.com).

A spouse should be someone who will assist you in fulfilling God's destiny for your life. Make sure you ask God, "Will this person help me realize Your purposes for me? Will I help him or her realize Your destiny for them?" Make sure you submit the decision of whom you marry to a couple of trusted spiritual advisors. You do not want to make a mistake in this decision! It is a lifetime commitment and will bring either a life of fulfillment or a lifetime of misery. So make sure there is full peace in your heart (NO uneasiness), confirmation from your trusted spiritual advisors, full peace in your prospective marriage partner's heart, and full confirmation through your two-way journaling. Note in the following journaling that there is not full peace about the person Noelle is dating.

Lord, speak to me about Erich. Thank you.

Noelle, I am teaching you confidence in Me. You keep turning to him as your boyfriend to fulfill the needs only I can fill in you. You are so lonely, and it causes you to act on desperation at times. You are so afraid, and yet I am telling you over and over that My perfect love casts out all fear because fear involves torment.

The time is getting close when you will make the decision whether or not to continue this relationship with Erich. I already know the outcome. This is not a surprise to me. YOU will make it. You keep waiting for him but it is your choice. You have set the limits and boundaries for a healthy relationship. And you will be strong because My strength is made perfect in your weakness. You need to understand how precious you are! And capable! You don't need Erich, or ANY man for happiness!!! I know you think you know that happiness, contentment, fulfillment and true love only comes from Me, but do you really believe that?

Erich, in his moods, and criticism and very conditional love, are so hard on you. Yet you try to play My role as God and control him. You do this through co-dependency, by acting "better", by

trying to give him what you think he wants, or "being" a different person than who you are!!!. But I have made you the way I want you. And you are miserable because you are trying to change who you are. Once you get this point you will not have to fear anymore. You can be free to be yourself. Stop believing the lie that you aren't good enough! You can touch other people in My world that others cannot because you are a Christian single mom. You are not permanently damaged goods as you think you are, walking around, carrying this heavy load of guilt, shame, a remorse for a divorce that is over and done with! Stop that! You are whole. You are complete. Yet remember when you are temporarily broken inside, My light shines brighter through cracked pots! (That made you smile My child, didn't it?) But truly, walk in faith and start doing what's right even while it still feels wrong. Set new patterns. And know that I will fill in the gaps where you messed up in the past.

I am doing a new thing in you! You can feel it, can't you.... it feels good. And you feel guilty when you feel good because you have been beating yourself up for so long. You have been addicted to guilt! Confess that to Me. There is no condemnation and today is the day you will drop that heavy burden at My feet. Know this: You are whole.

As for Erich, leave him to Me. I am doing the work in him, in My own timing. I will reveal to both of you how to proceed. Accept it when I tell you and do not have any more confusion. Do not be unstable and tossed to and fro, and back and forth, always wondering what it "should" or "could" be. Take daily steps, in faith and truth. Be kind to Erich. Don't let the enemy have a foothold in. All will be well. You keep your eyes fixed on Me and I will take care of everything.

End of journaling.

And while you are waiting for your spouse, consider these words of wisdom from someone who knows what you're feeling: <http://www.youtube.com/watch?v=igCj3jsbcqs&feature=share>

While deepening a relationship with a potential spouse, take practical steps like staying in public places and using discretion in your actions (especially as they relate to touching) so as to not fall into fornication. Discuss openly with each other your commitment to abstain from pre-marital sex. (Women: you may appeal to the man's natural role of protector and ask your suitor to be responsible for protecting your honor.) Ask God for His grace and wisdom in handling temptations that may arise. He is well able to give you both strategies that will enable you to abstain.

Assignment - Divorced and seeking remarriage: In addition to the above, you may have heart wounds that need healing. You will do this in Section Two, as you complete a "Contributing Strands Worksheet" on the issue revealed in the heart wound (i.e. "fear, rejection, fear of rejection, abandonment," or "anger, hatred, self-hatred, remorse," etc.)

Exploring God's View of What Marital Love Should Look Like

The Problem: OK, I know that the world thinks romance and sexuality looks like, but what does God think romance and sexuality looks like? Let's discover answers to these questions by reviewing the Song of Solomon.

Bible Meditation Assignment: Read the Song of Solomon (i.e. 8 chapters) and list out **everything** you discover concerning the joy of marital love. Get a **clear picture** from the Word of God as to what sexuality within marriage looks like. Ask God, "What does a couple do together when it comes to romance and physical intimacy?" Meditate over the eight chapters of Song of Solomon, and record in your journal (can be on paper or with computer), everything you see that God approves as part of romance and sexuality within marriage.

Do your Bible meditation on the Joy of Marital Love from the Song of Solomon NOW, before going on. What God shows you directly is so much more powerful than reading what God has shown others. You need direct revelation from Almighty God, not passed down revelation. So do your Bible meditation assignment NOW before going on. It is in your best interests. Thank you!

After you have completed your Bible meditation, you can review the meditation below on Song of Solomon.

A sample completed worksheet on The Joy of Marital Love from Song of Solomon (NASB)

Chapter 1:

- ❖ The desire is there for kisses on the mouth.
- ❖ Fragrant oils are used.
- ❖ They are together.
- ❖ The husband may invite his wife into a time of sexual encounter.
- ❖ The wife acknowledges the beauty of her body.
- ❖ The husband acknowledges the beauty of his wife's body.
- ❖ Ornaments and beads of gold and silver are placed on the wife.
- ❖ The husband may lie all night between his wife's breasts.
- ❖ The wife acknowledges her husband as handsome.

Chapter 2:

- ❖ The husband acknowledges that his wife is the most beautiful woman of all.
- ❖ Embracing and fondling are part of the lovemaking.
- ❖ The husband requests to see his wife's nude form.
- ❖ The husband requests to hear his wife's sweet voice.

Chapter 3:

- ❖ The wife seeks her husband.
- ❖ The wife holds on to her husband and will not let go.
- ❖ The wedding is a joyous occasion.

Chapter 4:

- ❖ The husband describes the beauty of each part of his wife's body starting at the head and working down to the breasts.
- ❖ The passion of love makes the husband's heart beat faster.
- ❖ The wife's love is better than wine.
- ❖ The wife's lips drip honey.
- ❖ Honey and milk are under the wife's tongue.
- ❖ The wife invites her husband to eat choice fruits from her.

Chapter 5:

- ❖ The husband eats and drinks deeply from his wife.
- ❖ When one wants to make love, the other should not make excuses.

Chapter 6:

- ❖ There is a mutual delight in each other.

Chapter 7:

- ❖ The husband describes his wife's beauty starting with her feet, then her hips, her navel, her belly, her breasts, her neck, and her head.
- ❖ The husband touches each part, especially enjoying his wife's breasts and her mouth.

Chapter 8:

- ❖ They enjoy fondling and caressing and loving one another.

Sexuality – God's Cement for Marriage

The Lord has been showing me lately how powerful the sexual act is. We always hear about the negative power it has when misused, but we hear very little about the tremendous power for good it has when used appropriately. Unity is vital for a Christian couple's power in intercession and Christian fruitfulness in general. The sexual act powerfully helps us to build this in our marriages. For this reason, I always counsel couples to have a schedule for sex that they are

both comfortable with and that meets both of their needs. We all arrive to bed exhausted most of the time but sex is a vital part of the protection of our marriages.

Every time I have ever heard of a couple slipping in the regularity of their sexual union, I have seen serious marital problems within a short time and most of the time, divorce ensues. One noted female teacher in the body of Christ says that sex is spiritual warfare. I wholeheartedly agree with her. Our marriages must be seen as a separate entity that has to be nurtured and fed. And consistent sexual union is one of the most powerful things that God has given us to strengthen it.

Assignment: Journaling and discussion with your spouse: Lord, when should we schedule time for sex? How often should it be? How can I insure the needs of my spouse are being fully met, so I am cementing our marriage relationship?

Once you have answers, talk through them with your spouse and come to agreement so your marriage is strengthened through your sexuality.

Assignment: Additional two-way journaling questions concerning sexuality

Do a minimum of 10 pages of two-way journaling on the questions below, letting God do the majority of the talking (Eccl. 5:1,2). Let His light remove your darkness.

- Lord, how do you see sexuality? Why did you make us sexual? Why did you make the sexual drive so strong and so persistent? How do you want me to view my sexuality? How am I viewing it wrong? Why am I viewing it wrong? What has to change within me so I can view my sexuality properly? What specific steps should I be taking to bring about this change in the way I view my sexuality? (Stay with this question until you get a page or two.)
- Lord, what do you want to say about sex with my marriage partner? What about giving my body to them as you have said in 1 Cor. 7:1-5? How can my spouse and I achieve greater sexual compatibility and sexual harmony? What about experimenting sexually with my spouse? Is sexual encounter with my spouse more than simply a physical act? Is it spiritual? How important is it that we have great sex in our marriage? What steps do you want me to take to insure we have great sex in our marriage?
- Am I showing love to my spouse in the way they desire and need love shown? Ask your spouse what are meaningful expressions of love that you can provide for them. For women, it is often romance, honor, protecting them in areas of their weakness, respect, courtesy, date night, opening doors, etc... Ask your wife to add to and adjust this list.

- For men, love is much more often the act of intercourse, sexual variety with their spouse and enjoying their spouse naked. So ask your spouse what are meaningful expressions of love you can provide for them.

You want to fill up your spouse's love reservoir so they are satisfied within the marriage relationship and aren't tempted to look elsewhere. There will need to be some "give and take" as you learn what is comfortable and workable between the two of you.

Assignment: Since sexuality is an important part of marriage, read a good book on sexuality within marriage. For example: [Sheet Music](#) by Kevin Leman, or [Intended for Pleasure](#) by Ed Wheat. Read several if necessary. The goal is to come to the place of having great sex with your marriage partner, as described in the Song of Solomon.

Assignment: If sexual counseling is necessary for you to obtain great sex within your marriage, then by all means seek out a good Christian sexual counselor.

Section Two - How to Heal Sexual Wounds

Many, perhaps all of us, have wounds in our hearts in the area of sexuality. So how do we go about healing a wound? There are obviously many approaches being used today. However, the Lord has given us one very powerful and effective approach which we want to recommend you try.

This prayer counseling healing approach involves applying seven different, specific types of prayers to a heart wound. In this case the heart issue would most likely involve several of the following words: sensuality, lust, perversion, homosexuality, immorality. We normally list 3-4 words on a “Contributing Strands Worksheet” which describe a heart wound, and then we pray through the seven prayers on that six page worksheet. The [Contributing Strands Worksheet can be freely downloaded here](#), along with other free complementary materials. To maximize the effectiveness of these seven prayers, we would encourage you to obtain [these training materials on Prayers that Heal the Heart](#). These materials are extensive, and we are not going to repeat what they teach here. We ask you to obtain them and work through them, applying all seven prayers to your sexuality so you can be totally healed in the area of sexuality!

This Prayers that Heal the Heart approach is so effective because it is extremely unique. We describe **eight unique features** on a [chart here](#) (scroll down a bit). Because of these eight features, we have witnessed problems people have battled with all their lives be removed in one 3-hour prayer ministry session with the use of the “Contributing Strands Worksheet.” A follow up 3-week Bible meditation by the client shuts the door of their heart so they do not allow satan’s negatives back in.

We ask everyone to thoroughly understand the language of the heart (i.e. flow, pictures, emotions), and then **use the language of the heart** as they pray through the seven prayers that heal the heart, applying them to their sexuality. If you do not use the language of the heart, you will not heal the heart. **Everyone needs healing of wounds in their hearts.** Then follow up the “Contributing Strands Worksheet” with a one-month Bible meditation to close the door so you do not suck sin back into your life.

Below is a sample of what two of the seven prayers in Prayers that Heal the Heart might look like (“Repenting of Ungodly Beliefs” and “Inner Vows” and replacing them with “Godly Beliefs” and “Godly Purposes”).

Prayers Number 3 & 4: Renouncing negative expectations and inner vows

| <u>Column 1</u> “Lord, what <u>negative beliefs</u> are contributing to my sexual dysfunction?” | <u>Column 2</u> “Lord, what <u>inner vows</u> are contributing to my sexual dysfunction?” | <u>Column 3</u> Replaces column 1, the unbiblical, negative belief with <u>God’s Truth</u> , derived from the Bible and the Holy Spirit. | <u>Column 4</u> Replace your inner vow (column 1) with a <u>new purpose</u> in the Holy spirit, to come into agreement with God’s truth. |
|--|--|---|---|
| <u>I expect/believe...</u> | <u>Therefore I vow to... (What action do I take...)</u> | <u>However, God says...</u> | <u>So I purpose by the power of the Holy Spirit to...</u> |
| a. I will never be sexually satisfied by my spouse | a. I will meet my own needs | a. I have joined you together so the two can become one | a. To pursue deepening union and intimacy |
| Lord, what does living your truth in this area look like? <i>Start to type here</i> | | | |
| b. The only way to keep my boyfriend is through sex | b. I will give in to him | b. If you value yourself, he will value you and accept your “no” | b. To keep myself for my future husband |
| Lord, what does living your truth in this area look like? <i>Start to type here</i> | | | |
| c. If I don’t have sex with my girlfriend she will think I am not masculine, that I am gay | c. I will make sure women know that I am virile | c. If you honor her body, she will respect you as a man, not despise you | c. To keep myself for my future wife |
| Lord, what does living your truth in this area look like? <i>Start to type here</i> | | | |
| d. Sex is only pleasurable for men | d. I will endure sex with my husband | d. I gave the gift of sex to all of my children not just men | d. To discover and share with my husband what pleases me |
| Lord, what does living your truth in this area look like? <i>Start to type here</i> | | | |
| e. Sex is dirty and shameful | e. I will avoid sexual contact with my spouse | e. I created men and women as sexual beings and everything I created is good | e. To embrace and enjoy the gift of sex between me and my spouse |
| Lord, what does living your truth in this area look like? <i>Start to type here</i> | | | |

Prayers (Now go back and pray across each line of the above chart, using the prayer below):

- I repent of my **ungodly belief** that _____ and I renounce the resulting **inner vow** that _____.
- Lord, I accept **your truth** that _____ and I **purpose by the power of the Holy Spirit** to _____.

Additional step: After praying through a negative expectation and resulting inner vow, ask the Lord to show you what it looks like for your negative expectation and inner vow to be brought to death on the cross and replaced with His truth and your new purpose. Fill in the blank that asks, “Lord, what does that look like?” Hold this new picture in your mind from now on.

Assignment: Complete your own “Contributing Strands Worksheet” [available for free downloading from here \(PDF\)](#) or as an “edit enabled” file which you can type in. Additional supplemental materials which go along the “Prayers that Heal the Heart” theme [can be freely downloaded here](#).

You begin the completion of your “Contributing Strands Worksheet” by selecting a heart wound you are experiencing. Clusters of words which describe typical heart wounds which are connected to sexual dysfunction would include: “lust, pornography, sensuality,” “rejection, fear of rejection, abandonment.” “pain, sorrow, anguish,” “homosexuality, perversion.” If you realize you have more than one heart wound, than you will complete a “Contributing Strands Worksheet” for each heart wound. One heart wound is generally listed as a cluster of about three words.

Assignment: Spend three weeks working on your contributing Strands Worksheets, and your follow up “Bible Meditations” as assigned in the “Contributing Strands Worksheet.” Spend at least five hours each week on these. Be thorough! You want complete healing – not partial. And you want your house then filled with light so demons do not return. The seventh prayer is deliverance prayer, so get together with someone and have them pray deliverance prayer with you after you have done the first six prayers completely. This seventh prayer (deliverance prayer) can be completed with a phone call or even in an electronic chat room with a prayer counselor who is skilled in deliverance prayer.

Section Three - How to Avoid Lust, Pornography & Immorality

In marriage, one's physical needs are to be met, however one still must watch over his/her mind and not allow lust to reign.

Journaling about love in marriage – *agape*, *philia* and sexual passion

Working Definitions:

Agape – divine spiritual love, I lay my life down for you

Philia = love from the soul – friendship love

Vision appeared: I saw a vision of my two hands cut off at the wrists

(Note the power of this picture as a deterrent toward sin) As I journaled about this picture, the Lord spoke...

Lust and pornography will completely cut off your ability to minister effectively. First it does destroy your heart and spirit. It affects your spirit by distorting it and twisting it and twisting your perspective on all people and all of life.

Yes, women want to be secure and some will find that security in being sexually tantalizing to men. That is acceptable to a degree when they manifest this toward their husbands ONLY. But when these signals are sent out to other men it becomes corrupting to the women as well as to the men who see and are defrauded by it.

Now concerning men - You may seek to find your security and identity and satisfaction in your sexuality. That too is acceptable in a limited way, when it is directed toward your wife ONLY. But when it is directed toward other women it is USING them and destructive of their hearts and spirits as it takes advantage of their weaknesses and insecurities and uses them rather than honoring their hearts and spirits.

You are not to use people, but to honor people. You are not to take advantage of people's weaknesses and insecurities but instead are to honor and heal all whom you touch and come into contact with. So choose ye this day not to use and destroy the honor and spirit of a woman or a man.

It is a lie to exalt sexual passion over honoring of the heart and spirit and divine destiny of another. Yes, a woman is created to please her husband. However, she is also created to please her God and when she exalts her body over her heart and spirit then she is out of balance, and she is worshipping the creation rather the Creator. She is to worship her Creator first and foremost.

The man is to honor and love the spirit and heart of his wife, as well as her body. He is designed to honor all parts of his wife but when sexual passion supplants *agape* and *philia* love then the balance is inverted and destructiveness awaits him.

One prospers when divine balance is maintained in their life - when sexual passion, *philia* and *agape* love are all maintained in proper balance in their life. *Agape* is to rule at all times. Sexual passion comes to the forefront on a regular basis but is NEVER to supplant *agape*, for when it does, life is inverted and all kinds of destruction awaits them. So *agape* honors the heart and spirit; *philia* honors the soul, and sexual passion honors the body. There is a place for all. All are created by God. All have a place in balance and the individual is completely honored, respected and released into their full call and destiny. So do not fear sexual passion. Just keep it in balance with *philia* and *agape*.

Herman's Warning Dream Concerning a Private Fantasy Life

In the dream Herman is walking along the side of a mountain on a very narrow path with his family behind him. The path gets narrower and narrower and finally breaks away beneath their feet, and down they all go. He awakens.

When Herman journaled about it, this is what the Lord showed him.

"Herman, this private fantasy life which you are engaged in, which you think is so carefully controlled... if you continue in it, it will take you and your family down to destruction."

Herman repented and quit his fantasy life, and stayed married to his first wife till his death at age 93.

Bible Meditation and Two-Way Journaling Assignment

Go to Proverbs chapters 5 and 7 and list out everything God shows you about avoiding sexual sin. What you discover in the Word of God under the illumination of the Holy Spirit is much more powerful than what you read from another's insight. So before you read our insights below, do this assignment, and after you have listed out biblical insights from Proverbs 5 & 7, then engage in two-way journaling asking God what He wants to speak to you from these chapters and from what you have distilled out of them. Record what God speaks to you and act on it. Anything questionable, submit to your spiritual advisors. AFTER completing this exercise you may go ahead and read the summary God has given us, which is below.

A Sample Completed Worksheet on Avoiding Immorality from Prov. 5 & 7

Proverbs Chapter Five (NASB) - The Pitfalls of Immorality

The adulteress:

- ❖ Her lips are smooth, enticing and drip honey.
- ❖ She does not ponder the path of life.
- ❖ Her ways are unstable and she does not know it.
- ❖ The end of an encounter with an adulteress is bitter as wormwood.
- ❖ She cuts sharp as a two-edged sword.

- ❖ Her path leads to death.
- ❖ She goes to Sheol.

Avoiding relationships with an adulteress:

- ❖ I keep far away from her.
- ❖ I do not go near the door of her house.

What an encounter with an adulteress will do to you:

- ❖ I give my vigor to her.
- ❖ I give over years of my life to a cruel taskmaster.
- ❖ She is filled with my strength.
- ❖ My hard-earned goods go to her house.
- ❖ I will groan in the latter end when my flesh is consumed.

Enjoying your wife's love instead of an adulteress:

- ❖ Drink from her love.
- ❖ Don't let her love go to another; let it be yours alone.
- ❖ Be blessed with her love.
- ❖ Rejoice in her.
- ❖ Let her breasts satisfy you at all times.
- ❖ Be exhilarated always with her love.

God is watching my actions:

- ❖ God sees all my paths.
- ❖ My iniquities will capture me.
- ❖ I will be held with the cords of my sin.
- ❖ I will die for not listening to instruction.

Proverbs Chapter Seven (NASB) - The Wiles of the Harlot

How to be led astray by an adulteress:

- ❖ Be simple and lack sense.
- ❖ Go near her place.
- ❖ Have darkness cover your dark actions.
- ❖ See the seductive way she dresses.
- ❖ You are an ox being led to the slaughter.
- ❖ You are in bondage to a fool.
- ❖ Your liver is pierced.
- ❖ This will cost you your life.

How an adulteress leads you astray:

- ❖ She is cunning as she reels you in.
- ❖ She is boisterous and rebellious and brazen.
- ❖ She goes out to meet her prey.
- ❖ She initiates physical contact.
- ❖ She claims to be good and godly.
- ❖ She flatters you.
- ❖ She offers you a full night of lovemaking.
- ❖ She continues until you are seduced and follow.

LISTEN:

- ❖ Do not let your heart turn aside to her ways.
- ❖ Do not stray into her paths.
- ❖ She has many she has killed.
- ❖ She will take you to Sheol and to death.

Two-way Journaling Exercise:

As you ask God the questions below, take the time to get a few pages of God speaking to you. Don't rush this. The more of His light you bring in, the more the darkness needs to flee. So always bring in His light.

Lord, what do you want to say to me about lust, pornography and immorality? What are the visual triggers that get me started? What are the emotional triggers? What are the physical triggers? What do you want me to do to be protected so these triggers do not mess me up? When I fall and sin sexually, what do you want me to do?

Building Protective Fences to Help Keep You from Sexual Sin

The safeguard of not going near a harlot's house, and thus being enticed by her and having your liver pierced through, should be obeyed whether married or single (Proverbs 7:8-23). In today's world, that would mean creating fences such as the following:

1. Do not go into adult sections of video rental stores.
2. Do not go in a store which sells adult magazines.
3. Do not go to "R" or "X" rated movies.
4. Put [Net Nanny](#) on your computer, and have your wife set the password to help protect you, your marriage and your ministry. It blocks all sexual sites.
5. Use [ClearPlay](#) as your only DVD player, so any movies you watch automatically have all sexual scenes and profanity removed.
6. Do not go near sections of town which have adult services.
7. Do not go near a person's home to whom you are drawn sexually, or, if you must, never go alone.

Assignment – Confess the Following: “I will not gorge the appetites of my flesh. Instead I will limit them. I will come to Jesus asking for His strength when I am tempted sexually. I will picture Jesus with me at all times as King David did (Ps. 16:8; Heb. 12:1,2). I will stay away from places which provide sexual temptations. I will repent immediately when I fail, and I will do two-way journaling and let God speak to me and direct me and heal me.

“I will team up with others as necessary to provide multiplied strength” (Eccl. 4:9-12). Note: your accountability partner can be your spiritual advisor, your spouse or a group of the same sex who gather regularly to be accountable to one another in the area of spiritual growth.

Journaling Assignment: “Lord, what are the boundaries you want me to establish which will protect me sexually?” (List these and post them so you **follow** them!)

“Lord, do I need to be accountable to someone in the area of my sexuality? If so, who should it be? Give me the grace to be real and transparent with them. Thank you!”

Examine this [“How to Cultivate Christian Spirituality”](#) article.

Repent instantly when you fail. No delay: get on your knees immediately and pray and repent. State your sorrow for this sin, and your turning away from it to a life of righteousness. Ask for Christ’s blood to wash down over you and cleanse you. Ask Jesus to circumcise your heart, and cut out the evil part and give you a clean new heart (lay your hands on your heart as you pray this)... “Lord Jesus, cut out the evil pictures in my heart. I place them on your altar. Burn them up and remove them from my consciousness and replace them with divine pictures.” SEE His blood cleansing you and Him covering you in His robe of righteousness. Journal and hear what God has to say to you. Walk in what He speaks in your journaling

Journaling Assignment on Shame: “Lord, how am I to deal with the shame I feel over my sexual sin? Lord, do you still love me? Can you still use me? What do you want me to be focused on now?” Keep asking additional questions and journaling until you find full freedom in Christ and sexual wholeness.

The following is an update from a pastor whom Mark Virkler counseled in 2002. He is now restored to ministry and sent in this discussion on support groups.

I have found support groups to be CRUCIAL in both obtaining and maintaining sexual purity. In addition to two-way journaling and dealing with my ungodly beliefs through a “Contributing Strands Worksheet” (which I completed on sensuality, lust and pornography), I have found a support group that is SAFE where someone can be totally transparent and honest in sharing where they are and where they are struggling.

We meet once a week with a group of men which varies from 5 to 12 men. Some groups have mixture of both men and women but I feel that when mixed, it inhibits honesty and feeling safe to share honestly.

The purpose of the group is to walk in sexual wholeness, purity and victory. It deals specifically with sexual struggles and the roots and reasons why we may be acting out or falling in that area.

I found out about this group through a Christian Counselor at a large church in our area. In our area there are many types of support groups. Most are what is called 12-step groups which go through the 12 steps on a regular basis.

There are many ways someone can find these support groups, by word of mouth, going online, or inquiring at various churches that offer various types of support groups or that know of contacts.

I have found that the group is much more beneficial if it deals with your specific struggle. (Some with lust, some with gambling, narcotics etc.)

For me, finding a group that I could be totally honest, sharing exactly where I was struggling and choosing to be accountable by staying in close contact with at least one or two in the group has helped tremendously.

I have been part of a few support groups in various churches in the last 10 years, and find some were good and some not so beneficial. One must feel safe and comfortable with a specific group and feel that group is somewhat in line with Christian principles, etc. There are no perfect groups, but at times I do wish that there could be more Christ-centered groups. But feel the accountability and honesty to be most crucial and being able to have a few closer men to help walk closely with you.

Create Passion to Change with a Vivid Picture of the Devastation that Lust and Adultery Bring to Your Life!

Pictures are worth a thousand words, because pictures touch the heart and pictures move the emotions. God gave Abraham a picture of thousands of stars (Gen. 15:5) and the next verse says, "Then Abraham believed." So pictures help produce heart faith. Heart faith moves mountains. Heart faith changes you.

So when I need passionate motivation to change, I ask God for a clear picture from Him of the death and destruction I will receive if I stay on the path of sin, and the life and blessing I will receive if I get on the path of righteousness. I take as much time as I possibly can, letting God reveal both of these pictures in as detailed of images as possible. The more detail and the more vivid the pictures, the more power they have to impassion me and to move and change my

heart and the course of my life. So let's ask God for vivid pictures concerning death and life as it relates to sexual sin and sexual wholeness. Guide us, Lord, we pray!

Impassioned Repentance Worksheet on Lust

Lust is an issue that nearly all men encounter and probably 95% of women. Following is a completed sample of an "Impassioned Repentance Worksheet" on the topic of lust, pornography, and adultery/fornication. Obviously, greater detail can be added in answering each of the questions below.

A detailed picture of the devastation and destruction of the sin of lust, pornography, and adultery/fornication

"Lord, show me the destruction it will bring into my life if I continue in the sin of lust/pornography." Tune to Holy Spirit flow and pictures as you write.

A detailed picture of the sin and the way it grows in one's life

Lust is an appetite of the flesh which has become perverted and grown quickly out of control. It is the twisting of love, which focuses on giving to others, into lust, which focuses on demanding from others. It believes that greater satisfaction is achieved by grasping from others to meet one's needs rather than experiencing the joy of giving to others. This is a lie.

As with all appetites of the flesh (eating, sleeping, sex), when indulged, it continues to grow until it is out of balance and disruptive to one's life. It believes that if it can just have more, it will be satisfied. This is a lie. It will never be satisfied by more. Its appetite will just continue to grow, becoming larger and larger with its passions becoming more and more perverted and demonic as it goes along, incorporating many unspeakable images and acts.

It provides pleasure for the moment, but leaves destruction in its wake. It leads from lust to pornography to sexual immorality and adultery/fornication. Pornography is a lie. It does not depict life as it really is.

Every sexual union causes you to join your life force with the prostitute you are with and with the other hundreds or thousands with whom that prostitute has joined herself. Your life force becomes scattered, and you pick up the life force of many others, many of which are demonic and destructive and negatively impact your life.

Biblical (and other) principles which relate to this sin

- ❖ Whatever I fix my eyes upon, grows within me. If I fix them on lust and perversion, then lust and perversion grow within me. If I fix my eyes upon God and a wholesome love toward my spouse, then that grows within me. Watch over your eyes with all diligence.

- ❖ Sexuality is a constant inner God-given drive. However, this appetite can get out of control and

become one's master.

- ❖ Pornography involves lust, which is forbidden in Scriptures.

- ❖ At times, the “call for sexuality” should be transformed into other creative energy releases. The river of the life force within a person can be expressed through many channels, including sex, companionship, creative expression, expressing one's heart motivation, etc. The urge toward sexuality may actually be an inner call for intimacy, physical sensation, or sex. The call for intimacy can also be met by an intimate conversation and/or companionship (either in person, or by phone or letter, or by journaling with the Lord). The call for physical sensation and release can be met through exercise.

A detailed picture of what it will do to my physical health

Assuming that lust eventually leads to sexual immorality, my body will be consumed with various sexual diseases such as venereal disease and AIDS. This leads to a pain-ridden life and a painful death, as well as public humiliation.

A detailed picture of what it will do to my soul's health

My soul will become twisted as it views people of the opposite sex as sex objects rather than people. I will not see straight. I will not enjoy the pleasures of life. I will see only one thing, perverted sex, everywhere I look.

A detailed picture of what it will do to my spiritual health

I will experience guilt and sinfulness, and be cut off from spiritual growth and development. A person's morality determines his theology. Since I will feel separated from God, I will lose my spiritual passion. I will become lukewarm and spiritually rebellious. I will be hardened inside, rather than tender.

A detailed picture of what it will do to my relationship with God

My guilt over my sexual sin will cause me to hide from God, to fear God, to be angry at God. I will seek to steer clear of spiritual things, or I will turn into a hypocrite. I will no longer be honest within. I will be dishonest, evil and vile. I will likely become a mocker of religious things.

A detailed picture of what it will do to my acquaintances

All people of the opposite sex will become objects rather than friends. People will not trust me, for if I break my marriage vows, I will break any and every vow I ever make. Wholesome people will shy away from me. Perverts will be drawn to me.

A detailed picture of what it will do to my spouse

My marriage will lose its passion as I find sexual satisfaction elsewhere. I will begin to disdain my spouse and my marriage. Adultery will probably cause the break-up of my marriage. I will lose my spouse, my happiness, and my joy of being married. I will be left alone in life. I will

come home to an empty house, day after day. If I didn't maintain my vow to my spouse, I probably will not maintain any vow to anyone. I will drift from relationship to relationship, eventually being left alone.

A detailed picture of what it will do to my children

I will probably lose my children's love, honor and respect. They will have anger at me for violating my marriage vow, and for harming and humiliating their father/mother and themselves. They will be damaged as they grow up in a single-parent household, and will have a distorted view of God, life and family. They will be unhappy and tend to pass my sins on to their families and children. I will probably lose a close relationship with my grandchildren. My chance to pass on a godly heritage will be gone.

A detailed picture of what it will do to my ministry

I will likely lose my ministry position. I will cut off my service to God and to the building of the kingdom of God. Many people will judge me, will not trust me, and will reject me. Any joy I have found in ministering to others will be a thing of the past.

A detailed picture of what it will do to my job/finances

If I am employed in the ministry, I will likely lose my employment. I will have two homes to support rather than one, so I will be reduced financially. Paying prostitutes for sex will cause a great financial drain on my life. The curse of God will be upon my finances. Proverbs says I will be reduced to a loaf of bread.

A detailed picture of what it will do to my eternal life

Because of the hardening of my heart toward the things of God, I am likely to not repent, but to begin a life of ongoing rebellion toward God. Thus I would fall from God's grace through Christ and spend eternity in torment in hell (Galatians 5:4; Hebrews 6:4-6; Matthew 7:21-23; Colossians 2:189).

As a result of this meditation, here is my confession as to what I will do (speak this aloud several times, and whenever tempted)

"I will establish the following fences in my life: I will cut off all potential sources of pornography. I will not shop in stores which sell it. I will only use internet web services which screen out all pornography. I will not maintain any pornography in my possession. I will not go near any location where I could be tempted.

"When tempted to lust, I will picture Jesus instead. I will commune with Him and worship before His throne. I will also exercise, and have honest conversations with friends and family so that the desire for intimacy can be met through this means. When tired or discouraged, and thus more susceptible to temptation, I will be extra careful. Sleep will be the best remedy.

"When I feel attraction toward a person of the opposite sex, I will put in place the extra safeguard of never being alone with him/her. I will seek to avoid a relationship with him/her to protect both him/her and me.

“I will meditate upon Proverbs 5 and 7, and record what God shows me.

“If I am still unable to overcome this temptation, I will seek counseling and/or establish an accountability relationship in this area. Lust should respond well to the seven prayers in this book. I will pray through these prayers as they relate to the problem of lust.”

A picture of the blessing of the righteous act of pure sexual love

“Lord, show me the blessing it will bring into my life if I continue in the righteousness of pure sexual love.” Tune to Holy Spirit flow and pictures as you write.

A detailed picture of this act of righteousness and the way it grows in one's life

Since pure sexual love is an activity between a husband and a wife, both the husband and the wife should explore this topic of the deepening of pure marital sexual love. It will take two to make this happen. So agree to both work through the following process.

Pure sexual love which is expressed within marriage is intended to produce an ongoing bond and union between the marriage partners, bringing joy and passion throughout the entire marriage. The physical union of the two marriage partners makes them one, and this joining causes a sharing of the gifts and life flow of one to the other. Eventually, they will begin to look alike, think alike, and respond alike.

Studies show that married people have sex more often than non-married people, therefore you will have greater sexual fulfillment than the immoral unmarried person.

A married couple is to grow together sexually throughout their marriage, as well as in every other way.

Biblical (and other) principles which relate to this act

- ❖ But if they do not have self-control, let them marry; for it is better to marry than to burn with passion (1 Corinthians 7:9, NASB).

- ❖ Being together with your spouse provides sexual safety. This should be sought. Traveling alone should be avoided.

- ❖ Having a warm, loving relationship with your spouse enhances sexuality. This should be sought. Pursuing deeper intimacy and companionship with your marriage partner is one of the best things you can do to enhance one's sexuality.

- ❖ Give and it will be given back to you. Give love in the way which represents love to your partner. Women want companionship, love and relationship. Men tend to want more the act of sex.

- ❖ Read a good book on sexuality in marriage. Read Song of Solomon to gain an understanding of sexual fulfillment in marriage. Make a list of key things God shows you from the Song of Solomon.
- ❖ Sexuality is richest when it is an expression of love.
- ❖ God recognizes our weaknesses and the mistakes we make in life, and meets the repentant sinner with His mercy and grace. The blood of Jesus washes away all sexual sin. Seek God's perfect will in sex, rather than His permissive will.
- ❖ Flee youthful lusts or you will be ensnared. Put up fences which protect you from sexual temptation. No pornography, no sexual movies, television, or books. No going to places where sexual temptation abounds. No doing any activity which leads you to sexual temptation.
- ❖ If necessary, get capable, spiritual counseling to overcome sexual problems. Inner healing and deliverance can help deal with sexual issues.
- ❖ No demanding of sexual exploits from one's marriage partner which violate his/her heart, soul or mind.
- ❖ One is drawn to that on which he fixes his eyes. Fix your eyes upon a strong, healthy, passionate, fulfilling marriage, and that is what you will get. Receive pleasure and fulfillment from this vision.

A detailed picture of what it will do to my physical health

Sex within marriage will be a blessing to my physical health. It will produce love, joy, and peace, which all produce positive health responses because of psychosomatic effects. The receiving of my partner's life force through this sexual union will complete and deepen and enlarge me.

A detailed picture of what it will do to my soul's health

It will produce love, joy, and peace, which will heal and restore my soul. I will feel satisfied and fulfilled and enlarged and blessed to be given such a gift from my Maker and from my spouse.

A detailed picture of what it will do to my spiritual health

The growth in all levels of intimacy with my spouse will encourage a continuing growth of intimacy with the Lord. My marriage will be a picture of the spiritual intimacy the Lord and I are to have, and thus a constant encouragement toward that intimacy. I will continue to seek the

Lord.

A detailed picture of what it will do to my relationship with God

I will be at peace with God, and thankful for the love He has given me through my spouse. I will have a clear conscience, and thus be able to maintain a passionate desire to grow and to go on with God. My zeal will increase. God's revelation will increase within me. My knowledge and wisdom will increase.

A detailed picture of what it will do to my acquaintances

I will maintain the trust and companionship of my friends, as they will sense that I am a moral and trustworthy person. My number of acquaintances shall continue to grow, and they will be moral and trustworthy people.

A detailed picture of what it will do to my spouse

My spouse will continue to grow and to bloom, because he/she will know that he/she is loved, honored, and respected. Our marriage will continue to grow in love and intimacy and closeness. It will remain warm throughout our marriage, as we each seek to express love to the other in ways that are meaningful to them.

A detailed picture of what it will do to my children

My children will continue to grow in their respect, love, and honor of me. We will maintain a close relationship throughout our lives. I will enjoy the friendship of my grandchildren, and I will pass on a godly anointing through several generations.

A detailed picture of what it will do to my ministry

It will enhance my ministry. People will be able to look upon me with trust and respect. God's grace, knowledge, wisdom, and anointing will be able to flow unrestricted through me. I will be able to help others in the areas of sexual purity because I have discovered God's grace in this area myself. My ministry will continue to grow and enlarge.

A detailed picture of what it will do to my job/finances

God's blessing will continue to flow upon my job and my finances. He will bless everything I put my hand to. My barns will overflow. God's blessing and prosperity will be drawn to me.

A detailed picture of what it will do to my eternal life

My heart will remain strong, pure, and fervent. I will go on to heaven, and spend eternity in the presence of my Father. I will enjoy an eternity of joy, blessing, and rest.

As a result of this meditation, here is my confession as to what I will do (speak this aloud several times, and whenever you need to reinforce these truths in your life)

"I will build intimacy and friendship with my spouse by loving him/her in the ways that are most meaningful to him/her."

(For the man:) "This will include taking her out on dates, eating meals out, purchasing flowers, writing love notes, holding hands, touching in non-sexual ways, caring, and daily expressing love, appreciation, and approval verbally. I will also avoid criticizing my wife or trying

to remake her into my image or the image of what I think she should be. I will accept her for who God has made her to be. I will not seek to dominate, manipulate, or pressure her. I will respect her.”

(For the woman:) “This can include making his favorite meal, honoring and respecting him, letting him see and enjoy me naked, dressing in enticing lingerie, letting him regularly enjoy a sexual love feast with me, including much touch and caressing and intercourse and sexual variations.”

(For both:) “I will not close off my spirit from my spouse. I will remain open and loving and kind and compassionate. I will repent of any negative judgments, bitter root expectations, and inner vows I have toward them. I will believe the best—that they do love and cherish me and that they want to satisfy me sexually and can and will and do satisfy me sexually, and that I can satisfy them sexually. I renounce any belief or inner vows to the contrary—that they don’t love me, don’t want to satisfy me sexually, or that they can’t and don’t satisfy me sexually, or that I will never be able to satisfy them sexually. These are lies from the pit of hell. I reject them as feeders to demonic activity within me. I will only feed on the truth of the Holy Spirit, not the lies of the enemy.

“I also renounce any inner vows I have made that I will not or cannot give myself wholeheartedly sexually to my spouse. I purpose through the Holy Spirit to give myself wholeheartedly sexually to my spouse.

“I will meditate upon Song of Solomon and record what God shows me.

“If I am still unable to overcome this temptation, I will seek counseling and/or establish an accountability relationship in this area.”

Assignment: Concluding instructions

Meditate upon this completed “Impassioned Repentance Worksheet” daily in your devotional time for the next two weeks, asking God to deepen, expand, and internalize the truths given above. Read it aloud, for speaking is part of meditating and speaking it aloud deepens the truths within you. Whenever tempted, come back and read this meditation aloud.

1. Realize that normal sex is very different from pornography. Pornography is a lie, and it involves much abnormal sex.
2. Repent thoroughly from the sin of pornography. State your hatred of this sin.
3. Command all demons of pornography, sensuality, perversion, to be bound and cast out in Jesus’ name.

4. Establish fences which keep you away from pornography: places you will not visit, magazines you will not purchase, use [Net Nanny](#) on your computer, and have your spouse set the password. It blocks all sexual sites. Use [ClearPlay](#) as your DVD player.
5. Repent immediately and completely if you fall.
6. Keep your eyes fixed on Jesus. Picture Him walking with you everywhere, all the time (Ps. 16:8)
7. Accept that fact that you are dust fused to glory, and when you fail, repent and be cleansed by Christ's blood, and clothed with His robe of righteousness and continue on with the Lord.

Overcoming intense shame: Often the shame of sexual sin is so intense that it can block our development in Christ. So let me help you a bit with this by recounting briefly just one Bible story - Rehab the harlot (hmmmm!). She took the Israeli spies in, provided them a place to hide, and lied to government authorities to protect them (Joshua 2:1-6). Looks like several sins involved here. Perhaps she should be severely dealt with. However, instead, she and her family are the **only ones spared** in the ensuing battle (Joshua 6:17-25)! Wow! God, you spared an adulteress and a liar! Now, this doesn't mean that we now can endorse lying and adultery, but it might be showing us that God views these things a bit different than the Church historically has. We would be pretty much ready to throw an adulteress and a liar into the garbage heap, not protect them from destruction, redeem them, and use them to fulfill God's holy purposes!

Admiration versus lust: When you see a beautiful creation of God's, whether it is a mountain, a sunset, a lake, a river, an ocean, the stars, or a man or a woman, you can say, "Lord, awesome and beautiful!" That is not a sin. The sin would be if you then took it further and fantasized about going to bed with the beautiful woman or the handsome man whom you have been blessed to see and admire.

Section Four – Extended Journaling’s Concerning Sexuality

The following 20 pages contain two-way journaling done by a pastor who was battling for sexual wholeness and did receive it. We encourage everyone to do extended two-way journaling about their sexuality. **Notice how God removes shame and encourages.**

The awesome power of two-way journaling

The following [two-way journaling](#) has been graciously provided for you by a pastor who Mark Virkler was counseling during 2003. In it you discover that God offers release from shame, hope for change, principles for healing, and steps of action to take. The good news is that this pastor is now restored and back in ministry with a healed marriage. So PRAISE GOD! And let’s all journal about our sexuality, then obey what the Lord tells us. Let the Wonderful Counselor, counsel you!

We suggest that you list out of your journaling (and even out of the journaling below) all the guidelines, principles, rules and encouragement that God gives to you. Post these summaries somewhere that you can view them daily. Do what God tells you to do!

And if God asks you to ponder or meditate on a truth, then go to the Bible and look up the verses which relate to that truth. Print them out, journal about them, and write up summaries of the revelations God gives you.

The following is an update from this pastor

Date: Aug. 15, 2011 - re-affirming the value of [journaling](#), completing a “[Contributing Strands Worksheet](#)” and having a [support group](#):

I have found support groups to be CRUCIAL in both obtaining and maintaining sexual purity. In addition to two-way journaling and dealing with my ungodly beliefs, through a “Contributing Strands Worksheet” (which I completed on sensuality, lust and pornography), I have found a support group that is SAFE where someone can be totally transparent and honest in sharing where they are and where they are struggling.

We meet once a week with a group of 5 to 12 men. Some groups have mixture of both men and women but I feel that when mixed, it inhibits honesty and feeling safe to share openly.

The purpose of the group is to walk in sexual wholeness, purity and victory. It deals specifically with sexual struggles, and the roots and reasons why we may be acting out or falling in that area.

I found out about this group through a Christian counselor at a large church in our area. In our area there are many types of support groups. Most are what is called 12-step groups, which go through the 12 steps on a regular basis.

There are many ways someone can find these support groups: by word-of-mouth, going online, or inquiring at churches that offer various types of support groups or that know of contacts.

I have found that the group is much more beneficial if it deals with your specific struggle. Some groups focus on lust, some gambling, some narcotics, etc.

For me, finding a group where I could be totally honest, sharing exactly where I was struggling and choosing to be accountable by staying in close contact with at least one or two in the group, has helped tremendously.

I have been part of a few support groups in various churches in the last 10 years, and find some were good and some not so beneficial. One must feel safe and comfortable with the specific group and feel that group is in line with Christian principles, etc. There are no perfect groups, but at times I do wish that there could be more Christ-centered groups. But I feel the accountability and honesty, and being able to have a few closer men to help walk closely with you, to be most crucial.

Below is some of this pastor's amazing journaling!

Jan. 4, 2003 I said to the Lord: Lord, I was asked by Mark Virkler to journal on sexuality. I have never done this before and feel very awkward and unsure as to how to go about it. What do you want to say to me concerning sexuality?

Reply: *Sex is one of my greatest gifts to humanity. When done within the boundaries I have set, it is one of the most beautiful and fulfilling acts that a husband and wife can experience. It's a beautiful thing. It draws them together causing an intimacy with two that comes no other way. I created and designed sex. It is not dirty but beautiful. Yet, the enemy of all mankind has taken my gift and has perverted it (as he does with all things) and has used it to do the very opposite of why I designed it.*

You have questioned me often as to why I have given such a strong drive to men or to you. Why could it not be more balanced between male and female?

I have placed with man and woman the perfect and exact amount or desire for sexuality, romance and affection. Man is the pursuer and woman is the responder. The two together, balance each other out. The two together, submitted, and surrendered together and to each other causes the highest degree or level of intimacy possible. It is just not a physical act, but an emotional and spiritual act. It is an honoring of one another. It is abandonment and surrendering to each other. It is a letting down of walls, an exposing of hearts to one another.

Satan causes the exchange to be just two bodies and keeps it in the sensual and carnal realm. My intention has always been so much deeper and intimate. My deepest blessing is upon husband and wife as they exchange and give and become vulnerable to each other. Never was sex meant to stay in the natural or carnal realm. Yes, there is a great physical pleasure and that is the way I purposed. Yet, when done in my way, the benefits go so much deeper, go so much further and draw a couple so much closer.

Can you see why the enemy desires so strongly to pervert such a beautiful gift? One produces death, shame, rebellion etc. The other produces intimacy, a greater bonding, a greater peace and a drawing together. It produces an oneness.

True sexual fulfillment comes only in the marriage bed and not looking elsewhere. That only leads to death and separation. As always, My way is perfect. It is best. I know. As all else that I created, it is for the pleasure and enjoyment of my children.

Look to me for restoration in your marriage, in you and also in your wife. There is no other way. There must be a greater turning away from the past, and each other's faults and shortcomings and a turning to me. I will restore all the years. Again, that is my delight. I will go deep and remove and restore and impart all that is needed in your marriage relationship. I simply need your cooperation.

Jan. 9, 2003 I have not been doing good in my lust struggles. I get so discouraged and disappointed in myself yet I do want to continue. I asked the Lord to speak whatever He wanted to speak as I sat before Him with my head against His breast:

Reply: *My presence is yours to sit in and to draw from. As you sit in My presence and soak and receive of Me you will be filled, healed and set free to go out in power and authority in My Name. As you learn of Me experientially in the quiet place, you will go out publicly and proclaim My Name to the multitudes. It is in My presence and in Me alone that you will be changed and set free. Again, you must come often and regularly to draw from the fountain of life. There is enough healing in the fountain for all nations. Rest assured that there is healing for you. There is deep, resounding, everlasting healing from My heart that will be noticed and recognized by all who I will send you to. There is hope for you. There is life for you. There is healing for you.*

Oh Son, My heart breaks for and yearns for you. Simply come. Simply come to Me. You shall find rest. You shall find peace. This is a great day. Rejoice in My love for you. My love for you is unending. It is UNENDING. Never will My love for you fail. Know My heart for you. Feel My heartbeat for you. Your heart is not too hard for Me. I am softening and melting away all that is contrary to Me and My purposes. You will see clearer and clearer and be changed into My likeness. Sit in My presence and draw from the Lover of your soul. Be glad and rejoice!

March 10, 2003 Lord, I have drifted away and so easily for the last 2 weeks. You know the whys. I need you. I must have intimacy with you above all else. My life depends on it. Speak to me this morning.

Reply: *It's hard for you to see Me or to understand when I dance over you with joy. I do not see you as you see, Son. I am not bogged down by your past and your failures. You are My joy. You are a joy to Me.*

Lord, but what about all my failures, even my most recent ones?

They are gone. Washed away, forgotten. You have confessed them. I see your heart, My heart in you. There are 2 choices before you today. You can choose to dwell in Me or to dwell in you, on your sins, your failures or your struggles. Choose the better. Sit at My feet and learn of Me. You will find rest for your troubled soul. Come and sit. Dwell. Rest and relax in My presence.

I know your tendencies toward sin and how easily you stray from Me. I see. I know.

As you sit before Me, I cover you with my robe. I place it on you. I lift your head by putting My hand under your chin, and lift your gaze into My eyes. There you see acceptance, and approval. I know you feel like running, like pulling back. But how long can you go on like this? This is a much better way. Continue in My love. Live in My love and acceptance and in My approval. Nothing, absolutely nothing you can do can win My approval. This is hard for you to grasp.

To be free from striving, trying hard to be accepted; to be free is where I am taking you.

Total abandonment to Me. To My righteousness, to all that I give you; to receive from My hand. No strings attached.

Remember, I do not see with your eyes, but you can see with mine. As I touch your eyes, receive sight. This is a new day. Today. Come to Me TODAY. NEW! Every day is a new start. No past. No failure. All sins are covered by My blood. Just as if you have never failed or sinned. That's how I see every morning. My mercies are new every morning! Start this day, every day with that fresh realization. Behold, all things are new. Come away, My beloved. Come.

March 12, 2003 I asked the Lord to speak to me specifically about today, how to live today while I am at work.

Reply: *Live in Me. Live with your heart intertwined with Mine. See Me. Continually turn the gaze of your heart to Me. Abide in Me and I in you. Choose throughout the day to get caught up in Me, in your vision of Me, in your thinking of Me; My words, My thoughts. Stay away from your thoughts and live in Me. There is no other way. There is no simpler way. Choose repeatedly this day to be still, relax, and let go and know that I am God and that I am with you.*

See Me with you, beside you, in your vehicle with you, while you walk, see Me walking with you. Cease your striving and live in Me. Rest and relax in My presence. Have fun with Me today.

Choose Me over and over again. I know your lifelong patterns. They will change as you choose Me. When you realize you're not living and dwelling in Me, immediately choose Me;

repent and turn your gaze on Me. I am with you and will never leave you. I will never leave your side. I am your lifelong friend and companion.

March 23, 2003 Jesus, here I am. You know all. (I write this after blowing it and in deep shame.)

Reply: *My love for you will never fail, Son. Never! Though you make your bed in hell, I am there. I am with you closer than a friend. This will never change. I am forming and building until that final day. No man can ever pluck you out of My hand. Nothing can separate you from My love. Nothing! Forever My love is established for you.*

There must be a daily surrender of your will to Me. Where you simply come and yield yourself before Me as a little child would surrender its will, emotions, and body in the arms of his mother. There, in that place is total abandonment, it is there that there is a knitting of spirits, there is a closeness that comes that cannot take place anywhere else. There is an oneness that grows and is developed. There is a joining of hearts. There is a quiet bonding and communication of hearts that takes place.

It is there that I am calling you; a place of rest, safety, and security. It is there that you will be infused with My love and My heart. It is an intimate place that only two can share. Look into My eyes as would a young one while being held and caressed by its mother. You will see in My eyes and heart all that you need and have been crying out for. I love you. Rest assured in My love for you.

Mar. 26, 2003 Today's question was: Lord, how do you want me to handle the strength of my sex drive?

Reply: *Remember, I have given mankind a desire for sex and intimacy. It is my doing. It is holy, pure and shameless. Yet, because of the perversion and filth that abounds in this world, it tries to couple itself with My pure desire I have given you and attempts to draw you away in areas I never intended you to go. Your desire for sex is very strong and yet often when you are tempted towards another woman, other than your wife, there is also a deep longing that accompanies your sex drive. It is a longing for acceptance, approval, value and worth. You are drawn away so often by the mixture of the two.*

As you are learning, those desires can only be met in Me and in your wife, and nowhere else. You have tried to find comfort, value and worth elsewhere and it may have been pleasing for a short time, yet as you know it leads to disaster because that is not My order or My way. That deep longing for value, worth and acceptance must first be met in Me. You must

continually learn to draw from Me. When you feel your heart and soul being drawn to another woman, then and there you must turn to Me.

Allow Me to pour in and reach in and give to you all that you have cried for. There is nothing wrong with having needs; but where you go to get those needs met can be very harmful. Your emotions run deep and at times you have been very perplexed and frustrated. You often do not understand yourself and have even hated who you are.

You are Mine, and you are in Me. I will sort it all out. I will make sense of it all. Just walk with Me, turn to Me, open up to Me, come to Me, draw from Me and live in Me. For many, many years you have not drawn from the wells of salvation, but have drawn from wells of filth, insecurity and pain. You are recognizing the need more and more to draw only from My wells. Your wells are broken, man-made and corrupt. My wells are heavenly, full of healing and life and fulfillment.

When you are tempted to look at another woman with lust and desire, even though it may be strong; remember, turn and draw from Me. Surrender all that rages within you to Me. Focus your eyes, attention and desire on Me. It is that heart of turning that I will meet. It will be hard, yet so rewarding. Continue to build and keep your boundaries in place. You are weak but I am strong. I have placed key people in your life to walk with you and to see you through to the other side.

Yes, believe it! Yes, accept it! We are coming through to the other side! Victorious, triumphant and smelling sweeter for all to enjoy. This is not a fairy tale. It is My truth, and My word. I will accomplish all that I desire and have begun. Keep your eyes and focus on Me and what I have spoken to you. They are life.

Mar. 27, 2003 Lord, what am I to do when I fall sexually?

Reply: *As with any sin, confess before Me and turn. Acknowledge your sin and I will cleanse you from all unrighteousness. Find in Me and in My blood the cleansing power that washes away the shame and guilt that quickly comes over you.*

Remember what you were told by a fellow student at Bible College? "One of the greatest decisions you will ever make as a Christian is what you do after you fall." This is true. Often you feel you must wallow in shame and guilt so that you will be more sorrowful or that your repentance will be deeper or more sincere. This is a lie. It is only My word and the convicting power of My Holy Spirit that will cause real repentance. It is the goodness of God that leads to repentance, not wallowing in the pit of condemnation and shame. That will only cause sin to abound and the vicious cycle to continue.

You feel that if you get up quickly that you are not sincere, or that you are abusing My grace or taking it for granted. On the contrary, you are appropriating My grace. Did I not say to come boldly before My throne of grace so you can obtain mercy in the time of need and trouble? Did I not say 70 x 7?

My son, you say, "Lord, 490 times in one day obviously shows no true repentance." But I say, any heart that comes to Me, no matter how often, I will cleanse and forgive. I do not count or keep record of confessed sin. Man does that. I wipe away, forever lost and forever gone.

Yes, you have fallen often, yet where sin abounds, My grace does much more abound.

Often you feel that if you get up quickly, it just gives you license to sin again or that you fear you will fall again. When you live in fear that empowers the enemy and gives him legal ground to work and accomplish his plan in your life. Fear is unbelief. It is sin. Living in unbelief and fear always results in the very thing you fear. That is one of the enemy's traps. Fall in love with Me. Become so intimate with Me. Turn your eyes on Me and the things of earth will grow strangely dim. You are in a place now where the cycle you have experienced for years is being broken.

Allow Me time to work and to hear and to undo all the years that the enemy has sown. I will do it.

Mar. 31, 2003 I asked the Lord how should I to respond to sexual temptation?

Reply: *You have heard and tried many different ways to fight sexual temptation. Note, there is a difference between responding and fighting sexual temptation. Fighting temptation is not My way for you, but responding is.*

You need to respond to sexual temptation in faith, seeing yourself from My eyes. Victorious, an overcomer, seated in heavenly places and ruling and reigning with Me. That is fact. That is reality. That is the truth of My word.

When you fight, you often come with a mindset of failure already. One where you need to conquer, you need to defeat this most dreaded foe of yours. As you know, this way only leads to defeat and then to intensified frustration and condemnation.

Responding in faith should be your primary response when facing sexual temptation. The setting in place of accountability relationships, as you are doing is also crucial in your standing and walking in freedom as well as the setting of boundaries and limits while at work or elsewhere. I have provided you with safe men and women who will stand with you and help you through. You have also heard recently, that when you are tempted, instead of fighting temptation, you are to counterattack by beginning to pray for your wife, your children, and unsaved loved ones. This also is an important key.

In My Word, it says to submit to God and then resist the devil. Again, at the moment of intense temptation, you must yield and submit yourself to Me, verbally, and intentionally turn

your gaze to Me and surrender yourself to Me. Often My children try to resist without submitting.

Acknowledge Me, turn your eyes upon Me, yield and surrender to Me and then you will find the strength and grace to resist the enemy.

Remember; see yourself as I see you. You are more than a conqueror. I have defeated your foe. Let God arise and his enemies be scattered. See yourself with Me seated in heavenly places, far above all principalities and powers. Respond in faith and walk in faith...in My faithfulness.

Apr. 1, 2003 Father, I failed yesterday. Over the weekend you did so much in my wife and me. You spoke so clearly and lifted burdens. I am so disappointed in myself and how quickly I give in. What do you want to say?

Reply: *Come. Son, come to Me. Again, you see My arms wide open. Let us embrace. Cease striving. Relax your body in My arms.*

In days to come I will teach you keys and strategic points. You are coming to realize that there must be in you a great sensitivity and obedience to My slightest nudge. You have already assessed yesterday and you know the exact moment where you did not obey or respond to the nudge of My Spirit. You were aware that you were more vulnerable and yet you lingered and stood in the enemy's camp. Learn. Remember to listen and respond quickly to My Holy Spirit as He so gently prompts and nudges you. There is safety in obedience.

I am teaching you about boundaries and how to maintain walls and safe boundaries in your life. They are life lessons. These are important lessons that I am teaching you. You will benefit from these lessons your entire life and will be able to teach and impart them to many others. I am doing My part, and I am teaching you and giving tools and instruments for you to do your part. Learn well. Arise quickly, learn from your yesterdays and apply them to your todays.

You will grow in wisdom and skill and come out with a much greater knowledge of My ways.

You are learning to slay the lions and the bears where no one else sees. It is in the backside of the desert, alone with Me where the greatest lessons of life are learned. It is in the seemingly insignificant places that the most valuable wars are fought.

The Goliaths will come, but not before you have learned the art and mastery of using your weapons of war skillfully. The Goliaths will never come down if the lions and the bears were not first defeated. The lions and the bears are always fought in the backside, where no one else sees, or notices, no one is watching. Yet when the Goliaths come, and it is before all, many will know and see that one has learned in the secret place how to battle and stand. It will be recognized that a skill and wisdom has come from previous years of being before the Father in worship and the occasional battle with the lions and the bears.

I have given you all you need to stand today. Grow in wisdom and skill, become a master in all the weapons of warfare that I have given you. Worship Me, sit before Me, play before Me as David did. It is there that he became a man after My own heart, not when he became king.

Choose Me. Over and over again stay hidden and worship the Lord continually. Get lost in Me. Fall in love with Me. Worship every moment of the day. See the heavenly host before My throne and join with the multitudes in worshipping Me.

April 5, 2003 Father, I am afraid to ask this question for a few reasons. One being, that I am afraid of loading myself with condemnation etc. and also because it is hard for me to face my sin and the effects of it. Lord, how does my sin affect my wife?

Reply: *Sin always produces death and separation. When you sin sexually it brings death and separation between you and your wife. It wounds to the depths of her heart, trust, respect and security that a wife needs to feel and have. You violate the deepest and most sacred areas in the heart of your wife that you should build up. Instead of building up, it crushes, and tears down the very fabric and strength of your union and relationship.*

You know to the depths, to the deepest parts of your heart the pain and rejection of betrayal by some of your closest friends and family. You have borne and carried deep wounds at the hands of the closest of relationships. You know and have experienced in part of My sufferings of rejection, betrayal and abandonment. You know, yet you must realize that when you sin and give in to lust and perversion, that you are wounding and piercing the very depths of her heart. It is a betrayal of the most sacred of all trusts. It is a crushing of a sensitive spirit, one that has stood with you and cares and loves you deeply.

Lord, I am hearing your words and I am concerned and worried that the effects of my sin will harden my heart beyond healing.

Son, listen and listen closely. ALL hearts from the greatest to the least are hard without the touch of My hand and My Holy Spirit. You have watched in amazement at your earthly father at how he walks so often, totally oblivious to the pain that he has afflicted on so many because of unintended wounds and pain.

Your desire is not to walk the same path and walk in the same blindness. Let Me open, let Me cut, let Me come in, let Me dig, let Me uproot, let Me tear, let Me heal and pour in. Surgery is always painful, but always for greater health and function ability.

I know you don't know how I do these surgeries. You are not required to know how. I am the surgeon, you are the patient. I know how. It is My profession to bind up the brokenhearted, to set the captives free, to proclaim liberty to the hearts of men and women. Again, trust is essential each step of the way. There must be a surrendering and resting and a laying down for surgery to take place.

I will not reveal to the full measure of the effects of your sin towards My daughter. It will be too much. But I will reveal enough to cause such a repentance and renouncing of this lifelong friend. As with all of My children, I do not reveal the full affects of each sin, it cannot be borne or handled. It would crush forever each heart.

Just as you desire that others would know the pain they have afflicted on you, they will only know in part. It is not meant to be. Yet, in part it has been revealed for repentance to be real and deep. So, with you, you must see that your sin tramples a tender flower, a beautiful vine in my sight; it is kicked and almost destroyed because of your actions and pain.

Remember, healing people bring healing, but hurting people can only hurt. You are trying to grasp My love, and grasp all that I am saying. Sit before Me and walk with Me and I will do it.

I will cause a deep repentance in you like you never thought. I will heal and deliver you so that you will no longer afflict your wife and family.

My daughter is a true and faithful friend. You must not continue to trample and despise such a friend. She is gentle and fragile. Be a man to her, be a support to her, be a husband to her. Love her at all costs. Protect her at all cost. Give your life for her and you will gain your life and hers and your children. This is life and death. This is the final test. I am working in you and giving you everything you need to past this test. Even now you are thinking you will fail this test.

Repent of that lie. Rise up and declare My words of Victory, and overcoming life. Arise, shine, for your light is come.

April 12, 2003 Lord, how do you view pornography?

Reply: *I have designed and created the human body. All that I have created is beautiful. Both male and female, are beautiful and for the enjoyment of one another in a marriage covenant. There is no shame in the nakedness of a man and woman, husband and wife, who are committed to one another. In a marriage union, the undressing of each other, the uncovering and vulnerability to each other is precious in My sight. It is truly an act of intimacy that only two, husband and wife can share. Such a vulnerability and letting down of defenses and walls. It is a good thing.*

If this uncovering takes place beyond the boundaries that I have set up it violates each person. It violates both, the one who offers up their nakedness and it violates the one who has chosen to behold the nakedness of another.

In marriage, it is a holy thing. Out of marriage it is vile and filthy. It is not just a sharing of the human body, but an opening of hearts and souls to one another that should only be between husband and wife. The uncovering of the human body is not just that, it is also the uncovering of heart and soul to one another that was only intended to be between man and wife. It forms ungodly soul ties. It is a despising of the holy and pure.

Like a dove that has single eyes, so are My eyes towards My children. Total commitment is what I have planned for husband and wife. A husband and wife behold only one another and share the deepest and most intimate parts of one another. This forms a deepening of love and passion toward each other.

Yet, when pornography is shown and looked upon, it strengthens and imparts the spirit of lust and perversion to the one beholding. It sets the soul on fire with lust that can only be satisfied with more lust and perversion. It whets the appetite for encounters of adultery and sin. It causes a person to want another man's wife or another woman - that is not theirs. Not only does it fill the mind with ungodly images, but it also diverts and causes the pure vision of seeing Me and all that I have for My bride.

As I walked the earth, I did nothing unless it was something I first saw the Father doing. I constantly was beholding the Father and all He wanted me to do. I allowed nothing to hinder and blind me. Pornography blinds and causes the sight and vision of My children to become blurred and dull. When there is an attempt to see Me, instead images of filth appear before the eyes of My children where they cannot see Me or the things that are vital for the furtherance of My kingdom.

David said, "One thing have I desired, and that will I seek after... to BEHOLD the beauty of the Lord..." There must be a full turning away from beholding vanity if there is going to be a walking with Me and to go about the Father's business. To behold Me and My beauty is to be changed from glory to glory. As you see Me you will be changed more and more into My likeness.

April 17, 2003 What are the inner blocks which keep me from fully embracing these truths that you are speaking to me?

Reply: *Closed doors. Closed doors. I know this frustrates you greatly, My son. I know you are doing whatever possible within your ability to open up to Me and My words. You are moving in the right direction. Continue on and do not stop no matter what. No matter how hopeless you feel, no matter the circumstances, you must continue to walk forward and not draw back. These closed doors in your life are ones that I am fully aware of, and I am leading you to these doors. I will take you before them, I will lead you before each one, and then it is your choice to open them and allow Me entrance and access into them.*

You have a very hard time believing that this will take place. You're questioning the reality of all that's going on and whether these doors are real or some far off idea that is another trick or false hope that will only disappoint you and leave you in the ashes of defeat and utter failure.

I am so deeply committed to you and to your welfare and to your healing. Your fear is so great, you are so afraid you will not make it, that you are not capable of truly learning, and in

walking into total freedom. The prison you have lived in for so many years is all you have known. It is all you have known and been accustomed to. You are familiar with your surroundings and you are afraid of what's outside these walls and gates of iron.

It is freedom beyond your understanding and reasoning. It is liberation beyond what you have ever imagined. It is so real and it is within your grasp. It is just around the corner. Don't be afraid. Don't allow fear to keep you from wanting to get out and experience this new found freedom. It is yours. I have bought it for you. I have paid a price beyond imagination so that you could walk and experience the freedom that only can come in Me.

You have tried so many times to escape and become free and have not yet experienced the freedom you seek. You have often resigned yourself to the notion and idea that this prison will be forever your permanent home. I am now doing it. I am now arranging heaven and hell, moving every circumstance and power to see you come out to glorious freedom and liberty.

This is your inheritance that I have given you. Continue to walk forward. Continue in Me. Continue in my word. Trust Me and trust the process that I am leading you in. Trust the ones that I have placed before you that care deeply for your soul and for your good. There is a new day arising. I can see it on the horizon. It is a new day for you that you will walk and experience the noon day sun and bask in the sunlight and breeze of my refreshing presence. It is real. It is fact. It is reality.

April 18, 2003 Father, what do you want me to **do** every day to maintain a life of purity?

Reply: *Live and walk in Me. Walk in the Spirit and you will not fulfill the lusts and desires of the flesh. I am causing in you a growing awareness of how crucial these days are. You begin to grasp and learn and then you forget. Yet, you are quickly rising up, like never before and re-applying My words to your heart and life. You start your day right and honorably, yet at times you let your guard down and you allow yourself once again to go into sin and failure. Time is running out. Time is short. Stop now and stop today. Determine once and for all that you will not let down your boundaries and that you will walk worthy before Me.*

I am causing a sobering effect to come over you in greater and greater degrees as to the importance of choosing each moment of the day. I know how clear it is to you and how your heart is being gripped with the fear of the Lord and then at times it all becomes blurry and you open up to sin. I have given you power to tread on serpents and I have given you every tool to choose rightly - today. You are alive unto Me and you are dead to sin. You are dead to sin. Stand strong. Stand in faith. Repent of your excuses and reasonings. Make no provision for your flesh. Make no excuses. Not even the slightest. You were not completely honest with Mark and yourself yesterday. As you thought and cried out to Me last night you realized in greater measures that you were wrong and were making excuses. There are none. You chose wrongly. You opened up the door to sin. Face the truth head on and the truth will set you free. Do not despise the ones I have put before you.

Son, this is the day of learning. This is the day of repentance. This is the day of great humility. This is the day of great freedom and restoration. Do not miss the day of salvation that is upon you. I am for you and not against you. I am with you. I will never leave you or forsake you. My grace and love runs deep. I am breaking the selfishness in you. It takes the honest truth. It takes the hard facing of reality and the painful realization that you are not here for yourself but for others. I am growing you up. No more a teenager. This is where men and women of God are made. Continue to say yes. Continue to surrender and submit your all to Me. I am taking you through to the end.

April 19, 2003 Lord, What do you want me to **quit** in order to maintain a life of purity?

Reply: *You are in extreme circumstances and situations which require extreme measures. You are giving yourself and your time to the television set which at this point and time is robbing you of valuable time before Me and your family. Desperate measures for desperate times. Mark V. mentioned about starting "Prayers That Heal The Heart" course and your immediate response was "I don't have time". Redeeming the time is so important in these hours and days that you are in. I am not asking you to completely shut it off but to cut down drastically. Choose wisely in these days. Spend more time before Me, spend more time with My daughter and your children.*

Set a schedule with your wife and choose a few select programs you will watch throughout the week. Even last night as you awake during the night my Holy Spirit was impressing on you these very truths. Redeem the time.

Start the course Prayers That Heal The Heart and spend some nights on that rather than sitting or lying before the TV. You often fear that your fun is being taken away and that the enjoyment and fun that you missed as a child, you will never experience. As your priorities are put in place and I am first, you will experience greater joy and fun in Me. This is again part of growing up, My son. This is where childish ways are left behind and you begin to act as a mature son of the living God. I am proud of you, My son, at your eagerness and desire to please Me and to learn of My ways. You are My precious son.

My ways are learned. I am teaching you to walk in my ways more deeply. I am answering the cry of your heart that has been there for many years. You are experiencing growing pains. Remember, I am orchestrating and setting the stage for your deliverance. You experienced yesterday afternoon a small part of a deep work I am affecting in you. You were not ready before to go to these depths. The proper people and support were not there before. Everything is being set. Now is the time. Stand still and see the salvation of the Lord. You will awake with My likeness. You will dance before Me with a new found freedom. You will no longer be tormented and oppressed to the depths after you are through this process. Can you see and feel the hope? You want to believe and your heart is welling up with a "can this be?" Oh, this is it! It is what I have promised. It is what I do. I am opening prison doors, setting captives free, proclaiming the year of Jubilee. I am proclaiming over you the year of Jubilee. Full release!

April 22, 2003 Father, how can I walk and maintain a life of purity while waiting for fuller healing and these closed doors, etc. to be dealt with?

Reply: *Right now, for this moment I have others that are walking very closely with you day by day. You will not always have it with this frequency. Things are extremely fragile at this time and you are aware and responding to Me and setting every possible boundary necessary to walk day by day. Step by step, hour by hour. Greater healing and deliverance is coming which will be needed as I send you out again. It will be for long term stability and standing for the years ahead as you are released into My vineyard. It is for longevity. As for now, you are in an "incubator" so to speak, where you are being watched and monitored until you are strong enough to function and live on your own. You are not strong enough to stand on your own at this time. Yet, with all these things in place, because of the deposit already in you from previous years, you are able to make the right and proper choices that are necessary to walk uprightly in these days.*

You must live day by day. Do not think and contemplate on how on how you will make it in the days ahead. It is one day at a time. One victory at a time! Greater deliverance and freedom is coming for long term success and fruitfulness. I will see to it, to your healing and to the full and complete opening and healing of your heart and these closed doors. Live one day at a time.

You are an overcomer. You are more than a conqueror. You are alive in Me and dead to sin.

Pray in the Spirit often and throughout the day. You have doing this very little. Pray in the Spirit continuously, My son. This will help tremendously. I have given you tools to use today.

1) Live one day or hour at a time. Do not think about tomorrow.

2) Trust in Me... I will see to it. I will accomplish the good work I have begun in you.

3) Stand in faith; remember who you are - more than a conqueror. An overcomer!

3) Pray in the Spirit throughout the day...

April 27, 2003 Father, I fell yesterday afternoon in masturbation. What do you want to speak to me today?

Reply: *You read this morning in My word, when I came down the mountain and great multitudes were following Me. Then one leper came to me and said, "Lord, if you are willing, you can make me clean". I then stretched forth My hand and said "I will, be thou clean". I speak the same over you this morning. "I will, be thou clean!" I am willing. I am ready. This is My heart. Do you see My heart and the heart of Father? Leprosy speaks of sin. When you come to Me and confess and are needy, My response is "I will". Be thou clean.*

Continue walking this road of healing. Continue in Me. I know you are worried and disappointed in yourself for sinning yesterday. You are concerned that you will never stop. The cycle is being broken. The past is being wiped away. You are also concerned because there was

a level of enjoyment in your sin and you are disappointed that you enjoyed it. There is always pleasure in sin, but you must remember, it is short lived! It is but for a small season and then afterwards causes pain and death.

Leprosy is ugly. Leprosy is painful. Leprosy cuts off and destroys and makes one "untouchable". Sin always, in every act, leads to death. Always! Whether it is sexual, or anger, or unforgiveness, or pride or any wrong attitude - it always leads to death. Sin always separates. Most of all, and first of all it separates and severs our intimate knowing of one another. It destroys and robs the heart of deep intimacy and the tenderness that must be there for a close and intimate relationship. Remember, sin is self-serving. It does not think of the other. That is not My way. I would never have come down and sacrificed My entire life for all if that was My heart or My way. I am not self-serving, but was willing to go all the way for you and mankind.

Rise up and walk. Be thou clean. Go forward. Stand firm. My blood prevails! Be thou clean. I am willing! Go and sin no more. I am with you. My son, I am with you, each moment of the day. You must become so much more aware of this fact that I am with you everywhere you go. Whether you are alone or with many, I am there. I am beside you, with you, walking along side of you. I will never leave you or forsake you.

April 28, 2003 Father, what is in your heart today? What do you want to speak to me today?
How can I walk in purity and in intimacy with you?

Reply: *Sin shall have no dominion over you, for you are under grace and not under the law. My grace is the enabling factor in your life that gives you the power and the strength to choose and to submit yourself to righteousness. It is those who receive abundance of grace and of the gift of righteousness who will reign in this life. It is those who recognize that they are not under the law that recognizes that the law though good, did not have the power or capability to make anyone righteous or holy. It only reinforced the fact that we are doomed and could not live up to the standards and statutes that were written. My purpose for the law was to bring mankind to the end of himself and all his efforts and righteousness to the place of utter hopelessness and despair so that the heart is ready to receive freely from Me and all that I have accomplished.*

This is the path that I have taken and I am always taking with mankind and with My children. There are many areas that My children still continue to walk in their own strength and effort and in their own righteousness. I am forever bringing and causing circumstances in the lives of My children to bring them to the place of utter abandonment to Me and to My righteousness and to My amazing grace.

This is what I am doing in you. It is Christ in you the hope of glory, not all your strivings and efforts to conquer sin in your life. It is a receiving and appropriating of my grace on a daily basis that will cause you to walk in freedom from the dominion of sin. It is the ever growing

awareness that I have done it all! I have conquered sin and death, that I have made you alive to Me and made you dead to sin.

As I bring greater healing and deliverance to your soul, there will be a greater grasping and understanding of My grace and all that I have accomplished for you. It is in the RECEIVING of abundance of My grace and all that I have that will cause you to reign in this life. The walls that prevent you from receiving are literally coming down. Receive today. Soak in Me today. Be ever in the attitude of receiving from Me today. In the receiving and appropriating, you will walk in newness of life. Freely you have received, now freely give.

May 5, 2003 Father, how can I position myself to begin to accept your comfort for past trauma's and pain in my life that have not been healed yet?

Reply: *The first and larger part is the realization and recognition of the great need. You have been aware for years of the need for healing, deliverance etc. But now, it is becoming more focused, more intense. The deep awareness and realization must be present, which then causes a deep cry for freedom and healing. There is a process that takes place; an ever-deepening awareness of the need and the cry for Me and My consuming love. Often there is a realization a need, but it is too general... too vague. Through a process of time and circumstances, in which I allow, there is a preparation of the heart, a positioning that takes place where one gets desperate and determined that at all costs there will be breakthrough.*

Often, there is a clinging to our bondages. Even though it causes us torment and pain, there is still a clinging and a holding on to that which is tormenting us. I allow time and circumstances to bring the heart to the place where it abhors and despises the bondage where it will finally let go and release all to Me.

As you know, I cannot set you free from a friend. I can only set you free from your enemy. One clings to a friend and despises an enemy.

There is a process of time; a transitioning that takes place where one transfers loyalty and friendship from one thing to another. Once there is a releasing to Me, then I am able to come in and begin to pour in My love and healing that you have longed for.

Continue to release all to Me. Continue to grow in your despising of your bondages and continue to open up to Me and allow Me to embrace you and to minister My love to your pained areas.

You are remembering at this moment, the only time you ever remember your earthly father saying he loved you. That was right after he punched you in the stomach and knocked the wind out of you and you fell to the floor. He then picked you up and hugged you and told you he loved you. You did not believe him. You could not.

I am not like that. I do not embrace you out of guilt, out of a realization that I was wrong and then attempt to convey love. Your earthly father was wrong for punching you and for the several times that he physically abused you. He did not know any better.

That is the only time you can remember your father's embrace and you could not receive it. I will teach you in the days ahead to accept My embrace. You know little of My loving embrace. You know little of the Father's embrace where He showers His blessing, acceptance, grace, and love upon you, where He receives you unconditionally. Your mother or father has never embraced you, not once where there was an unconditional acceptance and love. An embrace is not a quick hug or a light pat on the back. It is a taking into one's arms, a close intimate receiving and acceptance.

That's why at this moment, you are calling to mind the first time you met your first pastor. You remember the handshake because it was one of the first times you ever felt the Father's acceptance and approval. You felt so accepted. You felt so drawn to him. (It was really a drawing to Me.)

You cannot live without My loving embrace. You must cling to Me as I cling to you and you will find that your desire to cling to ungodly ties and desires will melt away as you receive the Father's embrace. Allow me to do this. It will unlock pain and hurt and you will weep before Me, first out of pain, but then out of joy. I am your loving heavenly Father. You can trust Me. You can trust My love. It is untainted with any evil or wrong motive. Come and follow Me and find life everlasting, abundant life, so that your joy may be full.

May 7, 2003 Father, I don't feel I can make it. I feel I am fighting a losing battle. I try, and fail. I try to remember all that you have said, and forget. There are so many things to remember. I don't even know how to receive your love. I keep making wrong choices. I feel so doomed to failure and defeat. Come and have mercy on me. Help me today.

Reply: *Your ungodly beliefs lead you to failure over and over again. You cannot receive from someone you think is not for you or you don't feel is out for your best. There will always be suspicion and second-guessing of every motive and action. You receive by coming with your heart and hands empty, so they can be filled. If you come with them already full, there is no room for anything else.*

You must unload, drop off, and cast all your cares and misconceptions and simply come as a little child, innocent, needy and carefree. You must continually repent and relinquish all to Me. There must be a putting off before there can be a putting on. I cannot do this part for you. You must put off and put on. Put off now and today a spirit of heaviness and put on the garment of praise. Remember, my mercies are new every morning. Today is a new day, a new start.

Put off the lies of failure and defeat and embrace the truths of victory and overcoming. I am with you. You can choose rightly today. You must choose rightly today. It is a matter of life and death.

You heard recently that when you make choices, for good or bad, they affect generations! This is a great truth.

Think of others today. Your wife, your children, your grandchildren and all those that you, your wife, your children and grandchildren, etc. are called to minister to and touch. So many are affected by our choices.

Hold on. Stand firm. You are coming through. I will see to it. Be strong in the power of mMy might. Stand fast in My liberty. You can choose rightly today! You are free to choose Me today. Nothing can stop you. Again, receive, soak, and bask in My love for you today. I love you and cherish our friendship together.

May 16, 2003 Father, I'm not sure what to ask. I know Mark V. has mentioned earlier to journal much about sexuality etc., over and over until I get full and complete answers. What would you like to speak to me concerning sex, etc.?

Reply: *I have made man and women a triune being, consisting of spirit, soul and body. The 3 parts are to function and operate together as one and in harmony with one another. It is out of the spirit, the inne most part of who you are, that mankind is called to live and function.*

Never was it My desire or plan for mankind to live and function out of the soul and flesh and neglect the most important part of who they are and are called to be. Spiritual beings united and connected to Me, living on this earth, freely moving about with soul and body, but never without the spirit being the dominating factor.

When mankind walks only out of the soul and the physical, they will see each other only in that realm. That is why so many men see women as sex objects and don't see the real person. When you live out of the spirit, you will begin to see each other in a whole and complete different light.

As Mcriture says, we must know one another out of the spirit and not after the flesh. It is the heart that must be known and just not the outward and surface knowing that we are called to walk in. It is My heart that must be known and just not what I can offer or appear to be on the outside. It is heart to heart. Deep unto deep.

You have lived so very long in the soulish and physical realm. I am moving you into living out of the spirit. You still do not see clearly. You still see women as something you can get or someone that can meet your physical and emotional needs.

Again, as you know, never once has your need been met in this way. It is only as you walk with Me, out of deep heart to heart fellowship, and also with others in the same manner will your needs be met. You have been so programmed and have functioned so long that the automatic tendency in you to turn to other women must be addressed daily until the cycle is broken. Never, will you find what you are looking for outside of Me and knowing and drawing

from Me out of a deep and intimate relationship. It will come no other way. You need to be convinced of this and you are becoming more and more aware of this reality.

Never will you find satisfaction in turning your own way and relying on your selfish ways. It is a deep, heart wrenching turning to Me, daily, consistently, that you will experience true fulfillment and contentment. Sexual, perverted fantasies will never cut it. Never! Son, it is in Me and Me alone.

May 22, 2003 Father, I have looked for love in all the wrong places. I do not want that pattern in my life any longer. I choose you to be My Father and I choose to be your child. Here I am Daddy. I need you. Restore to me a childlike innocence and a sense of purity. As long as I can remember, I have had a guilty and shameful conscience. Restore to me a conscience that is so free from shame, guilt and condemnation. I don't know why I have always felt so guilty, even long before any sexual sin.

Reply: *Both your father and mother transmitted guilt and shame to you. Even in your mother's womb, there was a transference anger, guilt and deep needs into you mental makeup. And because of your father's sexual sin and shame, that was also put upon you at a very young age. He did not intend to do this, but when we walk in pain and shame, that is what we minister to others.*

I am so glad, son, that you are recognizing this ungodly pattern in your life and how you have mistakenly turned to other things and other people rather than turning to your heavenly Father. This is the first and crucial step in healing and receiving from Me all that you need and have sought for.

You need to continually recognize in greater degrees, and to believe, that I have all you need and that I will not let you down. You will find in Me the fulfillment of your deepest needs. I will wash you and cleanse you from an evil conscience as you turn more and more to Me and allow Me to go deep and to go back as far as needed so that I can impart to you full healing and cleansing.

This is one of the ungodly beliefs in your life. This is one of the greatest strongholds in your life.

Your belief that you are evil, that there is something desperately wrong with you, that you are doomed and forever cursed.

You have accepted this lie from a very young age. This is one of the ungodly beliefs that you have believed about yourself that cause you to live a defeated life over and over again. This is one that you will be required to repent of over and over again until there is a breaking and a firm grasping of my truth and love for you. There is a deep self-hatred in you that has been derived from the pits of hell, a violent hatred of yourself that has caused you to reject Me and My goodness coming to you.

You remember specific times when this violent rage of hatred has risen up its ugly head and you detested yourself and out of your mouth spewed out such disdain and you even said you were cursed. These are all lies and ungodly beliefs you have believed and clung to and you have even been afraid to let go of out of fear of being proud or deceptive. You have held to these lies believing they are truth and part of what will keep you humble.

These are wicked lies! They have done nothing but hold you in bondage and prevented you from freely receiving of Me. Oh... I have been so pained when I see you choosing the lie over My truth and over My love. I have put your pastors and Mark V. in your life to help you overturn these ungodly patterns and to help you identify when you are in agreement with the lies and not in agreement to My words concerning you.

Remember son, these are days when I am going deep, to unravel and set you free and bring you into a large land. These are days when I am uncovering and exposing areas of darkness in your life so you can walk in light and freedom. This is your destiny! This is your inheritance!

It is yours!! You will experience My transforming love and My loving embrace. You are My child and I love you. My intentions for you are not evil, but good. For blessing and not cursing. Be not afraid, It is I, the Lover of your soul.

June 1, 2003 Father, I have been reading a lot about bitter root judgments, inner vows, reaping and sowing, etc. and have for a week or so been aware that I have made judgments against my father concerning sexual sin in his life. As a young boy, I found out that my father had an affair with my aunt... (I found out from my mother who was very bitter and jealous, etc.). I believe that I took on her judgment and therefore made my own accusation and judgment against my father. Even now, with him about to begin his third marriage, I am aware of some type of looking down on him for his divorces. What would you like to say to me concerning all of this?

Reply: *As you see, it is so true that when we stand in judgment on others, it actually produces and activates a law of sowing and reaping. What you sow, that you will reap. Until, and unless there is a recognition and repentance that will break this cycle so that it no longer has any power to produce fruit in your life.*

You remember as a young boy, that your father made many judgments against divorced people and against people who were immoral. Again, when we stand in judgment against someone, when we in our hearts, bring accusation and are throwing the stones of judgment toward someone that we disapprove of, there is a setting in motion a law that will produce the very thing that we are sowing. Sow an apple seed and reap apples. Sow a seed of corn, reap corn, sow judgment and reap judgment. It is a very simple truth and principle that is so often missed and not understood.

Often, there is a taking on of others' judgments and offences. We take them and then they become ours. Then they began to produce bad fruit in our lives, over and over again until there

is an acknowledgement of this sin, and reversing of the curse takes place when we choose to take responsibility for our own judgments.

In My Word, it says that with what judgment you judge, you shall be judged. With what measure you shall give out, it will be measured out to you. This speaks of a law and principle that is in place, and that will always be active in all lives until there is repentance and then a new law of grace can be set in motion that will counteract the law of sowing and reaping.

Yes, you have judged and have stood in judgment against your father. This is not good for your own soul. This is a decision that you made many years ago, and may in many ways not even agree with now, yet you must acknowledge your sin of judgment that you placed on him. It is not an acknowledging that he didn't do anything wrong. He did. But to stand in My place of judge is inexcusable.

And so... the cycle continued on until now. Now in your sexual sin and failure, you are left with no other alternative, to stand in judgment against yourself, and also to attract those who would stand in judgment against you.

You cannot remember the exact day or moment that you chose to sit in judgment on your father, but you are aware of the strong reality that you have. Your life speaks very loudly and clearly of this fact. You do recognize that you took on your mother's judgment (because of her pain, jealousy and betrayal) and have carried it throughout the years. Even though you struggled with lust before marriage, it was not nearly as intensified until you got married. You judged a married man, and until you yourself got married, then you began to reap what you have sown all those years. That particular law could not have been set in motion as far as the reaping was concerned, until you became a married man.

But now, you are in Me. You are Mine. I bring this to light so you can repent and release your father from your unrighteous judgment against him. This will in turn, stop a cycle in your life that has been ongoing for so many years.

There is not one answer or one simple solution to your freedom. It is step by step, layer by layer, and precept by precept. This is simply another step in the right direction. It is from faith to faith and from glory to glory.

Remember, son, that the law of sowing and reaping is not just for the negative, but works quite well with the positive. I am undoing much of the negative so that you can begin and continue to sow good seed in your life and in the lives of your family. Sow seeds of blessing and not cursing; sow seeds of encouragement and not discouragement. And it goes on and on and the blessing is endless and has no limits or boundaries.

For the law of grace and blessing to be set in motion, the law of cursing and judgment must be dislodged. The two cannot operate together. Only one can be on the throne of the heart and soul.

Continue to choose blessing over cursing. That is My way and always will be.

My prayer to the Lord after this journal: Father, I ask you to forgive me for taking on my mother's judgment, bitterness and unforgiveness toward my father and then making it mine. As a boy, I didn't know better, yet now as a man I do and I repent of standing in judgment against my father. Yes, he hurt my mother and betrayed her, but I refuse any longer to be the one to stand and point the finger of accusation and judgment towards him. I release my dad into the forgiveness and freedom that can only come in Jesus. I break any ungodly soul tie with my mother and any negative emotional baggage that was imparted to me over the years. I now break the cycle of reaping and sowing of judgment towards my father that has affected me in my marriage and life in the name of Jesus.

July 11, 2003 Father, what is in your heart to speak to me this morning?

Reply: *It takes years to undo the ungodly beliefs and mindsets that have taken years and years and in some cases generations to set up and take root. I know you have desired instant release and deliverance and in some instances I will do this. But this is not the best way. There is a need for My children to experience the depths of their own depravity in order to experience the riches and depths of My grace.*

It takes years to build and establish relationships. The same goes for your relationship with Me. It takes years, it takes time. It takes a deep hungering; it takes the going through of many valleys and ups and downs. The path to holiness is not an easy one. There is much tribulation on this road. The road to sanctification is hard at times, it demands a laying down of those things that we hold on to so tightly at times. It is a letting go and a releasing of your past friends, your inner relationships that you have had with so many ungodly beliefs and strongholds. There is a process of time that one must go through in order to bring an individual to the place of deep abhorrence to our one time companions. As you know, I can only set you free from your enemies, not your friends.

You are in process. You are on the road of sanctification and healing. This is not an easy road. This is not a popular road. But you must know, I am with you every step of the way. I am determined in My unconditional love to see you through to the end. There are many bumps and holes, many dangers on this road and without My saving grace not one of My children would ever make it through to safety.

You still are not convinced that it is My presence that you need. You still have such a hard time just sitting and relaxing in My presence. There is still an inward struggle to go your own way and to try, to do anything but sit at My feet and draw from Me. I see the struggle; this is not uncommon. This is what every one of My children experience when there is an attempt to draw closer to Me and to find a greater place of rest and intimacy with Me. The spirit is willing but the flesh is weak.

You are not called to live in the flesh or to go after the things of the flesh, but you are called to walk in the Spirit, to live and move and have your being in Me.

Continue, do not give up. Do not give in to discouragement and despair. Be with Me. Just simply be with Me. Dwell in Me. Rest in My love. My peace I give to you. You are not hopeless. You are not forever stuck in your old ways. I have the power to transform any heart. Walk with Me this day in the cool of the garden. Feel the breezes of My presence. Smell the sweet fragrances of My love and grace. Touch and feel the riches of My inheritance I have for you today, and embrace My embrace.

I have so much to give, I want you to experience so much more of Me and who I am. At this time in your life you are so enjoying Josiah, and the relationship you have and how much fun and joy he brings to you. What a pleasure it brings to you. This is but a small example of how much I enjoy you, and you hanging out with Me. Come. Let's hang out today and enjoy all we share together.

July 14, 2003 I don't know what to ask this morning. I'm just aware of my desperate need for you and to know you. What is in your heart today?

Reply: *Freedom, freedom for my children, freedom for all of mankind and freedom for you. The price I paid was great, more than anyone can ever pay. The price was paid in full for your freedom, for your redemption.*

Freedom is the opposite of bondage and captivity. To be loosed from the chains, the bondages and every stronghold in every area of your life. I desire that you walk in My freedom, in My grace with no hindrances, abounding in the abundant grace that is freely given.

To see My people walk in freedom brings tremendous joy to My heart. To see My people begin to understand and walk in the liberty that I won for them. It is paid in full! There is nothing else that mankind has to do to purchase their freedom; there is nothing else that needs to be done in order to bring about a greater deliverance. I did it all. It is done. Great freedom is the portion and inheritance of every one of My children.

When a slave who has been in bitter bondage, gets set free, there is great rejoicing in the camp. When one who has walked in bondage and cruelty and then receives freedom, it is hard to believe and contain. When one who has walked in darkness for so long and then comes into the light is so overwhelmed and can hardly grasp the reality of his freedom. There is no greater joy but to experience the freedom that I offer to everyone in captivity.

It is freely offered. It is freely given, with no strings attached, with no cruel motive or price to pay by the one in bondage. It brings such delight to My heart to watch My people begin to walk out of their bondage and into My great freedom and salvation. It is yours! No strings

attached. No evil motive. Just love. Simple and pure love has won your freedom! Great rejoicing is your portion.

You are no longer a slave to sin, to a cruel and hard taskmaster. Sin demands and exacts a cruel punishment and penalty. I bore every sin; I bore the penalty and took it upon myself what you should have had to carry. So often My children only see death and bondage, they do not see the truth of My freedom and what I have wrought for them. It is a great freedom. It has been done, won in full.

The prison doors have been opened! The gates of iron have been blown open! The walls of stone have been smashed and glorious freedom is proclaimed. FREEDOM! Great and glorious freedom! This is what I have given. This is your inheritance. This is yours to walk in today.

Do not wait for the feelings. Stand in truth. Stand in fact. Stand in My word. See Me and you with Me, seated in heavenly places. You are seated with Me, at my right hand. Rest in Me. You are victorious. You are free. You are alive to Me and dead to sin. You are My child, an overcomer.

It is who I have made you to be. It is what I have given. It is what I have done. It is about the price that I paid.

Walk in My freedom. The doors are open. Walk out and experience My freedom for you today. It is yours, all yours. Great and glorious freedom is yours.

Appendixes

Appendix A: Definitions of Lust

God states it is a sin to view someone other than your spouse for sexual stimulation. (Matt. 5:28).

Lust - “An obsession that establishes a priority”

Greek: *epithumeō* - to set the *heart upon* (Strong’s # G1939).

New American Standard Exhaustive Concordance

epithumia; from [G1937](#); desire, passionate longing, lust

Strong’s Definition of Lust G1939

ἐπιθυμία *epithumia* ep-ee-thoo-mee'-ah

From [G1937](#); a longing (especially for what is forbidden): - concupiscence, desire, lust (after).

Thayer Definition of *epithumia* “desire, craving, longing, desire for what is forbidden, lust”

Total KJV Occurrences of *epithumia* in the KJV: 38

- **Lusts** (22 times): Mk. 4:19, Jn. 8:44, Rom. 1:24, Rom. 6:12, Rom. 13:14, Gal. 5:24, Eph. 2:3, Eph. 4:22, 1 Tim. 6:9, 2 Tim. 2:22, 2 Tim. 3:6, 2 Tim. 4:3, Titus 2:12, Titus 3:3, 1 Pet. 1:14, 1 Pet. 2:11, 1 Pet. 4:2-3 (2), 2 Pet. 2:18, 2 Pet. 3:3, Jude 1:16, Jude 1:18
- **Lust** (9 times): Rom. 7:7, Gal. 5:16, James 1:14-15 (2), 2 Pet. 1:4, 2 Pet. 2:10, 1 Jn. 2:16-17 (3)
- **Concupiscence** (3 times): Rom. 7:8, Col. 3:5, 1 Thess. 4:5
- **Desire** (3 times): Lk. 22:15, Phil. 1:23, 1 Thess. 2:17
- **Desired** (1 time): Matt.13:17 (twice in this one verse)

Two-Way Journaling Assignment: After prayerfully meditating on all the above in this appendix, please do some two-way journaling asking the Lord the following question. ‘Lord, what is a practical working definition you want to give me concerning what forbidden sexual lust is? Is there a difference between admiring the beauty of a person of the opposite sex, and me lusting? If so, what is that difference?’ It is recommended that you bounce this journaling off your spiritual advisors.

Appendix B: Recommended Additional Resources for Healing Sexuality

1. Lots of resources, for men, women, teens at the website "[Every Man's Battle](#)"
2. [Many good books developed by Andrew Comiskey](#), this program has been used successfully to give healing and victory to many. Is a lengthy program but maybe this is key to its effectiveness.
3. "[Desires in Conflict](#)", by [Joe Dallas](#), a brilliant educator and speaker, formerly a homosexual pastor, now an advocate of healing and deliverance for those who struggle with sexual identity
4. "[Homosexuality: A New Christian Ethic](#)" by [Elizabeth R Moberly](#), traces the causes of same sex attraction to relationships with parents, as opposed to the current pursuit to claim that homosexuality is biological.
5. [McLean Ministries](#) Excellent training materials
6. [The Broken Image by LeAnne Payne](#) (healing homosexuality)

Appendix C: How to Deal With Sexual Issues Not Specifically Mentioned in the Bible

This appendix tackles a controversial issue, an area which is not specifically mentioned in the Bible but which we really must look at if we are going to help people meet their sexual issues and not live in frustration and guilt. If you find a section you don't like or can't handle below, then assume that one of the contributors whom you don't know wrote such a ridiculous thing, and if you desire, you can get mad at this person and judge them and put them down, and scorn them, and get the resulting ill health that comes from not honoring and loving all people (1 Pet. 2:17)...! Or of course, you could just smile, and say to yourself, "Hmmm... interesting idea... Lord, what do you want to say about that?" and then do some two-way journaling and see what God speaks to you about the idea and how God wants you to respond to that particular section.

Do remember, of course, that God is into loving and honoring people and healing us up, including our heart wounds, physical wounds and mixed up theology, so let's extend grace, please, as we delve into a controversial topic not mentioned in the Bible.

Thank you!

The Bible specifically denounces lust, fornication, adultery, rape, incest, sodomy, intercourse during menstruation, homosexuality and bestiality as sins. Areas the Bible does not speak clearly about include self-stimulation (masturbation), oral sex (oral-genital contact), wet dreams and birth control. The principles discussed below deal directly with self-stimulation but can be applied to each of these areas.

One unspeakable issue within the church is masturbation (self-stimulation). This is a topic that no guest lecturer or speaker in his right mind ever teaches on. Most preachers would never even think of preaching on it, and even Christians in general would "rather die" than bring up the topic at a Bible study on marital or sexual problems.

We can talk about divorce, abortion, birth control and a whole host of other "intimate" topics with relative ease, given the right group of people and under the right circumstances. But due to the extreme privacy of the issue, it just always seems "out of place" to bring up masturbation.

In his "Focus on the Family" film series, Dr. James Dobson states that of the Americans polled, 95% of all males and 50-60% of all females said that at some point during their life, they were involved with masturbation. And many struggle with intense guilt over this. It is amazing that the Bible says nothing on this issue!

Dr. Kevin Leman, Christian author of 23 books, even recommends times in a marriage when masturbation could be helpful (page 108 of *Sheet Music*).

How are we supposed to handle things not specifically mentioned in Scripture? We could assume that if God doesn't specifically mention a topic that He is against it. For example, since God doesn't say self-stimulation is acceptable as a way of releasing sexual tension that means it is a sin. Well, what one is doing here is building an argument from silence. Hermeneutically speaking, this is improper. You cannot build theology from silence. For if you could then you could assume that God is against everything He does not specifically mention in the Bible (i.e. Sunday school, public school, Trinity, quantum physics, automobiles, etc.). You immediately see how erroneous it would be to build arguments from silence.

The Pharisees decided to simply add additional rules and then judge and condemn those who did not follow these rules. Of course, Jesus told them that they were forgetting the weightier issues, which I think would include things like "honoring and loving all men (1 Pet. 1:22; 2:27). Jesus reproved them for this process (Matt. 23:23).

So we need a better process than what the Pharisees did. The process we recommend is allowing God to speak to you through a multitude of ways, including illumined Scripture, Spirit-led reasoning, peace versus unrest in your heart, the Spirit-anointed counsel of your spiritual advisors, the experiences of life along with dream, visions, two-way journaling and prophecy. These are all discussed in more detail [here](#) in what we have called The Leader's Paradigm (scroll down a bit to see this).

The Church is divided concerning several sexual issues which are not specifically mentioned in Scripture. One of these is masturbation (self-stimulation). Since 95% of men have done this and over 50% of women, we think it is important to address this issue. If it is clearly sin then it needs to be repented of. If it is not necessarily sin, then false demonic guilt and accusation can disrupt and harm one's relationship with God, and that would be tragic. So this needs to be discussed, with the goal of helping bring resolution and restoration to people's lives and their walk with God.

Therefore, below are given two opposing views concerning self-stimulation, and after them, we encourage you to go to God and ask Him where He wants you to stand on this issue. You don't have to judge and condemn people who take a different position, but you do need to know from God where He wants you to stand, so you can live in holiness before Him. The Bible says that if your heart does not condemn you, then you have confidence before God. Let's begin with a possible, considered, prayerful summary, before we jump in.

A Considered Prayerful Summary on Self-Stimulation: Masturbation can be a sin when accompanied by images, other media, and an unhealthy focus on a person, and should be avoided. However, hormones and sex drive are not the enemy of holiness. We need to come to Jesus daily for acceptance and love in relationship with Him and direction, power, and victory in

His Word, as to not be overwhelmed by guilt and shame that could lead to accelerated, habitual masturbation.

Some journaling entries concerning self-stimulation (masturbation)

Lord, what is Your heart on masturbation?

Good morning, son, I am thankful that you are coming to me about this subject. I don't want you to be afraid to talk with Me about it. I formed you and I know your deepest needs. Remember I create Adam and I saw that it was not good for him to be alone. There was no fruitfulness in his being alone. He needed another to be fruitful and multiply. I did not create the human body to dominate the spirit of a man. I created the spirit to lead the body to empower it to function according to its purpose. This is what Paul talked about in his letter to the Corinthians in chapter I Corinthians 6. I desire that the body be first a vessel of righteousness and devotion to me. Like everything created, the body is a reflection of my image but it has a distinct purpose. Every bodily function has a purpose. But I do not desire that any one function of the body control the whole person. If someone cannot resist food, sex or drink, then they are allowing their body's desires to control them. That is not my will. The whole idea behind "master"-bation is that you giving yourself to a master, the master is your body. That is not my will for any man. I desire to be your only Master. I desire to be the only Master for your whole person including your body.

Then I felt led to look up I Corinthians 6:12-20

12 Just because something is technically legal doesn't mean that it's spiritually appropriate. If I went around doing whatever I thought I could get by with, I'd be a slave to my whims.

13 You know the old saying, "First you eat to live, and then you live to eat"? Well, it may be true that the body is only a temporary thing, but that's no excuse for stuffing your body with food, or indulging it with sex. Since the Master honors you with a body, honor Him with your body!

14-15 God honored the Master's body by raising it from the grave. He'll treat yours with the same resurrection power. Until that time, remember that your bodies are created with the same dignity as the Master's body. You wouldn't take the Master's body off to a whorehouse, would you? I should hope not.

16-20 There's more to sex than mere skin on skin. Sex is as much spiritual mystery as physical fact. As written in Scripture, "The two become one." Since we want to become spiritually one with the Master, we must not pursue the kind of sex that avoids commitment and intimacy, leaving us more lonely than ever—the kind of sex that can never "become one." There is a sense in which sexual sins are different from all others. In sexual sin we violate the sacredness of our own bodies, these bodies that were made for God-given and God-modeled love, for "becoming one" with another. Or didn't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please, squandering what God paid such a high price for? The physical part of you is not some piece of property belonging to

the spiritual part of you. God owns the whole works. So let people see God in and through your body.

Son, My blessing is on sexual union with another, not masturbation. Masturbation is not mentioned in my recorded word because I put so much emphasis on two becoming one.

Have you ever felt righteous after masturbation? Have you ever felt connected to another after masturbation? Have ever invited me to join you during masturbation?

Hear my heart, son, my people need truth that frees them from becoming slaves, not words of comfort that perpetuate becoming mastered by their lower nature. I love you, son, don't be afraid to share. Enjoy the wife of your youth, it is good!

Lord, is it OK to masturbate?

You are asking the wrong question. The question should be "How do I meet this need I have for deep connection when I am separated from my wife?" The physical need for gratification you are experiencing when you are separated from your wife is rooted in fear and anxiety because you are feeling separation in your soul. Your body is playing tricks on you. Yield your body to MB and you will gain a serotonin release but no emotional connection with another. Your deeper need is not being met and you are forming a bad habit (self-gratification). It is bad because the body is ruling the spirit. That is not my design. You are designed to be led by the Spirit, not the flesh. Eve's original sin reversed the process.

So what do I do when I am tempted to MB?

Invite me into your temptation just like you do with trauma. Let me take you by the hand and lead you to freedom. I want you to minister to your wife when you feel a need for sex when you are separated from her. If you are on the road I want you to write her a letter or buy her a gift to celebrate and express your love for her. Look for a way to bless her. Put your attention on her which will empower you to process your emotional separation. Call her and express your love for her. I do not want you to live separately from her, having sex apart from her will only create separation from her. Call her and pray with her and pray for her during these times. Admit to her that you are struggling, be vulnerable.

Remember the goal is connection, not separation. If you do something that creates separation then you will experience anxiety not peace. Let that be your measuring rod. I love you, son. You're a good son.

More journaling concerning self-stimulation from another pastor

Everyone speaks from their own existence and experience. And although My truth never changes, people see different sides of me at different times and these are all VALID aspects of my truth. Each sees that which I show them. You have seen that which I have shown you.

Various positions are not wrong. Various positions are complete for the one I have revealed it to. And yet neither is complete in itself.

Full completeness resides only in Me and in the one fully absorbed into Me in any and all respects. And that is extremely rare.

So yes, let's talk about sex. It has many functions: precreation, union and unity in marriage and joy and physical release. Each of these is valid in its own right. Each is acceptable. None of them are sins. If masturbation were a sin, I would have stated so. I am not shy nor am I forgetful, as men are. I am the most High God. Masturbation can and does help fulfill the role providing the the joy of physical release, especially in certain situations such as when normal sexual release is not possible within a healthy marriage.

However masturbation would become a sin under these circumstances: if it became a life-dominating activity, if it were used to defraud one's spouse or if it were coupled with clear visions of a person's face who was not your spouse. In these cases masturbation is unacceptable.

Times when there may not be a sexual outlet within marriage include: sickness (physical, emotional or spiritual), separation from your spouse or not being married. In each of these circumstances one should seek my will and my wisdom and my power for restoration of the problem. I can and I will give it.

My spiritual counselors, pastors and teachers within my body are to offer my help in this restoration process. This includes wisdom and power for healing, restoring and guidance in finding the right marriage partner.

The above principles also apply toward sex and any other sexual activity I did not specifically mention in my Word.

Experimentation is good, natural and fun and to be embarked upon. However it becomes a sin when one partner forces themselves and their wishes on another. Domination, manipulation and control are never acceptable in any relationship, and are strictly forbidden.

I have created you to admire beauty. I have made the female body beautiful and to be admired for its beauty. It is not a sin to admire my beauty. It is a sin to undress a woman with your eyes and desire to sleep with her. So admire my beauty without becoming immoral in the lust of your eyes or the actions of your life. To not admire is to deny the way I have made you and to destroy a capacity for joy and happiness that I have given to you. As your wife has said "You are married, not dead!" That is a wise word from a wise woman.

Note to women: *If you wear tight, form-fitting clothes, and low tops that show cleavage, then a man will most likely see you as a sexual creature and think "sex" when he looks at you. So please avoid dressing this way.*

So how do we deal with the “apparent” contradiction in the above two journaling entries from two long-time pastors?

Here is another long-time pastor’s response to the above two journal entries. I thought you both were looking at different sides of the same house successfully. Is masturbation a sin? It can be. It can lead to involvement in self-gratification (or as some say, self-abuse) through unhealthy focus on a person (Matthew 5:28-30, i.e. pornography, fantasy, etc.) and Christ warns the seriousness of heart adultery that leads to action; is He speaking of masturbation here (if your hand causes you to sin, if your eye causes you to sin)? I have found myself making fresh repentance to not be drawn in by television or even when on walks in the mall and in the grocery store! In marriage, masturbation can take away the intensity meant for the wife, and thus robbing her of your whole self (the intention of 1 Corinthians 7:3-5).

Sometimes it is a feeling of guilt and shame over an occurrence of masturbation that seems overwhelming that takes the focus off of Jesus Christ. The devil will try to get us to resist in our own power (if you are a son of God, you should have victory – see Matthew 4:1-10) and then become the “accuser” (Rev 12:10) when we fail.

Dr. Dobson has taught in his “Focus on the Family” film series that with the hormones of a teen at their height with no marriage in sight, that it is not a sin for them. It is a release. Interesting thought. When you think about the occurrences of “wet dreams” during the teen and adolescent years, that happened involuntarily, he may have a point.

Either way, there can be and many times is guilt associated with self-stimulation or the act itself becomes the idol worshiped, whether it is the feeling or temptation to act or the aftermath of guilt.

My thoughts are the key to all of this is to focus on the Cross and the Person of Christ, the one who died for our forgiveness but also our victory (“Who was in all points tempted as we are, yet without sin” Hebrews 4:15). We need to flee immorality (1 Corinthians 6:18) and if we do masturbate, whether a sin or not, we need to get our hearts and minds back on Jesus Christ and not let it become a continuous focus and source of shame and guilt

Another long-time pastor’s response concerning the question of self-stimulation: I don’t see masturbation as contrary to the will of God as long as pornography (or even other “less-sinful” visual stimulation, i.e. scantily clad photos of women) or other people are not involved. I had a friend whose wife had serious issues with sex and they would only make love about twice a year. I asked him how he was able to endure that. He said it was through masturbation.

I think the most powerful affirmation of the legitimacy of masturbation that I have heard came from a leading preacher in the body of Christ. I was listening to a program by him once and he talked about coming into puberty as a Christian young man. He said his father sat him down

and told him, "I just want you to know that masturbation does not affect your relationship with God." He said it set him free from the guilt he saw in the lives of his male Christian peers.

I'm sure you realize that it can be a slippery slope for many as well, since visual stimulation is a part of this act for many people and the Scripture is clear that we should not look and lust.

More journaling from another long time minister of the gospel: Avoid ALL addictions!

Masturbation in and of itself is not a sin. There is, however, a spirit of masturbation that will come and hang out with you if you become addicted to self-stimulation.

Lord, then how can one actually masturbate and not open ourselves to that spirit of addiction?

The answer involves the question, 'Who is in control?' There is a difference between deciding to meet a physical drive with a release (for whatever reason, such as being single, being away from spouse, etc.) so that you can get on with other activities of your life without being distracted by sexual tension, and being "pressured" to masturbate by a demon's voice in your mind.

One must examine their heart's motivation. If you choose to masturbate to get some pleasure out of this life because you have trust issues with Me and don't believe I will allow you to enjoy this life, then you become your own God, making your own pleasure. This would be an example of a wrong heart motivation and therefore masturbation would be wrong.

When a person legitimately just needs to take care of a physical drive, that, too, could become an addictive life-controlling problem if you allow it to become out of balance. Anything in your life that is out of balance can become an addiction and open the door to an evil spirit. You must not allow excess in your life, for in so doing so you dismiss control by My Holy Spirit, and replace it with control by the flesh or soul. This opens the door to demonic oppression.

It is the same with food or alcohol. A basic need such as food can become a sin if you yield to it and get into excess (gluttony). In this case you aren't allowing yourself to be controlled by My Holy Spirit. None of the appetites of your flesh are to control you. Instead you are to allow the Holy Spirit to control your drives and desires.

More concerns

The statistics right now are: there are 4.2 million porn websites, comprising 12 % of total websites, but 60% of all web traffic! There are 316 million active users, 70% men and 30% women. I'm just concerned that people who already have a problem and want to minimize, rationalize, and make excuses (typical old coping skills), are going to run with the "ok to masturbate" and get further addicted.

A response to these concerns

They are valid. You are not to rationalize or become addicted to self-stimulation. If there is any chance you might be doing this, you need to tone things down, talk with your spiritual advisors about your actions and proceed with caution. You are responsible to not allow addictions of any kind into your life. That includes food, sex, drugs, alcohol, etc. (Deut. 21:12; Prov. 23:20,21; Matt. 11:29; Tim. 1:12). Your life is to glorify the Lord Jesus Christ (Matt. 5:16; 1 Cor. 6:20).

So we repeat this Considered Prayerful Summary on Self-Stimulation:

Masturbation can be a sin when accompanied by images, other media, and an unhealthy focus on a person, and should be avoided. However, hormones and sex drive are not the enemy of holiness. We need to come to Jesus daily for acceptance and love in relationship with Him and direction, power, and victory in His Word, as to not be overwhelmed by guilt and shame that could lead to accelerated, habitual masturbation.

Now you must come to the conclusion God tells you is right for you!

We are not going to tell you what to believe concerning self-stimulation. We have presented two very different positions to help demonstrate the tension that exists in the body of Christ over this issue. However, since there is no clear command in Scripture concerning self-stimulation, we are asking you to meditate upon the Scriptural principles you feel apply to this topic, and to pray and journal about it, and record what God is telling you. The final decision shall lie within your heart So consider any biblical principles which you feel apply to the issue of self-stimulation, and ask the Lord the following question. Make sure that whatever your decision, your heart is not condemning you.

The Bible tells us that if our heart does not condemn us, then we have confidence before God (I Jn. 3:21). So we **cannot violate our hearts**.

Journaling Exercises:

“Lord, what about self-stimulation? Is it ever right for me? If so, under what conditions? What are the cautions You want me to be aware of? When would it be a sin? What are your directives to me concerning other sexual activities not specifically mentioned in the Bible?”

Appendix D: Resources for Counselors Coaching People Toward Sexual Wholeness

Counselors must have a God-honoring life in the area of sexuality, a compassionate heart to help others, a general knowledge of spiritual intimacy and spiritual transformation, and a knowledge of steps to healing sexuality. We recommend the following resource materials:

Spiritual Intimacy

- [4 keys to Hearing God's Voice](#) by Mark and Patti Virkler

Spiritual Transformation

- [Prayers That Heal the Heart](#) by Mark and Patti Virkler

Godly Marriage

- [Sheet Music](#) by Kevin Leman and [Intended for Pleasure](#) by Ed Wheat

