

Freedom from the Chains of Sexual Sin

Have you been asking yourself over and over again: “Can I ever be free from sinning?”

Do you feel like a prisoner who is chained to doing what you know is wrong?

As a seafarer, you face many temptations to sin. Many men who sail struggle particularly with sexual sins. Do you struggle with unfaithfulness to your wife? Or, are you addicted to pornography (images of naked women, men or children designed to cause lust) and, although in your heart you know that it is wrong, you find yourself unable to break free from it?

If any of the above apply to you, know that you are not alone. The struggle against sexual sins is a battle that many men face, not only seafarers. Many also feel powerless to overcome their slavery to doing what brings them guilt. Does this describe you? If so, there is VERY GOOD news for you...

YOU CAN BE FREE

Introduction

As we begin to look into how a person can find freedom from the chains of sexual sins, it is important to briefly look at the basic problem of mankind's struggle with sin. In order to do this, we will use the Bible as our guide. Why the Bible? Because the Bible *is* God's Word; it communicates God's truth to us. As 2 Timothy 3:16 reveals: **“All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness.”** So, we can find no better source of truth than God's Word itself. As you read the following pages, you are encouraged to look-up verses that are included (for example: “2 Timothy 3:16” - means you need to look in the Bible to find the second letter to Timothy, chapter 3, verse 16) so that you can know the truth for yourself. A Bible will be needed for this so try to find or borrow one if you don't already have your own copy.

I. Why Am I Struggling with Sexual Sin?

All human sin is the result of rebellion against God.

God's Word in the Bible makes it clear that **“In the beginning God created...”** (Genesis, Chapter 1). What did He create? God made heavens and earth, light, sky, vegetation, sun, moon, stars, living creatures in the sea, birds, livestock, creatures that move along the ground, wild animals and man. What did God create? Everything.

Do you know how God felt about His creation? **“God saw that it was good.”** (Gen. 1:10,18, 25)

Although God is the creator of everything, only man (including woman taken from the man) was created in God's own image. (Gen. 1:27). God gave mankind (man and woman together) a special job in His creation – to be **“fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves along the ground.”** (Gen. 1:28) Mankind was given the responsibility to populate the earth, subdue it and rule over the other creatures. It was a unique and good duty.

Mankind was also given the gift of free choice. God said, **“You are free to eat from any tree in the garden, but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die.”** (Gen. 2:16-17)

God provided man with the gift of companionship. **“The Lord God said, ‘It is not good for man to be alone. I will make a helper suitable for him.’** (Gen. 2:18) The helper was the woman who would be his wife.

All was good to this point. But, sadly, things changed. A serpent (snake) tempted the woman to disobey God and both her and her husband (the man and woman were both guilty) violated God’s command and committed the first sin. From that moment forward, mankind experienced spiritual death and lost friendship with God. Mankind also gained an enemy who is called satan (or the devil).

Sin has caused tremendous suffering, pain and sorrow

The results of the first sin have been devastating. For example, physical and spiritual death have resulted. God told Adam that he would **“return to the ground, since from it you were taken; for dust you are and to dust you will return.”** (Gen. 3:19) Also, God’s Word tells us **“the wages of sin is death.”** (Romans 6:23) So, although God gave mankind life and wanted His people to live, sin caused death physically and spiritually. Also, sin created problems between people. God said to the woman, **“Your desire will be for your husband, and he will rule over you.”** (Gen. 3:16) This meant that women would desire to rule over their husbands and the husbands would rule over their wives. So, instead of a woman living a life of loving submission to a loving, caring husband-leader, she lives in difficult submission and is ruled by a sinful husband.

The earth was also cursed because of mankind’s sin (Gen. 3:17) and mankind was driven out of God’s wonderful place (garden) (Gen. 3:23) and made to labour for his survival. Mankind’s sin multiplied and even murder was committed (Gen. 4:8). As mankind spread across the world, sin accompanied it. The problems suffered from the effects of sin accompanied men and women wherever they went.

As you look around the world, sin’s devastation is obvious: war, famine, disease, murder, selfishness, envy, anger and...sexual sins are rampant and affect every human being.

Mankind has an Enemy

After man and woman sinned, the LORD God said to the serpent (satan) who tempted Eve to sin, **“I will put enmity between you and the woman, and between your offspring and hers.”** (Gen.: 3:15) God pronounced judgement against mankind’s tempter (who was in the form of a serpent) and part of this included making mankind and satan enemies of one another.

What does this mean for us?

The entry of sin into the world has had widespread negative effects. Sin has damaged mankind’s relationship with God and given mankind a heart that tends toward independence from God. Also, mankind now has a real, present enemy that is working to destroy people in his effort to oppose the Lord God Himself. **“Your enemy the devil [satan] prowls around like a roaring lion looking for someone to devour.”** (1 Peter 5:8)

Mankind is, therefore, living with an enemy who causes problems of many kinds. Probably satan’s most effective means of defeating God’s people is through his use of lies. Jesus clearly revealed satan’s nature when He said, **“there is no truth in him [the devil]. When he lies, he speaks his native language, for he is a liar and the father of lies.”** (John 8:44). Satan’s attacks against God’s people (including you) is often accomplished most effectively through influencing our beliefs about something, not through

tragedies which are of a physical nature (accidents or illnesses etc.). In the case of our current topic, Satan's lies also include those about sexuality.

In terms of sexual sins, the enemy's lies focus on the gift of sexuality. The Bible tells us that sexuality was something that was given by God to mankind as a gift. It was to be enjoyed within marriage between one man and one woman. Genesis, chapter 2 reveals this: **"For this reason a man will leave his father and mother and be united to his wife, and they will become one flesh."** (v. 24). Man and woman were to be together physically within the blessed union of marriage. It was a clean, pure gift from God that involved commitment between the man and woman. Satan's lies about sexuality take people away from this truth.

In many ways, God's enemy has taken the Lord's good gift and tried to corrupt it. He has done this through **lies** such as:

1. "Sexuality is the choice of each person. No one, not even God, has the right to tell a person how to use his or her body."
2. "Sexual relationships do not need to be limited to marriage relationships between one man and woman. Modern people can choose to live in sexual relationships with whomever they please."
3. "Looking at images (of naked women, men or children) that are designed to cause lust (pornography) is not sin."

These lies and others regarding sexuality have been used by Satan to hurt people. However, we will look only at the ones listed above because of their common effect on seafarers.

Lie #1: *Sexuality is the choice of each person. No one, not even God, has the right to tell a person how to use his or her body.*

When mankind sinned, humans began to operate independently of God. People did not take their identity and understanding only from God but, instead, believed that they could be like God and make their own decisions about right and wrong. Satan lied when he told Eve that if she disobeyed God's command she would be like God. He said, "you will be like God, knowing good and evil." (Genesis 3:5) This was the beginning of sin: disobeying God's command and trying to live life apart from God. Mankind was not made to live independently of God and the attempt to do so has had disastrous results.

In terms of sexuality, many people believe that they are the masters of their own bodies and what they do with them. This false belief is clearly contrary to God's purpose as Paul the apostle told the Corinthian Christians: **"You are not your own; you were bought at a price [i.e. Jesus' death]. Therefore honour God with your body."** (1 Corinthians 6:19-20)

Paul warned the Corinthians (and, therefore, us through his God-inspired writing):

"The body is not meant for sexual immorality, but for the Lord." "Do you not know that your bodies are members of Christ Himself? Shall I then take the members of Christ and unite them with a prostitute? Never! Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, 'The two will become one flesh.'" (1 Corinthians 6:13,15-16)

So, God has shown us that our bodies are, in truth, not our own to be used as we wish. We are to honour God with our bodies. If we know Jesus as Lord, our bodies are, in fact, considered part of Christ. Therefore, we are dishonouring God if we are using our bodies for sexual relationships that are not within marriage.

Lie #2: *Sexual relationships do not need to be limited to marriage relationships between one man and woman. Modern people can choose to live in sexual relationships with whomever they please.*

Jesus told us “[A]t the beginning of creation God ‘made them male and female.’ ‘For this reason a man will leave his father and mother and be united to his wife, and the two will become one flesh.’ So, they are no longer two, but one. Therefore what God has joined together, let man not separate.” (Mark 10:6-9) He further said: “Anyone who divorces his wife and marries another woman commits adultery against her. And if she divorces her husband and marries another man, she commits adultery.” (Verses 11-12)

So, God designed for mankind a special relationship (marriage) that was unique and closed to outside influence. It was to be the only context where sex was to occur. Man and woman were not to break this commitment to find other partners and, in fact, it was adulterous to do so.

Godly, loving marriages are special things which God ordained. They bring stability to the husband and wife and, also, to the children. God knows what is best for humanity and has forbidden us to have sexual relationships outside of marriage between one man and one woman. To break this command is to cause trouble for all who are involved.

Lie #3: *Looking at images (of naked women, men or children) that are designed to create lust (pornography) is not sin.*

One of God’s good creations (our bodies) have been wrongly used for sin. For example, people’s bodies have been photographed and filmed unclothed in order to stimulate lust in men. The extent of the damage from this wicked practice to men’s minds and marriages and man-woman relationships in general is hard to imagine. However, the problem is rampant and the growth in the availability of the internet has, sadly, made this evil more accessible than ever before. Men have often become addicted to pornography and become slaves to it. Many feel deep guilt about it but are unable to find freedom from its chains.

Jesus told us that even if a man does not have a physical sexual relationship with a woman, lusting for her is still sin: “**I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.**” (Matthew 5:28) So, all forms of lusting are considered sin.

Now that we have looked at some significant problems with mankind’s concept of sexuality and God’s clear message regarding them, let’s now look at how a person can be set free from the bondage of sexual sins.

II. How Can I Be Free from Sexual Sin?

The Rescuer/Redeemer/Liberator

In the first part of the Gospel of Luke, Jesus gave a short, powerful description of His purpose, as was prophesied by the prophet Isaiah: “**The Spirit of the Lord is on Me, because He has anointed Me to preach good news to the poor. He has sent Me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favour.**” (Luke 4:18-19) Take note of the power of the words that Jesus uses to describe His role with regard to those caught in sin: “**to proclaim freedom for the prisoners**” and “**to release the oppressed.**” Jesus was not speaking of giving freedom to jailed criminals who were held in a physical prison or setting free those who were being cruelly dominated or harassed by aggressive individuals, although He did care for the suffering and marginalized. Rather, He spoke about His mission to provide real freedom for those held in the jail of sin and carrying the *heavy weight of heart* that accompanies sinful behavior.

In the Book of Isaiah, God reveals that His servant would “**free captives from prison and...release from the dungeon those who sit in darkness.**” (Isaiah 42:7) Who was this servant?

Jesus. So, from a time long before Jesus came into the world (eg. Isaiah was written around 700 years before Jesus was born) God had a plan to provide freedom for prisoners that were held in the chains of sin.

At this point, it is natural to ask the question: “But, how did God use Jesus to accomplish this great task of dealing with sin? In addition, how can a person take advantage of this wonderful liberation from sin that Jesus came to provide?”

The answers to these questions are the subject of the next section.

The Means of Liberation/Freedom from Sin

In order to discover how God involved Jesus in providing freedom from sin for people, we can again look at the words of Isaiah the prophet:

“Surely He took up our infirmities and carried our sorrows, yet we considered Him stricken by God, smitten by Him, and afflicted. But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed. We all, like sheep, have gone astray, each of us has turned to his own way; and the LORD has laid on Him the iniquity of us all.” (Isaiah 53:4-6)

Isaiah prophesied that there would be a person that would come and take up mankind’s sicknesses and sorrows. Further, this person would be pierced for our wrongs and crushed (killed) for our evils. Who was this person? Jesus. His death on the cross (pierced and wounded) paid for our sins.

Why did Jesus need to die for us?

God’s holiness (eg. 1 Peter 1:16) does not permit sin and His perfectly righteous character (eg. Isaiah 45:21) judges the sinner as guilty and as requiring punishment. So, quite simply, we deserve God’s punishment for our sins because we have acted against Him. We have all sinned (Romans 3:23) and the punishment for sin is death: **“For the wages of sin is death.”** (Romans 6:23 (a)). However, God loves us very much. So, He lovingly and mercifully provided someone to receive our punishment so that His judgment would be carried out and our sin fully paid for. This alone provides the way for us to receive His forgiveness and, thereby, be restored to a loving relationship with Him. The “someone” who received our punishment was Jesus. He took what we deserve to satisfy God’s judgement. If Jesus did not do this, we would receive the punishment for our sins (physical and spiritual death (hell)) and be separated from God forever. So, Jesus’ death on the cross shows us God’s perfect righteousness and His perfect love at the same time.

How Can a Person Take Advantage of the Wonderful Gift of Liberation from Sin?

The answer centers on the act of receiving a gift. The second part of Romans 6:23 (first part quoted above) reads, **“the gift of God is eternal life in Christ Jesus our Lord.”** How does one take advantage of any gift that is offered? By receiving it. It is the same with God’s gift of eternal life which includes freedom from sin. In order to experience true liberty from the sin that binds us, we must accept Jesus Christ as our Lord, God and Saviour. John 1:12 tells us **“to all who received Him [Jesus], to those who believed in His name, He gave the right to become children of God.”** In a healthy family children are not enemies of their parents; they are part of a loving family unit. So, if you want to become a child of God and part of His family, you must come to Him through faith in Jesus Christ. You must receive Him into your life. Only this will provide you with God’s favour and the power of the Holy Spirit to set you free from the hooks of sin.

Have you done this? If not, why not become part of God's family now?

Sometimes people find it helpful to pray a prayer of commitment to Jesus so that they can make a clear decision to receive Him as Lord and join God's family. If you would like to do this now, perhaps you could pray to God using a prayer such as this:

Dear God, I honestly admit to You that I have not lived a clean, holy life. I am sorry for what I have done against You and turn away from it now. I believe that Jesus Your Son, who is God, died for my sins to receive the punishment that I deserve. I now ask Jesus to come into my heart and I receive Him as my Lord and Saviour. Please help me to follow Jesus for the rest of my life.

In Jesus Name I pray. Amen.

If you have honestly prayed this prayer, you have the great blessing now of knowing that you have become a child of God! You are no longer separated from God due to sin because Jesus has provided the way for you to be reunited with your heavenly Father, the One who loves you very much. Eternal life has been given to you by God: **“For God so love the world that He gave His one and only Son, that whoever believes in Him [Jesus] shall not perish but have eternal life.”** (John 3:16)

In addition to the greatest possible gift of life forever with God, if you have accepted Jesus as your Lord, you have also been provided with the power to win the war against sin, including sexual sin. In 1 Corinthians 10:13 a great promise for believers in Jesus has been provided. It is this: **“No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.”** This wonderful promise reveals that there is no temptation to sin that is so great that you cannot refuse it. Why? Because God knows your limitations and will never allow you to be tempted to sin more than you can say “no” to it. This is very important because, from this, we can be sure that temptation to commit sexual sin is *not* greater than our ability (provided through Jesus) to refuse it. God has provided us with the power to refuse to sin. It comes to us when we accept Jesus and, at the same time, receive the Holy Spirit into our lives. The Scripture tells us, **“[T]he One [God] who is in you is greater than the one who is in the world.”** (1 John 4:4) So, through accepting Jesus you have God in you. The God of the universe is on your side and is greater than satan who is in the world. Therefore, you can have victory over sexual sin because of God's presence in your life.

If you have come to Jesus and accepted Him as your Lord, God and Saviour, it is very important and helpful for you to understand your new relationship to sin: you are dead to it. Three important events occurred when you accepted Jesus: 1. You died with Christ: **“I have been crucified with Christ and I no longer live, but Christ lives in me.”** (Galatians 2:20) 2. You were buried with Jesus: **“We were therefore buried with Him [Jesus]”** (Romans 6:4) and 3. You were raised with Jesus: **“[Y]ou have been raised with Christ.”** (Colossians 3:1) So, in line with the new life that you now have in Christ, you are dead to sin: **“[C]ount yourselves dead to sin but alive to God in Christ Jesus.”** (Romans 6:11)

Although you may find it hard to believe that you are now dead to sin, it is a promise of God in the Bible. God's promises are not based on our feelings, they are based on His character and His character is such that He never lies and always fulfills His promises: **“God is not a man, that He should lie, nor a son of man, that He should change His mind. Does He speak and then not act? Does He promise and not fulfill?”** (Numbers 23:19) Therefore, being dead to sin, you now have the power from God to conquer the temptations (including sexual ones) that come to you. Sin no longer is your master. However, you must choose not to sin. This is your responsibility.

How do you obtain daily victory from the temptation toward sexual sin? This will be discussed next.

III. How Do I Respond to the Ongoing Temptation to Commit Sexual Sin?

In a large Canadian city there is a Christian charity that is dedicated to helping Christian men find freedom from sexual sin related to internet pornography. The charity has developed a method for men to use in order to help them overcome the temptation to sin in this area. This method is spiritually-based and has been proven successful in the lives of many men. It is outlined below. May the Lord also use this "way of escape" to provide you with the power to avoid sexual sin completely.

(Note: The following method has the power to help you **if** you have come to know Jesus as your Lord, God and Saviour (as per section **II. How Can I Be Free from Sexual Sin?** - please see above).

The Method (courtesy of: freedomfromporntoday@gmail.com):

Winning the Battle for the Mind

Dear brothers in Jesus, it would be difficult to exaggerate the value of [the following] Biblical teaching. For those of us who have been in bondage to compulsive pornographic fantasy, some of us for many years, at first the idea that I can have control of my thoughts and need never again yield to a lustful fantasy, seems too good to be true. It is true! , you can have control of your thoughts! is how the Holy Spirit helps us:

This is Biblical Truth: "Let the wicked forsake his way and the unrighteous man his thoughts; let him return unto the Lord and He will have mercy upon him; and to our God and He will abundantly pardon." (Isa 55:7) "Bringing every thought into captivity to the obedience of Christ." (2 Cor. 10:5) He has promised us that there was "No temptation taken us but such as is common to man, But God is faithful and He will not suffer us to be tempted above what we are able, but will with the temptation provide a way of escape that we might be able to bear it." (1 Cor. 10:13) Our God would only command us to do that which He empowers us to do. But how does He empower us to do this?

"Resist the devil, and he will flee from you." (James 4:7) **We have to go to war! It is so important to get this point. You literally have to fight!** This is not an exaggeration. "Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith. . ." (1Peter 5: 8, 9).

The very good news is that the Holy Spirit helps us **resist** each time we choose to fight. Here's how, **here is the way of escape:**

The split second that you begin to realise that a lustful thought is beginning to form in your mind, take a stand and fight, resist the enemy by emphatically saying out loud with real feeling - **NO!!! I RENOUNCE THAT THOUGHT IN JESUS NAME!!!** Immediately after renouncing, "**Draw near to God**" (James 4:8) by placing your hand on your heart and saying, again with deep feeling, **I ANNOUNCE THAT I BELONG TO THE LORD JESUS CHRIST!!!** And finally in an act of devotion, with your eyes and heart lifted to heaven, in an act of loving worship to Jesus Himself say out loud: **LORD JESUS, I CHOOSE TO WORSHIP YOU!!!***

At first you will come under intense attack for the enemy does not want you to be free of his snare so the battle will be fierce. **DO NOT GIVE UP!** Holy Spirit will help you, but you have to choose to fight and keep resisting in Jesus' Name. God's word is true and eventually the enemy will flee from you. As you continue to Announce, Renounce and Worship, it will become much easier to do so. In a short time it will become a fixed habit, taking only a few seconds with your mind and conscience staying clean. Some of us have been applying this Biblical truth for many years and can say with authority that the Holy Spirit does help us and we never have to go back! God bless you as you resist, draw near and worship in Jesus Name!

* Thanks to Neil Anderson for teaching us to renounce and announce in Jesus name!

For more information, please contact:
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You are encouraged to practice the method *Renounce, Announce and Worship* so that you can be free from the burden of sexual sin.

In addition to Renounce, Announce and Worship, two more practices are central to maintaining your victory over the bondage of sexual sin: 1. Spending time with Jesus every day and 2. Scripture memorization.

1. *Spending time with Jesus every day.* In order to keep your heart centered on the Lord and therefore help keep it free from sexual sin, it is extremely important that you develop a regular pattern of spending time with Jesus every day. Reading God's Word and praying are two important ways of doing this. A good way of making this a regular event is to plan a daily time to meet with Jesus. Many men have discovered that the morning is a good time to spend some quiet time reading the Bible and praying. Morning works well because there are very few distractions at that time and there is often less tiredness in the morning. But, you are free to choose the time of day when you meet with the Lord. The critical thing needed to make your meeting with the Lord successful is to be committed to it and be regular about doing it.

A common practice for spending time with God is to first read the Bible and then pray. At the end of this booklet there is a method to use for keeping a daily appointment with Jesus. It is called **Seven Minutes With God**. You may find it helpful to use it as a guide for your time with Jesus. As you spend time in God's Word and prayer you will, hopefully, experience a deepening love for the Lord.

2. *Scripture Memorization.* In Paul's letter to the Ephesians he wrote that the people should "**put on the full armour of God so that you can take your stand against the devil's schemes.**" (Ephesians 6:11) He then describes six types of spiritual armour that they should put on. While they are all very important, we will look only at the final one here because of its relevance to aggressively fighting against the temptation to commit sexual sin. The last part of the armour is: "**the sword of the Spirit, which is the Word of God.**" (Ephesians 6:17) This shows us that God's Word is the sword that can be used to fight against the devil. But, how do we do this? Just as Jesus quoted the Word of God when He was tempted by the devil (in Luke chapter 4), so we can also quote the Word of God when we face the temptations of the devil.

Psalm 119:11 reveals: "**I have hidden Your Word in my heart that I might not sin against you.**" From this we learn that memorizing Bible passages is a wonderful way to help us avoid sin. When we have the living Word of God ("**For the Word of God is living and active. Sharper than any double-edged sword.**" Hebrews 4:12) in our hearts we have the truth of God to assist us in staying away from sin. So, you are strongly encouraged to spend time each day memorizing some Bible verses so that you will be better at avoiding sin. There are five verses included at the end of this pamphlet that you might consider using to start your Scripture memorization practice. It would be a very good idea to use them as your first step in beginning Scripture memory.

Finally, if you have any pornographic materials (books, magazines, videos etc.), throw them away! These materials will only cause you problems. You need to break free of sexual sin and these materials will hurt, not help, you. Also, stay away from places like bars, nightclubs and strip joints. These will also provide temptation to commit sexual sin. In 2 Corinthians 7:1, we read: "**[L]et us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.**"

Many men have joined those who have found victory over the bondage of sexual sin. Some actual testimonies from these men are included below. These men range in age from 20s to 50s.

IV. Testimonies from Those Who Have Found Freedom from Sexual Sin

- I was addicted to porn for many years. I tried numerous times to stop. I closely guarded this secret; so quitting was also done "secretly." Quitting alone was only short term; I would always go back. Five years ago my wife discovered my porn addiction, which turned out to be a blessing in disguise. I began to meet with a former addict for weekly accountability and prayer. I also began to spend many hours each day listening to the Bible, sermons and worship music as my employment allowed me to do so, replacing sexual fantasy with the worship of God and the study of His Word. God has wonderfully set me free from my addiction to porn and given me the renewed ability to be a husband to my wife and a father to my children. I continue to share my testimony because I believe God offers that freedom for all men. **Age: 30s**
- For all my life I never dared to dream that one day I'd be free from same sex attraction, the pornography of the mind, and anonymous sexual encounters. Jesus Christ, however, is the God of hope for those who feel hopeless and He has broken me free from sexual sin. I used to think that relationships with men would satisfy me until I realized that what I truly was longing all my life was an intimate relationship with Christ and it was the absence of God in my life that pushed me to illicit sexual sins.

I have now been free for over two years and the last two years, I intentionally sit at the feet of Christ every morning and read His Word. And Jesus filled in all the longings I have that I tried to get from men. Another critical and essential part on my road to freedom involves an accountability group with men who want to walk in sexual purity. Through the interaction in the groups, I learned to take control of my thought life, resist the devil, flee from sexual immorality and draw near His presence. Today I am free from sexual sin but the greater freedom is the freedom to truly love and worship Jesus Christ. And one of the joys that came with this freedom is to be able to express my gratitude to God by interceding, praying, encouraging and walking with all the men who come to the groups at whatever stage they are in their struggles. With this immense blessing of freedom comes the equally immense responsibility to help others in their journey to be free from porn and to freely worship God. **Age: 40s**

- I was addicted to porn for about 20 years. In our first year of marriage, my wife found my stash of porn and confronted me on it and basically left me with 2 choices, watch porn, and our marriage would end or get help with my addiction. I saw in my church bulletin an ad about porn addiction and how to get help. I started meeting with other men in a weekly accountability group who were also suffering from this. Through my faith in Jesus and small group meetings I have been clean from porn for the last 7 years. God has restored my marriage with my daily relationship to Him being vital to me. **Age: 50s**
- I have been a Christian since 2003, and for almost 10 years I never had any joy which supposedly characterizes a true child of God. This was because I have also been in bondage to pornography during those 10 years. In recent years, God gradually delivered me from this bondage to sexual sin. It began by confessing to my pastor because my heart has been heavy-laden by the weight of my sin. Then I began attending an accountability group and realized that I was not alone. Next I radically cutting off my access to computers. God is faithful, He shows Himself to me as I walk in obedience to Him; the heart which pornography could not satisfy God satisfied fully—I am finally experiencing the joy of the Lord! **Age: 20s**

It is with hope and prayer that those who read the pages of this short booklet will join those who have experienced victory over sexual sin. God wants you to be free.

Jesus said, **“The Spirit of the Lord is on Me, because He has anointed Me to preach good news to the poor. He has sent Me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord’s favour.”** (Luke 4:18-19)

ADDITIONAL HELP

Seven Minutes With God

(How to spend time with God every day)

In 1882, a Cambridge University student was so determined to pray and read his Bible every morning that he rigged a contraption to help him get out of bed. The vibration of an alarm clock set fishing tacking in motion and the sheets, clipped to the line, moved into the air. Here was a young man who wanted to get up to meet his God!

If you need help getting a “quiet time” established in your life, consider the following outline for spending seven minutes with God. Bob Foster, the long-time Navigator who originally wrote this outline, said, “Do not become devoted to the habit, but to the Savior. Do it not because other men are doing it—not as a spiritless duty every morning, not merely as an end in itself, but because God has granted the priceless privilege of fellowship with Himself.”

How do you spend these seven minutes?

½ Minute

Invest the first 30 seconds preparing your heart. You might pray, “Lord, cleanse my heart so You can speak to me through the Scriptures. Make my mind alert, my soul active, and my heart responsive. Surround me with Your presence during this time.”

4 Minutes

Take the next four minutes to read the Bible. Your greatest need is to hear a word from God. Allow the Word to strike fire in your heart. Meet the Author!

2½ Minutes

After God has spoken through His Book, then speak to Him in prayer. One method is to incorporate four areas of prayer that you can remember with the word ACTS.

- A** Adoration. This is the purest kind of prayer because it’s all for God. Tell the Lord that you love Him. Reflect on His greatness.
- C** Confession. Having seen Him, you now want to be sure every sin is cleansed and forsaken. “Confession” comes from a root word meaning “to agree together with.” When we apply this to prayer, it means we agree with God’s estimation of what we’ve done.
- T** Thanksgiving. Think of several specific things to thank Him for: your family, your business, your church—even thank Him for hardships.
- S** Supplication. This means to “ask for, earnestly and humbly.” Ask for others, then ask for yourself. Include people around the world, missionaries, friends, and those who have yet to hear about Jesus.

It all adds up to seven minutes. “This is simply a guide,” Bob emphasized. “Very soon you will discover that it is impossible to spend only seven minutes with the Lord. An amazing thing happens—seven minutes become 20, and it’s not long before you’re spending 30 precious minutes with Him.”

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Bible Memory Verses

Psalm 119:11 shows us how important Scripture memory is: "I have hidden Your Word in my heart that I might not sin against you."

Since we know, from the above, that remembering God's Word is important, we can take steps to make this part of our lives. As is common for many things, Scripture memory is not difficult if you work at it consistently.

To be able to remember a part of the Bible, "by heart" it is helpful to break it up into smaller pieces. So, for example if you wanted to remember 1 John 5:11-12 (the first verse on the next page), you would do the following:

First say to yourself: "1 John 5:11-12." Try saying this 4 or 5 times. Then, try to repeat this without looking at the verse. When you can do this successfully, you can begin to start remembering the verse itself.

Next, read 4-6 words from the verse. For example, read: "And this is the testimony." After saying it 4 or 5 times, try to say the words without looking at them. Look away from the book and say: "And this is the testimony." Say this 10 or 15 times until you feel that you have remembered it.

After you have remembered the first part of the verse, move on to the next 4 or 5 words. For example, say: "God has given us eternal life." Again, as in #2 above, say this 4 or 5 times. Then, look away from the book and say it 10 or 15 times until you feel that you have remembered it.

Next, combine the first three parts. So, you would do the following (not looking at the book): Say, "1 John 5:11-12 And this is the testimony: God has given us eternal life." Say this 10-15 times without looking at the book. If you can't remember all of these words at first, don't worry. You may need to return to step 1. Start again by saying the verse reference over and over again until you remember it. Then, go to step 2 and 3 and do them until you can say the verse exactly as it is written, without looking at it. Repeat steps 1, 2 and 3 until you are confident that you know the words you are working on.

Continue adding words until you have finished the part of the Bible that you are working on.

It is important to note that after you have remembered a part of the Bible (eg. 1 John 5:11-12) you will probably need to review it as time goes on. After a period of time, we tend to forget! So, review, review, review. Keep the verses that you are working on in your pocket, wallet or wherever you can refer to them often. If you keep working on the verses and reviewing them, you will be much more likely to hide them in your heart for the rest of your life!

On the next page, you will see five important verses from the Bible. These verses reveal basic truths that God promises Christians in His Word. As a suggestion: cut the five verses out of this booklet and keep them with you (in your pocket or wallet) so that you can work on memorizing them when you have free time. During any given day we all have some "dead time" where we are waiting for something or someone and during those times you can practice your Scripture memory. You will see the blessing of doing this if you put a good effort into it! May the Lord bless you as you hide His Word in your heart.

Scripture Memorization Verses

Note: If English is not your first language, you may want to write out the five verses below from your own Bible (in whatever language you speak) and then work on remembering them.

God's promise that He will direct you:

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.

Proverbs 3:5-6

God's promise that you will be forgiven:

If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

God's promise that you can overcome temptation:

No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can stand up under it.

1 Corinthians 10:13

God's promise that your prayer will be answered:

Until now you have not asked for anything in My Name. Ask and you will receive, and your joy will be complete.

John 16:24

God's promise that you have eternal life:

And this is the testimony: God has given us eternal life and this life is in His Son. He who has the Son has life; he who does not have the Son of God does not have life.

1 John 5:11-12

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