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The Pathway
TO FREEDOM FROM
ADDICTION

THE PATHWAY TO FREEDOM FROM ADDICTION

**“YOU CAN BE FREE FROM ADDICTION ONLY IF YOU
ARE READY TO WALK THE PATH WITHOUT TURNING
BACK”**

NOT TO BE SOLD

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DEDICATION

This material is dedicated to the almighty God, my Lord Jesus Christ and the Holy spirit, who has given me the privilege to be a servant of the Gospel and who has used my life to reveal the crucified and resurrected Lord. May his name be praised.

I also deeply appreciate my lovely wife, Precious Olamide for her silent push and submission to follow in the assignment committed to us, you are indeed a real source of encouragement to me and the family. My discipler Bro John Lawal and his wife sis Betsy Lawal are equally deeply appreciated for their mentoring and oversight over the years, Damilola Folarin is also greatly commended for taking time to transcribe this work, it is my prayer that you will become all that God has ordained you to become in Jesus' name.

This book is also dedicated to those laboring tirelessly to see men and women delivered from the claws of demonic Addictions.

PREFACE

I thank the Lord because He has given you the privilege to lay your hands on this material, there is a purpose for your life under God, and that's why He has allowed you to come across this material.

This material was not written just because of any reason! God instructed me to write it because of his hatred for bondage. I remember the Lord spoke to me clearly, while preparing to preach a message in a youth conference in Osun State, South West Nigeria, He said in clear terms **“I hate negative addictions” I hate seeing my children in addictions.** So, this material came out of a burden to give to you the desire of the Lord.

The Lord does not want to see you in negative addictions, God does not hate you, He only hates the spirit binding you to negative addictions. Many of the negative things that ties you down makes you feel that God hates you, but I discovered from the pages of the scriptures, that God loves you so much that your addiction is not the reason why He is going to pull you away, in fact your negative addictions are the very reason why He is calling you to himself, so that your deliverance can be established.

Please don't die in silence and don't think that negative addiction is a normal way of life. Deliverance from negative addiction is possible.

IF GOD CAN HELP ME AND I BECAME DELIVERED FROM SIN, HE CAN DO THAT WITH YOU.

Open up your mind to the powerful truth that will be shared WITH YOU in this material, I pray that the eyes of your understanding be enlightened in the name of Jesus Christ.

Your deliverance has come, hallelujah, Amen.

All scriptures are quoted from the King James version, except otherwise indicated.

CHAPTER ONE

Willingness

Actually, your deliverance from the spirit of NEGATIVE addiction gives God pleasure and joy, while your bondage to any form of negative addiction gives God a great displeasure. He is not happy; He is not glorified when you are in bondage, and the reason is because you are created in his image. And how can a person like you, created in the image of God be tied down by evil spirits unto negative addictions.

that's why we are considering something which is very crucial in this first chapter.

We are going to discuss on willingness or desire as the first criteria to breaking free from negative addiction. You have to study this material with a burning passion in your heart, in order to see yourself free from all forms of negative addictions, because until you have a strong desire to be free, then you are not entitled to deliverance.

Negative addiction is a very terrible thing. It keeps you perpetually in wrong habits and in wrong doing. Addiction is a force, and I want you to understand that behind every addiction, there is a spiritual force. That's the truth. This is also applicable to the fact that, if you are addicted to the study of the bible and continual praying it is because the spirit of God is involved in it.

In the same manner, if you are negatively addicted to food, smoking, drinking of alcohol, drugs, pornography, masturbation or any other forms of sexual pleasure outside marriage, it is because a demon or demonic spirits are involved. Whatever you are addicted to that is wrong and which defiles your body, your conscience, your sanctity, your reasoning? That defilement, and that negative addiction is backed up by a polluting and demonic agent whether that spirit is visible or not.

Therefore, there is no vacuum, it is either you are under the influence of the holy spirit or a demonic spirit. That's why you noticed that no matter how you wish to stop a wrong addiction, you just find out that you will be struggling to be free from it. The reason is because a demonic principality is involved and they want you to remain in bondage.

NOTE: *what you call addiction begins first as a thought, then it later becomes an act, and the act becomes a habit, and then the habit graduates to become an addiction.*

May the Lord grant you understanding.

Let us consider a very profound scripture:

Isaiah 1:19 says:

if ye be willing and obedient, ye shall eat the good of the land.

From the scriptural verse stated above I want you to consider the word **if**, **the word if** is a conditional word, which means until you fulfil the condition of the word **if**, then you will not have the appropriate results.

That's why **the bible says if you be willing**, that is, you must come to the point where you are willing to be free, a point where you desperately desire to be free. Because once you get to the point where you begin to enjoy negative addictions, I guarantee that you will end up in destruction.

From Isaiah 1:19, the word willing involves **YOUR WILL** and this means your total and complete determination or resolution; a resolve and a purpose of your heart, a conclusion that is deep down within you, the end of the road where you state clearly that you cannot continue with this negative addiction anymore.

Because until a man is tired about his present condition there is no justifiable reason for that condition to change. You must be fed up with this present level of your struggling with pornography, masturbation, smoking, drinking e.t.c. for example, look at Jabez in 1 chronicles 4:9-10, the name Jabez means" sorrow" but when he became tired of the name and his sorrowful life his desire drove him to earnestly pray. And as a result, a great change occurred in his life.

Take note that your willingness or desire is a gift from God not from the devil but it can be manipulated when you are exposed to the wrong information or motivation. Therefore, you must guard your desires so as not to allow the devil to manipulate it.

There is the right desire and the wrong desire and this can be fueled by the kind of information that enters your mind or spirit.

Therefore, it is important for you to always open yourself to the right information,

because the right information will give you the right desire and in order for you to nurture the right kind of desire, you need biblical information. This is the kind of information that will help you to rethink and to re align yourself to what is right and proper, it is this kind of information that wakes your dead or weak conscience and makes it come alive.

In psalm 10: 17

Lord thou hast heard the desire of the humble.

Take note that the scripture above didn't say thou hast heard the prayer, but it says the desire of the humble. So, the first place God listens to, is your desire. ***It is when your desire becomes your prayer, that it becomes very potent and powerful.*** God listens to the desires of the humble not the desires of the proud. it takes humility on your part for God to hear you, God has nothing to do with a proud person.

When you think that your negative addiction is just a mere bad attitude or it's a mere clinical problem that psychologist can attend to, then you don't really need deliverance, and you lack biblical understanding. Negative addiction is a spiritual matter, it's a terrible problem that demands urgent and tough solution, and that solution is first rooted in a humble mind and heart towards the word of God. God hates your negative addiction but God loves you, but you need to be humble enough to report yourself before the throne of grace and say: **Father, this negative addiction is making me sick and tired and I really need your help.**

Now, the reason why God wants you to come to Him even while you are in the mess of your negative addiction is because, your addiction places a restriction, preventing you from coming to the throne of grace. But you must understand that your addiction is the very reason why you must come, and why you must humble yourself before the Lord and speak to Him the desires of your heart, you must genuinely desire the experience of freedom. And I tell you the truth that Freedom is sweet, freedom is peaceful and gracious and it is wonderful to know and experience the fact that you are not tied to any form of bad attitude, you yourself know that negative addiction breaks your inner peace and assurance, it makes you secretive, it makes you ashamed reflecting in the fact that you can't share it with anyone.

And since your conscience always condemns you, you continually have no peace, let me share something with you, ***I remember when the Lord told me that when it comes to the issue of sin and addictions, satan has no power over my choice unless I give it to him***, therefore, I put it to you also that satan has no power over your life, except you give it to him. Take note, that the greatest gift that God gave to man is the power of choice.

God made man in His own image and part of the beauty of why God is God is that He has the power to choose. He transferred the same ability to all his angels, He made them as free moral agents with the power to choose, He didn't make them as robots.

In the same vein when He created Adam and Eve, He also gave them the power of choice. When you were in your mother's womb, He gave you the power to choose. Animals don't have the power to choose, humans can choose to kill them or use them as amusement because they don't have the power to choose. One thing the devil does not have power over in your life is the power of your choice. That's why on the last day, all men would be judged based on our choices. Nobody will be judged with what the devil lured him to do.

In Genesis 3, God didn't judge Adam and Eve based on what the devil lured them to do, it was based on what they chose to do. The question the Lord asked them was: **why hast thou eaten from the tree I told you not to eat? It was a personal question.**

Lucifer became devil today because of his choice. Your choice determines your end, your choice determines what happens to you, your choice determines your experiences. The most powerful thing you carry is your choice. Your choice today determines your destination tomorrow. Your choice is your desire and your desire is your choice.

You need to have a strong desire in your heart, like Daniel, take note of the scripture reference in Daniel chapter 1:8 **...but Daniel purposed in his heart not to defile himself with the king's meat...** He decided in his heart not to be addicted to food. Food also can be an addiction and whereby you become a glutton, you can also be addicted to movies, in a nutshell, every negative addiction has the backup of a demonic spirit.

So, looking again at *psalm 10: 17*

Lord thou hast heard the desire of the humble, thou will prepare their hearts, thou wilt cause thine ear to hear.

Look at that scripture closely, you can see that when you humble yourself and you desire to be free from all forms of bondage, God begins to prepare your heart for an encounter, a definite revelation and impartation.

For you to pick this book in the first place, it means that something in you hates that negative addiction, something in you wants to be free, but the real issue is that, it is the Lord that is drawing you to desire that freedom. The second part of psalm 10:17 says **GOD will prepare your heart, thou will cause thine ear to hear.**

Aren't you glad that the Lord wants to hear you? He is more than willing to listen to you, to receive you and He is more than willing to set you free from all forms of negative addiction, am glad to tell you that the Lord is not condemning you, but He is saying that you should demonstrate your desperate desire to be free from that negative addiction. The first and most important thing to consider when talking about freedom from negative addiction is do you have a strong desire to be free and are you willing?

Now let's check **psalms 21:2"**

thou hath given him his heart desires and has not withholden the request of his lips.

God is committed to give you your heart desires, God is not committed to give you your wish, He is only committed to give you your heart desires. So have you come to the point of total hatred to that addiction for pornography, that addiction to lust for women, that addiction for men, that addiction to masturbation, that addiction to gluttony, that addiction to corrupting and carnal movies. Have you come to that point of desire?

Have you seen the terrible devastation negative addiction will cause you? Have you seen the frustration it will bring on your spiritual life? Do you know the destruction it will lead you to at the end of all times, I tell you the truth that negative addictions

will make you a miserable person, you will become abnormal, it will make you a failure on the surface of the earth, it will increase the activities of demons in your mind, in your heart and in your body.

I remember a time while I went to kwara state to preach and a student came to me, for counselling, who was addicted to pornography and it has invited sickness to his life, he said to me I am suffering from migraine headache and it's been a terrible one. What about you? are you not already suffering from sickness, terrible headaches and emotional depression, don't you see that activities of demons have increased in your dreams and around your life.

Negative addiction subjects you to the manipulations of devils. Therefore, I ask you, do you want to continually open your life to demons? **Demons are the ones behind that addiction. If you don't stop that addiction, it is bound to finish you in no time.**

The deception satan places with negative **addiction is that for the moment it seems pleasurable but each time you practise it; it leaves you miserable.** For the time you are committing that act, it looks pleasurable on the body but it is a strategy from the pit of hell to finish you completely until you become totally destroyed. I tell you in a most clear statement that addiction is a sure way to a miserable life, in a matter of time you will become a complete failure, and you will lose your relationship with God.

The time of sanctity is the time you are still remembering that you need to be free, because when you get to the point where your conscience is seared with a hot iron whereby your conscience does not feel remorseful again and the desire for freedom is dying in you, a point where you see addiction as a normal thing, **I put it to you as a clear warning from the Lord! That is a dangerous end.** And that's where the devil is going with you, satan wants your heart to be seared with a hot iron, he wants your soul to be sold out to him.

Look again closely at psalm 21:2

so thou has given him his heart desires and has not withholden the request of his lips.

From the above scripture did you see the function of the desire and the function of your lips. This tells you that you need to verbalize your desire, you need to make it clear with a strong statement saying I want to be free, am willing to be free. It must first be a desire before it comes out from your lips, and when you begin to speak, then know that God is committed to hearing you.

I remember when my heart was in lust towards a particular lady while I was in the college of education. I cried out to God with a strong desire and with strong tears and I praise the Lord that was the end of that lust.

Therefore, **are you willing to be free?** I want you to bow your heart in sincere prayer and don't pay attention to your weakness but pay attention to your desires. Don't pay attention to how you repeated that negative addiction, but pay attention to your strong desire to be free.

You have to check if your desire is still there and still intact, but in case you find out that your desire is even dying I tell you that the hand of God can reach you, only speak out sincerely to God, you can ask him to restore your right desire for freedom from negative addictions because when your right desire is intact, that's when God is committed to helping you. Take note of the fact that, **when you draw near to God, He will draw near to you, because for every single step you take towards God, the almighty God takes a thousand step towards you.**

Don't move to that dangerous edge where your right desire is dead because it is your desires that brings God to the scene where He can help you. in psalm 37:4:

Delight thyself also in the Lord and he shall give you the desires of thy heart.

I'll like you to see that the Lord is so much interested in your desires and in you focusing on Him. But one of the things the enemy will get you to do in order to remain perpetually in the bondage of addiction to sexual immorality and all other vices, is that he wants you to focus, first on your weakness and the impossibility of you getting out of that bondage.

The devil makes you to repeatedly say, I have been trying to stop this habit over and over again but I don't know how and why I cannot stop.

The truth is that you cannot help yourself except you ask the Lord to help you, because It takes a demonic spirit to continue in negative addiction and then the truth also is that it also takes the power of the Holy spirit to stop negative addiction, hope you understand?

What the holy spirit does for you first is to put in you the right desire that helps you come out of the bondage of negative addiction. And for the right desires to be in you, the holy spirit gives you the right information and that's why you are studying this material, you have to open up your heart, and your spirit, you must hate that bondage of negative addiction.

when you hate a negative habit your freedom is guaranteed from that habit, but when you are in love with a negative habit, it becomes a serious struggle to become free.

Before we move to the next chapter, I will like you to bow your head wherever you are and pray sincerely and intensely from your heart because addiction is a terrible strong hold of the devil upon your dear soul. Please don't take this matter with levity. It MUST take every force within you to be free which is the force of your desire.

You must purpose in your heart that you cannot remain in bondage, when those who built the tower of Babel decided to build the tower that will reach up to the heaven (Gen 11: 3-9), even God said nothing can stop their desires. God said these people will achieve what they desire, imagine God affirming that they will achieve their purpose.

And then I thought God was just going to stop them from building the tower of babel, but God did not just stop them. God only confused their language.

Can you see how strong the desire of man is? God did not take away their desire, this is powerful, according to the scripture God only confused their language in order to confuse their desire. because as far as that desire is focused on something, it will achieve that purpose.

you see desire is powerful, it is something God gave man that makes man a powerful

being on the surface of the earth, and you see God does not take away our desires, no He doesn't, even satan has no power on your desire. that's why satan has no power over you if you do not choose to give him the power.

Your desire(choice) is so powerful. What God does is that He only put the right desire in you by making the right information to be available to you, and if you reject that information then you have missed your deliverance. I pray that the Lord will grant you understanding.

Will you bow your head wherever you are, as you study this material and say;

Father, I've totally come to the end of myself and I completely agree that this negative addiction cannot stop except by your spirit, and I thank you for the information you have given to me right now, so right now Father I choose to be free.

I decide today that I will no longer be in bondage anymore. I confess that no devil can stop my desire, no devil can stop my choice, I choose again today Lord to be free and am free forever. Struggling will not help so I choose not to struggle, I stop focusing on my weakness, I will focus on my desire to obey you, to follow you, and to have my mind focused on you.

I ask that my thought be purified, I receive this information today, and I ask that a strong desire rises up in me, thank you Father (In Jesus Name) amen.

So get your writing materials, with an open Bible, and then get ready for the right information that leads to your permanent freedom.

IF GOD CAN SET ME FREE, BY WHICH I REJOICE TODAY, HE CAN DO THAT WITH YOU.

CHAPTER TWO

Taking away the garbage.

Having prayed sincerely from your heart, we now move to the crucial issue that is so important when it comes to breaking free from the bondage of negative addiction.

Take note of this that **the heart of every matter is the matter of the heart.** Once the heart is secured every other thing around a man's life and destiny will be secured.

Until you pay attention to your heart you will live a careless and meaningless life, and until you pay attention to your life, you will amount to nothing. I want you to understand that every negative addiction begins with ***negative thoughts of the heart and when those thoughts are entertained, it becomes a negative act, the act if not stopped becomes a habit, and the habit becomes a negative addiction, which will definitely lead to destruction.***

Again, I say to you please take note that the origin of negative addiction, starts from negative thoughts and that's why it is important to be careful about what you think.

In fact, you should constantly think about what you are thinking about. When what you think about is unholy, impure, unwholesome, then get ready for a life that is full of demonic activities. Demons don't operate in a vacuum, they operate by the permission you give to them from your heart look at proverb 4:23 from four different translations.

Above all else, guard your heart for it is the well spring of life (NIV).

Take note of the word **above all else GUARD....** this connotes, the greatest thing to do above all other things, every other thing comes under this. You will observe that the bible did not say guide your heart, what you must do is to **guard your heart.** it is until your heart is guarded with the word of God that you can overcome negative thoughts, because **an unguarded heart is a misleading heart,** if you don't guard your heart then what enters it will be polluting, and defiling and it will scatter your life. You need to also take note that the scripture said guard your heart **for it is the well spring of life,** it

is from your heart that life issues flow out. The quality of a man's life and destiny depends on the contents in his heart, let's look at another translation (NLT)

Proverbs 4:23 it says;

Guard your heart above all else cause it determines your life.

Did you see that? That's quite very clear. You see that the present negative addiction you find yourself involved in, whether it is pornography, outrageous anger, watching of immoral things on television and on the website, all of it began from your heart as a thought, and your thoughts are so important to your life. Your heart is like the ground for thoughts to be planted, and when the ground nurtures a seed, it prospers and germinates, the seed will start from as little as you can imagine and then it becomes a mighty tree from the same ground.

The constant nurturing of the ground makes a plant to become a mighty tree. All it takes for a plant to become a mighty tree, is for it to abide in the ground and your heart is like a ground, so when you constantly nurture thoughts of any form of negative addictions, that thought you constantly nurture will become a monster which you won't eventually be able to handle easily again.

Some people have been destroyed by negative addictions, it has affected their marriage, academics etc. turning the favor of God away from them, not that it is God that withdrew the favor, it is the negative addiction that withdrew them from the favor and blessings of God.

So, addiction will make God's face hidden, God's blessing will be taken off, you will not be able to pursue the purpose of God for your life. and don't ever forget that negative addiction will make your life miserable, your conscience will be wounded. Know that, the holy spirit cannot dwell in a body polluted by negative addiction, it's a clear instruction from the scripture that your body is the temple of the holy spirit and I

find out that all negative addictions has to do with your body which is the temple of God, the dwelling place of the holy spirit.

Look at how (ESV) puts it:

keep your heart with all vigilance for from it flow the springs of life.

you see that? It's still the same thing and it's important.

(Message translation) says

keep vigilant watch over your heart for that's where life starts.

Your life starts from your heart so if you neglect what enters your heart and you do not keep watch over what enters your heart, I tell you, you will be having issues.

(ACSB)says;

Guard your heart above all else cause it is the source of your life.

Therefore, you need to begin to watch what you watch, because when you pay attention to things that are unholy through your eyes, you will be feeding the source of the spirit of negative addiction.

(Good news translation) says;

Be careful on how you think your life is shaped by your thought.

Can you take a time to look back to see how your negative addiction started? **You will observe that it started by you either watching something on phone or television or something immoral which you heard, and you later began to think about, and since you are not ready to stop, the thought became an act of masturbation and other immoral things and before you notice it, it had already become a terrible habit that you cannot stop.**

Mike Murdock said **whatever you do twice becomes easy for you to do**, when your negative thought is unchecked it becomes a terrible act, when that act is unchecked, it becomes a habit, and habit is a very serious thing, and when your habit is unchecked it becomes an addiction, and when you are not delivered from addiction you will enter into destruction.

So, you really need to decide to starve the source of the spirit of addiction: take note

of the following:

The gateway to your heart is your eyes and your ears, let me give an example with my own personal experience; I initially was battling with lust for women and I discovered that it was hard for me to overcome it, because I did not destroy the source of the spirit of lust. If you are reading this material and you have not come to the point of making a serious decision, you are joking and you are not ready to be free, because the devil will do everything possible for you not to be free, that's why the first chapter talks about your willingness and desire to be free. It's your desire that makes you take a firm decision and it's your decision that determines the kind of result you get, am talking about a purposeful decision, and an unbending decision, that makes you say to yourself I am now ready to be free from the spirit of negative addiction.

What you watch is a gateway to your heart and it affects what you think about and how you think. *The reason why Christianity of the present day seems to be watery is because of what we watch on our phones and the kind of ungodly movies and entertainment we enjoy*, you must make a deliberate decision to get away from **Nollywood, Bollywood, Hollywood**, e.t.c and until you make a firm decision to stop watching polluting things on screen, you are not ready to be free, because what you watch and listen to is the number one gateway for the operation of the demonic spirit of addiction.

Learn to switch off your phone in order to spend time with the Lord, because when you become a slave of your phone such that you cannot do without your phone, you are simply acting more or less like an animal and animals are slaves of their appetite.

If you've taken notice, you can beat a goat in order for it not to eat a particular food item that it wanted to eat, but you will notice that it will still go back to the same spot, when a goat wants to eat, it cannot control itself, once their food is before them, you can't tell a goat not to eat because animals are slaves of their appetite, they respond to their feelings.

So, when you cannot control yourself, you are acting more or less like an animal and God did not create you as an animal but the devil wants to make you behave as an animal, becoming a slave to your appetite.

Therefore, when you wake up in the morning, the first thing to do should not be to open your mobile phone, you should learn to spend at least an hour with God before

switching on your phone and ensure that at night, your phone is switched off, **don't involve yourself in late night browsing, this is dangerous for you.**

Listen, if you are not ready to do this, then you are not willing to experience freedom from addiction and you will remain in perpetual bondage and eventually, you will miss the kingdom of God because God does not support the life of sinfulness, that was why He actually sent Jesus Christ to deliver you and because the Lord is really interested in your deliverance, He has led you to the reading of this material.

The Lord spoke to me clearly in Oshogbo, Osun state, south west Nigeria, He said: **I hate to see some of my children in the bondage of addiction.** Therefore, since your eyes and your ears are the gateway to your thoughts you need to make a deliberate attempt about what you look at and what you listen to.

"Always remember that *you will look like what you look at and you will become what you constantly hear*".

Don't forget that the bible says your life is shaped by your thoughts. What you hear shapes your life, and until you stop listening to worldly music that pollutes the soul you have signed your life for frustration. I remember one day the Holy spirit told me that **music is the language of the soul**, your soul responds greatly to music, that is why the number one drive of the devil towards the youths to get them to forget God, is through the mentality passed across from music.

Music is so powerful, the soul of man naturally loves rhythms, and because of this fact, the devil has capitalized heavily on combining the power of sound and sight together to derail men from the truth.

There are demonic spirits in charge of sights and sounds, and their target is to affect your thoughts, so that your life can be reshaped, this worldly and demonic sights and sounds has made you a perpetual addict and if care is not taken this may lead to you been destroyed without remedy, because when you listen to any form of music, it communicates a spiritual dimension to you.

So when you listen to music, it's not just music you are listening to, you are contacting spirits because demons operate through worldly music and the Holy spirit as well operate through godly music.

When you sing spiritual songs, you are contacting the holy spirit. Do you know in every idolatry worship and occult worship there is music, there is sound, because sound (music) is also important to demons, so when worldly music albums are released, it is demons backing them up and the same goes to when genuine spiritual songs that honors God are released, the atmosphere changes?

When you practice listening to Godly spiritual music and you genuinely worship God from your heart, you will starve the demonic spirit that is sponsoring negative addictions in your life. Play Godly music around you always, when you ensure that godly music keeps going on regularly, your atmosphere begins to change, you can then gradually and totally eradicate the spirit of addiction, am not talking about **so called gospel music** that are not spiritual and which has no life of God in them. Always let your mind be engaged in singing unto the Lord. You must starve the spirit of addiction, **an unengaged mind is a tool in the hands of the devil** once you do not engage your mind in spiritual things, you have left it open for the devil.

What you allow into your heart is also the same as what forms your mind-set because **the battle field of your life is in your mind**, so you must be sure you are born again, that's the first thing, and you need to know that when your thoughts are well guarded, your acts will be pure, and once your act is pure, your habit will be right and when your habit is right you cannot be addicted to anything evil.

So the Lord is asking you to choose today, would you decide to starve the source of the spirit of addiction? By deleting every song and movies on your phone that is not edifying, it's obvious that these are the means by which the devil uses, you need to also delete every comedy that makes jest of the name of the Lord, the Church or anything around the gospel of our Lord Jesus Christ no matter how small it is, don't watch such.

Delete pictures that are not helpful in your gallery, which connects you to pornography, to addictions, to gradual destruction. don't keep saving pictures of immoral and strange girls with provocative and seductive dressings whom you call your friends. Don't save contacts of unbelievers on your phone, don't be unequally yoked with unbelievers, the bible simply said don't make friends with unbelievers 2 Cor

6:14, they may be church goers but, in their heart, and lives they value sin and sinfulness above spiritual things. And because you are still battling with the lust of the eyes, those pictures remind you of your addictions, take them away from your phone, and if you have them as hard copies, burn them off, that was the counsel my discipler gave to me some years ago to destroy every picture that can lure me to lust and I got rid of it.

Get rid of anything that will promote the spirit of negative addiction. One of the ways to starve the source of negative addiction, is for you to confess to a mature elder or a discipler, who will listen to you, take note that negative addiction prospers in secrecy (*anything the devil does, prospers in secret*) in Ephesians 5:11 reading from the(NIV) it says:

Have nothing to do with the fruitless things of darkness but rather expose them.

Demons do not like to be exposed, therefore, if you want to break the back bone of negative addiction then begin to constantly expose them. ***Never get weary of hating that addiction and exposing it***, follow these steps, have nothing to do with the fruitless deeds of darkness like addiction to pornography, to gluttony and all kinds of things but rather expose them. look at verse 13

But everything exposed by the light becomes visible.

So, when you expose addiction, your secret failures, your secret indulgences, you are breaking the back bone constantly. When you allow people to know about your negative addiction, people can ask you questions about it, saying: when last did you do it? How is God helping you? And by that you become conscious of overcoming it, and you will discover that negative addiction does not have power over you again because light exposes! look at this in verse 14 it says:

for it is light that makes things visible(NIV)

Negative Addiction is a strong hold upon your soul, I know you hate indulging in it but you find yourself doing it and then each time you do it, you find yourself in regret, you regret because your conscience speaks and judges you, and it is God doing that; making your conscience to speak out loud because some people by constant neglect have destroyed their conscience.

Would you make a decision today to starve the source of the spirit of negative addiction? If you don't do that, then deliverance is far from you. Read this chapter again and meditate upon it, look at the words we have raised, look at the scriptures over and over again and the Lord will strengthen you.

Give up things, that ties you to negative addiction, confess them, start now by taking your phone; delete every history on your browser, take them out, if you have too many social media groups, reduce them to one. Don't be on almost all internet browsers they are too much, ensure that the only reason you want to keep social media platform like WhatsApp, Instagram etc. is because you needed them for positive reasons and educational purposes.

Don't just visit and collect applications anyhow, don't go on Facebook when you don't need to go, if you visit facebook site uncontrolably, it means you are a slave of that phone and you are acting almost like an animal who is a slave of its feeling and appetite, and because God didn't create you as an animal you need to decide now to obey the Lord.

When a person is roaming about anyhow on the internet, satan has a way of taking hold of him/her. I will say every journey and act on the internet you make or do, that is not purposeful, satan has a legal ground to release his spirit into you. Take note of this in the Bible Dinah roamed about and she was raped, King David was roaming on the top of His house that was when He had the lust towards Bath Sheba and He(david) scattered His own kingdom through adultery.

It is important that as a disciple or as a Christian, to learn to go out purposefully, browse purposefully, listen to music purposefully, visit your friends purposefully because to everything on earth there is a purpose so when you do anything without a purpose, you've opened your heart and your body legally to the devil.

Would you take a decision today and ask the Lord to help you?

Father we ask for everyone who is studying this material right now, that the hold of the spirit of addiction is broken in the name of Jesus, I decree as you study this material, you are set free completely, receive grace to expose addictions and secret habits, receive grace to starve the source, I ask that God grants you grace to live victoriously above sin. Amen.

The other thing the Holy spirit raised with me was that you must break away from unprofitable relationships with friends that promotes impurity and unclean things by their dressing, by their talks, and other things they do, this you must do, because your environment determines your destiny. The Bible says in 1cor 15:33

Be not deceived evil communication corrupts good manner.

Evil communication simply means friends that do not love and honor the Lord, if you begin to follow such people your life will promote evil. So, I encourage you to get away from evil communication, get away from people who do not follow Christ, people that will not help elevate your spirit, these set of friends will not help you grow”.

This is how to starve the spirit of addiction, because ungodly friends around you will constantly bring you music, films, words, comedies, and other things that will not help your soul to be drawn to the things of purity and to God.

Sometimes it’s better to lose your friends than to lose your life, it’s better to lose friends than to lose your dignity and your sanctity in Christ, and when you keep friends that do not fear the Lord, or reverence him, you are not really ready to experience complete freedom from negative addiction, and you will continually feed the spirit behind your negative addiction.

Father, I pray again for everyone studying this book that they will practice the instructions written by your spirit in it, they will obey your word. Thank you, Lord. In Jesus name I pray amen.

It’s important that you go over this material over and over again until light breaks forth to you, take these steps and the Lord will help you.

Remember, to take note of what you watch, delete everything on your phone that can pollute you, unfollow some friends from Facebook, mute them, get away from ungodly groups and pages on social media platforms, don’t just be there for the sake of being there. Everything now must be with a purpose.

God bless you as you respond to the instructions of the holy spirit, don’t postpone, don’t respond later. ***Do it now.....***

CHAPTER THREE

Renewing your mind

Thank God that you have come this far to chapter three and we are about moving into a crucial thing which you cannot ignore when it comes to breaking free from the spirit of negative addiction.

I want you to understand that you must hate negative addiction with all your inner being. You need to have a strong desperation to break free from the spirit of addiction! The spirit of addiction doesn't just break off easily from a life, when you just have a mere wish to stop, it is not enough to deliver you from this demonic power, don't forget, it was said in the previous chapter that every negative addiction starts as a negative thought and from a thought into an act, and then to a habit, habit to an addiction and addiction is when the agency of another spirit is involved.

This third principle which is renewing your mind is very important, we cannot over emphasize the matter of the mind, **actually the mind is where the battle is**, that is why interchangeably, the Bible talks of the heart and mind because sometimes they are hard to be separated, though in a more detailed sense your heart will mean your inner man which means your spirit, so guard your heart and at the same time guard your mind with all diligence. The Bible says in Rom12:2:

Be not conformed to this world, but be ye transformed by the renewing of your mind.

Anytime **there is no spiritual transformation, there will be a worldly conformation**, you will find yourself conforming and adjusting to the principles of the world system, I want you to know that the spirit of negative addiction is the spirit that rules these last days in the world.

Sexual immorality, pornography, incest and all of that is traceable even to the then old world, if you remember the Bible referred to Sodom and Gomorrah in the book of

Genesis and you find how a whole Nation was addicted to sensuous living and all kinds of uncleanness. Gen 19:4.

So, Negative addiction did not just today, it's been for long. God's response to Sodom and Gomorrah was that He destroyed them and don't be deceived by those saying God condones sin, **it's a capital NO.**

God will eventually destroy those who do not accept the liberty they have been given through Christ Jesus, God's help to you right now is the reason why He is sending you this material so you can study and be desperate to get your total freedom, but when you push God aside, then you are preparing your life for destruction.

It is not God that practically destroys you, it is only that the wages of sin is death. In Rom 12:2 you see the word **be not conformed** because conforming to the world is easy, it is natural, you don't need to stress yourself to be conformed to this world why? The TV is there, the phone is there, worldly friends are there, worldly school system is there, the advert system is there, everything around you is ready to lure you into the mode of this world. That is the reason why it takes responsibility on your part to begin to see how you can renew your mind because that's what leads to transformation, and I want you to know that without the renewing of the mind, there is no transformation.

It is renewal that leads to transformation. To renew means; make anew, make afresh, set the mind in the order it should be. When you renew a system, a phone or a device, you find out that you are trying to set that device into a default setting, in its original setting before it was being used. And the Bible says rom 12:2 especially in the KJV, the word used is **renewing** it's a present continuous tense and so, there is no time you should not renew your mind.

You should endeavor to always renew your mind, and the only agency to the renewal of your mind, is **the word of God.** You see the Bible is not just any other book, it is not a mere book containing stories, it is neither an empty historical book though it contains history, the Bible is a powerful book that transforms, every other book informs, only the Bible informs and transforms eternally with the life of God.

I tell you in the kingdom where satan reigns, negative addiction is a normal thing, in fact it's not seen as a sin, masturbation is not seen as a sin, sexual immorality is not seen as a sin in the world, the devil does not see that as sin, don't forget that is what he told Eve: you will not die and eve told him God told us not to eat of it, lest we eat and we die!

Satan said you will not die. Satan said this to Eve in the garden of eden because satan is always redefining Gods instruction, satan is always readjusting God's instruction and that's why till today, people are readjusting masturbation and all other forms of uncleanness and they are saying '**it's not really bad**' and that is how they carelessly allow satan to have his place in their lives and the devil is also making sure that on the pulpit in the Churches, they also adjust and redefine sinfulness, they don't want to call sin what it is.

Therefore, it is important for you to know that the renewing of your mind is a constant/continual thing and the only agency to do that, **is the word of God**. (The Bible) is a powerful book that tells of your life, your end and the outcome of any choice you make, this is why you must begin to see the Bible in a new light.

Let me give you a practical experience from my own life! When I came over to the Lord and accepted Him as my saviour, around 1998/99 I found out that one of the things I learnt to do is to study and meditate regularly on God's word, to tell you the truth I was initially a man given away to lust of women, I mean I was once engaged in pornography and I found out that my heart and my mind was always consisting of sexual thoughts, I've found out that satan will first of all release to your mind unclean thoughts and when the thoughts becomes your thoughts, you cannot help but masturbate there is no way, you can't stop it. Now satan knows the power of thoughts that's why he is investing his billions of dollars in the movie industry, because the movie industry helps the devil to shape the mind of men so that you can easily conform to the standard of the world.

I want you to know that there is a spirit behind Nollywood, Bollywood or Hollywood etc. I can say that any time, any day, because that is what the spirit of the Lord made me understand, there is a demonic spirit that guides that place, and that's why you will discover that any movie that is not filled with uncleanness, sinfulness, will not really sell, Christian movies don't sell the way other movies sell, because other movies are readily a platform for the worship of Lucifer.

Anytime you sit down to watch any ungodly movie, you are worshiping the devil. It's the truth. Look, you know why? the bible says don't be conformed to this world, anyone who conforms to the world is actually conforming to the Devil. The greatest thing that is a passion to the devil is your worship, the devil wants your worship and that's why he does not want you to submit to the Lordship of Christ, therefore, you need to make a clear decision that you will follow the word of God, this is Important, some of you say when I study the Bible it's boring and I don't understand.

The Bible only gets boring because another law is operating within you, though there are times you are tired or weak and it looks like reading the bible is boring but the truth is that the Bible is not boring, and can never be boring it contains the life-giving power of God. Bible does not bore a man, the power that it carries is enough to liberate your life.

I pray the Lord grants you understanding, so you need to know that the Bible is God's manual and prescriptions to you. The earlier you begin to see the Bible in a new light, the better for you, I can boldly say to you that the only book that has affected me so much and delivered me from the bondage of pornography, masturbation, lust for Women is the word of God. And you see **prayer alone does not deliver a man**, it is when you pray according to the word of God that your deliverance is sure, continuous and established.

The word of God is so important when it comes to deliverance from the spirit of negative addiction, cause one thing the devil and his cohorts feed from and functions from is your mind. The truth is that addiction is powerless once your mind is not focused on unclean things, you can be a slave of your phone and you will not know, you can also be a slave of TV because your mind is been controlled by another

spirit. Several people are being controlled by demonic spirits but they are looking good, they are smiling but they are under the control of demons.

You see there is the full possession of demons, and there is the influence of demons and the most dangerous is the influence, cause if a demon possesses you fully it becomes clear to everyone. Such a fellow may probably run mad or constantly misbehaves. But you see the partial possession of demons as it were, is when demons influences, your mind or stay in you, but won't make you aware because your mind is their feeding ground, that's why sometimes you find out that you can't stand with a girl without having evil thoughts. You find out that as a lady you can't just stop masturbating after watching a sensual movie, these are demonic feelings and I decree to you as you study this material that your eyes of understanding be enlightened so that you may be able to see the demonic spirit standing behind you each time you watch that sensual and romantic TV programme and each time you browse that internet.

May the Lord open your eyes to see how terrible they DESTROY your soul so that they can drive you to the place of everlasting destruction, that is the agenda of Lucifer, he has vowed to destroy men and women and he has packaged it in entertainment. I tell you the truth as a fellow disciple of our Lord Jesus Christ to take these things seriously.

The word of God is so important for your renewal so it's key for you, and then we are not just talking about bible reading! You see bible reading is different from studying the Word of God in order to apply it. Now let's look at the power of the Word of God, the Word of God reveals the truth. The Bible says in John 8:32

And ye shall know the truth and the truth shall set you free.

The only way to contact that truth is through the Word of God. **You see the Bible is God's mind revealed to mankind so that mankind can align himself to the mind set of God.** The Bible, is the agency for the revelation of truth, truth cannot be found

outside Christ, Christ cannot be known outside the holy spirit by the scripture. The spirit of God has no other tool by which He uses to reveal to us Christ the truth.

I remember in the year 2012 when the Lord encountered me at no.15 Ajibode street Iju Ishaga, agege Lagos state, I was on five days fasting and studying the bible, it was the studying of the Word of God that led me to praying because I was looking for deliverance from lust after women, deliverance from evil thoughts, I wanted to be free! I found myself constantly having sex in the dream, I fasted and fasted and prayed but I was still not free.

So as I studied the bible with a burning heart of desire and desperation it was the revelation of the truth that finally delivered me, I did this for five days in a Church, I will go in the morning and return home in the evening, I was desperate, thank God for my pastor who lend me his study bible (Dakes annotated) and I began to search through, one thing I also did was that I picked a spiritual book titled **“In his likeness by Watch man Nee”** recommended by my discipler in the university, my discipler introduced this book to me, when I exposed my weakness to him.

I will counsel you to also read that book, so after reading the book I went back to my Bible and kept looking, searching and studying with a burning heart for several hours and I tell you, the light of God broke forth into my heart and I saw the light and I got my deliverance and the truth is when the light of God breaks forth to you, you cannot deny it.

The Bible says in John 1:1-5

“in the beginning was the Word and the Word was with God and the Word was God, in him was light and the Light was the Light of Men, and the light shines.....”

The light shines it does not shout and when it shines, it dispels darkness. I got delivered from the spirit of negative addiction to immoral thoughts when I began to allow the spirit of God to constantly renew my mind I got delivered from the entanglement of sinfulness and uncleanness.

And because I needed the light to shine brighter and stronger in me, I know that the one-day light I saw from scriptures in 2012 cannot take me for a long in my journey in my Christian race, so what I have been doing for more than seven years now is to revisit that truth and other helpful materials over and over again.

And I tell you, if you have the revelation of the Truth and if you concentrate on that revelation and you allow it to keep transforming your mind through constant meditation, deliverance is sure and you will see that addiction is already powerless and defeated on the cross of Calvary when Jesus Christ died. So, I admonish you to read the first study material I wrote on [“the settled matter of sin”](#) it’s important you study it after or before you study this material, now the other thing you need to note: is that the truth sets free anytime you encounter it.

Truth has no other duty than to set you free, you shall know the truth and the truth you know shall set you free, that’s the ministry of truth, the truth has no other ministry than to break you free from all forms of bondage. Demons are afraid they want you to keep crying, to keep your conscience always troubled, they like to see you struggle. **But the day the revelation of the truth comes, demons will begin to shake and tremble**, if you know how demons will be shaking and trembling when you get close to the truth you will do everything possible to go for the knowledge of the truth. because even when demons depart from you after going through a deliverance session, they will only leave you for a time. **Therefore, it’s the truth that you know that sustains your deliverance, this is so important.**

The next thing to note is that the Word of God is spirit and because it is spirit, it quickens, it makes alive.

in John 6:63:

It is the spirit that quickens, flesh profits nothing, the words I speak to you are spirits and they are life.

The Words of God are spirit they are not physical they are spirit and life. That’s a powerful statement from Jesus “the flesh profits **nothing**” I want you to know that

whatever is done by the flesh, the outcome is always nothing, know that whatever you do with the flesh, in the flesh and for the flesh ends in nothing, even if you pray and fast in the flesh. The question now is what does it mean to do something in the flesh? It means anything done outside the help and dependence on the spirit of God, when you feel you can do it, when you feel you have the intellect, you have the wisdom, you have the connection.

Whatever you do that does not glorify Christ is done in the flesh, because the flesh cannot glorify God, another word for nothing is emptiness. But what the Word of God does is to give life, the Word of God is spirit and that means, it carries the nature of God.

When the Word of God comes to you and you open your heart to receive it, it will realign you to your original nature which is the nature of righteousness, the very nature of God. And that's why it says the Words I speak are spirits, and life, because death operates within you initially but when the Word of God begins to come into you, life begins to spring forth and the more you open your heart to the Word of God, the more spiritual you become.

The more you open your heart to studying the word of God, the more you come alive because anything outside the word of God is death, so the Word of God is the sure way to becoming spiritual, it quickens you, it brings you to life, but when you release yourself to the spirit of negative addiction, things die in you, it opens your life to the attack of demons. I remember meeting young people who are victims of migraine headache, diseases and sickness because they exposed themselves to sexual immorality and all sought of uncleanness.

When you open your self to the principles of Sodom and Gomorrah, which is the principle of uncleanness you should expect the outcome to be nothing but death! Nothing but destruction!

THE WORD OF GOD IS POWERFULL

The word of God is power-full: it is powerful HEB1:12 says the Word of God is so quick and powerful, shaper than any two-edge sword, piercing to the bones and marrows. The Word of God carries power and the power found in the Word is the very power of God, the same power that created the universe is the same power that is located in that book called the Bible.

Now the Bible is a book, but the content within it when breath upon by the holy spirit into your spirit, you begin to touch the power, ordinarily the Bible when it's on your desk, it's just there but that bible on your desk is the door way into the realm of the spirit.

One of the greatest discoveries of my life is the power I found in the Word of God. When the spirit of God breaths on the written word in the scripture, it becomes the Word of God and it is powerful, it changes you. I can boldly tell you today the things that God did in my life through his word (THE BIBLE), are too numerous to count. the word of God because of how powerful it is, no other power can stand it, the scripture says all power belongs to God, it says once the Lord spoke twice have I heard that power belongs to God, psalms 62:11. And then the only way to access the power of God is through the word because Heb 4:12 says the word is quick (alive) and powerful, that means, it is full of power.

When you want to know the revelation in the name of Jesus, it's the word that reveals how potent and how powerful the name is. It is the word of God that reveals the character of God, it is the word of God that exposes darkness, another way to put it is to say *the bible is power loaded*.

James 5:16b says:

... the prayer of the righteous availeth much.

But mind you, a righteous man will always pray the mind of God and the mind of God is found in the Word of God (THE BIBLE) that's how a man of God can pray powerful prayers that is how his prayers are loaded with power because they are loaded with the revelation of the word. So, it is important for you to know that the word of God is

powerful, and each time you sit with the scripture, ensure that you don't have a careless attitude, I like the word attitude it may be spelt as "ATTITUDE" but it also sounds as **HEART**itude, the first pronunciation sounds like heart, you know the nature of your heart is very important towards the Word of God.

And I want you to note this, that your attitude towards the Word of God will determine your transformation, don't see the Bible as a mere book, a book to just go through religiously and at the end of the day get nothing from it, that means you are approaching the Bible with a careless heart. The truth is that you must be ready and thirsty to study your Bible! Each time I want to study my bible, my heart is opened and my heart is prepared willing to listen, willing to hear in my heart what God has for me.

Some of you are asking how do I study my Bible? we are going to that as we move on, never forget that the word of God is power loaded, power packaged and when you study and meditate on it in a day, you are full of power even satan cannot dare you, you need to know that when studying the bible the Holy spirit helps you to see revelations and it's the revelation (scriptural truths) that you see and believe that becomes powerful in you and which changes you and that's why whenever you're going on a special search on certain truths in the scripture and alongside with other spiritual materials, it's good to fast and pray, be in fasting when doing it, we will talk about that in the other chapter.

LIGHT DIMENSION OF THE WORD OF GOD

The other thing to also note is that the word of God is Light and it is synonymous to truth because truth sets you free! Let us discuss more about the Light dimension of the Word of God. When you begin to understand the Word of God, it means you are having access to truth and it comes to you as Light. Because where there is Light there is understanding and what does understanding do to you, it gives you an assurance and a conviction that builds you on a solid foundation.

It's the truth you see from scriptures that becomes light to your mind and this what will sustain you and will make you strong. Light dispels darkness, the light (**spiritual understanding**) of the word of God naturally conditions your environment to the

environment of the Lord, when I say your environment, I mean your internal environment.

When God's word is kept constantly within you through constant meditation, your environment becomes enlightened and since Jesus Christ himself is Light! He said I am the Light of the world John 8:12. so whenever you go through scriptures you will encounter lights, you know there are different types of Light, you know there is candle Light, there is bulb Light, there is flood Light so, [the kind of degree of Light you see depends on the type of attention you give to the scripture.](#)

The greater the attention, the greater the Lighting, so the light keeps increasing in intensity, as your attention and meditation on the word of God increases, the light you see from the word of God increases in greatness until no iota of darkness is found around you.

The next thing to consider is how to use the word of God to dispel the spirit of addiction?

Many of you have genuine wish, genuine desire but you find yourself going back into the trap of the enemy that he has placed all around you.

HOW TO PROFIT BY THE WORD OF GOD

How do you use the Word of God? our principal principle is Joshua 1:8:
This book of the Law shall not depart from thy mouth, but thou shall meditate in it day and night that thou mayest observe to do according to all that is written therein, then thou shall make thy way prosperous and thou shall have good success.

"This book of the Law" take note of the word: THIS BOOK and not THAT BOOK, you know the word **"THIS"** is used for something close but the word **"THAT"** is used to connote something far away. Therefore, the Bible must not become **that** book to you, it should be **this** book, it must be closer to your heart, you must relax with the Bible,

you must carry it everywhere, it must be on your phone, it must be on your tab, it must be on your desk, it must be in your class. Wherever you go, it must be **this** book and most importantly you must carry it in your heart. You see many of us have lost the art of memorising scriptures, and the truth is that whatever you don't commit to memory, you easily forget.

So, if you are not careful to commit scriptures into your heart and into your mind, you will find your Christian life not in order or zigzagged, and inconsistent.

"This book of the Law": Now take note that the Bible is a law (Instructions), please don't confuse it with when the bible says we are not under the law, we are under grace, I want you to know that grace is a type of law (instructions) Titus 2:11-12 confirms that.

for the grace of God that bringeth salvation hath appeared to all men, teaching (giving instructions to) us to deny ungodliness and worldly lust, we should live soberly, righteously, and godly, in this present world:

God is our law giver Isaiah 33:22 and the scripture is the book of the law, it is the Law of the spirit according to Rom 8:2:

For the law of the spirit of life in Christ Jesus hath made me free from the law of sin and death.

Grace is the law of the spirit of life in Christ Jesus and that law is not found outside the scripture. So, the Bible is a law, we are not lawless people but we are not bound by mosaic law of physical things like don't eat pork or whatever, that's not what we are saying.

Rom 8:2 is only saying that we were formally under a law given by Moses whereby we obey it from our will full power without the help of the spirit. I mean from our fleshy desire and that's why we could not keep the Law because another nature operates in us. Then, God brought another law to fight against the law of sin and death that was initially working in us, there is a law that makes us yield easily to negative addiction, it is called

the law of sin and death: such that even when you don't like to commit sin you still do it because it's a law.

Now, what God also did was to finish that law (the law of sin and death), and then put He worked in us another divine law, which is the law of the spirit of life in Christ Jesus, and the law of the spirit of life in Christ Jesus is not accessible outside the knowledge of the scripture, that's why the Bible says this book of the law. The bible is the book of the law, yes contextually in Josh 1:8 it's talking about the Ten commandments and I tell you that the ten commandment is still relevant till today and tomorrow morning, only that how you should obey it as a believer is different from how Israelites obeyed it.

We obey it now, not because we are afraid of God but because we love God and if you love Him, you cannot disobey Him. You obey THE LAWS OF GOD NOW by the agency of the spirit given to us after we believe in the death and resurrection of the Lord Jesus Christ. May the Lord grant you understanding. The next thing to consider in Josh 1:8 says

... shall not depart from thy mouth....

Take note of that word "shall not depart" that it is a command and you know what it means? That is, you must keep talking the scriptures, and as you study the word, you keep talking it, well you may say people will think I am mad yes if you don't want to be conformed to the world, you have to keep talking the word constantly and you have to keep saying it to yourself constantly.

UNDERSTANDING THE MIND.

Let me tell briefly explain that when your mind is idle, satan has a feeding ground, but once your mind is occupied you find out that satan cannot easily have access to it, one of the ways I found out to engage my mind is by talking the word of God! Have you noticed that it is hard and very rare to be talking while your mind is somewhere else? In fact, I will say 98%, of the time when you are talking your mind is quiet and focused on what you are saying.

But once your mind is focusing on something else, it will show in your words, your words will not be consistent, it will not agree, and the person you are talking with will note that it's as if your mind is not in what you are saying, so once you are talking, your mind is forced to listen to what your mouth is saying, do you know that your mind can start up a thought on its own, if are quiet for some time and take note that most of the time whatever the mind is thinking of will be around what the eyes have seen or what the ear has heard.

The mind functions through the information given to it, your mind has a capturing power to capture any form of information no matter how long it has been, the mind is ready to pick it any day, anytime. Things don't get easily destroyed in the mind, you only need to refurbish it by another new thing.

You can't delete things in the mind and say that your mind is blank, the only thing you have to do is to replace with another new information, the principle that works in the mind is not deleting things but replacing them always with something better.

You cannot delete a thought from your mind, you cannot delete a negative sight that you saw and say I delete it, I delete it in Jesus name, it can't go like that, this principle is like when you work with your computer system and you have worked on something and then you saved as a file, but still you want to edit and when you work on another file and you want to save it in the previous file's name, you find out that the computer says; this file already existed do you want to replace it?

That is the principle of the mind, for the computer system, you can even still delete and you can edit but with the mind it is only the principle of replacement that works with it.

So, if you pay attention to this classic instruction of Josh1:8 your life will experience freedom from the control of addiction in your mind and body the way my life experienced freedom.

The world system constantly engages your mind, there are talks about football, movies, about big brother Africa, big brother Naija, talks on social media, new fashion,

new this, new that, and you find out that our generation is a busy generation, though we are busy with emptiness. Comedians are talking to our ears, musicians are filling our minds with junks from the pit of hell, so it takes extra focus for your mind to remain in the word of God.

Now anytime you find out that someone wants to start a scriptural conversation among a group of people you will notice people may quickly want to cover him with shame they might say something like this: ***please go to Church if you want to preach.*** As if the Church is the only place where we are licenced to talk the Word, and then I tell you that the devil is doing everything possible in pushing away the Word of God from public places and only to be discussed only inside the Church building.

But according to the scripture of Josh1:8 the Lord said to Joshua “it shall not depart from thy mouth. You have to carry the word of God in your mouth everywhere, take it to the class, so you can talk the scripture there, at the bus stop you talk the scripture. Everywhere your mouth goes, you must learn to ensure that *all that must be coming out of your mouth must line up with the principle of the Bible.*

Speak the word of God always to yourself before speaking to others, we are not talking about a showmanship idea, or disorderly manner, where you are shouting the scripture all over the street on top of your voice as you walk the street **No?** but I am talking about you quietly talking and meditating on what you have read from the scriptures.

You pick a verse and say it over and over, just keep it in your mouth and then of course I know you have other things to do, that you have to respond to, but when you notice you are quiet or silent again, resume back to talking the scriptures to yourself.

MEDITATION

To meditate is to think deeply, to ponder and cogitate over a matter, the principle of meditation is practiced by some animals who has four stomach that isthe RUMEN, OMASUM, ABOMASUM and RETICULUM. You find out that the goat is in that class, the goat would have eaten, but it will go to the first stomach (rumen) and after some time, the food returns to mouth for further chewing, before going to the second stomach (omasum) then start chewing it again, and so on like that, until that food is a part of his/her body system.

That's the spirit of meditation, you think deeply on the word of God, you talk it, you apply it, you take it back to your mind and heart for further meditation, until that revelation of scripture becomes part of your life. **Because you will eventually become what you think about** and that's why scripture encourages you to think on the word of God and to think is hard work, it means you have to stop focusing on other things in order to focus on this one thing (The Bible) but you notice the devil has surrounded you with distractions; people playing music around your house, the street is booming, the other one there is advertising something, so you see, that it's a very noisy generation and that's why negative addiction is thriving easily in our generation.

Now [the Word of God is the unchanging Word in a changing World](#), so despite the fact that the World system is changing, we are hearing more noise and distractions, the principle remains the same! Joshua 1:8

*.....**but thou shall meditate in it day and night** that thou mayest observe to do according to all that is written therein, then thou shall make thy way prosperous and thou shall have good success.*

Meditate on it day and night. You see, am surprised as to what God said to Joshua, he wasn't just supposed to study the Word of God in his quiet time, he was supposed to meditate on the Word, day and night, it's must be a consistent thing, the question is how do you meditate on the Word of God Day and night? That means you are to meditate every time you have the chance, you have to endeavor to spend the larger part of the day thinking and talking scriptures and then before going to bed, the last thing on your mind must be the scriptures, and even when you have the opportunity to

wake up to work in the night, you must take some time to keep thinking about what you read and studied in the bible.

You meditate by concentrating your mind on a scriptural verse that is been impressed on your mind, the truth is that there is always a verse that the spirit of the Lord will always impress on your mind and you will just see that it's that verse that will always strike your mind.

Always read a chapter don't just read one or two verses and claim to have read the Bible, you can start up by using a very good daily devotional, though there are devotionals that will distract you, such devotional is not centred on Christ , and is not centred on building correct foundation in your Christian faith, don't use daily devotionals that teaches error by saying God does not care about your sin, he just likes you, don't read such devotionals, but there are some devotionals that will help you and you can contact us if you need one or two of them.

You can use daily devotionals that will help you meditate on God's word, so when you reach out to your daily devotional there are scriptures for the day, pick that scripture and be thinking on it throughout the day. Now to think means to focus on the scripture, at first when you begin to meditate on the word of God it will look monotonous, or boring, but take note that meditation is the means to save your mind from the pollution of the World system and as you go on thinking and you practice this ageless exercise of meditation, you begin to enjoy it, that is my own experience and this has transformed my life tremendously.

Josh 1:8 says:

*..... but thou shall meditate in it day and night **that thou mayest observe to do** according to all that is written therein, then thou shall make thy way prosperous and thou shall have good success.*

After meditating, you begin to observe and in your observation you will be asking questions like this: why is this different from that? Nobody meditates without observing, and there is no correct observation without proper studying, so it is as you

study the bible not just religious reading that you begin to really get in tune with the power embedded in the word of God through the help of the Holy spirit.

In order to study, you must accept the responsibility to take the time to look at the scripture intentionally and deliberately. whatever has value takes time, if knowing God is so valuable to you then be ready to give time for it, but whatever is valueless does not take time, it is available anywhere, anytime, any day. To know **God AND HIS WAYS TAKES TIME BUT IT IS HIGHLY REWARDING**. For God is the rewarder of those who diligently seek him. Heb 11:6

So, meditate on it day and night that thou mayest observe, observe why is this verse different from this verse, why is God talking here like this? And what is the Lord requiring of me? When you begin to ask questions like this it means you are observing, you are beginning to see things deeply into the Word of God, and once you begin to observe you become empowered to do. You begin to practice, you begin to carry out the word of God, the reason why doing the Word of God is poor in this generation is because we didn't go through the stage of thinking on it, we didn't go through the stage of observing it, that's why our obedience is so poor, when you obey the Word for two weeks and you stop obeying it, do you know why? Once you stop talking the Word to yourself and you stop meditating and you stop studying to observe, your doing will be poor and you will not be able to consistently obey the Word of God. But when you begin to do the Word of God, you observe that you begin to get blessed cause that's what James 1:25 says

"But whoso looketh into the perfect law of liberty, and continues therein"

.....

You have to keep looking into the word of God and you must continue to do it, looking is enforced through attention and the value you place on what you are looking at, and it is that value you place on the word of God that sustains your attention even if there are several distractions. Therefore, can I ask you do you a place value on

scriptures? if yes, then study and meditate on it, because that is the only way to show that you value the word of God.

Therefore, if you desire to be free from the spirit of negative addiction, you must take note of constantly looking into the perfect law of liberty, the **Bible is actually the perfect law of liberty.**

Therefore, there is no one who constantly meditates in it that will not experience liberty from sin, all forms of negative addiction and demonic manifestations. I tell you boldly today to break away from that shackles of negative addiction by taking your bible and say boldly with deliberate intention:

From today the bible shall be my life and living I will read it, study, meditate and obey what it says,

I decree I am set free in the name of Jesus Christ.

I ask the Holy spirit to come into me and help my focus on the word of God.

I break away from every spirit of distraction and pollution in the name of Jesus Christ.

I choose to believe the word of God and not the lies of the devil.

I will arise and do the will of God who created me in his own image.

AMEN.

CHAPTER FOUR

The Power of Prayer and Fasting.

It is so important for you at this point to further pay attention, because when you are combating with the spirit of negative addiction, you are combating demonic forces that are bent on destroying your soul.

There is no body that should treat negative addiction lightly, because negative addiction is as a result of the enforcing of the demonic spirit within and around your life or better put, negative addictions are the principles and desires of demons to make you a perpetual slave. Negative Addiction is a serious issue because, it is influenced by spiritual forces! Everyone I have ever met who are under the influence of the spirit of negative addiction desires to be free but they find it difficult.

It is as if they are under a spell (a bondage), I remember a young lady that at a time who was in the addiction of masturbation, she cried and wept only to find out that there was a spirit behind it. Because whenever your negative habit is not stopped, it becomes the altar that demons feed upon and it becomes an addiction! therefore, the subject of prayer and fasting is very important.

You need to know that it takes **prayer and fasting** to combat spiritual forces and the most misunderstood concept in the scriptures is **prayer**, you need to understand the kinds of prayers to pray and you need to know what they are. Prayer is essentially a communion, a dialogue between you and the Lord, it is the platform for fellowship, that strengthens your relationship between you and the Lord.

The strength of every relationship is communication and that is what prayer does.
The Bible is full of admonitions and commandments on prayers and it is important for you to know that when you stop praying, you start dying even when you are not addicted to anything, the devastation of a prayer less life is unimaginable because prayer is a lifelong commandment!

Jesus Christ the Son of God constantly prayed, and the truth is that those who really pray want to pray the more, ***praying according to scriptures***. Prayer is not gymnastics, prayer is not measured in shouting, prayer is not first measured in the longevity in time, prayer is simply measured in the depth of the heart of the person praying!

That's why, understand this that, the only rescue lifeline of anyone that calls himself a believer in Christ is in continuous praying and you cannot study the Word of God without praying and you can't pray without studying the Word of God, there is no body that prays effectively that is not an addict to the scriptures because whenever you study the Bible, it imparts and initiates the art of praying, so if you are to obey the Bible, you will automatically pray, therefore, you can't separate praying from studying the bible, they go together. Let me let you know that, if you pray for head knowledge or for showmanship sake, you won't end up praying.

Take note that some of your negative addictions has lasted for more than 2 to 3 years and some negative addictions can even last for more than 10 years at times, therefore, if you know you've been battling with the spirit of negative addiction for a long time and even if it is for a short time, then you should know that since your body is supposed to be the temple of the Holy Ghost but in the same body, satan wants to build his own altar and that's what negative addiction does, it builds an altar of worship for the devil right in your body.

Negative addictions to uncleanness, is a platform or an altar for Lucifer's (satan) worship, so you need to deal with these things and I tell you anything the devil has taken as a ground or territory, he will not want to leave it and that's why if you follow the process we are talking to you about? Which is the power of prayer and fasting you will experience a great deliverance.

Look at Heb 5:7 it says;

who in the days of His flesh after he had offered up prayers and supplication with strong crying and tears unto him that was able to save him from death.....

This scripture refers to Jesus “who in the days of his flesh” so while Jesus was here on the earth “He offered up prayers” you see; prayers go up and some prayers stay down! There is no prayer from the heart that remains or stays down on the earth, it must go up to God, so don’t allow the devil deceive you whenever you are praying and say God is not answering you, it’s not true, this the very reason why you should not just pray but you must pray from your heart.

Because the effectiveness of prayer is the prayer made from the heart, when you pray shouting and it is not from your heart, your prayer does not go anywhere, but if you can pray as Jesus did, He offered up prayers and supplications that is why you also should bring your petitions before God with tears in your heart about that negative addiction and you will see tremendous result.

Jesus Christ offered prayers with strong crying, this connote, that there must be a strong reason that gave birth to strong crying, so until you see the matter of negative addiction as a strong hold, you can’t do strong crying in prayer. **Crying is different from mere emotional tears because crying is shouting and when I say shouting it’s not just about the tempo of the voice it is about the soul calling unto the Lord,** it a soul’s perspiration, it’s a soul desperation.

So for you to pray, you need to do it with strong crying in Heb 5:7 it says strong crying and tears unto him that was able to save him from death, so the reason for strong crying and tears is because there is a death issue, he was to die and Jesus has never tasted death before and he was to taste death for every man, Jesus of course wasn’t afraid to die physically, but there was a spiritual death and He was saying oh God am carrying the sin of the World, my soul is exceedingly sorrowful, help me through this, save me from this death so that I don’t go with it.

Do you know that Jesus Christ was in a serious case? He could have said something that will be wrong because of the pressure of death? But when he said God should save him, He was not saying that He does not want to die for the world, He knew he had to do the will of God, but He was asking God to save him from the power of death,

the rulership of death, so Christ dominated death because God empowered him and by going through physical death, He became the author of eternal salvation.

So, you need to understand that if Jesus faced a matter that was crucial and He cried, how can you be addicted to pornography and you do not shut down everything in order for you to pick up a strong crying unto God for deliverance? Let me tell you something, God in Heaven cannot reject a man that comes with a total heart with strong crying.

If tears come, why not cry? If tears don't come why not shed tears in your heart, **you need to cry because the matter of negative addiction is terrible, if you don't take deliberate action towards your deliverance from addiction, in few years to come you may regret it for life.**

So that's why you need an avenue to shut down everything, from everyone and with strong praying, and with strong crying, offer the content and desperation of your heart for deliverance to God. Now when you look at col 4:2:

Continue in prayer, and watch in the same with thanksgiving.

The word of God said to continue in prayers, don't continue in movie watching, don't continue to hang out with unspiritual friends but continue in prayers. How can you be in a bondage and you are laughing? It is not proper, it means you are not really serious and I've seen some people with different problems in their lives and they are joking with the matter No! it shouldn't be, you need to take it up.

There was something said in 1Tim4:5

"for it is sanctified by the word of God and prayer"

That means the word of God and prayer sanctifies, do you understand? Because there was the issue from verse 5 about not eating some certain things and all of that, but Paul said you can eat everything only when it is sanctified by the word of God and prayers.

Now when you sanctify any meal with the word of God and prayer, that thing becomes sanctified, it becomes clean. Anything that is dead, that is ungodly, that is impure, the

word of God and prayer sanctifies it, so it means I can also sanctify myself by the word of God and prayer, it's important for you to understand that these are the two means for your continuous cleansing and sanctification. **(The word of God and prayer)**. So we've taken time to talk on the fact that prayer is your only lifeline to be free from every harassment of the devil, the devil will not leave you cheaply, no, don't ever think the devil is going to just release you easily like that, he has used your body as a platform for worship in addiction for several months and years but now, it is time to break free.

You must mean business with God; do you know why? There is a destiny you have in Christ; Jesus paid the price for your deliverance! You can't watch your life go down the drain and you keep smiling, watching African magic or engaging in other things that are not relevant to your life, you need to take responsibility about this bondage of addiction, it must break off your life once and for all.

I remember when I gave up everything else, I was fed up. I wanted to know the reason why I am going up and down in my Christian walk and I made up my mind to meet with God and you know what God did? He encountered my life. I know there is no one that comes to God in intense desire, praying and with strong crying that God neglects, don't let your heart be hardened that you cannot cry again.

Actually, I didn't shed physical tears but I knew I cried. though occasionally I shed physical tears, and I tell you the Lord has never failed. In Luke 18:1 it says ***"and he spoke this parable to this wise that Men ought always to pray, and not to faint"***

Prayer is always in all ways and that's why I said prayer is essentially communion with God, the Father! And there is also the prayer of intercession, supplication, and the prayer of thanksgiving and you need to know which one you are applying each time. I recommend the book on prayer by 'Kenneth E. Hagin'

You can read that book and understand more on prayer, prayer is key! The other force that is important to engage when it comes to breaking free from addiction

is combining prayer with an attitude of humility that is called **fasting**: fasting is a sure way to humbling your soul.

FASTING.

You can't be in the bondage of addiction and you are eating all kinds of food, drinking all kinds of green, blue, yellow drinks and then you are expecting to be free! You can't be free like that.

Addiction is a terrible spirit, I tell you the truth, you don't know the devastation that awaits anyone addicted to pornography, immorality, and uncleanness, I tell you there is a destruction ahead! don't let any Church or pastor deceive you, Jesus didn't pay the price on the cross of Calvary, for you to continue in addiction, so that he can keep forgiving you, don't believe such gospel. The gospel message delivers anyone from the shackles of sinfulness that's why in your praying, you must pray from the stand point of what Jesus did, don't pray saying **oh God am tired oo**, o Lord help me ooo, O Lord do something. That is not prayer!

Prayer is different from complain! I am going to give you an example at the end of this material, you just go to the appendix and you will see the prototype of the kind of prayers you should pray.

When praying bring out scriptural evidences of how Jesus delivered you and you begin to raise it before the Lord because the scripture says so and so I cannot remain in bondage, and then it becomes a strong crying and when you are done with this chapter, begin using the prayer in the appendix and we counsel you to combine your praying with fasting.

Because prayer and fasting is one of the surest way to get rid of any devil, you know why? Fasting and prayer is a double edge force against every assault of the devil. Jesus Christ before He started ministry, He fasted for forty days and the Bible says He returned in the power of the spirit. You see it is important to know that fasting does not affect God, it affects you, fasting helps your flesh to be submitted, to be under, while it makes your spirit opened and free from anything hooking you.

Fasting and prayer is very important! Take note, that **fasting without prayer is hunger strike**, in fact I counsel you to do praying, fasting and studying because this threefold is a powerful tool that the devil cannot refute.

When you are fasting separate whether a day or more, get away from all forms of distractions and get to a particular place and that was what I did in 2012 that liberated my life and brought me to deliverance from sin, I separated myself, I opened my Bible and I was in a place with no food but just there studying, I would break my fast in the evening and then go back there again for five days until the light broke forth into my heart.

There was another time I was on a five days fast drinking water only and kept praying saying: **(Always check your health before knowing your type of fast)** Father open my eyes to the truth, Fasting is key to you! Look at Mark 9:29, now a lot of people have spoken about this but let's bring a balance about Mark 9:29

... This kind can come forth by nothing, but by prayer and fasting.

There was a situation whereby the disciples could not cast out a demon, and in verse 28 when he came to the house, the disciples were asking privately why could not we cast it out? He said unto them "this kind can come forth by nothing "you see that? Nothing makes this kind of demon to come out but by prayer and fasting. I like Mark because he puts prayer first before fasting, fasting alone is not the key, it is prayer combined with fasting. Jesus said when you pray and fast together, you become so full of faith, your spirit is so opened and not that the demon respects fasting, No it is that prayer and fasting really positions you to stay in faith, what fasting does is that it opens your spirit and makes you become more sensitive and aware of what you carry within you, fasting and prayer together with studying opens you up to the truth of scriptures with a great force.

When praying and fasting, decree with an earnestness of purpose about that spirit of addiction and I tell you that spirit will die because overeating in this context will bring you

down, it will make your flesh active, you become saggy and dull, you become very relaxed (there will be no high altar of faith in you).

It has been said that when Jesus casted out that demon, He himself was not fasting yes Bible didn't say he was fasting but Jesus Christ lived a life totally pleasing to God such that he was living a fasted life (fasted regularly). I believe Jesus Christ lived a fasted life because, after the 40 days fasting and prayer he did not just stop there, there are times they brought him food and he did not eat and He told them "I have a meat you do not know of" I believe Jesus Christ had a regular life style of praying and fasting and then, Jesus will not teach what he himself was not doing, hope you got this?

For him to have said what he said in Mark 9:29, that means He also must have given himself to prayer and fasting, he couldn't have taught it and he was not doing it.

If Jesus was not doing what he taught, one of the disciples could have replied ah Master you don't fast why are you asking us to fast? No disciple said that. It means they know He does fast. It is only that we see that Bible never gave fasting as a command because God does not want you to be forced in doing it.

But when you look at the Bible, you find out that God already expects us to fast because when you look at Matt 6:16,17 it says

Moreover, when ye fast....

You see it's not if ye fast but Jesus said when ye fast, the word when connotes that God wants you to fast in continuation, the Lord commanded that when you fast be not as hypocrites of a sad countenance that they may appear unto man to fast, verily I say unto you they have their reward and that's the kind of fasting God rejects.

Now in verse 17 "***but thou when thou fastest***" you see that God already assumed that you should learn the principle of prayer and fasting. Have you declared two or three days out and then you go somewhere and then sit with God and your Bible in prayers, I tell you when you seclude yourself like this to pray that demon cannot stay. If you

follow the principles we have shared in this material chapter by chapter, you will experience deliverance.

The next thing to do is to ensure your heart is humbled, what does fasting do to you? Your soul is humbled, your heart is focused, your spirit is more opened and it even helps your health.

You know when you are fasting you can't be watching TV? When you watch TV, that's not full fasting, when fasting, spend time praying but when you spend time with the TV and your phone instead of praying and studying you are not fasting!

Fasting and prayer demands a focus, you must get away from every other thing, switch off your phone, switch off the TV. Look at Daniel's fast for 21 days (Daniel 10:2-3) and take note of what he said "I ate no pleasant bread" that means avoid anything pleasant to you, anything pleasurable.

So, you could concentrate on God, don't claim you are fasting and you are browsing up and down come on! that's not fasting! Switch it off for that moment and then spend time focused, when fasting take away anything that clogs your mind, when you do this, follow the pattern of prayer we are giving to you? (check appendix).

Remember let there be strong crying, let there be desperation, cry out don't form it, don't pretend about it, speak to God and then decree from the stand point of the victory of the Cross of Calvary and what Jesus already did for you.

Don't speak from a defeating stand point. Satan likes you to talk as a defeated fellow! If you have genuinely accepted Jesus and have followed the prescription, we gave to you in the book **'the settled matter of sin'** and you follow the ones given in this material there will definitely be a change. (YOU MUST READ THE SETTLED MATTER OF SIN, YOU CAN REQUEST FOR IT BY CONTACTING THE ADDRESS ON THE LAST PAGE OF THIS MATERIAL)

It is really important for you to combine the power of prayer and fasting because I tell you, the devil cannot stand a desperate soul that cries unto God.

Will you bow your heart and start today? separate a time maybe 24 hours, maybe three days or seven days stay with God but ensure to drink water constantly because of your stomach and toxins and then, ***let your soul cry out and I tell you Jehovah cannot refuse a soul that cries out with desperation unto Him.*** ARISE NOW.

CHAPTER FIVE

Walking Daily in Victory

We have come to the most crucial part and you need to really pay attention to this truth (**walking daily in victory**) we will share with you, principles that have worked, that we have proven, that we have tested for many years.

In my own personal life, I have found out that these principles have been working, and it has been helping me to live everyday above sin! I am not saying this is made possible by my own power, but by the grace of God and the empowerment of truth. Now check first and foremost Titus 2:11

“The grace of God has appeared to all men and is teaching us to deny ungodliness”

So, the grace of God actually teaches you to deny ungodliness. What most people call grace and use as a license to sin, **is not grace but disgrace!** The grace of God is an empowerment that makes you to abstain from sin easily and cheaply, and that grace is acquired through faith and it is built through praying, studying and fasting.

You really need to read our material **‘the settled matter of sin’**, it makes you understand properly what we are sharing with you now. The grace of God is an empowerment that allows you to deny ungodliness easily (worldly lust). Look at Titus 2:11 again it says;

The grace of God had appeared to all men teaching us that denying ungodliness and worldly lust, we should leave soberly, righteously and godly in this present world.

Grace will not stop there; grace continues to make us to look for that blessed hope and the glorious appearing of the great God and our savior Jesus Christ. So, you see that grace when received, understanding the power of Christ’s death on the Cross of Calvary and his resurrection, leads a man into complete freedom. Oh I love freedom. I bless God I am free, you too can be free if you believe, no matter how many years you have been falling and rising. Actually you cannot really read this material without first

reading **the settled matter of sin** because we took time to explain more about what Christ did on the Cross.

So, the grace of God allows you to be empowered to deny sin easily. How do you walk daily in victory? it's simple! I found out that walking everyday above sin is very simple because God made it simple, the flesh will always tell you it's very hard but it's alie! If you believe that lie, you will fall flat again and again. First of all, you need to know that every temptation that face you is common, it's not special. Look at this scripture in 1cor 10:13 it says;

“There hath no temptation taking you but such as it is common to man”

You see that? It's common to man and what you call big issues are common and as you are faced with this, many other people face similar temptation and trials. You are addicted to whatever you are addicted to in the same way other Brothers and Sisters are also being tempted to do the same, but if some brethren are living victoriously above sin and you are not living above it, then there is a problem

I believe if you follow what we have shared, you cannot experience the bondage of addiction again there are no temptations taking you but such as it is common to man! Look at this scripture 1 Cor 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear....

So, you need to understand that no matter the temptation THAT you face to go back into addiction. You can overcome it, God practically supervised that no temptation can arise that you are not able to OVERCOME. Am glad that God will not allow the devil to tempt me above what I can bear (it is a glorious understanding).

Each time satan is coming to face me and say let's pull him down God says to the devil but you can't pass that boundary because, he has not grown to that point. God monitors me and ensures that the daily challenges that faces me, are what I can overcome. So don't say 'ah my own case is special' it is not special, you can walk everyday above the devil.

let me tell you from a personal experience **that there is beauty in holiness**, there is beauty in purity! Sincerely, it is more beautiful to be pure, its more glorious to be holy than to be unholy, its more glorious to say no to that corrupting television programmes and movies, its more wonderful to say no to that pornographic website and ***I tell you to walk daily in victory is not by self-effort, actually self-effort will disappoint you.***

Many times, you say I will not do this again.... ah if I do it again, let me become..... that language is already a language of the energy of the flesh and because you made that statement, you will find out that you went back to that sin again, you know why? because the flesh cannot please God.

it's not in saying I will not do this anymore, if I do this again... Then God finish me, God won't finish you because the truth is that you will do it again, once your confidence is in the energy of the flesh.

In walking daily above sin, is to trust the Lord to help you, you see, every day I say to myself **'oh Lord I rely on you today again and on your grace to help me walk above every sin and every addiction'**.

When you intentionally engage the Holy spirit with a trusting heart, the Holy spirit gets into action, when you constantly say 'I can't control myself but I release myself into your hands OH LORD' believe me .THERE WILL BE HELP FROM THE HOLY SPIRIT.

Imagine the statement of Jesus on the Cross He said **'unto your hands I commit my spirit'** if Jesus could commit himself to the Father, He didn't say now let me die, **and I have found out that those who live daily above sin, are those who commit their spirits into the hands of the Holy spirit and no wonder they find it hard to commit sin.**

You need to also commit your heart sincerely to the Lord every morning and when you commit your life sincerely to God, you will be conscious you kept your life somewhere, And when you commit yourself to God, He is faithful to keep you.

But you cannot see a man who kept something valuable to him somewhere and He says I forgot I kept something somewhere No, if he should ever say that, it means that thing he kept was not valuable to him.

Even Jesus confirmed it and said wherever your treasure is there your heart will be also (matt 6:21). So, when you commit your life into the hands of the Holy spirit, your consciousness will be there. I have put my life into the hands of the Holy spirit, and I know as long as I do this consistently by faith my life will always be on the victorious side.

If you obey the principles of chapter two of this material, you would have done well because it is one of the major ways to walk above sin. Throw away everything that will lure you back to addiction, don't say but it is hard to stop watching movies on TV, the truth is I who writes to you have stopped it. I was an addict to the television but when I decided that I wanted to make heaven, God encountered me and I received grace through the word of God and that grace has been empowering me ever since to deny ungodliness (and I know ungodliness is being displayed regularly on the television and on your phone, worldly lust is there, impurity is there) you know what I did? I abstained from television.

And ever since I made that decision, I have moved into glorious liberty for many years now. When I got married myself and my wife decided what to do with the television and our phones, we decided to shut down anything that will not help us in the family. we have chosen a particular time for TV and what we watch is only Christian movies and what edifies our spirit and informs us on what will make us better. Do you know why we made this decision?

We have decided to be on the victory side and to get to heaven! And I want my family to get there, I don't want to expose my house to demonic principles and manipulations from TV programs and movies. I don't know about you but you have to make that choice, no wonder there is so much powerlessness among Christians today because we are fellowshiping with devils through our televisions set, and through our phones, and those things are giving us a separate vision.

Therefore, understand that it is not by self-efforts, but yet there is a responsibility that grace puts on you; which is to deny, reject anything that is ungodly!

The next thing to pay attention to when it comes to living victoriously above sin is to keep trusting Jesus, *don't try to overcome addiction by your strength but only trust God to overcome*. **Trying is different from trusting**, “whoever keeps trying cannot survive but whoever keeps trusting will always be above”.

There maybe another question that maybe rising in your heart and you ask “do you mean until Christ comes, I won't fall into this thing again? “Now listen carefully

This revelation is not a work; it is a walk, i.e. A walk is taking one step after another. You don't need to be thinking about when you will sin or not. What you must do every time is to know and keep affirming the Word of God”. Look at Romans 6:6 it says

“Knowing this that our old man is crucified with Christ, that the body of sin might be destroyed, that henceforth we should not serve sin....”

The word Knowing is spelt as present continuous tense according to the King James Version. It is what you must keep on to know every day, even as you are tempted. Don't think you have arrived as you overcome sin on a daily basis, but humble your heart as you keep knowing this truth and let me let you know that the more you keep knowing this truth, the more you discover new things about freedom from the power of sin and sinfulness. Walking daily by faith in God's word is the key to living this life style.

Take note that you will still be tempted, even more than before. Satan will attack you many times because you are just starting to discover this truth. You may

mistakenly fall. Please note the word “mistakenly” not willingly. You must confess your sins immediately and go to the knowledge of your freedom and run to a mature elder in the faith to confess. As you continue, you will discover that you no longer even have the consciousness of sinning, because you will be walking in freedom continually.

I am telling you what I am experiencing by the GRACE OF GOD, THE BLOOD OF JESUS CHRIST AND BY FAITH IN GOD’S WORD.

Dear reader, don’t fall into fornication and say it is a mistake. No one falls into fornication mistakenly you must have ignored a lot of warning signs.

Listen to Gods admonition to you in Roman 6:11:

“Likewise reckon ye also yourselves to be dead indeed unto sin, but alive unto God through Jesus Christ our Lord”.

Even so consider yourselves also dead to sin and your relation to it broken, but alive to God [living in unbroken fellowship with him] in Christ Jesus. (AMP)

This is what you must do on a daily basis. You must reckon (AGREE, CONSIDER, BELIEVE) that you are dead indeed to sin. Carry that knowledge every morning to school, to class, to the market, to the office, in your marriage. ***Learn to stay away from friends*** who do not walk in the light of God’s word, if you stay with them you cannot help but begin to contemplate going into your old ways. Ensure you move with Christians who are experiencing the power of the cross, and ensure you also say it to yourself daily and as much as possible, that “you are indeed dead to sin and alive unto God through Jesus Christ our Lord. WHAT YOU SAY IS WHAT YOU WILL SEE.

I love the word indeed; it means that you are truly dead to sin”. Any other thing is a lie. Dear reader, I who write this thing to you today can say boldly by the grace of God, that my confidence in victory above sin is getting stronger and I am

knowing more, let me share with you some of the things that will keep you victorious above sin every day:

THE FOLLOWING THINGS LISTED HERE ARE VERY IMPORTANT TO VICTORY.

- a. Study the word of God on a daily basis. Joshua 1 & 8, I John 2 vs 3.
- b. Mediate on the word, and bring your meditations up in prayer.
- c. Be sincere to God always when you pray.
- d. Stand on what you now know from God's word about your victory above sin and confess it every day, even when you are faced with temptations.
- e. Remove the old man's property from around you, this will be the correct attitude based on the encounter you had with the word of God i.e. worldly music, clothes, unholy films, old friends, e.t.c When you do this you are reckoning, considering that you are dead indeed unto sin.
- f. Fellowship with the brethren always and listen to God's word with meekness. It will purify your life and purge you always.

The victory that overcomes the world and Satan is faith, In I John 5:4

For whatsoever is born of God overcometh the world: and this is the victory that overcometh the world, even our faith.

It is faith, daily, living faith in God's word that wins because according to scriptures God is willing and ready to keep you from sin and corruption. Now turn your bible to I John 3 vs 9-10:

9. Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God.

10. In this the children of God are manifest, and the children of the devil whosoever doeth not righteousness is not of God, neither he that loveth not his brother.

Did you see that powerful scripture? Since you are born of God, the nature (the seed) of God is in you. The nature in you now wants to please God, what you have to do is to allow Christ to live his life in you, Galatians 2:20 settles it.

I am crucified with Christ nevertheless I live yet not I, but Christ lives in me and the life which I now live in the flesh I live by the faith of the son of God, who loved me, and gave himself for me. NKJV

If this scripture can be your daily guide, you will henceforth please God effortlessly. This lifestyle is what you must walk towards not by struggling but by daily beholding the Word and believing it. That is what is happening to me and praise God I am victorious. So stop struggling and start trusting in Christ, the one that has the ability to keep you. I pray this will be your testimony.

The other issue I want to relate to you that you must pay attention to that has helped a lot of people is that in ***John 8:36***:

If the Son therefore shall make you free, ye shall be free indeed.

Listen. The word of God cannot lie. The truth is that you have been set free from that habit of addiction since you received Jesus Christ as your **LORD**. Do you know the meaning of **LORD**? It means **MASTER**. Therefore, that addiction is no longer your master; Jesus is now your master. Do you believe it?

But the issue is that addiction will not leave you until you believe what happened on the cross of Calvary; and you have to also constantly declare the testimony of God's word, that is, **you must speak**

John 8:36 constantly to your life and You must believe it. You must use your mouth to wage war against the devil and his lies because to accept the devil's lies is to remain in bondage.

Some addictions may be influenced by demons, and what Satan wants to do is to destroy your life with that addiction but you must refuse to accept it. Tell yourself, I am not a Smoker because Jesus set me free. I am not a drunkard. I am not a drug addict Jesus set me free. I am not addicted to sex Jesus set me free. This is what you must be saying constantly. **Take note you must say it continually.**

The other important aspect is to learn to use **THE NAME OF JESUS CHRIST**; this is the name that all demons and situations respect and trembles at.

So the next time that urge to smoke, or drink or whatever it is, comes again don't keep quiet. Start calling **that wonderful name of Jesus. Say like this, I rebuke you spirit that causes me to smoke, or drink. Say it like you mean it, say it with authority. Continue by saying, I am no longer in bondage to you, therefore leave my mind and my body in the name of Jesus. I decree I am free.**

Philippians 2:9-11 explains the power in that name of Jesus. Look at how the Bible puts it:

⁹Wherefore God also hath highly exalted him, and given him a name which is above every name:

¹⁰That at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth;

¹¹And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Keep using the name of Jesus. Don't let it leave your mouth because overcoming the devil and addictions is with the use of your mouth and faith in your heart. Look at this scripture **Revelation 12:11**

And they overcame him [THE DEVIL] by the blood of the Lamb and by the WORD of their TESTIMONY; and they loved not their lives unto the death. (Emphasis mine).

Then the other thing to do is to avoid environments that are liable to make you sin or go back to that addiction. And I pray the Lord will give you grace to always know that even before you pray you have been delivered. You only need to claim the freedom given to you by Jesus Christ. Please, don't listen to that guilty conscience. Only PRAY TO GOD YOUR FATHER IN THE NAME OF JESUS, and know that GOD LOVES YOU.

If you seem not to be able to handle this, look for a Christian who can agree with you in prayers. Don't cover it up as a secret, because the first way to deal with addictions is to expose it. Tell a genuine Christian friend or your pastor. Many people have been delivered from addictions. Yours cannot be an exception.

NOTE: You need to do an in depth study of these scriptures below. They are powerful. I John chapter 3, and 2. Colossians chapter 3 and 5, Jude 24-25

STUDY QUESTIONS

(a) Mention the key things that will keep you victorious.

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(b) According to I John 1 vs 9, what if you mistakenly sin? Since you are just starting to know this truth, what should you do?

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.....

(c) According to I John 3 vs 8-10, are we encouraged to keep on sinning and keep on confessing? What does 1 John 3; 8-10 teaches.

(d) Do you understand this chapter? If not read again prayerfully. Remember, it is a study outline.

Study the scriptures prayerfully and write down your discoveries.

God bless you abundantly and we decree that every demonic hold over your life is broken in the name of Jesus Christ.

Find a disciple, who is a mature believer, who you can constantly become accountable to and who can constantly lead you into a deeper walk with God.

Do well to read this material again and again and we believe the Lord will help you to walk in the liberty that Christ has purchased for you.

We hope to hear from you and how God has helped you through this material.

For enquiries and counselling:

Contact: Writing arm of the Lord publications or The Seedsowers ministry.

08066627754,08108638342, Christpeter4dkingdom@gmail.com

OTHER RECOMMENDED MATERIALS:

BECOMING LIKE JESUS BY GBILE AKANNI.

THE NORMAL CHRISTIAN LIFE BY WATCHMAN NEE.

APPENDIX

PRAYER GUIDELINES TO BE FREE FROM ADDICTION.

- I bless you Lord that you will not cast me off whenever I come to you, my addictions cannot separate me from you except I choose to remain in them.
- I bless you because you love me and you will not abandon me, therefore I quiet every negative voice of the devil speaking condemnation into me.
- I have been given the power to choose, therefore, I choose to be free because Christ died to purchase my freedom. Therefore, I proclaim I am free.
- I will never remain in bondage no matter the situation I will confess and run to mature elders who can help me.
- Use the following scriptures to pray and speak it to yourself (make sure you personalize it inserting your name.)
Col 3:1,2. John 8:36, Psalm 23, 1 thess 5:23, Eph 1:17-21. Phil 2:10-11.

