

VINY GEORGES BEKO

How to Defeat
PORNOGRAPHY
And
MASTURBATION

Destiny books

HOW TO DEFEAT PORNOGRAPHY AND MASTURBATION

The Lord's Spirit has come to me, because he has chosen me to tell the good news to the poor. The Lord has sent me to announce freedom for prisoners, to give sight to the blind, to free everyone who suffers, and to say, "This is the year the Lord has chosen."

Luke 4:18-19

Viny Georges BEKO

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Dedicated...

To my grandmother, Helène Besolo,
thank you for showing us the path that
leads to eternal life, Jesus Christ.

To the memory of Dr Myles Munroe, your
teachings have really impacted my life.
Your legacy still lives on, rest in peace
champion!

Table of Contents

Introduction	1
How and why I wrote this book	1
How can you get the maximum benefit from this book?	8
Description of the book	10
Chapter 1: Listen my generation!	15
You can't be a hostage of satan	18
My message to you	24
Chapter 2: Sins or Not?	31
Pornography.....	31
Masturbation	37
Chapter 3: Causes	43
Chapter 4: The lies of pornography	53
The lies	53
Teachers of the ignorant liars	55
Questions/Answers.....	56
Chapter 5: Consequences	65
In marriage.....	65
Psychologically	69
Emotionally	71
On the intellectual and mental level	71
On the spiritual level	71
Chapter 6: From body addiction to spiritual obsession	77
The facts	77
How is addiction created?.....	78

In the shadow of scientific explanations	80
From the physical to the spiritual	81
How does the flesh collaborate with evil spirits?	83
What are their objectives ?	85
How do they feed?	87
How do they manage to control man?	89
Are these spirits stronger than us?	89
Chapter 7: What happens to you	93
Understanding what's happening to you	96
What happens while you watch pornography?	105
Questions/Answers.....	107
Chapter 8: A guide to overcoming pornography and masturbation.....	109
Receive the Lord's love for you	110
Be determined from the bottom of your heart	113
Confess your sins.....	115
Remain in the presence of the Lord	120
Have faith in Jesus Christ	124
Discipline yourself	127
Don't let go, persevere	133
Question/Answers	134
Chapter 9: Testimonies	137
Conclusion	145
Appendix	147

INTRODUCTION

1. *How and Why I wrote this book*

It all started after my conversion.

For the record, I was born into a Christian family and from my childhood I was baptized with water, therefore admitted into the family of the children of God. But due to a lack of spiritual guidance and follow up, I had really drifted away from God while I was growing up. I was just an apparent Christian, without any intimate relationship with Jesus Christ, I even spent a full year without going to church, but I was considering myself as a Christian.

So when the waves of pornography and masturbation came into my life, they swept me away like the tsunami devastates everything in its path, because I did not weigh enough spiritually. I suffered for a long time, yes! I suffered a long time from these addictions since I was a child but I didn't dare to say it because it was stronger than me. From the day I started with these practices until the day the Lord delivered me, and even when I fell down again, I tell you no one surprised me. So I didn't give up because my works were discovered but because I couldn't take it anymore. I wanted to be free, I was fed up. I was looking for the one who could help me to get out of

there, but no one could listen to me because those alarm cries were only in my heart, I was ashamed to talk about it for fear of being judged and misunderstood by others.

I suffered for a long time, I don't know exactly how many years, but I suffered from these things for more than seven years.

I really knew that the enemy had imprisoned me, but I was just relativizing my problem, I wasn't taking it too seriously. Even when I decided to take it seriously, I would let go and sink deeper. Until one day, thanks to a friend, I joined a prayer group in my church. And that's when the Lord set me free because we were praying seriously. I understood then that what I was missing during all these years of captivity was a serious prayer life. Not just the habit of going to Church on Sundays, but a personal and living relationship with Jesus Christ.

Before I joined this group, I was just delaying things. I could say, "*I will go to prayer this week,*" but in the end I didn't go. I felt very lazy when it came to praying. It took me two months to finally get there. Later I understood that this heaviness did not come from God, it was a modus operandi of the devil to prevent me from going to the place of my deliverance. This can also be the case for you today. You make decisions, but when you have to apply them you feel very lazy. I would like to tell you that this does not come from God.

I knew Jesus Christ only by name, but when I began to pray seriously, He began to reveal Himself to me, and today He is my Friend and I know Him, not only by name but personally.

On my way, in search of deliverance from pornography and masturbation, I met Jesus Christ. When He delivered me, He washed me, He revealed Himself to me, and I fell in love with Him, I now had a deep desire to know Him and to know His word as well. The logical consequence was that I had given up my former life, and I consecrated my youth to Him (Jesus Christ). This is how my life changed, this is how He changed me, this is how I was converted years after my baptism. Being baptized does not always mean knowing Jesus Christ personally. After your baptism you must seek God with all your heart.

After being delivered

First I knew how the Lord had freed me from these addictions, then I knew that I was able to seriously help others who are still under these yokes of the enemy. But the problem was that I didn't know where to start. The longer it took me to take action, the more I felt a great pressure on me to do something for those who are still under the yoke of pornography and masturbation.

So I decided to write something about how to overcome pornography and masturbation based on my experience. Before I had the idea of publishing

only one article, but the more I wrote, the more pages I was writing because I had a lot to say about it. What was an article had turned into a small twenty-eight-page book that I had published. Humbly I can say that it was a success, and I will always thank God for the feedback I received about the book. The Lord touched and delivered many lives.

But as I reread this twenty-eight-page book, I realized that I hadn't said everything, or simply hadn't said certain things as I should have said them. Truly, the Lord really opened my mind and explained to me some deep things about how to overcome these practices. By reading the experiences of others, by listening to the cries of alarm of those who are still under these yokes, I then decided to improve the content of this twenty-eight-page book that I had written, by adding to it what the Lord had explained to me and what others had also experienced. This is how this book was "born".

The fall

There are things that hurt and sometimes you can't find words to express them because they are painful. What I am going to tell you is a period that has been really difficult for me in my walk with the Lord, and especially as a servant of God.

After I was delivered and wrote the first edition of this book, something horrible happened to me. Something I never imagined. You know, when the

Lord gives a mission, He always gives directions to follow to accomplish it. That was the case with me. When He asked me to write this book, He gave me directions to follow. Glory be to God, until it was published I had tried to follow them. It was after the publication of the book that the Lord had asked me to withdraw in prayer for a while, I knew it and I felt it. But I had not observed his recommendations. I continued to promote the book, to tell people what to do to be delivered from these yokes of the devil, without respecting what the Lord was secretly ordering me to do.

With my own intelligence, I told myself that the ideal places to reach people held captive by these practices were the pornographic pages on the social network Facebook. And so, with no intention of going to watch pornographic videos or images, I began to visit these pages to urge these people and tell them about the book. I thought I was strong enough to never fall into pornography and masturbation again. What madness! You see, the fall begins when one no longer obeys the directives of the Holy Spirit. As I was no longer in the will of the Lord, little by little I began to slip, until I fell. It was humiliating and very painful, the author of the book was himself on the ground...disaster!

I had to get over it, because it had really hurt my heart. I could feel some kind of wound in my heart. But I had not kept my sin, I had confessed it. Since I know how satan works, as long as you fight

him in darkness, he will defeat you. To defeat him, you have to take him into the light. And in this struggle, the light is confession. As long as this sin is hidden, it will never be defeated.

From this unfortunate history I'd like you to remember three things. The first is that don't joke with your weaknesses, especially not sexual sin, because the ones he brought down were spiritually strong. Flee any opportunity for a fall, no matter how small it is. The second is that our God is truly merciful to those who return to Him with all their heart and who now desire to walk in His ways. Whatever your past, whatever life you lead now, if you decide to come to God with all your heart, He will welcome you. I myself am a witness of what I am saying. The third thing is that during your process of deliverance, a fall may happen, but never give up, continue the struggle until you are totally free. My desire is for the Lord to make you totally free as He has done with me. In reality you are already free by the blood of Jesus Christ, you just have to grasp your deliverance and make it sit in your life.

Why did I write it?

First of all because the Lord made me understand that I could help many people get out of pornography and masturbation, thanks to what I myself have experienced, and especially thanks to what He explained to me.

Then I wrote it because when I was looking for books that could help me overcome pornography and masturbation, I couldn't find any. If I found any, they were too scientific, and I didn't understand anything. I was looking for practical things that could help me get out of the hole I had thrown myself into and the enemy had locked me in. So I said to myself, I would write a book that could solve, as far as possible, the problems I myself had encountered when I was looking for books that could help me overcome pornography and masturbation.

When I read some of the articles published on this subject, I realized that the authors of the articles were only talking about the problems. Almost all of them said that pornography and masturbation were sins before God, but they didn't really offer readers concrete solutions to overcome these addictions. This is one more reason why I wrote this book. Through the book, I will explain spiritual principles that will help you overcome these things. I won't be too scientific, I'll go straight to the point.

In fact, I wrote the book I would have liked to read when I was under the yoke of pornography and masturbation.

Viny Georges BEKO

11. How can you get the maximum benefit from this book?

1. Have a deep desire to learn how to overcome these practices, otherwise it will be really difficult for you to benefit from what will be said in the following lines.
2. First, start by reading each chapter quickly to get an overview. Don't be in a hurry to move on to the next part. Go back and reread the same part carefully. This is how you will internalize what is developed there and it will help you put it into practice.
3. Interrupt frequently to reflect on what you have just read. Ask yourself when and how you will be able to apply this or that suggestion.
4. Check or underline the tips you plan to use. A book full of marks and annotations is much easier and faster to review.
5. The speed with which we forget is truly astonishing. If you want to derive real and lasting benefit from this book, don't think you'll only have to go through it once. After studying it carefully, spend a few hours each month reviewing it. Keep it handy at all times. Remember that it is only by

keeping these principles in mind that you will be able to apply them, I will say automatically or with less effort.

6. Put the principles you find useful into practice at every opportunity. You may find it difficult to follow certain advice to the letter. I know this because sometimes it's not always easy for me to put into practice what I myself have advocated. Therefore, it will depend on your personal possibilities of applying each principle. So these principles will not be burdens for you. Just be sincere to yourself.
7. Monitor your progress weekly. Ask yourself what mistakes you have made, what progress you have made, what lessons you have learned. And what do you plan to do next time?

In summary

1. Have a strong desire to learn and apply what you read.
2. Frequently interrupt your reading to ask yourself about your personal possibilities for applying what you are reading.
3. Highlighting important ideas.
4. Review the book every month.

5. Putting principles into practice at every opportunity.
6. Review your progress.

Model inspired by Dale Carnegie

III. Description of the book

The book consists of nine chapters. Each chapter deals with a specific topic related to these addictions.

In the first chapter I give you the moral situation of the world in which we live today. I show you how the devil is working hard to turn men away from the right path.

In the same chapter I make you understand that the devil has no power over you because Jesus Christ has already defeated him at the cross. The price has already been paid, the enemy has already been defeated.

I also tell you a little bit about my situation, when I was still under the yoke of these sins. I used to say to myself, *"If I ever have to go to hell, it would be because of pornography and masturbation."*

In the second chapter I answer the question "*Is watching pornography and masturbating sinful?* ». Since there are people who defend these things even among Christians.

In the third chapter I talk about the causes that have pushed people towards pornography and masturbation.

In the fourth chapter I talk about the lies of pornography. One of the biggest lies is that people are led to believe that they can use pornography to educate themselves sexually. It's a big lie straight out of hell.

In the fifth chapter I talk about the consequences of pornography and masturbation. The devil will destroy your life little by little if you don't decide from the bottom of your heart to stop with these things.

In the sixth chapter I explain how addiction to pornography is created both physically and spiritually.

In the seventh chapter I describe what happens to you before and after you watch pornography and masturbate. I talk about how you ask the Lord for forgiveness, you promise him not to do that anymore, but a few days later you fall down again. I've been through all that. I'm giving you some advice that will help you get over it.

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