

# **Victory Over Pornography**

*What Is The Critical Success Factor?*

# Victory Over Pornography

Victory Over Pornography

Subtitle: What Is The Critical Success Factor?

Copyright © 2024 by [42Thru.com](https://42thru.com)

Published by [42Thru.com](https://42thru.com)

All rights reserved. This book may be reproduced, or stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the express written permission of the publisher **provided it is done for not-for-profit purposes**. If you use some or all the content of this book, then please let me know at [42Thru.com](https://42thru.com)

Unless otherwise noted, Scripture quotations are from *The New American Standard Bible* (NASB). Scripture references are protected by copyright © 1986 La Habra, CA: The Lockman Foundation

ISBN: 978-1-990851-26-1 Victory Over Pornography, First Edition, English, Other digital (PDF)

ISBN: 978-1-990851-27-8 Victory Over Pornography, First Edition, English, Paperback

ISBN: 978-1-990851-28-5 Victory Over Pornography, First Edition, English, Electronic book

The FREE PDF file is available at [42Thru.com](https://42thru.com)

Cover Design by: [42Thru.com](https://42thru.com)

Interior Design by: [42Thru.com](https://42thru.com)

Original Cover Photo by: Jametlene Reskp on Unsplash <https://unsplash.com/@reskp>

First Edition

English

To God the Holy Spirit:

Thank you for making the victory over pornography possible by teaching me the critical success factor.

## Epigraph

2 Peter 1:1–12 1 Simon Peter, a bond-servant and apostle of Jesus Christ, To those who have received a faith of the same kind as ours, by the righteousness of our God and Savior, Jesus Christ: 2 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; 3 seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. 4 For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust. 5 Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, 6 and in your knowledge, **self-control**, and in your **self-control**, perseverance, and in your perseverance, godliness, 7 and in your godliness, brotherly kindness, and in your brotherly kindness, love. 8 For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. 9 **For he who lacks these qualities is blind or short-sighted, having forgotten his purification from his former sins.** 10 Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble; 11 **for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you.** 12 Therefore, I will always be ready to remind you of these things, even though you already know them, and have been established in the truth which is present with you.

Galatians 5:22–23 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, **self-control**; against such things there is no law.

## Preface

This book was written from my personal experience.

# Table of Contents

**PART I: Pornography Is Evil** ..... **7**

Introduction ..... 8

Pornography Is Evil ..... 9

**PART II: You Must Be Born-Again** ..... **11**

Christianity Is Not A Religion ..... 12

What Does It Mean To Be A Christian? ..... 15

How To Get Into Heaven ..... 16

How Not To Get Into Heaven ..... 18

What Does Born-Again Mean? ..... 19

42Thru ..... 19

The Exchanged Life ..... 20

Justification, Sanctification, And Glorification ..... 21

Justification Is Salvation ..... 22

Sanctification Is Being Led By The Spirit Of God ..... 23

Natural Man, Carnal Man, And Spiritual Man ..... 25

How To Be Led By The Spirit Of God ..... 26

**PART III: The Strategy That Works** ..... **31**

Confess And Repent ..... 32

The Critical Success Factor ..... 33

Thank God He Provided The Opportunity To Be Faithful ..... 34

Remind Satan Of His Ultimate Eternal Destination ..... 35

Keep Track Of The Times You Resisted Temptations ..... 36

Invoke The Whole Armor Of God ..... 37

Your Identity In Jesus Christ ..... 38

Have You Ever Been A “Temporary Atheist”? ..... 39

Move Your Repentance Earlier In Time ..... 40

Decision Before Temptation ..... 41

Putting The Pieces Together ..... 42

The Strategy That Works ..... 44

How To Know You Are Born-Again ..... 45

My Prayer For Your Life ..... 47

Conclusion ..... 48

## PART I: Pornography Is Evil

## Introduction

**A** victory over pornography is possible. This book will explain in detail how I achieved my victory over pornography; I am confident if you trust in the truth contained in this book then your victory over pornography is within your grasp because it is possible.

This book is not about making you feel guilty to get you to change your behavior. This book is about giving you a biblically based executable strategy which will help you achieve a victory over sinful behavior.

You must be a born-again Christian for this strategy to give you a victory over the flesh.

The remainder of *PART I* states the obvious: Pornography Is Evil.

*PART II: You Must Be Born-Again* covers essential Christian teachings; these will guide you to become a Christian and if you are already a Christian, it will help you determine if you are born-again. There is only one type of true Christian believer -- a born-again Christian. For much more information regarding Christianity, please visit [42Thru.com](http://42Thru.com) for many FREE resources. The resources include a FREE PDF file of a book *A Deeper Relationship With Jesus* which I will give you and you do not need to give me your e-mail address. The book is also available as a FREE ePub file which you can read using a FREE eBook reader.

*PART III: The Strategy That Works* brings together the faith of a born-again Christian and the critical success factor you may have been missing. Together, you and God the Holy Spirit can achieve a victory over pornography.



## Pornography Is Evil

**T**his book is for a person who views pornography and desires to stop. If that describes you then most likely your conscience told you such behavior is not good, sinful even; so, you do not need me to tell you that. You are right, viewing pornography is not good. But I am going to go further; the truth is, such behavior is evil. Now, I am not saying you are evil; I am saying the behavior is evil. Since it is evil, the best way to achieve a victory over evil is to ask your Creator for help. There is only one true Creator -- The God of the Christian Bible: He is God the Father, God the Son, God the Holy Spirit.

Jesus Christ, God the Son, said looking with lust is evil:

**Matthew 5:28 but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.**

The source of the following quote is:

<https://www.webroot.com/ca/en/resources/tips-articles/internet-pornography-by-the-numbers>

### **Every Day:**

- 37 pornographic videos are created in the United States.
- 2.5 billion emails containing porn are sent or received.
- 68 million search queries related to pornography - 25% of total searches - are generated.
- 116,000 queries related to child pornography are received.

### How Online Pornography Affects Americans:

- About 200,000 Americans are classified as "porn addicts."
- 40 million American people regularly visit porn sites.
- 35% of all internet downloads are related to pornography.
- 34% of internet users have experienced unwanted exposure to pornographic content through ads, pop up ads, misdirected links or emails.
- One-third of porn viewers are women.

The source of the following quote is:

<https://hopefulmom.net/recent-pornography-statistics-and-why-they-are-important/>

The Common Sense Media report says: "Most teens (73%) reported that they have consumed pornography." The average age of first exposure was 12, with 15% saying they had first seen porn at age 10 or younger.

Thus far a definition of pornography has not been provided. In 1964, when United States Supreme Court Justice Potter Stewart was asked to define obscenity, he famously said: "I know it when I see it."

The *Encyclopædia Britannica* provides the following as part of its entry for pornography as displayed on the Web page <https://www.britannica.com/topic/pornography>:

**Pornography, representation of sexual behaviour in books, pictures, statues, films, and other media that is intended to cause sexual excitement. The distinction between pornography (illicit and condemned material) and erotica (which is broadly tolerated) is largely subjective and reflects changing community standards. The word pornography, derived from the Greek *porni* ("prostitute") and *graphein* ("to write"), was originally defined as any work of art or literature depicting the life of prostitutes.**

## Victory Over Pornography

The *Cambridge Dictionary* provides the following as part of its entry for pornography as displayed on the Web page <https://dictionary.cambridge.org/dictionary/english/pornography>:

**Pornography, books, magazines, films, etc. with no artistic value that describe or show sexual acts or naked people in a way that is intended to be sexually exciting**

The Lord Jesus Christ refers to the seventh commandment; in Matthew 5:27–28 Jesus said:

**Matthew 5:27–28 27 "You have heard that it was said, 'YOU SHALL NOT COMMIT ADULTERY'; 28 but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart."**

The Lord Jesus Christ clearly indicates that lust is a violation of the seventh commandment and therefore, the person is in fact, an adulterer. Whether a viewer looks at a live person with lust or looks with lust at images or video of a person they are committing adultery; that is why viewing pornography with lust is sin. If you regularly view pornography, then the Lord Jesus Christ considers you to be an adulterer.

1 Corinthians 6:9–10 clearly informs the reader that **adulterers will not inherit the kingdom of God.**

**1 Corinthians 6:9–10 9 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, 10 nor thieves, nor revilers, nor swindlers, will inherit the kingdom of God.**

So, not to put to fine a point on it but, if you regularly view pornography, then you are in a very serious position. The Lord Jesus Christ considers you to be an adulterer. God's Word tells you that adulterers will not inherit the kingdom of God. All those who do not inherit the kingdom of God will ultimately be cast into the Lake of Fire.

The strategy explained in this book will only be effective for born-again Christians. Readers of this book may or may not be born-again Christians. Therefore, *PART II: You Must Be Born-Again* covers essential Christian teachings; these will guide you to become a Christian and if you are already a Christian, it will help you determine if you are born-again. There is only one type of true Christian believer -- a born-again Christian. For much more information regarding Christianity, please visit [42Thru.com](http://42Thru.com) for many FREE resources.

## PART II: You Must Be Born-Again

## Christianity Is Not A Religion

**W**hat is Christianity? Christianity is not a religion; it is a relationship. There are at least two things about Christianity I know of which are counter-intuitive: 1) God taking on human flesh to make human beings acceptable to Him and 2) Most people will say *seeing is believing* when they are confronted with a hard to believe proposition; but, in the case of Christianity, *believing is seeing*.

A Christian is not defined as being someone who does not smoke, drink alcohol, or go with women who do those things. If that were the definition of a Christian then my dog is a Christian because he doesn't smoke, drink alcohol, or go with women who do those things.

A religion is something which is works-based. Meaning, if you follow a set of laws or rules then you will make yourself acceptable to God. A religion says your works can make you acceptable to God.

Christianity is not works-based. Christianity says God made people acceptable to Him through the death of God the Son on the cross and through the resurrection of Jesus, God the Son; He gives eternal life to all who trust in the work of Jesus instead of their own works.

Christianity is not a religion; it is a relationship with Jesus Christ. If you repent of your sins and trust in Jesus Christ alone for your salvation, and not in your own works, then God gives you eternal life.

One of the reasons I believe the gospel of Jesus Christ is true is because **it is exactly what man would not have invented himself**. People like being given a list of things to do to show others they are faithful, to give an outward appearance of being faithful, and to help comfort themselves that God accepts them if they follow those laws or rules. But Christianity clearly teaches it is **not a result of your works**:

Ephesians 2:8-9 For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; 9 **not as a result of works**, so that no one may boast.

### The Sin of Adam and Eve

The sin of Adam and Eve was a lack of faith; they lacked faith in God and what He said to them. The sin was when Adam and Eve chose, by their free will, not to believe what God warned them about; they chose to do exactly what He said they should not do. In that day they did die; they died spiritually, not physically. God withdrew His Spirit from within them. From that point, when they had children, their children were born in the image of Adam, spiritually dead, as mentioned in Genesis 5:3-5 (see also the other verses below):

Genesis 1:26-27 Then God said, "Let Us make man in Our image, according to Our likeness; and let them rule over the fish of the sea and over the birds of the sky and over the cattle and over all the earth, and over every creeping thing that creeps on the earth." 27 God created man in His own image, in the image of God He created him; male and female He created them.

Genesis 2:16-17 The LORD God commanded the man, saying, "From any tree of the garden you may eat freely; 17 but from the tree of the knowledge of good and evil you shall not eat, for in the day that you eat from it you will surely die."

Genesis 3:1–7 Now the serpent was more crafty than any beast of the field which the LORD God had made. And he said to the woman, "Indeed, has God said, 'You shall not eat from any tree of the garden?'" 2 The woman said to the serpent, "From the fruit of the trees of the garden we may eat; 3 but from the fruit of the tree which is in the middle of the garden, God has said, 'You shall not eat from it or touch it, or you will die.' " 4 The serpent said to the woman, "You surely will not die! 5 "For God knows that in the day you eat from it your eyes will be opened, and you will be like God, knowing good and evil." 6 When the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was desirable to make *one* wise, she took from its fruit and ate; and she gave also to her husband with her, and he ate. 7 Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves loin coverings.

Genesis 5:3–5 When Adam had lived one hundred and thirty years, he became the father of *a son* in his own likeness, **according to his image**, and named him Seth. 4 Then the days of Adam after he became the father of Seth were eight hundred years, and he had *other* sons and daughters. 5 So all the days that Adam lived were nine hundred and thirty years, and he died.

Romans 5:14–21 Nevertheless death reigned from Adam until Moses, even over those who had not sinned in the likeness of the offense of Adam, who is a type of Him who was to come. 15 But the free gift is not like the transgression. For if by the transgression of the one the many died, much more did the grace of God and the gift by the grace of the one Man, Jesus Christ, abound to the many. 16 The gift is not like *that which came* through the one who sinned; for on the one hand the judgment *arose* from one *transgression* resulting in condemnation, but on the other hand the free gift *arose* from many transgressions resulting in justification. 17 **For if by the transgression of the one, death reigned through the one, much more those who receive the abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.** 18 So then as through one transgression there resulted condemnation to all men, even so through one act of righteousness there resulted justification of life to all men. 19 For as through the one man's disobedience the many were made sinners, even so through the obedience of the One the many will be made righteous. 20 The Law came in so that the transgression would increase; but where sin increased, grace abounded all the more, 21 so that, as sin reigned in death, even so grace would reign through righteousness to eternal life through Jesus Christ our Lord.

Jesus **could not have a human father** otherwise He would have been born in Adam's image, spiritually dead:

Matthew 1:18 Now the birth of Jesus Christ was as follows: when His mother Mary had been betrothed to Joseph, before they came together **she was found to be with child by the Holy Spirit.**

Romans 14:23 But he who doubts is condemned if he eats, because *his eating is* not from faith; and **whatever is not from faith is sin.**

New creation in Jesus Christ:

2 Corinthians 5:17 Therefore if anyone is in Christ, *he is a new creature*; the old things passed away; behold, new things have come.

### The whole gospel

Before salvation, we faced two problems, we were:

1. alienated from God
2. dead in our sins (we were born spiritually dead)

There are two parts to salvation:

1. reconciliation with God through the death of Christ
2. being made spiritually alive through the life of Christ

Romans 5:10 For if while we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life.

John 5:24 "Truly, truly, I say to you, he who hears My word, and believes Him who sent Me, has eternal life, and does not come into judgment, but has passed out of death into life.

John 3:16–18 "For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. 17 "For God did not send the Son into the world to judge the world, but that the world might be saved through Him. 18 "He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God.

What is salvation? See verse 5, being made alive with Christ:

Ephesians 2:5–9 even when we were dead in our transgressions, *made us alive together with Christ* (by grace you have been saved), 6 and raised us up with Him, and seated us with Him in the heavenly *places* in Christ Jesus, 7 so that in the ages to come He might show the surpassing riches of His grace in kindness toward us in Christ Jesus. 8 For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; 9 not as a result of works, so that no one may boast.

Galatians 2:20–21 "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. 21 "I do not nullify the grace of God, for if righteousness *comes* through the Law, then Christ died needlessly."

## What Does It Mean To Be A Christian?

**W**hat does it mean to be a Christian? It means you are NOT trusting in your own good works to make you acceptable to God. If you believe if you do more good works than evil works that you are a Christian, then you are wrong. If you believe following the Ten Commandments will get you into heaven, then you are wrong. Being a Christian means, you are living the exchanged life, as explained in the previous chapter.

### **The Non-Christian and The Christian Compared**

The non-Christian depends on his own good works to make himself acceptable to God.  
The Christian depends ONLY on Jesus Christ's finished work, in His sinless life, and His death on the cross to make the Christian acceptable to God.

The non-Christian is self-righteous in his own eyes but, he is unrighteous before God.  
The Christian has been given the righteousness of Jesus Christ and he is therefore righteous before God.

The non-Christian is physically alive but spiritually dead.  
The Christian is physically alive and spiritually alive because he has been born-again.

The non-Christian thinks there are many ways to get to heaven.  
The Christian knows it is only through the finished work of Jesus Christ that a person is saved from hell and goes to heaven.

The non-Christian lives a self-directed life.  
The Christian lives a Christ-directed life.

The non-Christian thinks the things of God are foolishness.  
The Christian knows the things of God set him free.

The non-Christian is dependent upon only himself.  
The Christian is dependent upon Jesus Christ.

## How To Get Into Heaven

### How to Get into Heaven or the ABCs of salvation

#### A. Admit you are a sinner and repent of your sins.

Romans 3:23 for all have sinned and fall short of the glory of God,

Luke 13:5 **"I tell you, no, but unless you repent, you will all likewise perish."**

Please note that you do not need to "clean up" your life before you can be saved; you merely need to repent and believe to be saved. Repent means to turn away from your sinful life. Believe means to believe that the Lord Jesus died to pay for your sins.

Mark 1:15 and saying, **"The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel."**

2 Peter 3:9 The Lord is not slow about His promise, as some count slowness, but is patient toward you, not wishing for any to perish but for all to come to repentance.

#### B. Believe Jesus is God in human flesh and believe salvation is only available through Jesus Christ.

John 10:30 **"I and the Father are one."**

John 14:6 Jesus \*said to him, **"I am the way, and the truth, and the life; no one comes to the Father but through Me."**

John 3:16–18 **"For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. 17 "For God did not send the Son into the world to judge the world, but that the world might be saved through Him. 18 "He who believes in Him is not judged; he who does not believe has been judged already, because he has not believed in the name of the only begotten Son of God."**

1 John 1:7 but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.

#### C. Confess that you accept Jesus Christ as your personal Lord and Savior

Romans 10:9–10 that if you confess with your mouth Jesus *as* Lord, and believe in your heart that God raised Him from the dead, you will be saved; 10 for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.

**After you read steps A, B, and C above, then you should pray the following prayer:**

Lord Jesus Christ,

I admit that I am a sinner and I repent of my sins. I believe that you are God in human flesh and that your death on the cross paid for all my sins: past, present, and future. I believe that the forgiveness of sins and eternal life (salvation) are only available through your finished work on the cross.

I accept you, Jesus Christ, as my personal Lord and Savior.

***I suggest that you write down the date and time that you said the above prayer because in coming years you will want to know the day you became a born-again Christian.***



**Understand what has just happened to you.**

Ephesians 2:8-9 For by grace you have been saved through faith; and that not of yourselves, *it is* the gift of God; 9 not as a result of works, so that no one may boast.

1 John 5:11-12 And the testimony is this, that God has given us eternal life, and this life is in His Son. 12 He who has the Son has the life; he who does not have the Son of God does not have the life.

2 Corinthians 5:17 Therefore if anyone is in Christ, *he is* a new creature; the old things passed away; behold, new things have come.

John 3:3-5 Jesus answered and said to him, "Truly, truly, I say to you, unless one is born again he cannot see the kingdom of God." 4 Nicodemus \*said to Him, "How can a man be born when he is old? He cannot enter a second time into his mother's womb and be born, can he?" 5 Jesus answered, "Truly, truly, I say to you, unless one is born of water and the Spirit he cannot enter into the kingdom of God.

# How Not To Get Into Heaven

**A**re you a good person? Are you truly saved? In other words, will you go to heaven instead of hell? Have you been **saved** from going to hell? The approach used in this chapter is based on the approach used by the Living Waters ministry. To help you learn how to share the gospel with people, which is what evangelism means, I recommend the excellent material available at: <https://www.livingwaters.com/>

Some people believe they will go to heaven because they feel they are a good person. If that describes you, then please answer the following questions to put that to the test.

1. Have you ever lied? Even a little white lie.
2. What do you call a person who tells lies? Answer: A liar.
3. Have you ever stolen anything? No matter how small?
4. What do you call someone who steals? Answer: A thief.
5. Have you ever used God's name in vain? Blasphemy, which means, using God's name to curse.
6. Have you ever committed adultery? That means, sex with someone's else's spouse.
7. Have you ever had sex outside of marriage? Sex outside of marriage is called fornication.

In Matthew 5:28 Jesus said:

**Matthew 5:28 but I say to you that everyone who looks at a woman with lust for her has already committed adultery with her in his heart.**

So, if you answered yes to one or more of the above questions then you are not a good person; and that is just four of the ten commandments. If you answered yes to all the above questions, then you are not a good person. Here is a true evaluation of you: By your own admission, you are a lying thief, a blasphemer, a fornicator and an adulterer at heart.

Here is some more truth for you:

**1 Corinthians 6:9-10 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived; neither fornicators, nor idolaters, nor adulterers, nor effeminate, nor homosexuals, 10 nor thieves, nor *the* covetous, nor drunkards, nor revilers, nor swindlers, will inherit the kingdom of God.**

It is at this point that many people ask: Who then can be saved? Well, the very next verse after the passage I just quoted above provides the answer to you:

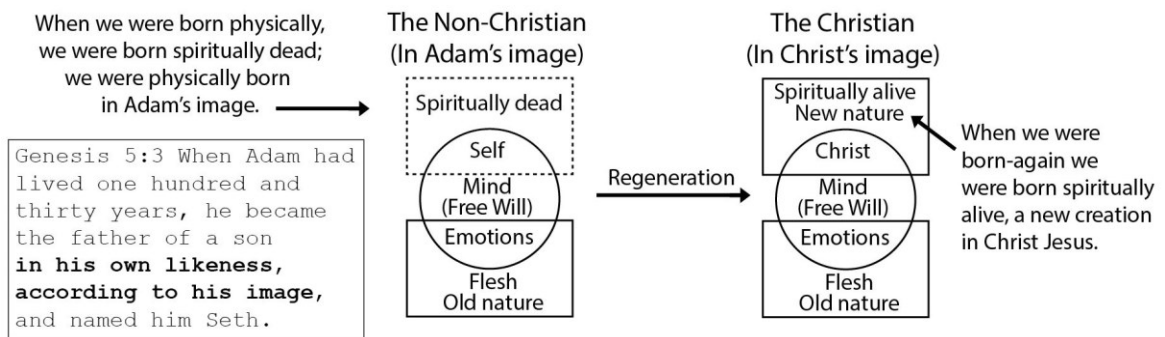
**1 Corinthians 6:11 Such were some of you; but you were washed, but you were sanctified, but you were **justified in the name of the Lord Jesus Christ and in the Spirit of our God.****

**Simply put, if you are willing to repent of your sins and to trust only in what Jesus Christ did on the cross to pay for your sins then God will give you eternal life and you will go to heaven when you die. If you do not do that then you will go to hell when you die.**

## What Does Born-Again Mean?

**B**orn-again means God has regenerated you and God the Holy Spirit dwells within you which means you have been given eternal life. You cannot make yourself born-again. Only God can regenerate you. Born-again means, you admit you are a sinner, and you no longer trust in your good works to make you acceptable to God. Instead, you trust in the finished work of Jesus Christ to make you acceptable to God. Jesus lived a sinless life which fulfilled the requirements of the Law and He died on the cross to pay for your sins. The moment you realize that and trust in Jesus instead of yourself is the moment you are born-again. Jesus Christ indwells you from that moment and continues to dwell in you for all eternity.

NOTE: The circle shown in the following diagram represents the soul.



## 42Thru

42Thru is an easy way to remember the following:

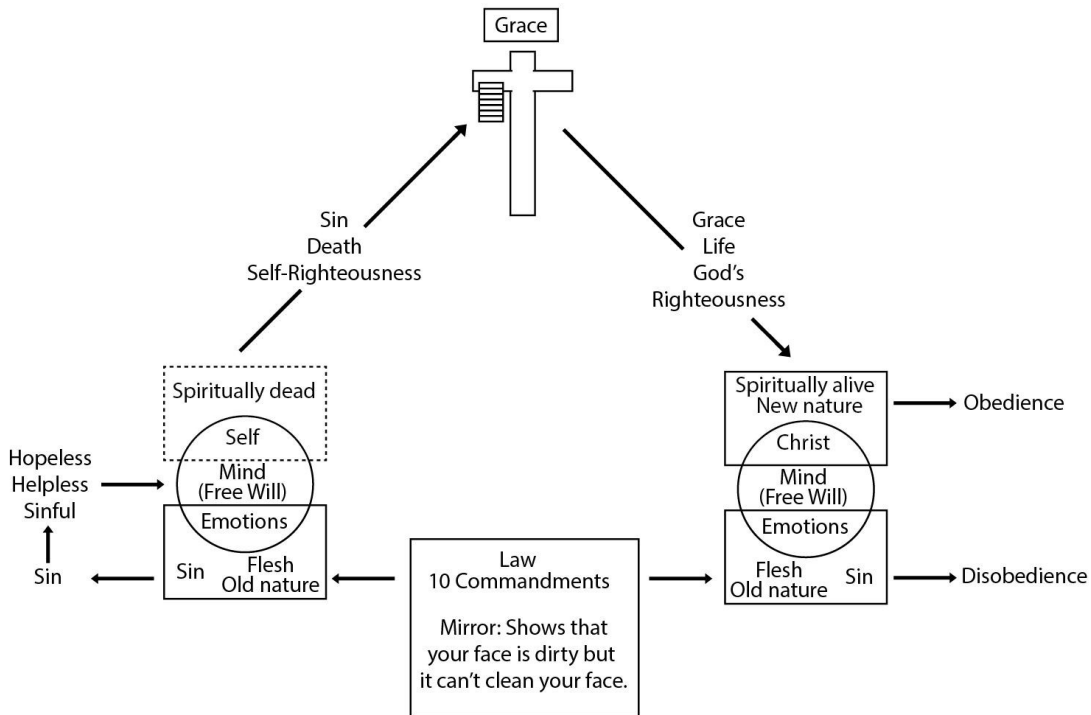
Jesus Christ gave His life **for** me, ————— ↑

so that He could give His life **to** me, ————— ↑

so that He could live His life **through** me. ————— ↑

**42Thru**

## The Exchanged Life



2 Corinthians 5:21 He made Him who knew no sin *to be* sin on our behalf, so that we might become the righteousness of God in Him.

Colossians 2:14 having canceled out the certificate of debt consisting of decrees against us, which was hostile to us; and He has taken it out of the way, having nailed it to the cross.

Galatians 2:20–21 “I have been crucified with Christ; and **it is no longer I who live, but Christ lives in me**; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. 21 “I do not nullify the grace of God, for if righteousness comes through the Law, then Christ died needlessly.”

## Justification, Sanctification, And Glorification

**T**here are three phases in God's plan for the born-again believer's eternal life. Recognizing which phase you are in will help you achieve a victory over the flesh. Sanctification starts immediately after a person is born-again i.e. after justification by the death and resurrection of Jesus Christ, God the Son. Sanctification is the process of delivering a born-again Christian from the power of sin. To achieve your victory over pornography, look to God your Creator through the process of sanctification.

### **Phase 1: Justification**

#### ***Delivered from the penalty of sin, evil***

When man sinned he was under the penalty of sin which is spiritual death. Jesus Christ's sinless life and His sacrificial death on the cross delivered born again Christians from the penalty of sin. God **defeated** evil at the cross.

### **Phase 2: Sanctification**

#### ***Delivered from the power of sin, evil***

When born again Christians are led by the indwelling Holy Spirit they are delivered from the power of sin.

### **Phase 3: Glorification**

#### ***Delivered from the presence of sin, evil***

When God gives born again Christians a new glorified human body they will be delivered from the presence of sin for eternity.

## Justification Is Salvation

**T**he Bible teaches that salvation is wholly the work of God -- the theological word for this is monergism. In contrast, sanctification is synergistic, which means there is more than one worker. Sanctification involves the believer and the Holy Spirit. Both work together to cause the Christian to become more and more Christ-like. But salvation is wholly the work of God.

Romans 3:19–20 19 Now we know that whatever the Law says, it speaks to those who are under the Law, so that every mouth may be closed and all the world may become accountable to God; 20 because **by the works of the Law no flesh will be justified in His sight**; for through the Law comes the knowledge of sin.

We cannot do anything to be saved. We cannot simply work harder or invent more rules to keep -- legalism, because no one is made righteous by their good works. Gospel means good news because it delivers humanity from the judgment of God's law. Jesus Christ has taken the penalty for the sins we have committed.

Justification means: God has declared a person righteous.

Jesus Christ's death on the cross was punishment for our sins, not His. The transfer of our guilt to Jesus Christ is known as imputation; because Jesus did this, He is able to transfer His righteousness to us. This is known as **the exchanged life**.

Christians are saved by grace alone through faith alone in Christ alone.

Grace = God's Riches At Christ's Expense

Grace = God's gift of salvation through Christ's death on the cross and His resurrection from the dead.

## Sanctification Is Being Led By The Spirit Of God

**A**s mentioned at the start of the previous chapter, the Bible teaches that salvation is wholly the work of God - - the theological word for this is monergism. In contrast, sanctification is synergistic, which means there is more than one worker. Sanctification involves the believer and the Holy Spirit. Both work together to allow the Christian to become more and more Christ-like.

The process of sanctification begins at the moment we are justified and continues for the rest of our life. The process is complete after death when we no longer have the fallen nature; eventually the Lord will give us our glorified human body. Sanctification is the process of making holy the people of God; it is being conformed to the image of Jesus Christ. It is learning to walk in the Spirit which means being led by the Spirit rather than being led by our fallen flesh.

The apostle Paul tells us to work out our salvation with fear and trembling:

**Philippians 2:12 ... work out your salvation with fear and trembling;**

He is telling us to be serious and diligent in pursuit of our sanctification. It is work, real work. We work in partnership with the Holy Spirit. Justification, salvation, is monergistic i.e. one worker -- that one worker is God. But sanctification is synergistic i.e. there is more than one worker -- God and the believer. Do not confuse the process of sanctification with working for your salvation. Sanctification is not salvation. No one can work for their salvation. However, every believer can work with God to make themselves more and more Christ-like.

The evil of pornography is part of the fruit of the flesh i.e. the fruit of the fallen, sinful, nature of mankind. Paul describes the fruit or deeds of the flesh:

**Galatians 5:19–21** 19 Now the deeds of the flesh are evident, which are: **immorality, impurity, sensuality,** 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that **those who practice such things will not inherit the kingdom of God.**

Did you catch that? **“those who practice such things will not inherit the kingdom of God.”** If you **habitually engage in viewing pornography you will not inherit the kingdom of God.** God is not saying if you get drunk once, or if you view pornography once, you will not go to heaven. God is saying if the deeds of the flesh define your lifestyle, if you habitually engage in such behaviors then that is an indication that you are not in the Spirit and that you are unregenerate, unsaved, you are not a born-again Christian; as a result, you will not go to heaven. Galatians 5:19–21 shown above, is a sober warning and it is very scary so, please do not dismiss the warning. In Matthew 7:17–21, Jesus Christ talked about this when He said **“you will know them by their fruits”**:

**Matthew 7:17–21** 17 “So every good tree bears good fruit, but the bad tree bears bad fruit. 18 “A good tree cannot produce bad fruit, nor can a bad tree produce good fruit. 19 **“Every tree that does not bear good fruit is cut down and thrown into the fire.** 20 **“So then, you will know them by their fruits.** 21 **“Not everyone who says to Me, ‘Lord, Lord,’ will enter the kingdom of heaven, but he who does the will of My Father who is in heaven will enter.**

Jesus could not have given any clearer of a warning when He said: **“Every tree that does not bear good fruit is cut down and thrown into the fire.”**

The only way you can achieve a victory over the fruit of the flesh is to rely upon the fruit of the Spirit:

Galatians 5:22–25 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, **self-control**; against such things there is no law. 24 Now **those who belong to Christ Jesus have crucified the flesh with its passions and desires.** 25 **If we live by the Spirit, let us also walk by the Spirit.**

Earlier in Paul’s letter to the Galatians, Paul explains that we “have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God,”

Galatians 2:20–21 “I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me. 21 “I do not nullify the grace of God, for if righteousness comes through the Law, then Christ died needlessly.”

Sanctification is a process which starts from the time you become born-again until you die or the Lord returns. In this life, from moment to moment, we are to depend upon Jesus Christ which is another way of saying “walk by the Spirit”. Whenever anyone says I am using Jesus as a crutch I set them straight. I explain that Jesus is not a crutch in my life... it is an entire body cast; I totally and completely rely upon Jesus.

Sanctification is not salvation which is entirely accomplished by God. So, the goal of walking in the Spirit is not to achieve salvation. The goal of walking in the Spirit is to achieve victories over the fruit of the flesh.

Sanctification means being set apart unto God; every Christian’s position toward God is the same as Jesus Christ. However, every Christian still has the old nature or fallen nature which is never set apart unto God. Every Christian has their old nature until they die. In this life, through the power of God the Holy Spirit, a Christian can grow in grace and become more and more Christ-like; this is what is meant by sanctification. Another very useful way to think about sanctification is that it is the process of living the exchanged life which was shown in a conceptual diagram in the earlier chapter titled *The Exchanged Life*.



# Natural Man, Carnal Man, And Spiritual Man

|                   | Natural Man   | Carnal Man  | Spiritual Man   | Spiritual Man  |
|-------------------|---|---|---|--|
|                   | Hopes his own works will make him acceptable to God.  | Under Grace, trusts in Jesus Christ's work to be made acceptable to God but, he is walking in the flesh while still in the body.        | Under Grace, trusts in Jesus Christ's work to be made acceptable to God and he is walking in the Spirit; he is controlled by the Spirit.            | Under Grace, trusts in Jesus Christ's work to be made acceptable to God. <b>A New Glorified Body</b> is given to each believer at the resurrection.  |
| Led by the Spirit |   |   |   |  |
| Led by the Flesh  |   |   |   |  |
|                   | He is spiritually dead and walking in the flesh, controlled by the flesh. He only has the fallen nature, the old nature, the flesh. | He is spiritually alive but walking in the flesh, controlled by the flesh. He has been given a new nature but still has the old nature. | He is spiritually alive and walking in the Spirit, controlled by the Spirit of God. He still has two natures: new nature and the old fallen nature. | He is spiritually alive and walking in the Spirit. He no longer has the old fallen nature. 1 John 3:2 Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. |
|                   | He is under the penalty of sin.   | He is delivered from the penalty of sin.  | He is delivered from the power of sin.  | He is delivered from the presence of sin.  |
|                   | Lasts from physical birth until being born again, which is spiritual birth.   | Lasts from the time of being born again until either physical death or Jesus Christ's return.   |   | Lasts from Jesus Christ's return then out into eternity.   |

## How To Be Led By The Spirit Of God

**T**he only way to truly be obedient to God is to be controlled by the Spirit. The only way to be controlled by the Spirit is through the Four-Fold Interlock of A Life Of Faith as explained in this chapter. God says obedience is better than sacrifice.

1 Samuel 15:22 ... to obey is better than sacrifice ...

Your part is to simply exercise your free will and choose to let God The Holy Spirit's self-control live through you to resist temptations.

Just as you were **saved by faith you must live by faith**; that is what is meant in Romans 1:17 when Paul says "**from faith to faith**":

Romans 1:16–17 For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. 17 For in it *the* righteousness of God is revealed **from faith to faith**; as it is written, "**BUT THE RIGHTEOUS man SHALL LIVE BY FAITH.**"

### Life no longer under the Law or How to Walk in The Spirit

The following phrases refer to the same concept:

- Live by the Spirit
- Walk in the Spirit
- Walk by faith
- Be Spirit filled
- Be controlled by the Spirit
- The dependent life
- Be obedient to God

The concept is found in the Bible in the following kind of verse:

Ephesians 3:19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

When you are full of wine the wine controls you. When you are filled with the Spirit the Spirit controls you.

Ephesians 5:18 And do not get drunk with wine, for that is dissipation, but be filled with the Spirit,

Dissipation means: to spend or use wastefully or to indulge in extravagant or intemperate pleasure. Intemperate means: showing a lack of self-control.

Romans 6:11–13 Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin *as* instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members *as* instruments of righteousness to God.

Romans 8:2–4 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. 3 For what the Law could not do, weak as it was through the flesh, God *did*: sending His own Son in the likeness of sinful flesh and *as an offering* for sin, He condemned sin in the flesh, 4 so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit.

Romans 8:12–13 So then, brethren, we are under obligation, not to the flesh, to live according to the flesh— 13 for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.

Galatians 5:16–23 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. 17 For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. 18 But if you are led by the Spirit, you are not under the Law. 19 Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, 20 idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, 21 envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God. 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law.

Ephesians 4:22–24 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, 23 and that you be renewed in the spirit of your mind, 24 and put on the new self, which in *the likeness of God* has been created in righteousness and holiness of the truth.

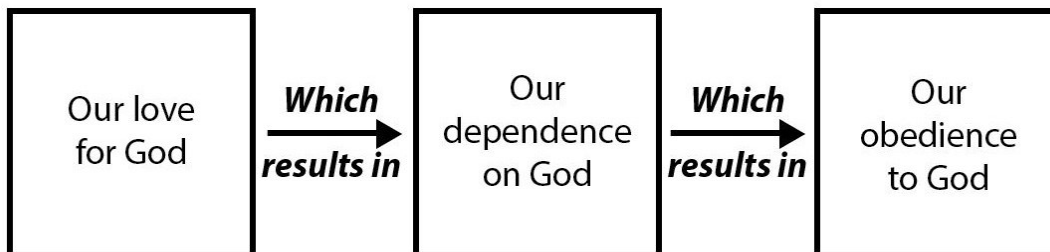
Colossians 2:1–10 For I want you to know how great a struggle I have on your behalf and for those who are at Laodicea, and for all those who have not personally seen my face, 2 that their hearts may be encouraged, having been knit together in love, and *attaining* to all the wealth that comes from the full assurance of understanding, *resulting* in a true knowledge of God's mystery, *that is*, Christ *Himself*, 3 in whom are hidden all the treasures of wisdom and knowledge. 4 I say this so that no one will delude you with persuasive argument. 5 For even though I am absent in body, nevertheless I am with you in spirit, rejoicing to see your good discipline and the stability of your faith in Christ. 6 Therefore as you have received Christ Jesus the Lord, *so walk in Him*, 7 having been firmly rooted *and now* being built up in Him and established in your faith, just as you were instructed, *and overflowing with gratitude*. 8 See to it that no one takes you captive through philosophy and empty deception, according to the tradition of men, according to the elementary principles of the world, rather than according to Christ. 9 For in Him all the fullness of Deity dwells in bodily form, 10 and in Him you have been made complete, and He is the head over all rule and authority;

1 Peter 1:14–16 As obedient children, do not be conformed to the former lusts *which were yours* in your ignorance, 15 but like the Holy One who called you, be holy yourselves also in all *your* behavior; 16 because it is written, "YOU SHALL BE HOLY, FOR I AM HOLY."

1 John 1:4–7 These things we write, so that our joy may be made complete. 5 This is the message we have heard from Him and announce to you, that God is Light, and in Him there is no darkness at all. 6 If we say that we have fellowship with Him and *yet* walk in the darkness, we lie and do not practice the truth; 7 but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin.

1 John 3:5–9 You know that He appeared in order to take away sins; and in Him there is no sin. 6 No one who abides in Him sins; no one who sins has seen Him or knows Him. 7 Little children, make sure no one deceives you; the one who practices righteousness is righteous, just as He is righteous; 8 the one who practices sin is of the devil; for the devil has sinned from the beginning. The Son of God appeared for this purpose, to destroy the works of the devil. 9 No one who is born of God practices sin, because His seed abides in him; and he cannot sin, because he is born of God.

Major Ian Thomas (13 September 1914 – 1 August 2007) was a Christian evangelical writer, theological teacher, and founder of the Torchbearers Bible schools. He gave us the *Three-Fold Interlock of Faith* as follows:



Merriam-Webster defines *dependent* as: “determined or conditioned by another”

<https://www.merriam-webster.com/dictionary/dependent>

Some critics of Christianity say people use Christianity as a crutch. Well, Christianity is not a crutch. I would like to correct them. True Christianity is not a crutch, it is a total body cast. If you are truly born-again then you need to strive for a 24-hour complete dependence upon Jesus Christ.

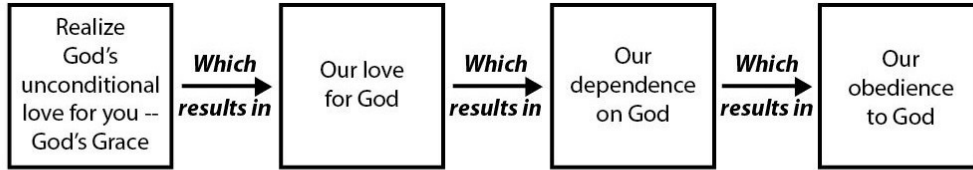
I found the three-fold interlock of faith helpful, but I wondered what starts the process and is there anything I can do to help it start or progress in my life? Then the Holy Spirit impressed upon me more meaning regarding Ephesians 3:19

**Ephesians 3:19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.**

That is when I added a box to the three-fold interlock of faith to get the four-fold interlock of faith.

**The Four-Fold Interlock of a Life of Faith addresses the issue of: How to walk in the Spirit.**

If you want to walk in the Spirit to be obedient to God then please understand that the first step is to realize God's unconditional love for you, in Jesus Christ.



Ephesians 3:16-19  
 16 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man,  
 17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love,  
 18 may be able to comprehend with all the saints what is the breadth and length and height and depth,  
 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.

Realize:  
 - how God loves you in Christ: Unconditional love.  
 - what God has done for you: Paid for **all** of your sins.  
 - what God has given you: New identity in Christ.

1 John 4:19  
 19 We love, because He first loved us.

Galatians 2:20-21  
 20 "I have been crucified with Christ; and it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself up for me.  
 21 "I do not nullify the grace of God, for if righteousness comes through the Law, then Christ died needlessly."

Galatians 5:16  
 16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

## Victory Over Pornography

If you keep in mind that God is love (1 John 4:8) and read 1 Corinthians 13:4-8 you will learn a great deal about how God loves you if you are a born-again Christian:

1 John 4:8 The one who does not love does not know God, for **God is love.**

1 Corinthians 13:4-8 Love is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant, 5 does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong *suffered*, 6 does not rejoice in unrighteousness, but rejoices with the truth; 7 bears all things, believes all things, hopes all things, endures all things. 8 Love never fails; but if *there are gifts of prophecy*, they will be done away; if *there are tongues*, they will cease; if *there is knowledge*, it will be done away.

### Grace teaches us to say no to ungodliness

The Law doesn't teach us to say no to ungodliness, Grace does:

Titus 2:11-12 For the grace of God has appeared, bringing salvation to all men, 12 instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,

Galatians 5:22-24 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, self-control; against such things there is no law. 24 Now those who belong to Christ Jesus have crucified the flesh with its passions and desires.

2 Peter 1:3-4 seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. 4 For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.

### What is the power of sin?

The Law is the power of sin.

1 Corinthians 15:56 The sting of death is sin, and **the power of sin is the law;**

### Number one thing to do to walk in the Spirit

The more you learn about the love of Christ which is God's grace the more you will walk in the Spirit.

Ephesians 3:16-19 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 so that Christ may dwell in your hearts through faith; *and* that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 **and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.**

You need to learn more and more about Christ's love for you. In doing so you will be filled with the Spirit and as a result you will be controlled by the Spirit; you will therefore walk in the Spirit.

## PART III: The Strategy That Works

## Confess And Repent

**W**e will now go through each of the steps of the strategy in detail. The strategy is to be used at the moment you realize you are experiencing a temptation to engage in sinful behavior. Please read the explanation of each step and pray about the step, asking God the Holy Spirit to show you the truth of the verses quoted. Only God the Holy Spirit can convict you of your sins and bring you into all the truth He wants you to know for your life.

Realize just how sinful your sins really are in the eyes of an infinitely holy God -- your sins are an abomination in front of Him. Holy means perfect in goodness and righteousness; God has always been that way, and He will always be that way, for evermore. When you admit and repent of your sinfulness, God will allow you to experience a greater love for Him, your relationship with Him will be deeper because you will better understand His great love for you since He has forgiven your great sinfulness; Jesus explains this point:

**Luke 7:47 "For this reason I say to you, her sins, which are many, have been forgiven, for she loved much; but he who is forgiven little, loves little."**

How Much Repentance Is Enough? What does repentance mean?

<https://dictionary.cambridge.org/dictionary/english/repentance>

The Cambridge Dictionary defines repentance as follows:

**The fact of showing that you are very sorry for something bad you have done in the past, and wish that you had not done it.**

Essentially, repentance means you turn away from your sin and agree with God regarding your sin. You agree that your sin is an offense against the one true Holy God. I have repented enough when my love for God has exceeded my love for my sin. At the point, I no longer love sin, I no longer like my sin, in fact, I disliked it and very quickly I came to despise my sin. It is at that point that I have repented enough; and through the self-control of God's Spirit, I maintain that position regarding my sin; I despise it.

I still repent over the sins I commit; I am merely explaining at what point you have repented enough to reach the point of being in complete agreement with God regarding your sin. When have I repented enough regarding viewing pornography? When the repentance outweighs the pleasure I get from viewing pornography. When you compare how little the pleasure is compared to how sinful the behavior is before God then that helps the repentance exceed the pleasure. This is the **renewing of your mind** God's word tells us about:

**Romans 12:1-2 1 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. 2 And do not be conformed to this world, but be transformed by the **renewing of your mind**, so that you may prove what the will of God is, that which is good and acceptable and perfect.**

Presenting yourself as a living sacrifice is your reasonable service in response to the salvation God has given you. It is letting Jesus Christ live through you. My repentance has risen to a sufficient level only when my love for God exceeds my love for sin. Victory over pornography will be slow until you deeply repent after each time you view pornography. If you feel stress and you are turning to pornography to relieve that stress, then **pornography is an idol in your life**; you are turning to something other than God in your time of need.

**Step 1:**  
**Confess to Holy God that what you have been doing is sinful and repent of the behavior.**



## The Critical Success Factor

**Y**ou cannot achieve a victory on your own; if you could then you would not be reading this book. The truth is, rules you make up to achieve a victory are of no value when trying to control the flesh -- as explained in:

Colossians 2:20–23 If you have died with Christ to the elementary principles of the world, why, as if you were living in the world, do you submit yourself to decrees, such as, 21 “Do not handle, do not taste, do not touch!” 22 (which all *refer to* things destined to perish with use)—in accordance with the commandments and teachings of men? 23 These are matters which have, to be sure, the appearance of wisdom in self-made religion and self-abasement and severe treatment of the body, **but are of no value against fleshly indulgence.**

The **critical success factor** in the victory over pornography is for you to sincerely do the following: In the name of God the Son, ask God the Father to give you **the self-control of God the Holy Spirit**. You already know that trying to use only your self-control does not lead to victory. You need to replace sole reliance on your inadequate self-control with a partnership with God. You can turbocharge your self-control by simply relying on the Holy Spirit’s victorious self-control.

The critical success factor:

Galatians 5:16 But I say, **walk by the Spirit, and you will not carry out the desire of the flesh.**

The critical success factor will only be effective if you are a true born-again Christian who is led by the Spirit of God. Therefore, if you seek a victory over pornography you need to do a brutally honest self-evaluation to determine if you are a true born-again Christian who is led by the Spirit of God.

Learn how to be led by the Spirit – that topic was explained earlier within the detailed section titled: *How To Be Led By The Spirit Of God*.

If you lack self-control, then please consider the following: 1) you are not a born-again Christian led by the Spirit of God or 2) you are a born-again Christian, but you have either forgotten you have been forgiven of your sins or 3) you are a born-again Christian, but you do not know how to be led by the Spirit of God. In one of the apostle Peter’s letters, he explains a cause for lacking various godly qualities, including self-control:

2 Peter 1:9 **For he who lacks these qualities is blind or short-sighted, having forgotten his purification from his former sins.**

2 Corinthians 10:3–5 3 For though we walk in the flesh, we do not war according to the flesh, 4 for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of fortresses. 5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are **taking every thought captive to the obedience of Christ,**

Look to the example of Jesus:

Hebrews 12:1–3 1 Therefore, since we have so great a cloud of witnesses surrounding us, **let us also lay aside every encumbrance and the sin which so easily entangles us,** and let us run with endurance the race that is set before us, 2 **fixing our eyes on Jesus,** the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God. 3 For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart.

### Step 2:

**In faith, depend on the self-control of God the Holy Spirit and not only on your self-control. In the name of the Lord Jesus Christ, God the Son, ask God the Father to give you the self-control of God the Holy Spirit.**

## Thank God He Provided The Opportunity To Be Faithful

**H**ave you ever wondered why God created this world? Perhaps one of the reasons God created this world was because it gives us a chance to choose to display faith in Him. In other words, when you are tempted to sin you are also given the opportunity to display faith in God; by choosing to rely upon the self-control of the Holy Spirit you are displaying faith in God.

As a side note, I have made a FREE book available which contains a chapter titled *Evil And Human Suffering*; that addresses the question why did God choose this world? Please visit [42Thru.com](http://42Thru.com) for a FREE PDF file of the book *A Deeper Relationship With Jesus* which contains the chapter in which I address the question, why did God choose this world?

**Step 3:**

**Thank God that He provided you with the opportunity to be faithful and accept God the Spirit's self-control to resist the devil's temptations; in that way, every time the devil tempts you, you turn it into praise for God -- Satan hates that.**

## Remind Satan Of His Ultimate Eternal Destination

**E**very time Satan tries to tempt you to commit sin, it is an opportunity to remind Satan of his ultimate eternal destination. Satan is the enemy of your soul, but eventually he will be cast into the Lake of Fire for eternity. No doubt Satan hates to be reminded of his ultimate eternal destination. If you remind him of his ultimate eternal destination every time he tempts you, then he will most likely want to tempt you less.

**Step 4:**

**Thank God that He has defeated Satan and that at the final judgement, Satan will be cast into the Lake of Fire for eternity; therefore, Satan will be reminded of his ultimate eternal destination every time he tries to tempt you to sin; Satan hates that and it will further reduce the number of times he tries to tempt you to sin.**

## Keep Track Of The Times You Resisted Temptations

**B**y tracking how many times you resist the temptation you will slowly see that God's Holy Spirit will enable you to use His self-control to resist the temptation. Soon, you will see that you will be resisting more often than giving in. Eventually, the temptations will stop. Yes, you read that right; the temptations will eventually stop. That is when you will have achieved your victory over your habitual use of pornography. That will be living proof to you of the Bible verses:

James 4:7 Submit therefore to God. Resist the devil and he will flee from you.

Galatians 5:16 But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

God's way to obedience works. Record it! So next time when temptation comes, I can recall specific times I chose to let God the Holy Spirit's self-control live through me and give me the victory.

**Step 5:**

**Keep track of how many times you successfully resist the temptation to view pornography.  
Record the times you chose to depend upon God's self-control instead of just yours.**

## Invoke The Whole Armor Of God

**W**hy not use everything God has made available to you to resist temptations? He has given you the self-control of God the Holy Spirit. When you choose to depend upon God you are taking up **the shield of faith** which is part of the whole armor of God. In fact, God tells you in His word that when you take up the shield of faith you will be able to extinguish all the flaming arrows of the evil one – that means all of Satan’s attacks and temptations.

Ephesians 6:11–17 11 Put on the full armor of God, so that you will be able to stand firm against the schemes of the devil. 12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places. 13 Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. 14 Stand firm therefore, HAVING GIRDED YOUR LOINS WITH TRUTH, and HAVING PUT ON THE BREASTPLATE OF RIGHTEOUSNESS, 15 and having shod YOUR FEET WITH THE PREPARATION OF THE GOSPEL OF PEACE; 16 in addition to all, **taking up the shield of faith with which you will be able to extinguish all the flaming arrows of the evil one.** 17 And take THE HELMET OF SALVATION, and the sword of the Spirit, which is the word of God.

|   |
|---|
| <p style="text-align: center;"><b>Step 6:</b><br/><b>Invoke the whole armor of God to extinguish all temptations.</b></p> |
|---|

## Your Identity In Jesus Christ

**I**magine you were eating garbage in the streets and a King came and told you he has adopted you. And that you can eat at his table freely for the rest of your life. Further, he tells you that he has given you many other gifts because you are now his child. If the next day you go back to the streets and eat garbage, would your behavior be consistent with your new identity as a child of the King? As a born-again Christian you are a child of the King of Kings.

**John 1:12 But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name,**

Becoming a child of God is the concept of *The Exchanged Life* was explained earlier, it is what 42Thru means:

42Thru is an easy way to remember the following:

Jesus Christ gave His life **for** me, ————— ↑ ↑ ↑

so that He could give His life **to** me, ————— ↑

so that He could live His life **through** me. ————— ↑

**42Thru**

In Christ, we are a child of God. Sinful behavior is not consistent with who you are in Christ, the King of Kings.

**Step 7:**

**Ask yourself: Is viewing pornography consistent with my new identity in Christ as a child of God?**

## Have You Ever Been A “Temporary Atheist”?

**I**t could be said that for a true born-again believer to choose not to depend on God they must become a “temporary atheist”. When some people choose to do something evil, they either believe God will not see them or if they are a true born-again believer then they must become a “temporary atheist”; they don’t think God exists while they commit their sin.

**Step 8:**

**Ask yourself: Am I like a “temporary atheist” if I yield to the temptation?**

## Move Your Repentance Earlier In Time

**T**his step alone will have a tremendous effect on your future success. After committing a sin, a true born-again Christian should and usually does feel deep guilt. Deep guilt is followed by repentance for the behavior. This step simply moves that moment of realization earlier in time up to the next moment you get tempted to sin. The next time temptation comes, remember the feeling of guilt and repentance you feel after you sin. Ask yourself, do I want to feel the deep guilt and need for repentance again? Is that why I sin? It probably is not. Most likely, you do not want to experience those feelings of guilt and deep repentance after you realize the consequence of your sin. All this step does is move that realization earlier in time for you to consider at the moment the next temptation comes.

**Step 9:**

**Realize the guilt and deep repentance you will experience if you give in to the temptation.**



## Decision Before Temptation

**M**ake your decision before you are tempted. Take pre-emptive action. Before you feel the beginning of the urge to view pornography, decide you are not going to view it. Tell yourself: The Holy Spirit of God has already helped me say no to viewing pornography. When the temptation comes, say to yourself: No, the decision **was** (past tense) already made, we (the Holy Spirit of God and I) have **already** (past tense) agreed to say no to this temptation. Then when the temptation comes and you resist it, be sure to make a note that you successfully resisted the temptation.

**Step 10:**  
**Decide what you will do BEFORE the next temptation comes.**

## Putting The Pieces Together

Over many years, I tried unsuccessfully to overcome an addiction to pornography. All my attempts to resist temptation using only my self-control failed. I tried and failed many times; each time I felt guilty and wanted to repent and I thought I repented. This repeated over and over in what seemed to be a never-ending cycle that I was hopeless to get out of myself. That was true, I could not escape the cycle relying on only my self-control. I tried and failed to stop the evil of viewing pornography so many times that I thought it was impossible to achieve a victory.

My personal victory over pornography happened as a result of living the exchanged life. The breakthrough came when I finally: 1) realized, admitted, and accepted that I could not do it on my own; 2) realized God the Holy Spirit gives His self-control to a born-again believer as part of the gift of the Holy Spirit; 3) truly realized salvation is monergistic -- wholly the work of God and in contrast, sanctification is synergistic -- more than one worker; and 4) took the specific step of asking in the authority of Jesus Christ, that God the Father give me the self-control of God the Spirit.

Success started to happen slowly, gradually over time. At first, only occasionally I was able to resist the temptation. Then I decided to start counting how many times I successfully explicitly chose to resist the devil's temptation and submit to God by specifically relying on the Holy Spirit's self-control as part of His fruit of the Spirit. Then I noticed I was able to resist the devil's temptation more frequently. Fairly quickly, I had counted about 12 times I was successful in resisting the temptation to view pornography. After those 12 times the temptations themselves ceased. I believe I experienced the truth of God's Word as explained in James 4:7

**James 4:7 Submit therefore to God. Resist the devil and he will flee from you.**

Well, I destroyed my pornography collection decades ago and I am no longer tempted to view pornography. It really is quite amazing. So, I really want you to know that it is possible for you to achieve a victory over pornography. If you are a true born-again Christian or become one now and you work with God the Holy Spirit by relying on His self-control then the victory is yours for the taking.

Romans 6:11–14 11 Even so **consider yourselves to be dead to sin, but alive to God in Christ Jesus.** 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. 14 **For sin shall not be master over you, for you are not under law but under grace.**

Romans 8:1–14 1 Therefore there is now no condemnation for those who are in Christ Jesus. 2 For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. 3 For what the Law could not do, weak as it was through the flesh, God did: sending His own Son in the likeness of sinful flesh and as an offering for sin, He condemned sin in the flesh, 4 so that the requirement of the Law might be fulfilled in us, who do not walk according to the flesh but according to the Spirit. 5 For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. 6 For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, 7 because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, 8 and those who are in the flesh cannot please God. 9 However, you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. But if anyone does not have the Spirit of Christ, he does not belong to Him. 10 If Christ is in you, though the body is dead because of sin, yet the spirit is alive because of righteousness. 11 But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you. 12 So then, brethren, we are under obligation, not to the flesh, to live according to the flesh— 13 **for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.** 14 For all who are being led by the Spirit of God, these are sons of God.

## Temptation And Response

You can exercise your free will to choose to depend upon God the Holy Spirit's self-control to resist the temptation to view pornography. God has provided everything you need for godliness.

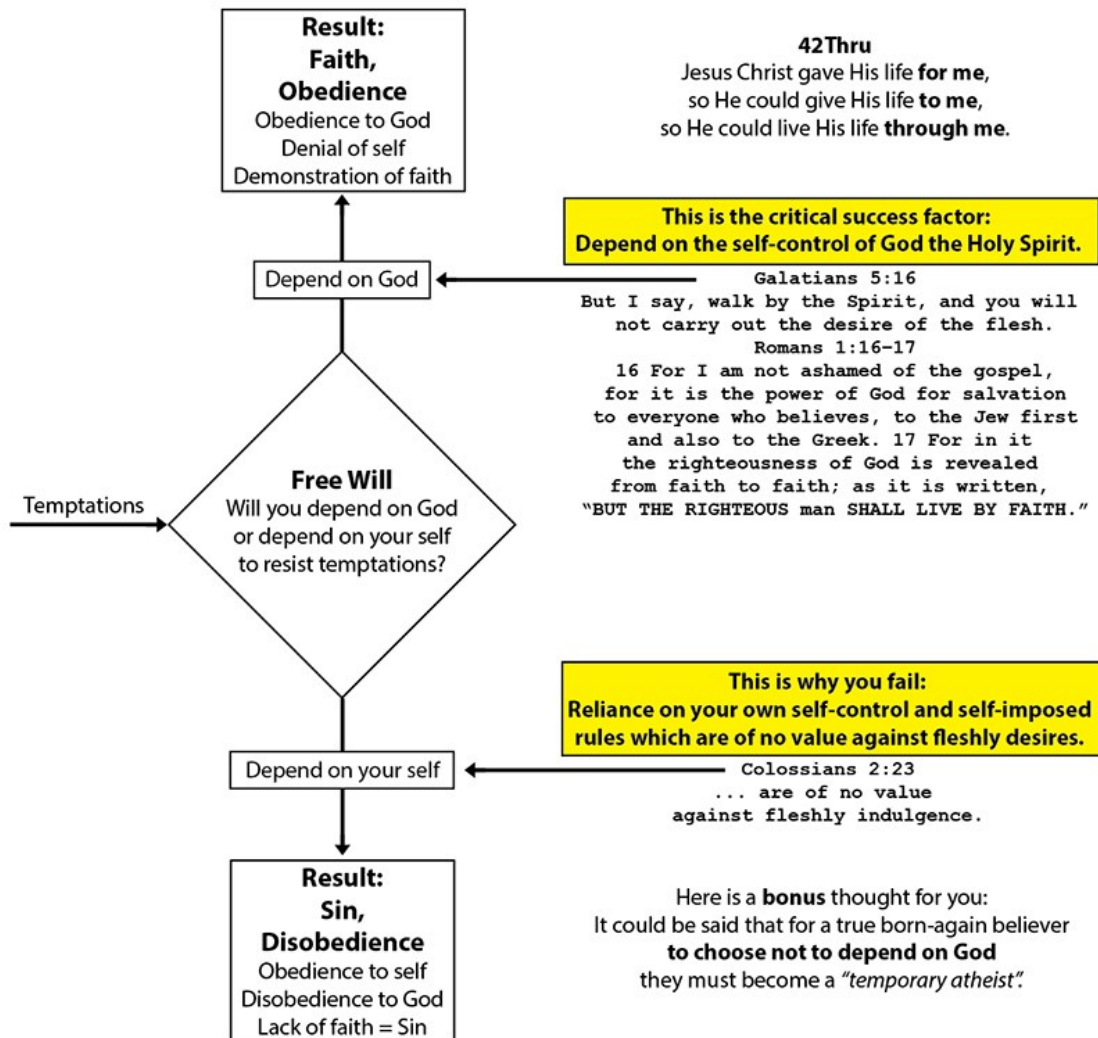
2 Peter 1:3 seeing that His divine power has **granted to us everything pertaining to life and godliness**, through the true knowledge of Him who called us by His own glory and excellence.

Titus 2:11-12 11 For the grace of God has appeared, bringing salvation to all men, 12 instructing us to deny ungodliness and worldly desires and to live sensibly, righteously and godly in the present age,

Self-control is part of the fruit of the Spirit. When you exercise your free will to be led by the Spirit you will see the fruit of the Spirit in your life. If you are a true born-again believer in Christ Jesus, then you have crucified the flesh with its passions and desires.

Galatians 5:22-24 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, **self-control**; against such things there is no law. 24 Now those who belong to Christ Jesus have **crucified the flesh with its passions and desires**.

Please carefully study the following diagram which depicts the flow of Temptation and Response. Each time you face any temptation you have a real opportunity to exercise your free will to choose to depend upon God to resist the temptation.



## The Strategy That Works

### **The Strategy**

1. Confess to Holy God that what you have been doing is sinful and repent of the behavior.
2. In faith, depend on the self-control of God the Holy Spirit and not only on your self-control. In the name of the Lord Jesus Christ, God the Son, ask God the Father to give you the self-control of God the Holy Spirit.
3. Thank God that He provided you with the opportunity to be faithful and accept God the Spirit's self-control to resist the devil's temptations; in that way, every time the devil tempts you, you turn it into praise for God -- Satan hates that.
4. Thank God that He has defeated Satan and that at the final judgement, Satan will be cast into the Lake of Fire for eternity; therefore, Satan will be reminded of his ultimate eternal destination every time he tries to tempt you to sin; Satan hates that and it will further reduce the number of times he tries to tempt you to sin.
5. Keep track of how many times you successfully resist the temptation to view pornography. Record the times you chose to depend upon God's self-control instead of just yours.
6. Invoke the whole armor of God to extinguish all temptations.
7. Ask yourself: Is viewing pornography consistent with my new identity in Christ as a child of God?
8. Ask yourself: Am I like a "temporary atheist" if I yield to the temptation?
9. Realize the guilt and deep repentance you will experience if you give in to the temptation.
10. Decide what you will do BEFORE the next temptation comes.

## How To Know You Are Born-Again

**T**here is a very simple way to determine if you are born-again or not. How do you answer the following questions:

- Do you let Jesus Christ live through you?
- Do you let God the Holy Spirit live through you to give you victories over the flesh, sin?
- Do you let the fruit of the Holy Spirit manifest in your life?

This book gives you the critical success factor to let the fruit of the Holy Spirit manifest in your life. But you must exercise your free will and choose to ask the Holy Spirit to give you the fruit of the Spirit and to trust and recognize He will do exactly that.

Galatians 5:22–23 22 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, 23 gentleness, **self-control**; against such things there is no law.

Matthew 7:20–23 20 “So then, **you will know them by their fruits**. 21 “Not everyone who says to Me, ‘Lord, Lord,’ will enter the kingdom of heaven, but he who does the will of My Father who is in heaven will enter. 22 “Many will say to Me on that day, ‘Lord, Lord, did we not prophesy in Your name, and in Your name cast out demons, and in Your name perform many miracles?’ 23 “And then I will declare to them, ‘I never knew you; DEPART FROM ME, YOU WHO PRACTICE LAWLESSNESS.’

Matthew 7:1 “Do not judge so that you will not be judged.

Luke 6:37 “Do not judge, and you will not be judged; and do not condemn, and you will not be condemned; pardon, and you will be pardoned.

John 7:24 “Do not judge according to appearance, but judge with righteous judgment.”

You may sin to the extent that your behavior causes God to discipline you:

1 Corinthians 11:32 But when we are judged, we are disciplined by the Lord so that we will not be condemned along with the world.

You can know that you have eternal life:

1 John 5:10–13 10 The one who believes in the Son of God has the testimony in himself; the one who does not believe God has made Him a liar, because he has not believed in the testimony that God has given concerning His Son. 11 And the testimony is this, that God has given us eternal life, and this life is in His Son. 12 He who has the Son has the life; he who does not have the Son of God does not have the life. 13 These things I have written to you who believe in the name of the Son of God, **so that you may know that you have eternal life**.

1 John 5:20 And we know that the Son of God has come, and has given us understanding so that we may know Him who is true; and we are in Him who is true, in His Son Jesus Christ. This is the true God and eternal life.

The Holy Spirit will testify to you that the Christian Bible is the true Word of God and if you let Jesus Christ live through you then the fruit of the Holy Spirit will testify to you and others around you that you are truly a born-again Christian.

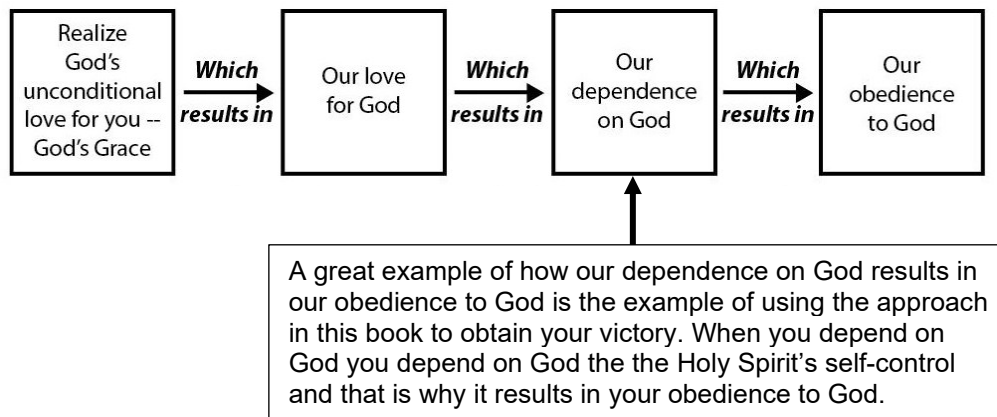
The following passage was quoted in the Epigraph.

2 Peter 1:1–12 1 Simon Peter, a bond-servant and apostle of Jesus Christ, To those who have received a faith of the same kind as ours, by the righteousness of our God and Savior, Jesus Christ: 2 Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord; 3 seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. 4 For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust. 5 Now for this very reason also, applying all diligence, in your faith supply moral excellence, and in your moral excellence, knowledge, 6 and in your knowledge, **self-control**, and in your **self-control**, perseverance, and in your perseverance, godliness, 7 and in your godliness, brotherly kindness, and in your brotherly kindness, love. 8 For if these qualities are yours and are increasing, they render you neither useless nor unfruitful in the true knowledge of our Lord Jesus Christ. 9 **For he who lacks these qualities is blind or short-sighted, having forgotten his purification from his former sins.** 10 **Therefore, brethren, be all the more diligent to make certain about His calling and choosing you; for as long as you practice these things, you will never stumble;** 11 **for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you.** 12 Therefore, I will always be ready to remind you of these things, even though you already know them, and have been established in the truth which is present with you.

In case you missed it, verse 11 clearly tells you the way entrance into the eternal kingdom takes place:

**11 for in this way the entrance into the eternal kingdom of our Lord and Savior Jesus Christ will be abundantly supplied to you.**

Earlier in the book, the Four-Fold Interlock of a Life of Faith was explained; the following diagram shows the point at which the strategy in this book results in obedience to God:



## My Prayer For Your Life

**I** know what will determine how successful you will be at achieving a victory over pornography and going on to contributing to the fulfillment of the great commission; if you are controlled by the Spirit, you will fulfill God's will in every aspect of your life. Therefore, my prayer for you is simple; it is the following Bible passage:

**Ephesians 3:16–19 that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, 17 so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, 18 may be able to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God.**

Here are two thoughts to hopefully inspire you:

1. I will know when I have arrived in heaven because every thought I will have and every action I will perform will be in perfect accordance with God's will.
2. The will of God the Father, God the Son, and God the Holy Spirit is my prayer, desire, and reward.

It is my sincere hope and prayer that this book will deepen your relationship with Jesus Christ, who is God in human flesh. If you learn more about the love Jesus has for you then you will walk in the Spirit and when you do that you will be obedient; you will fulfill God's purpose for your life. You will be able to let Jesus Christ live through you to accomplish His good works through you; you will let Him disciple other people for Himself. If you do, then you will hear Him say to you: "Well done".

**Matthew 25:21 "His master said to him, 'Well done, good and faithful slave. You were faithful with a few things, I will put you in charge of many things; enter into the joy of your master.'**

If you believe everything written in this book, then I will see you in heaven.

## Conclusion

**U**p until now, God has been patient with you. You do not know when you are going to die and stand before God. This book has provided you with an executable strategy including the critical success factor to achieve a victory over pornography. You can do it. Your victory over pornography is now in your grasp. You have everything you need for life and godliness. Grace teaches you to say no to ungodliness.

This book is not about making you feel guilty to get you to change your behavior. This book gives you a biblically based executable strategy which will help you achieve a victory over sinful behavior.

You must be a born-again Christian for this strategy to give you a victory over the flesh.

Your part is to simply exercise your free will and choose to let God The Holy Spirit's self-control live through you to resist the temptation. When you are tempted to view pornography, pray about and follow the strategy provided.

**Titus 3:5** He saved us, not on the basis of deeds which we have done in righteousness, but according to His mercy, by the washing of regeneration and renewing by the Holy Spirit,

**2 Corinthians 10:5** We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

**Romans 12:2** And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

**Philippians 4:8–9** 8 Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. 9 The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

You will be held accountable for what you have thought and done while in the flesh. Let that help motivate you to ask God the Holy Spirit to give you a victory over the flesh, sin.

**2 Corinthians 5:10** For we must all appear before the judgment seat of Christ, so that each one may be recompensed for his deeds in the body, according to what he has done, whether good or bad.

**Genesis 50:20** "As for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people alive.

If you apply the content of this book and then in turn give the book to others to achieve their victories, then you will experience Genesis 50:20 in your life. You meant the viewing of pornography to achieve pleasure for your fallen self, you meant it for evil. But now that God has given you victory over it and you share it with others then you make it true that God took your sins and meant it for good, the saving of many souls.

**Romans 6:11–14** 11 Even so consider yourselves to be dead to sin, but alive to God in Christ Jesus. 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those



**alive from the dead, and your members as instruments of righteousness to God.** 14 For sin shall not be master over you, for you are not under law but under grace.

For a true born-again Christian to sin, they must become a “temporary atheist” -- they must believe there is no God to be able to sin or at least God won't notice their sin. If it is the latter, then they do not realize God is omniscient which means He has all knowledge and He knows all about all of your sins.

**John 8:31–32 31 So Jesus was saying to those Jews who had believed Him, “If you continue in My word, then you are truly disciples of Mine; 32 and you will know the truth, and **the truth will make you free.**”**

I have shared the biblical truth regarding how to achieve your victory over pornography; how to be set free from it -- that if you accept by faith what God says and ask, in faith, for God to give you His self-control then you will be set free from the bondage of pornography, of lust, of adultery.

**When your love for Jesus is greater than your love for pornography then you will succeed.**

You will love God more when you learn more about Him. To help you learn more about how much God loves you I have made a FREE book available at [42Thru.com](http://42Thru.com) The book is titled *A Deeper Relationship With Jesus*.

One final Bible verse, God is blessing you when He turns you away from your sins:

**Acts 3:26 “For you first, God raised up His Servant and sent Him to **bless you by turning every one of you from your wicked ways.**”**

Please, share this content with others. This could become your ministry. Yes, you can tell others how they can finally achieve a victory over sin.