



## Male Masturbation, Female Masturbation and the Image that Lives in this Solo Sex: A Journey to Uncover the Dark Stories of Anonymous Victims in a Perversed Generation Case Study: Facebook

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**Abstract:** Masturbation has been a serious issue from time past. Here and there you will get stories of boys and men unlike girls who see it as a lifestyle, the same way Ryan Tracy visualized it in her thesis titled “*Masturbation a way of life*” defended in the year 2013 at the Central European University under the department of Gender Studies. Her contribution is commendable. My study focuses on male masturbation and female masturbation. Masturbation in a very simple form is the opposite of sex which is all about men and women playing with their genital organs to attain sexual satisfaction. Masturbation is demonic. This demon is an evil spirit. It is capable of processing people. This article investigates the global problem or challenge of masturbation in both males and females with a focus on discovering the satanic or demonic forces from the pit of hell that lives in this solo sex practice. My participants were scattered all over the world and Facebook was the best channel to meet them. Therefore, Facebook is my study population but not limited to it because my personal experience and secondary sources also helped a greater deal. This study seeks to analyse the hidden, unknown, strange, or dark stories of silent victims who suffered in bondage of masturbation for years and found rest in Jesus through confession and other methods. Their stories through a narrative research design and descriptive research design will you to a moment of reflection over your live and by so doing salvation will locate you as well. I am not a Prophet but I was led by God to help you the same way he helped me locate salvation. It all started from the lustful desires, images of necked men and women, pornography addiction and all forms of physical disabilities which made you think that finding a partner would be a mistake of identity. This pushed you to welcome the devil. Many boys unlike girls at their teenage age had the opportunity to have sex which was their first sex and lost their virginity. At that moment, the demon of pleasure kept them bound to see sex as a desire and not a



think for couples only. As they grow up the desire becomes a trauma and once it becomes a nightmare, they deviate to solo sex because the one to give them pleasure may not be there at all times and once the feeling prolongs it can cause one to become deranged up there. The fact that that childhood moment could not be repeated often masturbation came to give them hope but this hope brought guilt and in return left many wondering if infection can also come with the practice which does not involve a second party. Many women are lesbians today because the very demon of masturbation is the beginning of lesbianism. This therefore tells us that there is masturbation in lesbianism and there is masturbation in homosexuality. I am not here to raise a debate which may never end today but I am here to help you find a solution because many are blind to see the way to restoration after deliverance. Life can be hard at times and I understand but one should wait till God gives him or her a partner rather than regretting being the cause of your own problems. If one must find freedom, prayers are the key to set the demon that lives in you ablaze. Never the less, the change must begin from you. You must refrain from those online platforms, images or videos that distract you from God in to practicing all forms of evil in the name of sex. If you are running from sex related infections with the opposite sex then maintain your purity by staying holy or use a condom by all cost for those who cannot do without set. Not all battles did Jesus Fight by himself. Even at the cross, he called for his father to take the cup of suffering from him. You must run to God today. Seek his face now. This article that captures not just how masturbation works, why it happens and how it can be handles and casted out, it cuts across the key types or forms of masturbation and how many victims see them as roles in sex. What do I mean by this? Just as homosexuals have roles like bottom, top, versa, side and more as evolution takes place, so do those who masturbate classify their urges to solely visual masturbation, image masturbation, hand or anal/vaginal masturbation, lustful masturbation and the so called wet dream or spiritual father/mother sex. There are so many but I will limit my study to those few. Where do you belong? If you can answer this then your solution is near. From your response, someone who is led by the spirit will tell you to delete those pornographic videos in your phone and to burn those gay/lesbian or heterosexual magazines in your room and to spend time in the place of bible studies and prayer.

**Keywords:** Male Masturbation, Female Masturbation, Image, Dark Stories, Perversed Generation.



## **Introduction**

Georges Ines B (2019,p, 3-11) looks at masturbation as another form of homosexuality due to the fact that the victim does this to himself thereby classifying masturbation as a same sex activity. The author Ines B, saw this from a distance but I am not saying he is wrong but to me, it's one sided to speak of masturbation being part of homosexual lifestyle without talking about lesbianism which is also another kind or type or form of masturbation. Ines B had it right but omitted the lesbians in his suggestion which for further research, researchers can dwell more on homosexuality and lesbianism as forms of masturbation. Masturbation has brought more bad than good to our world despite the medical reasons, many anonymous lesbians regretted inserting objects inside their vaginas which transmitted infections to their bodies. Many walk on the street but their clitoris is damaged. Ines B revealed lots of effects of masturbation on both genders. He spoke of a slowdown of sexual performance in both men and women which leads to a further sin called adultery and this sin leads to a broken home because fidelity has now become infidelity. He adds that many victims look so frustrated, filled with guilt, shame and disgrace as they tend to experience a delayed or quick ejaculation which leads to poor sexual performance as couples and to a greater extent, many destinies with great dreams experience delay of purpose. At times you feel as if nothing is moving in your life and you feel you body so heavy to pray or to go to church or to even confess to your pastor or to God himself. Immediately you embrace masturbation, you lose a sense of vision and purpose as your dreams die and get buried in a cage by the very demon you embraced. Many were in bondage for over 15 years from what I gathered from interviews in the field. What were you doing all these years? Are you not tired of having sex with men or women in your dream? Is that enough reason to fold your arms? No, come to Jesus and be saved. Many men who could not satisfy their wives in bed and even those women who could not perform their role as women and could not get satisfied even after hours of sexual intercourse, found themselves loving other men(becoming gay men / bisexual men and the women found themselves becoming lesbians). To them, deviating from Gods divine pattern of human sexuality will help them get the sexual satisfaction they need but it brought more disgrace



as many were caught in the act, lost the respect of friends and family members, others due to frustration ran out of town just to cover up for their mischief. This led to many divorce cases and many dreams were shattered and buried due to guilt in frustration. This frustration lives with them for years. There are great prayer warriors, great musicians and even preachers whose destinies are chained in masturbation by the forces of this dark world adding dark stories or stories to your divine portfolio so as to close your door or progress and paint a bad record of your life here on earth. The more evil you do, the darker your story becomes. Evil acts like masturbation, homosexuality and lesbianism add darkness to your clean record of holiness and makes it bad and questionable. The word that comes first is why me? Why did I do it? What for? What is wrong with me? Am I really dreaming, somebody should wake me up, please. You better open those eyes now that you have eyes to see because even a blind man can masturbate and none of his family members will know about it. I met a blind man who revealed to me how he masturbates each time he goes to bathe and no one knew about it until one faithful day his elder brother surprised him and opened the door without knocking and saw it for himself. The blind man asked him for help and he was led to Christ and since that day his life changed till he found a wife and had three kids. His reason for masturbating was because he was lonely and had no girlfriend but he deeply needed one at that time. Every girl he met despised him because of his condition and his prayerless life and love for ungodly music triggered the feeling in him and he started masturbating. Another blind man revealed to me how he was raped by the man who cared for them at the Blind Blue Centre of Gobokeyan. After the act, his perpetrator was nowhere to be found. He ran out of the country. The victim developed feelings for other men but because he couldn't tell what he felt to his peers for fear of being rejected by all, he silently masturbated each night when the rest were asleep so as to handle the load that comes with the desire for sex but unable to find a partner at that moment. This blind man had another encounter with a gay friend who had sex with him in a distant bush at the centre area and both were followed closely and were caught and beaten severely by the discipline master of the Blind Blue Centre. From that day, the blind gay men were led to a Catholic Priest who took them for confession and



deliverance sessions and follow up till they both became mass servants in the said church and their stories changed.

Someone who masturbates, kills his or spiritual gift be it speaking in tongues, anointing, singing, and more which leads God to depart from such a person and this is why you stay too long in bondage. When the Holy Spirit which directs a man's life to positive ways of godly living departs from you, it takes grace from above to bring it back. When you suffer the flesh to achieve earthly pleasures and fail to feed the spirit man with the word of God daily, you are killing yourself the more. As you eat the physical food daily, feed the soul as well. If you fail to do that, your life is exposed to demonic attacks. It may not be masturbation but it could also be a marine spirit or a force that seeks your untimely death or one that is out to cause delay in all dimensions of your life here on earth. When they succeed to give you illness and put you struggling on your sick bed panting daily in pain and distress, seeing you give up slowly, a big feast will be organized to celebrate your return to eternity and it will be great joy to them if they keep you voiceless and speechless in stroke so you won't be able to confess your sins to God. Dying as a sinner is Satan's greatest celebration. Don't let his aim to destroy your life and destiny comes to pass or else, you will only find yourself in the grave with no room for mercy. Do all you can to acknowledge your sin and confess through prayers as you abstain from ungodly videos, objects, images and activities that do not please God. Remember that there is no force so great than Jesus. Jesus is capable to set you free the same way he did for me. It won't be easy because from time to time you will fall again but be conscious and reject the demon by all cost. When I wrote the first edition of this article, I made it in the form of a book but my father refused to publish it that if he publishes it, I will become so proud of myself and will win awards and make huge amount of money which will cause me not to go to school again. Because of that, I had to convert it from a book to an article so the world can see and feel my mind blowing words and learn from my experiences. I wrote this article in one month. It took me days of sleepless nights to write it before Zoe, my Co-writer came to assist me with the biblical backings. I started masturbating at the age of 14. I did all forms of masturbation. It was suffering for me because I had to do it twice a day. The feeling didn't come when I was in school or with friends



or with family at home but it came only when I was lonely. At times it was challenging because you don't have data but you want to masturbate but cannot use gel to play with your dick or penis. It was frustrating as I spent 1000 frs each week just to put data in my phone so I could watch pornographic videos and images online. I was a visual masturbator who was more in to watching autoerotic contents so that I could ejaculate. Ejaculation because stressful, painful and it left me with pains in my body because I had to do it every day. I did it because I read a blog online that stated that masturbation could help those who struggle to sleep at night. At times I could stay up all night till 3 am without reading, nor praying but just sitting on my bed looking like a mad man. The demon of masturbation held me in captivity for 12 years. In these 12 years since 2014, I never lust after a woman and neither did I after girls. My problem was pornography which took whole of my life. I was an addict of pornography. I could watch it every day without getting tired. At times, I would watch it and get tired but sometimes ejaculation did not take place even after watching it because my mind began to tell me that he was tired. I too was tired and I stopped being a visual masturbator. From 2014, I never kept pornography in my phone. I had those videos online and they ended there. I stopped going to those sites like Porn Hub and others which I cannot remember. Even at the process of writing this article, I was still masturbating and I asked myself if I can ever find peace with myself and to forgive myself to see the evil I am doing. I am sure you are seeing how masturbation can add suffering in a man's life. From my childhood days, I couldn't find true love; it was all heartbreak and pain. The frustration that comes with it left me in a position of deviation. I never had a normal childhood life like my peers because their likes were my dislikes. They liked football but I preferred music and dance. I grew up in the company of beautiful women who took care of me (the oedipal complex). Nothing was wrong with me but as I grew from teen to adult, masturbation took whole of my life and I lacked true love and nothing worked out for me the way I wanted it to be. Despite the happiness of being an award winning Cameroonian writer and author of *Died Before Her Time* published on wattpad, I lack joy and hope of a better tomorrow held back by a force I could not defeat on my own. I ran to my Pastor but after prayers I went back to my practice again. I prayed, fasted for days but to no avail. I came to realize that I was not praying and fasting



enough. There was a time that I vowed never to go to Porn Hub to watch pornography for one month and I stayed true to it but as the new month started, I went back to my evil deed. It was a challenge, a battle which was more than me but not more than my Jesus. If Jesus could come to earth, live and die for me to have life then, there was hope for my deliverance. I went down on my knees and prayed for many nights without food as God finally answered my prayers. Do you know what made me abandon masturbation? It was the expenditure I endured for data each month. I sat down and calculated  $1000 \times 12$  and the answer shocked me. The pains that came with regular masturbation were a hard nut to crack which led to me hating the act. The videos and the interviews I conducted of victims who lived in regret struggling with prostate cancer and other sleep disorders left me in shock and I cried in my room all night but no one heard my voice. I did not meet a councilor because I am also a councilor by gift and a psychologist by talent and gift and with my broad knowledge in the field of Women and Gender Studies, I found a way to meet the greatest Councilor who is God himself. I prayed and prayed till I took a daily Bible study with Rhapsody of Reality written by Pastor Chris and daily I spent time in church activities and less time on phone and since then I never went to Porn Hub again as I found a friend like Zoe whose contribution in this article saved my soul and by so doing God's word because my anchor for eternity.

If you are reading this article today, your own deliverance could be a prayer and deliverance session in church or in your little corner but my advice to you is to seek help from a councillor or man of God because I know your parents cannot help you at this time because even to tell them will be a huge problem for you coupled with the backwardness and illiteracy of most parents who don't have time to teach their children about masturbation because they don't even know what it is. This article will be both the parents handbook and the children's handbook to teach them valuable lessons on this concept of masturbation which was and is still rampant in our society today and even the world at large.

Pornography is the number one step to masturbation. It may look attractive but demonic. Many men unlike women are held spell bound in it for years blinded by the pleasure that comes with it. Man's desire for sex when unaccomplished can lead to masturbation as a way to achieve



easy and stress-free pleasure. The process of undressing an image hanging in your mind for the purpose of achieving self-sexual satisfaction through it is a type of spiritual adultery. One who masturbates by watching pornography posted on blog posts or Facebook pages of ungodly individual or online at porn hub is not different from the pornographic actor or actress who already knows how sinful the act can be in God's sight but as long as money is involved the eyes go blind. Both the actor and the viewer are sinners as proverbs 23:7 recounts. There are cartoons that promote masturbation. Years ago, the Cameroon government banned the cartoon titled Barbie for promoting homosexuality to young ones and adults alike. When we were growing up, we had series of games that involved mother and father roles. These games sometimes ended kisses, necked movements and ungodly dances which helped to change people's mentality about life. That alone made me to hate that game and till today I hate it and I don't want to see children playing it. We used to call the game "mami-play-play". Not every romantic novel is good for your child as a parent. Be watchful of the literature books. Children read these days in the name of school text books. When we were growing up there was this romantic play called *Romeo and Juliet* which was later removed from the syllabus for reasons best known to those who put it up as our literature text book. If you can confess that pornography was the root cause of your masturbation then you will find someone like me who can guide you through your liberation or why not put the knowledge in this article to work out for you. Even Corona virus that came years back had its root cause and solution was found by scientists. If you want to cast out that demon eating you up day and night, you must acknowledge the root cause of your masturbation. Find out if it was triggered by lust, naked images of men and women in porn magazines, reading romantic books, peer pressure and more. After that, find out which type of masturbation you are in to. Some people are more of image oriented while others are more in to the visual masturbation and others fall under the hand or anal or vaginal masturbation and even those who dwell more on audio (recorded erotic music) to fantasize over.

According to F.E. Peeters, as cited by Myra Likka (1999, 23), the term demon refers to a supernatural being which lies in the middle of a god (theos) and one who is a hero. When man starts to behave in a supernatural way, one may be tempted to term his or her actions as demonic



and the individual will be referred to as demon possessed. When one sees demons as guardians throughout life, granting them joy and happiness, especially the joy one gets in the process of masturbation vanishes after the act. It leads to shame, pain, guilt and an unending anxiety that clouds the victims mind. The guilt arises with lots of questions as to why you did it and the shame brings about loneliness and frustration, asking yourself the gain in what you just did. The pain can be nerve pain, back pain, muscle cramps or stomach and even excessive pain at the level of the penis which can bring about discomfort and trauma. To a greater extent, many live in regret. Do you know this regret might be felt more in the other side (the grave). This is because many ended up their lives because of the years of torture releasing semen four (4) times a day and in a year, the stress accumulates and becomes traumatizing. Many who could not share their challenge died in silence. This adds more stress to their soul because they suffered here on earth with masturbation and died with it and despite the tests they wrote here on earth which they failed to succeed; hell seems to be the second test to finalize their eternal suffering. The fire can be irresistible and has no steering reduce the flames. This is indeed a home of endless suffering because there is no end to the fire. I pray this won't be your story. Demons have the power to cause the abled to become disabled. Their tests of faith are marked by deceit and torture. Their suffering for you may seem unending but it can end if God is involved. The pain of the flesh will be their strategy to take you to your early grave. Demons can make you to beg death to come when it is not time for you to die. Your sudden death marks an end to their trials and temptations in your life. Always take time to pray and resist every demon that seeks to destroy your life. Remember, his goal is to have your soul. Your soul is the most precious thing in you. The flesh will die and rotten but the soul lives. It is that which Satan wants to add up to the population of hell. I pray you will not be counted among. The heart of a demon is not pure but is as dark as I presume hell can be. Demons of blood have no option than to devour you and leave you as an imbecile. Those demons that feed on human blood are out to oppress you till you give up on God and seek fetish modes of solution. Rudwin in his book titled *The Devil in Legend and Literature* (1931) as cited by Myra Likka (1999, 23-27), reveals to us how the devil is the “master of matter”, “sensor of reason” and a great scholar whose brain has the power to discover new things



in a strange and unholy manner. He continues to applaud Satans ability to draw and come up with images as an artist which he uses to deceive the nations. Such drawings come from pornographic magazines which many buy with their money to edify the flesh for a day, month or year. Satan has also produced movies promoting all forms of sexual deviations like bestiality, homosexuality and lesbianism which have been used to convert many heterosexuals to gay men and women. Now, you see how creative demons working under Satan also called devil can be so wise using different modes of entertainment to draw people to himself. Satan loves entertainment. Wherever there is pleasure or love for fleshly things, he is there. The LGBTQ Community commonly, referred to as the Lesbian, Gay, Bisexual and Queer Community is one of those communities of color and these are places where Satan loves to visit but I pray he does not visit you. When Satan and his demons of different category, attack your life they will frustrate your efforts and make sure nothing works out for you. Their main focus is to frustrate Gods plan for you as they keep tormenting you day and night as it was the case with the righteous man in the Bible called Job. If you study the book of Job, you will see how Satan dealt with this man but his mind was focused on Jesus and no matter what, he gave a deaf ear to Satans call for him to speak harshly to his God and face death. This man and his household suffered in Satans hands but he saw Gods hand of protection and he was saved. I urge you to go study the book of Job in the Bible and I believe it will inspire you to focus on God despite your suffering in masturbation. Demons are otherwise referred to as evil spirits because they have no other goal than to terminate Gods plan for you and make you see God as a bad person of which he wants the best for you but Satan has made you see him as wicked. Demons have their preferences. Their best dwelling place is in the bodies of men because they are in search for the lost souls who have no interest in the things of God. Despite their ability to transform to animals like snakes, goats, elephants, and owls as well as many other creatures, they cannot dwell in them forever. Their preferred home is in our bodies where they have confidence to project their power to the world. They have no specific time to stay in your body. These demons can hold you bound for days, months or years. They can stay as long as they want unless they are casted out



by the name of Jesus. Despite their exit in your life, there is a probability that they can come again if they find the least opportunity as Luke 14:13 tells us.

Satan is the chief of all demons. He is that dragon which stood facing the woman who was in labor waiting to kill her baby as Revelations 12:4 tells us. Satan has killed and silenced many destinies but I pray yours will be untouchable just like the child who was born by the woman and was taken up to heaven by God. The bible reveals to us that this child was Jesus in book of Revelations 12:4. Satan was once a powerful angel of God but he was sent out of heaven because he wanted to be like God as Revelations 10:10 and Isaiah 14:12-14 tells us. It was at this time that other demons like the demon of the sea, land and those operating in the air came about because Satan wanted to create his own demonic paradise on earth to derail lives and God permitted it to be in order to see those who are his. There are demons that control homosexuality and there are also demons that control abortion and more. Every demon falls under Satan the grand master of hell. In a nut shell, whenever, you hear of demons, think of an evil spirit that is out to keep you in bondage and to cause you to do things contrary to the will of God. An anonymous person is someone who does not want to reveal his identity to the world. He keeps his personal details to himself but is willing to share to your discussion. This anonymous person is someone who prioritizes his privacy and does not take credit for his ideas for fear of revealing his or her real self. The term solo means one. That means only a single person is involved in masturbation but today we have group masturbation which has derailed many.

As per the Heritage Illustrated Dictionary of The English Language International Edition, an image is a reproduction of the appearance of someone or something; especially a sculptured likeness. An image can be your reflection on water or in the mirror. An image can as well be your photo or picture. It is a reproduction of you. An image can live in you and manipulate your life negatively or positively. One can create an image of God and worship it (statue). Each time he looks at it, he sees the image of God through it and not the statue itself.

There are two key types of images I noticed during my field work on Facebook. There is the demonic image and the godly image. One can look like Satan and another like God. Those who look like Satan are demons or possessed by evil spirits who tend to control their lives



making them to take hard drug like cocaine and engage dubious crimes like stealing and rape and regret later on. When you walk with the image of God, no evil from the pit of hell shall come your way. Therefore, I urge you to repent from whatever evil you are doing and beg God for his image. There are so many people out there who have become an object of mockery because of their evil lifestyle. Most people know you as a trouble maker or occultist and laugh at you and you feel contented. Let me tell you, your life is like dew and you are still alive by the mercy of God. One can walk on the road as a normal human being but deep inside of him lives a satanic image which does not conform to the patterns of this world. This is why in the process of deliverance in church, the pastor will ask that “who are you in this body?” and the demon who carry a demonic image of you will reply that he destroyed your life or he is masturbation and more. From here, the pastor will pray and cast it out of your physical body. A victim is one held in captivity or was held in captivity by the spirit of masturbation but found freedom through Jesus in prayers. A victim is someone who experience (d) masturbation. Their stories and more will shock you and make you go cold in your shell. You will find every reason to repent.

This study takes us through the foundation of masturbation which is lust and encourages you to kill lustful desires if you want to be free from masturbation. Also, it takes us on a ride to the world of female and male masturbation which may seem strange but it happens. We get to learn the Vevanje’s Pattern of Masturbation which is the core of this article under the theme, how to masturbate. There is none who can write without taking you down memory lane to paint a vivid picture on the ways in which the demon of masturbation uses its victims to masturbate. We concluded that such is not worthy of you and you should repent. This study takes us through the reasons why people masturbate, both male and females. Some of the reasons are due to poor health conditions, distant relationships, absence of a partner, disability, idleness and many more. We brought up so many consequences such as depression, guilt, death, broken homes, failed marriages, stagnation and other health challenges. Dark stories are hidden stories that need to be investigated upon. The untold stories are hidden in the minds of many; stories about people’s private life or personal experiences; stories about supernatural beings and their impact on man’s life. Facebook is an app that can be downloaded on play store. It is used to communicate with



people all over the world and it is also to share information. A perverse generation is one that has gone against God's will. The 21<sup>st</sup> generation is one where all kinds of evil take place ranging from homosexuality, lesbianism, bestiality, and masturbation. There are others but that is just to name a few for the sake of this study. Masturbation is our focus here and it is one of such practices in a perverse or blinded or corrupt or evil or derailed generation. One must be careful with the way they live their lives in this corroded generation filled with greed and all forms of sexual deviations.

Facebook was founded by Mark ZUCKERBERG, Dustin MOSKOVITZ, Chris HUGHES, and Edwardo SAVERIN. It is used to share your photos, your links, and why not create groups that will be used to share a common identity or to meet up with a common goal. This app takes its birth far back as February 2004 as cited in Elkins Lilys article titled History of Facebook, Creators and Controversies published by STUDY.COM. The solution to masturbation is. Run JESUS to him as the Bible tells us and you will be saved. May God see you through.

### **Research Methods Used**

The research methods used in the course of this study are the content analysis method wherein the researchers made use of anonymous participants on Facebook who refused to identify their real personalities due to reasons beyond them. In order not to disclose their identity, the researcher did a blind interview wherein the interviewee did not reveal his or her real photos or contact information in the course of our Facebook chats. The researcher also visited some gay Facebook groups and pages like Queer Chronicle and the Gay Buea and Gay Cameroon Facebook group and many more because he realized after twelve years of intense research in the field of LGBTQ where he got inspiration to write his second article on the Rainbow Flag as a symbol of safe space and a hell mouth, assessing the dangers of misrepresentating the flag and how deadly it can be to a gay man published by IJCRAS Journal. That article was written under very challenging conditions because the author took risks to meet gay men one on one to get their struggles and see how to help them in their deviated nature. It took the grace of God to help the writer because the experience left him depressed for months and almost made him give up in life due to what he found out about the other side of life in the



rainbow especially when it comes to Africa and her deadly grounds for gay men. Never the less, God saw him through this powerful work of art. To cut the long story short, this article on Masturbate is naturally written to fit in both; a literary/opening paper/ research and creative writings alike because it merges real world experience to fictional stories to enlighten you on the concept of Masturbation. The focus was to use interviews as a principal source of data collection and very minute literature to back up argument. The Holy bible came in with contribution from Victor Nzo to add essence to the data collected from the field both fictionalized and non-fictionalized. The survey research method used to get participants dwelled mote on special groups like gay and lesbian Facebook groups which I had to be part of regardless of my Christian background just to have a one on one encounter with them and know why the rate of Masturbation is high among their world than the heterosexual world. The survey made me to réalisé that phoenix app has a search botton where young teenagers and even adults go there to search for gay xxxn and porn xxxx to watch and download gay and lesbian pornography and masturbate. You may be surprised to find phoenix app to be an app solely to store pdf files and other valuable word documents but you may be shocked to know that young teenagers whom you buy android phones for have noticed that the app can still lead them to porn hub. This is an eye opener to parents to watch out the electronic gadgets they buy for their kids at a tender age. Do you know that masturbation is a tradition? The survey research method I used revealed this to me. I met a group of boys on Facebook who revealed to me that they believe that every boy must have passed through masturbation whether knowingly or unknowingly. To them, masturbation is not a crime but it is just a craving which grew up to become an addiction. Each participant was interviewed separately. There was nothing like focus group discussion because anonymity was my focus. I simply disguised in these Facebook group as a participant and wrote few of them but used a strategy where I opened up the discussion with a short story then before I knew it, the person was able to confine in me about masturbation then we discussed and the data gotten was used to write this piece of art work. This research work uses narrative analyses compiling stories of anonymous victims of masturbation and using them to help you who is reading it to find Reasons to stop or repent from the practice. I am not shy to say that I masturbated for twelve



years since my secondary school days and it painted me deeply coupled with the face that finding a girlfriend to at least give me reasons not to do it was a nightmare to me and that notwithstanding it's worthy to note that with or without a partner, the demon of masturbation has no specificities. It captures anybody unless you are deeply rooted in God. I met a Christian who struggled with masturbation from Facebook and he told me he is fighting to let go and that God is helping him. His face looked so depressed and tired of it but did not know how to go about it. The researcher sat down and formulated questionnaires and used them to seek answers from his Facebook interactions with his friends and other men of God whom he met both physically and virtually who gave him information. To many, who believe the bible has nothing to say about masturbation, kill it because my Colleague Victor Nzo will shock you in this piece through biblical insights.

#### **Conflict of Interest**

This work has no conflict of interest.

#### **Dedication**

We dedicate this work to God almighty for being there for us through the writing process and even the field work which almost put Njie at risk of being bullied and being attacked for being a spy in private groups meant for sex related lovers or affairs. He took the risk so that you can enjoy this piece of creativity.

#### **About the Author's**

Victor Nzo commonly called Zoe is a teacher by Profession and his passion for writing was fueled by Njie's constant desire to write a book with him. He is a fervent Christian and man of God who lives in accordance to the Divine Mercy of God. Nzo is a holder of a Bachelors degree in Microbiology from the University of Buea and is currently a Mathematics, Physics and Chemistry Teacher. He is the co-writer of this opening paper which seeks to explore the concept of masturbation. Watch out for this young Cameroonian writer.

Njie Martin is a 24 year old with passion and gift in creative writing. He is an award winning Cameroonian writer and author of *Died Before Her Time* published on watsapp. He has over 6 unpublished books to his credit. Njie is an actor, screen writer, motivational speaker,



ghost writer, executive editor with the IJILL Journal and holds other top positions in different spheres of life. Njie is a holder of a Bachelors degree in Film and Theatre Arts from the University of Buea, Cameroon and he has authored two academic articles with two international Journals. Njie is the second in a family of two and has published six poems so far. He has three film scripts for series producers and he is currently a Masters Degree Student year two reading Film and Television Documentary Drama production at the University of Buea in the department of Performing and Visual Arts. Hopefully in three years times he will enroll for a Doctor of Film and graduate with a Doctorate degree in Film Studies and Culture with a specialty in Film Analysis just after his Masters program. Njie is not married but not searching at the moment. He has great interest in film analysis, story telling, dance studies, and Women and gender studies.

### **Masturbation another Way of the Suffering of Man**

Masturbation is one of the greatest problems that every male must have consciously or unconsciously fallen for. Lyonga M. Benjamin (2019) terms it the counterfeit of sex. From the name counterfeit, it simply refers to the bad or ugly side of something. This simply tells you that man looked at the original of sex and found out a way to bring up the opposite of it. This opposite is what we term masturbation or solo sex. As the Bible tells me in the book of Genesis, sex was dedicated for males and females to procreate or to reproduce. Sex was not meant to be a one-man affair as the term “solo” comes in to play. Masturbation is all about an evil mindset. The devil captures your soul and makes the urge to come even in public gatherings. Here, you find men going to the toilet like ten times. Some go for the first time not to urinate but to see if the area is conducive for masturbation. Others go there just to peep at necked men and women urinating. They capture that scene in their minds. This is what Rev. Lyonga Benjamin M. (2019, 34) describes as undressing the opposite sex. Nobody forced you to masturbate. What triggers that feeling are those images of naked men and women hidden deep in your mind. The images I am talking about are necked images of undressed bodies not in the physical but in the spiritual. The eyes, the magic of undressing people. One can walk on the road looking covered but in the minds of those watching, he or she is necked. Most women as well as men find themselves masturbating at first sight, seeing a dancing penis in the trouser of other men or the buttocks or



anus or breast or vagina of others. These nude images are kept in the brain and they are that which triggers the urge to masturbate. As semen falls daily on the ground, you are not different from a murderer who kills. You kill your unborn generation willingly to the glorification of Satan who lives behind every image of ungodliness. The image that lives in masturbation is one that is demonic. What is an image? An image can be a photo of you, your reflection on a mirror or how you look. It can as well be a representation of you, that which looks like you but it is not you. An image is non-living. What lives is the representation of that image. You are the representation of your reflection. Your reflection does not live but you live and it follows you in the light and vanishes in the dark. This tells you that you are alone in this journey called life. Your reflection has its own time to walk with you but cannot define your life. Only you can cause that change. Don't be confused between the image of God and the image that lives in masturbation. The image of God as seen in Exodus 1:26-27. The image of God is a representation of God that is, looking like God. Therefore, the image that lives in masturbation is one that looks like Satan. That is why it is termed satanic. Most boys who did masturbate all their childhood days find themselves struggling with low sperm count at marriage and their home becomes a trouble ground for quarrelling and mockery from internal and external family members. Most of them tend to accuse their grandparents for bewitching them of which they brought it upon themselves. The solo sex is all about self-satisfaction gotten from playing with either your penis or vagina to achieve sexual gratification. Masturbation in a more advanced language is the act of jerking off.

### **Why Masturbate**

This is a question that kept ringing a bell in my mind for years. I felt guilty of a crime I brought upon myself. The reasons are numerous but my focus will not just cut across my personal reasons but a universal perspective. To many boys out there, especially the single men, masturbation is a lifestyle because they depend on it for their sexual relief. Some see it as a reason not to get married because they don't want any responsibility on their shoulder. They prefer polluting their bodies in such an evil practice. God created Eve in Genesis 1 for a reason. He knew that Adam cannot reproduce without a mate and leaving him without a mate will be



disastrous for mankind as he could mate with himself (masturbation) or with animals (bestiality). Eve is the one who came to close up man's reason for masturbation because to be sincere, there is no godly reason one can give to defend himself or herself for practicing masturbation before God and man.

Many people masturbate because they searched for partners at the time of sexual urge but couldn't find any and the next option was to self-pollute their bodies with the ungodly act. Most married men masturbate during their wives' menstrual period especially most Bakweri men who are afraid to give birth to Albino children. There is a myth in the Bakweri land which states that a man must not have sex with his wife on her period because it may bring to life albinism. Many hate albinos and link their existence to menstruation as the Cameroonian movie titled *Maija* directed by Nkanya Nkwai, reflects in the 19 to 20 minute's film. At this point in time, most men who cannot masturbate or control their urge for sex until menstrual flow is over, end up cheating on their wives, taking late hours, renting hotel rooms with prostitutes and more. Some even sneak out of the house to meet cheap prostitutes to satisfy their sexual urge at night clubs, bars and brothels.

Most men masturbate because they feel it's not right to have sex with their wives when they are sick. Some of them can't control their fantasies and by so doing masturbate to relief the pressure in-between their legs. Once the urge comes, they feel as to die if they don't have access to their wives. At times, most men deprived of sex due to a sudden illness that befalls their wives spend time in isolation and the demonic voice that speaks; can't you look for other means to satisfy yourself from this trauma? Will you not masturbate or get a second wife or hire a sex worker. All these negative thoughts can destroy a man and make him depressed and unfaithful in marriage. Most will lock themselves in the toilet for hours in the name of bathing of which they are simply rubbing their penis with spittle or with soap so as to ejaculate. When I went to the field, I met a certain man who refused I should not reference him in my work, who works in a big office. He has been struggling with masturbation for years. To him, the urge comes both at home and at work. When it comes at work, he becomes restless wondering how to do it without anyone noticing. He sits on his chair after closing the door. He opens his laptop and connects it



with his ear pod. He clicks on a porn video of his choice and gets a cotton led cloth and wraps his penis with it and keeps it in place. He can walk around with it and you will never know. He then watches till he releases semen. Once done he removes the dress and discards it in the toilet or trash.

Masturbation is that demon that controls a man leading him to become uncomfortable, restless and wanting leaving him isolated, guilty, tired and depressed. This demon follows its victim wherever he or she goes and either humiliates or disgrace them in broad day light if caught. I was shocked when I was returning home from school and over heard two university students speaking in French that they are going to the school toilet to masturbate. I was so troubled in my spirit.

Most couples experience health challenges. One of such health challenges could be cervical cancer or sexually transmitted infections (STIS) and more which frightens a partner from having sex with the other for fear of contracting the infection. If a terrible health situation grips the man, the woman will be affected and if it grips the woman, the man will be affected. Most women may be forced to cheat on their partners and if things don't work out well with their infidelity, they may end up contracting deadly diseases. They will definitely bring it home and suffer with it in regret. Most will lay the blame on their husband's sudden illness. I therefore urge you to wait and do not hurry or feel guilty over your misfortunes. Just wait for your partner to recover. Don't hurry to cheat or fall victim of infidelity. Once your partner recovers, he or she will have sex with you all day long and so be patient. Some diseases can only be managed. Most married men fear infecting their partners during sex and by so doing venture into masturbation as a way of protecting their wives from partaking in their illness. This goes to women as well. When a woman suffers from a venereal disease like HIV/AIDS, she might find it so challenging to sleep with her husband and by so doing tend to self-gratify her body with sex toys that is, using artificial penis or vibrators to feel good. Most married men may not cope living with a sick spouse and by so doing, end up in a divorce or personally bringing in a second wife or taking the woman back to her father's house. I thought marriage is for better or for worse. Why has illness tear apart the very vows of marriage which were made that day when both did tied the knot. Let



us rethink. Most men even go to the extent of strangling their sick wives to death and pretending that she died at Gods time. Such is wickedness in the highest order. He sends his wife to her early grave so as to get another to satisfy his sexual needs because he feels not sure to masturbate and prefers a new spouse who can give him the real sex. Most of these married men feel so ashamed walking with their sick wives on the road. They even reject them to be their aunties or step mothers. This is what I term lies in the highest order. How long will you continue to tell lies? Don't you think you are intentionally hurting your wife? Please, stop hurting others. Give them support and encouragement to remain focused on God who heals and teaches them to remain faithful to the things of God. Don't make your spouse feel neglected as many of you tend to masturbate in front of your sick wives without any shame nor remorse. Some of you masturbate and feed your sick wives with your semen. Such is evil before God and man. Depression kills more than the disease that attacks a man. Give someone reason to live. Don't kill their hope by isolating them from people. Be there when they need help. Your love and support will make them strong again. Don't make them see the end of it all but give them reasons to keep fighting for survival. If you can sing, do it, for music heals the soul. It gives divine hope and assurance when it is gospel music on the beats. No number of prayers is greater than music. Music is an accompaniment for prayer, deliverance, healing and the flow of anointing.

Masturbation as a whole involves three key aspects which I term the **“RLWD” pattern**. The **“R”** in the pattern above stands for the act of reading. Most people masturbate after reading a love message from their boyfriend or girlfriend or after reading a gay romantic story book or novel with explicit contents or after viewing a sex paper containing photos of necked men and women having sex. The art of reading romantic books is for those who can control their feelings despite the constant urge that may arise from time to time. If you don't want to masturbate, stop reading books that promote masturbation. You need to be very careful with the kind of book you read.

The next is **“L”** which stands for the act of listening. Be careful with the kind of things you hear because not everything is good for the ears. Most boys today gather in small groups to discuss on sex related topics. The discussion can go to the extent of discussing about a particular



girl who is the most beautiful maiden in the village describing her looks and her sexy outfits. These youths don't just end there. They discuss about the different sex styles that exist. Be careful to discipline your ears so that you will not give time for such. Such discussions can trigger unplanned masturbation in boys at this tender age. Also, listening to romantic songs can also trigger masturbation and once you cannot control it, you will fall victim of the act. Public gatherings are places where masturbation is at its peak. Most people pretend to urinate in the toilet of which deep inside their pockets or bags are Vaseline containers that they use in the process of masturbation. You may never see any trace of semen on the toilet pot because the processed man must flush but in pit toilets, one cannot masturbate freely as a modern toilet will offer more comfort and privacy. Most musicians today glorify the devil. They sing in ways we cannot comprehend as they speed up evil lyrics in their rapping's and leave us wanting to know more. Most of these songs promote evil practices through their songs. They sing to deceive and derail the youths. When I was 21 years old, I listened to a song titled "*Kole La Petite*". This song means "fuck the small". I couldn't get the name of the musician but I know it was sung by a Cameroonian artist. In this song, the musician stated the kind of people to fuck. He said even if it is your mother, your sister, your father, your friend or any other person you meet just fuck the small. This song teaches bad values such as incest in the family, prostitution and fuels the urge for sex in youths. Many anonymous persons I met during my field work on Facebook, told me how music has destroyed their lives especially the song above. Some recounted how they went to night clubs and were gang raped by men who were under the control of beer and blinded by the very essence of the song above. Once the song plays, they start looking for girls to dance with. Others pretend to dance with these girls but behind, they drug their drinks and exploit them sexually. Some go to the extent of dancing and at the same time "fucking" these girls. Some of these young girls are now mothers with children out of wedlock, rejected by the very men who got them pregnant. Which man in his right senses will chose to get married to a woman who already had five children. There is a saying that many are called but few are chosen. Your careless life put you in this mess and you just have to embrace it. The instance above is just to enlighten you on the impact of music, most especially the negative impact on youths. There are



thousands of songs out there that have caused many boys to masturbate both willfully and unconsciously just because of the erotic nature of the lyrics. There are songs other that will cause you to dance and play with your penis from time to time like the song above. Most boys who dance with girls tend to rub their bodies together from them hugging, touching sensitive parts of the body and more to the tune of an erotic music causing the man to masturbate without the woman being aware of it. Therefore, be careful with the kinds of songs you listen to or play always. Some songs have no moral but all you get at the end is ungodly values that lead to all forms of evil manifestations in the life of many youths today.

“W” stands for the act of watching. Most people masturbate after watching pornographic videos or a romantic film with explicit contents in it. By him looking at those necked women strolling at the beach in pants or let us say you are a director of photography hired by a renowned producer to shoot a porn video. Such is what I term “live sex” because it is done in front of you and you as the photographer, if care is not taken due to your degree of maturity, you may fall victim of masturbation. No Christian photographer who knows the word of God will consider such a task. In most homes, married men as well as women have pornographic magazines containing men and women having sexual relations. These magazines are objects of masturbation. You don’t need to play with your penis to ejaculate. These magazines trigger the love making hormone and before you know it, you are high up there and in the next seconds or minutes, semen will be on ground. At times, these magazines are a passage to the real masturbation which warrants you to play with your penis for ejaculation to occur. Stop watching pornographic videos or viewing pornographic magazines for such is not good for you if you truly want to put an end to the devilish practice. Most boys sneak out of the room late at night just to go to the toilet so that they can watch pornographic videos in their phones to fulfill the urge to masturbate. Some stay up all night watching television waiting for 12pm so they can tune in to the channel that shows mid night romantic movies or pornography. This has been their regular habit for years now. They seem to be under the bondage of sin captured by the demonic spirit of masturbation which gives them no peace as they live in total discomfort each time the act is done. To a greater extent what hurts more is not the discomfort but the guilt that lives in



masturbation. You feel guilty doing it but the next minute you will fall for it as if you have no shame for your dirty habit.

Semen contains millions of sperms and these sperms are a replica of your future generations. What will happen if you waste it to the ground? You may become an impotent man who cannot impregnate a woman. As a boy, stop inserting your hands inside your buttocks in the name of “scratching” or you wanting to relief discomfort in your anus. Such triggers masturbation. Such can as well trigger the desire for anal sex in you and because at this time you have not fully understood your new sexual orientation which you brought upon yourself. You may be forced to masturbate by watching pornography or simply using your finger to penetrate your anus until sexual satisfaction is felt and subsequently ejaculation. This was a testimonial of one anonymous interviewee who narrated how he used to cope when the urge of sex comes when he can’t find a partner as a gay man. He prefers to penetrate his anus using his fingers till he ejaculates. Such I know may sound strange to many of you who are hearing it for the first time but I urge you not to practice such or else you may find yourself in bondage for years. Listen to godly music, make godly friends, watch Christian movies, dance Christian songs, stay away from bad company and by so doing, you are gradually healing and delivering yourself from the demon that lives in what you practice daily.

The “**D**” which is the last in **Vevanje’s pattern of masturbation** stands for doing. After you must have listened to romantic words, watched romantic movies, read romantic books, and more, you must be careful for not all is good for the eyes. There are things that we cannot learn without seeing or doing it practically but that does not give you the urge to be contented in doing evil in the name of satisfying the desires of the flesh. When you must have watched or seen evil or deceitful things that push you into masturbation, you will have no other option than to make a choice. You have to choose either to do it or not but the easiest option is to say “yes “to it because saying “no” is like a rope to commit suicide or simply a bowl of hot water placed on your head. The least error can cause the bowl to fall and burn you. All you need to do is just to carefully remove the bowl from your head or to carefully untie the rope from your neck and run without looking back because masturbation can destroy your marriage and leave you in a broken



home. Mending the broken pieces of a broken home is challenging when the root causes are not well justified. When masturbating, one does not necessarily need to watch pornographic videos. Just the thought of it in your mind as necked images of men and women move on the screen of your brain, it will take you to the comfort place of masturbation where many have been held captive for years.

Most married men masturbate because their wives are not around to give them the real sex. She might have travelled out of town or out of the country for private reasons. In her absence the man feels as to have sex and this leaves him restless. Many things come to mind. He thinks of getting a prostitute for the night. Another may think of the dangers of such and decides to masturbate so that he can relief himself from the fire that is about to consume him. The man simply pulls off his pant commonly called in Pidgin English as “chelepse”. He then watch one or two porn videos and masturbate or he might simply recall the past moments of sexual intercourse between him and his wife and the images in his mind will cause him to masturbate. To many anonymous victims of masturbation, it is foolishness for a married man to practice masturbation because he can still control his feelings and wait until his wife returns before they can both enjoy the real sex. Some men who cannot wait for their wives to return from wherever they went to, are forced to masturbate so as to relief themselves from the urge of sex that seems to control them at that moment.

Most men masturbate two times a day especially those who practice visual masturbation. They can watch pornographic videos that conform to their sexual orientation and during the first view they can masturbate twice and take a break before doing it again. This happens to those who have attained the chronic stage of masturbation as they can do it ten times a day as Lyonga, 2019;17 attests. Masturbating ten times a day can be calculated per hour. Some told me they can do it after every two hours or more while others said one hour maximum. To some this comes with a lot of nerve pains and abdominal muscles contractions which can be very painful. To others, it causes unrest at the level of the waist line, back pains, neck pain, headaches and muscles cramps at night. At times the pain is felt at the level of the Scrotum and even at the level of the penis which seems to be red in color due to force exerted on it. At times it swells and can



be painful to the extent of retarding movement. To a greater extent, constant masturbation causes hair fall at the level of the penis due to the constant massage of the hands with Vaseline or lubricant. Those are some of the details I could gather from anonymous persons who masturbate at the level of my Facebook page where my field work was carried out. Out of the 60 men I interviewed, 30 seem to be struggling with chronic masturbation and do not know how to let go. Masturbation consumes a lot of energy that is not too intense as compared to the energy lost at sexual intercourse. During masturbation, males as well as females do sweat. To some, masturbation is their wife and their husband. Therefore, they are simply saying that the spirit that lives in masturbation is their partners. Even though we may think that there is no second party in solo sex or individual sex, there seems to be an invisible spirit that lives in it and until one is delivered by prayers, that strong man will keep holding its captive down. When the heterosexuals are having a good time together, the solo sex addict, covers his blanket, opens his phone, tablet or laptop and indulge in his regular act to feel good as well. He simply plays with his penis, inserts his finger inside his anus or if it is a lady, she inserts her finger inside her vagina or use a sex toy as the case may be. This is done forward and back as sweat is released until sexual gratification is attained. If sexual intercourse with heterosexuals is enjoyable, the solo sex lover also sees the act as enjoyable.

With masturbation, men do not need to invite a prostitute for sex and spend money carelessly. All he needs is his hands, gel or any sex toy to stimulate his body to release semen. Masturbation is all about the mindset. That is why most people do it intentionally or consciously but for those who do it in the unconscious and who find it pleasurable, will one day meet their brothers in the conscious. What do I mean by that? There is a great possibility that a man who did masturbate in the unconscious (unknowingly) can find himself doing it in the conscious (knowingly).

Sexual intercourse is a form of sports. The pidgin man will say he is warming his wives' beans (vagina) or he could say he is doing "punini" with his wife. If sexual intercourse is sports for two opposite sex partners (weather for two) the pidgin man will say "warming the beans, belle or pregnancy for one (the woman) as they proclaim". To many who masturbate, sex is



another form of stress and disturbance because they cannot come home late and very tired and their wives keeps them on night vigil for a sexual encounter. Such has left many to remain single so as to masturbate freely without the stress that comes at night as two argue over sex. People who masturbate are free from such stress and also free from having children who will make noise in their homes or disturb them. Masturbation as a whole is purely a wastage of semen released on the floor and later on cleaned up with a rag or toilet tissue and discarded in the bin or covered up with soil depending on the location that the addict finds himself.

Most men are afraid to get into a relationship with a woman because they are afraid of contracting sexually transmitted infections as they tend to move from one unprotected partner to the next. This is common amongst teenagers who get into careless girlfriend-boyfriend relationships at a tender age and before they get to adolescence, they must have had multiple sexual encounters. Most may end up being carriers of deadly sexually transmitted infections. To relief themselves from such risks, they find pleasure in masturbation right up to adulthood.

Many anonymous persons in met on Facebook compare masturbation with other forms of human sexuality deviations like lesbianism, bestiality, homosexuality, and more to the extent where they see nothing evil in what they do. To them, all other forms of sexual deviations including those I have mentioned or listed above are sinful as the Bible stipulates but as for masturbation, nothing has been said about it in the Bible because they did not see a single scripture that talks about it. Thus, they find no fault in it and can even masturbate in Church. These are all lies because the Bible is not void of answers to it.

Most married men do masturbate so as to reduce infidelity in marriage. Instead to cheat on their partners, they prefer to masturbate to free themselves from being caught and spark commotion in the house. Whenever their wives are not willing to offer themselves as values of marriage stipulates, masturbation takes the lead. During this time where they are denied of sex, they value masturbation rather than sleeping with other people's wives and end up being caught in the act, disgraced and humiliated in front of everyone.

Masturbation is very rampant amongst most men, women and boys who are still single. Most of them have no attachment with other men, women or girls. This may be due to school,



lack of money, too busy to settle down and more which does not permit them to get married or fall in a serious relationship. They are therefore forced to masturbate from time to time whenever the urge for sex arises. Masturbation to them at this point in time is their own way to achieve sexual satisfaction.

Peer pressure has also helped to fan the flames of masturbation. Most young boys who masturbate tend to initiate their peers in to the act. They teach them how to masturbate using Vaseline, groundnut oil or lubricant. Because your friend masturbates, you too will want to give it a try and before you know it, you are trapped in it. Others started by playing with their penis and later on noticed it to be sweet and that was how they started masturbating. To others, a single touch of their penis to relief a pain can stimulate sexual urge and by so doing fans the flames of masturbation. Masturbation is not a compulsory act. Do not belong in group masturbation with those your stupid friends for the sake of being a man. That is evil my friend. You are to be blamed for your masturbation and not that devil who lives in it. The devil came and you welcomed him in. You are the cause of your evil adventure. A simple “let me try” can be an eternal bondage. You took that path so, accuse none. You were simply deceived and blinded by senseless positive benefits of masturbation forgetting the negative outcome at the last hour.

An anonymous person once told me “Unprotected sexual intercourse can lead to the transfer of sexually transmitted infections. I prefer masturbating because I am free from such. It’s just me alone and no one else”. My friend, you are with the spirit that lives in masturbation. That very devil who was there at the garden on Eden, that caused Eve to eat the forbidden fruit. You are there with him. Find a way to repent before it is too late.

Many people masturbate because they see nothing bad in what they do. They compare the sin of masturbation with other sins saying that homosexuality is even worse than masturbation. Others classify masturbation to be **a minor sin** and homosexuality **a major sin**. There is nothing like minor and major sin. Even the Bible which is the word of God does not have anything like minor and major sin. Once you masturbate, you have sinned against God and this goes with other sins like homosexuality which the Bible condemns. Sin does not have categories. It is called sin



because in the eyes of God it is not pleasing and no matter the gravity of the sin or the type of sin committed, it remains a sin and nothing more.

Most boys masturbate when taking their bath. They apply excess soap on their penis to make it slimy so that they can easily play with it until ejaculation is done. After the act, they use the toilet broom and sweep the semen inside the pit toilet or flush immediately. Such is wastage of semen and like I said earlier, God frowns at it.

Most teenagers started masturbating when they had their first android phones because they had access to pornographic sites or simply led astray by a friend who constantly shares them porn videos daily. These videos arouse the appetite for sex and because at that age it's difficult to find a sex partner so easily, they are forced to masturbate. These boys watch these videos showing necked men releasing semen in the mouth of their so-called sex lovers and they start practicing such. Masturbation in a nutshell is a secretive act. You cannot know someone who masturbates by looking at his dressing or facials because you must look beyond the outward appearance. Remember, there is a spirit that lives in it and this spirit is a demonic spirit and if you want to know then you must look in the spiritual by praying and trusting God for decedment to be able to know that which is beyond that handsome look of a certain man or woman. Because masturbation is secretive, you cannot find a man standing on the road and doing it in public unless it is madness of the highest order or better still spiritual madness. Masturbation is a dark and nocturnal practice. People can masturbate in the dark and clap hands in church to praise God. They fool themselves and not God. Such people are not different from the double minded man that James was talking about in the Bible.

To Reverend Pastor Enokenwa Ashu Kem Arrey Tek Valentine of Bender Baptist Church Bakwaongo, such people who deceive God, pretending to be Christians but look like demons are those who do “**join-join way no di join**”. To him, they are deceiving man and not God for it is written that one cannot mock God and neither can man deceive him. Those who masturbate in the dark are not different from Satan. They look like him because his spirit lives in them and until the fire of the Lord, the anointing of the Lord and his unending mercy locate them, they will continue to hear the voice of Satan calling every day and night saying:



\*Won't you today?

\*Wake up it is midnight. All are asleep. Go now and get it done?

\*You did not do it today, don't miss tomorrow.

\*This is not just sweet. It is good. Just continue my son, you will see heaven.

\*Where are those your friends? Go and meet them at las vergas night club, drink all night return home and get to work.

\*Romeo, you cannot sleep now, you must wake up and do this.

\*So, you want to starve me today, right? You can't sleep until you feed me. Wakeup, I am hungry. Give me food. Don't starve me oh! You want me to die? If I die you will die too.

\*If I don't do it, I will die. Then do it na. Do it now?

That voice which kept telling you all those evil words will leave you once the act is done and will only come again another time when you are lonely, you want to pray, you are alone, you are holding your phone, you are depressed, you are sad, you are in pain, you are in church, you are in a funeral ceremony, you are in a gathering and why not when you are just from school, tired and want to sleep and this voice sets in prohibiting you from sleeping until you do it. I believe with that you can start teaching your mind that truly, there is not just a spirit behind this practice of masturbation but there is a demonic voice from the pit of hell that lives in it. This voice is the voice of Satan the devil. He takes over your mind, body and soul. When he finds out that your soul which God connects with is weak and unfed with the word of God, he comes to capture your mind with his words at that point of weakness and uses it to control your flesh which at this time is weak. Let's take for instance, the anonymous person i met from Facebook who lives in Molyko-Cameroon. This guy revealed to me that this voice only comes when he was sad and tired especially when he was stressed. This voice will speak to him to do it to relief his stress and once done, he sleeps deeply but all through the night, guilt will not let him sleep as his mind gets frustrated in his dream as he wonders why he did it but deep in the flesh, he is enjoying a sweet sleep as if he just has an encounter with his wife. Everyone has his or her own reason for masturbating. The location can differ from person to person as some can have a particular store room or dark location solely for masturbation. In the place of solitude,



masturbation can prevail. Infact, the spirit that lives in masturbation knows no boundary. Whether bored or busy, as long as the voice that fuels the fire comes, you are doomed and the next minute you are dancing to the rhythm of the voice. Most farmers masturbate in their farms before or after work so as to relief stress. To be able to defeat masturbation, study the word of God which has all answers to life's problems.

Most people in this domain of masturbation believe that men or boys who take hours to bath must have an engagement with masturbation because a normal human being won't bath for two hours. This is their point of view and I have no objections to it as my study is geared towards getting the perspectives of anonymous persons on Facebook on their reason for masturbation and bringing up a way to help them let go this monster or defeat it through prayers which is even more appropriate even though many see it as a condition that diviners can reverse by the power of their herbs and gods. To them someone who masturbates has to undergo cleansing ritual for such brings ill-luck and all forms of demonic manipulation in the life of the individual and his family. Masturbation causes physical and spiritual deformity.

Not everyone who takes longer time in the toilet masturbate. It is preferable to say that most people who masturbate usually take longer hours in the toilet as compared to those who do not. Most don't masturbate while bathing because they believe that they might be forced to use soap which when applied on the penis can cause burning sensations or pains inside their penis. Some experience severe waist pain, abdominal pains, difficulty in urinating or experience pains around their Scrotum. At times it can extend to chest pain, breathing difficulties for those chronic cases and regular stomach ache. Immediately after masturbation, the spittle of the man becomes thick and the mouth seems dry as many revealed to me. Most people sort out remedy by drinking enough water to make their mouth watery. Most at times, their lips become dry and they sort out lip balm and at times Vaseline to make it smooth. Some at times experience severe body pains and at times the penis swells due to constant pressure from the hands. You are punishing your flesh to satisfy the demonic voice that lives in masturbation. You are not only deforming your physical man but the spirit is in chains held tight for hell by the very spirit that lives in masturbation. The spirit that lives in masturbation is no respecter of age. There are boys who



started masturbating at 19 and others began at 20 and continued till their early 30s. If Satan can use a mosquito to bite you and transmit illness to your system then that means he can torment even unborn children. Masturbation is not just a male affair as many may argue including you who is reading this article. It is common among males and females alike. For females, I came across lesbians who testified to me how they have been struggling with masturbation especially when they meet a beautiful dam cell who triggers the love making hormone in them. The only thing that runs to their mind is wishing to have her on bed which is lust. Because they can't have her, they see masturbation as a next option to set free the burden either with cucumber, vibrator or even their fingers. When the urge comes, anything you see is a sex toy. All what matters is to get that satisfaction. In most discussions involving males, you can find one nasty topic if they are ungodly persons. Such topics ranges from sex, masturbation, or about a certain beautiful girl or about one handsome guy. Female masturbation is more or less a dogma because it is hardly heard in the society. Therefore, in this evil pot of soup called masturbation, both men and women are ingredients used by the devil to make it taste for hell and its inhabitants. Masturbation is a futile game because with it, there is nothing like **procreation**. Its **fruitless** and **a waste of time** and **energy**. It is wastage of a man's seed (semen). If men do lose their seed, what then do women who masturbate lose? This has been a serious matter from the first day that I sat down to write this piece of heart breaking but enriching article. The answer is not known but only Satan knows what he takes from such ungodly women in exchange for their service to him as he controls their lives in masturbation. Women who masturbate sometimes face or experience vaginal itching and sometimes wounds both inside and around the vagina. These wounds can take a longer time to heal. When a woman sends her finger(s) inside her vagina especially those who wear artificial painted nails, these nails injure the vagina walls and causes wounds. At that moment you may not feel the wounds created by your very own nails. You will feel it after the deed is done. When the act begins, no pain is felt. Satan clouds your mind, body and soul with his power and you find nothing bad in what you do.

Also, most women as well as girls find themselves masturbating because while cleaning their vagina, they tend to insert their finger too deep inside to clean up and by so doing tend to



feel good and the spirit of masturbation sets in and before you know it, she is in the act with all pleasure.

The demonic spirit that lives in masturbation is no respecter of profession. Whether you are a lawyer, a doctor, teacher, lecturer, minister of God or prophet, masturbation can overpower you and take your anointing and make you look stupid and senseless before God. Masturbation does not have any respect for your race. Whether white or dark in color, it finds pleasure in you. Masturbation has no respect for your height. Whether short, tall or fat, if that spirit means to torment you, it does not look at your physical strength but looks at your spiritual strength. Those who are weak spiritually are exposed to attacks. Such attacks may seem not to have an end. Masturbation cuts across every sphere of life. Don't be surprised to see someone masturbate from teenager to old age. At this point where many women experience menopause and unable to feel the urge for sex, don't be surprised to find an old woman using a vibrator or artificial penis in her vagina to feel good. What degree of good is she feeling? It is so pathetic to find an old man in his 70s, playing with his penis in the name of masturbation. Such is madness but it happens. Their childhood lifestyle lives with them even at old age. Haven't you heard of girls whose parents kept pestering to get married and have their own children but vehemently refused saying it's not the right time. Come and see them at old age as they roam around young, handsome men like bees praying on fresh honey. To them life begins at old age. This is just to emphasize on the point above to make you understand that we do the wrong things at the right time and regret at the end when it seems to be too late.

This research work started in 2021 when I had the desire to dig deep into this issue. My focus was on Facebook. I created a Facebook account and was able to access a host of captives who have been entangled by the very demonic spirit that lives in masturbation. It was not an easy ride as I faced a lot of challenges ranging from late night hours, insomnia and nerve problems. I also faced the challenge of peer pressure which delayed this research as I was consumed by this very spirit and found myself fighting with the issue until 2024 and mid-2025 when this research was completed by the special grace of God. On my own strength, I was weak but God took me out and gave me a new name in Christ Jesus. I love to share my experience so you will also learn



and change your ways. I may not have been like you but the little encounter I had with those anonymous persons on Facebook transformed my life and I could not enjoy this knowledge alone without sharing with you. I interviewed young people from the ages of 13 to 29 years. Adults from 30 to 39 and old people from 40 to 60+ years who have not only suffered or still suffering from masturbation but struggling to defeat lust, coping with different health challenges and trying to make a living daily. Life can be worthless when you struggle with multiple challenges. I interviewed children, men and women alike.

Have you seen cases where men masturbate even on their **sick bed**? This is another level of **chronic masturbation**. Satan has held this one captive even at his sick bed. This is so annoying but it happens. You don't care about your health. Instead for you to stay calm and meditate to God and beg him to forgive your sins so that you can heal up fast, you stay home and even with the little energy you struggle to keep, you waste it on fleshly desires that leave you in guilt and frustration. Whenever you masturbate, Satan jubilates. He prepares a feast for him and his angels to celebrate a job well done. Your masturbation puts a smile on Satan's face. It gives him joy to see you perish in hell. Masturbation automatically makes you a disciple of Satan here on earth and he will use you to accomplish his dark missions at night. Have you seen a man driven by the demon of masturbation? He wakes up when everyone is asleep and picks up the lamp and runs to the toilet for the accomplishment of the act. Some will pick up their phone, rush to the toilet and play one or two sex tapes and masturbate. There is **fulfillment** in masturbation. That very satisfaction you get after ejaculation ends turns out to be covered in shame and guilt. This tells us that there is no benefit in masturbation. Masturbation goes with distance. If a man's wife seems to have travelled and cannot cope without him, what can he do? Should he go get a man or do it himself? The spirit of masturbation sets in. Do it by yourself and before you know it, cucumber is brought out from the fruit stand, vibrator, artificial penis or sex toys and more are set for the nocturnal but heavily backed demonic affair.

**Disability and masturbation** are another critical issue which caught my attention. I noticed from my encounter with people on Facebook. The few disable persons I met revealed to me that finding a partner is so difficult. To then it is as challenging as one wishing to see heaven.



Most of them say people don't just want to marry them not because they are disabled but because they are ugly and scary as well. The fact that they have been looked upon as ghosts, demons, living dead or walking corpse, eboa, "one eye ninjar" and more makes them less of a person. They feel depressed and find no option than to cry over their misfortunes. At times, they curse God for their disability. Others even go to the extent of regretting why they were born. When an able man gets married to a disabled person, there is this adage that people hold unto "love is blind". To them, only a disabled person must marry a disabled person but it is not the case today. Disabled persons can get married to abled persons as long as love exist. Most parents see it as a taboo for a disabled man to fall in love with their abled daughter. Most parents will send you away and call you all kinds of names or even curse you. Some will say "carry ya badluck go" which is translated in English as take your bad luck and go. To these parents, any abled person who marries a disabled person will be a slave to that disabled person (you wash his or her clothes, cook, clean, bath them, feed them and even carry or push them on their wheel chair daily}. Some even help to assist them to move. Marrying a disabled person is seen as another form of suffering for the caregiver. This is what many feel might take their sons or daughters to their early graves and that is why they refuse them from getting married to disabled people. Now, how connected is masturbation with disability? Most disabled persons just have the belief that they cannot find true love and to satisfy their sexual desires, they must masturbate because nobody is willing to marry them. Do you know what boredom can do? You sit on one spot from morning to evening? Such idleness is what I don't wish for a disabled person. Idleness can attract the demonic spirit of masturbation. This spirit seems to dwell in an **idle mind** as the Bible tells us. When a disabled man does nothing but stands there waiting for help to come his way without putting any effort, that spirit will ask you that you are not doing anything and you know it will soon be noon so, masturbate. Some people have their hour of masturbation. Once the clock ticks to that hour, the demon or spirit that lives in masturbation reawaken the consciousness in him to know that it is time to do it. Once the time passes, that very spirit will inform him on the fact that it's past time and what is he still waiting for. Such can be provocative but it is the truth that is bitter but must be told. As time goes on, most disabled people are trapped in pornography and



they become fans of necked men and women so as to satisfy their urge for sex. This point is simply telling you that most of them don't use sex toys or vibrators as solo sex objects but they use pornographic videos to masturbate. All is that they did it and the mode does not matter. After all, the Bible tells me that a sin is a sin and nothing more.

Most girls unlike boys whether abled or disabled are single today because they were once victims of rape and that hatred for other boys or other girls still lives in them. This has caused many to vow that if any rapist comes close to them again, they will cut his penis and give it to the dogs to eat. Others say they will walk with "dust pepper" to blind the rapist while others prefer to walk with a small knife to stab her rapist. This post rape trauma or depression can have adverse effects on the victim. Many developed hatred for the opposite sex and subsequently developed feelings for the same sex which became more of a deviation. You have not finished recovering from your depression and you want to add an extra load of homosexuality or lesbianism to weigh you down. Because they vowed to stay single, the devil used that as an opportunity to sow the seed of masturbation and cause you to practice it as another way to cover up for your vows. Look at the distance you fell off and that alone will tell you the mountains you climbed. **Be patient in crisis.**

Most men who got married to disabled women saw how they struggled to put to birth their first son or daughter. That stress alone puts fear in the hearts of their husbands as they wonder if they will ever have another child because probably the first child or the second was born through an operation under very critical conditions which were life-threatening. By so doing, the so-called lover finds himself at the crossroads choosing between him impregnating his wife again or simply taking solo sex as the best option and allow his wife to rest and take care of the children. He can still be passing time out of home with his few girlfriends but when they are not there, masturbation takes the lead because of his wife's condition. At times it may be a command from the doctor which may prohibit her from getting pregnant again for diverse reasons. By so doing if the husband is still sexually active, he might feel uncomfortable with this and can even cheat on his wife or prefers to save his marriage by masturbating. There was once a woman who caught her husband masturbating and when she asked him why, he revealed to her



that it was because of her that he was masturbating because he never wanted to cheat on her for any reason. This woman looked at her present condition and cried incessantly and wished heaven would save her home. They both cried together as the man vowed not to do it again and they lived happily ever after in love and joy.

People who masturbate are always **tensed** and even the smallest thing frightens them. They are always shy and love to be alone. To them, their bodies are their wives and husbands must not be shared with anyone. When a man is caught masturbating, the society looks at him with a lot of disgust and hatred. This individual at times is taken to church for deliverance or is taken to a native doctor's shrine for cleansing rituals to wipe out and clear your mind, body and soul from that spirit that lives in masturbation. This cleansing ritual can take days or weeks before the demonic spirit is ousted out.

Masturbation is very essential for those who are **sperm donors**. These men donate their seed(semen) by masturbating in the hospital under the doctor's supervision. They ejaculate in test tubes where the sperm will be tested and proven safe. This semen can then be administered to a woman after it has been proven safe through invitro fertilization. This is one of the positive benefits of masturbation. A couple who has been married for years without a child can go to the hospital for the doctor to run some test on both of them. On the part of the man, the doctor can ask him to masturbate and ejaculate in a test tube so that he can check the quality of the sperm in the laboratory. This is what we call sperm test. The doctor allowed this to happen for health reasons. It was not done for self-pleasure but for health reasons. Bhandan (2022) argues that masturbation is a normal issue and that it is not a mental disorder as we may see it to be. We sometimes think that people who masturbate are insane but of which they are not. All what they struggle to defeat is the demon that lives in masturbation. Bhandan (2022) continues to argue that masturbation may seem good but its "pay back" or effect can lead to suffering. To her, people who masturbate have a perverse mindset. This perversion is linked to the demon that lives in masturbation. A perverse mind does not think correctly and all what runs through such a mind are evil thoughts or ungodly thoughts or thoughts to inflict pain on others.



## How Masturbate

A man does not necessarily need to use **sex toys** or objects in order to masturbate. He does not necessarily need to watch pornographic videos or use his hands or fingers to play with his genitals. He might just use an image of him having sex with his girlfriend or boyfriend. He can just lie on his bed and that image of him and his girlfriend or the image of him looking at necked videos while playing with his penis. Before you know it, ejaculation has occurred. Image masturbation associated with lustful desires is the devil's strategy to promote **conscious** or **unconscious masturbation**. This is very common among homosexuals. They are sometimes dismissed from church and placed under discipline until they fully repent. In the society, they are beaten, face public humiliation, imprisoned and at times face severe life-threatening mob justice in the hands of angry civilians. Most face mockery and their story go viral on social media as they put their family name in disgrace and shame. Others sometimes fall in the hands of Satan who cause them to rape minors and sodomize them. Homosexuality is a fast-rising problem in Africa and Cameroon in particular and one of ten in the street silently hide in the dark but deep inside them lives this monster called masturbation demon. You haven't been able to defeat homosexuality as you hide behind the saying that you were born like that and you did not choose to be gay. Who told you such lies? You are not different from those who practice homosexuality because you all are sinners.

The gravity of a masturbation victims caught in the act is as heavy as compared to those caught in homosexuality. Such a crime too many, the victim should be killed or hanged to death. Stain not your hand with blood for such battles are for God and not flesh for flesh. To many, it is a terrible news that some suggests a machete should be used to disable the victim, imprisoned, forced to pay a fine, beaten, mockery, humiliation and all other things. At times, you may never live a perfect life again because you have blocked your progress as many will refuse to help you or attend to you. In a nutshell, the world you live in will reject you and you will see death so close like your eye glasses. Karma is real as the saying goes "30 days for the thief, one day for the owner". Have your family ever rejected you because of your evil deeds? Don't wait for rejection. Do everything you can to repent. The time is now, tomorrow may seem not certain.



Many could not see tomorrow so what are you waiting for? Have your evil doings cost you your job, public reputation and family rejection? Such is the greatest consequences of conscious and unconscious masturbation as well as the negative effects of homosexuality on a victim in today's society.

My focus here is not to teach you the effects of homosexuality but I am reiterating on it because it is a friend to masturbation. That relationship has been there for decade but many are not aware. Homosexuals who were caught and humiliated refused to get married and they rather went ahead to practice masturbation so that they won't have an affair with their so-called gay partners. The dangers of homosexuality, has brought fear in their hearts. Masturbation became their calling because through it there will be no more mockery, no more public humiliation and no more rampant sodomization of adults and teenagers alike. This has been a serious issue in this present era. Leviticus 15:16-17 gives us a vivid picture about men who struggle with sweet dreams or unconscious masturbation. This Sweet dream arises when you must have gone to sleep. While at sleep, you recall and assemble all the images and videos you have watched during the day while at sleep in your dream. When these images are of the very people you encounter be it on your way home, jobsite or way home. They range from those dressed indecently and even those whom you were able to get their contacts during the day. Once these images pop up in your dream, your rod as the pidgin man calls (penis) stands like a needle. You don't need to play with it for ejaculation to take place. Deep in your mind, you start by undressing those images and you make them your lover. Before you know it, that image must have made your sexual glands to be stimulated and ejaculation will take place sometimes without you feeling it and only notice by dawn or you get to feel it and get the consciousness of something leaving you and you can peacefully wake up, go to that bathroom and clean up before you rush back to bed. Some lazy individuals will sleep till day break before thinking to take a bath or may not even take their bath at all. The next minute, you find them at their jobsites. The fact that this sweet dream happens at night or at times during the day which is calm difficult is a clear indication of **demonic manipulation**. This **sweet dream** is another dimension of masturbation. In fact, I see it as a relative of masturbation. It is this very sweet dream that uses



necked images of both men and women to destroy your seed (semen) at night. This tells you that masturbation is a demonic game with many phases. Lust is its foundation and image and video masturbation as well as **object masturbation** are what make up the walls. The roof comes in to make up the chronic stage of masturbation. Sweet dreams are **demonic** because it happens at times without you being conscious of it. This is what many may be tempted to say they slept with a spiritual husband or spiritual wife. In most cases, many men unlike women attribute sweet dreams for **spiritual husband** or **wife**. They may think that a spirit had sex with him over night and he ejaculated. Such can happen frequently. That very demon that lives in masturbation also lives in sweet dreams. Only the name of Jesus in prayers and fasting can set you free at this juncture because the battle is not yours either. God's divine instruction for those who experience sweet or wet dream is found in Leviticus 15:18-20.

Masturbation in males comes in two key phases. The first phase is when the man attains orgasm. Here, just small amount of semen is released from the penis. The second phase comes in when the man releases a greater amount by the penis.

Masturbation occurs in two stages. The first stage is what we term the act of **fantasizing** over a nude image. This could be a pornographic video you are watching or an indecent girl or boy you meet on the road or an explicit film you watched containing sex scenes. These images kept in your mind attract the demon of masturbation to take whole of your life. The second stage is what we term object masturbation. What we just finished discussing about was the concept of **image masturbation** which cuts across both visual images (videos) and now we are talking about object masturbation. From the word object what comes to your mind should be a thing that plays a role for something to be done. Let's list some of such objects. They range from Vaseline, alcohol-based lubricant, artificial penis, dills, vibrators, cucumber, pestle, fingers, hand and more. These objects have varied uses. The next stage is when the demon triggers the urge as your eyes fall on the image. The object could be your phone which carries the visuals (porn videos). When the urge comes, your subconscious memory will ask you to make a choice either to use cucumber, your phone, a pestle from your kitchen in your anus (common among chronic gay



men) or pestle from your kitchen in your vagina (common among lesbians and some heterosexual females. When you chose the one that you love the most, Satan will be happy.

The method used by people to masturbate varies from person to person. Some men will rush for the water-based lubricant while others will go for the Vaseline. Some primitive poor indigenes will use their spittle as an object of masturbation to lubricate their penis. Some have these soft cotton pillows on their beds. They will just rub their penis on it until ejaculation occurs. Also, there is another stage of masturbation which is the worst among the rest. I term it masturbation by sex. What do I mean by this? There are so many men who live with their wives but each time they have a sexual encounter, these men ejaculate out of the vagina and not inside. It is done willingly as Leviticus 15:18 tells us. A man who boldly takes his wife to bed, have sex with her and ejaculates on her face or on her buttocks or in her mouth or on her breast and even on the bed. My question is, what was the reason for this seen in pornography to your marriage? Don't you want children. If you don't want children then go for family planning rather than suffering that woman all night playing with her clitoris as if it is your football field. Leviticus 14:18 condemns this act in strong terms.

There is another complex but funny stage of masturbation where the urge to masturbate comes but the means to do it is absent. It is just like a man who is hungry but has no money to buy or cook food. The man is hungry to masturbate but because the urge comes when he is in the company of his colleagues, he cannot do it. This urge can come when he is at a funeral or a birthday party or in a night club. Remember, the hunger for masturbation is not the man's physical hunger but it is a satisfaction for the devil's hunger for it through you. That is why he lives in the practice so as to use you to satisfy his deepest spiritual satisfaction which is linked to him leaving you in regret and shame.

Men unlike boys have various ways of masturbating in public. Some of them get the urge while at school and are forced to rush to the school toilet to masturbate. Others get the urge when they are sited in the parlor with their junior sisters, brothers, parents and are forced to sleep early so that they can masturbate freely in their room. Most boys and girls have been caught right-handed in their room after they forgot to close the door of their room because of forgetfulness.



This is because when the urge comes, you don't reason like a man anymore but you are more like a demon. Most at times it might cause you to behave as if you are insane.

I once wrote a story titled "*The Hour of Nemesis*" which was never published due to the fact that I kept waiting for the right time to publish it. There once lived two brothers. Ndumso and Mukongso who shared the same room. Mukongso never liked to share the same room with Ndumso because he was a gay and had been discreet for the past four years with no one being aware of it despite his effeminate nature. Finding true love in a nation where same sex attractions were prohibited was a nightmare for Mukongso. Despite his numerous relationships, none worked out for him. Heartbreak was the order of the day because he was too busy for love as he prioritized education than what gives him true happiness. He invited most of his so-called lover boys to his house to have encounters together and later on disappear in the dark. All these things happened in the absence of Ndumso who was so occupied with his job as an editor for the Hensel News Paper Production House.

After series of heartbreaks in the life of Mukongso, he vowed never to allow his past hurt his future as he forgot about his stupid lovers and remained single. When he clocked 29, he kept struggling with single life but it didn't come without challenge as he went back to his vomit practicing what he couldn't defeat till he gave up in life and found peace in solitude.

One cold evening when the family sat together in the parlor to watch television, the demon of masturbation came upon Mukongso and he felt some sort of discomfort and went to his room. He picked up his phone, downloaded some few gay videos and began watching. It got to the point where he had to remove his trouser and pant. Thereafter, he took one of his dirty shirts and wrapped his erected penis with it while listening to the sound tract of the video using his ear piece. His eyes kept watching every single action and all these romantic moves, led to the release of semen on the dirty dress. Not long after taking off the dress, as he was about to put on his pant and trouser, he heard footsteps coming towards the room which he left open. Behold, it was Ndumso his elder brother who looked so tired and exhausted from the day's work at the newspaper production house. Ndumso entered like a thief and found Mukongso necked with the dress containing the semen on the floor. As soon as he saw this, he screamed in a loud voice and



everyone in the parlor ran to the scene. What they saw was terrifying. Mukongso was beaten and shouted at by his parents who saw it all for themselves. Mukongso begged for forgiveness but no one was willing to give him a listening ear for he has committed an abomination in the family. The next day, the family took him to a native Doctor for cleansing rituals. Mukongso stopped masturbating.

### **Female Masturbation**

This is a topic that many are not familiar with. Here and there, we attribute masturbation to be solely the affair of men but we fail to understand that rain falls in all roofs. This is the very issue we keep saying for those struggling with homosexuality. Come and see how victims face mob justice like outcasts while women who do same stand by laying curses to them when you are not far from the game. Let me ask you something, who do you think you are deceiving? Why not just tell God to make you a man rather than making him feel he made a huge mistake creating you a woman. Many people don't believe that women do such but let me tell you to your face that you are a disgrace to womanhood if you are one of them because I can't believe women will bend down to pick fifty (50) francs when we have thousands of men out there who don't have food to eat at mid-night but you are there doing the unthinkable. Playing with her genitals is one of the ways she can masturbate. She can as well get sex toys (artificial penis) which varies in sizes based on her preferences. She buys it with her money. She inserts it inside her vagina for sexual pleasure. Some even go to the extent of using a fruit called cucumber or some may prefer using vibrators. This is high amongst lesbians who have more of male hormones than female hormones and so at times, the male hormones dominate and this changes their feelings completely from being women to see themselves as men and they dress, walk and speak like men. Such women are hardworking and they are as powerful as men. Most are bisexuals meaning they play as women to their husbands and the next moment, they are men (bottoms) to heterosexual males or to pure gay men. Female Masturbation is a fast-rising issue in our society today. The demon that lives in masturbation comes upon the woman when her husband is not around. This demonic spirit causes her to misbehave in public and this is evil. Most of these artificial sex toys people use can cause wounds inside the vagina. Some can use



even pestle. These objects are not good for them. Some of the sex toys are not washed after use. Many fall sick after using it, others tend to contract parasites, STI's and many more contract yeast infection, vaginal itching and more. Using something that wall geckos have danced ok it is a moment of suffering. These sex toys that women use while masturbating can use tiers or wounds internally which may be simple or severe as time goes on. Women who struggle with masturbation usually experience this issue when it is too late. Such women complain of pains whenever they have sex with their husbands especially when the sex is intense. Such opens up the tiers or wounds in the vagina and can cause these wounds to send out blood during sexual intercourse. The man may feel that it was an abrupt menstrual flow forgetting to know that his wife is hiding secrets that seem obvious but can only be captured by the wise. The flows of blood from the vagina alters sexual intercourse and cause discomfort. This may lead to the man getting upset and with the unsatisfied pleasure, may prompt him to masturbate to relief the pressure between his legs. The pains could not allow her satisfy her husband all because of her devilish practice of masturbation. Indeed, a time is coming when we will look at our problems and see us as the authors of them and not the devil as we sometimes take pleasure in binding, casting, firing and laying curses on the devil for our misfortune of which we are the foundation stone of it all. Satan only came when the walls were about to rise. He came to encourage you and to help you to put the roof that leads to condemnation in hell. You gave him the way and he sowed his seed of suffering in masturbation and you watered it till it started yielding fruits and then we found you wanting in the desert wondering if God truly exists or if he is watching at you from above.

Many females who masturbate don't use sex toys, cucumber or vibrators but they use their fingers especially the desperate and poverty-stricken girls (women). To her, her finger is a substitute of the penis of a man. Human hands can never be purely clean especially those women who add artificial nails to their God given nails. These nails trap bacteria's and once inserted inside the vagina, gives breathing space for these bacteria to grow and attack the cervix thereby causing health related complications that may be treatable or manageable. These bacterial can cause vaginal itching or abnormal growth. This causes discomfort and above all mental health



problems which comes with the discomfort that may arise as a result of this issue. Always wash your hands with clean water and soap which will help reverse such health-related challenges.

There are certain strategies that women use to attain self-sexual pleasure without watching pornographic videos or without recalling the image of a sexy, cute, sporter, handsome tall guy who stole her heart and she knows very well that fantasizing herself is the only option for she may not see him again or even have the opportunity to sleep with him.

Female masturbation is the act of a single woman or girl playing with her vagina in order to attain sexual satisfaction with or without the use of objects such as images, toys like artificial penis, artificial lubricant and artificial male dummies, not leaving out cucumber, vibrators and pornographic videos in general. During female masturbation, the woman or girl does not only play with her vagina but she also plays with her breast, her buttocks and in most cases her anus especially those into homosexuality and lesbianism. In the absence of her husband, the demon that lives in masturbation comes to tempt her and once she welcomes him, this demon makes her play with her vagina as she fantasizes over the love making images in her mind that was between her and her beloved husband when he was still with her. Some women walk with this spirit wherever they go because it is in them. This spirit will reveal itself once she comes across a handsome lovely and sexy guy whose penis is seen dancing in the tight trouser of his or the size seems big and curved as many may prefer to be their best choice of a penis (dick). This stimulates the sex hormones and before you know it, she is after him looking for ways to seduce him to sleep with her. She does not know him nor have an idea of the man's health situation but wants to sleep with him or else, masturbation will take the lead which is a pathway for signing in your candidacy for hell. Most of them succeeded in convincing the men to go to bed with them be it in the hotel, in the bush, nearby toilet or uncompleted building or in abandoned cars. This usually come with a pay as the woman sometimes contracts fungi infection and sexually transmitted infections that may end up taking her life all in the name of love, lust, sex and regret. Be careful with women or men who stir at other men or women for they can be into masturbation, lust and homosexuality. Some women who used pestle, the handle of a knife or an



iron are under severe demonic attack that may not end well because such are dangerous objects meant to cause harm to you.

I know you will want to find out what sex toys are. This concept has been used constantly in this study. A sex toy(s) are simply substitutes (objects) for sexual pleasure which both males and females use for masturbation. These toys in general take the place of the penis or vagina as the case may be.

Masturbation is naturally done in the **private** but as times keep changing, it has now become a **collective affair** wherein boys unlike men gather to masturbate. This is what Lyonga 2019 26 terms **group masturbation**. Masturbating alone can be boring but as a group, it is enjoyable. This group masturbation usually takes place in mountainous areas, hill tops, valleys, thick bushes, pool parties and in uncompleted buildings or in a friend's house. This male group masturbation also promotes other sins like homosexuality. Under this broad term of homosexuality, I will classify a group of boys who focus more on kissing, "blow job" commonly called sucking of penis (dick sucking), anal rimming and masturbation which are the center stage of it all but when it comes to penetration (sex) such gay men commonly referred to as "gay side" have no interest in anal sex but prefer all of the above. The gay side men and boys are the highest group of people who masturbate because they cannot do all without fulfilling the stage of masturbation. It is just like a secondary student who cannot leave from form five to lower sixth without sitting in for an examination that will usher him or her to the next level of academic height.

If one needs to find out if his or her daughter or son masturbates, there are certain things to be watchful about. The first is the existence of **pornographic videos** in their phones or laptops. Singles who keep such are either sexually active or victims of the demonic spirit of masturbation. You can as well find baby oil in the room of your son which he uses as his lubricant daily, water-based lubricant, artificial penis if gay or lesbian or heterosexual female as the case may be. In some you will find cucumber stocked in the fridge, vibrators, and Vaseline containers as the case may be. It will be rare to find condoms because a pure gay man or lesbian or heterosexual who is into such does not have anything to do with condom unless he or she is



bisexual (have two sexual orientations). Have you ever invited your friends to masturbate together as a group and instead of them coming with their own toys, they rather use yours without your approval, how did you feel and how did you react to it? The answer is yours. Some even used them without you knowing and you only find out later on when terrible stubborn rash hooks your buttock, anal wart or vaginal rash tends to grow terribly like bubbling groundnut soup. It is at this juncture that you will start thinking till you finally ask the beasts you brought into your home you call your friend and once he or she accepts the claim, you feel a cold breeze that blows by your legs as a bullet without target and if your mental health is not stable, you may be forced to end your life or curse your friend. Be careful with those you embrace so close in the name of friendship. Some of them are demons in disguise ready to terminate your life and leave you with an unfulfilled destiny especially when they know you are a bright student who can easily succeed in all dimensions. Don't regret tomorrow because deep inside my heart I have warned you. People who keep pornographic magazines and even pornographic films (cassettes) are fun of masturbating.

### **The Foundation of Masturbation**

**Satan** is the **foundation**. That devil that deceived Eve at the Garden of Eden has existed for decades and still existing. He has been roaming around looking for captives to hold bound but he will never see you as 1 Peter 5:8-9 tells us. This scriptural passage is reminding us that Satan is not our friend but an enemy. We must fight him at all cost. Don't give him solace. Go into your powerhouse of prayer and fire the devil with a sincere heart and that fire accompanying the name of Jesus shall move mountains and scare the monster away. The Bible says, he is **a lion** that keeps roaring which means he is never satisfied. He is constantly roaming in search for more candidates of hell. I pray that you and your household will not fall pray in his deadly adventure for captives. Masturbation is the offspring of lustful desires. Let's say a man and a woman have feelings for each other but unable to express themselves and in the hiding, use masturbation as an opportunity to cover up for the feelings they have towards themselves. When I was doing my research online, I saw a post which caught my attention. An anonymous participant posted and said "you are the reason why someone masturbates". This is true because many young girls dress



indecently and cause others to lust after them. They feel so comfortable with lustful desires, looking at other girls who walk necked on the road without walking to them to help cover their necked bodies. They prefer to look and mature.

Dear friend, if you study James 1:15, you will realize that lust is a sin and it is evil in the eyes of God. Lust can give rise to the feeling of masturbation. This may lead you to your abrupt death. The death that James is talking about is not the death of the flesh but he simply wants to remind you that your soul will not see heaven. The flesh is of the dust and it must return to its origin as the Bible tells us but the soul which is the kernel of the flesh will be that which will face judgment. Those who masturbate, live and die without confessing their sins will see hell on the last day. Here on earth, you will **suffer in guilt**, disgrace, shame and you may not succeed in life, you hold money but don't use it to do something reasonable as all is spent on sex toys, lubricants, porn videos, data and buying of Vaseline and drinking carelessly. Those who masturbate, **forget a lot**. They see evil but to them its good. The only time regret sets in are when the act is done. Such individuals suffer from **stunt spiritual growth**. Their prayer life is not the best and neither do they spend time in the place of prayer.

Some claim to be Christians but value masturbation more than the teaching of God because Satan has taken over and God has no place in the body of a prayerless man who neither spends time in Gods place but use his time to lust after necked men and women. Repent now and ask God for forgiveness so that you will not regret in hell. Why accuse God for your masturbation? James 1:13 reminds us that God does not use evil to tempt us. Neither does he cause man to practice evil for his ways are full of glory and we as humans must acknowledge his glorious nature and stop seeing him as one who allowed you to masturbate and die a sinner. God gave you enough time to repent but you were stubborn. Carry your cross of disgrace and face your doom. God hates evil and he does not promote evil. Stop accusing God for your stupidity.

### **Medical Masturbation**

When a man goes to the hospital and the doctor desires to conduct a test on his semen, the doctor will collect the test tube and hand to the man to masturbate and ejaculate in it. Such a case is not deliberate because it is not the man's decision to masturbate but it is simply an



instruction from the doctor. Now, the question that most of you will ask me is how will this man go about with this instruction especially someone who has never masturbated before. Most at times, the man may decide to rush home, have sex with his wife using a condom so as to trap the semen and then rush with it to the hospital.

Again, the medical doctor can as well give him a gel which he will apply on his penis so as to masturbate until he finally ejaculates in the test tube. The purpose of all this was not for the sake of sexual gratification but it was for the purpose of testing the semen to see if there is any issue along the line. Most at times, issues may arise as a result of the man's diet or other related health complications. The masturbation without a medical reason is deliberate because you did it willfully under the control of the demon that lives in masturbation. Ofonmbuk in his article titled "*the sin of masturbation*" gives us a vivid reason why the doctor will choose not to allow the man to go sleep with his wife before coming to the hospital with the used condom. To him, the semen might not be pure because it has come in contact with other body fluids. Therefore, to get a pure semen, the man must masturbate at the hospital rather than having a contact with his wife. This can be done in two ways. Either the man makes use of the gel to masturbate and ejaculate in the test tube or he watches a pornographic video till masturbation is achieved. Most godly men will prefer the gel than the pornographic video because it will cover their garment of righteousness with sin as they attest.

Five (5) out of the ten (10) anonymous men I interviewed on Facebook, who were told to masturbate for medical reasons revealed to me how they became addicted to the act after their medical examination. Before, they were not masturbating but now, masturbation has become their lifestyle. I therefore caution the men who are instructed to masturbate for medical reasons not to put their mind in it. They should detest the practice or else be held accountable for masturbation. Hiding behind the fact that the doctor approved it does not guarantee masturbation to be godly. If you keep doing it even after your medical examination, God will keep recording it and on the last day, he will hold you accountable for masturbation. If you waste the seed (semen) that God planted in you, he will end up taking your life as he did to Onan in Genesis 38:6-10. This passage of the Bible takes us on a ride to understand what became known as **Onanism**. This



Onanism is a term derived from the **deed of Onan**. The scripture above tells us the life of a man called Er who was the son of Judah's Er died due to his wickedness. Er's wife Tamar who was a widow at this time was betrothed to Onan who was Er's brother as their custom demanded because she had no son to keep Er's lineage alive.

The purpose of handing Tamar to Onan as instructed by Jehovah himself was to bring forth a generation that will bear Er's name so his lineage will stay alive even in his disappearance. Onan agreed to take her as his wife and to do as instructed but his heart was filled with jealousy and hatred for the Lord. To him, the offspring of his loins will never bear the name of his late brother. He hated this with all his heart. He promised himself that his children will bear his name and not that of his late brother. The Bible tells us that Onan strategized on disobeying the plans of God by going to bed with Tamar and after the pleasure of sexual intercourse with her, he ejaculates out of the vagina and not inside which was a disobedience to God's instruction for procreation and the semen got wasted on the ground. Onan thought doing so will not make God's plan to preserve Er's lineage to come to pass. He thought doing so will make people see Tamar as a woman who cannot conceive. To Onan, sleeping with Tamar was all for **pleasure** and not for the purpose of **procreation**. God looked at his deed with sadness and decided to punish Onan for suffering Tamar all night in a sexual encounter which she believes would bring forth children but seems to be all futile. I can feel the pains she went through just to conceive and God saw it all. In the eyes of Onan, no one could see his evil masturbation habit but God took note of it. Onan's pay for disobedience to God was **death**. God knew that keeping him alive will be a burden to Tamar and to all.

Many men are still doing this and I want you to learn a lesson from Onan's experience so that you will stop such evil and be free from the consequences that come with it. Onan died and went to meet his brother Er in the grave. The question you should be asking me now is if Onan was able to achieve his dreams of making his name heard and not that of Er. He achieved nothing as death was his penalty. He was not just wasting his God-given seed but also wasting God's love for procreation and above all not giving God the respect he deserves. Let's learn to respect God's instructions for disobedience can come with a huge price that a plea for forgiveness



may not appease God but to face his wrath. May God help you to see the demon that lives in masturbation and how deadly he can be when he traps you in chains. Repent and return to Jesus. Pray to God to set you free from the bondage of masturbation. Tell God to break the spiritual chains that Satan has tied round your neck so you can be free. Onan took advantage of Tamar just to satisfy his sexual urge and not for the purpose of procreation as i said earlier.

Let no one force you to repent from masturbation. Do it willingly and God will see you through. Don't postpone your repentance to tomorrow because tomorrow might be too late. Do it now for many died and were not privilege to let go this practice but you have been chosen to see such a day. Give God a chance and allow him to take his place in your life. Seek wise council from a psychologist or guidance counselor who will see you through this stressful process for recovery. Native doctors may not be of help but God is supreme and he alone will see you through.

### **The Outcome of Masturbation**

After masturbation, the bladder is sometimes affected as a deep pain takes over but it lasts for a few minutes. At times, the pain is felt at the level of the stomach. Masturbation in general leads to **body weakness**. People who masturbate are **not proactive**. They look **weak** in whatever they do be it in education, sports and work. After masturbation, most people feel as if God has abandoned them. Others feel **useless** in the society. People who masturbate usually **live in total isolation**. They don't like to live with people talk less of sharing the same room with the opposite sex or same sex individuals. They just like to live in isolation and fear. This isolation gives them maximum time to do what they want. Masturbation brings about **guilt**. Many masturbate and look at the semen and cry bitterly **regretting** why they did so. Some masturbate and see their future children through their semen and deep inside their hearts, the guilt of **murder** sets in. How I pray that the guilt continues to hunt you till you repent. You waste your seed to the earth and cover it with the ground you came from and you boldly hit your chest that **sperms regenerate**. Yes, we all know that. You look at the pleasure of it than looking up to God for your salvation. The fact that your body can reproduce new sperms daily does not give you the guarantee to masturbate. You are simply blinded by the demon that lives in masturbation. I may



be tempted to call you a **demon** as well. Gods' wrath awaits all who die with the sin of masturbation. There will be **no pity on that day**.

When a man masturbates, he **reasons like a child**. At this moment, he starts behaving strangely as if he is lost in thought and at this time, researchers like Lyonga (30) will say such a man "**feels empty and wasted**". Why then do you masturbate when you know it is evil in Gods sight? If truly, you know that masturbation will take you to hell, I don't think you will find pleasure in doing it. Always occupy yourself with something. If its Thursday, go for Bible studies and Sunday, go to church. **Stop keeping bad friends**. Such friends will **corrupt** your mind with **evil thought**. Let's take for Instance, you walk with your friends on the road and one of them sees a sexy girl dressed half necked and alerts you all to see and once your turn to see her, the spirit of lust will enter your body and as the discussions heighten based on the said girl, your mind becomes attached to the demon of masturbation. Before you know it, you will become like the rest and anything you see in a skirt, you will want to admire. That is how Satan used your bad friends to corrupt your mind and lead you astray. Spend time in the place of prayer and always spend time studying the Bible. If you fail to study the Bible, that spirit of masturbation will whisper to your ear saying "won't you masturbate today?".

Are you a **jobless youth**? Is your **idleness** as a result of your joblessness? Must you wait for the government to provide a job for you? Wake up you **addict of masturbation** and be a **job creator**. Sell fried groundnut, fried gateau, boiled eggs or round balls (puff-puff). **Don't be idle** or evil thoughts will cause you to locate your phone or your laptop which carries those porn videos or those sex toys in your drawer and the next minute, your hand will be stained with Vaseline or baby oil and masturbation is done. It is only in **the place of masturbation** that this demon of masturbation prevails. Be intentional about your desire to abandon the evil practice. Don't just say it with your mouth. Let the desire begin from your heart. Don't die in silence. Seek help from a trustworthy Pastor or Prophet who can help you overcome such an act of **perversion**. Their support and guidance will build you up and cause you to become an overcomer. If you stop this practice for good, heaven will rejoice and Gods eyes will locate you. Remember, in your time of masturbation, Gods eyes left you because he was not happy with you



but now that you have repented, his eyes are now on you. Tell yourself that you are not going back to your vomit and neither will you give Satan a chance to frustrate Gods plan for you.

We all know that masturbation is triggered by **lust** which may arise when one boldly watches pornographic videos thereby stimulating their visual as well as their sensual memory leading to ejaculation. If the government of Cameroon puts up strict laws to regulate access **pornographic videos** especially with teenagers who get their first android phones and are so anxious to explore the internet usually fall pray of pornography and by so doing become addicted to it. Pornographic videos are one out of the many objects of masturbation. This means that these videos are a requirement for masturbation to some people but to others the sex toys are more preferable. Most porn sites range from 18 to 21 years and above but my worry is that despite this age range, teenagers still have access to sites that don't meet up with their age. Why will the creators even permit this? Such promotes **immorality** and **perversion** in youths. Tomorrow, when the youths go astray, you begin to accuse the **social media**. Don't you think you are also contributing to the downfall of our youths? You contributed in promoting teen pornography by allowing our teenagers to watch it. If you encourage them to watch such then you are telling them to masturbate as well or to do same to their fellow friends. I know you are partly not to be blamed for this but those who created it should be conscious of the damage they brought upon the life of our children.

When you practice masturbation, Gods love towards you **diminishes**. You are struggling with lies telling, struggling with homosexuality, struggling with lesbianism, struggling with gossiping, and still yet you add more trouble to your life by masturbating. What more do you expect from God? God automatically sees your prayers to be **filthy** in his sight as long as you continue to masturbate. Most sinners like you find it so difficult to **confess** their sins in church. Even to **pray** is a huge problem. How will you even praise and worship God when the **guilt of masturbation** eats you up like ring worm. You will be worried almost all the time. Money will never give you happiness at this time. Above all, you will spend a lot of money buying Orange Good Deal daily which is at a token of 500 frs CFA. Just to get 500 francs CFA these days is challenging coupled with the economic crisis going on in our beloved country Cameroon. In the



past, a cup of rice was 100 francs CFA but today, a cup of rice is 200 francs CFA. That 500 francs CFA that you want to use to buy data to download pornographic videos, use it to buy rice and cook food for yourself. How can you value to feed and satisfy the demon that lives in masturbation and forget to satisfy the flesh that needs physical food and the soul that feeds on God's word.

Most people who masturbate **hate** going to church for fear of being exposed during healing and deliverance service. This hatred is the work of Satan to keep you under his umbrella of masturbation for a life time but I have come to remind you that today is the day for your freedom and as you read this article today, your life will not remain the same again. God will locate you at any time. Last year 2024, in the month of November, I heard a very sad story of a certain homosexual called Futam Right B. who pretended to be Christian, worshipped God daily and was punctual in all church activities but a single planned act by "Kitos" (homophobic individuals) led to his public disgrace and humiliation. This can be your story someday because God does not sleep. God is watching as your sins fill the cup of justice and when his hour to disgrace you shall come, the world will see, people will talk and prisons will shake but the truth be told, your reputation and dignity as a person will be destroyed. Wherever you go, people will talk about you and they will mock you and you will feel guilty to leave your house to buy in the market. People will hate you so much to the extent of hating your innocent mother, father, brothers and sisters and some will refrain from marrying from your family or being close you your parents. While in the market, most sellers will refuse to sell for you and some will even spit on you. Others will abuse your mother and call her a witch. How will you feel when the innocent suffers from your crime? Repent now. If you truly want to be free, why should you be afraid to go for deliverance in church? Go now and stop hoping for tomorrow. Many could not see that tomorrow which you hope for because God took them before that hour of repentance. You are favored and I urge you to use it as a matter of urgency to let go the practice.

The challenge you are facing in your home as a married man is because you have not forgotten your masturbation habit. This is why you cannot enjoy sexual intercourse with your wife. Day after day you struggle to perform like a man on bed and you leave your wife



unsatisfied. This may be as a result of the health challenge of **erectile dysfunction** due to your devilish practice of masturbation. As you continue to harden your heart for the call of repentance to have a place in your life, your marriage is at stake. Masturbation kills **marriages**. Most men who masturbate complain of tiredness at night when their wives are in need of sex. They know very well that it is just not what they want for themselves. Such a man fears his wife and abstains from touching her. Most of them end up with just one child in their home. This man was probably forced to marry out of his will and now problems arise in his household. Most at times end up experiencing low sperm count as we discussed throughout this work. Such men end up childless or in a broken home or if God feels pity for them, he will intervene and bring restoration and by so doing the cry of a baby will be heard in that family.

Masturbation is like a woman who experiences a **miscarriage**. The baby was so precious to her but she was unable to carry him or her. Have you seen a woman who just had a miscarriage? Did you ask her how she felt? What about the pains before and after a miscarriage? If you can measure the pain to see blood and to touch it as a woman who experience a miscarriage, then shall you know that releasing semen daily also pains in the long run. If it pains, why don't you abandon it.

Masturbation is another way to tell God that his intentions for sexual intercourse between two opposite sex (male and female) was all a mistake and you are intentionally telling him that masturbation is what was meant to exist or prevail here on earth.

Masturbation is not pleasing to Jehovah. It increases his wrath against you. Masturbation has led to so many **broken homes**. So many women have abandoned their husbands who masturbate for not being men enough. Masturbation is not just evil but ungodly. Masturbation has no place in the church as it is regarded a **sin against God and man**.

To many researchers unlike Bhandan, masturbation is said to have **no side effect** and neither is it **harmful**. To her, it is a natural act geared towards self-sexual satisfaction. She also says that masturbation is **stress free** which does not lead to any **physical injury**. I completely **disagree** with her idea because from my personal experience, masturbation leads to physical injury. Most wound their penis with their nails or peel off the skin of the penis while playing the



forward and backward act with their oil-stained hands. Masturbation is never stress free as guilt and sometimes sleeplessness sets in. Masturbation has so many side effects which I discussed about in this work. Masturbation is not just a **psychological problem** but an **emotional issue** which I presume for further study if someone out there may be willing to carry out research. This can be a good area to research on. Masturbation kills one's appetite for fruits. Most men and women no longer eat cucumber (a fruit that looks like a penis) because women who masturbate use it as their sex toy. Once they see this fruit, discouragement sets in and the desire to consume the fruit will disappear. Most people don't eat "water fufu and eru" in some peoples home because some women use it as their sex toy and still use the stick to turn "water fufu". Some women unlike men use beer bottles both in their vaginas and anus respectively. To them, it will lead to sexual pleasure and subsequently masturbation.

Masturbation in this present dispensation has graduated from being a practice to a **lifestyle** in the lives of many. There are men out there who can masturbate four to six times a day without getting tired. The demon that lives in masturbation has caused marital problems in their homes and they seem to be at the verge of divorce. Most men who masturbate face a lot of problems finding a wife because their masturbation follows them to their marital home. Most men who masturbate are forced to get married as a way to fight the demon but every relationship they had failed. They thought God has abandoned them but he did not. Most men who masturbate are those who abuse alcohol greatly. They can drink a crate of beer and still not get satisfied. Masturbation can close doors in your life. Are you a university graduate looking for a job and yet struggling with masturbation, if you don't defeat that demon in prayers, that door of employment will be closed forever.

Most of you curse God and suffer for no good reason. You are the cause of your problems. Your prayerless life gave room for satanic manipulation and that demon of masturbation came upon you. I saw a testimony of a man who struggled with masturbation and found his deliverance in the Ark of God Ministry in Cameroon. Why not pay a visit there and seek God's face in your situation rather than sitting there crying all day. I know many of you have gone from one councilor to another but to no avail. Run to Jesus today. Go to any church of your



faith and seek Gods face and behold by the name **Jesus**, you are free and masturbation will never be part of you again. Stop deceiving yourself that you can defeat this monster on your own because by your power you cannot do it. You need Jesus to intervene as he did to Hannah in the Bible who wanted a child. God can do it. He will do it if you believe. Run to him in the place of prayer and not in a beer parlor. Beer will never cast out the demon of masturbation out of you but God will. You are not a disgrace not a curse. God loves you and he is calling you to come back to him. Please, do not say no because you may not have such an opportunity again.

There is no specific time to masturbate. Those who do it six times a day are at the chronic stage. Those who do it once a while are my focus at this point of time. Take a critical look at that; you will notice a force that reminds them to masturbate at its own time. This is a clear indication that they are held back by demonic forces of masturbation. These forces live in them and feed on their masturbation (semen). These forces will go to rest whenever they notice the atmosphere is not conducive for the act but this may prove faulty at one point because these demons have no specific hour to trigger the fire of masturbation in their victim. The urge can come once a month or twice a week or once in three months and so on. This is why people will tell you different times that suits the hour of masturbation. Let's take for instance, person "A" masturbates six times a day but person "B" once a day. Don't look at person A and see him as one possessed by multiple demons and person B to be under a single demon because the very demon for person A is the same for person B.

A smoker once told me his story of masturbation. Whenever they sat to smoke in an uncompleted building, they took it as an opportunity to masturbate and to practice all kinds of wickedness such as homosexuality, lesbianism, bestiality and more. This comes together gives room for ideas to steal by breaking in to people's homes and rape the innocent girls and boys just to humiliate them. When I visited most uncompleted buildings where drug addicts consume drugs like cannabis, cocaine, shi-sha and more, I found piles of excreta (feces) scattered everywhere on specific locals. It is obvious to find packets of cigarettes and the environment stinks badly. The worst I noticed was used condoms, stones or blocks where they sat to discuss their evil agenda. To most of them, masturbation is nothing but a mere practice for pleasure but



this practice can cost you a lot. That demon that lives in you is bent on destroying your life and to cause stagnation and to delay your destiny and still yet, you argue and see nothing bad in it. If you value your life then you will see it from my perspective and repent for the better. I know you will ask me how. I will tell you as we digest this issue together.

Masturbation is related to poor mental health conditions. Masturbation to many is triggered by depression. When one is depressed especially males, sex is what they believe can take away depression from them. Those who cannot get a sex partner prefer masturbation as a quick relief option. To most anonymous participants I came across on Facebook, revealed to me how their so-called partners whom they were dating lived further away from them and it was pretty difficult to put an end to it due to distance problem. Some men hate distance relationships unlike women because the feeling of love is strained by that barrier. Most live in in Cameroon but are dating a woman in United States of America. Others live in Cameroon but face transportation problem to meet each other physically. As a result of this, many women stupefied themselves by forwarding their nudes to their so-called lovers. These nudes triggered the feeling for masturbation. Others went to the extent of organizing virtual sex also called online sex which also triggers masturbation.

Wael Ibrahim, a renowned researcher takes us on a ride to locate the hidden wounds of masturbation and to remind us all that no matter the old knowledge that we all have as to seeing masturbation as being good, cautions all of the adverse effects of this evil act. Most find it so difficult to get in to a serious relationship with heterosexuals but feel so comfortable with the same sex individuals. This tells us that masturbation is a call for concern when it comes to gay men and their lifestyle. People who masturbation struggling to defeat fear. Everyday, they are afraid to be caught and rather find pleasure in doing it at night. This dark hour is a representation of its link to the devil. Any act which cannot be done in the light and feels more approved in the dark is evil. Masturbation is one of such acts. Homosexuality and lesbianism. These acts go together and fall under the broad term called **Sexual deviations**. Once a person masturbates, the belief in God and in themselves (self-belief) departs from them.



When a man masturbates, many stupefy it to menstruation. This is what gets me sad because men don't menstruate and I see no reason why one should look at it from such childish direction. In a nutshell, people who masturbate struggle with a low reasoning fecundity or low IQ. Most are not confident enough to stand in front of a panel to debate on this issue because they know how evil it is. Most feel tired of it but are unable to let go the practice. In a nutshell, most people who masturbate find it so difficult to socialize. Masturbation leads to sexual dissatisfaction in most married men as they tend to face challenges understanding why they are unable to enjoy sex like their wives. Some even after a sexual affair with their wives find it so hard to swallow the trauma of not being able to make her pregnant. This led to them going to native doctors who worsened the issue and finally the church because their last bus stop after dancing in many devilish shrines for years. When you go to most families today, the bareness that a woman may face is always linked to superstition as they attest. Many will accuse their mother in-laws but of which their husbands are the cause of it through their act of masturbation. Remember, at the time of marriage, the two (male and female) became one and whatsoever evil that prevails in the life of one can affect the other. I know of men who did masturbate and their act of masturbation brought a lot of problems in their marriage as nothing was moving (held in stagnation).

The fact that you are infected with a terminal disease as a married woman, does not give room for your husband to cheat on you or to masturbate. Sex can still take place under strict instructions from the doctor. I am not a medical doctor but I know of a woman who live with a terminal disease but because she takes her drugs regularly and in order as prescribed by the Physician, she could not infect her husband who had sex with her and today, they are blessed with two kids. This is to tell you that you have nothing to hide from science unless under Gods divine eyes of favor. You have no reason to hold unto that sickness as a channel for masturbation but look up to God for perfection of health. All your life you did masturbate and now you do not just struggle with prostate cancer but you suffer from severe erectile dysfunction which can intern lead to a broken home.



There are a lot of controversy as to if masturbation can cause prostate cancer. Researchers are doing more findings to this and I hope to write on this issue in my next paper. Most of the anonymous participants I came across on Facebook revealed to me they felt excessive pain deep in their prostate gland after years of masturbation. I kept wondering if this could be true because such severe pain that comes often might be a symptom of prostate cancer. When you feel such pain, run to the hospital for medical examination because I have a limit to this research and cannot say anything further than to advise you to see a doctor who will tell you what is causing the pain. Remember, a wise man once told me that “a stitch in time saves nine”. The hospital was created for human beings to check their health and not for animals. Therefore, I urge you to take your health seriously and stop taking paracetamol to treat prostate cancer because it will not work. You are not a doctor so, stop prescribing drugs for yourself.

Many teenagers started masturbating because of a rash that seems to bring discomfort to them. Most of them went ahead to spend hours scratching it depending on the location of the rash. Some rash came out at the level of the genital area and they had to use their hands to scratch and as they did it, triggers the sex hormones to wake up and before you know it, wounds have surfaced but masturbation took place in the course of it all. This was how many got addicted to this practice and became victims of it.

### **The Road of Solution**

The desire to masturbate comes from the inner man (the mind) and pollutes the whole body (puts the body to action) or cause the body to do what the mind says. Matthew 15:19 tells us how these thoughts help to defile the body and renders it unclean before God. When a man begins to have evil thoughts of ending someone’s life by the sword, the foundation is the mind while the body strategizes on implementing it or not. Thoughts of stealing what does not belong to you may arise out of poverty or other reasons best known to you. These thoughts begin from. The mind. The evil act to destroy someone’s reputation begins from the mind. People who masturbate are not qualified to be called children of God because of their sinful ways. In Matthew 15:18, we see how God does not only talk about the heart but he spoke about the mouth as a channel to proclaim evil thoughts. When you hear someone holding a machete saying “I



must kill him today”, the agenda began from the mind and the body took over. The machete is a sign to show that the body is desperate to do the unthinkable act. May God help you to let go the thoughts of masturbation and the lustful desires that arise from the mind to corrupt the flesh (body).

Let me talk briefly about a young boy called Desmond T. whom I came across on Facebook aged 24. He is the only participant who opened up to me with his details. This boy realized his way of masturbation was different from the natural pattern of masturbation. To him, from the first day his mother bought his android phone few weeks after he enrolled at the University of Buea, he felt a deep feeling in him to explore the internet. He wanted to see everything and meet everybody. T. Des as I commonly called him was a sexual deviant. To him, rejection and denial was his name as he felt a deep sense of unnaturalistic feelings for the same sex individuals. His life was never a bed of roses as he struggles to let go the practice. He ran from church and cursed God for his effeminate nature. Girls unlike boys refused to make him their friend. He was rejected by all but his family loved him so much. Desmond was struggling with masturbation. To him, that was his own **girlfriend** each time he feels as to have sex. Most boys who are single today struggle with this monster called masturbation. Desmond found a certain site called **Porn Hub** in the internet and tried to locate it but to no avail. He tried to be part of **Grindr** which is a dating app for all sexuality deviations and heterosexuals but still, nothing worked. He found a certain app called **Vidmate** which made available porn videos for him daily but after some time, he lost the app in the process of letting go the practice of masturbation because he got tired of it at the age of 26. Desmond was more into **visual masturbation** than the **hand masturbation**. From the first day that he started masturbating, Desmond never took oil or spittle to play with his dick. He watched the porn video that goes in line with his deviation and that led to ejaculation. To him it was abnormal because all his friends were into hand masturbation. Desmond did it once a while especially when he refilled data in his phone. He could use up all the data just to select the preferred video that will cause him to ejaculate. Not every porn video can trigger masturbation. Only that which touches the flesh can do that. After selecting the one that suits him, he watched it till the deed was done. Whenever the



urge for the real sex comes and there seems to be no data in his phone, he will use his finger especially the biggest finger and insert it inside his anus (digging) until ejaculation is achieved. In a nut shell, Desmond struggled with lust (the necked men in sex), masturbation, homosexuality and above all, pride. His homosexual lifestyle, caused him to suffer from health challenges which left his parents at the edge of borrowing just to manage his situation. He was depressed, lonely, and due to his introvert nature, locked himself up in his room all day reflecting on his wasted life. Desmond had so many problems and wanted to handle them on his own which weight him down. He looked dark like charcoal and he was always pale. He was sometimes shy to go out of the house because he felt all eyes will be on him. Desmond tried to seek the help of his Pastor who gave him some scriptural passages to read and to pray and let go the practice. Desmond did as he said but still to no avail but failed to let his Pastor know. His parents were in the dark all this while. At times, they condemned homosexuality and masturbation at home and even in church but no one knew it was Desmond's fight. Coming from a Christian background and still struggling with homosexuality and masturbation was a huge problem to Desmond. Despite all the preaching, prayers and fasting, nothing changed in his life. Desmond felt God has abandoned him. He tried to change from his effeminate to manly behaviors but still yet nothing worked. He had series of heartbreaks in his numerous relationships and vowed never to fall in love again.

One cold evening Desmond stood at U.B Junction to board a taxi home but suddenly collided with Joel on him crossing the road. They had a beautiful time chatting as Joel narrated his challenge to him. In Joel's relationships as a heterosexual, all his girlfriends rejected him to be ugly and looked sick. Joel felt embarrassed and said to himself that no more girlfriends. He decided to get along with boys. He had numerous relationships but all ended in shame, disgrace and heartbreak. Joel vowed to let go and get into masturbation. He tried and tried but realized the body was tired of it but couldn't let go due to the addiction. Both decided to visit the councilor of their school but to no avail. They went to so many Pastors and native doctors but to no avail. Finally, they came across this book titled "How to Overcome Lust (2019) by Benjamin M. Lyonga published by Rainbow Printers Molyko-Buea which changed their lives. From that day



onwards, masturbation became a story for their peers and families. That was just part of their breakthrough. I know you will want to know how they were able to defeat homosexuality and pride. In my next article on Female homosexuality and Male Homosexuality in Present day Cameroon and How Dehumanizing Such Brings to Families, I shall tell you more about Desmond and Joel through their recovery process. For now, i hope, you learned something from Desmond's deliverance through an anointed book written by a man of God.

If pornographic videos cause you to masturbate, why not delete the app which acts as a channel for accessing them. Delete that Vidmate and Phoenix Apps. I know most of you who still go to school, depend on **Phoenix App** to store your files (pdf documents containing notes or handouts to read or important documents) may find it so difficult to defeat it. This is how Satan works. He captured the app that means a lot to you. He knows you cannot do without that app and that you use it regularly. Instead of you to use the app for academic purposes, you went ahead to watch porn videos. Taking of that app from your phone as a victim of visual masturbation will help you greatly in your recovery process. You cannot take off Vidmate and leave Phoenix behind which are both apps used by the demon of masturbation to cloud your mind with evil thoughts. If you want to recover and be back to your feet, you must create time for God in prayers and fasting because whether you delete the apps or you keep them, the, spirit of masturbation can cause you to download them again and the cycle starts all over.

Attend deliverance service in church and be free from the demon that lives in masturbation. God will locate you in that service and the Prophet or Pastor will locate you by divine connection with Yahweh (God). Belief is the key for once it is absent in your deliverance process, you will prolong your recovery process. Believe that Jesus will deliver you and as the Man of God lays his hands on you in the name of Jesus, that demon of masturbation will bow and be cast out.

Stop the lust over necked men and women and if you do that, you will be free from the demon that lives in masturbation. Many boys unlike men are suffering from penile fracture as Lyonga (2019) 34 attest. It is said to be as a result of their masturbation lifestyle. Some urinate blood and at times experience painful urination. The adverse effect of it can lead to challenges



having an erection and can cause blood clot in the penis. It can cause a severe or minute rapture of internal vessels of the penis. At this point in time, there is a need to intensify prayers. Don't be deceived, masturbation add stress to your life and makes you look sick in the eyes of men. There is nothing like masturbation for the purpose of relieving excess sperms. This is because Gods ways are not our ways. He made the semen and he knows what he kept in store for you to reproduce.

Today you are struggling with low sperm count in your marriage and your wife wants to run from you. She is tired of the marriage. Do you think your grandmother in the village has a hand in this issue? You are the cause of your problem. You are that man who begged your wife to get pregnant out of wedlock to bring a child for you so it can reduce the shame and disgrace you receive from your colleagues and friends. You visited all kinds of native doctors and Prophets but to no avail because you have no faith in God. God did not refuse to give you a child. You wasted your seed in the days of your youth. Stop accusing God for your misfortunes. Keep praying that God should cast out the spirit of masturbation out of your life. Also pray against lustful desires. If you know that you cannot resist seeing half naked men and women, don't go to the beach, night clubs, beer parlors, ungodly birthday parties and other celebrations.

Nowadays wedding celebrations are a ground for indecent dressing which triggers lustful desires. This happens in most churches today. Discipline your eyes, mind and body. Stay away from ungodly gatherings, ungodly songs and ungodly dances because they will corrupt your mind. Know your weakness and don't allow them to control your life. Cut links with bad friends. Stay away from them if you want to be free. Stop abusing the internet. Have your limit and don't go beyond it. There are people who have android phones and use it for what's app and calls. Any other thing does not concern them. Don't share your struggles with people who cannot help you. Matthew 5:28 tells us that masturbation is a sin in the eyes of God.

Abunaw Victor NZO, an uprising writer, man of God and author whose contribution to this work cannot be more than appreciated. He compiled key effects or consequences of masturbation taking reference from the Bible so that we all can digest all the literature which I have revealed to you in the paragraphs above. In the paragraphs below, my co-writer will take



you on a ride in to the word of God to give you nothing but facts that will cause you to see how your end will look like if you don't repent and change from masturbation. I pray these words cause you to change your ways because soon and very soon we are going to see the king as the song writer once wrote and I pray that when the trumpet sounds, you will not be judged on the crime of masturbation but to be appreciated and acknowledged as Gods faithful servant.

**Sinand death:** Masturbation which deals with the use of other means to satisfy one's sexual urge apart from the Way God naturally ordained it to be, is considered as a sin in the sight of God. Study Romans 1:26-28. One might say, "but it is my body, I choose what to do with it". Study 1 Corinthians 6:19-20. Engaging into masturbation though it may look satisfying to oneself but it is dishonoring God and hence leads to sin and eventually Death. Study Romans 6:23. This is to the resultant effect of Consistency for such acts can only lead to one's end and that's death.

**Relationship issues:** If masturbation is used as a substitute for intimacy or communication with a partner, it can potentially lead to relationship problem. The devil called masturbation drawn you away from fellowship, suddenly you start deriving more Pleasure in staying alone not for the right reasons but so that you can comfortably perform. Scriptures in Hebrew 10:25 says we should not neglect the assembly, of brethren.

**Eats up the soul:** masturbation is like a cankerworm, while it seems physically less risky and pleasurable, unknown to you deep down, it eats up the soul until you become a dry bone, In Ezekiel 37:1-2 , the Man of God Ezekiel was carried into the spirit by God and was shown the state of The people of those days, and they had all been reduced to dry bones whereas physically they seem lively, that's what masturbation does, It sucks out the life from you and leaves you empty, the more you continue in it, the more you are drained by the day.

## Conclusion

As a parent tell your children what masturbation is all about. Tell them the dangers of masturbation. Teach them what the Bible says about it. Tell them that it is a sin against God and man. As a father, did you masturbate at your teenage age? How were you able to let go? Tell your children. Your experience can help in their recovery process. Ask them if they masturbate.



At first no one will own up. Use the violent approach by the rod and they will own up but you can only do this with love if you once noticed them doing it. Once you get their attention, create a calm environment and council them in private. Like I said earlier, the rod above does not mean you should “beat” them but it means you should discipline them in love by not being harsh or abusive but you must create a conducive atmosphere if you truly want them to tell you. Why not surprise them by accusing them of the act especially those whom you suspect and wait to see their reaction. Their facial expression, eye sight, body movement and above all pitch which will be loud enough to determine their guilt. That is a way to determine. It is a strategy that many parents have used. Why not tell them a story of a boy who did masturbate and faced the consequences. This story will raise a debate and before you know it, secrets will be revealed. This is the most preferred formula when working with teenagers. As a parent, when you buy an android phone for your child, monitor his activities especially teenagers. When a teenager starts keeping pornographic videos in his or her phone, it is a clear indication of lustful desires for sex and masturbation in general. Let go those dirty thoughts of lust and accumulating those necked images in your mind or else you will never recover. To me, masturbation can go beyond a practice, a lifestyle and can extend to an illness. Many are in captivity for years. Stop listening to demonic voices and rather listen to the voice of God. Find peace even as you struggle to recover from masturbation. The more you think of it, the more stress you add to your heart and it will become another way of suffering in your life.

Don't think too much, Gods time is the best as we all know. Be focused on the recovery and do not be distracted by anybody. Read great books that will help you with tips of recovery and freedom from the demon of masturbation. There are so many on the internet. Look for them and read. Keep on firing prayers because once your prayer life goes cold, that demon will return to take over from where it ended. I pray for you that such will not happen to you in Jesus' name. There is indeed a demon that lives in masturbation and there is what is called image masturbation which dwells more on using photographs of necked men and women be it in books, porn magazines, paintings and drawings which trigger masturbation. Stop looking at ungodly images. Stop watching ungodly movies or else you will fall for **visual masturbation**. Remember, the



foundation stone of masturbation is lust. If you change from admiring necked men and women then you are gradually graduating to recovery. Don't forget to give room for God in the place of studying his word and prayers. Kill guilt so that depression and other health problems like hypertension and more will not put you down because when your mind is troubled, the body may fall sick and your recovery process will delay. The more you delay, the more Satan strategizes on his next move. Study the word of God and make it part of you. Spend time in God's presence daily and you will see his miracle in your life. Let no one convince you, masturbation is not a lifestyle but a demonic affair. It is an unexpected end to your existence. The style you presume is the demonic lifestyle which will bring a lot of pain and trouble to your life. If you love God and wish to see heaven, stop masturbating and on that, God will welcome you with joy. May God see you through in Jesus' name.

Below are strategies on how to let go or ways on putting an end to masturbation as a victim or as an individual who does not want to be a victim of it. This was compiled for you by my co-writer Abunaw Victor Nzo to nourish your spirit with the word of God. This will be a companion through your recovery process. His dynamic approach on the word of God is worth adorable and it is touching to the soul. I urge you all to put it to action and you will find peace in Jesus' name. The song writer once sang and said only JESUS can save. No god can save you except Jesus. Call him in Prayers. Study your bible daily and you will learn a lot. If you cannot do it alone, look for a God-fearing brother to hold your hands. This battle cannot be fought alone.

**Open Your heart for Help:** The first step to deliverance from this Evil Demon called masturbation is by being open for help. A lot of people see masturbation as a Normal unharmed experience hence see no need for help or no need for a solution. The first step to deliverance is accepting the need for it. Study Isaiah 1:19. The first step to find help is the **willingness**, and the **open heart**. Be ready to accept and obey every instruction given to you which will definitely lead to Liberation.

**Prayer and fasting:** I propose this as a solution because, once something like this has been done continuously, it now goes beyond your will and it becomes an addiction. Every addiction especially masturbation is powered by a **demonic Spirit**, it is not just by desire or



urges but it goes beyond. Study Ephesians 6:12. Hence, the only way one will be able to break out from a system powered by a demonic spirit is to use spiritual means. There are so many people who along the line made decisions and covenants never to masturbate again but regularly, they find themselves doing it over and over even after deciding to stop. That's because it's no longer a question of if you want to or not, you'll have to use another means, Bible in John 6:63 says it is the spirit of God that helps, the flesh can't help you, and the only way to engage the help of the Spirit of God against this Devil of masturbation is by first engaging in **Prayers and fasting**, where you ask and plead for the help of God to overcome because on your own, you can't do it. That's why the Bible in 1 Samuel 2:9 says by the Strength of the flesh shall not man prevail; you'll definitely need his help to overcome masturbation. This devil of masturbation can only go out by prayer and fasting. Jesus made a similar statement like this in Matthew 17:21.

**Renew your mind:** Masturbation majors on the mindset of its captives. Most persons are trapped within the boundaries of masturbation as a result of the Composition of their mindset. Study Luke 6:45 and Matthew 12:34. This means in winning the **war against masturbation** one must get **intentionally about renewing his mind**. Renewing the mind deals with changing one's thoughts, ideas, substituting all those wrong images, videos, with the right ones. Bible says in Romans 12:1 that the only way a man can be transformed is by **renewing his mindset**. Get involved in good things, fill your mind and your heart, with the right videos, listen to the right songs, View only the right images. The Bible in Philippians 4:8 encourages us to only get our minds engaged in things that are good, pure and edifying.

**Guard your Heart (Mind):** It doesn't only end with renewing the mind. After renewal, get rid of old thoughts and taking deliberate steps to replace them and flood your heart with the right contents. You must take the decision to be on guard of your mind. Study Proverbs 4:23. A corrupt mind cannot be **productive**, having this in mind means they are some **companies** you will have to **stop keeping**, Bible alerts us in 1 Corinthians 15:33 that We shouldn't be deceived into keeping the wrong company for it has the potential to corrupt our good manners, Psalms 1:1 equally tell us to stay away from **the company of the ungodly**, fight it with all your strength,



Keep away from friends, items, sites, chats, Images that will retrigger what has been killed already.

Georges Ines B. came up with key strategies on how to find freedom from masturbation and pornography. The author encourages you all to know the condition you are in to at the moment. It is not a cold one but a very hot one at that. This is the reason why you must act fast because life has no guarantee. You may die at anytime and miss heaven. For this reason, seek help but you cannot seek help when you have not acknowledge the evil you are in to. Start by acknowledging your sins. When you must have done that, forget about those demonic alters have no guarantee over your existence and by so doing you must see God as your divine helper at this time. Those native doctors in the village may help you in one way or the other to send the demon away but how long will they do that? Jesus can take it away in no time. Just run to him and see his goodness. I saw his powers and I felt it in my life. When i was tender, I always prayed to God that I wanted an academic mentor to guide me through my school work so that I become a Doctor in Film Studies but death came and took my lecturer who was my mentor late Dr. Ngwa Marcus who taught me at the University of Buea through my Undergraduate studies. I mourned him for a year and as I kept mourning him, my prayer was to find another mentor to guide me through till I obtain a Doctorate degree in Film studies. It was later this year that I found a new mentor. God answered my prayers. It is by grace that I am able to see this article published, I would have been dead by now because I almost had a fatal accident on my way to school as my taxi came face to face with another taxi carrying a dying patient that needed urgent life saver. Every second counts and no one knows what tomorrow will look like. My life was spared for a reason so that you can read this article today. If Jesus does not see you putting effort or determination to let go, he may not look at you with compassion. Be sincere with your desire to let go. Dont be like that my dog called Mami Poko who returned to its excreta and started eating it. Know what you want and go for it. Have you looked at your past life in masturbation and seen the trials you endured? Can you say you suffered in Satan's hands? If you can give yourself a moment to meditate and to have pity for yourself and move on in Gods direction after making him understand that you are a changed person and you are not going back to it again, you shall



find rest and above all peace of mind. Learn to forgive yourself so that God will forgive you also. Don't struggle with guilt for it can cause suicide if not handled with care. There is nothing more than praying for yourself. If you cannot pray for yourself and things happen it means your spiritual life needs to grow even more by fasting and spending more time with God's word to feed your spirit man and that alone will boost your spirit to rise up with fresh fire in prayers. When it is time to pray, keep that phone which has kept you in bondage or that porn magazine away and pray. You are expected to have your personal altar of prayers at home (a comfortable place or room for prayers). If you were led to it by friends, put an end to that friendship or hell is knocking at the door or your life and when the cup is full, God may call you to order with his wrath. I always tell my friends that I feel like heaven is here on earth because what I noticed is that people find themselves wondering in this earth as if tomorrow is sure. Others suffer the consequences of their prostitution, wickedness, occultism and more here on earth till death and after that suffering, hell still stands so tall to receive them for the second suffering. It is better to suffer once, repent and die in Christ than to die as a sinner and suffer for the second time. A word to a wise is sufficient. Everyday you masturbate two to four times a day and you tell me not to see it as a form of demonic slavery? You lie. That is not just physical slavery (suffering the flesh) but it is also spiritual slavery because demons are behind it. Let me tell you something. Jesus is not a man and I urge you to keep depending and praying to him, he will answer you unless you don't believe nor have seen a single good deed of him because they are so many in the bible and even around you. The air you breathe is not enough to believe in Jesus? It is enough and you must keep trusting in God and keep appreciating him daily. Sing for him if you can for I believe that music can cause God to leave heaven and come for your rescue. Only if that song comes from your heart. I am not going to dislike boys or girls to fall in love but let it be without sex and let sex come only after marriage, by so doing that desire to love will be on fire. It is good to find love and I urge you to find love or wait for it to locate you. Don't rush to enter in a relationship just to say good bye to masturbation or else, that relationship may not last long as all forms of misunderstanding will arise leading to quarrels and unplanned fighting that could be violent to an extent. There are boys unlike girls who never had a girl friend or boyfriend at their



teenage level. They were able to find love only at 30 or 40+ years which is not bad. Allow love to mature and you will enjoy a perfect relationship and prosperous marriage. There are so many boyfriend and girlfriend relationships that ended at teenage stage after the boy had exploited the virgin girls' pride and abandoned her at adolescent with nothing but shame, disgrace or unwanted pregnancy and at some point, he never bothered if he left a child behind. Such can be so painful but we are indeed the cause of our suffering and regrets because we hurry too much in life thinking that everything must happen so fast. Ines B (2019) encourages you to see masturbation as that enemy or threat to your divine goals in life and you must continue to pray day and night so that he finds no opportunity to return to your golden life filled with lots of potentials. Satan targets only those with great dreams and potentials and this is the reason why you must be hot for God so Satan will find it so difficult to enter your space or be burnt to ashes. The demon of masturbation cannot live without a body because he needs one to destroy and that is the reason why you must keep your body holy before God and man so that your lifestyle will tell him who you are and he will see no reason to come close to you. A single try of a stick of cigarette can lead to an eternal bondage in smoking. Just like masturbation, a single try can keep you in bondage for a long time. Therefore, don't even try it because I know that most of you will want to focus on how to masturbate and forget about the other aspects like the foundation and solution which are very important aspects. When the urge comes, look at the demon in the eyes and tell him NO. You cannot accept evil in the name of pleasure wasting your seed for good reason. If you truly know what God is planning for you, you will find every reason to stop solitary or solo sex practice.

Finally, **seek help** from **someone** who has a **track record**. The Bible says in Ecclesiastes 4:9-12 that **two is better than one**. If one falls, he will be helped by the other. It equally says in Proverbs 27:17, that **iron sharpens iron**, pray God leads you to who can help you out. If you find such a person, don't hesitate to open up to him or her and humble yourself to listen to the counsel he or she has to offer to you. It will save you a lot of time trying to figure out **your way** all by **yourself**. Stay blessed.



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