

THE PATH FROM SEXUAL BONDAGE

If you are in sexual bondage, what can you do?

First, know that there is no condemnation for those who are in Christ Jesus. Putting yourself or others down is not going to resolve this bondage. Accusation is one of Satan's tactics. And most definitely, suicide is not God's means to set you free.

Second, get alone or with a trusted friend, and ask the Lord to reveal to your mind every time you used your body as an instrument of unrighteousness, including all sexual sins.

Third, verbally respond to each offense as it is recalled by saying, "I confess (whatever the sin was), and I renounce that use of my body." A pastor spent three hours by himself one afternoon and was totally cleansed afterwards. Temptations still come, but the power has been broken. He is now able to say "no" to sin. If you think this process might take too long, try not doing it and see how long the rest of your life will seem as you drag on in defeat! Take a day, two days or a week if necessary.

Fourth, when you have finished confessing and renouncing, express the following: "I now commit to the Lord my body as an instrument of righteousness. I submit my body as a living and holy sacrifice to God. I command you, Satan, to leave my presence, and I ask You, Heavenly Father, to fill me with your Holy Spirit." If you are married, also say, "For the purpose of sex, I reserve my body to be used only with my spouse according to I Corinthians 7:1-5."

Fifthly, choose to believe the truth that you are alive in Christ and dead to sin. There will be many times when temptation will seem to be overwhelming, but you must declare your position in Christ at the moment you are first aware of danger. Say, with authority, that you no longer have to sin because you are in Christ. Then live by faith according to what God says is true.

Getting sin out of my body is half the battle. Renewing my mind is the other half. Sexual sins and pornographic viewing have a way of staying in the memory bank far longer than other images. Getting free is one thing; staying free is another.

Taken from Released from Bondage by Dr. Neil T. Anderson, Here's Life Pub., 1991.