

Eyeless in Gaza: Sexual Integrity For Men

From the Series

THE TRUTH ABOUT SEX & SEXUALITY

Seeing Sexually Charged Images(Lust) = Increases Masturbation, Fornication, Corrupt Marital Passions and Adultery

Not Seeing Sexually Charged Images = Decreases Masturbation, Fornication, Corrupt Marital Passions and Adultery

The marriage covenant covers sins of the darkest hue. Men and women professing godliness debase their own bodies through the indulgence of the corrupt passions, and thus lower themselves beneath the brute creation.

They abuse the powers that God has given them to be preserved in sanctification and honor. Health and life are sacrificed upon the altar of base passion. The higher, nobler powers are brought into subjection to the animal propensities. Those who thus sin are not acquainted with the result of their course. {TSB 110}

Could all see the amount of suffering that they bring upon themselves by their own sinful indulgence, they would be alarmed; and some, at least, would shun the course of sin that brings such dreaded wages. So miserable an existence is entailed upon a large class that death would be preferable to life; and **many do die prematurely, their lives sacrificed in the inglorious work of excessive indulgence of the animal passions. Yet because they are married, they think they commit no sin.** {TSB 111}

Men and women, you will one day learn what is lust, and the result of its gratification. **Passion of just as base a quality may be found in the marriage relation as outside of it.**--RH Sept. 19, 1899. {TSB 111}

When persons are addicted to the habit of self-abuse, it is impossible to arouse their moral sensibilities to appreciate eternal things or to delight in spiritual exercises. Impure thoughts seize and control the imagination and fascinate the mind, and next follows an almost uncontrollable desire for the performance of impure actions. If the mind were educated to contemplate elevating subjects, the imagination trained to reflect upon pure and holy things, it would be fortified against this terrible, debasing, soul-and-body-destroying indulgence. It would, by training, become accustomed to linger upon the high, the heavenly, the pure, and the sacred, and could not be attracted to this base, corrupt, and vile indulgence. {2T 470}

Covenant Challenges (Based upon God's Promises to Us)

- 1) Covenant to look and see the love that God has for you on the Cross!
- 2) Covenant with your eyes that you will immediately turn away your eyes from any woman in which you would lust after.
- 3) Covenant with your eyes to never look at any type of pornography or any type of sexually charged images of women, either in books, magazines or on the internet.
- 4) Covenant with your eyes to stop watching all Hollywood movies and Television programs that show any type of sensual images of women or degrade or debase women into mere sex objects.
- 5) Covenant to stop all sexually immoral acts whether you are single, have a girlfriend or are married.

They say that it takes around 3 weeks in order for something to become a habit and it takes about 6 weeks to overcome a sexual habit or addiction. Here are some things to do that will help you to overcome your sexual temptations:

1. Face & experience healing for your past hurts.
2. Read and think upon the love God has for you, especially on the Cross!
3. Change your diet. Especially stop eating eggs and animal flesh.
4. Drink skullcap tea. Up to 3-4 cups a day. This calms undue sexual desire.
5. Allow God to take you through suffering as this is the means He will use to bring you victory.

Recommended Reading:

A Solemn Appeal; *Ellen G. White*

Some who make a high profession do not understand the sin of self-abuse and its sure results. Long-established habit has blinded their understanding. They do not realize the exceeding sinfulness of this degrading sin, which is enervating the system and destroying their brain nerve power. Moral principle is exceedingly weak when it conflicts with established habit. **Solemn messages from Heaven cannot forcibly impress the heart that is not fortified against the indulgence of this degrading vice.** The sensitive nerves of the brain have lost their healthy tone by morbid excitation to gratify an unnatural desire for sensual indulgence. The brain nerves which communicate with the entire system are the only medium through which Heaven can communicate to man, and affect his inmost life. **Whatever disturbs the circulation of the electric currents in the nervous system, lessens the strength of the vital powers, and the result is a deadening of the sensibilities of the mind. In consideration of these facts, how important that ministers and people who profess godliness should stand forth clear and untainted from this soul-debasing vice!** {2T 347}

We must do something to stop this terrible tide of moral impurity. Self-abuse stands as the most degrading sin, polluting the whole character of the man. Unless those who are practicing this vice break off their sin and repent before God, they will find no place in the city of God. There entereth into that city nothing that defileth or maketh a lie. Such characters are living a lie continually. We are living in an age when iniquity abounds, and the special work of God's delegated servants must be to suppress this iniquity and to bring in righteousness. {21MR 384}

His case was shown me in vision. I saw that he was deceived in regard to himself, that he was not in favor with God. **He had practiced self-abuse until he was a mere wreck of humanity. This vice was shown me as an abomination in the sight of God.** No matter how high a person's profession, those who are willing to be employed in gratifying the lust of the flesh, cannot be Christians. As servants of Christ, their employment, and meditations, and pleasure, should consist in things more excellent. {ApM 25}

Many are ignorant of the sinfulness of these habits, and their certain results. Such need to be enlightened. Some who profess to be followers of Christ, know that they are sinning against God, and ruining their health, **yet they are slaves to their own corrupt passions. They feel a guilty conscience, and have less and less inclination to approach God in secret prayer. They may keep up the form of religion, yet be destitute of the grace of God in the heart.** They have no devotedness to his service, no trust in him, no living to his glory, no pleasure in his ordinances, and no delight in him. The first commandment requires every living being to love and serve God with their whole mind and strength. Especially should professed Christians understand the principles of acceptable obedience. {ApM 25}

Some children begin to practice self-pollution in their infancy; and as they increase in years, the lustful passions grow with their growth and strengthen with their strength. Their minds are not at rest. Girls desire the society of boys, and boys that of the girls. Their deportment is not reserved and modest. They are bold and forward, and take indecent liberties. The habit of self-abuse has debased their minds and tainted their souls. Vile thoughts, and the reading of novels, love stories, and vile books excite their imagination, and just such suit their depraved minds. {1MCP 290}

Young girls are not as a general thing clear of the crime of self-abuse. They practice it, and, as the result, their constitutions are being ruined. Some who are just entering womanhood are in danger of paralysis of the brain. Already the moral and intellectual powers are weakened and benumbed, while the animal passions are gaining the ascendancy and corrupting body and soul. **The youth, whether male or female, cannot be Christians unless they entirely cease to practice this hellish, soul-and-body-destroying vice.** {2T 409}

Females possess less vital force than the other sex, and are deprived very much of the bracing, invigorating air, by their in-doors life. **The results of self-abuse in them is seen in various diseases,** such as catarrh, dropsy, headache, loss of memory and sight, great weakness in the back and loins, affections of the spine, the head often decays inwardly. **Cancerous humor, which would lay dormant in the system their life-time, is inflamed, and commences its eating, destructive work. The mind is often utterly ruined, and insanity takes place.** {ApM 27}

"I have been shown the danger of families that are of an excitable temperament, the animal predominating. **Their children should not be allowed to make eggs their diet, for this kind of food--eggs and animal flesh-- feeds and inflames the animal passions. This makes it very difficult for them to overcome the temptation to indulge in the sinful practice of self-abuse which in this age is almost universally practiced. This practice weakens the physical, mental, and moral powers and bars the way to everlasting life.**" {3SM 286}

"Some families were shown me as in a deplorable condition. Because of this debasing sin, they are where the truth of God cannot find access to heart or mind. This practice leads to deception, to falsehood, to licentious practices, and to the corrupting and polluting of other minds, even of very young children. **The habit once formed is more difficult to overcome than the appetite for liquor or for tobacco.**" {3SM 286}