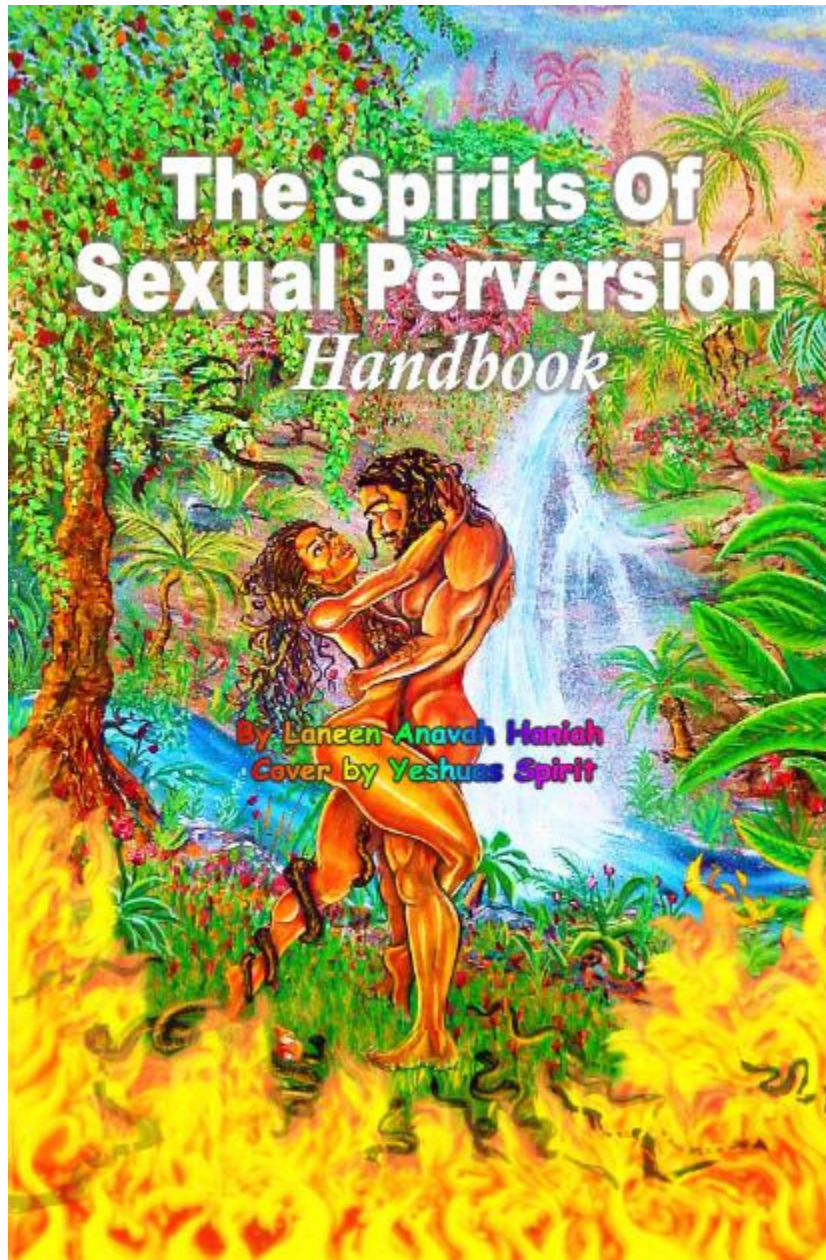


The Spirits of Sexual Perversion Handbook

An informative and insightful SYNOPSIS of the book



Preface

(Taken directly from actual book)

I greet you in the name of my Lord and Savior Yeshua (Jesus). I am a person who has been delivered from numerous spirits of sexual perversion, and I am not ashamed to share my testimony. For this reason, The Lord has given me a mandate to expose the spirits of sexual perversion in the earth and help lead His people to deliverance. By unction of the Holy Spirit, I answered this mandate by writing this book. My number one heart's desire for this book is to see people totally set free from sexual addictions and perversion. My second greatest desire concerning this work is to see people restored back to true relationship with and worship of the True and Living God. My third greatest desire concerning this work is that it would create an opportunity for the total destruction of the shroud of secrecy concerning sexual sin and addictions that exist in the world and in the church. It is this secrecy that has empowered satan so greatly in this area and has kept people in bondage for so long.

I never fathomed the wealth of wisdom and revelation that the Holy Spirit was going to pour into me concerning this topic. I have discovered during the writing of this book that there is much deception concerning sexual perversion. Most people have not attained a precise understanding of exactly what sexual perversion is and are subsequently bound to continue on in a defeated life full of failure in this area. There are numerous people, sinners and saints alike, that struggle desperately with sexual perversion. In most instances, those bound by sexual perversion feel powerless, lost and trapped. Sexual perversion is a ferocious roaring lion. This book addresses some of the most confounding questions surrounding sex such as: Why did God make sex? How did I become so perverse? How can I get delivered? These and many other questions concerning the monster of sexual perversion are answered in this book.

If you are a person that is now struggling or has ever struggled with sexual sin; if you were exposed to sexual sin as a child or as an adult whether voluntarily or involuntarily; if you have ever been raped, molested or sexually abused; if you have a spouse that has been unfaithful to you; if you live a life of promiscuity that you just cannot seem to break free of; this book is for you! Did you know that even sanctified, Holy Spirit-filled Christians, married people and/or people who are not actually *performing acts* of sexual sin can still be bound by spirits of sexual perversion? Learning this was one of the most eye-opening elements of this book for me. If you fall into this category and sexual perversion is a part of your past or your family history, you need this book too. This book contains wisdom imparted directly from the mind of the God and therefore is also a vital resource for every Christian leader.

This book is a fundamental necessity for every person that will ever have to confront the spirits of sexual perversion on any front. Understanding The Lord's true purpose for sexual intimacy and satan's true purpose for sexual perversion are the foundational truths that have eluded so many of us for so long, but now these truths have been disclosed. Every essential tool has been provided or presented in this manuscript for anyone that is truly serious about going to another level, or any one that is serious about helping others to do so.

The Lord has impressed upon my spirit the urgency of getting this information into the minds of His children right away. The Body of Christ and this nation of the United States are under attack. Our greatest enemy is not terrorism. Our greatest enemy is sexual perversion. Sexual perversion can destroy as no other enemy can. Therefore, we must arm ourselves and declare the perverting of our nation and the perverting of the Church as an act of war! This book is the war plan that will lead us to victory! Read on, and get ready to enjoy the freedom of sexual deliverance because –

IT'S TIME FOR ANOTHER LEVEL!!!

Table of Contents

Acknowledgements	1	B. The power of intercession	181
Preface	3	Step 7 – Forgiveness and letting go	184
Part I: Sex, Worship, and Sexual Perversion	8	A. The act of forgiveness	185
Warning: Before you continue to read!!!	10	B. Bitterness and letting go	187
Chapter 1: I understand what you are going through	11	Step 8 – Spiritual warfare: Putting on your spiritual armor	190
Chapter 2: Why did God create sexual intimacy?	20	A. The battle is not yours	191
Chapter 3: How did sexual intimacy become so perverse?	28	B. Your fight is not with people!	192
Chapter 4: A warning to the ‘sanctified’ and to the married	34	C. The belt of truth	192
Chapter 5: Defining sexual perversion	43	D. The body armor of righteousness	193
Chapter 6: Assessment of the spirits of sexual perversion	51	E. The shoes of peace	193
A. Fornication	51	F. The shield of faith	195
B. Masturbation	60	G. The helmet of salvation	196
C. Adultery	67	Step 9 – Spiritual warfare: Using your spiritual weapons	197
D. Incest	76	A. The sword of the Word	197
E. Homosexuality	81	B. The power of praise	200
F. Prostitution	87	C. Christian Fellowship	202
G. Pornography/Sexual Fantasy	95	D. Praying and fasting	205
H. Rape/Pedophilia	102	Step 10 – Spiritual warfare: Retreat and replenish	210
I. Bestiality	109	Chapter 10: Deliverance for the flesh man	216
J. Sexual lust (Lasciviousness)	114	Step 11 – Discipline of the flesh	216
K. Promiscuity	127	A. Understanding why your body sins	217
Poem: What Do You See When You Look at Me?	136	B. More about Discipline	220
About the author	138	C. More about fasting	223
Part II: The Deliverance Process Step-by-Step	141	Step 12 – Walking after the Spirit	227
Chapter 7: Laying the foundation for deliverance	143	Chapter 11: The Conclusion: Staying Free Forever!	239
The soul man	144	The five greatest enemies to the deliverance process	239
The spirit man	147	A. The struggle to be holy	240
The flesh man	150	B. Slothfulness	243
Summary of the foundation	152	C. Loneliness	246
Chapter 8: Deliverance for the soul man	154	D. Anxiousness – Not pacing yourself	249
Step 1 – Confession/Acknowledgement	154	E. Discouragement	251
Step 2 – Discovery	157	The joy of the Lord is your strength	256
A. Generational curses	159	Dealing with re-visitations	259
B. Involuntary exposure	161	The Conclusion of the matter	261
C. Spiritual wounds	164	Poem: I Am Victoriously Free!	265
D. Voluntary exposure	167	Epilogue: Are you a born again believer?	266
Step 3 – Renewing the mind	170	Appendix A: The Spirits of Sexual Perversion Definitive Chart ...	271
Chapter 9: Deliverance for the spirit man	174	Appendix B: Tracing Your Past	276
Step 4 – Confession/Admittance.....	174	Appendix C: The Deliverance Process at a Glance	280
Step 5 – Penitence/Humility	176	Appendix D: Tips on Fasting	284
Step 6 – Confession/Exposure	179	Appendix E: Deliverance Journal	287
A. Accountability	179	Contact the author	300

Part I: Sex, Worship, and Sexual Perversion

In Part I of the book we go through an extensive study which reveals the connection between sex, worship and sexual perversion. There is also a detailed assessment of each of the spirits of sexual perversion. The reader is instructed to keep a journal book with them at all times and to do the activities located in the appendixes that coincide with corresponding sections of the book. Before getting into Chapter 1, I encourage the reader to read the book with a sponsor or with a partner to help them successfully complete the deliverance process and admonish them to read slowly for maximum results.

Chapter 1: Introduction – I understand what you are going through

The main focus of Chapter 1 is to set the tone for the length of the book. I introduce myself to the reader and share a summary of my background with sexual perversion. I talk about sexual perversion being a generational curse in my family; how I was molested and raped as a toddler; and how sexually perverse acts were commonplace in my life and surroundings. My purpose in sharing this information is to ensure the reader of the depth of my experiences with sexual perversion and also to establish a bond with them. My hope is that as you read the book you feel like you are actually sitting down talking with a friend. Those readers that are bound by sexual perversion are going to need a lot of encouragement as they go through the deliverance process. I thus establish myself as an encourager and keep this tone throughout the book.

I go on to more specifically address the bondage of sexual perversion – the truth about its ability to trap and deem powerless its victims. I furthermore talk about how rampant sexual perversion is in the church and how difficult it is to seek out help on this matter from other believers, mainly because very few are willing to expose their secret shame about sexual sins. I also let the reader know that, **“This book is not for the religious nor is it fit for the weak or faint at heart. It is not for those that dwell comfortably in darkness and have itching ears!!!”** This book is very intimate and mature. Therefore, if you are the type of person that is offended by truth and real testimonies, this book is definitely not for you. Finally, I explain to the reader the layout of the book and why so much information is necessary in order for them to be totally delivered. Having laid the foundation for the book I conclude Chapter 1. (At the end of each chapter overview in this synopsis there are direct quotes from the book.)

“...Many people, believers and unbelievers alike, despise the sexually perverse acts that they commit. They despise the momentary pleasure that it brings them and despise themselves for continually indulging in these acts knowing how they will feel afterward...This was my story. I hated my life. I hated the way I lived. I hated what I represented. I knew that I was destroying myself...”

“...After I gave my life to the Lord, I thought things would change for me... Oh, how wrong I was...I came to church and fell on the floor and left the church and fell right back into sexual sin...”

“...I experienced as much perversion in the church as I did in the world! There is such a veil of deception about sexual perversion in the church...”

Chapter 2: Why did God create sexual intimacy?

In Chapter 2 of the book we delve deeply into the question of why sexual intimacy exists. We learn the truth about God's intention for married couples to have and enjoy sex often. I explain that sex in and of itself is not dirty or naughty but that it is simply part of what was corrupted when sin entered the world. The reader then goes on to learn that every thing that exists in the natural is for the purpose

of helping us understand God's Kingdom and the spirit realm. I give the three lessons that humanity is supposed to learn through sexual intimacy: 1) to help us understand that we are to worship only ONE God – The true and living God that created us. 2) The importance of worshiping God and the intimacy of it. 3) The creative power that we have when we join together with God intimately in worship. The most important insight that we gain in this chapter is that sex in the natural is equivalent to worship in the spirit realm. We then conclude and move on.

"I believe that the three greatest weaknesses of humanity in the flesh are:1) The need to eat; 2) The need to sleep; and 3) The urge to have sex... I note these three needs to emphasize how the spirits of sexual perversion work. They take advantage of one of the greatest weaknesses of the flesh and that is, our God-given desire to have sex...."

"...Likewise, God wants to own us and wants us to give Him all of ourselves in worship. He wants us to be easily aroused – ready to worship Him at any moment. He does not want us to come to Him ashamed and covered but instead He wants us in spiritual nakedness to allow Him to freely explore and touch every part of our spirits..."

Chapter 3: How did sexual intimacy become so perverse?

Building on what we learn in Chapter 2 about sex being equivalent to worship, in Chapter 3 we learn one of the most powerful revelations in the book which is that satan's aim for introducing sexual perversion into the earth had very little to do with acts of sin in the flesh. His real purpose was to distort man's ability to worship God. I take the reader into the history of The Bible and show how sexual perversion can be traced all the way back to the sixth generation of man on earth and how it progresses leading up to the flood in Noah's day. I explain how spirits of sexual perversion went from subtly influencing mankind, to totally possessing and controlling us. This brings us to the close of Chapter 3.

"... Satan's aim in introducing sexual perversion into the earth was to distort our understanding of worship. Our thinking about satan is much too finite. His purposes always stretch far beyond just the act of sin in the flesh..."

"...Cain or any of his descendants were likely candidates to be the first to be used by satan to pervert sexual intimacy. This is because the Bible lets us know in Genesis 4:14 and 4:16 that Cain was literally cast out of God's presence. He was no longer in the presence of God and therefore no longer able to serve or worship Him..."

Chapter 4: A warning to the sanctified and to the married

This chapter is very important for sanctified believers and married couples that feel they do not have a problem with sexual perversion. In this chapter, the Holy Spirit reveals that just because you may no longer or have never *physically* committed acts of sexual perversion, **DOES NOT** MEAN THAT YOU DO NOT HAVE SPIRITS OF SEXUAL PERVERSION OPERATING IN YOUR LIFE!!! I reiterate to the reader that satan's paramount goal in introducing sexual perversion was to distort our intimate relationship with God and that each demon of sexual perversion's primary assignment is not to get you to commit a sexual sin, but instead to pervert your ability to worship the Lord. I explain that ignorance in this area prevents believers from being totally delivered and operating in the fullness of their authority as Christians. I then implore them to carefully examine themselves as they read the assessment chapter.

“...A man who is infected with the HIV virus may not have any physical symptoms but yet that virus is still operating in his blood... Sometimes we as believers think that we are spiritually healthy just because we do not see any physical manifestation of the spirits that have us bound...”

“...we can clearly see that it is possible to be guilty of sexual perversion even within the confines of marriage. I’m sorry to bust the bubble of those of you that thought you could do whatever, whenever, and however once you get married. That is just not the case...”

“...Each spirit of sexual perversion plays an integral role in the disunity and dysfunction of The Body of Christ as a whole... It is about so much more than just you as an individual committing an act of sin...”

Chapter 5: Defining sexual perversion

The purpose of Chapter 5 is to clarify exactly what would be considered an act of sexual perversion by giving a thorough and comprehensive Christian-based definition for the term ‘sexual perversion’. I guarantee you will not find this definition in Webster’s (smile). It is straight from the Spirit of Wisdom and takes away every opportunity for us to be deceived about what sexual perversion is. After reading Chapter 5, you can no longer feign ignorance! The rest of Chapter 5 is dedicated to giving some general foundational information that will be necessary for understanding Chapter 6 (the chapter in which each demon of sexual perversion is assessed).

*“...For Christians who base our lives on the Word of God, a comprehensive definition of **sexual perversion** is ‘**Deviation from God-ordained sexual intimacy between husband and wife; misuse of sex and/or sex organs; corruption of sexual intimacy in thought or in action as it relates to God’s plan and purpose for it’...**”*

“...Understanding the definition of sexual perversion enables us to concisely outline what behaviors fall into this category. There are ten manifestations of sexual perversion that I noted that are expressly outlined and/or described in The Bible: 1. Fornication, 2. Masturbation, 3. Adultery, 4. Incest, 5. Homosexuality, 6. Prostitution, 7. Rape/Pedophilia, 8. Pornography/Sexual fantasy, 9. Bestiality and 10. Sexual Lust (Lasciviousness)...”

Chapter 6: Assessment of the spirits of sexual perversion

In this chapter of the book, we gain a better understanding of each of the acts of sexual perversion named in Chapter 5 by doing a detailed assessment of every one. Let me explain the layout to you and then show you a sample. In the assessments, you will first see the name of the act listed and then there will be six headings listed under each name. The first of the six headings will be “**Definition**.” Under this heading will be a brief definition of the act itself. The second heading will be “**Assignment**.” By this point in the book we have already learned that satan’s purposes always go beyond just the act of sin taking place. Consequently, each type of demon of sexual perversion has a very specific assignment and duty. I will discuss the assignment and duty of each of these demons under this second heading.

The third heading listed will be “**Manifestation in the natural**.” In this section I will be more specific about the spirit’s assignment, give a more detailed description of the acts you may commit, discuss your mental and emotional state, your personality traits, and your social interaction with others. Then there will be the fourth heading, “**Manifestation in the spirit**.” Here I will write about how the

particular demon that is being discussed manifests itself in people's spiritual lives. This will include how it distorts a person's relationship with God, what bearing it has on a person's likelihood to be a Christian, how it causes people to act as believers (if they are believers) and how it affects their interaction with other believers.

I will then share with you a little bit of my testimony and personal experiences with each of these demons under a heading listed as "**My personal experience**." I wanted to include this section to help the reader remember and be assured throughout the book that I understand what they are going through and also show them how I traced back over my past to find out how these spirits entered into my life. Then last, there will be a heading listed as "**Biblical references**." This section will contain information about scriptures in The Bible that you can refer to as you read about each spirit and act of sexual perversion that we discuss. Chapter 6 concludes Part I of the book. The following is a sample assessment on the spirit of masturbation that has been taken directly from the book.

2. Masturbation

"Run away from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body." (1 Cor. 6:18)

Definition:

The act of sexually stimulating oneself, usually until orgasm is achieved, without another person being involved.

Assignment:

The spirit of masturbation is assigned to bring us to a place where we feel like we do not need God. This spirit is all about a false sense of empowerment and control fostered by a sense of inadequacy and isolation.

Manifestation in the natural:

A lot of people debate over whether or not masturbation is a sin. Many people want to confine the Word of God to our limited English language and vocabulary. Because in their hearts they desire to commit acts of sin, they feign ignorance due to the fact that every evil act is not noted in black and white in The Bible. But, The Bible tells us in Romans 1:18-19, ¹⁸ *But God shows his anger from heaven against all sinful, wicked people **who push the truth away from themselves.*** ¹⁹ *For the truth about God is known to them instinctively. God has put this knowledge in their hearts."*

Admittedly, there is no scripture in The Bible that says, "Thou shall not masturbate", but 1 Corinthians 6:18 (NLT), *"Run away from sexual sin! No other sin so clearly affects the body as this one does. **For sexual immorality is a sin against your own body.**"*, makes it very clear that the Apostle Paul is referring to the act of sexually stimulating oneself in this scripture. Every other type of sexual sin involves another person or creature. Masturbation is the one act of sexual perversion that you commit using your own body against your own body, **"For sexual immorality is a sin against your own body."** Masturbation does not just mean using your hands either. It can involve stimulating yourself with some type of object, or it can be as simple as purposefully allowing your clothing or bed covers to caress your genitals in a sexually stimulating way. It does not even have to involve touching at all. If you know how to flex and relax your genital muscles in a sexually stimulating way that too is masturbation. Remember, it is not so much what you do or how you do it, as much as it is why you do it – what is the intent of your heart?

As a masturbator, you were probably teased a lot as a child and neglected by your parents in some sense. You learned to be a loner at some point in your life. Masturbation is similar to fornication in that it yields sexual pleasure without commitment, but is different in that it is a totally selfish act. Therefore, if masturbation is your strongman, you are undoubtedly a very selfish person in many ways. You are also a stubborn, arrogant, and controlling person. Masturbation in a sense takes a bit more effort than intercourse in that you are accomplishing alone what usually takes two people to accomplish, thus you are a hard worker. However, your admirable work ethic only adds to your arrogance. Being able to give that type of sexual pleasure to yourself invokes a false sense of empowerment and isolates you from the need of other people. Because you give the credit to yourself for every pleasurable thing in life, you are an unappreciative person. Your thinking is that even though someone may have helped you, you never “needed” their help anyway. As far as you are concerned, you do not *need* anyone’s help...

Manifestation in the spiritual:

Those under the spirit of masturbation will deny God of the one thing He desires most and that is true worship. Worship, like sex, is all about intimacy, selflessness, and losing control in the presence of Your Lover. A spiritual masturbator will never do this...Instead of relying on God to give them the desires of their hearts they get every thing they need on their own (so they think anyway). They are use to their own touch and are not sensitive to the touch of God. They think less about how to please Him and more about what He can do to please them or about how they can please themselves. Instead of worshipping God they worship themselves. Masturbation goes totally against God’s perfect plan for sexual intimacy: It does not teach us that we are to worship God alone; it does not teach us anything about being intimate with God; and it totally robs us of the creative power that we have when joined together with God in spirit...

My personal experience:

...Something happened that first night that I masturbated. The proof that God’s laws are known to us all along, even when we are not taught the right way to live, was manifested. Here I was a twelve year old girl doing this for the first time; having grown up around this type of behavior all of my life; having seen it done; heard it done; and even having been coached on how to do it when I was just seven or so. It was a normal part of life as far as I was concerned and yet, I felt so guilty and convicted that first time I did it. In spite of my upbringing and the influences around me, I knew that what I was doing was wrong. I prayed afterward and asked God was He still with me but eventually I hardened my heart against the conviction I felt and continued to indulge in the act. The demonic stronghold was more powerful than the conviction it yielded and I soon became a helpless and desperate victim.

Biblical references:

Biblical references to masturbation: I Cor 6:13, 18, 7:2; Ephesians 5:3; Jude 1:7”

PART II: The Deliverance Process Step-by-Step

In Part II of the book, I give a detailed outline of a twelve step deliverance program starting by laying the necessary foundation. Each step is then outlined very thoroughly and there are corresponding appendixes that contain exercises to help the reader implement the steps successfully. The same intimate and encouraging tone that is initiated in Part I is maintained throughout Part II, at the same time however, the steps are very straight forward and in your face forcing you to take control of your life. There is then a conclusion which acts as a cap for the entire book leaving the reader feeling encouraged and empowered.

Chapter 7: Laying the foundation for deliverance

The intent in Chapter 7 is to lay a good, solid foundation for deliverance by explaining to the reader what a triune deliverance is and the necessity of it in order to really be liberated. We learn about the three parts of mankind – spirit, soul and body – and that each part must be addressed simultaneously in order for complete and everlasting deliverance to take place. I then go on to explain to the reader the importance of not putting deliverance on a timetable and not having any unrealistic expectations about how they will progress. The important thing that we learn is that deliverance is a process, not an event. This lays the foundation and we then move on to Chapter 8.

“...For years I kept getting "delivered" from things only to find myself in bondage once again some time afterward. I would find myself back at the altar for the same struggles over and over again...Then God revealed to me that in order to really be totally and completely delivered from something, I must work on all three aspects of my person – spirit, soul and body – simultaneously...”

*“...Let me say this though; some people do not understand that **deliverance is a process**. The word “process” is defined as “a series of actions or operations conducing to an end;” (Merriam-Webster Online). You do not just go to an anointed church service and come home delivered or recite a scripture everyday for 30 days and get delivered...”*

Chapter 8: Deliverance for the soul man

The twelve steps to deliverance are divided into three chapters. Each chapter deals with one part of the trinity of man – soul, spirit or body. In Chapter 8, we take an in-depth look at the three steps that are necessary for deliverance to take place in our soul man. We begin in the soul man because we learn in the previous chapter that the soul man is where we as human beings have the most possible control. A quick overview of the three steps is as follows:

Step 1 – Confession/Acknowledgement: The very first thing that you need to do is to acknowledge within yourself that you have a problem. This step is about being honest with you.

Step 2 – Discovery: The second thing that needs to happen is the discovery of how demon spirits entered into your life. This is a very important step because it will give you the insight that you need to make sure those openings are closed forever. There are four main entranceways for demons: generational curses, involuntary exposure, spiritual wounds, and voluntary exposure.

Step 3 - Renewing the mind: The mind must be renewed in order for change to take place. Our mind is the control center of our being. Feed it the proper information from the Word of God and by all means please keep it free of corruption!

Chapter 9: Deliverance for the spirit man

In Chapter 9 we go on to take an in-depth look at the seven steps necessary for deliverance to take place in the spirit man. The spirit man is the most complicated to deal with because first of all it is the essence of who we are and is therefore very intricate; secondly, because we as earthly beings are so mentally detached from the spirit realm. Since God controls the heart, deliverance in the spirit man is all about making the heart ready for God's changing power. A quick overview of the seven steps is as follows:

Step 4 – Confession/Admittance: After you have been honest with yourself and acknowledged that you have a problem you need to be honest with God and admit to Him that you have a problem. Do not be shy with God, He already knows anyway, just lay it all on the table.

Step 5 – Penitence/Humility: Penitence is that next step after admittance. Not only must you admit your sins to God but you must also experience brokenness and remorse over your sins. Penitence is about humility of spirit and there will be no deliverance without it!

Step 6 – Confession/Exposure: The third and final aspect of confession is exposure. This aspect of confession is about exposing your sins to other people. There are two reasons that you need to fulfill the exposure aspect of confession, 1) the protection of accountability and 2) the power of intercession.

Step 7 - Forgiveness and letting go: Deliverance cannot take place if you refuse to forgive others because it will prevent God from healing you. It will also cause your heart to be hard and embittered making it impossible for God to work with it. Furthermore, it will deny you God's forgiveness of your sins which will prevent you from connecting and fellowshiping with Him.

Step 8 - Spiritual Warfare: Putting on your spiritual armor: In this warfare you are going to have to know how to defend yourself against the attacks of the enemy. You can do this using the five pieces of spiritual armor that God has given us: the belt of truth, the body armor of righteousness, the shoes of peace, the shield of faith, and the helmet of salvation.

Step 9 - Spiritual Warfare: Using your spiritual weapons: God has also given us mighty weapons of attack that enable us to go after the enemy and defeat him. Readily use these weapons of offense: the sword of the Word, the power of praise, Christian fellowship and praying and fasting.

Step 10 – Spiritual Warfare: Retreat and replenish: In every long war there are times when the warriors must retreat and replenish themselves. Do not forget to rest in the presence of the Father and be rejuvenated through true worship.

Chapter 10: Deliverance for the flesh man

In Chapter 10 we talk about the last part of our being – the flesh. The Holy Spirit reveals that deliverance in the flesh man is not nearly as complicated as we would like to make it. You simply need to understand that your body is not in control of you and learn how to discipline it through training and fasting. There are only two steps in this chapter which are the last two steps in the deliverance process. A quick overview of the steps is as follows:

Step 11 – Discipline of the flesh: Deliverance in the flesh man is all about discipline. There are three truths that you need to know in order to be successful at disciplining your flesh: 1) you have to understand that your body does not sin because it controls you; 2) discipline is all about self-control;

and 3) fasting is the best way to learn self-control but there is a right and wrong way to fast. Let us avoid turning fasting into merely a diet.

Step 12 – Walking after the Spirit: Once deliverance has taken place in your life, it must be maintained daily by walking after the Spirit. Deliverance is not a once and for all deal. If you do not maintain it, you can lose it. Walk in the way of righteousness and meditate on God's Word constantly, thus keeping the gateways to your mind (your five senses) free of corruption and contamination.

Chapter 11: Staying Free Forever!

Chapter 11 is the last chapter of the book. In this chapter, I begin by explaining to the reader that deliverance has many enemies. I then detail its five greatest enemies: 1) The struggle to be holy, 2) Slothfulness, 3) Loneliness, 4) Anxiousness and 5) Discouragement. We then talk about holding onto joy, dealing with the re-visitation of spirits that we have already been delivered from and the daily maintenance that is necessary in order to stay free. After this, I conclude the book by reminding the reader of some of the more important revelations learned in the book and beseeching them to read the epilogue to learn how to become born again if they have not already done so. Finally, I offer some final words of encouragement and a prayer. At the end of the book there are several appendixes that have lists, charts and activities to aid in the deliverance process. Throughout the book the reader is instructed on how to use these appendixes within the body text of the corresponding chapter or section. You can not refer to the table of contents to see exactly what the appendixes are. They are very helpful to the reader.

"...As you finish the reading of this book I know that your life is about to change forever. Writing it has certainly changed mine. Truthfully, I got delivered from many things as I wrote this book. The majority of the time that I was writing I had no idea what I was going to write until my fingers tapped the keyboard...That is how I know it contains wisdom that comes directly from God..."

Thank you for taking the time to read this synopsis. If you have seen along with me the vision of a great deliverance for those of God's people who are struggling with sexual sin then please order a copy of this book and help this ministry move forward in anyway that you can. Also, please feel free to copy and distribute this synopsis to anyone you think may find it of interest.