

Masturbation

This is the stimulation of own sexual organs in order to derive sexual pleasure. Both boys and girls privately do it.

Myths

- It is not wrong therefore not bad.
- It a natural way to release sperms and reduce sexual desire.

Sarah 19

I started masturbating when I was 15 years old. This started when I started reading romantic novels. I at first liked doing it but later I came to know that it was wrong and I felt guilty after doing it. I have failed to break a habit. How can I get out of the habit?

Cause of masturbation

- Reading/watching romantic material in novels, internet, blue movies
- Learning through others
- Lustful thoughts

Facts about masturbation

- It brings a lot of guilt and shame
- It can lead to damage of sexual organs
- Leads to poor relationships between God and opposite sex
- It's a sin against God
- It is a secrete sin against your own body
- It can lead to sexual problems in future
- It brings impurity of mind and body
- It's a very difficult habit to break

How to get out of the habit:

- Realize that what you are doing is not right
- Pray for forgiveness from God
- • Pray for strength and power to break the habit
- Change your life style by including new hobbies in your schedule
- Destroy material that you used to read and watch
- Avoid material that you used to read or watch because it can be used to pull you back to the habit
- Remember, it is a sin against God, your body is the temple of the Holy Spirit, and it should be holy and pure.

Prayer:

Dear Lord forgive me for using my body wrongly, I pray that your blood will wash me and make me clean. I pray that today onwards by the power of the Holy Spirit I will use my body for your glory. That it will be clean and pure. Amen