

## Chat Example: Masturbation

**COACH** 7:20:16 pm

Hello

**GINA** 7:20:19 pm

Hi Coach

**COACH** 7:20:28 pm

Hi Jk

**GINA** 7:20:46 pm

I am Julia

**COACH** 7:20:54 pm

Hello Julia

**GINA** 7:21:03 pm

hello

**COACH** 7:21:29 pm

I think I talked with you before

**GINA** 7:21:36 pm

did you? okay

**COACH** 7:21:46 pm

What;s on your mind today

**GINA** 7:22:42 pm

Coach, I want to get delivered from a particular Sin I;ve been struggling with for 5 years now, but it;s not so easy. Each time I

take a step towards deliverance, it comes back. Just yesterday night I renounced it and listened to a deliverance prayer but.. it;s porn and masturbation. I am not sure what to do I;ve been praying for Marriage. I live alone and those thoughts get to me

**COACH** 7:24:13 pm

Ok....lets start from the foundation. Have you asked Jesus to be your Lord (in charge of your life) and Savior?

**GINA** 7:25:13 pm

Yes, I was born into a family of believers. I personally got saved and born again in 2015, when I repented of all my sins. The attacks on me spiritually got intense after that I succumbed to this sin again in early 2018 and ever since, I want to get out of it, but it's not easy

**COACH** 7:26:24 pm

Ok, I would surrender your life to Christ today. Like a new commitment  
Give it all to Him  
Ok?

**GINA** 7:27:09 pm

okay

**COACH** 7:27:55 pm

Then I would study the book of Romans Chapters 6-7+8. Lots of powerful info on sin

**GINA** 7:28:04 pm

okay

**COACH** 7:28:27 pm

So then, brethren, we are under obligation, not to the flesh, to live according to the flesh— for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live. Romans 8:12-13

This is a sample of Romans 8

Notice the last line....put to death the deeds of the body...

**GINA** 7:29:43 pm

but for how long.. I crave intimacy like any other girl. I turned 30 this year

and have never been in a relationship

I've always only waited on the Lord

I feel forgotten and tested

**COACH** 7:31:05 pm

I understand what you are saying Gina. But if you put these verses into practice the Holy Spirit will change you from the

inside

Bless you for waiting on the Lord

**GINA** 7:32:09 pm

You think I haven;t tried to put this to practice Coach? The Spiritual warfare is strong, as I need to be delivered from a strong man (the enemy) by God unless the Lord battles this out for me, I am so weak I am just human and I am tearing up right now, because I don;t know how to get anything right so the Lord will not pass me by

**COACH** 7:33:36 pm

I have been there Gina. and trust the Lord to make the change. You may have to pray for God to help you put to death the deeds of the body many times a day

**GINA** 7:34:13 pm

yes, many a times a day  
so true

**COACH** 7:35:15 pm

And the enemy will try to find a way to tempt you down the road even after the victory. But Keep asking God to put the lust to death

**GINA** 7:35:28 pm

amen.. yes  
all of this started in 2017 after I was saved

**COACH** 7:35:59 pm

Sure....the enemy wants to trip you up

**GINA** 7:36:05 pm

when a Jezebel came in front of me. That guy was seducing me, using witchcraft even without my knowledge he;s gone long time ago, as I never gave him the chance to lay hands on me, but the repurcussions of the feelings, the temptations is what led me back to this

**COACH** 7:37:18 pm

That is how the enemy works for sure. He does that to all of us.

He knows we are on the path to life knowing this, that our old self was crucified with Him, in order that our body of sin might be done away with, so that we would no longer be slaves to sin; Romans 6:6

**GINA** 7:37:57 pm

Thank you Coach, do you think I will be able to overcome this?

**COACH** 7:39:36 pm

Yes you will Gina ! Just stay away from porn at all costs, stay in the scriptures, and pray the scriptures. You can pray back your favorite verses to God

Also find some healthy activity to get involved in. To get distracted from the Porn. But most of all put Romans 6-7-8 in your mind and heart

May I pray for you?

**GINA** 7:42:20 pm

yes Coach

**COACH** 7:44:14 pm

Ok...Dear God you know all that Gina is going through. Break the chains of sin, and set Gina free! Use your Word and your Spirit to destroy the enemy. In Jesus name, amen. Remember the Word of God is the Sword of the Spirit....your weapon!

**GINA** 7:44:56 pm

Amen

**COACH** 7:45:08 pm

God bless you dear one

**GINA** 7:45:20 pm

thank you Coach for praying

**COACH** 7:45:29 pm

You are welcome

Bye for now

**GINA** 7:46:45 pm