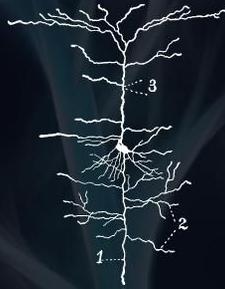
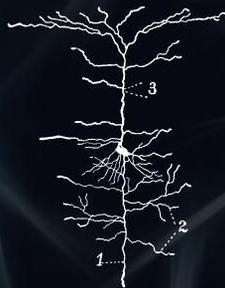


HOW TO DEAL WITH

# UNCONTROLLABLE SEXUAL DESIRE



LIVING A LIFE THAT  
GLORIFIES GOD AND IS  
FREE FROM SECRET SINS.



Dr. IBRAHIM ADESHOLA

Dr. Ibrahim Adeshola (PhD)

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**DEDICATION**

To all the young people who struggle with secret sins, this book is dedicated to you. Received the courage, strength to confront and overcome the demons within in Jesus mighty name. The truth of the gospel sets you free, and may you find peace and grace in the journey of life, in Jesus mighty name.

**ACKNOWLEDGEMENT**

This book is dedicated to the all-knowing God who provided the inspiration for the words that will alter lives. This work could not have been done without His favor and inspiration.

## **FOREWORD**

The author explores the theme of youngsters with sexual urges and concealed sins, which is frequently ignored and misunderstood in this era. The author illuminates the problems and temptations that young people encounter in today's culture and how the problems might affect their lives.

The epistle serves as a wake-up call for everyone concerned with the welfare of our children and who wants to assist them in overcoming the difficulties of growing up in a complicated society full of distracting contents. It presents a road map for parents, educators, and other leaders to follow in order to assist young people in overcoming these difficulties. It also offers practical advice, direction, and hope for those who are battling with secret sins.

I wholeheartedly suggest this epistle to everyone who wants to learn more about the problems that today's youngsters are dealing with, as well as to those who are looking for a way to help and inspire the next generation to be free from the bondage of uncontrollable sexual desire.

**Adeola Praise Adepoju (PhD)**

# 01

## INTRODUCTION

Sexual urge is natural impulses of flesh for all humans to experience and it's not a sin or bad things to have that desire but under what situation is considered to be acceptable to fulfill it or not. Let's dig deeper into it. Sex education is one of the things that is missing in this generation, as many have failed to talk about it or even be sincere about it when it comes to discussion about what to do and what not to do. The majority do claim to be holy and see it as an abomination, but deep inside them, they need help in some way or another with some issues they are facing regarding their sexual life and their impulses. The test of life truly began when we started having desire for sex, and as many don't have a good background on what to do and not, they go *online* to look for help without consulting their parents or family on proper counsel.

Having an urge for sex is not a sin, and you should never feel ashamed of having one. It's natural, and God, who created us, knows that it will happen to us. There are so many things that intrigue the sexual urge. It might be some things you are exposed to, like a sex scene in a movie, a social media post, or a sexual discussion, and sometimes it comes naturally. And when it happens, what should we do? Should we indulge in an act as a youth?

The answer was **no** from the beginning of the earth and is still **no** today. Satisfying the flesh ***when it's not the right time*** leads to trouble, and the truth is that we must shut it down when it's calling for us to fall. Many of the youths engage in masturbation, pornography, homosexuality, and many other sinful acts because they don't know how to deal with their sexual urges or what to do.

Don't feel ashamed if you have been like that, and that's why God inspired this book to help and deliver you from what has become for you what the world calls **addiction**. Let me expose you to the truth that the devil sold into the world: "*I'm addicted, and you know addiction is difficult to break*" is a word you hear from the mouth of many youths nowadays. When you meet devil-tagged smokers, fornicators, prostitutes, and many more, they say that phrase a lot to comfort themselves. It's a big lie from the pit of hell.

Let check the origin of the word "**addiction**". According to etymology dictionary, the root word **addict** comes from the Latin word *addictus* (past tense *addicere*), which means "to devote, sacrifice, sell out, betray or abandon." In the Roman law, an addiction was a person that became enslaved through a court ruling. You can see clearly that it's a strategy for devil to enslaved you because he knows that you have got many things, he didn't have access to at all. The bible says in book of **2 Peter 2:19** that "*They promise them freedom, but they themselves are slaves of corruption. For whatever overcomes a person, to that he is enslaved.*".

The world and those belong to her are false teachers and that's why the bible encourage us not to be friends of the world because it's enmity to God. Therefore, there is nothing like sugarcoated addiction, you are just a slave to sin that leads to destruction. **Romans 6:16** *"Don't you know that when you offer yourselves to someone as obedient slaves, you are slaves of the one you obey—whether you are slaves to sin, which leads to death, or to obedience, which leads to righteousness?"*

*"It wasn't intentional, but most of the time I just found myself doing it or came back to my senses after a few minutes of the act."*

# 02

## WHAT SHOULD I DO IN THIS SITUATION?

Sometimes when you are **alone**, the thought that comes to your heart is to engage in sexual activities *to satisfy what you are not craving at all*. You wonder why the thought is coming to your heart, but since you believe that no one is looking at you, you engage in it, and in a few minutes, it's all done on you. **The truth is that God doesn't sponsor that kind of thought**, and it's the devil's fault because he knows the glorious journey ahead of you, so he wants to mess up with your heart. The devil knows *the importance of heart in receiving instructions* that will benefit you from the LORD and that's why he wants to mess up with your heart by all means.

Shouldn't I just be practical and tell you exactly what you need to do to be free forever? Oh, that's the truth, and we are going there. I'm sure you have done research on many things you can do to stop it, but all have proved abortive. Telling you exactly what to do can't be of help if you don't follow the right process. Keep in mind that **alone** was mentioned earlier because when it's come to sexual immorality, no one will engage in it or give in to the devilish thought when in right sense. The alone I mean here doesn't mean to be physically alone, but when you are **both spiritually and physically alone**, the devil can turn what is natural into evil.

God created every man for a purpose, and you have a purpose in life. Are you guarding it jealously, and do you know your purpose? *Oh no.* You are talking about something else again. You are right now thinking about how purpose is related to sexual urge fulfillment when it's not right. Yes, it's related because that's what the devil knows, and he doesn't want you to be great and fulfill your purpose in life.

You get it now why the thought is coming to your mind. Therefore, you have to hold on to this word: "***I'm created for a purpose, and I will not allow a few minutes of sexual enjoyment at a very wrong time of my life to destroy the journey ahead.***"

You have to continue saying the phrase until it becomes alive in you. You have to continue saying it while at the same time shutting down the devil's whispering. You have to *guard your heart* and never attempt to let any evil seed land on the good soil of your heart.

Evil seeds are sexual images you see around on social media, movies, the one you hide on your phone, sexting, pornography, negative influencers you follow, songs you listen to and books you read. You have to cut all of them completely to be truly free and look into the bright future ahead.

Uncontrollable sexual urge led King David to generational problems, it led Samson to destruction, it led king Solomon to fall from the Lord's way. It's now time to ask yourself a question: Should I be playing with eternal life or cutting off all this evil? I believe the answer is no, and let's look at some causes of uncontrollable sexual desire

(hypersexuality) that science reveals to us as we journey into the solution to be free from it forever. Some of the most common causes include:

1. **Hormonal imbalances:** Hormonal imbalances in the body can lead to increased sexual desire. For example, high levels of testosterone in men and women can lead to increased libido.
2. **Psychological factors:** Hypersexuality can be a symptom of mental health conditions such as bipolar disorder, depression, or anxiety. It can also be a result of stress, trauma, or unresolved emotional issues.
3. **Neurological conditions:** Certain neurological conditions, such as Parkinson's disease and Alzheimer's disease, can cause changes in the brain that lead to increased sexual desire.
4. **Medications:** Some medications, such as antidepressants and anti-psychotics, can have a side effect of increased sexual desire.
5. **Substance use:** The use of certain substances, such as alcohol and drugs, can lead to increased sexual desire and impulsivity.

If science can provide a solution to a problem that leads to another problem, who should we now trust for help? Science or God? Antidepressants are a type of medication for depressed people (depression leads to uncontrollable sexual desire), and the medication leads to uncontrollable sexual desire as well. The devil is a bastard for tricking many people to first run to science to what is sponsored by the devil.

Let us continue on with what you need to let go of in your life as we expose you to another truth you might not have known before.

Pornography is an industry set to destroy the lives of many people. First, it's not real because it's a *cut-and-join* video.

Many marriages have been destroyed because the woman is comparing the strength of her husband to porn actor. She is not aware they are all edited video cut and join together to put a knowledge on the mind of the woman how long the man lasted in one round of sexual intercourse.

You can see how they fool people into believing that it's real now, and many people have been forced to use a drug that makes them paralyzed at an old age. Likewise for many guys that indulge in it never see their wives as woman but a sexual toy. Some of them don't even have feelings for women anymore, and they find it difficult to be happy in their marriage. Yes, it happens in marriage as well because uncontrollable sexual desire is not only pertaining to single.

We have been dwelling on it because it affected bachelors and spinsters a lot, but it's dangerous and terrible as well for the married couple who couldn't deal with it while single and thought it would all end when they got married.

Marriage is not a solution to stop uncontrollable sexual desire, and that is why many marriages nowadays suffer the same setbacks as many singles do as well. Marriages collapse and relationships are destroyed because many try to use sand to cover a faulty foundation.

What is not built right cannot be last and evil seed buried is being nurture to germinate again.

It's just a matter of time for it to turn into a tree that bears many evil fruits. May we not give birth to a generation that doesn't know anything about living a holy life in Jesus' mighty name.

**Oh no.** You still haven't told me what to do to stop it.

It's a process, and I don't want you to focus on one magical answer here. If you look at the negativity it has caused so far, do you still want to engage in it or not? The answer is **No**. The word of the LORD says we should flee all appearance of evil. The sexual urge itself is not evil, but the devil is using it to destroy people. Every good thing that God created, the devil is always trying to use to destroy people by making them to think this is how God created me.

God did not create you to be destroyed. Get that fact in your head, and God did not create you to be destroyers. God instituted marriage, and the devil is fighting it. God bless us with all spiritual and earthly blessings, yet the devil is fighting it. All the devil wants is for us to be like him. He has been a liar, a murderer, and an evildoer from the beginning, and that's why he wants us to be like that. You aren't proud to be someone who masturbates, is a porn addict, is a prostitute, or is a gigolo. You can't even say many of the things you do outside.

Then why continuing to be suffering in silent. You have overcome it. You are delivered from it. You have been freed from it. Say it to yourself and believe it. "I'm free from the leading of the devil to do

what is evil now and forever." Thank you so much for believing in the message and acting on it.

Let me expose you to another truth. Do you know the word of the LORD says "your body is the temple of the Holy Spirit"? Your body is not practically yours because it's a temple of God. Why are we corrupting the temple of God? What has it gotten you since you have been corrupting it? Nothing.

Following the lead of the devil leads to diseases that money can't cure, and the only cure is the word of truth. That's why I'm exposing you to the truth right now because there is no medication for prostitution, fornicating, or addictions of many types. The word of the LORD is truth, and truth sets us free. I want you to make up your mind now and believe that you are free from what you have been engaging in that is not in the way of the Lord.

Oh no, it now sounds like the preaching I have been hearing. It has been the truth delivered to you through these written words. If you hold on to this truth, you will not go back to being in bondage. The reality is that what you are going through is nothing new under the sun.

So many evil things happened in the past, even during the time Jesus Christ was on earth and after his ascension. Some of the believers in Romans 1 in Rome back then stood out among the people of corrupt cities who were constantly engaging in evil acts. You can do it if you

believe you are free already from it. All you have to do is make up your mind.

**You will not die:**

1. Delete those sexual contents on your phone.
2. Share this book with those friends that share nudity on their status.
3. Mute their status and never check them again.
4. Unfollow those negative social-influencers on your social platform.
5. Delete those erotic songs and books on your phone.
6. Stop reading erotica books.

**And from now on, what should I be doing:**

1. Guard your heart jealously.
2. Focus on the bright future.
3. Do what God will be happy about.
4. Help others who are victims as well.
5. Be a good ambassador of the LORD.
6. Soak yourself in the word of God.
7. Shut the thought down whenever it comes.
8. Let the word of God become alive in you.
9. Take care of your body, which is the temple of God.
10. When you are less busy, study the word of God.

11. Love God with everything He has blessed you with.
12. Guard your salvation, for in him you find your purpose.
13. Allow the light of God to shine through and from you.
  
14. Be on God's side and never follow the leading of the devil.
15. Listen to godly music and free yourself from what will take you back to your old man.
16. Be proud to share your experience on being free from evil acts with others.

**Congratulations, as you are free and will be free forever.**

I want to beg you to be godly. When you are God-conscious in all the moments of your life, you won't fall for the trick of the devil anymore because you know that God lives in you and that He is always with you.

Samson is a mighty man that fell in the journey of life. The book of *Judges (16:1-25)* narrates the life of Samson and his uncontrollable desire for the flesh that terminated his assignment on earth. The second thing I want you to learn about the life of Samson is lack of forgiveness attitude of his that is a work of flesh as well.

Potiphar's wife asked Joseph, "Come to bed with me!" *Genesis 39:7*. Oh my God, many people in this generation would have seen it as a once in lifetime opportunity to get to the top but a man that doesn't

push by the desire of the flesh will surely get to the top with the instruction and direction of the almighty God that knew everything we don't know and always watching us as a faithful child.

Let this phrase be in you always: "***How can I do this and sin against God?***"

That was the word that set Joseph free, and he fled. When you say the word, flee from what is trying to put you in the prison of sin. You were once a slave to sin, but now you are free because you know the truth.

Your anonymous comment would be greatly appreciated. You can request counseling and prayer, and you can use the link to ask any further questions.

<https://forms.office.com/r/HQ3FJiom1u>



## **ABOUT THE AUTHOR**

Ibrahim Adeshola is an experienced multidisciplinary researcher who has had work published in prestigious journals. He has an in-depth knowledge of a variety of research fields, including management information systems, educational technology, marketing, cloud computing, organizational management, business and environmental sustainability, technological innovation, renewable energy, organizational culture, and business development.

He has been lecturing at the university level for more than six years and has sound teaching skills in information technology, management information systems, educational technology, and computer science-related courses.

He is an ad hoc reviewer for top-tier academic journals, and the majority of his publications are in top-tier academic journals. He has had the opportunity to lecture in a multicultural environment and collaborate with researchers from various countries over the years. He is a top-rated career coach, educational consultant, and website developer.

Above all, he is a witness of our Lord Jesus, who is passionate to spread the good news and bring the light of God to the inhabitants of the earth.

<https://t.me/TrEnministries>