

**Controlling**

**The**

**River**

**Of**

**Love**



Paul Th. Heiligenberg.

**Controlling the river of Love**

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## Introduction

This booklet is about the power of love and temptation. As human beings, we all have our feelings and desires, we long for relationships that are exciting, beautiful and satisfying. But in reality many people are very disappointed in their relationships and especially in the area of sex. Sex can be a very painful experience and even if it was enjoyable, there is a big danger of sexual diseases. AIDS is killing people by the hundred thousands. Many girls are sold into prostitution to become a slave to satisfy other people's desires. Many marriages are destroyed because of uncontrolled sexual desires.

How is it possible that something that is supposed to be so beautiful has become so destructive? Is it even possible to have a good, enjoyable and satisfying sexual life, without being afraid of sexual diseases and other problems? These are some of the things this booklet is about.

I hope you will enjoy reading this booklet, it is my prayer and desire that it will keep you from falling into temptation and from suffering the negative consequences of sex. That it will keep you from destroying the lives of other people and will lead you into an enjoyable and satisfying life; a life in which your life will be a blessing to someone else.

To write this booklet, I have made use of other people's ideas and examples and have rewritten those. The main idea of this booklet I have taken from the teaching on Relationships by Dean Sherman. To whom I am very grateful for the things I have learned from his teaching. It has helped me to keep my own life under control.

I thank God who is making my life meaningful. I especially thank my wife who has encouraged me to write this booklet and I'm thankful to many friends who have given their input and corrections for making the publication of this booklet possible.

May God bless you as you read and study this booklet,  
Paul Th. Heiligenberg

## Controlling The River Of Love

Let's talk a bit together.

What is a river?

-A river is flowing water.

So when it rains a lot and the water is flowing in the garden and into the house, we call it a river?

-No, then it is a flood.

What is the difference between a river and a flood?

-A river stays in one place, running all the time and when there is a flood, the water is running everywhere, destroying everything.

How come the river stays in one place?

-There are banks controlling the water.

So a river is flowing water controlled by banks, and a flood is flowing water without any control.

Is a river good?

-Yes.

What are the good things of a river?

-Fish to eat, water for irrigation, hydropower, places to swim and enjoy, clean drinking water, etc.

Is a flood also good or?

-No, a flood is bad, it destroys everything,

What are some of the bad things of a flood?

-It pollutes the drinking water, crops and houses are destroyed, diseases come and people die.

This is very strange, the same thing, flowing water, either from the mountains or from the rains, can be very good and bringing blessing or very bad and bringing destruction. The difference between good and bad is not in the water, it is in the control of the water. If the water gets uncontrollable and moves outside of the riverbanks, it becomes very destructive.

Let's compare our sexual life with the running water.

Sex can be very good and useful but it can also be very bad and destructive.

What are some good things about sex?

- We can have children. We can enjoy. It attracts people together; bringing unity.

What are some of the bad things about sex?

- Prostitution. Child sex. Diseases like AIDS. Adultery. Rape, Incest, Divorce, Unwanted pregnancies and abortion.

Again here we see that the same thing, sex, can either be very good or it can be very bad.

When does sex bring good results and when does it bring bad results?

-Good: When used within the marriage relationship, with the desire of both husband and wife.

-Bad: When used before marriage or outside of the marriage relationship with different partners or even within the marriage relationship used against the desire of husband or wife.

We can see that the riverbanks that control the waters of our sexual life, are the boundaries of the marriage relationship. When we use sex between husband and wife when they both desire it, it will bring joy and unity and we can have children together. If we use sex outside the marriage relationship it brings a lot of trouble. Millions of people are suffering and dying from sexual diseases like AIDS and the lives of millions of young girls are destroyed when they are used for the sexual pleasure of family members or in prostitution. Also many husbands and wives are each other's enemies because of adultery or even because of rape within the marriage.

From the beginning of creation, people have been respecting the marriage relationship. In the first book of the Bible we read that after God created man and woman, He said: *"A man will leave his father and mother, be united with his wife and they will become one flesh."* (Genesis 2:24) So we can see that marriage is a God given relationship, and within the marriage relationship God has given a place for sexual unity. He has given sex so that a husband and wife can enjoy each other, so that they will remain attracted to each other and so they will be able to have children and multiply themselves.

Sadly enough, many people all over the world have not been respecting God's guidelines for the sexual life. They have been living out their sexual desires with many different people and selfishly been using others to seek pleasure for themselves. Now millions of people are suffering from sexual diseases and more than that, they are suffering emotional and spiritual problems. Because they have been hurt, used and abused by others, even by their own father, brother or uncle.

Now many people see sex as a dirty thing, while God has given it as a beautiful gift for a husband and a wife to enjoy each other.

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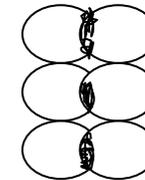
Let us study together what happens when people cross the boundaries and have sex outside the marriage relationship.

When we talk about sexual unity, we must not think about our body only, but also about our soul and our spirit. When having sex we are uniting ourselves as a total being to another person.

Let's try to visualize ourselves in the following way:

We have: a Body   
a Soul   
and a Spirit 

When we have sex with someone we are united with that person in our body, soul and spirit.



This is what the intention of the sexual union is; that we become glued together, living a united life, physical, emotional and spiritual. That's why the marriage covenant is so important. We promise to each other and our families that we will stay together for the rest of our lives.

But what happens to us if this sexual union takes place outside the marriage relationship? Before marriage or when having sex with someone else than our wife or husband.

We cannot remain together, so we have to separate again. Our unity has to be broken up and we become two again.



-Body  
-Soul  
-Spirit

After having sexual contact outside the marriage relationship, we will be broken / damaged in our body, soul and spirit.

The bible warns us very clearly against the consequences of not keeping the boundaries that God has set for the sexual life.

1 Corinthians 6:18 says: "Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body."

Paul is not just talking about our physical body. In the following bible verse he explains that our body is a temple. Our body is a place where a spiritual being can live. In the first place our body contains our own being, our soul and our spirit. But also we are created to live in fellowship with God through His Spirit. Paul speaks of our body being a temple of the Holy Spirit.

So when Paul says we sin against our body, it includes that we sin against our own personal being and against the Holy Spirit living in us.

Let's take a look at what kind of damage we can suffer in each of these three areas.

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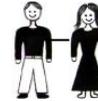
### Damage to our Body.

First of all there is the very clear danger of sexual diseases. All over the world till AD 2000 about 16.3 million people died from AIDS alone. Besides suffering from AIDS, millions are suffering and dying from lots of other sexual diseases.

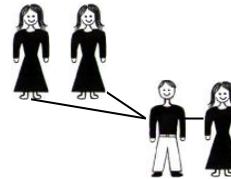
If a husband and a wife who marry each other as a virgin have sex with each other everyday for their entire life, without having any other sexual relationship, they will not get any sexual disease. But when one of them starts having sexual relationships with other people (or had sexual relationships before marriage) there is a very good change that this person will get a sexual disease, and he/she will then also infect his/her partner.

Also when we start having sex before we marry, we have a great risk of attracting a sexual disease, even when we have sex only once.

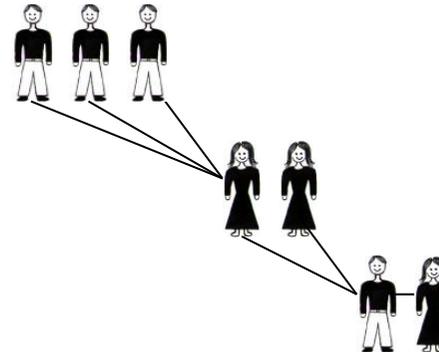
Let's take a look at the following couple:



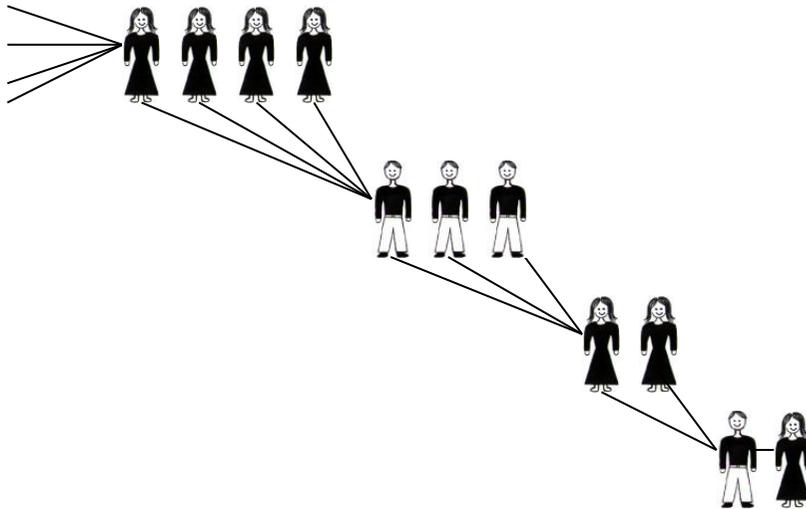
This boy and girl have been dating each other for a while and end up having sex together (uniting themselves together). For the girl it was the first time and she never did it again. Yet, she can be having AIDS or any other sexual disease. Why? The boy already had sex two times before, with two other girls. Of course he did not tell his girlfriend that she was already number. 3 So in reality the picture should look like this:



Sadly this is also not the full picture. One of the girls with whom the boy had had sex, also had already had other sexual relationships. She already had had sex with 3 other boys before she had sex with this boy. The picture now looks the following:



Our picture is still not complete. One of the boys of the last picture also had sex before he met this girl. He already had had 4 girlfriends. One of them actually was a prostitute who already had many sexual contacts.



Now it is very easy to understand that the last girl can end up with a sexual disease and even with AIDS even though she had sex only once. Once people start having sex before marriage they always believe they will marry this boy or girl, but sadly this seldom happens. Often the relationship breaks down within six months. Then they start having other sexual relationships. Through this strain of relationships one is infecting the other. Of course no one will inform his or her girlfriend about the other relationships. Everyone will think they are the one and only. We should always remember that if we have sex before marriage, we are most likely not number 1. In this situation it is even possible that the last couple gets married without having sex before marriage. How sad it is that even though the girl (in this case) although she never had any sexual relationships before she married can still suffer many kinds of sexual diseases through her husband because he had sex with others before he married.

It must be clear to us that our body is not made to have sex with many people. It is made in such a way that we can have a safe sexual life within the marriage relationship between a husband and a wife. That's why it is so important that we marry as a virgin, it is God's way of keeping our life free from sexual diseases.

(If we talk about AIDS, we have to understand that although AIDS is originally a sexual disease, nowadays people can also get infected with AIDS

without ever having had any sexual relationship. They can be infected through infected blood, or through unclean needles in the hospital or by using unclean needles when taking drugs, or they have been infected through birth by their own parents, etc )

Another damage to the body is the loss of virginity. Although both the boy and the girl lose their virginity, it is especially important to the girl. When a husband discovers on the day of his marriage that his wife has had sexual relations with others he will feel very betrayed. Nowadays many young girls are having sex with their boyfriends, hoping that they will get married to them one day. Unfortunately, this often does not happen because the relationship gets broken before they get married. The boy and girl both lost their virginity, but in the boy's body, this can not be seen or felt. In the girl's body however the hymen is broken and the husband can feel this when they start their sexual relationship. Many men do not want to marry a girl who is not a virgin, this is a rightful desire/demand but only for those men who are virgins themselves. So pre-marital sex and also incest (sex with family members) brings damage to the future marriage relationship of the girl. Of course this is also a very negative thing in the boy's life. He will either have to hide from his wife the fact that he already had sex with someone else or he will have to face the shame of confessing this to her. If he decides to hide this he will always be living with a secret and this will hinder their emotional and spiritual unity. If he decides to confess this to her he faces the change of rejection and maybe his wife's jealousy and suspicion. So it is much better to start our marriage with nothing to hide and nothing to confess.

Also there is the great risk of getting pregnant. Even if the sexual intercourse is less than half a minute, the girl can become pregnant. (Even when a man and a woman are sexually arousing each other and when a man touches his own penis with his hand and then touches the girl's vagina, he can transfer some semen and she can become pregnant.) If this happens within the marriage relationship than this can be a great blessing. But if this happens when the girl is not married (or if the pregnancy is not from her own husband) then it is a great problem.

Now this girl will either have to get married in a rush, facing lots of shame and anger from the family, breaking off her education, and starting a marriage without a proper preparation.

Or if the boy is unwilling to marry her, there will be a baby growing up without having a father. This can give a lot of emotional problems to the child and a lot of pressure on the whole family.

Or because of the tremendous pressure and shame, the girl will try to get an abortion. Which means she will decide to kill the baby in her womb either through medicine or through an operation. This might seem an easy solution, but once she realizes that she has killed her own child the emotional and spiritual problems will be tremendous. Giving birth to the baby and than giving the baby for adoption will be a much better solution in this situation.

Hopefully you will understand that the risk of pregnancy with all it's complications is not worth a few moments of lust and passion.

A survey done in the United States in 1996 showed that every day:

- 1.000 unmarried teenagers became mothers.
- 1.106 teenagers had an abortion
- 4.219 teenagers attracted an Sexual disease

Most likely the numbers have only become much higher instead of lower.

These are the three main ways our body can be damaged. In the cases of rape and incest there can be other physical damages as well.

Throughout history, people have tried to find ways to have sex with anybody they like without suffering the consequences. We find many advertisements nowadays saying: "Have safe sex, use condom!"

Does using a condom make our sexual activities safe? In one way it does reduce the chance of physical damage a lot. When we use a condom, the chances of transmitting a sexual disease or of getting pregnancy is indeed 80-90% less. Also using the pill or other medicine preventing pregnancy reduces the change of getting pregnant by 95% (if used properly). But looking at the above survey in the United States, where condoms are easily available, the risk is still far too great. Of course a girl will still lose her virginity whether they use a condom or not. But we are actually deceiving ourselves very much.

Even when we use a condom, having sex outside of the marriage relationship is absolutely not safe. It still might cause sexual disease or pregnancy but most of all it totally does not give any protection to the damage to our soul and to our spirit. Those to areas of our life actually suffer a far greater damage than the physical area.

(Using a condom or the pill or other ways that prevent a pregnancy for the sake of family planning within the marriage relationship is a very good and advisable practice!)

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## Damage to our Soul.

In our soul we find our mind, our will and our emotions. As human beings we are not only physical beings but primarily emotional and spiritual beings. We do things because we feel like it or because we believe it is the right thing to do. Our body is just expressing who we are and how we feel inside. It is an instrument to communicate with other people. Sexual activity is not something of our body only, it is an expression of our entire emotional and spiritual being.

It is hard to describe the emotional damage that comes from sexual activity outside the marriage relationship. In each situation and person the extent of the damage will be different. In the case of incest and rape, the emotional damage is almost beyond understanding. But lets start looking from the perspective of a young boy and girl in love with each other.

When a young boy and girl feel attracted to each other and they start communicating with each other, spending time together, they start to feel in love with each other. This involves their sexual feelings as well. They both know that they should not have sex together, but stimulated by a 'free' society and their own fantasies and strong desires, they end up having sex together. (Mostly because of strong pressure form the boy's side.) When they were having sex together they probably liked it, as this is the way we are made. But then they have to go home again, leave each other and be with their parents. How would they feel when they go home, knowing they did something they should not have done?

Most likely they will feel:

Ashamed of themselves because they could not control their desire,

Guilt; 'I should not have done this.'

Regret/ Trapped; 'Now I have to marry this person, but I do not want to marry him/her'

Afraid 'What if my parents will find out?'

Afraid 'If our pastor finds out?'

Afraid 'What if I'm (she is) pregnant?'

If the girl (or boy) was kind of forced, manipulated by her boyfriend she will feel:

Used 'It is only for sex that he likes me',

Dirty; she will feel dirty and will view sex as a negative thing,

Betrayed; she thought that she could trust him but she could not,

When one or the other breaks the relationship the situation worsens, the other person will feel:

Rejected; I am not good enough

Anger: How can he/she treat me like this?

Despair: 'What will happen to me now? Nobody will want to marry me anymore.' Or one can manipulate the other, "If we do not do it again, I will tell break the relationship.", so the fear and anxiety will increase in the other person. As they have been emotional one together the one person now has great influence/control over the other persons emotions.

In the book of Proverbs in the bible we find the following passage: "*But a man who commits adultery lacks judgment; whoever does so destroys himself. Blows and disgrace are his lot, and his shame will never be wiped away; for jealousy arouses a husband's fury, and he will show no mercy when he takes revenge.*" (Proverbs 6: 32-34)

Although this speaks of adultery, it clearly shows the emotional response of sexual sin.

All those negative feelings, we call emotional wounding. We are wounded/damaged in our soul. After this sexual encounter we are a different person, we feel, act and react differently.

We can compare this with burning ourselves with boiling hot water. Right now my skin is normal and healthy. If I bump into the table, I just say 'ouch' rub myself and walk on. But if my skin is burnt because boiling oil was spilled over it yesterday, even if I will bump it only a little bit, I will scream from pain. Our skin is oversensitive, because of the wound.

Of course, this wound and over sensitivity will not stay forever, after some months, my skin will actually be much tougher and harder. A big scar much thicker than the original skin has appeared to protect me from the pain.

This same process will happen in our emotions, we will try to emotionally protect ourselves as we cannot continue to live with the pain of so much negative emotions for a long time.

One way to protect ourselves is that we try to 'harden our heart' so we feel no more guilt, fear and shame. Although this boy or girl felt very bad about what they did, at the same time they also liked it and now their sexual feelings are awakened. Once they are awakened they become much stronger and they try to ignore the initial feelings of fear, guilt and shame and keep being sexually active.

Now they have experienced that if they are willing to have a sexual relationship other people are more interested to be friends to them. After their initial relationship breaks apart, they start to relate to other people and have sex with them in order to win their friendship.

Once we remove our feelings of guilt, shame and fear our behavior will progress from bad to worse.

A girl may find it is easy to have friends if she has sex with them. Later she finds she can earn a lot of other favors and money by giving sexual entertainment to a man. She is becoming a prostitute. A boy may start reading a lot of sexually arousing literature (pornography) and when he cannot get another girlfriend he might go to a prostitute in order to satisfy his desire. Or he is so frustrated with himself and so full of sexual desire that when he sees his younger sister he does not feel any shame or fear and he forces her into a sexual relationship (incest). Or he is in love with someone who does not like him, but when he gets a chance to meet her alone he forces her and rapes her. He rapes, because he has hardened his heart, trying not to feel guilty, shameful and fearful. Now nothing stops him from doing whatever he wants to do. After raping someone, he realizes that he might get into trouble with the police and the whole village. In order to hide what he has done a rapist may murder his victim.

We find many examples of hardened hearts in the bible. Let's take a look at: Ephesians 4: 18 and 19 "*.... due to the hardening of their hearts. Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every impurity with a continual lust for more.*"

-Having lost all sensitivity. This means they feel no more shame, no more guilt, no more fear.

-They gave themselves over to sensuality. This means they only want to do things that feel good to them without thinking if this is right or not. Neither do they think of the consequences of their action to other people.

-With a continual lust for more. Once we lose our sensitivity, we are never satisfied anymore and go from bad to worse. 1 boyfriend, 2 girlfriends, 50 or 60 boy or girlfriends.

If you have a bible you can also read: Matthew 19:8,9 and Hebrews 3:12-13.

Another response might be that after experiencing so much pain, shame and feelings of betrayal etc. we stop communicating with others. We kind freeze our heart. As we have experienced that relationships are very painful and end up in unwanted sexual activity, we lock ourselves up on the inside. (This often happens after incest or after being forced to have sex.) But when we stop relating, our feelings do not die, we are still desperate for friendship so we become very lonely. Out of his/her loneliness this person starts to relate again, and probably

gets hurt again and draws more within him/herself, becoming more lonely and suffering more emotional pain. This person cannot stand the pain and will look for ways to soften it, and finds out that when he/she is smoking, they feel better inside. But smoking does not bring healing to the wound inside; after a while he/she needs something stronger, and might start drinking or even drugs. The person becomes addicted, which brings more shame and rejection from the family. He/she cannot break with the addiction anymore and will start to hate him/herself, because of the addiction and because of the rejection from the family. Finally this person is so desperate and hurting so much inside that he/she sees only one way to stop the suffering and that is suicide.

In the bible (in 2 Samuel 13) we also find the sad story of Ammon and Tamar. Ammon fell in love with his sister Tamar and forced her into a sexual relationship. But then he started to despise her and sent her away. Can you imagine the emotional pain she felt in her heart? At the end we read in verse 20 that she lived as desolate woman. This means she lived in deep loneliness and agony of her soul.

People suffer tremendously emotionally and do the most terrible sexual things to others. They do this not because they were born this way, but because somewhere they crossed over the boundaries God has given for our sexual behavior, or because somebody forced them into a sexual relationship.

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Besides emotional damage, something also happens to our will. Most people will not easily start a sexual relationship before marriage or outside of the marriage relationship.

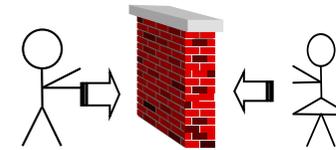
Why not? What keeps their desires under control?

- They 'know' that it is wrong, deep inside.
- They are afraid their parents will find out.
- They are afraid God will punish them
- They are afraid of what society/the church will say.

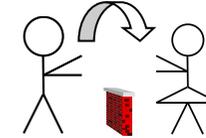
All this fears together we call our 'conscience'. When we want to do something that is not right, like having sex with somebody whom is not our wife or husband, our conscience warns us very loudly. Most of the time we listen to it and live in peace with ourselves.

If we want to do something according to our desire and against our conscience, we have to silence (stop listening to) our conscience first.

Like those two people here.



They have sexual feelings for each other, but their conscience is like a wall that keeps them from doing what they know is wrong.



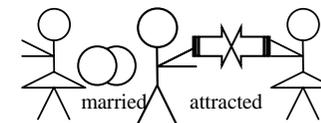
If they decide to act against their conscience and act according to their desire, their conscience begins to crumble down. The next time they have a strong desire again, it is much easier to give in to it and to do it again.



Finally their conscience gives up and they freely do whatever they desire.

Imagine those two people have sex with each other 6 times before they get married with each other. You might think: "good, they have no sexual disease, and they did not betray each other, so this was not too bad." Do you think this is right?

After a year or two, this man (or the woman) is very frustrated with his wife, but he gets along very well with another woman in his company and he starts to get sexual feelings for her. He wants to be faithful to his wife, but his feelings for the other woman are getting stronger. What do you think? Will he remain faithful to his wife or will he commit adultery?



He will probably commit adultery and even though he might want to be faithful to his wife, he will not be able to control his desire. Why not? What was supposed to keep him under control? His conscience! But as he has already killed his conscience, it will not keep him under control now either. So having sex before we marry, even when we are engaged is still harmful. It breaks our will power, as it kills our conscience. When we make decisions based on our desire instead of based on our conscience, we will become a victim of our desires and loose control over our lives.

Remember Ephesians 4:19 *“Having lost all sensitivity, they have given themselves over to sensuality so as to indulge in every impurity with a continual lust for more.”*

Once we are living in obedience to our desires, we become slaves of our own desires (with a continual lust for more) and have lost the control over our lives. If we have a desire for our wife, but she has no desire, we force her anyway. If we have desire for someone else, and there is an opportunity, we have sex with that person. If we desire to go to a prostitute, we go. If we see a child/teenager that looks attractive to us we deceive that child/teenager into a sexual relationship. Whatever we want to do, we have to do. If we want a second wife we take one. If we want to divorce, we do so. If we like someone but that person does not like to go with me, we rape that person. We have become addicts of our own sexual feelings and instead of using our sexuality to bring unity and pleasure to our wife or husband, we use it for our own pleasure and do not care if we are abusing other people. In this process we are destroying our own life and the lives of the people we relate with, we get sexual diseases, our marriage will be destroyed and our children will hate us, etc.

We see this same pattern of destruction in Proverbs chapter 5, although it speaks about adultery, the results are also the same in pre-marital sex. At the end of the chapter we read from verse 20-23: *“Why be captivated, my son, by an adulteress? Why embrace the bosom of another man’s wife? For a man’s ways are in full view of the Lord, and he examines all his paths. The evil deeds of a wicked man ensnare him; and the cords of sin hold him fast. He will die for lack of discipline led astray by his own great folly.”*

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## **Damage to our Spirit.**

It is very hard to separate our spirit from our soul, but let’s try to get some understanding.

Our spirit is a God given part of us. In Genesis chapter 1 verse 7 we read: *“the Lord God formed the man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.”* God has given us the spirit of life. Through our spirit we can communicate with God or with other spirits. Ultimately our spirit controls our soul and our body. We make our decisions based on what we believe. The more understanding we have of God, the better we can live according to His plan for our life. God is Holy and Pure. Only those people who have a holy and pure heart can relate to God through their spirit.

As we have already discovered, sex is also part of God’s creation, He gave it to us as a blessing, to be able to bring Joy, Unity and Multiplication to the marriage relationship. We have also seen that sex can be incredibly destructive and hurtful, if we use it in any other way than the way God had intended it to be used. When we close our soul and our spirit to listen to God and we start doing whatever we desire, our spirit becomes impure and we lose the ability to communicate with God.

The bible shows us clearly what the acts of our sinful nature are and what the consequences will be if we give in to them.

Galatians 5:19-21 says: *“The acts of the sinful nature are obvious: sexual immorality, impurity, ..... I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”*

1 Corinthians 6:9,10 *“Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers ..... will inherit the kingdom of God.”*

In 1 Corinthians chapter 6 verse 19 makes it also very clear that our body is a temple of the Holy Spirit. So if we are tempted to give in to a sexual impure situation (sex outside the marriage relationship) we get into a serious conflict with the Holy Spirit.

Galatians 5:17 *“For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.”*

In verse 24 of the same chapter, Paul explains that those who belong to Christ have crucified the sinful nature with its passions and desires. If we do this we can live in harmony with the Holy Spirit and He will be guiding our lives. If we do

not crucify our sinful nature but give in to the temptations we will not be able to live in harmony with the Holy Spirit. He will not join with us in our sin.

Galatians 6: 7,8 *“Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction; the one who sows to please the Spirit, from the Spirit will reap eternal life.”*

Once we unite our spirit with the spirit of someone else in an impure situation we start living in an unclean spiritual realm. We will get more impure sexual desires, which come from our own imagination but they also come from other unclean spirits, which are intending to destroy us. Those spirits inspire people to rape, abuse children and others, kill etc. They try to make us believe that we can do anything we want because there is no God who will judge us., that life has no value and that it is not wrong to use other people for our own pleasure. In our spirit we become a slave to those spirits, whatever they tell us we will have to do. We continue to obey them until our life and the lives of everybody else around us are totally destroyed. Once we give in to the temptation of sexual activity outside of marriage, we become unclean in our spirits and open to the abusive control of other unclean spirits.

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### **How can we escape this cycle of destruction of our Body, Soul and Spirit?**

I hope you understand that the misuse of sex is one of the biggest problems in all societies of the world. All over the world people are dying by the hundreds of thousands (millions) yearly of sexual disease, and millions and millions more, are suffering from the emotional pain that comes from sexual abuse. Many wives hate their husbands because of uncontrolled sexual desire. The lives of many young girls are destroyed because they have been abused for the sexual pleasure of their own father, brother or uncle etc. Or they have been sold into prostitution to make money for the family. Many young boys have been abused for the homosexual desires of other men. Also most people live separated from God the source of life. Although they long to know Him, because of their sin, they are not able to live in relationship with Him.

I hope you understand that the solution to this problem is not easy. Even if we could stop the spread of AIDS through condoms, we cannot stop the destruction of our soul and our spirit that comes from sexual relationships outside

the marriage relationship. If we want this destruction to stop, we have to start living according to God’s plan of creation. If a husband and a wife are living in a mutual satisfying relationship, where they enjoy love and unity together, they will have no desire to seek sexual relationships anywhere else. If their children see that their father and mother are happy with each other, and they understand that within the marriage relationship sex is a good thing; they will have the will and patience to wait with sexual activity until they are married.

If we think back about the example of the river and the flood, we realize that water is a very useful resource; if we can bring it under control and channel it in the right way. When we do not maintain the riverbanks, they break and there will be a devastating flood. It works the same way with our sexual feelings; they can be very useful in maintaining pleasure and unity within the marriage relationship, and to have children as well. But if we do not maintain the boundaries well, we will suffer the consequences of a flood in our life. So one of the secrets in stopping the destruction of uncontrolled sexual activities will be in building and maintaining successful and satisfying marriages. One of the bigger problems many societies are facing is that most people are not satisfied with their husband or wife, and they do not know how to built a good and strong marriage.

What needs to happen for people to come to a mutually satisfying relationship and to built a society free from sexual destruction?

\*People need education on how to have a fulfilling marriage.

\*People need education on how a husband and a wife can improve their communication and meet each other’s emotional needs.

\*People need education on how a husband and wife can have a satisfying sexual relationship.

\*We need to understand and remove the cultural barriers that keep a husband and a wife from having a satisfying marriage relationship.

\*The government can also help by keeping very high standards and by severely punishing those people who abuse other people sexually (like rape, incest, prostitution, pornography, etc.)

\*People need education on the proper use of birth control methods. So that they will not be afraid to have too many children.

\*We need to fight for a society free from unhealthy influences like pornography, erotic movies and magazines, etc.

\*Parents need education on how to raise their children into emotional mature adults.

\*Parents need to learn to educate their own children on the gift of sex and how it is to be used in a good way.

\*People who have already been wounded in their body, soul or spirit, need to receive medical treatment and counseling as well to receive healing and restoration so they can live a fulfilling and happy life again.

This is not easy to implement, but it is very much possible! If we seek for truth, we will find it. If we try to do good, God will help us. I hope that this little booklet will be a step in the direction of a society free from the terror of sexual misconduct.

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### **Some steps to Restoration from sexual misbehavior**

We have seen that the consequences of sexual misbehavior (sexual sin) are very serious, they are destroying are spiritual, emotional en physical well being. You might already be suffering some of these consequences and may wonder if there is any hope for you.

Let's turn again to 1 Corinthians chapter 6. In verse 9 and 10 we read: "*Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders ..... will inherit the kingdom of God.*" But after this verse we also find verse 11 which says: "*And this is what some of you were. BUT you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.*"

To be washed means: to be made clean!

To be sanctified means: to be made holy!

To be justified means: to be made righteous! (as having no sin)

From this verse from the Bible we can clearly see that restoration from sexual sin is possible. Lets look again to the three different aspects of our being and see what needs to take place.

### **Restoration of our spirit**

We have seen that in our spirit we suffer separation from God because of our sin. Because of this we have become slaves of our sinful nature and maybe even polluted with unclean evil spirits. What do we need to do to come back into a relationship with God and to be able to live in obedience to His Will?

Lets read 1 John 1:7 and 9 "*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*"

The blood of Jesus purifies us form all sin. It is only the blood of Jesus that can wash, sanctify and justify us. The bible makes it clear that we all deserved to die because of our sins. But Jesus Christ the Son of God paid the price for our sins by dying at the cross as a scarifies for our sins.

John 3:16 says:

*"For God so loved the world that he gave his only Son, that whoever believes in him shall not perish but have eternal life."*

What does it mean to walk in the light? and to have fellowship with one another? To whom should we confess our sins.

To walk in the light means: not to walk in darkness. God is light! So walking in the light means walking with God. When we walk with God, we will meet each other. Why? Because we need each other. We need each other to fight the battle against sin and temptation. As long as I keep my sins secret in my heart, letting no one know about my struggle and temptations, I will never win the battle against sin. It is very important that we walk in the light together and confess our sins to each other.

I would say that walking in the light means: Opening our heart and being honest with each other. To share our struggles and sins and ask someone to pray for you.

The moment we open our heart, and confess our sins, and ask God to forgive us, the blood of Jesus cleanses us for our sins. Our relationship with God is restored and we will be part of God's Kingdom.

After this we need to continue to walk in the light and to pray with each other so we can break the bondage of our sinful nature and if necessary to break the bondage of the unclean spirits.

Of course you should be wise to whom you talk and confess about your sexual sins. If possible, talk with your parents or with your pastor. If it is not possible to talk with them, then try to talk with an elder of your church or with a mature Christian whom you know and will be able to trust.

### **Restoration of our soul**

We have seen that sexual sin can be very devastating to our emotional life. It leads to emotional wounds, hardness or coldness of heart and to emotional bondage to sin.

First of all, we need to receive emotional healing.

This will take some time. Forgiveness is instant. The moment we confess our sins and ask God to forgive us, we are forgiven. But emotional healing will take some time. It is very important that you find a spiritual and emotionally mature person with whom you can talk about what happened and with whom you can talk about your feelings. Have this person pray for you until you feel whole again.

If you have become a slave to your feelings and desire you need to break the emotional bondage to this sin. Once we have lost our conscience, it is very easy to sin again. In order to restore our conscience we need to be accountable to someone. We need to keep confessing our transgressions and sins. Especially if we have been addicted to lust, masturbation, pornography or other sexual activities.

Restoring our conscience means restoring our self-discipline. Coming to the point where we will not sin even if no one will ever find out about it.

During this time we need to break all our unhealthy relationships and habits. (like watching lots of TV) We will need to make new relationships with spiritually and emotionally mature people who will stimulate us to live a holy and pure life.

### **Restoration of our body**

The physical consequences of sexual sin are a lot harder to deal with.

Once your virginity is gone, it can never be restored again. You can only hope and pray that your husband or wife to be will forgive you and accept you just as he or she has been forgiven him or herself. But it is very important for the unity in your marriage that you confess to your marriage partner before your marriage that you are not a virgin anymore. This person can then work through this disappointment before you marry each other.

You will not be aware of most sexual diseases for some time. There are many sexually transmitted diseases (STD's) and some like HIV/AIDS are fatal. If you ever have had sex without using a condom, it is best you go and see a doctor to see if you have any sexual disease, so you can take proper treatment.

If you have AIDS there is sadly no permanent treatment. Still it is very important to know so that you will not infect your husband or wife to be.

Once a girl is pregnant; the situation also has become very complicated. No matter how complicated; Abortion is never the solution. Sadly many girls go for an abortion. Millions of babies are being murdered every year all over the world. Many girls who have had an abortion suffer lots of mental and spiritual problems once they realize that they have killed their own baby.

We will have to look for other solutions. If it is possible this girl should marry the boy. Even if it brings shame to the families and puts pressure on the couple this will be best. But this is not always possible. Maybe the father of the baby is already married or he is a drug-addict. Hopefully the girl's family will be willing to help her and accept her and the baby within the family. The girl should then accept her responsibility of being a mother until her child is grown up. If a man wants to marry her, he should then marry her and accept the baby as his own child.

If this also is not an option, the girl could maybe have the baby and then give the baby to an adoption agency so the baby will be able to have a normal life within a family who will be very happy to receive a baby.

Restoration is possible, but better prevent:

**Save Sex for Marriage!**

### AIDS in Africa

AIDS is becoming an epidemic all over the world, but especially in Sub-Saharan Africa (the countries in Africa south of the Sahara desert) it is already an unknown disaster. Till the beginning of the year 2000 all over the world, 16.3 million people have died from AIDS, 14.4 million of them in Africa. In 1999 alone 2,6 million people died from AIDS 85% of them in Africa. In 1999 5.6 million people were infected with AIDS (which means: they became HIV positive.) From those 5.6 million, 1 million were children living in Africa. In the countries in Sub-Saharan Africa (Mainly Uganda, Kenya, Ethiopia, Tanzania, Zambia, Nigeria, Zimbabwe, etc) 6000 people die of AIDS every day. At many cemeteries, who are open seven days a week, 24 hours a day, people stand in line to bury their dead.

10.4 million African children have lost their mother or both of their parents due to AIDS. Many are looked after by their relatives, but many, many of them live on the streets as there are no relatives left to look after them or their relatives have no resources to look after them. The younger ones live in orphanages, but the older ones try to make a living on the streets, stealing, begging, forming gangs, etc and often ending up in prostitution. As they are barely surviving, it is impossible for them to pay for their school-fees and they are growing up uneducated, unable to find a proper job.

In Uganda, in the Rakai district, 32% (75.000 children) of the population under 15 has been orphaned. An old grandmother of 69 had 4 daughters and 9 sons, 11 of them died from AIDS leaving her with 15 grandchildren to look after. This brought her to such a desperate situation that she almost committed suicide with the whole family.

In Uganda's Masaka district, where 110.000 of all the 342.000 children are AIDS-orphans, another grandmother of 70 lost all her 11 children to AIDS she now has to look after 35 grandchildren. An entire generation is about to be whipped out by a preventable sexual disease.

The streets and orphanages are full with children who have AIDS themselves. Orphaned or abandoned by their parents as it is too expensive to give medical treatment for AIDS and the child is going to die anyway so they often do not even try to give it the best life they can. Most of them do not get older than 4 years old before they die from some kind of infection.

This are some of the horrible facts of the AIDS epidemic in Southern Africa as reported in the Newsweek Magazine in January 2000. This epidemic is mainly

the result of uncontrolled sexual activity. Many of the men have sexual relationships with more than one woman and often visit prostitutes. When AIDS infects a man, he in his turn infects his wife. The children that are born after that are born with AIDS. Also many young women have sexual relationships before they marry (special in college times) they get infected by one of their boyfriends and when they marry they infect their husband and their own children. To make things worse, most people there have a belief that in order to get cured from AIDS you need to have sex with a virgin, in this way many young girls get infected with AIDS. (of course this is no cure and both the man and the girl will die from AIDS)

In India more than 4 million people are infected with AIDS and it is a very realistic expectation that unless people change their uncontrolled sexual life style, India and Nepal will have to go through the same horror as Africa is going through today.

(Resource: Newsweek Magazine January 2000)

## Breaking Free

I have written this booklet in the hope that it will help you to live a fulfilling life, free from the damage and the pain that comes from an uncontrolled sexual life. But you might be suffering right now in your body, soul or spirit because you have been involved in sexual relationships. I have also written this booklet for you. Hopefully the part on restoration of sexual sin has given you hope. Even if everybody in your life is letting you down; get a hold of God, He will not let you down. He is longing to bring healing to your life.

But you will have to make some serious changes in your life. I hope it is clear to you that you have to stop all sexual relationships outside the marriage relationship. If you are in love with someone, do not damage that person by having sex together before marriage. Even not if both of you are longing for it. Say: "Because I love you, I will not have sex with you until we are married." Do not bring yourself into temptation by being alone and kissing each other. Once your feelings are aroused and you are alone together, it is very hard to keep your feelings under control. Love can wait, even for 5 years. Lust can not wait, not even 5 minutes. Love will bring healing and joy. Lust will bring destruction and regret.

In order to have a fulfilling life, we need to be in a meaningful relationship with God. He is the Creator of our life. Personally I have found it very helpful to read the Bible, especially the New Testament and to pray to God. I discovered that God is a loving Father who wants to help me in all things. That He loves me and forgives me if I ask Him so in the name of Jesus Christ. I found He has created me with a purpose in this life. It brings me tremendous fulfillment and joy to serve Him. Out of my relationship with God I find the strength and inspiration to be a blessing to my wife, to bring joy and fullness to her life. Also He is helping me to be a loving father to my son and daughter. The Bible inspires me to live a selfless life instead of a selfish life.

Try to buy a Bible somewhere, study it, pray and discover who God is, and discover yourself. Start living in Love instead of in Lust. Become a blessing to yourself and to others.

Paul Th. Heiligenberg

## A Prayer

Maybe you do not know God or you are not sure of your forgiveness and salvation? If you like you could pray a prayer like this:

"Dear God. I believe you are the creator of life. You have given me life and have created me with a purpose. I long to know You and live in fellowship with You. I have done many sins and I know my sins separate me from You. Will You please forgive my sins. I have heard that you have sent your Son Jesus to die for my sins. I needed to die but You have given your Son so that I may live.

Dear Jesus, please forgive my sins, wash me with your blood that I may be free from sin. Come Lord Jesus and live in my heart. Be Lord over my life.

Father God, I thank you that through the sacrifice of Jesus I am forgiven and you have accepted me into your spiritual family. I am your child now, your son/daughter. Thank you God for accepting me.

Please guide me through your Spirit and through your Word the Bible into a meaningful and fulfilling life.

Help me to live a pure life, to bring my desires under control. Father give me the courage to talk to someone about my sins and struggles. I need help to overcome them. Help me to walk in the light and not to hide my sins anymore.

Thank you God for loving me I know you will not let me down.

In Jesus Name I pray.

Amen.

When you pray to God you can pray anytime, anywhere, in anyway you like. Talk to him as you would talk to a loving Father. Be honest to Him and tell him all your sins, fears, dreams, hopes and disappointments. He will speak back to you, through His Word, but also through His Spirit in your thoughts. He also speaks through people in all situations.

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