

When sex is unhealthy

I know you look at the topic, you said what the world she means by that. Sex is good. I love it. I am alright. you maybe alright but the next person may ~~be~~ not be, ~~but~~ so we going to go in a direction that is a little bit different. Let me give you this important information first - Taken from Beyond Shattered Strongholds (Addiction, Deception and Denial) by Liberty Savard - Premiscuous sexual activity and self-induced sexual activity are another result of a wrong mind/body agreement. The mind begins to think about sexual activity and communicates its mental arousal to the body, which begins to feel physical arousal. The soul's attempts to appease its needs through sexual activity are first ~~psy~~ psychological, but they become physiological. Any time your soul finds a way to comfort itself and temporarily relieve its own pain is an act that exalts between you and your knowledge of what God can and wants to do for you. Even married sex that is primarily used to appease the soul's distress and pain is not a good reason for ~~not~~ mental relations. The mind is where the sexual thought patterns begin. The enemy is often the originator of those thoughts because of the people, pictures, or words that he causes to be played out in your presence. He is very cunning about picking up on your body cues once he has tried to set you up. He understands a quickened heartbeat, a flushing of the face, and an immediate interest in what he has set up. Then he can pressure these addictive thought patterns with customized temptations to act them out. Sexual thought patterns that are not surrendered to God become an addictive. The soul will also initiate sexual thoughts and desires if it has learned to comfort and pacify its own neediness this way. you can leave wrong patterns of sexual thinking. I will tell you later how you can be freed. So many times in relationships many put sex before anything else in their relationship. Some have a balance life with it some don't. Don't get me wrong sex is important in any relationship. But so often in many cases used in the wrong way. My past boyfriends and I would get into a heated ~~argument~~ argument or someone would be just abused me. The first thing they wanted to do is have sex afterwards. I always heard make up ~~sex~~ sex was the best. So that what I based the situation on, thinking it was healthy sex. But it wasn't because what needed to happen with the argument situation. We needed

to set down in resolve those who because the unmet resolution led to physical abuse in some ~~studies~~ relationships. Everytime they hit me, my ex-boyfriends' would want to have sex. In one instance I was almost choke to death. These ex-boyfriends was using sex ~~to~~ to relieve themselves of the distress and pain on the inside of them. Because they was going through inner struggles on the inside they took their pain out on me. Question is you that woman or man doing that to your mate? It's time to be free. Who is also going on in marriages as well. Is you ready to be free of those secret demons you are wrestling with? It's time to be free. Next subject I want to talk about is marital rape. The bible says the marriage bed is undefiled. But do that give the man or woman to take advantage of the mate in the bed. Absolutely NO. But it happens. So men or woman don't want to talk about what going on with them or their mate. They think by releasing themselves through sex is going to relieve the distress and pain. When you wake up, the same situation is there or you have done the same thing you did yesterday. That was wrong. Let me show you some example baby why is you cheating on me, the next thing you know he or she is kissing on you ready to have sex, Baby why didn't you pay that bill and what did you do with the money next thing you know he wants to have sex, Honey I heard you are gay, next thing you know he or she wants to have sex, Baby, are you doing drugs next thing you know he or she want to have sex. The mate ~~never~~ never want to deal with nothing, it's always sex because they know what they are doing is wrong but they going to release the pain and distress of the situation through sex. Some men and women feel like if they are married to them, you got to have sex no matter what situation at hand that needs to be resolved. They hold you down in take they rocky from you after you have told them no. All this is unhealthy sex that is used to appease the soul's distress and pain which is not good reason for marital ~~and relationship~~ or mate relations. you can loose wrong patterns of sexual thinking, but the success of praying this way is based upon praying them as soon as you are aware of these thoughts and before you are ~~from~~ tempted to act upon them.

Jesus, I thank you for giving me the keys of the kingdom so that I can stop the addictive wrong thinking that my mind pleasures itself with. I bind my mind to your mind, Jesus. I need your thoughts to help stabilize and steady my mind. I loose, smash, crush and destroy all wrong patterns of thinking that go through my head when I want to turn to any kind of sexual activity that helps distract my soul from its distress. I will - I will continue to loose these ~~how~~ thoughts until they cease. I will begin to think of things above, like scripture says I should. I will not leave

my mind unoccupied to start this cycle of wrong thinking again. Your word says that I should set my mind on things above, not on earthly things. Your word says that I should meditate on whatever things are noble, just, pure, lovely, of good report, things of virtue, and things that are praiseworthy. I will do this so that my mind learns to meditate on godly things. I will not leave my mind pondering the things of the earth that my soul keeps trying to comfort itself with. Thank you, Lord, for helping me to do this. Amen. This is for the ones who have been suffering secretly for many years in this area. Deliverance is here for you. In order to overcome a problem, you must first admit there is one. We don't have to suffer. Sometimes our suffer comes through shame and embarrassment that someone is going to judge you. But little do we know the person next to you, across the street, down the road, over sea, in the government etc. may have the same problem you have. your freedom is up to you. Lift your head up because you are somebody special. It doesn't matter what he, she or they say. You deserve to be free not depress and sad because of the situation you have encountered. It's time to be free! Why? Cause you are somebody special

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