



## End Time Current Events-11-19-17

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**Ephesians 5:11, 13-16:** "And have no fellowship with the unfruitful works of darkness, **but rather reprove them. But all things that are reproved are made manifest by the light:** for whatsoever doth make manifest is light. Wherefore he saith, **Awake thou that sleepest,** and arise from the dead, and Christ shall give thee light. **See then that ye walk circumspectly,** not as fools, but as wise, Redeeming the time, because the days are evil."

The **1828 Noah Webster Dictionary** defines:

**Reprove:** To blame, to convince of a fault, or to make it manifest, to excite a sense of guilt.

**Circumspectly:** Cautiously; with watchfulness every way; with attention to guard against surprise or danger.

**Matthew 24:24:** "...if it were possible, they shall deceive **the very elect.**"

**II Corinthians 2:11:** "Lest Satan should get an advantage of us: for we **are not** ignorant of his devices."

**II Chronicles 7:14:** "If **my people**, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land."

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**++ FBI Informant Reads A Document On Live TV That Made Hillary Clinton Panicking!**

**Play to 11:56:** <https://youtu.be/eM-TVdZy9i8>

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**BREAKING: FBI Official Unloads On Hillary Clinton This Is Devastating!**

**Hillary Clinton is known for being surrounded by corruption, and more deep-state cronies as former FBI Assistant Director James Kallstrom has come forward to give them a piece of his mind.**

**Play to 4:15:** <https://www.youtube.com/watch?v=XPicgJLBzSq>

**Published on Nov 18, 2017--Sean Hannity's Strange Tweet Earlier this morning, Sean Hannity tweeted the following: Tick tock..... From now into next year on many fronts!!!! Monday starts what will become an avalanche. Love to all deplorables. Tick tock!!**

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**1186 Nationwide Indictments Center around Hillary Clinton, Uranium One and Pedophiles**

**Play to 9:04:** <https://youtu.be/jTKHTqeLj-A?t=24s>

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**Must-See Video: Two Stabbed As Women In Burqas Take Over Mall Of America--Ironic scene shows Mall of America looking more like Mall of Somalia**

**Play to 6:50:** <https://www.infowars.com/must-see-video-two-stabbed-as-women-in-burgas-take-over-mall-of-america/>

**++ Play:** [Muslims celebrate holiday by taking over US mall, causing chaos](#)

**Play:** [Muslims Establishing No-Go Zones in America • 1/14/15](#)

**Trip Advisor: Reviewed September 7, 2015 [Tons of Muslims](#) When you walk into the "Mall Of America" you don't think of Muslims. There are hundreds of Muslims running Mall Of America. This is crazy. I'm not sure why there are so many.**

**[Muslim Jihad Grows in Florida](#) "The racist president who is a supremacist — white, who does not like Blacks, does not like the Chinese, he does not like the Muslims, he doesn't like the Hispanics," Vicente Adolfo Solano declared in Spanish, **standing in front an ISIS flag. "In the name of Allah and our leader, Abu, we are going to defeat you."****

Solano, a 53-year-old Honduran living in Miami, seemed like an unlikely candidate to join ISIS.

***"I am going to plant a bomb like in Boston, in the name of Allah"***

**[Sweden Installs Microphones in Migrant Areas to Pick Up Women's Screams](#) **Police in Sweden are installing microphones in Muslim invaders ghetto areas to pick up the sound of women screaming as the country's rape crisis continues to escalate after the mass importation of Muslim "refugees".****

**[Chilling ISIS Vow to Kill Kids...](#) A pro-ISIS group that threatened "more bitter and greater" Manhattan attacks after last week's deadly ramming on the West Side bike path urged more attacks on the West today with a propaganda poster showing the Eiffel Tower extending upward as a rifle.**

**Monday is the two-year anniversary of coordinated attacks on Paris in which nine terrorists killed 130 people.**

The Wafa' Media Foundation titled the PR poster "The Specter of Terrorism," stating in English, **"You will pay very expensive price for your war on Islam."**

The message adds: **"We will take revenge for the blood of Muslims on your land, we will kill the young before the older watch this."**

**Wafa' issued a justification for the bombing of British teens at a May concert in Manchester, UK. As ISIS has placed a heavy focus on training youths, they've also encouraged targeting them: the first issue of their *Rumiyah* magazine justified killing civilians including "the young adults (post-pubescent 'children') engaged in sports activities in the park."**

**[Libya: Muslims rape boys and men](#)**

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**Male rape is being used systematically in Libya as an instrument of war and political domination by rival factions, according to multiple testimonies gathered by investigators.**

Years of work by a Tunis-based group and witnessed by a journalist from Le Monde have produced harrowing reports from victims, and video footage showing men being sodomised by various objects,

including rockets and broom handles.

In several instances, witnesses say a victim was thrown into a room with other prisoners, who were ordered to rape him or be killed.

**The atrocity is being perpetrated to humiliate and neutralise opponents in the lawless, militia-dominated country.**

Source: [The Guardian](#), UK.

**U.S. soldiers were instructed to ignore the sexual abuse of boys by Afghan allies, even when it occurred on military bases,**



**according to a report in the New York Times. The policy of looking the other way was designed to maintain good standing with the U.S.-trained Afghan police and militia in a country where the practice of bacha bazi (boy play) is widespread. In some cases, the U.S. ended up arming suspected pedophiles.**

Source: [Time](#)

My comment:

Child abuse, rape and pedophilia in the Muslim World is beyond common. The root of the problem is the false prophet Muhammad. He had 11 wife's, the youngest a child at the age of nine.

In the Muslim World, Sodoma and Gomorrah is repeated. Just like **Jesus the Messiah** said it will be on Earth when He returns. Men in Sodoma were wildly perverted and even wanted to rape two angels. God of the Bible erased the city and killed everyone.

**To all Muslims: Please compare the life of Muhammad and Jesus, and look at the fruits?**

The large majority of Muslims continue to live in the middle ages, in a culture where violence, sex-crimes and oppression without end.

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## **Total Individual Control Technology: Insider Exposes How You & Your DNA are Being Targeted**



**Total Individual Control Technology is ultimate mind control weapon since it can targets your individual DNA.**

**Total Individual Control Technology is a nefarious type of EM (Electromagnetic) and V2K (Voice to Skull) weaponized technology that is being experimented with and deployed against segments of the American population.** Those attacked by this

**electronic stalking** are known as **TIs (Targeted Individuals)**.

Recently another brave whistleblower has stepped forward to expose it. Bryan Kofron (who formerly used the alias of Justin Carter) is a security industry specialist who used to work for a private security company SIS (Security Industry Specialists) in Seattle, Washington. **He quit in disgust after realizing that his former firm,**

**and others just like it, were actively using this so-called total individual control technology to target people, then ultimately control and destroy their lives. Since he quit, he has himself become**

a victim of the technology via **gangstalking**.

According to Kofron, this technology is so advanced that it can be used to read your mind, program your mind with thoughts (that you would believe are your own) and induce emotional states in you (including pain, hate and fear). It can be used to tap into your optical nerve and auditory systems to see and hear what you are seeing and hearing. It can target particular people by engaging in individual-specific attacks (based on the target's DNA resonance). Finally, it is being used in vast **social engineering** programs as a way to experiment upon poor, homeless and weak people who have little or no chance of fighting back.

In interviews or presentations such as [this](#) and [this](#), Kofron explains that this technology is being used by psychopaths who have little scruples about the harm they are causing. They are targeting specific groups of people: those who are cognitively inclined, highly intelligent, knowledgeable about advanced technology or interested in alternative research (i.e. conspiracy research). In general, they are either targeting empowered individuals with free minds (to stop dissidents and revolutionaries) or those too poor and weak to fight back.

#### **Total Individual Control Technology Attacks Specific Individuals Based on DNA Resonance**

As I have discussed in previous articles on mind control such as [“They” Can’t Read Your Thoughts ... Right?](#), the state of current mind control technology is beyond most people's comprehension and idea of what is possible. Yet, we have had enough out-of-the-closet whistleblowers and leaked or declassified documents to give us a clear idea of the scary extent to which we can be psychically attacked. Whistleblowers such as Dr. Robert Duncan have lectured at length about the capabilities of V2K technology, which is defined as an EM frequency technology that utilizes RF (Radio Frequency) signals to induce sound within the cranial cavity of the target. V2K literally pipes thoughts directly into people's heads without them knowing it.

Kofron bases his information on his own experience as an insider in this field, and also as recent victim of V2K himself. He was attacked once he went public. He claims he has been assaulted with a beta version which is especially nasty, piping thoughts into his head such as:

*“Everyone's against you”*

*“Please be quiet or we're going to kill you”*

*“Don't work again or we're going to kill you”*

*“You're the lab rat now”*

Kofron claims the Total Individual Control Technology attacks are attempting to turn him against his former work colleagues, friends and family. However, since he was trained in this area, he knows that the voices are technological and can defend himself against the manipulations once he hears them. Kofron echoes exactly what Duncan has warned about: **individual-specific attacks**. Duncan states that every person has a “unique resonance signature”, and in almost exactly the same words, Kofron states that:

*“... the DNA of the individual is used to determine the resonant frequency of the DNA itself, the resonant frequency is then used to fine tune the technology ... to tune it perfectly to the resonant frequency of the targeted individual's DNA.”*

This leads into another aspect of the NWO agenda: the drive to create a **worldwide DNA database**. When seen in the light of Total Individual Control Technology, the acquisition of an entire population's DNA takes on a very sinister meaning. **It is no coincidence that Amazon and Google (who are ultimately controlled by the same forces) are racing each other, along with Microsoft, IBM and other companies, to assemble a DNA database as quickly as they can.** Those in power who gain access a completed worldwide DNA database and total individual control technology would have a horrifying weapon at their disposal to target literally anyone they wanted.

Kofron exposes how prospective employees are tricked out of their DNA. They apply for a job at SIS, get told they have to do a drug test, and when the urine sample is sent to a lab, part is siphoned off as DNA to go into Amazon's burgeoning DNA database.

**Americans, in the millions, are having their DNA stolen from them, without their knowledge or consent, so they become unwitting targets of this insidious program!**

## Police Can Request Your DNA Without Consent Via Ancestry Websites

**Sending a sample of your DNA through the postal service may seem like a harmless and novel way of tracing your ancestry, and millions of Americans have already done so, but there is a more sinister side to this relatively new enterprise.**

If you're suspected of a crime police can, if they have a warrant, request access to your DNA profile from both the Ancestry and 23andMe websites.

**Using Ancestry.com means giving up rights to your own DNA:** Giving ancestry website your DNA could cost you life insurance Sending a swab of saliva in the post to discover your genetic background sounds simple, but Ancestry.com has come under fire for its terms and conditions, which grants the company "perpetual" license to keep and use your DNA – however way it likes.

The clause is included in the company's terms and conditions, which also outlines how the information could later result in a customer being denied insurance due to diseases in their DNA – should you fail to opt out of one of its 'informed consent' options.

Submitting DNA to the site gives Ancestry "a perpetual, royalty-free, worldwide, sublicensable, transferable license to host, transfer, process, analyse, distribute, communicate, and display your submission for the purposes of providing Ancestry's products and services, conducting Ancestry's research and product development, enhancing Ancestry's user experience, and making and offering personalised products and services."

[pic.twitter.com/2lwuB9oTta](https://pic.twitter.com/2lwuB9oTta)

— RT (@RT\_com) [May 27, 2017](#)

Ancestry.com has complied with such requests of the police. Of the nine made by authorities for customer info in 2016, the company provided information in eight of the cases, according to the company's transparency report.

**Bye-bye DNA testing: Researchers tout revolutionary hair-protein identification method**

<https://t.co/PFPynwCWDI> [pic.twitter.com/IQFq3giGvF](https://pic.twitter.com/IQFq3giGvF)

— RT America (@RT\_America) [September 8, 2016](#)

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**Kofron talks at length about how this technology is fully operational and is already being tested upon those in society who are struggling (such as those who are homeless, poor and who don't have much family or many friends) since they make the easiest targets.** On his website [GangstalkerWars.com](http://GangstalkerWars.com), he exposes the details of ongoing operations within Seattle (where he used to work for SIS). This **social engineering** is being done by the Federal Government, the Military Intelligence agencies, private security firms (more on this below), some of the largest US corporations (after all, we live in a corporatocracy), local and state police, and social programs within inner-city America.

In one such operation, the perpetrators would target certain geographical blocks of the city, and, for instance, cause everyone in that area to be in a bad mood. In another operation, SIS (employed by Amazon whose headquarters are in Seattle) would test upon Amazon employees. In another operation, SIS would experiment upon its own low level employees. In another operation, homeless people were brought in from all over the nation to special buildings that were then targeted. This is true **gangstalking** – the ganging up by sociopaths and psychopaths upon the innocent to electronically harass and stalk them.

Kofron warns about an alarming trend in American society: the rise of private security companies who mostly employ ex-military and ex-intelligence agents. As I covered in this [2-part series](#), the US Military Intelligence Complex is completely and utterly out of control. It runs the government and pulls the strings attached to all the puppet politicians, who don't have the necessary "clearance" to access the truly top secret information. These security firms, like the MIC itself, appear to operate above and outside the law.

The culture inside of these companies is toxic. People rising up the ranks are conditioned to use this technology against innocent victims, and are told they will be rewarded with everything (money,



power, women, sex, connection, access, status, belonging to the power club) if they go along with the program and become perpetrators. If they have a strong conscience and refuse, they will be sacked, shunned, cut off, threatened and even made into TIs themselves.

Another aspect of Total Individual Control Technology which the perpetrators use to shield themselves is the cruel use of false psychiatric diagnoses. Here's how it works: they manipulate TI victims to see a psychiatrist, and then they bribe the psychiatrist to deliver a fake diagnosis that the victim is mentally unstable, deranged, delusional, crazy, incompetent, paranoid, schizophrenic, suffering from Multiple Personality Disorder – or they invent some similar legal-medical-psychobabble diagnosis. This has the unfortunate effect of stripping away the victim's natural or human rights, which leaves him or her with no recourse to fight back against his attackers, since his claims and testimonies will be dismissed as the ravings of a madman.

This is a similar tactic to what is used with other victims of mind control. In my [interview with Max Spiers](#), he touched on the use of the Big Pharma “false memory” foundation, which includes bogus therapists and psychiatrists who convince mind control victims that they're having false memories (when they are actually recalling how they were tortured and programmed).

The infrastructure that is enabling the total individual control technology is composed mostly of antennae, radar and cell phone towers. Often, the antennae are camouflaged (hidden behind walls). Some or most of the radar used is from military bases.

In concluding, it's important to realize how such cruel surveillance is being perpetuated. As Kofron explains, it's all about creating an “in” club of perpetrators who get rewarded with money, sex, power and the intrinsic human need for belonging, get told they are on the “right” side and the TIs are on the “wrong” side – and get threatened that if they speak up or quit, they may end up on that wrong side. It's the cult of power.

Hopefully this testimony can serve as a wakeup call for those on the fence who can't quite bring themselves to believe or act. In many ways, time is running out and the net is being drawn tighter and tighter. The more technology advances, the more weapons the cult of power will have to enslave those who stand for truth and freedom. At a certain point, there will literally be nowhere to run or hide. The only option is to face it now before it's too late.

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*Makia Freeman is the editor of alternative media / independent news site [The Freedom Articles](#) and senior researcher at [ToolsForFreedom.com](#), writing on many aspects of truth and freedom, from exposing aspects of the worldwide conspiracy to suggesting solutions for how humanity can create a new system of peace and abundance.*

#### **Sources:**

- \* <https://www.youtube.com/watch?v=qdqL64rHVB4>
  - \* <https://www.youtube.com/watch?v=rLqhjU4jlec>
  - \* <http://www.declassifieddocuments.com>
  - \* <http://freedom-articles.toolsforfreedom.com/mind-control-technology-current-state/>
  - \* <https://gangstalkerwars.com>
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**++ Biblical Proactive actions that really make a difference when dealing with evil entities:**

**1)** Get at least one King James Bible CD and play it 24/7 where ever you are. If you don't think there is a difference in versions please go to: [The True Preserved Word of God](http://www.av1611.org/kjv/fight.html#fight2) at: <http://www.av1611.org/kjv/fight.html#fight2>

I know this might not always be feasible, but in your house is the most crucial area. These evil entities cannot stand the Word of God. From what I have heard, they particularly don't like the

Book of Revelation. Most likely because it reminds them of where they are going to end up: "The Lake of Fire". The Lord said "I have exalted my Word above my name." So the Word of God is our most powerful weapon. Jesus himself would only quote Scripture to Satan when dealing with him, and it worked. I have done this for years and can attest to its effectiveness. You can even leave it playing at a low level, but the "bad guys" will know it is there.

**Offer Details:** Wonder Bible™ Audio Player is the incredible NEW Bible that speaks! Wonder Bible™ Audio Player is compact, lightweight, easy to carry, and contains the entire Old and New Testaments of the Bible in the King James Version. Now you can hear the spoken Word of God anytime and anywhere! Now through this special offer we're



going to send you the incredible Wonder Bible™ Audio Player, bonus zip-up storage pouch, a USB charging cable + 10 Meditation Tracks for the ultra-low price of \$39.99 and \$4.99 P&H OR you can select our Double Offer and pay just \$19.99 for a second Wonder Bible™ Audio Player set and we will ship it to you FREE! That's an amazing value and small price to pay for unfettered access to the spoken Word of the Lord.

[https://www.wonderbible.com/?utm\\_source=Bing\\_TM&utm\\_medium=CPC&utm\\_campaign=CPD](https://www.wonderbible.com/?utm_source=Bing_TM&utm_medium=CPC&utm_campaign=CPD)

**2)** That brings me to the next point. Ephesians 6: 11: "Put on the full armor of God, that ye may be able to stand against the wiles of the devil." So I would advise everyone to memorize and repeat this portion of Scripture daily:

Eph 6:10 Finally, my brethren, be strong in the Lord, and in the power of his might.

Eph 6:11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil.

Eph 6:12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high [places].

Eph 6:13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand.

Eph 6:14 Stand therefore, having your loins girt about with truth, and having on the

breastplate of righteousness;

Eph 6:15 And your feet shod with the preparation of the gospel of peace;

Eph 6:16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked.

Eph 6:17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God;

Eph 6:18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;

[A Believers Authority In Christ and Warring in the Spirit](#)

[Psa 91:13](#) Thou shalt tread upon the lion and adder: the young lion and the dragon shalt thou trample under feet.

2 Timothy 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

2Cor 10:3 For though we walk in the flesh, we do not war after the flesh:

2Cor 10:4 For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;

2Cor 10:5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;

2Cor 10:6 And **having in a readiness to revenge all disobedience**, when your obedience is fulfilled.

1John 3:8 ...**For this purpose the Son of God was manifested, that he might destroy the works of the devil.**

Luk 10:17¶ And the seventy returned again with joy, saying, **Lord, even the devils are subject unto us through thy name.**

Luk 10:18 And he said unto them, I beheld Satan as lightning fall from heaven.

Luk 10:19 **Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.**

Luk 10:20 Notwithstanding in this rejoice not, that the spirits are subject unto you; **but rather rejoice, because your names are written in heaven.**

3) Plead the "Blood of Jesus" over your house, your property, your cars, your family, yourself, etc... Rev 12:11 And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

4) Pray for the Lord's angels to encamp around you, your family, your house and property, etc...But remember: Psalm 34:7 The angel of the LORD encampeth round about them that fear him, and delivereth them. So the "Fear of the Lord" is connected with angelic protection. So I pray for "The fear of the Lord" for my family and myself.

5) As a saved believer in Jesus Christ the Holy Spirit lives inside us. When petitioning the Lord, use the example of the Lord's Prayer by petitioning the Father, in the name of the Lord Jesus Christ for whatever our prayer requests are. But remember: Psa. 66:18 "If I regard iniquity in my heart, the Lord will not hear me..." In this case iniquity would be unconfessed/unrepentant sin. So make sure you are right with the Lord especially before going to bed. Ask the Father in the name of the Lord Jesus Christ to guard us through the Holy Spirit (this would be in addition to all the other things I have already mentioned in regard to prayer.) Go to: [The Biblical Keys To Answered Prayer](#)

& [Overcoming, Protection, Meekness, Answered Prayer, Faith, Fear of the Lord](#)

6) Pray. Particularly the Lord has led me to pray the Psalms. Psalm 64 in particular, and Psalms 91 and 94. These Psalms are regarding the Lord dealing with our enemies and for personal protection. Go to: [Imprecatory Prayers & Gods Judgment on Wickedness-A Christians 'Door of Hope'](#)



Also in regard to prayer there is a spiritual principle that the Lord has made mention to in the following verses:

Deut. 32:30: "How should one chase a thousand, and two put ten thousand to flight, except their Rock had sold them, and the LORD had shut them up?" Now we don't want to build a dogmatic doctrine around this one verse, but the spiritual application seems to be that two Christians in unity can accomplish much more than one alone. We should really be praying for each other and if you have a spouse or prayer partner that seems to amplify the effect greatly. Remember Jesus said: Matthew 18:20: For where two or three are gathered together in my name, there am I in the midst of them. So this verse appears to validate the verse I quoted above, in regard to amplification of our efforts where at least two Christians are joined together in unity.

#### 7) Stop any and all sexual sins Go to: [Biblical Sexual Prohibitions](#)

In this teaching we will be looking at a subject that is rarely (if ever) preached on in modern day churches: The sexual prohibitions outlined in Leviticus 18 & 20. This is a very important study and especially needed by Christians in the day and time we live in. Truly much of the Body of Christ is being destroyed for lack of knowledge due to NOT knowing the material covered in this teaching. Unfortunately there are many things that modern day Christians are doing (many times unknowingly) that are affecting them adversely in both a spiritual and physical way. Much of what we will get into was common knowledge 100 years ago but has been slowly repressed since then. We will look at the shocking WHOLE definitions of sodomy, fornication and intercourse and also the New Testament text some use to justify any sexual action regarding the marriage bed. We will also see how Biblically these types of sins defile a person in a way that other sins do not.

#### [Contraception & the Bible](#)

[link to http://www.abortiontv.com/](http://www.abortiontv.com/)

In this teaching many will be shocked at the way many birth control methods actually work. From "The Pill", to "The Patch" to IUD's all are potentially "Abortifactive" according to the companies that make them. [Gen 1:28](#): "And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it..." [Gen. 9:7](#): "And you, be ye fruitful, and multiply; bring forth abundantly in the earth, and multiply therein." From the apostles to 1930 no true Christian group ever sanctioned this practice, and it was Christian state legislatures across the country that made the trafficking of contraceptives illegal until the Supreme Court intruded in Griswold v. Connecticut, paving the way for Roe v. Wade. So in other words 75 years ago this message would of not been necessary because the topic was not a topic worthy of debate. Contraception was considered by Christians a grievous sin, and that fact was a forgone conclusion that was not even debated by Christians. Did you know the word "contraception" is not even listed in the Websters 1828 dictionary.

#### 8) [CLEANING YOUR HOUSE CURSED OBJECTS \(OF DEMONS\)](#)

While I don't agree with everything on this website it does have some good overall guidelines

<http://www.demonbuster.com/cyh.html>

BOYCE and BOICE are two demons that interfere with any electronic equipment, i.e., phone, computer, printer, automobile, etc. If something malfunctions, command these two demons to leave your equipment, in the name of Jesus. We get many emails saying this worked.

<http://www.demonbuster.com/>

#### 9) [Fasting](#): *"But this kind does not go out except by prayer and fasting."*

*Matthew 17:21*

Breaking Demonic Strongholds

by Bobby

*"Not only did the fast enable the eviction of the demons, but I started to feel the presence of the Holy Spirit within."*

I have been a Christian for less than a year and still deal with a lot of bondage due to a traumatic past which included a long list of foster homes. I had endured abuse and was raped

at the age of five. The cruelty turned me cold and resentful causing me to become an abuser. This in turn resulted in a broken marriage, drug addiction, alcoholism, and a depraved sex life. In search of the answer I fell into the hands of cults who used brain washing and hypnotism. Their methods opened the doors for demonic activity.

A friend prayed with me to break the result of this manifestation and bring me to a knowledge of Christ. Their efforts were unsuccessful, after which fasting was suggested. I was told about the power and potency of prayer that can be obtained during a fast.

Not only did the fast enable the eviction of the demons, but I started to feel the presence of the Holy Spirit within me. Exciting and wonderful things started to happen after the third day of the fast. God actually used me to help put a marriage back together. I could feel the Holy spirit directing me on what I must do and say.

Now I fast regularly to keep my spirit attuned with the Lord.

Testimony

by

Randy Corbin

*"I was able to hear from God better than ever before because my mind wasn't cluttered with all the junk of a normal day."*



On Sunday my Pastor quoted Matthew 6:16 where Jesus said "When you fast," with the emphasis on the word *when*, not if. He went on to say that biblical fasting has always been a part of Christianity just like prayer. So privately I decided to attempt a fast. Very few people who I talked to had ever fasted before. To be honest I was curious to see what would happen. I could not have imagined the remarkable journey I was about to initiate.

It all started with a six day fast. The first day wasn't that bad and there were no ill effects. But I could see no gain from it either. The second day was harder, it sounded like there was a war going on in my stomach. I felt tired and had a panicky emotion about me.

Towards the end of the third day my hunger pains were gone and that is when I started focusing on Christ and spent 4 hours reading my bible. Also I noticed my energy level had picked up and I really started feeling closer to Christ. On the fifth and sixth days I could feel the presence of God in things that I had never experienced before. I can remember sitting on a large rock out in a field and it was as if I could feel His presence even in the very rock. I ended my fast on the seventh day. I was at work but found a place where I could be alone with God. I served myself communion as my way of ending the fast. This first fast was only six days but I learned how fasting builds a relationship with God.

This small six day fast brought about questions. If I had gained so much from six days what would happen if I went further? A few months later my pastor gave me the chance to answer that question when he asked us to join him in a forty day fast. I said yes. I knew what the first week was going to be like but in the weeks that followed neither I nor anyone else in my church knew what to expect.

First, here are some of the physical changes that I experienced:

- When you fast parts of your body get a chance to rest. The liver, pancreas, intestines and other parts all but shut down. This allows them to not only rest and detoxify but also healing. During my second long term fast I was healed of diabetes. All the years of garbage that has been building up in my body was gotten rid of from end to end, which resulted in a feeling of better mental and physical health.
- I lost an average of 1/4 to 1 pound a day. I wanted to keep my fast a secret from most people but I didn't want to lie to them either. If you drop 35-40 pounds in a little more than a month people are going to notice. I simply told them I was watching what I ate.
- Somewhere around the end of the second or third week my liver dumped its toxins and was passed in my stool about once a week. It was a very unpleasant smell.

- As body continued to purify itself there was a color change in my urine. This process continued during the length of the fast.
- All of my senses was multiplied. My sense of smell increased beyond belief. I can remember being able to tell one tree from another by its smell. Also things like perfume and deodorant actually became offensive as they were incredibly overpowering.
- My desire to eat went away.
- Noticed a strange odor coming from my breath.

What I gained spiritually was beyond description. You will feel closer to God than you ever have felt in your life. The desire to be alone with God will increase to an insatiable hunger. I was able to hear from God better than ever before because my mind wasn't cluttered with all the junk of a normal day. I learned to know the presence of God in a way that becomes constant and personal. You will also learn how out of balance your spiritual life can become when it's centered on the world.

Ending a long term fast can be physically challenging. Because of the great spiritual gain I actually found myself not wanting to eat again. If I learned anything from the fast it was to get alone with God regularly. If you want to boil biblical fasting down in a nutshell, it's a time to draw near to God.

During your fast you will have periods of great joy and battles of depression. These will teach things about yourself. These battles aren't brought about because of your fasting but are made known to you through your fasting. When you end your fast you will notice that these battles are still there but you will have learned that your source of strength and hope comes from Christ alone. There may be pleasure in a jelly filled donut but it often masks something that is missing inside. If you get too many of these false thrills out of life you can start to rely on them for your comfort instead of Christ. Your spirit will grow during a fast but it is up to you to maintain its growth after the fast has ended. Fasting teaches how much junk we have in our lives that we don't need.

Jesus said "when you fast".

***I have heard it said that we must live by faith and not feelings. Even mature Christians will admit they do not always feel the presence of God. Nonetheless, for those who have never experienced a deep sense of God's presence, there is a risk of developing an intellectualized faith that is devoid of longing and passion. Biblical faith is full of longing and passion, for how can someone pant after God while in the desert if they have no memory of His refreshing presence? Both experiences are vital components to a vibrant faith and vibrant relationship. Randy will never be the same. He has tasted a better wine than what this world has to offer, and he will forever crave more. Real biblical fasting is about developing a deeper hunger for the presence of God.***

[Water Fasting](#)

[Juice Fasting](#)

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[Spiritual Fasting](#)

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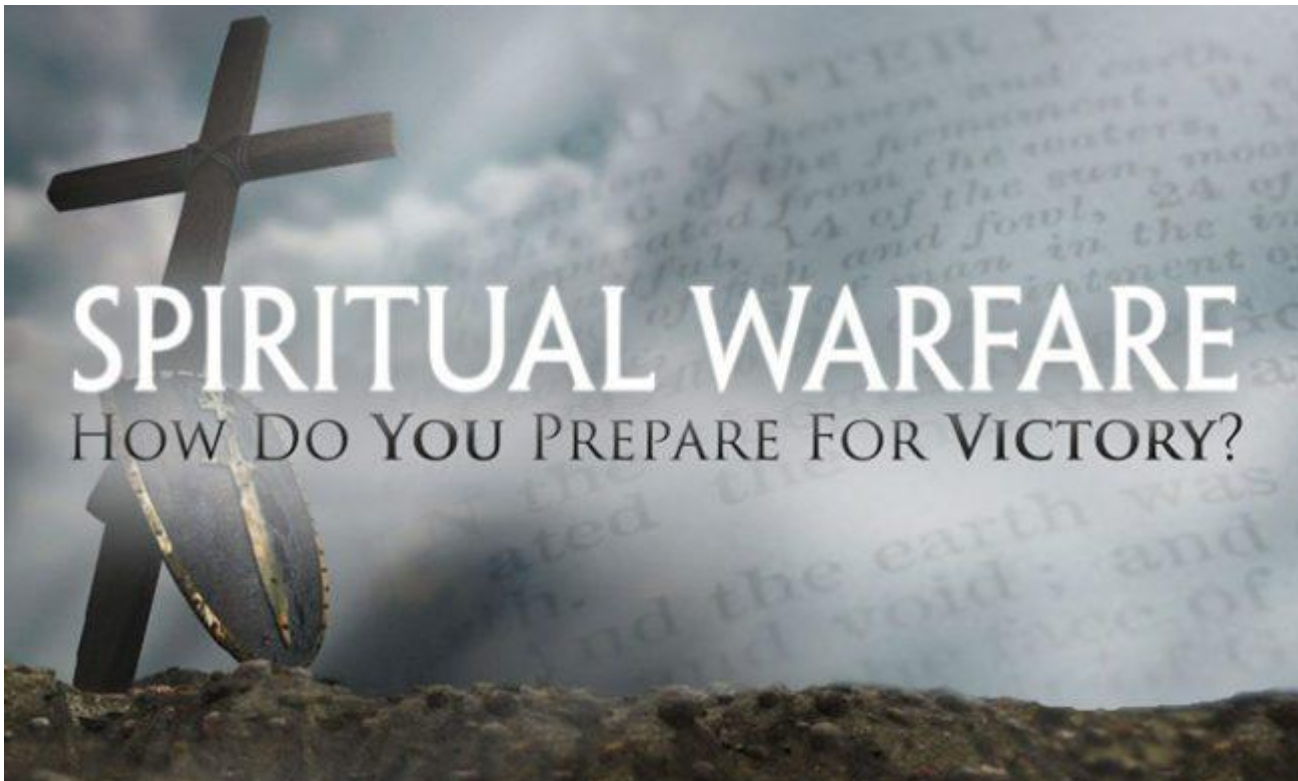
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## [Spiritual Warfare Basics – Attacking Your Worst Sins](#)

Posted: 15 Oct 2017 05:30 AM PDT



If you want to stop backsliding into sin, you need to use your spiritual weapons.

In our prior installment, [How Do I Stop Sinning? Overcoming Your Worst Sins](#), *Beginning And End* detailed a Biblical method for [removing your most pressing sins from your life](#). In this article we will provide another Biblical strategy to truly attacking and conquering the sinful lusts that plague your life the most. If you truly want to stop the sins that you have such a tough time dealing with – the same sins that will make you question how you keep backsliding and committing them over and over again – God’s Word provides a model for resisting the temptation.

### **The Temptation of Jesus Christ In the Wilderness – A Model for Spiritual Warfare**

When The Lord Jesus Christ commenced his earthly ministry, He was immediately tested in a direct confrontation with Satan:

“Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungered. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” – [Matthew 4:1-4](#).

#### ▪ ***The Devil Knows Your Weakness***

Do not doubt for a moment that the war you are in fighting is personal. The Bible calls the Devil a “...a *roaring lion, walketh about, seeking whom he may devour..*” ([1 Peter 5:8](#)). Satan wants to destroy you, your family and your testimony. So, it is no coincidence that you keep encountering situations



that lead you down the same dark road of sin against God. Satan will tempt you where you are weakest. In the case of The Lord, it was no different.

### **Fasting And Prayer – A Mighty Weapon In Spiritual Warfare**



“..appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.” – [Matthew 6:18](#).

Many commentaries on the Matthew 4 account start by noting that Jesus would have been incredibly hungry at that time, making the temptation to supernaturally transform stones to bread that much more difficult to resist. However, while The Lord was indeed hungry, He was spiritually strong after 40 days of fasting. And that is the first weapon seen from this account: fasting and prayer.

Too often we as Christians underestimate the dynamic power of fasting and the commands to do it as clearly stated in Scripture. When the prophet Daniel wanted to repent for the Israelites who were captive in Babylon for 70 years, he fasted:

“And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the Lord my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:” – [Daniel 9:3-5](#).

When Queen Esther had to go before the King of Persia to try and save the Israelites there from a plot to exterminate them all, she told Mordecai that it was time to fast:

“Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish. So Mordecai went his way, and did according to all that Esther had commanded him.” – [Esther 4:16-17](#).

Knowing her life was on the line this courageous woman made sure the proper spiritual preparation was carried out before her mission for God’s people.

Fasting demonstrates your sorrow over your sin. It is a plea to God’s mercy by showing that bread alone will not satisfy or sustain us. It is only God’s Spirit that can bring change and fasting is a humble, remorseful acknowledgment of this truth to the Creator.

Fornication, adultery, racism, pornography, anger, or jealousy are powerful temptations that can leave us feeling ashamed, dejected and hopeless. Have you ever fasted to stop sexual sin in your life? Have you ever fasted to repent for the pain you have caused others because of sins you keep repeating? If you want to break the cycle of sin in your life fast and pray for God’s mercy and strength to no longer be a slave to sinful rebellion.

“Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the Lord your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil. ” – [Joel 2:12-14](#).

## Memorize Targeted Scripture



Memorizing Scripture helps us refocus on God and destroy sinful thoughts.

"Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God." –

**[Matthew 4:5-7.](#)**

At each of the 3 temptations from Satan – The Lord Jesus Christ responded by quoting the Bible. Memorizing Scripture is one of the most powerful ways to build up spiritual strength, focus on God's Word and feed your spirit over your rebellious flesh. But notice that in each challenge The Lord responded to Satan with a verse that specifically addressed the temptation before Him.

If you are serious about removing a sin in your life, memorize the verses of Scripture *about that specific temptation*. Search the Bible for accounts of those believers before us who faced those challenges. There are many online and mobile resources to help you find verses by category or search term and apps that can help you memorize them.

Do you want to stop acting out in anger? Memorize 10 of the **[many verses in Scripture about anger and wrath.](#)** Do you want to cleanse your mind of sinful, perverse thoughts? Fill it with the **[many passages on purity and chastity.](#)** The Book of Ephesians says that when Christians put on their spiritual "armor of God" that you are to carry: "...the sword of the Spirit, which is the word of God." Study and memorize the verses that address your worst temptations and sharpen your sword, Beloved.

### **Do Not Let Pleasing Others Keep You In A Sinful Rut**

Sometimes serving God means missing out on the glory and popularity of the world.

"Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All these things will I give thee, if thou wilt fall

down and worship me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.” – [Matthew 4:8-10](#).

Satan literally offered Jesus the opportunity to rule the world. It was the ultimate diversion tactic – the chance to be King on Earth without going to the cross – which was Christ’s mission. The only way to combat this offer was to see the world with the Heavenly perspective – not the world’s. It is God and God alone we worship, not Satan.

Now we may never have the same offer but know that many eliminating sins in many instances comes with *a social cost*. You may not be able to hang out at the same places or associate with the same people. It may mean you are not as cool or “lit” in the eyes of your friends on social media. It may lead to broken friendships. It may mean ending a sinful intimate relationship. Standing for Christ may lead others to despise you unjustly. And these are the temptations of worldly “glory” the Devil wants to use to keep you in sin.

In these battles, stand on God’s promises. When you are born again with the Spirit of God indwelling you, you are in this world but not of this world. You are here to serve, glorify and magnify the King of Kings, and Lord of Hosts, Jesus Christ. The Precious Redeemer who [saved you from Hell](#). Do not let the peer pressure and worldly benefits hold you back from obeying God. Do not let the opinions of the unsaved scare you into conforming to the world in sinful pride. Use “the shield of faith.”

“Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel?

“And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you. And will be a Father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.” – [2 Corinthians 6:14-17](#).

You can have friends who are unsaved. You can participate in activities with those who are not believers. But do not let their actions, words or views bring you into rebellion against The Lord.

### **Fight the Good Fight Against Your Sin**



You are never alone in your fight against sinful temptation.

“Then the devil leaveth him, and, behold, angels came and ministered unto him.” – [Matthew 4:11](#).

In all these struggles, remember that you are not alone. God will be there to strengthen you and comfort you. But it is our task as believers to give God space in our lives for His Spirit to work and bring the change we need. To be our strength, when we are weak. If you are sorry for your sin – repent. Fast and pray, study your Bible and commit to heart and live with the faith and perspective of a child of God and not the world.

“Submit yourselves therefore to God. Resist the devil, and he will flee from you.” – [James 4:7](#).

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Footnote  
by  
Ron Lagerquist

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# War on the Saints

by Jessie Penn-Lewis, with Evan Roberts

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## How Do I Stop Sinning? Overcoming Your Worst Sins

June 2, 2013 By [Beginning and End 3 Comments](#)

We cannot stop sins on our own. But through Jesus Christ all things are possible.

**Why Do I Keep Sinning? How Do I Stop Sexual Sin? What Are Ways to Stop Backsliding?**

**Overcoming Your Worst Sins The Biblical Way**



# SINNING

These are all valid questions that Christians face. No matter where you live, your age or your background, all Christians will be tried and tested with sin in their lives. Living in a world full of sinful temptation makes the battle for Christian purity that much tougher. But the Bible of course, holds the solution to battling and in some cases, eliminating certain sins in your life. This article will

explore one of the methods to overcoming your worst sins and keeping them away for good.

The story of King Josiah is a remarkable account of spiritual revival and re-dedication to God in a time of deep sin. Josiah, who became King of Judah at age 8 after his father King Amon was assassinated, led a sinful nation back to holy living and a right relationship with the Lord. Through his actions, a pattern emerges that every Christian can apply to help overcome sin.

### Know Your Condition

“for the Lord seeth not as man seeth; for man looketh on the outward appearance, but the Lord looketh on the heart.” – 1 Samuel 16:7.

Josiah's grandfather, King Manasseh, was one of the worst, most wicked Israelite kings of all time. The king was the spiritual leader of the nation and Manasseh's reign was one of the lowest points for pure evil, rebellion and satanic behavior:

And [King Manasseh] did that which was evil in the sight of the LORD, after the abominations of the heathen, whom the LORD cast out before the children of Israel. For he built up again the high places which Hezekiah his father had destroyed; and he reared up altars for Baal, and made a grove, as did Ahab king of Israel; and worshipped all the host of heaven, and served them.



And he built altars in the house of the LORD, of which the LORD said, In Jerusalem will I put my name. And he built altars for all the host of heaven in the two courts of the house of the LORD. And he made his son pass through the fire, and observed times, and used enchantments, and dealt with familiar spirits and wizards: he wrought much wickedness in the sight of the LORD, to provoke him to anger. And he set a graven image of the grove that he had made in the house, of which the LORD said to David, and

to Solomon his son, In this house, and in Jerusalem, which I have chosen out of all tribes of Israel, will I put my name for ever: – [2 Kings 21:2-7](#).

This list is staggering for the amount of evil Manasseh had fallen into. He built altars of worship to the false gods of the Canaanites, Israel's enemies. He worshiped Baal, one of the chief pagan gods of that time. In the temple of God, the holiest place in all of the world, he set up altars to worship demons and fallen angels. The King consulted with wizards and communicated with "familiar spirits", which were demons that impersonated the dead. He even took a graven image of a false god and placed it inside the temple, the very place where God Himself would reveal His presence once a year. On top of all this, Scripture tells us that he performed an occult ritual sacrifice of his own son, causing him to "pass through the fire" or burning his child alive as an offering to a pagan god. This man's evil is stunning and the Bible says he **"led the nation"** in performing evil.

Amon, the son of Manasseh, continued all of the evil of his father and reigned only 2 years before being assassinated. And this was the state of the Kingdom of Judah when Josiah took the throne. God's chosen people, the Israelites, had fallen deep into rebellion. And this is a picture of how far a Christian can fall today. Thought a Christian is not committing the same sins as Manasseh, they can fall into rebellion from the "small sins" in life. **The first step to stopping sin is to recognize it.** Lying, stealing, being covetous and blasphemy are all evil in the sight of the Lord just as worshiping a pagan god. Sexual sins – whether it be pre-marital sex, watching pornography, adultery or lusting for another person who is not your spouse, are all sins that are can pull a person into a feeling of

addictive behavior, where it seems like there is no way to stop the urges to disobey the Lord.

The internet can be a gateway to sinful temptation.

The Bible says with regards to sexual sin: **Flee fornication.** Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body. What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? – [1 Corinthians 6:18-19](#).

If you are a born again Christian, your body is literally the temple for the Holy Ghost, who you received at the moment you believed in the Lord Jesus Christ. Notice that the the Apostle Paul explains this concept in the context of sexual sin. Fornication, which is sexual activity outside of marriage, is just as sacrilegious and disrespectful to the temple of God as Manasseh setting up satanic altars. How have you treated the temple of the Holy Ghost? Have you protected your body from sin? Have you kept it pure from demonic and satanic influence? Have you kept your eyes and mind away from sinful sexual imagery and thoughts? Have you used your body to seduce others into evil? We all have committed these sins in one form or another. So understand that The Lord sees this as pure rebellion against Him and will judge any Christian who is committing such sin. Thankfully,



Scripture provides an example in King Josiah of how to get out of this sinful state.

### **Put your focus on The Lord**

Getting deeper into God's Word will help avoid sin.

And [King Josiah] **did that which was right in the sight of the LORD**, and walked in all the way of David his father, and turned not aside to the right hand or to the left. And it came to pass in the eighteenth year of king

Josiah, that the king sent Shaphan the son of Azaliah, the son of Meshullam, the scribe, to the house of the LORD, saying, Go up to Hilkiah the high priest, that he may sum the silver which is brought into the house of the LORD, which the keepers of the door have gathered of the people: And let them deliver it into the hand of the doers of the work, that have the oversight of the house of the LORD: **and let them give it to the doers of the work which is in the house of the LORD, to repair the breaches of the house..** – [2 Kings 22:2-5](#).

Despite the rampant sin around him, Josiah was seeking God. He walked “**in all the way of David his father**”, meaning he was not going to serve false gods, but only worship the true and Living God of the Bible. And he wanted to repair the temple, that had been neglected and damaged over the years of his father's and grandfather's reign. In order to overcome sin, a Christian has to acknowledge it and have a heart to get right with God. If you are reading this article, that is a sign that you want to remove sin from your life. [B&E: And this article is specifically for those who are **born-again Christian believers**, whose sins, past, present and future are already forgiven. If you are not 100% sure that you are going to Heaven when you die, [please see our Gospel page first](#)].

### Repent



Confess your sins to God and pray for His Spirit to continue to work in your life.

And Hilkiah the high priest said unto Shaphan the scribe, I have found the book of the law in the house of the LORD. And Hilkiah gave the book to Shaphan, and he read it... And Shaphan the scribe shewed the king, saying, Hilkiah the priest hath

delivered me a book. And Shaphan read it before the king. And it came to pass, **when the king had heard the words of the book of the law, that he rent his clothes.** And the king commanded Hilkiah the priest, and Ahikam the son of Shaphan, and Achbor the son of Michaiah, and Shaphan the scribe, and Asahiah a servant of the king's, saying, Go ye, enquire of the LORD for me, and for the people, and for all Judah, concerning the words of this book that is found: **for great is the wrath of the LORD that is kindled against us**, because our fathers have not hearkened unto the words of this book, to do according unto all that which is written concerning us. — [2 Kings: 22:6-13](#).

The Kingdom was so far gone into sin that “**the book of the law**”, the first 5 books of the Bible (which was the entire Bible for Jews at that point in history) was lost! There were no Bibles in use at all in the Kingdom of Judah. The High Priest happened to find a copy of one during the temple reconstruction project. Josiah at this point was 23 years old and had never even read the actual words of the Bible. But when he heard it, **he immediately repented**. He understood just how sinful the nation had been and how much of God's wrath was kindled against them. Where there is sin, there must be repentance. Do not hesitate to get into prayer and confess your sins to God.

Scripture is clear: “**If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.**” ([1 John 1:8-9](#)).

Frequent, repeated sin is almost always a sign of lack of time spent in Scripture and prayer. Some Christians have several Bibles in their home, but without reading them regularly, the “book of the law” is just as lost as it was in the days of Josiah. Commit to daily Scripture reading as a way to strengthen your walk, prepare your mind for battling temptation and to increase your faith. As the Book of Romans says: “**So then faith cometh by hearing, and hearing by the word of God.**” ([Romans 10:17](#)). **You cannot change your behavior on your own.** Every person, Christian included, has a sin nature that continues to desire sin as long as we are in our earthly flesh. But it is The Lord who has changed you through faith in Jesus Christ and will continue to work on you through the presence of the Holy Spirit within you.

The refining of a Christian is a *supernatural process* and trying to use “willpower” or “determination” alone will lead to failure. It is The Lord who works change in us and seeking Him daily is essential to living for Him. Jesus Christ taught: “**the words that I speak unto you, they are spirit, and they are**



**life.”** ([John 6:63](#)). Fill yourself with God’s Spirit! Reading the Bible daily and praying several times a day make it very, very hard to live a wild life of constant sinful rebellion. It is God’s Word that will increase your faith, convict you of sin and bring you to repentance and seeking forgiveness from The Lord.

Now some people at this point may say *“I do these things. I acknowledge my sin. I truly feel bad when I commit them and I confess them to God. But yet, I still fall back into the same old sinful habits.”* Well beloved, understand, that Josiah was just getting started in his battle against sinful rebellion and so are you.



### **Commit To Live Holy**

Removing sinful behavior from our lives is our reasonable service.

And the king sent, and they gathered unto him all the elders of Judah and of Jerusalem. And the king went up into the house of the LORD, and all the men of Judah and all the inhabitants of Jerusalem with him, and the priests, and the prophets, and all the people, both small and great: and he read in their ears all the words of the book of the covenant which was found in the house of the LORD. And the king

stood by a pillar, and made a covenant before the LORD, to walk after the LORD, and to keep his commandments and his testimonies and his statutes with all their heart and all their soul, to perform the words of this covenant that were written in this book. And all the people stood to the covenant. And the king commanded Hilkiah the high priest, and the priests of the second order, and the keepers of the door, to bring forth out of the temple of the LORD all the vessels that were made for Baal, and for the grove, and for all the host of heaven: **and he burned them without Jerusalem in the fields of Kidron, and carried the ashes of them unto Bethel.** -[2 Kings 23:1-4](#).

Josiah made a commitment to live for God and stop the cycle of sinful rebellion that was plaguing the nation. And the foundation of that was The Word of God. The King gathered the entire nation and read them the Bible as the opening of his pledge to lead the people in living for The Lord. Notice he did not make the commitment in private. He made it publicly. Are you ready to stop sinning? Tell people. You do not have to tell them all of your business, but you should let your family and friends know that you have committed to living holier and no longer sinning in the ways you have in the past.

This not only holds you accountable to those around you, it is a way to serve as a [witness of the Gospel of Jesus Christ](#). As a Christian, your life is your testimony. How you live can affect the ways those around you see the Christian faith. What do those close to see as your Christian testimony? Josiah followed up his commitment by destroying the vessels made to false gods that were in the temple. This is yet another challenging aspect of overcoming sin. Whatever objects in your life that help contribute to your sinful behavior need to be removed from your life. If it is sinful music or DVDs, throw them away. If they are pornographic or inappropriate websites, have someone place a password-coded filter on your computer that can block the websites you do not want to go too (or just remove the electronics altogether). If your temptation is New Age books or occult-themed entertainment, get rid of them. It may be alcohol or drugs which may require more intense methods such as a hospital or rehabilitation center, but the first step is getting rid of your “supply.”

Similarly, if there are places that lead you into more temptation, whether it is a strip club, a certain person’s home, parties, the shopping mall, Facebook, a bar or night club, then cease from them.

Galatians 5 explains how critical this spiritual battle is to the Christian life:

For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. But if ye be led of the Spirit, ye are not under the law. Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as



I have also told you in time past, **that they which do such things shall not inherit the kingdom of God...** And they that are Christ's have crucified the flesh with the affections and lusts. – [Galatians 5:17-24](#).

As long as we are still in our sinful flesh bodies, we have a constant war between our born again Spirit, which only seeks to serve God and the sinful lust that remains in us. And if you are of Christ, the command is to **“crucify the flesh”** – or in other words, destroy the sinful ways in your life. But notice that same verse commands the crucifying of the **“affections and lusts”** as well. And this is where more of a challenge comes in – are you ready to stop sinning backsliding? Do you really desire it enough to stop going to the places that lead you into sin? This is what the Bible commands Christians to do who want to live after the Spirit and not the flesh.

Living for God is not just about resisting temptation to sin – it is also about avoiding the temptation altogether. 2 Corinthians 10 says: **“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds. Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ;”** The easiest way to get rid of sinful imaginations and bring your thoughts to be more Christ-like is to find the things that are defiling the temple that is your body and remove them from your life.

This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. – [Galatians 5:16](#).

### **Get Rid of Your Idolatrous Priests**

Certain friends are always ready to lead you back into sinful behavior.

And he brought out the grove from the house of the LORD, without Jerusalem, unto the brook Kidron, and burned it at the brook Kidron, and stamped it small to powder, and cast the powder thereof upon the graves of the children of the people....**And he put down the idolatrous priests**, whom the kings of Judah had ordained to burn incense in the high places in the cities of Judah, and in the places round about Jerusalem; them also that burned incense unto Baal, to the sun, and to the moon, and to the planets, and to all the host of heaven...And he slew all the priests of the high places that were there upon the altars, and burned men's bones upon them, and returned to Jerusalem...

Moreover the workers with familiar spirits, and the wizards, and the images, and the idols, and all the abominations that were spied in the land of Judah and in Jerusalem, **did Josiah put away, that he might perform the words of the law which were written in the book that Hilkiah the priest found in the house of the LORD.** – [2 Kings 23:3-24](#).

Many of the toughest sins to overcome involve other people. Whether it is a someone from a relationship that involves fornication, friends who lead you into sinful behavior, someone you enjoy gossiping about others with or maybe fellow gang members, there is no shortage of people in one's life who can serve to pull you away from following the Lord Jesus Christ and instead serving sin. There are even people you may not speak to who lead you into sinful thoughts whether they be sexual, feelings of envy, racist hatred or mockery. King Josiah was well aware of the many people who were assisting Satan in providing temptation into evil and made it his mission to remove every last person who was leading the nation into sinful rebellion and idolatry. This was not a casual effort. Josiah traveled the nation removing and in some cases killing those wicked priests. And this of course is an example for our own lives, that while we should not harm anyone who leads us into sin, we should certainly no longer have them as major factors in our lives.

Again, the question arises: are you serious about overcoming your worst sins? If so, then the people in your life who participate, contribute or help lead you into rebellion against God should not be so influential in your life. If this sounds extreme, it should be loved. Look at the extreme lengths that Josiah went to in order to reconcile his nation back to God and end the downward spiral of sin. Friends can be a major influence in leading a Christian into rebellion. So if they are a major source of continuing in your worst sins, limit the interaction with those people. Share [the Gospel](#) with those friends and let them know you have no desire to participate in those sinful acts with them anymore. If the pressure from those friends is too great to bear, then cease from spending time with them.

In some cases you do not have to, or sometimes cannot, disassociate with people. If there is a family member who you are angered with, cannot stand or leads you into sin, reconcile with them. If this is not possible at present, then try to limit interaction with that person. If it is your own spouse that is driving you to extreme anger, bitterness and resentment, **forgive them**. God has forgiven you for all of your worst, most evil sins and thoughts, without condition. And you are to forgive in a similar fashion. Ephesians 4 says: ***“If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; And be renewed in the spirit of your mind; And that ye put on the new man, which after God is created in righteousness and true holiness... Be ye angry, and sin not: let not the sun go down upon your wrath: Neither give place to the devil.”*** The things or people who arouse sinful desires in us are “places” for the Enemy to gain a foothold and introduce more temptation to commit that sin. The reader would do well to remove them to the best extent possible.

If you are in a sinful dating relationship and think: *“I love my girlfriend/boyfriend. How am I supposed to just end our relationship?”*, there is a simple solution: marry them. The Bible says: ***“Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband...for it is better to marry than to burn.”*** ([1 Corinthians 7](#)). If you are so attached to a person who you are in a sinful sexual relationship with, the Bible commands you to get married. If you are not ready to marry that person, then you are just using the relationship to serve your own rebellious lusts and it should be ended if it cannot be kept holy (as in dating without fornication). Jesus Christ said: ***“He that loveth father or mother more than me is not worthy of me: and he that loveth son or daughter more than me is not worthy of me. And he that taketh not his cross, and followeth after me, is not worthy of me.”*** ([Matthew 10:37](#)). Putting relationships with people who lead you into sinful behavior over your relationship with the Lord and Savior Jesus Christ is on par with **not** taking up your cross to follow Him. So again, the question is, are you serious about overcoming your sin? If the answer is yes, the steps from Scripture are clear.

### **Call Upon The Lord**

“I sought the Lord, and he heard me, and delivered me from all my fears...This poor man cried, and the Lord heard him, and saved him out of all his troubles. The angel of the Lord encampeth round about them that fear him, and delivereth them.” – [Psalm 34:4-7](#).

When you find the temptations of challenging sins returning, call upon the name of Jesus Christ. Pray to God for help with that specific sin in your time of testing. [1 Corinthians 10 says](#): ***“There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.”*** In any sinful temptation that seems too hard to resist, pray to The Lord for that escape at the time you are experiencing the temptation. King David, after falling deep into the sin of adultery and murder said: ***“Create in me a clean heart, O God; and renew a right spirit within me.”*** Pray for a right spirit when Satan challenges you.

### **The Blessing**

“[God] he is a rewarder of them that diligently seek him.” – Hebrews 11:6.

Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the LORD; and in his law doth he meditate day and night. –[Psalm 1:1-2](#).

When a man's ways please the LORD, he maketh even his enemies to be at peace with him. – [Proverbs 16:7](#).

Thus saith the LORD God of Israel, As touching the words which thou hast heard; Because thine heart {Josiah} was tender, and thou hast humbled thyself before the LORD, when thou heardest what I spake against this place, and against the inhabitants thereof, that they should become a desolation and a curse, and hast rent thy clothes, and wept before me; I also have heard thee, saith the LORD.  
– [2 Kings 22:8-9](#).

The Kingdom of Judah was so far gone into sin, that God had declared a judgment against them to punish the people for their evil. However, because of Josiah's amazing efforts to cleanse the nation of its sin and remove the places of evil in the land, The Lord provided a reprieve of His judgment for the entire life of the young King. The entire nation was spared God's wrath for years, providing more people time to repent. Christians today can avoid the chastening of God by living for Him and showing how serious you are about removing the worst, most difficult sins in your lives. Jesus Christ [said](#): ***"If the Son therefore shall make you free, ye shall be free indeed."*** You can be freed from the bondage of sin. You can conquer lustful desires. But it is done through the power of Jesus Christ. And in your efforts, you will continue to be blessed by The Lord.

There is no sure-fire way to remove **all** the sins in your life. The account of Josiah is just one of many examples in Scripture that show that individual sins can be conquered. Before being saved, the Apostle Paul spent years hunting down Christians, delivering them for punishment and execution. And it took one encounter with Jesus Christ to bring that horrible sin to an end. The Apostle Peter denied even knowing who Jesus Christ was three times and then went on to proclaim the name of Christ to the point that he was killed for being so outspoken. Did they ever sin again? Of course. The great men and women of the Bible were just human beings going through the same daily fight against sin like we all do. But through Jesus Christ they did overcome certain sins and were blessed for deciding to live for God over living for the world. God will bless you for committing yourself to battle against sins that are plaguing you. And while every Christian (this author included) will continue to sin as long as we are alive in these earthly bodies, we can trust and know that God will forgive us and give us strength and faith to fight even harder.

<http://beginningandend.com/how-do-i-stop-sinning-overcoming-your-worst-sins/>

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