

31 & Horny

**Written By
Hephzibah Frances**

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31 & Horny

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DEDICATION

To everyone aiming to please God with their sexuality.

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REVIEWS

31 & Horny is a brave and unapologetic dive into the challenges of being a Christian single navigating sexual purity. It stands out for its vulnerability and its willingness to tackle difficult topics head-on, making it a valuable resource for anyone looking for support in their purity journey. By anchoring her story in scripture and sharing practical, heartfelt advice, Hephzibah Frances offers a lifeline to those struggling with similar issues, showing them that they are not alone, and that with faith, it's possible to overcome even the strongest temptations.

-Joyce Kakii

Nakuru, Kenya

INTRODUCTION

The title of this book came to me right in the middle of a heightened sexual desire/temptation. I was in bed, alone in the room, while on a mission trip for God no less, and again, feeling the familiar feeling of heightened sexual urge.

“Lord help me” was my constant cry at this point because this was crazy! My body was not listening to me!

It wanted to be gratified sexually, but here I was not yet married. What was I to do? In that moment of temptation, this title came to me.

Now, God usually gives me my books through different forms. Sometimes I “hear” a book title as I did this one. I would know it didn't originate from me because it wasn't something I was ordinarily thinking of in that moment. I knew that God had birthed something that could help others from my own struggles.

The first time I posted the title of this book, here is one of the responses I received:

It's the audaciousness for me. The boldness to talk about this aspect of waiting that many church folks shy away from. Past couple of months, I've found myself telling God.

'Lord, you're the one who said it's better to marry than burn. Well lord, this flame is getting hotter.'

Thanks for always being a willing and ready voice, instant in and out of season.

It is well.

Trusting God to keep on upholding. It is not easy. Some days are harder than others.

But thanks be to God. He only is able to keep us from falling.

.....

I knew that this was just one of the demographic of people God wanted to reach with this book. We are not strangers to our struggles; we are all men and women with similar callings and temptations.

And what and how God has helped one can be used to help all.

31 & Horny is the age at which the most sexual temptations came to me. Especially after a relationship I thought would lead to marriage broke up. The sexual urges were intense because I was ready for marriage. *I'm ready Lord... I'm ready. Help me!*

I hope that what you read in this book would help you stay strong on your purity journey while you wait.

Hephzibah Frances

Wednesday, August 14th 2024

Kigali, Rwanda

HOW TO READ THIS BOOK

This book will be written in journal form, with me simply journaling my thoughts as I navigate managing sexual urges as a Christian single.

These journals are truthful, honest and raw, written just the way I felt with God in each situation. My prayer is that you feel seen and located in your particular circumstance. That you hear God's voice clearly speaking to you through it, that you gain direction and what to do to escape from sexual temptation and that you arrive wholesome and whole in your marriage bed without blight. This is my desire for writing this book.

As you read each journal entry, some will make you laugh, some will make you cry, some will make you pray and some will make you repent and re-dedicate the sexual aspect of your life to God. You can also take a journal to journal your thoughts through your journey through this journal.

Immerse yourself in it; do not read it like a story but as a journal that contains your own story. This is your story. This is

my story. This is our story of how God helps us live sexually pure as horny Christian singles in this 21st century.

Enjoy!

I Corinthians 10:13 NKJV

[13] No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

ENTRY ONE

Hebrews 12:3-4 NKJV

[3] For consider Him who endured such hostility from sinners against Himself, lest you become weary and discouraged in your souls. [4] You have not yet resisted to bloodshed, striving against sin.

It's no news that I recently got engaged. That is good news... but I got engaged at a time when I was already struggling with being horny, and I love this guy!

The both of us are drawn to one another like moths to a flame. How will this work??

The funniest episode of us resisting sexual sin was a particular night I actually ran from him, I mean literally. I tucked my cloak in like Elijah and did an Usain Bolt, running from this man that I loved because the temptation was intense. Both of us were so weak at the moment and I couldn't think of anything else to do but to run away from him.

I can imagine God looking at us and laughing but also applauding us because we really didn't want to defile our marriage bed. Even though we were and are crazy attracted to

each other, we wanted our marriage bed to be pure, we wanted God to be glorified with our story and if running away like a chicken was what would keep us at this time, then so be it.

After all, I had not resisted sin to blood shed like our Lord Jesus Christ, all I did was Flee!

ENTRY TWO

Hebrews 13:4 NKJV

[4] Marriage is honorable among all, and the bed undefiled; but fornicators and adulterers God will judge.

Actually, one of the things I had in my head as I “flew” from my fiancé was this scripture above. Oh boy, as I was looking at him and this thing was seeming to be “*water passing garri*” beyond me/us, I was hearing this scripture.

Marriage is honorable, bed undefiled.

God, we don't want to defile our bed. We want to honor you, help us!

God had connected us together, and helped us to be joined as His will for one another, how can we do this thing and sin against God? We did not want to spoil our testimony, even though no one would know.

We wanted to honor God and God's help to me at that time was scripture. I heard it in my ear “marriage is honorable, bed undefiled”. I believe this was one of the reasons that gave me strength to Flee!

ENTRY THREE

1 Thessalonians 4:3-8 ESV

[3] For this is the will of God, your sanctification: that you abstain from sexual immorality; [4] that each one of you know how to control his own body in holiness and honor, [5] not in the passion of lust like the Gentiles who do not know God; [6] that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. [7] For God has not called us for impurity, but in holiness. [8] Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.

I looked at my beloved as he lay there muttering and asked him “what are you doing?”.

His response was “I am praying for self-control”.

And he was serious about it!!!

We still laugh about this till this day!

This man was literally so tied up in temptation he needed God's help and was praying for it right in the midst of *konji!!!!*
Oh boy! Oh boy, God gave me a good one!

But apart from the laughter, his way of escape that night was literally prayer while for me it was running away from him, for him he had to reach deep down pleading with God for help. *Lord give me self-control* was his prayer.

We have seen things in this struggle against *horniness* but God has also provided a way of escape every time so long as our genuine desire has always been to honor and please him with our bodies and sexuality and not to fit in with the world.

Konji means sexual need piled up without being satisfied.

ENTRY FOUR

Hebrews 4:14-16 TPT

[14] So then, we must cling in faith to all we know to be true. For we have a magnificent King-Priest, Jesus Christ, the Son of God, who rose into the heavenly realm for us, and now sympathizes with us in our frailty. [15] He understands humanity, for as a man, our magnificent King-Priest was tempted in every way just as we are, and conquered sin. [16] So now we draw near freely and boldly to where grace is enthroned, to receive mercy's kiss and discover the grace we urgently need to strengthen us in our time of weakness.

19th July 2024

On this day I ran into the washroom as the temptation to touch myself was so intense. I sat there as I talked to God; not really in prayer language but just talking to Him as I begged Him that I didn't want to do this. I didn't want to touch myself. I didn't want to masturbate. My body was doing me crazy but please Lord help me. Help me. Help me. I don't want this...I do not want to be sexually immoral... I want to please and honor you with my body.

As I talked to God and stepped out of that washroom, I felt strangely the need to praise and give God thanks. It felt like heaven was happy about something. I didn't know what it was but I gave thanks anyway. The next day I met the man who is now going to be my husband (you can read our story in “the selection of a kingdom spouse, my story [here on amazon or get a copy of “The selection process for a kingdom spouse” wherever books are sold where you are](#)).

I don't know if my prayers had anything to do with how speed tracked everything was but I do know that God is in touch with our feelings and emotions. He knows what we are feeling, He knows we need a man or a woman to be able to very well discharge the sexual tension we feel. I have found that hiding nothing from God helps me to no end in being able to stay sexually pure.

God is helping us.

ENTRY FIVE

Ephesians 2:4 ESV

[4] But God, being rich in mercy, ...

That day I was pushed so much as to begin to masturbate. I didn't want to but my sexual urges had grown to an exponential high after the relationship that was supposed to end in marriage came to a shattering end. I was healing but also left with the multiple opening of emotions the relationship had brought including sexual emotions.

A time would come where I would literally have to pin my hands on the bed, holding my hand with my other hand in a bid not to touch myself, while grinding my teeth and asking God to help me, help me! This was crazy! I was struggling against (sexual) sin in a way that I never had before!

That day I actually attempted to touch myself, but each so-called pleasure was filled with guilt.

The next morning, I woke up with these words from Ephesians streaming through my ears, whispered by the Holy Spirit of course... “but God who is rich in mercy... the next direct thing from waking up after the kind of night I had had

would have been condemnation but I remember crying out to God even in the midst of that temptation for help and here was God's help to me with His word; ***“I am rich in mercy”***.

The truth was I was really struggling at this time with sexual temptation. Sex was taken out of the equation but masturbation was a constant temptation. Most times I would attempt to begin and then cry to God for help. His help today to me was telling me ***“I am rich in mercy”. No guilt Hephzibah, no condemnation. I am rich in mercy.***

Looking back now I realize I really was living in God's mercy at that time because my body was so weak, it was unreal. I had never had to deal with massive sexual temptation this way in years. As much as I was confused, I needed God's help and God's help to me that day was **His mercy**.

It wasn't mercy to indulge in sin, I believe it was mercy to help me in my weakness because every time masturbation was about to begin or something, something would happen to stop me. Whether it was holding my hands myself and grinding my teeth while I prayed for God to help me or a phone call out of nowhere, God's mercy was not just for me to commit sin; it was keeping me away from sin.

ENTRY SIX

1 Corinthians 10:13 AMP

[13] No temptation [regardless of its source] has overtaken or enticed you that is not common to human experience [nor is any temptation unusual or beyond human resistance]; but God is faithful [to His word—He is compassionate and trustworthy], and He will not let you be tempted beyond your ability [to resist], but along with the temptation He [has in the past and is now and] will [always] provide the way out as well, so that you will be able to endure it [without yielding, and will overcome temptation with joy].

It was a weekday, and once again, I was facing temptation at night.

Almost every time the temptations came full force at this point would be at night. This night as I went through what I was going through, a bit intensely if I may add, trying to fight it and fight back, albeit almost falling totally into this pit of masturbation, my phone rang. It was a lady who had been following my ministry for some time. She was calling as regards counsel for deliverance from something and the

scripture the Holy Spirit had speaking through my lips for her was:

John 8:36 NKJV

[36] Therefore if the Son makes you free, you shall be free indeed.

Jesus had delivered me from pornography and masturbation through the word of God in 2014. Now in 2024 this demon was trying to come back in full force over my life. I was speaking and counseling this woman on the phone but I KNEW it was God also speaking to me through my own lips and a God intervention to help me escape from the sin that was lurking at my door that night. God had made a way of escape for me and what a way of escape it was!

A reminder that He had set me free and I was free indeed and forever free, albeit cloaked in a ministry service to another. This our God is amazing!

John 8:36 AMPC

[36] So if the Son liberates you [makes you free men], then you are really and unquestionably free.

ENTRY SEVEN

1 Corinthians 7:9 AMPC

[9] But if they have not self-control (restraint of their passions), they should marry. For it is better to marry than to be aflame [with passion and tortured continually with ungratified desire].

Shortly before I met my husband, I was again confronted with *konji* so bad, it had me talking to God about it!

I went into the bathroom and I just talked to God; I talked and talked and talked about all I was struggling with. I don't specifically remember if I told Him I needed a husband or not but I remember coming out of the bathroom to a weird kind of joy I could sense in my spirit. In Fact, I came out to the Spirit of God just leading me to say “thank you, thank you” to God. And that I said over and over and over again. I could feel the joy of the Spirit of God within me. Two days later, I met my husband.

We can deduce from this that God was hearing the cry of this 31 & horny single believer who wanted to do things right but was burning with passion. God I need a husband to quench this fire within me.

Apart from needing a husband to walk the destiny journey with me, a husband is also needed for me to be able to righteously quench my sexual desire. I believe God saw all of

these and factored them into the equation... because how can I explain crying out to God concerning the horniness I was feeling and the response of heaven to me being thanksgiving and then two days later me meeting my husband.

Who could have done this but the Lord?

The one who hears the cry of the horny singles?

ENTRY EIGHT

Genesis 2:18 NLT

[18] Then the Lord God said, "It is not good for the man to be alone. I will make a helper who is just right for him."

It's all in the equation.

I just got off the phone from my husband talking about when he met me and how he was checking me out from the aspect of him being a man and not just as a man of God. My husband is an ordained reverend and we were bantering about how we first met and he was getting to know me but didn't want to release his full intention early on. He said he was checking me out from every direction; from the calling direction to the spec and body direction etc etc. 😊 He said if you remove 'of God' from 'man of God,' you have just a 'man.'

A man has emotions, feelings, attractions etc. So even as he checked the spirituality and calling alignment (my husband is an evangelist) he also checked the physical attraction aspect because Adam knowing his wife in Genesis 4:1 was literally Adam having sex with his wife so it's all in the equation.

I laughed! But he is so right.

I feel like, from my relationship with my husband, when God does what He does by bringing two people together in a marriage relationship, He thinks of everything. He thinks of their calling and assignment together but He also thinks of their attraction and sexual draw to one another. A man has to like and be attracted to this woman he would spend the rest of his life with and likewise her. You would need to be revved up and excited about having sex with your spouse. Luckily God thinks of everything in the equation so He also places that chemistry, draw and attraction to one another physically - at least that's what I have experienced with my husband.

All this is to say that God is the creator of passion who just didn't create sex for procreation but also for pleasure, oneness and bonds shared through a man and woman coming together in this deep intimacy called sex within their marriage bed. What an awesome God we serve!

He is factoring your husband or wife into the equation of your sexual desires being satisfied in your marriage bed right now!

Praise the Lord with me ohhh!!!

ENTRY NINE

II Timothy 2:13 NKJV

[13] If we are faithless, He remains faithful; He cannot deny Himself.

I told my fiancé this story of how before I met him, I had one relationship with my ex that could easily have gone haywire sexual purity wise but for the Lord.

Here is what happened...

You can read how I met and knew God was giving me go ahead to be in a relationship with this ex in series three of the diary of a single lady ready to be married [here on amazon](#).



So we met up at Ghana and had both agreed nothing sex wise will be happening between us. I believed this guy was on the same page with me until in the heat of passion (we had done

things we shouldn't have) he started pressuring me for sex. I just couldn't do God dirty like that. I couldn't. I just couldn't. But one particular circumstance rings true on how shit would have hit the roof but for God. But for God. Nothing could happen. I mean nothing could happen. I don't know what God did. But nothing could happen! God protected me from having sex with this guy when I couldn't protect myself. God kept covenant with me when I was too weak to keep covenant with Him. Indeed, the flesh is weak. So weak. Even for a Christian who is on fire for God, the flesh is weak!

This incidence is what made me realize that the years of building a relationship with God isn't a waste. That those decisions we made and took with God to walk in sexual purity before Him were heard, written and acted on in heaven. That the help of God is real. That God Himself can literally keep a man from falling.

ENTRY TEN

Let Hephzibah stand and not fall

Jude 1:24-25 GNT

[24] To him who is able to keep you from falling and to bring you faultless and joyful before his glorious presence— [25] to the only God our Savior, through Jesus Christ our Lord, be glory, majesty, might, and authority, from all ages past, and now, and forever and ever! Amen.

The day God brought me out of the above situation from which I almost fell, these were His words to me ***“Let Hephzibah stand and not fall”***.

Forever, I will never relate to this scripture on a surface level again.

God is actually able to keep us from falling.

ENTRY ELEVEN

1 Corinthians 7:9 TPT

[9] But if you have no power over your passions, then you should go ahead and marry, for marriage is far better than a continual battle with lust.

The first time I saw this scripture in a new way was when I was struggling with sexual temptation so bad at the relationship that didn't make it to marriage. I think at the time we had dated for a few weeks or so and were drawing closer and closer long distance. I was attracted to this guy the first time I met him and now the relationship just brought the attraction to the fore in a way that was unbearable. Actually God told a brother who called me during this period to pray for me that I would keep my sexuality under God I really needed that prayer.

But here's the thing, we were preparing to marry and preparing a bit quick also. In the midst of this, one day as I prayed for God to help me keep my sexuality in check before marriage, I heard the scripture up there; "it is better to marry than to burn" ... meaning God was giving go ahead to those who were having a hard time burning with sexual desire, to go and marry. Go and get married. It's better to be married than

to be suffering with sexual desire that cannot be quenched. There's nothing wrong with asking God to speed track your wedding plan if you are in a relationship. You don't want to sin against Him and want your marriage bed pure, He says yes, then go and marry!

1 Corinthians 7:1-6 MSG

[1] Now, getting down to the questions you asked in your letter to me. First, Is it a good thing to have sexual relations? [2-6] Certainly—but only within a certain context. It's good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder.

This was fully my intention with God's pleasure, go and marry, but for that relationship breaking when it did. But yes, if you are here and in a relationship, struggling with heightened sexual desires and this person is the one God has for you? Both of you by all means expedite your marriage plans and go and marry! You sin not when you do that.

ENTRY TWELVE

You saved me, you saved me, and I will never leave your love

-Upperroom worship

In a time of deep sexual temptation, I had this dream where I was standing in front of a crowd, Theophilus Sunday was on the keyboard and I was singing the song above. *You saved me, you saved me and I will never leave your love...*

It was a time of deep warfare where satan wanted me to engage in premarital sex so bad. I would have lost my oil and God knows what else I would have lost if I fell. God knew this and yes God is a God of restoration but at this time, His will for me was not to fall into SIN. Instead of restoration, He wanted to give me prevention and this song of my love for Him was a weapon in that time.

You see, my love for God is the main reason why I couldn't hurt Him by engaging in sexual sin. It wasn't about anything else but my love for God. This same God who had saved me from many things... the one I have history with, the one I have covenant with. I love Him too much to hurt Him by engaging

in sexual sin... I can't... my love was a weapon of warfare for the Lord at that point in time. And again this was the time I really knew my years of walk with the Lord had produced something solid with Him. It was a covenant that no man or demon could come between that covenant between me and my Lord; not even sexual sin... no never...this love between me and Him doing what pleases Him is forever.

Romans 8:35-39 NKJV

[35] Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? [36] As it is written: "For Your sake we are killed all day long; We are accounted as sheep for the slaughter." [37] Yet in all these things we are more than conquerors through Him who loved us. [38] For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, [39] nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

ENTRY THIRTEEN

HEPHZIBAH MY DELIGHT

Isaiah 62:4 NKJV

[4] You shall no longer be termed Forsaken, Nor shall your land any more be termed Desolate; But you shall be called Hephzibah, and your land Beulah; For the Lord delights in you, And your land shall be married.

The first time God renamed me Hephzibah was on my birthday in 2017. I woke up on my birthday morning hearing “you shall be called Hephzibah” ...I searched for it in the Bible and found where it was. At the time I was spending hours with God in His word and prayer alone, no work, shut down for 40 days just with my Lord. He called me His delight; that I please Him. That has and still is my delight.

I remember being on the bed of sexual temptation with emotions so high and my one word out of my mouth was “I can't do this against God. I can't do this thing against my God. I can't”. No sexual temptation high could penetrate that place of love in my heart to God. I just couldn't. I can't sin against my God this way. I thank Him for the draw of my heart to Him this way. No man, no sex is worth dispensing of what I

share with the Lord this way. No man, no sex is worth it. As God gives me help. In Jesus name amen.

ENTRY FOURTEEN

II Corinthians 11:2 NKJV

[2] For I am jealous for you with godly jealousy. For I have betrothed you to one husband, that I may present you as a chaste virgin to Christ.

The first time I felt the jealousy of the Lord concerning sexual sin was in 2015. A guy was trying to come around me, get to know me, and ask me out. I remember that he came to visit me one day and in the midst of talking, planted a kiss on my forehead. It felt cute and tender as all forehead kisses do but then came the time when he left and I and my God was left with one another.

I felt the jealousy of the Lord.

The Lord said to me, “I haven't given that guy permission to peck you”.

I said *God abeg oh*, just peck?

And then I saw this:

Romans 12:1 AMPC

[1] I APPEAL to you therefore, brethren, and beg of you in view of [all] the mercies of God, to make a decisive dedication of your bodies [presenting all your members and faculties] as a living sacrifice, holy (devoted, consecrated) and well pleasing to God, which is your reasonable (rational, intelligent) service and spiritual worship.

It said presenting all our members in holiness to God... including my lips. Or are my lips not a member of my body?

I said *God abeg oh* again... stalling on making a decision to dedicate my lips to God in purity; *God abeg oh*. But I finally did it and from 2015 to 2023, no man's lips touched this bride of Christ's lips.

God abeg oh!

ENTRY FIFTEEN

Jude 1:24 ESV

[24] Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy,

When I met my husband and we were getting to know one another, I told him I hadn't had sex for thirteen years, since year 2011 which is true. His reply was he covets such grace. But he also has a story in fleeing from sexual temptation and I like to joke with him now that I've never seen a man who fears woman the way he does. Haha.

He literally had a past situation where a woman stripped before him and he was saying no and running away. Wawu! His reason was because he knows sexual sin drains oil (the anointing).

Let's stop there for a bit and bring this into the conversation...

For those of us who are called and anointed by God for our generation, sexual sin drains the anointing. So it's not just about being horny; something bigger has to restrain us

because if we go down that path, we can pollute our oil and end up having stinking and stale anointing on us. God forbid.

I mean God restores; but the desire of God is really that we don't fall into that path in the first place evidenced by my own story of heaven literally fighting for me to stop me from having sex with the man in the first relationship I was in last year. It was a fight and warfare in the heavenlies and I knew it. Couldn't God have restored me if I fell? He could but His desire for me was for me not to fall in the first place.

...And God is able to keep us from falling.

Please keep this in mind as you go on your journey of being 31 & horny or 29 & horny or whatever age you are at this time. The anointing God has put over us is precious; do not defile it ***BY HIS GRACE***. It is not worth it

If you have to Flee like some of us have been doing, by all means Flee.

The grace to keep you from falling works in conjunction with you. As God speaks to you and situations are presented before you, please choose your anointing rather than fleeting pleasure.

ENTRY SIXTEEN

2 Peter 1:5-11 ESV

[5] For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, [6] and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, [7] and godliness with brotherly affection, and brotherly affection with love. [8] For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ. [9] For whoever lacks these qualities is so nearsighted that he is blind, having forgotten that he was cleansed from his former sins. [10] Therefore, brothers, be all the more diligent to confirm your calling and election, for if you practice these qualities you will never fall. [11] For in this way there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ.

Me: Hey babe... I'm horny (for you).

Him: Pray for self-control

.....

I'm in a long distance relationship with my beloved... at least for now. We have a very free relationship where we don't

withhold thoughts or how we feel from one another. We can go from sharing spiritual realities to talking about sex etc. in a jiffy. In one of those joking days I shared how I was feeling and this man's response was "Pray for self-control" and he was laughing at me. I said okay oh, I will pray for self-control.

The phrase 'Pray for self-control' is a running joke between us because that is what he literally had to do one day when sexual urges hit hard when we were together. We are both committed to sexual purity and that's really something I love because being single and horny is one thing but being in a relationship where you can do it with your beloved is another. If both of you aren't sure of your commitment to honor God in this, things can very well go South with you falling into sexual sin because let's face it, when you love someone, there's a draw, there's a pull between the two of you. You want your bodies to unite in the love you already feel in your hearts towards one another. But no... God says marriage first. Sexual relations were created for marriage first and we want to please the Lord not just ourselves. So for this reason it's important you both be at the same page otherwise things can go the other way... the way of the bed defiled before marriage.

Anyway my beloved and I joke of "praying for self-control" is actually not a joke, it's part of the virtues we are told to supplement our Christian faith with. ***Add self-control*** the scriptures say. So self-control is an attribute that can help us in

our Christian faith. We aren't actually helpless, we can pray and ask the Holy Spirit for self-control and add that to our spiritual arsenal even while ***horny.***

ENTRY SEVENTEEN

To Be Married, to Be Single . . .

7 Now, getting down to the questions you asked in your letter to me. First, Is it a good thing to have sexual relations?

²⁻⁶ Certainly—but only within a certain context. It’s good for a man to have a wife, and for a woman to have a husband. Sexual drives are strong, but marriage is strong enough to contain them and provide for a balanced and fulfilling sexual life in a world of sexual disorder. The marriage bed must be a place of mutuality—the husband seeking to satisfy his wife, the wife seeking to satisfy her husband. Marriage is not a place to “stand up for your rights.” Marriage is a decision to serve the other, whether in bed or out. Abstaining from sex is permissible for a period of time if you both agree to it, and if it’s for the purposes of prayer and fasting—but only for such times. Then come back together again. Satan has an ingenious way of tempting us when we least expect it. I’m not, understand, commanding these periods of abstinence—only providing my best counsel if you should choose them.

-1st Corinthians 7:1-6

I am realizing that fidelity is not only the requirement for a single(Christian) but also a requirement for when you are married.

Learning to control your body and stand above sexual sin does not only please the Lord, it pleases your spouse.

Take for example you are not able to conquer porn and masturbation while single, you take that into marriage and it becomes not just a matter of cheating on the Lord; it becomes a matter of cheating on your spouse with defiled eyes. You have successfully become a time bomb waiting to happen for the man or woman you marry. That would not be a good one. Now you leave the trail behind of a spouse wracked by pain at the thought of their spouse having sexual pleasure in anything other than them.

I am realizing, that when God said to stay pure, it has lasting effects even into the kind of marriage and fidelity in the bed I would have with my husband. I have to get it right here, because I do not want to carry this over into my marital bed; and I can because one does not automatically triumph over sexual sin because they are married; it begins now.

I must allow God prune me because I do not want these messes in my marital bed. A single eye begins in the single life.

Proverbs 5:15-20

New King James Version

¹⁵ Drink water from your own cistern,

And running water from your own well.

¹⁶ Should your fountains be dispersed abroad,

^{1a} Streams of water in the streets?

¹⁷ Let them be only your own,

And not for strangers with you.

¹⁸ Let your fountain be blessed,

And rejoice with the wife of your youth.

¹⁹ As a loving deer and a graceful doe,

Let her breasts satisfy you at all times;

And always be enraptured with her love.

²⁰ For why should you, my son, be enraptured by an immoral woman,

And be embraced in the arms of a seductress?

ENTRY EIGHTEEN

“Most men will proclaim each his own goodness, But who can find a faithful man?”

-Proverbs 20:6, NKJV

My man of God impresses me so much with his stance on faithfulness to the ***one woman*** he is with. And he isn't doing this because of me; this is a stance he had taken long before he met me as a single man.

I was telling him about a polygamous family situation and I could tell he was just very disgusted by the situation, *like this shouldn't be* were his thoughts. He is a man who takes faithfulness to one woman so seriously.

I think about him in this way and all I can really see is that scripture above; a faithful man who can find?

Faithful men are scarce. God Himself knows this and granted it isn't just faithfulness with sexuality but also faithfulness in a work or project or something you have at hand.... but we know in today's society, finding a faithful man is like finding a needle in a hay sack; it is almost impossible.

I've had married men proposition me. Why would I want to do that to somebody's wife? God Himself says He takes the marriage covenant quite seriously and adulterers He will punish (see Hebrews 13:4)

If you are a man reading this journal entry, how about you borrow a leaf from my husband (to be)? Actually make a consecration to God by yourself to be a faithful man, that the woman you marry will never have to worry about whether you are with another woman or not; that that stress will be taken off her because she knows your consecration to the Lord and not even to her.

This is my man's consecration to the Lord and I pray God helps him keep it but it has nothing to do with me; when it comes to faithfulness in our marriage bed, I'm good. This also can be a gift to your (future) woman.

God will help us all in Jesus name amen.

ENTRY NINETEEN

1 Thessalonians 4:3-5, 7-8 NIV

[3] It is God's will that you should be sanctified: that you should avoid sexual immorality; [4] that each of you should learn to control your own body in a way that is holy and honorable, [5] not in passionate lust like the pagans, who do not know God;

[7] For God did not call us to be impure, but to live a holy life. [8] Therefore, anyone who rejects this instruction does not reject a human being but God, the very God who gives you his Holy Spirit.

Recently again I felt so horny. So horny. But again see me see long distance. Even if we are married at this time, it is still long distance. I thought about this, so with all the horniness doing me while single, now I'm with someone and still can't have sex with them.... yet. So this self-control issue isn't just for singlehood. Even when I'm married, what happens when my husband is far away from me? Will I masturbate? Will I get another man to warm my bed and meet my body needs? Isn't there a way to subject my body to the Spirit of God who gives Self-control on the inside of me? Because I would still need the Spirit when married.

There's a method of natural family planning I was introduced to recently where the woman calculates her cycle and her free days. So in a month, she and her husband can have about ten days of free sex if they don't want to get pregnant. What happens to the rest days apart from when she menstruates then? They are supposed to abstain from sex on those days that aren't free days. So are they going to say they can't?

I asked the doctor who shared this with me, what if the man wants it by all means? He said this is why self-control is important; we don't train men (and women) to be dogs who can't control ourselves. We actually can. So even in marriage if one decides to go the natural family planning way, you would have need of self-control to stay away from your husband on days you aren't free, ovulating, menses etc. So self-control isn't needed just for singlehood; if you get it right now, it will set the foundation for self-control and staying faithful to your spouse even while married because let's face it, adultery has become an 'almost normal' thing now but it can't be found in us as Christians.

Is sex stronger than the Spirit of God within us, who gives self-control?

Is ***horniness*** stronger than the Spirit of God?

That scripture above says we can learn to possess our body in self-control. It can be learnt. Which brings me to my last entry.

ENTRY TWENTY

Galatians 5:16 AMPC

[16] But I say, walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God).

This was the scripture that set me free from addiction to masturbation and pornography many years ago in 2014; that's there's a way of walking in the Spirit, of being responsive to the help of the Holy Spirit that helps us live above sin.

That if I respond to the Spirit's leadership and guidance in my life, He can guide me above horniness in singlehood to still glorifying God in and with my body.

It's a journey.

But this has helped me for years and still helps me. The Spirit leads me above sin. The Spirit leads me out of sin. I have related some **terrible** acts of God's Spirit halting me from sin at the very last moments, that's because that's what He does. If we want to be led, God would lead us by His Spirit out of sin. If we want to obey, He will give us His directions; *don't go there*,

don't do this, don't watch this, don't read this, pray this moment for grace and strength. He will lead us out of sin and provide grace out of our (sexual) temptations.

If we want to be led and will follow His leadership, He will help us.

CONCLUSION

Isaiah 31:5 NKJV

[5] Like birds flying about, So will the Lord of hosts defend Jerusalem. Defending, He will also deliver it; Passing over, He will preserve it.”

One particular incidence stands out when God was trying to save me from having sex in my first relationship that broke up. One day in the midst of this trying to stand strong, I fell flat on the bed crying to God, Lord I don't want to do this... this has happened again... not sex but things I wasn't happy with.

I closed my eyes as I prayed and I saw fighter jets in a quick vision (by the way my prophetic gift was so great at this time. God was speaking to me in clear prophetic dreams, visions, songs, etc. Heaven was fighting for me).

I have this dream dictionary I have and used to check for the meaning of fighter jets. It led me to the scripture above:

Isaiah 31:5 NKJV

[5] Like birds flying about, So will the Lord of hosts defend Jerusalem. Defending, He will also deliver it; Passing over, He will preserve it."

The Lord was saying I have sent fighter jets... warrior angels... I am going to defend you Hephzibah, I will deliver you. I will preserve you. The covenant you have with me won't be broken... you will not defile your oil. I will preserve you. And He did. In astounding ways. I saw the Lord my love in action. The one who I've served selflessly for years go to war on my behalf saying "I will not allow you to be defiled!"

Purity is such a powerful tool and weapon of war in the Spirit."

That's why there is such a fight against it in the flesh. A man who has clean hands and a pure heart and life before God, who hasn't defiled himself or herself is worth a lot to the Lord. It is the Lord's desire that we be pure and if He has to send fighter angels and He Himself coming down to save those who sincerely want to worship Him in Spirit and truth, He will.

He did it for me. He will do it for you too.

The important thing in walking in sexual purity is having a heart that really wants to please God in this area. The heart is

key. Otherwise you would fall and chalk it off as one of those things. No, it's not one of those things. God desires our bodies to be offered up in purity and holiness to Him and there is so much attached to it; it's just not about the purity culture. There is something that ruptures in the Spirit when we aren't clean and holy before God. It is God's desire that we be holy before Him. And yes sex is sweet and good. He created sex but He created it to be a beautiful experience in marriage between two people who are in covenant with one another... not casual sex... but sex without guilt... sex without shame... sex offering up the inner parts of oneself to another with whom you are one... that's God's plan for sex.

If for anything, if you are horny, pray for your husband or wife to be brought to you quickly!

That's a very valid prayer from what we've seen. God knows. He is our Father. Lord bring my husband to me now, this torture is torturing! Haha.

In more serious terms though, God's desire that we *learn* to control our bodies in purity extends beyond singlehood into marriage. We must pray for grace and the help of God that teaches us to hold our body in purity and righteousness unto God and God alone. Until we are married and even in marriage grace to be faithful to the one we are in covenant

with, no strangers in our beds, because we understand what this is.

If you have reviews, contemplations, acceptance or understanding... or you felt seen from reading this book and my personal journal entry on being 31 & horny, write me at Hephzibahfrancesbooks@gmail.com I'd love to hear from you. Or please share your reviews and take away on Instagram or Facebook and tag me at www.instagram.com/booksbyHephzibahFrances Facebook at www.facebook.com/authorHephzibahfrances

For now, may God keep you till we meet again.



If you haven't read the remaining two books in the “Diary of a single lady ready to be married” please go to the links below to read on selar:

<https://selar.co/m/HephzibahFrances>

Also available on amazon.

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Hephzibah Frances is a child of God and the Lord's delight. She is a certified Lawyer, an author and a Christian Blogger. As a Social Entrepreneur, she is the founder of ***Awakening Youthful Seeds for Christ initiative*** ([AYSCAFRICA](http://AYSCAFRICA.com)) She is also the founder of ***The Women at The Well Ministries***, a Christian ladies ministry passionate about raising women filled with Jesus (@TWTWINTERNATIONAL on social media) She is the CEO of ***Beautiful Feet Publishing*** (beautifulfeetpublishing@gmail.com, a publishing house that exists to help aspiring authors' birth their books to life, holding workshops and available email courses to help authors self-publish their own books, as well as providing ISBN services for authors.

She believes that she is a scribe for the Lord, called to write words of healing and wisdom to her generation and her writing gift is meant to be used for Jesus. She enjoys travelling

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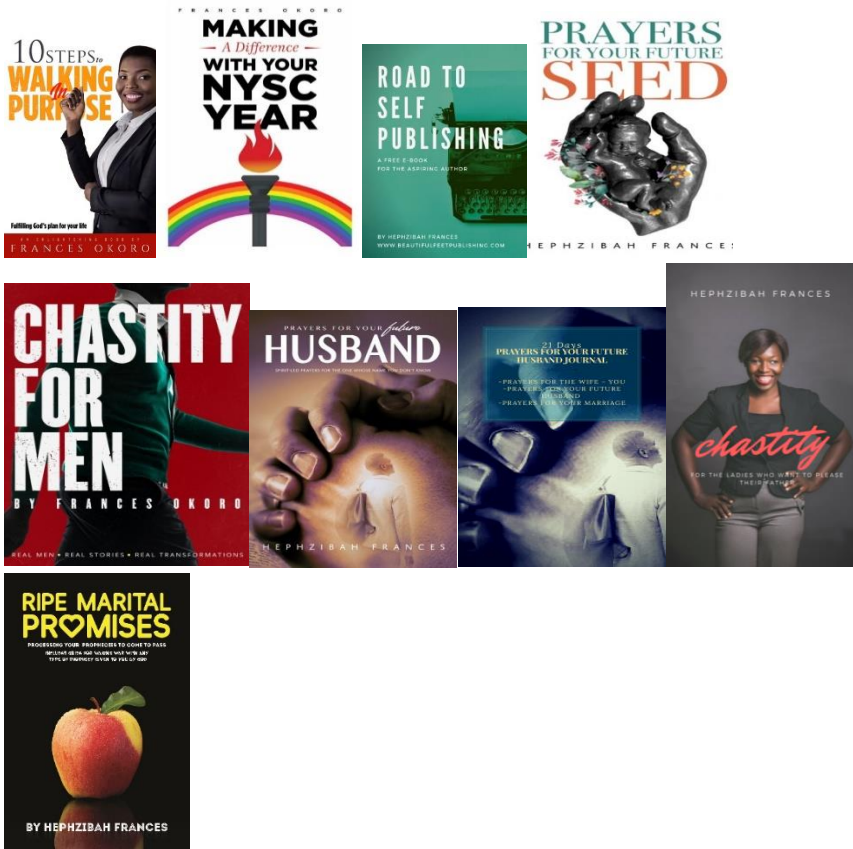
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