Sin does not start with actions; it begins in the heart. That’s why Jesus said:

> *Matthew 15:18-19 (NIV)*
> “But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.”

Before someone commits an act of sexual immorality, it first begins with a thought or desire. According to Jesus, the moment you lust after someone, you have already committed adultery in your heart.

> *Matthew 5:28 (NIV)*
> “But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.”

If even a sinful thought is wrong, then acting on that thought is even worse.

Why is Masturbation a Sin?

Masturbation is often fueled by lustful thoughts, pornography, or sexual fantasies, all of which lead to impurity. The Bible teaches that sexual immorality is not just about physical acts but also about the desires of the heart. Paul warns believers in 1 Corinthians 6:18 (NIV):

“Flee from sexual immorality. All other sins a person commits are outside the body, but whoever sins sexually, sins against their own body.”

Since masturbation is driven by impure desires, it falls under the category of sexual immorality. The Bible calls us to self-control, purity, and holiness:

> *1 Thessalonians 4:3-5 (NIV)*
> “It is God’s will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control your own body in a way that is holy and honorable,

> not in passionate lust like the pagans, who do not know God.”

A believer should seek to honor God with their body and mind, not indulge in temporary pleasure that leads to guilt and spiritual weakness.

Breaking Free from This Sin

If you struggle with this sin, your conscience likely tells you that it is wrong, even without reading the Bible or hearing a sermon.

Before making any decision, ask yourself: Would Jesus do this? If the answer is no, then it is sin.

Perhaps you have tried to stop but keep failing. The good news is that you are not alone, and there is hope. I once struggled with this sin myself and thought I could never break free.

However, when I fully surrendered my life to Jesus, I made a decision to remove all sources of temptation—deleting pornography, avoiding immoral movies and TV shows, and committing to purity. To my surprise, God gave me the strength

to overcome this sin completely. Years have passed, and I no longer have any desire for it.

God Can Set You Free

Nothing is impossible with God. John 1:12 says that He gives us the power to become His children, not by our own strength but by His grace. Only Jesus can set you free from this bondage.

> *Romans 6:12-14 (NIV)*
> “Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness. For sin shall no longer be your master, because you are not under the law, but under grace.”

If He changed my life, He can change yours too! Turn to Christ, seek His strength, and commit to a life of purity.

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