

# Nofap and christian life.

February 13, 2020 | 7 upvotes | by [its\\_well\\_said](#)

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hey guys, Im 20 years old, I'm physically fit, and I go to the gym 3 to 4 times a week (I have been going for 2 years and a half by now), I work 44h a week, currently searching for a church to connect with brothers in Christ. I was raised in a pentecostal church, assembly of God, my dad was the pastor, very demanding but not in spiritual questions, but no further, God saved me when I was 17 y.o. Since then I've read many books, and developed certain maturity and I've been learning still, as every christian, people see me as too mature for my age because I think differently from young people, and focus more on my responsibilities. Im starting my business now, trusting in God that He is with me in this process, reading the bible everyday. Anyway, when I was saved I had problems with porn, I used to be addicted to masturbation, then a friend told me it was sin, and we prayed to God set us free, the first year and a half of my conversion I just relapsed couple times, but then I met this girl and we started dating when I was 18, she was very committed to the church, and we planned courtship, but it didnt go well, you know how we young people are right? haha, anyway, after I started dating her, I started to relapse more often, and then I broke up with her for other reasons, since then Ive been struggling with this. Im not addicted, but after a week without masturbate, I get really horny, even though I get many benefits (energy, being hipper, aggressive) I get very tense, stressed and horny towards every pretty girl I see, and sometimes I look at them and thoughts come into my mind. Then 2 months ago I started dating a girl very committed to the Lord, we know each other since we were 10years old, she is faithful, loyal, available and teachable. I live in U.S. but she is in brazil now finishing her studies on college, what I dont mind much, when my mind is not horny like crazy. We visit each other every 6 months and spend 2 weeks together, (we are virgins, no sex happening) and our families are Christians and support our relationship and our plans, we plan to marry when she finishes the college, until then Im getting things done and ready for us here. Thats my background, for you guys to know that Im not an irresponsible kid and not to give me simple advices such as "man up", "grow up", anyway. My question is, how can I get free from this trap thats to be horny like a monkey after 8-9 days on nofap? I masturbate not watching porn, but I know is sin. I don't accept advices telling me that masturbation is not sin, I want ways to persevere. the problem is that my body gets really tense, and sometimes I stay more than 1 week without night pollution, my mind gets crazy thinking about girls that I see on places, and also I think about going to brazil to stay with my girlfriend (I know is stupid but is really hard to think straight when your libido is on the highest level) please, I need advices from mens that are mature, and are in good relationship with the Lord. With honesty I ask for help, and I need honest advices. God bless.

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## Comments

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linebreaker-bot • 9 points • 13 February, 2020 07:47 PM

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Hey /u/its\_well\_said, it looks like you posted a wall of text. I have separated it into paragraphs for you!

*Send a private message with title 'opt out' to prevent this bot from seeing your posts in the future.*

r/askRPC has contributed 0.22% of all walls of text analyzed so far!

hopeunseen • 8 points • 13 February, 2020 10:33 PM

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From a guy who married young and fast (6 months from dating to married) let me strongly advise you not to do this. You've been dating LONG DISTANCE for 2 months - Friggin 60 days of facebook chat and skype is not enough to know this girl is marriage material or that you guys are a good fit.

Please, please, please - Date IN PERSON for at least a year before you get engaged. A year of waiting to make sure is worth it to ensure you don't sign up for a lifetime of compromise or regret.

I'm speaking directly from experience here - DON'T do this. While it sounds like you've got a good head on your shoulders and are doing well as a young man, as a 20 year old you have no idea what committing to something for the rest of your life means yet. You just don't... You haven't made any of these kinds of decisions yet. Be overly cautious on this.

As for the masturbation, unfortunately I have no easy answer for you. TBH I had the same struggles and same horniness is what motivated me to move into marriage too early and too fast. Then you get into a marriage and might realize you STILL don't get to have as much sex as you like, so you still have to either masterbate or figure out a way to deal with the urge.

Personally I struggled all my teenage years with guilt over masturbation and repenting every time and being powerless to stop... Looking back I honestly think it was worse for me and my faith than if I had just masterbated (without porn or lust) to control my sex drive without feeling guilty about it. But to each their own.. I understand the desire not to, and if you can figure it out more power to you.

Good luck

p.s - What business is this, and which state are you in? I'm trying to start a men's group in SoCal if you're local.

redirectedfs • 4 points • 13 February, 2020 11:59 PM

I dated my wife long distance for 6 years before we got married. I did not know my wife until we weren't long distance for 1+ years. I don't regret getting married, I do regret the arrogance of thinking I knew her before we got married. Carefully read what u/hopeunseen wrote. Your dick can wait an extra year.

its\_well\_said[S] • 3 points • 14 February, 2020 05:06 AM

thanks for sharing, my plan is to wait one more year after she finishes college. Im searching for red flags and stuff like that, but I know that just after 5-7 years of marriage we see how the real marriage is going to be.

its\_well\_said[S] • 3 points • 14 February, 2020 05:04 AM

Thanks for the advice, I'll be more cautious brother. I'll work with cleaning services for now, and I live in Florida, the men's group interest me a lot, send me a message on private.

I have read many translations of the Bible and hold Yahweh's word above what any pastor, preacher, or leader says. Where does it say in your Bible that the act of masturbating is a sin? (And if anyone points to the sin of Onan, please read the context and use your God-given intellect, not some brain-washing religious message beaten into you! In addition, some real study on the matter reveals that what he did in Jewish society by spilling his seed - was to use her for his sexual pleasure, while slyly denying transference of his brothers property and possessions to her through an heir that would be raised up to his brother if he had released sperm into her and she conceived)

Second, if you don't masturbate, your body will automatically cause you to have nocturnal emissions periodically, often accompanied by erotic dreams which you may or may not remember... Do you consider that God-designed mechanism sinful as well?

I highly suggest you read the recent comprehensive post from red-curious about porn. It is quite enlightening about the truth vs "churchianity" religious laws and falsehoods.

Finally, have you asked your Heavenly Father what to do? Like really asked and waited to see what He speaks to your heart? Maybe He will tell you to masturbate. Maybe He will tell you she is indeed the one and you should make arrangements to marry. Maybe He will tell you to wait. Many people are saying wise things, but you have to seek the Lord yourself to find His answer for YOU.