

**SAY**

**NO**

**to**

**SEXUAL**  
*Temptation*

Allen .K. Baguma

## **Power of Saying NO Series**

# **SAY NO TO SEXUAL TEMPTATION**

---

Allen .K. Baguma

Copyright © 2017 by Allen .K. Baguma

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means-electronics, mechanical, photocopy, recording, or any other-except for brief quotations in printed reviews, without the prior permission of the author.



I want to hear from you. Please send your comments about this book to the address below:  
*[www.allenbaguma.com](http://www.allenbaguma.com)*



"Scriptures taken from the New King James Version  
Copyright © 1982 by Thomas Nelson, Inc"  
Also quoted from The King James Version unless,  
annotated otherwise.



*Cover Designed by: Paul Heavens Senior  
Designed and Illustrated by: Mugisha Osbert*

ISBN 978-9970-596-03-4

*Say NO to Sexual Temptation*

## **Dedication**

This book is dedicated to the Loving Memory of my preeminent friend David .K. Manyara who taught me the Weapon NO; which has shaped and enriched my perspective of life, has become a pinnacle of my success, purpose and walking as a child of God in Christ Jesus and has inspired many other people I have shared with on this potent tool.

## CONTENTS

Acknowledgment.....	ii
The World Needs Men and Women.....	iii
Preface.....	vi
The Struggle to Define My Sexuality.....	1
Putting Sex into Perspective.....	7
Understanding the Cause of Sexual Temptation.....	11
Rising above the Temptations.....	18
The Power of NO in Different Dimensions.....	26
The Biblical Design on Sexual Issues and the Power to Say NO.....	35
The Consequences of Our Sexual Choices.....	43
Finding Direction at the Crossroads.....	50
Price to Pay to Attain Sexual-Integrity.....	53
Taking Personal Responsibility for Our Sexual Choices.....	56
Stand for what is True.....	59

## ACKNOWLEDGMENT

I am very grateful to *Goreth Nassaka and Damulira Yasin* for your help in putting together these materials. All Future Learners for the moral support as I toiled to make this book a reality thumbs up for you guys. I am forever grateful to **David** believing in my work before others and for the editorial work. And lastly thank you **MUM** for your unending support.

## THE WORLD NEEDS MEN AND WOMEN...

*Who cannot be bought;  
Whose word is their bond;  
Who put character above wealth;  
Who possess opinions and strong will;  
Who are larger than their vocations;  
Who do not hesitate to take risk;  
Who will not loose their individuality in a crowd;  
Who will be as honest in small affairs as in greater;  
Who will not make compromise with wrong;  
Whose ambitions are not confined to their own selfish  
desire;  
Who will not say they do it"  
Because everybody else does it"  
Who are true to their friends through good and bad, in  
adversity as well as in prosperity;  
Who do not believe that shrewdness, cunning, and  
hardheadedness are the best qualities for success;  
Who are not ashamed or afraid to stand for the truth  
when it is unpopular;  
Who can say "**NO**" with emphasis, although all the rest of  
the world says "**YES**"*

**Unknown**

# PREFACE



Few of us would want to deny the sheer importance of “*Saying NO to Sexual Temptation*” in this age and era of self-gratification. On the other hand, there is may be no other area in which we feel so inadequate and in need of constant reminders to say NO to the ever pressing pressures of sexual temptation.

A person who reads this book carefully, whether married or not, will find out that he or she cannot remain the same without changing his/her attitude towards the routine pull to satisfy the sexual temptations. It is said that, “the recalcitrant part will hurt itself, hurt other parts of the machine and could break down the whole system.” Anything that has use can be misused. A manufacturer determines the best use and right use of his product. Similarly, God determines the right use of sexuality. The Bible, His manual describes the rightful use of our sexuality and Allen’s book explains in the simplest way possible the way of God’s manual – The BIBLE, on saying No to Sexual Temptation.



Among the many fine books written to provide guidance and practical help in resisting the ever present demands and bait of sexual appeal, I believe Allen Baguma's work deserves to stand in the frontage rank. Easily read, it combines to an unusual degree clarity and depth of teaching and down-to-earth practicality. Every page is filled with the most helpful insights. The writer recalls her own struggles with the "alluring temptation" and uses this as a basis for 'the discovery' of this grand mold.

This book is a timely message for our generation and Allen has performed a valuable service for the present day young generation especially for the Christian youths whose desire for a practical standard to Say No to sexual temptation has been much needed. This is a gem of a book. Parents, counselors and all peer educators in your vast territory of operations, I wish to recommend one of those books you should always have by your side; *"Say NO to Sexual Temptation"* -by Allen K. Baguma! May you be blessed by this treasure as you recall Paul's counsel in Philippians 4:8-9.

***Dickens Zziwa Ssenyonjo.***  
***National Director,***  
***Scripture Union of Uganda.***

# THE STRUGGLE

## TO DEFINE MY SEXUALITY



*"My temptations have been my masters in divinity"*  
*[Martin Luther King]*

Each one of us has or will at a certain point in time have to fight sexual temptation. When God created male and female he created them with feelings including sexual feelings. These are normal and honestly, we should appreciate them as Gods gift to us. However when these feelings are not properly handled and tamed, they are like dynamite that if not handled well, explodes. This phenomenon can be witnessed by the many sexual related problems across our generation such as the ever increasing family breakdowns, pandemics like HIV/AIDS, and many other sexually transmitted diseases, abortion from “unwanted” pregnancies, sexual disorientation, sexual abuse like rape, incest, defilement, sexual exploitation, violence, misunderstanding on age of consent, increasing rates of divorce, and many others.

The question to ask our selves is why then is this beautiful gift of sexual feelings causing a lot of heartache and pain in our lives, families, and communities? The answer lies in understanding that from the beginning man has failed to tame his emotions and desires. Thus he failed to exercise restraint. So is man without any defense against sexual temptation? That’s not true! God has given each and every one of us the power to speak to the mountains in our lives in this case the power to Say NO. This word used correctly and consistently is a weapon to tame our sexual feelings when they spill out of control.

Growing up in this sexually explosive generation, I too have struggled with sexual feelings and like many others, had it not been the Grace of the Lord, I would have taken the wide path that leads to destruction. I was raised by a single mother, I remember from the time I was a teenager, she tried

the best she could to instill in me the fear for premarital sex. However, her efforts only helped fan my sexual feelings out of proportion and created in me an immense desire for sexual interaction. The more she talked about the *"forbidden fruit"* the more curious I became and sooner than later I decided to find out for my self why it was forbidden; In each of us there are traits of disobedience, which only await being awoken in to run riot.

As I continued to grow pursued by both young and old men, I thought to myself at the time: *"adults are mean, how can they deny us the beautiful pleasures of life found in sexual relationships"* I started relating with my newly charged friends but a still small voice kept nagging me again and again saying, *"Allen its not OK! Allen you have to wait! Allen this is not the right person! Allen ... Aaaah!"* Until I reached a point of *"OK for now I will listen"*. And somehow I would keep saying **NO** amidst my sexually charged body telling me *"Allen it's OK."* I later discovered that it was possible to avoid having sexual intercourse which meant that I could do other things that show my affection. I also ensured that I didn't miss out on parties so I would go to the 'happening places' like discothèques and other social outings after all I was not eating the forbidden so to speak!. I kept playing it *"safe"* until I finished primary and secondary schooling. However, my just touching tendencies created in me a lot of habits and problems like emotional struggles, I had to become an expert in telling lies so as not to be labeled a *"detoother"* (analogy of someone who eats men's items and does not pay in terms of sex), verbal abuse, and name-calling. Many times I put myself in places and situations which were risky with people who where sexually charged.


I realize now that I was not willing to let go completely rather I was playing “*safe strategy*” so that I don’t embarrass my parents in particular my mother or worse still get pregnant and be chased out of school. Nevertheless, at the same time I had to be like everybody “cool & styled up” and indeed for a while it worked for me.

When I joined University I discovered that sex among my peers seemed to be part of the extra-curricular course that one had to undertake before graduation. As a fresher in university it was unheard of for one not having a sexual partner, it was culturally unacceptable as a social norm thus I joined the others on this extra degree acquisition. This looked like the freedom I had patiently waited for. However, the small still voice would not stop and it kept nagging again and again until years latter when I met a Kenyan friend-David.K. Manyara in 2004 (May his soul rest in eternal peace) who taught me a simple tool that I should have used all along to fight these sexual temptations. I met David in a short training course and for the 3-weeks that I interacted with him, my life was destined to never be the same again.


David found me sexually messed up and confused. He taught me to live a life of integrity, discernment, and self restraint which I could only attain through *THE POWER OF SAYING NO*; since then I have used these two letters to purpose my life, create values, and guiding principles. This drastic changes brought by this simple but powerful word NO! I have dedicated myself to teach and share this tool to different people in different circumstances so as to encourage them to stand for what’s right. It’s from my life experiences and temptations as a sexual being that I have come to the realization that I

can only overcome by standing up for what is right as I wait upon the sanctified way of expressing my sexual feelings. We all ought to be grateful for our Sexual feelings and desires as they are a great gift, from God. But like any other gift, we cannot afford to misuse it for our own self-gratification: Rather we must use it to glorify the giver of this beautiful gift God. This is because our bodies as temples of the Lord also contain sexual feelings, which is part of the large package. In His infinite wisdom, God created a channel through which they can be expressed that is found in the comfort and security with the lifetime companion of our choice.

This book is for every person struggling with sexual temptations be it the married, single, young, and old. I pray by the time you are through with reading this book and the other Series of *"The Power of Saying NO;"* these words would help you put your life into perspective as we fight the winning battle in Christ Jesus. It doesn't matter if you have



*It doesn't matter if you  
have been sexually  
compromised before;  
the good news is that  
there is now no  
condemnation  
for those that are in  
Christ Jesus*



been sexually compromised before; the good news is that there is now no condemnation for those that are in Christ Jesus rather the course of our destiny is decided by our choices. Okay! So you want to learn to exercise restraint in your sexual life; this book will still help you find your voice including the strength to deal with

your weakness so that you will be perfected in Christ Jesus.

Paul says in *2 Corinthians 12:10* "...for When I am weak, then I am strong". Rick Warren in his book *"The Purpose Driven Life"* says "God loves to use weak people" Just like you make the choices,

the defining moment for me came when I decided to choose the power to say *NO*. I wanted to exercise restraint where I ought to as I grow to be a change agent in this generation. I decided then and still do, that my sexual desires, feelings, and needs, will not define me; but I will define them and more so make the world around me know my choice. Like an expert on self actualization noted *"it's important to let people know what you stand for. It's equally important to let them know what you won't stand for."*

The good news is that the battle of sexual temptation is already won; you only have to choose to stand on the winner's side. SIMPLE.

# PUTTING SEX INTO PERSPECTIVE



*"You can't keep the birds from flying over your head, but  
you can keep them from making a nest in your hair."*

*[Martin Luther]*



Life is a choice. We are responsible for our sexual life, choices and destiny. This also means we are responsible for communicating these choices to others and ourselves in a clear and consistent manner. We are therefore obliged to stand up for what is right and true as acceptable by God. We cannot afford to rely on the standards of man which are very deceptive for example the notion “unwanted sex” is but absolutely a lie. It’s not true that whatever we want is good for us many times its not, as Paul says in *1 Corinthians 3:19* “the wisdom of this world is foolishness with God.” Nevertheless that which is true with God at the centre is ultimately acceptable. This requires us to develop self - discipline by saying NO most especially to those things that seek to undermine our sexual integrity and render useless the values we stand for and the God we serve.

Self discipline requires a conscious effort of what your personal mission in life is by examining your daily activities and what you choose to spend your time on. This can be seen by the models in your life, the



knowledge, and understanding of your status as a child of God. This requires defining yourself other than being defined by others.

*Life is a choice. We are responsible for our sexual life, choices, and destiny.*



In today’s world, the word **NO** faces a greater challenge than ever before because it’s an era of advocating for rights than responsibilities. The moral values have changed to what I term as “***I want syndrome***” which seems to supersede in making decisions even those that costs us our lives and souls. Sin is

gentrified, we are reluctant to call it so, and we continue to engage in it shamelessly. Amongst this is sex temptation, which has become a very cheap commodity; as cheap as buying a sweet by the roadside. Sexuality has lost its true meaning and purpose to just *“an affair, a fling, buy, and sell commodity, eating life, take away, and many other terms developed over time”*. That is why even the fruits of sexual interaction are losing value; abortion is okay while babies are being discarded in the toilets and dust bins as if they are rubbish. However, if this generation is to be saved, we must rise up and teach the young people on how to fight sexual promiscuity promoted as **“COOL”**.

Sex is used to describe behavior; it means any activity that involves intentional sexual contact for the purpose of sexual arousal. It has to do with thoughts, feelings, and desire that can be very pleasurable and exciting, but can as well be hurtful and damaging. Sex involves the total person that is physical, emotional, social, mental, and spiritual dimension of life. All human beings by nature are sexual beings by default.

God created in each creature with the urge for Sex including animals, which for the latter is purposed for procreation. However, for Man sex is more than procreation to communion. Therefore it's divinely purposed to be *Enjoyable, Build relationship, Worship, Surrender, among others*. None is more important than the other all are mutually inclusive. It's a whole package.

*Genesis 2:18-2*

However, as a result of the fall of man, things fell apart, and so did sex. In this 21st Century everything has been sexualized. Listen to the Songs on radio or TV, Read the Newspapers, internet, Magazines, books, See the fashions, and styles. Across the streets there are brazen adverts proclaiming stuff that go; look sexy, enlarge your Bums & Penis, increase your sexual power" these and many more. Not surprising the need to be sexy has become a very integral part of our society. It's amidst this that there is a growing distortion, which has fueled the increasing cases of sexual misuse, and abuse.

Glory be to God! We have not been left to our own devices; nor at the mercy of nature and human dictates; God the centre of sex creation has given us weapons, with which to use in shaping the destiny of our sexual life. The weapon to use is embedded in "THE POWER OF SAYING NO" which is available to each and every one of us. The only thing we have to do is choose to shape our sexual destiny. *Proverbs 24:3-4*

*"Through wisdom a house  
is built and by understanding  
it is established by knowledge  
the rooms are filled with all  
precious and pleasant riches"*

Use the power in saying NO,  
to build your house, and

establish it and as a result of your decisions I assure you that  
the fruits of your integrity will define who you are and will be.

*So is Sex good? Very! Should it be enjoyed? Absolutely! But  
only within the parameters of a covenant before God and Man  
(marriage)*

# UNDERSTANDING THE CAUSE OF SEXUAL TEMPTATION



*"Do not give what is holy to the dogs, nor cast you your pearls before swine, lest they trample them under their feet, and turn again and tear you in pieces".*

*[Matthew 7: 6]*

There is an increasing appeal for sex across generations, today this has been fueled by a spectrum of underlying forces; of course if this was kept in its proper perspective, this wouldn't have been a big problem. But today sex has been grossly misused or for a better word defiled. This is done anywhere, with anyone, anyhow, anytime, with anything, and with no other reason than self gratification. Do any of these causes sound familiar to you?

### ***Desire for more and more.***

The increased desire for gains has become the primarily focus in our lives today. As we struggle to survive to make ends meet, the need to prosper financially, socially has also increased. Sadly this desire is always justified with misconceptions that *"having more will make me happier, more important, and more secure"*. This unrealistic view of life unfortunately has left us battered and bruised as we find out that such gains are temporary and are short-lived. This, as a matter of fact is a myth rather than reality. Our strengths and purposes are not dependant on how much we acquire for our self (net worth) but what we stand for (values), who we are (character), and are yet to be (potential).

### ***Need for approval.***

Many times we seek the approval of others, could be our parents, spouses, teachers, and peers. We allow their expectations to take control of our lives. What others might think always worries us. We forget that those who follow the crowd end up getting lost in it. Also, the more we struggle to please and make others happy the more unhappy we end up. While in school I struggled with finding my identity

and many times I followed what others said “*participatory approach*” including the values I picked along the way and the behavior traits I exhibited. One incident comes to mind. I had consistently refused to take alcohol. However, in my second year I met this ‘handsome young man’ who introduced me to drinking and since I wanted his approval, I went along. The first time he introduced me to beer was at a picnic we had gone to, if it were possible you should have heard my heart, it was screaming NOOOOO! I still remember the taste of that beer it was so bitter that I nearly threw up. However I wanted to be cool just like everybody, so I did drink. At the second meeting I decided to mix the beer with a Fanta [soda] for a much better taste. By the third meeting, I had purposed in my mind and told him that I would not take any more beer come rain or shine and since then I have never taken beer again. Today this lesson is so clear in my mind. I do not have to endure anything that makes me uncomfortable both in my body and soul simply because I want to get approval.

### ***Fear tendencies.***

Many times there is a gripping fear that takes away our sanity and we are enticed into sex with anybody. Many have been initiated into sexual engagement due to fear of hunger, job security, wanting to keep the status quo, losing a friend, death, catching up with everybody, and many other fears. It's at such times that fear plays on us and we end up losing the big picture. Fear makes us see things in a different perspective. Fear can be an ally and enemy. Fear can protect you as well as make you surrender. *So ask yourself what fears are in my life?*

## ***Reducing Demising parental guidance and mentoring.***

Parents in our generation have their hands full of needs and bills and their tutoring responsibility of the young ones. We also see a drift of mothers becoming full time bread earners while increasing single parenting is complicating the situation. The need to put food on the table, school fees, housing, medical treatment, and other bills are taking supremacy while character development is becoming less important. As a result of this, there is no longer have time to teach or even spend with their children and as a result this has been left to schools. Meanwhile schools are primarily focused on academic excellence.

Many parents, because they don't have the time find out too late that they have drifted away from their children. Later they find it difficult to communicate issues like sexual issues to their children. This has created a lot of knowledge gaps for the growing children about the truth on sex and growing up. A few times when they speak about sex, they are either commanding or condemning which drifts them further from their children. This deficiency has exposed young people to incorrect information, which is widely available from their peers, documents, and media.

## ***Need to satisfy social expectations.***

There are quite a number of social expectations. Today some people still believe that boys have to engage into sex as a ritual of passage to manhood, and sometimes young boys get involved in sexual activities because of fear of being labeled weird. So this creates the need to be sexually active. Many times they are persuaded that it's abnormal to be a

virgin and totally outdated. It's in rare instances when a boy declares his virginity or even wants to associate with it. Unfortunately this trend is gaining momentum among young girls who also feel sex is an initiation into womanhood. The values of Sexual innocence is seemingly a taboo rather each person tries to express their sexual expertise and conquests. What a pity! What a generation!

### **Struggle to feel loved and popular.**

The need to be popular at school or work, looking for someone to love you and the desire to feel loved, desirable and accepted justifies the sexual cry today. Many are searching to be "loved"; self-love is invisible. The measure of love is by the number of people pursuing you or you are pursuing. Usually the motivation is to feel closer to some one and to have that 'special' someone to care for us emotionally.



*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, ..."*



Our society is crying out for love, unfortunately love is associated with sex. Have you heard of these statements; You cant love me and refuse to sleep with me; If you really love me, then you

would want to sleep with me; I love you so much I want to show you! Such statements are deceptive a bait. Therefore, love is bigger than sex; Sex is a culmination of love between a man and woman who are in a secure, permanent relationship, and are willing to take the responsibility of their sexual life.

### **Curiosity.**

Teenagers and many young people hear, talk about sex



and are inquisitive to know what it is like. Many times while growing up the stories about sex, magazines, and books are thrilling. As for me I tried to find out so much about this new adventure Sex! I remember in school I read virtually every Mills and Boon that came my way, sometimes I would read two a day. Later I graduated to bigger volumes of 'romantic' nature. The scenes in the books were appealing and reading became a full time hobby for me and many of my friends. Sometimes we would have the audacity of discussing what we read and you can't imagine the ideas we generated. These days pornography is just a click away, a foot away, and a paper away. The temptations are everywhere on every corner, phone, radio, television, and street.

The things that fuel our sexual appetite are many; the list of appetizers is endless most especially in this ever-changing sexualised global village today. The above list is just to open your mind to start looking critically at those things that deny us our individuality and make us slaves to the patterns of others and the standards of man. God gave all of us the ability to choose, our destiny is a matter of choice, and so are our actions and it's good that God knew our weakness and that's why he promised, *"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 (bear), but with the temptation will also make the way of escape, that you may be able to bear it"* **1 Corinthians 10: 13**. You need to find that route of escape from the temptations and one of the oldest tools you need along is the power to say NO. **Remember** not to give your pearls to the Dogs and swine all around.

# RISING ABOVE THE TEMPTATIONS





*"But let your 'YES' be 'YES', and Your 'NO', 'NO': For whatever is more than these is from the evil one"*  
*[Matthew 5:37]*

There is no in-between sin. Sin is sin. Our Lord Jesus Christ is the mirror of self restraint. In his life he faced many appealing situations for example in the desert, hungry after 40 days of fasting the devil comes to him and says *"if you are the son of God, command that these stones become bread"* but due to his self restraint nature he replied *"man shall not live by bread alone, but by every Word that proceeds from the mouth of God"* **Mathew 4:3-4**. Every temptation is an opportunity to rise above the occasion and No temptation can favor sin. We are therefore called to rise above such temptations by;

### **Developing Persistence.**

Persistence is the ability to stand for what one believes in. Attaining sexual purity requires daily practice; it is something you have to embrace in order to develop. The word NO can be of great help. Do not say NO once in a while; say it whenever you are confronted with situations which undermine your character and integrity. A good example is the tendency to choose which people we say NO to while to others we would require *"the grace"* as is the talk today. A desperate person may find it hard to say NO to a rich person because they have the money and with it comes the clout. Take the case of Anita, who always tried to steer away from irresponsible sexual behavior until one day a very rich man came into the picture. At first she resisted, but the man gave her a lot of money and off course presents, this clouded her judgment eventually she succumbed to the wiles of the rich man. She ended up missing her S.4 exams because she was pregnant. The man denied his responsibility and so did her guardians

  
*Every temptation is an  
Opportunity to rise above  
the occasion.*  


who felt betrayed by her actions. It was discovered later that this particular man had ruined the future of many young girls like Anita in many schools around Kampala. You need to set goals ultimately and persistently follow them. Anything other than that would just be destruction. Throw it out.

### ***Setting your priorities right.***

Rank your priorities starting from the most important one to the least priority. Brian Tracy the author of *"Eat that Frog"* says practice the ABCDE continually. Before you begin, work on the list of tasks; take a few moments to organize them by value and priority, so you can be sure of working on your most important activities. Even in our lives, we must learn to start with the most important. Setting priorities involves planning and ranking our priorities because choosing not to plan in life is planning to fail. As a student, you could prioritize your education, learning extra skills, and future over other demands in life by saying NO to them. Remember always there will be a time for every thing, when time for sex sets in you will freely enjoy and live a blessed life. Quite often we fail to rank opportunities or priorities in their order of preference which impedes us to say NO to sex temptations because the feelings and desires tend to be most pressing at a time. This causes us to abandon our dreams ending up living miserable lives wishing we had exercised some restraint but when it's too late.

### ***Developing a Big Picture for your Life.***

Having a big picture should be your guiding principle in life. When clearly spelt out, it will enable you to have a focus. A young girl whose vision is to become a lawyer for example will always work hard in her books, be smart, and strive for

good grades as well. This person knows where she is going and knows the right route to follow and even her priorities will be reflected in what she does with her time and effort. However, for one without a clearly spelt picture will be a wanderer from one place to place. This individual will not avoid disruptive acts like irresponsible sexual behaviors that could result into early distortion of ones goals by either unwanted pregnancy, HIV/AIDS and STDs among others. Mary, a fresher at campus once asked one of her lecturers *"how do you control your sexual urges with all these attractive ladies you meet every day in the lecture rooms and campus grounds"*? He was amused and he laughed heartily before replying, *"Mary, I made a commitment before God, my wife, relatives, friends, and in-laws that I will love my wife till death do us apart. That is my marital vision"*. My dear Mary he continued *"Whenever you have no vision everything will make sense and can be justified with statements like we men are promiscuous by nature; why not after all women are all over me; there are too many beautiful girls ready to pick from I cant say NO. Such talks are a reflection of one thing a lack of direction for ones life and sooner than latter many mess up their lives. "As for me I have chosen to Go RED- To be 'Reliable, Exceptional, and Dependable"*.



**GO RED:**  
*Reliable,  
 Exceptional, and  
 Dependable*





Abraham's vision was to fulfill an everlasting covenant with God that's why he focused on ways to accomplish his vision. **Genesis 22:1** God said *"take now your son, your only son Isaac whom you love, and go to the land Moriah and offer him there as a burnt offering on one of the mountains of which I shall tell you"* Abraham did not hesitate however much he loved his

only son, this is because he had set clearly his vision -Serving God.

## ***Finding the best in you.***

Low self-esteem is an enemy to personal development. A person with low self-esteem always follow others and wander through life. This is manifested by the following traits: forever making excuses in life, which subjects them

  
*When you cannot stand  
firm for what you want,  
even your sex life will  
be tainted.*  


to being taken advantage of, and because of their unfocused nature, succumb to the vices such as irresponsible sexual behavior. Many times such people lack a sense of value

and respect as individuals. When you cannot stand firm for what you want, even your sex life will be tainted.

This low self-esteem made Esau sell his birth right to Jacob. The Bible says: Jacob cooked stew and Esau came in from the field and he was weary. And Jacob said to Esau sell me your birthright as of this day and Esau said *"look am about to die so what is this birth right to me?"* Then Jacob said swear to me as of this day so he swore to him and sold his birthright to Jacob. And Jacob gave Esau bread and stew of lentils then he ate and drunk arose and went his way. Thus Esau despised his birthright (*Genesis 25:29-33*).

Esau because of his low self-esteem he did not see value nor did he attach respect to his birthright and he ended up missing out on the blessings of his birthright. Ask yourself am I finding value in myself, my appearance, my talents, my uniqueness, my situation, my body and my sexuality? When you find the best in yourself, you will not give yourself over to the swine and dogs waiting to devour you.

## **Erasing the Self-defeating mentality.**

What we are and yet to be all starts in the mind. What are you telling yourself? There is a tendency to believe in chance, superstition, and ritual practices. Believing that those who are prospering are lucky and those who are not doing well are unlucky. Then the IF

syndrome! If only I was from a good family, if I was connected to so and so, if I had gone to university, if my parents was rich, if... if... Etc. These IFS are a self defeating mentality that only comes to sap and drain your abilities and make you

forget to focus on the opportunities shouting everywhere. Marcus Aurelius Antonius says, *"our life is what our thoughts make it"* People who are always optimistic see hard things, scarcity, and failure as an opportunity to reinvent themselves while the pessimistic will think only the opposite. A young man for example may decide in his mind that he is dull and so he gives up on every thing concerning academics like attending lectures and reading books. Meanwhile when some one else performs better than him, he hates him/her not knowing that the other person does everything he hates even when he/she doesn't like them either.

Rise up and say NO to such self negative talk, rise up and take your position including sex and sexuality.

## **Taming those fears.**

Fear is an emotional response innate in every human being. It develops as a result of uncertainty or perceived danger. In

*People who are always optimistic see hard things, scarcity, and failure as an opportunity to reinvent themselves while the pessimistic will think only the opposite*

most cases it leads us to fail to pursue the right move that takes us out of danger. In situations where we find ourselves in sexual temptations the right move would be to say NO. However, if our failure is attributed to fear of rejection by our parents, friends, sponsors, and many other demands, we ought to immediately make adjustments than struggle for popularity and acceptance within our own societies, schools, and at work. We ought to act than being emotional slaves of temporary and cheap popularity.

The Bible talks about David who arose from his bed and walked on the roof of his house. And from the roof he saw a woman bathing and the woman was very beautiful to behold. David inquired and sent for the woman and she came to him and he lay with her *2 Samuel 11:2*. Bathsheba might have been lured into irresponsible sexual behavior due to her perceived danger of rejecting King David's decision. She ended up committing adultery and also pioneered the death of her husband (Uriah). I am not trying to justify King David's action he ought to have been an example as a leader with integrity, but there so many scenarios that can make us Say Yes instead of a No. So ask yourself what fear is in my life and how is it affecting my sex life?



*Don't negotiate with the lies of the devil; he has been a liar from the very beginning and he's not about to stop with you.*



## **Running for your dear life.**

Paul in *1Corinthian 6: 18*, says flee sexual immorality. Don't negotiate with the lies of the devil; he has been a liar from the very beginning and he's not about to stop with you. Don't



get involved in competitions where you have no chance of winning rather run for dear life. Run away from Potiphar's wife like Joseph did when she wanted sex with him in spite of being his master's wife. Who is the potiphar in your life? Is it peers, places, literature, advertisements, radio, internet, and television that stimulate your sexual appetites? Don't look back just run, I said *RUN FOR YOUR DEAR LIFE*.

The good news is this; Our God is a God of another chance. When we choose to ran away from the temptations he embraces us with His Holy Love. He abundantly cares and His mercy endures forever.

# THE POWER OF NO IN DIFFERENT DIMENSIONS




*"I cannot give you the formula for success, but I  
can give you the formula for failure- which is: try  
to please everybody"*

*[Mr. Herbert Bayand Swope]*


Whatever will set us apart is in the defining moment when we choose, who we are, and who we want to be. This means even in our sexuality we ought to choose how we want to define ourselves. God has not left us to be ruled by natural inclinations like animals, he has set us apart, and that's why he has given us tools to use in exercising restraint embedded in the word YES and NO. Many times YES is more dominant in our vocabulary than NO which sounds so negative, indifferent, and out of reality. And thus we use the comfort of YES to enslave our selves, to sell our integrity, self-responsibility, and sometimes even loose our lives and souls. It's because of this that there are increased sexual problems and increasing moral degeneration in the world; the magnitude is beyond imagination.

The Bible says my people perish because of lack of knowledge; sexual immorality and promiscuousness has thrived because, we have

not used the free tools given unto us embedded in the Word NO. I wrote in the Power of Saying NO; as an aspiring leader that  
*"We are often more willing to let ourselves down than we are to disappoint those*



*"We are often more willing to let ourselves down than we are to disappoint those who are looking up to us and as a result we hesitate to say NO in crucial authentic matters we ought to"*



*who are looking up to us and as a result we hesitate to say NO in crucial authentic matters we ought to"* but we can use this NO (weapon) in various ways to communicate our value and worth in different ways.

## **Say No; through Body language.**

There is a common saying that women's NO means YES, this is because as women say NO the body language screams YEESSSS while the actions and sound are totally different. Off course this may be true or not true depending on which side of the coin you are. This is what is called non-verbal communication that can be in form of facial expression, posture, and dressing. Actions speak louder than words; a woman cannot be saying NO while leaning towards the man trying to drive her into sexual act, nor touching him. This kind of NO is very deceptive and can take you seriously on this. Remember if we are to say NO, we have to understand the language our bodies are communicating. Consider this scenario John tells Jane *"come on Jane I love you so much, I want to have sex with you,"* but Jane says *"NO I do not want to have sex now!"* Jane says NO in a flirtatious body language that is, leaning towards John, touching, and rubbing his arms with fluttering eyes, tossing her hair. John sees the language Jane is using and he knows action speak louder than words, and he goes ahead to have sex with her. Later she confessed to her friend that John had sex with her when she didn't want! Oops! Not to be like Jane, we should say NO in a way that communicates our displeasure in a clear consistent way. Or you can as well express this by running away.

I remember one time we were in a group discussion, one of the guys proposed to Irene quietly to have sex with her that night. Irene a nonsense girl attacked him there and then to the amusement of all of us present. Nevertheless, her point had been made; she chose to define who she is. Many of us then thought she was timid and outdated but looking at it now, it makes a lot of sex sense. Do not tolerate temptation

at whatever cost, do not let the devil whisper to you, and let your resistance melt away.

We are always responsible for our own choices and we should communicate them clearly to make others understand us, it's always our right to refuse to do something that is not right even when everything and every one else is saying yes! It is also our responsibility to ensure that our verbal language is in agreement with our body.

There are people who will not take you serious on your NO and so for their selfish interest will not accept; *that will be the litmus test for you.*



*It is also our responsibility to ensure that our verbal language is in agreement with our body.*



Many times you might value the relationship and you want to build on it but you do not appreciate a particular action at the moment. For example in case you are at school in a dark corner you can come up with an idea tell him or her *"really I want to spend some time with you, why don't we go to the library together"* and while there you can as well give a reason and stand by it say *"I don't believe in sex now and so I have purposed to wait until my wedding day."* For a friend you can act as though you are surprised by the suggestion for example *"Kate you really want me to do that? It does not sound like you at all!"* You always have excellent ideas but what is happening? It might at some point necessitate taking offensive stances instead of the defensive strategy say *"that is really unbecoming thing to do"* or you can say *"it is really crazy for you to even entertain such ideas Peter"*. Remember such people never give up at once so you must keep repeating yourself as often as you need too so as to stand by your decision.

## **Say NO-Break away from people's expectations.**

Many people have a lot of expectations from us these include our parents, siblings, peers, and friends. However, amidst these expectations we must find and define ourselves. All of us are responsible for our own self personality, leaving above the expectations, and demands of everyone else. We ought to be anchored on our solid centre which is an assurance of who we are and how we wish to live and that is what we must pursue if we are to accomplish our life goals.

Ann a beautiful 16 years old girl in Kasese was forced to indulge in sex because her parents saw in her the means through which they could deal with poverty. Never minding that this was against her desire to be a teacher; a career she dreamt about; let alone her inherent rights as a minor and their daughter. She was a centre of attraction in her home as many would be suitors brought money and gifts to her parents who encouraged her to have sex with them. Ann was fearful of the rampant HIV/AIDS in her community after seeing many people who had died of AIDS. Her science teacher had told the class that having sex with HIV infected person was the major cause of HIV/AIDS. Torn between herself and the pleasing her family, she accepted her parent's expectations. She left school due to pregnancy and also ended up contracting HIV/ AIDS from one of the suitor.

Many people most, are in dilemmas and they can't exercise their Power to say NO because as minors they cant decide for themselves. Children need to be deliberately taught decision making as early as possible. This is because their lives are governed by the choices they follow. Today I have chosen to break away from my parents, friends and relatives

expectations on being married. When I tell them that I have not met my husband, they persuade me to at least get pregnant and have children before its late! To them it doesn't matter who and how as the end will justify the means. I have chosen not to believe them rather I am seeking for God's will for my life and am sure that his timing is perfect. The truth then is this: your destiny is determined by the choices you make now.

### **Say NO; be eccentric.**



It is also necessary to have a strong sense of self-confidence, with this you will always have people who are like and close to you, whom you share ideas, surprisingly you will also have the courage of being different from those around you, those who might be destructors to achieving your vision in life. Confidence always goes hand in hand with assertiveness. It's where the power to say NO comes handy in order to deny unrealistic expectations from the opposite sex and your peers.

*Children need to be deliberately taught decision making as early as possible. This is because their lives are governed by the choices they follow.*



### **Say NO; Clear away all the confusion about your body and yourself.**

*"So have this in mind whatever look, size, and color you are, is the image of God."*



we are always centered on appearances, weight, colour,

In this age where there is this obsessiveness with shaping up and trying to look good, we are more and more dissatisfied with ourselves. This is because

and height. Many times we are disillusioned and confused when it comes to self evaluation. The preoccupation with our appearance shapes our thoughts and actions. It's common to hear statements like, *"I am very fat for life, am too short, if my nose was smaller, eeh my behind is very flat"* so with all these questions in mind we end up in total confusion and pitying ourselves. Erase such thoughts of confusion about your self and body and take on Gods perspective of you and your life; you are made in the image of God. *"So have this in mind whatever look, size, and color you are, is the image of God."* You are fearfully and wonderfully made, before you where born God knew you, God knows you inside and out. King David in ***Psalms 139:13-16*** *"For you formed my inward parts; you covered me in my mother's womb. I will praise you, for I am fearfully and wonderfully made..."*

Every community has its own peculiar definition of beauty as the saying goes *"beauty lies in the eyes of the beholder"* Many times we tend to believe it and end up by having this point of view define us. Arise now dear and take your right position as the fearfully and wonderfully made person you are. From the same perspective make a choice to determine what to do in regards to your sexual life as a precious and wonderful person.

### **Say NO--- Be ruthlessly honest with yourself.**

Many times our lives are a reflection of our purpose and vision. If you don't have them, you will be driven around. Opio finished University, started work without a purpose in life and like some graduates; he set out to get any job that would give him an income. He went to this recruiting firm and met a beautiful married woman Tendo, she promised



him the job only on condition that he becomes her “lover”; Opio had no problem with that since he had many girls and this would just be an addition. One year down the road Opio was tired of the cat and mouse games he was playing and the increasing demands of Tendo. He decided to do some soul searching and to define himself in accordance to his new set priorities. After a month he decided enough was enough and thus he decided to put everything and everyone behind him including loosing his job and the strings of women he had overtime. Today he is a respectable married man with two beautiful children and a beautiful wife.

It takes us to determine our fate as destiny awaits. We have to be as honest with ourselves as much as possible.

.....●.....  
*Don't search for happiness  
in the tangible things rather  
in Jesus Christ the  
Alpha and Omega.*  
.....●.....

It is true that sometimes things may fall apart in one way or the other, but it's at such instances that we must take charge. We can choose a health pattern

that includes our sexual life. This goes hand in hand with dealing away with destructors that can impede us from being our TRUE SELF.

## ◆ **Say NO; Face your limitations.**

As a matter of fact you can't be everything to the people you love but it's not wise to disappoint them intentionally. Learn to live with an honest assessment of how much time, wisdom, and patience you have at hand. This implies coming up with guiding principles in life considering the time you have. With this you can know when to do the right thing, at the right time, with the right person, and in the right place.

The world throws on us a lot of demands such that even if we said YES to it all, it will never stop demanding more from us. Its like going to the market to buy a dress, there are so many dresses that will be thrown at you. However, knowing your limitations helps in making the right choice for example, how much money do I have, what size befits me, what color is my choice, and for what purpose is the dress. Do not try to run around with everybody, you will not finish them rather they will finish you. Our God in his infinite wisdom knew what is good for us and he set up institutions in which we can live in harmony and contentment. Don't search for happiness in the tangible things rather in Jesus Christ the Alpha and Omega.

Embrace your choice and take on the responsibility for the NO; choose the kind of people you want in your life. Always be friendly to people who are positive, optimistic, result oriented, God fearing, and if it means letting those incompatible with your choices, well, and good you will get over it. Learn to take a close look, scrutinize now your present relationships. If it so happens that some one is diverting you from your vision, make a decision, let him or her go, and move on with life.

# THE BIBLICAL DESIGN ON SEXUAL ISSUES AND THE POWER TO SAY NO



*"...,that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service and do not be conformed to this world , but be transformed by the renewing of your mind, that you may prove what is good and acceptable and perfect will of God"*

*[Romans 12:1-2]*

**T**he Bible says in Genesis 1:1, In the beginning God created the heavens and the earth. Therefore, we can only get the truth about Sex from the creator of Sex! God! Found in his living word the Bible, God created Male and Female blessed them and said, "be fruitful and multiply..." Unlike the animals God created a special companion for Adam, Eve. At the fall of Man, and as a result of his inability to restrain himself, man was lured into partaking of the forbidden fruit. And as a result Sin was born. Since then the fallen man has misused and distorted the gifts of God including sexual relationships and feelings.

The book of *Deuteronomy 22:13-30* God condemns sex immorality strongly with the implication of death for the culprits. For example *verse. 20-21*, if a young woman was not found to be virgin, then they would bring her out to the door of her father's house and the men of her city would stone her. And it would be said that she has done a disgraceful thing in Israel to play the harlot in her father's house. That was the implication of sexual indulgence; this however was not only to women also men *verse:25-30*. The bible says put away the evil among you.


Today, these kinds of laws are no longer as severe and hard lined in our constitutions but they are still applicable. We can choose to remove the evil among us using the power in a NO. You can take the hard line upon yourself and say NO to sex until marriage. Or better still you could say *"I will remain pure before God and that way I will avoid consequences of sin"*. Many young people feel embarrassed about their virginity. But my friend this should not be. Virginity is a sign of moral integrity, dependability, trustworthy, ability to restrain oneself, reflects proper upbringing, and faithfulness when you are married.

Many people are entering marriage with no trust because there is no evidence of this trust whatsoever. Even our cultures in Africa rewarded virginity for example a goat is given to the girl's family as a sign of appreciation for the job well done. Nevertheless, does that mean those who are not virgins are condemned? NO at any point when we choose to change our behavior we are embraced with loving applause and secondary abstinence takes effect.

The Bible teaches about Samson one of the great men in Israel, set apart from birth to deliver Israel out of the hands of the Philistines. He was blessed with extraordinary strength and this was upon the promise that never should a razor come upon his head. Unfortunately, like many of us, his sexual desires took the best of him and he succumbed to a harlot (Delilah). Although he was consistent at first, he was not persistent in his word because the woman fooled him many times until he revealed his power. This proves that you cannot successfully argue with the devil, you can only flee from him. Samson set apart by God Himself, choose to feed his sexual appetite and he forgot his purpose. Having revealed his secret to Delilah, this called for his defeat by the philistines.

Like today there are many things that are pleasant to

look at and sound so sweet in our ears. These could be in terms of promises. As you finally hand over your heart and body to this person if it's not within the right time, place, venue, and right person you will eventually loose your fame, popularity, and that strength before an okay. Before a girl has had sex with any man she is strong, confident,

  
*The world today seems  
to glorify the sexually  
promiscuous...man's standards  
many times is to glorify self.*  


and proud of her self but the moment she succumbs into sexual temptation, she becomes vulnerable and guilty as if everybody knows what she did.

It is important to understand that even adults including respectable leaders have failed to say NO to sexual temptations. There some who have indulged into the forbidden waters and have ended up losing their credibility, authority, strength, pride, and popularity. This trend however is changing because the world today seems to glorify the sexually promiscuous. But as I said in the beginning, man's standards many times is to glorify self. Do not be deceived by this trend. The Bible says let everyman be a liar, but God be found true" Our strength lies not in our own standards but GOD. Therefore, our power lies in the ability to stand for what is right which has a cost. If Samson had said NO to Delilah, Maybe he would have lost her but he would not be defeated. It also means we have to be willing to pay a price for a NO, for Samson it would be loosing Delilah but he chose to loose God instead.

In *Galatians 5:19*, Paul stressed the importance of saying NO to the works of the flesh evident as adultery, fornication (premarital sex) uncleanness, lewdness, idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, and the like. He says that those who practice such things will not inherit the kingdom of God. When we say NO to the above, we are able to enjoy the fruits of the spirit which include love, joy peace, long suffering, kindness, goodness, faithfulness, gentleness, and self-control.

*Job 31:1* displays the amazing power of saying NO, in this account Job confessed *"I have made a covenant with my eyes; why then should I look upon a young woman". He also went ahead to say "if my heart has been enticed by a woman or if I have lurked at my neighbors door, then let my wife grind for another, and let others bow down over her".*

*"I have made a covenant with my eyes; why then should I look upon a young woman". Job 31:1*

That is the Power of a NO, which is only effective when you

choose to stand up for integrity

and a godly character. Job teaches us accountability for our actions, we also see that even lust is but a sin. Ask yourself do I have control over what I look at or does it encourage me to look with lustful eyes? *Who have you chosen to serve?* Job clearly understood that he is the temple of the Lord and because of that; he couldn't defile himself.

In the new testament *Matthew 15:18-19* Our Lord empowers us to say NO to sexual behaviors by being careful at those things which come out of our mouth, because they come forth from the heart *"for out of the heart proceeds evil thoughts,*

*murders, adulteries, fornications, thefts, false witness/accusation, blasphemies and these defile a man".*

*murders, adulteries, fornications, thefts, false witness/accusation, blasphemies and these defile a man".* My computer teacher taught me the fundamental principle in computer usage *"garbage in, garbage out".* So watch what you let your

mind dwell on. Avoid stuff that corrupt your mind like: watching pornographic literature. Remember what you feed into yourself will eventually come out. The devil roams about


looking for those to add to his hell list. Don't stand in his way, he will take you along. In *1 Corinthian 5:9* Paul says I wrote unto you my epistle not to keep company with sexually immoral people. In fact James says *"flee from the devil"*. Your friends may try to lure you into any sexual vices; fornication, masturbation, same sex relationships or adultery. Then brethren in the name of Jesus, say a clear NOOOOO!!! and RUN.

The Bible says that Ammon the son of David loved his sister Tamar (*2 Samuel 13:1*) and because of that he became sick over her for she was a virgin and Ammon thought it improper for him to do anything about it. The saying goes; *"a Wiseman in a company of a fool is a fool"*. In the story Jonadab misadvised Ammon telling him to speak to his father saying; *"...let you lie down on your bed and pretend to be sick. When your father comes to see you say unto him I pray you, let my sister Tamar come and give me food and prepare it in my sight, that I may see it and eat from her hand"*. Everything came to pass as Ammon had planned. As Tamar took the food to him to eat, he took hold of her and said unto her come lie with me, my sister. Tamar resisted meaning she had the power to say NO! unfortunately, Ammon was much strong than Tamar. So he eventually forced her to sleep with him. *So ask yourself, what company do I keep or what advice do I receive from them?*


It is important to understand that Ammon lacked the power to say NO to his sexual appetites; he failed to control them and more so failed to disregard his friend's advice. Tamar was consistent with her NO but she was vulnerable because she was in the house alone with Ammon. Jonadab was a bad friend with nothing, but evil schemes in his heart. We need



to be consistent and forceful while saying NO to temptations because the way we say it may portray the opposite. NO while accepting to enter a lodge, dressing provocatively, or by your body language shouting Yeeees! Express your NO to temptation by avoiding such places that could make you vulnerable. Isolated places for example the way Ammon and Tamar were; if Ammon had not sent away all the people who

..........  
*It is also not true that sex is  
a sign of love because we see  
Ammon after having sex with  
his sister Tamar, he hated her  
exceedingly than the way he  
loved her*

were in chamber, he probably would have been ashamed to rape his sister. This would also give a chance for Tamar to shout for help.

..........  
Many like Ammon do not understand that sexual feelings are part of body responses and growth. It does not necessarily mean have sex. Don't let a few minutes of 'pleasure' disorient your life. But draw nearer to God through reading the word and praying for divine grace. In addition, there are elders in our community whom, you can entrust with your sexual problems. Avoid those people who might misadvise you and eventually you end up in worse situations. It is also not true that sexual urge is the sign of love because we see Ammon after having sex with his sister Tamar, he hated her exceedingly than the way he loved her. You should know that quite often when we are lured into sexual relationships to satisfy someone else interest, we loose. This is because many times they don't love us rather they only want to satisfy their lustful desires. For the parents, you should understand that sexual feelings are part of life as children grows. It's your role as a parent to teach and guide your children towards understanding their sexuality and how to manage their feelings. Don't leave this role to their

peers and whoever might be available, you might not love the consequences. The same way that Ammon developed sexual feelings towards his sister could happen in your own house. Therefore King David as a parent failed to understand this when he sent Tamar to go and prepare food to Ammon in his isolated house.

**1 Peter 5:5-8** calls upon young people to submit to the elders.

*"All of you be subject to one another and be clothed with humility for God resists the proud, and gives grace to the humble. Young people humble your selves therefore under the right hand of God, that he may exalt you in due time. Cast all your care upon him, for he cares for you. And remember to be sober, vigilant, because your adversary the devil, as a roaring lion, walks about, seeking whom he may devour".*

In all our challenges, needs, and demands in life we need to cast our burdens to Jesus because

he cares and he will provide for us whenever we call on his name. You should have trust in God that even those things you see as too big, God will provide a way at no cost attached except bending of your knees in prayer.



*You should have trust in God  
even those things you see as too big,  
God will provide a way at no cost*



# THE CONSEQUENCES OF OUR SEXUAL CHOICES



*Every Action in our life will have a reaction, a  
positive or negative"*

*Allen Baguma*

**M**r. Amos Ruhongore during the SHEEP HIV/AIDS peer educators conference at St. Margaret College Makerere made this remark *“Every time you pull your knickers/zip down to a person outside marriage, you are pulling yourself to the grave (problem)”*. Every young person kept quite as the truth of the statement sank in. The bible says the consequence of sin is death. Our sexual choices too have consequences.

### **Unplanned pregnancies.**

For many young girls their worst nightmare of sexual involvement is the thought of getting pregnant. Four out of 10 pregnancies in Uganda are unintended according to Guttmacher Institute report entitled: *“Unintended Pregnancy and Induced Abortion in Uganda: Causes and Consequences”*. We all know that whatever is done in the dark shall be seen in the light, pregnancy is one of those things that justify this statement. Many who get pregnant either try to hide or run away from home; abort and end up killing innocent children or dieing as a result of these abortions. Many young girls and boys have failed to continue with their studies because of such reasons as pregnancies, imprisonment and early responsibilities. When you conceive chances are high that you are expelled from school and sometimes home. For young boys you might face imprisonment most especially if a girl is below 18years; this would be defilement, which will get you imprisoned and thus jeopardize your academic future. Sometimes many end up being forced into early marriage involving a lot of responsibilities which at a time they are not ready for.

## ***Acts of abortion.***

Sometimes after getting pregnant women or girls are disowned by fathers of their unborn babies. Under such instances the girl is often left on her own to do the best she can. Many times at the consultation with her peers she can be advised to abort so as to be free of the burden. Many times abortions are done without medical attention and so many develop. Complications like infertility, infections, severe bleeding, and death occur. In the eyes of God abortion is murder and so it is in some countries; it's criminal and punishable by imprisonment for life. When you abort you break the fifth commandment of God that says do not kill. The good news is that you can decide to give your life to Jesus Christ who washes away all our sins. Do not die in guilt, remember our Lord paid the price for this. Choose today to live a life of you are worth.

## ***Children unwanted.***

If four out of 10 pregnancies in Uganda are unintended, are we then surprised by the increasing cases of babies damped in dust bins, baby homes, and along side roads? Some of these babies are lucky to be picked up and adopted. But others are not; as some are found already dead. The few Babies homes and orphanage are filled with beautifully babies who have been neglected and unwanted. We can recreate this scenario by saying No to sexual temptations. May the Lord give you courage and strength to do that for this generation. Amen.

## ***Children Mistreated.***

Married men when they accept children from extra marital affairs they take them to their wives. This is good but some of these women are cruel and heartless who subject children to a lot of suffering like over working,

burning, starvation and inhumanly punishments yet these are blameless children taking on the consequences of sin of their fathers who messed up with their sexuality. Some of these children end up on the streets homeless.



### **Acquiring sexually transmitted diseases.**

Having unprotected sex with an HIV infected person is the most common way in which HIV is transmitted. HIV/AIDS is still a big challenge in this country and Africa. This means Aids is still with us. In addition to HIV/AIDS, there are other sexually transmitted diseases and infections that are common such as Syphilis, Gonorrhea, Genital herpes, Candidiasis, Chlamydia, Venereal warts, Pelvic inflammatory diseases, Crab lice, Chancroid, and many others. Syphilis for example has complications, which include infertility, brain damage, paralysis, and failure to treat it in time automatically leads to death. Another sexually transmitted disease is gonorrhea. In males it can be detected when some one has pus like discharge. While on the other hand, infected women show no obvious symptoms other than back aches, urination problems, and infertility at times. All these remind us that sexual integrity is the key to prevention of these diseases.

### **Increased divorce and domestic problems.**

There are also increasing rates of divorce and separation due to sexually related problems such as extra marital affairs. The demerits of divorce are terrible to the entire family more so the women and children.

To write about this would require a whole book. The mistrusts of sexual abuse fuels domestic violence cases increasing daily in our communities.

  
*God created us as relational beings;  
which mean acting alone is against  
Gods Infinite wisdom which says "it is  
not good that man should be alone;  
..."*  


## **The dilemma of Masturbation.**

My interaction with young people has showed me that many are dealing with masturbation, which they define as the best alternative to penetrative sex. Looking at it critically, masturbation represents the untold truth of the selfish out-of-control individual who's out of touch with the truth. This concept is embedded in selfishness reflected in *"I am self contained syndrome"*. Sex, as already noted is a beautiful process that involves body, mind, and soul and thus should be mutually shared exclusive between Man and Woman. God created us as relational beings; which mean acting alone is against Gods Infinite wisdom which says *"it is not good that man should be alone; ..."* **Genesis 2:18**. Masturbation represents poor self esteem as shown by our lack of respect for our own bodies by indulging in self-defilement. Masturbation is a slow self poisoning that eventually will kill your self esteem and social interaction.

## **Homosexuality.**

Today there is increasing cases of homosexuality and a deliberate effort to make it acceptable in our land. Homosexuality is sexual perversion and a total disrespect of the wisdom of God who created male and female. Homosexuality is a loud cry *"I am lost please find and give me help"*. All justifications will be done to show you that homosexuality is *"well and OK"* but dear go before the merciful God and he will direct your paths. Paul in **1 Corinthians 6:12** says *"everything is permissible for me"* but *not everything is beneficial*. *"Everything is permissible for me"* ...but I will not be mastered by everything. Always say that to your self but above all, honor God with You body.

## *The wages of sin is death.*

In *proverbs 6:32* says that whoever commits adultery ... lacks understanding: he that does it destroys his own soul. Every sin leads to death even sexual sin. This could be spiritual or physical death but whatever case sin will eventually kill you.

The good news is that the Lord loves sinners, the wounded, broken-hearted, and perverted. The bad news, is this He hates sin. To the sinners He says, come to Me you who are heavy laden and I will give you rest. Therefore the power lies not in how much we are willing to justify our sexual acts, desires, and needs. Rather, in how much we are willing to stand out for integrity.

Dear brethren, the struggle is on for all of us. I still do struggle like any other person with sexual feelings, the battle for sexual restraint is tough and sometimes the ego shouts so loud with butterflies everywhere but I am thankful to God because am normal. However, at such moments I have learnt to divert these feelings into doing things like reading and writing which I am



*The good news is that  
the Lord loves sinners,  
the wounded, broken hearted  
and perverted.*



passionate about. You can also find your passion and use it to make the world a better place for you and me. But have I been perfect in my previous years?

*NOT AT ALL!* But I still believe life is a journey and a process towards perfection of our calling. When we learn to define our sexuality, surely the sad consequences of sin would be reduced and we shall indeed reap the fruits of our labor.



There are other people who are still promiscuous and get away without physical consequences however, the soul will be in torment. However this is not a death sentence but a reminder of a Loving Father who sent His Son, Our Lord Jesus Christ to PAY for our SINS and He has already paid for ALL our SINS, we only have to believe and receive HIS GRACE and ENDURING MERCIES that will restore us to RIGHTEOUSNESS.

# FINDING DIRECTION AT THE CROSSROADS



*"Efforts and courage are not enough without  
purpose and direction"*  
*[John F. Kennedy]*

**M**any times we have all been at crossroads undecided on the choices we want for our lives. This is most especially true when we are faced with all the stuff being churned out by the media, adverts, interests, people's expectations, peer influence, and many other things. It's at such a time that the ability to discern becomes critical most especially in regard to our sexuality. In this 21<sup>st</sup> century and dot. com era, discernment is needed a lot more than ever before. This means we must identify our purpose and direction which will help us shape our destiny even at the crossroad.

When we know where we are going, the crossroad will not be that difficult to unravel, but rather the direction will be clear as black and white. To be out of the crossroads means you have defined your purpose in agreement with the potential within you. In defining ourselves we also need to define our sexuality and how we shall govern it.

You can find direction at the crossroad if you know where you are going. Many times we say I was enticed, seduced, it happened very fast, I was

in Mars and the like, is just a call for sympathy. Unlike, in situations of defilement, rape, incest, sexual confinement, and others which are undeterminable,

*When we know where  
we are going the cross road  
will not be that difficult to unravel,  
but rather the direction  
will be clear as black and white*

other instances of seduction and enticement are not valid. It is a misguided failure not to take on personal responsibility in our lives. When you find yourself at the crossroad of a seductive moment, it's a choice to follow your body reactions

or choose to define the moment rather than let the moment define you.

Today there are so many things that are seductive and quickly arouse sexual apatite; when you look at the dressings, make up, beauty perfumes, beer, and music. Women and ladies look so beautiful everywhere from their spackling hairstyles, to their dressing and postures. Indeed many look very attractive.

However, as a young man remember the adage that says judge not the book by its cover for not everything that glitters is gold. Rather when you have finally decided to get married, check out character, family,

personal values, and beliefs.

Then decide if you are willing to live with this person today and forever. When you are okay

with that and your heart is at peace, go ahead, and marry. Remember true love waits. When you are at the crossroad, the only compass you need is purpose. Purpose will help you choose the next direction to take. The good and bad news is as Henry Kissinger says; *"If you do not know where you are going, every road will take you nowhere"* at the crossroad you must have direction prior to reaching it. Don't wait for it to find direction, find it now.

*Judge not the book by its  
cover for not everything  
that glitters is gold.*

# PRICE TO PAY TO ATTAIN SEXUAL-INTERGRITY



*"For God so loved the world that he gave..."*  
*[John 3:16]*

There is nothing for nothing; My former Secondary School motto says it all, "NO PAIN NO GAIN". Everything in life has a cost attached to it be it as a student, teacher, leader, or parent. As noted in the earlier chapters whatever we choose has an implication in terms of financial, emotional, social, and mental attachments. *"We can fly like the eagle only if we are willing to pay the price"*. If you must fly then you must be willing to pay the price. Sexual purity is SWEET and will cause you to reap LUMP SUM only if you are willing to pay the PRICE.

One time in a seminar a young man asked me *"But Madam Allen, how can I contain my sexual urges that threaten to boil out of control?"* Every body laughed but I knew many are struggling with this scenario. The feelings of desiring sex are normal and okay. This is because at a certain stage in our lives as the body matures naturally, all parts, systems and functions grow including sexual feelings, emotions, and desires. However, like any other stage of growth, it can be restrained and ignored. For example have you ever been very hungry with no money? Logic would dictate pick something to eat since everyone would understand and sympathize with your situation. But ala! This would not be the case, as you will be called a thief, beaten, and sometimes killed. Your plea of hunger would simply be ignored and cannot be understood by anyone except yourself. This is the same with sexual feelings, the same way you exercise restraint when you are hungry and broke, (mind you hunger can kill but sexual desires won't) is the same way to which you can exercise restraint in sexuality. Our God loves us with a holy Love. Therefore, if we are to love Him we must work towards purity and holiness. When this happens there is a price to pay.

I have a cousin who loves shoes; she will pay any price to acquire a new shoe and whenever she buys any clothing, a new shoe must accompany it. We have never understood her obsession but it's a choice she has taken and pays, in my opinion, heavily for this extravagance. Each of us has something we love and we wouldn't mind paying heavily for it.

If we can pay heavily for items, why then can't we choose to pay in the same currency for our integrity,, more so, sexual integrity? This cost may be in terms of exercising maximum patience with your sexual feelings, being called names, being shunned by your peers, giving up some habits; alcohol, and drugs and the like. The list goes on. The good news is that each one of us can develop our own list and work towards perfecting it. You might need to do a self activation on this process. Let this table below help you;

I will give up	The cost will be	I will attain
1.		
2.		
3.		

When we learn to give up, that is when we get up. When we give away something that is when we get something. When we sow then we reap. To create we must destroy. To live is to die. To begin is to start. Those are the natural principles of life. So what price are you willing to pay to maintain your sexual purity and integrity? Are you ready to make it in this journey? Remember the journey will only start by that choice you are making NOW and the price you are willing to pay NOW.

# TAKING PERSONAL RESPONSIBILITY FOR OUR SEXUAL CHOICES





*"If you think saying No is the right thing, if you think it's more rewarding, if you regard it worthwhile- Stand for it"*  
*[Allen .K. Baguma]*



When Adam had eaten the forbidden fruit in the Garden of Eden, he refused to take personal responsibility and instead blamed Eve. And he said in **Genesis 3:12** *"the woman whom you gave to be with me, she gave me of the tree and I ate"*. Adam who had a choice shifted the blame to the woman for having eaten the fruit. Many times, most especially in sexual issues we want to shift the blame to someone else. However each and every person has a responsibility for their own choices including sexuality. The moment we chose others to define for us our life then we should accept the consequences of our choices.

When we take on the responsibility of our sexual choices. Then abstinence becomes a principle rather than a practice because it is a lifestyle of our sexuality that we have chosen. Being faithful is not focused on somebody else -- partner but rather being faithful to you-self and God. We are all born with a natural instincts (conscious) within us some of which, are the principles of our very being, we only need to tap into them and sanity would reign.

  
*Can man take fire to his  
bosom ad his clothes not  
burned? Can one walk on  
hot coals, and his feet not  
be seared? Proverbs 6:27-28*  


Many of us have heard of massages like its good to abstain but if you can't, use a condom! This is a big lie that we have all accepted as the truth. This is like giving a dog a cake and meat and you tell it to choose a cake rather than the meat. The natural principles will direct the dog to choose the meat rather than the cake? The bible in **Proverbs 6:27-28** asks *"Can a man take fire to his bosom, and his clothes not burned? Can one walk on hot coals, and his feet not be seared?"*

That is why we need to take our own responsibility to determine our sexual destiny. Like the same way King Solomon in **Proverbs 6:20** advised his son, “My Son keep your Fathers command, and do not forsake the law of your Mother”

Why should we trust mortal men to determine our sexual lives? How can we believe in the present deceptions in regard to the current sexual problems? Why have you trusted your instincts rather than your soul? How can you



*Even us we cannot afford to give away our sexual values to be determined by our neighbors rather we need tp entrust them with the creator of sex, God to define our sexuality*



as a pilot of your life give it to your assistants to run it? Imagine your parent giving away their responsibility to his neighbor? What would happen? Even us we cannot afford to give away our sexual values to be determined by our neighbors rather WE NEED TO ENTRUST THEM WITH THE CREATOR OF SEX, GOD TO DEFINE OUR SEXUALITY.

It is high time you took personal responsibility to define yourself than letting others define you. Many have taken a bold step in this direction so can you? If you do not take responsibility for your sexuality who will? Let that answer help you to stand for what is right and true.

# S T A N D FOR WHAT IS TRUE

A decorative graphic consisting of a central flower-like swirl with eight petals, from which two horizontal lines of smaller swirls extend outwards to the left and right.

*"And you shall know the Truth, and the Truth shall make you free" [John 8:32]*

When we know the truth, then we can stand for it. Even in sexual issues we ought to stand for what is true. But as already noted, the bible says my people perish because of lack of knowledge. Ignorance kills in many forms, even sexual ignorance kills. We need to know the truth to stand for it.

The truth about you is that you are created in the image of God. You reflect what God is; you are so unique that there is none like you anywhere at any particular time and never will there be. You are an eternal being because your soul will live



*The fate of your destiny  
is in your hands.  
If any body says you  
are beautiful,  
they Are only stating  
a known fact.  
Don't let this excite  
you and give your  
pearls to swine*



for ever either in heaven or hell. You have the ability to decide for yourself and know this; you are created to add value to life. You are priceless, there is so much good in you but the devil will not want you to know that. Rather, he wants you to think that you are as cheap as a chicken leg and a few chips on the plate.

He will take away your right to decide for yourself through engaging you in much negative stuff like sexual adverts, songs, and literature. He will not allow you remember that MARRIAGE IS A HOLY UNION, SWEET AND BEAUTIFUL. Rather, he will try to get you to dwell on the pains in marriages so that the truth about marriage is distorted. In addition to the evils associated with sex; rape and defilement, domestic violence so that the purity and sweetness of sex is distorted. He will not stop there rather he will use intimidation to make you loose your sexual grounds. He will bring images of sexual

perversion and try to make you believe this to be the norm. He will window dress them as polygamy, homosexuality, pornography, extra marital affair, unwanted sex, just an affair as OK since everybody is doing it. Aren't they?

But whatever the case, you are divine, first class and beautiful,

*Marriage is a holy union,  
sweet and beautiful.*

handsome and engraved in the very image of God. Now take your position as a child of God to decide your destiny including your sexuality. Be defined by your ability to stand for the truth at all the time. Avoid the image of others and start to live the life you have been created for. The fate of your sexual destiny is in your hands. If any body says you are beautiful, they are only stating a known fact. Don't let this excite you and give your pearls to swine.

Today the world is full of stress and the need to give up cries more evident than get up. My dear brother and sister we need to sharpen our swords to engage the enemy of our souls daily. With each

new day we must dress in the whole armor of God as

**Ephesians 6:10-18** states. We also need wisdom and sound judgment as **Proverbs 5:1-11** says; "my son pay attention to my wisdom, lend my ear to my understanding, that you may

preserve discretion and your lips may keep knowledge. For the lips of an immoral woman drips honey, And her mouth is smother than oil; But in the end she is bitter as wormwood, Sharp as a

*whatever the case,  
you are divine,  
first class and beautiful,  
handsome and engraved  
in the very image of God.  
Now take your position  
as a child of God*

*two edged sword. Her feet go down to death, her steps lay hold of hell. Lest you ponder her path of life- her ways are unstable; you do not know them. Therefore hear me my children and do not depart from the words of my mouth ....”.*

The truth about this battle is that we can and shall win it because at the cross it was over and we have been given choices and tools to engage in the battle and come out as winners in Christ Jesus. The good news is that you are the commander of your sexuality. Let no one take away your power to stand for what is right. As I am writing this book, I am writing it to myself and sharing my heart with you. I have witnessed so many times when the Power to say NO has been the miracle of my destiny in many areas including my sexuality. In fact I have used the power to say NO as a behavior change in my life and so far so good. Join me in defining ourselves and taking on our rightful positions as children of God.

Let's Go **RED** | **Reliable**  
**Exceptional**  
**Dependable**

I will end with this counsel of a nameless Hebrew poet whose works was unearthed and translated by the late Dr. Herman Gollanez and published under the title *“the foundations of religious fear”* London, 1915.

*Drink from thy own well and wander not about after deep waters. Rejoice in the wife of thy youth, and err not though strange and senseless beauty. Give not unto strangers thy strength, nor in folly spend thy earnings in an unknown house.*

*The attractive woman adorns herself in fine apparel, so that she may be showy in her beauty and she is as buoyant as horse harnesses. You might think that in her love there is relief; but set your heart to understand her end, and you will find that the end is shame and reproach.*

*Are you dazzled by beautiful appearances and ostentation, by embroideries, by fine linen and purple garments? Why not consider whether she is "the well undefiled", or whether her chastity has been destroyed, and her vileness exposed?*

*See the strange woman who flatters with the words of her mouth; these are as drawn swords, to win over the simple and wanting in heart, who know not the right way; their feet are suddenly entangled, and caught in the net and snare, and they have no rest. The simple one goes after her as a lamb brought to the slaughter and while sinners fall by her, the man good and righteous before God will always escape. Cleave, therefore to thine own wife, rejoicing in her beauty, and revealing in her love.*

*How much better is it to caress a lioness than a senseless woman! Better to kiss the lips of an adder or scorpion than foolishly to kiss her lip. You may think it's pleasant to have her company to your hearts content: but understand, you will have a full share of shame and disgrace to follow.*

## **I NOW KNOW A NO**

*As I sit watching through the window, people, and cars  
passing by;*

*As I ponder about all the forgotten promises and  
expectations buried within each soul;*

*As I brood over all I have said to do and done not;  
As I wonder over the broken souls as a result of my YES;*

*I know I have made many promises which I never fulfilled,  
I know I have said YES while my heart was bleeding for a  
NO,*

*I know I have made a child think adults are liars,  
I know I have done many things without my conscience or  
respect,*

*I know I have sold and enslaved my soul  
But now I know the freedom of my soul lies in the power  
to say NO;*

*I also know that I have the power to choose to say YES  
while meaning YES and say NO while meaning NO,  
I had the power to say NO all along but of course now I  
have the power to say NO*

*Still I know I can choose the radar of my life rather than  
people and the world choosing for me*

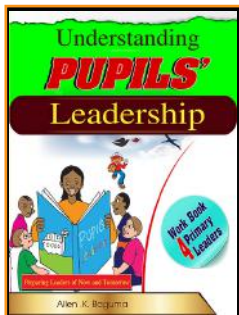
*I now know I am no-longer a slave but free and free  
indeed in Christ Jesus.*

**Allen .K. Baguma**



## OTHER PRODUCTS ON THE ONLINE STORE

[www.allenbaguma.com](http://www.allenbaguma.com)



UNDERSTANDING PUPILS' LEADERSHIP

-BOOK-

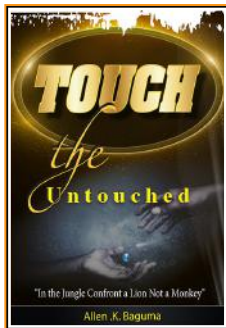
### AVAILABLE NOW

By ALLEN .K. BAGUMA

#### Understanding Pupils' Leadership

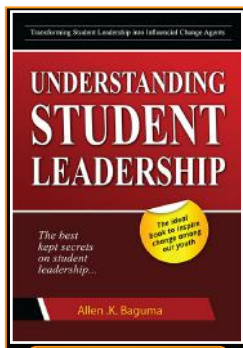
"Tomorrow is not far to prepare today's and tomorrow's Leaders- this book will show you how to prepare them "

ISBN 978-9970-596-01-0



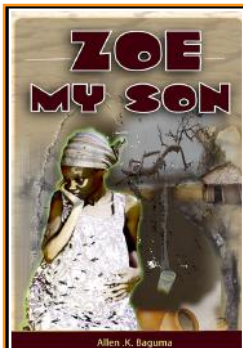
TOUCH THE UNTOUCHED

-BOOK-



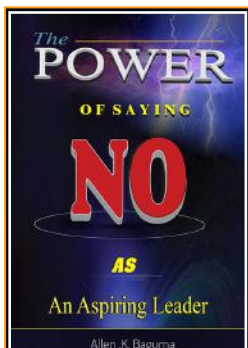
UNDERSTANDING STUDENT LEADERSHIP

-BOOK-



ZOE MY SON

-BOOK-

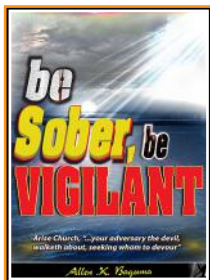


POWER OF SAYING NO

-BOOK-

### Coming Soon

- The Adventures of ZOE
- Say No to Overspending



BE SOBER, BE VIGILANT

-BOOK-

If you want to get more products please contact us on;  
info@allenbaguma.com  
visit-[www.allenbaguma.com](http://www.allenbaguma.com)

*"A Bold Step into the Future"*

Say NO to Sexual Temptation

## About the Author

Allen. K. Baguma in the series "The power of Saying NO" has unleashed yet another book: **Say No to Sexual Temptation**. Allen is convinced Sex-Sense is important in solving sexually related problems in our time a mandate which calls for every Christian to reinstate values of integrity and Christ-like character in our daily lives. Allen holds a Master's degree in Public Health and a Bachelor's of Arts in Education. Allen is a seasoned trainer, public speaker, and consultant in areas of Leadership, Personal finance, Business, Character and ethics as well as Evangelism. Allen is passionate about young people exploring their potential based on the Word of God - Bible.



SEXUAL  
Temptation

*[www.allenbaguma.com](http://www.allenbaguma.com)*



*Say NO to Sexual Temptation*

## About the book

Are you single, engaged, married, young or old? Do you sometimes struggle with sexual temptations? Do you ever wonder why YES sounds louder than NO? Do you sometimes say YES while you should have said NO? Do you find it easy to walk away from a sex opportunity? Did you know the fate of your integrity is in your hands?

Allen through her life journey has discovered that we can only get the truth about sex from the creator of sex! It is not easy to walk away from a sex opportunity but choose today to define your guiding sexual values and principles. Do not compromise to sexual perversion promoted as 'COOL' and 'OK' rather read about characters and values that will help you live a life you ought to live.

**Saying NO to Sexual Temptation** is a blueprint for Christian living in the 21st century; choosing a lifestyle based on the word of God rather than the standards of man. This is not a how-to-do book, rather a how-you-must journey on the road less trodden. Discover NO as a weapon you can use to wade off sexual temptations.

Published by:  
**FUTURE LEARNING CENTRE**

