



## Let's talk about sex ...

Its my goal to expose the urgency of getting to the bottom of " your issue" as well as to express my compassion and understand that it is a battle.

If you have suffered in this area even if just for a month you are aware of how your mind can be gripped by this sin. You are aware of how it can be addicting. One thing that you may not be aware of at the moment is how far down it can take you.

How yes just like any other sexually immoral act it is **defiling your body and to defile your body** ultimately you have defiled your soul ( your mind, will , and emotions )

Masturbation  
Is apart  
Of this act of  
sexual  
immorality

Read Genesis 38:9-10

Read the whole chapter 38 for better understanding

"For our struggle is not against flesh and blood [contending only with physical opponents], but against the rulers, against the powers, against the world forces of this [present] darkness, against the spiritual forces of wickedness in the heavenly (supernatural) places."  
Ephesians 6:12 AMP

The lord showed me this illustration in a dream I hope this helps you to get a better picture

Principalities: higher ranking spirit princes such as the prince of Persia that resisted Daniel ( you know the 21 day fast everyone does ? This is where this came from. Read Daniel chapter 10 ! This will give you an idea of the opposition that is standing in your way.

These principalities govern large areas I don't mean to offend anyone but like the city of ATALANTA has over it a principality that governs homosexuality and you can see that very clearly by the activity in the region. This is not just actions of the people that live there this is being spiritually governed !

This came from a book about intercession ,as the LORD only gave me an illustration of the larger principality that I was dealing with when i was dealing with sexual immorality like masturbation , sex outside of marriage , children outside of marriage , seductive dressing and all of that ... oh yes ! It's all the same .

Powers of darkness:

Work culturally to bind people groups from seeing the LORD.

Spiritual forces of evil :

Lower ranking spirits that afflict people through fear, rebellion ,deception ,divination and things like this ( witchcraft would fall into this category.

Here are some helpful videos of mine :

mermaids

<https://youtu.be/WXGPwBGk33E?si=RZWt6RwpvyPrXOeE>

Homosexuality & single mothers

<https://youtu.be/rFuBe96Zics?si=P2lW8wYzguewi4a>

Vanity

<https://youtu.be/9aJndxsro9A?si=OejV3-nATWpkn10W>

Masturbation

<https://youtu.be/JSuMlvvWtJg?si=HNxKT6-RJdU1LWJU>

**Defile :**

Desecrate or profane something sacred

Violate

**Profane :**

Treat something sacred with irreverence



If you are participating in any kind of sexual immoral acts I hate to break it to you but this is what God thinks of the act! He doesn't see it as you are struggling though he knows.

He doesn't see it as oh well they were molested at age 5 though he knows ! he sees it as a sin!

And until you see it as the sin he sees it as you will never get freedom.. because you wont think it's necessary.

Think of someone building for themselves a big beautiful house, they have plans for the home to decorate it in the way that they choose, and whatever else.

Along comes someone who doesn't even own the home

( maybe the gardener or someone like that ) and they began to destroy the home.

The rooms in the home that the owner had plans for now have become unable to be used.

Unable to be used by the owner ...

but there is always someone who will come along and make use out of something when it is no longer of use to you.

This is Satan!

Though the temple can no longer be used by God in its defiled state the enemy sees a beautiful home. Often times a blueprint even to model other homes after.

This is where Generational sin comes in ...

"For there is [only] one God, and [only] one Mediator between God and mankind, the Man Christ Jesus," 1 Timothy 2:5

**What do you do?**

1. Cry out to the lord! ask him just like that what do I do!

Now I must caution you that this is for those who believe that Christ died for sinners just like me and you. If you don't believe that this is the first thing you must get settled.

Jesus Christ is the only mediator between God and man!

This video might help with your understanding...

<https://youtu.be/M3fPjJZnIM?si=4Ngnv10mpraXZ162w>

But I want you to think of GOD as the judge .. and hallelujah we are grateful that he is A JUST JUDGE ! We can't go straight to him because we are sinful ...think about the Old Testament they could go once a year and he wasn't playing with them. Jesus died for us so we don't have to wait we can come at any time... he is the one who mediates between us and GOD! So when GOD sees us he sees the precious blood of the lamb that was slain for our sins

I had to go to court for an 11 year old traffic ticket recently... you can't just walk up to the judge and start talking . If you can't treat a natural judge that way what makes you think you can come to a HOLY all seeing all knowing GOD just any old way. But good thing for us is that Jesus knows the way ! He is the way .... He is the only mediator and he is the perfect one. For he himself came as GOD in the flesh so he has perfect

understanding

Of what needs to be done. We are so blessed to have a heigh priest who understands! Hallelujah!!

2. Admit that you are a filthy sinner and you are in need of a savior!

Admit that no one ...

no therapist, no doctor, and most defiantly not your own logic can set you free from the mess that you are in

3. Start fasting !

if you are 30 years old and you haven been sleeping with everyman you meet .. you have a lot of work to do.

I am by no means trying to scare you but do you know how many demons! if you cant think about that then think about this ...

The words that one lover told you that still play in your head today.

The positions you learned and all of that .

you cant possibly think that in your sin it was the Lord who was feeding you all of this information...

so you have to go through the process of getting set free !

DELIVERANCE from all these things .

( I will share a story with you at the end )

I have a tool to help you get started fasting on the website .

<https://www.lleinabytanzy.com/copy-of-short-stories>



# Change



## 4. Change your atmosphere!

just go ahead and take out your phone and start blocking and deleting!  
Some of you are going to have to just get a whole new number all together.  
Delete the social media accounts all together ..  
yes even if they are making you money.

are two scriptures that come to mind. If you cant give up something so small for eternal life ( because yes this will keep you from the kingdom of God rather you are aware of it or not ) you have a lot of work to do.

ESPECIALLY IF YOU HAVE CHILDREN! Less their blood be on your hands for your carelessness

— Change your playlist!

I used to listen to that smooth R&b music but let me tell you something it started fires in me that I was left to put out.

Think about it you are single and listening to women talking about finessing men for their money, talking about how to ride this and lick this ..

what do you think is happening to your though process and the way you view sex and relationships listening to these things ?

I Remember there was a time I had 2 playlists

one I called my secular run playlist and the other was the worship playlist .

yes I was very young and silly but I had a very basic level of understanding I CANT

LISTEN TO THIS IN THIS SEASON.

Yes the secular songs made me run a bit faster and workout a bit more you know why?

Because I was thinking about how good I was going to look in this and that ...  
it wasn't from a pure place!

And if you are honest you can see yourself doing the same thing.

Honestly I like to listen to instrumentals and make my own worship songs

( not saying that you need to do this )

but you absolutely need to clean up your playlist.

I had to learn the hard way it wasn't just a seasonal thing I needed to make a permanent adjustment! This is how you stop going in cycles and circles . Get to the root of the issue and pluck it up .

"For whoever wishes to save his life [in this world] will [eventually] lose it [through death], but whoever loses his life [in this world] for My sake, he is the one who will save it [from the consequences of sin and separation from God]. For what does it profit a man if he gains the whole world [wealth, fame, success], and loses or forfeits himself?"  
Luke 9:24-25

"If your right eye makes you stumble and leads you to sin, tear it out and throw it away [that is, remove yourself from the source of temptation]; for it is better for you to lose one of the parts of your body, than for your whole body to be thrown into hell."  
Matthew 5:29

"Do you not know that the unrighteous will not inherit or have any share in the kingdom of God? Do not be deceived; neither the sexually immoral, nor idolaters, nor adulterers, nor (perversely) effeminate, nor homosexuals,"  
1 Corinthians

"envy, drunkenness, riotous behavior, and other things like these. I warn you beforehand, just as I did previously, that those who practice such things will not inherit the kingdom of God."

Galatians 5:21



- Clean up you watch list !  
rather its YouTube , or tv shows .  
you know that you don't need to be watching soft porn on tv.  
If you see people half clothed and anything else that YOU KNOW is igniting lust in you just go ahead and delete it from your list!  
If you are watching something on YouTube and the person is making you feel like you need to but this and that, or look like this and that go ahead and delete them.  
And like I said some people just need to delete the whole thing.  
Because you are lacking in the area of discernment that acts as a safe guard to keep you from stumbling.
- All the toys and paraphernalia that you may have. The stuff that reminds you of him, and her and them go ahead and toshs that stuff.  
Sex toys and anything of the like just go ahead and throw it away!

Paraphernalia:

: articles of equipment designed for a particular use or activity

items or features typically associated with a particular activity, subject, etc.

So you don't need your seductive 8 in Heels, mini skirts , hookahs, drinking flask, tarot cards ....  
Why do you need it if you are leaving that old life behind ? If you keep telling yourself you need to hold on to it for xyz reason you know there is a stronghold there and it needs to be addressed. The bracelet your first boyfriend gave you...  
your dead husbands loc of hair ,  
the panties you wore when you lost your virginity.  
I'm not making this stuff up by the way ...  
throw that stuff away !  
And on your way to the trash deal with why you felt it was necessary to hold on to.  
This will lead you to your issue !





""Now when the unclean spirit has gone out of a man, it roams through waterless (dry, arid) places in search of rest, but it does not find it. Then it says, 'I will return to my house from which I came.' And when it arrives, it finds the place unoccupied, swept, and put in order. Then it goes and brings with it seven other spirits more wicked than itself, and they go in and make their home there. And the last condition of that man becomes worse than the first. So will it also be with this wicked generation."" Matthew 12:43-45

5. So after you have made all of these changes you need to quickly develop new habits and routines.

If you are a person who spends a lot of your time at home alone and you know that was usually the time you watched explicit materials you need to replace that with something new. Do not neglect yoUR relationship with God especially if you have received deliverance! Whatever you did to receive it keep that going ... I know it's hard but don't get lazy. Don't taste freedom and return to your own vomit like a dog.

"For it would have been better for them not to have [personally] known the way of righteousness, than to have known it and then to have turned back from the holy commandment [verbally] handed on to them. The thing spoken of in the true proverb has happened to them, "The dog returns to his own vomit," and, "A sow is washed only to wallow [again] in the mire." [Prov 26:11]"  
2 Peter 2:21-22

Take an honest look at your habits and address the ones that need to be changed!

Stop lying to yourself and get serious.

- Start journaling
- start reading books that are self help

I have a virtual bookshelf : <https://www.llerinabytanzy.com/copy-of-short-stories>

But you may need to find books that help you with things that you are going through.

- Choose a book of the bible to work though each day
- Seek wise counsel ! I honestly would not be able to tell you what to do in this area if I had not overcome myself.



When thoughts ☹ try and take residence in your mind about your Old life , rather they be you imagining being with that person or whatever. You are going to have to learn to cast that down. Sometimes that looks like writing the scriptures down so that you can say them aloud in the moment. Sometimes that looks like journaling how life really was then... so that you are not being delusional like you had something you didn't actually have. Sometimes it's an attack from the enemy and you need to pray and fast through it ... asking the lord for deeper understanding of what you did so that you can move into a space of repentance.

I talk about this often , but if you are under some type of sexual stronghold this is usually the result of evil spirits from the marine kingdom. If the lord allows I will do another study on this... but I want you to know this is a class of demons ( like mermaids)



"No temptation [regardless of its source] has overtaken or enticed you that is not common to human experience [nor is any temptation unusual or beyond human resistance]; but God is faithful [to His word—He is compassionate and trustworthy], and He will not let you be tempted beyond your ability [to resist], but along with the temptation He [has in the past and is now and] will [always] provide the way out as well, so that you will be able to endure it [without yielding, and will overcome temptation with joy]." 1 Corinthians 10:13

They use seduction they lure ... and I can always tell when someone is being controlled by one of these spirits . By their dress code.. I told you before that plastic surgery all these bbls and cosmetic procedures are all from this diabolical kingdom.

The lord showed me a man going down to the bottom of the sea and consulting with a mermaid to lure a women to her destruction. Kill still and destroy is their goal ! Not just lure you to eat lunch ... They want your life. Watch the video above about vanity for more understanding.

When you see a women half dressed just know this is the kingdom that governs her ,And if you are the women I want you to know that it is governing you. You need to fast , repent ,and pray for deliverance. I was under the power of a marine spirit for a very long time unbeknownst to me!

Watch this video : [https://youtu.be/M\\_lcltKAM44?si=yzICZmcrPUalcAf0](https://youtu.be/M_lcltKAM44?si=yzICZmcrPUalcAf0)

LURE: tempt to do something or to go somewhere, especially by offering some form of reward.

Seduce : a tempting or attractive thing

The fact that you can be tempted means you are lusting for something... and your enemy is aware of what that thing is.

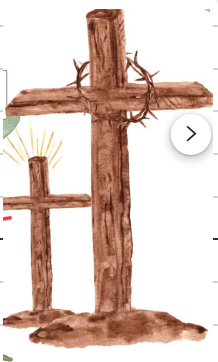
"Let no one say when he is tempted, "I am being tempted by God" [for temptation does not originate from God, but from our own flaws]; for God cannot be tempted by [what is] evil, and He Himself tempts no one." James 1:13 AMP <https://bible.com/bible/1588/jas.1.13.AMP>

It all boils down to ...

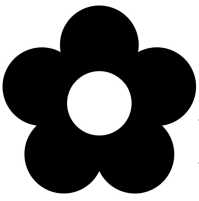
do you want to be made well? I absolutely understand that this is challenging. In the world we live in today sex is everywhere and anything you choose to do you can find someone who agrees that its your right. But if you want to live a life free from bondage you must do things the way that God has instructed. Sex is reserved for marriage.

Marriage is sort of like a container that holds the power that comes with sex by divine means.

Outside of marriage it still has power but does Satan still not have power ? ( remember the story about the house from above )



I would like to share with you a story form my short story called ( release your inner Ballerina ) but first let me give a bit of context.



# Deliverance



"for you have had five husbands, and the man you are now living with is not your husband. You have said this truthfully." John 4:18

I had come to a place where I realized I tried everything , and I really wanted to be set free!  
I tried doing life the way I thought I should, I tried doing life the way people said I should.  
I just wanted that connection that I once had with God back.  
I had come back from army basic training and my life wasn't going as I planned.

I took my daughter to the library and discovered this book called a divine revelation of hell  
( it is in my virtual bookshelf)  
this book really snapped me back to life.  
I learned about repentance.  
And later I was about to get a lesson on how repentance leads to deliverance.

So as time passed by and I decide to attend a week long conference at a church I kept trying to  
press in but I did feel something was missing.

One day the LORD gave me a dream...

in this dream I was in what looked like a doctors office and the doctor was preforming a routine  
women's exam.

But she preformed the exam in the lobby which I thought was odd.

I wasn't to worried because there was no one in there aside from my husband.

As the doctor continues with the exam another man pops up and I immediately am shy and tell  
the doctor can we take this in private.

The man that popped up was the same man from the story below.

The Lord was trying to show me yes you are married...

but you have more than one husband !

don't be shy now when you see him come In the room has been in the room ( in spirit ) I was  
very taken back by the dream and after the church service that I talk about I told my husband.

So I went through this conference knowing that I needed to tie up loose string or be untied! I  
knew that even though I had moved on that my sin was still before me !

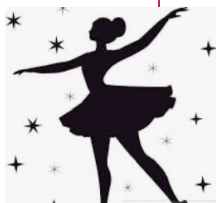
I had never repented for that season of my life until the Lord showed me this.

I never knew I needed to.

Have you repented? if you have not I want to let you know that this is still before you! even if  
you cant see that right now.







# Release your inner ballerina

Excerpt from the short story

The story is linked In the video above

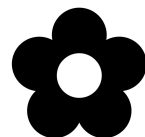
I parked in the spot that I reluctantly went into the church more than ten years ago and my soul begins to remind me of myself!

As I sat in a new parking space facing the new building I began to tell my son of the invisible angles surrounding the church and even inside.

And as I ministered to him, I was ministered to!

I shared with him the day I almost was killed in my sleep and an angel of the Lord saved my life days after joining this church years ago. and the glory of the lord filled the temple!

And as we walked the angles on assignment watched and reported.



I didn't know if I should go in the sanctuary so early but I didn't want a bad seat either!

I just wanted to be near the aisle.

But I had to use the restroom, so I left my son right by the door and went to the restroom. As I exited the restroom I noticed a smell.

Not many people know this about me, only people who have been sniffed by me! like my husband or my mom or grandmother when I was younger. But I like smelling things! They don't have to smell good necessarily it's sort of complicated to explain so I won't try. No, I don't like stinky stuff but it doesn't have to smell "good" necessarily. It triggers my memory! So as I walk out of the bathroom my memory is triggered and not in the way that I desire. In a way that reminds me of bondage. And I walked into the sanctuary and saw my ex-stronghold.


I notice him nicely dressed and shaking hands with members of the church. But I realize it's been so long none of the people in the church recognize me. So I am good! The lights are always low at the start of service so no one could see me! My son teenage son sits next to me at almost six feet if not more so an assumption that he is my husband ( I would assume) filled the minds of most. The church was still small so handshakes were in place it was beautiful! I didn't feel the need to let everyone know I was there. Holy Spirit tells me to press in and you won't see them or him! All new faces ... the pastor's mother walks over and looks me in the eye

( my Van Gogh shirt friend from the other night mentioned when she saw me that next day that I looked completely different the next day with my wig { unrecognizable she said exactly} ) so I knew I was safe in my disguise until someone saw my eyes!

Even behind my blue glasses, I knew my eyes wouldn't lie! So even when the pastor whom I just came to give thanks to got up to preach ... I knew! That he would see me!

My reasoning for coming to the church this Sunday was to give a thank you offering. Nothing more or less...





The pastor's mother shook my hand and my son's hand and looked into my eyes and said " I know you " and because of Holy Spirit's instruction, I didn't reveal myself. I used to sing here with the worship team so I was looking forward to worshipping God for this beautiful week this far.

the worship begins and with my eyes off of my clearly bored son, and whatever or whoever in the room I place my eyes on Jesus! I place my eyes on my savior and worship! In spirit and in truth! And as I worship I close my eyes while the music plays,

And as I close my eyes the music sways me, and as the music sways me the glory fills the room, and eyes on my savior I close my eyes and I see a picture!

I keep worshipping the picture turns purple....

I keep worshipping ...

all the way down in sways of praise and worship.

I went down to basic training when the hand of the lord was on me,

I go down to the teenage pregnancy and I see the hand of the lord on me ...

My life struggles go before my eyes so swiftly I can't keep track!

And still swaying in worship...

I blink again and I see light! still swaying in worship..

I see an eagle

And as I see the eagle...

I tried to continue worshipping from what God did.

and the glory filled the room

and the spirit of the lord said

you see the eagle?

I say wow

all while sawing in worship...

it's nice to live above what I've been through

and he said he do you see the eagle ?

And I say yes lord

and he said the eagle is you !

And the glory turned to fire !

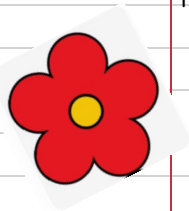
And as the glory Turned to fire

he said You are soaring like an eagle now (With my arms stretched wide like i had been crucified I screamed like I had been burned to the point of refinery)

In a music-like melody,

I heard the lord say

You are my ballerina come to me...





and my spirit spun from my seat and in total surrender I spun like a ballerina screaming my king ( my body.. was now his body because I had no control over this movement)

. Grabbing onto his robe of glory that filled the room. My body with whom I no longer was controlling began to crawl all while screaming my king !

my knees being rug burned but i didn't feel it my king had entered the room and called me forth as not just his daughter but his Ballerina!

The users and deliverance team gathered as I screamed spun, and crawled dancing after my king!

When the lord called me his ballerina he released me!

and the demons that lay in wait tormenting me silently.. were cast out.

Where I thought I was a ballerina before because people told me that. The Lord showed me that you can only be called what I already know about you.

So I began the week knowing him as my healer, he showed me that he was my savior!

He showed me that he was my king! But then when I didn't even know ...

he showed up as my deliverer.

How could I be bound thinking I'm free? Just because I stayed away from the person or thing that didn't make me free! But whom the son sets free is free indeed!

I had completely lost

Contact with the world around me.

I didn't notice anything outside of the lords voice

Once I got up I had carpet burn on my knees and all of these things

But in the moment...

I was unaware

This was deliverance !

Guess what ? No one did this for me .

There were ministers and women who made sure my dress stayed down. And once I came to a lady fixed my wig.

But this was between me and GOD .

HE SET ME FREE! HIS WAY IS THE OLNLY WAY... I repented ! I was sorry for what I had done ! For the way I was living ...

for defiling my temple !

I didn't know what I was doing in the moment, but once I knew I knew I had to whatever it took to make things right ....





Have you ever been triggered ?

when you are triggered I have learned that means that the enemy still has a hook In you were he is able to pull you back!



This is an area that you need deliverance!

Seek the lord about how to proceed.

When I smelled the collogue I wasn't reminded of a good time ...

I saw that time in my life as sin and a disgrace to God.

But I realized that there was still demonic control over my senses.

This time when I was triggered I allowed myself to be positioned for healing!

Instead of running away.,

instead of Going back

I cried out for God to rescue me and that he did!



Short story  
about  
Forgiveness  
: [https://  
www.lherinab  
ytanzzy.com/  
about-5](https://www.lherinabytanzzy.com/about-5)

I want to say that forgiveness is a major part of deliverance.

I was in that church and it entered into my heart that the lady singing was like me and would be or currently was being wooed by the same guy.

Instead of thinking well that's her and not me I began to pray for the guy...

I began to pray that he changed..

I begin to pray that if they were dating that he would be better for her than he was to me.

I began praying for his healing so that she wouldn't have to go through the same things

I did! I was no longer about me and from that place the lord delivered me!

Forgive those who have hurt you .

live ,

love

and allow yourself to be loved again!

May the peace of God be with you ....

until next time ❤️

