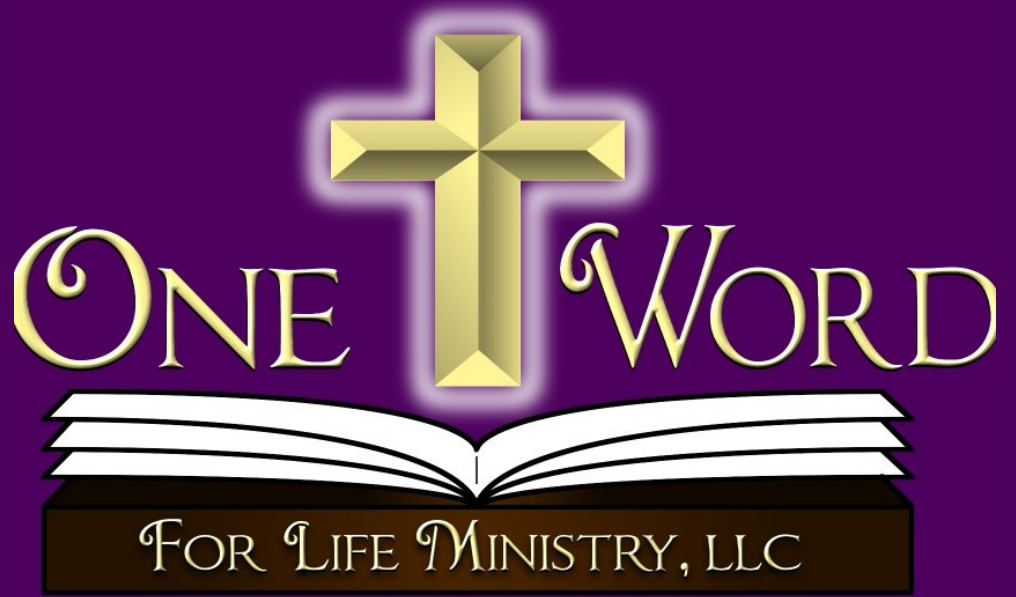


CHOOSING CELIBACY?



TONIE MAPSON

WELCOME



Choosing Celibacy?

Why the question mark? Well, this is not an easy decision for many. If someone had told me years ago I would be celibate and be celibate for so long, I would have laughed. However, I have been on the journey for approximately eight years and I am grateful for the journey. This e-book is a small part of the larger book, *Submit Your Bodies*, to come later this year. I pray that you are inspired and motivated by my journey.

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WHY?

01

Why?

It is important to know your why. Why do you feel the need to live a celibate life? Is this a decision you made or do you feel God is calling you to celibacy? When you know your why it does several things:

1. Keeps you on track
2. Keeps you motivated
3. Keeps you encouraged
4. Keeps you strong

Take a few moments and write your why.

Meditate on your why.

Do not move forward until you know your why.





WHAT?

03



What?

What is celibacy? Is celibacy and abstinence the same? In my opinion there is a difference. However, do your own research on the terms. Pray and seek God's guidance. I will give you my thoughts on the two.

For me abstinence is temporary or have a short duration. Abstinence is restraining from penetration but you can kiss, touch, and/or fondle. Also, abstinence can be easily modified when a partner arrives.

Celibacy has a longer duration. Celibacy is complete restraint, no kissing, touching, and/or fondling. It is not modified by a partner arriving but ceases when a covenant takes place, marriage. And most important for me it was a vow I made to God.



WHEN?

05



When?

When is the right time? You will know. I cannot tell you when is the time for you. I can share when it was time for me. God was pulling on me. I felt worthless after intimate encounters with men. I did not have any satisfaction physically or mentally doing what I was comfortable doing. My worship did not feel complete because I knew I was submitting my temple to little gods. Take a moment, evaluate where you are right now. Is this your when?





HOW?

07



How?

Pray.

Pray.

Pray.

After praying, continue praying as you move forward.

You must also take action.

Here are steps that led me to success:

Guard your gates- I had to stop watching and listening to many tv shows, (even commercials had hints of sex), certain music, phone conversations.

Block- I blocked certain men out of my phone to avoid those late night text.

Clean out- Get rid of "unmentionables" from the closet/drawers

Deny- Stop self-pleasuring.

How?

Accountability- surround yourself around like minded people who can and will encourage you on this path.

Study- Read, study, and meditate on the word of God.



THE BEGINNING

You can do it!!!

How do I know you can do it? Because He did it for me. And, if your desire is to live a life of celibacy to the Lord, He will give you everything you need. So draw on His strength. Heed to His call. Stand on His Word. Do not give up! If you do succumb, do not beat yourself up, start over and keep pushing.

SCRIPTURE STRENGTH

"I can do all things through Christ who strengthens me,"
Philippians 4:13, KJV

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.

Romans 12:1, KJV

If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.

1 John 1:9, KJV

Create in me a clean heart, O God; and renew a right spirit within me.

Psalms 51:10, KJV

"Sanctify yourselves therefore, and be ye holy: for I am the Lord your God."

Leviticus 20:7, KJV

COMING SOON

Thank you for taking the time to download and/or read this short guide regarding celibacy. If you are interested in the book release, *Submit Your Bodies*, later this year, please register your email at www.wordsbymapson.com. Feel free to visit my website for free inspirational messages.

If you desire assistance/mentoring/prayer regarding celibacy, debt freedom, healing, etc. feel free to reach out via email (contact section of website). I will pray for and with you as you move according to God's Spirit.

I have several devotionals/journals available on my website and amazon.com.

BLESSINGS!!!





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