

Prayer for Guarding Against Sexual Fantasies

(Originally prayed with a young man struggling with impure images filling his mind)

Jesus, thank you for your love and power. You know everything about us, Jesus. You know about this temptation for you know all of his sins and struggles, and you still love him and forgive him. Thank you for accepting him anyway and not rejecting him because of his sin.

(Repeat) Today, right now, I give you my body, Jesus. I give you my heart, my mind, my imagination, and all the pictures in my mind. I belong to you, Jesus, not to me, not to anyone else, not to Satan – only to the Lord. My body is a temple of Holy Spirit and you have bought me for a great price, the price of your blood on the cross. Therefore, I choose today to honor you with my body and everything in it.

Jesus, I give you my guilt and shame. For all of my sexual fantasies and anything I have done to act these out, I have asked for your forgiveness many times and I know you forgive me, but I can't stop, Jesus, and I feel hopeless and helpless. I need YOUR help, Jesus, to be free and to love my wife with all my heart. Jesus, only you know and understand why I do this. Please show me what I need to do to be free. I ask you now to come and fill that empty place inside of me. That hurting place inside that wants comfort and love. I don't know all of the reasons why I do this, but I trust you, Jesus, to begin healing these parts of me that find a false comfort and peace in sexual fantasies. I give you all my fantasies, Jesus, and choose your truth instead. Teach me how to live in the real world, to live in my house with my precious family. I need your strength and courage, your comfort and love.

Jesus, right now I give you all my pictures – the pictures that are in my mind, things I have looked at, fantasies. I ask you to replace these pictures with the beautiful things of Jesus, pictures of your creation, of my beautiful wife, of my precious child.

Give me pictures of things that are good and honorable, worthy of praise. Teach my mind to think about these things. (Philippians 4:8-9) I ask now that you put a wall in my mind between my conscious (what I see and think all the time) and my unconscious mind (the memories that I can't see), and I pray that you begin throwing over the wall all of the bad pictures and memories, and all of the fantasies. I don't ever want to see them again. Throw them over this wall in my mind and build this wall higher and stronger and thicker. Any time any of these pictures begin to come over the wall again into my mind, my eyes, I pray, Jesus, that you throw them back again. I don't want to see these ever again.

Today I choose Jesus!!! I belong to Jesus and receive from Jesus only what He wants to give me and show me. And I pray, Jesus, that you begin draining away, taking away all of the old pictures. Open a big hole on the bad side of the wall and begin removing them from my mind forever. Jesus, I ask you to fill my mind with pictures of my wife and family. Teach me to be thankful and praise you for them every day.

Jesus, I trust you now to begin revealing to me any of the areas of my life and of my heart that need more healing and freedom so that this temptation continues to go away from me. Teach me how to pray when the temptations come and to live with a pure mind – the mind of Jesus – and never again the mind of sexual fantasies. I choose Jesus today and forever. Thank you, Jesus. Praise the Lord. Amen.