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4. Ellen White's cure for masturbation

As far as I am concerned, it seems like that she especially focus on methodical ways rather than necessary driven ways(motivated ways),but it is obvious that Ellen White took a stance against masturbation.

She also pointed out that The cure for masturbation is: A healthy diet, exercise, repentance, education, proper parental supervision, and avoidance of certain kinds of literature.

CHAPTER III

Application and solution to overcome self-abuse

1. Understand that the battle is the Lord's.

We don't have the power in and of ourselves to overcome masturbation (or any other chronic sin). We are actually pretty powerless and our Father will have to be the one to create righteousness in us. Rely on God to create new desires in our heart and to give you the fruit of peace and self-control. we will be amazed as we trust in our Father. As a Christian we are being transformed into the image of Jesus Christ.

2. Scripture Memory.

Get these Scriptures into our head and heart. Remember them when we get up in the morning and whenever we are tempted. They will help us to renew our mind and the Holy Spirit will use them to teach us to think differently.

Romans 13:14 "Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the sinful nature."

Romans 8:6 "The mind of sinful man is death, but the mind controlled by the Spirit is life and peace."

John 8:34,36 "Jesus replied, "I tell you the truth, everyone who sins is a slave to sin. So if the Son sets you free, you will be free indeed."

2 Corinthians 10:4-5 "The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

3. Remember and review the long-term effects of masturbation.

The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. 1 Cor 6:13

4. If we sin, it's a little bit easier to sin the next time; but the opposite is also true: resist and it will make us stronger.

Submit yourselves, then, to God. Resist the devil, and he will flee from you.
James 4:7.

Resist the devil, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. 1 Peter 5:9.

5. Get some type of active exercise.

Go and burnout and it will lessen the desire.¹¹ Therefore, I do not run like a man aimlessly; I do not fight like a man beating the air. No, I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.¹² 1 Corinthians 9:26-27.

6. Avoid any situation that tempts us personally.

Avoid it. Change it. Expose it. Purify our environment. Remove anything from our home or place of work that causes us to want to sin sexually -- books, magazines, videos, internet access, etc. "I will set before my eyes no vile thing." Ps. 101:3 (cf. Isa 33:15; Phil. 4:8; Prov. 4:23; Rom 6:13).

Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. 2 Timothy 2:22.

Find out what pleases the Lord. Have nothing to do with the fruitless deeds of darkness, but rather expose them. Ephesians 5:11.

7. Be accountable to another Christian brother.

Call a Christian friend with whom we can fellowship during this time of temptation. Let not my heart be close to what is evil, to take part in wicked deeds

God.

10. Grow spiritually.

Don't stop serving or learning. Sometimes guilt makes us feel like we are not worthy to serve in the church or associate with other Christians.

That is Satan's trap to keep us away from God's grace.

Amen!

Conclusions

We should keep in mind that self-abuse is one of the deep-rooted bad habits that we have faced today especially in youth. Even it is prevailed though, this bad habit couldn't be an excuse. E.G. White gives us her concepts of masturbation; masturbation is an abomination in the sight of God, parents should wisely guide their children, everything should be avoided that causes masturbation such as promoting self-abuse foods and books.

In my view point, this bad habit never can be overcome by himself or herself.

The only way to overcome flesh desire is awaken by God's love, forgiveness and believing his power to overcome this bad habit through Holy Spirit.

Finally, I hope that E.G. White's admonish, daily pray and guidance of Holy Spirit would keep us from any kind of Satan's power forever.