

Love Truth Freedom Movement

L T F M

M A G A Z I N E

Sexual Brokenness recovery aid

Jan - Feb 2021

VOLUME 1

The Hospital Church

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LTFM

Love Truth Freedom Magazine

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The editor's note



Nelson Mpofo

When I deliberated on these questions and scanned my mind for viable options, I thought of the church as an institution whose very existence is for the purpose of being a sanctuary for the broken. I looked to the church with hope to find in it an oasis of solace and a balm to the broken.

Greetings and welcome to the first edition of Love Truth Freedom

Movement Magazine: A Hospital Church. This project brings together poetry, transformational stories, devotionals and advices that will impact your life positively.

For most of us, the dawn of a new year usually ushers in a chance for renewal and a chance for new opportunities. It is that time of the year where we usually make new resolutions and commitments to purity and healthier lifestyles. But this time it seems all different, 2021 seems to be a replica of 2020 in which the COVID 19 pandemic wrought havoc on a global scale, with myriads of people from all walks of life succumbing to its ravages. Globally, billions of people have lost their jobs, millions have become homeless and many lives have been ruined. Actually all of us have been affected one way or the other. Although there have been reports of vaccine breakthrough, we all feel insecure and uncertain of the future especially with the advent of the new strain of corona virus. Is this how the world will end? Is this how we die? These are some of the questions many people are asking themselves.

The Centers for Disease Control (CDC) in the United States of America conducted a study in June 2020 and found out that about 40.9% of the participants reported at least one adverse mental or behavioral health condition. This includes depression, stress, trauma-related disorders, suicidal ideations, anxiety and adverse addictions. This is no joke! Brokenness is as real and deadly as the corona virus! Is there hope for the broken? Can they find a place of refuge? When I deliberated on these questions and scanned my mind for viable options, I thought of the church as an institution whose very existence is for the purpose of being a sanctuary for the broken. I looked to the church with hope to find in it an oasis of solace and a balm to the broken. Such questions raced and wrought confusion in my mind: Is it ok not to be ok in our churches? Are our churches places of healing or museums for the righteous? Is there hope for the broken? How can the broken be made whole again? I know I am not the only one with such thoughts, but there is good news folks.

The good news is that this edition will address these questions and clear the misunderstandings.

Dear friend, it is more important now than ever to have a support system and a safe haven for the broken. Through the Love Truth Freedom Movement Magazine, we hope to be that safe haven by: being a resource for information and advice on conquering brokenness especially sexual impurity. This will be achieved by making your voice and story heard through this platform. We also intend to introduce the God who cares and appeal to the Christian world to make churches places of hope and healing.



LETFM

Mission Statement

To help individuals experience God's love as a source of healing in their recovery from sexual brokenness.(Addiction to masturbation, pornography and illicit sex)

The Vision

The Church:

1. To conscientise the church on the realities of sexual brokenness among its members
2. To advocate for a comprehensive approach to be used when dealing with sexual addictions. "Hit and run" approach which i feel is what is currently being used is not being effective at all.
3. Advocate for a "Hospital-church" concept to be adopted through designing measures and policies to create a therapeutic milieu within the church walls. Those who struggle should see church as their best chance of getting assistance in a safe environment.

To Struggling Individuals:

1. Provide a safe community within which to heal. (An atmosphere without shame and morbid guilt).
2. Provide resources which individuals can use for their recovery.
3. Provide basic counselling and refer to professional help when necessary.
4. Help the individual to experience the grace of God as the ultimate antidote to unwanted behaviour and a transforming agent.
5. Help individuals find safe, appropriate and effective accountability.



SOMETHING MUCH BETTER THAN SEX



By Arthur Sibanda

They asked him, “Teacher, Moses said that if a married man dies without having children, his brother should marry his widow and have children on behalf of his brother. Well, once there were seven brothers here with us. The first married, and died, and since he had no children he left his widow to his brother. The same thing happened to the second and third husband, right up to the seventh. In the end the woman died too. So when the resurrection takes place, whose wife of the seven brothers will she be, for she married all of them?” Jesus replied, “Your mistake is you don't know Scripture or what God can do. For in the resurrection people don't marry, and they aren't given in marriage either—they're like the angels in heaven.” (Matthew 22:24-30, FBV)

There you have it; there will be no sex in heaven! Does that terrify you? Do you still want to go to heaven if there won't be sexual experiences there? Does it mean sex is bad or sinful? “Whatever is good and perfect is a gift coming down to us from God our Father...” (James 1:17 NLT)

Absolutely everything that is good and perfect comes from God. This includes the gift of sex. It is God who gave humanity the gift of sexuality. “So God created human beings, making them to be like Himself. He created them male and female, blessed them, and said, “This explains why a man leaves his father and mother and is joined to his wife, and the two are united into one. Now the man and his wife were both naked, but they felt no shame.” (Gen 2:24-25, NLT).

The purpose of the gift:

1. To bring out the perfect picture of God's character when masculinity is joined together with femininity.

2. To help cement the covenantal love of Adam and Eve. The highest sense in which both the man and woman can achieve physical unity. Through the hormone oxytocin; dopamine, serotonin and other neurotransmitters they would bond psychologically and achieve oneness.

3. They would learn to be one by accepting each other in their most vulnerable state - nakedness.

4. They would, as a result of this covenantal love, produce other beings bearing the image of God and thus the whole world would be filled with beings having God's character.

I believe because sex was designed by God, He is the one that taught Adam and Eve how to do it. It was something beautiful for God and the heavenly angels to see.

Then sin happened

In Genesis 3, sin entered our realm and destroyed everything. "Then he said to the woman, "I will sharpen the pain of your pregnancy, and in pain you will give birth. And you will desire to control your husband, but he will rule over you." (Genesis 3:16, NLT) Sin brought pain and inequality in the marital relationship. We started to experience physical, emotional and sexual abuse as demonstrated in the following texts: "But when the local prince, Shechem son of Hamor the Hivite, saw Dinah, he seized her and raped her." (Genesis 34:2, NLT)

"Late one afternoon, David got up from taking a nap and was walking on the roof of the palace. From the roof he saw a woman bathing—a very beautiful woman. David

sent someone to find out about the woman. He was told, "It's Bathsheba, daughter of Eliam, and wife of Uriah the Hittite." David sent messengers to fetch her. When she came to him, he had sex with her. (Now she had just purified herself from having her period.) Afterwards she went back home. Bathsheba became pregnant and sent a message to David to tell him, "I'm pregnant." (2 Sam 11:2-5, FBV) By the time Jesus came to earth God's gift had now become abused and misused- it was now a tool of exploitation and abuse. Divorce was now permissible for petty reasons such as when a woman was a bad cook her husband could throw her off. "Some Pharisees came to test him. "Is a man allowed to divorce his wife for any reason?" they asked. Jesus replied,

Sex and marriage in the post-fall era had been designed to remind people that there is a better state of emotional bliss that God was preparing for everyone.

,"Haven't you read that God who created people in the beginning made them male and female? He said, 'This is the reason a man will leave his father and mother, and join with his wife, and the two shall become one.' Now they're no longer two, but one. What God has joined together no one should separate." "Then why did Moses give a law that a man could divorce his wife by giving her a written certificate of divorce, and sending her away?" they asked. "Because of your hard-hearted attitude Moses permitted you to divorce your wives, but it wasn't like that in the beginning," Jesus replied." (Matthew 19:3-8) FBV)

Jesus acknowledges that the minds and hearts of humans had become hard-hearted to the point of abusing the gift of sex (marriage) which God had given. He however points out clearly that "...it wasn't like that in the beginning." Sin had destroyed God's intended plan for marriage and sex. Sex and marriage in the post-fall era had been designed to remind people that there is a better state of emotional bliss that God was preparing for everyone. When done in God's way it was to make humanity get a snippet and foretaste of the heavenly bliss. That is why Paul makes a point of showing how marriage is a sermon of the cross.

"Husbands, you should love your wives in the same way as Christ loved the church and gave himself for it. He made it holy, he made it

clean by washing in the water of the word, so that he could make the church his own, with no flaw or blemish or any kind of fault, but holy and blameless. Husbands

should love their wives just like this, as they love their own bodies. A man who loves his wife loves himself — for no one ever hated his

own body, but feeds it and looks after it, just as Christ does for the church, for we are parts of his body. "This is why a man leaves his father and mother, and is joined to his wife, and the two are united in one." This is a deep hidden truth—but I'm talking about Christ and the church." (Ephesians 5:25-32, FBV)

Sex should remind you of the cross of Jesus. This is why premarital sex, extra marital sex, illicit sex, masturbation and pornography do not reveal the beautiful picture of the gospel. These are self-centred pursuits in which we seek pleasure

at all costs even when our actions result in addiction, exploitation and objectification of others. Every sexual expression divorced from God's ideal is therefore a misrepresentation.

Jesus suggested that after the advent of sin not everyone is suitable to experience the gift of marriage (sex). Marriage before sin had been intended for everyone; however after sin emerged marriage could not be the best institution for everyone. "I tell you, anyone who divorces his wife except on the grounds of sexual immorality and then marries another woman, commits adultery." "If that's the situation between husband and wife, it's better not to marry!" his disciples told him." (Mat 19:9-10, FBV) When the disciples finally got the highly esteemed purpose and function of marriage they exclaimed "...it is better not to marry." This is because they suddenly realised the gravity of taking the salvation parable lightly. It is better not to marry than distort the picture of God's character in your sexual and relational activities. "Jesus replied: "Healthy relationships require healthy people, and not everyone is suited for a healthy marriage relationship. Some people are born without any interest in marriage, others have been so traumatized that they prefer to live as single people, and still others choose not to marry because they devote themselves to God's work. But those who are capable of marriage as God designed—should get married."" (Matthew 19:11-12: The Remedy Bible)

Only those who can show to the world the character of God in marriage should seek to marry. However even in singleness we are called to reveal the character of God still. Jesus and Paul were single people yet they revealed the character of God to the world. "However, I wish that everyone was like me, but each person has their own gift from God—one has this gift, one has another." (1Corinthians 7:7, FBV) All distortions of sexuality that don't depict the picture that God had in the beginning do not serve the purpose for which sex was designed. Thus pornography, masturbation, premarital sex, extra marital sex and illicit sex do not bring out the picture that God wished to bring in the beginning

Sex has become overrated and elevated to the position of a "god" by modern day society. Pornography has depicted a distorted view of sex.

The facts:

According to The Journal of Sexual Medicine ,

"Satisfactory sexual intercourse for couples lasts from 3 to 13 minutes, contrary to popular fantasy about the need for hours of sexual activity, according to a survey of U.S. and Canadian sex therapists". Sex cannot last forever, after 3 to 13 minutes it ends. Often after all the excitement and the thrill the pleasure will come to an end. After the activity, when you know in your conscience that you are not following God's plan for sex, an immediate feeling of guilty and disappointed will overwhelm you. We need to look beyond the excitement and the thrill.

The lies

Pornography is fake. No one can last for hours if they are not on any enhancing drugs. To the unmarried, married people don't spend the whole day having sex. Marriage has other important responsibilities. If your whole existence revolves around sex you will never get satisfied or fulfilled. This is because sex cannot replace God in our lives. You will continue to search for more.

There will be no sex in heaven precisely because we will get a better offer - the presence of God which lasts more than the 3 to 13 minutes of sexual pleasure. God's presence will be fulfilling and satisfying more than anything we have ever known." But as Scripture says, "No one has ever seen, and no one has ever heard, and no one has ever imagined what God has prepared for those who love him." (1Corinthians 2:9, FBV).

So there you have it. Nothing you have ever seen can compare with what we shall see in heaven. Nothing we have ever experienced can compare to the delights of living in God's presence. Nothing whatsoever; not pornography, not masturbation and certainly not even sex can come close to the pleasure of living within the loving presence of God's glory. There is nothing wrong with sexual pleasure when pursued according to God's design (see Hebrews 13:4), we need to discover however the larger and more comprehensive reality to which sex was designed to reveal - the eternal redeeming and healing pleasure of being on the glorious presence of God. This is the presence that sustains the holy angels and will be the very same pleasure that the saved saints will indulge in eternally.

Heaven will be better than sex! That is why we won't need it there - God's presence will be more satisfying to us.

A NEED FOR A HEALING CHURCH

"The church needs to be the balm of Gilead to a sinking and broken world, broken in multiple ways never imagined before...."



By Mbongeni Manaba

W Why is there a need for the church to shape itself into an environment exuding grace and healing? Our world is filled with different ways of addressing those seen to be wrong which include punitive measures which of cause more harm than address the specific needs. The church is in dire need of pursuing a different path.

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The church needs to be the balm of Gilead to a sinking and broken world, broken in multiple ways never imagined before. We have to put the broken pieces together rather than further scattering them away or shoving them aside and pretending as if everything is alright in order to maintain the status quo. The church is not that building comprising of bricks, it is made up of real people who meet regularly for fellowship and worship. This is the church that matters. This realization will enable us to attend practically to the physical, mental and spiritual brokenness that envelopes our congregants who come to meet in our communion





In the same manner in which COVID-19 has caused havoc in our world pornography, masturbation and illicit sex are emerging issues that have hit the Christian world hard, like a pandemic that needs the Christian world to respond with concerted efforts in order to curb the threatening moral decadence. If the world can respond in such a way to a pandemic that kills people physically, shouldn't the church do better in responding to the pandemic that profanes and kills the soul? The time is over for the church to continue to be evading to tackle these sexual addiction issues head on. We can't continue to be indifferent and talk about it passively as if we are not affected by these issues. I have observed how we think giving a presentation once in a while is sufficient to fight these challenges. However, we need to find long term solutions that are authentic and practical.

There is a need for the church to design a permanent user friendly therapeutic system that seeks to pull people out of besetting sexual addictions like porn, masturbation and illicit sex. This can be achieved when the church changes its mindset, to adopt a healing and graceful way. Church should become safe for anyone to seek help without the fear of receiving harsh criticism. The church is vehicle of salvation, meant to save people from their worst, disgusting and most embarrassing sin. We should find inspiration from Jesus who had a way of reaching the hearts of those who were stuck in their mess, they never felt bombarded with mean reprehensive looks and demeanor when they were in his presence, instead they felt the comforting presence of his love destroying any affinity they had to what was perverse and destructive. Only Jesus' method will bring true success. God desires the church to model its ministry after Christ so that it becomes a place of healing to the 'brokenhearted and setting at liberty those who are oppressed' by various issues.

Statistics by a foreign-based Christian organization named Covenant Eyes gathered by Barna Group in 2014 and Christianity Today in 2000 respectively reveal the following:

64% of self-identified Christian men and 15% of self-identified Christian women view pornography at least once a month (compared to 65% of non-Christian men and 30% of non-Christian women)

21% of Christian men and 2% of Christian women say they think they might be “addicted” to pornography or aren’t sure if they are (compared to 10% of non- Christian men and 4% of non-Christian women)

51% of pastors said Internet pornography is a possible temptation

43% of pastors said they had ever visited a pornographic site, 21% doing so “a few times a year” and

6% “a couple of times a month or more.”



While I might not be having any statistics for my country Zimbabwe, however these highlight that we in my country (and the whole of Africa too) might not be exempt from these sad realities. In a country that boasts of being largely Christian we can be sure that we do have church members who regularly watch pornography while others if honest would admit being addicted to it. As the church need to understand that addictions do not just vanish away within a single moment of prayer, yes God does sometimes choose to heal miraculously but I have observed that addictions require a consistent therapeutic healing process. Struggling individuals often benefit from counseling sessions and being surrounded by an atmosphere of acceptance and love. The church could intentionally become a place of safety, acceptance and healing where those who are struggling can run to when in need of help. The church should be the first place that an addict thinks of when he/she is desperately seeking for help. This is our core business, to heal broken hearts.

“Their Christ was graceful, loving and gentle to all but they are so unlike him” - Anonymous

We should not be irrelevant to the needs of those around us. A movement has been formed that seeks to pursue this healing approach, creating a hospital like environment in the Christian spheres. Love, Truth and Freedom Movement is passionately committed to the healing view model. We believe salvation is a process of healing and restoration and God through His Son has demonstrated that He is the Great Physician who heals the world from selfishness, self destruction and rebellion- what the Bible defines as sin. This movement has so far been helpful to a growing number of Christians of all ages in all denominations.

I too, have been tremendously blessed through its ministry. I call for the church to open its doors for such a ministry as this because it is of necessity.



Mbongeni Manaba

Mbongeni Manaba is a young man aged 25 years. He is a passionate member of the Love, Truth and Freedom Movement. In his spare time he likes to read historical stuff, scientific magazines, religious books and or engage in conversations about God's character a subject that he has recently developed

The History of LTFM

And now in our time, the church and the world are bedeviled with multitudinous crises that demand divine movements to be pioneered to stay back the tide of evil.

By **Chengetai Misheck Matondo**

All through the ages, God has always consistently raised up radical movements to fulfill His purposes in times of crisis. He raised a movement through Noah when the wickedness in the world had reached unprecedented levels. He raised a movement through Elijah when a Reformation from idolatry was urgently needed in Israel. He raised a movement through the Protestant Reformers in the middle ages when the darkness of error and superstition engulfed the church. He raised the Millerites in the 19th century when He needed to purge the church and prepare it for the second advent of Christ.

And now in our time, the church and the world are bedeviled with multitudinous crises that demand divine movements to be pioneered to stay back the tide of evil. One such moral pandemic that is prevalent in our time is sexual brokenness and sexual immorality. The extent to which this pandemic has spread demands that movements mushroom globally to extent a helping hand to many who are affected and silently suffering in solitude, clueless in regards to the methods they can rely on to help extricate themselves.

One notable pioneer of this movement is Arthur Sibanda. I had the privilege to interview him in an effort to understand the history, purpose and progress of this movement in the fulfillment of its mission

1. When did the Love, Truth and Freedom Movement begin and who were the pioneers?

Arthur Sibanda: LTFM began initially as Pure Hearts Fighters Movement a whatsapp forum i created with full support from Ricky Napier Jr a friend of mine on 04/03/19. The name was later changed to the current ministry name.

2. What inspired the choice of each of the two names: Pure Hearts Fighters Love, Truth and Freedom

Arthur Sibanda: Pure Hearts Fighters Movement - was an direct appeal to society to join the fight against sexual impurity and thus achieve purity of the heart(mind). This was inspired by the scripture Mt 5:8: "God blesses those whose hearts are pure, for they will see God."NLT

Unfortunately the name later turned out to be a name used by another organisation on facebook and hence it had to be dropped. Love Truth and Freedom was borrowed from a bible study booklet distributed by Come and Reason Ministries which was entitled "Truth Love and Freedom" (a good bible study guide by the way). I remember writing an email to Come and Reason Ministries to inform them of my intentions to use the name. This is how i wished the name would be understood. **Love-** God is love. This love is the antidote for all self destructive behaviour. The more we focus on God's

love the less we are attracted to destructive habits because God's love is more satisfying than anything.

Truth- A lot of us when we are sunk in our mess are afraid of God. Jesus came to reveal the truth about who God is. When we know this truth about who God is we will be free.

Freedom- When we have taken time to study the truth about God's love and we have become fully convinced by it, we will live in total freedom. No addiction will have power over us. In a sense it was theoretic framework of how i thought people struggling with addictions can find liberation.

3. Where do you see LTFM ten years from now?

Arthur Sibanda: I am hoping that LTFM will not be a necessity. I am thinking that this ministry is coming to fill up a gap that has been seen in Christian community. There is in my view an unwillingness to address sexual brokenness within church walls. I therefore wish that the work which LTFM is doing will be fully accepted by the Christian church to the point were it is not necessary to have separate ministries like LTFM or Covenant Eyes supporting the work of the church in this area. If that does not happen i hope LTFM will grow into a fully efficient organisation that is providing resources and support to individuals and church organisation. This will mean probably a development of a self sustaining strategy and having full time ministers

"Media shapes culture and that is why i believe we are experiencing a rise in the number of people admitting that their sexuality is out of control."

4: What exactly is sexual brokenness and why do you think it has become so prevalent in our society today?

Arthur Sibanda: A blog i recently read online written by Brett Anthony defines sexual brokenness as "...a disconnect from the original intentions for our sexuality." I am a Christian and hence my definition of "original intentions" will reflect the Biblical revelation of what God's intended design for sexuality had been. Any deviations from that original purpose is brokenness. I believe society's moral fabric has been fraying. It is sad that media has played a huge negative role in projecting a distorted view of sexuality, pornography is a good example of this. Media shapes culture and that is why i believe we are experiencing a rise in the number of people admitting that their sexuality is out of control.

5. What challenges have you faced so far in driving this powerful initiative?

Arthur Sibanda: When i started on the mission i naively expected to get overwhelming reciprocation and acknowledgement of this gap i had identified in ministry. It would be inaccurate to say i did not get any support at all, i think i didn't get the kind of support i expected. Let me illustrate. I have often met people who say, "The ministry you are doing is powerful, i often follow your posts-you are doing good work!". Usually, it stops at that. Talking about sexual addictions is like

carrying an unwanted baby, whom everyone sees but no one seems to want to touch. There is a general acknowledgement of sexual brokenness issues yet we seem content to impliment "hit and run" approaches like our usual alter calls that promise total liberation from sexual addictions as soon as we say "Amen" after the dedicatory prayer. We seem not to know what to do with people who may continue to struggle with the same issue next week or the very next night. Those kind of continuous problems give us bad publicity and tarnish our good image.

So there is no effective framework that describes how the church should manage individuals struggling with sexual addictions. So i often feel like i am fighting this issue alone. I am continuously praying to God to help me locate people who are passionate and bold about fighting these issues. I am yet to see deliberate measures being taken to turn the church environment into a safe zone for those who are struggling.

6. What are the major historical milestones that have been achieved so far in this movement?

Arthur Sibanda: The ministry has grown into three whatsapp plartforms and i am sure we could have added more if we had the human resources to manage the forums. We have also managed to open a facebook page by God's grace. These are important developments as they have improved the visibility of our is expanding.

7.What words can you say to parents who have got teenagers struggling with sexual brokenness?

Arthur Sibanda: First i need to say most parents have no suspicion that their teenagers are exposed to these kind of things. For this reason i need to say this to parents, your teenage child is likely habitually watching porn, masturbating and having illicit sex. The key word is "habitual" which has adduction undertones. Parents should get informed. There are many resources out there giving advise on how to be a parent in

this internet age. Be a parent whom children can approach when stuck in a pervasive habit.

8. In your opinion what can be considered the three most important steps that a sex addict addict needs to take in order to obtain full recovery and healing from sexual addiction?

Arthur Sibanda: . ADMIT: The first step to recovery is admitting that one is stuck and needs help. Like in all addictions sexual addicts do not easily come to accept their struggle. By denying one's struggle the recovery process is delayed.

SEEK HELP: According to John Doyle a Christian sex addiction expert, "Lone sheep are dead sheep". No one can successfully overcome an addiction in isolation. A person struggling with addiction suffers from morbid guilt and crippling shame. These factors perpetuate the cycle of addiction, however when we find a person who accepts us inspite of our mess and continues to support us-guess what? The chains of guilt and shame are broken and the individual becomes free to stop their habit. There secret to breaking any addictive habit is finding support from others. I would therefore encourage a person who is struggling to open up about their struggle to a mature and trusted person.

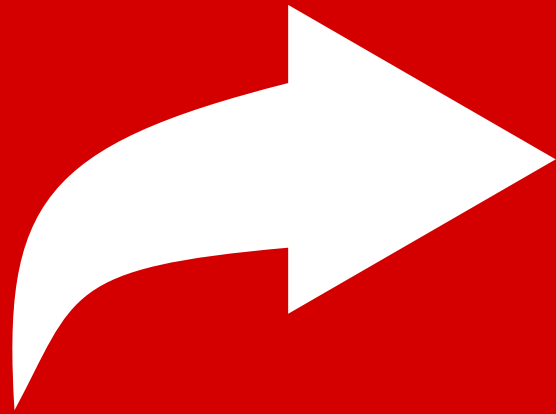
DON'T GIVE UP: Recovery from any addiction is a journey. There brain has experience neuronal changes because of the sexual habits one had practised for a long time. For this reason the brain should be given time to "rewire" itself. Addiction experts say the process of rewiring may take up to 90 days. As the brain recovers there will be moments of relapsing back into the undesired habit-that is part of the recovery process. One should not give up.

Prov 24:16: "Those who do right may fall down seven times, and still get up again; but the wicked are brought down by disaster."FBV

8. How much progress has been made do far in formalising the structures and policy framework of your organisation?

Arthur Sibanda: We have largely operated "informally" mostly because this is a volunteer based not for profit entity. We have been engaging in ministry at our spare times and at our own expense. We are currently drafting our constitution and im sure this will guide us in shaping a modus operandi for the ministry and help bring "formality" to the structure. From the constitution we will then have clearly defined structures of operation for the ministry. I admit that the roles as yet have been blurry or overlapping at time, however we will by God's grace sort out that soon.

**JOIN THE
THE MOVEMENT TODAY**



SPREAD THE WORD

**POE
TRY**

Arthur Sibanda

A Hospital Church

I dream of a place of healing Where the weak, injured and worn out find relief

A solace for those distraught and discouraged by their distress The struggling, the hobbling and grappling find their rest

A church that heals the soul

I dream of a place of safety Where it's O.K. to not be O.K. The dark secrets, the painful experiences are related without fear A place where it's safe to open up and seek HELP

A church that protects the weak and vulnerable

I dream of a place of restoration

A place that is real, raw and refreshing

Where causes are identified and treated instead of majoring on symptoms

A place where life transformation occurs as every person is helped to overcome a 'past'

A church that changes lives

I dream of a healing church

A congregation of those experiencing God's healing grace

Not a museum showcasing clean infallible saints

A church which is visible and palpable

A church which is mingling with and transforming its community

'Don't stop meeting together, as some have done, but continue to encourage each other, and do so even more as you see the Day of our ultimate deliverance approaching.' Hebrews 10:5 The Remedy bible

REFLECTION

What is the purpose of the church? I would personally think the church should be a place where people come to for healing and restoration. I would compare the church to a hospital. A place that is intentionally designed to provide the therapeutic milieu that allows people to open up about their troubles and a place where they feel safe to seek for help. Think of your local church, what do you think needs to be done to ensure that people struggling with sexual brokenness find healing?



VICTORY OVER A 7 YEAR SEXUAL ADDICTION

ANONYMUS TESTIMONY

This is a testimony that was recently shared anonymously on the Love Truth and Freedom Movement platforms. It gives a realistic picture of the need to urgently attend to sexual brokenness of our fellow believers within

I am a 39 year old married man with 3 kids. I am an elder in the SDA Church and a popular preacher who usually conducts evangelistic meetings in many churches and communities. Many people look up to me spiritually and I have a very good reputation as a man of integrity amongst many. However I have a dirty secret that no one suspects. I have battled porn and masturbation addiction for the past 7 years. This challenge has been so great such that it has led me to a lot of secret moral problems.

My experience is unique in the sense that my addiction did not start during my youth. I never saw a single porn video or masturbated when I was single. I was just a “blameless virgin” guy by human standards when I married. However, my struggle sooner began after I tied the knot.

We have been married for the past seven years. Being virgins, we both felt clueless about sex- we felt ill equipped with the sex education we had received from our friends in the church as well as from church leaders. Therefore to supplement the little we knew, we turned to pornography for more ideas. We would watch many videos together and then imitate what we were seeing. It was so fascinating during the initial phases of our experience. This continued for about six months until a presentation on pornography was done at our local church, even married couples were warned from watching it. The presenter read some quotations from the writings of Ellen White (a spiritual authority in my church denomination) which convicted us of living in sin. After church we confessed our sin and asked God for forgiveness. We deleted the XXX videos in our laptop and resolved never to watch porn again. However my wife didn't know the extent to which I had become hooked to porn. It was very hard for me to stop. After a week, I began secretly watching porn alone and masturbating. My wife never suspected that I had gone back to porn. This habit continued for 7 good years up to August 2020. The habit grew to the extent that I would watch porn and masturbate in the bathroom at home while my wife and kids thought I was bathing. I would masturbate in the office at work. I would lock my office door during lunch, watching porn and masturbating. I would do it after hours. Sometimes I would just drive my car into the bush, watch porn and

Progressively my wife became unattractive to me to the extent that I had no desire to have sex with her.

masturbating. I would do it after hours. Sometimes I would just drive my car into the bush, watch porn and masturbate. It was that terrible.

Progressively my wife became unattractive to me to the extent that I had no desire to have sex with her. Most of the times when we tried having sex, I would fail to have an erection which is a sign of Erectile Dysfunction a common problem reported by those who become addicted to pornography or masturbation. I had to use Viagra a medication, in order to achieve an erection. This also affected my health. Whenever we had sex, I would fail to orgasm and ejaculate. I couldn't feel the pleasure at all. Yet soon after sex with my wife, I would watch porn and masturbate, and easily orgasm. All this while my wife never suspected what was going on.

Soon my tolerance levels for soft core pornography grew until I could not be aroused by it. I started to seek for and watch hard core pornography (incest porn, then porn with violence, then rape porn, then child porn). As if that wasn't enough found myself enjoying viewing homosexual(lesbian) and bestiality pornography. It was terrible, I was in a mess. As I continued gravitating to grosser forms of porn, I knew that I had become addicted. I tried to stop but would succeed briefly then relapse again. All this while when this was happening, I remained an elder at church and a preacher. I continued sharply rebuking the sins of church members. But in my heart I knew I was lost- I was a hypocrite.

Early last year something that I never thought would happen befell me. I had a favourite female porn star whose videos I would always watch. Her body structure and facial appearance was very much similar to a young single, fair and beautiful woman in our church. So each Sabbath when I saw this girl, I would think of my porn star. So naturally I became attracted to this girl. I would always find opportunity to talk to her every Sabbath. We built our friendship. One day I met her in town and we talked at length. I realised she also seemed to like me. As we parted, we hugged. That

I realised she also seemed to like me. As we parted, we hugged. That was the beginning of a lot of drama. The summary of it is that after some months we had started having sex. We did it numerous times and my wife never suspected. On Sabbath I would preach in front of the church and pretend to be moral upright, yet the girl I was having illicit sex with was in the congregation. We became so hooked to each other such that no matter how much we promised God to stop having sex, we would still do it.

In June this year I really came to a point of being fed up with my double life. I thought of suicide. That was the only way out for me. I then thought of engaging in a serious conversation with God. I drove to the bush and found a quiet place. I started shouting at God. I really shouted at him and told him that His power was less than the power of sexual addiction because no matter how much I had prayed to him, he had completely failed, in seven years, to save me. I told him that I was going to kill myself if He remained silent. I asked him to send me help urgently.

For two months afterwards, no help came and I continued my evil habit of porn, masturbation and sex with that girl. Then in August of this year, I read a document on porn addiction that had been written by brother Misheck Matondo. Someone sent it on a church group that I'm in. I was convinced that I was supposed to get in touch with the brother. So I got his number and got in touch. He received me and we talked at length about my issue. It was the first time to open up to anyone. He assured me that victory was certain and designed a 100 day programme for me that I was to follow. He told me that it was necessary that I talk to my wife about it and shared with me an article from Fight the New Drug Website that outlined how I could divulge the issue to my wife and what role she was to play in my recovery. He also introduced me to an organisation called Love, Truth and Freedom which is involved in helping people overcome sexual brokenness issues. Yet because I am a popular preacher in the church, I couldn't join the WhatsApp groups of this organisation, fearing to be seen by people who might know me in the groups. So instead I asked him to be forwarding the group messages to my inbox daily and he has been doing so consistently. I have been blessed especially by the posts on their Facebook page by one Arthur Sibanda. The man is a great blessing to my life through those posts yet he doesn't know it because I have never talked to him about my challenge.

The books Steps to Christ by Ellen White and The God

The books Steps to Christ by Ellen White and The God Shaped Brain by Dr Tim Jennings have really equipped me in this journey. I have also been benefitting much from Covenant Eyes and Fight the New Drug Websites.

Today marks three months since the time I began the recovery journey. For the first time since the past 7 years, I have spent three months without porn and masturbation. I have cut all contact with that girl I was sleeping with. Sex with my wife is improving. My desire for her is slowly growing. My life has improved in many facets. I am really grateful for the grace of God that has worked in me. I pray I continue cooperating with the Lord so that I won't relapse ever again. I hope that this testimony will inspire someone. I hope one day I will find the courage to say out this testimony publicly without shame

Did you know that testimonies give hope to the reader who is in the situation that you were once in?

If you wish to share a testimony about how you struggled and eventually conquered sexual brokenness through, feel free to contact our editors on the following WhatsApp numbers

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Luke 8:39 ESV

"Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

John 4:39-41

Many of the Samaritans from that town believed in him because of the woman's testimony, "He told me everything I ever did." So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers.

Testimonies give us hope

Q & A Section

image by pixabay.com

The magazine will feature in this portion in all future editions questions asked by individuals on all our media forums. You are encouraged to send your enquiries to the editor on the contact details provided

Q: Why is it so hard to stop watching porn?

It is difficult to stop watching porn because of what our recovery expert called the 3A's.

1. Availability - Pornography has become available mostly because most people now own a smartphone or computer through which most sexually stimulating material is freely available to us.

2. Accessibility - While there are pornography sites which offer videos upon payment, most of the materials is easily accessible to anyone at a click of a button. It is not uncommon for one to see luring pop up adverts flash on one's screen as you browse through the internet.

In other words you don't have to look for porn, it looks for you.

3. Anonymity - Most people who watch pornography do so privately and secretly because no one else has access to our gadgets protected by passwords and in any case one will watch this in a private place. These three factors coupled with the fact that pornography use may lead to rewiring of the neurons in one's brain (as addiction develops) is the reason why it becomes difficult to stop watching it.

Q: How do I know whether I am a sexual addict or not?

Addiction is a medical term that describes a condition in which an individual becomes physically and psychologically dependent on a substance. The DSM (a mental health diagnostic manual) does not include sex addiction as a diagnosis, however many



We advise that you speak to someone who is mature and trustworthy preferably a counsellor when you think your sexual life is now going out of control. We do not undermine the role of spiritual guidance to help in one's recovery and restoration

Editor's Note: All responses given by Love Truth and Freedom Magazine should not be taken as expert medical advice. The responses given reflect the personal understanding of any of the editorial team members guided by research and personal experience. Readers are encouraged to make their own discretion on the views given and to seek medical attention for any of their issues which need expert advice.

If you have questions want to talk to someone?

Feel free to contact any of our editorial team on the following numbers:

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*Talk
About it*

mental health experts have reported that their clients experience symptoms akin to warrant an addiction categorisation. The website psych-guide.com lists the following as examples of what can become sexually addictive

- Pornography
- prostitution
- masturbation
- exhibitionism/Voyeurism
- Other excessive sexual pursuits

One may suspect addiction when:

- There is a sense of loss of control over the activity
- There is a disturbance in one's day to day living because of the activity
- There is an associated feeling of morbid guilt and crippling shame after doing the activity
- There has been several failed attempts to stop doing the activity

Our Team



Arthur Sibanda
President

Arthur Sibanda is a 35 year old married man who founded the Love Truth and Movement ministry. He is a mental health nurse whose hobbies include writing articles , poems and composing songs. He is dedicated to raising awareness of the need to fight sexual brokenness and give support to those struggling.



Nelson Mpofu
Editor in chief

Nelson is a 25 year old single gentleman. He is a biochemist/biologist by profession. He is also passionately involved in a number of areas like radio and television productions, entrepreneurship, article editing, history research and teaching. In his spare time, he enjoys surfing the net, reading, watching animal documentaries, nature walks and singing. He is currently the Editor in Chief for the Lovr and Truth Movement Magazine.



Chengetai Misheck Matondo
Executive director

Chengetai Misheck Matondo is a 33 year old married man and a father of two . He is a diagnostic radiographer by profession and a part time Cognitive Behavioural Therapist . He is currently studying theology. He has special interest in all issues pertain to the holistic restoration of the family unit. He is a freelance author with special focus on family therapy issues, eschatology, Bible doctrine, poetry, health and addictions recovery.



Sizoluhle Nkomo
Creative director

Sizoluhle is a 25 year old man. He is Studying infomation management systems with Solusi University. He is a graphic designer and a computer programmer. He njoyes listening to music and watching documentaries

Our Team



Lesley Takudzwa Chipo
President

Lesley is a 24 year old single gentleman who is a assistant Creative Director in Love and Truth Movement Magazine. He is a Mathematics and Sciences teacher at Mkhosana Advestist Secondary School and a Software Engineer. He is into learning, teaching, discovering new ideas and creating them



Dennis Mpofu
Photographer

Dennis Mpofu is a 20 year old professional photographer and is unmarried. He is the Photo Editor for Love Truth and Freedom Movement magazine. His pastimes include music, graphic art and spending time outdoors in nature.



Tichaona Ncube
Art Director

Tichaona is 34 years old and married, is a full-time professional Visual Artist and Designer. Freelance host in Art Safari workshops with Art of Africa Zimbabwe as a tutor & art instructor at Arts for Animals(<http://aelondonstudio.com>). He is the Art Director for the Love and Truth Movement Magazine. His hobbies include outdoor

Heb 13:5

...never will I leave you

LTFM

Love Truth Freedom Magazine