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MAGAZINE

October 2026



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Edition 5



PORN ADDICTION

THE SILENT STRUGGLE!!!

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IN THIS EDITION

Issue 5

October 2026

PORN ADDICTION: THE SILENT STRUGGLE



While everything may appear normal on the surface, countless young people are trapped in pornography addiction. They feel embarrassed and guilty, yet cannot break free. What begins as simple curiosity gradually becomes an all-consuming addiction - one that subtly alters brain function, disrupts relationships, and distances them from their spiritual communion with God.

Their idle curiosity has deceptively spiralled into a significant addiction. As this vice tightens its grasp, it undermines the daily fabric of life - relationships suffer, everyday habits fall apart, deep-seated feelings of shame intensify, and a once flourishing Christian life fades away. What once seemed like a manageable weakness has become a dominating monster. That person is becoming that monster. Compulsive actions and overpowering urges overshadow daily existence, tightening their grip.

The secrecy surrounding pornography addiction allows it to persist. By discussing the topic openly and disseminating scientific knowledge and facts about pornography addiction, you can promote awareness in educational institutions and professional environments. That is why we share life stories of those who suffered addiction but overcame it.

EDITORIAL

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TESTIFY MAGAZINE (TELLING PEOPLE'S STORIES - AFFIRMING GOD IS ALIVE!)

GERDA POTGIETER

PORN ADDICTION: THE SILENT STRUGGLE

Pornography Addiction - The Silent Struggle.

By Gerda Potgieter

While everything may appear normal on the surface, countless young people are trapped in pornography addiction. They feel embarrassed and guilty, yet cannot break free. What begins as simple curiosity gradually becomes an all-consuming addiction - one that subtly alters brain function, disrupts relationships, and distances them from their spiritual communion with God.

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educational institutions and professional environments. That is why we share life stories of those who suffered addiction but overcame it.

LIFE STORIES

Siyanda Jackson wants to tell everybody about the dangers of pornography, but also how powerful Jesus Christ is. He never knew Him, but since joining the CYPISA restoration programme, he has seen His work and power in his own life.

He said: “I was born in the Eastern Cape, but I grew up in Cape Town with my mother and father. After school, I also worked in Cape Town. From the time I started school, life was tough. I began doing bad things. I started drinking, smoking, and watching pornography. I just wanted to escape the pain and fit in with my peers. I lived immorally to fill the emptiness inside me, but I only made things worse. I didn’t have peace. “I began to drink so much that even my friends didn’t want to drink with me anymore. People would have to carry me home when I became drunk. Demons entered me, and I started to hear voices telling me to kill myself. I worked many different jobs, but lost all of them because of alcohol, as I had developed a serious drinking problem. My parents were in pain because of me. My mother would cry, and when I saw her tears, I wanted to change my life.

“In an effort to get my life in order, I went to Stellenbosch to complete a one-week course. After that, I was supposed to begin working again. But instead of completing the course, I started drinking again while in Stellenbosch.

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“I went to CYPISA seeking help, and it was there that the Lord Jesus Christ saved me. Light came into my life, and the darkness fled. But to accept Christ as my Saviour, I first had to confess my sins. It was a good feeling to take the step to make right the things that stood between God and me. It felt like water washing me from the inside, and the Holy Spirit healed me and set me free from these evil forces.”

Mvelo Mhlongo drifted from bad examples to bad living. He was born in Ulundi to a young, unmarried couple. His parents had separated before he was born, so he was raised by his grandparents, strict Christians. He stayed with his grandparents during his early primary school years, then moved to live with his father at his hostel in Grade 4. He said his life went haywire from there:

“My father, brother and I shared a single room. At that young age in the hostel, I was exposed to many bad things such as pornography, gambling, vulgar language, violence and sexual immorality. I lived with my father for two years and then, because my school performance was dropping, went to stay with my mother at her rental apartment. Later, we moved to Vryheid, where my grandmother had bought a house upon her retirement. At that time, I was in Grade 6 and performing well academically. In Grade 7, I was elected Head Prefect because of my performance and discipline.

“Everything started to change when I was in high school. I had girlfriends and began to consume alcohol, smoke cigarettes, disrespect my teachers and parents and was involved in fights. I passed matric and wanted to further my studies. I registered for Crop Science at the Tshwane University of Technology. In my first year, because of my daily

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drinking habits, I only passed two out of the ten modules. I lost my NSFAS funding, and so my mother funded my second year of study.

“I used some of the money my mother gave me to start a drug-dealing business so that I could make quick cash to fund my lifestyle. Things did not go according to plan, and I began to consume the drugs I was selling. That is when I was introduced to cocaine. I took drugs daily, even during lectures.

“My nose would bleed from the cocaine I was using. My drug abuse led to depression and suicidal thoughts because I wanted to escape from the life I was living, but I was unable to. My parents suspected that I was on drugs, which concerned me. I wanted to change my life.

“One day, while on campus, I was working on an assignment on greenhouse production and came across information on Emseni Farming (a project of KwaSizabantu Mission). What I read amazed me, and I wanted to see this place called KwaSizabantu Mission.

“When I graduated, I started a small clothes-selling business at home. I was no longer abusing drugs, but I continued to drink alcohol and smoke cigarettes. My business collapsed when my supplier had distribution challenges. That is when I decided to visit KwaSizabantu because I was interested in its farming operations.

“When I arrived, I was introduced to the CYPISA organisation, and I realised I had to make my life right with God. That is when my life changed. Today, I live a drug-, cigarette- and alcohol-free life with Christ as my Saviour.”

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PORNOGRAPHY IS ADDICTIVE

Engaging with pornography causes the brain to release a vast array of neurotransmitters in unexpectedly high amounts, furiously fuelling the cycle of addiction. Pornographic images stimulate the production of a “cocktail” of endogenous drugs, natural substances produced by the body. Repeated exposure interferes with the brain’s natural pathways, creating a deep-rooted tolerance that requires ever stronger stimuli for satisfaction, ultimately damaging the brain.

Here’s what the numbers reveal:

Pornography sites comprise 12% of the internet – experts estimate there are over 4.2 million pornographic websites online.

Google has estimated that 1 in 5 mobile internet searches are for pornography.

South Africa is among the top 20 countries with the most porn viewers.

90% of children ages 8-16 have viewed porn.

These figures only hint at the true scale of a problem which often remains silent, unseen, and untreated.

Family bonds weaken as secrecy and distance replace openness and trust. A person’s sense of self-worth diminishes under the weight of guilt and hidden habits, while productivity declines and isolation grows. Academic and career goals suffer, leaving long-term aspirations unfulfilled. Estrangement from God can follow, as the Bible loses its vitality and spiritual connection weakens. Together, these effects form a cycle that undermines both personal growth and meaningful relationships.

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The journey to recovery starts with recognising that viewing pornography is a sin. According to God's Word, only "the pure in heart will see God" (Matt 5:8). This addiction not only poses an immediate threat but, as the Bible warns, can also lead to eternal ramifications if not decisively addressed (Rev 22:15).

Confess your sins and seek God's help: openly discuss your struggles with a counsellor and work to purify your life. Only the Blood of Jesus Christ can cleanse all impure thoughts and desires from your mind and heart.

Transform your habits by adopting healthier routines, such as reducing screen time, building support networks, and replacing compulsive behaviours with rewarding options like fellowship with believers and sports.

Prioritise your relationship with God. Strengthen this bond by dedicating time to God and His Word, making your Bible an essential part of your life, even more so than your phone or computer.

(Information and pictures provided by CYPsa. Visit its website for more such information and help: www.cypsa.org.za)



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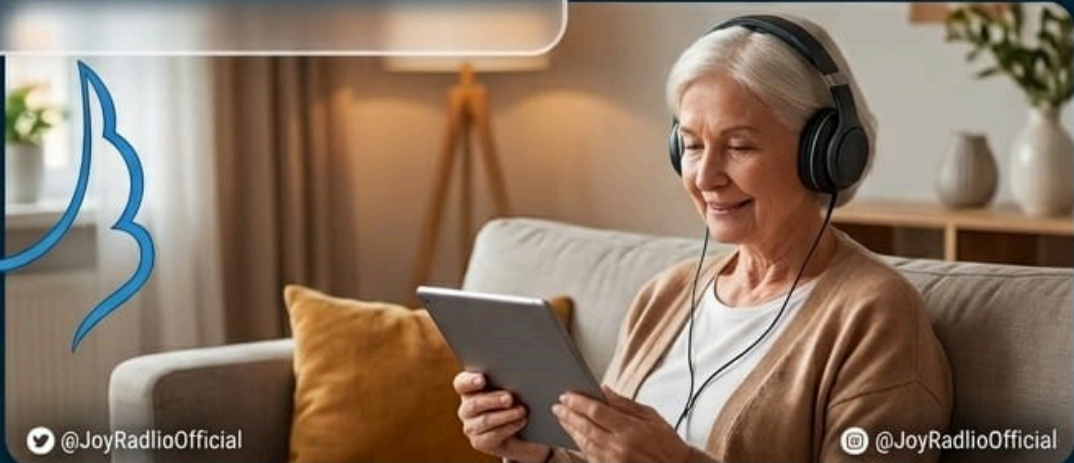
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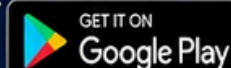
ISAIAH 43:11

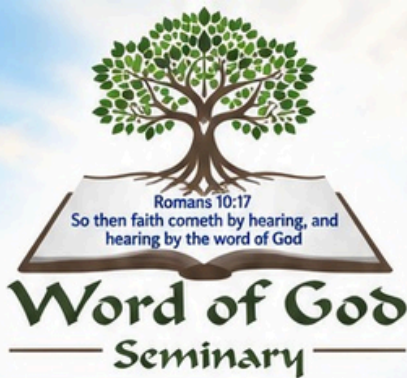
I, even I, **am** the LORD;
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Romans 3:23 ESV

"For all have sinned and fall short of the glory of God,"

The abovementioned verse is an extremely well used verse and many people know it and can even quote it off by heart, but the significance of it is the reality that every single person needs to contemplate.

If you have not accepted Jesus as your Personal Saviour yet or are thin king about it, you have to start here. The reality of your sin problem cancels and disqualifies you from the very presence of God and this bars you from eternal Life. Your choices are simple here, either an eternity with God or an Eternity without God. I would think that the logical answer would be an Eternity with God. Why? Well let's look at this:

2 Thessalonians 1:9

"They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might"

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This is the reality of a choice that omits Jesus as your Personal Saviour -

= Everlasting Punishment

= Destruction

= Shut Out

= No Godly Presence

= And no Glory at all

This is not something to take lightly and by the way this is not scaring you into making a false decision, God is love, thus we as His followers are love, this means if I say I have the love of God, it is my duty to tell you the truth and point you into the right direction.

So in looking at the sin problem and the reality of this, what is the answer then? Let's look at this:

John 14:6

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."

NASB

What a wonderful solution to an immense problem, God has made a way and in making the way He has also made it very clear that this is the only answer to the problem. You have to accept Jesus His Son in order to obtain Eternal Life and ward off all the destruction and other bad things spoken about in the previous Bible verse.

It also makes it very clear that this can only be done through JESUS CHRIST His Son, there is no other way to salvation or Eternal life other than through Jesus, NONE!

Let's look at this too:

John 1:12-13

"But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God."

NASB

Wow! Just look at this, not only do we get Eternal Life but we become Children of God. The impact of this is massive as it speaks to the fact that we now belong to the family of God and receive the benefits of being part of a family, and not just any family but a royal family (1 Peter 2 vs 9).

So in looking and understanding all of this, How do you accept Jesus as your Personal Saviour?

Romans 10 vs 9-10

"that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; 10 for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation."

NASB

Let me just make one point very clear before we look at the above verses, your salvation cannot be obtained by good works, you cannot go to Heaven or be part of God's family because you are a good person, or you do good deeds, No! The Bible makes it clear, if you want to accept Jesus as your Personal Saviour then it gets done on the basis of two things. These two things are critical because it will also help you on your work with the Lord and attain righteousness and a life pleasing to God.

Firstly, you have to confess with your mouth that Jesus is your Lord, this is very important because by your confession God will know and people in the world will know. This is significant because one does not hide a light under a bowl. Everyone must see and hear that you are a child of God.

BELIEF

And secondly you must believe in your heart, with your whole being and understanding that Jesus was raised from the dead and is alive and is your only Saviour.

So if you have read all of this and the Holy Spirit is directing you to accept Jesus as your Personal Saviour please pray the prayer on the next page, God loves you so much.



ACCEPTING JESUS IS EVERYTHING!

PRAYER FOR SALVATION

Dear Lord Jesus,

I understand that I am a sinner and in need of desperate saving, The Bible tells me clearly that the only answer is for me to confess with my mouth and believe in my heart. I am now confessing with my mouth that I am accepting You as my Personal Saviour and believing in my heart that you are alive and well and dwelling within me. Thank you for the gift of the Holy Spirit and the fellowship of other Believers and allow me please to follow in your footsteps. Amen!

Wow! Congratulations if you have just prayed this prayer, and know that you are now part of the family of the Kingdom of God. Please tell someone about your decision, pray all the time and read and study your Bible. Find a Holy Ghost, Bible preaching church and join.

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