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**The Use of the Concept of New Identity in Christ in  
Counseling Sexual Addiction in Young Girls**

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## **I. Medical Approach to Sexual Addiction**

### **A. Sexual Addiction among Girls**

Sexual Addiction is an act which involves two people. If one feels their sex drive is so tense that it cannot be controlled, they will need the other person to come and remove this tension by engaging in physical and mental sexual acts. Most girls have been the target which most men have used or abused to relieve themselves of this sexual urge. As a result, most girls have developed this drive in themselves. They are the ones who stand along the roads to find men who can assist them sexually or financially. Most “sugar daddies” are the ones who are using these girls, because they are the ones who entice the girls because of material things in the name of love, most girls have been caught up into this trap.

Sexual addiction among young girls is becoming a big problem. Young girls at the very early age of 10 years are already involved in sexual matters. Girls increasingly have to exchange sex for love, money, food, shelter and other needs. Girls are vulnerable because some of their immature genital tracts may tear which makes it easy for Sexual Transmitted Infections as well as HIV infection. These girls attempt to protect themselves by using a condom (Narayan & Pertersch, 2000).

The term “sexual addiction” is “the behavior of a person who has an unusually intense sex drive or an obsession with sex.” Sex and the thought of sex tend to dominate the sex addicts thinking, making it difficult to work or engage in healthy personal relationships.

Sex addicts engage in disorientated thinking, often rationalizing and justifying their behavior and blaming others for their problems. They generally deny that they have a problem and make excuses for their actions.

A person with sexual addiction engages in various forms of sexual activities despite the potential for negative and dangerous consequences. In addition to damaging the addict’s relationship it also interferes with the addict’s work and social life. A sexual addiction also puts the person at risk for emotional and physical injury.

For some people sexual addiction progresses to involve illegal and immoral activities such as:

- Compulsive masturbation (self-stimulation)

- Multiple affairs (extra-marital affairs)
- Multiple or anonymous sexual partners
- Consistent use of pornography
- Unsafe sex
- Phone or computer sex (cybersex)
- Prostitution or use of prostitutes
- Exhibitionism (exposing their private parts in public)
- Obsessive dating through personal advertisements
- Voyeurism (watching others and stalking)
- Sexual harassment
- Molestation/ rape.
- Masochism (receiving pleasure-often sexual- from acts involving the infliction or reception of pain or humiliation.
- Frotteurism (a paraphilia where sexual arousal or orgasm is achieved by actual or fantasized rubbing up against another person, usually in a crowded place with an unsuspecting victim).
- Paedophilia (sexual preference with children or watching naked minors to gratify their sexual pleasure. (Simenda 2012)

Generally a person with sexual addiction gains little satisfaction from sexual activity and form no emotional bonds with their partners. The problem of sexual addiction often leads to feelings of guilt and shame. A sex addict feels a lack of control over the behavior despite negative consequences (financial, health, social and emotional).

#### **B. The Causes of Sexual Addictions**

According to the American Mental Health Channel, the causes of sexual compulsivity and sexual addiction cannot be attributed to any one specific cause (AMHC, 2011). What is known is that many who struggle with sexual compulsivity have survived histories of severe family dysfunction and violence. The majority of sexual addicts report that they were either victims of or witnesses of emotional sexual and physical abuse. According to the findings of one study about 72% of sex addicts reported that they had been physically abused in childhood, 81% had been sexually abused and 97% reported being emotionally abused. Based on the study, many sexual addicts

came from families where their emotional needs were not met. Other sexual addicts reported that their addiction developed over time (much like alcohol, drugs, gambling or other addictions) escalating towards a need for greater sexual novelty and intensity, eventually eclipsing other forms of human interaction.

Sexual addiction may be related to bio-chemical imbalance in the brain. As with other addictions, it is known to affect the pleasure and reward pathway of the brain. Some drugs have also been found to cause hyper sexuality, examples are apomorphine and dopamine replacement therapy (AMHC: 2011).

### **C. Consequences of Sexual Addiction**

Addicts experience powerlessness over compulsive behavior resulting in their lives becoming unmanageable. Their lives are often out of control and they experience tremendous shame, pain and self loathing. The sex addicts may wish to stop, yet they repeatedly fail to do so. The unmanageability of sex addict's lives can be seen in the consequences they suffer:

- Losing relationships (unable to maintain lasting relationships)
- Difficulties with work
- Arrests or financial troubles
- A loss of interest in things not sexual
- Low self-esteem and despair

Sexual pre-occupation takes up tremendous amounts of energy. As this increases for the sex addict, a pattern of behavior or ritual follows – the use of which leads to acting out. When the acting out happens there is a denial feeling usually followed by despair and shame or feeling of hopelessness and confusion (AMHC: 2012).

### **D. How Sexual Addiction is Treated**

Most sex addicts live in denial of their addiction and treating an addiction is dependent on the person accepting and admitting that he or she has a problem. In many cases it takes a significant event such as the loss of a job; the breakup of a marriage, an arrest, or a health crisis to force the addict to admit that they have a problem.

Treatment of sexual addiction focuses on controlling the addictive behavior and helping the person develop healthy sexuality. Treatment includes education about health sexuality, individual

counseling, marital and family therapy, and support groups. Medication may also be used to treat obsessive compulsive disorder and may also be used to curb the compulsive nature of the sex addiction; these drugs could include Prozac and Anafranid (AMHC:2012).

## **II. Biblical Approach of Sexual Addiction**

### **A. Evil Spirits and Devil**

Israel believed in monotheism (God alone). It was God alone who was to lead and guide his people. There was no need for mediums or spirits or having need for the ministry of the exorcist who will free a person from the dominion of demons (Vriezen 1956:224)

The evil spirits are believed to possess super-human powers, but they use their powers to curse God and fight with him and his work. They mislead the children of God and encourage sinners to do immoral works such as sex addiction. Non-biblical Ancient Near Eastern belief affirmed that demonic activities existed. They believed that the demons were spirits of the dead and ghosts. Every catastrophe was attributed to the demons as in (Zechariah 3, Job 1 and 3, and Hosiiah 4-5). The belief in demons and exorcism was very widespread in the Jewish community. Exorcism could be achieved through wearing amulets, incantations and spells.

According to inter-testamental literature, Jewish demonology affirmed that demons were evil spirits, and that the link of demons with the souls of the dead seemed to have been broken during this time. Ferguson, the author of 1 Enoch reinterpreted stated that Genesis 6:1-4 shows that evil angels were a result of sexual sin committed by angels with human beings. The Israelites understanding of exorcism was influenced by the ancient pagan concepts and in part by the Greeks who had developed a complex system of demonology. Psalms 106:36-37 says...they sacrificed their sons and their daughters to the demons.” This bears witness to the fact that Israel and Judah worshiped at the altars of demons and thus came under bondage of evil spirits (demons). This led to idolatry and the need for exorcism.

Both the New Testament and Old Testament teaching on angels state that angels were known as spiritual creatures that minister on behalf of God. It is viewed that demons are fallen angels, with Satan or the Devil being their leader. Although angels do interact with

human beings demons do so in specially negative ways that is they oppress and possess human beings causing them physical, mental, and spiritual, spiritual distress. Both Jesus and his disciples responded to the activity of demons by casting them out. In this case a sexually addicted person would go through exorcism, to let the demon of sexual addiction out of her. The person is counseled how she can be a new creation in Christ Jesus, who gives a person a new identity.

In order to understand the new Identity in Christ Jesus, a person needs to understand that one was created in the image of God, which will bring freedom from feelings of guilt, condemnation, inadequacy, and inferiority. It will boldly release her into an exciting, life-changing revelation of what it means to be one with Jesus Christ.

A person will discover what God intended human beings to be through His redemptive work. They will find themselves revealed as: born again, a reformed spirit, a new being in Christ Jesus. Paul said in 1Corinthians 5:17 “therefore, if any one is in Christ, he is a new creation: old thing have passed away behold all things have become new. To have new Identity in Christ is a new revelation of who Jesus is and who they are in Him.

### **B. Created In God’s Image**

To understand that human beings have a new identity in Christ, they must understand that God had a purpose and a plan when He created men and women in His own image and gave them complete authority over this earth.

Genesis 1:26-31 According to Genesis, God created all living things of the land, air and sea. When he created all these things he said, it was all good, fitting and pleasant. “Now God said let us (father, son and holy spirit) make mankind in our image after our likeness and let them have complete authority over the fish of the sea, the birds of the air, the beasts and over all the earth and over everything that creeps upon the earth.” So God created humans in his own image, in the image and likeness of God, he created him: male and female. He created them. And God blessed them and said to them, be fruitful, multiply and fill the earth and subdue it (using all its vast resources in the service of God and man: have dominion over the fish of the sea, the birds of the air and over every living creature that moves upon the earth. And God saw everything that he had made and behold it was very good. Suitable, pleasant and he approved it completely.

Human beings were created in the image of God. As new creations they are being conformed to the image of His son. An image is an exact likeness. In other words ‘Image’ means:

- An imitation or representation of a person
- The visual impression of something produced by reflection from a mirror
- A person very much like another: a copy a counterpart or a likeness.
- a vivid representation.

God created Adam in His exact likeness. He created him to be just like God – a mirror reflection of God in his physical body in his God-like soul, and in his spirit, which was alike with the life and breath of God.

***The Trinity***

God said, “Let us make man in Our image” He said “Our” because God, even though He’s one God, is manifested in three distinct personalities. God the Father, God the Son and God the Holy Spirit. Men and women were created in His image also as triune beings.

***Human beings are a Spirit***

Their spirit is the God-conscious part of them which has to do with the spirit realm – the part of them that can have a relationship and fellowship with God.

***Human beings have a Soul***

Their soul is the part of them which has to do with the mental realm. It is their intellect their emotions, their will. It is that part of them which reasons and thinks.

***Human beings live in a body***

Their body is physical part of them the part in which their spirit and soul live.

Just as the three persons of the Godhead are separate and distinct and yet they are one God, in the same way human being’s spirit, soul, and body comprise the real person that God created them to be.

1 Thessalonians 5:23 Paul says Now may the God of peace Himself sanctify you completely, and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus.

Human beings needs to have a revelation of their newly created spirit and through that revelation, God will restore their souls and bodies to once again. By so doing, they will be “sanctified completely” and preserved blameless at the coming of their Lord Jesus.”

We know that God, with His own hands, formed Adam in His own image and then breathed into him His breath of life. The first thing God said about Adam and Eve was “Let them have dominion.” God gave Adam and Eve absolute authority and dominion to rule on this earth. Here he gave this authority and to His new creation whom he had created to be just like Himself (Genesis 2:26).

Just as God’s power created the universe, Adam and Eve were given the power to imagine, believe and create. God instructed them to multiply that which had already been created perfect (Genesis 2:28). God had perfect relationship with them. He talked to them face to face. They could boldly approach God. They had no feelings of guilt, condemnation or inferiority. They had perfect relationship with God. God demonstrated His confident trust in them as He brought the animals to him so that he could name them (Genesis2:19).

### **C. The Origin of Sin**

The choice of disobedience made by Adam and Eve is called sin.

Genesis 3:6 So when the woman saw that the tree was good food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with and ate.

Through sin, all humanity experienced a tremendous loss. God in His perfect holiness and righteousness could no longer fellowship with Adam and Eve. Their sin became a barrier between them and God. Their guilt and condemnation caused them to hide from God. Genesis 3:8. They had lost their most precious possessions, their relationship and perfect fellowship with God.

When Adam and Eve ate the forbidden fruit, they died spiritually. They no longer had the life of God within them. Romans 5:12. The glory of God which covered them was suddenly gone, then they suddenly discovered they were naked. Genesis 3:7a. When they became spiritually dead, their souls were no longer alive to God. Their thoughts were no longer God’s thoughts their source of perception moved from their spirit, which now is dead, to what they could sense through their natural bodies.



They began to operate in the natural realm through their five senses. Reality and truth became what they could see, hear, smell, taste, or touch. The bodies of Adam and Eve no longer had the life of God flowing through their veins. They were now subject to sickness, disease and deterioration. At the moment they sinned, they began to age and die physically. They also lost their authority of dominion over this earth. They surrendered it to Satan. They were now living in this kingdom, hopelessly subject to the one who had come to “steal, kill, and destroy.”

An unregenerate mind, and a person’s mind which hasn’t been renewed by the word of God, are often full of wicked imaginations such as:

- Pride
- Lying Tongues
- Shedding innocent Blood
- Devising Wicked Imaginations
- Rushing into Evil
- False Witnessing
- Sex Addiction with other addictions

Since Eve through unfaithfulness was led away from God’s word by the serpent’s deceit, this clearly shows that disobedience was the beginning of the Fall Romans 5:19, Paul confirms that all were lost through the disobedience of one man. It is confirmed that the first man revolted from God’s authority not only because he was seized by Satan’s blandishment but also because he turned aside to falsehood.

Therefore after the heavenly image was corrupted by sin, he was not the only one to suffer this punishment, that in the place of wisdom, virtue, holiness, truth and justice with which, blindness impotence, impurity, vanity and injustice and sex addiction became the inherited corruption.

#### **D. Promise Of a Redeemer**

Adam and Eve stood in the Garden of Eden, hopelessly stripped of their relationship and fellowship with God, stripped of their authority, stripped of their wisdom and health. However, when God spoke to Satan, He promised human being’s restoration through the

substitution work of a Redeemer who would be the seed of the woman Genesis 3:15.

The promise of the Redeemer was renewed when God said that all the nations of the world would be blessed through Abraham Genesis 18:18. Sin and death were the results of the rebellion of Adam and Eve. It was through the coming of the last Adam as our Substitute, that we could be set free of these penalties. Isaiah 53, gives us a wonderful picture of the coming Redeemer. Through the substitution redemptive work of the coming Messiah, all that Adam and Eve had lost in the fall would be restored. Once again human beings could become all they were created to be. A New Image in Christ Jesus.

#### **E. Jesus Our Redeemer**

Human beings couldn't be redeemed by any corruptible things, not by silver or gold, not by any act they could do. The price of the redemption was the blood of the eternal son of God that had become flesh. It was a blood of infinite value, a blood so powerful that it was sufficient to cleanse the sin of all human beings 1 Peter 1:18,19

Jesus not only redeemed human beings He set them free, He purchased them with His own precious blood. They became His possession, and He had the legal right to set them free. Jesus purchased them out of slavery to be made kings and priests in Him. By the redemptive work of Christ on their behalf, they were purchased out of slavery to sin, so completely and effectively, that they can be confident of not being returned to the slave market again.

#### **F. Jesus Our New Identity**

The moment human beings placed their faith in Jesus as their Savior, a miracle took place. God the Holy Spirit made them one with Him. They became His Body (1 Corinthians 12:13,17). Through Jesus' redemptive work on their behalf, He willingly took their sins for them that they might become the righteousness of God in Him. Jesus took upon himself a curse that had come on human beings due to sin (Galatians 3:13). On the cross, Jesus became "the lamb of God who takes away the sin of the world." He bore all of their sins to the depth of the earth to be remembered by God no more, forever (John 1:29). They became one in His death (Romans 6:6).

Having delivered their sins to the depth of the earth, He rose triumphantly over death, hell, and the grave. He became the first born from the dead. He was made alive by the Spirit. When Jesus was made alive, He was restored to the full life and nature of the Father. He once again made righteous. At the moment of salvation, they were given the righteousness of Jesus. We became just as righteous as Jesus is righteous (1Peter 2:24a).

As they now have a new identity in Christ Jesus, they no longer do or need to live under guilt and condemnation. They have been made righteous. They should no longer allow sin of sex addiction to put them down and defeat them (Romans 1:8).

#### **G. New Life in Christ Jesus**

The moment a young girl accept Jesus as her Saviour, the Holy Spirit joins her to Jesus Christ. She becomes one with Him for all eternity. When she becomes “In Christ” old things pass away. That means part of her which existed and defined before, no longer truly defines her as is destined to pass away. That part spoken of as the “Old things” like sex addiction die, at the same time there is rebirth a new spirit person is born.

A new believer is no longer the person she used to be. That old person no longer exists. That person has passed way. All things have become new. At the moment of salvation, her newly created spirit is perfect. It will never become more perfect or righteous than at that moment. The spirit is the part of her that will live forever, It is the part that is conscious of God’s presence. The believer’s spirit is the part that can fellowship with God because it is as righteous as God is righteous.

The stony heart is gone! God has given her “a heart of flesh” He has given her a heart that is soft, tender, and loving He has given her a heart that desires to live unto righteousness (Ezekiel 11:19).

The spirit is perfect in Jesus. God wants to restore her soul though the renewing of the mind. God wants to restore her body to perfect health. At the instant of salvation, she became a new creation. The body (bone, flesh, and blood) and soul (intellect, will, and emotion) wasn’t completely changed, but the spirit because new and perfect at the moment of salvation.

Most psychiatrists have said some sex addiction girls are trapped in this web because of the traumatic life of abuse they go through

when they were young. God who restores the broken soul and mind will also restore the body with a perfect health. Therefore it is important to understand the position of a sex addict girl as well as to make her understand the position of the Creator who created them with a better intension of love and harmony. Jesus Christ came to set free those who were captured in any form of sinful nature like sexual addiction which the enemy the devil has laid for them to be caught in.

According to John 3:3, Jesus declared, “I tell you the truth, no one can see the kingdom of God unless he is born again.” Jesus was talking about the need for this body to be born again. Then Jesus made it clear that the part of the human being which was to experience the new birth was not the body or the soul. It was the human spirit. When a person has realized that she is a sinner and she cannot save herself, and is sorry for her sins and confesses them, they then accept Jesus Christ as their Personal saviour. Christ will come in and the Holy Spirit will take full control. Immediately she has a new image in Christ. The Holy Spirit will start controlling her. She will no longer find pleasure in sex as she used to.

### **III. African Approach to Sexual Addiction**

#### **A. African Tradition World of Sexual Addiction**

In African traditional religious systems, it is believed to have three Cosmic levels in existence. God is seen as a Supreme Being or Creator who lives far away from humans. The living spirits of the deceased ancestors called the living dead, lead a very important role in the daily lives of the peoples more than God who is far away (Magesa 1997:60-61). It is believed that the ancestors can punish their people by sending misfortune and illness if certain social norms are violated, culturally prescribed rites and practices are neglected or in correctly performed or when people don't listen to wise counsel (Van Dyk, 2001b).

The middle order is an intermediate universe which functions as a no-man's-land. Genies, evil spirits, witches and sorcerers dwell in this no-man's-land (Hammond Tooke 1986:73). It is believed that every illness has an intention and special cause, and there is a way to combat an illness, the cause must be found and counteracted, uprooted or punished. There's always quest to understand an illness,

as to “why” and “who did it?” Death is never accepted. As a result there are witch hunts in Africa.

In the Lower Cosmic Order, an individual exists because of the group, and whatever happens to an individual happens to the group. Whatever happens to the whole group happens to an individual. The individual can say, “I am because we are: and since we are, therefore I am.” Illness on this level is identified by “pollution” and “germs” that could cause illnesses in traditional African society. Pollution is linked to ritual impurities which are usually also associated with death, the reproductive system the violation of a sexual prohibitions and the breaking of taboos. A sex addict person cannot survive in this level because breaking of sexual taboos brings some illnesses to an individual or to the whole community. AIDS is believed to be a punishment which comes after disobeying the spiritual realm. If one has broken the society’s norms, some rituals should be performed before the punishment can hit the society. According to old Lotani Zulu of Chipata Eastern Province in Zambia, “a man, or a girl who would be found having sex with different men would be killed or stoned to death. Up to now there are sexual taboos which should be followed. It is believed that a demon of sexual activities has entered a girl/boy and before the whole society can be polluted the girl/boy should be eliminated from the community. That is why the puberty stage is taken very serious, when a girl reaches of the age, members of the family should abstain from sexual pleasure, so that they don’t put the girl in danger of death. That is why the community never tolerated a sexually addicted person or she has to go through a ritual of cleansing not to pollute the society.

Puberty is the transition between childhood and physical maturity, and is an occasion for celebration and instruction because a regarded as a responsible member of the clan and of the whole society. The instructions given to the individual during this period emphasize the person’s responsibility to preserve and enhance this or her life and that of the entire clan. Observing what a girl is taught is paramount and a sure way of preserving a girl’s life. It actually means that practicing what a girl has been told is a sure way of staying alive. It suggests that she must listen, and above all, do what she is taught to do. Disobeying or failure to keep instructions given by elders is a sure way to death. For example this time of HIV and AIDS the clan system

is easily disturbed when death strike the family or clan. Therefore, the instructions that are given by the elders at the time of puberty are not meant to just enable the individual to cope with a competitive environment but to instill in the youth a sense of responsibility towards their life and the common life of the clan.

The second significant thing about puberty is the initiation rite for the girls. The girl's rite is associated with the beginning of menstruation, which is believed to be a sign of growing up, or becoming an adult. During the rite the girl is taught how to keep herself clean during the menstrual period but above all, how to use the newly acquired powers of life she is told to be careful in her conduct and relationships with others. The various taboos related to menstruation and explained to her very carefully. For example she is told not to let anyone not even her closest friend, see her menstrual blood, otherwise it would cause her death (Breugel 2001:186).

She is further instructed not to put salt to relish, she should ask someone doing so for her or else she will make other people to have chest pain which will cause death at the end. All these prohibitions point to the belief that the girl is now in a powerful state in which she can influence the growth or destruction of the life of the clan. From the above taboos there is a deep desire to preserve life. Growth of an individual is chiefly perceived in the expansion of the person's influence on other people. So life becomes the measure of a person's influence on the other people (sphere of influence).

The puberty stage is an important entry point for reproductive health messages. The traditional initiators further form an important group in the society through which reproductive health messages is passed on to the young people. The initiation period sets a stage for reaching out to adolescents. "Pre-marital sex is forbidden among the Tumbukas and the Ngonies. From the time of a girl's first menstruation her life becomes confined (Oke 1991:55)." The physical puberty of girls is marked by swelling of the breasts, an enlargement of the pelvis, the experience of the pubic hair above all the first menstrual flow. Then the mother will tell her husband who from now on will, as parents, abstain from conjugal relations till after the seclusion of the girl (Brugiel 2001:186). The girl is confined for one to two months long ago, while nowadays it is two to three weeks, she is taught to respect the elders, cleanliness, moral behavior, abstinence

from boys, men, and under age children, also sexual skills if she is getting married immediately after confinement. If a girl was sleeping with different men, he was taken to be sick in the brain, he would go through some counseling and exorcism. Sexual addiction was seen as disease. a sexual, addict person is not allowed to touch a new born baby, or to visit a sick person because it is believed that this person is polluted and can bring death to those who are vulnerable.

Sexual addiction can be treated as a disease. Milingo defines disease as “any stumbling-block to human fulfillment. His definition was according to scripture Gen 1:31 “God saw all he had made, and indeed it was good.” It is understood that God was satisfied and everything was as He had planned, that is to say, all was in order, as beautiful as only God could bring the best of nothing (Milingo1991:7).

Milingo’s definition of healing is “the restoration of the original beauty in creation, which had been distorted by the presence of a moral, psychic, spiritual or corporal disease.”

Milingo realized that human being is the cause of his own disorder, which comes from his sinful life, and this individual belongs to a community. Then the community is permeated with sinful actions, which cause community disorder affecting every other member in the same community (Milingo 1991:8).

According to Milingo Sin is a positive decision to deviate from God’s plan. Feeling of guilty may or may not accompany or follow upon such a decision, but the fact of sin remains: a rejection of the divine order in favour of one’s own order, a futile reassertion of independence in contradiction of his essential nature.

Milingo feels most of the sick are suffering from moral disorder, they maybe classified as disappointed with life, unsuccessful marriage, drug addict, sex addicts, prostitutes, victims of corruption, depressed, obsessed, possessed.

The mandate which a person have from Jesus is to preach the Gospel which has three elements:

- a) Preaching the Good News: Information and instruction, leading to the decision to follow Christ. Making disciples of Jesus.
- b) Casting out demons, the invaders of the flock of the Kingdoms. This is establishing God’s Kingdom.

- c) Healing the sick: restoring the original beauty of man, to satisfy His own creator.

Man without sin was the reflection of God's beauty and goodness. Sickness blurs and disfigures this beauty, and brings disorder. In sickness human being is disfigured, handicapped and no longer that which he was before he sinned. The coming of Jesus is the restoration of order, both spiritual and corporal.

### **B. Achieving the healing**

Healing is comprehensive. This means that a person should aim at freeing the whole person. To achieve this objective a person divide the healing session into three parts.

Inner-healing, which has an aim to touch the inner-man, inner self through the examination of conscience. The participants present at the healing sessions are being helped by praying with them in the following way:

### **C. Short Introductory Prayer**

Invite them to mental concentration that is looking into themselves. A person is dealing with her relation with God and neighbour, hoping to finally arrive at total reconciliation with both human being and God. The main principle is arriving at asking oneself a question: What is her relationship with God and neighbour? If she sees her relation is not good, then she takes courage and repent.

The Priest/Pastor/Church Elder presiding at the healing session helps the participants to remember their sins by enumerating a few categories of sins, as the mention the following:

1. Drunkenness leading to family quarrels, separation, divorce, scandal to children, and negligence of parental responsibility.
2. Unfaithfulness in one's vows of marriage, religious life, priestly life, or profession.
3. Calumny, jealousy, lies, envy, which often diminish the reputation of a person, suffers humiliation, loses his job or is no more respected in society, or in his place of work.
4. Pride, vanity, self-assertion and lack of respect for others, which consequently leads to lack of charity.
5. Lack of forgiveness, which blocks the blessings of God, or sometimes causes many physical diseases, such as



disappointment, prolonged hatred and consequently revenge etc.

Enumeration of sins does not take long at all. A person is used to responding to the inner voice, and so she mentions whatever comes into mind.

#### **D. Liberation or Exorcism**

The second part in the healing session is the external protection which the person who had confessed and repented before God has a right to have. Liberation means to be freed from mental disturbances such as anguish, melancholy, depression scruples, fears, neurosis, despair, suicide, solitude e t c. Exorcism means directing herself to an enemy in the person in the form of an entity which is truly a parasite. It is an evil spirit, which may be called by name, such as Satan, Lucifer, violence, suicide, death, etc. We often use Psalm 59 and 7.

#### **E. Corporal Healing**

“He went about doing good.” “He did everything well.” “He healed the sick.” Special appellations applied to Jesus. He was always moved when he was before the sick. “Thy faith has saved you,” He used to say to the sick after being healed.

God has heard the prayers offered for brothers and sisters who were not present at the healing sessions. Most of diseases are ordered in the name of Jesus.

Sexual Addiction and other addictions are prayed for after one has given his or her life history. The people suffering from addiction they should first agree that they have a problem and they need help. Then they will be counseled to acknowledge that they are sinners who need to confess their sins and ask Jesus Christ to come into their hearts as Lord and saviour of their lives.

#### **F. Exorcism Among the Pagans**

African belief of sexual addiction is believed that a demon of sexual immorality has possessed someone that is why he/she cannot control her sexual drive, she can sleep with anyone at anytime and at any place. Exorcism is believed to be a solution. She will be prayed for by calling the names of ancestors and chase the demon “and then she will be made to enter into trance and then the traditional drums will be beaten and then she will dance while the chief spiritualist who

also enters into trance will be chasing the evil spirit to leave the person. When the person is out of trance she is given medicine to wash and to drink as to chase the evil spirit not to come back (Hammond Tooke: 1986).

#### **IV. The New Approach to Sexual Addiction**

Human beings are living in an insecure world. Their existence is threatened by poverty, loss and depression, sin, separation, drug, alcohol, sexual addictions, finitude and death. This is a bitter conflict, and sometimes a person become frantic about her insecurity. A person can find help in all three approaches to assist young girls on the problem of sexual addiction which is sweeping the young with the HIV and AIDS pandemic. All the three approaches which we have gone through and these are the following:

Biblical Approach  
African Approach  
Psychiatric Approach

All these three approaches have elements which can assist to solve the problem of sex-addiction in our young girls. All three approaches believes in deliverance through counseling while the biblical people believe and African tradition people believe that there is a supreme power which can deliver a person, this through Jesus Christ for the Christians, and the African tradition pray through the spirits of dead ancestors who are believed to be the living dead.

The young girls who in their long hours of sorrow, suffering, loss, failure, hardship, and struggle, in the depth of their souls sought for an explanation of why these things should be. In the bible we find people who are praying, hoping and waiting for their liberation from guilt, sin and shame (Psalms 51). God of the Bible is the solution to all problems. A person needs:

To have faith in God is to believe in the power of spiritual and personal transformation. All things can be made new. A person lower nature can be changed. With God one can overcome her selfishness, immaturity, pride, and greed and suspicion. One can be born in the likeness of Christ.

To have faith is to believe in the powers of overcoming. An Apostle said, a person can be afflicted but not crushed: can be persecuted by the forces of evil, but can not be forsaken. God is working within her. Ones physical structure may be weakening, but her soul is full of assurance, courage and hope.”

To have faith is to believe in the redemptive powers of love which compelled people to do his will.

To have faith in God is to believe in a divine purpose and design of one's life which she doesn't know and yet she is moving towards fulfillment.

To have faith in God is the beginning of wisdom. He doesn't fail anyone because he keeps his word. Because one has faith in God it means one has built a relationship therefore one need to be communicating with God on daily basis through prayer.

The belief that there are forces of redemption and regeneration available to Christians in prayer which is talking to God. It is through prayer that people's emotional energy is renewed. They are blessed with joy, gladness and exaltation. Through prayer they are released from their tensions. Their worries are dispelled; their fears are transformed; their insecurity is overcome. Through an intelligent, honest, and sincere prayer that they are liberated from self-deception and illusion, it is through prayer that their souls are awakened to the realities of life.

Through prayer of confession people are assured of God's mercy and forgiveness (Luke 18:13b). A sexually addicted girl may come to God at anytime God will forgive her and He will renew her body into having a new image in Christ Jesus.

#### **A. Sexual Purity**

Chastity is moral cleanliness. Being chaste means to be morally clean in thoughts, words, and deeds. Anything that leads to lustful thoughts, word or actions are violation of God's commands to be morally clean. God has commanded that the sacred powers of procreation are to be employed only between man and woman, lawfully wedded as husband and wife. No sexual relationship before marriage. Sexual purity means not to have any sexual relations before being legally married including any thoughts, words or actions that generate desire and arousal. Satan attempts us to rationalize that when two people love each other it is acceptable to engage in sexual activities before marriage. This is not true but violets God's law to be clean and pure.

#### **B. Sexual Sins Are Extremely Serious**

Committing sins of sexual nature violets God's law of chastity and offends the spirit causing one to be unworthy of the presence of the Holy Ghost. Vigilantly avoid every temptation to participate in

any appropriate sex acts including thoughts no matter how innocent, the between may appear because it is not innocent. Small sexual indulgence lead to greater sin, including sexual addictions which are highly destructive and extremely difficult to overcome.

### **C. Repentance From Sexual Impurity**

Young girls who have broken the law of chastity by engaging in impure acts and thoughts can respond through sincere repentance. They will, if they have nurtured an appropriate trust in God, immediately feel the love of the heavenly father as their sins are forgiven. The person will also feel the peace from the Holy Ghost. If one is struggling with a sexual addiction there is hope and help in overcoming addiction and other destructive and habits.

Victims of sexual abuse, rape, incest, and other sexual acts are not guilty of sin but are innocent victims who have not broken the law of chastity and do not need to feel guilty for the inappropriate and abusive sexual acts of others. For those victims God does love them and they can receive healing through the atonement of Christ. Then they will go through the Christian ritual of baptism.

### **D. Ready For Marriage Extra-Ordinary**

Last year August up to early November, there was a program in Zambia on Muvi television called “Ready For Marriage Extra-ordinary. The prostitutes or sex-workers who wanted transformation from this embarrassing work into responsible life, were invited to come on the television show, to testify how they became sex addicts and became sex workers looking for men of all status. To some girls this was a job, some needed money but to some they could not live without having sex.

The girls went through all the approaches, the pastors were invited to share the bible word, on how Christ could be the center of their lives. Exorcism was also performed in case some were demon possessed. They started each day with devotions, where the word of God was shared and prayers were shared. They made their own confession openly on what they did on the streets and challenges they met. They repented as not to go back to prostitution and they accepted Jesus Christ as their personal saviour.

The Psychiatrists were invited to counsel the girls on their past life, some had problems how they could coup with life without men.

The organization promised them to help them on what they wanted to achieve in life. Some chose to go back to school, some wanted work according to their education level, some were trained in the field of their choices. Dr. Francis Simenda of Chainama Psychiatric hospital in the Post Newspaper of March 28, 2012, described a sexual behaviour as a disorder which in most cases it is supposed to be counseled and treated by certain drugs.

The tradition approach provided room to teach them how they could become women who are ready for marriage. They were taught initiation lessons, of how matrimony sex should be appreciated as sacred from God. Respect for one another. How to cook certain foods.

How to perform initiation dance, how to take care of their homes, and they were also taught the ills of sex before marriage e. g. contracting Sexual Transmitted Infections, HIV/AIDS. The importance of keeping taboos was explained for a society to keep its morals.

African Traditional approach teaching is oral which uses pictorial, music, role plays, drawings on the floor or on the ground.

There is need for a professional psychiatrist. Sometime a person can be misdiagnosed thinking she is demon possessed and yet this person is going through post-traumatic stress

Disorders. Sometimes the vice versa the person with demon possession goes through the psychiatric counseling and medicine are being prescribed and yet what a person needs is exorcism.

### **Conclusion**

When a young girl is growing she should be loved at a very early age and made aware that she is a special person who is made in the image of God. She should not look at herself as an object which anyone can use and throw away anytime. She is special because she is made in the likeness of God. God the father is the father of all creation, God the son who is the redeemer to human being and God the spirit who dwells in people and gives guidance to them. According to John 5:17, Jesus is constantly at work with God the Father transforming people.

The 18 Zambian Sex workers who came in open on the television were convinced with the counseling which took place for three month in the house where they were kept. They are no longer ashamed to share their old life of sex and are able to show the society new life in

Christ. Even some people who stay with them testifies their New Identity In Christ Jesus. They said they are free from shame. They are now happy with themselves they feel the sex addiction spirit left them in the name of Jesus and they were washed with the blood of Jesus. These girls went through all the three approaches of counseling: Biblical Approach of New Identity in Jesus Christ, African Tradition Approach (of exorcism and then taught good morals and good decision makers of the society), and the Psychiatric approach which feels that a sexual addiction is a disorder of sexual orientation. They counsel how they could handle their sexual lives.

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