

arise

MAGAZINE

THE BSIT YOUTH PUBLICATION
16

BREAK FREE

CONQUERING
MASTURBATION AND
PORNOGRAPHY





CONNECT. LEAD. TRANSFORM.

IT'S YOUR TIME

Ready to make a real difference? Become an Arise Ambassador and start a Connect Group; a small circle of 3 to 7 people or more focused on growth, action, and impact.

Whether your passion is climate change, mental health, waste management, disability inclusion, or youth empowerment, your group becomes a space to lead, inspire, and create change in your school, church, or community.

Host conversations. Take action. Build purpose-driven friendships. Let's raise Connect Groups in every town, school, and city, led by voices that carry vision.

Create a Connect Group. Cultivate change. Carry the fire. Join the Arise Movement today.

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BREAK FREE **CONTENTS**

- 04** INTRODUCTORY NOTE.
- 05** THE POWER OF DISCIPLINE.
- 06** BREAK FREE: 12 KEYS TO BREAKING FREE FROM PORNOGRAPHY & MASTURBATION
- 08** WEEKLY QUOTE.
- 09** DECISION CARD.
- 10** HOW TO IMPACT YOUR COMMUNITY
- 11** 30 DAY PURITY CHALLENGE
- 12** DISABILITY MATTERS: YOUR DREAMS ARE VALID.
- 13** MIRROR MOMENT: YOUR FUTURE IS HIDDEN IN YOUR HABITS
- 14** LIGHTING THE WAY: FROM SETBACK TO COMEBACK: NATASHA'S STORY
- 15** RISING ABOVE BARRIERS: THE STORY OF ABISHINE SIZIBA
- 16** MENTAL HEALTH: YOU ARE NOT ALONE!
- 17** WHAT RESOLUTION ARE YOU MAKING TODAY?
- 18** 5 RECOMMENDED HEALTH HABITS FOR STUDENTS
- 19** A LOVE LETTER TO MY DAUGHTER'S.

THE VISIONARY

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Dear Esteemed Young Visionaries,

For 15 power-packed issues, we have poured our hearts into inspiring you, showcasing role models worth imitating, and building a platform where your stories can shine. But lately, I have been asking myself a piercing question: Are we truly doing enough to propel this generation into its God-given destiny?

In those sacred moments of reflection, the answer became clear before you can fully pursue your purpose, you must first break free from the chains that hold you back. That is why, in our last edition, we confronted the monster of financial limitation head-on.

Now, in this edition, we are going after a far more dangerous enemy, one more addictive than drugs, more destructive than any silent poison, and claiming the destinies of young people at a frightening speed.

Across Africa, research shouts the alarm: pornography among our youth is fueling early sexual initiation, multiplying sexual partners, and driving risky behaviors that are cutting short dreams before they can even take flight. This is not just a habit, it is a trap. It robs clarity, warps identity, weakens self-control, and kills purpose.

Young visionary, you were born to lead, to build, to shine not to be enslaved by an image on a screen. Your destiny is too precious, your calling too great, and your future too bright to be sold for a fleeting moment of counterfeit pleasure.

This vice must be confronted. It must be exposed. And it must be broken starting with you, starting now. It's time to rise, to reclaim your mind, your purity, and your purpose.

*With unshakable expectation,
David Ntalasha Chisha
The Visionary*



THE POWER OF DISCIPLINE

Discipline is the womb of every destiny. It is the secret ingredient that separates dreamers from achievers, talkers from doers, and wanderers from leaders. If your eyes are single, if you stay focused, your whole body, your whole life, will be full of light.

The greatest enemy of purpose is the lure of temporary gratification. It promises sweetness but leaves behind regret. Ask Joseph, he refused to sell off his destiny for a few stolen moments. The three Hebrew boys and Daniel made up their minds not to defile themselves, and their conviction lifted them to influence kings. Paul, after his encounter with Jesus, lived with radical focus and unshakable discipline, spreading the gospel with passion and precision. Destiny bows to those who choose discipline over distraction.

This truth cuts even deeper in our generation. To break free from masturbation, pornography, or any habit that chains your soul, you must embrace discipline with urgency. Freedom doesn't happen by accident, it is the fruit of a decision. A decision to refuse, to resist, to rise above. When you stand with unwavering conviction and say, "I will not defile myself," you shut the door to shame and open the door to destiny.

Look around you the world is competing daily for your attention. Social media, video games, endless scrolling, and constant noise are all designed to weaken your focus. But you are not called to live swallowed by distractions. You are called to rise, to stand apart, to be light.

Top athletes remind us of this truth. Michael Jordan, Cristiano Ronaldo, Lionel Messi, none of them reached greatness by chance. They sacrificed. They trained while others slept. They disciplined their minds and bodies until excellence became their normal. That is why they stand on platforms the world cannot ignore.

Young people, whatever field you are in; business, academics, sports, ministry, or leadership, discipline is non-negotiable. Dreams will inspire you, but discipline will carry you there. Talent will give you a platform, but discipline will keep you standing. Without discipline, purpose dies in the womb. With discipline, you give birth to destiny.

B R E A K F R E E

12 KEYS TO BREAKING FREE FROM PORNOGRAPHY & MASTURBATION

Pornography is silently destroying the destinies of millions of young people. More addictive than drugs, more destructive than alcohol, it is stealing purpose, purity, and power. Globally, there are over 1.5 billion pornography-related searches every single day. Every minute, 1 million people are consuming porn online. Research shows that up to 35% of users admit it damages their real-life relationships; leading to broken marriages, financial strain, emotional pain, and shattered confidence. Science confirms what Scripture already warned us: pornography rewires the brain, shrinking gray matter in areas tied to motivation, focus, and decision-making. It dulls your passion for purpose and traps you in cycles of guilt and shame. But hear this: you don't have to stay in that prison, **FREEDOM** is possible.

1. DECIDE IN YOUR HEART NOT TO DEFILE YOURSELF

Like Daniel and the three Hebrew boys, freedom begins with an inner resolve. No counselor, friend, or preacher can make the decision for you; you must draw the line in your heart.

- Practical Step: Write a personal declaration on paper: "I choose purity. I refuse to be defiled. My body and mind belong to God." Stick it on your mirror or phone screen as a daily reminder.
- Guard Your Triggers: Identify what situations, apps, or times of day tempt you most. Remove them. Delete secret accounts, unfollow toxic content, and refuse to compromise.

2. FOCUS ON YOUR PURPOSE

An idle mind is a trap waiting to be set off. Purpose gives your energy a direction. Without it, lust hijacks your time. But when you fix your eyes on the future God has for you, it's easier to resist temporary pleasure.

- Practical Step: Replace idle hours with passion projects; join a ministry, a sports team, a skill-training program, or a community cause.
- Ask yourself daily: What can I build today that will outlive me? The more you are consumed with your God-given assignment, the less room lust has to operate.

3. REWIRE YOUR MIND

Your mind is like a garden, it grows whatever seeds you plant. Porn plants weeds of shame and lust, but God's Word plants seeds of freedom.

- Practical Step: Memorize scriptures that empower purity (e.g., 1 Corinthians 6:18-20, Philippians 4:8). Speak them when temptation arises.
- Change Your Input: Replace secular music or shows that glorify lust with faith-based podcasts, uplifting books, or sermons. Your appetite shifts to what you feed on.

4. RELY ON THE POWER OF THE HOLY SPIRIT

You cannot win this battle in your own strength. Willpower is not enough. Freedom requires the firepower of the Spirit.

- Practical Step: Set aside 15-30 minutes daily to pray in tongues. Ask the Holy Spirit to strengthen your will, renew your mind, and burn away hidden desires.
- Be Sensitive: When He nudges you to walk away from certain conversations, movies, or environments, OBEY. That obedience is your shield.

5. HEAL THE ROOT CAUSE, NOT JUST THE SYMPTOM

Often, porn use is not just about lust, it's an escape from loneliness, stress, rejection, or unresolved trauma.

- Practical Step: Journal your feelings daily, what were you escaping when tempted? Stress? Boredom? Low self-esteem?
- If Needed: Seek counseling, mentorship, or therapy. Addressing the root pain breaks the cycle of escape.

6. Find Your Feathers (Community Matters)

Isolation is the devil's playground. Eagles fly with eagles. Surround yourself with friends who want purity and growth as much as you do.

- Practical Step: Join a Bible study, youth group, or mentorship circle. Be accountable to someone you trust.
- Accountability Hack: Share your screen-time report weekly with a trusted friend. Let them check in on your progress. Transparency kills secrecy.



7. PRACTICE CONSISTENT PRAYER AND FASTING

Porn feeds your flesh, fasting starves it. Prayer builds your spirit and rewires your desires.

- Practical Step: Start small, skip one meal a week and dedicate that hour to praying over your purity. As you grow, extend to longer fasts.
- Prayer Focus: Don't just pray "Lord, take this away." Pray for God to fill you with new passions, deeper hunger for Him, and fresh vision for your future.

8. LIMIT SCREEN TIME & SET BOUNDARIES

Most battles start with one scroll, one click, one search. You can't win if you keep feeding the monster.

- Practical Step: Use apps that block adult content and limit your screen time (Covenant Eyes, Net Nanny, Freedom).
- Create a Rule: No phone in bed. Charge your phone in another room at night. Replace late-night browsing with reading, journaling, or worship.

9. USE THE "5-MINUTE RULE" AGAINST URGES

When temptation strikes, your brain screams "do it now!" But urges usually peak and fade within minutes.

- Practical Step: When tempted, commit to waiting 5 minutes before deciding. In that time, do push-ups, pray in tongues, or take a cold shower.
- Why it works: You train your brain to delay gratification and weaken the power of urges.

10. DEVELOP A STRONG MORNING & EVENING ROUTINE

Temptations are strongest when you're tired, stressed, or idle often late at night or early in the morning.

- Practical Step: Start your day with prayer, a short workout, and a to-do list. End your day with journaling or worship instead of scrolling on your phone.
- Pro Tip: Go to bed earlier, you can't fight lust at 1 AM if you're tired and alone with your phone.

11. REPLACE PLEASURE WITH PURPOSEFUL DOPAMINE

Porn hijacks your brain's dopamine system (the "pleasure chemical"). To rewire it, you must replace that false reward with healthy highs.

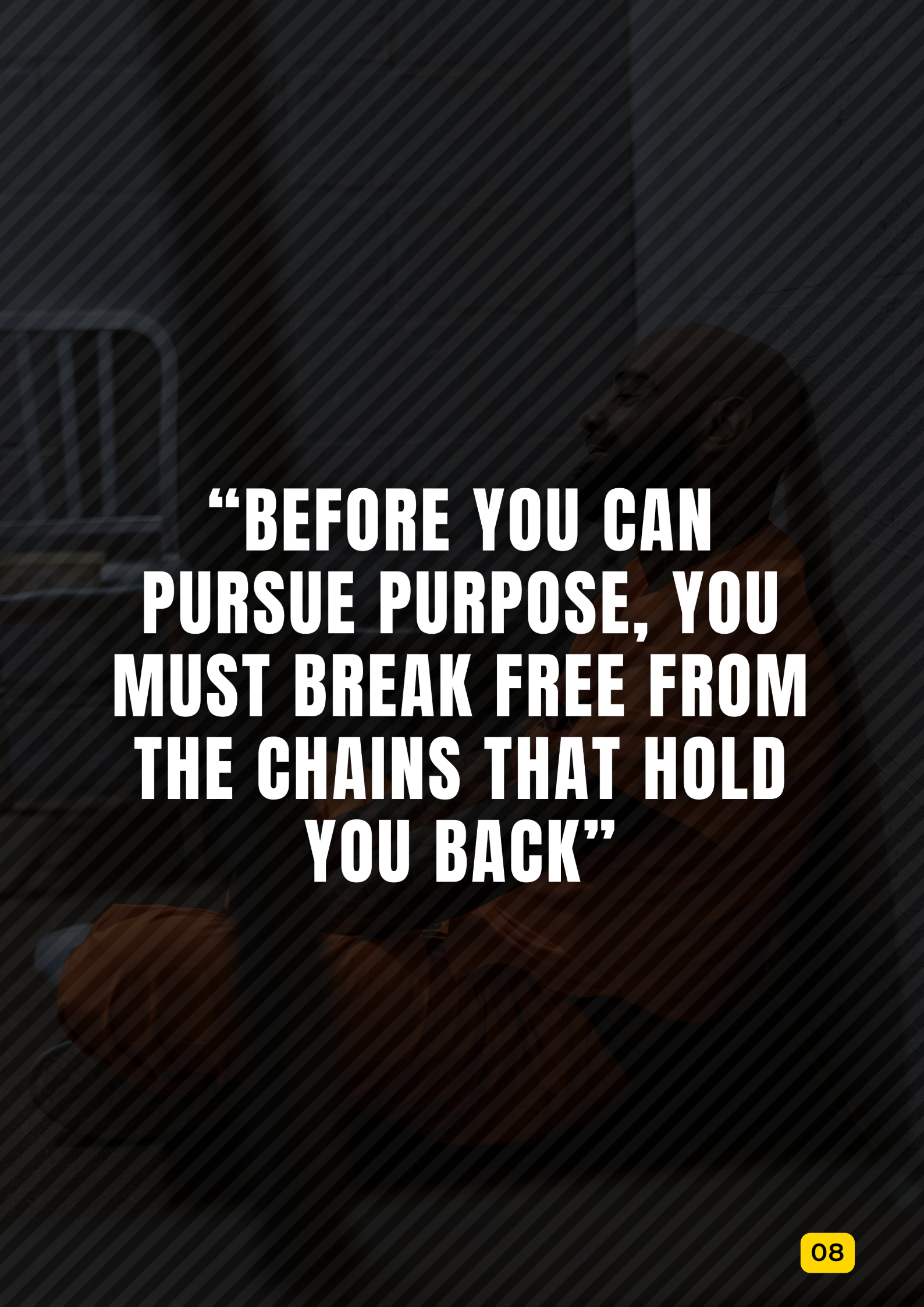
- Practical Step: Engage in exercise, sports, music, dance, art, or volunteering activities that give natural dopamine boosts.
- Why it works: Science shows physical activity and creativity restore balance to the brain, reducing cravings for artificial highs.

12. CHANNEL ENERGY INTO SERVING OTHERS

Idle energy fuels lust, but service redirects it. Helping others lifts your spirit and keeps you too busy to entertain temptation.

- Practical Step: Volunteer at a church, school, or community project once a week. Mentor younger kids, help with cleaning, or join a charity drive.
- Why it works: Service builds joy and reduces isolation, two major triggers for relapse.

Young people, listen carefully: Porn promises pleasure but delivers prison. It offers escape but chains you in shame. Your future is too valuable to waste on pixels. God has called you to dominate, innovate, and impact the world. Break free, rise above, and live the life you were destined for.

A person is shown in profile, looking out of a window with vertical bars. The person is wearing a dark, long-sleeved shirt. The background is a plain, light-colored wall. The overall tone is somber and contemplative.

**“BEFORE YOU CAN
PURSUE PURPOSE, YOU
MUST BREAK FREE FROM
THE CHAINS THAT HOLD
YOU BACK”**

DECISION CARD



YOUR FREEDOM STARTS TODAY, NOW!

Your dreams are the heartbeat of God's purpose for your life.

You weren't made to live ordinary. You were created for greatness, for impact, and for a divine destiny. God has a beautiful plan just for you, and He's waiting on your "yes." Don't let fear or doubt steal your breakthrough. Your best days are ahead!

When you align your dreams with God's purpose, He will breathe new life into your vision. Trust the One who knows your beginning and your end and watch doors open, mountains move, and miracles happen.

Say this prayer with me:

"Father, I come to You with an open heart. I receive Your forgiveness and embrace Your grace. Today, I choose to walk in the destiny You have designed for me. Fill me with Your Holy Spirit. Take away every fear and doubt. I believe my dreams are from You, and I'm ready to step into all You've planned. In Jesus' name, Amen."

If you just prayed that, congratulations! You've made the most important decision of your life, a new chapter is beginning.

Here's what to do next:

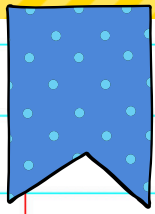
Find a church that will inspire and uplift you.

Reach out to us, we'd love to pray with you and support your walk.

Join our Arise Connect Groups to grow your faith and unleash your God-given potential.

Remember, you were never meant to do life alone. Together, let's watch God exceed every expectation in your life!

Name: _____
Date: _____

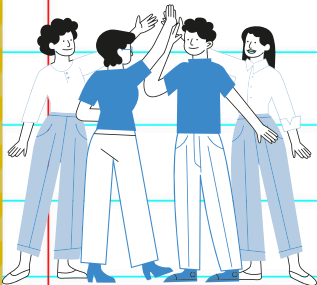


How to Impact your Community

01

Identify a Community Problem

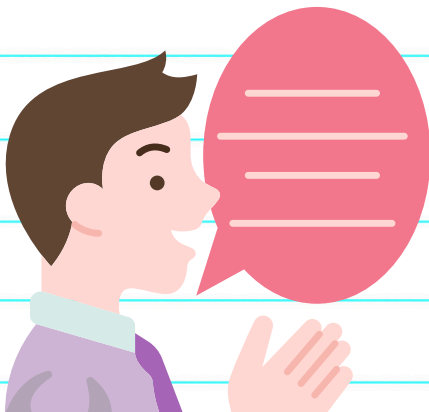
List down all the challenges that are in your community and pick one that is affecting people the most. Register this challenge with the organization.



Create a Connect Group

02

Mobilize a group of 8 - 12 people within your community and starting having periodic meetings on how best to solve the problem at hand.
Request materials from the Arise Magazine.



03

Advocate for Change

Implement your strategy and begin to transform your community with the available resources. For greater impact involve the all community and advocate for the change you desire to influential people in your community.

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30-DAY PURITY CHALLENGE

BREAKING FREE. BUILDING VISION. LIVING PURE.

WEEK 1: BREAK THE CHAINS (DETOX & AWARENESS)

Focus: Cutting off triggers and starting the journey.

- Day 1: Write down why you want purity (3 strong reasons). Pray and dedicate this challenge to God.
- Day 2: Delete all pornographic material from your devices. Install accountability apps (Covenant Eyes, Ever Accountable, Canopy).
- Day 3: Create a list of your biggest triggers (time of day, emotions, loneliness). Write how you'll avoid each.
- Day 4: Memorize 1 Corinthians 6:18. Say it aloud 10 times.
- Day 5: Replace screen time at night with journaling or reading.
- Day 6: Do 20–30 mins of exercise. Get your dopamine from activity, not porn.
- Day 7: Celebrate your first week with gratitude, write 7 things you're thankful for.

WEEK 2: REWIRE THE MIND (BUILDING NEW THOUGHTS)

Focus: Replace lust with vision & truth.

- Day 8: Write your future goals (career, family, purpose). Revisit them daily.
- Day 9: Meditate on Romans 12:2 ("be transformed by the renewing of your mind").
- Day 10: Fast from social media for 24 hours. Use that time to pray or read.
- Day 11: Create a playlist of worship or motivational music. Play it during temptation.
- Day 12: Read 1 real-life story/testimony of someone who overcame porn.
- Day 13: Practice the 5-minute rule when temptation comes. Write how it worked.
- Day 14: Rest & reflect, write how your mind feels after 2 weeks.

WEEK 3: STRENGTHEN THE SPIRIT (FAITH & DISCIPLINE)

Focus: Deepening your spiritual foundation.

- Day 15: Pray 10 minutes specifically for purity and self-control.
- Day 16: Memorize 1 Thessalonians 4:3–5.
- Day 17: Write a declaration: "I am not a slave to lust. I am free in Christ." Repeat it daily.
- Day 18: Choose an accountability partner. Share your progress honestly.
- Day 19: Replace one hour of idle scrolling with skill-learning (course, book, tutorial).
- Day 20: Write 5 ways porn has hurt your life (relationships, focus, confidence).
- Day 21: Attend church, youth group, or prayer fellowship. Community breaks isolation.

WEEK 4: LIVE THE VISION (PURITY AS LIFESTYLE)

Focus: Building sustainable purity with purpose.

- Day 22: Serve someone; help at home, school, or community.
- Day 23: Write a love letter to your future spouse about your purity journey.
- Day 24: Practice gratitude, list 10 blessings in your life.
- Day 25: Journal what triggers remain & how you'll overcome them.
- Day 26: Spend 30 minutes in nature, reflecting on God's creation instead of screens.
- Day 27: Create a "Victory Wall" post scriptures, quotes, and goals on your wall/phone background.
- Day 28: Teach one friend or sibling what you've learned so far.
- Day 29: Write a 1-page testimony of your 30-day journey.
- Day 30: Celebrate! Thank God in prayer, and plan your next 30 days of purity goals.

DISABILITY MATTERS

YOUR DREAMS ARE VALID.



As a child, I was a passionate footballer. I played as a goalkeeper, a winger, and sometimes even as a striker. I idolized the great players of my time, and I still remember the thrill of scoring a hat-trick and the joy it brought me.

But as I entered my teenage years, reality struck. My growth slowed compared to my friends, and earlier in life, I had suffered an accident when bricks fell on my legs. Coupled with my genetic makeup, my football dreams began to look impossible.

Yet, my story did not end there. At the age of 12, I preached my first sermon not on the pitch to my friends, but in church to a congregation. That moment planted a seed in me that no disability could ever kill. Here is the truth: your disability does not disqualify your destiny. Detours will come, but they do not end the journey. Write your own narrative, and never stop pushing forward.

That's why we must continue to advocate for equal opportunities. And at the heart of equal opportunity is education.

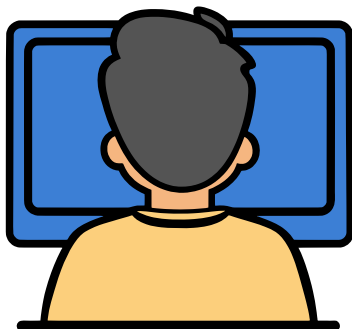
Education is more than classrooms, books, and certificates, it is empowerment. It gives a child with a disability the confidence to dream again, the tools to build, and the platform to compete fairly. Without education, talent is wasted. With education, limitations are transformed into innovations. For persons with disabilities, free education is not charity, it is justice. It is the recognition that every child, regardless of their condition, deserves a seat at the table of opportunity. When government ensures that education is accessible from early childhood to tertiary level, it is not only uplifting individuals, but building nations. An educated person with a disability is not a burden; they are a contributor, a leader, a solution-bearer.

Education is a ticket to dignity, opportunity, and freedom. It opens doors that prejudice tries to keep shut. It replaces dependency with independence, exclusion with inclusion, and pity with purpose. That is why we must push for its full implementation; for without it, equality remains a dream instead of a reality.

But beyond education, I urge you to find your purpose; that thing that keeps you awake at night, the fire in your heart that refuses to die down. There is something inside you that the world is waiting for. Don't look down on yourself. Seek mentors, encourage yourself, and study diligently to refine your gift, whether it's conventional or non-conventional. Whatever it is, go for it. The world does not need another copy; it needs the authentic version of you.

Today, I stand not only as a Pastor but also as someone leading an organization for persons with disabilities (OPD) while pursuing further academic qualifications. What was meant to stop me only redirected me. Through Born Short Living Tall (BSLT), we are building a dominant voice in the disability movement. Through Arise Magazine, we are taking our message to the world.

To my colleagues living with disabilities, my message is simple: Start where you are. Keep pushing. Never stop. No matter what life throws at you, rise again. Your dreams are valid, and no disability can stop them.



Mirror MOMENT

YOUR FUTURE IS HIDDEN IN YOUR HABITS

Hey Arise Ambassadors,

Let's pause for a destiny check. Not just "What are you dreaming of?" but "What habits are shaping the person you're becoming?" Because here's the truth: habits either build you or break you. God has placed greatness in you, but destructive habits; pornography, masturbation, laziness, addictions, endless scrolling are like termites eating away at your foundation. Sometimes we wonder why doors don't open, why we feel empty, why the fire fades. It's not always that we lack opportunity, it's that our habits are silently sabotaging us. The enemy doesn't need a big weapon if he can keep you trapped in small, secret habits that drain your confidence, purity, and purpose.

REAL TALK: WHAT DO DESTRUCTIVE HABITS LOOK LIKE?

- Escaping into pornography when you feel lonely instead of running to God.
- Wasting hours scrolling on social media instead of sharpening your gifts.
- Numbing pain with substances instead of facing it with prayer and community.
- Choosing short-term pleasure over long-term purpose.
- Talking yourself out of discipline because "everyone else is doing it."

TIME TO CHECK YOUR HABIT STEWARDSHIP

Ask yourself:

- Are my habits feeding my destiny or starving it?
- Do I feel closer to God after what I consume, or further away?
- What could I accomplish if I redirected wasted time into learning, serving, or creating?
- Who do I need to disconnect from because they fuel my weaknesses?
- Am I living in secret shame when God has called me to walk in freedom?

THE GIFT OF HOLY HABITS

Freedom doesn't start with willpower, it starts with surrender. When you align your daily choices with God's purpose, you trade chains for clarity. Habits like prayer, reading the Word, exercise, and discipline become currencies of destiny. They deposit strength, resilience, and joy into your future. God doesn't just want to deliver you from bad habits; He wants to form in you new ones that multiply your impact.

START SMALL, START NOW

- Replace 30 minutes of scrolling with 30 minutes of vision-building (reading, planning, praying).
- Confess a secret struggle to a trusted mentor or friend. Light breaks shame.
- Write down one destructive habit and the Godly habit you'll replace it with.
- Start your morning with prayer instead of notifications.
- At the end of the day ask: Did my habits feed my future or drain it?

YOU'RE NOT TRAPPED, YOU'RE STRONGER THAN YOU THINK

God didn't design your destiny to die in secret battles. He designed you to win, to walk in purity, and to stand as a light in your generation. Every time you resist temptation, you make a deposit into your strength account. Every time you choose discipline, you invest in your destiny. Don't settle for less. Don't let temporary habits steal eternal impact. So Ariser, rise above destructive patterns. Build habits that honor God and unlock your potential. And remember true freedom is not the absence of temptation, it's the power to say no because you've already said yes to God's greater plan.



FROM SETBACK TO COMEBACK: NATASHA'S STORY

AMBASSADOR OF THE WEEK

Hello Arise Family! My name is Natasha Mufweba, I'm 21 years old, and currently pursuing a degree in Microbiology at the University of Zambia. I want to share my journey with you especially if you've ever faced repeat courses, part-time studies, or the sting of failure.

Growing up, I was always the star student. In primary school, I was the top girl in my class, and by the time I finished at Munali Girls Secondary School, I proudly graduated with six points. Teachers, neighbors, and friends all expected greatness and so did I. Medicine was my dream, and when I got accepted at the University of Zambia, it felt like destiny unfolding.

But then reality struck. I quickly discovered that I wasn't the best anymore. For the first time in my life, I failed an exam. The rejection hit me like a storm, I was excluded from the program I had always dreamed of. Suddenly, the girl who had always been on top was left at the bottom, drowning in self-doubt and battling depression.

I felt worthless. I sat in classes for a course I hadn't chosen, convinced I didn't belong. But here's the turning point: one day, I realized I had a choice. I could either remain in that pit of self-pity, or I could rise again. And so, I picked up my pen, changed my mindset, and told myself: "Failure is not the end; it's only a detour."

Today, I stand as a third-year Microbiology student not because the journey was easy, but because I refused to quit. I discovered that failure doesn't define you; it refines you. Your past may explain where you've been, but it does not dictate where you're going.

To every young person reading this:

- Don't let setbacks silence your dreams. They are stepping stones to your comeback.
- Keep studying, keep pushing, keep showing up. Hard work pays off, and consistency wins battles that talent alone cannot.
- Most importantly, trust Jehovah. His plans are higher than ours, and His timing is perfect.

So, believe in yourself. Rise from your struggles. Keep striving for greatness. If I can bounce back, so can you. Your dreams are still valid, and your future is still bright!



RISING ABOVE BARRIERS: THE STORY OF ABISHINE SIZIBA

At just 25 years old, Abishine Siziba has already become a powerful voice for persons with disabilities. His story is not one of privilege, but of purpose. Born and raised in Lusaka, Abishine has chosen a path that few dare to walk: dedicating his life to ensuring that children with disabilities are not forgotten, but celebrated, supported, and empowered.

Currently pursuing a Diploma in Special Education at the Zambia Institute of Special Education (ZAMISE), Abishine's vision goes far beyond the classroom. He is the founder and director of the Autism Advocacy Centre, an organization he established to bridge the gap between stigma and understanding, exclusion and inclusion, despair and hope.

Through this initiative, Abishine has led awareness campaigns that have reached both rural and urban communities, shining a light on the unique challenges faced by children with autism and other disabilities. Where society has often turned a blind eye, he has extended a hand of compassion; bringing resources, education, and empowerment to families who once felt isolated.

But his work doesn't stop there. Abishine has built partnerships with schools, health professionals, and local leaders, ensuring that disability inclusion is not just a theory, but a living reality. He has become a champion of community outreach, creating safe spaces for children who deserve to learn, grow, and thrive.

When asked what drives him, Abishine speaks with conviction: "Every child deserves the chance to shine, regardless of their abilities. My mission is to break the barriers of stigma and show the world that disability is not inability."

His achievements tell a story of resilience and impact. From leading township campaigns that changed mindsets, to providing educational support in underserved areas, to laying the foundation for inclusive programs that touch lives daily, Abishine has proven that true leadership is about service.

Beyond his titles and accolades, Abishine is simply a young man who believes in the power of love, education, and advocacy. His heart beats for disability rights, community service, and educational development, and his journey is only just beginning.

For the youth of Zambia and beyond, his story is a reminder that age is not a limitation, and challenges are not excuses. With determination, faith, and a servant's heart, you too can rise above barriers and change the world.

Abishine Siziba's message to young people:


"Don't wait for change, be the change. Start where you are, use what you have, and remember: someone's destiny is tied to your courage to act."

YOU ARE NOT ALONE

Feeling overwhelmed?
Struggling with anxiety, stress, or depression?
Facing challenges in relationships?
Battling thoughts you're too scared to share?
We're here for you and we're listening.

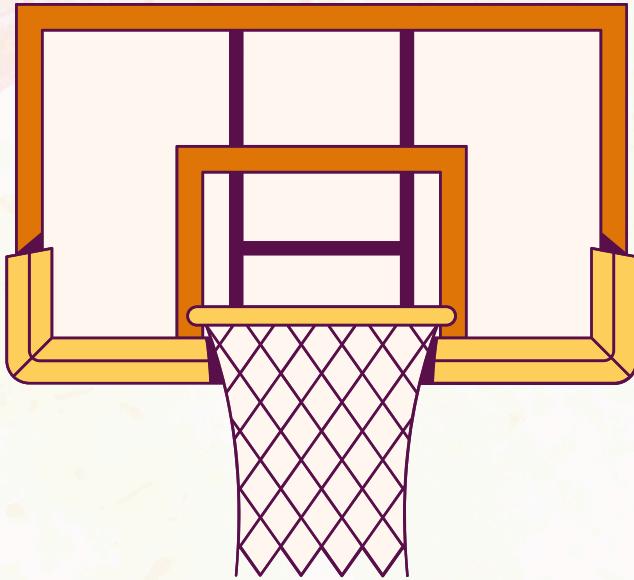
- Relationships •
- Anxiety & panic •
- Managing daily stress •
- Depression & hopelessness •
- Thoughts of suicide or self-harm •

TALK TO SOMEONE WHO CARES:

+260976733204 

***All services are 100% free and
confidential.
Don't fight your battles alone. Reach
out today because your life matters,
and help is here.***

WHAT RESOLUTION ARE YOU MAKING TODAY?



**“DESTINY BOWS TO THOSE WHO
CHOOSE DISCIPLINE OVER
DISTRACTION. WITH DISCIPLINE, YOU
GIVE BIRTH TO DESTINY. WITHOUT IT,
PURPOSE DIES IN THE WOMB.”**

CULTIVATING HEALTHY HABITS

5 RECOMMENDED HEALTH HABITS FOR STUDENTS

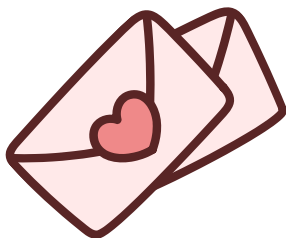
PRIORITIZE SLEEP - AIM FOR 7-9 HOURS OF SLEEP EACH NIGHT. PROPER REST IMPROVES MEMORY, FOCUS, MOOD, AND OVERALL COGNITIVE FUNCTION. AVOID ALL-NIGHTERS; CONSISTENCY IS KEY.

EAT BALANCED MEALS - FUEL YOUR BODY WITH NUTRITIOUS FOODS: FRUITS, VEGETABLES, WHOLE GRAINS, LEAN PROTEINS, AND HEALTHY FATS. AVOID EXCESSIVE JUNK FOOD OR SUGARY SNACKS THAT CAUSE ENERGY CRASHES.

STAY HYDRATED - DRINK PLENTY OF WATER THROUGHOUT THE DAY. HYDRATION SUPPORTS CONCENTRATION, ENERGY LEVELS, AND OVERALL HEALTH. LIMIT SODAS AND SUGARY DRINKS.

EXERCISE REGULARLY - ENGAGE IN AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY MOST DAYS. WALKING, JOGGING, YOGA, OR TEAM SPORTS IMPROVE ENERGY, RELIEVE STRESS, AND BOOST BRAIN FUNCTION.

MANAGE STRESS AND MENTAL HEALTH - PRACTICE MINDFULNESS, JOURNALING, PRAYER, OR MEDITATION. TAKE BREAKS, SEEK SUPPORT FROM FRIENDS OR COUNSELORS, AND AVOID OVERLOADING YOURSELF WITH TASKS.



A LOVE LETTER TO MY *Daughters*

Dear Precious Girls,

Today, I want to remind you that your journey is yours to shape, and your future is far brighter than you can imagine. Have the courage of Deborah, who stood firm in her calling and changed the course of her world. Let her story inspire you to rise, to stand strong, and to embrace your purpose without hesitation.

This begins with the choices you make every day. Choose the right company; surround yourself with people who lift you higher, challenge you, and inspire the best in you. Stay focused on your goals, and never lose sight of the dreams burning within your heart. Too many young people today are chasing trends without direction, wandering without a plan. But you, my daughters, are called for something greater.

And this means making choices that protect your mind, your body, and your spirit. Say no to destructive habits; pornography, masturbation, anything that diminishes your purpose or steals your power. Stand firm against anything that pulls you away from God's plan for your life. Every choice you make today shapes the woman you will become tomorrow. Ruth made a choice, and her faith led to miracles. Your choices, rooted in discipline and purpose, can do the same.

Remember who you are: loved, valued, and chosen for greatness. Step boldly into your world, embrace every opportunity, and let nothing, no fear, no doubt, no temptation, hold back the destiny that has been prepared for you.

I am committed to raising a new breed of women; fearless, faith-driven, and ready to make an impact. Keep your fire alive, trust your journey, and walk confidently in the greatness within you. Remember, you are never alone; I am praying for you, cheering for you, and believing in you every step of the way.

With love, faith, and fire,
Mrs. Bupe Mwape Chisha
C.E.O, Arise Magazine

#RaisingANewBreedOfWomen #FreshStart #AriseGirls #YouAreDestinedForMore



**"IF YOU DON'T CONFRONT THE
ENEMY OF YOUR DESTINY, IT WILL
QUIETLY CONQUER YOU."**

THE BSLT ARISE MAGAZINE IS A WEEKLY PUBLICATION
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PEOPLE WITH TOOLS THAT ENABLE THEM TO LEAD
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