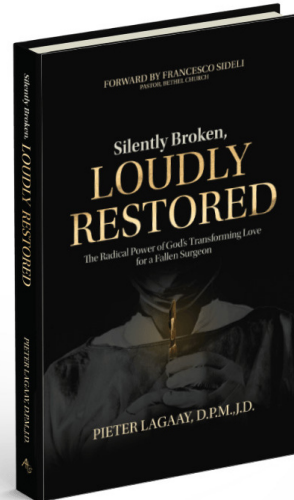




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# Silently Broken, Loudly Restored

By Pieter Lagaay, D.P.M., J.D.



My background is in medicine. I practiced for thirteen years as a podiatric surgeon. I traveled the country teaching at various instructional meetings and podiatric medical schools during that time. I published several clinical articles specific to foot and ankle surgery and served as a residency research director. I completed law school toward the latter period and most recently started ministry school. I am not mentioning this to receive any accolade. I am telling you this because when it comes to physical, mental, and emotional healing, my background (at least the past three decades) does not exactly suggest that I am one to promote the healing power of Jesus publicly. I grew up in Berkeley, California—home of the hippy movement and certainly one of the most politically liberal and atheist cities globally.

Although I attended a Catholic grade school growing up, I was probably more agnostic in my belief than anything else. Like many others around me during my childhood, I believed that universal acceptance demonstrated love for others. However, the more my life advanced into academics, the less I believed that Jesus still heals or that deliverance existed in any capacity today. I had seen others give their lives to Jesus and declare themselves born again, but in my heart and with my mouth, I ridiculed them as only doing this to achieve a means to an end because of their sinful nature. I was about as unloving for others and self-inflated as one could imagine. On the outside, I acted in ways to make myself look like I cared for others, but in reality, I only cared about myself.

So, when I decided to write this book, I intended to provide hope to those who have been hurt by circumstances relatable to mine, specifically, men, women, couples, families, and children who have been either hurt directly by pornography or indirectly by others. This book is not meant to suggest that physical, emotional, and mental healing cannot, or should not, be treated medically. However, this book is intended to demonstrate that a spiritual cause for physical, mental, and emotional pain should be included in every practitioner's and person's differential diagnosis. For those who do not understand what a differential diagnosis is, it is a list of the most likely possible diagnosis that could be responsible for causing the symptoms a patient is presenting with.

My life, up until recently, was constantly filled with stress, bitterness, resentment, and frustration, even after I accepted Jesus into my heart. This book—my story—is meant to give hope and build faith in those who feel like they can't get freedom from porn and sexual lust no matter how hard they try or pray. So I pray that this book provides hope for restoration, redemption, and reconciliation among those affected by pornography and sexual immorality, whether you're a believer or not. I also pray that medical and clinical providers consider spiritual etiologies whether patients are suffering from pain that is recalcitrant to medical management or not.

My brokenness for many years was very silent. It was hidden exactly how the demonic would like it in many ways. It was not apparent from the outside. Most people would likely be shocked to know just how broken I was. I kept my brokenness silent and in the dark because I was driven by the fear of how destructive it would be if revealed.

Pornography runs rampant today. It is freely accessible and casually accepted. Yet, the destructive nature of its wake is silent until it reaches the shores of our relationships. The demonically erosive nature of porn destroys marriages and our ability to be intimate. I would compare the silence of pornography's destruction in society today to the morbidity of a stroke, heart attack, or pulmonary embolism.

It is probably worth mentioning that this book is about how inner healing and deliverance changed my life. I have chosen to explain how I was set free from bondage and strongholds by using various medical principles as an analogy to the principles and methods of inner healing and deliverance. I have tried to explain the medical concepts as clearly as possible, but if any part is not clear, please feel free to reach out to me, and I would be happy to try to explain it better.

As sexual immorality is becoming more exposed publicly, there is an inherent sense of intervening treatment and prevention. Because of its silent symptoms, perhaps a sense of urgency to reconcile this increasing moral epidemic is more prevalent among those with relatable perspectives to mine more so than others.

The compulsion of viewing porn and acting out in sexual sin is similar to a pathological fracture in many ways. Pornography has infiltrated relatively every digital platform, like the pathological process of cancer. Pornography, like cancer, weakens the integrity of what it attacks. When cancer affects bones, the structural integrity is so weakened that it fractures even when under stress that shouldn't cause a fracture. Likewise, the presence of porn in marriage, family, or any individual weakens the structural integrity of our hearts and of intimacy. Just as cancer, when permitted to proliferate, increases the risk of developing a pathological fracture, so too pornography will fracture the love in our heart.

The journey that I have traveled to break free from the bondage of pornography and sexual immorality has been filled with pain, tears, and shame. I do not intend to draw attention to what I have done wrong, or anything else I have ever done, for that matter. Instead, I want the attention to focus on how much God loves us. This love is so real that His only Son was sent to heal and deliver us from bondage, and now the power that Jesus possessed is shared with us. Therefore, I am sharing my story to purely offer praise and illustrate how I was used as an example for the glory of His goodness.

The bondage of shame and compulsion associated with sexual sin and porn can be beaten. Marriages can be restored after infidelity. Our leaders who fall can be healed, and we don't need to, and should not, accept the complacency of moral failure. His goodness for us is greater than we could ever imagine. I gave God a chance to break me free from porn and sexual sin. Not only did He free me from the bondage of sexual immorality, but He also restored my marriage and family in ways I never thought imaginable. As quietly as my heart and marriage were broken, both have been restored by the loudness of His love.



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