

YGM

YADA GOSPEL MAGAZINE

ISSUE 1
FREE

Manie Jackson
se program vir
Oktober

The Voice Of God

REASONS
PRAYER
SUCCEEDS
WHEN ALL
ELSE
FAILS

Resepite

Don't let
your past
hold you
back

CROSS ROADS
WHERE DO YOU STAND WITH GOD

Ontdek die waarheid omtrent MEGA Kerke

John 3:16 - Rev Christo Joubert

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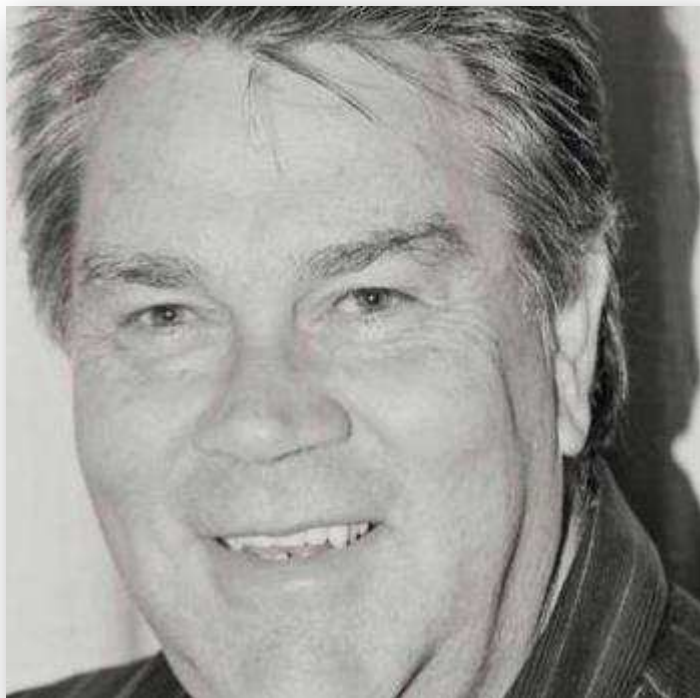
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About YADA Holdings

Reverend Christo Joubert established Yada Holdings in 2016. YADA Holdings is a ministry, Bible college, NPO, radio station, and magazine all rolled into one. Making Disciples Who Will Become Apostles.

The goal of YADA Ministries is to train disciples who will one day become Apostles with their own Ministries.

YADA Holdings is a registered non-profit organisation (NPO) NPC based in Vereeniging that serves the wider Vaal Triangle Region and nearby communities. We update and create new content to give a unique experience for all of our members, partners, listeners, readers, and other ministries from around the world who wish to join us.

Reverend Christo Joubert is a dedicated leader and minister who is committed to God and His people. He earned his B.Ministry from CFC Bible College. He is nearing the finish of his master's degree at DCI-Destiny College International. There's a lot more to say; for more information go to Rev Christo's Facebook or LinkedIn accounts

He is also the author of various technical manuals:

- Vodacom Installation Standards
- Telecommunication Installations Technicians Training Manual.

Author of:

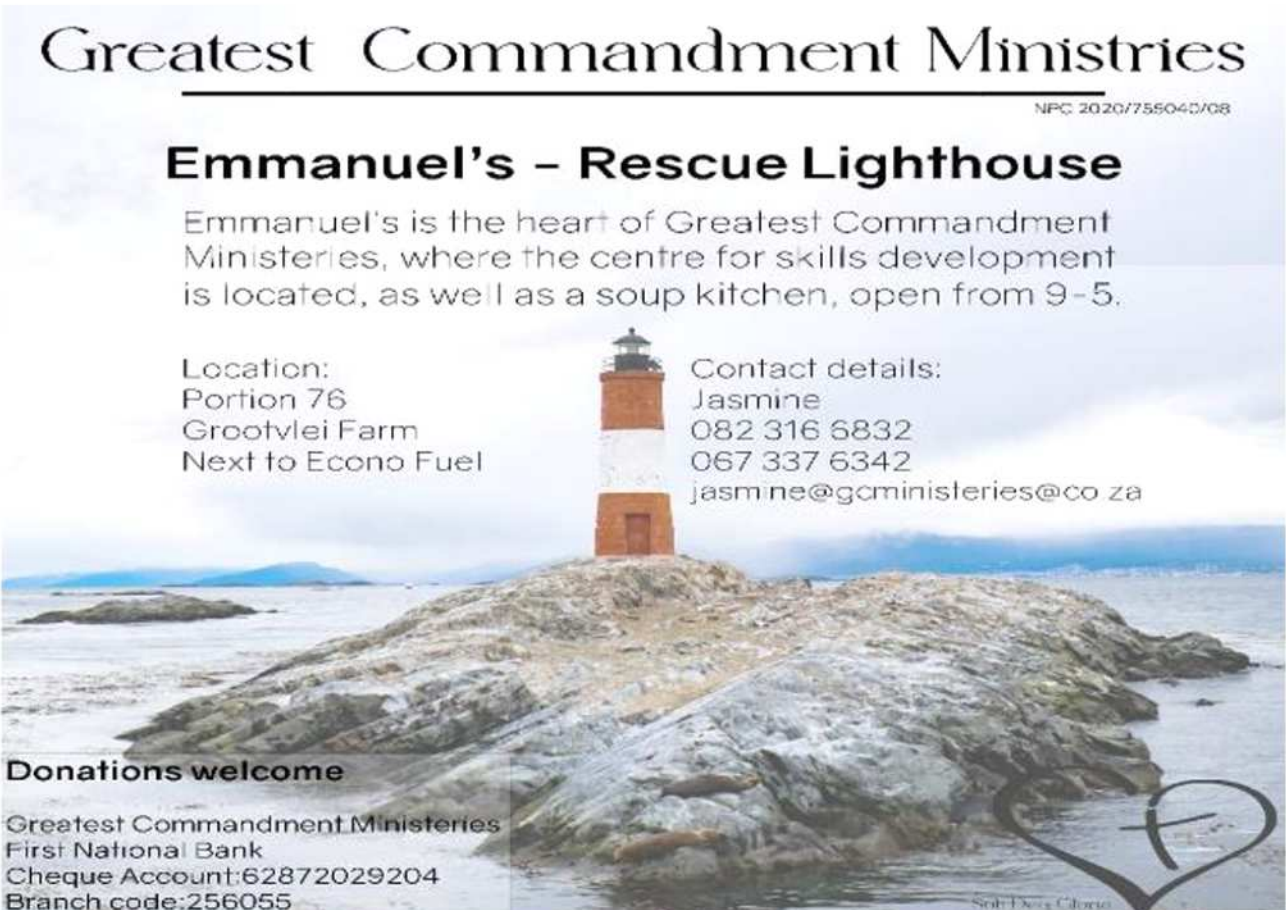
- Realignment of the Church
- Sins of the Father

"YADAH" HANDS 2 GOD
Yad=open hand/direction
Ah=Jehovah

Hebrew root: "yadah"
Gen4v1- is to know (to have inti-
macy/sharing love)
Ps63v11 / Prov12v10
Jer33:15-16 acting justly

YADA is the most world used and well-known word for praise. It is most significant because it encompasses prayer as well as praise and its meaning underscores the attitude of worship. In Hebrew YADA means to throw or cast or to hold out referring to hands. To Worship or revere God with extended hands. It includes using hands in graceful gestures and YADA also need to confess or profess God's greatness, to show and point out and to celebrate God His perfect goodness is character traits as well as the awesome creation He has brought into being and its vastness and magnitude even down to the smallest detail, so YADA is used both as thanksgiving although mainly for praise being that it means to reverence and to be in awe of God of who He is and what He has done.

When we get beyond our circumstances, beyond ourselves, we raise our HANDS to God with the attitude of love, trust and being in awe with His presence its in that moment we are "yadahing God" to praise Him = intimacy!!



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NPC 2020/755040/08

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Cheque Account: 62872029204
Branch code: 256055

Stah Doo & Gloria

Coffee with Tony



Welcome to Synergy Christian Ministries daily message as we enjoy “Coffee with Tony”

THE FATHER’S RESOURCES

Luke 11:1-13

When you were a child, where did you go when you needed a snack, a bike repair, comfort for a skinned knee, or a referee for a dispute with a sibling? More than likely, you sought out your mom or dad or a trusted guardian, because God gave them the responsibility of caring for your needs.

But no human can parent perfectly, as all mankind is affected by brokenness. However, if you have trusted in Jesus Christ as your Saviour, then you are a child of God. So, when you pray, you are bringing whatever is on your mind to the heavenly Father, who always gives what is right and best.

How much do you truly rely on God for all your needs? When you are feeling lonely, rejected, or discouraged, is your first response to read His Word and pour out your heart to Him? Instead of worrying about financial struggles, do you ask for Jehovah Jireh (the God who provides) to give what you need? (See Gen.22:14.) If you are suffering from a health problem, do you cry out to Jehovah Rapha (the God who heals)? (See Ex. 15:26.) Since God the Father gave you the greatest gift of His Son, He will certainly give you everything else you need. So come and ask.

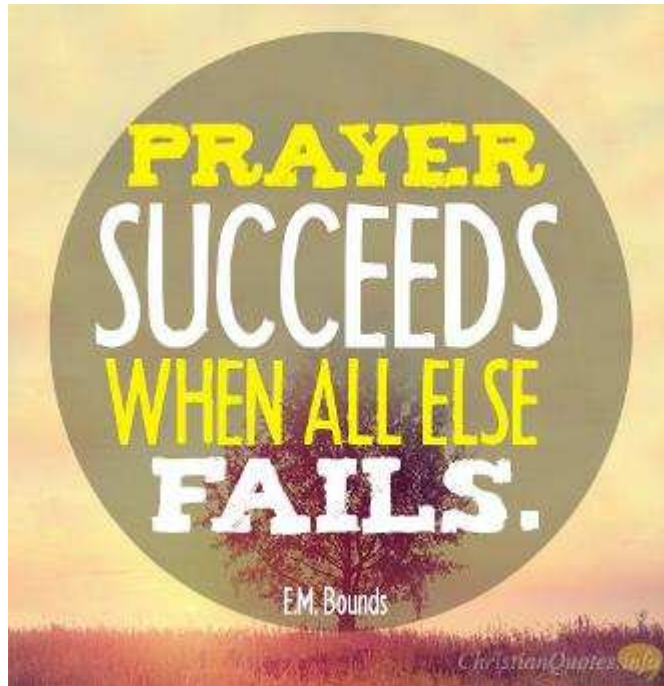
When I recently went for my brain operations, I thought about how I felt about the situation. I was pleasantly surprised to be aware of my total trust in God to bring me through my ordeal. It was the man with the knife that I was worried about. My solution to this problem was to place my fear (the man with the knife) in my Father's care, for wisdom and skill). Problem solved.

PRAY WITH ME.

Father, thank you that you are the source of all our resources. We can therefore place all our concerns and fears in your hand and then simply rest in your peace. In Jesus name I pray and thank you, amen.

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REASONS PRAYER SUCCEEDS WHEN ALL ELSE FAILS



"Prayer succeeds when all else fails"

- E.M. Bounds

Human Strength verses God's Strength

God declares in His Word that *"He will guard the feet of his faithful ones, but the wicked shall be cut off in darkness, for not by might shall a man prevail"* (1st Sam 2:9), but by His strength, so why does God say "He will guard the feet of his faithful ones?" Our feet are one of our most vulnerable places as far as what causes us to stumble. When God guards your feet, He is saying He will guide your feet and ensure you walk in the path that He show us. This may depend upon whether we are walking in obedience or not. It's never about a man or woman strength's that allows them to prevail; rather, it's about those who lean on God's strength. He wants us to raise the flag and surrender because only in surrendering can we find victory through Christ.

Human Resources verses God's Resources

One of the reasons we worry about what we'll eat and drink and wear, and might I add, worry about how we're going to pay the bills, make ends meet, and not have enough for tomorrow, is because we're human. I do the very same things. That's our nature, but God wants us to give this all up to Him. Jesus says that if we seek the kingdom above all else, He will take care of our needs (Matt 6:33). Life is a lot more than things...life is about Christ and trusting in Him. God has unlimited resources; we have very limited resources. God is sovereign over all things; we can't control what happens in the next minute; so why not rest in the fact that God our Father knows what's coming tomorrow and wants us to know, everything will be fine because He's been there and back and He's not limited by space and time like we are.

REASONS PRAYER SUCCEEDS WHEN ALL ELSE FAILS (CONT)

Human Ability verses God's Ability

I remember believing that it was my responsibility to save others in my family. Most of my family has never been brought to repentance and trust in Christ, at least as far as I can tell visibly (Although, God alone knows). I thought, "How can I get them saved? Isn't it my responsibility?" Then I read John 6:44 where Jesus said, *"No one can come to me unless the Father who sent me draws him. And I will raise him up on the last day."* That's when I realized that it is the Father that draws us to Christ, not we to Him. This gives full glory to God because salvation is 100% a work of God. Remember, we were dead men and women walking (Eph 2:1-2), and the dead can't contribute anything to their being revived, any more than Jesus required Lazarus to move a finger or blink an eye before He'd raise him from the dead, so it is the Holy Spirit that convicts us of our sins and we're brought to repentance by the Father and begin to turn away from our former sins. For some of us, this takes longer than

for others, but it's not by our ability that we save ourselves or overcome sin instantly. Our salvation is fully a work of God (Eph 2:8-9), and that's good news, because none of us are good enough to go to heaven on our own merit (Rom 3:10-11). It is Christ's righteousness that we must put on (2nd Cor 5:21) to be able to stand before a Holy God.

Conclusion

As far as my family is concerned, all I can do is pray for them and share God's Word with them and give them space and time to believe. God may be working in them. Perhaps He'll use my prayers and your prayers to bring them to Christ; besides, it's not my responsibility to save anyone; it is their response to God's ability, but it is my responsibility to tell them (Matt 28:19-20). Pray for your lost family members, friends, and co-workers and that God would use you (and me) as a means to save some by the Word of God, with the Spirit of God, to birth the children of God, all for the glory of God.

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Wat 'n pragtige antwoord!

Vergelyking tussen twee "Generasies"

'n Jong man het vir sy pa gevra: "Hoe het julle mense voorheen geleef met-
Geen lugversorgde voertuig nie
Geen Wifi nie
Geen internet nie
Geen rekenaars nie
Geen aanlyn inkopies nie
Geen TV's nie
Geen lugversorging nie
Geen selfone nie?
Geen winkelsentrum nie
Geen multiplekse"

Sy Pa het geantwoord:

"Net soos hoe jou generasie vandag leef met -

Geen gebede nie
Geen deernis nie
Geen eer nie
Geen respek nie
Geen karakter nie
Geen skaamte
Geen beskeidenheid nie
Geen tydsbeplanning nie
Geen sport nie
Geen lees nie"

"Ons, die mense wat tussen 1940-1980 gebore is, is die geseëndes. Ons lewe is 'n lewende bewys:

☐ Terwyl ons speel en fietsry, het ons nooit helms gedra nie.
☐ Na skool het ons tot skemer gespeel. Ons het nooit TV gekyk nie.
☐ Ons het met regte vriende gespeel, nie internetvriende nie.
☐ As ons ooit dors gevoel het, het ons kraanwater gedrink en nie gebottelde water nie.

☐ Ons het nooit siek geword nie alhoewel ons dieselfde glas sap met vier vriende gedeel het.
☐ Ons het nooit gewig opgetel nie alhoewel ons elke dag baie rys geëet het.
☐ Niks het met ons voete gebeur nie ten spyte van kaalvoet rondswerf.
☐ ons ma en pa het nooit enige aanvullings gebruik om ons gesond te hou nie.
☐ Ons het vroeër ons eie speelgoed geskep en daarmee gespeel.
☐ Ons ouers was nie ryk nie. Hulle het ons liefde gegee, nie wêreldse materiaal nie.
☐ Ons het nooit selfone, DVD's, speelstasie, Xbox, videospeletjies, persoonlike rekenaars, internetklets gehad nie - maar ons het regte vriende gehad.
☐ Ons het ons vriende se huise ongenooi besoek en saam met hulle kos geniet.
☐ Anders as jou wêreld, het ons familie gehad wat naby gebly het, so familietyd en bande is saam geniet.
☐ Ons was dalk in swart en wit foto's maar jy sal kleurvolle herinneringe in daardie foto's kry.
☐ Ons is 'n unieke en, die mees begripvolle generasie, want ons is die laaste generasie wat na hul ouers geluister het.
Ook die eerstes wat na hul kinders moes luister.
en ons is die wat nog slimmer is en jou nou help om die tegnologie te gebruik wat nooit bestaan het toe ons jou ouderdom was nie!!!

Ons is 'n BEPERKTE uitgawe!

So jy beter -
Geniet ons.
Leer by ons.
Koester ons.

Voordat ons van die aarde en jou lewens verdwyn.

Espetada

Espetada is the Portuguese term used for the technique of cooking food on skewers, and for the dishes prepared that way. Espetada is a traditional dish in Portuguese cuisine. In Portugal, espetadas can be prepared with different types of meat, as well as squid or fish, with monkfish being commonly used.



Groot stukke rump, sirloin, wildsvleis of fillet steak – in groot blokke gesny. MARINEER jou vleis 1 UUR VOOR JY BRAAI in knoffel, olyfolie en bay leaves (loerierblare) – ons het sommer die droë bay leaves gebruik en in stukke gebreek.

Gebruik hier jou eie hoeveelhede knoffel ens (dit hang af van hoeveel vleis jy het) Ryg dan die stukke vleis op staal sosatie stokke.

Jy kan tussen in ook soetrissie, tamaties, uie, sampioene ens insit, maar ons het dit net so ingeryg.

Braai oor WARM kole tot medium rare. Terwyl jy dit braai smeer met growwe sout.

Bedien met Portugese broodrolletjies of roosterkoeke met BAIE BOTTER op.

Jy kan sommer gekoopte garlic botter ook gebruik i.p.v. gewone botter

Laat elke persoon vir hom 'n rolletjie oopsny, smeer natuurlik tuisgemaakte knoffelbotter op en elkeen trek vir hom 'n stuk vleis van die sosatie stokkie af.

Storietyd saam Stella

My Pa se liefde vir kleingoed

My dad het hierdie super spesiale plek vir kinders, van solank ek kan onthou, en dis nog altyd so. Sy stem verander wanneer hy met kleingoed praat. Mens hóór sy liefde en deernis in sy effe hoër toon en kraak in sy stem, sy hart loop oor....Hy is op sy gelukkigste by sy twee agterkleinkinders. Dis net sy effens ylerige grys kop en die dieperige lag plootjies om sy oë en mond wat sy 74 jare reis op moeder aarde verklap, want sy energie beker loop nog oor! Sy liggaam is dalk oud maar sy gees bly forever young.

Hy kry altyd 'n klokkie of tik met 'n lepel teen sy kopie tee of trommel 'n vrolike ritme op 'n tafel om die kleingoed se aandag te kry. Hy sit plat op die grond, rol op die mat, maak allerhande geluide met sy mond en hande, pop sy valstande uit (eish), terg hulle en lag dan saam hulle. Geen moeite is vir hom te oordadig as dit by kinders kom nie en geen iemand sal n kind leed aandoen of hartseer maak op sy horlosie nie! Hy het sy kinderlike geluk nog altyd behou. Hy vou sy kinders, kleinkinders en die afgelope 3jaar sy twee agterkleinkinders, Lulu en Elihan, toe in sy arms vol liefde. Sy vashou en drukgies gee hy met volle oorgawe. Hy kielie en soen die kleingoed van kop tot tone. Daarvan kan hy nooit genoeg kry nie. Ek weet ekt daai liefde by hom geerf. Dis die lekkerste lekker om my kleinkinders te bestrooi met soene en drukgies. Tot vandag toe, wéét ek hóé lief my pa my het, ons almal doen want hy wýs dit by elke geleentheid wat hy kry, en ek lief hom so bitter baie daarvoor.

Geskryf deur Estelle Rossouw

FB Page: Storietyd saam Stella

KLEIN KLEIN ROOSMARYN

Geskryf vir ouma se Roosknop-kind

Klein klein Roosmaryn
Kale voetjies, toontjies klein
Woelewater, handjies grou
Natte grondjies, huisies bou

Klein klein Roosmaryn
Gieter gater blomme water
Woerts warts geitjie griet
Kindjie soet soos suikerriet

Klein klein Roosmaryn
Klim-'n-klouter woelkabouter
Warrelwind kaalvoetkind
Die son wil slaap, grootoog- kind

Klein klein Roosmaryn
Grote grit, en wat is dit?
Kan-nie-nie, wil-nie-nie,moeg nie nie
Sug....
Klim maar op ouma Donkie se rug

Klein klein Roosmaryn
Krullekop, handjies fyn
Ogies vryf, mondjie gaap
Tien vuil toontjies
Kindjie slaap



YADA Institute of Theological Studies

Founding Members

Rev Christo Joubert



Rev Andries Roux



For further information contact
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not to win Arguments;
Come On!!!



Hosea 6:1 Come, let us return to the Lord. For He has torn us, but He will heal us; He has wounded us, but He will bandage us. 2 "He will revive us after two days; He will raise us up on the third day, That we may live before Him. 3 "So let us know, let us press on to know the Lord. His going forth is as certain as the dawn; And He will come to us like the rain, Like the spring rain watering the earth" (NASB)

Let us address each other as Hosea addresses Israel, saying: "Come, let us return to the Great God of heaven and earth." He has wounded us (think of Covid, the aftermath thereof, and the coming global recession). But, He will also bandage and heal us if we return to Him (v. 1).

How can we know that He will heal us if we return to Him? He revived Christ in the grave (v. 2) and raised Him up on the third day. He will also heal us and make us well if we truly return to Him, repent of our sin and trust in Him alone.

We are not speaking of a half-hearted return here. It is not a case of "let us quickly please/placate Him". It must be a sincere and wholehearted return to Him. Hezekiah wore a sackcloth when he presented the threats of the king of Assyria in absolute humility before the Lord in the temple (Isaiah 37:1,2). As a result God killed the Assyrian king and his troops and secured Judah.

Just as Hezekiah knew that he could not win the battle in his own strength, we would be wise to humbly ask God's help in this time. We are not going to solve this case on our own. The world economy is on a downward spiral. The question now is, will we, like in our passage in Hosea and like Hezekiah, truly return to Him and trust in Him for our salvation, both spiritual and physical?

Look at the promise in Hosea 6:3. If we return to God, He will come to us like the Spring rain. Worship His holy name.

Written by Wikus Maritz

FB : Wikus Maritz



Sins That Many Christians Seem To Ignore

What are the common sins that often get ignored by Christians?
Which ones can you think of?



What is Sin?

Let us First discover what sin is.....

There are certain sins that Christians are always good at pointing out - usually in others. And there are obviously sins that we are shocked and appalled by, and usually see these sins as worse than others. But the reality is, all sin separates us from Christ. There aren't degrees of separation – you are either reconciled to God or you are a stranger to him (see Colossians 1:21-22), there is no in-between.

Are Some Sins Worse than Others?

All sins are equal in that they all divide us from God. The Bible's declaration, "For the wages of sin is death" (Romans 6:23), refers to all sin, whether in thought, word, or act. We can trick ourselves into believing that it's the really "big" sins we have to avoid, all the while ignoring deadly sin in our own lives. Make no mistake—all sin is wrong, all sin needs to be confessed and all of us need to walk away from our sinful tendencies and through humble, dependent faith, walk in righteousness.

Bearing False Witness:

We are still sinners, the Bible is very clear about this (1 John 1:8, 10), but we should not be bearing false witness to others. We can "stretch" the truth, but a half-truth is still a whole lie. I know I've done it, and I would imagine you have, too. I've been caught in a lie, and I've caught others in them, too. Most Christians repent of this and ask for forgiveness, but I also know a lady who claims to be a Christian and is a compulsive liar. This ought not be because this is one of the so-called seven deadly sins that God hates, and it includes being "*a false witness who breathes out lies*" (Prov. 6:19a), which is "*a lying tongue*" (Prov. 6:17).

Sins That Many Christians Seem To Ignore (cont.)

Gossiping

This is one sin that God truly hates. It divides and destroys many churches and relationships, too. God says, *"There are six things that the Lord hates [and] seven that are an abomination to him"* (Prov. 6:16), including *"one who sows discord among brothers"* (Prov. 6:19b) because it destroys the unity which God is trying to create in the church. This was a huge problem within the Corinthian church, as Paul wrote that there should *"be no divisions among you, but that you be united in the same mind and the same judgment"* (1 Cor. 1:10) because *"a whisperer (gossiper) separates close friends"* (Prov. 16:28b).

Stealing

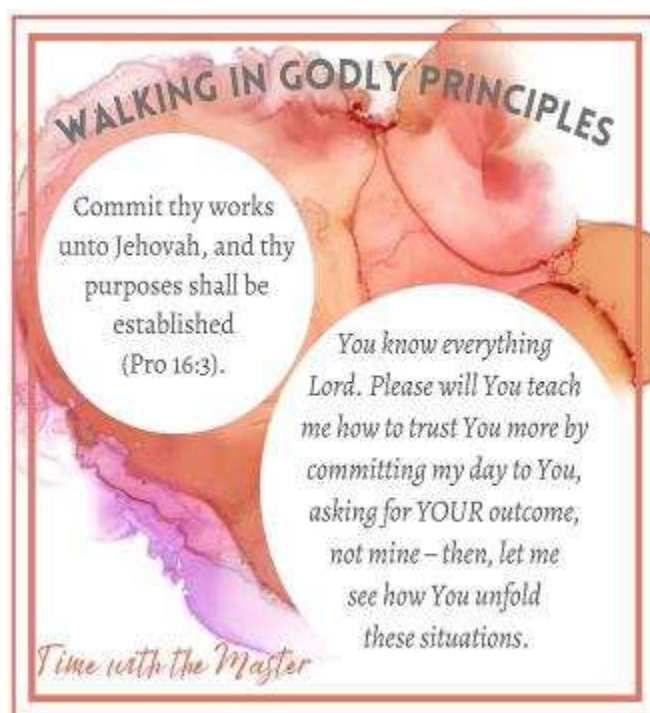
We might not be robbing banks, but we can leave work early; have someone clock us in or out; or steal pens, paper, and even paperclips from work. If we aren't giving it our all at work, then we're stealing from our employer, who pays us the wages for which they expect us to work. Paul admonishes those thieves of property and time: *"Let the thief no longer steal, but rather let him labour, doing honest work with his own hands, so that he may have something to share with anyone in need"* (Eph. 4:28). Paul rebuked the church at Rome by asking, *"While you preach against stealing, do you steal"* (Rom. 2:21)?

Coveting

This is the only sin that is listed among the Ten Commandments that nobody can see. You can covet your neighbour's spouse; you can covet their brand new car; you can covet their house; or you can even covet their job, status, or position in life. Coveting is the one sin that Paul apparently had trouble with, as he wrote, *"Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, 'You shall not covet' But sin, seizing an opportunity through the commandment, produced in me all kinds of covetousness. For apart from the law, sin lies dead"* (Rom. 7:7-8). When you covet, you tell God, "God, I'm not satisfied with what I have—I want more."

Dishonouring Parents

I hear this broken frequently by people who talk about their parents when they're not there and even after they've passed away. Once again, I've done it, but I stopped. I repented of this. You can dishonour your parents even after you're an adult by the way you talk to them, by the way you talk about them, and by the way you treat them (or mistreat them). This commandment is so important to God that He placed it first in the six commandments that are horizontal (human to human). This is the only commandment that promises a longer life if obeyed but a shorter life if not. This is not simply an Old Testament law, as Paul reiterated it in Ephesians 6:2-3, writing, *"Honour your father and mother" (this is the first commandment with a promise "that it may go well with you and that you may live long in the land."* Paul directly quoted Deuteronomy 5:16.



Sins That Many Christians Seem To Ignore (cont.)

Gluttony

The Bible describes gluttony as sin, but most Christians would never approach someone about this in a million years. Maybe it's because they fear a backlash from the person they come to, but gluttony does

not always have to be about food. We can be gluttonous with food, clothing, movies, sports, the Internet, Facebook, Instagram, and self, devouring hours and hours of time while neglecting prayer and Bible study. Gluttony means you are always wanting more than what you need, so want always outweighs need, and need is never enough, so our addiction (to whatever it is) takes priority over a lot of good things in our life. Gluttony and idolatry are cousins.

Idolatry

I know what you are thinking, *I don't have any golden statues in my house*. But you still have idols. It might be that black box that hangs on your wall. It might be your social media accounts. That brick in your pocket that you stare at constantly. Your clothes, bank account, relationships, looks, and intellect can all be idols. An idol is anything that takes the place of God. We have plenty of those in our culture today.

There's always something vying for God's spot in our life. Money, time, social status, even technology are all trying to become the most important thing in your life.

How do you know if you have an idol? What's the first thing you think about in the morning and the last thing at night? Whatever that is it's a good chance that is an idol in your life. Idolatry leads to all sorts of other sins, many that are on this list of sins.

Neglecting the Saints

This is a big problem in many churches. Recently, I visited a man who was in the hospital for a week and almost no one in his church knew it. He had pneumonia and was on a catheter, so I ask if there was anything, I could do for him. He asked me to get his phone charger, some clean underwear, and his toothbrush and razor, so I ran to his apartment and came back, and asked if he had many visitors, and he turned to me and said, "You!" His own church members, once they all knew, never once visited him, and I could tell this hurt him. This neglect is sin because visiting the sick is a command of Christ (Matt 25:36), but very few Christians seem to understand that doing this for others is doing it for Him (Matt 25:40), or doing nothing at all for Him (Matt 25:42-43).

Conclusion

I used the Ten Commandments because every sin we can commit are contained within these ten. I could have also added putting others before God and taking God's name in vain, but I would not expect Christians to openly do these sorts of things. Surely, we should not be lying to one another, we should not be gossiping about others, we should be giving an honest day's work for an honest day's wages, we shouldn't be coveting what others have but be content with what we have, and we should be honouring our parents.

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Fantasie Nooi

*Jy my fantasie nooi,
Lieflikhied sonder tooi,
Nie soos uurglas gebou,
Maar skoonheid wat jou omvou.*

*Jou skoonheid vergelyk die van die roos,
Lieflik, pragtig, sag en broos.
Prag het haar betekenis by jou ontvang,
Pragtigheid blywend en onverwag.*

*Elke keer in jou teenwoordigheid
Voel my hande onregverdigeid.
Liggaam deur hul eienaar begeer,
moet hulle los al maak dit hom seer.*

*Op hierdie gedagtes sal ek streef,
jou benin, elke dag wat ek leef.
Eendag wil ek vir jou sê
Hoeveel gedagtes ek in jou belê.*

Geskryf deur wyle Rev Andries Roux



Melktert met smeerkors

Kors :

1 ekstra groot eiers
125 ml botter / margarien
25 ml suiker
2 ml vanielje geursel
125 ml koekmeelblom
7 ml bakpoeier

knippie sout



Skei die eier, verroom die botter / margarien, suiker, vanielje en eiergeel saam. Sif die koekmeel, bakpoeier en sout saam bo-oor en meng. Klits die eierwit tot styf en vou by mengsel in. Smeer die mengsel op die boom en kante van `n tertbord met `n volume van 3 liter of drie foelie tertbakkies.

Vulsel:

125 ml koekmeelblom
125 ml mielieblom (Maizena)
Knippie sout
1,5 liter melk
5 ekstragroot eiers
160 – 180 ml suiker (na smaak)
15 ml botter / margarien
5 ml vanielje geursel
Kaneel

Metode:

Meng die koekmeel, mielieblom (Maizena), en sout met `n bietjie van die melk, skei die eiers en voeg die eiergele by die meelmengsel. Verhit die res van die melk tot kookpunt en voeg die suiker en botter / margarien by. Roer `n bietjie van die warm melkmengsel by die eiermengsel en roer dit dan by die res van die melkmengsel. Roer die vulsel oor matige hitte totdat dit kook en gaar is. Haal van die stoof af en roer die vanielje by. Klits die eierwitte tot styf en vou in die melkpap in. Giet die vulsel in die rou kors/e en sif `n bietjie kaneel bo-op. Bak die tert/e 30 – 40 minute by 180°C tot goudbruin. Laat dit `n rukkie staan voor dit gesny word.

Wenessa Nunes Page



I shall NOT be silenced or stopped until Father God says so. Abuse is an abomination to God and goes against the very core of His heart. Each one of you can do something about it. From physical assistance and support to victims (male and female), to prayer.

I was a victim, but by the grace of God I'm on my way to becoming more than a survivor... a thriver... I have paid a very high price. Lost much, but... I've also gained so much more. To each and every one of you who have supported, prayed for, laughed and cried with me, lifted my hands.... Those that never believed the smear campaign, but trusted your discernment and whom you know me to be....GREAT shall be your reward in Jesus name.



For whatever you did for me, you did for our Lord and Savior...

Thank you.... There are thousands of other

May Father God bless you and keep you and make His face to shine upon you taking you from glory to glory daily. victims in South Africa alone...

May Father God bless you and keep you and make His face to shine upon you taking you from glory to glory daily.

With my hand in His

FB: Wenessa Nunes Page





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SUNSHINE PROPHETS MUST STOP PROPHESYING

In this time of conspiracy theories, a lousy economy, national catastrophes, and generally bad news, a new tendency has reared its ugly head. "Sunshine prophets" come around and give the good news that a utopian golden age is on our doorstep. God is about to bless, and the bigger handout we offer, the greater the blessing will be.

In all this bad news, who doesn't want to have a ray of sunshine on all the doom and gloom around us?

Recently I have worked my way through the books of Jeremiah and Ezekiel, and I noticed that while the "sunshine prophets" were preaching the "good news" during a traumatic time, these two prophets were proclaiming another "good news" and were persecuted for it.

What is impressive is that none of the "good news" prophets' writings is incorporated in the Bible, but the so-called "bad news" prophets are prominent in the Old Testament. Their words are studied and examined. Parallels are drawn between then and now, and their claims have been vindicated because their prophecies were accurate.

What set the prophecies apart?

Firstly, because they heard from God and,
Secondly, their prophecies were inline with God's Word.

Moses, in the Pentateuch, warned many times about the calamities that would follow if the nation followed other gods. He also mentioned the blessings that would follow if the nation would repent and return to God. That is echoed in Solomons's prayer in 2 Chronicles 7:14.

However, in the "sunshine prophet's" narrative, there is no mention of repentance for the nation's sins, murder, violent crime, abortion, and serving the gods of avarice, greed, and materialism. The sin of lukewarmness in the Church is rife as the people want to hear sermons that tickle their ears and frown when Truth is preached because it harasses their demons.

There is no blessing without repentance.

"Blessings" without repentance come from the hand of Satan

For this reason, I implore "sunshine prophets" to seek God's face and prophesy what the Bible says. Turn back to God. Repent of your evil ways, and then God can bless you.

Interestingly, Daniel and his three friends were promoted in a foreign country by ungodly kings because they took a stand for God.

Now is the time that the Church must rise, repent of its sins of non-commitment and laziness and start seeking after God's heart instead of seeking His hand.

Jeremiah told those taken into captivity to pray for the prosperity of the towns where they were so that God could bless them. Daniel and his friends took a stand for God, and God blessed them. Remember, Daniel and his friends, as well as Mordechai and Esther, were also taken into captivity. Still, their dedication to God set them apart, and they rose to prominence because they took a stand for God and were not swayed by "sunshine prophets".

Regardless of the situation of our nation, if we repent and turn from our wicked ways, God will bless the INDIVIDUALS who took a stand for God during the judgement that He is about to pour out on the nation.

Come now. Return to God. The time of Jesus' coming is near, and it is not a time to play religious games.

I would rather hear the words, "Well done, good and faithful servant", rather than the disastrous words He will tell those who will claim that they prophesied in His Name, "Go away from me, you wicked, I never knew you!"

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. 2 Chronicles 7:14 (NIV)

Justus Carstens



5 IMPORTANT QUALITIES OF A CHRISTIAN FATHER

FAITH NEWS



A Loving Father

Without love, a father is only a relative of a child. Anyone can be a dad, but it takes a special man to be a father. A loving father is one where he loves his children much like their mother does; in an unconditional way. A father's love doesn't waver or it doesn't come and go. It is there to stay, no matter what

happens. If you're a father, never base your love for your children upon what your children have done. God the Father doesn't; neither should we. You can be very displeased with what they did, but never displeased with them.

Approachable

What I mean by being approachable is this; children feel that their Christian father provides them with a "safe zone" to come to when they are in trouble or have a question. A safe zone is where the children can come and talk with their dad without fear of him blowing up. They love the comfort in knowing they can share anything and everything with dad, but without the worry of him getting angry about it. The more your children feel they can tell you anything, the less likely they will keep serious problems from you in the future.

An Ear to Hear

Tickle time is one of the most wonderful memories that I have of my children when they were young. Even my grandsons loved wrestling with grandpa. They couldn't get enough, but it's not just "tickle time" that's precious to them...it's all of your time. If you sit patiently with your children, after a while, they'll tell you things that they've kept inside and may have told no one else. They'll ask questions about things they don't understand, and they'll have the blessing of being able to share your experiences and wisdom. Time with children is an investment in the future. Better to spend time with them today than to spend time in a court of law, tomorrow.

The Treasure of Time

When you are spending time with your children, you are, hopefully, spending time listening to them. It's so easy to cut them off or finish their sentences when they're talking, but when children are allowed to have your time and attention, they know that you really do care about them. Be patient...sit quietly with them...and give them a chance to talk. They may not really want you to solve their problems as much as sharing their life with you. Don't allow the world to make you bypass this precious moments.

Loving Discipline

Every father should discipline his children because they're commanded to (Prov 13:24), but also because they love them. What loving father wouldn't discipline their own child when they saw that they were going to hurt themselves? Solomon wrote, **"My son, do not despise the LORD's discipline or be weary of his reproof, for the LORD reproves him whom he loves, as a father the son in whom he delights"** (Prov 3:11-12). Discipline is love. Hate is not really the opposite of love; it is apathy, where they just don't care. Not so with a godly, Christian father.

Conclusion

Of course, what applies to the Christian father applies to the Christian mother, whom I wrote about earlier, but one thing is certain. You want a close relationship with your children where they feel like they can tell you anything. That's because of your love for them is not based upon what they did but upon who they are and that's your child. And grandparents, you too can see how these are important in your relationship with your own grandchildren. A good, Christian father should give his children his love, his time, his attention, and his discipline.



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YOUR WORD IS YOUR SIGNET!

In the image is a signet ring. It is used by people in Authority, Kings, Company Directors, Bank Officials, etc. as an official sign of approval.

Once that stamp is on a document, it carries the approval, authority and the executive powers as contained in that document.

It may contain a release order, a proof of originality, a launch order, new Law, even a reward.

It may even ratify a death sentence. It is the written document that contains the irrevocable word or command of a person with Authority.

It is a PROMISE in written form. A Sworn Statement. An Oath even. And it WILL be carried out.

It carries huge weight.

But here is the thing....what is our word as Christian worth?

Jesus forbade us to swear by anything. He warned us against making a promise, or to stand surety, which is a promissory note to a bank.

Again, ye have heard that it hath been said by them of old time, Thou shalt not forswear thyself, but shalt perform unto the Lord thine oaths: but I say unto you, Swear not at all; neither by heaven; for it is God's throne: nor by the earth; for it is his footstool: neither by Jerusalem; for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communication be, Yea, yea; Nay, nay: for whatsoever is more than these cometh of evil.

Matthew 5:33-37 KJV

Jesus made the warning very clear! Ok, so now you do not take an Oath or make a promise.

But you must still stick to your word! Let your YES be YES, and your NO be NO!!

But you must still stick to your word! Let your YES be YES, and your NO be NO!!

Is your word worth something? Do you do you say you will do?

Do you say "I will pray for you", and then promptly forget about it?

Or "I will visit you", and then they never hear from you again?

"I will call you", or "I will see you again", but those were all empty words?

How about things which made people depend on you, and then you disappoint or betray them?

"I will give you money ", or "I will help you", or "I will always be there for you"?



And then you disappear? Not bother to get back to them to follow up on your promise?

Even just ignore them when they call to follow up on what you said. You would do? Even turn on them?

AND they did nothing wrong? And did you no harm?

YOUR WORD IS YOUR SIGNET! (cont)

YOU ARE A LIAR, AND YOU HAVE NO HONOUR! YOU GAVE YOUR WORD, AND YOU BETRAYED IT!

Someone actually may have depended on you with their LIFE, and you dropped them in the doldrums.

You caused them huge embarrassment. You dropped them into a quandary and caused them to not be able to honour the promises they made because YOU told them to trust YOU!

It is a betrayal of Jesus. You are not faithful to your word, and therefore you are a DECEIVER!

AND you are a fool!

As snow in summer, and as rain in harvest, So honour is not seemly for a fool.

Proverbs 26:1 KJV

You did not get away with it, for you caused those whom you gave your word a lot of sorrows, and God will demand answers of you, and how will you explain it?

Learn to be faithful, a person of honour, dependable, predictable, consistent and strong.

When you give your word, others must regard it as engraved in concrete, because you are KNOWN to honour your word.

You think this is not important? You should hear what others REALLY think of you!

Do they call you a man of God? Or a shameful and dishonourable character?

Petrus Theron

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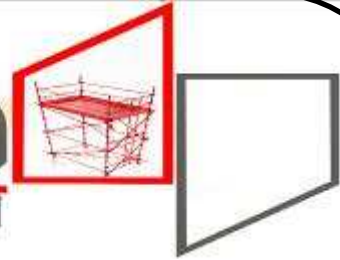
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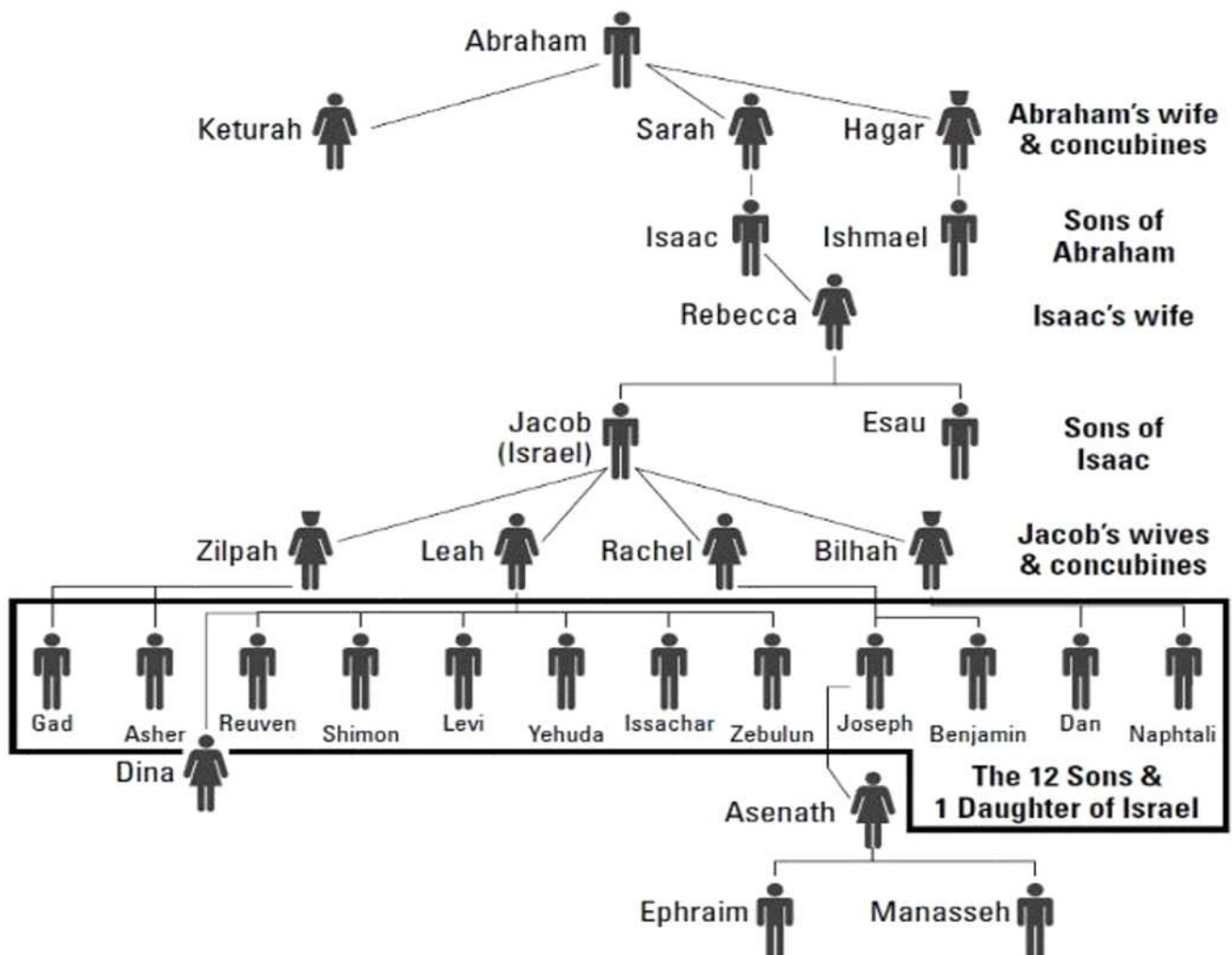
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Is Your Church is Serving Money



The Bible is clear. We cannot serve both God and money.

(Mark 10:25, Heb. 13:5, 1 Tim. 6:10, Luke 12:15, Mat. 6:19-21, Luke 12:33-34, etc...)

You know it as well as I do. As Christians, we're called to worship God alone. The love and worship of money is a dangerous, treacherous, and idolatrous thing. We must guard ourselves against it by keeping our faith in God, but believe it or not, our own potential infatuation with that green isn't the only one we should be worried about.

When Christians read passages in the Bible about money, they always apply it to themselves personally, as they should, but rarely do they ever consider such Scriptures as having application for their pastor, or their church.

The fact of the matter is that your pastor, your church's elders, deacons, and your local church as a whole are responsible to the same Scriptures about money that you as an individual Christian are. Since when did we start believing it was okay for churches to be greedy and money-obsessed anyway?

Because unfortunately, many churches and their leaders have become dumbstruck by those dollar signs over the past few decades, especially in America. It's quite rapidly and devastatingly wiped out the Christian church in a way that only a love for money could.

Like a tornado of greedy destruction, the Health and Wealth, or Prosperity Gospel, has not only become its own popular "Christian movement," but many churches and pastors that openly mock and ridicule such teachings have adopted the very same behaviours and strategies for their own churches in order to grow their ministries, put more butts in the seats, and more money in their own pockets.

What are those behaviours and strategies? Well, if you're at a church that exhibits these nine signs, you can be sure that they're utilizing them

1. The Building is Expensive & Beautiful



Okay, listen. Is it possible for a church to grow in numbers and still be devoted to God and not money? Sure. It's possible. However, according to what the Bible tells us, it's not very probable.

Don't churches with a lot of people need bigger buildings? Yeah. So it's not necessarily the size of the building that matters, but rather, the cost that went into obtaining that building, and the cost that went into its appearance.

Churches that spend a lot of money on appearances, rather than the plethora of other much more important matters a church should be spending its money on, such as helping people in need or producing fruit within its community, is prioritizing material above God.

2. They Preach Tithing



While giving is a sign that a Christian is full of love and the Spirit, required or mandated giving by your church is a sign not only that they are legalistic, but also that they believe money is important to begin with.

2 Corinthians 9:7 is pretty clear when it says that a Christian's giving should be cheerful and between themselves and God, not compelled by the church or out of obligation. Our giving should come as a result of the Spirit within us, not the church pressuring us from without.

Lastly here, tithing is not taught or commanded in the New Testament at all. It is referenced as a law of the Old Covenant and with teachers of the law, but never are Christians told they must tithe in the Bible. Giving is a virtue that is encouraged and commanded just as being honest, forgiving, or doing anything else of God is, but it's all between us and God, not us and anyone else. Including the church.

3. There is No Financial Transparency



A church that goes silent when asked financial questions has a guilty conscience. Otherwise, they would just answer the questions. Christians are constantly told they must give cheerfully, freely, without greed, and without questioning anything by their churches.

Churches should be held to the same standard that individual Christians are, especially if they're preaching tithing and pressuring their congregations to give more money. Yet, they're not being held accountable at all.

In many cases, once someone does build up the courage to ask their pastor or church where all of the tithing goes, or how they spend those donations, or how much the pastor gets paid, they stonewall like a politician that's been caught in a scandal. This is a sure sign that your church is serving money.

4. There's a Cafe, Bookstore, Thrift Store, and/or Coffee Shop in Your Church or Owned by Your Church

There is one reason and one reason alone for why churches open stores, shops or cafes of any kind. *To make money.* That's it, and if you're church has one, two, or three of these, you can be sure that whether they "need" that money or not for whatever reason, that's why they have them.

Just think about it for a minute. Why do cafes, bookstores, or coffee shops exist OUTSIDE of your church? They're businesses, people. They exist to make money. If they weren't going to make money by opening them, *they wouldn't open them.*

So what? Who cares if they have a store that makes money, you say? I'll tell you what. What happened when Jesus found people selling doves in the temple? Need I say more?

One last thought on this subject. Ask yourself where the money to open that cafe, bookstore or thrift shop came from. Where did they get the money to build those profitable businesses in the church?

From you, my dear generous, giving Christian. They got it from you.

Is Your Church is Serving Money (cont.)

5. There Is a Focus on Growing The Church

It's the most common mission, vision, goal, and aim of Christian churches in America today: To get bigger. The slogans and sly yet extremely subtle verbiage used to justify this goal above the real purpose of the Christian church, which is to teach the Word, preach the Gospel, and glorify God, are many.

Read these church missions and visions carefully, and notice the emphasis they put on people, "disciple-making", and getting more people into their church.

"Our mission is to **multiply disciples** through authentic relationships."

"We will **create** biblical **disciples** in relational environments."

"We exist to help **as many people as possible** take their NEXT STEP toward becoming FULLY DEVOTED and FULLY DELIGHTED followers of Jesus Christ."

Now read what these churches say about themselves and their goals as a church. I don't call these mission statements or visions, because churches that aren't focused on growing in popularity with people don't care about mission statements or visions. They care about God, the Bible, and the truth. Look:

"Deconstructed gatherings where believers subjectively **seek God in Spirit and Truth** through weekly **verse by verse teachings through books of the Bible**. All views welcome. **Christ Jesus forever upheld.**"

"(our church)...has been formed as a fellowship of believers in the Lordship of Jesus Christ. Our supreme desire is **to know Christ and be conformed to His image by the power of the Holy Spirit.**"

The first group of churches whose missions I quoted are very popular and have a megachurch

mindset that focuses on growing the physical church in numbers, but not growing in faith in our relationship to Christ Himself. The priority is numbers, not God. Numbers means money. God means struggles.

The second group of churches are small churches who focus a lot more time and energy on the Bible itself and remaining committed to the purity of the Gospel. As a result of this, and their lack of that consumer friendly vision or mission statement on their website, they're not very popular. They also don't care about money.

Which brings us to our next sign.

6. It's a Consumer Friendly Atmosphere

Mission statements, visions, cafes, a nice, big building, a helpful and friendly staff, and the list goes on. There are a lot of things churches that serve money can do to make sure the atmosphere and environment in their church is consumer friendly, and some of them do it all, to maximize their congregation size and as a result, their income.



Is Your Church is Serving Money (cont.)

Churches that don't serve money don't have any of these lovely, convenient and comfortable features, and as a result, people don't go to them. They don't make money because they don't care about making money. They care about preaching the Gospel. Last time I checked, that didn't include selling t-shirts for the next big church picnic, which costs \$25 per person to attend.

"Vision? Uh, the Bible. Mission? God. Cafe? Are we a business now? A logo? What the heck? What's wrong with the cross?"

This is the attitude of a Christian who has zero interest in amusing, impressing, or appeasing the world. Rather, they care about God, the Bible, and Jesus. A church that cares more about pleasing and impressing people and the world are serving money and material, not God or His interests, which have nothing to do with indulging us in our worldly desires.

7. The Sermons Are Tailored To Fit You



With a consumer friendly atmosphere comes another feature that the money serving church excels at: tailoring every sermon and message to fit and please *you*.

Topical sermons are the trend of the times in Christian churches because they're like a well written book series. They put butts in the seats. For most people, the Bible is *boring* and too focused on God and Jesus.

"What about me? If the Bible was about me, I'd go to church every Sunday!"

Churches figured this out a long time ago. And once they did, church became a lot more about us than God. When did our desires become more important to our church than God's? Answer: *When money did.*

The Power of Routine, Game Changers, The Right Fight, The Exchange Rate, Trending...

These are topical sermon series from a few different churches. They sound intriguing, they make you curious, and that's exactly what they're designed to do. To hook and lure *you* in.

They make it all about you. As a result, the Bible is neglected in favor of topical sermons written by the pastors and churches so that the sermon will directly apply to people today. Doing this makes the selfish desires of the modern man more important than the Word of God, as well as God's truth.

Is Your Church is Serving Money (cont)

Three or four Bible verses are cherry picked to support the topical sermon which focuses on you. Rather, in God serving churches, the sermon is all in the Word itself with comments and input added by the pastor along the way. This approach is not popular to the masses, and as a result these churches have less people, and less money.

8. The Worship Service Is Amazing

Tell me. When did worshipping God turn into such a popular, entertaining and lucrative endeavour?

It's not that there's anything really wrong with having good music accompany our worship to God at church, but why the fog machines? Why the light shows? Why the big performances and the expensive band equipment and the emotionalism?



Churches that turn their worship services into rock concerts are working to serve money rather than God. How? Again, by making it all about *you*. When worship becomes about us, more of us want to experience it.

"Whew! Worship service was amazing today! That Kelly can really SING! And they played my favorite songs too!"

What the...? I'm confused. Weren't you supposed to be worshipping God? What does worshipping God have to do with your favorite songs, and Kelly, and how well people performed some music? Where is God in all of that?

Thousands of dollars...tens of thousands of dollars. Heck, maybe even hundreds of thousands of dollars are spent on making worship services more enjoyable and entertaining

for you and me as a part of making church a more consumer friendly experience.

And it's all aimed at one thing: money. Even if it's not, and it's just about making church more enjoyable for you, or whatever other excuse you can come up with. It's not about God.

It's not about God.

9. There Are a Lot of Groups and Activities That Cost You Money

In addition to opening businesses in the church like cafes and bookstores and so forth, in order to make more money, churches also throw events and create group activities to raise money.

Coming together for baptisms every year or a few times a year and having a BBQ is not what I'm talking about.

A Bible Study group that costs you nothing to meet with other Christians and read the Bible? No, that's all good.

Is Your Church is Serving Money (cont.)

A party to just come together every now and have a good time? That's not even what I mean either. Local churches love to get together and fellowship. This is not what I'm referring to.

I'm talking about charity events, building funds and other needs based crowdfunding campaigns, fundraisers, giving booths in the church lobby for special causes, and things like that.


I'm talking about a whole calendar of events centred around these kinds of things, and almost all of them cost you money in one way or another. It's what wealthy people do to get a break on their taxes. It's what churches and non-profits do to make money, and it's all under the guise of helping others and being charitable.

Don't you wonder how much money the church is making by doing these things though? I know I do.

In Conclusion...


These are just some of the signs you should look out for to make sure your church isn't serving money instead of God. Showing just one or two of the less serious signs, in my opinion, isn't that big of a deal. Churches do need money to sustain themselves, after all.

The problem is when money becomes more important than serving God. When preaching the Gospel, glorifying God and teaching the Word take a backseat to money-making endeavours that exhibit themselves through behaviours like preaching tithes, making church itself all about you rather than God and refusing to be financially transparent, there's a problem.



People who wonder whether the glass is half empty or half full miss the point. The glass is refillable.

Are you in need of Christian Counselling or training? Rev Christo Joubert, TPM Mentor and Facilitator registered with the CCSA is available to assist. You can contact me on 079 972 6585





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The History Place

This Month in History

October

October 1, 1908 - [Henry Ford](#)'s Model T, a "universal car" designed for the masses, went on sale for the first time.

October 1, 1938 - Hitler's troops [occupied the Sudetenland](#) portion of Czechoslovakia. In an effort to avoid war, the leaders of Britain and France had agreed to cede the German-speaking area to Hitler, who later broke the agreement and occupied all of Czechoslovakia.

October 3, 1863 - President Abraham Lincoln issued a [proclamation](#) designating the last Thursday in November as Thanksgiving Day.

October 4, 1582 - The Gregorian Calendar took effect in Catholic countries as Pope Gregory XIII issued a decree stating the day following Thursday, October 4, 1582, would be Friday, October 15, 1582, correcting a 10-day error accumulated by the Julian Calendar. Britain and the American colonies adopted the Gregorian Calendar in 1752.

October 4, 1957 - The Space Age began as the Russians launched the first satellite into orbit. Sputnik I weighed just 184 lbs. and transmitted a beeping radio signal for 21 days. The remarkable accomplishment by Soviet Russia sent a shockwave through the American political leadership resulting in U.S. efforts to be the first on the moon.

October 5, 1813 - Shawnee Indian Chief Tecumseh was defeated and killed during the War of 1812. Regarded as one of the greatest American Indians, he was a powerful orator who defended his people against white settlement. When the War of 1812 broke out, he joined the British as a brigadier general and was killed at the Battle of the Thames in Ontario.

October 6, 1981 - Egyptian President [Anwar Sadat](#) (1918-1981) was assassinated in Cairo by Muslim fundamentalists while watching a military parade. He had shared the 1978 Nobel Peace Prize with Menachem Begin of Israel. He had signed an American-sponsored peace accord with Israel, but had been denounced by other Arab leaders.

October 8, 1871 - The Great Fire of Chicago erupted. According to legend, it started when Mrs. O'Leary's cow kicked over a lantern in her barn on DeKoven Street. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings. Financial losses totaled over \$200 million.

The Fruit of the Spirit

The Spirit-fuelled development of Christ-like character is liberating, because it brings us closer to being the people we were designed to be, the people our Spirit-renewed hearts want us to be. — Tim Keller

The Fruit of the Spirit is listed in **Galatians 5—love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control**. These qualities make up the Fruit. There are not nine different fruits—it is a nine-part Fruit. The Fruit is like an orange, and inside the orange, there are numerous slices. So, imagine that each slice of the orange is one of the aspects of the Fruit of the Spirit.

Joke on Fruit Salad

The original Greek word for “Fruit” in Galatians 5 is karpos, and one definition means “a result of something.”

When the Fruit of the Spirit is displayed in our lives, it is a sign, or result, that we are being led by the Spirit of God.

Just like the branches of a grapevine have to be connected to the vine in order to bear grapes, the Fruit of the Spirit is evidence of being connected to Christ.

Why was the Fruit of the Spirit even mentioned? **Because of the five verses preceding it. Gal 5:17-21 They mention sinful acts including sexual immorality, impurity, idolatry, hatred, jealousy, fits of rage, selfish ambition, and drunkenness. You see, we have this thing called the flesh, and it is all of our human desires. Our flesh wants things that prevent God’s Holy Spirit from leading us fully. In fact, Galatians 5:17 says, “the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh.” Bottom line: you can be led by the flesh, or you can be led by the Spirit of God, but you can’t be led by both—they are in constant conflict.**

Probably the most beautiful part of the passage in verse 23 is that we are told there is “no law against them.” In fact, it would be true to say that we can exhibit the Fruit without any limits or restrictions. We can never show too much love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Now, that’s a goal to strive for!

As we grow in our understanding, we’ll recognize how the Fruit is manifested in our lives and in the lives of others as well. distinguish it from spiritual gifts, and learn how to fully live by the Spirit.

Reflect:-

Do you feel the war between your flesh and the Spirit? In what areas of your life do you feel it the most?

The Fruit and The Gifts:

If the light that is on you is brighter than the light that is in you, the light that is on you will destroy you. — Christine Caine

The nine-part Fruit listed in Galatians 5 shouldn’t be confused with spiritual gifts that are mentioned in the Bible. Gifts such as leadership, wisdom, pastoring, encouragement, knowledge and prophecy are given by the Spirit for the purpose of building up believers.

1Co 12:10 The Spirit gives one person the power to work miracles; to another, the gift of speaking God's message; and to yet another, the ability to tell the difference between gifts that come from the Spirit

The Fruit of the Spirit (cont.)

and those that do not. To one person he gives the ability to speak in strange tongues, and to another he gives the ability to explain what is said.

The Fruit, however, is produced by the Spirit and is developed and displayed in us when we yield ourselves to God's Spirit.

If we want to know how we're growing as Christ followers, we shouldn't focus on how gifted we are or how well we use our gifts. No, it's the evidence of the Fruit of the Spirit in our lives that shows our spiritual maturity. Not that our gifts aren't valuable or vital—they are. It's just that we can operate in our gifts while we are gratifying our flesh because they are beyond us. Exhibiting the Fruit of the Spirit is a manifestation of a transformed life by the power of God.

It isn't uncommon to see men and women operate in their spiritual gifts but then immediately act in a sinful way. Why? Because God will use whomever He wants, whenever He wants, and however He wants. Maybe you've seen someone preach the most powerful sermon at a church or conference only to see them spew hatred to others at a later time. Or perhaps a person may give generously of their time to impact those less fortunate but then turn around and be incredibly impatient and rude with their own children.

The converse is also true. There are people all over the world who are continually exhibiting the Fruit of the Spirit in their daily lives. They may be serving behind the scenes, visiting someone in the hospital, or offering their time by just being with a friend in need. Their contribution to building up believers may not be flashy, but their character is deep because they have chosen to deny their flesh and walk in the Fruit of the Spirit.

The gifts receive far more attention and accolades than the quiet, almost hidden Fruit of the Spirit. Yet, it really doesn't take tremendous effort to operate in our gifts. The Fruit, on the other hand, involves the difficult task of dying to self everyday. The Fruit may not be shouting for attention but rest assured, we always know when the Fruit is present in our lives and when it is not.

Reflect:-

Do you feel that it's easier for you to live out your spiritual gifts than walk in the Fruit of the Spirit?

We'll be diving into the nine aspects of the Fruit let's look @ love, joy, and peace.

Love is the selfless, giving, devoted love of God and others. It's an active display and compels us to put others' needs above our own. Love honours others and celebrates truth no matter how difficult it is to hear it. It gives of self even when it doesn't feel like it. Love doesn't allow feelings to dictate its choices. Love is hopeful, persevering, and trusting. Loving people keep hatred, apathy, and self-preservation far from them.

Joy is a deep and enduring state of our soul that no circumstance, event, or human can steal away from us. It's delighting in God and choosing to rejoice in all things. Because our circumstances don't rule us, our mood swings are non-existent. This doesn't mean we are always in a "good mood" but we can remain in an unexplainable place of contentment. Joyful people don't allow misery, sorrow, sadness, or despair to rule their thoughts or guide their actions.

Peace is a deep well of confidence that God is who He is and that He will do what He says He will do. Peace comes from resting in the promises of God. It's choosing to work with others for a common goal instead of insisting on our own way. Peace is often unexplainable and incomprehensible,

The Fruit of the Spirit (cont.)

but we know when we have it and know when we don't. Peaceful people don't go to war with their actions or words for they know that brings no relief to any situation.

Reflect:-

Does anything about the descriptions of love, joy, or peace encourage or challenge you?

Lets look @: Patience, Kindness, and Goodness

Patience is waiting without complaining. — Robin Meadows

Patience is exhibiting calmness during the midst of stressful situations. It's showing empathy toward others when they are not doing things to our standard. Patience is produced when we support the growth in others as they are on their own journey in life. It's not getting easily disgruntled when a delay occurs that won't matter in 10 years, let alone 10 days. Patient people don't become easily annoyed, agitated, nor do they show intolerance.

Kindness is being genuinely kind to anyone and everyone. It assumes that all people deserve kindness no matter the differences, viewpoints, or cultures. Kindness celebrates others and serves when there is a need. It looks out for the well-being of others and shows compassion when needed. It assists others and shows courtesy and benevolence to anyone. Kind people do not display animosity, ill will, or envy toward others.

Goodness is truly desiring to help others. It doesn't approach or entertain sin. Goodness does the right thing and challenges other people to do the same, even if the conversation is uncomfortable. It is decent, honest, moral, honourable, virtuous, and full of integrity. Good people don't just do the right thing; they make things right.

Reflect:-

Does anything about the descriptions of patience, kindness, or goodness encourage or challenge you?

Lets look @: Faithfulness, Gentleness, and Self-Control

Here is the paradox of Christian living. We must give up control of self to gain self-control. — Andy Mineo

Faithfulness is being dependable in our relationship with God and others. It's choosing to be true to our word and following through with our promises. Faithfulness possesses a constancy, devotedness, fidelity, and steadfastness in all its interactions. It's being reliable in a world that isn't. Faithful people are not disloyal nor are they flippant with their commitments.

Gentleness is allowing God to deal with others so that we don't have to take matters into our own hands. It's been said that gentleness is the grace of the soul. Gentleness includes being calm, serene, and tranquil. Being gentle doesn't mean someone is weak. Quite the opposite—it takes great strength to be gentle when the flesh wants the opposite. Gentle people are not harsh, nor are they calloused.

Self-Control is being able to keep one's self in check. It's not letting our circumstances cause us to lose control. Self-control exhibits moderation, temperance, and discipline. It's choosing, under significant pressure, to chase after

The Fruit of the Spirit (cont.)

the important instead of the urgent. Self-controlled people show restraint and are not impulsive.

Reflect:- Does anything about the descriptions of faithfulness, gentleness, or self-control encourage or challenge you?

Life by the Spirit

The Holy Spirit has no experience with being impatient, hateful, or rude. That's the language of our flesh. The Fruit will be the by-product of a life surrendered to the Spirit of God. But we are not called to focus on the Fruit; we are called to focus on God's Spirit.

Simple enough, right?

Too often, we don't see growth in ourselves and actually say things like, "I'm just an impatient person," or, "I just can't get along with certain people." No, the truth of the matter is that when we have that mindset, we're just choosing to walk in the flesh. In our human existence, we are the opposite of the Fruit of the Spirit.

Seeking God and asking Him to help us grow in exhibiting His Fruit will challenge us because we are choosing to deny our flesh and feed our spirit instead. We will start being placed in situations that allow the Holy Spirit to develop His Fruit within us. According to Pastor Rick Warren, "Every problem is a character-building opportunity." It is no joke to withhold from our flesh what it wants.

Because...

Our flesh wants to get even, but the Spirit calls us to love and extend kindness.

Our flesh wants to entertain sinful thoughts, but the Spirit calls us to walk in self-control.

Our flesh wants to dictate with moodiness, but the Spirit calls us to walk in joy and peace.

What if, going forward, we truly lived out **Romans 13:14** that tells us to clothe ourselves with Jesus and to not even think about how to gratify the desires of the flesh? Every day we put on Jesus, obey the Spirit's leading and basically ignore our flesh. It's all about where we look and what we look to for satisfaction.

As we give the Spirit more control of our lives, He begins to do in and through us what only He can do—to shape us and grow us to look like Jesus. We are literally being transformed and when we do, we can see our own growth as we go through life following Jesus.

Instead of avoiding change, our prayer should be, "God, do in me whatever you need to do so that I will exhibit your Fruit." We must quit running from growth and thinking we can't change. We can change because we have the power of the Holy Spirit propelling us toward it. The Fruit of the Spirit becomes part of us when we walk in obedience to the Spirit.

Reflect:- Do you tend to make excuses for the character traits in your life that are hard to achieve, or do you work hard to overcome those deficiencies?

Think of one excuse about yourself that you just keep using and ask the Holy Spirit to guide you to grow in this area.

Eph 2:10 God has made us what we are, and in our union with Christ Jesus he has created us for a life of good deeds, which he has already prepared for us to do.

The Fruit of the Spirit (cont.)

Rom 12:2 Do not conform yourselves to the standards of this world, but let God transform you inwardly by a complete change of your mind. Then you will be able to know the will of God—what is good and is pleasing to him and is perfect.

Rom 12:4 We have many parts in the one body, and all these parts have different functions.

Rom 12:5 In the same way, though we are many, we are one body in union with Christ, and we are all joined to each other as different parts of one body.

Col 3:23 Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people.

1Co 10:31 Well, whatever you do, whether you eat or drink, do it all for God's glory.

1Co 15:58 So then, my dear friends, stand firm and steady. Keep busy always in your work for the Lord, since you know that nothing you do in the Lord's service is ever useless.

Heb 4:12 The word of God is alive and active, sharper than any double-edged sword. It cuts all the way through, to where soul and spirit meet, to where joints and marrow come together. It judges the desires and thoughts of the heart.

Pro 16:3 Ask the LORD to bless your plans, and you will be successful in carrying them out.

Eph 6:18 Do all this in prayer, asking for God's help. Pray on every occasion, as the Spirit leads. For this reason keep alert and never give up; pray always for all God's people.

Dan 2:18 He told them to pray to the God of heaven for mercy and to ask him to explain the mystery to them so that they would not be killed along with the other advisers in Babylon.



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Famous People October Birthdays

October 1, 1924 - Jimmy Carter, 39th U.S. President (1977-1981)
October 2, 1869 - Mahatma Ghandi, India Hindu leader, taught "non-violence"
October 3, 1941 - Chubby Checker, singer, musician
October 4, 1181 - St. Francis of Assisi, Catholic religious leader
October 7, 1931 - Desmond Tutu, archbishop, won Nobel Peace Prize
October 8, 1939 - Paul Hogan, actor "crocodile Dundee".
October 9, 1940 - John Lennon, singer, songwriter, musician, member of the "Beatles"
October 11, 1884 - Eleanor Roosevelt, first lady, wife of Franklin D. Roosevelt
October 12, 1935 - Luciano Pavarotti, opera singer
October 13, 1925 - Margaret Thatcher, former prime minister of England
October 14, 1890 - Dwight D. Eisenhower, 34th U.S. President (1953-1961)
October 15, 1920 - Mario Puzo, novelist, wrote "The Godfather"
October 16, 1854 - Oscar Wilde, poet, playwright
October 13, 1969 - Nancy Kerrigan, Olympic figure skater
October 13, 1980 - Ashanti, singer, songwriter
October 14, 1644 - William Penn, founder of Pennsylvania
October 14, 1890 - Dwight D. Eisenhower, 34th U.S. President (1953-1961)
October 14, 1894 - E. E. Cummings, poet
October 14, 1916 - C. Everett Koop, U.S. Surgeon General
October 14, 1927 - Roger Moore, actor , played "James Bond" in seven movies.
October 14, 1938 - John Dean, Nixon White House counsel during Watergate
October 14, 1939 - Ralph Lauren, fashion designer
October 14, 1979 - Usher, Rap singer
October 15, 1920 - Mario Puzo, novelist, wrote "The Godfather"
October 16, 1758 - Noah Webster - compiled first American English dictionary
October 17, 1912 - Pope John Paul I, pope for just 34 days in 1978
October 18, 1926 - Chuck Berry, singer, songwriter, starred in movie "Patton"
October 19, 1962 - Evander Holyfield, champion heavyweight boxer
October 20, 1882 - Bela Lugosi, actor, played "Dracula"
October 21, 1833 - Alfred Nobel, chemist, engineer, established Nobel Prizes
October 23, 1906 - Gertrude Ederle, first woman to swim the English Channel
October 24, 1930 - J.P. Richardson, singer, the "Big Bopper", sang "Chantilly Lace"
October 25, 1881 - Pablo Picasso, the greatest artist of the 20th century.
October 26, 1962 - Dylan McDermott, actor, Tv series "The Practice"
October 26, 1963 - Natalie Merchant, singer
October 27, 1858 - Theodore Roosevelt, 26th U. S President,
October 28, 1967 - Julia Roberts, actress,
October 29, 1969 - The Internet is created
October 30, 1945 - Henry Winkler, actor
October 31, 1936 - Michael Landon, actor



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What is Transformation Prayer Ministry?


What most people understand TPM to be is limited by what they assume occurs within the actual ministry session. By definition, what occurs in a ministry session is referred to as the [TPM Process](#) and consists of the protocol that is supposed to be followed in the session. However, there are two other very important areas in TPM, referred to as the [Principles and the Purpose](#). If we do not understand these latter two aspects, we are lacking crucial elements of the overall ministry.

What is the intent of the TPM PROCESS? First, the TPM process is not spiritual in and of itself; rather, it is a tool that helps with the identification of our lie-based core beliefs. As we are able to identify what we believe—that which runs contrary to the truth—we are in a better position to have the lies we believe replaced with God’s perspective. The actual intent of the *TPM PROCESS* or the ministry “tool” itself is to *provide a systematic and reliable means by which ALL members of the Body of Christ may intentionally and purposefully participate with God in the refining of their faith, thereby renewing their minds and bringing about effortless transformation in their belief and behavior*. When this occurs, the fruit of the Spirit is experienced naturally and spontaneously within those areas of transformation where truth is known within our hearts.

Though everyone is encouraged to embrace the [fundamental teachings](#) concerning the *Principles and Purpose* of TPM, it is also understood that the Body of Christ is very diverse in its theology and practice. However, the *TPM Process* is not a theology, but rather a [system of questions](#) designed to help a person to identify the lies they believe. If a person does not follow the prescribed protocol of the *TPM Process* [exactly](#) as it is taught, then they should call what they are doing something other than TPM.

It is crucial that whether a person embraces all that is proposed here concerning the Principles and Purpose of TPM, that they still provide a solid theological underpinning for what occurs in a TPM session. If all a person knows about TPM is the *Process*, they will inevitably assume that TPM is a means for managing emotional pain. *When this is the case*, people will only utilize this ministry when they are unable to manage their pain in other ways. They will also miss daily opportunities to have their faith refined and their mind renewed with the truth since they will disregard the many times their lie-based pain is triggered. They will also assume that their painful emotion is coming from their situation, relationships or their past. They will fail to see that TPM is a means for cooperating with what God is doing in refining our faith, renewing our minds and transforming our lives.

The ultimate goal of every TPM session is genuine *transformation*, which is the outcome of a *refined faith* and the renewing of the mind. When God refines our faith and renews our minds with His truth, it will transform us, making it possible for us to walk effortlessly in the fruit of the Spirit. When this occurs it is only because the Spirit has [persuaded](#) us of the truth in our hearts.

A portrait of a woman with long blonde hair, wearing a brown fedora hat with a black band and a light pink, ruffled-sleeved dress. She is looking upwards and to the right, with her hands near the brim of the hat. The background is a solid grey.

KARLIEN HUSSELMAN

Angel

The Different Kinds of Prayer In the Bible

The word pray and it's many suffixes are mentioned over 700 times in the KJV. This doesn't even account for terms like "*called on the Lord.*"

Prayer of Supplication:

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God – Philippians 4:6

You will see the word supplication quite a bit in verses that deal with prayer. It's basically a prayer request or to petition before the Lord.

This is usually in reference to our own personal need. [The prayer of Jabez](#) is a great example of this.

When praying for others it's called intercession. Which we will look at next.

Prayer of Intercession

I sought for a man among them who would make a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; but I found no one. – Ezekiel 22:30

Intercession comes from the word *intercede*. It means to intervene on someone's behalf. In the passage above God is looking for someone to stand in the gap and intercede.

Sadly, God didn't find anyone.

It's easy to pray for ourselves and our needs, but we should also spend time praying for others and situations outside of ourselves.

Paul, encourages us to do it all...

Prayer of Faith:

*Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms. **14** Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. **15** And the prayer of faith will save the sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. – James 5:13-15*

The prayer of faith is used when we are praying for healing. We are believing God to touch someone and make them well.

I also believe the prayer of faith extends into praying for miracles. All throughout the Bible and history God's people have prayed and miraculous things have happened!

Corporate Prayer:

These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers. – Acts 1:14

And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers. – Acts 2:42

The Different Kinds of Prayer In the Bible (cont.)

Corporate prayer is when we gather together as believers and pray together. During this time of prayer the congregation could be praying for healing, intercession, or any other type of prayer.

Praying in The Spirit or Praying in Tongues:

For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries. – 1 Corinthians 14:2

If you have the gift of tongues, you are able to use your prayer language to pray. Paul is clear to let us know that when we do we are speaking to God and speaking mysteries.

In verse 18 in 1 Corinthians 14, Paul states he speaks more in tongues than anyone else.

Praying in tongues is a powerful weapon for the believer, because it's our spirit praying right to God!

Here are few more portions of scripture on the topic:

*For if I pray in a tongue, my spirit prays, but my understanding is unfruitful. **15** What is the conclusion then? I will pray with the spirit, and I will also pray with the understanding. I will sing with the spirit, and I will also sing with the understanding. – 1 Corinthians 14:14-15*

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groaning's which cannot be uttered. – Romans 8:26

Prayer of Thanksgiving:

Enter into His gates with thanksgiving, And into His courts with praise. Be thankful to Him, and bless His name. – Psalm 100:4

Giving thanks to God is a powerful way to enter into His presence. It reminds us of the goodness God and keeps our heart soft before Him.

If you have never done thanksgiving prayer give it a try. Spend 5 minuets giving thanks to the Lord.

It's amazing how things lift off of you when you focus on the Lord and not on yourself!

Prayer of Confession and Repentance :

If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. – 1 John 1:9

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much. – James 5:16

There are many times when we will come before God in prayer and the Holy Spirit will convict us of something we did or said.

And other times you know you need to go before God and repent.

This would be a prayer of confession and repentance.

The Different Kinds of Prayer In the Bible (cont.)

Prayer of Dedication or Consecration:

The prayer of dedication is when we go before the Lord and dedicate ourselves to Him or dedicate someone/something to Him.

Hannah in 1 Samuel 1-2 is a prime example of Hannah praying for a breakthrough (supplication) and offering her first child to the Lord (dedication).

We also see this when **Jesus was in the Garden Praying:**

He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will." – Matthew 26:39

And Samson prayed for the Lord to remember Him:

Then Samson called to the Lord, saying, "O Lord God, remember me, I pray! Strengthen me, I pray, just this once, O God, that I may with one blow take vengeance on the Philistines for my two eyes!" – Judges 16:28

Prayer of Imprecation :

Now, this is the kind of prayer that most of us are not familiar with. The prayer of imprecation (curse) is seen in psalms when the righteous would pray for judgement and wrath to fall upon the unjust. We see this in Psalm 7, 55, and 69.

I don't believe that was ever God's heart. And we see that in the gospels when Jesus rebuked the disciples...

And when His disciples James and John saw this, they said, "Lord, do You want us to command fire to come down from heaven and consume them, just as Elijah did?" **55** *But He turned and rebuked them, and said, "You do not know what manner of spirit you are of."* – Luke 9:54-55

God has called us to love our enemies and to bless them. We are not called to curse them in prayer or to ask for God's wrath to be poured out on them.

*But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, **45** that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. **46** For if you love those who love you, what reward have you? Do not even the tax collectors do the same? **47** And if you greet your brethren only, what do you do more than others? Do not even the tax collectors do so? **48** Therefore you shall be perfect, just as your Father in heaven is*



Martin Luther van Duitse afkomst kwam hier in Wartburg gedurende 1521/22 die Nuwe Testament van Latyns af oorspronklik. Die volledige Bybel, Oude en Nuwe Testament met apokriefe was in 1934 gepubliseer en verbetering is aangebring tot in 1945.





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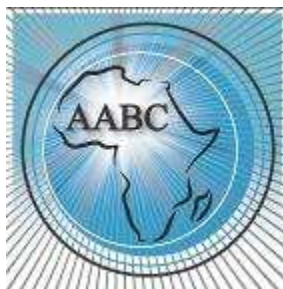
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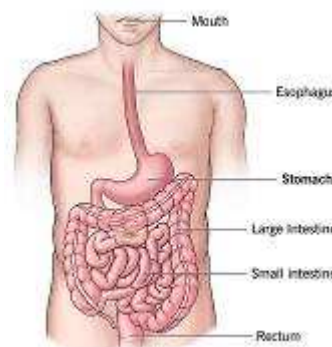
Could your frustrating and uncomfortable symptoms be due to poor gut health?

When the bacteria, yeast and viruses that live in your gut are in balance, the rest of your body is often in harmony too.

However, when things go wrong, and the bacterial imbalance occurs, it can lead to poor gut health, and if not supported or corrected, this can affect the rest of your body.

Here are common symptoms of imbalance gut bacteria—gas and bloating

1. Abdominal comfort—gas and bloating
2. Regularly—going too often or not often enough
3. Mood—anxiousness, depression and other imbalances
4. Poor concentration
5. Poor skin health
6. Sugar cravings
7. Disrupted sleep or constant feeling of tiredness
8. Weight gain
9. Reduced immunity



Here's how to work on addressing these symptoms by supporting gut health:

- A. Clean up your diet
- B. Take a prebiotic or probiotic daily
- C. Identify and remove food triggers
- D. Be more active every day
- E. Manage your stress levels

Most people don't realize how they could be impacting their health and quality of life, by neglecting the health of their gut.

But, when you know better, we do better!

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Na aanleiding van die nuutste hofuitspraak op 27 Mei 2022, het ek taamlik baie navrae gekry en wil graag help om lisensies te henu en of terug te kry.

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30 DAY PLANK CHALLENGE FOR BEGINNERS

WEEK 1

Day 1	10 sec
Day 2	15 sec
Day 3	20 sec
Day 4	30 sec
Day 5	35 sec
Day 6	40 sec
Day 7	<i>REST</i>



WEEK 3

Day 15	75 sec
Day 16	80 sec
Day 17	85 sec
Day 18	90 sec
Day 19	95 sec
Day 20	100 sec
Day 21	<i>REST</i>

WEEK 2

Day 8	40 sec
Day 9	50 sec
Day 10	55 sec
Day 11	60 sec
Day 12	65 sec
Day 13	70 sec
Day 14	<i>REST</i>

WEEK 4

Day 22	105 sec
Day 23	110 sec
Day 24	115 sec
Day 25	120 sec
Day 26	125 sec
Day 27	130 sec
Day 28	<i>REST</i>

Day 29 Celebrate
Day 30 Repeat

MELKTERTKOEK

* Lekker poeding vir Sondag na ete. *

3 - Eiers, geskei

250 ml - Suiker

30 ml - Botter

250 ml - Koekmeel

5 ml - Bakpoeier

1 L - Volroom Melk

10 ml - Vanilla essence

* Knypie sout

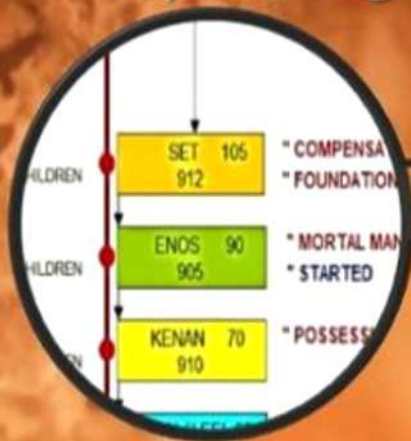
* Kaneelsuiker

1. Stel oond op 180°C. Smeer of bespuit 'n losboompan ± 20 cm in deursnee.
2. Klits eiergele.
3. Voeg die suiker geleidelik by en klits tot lig en romerig.
4. Smelt botter en voeg dit by en klits weer.
5. Sif meel, bakpoeier en sout saam.
6. Meng melk en vanilla essence saam.
7. Vou die droë bestandele om die beurt met die melkmengsel in.
8. Klits eierwitte styf en vou dit in.
9. Skep beslag in die koekpan. Sprinkel kaneelsuiker oor
10. Bak 25 -30 minute in warm oond. Keer uit of haal uit pan.
11. Sprinkel ekstra kaneelsuiker oor en laat natuurlik afkoel voor dit in koelkas geplaas word.

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We may read brilliant self help books and possess wisdom about relationships, yet many of us still are hindered by toxicity.

We are afraid to speak up and confront those who produce toxic vibes, and even more fearful of leaving a romantic relationship, friendship, or job due to toxicity.

Toxicity presents itself in many forms; some of the worst expressions of it come from individuals who appear shiny and nice on the outside. This can be an illusion—things aren't always as they appear, and neither are people. The five faces of toxic relationships are common personality traits, but they can be hidden behind a successful and superficially kind person.

Hitting Close to Home

"I myself had all the tools to avoid a toxic relationship, but I entered into an emotionally and mentally toxic relationship with someone who seemed like she had everything—a great family, a prestigious education, a successful career, and an apparently kind personality. I quickly realized this was all a facade. I learned how deep toxicity runs and why it is so hard to escape emotional and mental

Types of People You Need to Get Out of Your Life

torture when someone looks so 'perfect' on the outside.

"As the saying goes, 'Beauty is only skin deep.' I learned the importance of recognizing toxic relationships and friendships and how to navigate these types of relationships. I have learned to cut out the bad people in my life and treasure those who bring positivity. In the end, I have become a stronger person in all capacities, even though it took being dragged through what seemed like endless amounts of darkness."

Whether it is cutting ties to a friendship, romantic partner, family member, or co-worker, most of us can relate to the feeling of drowning because of a toxic individual. Of course, there are many more than five faces of toxic relationships, but those described below are among the most common. These faces can overlap, and two or more may occur simultaneously. If you are in a relationship with a person who possesses any of these traits, it may be wise to spend time reflecting on how you really feel when you're around that individual.

1. The Critic

Have you ever been in a relationship in which you feel judged and criticized no matter what you do? Criticism is different than advice, and it is important to understand the difference. Consider tardiness: It can hinder your professional and personal relationships, and most of us find it to be a negative trait. However, each individual has personal kinks to work out, and we all make mistakes. Imagine that you arrive 15 minutes late to dinner without giving your significant other any warning.

Types of People You Need to Get Out of Your Life (cont.)

Your significant other is visibly angry and, instead of asking why you were late or what happened, he or she automatically begins insulting you: “You are always late and never have any consideration for anyone except yourself. I have been sitting here for 15 minutes waiting for you, and no matter what, you cannot seem to ever show up on time.”

This is a perfect example of criticism; this partner may criticize your every move: “You are going to wear that?” “Why don’t you ever...?” “What is wrong with you?” The list goes on and on. You feel belittled and believe that you can never do anything right, no matter how hard you try.

Now imagine you arrive 15 minutes late to dinner without giving your significant other any warning. Your significant other is visibly angry, but instead of lashing out, he or she inquires about this pattern. “I realize that you are late quite often. Is there a reason? Has anyone else ever noticed this trend?” This is an individual trying to inquire why this maladaptive pattern occurs. Instead of blaming the partner, he or she may blame the *action*.

A critic can bring a lot of toxicity into a relationship. Critics may never call you insulting names, but they may constantly insult your beliefs, appearance, and thoughts, often because they have low self-esteem and want to be in control. Instead of trying to make suggestions to improve your bad habits, they find every excuse to berate these habits and hinder you as a person.



The critic criticizes the *person* instead of the behaviour. The most deleterious experience a person can have is when a parent says, “You’re a bad boy or girl,” instead of saying, “You did a bad thing.”

2. The Passive Aggressor

Passive-aggression is the passive expression of anger. Common examples include repeatedly keeping you waiting or making you late for an appointment. We all know people who are passive-aggressive. You never know what message such a person is trying to convey. You may feel that you are always walking on eggshells when you're around a passive-aggressive person. Denial of feelings, sarcasm, and backhanded compliments are sure ways to tell that someone is passive-aggressive.

Imagine you did something to upset your partner, but you're unsure exactly what it was. You ask why he or she is angry so you can prevent upsetting your partner in the future. However, your partner will not tell you why he or she is mad and instead replies, “I am fine” or “I am not mad,” even as he or she is withdrawing from you. This makes your brain run in circles trying to figure out what this person is thinking and why he or she keeps sending hidden messages. You may spend hours trying to read the person’s mind while backtracking over your every move or word.

If a person cannot communicate in a straightforward manner, uses sarcasm as a defence mechanism, sends mixed messages, or acts like nothing is wrong—regardless of exhibiting angry emotions—you might be dealing with a passive aggressor.

3. The Narcissist

The narcissist acts like he or she is God’s gift to the universe, knows everything, is the best at everything—and is not afraid to tell you so. No matter how smart or experienced you are, you can never measure up to this person. Like passive-aggressiveness, narcissism is considered a personality disorder, and it is toxic.

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Types of People You Need to Get Out of Your Life (cont.)

A narcissist places himself or herself on a pedestal and looks down at you. You may feel you are competing with this person in every situation. Narcissists are often unwilling to compromise, lack insight and empathy, and want to be the centre of attention. They may ruin special occasions, such as your birthday or a milestone in your professional career, because they constantly need praise, even when it is someone else's time to shine. A narcissist actually hates himself or herself. Narcissists have very thin skin that is easily pricked and easy to get under, which releases rage and hate because their self-esteem is marginal. Narcissists are willing to destroy everything and everyone around them when they feel hurt or rejected.

4. The Stonewaller

Stonewalling refers to the act of refusing communication to evade the issue. Many people may have heard of a stonewaller—a person who refuses to engage in conversation or share feelings when important issues come up. This often makes the other person feel insignificant and unworthy of honest communication. The stonewaller may come off as cold and refuse to admit there is a problem, but refusing to communicate creates negative feelings and barriers that make it difficult to further a successful relationship. Additionally, it can cause you to harbour feelings of resentment and guilt. If you are trying to communicate with a person you know well and he or she refuses to be honest and open with you, you may want to reconsider why you are in that relationship in the first place.

By not responding to your question, the stonewaller's non-communication makes you frustrated and angry, because he or she won't engage in the expected interpersonal discourse.

5. The Antisocial Personality

Antisocial Personality Disorder (ASPD), as defined in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), includes the traits of sociopathy (thought to result from social conditions such as childhood abuse, and characterized by explosive and sometimes violent behaviour, but still presumed to possess the capacity for empathy and remorse) and psychopathy (feeling no remorse or empathy, taking advantage of others legally, and often involved in fraud or other white-collar crimes with varying motivations including greed and revenge).

We all have tendencies for various personality traits, which may be why the general public can be seduced by such people—we see ourselves, at least in part, in ASPD behaviour. We also forgive and even welcome people with ASPD as we have forgiven and welcomed ourselves—a tenet of Judeo/Christian and other religions. However, psychopaths are psychological chameleons who act the required emotional part to manipulate each situation and interaction for money, sex, power, ego gratification, etc. They are often so skilled that their victims are unaware of what is happening. This psychologically predatory behaviour can only be prevented by skilful inquiry into the history of pain and suffering the individual has left behind. Not surprisingly, most people don't believe this and discount the evidence until it is too late. The psychopath's "love" is mainly concern for control, adulation, and power, which are hidden under the cover of their book.

A full-page background image featuring a depiction of Jesus Christ with long brown hair and a beard, wearing a white robe. His arms are outstretched, and he is surrounded by a bright, fiery, orange and yellow glow that resembles flames or a heavenly light. The overall tone is dramatic and spiritual.

SOMETIMES YOU CAN ONLY FIND HEAVEN

BY BREAKING AWAY FROM HELL



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Maar net mens

Depressie(f)

Ek wil nou nie die draer van slegte nuus wees nie, maar as ek aan iets dink moet ek daaroor skryf. Daar was nog altyd depressielyers onder die mensdom. Dis nie nuut nie. Wat ek wel dink nuut is, is die aantal depressielyers wat ongediagnoseer van een dag na die volgende dag strompel.

Hoewel daar baie redes vir hierdie probleem opgenoem kan word, gaan ek slegs fokus op twee. Die Covid-sirkus het hierdie toestand 'n ongekende hupstoot gegee. Mense is finansiële, fisies en geestelik afgebreek. Wat die redes vir hierdie grootskaalse aanslag op die mensdom was, is 'n ingewikkelde gesprek waarby ek nie nou betrokke wil raak nie.

Ek ken heelparty mense wat na Covid verander het, hulle is nie wie en wat hulle voorheen was nie. Hulle is afgeleef, uitgeput en gaan skynbaar net deur die bewegings waardeur ons moet gaan om aan die lewe te bly. Hulle leef nie meer nie, hulle oorleef net.

Nou word ons verder getakel deur beurtkrag. Ek skryf juis hierdie stuk omdat ek vandag die gevaarligte in my eie kop gesien flikker het. Ek is nie bang of skaam om dit te sê nie. Ek was nog altyd net eerlik en reguit met julle. In my geval gaan die krag af vir beurtkrag en dan kom die krag soms nie weer aan wanneer dit veronderstel is om aan te kom nie, ander kere, soos gister gebeur het, kom die krag aan maar dis beperk. 'n Paar ligte kan aangeskakel word, maar die yskas en ketel kan nie aanskakel nie. Teen 22:00 gisteraand het ons na 'n hele dag se wispelturige kragtoevoer weer volle vloei gehad. En toe gaan die krag om 01:00 weer heeltemal af. My foon is net half gelaai, ek bekommer my oor die kos in die vrieskas en Vroulief is nie eers lus om op te staan nie omdat sy nie haar hare kan droogblaas na sy gestort het nie.

Ons was vandag nie veel tuis nie, maar vyf minute nadat ons by die huis aangekom het en ek my foon gou op die laaier gesit het, het die krag weer afgegaan vir beurtkrag.

Wat hierdie gemors tot gevolg het - in my geval - is dat ek kwaad raak. Ek raak lankal nie meer kwaad vir die onbevoegde swape wat oor ons aangestel is nie, ek raak kwaad vir diegene wat vir jare lank die koms van die wonderlike Reënboognasie gevier het. 'n Gedrog wat swart, wit, bruin en geel in hierdie land benadeel. Ek raak kwaad wanneer die Springbokke wen en mense sê: "Dis net wat ons nodig het om weer die bande van nasie-wees te smee." Lewe hulle in dieselfde land as ek? Is hulle blind vir die gemors waarin ons sit? Solank die Bokke wen maak niks anders saak nie. Dis hoe dit vir my lyk.

Dan raak ek stil en dink aan die onskuldiges wat nie toegang tot 'n kragopwekker of sonkrag het nie. Vir hulle beteken 'n wen op die sportveld deur mense wat eintlik maar net hulle werk doen niks nie. Daardie wen vervang nie hulle vernietigde vleis nie, die pragdrie skakel nie hulle ligte aan nie, die duikslag wat 'n seker drie gekeer het sit nie 'n enkele sent in hulle sakke nie. Die oomblik van glorie is soos 'n dwelm. Na 'n uur is dit uitgewerk en dan is jy terug in jou realiteit.

Waarheen van hierdie punt af? "Ek slaan my oë op na die berge, waar sal my hulp vandaan kom?" Dan besef jy meteens dat hierdie wêreld nie ons eindbestemming is nie. Dis 'n plek waar God se kinders vervolgt word, nie omdat Sy kinders die groot teiken is nie, maar omdat die wêreld vir God vervolgt. Dis 'n stryd tussen Lig en Duister. Soos 'n hondjie wat blaf vir die donderweer en niks daaraan kan doen nie, blaf die Satan en sy arbeiders teen die Koninkryk van God met dieselfde resultaat.

Dis al waaraan ons as gelowiges kan en moet vashou, dis al waaraan ons hoef vas te hou. Dit voel nie aldag so nie, maar ons is reeds in die wenspan. God het deur Sy Seun Jesus die dood oorwin. Die slegte dinge wat ons nou deurgaen, is bloot die laaste stuiptrekkings van 'n bouse vyand wat lankal reeds weet dat hy verloor het. Met hierdie gedagte kan ons uit ons doppe kruip en in plaas daarvan om net te oorleef, net vas te byt, kan ons blom en in dankbaarheid leef. Deur Christus is ons reeds oorwinnaars. Moenie toelaat dat jy in donker plekke ingetrek word nie. Dis veel makliker om daaruit te bly as om daaruit te kom.

Hou vas aan God en jy sal sien hoe jou laste verdwyn.

Leon Cornelius
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Die Banneling

Ook op die terrein van die Vrouemonument in Bloemfontein, staan hierdie merkwaardige standbeeld in stilte.

Hoe tragies is hierdie standbeeld? So realisties, so eg, so naby aan die waarheid dat selfs 'n eenvoudige foto daarvan verskillende emosies kan losmaak.

Slegs 'n paar meter vanwaar die Bittereinder op sy perd sit, staan hierdie man en seun en tuur in die verte na hulle land wat al hoe verder wegraak soos hulle per skip weggevoer word na die vreemde, na 'n krygsgevangenkamp ver weg van alles wat hulle ken en liefhet.

'Die Britte het tydens die Tweede Vryheidsoorlog nagenoeg 27000 Boere gevange geneem, waarvan ongeveer 24000 weggevoer is na plekke soos St. Helena, Bermuda, Bombaai en Ceylon. 577 van hierdie gevangenes is in die vreemde oorlede - met erkenning aan M.C.E van Schoor soos neergepen in "Die Bannelinge".'

Daar in die vreemde moes hierdie mans en seuns in hulle verbeelding hulpeloos toekyk hoe hulle geliefde Boere-Republieke tot op die grond afgebrand word. Hulle moes sekerlik die gruverhale van die Britse Helkampe gehoor het en al wat hulle daaraan kon doen was bid, huil en hoop vir die beste.

Die Bannelinge se verhaal maak 'n beduidende deel uit van die tragiese gebeure vanaf 1899-1902.

Leon Cornelius



Die Setpil

Ek het niks met die skryf van die stuk te doen nie, dis een van daai wat die rondtes gedoen het per e-mail. Skrywer onbekend

Nogtans is dit veral dié tyd van die jaar van toepassing, met al die geëet tydens die feestyd. Geseënde Kersfees aan almal, ry versigtig en geniet die rustyd saam met die familie.

Ai, niks in die lewe bring groter vreugde vir 'n moeë Kapenaar met 'n vis-en-hoenderdieet as 'n langnaweek in die Karoo of Vrystaat nie. Die oggend, middag en aandvleisvure brand hoog en die vet drup uit die vakansiebaarde, dis 'n geil besigheid man, geil sê ek jou, geil. Jou beker loop oor. Soggens is dit skaapniertjies, middae skaaptjops en saans ietsie kleins soos 'n steak of varkboudjie. Hier beteken 'n gebalanseerde dieet 'n tjop in elke hand. Tussendeur word daar aan springbokbiltong of geelvet beesbiltong gekou om die kieste in oefening te hou.

Soos met alle goeie dinge kom daar 'n einde aan alles. Die terugtog Kaap toe kom soos 'n dief in die nag. Daar word uitgestel en weggepraat maar vader tyd het gesê dis Sondagmiddag en so sal dit wees. Na 'n skaapvleis ontbyt word die langpad gevat met skaapboud-toebroodjies, biltong en droëwors vir padkos. Voetslepend en klaend word die tasse gepak en gelaai en met stroewe gesigte word die familie gegroet.

Die stilte in die motor is oorverdwend wanneer ons die N1 vat terug Kaap toe. Edenburg, Trompsburg, Colesberg, Spietkop, Hanover, Spietkop, Richmond, kamera, flits die dorpe verby. Drie Susters..... amper halfpad en die Sondagmiddag trek lang skadu's oor die Groot Karoo. Ai, as ons maar al die skapies langs die pad kon saamvat vir die mense in die Kaap. Hulle weet nie wat hulle mis nie. Glo mos net aan vis en hoender. Hoender is mos die nasionale voël van die Wes-Kaap.

Na Drie Susters kom ek agter daar is fout. Grooooooot fout!!!! 'n Pyn van epidermiese proporsies skiet my regterenkel binne. Dit moet 'n beroerte wees!!! Ek sweer dis 'n hartaanval..... my hart sit juis in my skoene. Kry mens miskien 'n voetaanval, bosluisvoet of slangvoet? Die moontlikhede is legio. Die pyn neem alles oor. Die kinders wonder of pa krismis gaan haal. Liefie wil weet of ek koors het. "Bel die dokter" is al wat ek uitkry terwyl ek stotterend asem probeer kry en my lewe by my verbyflits. Ek trap die petrol dieper in met my linkervoet terwyl trane saggies oor my wange rol. Hoekom is die Kaap so vêr??

Vroulief bel die dokter wakker uit sy Sondagmiddagslapie. Dis NOOD broer. Sy vertel in kort, afgemete sinne wat haar diagnose is. Dok vra hieroor en daaroor en waar die pyn is en of daar ou rugbybeserings is in die regtervoet. Dan 'n lang stilte. Ons albei verwag die ergste en ek ry stadiger om die skok beter te absorbeer. "Nee" sê Dok, "as dit so pyn en die pyn daar is en julle die en daai geëet het, daar geen koors is nie, die pyn nie "loop" nie, dan lyk dit na ghout."

Wat het jy in die kar? Het jy enige iets vir kinders vir karsiek?" Dankie tog, dink ek, ons is al by die merriekasie, ons vorder. "O, setpille" hoor ek vroulief sê. "Hy moet ten minste 100mg inkry". "Maar ek het net 15 en 20mg pilletjies" hoor ek vroultjie sê terwyl ek hard dink hoe ek die klomp pille gaan opkry. Synde Dok op "loudspeaker" is, kan ek darem self in my toestand uitwerk hoeveel keer gaan ek die prosedure moet doen. Toe Dok aflui staan ek dadelik vas – my agterkant is 'n "one-way" en ek het ook 'n binneste – "Sal wag tot op Beaufort-Wes, daar behoort 'n noodapteek te wees" sê ek kortaf en handel daarmee die gesprek af ter wille van die kinders. Op Beaufort-Wes is 'n noodapteek so skaars soos reën. Niks oop op 'n Sondagand nie. "Druk maar deur Kaap toe" kners ek tussen my tande uit.

Ek sit nou al kaalvoet met die lugreëling vol oop op my voet. Vroulief maak die kinders en haarself onder kombersies toe maar sê eerder niks nie. Ek wil my voet vries sodat ek hom kan afbreek en in die kar se boot terug Kaap toe ry. 'n Man het sy trots en ek is geen hoender wat klein pilletjies agterstevoorum pik nie.

Die Setpil (cont.)

Op Leeu Gamka is al my manlikheid daarmee heen – alles is wit van die pyn. “Vrou gee maar – dit is nou of nooit, en ek “nou” liewer as “nooit”. Vroulief fynkam haar “toolbox” en kom met die fantastiese nuus – “Hiers nog ‘n 100mg setpil”. Dankie tog. Elke pyn het sy eie gewig. My pyn voel baie swaarder as 100mg maar met pilletjie in die hand bestorm, of was dit nou bekruip of huppel ek na die plek van verligting by die Ultra City. Hierdie ding moet net werk, dink ek by myself en probeer moed skep en myself opwerk en motiveer vir dit wat voorlê. Ek worstel en sweet, maar ek weet hy MOET in, my moed gaan dit nie ‘n tweede keer maak nie. Dit voel vir my of ek die “bulls eye” van ‘n dartboard van die agterkant af op een been moet kry terwyl ek die ander mense in die kleedkamer met fyn en sagte kreungeluidjies vermaak. Die ding voel soos ‘n pynappel.

Na dit vir my gevoel het soos ure se gesukkel is ek terug kar toe en ons vat die pad verder Kaap toe. Die kinders wil weet hoekom pa se oë so groot is en of ek vir hulle Rooikappie en Wolf gaan opvoer om die pad om te kry. Niemand sê verder iets nie en tot vroulief bly tjoepstil, sy weet wanneer vraetyd verby is. Dit is so stil in die kar dat die kinders snoesig aan die slaap raak. Ek sit nog steeds met my pyn en trap die petrol al hoe dieper om in die Kaap te kom. My voet pyn en my agterstewe brand soos ‘n koeëlwond. Ek voel vuil en die gebeure in die toilette op Leeu Gamka is vir ewig in my geheue ingeprent. Wonder of ek nie ‘n sielkundige moet gaan sien as die pyn eers weg is nie?

By Laingsburg probeer vroutjie ‘n geselsie. “Voel jy al beter, Skat?” “NEE, maar dis ‘n verdomde skerp pil daai.” Ek is sommer vies in vir als wat wit jasse dra. “Wat bedoel jy met ‘n skerp pil?” wil vroulief weet. “Daar is dan blerrie alluminium om die pil man. Ek moes die pil omtrent pannelbeat om die meeste van die skerp kante plat te kry. As ek die ding net so in my agterend gedruk het sou ek my teen die tyd al inwendig doodgebloeit het” verduidelik ek.

Die volgende oomblik smaak dit vir my vroulief het as selfmoordbomplanter by Elkaida gekwalifiseer. Sy ontplof dat die kinders se lyfies so ruk en hulle met hulle handjies bokant hulle koppe gryp in hulle slaap. Ek het haar laas so hoor lag toe sy gehoor het van haar eerste swangerskap. Sy sien die moerse vraagteken op my voorkop en sy bulder dit uit: “JY MOES DIE ALLUMINIUM AFGEHAAL HET!!!!!!!!!!”

Met die trek sy haar selfoon nader en ek weet die storie word nou weer vir al haar vriendinne vertel. Dat die verskriklikste pyn in my voet en ‘n brandpyn in my agterstewe nou vir iemand so snaaks kan wees. Ek moes myself verdedig. “Maar ek dog dit werk soos ‘n kapsule. Mens breek mos nie ‘n kapsule oop nie, netnou vergiftig jy jouself met ‘n oordosis, die besigheid moet mos stadig mens se sisteem bekruip.” My manlikheid en intellek is daarmee heen. Die hele wêreld gaan dit ook nou weet. Vroulief mishandel behoorlik die selfoontjie om die nuus oor die heelal te versprei terwyl sy saggies, amper geheimsinnig giggel en geluidjies van plesier maak. Ek kry simpatie met mans wat hulle vrouens piets....

Dok is natuurlik die eerste om van my ongelukkie te hoor. Hy kan sommer my lyding oor die internet uitblaker en die eer kry vir die beste mediese joke van die maand. Dokters is almal eners. Geen setpil sal ooit weer dieselfde wees nie. Hoe gaan ek die wêreld weer in die oë kyk? Gaan ek ooit herstel van my ure van lyding en vernedering in die toilette op Leeu Gamka? Ek raak hartseer en verlang terug na die tere liefde en simpatie van my moeder.

Volgende oggend is ek natuurlik ‘n “celeb” by die werk. Almal wil net bemoedigend aan my vat of ‘n ou geselsie aanknoop. Wil weet of ek nou ‘n “stainless steel silencer” het. Ha ha ha – lag vir jou gwar man! Ek wens julle kry die pyn wat ek in my voet gehad het in julle “silencers”, dan praat ons weer. Blerrie klomp ape!!!

Ek weet nou nog nie of die setpil gewerk het nie. Ek sal moet wag tot al die aluminium “corrode” het.

Racheltjie de Beer

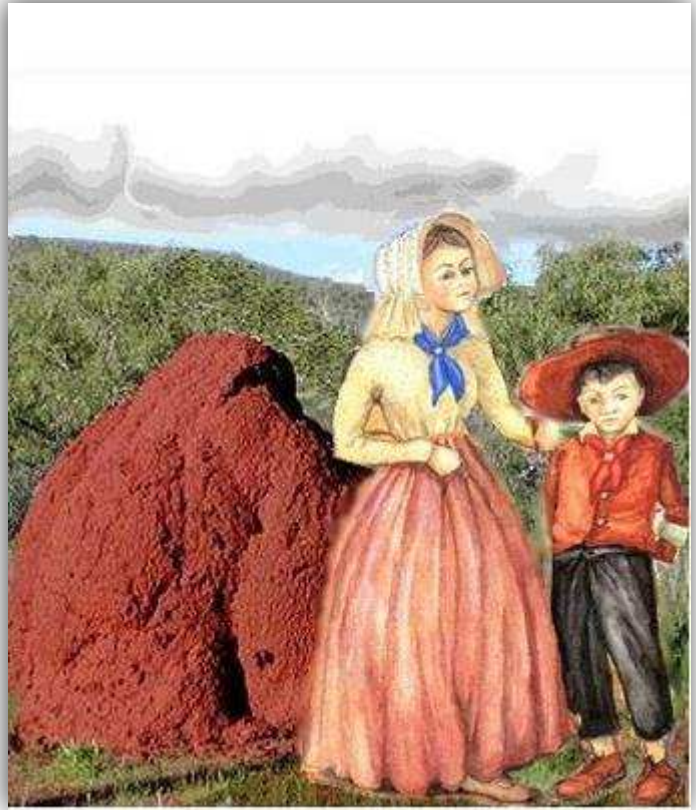
In die geslagregister van een van die families De Beer in Suid-Afrika verskyn die naam van ene Dapper George Stephanus de Beer, wat in 1794 gebore is. Of Dapper toe sy voornaam gestand gedoen het, weet ons nie, maar iemand wat lank beskou is as waarskynlik 'n nabye familielid van hom, word vandag steeds deur baie mense gehuldig as een van die heldhaftigste figure in die geskiedenis van Suid-Afrika.

Geslagte Afrikaners het immers grootgeword met die verhaal van haar heldedaad. Wat dit des te aangrypende gemaak het, is dat sy 'n blote melktand-tienertjie sou gewees het toe sy haar eie lewe sou gegee het—om die lewe te red van haar sesjarige boetie in 'n snerpand koue winter-nag in die veld.

Haar verhaal lui só:

Haar naam was Racheltjie de Beer. Dit was 1843, toe die trekkers van die Groot Trek nog moes spartel om hul staatkundige ideale te verwesenlik en baie boere steeds nie 'n blywende holte vir hul voet kon vind nie en aan die rondtrek was om siel en liggaam aanmekaar te hou. Só was die De Beer-gesin op trek uit die Vrystaat na die destydse Suidoos-Transvaal op soek na grond.

Een nag staan die gesin toe oor in die veld op 'n welwillende boer se plaas. Die beeste is aan die einde van die dag in die takkraal gejaag, maar een kalfie is soek. Die De Beer-kindere is baie geheg aan hierdie kalfie en noem hom Frikkie. En dit kan nie hoër of laer nie, elkeen wat kan, moet na die vermiste Frikkie help soek.



Onder die soekers is ook Racheltjie en haar kleinboet. Waar kan Frikkie tog wees? Die kinders dwaal rond, roep waarskynlik keer op keer Frikkie se naam uit, maar hul geliefde dierevriendjie is nêrens te vinde nie. Maar in hul jeugdige onverantwoordelikheid raak hulle geskei van die ander soekers. Die skemer vou hulle toe, sneeu val uit die groue hemel en Racheltjie en haar boetie besef hulle is verdwaal.

Racheltjie is verstandig genoeg om te weet dat hulle aan die loop moet bly, dat hulle kan verkleum as hulle nie aanhou beweeg nie. Maar uiteindelik kan hulle nie verder voortploeter deur hierdie verskriklike koue kapoknag nie. Hoe nou gemaak?

Racheltjie kry 'n plan. Sy moet ten minste haar boetie van 'n gewisse dood red, al moet dit beteken dat sy haar eie lewe vir hom neerlê. Sy vind 'n miershoop wat deur 'n erdvark uitgehol is. Sy trek haar klere uit en trek dit vir haar boetie aan. Klim in die miershoop in, sê sy vir die seuntjie. En toe hy dit doen, gaan lê sy voor die holte en beskerm hom met haar naakte liggaampie.

Dis hoe die grootmense die kinders die volgende môre gevind het: Racheltjie met haar brose lyfie verkleum en leweloos voor die bek van die uitgeholde miershoop in die veld. Haar boetie was styf van die koue, maar hy het gelewe.

En Racheltjie de Beer was maar net 'n meisietjie van twaalf.



Life is full of faith stealers like doubt, stress and uncertainty. Perhaps the most common and harmful of these, though, is fear and its physical manifestations of anxiety. Fear is our human response to situations we don't understand and over which we have no control. When this is our reality, we peer into the future and try to see what's ahead of us and what we're able to distinguish in the darkness and shadows leaves us crippled by fear and anxiety.

Fear is part of the enemy's arsenal to wreak havoc in our lives, ultimately, diminishing our faith. The enemy is masterful at deception and so his strategy is to cause us to focus on our fears: **False Evidence Appearing as Reality**, instead of the One in whom our faith rests, Jesus Christ. When we submit to fear and allow our minds to become controlled by it, Satan has influence.

So, how do we wrench our fears from the control of the enemy and bring them under the authority of God? In **Psalm 56 v3**, *David says, "When I am afraid, I will trust in you."* **When**, not *if*. He understood that in the fallenness of our world, we are going to be tricked by fear. David's response was to turn towards God and to cling to Him with childlike faith, utterly secure in the knowledge of God's love. Expose the lies that the enemy plants in your mind, by exercising faith in the truth contained in scripture.

Fight lies with truth. Only God knows everything: past, present and future.

Known to God from eternity, are all His works. We can't begin to fathom the depths of His knowledge and understanding (**Romans 11v33**). *v33 Oh, the depth of the riches of the wisdom and knowledge of God! How unsearchable His judgements, and His paths beyond tracing out. v34 Who has known in the mind of the Lord? Or who has been His counsellor?* So when the enemy corners us into a fear that is only a vague possibility in the future, fight it with truth-based thinking. Use scripture to nullify the lies. Let's build up our collection of scriptural understanding. Even if all that is left in our faith tank is the smallest whisper of faith, it is enough in the hands of an all-powerful God.

When the Bible speaks of our heart, it doesn't mean our anatomical heart, which beats and pumps blood through our body. It refers, rather, to the metaphysical centre of who we are. The heart is the place from which our being, our awareness, hopes and desires are all birthed. It is the place from which we believe, and what we believe determines how we behave. From this place inside ourselves, we truly worship.

Jesus alone is our source of truth. He alone can authoritatively give our heart what it needs. He alone can legitimately instruct us on what we should believe. We were made to worship Him and to find peace and fulfilment in following Him. When Jesus says, "do not let your hearts be troubled," He exercises spiritual insight and authority into our human condition. (1 John 4:4)

V4: You dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world.

Rewrite Fear (cont.)

Fear and lies go hand-in-hand. Our enemy, the devil, loves to lie to us and leave us feeling insecure and afraid. When confronted with fear we must go to Jesus, seeking to hear the truth He speaks authoritatively over our fears, letting His truth disarm the lies that we have taken into our heart. Then, we need to be brave and walk in faith, to take action, demonstrating that we believe God's truth over the lies of the enemy.

Jesus acknowledges the importance of our heart and empathises with what it means to be human. He understands what it means to experience uncertainty, temptation, insecurity, fear and anxiety. So, when He says, "Do not let your hearts be troubled. Believe in God. Believe also in me", He is showing us where to find peace for our weary heart and inviting us into a place of rest under His sovereign authority.

We all experience fear in one way or another. Perhaps you wake in the early hours of the morning remembering that you have a pile of bills waiting to be paid and an empty bank account. Or maybe you don't sleep much at all because every noise you hear reminds you of the time your home was broken into. Sometimes we fear what is to come – an illness, the death of a loved one, being alone. There is also a different kind of fear to consider: many of us live with the nagging worry that if people really knew us, they would be disappointed.

Fear blinds us to the character of our kind, loving and all powerful Father and Lord, which is why the psalmist states in Psalm 27 that all he asks is that he seek after the Lord, dwell in His place, gaze upon His beauty and inquire in His temple. What the psalmist wanted most, in the midst of the fear-inducing turmoil he was facing, was to be near to God and to know Him. He wanted this more than he wanted his problems to be solved.

When we are feeling as if we are overwhelmed by the darkness that fear brings, we should ask ourselves what our heart is desiring. *Are we longing for a glimpse of our Saviour, or are we desperately trying to find solutions to the problems we are facing?* When our gaze is stolen away from the only One who can save us, our heart and mind become vulnerable and can be overwhelmed by fear. God alone is our light, salvation and stronghold. When our eyes are fixed on Him, we can't help but marvel at who

He is and we are able to stand on the firm foundation His love and grace provides, even while the storm rages around us.

Truth is a fixed thing, immovable and unchanging, set into the fabric of life's reality. We can't adjust it or change it. It is not relative to each person's personal perspective. Jesus is the embodiment of truth (John 14 v6) *v6 Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."* His Word, the Bible is a source of truth (John 1 v1) and we need to worship God in spirit and in truth (John 4 v24) *v24 Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me* Finally, the Bible tells us that the truth sets us free, therefore, since Jesus is truth, He sets us free (John 8 v32). *V32 Then you will know the truth, and the truth will set you free."*

Our enemy, the devil, is a liar and a bully. He uses fear to get us to substitute God's truth for lies, and deception, to trip us up in our ability to relate to God, as Jesus intends us to. When God says that all who come to Him are forgiven, the devil whispers, "Yes, but you should have known better. God won't forgive you this time. You keep making the same mistake. Your repentance is not sincere." He sets a false perception that exists only in our minds, one based on a fear of God's rejection of us.

In that moment, we begin to live with a fear that makes us insecure with God, like Adam and Eve in the Garden of Eden. We begin to metaphorically clothe ourselves and try to make ourselves acceptable to God, trying to earn his approval, fearing His rejection. Then, the devil has succeeded in breaking our relationship with God, as we no longer relate to Him in spirit and in truth, but rather in insecurity and deception. We no longer feel comfortable looking Him in the eye, but rather looking down and away.

Rewrite Fear (cont.)

In times like this, we need to train ourselves to cast away our fear and rather rely on God's truth. The perfect love of God for us and the completeness of His forgiveness is not affected by our insecurity, anxiety, or our personal feelings. When we meditate on the truth of God's Word, we can say to those fearful thoughts of rejection, "I don't believe you. I believe in and rely on God's truth. I benefit from what I don't deserve, and fear of God's rejection has no place in me." In that moment fear will be driven out and we will be left with God's perfect love for us, ready to live and respond to it as we should.

People the world over are gripped by fear. Economic and financial pressure, political uncertainties, relational breakdowns, crime, health issues, job loss, rejection, abandonment. All these exist in the realm of "might", "possibly", "could". This is all speculative. When we leave these fears unchecked, when we don't fight fear with faith, we can find ourselves in a stronghold of fear. Capture starts with one subtle lie followed by another, and before we know it, a lie of huge proportions has us in its grip. The enemy uses these strongholds of fear to entrap us and we become prisoners of fear.

Nahum 1:7 *v7 The Lord is good, a refuge in times of trouble. He cares for those who trust Him* says the following,

"The Lord is good, a stronghold in the day of trouble; He knows those who take refuge in Him." To be in God's stronghold is to be fortified in a place of safety and refuge, a place where He keeps the enemy at bay.



In the Biblical account of the children of Israel crossing the Jordan river, imagine their fear as they faced the raging waters of the river. Perhaps they had forgotten that God had delivered them previously, or they doubted that He would do it again. But He did. Once they had crossed over, Joshua issued a command to bring stones out of the river and these were to act as memorial stones to remind people forever afterwards that God would never forsake them in their time of trouble.

Fight your fear with faith by immersing yourself in the knowledge of God's character. In His very essence, He is good and utterly trustworthy. Even when you forget His provision in your place of fear, He is gracious in reminding you of His constancy. When you are faced with fear, remind yourself of the times that God has come through for you in the past. Build up your own collection of memorial stones which you can look back on when you are afraid and remind yourself that God is your refuge, a stronghold in times of fear.

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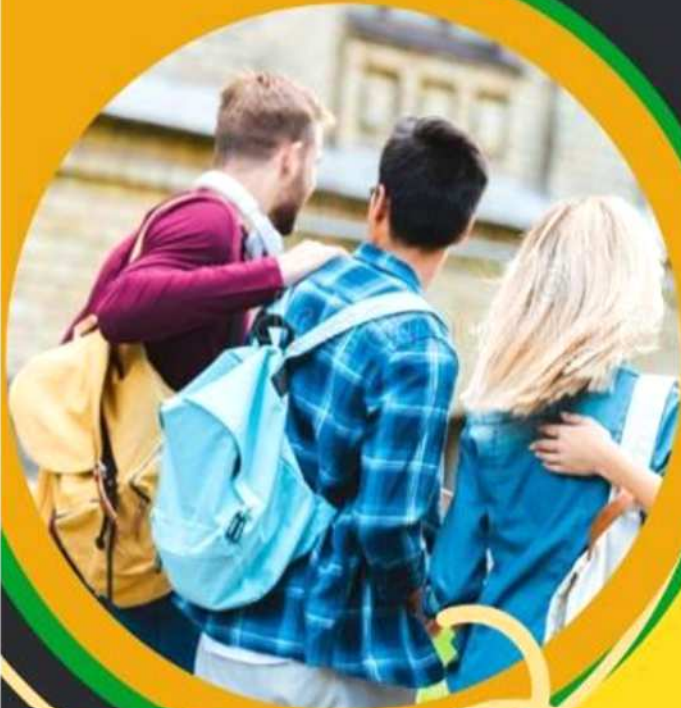


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