

 FREE RESOURCE

Sparkle!

SHINE YOUR LIGHT

CHRISTIAN GIRL DIGITAL MAGAZINE

APRIL 2020

FIRST EDITION

KEEPING FRIENDSHIPS LOCKED DOWN

USING MY TALENTS TO GLORIFY JESUS

STAYING WELL WHILE STAYING AT HOME

2020 THE YEAR TO BE COURAGEOUS

FAITH IT 'TILL YOU MAKE IT!

**"YOU ARE THE LIGHT OF THE WORLD. A TOWN BUILT ON A HILL CANNOT BE HIDDEN."
MATTHEW 5:14**

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Let us know what your favourite feature is and what you would like to read about in the next magazine!

SPARKLE!

Christian Girl
Digital magazine
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welcome!

We're so glad you're reading this when we know that you've probably been going through the most at this point in time. 2020 hit us all with a great awakening. An awakening to the fact that everything can change in the blink of an eye. The current Covid-19 pandemic and all that has emerged because of it, is something that not every generation will experience. And rest assured that God has called us for such a time as this! (Esther 4:14) Father God made sure you were alive during this time because He has a special purpose for your life.

This is the very first edition of Sparkle! Digital Magazine. This digital magazine is a free resource compiled by young ladies that are leaders in their different respective areas. Each writer has a heart for the next generation and have invested their time and gift into specially crafting this resource to remind you that you are the light of the world and the world needs to see your light shine, as the scriptures tell us in Matthew 5:14-16. Be encouraged beautiful daughter of the Most High God, that our Father can use you even in this time while you are at home! He has plans for your life. Plans to prosper you and give you a hope. (Jeremiah 29:11)

During this time, we know you have many questions. All these questions are looming in our minds and with the uncertainty of the times that we are currently living in, there is one thing we can be sure of is that He is faithful even when we are faithless (2 Timothy 2:13), and that He still reigns over the nations and sits on His Holy throne (Psalm 47:8. Jesus is the only unchanging One in the world, He is the same yesterday, today and forever! (Hebrews 13:8) So we encourage you to remain hopeful, courageous and full of the peace of Jesus. Christ in you, the hope of glory! (Colossians 1:27)

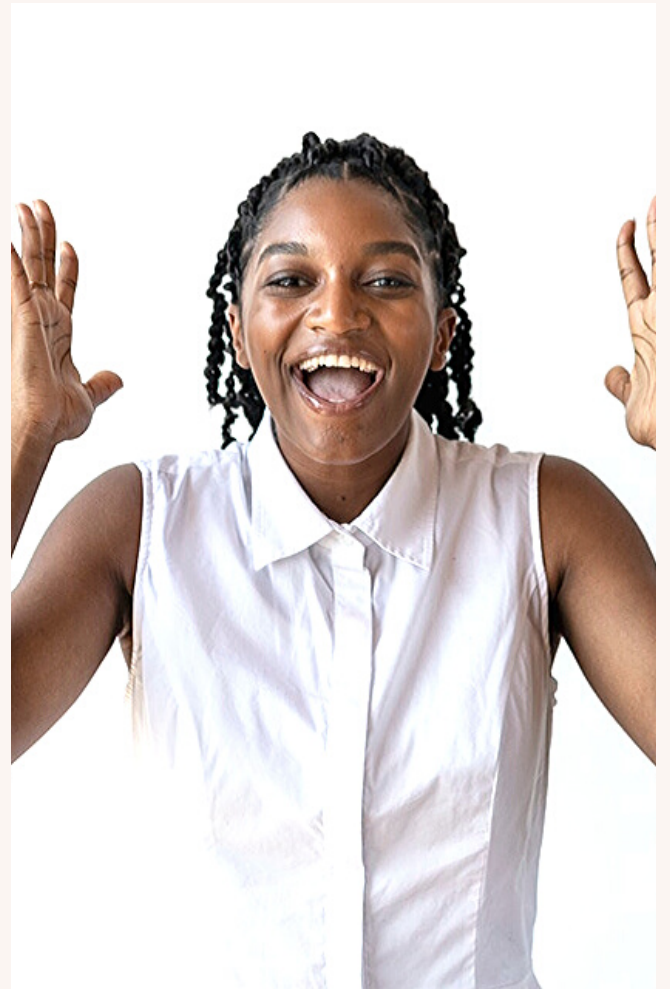
Enjoy the debut edition of this brand new magazine written specially for you, a young lady that loves Jesus! And share it with all of your friends so they too can be encouraged!

Love The Sparkle Team 

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Who is this Jesus?

WRITTEN BY
CHUMA MILLER



“But what about you?” he asked. “Who do you say I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.” Matthew 16: 15-16

He paid it all

I'VE always known about Jesus and the Bible, but it's when I began to have a relationship with Christ that I experienced a personal relationship with him. I never knew that my identity was found in Christ. I never saw my own worth and that's because I didn't know that He sees me worthy. I believe that I'm alive today because of Jesus. When I think of the goodness of God over my life and I stand in wonder daily. This relationship is a relationship that I would not trade for anything and no one. It's such a safe place to be.

When I think of Jesus I immediately think of the cross and the blood that was shed for us. God made the ultimate sacrifice when He sent Jesus to die for us. The bible says, “For God so loved the world that He gave His One and only Son, that whoever believes in Him shall not perish but have eternal life.” (John 3:16) It makes it so real when you understand who Jesus is and what He did for us.

Desiring a relationship with Him

Jesus becomes real for us as young people when we don't just need Him, but we begin to hunger and thirst after Him. As humans, we will always want something or someone to fill us but there's always that gap in our hearts that we can't explain.



This gap can only be filled by Jesus. The word of God says in the book of Numbers 23:19 "God is not human, that He should lie." This scripture also proves to us that God is God all alone. He cannot be compared to anyone. He does not lie, He says what He says and it is always so. Jesus speaks to a Samaritan woman in John 4:14 and says, “whoever drinks of the water I give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.” This scripture proves to us that all we need is in Him and Him alone.

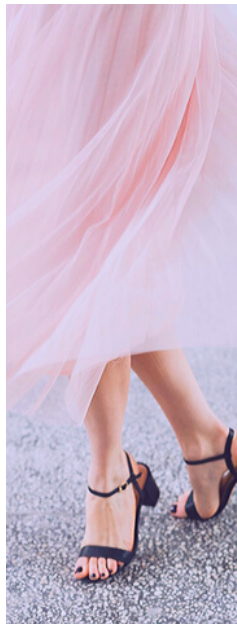
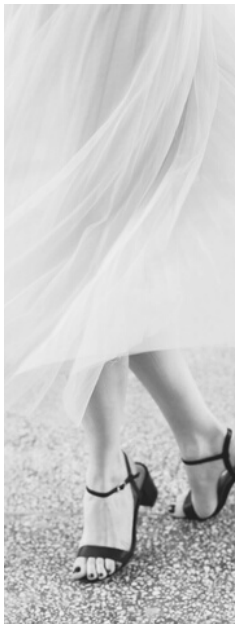
“God made the ultimate sacrifice when He sent Jesus to die for us”

Seeking Him

1 Timothy 4:12 that says, “Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.” As young as you are, you will experience times where you will experience doubt and uncertainty, but this verse tells us that we are not disqualified from knowing and representing Him.

In fact, it is in these doubtful and uncertain moments where we get a chance to get even closer to Jesus. One of the things we can do to grow our relationship with Jesus is to continue seeking Him. It can be through being in His presence or even just finding yourself praying and spending time with Him. You'll begin to see how God will speak to you through things and through people. In the book of Joshua, God instructs Joshua to meditate on His word day and night. (Joshua 1:8) It can be for a minute or even an hour, but the more you intentionally spend time with Him, the more you will hunger for Him daily. Matthew 5:8 tells us that, "Blessed are those who hunger and thirst for righteousness, for they will be filled." God is seeking those that will hunger and thirst after Him and when we do that, He fills up with more and more of Him. He tells us in His word that when you seek Him, you will find Him when you seek Him with your whole heart. (Jeremiah 29:13)

"He turned my mourning into dancing"



He makes all things new

I am a young person that has given up before. I didn't see a reason to live anymore. I didn't live for Christ, I lived just for the sake of living, with no direction or purpose. The relationship that I was in at the time ended and it felt as if my whole world just came to an end. Built up bitterness and unforgiveness clouded my heart, and I just held onto the memory of losing my father who had passed away when I was very young. I felt I had nothing else to live for, so I tried to commit suicide by overdosing on pills. I just wanted it all to be over and never have to deal with the pain inside of me. It was only by the grace of God that I woke up the next morning, unharmed and alive! That beautiful Sunday morning was the day that I gave my heart completely to the Lord. I accepted Jesus Christ as my Lord and Savior. Knowing about Him was not enough, I needed to accept Him and give myself over to Him. It is the one decision that I will forever cherish and hold close to my heart. He turned my mourning into dancing and clothed me with gladness! (Proverbs 20:11) That one decision changed my life completely, and He transformed me into a new person. The Bible tells us that "if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Today, I'm a young woman that loves Christ and I love to serve Him in all that I do. I don't just love Him for what He has done and is still doing for me but I love Him for who He is. Having a relationship with Jesus continues to be such an amazing journey for me because I never get enough of Him. I want to encourage you sister, that you too can become new. Nothing can ever separate you from the love of Jesus. (Romans 8:38) and He loves you just as you are. If you would like to give your heart to Jesus and see Him change your life forever, pray this prayer:

Father God, I come to You in the Name of Jesus. I admit that I am not right with You, and I want to be right with You. I ask You to forgive me of all my sins. The Bible says if I confess with my mouth that "Jesus is Lord," and believe in my heart that God raised Him from the dead, I will be saved (Rom. 10:9). I believe with my heart and I confess with my mouth that Jesus is the Lord and Savior of my life. In Jesus' Name I pray. Amen.

If you prayed this prayer for the first time, please let us know so that we can pray for you and support you. Email us: sparkleteenmag@gmail.com

COURAGE DURING UNCERTAINTY

WRITTEN BY
ALLEGRA CAVALLARI



WE'VE been blessed with this time. Blessed to reflect and look at what God needs us to be more than ever in this world – courageous. I think this world is crippled by fear, fear of disappointment, fear of hate (what people think of us), fear of faith, fear of time, fear of absolutely anything, but fear is a choice. We have the time now to choose where to place our love – in fear or in courage. Courage is taking the time to reflect and choosing to see the world not in fear but in opportunities to love and love something new. God gave us this time to learn to love, to have courage.

"COURAGE IS ALL ABOUT PLACEMENT"

Unlike what many may think, courage or bravery is not in the absence of fear. Although God never intended us to live a life in fear, it is inevitable when faced with our current situations. We are faced with an enemy every day that is unseen and we have no idea how to fight it. Fear creeps in our hearts and overrides hope, but God says faith is not in the absence of fear.




However it is an assurance that fear will pass and be replaced with an incomprehensible sense of peace, peace that surpasses all understanding (Philippians 4:7). Courage is stepping out in faith, placing the fire of fear in faith. Courage is all about placement.

"Peace that surpasses all understanding"

When we think about women who are courageous, we think of women who overcame struggles in their life and didn't give up, or went against the norm and despite whatever anybody else said, went after their dreams. But trust, that their decision to pursue their dreams and keep fighting, was not in the absence of fear. Instead they used their fear to drive them. They placed their worry in God's hands and used it to fuel their faith. Courage was a constant battle for them. It was never a split second decision. Courage is a choice - one that needs to be made often. Courage is every time you get knocked down, getting right back up and saying "I have no clue what I'm doing and I'm scared but I will continue. I will succeed because my God is good." Courage is all about choice.

JESUS IS THE ULTIMATE EXAMPLE OF COURAGE - LOVE IN PLACEMENT, LOVE IN CHOICE, AND LOVE IN ACTION.



The origin of the word Courage comes from the Latin word "cor" which means heart. So it suffices to say that courage comes from the heart - the core of your life and love. Courage is the act of love. Maybe that means knowing when to stand down and when to fight in certain situations. It's loving God and trusting His way over your own despite what's going on around you. It's unconditionally loving those around us. Love in action is courage. Courage is all about action.

Joshua 1:9

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Take courage, therefore take heart. When Jesus said do not be afraid, take courage He meant love! Love despite fear. Jesus is the ultimate example of courage - love in placement, love in choice, and love in action.

Where are we choosing to place our fire for action - in the love of fear or the love of faith?

You see we have a vaccine against fear and it's called Jesus! Faith in Him counters all fear because it injects in us a sense of courage and strength. So we don't have to be afraid or discouraged because our God is with us, in us, and through us we are the courage of the world!



this is me.

Written by
Iolanthe Jansen



IN today's society, labels and brands are used to determine the value of clothing, accessories, cellphones and pretty much everything. We use these labels to identify whether the objects are valuable or not. And we tend to do that with people as well by judging one another based on appearance, what we wear, where we live, what type of phone we have, what hair products we use. We use this as a way to determine whether people are worth our time or not, whether they are on point or not. And this is the total opposite to how Jesus defined people.

If we say we love Jesus and are following Him and He is our true example, maybe we should look at how He defines our identity. Who He says you really are, the true you. Not who your family members think you should be, not who your friends say you should be and definitely not what Instagram, Snapchat and TikTok say you should be.

Let us look at the Bible, our true guide, our GPS. In Psalm 139 we learn that when you feel unknown and unseen that God knows you, He knew about you even before your mother knew you were growing in her womb. That is such a great comfort. Isn't it rad that that God can see what no one else can see? Even your most dorky moments and the most embarrassing qualities about your personality, He knows and sees it and isn't ashamed of you.

The amazing thing is that He is actually genuinely interested in those things that make you, you. The perfectly flawed, growing, changing and amazing you. Yes, you.

When I was young, I had a question about my identity and who I was and where I fitted in. And someone said to me that when you don't know how a watch works, you go to the one who created the watch. Only the Creator knows why He made it and how it's supposed to function. And that's the same way I should discover who I am and where I fit in and the great thing is we have a manual, the Bible, that tells us exactly who we are, what we were created for and what God thinks about us. So the next time you feel unloved, unwanted, unpretty, unattractive or just not good enough. Can you please do me this one favour. Girl, read your Bible!



**"Girl,
read your
Bible!"**

You will see that you have always been known, loved, planned, chosen, seen and cherished. And this is all written in the Bible. So cool, right. Its written there as a reminder, so I want you to highlight it, write it on cards and paste it on your wall, desk or mirror. It doesn't matter where you put it, the only thing you need to make sure of is that you won't forget it.

Read 1 Peter 2:9-10, "...for you are a chosen people. You are royal priests, a holy nation, God's very own possession. As a result, you can show others the goodness of God, for he called you out of the darkness into his wonderful light. Once you had no identity as a people; now you are God's people. Once you received no mercy; now you have received God's mercy." Wow!! Amazing isn't it? You are chosen, you belong, you have value.

If you still don't believe me, let's look at another one. Ephesians 1:11 says "Furthermore, because we are united with Christ, we have received an inheritance from God, for He chose us in advance, and He makes everything work out according to His plan." There is no need for you to worry, He is even working out your life and future.

Ephesians 2:4 " But God, being [so very] rich in mercy, because of His great and wonderful love with which He loved us,". It sounds to me like you are pretty special and awesome to be loved with such a great and wonderful love.

So in order not to forget who you are in Jesus Christ, I want you to read the following Scriptures and create your own daily declaration from them:

Rescued
COLOSSIANS 1: 13

Cared for
1 PETER 5: 7

Adopted into the Kingdom of God
EPHESIANS 1:5-6

Made right with God
ROMANS 3:22

A friend of Jesus
JOHN 15: 14

Chosen
JOHN 15: 16

Forgiven
EPHESIANS 1:7

I AM

A child of God
ROMANS 8:16

Complete
COLOSSIANS 2: 10

Saved by grace
EPHESIANS 2: 8

Redeemed
GALATIANS 3: 13

Healed
1 PETER 2: 24

Eternal
1 JOHN 5: 11, 12

Blessed
EPHESIANS 1: 3



My gifts glorify God



COVER FEATURE
WRITTEN BY WORSHIP LEADER
DEBRAH COERIES

"AM I good enough?" "Will I be able to fit in?" "Am I entertaining enough?" Many times, I've asked myself these questions, wondering if I will ever be able to live up to the unspoken standards of people - my peers, social media, society. I've wondered if my very common talent, singing, could even stand out in this very big world where there are many other talented people, who can sing much better than I. I've wondered if my piano skills could even catch the attention of those who have experienced professional pianists play masterpieces effortlessly. I have used these many thoughts as excuses for not using and showing the talents that God has gifted me with. As I started using them to bring honour to God's name, something in my thinking pattern shifted. "Can my gifts glorify Christ?"

Suddenly 1 Corinthians 10:31 was more meaningful to me, "...whatever you do, do it all for the glory of God." It doesn't say "do it all for the approval of others." Instead, it points me to the One whose opinion matters much more than all the others' which I've placed above His, when ultimately God's is the most important.



"God looks
for wholehearted
worship"

"Suddenly 1 Corinthians 10:31 was more meaningful to me, "...whatever you do, do it all for the glory of God." It doesn't say "do it all for the approval of others." Instead, it points me to the One whose opinion matters much more than all the others' which I've placed above His, when ultimately God's is the most important. God isn't looking for 'the best,' He is looking for someone who will offer what they have with the right heart attitude. For example, the story of the widow in the temple who gave her last two coins (Mark 12:41-44), whereas the other people gave only some of their wealth. She offered what she had, from her heart, in faith.



God is more focused on how you do what you do to bring glory to Him, rather than what you do. This poor widow gave everything that she had. God looks for wholehearted worship in what we give Him, even when we feel that it's not the best compared to what everyone else would say is the best. Humans only see what is visible to the eyes, but God sees into our hearts (1 Samuel 16:7). God has given each person different abilities, whether it's a talent, a skill or even a spiritual gift! Many people use their gifts to elevate themselves, which usually results in them drifting further and further away from God. Wanting to promote oneself above others in order to get their recognition or attention is usually a sign of inner pride. Be careful! 1 Peter 5:5 says, "...God opposes the proud but gives grace to the humble." It continues to say in verse 6, "So humble yourselves under the mighty power of God, and at the right time He will lift you up in honour." When we give our gifts back to the One who gave it to us, He will bless us. But we should not only do this for the purpose of looking out for the blessing, we should do it because we want to honour God - from our hearts.

"When we give our gifts back to the One who gave it to us, He will bless us."

Paul reminds us in 2 Corinthians 9:7 that we should not "give reluctantly or in response to pressure. 'For God loves a cheerful giver.'" Again, God is searching for the right heart attitude. When we cheerfully offer our gifts to God, others will notice this and "As a result of your ministry, they will give glory to God" (2 Cor. 9:13). Isn't it amazing that we can draw others to Christ through how we choose to worship Him? Drawing others to Christ also glorifies Him. All the questions that I asked myself were so centred around me, but when I chose to move the focus from myself to God, all these questions started to fade away. Fitting in, being good enough or being entertaining enough didn't matter that much to me anymore. The question that remained was "can my gifts glorify Christ?" I've found the answer to be a big YES! When our focus is purely on bringing Him glory, that is when we truly do! When I truly place all my attention on God, He uplifts me, and this makes me want to do it more and more. Let us focus our attention on Christ, on having a pure heart and honouring Him in everything we do!



LIVING OUT YOUR PURPOSE

WRITTEN BY
LUCINDA OCTOBER



purpose

noun

1. the reason for which something is done or created or for which something exists.

According to the Oxford dictionary, the definition for purpose is the reason for which something is done or created or exists. So if you are created by God, you must have a purpose. The Bible says that you are Gods handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. God created you therefore you are not an accident or mistake. God has a plan for you therefore you have purpose. He planned your destiny way in advance.

Jeremiah 29:11 also speaks about the fact that He has plans to prosper you and not to harm you. John 15 describes Jesus as the vine of which we are the branches. It also says that in order for our branches to bear fruit, it needs to be connected to the vine. So in order for you to fulfill your true purpose you need to stay connected to Christ. You need to read His Word to know what His good and perfect will is for your life. You need to communicate with him through prayer in order to hear His heart for you.

Once you have found the source and are connected to Him then only can you fulfill His purpose for your life. God has surely created you for a time such as this. You were born to stand out, to shine your light and be awesome.

Even though our world is facing a very difficult time right now and things are very different, you cannot go to school, you can't see your friends in person, you can't go to youth and your parents can't go to work.



That does not mean that there is no purpose to your life. When God created you for a purpose, He put things inside of you in order to fulfill that purpose. So despite what is happening around you, that which He has placed inside of you is still there, and now is the time that you can use it and glorify the Father.

The bible says that we are salt of the earth and the light of the world. It also says that we must let our lights so shine before men so that our Father in heaven can be glorified.

Now is your time to encourage others, now is your time to help in whatever way you can, now is your time to listen to others that are going through the most, now is the time to be supportive and be a real friend and sister, now is the time.



"NOW IS THE TIME TO BE SUPPORTIVE"

Here are some practical ways that you could let your light shine in this time:

- **Share an encouraging scripture with family or a friend Call, send a message or video call to check up on someone Pray continuously for our world, its leaders and governments**
- **Pray continuously for doctors, nurses, and all essential service workers**
- **Pray for those infected and affected by the virus**
- **Offer support to your school friends who might be struggling in some subjects by starting a WhatsApp group or exchanging study notes**
- **Encourage or suggest to your family to have prayer sessions together**
- **Assist at home with chores and tasks**
- **Help your younger siblings with school work, especially if your mom or dad are working from home**
- **Spend time reading the Bible**
- **Be grateful for what you have**

Use this time to bring forth that which God has placed inside of you. Discover your purpose and fulfill it. You will experience a joy that is everlasting and a peace that surpasses all understanding because you are doing the will of your Father.

FAITH IT

WRITTEN BY
Ally Hill



'till you make it!

“Your most profound and intimate experiences of worship will likely be in your darkest days- when your heart is broken, when you feel abandoned, when you’re out of options, when the pain is great, and you turn to God alone” - Rick Warren.

IN the current state of the world we live in, suffering is a hard-core reality. The Corona Virus has resulted in many of us (I for one) walking in the spirit of fear, intimidation, depression and oppression; all of which go against what we as children of the most High are meant to be walking in. I found myself doubting whether God really is who He says He is; and a small whisper at the back of my mind, uttered the words Jesus uttered in Matthew 8, leaving me weeping before the Lord: “O you of little faith, why are you so afraid?”



“God knows that we cannot do this journey called life on our own”

Hebrews 11:1 teaches us that faith is the substance of things hoped for and the evidence of things not seen. After having meditated on this scripture for some time, the Lord took me to the book of 1 Kings Chapter 19. This is the story of the triumph of Elijah over the false prophets of Baal. Ahab, the king of Israel, told his wife Jezebel what had transpired; who then threatened to take Elijah’s life. Elijah panicked, got scared and ended up running off into the wilderness.

In the wilderness, Elijah cried out to God to take His life. It was at that moment that the angel of the Lord appeared to Elijah and commanded that he “get up and eat.” Elijah obeyed this command and then went back to sleep. The angel then appeared a SECOND time and said “get up and eat for the journey ahead is too much for you.” Now I don’t know about you, but the fact that the angel appears a SECOND time to reiterate the importance of being fed and then adds that the journey ahead is too much for him, speaks volumes to me. You see, God knows that we cannot do this journey called life on our own. This account therefore teaches us the importance of remaining nourished, both physically and spiritually.

You see my fellow sisters, I firmly believe that, back in the Old Testament God was depicting to us what faith is. A synonym for food is substance (which feeds the body), and furthermore if we look at this spiritually, a synonym for substance is ‘the word’.

"we have to intentionally fill ourselves up with the word of God daily"

John 1:1-3 states that "in the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through Him all things were made; without Him nothing was made that has been made." This therefore reveals to us the importance of edifying ourselves daily. These past 21 days may have been the most challenging days of your life, and you may have wondered how you're going to make it, but take heart! Our Father will sustain us to the end. We just have to ensure that we play our part.

You may be asking, what does this look like practically? Well, firstly, the story of Elijah teaches us the importance of being intentional about filling ourselves up with the word of God daily, as this will provide sustenance to face whatever situations the world throws at us. Set up a schedule where you set aside time in your day to let go of all your distractions and merely focus on "being" with God.



Secondly it teaches us that when we are lonely and feel like giving up; God is always there, waiting patiently for us to reach out to Him. We cannot do this without Him. Truth be told, this journey will be tough, and extremely difficult; but if you remain in His word, and soak in His presence daily, no weapon formed against you shall prosper.

Lastly I'd love for you to meditate on the following questions:

- Do I truly believe that God can see us through this pandemic? If there are hesitations, what are the hindrances to my belief?
- What changes need to be made to my daily routine in order to operate optimally in my walk of faith?

We all know that saying "fake it till you make it" right? Well today I'd like to challenge you to FAITH it until you make it.

P.U.S.H

Pray Until Something Happens

Prayer can seem so awkward at times. You might get to a point where you're asking "what do I say?", or "what should I pray about?" We've all been there. Even the disciples had to be taught by Jesus how to pray! Jesus teaches us this prayer model in the Bible:

"This, then, is how you should pray: "Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. (Matthew 6:9-13)

There are methods to praying, and this model should be the basis of every method. The Bible tells us to "pray without ceasing" (1 Thessalonians 5:17)

It is important to pray everyday as this draws us closer to God and draws our attention to the things that matter to Him. The 5 finger prayer method is a practical tool to guide you in praying. Let's have a look at it:



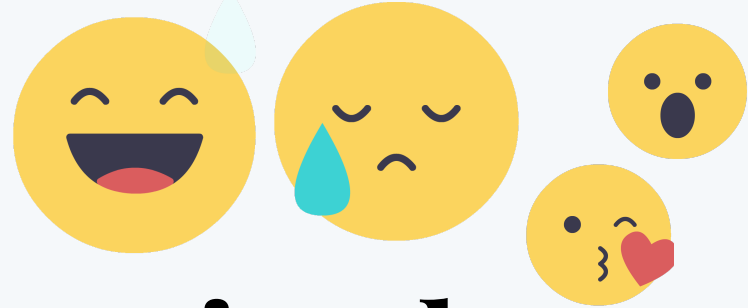
- 01 Thumb: Our loved ones**
Start praying for those who are closest to you. They are the easiest to remember.
- 02 Index finger: The ones who teach us**
For those who instruct and heal you. They need the support and wisdom to show direction to others.
- 03 Middle finger: Our leaders**
As it is the tallest finger, it reminds us of our leaders, governors and those who have authority.
- 04 Ring Finger: The sick and the weakest**
It is our weakest finger. it reminds us to pray for the weakest in society (eg. widows, children, homeless) and the sick or those plagued with problems.
- 05 Pinky finger: Yourself**
The smallest finger should remind you to pray for your own needs when you are done praying for the other four groups.

Staying well

Written by
Registered Counselling Psychologist
Sheri-Ann Pietersen



while staying home



WHAT a strange time to be alive, right? The Corona (Covid-19) pandemic and lockdown of literally the world has been and continues to be a challenging and stressful time. Complying with the regulations: #StayAtHome, school online or on TV, no visiting of friends and no fast-food outlets open. It has been quite a lot of change. Being under lockdown for an extended period is unusual and can be difficult to cope with. The change can cause stress and impact our mental well-being, if we are not aware of how we could cope better.

Stress is a normal part of life. It is our normal response to pressure and it makes us to feel uneasy. A certain level of stress is even necessary in order to drive us into action.

"Change can cause stress and impact our mental well-being"



Therefore, it would be important to take care of your emotional and psychological health and well-being, by keep an eye on the following in order to deal with them appropriately:

- **Feelings of sadness**
- **irritability, anger and confusion**
- **Reduced concentration**
- **Tension (headache, muscle spasms)**
- **Reduced energy (tiredness)**
- **Abnormal sleeping patterns, and others**

It is also equally important to know how to get necessary help if these symptoms are occurring. Having healthy coping skills and strategies is key to dealing with the emotions in a stressful situation. When you are able to manage stress, you feel physically and psychologically better and perform at your best. The book of Proverbs in Bible tells us that a glad heart makes a cheerful face, but by the sorrow if the heart the spirit is crushed (Proverbs 15:13)

Remember that God is our very present help in times of trouble. (Psalm 46) He invites us to come to HIM and HE will give us rest.

How to manage your stress and lift your spirits:



CREATE A PLAN OF ACTION AND STICK TO A ROUTINE:

We can reduce uncertainty by creating a plan of action. This will give you something to look forward to, it builds hope and helps you to keep a vision for the future. Habakkuk 2:2 gives us instruction to have vision: "...Write the vision; make it plain on tablets so he may run who reads it." This is where your creative juices can freely flow as you begin to visualize how you will realize your ambitions. Creating a vision board ([add link: https://www.youtube.com/watch?v=pDhpFXa1jf8](https://www.youtube.com/watch?v=pDhpFXa1jf8)) may give you the energy, and drive you towards positive thinking.

CONNECT WITH OTHER:

Living in this time of social media makes it easier to connect with individuals and still maintain social distancing. The Bible tells us to "encourage one another and build each other up, just as in fact you are doing." (1 Thessalonians 5:11) Feeling like we belong, and part of a group helps us feel less isolated and more able to handle our anxiety. Connecting with others can give us a fresh perspective on an issue and reduce our anxiety so we do not feel alone.

KEEP YOUR MIND AND HANDS OCCUPIED:

By keeping your mind from wandering it reduces distressing thoughts from intruding. The Bible tells us that "whatever your hand finds to do, do it with all your might..." (Ecclesiastes 9:10a).

Negative thoughts can cause distress and when it becomes difficult to manage on your own, do reach out and talk to someone about it. However, you could also try to manage this by also getting involved in uplifting activities such as: doing something with your hands, like planting or drawing. Start a hobby or continue with one or read a book. Finding an outlet for your creativity is another way to manage your anxiety and feel more positive.

ENGAGE IN PHYSICAL ACTIVITIES:

Our bodies and minds are connected in such a way that our bodies respond to the stress we feel. Engaging in physical activities reduces the tension we feel and provides a good distraction for an anxious mind. 1 Corinthians 9:27a "But I discipline my body and keep it under control..." There are many exercise videos and apps online, however an exercise routine could also include playing with the dog, simple stretching, playing "tag" or dancing with a sibling.

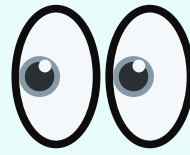
SCHEDULE RELAXATION EXERCISES

When we are calmer, we are able to regulate our emotions better and we are well in spirit. This allows for the ability to identify what we are feeling and rationally think about how we will respond. Some healthy de-stress, relaxation exercises you could try is:

- Positive self-talk: The biggest cause of over stress is our own critical inner voice. Instead of asking "What if I fail?" ask "What if I do great!" Practice telling yourself "I am capable and I will learn this"
- Deep Breathing (Do it for at least 30 seconds-10 minutes) Slow deep breath in through your nose, hold it for a second, then slowly release it through your mouth.
- Progressive muscle relaxation (Deep breath while doing this) Starting at your head isolate and tighten different groups of muscles working your way to your feet. Tighten as you breathe in and release the tension as you breathe out.
- Listen to the lyrics of a worship song.
- Read and meditate on a passage of scripture.



Q&A WITH SHERI-ANN PIETERSEN



Sheri-Ann Pietersen is a registered Counselling Psychologist and works with young people at a South African Public University.



Q: WHO CAN I CONTACT IF I'M FEELING OVERWHELMED DURING LOCKDOWN AND NO ONE AT HOME CAN HELP ME?

“Well, it is important to talk about how you feel with someone whom you trust. We need to talk about it because it helps us to process and work through it when we do. If you find yourself alone at home, you can contact a close friend, confidant, a youth or ministry leader or a family member (perhaps a trusted aunt or uncle), to just share your feelings, concerns and fears about how you are feeling. Remember to practice mindfulness and to follow the suggestions I have mentioned before. If you are still feeling like you are not coping, please do contact a mental health practitioner for psychological services or contact a crisis line such as SADAG for free telephonic counselling session. If contacting is the problem, you can leave your home to go to a doctor's office. The doctor may be able to assist with further arrangements, to get you help.

SADAG CONTACT NUMBER: 0800 21 22 23 (7 DAYS A WEEK, 8AM-8PM)

Q: IS IT NORMAL TO WANT TO BE ALONE WHEN WE'RE ALREADY HAVE TO SOCIAL DISTANCE?

Yes, it's normal to want to be alone at times especially if you are sharing your living space with people and you hardly get time to be by yourself. The reality is that there might be less physical distance as the space or number of people in the space may not allow. Some personal space may be good from time to time. Depending on your personality, seeking solitude may be part of how you function. However, if it is out of character for you to isolate and you find that you are, perhaps reflect on why that is. The Coronavirus needs physical distancing and not social distancing. We still need social interaction but without the physical contact.

Q: EVERYONE AT HOME IS FRUSTRATED WITH LOCKDOWN, HOW DO I RESPOND WHEN THEY TAKE IT OUT ON ME?

We are all dealing with the lockdown in different ways. Some might be feeling frustrated, feeling overwhelmed and stuck. However, it is important to find ways to be at peace with one another, since you are living under the same roof and sharing the same space. It's always best to talk to your family under relaxed circumstances, e.g. during a meal or after a good movie. If possible, kindly explain how their behaviour makes you feel and make suggestions on how you could approach the situation differently. Being able to speak out on your discomforts is important.

KEEPING FRIENDS

despite social distancing...

Written by
Deneal Williams



Friendships change overtime. This is something that life taught me. With every stage of life, you gain new friends, some friends remain and some become distant.

WHEN my family moved away from my hometown when I was 11 years old, only two of my friends really maintained contact with me and are still in contact with me to this day. One even hopped on a bus during the school holidays to come see me! When I started high school, my friendships changed in each grade, the type of friends and what I found important in a friendship changed, and to this day I still have a handful of school friends that are still part of my life.

The wonderful thing about covenant friendships is what anchors them. When your friendship is based on the same morals and values, nothing and no one can tear you apart. Not even social distancing throughout Covid-19! Real friendships outlast any circumstance, and in fact are strengthened during difficulties. It is during this time that we can show our support and be there for one another (even from a distance).



When I think about covenant friendships in the Bible, I always think about David and Jonathan. David had been anointed to be the next King of Israel, and Jonathan's father, King Saul was the current King of Israel. King Saul was not ready to give up the throne and he set out to kill David. But David and Jonathan were best friends, and even in this daunting deathly situation, Jonathan still protected David because he valued their friendship and he was protecting his father from being guilty of murdering an innocent man. (1 Samuel 19:1-7) Although his life was in danger, David knew that he could trust Jonathan with his life because Jonathan loved him as if he was his own brother. (1 Samuel 18:3-4)



"Real friendships outlast any circumstance"

Another example of a great covenant friendship was Jesus and his inner circle, Peter, James and John. Whenever Jesus was about to take on an important assignment, He would only allow Peter, James and John to accompany Him.

For instance, in Mark 5 when the religious leader, Jairus begged Jesus to come heal his daughter, Jesus only let his inner circle go with Him (Mark 5:37). When Jesus went up on a high mountain to pray, He only trusted Peter, James and John to see Him transfigured. (Mark 9:2)



Start WhatsApp workouts

I know that in this time you are not able to see your friends in person, you are not able to go to school and hangout, and make jokes and have fun together, but take heart sister, this lockdown is not punishment, it is protection.

During this time when you're missing your besties way too much, try out these ways' to make it a bit better:

- Start a daily prayer chain together and send one another prayers via voice note.
- Send an encouraging daily scripture or message in your group chats or to individual friends.
 - Discuss scripture daily to strengthen one another's faith and your bond.
 - Write down a list of characteristics that you love and value about your best friends. Write a letter daily to your friends telling them how special their friendship is to you for them to read when you are finally reunited.
 - Create a bucketlist of activities that you want to do together at some point in your life, for example, learn to surf or ride a camel
 - Help one another with homework via video call or chat groups.
- Discuss everyday things like your new routine, what you do as a family or what you did for the day.
- Think of and discuss activities to do together when you are reunited!
- Try a new challenge together, like reading a book a week, or learning a new skill like drawing or writing poems.
- Create a collage of pictures either on a device or in a photobook.
- Start WhatsApp workouts together by sending pictures and instructions of exercise regimes

“We need our inner circle to support us in different situations, and we need to support them too.”



Create a collage of pictures

And lastly, when Jesus went to the Garden of Gethsemane before He was crucified, where the Bible tells us that “His soul was exceedingly sorrowful, even to death...” (Mark 14:33-34) He only took Peter, James and John with Him to the Garden in His most difficult and vulnerable moment. Likewise, we need our friendship circle to support us in different situations, and we need to support them too.

And if I may add- Jesus had 12 disciples, but only 3 of them were part of His inner circle. We need to use wisdom to choose who we allow and trust with our hearts. Not out of judgement, but out of wisdom. Not everyone is in the space to provide the type of support that you might need in this moment, so be sure to show grace and forgiveness.

If anything, social distancing will make your friendship stronger and your bond deeper. And remember that a true covenant friendship based on Jesus can only grow from strength to strength in every hill and every valley.

WE all know that hairstyles come and go. But finding that everyday hairstyle that never goes out of fashion and is easy to maintain is not always easy to find. Have a look at our top 5 timeless hairstyles. After all, the Bible tells us that a woman's hair is her glory for it is our covering...

(1 Corinthians 11:15)



The Rounded Fro

Natural coils and curls are at the top of the style list, with so many ladies choosing to embrace their natural hair. The rounded fro gives shape and cut keeps curls healthy.



The Assymetrical lob

This cut is the most versatile as it goes with any colour hair, highlights and even various lengths. From shoulder to below the ear. It can also be styled in multiple ways.

THE TOP 5 TIMELESS HAIRSTYLES OF 2020



70's bangs

What is amazing about this simplistic haircut is that you can wear it with your hair up or down. It also compliments most facial shapes. It creates a soft and effortless look for any occasion.

"The Rachel"

Named after the Jennifer Aniston's hairstyle in Friends. It's pretty much about good even layers that flow with curled in edges after a good blow-dry.



The One-Length cut

This low-maintenance haircut gives off the blunt effect without chopping off a whole lot of hair to get a bob. This cut is easy to blow-dry and style. Whether you prefer a side or middle path, it still has a smooth look to it.



CROSSWORD + LYRIC REVIEW



Hillsong Young & Free
"Lord send Revival"

The resurrection of
Jesus Christ

Bible Crossword
No.3

Across

- 1 where they laid Jesus after He died (Matt. 27:60)
- 4 the place where Jesus died (Matt.27:33)
- 5 Jesus and two thieves were _____ together (Matt. 27:38)
- 8 mother of Jesus
- 9 The angel said "He is _____ He is not here" (Mark 16:6)
- 10 They made Jesus wear a scarlet _____ (Matt.27:28)
- 12 Jesus was betrayed for _____ pieces of silver (Matt.27:3)
- 14 Jesus was _____ of any crime (Matt.27:4)
- 15 The 12 companions of Jesus

DOWN

- 2 Jesus shed His _____ for our sins
- 3 Judas Iscariot _____ Jesus (Matt. 27:4)
- 5 Roman commander of a hundred men (Matt.27:54)
- 6 Jesus said " My God, My God why hast thou _____ me" (Matt.27:46)
- 7 a title of Jesus (it means anointed one) (Matt.27:17)
- 11 They laid the _____ of Jesus in a tomb (Matt.27:59)
- 12 Jesus wore a "crown of _____"
- 13 our Lord and Saviour

Peace like a river wash over me
Immerse me in water as deep as the sea
Hide me in love Your healing embrace
Peace like a river wash over me
As I worship Your majesty
I worship Your holy Name
Jesus my everything
All that I am is Yours
Come Holy Spirit rain down on me
Break open the heavens and drench the
unseen (oh)

Pour out Your presence
as I pour out Your praise
Come Holy Spirit Lord have Your way
As I worship Your majesty
I worship Your holy Name
Jesus my everything
All that I am is Yours

I worship Your majesty
I worship Your holy Name
Jesus my everything
All that I am is Yours
(Oh Lord Jesus yeah)

Open the heavens
Fling wide the gates
Flood every heart with mercy
Pour out Your presence
Inhabit our praise
As we cry holy holy (this is our prayer)
As we cry holy holy
(Whoa whoa)

Lord send revival
Lord send it now
A move of Your Spirit
Heaven break out
Come now in power
Cover this land
Like You've done it before
Would You do it (oh come on) again

Lord send revival Song review

Grammy Nominated Hillsong Y&F released this timely single just before the world was rocked by Covid-19 at the end of March 2020. With the current pandemic that has flooded the nations with fear, anxiety, loss sickness and uncertainty, this song brings encouragement, hope and trust in our all powerful God. With proclaiming the power of the Holy Trinity by declaring that only Lord can turn this around. This is a great declaration and petition unto God to hear our hearts cry for revival. If you have been feeling discouraged, frustrated, scared or anxious, we encourage you to take sometime and worship God with this song. ❤️