

 FREE RESOURCE

# Sparkle!

SHINE YOUR LIGHT!

CHRISTIAN GIRL DIGITAL MAGAZINE  
JULY 2020

**GBV**

WHAT YOU  
NEED TO KNOW

**GOING AFTER  
YOUR DREAMS!**

**LOOKING  
FOR TRUE  
LOVE**

**THE POWER OF  
FORGIVENESS**

**2020 IS NOT  
OVER YET.**

**SURRENDERING  
OUR WORRIES  
TO JESUS**

**THERE IS STILL HOPE!**

"You are the light of the world. A town built on a hill cannot be hidden."  
Matthew 5:14

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# Hey Sister!



## From the Editor

What a time to be alive! Who would have ever thought that 2020 would start off so great with everyone claiming it as their year of greatness, only for the whole world to be shook three months into the year?

Yes, it has been quite a journey of uncertainty, and 7 months into the year, and most of us can say that we have had to adapt to changes that we didn't think we would have to this time last year. Some of us have been doing the home-school gig, others have gone back to school. Both have different frustrations and worries, but both have taught us more than we could have ever imagined. This reminds me of the story of Joseph in Genesis 50. After seeing what God has called him to, he landed up in a pit and then sold as a slave by his own brothers! He ends up in a foreign land, falsely accused and thrown into prison! Talk about a hard-knock life! But in the end, Joseph realizes that all that he went through in his journey taught him very important life-lessons about pushing through the tough times and trusting God. And despite what He went through, God's promise for his life was still fulfilled. I don't know what you are going through, and each of us have our own circumstances right now, but through it all, we continue to look to The Way, The Truth and The Life, JESUS! (John 14:6) 2020 is not over yet, and God can still turn this around for our good! He makes all things work for the good of those who love Him and are called to His purposes! (Romans 8:28) We love Him and we know He has called us!

In this terms edition, we have more articles with amazing testimonies from our contributors that have taken the time to share their wisdom with you on important Christ-centred topics that we all can relate to. If you would like to know more about a specific topic, please do send us an email on [sparkleteenmag@gmail.com](mailto:sparkleteenmag@gmail.com). We would love to hear what you think, and what you would like to read about!

We want to encourage you to keep looking for the rainbow in the dark clouds sister! Despite the challenges, you can always reflect on your growth. Despite the uncertainty, you can always choose to make the most of the situation. The word of God teaches us that God knows the beginning from the end (Isaiah 46:10), and He knew exactly what you would need to get through this. Continue to look to Him for strength and guidance. (Psalm 28:7-8) Keep shining your light for Jesus and keep sparkling!

**LOVE**

The Sparkle Team 

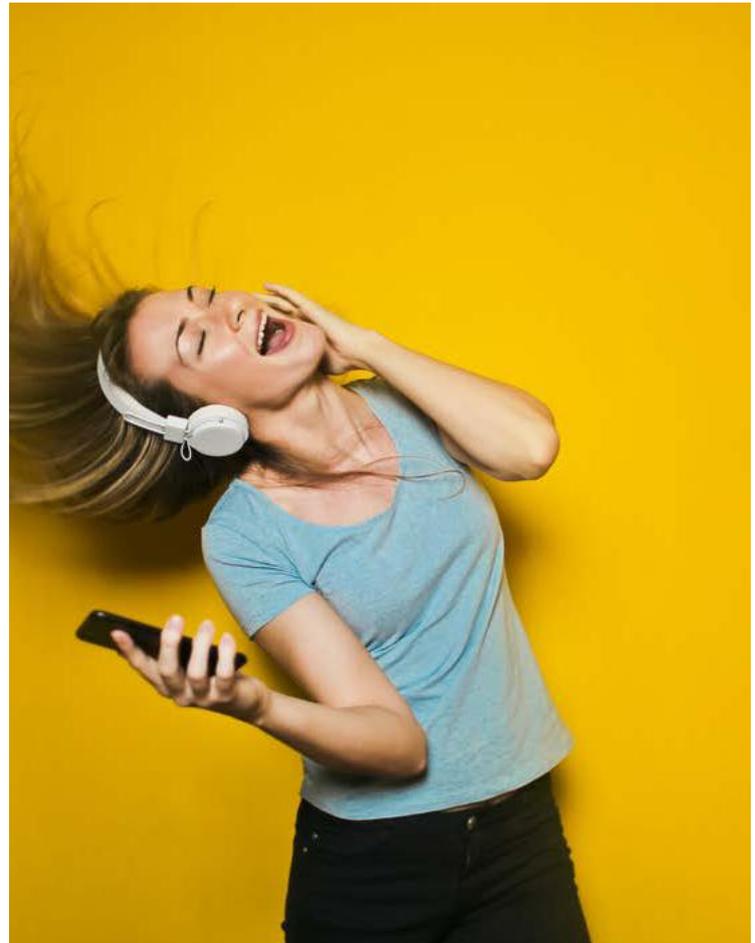
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# Going after your dream

COVER ARTICLE  
WRITTEN BY  
KAMVELIHLE GUNU



Most of us have a dream, something that we are looking forward to or that we are working towards. A dream of how we would want our lives to be in the future, the things we want to do, places we want to go, and even the kind of people that we want to be.

This dream or goal is often and can be inspired by many things or people, and sometimes dreams change. Sometimes a dream changes to something totally different, for example, who I wanted to be in Grade 4 (a teacher) is very different to who I want to be now (an Industrial Psychologist), or sometimes where you dream you want to live one day can change from Cape Town to Paris. What also happens is that our dreams grow, your first your dream might have been just wanting a car and then eventually it becomes very specific type, colour, and even from which car dealership. Whether the dream changes or grows, it simply means that you are changing and growing, as you grow you begin to realize the type of person that you are, what you like and what you don't like, etc. I also just want to mention that sometimes it might feel like you don't have a dream, like there is nothing you want or are looking forward to.



Personally, I believe if you have a purpose, you have a dream. And God has made us all with a purpose, so it only makes sense that we all have a dream. It's just sometimes we don't know what it is or we are not sure. In which case, we can ask the Lord for guidance and assistance through prayer and even people that we trust that can give us guidance about who God says we are, what we want and why we are here. In this process it is important to remember that God has given us the dream, we just have to find it.

"You have got what it takes, and it will take everything that you have got." -Unknown  
This quote reminds me of something someone asked me about my dreams, "what are you doing now in order to get there?" Going after your dreams does not start the day before or even a few weeks before. The work you put into going after your dream is just as important as achieving it.

"...God has made us all with a purpose, so it only makes sense that we all have a dream"



I remember when I went to the regional student convention. Which is an event that took place every year in October, for students in Christian schools around the world to compete against each other in academic and creative activities. If you got 1st, 2nd, or 3rd place in any of the activities you took part in, you would be nominated for an opportunity to go to the International Student Convention overseas. I think it goes without saying, that it was most of the students' dream to get this opportunity. However, when you see the amount of people from all over the world and how talented they are, you can't help but wonder what is so special about your gift or if you've got what it takes, so you end up just leaving it to chance.



On the third and last time I went to convention, I decided that this time I am going to the States. I did a little more than I would usually do. We had teachers that were assigned to help us prepare for the convention but I also got someone outside of the school to just give me that extra edge. She worked me! Where I wanted to be so chilled about it, she would remind me to do it as though I were in front of the judge. As if that was not enough, when I got home my mother grilled me, making me practice at every free opportunity, it was so tiring! I remember the night before I was going to do my poem in front of the judges, I slept very late trying to perfect the performance as tiring as it was. And even though I really wanted it, a part of me still didn't expect to win. When I saw my name among the list of those who had won, it felt so unreal! It was like I didn't recognize my own name. I couldn't believe I was going to America! I lost count of the prayers thanking God.



Even then the work didn't end, because there was money to be raised for the trip, waiting in long lines at Home Affairs to get my ID and passport, having to go all the way to Cape Town to get my visa, etc. Many times, it looked impossible because it was a lot of money, waiting for my passport for a couple of weeks felt like a couple of years. But God came through! I tell this story to say decide on your dream and stick to it. Even if you have to write it down, which Habbakuk 2:2 encourages you to do – "Write the vision down, make it plain. For the vision is for an appointed time. At the end it will speak and it will not tarry." Along with that, write what you can start doing today to reach that dream. Let the dream motivate you on days where you just don't feel like it, on days when you feel lazy to study hard for that test, on days where you are on lockdown. And then believe that you can. Philippians 4:13 says "For I can do all things through Christ who strengthens me." Most of the time, people don't go after their dreams because they don't believe in themselves. Believing in yourself, doesn't mean that you have to do it alone. You are more than capable but it is also okay to ask for help. Then lastly, rest in knowing that God has got you and that He will do what only He can.

As I conclude, I encourage you to ask yourself everyday: "what can I do today to achieve my dream?" No matter how small it seems now. It will be worth it in the end.





# The Fathers Heart for the fatherless

WRITTEN BY  
VUYISWA HERMANS



AS a child growing up as far as I can remember I always fantasized about how different life would be if my father was around. I never asked where my father was because I was scared of the response and of being scolded by my mother. Back then, children weren't allowed to express their thoughts freely to the elders in my family and I think most African families were like that.

My mom did her absolute best raising me and my siblings, but nothing could fill the void of wanting to have a father. She had me raised by my aunt and her husband from 5 to 12 years old, and even though my aunt's husband was a great father figure and I am grateful for how loving and supportive he was, I still wondered and asked myself why my own dad was not around. When I left my aunt's house to go stay with my mom, I had no doubt my mother loved me but I had a longing in my heart for my father.



When I was about 14 years old, I sat in my room one day and I was just so sad because I had just realized I might never meet my dad. I asked questions like: Did I chase him away? Did I cry too much that his ears got tired of my crying? Was I too ugly for him to look at me? (because I was teased a lot at home), Was I a disappointment to him? Was I not accepted because I did not meet his requirements? Does he hate me? Does he even know I exist? I probably would never know his answers to these questions but that day I took a pen and a paper and I wrote the following:

**Hi Dad**

**It's Vuyiswa, your daughter. Even though I have not met you or probably would never, I want you know that I forgive you and I love you.**

**Love your daughter**

I don't know what made me do that, but I had peace in my heart and hope for a better future after that. Later on I would learn that God knew what I was going through and He loved me with an everlasting love. I got saved at 17 years old, and looking back now that I am older I realize that God was my Father through it all, after all Psalm 68:5 tells us that HE IS THE FATHER TO THE FATHERLESS.

He pursued me with all of His love. My aunt always encouraged us to go to church, and my cousin that I shared a room with, taught me to pray at a young age. And that's how I experienced God's love and now I know that even though I did not know Him as a child, He knew me.

Psalms 139:13-16 reassured me of the fact that I was not a mistake. "For you created my inmost being; You knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

## **"My father might have left for whatever reason he did, but my Heavenly Father has a purpose for me."**

My father might have left for whatever reason he did, but my heavenly Father has a purpose for me. He planned me, my parents might not have planned me coming to the earth but my Heavenly Father knew and He orchestrated my life to what it is now. I failed, fell, stumbled, wandered away but His Love never failed, He is remains immovable in His place as my Father.

I was always on His mind from the beginning, His love burns for me. I am my Father's daughter. I am loved. Despite what I experienced as a child and what I went through He remains good and faithful through the end. Jeremiah 29:11 says, "For I know the thoughts that I think towards you, says the Lord, thought of peace and not of evil, to give you a future and a hope." I am in God's thoughts! Can you imagine that? You are in God's thoughts! He, the Sovereign God, the Creator of heaven, God Most High, is thinking about you!

Jesus taught His disciples on how to pray and the first line is OUR FATHER, He could have used any other way to approach God, but He used Our Father, because we are part of Gods Family, we are co-heirs with Christ. God looks at us with the eyes of The Father and He has His heart set on us. God's Love is unlimited, untamed, and unconditional. He doesn't love today and hate tomorrow because He is unchanging.

A friend of mine reminded me not so long ago that God is nothing like our imperfect earthly fathers. Sometimes we tend to compare God to our earthly fathers who are only human, they fail like all humans do. We all disappoint people and we all fall short of the glory of God. This is why we have to rely on the One who created us and placed us in the earth. So I might not have an earthly father, but I have the Father of fathers who is the One Good Father and that's fine with me.

*"I was always on His mind from the beginning, His love burns for me.  
I am my Father's daughter. I am loved."*



## To whom much is forgiven much is required (Luke 12:48)

If you allow the pain of yesterday to make its way in to today, you do that at the expense of tomorrow.

Ephesians 1:5 declares that we are predestined. This means our lives are already decided by God. The famous question everybody normally asks when encountering painful experiences in life is: WHERE WAS GOD? I've experienced tremendous pain as a child and I didn't know about God. Neither did I know about forgiveness. Only when my understanding had fully developed, I realized that I have developed all sorts of emotions that required serious forgiveness. As I grew up, throughout my teen and young adult life, my question has always been, where were the people who were supposed to protect me during these traumatic experiences that I had. I was a child, in no way able to defend myself which consequently left me bruised and wounded. At the age of 21, I accepted Jesus Christ as my Lord and Saviour and this new life required total forgiveness, just as I was forgiven. The journey of forgiveness has not been an easy one but through the grace of God the process was done over time, and this later on gave me the freedom that I walk in and enjoy to this day.

**"I accepted Jesus Christ as my Lord and Saviour and this new life required total forgiveness"**



Psalm 71:20 says, "You, who have shown me great and severe troubles, shall revive me again, And bring me up again from the depths of the earth."



## THE POWER OF FORGIVENESS



WRITTEN BY  
CLEON FRANCIS

I love this portion of scripture because the promise is that God assures me that He (God) will lift me again. When we refuse to be a product of our past, we instead choose to become the pioneer of our future. There is LIFE beyond the painful experience that you went through. You need to make a conscious decision to separate and detach yourself from whatever it is that wants to hold you back from living after the experience.

Philippians 3:13 teaches us that "I count not myself to have apprehended it but one thing I do: I forget what's behind and straining towards what's ahead of me." The past is the past, for as long as we choose to cling to offense we do that at the expense of our destiny!

I am so comforted by this when I'm challenged with unforgiveness. The truth is that I don't always or immediately forgive nor do I always find it easy, but the word of God and conviction of the Holy Spirit enables me to demonstrate the principle found in (Matthew 6:14-15) it is in forgiving that we are forgiven. When we withhold forgiveness, we withhold our freedom from the experience.

One of my life's principles is that:  
I AM NOT DEFINED BY WHAT HAS HAPPENED TO ME. I cannot rundown myself just because I was wrong or was wronged.

Galatians 5:1 teaches us that it is for freedom that Christ has set us free not to be entangled again by a yoke of bondage. And Psalm 147:3 tells us that "He heals the broken-hearted and binds up their wounds."



*He heals the broken-hearted and  
binds up their wounds  
Psalm 147:3*

These two scriptures mean that God has made provision for the bad encounters in life. What do we do when we are triggered in the areas of where God forgave us and we forgave whoever? Something my spiritual leader, Pastor Roji Goldman, has taught me, is to apply what 2 Corinthians 10:5 teaches us, "We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."

This is your weapon when the accuser, the devil brings your past in your mind, you combat the enemy with the word of God. When the pain of yesterday echoes through our minds and threatens us from moving beyond it, we are to cancel the effects of those experiences with the word of God. I would fail if I ignored how important the blood of Jesus Christ was and still is to this day. The blood of Christ cleanses our minds (Hebrews 9:14) and it speaks of better things on our behalf (Hebrews 12:24) And without the blood of Jesus there is no forgiveness for our sins.

## "I am not defined by what has happened to me"

Our role model, Jesus Christ remains the primary example of true forgiveness! A very crucial time in Jesus' life when He was facing death on the cross for you and I, His response to The Father was: FATHER FORGIVE THEM... (Luke 23:34). You and I need to model that same behaviour when we're confronted with life's challenges. Life is so unpredictable that in order to survive the changes we encounter in life, it is of utmost importance that we are rooted and grounded in Christ. Be encouraged that if you are willing to follow through the process of forgiveness, you will find that purpose is born through the seemingly unbearable moments in life.

Having a relationship with Jesus makes forgiving others easier because we are reminded that we too are forgiven and have received grace. Titus 2:11 says "For the grace of God has appeared that offers salvation to all people." If you feel that you want to make Jesus your Lord and Saviour, and invite Him into your heart, 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**

# Surrendering is messy

WRITTEN BY  
DEVONIA SUCH



**Have you ever looked back at a moment in your life and thought, “Yip that was most definitely the Grace of God.”? Well, that’s exactly how I feel about this testimony.**

Matthew 19 vs 26 says, “Jesus looked at them and said, “With man this is impossible, but with God all things are possible.” Breathe in that understanding for a moment.

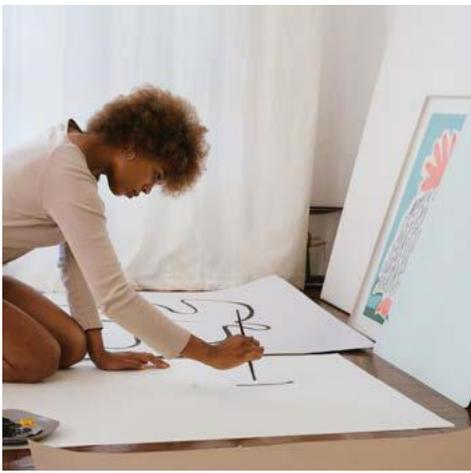
It’s impossible to be truly great without the Father. And this is something I quickly realized in my first year of University studying Graphic Design. You see when I initially applied for the course, I was rejected because my portfolio did not live up to the standard of the Arts faculty members, and rightfully so. I was terrible at drawing, but the conviction and the desire to draw was there.



**"The kind of disappointment that makes you just want to crawl into a hole"**

It was a Friday, a weekend I’ll never forget. I had an interview at the Arts Department at the university, where I met some of the faculty members and wrote a few entrance tests. At the end of my tests, I was waiting to meet with one of the Heads of the department. She was a sweet and wise lady, the kind you would prefer hearing bad news from. And that’s exactly what had happened. She told me that unfortunately, I did not make it. I was shattered; the kind of disappointment that makes you just want to crawl into a hole and lay in a fetal position until the day ends. I left the Department with so many questions for the Lord and obviously so many emotions. If He gave me the conviction to draw, why did I not make it? Was I just not good enough? All these thoughts clouded my mind as I was off to a friend’s house for a sleepover that same day.

I decided to switch off my phone, to just be alone with God in prayer. I eventually got to a place of peace, trusting in Him completely for the next season in my life. Surrendering was messy, and so ridiculously difficult but I knew that to place my trust in God was my only choice. You see Psalm 37:4-5 teaches us to “take delight in the Lord, and He will give you your heart’s desires. Commit EVERYTHING you do to the Lord. Trust Him, and He will help you.” Remembering that scripture in my time of prayer was exactly what my heart needed. Scripture is such a beautiful gift; it is filled with the attributes of God and so much wisdom that keeps giving and keeps us going.



The next morning, I woke up and went about my day, still recovering from the previous day. The afternoon I switched my phone on and I was so overwhelmed by the number of miss calls and messages I had received. I immediately listened to a voice mail from my dad. I'll never forget his words, "Devonia, I don't know what you did to the lady at Varsity but she called home crying, asking for you. She said you have to meet her Monday morning at 10 am." I was so dumbstruck just sitting there looking at my phone. And then later the questions started flooding in; what did I do to her? Why was she crying? Monday could not have come soon enough. Monday morning I went straight to her office, she sat me down. I never expected her to utter these words to me. It went along the lines of, "When you left here on Friday some of the lecturers gave me grief for rejecting you. As they sometimes do with some students but we move on. Friday evening I woke crying, thinking about you. I knew something was telling me I made a big mistake. I never experienced anything like it. I'm not a believer but something really spoke to me. I am so sorry, would you please sign here. You have been accepted." Again, I was dumbfounded; I wanted to fall on my knees, face down in her office!

**"The Lord will fight for you; you need only to be still and remain calm"**

That scripture in Exodus 14 vs 14 came to mind, "The Lord will fight for you; you need only to be still and remain calm." I know the Egyptians weren't coming after me and I was not facing a life-threatening situation but that's why I love scripture. God always meets us where we are at.

The verse calls us to be still, to sit in the stillness of His presence and to draw closer to Him. In the previous verse, vs 13, it says "Don't be afraid. Stand firm and you will see the deliverance the Lord will bring you today." But even when that deliverance doesn't seem to come, hold Proverbs 3 vs 5-6 close, "Trust in the Lord with all your heart; and lean not on your own understanding. In all your ways acknowledge Him, and He will make your paths straight." One thing I have learned in this journey called life, is that the Lord does not withhold His goodness from us.

**"God does not withhold His goodness from us"**

He is faithful to finish what He has started as mentioned in Philippians 1:6. I graduated in Graphic Design and I can draw now. I actually draw, paint and have grown in so many other gifts all for the glory of God. No matter what uncertainty you might currently be in, maybe you're concerned you won't be able to complete your current grade at school due to the pandemic. Or maybe you're in Matric and have applied to University and have not yet received a response or your application has been rejected. Don't lose heart! Hold onto the truth that we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. (Romans 8:28) Trust that He will open the right door for you at the right time sister!

# Looking for true love...



**Did you know that we don't get to define what love is?**

WRITTEN BY  
EERIKA LASSILA



But somehow we think we can and because we try to define it, the whole meaning of the word has been reduced to a "feeling of really liking someone or something". We say we love our grandma, we love that new movie, we love pizza, we love our cat and so on. We use the word loosely. We fall in love and a lot of times we also fall out of love. It almost seems like it happens by accident, like falling down when you trip on something. We live in a world that is really confused about the true meaning of love and some people have even given up in believing that love exists. Yet we are all longing for real love and guess what? We are created that way. We are created with that longing in us. It's part of our blueprint that God has made within us and I would claim it's the biggest desire of all the human beings on this earth from the moment they're born, whether they knew it or not.

**"We are all longing for real love, and guess what? We are created that way."**

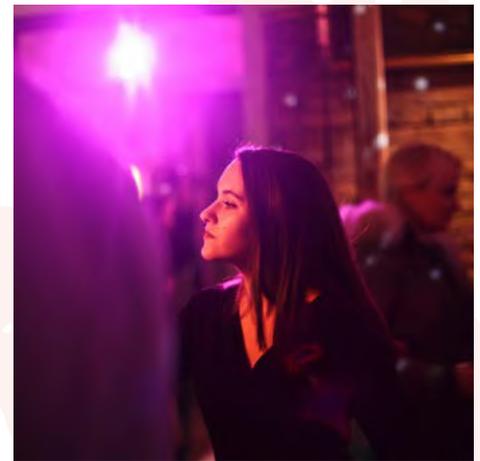
We are created to know love - and real love can only be defined and found in the One who created love, Father God. 1 John 4:8 tells us that God is love. So when we get to know Him, we get to know love. We get to step into the open arms of Him who will never let go of us, will always be there to protect, guide and comfort, is a safe place to be seen and known as we truly are. God is patiently waiting for all of us to come to Him, as He is right with us all the time. He has never left and never will, no matter what you've been through. And He will never stop pursuing us or give up on us, He can't wait for us to experience true love in Him.

**"We get to step into the arms of Him who will never let go of us"**

"Love is large and incredibly patient. Love is gentle and consistently kind to all. It refuses to be jealous when blessing comes to someone else. Love does not brag about one's achievements nor inflate its own importance. Love does not traffic in shame and disrespect, nor selfishly seek its own honour.

Love is not easily irritated or quick to take offense. Love joyfully celebrates honesty and finds no delight in what is wrong. Love is a safe place of shelter, for it never stops believing the best for others. Love never takes failure as defeat, for it never gives up."

1 Corinthians 13:4-7 (TPT)

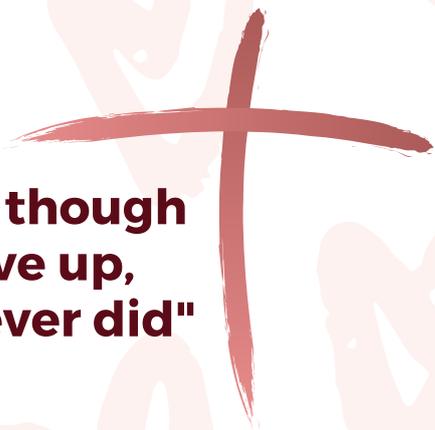


I know so many young people are looking for something to meet that void in their hearts, trying to find things or people to make them feel complete. I know because I was one of them. I had no idea of what love really was and couldn't stand the feeling of emptiness that was with me all the time. No matter how many people I was surrounded with, I always felt empty. I was chasing for money, popularity, friends, guys, everything - in my attempt to fill that void but I can say that none of these things could do it for me.

Not experiencing the love that I was longing for made the pain inside of me feel heavier and heavier, so I used distractions like social media and alcohol to keep myself busy from thinking and feeling. Looking for love from wrong places led to me becoming a girl who didn't know her identity or worth, I became numb and had taken on the attitude of "I don't care about anything or anyone" and I lived life pretending that I didn't need anyone to love me. I gave up.

Even though I gave up, God never did. He was with me the whole time. There were times when someone tried to talk to me about Jesus but I kept on refusing to listen. I kept on turning my back at Him but still, in His great patience, He kept on waiting for me so that He could show me real love. The year I turned 22, I finally found my way home to Him and gave my heart to Jesus.

## **"Even though I gave up, God never did"**



I can honestly say that I've never felt more complete or at peace than now when I'm walking my journey with Jesus. I'm not saying it's easy all the time, there are moments of pain, grief and hurt, but it's so different now. I know love. I know I'm not alone, I never was and I never will be. I don't need to run after things anymore hoping that they would make me feel worthy, now I know my worth was set on the cross when Jesus died for me. That's the ultimate definition of love.

And that same love is here for you too. Since I began my journey with Jesus and I started to read my bible, it has been so clear to me that the most important thing is to know love, be loved and love others. In his letter to the Corinthians Paul writes this: "... if I have never learned to love, then I am nothing." (1 Cor. 13:2 TPT)



I think it's the most beautiful thing as a follower of Jesus that we get to spend our lives being loved by Him and learning to love others. True love is the most powerful thing and when we focus on it, we get to live our lives to the fullest. Lastly I want to leave you with a verse that has been life changing for me. There is literally nothing in this whole universe that can separate you from God's love. There's nothing you could ever do to make Him love you less. There's nothing anyone could ever do to make Him love you less. In His eyes you are loved, as you are, always.

"So now I live with the confidence that there is nothing in the universe with the power to separate us from God's love. I'm convinced that his love will triumph over death, life's troubles, fallen angels, or dark rulers in the heavens. There is nothing in our present or future circumstances that can weaken his love. There is no power above us or beneath us—no power that could ever be found in the universe that can distance us from God's passionate love, which is lavished upon us through our Lord Jesus, the Anointed One!" Romans 8:38-39 (TPT)

# LIVING A LIFE THAT IS DEVOTED TO JESUS

**“Let every activity of your lives and every word that comes from your lips be drenched with the beauty of our Lord Jesus, the Anointed One. And bring your constant praise to God the Father because of what Christ has done for you!”**

**Colossians 3:17 (TPT)**

How often is every activity of our lives and every word that comes from our mouths drenched with the beauty of Jesus? I can honestly say that I, having known and belonged to Jesus for many years, would like this to be true much more often than it really is. That is a long time to have known and loved Jesus, yet I do know that sadly, I have not always been devoted to Him from the start. That is true for many of us though. We give our lives to Jesus but still somehow end up living lives that seem to fall short of the glory of God. Here’s the good news though: Jesus Himself makes us right with God (Romans 3:23-24). He gave Himself for us to be able to come close to God regardless of the fact that we do stumble and fall. It does not mean that because of this we don’t still have the responsibility of renewing our minds daily and that deeds and words alone also don’t make the criteria for being devoted to Jesus. Living a life that is devoted to Jesus is remaining close to Him. It means laying every activity of our lives and every word that comes from our lips at His feet. Not only living for Him who died and rose again to save us, but living FROM Him. He is the one who enables us to live the life spoken of in Colossians 3:17. We can’t do any of that without Him. How wonderful and freeing it is to know this.

**Here's how you can live a life that is devoted to Jesus:**

## **Love Him above all else**

In Matthew 22:37 a Pharisee asks Jesus what the most important commandment in the law of Moses is and Jesus replies: ‘You must love the Lord your God with all your heart, all your soul, and all your mind.

WRITTEN BY  
LEIGH SOLOMON



## **devotion**

*noun*

loyalty and love or care for someone or something

This is the first and greatest commandment. Jesus wants to be the guy you can’t stop thinking about, the guy you would speak to for hours on end not realizing how much time has passed and still want more, the guy you want to spend every free second with. He wants to be closer to you than your closest friend or loved one. He wants you to think about Him first when you wake up in the morning before you do anything else. He already thinks of us this way. Does this sound like too much to ask? Because I know from experience that we would so easily do all of this for even the most undeserving of people. He is the only one who is truly deserving of all of this. He already loves us with all His heart, all His soul and all His mind. He’s already gone to the ends of the earth to make that known to us. He wants all of you, not only certain parts of you so give Him everything.

*Living a life devoted to Jesus is remaining close to Him.*

## **Listen to the Holy Spirit and follow His guidance (Trust in Him)**

Without the power of the Holy Spirit, we wouldn’t be able to do this life of devotion to Jesus because it is so easy to give in to the desires of our flesh, especially when things become tough. Romans 8:9a says: ‘But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. Being devoted to Jesus means that we choose to listen for the voice of the Holy Spirit to guide us through every decision we make, including the tough ones.

Decisions like whether you should go to that party or not, whether you should date that guy or not, on which path to take in life, which career path to choose, asking for His guidance on finding the man you're going to marry one day and many more. I relied on the Holy Spirit to help me make the decision to study music knowing that a career in music could be difficult, especially for a shy person like me. But God has opened so many doors for me in the music field that I have never been without work since I finished my studies. The Holy Spirit even helped me with things I needed to overcome in order to be successful. We need to be making every decision with Jesus in mind. We are truly the children of God when we are led by the Holy Spirit and when we are truly led by the Holy Spirit we begin to produce the fruits of the Spirit which are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (Romans 8:14; Galatians 5:16-26).



### Spend time in His presence

One of my absolute favorite scriptures is Psalm 27:4: 'One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the Lord all the days of my life, to gaze on the beauty of the Lord and to seek him in his temple.' In fact this entire Psalm is such an awesome example of David displaying his devotion to God. He was going through the most when he wrote this cry to God. There is nothing better than sitting at the feet of Jesus, to gaze on His beauty. When we do this, we find that nothing else matters at all. We see this in Luke 10:39-42 Where Jesus and His disciples are invited into Mary and her sister Martha's house. Mary sits at Jesus' feet while Martha is frustrated that she has to do all of the preparation. Jesus tells Martha that there is only one thing worth being concerned about and that Mary has found it. How beautiful is that? He wants to spend time with us without any distractions so we should prioritize time with Him and we will see that everything else will fall into place.

*Being devoted to Jesus means that we choose to listen for the voice of the Holy Spirit to guide us*

### Pray Constantly and Be Real with Him

We don't need to try and pray pretty prayers to try and impress Jesus with our spirituality. He already knows if you've had a bad day, if you were mean to your mom, had an argument with your friend or found out some really hurtful news. So be real with Him about that and about how you feel. This is also part of giving Him everything and we just saw in Psalm 27 how real David was with God about how he felt. Jesus is interested in even the smallest details in our lives. Being intimate with someone means being open with them and sharing even the most difficult parts of ourselves with them. Allow Him to search your heart and know your most anxious thoughts and let you know what He sees and how He feels about it and so that He can line up your heart with His.

### Lastly, Worship Him only

1 John 5:21(NLT) says: 'Dear children, keep away from anything that might take God's place in your hearts.' Psalm 135:15-18 says: The idols of the nations are merely things of silver and gold, shaped by human hands. They have mouths but cannot speak, and eyes but cannot see. They have ears but cannot hear, and mouths but cannot breathe. And those who make idols are just like them, as are all who trust in them.' Idols can be different things to different people. Whatever has more of your attention than Jesus is an idol. It could be social media, your phone, school, your friends or your boyfriend. We've all worshipped idols at one stage or another. May you continue to walk closer and closer to Him each day. Jesus is the only friend who sticks closer than a brother (Proverbs 18:24) and He will never leave you (Matthew 28:20). Who better to live for?



WRITTEN BY  
OLIVIA GROENER



# Beautifully & Wonderfully made...

“For you created my inmost being, you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.” Psalm 139:13-14.

It’s almost cliché to write a piece about the freedom of being comfortable with who you are using this verse. It’s the number 1 verse used to encourage girls, especially to love who we are and embrace the way God has created us. What is this verse actually saying? What does it mean to be knit together? How is being fearfully made, wonderful?

Over the last few weeks our country has come to a standstill and been locked down, restricted to our homes and for the first few days, maybe even weeks, lazing around and doing nothing was so easy and comfortable, but then the boredom hit and soon we all started discovering new and interesting ways to keep ourselves busy. I discovered knitting. Now let me mention, this is something that I have been interested in learning for many years, but never had the time, never mind having the mindset that this was something old ladies did, but I had much time on my hands and the resources to learn. And let me tell you, it’s about a thousand times more difficult than I expected it to be. It requires concentration, dedication and patience. You need to work with a plan in mind and focus because it is quite easy to miss a stitch and that causes a whole host of problems.

It’s in learning this skill that these verses took on an entirely new meaning in my life.

When these Scriptures speaks of knitting us together in our mother’s wombs, it’s a picture of the heart of God in creating us. He is intentional and knew exactly what He was doing. One of the basics of knitting is that you have to put the exact number of stitches in an exact order to create an exact pattern. God didn’t make you who you are by accident. He knew why you needed blue eyes, and early graying hair and 5 toes on one foot. More importantly, He knew why you needed your laugh and your sense of humour and your personality. He made you kind, intentionally. He made you strong intentionally. He made you exactly who you are on purpose. He made no mistake.

**“HE MADE YOU  
EXACTLY  
WHO YOU ARE ON  
PURPOSE”**



This verse also speaks about being fearfully and wonderfully made. My first try at knitting had my “scarf” (or rather my attempt at a scarf) lopsided and so full of wholes it won’t keep a mug of coffee warm. Missing a stitch or counting your stitches incorrectly leads to a whole host of mistakes, unless you are so very aware of what you are doing. It can be a scary thing to get right. Imagine the care and wonder God had when working on us. Us, who God sent His Son to die for, us, who Christ paid the ultimate sacrifice for, us, who according to Ephesians 2:5 have been “made alive in Christ even when we were dead in our transgressions...” Verses 10 of the same chapter calls us God’s handiwork or masterpiece. We are precious in God’s sight because He made us exactly who, when and where we are supposed to be.

**“BREATHE A SIGH OF RELIEF THAT WE NEVER HAVE TO TRY AND BE ANYONE OTHER THAN WHO GOD HAS MADE YOU TO BE”**



Knowing this, isn’t it wonderful to be able to get up in the morning, look in the mirror and breathe a sigh of relief that we never have to try and be anyone other than who God has made us to be?

Now the nice thing about not being a piece of knitwear is that we haven’t been created with one purpose or goal in mind. We were not created to just to exist and have multiple roles such as sister, cousin, or friend. Our goal is always to be growing into the daughter that is a true image- bearer of Christ. In Ephesians 4 verse 15 speaks about how we should continue to “...grow to become in every respect the mature body of him who is the head, that is, Christ.” Our individuality unites us to become the body of Christ and each part is beautiful. 1 Corinthians 12 teaches us about how each part of the body plays an important part and no part can say to the other it is not needed, and in the same manner each of us are important and created for a purpose.

God didn’t make a mistake when He made you. He put time and thought and love into your very being. Take this knowledge and allow it to free you from the expectations of everyone except your Creator. Live for Him and He will set you free (Galatians 5:1).

# The temple of God

## YOUR BODY



WRITTEN BY  
MELANIE ZEEMAN



**For you were bought  
with a price. So glorify  
God in your body**

*1 Corinthians 6:20*

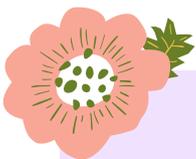
Let me start off by stating a fact: our bodies are God's first gift to us. He confirms it by saying it is His temple (1 Corinthians 6:19). So it is safe to say that we need to treat it with the respect, dignity and love it deserves, to be a sacred dwelling place for the Holy Spirit of God.

Having that balance between body, mind and spirit is an important (but very often forgotten) part of being a Christian. And that balance can be different for each and every one of us but the decision to start somewhere in striving to keep that balance is what matters. Your body specifically is an important part of your being because that is the chosen vessel God gave us to live out His will on earth as it is in heaven.

My own personal take on looking after your body starts by looking after your well-being; your being is made up of your body, mind and spirit and when one of them is out of balance it affects your entire being. Your spirit is the commander (where all instructions and directive comes from), your mind the command centre (interprets the instructions) and your body the vehicle (puts instructions into action).

Your body is the vessel God decides to use in the earth. Just like a vehicle that has to be kept in good condition, our body in God's service is the same way. Our body is bought at a price through Jesus and His work on the cross, we need to make sure that the vehicle is always ready to go when it is called upon (1 Corinthians 6:20). And that is where taking an interest in the well-being of your temple comes in.

It is our responsibility to look after our bodies which in turn allows your spirit to do the will of God for your life. It is also our responsibility to glorify God in our bodies (1 Corinthians 6:19) and the Apostle Paul further urges us that whatever we decide to do, it should glorify God (1 Corinthians 10:31). The best way for us to glorify God in our bodies is to make sure that the when are called into service of the kingdom that we will be fully functional vessels of God not hindered and distracted by anything that shifts our focus from the greater will of God in the earth.



**"Having that balance between body,  
mind and spirit is an important, but  
always forgotten part of being a  
Christian"**





# Rest Means to cease work or movement in order to relax, sleep or recover strength

I have been working towards living a life where my body well is cared for, so allow me to share what I found could benefit you as well. First up is Rest. It may sound simple but it is something that we find harder and harder to do especially when living out our purpose and laying our lives for the kingdom.

One of the things Jesus gives us when we go to Him is rest (Matthew 11:28). I always try and plan to rest and prefer not to be burned-out or forced to take a rest because then we don't rest, then we recover from the burdens and weariness so, always try and give your body rest as often as you can. To rest means ceasing work or movement in order to relax, sleep or recover strength; recover strength being the focus here.

We put our bodies through so much everyday, in fact we don't even allow our bodies to wake up on its own there's always an alarm or reminder doing it. Resting brings our bodies back to the centre of our being, to the one in us who is in control, which is Christ.

Something else I try doing as often as possible is to choose food that is good for my body. The food we eat is made up of small particles called nutrients and it is these nutrients that will build our body's up (or contribute to its breaking down) in the long run. Very small in size, invisible to the human eye but carrying one of the most important functions.

Nutrient rich foods are found in our cupboards everyday and it includes fresh fruits and vegetables, wholegrain starches, lean proteins (eggs, chicken without skin, fish, red meat without fat), dairy (low fat milk/yogurt, cheese). A good variety of these foods brings to the table a whole variety of nutrients which benefits your body.

I want to encourage you sisters, to take careful consideration into how we will glorify God in our bodies. We can start by fulfilling His will for us by controlling our body in holiness and honor (1 Thessalonians 4:4). God has a plan in mind that he is set out to fulfil, and being ready in body and spirit is our responsibility to be part of that plan.

*"Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless"*



**1**  
**Thessalonians**  
**5:23**

Think about the last thing you had to eat... Was it a healthy green salad or a generous slice of chocolate cake with a gooey caramel centre? Healthy, green and leafy is not what I think of when I am hungry. I picture a cheesy slice of pizza, with a generous amount of chicken pieces, soaked in delicious BBQ sauce and very, very important - sweet chunks of pineapple. Yes, I do believe that pineapple goes on pizza. When I am in the mood for something sweet, I hardly ever grab an apple, but I open in up the fridge with the hopes that there is still a slice of that chocolate pudding. Although I enjoy this type of food and it makes me smile, it does not really provide my body with the nutrition and energy it needs. After a while of eating this kind of food, I often feel bloated and tired.

As I think about how the food I take in consume affects my body, I realise that in a similar way, the music I listen to, books I read, movies I watch and my friendships, affect who I am. Whatever I allow in my heart and mind, will either purify or pollute me.

## WHY DO WE NEED PURE HEARTS?

A pure heart helps us experience God's presence. Matthew 5:8 says, "Blessed are the pure in heart, for they will see God." However, our sinful nature and the world we live in makes it extremely difficult to keep our hearts pure. We often find ourselves in situations where we allow sinful desires and thoughts to stain our hearts, leading us further away from God. And this can be as simple as talking about other people or even having bad thoughts about someone else.

**"Whatever I allow in my heart and mind, will either purify or pollute me"**

In Psalm 51:10, David writes, "Create in me a clean heart, O God. Renew a loyal spirit within me." I have learned, like David, that only God can purify my heart and I need a spirit that is loyal and committed, only to God.



# GIVE ME A PURE HEART!

WRITTEN BY  
AMY JACOBUS



# What can we do to keep our hearts pure?

## CHECK YOUR THOUGHTS

We need to allow God to transform us by changing the way we think (Romans 12:2). Proverbs 23:7 reads, “As a man thinks, so is he.” So what we think and entertain in our minds, is directly linked to who we are. That in itself is a sobering realization. Most of the time, we lose the battle towards purity by allowing our minds to entertain sinful thoughts. We need to constantly shift our attention and deliberately choose to focus on “...what is true and honourable, and right and pure, and lovely... excellent and worthy of praise” (Philippians 4:8). This is so much easier said than done. The Bible tells us though, that we can take captive every thought that is not pleasing to God and make it obedient to Christ (2 Corinthians 10:5). It is so encouraging for me to know that I can control those thoughts and with the help of the Holy Spirit, lead my mind in a direction that will glorify God.

## KEEP A TIGHT CIRCLE

Our friends have a great influence on who we are and who we become. Ask yourself whether your inner circle (close friends, your besties) encourage a pure or polluted heart. Do they help you do what is right or lead you to sin? Proverbs 27:17 reads, “As iron sharpens iron, so a friend sharpens a friend.” Your friends should help you become a better person in your journey to a pure heart. Choose your friends wisely.

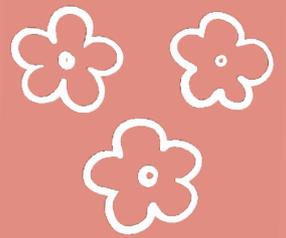
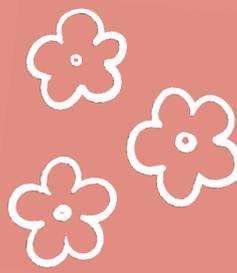
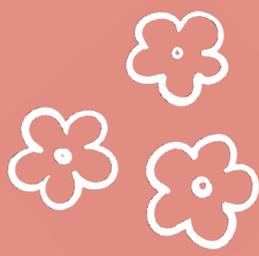
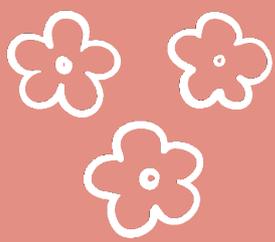
These steps have helped me as I strive to keep my heart pure, and I hope that you will find them helpful too. However, this is not enough. We need to seek God. In Psalm 51, David realised that a clean heart comes from God. Pursuing a pure heart without Jesus is like chasing the wind – it will keep you busy but get you nowhere. A pure heart comes from seeking to do God’s will every single day. Jeremiah 29:13 says, “You will seek me and find me when you seek me with all your heart.” God wants your whole heart. That is why David asked God for a loyal spirit. A spirit that is wholeheartedly committed to God, puts Him first and gives Him full control. Without His guidance, purity is impossible. Seek Him by spending time in His Word, praying and constantly deciding to follow His will. Seeking God is most important and will help us keep our hearts clean and pure.

## RUN AWAY!

When we give in to temptation and fall into sin, our hearts become impure. 2 Timothy 2:22 tell us, “Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.” It literally tells us to run! Running away happens when you say no to that party that everyone has been raving about, when you know it is not a place where a child of God should be. Saying no to alcohol, drugs, sex before marriage and anything else you know that does not glorify God, are all examples of running away.



**"Running away happens when you say NO"**



Sponsor a girl with a **Dignity Pack!**

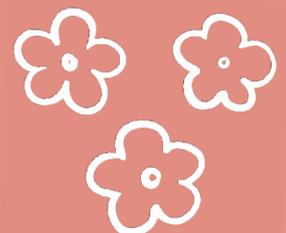
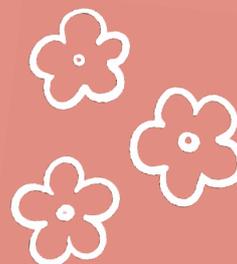
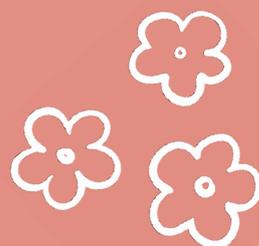
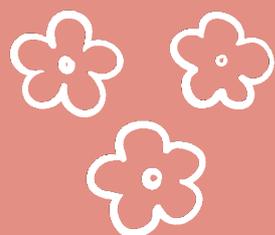
R100 / \$6 / 5€ per pack

**Dignity Pack Includes:**

- 3 washable/reusable pads
- Soap
- Facecloth



The Dignity Campaign



# GBV



REGISTERED COUNSELING  
PSYCHOLOGIST  
SHERI-ANN PIETERSEN



REGISTERED COUNSELOR  
MARYKE ACKERMAN

## GENDER BASED VIOLENCE

The freedom for woman to be able to go about their business and for children to play without a care in the world is the ideal environment for any community in the world. The 2016 STATSSA report shows that in South Africa incidence of **GBV** are at a staggering high and affect more communities each day. Social media, News media and incidences in our neighbourhoods reveal the realities that violence against woman (young and old) are on the rise and impacts us all. Therefore, it is important for us to talk about it and be informed. So what do we know about **GBV** and How can we attempt to deal with it?

### **GBV or Gender Based Violence :**

**Acts of Violence, discrimination or harmful behaviour against a person based on their gender.**

There are various types and even though the violence is generally against girls and woman, it also affects boys and men.

### **Commonly used GBV terms and meanings:**

- **Sex (as a person):** The biological difference males and females are born with. "private parts"
- **Gender:** The roles and the responsibilities assigned socially and culturally based on your sex. For example, girls wear pink and boys wear blue or girls wash dishes and boys work outside. These are "rules" we are taught but remains a choice.
- **Perpetrator:** The person who carries out a harmful act or violence. In 50% of rapes the perpetrator is known to the survivor. Perpetrators can come from any walk of life and do not look a certain way. They could be family members or any regular or influential figure in the community.
- **Survivor:** The person who has experienced **GBV**. Sometimes the word "victim" is also used, but more in the medical or legal space. Survivor refers to psychological and social support to the person affected.
- **Consent:** When someone clearly agrees to do something, fully understanding the consequences of their decision and without being forced or threatened. In order for a person to consent, they can not be drunk, drugged, or misled.
- **Abuse:** Any mistreatment of another person. It can take many forms, such as physical, sexual, or emotional.
- **Sexual Harassment:** Harassment involves behaviour which cause offence, which includes fear of harm, upsets or disturbs another person. Sexual Harassment is unwanted advances or remarks, including that which is said and not said but done. For example, touching, unwelcome jokes, constantly calling, whistling, rude gestures, unwanted questions of a sexual nature, requests for sex, staring at your body in an offensive way, or promising rewards in exchange for sex or sexual favours. There are many other ways. But you get the idea.
- **Rape:** The penetration of a vagina, anus or mouth by a penis, any other body part or any object, without the consent of the person. Forcing someone else to forcibly touch a victim inappropriately or forcibly engage in a sexual act is referred to Compelled sexual assault and rape.
- **Protection Order:** It is a written order that is issued by a Magistrate to stop any person from committing any act violence against any person.

# IMPACT OF GBV

There are no specific 'signs' which enable the easy identification of young people experiencing GBV. Regardless of what 'signs' young people display; it is vital to keep in mind that all forms of GBV, can have devastating effects on a young person's well-being. Any disclosure should therefore be taken seriously. There are many reasons that a person would not report a case of GBV to the police or tell friends and family. One of those reasons may be fear of stigma, fear of disbelief or discrimination. They may not be ready and need help and support. They need love and acceptance.

## WAYS TO RESPOND TO A SURVIVOR OF GBV:

*Therefore encourage one another and build one another up, just as you are doing - 1 Thessalonians 5:11*

- I believe you.
- I am glad you have told me this - you are very brave to have come forward.
- I am sorry this has happened to you.
- You are not alone in having experience of abuse - it can happen to lots of people.
- It is not your fault.
- There are people who can help.

## WHAT CAN YOU DO?

Do not suffer in silence. If you are being physically, psychologically (mentally), motionally or sexually abused, talk to someone you can trust such as a friend, neighbour, relative, spiritual leader or elder, doctor or counsellor.

You could also get professional help by opening a criminal case against the perpetrator and applying for a Protection Order at your nearest Magistrate's Court.

## WHO CAN YOU CONTACT?

Thuthuzela Care Centres are one-stop facilities that have been introduced as a critical part of South Africa's anti-rape strategy, aiming to reduce secondary victimisation, improve conviction rates and reduce the cycle time for finalisation of cases.

Thuthuzela Care Centres operate in public hospitals and communities where there is a particularly high number of rape incidents and they are also linked to Sexual Offences Courts.

Look at their websites for a list of 57 Thuthuzela Care Centres across the country:

[www.gov.za/TCC](http://www.gov.za/TCC) and <http://issasa.org.za/>

### Childline South Africa

This non-profit organisation helps abused children and their families. It deals with issues such as physical and sexual abuse, substance abuse, behavioural problems and human trafficking, and provides legal advice.

Toll-free helpline: 0800 055 555  
Website: [www.childline.org.za](http://www.childline.org.za)  
Facebook/ Twitter: @ChildlineSA

**TEARS Foundation** provides access to crisis intervention, advocacy, counselling and prevention education services for those impacted by domestic violence, sexual assault and child sexual abuse. Free confidential services are provided to all victims.

Helpline: \*134\*7355#  
SMS: \*134\*7355#  
Tel: 010 590 5920  
Email: [info@tears.co.za](mailto:info@tears.co.za)  
Website: [www.tears.co.za](http://www.tears.co.za)  
Facebook: @TearsFoundationSA  
Twitter: @Tears\_SA

**GBV Hotline number:  
0800 428 428**

Strengthen the weak hands, and make firm the feeble knees. Say to those who have an anxious heart, "Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you."  
Isaiah 35:3-4



# You are altogether beautiful,

my darling; there is no flaw nor blemish on you

*Song of Solomon 4:7*



## Skincare routine steps

### *Step 1: Face wash*

Getting the face wash specifically suitable for your skin, not only cleanses it but also leaves your skin smooth and revitalized. First damp your face and neck with warm water and then gently rub the selected face wash, rinse and gently pat your face and neck with a clean towel.

### *Step 2: Toner*

This is a step skipped by many (I'm a victim myself at times). Using a toner removes all the excess dirt that washing your face with soap/face wash leaves behind.

How to use: throw a little bit of toner on a cotton pad then wipe your face and neck. Gently massage the product into your skin, wait about a minute before proceeding to the next step.

### *Step 3: Moisturizer*

Moisturize with the moisturizer of your choice, by applying and distributing the product evenly across your face and neck. A good moisturizer should have at least SPF 15, but choosing a higher SPF will not harm your skin.

WRITTEN BY  
JAY EDGAR



“  
**Select a product that suits the type of skin that you have**  
”

Although we know that our beauty is not defined by our outward appearance, it is important to look after ourselves and that includes our skin. As young women in our teen years, our skin is likely to change because of hormones.

Here are a few tips on how to look after your skin:

### *Know your skin type*

It's important to first know your skin type: dry, oily or combination (in between dry and oily). Select a product that suits the type of skin that you have.

### *Selecting skincare products:*

If you have dry skin, look for a product in the pink range. If you have oily skin, select a product from the green range, and if you have combination skin, the blue range would be best for your skin type. The colour codes of each skin range remains the same across brands of skincare ranges.





# Remember

It's important to let each product do its "job" for at least 2 minutes before going to the next step. It's important to scrub your skin with an exfoliator once a week to remove dead skin cells and leave your skin looking healthy. Do not use an exfoliator more than once a week. Include your neck in your skincare routine, it shows signs of ageing quickest as you get older, so be sure to look after it while you're still young!

## *Difference between a scrub and face wash:*

Face wash - cleanses, protects, gives you "glow" skin.

There are three types of face washes suitable for each skin type:

Gel - dry skin (has a "slimy" consistency)

Foam - normal /oily/ combination skin

Milk - sensitive skin (it has a milky texture)

Scrub- it has small granules that has a "rough feel" to it, that removes dead skin cells, and it is not recommended to be used more than once a week to avoid over processing. It might cause skin to be enflamed (red and it feels like your skin is burning for no reason).

## **Extra tips for beautiful skin:**

Using a facial mask at least twice a month will hydrate, cleanse and improve the appearance of pores on your skin. Good skin is also a result of enough sleep, staying hydrated and eating healthy.

“ Good skin is also a result of enough sleep, staying hydrated and eating healthy ”



# LIFE

# LESSONS

WRITTEN BY  
LUCINDA OCTOBER



The Bible says in Habukkuk 2 :2

“Write the vision and engrave it plainly on tablets. SO that the one who reads it will run.”

There is power in writing down your goals and visions. By doing this you are being proactive. Writing it down also is a nice way of celebrating and reflecting what God is doing in your life.

In pursuing your dreams or goals you need to have some sort of plan to ensure that you achieve it.

Let's see if the following can help you in reaching your goals: (Alternatively there should be an app that can help in tracking your progress in reaching your goals), but, let's try this method.



## STEP 1:

• Make sure your goals are  
**SMART!**

# STEP 2:

## Now you take your main goal and do the following

Identify your goal and write it down

List the tasks that you need to do to reach the goal

Start working on the task

Add to the task as needed

Tick off the tasks as you complete them

When all the tasks are complete, determine whether you have reached your goal.

# STEP 3:

Draw a picture of a ladder and put it some place where you can see it and use the ladder as your progress tracker and highlight on your ladder the little steps that you have taken to get to the top of the ladder (the main goal)

This can be used to track the progress of each of your goals and when it is visible it serves as a reminder and a motivator to push through until you have reached the main goal.



# FUN ZONE

WRITTEN BY  
ELSABE CAROLUS



## DREAM TIME WITH YOUR JAR OF GOALS (J.O.G)

Accomplishing a dream or goal doesn't mean it's something that will happen overnight. It's almost like a marathon. Before you do a marathon you train, you don't just rock up to a marathon and go for it. Before you get to the main event, you first accomplish the smaller events, to build up the stamina for the big event. As the Apostle Paul says in Philippians, "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:4)

Today, I want to give you a tool that will exactly help you to accomplish and look back on all the goals, dreams or visions you have accomplished, thus far. We will create our very own Jar Of Goals (J.O.G)



So ladies, let's get our creative minds running for this next fun activity we are about to do.

For this hands-on activity we will need the following resources:

- An empty coffee tin/Empty tissue box/Glass Jar with lid/Empty plastic holder with lid
- Old material/paper/wrapping paper
- Pritt or Glue
- Coloring Pencils and pens
- Scrap paper
- Scissors

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus"

Philippians 3:4



# Instructions

## STEP 1:

Take the empty container you are going to use and clean it out or wash it out. Dry it on the inside if you have washed it out.

## STEP 2:

Using glue or pritt, smear it around the empty container and take the paper or material of your choice, wrapping it around the container.

## STEP 3:

Take a piece of scrap paper and cut it into a small rectangular shape. Take a coloring pencil or pen to write "Jar Of Goals (J.O.G)" and paste it on the container.

## STEP 4:

Take the scrap paper you have and cut it into rectangles, small enough for you to fold it up and place inside the container.

## STEP 5:

If you want to decorate your jar, with buttons or leaves or any other creative material or even just draw a pattern on it, feel free to allow your creative juices to flow.

Now you are ready to use your Jar Of Goals!

One important thing about your Jar Of Goals is to write down the goal, dream or vision you have achieved and placing it inside the jar and to celebrate it with rewarding yourself, no matter how big or small your achievement is.

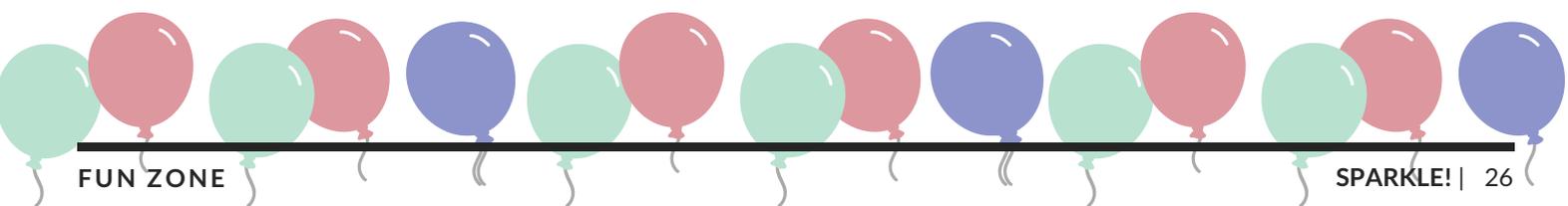
We all have our down days where we might feel we can't go on. When these days come, go to your Jar Of Goals and read again on what you have accomplished this far.

Keep going, pretty lady. You can reach your dreams!

The only  
limit is your  
imagination

*Hiro Hamada*

When days come  
when you feel  
down, go to your  
jar of goals and  
read again what  
you have  
accomplished thus  
far





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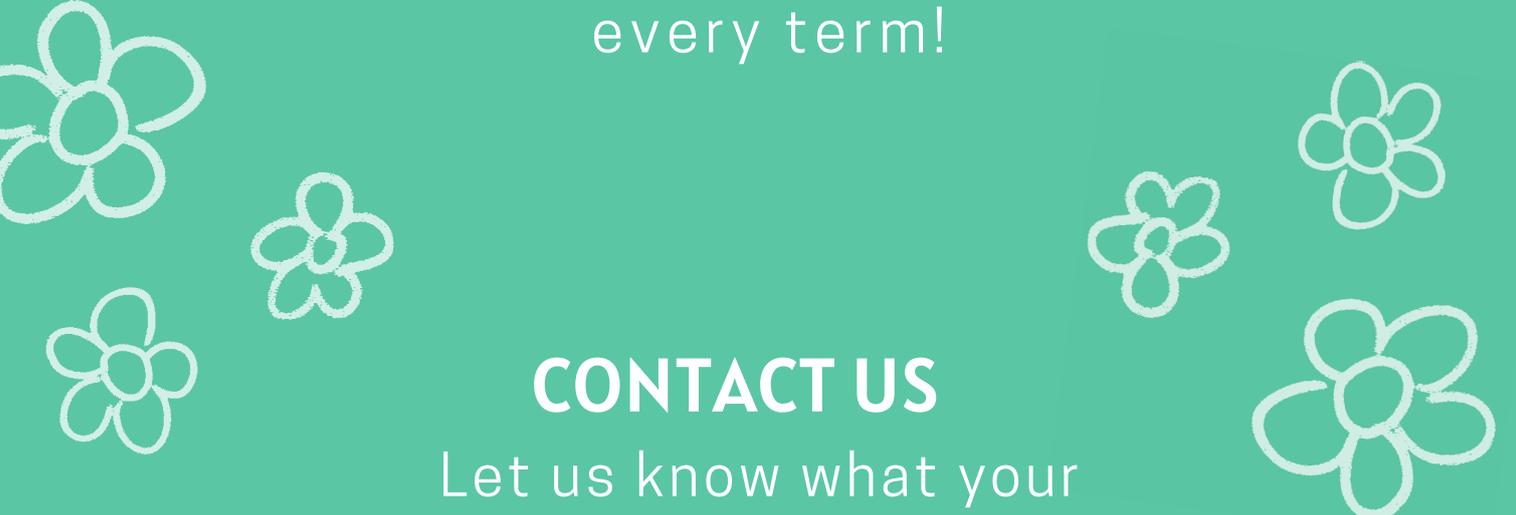
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