

*Her*  
FAITH FIRST

LIVING IN FAITH EVERYDAY

# Life MAGAZINE

**She was  
resolute in  
her faith**

ABIMBOLA OLAWALE

**Healthy living  
Etiquettes  
Book Review**

**Christ is  
in you**

**Fearfully and  
wonderfully made**

**SHE IS A**

**MASTERPIECE**





Issue 1/21 -BLOOM 2021

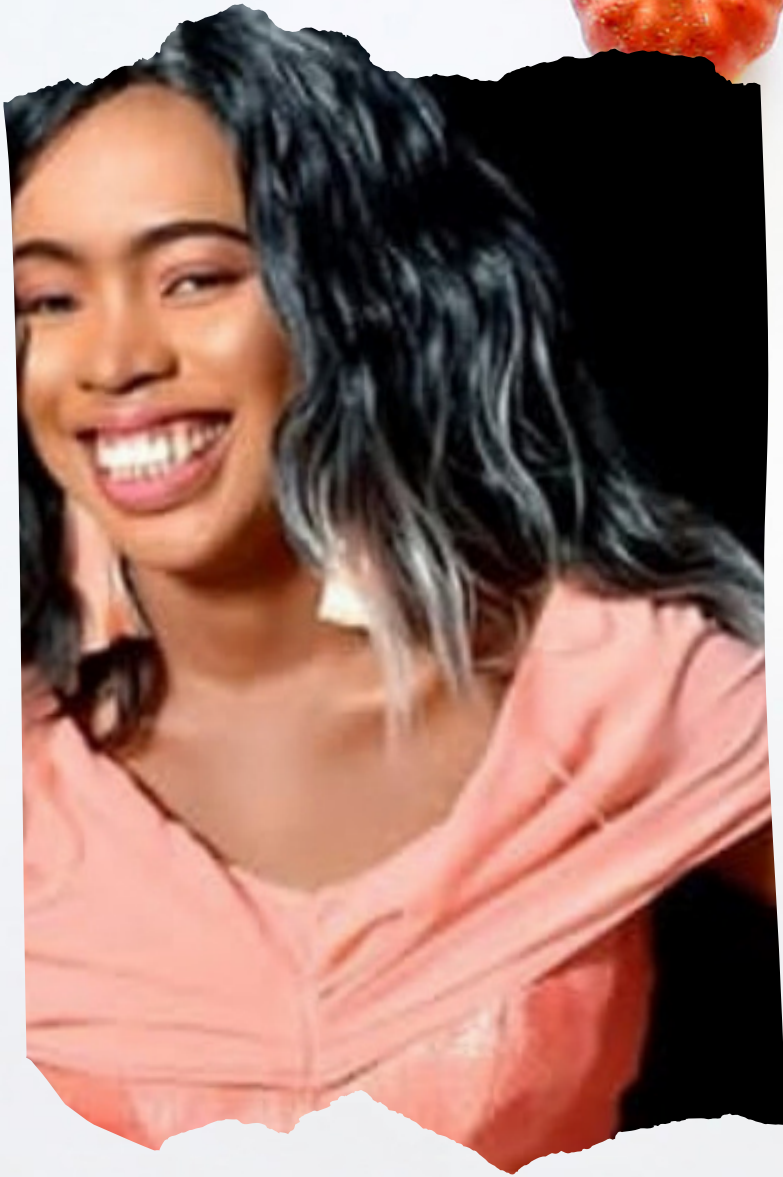
CONTAINED IN THIS  
ISSUE

- She is a **MASTERPIECE**
- Before you say 'I DO'
- Fearfully and  
wonderfully made
- Christ is in you
- Book spotlight
- Building your confidence

SOCIAL LIFE  
CORNER

- Go Digital
- Healthy Living
- Etiquette
- Book Review

*and so much more*



## EDITOR'S NOTE

**Eph 2:10 ISV**

***For we are God's masterpiece, created in the Messiah Jesus to perform good actions that God prepared long ago to be our way of life***

How do you see yourself? As Christians, it is important we learn to see ourselves and others through God's eyes. This is the most powerful tool we have. The word believers come from the idea that we believe

in someone or something, (for us it is that Jesus came to the world, He died and resurrected to save us, etc.) this means that God loves us dearly, so dear that He sent Jesus to die for us that we might get a

chance at eternal life and have full access to Him.

John 3:16 says "For God loved the world in

this way: He gave His One and Only Son, so that everyone who believes in Him will not perish but have eternal life".

Ephesians 2:10 teaches us that when we came into Christ, we became the Master piece of God. And in this issue, we are going to learn what that means for us.

Hey sis, I'm glad you picked up this amazing work and I can assure you that you going to have a fantastic time reading this publication... I'm super excited to have you.

*thepastor*  
Abimbola Olawale



# WHAT'S NEW?

Catch up on all latest updates from us



## OUR COMMUNITY IS NOW ON FACEBOOK

HER FAITH FIRST sisterhood - our Faith in Christ is our priority and we place a premium on it. It influences all our decisions and choices. You also can join us on this journey to discover more about our faith. Join our community on facebook today

## HFF PODCAST

We launched the HER FAITH FIRST PODCAST where we have biblical conversations to encourage and strengthen your FAITH walk.



## EASTER STUDY

Prepare to Proclaim is the theme of this year's Easter study...  
The study commenced on February 22,2021



# YOU ARE MASTERPIECE

WRITTEN BY ABIMBOLA OLAWALE

As children of God, our worth isn't found in the things of this world. Our worth isn't found in the colour of our skin or in how pretty our faces are. Our worth isn't found in the outfits we put on or the smile on our faces. Our worth isn't determined by the number of compliments we get or by the number of friends that we have. Our worth is found in Christ Jesus. It is found in who God says we are and in what the word of the Lord says about us.

I am what I am by the Grace of God, Isn't that what the Apostle Paul said.

Look at this

***1corinthians 15:10***

***But by the grace of God I am what I am: and his grace which was bestowed upon me was not in vain; but I laboured more abundantly than they all: yet not I, but the grace of God which was with me.***

***Ephesians 2:8***

***For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.***



Say this with me

I am God's Masterpiece

I am created in Christ Jesus

I am created unto good works

This is your worth. This is who you are, God's Masterpiece - He crafted you with His own hands

You are not self-made , you are God-made  
You are not even man-made, so your identity is not found in the Words of men.

**YOUR TRUE WORTH IS DEFINED BY THE WORD OF GOD.**

So, if you are made by God, you should depend 100% on God. You should depend on the finished works of Christ and on the leading of the Spirit.

**IT IS IN CHRIST ALONE,  
THAT YOUR HOPE, YOUR  
WORTH AND YOUR  
IDENTITY IS FOUND.**

## SHE IS A MASTERPIECE

God wants you to fix your gaze on Him. He wants you to seek to know Him with all your heart. He wants daughters who desire to know Him and walk in intimacy with Him  
Therefore, it's time to fix your mindset  
It's time to renew your mind  
It's time to focus on what matters - on WHO MATTERS  
It's time to focus on God and on His will. And on the path He has laid down for you.  
Turn your heart from a world loving perspective.  
Fix your heart on God

### **Colossians 3:1-2**

***If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.***

**Set your mind on things above  
Fix your heart on what He says about you**

**IT IS IN CHRIST ALONE, THAT YOUR HOPE, YOUR WORTH AND YOUR IDENTITY IS FOUND.**

**Blessings!  
Pastor B**



## SEASONS



Drinking in the rich autumn colors, she rested under the Persimmon tree which had offered its treats to her family for decades. She peered up through the leaves and branches and contemplated God's handiwork - His creativity, His amazing love for His people; that the God of the universe would stop for a moment and paint this world to proclaim His glory and power. Then He would place each one of us - His unique creatures, made in His image, also to proclaim His greatness and glory - to marvel and wonder about His goodness, His majesty, His wrath, His strength... His unending love for those Who love Him and keep His word. Jesus. Jesus, she thought, is the answer to all the wondering and marveling. And still a source of wonderment is He Who gave Himself up for a sacrifice on our behalf, an atonement for sins once and for all that could never be atoned for any other way!

She settled back further against the tree trunk, content, fulfilled, enjoying the freedom of being His, enjoying His Rest.

**JULEE WILSON**



# CHRIST IS IN YOU

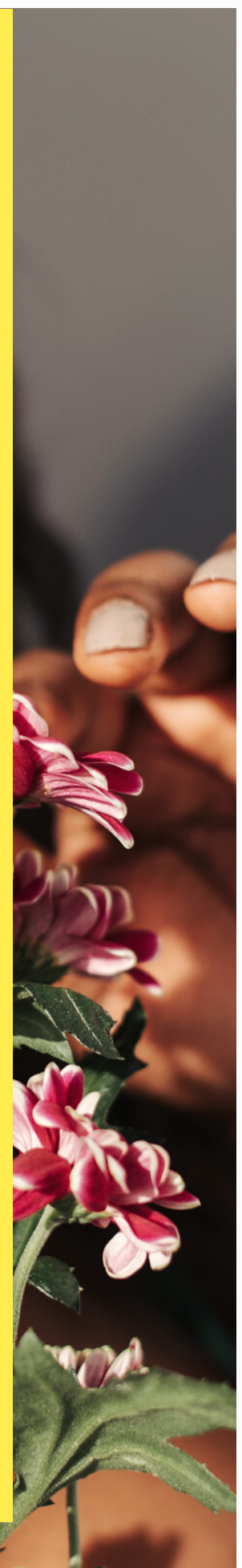
It's tempting to spend a lot of time searching for your calling, but you already know it.

You and I have the same calling as Paul: "to make the word of God fully known" (Col. 1:25). As ambassadors for Christ, every single thing that we say and do is an opportunity to share Jesus with the world around us. We can follow this calling no matter our current job or daily tasks. We can pursue it with our co-workers, our families, our friends in real life or online, and our neighbors.

There is no greater endeavor than to proclaim the mystery of Christ and live with this truth always in mind: "Christ is in me" (Col. 1:27). Christ is working through the mundane, being glorified in your suffering, and supplying you with all the energy you need for this day.

I was reminded of these words from Andrew Murray as I read Colossians 1:24-29 this morning: "What a difference it would make if we could take time every morning to focus on the thought: Christ is in me."

Christ is in you and he is with you. May we live like this is true, proclaiming the mystery of the gospel through both word and deed, working with the boundless energy of Christ so he may be glorified in this day.



# HER FAITH FIRST SISTERHOOD

Our world is most connected yet somehow distant.

we scroll and scroll in search for connection. If you are reading this, you are probably already scrolling.

If you are like many of us, you want sisterhood and a place to be known, if so, HER FAITH FIRST SISTERHOOD is the place for you.

If you are a student, this is the place for you

If you are a new mom in search for support during those tough days, this is the place for you.

This truly is a space for us all to grow together in our Knowledge of Jesus and find answers to the questions of our heads while meet new friends and sisters who are on the same quest

This online sisterhood is meant to help you grow in your Faith, discover your purpose and be the sister and friend you've always wanted to be.

Sis, you were made for a purpose and the time is now to start living it

Join the HER FAITH FIRST SISTERHOOD, let's be friends and sisters.



To register, visit @herfaith1st on IG & FB



# Faith Dose

Live by Faith of the SON

## Faith Speaks

- My heart is opened to receive the Word of God
- I believe God's Word to me
- I cooperate with the workings of the Holy Spirit in me
- I am sensitive to angelic operations
- I obey the leadings and promptings of the Holy Spirit
- I live a life of purity because I have been sanctified in Christ
- I am supernaturally connected to all those who matter in the fulfillment of God's plans and purpose for me
- God has great and mighty plans for me... This I know and I am assured of.

## She was RESOLUTE IN HER FAITH

By Abimbola Olawale

Mark 5 tells us how a man came to plead with Jesus concerning his daughter's critical illness. He wanted Jesus to come and lay hands on her.

Jesus said YES. It is in His nature to answer us.

On his way there, a woman with the issue of blood didn't have the opportunity to receive 'laying of hands' from him. SHE WAS RESOLUTE IN HER FAITH that if she could only touch his garment she'll be healed. She was healed instantly.

We later read of the story of the Centurion who needed Jesus to speak a word only. He didn't touch anything neither did he request laying of hands. All he requested was a word. And he received it.

Irrespective of the of greatness of your challenges, faith in the power of God produces amazing results in one's life.

Whether it is in receiving the laying of hands, or through the spoken Word, or through the written Word, or through physical medium, be assured of one thing

GOD'S POWER IS AVAILABLE TO TURN YOUR SITUATION AROUND

Exercise your faith today!



# Fearfully and wonderfully made

By Abimbola Olawale

We're so quick to put ourselves down. We look in the mirror only to see flaws. We take a photo with a friend and instantly want to delete it. We question our purpose and role in this world, never feeling qualified.

But friend, God made you with intention. He is good. He is creative. And He doesn't make mistakes.

Psalm 139:14 tells us, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Let's choose to believe the truth about who God says we are. His works are wonderful!

Declare it with us today - I am fearfully and wonderfully made!



Do you ever catch yourself going to everyone but God for wisdom? Is there anything you need to prayerfully seek Him for wisdom about today? James 1:5 reminds us of this promise — "If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him."





# BUILDING CONFIDENCE - DEBORAH

WRITTEN BY LISA MARCELINA

What is self-confidence? The Cambridge Dictionary defines it as “the belief that you can do things well and that other people respect you”.

Do you have this type of self-confidence? The one where you sincerely believe that you can do things well enough that other people respect you?

Let’s take a biblical look at a woman who had self-confidence and was well respected by both men and women.

Reading from the book of Judges chapter 4, we meet Deborah. Deborah was a judge, the only female judge at a time when men dominated leadership positions. During this time the Israelites were in Canaan for 20 years, under oppression by King Jabin. i

The bible does not go into specifics as to why the Lord chose Deborah as a judge. But He clearly saw something in her that no man possessed at the time. She was an exceptionally talented woman. Apart from being a judge she was a wife, possibly a mother, a prophet, a poet, and a military leader.

As a judge the Israelites went to her when they needed advice and counsel. However, Deborah was best known for leading the Israelites to victory against King Jabin.

The Lord felt it was time to deliver Israel from their suffering. Deborah summoned Barak and told him the Lord commanded he take 10,000 men to fight Sisera, Commander of Jabin's army. However, Barak told Deborah he would only go if she went with him. This shows the level of trust and respect Barak had for her. However, because of the stance he took, Barak would not get credit for defeating Sisera. The credit went to a woman by the name of Jael, who killed Sisera while he lay in her tent.



So, the Lord gave them victory. To celebrate, Deborah composed a song of praise to God, which she and Barak sang together (Judges 5). After this the Israelites experienced 40 years of peace under Deborah’s leadership.

You can see that Deborah possessed a level of confidence that Barak certainly did not have. She displayed leadership skills by going the extra mile to accompany Barak into battle.

What can we learn from this biblical account? Just as God blessed Deborah with exceptional talents, He has also blessed you. He gave you abilities to go out there and do the work he created you to do.

The bible states “we are God’s masterpiece. He created us anew in Christ Jesus, so we can do the good things he planned for us long ago” Ephesians 2:10.

**By surrendering your life to Jesus, you can accomplish great things. What are your talents? What are the things you are good at? How are you using your gifts to glorify God and serve others? When you use your talents to the fullest, you build self-confidence and the respect of others, just as Deborah did.**

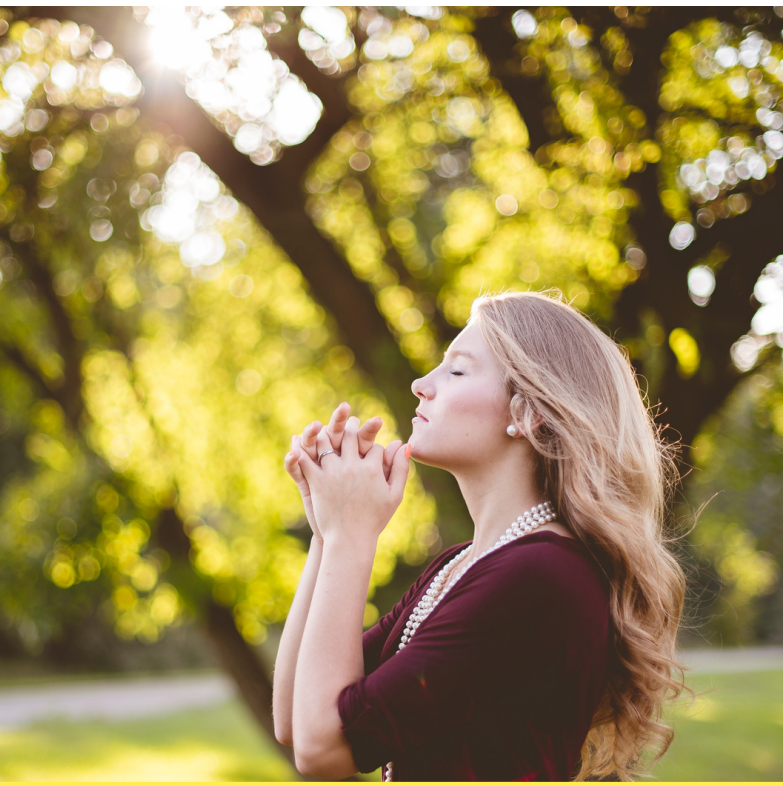
She is a MASTER PIECE

AN ATTITUDE TOWARDS

# PRAYER

WRITTEN BY

*Fatolu Dorcas*



Prayer is a fellowship with God. It is a way of communing with God. As a believer, we must have the right posture towards prayer.

1 Thess 5:17 Pray without ceasing. The ceasing the Bible is telling us here is praying always. A believer that doesn't have a prayer life has no walk with God. As a believer we need to build a prayer life rather than having prayer points.

I will say that there is no Christian Life without a prayer life. For a believer to have a solid walk with the Lord, such believer must have a solid prayer life. Let us look at keys to effective prayer life.

## Keys To Effective Prayer Life

**Faith:** As a believer, we must believe that God is willing and able to hear us. We pray until we receive answer to our prayers.

Mark 11:23 Truly I tell you, whoever says to this mountain, Be lifted up and thrown into the sea! and does not doubt at all in his heart but believes that what he says will take place, it will be done for him. A believer must learn to hold onto the promises of God. Believe that that which God has said in his word.

Romans 4:20 No unbelief or distrust made him waver (doubtingly question) concerning the promise of God, but he grew strong and was empowered by faith as he gave praise and glory to God.)

We see father Abraham here that he stay on the promises of God, even when the situation was saying otherwise, he still choose to belief God.

**Consistency:** There is no solid walk with the Lord without a consistent prayer life. James 5:16 Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working.] The emphasis I want to lay here is earnest, heartfelt and continued. Prayer must be a continuous act, prayer is not done once in awhile, it must also be heartfelt. Your body should know you prayed. I will also say that prayer is a deliberate act, know what you're praying about or prayed about. Anything you don't consistently do is not part of you, for prayer to be part of you, it must be done consistently.





# 1 Thess 5:17 Pray without ceasing.

Praying in the will of God: This is a very important key to know. A believer must come to know the will of God concerning what is been prayed about. If a believer is trusting God over a sickness or financial lack, the believe must first understand the will of God concerning such matter. James 5:14-15 Is anyone among you sick? He should call in the church elders (the spiritual guides). And they should pray over him, anointing him with oil in the Lord's name.

WRITTEN BY

**Fatolu Dorcas**

And the prayer [that is] of faith will save him who is sick, and the Lord will restore him; and if he has committed sins, he will be forgiven. We understand from this passage of the Bible that the will of God is that the sick get healed. This also applied to financial lack, God want us to prosper. 3 John 1:2 Beloved, I pray that you may prosper in every way and [that your body] may keep well, even as [I know] your soul keeps well and prospers. We see here that God want to us prosper in every way. In Colossians 1:9, Ephesians 1:17, we see apostle Paul praying for the saints in the will of God. It is the will of God that a believer have his needs met, so a believer must pray in this reality.

Expect Answers to Prayers: As believers, when we pray, we must expect Answers. We should be expectant. When we read 1 Kings chapter 17 and 18 we see how Elijah prayed that there shouldn't be rain and how he also prayed for rain. Let's see 1 Kings 18:41-45 And Elijah said to Ahab, Go up, eat and drink, for there is the sound of abundance of rain. So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel; and he bowed himself down upon the earth and put his face between his knees And said to his servant, Go up now, look toward the sea. And he went up and looked and said, There is nothing. Elijah said, Go again seven times. And at the seventh time the servant said, A cloud as small as a man's hand is arising out of the sea. And Elijah said, Go up, say to Ahab, Hitch your chariot and go down, lest the rain stop you. In a little while, the heavens were black with wind-swept clouds, and there was a great rain. And Ahab went to Jezreel. We see how Elijah sent servant up to seven times to check the rain just because he was expectant. We become expectant in prayer by remaining in faith.

I often tell people that if they want to hear God's voice, they need to commit to being a student of God's Word. You know Why?

Because God uses His Word as the primary way to speak to us. The Bible is filled with His wisdom, instruction, and commands—it is full of information about His will for our lives.

The Bible is full of truths, instructions, stories, and parables to instruct us in every area—our behavior, our relationships with God and others, how to grow spiritually, how to discern right from wrong, ways to fulfill God's calling for our lives, and so much more.

The truth is, there are a lot of "voices" we can listen to in life. And while it's great to receive counsel and good advice from other people, we ultimately need to know what God has to say. I can't tell you how many times the Lord has used His Word to give me direction about my life or even simply speak a word of encouragement at just the right time.

I believe some of the greatest advice I can give you is to take regular time to read and study God's Word. Pray and ask the Lord to help you understand what you are reading—ask Him to speak to you and give you revelation about His will for your life.

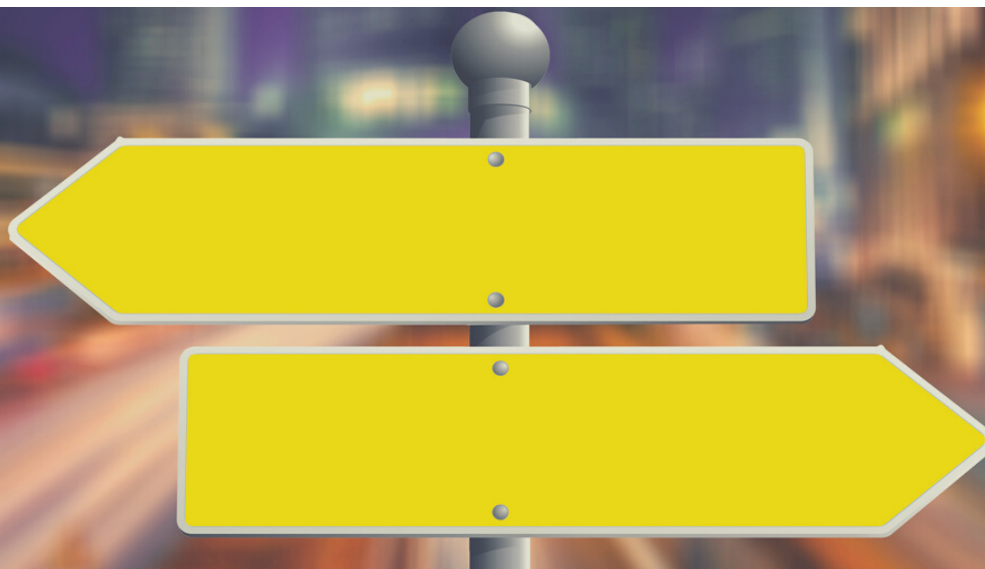
As you do, I can promise you one thing for certain: You will begin to hear from God in a greater way than ever before.

Because His Word is life, and it contains the answers to every situation you will ever face.

**GOD'S WORD BRING DIRECTION AND SHOWS US WHAT TO DO.**

**PSALM 119:133**

**"Order my steps in thy word: and let not any iniquity have dominion over me."**





# BEFORE YOU SAY 'I DO'

BY SADDIE ROBERTSON

To all the girls out there who have yet to say, "i do"

There are things to consider as you question who will be the man you commit to spending your life with. many many things to consider. but one I want to remind you of now as you're single or in the evaluating process of who you are dating is this... who you marry will one day be the father of your children.

It's easy to just think about the next season of life... when we are single we want to be dating, when we a start dating we want to be engaged, when we are engaged it's all about the wedding, and then we enter the thing that the whole process was for - the marriage. as the marriage goes on you may want to have kids, and it's in that moment that you really hope you took seriously every step of the process and the journey before hand. that you didn't just date because you wanted a boyfriend. you didn't just get engaged because you wanted a ring. you didn't just get married because you didn't want to be lonely.

You want to be confident that you went through the process, because you love the man who is in front of you and He makes you better and leads you to Jesus.



I will say, before I met christian I knew I was loved, I knew I was valued, I didn't think I was lonely, because of who Jesus had already been to me. but I will also say that since I have met christian I have felt even more loved, valued, and secure - not less. he has confirmed in me what I have already felt through Jesus - not taken away. That is something to consider.

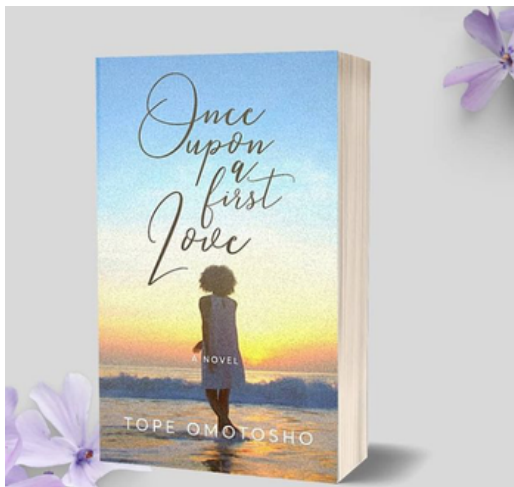
And now as I hold a baby girl inside of me I can't help, but get giddy for her because of the daddy i know she will have. he won't be perfect, but he will lead her to a perfect Heavenly Father. she will be so confident in the love of her father. so secure in the way she was made. not a season will go by that she won't hear and know, "you're beautiful", "I chose you," "I love you." How do I know that? Because not a season has gone by that I haven't heard those words from this man.

Who you marry matters. who raises your kids matters. consider your husband, consider your children, consider yourself, and consider who God is to you, before you say "I Do".

# Once upon a first love

BY TOPE OMOTOSHO

Tope Omotosho is passionate about impacting the world through timeless wisdom and knowledge found in her thought-provoking stories. Her stories and articles cut across love, relationship and romance in a way that does not deny the relevance of God in our everyday life. She is a devoted Christian passionate about bringing people to the knowledge of God's true and unfailing love. You can read more about her stories and articles on [www.lifegodandlove.com](http://www.lifegodandlove.com)



## About the book

Beautiful, strong and confident, Peju Adams has always been a woman who knows what she wants. When she finally reunites with her teen love, Abdul Layeni, it's a dream come true. He's the kind of man she wants to be with. In fact, he's the only man she's ever known. Their love stronger than ever, she's determined that nothing will keep them apart again. But it seems fate has other plans for them. In a struggle for love, will she come to realize who her first love really is?

My thoughts

One of the highlights of this book for me is this

As believers, our decisions, choices and associates should always be influenced by our FAITH IN CHRIST.

It's still ungodly if you choose what God can influence in your life and the areas He cannot touch.

He is the LORD OF ALL. The characters choices to either live by this principle or not is what led to the chain of events in the book

✓I love Femi Alakija's character, I love the way he's passion confident about his Faith, always willing to share the truth that he knows about God without sounding proud or arrogant. Even when it seems like his desires were not forthcoming, he chose to trust God and not seek a way out for himself. He chose to put his faith first.

✓Eliana -She's a kind of friend everyone should have- always looking out for your best interests. ✓Peju Adams challenge was that she couldn't put her Faith in Christ First. She couldn't put her Faith First in her desires, decisions and choices.

Here are some lessons from the book

✓Supernatural Relationships: We need godly friends in our lives who are genuinely interested in our well being. But also, we must ensure that we carefully consider their advise

✓ God's Will shouldn't only be sought in Marriage. We should seek God's Will in every aspect of our lives. God's plan should be the compass guiding us in all our decisions.

**✓ It is God's Will that all men be saved and come to the knowledge of truth. No man is too damaged that the blood of Jesus cannot redeem.**

**Hey sister, get the book so you can understand the full gist. You are going to have a great read.**

**You can read on [bambooks.io](http://bambooks.io) and [okadabooks.com](http://okadabooks.com) Paperback can be gotten on Amazon, and in bible wonderland alaka, and @rovingheights Or simply follow her on Instagram @topeomotosho writes**

**Review by Abimbola Olawale**

# Trust God!

*"You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock."*

**Isaiah 26:3-4 (ESV)**

God is trustworthy. In the Bible, we see over and over again that He is trustworthy. That's why reading the Bible is important for building our trust in Him. He is trustworthy with our schedules. He knows the best things for us to say yes to, and He will take care of the things we say no to. He is trustworthy to meet us in our rest, and He is trustworthy to carry us in times we feel overwhelmed. It takes daily, moment-by-moment surrender of putting our trust in Him.

## Prayer

God, I surrender my overwhelmed heart to You. Your Word says when my heart feels defeated, You lead me to the Rock that is higher than I. (Psalm 61) I want to lean on You, my Rock, when I am overwhelmed with my thoughts, emotions and schedule. Teach me how to find rest in You, Lord. When I open Your Word, remind me of who You are and that You are trustworthy. When my days are full and my to-do list is never-ending, show me how to let go of what I don't need to do. I want to honor You by practicing Sabbath and spending intentional time with You. I put my trust in You, God, regardless of how I feel.

Help me overcome being overwhelmed, Lord. In Jesus' Name, Amen

**Help me  
overcome  
being  
overwhelmed,  
Lord.**

WRITTEN BY

Abimbola Olawale



# GO DIGITAL



***Hello sisters,I'm pleased to finally get to wish you a happy new year.It's really been a while and I believe we have all been making progress after all we learnt in the last business scoop we dished [THE SMART MONEY WOMAN].***

That review really did me well ,I have also gotten gists from some ladies who are doing better now . For those who are new here,we love you and of course,you can have access to the gist too.Now in this edition,we will be discussing "DIGITAL SKILLS".I discovered this some time ago and I'm elated to share this with you guys! I hope you are still with me .

Digital skills,according to UNESCO,are skills needed to use digital devices,communication applications and networks to access and manage information.I know you feel this sounds straightforward ,yes! but I hope you know it is much more than having a smartphone,updating photos,posting tweets and facebook updates.Don't be confused,I'm here to guide you through,we are in this together.

The ever evolving world has gone way beyond human physical capabilities and if not taken seriously,one might find herself at the bottom barely thriving to succeed,

Which leads to the question

**OF WHAT USE ARE DIGITAL SKILLS?**

- 1) it aids the learning of the use and adaptation to the right digital devices,applications,software and systems
- 2) It helps in using different online resources and tools to help you study and engage learnings effectively
- 3) Understanding how to protect yourself and others in the digital environment
- 4) If maximised effectively,it can serve as a large source of income(I like this most,don't blame me)

## NEWS, IDEAS, AND INSIGHTS

- 1 Wisdom
- 2 Designing
- 3 Creativity

**I believe you are beginning to understand what I am saying ,right?**

**Next question now is ,"How and Where do I come in?"  
Keep reading.Oh! you would definitely need a pen and a jotter in this next session**



# ASSESSING DIGITAL SKILLS ACCORDING TO PERSONALITIES/STRENGTHS

Yes! Let's get started. I will give you some minutes to answer the following questions sincerely

Are there things you do well quite effortlessly? Are there things you always find yourself doing again even after stress had made you abandon them, things you believe people should see that you can do and only need to get better?

Then you have found yourself a skill! Come with me while I share some tips that has worked for me

## 1) USE YOUR HOBBY

Now that you already know what you are passionate about, start working on becoming better. Sometime back, I discovered that I could pen down my thoughts in words better, I could go on writing on pages after pages. I then went on facebook because I was more current there, searched for groups related to writing and joined the very active ones. I knew this by going through their previous posts. I took my time to observe and pen down knowledgeable posts that could be of help to me.

## 2) READ BOOKS

You need to read books for an indepth insight on that skill you have. Thank God there are now audio books if you find it difficult to read. You can deliberately commit to reading one chapter or read for 20 minutes a day at your own pace.

After a while, I began asking questions on the group about books I should read and I was given recommendations a lot (this is the importance of active groups). Some of the books were free, some gave me links to blogs I could learn from while some books were to be paid for. Of course, I picked those I could afford

The ever evolving world has gone way beyond human physical capabilities and if not taken seriously, one might find herself at the bottom barely thriving to succeed

## 3) FIND A TEACHER

It is important that you connect with people who are more experienced than you are. These people don't have to mentor you one on one, you can just follow them on social media and begin take note of their posts. Frankly, they may not even have your time unless you are paying of course.

I have a list of people I have been learning from on daily basis and they don't even know me. When I have the money, I will probably contact them for mentorship.

## 4) TAKE A COURSE

If you find it hard to dedicate time to self learning, then committing to a course either online or classroom might be what you need. Online courses are of great help I can indeed testify to them. They can be gotten from apps like Coursera, Udemy, Edx or sites like FutureLearn, The Digital Business Academy, Google Digital Garage and much more. The great news is that you can get to pick free courses which may not offer you certificates or pay a token for some where they offer you certificates that can be added to your CV or LinkedIn account. This is all dependent on your purse of course.

## 5) TEACH OTHERS WHAT YOU HAVE LEARNT

Consolidate your new knowledge by teaching what you have learnt to others. You could do this one on one, host a presentation e.g on Zoom, GoogleMeet Etc, write a blog post about it, create groups on whatsapp and facebook to teach them and so on

## 6) GET ANALYTICAL

Understand the analytics behind digital marketing platforms (websites, social media and email) which are very crucial yet most people don't understand or master. Take courses on them based on your interests and know how to earn from them.

## 7) BE SOCIAL

Join social media platforms like facebook, you tube, twitter (don't outrule twitter pls, most people undermine its importance), LinkedIn etc

Create pages, follow figures, join groups, connect with people with whom you exchange Ideas and get better. You may not want to post but watch what others are doing that works and what doesn't. Follow current trends on an ongoing basis.

However, if you already have skills like hairdressing, fashion designing, photography, Make up, Catering etc, Ensure you create a presence on these platforms, become well known and see how sales would boom

## 8) BOOK AN EVENT

Attend seminars, join up with like-minded people and start working on projects together. Use "MEETUP" to find events that are around you and attend them to open your eyes and mind around your skills.

I know you are enjoying it but we have come to the end of this section.

I hope you got value!

Comments, questions And feedbacks would be much welcome.

We will definitely learn better in the next edition.

Love you !

WRITTEN BY

*Helen adewusi*

# DECISION BASED ON GUILT AND FEAR ARE BAD DECISIONS

WRITTEN BY THERESA BOEDEKER

For the last several days I had been wrestling with a decision. Ping ponging back and forth between yes and no. But the answer was as elusive as silence during a family dinner. "I need your help," I told hubby, a whine in my voice and frustration oozing from my pores. "About what?" he asked. "I have a decision." "Yes?" I laid out my dilemma. A lady who I admired, had called and told me that she had been praying and my name had jumped to her mind. Well, that made me sit up and listen a little closer. She spoke about how she knew I was organized and good at running things. She had noticed my people skills. I sat up even taller and felt like a cat getting petted. She explained how she was stepping down from an important role within an organization we both belonged to, and she was wondering if I would take her place. She assured me I would be the perfect fit. Wait, whoa! She had a big job. She was important. She ran a large part of the organization. I slouched a bit. This conversation had not gone the way I thought it would. I asked her some questions: Time commitment? Big. The duties? Lots. Pay? Volunteer status. She encouraged me to pray about it and get back to her. I hung up conflicted. I was trying to explain this to my husband. How it was a great opportunity. I would be doing lots of important stuff. And just imagine, she thought of and asked me to take over this job. Me. It was all so flattering and ego stroking.



## What motivates your decisions?

And yet, it would take a lot of time. Family time. Daily time. There would be a learning curve. Did I really want to tackle this job when I was focusing on other opportunities? Would it be too much or cut into our precious family time?

I had prayed about it. No real answer had emerged.

My hubby listened to me paint this picture and name my dilemma. "Do you want to do this job?" he asked.

I hesitated and sidestepped the question. "I know I would be good at it. I know they need me. I feel flattered that I was considered."

His face wrinkled into frustration. "Yes, but do you really want this job?"

I wanted to be honest. "Not at this time of my life. But I feel guilty about turning it down. I feel guilty about disappointing her."

"Say no," he said.

"What?"

"Theresa, you should never make a decision based upon guilt or shame. When you do, you will come to regret that decision."

I let his words sink in. Yes, I was feeling guilt over both accepting and declining the job. Guilt smeared and spread around for both yes and no. Guilt I was self-manufacturing. It wasn't easy calling the lady back, but I did. Telling her no. But then I felt much better.

Guilt and shame are unhealthy task masters. Often causing more guilt and shame, which we usually direct at ourself or others.

When guilt and shame motivate us to do something or decide something, they never promote peace and joy. They instead promote fear. Fear of disappointing and of doing the wrong thing. These fear based decisions than sprout resentment, anger, regret, and frustration.

Peace and joy come from God. Fear, shame, and guilt come from our enemy.

To help me visually remember to look at the motivation behind my decisions, I wrote on a sticky note: "Decisions based on guilt and shame are always bad decisions." I underlined 'bad decisions' and stuck it by my desk.

This world has enough guilt and shame, which promotes fear within us. And then we guilt and shame ourselves plenty, plenty. I instead want to be like God. He doesn't shame us into loving him. Guilt us into loving our neighbor. No, he uses plain old-fashioned encouragement and love.

Love casts out fear. Love erases guilt and shame. I John 4:18 "Perfect love casts out fear."

At the bottom of my sticky kitchen note, I wrote, "God uses Love," and drew a heart.

Leave shame and guilt out of your decision making. And instead, chose to be motivated by love.



# BOOK REVIEW



**A STORY OF  
REDEMPTION  
AND  
RESTORATION**

## THE MASTERPIECE

*By Francine Rivers*

The masterpiece is a deep story of brokenness and redemption, of joy and laughter and of the great Gracious grace of Jesus.

This redemptive love story is a probing tale that reminds us that mercy can shape even the most broken among us into an imperfect yet stunning masterpiece: It is a story of grace and hope, its characters are broken, flawed and above all human just like us.

I can say that the book is a message of healing and freedom. God's message of love, grace and forgiveness is woven throughout the story. Grace is a character with a deep faith and often prays, reads her Bible and questions her actions. At one point she briefly thinks God might be punishing her for her sins.

Masterpiece is really a story of redemption and restoration for Grace and Roman where each of them had to choose whether to let their pasts dictate that future or to face the pain of losing free from their past.

I will like to share some of the lessons I learnt from this Captivating story...

### 1) Proper Priority

First, as ladies we shouldn't put aside our dreams to pour in all our resources into a man's dream because of a promise of marriage. I'm not saying, it's wrong to help or support, but pursue our goals while you help in whatever way you can.

If a man is not even making any effort to build a life for himself and rather he is waiting on you, my sister I will advise you to flee from that type of relationship because that's a very great danger.

### 2) Influence

Influence is another great lesson I learnt from the story. Starting from the influence of Aunt Elizabeth on Grace.

Grace to Roman, Jasper's family on Roman, Brian on the youths and others. Few negative and many positive influence stories.

As Christians let our way of life preach and talk about Christ.

Grace influenced Roman by her lifestyle and been so spontaneous about her chat about God... So as Christians, our lifestyle should influence others to Christ.

Also Jasper influenced Roman by finding out his gift of art and helping him to nurture it. How much are you doing to help others develop their gifts?

Or when you recognized a potential in someone, what do you do to help them birth those potentials?

After Roman got to know about his gift, he never stopped working on it.

3) Another lesson I was able to bring out again is the discovery and proper use of our gifts and talents for the kingdom.

He didn't just do that which he loved to do, he drew things that sold too.

What is that thing you are naturally drawn to??? Know it, mine it, get it, refine it, till it comes forth as gold.

**FOR WE ARE GOD'S MASTERPIECE, HE  
HAS CREATED US ANEW IN CHRIST JESUS,  
SO WE CAN DO THE GOOD THINGS HE  
PLANNED FOR US LONG AGO  
EPH 2:10**

## BOOK REVIEW

### 4) Supernatural Relationships

We need substantial friends, who are interested in our lives and we in theirs.

Grace had friends, who she meet up with every week, they relay their experiences, seek each others advice and keep themselves accountable

In all your gettings in life get yourself valuable, supportive and spirit minded friends

Taking Grace as an example

She had a knowing about her relationship with Patrick, many times she could sense she was on the wrong path, but she ignored all that

Also reading through I also find out that we should always listen to the inner voice within and the people God has placed around us

5) Another lesson I learnt was that when God takes hold of a broken life, he turns it into an amazing MASTERPIECE

When u have promptings about something in ur mind don't ignore it, take caution! This is the greatest lesson I took out of the book

In summary,

I think the book The masterpiece is a true reflection of this scripture

**FOR WE ARE GOD'S MASTERPIECE, HE HAS  
CREATED US ANEW IN CHRIST JESUS, SO WE  
CAN DO THE GOOD THINGS HE PLANNED  
FOR US LONG AGO  
EPH 2:10**

REVIEW BY

*Ikade Favour*



# ETIQUETTE

WRITTEN BY

*Funmi Kehinde*

Hello Sisters,

Right now, we will be discussing briefly the meaning of ETIQUETTE and those few things you need to know about it.

Firstly let's talk about what ETIQUETTE is.

The word "etiquette" comes from the French word "estique," meaning to attach or stick.

“

There's no limit to how one is expected to behave when it comes to moral uprightness for so much is expected of and from individuals, upbringing regardless.

You see, "Etiquette" is a noun and it simply describes the requirements of behaviours according to the conventions of society.

It includes the proper conduct that is established by a community for various occasions, including ceremonies, court, formal events and everyday life.

The short definition at Merriam-Webster.com is that Etiquette is "the rule indicating the proper and polite way to behave."

Sounds like good manners and morals right!

Another definition of "Etiquette" is that it is a conduct or procedure required by good breeding or prescribed by authority to be observed in social or official life and these are such that should be followed.

Etiquette also refers to behaving in a socially responsible way any and every where you're opportuned to be, be it among the low, high or mighty.

There's no limit to how one is expected to behave when it comes to moral uprightness for so much is expected of and from individuals, upbringing regardless.

It is very possible, the kind of environment you find yourself in affects you either positively or negatively based on what you have been used to overtime, but even then, there is nothing such as a non-adjustable moral, character or comportment.

Although difficult it may seem when trying to evolve or go through a process of transformation from a poor moral to a solid sound one, it is actually achievable once it becomes a deliberate decision that is kept in place with consistency.

The very first step should be to know exactly what level of positivity and excellence in moral standard you'd want to evolve into and then follow through gradually until it becomes an absolute part of you.

So you see, it isn't difficult at all to culture sound Etiquette as long you desire them to be part of your life and conduct.

Now, having seen more guides into what Etiquette is from the above, it is noteworthy to actually establish in a simpler term what Etiquette really means to avoid ambiguity.

So....in simpler terms,

Etiquette refers to guidelines which control the way a responsible individual should behave in the society.

# The Need for ETIQUETTE:

- ° Etiquette makes you a cultured individual who leaves a positive mark wherever you go.
- ° Etiquette teaches you the way to talk, walk and most importantly behave in the society.
- ° Etiquette is essential for an everlasting first impression. That is, the way you interact with your superiors, parents, fellow workers, friends speak a lot about your personality and up- bringing.
- ° Etiquette enables an individual earn respect and appreciation in the society.

Of course we all know that, no one would feel like talking to a person who does not know how to speak or behave in the society.

- ° Etiquette inculcates a feeling of trust and loyalty in individuals.  
It helps one become even the more responsible and mature.

°Etiquette helps individuals to value relationships.

Looking at it from the biblical aspect too, even the GOLDEN RULE in Matthew 7:12 looks ethical such that it advises us especially in our dealings with others to treat them as exactly as we would have them do to us.

It says:

"Here is a simple, rule-of-thumb guide for behavior: Ask yourself what you want people to do for you, then grab the initiative and do it for them. Add up God's Law and Prophets and this is what you get. -

MSB

"Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets. - KJV

No one is exempted from this, not even the believer in Christ.

As believers in Christ, much more is expected of us because we are patterned after Him and should reveal His personality in all we do, but this is not without the help of the HolySpirit helping us manifest the fruit of the Spirit (read -Galatians 5:22-23) in our daily living, maybe we should even call them Spiritual Etiquettes for they are there to sharpen and shapen us to live our lives such that it is pleasing to God and in doing so, we are actually shining our light before men that they see it and give glory to God on our behalf (read Matthew 5:16).

And of course, you shouldn't expect to be treated like a queen when all you do is treat others like some sort of garbage. Show some courtesy!

Prov.4.7 - Above all and before all, do this: Get Wisdom! Write this at the top of your list: Get Understanding!

Knowing what you ought to know, getting Wisdom and an accurate understanding of what should be done, when it be done, how it should be done and where it should be done is a good way to display Etiquette.

It is also important to note that when it comes to Etiquette it's totally about what should be or should not be done when it comes to certain areas of life especially the social aspects where we have to both deal with others and even work on ourselves.

**In the next edition of GOLDMINE MAGAZINE, we'll be talking about types of etiquette and discuss specifically what each type of Etiquette entails as well as the dos and don't of certain ethical standards.**

**Thanks for reading.  
We are sure you were Blessed!**

**We continue in the next edition, ensure you don't miss it.....**





# I have issues with kissing, romance and sex. Can I even have a Godly relationship which will be sex and romance free?

Well your answers are embedded in this write up.

What does sexual purity mean exactly?

Sexual purity means abstaining from intercourse until marriage, but that is not all it means. Being sexually pure means not even dwelling on thoughts of sex with someone other than a spouse.

Real purity comes as a result of believing that the Lord Jesus died in your place to ransom you from impurity. Pure living increases as you work together with the Holy Spirit to live as a redeemed child of God. Purity describes who you are and what you do.

I know the next question you will ask is can this be possible? YES it is very possible to have a relationship without kissing, sex or romance. I want you to know that sex does not happen by accident. Infact it doesn't happen suddenly. It is a deliberate act which is fueled by emotion that cannot be curtailed (lust). You might be thinking presently that how about situations that you never planned for but you ended up having sex. My dear again I will repeat it, there is no mistake in sex it happened because the two parties want it. ( except rape cases) aside this, immorality is not a mistake it is a deliberate lustful act.

How do I abstain for sexual immorality and maintain sexual purity.

The mistake we make most of the time is that, we have heard many people say be determined not to do it again. Yes, I agree but more than determination is submission to God and to a counselor. This should be for both parties. I believe Satan dwells so much on secret, so you need to open up, speak to God and a counselor, it could be your pastor, a friend or anyone whom you submit yourself to.

Try as much as possible to flee from every appearance of evil.

**2Ti 2:22 "Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart."**

**"James 4:7 Submit yourselves therefore to God. Resist the devil, and he will flee from you."**

Do not forget that Christ died for your sin and gave you the Holy Spirit. This means that he did not leave you he resides on your inside. Tell it to Jesus, and trust the process, it can only get better. Christ is In You and you are the righteousness of Christ Jesus.

Make this confessions every day

I am the righteousness of God, through Christ Jesus

I have Christ in me, I cannot fall neither will I fail. My body is the temple of the living God.

I am in the image of the Lord. Therefore I live for him and him alone.

I refuse to yield to lust of flesh, I know who I am. I will keep myself till I am ready to marry. So help me God

Amen

**By, Abosede Odebode**

# COOKING AND CRAFT

WITH FLORENCE OMOJIADÉ

## HEALTHY COOKING TIP

### \*Healthy cooking tip\*

Do you know that steaming of your food is one of the best way to cook your food without its losing its nutrient.

### \*STEAMING\*

Is a method of cooking by immersion in steam. It is a moist heating method of cooking, it is the steam that carries heat to the food. With steaming, the food is kept separate from the boiling water.

### \*Benefits of steaming\*

- ~ its does not require too much time when cooking, it is a quick way of cooking
- ~ the taste of the a food steamed is preserved because it does not have the opportunity of mixing with the liquid
- ~ the food texture is left moist and tender. The food retains its shape, color and texture.

\*Watch out in the next edition on how to steam your food and cooking utensils needed for steaming your food.\*



**EAT HEALTHY ALWAYS**

---

Florence Omojiade  
CEO Ophures Treat

## ***When you hear the word healthy living, what is the first thing you think of? Eating well? Sleeping well?***

You're absolutely right if those were your thoughts but that list is actually endless because it cuts across all areas of life.

Living healthily entails a lot of things which primarily point towards your health not excluding your psychological, emotional and mental health fitness.

The one who does not yet understand what it means to be fit would be found continually falling sick today and getting better tomorrow because it is either they are not paying attention or not following what they ought to do or they have not been able to lay hold on that which should give them a firm stability in their health.

A healthy lifestyle is important for everyone.

When we look after our physical health, we feel better too – fitter, more relaxed and better able to cope with things, whereas reverse is the case with one who pays little or no attention to his/her health.

Also,

'Healthy living' means maintaining a healthy lifestyle and introducing habits that improve your health.

Here are some tips that enhance HEALTHY LIVING.

### **PAY ATTENTION TO YOURSELF:**

**Know what your body needs, what it doesn't need, what it reacts to and ensure to pay proper attention to them.**

### **EAT FRUITS:**

**Since it is commonly said, that "an apple a day keeps the doctor away", it is important to note that including fruit in your daily diet is awesomely beneficial to your health.**

### **EATING THE RIGHT MEAL:**

**When we talk about eating the right meal, it simply means taking the right food combinations which should be nothing outside a balanced diet. You should also avoid terrible food combinations too.**

### **EATING AT THE RIGHT TIME:**

Eating at the right time is just as important as eating the right meal combination. Knowing when exactly to eat your meals helps you pay proper attention to your health state such that you know when there is an issue with your appetite or level of food consumption.

Below is a guideline on taking your meals:

✓ **BREAKFAST.** - Eat within 30 minutes of waking up. - Ideal time to have breakfast is 7am. ...

✓ **LUNCH.** - Ideal time to have lunch is 12.45pm. ...

✓ **DINNER.** - The ideal time to have dinner is before 7pm. ...

✓ **WORKOUT MEALS.** - Never workout (especially weight training) on empty stomach.

### **GET ENOUGH SLEEP:**

After the days hustling and bustling, it is very important to ensure to sleep well to gain back those energies that were lost during your work times. To joke with your of sleep is actually to joke with your health.

It is advisable to sleep for a minimum of 5hours or a maximum of 8hours per day.

### **GET ENOUGH REST:**

Daily ensure to get enough rest as it's just as important as a good sleep everyday. A rest isn't necessarily a deep sleep, it is that period you are relaxed and doing nothing in particular.

### **TAKE WALKS/DO EXERCISES:**

Exercises do not have to be strenuous, it should be such that you can always find time to do either on a daily or weekly basis to keep your body fit and in shape.

Taking a walk is also helpful.

### **READ SELECTED BOOKS:**

While looking out for the kind of book to read, be very selective and ensure they are such that help you psychologically not those that further deepen you in misdeeds and put you in states that cannot be handled.

### **PLAY GAMES:**

Playing games that help your memory or Intelligence Quotient (IQ) is as good as putting your brain to work and this goes a long way in improving your mental health.

### **GO FOR MEDICAL CHECKUPS:**

Doing a scheduled medical checkup with your doctor, lowers your risk of falling ill because in doing the checks, a lot of illness or diseases that could escalate if not properly diagnosed early enough would be well managed and treated.

### **PAY PROPER ATTENTION TO YOUR HEALTH!**

We continue in the next edition with more details on - THE BEST TIME TO EAT.

We also hope you put all of these to practice.

Stay tuned!



# **HEALTHY LIVING**

**Funmi Kehinde**



# Be Edified

## Podcasts

### INSIGHTS WITH PASTOR B

Catch up with new episodes of insights with Pastor B every Tuesday on your favorite podcast App

6PM

### PRAYING WITH PASTOR B

It's Prayer Time every Thursday night. We pray in faith together and enjoy communion with the Spirit of God

9PM

### HER FAITH FIRST PODCAST

Weekly inspiring Bible conversation every Saturday

9PM

## Social media handles

### HER FAITH FIRST

Follow @herfaith1st on instagram and Facebook

### ABIMBOLA OLAWALE

Follow @thepastorb on both instagram and Facebook



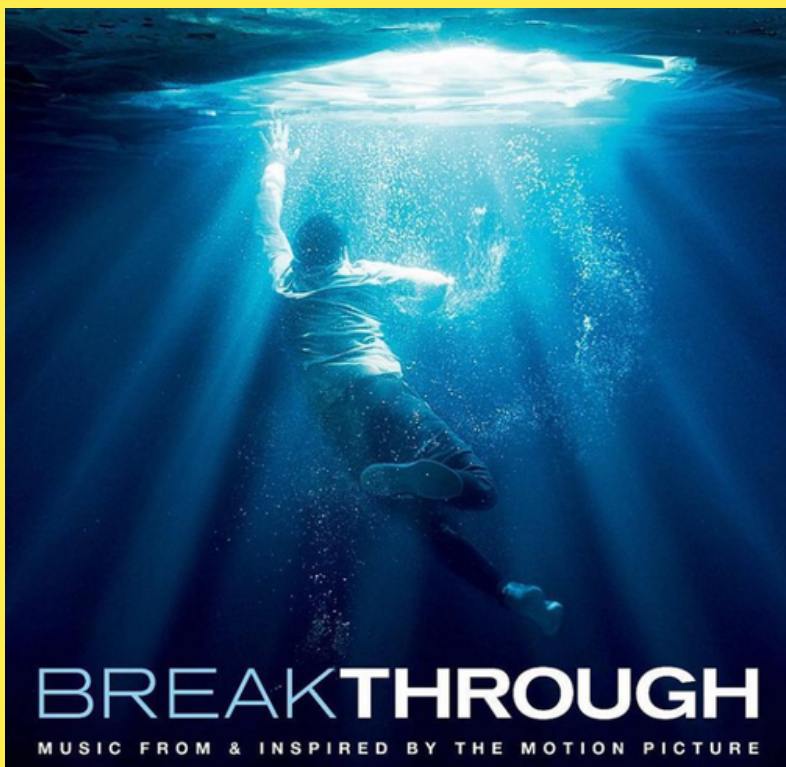
# Movie Recommendation

CHECK THEM OUT



***Have you seen The Chosen?***

Well, you should. Trust me, it's so worth it. Y'all know I always bring you the best and most edifying movies, so if you haven't seen the chosen, go check it out now. And I hear season 2 is coming out by easter, WOW, I can't wait



**Breakthrough**

The truth about consistent and persistent Faith in Jesus is one major lesson that can be learnt from this movie. As a mother my self, I related with every scene and I watched it over and over again. You should see this one as well



# Prepare to Proclaim

A SNEAK PEEK INTO OUR EASTER STUDY

## Matthew 26:6-13 KJV

"Now when Jesus was in Bethany, in the house of Simon the leper, There came unto him a woman having an alabaster box of very precious ointment, and poured it on his head, as he sat at meat. But when his disciples saw it, they had indignation, saying, To what purpose is this waste? For this ointment might have been sold for much, and given to the poor. When Jesus understood it, he said unto them, Why trouble ye the woman? for she hath wrought a good work upon me. For in that she hath poured this ointment on my body, she did it for my burial. Verily I say unto you, Wheresoever this gospel shall be preached in the whole world, there shall also this, that this woman hath done, be told for a memorial of her."

## Matthew 26:6-10, 12-13 KJV

We'll start this Easter study with someone who truly got it. Mary, the sister of Martha and Lazarus, actually understood. In fact, she understood more than the indignant disciples who tried to stop her from "wasting" the perfume on Jesus. She, perhaps, understood that Jesus wouldn't be with them much longer

**Join our communication  
to get edifying daily  
devotional that would  
stir up your Faith**

Her response to Jesus' imminent death is beautiful. She worshipped him. Not a casual, what's-next-on-the-agenda worship. But an extravagant worship where she didn't count the cost. It was a reverential worship, an extraordinary worship, perhaps even an irrational worship. She didn't look at the clock or her wallet or at people around her who were wagging their fingers in judgement.

Instead, she looked at Jesus. She allowed him to fill her vision and eclipse everything else around her. She worshipped like no one was watching.

## My Moment

What is my response to Jesus' death on the Cross? Am I offering Him a sacrifice of worship and praise? Or is my sacrifice this season of Lent geared more for my own benefit?

## Prayer

Heavenly Father, Help me to worship in a way that truly takes all of me. Help me love you with not just my words but with all my soul, my mind, my strength and my heart. Let me never be content with lukewarm worship, but let me burn with the flame of faith set aglow by a deep reverence for you. Amen.





# Join our community

HER FAITH FIRST

## Looking for a community of sisters?

Where you can read the Bible, pray, discuss and fellowship with other ladies who have the same passion

## Our community is right for you

We believe every woman should pursue and cultivate a functional personal relationship with God we have created a community to help you achieve this.

## Our Activities

Daily Bible reading plans  
Weekly Conversations  
Weekly Prayer sessions  
Book reviews

## You got the right community to fellowship



## SIGN UP

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