



Without Walls

17TH EDITION

A QUARTERLY EVANGELICAL JOURNAL OF 300 LEADERS CLUB INT'L NOVEMBER, 2020



Women AS GOSPEL FRONTLINERS

INSIDE

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YOUR
MENTOR?**

**LIGHT
UP
YOUR
WORLD!**

**THE ACT
OF GIVING**

**CONCEPT
OF
STRESS**

Admission! Admission!! Admission!!!

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Quote on MARBLE:

"Grudges are a waste of perfect happiness. Laugh when you can; apologize when you should and let go of what you can't change."

Rev. Dr. Chika Ossai-Ugbah

From biblical times, women have never shirked their responsibilities in their relationships with God and the spread of the Gospel of Jesus Christ. Deborah, Esther, Naomi, Ruth, Abigail, Elizabeth the mother of John the Baptist, Mary Magdalene, Joanna, Mary the mother of James, Martha, Phoebe and a whole lot of others have been worthy examples of faithfulness to God and devotedness to Kingdom business.

Where many men were scared to go or tasks they shied away from, notable women of courage have dared to go; doing amazing exploits that were dumbfounding to their male counterparts!

In our age, it is no different as 'Women of Faith' have ably upheld the Good News – living it out and spreading same to the uttermost ends of the earth in a determined effort as other 'Men of faith' too!

Women in Ministry (WIM) is one umbrella body where women have jointly explored the Holy Scripture, helping each other to live out the true believers' life, building and establishing their respective homes for Christ.

In this edition, the focus is on the Christian Woman as Gospel frontliner – her faith, her character and her works. It's a presentation addressed from different perspectives; the insights shared by the women themselves are amazing and outstanding.

As is our tradition, this edition also addresses a multiplicity of issues that can make us, as believers live out more righteous lives and develop worthy character.

Read on and be blessed!

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THE LEADER'S NIGHTMARE



By A.S. David

The more effective leaders become, the more they walk into trouble. A leader is expected to be effective in executing his duties; this is the yearning of his people. Effectiveness, however, has consequences which are outside the control of the leader. Most times, this hurts him to a point that he may not be able to fully accomplish all he intended.

Coping with the consequences of effectiveness should be more important to a leader than his accomplishments. The ability to handle success could become a leader's nightmare. Leaders do not set out to lead. They find something to do and develop passion for it. This drive leads them to finding how to get better every step of the way.

They seek to be effective because the potential in them is yelling - 'let me out'. Jeremiah exclaimed: 'The word of God was in my heart as fire in my bones'. They know that a leader is the provision for his God-given purpose. They also know that vision is always bigger than the provision; yet it takes the provision to accomplish the vision.

They therefore throw their life and gift into their vision. The harder leaders work to let out their gifts the more effective they become. The more of your potential you unleash the better you become. Ironically, this greater effectiveness drives the leader into the uncharted waters of fame.

Most people think fame is what you

should pursue. 'No', it is not. Fame is the consequence of effectiveness in the pursuit of purpose. Fame could bring the downfall of an upcoming star and so, should not be set as a goal. Tested hands and disciplined mentors should be by a rising star, to chart the course as he steers the ship!

As a leader works to increase his effectiveness, he should also be wary of those who may capitalize on his weaknesses. He should be proactive in staffing his weakness. A leader should not be ignorant of the consequences of effectiveness. Once fame begins to show up in your pursuit of purpose, guard yourself with counselors.

Many come to sing your praise but not with the right motive; they seek to destroy whatever

you have achieved and they do this by massaging your ego. They get words out of you to make a mess of you and your work. The attack is always on your integrity; to demean your personality.

My counsel is: 'When angry say nothing; when happy, say little'. A happy man is like a drunken man; by his much speaking, secrets are revealed. However, upcoming leaders, despite all precautionary measures may still fall into the trap of exploiters; that is, those who make a living out of the mistakes and misfortunes of people of fame. A leader who suffers this should not quit but be strong for his beneficiaries.

What you do as a leader is not for

the exploiters and their audience, it is for your base – those who have bought into your person and are willing to continue with you, even if it means taking up a new vision. Love does not force relationships. People are naturally attracted to it. Therefore, those who love you stick to you irrespective of what your critics say.

Sometimes, when a leader's fame is terribly hurt or even destroyed, he wants to quit. He should remember he did not start with fame; it was just the consequence of his effectiveness. Your critics may have a report but you have the result. Reports are from observers but results are from the performers. So long as you produce results, you remain relevant.

It is also possible that the time a leader suffers this pain; God is calling him to truly discover himself. When those who fought with you fight against you, it is time to encourage yourself in the Lord; that is, come back to yourself to remember the purpose you carry and the need to pursue it until it is accomplished.

There is a thin line between fame and failure; between gold and God. Sometimes, it takes a deep hurt to feel a deep need for God. Yes, this is what God can use in a broken world. As you encourage yourself in the Lord by rediscovering yourself and returning to your God-given purpose, the vision becomes clearer.

Clarity makes for greater passion and ushers in the higher phase of your work. It is this phase that produces the efficient effectiveness; which will not only lead to the recovery of all that was lost but stabilizes the leader in the ocean of fame.

"My counsel is: 'When angry say nothing; when happy, say little'. A happy man is like a drunken man; by his much speaking secrets are revealed"



By Pastor Sarah David

THE PLACE OF FINANCE IN MINISTRY

'Wealth is a mystery! Generating wealth is even more mysterious. One of the mystical contribution to wealth creation is actually the giving away of wealth', Dag Howard Mills.

Finance talks of the money available to an individual or an organization and how it is managed. Money is not the root of all evil but the love of it. God in his plans gave man creative ability; teaching the man he created how to make or create wealth (Deut. 8:18). It is God that gives us power to get wealth; this includes money and all that money can buy.

Wealth comes from God; all blessings come from God. The earth is the Lord's and the fullness thereof. Silver and gold belong to him according to Ps. 24:1 and Haggai 2:8

Therefore, in ministry, God has packaged us to be wealthy by giving us his Son, His Spirit and His power. This supernatural power and ability when put to work brings to us every good thing we desire, money inclusive. Eph. 3:20

God delights in our prosperity. He

gives us power to get wealth that He may establish His covenant upon the earth. (Deut. 8:18, 11:12) It should be noted that ministry is service. He gives power for service and by it achieves the purpose of establishing his covenant on earth. He calls this power the 'ability to make wealth'. It is, therefore, not out of place to talk of finance in ministry.

As we respond in faith and to the guidance of the Holy Spirit, He will prove his delight in us by ordering our steps to the right place at the right time. Ps. 37:23. God orders the steps of the just into wealth, for the steps of a good man are ordered by God.

How to increase your finance

'Give and it is given unto you, good measure, pressed down, shaken together and running over'. (Luke 6:38)

Giving away money should actually 'reduce' your wealth but mysteriously or amazingly, giving away wealth creates wealth! This has been proven by many, according to Ps. 75:6-7

Wealth not distributed will soon put the owner into trouble. The

love of money breeds evil. But as you share wealth, you will be as a tree planted by the rivers of water, which will bring forth fruit in its seasons. Because leaves of this tree does not wither, whatever you do will prosper. God will make all grace abound towards you. Ps. 1:3 Taking advantage of the above mentioned principle, you can therefore increase your finance by investing in the Gospel. The blessing of the Lord will now make you rich and will not add sorrow with it. That is, no devourer! Proverbs 10; 22

In conclusion, do what you can with what you have, where you are. Let's subdue the earth with the little we have. That is all we need to carry out the great work of world evangelization. And the Lord will open unto you His good treasure and bless the work of your hands. Deut. 28:8, 12

Remain blessed as you keep delighting your self in the Lord for he will give you the desires of your heart. And as you fear the Lord, wealth and riches will be in your house and your seed will be mighty upon the earth. Ps. 112:1-4

TITHING: REASONS WHY WE PAY TITHE

Cont' On Pg 20

By Sarah David

Dag-Heward-Mills explained in one of his books: *'Why God Established the Tithe'* that "tithe is a mysterious multi-purpose offering that is presented to the house of the Lord. Your tithe mysteriously achieves numerous purposes of God. Every time you pay tithes, you contribute towards one of these mysterious purposes; God unlocks a different type of blessing".

Let's explore the ten reasons why we must tithe:-

1. All we have belong to God. Tithes and offerings are not just in terms of money but much more than that. Tithe has to do with the principle of financial management. That is how to manage your resources.
2. Your tithe will bring food first to the house of God and also to your own house. God is not a beggar trying to rob us of our income or is he hungry?



YOU ARE NOT JUST A WOMAN!



By Patricia Ohain (Mrs)

It is a general assumption that women are of a weaker sex due to their physiological make up. What many fail to realize is that God has given women, just like their male counterparts, the same spiritual gift, grace and unction, to do the Kingdom business.

A woman therefore, can be as effective as she desires with God's enablement to function in any area of her calling! For with God, there is no male or female, Gentile or Jew; for we are all one body with diversity of gifts. Ephesians 4:11-13 says that *“it was He who gave some to be apostles, some to be prophets, some to be evangelists and some to be pastors and teachers to prepare God's people for work of service, so that the body of Christ may be reach unity in the faith and in the knowledge of the son of God and become mature attaining to the whole measure of the fullness of Christ”*.

Since women have been given this same grace as well, they should not slack nor sit back any longer but may allow their male counterparts to take the lead as a matter of honor. However, this does not give room for competition but that everyone should be in the field assigned to them, striving to please the Master.

Therefore, 'arise', oh women of faith, for you are not just a woman but a peculiar vessel with a unique calling and gift to rescue the perishing world.

There was a woman of faith who played a significant role in the life of her people. God used this woman during her time to give Israel rest from their oppressor, Jaban the king of Canaan and the captain of his host, Sisera; through her prophetic gift. This great woman is no other person than Deborah.

WHO IS DEBORAH?

Deborah is the wife of Lipidoth, a prophetess and a charismatic leader of the tribe of Israel. She was one of the sixteen (16) judges of Israel between the time of Joshua and the Kings of Israel.

Something made her to stand out as a woman in her time and

also to become a reference point till date.

WHAT ARE THESE OUTSTANDING QUALITIES IN HER?

*She had a close relationship with God; thus, God communicated with her and gave her vital instructions concerning the liberation of her people of Israel.

*She was filled with the spirit of wisdom and the knowledge of God thus she used this gift to judge Israel at that time. (Judges 4:5)

*She was a burden bearer, who was sensitive to the needs of her people at the said time.

*She was a go-getter who would not allow her gender to pose a barrier to her God-given vision and calling.

*She was a woman of strong faith who believed the word of God to the letter.

*She was bold, a woman of valor. She opted to thread where the men were afraid to go. She led the children of Israel to war!

*She had a different spirit just like Joshua and Caleb – she believed that with God, all things are possible.

Being a woman and a wife was not the ultimate for her. Deborah is a woman just like me and you but she *built up until we all* decided to make a difference in her time. She stood out of the crowd because she saw

the God in her and not her gender. (Philips 4 vs 4)—“I can do all things through Christ who strengthens me”.

You also can be an agent of deliverance with your gifts. Don't stop until you empty yourself. Queen Esther risked her life by the action she took to save her people from going into extinction. There are many women of prominence – God's generals who have left their footprints in the sands of time.

Many are still marching on, impacting lives, pulling down strongholds and reaching the unreachable with love and hope through the gospel of Christ. What will you be remembered for as pass you through this phase of life? (2 Cor 5:17): “Therefore, if any man be in Christ, he/she is a new creature, old things are passed away; behold, all things have become new”. Your old way of life cannot hinder you, your qualification cannot hinder you neither your family background. It is therefore time for women who know their God to arise and do exploit for their Master. Why not choose to be one of those who will impact our world and make it a better place. SHALOM!!

“Being a woman and a wife was not the ultimate for her. Deborah is a woman just like me and you but she decided to make a difference in her time. She stood out of the crowd because she saw the God in her and not her gender”.

TIPS FOR WOMEN TO HANDLE HOME

By *Evang. Evelyn Andrews*

1. Time management is very important; make your plans well ahead; home comes first before ministry (1 Tim. 3vs4-5)
2. Know it that you are called into Ministry to be a 'father' or 'mother' to many.
3. Have family privacy; it is not everything about your home you discuss on the pulpit except God asks you to do so; He will defend you when crises arise; God will make your family members to smile over them.
4. Don't influence authority to deny people of their benefits; influence your home to trust God.
5. Don't suggest wrongly to 'suffocate' growth or expansion of your home/family.
6. The vision of Christ centers on service; you need man, you need God and so, take time to develop yourself. Willingness to help others is a ladder to your own success.
7. Women are beautifully made to stand out and make a difference; we have so many extra-ordinary women in the Bible that did exploits – Ruth, Esther, Lydia, Debora, Hanna, Dorcas, Mary Magdalene, Abigail, Elizabeth, Rebecca, Susan, Sarah and so many of them in our time.
8. In ministry, we are called to love the lost, make disciples and serve the suffering; hate sin but not the sinner. If your husband is a smoker for instance, your fight and quarrel can't change him. You can't change a man because you love him; man changes himself because he loves you; that is the word of Word.
9. Circumstances are platforms for you to arrive; know yourself, be yourself, develop your unique talents; that special gift in you, develop it!
10. Women in the Bible were keynote speakers!
 1. Look at the Samaritan woman at the Well.
 2. Mary Magdalene at the grave side.
 3. Mary, mother of Jesus Christ at the Canaan wedding where she told the disciples 'whatever He asks you to do, do it'.
11. As a minister, what do you tell yourself everyday of your life?
 1. Abraham will say 'the Lord will provide'.
 2. Jacob will say 'I will never go unless you bless me'.
 3. Joshua will say 'as for me and my household, we will serve the Lord'.
 4. Moses would say 'if you don't go with us or before us, we are not going anywhere'.
 5. **Conclusion:** Stay focused, humble and live a transparent life! (1Cor. 3v9). Shalom.

OPPORTUNITIES ARE FOUND IN THE PLACE OF SERVICE! *By Sarah Davids*

Opportunity simply means a time when a particular situation makes it possible to do something differently that leads to a great achievement or success in one's life. Achievement separates an individual from the crowd. You are not sent into this world to blend in but to stand out; it is your choice, decide to be a success by your willingness to serve. If you want to be great, then go for service and allow others to use your services.

A man's gift will make room for him and bring him before kings. When you know your gift, share it so much that people will be attracted to it. There is something in you that no other person has. You are unique; you are designed to be great!

Secured leaders give out power. That's the law of empowerment. That is to say, you too can empower others

through your gift and service. Share your ideas with others, so that it can spread far and wide; put your ideas in others so that your leadership scope can be wider and higher. In the place of service, people are drawn to you; in service there is reward. You are nobody until you start serving.

When we talk of service, we mean serving out your gifts without charges. Let our service be of willing heart. Be happy you are engaged in something profitable to humanity. An idle mind is the devils workshop. Allow people to serve their gifts no matter their age. The aim of serving is to get good result. Service is profitable. As you serve, God will take you from level to level. Study Joseph, Jacob and Moses. There is joy and fulfillment when you serve.

HEAVEN AND ITS DISTINCTIVE CULTURE

By Evang. G.O. Obaseki (Mrs)

The Kingdom of Heaven is on earth, it will never depart! The Kingdom of Heaven is like yeast that a woman took and mixed into a large amount of flour until it worked all through the dough (Matt. 13:33).

This is about Kingdom influence; one thing about yeast is that once added to your dough, you cannot remove it. It's there for good. Although it works slowly at first, eventually the yeast permeates the entire batch of dough.

The same way is the Kingdom of Heaven on Earth, it will never depart and like yeast, the Kingdom is growing and will continue to grow until it thoroughly covers the entire earth. Although human governments come and go, the government of God will last forever. His government is eternal.

The presence of the Kingdom of Heaven on earth divides all the people on earth into two groups – those who are kingdom-citizens and those who are not. This is a critical distinction. Our purpose as kingdom citizens is to work with the King to

increase the size of the first group and decrease the size of the second group.

We have a calling and a responsibility to influence earthly culture with the culture of Heaven. For this reason, the king has given us 'kingdom authority' and the keys of the kingdom so that we can fulfill our calling as children of *Reconciliation*.

Every country has a culture. Culture is partly the manifestation of the nature of the government in the lifestyle, customs and morals of the people. Every country has unique qualities of character, customs, traditions and social lifestyles that differentiate it from other countries.

This means that when you enter the Kingdom of Heaven through the new birth in Christ, you become a Kingdom citizen and the culture of the Kingdom should begin to manifest in your life, your speech and your behavior.

Kingdom culture, however, measures success by service & self-giving. Kingdom culture is a culture of servanthood!

BE *totally* CHANGED!

TOTALLY means all, completely or entirely while *CHANGED* is the process of becoming different, a replacement; replacing old pattern of doing things with a new one.

Therefore, to be '*TOTALLY CHANGED*' means to be fully in Christ because it is only Christ that can change one's old nature to a new one. To be in Christ means complete turning around of old pattern of your life to Christ's lifestyle or system.

II Cor. 5:17 says "*If anyone be in Christ, he is a new being*"; the old is gone by accepting Christ into your life. The word of God will change or renew your old pattern of life to a new life which is Christ."

WHAT IS IT TO BE IN CHRIST?

To be in Christ means to be born again or become a new creature. John 3:3 says, "Jesus answered, I tell you the truth, no one can see the kingdom of God without being born again"

'How can I born again?' Nicodemus asked! Jesus answered, saying – 'you must be born of water and the Spirit. The water is Jesus! A person is ordinarily born physically of human parents but to be born 'spiritually' is of the Spirit and the Divine. You are to be in the womb of the Holy Ghost, where you would be spiritually natured. Spiritual birth is a process of being '*cooked*' by the power of the Holy Spirit; coming out to put off all Adamic nature.

Gal. 6:14 says – "As for me, I will boast only about the cross of our Lord Jesus Christ, for by means of His cross, the World is dead to me and I am dead to the world." It does not matter at all whether or not you are circumcised; what does matter is being a new creature in Christ Jesus.

You cannot hide your nature from God. Be *TOTALLY* changed and Christ shall bless you. Remain blessed.

By Evang. G.O. Obaseki

Who Is Your MENTOR?

BY MARY EHIMEN



THE ACT OF GIVING

By Mrs Mary Ehimen

As believers, Jesus is our perfect example. And the word of God is always there to inform us on what to do and how to do it. In 2Cor. 9:8, the Word warns us that if we are to give at all, we must give 'generously'. Again in Acts 20:35, the Word makes us to understand that 'it is more blessed to give than to receive'. SO THEN, WHAT IS 'GIVING'?

- Giving is a key part of our Christian walk
- Giving is a cornerstone of our Christian faith
- Giving in (Mal. 3:10-12) is the one thing God tells us to test him in.
- He started by giving us His only Son because He loves us, and this sets a model that generosity in God's people should be sacrificial.
- Giving must come from a willing heart; not reluctantly and not under compulsion for God loves a cheerful giver.

WHO IS 'A GIVER'?

- A giver is one who helps others without any expectations of returns from that person, because he/she gives to better the life of another.
- He helps other persons in the pursuit of their God-given vision, purpose (rightful) in life. This purpose can be: personal, professional, emotional, spiritual, etc.
- He gives to promote the work of God here on earth also.

PRINCIPLES OF GIVING:

1. Our giving should be free. (Matt. 10:8)
2. Our giving should be in secret. (Matt. 6:3-4)
3. Giving is according to our ability. (Cor. 8:3-12)
4. Give by following God's leading. (Cor. 9:7)

WHAT TO GIVE:

- Give your time
- Give your money
- Give your energy
- Give your ideas
- Give your love
- Give your smile etc

IMPORTANCE OF GIVING:

- It builds up relationship
- It reduces stress
- It makes you feel good (happy)
- It brings satisfaction
- It brings increase etc.

Looking at mentorship etymologically, according to philosophy of Education, there are two schools of thought that define education.

The first one says that Education is from a Latin word '*Educere*' which means '*to lead out*'. This school of thought believes that the learner has in built ideas – which you only need to squeeze out, pull out and be expanded.

The second school of thought holds that Education is from a Latin Word '*Edu-Care*' which means '*to form*' OR '*to train*'.

This is the Realist tradition of John Locke which holds that the child's/learner's mind is a "*tabular resa*", meaning a '*blank sheet*' on which to write. From this point of view, we can now agree that a mentor is someone who has the ability to squeeze or pull out every good thing from the life of the person(s) he/she is mentoring.

We can also say that a mentor is capable of forming a new man out of the old man and also training the old man to become new by adding value to their lives (*the Law of addition*). From the discussion so far, we can say that a mentor is a:

- Teacher
- Leader
- Director
- Pastor
- Instructor
- Trainer etc

Hear this, just as an educated

person can apply his knowledge and skills in such a way (attitude) as to find solution to whatever problem that confronts him, so also a mentor is to help the learner (whoever he/she is mentoring) to acquire-knowledge, skills and attitude (morals) in order to be a responsible citizen and effective one also. (Prov. 22:6).

Giving them a foundation today as a mentor will help them to stand firm for the Lord tomorrow.

Again, as a mentor, always ask yourself these questions:

- Who are you mentoring (vision)?
- What are you teaching them (message)?
- How am I living, doing or teaching (character)?
- Will he/she be able to stand alone when I am not there and do the right thing (legacy)?

Be a good mentor **TODAY** and you would have helped to build a better **TOMORROW**. Be a believer that can deliver another (2Cor. 4:11-13). Be a mentor with the right **WORD** for the **WORLD** (1John 4:12-18) (Prov. 19:20-23).

HOW PREPARED ARE YOU FOR CHRIST'S COMING?

—Asks Corbett—

Rev Jim Corbett, Founder and President of US-based Glory to God Int'l (GTG) Ministries came calling at the Christian Love Mission in Benin City recently where he interacted with its leadership and the different units of the mission including the Executive Council of the 300 Leaders Club International and pupils of Wisdom Academy.

Rev Corbett, who came visiting the Mission with Pastor Obi and Evangelist Goodnews Amah interacted with the Mission's Founder and President, Evang. A.S. David and his deputy, Pst (Mrs) Sarah David at a Roundtable Talk with the theme: *'The Urgency of Jesus Christ's Coming'*.

Welcoming the team, A.S David said that it was gratifying that God does not allow us to lose our labour, especially for efforts like that of the GTG Int'l Ministry of Rev Corbett which has been regularly coming to Nigeria to impact lives. He said that there is indeed the urgency of Jesus' coming hence believers should use every opportunity of the word to reach out to perishing souls.

He stressed that our lives and character must speak for us, adding that character is what you do when no man is there since the ordinary man by nature is very pretentious. We must therefore live out a worthy character.

Rev Corbett posed a rhetorical question of - "if you are intimidated that Jesus is coming tomorrow, what would you say is your state of preparedness?" This question, he said called for self-examination

and introspection. The true believer should be happy at that news if he, indeed lives a life crucified with Jesus Christ.

Contributing, Evang. Goodnews Amah noted that the 'roundtable talk' was very significant as we must know what God has called us for; hence we must not be in competition but complementing each other in our work for God. He added that the sensitivity of man's heart is such that it must be jealously guarded to avoid pollution and corruption. "What

we say is what we pretend to be but what we do is the real you - your real person and character.

On disunity within the Christian fold, Amah stressed that the walls we build around ourselves separate us from one another; while reading unnecessary meanings to everything, even simple issues has also not been

helpful to Christians' unity.

Evang. A.S. David added that ignorance of the Word contributes largely to that disunity as many unnecessarily dwell on denominationalism and church traditions. He admonished that believers should not shy away from wealth acquisition so long as such wealth is used to advance God's kingdom on Earth. We must not make the mistakes of Solomon who used his own wealth to marry many wives, who in later years turned the king's heart away from

the ways of his God.

Pastor Obi noted that the best way to keep God's name holy is to dwell in righteousness and be like Abraham who was sure of his relationship with God.

Rev Corbett later addressed the pupils of Wisdom Academy, telling them that they were so

loved and that their interests would be uppermost in our hearts. He challenged them to live Christ-like lives from their infancy, which will do them good all-way round as they grow up.



Rev Jim Corbett Comes Calling



Birthday Splash

PRESIDENT OF WOMEN IN MINISTRY INT'L, PST. (MRS) SARAH DAVID RECENTLY ADDED A YEAR TO HER AGE. PICTURES BELOW SHOW FRIENDS, RELATIONS AND WELL WISHERS CELEBRATING THE DAY WITH HER.



WIM'S FAITH CONFERENCE HOLDS AGAIN!

Report by Pat O. Ohain

The quarterly WIM Faith Conference was held August 14-15, this year in Benin City with the theme – “*Enlarging Your Territory*”, with Pastor Stephens T. Keboh as the guest speaker. It was packed with many activities, namely drama, special song rendition by WIM choir and a very enlightening talk show with participants as: Rev Chaplin (Mrs) Margaret Osaretin, Evang (Mrs) Evelyn Andrews, Mrs Mary Ehimen, and Mrs Patricia Ohain.

The participants discussed diverse topics which included “*Kingdom Investment*”, handled by Rev Chaplain Osaretin. In her expository talk, she said that it is very necessary for Christians to invest in Kingdom business so that God's work will prosper. According to her, we can do this through our giving, seed sowing, tithing and sacrificial seed sowing. She emphasized that that when in a fix, it was time to give a sacrificial seed, adding that God himself gave us the 'sacrifice' that was more than a sacrifice – His only begotten Son. Tithing, she stressed is a vital responsibility of believers to God and anyone who defaults in this is not only robbing God but robs himself of God's blessings. So, do not use your wisdom; don't debate on tithing. Can a man rob God? (Mal 3:8).

Mrs Ehimen talked about 'Mentorship', asking a vital question: Who is Your Mentor? She said that you will keep living in error if you have a bad mentor. Choose a right mentor because they will influence you positively, she advised, pointing out that you can change your mentor when you

have the feeling that he/she has started leading you astray. Jesus, she said should be our first mentor as believers for this is wisdom. According to her, Jesus Christ being a good Shepherd can never lead you astray. 'Who is your mentor at present?', she asked again.

Evang. (Mrs) Andrews talked on 'The Minister's Calling and the Family', wherein she emphasized the need to strike a balance between our ministry and our family. There must be a balance, she stressed. Many homes, she added are in chaotic state because of neglect of parents who are ministers of God. This is a bad example, she cautioned.

“Don't sacrifice your home for your ministry; nor your ministry for your home”, she admonished, adding that when you have time only for your ministry and not your family, you have failed.

Mrs Patricia Ohain talked on the need for Christians, especially believers to “*Lighten up Their World*” through exemplary lifestyles. Matt 5:14 refers to believers as “the light of the world” and that is to say that we are reflectors of the light which comes from Christ. We are likened also to a city set on the hill which cannot be hidden. If we are not affecting lives or impacting our world the way we ought to, we are failing in our assignment as believers.

The Guest Speaker, Pastor Koboh, in her message titled “*No Battle, No Conquest*”, said that God does not rule the world with miracles but with principles. Enlarging your territory means to bring addition or to amplify. She said

that God cannot enlarge anyone except you play your own part. If you are not enlarged, that means that you are working on one side while God is working on the other. Our territory is our jurisdiction which we are supposed to possess and enlarge; nothing should limit us.

She outlined the principles for enlargement as:

1. Being planted in the house of God (Pslm 92:13)
2. Knowing to depend on the strength of God.
3. Not entering through the 'window' but the 'door', implying that you must do what you ought to do.

She warned against the folding of hands and idleness because these will limit your expansion, adding that when you are committed to God he can never abandon you; for instance, David was committed to the task of taking care of his father's flock that God promoted him to be a shepherd over his people. Your commitment to following God means that “you must follow God when you can find Him; and you must follow Him when you cannot trace Him”.

She concluded that in the enlargement of territory, sacrifice is undeniable.

The conference was rounded off with an admonition to the women by the WIM President, Pastor (Mrs) Sarah David who tasked them to be up and doing by enlarging their coast wherever they find themselves. She also encouraged them to always attend WIM's monthly meetings which is held every third Saturday of the month.

Wedding Bells

The wedding bells tolled for the Pst and Evang.(Mrs) Ehimen family on Feb. 8, 2020 when their daughter, Joy was given out in marriage to Esposito at the Porch of Faith Ministry, Benin City. Pictures here show the new couple, Mr and Mrs Esposito Happy in group photos with family and friends. Wishing them both a blissful married life!

Ehimen's Daughter weds



Ikubor's son takes a wife

Mr Collins Godwin Ikubor recently at Okitikpukpa in Ondo State, took to wife, Grace. Pictures her show the couple in their traditional and white wedding outfits. Congratulations!



Pa & Mrs Aigbovbiosa give out daughter in Marriage

Again, the wedding bells tolled in Benin City when Pa and Mrs Aigbovbiosa recently gave out their daughter in marriage in a traditional wedding. Picture shows the couple Mr and Mrs Abiodun Olawole after being joined together.



Physical Maintenance OF THE HOME

By Patricia Ohain (Mrs)



Proverbs 14:1 says *“the wise woman builds her home but with her own hands, the foolish one tears hers down”*.

A home is a place where one lives, a place of comfort where people retire to after the hustling and bustling of the day. A home is like a big institution that consists of many parts, and each of these parts must be taken good care of if we must live a comfortable and healthy life. When you talk about taking physical care of the home, it implies putting things in orderly manner.

The general outlook of a home depends on the care you put into it. Some husbands were very neat and organized before they married their wives but when these woman entered their lives, they turned things upside down.

This, unfortunately, causes problems in the home. The general outlook of a home will speak either positively or negatively for you. An impression that is formed on a first visit to a dirty, disorganized and unkempt home cannot easily be wished away. As it is often said, 'you don't have a second opportunity to make a first impression'.

Taking care of your home will involve sacrificing your time, energy and money where necessary. The home, especially for those living in a flat, is made up of some major compartments, namely:

1. The surroundings
2. The sitting room
3. The restroom
4. The kitchen

5. The bedroom.

In a home where you have children, there should be division of labor according to age.

The Surroundings:

This is the first place that draws the attention of your visitor or guest. Therefore, your surroundings should be kept neat at all times. Sweep the compound, wash the gutters and your must cut the grasses when they are grown. Don't drop dirty rags round your compound; don't advertise your dirty mop so that your visitor will not be put off before even entering the house.

The Sitting Room:

This is where your visitors are received and a place where the family spends more time together. Therefore, it should be kept clean all the time. Don't leave your pots and spoons in your sitting room; it could be a very bad habit which you may get used to. Having a beautiful sitting room does not mean it must be stocked with expensive settees or decorations. The basic thing is having a good sense of arrangement, like putting things in their proper places, dusting your chairs, washing your curtains and changing them when they are worn out or torn. Curtains don't necessarily have to be

expensive to make your sitting room attractive. Mop your tiles at least once a week or when necessary. Someone once said “I can tell the kind of person you are; whether you are an organized person or not when I step into your sitting room”.

The Restroom/Toilet:

This might be another place of call without a formal notice by your guest. Most people are embarrassed, confused of what to do when their guests desire to use the rest room. So, you'll often hear them say: “Give me five minutes” and this five minutes can stretch to 10minutes because she is trying to put the place in order.

The restroom should be kept clean at all times to avoid toilet infections. So, you should wash your toilet bowls twice weekly with disinfectant, bleach and detergent. If there is no running water, use a storage plastic for easy access; wash your hands with soap and water and dry with clean towel after each use of the restroom. The restroom should be a place where you can relax when nature calls. You can also use air fresheners for a pleasant smell.

The Kitchen:

This is where what goes into our stomach is prepared; therefore, ultimate hygiene is imperative. The utensils, pots and cups should

“Most people are embarrassed, confused of what to do when their guests desire to use the rest room. So, you'll often hear them say: “Give me five minutes” and this five minutes can stretch to 10 minutes because she is trying to put the place in order”

THE CONCEPT OF STRESS (1)

By Dr Oluyemi Akanni

•The topic of stress will be in discussed in two parts. The first part of the article will focus on what stress is, how it manifests and the factors that determine the experience of stress. In the second part of the write up, we shall look at how stress can be managed. Let us begin by looking at the life case of someone called Napoleon.

Napoleon is a middle-aged man who has been experiencing pains in the head, described as tying a tight band around his head for the past few weeks. In addition, his sleep at night has been unsatisfactory; he wakes up intermittently in the middle of the night and finally wakes up in the morning unrefreshed. At the same time, he also experiences some restlessness and slight difficulty in concentrating at work.

Napoleon is a university graduate who read accounting but works as a clerk in a private establishment where he earns ₦36,000. All his efforts to secure a better paying job has failed and he is contemplating relocating outside the country for greener pasture. He is married and has a 7-year-old child. The wife is unemployed and heavily pregnant with a second child whose arrival is imminent.

Unfortunately, health workers in the public hospital where she registered have embarked on an industrial strike, so she has to re-register in a private hospital. Napoleon has a vehicle which has been in and out of the mechanic's workshop repeatedly since the raining season began; no thanks to the poor road condition in the town he resides.

Ahead of him, are two major bills to offset; the house rent which will

shortly be due and the school fees of his child who is about to resume school. It is within this context that Napoleon developed symptoms that we generally refer to as *Stress*.

The story above is similar to the experiences of a majority in Nigeria where almost half of the population is extremely poor and the standard of living is abysmal. It is a state where businesses hardly thrive because of the lack of enabling environment.

One is unable to access affordable healthcare, quality education is unavailable, and workers are poorly remunerated. Poor indices like these, with a lack of financial capacity are a reflection of socio-economic deprivations.

Psychological problems are bound to prevail in deprived circumstances like this. In fact, it has been scientifically proven that there is a correlation between socio-economic crisis and stress.

For example, during the period of recession recently witnessed in the country, rates of suicide, anxiety and depression, increased. Other socio-economic factors that are implicated in the experience of stress include a rise in un/under/loss of employment, inflation, poor transportation, insecurity, and conflicts (religious, ethnic, political etc). All these have led to uncertainty about the future which is anxiety-provoking; and the inability to take care of oneself and family which is depressing.

Stress is the feeling (of tension) we have when demands (e.g. payment of children school fees), constraints (e.g. irregular power supply) and opportunities (e.g.

relocating) are placed on us. Stress is generally the feeling we experience when everything seems to have become too much for us to handle.

When something happens to us or is about to, (like Napoleon's house rent getting due), we begin to evaluate the situation mentally. We try to come to a decision on how we need to deal with the situation and what skills and strategies we can apply (such as Napoleon taking a loan to pay for his house rent). If we come to the conclusion that the demands of the situation overshadow the skills/strategies we have, then we label the circumstances as "*stressful*".

If we are able to prevail over the demands of the situation, then we don't see it as "*stressful*". Stress can thus be conceptualized like a rubber band that is stretched and becomes tense, after a while, it reaches a breaking point and snaps.

Stress should be differentiated from the agent or stimulus that causes it, which is known as a *stressor*. Hence, caring for a sick child is the stressor, while the feeling of being keyed up while doing so is the *stress*. It should also be noted that not all stress are bad (distress); some, are essential in making us improve on our performance. A good example is a student preparing for an examination. The stress (*eustress*) experienced in the course of preparation motivates him which is good.

Stress manifest in an endless list, however, it can be broadly categorized as:

- Behavioral – poor sleep &

Cont' on Pg 22

Passages

Evang. Sunday Odiase Takes Final Rest

For Evangelist Sunday Eromosele Odiase, it was the final home call on July 3, 2020, when his remains were laid to rest in his hometown – Idomebo, Ekpoma in Edo State. He was aged 67 years.

Late Odiase was a devoted Christian and a peacemaker who in 2007 was ordained as a full-time preacher to do his Father's business. He had a mandate from heaven to 'paint the Churches white', which he did through his 'morning cry' since 2011 until time of his death.

He graduated from the Institute for Leadership and Christian Studies (ILCS), Benin City which he attended in 2012/13. Thereafter, he started his branch mission under the Christian Love Mission Int'l. In his lifetime, he labored in God's vineyard with all of his heart and strength.



Mrs Lara Uadiale, a member of Christian Love Mission Int'l lost her father, Chief Lamidi Oyewole Famakin who was aged 120 years. He was laid to rest on Sat., February 15, 2020 at Ile-Ife in Osun State. Picture below shows Mrs Uadiale in a group photo with members of the 300 Leaders Club Int'l and Christian Love Mission Int'l, who accompanied her to the burial ceremony at Ile-Ife.



A painful loss indeed for the Ebiye family, who lost their beloved wife and mother, Mrs Rebecca Ebiye. She was laid to rest in Benin City recently after a funeral ceremony which was attended by family members, a wide variety of Christian groups as well as friends and well wishers. She is survived by husband, Evangelist Lawrence Ebiye, children and grandchildren.



Our PURPOSE AS WOMEN IN MINISTRY



By Pst Sarah David

Goal: *'Raising Women Leaders to Evangelize the World'.*

There is no flesh that God is not prepared to pour his Spirit upon for the purpose of preaching the gospel of the kingdom here on earth.

“And it shall come to pass afterwards, that I will pour out my spirit upon all flesh and your sons and daughters shall dream dreams, your young men shall see visions. And also upon the servants and upon the handmaids in those days will I pour out my spirit'. (Joel 2:28)

There is no gender discrimination in the call of God for ministry: “for ye are all the children of God by faith in Christ Jesus vs. 27, for as many of you as have been baptized into Christ have put on Christ. There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female for ye are all one in Christ Jesus”. Gal 3d:26-28. Every person called to preach the gospel male or female received one baptism.

“For by one spirit are we all baptized into one body whether we be Jews or Gentiles, whether we be bond or free, and have been all made to drunk into one spirit”. 1 Cor. 12:13.

God has at sundry times and in diverse manners called women to take up the responsibility of ministering to the saints. He is anointing more and more women into the ministry of our Lord Jesus Christ. What a victory for a people often described as the weaker vessels.

An examination of the scripture that says “for God is not unrighteous to forget your work and labor of love which ye have shown towards his name in that ye have ministered to the saints and do minister”. Heb 6:10, gives an insight of the nature of our calling.

The labor of love which you show towards his name is that you

ministered to the saints. I have often heard people talk of their ministries without specifying the work and labor of love involved. Ministry for all I know is service both to God and man. Your ministry is you and your calling. You may not have been called in every area but discover your own area of calling and begin rendering service in that capacity like Dorcas of the Bible, Marry Magdalene and Lydia. Immediately you discover your area of gifting and calling, endeavor to labor in love in that area. Put your life into it and before long, your profiting will be made known to all.

Women in Ministry, is a body you need to know and belong to because it will help you discover who you are, your area of calling and empower you to pursue your vision. In this body, we believe in the doctrine of our Lord and Master Jesus Christ; we have been ordained by the Lord to take this same gospel to other women all over the world. We are committed to helping women from all denominations, nationalities; age group and background know their calling and have a better relationship with God and their fellow brethren, to enable them lead exceptionally well as God intended them to do and equipping them to become a vital part of their churches and communities through impartation by the power of the Spirit of God.

We recognize how important women could be in the ministry. We therefore help to edify, encourage, renew, strengthen and unify their commitment to God and their families and the nations of the world which we have been sent to reach; through the preaching of our Lord Jesus Christ.

Women in Ministry International transcends religious, denominational and legalistic believes and doctrines. We want you to join us as a soldier to

reach the world for Christ.

Without progress in the ministry of women, the Gospel will not go as fast as it should. Women as we know are builders, encouragers, and mothers and never give ups. They stood with Jesus Christ from birth to resurrection. They should be given a helping hand, a listening ear and all sorts of encouragement.

In the mission field many women see themselves as weak and feeble, yet God has decided to use the weaker vessels to change the world. Let us not accept weakness for God is searching for the Deborah's, Mary Magdalene, Dorcas and Susanna, Lydia and the Esther of our time; the Mother Theresa and the Mary Slessor who left their countries for the sake of the Gospel. These women gave their lives and their substances to support the course of preaching the Gospel of Jesus Christ.

Women, you are very important to God and the Lord is counting on you to lift up His banner and as soldiers, overthrow the world with the gospel of the living Jesus. When we lift Jesus up, he will draw all men to himself.

I encourage you to take up your cross and make a difference for the Lord today. He that created you has said “I will never leave you nor forsake you”. Remember his strength is made perfect in your weakness. You can make a difference.

God bless you as you rise and shine for the Lord.

You can write or call: PASTOR SARAH DAVID

For counseling on, 08024622073, 07030742928.

BUILDING GOD'S KINGDOM!

By Emma Arogie



Building God's kingdom is putting Christ in the heart of men; making people to have a change of heart/mind and having the heart of repentance. Repentance means change of mind. Jesus Christ made it known to us that we should have a 'change of heart' because the gospel of the Kingdom is at hand.

So, believers are to teach the Word until the kingdom of God is received in every heart. Jesus taught His disciples how to preach and that preaching the Good News of the kingdom was an imperative for every believer, even as there is power in the gospel of the kingdom. God's original plan was to have every one of us with Him; He is not willing that any should perish but that all should come to repentance (2 Peter 3:9b).

Building the kingdom by prayer: We must always pray for God's will to be done on Earth as it is in Heaven. The Kingdom of God is righteousness, peace and joy in the Holy Ghost. So, we are to follow peace and not antagonism. Our prayer and teaching should be of peace and not of war. If any man be in Christ, he should not be

affected, ruled or influenced by the rudiments of this world.

Living in Christ is living in the kingdom of Heaven on Earth. In the body of Christ, the world sees a reflection of Jesus. This is the goal God has set before us. We are His ambassadors here on earth; to present the world with an accurate representation of our God – this God of love and not of hatred, bitterness etc.

Building the kingdom by giving: God so loved the world that he gave his only begotten son; that whosoever believeth in him should not perish but have everlasting life. The gospel we received and preach got to us through missionaries and these people spent their lives, time and money (resources) to get this good news to others!

The Christianity that we have today didn't come to us on a platter of gold. You would recall that many were killed, maimed and beheaded for their testimony of Jesus Christ. They believed the gospel in all their hearts and nothing stopped them from transferring same to the next generation.

God has given us talent and this talent specifically represents the abundant life that God has given us – His nature, ability and supernatural power that resides with us. At the same

time, it must be understood that all that a person has – his time, money, energy, skills – are all given to him to use to further the kingdom of God. Quit being the unfaithful servant!

You must start from the little. Deut 8:18b says 'it is he that gives you power to get wealth'. God's goal is to further the kingdom. Build the kingdom by service! God gives individual assignments to us based upon His knowledge of us. He never asks anyone to do anything that cannot be realistically accomplished.

Many believers (Christians) look at ordination as a 'position' or 'rank'. 'No', it is a call to serve/service. You are ordained to labour with Christ Jesus and by love, serve one another.

When the apostles saw that their widows were neglected in the daily ministrations, they decided to choose people that would engage in other activities. They made sure that the needs of the church were provided. The early Christians sold their possessions and goods and parted them to all men as every man had need.

Christ said that the kings of the Gentiles exercised lordship over them, and they that exercise authority upon them are called benefactors. But ye shall not be so, but he that is greatest among you, let him be as the younger, and he that is chief, as he that does serve. (Luke

WIM Marks 5th Anniversary

It was again an atmosphere of euphoria as Women in Ministry (WIM) celebrated its 5th year anniversary with a Faith Conference tagged *“All-encompassing Favour”*. The ministry, which started with just a very few women has today grown numerically. Its vision bearer and President, Pst (Mrs) Sarah David was happy and grateful to God that the 'dream of yesterday' has become a reality of today spanning five years of existence.

The anniversary celebration was well packaged with drama presentation, testimonies, special choir ministration and a roundtable talk where the women discussed 'the importance of tithing', 'giving and sharing'.

In her welcome address, the President said that it was time women arose to play their role in 'Kingdom business' by carrying the Good News beyond their abode. She said that WIM International is non-denominational but a place where women are groomed to know their calling and be active in their various ministries through the monthly program organized every third Saturday of the month.

The 2-day Faith Conference took off Friday, 17th January, 2020 and featured two dynamic men of God – Evang A.S David and the Guest

Speaker Pst. Isaiah Sam-King Obamwonyi.

Ministering, Evang David based his message on the beauty of the Garden of Eden, taking his text from Gen. 2 vs 7-15. He said that the garden was planted by God but gave the man Adam the responsibility to tender it. According to him, a call to ministry is a call to the Garden and this is a call of love. Your calling and all that you have received is not because of your efforts but because of God's favor.

Therefore, ministry or life without the favour of God will result to hardship, struggling and stagnation. Adam was nourished by the plants in the garden; so also is the word of God meant to nourish us. With God's encompassing favour, life becomes beautiful, fruitful and fulfilling.

He quoted Psalm 5:12 which says that *“for surely, O Lord, you bless the righteous; you surround them with your favor; as with a shield”*. He encouraged the women to move on triumphantly in all areas of their calling because the encompassing favor of the Lord will make them to excel. He however, charged them to be up and doing in every area of their calling for this is the only way they can be fulfilled in life.

The Guest Speaker, Pst. Isaiah Sam-King Obamwonyi spoke on the *“The Power of Women”*, taking his text from Matt 15:21-28. He said that God

made man the head, though the head cannot function without the neck which is the woman. He said that for a man to succeed in his vision or dream in life, he must relate to the wife because women have influential power and wisdom to help the man bring such vision into reality.

He said that you cannot know the power of a woman until you know God. God created the man who is the head to be a cultivator and the woman to be an incubator. This is why women have the capacity to multiply whatsoever is given them. A man without the woman is a man without the glory and vice versa. Men are to love their wives if they are to receive total submission from them.

Marriage is an institution which we can never graduate from. Thus, it is required from each partner to be committed to ensuring that their marriage works. Women can do anything to safeguard their children from danger and to keep their homes. In Matt 15: 21-28, we saw how a woman held unto Jesus until her daughter was healed.

Women though looked upon as weaker vessels due to their physiological make up, are very resilient and powerful. The power of a woman can open any door due to her influence, he said.

The anniversary celebration came to an end with a special thanksgiving by the entire women.

Cont'd from Pg 5

3. If you don't pay your tithe, you are denying God the opportunity to bless you more. He wants us to live in abundance.
4. Tithe is used to care for the Levites or ministers, the poor, orphans, widows and the needy. Paying your tithe therefore shows how faithful and principled you are in managing God's provisions with you.
5. Through tithing, we learn God's method of abundance. Wealth that is not well managed will kill the owner.
6. Our tithe is an acknowledgement of his ownership of us and all we have. That is, we belong to God; He is Lord that is our owner.
7. God created us to be dependent not independent of Him. He established the tithe for people to express their dependence and gratitude to God. God established the tithe for people to remember where God lifted them from.
8. God established the tithe as a test of our obedience. Tithing shows how much you love and obey God's commandments.

LIGHT UP YOUR WORLD



By Patricia Ohain (Mrs)

In Genesis 1, we are presented with the story of Creation. We are told that 'in the beginning, God created the heavens and the earth; the earth was formless and empty and darkness was over the surface of the earth'. In verse 3, "God said: Let there be light and there was light and he saw that the light was good".

When there is Light, there cannot be darkness because darkness induces fear, lack of direction, gloom and everything that is negative.

Contrary to this, Light is beautiful! It brings laughter and relief. Light, therefore, naturally will overshadow every form of darkness. Nothing can be hidden that cannot be exposed by light. Light is very essential as relates to creation; it was one of the first things that God spoke into being.

Just the way physical light brightens the world, so also the spiritual light which we carry should brighten the dark world. God is the essence of light. In Matthew 5:14, He referred to the believers as 'the light of the world'. That is to say that we are reflectors of the light which comes from Christ. He further went on to say that 'a city set on a hill cannot be hidden'. Therefore, we as believers are challenged to lighten up our world where we live.

How can we do this?

1. By being separated from the world through our mode of living. For, though we are in the world, we are not of the world.
2. We should be a shining example to others for in so doing, we are pleasing both God and man.
3. We must be made new in the attitude of our mind.

4. We must put on the new self, created to be like God through righteousness and holiness.

5. Light gives us direction by lighting our paths. So, we being the carriers of God's light are expected to direct others to Christ who is the light of the world.

Lighting up your world is being sacrificial; sacrificing for the comfort and good of others through our professions and careers. As a teacher, you can assist a dull student with extra coaching without monetary gain.

The story of the Good Samaritan is a

means the 'son of consolation' or 'son of encouragement' because of his good deeds.

I ask: You as a believer, what is your other name? A trouble maker or a peace maker; a liberal person or a stingy person?

"Lighting up your world means standing out of the crowd, being a shoulder to lean on, putting smiles on the face of the weary and needy and saying to the weak, 'you are strong in the Lord'".

Lighting up your world means standing out of the crowd, being a shoulder to lean on,

putting smiles on the face of the weary and needy and saying to the weak, 'you are strong in the lord'.

As a child of light, what is it that dominates your thoughts? Are they things contrary to light? Are they edifying to others, does your life bring glory to God and blessing to others?

When people don't feel a vacuum when you leave a place that means you were not lighting up your world and you were not impacting people's lives enough. This is a call for us to arise and do the needful.

Light up your world, make a difference wherever you find yourself for the world is eagerly

waiting for the manifestation of the sons of God, the carries of God's light that will change our world for good. By lightening up your world, you are directly or indirectly enlarging your territory. Shalom!!



challenge and caution to all who feel that proclaiming the gospel without the corresponding act of good deeds will be bountifully rewarded.

In Acts 4:36b, we are told of a man called 'Joseph of Cyprus', who the apostles renamed 'Barnabas' which

PHYSICAL MAINTENANCE OF THE HOME OF THE HOME

be washed after each usage. Used plates should not be piled up for days for they may grow mucus which can cause health issues. Our seasonings as maggi, salt, pepper, curry, etc should be stored in clean containers with cover to prevent rodents from entering and contaminating them. Make your kitchen as beautiful as you can; clean kitchen napkins are a must for all.

The Bedroom:

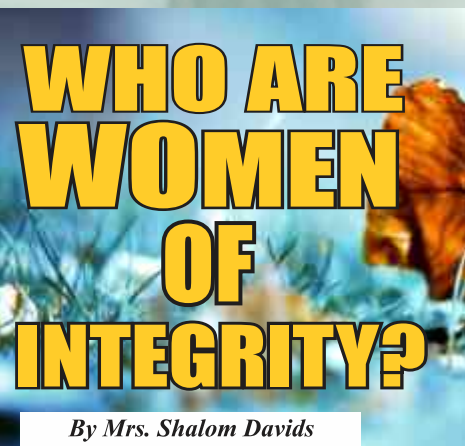
This is a place where you retire to rest after the day's job. It should

therefore be inviting and attractive all the times. Change your bed spread once or twice a week. Your clothes should be well arranged in the wardrobe and where this is absent, use clean bags or drawers to store the clothes. Have a shoe corner for the family for easy access; teach your children to be responsible by keeping their rooms tidy.

Food should be eaten on the dining table and not in the bedrooms so as to keep away

cockroaches and rats from the room. Book corner should be created for your children who are still in school to avoid littering their books all over the place.

The size of your home should not be an excuse for your home to be in disarray. Remember, "a wise woman builds her home by being orderly and disciplined while the unwise one pulls hers down because she lacks the sense of organization" So, be wise and keep your home in order!



By Mrs. Shalom Davids

Women of integrity have a lot of responsibilities in their homes and these include 'How to carter for your family', 'How to care for your husband and children on quality of being honest, sincere and upright'

It is integrity that positioned and fulfilled the destiny of Joseph by not defiling himself with Potiphar's wife.

*Women of integrity must be Godly women and people worthy of emulation, genuine and sincere. Integrity is not for sale.

*Women of integrity quickly admit wrong doing without being pressed to do so.

*Women of integrity always pick something whenever they fail, they learnt from their mistakes

*Women of integrity always ask themselves whenever they have something to say about people, 'do

we talk to them or talk about them'.

*Every mother is a counselor, doctor, and a source of encouragement. She should not be a liability.

*Women of integrity provide for their homes. They must have something doing and not be a cross to their husbands and children.

*Women of integrity do not monitor their husbands; they are sensitive to things well-done and appreciate their strength.

*Women of integrity lead their children to the Lord, show them their fault, tell them where they are wrong, respect the child's right, and not use excessive authority on them.

*Women of integrity even in their anger bless their children because parents' words to their children are highly effective.

*Women of integrity show appreciation to their children when they do well.

Finally children, obey your parents, if you disobey them you're simply telling God that you don't want to live long.

Cont'd from Pg 15

THE CONCEPT OF STRESS

appetite, nervousness

- Emotional – sadness, anxiety, agitation, moodiness, loneliness, irritability Cognitive - poor concentration & judgment, forgetfulness, worrying thoughts
- Physical – aches, heat sensation, low or loss of sex drive, abdominal discomfort, sweating

To conclude the write up, let us consider the factors that determine the experience of stress:

The person's perception of the situation: e.g Napoleon may develop a trust in God to meet his need, and thus be less stressed about his house rent.

The person's past experience: e.g if one has had an encounter with armed robbers, another encounter may be deemed more stressful.

The presence or absence of social support: e.g if Napoleon's wife gives birth to a twin and she has nobody to help out, she might feel more stress.

Individual differences with regard to stress reactions: e.g people who worry easily will likely feel more stress than those who don't.



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