

27 SIDES OF A COIN



ADENIKE SOYOMBO
FOREWORD BY TIMI ADIGUN

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FOREWORD

Our world today is full of a lot of uncertainties. Many things that were in white and black are now in grey. Our children are currently being taught on making choices as regards sex, God and even their gender. What is the bottom line of all these? Deception! With every new wave of deception, comes a new level of confusion.

In light of this, I am more than delighted for the gift of "27 sides of a coin". It is a book of truths, that is, unyielding and unbending truths that we all need to be reminded of daily.

Adenike did an excellent job in detailing to us, in 27 chapters, how we can have more fulfillment in our lives. I must say I am privileged to be writing this as it has afforded me the opportunity to read and glean from her wealth of wisdom.

Yes! I said wealth of wisdom. Nike is 27 years old as at the time of publishing this book but I rate her as one of the wisest people I know. She is full of depths of wisdom, mixed and cultured with her rare insight into things. This combination has made her a blessing to many lives through the years. I mostly step back and wonder how she knows what she knows and how she is able to achieve what she achieves with the resources available to her.

So, if there is anyone you can learn from, it would be Nike. This book is an exposè of her life. She didn't hold anything back. She shared her strengths, weaknesses, struggles, secrets, and habits that have formed her into the great leader and mentor she is today.

If you are at a point of seeking clarity of purpose, you are reading the right book. If you have made mistakes in life and you are wondering what to do to fix that, this book is your answer. If you feel worn out with life, you would be infused with strength when you are done reading.

If you have a circle of friends, I personally advise that you jointly read this book and review it daily or weekly. Following through with the words of this book will definitely usher you into a more fulfilling life and lifestyle. Take my word for it.

A couple of things in the book might rock your boat but take the challenge in stride. Adenike is my protege and I must say again that I am very proud of her. I am an admirer of her grace and achievements. And she did the world a huge favour in sharing these 27 secrets and nuggets with us.

I would definitely ask people who reach me for clarity of purpose to read this book.

You were born to succeed! Yes, you! I challenge you to take your life personal from today. Read this book with an open mind and make a decision to make all the necessary changes afterwards. Very soon, because of your reading this book, I hope to be reading your own book and/or celebrating your exploits.

Cheers to your rich life!

Timi Adigun

PREFACE

For some years now, each time my birthday draws near, I seek the face of God for a birthday gift or something I can do for the people in my world and there have been different instructions per time.

This year, while waiting on God I felt led to do a free coaching on purpose which has taken place already and to also write a book.

I hope this book would answer the different personal questions I have been asked over time and beyond that answer at least one question in the heart of everyone that reads this book.

In this book, I shared 27 lessons I have learnt and principles I have been living by so far in my journey with God and through life.

27 because I clocked 27 years on Friday, 10th of July 2020, and not because that is all I have learnt through life so far.

I have come to realize that ignorance is not an excuse but lack of access to information can be detrimental in one's journey through life, hence I decided to share major things I have learnt so far in life.

If after reading this book you have questions or would like to send a review, you can send me a mail on adenikesoyombo@gmail.com

ACKNOWLEDGEMENTS

I certainly would not be writing this without my God who kept chasing after me as a child till I ran into His arms and who has not stopped holding me in His arms. Only He could have made me sit still to write this book till the end while telling me what to write on in each chapter.

Though I had no choice in choosing my family, I am especially grateful to God for giving me these ones. I would not have chosen another family. With them I have formed the foundation of a lot of things I shared in this book and they kept cheering me on till I finished writing, you would think they are my managers. A book would not be enough to talk about each one of you.

To a man – Pastor Timi Adigun - who believes in me always, even in times and moments I do not believe in myself, ‘thank you’ feels like an understatement. Thank you especially for taking out time out of your busy schedule to review the book, and write the foreword, teaching me all I need to know to publish it and welcoming all my beautiful disturbances as I wrote. I would not trade you for another mentor, ever!

A teacher like you is hard to find, Pastor Yomi Rufus. Your patience, commitment, and love for me despite your busy schedule, I do not take for granted. Thank you for simplifying the words of God to me and living the life

Maama – Titilope Adigun - thank you for being my older woman. Many times, even your silence teaches me, and then so much more when you open your mouth gracefully to speak. Thank you for the lessons you taught me directly and indirectly.

Special thanks to my best friends, Olubukola Idehen for taking out time out of her busy schedule to edit this book, taking it personal and setting the deadline so I do not sleep on it and Dumebi Iwuchukwu for designing the book cover and the eBook layout, doing all that is needed to make it into the beautiful book it is and for reminding me every time I feel like not writing that I have a voice that the world needs to hear. Both of you are God's special gift to me in your own special ways.

There are many other people who contributed to the success of this book or even sat on my neck till I decided to finally write a book and kept checking in to ensure I have not giving up. You know yourselves and how precious you are to me. I am grateful to God that you are in my circle and a part of my life.

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SALT AND LIGHT

Permit me to introduce myself to you.

My name is Adenike Soyombo, I am a carrier and dispenser of life, light and love.

The first day I heard this in my spirit, I screamed in my head. I could not scream out because I was in the bathroom and I did not want my whole household to come running, thinking something had happened to me. I have come to realize that sometimes we live our lives carelessly because we do not know who we are or what we carry.

I would like to share a scripture God gave me an insight to, with you.

“Your lives are like salt among the people. But if you, like salt, become bland, how can your ‘saltiness’ be restored? Flavorless salt is good for nothing and will be thrown out and trampled on by others. “Your lives light up the world. Let others see your light from a distance, for how can you hide a city that stands on a hilltop? And who would light a lamp and then hide it in an obscure place? Instead, it’s placed where everyone in the house can benefit from its light. So don’t hide your light! Let it shine brightly before others, so that the commendable things you do will shine as light upon them, and then they will give their praise to your Father in heaven.”
Matthew 5:13-16 TPT

One thing is common to both salt and light in this context. They are both responsible for making things a whole lot better.

But if we, as salt and light, lack in our responsibilities of making the world a better place, then we don't just lose our usefulness, we cause more havoc to people who are supposed to know God through us.

The reason our light is not shining as it should most times is because we are either hiding it or are not proud of it. We think it is not good enough because we are busy looking at the color of another person's light and wishing that is the color of our own light.

Imagine having salt in the kitchen yet not adding it to your meal. The meal will be tasteless and the only people that would possibly eat it are people who have been told to stay away from salt.

The taste of a saltless food is something you would rather like to imagine than experience. You know how you go visiting and the food does not appeal to your taste buds, but you flush it down with water just because you do not want to embarrass your host, and you just recite the Lord's Prayer as you gulp it down. When asked if you want more, you will quickly decline even though what is on your plate cannot fill you, but you will rather stay hungry than eat more.

One of the reasons the world is setting the pace for everything is because they are unapologetic about their choices. Even when they know that it is wrong, they still stand by it because as far as they are concerned it was their choice.

So, we see their dark light and we are tempted to follow suit because we see the confidence with which they flaunt it.

You don't have to be a Pastor to shine your light. This is one mistake most of us Christians make. We leave the light shining for those we believe have been called to the pulpit ministry.

The fact that you are a child of God qualifies you as light that should shine and salt that should give taste.

We pattern our lives after what we see. If all there is for people to see is a standard set by the world you can't blame them for not choosing your Jesus.

The Bible says *“let YOUR light so shine before men that they may glorify your Father”*

It is your light that brings men to your father but how will that be possible if you are hiding it?

This is not a sermon note but I want to challenge you to deliberately decide to let your light shine, no matter what.

Decide that you will add flavor to the lives around you without holding back out of fear or self-doubt.

Live your life in such a way that it would be an example unto others so that people can follow you as you follow Christ.

It is not humility to not share your views on social media. It is not humility to keep Jesus in your wardrobe. You know what you know now because someone shared the knowledge with you.

There are people in your sphere of influence that would relate and understand things better only if it comes from you at this point in their life.

Some people have issues with the way I flaunt my love for my friends and family, but I do not care because that's how I feel it should be.

I have been taught how to love and my desire is that everyone who encounters me learns the same lesson and live the life.

That is the standard. Freely you have received, freely give to others.

You don't have to wait till you are asked or until someone tells you how bright your light is.

I challenge you today to make your life a visible epistle for others who might be on the journey of discovering their own light or understanding things that you understand already.

I challenge you to shine your light in every dark corner till there is no darkness in sight.

Imagine how beautiful the world will become if everyone who reads this book shines their light on at least one person and the chain continues like that. The world will be flooded with light so bright that darkness would have no place.

There is a life only you can reach, wake up and be salt and light!

DAUGHTER, QUEEN AND PRIESTESS

One of the most beautiful things that happened to me was finding my identity in Christ.

It answered most of my questions and gave me a path to go on.

These three identities are my favorite because it kind of covers a whole lot of things.

It took some time for me to fully understand and accept that the God of heaven and earth is not just my creator, but also my Father. He is not just a Lord whose servant I am and so is not only concerned about my service to Him, but also in having a great Father - daughter relationship with me.

He is the only perfect Father I know. He's a Father who knows my needs before I even ask and would move heaven and earth to ensure that my needs are met.

He guards me jealously like I am the only daughter He has yet, He also guides me deliberately to ensure that I do not walk life's journey alone.

One of the hardest things for a lot of Christians is accepting God as a Father because of the inadequacies of their earthly father because most time you do not even know how to go about the relationship.

Those that eventually accept Him as a Father now wonder how to relate with Him because they do not have a relationship with their earthly father as they should.

Sometimes you relate with God the way you relate with your earthly father and you begin to believe that he would treat you just as your earthly father would.

If your earthly father is someone who is temperamental and scolds you for every little thing, the moment you do something that you should not do, you most likely would be waiting for God to scold you like that and possibly punish you for it.

So, let us set at least one thing straight about God's fathering of us. HE IS NOT OUR EARTHLY FATHER AND HE IS NOT LEARNING HOW TO BE A FATHER FROM OUR EARTHLY FATHER.

God is the standard of fatherhood. Our earthly and spiritual fathers are to learn from Him. This is why He is the only perfect Father.

He would not disown you because you wronged Him and like the father of the prodigal son in the bible, He would not withhold what belongs to you from you when you ask and if you go out on your own and misbehave, He will keep waiting with His arms wide open, waiting till the day you return home so He can treat you like you deserve to be treated.

You are the Father's heartbeat. He did not want to have to live without you ever and He even went as far as making you King/Queen over His kingdom(s).

Yes! You are a King/Queen and He has given you dominion and authority.

In the light of this, you have the capacity to lead others. There is at least one person who looks up to you and is learning one thing from you at some point in life, even if they do not come to tell you.

This is because there is a world that needs that one thing that you have to offer.

A kingdom that God has set you over per time to help bring people in it into victory per time and lead them in His way.

You are royalty even if you cannot see your crown with your physical eyes. It does not matter if your crown is presently crooked or you cannot find it yet because you did not know that you had one.

Now that you know, pick up your crown, clean it up if it is dirty and sit it pretty on your head as you consciously walk in the royalty that you have being called to. You are not just anybody. You are royalty!

You are not just a King or Queen that is only concerned about leading, you are particular about serving. That is where your priesthood comes in.

A place where you stand in gap for your loved one to ensure that all their needs are met and they are walking in purpose per time as the supreme King lays in your heart through the help of the Holy Spirit.

My older woman, Titilope Adigun said “the greatest prove of love is prayer”. When you love someone, the best thing you can ever do for them is to pray for them asides other things you get to do for them to show them how much you love them.

What I love most about praying for people is that it opens you up to things that they might never tell you themselves and helps you to be sensitive to their needs as the Holy Spirit leads and empowers you to meet them.

Growing up, I had trust issues and one of the ways God helped me overcome it was by speaking to me about the people He brought into my life per time and putting their love in my heart.

This happened in the place of prayer and at such times, He would prompt me in the place of prayer on the direction our relationship should go per time and most importantly, our roles in each other's lives.

Beyond this, it is just beautiful to be a part of your loved ones' lives beyond the physical to the spiritual and be able to do things for them that they might not know or applaud you for.

When people are entrusted to you, there is a level of spiritual authority you have in their life that makes intercession beautiful as God would be able to trust you with things about them knowing that you will stand in gap for them.

Finding your identity in Christ is the most beautiful thing that can ever happen to you and for the people around you.

You are not just another figure in the world census, you are the child of a loving Father who has made you King or Queen over His beloved children and who hopes that you will discharge your duty and live the life of royalty that you have been called to. I implore you to also stand in your place as a priest for yourself and the people He has entrusted to you.

GOD MY ABBA

It took me a while to understand and accept the fact that God, the Almighty God is my Father.

The Fatherhood of God is something that still amazes me till today. How He can be all God and all Father at the same time.

One of the things I learnt in my Father and daughter relationship with Him is that we are tempted to look at Him through our earthly fathers' lens.

If our earthly fathers are irresponsible, it becomes hard to really see and believe that God would take full responsibility for us without the fear that he would back out at one point or the other.

This is why some people see God as a dictator, just because the father figure in their lives has given them a perception of how fathers are.

So, you do something bad and then you start to wait for God to punish you just as your earthly father would do whenever you do something wrong.

God is not the same as your earthly father!
God understands what it means to be a Father and He wants to be exactly that to you.

He is a responsible Father who will not leave His children to fend for themselves or watch things go wrong with them when they are totally surrendered to Him.

God wants to have a Father-child relationship with everyone He created.

He does not want to be just God or Master who cares only about you obeying His commandments and about his businesses booming under your care.

He is more interested in the relationship He can have with you than about your service to Him.

Each time I consciously remind myself that God is my Father, my faith level rises again.

Growing up as a child, my biological father was my hero and because somewhere in my childish mind, nobody on earth could beat my daddy, I usually used my father to threaten people and to remind myself always that I had nothing to fear as long as my father was around.

I was not even afraid of going to school as a child because I believed that if any teacher touches me, my father would follow me to school and beat up the teacher.

So when God gave me a scripture in 2015, Jeremiah 1:8 “do not be afraid of their faces for I am with you says the Lord” I could totally relate with it.

As a child, I missed having my biological father around at some points because he was always traveling for business so I struggled with believing the availability of God when I finally gave my life to Him and started to recognize Him as my Father.

It was really hard believing that the King of heaven, as busy as He was would be 100% available to me as a Father, so, I usually used to choose the issues I took to Him so that when He is available He could attend to it, and then I told myself not to feel bad when He does not attend to it as early as I wanted Him to.

Listen, your biological father is not the standard to measure God’s fatherhood to you.

No matter how irresponsible your biological father is or was, God is never irresponsible.

God will not send you packing out of His heart because you came back home pregnant and that would bring disgrace to His name.

He is the kind of Father that will walk with you through the shame even if you were the one that intentionally went against His will and now have to bear the consequence.

God is the kind of Father that likes to flaunt His children to the world and brag about how good they are.

God is a faithful Father, whatever He promises you, He will surely fulfil it.

He is not like your biological father that would make a promise to you just so you would allow him go to work or stop crying but never gets to fulfil the promise.

If God ever makes a promise to you, you can be 100% sure that He would bring everything to pass without leaving a single thing out.

If you have never seen God in the light of a Father, it is time you begin to.

There is nothing as beautiful as having God Father you! He knows where exactly the shoes pinches without you even opening your mouth to talk about it.

I was sharing with someone some days ago how it gets to me when infants are not feeling fine because they do not have the ability yet to express themselves in such a way that we would understand.

It does not matter if you mutter words or simply lay still. God is the kind of Father that knows exactly what the issue is before even you know what is wrong.

God will never forsake you, come whatever may.

He does not want to be just your God, He wants to be your Father!

He wants to show you what it means to have a Father and be a father, for those of you reading that are guys.

I pray that irrespective of our personal experiences with our fathers, we would learn to trust in God's fatherhood and enjoy all that it means to have God as Abba.

THROUGH THE LENS OF GOD

Everyone needs and craves validation at one point or another in life.

We all need someone else besides ourselves to tell us how beautiful, smart, or needed we are.

Sometimes, it is just to even remind us that we are worth occupying space on earth, and each breath we take is not a waste of oxygen.

The sad truth is that nobody can see through our innermost being to know the very time we need such validation or even know what exactly we need it for except when we ask for it. Unfortunately, even when we finally find someone who seems to know us fully and wants to do their best to ensure we get all the validation we might ever need, they can only give based on who they are and what they know or have.

Ever wondered why someone who seems to have it all wakes up one day and decides that suicide is the next thing to do? Or what do you think would make a beautiful black damsel decide that until she bleaches her skin and looks as white as snow, she cannot meet the standard of beauty.

There are standards everywhere that sometimes I wonder why anyone who think they are perfect enough to be a standard against which everyone else must measure their success, as if everyone is running a singular road and except you run in the shoes of your forerunners, you are possibly doing the wrong thing.

It gets to me many times that I cannot even trace where it all started from but there just seems to be a consensus of how everything should be by whom I still do not know.

Someone we do not know decides how we should behave when you are a certain age and when you fail to reach that height of perfectionism people start to tell you that you are not behaving your age or for the African lady, if you do not get married at a certain age, standard checkers would start to look at you as if something is wrong with you while the ones who are bold enough would walk up to you and confront you about it like they have a right to your life and what you do with it.

We all have experienced it at one point or the other even as far back as primary school where we play the game of “My Father’s farm is bigger than yours” (Any Yoruba child who was given birth to in the 90s might be able to relate).

Though children. As far as we were concerned, our father was the standard for who a father should be but after comparing notes, if we discover that someone’s father had all our father had and more, that person’s father became the standard and then we started wishing we had that person’s father.

Almost every child dreamt that someone they thought was the ideal father standard would knock on their door one day and claim that there was a mistake at the hospital and they just discovered it so they have come to take their child back.

Different stories for different people, but the bottom line is, the moment we believe for whatever reason that something or someone is the standard with which we measure our lives, and we feel inadequate when we do not measure up. So, we go through life striving to meet up or at least get validation from that source that we are doing our best per time.

I met God at age 13 and I can boldly say that it was the only thing that kept my sanity intact, because as a child, I had questions I could not ask and the few I could have asked, the little introverted me could not bring myself to ask.

Teenage years come with questions and for a curious little girl who had the burden of an adult in her heart and who needed to find herself in the midst of the different definitions of the crowd, the best thing that could have happened to me was for God to find me because the different standards the world presented to me were not relatable.

I buried myself in the bible since that was the only thing my heart felt to be true to a large extent. And when I could not fully understand some things, I spent my pocket money on buying books I felt would explain things more.

At first it all felt strange because this word of God was telling me that I was many things I did not think I was at that moment, but it made me see the possibility of being it. It made me even see that I was not as dirty or useless as I felt at that period neither was I just another element occupying space.

I saw myself in a brand-new light that was so different from the societal standard. I did not feel any pressure to be what was written, but I felt a reassurance in my heart that I had been called to something different.

I knew it was not magic, so I was not expecting that all my childhood dreams will be fulfilled in seconds but I felt safe not judged like the societal standards made me feel. When I made mistakes, I was corrected not judged and then when I needed answers, I was led not forced.

The first scripture I learnt in believer's class was *1st Peter 2:2* "as new born babes, desire the sincere milk of the word, that they may grow thereby" and my favorite at that time was *2nd Corinthians 5:17* : "Therefore if anyone is in Christ, he is a new creation; old things have passed away; behold all things have become new".

I decided at that time that God was my only standard and that I would only permit myself to see myself through His eyes whether at my good times or the bad ones. He was (and still is) the only one I felt a 100% safe with, and who I believed would always stick with me and have my best interest at heart because He knows things about me that even I do not know. The fact that He would rather love me through my inadequacies than judge me was a deal sealer for me.

Sometimes I forget to look through His lens but instead of giving up on me like anyone else might have, He looks for ways to put His lens before me so I can look through when I am ready to look through. His arms of love are always opened to me no matter how many times I run out of it. He keeps them opened till I find my way back and then holds me like I never left.

I am only what or who God sees me to be, if He does not see it, I do not want to imagine it.

One of my dearest prayer is that my heart would beat in sync with His, I would see through His eyes and my ears would hear only what He says.

OBEY EACH PROMPTING OF THE HOLY SPIRIT

Every Christian seeks and longs to hear the voice of the Spirit but sometimes it seems like it is a huge struggle to even hear what the Spirit is saying.

We were taught the 'Samuel experience' as a child and some of us grew with it believing that each time God has anything to say to us, it has to be an audible voice and so when in our walk with God we do not hear this loud voice we feel like something is wrong with our Christianity or God does not want to speak with us yet. After doing all we know to do, we begin to wonder what the difference is between the man on the altar and you who is also seeking God passionately but still cannot hear His voice.

You want to do things for God if only He would tell you clearly what to do but the problem is, you still cannot hear what it is He would have you do.

In my early journey with God, I was spared the 'why can I not hear God' phase as I did not even know I was supposed to hear God or something.

I just knew I wanted to spend time with God, I did not have any pastor around to guide me and my other family members were just getting to know Him too. I cannot join the claim of being born into a Christian home.

My curiosity and hunger for God made me sit with my bible as often as possible and I had trust issues, so I was not even willing to ask anyone questions.

The more I studied my bible the more I felt someone on the inside of me just explains things and gave me more insight to things. It was not an audible voice; it was more of a knowing in my spirit of things I did not have any knowledge of before then. I loved the experience, so I kept coming back for more.

The first time I heard God, thinking of it now, I cannot really tell if it was a loud audible voice or was just a knowing in my spirit but it was very clear and I wrote down every word of it. That was one night my 13-year-old self would never forget.

My relationship with God grew and I kept knowing His leading as He prompts or leads me per time.

In 2009, He gave me a scripture and told me it was my life's anchor scripture. I was at work that day wondering what next to do with my life as I had just finished secondary school, when He gave me this scripture with some other instructions.

Anyone would have thought life could not have been better, but around that time, I had my biggest fallout so far with God. I felt I had failed Him because I did not go through with the instruction He gave me.

I started losing interest in spending so much time with Him, instead I drowned myself in service to Him hoping it would fill the void.

Instead of giving up on me, the King of my heart chased after me and brought me in contact with MINE teenage ministry through a friend who started with subscribing for the magazine for me and eventually making me attend the bible study. At that point, I fell in love with the ministry and realized that the ministry was into something that is similar with what God had asked me to do but I did not follow through with.

I decided to pour myself into the ministry and give it my best, but I was still too scared to take up any personal assignment.

By 2013, I knew that I could no longer run from the things God had placed in my heart, but I was not even sure I knew how to hear God anymore or if I would be able to recognize His voice if He ever spoke directly to me again.

I met with my older woman, Titilope Adigun and asked her how I am to know when it is God that is speaking to me. She explained that because I am a child of God I can hear Him and so if I felt led to do something, and it does not negate the scripture, then I could go ahead with it and trust that God would direct me per time.

Slowly I regained my childhood innocence of believing I can hear Him, and I started recognizing His leading again and I decided to start obeying Him per time even when I do not understand the full details.

Then I realized that it is in obeying the promptings of the Holy Spirit per time that your spirit man is trained to recognize His voice more.

Obedience to an initial prompting opens up doors to hearing and knowing more of the spirit and what God will have you do per time.

I also realized that hearing God does not mean that it would always be a loud audible voice but sometimes it could just be a knowing in our spirit or a scripture that nudges you towards a particular cause.

What is important is that you obey per time.

I bless God daily for a great mentor who never discourages me when I tell Him I feel God leading me to do a particular thing because I have realized so far that the more I do what I feel led in my heart per time the more I gain clarity and “hear” more.

I challenge you today to obey any prompting in the spirit that you have today.

He who has called you is faithful to walk you through the process, just start with whatsoever information He has given you and I can assure you that you will get more instructions as you walk the journey.

WHERE YOUR HEART LIES

Matthew 6:21 (Message version)

"For where your treasure is, there your heart will be also.

The place your treasure is, is the place you will most want to be, and end up being.

We all have things that are priority in our lives and in a way they determine the course of lives.

A lot of us have lost focus in our bid to find ourselves

If I ask you to introduce yourself, you will most likely state the different things you do. This is not so bad except that we now find identity in what we do rather than in whose we are and because we think our value is based on what we do, we begin to focus on it.

We seek knowledge in the different things we do but ignore the knowledge of who we are from whose we are. Forgetting that when we lose sight of who we are, what we are begins to define us but it never truly makes sense because that is not our totality.

At that point we begin to entertain everything we think will add up to what we are which most times makes us forget totally who we are

I was about forwarding a message to a friend one day and I saw that the person had changed his WhatsApp description. As minor as that was, an alarm rang in my head because since I had known the person that description had been the same and it was about who he is in Christ. All of a sudden it was changed to his business profile. I mentioned it when we were talking and he asked if that was not still him.

I just said a prayer in my heart and told him I preferred the former description because every time I see it, it impresses in my heart who he is.

I was about forwarding a message some days later and I saw that he had changed it back.

Now I am not saying you should go and change your WhatsApp description to evangelist or pastor.

For that person, I noted the change because that description was important to him so his changing it was alarming for me.

I was chatting with another friend this week and he said something like, just as there is a God size hole in my heart that only God can fill, there is a me size hole in God's heart that only me can fill.

God is particular about you. You are His focus, not the birds of the air or the fishes in the sea. He created all those things for you, not you for them.

Imagine if God shifts focus to those other things and makes you an afterthought just like you have made Him.

Most times we will first remove the time we need for every other thing but God, then give the remaining time left for God, and if that remaining time seems not enough, we simply ask God to wait till another time.

Our treasures now lies in every other thing asides God.

Some motivational speakers are not helping matters, they will ask you to pursue purpose and ignore every other thing. Then I am tempted to ask. What is purpose itself outside God?

Living in purpose is living out God's instructions for us per time, precept by precept and there is no way you can live in that purpose if you are not walking with God per time.

You do this by keeping your focus on Him, totally.

God does not contradict Himself. He will not give you an assignment that will take you away from Him.

“for where your treasure is, there your heart [your wishes, your desires; that on which your life centers] will be also.”

MATTHEW 6:21 AMP

When God gives me an instruction, sometimes without realizing it I jump ahead and shift my focus from God who gave me the idea itself. This happens to us all.

God gives us the idea/instruction/purpose/assignment and then we leave him out of it.

Hey! You cannot help God live the life He has purposed for you to live; you can only live it through Him and by His continuous guidelines.

Every other important thing in your life should branch out of the Major thing/person which is God

Your life's organogram should have God at the head and then other things can start from the second line. Nothing or no one should be on the same line with Him. There should be nothing God gives you that you cannot hand over back to him or let go if he asks you to. The moment you cannot, it has become an idol and is now your focus.

I know this is a hard decision but when your focus is on God, nothing will be more important no matter how dear.

If God asked you to walk out of that relationship He gave you, will you?

If he tells you to quit that job he gave you, will you?

If he tells you to stop that ministry you are already known for, will you?

There is nothing you have that God didn't give you even if you bought it with your money.

Someone might say that I don't understand what it means to walk out of a relationship but dear, I know, I have been there.

He asked me to walk out of a 6years relationship and I did after fighting it several months.

I am presently in a relationship He spoke to me about, but if He asks me to walk out today, it might take time to assimilate but I will.

Why?

Because when I gave my life to Him, I meant it. I didn't give Him just one part. I gave Him all and it is His to do as He deems fit.

If God tells me to stop 'Ladies With Radiance' (a ministry He led me to start) today, my dear, that's the end. I don't care if people will say I have failed or backslid.

Let God be your focus, nothing else should be. You should live your life seeing everything through the lens of God. Remove every distraction no matter how dear because if you don't, you will wake up one day and discover that God is not even in your radar at all.

You will wake up one day and realize that all you have left are memories of God, nothing tangible. Be so focused on Him that you cannot do anything without first running it through God and checking if it will affect your relationship with Him or not.

Check within for places you have hidden your treasures and if you discover they are all not hidden in God, please pack them and go straight to the innermost chamber of his heart to bury them there.

Please, find no life outside God. Let your heart lie in Him.

GOD GIVES HIS BEST TO HIS CHILDREN

When my teacher, Abayomi Rufus, told me “God gives his best to his children” some years back when I was still healing from a relationship that I had to let go of because of genotype issues, it stuck with me and further changed a perspective that I was finding hard to accept.

After the break up, I was not sure I wanted to go into another relationship because I was not sure if I could deliberately love and trust someone else that much or if I would ever find someone else who will love me that selflessly.

Egbon (as I like to call him) and I were chatting that night and one conversation after another led to me voicing out about my fears and the decision to stay away from a relationship.

He told me that it was not about God giving me someone who is going to be better than the person I was previously in a relationship with because there was no basis to compare, it was rather that God was going to give me HIS BEST SON at the right time and because of that, I had absolutely nothing to fear.

He further explained how it was important for me to keep growing and healing as God would not give to any of His children what or who is not best for them.

I knew at that point that all my fear of the possibility of not ever being entrusted to a man that would love me as I deserve to be loved was just my mind playing tricks on me because God is very much deliberate about giving me His best no matter my history or what happened to my previous relationship.

Hello! Can we talk for a moment?

It does not matter what happened to your previous relationship or if you have never been in one and you are wondering when you can join the gang (I do not believe there is anything like that) of those who can say they are in a relationship, God is deliberate about giving you His best because you are His child.

Do not allow the devil make you fear that there is something in your life that will attract the worst spouse for you. God is deliberate about you and he has your best interest at heart!

If the Holy Spirit nudges you to work on some things in your life, please do but do not allow the devil make you feel condemned or not good enough.

At the right time, the person God has for you will find you or you will find the person.

What is important is that while waiting you keep growing and wait with a positive attitude knowing fully well that He that has called you is faithful to fulfil all that He has promised you.

Use your waiting period to get things done and grow in your relationship with God.

God will not give you lesser than you deserve neither would God punish you with a bad relationship for a past relationship gone wrong. You are not an experiment to God so He is not using you to test run anything.

He wants to give you the best He has for you, but would you trust Him to deliver on His promise?

Would you decide not to settle for less but rather to wait on him?

Would you allow yourself heal from the hurts of your past relationship so God can prepare your heart for who He wants to entrust to you or entrust you to?

Instead of giving in to the fear of the devil as regards your relationship, you should rather stand firm on the word of God and His promise to give you His absolute best per time.

Nothing beats waiting on God knowing fully well that He would always surpass our expectations.

If you are at your waiting period, I pray that God would give you strength to keep waiting on Him and obeying the promptings of His Spirit as He leads you in Jesus name.

If you are at the healing phase of your life, I pray you healing and grace to step out of the covering of hurt into the light of God's love and best intentions for you in Jesus name.

I pray that we all do not get carried away by our emotions and forget that we have a God who has our best interest at heart in Jesus name.

Sometimes, it is easy to get carried away by all that is happening around you or by questions people are asking, so it is important that you constantly remind yourself that God has your best interest at heart and He would not give you less than His best for you per time.

I pray you wisdom to navigate through whatever phase you are, whether not yet in a relationship, in a relationship or even married in Jesus name.

FAMILY ORIENTED

It really breaks my heart when I see homes that have been broken for whatever reason.

I believe that family is one of the most beautiful institutions that God created. Although, it can be challenging because every family has their issues and peculiarities.

There is no perfect family anywhere, but you can always make the best of what you have. If you would stop complaining about the things you lack in your family, and instead start to invest in the things you have, you will be surprised at how much more you would get to love being in that family.

My parents trained us in such a way that we have each other's back no matter our differences on any issue whatsoever. We learnt from childhood that we are each other's strongest bond and we are not to ever allow anyone come between us. Whosoever is not for one of us, cannot be for any other person.

For us, family comes first, ALWAYS!

While fighting with each other, if we needed something from the person we were fighting with, right in the middle of the fight, we would still go ahead and ask, even if the fight might continue after that conversation.

I do not know how it works in other families, but I learnt how not to allow misunderstandings affect the relationship, that is how we were raised.

Some people, at some points in my life get scared when we are supposed to be having a misunderstanding and I am still talking to them like nothing happened.

Sometimes I do not know how to explain to them that we were raised in my family to separate the issue from the person and not allow it kill the relationship while we are trying to sort it out.

We cannot deny that sometimes it is really hard to relate with siblings who think totally different from us or parents who are just out to prove to us that they are our parents by frustrating us or those who do not live up to their responsibilities as parents. The truth though is that, if we prayerfully put in more effort to make the relationship work, things would be better.

It might require that one person pays most of the price and make almost all the sacrifices at first, but in the long run, everyone would catch up.

My siblings are my greatest and strongest support system. I just have to say I want to do it and they would move heaven and earth within their capability to help me get it done because they know that I would do same for them.

It baffles me when I see people doing more for friends or outsiders, while totally neglecting their own family. In as much as there are some friends who can be as close if not closer than family, you should not neglect your family to satisfy a friend if you can help it.

Do not get so familiar with your family that you think you do not have to continually show them how much you love them through your actions and please do not make your family look bad just to get the love or approval of a friend.

Everyone close to me knows how much I value and flaunt my family. It is not because we are perfect, it's rather because we have chosen to love each other despite our imperfections.

Many times, people tease me about how I am always uploading my siblings' pictures and how even without meeting them they can recognize each one by name and face. This is because as far as I am concerned, I should be one of their strongest support systems and fan.

It is not enough to cheer them on in your private corners. Cheering them on in public also shows how much you love and appreciate them. This gives them some kind of morale that you might never know about.

Never speak ill of your family to other people to gain favor except you are ready for those people to treat them exactly how you have spoken about them. I am not asking that you lie about them but stop painting them as villains so much that when people look at them that is all that they can see.

It is a different thing if you are seeking counseling but even at that point, how you present the issue matters a lot. You cannot speak bad about your family to people and now complain that people are not respecting them after you have now settled with them.

Think of the future implication of your speech when things are not going as you want them to go. You do not want to get married and your spouse stops you from going to visit your family members because of all the evil things you have spoken about them.

Wisdom is profitable to direct. Instead of exposing your family to the public because of rough times, cover them in love as you all walk through the journey to where you really want to be.

Absolutely nobody should be able to comfortably speak ill of any member of your family in your presence no matter how close the person is to you. It is very disrespectful that someone close to you deems it fit to speak ill of your family members, especially in your presence, no matter how much of your story they know.

SUPPORT SYSTEM

Everyone needs at least one person in the crowd shouting their name and cheering them on as they journey through life no matter how self-confident they are.

Like Brother Paul, I can boldly say that I bless God daily for the gift of people He gives to me per time and especially for my family who are my greatest support system.

I am grateful to God for friends turned family who have taken me personal and would go to any length to achieve every single dream I share with them.

Blessed am I among all for the gift of a mentor who pours himself selflessly into me, a teacher who creates time out of his busy schedule for me and an older woman who walks the talk.

Many times, I feel God is partial to me because of the gift of these people.

We all need a support system!

Someone to remind us that we matter when we forget our worth for whatever reason and also cheer us on when the voice of doubt is getting louder.

Someone to hold our hands and lead us through the path we want to take when circumstances might not allow us see clearly.

There would always be a time in your life when you are not enough to keep cheering yourself on and you would need another voice to keep you going.

People are God's outstretched hand of love to you that is why it is important who you allow in your corner and into the deepest parts of your life.

Beyond wanting people to be a support system for you, you should also seek to be a support system for others. You should be a voice in the mind of your loved ones that keeps them going and someone they can count on to help them scale through life's hurdles.

It is not just about taking center stage in people's lives, it is more about being able to play a role that helps them hold their life together when their strength alone might not be enough to keep things intact.

Many times, when I am stuck at life's junction and not sure of where next to turn, my support system help me find clarity and strength not to give up and stay right where I am stuck.

Not all support system is for a lifetime, some come for a season, some would leave to reappear later in life while some will follow you every single step of the way. What is important is that you are able to identify them at these times and maximize the relationship while it last.

This is also important if you are a support system to someone else. You might not be available to that person all your life, so while it lasts, you should give it your very best and ensure that at that phase of life you leave no stone unturned because what you do or do not do would have effect on that person.

Many times, we leave relationships to times and chances and then wonder why we are not getting the most out of it. If you are sure God led someone into your life for whatever reason, pour yourself into that cause and ensure that if there would ever be an end to it, you would be sure that while it lasted you maximized it.

A story is usually told of a man who needed money and went to his friend to ask for a loan but on getting there, he met them cooking and his friend invited him to join in the meal. He decided to postpone the reason for his visit till after the meal but while they were eating another person came who was not even as close as he was to the person and asked for help.

The friend got up from the meal and met the need of this person and the person left. When he eventually finished eating, he explained the reason he came to visit to his friend but the friend explained that the actual money he needed was what he gave to that other man who came while they were eating and that was all he had at that moment. He left with a stomach filled with food but with his problem unsolved.

Many times, I tell people close to me who assume that I am busy and stay away that no matter how busy I might look, my friends are top priority for me and I would always make out time for them, because half of the time that I am seemingly busy, it is with people who are total strangers or not half as close as they are.

When you have people in your life that you can benefit from, do not stay afar because you feel they are too busy, and also when you have people in your life who you can be a support to, do your best to make out time for them.

We all need each other to grow and glow.

Sometimes, what you invest in people in the past will now become useful for both of you in the future when you need someone to do that thing for you.

Never forget to appreciate everyone in your support system and let them know how much their presence in your life means a lot to you because some people will never know until you tell them yourself and some people would never reach you until they know that they have access to you no matter what.

CHOOSE YOUR OWN TRUTH

A man who stands for nothing would fall for anything because he does not even know what it means to stand.

You should not live life going by the direction of the wind in order to play safe, neither should you live life trying to gain favor with men. It might work for a while but eventually you will dig your own grave and fall into it.

One truth that has guided and is guiding me, is the word of God. Whatever truth that cannot be found in His word cannot be a truth that I would stand on.

Everybody has a right to choose their truth but it does not mean that it is the absolute truth, which is why it is important that you know what the real truth is and base your own truth on it.

As far as the devil is concerned, all his lies are truths and all those who follow him believe it to be the truth. They would move the whole world to stick with this truth even if it meant stepping on toes.

Have you ever wondered why slowly nudity is being accepted? It is because some people have accepted it to be one of their beauty truths and they are standing by it.

Now the question is, what is your own truth?

What are the things that you stand by and are known for?

What are the principles you live by that people around you know that come whatever may, nothing would change them?

Your truths must be based on something, and the best foundation for any truth is the word of God. With His word you can be sure of making no mistakes.

The tricky thing about truths is that if you do not decide that it is a truth you want to live by, you will compromise when the test of time comes.

Many times, when I was in school, I lost people I could have called friends because I refused to cheat with them during examination. Some felt I was proud while some felt I was just being wicked. Their comments got to me sometimes but the fact that I had decided that it was something I would never do based on the truth I know, helped me to stick with it despite how I felt at that moment.

More testing times for me were times I would be in the exam hall and I would not know the answer to a question, and someone would notice and decide to be the hero. The part of me that desperately needed help was always tempted to accept the offer but then I knew that if I compromised once, I would feel a little more comfortable to compromise again and then before I know what is happening I would lose my truth.

Do not wait until you are in a compromising position before you decide what your truth would be or you might just realize that you actually had given in to something you should not have simply because you did not make a choice before.

Your truth does not have to be popular or generally accepted, it just needs to correspond with the word of God.

The truth you live by determines the course of your life and what will be allowed into it.

It does not mean that you will not meet with many oppositions, rather it means that you will know who exactly you are and people would be able to relate with you based on that.

It is important that you know that not everyone would like your truth or celebrate it, but it is your own truth and you do not need the general populace to validate it.

Your truth does not have to be based on the percentage of people who support or accept it.

What is important is that it is based on the word of God that you believe in and God validates it.

Many times people ask me how I am able to stand my ground in the face of outright confrontation from a majority of people and the best answer I could give is that I do not need their validation to uphold my truth because I am sure of my chosen truth.

People would always look for ways to fault your truth especially if it is for their own selfish interest that you change your mind and get the situation to favour them.

If you do not stand steadfastly by a truth you have chosen, you would discover one day that you are living directly opposite of that truth.

You do not owe anyone an apology for choosing to live by your own truth, so you do not have to go through life like you are doing anyone wrong by sticking with it.

The same people who criticized you for your truth will eventually respect you for it and stand for you when need arises because they have come to know you as someone who stands by their own truth.

BE ACCOUNTABLE

This was one of the first lessons I learnt from my mentor, Timi Adigun.

I was a girl who loved to call her own shots and lived at her own pace. I did not want anyone to be responsible for me, so I do not have to reciprocate the act.

Being accountable for me then, was like giving someone a right to my freedom. I loved my freedom and I guarded it with all my being. My biological parents and siblings were the only people I had been accountable to and they trusted me so much that I did not have to give details.

This level of accountability that my mentor started to teach me, required vulnerability and I struggled with it for a while because I really did not know what to do or not do at some point but my mentor is a very patient man who loves with all his heart so he did not desert me, rather he took his time to teach and correct me when needed.

Accountability is one of the tools you can use to get a lot of things done and push you to do better especially if you are accountable to the right people who you respect and whose advice you trust.

There are three set of people to be accountable to.

1. God

One thing I love about being accountable to God is the promptings of the Holy Spirit (I will discuss more on this in another chapter).

When you make God your accountability partner, you can be sure to never go wrong. He guides and directs your every step. He gives you insight into things that you would not know ordinarily on your own.

There is no better accountability partner in the whole universe better than God.

It is a daily experience that He has called us into, a beautiful one that leaves you awestruck and in love with Him.

It prevents you from living a directionless life, because you know that you are accountable to someone who is responsible for you and you want to make Him proud.

I get goose bumps when I get to do something that I had discussed with God previously and then I feel like God is applauding me. It just makes me want to keep doing more and being more for Him.

2. Mentor/family/friends

Whenever my mentor tells me that he is proud of me, I get super excited because he is one of the people I look up to and who has taught me many of the things I know.

When I am afraid of doing anything I know I am supposed to do, I tell him and then I sometimes beat myself because I know that the moment I tell him about it, I would do all I can to get it done even if he doesn't ask me about it daily.

I respect him a lot and I'm accountable to him. Being accountable to him is a propeller for me most times.

My parents and siblings are the other people in my life that hold me accountable. The moment I mention something to them that I want to do, they keep asking about it until I get it done and they would also look for ways to help me get things done.

Absolutely nothing can replace having your family to hold you accountable because they have your best interest at heart most of the time.

I also have friends who would not let me rest until I do whatever it is I share with them that I want to do.

They will basically take it personal like it is their personal project. I will share more about having friends as a support system in another chapter.

3. You

We already established how important you are in your life's journey. In as much as you have others to be accountable to, you must learn to be accountable to yourself.

Being accountable to yourself is a major foundation for being accountable to others because it takes accountability to yourself to share truthfully with those you have chosen to be accountable with.

It might require that you start keeping a to-do list or working with a schedule so you do not forget some things you had told yourself that you would do.

Some people even go as far as having a board in their room to write on or setting timely reminders on their phone.

Find what works for you and use it.

You do not necessarily have to be accountable to all the people I mentioned above but it would do you a whole lot of good to be accountable to someone else more than yourself.

In choosing someone to be accountable to, I would advise that you pray about it and be led of God.

Sometimes we get excited by what some people have accomplished and we just decide to be accountable to them not checking if their values align with ours or if they are people God would want us to walk life's journey with.

Also, it is important that you let the person you are being accountable to know that there is an accountability relationship, so the person does not just think you are sharing for sharing sake.

You can ask the person if he or she can be your accountability partner then ensure you play your part.

Accountability to the right people would save you a whole lot of headache because most likely they have threaded the path you are on and so can guide you to avoid portholes.

PURPOSE IS OVERRATED

This is a burden that the Lord has placed in my heart for a long time now - helping people find and walk in purpose per time.

He recently gave me a mandate to start an academy to this effect.

We started in March and three sets have graduated from the Mentorship with Adenike Soyombo (MAS) Academy. It is a monthly mentorship platform where I train and walk the purpose journey with the mentees and help equip them for other purposes that come per time.

I hope that after reading this book you will get to understand and see that purpose is not as complicated as we were taught when we were growing up. I still see such messages around, and it saddens my heart because due to these kinds of messages, some people would go through life thinking they never achieved purpose or can never achieve it.

One of the first lessons God taught me about purpose is that it is PER TIME!

It is not just the grand picture you achieve at the end of life or just one thing you pursue all your life.

Let me use an analogy to explain this.

As Christians, our primary purpose is to love God and help those who have not experienced this love find and live in it.

There is no one way to achieving this. There are lots of ways we can achieve this grand purpose which is broken into other purposes.

For some it could require them going into a certain business while for some would be required at a certain time to provide a shoulder for someone to lean on.

It is not until you stand on an altar and preach that you have achieved purpose neither is it until your name has made it to Forbes list. Do not get me wrong, these are great achievements but there are purposes to achieve on the way to achieving them just as there would still be purposes to achieve after you have accomplished them.

Therefore, my first message to you today is that PURPOSE IS PER TIME. It is found in the daily walk and what you push yourself to achieve per time knowing where you are going to.

You do not always need to have everything figured out before you set out, you can achieve purpose per time as it comes to you.

In fulfilling purpose, you must find and achieve it per time. If you sit and wait for one big Forbes' list purpose to unveil itself to you, you might have to wait your whole life.

It is therefore important that you find purpose in the things you do everyday.

No matter how inadequate you feel, you always have something to offer.

A smile to gladden a sad heart or a shoulder for a broken heart to lean on.

My "fulfilling purpose" game changed when I changed from asking God "what on earth am I here for?" to "Lord, what can I do for you today?"

The difference in these two questions is that the first one might require that I wait till I have a big picture figured out while the second question helps me to keep working towards it daily till I achieve the big picture.

What I am saying to you today is, find fulfillment in everyday things.

Start with smashing everyday goals.

It can be as small as calling a friend to check up on the person or writing an exam that will get you into Harvard. It could even be winning a contract or starting up a business.

What matters is celebrating little wins. When I say little wins, it means seeing the big things in the seemingly little things.

There are three questions I realized answering can help you find and help you align with purpose per time.

1. What can you do for yourself?

You require a healthy mind and body to be able to do all that you need to do. So, it is important that you look within first and do your best to be GOOD TO YOURSELF.

You need to take care of yourself and equip yourself.

Based on what you know and where you are, it is important that you sit with yourself and ask yourself what else you can do for yourself.

It could be reading more books, going for more trainings, eating well, resting as required, personal branding etc.

So, my first assignment to you today is for you to sit with yourself and answer the question, WHAT ELSE CAN I DO FOR MYSELF?

This can be a periodical question.

Personally, I do a quarterly review and then around my birthday every year, I do an overall review.

2. What is in your hands?

Everyone has something to offer no matter how insignificant it looks to the person.

What are the things that come to you naturally?

What are the things you know how to do presently?

How can you put it to use at this level that you are?

You do not have to wait till you have gotten to a professional level to put what is in your hands to use.

This is the second assignment.

Sit with yourself, get a new note dedicate to this and answer the above questions.

3. What can you do for others?

When your life is just all about you, you might not be able to see problems that you can provide solutions to in a way that would be efficient.

The more you think about the possibilities of doing things for other people, the more you realize that you have so much more within to offer others.

Looking out for others opens you up to the possibility of things you have within that you do not know and that can align you with purpose.

The third assignment is for you to make a list of the things that you can do for others based on what is in your hands presently.

Remember that you can keep reviewing the list per time. The beautiful thing about keeping a list is that it helps you monitor your growth level, speed, and consistency.

The reason we never start sometimes is because we are waiting to know it all, but the more we know, the more we discover that we do not know.

START WITH WHAT YOU KNOW!

Sometimes I wish there is a better or bigger way to say this, but it is as simple as starting with what you know.

Start with the seemingly little knowledge that you have.

Start with the single instruction that you have even if you do not know what to do after that.

PURPOSE IS A JOURNEY, NOT JUST A DESTINATION.

There are many bus stops. The only time you get to the final bus stop is when you die.

Do not be so afraid of what next that you end up not getting anything done at the end of the day.

PURPOSE IS FOUND IN YOUR EVERYDAY DECISIONS AND ACTIONS.

LIVE EVERYDAY WITH A PLAN TO ACHIEVE PURPOSE DAILY NOT JUST AT THE END OF A SPECIFIC TIME.

EVERYONE HAS AT LEAST ONE THING TO OFFER

It upsets me a lot when I see people been looked down upon, especially because it seems like there really is nothing to gain from them.

You see people running around for people they think they can gain something from just so those people can notice and applaud them.

It really saddens me that some people are written off, just because they have not reached a certain height set by fellow humans.

I have had several experiences where people are at first cold towards me but then someone who knows me comes around and is possibly someone who they respect and because of how that person treats me, they start warming up to me hoping to become friends with me or be in my circle.

I do not feel comfortable many times to allow such closeness because I feel like they are just coming close because based on someone's validation, they now see that they can get something from me, when initially they did not see a reason to believe that I had something to offer.

Earlier this year, I took a session on a WhatsApp group where I was invited to teach and then after the session, I left the group when I discovered that I had not been removed as requested. Shortly after, I received a personal message from a member of the group who was asking why I left the group. There was no greeting or any form of introduction. I greeted him and asked about the group he was talking about.

When I realized it was the group I taught on, I explained to him that I had come to take a session on the group and I was done delivering, and that was why I left. It was after I finished explaining that he returned my greeting warmly and then tried to make conversation. I felt the sudden warm responses were hypocritical and so I ended the conversation as politely as I could.

I do not have an issue with guest ministers or leaders been treated respectfully because of their office. It is important that you honor your leaders and people who are taking their time to invest in you. What I have an issue with is treating those who are not with titles or have a public figure profile like they are nobody.

For me, the way you treat people who are below you according to whatever standard you have used to measure, or seemingly have nothing to offer you, speaks volumes about who you are than the eye service you pay people who you plan to benefit from or just get into their good book.

The first mentorship class I taught, one of the things I taught was creating content for your business and personal brand, and then some of the mentees had to design graphics to post, and those who did not have a social media handle but needed one were required to open one and start posting. One of the mentees who is into selling perfumes made a design with Canva that I did know could be done on Canva and immediately I saw it, I asked her on the group how she did it and she told me. I tried it out and got it.

For some of us, the reason we are not growing or do not know some things at this point of our lives is because the people we are to learn from are people that in our minds are below us, so pride would not allow us ask for help.

One of the things I teach my mentees is that they should never place themselves so high that they think they cannot learn from people they have taught or are teaching.

Even the bible says, knowledge puffs up, and that is why it is important that you apply wisdom in all you do, clothed in humility.

No matter your wealth of knowledge, you cannot possess all the knowledge there is in life or always know what is required of you per time without consulting others.

It is not every time in life that the only time you learn would be from people who have gone ahead of you. There would always be times when the knowledge and help you need is from someone who does not even know half of what you need.

Do not join the world to kill people's morale by making them feel like they have nothing to offer.

One of my desires in life is to help as many people as possible find their path as long as I can see it, even if they do not ask me directly.

I pray that everyone who comes in close contact with me would be able to say that I encouraged them to become more if not help them discover more about themselves.

For no reason do I want to be the reason someone gave up on themselves or think that they have nothing to offer the world.

I appeal to you that you do not join the world to put out candles that are still trying to light themselves or put out the ones that are still trying to stay lighted in spite of the wind.

You might not be able to help everyone financially or give them knowledge to make wealth, but you can help them on their journey to believing in themselves.

Make it a personal goal that you would treat people like royalty, and no one would ever leave your presence feeling like a nobody or that their life is a mistake.

Be a candle that lights others, not one that make them doubt the little identity that they have struggled to find.

You were created to be God's extension of love on earth not be the devil's extension of death and condemnation. I believe that if we all lift each other's hand, there would be less people committing suicide or going through life like they are being forced to stay alive.

YOU HAVE AT LEAST ONE THING TO OFFER

God in His infinite love did not create anyone empty. There is at least one thing that He has placed in our hands that is not just for you but also for others. So permit me to ask, what is in your hand?

Exodus 4:2

"The Lord said to him, "What is that in your hand?" He said, "A staff." Exodus 4:2. (ESV)

I want to link this scripture to something my older woman, Titilope Adigun said. She said "Most times, when you pray, God gives you an instruction and obedience to that instruction is the answer to your prayer."

Every child of God has something in their hands which the Father has entrusted to them, and they are all important to him, though to the human eyes we might classify their level of importance according to our own standard.

Every time you make a request of your Father, He answers, but most times he uses what is in our hands for the manifestation of the results.

The reason we cannot identify what is in our hands most times is because we are busy looking at what is in another person's hands and wishing it were ours.

Let's start from the spiritual things in our hands; looking at the gifts of the Holy Spirit in

1 Corinthians 12:8-10 For to one is given by the Spirit the word of wisdom; to another the word of knowledge by the same Spirit;

To another faith by the same Spirit; to another the gifts of healing by the same Spirit;

To another the working of miracles; to another prophecy; to another discerning of spirits; to another divers kinds of tongues; to another the interpretation of tongues:

Word of wisdom

Working of miracles

Gifts of healing

Prophecy

Faith

Discerning of the Spirit

Interpretation of tongues

Speaking in tongues

Word of knowledge

Let us look at another scripture Roman 12:6 - 8

Romans 12:6 let's just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren't. If you preach, just preach God's Message, nothing else;

Romans 12:7 if you help, just help, don't take over; if you teach, stick to your teaching;

Romans 12:8 if you give encouraging guidance, be careful that you don't get bossy; if you're put in charge, don't manipulate; if you're called to give aid to people in distress, keep your eyes open and be quick to respond; if you work with the disadvantaged, don't let yourself get irritated with them or depressed by them. Keep a smile on your face.

Verse 6 talks about not comparing ourselves or trying to be something we are not.

Verse 7-8 mentions other gifts.

I believe there is absolutely no one reading this book who doesn't have at least one of the gifts mentioned in the scriptures above.

It is not everyone that will have a pulpit title, but there is absolutely something in everyone's hand.

There are actually some gifts that you can identify in Romans 12:6-8 that people don't identify with too much or do not know is a gift.

Permit me to shed a little more light on some of the gifts and how you can identify them.

1. Help ministry

There are people that with ease they can encourage someone. They don't have to even think about it or pray about it. The moment they feel someone needs to be encouraged they do it with all their hearts. When people spend time with them, they just feel better about themselves. You can make someone smile easily and help lift someone's burden.

You find it easy to help others even if you don't have a personal relationship with them.

Your heart goes out to people in need without seeking anything in return.

You love to offer your services to people.

You love to make things easy for others by contributing your part no matter how little.

2. Leadership.

They might not even have much knowledge about what they have to do but they can coordinate things and people with ease.

You can assign something or a team to them and go to sleep because you know they will do all in their power to ensure it works.

You know how to carry people along.

3. Teaching

When you understand something and teach it, the people you are teaching are able to get.

You are able to break things down to the smallest bit.

You have patience of waiting till the person you are teaching gets it. You love to impart knowledge.

4. Giving

These people are natural givers. You don't have to whine them to give.

They just do it even if they don't have enough or too much.

Giving is spontaneous for them.

They are eager to meet a need not minding if it has to be sacrificial.

5. Acts of Mercy

You easily empathize with people.

You easily make excuse for people and forgive them even without them asking.

6. Love

You easily give love to people and when people come in contact with you they easily feel loved.

7. Faith

I believe that every Christian has this gift even though it might be in different measures.

There are two ways I use to identify what is in my hands per time.

1. I identify the one(s) I have now and deliberately walk in it.

Even if it seems like an insignificant gift. It opens you up to other gifts

2. I spend time praying.

It helps to be sensitive to the bidding of the Holy Spirit and His gifts that you have. Then obey as He instructs.

You have the Holy Spirit, so you can exhibit all gifts.

Do not join the world to believe that you have nothing to offer because that is a lie. Some people thrive on other's self-doubt. Look within yourself and put to use what is in your hands even if you do not understand or see the big picture fully.

EVERYONE HAS A PERSONAL FINISH LINE AND RUNNING PATH

There might be similar paths in life or similar goals but there is a uniqueness everyone brings to the table that differentiates us all just like everyone's thumb print is different.

It would be unfair to one's self to want to duplicate the life of another and make it ours just because we think that person is better or knows better.

God did not make clones, rather He made everyone different and special in their own way. Therefore, there really is no reason to want to be totally like any other person because there is something only you, being your true self, can bring to the table.

There is absolutely nothing wrong in learning from someone who knows better about something you are interested in or something that can help make you a better you but it is absolutely unhealthy to want to be totally like the person hereby making yourself a clone of an original when you can be another original that the world can learn from.

The problem most of us have is that in wanting to find our own part and live our own reality, people are not quick to understand it because it is strange to them since they would rather copy and paste to avoid the work of finding their own path or being looked at differently.

Hey! Life is not like a marathon; where it is only the first person to reach the finish line that is considered the winner, neither is there a need to overtake anyone so people can see how much you are putting in your best to be the winner.

Every single one of us have a personal finish line and running path. Even the distance we are all required to cover is different.

The funny thing is, in comparing your journey with another person's, it might surprise you to discover that even though both of you are at the same spot or maybe you are even some meters ahead, the other person might be almost at the end of their own finish line while you still have a long way to go.

One of the annoying things for me in comparing my journey with that of another is that I can get carried away and then run on their own path thereby deserting mine.

Find your own path and stick with it. There is absolutely nothing wrong with learning strategies to get things done from another person. No man is an island, we all need each other to do better and be better but do not desert your own path because you think that of another person is faster or more appealing.

In as much as social media is doing us a whole lot of good, it came with a whole lot of bad baggage which we can pick up if we are not careful and watching our space to deliberately determine the information we receive and get to store consciously or unconsciously.

The day I discovered that likes can be bought on Instagram and some people even go as far as paying people to comment on the page just so they look relevant, I stopped bothering about how many likes or comments I get per time especially with the recent Instagram like control.

Sometimes I like a post, log out of Instagram and by the time I log back in and check that post I would not find my like again. It was upsetting at first but then I learnt that they are doing that on purpose and the truth is, that is exactly how life is.

What you see sometimes is not all that there is to life. Everyone decides the part of them that you get to see or experience. It is not necessarily pretense. It sometimes is just everyone choosing what people get to see.

In a world where personal branding has become the in-thing, I am sure nobody wants to be perceived as a failure so we all do our best to appear at our best per time, it is hereby important that you find your own path and work out ways to get to your finish line.

Know that you are not wrong to be different or want something different so long as it does not negate the word of God and the laws of the land.

It is totally okay not to follow the norm or join the abnormality of the world.

It is actually a sad truth that a lot of things that used to be wrong are now being celebrated as right all because media is portraying it in a normal light and the people who should correct it have being bought over so they would rather cover it.

There is a Yoruba adage, translated to state that you should not look at another man's wristwatch to do your own work. Almost every Yoruba child would have heard it at one point or the other, although it could mean different things per time but the truth remains that, only your own timing can work perfectly for you.

Discover your own path and walk steadfastly in it. It does not have to be popular for it to be good or original what should matter most is that it is your path and you are confidently walking in it.

OWNING YOUR TERRITORY AND SUPPORTING OTHERS

The truth is that, not everyone in our circle or team is threading the same path as ours.

Sometimes, our personal and collective territories are different. The only beautiful thing is that the purpose is the same.

DISCLAIMER: I am nowhere near where I want to be. I still have questions and many times I still feel like I fall short but I hope that at every level and phase, my life can tell a story that leads others to Christ one way or another.

I went for a program one Saturday and we were asked to introduce ourselves. I always don't know how to answer that question appropriately if not giving a guideline or when I am not sure of what they really want to hear. I am not sure I even answered the question as I should that Saturday but earlier that morning, I was having a conversation with God and He reminded me of some things he had told me about who I am. I laughed in the bathroom that morning as I asked Him if I was supposed to introduce myself that way when asked and how it covers everything that I do besides ministry.

Boldly, I said "I am a carrier and dispenser of light, love and life"

The Holy Spirit gave me the understanding that all I do is in light of these factors, including business.

The example He brought to my mind was of me giving life to people's hair through information and hair styling. There have been different times after making people's hair when they comment that it sure must be a gift from God.

For me, what's important is that my actions and

inactions at the end of the day give light, love, and life in every aspect of life.

One of the reasons I felt led to share this story is to let you know that YOUR TERRITORY MIGHT NOT BE DIRECTLY SPIRITUAL. You do not have to be a pastor to own a territory and your territory may not require direct preaching.

Another reason for sharing the story is for you to understand that YOU NEED TO KNOW WHO YOU ARE PER TIME to fully function in your territory per time and while at it, DO NOT COMPARE YOUR TERRITORY OR WISH FOR ANOTHER'S TERRITORY.

Trust that the territory God gave you is yours and where He is sure you can function best. You may have to learn along the way, but He believes in you and trusts that you will fulfill purpose best in that territory. So, He is willing to hold your hands as you dominate and replenish the earth in that territory.

Now, let's talk about territories.

Some tribes have the same territory though different personal functions while some tribes have different territories with the same end purpose.

Permit me to use Ladies with Radiance (LWR), a ministry I coordinate as an example.

Let's assume LWR is a territory. We have some people who are Administrators and people in the workforce; these are the people that ensure that everything goes as smoothly as possible in accordance with the objectives of the group. We all have one territory which is LWR, but we all perform different functions at different times to ensure our territory is what it should be.

I always look forward to the daily memory verse on the group, “word for today” that one of the Queens helps with and every other session on the group including mine because most times I go back to read through after a session so I can also be blessed.

Imagine what a chaos our WhatsApp platform which we use for trainings might be if I do not have all these people dominating this (LWR) territory with me.

The reality is that you might not be a “key holder” in your territory or the pioneer of your territory but that does not stop it from being your territory.

Many times, ‘owner’s’ mentality stops us from fulfilling purpose per time. We think “Since I am not the pioneer I can do as I like or not do anything if I don’t feel up to it”. What we don’t understand is that THERE IS A PART ONLY YOU CAN PLAY PERFECTLY AT THAT TIME OR THINGS YOU WILL MAKE WORK BETTER IF YOU TAKE YOUR PLACE.

Hear the clarion call and obey no matter your rank, Commandant or Corporal. Just ensure that your territory is fine, and you are playing your part as much as you can.

If all you are required to do is blow trumpet at your duty post, blow it as loud and as best as you can per time. Don’t envy the person whose duty is to deliver letters.

Now, let’s talk about people in the same tribe but with different territories, friends with different territories but in the same tribe.

It is very possible that everyone in your circle/tribe do not have the same primary territory. The bond you share might be values, love, and other similar interests’ in addition to the end purpose of bringing glory/people to God..

So we can have 5 people in a tribe with different territories like; first person's territory is the health sector, second is fashion, third person is ministry, fourth person is agriculture while the last person's territory is music. The essence of the tribe might be to share tips, exchange information, and be each other's strength or simply friendship.

Do not be quick to write people off your tribe because they do not share the same visible territory with you. What is important is that at the end of the day, we all play our parts and ensure that we fulfill purpose in our own little ways.

KNOW YOUR TERRITORY AND EMBRACE IT, ALSO ENCOURAGE YOUR FRIEND IF THEY DO NOT SHARE THE SAME TERRITORY WITH YOU AND CHEER THEM ON.

We all need each other to fulfill purpose. A house divided against itself cannot stand. No army in disunity can win a war. This war is not against ourselves, it is against the devil and we have all been given different strategies that if we pull together can help us defeat the enemy.

This is a clarion call to kingdom friendships today that is not limited to people who have the same ministerial assignment.

We were not created to do life alone like the devil is selling subtly; we are siblings who must guard our Father's interest together.

The assignment giver in me still followed me here. Permit me to give you an assignment that if you do, you will be forever glad that you took out time to do.

The assignment is that you write a letter encouraging someone who is doing something to make life better for others or themselves even if it is not 'ministry' work. You can even write a letter to yourself also.

PEOPLE WERE PLACED IN YOUR PATH FOR A REASON

The world has taught us to seek our own comfort and fight through life like every other person is fighting against us and all that we can ever be or get.

The world is now seen as a battle ground where it is the survival of the fittest. Some people even go as far as saying that if one person does not lose another person might not gain.

In as much as there are positions in life that if someone does not leave another person would not occupy, life in general is not a competition.

You do not have to hold back from others because of the fear that if you give to them, they will be better than you or make you lose your path.

One of the reasons God did not call you to join Him in heaven the moment you gave your life to him is because He knows that you now have something that others lack and that you can help them access it.

The same thing applies to other aspects of life. The reason for the knowledge you have, much more than the financial gain it might give you, is so that you will help those who do not know better know and live better.

There is always something that you have and you can offer to someone else at a particular point in time.

All you have and know is not just for you to enjoy yourself like you are the only one left on earth.

One of the key things in finding and fulfilling purpose is in seeking how you can help yourself and others.

The moment you start to think beyond life revolving around only you, you open yourself up to the possibilities of discovering much more within yourself that you might never have found out if you did not decide to share that part of you.

For everyone in your path per time, there is definitely something you can give them. It could be a smile to calm a troubled heart or simply a shoulder to lean on. Sometimes, all that stranger needs from you are kind words to remind him that he is human and the whole world is not against him.

The truth is everyone is fighting their own battles, but in a bid to win ours we should not deliberately inflict pains on others or make their battles harder to win.

One of the things that gets to me most is when I meet people who choose to be selfish because they feel that they do not owe any other person but themselves goodness.

Just as you would want people to relate with you with all the love possible, you should also do the same.

Go out of your way for people as long as it does not negate the word of God or would cost you your life.

There are people in my life that I would forever be grateful to God for because at different times in my life they had willingly made sacrifices for me, and because they did, I am a much better person.

This is why most times as much as it is within my means, I would go out of my way for others and to ensure that everyone around me is growing just as I also am growing.

When you see people along the same path that you are either on, or have treaded before and you know that there is something you can teach them or give to them that would make the journey easier for them, please do. They might be one of the reasons you are on that path also.

You do not have to always wait till they come begging with both knees on gravel to show how much they would appreciate it if you helped them. Neither should you help people because you want them to be indebted to you.

The truth is not everyone you help in life would offer the same help when you need it but you cannot also rule out the fact that there were times in your life when people who you have never helped before offered you some help.

The reason many people are not fulfilling purpose as they should is simply because their world is so centered only around them that they are unable to look up and see a higher calling.

One of the things I have learnt so far in life and in my walk with God, is that whatever it is that you have been blessed with is so that it can be a blessing to you and you can also be a blessing to others.

The kingdom principle is that the more you give, the more you will receive, so for every time you hold on to something that you should give, you are denying yourself the blessing of getting the abundance that is in store for you in that season.

LOVE GIVES

Growing up as a child, one of the first things my biological parents taught us was to give and share whatever we had. Like they say, “If God does not give you, you would not have anything to give.”

We were taught to give from the little we had to family and even strangers.

For us, there is nothing like ‘this thing is mine alone’. We share all we have with each other.

One of God’s attributes that I first loved as I grew in faith is how He gives selflessly, just like how he gave His only begotten son to save us all even while we were yet sinners. I can’t even begin to recount the numerous things that we have received and are enjoying through Jesus who God gave to us out of His love for us.

Haven’t you noticed that all the love languages have something to do with giving? It’s either you are giving quality time, or you’re giving words of affirmation, or gifts, acts of service, or the comfort of your touch.

Giving should be normal for every Christian, we don’t need to wait to be asked, because we know that when God gives us the abilities to meet needs at any level it is because He wants us to meet those needs not just because He wants us to flaunt what He has blessed us with.

There is no deeper way to say this than LOVE GIVES.
Love always looks for ways to give without been asked.

In relationship with others, instead of always asking what you can get from it why not ask yourself what you can give to it and the persons involved.

Someone might be quick to say I would give my time but do not stop at that, take a it a step further and give tangible gifts where it involves you spending money.

It does not have to be an expensive gift. I trust that the people in your circle are people who love you and would therefore love anything you give them knowing that it is coming from a place of love.

My mentor, Timi Adigun taught us that whenever you are going to visit someone, make sure you go with a gift, no matter how small the gift is.

I remember going to see an older pastor friend some years ago, I think 2014. I was on my way back from somewhere when he called to say that he was in his office and I could come see him as we had been planning to see for a while to have a meeting but could not because of his busy schedule. I had just 50 naira left on me, but I knew I must not go without taking a gift. So, I used the money to buy a pen which I gave to him when I got there. He could not hide his surprise and asked why I had to buy him a gift because he knew that I did not have so much money at that time. He thanked me for that pen as if I had given him something extraordinary.

I must admit that there are times I go visiting and I do not take anything along, but that hardly happens, I make sure to take something, even if it is just biscuits.

You do not have to wait till you have a zillion dollars in your account before you give.

If you do not give now that you seemingly do not have so much, you will still see reasons not to give when you have enough.

I was sharing with my male best friend yesterday (as at the time of writing this) how my female best friend sent me a certain amount each month during her internship

without me asking for it even though she did not have to do it, and the many times she sees that I do not have money or I have a need and she meets it without my having to ask her.

That is how love is supposed to work.

When love sees a need that it can meet, it does not turn a blind eye hoping that someone else would meet it.

In a relationship, it should not be just about what you have to gain from it, and you certainly do not have to wait till your partner's birthday to give them gifts. If you see a need that you can meet, meet it without waiting to be asked. This applies to both the guys and the ladies. It does not even have to be a need for you to meet it.

If you see something that your partner would like or just any random gifts that would put a smile on your partner's face, gift it to them.

Gifts do not always have to come in wrapping papers or gift boxes.

A thoughtful meal sent to his or her workplace, a data subscription or even airtime for calls is enough to brighten someone's day.

There is always something to give if you really want to.

For the times when you really want to give financially but do not have the means to, look for other ways to give to your loved ones and any other person God brings your way.

You can also gift prayer.

For me, there is really nothing as beautiful as someone deliberately spending time to pray for me. I feel like it opens the person's heart to really know my needs and gift me open doors through offered prayers.

Decide to be a giver today.

LOVE IS NOT A GAME OF CARDS

Our human nature which always seeks to win sometimes influences our stance even in our relationship with others.

It is not about who wins the most or who is able to play the best card per time to his or her own interest.

Many times, people go into relationships after analyzing what is in it for them. If for any reason they realize that they might get lesser than what they are giving, they end or withdraw from the relationship.

One of the things I hate the most that happens in relationships is when one person is using the other person to achieve a personal hidden agenda. The other person gives their best to the relationship hoping that the relationship is mutual only to discover that they were just being used either because they were simply available, naïve, or very loving.

You do not go into a love relationship looking for the easiest exit or looking forward to the time when you will say “checkup” like in a game of cards and declare yourself a winner.

In a love relationship, it is either both parties are winning or losing together.

The loss of your partner is not a win for you because in relationships you are to win together.

The same applies to friendships. There is a saying in Yoruba that a rich man among 19 other poor men is still a poor man.

When someone is your friend, they should enjoy some privileges from being your friend and that should give them an edge that someone who is not your friend does not have.

It might be in the things they get to learn from you or the opportunities that open up to them because they know you.

Many times we run or fight with the people we are supposed to run a particular path with simply because we have seen love as a game that can only be won by one person per time and you are not willing to leave the first position for anybody.

What spoils most relationships is the desire of at least one person in the relationship to win over the other person just so they can say 'I was right, but you were wrong'.

Yes, you can get satisfaction from winning the argument or getting things to work according to what you have planned; but, you would lose the relationship and then the satisfaction would be short lived.

Love is not a game of cards. What you do should not be determined solely by what the other person does. If it is done that way, everyone might think to themselves that they are doing the right thing, but everyone would eventually lose.

In a love relationship, either friendship or romantic relationship, you should always enter the relationship with the decision to give your best to it. Not just because the other person is doing same but because your show of love should not be dependent on what the other person does or does not do.

Imagine what a chaotic life we would be living if Jesus had decided to wait until we believed in Him and surrendered our lives to Him before He died on the cross for us individually. It would be extra work for Him to convince us to do that because we cannot see a proof of the love He claims to have.

The reason we can boldly say that we love God is because He showed us love first by giving His son as a sacrifice and that proved how much He loves us and to what extent He can go just to make sure we enjoy His love.

For us as humans, love might not require that we die a physical death, but it would require that we die daily to selfishness and the need to win over the other person just to prove a point.

Love puts its best foot forward and makes up its mind that no matter the outcome, it would give its best only.

Though many of us carry scars so deep we think choosing to love would either deepen the scar or create another wound but what we don't know is that love is the only antidote for a bleeding heart.

My utmost prayer is that everyone encounters the true love of God that soothes pains, heals wounds and refreshes the soul because only then can you truly love how you have been created to love despite the many things you might have gone through as a result of loving the wrong people rightly.

After knowing how it feels to be loved wrongly. It would be absolute wickedness to pass the same touch to another person by choosing not to love them the way they should be loved. That is simply building a chain of hurts that even you would wish you were never a part of.

I pray that you will find love so deep and sweet that you will not be able to hold back and that you will be more than willing to share with all who come in contact with you not just because of what you will get in return but because you have more than enough to give.

FALL IN LOVE WITH YOURSELF

It is the desire of every human to love and be loved. The sad truth is, sometimes it is easier for us to fall in love with someone else than to fall in love with our own selves and this is because our own flaws are obvious to us.

Social media does not even help matters. You go online and see how perfect someone portrays his or her life and then you wonder why your life is not as perfect as that.

We never get to think that behind the camera might be someone who does not even like the picture of herself that you are wishing is yours or someone who is just taking pictures so as to forget the pains he is feeling on the inside.

Do not get me wrong, it is not everyone on social media that is portraying a life contrary to what they are living offline but the truth remains that nobody wants to come online to wash their dirty linen in public.

They might come to give you the summary of how they built an empire in one year but would not share with you the many years before that one year that they gave up and had to start all over.

Nobody is perfect. We all are just learning to love ourselves as we work on our imperfections.

If you do not learn to love yourself at every stage of your life, you might never become better because all you would keep seeing are your imperfections which can make you forget all the unique things about you that the world is eagerly waiting for you to share so it can be a better place for people around you if not the whole world in general.

I've always wondered who defined what being beautiful should be and how the person earned the right to set the standard.

I was confused at some point because everyone's definition seemed to have a personal hidden agenda to it. It seemed whatever favored a majority was the accepted definition.

Everyone made it feel like as long as the majority accepted it, the minority just had to follow. But the height of my confusion came when even the accepted majority kept changing their opinion over time and then I kept wondering why God would create someone not beautiful when He is beauty Himself.

The God I know does not experiment with His creatures, so I know that no creature is an experiment and so how will a God of beauty create someone that is not beautiful? I decided from that day to only see myself through His eyes.

Since He created me, it means I am beautiful, and I am the perfect definition for my own beauty because He made just one me. I do not have to be someone else to be beautiful and no one needs to be exactly me to be beautiful.

In spite of the fact that most advertising or modeling agencies might want to use a fair skinned lady for their visual, it does not mean to me that my dark skin is not beautiful or good enough, it only means I do not have what they need and that is perfectly alright. I do not have to bleach my skin to get their attention. There are people out there who need and seek what I have.

My 'small less than 18 years old looking' stature might not sing the praises of my 27 years actual age, but I know that there are 27 years old's who wish they looked 18.

In my journey to loving myself, after learning to see myself through the eyes of God, the other thing I learnt was not to compare myself with other people or the standard of the world.

With each day, I learn how to make my beauty shine brighter, but I do my best not to copy and adapt to someone else's beauty recipe.

I do not know what beauty doubts you have but I want you to know that there is only one beautiful you and trying to be another person is a disservice to yourself.

Find your own beauty and own it.

Learn ways that you can make your beauty glow as long as it does not mean that you leave your own beauty path and follow that of another person.

Eat well, do exercises (I am on this table), read books, live healthy, meditate and keep a healthy mind but do not live another person's life just because you think that person is better than you.

Learn to love yourself even with your imperfections and work on the flaws that can be worked on.

I want to also say that there is nothing beautiful about having a bad attitude, so if you are part of the "that is how I am" gang, you should work on it and become a better person.

At the end of the day, you are the one who determines the characters that stays as part of your personality. No DNA would determine it. Characters are learnt and can be unlearned.

When you love yourself, people would find it easier to love you too.

If you do not love yourself, is there a reason someone else should?

I challenge you to find ways daily to love up on yourself like you would another person.

The world awaits your own beauty and it is only in loving yourself that you would be able to share this beauty with the world.

BE YOUR OWN CHEERLEADER

Everyone wants a pat on the back, we all want someone in the crowd cheering us on as we run the race of life. But what happens when you are far away from your audience and left on your own all by yourself?

Would you stop running or would you keep going?

What or who would be your motivation when everyone leaves or are too busy to look away from their own storms to help you calm yours?

In a world where 24 hours seems to be too small to get anything done, you must teach yourself to be your own cheerleader.

One of the chapters of this book talks about seeing yourself through the lens of God but it doesn't stop at that, you must believe that is who you are.

The same energy and support you give to others when they come to you to encourage them, should also be enjoyed by you.

Put structures in place to cheer you on when things are not going as planned or simply when you need to celebrate your little and/or big wins.

You do not always need a crowd for it to be a party.

Be your own DJ, select your music, pour some wine to celebrate, and dance to your victory no matter how small.

No matter how much someone wants to be there for you, until you let them know about your need for their presence or how to want them to help you, they might never know. Sometimes they even know that you need them but circumstances beyond their control might hinder them from being available.

The sad truth is some people might decide not to cheer you on for reasons best known to them or they might not even understand the reason to cheer you on, because, they are not in the same shoes with you.

Not everyone would understand your journey or struggles no matter how much they try or even desire to.

You are the one person who is always with you 24 hours a day.

It is you who knows when you feel down and need some words of encouragement. Bottom line is, you know what you need per time, so you are in the best position to get it for yourself.

Blow your own trumpet!

Tell yourself and the world how good and precious you are. Remind yourself of your abilities and work on your inadequacies.

You do not have to always wait for someone else to tell you that your crown fits perfectly.

Do not leave your joy or motivation in the hands of anyone else other than yourself.

The truth is, if we take a step back and look at ourselves the way we look at celebrities and our role models we would realize that we owe ourselves a lot of apologies.

We would treat ourselves better and carry ourselves with much more dignity.

You would realize sometimes that you are even doing better in some areas than these people that you are hoping would one day see you and blow your trumpet.

The difference between you and them is that they are deliberately blowing their own trumpet while you are there sitting by your own trumpet waiting for a passerby to help you dust what is in your hand and help you see that it is a trumpet that can be blown.

The goal is not so you can lead a fake life, rather, it is to help you see that you are worth celebrating, not just because others have learnt to see the good in you but because you have decided to see and celebrate your uniqueness.

You do not have to wait till someone uses you as their 'Woman Crush Every day' or 'Man Crush Every day' before you start feeling like a good person.

Upload your own picture and tell the world including yourself how much of a great person you are and how you are glad that you are unique in your own way.

Celebrate your journey.

Everyone has a story it is the narrative they choose that will determine whether they will be celebrated or forgotten.

Take a new note and write out every good thing that you can think about yourself and start to celebrate it.

When I mean celebrate it, it does not necessarily mean that you organize a party it is more about you acknowledging it and choosing to walk in the reality of your strength.

Also write in your notes things about you that you need to work on and how to go about it but ensure that you do not define yourself by those things.

Appreciate yourself for not giving up or opting for suicide. Not many people might have been able to go through what you have gone through and still be as sane as you are.

You deserve some accolades!

Stop thinking about what you could have done better and beating yourself up for it or giving your mistakes the power to make you lose all motivation to keep cheering yourself on.

Everyone makes mistakes! The difference is that some people choose to learn from their mistake and use it as a propelling board instead of allowing it to be the reason they would stop being all that they can be.

You are the best cheerleader that you can ever have. The same energy you put into celebrating and encourage others, channel the same energy into cheering yourself on.

DO NOT BE TOO HARD ON YOURSELF

Show me a man who has never made a mistake and I will show you a man who has never lived.

Many times, we choose not to forgive ourselves for things we forgive other people, just because we are familiar with ourselves.

Every human on earth has made a mistake at least once in their life if not every day of their lives.

Stop allowing your past to dictate your present just because you have refused to forgive yourself of past mistakes.

You are human, you can and will make mistakes. You just should not allow your mistakes define you or what you do with your life.

Imagine that a mother beats up a year-old baby while he is still learning how to walk for missing his steps. Would you not call the mother wicked and sue her to court if you can?

It is not every time you do something that you would do it hitch free and you would not always make perfect decisions and that is okay.

You were not created to be perfect but rather to always give your best per time.

When situations arise and you realize that you did not give your best, rather than beat up yourself for it you should find a way to remedy it if you can, if not, let it go and face the present.

What do you do when you make a mistake, but it eventually turned out in your favour? Do you because it started out as a mistake not accept the benefit it brought? You most likely will accept it and be grateful to God that you made that mistake.

Nobody wakes up and decides that they would make sure to make a lot of mistakes that day, mistakes are sometimes inevitable, so it is important that you do not sentence yourself to a lifetime of guilt because of it.

There have been so many times in my life when I made decisions and I was super sure about it but it eventually did not turn out as I envisioned.

It becomes failure when you call it failure because the truth is, the fact that you failed at something because it did not go as planned does not make you a failure. You can decide to make it a lesson or benchmark for something else.

Failing at a particular thing could actually open your eyes to something else that you should be doing instead.

I read in the 'Word for Today' devotional about a man named Samuel Morse who traveled to Paris in pursuit of his dream of becoming a great painter. After a series of setback which included him losing an appointment to paint a historic mural at the capital in Washington D.C, he gave up on painting and then chased after his new dream of inventing electromagnetic telegraph and also a language called Morse code that transformed how the world communicated. If he had written himself off because he failed at painting, he would never have been able to pour himself into something else that made communication in the world better and easier.

There were mistakes I had made that I thought I would never recover from but I have used lessons from them in other things that if I had not made that mistake or failed at it I would have possibly failed at the present thing.

You do not have to pay with the rest of your life for one mistake you made or something you failed at.

People sometimes wonder and those who are close enough ask me how I am able to remain cheerful

even in the midst of a whole lot especially when things are not going as planned and the best I could explain to them is that I had decided at a point in my life that whatever I know being worried about would not change, I would not allow to keep me worried.

I know that I am human and therefore cannot do a lot of things so I do those I can and leave the ones I cannot to God who can.

A friend kept pestering me to tell her the secret to my always positive attitude and I told her that I am too lazy to invest too much energy worrying so, the moment I catch myself going that way, I redirect the energy to something else that would be beneficial to me.

You must learn to accept the things that are within your power to influence and the ones you know you cannot you learn how to live with it or manage it.

Being hard on yourself to achieve things does not necessarily mean that you would achieve all your aims.

Find time to have fun and spend time with your loved ones. The past is something you can hardly ever rewrite but it is important that you know that today is the past of tomorrow.

Teach your heart to enjoy each moment of the day rather than worry about an uncertain future that might rob you of the joy of living today.

Just as you want to resolve today's troubles, do not forget to enjoy the blessing of the day.

There are moments in life that you can never relive because everyone has moved on.

A father that missed watching his child take the first step might return when the child is driving a car and decide to spend each moment with the child without leaving his side but he can never go back in time to when the child was learning to walk.

Be in every moment of your life, do not just go through it like you are not a part of that life.

Go to new places. Try new hobbies. Find time to rest. Look for ways to unwind, push yourself to be the best but do not just be so busy being your best at the things you do that you forget to live your best life in each moment.

SELFISHNESS IS NOT A FRUIT OF THE HOLY SPIRIT

The reason the world is in the kind of chaos that it is right now is because every man is seeking solely his own gain, and not bothering about how it would affect another person even if those people are entrusted into their care.

The government is embezzling the funds meant for the people they were voted in to serve. Citizens are extorting each other because there is a pandemic, and everyone just wants to make extra cash. Inferior goods are being produced every day because the regulatory bodies would rather accept bribes than shut down those facilities since that would earn them extra money not minding that eventually, someone in their family might even bear the brunt of it.

Different selfish acts of individuals making everyone pay for a crime they were not a part of or making life hard for a child who has not done anything wrong.

Friendships are destroyed because one person chooses to place their own need above that of the other not minding if that singular act can break their friend as long as it is in their own best interest.

Self-love is definitely not the same as selfishness even though many people like to hide behind the word hoping that it would ease them from guilt.

It saddens me when I meet Christians who are selfish because I know that the life we have been called to, is a life of love that looks out for one another.

The bible even explains that it is wrong for someone to come to you for help and instead of helping the person as it is within your means, you pray for the person and send the person away.

You meet a Christian who can help you in your field and you ask for help but they are so busy guarding their territory that they would refuse to help you even though in the actual sense of things teaching you would not reduce their worth.

We live in a world where you are always taught to look out for yourself only, but the truth remains that it is not the way we were created to be.

We were blessed so that we can bless others, even if that does not mean that you should not make profit in business or charge a fee for your service, because the truth is we need money to make more money to help more people.

The reason we have fake products that are harmful to the health of users is because someone woke up one day and decided to make money at the detriment of another person's life.

I went with a friend to get hair tools at Lagos market one day and she came with some hair attachment that she had bought the previous week but discovered to be fake when one of her own customers bought and used it.

When we got to the seller's place and made our complaint, the woman confidently told us that everyone in that market knows that she does not sell original attachment but rather repacks so it was not a big deal and that was why hers was cheaper compared to other people's and that everyone who buys from her knows this about her.

I stood there looking at her but wondered why people would know she is selling fake attachment yet buy from her and sell to others because of excess gain.

You might be quick to say that you can never be like this woman because you are not in her shoes but permit me to ask you how many times you have gone ahead with a decision knowing that it would be harmful to someone else?

Have there not been times when you could have helped someone become better at something they were doing, but the fear of them becoming better than you stopped you from helping them?

How many times have people come to you for financial help that might be an urgent need but you refused to give them so you can meet a want that is not necessary or urgent?

When was the last time you made a sacrifice for a friend knowing fully well that the person might never be able to pay you back or be of help to you in some other way? Have you ever taken your time to stay on your knees for someone who you know needs it without telling the person or being asked to?

If we all decide to look out for one another in our own little ways, the world will be a better place for others and for us also.

I am determined that as much as I know and can share, everyone around me willing will get the opportunity to know and be better.

I do not want to go to the grave with a knowledge I could have passed on or without meeting a need I could have met due to selfishness.

I would rather die empty knowing that my seeds would live after me than for my seeds be buried with me with no benefit whatsoever to those who have come in contact with me or the ground in which I would be buried.

This day, I challenge you to step out of self and decide to look for ways you can be a blessing to others.

Live your life in such a way that you leave positive footprints in the heart of almost everyone you come in contact with, if not all.

RESPECT PEOPLE'S TRUTHS

Many times, we want our voices to be heard and accepted but we forget that people also have their own voices and want to be heard too.

When people around you realize that all you want is for your own opinions to be heard and accepted as the truth, they become defensive and everything you say to them feels like you are trying to prove to them that you are better than they are and that their opinions do not count.

No matter how wrong someone's truth is to you, it does not change the fact that it is their truth and it must be respected.

It is in respecting their truth that you get to see the rationale behind it and get them to open up to understanding your own opinion, and then choose to accept it, if it resonates with them.

At different times, people have asked me how I am able to relate with people who do not share my values and principles and yet they do not feel condemned or try to be protective of their space.

As much as I want them to see reasons with my principles and live by it by choice, I do not forget that something or an experience also shaped their present way of thinking or living so I try not to make them feel they are not reasonable because they do not presently see things through the same lens.

What is most important for me is that God loves them and as far as my Abba loves them all I have to offer them is love until they come to the full knowledge of this love and choose to deliberately live by it.

You should not make people feel stupid for the way they are or the way they think at that moment just because you believe that you are wiser or are making better decisions.

Seek to understand where they are coming from so that you will be able to relate well with them and in that way also be able to present your own truth as an option they should try.

When people see the love that emanates from you despite the difference in opinion and values, they are drawn towards you and seek to understand what it is about what you believe that did not make you reject them in spite of how different they are.

The difference between the conviction of the Holy Spirit and the condemnation of the devil is the approach on a matter.

The devil will make you feel stupid for not choosing his ways and make you imagine how bad your life would get because of a decision you made. The devil thrives on you blaming yourself, feeling worthless and condemned but the Holy Spirit is not like that.

The Holy Spirit helps you see your mistakes and gives you ways out of it. He first comforts you through whatever you are going through, while leading you on the path out of it with as much love as you decide to receive during the journey. Even though it was your mistake, the Holy Spirit bleeds with you through it and carries you when all your strength is gone. The Holy Spirit does not thrive on you feeling condemned rather He convicts you, so you can repent and choose the right path.

You must decide what path you want to follow. Either you follow God's way of love or you follow the devil's tactics of condemnation.

I was upset some weeks back when my uncle showed me a comment on a personal picture he posted on Facebook and someone who eventually identified himself as someone who God has commissioned to rebuke and correct Christians asked him if he was still born again.

Let me give you some background story to the picture gist. My uncle is a very cute fitness coach and he uploaded a picture of himself after workout with his right hand pointed at the camera. His workout outfit was in no way revealing or too tight. I stared at the picture for so long trying to figure out what could be wrong with it to attract the comment that was made on it, but I could not find any so I asked my uncle to ask him what exactly was wrong with the pose.

He did not reply in the comment section but rather came to the inbox to continue the born-again conversation. As far as he was concerned, the pose did not look like that of a born-again. I continued the chat with him using my uncle's account and tried to make him understand with scriptures that even though I am not a born-again in the light of his chosen truth, there was a better way he could have approached the topic. I even explained with scriptures, but instead of trying to understand my point, he told me to stop arguing and accept correction and that he was only carrying out his duty of being an evangelist sent to rebuke and correct by the Lord.

Throughout his rebuking and correcting session, at no point did he use any scripture to explain his point, it seemed more like he just wanted me to accept his truth without argument because he felt that he knew better. I felt extremely sad because if he was doing that to someone who had no relationship whatsoever with God, instead of bringing the person closer he could have repelled the person and sent the person running farther away from Christianity.

I am sure many of us have experienced this in one form or the other. One time, someone told me I could go to hell because when he asked if I had a boyfriend, I told him I did.

We all come into certain truths per time in our lives and journey with God but it does not give you the right to condemn another person who is yet to receive the revelation you have been graced to receive.

If you cannot explain or live it out in love, then stay away and pray them through it instead of making anyone feel condemned.

Everyone has a right to their own truth.

INTEGRITY INCLINED

Integrity is one virtue that a lot of people lack and are sometimes not apologetic about it.

The dictionary defines integrity as a steadfast adherence to a strict moral or ethical code.

I believe that every man walking in purpose should have integrity and should be known for it.

Sometimes, circumstances might cause you to falter but let it be such that it is very avoidable and even people can speak for you because they have known you to be true to your words and principles.

Different things define different people but one that no one should lack is integrity.

I might not be able to share extensively on all because this book is not all about this topic but I would share two out of them.

1. Integrity with WORDS
2. Integrity with TIME

INTEGRITY WITH WORDS

In this part of the world, people are known to be true to their words only if it benefits them.

Do you remember the soap opera which was aired many years ago that a child was on a rooftop and his father asked him to jump promising to catch him? The child refused to jump at first but after getting assurance from the father, he jumped, but the father moved back and did not catch him as promised. When the child started crying from the fall, the father looked at him and told him to TRUST NO ONE, not even him.

That is the subtle message that has been passed to us, but the other side of this coin is that, it is hard to find someone to trust.

You get to meet people, they give you their word for something and just because it no longer favors them, they change their mind with an apology or explanation.

The bible is clear when it comes to integrity.

*But let [\[a\]](#) your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one
Matthew 5:37*

You don't have to add the phrase "I promise" to what you say before it is a promise.

The bible even says that we would give account for every idle word we speak. So when you say something, you are expected to do it. If for any reason you cannot, then apologize and give reasons. Don't just pretend like you didn't say anything.

If you are into business, when you tell your clients you will deliver at a particular time, please ensure you deliver.

Do not take jobs within a timeframe that you know you cannot deliver because you don't want to lose the client.

For those who are into ministry and so organize programs often, do not promise that something would be on the agenda if it would not be just to get crowd. If for any reason a guest canceled, please apologize to your audience who might have come for the program because of that person. Don't keep mute and expect the Holy Spirit to help you tell them the truth.

This would lead us to the second point

INTEGRITY WITH TIME.

If you told them you will start at a particular time, PLEASE START even if it is only your workers that are around.

Don't join that gang of people that would start an hour after the actual time. I have even gone for programs that they started 3 hours later.

I almost cried one time because I had left my house by 7am for a program that was to start for 9am. I ran from the bus stop to the venue thinking I was few minutes late only to get there past 9 but the program started by 1pm. I had planned to leave the program by 3pm because I had promised to meet with a client back on the mainland by 8pm but by the time I was leaving at 3pm, they were still at the introduction stage. I promised myself that day that I would never go for a program organized by them anymore.

Please do not promise a time you cannot meet up with! If they come late the first time and discover you keep to time and they had missed a lot by coming late, the next time you organize a program, they will come early and even help you advocate to others that you keep to time.

Also, if you promise to end by a particular time, please end at that time. The spirit of a prophet is subject to the prophet, don't excuse your lack of integrity by saying you are being led of the spirit to continue. In cases you cannot help, it shouldn't be more that 15-30 minutes with a public apology for taking extra time even before you start using the time.

If you promise someone that you will meet them somewhere by a particular time and for one reason or the other you cannot meet up, call ahead or send a message. Don't just keep the person waiting and guessing. Even if you are going to meet the person at home.

This also applies to phone calls. Don't tell someone you will call back in 5 minutes when you know you will not be able to call back in 5 hours.

If you really wanted to callback in that 5 minutes but something came up, send a text to reschedule.

Have integrity in little things, they would make ways for you in ways you can never imagine.

Be one of the few who have integrity even in things the world might excuse as normal.

SEXUAL PURITY

This is one topic a lot of people shy away from and some people who uphold it keep quiet about it so that they would not have to face the sneer of the world who have chosen to stand by their own wrong decision.

I am grateful to God for bringing me in contact with MINE teenage ministry while I was still a teenager, because it was there I learnt how to be unashamed about my sexual purity stand not minding how the world might want to ridicule me so they can cover their shame of taking a stand with what they actually know is not right.

I knew having sex before marriage was wrong and the bible teaches that the marriage bed should not be defiled, but I was in the midst of people who although still young, felt that as long as you are sure that you love your partner you can have sex with the person to prove and show your love.

Even though I was sure I would not go that path; I kept my stand to myself because I did not want to look stupid to them. I do my best not to get into such conversation with them or give an opinion when asked.

One of the things they tried to use to convince people that sexual purity or keeping your virginity is not a big deal in secondary school was how they praised those who had slept around. You go for holidays and when you return you hear people sharing their sexual escapades with each other. At some point, being a virgin was likened to being a sinner just so everyone would do what they are doing too.

It was later in life after secondary school that some of these people who have come to know better share how they wished they never indulged in premarital sex.

Some people even go as far as making you feel like you are the only virgin alive on the surface of the earth. The funny thing is, for some of these people bullying others into losing their virginity we now found out that they were keeping their own also but were just talking like they are no longer virgins so people do not attack them also. It was just a defense mechanism for them not their reality but sadly, a lot of people had given in because of them.

When I joined MINE teenage ministry, I met a whole lot of people who were virgins, both male and female. The most captivating part for me was that they were unashamed about it.

I remember the first time I joined them for a walk termed “virginity day march”. We walked from RCCG Dominion city Acme, Lagos with our shirt that had the caption “proud to be a virgin” to Yeshua High school which was then located in Sabo, Ojodu Berger, sharing fliers and preaching the sexual purity message.

Before you start wondering why I titled this chapter sexual purity and not just virginity, let me tell you. The truth is many people have for one reason or the other lost their virginity. Some willingly out of a wrong knowledge or need to exchange for something they needed, some while exercising while some were sadly raped out of it.

We surely cannot turn back the hands of time, but we can decide in the present the narrative of today and the future.

The fact that you have lost your virginity for whatever reason does not mean that you cannot decide to live a sexually pure life, hereby abstaining from having sex before marriage for those who are not married yet and outside marriage for those who are married.

The excuse most people give, which devil uses to keep people in sexual sin, is the fact that since they have lost their virginity, they have nothing else to lose which is a big lie.

Sex is beyond the physical skin to skin connection or intimacy or for reproducing. It has spiritual consequences, which is one of the reasons the bible advises against fornication and adultery.

Another effect of sex before marriage or outside marriage is the risk of contracting sexually transmitted diseases or unwanted pregnancy which has led to a lot of the havoc we are experiencing in the world today, including rape.

I believe strongly that if everyone decides to live a sexually pure life, no man would see a lady and decide that raping her is the best that he can do for her because that man would not even think of having sex with another woman who is willing to do it but is not his wife, not to talk of forcefully and the same applies to the father who sleeps with his child for sexual pleasure or siblings who think the best form of love expression to their sibling is to have sex with them.

Sexual purity message is one that should be preached by all, married and unmarried, young, and old so that we all can live in a sane world rid of sexual violence and abuse.

Many times people give into sex in relationships because they have been taught that it is the only way to keep a man in the relationship but, at the end of the day after giving in, the relationship still ends and both parties go their separate ways.

My heart cries and prays for a generation of young men who will keep the sexual sanctity of their relationship

instead of demanding for it like it is their birth right, and a generation of young women who are not gullible to believe that the only way to keep a man in a relationship is by having sex with him.

I look forward to a generation when one of our major problems will not be caused by effects of sexual promiscuity and decisions influenced by it but rather where we will be so busy fulfilling purpose in every aspect of life.

Dear young man, your sexual conquest should not be the definition of your masculinity neither should that be where your self-worth lies.

Dear young lady, you should never have to prove to any man that loves you that you love him by having sex with him, neither should you think the only way to show you are worthy of being loved or respected is by having sex. Sex is a beautiful thing (I have been told by those who are married) and I look forward to having sex in marriage at the right time and only with the man God has entrusted me to.

If you are still a virgin, please guard your virginity with all that you can and do not trade it for an applaud or validation from anyone, not even yourself.

If for whatever reason, you have lost it, decide today that the last time you had sex would be the last time till you get married.

If you are married but have been having sex outside marriage for whatever reason, now is the time to stop and protect the sanctity of your marriage.

The sexual purity journey is not one to go alone in a world like ours that celebrates the direct opposite.

If you would like to join others who believe in it and are unashamed about it, you can reach us @mineministry on Instagram and we would be more than happy to walk this path with you.

A sexually pure generation is possible, it begins with you and me.

SELF CARE

If you have ever had a close relationship with me or heard me share, you would know that I am high on self-love, that is, loving yourself for who you are and not comparing your journey with that of another.

Many times, on 'Ladies with Radiance', the ministry I coordinate, we have had projects where we write letters to self and buy things for ourselves. We have also carried out different campaigns to help other ladies know that they are worthy of their own love.

Self-love is something that I do not joke with because I know it is one of the things, if not the major thing that determines one's esteem and then your self-esteem is a foundation for a lot of things you decide to do or not do with your life.

Sometimes, people mistake this for self-centeredness which is totally different.

Self-centeredness makes you place yourself first, second and last, where you go only for whatever favors you even if it is at the detriment of another person.

One of the lessons I am learning and being deliberate about in this season is self-care.

This is one problem a lot of people who are people-oriented face as they most times cannot draw the line between their own essential need and meeting the need of others.

I have learnt that it is only when you have a sound mind and health that you will be able to meet the needs of those who have been entrusted to you effectively and give them your best.

If you keep pouring out until your barn is empty, you will get to a point when you have nothing more to offer yourself and the people you want to serve.

When you keep working without resting or finding time to nourish yourself in the name of being available to others and meeting their needs, one day your body system would demand for what it needs and at that time you would not be able to be there for people who might need you in that season. Therefore, it is important that you learn to care for yourself too just as you invest time in caring for others.

I was gisting with my male best friend, Dumebi Iwuchukwu and I was listing the things I have bought for myself already for my birthday and the giver in me was almost kicking in to make me think that I could have invested some part of the money in giving to others but then I reminded myself that I deserved my own love also.

Dumebi had advised me to use the Piggyvest App to save money and thankfully he made sure I downloaded it. When I started learning about self-care last year, I decided to open a target saving for my birthday and gift myself a #100,000 naira for my birthday.

Confession time! I did not meet up to my target, not even half of it because I am still a learner in this self-care game and I had other things come up but I had tangible money in it to help me gift myself some birthday gifts even before my birthday. You can imagine how excited I was each time I got the gift. I definitely would be doing this every year and I plan to meet my target next year no matter the amount I set for myself and spend the money on me without feeling guilty except God specifically requests that I use the money for something more necessary at that moment.

Hey! There is nothing unbiblical about self-care.

Nobody would choose a broken clay cup over one made with gold that is shining.

Your light needs to glow to attract those it is meant to attract. There is nothing humbling about covering your light with an unappealing wrapper just so people would not be afraid to come near.

Take yourself out on a date. Cook or buy a meal that you have been desiring. Do a retreat or take a vacation to refresh. Take care of your basic needs and indulge yourself when you can. You deserve your own love too.

It is high time we Christians set the standard in self-care to kick out the self-centeredness message that the world is selling packaged with the wrap of self-care.

We know the difference; it is time we live it and teach others to live it.

I would never forget how my mentor and older woman made sure I fell in love with using perfumes. They bought and gave to me many times. I did not like smells, and I taught my mind unconsciously to react to it, so sometimes when people spray perfumes beside me, I get nauseated and so I stayed away from it personally. My mentor would say to me “I know you do not have body odor, but it is still good that you smell nice so use a perfume often”. I eventually learnt it and I am grateful for it because many times, my scent helps start up conversations with strangers that I might not have been able to find words to start a conversation with.

The bottom line is, take good care of yourself. Look good, smell nice and be your best at all times.

If there is something that would help you be better, invest in it.

Just as you would spend time making your spirit man beautiful, invest rightly in your body that houses your spirit man and your mind that acts like an intermediary. Let people be attracted to the outside just as they get attracted to your content. Do not cover it up with the belief that it is what is on the inside that matters. Let the outside attract us to what is inside.

Know what your body wants and reacts to. Know the little details about yourself that can help you make better decisions for yourself.

A friend told me recently that I have a diamond shaped face. I plan to read up on that (do not be lazy about self like me) so that I would know styles that work for my face.

One of my goals for chapter 27 is to know as much about myself and what works for me as possible, especially physically and to be deliberate about investing more in myself.

MY FINAL THOUGHTS

In a world filled with different perspectives and standards, it is important that you choose your stand so that you do not get blown away in every direction of the wind.

I have discovered that the only perfect standard for anything is the word of God, therefore, it is important that you make the word of God the check and balance for every one of your decisions.

Self-discovery and fulfillment of purpose are not achieved overnight, it requires a daily walk and will to be a better version of yourself.

What has helped me so far in this life's journey is seeing myself through the lens of God per time. The lens through which you see yourself matters, as that would determine how you see and carry yourself.

Hey! You can decide who you want to be per time if you are willing to pay the price and step out of your comfort zone.

You do not have to be anybody else to be perfect! There is a power you have in being yourself. Do not let go of that superpower by trying to be someone else. It is okay to learn from others, but never duplicate their lifestyle and decisions.

What I shared in the chapters of this book are some of the principles and lessons God has taught me in my journey so far with Him and I know that if you learn from them, your life will definitely take a positive turn.

I challenge you to take your life personal and rewrite the narrative. Do not leave it to time and chance or at the mercy of temperaments as explained in books.

You are not your temperament or background. You are your decisions.

I do not promise you an overnight miracle after reading this book, but I assure you that if you take one step at a time deliberately, you will be amazed by the version of you that you see when you are done.

You can take the nuggets one at a time and write out how you can imbibe it in your life, in your own way and take necessary steps.

If you have ever attended my mentorship class or had a one on one self-discovery session with me, you will know how particular I am about writing down each step and breaking them down into the smallest steps achievable per time.

It is my utmost desire that everyone finds their true self in Christ and fulfil purpose per time without having to duplicate another person's life to feel good about themselves.

I sincerely hope this book sets you off on your journey to finding your path.

I would love to hear from you and help you walk through life's journey however I can per time.

With life, light, and love
Adenike Soyombo.