

**YOUNG + STRONG
=
EXPLOITS**



By
 **covenant**
connect



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INTRODUCTION

The Christian life is filled with grace and peace and this is why Paul would always admonish the church with these two words. What really is Grace? What really is Peace? Is it a life filled with wealth, money and fame or just a mere satisfaction of fulfilling one's inherent desires? Why exactly does God have to be in the equation? Can we not just live life as we want and please?

Here at Covenant Connect, we regard each person as a *masterpiece*. That is, each person is created in a certain beauty and from a particular source which, of course, is God. And from generation to generation, some of the aforementioned questions have come up again and again. How do we get answers to these? What is life in itself? Is each man really *called* to do something? As we all should know, a masterpiece cannot be one without its master. We were not made of ourselves or by ourselves, hence, we have a purpose to serve just as the potter's vessel has a goal to serve.

If you are reading this, you either attended the Young And Strong Conference (YASC) or have come in contact with someone that did; if your case is the latter, this is your cue to listen to the messages for they have been a blessing. This short booklet seeks to, by the power of God, answer pressing questions in the minds of young people.

Truthfully, if you are struggling with something, there are a thousand others who are in the same shoes and the good part is — many have gone forth before us and they conquered. Thus, you have conquered, too (“Yet in all these things we are more than conquerors and gain an overwhelming victory through Him who loved us [so much that He died for us].” Romans 8:37 AMP. This scripture opens our eyes to see that we have *overwhelming victory in Christ Jesus*. If you read the verses before it, they explain that Christ shall *freely* give us all things — God is eager to set you free more than you are seeking to be set free; “*who desires all men to be saved and to come to the knowledge of the truth.*” J Timothy 2:4 NKJV.

Once again, grace and peace to you. This book is dedicated to you, a godly masterpiece. To our brothers and sisters, salvation has been placed on a platter, come, eat and drink. We earnestly pray for joyous grace and endless peace for you.

☪ Pastor's note.

SPIRITUAL GROWTH

Knowing God Exists VS Knowing God

The placement of these two ideas: Knowing God exists and knowing God has been a great subject of discourse. The entire human existence (atheists inclusive) know somewhere in their hearts that there is a God. Nothing comes to be by itself, even science knows this. As a result of this, there is a clear distinction between having an idea that God exists (knowledge) and actually knowing him (experience). It is a different thing to know that there is food in the dining room and actually go there to eat it. Knowing God exists is knowing there is food in the dining room when you are hungry while knowing God is going to the dining room, sitting and eating the food to satisfy your hunger.

Every man has an inward testament; it is like a witness that affirms the existence of something or rather, Someone greater, bigger; a more powerful force. There has to be a form of wisdom behind how the world and its inhabitants function. Engaging with this inward witness adequately is what then leads to something more real, deeper and more tangible. It births what John said in 1 John 1:1-2.

“That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon and touched with our hands, concerning the word of life– the life was made manifest, and

we have seen it, and testify to it and proclaim to you the eternal life..."

(Gideons Bible)

You may know there is a God but do not actually know Him. It is like knowing the face of a person but not their character. Knowing Him involves fellowship with Him. It is, after all, impossible to know someone, become friends with them and have a relationship with them if you do not communicate and spend time with them. Like John, we have to aim at looking upon, handling and listening. This can be achieved by the study of God's word.

"So faith comes from hearing, and hearing through the word of Christ."

(Rom 10:17 Gideons Bible)

There is an inner longing in the heart of man for a relationship with God and although man may often not know this and turn to something else, it is without a doubt that he will end up on an endless quest to find something else that can take God's place. Imagine how futile such a journey is! This is because the void of a deeper experience has been placed in every man. It is a seed that must experience water and sun with constant exposure to who God is. The failure of this is the beginning of failure in life.

So, you want to move from simply knowing God exists to knowing God, that is, chilling with the big boys? Chill with the word and meditate on it,

study it, stay with it, live through it and become it. With this, God will make your life what you have never imagined.

Prayer

*"Prayer is the key, prayer is the key
Prayer is the master key,
Jesus started with prayer and ended with prayer,
Prayer is the master key."*

If you grew up in a Christian home and attended Sunday school at some point, you would be familiar with this song. The song attempts a summary of Jesus' ministry on earth and shows that His ministry begins and ends with prayer. It sure did! Matthew 6:9-13 reveals Jesus' desire to teach his disciples to pray.

Prayer is essential for every believer! No cap! The moment you *decide* to move from the head knowledge of knowing God exists and seek a true relationship with him, your status immediately changes. You become a *Son of God*. *"But to all who did receive him, who believed in his name, he gave the right to become **children of God**."* John 1:12 *ESV*.

No believer can attain their full potential without the spiritual exercise of prayer. You know the way we watch DC and Marvel movies and their metahumans seem to have a power-up moment, that is what a believer

looks like in prayer. Prayer does a lot of spiritual inward workings that lead to physical results.

Prayer is mostly simply regarded as communication with God because that is exactly what it simply is. What's more? When you talk to God or anyone, you expect them to talk back. How often do you communicate with God and wait sincerely for a reply? Prayer exists in different forms but in all of its varieties, one thing is constant; God's response. In fact, prayer started with God because HE spoke first. You are responding to His conversation.

We have to go back to the child-like and everyday attitude to life when it comes to prayer; you talk to God, and He talks back! Prayer is also earthly permission for heavenly interference. It is giving God permission to be involved in whatever is to be done here on earth. Prayer gives God access, prayer is man playing his legislative role. You say it in *Jesus' name*, in accordance with His will and it is established. Odogwu levels, innit!? God needs a man in this aspect; for His will to be established here on earth, we have to be in on it! We gat to be in on it through prayer.

One could write a whole book on prayer and its components. These books already do exist and one of the points they try to drive across is that prayer has the shapeshifting ability to act as a defence and offence weapon for the believer. It is a two-edged sword. The believer must, therefore, learn how to appropriate prayer with the help of the Holy

Spirit and John 16:7-15 describes the function of the Holy Spirit. So, when we talk about knowing God's will in prayer, it is His job to communicate it to you and your job to believe it and open your mouth in prayer.

Studying the Scriptures

It is a joy to announce to you that prayer comes with a Siamese twin; the study of the word. The scripture is the literal food for man's renewed mind, regenerated spirit and transformed soul. No wonder Jesus responds to the devil when he was tempted in Matthew 3:4 that:
"...Man shall not live by bread alone, but by every word that comes from the mouth of God."

Man is not created to live on physical food alone. In fact, the flesh/the physical stomach may starve once in a while by fasting but the Spirit should never be made to starve. The word of God is man's weapon of defence and attack just like prayers. The scriptures are there for man's consumption, they are the fastest and most reliable access to God's spoken word.

Man has the licence to judge all things based on the standards of the scripture. In Romans 15:4 *"For whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope."*

To grow spiritually, there is a recipe that is as old as time, this recipe has been adapted into song. To:

*“Read your Bible,
Pray every day x3
Read your Bible
Pray every day,
If you want to grow.”*

There is no prayer without the study of the word of God and vice versa that will lead to a balanced diet and good growth for a Christian. The Bible speaks to us in Joshua 1:8 by telling us that: *“This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make Your way prosperous, and then you will have good success,”*

Notice how the scriptures say ‘you’ almost throughout the verse. You keep the word in your mouth, you meditate on it, live it and then you have good success. Remember that faith comes by hearing and what should you be listening to? The word of God. To this end, a good student will practise what is being taught. Drop this book now, ask the Holy Spirit to guide you and open the scriptures to read. Now.

Confess these:

“From today,
I love the word of God

I meditate on it

I live on it

I live by it

I live with it

And I practise all that is written,"

Worship as a lifestyle

What comes to mind when you hear the word "worship"? A song? The slow RnB vibes of Christian music that gives you goosebumps? Maybe a kind of dance? Well, although worship has conventionally been defined to fit into this so little box, this is not all that there is to worship. Worship could be a song but it is not only about songs. Worship is the way a believer lives that is pleasing to God. E shock you? Wait first.

This may honestly be the simplest definition of worship. This means that worship is a song, a dance, your conversations with people, your conduct, your morning devotion with God, your tithes and offering, in fact, all that you do on earth is worship as long as it is pleasing to God. This is why it cannot be done in the flesh, it cannot be done while relying on yourself or others. In fact, the new testament worship for a believer is explained in Romans 12:1:

"Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies (dedicating all of yourselves, set apart) as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship." (AMP)

This scripture gives a detailed explanation of what it means for a believer to live a life that is worship to God. It is giving your life as an offering to God, your will, your decisions, your emotions, choices and everything that makes you, you are handed over to God and the beautiful thing is that you have help to achieve this. A life that is ruled and governed by God, you have the assistance you need. Let us look at another scripture.

"...we are the circumcision, which worship God in the spirit, and rejoice in Christ Jesus, and have no confidence in the flesh." (KJV)

True worship is borne first from the knowledge of who God is and what exactly He has done to make us one with Him. Knowing He is good, through and through and He is love and loves us wholly and totally. It is knowing:

"... I am convinced (and continue to be convinced- beyond any doubt) that neither death, nor life, nor angels, nor principalities... will be able to separate us from the (unlimited) love of God..."

It is then the knowledge that every and anything that could make you unrighteous before Christ has been fully removed, you have been made holy, you are holy and you do not need to wait to FEEL like worshipping God, you do not need to feel worthy, you are the circumcision. It is an immediate response to interfacing with God, beholding God as who He truly is, the knowing of where you now stand with the holy God.

Guys! Worship is beautiful, in worship you rejoice regardless of situations and happenings around you, worship is liberating, it is

enlightening, it is your lifestyle; worship is your very existence. God has made it such that, it is only possible to worship Him in the Spirit so that there can be no pretence in worship, you come with all you have and all you are.

“God is Spirit (the Source of life, yet invisible to mankind), and those who worship Him must worship in spirit and truth.” (John4:24 AMP)

There is no pretence in worship because true worship is who you are. If we cut you like this, worship is what should be flowing out instead of blood. Thank God that He has put His Spirit in us, so we can trust worship to flow easily out of us. GLORY TO GOD!

Faith

If I asked any random believer who is a regular attendee of Sunday school to define faith for me, he/she can easily quote Hebrews 11:1. Faith is a substance through which we obtain things from God's kingdom. Think of it as a currency spent in heaven, yeah; The dollar and naira, get it? Unlike these currencies, it does not devalue. The Bible says in Hebrews 11:6:

“But without faith it is impossible to please Him: for he that cometh to God must believe that He is, and that He is a rewarder of them that seek Him.” (KJV)

We see how serious faith is. Even the basis of our Christian faith is founded upon faith. To come into the kingdom and obtain the status of a

son of God, you have to have first believed — have faith, an unwavering trust, in the finished works of Christ.

“Now the just shall live by faith...” (Hebrews 10:38 KJV)

Faith sponsors the life of the believer. It is impossible to walk with a God that cannot be seen (at least with the physical eyes) without faith. Faith brings you closer to God and makes Him real to you, therefore, breeding intimacy within you. Faith makes you know; you have no idea how you know and why you are so convinced about this thing, yet you know and remain sure. Just as we know and believe that God created the universe when we were not there, how we trust that our mom birthed us without a DNA test as proof but we have faith in the fact that we stayed in her womb for 9 months, no memory of this 9 month by the way, we just have faith in that fact.

Faith justifies the believer and is what makes a believer righteous before God. Hence, Paul says to Romans 3:28:

“Therefore we conclude that a man is justified by faith without the deeds of the law.” (KJV)

The works of a man are not what justifies him; they are not what make him noticeable to God. It is not what is considered holy to God; works are not the currencies to access God. In the kingdom, we do not spend works nor do we obtain favour from God in pleasing Him by what we do; we do this by faith, trust, an unshakeable dependency on all that Christ achieved for us on the cross and what He is doing now that He has ascended and is glorified. Faith sustains you and J.

ADDICTIONS

Trying to define addiction looks like a funny thing to do because everyone knows what they are as there must have been some sort of relationship between young people and addictions. However, we can still put a definition to it – a strong inclination to do, use or indulge in something repeatedly. Addictions can be both positive and negative. You can be addicted to gaining knowledge by reading books and devoting yourself to a good course like exercise or drinking water. A good change of environment can also spur you into becoming more productive, or give room to have more healthy relationships.

Negative addictions, however, are the pursuit of something other than God in a repetitive, habitual, or patterned way to get our needs met and bring us comfort even though it is harmful to us. These needs sometimes arise out of “stressors”. Stressors are any event, person, situation, thought, or feelings that takes you out of your comfort zone. However, the ones that lead to addictions are mostly negative like your parents having a bad divorce, anxiety, abuse, sadness, depression, peer pressure, or insecurity.

It is in dealing with these (stressors) the wrong way that we seek out and indulge in actions or substances we shouldn't. Most times, there is a dependence on these actions or substances for an outlet or release. Due to this, everything seems unstable until the substance or action is taken or done because it is “The peace”.

Throughout the Bible and up until this very day, people are noted to worship idols. The word, 'idol' subconsciously takes your mind to an ancient statue or carving that has been set for the purpose of worship. As true as this is, it is more than the act. Idol worship is a state of the heart. In other words, it is anything we place a higher value on than God. Time spent on social media, for instance, can be idolatry if it is an act that controls you.

Ultimately, addiction is a spiritual and idolatrous issue because our main act of worship is the use of our *time*. Whatever thing we spend time on is seen as valuable to us, whether we verbally agree or not because just spending time on it is proof that we value it. This time as an act of worship is in your thoughts — all you can think about, and your action — all that you do. So your addiction and idol could be your job, your thoughts of “a dream wedding” or even a house project.

Addictions start suggestively. A whiff of the drug, the universal subconscious rule that you can do and see anything once you turn 18 has eaten deep into the minds of young people. Many young people now live a carefree lifestyle with conversational patterns such as “no be you go tell me wetin I go do”, “na me get my life, make I live am”, “carpe diem”, “I am now an adult” taking front stage. It has become an obvious truth that young people do not value or give regard of any sort to people who have gone ahead of them. This is not the way to go. It is not God's way. And this is why young people are trapped in their own

delusions and cannot seem to get out of addictions because there is no counsel.

Addiction affects you not only physically, which is the body, but psychologically and spiritually — mind and spirit. It is like a chain reaction starting from the spirit which is the sowing ground, and surely by their fruits, we shall know them! (Matthew 7:16b)

The spiritual effect: An addict ultimately replaces God as the centre of one's life with something or someone else and as a result, there will always be a hollow feeling because he/she is trying to fill up a vacuum with the wrong thing. It is like the futile effort of pouring water through a basket in a bid to fill it up. We like the thrill of the water rushing through the basket (us), but alas, it is feathery and the emptiness stays.

The mind effect is mostly repeated patterns of poor decisions which lead to regrets, and you living in it, making your addiction stronger and disrupting your thinking. The body effects are consequences of your poor decisions like stress and anxiety, weight loss, illnesses that come with substance abuse — cure or no cure, uncontrolled spasms and anger fits that leave you feeling tired and spent.

*“No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the **way of escape**, that you may be able to bear it.”*

1 Corinthians 10:13 NKJV

Sex and Masturbation

Intercourse with someone you are not married to is an unworthy act to God. *“and said, ‘For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh’? So then, they are no longer two but one flesh. Therefore what God has joined together, let not man separate.” Matthew 19:5-6 NKJV.* Joined with his wife here means that they become one as a result of sex. This means that when you have multiple partners, you are joining yourself with them.

*“Do you not know that your **bodies are members of Christ?** Shall I then take the members of Christ and make them members of a harlot? Certainly not! Or do you not know that he who is joined to a harlot is **one body with her?** For “the two,” He says, **“shall become one flesh.”**”*

I Corinthians 6:15-16 NKJV

This reveals to us that God is particular about the matters of sex. He created it as an institution solely for marriage to build companionship and procreate. Therefore, when we turn it into our own desires, we alter the will of God on earth. Particularly in our time today, this subject is gradually losing value and God is looking for remnants that will stay pure and preserve a generation. No! He is looking for remnants that will preserve generations — generations of people that will do His will here on earth. You can be that person.

Remember that we said God is more eager to help you than you are to help yourself? This is the truth of the matter. *"...Indeed, let God be true but every man a liar. Romans 3:4a NKJV.* If God can send His only son to die for you, then what is an addiction to sex that He cannot deliver you from?

Masturbation, on the other hand, is an act of self-stimulation driven by a sexual urge or desire. You can get addicted to masturbation easily by frequently exposing yourself to sexually explicit content or materials.

Although, some doctors would claim that masturbation is a way of keeping oneself away from sexually transmitted diseases. *Dear friend don't get easily deceived by what men say, 1 Corinthians 6:18 (NKJV) says Flee sexual immorality. Every sin that a man does is outside the body, but he who commits sexual immorality sins against his own body.* Masturbation also includes sexual immorality, and the world we are leaving in has ceased to talk about it, this is because the enemy (satan) is creeping into the mind of many to think that masturbation is a sin-less activity since it's not intercourse with another fellow human.

Masturbation always happens in lustful privacy i.e. it is done in secret, the same as the way normal sexual intercourse takes place. It also occurs when your mind is idle and filled with lustful desire for the opposite sex.

Confession:

I open my mind to God's word.

I understand that my body is not mine,

Therefore, I do not defile it.

The Spirit of the Living God within me,

Has helped me overcome every spirit of masturbation.

I am free from lustful desires,

And my mind has fully stayed on God's word.

Drugs, Alcohol, and Betting

These three, in contrast to sexual sins, thrive more in associations. Many times, it begins from a place of peer pressure and the cares of this world because why do people drink? Why do they do drugs and why do they commit their finances to a not-so-profitable venture? People commit themselves to alcohol and drugs because they want to forget the overwhelming issues of life while they bet in a bid to get more from less with little or no work. See friends, association is powerful. And the very fact that you are reading this, shows your desire to break forth. And we pray for you right now that you are set free!

And be not drunk with wine, wherein in excess; but be filled with the spirit. Ephesians 5:18 (KJV)

Betting and Gambling

Money, without any doubt, is a necessity. It is what we use to live and make transactions. A tool for the exchange of value. Hence, basic human needs like food, shelter and clothing might cause man (human) to sin. A father will not leave his hungry children alone when he knows he can get money by guessing numbers. Nevertheless, this act is not justifiable in God's sight. He said in His word that He gives us the power to make wealth.

*“And you shall remember the Lord your God, for it is **He who gives you power to get wealth**, that He may establish His covenant which He swore to your fathers, as it is this day.”*

Deuteronomy 8:18 NKJV

Thus, what this man should do is spend time with God's word in order to get the needed 'power' to get the provisions needed for his family because the truth is, if he resorts to gambling which looks like a profitable venture, he will end up losing the little he has and increase debt. Gambling is a deceitful addiction; it looks good and gives you feigned hope. So, friends, betting is not God's way. **God will never go through an unrighteous means to save his people.**

Furthermore, gambling is not solely a 'hungry' adventure. It spurs from a place of greed. A man might have just what he needs but might have a driving desire to get more. Some might even try it for the fun of it. Friends, your financial abundance is not for mere exploration, it is to

serve God. When the Bible says, “...present your bodies”, it means every part of you which obviously includes your finances.

“John answered and said, “A man can receive nothing unless it has been given to him from heaven.”

John 3:27 NKJV

Everything a man has is of God and for His purposes. So abundance should not be abused because friends, we will all account for all that we had here on earth. In other words, we must be careful about the love of money as it can destroy a man (human).

“For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.” J Timothy 6:10 NKJV

Again, God wants you to prosper more than you want to prosper. *It is not the will of God that we should lack, our Lord Jesus tells us that “For everyone who asks receives, and he who seeks finds, and to him who knocks it will be opened.” Matthew 7:8 NKJV.* Money is a fetcher and not the will itself. Do you know that God can provide for you without exactly giving you liquid cash? Yes, all your needs can be met! So, put your entire trust in Him.

“Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless.” Ecclesiastes 5:10 NJV. The Bible tells us how meaningless it is to love money as a

futile endless love. Brethren, the scripture reminds us that God ultimately owns everything here on earth. Our job is to responsibly steward the resources that God has given us. We also have the opportunity to bring God glory through the ways that we manage our finances.

God blesses those who make money through honest work rather than sinful practices, Proverbs 13:11 says *“Dishonest money dwindles away, but whoever gathers money little by little makes it grow.”* NIV. It is important to be contented with the little you have or the little you are making

Commit the works of your hands and pray that God breathes upon them and makes you fruitful just as He promised Father Abraham.

Social Media

You'll agree that there is so much more we are consuming now via the Internet than even in the four walls of our schools. And most of this content is misleading, distracting and inappropriate.

Due to the advancement of technology, you will observe that the algorithm of most of these social media platforms has no respect for the users. Social Media has a way of controlling our minds on how we view things, and how we tend to balance some unrealistic thoughts and how we relate with our physical world.

Romans 12:2 ESV says “Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

As children of God, we are not carried away by flashy things or unrealistic thoughts about how we live our lives. Now, there’s a lot of cyberbullying, social anxiety, depression and saturation of inappropriate content on social media. Cyberbullying has been given a name called “violence” with people tagging themselves as a member of “Violence FC” an agenda to always be an antagonist, judge people and talk to people anyhow. As one chosen by God, whatever we say must be gracious and seasoned with salt (Colossians 4:6) I.e what we say on social media or what we post must **edify** the soul of people reading or watching it.

Social anxiety, on the other hand, is one of the ever-increasing challenges caused by social media and it is born out of comparison and intense fear. If you are so glued to social media, you are most likely going to fall victim to those random unreasonable thoughts from people about life, God and relationship with people. You’ll find yourself uneasy doing some things like going to church, and fellowship with close friends and you bottle up so many internal and external challenges you are facing instead of speaking up.

That is when deep depression starts happening, you start having low-self esteem issues as well, all because you're so glued to social media.

Keep in mind that it is what you constantly feed your mind with that plays a major part in your life, *Philippians 4:8* says, "*.. whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-if anything is excellent or praiseworthy-**think of such things.***" So, fill the void created by reducing social media use with activities that would encourage you, give you hope and nourish your soul, such as prayer, Bible study, worship, serving others, and spending quality time with loved ones.

Finally, dear young and strong, if you need to embark on social media fast, please go ahead and do so! You might just see that it will be more profitable than even the conventional food fast. And while you are at it, do not stay idle, spend time with the word!

HOW DO I GET FREE FROM ALL THESE?

It is as simple as one answer:

EXPOSE yourself to God's word. The Psalmist said in 119:5, "*How I long for my life to bring you glory **as I follow** each and every one of your holy precepts!*" Psalms 119:5 TPT.

With love in our hearts, my brothers and sisters, even as you make attempts to get out of these, pursue God earnestly. The Bible makes us understand that we are the righteousness of God in Christ Jesus. He has taken our sin, shame and sorrow away, thus, the more we behold Him, we are changed daily. Do not let these addictions keep you far from God, rather, they should draw you closer to Him because He is the one who can do the cleansing. **You do not get clean to come in. You come in and you get clean.**

*“For God made the only one who did not know sin to become sin for us, so that we might become the **righteousness of God through our union with him.**”*

2 Corinthians 5:21 ἸϷ

So, practically, pick the Bible just after the act. Praise God just after the act. Fellowship with the brethren just after the act and see God glorified in these things. After a while, the word and power of God become so strong in your spirit that it repels these addictions. Stay with the word because you cannot conquer the flesh with the flesh.

MENTAL HEALTH

“The lord is close to the brokenhearted; he rescues those whose spirits are crushed”—psalms 34:18 NLT

Dealing with Depression

When it comes to this part of the world, depression is mostly looked upon as vague and culturally unacceptable. Even when young people experience it; it is often referred to as something else or attribute it to another. Many have even gone on to accept it as a norm and have a time and way to induce it like, listening to sad songs in deserted spaces.

But depression is oftentimes an indication of a broken spirit, a mind tired and frail from fighting. It could have started from a thought, a thought that says God is far, a thought of condemnation; telling you that there is no hope for you because of a particular wrong you did. These thoughts are often blinding, allowing you to concentrate on nothing but your pain, your fear, and your situation, and make you fall deeper into them (Job 7:4-7). When we struggle with these kinds of thoughts for too long, we most times conclude that it is best to quit or die. We say things like; “There’s no need to waste my strength anymore” “I wish I wasn't born” “It's better I die now” and on the extreme, even pray to God for it. (Job 6:6-9 1 Kings 19:4).

Depression as a red flag

“The human spirit can endure a sick body, but who can bear a crushed spirit?” Proverbs 18:14 NLT.

As easy as it seems for you to go into depression, it is not for the weak, neither is it for the strong in the sense that it costs a lot if not everything. The Bible says that the *joy of the Lord is your strength* (Nehemiah 8:10), so when you are separated from God’s joy, you are left weak. When you are left weak, you are unable to fight the good fight of faith you are mandated to (1 Timothy 6:12) – the fight against the devices of the devil. The Bible says we wrestle not against flesh and blood but against principalities and powers and wickedness in high places (Ephesians 6:12). Depression is one of them. It brings you down from the high place of God’s joy. It involves;

1. Losing touch with your faith,
2. ‘Forgetting’ God or struggling to find time for any spiritual activity,
3. Focusing on past mistakes, rather than changes you might make to do better.
4. It makes you avoid other members of the body, knowing full well that the association helps to keep you in the spirit, accountable even. It is much easier for someone who is alone and separated from a Christian community to fall into sin than someone who is deeply involved. (Hebrews 10:24-25)
5. Depression can also create tension in your personal relationships. Making you feel unable to share your struggles with your partner or

loved ones because through it, the devil makes you believe they do not, and cannot understand what you are going through, and that if you do share, it will only add to your frustration and stress.

Depression can lead to excessive hunger, fatigue, and loss of appetite which can then result in eating disorders or even weight loss (Proverbs 17:22). Depression can lead to excessive crying, irritability or social isolation. Depression brings about a lack of concentration, and slowness in activity which hinders you from achieving results.

The Light in the Tunnel?

A tunnel is dark, lonely and often feels like there is no way out. But every tunnel has an end. If you understand this, then you would understand that our compassionate God specialises in reaching down into and pulling out His children. He is the '*olowogbogboro*' (*the one whose mighty hand can reach any length*).

He'll do the heavy lifting; your role is to simply look up and grab hold of his hands. We understand that it feels easier said than done but a child that will walk must first crawl and this is why we call it baby steps. This can help you find the light. Just like how you feel the walls when trying to come out of a dark place or to turn on the switch, there are systems you can build to help you break free.

1. Surround yourself with people of love, wisdom and instruction and when they give you instructions, listen and follow it. Having friends who

are full of love, full of the Spirit is very important because sometimes when you're overwhelmed, talking and confiding can do you real good.

Just as they say "a problem shared is half solved", Sometimes in just talking to someone, you get sudden realisations and find the answers you need, or you get to learn that they have also gone through the same process you are in and that alone — knowing someone felt what you are currently feeling, brings succour to you.

In fact, the Holy Ghost uses this method many times to comfort you. You would also get useful instructions and wisdom from them because of their experience. These people are there to remind you of God's love for you when your mind is clouded by pain and pray with you and for you. (James 5:16 Hebrews 10:24 Proverbs 18:24).

2. Be in an atmosphere of *praise*. Separate yourself from that atmosphere that stirs up sadness in you. The atmosphere could be a particular place you go to, a picture that brings up bad memories, a tragic movie, or sad songs. While we cannot undermine the role of social media content that we give attention to in this phase, we also cannot remove people that come with an atmosphere of sadness. There are people who enjoy talking about negative, sad things so much that if you were happy before hanging out or talking with them, you get sad after.

Separate yourself from them and stay with joyful people. Turn to joyous atmospheres, celebrations, and most importantly, always find your way back to the house of God because, while you might not be able to stir up God's joy in you, just being in church, singing in the midst of the brethren and listening to the word of God preached is one of the greatest sources of joy.

It is collective so it rubs off on you, and stirs you up to recreate that atmosphere at home (Psalms 133:2-3, Psalms 16:11). Praising God in the midst of your pain is the greatest thing you can do. Why? Because when you choose to focus your attention on God and rejoice in the things he has done, you make him bigger than your problems which show trust in God, and his ability to come through for you. (Isaiah 49:23-26, Psalms 125:1-2, Romans 10:11)

3. Find it in the Word; Every solution, all that you can ever need has been made available to you in the spirit (Ephesians 1:3). You just do not understand it yet because you have not spent time in God's word; that is why you feel depressed. A poor man who is expecting a credit alert of \$1000 and one who has it already does not feel the same way. It is in understanding this that we keep depression at bay (2 Peter 1:3).

All the reasons you need to understand why something happened to you (Ecclesiastes 3:1) or if God still loves you despite how unforgivable you think what you did is (Isaiah 53:36), is in the Word of God. When you are broken and in need of healing, the word of God is the Biblical

Gilead where there is an abundance of balm to soothe you. (Jeremiah 8:2 Isaiah 53:5 Jeremiah 30:17).

4. Pray; the times you feel too tired to pray are the times you should pray more. Just being able to pray when you “shouldn’t be able to” is a victory in itself. Through prayer, we are able to find relief from anxiety and receive the peace of God. Jesus acknowledges and gives voice to depression when He said *“Come unto me all you who are weary and burdened and I will give you rest... for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light”* (Matthew 11:28-30).

In prayers, you answer the clarion call to God’s rest. In prayers, you cry out for help seeking God’s intervention (Matthew 7:7 1 Peter 5:7).

*“Why am I discouraged? Why is my heart so sad? **I will put my hope in God! I will praise him again—my saviour and my God!**”* Psalms 42:11
NLT

Dealing with Anxiety

Unlike fear which is the emotional response to a known threat, anxiety is a general worry or apprehension. It could pop out of nowhere, or it could be an overriding pervasive feeling you live with all the time. Usually, it can be a result of childhood traumas and a responsive approach to life. For instance, if you experienced your father maltreating your mum, you could get anxiety from relating with men

even when they are not violent. It plants something in your mind that causes triggers of anxiety within you.

Anxiety as the Devil's Game

When we were made, we were made in the likeness of God to function according to His Spirit, in the spirit (Gal 5:16-17). But when we permit anxiety to seep in, we begin to walk in the flesh where there is fear, and all sins are rooted in fear (Nehemiah 6:10-13). For example, a fear of not being good enough can manifest in the need for recognition, thus igniting pride and advancement in your heart. Or the fear of not being accepted can create the desire to please people. Whatever the struggle, there is a connection to a deep-seated fear and with that fear, that struggle is an obstacle in your life. When you allow anxiety to take shape in your life, you are allowing the devil to hinder the fullness of your life. He uses it to paralyse you, causing you to question moving forward. (2 Tim 1:7).

Why are you anxious?

“And which of you by being anxious can add a cubit unto the measure of his life? If then ye are not able to do even that which is least, why are ye anxious concerning the rest?” Luke 12:25-26 ASV

You are anxious because you are in control. Or at least you think are. Control is something that you find difficult to let go of because you like the feeling and the fulfilment that comes with it. The pride of man (human) is such that it enables the sensational idea of, “I worked for it

and I got it” — the feeling of planning and bringing your vision to life, in your own wisdom and understanding, and with your own strength.

So just like the rich man in the Bible who thought of the ‘best’ thing to do, (Luke 12:17-20), you set down milestones, each one to be hit at an exact time; gain admission at 15, graduate at 20, get into career and balance at 23, then get married at 25. But the Bible makes us see that God confounds the ‘wise’ and the foolishness of God is wiser than men (1cor 1:25, 27). You’re anxious because you don’t trust God enough to be dependent on His will.

Rest Over Worry

“In nothing be anxious; but in everything by prayer and supplication with thanksgiving, let your request be made known unto God.”

Philippians 4:6 ASV

Sometimes we build anxiety by trying to snuff out our worries. We push everything aside and then turn to indulge in various activities like hardcore partying, exciting sex, drugs, and even binge-watching TV series...anything to take our mind off it, anything for peace. But we do not find peace this way.

The Bible says that there is a peace that surpasses all understanding (Phil 4:7) and we find this peace in His Word, in His intentions towards us, not just knowing it, but in the understanding of it. In Jeremiah 29:11 God says, *I know the thought I have towards you, the thought of peace*

and not of evil, to bring you to an expected end. Most times, we find the answer we need in meditation on God's intention towards us.

Every time we get lost, it is because we are not in alignment with God's plan for us (Jonah 1:3). God is taking you to destination A, but with your knowledge, you plan and head out in the opposite direction, meet chaos, then start praying and fasting asking God why it is happening to you. You plan alone, then command God to approve it without involving him in the drafting process. But in staying in His word, you find God's will for you. You learn to plan with God's wisdom.

Sometimes your plan for its destination might be correct, but the process of getting there is wrong. God wants you to wait for instructions (Isaiah 40:31). At every turn, pause and ask God; "should I go? Should I not go?" Just like David did when he asked God if he should pursue after the Amalekites, and He will answer (1 Sam 30:8). Do not panic, trust God and give him praise. Isaiah 26:3-4 Proverbs 3:5-8

We pray for you today, that the *Egyptians* (addictions, sadness, pain, etc) you see today, you shall see them no more.

Oppression

Oppression according to the Merriam-Webster Dictionary is, "An unjust or cruel exercise of authority or power". Contextually, oppression is anything that makes you feel less than what God has made you. And God never opposes man except he is an oppressor. Our

misunderstanding, ignorance or little knowledge of our identity in Christ can even make us oppressors of ourselves.

“But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvellous light;” – 1 Peter 2:9 (NKJV).

When you look at yourself, do not view yourself as the one who needs healing, but as the one who is healed to heal others. See yourself as the one who possesses enough to fend for others. See yourself as the saved one sent to save others. In the book of Judges Chapter 6, Gideon was his very own oppressor. He didn't believe it when God told him he was going to be the one to save the Israelites from the hands of the Midianites. He viewed himself as the least in all things and God assured him he was going to be with him all the way.

Gideon sometimes can be me and you. Even when we get a thousand assurances from God, our fear, and unbelief tend to stand in the way but God proved Himself to Gideon as many times as he needed him to. God can prove Himself to you in whatever space he has called you. You can challenge God with what you know about Him and you can only know through the intent study of the word.

Whatever it is that we do in our journey with God, we can never blur out the ministry of Word and Prayer. The book of Psalms 138 tells us that God honours his Word more than his name. *“But we will give*

ourselves continually to prayer, and to the ministry of the word” – Acts 6:4 (KJV).

In 1 Samuel 17, we see David being used as an instrument used by God to save the Israelites from the Philistines. The irony between David and Goliath is quite amusing because if you delve into the book of 1 Samuel 17, you will get an idea of how equipped Goliath was and still lost the battle. There is so much God can do through a man if you let Him. You were not made for just yourself; as God is to every man, so are you to every man. You do not need qualifications to be a child of God. God takes from little and makes the unimaginable.

1 Corinthians 1: 27 (NKJV);

“But God has chosen the foolish things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the wise, and God has chosen the weak things of the world to put to shame the things which are mighty.”

FINANCE

Capital

The rate of entrepreneurship is on the rise among young people. Innovators are on the rise to solve societal problems and young minds are deep into this. An obstruction we are most likely facing is access to the funds we need to achieve that thing. And to get access to the funds, capital is needed. Friends, the only capital you need is the word of God.

There's a popular saying; God's Will, God's Bill. Though we are well aware of this fact, the truth of it may fade gradually if it is a constant worry. Again, the same rule applies, *"It is God who gives you the ability to produce wealth" Deuteronomy 8:18. (NJV).*

Social media has a lot of funding opportunities where you are privileged to win a grant or hear seasoned professionals in your industry speak.

More knowledge leads to more ideas and that opens up space for more wealth.

Youthful Exuberance/Carpe Diem

YO! Young and Strong! Your youthful exuberance can be misleading because there is time and energy on your side. The enthusiasm, vigour and curiosity tend to make us lose sight and focus of what is ahead and

this might affect us in the long run. However, this is the most time you will have to put balance and boundaries where required.

*“Flee also youthful lusts; but pursue righteousness, faith, love, peace
with those who call on the Lord out of a pure heart”*

2 Timothy 2:22 (NKJV)

Though we live in this world, we are *aliens* to it; this is not our home. Therefore, we are not expected to be moved by the vain things of this world that wealth or fame are expected to bring. John 15: 19 tells us explicitly why, “The world would love you if you belonged to it, but you don’t. I chose you to come out of the world, and so it hates you”. There is no point in trying to fit in where we are not expected to. When your energy is channelled towards the right path, you will appropriate your finances rightly.

As regards *carpe diem* (seize the day), it is crucial that we put some thought into it. What our generation has taught us is that we should make use of every opportunity we get without regarding the consequences. But, friends, we cannot ‘damn consequences’. We cannot pretend that they do not exist. Truthfully, God has forgiven your future actions already but consequences are unavoidable. And as much as we speak of God’s goodness and mercy, it is important that we live a guided life.

If you have sex carelessly, you can get pregnant or get a disease. If you steal and you are caught, you will go to jail. Consequences cannot be overlooked, hence, the idea of carpe diem must be carefully scrutinised. “The heart of man plans his way, but the Lord establishes his steps” Proverbs 16:9. (ESV) Though we should seize every day as it comes, we should use it as a medium to build a solid future in Christ.

Mental Fatigue

We are young, so we are believed to be very agile and this is the time to plan for all aspects of our lives. As much as we are expected to plan for the future, it is okay to be on a self-realisation journey. Thus, the need to manage heavy resources will require a right mind. If God will trust you with kingdom financing, you must not be fatigued mentally. The Lord will have you stay mentally strong and fresh.

So, can you just breathe?

Yes, breathe!

The journey is still far sir,

The journey is still far ma,

That grace you are willing to extend so much to others, take some for yourself. You are obligated to do it.

Trying to know where to start, how to start, and who to start with can be so overwhelming. You want to know what to do per time and in every season of your life. Everybody is ‘entrepreneur-ing’ now does not mean you have to also.

Breathe!

Now, sit and ask God, "What would you have me do concerning.....?"

One down. Expect that when you pray to God, there is always an answer.

*'The Lord directs the steps of the godly. **He delights in every detail of their lives.** Though they stumble, they will never fail, for the Lord holds them by the hand' Psalms 37:23-24. (NLT)*

God is interested in literally every aspect of your life. What you do at church is not exactly the ministry, the entirety of your life is. After ticking this out of your box, REST. In the book of Matthews Chapter 8:23-27, we see the story where amidst a storm, Jesus was asleep. Jesus is in that boat with you, sleep.

REST

To God, we are first sons before we are soldiers.

Psalms 37:23-24; (NLT)

'The Lord directs the steps of the godly. He delights in every detail of their lives. Though they stumble, they will never fail, for the Lord hold them by the hand.'

God is so interested in your financial life. What you do at church (if you are committed to one) is not exactly the ministry; the entirety of your life is. If you are too good at a thing, you probably should not be there.

Read that again. As young adults, our desire should be to always pick new challenges and stretch ourselves as frequently as possible.

As young people, there is so much pressure mainly from the things we consume on social media on us to 'make it' now. There is so much comparison among the youths in our world today. We tend to neglect the fact that things take time. No matter how cliché this may sound, life is a process. At these stages of our lives, one thing we need to gain for the days ahead is *knowledge*. How exactly do you manage your finances? How do you plan to save for the days ahead? What do you know about stocks, bonds, real estate and so on? Have you done research on viable means of handling your money? How well have you invested in gaining financial knowledge? You cannot excel in a thing if you do not have the knowledge required to hit that goal.

Proverbs 10:4; (NKJV)

'He who has a slack hand becomes poor, but the hand of the diligent makes rich. He who gathers in summer is a wise son; He who sleeps in harvest is a son who causes shame.'

We do not always have to start a thing and see it all the way by ourselves. Most times, all we need is to enter into the labour of others. Mentorship is not a small feat; it goes further than we may ever be able to wrap our heads around. Entering the labour of others is having the key access card to a locked and secure room. Pray for direction. Pray

for divine helpers. Pray that the eyes of your understanding be enlightened and finally, pray for ease

As entrepreneurs or people working in the corporate space, you indeed have a lot to handle and yes, juggling our career amongst other aspects of our life tends to overwhelm us. It tends to drain us emotionally, and mentally and this can affect the quality of our work. As we grow older, our work load does not 'tend to', but actually increases. We do not pray to reduce the quality of the work we deliver, we pray for the grace of God to enable us to do more with ease.

As difficult as this may sound, find time and seize it to rest. Take a breather.

It will take time to finish that course,

It will take time to hit that goal,

It will take time to start earning those figures,

So, why not *rest* and trust God?

Rest is not a state of inactivity. You rest cause you have a guarantor; because the future is assured as a result of who you embody – God.

We forget that,

'Many are the plans in a person's heart, but it is the Lord's purpose that prevails.'

Proverbs 19:21. (NJV)

As much as we may dream, let us not make the mistake of not asking for directions from God on the path to go. Beyond the biggest desires of our hearts is the plan of God for our lives. Everybody is suddenly blind to process, but not us. *The eyes of our understanding is being enlightened.* Everybody seems to aim for the new big thing, but our focus is on whatever it is God would have us do at the time.

Philippians 3: 13-14; (NKJV)

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.

RELATIONSHIPS

Family, Friends, Giving

Just as God desires a relationship with each man, so does He desire that we have blissful relationships amongst ourselves. A toxic environment can be detrimental to what God wants to do in and through us. It is, therefore, advisable to permit the process of God's transformation in our lives. The truth is, if every man is giving as he ought in relationships and life as a whole, no man will be left untouched.

The reason why we sometimes hold back is because we think that we give too much and are not receiving it in some measure so we hoard the goodness inside of us. Friends, this is not the order of God. God will have us give recklessly in our relationships and marriage.

"I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, 'It is more blessed to give than to receive.'"

Acts 20:35 NKJV

Dear friends, how well are you giving to the people around you? Dear husband, how well are you loving your wife? Dear husband-to-be, how are you treating the women around you now? How well are you committing to God's order? The Lord will have you learn from Him how to properly love.

*“Husbands, love your wives, just **as Christ also loved the church** and gave Himself for her,” Ephesians 5:25 NKJV*

Family is God’s wisdom for earth’s preservation. Functional societies have functional families. If children grow up in a house of love, they extend it outside. Therefore, if every family submits to the Lordship of Christ, we would not have divorce rates going high and young people being afraid of committing to someone.

See, friends, the devil is attacking families because he knows the level of strength and rigour that can birth forth from there. So, you must decide now that your family must be functional and submit to the Lordship of Christ. Joshua said, *“...as for me and my household, we would serve the Lord”*.

Same-Sex Marriage?

When you are faced with questions such as these, the first response you should give is this, “What are God’s thoughts about this?”, “What has God said about this?”, “What did God do about this? If you are familiar with the creation story, it says, *“And the Lord God said, “It is not good that **man** should be alone; I will make **him** a helper comparable to him.” Genesis 2:18 NKJV*. This scripture clearly refers to the male gender here and how he needs a helper — a female.

“So God created man in His own image; in the image of God He created him; **male** and **female** He created them.”

Genesis 1:27 NKJV

God's order on the earth is simple. Two genders, one marriage. The reason why the world is upside down is because man (human) has made it so. We believe that we can be so independent of ourselves that we do not need God to tell us His order. And this very reason is why we are in the mess we are in today. But as we said earlier, God is looking for remnants. When Jesus told the woman at the well that, “God is Spirit, and those who worship Him must worship in spirit and truth.”, (John 4:24 NKJV.) What He was saying was that God has an identity and any man (human) who will follow His will and order must take up this identity.

These controversies today with gender identity is as a result of the distance between the masterpiece and the master. Many pieces in the world today have lost their uniqueness because they were seeking something outside of the master. We challenge you today to genuinely ask God for His plans and purposes for your life and you will get incredible answers no man can give.

*“Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and **dine** with him, and he with Me.” Revelation 3:20 NKJV*

Lust and Love

When it comes to sexual relations with your partner or choosing a partner, you must be able to discern if it is love or lust. Ladies, if a guy approaches you and shows interest in you, do not jump right into it. Remember that we have agreed to take everything to God. And now that we understand the importance of families in God's agenda, we must choose rightly.

And as much as your emotions matter, they are not all that there is to commit to someone. There are people who disguise themselves. The Bible regards them as wolves in sheep's clothing. This set of people must be discerned by the spirit so that you do not fall into the trap of the enemy. The devil wants to use your burning desires to kill God's plan for your life.

"...favour is deceitful and beauty is vain" Proverbs 31:30a KJV

Do a background spiritual check before considering that apparent beauty that can be seen by all. Enter the holies of holies in your secret place and inquire who the person is before you commit. Good English and a deep voice do not guarantee that He is of God. That she prays in tongues in church does not determine character. Check well brothers. Check with God.

PURPOSE

Why am I here? This is a question that has crossed an average individual's mind at least once in life. And if you are a Christian, it makes that more than once. It shows up in sermons, conferences, and book titles. Everyone and everything seems to be asking you; do you know the special reason you were created and are you walking in it? If that is a question that still leaves you confused, let us start by sharing with you a statement that has set many free from the clutches of confusion.

Purpose is not found because purpose is not lost. Purpose is revealed.

You might be wondering what that even means, let us break it down. The world often places the burden of finding purpose on an individual who has no recollection of what was before they were formed in their mother's womb. It asks you to take quizzes, write about your hobbies, and do this and that. Numerous actions depend on you to find that one thing that gives meaning to your life. But why should we go on a wild chase when we have access to our Father who is purposed in Himself? And His Spirit, who reveals all things. This truth sets us free from the burden of looking to ourselves to find purpose when we should be looking at God. Like the Minstrel Dunsin Oyekan once sang:

*Just one passion, one purpose. To know you more and more. When I
know you, I'll find me. 🎵 🎵*

Now that we have established that our purpose is revealed by and in God. Let us look at the revelations that we can glean from His word about purpose. Gen 1 is a popular chapter of the Bible. We see an intelligent creator creating, separating, and giving purpose to all He created. What did He say about the purpose of mankind?

Then God said, *“Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.”* Genesis 1:26 NKJV

The purpose of mankind according to Gen 1 is to be divine image bearers who administer the earthly realm. Man (Human) was charged with two responsibilities in Genesis 2:15. It is often translated as to cultivate and keep. This means the role of mankind is to protect God's creation from intrusion. And to imitate or continue God's own creative activity by populating and organising the remaining unformed and unfilled earth. To engage in work that is worship. The purpose of mankind is Priesthood.

Hold that thought for now. And let us take a quick look at what Jesus (the second Adam) commanded us to do after the first Adam failed to keep the earth from intrusion. And Jesus came and spoke to them, saying, *“All authority has been given to Me in heaven and on earth. Go therefore and make disciples of all the nations, baptising them in the name of the Father and of the Son and of the Holy Spirit, teaching them*

to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen. Matthew 28:18-20 NKJV

We see again that authority has been delegated. This time our purpose as representatives is to be ministers of reconciliation. Making our primary purpose the preaching of the gospel and becoming disciplers. If you want to understand what peculiar expression of the assignments in Genesis and Matthew that you were created for, then you should set aside your ambitions and assumption, and ask God in prayer. Father, what was I created for? The answer to that question can be outright or an invitation to trust God by obeying His every instruction as He leads you. You need to trust that God is God-centred. His instructions for your life can not go against His will and purpose for you. They are customised to help you arrive at the planned end.

So find God, find you.

CONCLUSION

“I’m not a bible guy” “I am not a church boy” “I know that God exists but...” These conversations should not be in the mouth of those who have chosen the life of God. The point of the Bible is not to know the Bible, it is to know God.

We are glad to write to you, again, church of Gen Zs and others, that the truth of the gospel can be preserved if you take a little step further in your walk with God. It will be a life-changing encounter for you and me and for generations to come. The Lord wants to preserve you for Himself – it is why you were created. You are a spirit, so live like one, act like one. It would please us to go home with you and to be with you wherever you are, but it is more pleasing that you have Emmanuel.

Grace and Peace to you. Amen. Stay strong in the Lord and in the power of His might. Ephesians, 6:10.

ABOUT THE BOOK

Young and Strong = Exploits is a book dedicated to enlighten young minds who have often questioned the existence of a much powerful personality to help with life's struggles and the numerous trials and temptations that plague us youths.

Paul in 1 Timothy 4:12 admonishes us not to despise our youth. Do not permit anyone underestimate, silence or even ridicule you because of your youth. This includes you!

So, this book is a reminder of God's love for you. It is God's call for you to come up hither and see that you are not so dirty and broken after all. Read and be enlightened; liberated. You are God's reference point on earth, you are an EXAMPLE!



"If you are staring back at this book right now, I call you blessed already. This is your first step into light and enlightenment. It is without a shadow of doubt that you will be blessed."

~ Adebola Adebamiro

"In a fast-changing world, this is a book that reminds us that truth doesn't (change). It takes us away from the noise and sends us back to our roots to understand who we are, and should be as Christians."

~ Zikora Salem

"It is safe to say that having access to this book has been a blessing. It is beautiful to know what when the truths are being presented as these, it can go deep into down into the soul of man and change a life for good."

~ Toluwanimi Familua