

SO L'

Edition Four | 2024



S O L' | STYLE FROM WITHIN



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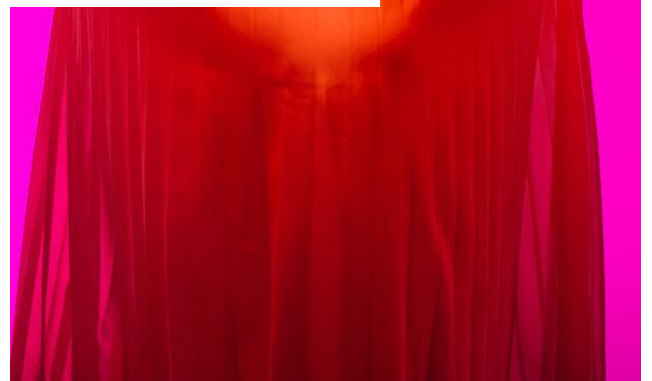
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From the Editor

Ladies and gentlemen, we have come to the end of yet another year, where did the time go? What happened to summer, autumn, winter and spring? We are here at the end of Christmas day and reflecting back on 2024 and what a year it has been. Personally, this was a year of everything and here is why. Was I tested? Yes. Was I disappointed? Yes. Did I succeed? Yes, I did. Did I let go of things? Yes, I did. Did I discover something new? Yes, I did. It was indeed a year of everything, it was also a year of reminding myself that the Lord is the Good Shepherd and remains the Good Shepherd through it. I know this is the time when our timelines are filled with people who showcase their accomplishments and I believe that you must clap for your friends because your friends will clap for you when your time comes. You also need to understand that the Good Shepherd does things in His own time and our time and God's time are never the same.



2024 has taught me that you will be surprised at just how far you will be stretched but also that you must be true to yourself because it is in that that we learn God can also work with you. You need to understand that a good shepherd will always lead their sheep but also a good shepherd has a rod and staff, two instruments to guide them. The rod is a short, thick, heavy stick used to ward off predators and a staff is a lightweight pole used to hook, move and count the sheep. One thing I would like you to take away from this is, as you close the year, I ask you to reflect on 2024 and remember that the Good Shepherd was always around with his rod and staff. Even though it was the year of everything, it was also the year I realised that the growth and the dreams I want to achieve come from me. In all of this, you are more than allowed to change your mind. Sometimes your decisions will be guided by what people have been telling you but when you are ready you are allowed to change your mind. You are also allowed to decide what to take from people. If you do not want confrontation in the workplace, you sometimes allow for ill-treatment. If you do not know how to ask for what is rightfully yours, you allow to be denied what you deserve. When you want things to change, you take a long and hard look in the mirror and change things within yourself. Once you do that you also know what you want and what you do not want.

I have no idea what kind of year you had, but I would like to remind you that with the Good Shepherd, you are powerful and able to do it all. So rest, dance the night away, live, sleep and go back reminding yourself that you can do this because the Good Shepherd is on your side.

Now, about our cover girl, the amazing Kuhle Adams. Firstly, thank you to Kuhle for agreeing to be part of S O L'. Her career has shown that the Good Shepherd is by your side and with all her wonderful accomplishments in 2024, it is a reminder that the Good Shepherd also knows when the time is right for you and the work you have to do. Congratulations on all the work and we know you have so much more in store Kuhle.

In closing, I would like to thank my S O L' tribe for the year 2024. We have had amazing covers this year and I

Good Shepherd

would not do anything without the guidance of the Lord. He really does lead us everywhere we go; this dream is because of God and fulfilled because of God. Then, my team, there are so many people who put this together. To this day, I can not express how thankful I am that you see the vision. Finally, to our covers, thank you for sharing your stories and being part of the S O L' family. I cry at each edition and it is because of you all, you agreed to be part of S O L' a magazine that shows the individual relationships we have with God, that they do not all look the same but they are unique because our God is unique and fashion because your style is also unique and tells your story.

I will never forget about the tribe, thank you for reading, engaging with us on social media and giving us an ear. I love you all.

Merry Christmas and wishing you all a fruitful 2025.

Good Shepherd: Luke 12:32 ESV

“Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.”

As we close off this year, our final theme is **“The Good Shepherd.”** This theme is deeply meaningful because it reminds us of the Lord’s unwavering desire to care for us and to bring us joy, even amidst life’s struggles. The Lord is our Good Shepherd, guiding and protecting us with love and purpose. That in itself is a profound blessing.

What stands out to me most in this scripture is how it begins: **“Fear not.”** The Lord, in His infinite wisdom, knows our nature—how prone we are to fear and worry. Yet, He assures us right from the start not to be afraid. He knows exactly what we need, and He speaks to that.

The verse goes on to reveal something beautiful: **it is your Father’s good pleasure to give you the kingdom.** Think about that for a moment—it is not just His obligation, it is His pleasure. And as believers, we know the kingdom is filled with goodness, joy, and peace. This scripture reminds us that fear is not our portion; instead, we are assured of the Good Shepherd’s pleasure and purpose in our lives.

As we reflect on this, let us hold onto the truth of this verse. Let it be a reminder that when fear creeps in—when doubt tells you that you can not achieve something—you have the Good Shepherd by your side. It is His pleasure to keep you focused, to show you what you can do, and to guide you in your growth. And that, my friends, is truly beautiful.

FOUNDER | CHIEF EDITOR
MWENYA CHITAMBALA





Kufle
ADAMS

Photographed by: Mziie Mncube



"This year has been about stepping out of my comfort zone, embracing opportunities, and choosing to show up fully—even when it was tough." - Kuhle Adams

Faith, Creativity, and Living Authentically with Kuhle

WRITTEN BY MWENYA CHITAMBALA
PHOTOGRAPHED BY: MZII MNCUBE

1. What would the title of your autobiography be?

Colours of my path

2. In one sentence, how would you capture Kuhle?

A grounded dreamer who is forging a path of purpose and passion.

3. We have come to the end of 2024. What would you call/title this era or this year thus far, and why?

"The year of showing up."

This year has been about stepping out of my comfort zone, embracing opportunities, and choosing to show up fully - even when it was tough.

4. Tell us a scripture that has held you down in this era of your life thus far.

"Be still, and know that I am God." - Psalm 46:10.

It has been a reminder to pause, trust the process, and let go of what I can not control.

5. Tell us what sparked your interest in your career path and what keeps you going.

I have always been drawn to storytelling and how it connects people. Seeing how my work inspires or brings joy to someone keeps me going, and it reminds me why I started.

5. What were some of your biggest fears coming into the entertainment industry?

I feared losing myself in the noise, being misunderstood, or not being “enough” to make it. Over time, I have learnt to trust my voice and focus on what matters.

6. How do you decide on the work you take on, and how do you create that balance with these opportunities and your values?

I ask myself “Does this align with who I am and what I want to stand for?” If I can say yes, I go for it. Balance

comes from knowing when to rest and when to hustle. I am still figuring that out though.

7. Tell us where your style inspiration comes from?

My style is a mix of minimalism, comfort, and a little bit of edge. I draw inspiration from people-watching, Pinterest, and those days when you just throw something on and it works.

8. Our theme in this edition is the Good Shepherd from Luke 12:32 ESV: “Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.” - Tell us what that scripture means to you.

To me it is about not letting fear win because there is something bigger at play. It is a reminder that I am not in this alone and that good things are coming my way.

9. What is a relationship with God according to you?

A relationship with God is personal, honest, and ever-evolving. It is about showing up as I am, having real conversations with Him, and trying to do better every day.

10. Knowing what you know today, what would you say to younger Kühle about a relationship with Christ?

I would say “it is okay not to have it all figured out”. Just take it one step at a time, ask questions, and do not be afraid to be real about where you are.

11. How does your style and relationship with yourself blend into your daily life?

The way I dress reflects how I feel. Simple, comfortable, and confident. The same goes for how I carry myself, staying true to who I am, embracing growth, and being okay with the messy parts of the journey.

12. What do people need more of these days?

More kindness, more listening, and more realness especially in a world that is always trying to curate the perfect version of everything.

13. Share up to five fun facts about you—hidden talents, big accomplishments, or other things you do that people may not know about!

Oh I do not have many of those

1. I am lowkey a good dancer especially when no one is watching
2. I have a degree in a Bachelor of Social Sciences in Environmental and Geographical Sciences and Industrial Sociology
3. I can play Marimbas
4. I paint as a hobby
5. I enjoy travelling





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Faith and Fitness in Harmony with the Good Shepherd

WRITTEN BY AMO KGORI

Faithful Fitness Family

The biggest misconception about the fitness and wellness journey is that you have to start by being perfect. You do not need the perfect gym membership, diet or ideal conditions to start. My exaltation is to encourage you to step boldly into your purpose and goals, to rise above challenges, and to let your actions inspire those around you, by starting or staying consistent in your journey. Start by walking, running, swimming or having fun over a game of padel, basketball or any physical activity that requires you to move your body.

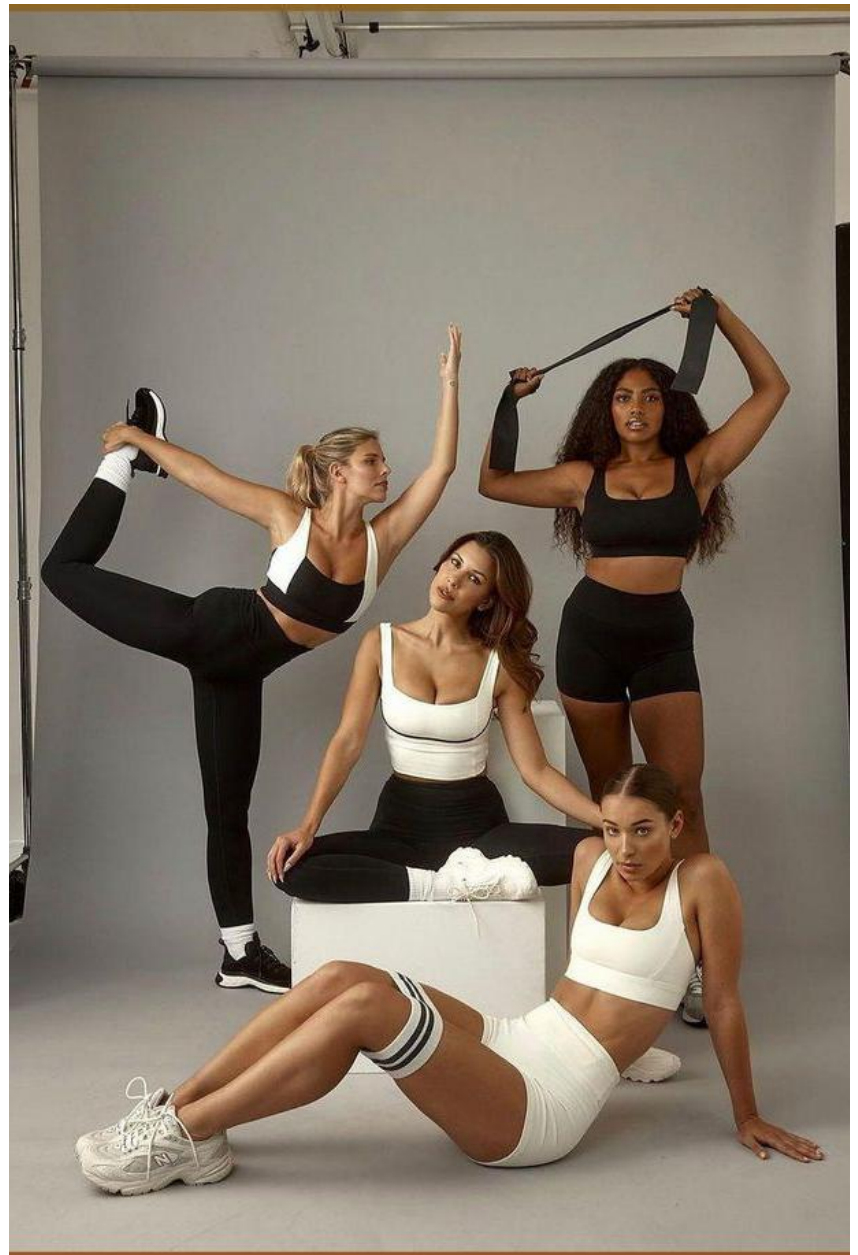
The physical fitness journey is often seen as a path to self-discipline, strength, and endurance building. What if we approached it as a walk with the Good Shepherd this time, embracing both our spiritual and physical well-being? By intertwining our faith with our fitness routines, we can align our bodies, minds, and spirits with the One who leads us beside still waters and restores our souls.

In John 10:11, Jesus declares, **“I am the good shepherd. The Good Shepherd lays down His life for the sheep.”** This imagery reflects care, guidance, and sacrifice. Similarly, in fitness, we must embrace discipline and follow a purposeful path. The Good Shepherd does not rush but walks steadily, providing an example of pacing ourselves throughout our wellness journey

Walking in His footsteps

1. Guidance Through the Word: Just as a shepherd leads his sheep, we can allow God’s Word to guide our fitness journey. Scriptures such as 1 Corinthians 6:19-20 remind us that our bodies are temples of the Holy Spirit. Keeping this in mind helps us treat our bodies with care through exercise and proper nutrition.

2. Building Endurance: In Psalm 23:4, David writes, **“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”** Fitness often involves enduring challenges, whether it is pushing through a tough



workout or staying consistent. Trusting that God is with us gives us the strength to persevere.

3. Rest and Recovery: The Good Shepherd also gives rest, leading His flock to green pastures, Psalm 23:2. Rest is an essential part of fitness. Just as our bodies need recovery, our souls need spiritual restoration through prayer and reflection.

Practical Steps to Incorporate Faith in Fitness

1. Pray Before and After Workouts: Start and end your workout with prayer. Thank God for the ability to move and ask Him to bless your efforts.

2. Meditate on Scriptures During Exercise: Use a treadmill session or a walk as a time to meditate on verses like Philippians 4:13: **“I can do all things through Christ who strengthens me.”**

3. Set God-Honoring Goals: Instead of focusing solely on aesthetics, set goals that honour God, such as increasing your energy to serve others or maintaining health to fulfil your calling.

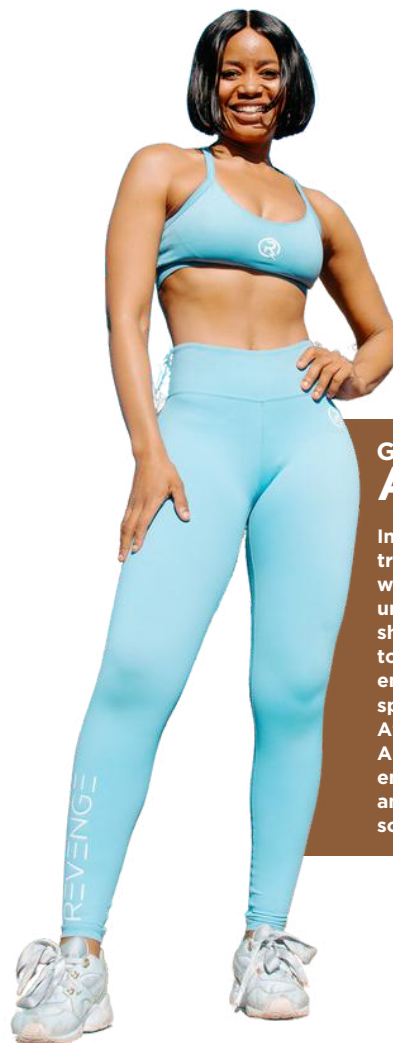
4. Join a Faith-Based Fitness Group: Engage with others who share your values. Fellowship with like-minded believers can encourage both spiritual and physical growth.

Reflecting the Good Shepherd in Fitness

The Good Shepherd exemplifies care, patience, and devotion. When we adopt these qualities, we not only grow healthier but also become better stewards of the life God has entrusted to us. Let your fitness and wellness journey be a testimony of faith, a reflection of the Shepherd who leads us toward abundant life.

By following the Good Shepherd, we can journey toward physical health while nurturing our spiritual connection, and embracing the abundant life He promises.

As we come to the end of 2024 and embark into 2025, do not let the fear of starting, stop you from embarking on your journey now! **“Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.”** - Luke 12:32



GET TO KNOW THE AUTHOR AMO KGORI

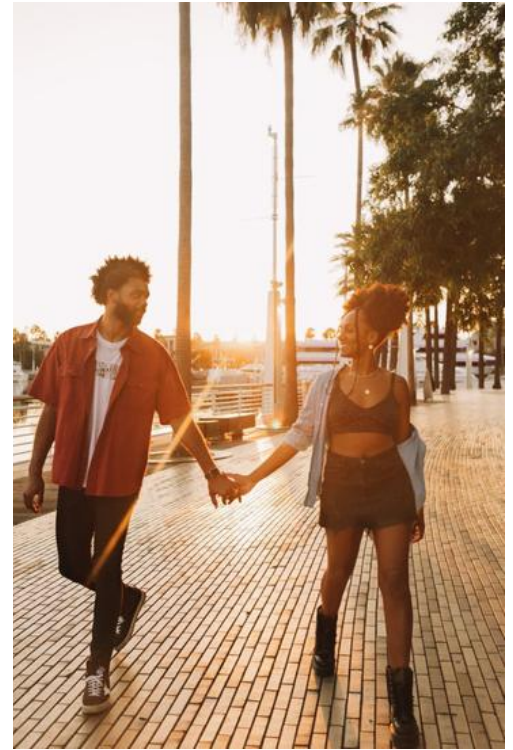
In 2017, Amo Kgori embarked on a transformative journey, overcoming weight issues, depression, and unemployment. As a wellness coach, she has guided over 100 clients toward holistic wellness, emphasizing healthy habits and spirituality. Motivated by South Africa's unhealthy lifestyle rankings, Amo aims to inspire positive change, envisioning a future where self-love and wellness are integral parts of society.



Upside down

From Brokenness to Breakthrough: Embracing Kingdom Principles in Marriage

BY LINDSEY CELE



“You know this is still new to me?”

“What is?” I asked.

“This type of love.” He gently moved a strand of hair from my face and looked me in the eyes.

I smiled, but inwardly, I was struck. Just months ago, I was not sure we would ever make it here. There were days I wondered if this marriage was even worth saving. Yet here he was, opening up his heart in a way I had only prayed for.

“And what type of love is that?” I asked, my voice soft, sitting in the weight of the moment.

“The kind of love where my loyalty is rooted in the bond we share—not in shallow reasons or external validation.”

This moment was not perfect, but it was real. And for the first time in a long time, it felt like hope had a seat at the table.

Hope, a foreign language

Let me give you some context. Not too long ago—earlier this year, in fact—I found myself staring at my marriage, wondering if there was anything left worth fighting for. I was miserable, exhausted, and questioning everything. Did we ever truly love each other? Or had we made a terrible mistake? Was I doomed to spend the rest of my life trapped in something that felt more like a prison than a partnership? I remember crying out to God, desperate for a sign, any sign, that there was still hope for us. But back then, hope felt like a foreign language, something I could not speak or even understand.

And yet, here I am now—held in his arms, hearing him



tell me he has never loved like this before. He did not need to explain how we got from despair to this moment of love and safety, because I already knew.

Luke 12:32 says: **“Fear not, little flock, for it is your Father’s good pleasure to give you the kingdom.”**

My husband and I had only just begun to taste the blessings of a Kingdom marriage. We were barely scratching the surface, yet the difference was undeniable.

Transform and Renew

The Kingdom of God has everything to do with perspective—how we see the world and ourselves. Romans 12:2 reminds us: **“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.”**

Similarly, Ephesians 4:22-24 says: **“Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created after the likeness of God in true righteousness and holiness.”**

The Bible repeatedly emphasizes this idea of leaving the old behind and stepping into the new—but how do we step into something we know nothing of, it is new to us after all right? The power of transformation is limitless, but we often cap its potential by relying on our own strength. Without Jesus, we can not imagine or create a reality we have never known.

Renewing our minds to inherit the Kingdom requires calling on Jesus—daily. If you had witnessed one of the worst fights in our marriage, you would likely have pulled us aside separately. You would tell my husband, “No man deserves this level of disrespect.” And you would tell me, “No woman deserves this lack of love.” And you would be right. At the time, neither of us knew how to step into the practicality of a Kingdom marriage.

Which brings the question, what is a Kingdom marriage, really? And how long does it take to get there? It starts with this: You are who God says you are—not who you think you are. We often make the mistake of using our intellect to justify our thinking but we fall prey to our mind constantly trying to usurp the authority of the spirit. We allow our minds and intellect to tell people who we are instead of allowing God to tell us who we are. Once we begin to see ourselves, our partners, and our lives through the spirit, Jesus’ lens, we start to see the fruit of His Kingdom.



The upside-down principle

Imagine you are driving in a world where everyone follows the “eye for an eye” rule. Someone cuts you off in traffic, so you cut them off right back. Someone speeds past you, so you speed up to match them. Now imagine Jesus in the passenger seat, saying, “Take a deep breath. Let them go ahead. Bless them instead of repaying the wrong.”

At first, it feels counterintuitive, almost weak. But as you obey, the peace you feel is unshakable. That is the Kingdom—letting go of pride, ego, and retaliation to embrace grace, humility, and love. It is upside down from the world’s way of doing things, but it works because it reflects God’s heart.

In a Kingdom marriage, this upside-down principle means extending love when it feels undeserved, choosing forgiveness over bitterness, and putting unity above self-righteousness. The world says, “Leave if it is hard,” but the Kingdom says, “Let Me show you how to thrive through it.”

I love the idea of the upside-down principle—because that is exactly what it felt like. We started relating to one another through the lens of Jesus, doing what was counterintuitive. When I felt unloved by him, I chose to honour him like a king. When he felt disrespected by me, he chose to love me like his queen. Slowly but surely, we began to win each other’s hearts, not by reacting out of emotion, but by responding with principle. Upside-down principles. Kingdom principles. What moves me to tears about the goodness of God through it all is how kind He is. He is not the kind of God who punishes you by making you wait forever for change. He does not demand perfection. All He desires is a relationship with you. The moment we started applying His principles and viewing our lives through His lens, we saw results almost immediately. But be ready—Kingdom living will not make sense to the world. It is upside down, after all. It means going against trends, making choices that seem radical, and paving your own path.

To this day, my husband and I often make no sense to even our closest friends. But that is okay because we are not aiming for worldly validation. Our eyes are fixed on the goal—to see the love of Christ unfold in every area of our lives. To experience the fullness of the Kingdom that the Father is pleased to give us, even here on earth.

Hear me, it is not over.

This goes to the wife who feels hopeless in her marriage, hear me: it is not over. Surrender your marriage, your pain, your doubts, and your



expectations to Jesus. Call on Him daily, even when it feels like nothing is changing. Start seeing yourself, your husband, and your life through the lens of Christ, and let the upside-down principles of His Kingdom transform what feels broken into something unshakable.

Here is your challenge: today, choose one Kingdom principle to apply in your marriage. Maybe it is responding with kindness instead of anger. Maybe it is choosing forgiveness instead of bitterness. Maybe it is speaking life over your husband instead of criticism. Whatever it is, start there. It will not always be easy, but I promise you this—God’s Kingdom is worth it, and so is your marriage.

GET TO KNOW THE AUTHOR LINDSEY CELE

Lindsey Rose Cele, a 29-year-old from Atlantis, Cape Town, began as a worship leader and pursued a successful career in performing arts, including a role in a top South African telenovela in Johannesburg. Despite her entertainment industry success, Lindsey remains dedicated to uplifting young women through worship and community work. Rooted in faith and family, and happily married for three years, she exemplifies empowerment and compassion.



A close-up, high-resolution photograph of a person's face, focusing on the eye and ear area. The skin is a warm, natural brown tone. The person is wearing a simple silver hoop earring. The text 'THE DARKER SIDE OF skin brightening' is overlaid on the lower half of the image. 'THE DARKER SIDE OF' is in a bold, white, sans-serif font, while 'skin brightening' is in a light beige, elegant cursive script.

THE DARKER SIDE OF *skin brightening*

Skin brightening is often sold as the ultimate skincare solution, promising luminous, flawless skin. However, beneath the allure lies a maze of misconceptions, potential pitfalls, and challenges. This article explores the delicate balance between achieving that radiant glow and safeguarding your skin's natural health, empowering you with the knowledge to make informed choices in your skincare journey.

Unveiling the Glow

WRITTEN BY HAJIE



In the world of skincare, brightening products often shine like a beacon of hope for those longing for even skin and a radiant glow. Because not everything that glitters is gold, let us take a moment to dissect the pros and cons of dermatology's latest craze and ensure that you are not ruining your God-given glow chasing a fad.

The promise:

- 1. She is radiant!:** Brightening products can work wonders by giving your complexion a much-needed boost, making you look more awake and refreshed.
- 2. She is even-toned!:** They have the ability to even out your skin tone, which can be a game-changer for those dealing with dark spots or hyperpigmentation.
- 3. She is anything but dull!:** If you are suffering from a little dullness that no amount of highlighter can fix, brightening products can help revive your skin's natural lustre.

The truth... in some cases

- 1. Over-promising, under-delivering:** Unlike God's children, not all brightening products are created equal. Some may promise the moon and stars but fail to deliver noticeable results, leaving you wondering if you have missed your offramp to 'Glowing-Skin Heaven'.
- 2. Potential irritation:** Ingredients like Vitamin C, while beneficial, can sometimes be too potent for sensitive skin, leading to redness or irritation. Always patch-test before going all in.
- 3. The math that never maths:** Using brightening products incorrectly can backfire. Layering them with other potent actives or using them too frequently can cause more harm than good, making your skin look worse than before.



It is a brightness marathon, not a race:

1. Like John Legend said, take it slow: Gradually introduce brightening products into your routine. If you are new to these products, begin with lower concentrations and monitor your skin's response.

2. Sun protection is necessary: Many brightening agents can make your skin more sensitive to the sun. Always apply sunscreen with a high SPF to protect your newly radiant complexion from UV damage.

3. Layer wisely: When incorporating brightening products into your regimen, be mindful of the other products you are using. Avoid layering too many potent ingredients at once, and give your skin time to adjust.

4. Listen to your skin: If you notice any signs of irritation or excessive dryness, take a break and consult with a dermatologist. Your skin's well-being should always be your top priority.

5. Now your ABCs: It is always best to read over the ingredients section on the back of the product your fave influencer is pushing to ensure the brightening cocktail will work best with your skin. Here are some of the top ingredients to look for:

Vitamin C: Known for its brightening properties, Vitamin C inhibits melanin production and provides antioxidant protection. Look for forms like ascorbic acid or sodium ascorbyl phosphate.

Niacinamide (Vitamin B3): This multitasking ingredient enhances skin tone, reduces hyperpigmentation, and strengthens the skin barrier. It is suitable for all skin types, including sensitive skin.

Kojic Acid: It helps lighten dark spots and hyperpigmentation by inhibiting melanin production. It also has antioxidant properties.

Licorice Extract: It contains Glabridin, which helps brighten skin and reduce hyperpigmentation. It is a natural alternative that is gentle on the skin.

Hyaluronic Acid: While primarily a hydrating ingredient, hyaluronic acid enhances overall radiance by improving moisture levels.

Retinoids (Retinol, Retinaldehyde): Promotes cell turnover and reduces dark spots while improving skin texture. Best for those addressing signs of ageing along with brightness.

Glycolic Acid (AHAs): Exfoliates dead skin cells to reveal a brighter, more even-toned complexion. Suitable for those needing a more vigorous exfoliation.

Lactic Acid (AHAs): It provides gentle exfoliation and hydration, making it ideal for sensitive skin that needs a milder approach.

Zinc: Regulates oil production and reduces inflammation, which can help with redness and uneven skin tone.

In conclusion, while brightening products can be the secret ingredient to achieving a luminous glow, it is important to use them with care and consideration. Embrace their benefits, but do not let them blind you to the potential pitfalls. With the right approach, you will be on your way to a brighter, more radiant you!



GET TO KNOW THE AUTHOR

HAJIE

Hajie, a born-and-raised Pretorian writer and content producer. She was born on December 15th, she is deeply passionate about self-care, film, and television. However, music holds a special place as her foremost love. Her overarching aim is to glorify God through navigating the complexities of life with purpose and intention.





Dancing
TO HIS JAM

Finding Your Joy: Letting God Be the Song of Your Soul

BY SOL'

What is your jam? That track or album that just makes you so happy and jovial. No matter what is going on, it is bound to get you on your feet and dance like you do not have a worry in the world. Did you know, God can create that same feeling?

When I was young it was, "*Oops I did it again*" then came "*Survivor*" after that was "*Candy Shop*" closing in on today's "*Baby*", "*22*", "*Drunk in Love*", "*Happy*", "*Tuesday*" and now everyone's favourite line, "*Running through the 6*". Throughout the years there has always been a stand-out song. Something that has everyone jamming to the same tune. It is catchy, and fun, and the main reason we all love music. It allows us to escape and be the artist and their lyrics. As much as the soul can understand music, so can God.

God is a happy God, funny too. Sadly, the stereotypical view of God is a superpower in heaven waiting to just cause pain and havoc in our lives when that is the total opposite of who God is. When things are not going your way, when your relationships are non-existent with the people you love, and you are working so hard at this dream that only you see and want so badly to become a reality and you want that guy to like you. Still, you are afraid that all you do is annoy him. When things are not good, that is when things are perfect.

"That makes no sense". You have a point, it does not make sense but it does to God because when you start to fully and completely put your trust in Him, you see the happiness even in the grey clouds. You see ever-lasting happiness with the Lord. It is not something you can buy. You can not pick it up from the counter at a supermarket. I am not saying you can not be happy, you can be happy. Everyone can be happy. Life can be great, there is no serious crisis, and everything in life is good. You even tolerate morning traffic, but the problem is when something unfortunate happens. When you find yourself in havoc, that happiness is gone like the wind, whereas when it is rooted in the Lord and things get hard, you

constantly question if you can make it through another day. You remain happy because your happiness is not based on an event or the fact that there is no White House Olivia Pope drama to "*Shake it off*". You are happy because even when things are not good, they are perfect. After all, the Lord is by your side. This, everyone, is called Joy.

God longs to speak to your soul. He longs to plant a seed of happiness into your life but it is all about trust. It is about giving Him full control and letting go and that is easier said than done. Putting trust in something you can not see or touch, many are fans of giving "*All of me*" to that idea.

"Now faith is being sure of what we hope for and certain of what we do not see" Hebrews 11:1. You are not the only one, "*Thinking out loud*". It is being sure that the Lord, your God truly has your best interest at heart even when they are "*Mean*" or they "*Steal my Girl*" and when "*I knew you were trouble*" dawns and you do not know the lyrics, He will always be there. He will "*Come through*". That is what it means, it means to have a song of God playing within your soul.

When a God song plays within your soul a "*Brand New Me*" appears, you hear the "*Bang Bang*" of worry and self-doubt break down and you start to develop an "*A-Team*" "*Titanium*" mentality. Knowing full well that there is a greater plan than this one on earth. Just as it reads in Colossians 3:2 **"Set your mind on things above, not on earthly things"**. Always remember God is preparing your soul for the things above.

Do not be a "*Suit & Tie*" of this world. Allowing your emotions to be controlled by the lows and highs that life throws at you but embrace that we are all "*Royals*" of the Most High and should sing His tune because no matter what the world, universe or the trials and tests that we are faced with that allows us to decide to draw closer to God or not, always remember He seeks to put you "*On Top of the World*".

The Good Shepherd in the Bedroom: Love, Marriage, and God's Blessing

WRITTEN BY ANONYMOUS



When we think of the Good Shepherd, we often picture Jesus guiding us in moments of uncertainty, danger, or spiritual growth. What about the everyday, intimate parts of our lives—like sex within the covenant of marriage? Can the Good Shepherd still be present there? The answer is a resounding yes. With scripture as our guide, let us explore how the Good Shepherd walks with us, even in the marriage bed.

"Fear Not, Little Flock..." (Luke 12:32)

In Luke 12:32, Jesus tells us, **"Fear not, little flock, for it is your Father's good pleasure to give you the kingdom."** This verse reminds us of God's abundant generosity and care for every aspect of our lives—including the gift of sex within marriage.

Sex, in its rightful context, is a beautiful reflection of unity, intimacy, and trust. It is a kingdom gift meant to strengthen the bond between husband and wife. Just as the Good Shepherd leads and protects us, He is present when we honour this gift within His sacred boundaries.

The Creator's Design (Genesis 2:24)

In Genesis 2:24 it says **"Therefore a man shall leave his father and mother and hold fast to his wife, and they shall become one flesh."**

God, the ultimate designer, intended sex to be a profound expression of love and unity in marriage. It is like the ultimate team-building exercise but with fewer awkward icebreakers. The Good Shepherd ensures that this unity is blessed, nurturing the physical and spiritual bond between partners.

A Celebration of Love (Song of Solomon 4:7)

"You are altogether beautiful, my love; you have no flaw."

Song of Solomon reminds us that love and desire are gifts to be celebrated. The Good Shepherd rejoices when married couples find joy and delight in one another. He created us as emotional, spiritual, and physical beings, and He delights in seeing all aspects of that connection flourish in marriage.

A Covenant of Honor (Hebrews 13:4)

"Let marriage be held in honour among all, and let the marriage bed be undefiled."

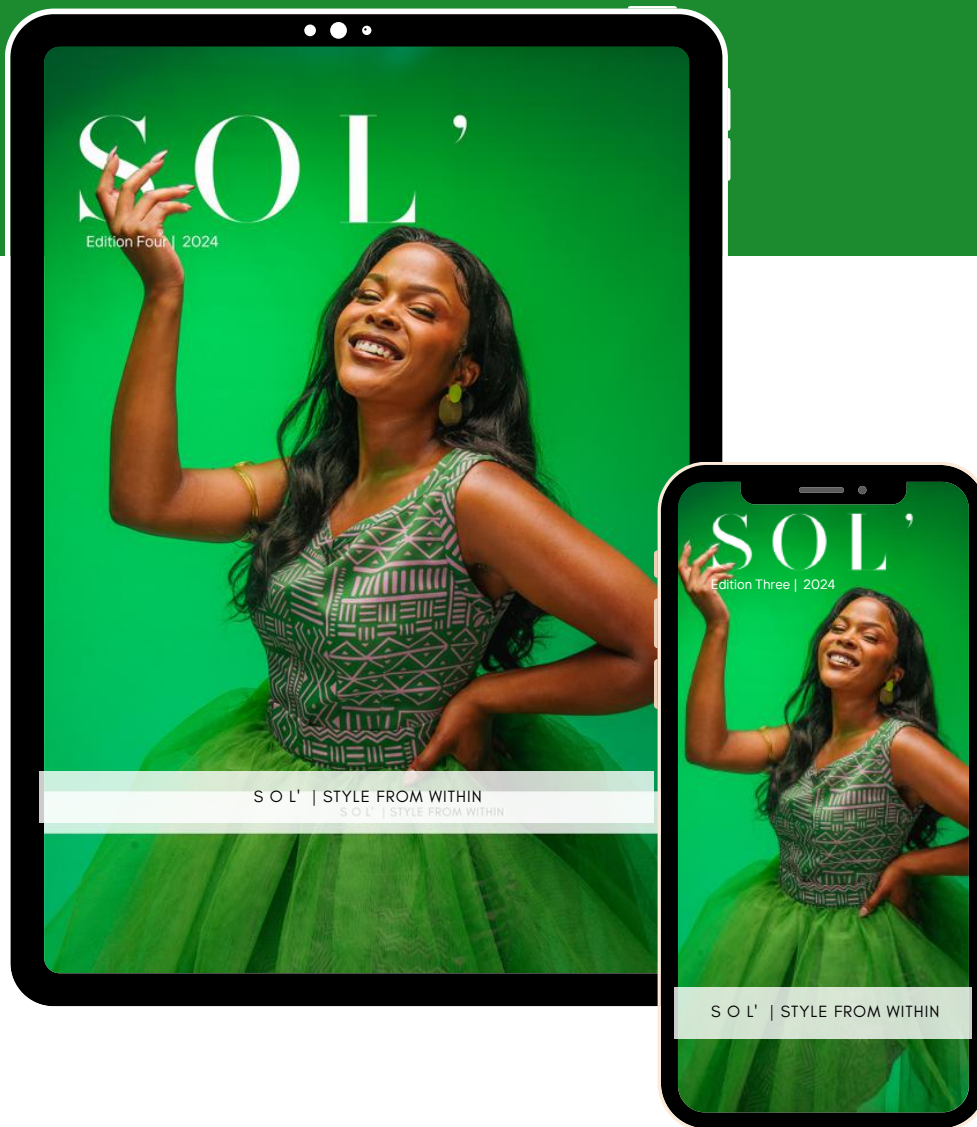
The marriage bed is sacred—not a place for shame but for joy and honour. The Good Shepherd's presence ensures that within the safety of marriage, sex is a space of mutual respect, love, and tenderness. And let us face it, He probably chuckles at our fumbling attempts to make every moment romantic.

The Good Shepherd's Role in Our Intimacy

Jesus is not just our Shepherd when we pray or worship; He is our Shepherd in every aspect of life. In the marriage bed, He offers safety, love, and guidance. His presence reminds us that sex is a gift to be enjoyed, nurtured, and cherished—a reflection of His love for us.

The next time you light the candles and cue Marvin Gaye, remember: that the Good Shepherd is there too, cheering on love, unity, and the beauty of His design.

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