

# S O L ' ,

Edition One | 2025



S O L ' | STYLE FROM WITHIN



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# STYLE FROM WITHIN



# EDITOR'S NOTE

**W**e are within 2025, 2020-thrive! Hello, my S O L' tribe; I trust the Lord is keeping you blessed and protected.

We are back, and we are excited for 2025. We have a few things up our sleeve, and I pray that you stay on the ride with us. Circling back to being within, I was having dinner with a good friend of mine, tribe, and she was telling me that she loves the editor's corner, but it is too long, so I am going to try to get this convo between you and me short, you ready?

As brief as 2025 has been so far, it has been quite eventful. There have been a few highs and lows, this is the part where I would usually say *Nothing has been cute*. I have a different thought process this year, some might say a new perspective. I have realised that sometimes the Lord requires newness. I am aware that many

people have gone through a fast, a prayer time of some sort, a devotion and dedication at the start of the first quarter of the year and it has given you a new perspective. I am also part of that batch.

There are instances where I have no clue what I am doing. I realise that I am part of the new adults. There are certain expectations for us to have a certain level of direction. I went through a quiet time at the beginning of the year. When I continued to hold on to what God said, I was reminded that new is uncomfortable, new is different, and new is not easy. Still, it is also required for what the Lord wants to do in our lives. He requires new, and for us to receive new, you need to understand that new needs a new level of you; you see what I did there. To wrap it up, I want to say it may be hard; you may be trying

a whole lot of new things, new job, new house, new eating plan but lean into it and grow with it. If the Lord asks you for new, He knows what He is doing, so let the new grow in you. I am delighted to introduce our cover for the first edition for 2025 Rosemary Zimu. Thank you to Rosemary and her amazing team for this opportunity to work with you. It has blessed us as the S O L' team. Rosemary is not only incredibly talented but also taught me that one needs to release it all to the Lord, even in action. Put your arm up, with your hand closed and in prayer and quiet time, open up your hand and give it God and it reminds us that to make space for new we have got to release. Thank you once again for giving us this opportunity.

In the spirit of newness, we are also starting the year with a fresh new editor's picture. It is about to be a great year.

# RENEWED SPIRIT

## Psalm 51

*For the director of music. A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba.*

- 1 Have mercy on me, O God,  
according to your unfailing love;  
according to your great compassion  
blot out my transgressions.
- 2 Wash away all my iniquity  
and cleanse me from my sin.
- 3 For I know my transgressions,  
and my sin is always before me.
- 4 Against you, you only, have I sinned  
and done what is evil in your sight;  
so you are right in your verdict  
and justified when you judge.
- 5 Surely I was sinful at birth,  
sinful from the time my mother conceived me.
- 6 Yet you desired faithfulness even in the womb;  
you taught me wisdom in that secret place.
- 7 Cleanse me with hyssop, and I will be clean;  
wash me, and I will be whiter than snow.
- 8 Let me hear joy and gladness;  
let the bones you have crushed rejoice.
- 9 Hide your face from my sins  
and blot out all my iniquity.
- 10 Create in me a pure heart, O God,  
and renew a steadfast spirit within me.
- 11 Do not cast me from your presence  
or take your Holy Spirit from me.
- 12 Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.
- 13 Then I will teach transgressors your ways,  
so that sinners will turn back to you.
- 14 Deliver me from the guilt of bloodshed, O God,  
you who are God, my Savior,  
and my tongue will sing of your righteousness.
- 15 Open my lips, Lord,  
and my mouth will declare your praise.
- 16 You do not delight in sacrifice, or I would bring  
it;  
you do not take pleasure in burnt offerings.
- 17 My sacrifice, O God, is a broken spirit;  
a broken and contrite heart  
you, God, will not despise.
- 18 May it please you to prosper Zion,  
to build up the walls of Jerusalem.
- 19 Then you will delight in the sacrifices of the  
righteous,  
in burnt offerings offered whole;  
then bulls will be offered on your altar.

## PSALM 51

**Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.** (Psalm 51: 10 - 12)

Our first theme for 2025 is **Renewed Spirit** from Psalm 51. We have included the whole chapter, whereas I highlighted vs 10 - 12 above.

As mentioned, we have all gone through a quiet time for the year, whether it be a prayer and fast, or vision board planning - S/O to Joyce for inviting me to her vision board party and be sure to read more about it in this edition- but we have all prepared ourselves for the year that we want and so with that renewed spirit, allow us to go forward and grow and understand what the Lord has for your life. Where is He moving you out of, where is He directing your attention to, where is He telling you to lean forward? A renewed spirit allows us to be intentional about the year we want. I pray that Psalm 51 will be something for you to pray and lean into understanding that it is not too late for us to seek the renewed spirit of the Lord and so as you journey through the first edition, I pray that you will read it with the Lord to gain renewed spirit.

# ROSEMARY ZIMU

PHOTOGRAPHY BY MZIIE MNCUBE



**1. What would the title of your autobiography be? - In one sentence, how would you capture Rosemary**

*Rise again and again.*

The reasoning behind the phrase "and again" is because once we reach the point we believe we should be at, there is always more rising to do. That "and again" represents rising from the level you initially worked towards and then striving for an even higher level. It is, therefore, an unending cycle of growth and development.

thought the same thing? Well, great, because I was already thinking about it. And that is the story of how we chopped the hair.

And I had my locks for seven years. That was a sign for me that 7 years represents completeness and that was the end of my lock journey. I had to get ready to step into a new cycle of "my hair journey".



**2. Let's talk about your hair or lack thereof. What made you decide to shave it off the first time, and why?**

Every Friday, I chop my hair. Besides wanting to look different for the biggest character of my life, it seemed like the right time because I had had my locks for seven years. I cut my hair while we were doing pre-production for *Savage Beauty*. We had two options: wigs or faux locs. I remember looking at the pictures the hairstylist sent me, and I thought, *I don't think I want the faux locs*. I had done them before, and they were just too heavy. For me to have the freedom to become this character and do everything she needs to do, I could not be weighed down by my hair.

They then asked if we were going with the wigs. I thought to myself that they would look so weird with the locks underneath because the locks were just too heavy. For me to have the freedom to become this character and do everything she needs to do, I could not be weighed down by my hair.

Then I finally decided, Let's cut them. I remember the stylist asking if I was sure. She said she wanted to suggest it, but did not know how to bring it up. I said, Oh, so you



**3. Tell us the routine that you have that keeps you grounded in Christ (reading your Bible every day, etc)**

For me, it is praying when I feel awake in the morning, right before I open my eyes. That is when I say my daily prayer. I just lie on my back, stretch out my arms, and

*say, God, here's another day. Thank you. I do not even know if it is raining outside. I do not know if birds. So, I know for a fact that it's the time I'm supposed to be waking up. If I've missed my alarm, or if I'm awake before it goes off, this is the time I'm supposed to wake up. That is when I say my prayer. I say it internally, and when*

I open my eyes, I feel a flow of gratitude. Then I continue my morning routine—breakfast or shower. It changes every day, depending on how I am feeling. While I am eating, I like to either listen to a sermon or read on my Bible app.





**4. From Mzansi Magic to Netflix, your career has taken you everywhere. How do you decide on the characters you play?**

My perspective has changed as I have grown. When I started, I would say yes to almost everything because I was trying to break into the industry. I would audition for any character. Of course, whether I got the role or not was not up to me. But sometimes, after landing a role, I would question, *Did I really want this that badly? Was this the character I truly wanted to play?* Most of the time, the answer was yes. Now, I am at a point where I can

look at a brief and decide, *I don't think I'll portray this character well or I've played something similar before—let's try something new.*

I have also been blessed with roles that are diverse. I never had to fight against being typecast because I have never been typecast. One of the most important rules in acting is: Do not judge your character.

As a Christian, that can be challenging. But I have never been put in a position where I said yes to a role and was then forced to do something that went against my beliefs. I have also been

fortunate to work with directors who are open—open to hearing my thoughts on how I would portray a scene, especially something intimate like a sex scene. We collaborate on shots and how the camera can work around my comfort level.

Now, when I consider a role, I ask myself: *How can this character help me grow as Rose? How can it teach something?* Because in acting, I would like to believe we are teaching and healing people. If a character lacks growth, it just feels boring. But if I can sense that she is evolving—even if they have only written one episode—then it is definitely a yes for me.

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

Before getting into the industry, I had no fears. I just wanted to be in it—I wanted to act, to learn. I never considered how strange certain aspects of the career could be. Strange in the sense that people feel so entitled to your life—wanting to know everything about you, even trying to dictate what you should or should not do. I was shocked by how mean people can be when they feel entitled. Just because they have access to you, they think they can treat you however they want, and you are just supposed to accept it.

Ironically, when people watch local shows on platforms like SABC, they watch for entertainment. But when it comes to international platforms, they scrutinise every detail. That was new to me. I am incredibly grateful for the people I had around me, especially my Netflix family—they really held my hand through it all. It was scary. But what I am most grateful for is that now, a lot of writers, directors, and producers watch *Savage Beauty* as my audition. They write roles specifically for me because they love my range, my character choices, and everything I bring to a role.

Another fear was protecting my family. My first thought was: *I need to protect them at all costs.* My grandmother lives in Sebokeng, and even when I was just on Isidingo, people would knock on her door asking, "Is she here? Can we see her? Can we take pictures?" At first, it was kids. But over time, adults started showing up too.

My gran is the sweetest soul—her home is open to everyone. Bless her heart. But their protection has always been my priority. I never wanted people's entitlement or cruel comments to reach them—whether because of me or a character I play.

**6. Tell us where your style inspiration comes from and how you blend it with your faith**

*Comfort!*

I do not have a specific style—just as long as I am comfortable. Comfort is very important to me. I have never really thought about it that way because I usually just throw on some boyfriend jeans and a shirt or tights and a shirt,

and I am good to go. Comfort matters to me. When I enter a space, I tend to absorb the energy around me. If the energy is not great, I try to spread my own positive energy. But if I am dressed uncomfortably, I do not think I can fully do that. I need to be completely present, and I know that when I feel free in my outfit, that energy will come through.



**7. This edition's theme is a *Renewed Spirit*, and the anchor Bible scripture is Psalm 51: "Create in me a clean heart, O God. Renew a loyal spirit within me." Please tell us what that scripture means to you.**

My initial thought when reading the scripture was a desire for God to give us purity. When I say pure, I mean pure in heart.

As I read the scripture and tried to understand its context, I realized that David said this after committing adultery. At that moment, he was crying out, "Lord, please create in me a clean heart. Lord, a clean heart. I'm sorry." That is part of renewal—being able to say, "Lord, I'm sorry for what I've done. Please help me in this newness, in this pure heart that I long for You to give me."

It is powerful because it reminds us of our imperfections. We are flawed, and as we grow, we constantly face new temptations and ways of sinning. For that, we must always come back to God, saying, "Lord, I'm sorry. I did it, but please renew my heart and spirit."

**8. Do you mind sharing a recent moment in your quiet time when God spoke to you?**

This morning, while I was closing my eyes and saying my prayer, I got distracted, which happens sometimes. This time around I got distracted by my own thoughts.

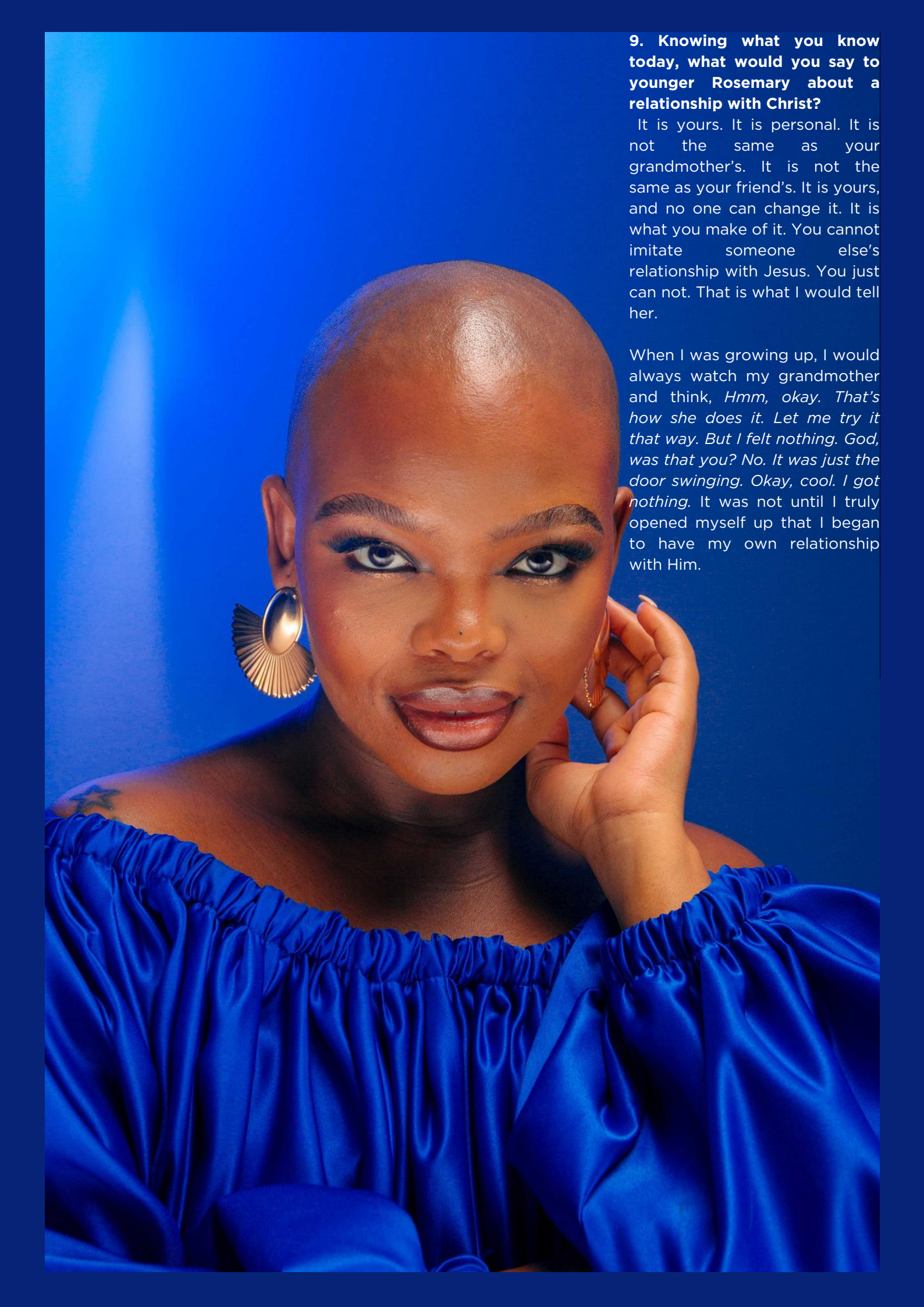
I said, *Lord, when the baby is here, may I please find someone truly safe—someone the baby can feel just as need to worry about tomorrow. He said to me "Tomorrow will take care of itself. I promise you, it will all work out. Stop stressing about it"*.

I then opened my eyes right after that and said, *Amen. Thank you, Lord. I'm going to shower.* It was such a reassuring moment because I sometimes struggle with fully surrendering control to God.

In this industry, it is especially hard. I want to control whether or not I get a role—even though I know I do not have control over that. And if it is not my career, then it is my daily life. I want to control how my day goes, but sometimes, things do not go as planned. I want it to go North at all times, and sometimes God wants it to go South and that is the way it is supposed to be. Just let it be.

Yesterday, I read something on the Bible app about surrendering. It said that while praying a prayer of surrender, lift your hand in a fist and then release it—physically letting go. You will actually feel yourself releasing everything.





**9. Knowing what you know today, what would you say to younger Rosemary about a relationship with Christ?**

It is yours. It is personal. It is not the same as your grandmother's. It is not the same as your friend's. It is yours, and no one can change it. It is what you make of it. You cannot imitate someone else's relationship with Jesus. You just can not. That is what I would tell her.

When I was growing up, I would always watch my grandmother and think, *Hmm, okay. That's how she does it. Let me try it that way. But I felt nothing. God, was that you? No. It was just the door swinging. Okay, cool. I got nothing.* It was not until I truly opened myself up that I began to have my own relationship with Him.



**10. Tell us a song or podcast to which our next cover should be listening and why.**

I listened to it this morning—Kirk Franklin's *Spiritual*. Some of the lyrics say, *"It's not about me. This is not my home, 'cause everything is spiritual. Yes, it's all spiritual. Help me to see that I don't belong here. You know, because I am spiritual. Spiritual. Everything is spiritual."*

For me, that song serves as a reminder that everything I do should lead me to eternal life. But everything I own will stay here. I should never allow myself to be consumed by material things that do not truly serve me.

**11. Share up to five fun facts about you - hidden talents, significant accomplishments, or other things you do that people may not know about!**

1. I love basketball. If I were not an actress, I probably would have been in the WNBA.
2. I can braid hair, so if you need your hair braided, hit your girl up.
3. My favourite colour is currently green; it changes every year.
4. My first cellphone was a 3310. That was my favourite phone. The battery never died.
5. My first international trip was when I was in grade 10. We went to New York to watch *Wicked*.

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# VISION BOARD

## THE BIRTH OF

# IN HER HONOUR

BY JOYCE LOPEPE

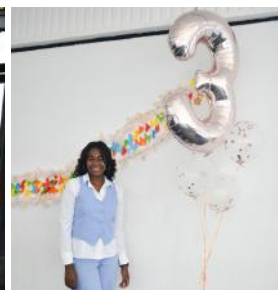
**W**hen people talk about destiny, they talk about everything in their life coming together. As someone who is a preacher's kid, I have heard about destiny, alignment and purpose all my life. I have heard about God's predestined intentions for us. As a little girl, I was always told I was destined for big things, and my constant fear was that I was not going to fulfil my destiny. This fear still exists to this day. One of my savings graces is that I grew up in a nurturing, prayerful and supportive community. That community consists of mostly women, and those women are the reason that I am who I am.

In fulfilling my destiny, one piece of the various advice I have received was to attentively listen to God's voice no matter which channel it comes from. When I was 12 or 13 years old, I had a dream that I was in a room full of women in a workshop format, and we were exchanging ideas, networking and socializing. I shared the dream with my parents, and we prayed about it, and my parents told me to hold onto that dream. And that is exactly what I did.

Fast forward to 2022, I was talking to my close friends about our hopes and dreams, and the topic of vision boards came up.

That was the birth of **"In Her Honour"**. It started with 15 women, and every year it expanded from there. The community I am hoping to build is supportive of each other and aids each other in pursuit of

their purpose and for their dreams to come in fulfilment. We would also like to thank the Editor of S O L' for gracing with her presence. She also shared a few words with the ladies to start the year on a high note.




### ABOUT THE AUTHOR

## JOYCE LOPEPE

Joyce Lopepe is a 23-year-old Congolese-born, South African-raised content creator, founder of In Her Honour, student, and a proud daughter of the Most High. She's deeply passionate about advocating for women's issues, using her platform to uplift and empower women.





# THE COLOUR OF THE SEASON

BY ALICIA BUSISIWE CHOTETSI



A FUN AND EASY GUIDE TO  
FLAWLESS MAKEUP FOR BEGINNERS

# MAKEUP 101

BY HAJIE



**A**right, ladies, let us talk makeup! If you have ever walked into a beauty store and felt completely overwhelmed by the sheer number of products staring back at you, do not worry, sis, you are not alone. With so many influencers raving about the latest and greatest, it is easy to end up with a makeup bag full of things you do not even know how to use.

Today, we are breaking down the essentials: what they do, how to use them, and the best techniques to avoid cakey, streaky, or melting makeup disasters. Because let us be real, nobody wants to look like their foundation is trying to escape by lunchtime.

## **1. Primer - The Secret To Long-Lasting Makeup**

Think of primer as the base coat before you paint your nails. It preps your skin, smoothens texture, and helps keep your makeup on your face all day.

**Best way to use it:** Apply a small amount after your skincare routine and before foundation. If you have oily skin, go for a mattifying primer. If you are on the drier side, a hydrating or illuminating primer will be your best friend.

## **2. Foundation - Your Skin, But Flawless**

Foundation evens out your skin tone and gives you that smooth, perfect look. But here is the trick: Less is more. Too much, and you are baking a cake.

**Best way to use it:** Apply with a damp beauty sponge or a brush, starting with a small amount and building up only where needed. Choose a foundation that matches your skin undertone (warm, cool, or neutral) to avoid that dreaded orange mask effect.

## **3. Concealer - The Real Makoya**

Got dark circles? A little redness? A pesky breakout? Concealer is here to save the day. It is like your foundation's overachieving little sister—it covers what the foundation can not.

**Best way to use it:** For dark circles, choose a concealer one shade lighter than your foundation and apply it in a triangle shape under the eyes for a brightening effect. For blemishes, go for a shade that matches your skin exactly and dab (don't rub!) for seamless coverage.

#### 4. Setting Spray - Lock It In, Baby!

If powder is the glue, setting spray is the seal. It melts all the layers together and keeps your makeup looking fresh for hours.

**Best way to use it:** Hold the bottle a few centimeters away from your face and spray in an “X” or “T” motion. Let it dry naturally—no rubbing! A Sol Fave, the dewy setting spray adds that healthy glow we all love.

#### 5. Powder - The Key To No-Melt Makeup

Powder sets your makeup in place and helps control oil. But too much can make you look dry and cakey, so balance is key.

**Best way to use it:** Lightly press (do not swipe) translucent powder onto areas that get shiny, like your T-zone (forehead, nose, chin). For dry skin, stick to just a touch of powder under the eyes to set the concealer and avoid creasing.

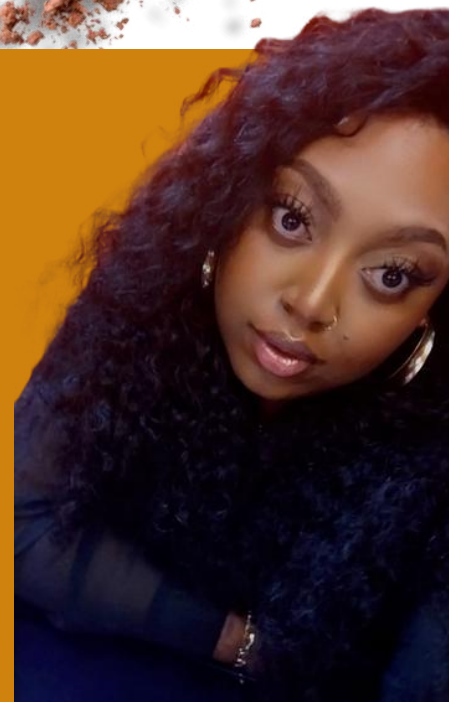
#### Final Thoughts: You Got This!

At the end of the day, makeup should be fun, not stressful. Everyone has their own way of doing things, but this guide gives you a solid foundation (literally) to start with. Focus more on figuring out what looks good on your face before you try to imitate what other people are doing. Remember that the more you practice, the more confident you will become. So grab that sponge, spritz that setting spray, and get ready to slay because your perfect makeup routine is just a few tries away!

#### ABOUT 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.





# FAITHFUL FITNESS FAMILY

BY AMO KGORI

**A**s the first quarter of the year comes to a close, I want to remind you that it is never too late, or too early, to work toward becoming the best version of yourself in body, mind, and spirit. True transformation is not about New Year's resolutions; it is about lifelong commitments. I feel incredibly blessed to have partnered with Christ in every aspect of my life, including my fitness and wellness journey. My prayer for all of us is that we invite God into every part of our lives and walk with Him through Christ.

Our theme for this edition is A Renewed Spirit, which generally refers to a state of being refreshed, revitalised, and invigorated—often accompanied by a sense of hope, purpose, and renewed strength. In Psalm 51, David confesses his sins to God, holding nothing back as he seeks forgiveness. He does not blame anyone for his mistakes or attempt to excuse his actions.

This vulnerability is precisely why the Bible refers to David as a man after God's own heart. His words reflect absolute humility and deep anguish over sin. David appeals to God's grace, mercy, and love, believing wholeheartedly that he can be forgiven. This passage highlights the importance of recognising our mistakes and seeking God's forgiveness with a humble heart.

You are probably thinking, What does a prayer for forgiveness have to do with fitness and wellness? Well, it has everything to do with it. David's prayer is a powerful reminder of what happens when we humble ourselves and acknowledge that we cannot rely solely on our own strength and understanding. It is easy to get lost and lose focus on the One who has called and qualified us. With that in mind, here are a few tips on how to cultivate a Renewed Spirit as you start or continue your fitness and wellness journey.

### 1. Renew Your Mindset

Just as Psalm 51 speaks about the renewal of the spirit, view your fitness journey as a transformation, not just physically, but mentally and spiritually. Shift your focus from merely losing weight or gaining muscle to honouring God with your body (*1 Corinthians 6:19-20*).

### 2. Cleanse Your Body and Spirit

David prays for a clean heart, which aligns with the idea of detoxing your body from unhealthy habits—whether it is poor nutrition, laziness, or negative self-talk. Commit to nourishing your body with whole foods and your mind with positive, uplifting thoughts.

### 3. Strengthen Your Spirit Through Discipline

Just as spiritual growth requires consistency, so does working out. When you struggle, pray for strength and perseverance, trusting that God renews your spirit daily.

As we apply these tips in our daily lives, I pray that we gain a clear understanding that God has already forgiven us and that there is nothing we can do to earn His grace. Remember, condemnation does not come from God. He convicts but never condemns.



### 4. Worship Through Movement

Treat your workouts as a form of worship! Listen to worship music, pray before or after exercising, or meditate on scripture while stretching or cooling down.

### 5. Journal Your Progress and Prayers

Keep a fitness and faith journal. Write down how you are feeling—both physically and spiritually—and ask God to renew your motivation and purpose.

Get back on your fitness and wellness journey, and recommit to holistic transformation. It is not solely about physical goals; it is an act of obedience to God, who created us to worship Him in everything we do. True transformation happens when we change the way we think—when we renew the spirit of our minds. As Ephesians 4:22-24 says, **we must put off our old self, which belongs to our former way of life and is corrupted by deceitful desires, and be renewed in the spirit of our minds, putting on the new self, created in the likeness of God in true righteousness and holiness.**

To be renewed by the Holy Spirit means recognising that the Kingdom of God is within you. Realising that Christ dwells in the temple of your heart. If you open your heart to Him, you will receive a renewed spirit. Knowing that you have a renewed spirit in your fitness and wellness journey comes down to a combination of mental, emotional, and physical evidence.

# Here are some key ways to recognise it

## Mindset Shift

- You view fitness as a privilege, not a punishment, you choose to move rather than feel obligated.
- You focus on progress rather than perfection.
- You embrace challenges with gratitude and excitement instead of frustration.

## Consistency Feels Natural

- You no longer force yourself to work out or eat well, it has become a natural part of your lifestyle.
- Rest days feel intentional and refreshing, not guilt-ridden.
- You genuinely look forward to movement, whether it is a workout, stretching, or a walk.



## Physical and Mental Energy

- You wake up with more energy and feel motivated to take on the day.
- Workouts leave you feeling empowered, not drained.
- You experience mental clarity and focus, in addition to physical strength.

## Increased Self-Awareness

- You listen to your body instead of pushing through exhaustion or ignoring hunger and fullness cues.
- You recognize the difference between needing discipline and needing rest.
- You celebrate small wins rather than only chasing big results.

## Inner Peace and Joy

- You feel emotionally lighter, even if the scale does not change.
- You no longer compare yourself to others—you focus on your own journey.
- You appreciate what your body can do rather than criticizing what it struggles to do.

Would you say you are starting to feel any of these shifts, or are you still in the process of getting there since setting your goals for the New Year?

Personally, I am not where I want to be, but I am exactly where God wants me to be. There is peace in knowing that I have surrendered and submitted my fitness and wellness journey to Him, who knows me better than I know myself. I am excited to see what God has in store for me in 2025, and I look forward to seeing what He does in your lives as well, as we work towards becoming our best versions—body, mind, and spirit.

Until the next edition of Faithful Fitness, Stay Blessed Family.

## ABOUT 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.





# A JOURNEY THROUGH DESIRE AND RENEWAL

BY JAYLENE RAMALATSO

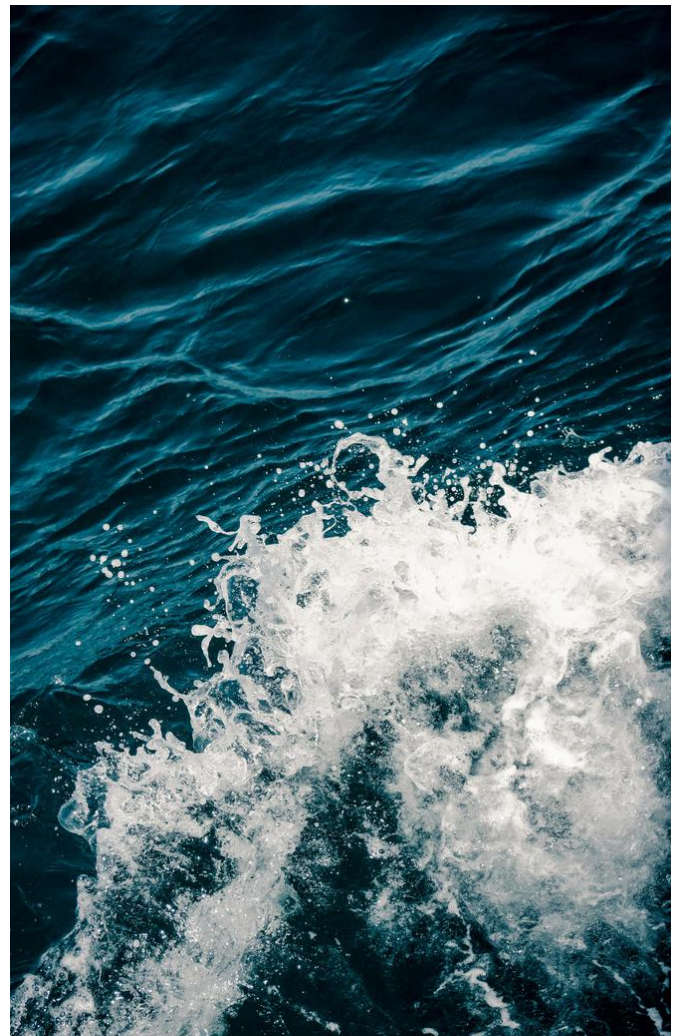
I have always believed that travel is one of God's greatest gifts to us—a glimpse of hope, a way to witness His creation beyond what we know, and an invitation to step into the fullness of what He has designed. Every time I stand before the ocean, feel the weight of the mountains towering over me, or let the wind rush past my skin under an open sky, I know in my heart: that this is God's masterpiece. And I want to see it all. I have whispered this prayer so many times: **"God, I just want to see Your beautiful Earth."**

There is something about seeing the world that makes me feel closer to Him. The intricate details of creation—the way the waves crash against the shore in perfect rhythm, the way the sun sets with a golden glow that no camera can ever truly capture, the way the stars scatter across the sky like tiny reflections of His glory—it reminds me that none of this happened by chance.

God crafted this world with intention, with purpose. And I long to experience it beyond the borders I have known.

## **The Moment I Thought I Had to Let Go**

There was a time in my walk with God when I told Him, "I won't travel anymore if that's what You want. Take the desire away. Lead me where I'm supposed to be. Refine me to stay here forever." And I meant it.



Psalm 51:10 says, **“Create in me a pure heart, O God, and renew a steadfast spirit within me.”** That verse takes me back to that moment of surrender. I was not frustrated. I was not restless. I was simply so full of my love for God that I was willing to lay down even my biggest dream. I thought true obedience meant detachment, that maybe my longing to see the world was something selfish rather than spiritual.

But God, in His gentle way, did not take the desire away. Instead, He whispered, **“I placed that dream in you. You don’t have to choose between My work and My world. You will go, but you will go in my timing.”**

### **Glimpses of His Earth**

I have not left my home country yet. But in every place I have been, God has already shown me glimpses of His earth. I remember standing by the shore in Durban, Bible in hand, reading as the waves crashed in front of me, overwhelmed by the power of His creation. It was as if the ocean itself was breathing, alive with His presence.



I remember watching the golden light of the sun set behind the mountains in Cape Town, feeling the quiet peace of God settle in my spirit, reminding me that He is the same yesterday, today, and forever.



I remember driving through the endless landscapes of Free State and North West, where the stillness of the land echoed the stillness God calls me to—a reminder that He is in control of every season, of every journey, of every waiting period.

And I know—this is only the beginning.

### **A Renewed Spirit, A Renewed Perspective**

Psalm 51 is not just about spiritual renewal—it is about alignment. It is about trusting that God’s timing is perfect and that what He has placed in my heart is not an accident. So I no longer pray, “God, take this desire away.” Instead, I pray, “God, lead me. Let me see Your world as You intended. Let me experience Your creation—not just through pictures, but through my own eyes. Let me honour You with my gifts, my knowledge, my work—so that I may go where You have already prepared a place for me.”

Because this world is His gift to us. And I cannot wait to unwrap it

#### **ABOUT THE AUTHOR**

### **JAYLENE RAMALATSO**

Jaylene Ramalatso, is a versatile entrepreneur, digital marketer, and digital literacy advocate. She empowers businesses to harness their unique value in the marketplace through effective digital marketing strategies. Jaylene’s love for servicing the tourism industry and travelling has allowed her to become a travel content creator. Her overarching vision is to drive sustainable digital growth in Africa and promote digital literacy, positively impacting a global scale.



# A MESSAGE FOR THE DATING AND ENGAGED

THE SEX EDITION

BY MARQUIS ORCHARD

**T**his message is for everyone, and it is a wake-up call. If you have struggled in this area, know you are not alone. If you are brokenhearted, I pray that God heals you. He is close to the brokenhearted, as He promises in His Word. But today, we need to address a topic that too many Christians sugarcoat—compromise when it comes to sexual purity.

## **The Truth About Sexual Sin**

There are plenty of reasons why sex before

marriage is a sin—even if you are engaged. When you compromise, you give the enemy a foothold in your life. Remember, the devil is the accuser: he tempts you, sets you up for failure, and then condemns you for it. But here is the good news—you do not have to fight this battle alone. Jesus has already won the victory over sin! If you are in Christ, you have the Holy Spirit within you, giving you the strength to resist temptation.

## God's Standard Is Clear

God is a righteous Judge. Yes, we can repent, but repentance means turning away from sin, not just asking for forgiveness and continuing the same behaviour. Hebrews 10:26 reminds us that if we deliberately keep sinning after knowing the truth, there remains no sacrifice for sin. Does this mean we are hopeless? No! Romans 8:1 tells us, **"There is now no condemnation for those who are in Christ Jesus."** But it does mean we should take sin seriously. God did not overlook sin when He sent Jesus to the cross, so why do we think He will overlook it in our lives?

## The Dangers Of Self-Pleasure And Pornography

Let us also talk about self-pleasure, foreplay, and pornography—topics often ignored in Christian circles. Many justify these things by saying, "Well, at least I am not sleeping with someone." But let's be real—Jesus said in Matthew 5:28, **"Anyone who looks at a woman lustfully has already committed adultery with her in his heart."** Pornography, masturbation, and engaging in intimate acts outside of marriage all feed into the same cycle of lust. These habits create a false sense of intimacy, desensitize you to real connections, and can damage your future marriage. They are not harmless—they are a trap. The enemy wants to keep you in bondage, convincing you that these behaviours are "normal." But God calls us to a higher standard.

## Flee, Do Not Flirt With Temptation

The Bible tells us to flee from sexual immorality, not walk away casually. Joseph did not sit around and see how much he could handle when Potiphar's wife came onto him—he ran! Why? Because even the strongest believers are not immune to temptation. Even David, a man after

God's own heart, fell into sexual sin. Who are we to think we are stronger? If you are dating, do not give the enemy room. Do not cohabit, do not entertain the lie that you need "sexual compatibility," and do not think being engaged makes it okay.

## There Is Hope!

But here is the encouragement: If you have already fallen in this area, do not believe the lie that God has abandoned you. The gospel is for sinners, and Jesus came to redeem those who have failed. 1 John 1:9 tells us, **"If we confess our sins, He is faithful and will forgive us and cleanse us from all unrighteousness."** The key is turning back to Him, truly repenting, and walking in the freedom He provides.

## The Hard Truth About Lukewarm Faith

If you are actively engaging in sexual sin while claiming to follow Christ, you need to wake up. The excuse of "God understands my heart" is a lie from the enemy. Revelation 3:16 warns us that Jesus will spit out the lukewarm. This is not about condemnation—it is about calling you to something better. Jesus does not just want to save you from hell; He wants to give you a life free from guilt, shame, and bondage to sin.

## Pursue Purity, Pursue Christ

If you are in a relationship, put God first and do not compromise. Otherwise, what sets you apart from the world? Purity is not just about "not having sex"—it is about having a heart that desires to honour God in everything. Seek accountability, set clear boundaries, and remember that God's way is always better.

Stay strong, flee from temptation, and walk in the freedom Christ has already won for you!



ABOUT THE AUTHOR

## MARQUIS ORCHARD

Marquis Orchard is a born-again Christian, that has been saved for over four years and is committed to a celibate lifestyle. He is currently studying UX and web design at Manchester University, balancing his studies with his love for BMX and skateboarding.

Beyond his personal interests, he's passionate about sharing God's Word across social media platforms, whether through written messages or videos, with the hope of inspiring and encouraging others in their faith journey.



# FALLING IN LOVE AGAIN (AND AGAIN) IN MARRIAGE

**“Create in me a clean heart, O God, and  
renew a right spirit within me.”**

**-Psalm 51:10**

BY LINDSEY CELE

**Baby Girl, Let's Talk.**

**M**arriage is beautiful. It is thrilling, it is comforting,  
and it is the place where love becomes home.

But it is also real life. Real life comes with seasons—  
some that feel like a honeymoon and some that feel  
like you are just trying to get through the week.

But here is what no one tells you—love does not fade.  
It just settles.

That fire you felt when you first fell in love? It is not  
gone. It is just waiting for you to stir it up again.

Psalm 51 is not just about repentance; it is about  
renewal. David was not just asking God to cleanse  
his heart—he was asking God to bring him back to  
life.

And baby, there will be moments in marriage when  
you need that too. When life gets too busy, when  
stress steals your joy, when your connection with  
your husband starts to feel more like a partnership  
and less like a love story.

But guess what? You do not have to settle for  
distance when God created you for deep. You do  
not have to settle for routine when God designed  
marriage to be rich, exciting, and full of fire.

So, let us talk about that fire. Because God wants  
you to enjoy your marriage, and yes—that includes  
the bedroom, too.

## **The Truth No One Talks About**

Here is the truth: passion does not die in a  
marriage. It just gets buried under laundry,  
schedules, grocery lists, and distractions.

It is not that the love is not there. It is not even that  
the attraction has faded. It is just that somewhere  
between work, church, family, and all the  
responsibilities that come with being a wife, the  
excitement can start feeling like a distant memory.

But here is some good news: Passion is not  
something that just happens. It is something you  
create.

God designed intimacy to be fun. Exciting. Wildly  
fulfilling. It was never meant to feel like an  
obligation—it was meant to be a gift. But when  
your spirit is drained, when your mind is cluttered,  
when your heart is carrying things, intimacy can  
start feeling more like another item on the to-do  
list than a moment of connection.

That is why Psalm 51 is so powerful. Because  
sometimes, we do not need a change in  
circumstances—we need a change in spirit. A fresh  
wind. A reset. A reminder of what marriage was  
always meant to be.

## **Bringing the Spark Back (Because It Was Never Gone)**

Let us be real—marriage is not about staying in  
love; it is about choosing to fall in love over and  
over again.

A renewed spirit in marriage does not simply mean  
being a better wife—it means being an excited  
wife. A wife who still blushes when her husband  
compliments her. A woman who looks at her man  
with fresh eyes, who flirts boldly, who welcomes  
intimacy with joy instead of duty.

So how do we get there?

### 1. Ask God to Renew Your Mind

The mind is where everything starts. If stress, insecurities, or past experiences are holding you back, ask God to restore your confidence. You are beautiful. You are desirable. You are enough. And when do you start believing that? Girl, it will show.

### 2. Choose to See Your Husband Differently

When was the last time you looked at him? Not as the man who forgot to take out the trash, but as the man who used to make your heart race? Who still does, if you let yourself see him that way?

- Flirt with him again.
- Surprise him.
- Remind yourself why you fell in love.
- And if you can not remember? Create new reasons.

### 3. Get Intentional about Intimacy

Now, let us talk about that part of marriage. Girl, intimacy is not just about sex—it is about connection. It is about making your marriage a place where you both feel seen, desired and wanted. And that takes intentionality.

### 4. Make Time for Each Other

When life gets busy, intimacy is often the first thing to go. But it does not have to be. Schedule time for each other the same way you schedule work meetings and church events. It is not about making it feel like a task—it is about showing your husband that your connection is a priority.

- Set a date night and stick to it.
- Have “no phone” hours where you just talk.
- Be affectionate in the little ways—touch his arm, kiss him just because hold his hand while you’re watching TV.

Small moments of connection lead to deeper intimacy.

### 5. Create an Atmosphere of Desire

Intimacy thrives in an environment of romance and playfulness. That means setting the mood—not just in the bedroom but in how you live together.

- Light candles. Put on music. Wear something that makes you feel confident.
- Send flirty texts throughout the day. Build the anticipation.
- Laugh together. Tease him. Make your marriage feel fun again.

### 6. Break the Routine

One of the biggest intimacy killers? Predictability. Doing the same thing, in the same way, every single time. Shake things up, sis!

- Try something new together—whether it is a new experience or just a new way of showing affection.
- Take control sometimes. Let your husband see you desire him, too.
- Talk openly about what you both love. Communication is everything in intimacy.

### 7. Pray Over Your Intimacy

Yes, pray about it! God is the author of passion, of joy, of pleasure. Ask Him to renew your connection, to restore the excitement, to break down any walls that have formed over time.

### 9. A Love that Keeps Getting Better

Marriage is meant to grow—not just in responsibility but in joy. In laughter. In excitement. In intimacy.

So if things have felt a little routine, if you have been longing for something deeper, something fun, do not settle. Ask God for renewal. Ask Him to refresh your spirit, to revive your passion, to restore your joy.

And trust me, babe, the best is still ahead.

ABOUT 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 to 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.

## SERMONS



Bent Knees Break Chains  
**Elevation Church**



Change Is Possible At Once  
**Life Church**



Hagar: The Suffering Servant  
**Jackie Hill Perry**



Forgiving What You Can't Forget  
**Elevation Church**

# RESOURCE CENTRE

We hope these resources will be of good use on your journey to renewal.



We Are Just Jars Of Clay  
**With The Perrys**



Emotional Idolatry  
**With The Perrys**



Healing From Grief Is A Messy Journey  
**The Conversation Capital**



Purpose | Grief & Friendship In MRRlgw  
**The Makhs**

## PODCAST

# BIBLE PLAN

FROM THE BIBLE APP



3 Days  
**A Heart Renewed**



31 Days  
**Renewing The Spirit Of Faith**



3 Days  
**3 Steps To A Renewed Mind**



31 Days  
**New Year: Fresh Perspective Renewed Purpose**

# RESOURCE CENTRE



Keep Praying  
**TRIBL**



New Wine  
**Hillsong Worship**



More Like Jesus  
**One Voice Worship**



Like Oil  
**We Will Worship**

# SONGS

**1.What is Psalm 51's deeper message beyond repentance in the context of marriage?**

- a) To maintain distance and routine in marriage.
- b) To focus solely on external responsibilities.
- c) To renew spirit and bring life back to marriage.

**2.In a year themed around 'Renewed Spirit', what is emphasised as necessary for receiving new beginnings?**

- a) Performing rituals and sacrifices.
- b) Ignoring past mistakes.
- c) Understanding and embracing the discomfort of newness

**3.How can renewing your mindset aid in a fitness journey according to the text?**

- a)By viewing it as a mental, spiritual transformation
- b) By focusing solely on physical goals.
- c) By setting strict dietary rules

**4.In a holistic fitness journey, what signifies a mindset shift according to Ephesians 4:22-24?**

- a) Embracing challenges with gratitude.
- b) Viewing fitness as an obligation.
- c) Prioritising perfection over progress

**5.What inspired the creation of 'In Her Honour'?**

- a) A suggestion from a mentor.
- b) A book about community building.
- c) A dream of a workshop with women.

**6.Why did Rosemary decide to cut her hair?**

- a) To freely embody a new character.
- b) To try a new fashion trend.
- c) To save money on hair products.

**7.In the context of Psalm 51, what does 'renew a loyal spirit' signify?**

- a) Striving for material success and wealth.
- b)Acknowledging wrongdoing and seeking renewal.
- c) Seeking validation from others constantly.

**8.How does the author reconcile their desire to travel with their faith?**

- a) They trust in God's timing for their travels.
- b)They believe travel is purely selfish.
- c)They ignore their desire to travel.

**9.How can you effectively style burgundy this season?**

- a)Pair it with bright yellow for a vibrant look.
- b)Avoid combining with jewel tones for best results.
- c) Pair it with neutrals like beige or black.



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