

S O L ' ,

Edition Three | 2024



S O L ' | STYLE FROM WITHIN



Table of Contents



03

EDITOR'S CORNER

Jehovah Sabaoth: The Lord of Host

05

THATO IMMACULATE

Embracing Stillness: How Dreams, Faith, and Purpose Shape Our Journey

11

FITNESS IN FAITH:

Leaning on God's Strength in Every Step

13

#DEARJAMES

Set Apart: Navigating Love, Money, and Trust with Purpose

17

HERE IS WHY YOU ARE WASHING YOUR FACE WRONG

And How to Fix It

21

THE GOD OF ARMIES IN YOUR MARRIAGE:

Confronting the Battles We Do Not Talk About

23

JEHOVAH SABAOTH:

A Heavenly Guide to Earthly Intimacy



From the Editor

Can you believe we have come to the last quarter of the year, I do not know about you but 2024 came and went so quickly, that if you remember what you did on Monday you are a rare breed.

My tribe, these notes are always tricky because sometimes I do not know where to start but here it goes. The last edition was crazy. I was both overwhelmed and blessed that we, as a brand, received the love that we did. It is still so crazy to me that with every edition this year, we grow and grow, and I want to take a moment to thank Tumelo Candice again for allowing us to share her story, also thank you to my team, without you there really is not me and that is why this cover belongs to my team, listen carefully. My team really coordinated this one, I did the talking and confirming but they came together and worked and it made me realise that in those small prayers, I prayed about having a team that is as passionate about the brand as I am. God heard them all and in His time, He made it happen.

The year has flown as it did but it has also allowed us to realise that our dreams are not only “demure and cutesy” but that they are real. When I think about the things I have and am working on, I am filled with gratitude. Sometimes, I ask the Lord and it does not become a reality this year, this month or next week but when it finally does, I realise that it was all in His time.

That is what this third edition was all about prayer and how Thato had the ultimate faith in her God to make it happen. God has always made it happen and there are definitely so many gems I took from interviewing Thato but also realised that God is always visible in everything, and in moments when you feel He is not. Sometimes we ask ourselves “When is this feeling going to go away?”, it feels like the issues of life tend to be repeating themselves, and you think to yourself



“wait a minute, have we not been here?” What I started to realise is that God continues to refine you and when issues of life keep feeling like a 90s rom-com on repeat. Do not stress, you will find that you are getting better at dealing with things. Now you run to the Lord because where else are you gonna go? Unlimited faith is in the big and small, God is always there.



Jehovah Sabaoth

The Lord went back and forth with me regarding this theme, there was a point where I changed the whole theme and I remember the Lord calling me back and saying, “Hey, do not go your own way, I gave this to you” and that just proves how the Lord is Host of all and when I looked at Host immediately Genesis and the creation of earth came to my mind and this is why the verse is **“You alone are the Lord. You made the skies and the heavens and all the stars. You made the earth and the seas and everything in them. You preserve them all, and the angels of heaven worship you”** (NLT Nehemiah 9:6) and it made sense.

Before creation and all that created, He had and has dominion over the earth, heavens and stars, God has always been the Host and we always refer to Him as the Host over us and the things that are on earth but actually, He is the Host of all of it and we should not only acknowledge Him but also place Him in His rightful place. We do that by remembering that it is about having faith and ultimate faith in Him and His plans because at the end of the day, it is His plans that work out and when you recognise that He is the Host, it creates the understanding that chains will fall, curses do not stand a chance and problems that you and I feel are so big do not compare to Him. The question we all need to ask, is are you putting God in His rightful place, is He Jehovah Sabaoth of your life?

FOUNDER | CHIEF EDITOR
MWENYA CHITAMBALA



That's
Immaculate

Photographed by: Mziie Mncube

Embracing Stillness: How Dreams, Faith, and Purpose Shape Our Journey

WRITTEN BY MWENYA CHITAMBALA
PHOTOGRAPHED BY: MZIEE MNCUBE



"Dreams come true, and prayers get answered. Everything that is my life right now has always been a dream or a prayer, big and small." -Thato Immaculate



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

Dreams come true, and prayers get answered.

For the past three years, I have found myself saying that in a lot, I say it in a lot of conversations. It is my life story. Everything that is my life right now in 2024 has always been a dream or has always been a prayer, big and small. That is the reason behind, dreams come true and prayers get answered.

2. 2024 is quickly coming to an end. What would you call/title this era or this year thus far, and why?

2024 would be the era for becoming. The past 10 years of my life have prepared me for the 2024 that I had had. In my acting career, my finance career, and my radio career. Everything, all of them took 10 years for me to have and I finally have them in 2024. It has been a great year. It has been the best year of my entire life.

When I stepped into the limelight in 2022, after being on the reality TV competition and getting my big break on The River and the break on the radio, all of those moments got me to the place that I ultimately wanted to be. Being on the radio, for example, was something that I always aimed to do when I was in my forties or fifties, and it happened in 2024. Things that have happened with my husband and me and in my personal life. Everything has come together to blossom for me in 2024. With that being said, it has been the best year.

3. The third edition of S O L' is our cover takeover, what has the Lord told you to take over? How is it going?

Stillness. God says to me, you have been running all of your life. You have been trying all of your life. Now the one thing I need you to embody is being still. God said in this season of your life, master letting go of control, for I am in control. I would not say I am a

control freak or a perfectionist, but I would say that I am always on the grind, always running, and I have always had big dreams. I recently turned 30, and in the back of my head, I think that I do not have enough time like I am running out of time to achieve these big dreams. But I have let go, I have to be still, and I will receive the blessings that God desires for me.

4. Why do you feel that turning 30 means running out of time?

I would say it might be subconsciously caused by the societal pressures that are put on the number 30. If you think about it, in my corporate career there is a certain spotlight on the number 30. It is concepts like “30, under 30”. If you have not made it by that age, then we do not recognise anything that you have done before. I would conclude by saying that it might be the societal pressure that subconsciously, I have made my reality.

5. Please tell us what sparked your interest in your career path and what keeps you going. Especially with manoeuvring the different roles that you have to take on. On one end being the boss and on the other end being under a boss.

Going back to my corporate job, 2021-2022, I was not reporting to anybody. I was still doing accounting work but for my own company. I could decide what to take on. What has brought me back into the corporate and the entertainment industry is purpose. I know a lot of people feel as though a 9 to 5 is not part of their purpose. Personally, there is a part of who I am, that can only manifest itself in the corporate space.

If we look at the story of Jesus, He was a carpenter. If you think about carpentry, it is precision, it is attention to detail. When He is talking, He is precise and there is an attention to detail that you would get as a carpenter. All things work together. When I did away with my corporate, problem-solving, and accounting, there was a part of me that God created that did not exist anymore. The question that I asked myself was, why did I choose if I did not have to? I do not have to do corporate, but I can still do it until I come to a point where I can not do both, then I will let go of one.

I worked hard to become a professional accountant. It took me about seven years. There were three years of articles. When I looked at it, I asked myself why should I let go of something that I have worked equally as hard to become. We work hard to be in our 9 to 5 and we need to start celebrating things like that. The entertainment industry is a bit unstable and uncertain. It was very difficult for me to have an unstable financial life. Then I figured, let me make corporate my bread

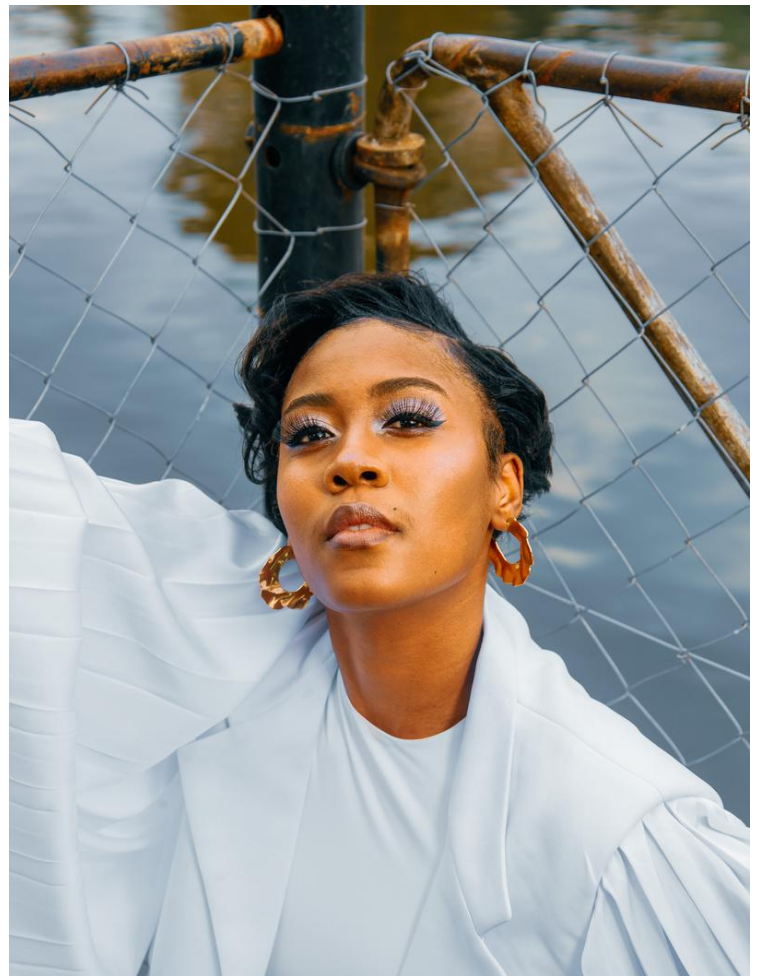
and butter and entertainment, my passion. In this way, I am not doing my passion out of a place of having to survive.

6. Does the bread and butter and the passion ever clash?

They do conflict. Schedules always clash. The lifestyles also clash because as you can imagine, I am an AGASA, which means that, I am reporting, to management. If management sees me on TikTok, it can be quite difficult for them to trust me. In terms of being able to exist as two different people, I am very intentional, for example, about calling myself Thato Immaculate and not using my surname. I learnt that the hard way. I had a job that I had to leave because when I was at the job people recognised me. I am also intentional about the kind of industry in which I do auditing and accounting.

7. Why use Immaculate?

Immaculate is my birthname and it is also on my ID. My father gave me that name because he wanted to speak over my life and say, may the perfect will of God be made manifest in your life. Thato means will. Immaculate means perfect. Thus, Thato is immaculate. So every time you say that, you are speaking a blessing over my life, whether you know it or not.





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

The first one was conforming. I am a simple person. I am not against makeup, hair and weaves but it is simply not who I am. Those were the fears, that I had coming into the industry because it is an industry of glitz and glamour. It is something that I have been able to overcome just by ensuring that I am in the spaces that accept me for who I am right now. My biggest fear right now is making it and then what? I often get asked, “So what’s next?” and I do not know how to answer.

9. How do you decide on the work you take on, and how do you create that balance between these opportunities and your faith?

This is my day-to-day struggle, even from a TikTok campaign. The first question that my manager Boitumelo will always ask me is, “Is this going to help you to reach where you wanna go? Does this align with where we are going?” God has shown us that we plan, but He plans for bigger. Secondly, is it true? The biggest lesson coming out of the reality competition Big Brother is authenticity. Be your most authentic self. For example, if somebody asked me to do a sex scene, would I be able to execute it truthfully and honestly, if I will not and I am gonna be uncomfortable, then I am not going to do it.

10. What made you partake in Big brother, and how would you describe the experience?

I saw Big Brother as a platform for Africa to recognise talent and for somebody to make it. The people that I have been fans of coming out of Big Brother are producers, they are actors. They have gone into the entertainment industry. I recognised it as a platform for me to be seen for all of my talents at once.

The biggest challenge I have had throughout my life is being put in a box. “Are you a TV presenter or a radio presenter? Are you an accountant or on Big Brother”, you can be everything all at once. That for me was the best platform to put myself out there. The plan was never South Africa, it was always Africa,

I had resigned from my job in faith without knowing that Big Brother Africa was coming. When I saw the audition, I was like, this is an opportunity. When I resigned, the prayer was, “God, I am resigning and I want to find myself in the entertainment industry”. The first opportunity that came happened to be Big Brother and I went into Big Brother, despite it not being conventionally for the Christian. I am going to do it, and I am going to show the world that you can still be a Christian in a space that does not seem to have God within it. It is not about the place, it is about you bringing God into the space.

11. What is the best business or life advice you have read or received?

One is from the Bible, and number two is from a book called The Alchemist by Paulo Culo. The Bible says that while you were still in your mother’s womb, I made you and I formed you. The best advice that my pastor ever gave me was “Thato, you must remember that the dreams, ambitions, goals, and business that you want to start have never been dreamt of by anybody else before. God has not given them to anyone else otherwise you would not be here”.

In the best book, the Alchemist, there is a part where Paolo says that when we have a dream, then the whole universe conspires to make sure that we believe that dream. I do not believe in the universe. I believe in the making of the universe. But ever since I read that, it has changed my life. Because as soon as I resigned, there was an opportunity for me to be in the industry. For example, Big Brother, when I wanted to be on the radio, all of a sudden, there was an online competition. The whole universe conspires to ensure that you reach that dream. And that is how I approach life.

12. Our theme in this edition is Jehovah Sabaoth (The Lord of Host), which comes from the verse, “You alone are the Lord. You made the skies and the heavens and all the stars. You made the earth and the seas and everything in them. You preserve them all, and the angels of heaven worship You” (NLT Nehemiah 9:6) - Please, tell us what that scripture means to you.

When we say God conspires and every moment is created, and God knows everything is in and outside of time. A month back I was watching a preacher,

Jackie Hill Perry. She has a sermon titled The Lord of Hosts. At the time, I did not understand what it meant or what she was talking about. When she explained it, she said it means to be the greatest fighter in a battle, you are the greatest champion, you are the biggest champion. What she also said in the sermon was essentially, if you do not trust God to fight for you, it means you do not have the faith you proclaim you have. This means whatever it is, no matter how big it is, He is bigger than that thing. He can fight it. He can conquer it.

God, is the entire army that I need. Earlier you asked me how you did I do it. God is my entire army. God is the one that orchestrates and says, okay, you are going to do the shoot on Sunday so that on Monday you can submit on time, and then you are going to make it at 30 when you are already married so that you can have some kind of stability and help. God is the entire army that I need for my entire life, for my entire existence. I am being held by Him. When He needs to be the lamb, He is the lamb. When He needs to be the lion and roar. That is exactly what He is. Everything all at once.

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

A relationship with God means walking with Him throughout the entire day. He is not an option. He is not someone that you tap into when it is necessary or convenient for you. It means every decision that you make, you make with Him. It means every job that you do, you do it with Him. Most importantly, you do it for Him. And I will not dance to everything, I will not take on every role. Because I do not leave God at home when I log into TikTok. He is the very foundation of Thato.



14. Knowing what you know today, what would you say to the younger Thato about a relationship with Christ?

I got baptised when I was 17 years old. And I would tell her that this is the best decision you are going to make ever. When the going gets tough, this relationship, these youth services that you go to every Friday are going to carry you through university. They are going to carry you when it is quiet for about four years in the entertainment industry, not booking a single job. That Hebrews chapter 11 is what is going to carry you. This is the best decision you will ever make for life. I would also tell her that, do not worry, it is going to happen. It is going to happen when you give up, when you hit 29, that is when it is going to happen.

15. How does your style and relationship with Christ blend into your daily life?

We are constantly everywhere, everything is God. But for me, this is not, it is not new. This is how I have lived throughout my life. I come from a Christian family. This is all I know. And I thank God that I am still able to live and still have this very lifestyle.

16. What do Christ's followers need more of?

Let us stop the discourse and the debates about what Christianity is and should be. The Word of God says that you must share the Word of God, not fight about it. It continues to say, how can two men walk together unless they agree? The Word of God also tells us that not everybody will receive this message and this word. It breaks my heart that we put in all this effort to fight and prove a thing that has changed our lives.

My youth pastor once said to me, "Thato, here I am eating an orange and this orange is sweet. The only way you are going to know that this orange is sweet is if you take a bite out of it. If you have not taken a bite out of it, I cannot sit over here and convince you of its taste". To all Christians, live for Christ, let your life glorify Christ. Let your life do the preaching. Let us focus back our attention on hearing from God instead of hearing or reading the Bible.

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

1. The biggest one is that Immaculate is not a name I gave myself, it is my real name and it is also on my ID.
2. I can draw, and I am very visual.
3. I am exceptionally good at sleeping. I can sleep anywhere, anytime.
4. I love fudge
5. Even though my work is like extroverted and stuff, I am reserved. I do take a bit of time to interact with strangers and to let people in.



CREDITS:
MAKE-UP ARTIST: KHANYI NKOSI
STYLIST: STEMINKOSI NGULUBE
EDITORIAL ASSISTANT: PALESA HAJIE



Fitness in Faith: Leaning on God's Strength in Every Step

WRITTEN BY AMO KGORI



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.

Hello, Faithful Fitness Family

It is the 3rd quarter of the year and we have our 3rd Edition for 2024, welcome back! If you read our last editions thank you, you probably understand the importance of including God in all aspects of your life including your fitness and wellness journey and if you have not, I encourage you to read all about it.

We recently fasted as a church and as someone who leads a physically active lifestyle, I am here to say the sovereign Lord of Hosts has the grace to always be there for the one who comes to Him through faith in the Lord Jesus Christ.

Fasting while leading a physically active lifestyle sounds like a myth when you have never experienced it. I personally used to think it was impossible until I did it. The truth about anything you try for the first time is that it is not easy. If I am very honest I thought I was going to faint the first time I did it. However, I can not take any credit for it, because I did not carry myself through it. The Lord of Hosts carried me through, as He has in most and recently in every aspect of my life.

Yes, you can continue working out while fasting, but it is important to pace yourself and take it easy, because of the lack of nutrition you will have less energy. A workout requires energy and fasted workouts have their advantages.

The advantages include:

1. Increasing your ability to take in and deliver oxygen to your muscles- which allows you to train harder.
2. Improved endurance- when the body learns to exert itself without any food, it gets better at exercising.
3. Weight loss- instead of burning food for fuel, the fasted state promotes fat to be burnt as fuel during a workout. Any workout can be done fasted, but fasted cardio like running, cycling and other cardiovascular workouts is generally thought to have the most health benefits.

Fasted workouts also have their disadvantages, which include:

1. Muscle loss or damage- muscle tissue breakdown rapidly accelerates during fasted training without sufficient fuel, the body is at a higher risk of injury.
2. Fatigue- Fasted workouts cause exhaustion and fatigue much faster than workouts while fueling.
3. Decreased performance- during HIIT you need carbohydrates and glucose for fuel and quick access to energy. However, during a fasted workout your body does not have a ready supply of glucose, which often leads to a compromised performance during your workout.

I thank the Lord of Hosts for delivering me from the modern slave of the 21st Century which is self-reliance. It is so difficult to do anything in my own strength, my relationship with God through Jesus Christ is one that consistently affirms to me that I never have to do anything in my own understanding and wisdom. My partnership with God has allowed me to fully depend on Him, in prayer, in challenging situations, showing up as my best version in any area of life and in fasting. God is a Good God, God is our provider, God is our healer, God is our redeemer, God is our host and so much more than we can ever imagine. Isaiah 14:27 says **“For the Lord of Hosts has purposed, and who can frustrate it? And as for His stretched-out hand, who can turn it back?”**

In our theme for this edition and this conversation, we look to God as the Lord of Hosts. God is first called the **“Lord of Hosts”** in 1 Samuel 1:3. The word Lord, capitalised, refers to Yahweh, the self-existent. The word Hosts is a translation of the Hebrew word Sabaoth, meaning “armies” a reference to the angelic armies of heaven. Thus, another way of saying “Lord of Hosts” is “God of the armies of heaven.”

In conclusion, Joyful Fasting can only be done for and through the Lord of Hosts and I would like to reference the Scripture reading in Zechariah 8:18-19 which says,

“Then the word of the Lord of Hosts came to me, saying, “Thus says the Lord of Hosts: ‘The fast of the fourth month, the fast of the fifth, the fast of the seventh, and the fast of the tenth, shall be joy and gladness and cheerful feasts for the house of Judah. Therefore love truth and peace.’” The traditional fasts and times of mourning you have kept in early summer, midsummer, autumn, and winter have now ended.

The Lord promises to transform the fasts of His covenant people into joyful festivals and elegant them so high that other nations will go to Jerusalem to seek God willingly and entreat His favour.

When it comes to healing, deliverance and winning spiritual warfare, prayer accomplished by faith and fasting are certainly mighty weapons. Fasting is not about being self-reliant or completing a perfect performance. It is about coming before God with a humble, open heart and ready to receive from Him.

My prayer as we embark on the last quarter of the year is that this article serves to remind you to stay or start your journey of honouring God through your fitness and wellness journey, and remember it is never too late to start your journey if you have not started. I urge you to partner up with God, for He is always with you and He is the Lord of Hosts.

Until the next edition Faithful Fit Family

Amo Kgori



“Fasting is not about being self-reliant or completing a perfect performance. It is about coming before God with a humble, open heart and being ready to receive from Him.”
-Amo Kgori



Dear James

Set Apart: Navigating Love, Money, and Trust with Purpose

WRITTEN BY S O L'

People always say that “love is dangerous”. That is because many think that love is about looking into each other’s eyes, kissing and all the movie stuff but love, but true love is allowing someone to hurt you and trusting that they will not, that is true love. For some, it comes many times but for others, it comes once in a blue moon. When you have it, you enjoy that movie, especially the soft and sweet stuff, but you must know there will come a point when that bubble will pop and when it pops, be ready to land either bruised or brave. There is more that goes into building and maintaining a healthy relationship

They say the top reason for divorce and unhappy marriages is money and this goes back to basic instincts. The fancy term for this is called Maslow’s hierarchy of needs. Money comes right there at the bottom with physiological and safety needs. The reason for this is, if your basic needs such as water, food and safety are not provided, you will feel insecure about how things are going in your life and the same goes with money. When you are on that honeymoon stage, you might do stupid things. While you are in that bubble they provide the necessary sustenance of the bottom two levels. They give you water and food and give you safety you have allowed the honeymoon phase to be the base of your life and lifestyle. That is the first sign that “love” is dangerous but, it is not real love, it is lust, actually there is a great story of lust, love and trust in the Bible;

Samson and Dalilah, a summary shall we; so, Samson was a powerful king and fell in love with Dalilah. She was bribed to tell enemies how Samson had supernatural strength. Dalilah tried and tried to learn the source of his power but he refused to share where his strength came from until one night when she wore him down and he told her that his hair had never been cut since birth, finally knowing his secret she cut all his hair and his enemies were able to attack (Judges 16:4-19)

Samson was extremely excited and genuinely in love with Dalilah, yet she had other motives and that is the second sign that love is dangerous. You both need to be in it for the same reasons. Initially, it is tough because you are trying to be cute, play hard to get, send cute pictures and all of that. If you are serious about each other, the masks must eventually come off and you must show each other your true colours. Sometimes people are so good that they can tell you what you want to hear but there will come the stage of telling each other your true motives making sure that they are the same, and not only via WhatsApp but in actions. Actions really and truly do speak louder than words. The problem here was that Samson knew that he was set apart, he knew he had supernatural strength. Like all of us, he just wanted love, that is all and sometimes you are not even looking for it, it just happens and when it does it is great. The late-night conversations and calls, the “good morning” texts, the whole day texts, the whole day conversations it is the best. You also have to remember that, God set Samson apart with his supernatural strength and He has set you apart for someone too.



Back to the premise of this conversation, money. It is the root of all evil and when you forget that you are set apart and that God has someone who is supposed to be yours in all the right ways, you allow little things like money to chain you. We can agree by now that money is the root of all evil but more importantly, we should look at how money is being used and abused within relationships and that makes it purely evil. When you allow it to chain you, keep you, confuse you and even hurt you. When in all honesty, you know they are not going to pay you back but you still have faith in them, you still trust in them and believe the pure lies they spit out, all the while forgetting that you are set apart.

Money is bad but so are you for forgetting who has your love story in His hands. We always want to take control of it ourselves, we want to happen while sitting next to him on the train, or bumping into her down the street or the best is, "We started as work colleagues and the rest is history". Love stories do not often play out as you truly fantasise about them. Some feel that love is not for them for whatever complex reasons, but it is not complex, you just want to make it complex. It may be because you think you are not like everyone who wants to be held and kissed and that is not how it goes. Without thinking about it, if you wanted to kiss someone, anyone whether it is someone you kissed yesterday, on Valentines, on News Year at Afropunk or before Afropunk you would kiss them but all in all this is all you, determining your love story.


You need to remember that you are set apart, genuinely set apart and when things become toxic, when you want them while you know they are bad for you, when you know you are not going to get that money back.

When you know that there is no substance to the relationship it is purely physical. It is time to remember that you are set apart, to remember that there is someone out there and that their motives are pure unlike Dalilah and do not allow your basic instincts or values to be misled because she is out there saying to you and others "I am just a nice girl" know you are set apart and treat yourself like that because when you can treat yourself like that, people understand the level of respect that you deserve and need to be in your space.

Whether it was James or John or even Dalilah, who let you down and made you question the power and influence of money or anything else that can hold or hurt a relationship, always remember that you are set apart, set apart for someone who can care for you in a way that you truly need to be cared for. Do not let money confuse you, do not give into lust because they say the right things. They will use that weakness against you instead allow the true love story to be told by God because when you do that, it is the best.







Here is why you are washing your face wrong

And How To Fix It

WRITTEN BY HAJIE



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.

Master the Basics: Simple Fixes for Glowing, Healthy Skin

You are probably thinking, how can I possibly be washing my face wrong? You wash your face every day, right? Splash on some water, scrub with a cleanser, pat dry, and done. Easy enough! But hold up—you might be making a few common mistakes that could be sabotaging your skin goals. If you have ever wondered why your skin is not glowing like the models on TV and influencers promised, this one is for you. Here is why you are washing your face wrong—and how to fix it.



1. You Are Doing Way Too Much

Feeling squeaky clean after washing your face sounds good in theory, but here is the catch: washing your face too often strips your skin of its natural oils.

Your skin needs those oils to stay hydrated and balanced. If you are washing more than twice a day, Miss Honey, you are doing way too much.

The Fix: Stick to washing your face twice a day—morning and night. If your skin feels dry or sensitive, try washing just once before bed.

2. Your Cleanser Is Not The One (Yep, It Matters)

Using the wrong cleanser is like using dish soap for your hair—it is not doing you any favours. Your cleanser should match your skin type.

The Fix: First, figure out your skin type. Oily skin feels shiny and is prone to breakouts, dry skin feels tight and flaky, combination skin is a mix of both, and sensitive skin is easily irritated.

Pick a cleanser that suits your type: usually, gel cleansers for oily skin, creamy cleansers for dry or sensitive skin, and balanced formulas for combination skin, but it is always best to check with your dermatologist.



3. Your Temperature Is Off

Hot showers might feel amazing, but your face disagrees. Hot water strips your skin of its natural oils, leaving it dry and irritated. Cold water, on the other hand, can tighten pores and reduce puffiness but is not great for dissolving oils or makeup.

The Fix: Using lukewarm water to wash your face will ensure a gentle wash that cleans effectively and keeps your skin's natural moisture intact. Save cold water for a quick refresh or to reduce puffiness around the eyes.



4. Try A Little Tenderness...

We get it—sometimes you want to scrub away the day, but rough scrubbing can cause micro-tears and irritation. Your skin needs you to handle it in a very cutesy, very mindful, very demure fashion ;-).

The Fix: Be gentle. Use your fingertips and light, circular motions to cleanse. Let your cleanser do the heavy lifting, not your hands.



5. You Are Not Washing Your Whole Face

Neglecting your neck and hairline while washing your face is a rookie mistake. Dirt, oil, and makeup love to linger in those areas, leading to unexpected breakouts. Do not let them sneak up on you!

The Fix: Make sure to extend your cleansing routine to your neck and up to your hairline. Your skin doesn't end at your chin, after all.



6. You Clean It Up Just To Dirty It Up Again

Reusing the same towel or using a dirty one to dry your face? Major no-no. Towels can harbour bacteria, and pressing that bacteria back onto your freshly cleaned skin is not doing you any favours.

The Fix: Use a clean, soft towel each time you dry your face, or opt for a gentle pat with a disposable tissue. Your face deserves it.

7. You Skip The Moisturizer

You have just washed your face, and now it feels all fresh and clean. Great! But if you are not following up with a moisturizer, you are leaving your skin high and dry—literally.

The Fix: Apply moisturizer while your skin is still slightly damp. Moisturizing damp skin helps lock in hydration and allows your product to absorb better. After cleansing, gently pat your skin with a towel, leaving it slightly damp, then apply your moisturizer to seal in that moisture.



Your Skin Deserves Better

Washing your face may seem simple, but getting it right can make a world of difference. By avoiding these common mistakes and following a few skin-loving tips, you'll be well on your way to clearer, healthier, and more radiant skin. Your face will thank you—and so will your future selfies.



The God of Armies in Your Marriage: Confronting the Battles We Do Not Talk About

WRITTEN BY LINDSEY CELE



I do not believe anyone reading this has been personally exposed to war. Real war. I am talking, screaming rage as you run toward your enemy slitting their throats, their blood splatting across your face and their lifeless bodies thumping to the ground as you are charging for your next kill. But I know we have watched enough movies to know we would not want to be exposed to that environment. It is gruesome, it is violent and no matter how good the intentions of war may express to be, there is just too much damage done to justify the reasons it was necessary in the first place. When we hear the name Jehovah Sabaoth—the Lord of Hosts, the God of Armies— I am sure we think along the lines of these grand battles, spiritual warfare, or divine protection as seen in the Bible. But what happens when the battlefield is in your home? What do you do when the war is not with external enemies but with the person you share your bed with every night? Marriage, despite its beauty and sanctity, can sometimes feel like a battleground where wounds so deep are inflicted, and scars are formed. This is the

raw, unfiltered truth- that dude you just sliced, whose blood splatted across your face... that just happened in your bedroom!

The Unspoken Battles

Let us face it—marriage can be brutal. We enter it with dreams of love, partnership, and eternal harmony, but often find ourselves wrestling with deep-seated issues that no one prepared us for. The daily hustle of life—financial stress, unmet expectations, emotional neglect—can turn a loving couple into adversaries. These are not the kinds of battles where one walks away unscathed. No, these are the battles where words cut deeper than swords, and silence is a weapon of mass destruction. I have learnt, on the battleground, that the sin of unforgiveness is thinking that you do not have the grace which your partner needs.

Jehovah Sabaoth, the God of Armies, seems like a far-off concept when you are in the heat of a marital argument. Why in the world would we need the God of

Armies when this fight we are having right now is so personal? But what if this very name, this very aspect of God, is exactly what we need to invoke in the middle of our most intimate struggles?

The Enemy Within

One of the most shocking truths about marriage is that the greatest enemy in the fight is not always your spouse—it is often yourself. The unaddressed trauma, the selfish desires, the need to be right—all these can turn a disagreement into a full-blown war. We are quick to blame our partners but slow to recognise the battles raging within our own hearts. Imagine yourself with that machete again, swinging at any threat coming at you. You are swinging and swinging because all you are hearing is the sound of people warring and slicing and cutting and stabbing, so you are just swinging in a frenzy with your eyes shut hoping that whatever threat comes at you will be sliced by your erratic swinging. But the thing about a good soldier is that in the middle of chaos and frenzy, calculative decisions need to be made very quickly or you will go slicing at your own people. Your loved ones. And sooner than later, you would have brutally hurt the ones who were only reaching out to bring you to safety from the very war itself. The Bible speaks of God leading armies into battle, conquering enemies, and delivering His people. But in the context of marriage, Jehovah Sabaoth is not just leading us to fight our spouse; He is leading us to fight the real enemy—the sin, pride, and selfishness that resides within us. This is the battle we often avoid because it is painful to admit that we are flawed, that we need help, and that we are, a lot of the time, the problem.

The Victory in Surrender: A Personal Story

Here is the paradox: in marriage, the real victory comes not through winning the argument but through surrender—surrender to God’s will, surrender to love, and sometimes, surrendering to your spouse. I have seen the power of this surrender firsthand in my own marriage.

There was a time when my husband and I were on opposite sides of an issue. I knew he was off track, and everything in me wanted to correct him, to tell him exactly why he was wrong. I could feel the words bubbling up, ready to spill out, but I knew they would land like grenades, causing more harm than good. So, I chose to stay silent. I surrendered the urge to be right, to prove my point, and instead, I prayed for him and trusted God to work in his heart.

Weeks later, my husband came to me, seeking my advice on that very topic. He was open, vulnerable, and ready to listen. This time, I did not need to fight. I spoke gently, with a quiet spirit, and he was able to hear me because he was seeking guidance, not resistance. At that moment, I realised the power of surrender in warfare—not just to save my own heart from bitterness but to prevent a cascade of disastrous events that could very well have unravelled our

marriage. Imagine if I had unleashed my frustration in that earlier moment. The conversation would have escalated into an argument, potentially creating a rift between us. My words could have led to defensiveness, anger, and a communication breakdown that might have taken weeks or months to heal. Instead, by surrendering, I allowed space for God to work in both of our hearts and what could have been a battle became an opportunity for growth and deeper connection.

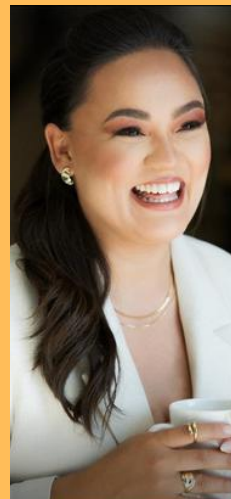
The Call to Armour Up

In Ephesians 6, Paul tells us to put on the full armour of God, and this applies just as much to our marriages as it does to our spiritual lives. Truth, righteousness, peace, faith, salvation, and the Word of God—these are not just abstract concepts but practical tools to navigate the hills and valleys and complexities of marriage. When Jehovah Sabaoth steps into your marriage, He does not come to take sides—He comes to take over. He comes to remind you that the true enemy is not the person you married, but the forces that seek to divide and destroy what God has united. He calls you to arm yourself not with sharp words or cold shoulders, but with His armour, designed to protect and preserve the covenant you have made.

The Hard Truth

Marriage is not for the faint of heart. It is a daily choice to love, to fight, to surrender, and to grow. It is a battleground where the stakes are high, but the victories are sweet when achieved through God’s strength. So so sweet. Jehovah Sabaoth is the God who fights for you, but He is also the God who fights in you, shaping you into the kind of spouse who reflects His love, His patience, and His grace.

The next time you feel the urge to lash out and swing, to defend yourself at all costs, remember who the real enemy is. Invite Jehovah Sabaoth into your marriage, not as a passive observer, but as the Commander who leads you both into battle—together. Let Him show you that in marriage, the real victory is not about defeating your spouse, but about overcoming the real enemy and growing stronger in love, side by side.



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.

Jehovah Sabaoth: A Heavenly Guide to Earthly Intimacy

WRITTEN BY ANONYMOUS

When we think of Jehovah Sabaoth, "The Lord of Hosts," the imagery that comes to mind is nothing short of majestic. The Lord who commands the stars, the heavens, and the entire army of angels also has His hand on even the most personal areas of our lives—including our love lives. Even the most intimate moments are part of His design!

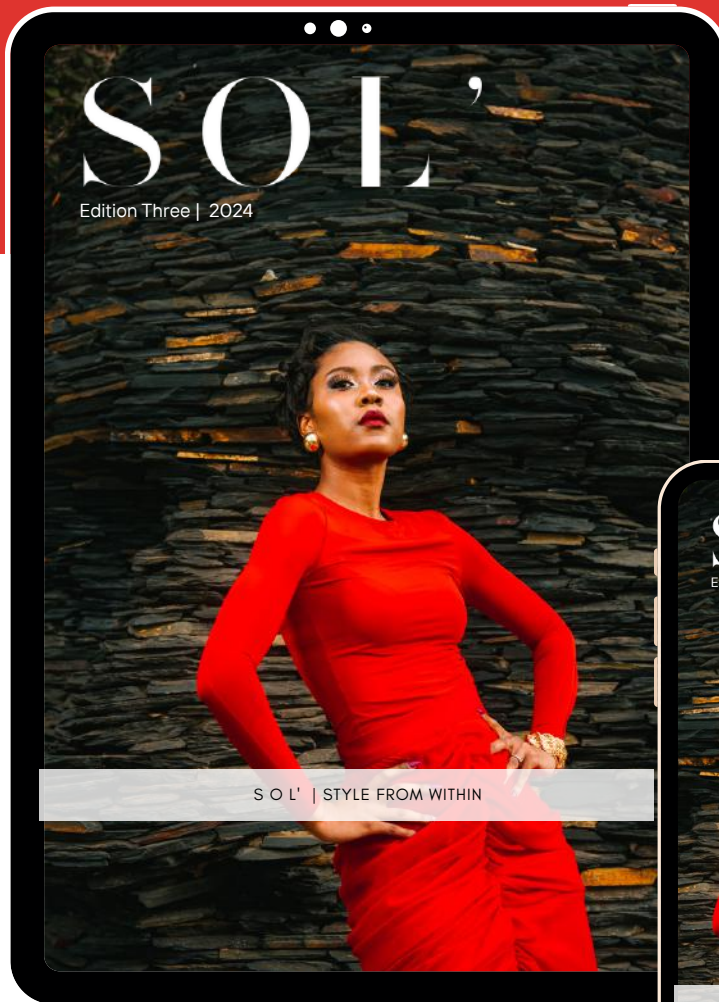
Nehemiah 9:6 tells us, **"You alone are the Lord. You made the skies and the heavens and all the stars. You made the earth and the seas and everything in them. You preserve them all, and the angels of heaven worship you."** Think about it—God's power and creativity are boundless, extending from the vast galaxies to the details of our relationships. If He can arrange the stars in their rightful places, how much more is He invested in aligning us with one another in intimacy?

Let us take a slightly humorous turn (because, hey, if God can laugh, so can we!). If the Creator of the universe can juggle the chaos of galaxies, surely He can handle the complexities of a couple learning how to navigate intimacy, right? That "heavenly choreography" of stars is not so different from the dance we sometimes fumble through in our relationships. Sometimes, the timing is off, the rhythm feels awkward, and let

us be honest, things can get messy. But that is where Jehovah Sabaoth, the Lord of Hosts, comes in—He is there in every moment, guiding, preserving, and offering grace. In the same way God preserves the heavens and the earth, He preserves us—mind, body, and spirit. Yes, that includes our sexual connection. Intimacy is more than physical; it is a spiritual bond designed by God that should be honoured, cherished, and celebrated. And let us not forget that sex is supposed to be fun! It is a divine gift to bring joy and unity between two people in the marriage covenant.

The next time you feel out of sync like you are planets apart from your partner, remember that Jehovah Sabaoth is present, orchestrating every moment. He is the same God who controls the universe—He can handle a little human awkwardness. Whether you are laughing through a fumbled kiss or marvelling at the beauty of a deeper connection, trust that God is there, ensuring everything is exactly as it should be. After all, if He is keeping the stars from colliding, He can certainly keep our love lives from falling apart.

SUBSCRIBE TO SOL'



FOLLOW US ON OUR SOCIAL MEDIA ACCOUNTS



S O L' Blog



@express_sol



S O L' Vlog
Series

