

# *Life* *equipping* *News*

Volume 4. Issue 1. 2014



***In this ISSUE***

***PREPARATION***

*What are you preparing for?*

***SUPERHERO***

***ARISE & SHINE***

***DR. WHO***

Imparting HOPE

Igniting PASSION

Inspiring LIFE

# WELCOME....

The LIFE newsletter is produced quarterly. We hope it inspires you to pursue a life that is free and driven by purpose and passion

Our desire is that the articles will inspire, encourage and equip you on life's journey.

We all have one life to live and the choices we make today will impact all our tomorrows.

Today choose to live and love, your LIFE!

We would like to acknowledge Pam Visscher as copy editor.

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**Cover Photo** - Excel Images  
Lakes Entrance - Australia



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**Our mission is to  
Impart HOPE  
Ignite PASSION  
Inspire LIFE**

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# PREPARATION

Did you know that regardless of age everything in our past has influenced us in some way to be the person we are today? The choices that we make based on these influences then propel us into preparing for the life we choose to live.

What is it that you believe you have been preparing for thus far in your life? What will you prepare for this year 2014?

We are constantly preparing ourselves for life or death based on how we choose to live everyday. Scary isn't it, the majority of the time we have a choice between choosing strength or weakness, joy or sadness, peace or worry.....

On any given day we spend moments, minutes, hours, years in preparation for many things in life. Preparation, it seems, takes longer than the final outcome, which can be swift or have lasting consequences good or bad, and sometimes good and bad. We plan what to cook, what to wear, when to get married, have a baby, what job to do, when to get up, when to give up....

Many people are involved in our lives and influence us. Some would have been pleasant to deal with and some painful. Some we will never know personally (farmers, governments, scientists, emergency personal etc), yet they would have impacted us and the choices we have made. Some of the influences and choices would be healthy and some not.

Everything in life has a reward and a cost associated with it. We can choose to pay the cost now and enjoy the reward later or enjoy the reward now and pay the cost later. Often the cost is the hard work that goes into the preparation and learning necessary to make the most out of life.

We can often think that things that are sweet to eat, pleasing to the eye, fragrant to smell, soothing to the ear or soft to touch are good for us. Yet, the opposite is true as some experiences which are bitter, difficult and painful, are the very experiences that prepare and strengthen us for living a productive life.

Preparation is a lifelong process. Some events appear to be more rewarding than others, while others we wish we never had to go through. Regardless of the events we have been through, or we are likely to go through, it is important to stop and ensure that we learn from the event before we discount it as a worthless experience. Don't let any event stop you from living life to the fullest.

Is 2014 the year to take stock and accept your victories and losses, to acknowledge your triumphs and sorrows, and to forgive those who need forgiving? This might be even forgiving yourself for decisions and choices you have made that are unhealthy and costly. Once you have done this, take stock of your life and make the changes needed and prepare for living life this year, this month, TODAY!

Candy Daniels

## **LIFE talks - stories**

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We, as a family, knew for a long time that we had a passion and purpose to see children being enabled to approach life with a healthy mindset and to live life to the fullest. In 2013 as a family, we stepped out and decided to be obedient to the call and the purposes of God. There was not going to be time to waste, we had a dream to live and lives to change. Our own short comings and challenges made it impossible for us to see what God sees and this had stopped us.

End of 2012 beginning of 2013, we finally decided to walk with God, to talk with God, to spend more and more time in His presence, allowing His Holy Spirit to change our sight from the impossible to the possible. We started seeing things through new eyes, through the eyes of Faith!

We embarked on a journey of bringing hope and love to destitute children, making things possible for them that they saw as impossible.

Our vision is to see children enabled to understand who they are not by the words or actions of society or their family, but through the word of God. To feed, clothe and teach them how to use their words as a tool to shape their worlds, to bring them from a place of hopelessness to a place of hope and endless possibilities. We want to see children use their story to positively impact their environment and their sphere of influence, by helping others in return to break free from the bondage of their community.



We exist and strive to serve others, and to treat those who are the outcasts of society, with respect and with dignity and to love them to healing. The Bible says that love covers a multitude of sin, so if love can do that then love can heal a heart, and love can help others to break free.

We started with restoring children's dignity by supplying them with a brand new pair of school shoes. We believe that education is vital in our society today, as knowledge is power and being educated opens up doors. Many times children drop out of school because they don't have the resources to complete school. These children then can become a statistic of unemployment which then opens them up to being pulled into destructive behaviours and abusive environments.

Every child has the right to new things. For the year of 2013 we managed with the grace and help of God, to put new shoes on over 900 children's feet. We had a Christmas party for 500 children in December 2013, where these kids had the time of their lives. At the end of the fun filled day each child received a Santa shoe box with a gift made for them.

Our aim is to reach more children this year, by sourcing resources for them to complete school. To use art as a medium to facilitate change within our local schools and to enable them to be whole and healthy, so that they can be raised up to influence their sphere.

Today, you might be sitting with a dream in your heart that looks and seems impossible. Stop procrastinating and just decide within your heart and get your mind to agree with it, that it is TIME to STEP OUT of the old and STEP IN to the new!

It is your Time to SHINE, SO ARISE and SHINE!

Danolene Johanessen



# ***SUPERHERO***

Why do we want a Superhero? Why do we want to be a Superhero?

I was thinking about this while listening to the radio when my questions were answered. We want a Superhero because we want to feel safe or we want to feel valued.

You may have heard (or experienced) that men and women have different ways of thinking and communicating. In Ephesians 5:33 the Bible already had this worked out, saying that husbands' need to love their wives, while wives need to respect their husbands. Each needs something different in a relationship. So what do communication and the Bible have to do with Superheros?

Generally speaking, men like to be Superheros and rescue the day to receive respect and adoration from their best girl, whilst women like to have a Superhero come and relieve them of life's hardships and chores. Sound familiar? Or perhaps you are saying "It only happens in the movies." So how do we get or become a Superhero?

It comes down to love and respect. Yep, that Bible verse.

Respect your husbands. This means appreciating what husbands do and understanding who they are, their personalities, gifts and abilities, and not focusing on what they aren't. Sometimes people can live in a 'world-is-ending' mentality. Is it so important how the dishwasher is packed? Does it really matter if the rubbish bins are not taken out?

Love your wife. The same as men, women want to be appreciated and accepted for how they do things and what they believe. Superhero love is treating your wife like an expensive car or something that is precious to you. Is it really that difficult to make her a cup of coffee? Does it matter if she forgets to put

petrol in the car? Is this a 'world-is-ending' problem? Many women create routines or ways of doing things in their life as it helps them feel secure and in control of their environment. While it may not bother you how the dishwasher is packed, for her it helps her maintain a feeling of order.

How would a Superhero deal with an 'end-of-the-world' issue? Let's look at the rubbish situation. The she Superhero would acknowledge the issue, and then leave time for her Superhero to appear and come up with the solution. She will accept that her timing may not be his timing, reassuring herself that the world is not ending. She will consider reasons why he may have forgotten. Maybe she normally does it and has asked him to help her? Maybe he has been under some stress at work? Or perhaps he just plain forgot? She-superhero would behave respectfully, and not in an 'end-of-the-world' manner. He-superhero would understand the implications of the possible dangers his family may face, the extra stress she feels because order and security have left her world. He will ride in and rescue the situation by taking responsibility for the rubbish, explaining his plan for avoiding 'world disaster' until next week when the bins are collected, loving his best girl by defusing the situation and avoiding 'world disaster.' The she-superhero would be thankful for the way her Superhero has taken control of the situation, accepting that it is not how she would handle it, but believing in his ability to solve the situation and acknowledging his care for her and the family.

Give your he-Superhero a chance to prove himself by believing in him and respecting his way of dealing with things. Love your she-Superhero by appreciating the way she orders her world and helping her to relax by joining her in this. You may just discover your Superhero is already living with you.

Jodie Chambers

## LIFE health - wellbeing

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As you enter this new year and consider all the things be it physical, emotional, relational, spiritual... that you are going to change, what thought have you given to the wellbeing of your heart?

When our heart gets physically weak due to the lifestyle choices we make, it can cause many health issues and ultimately we will lose our life. In the same manner our heart can get emotionally weak due to prolonged stress, feelings of isolation, depression and so forth. Furthermore a spiritually weak heart can make us want to give up on living and we can lose passion for life.

*Physical* - a balanced diet and regular exercise is the prescription. Processed foods, preservatives and additives can trigger allergies, intolerances and drain our bodies from vitamins and minerals. In life its about consuming and doing everything in moderation; what is good for one person is not always good for another. We have all heard the saying 'you are what you eat' but really we are what we digest. The biggest culprits for many of us are the foods that turn into sugar/energy once digested. It is these foods that cause the problems eventually to our heart, due the fact that we have too much stored energy that is not being used up that turns into fat. Now about exercise, keep it fun. Remember when we were little and how much fun we had with play. Think of exercise as play; play is for the purpose of enjoyment.

*Emotional* - majority of the time our mood is low because we go through prolonged stress and anxiety, feelings of

anger, bitterness, unforgiveness, fears or physical illness will make our heart weak. High blood pressure can often be triggered due to emotional health. One of the most overlooked reasons for poor emotional heart health, is being lonely or isolated and not having fun or lack of play in life. When we are struggling emotionally, this then affects how we look after our selves physically. Did you know play often makes us laugh due to enjoyment? Laughter is healing to the heart and soothing for the mind.

*Spiritual* - wellbeing is often overlooked but it is the part of us that makes us feel connected to others and where we know we belong. Our spirit is what gives us and keeps us connected to our beliefs, values, morals and purpose. Living a life of purpose with passion and drive keeps our spiritual heart in tip top shape. We discover our purpose through our passions and our purpose is discovered through play, often accidently.

Did you know that there is a connection between our head, heart and stomach, just as our spirit, mind and body is all connected? So this year decide to look after the wellbeing of your heart, your life. Practice having a spirit of gratitude, this will bring you joy and give you a spirit of contentment. Practice talking to someone on a regular basis who will listen and understand you, this will give you peace. Finally be mindful of what you eat and have regular times of play, this will keep you free. Ensure you enjoy life and do not let your heart be troubled or afraid by things you have no control over but do your best to enjoy each day, find time for fun and fellowship.

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Candy Daniels

## BOOK LIST

***Broken Image***

Leanne Payne

***The Supernatural Power of Forgiveness***

Kris & Jason Vallotton

***Bonhoeffer***

Eric Metaxas

***Who Switched Off My Brain***

Dr. Caroline Leaf

## LIFE EVENTS

Throughout this year we will be conducting seminars. These will be to empower individuals to balance the priorities in life. Our goal through these seminars is to encourage you as you discover the importance of balancing the three areas in life that take up our time and energy - work, rest and play.

Furthermore, we will be hosting support groups for those who have been through adoption.

The dates and times of these will be made available on the website under the RESOURCES tab. Keep a look out at [www.lifeinternational.com.au/resources.html](http://www.lifeinternational.com.au/resources.html)

Looking forward to seeing you shine!

## Announcement

Dream Kidz is running their annual Soles 4 Souls. Soles 4 Souls this year is hoping to assist underprivileged children on a farm in Hermon, Cape Town, South Africa with a new pair of school shoes and basic stationery to enable them to go to school. Small change makes a big difference! Our banking details if you wish to donate through PayPay - TJohanessen@gmail.com OR Dream Kidz First National Branch Code: 200510 Swift Code: firnzajj Thank you for making a difference!



## 3 P's THAT CAN CHANGE YOUR LIFE!

- ♦ **PURPOSE** - ask yourself *what* is the reason I do it?
- ♦ **PASSION** - ask yourself *why* do I do it?
- ♦ **PLAY** - ask yourself *how* often do I do it?

## LIFE force – Wholeness

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I have been thinking of the word *understanding*! What does it really mean? How many of us really feel understood? What is the difference between having wisdom, knowledge and understanding?

The dictionary defines wisdom as the state of being wise. It is having knowledge of what is right and true and having understanding to know the best course of action. Knowledge is the acquaintance with facts, truths or principals, this is how we know things. While understanding is defined as the mental process of a person who comprehends, one who has the power of discernment and enlightened intelligence.

Proverbs 3:13 ‘Blessed are those who find wisdom, those who gain understanding’ and Proverbs 19:8 ‘Those who get wisdom love their own lives; those who cherish understanding will soon prosper.’ It seems that wisdom and understanding go hand in hand.

I have heard people say that it is more comforting to be understood than even having answers to life’s issues. In life we are always looking for excuses or someone to blame for the ‘stuff’ that happens often in fear that no one will understand us. You see, when we have understanding that ‘stuff’ happens in life, and no one can escape from the ‘stuff’ it is time to find someone who will listen.

We often want to look for answers... what if we are asking the wrong questions? The next time something good,

bad or otherwise happens, I encourage you to ask the question ‘what can I learn from this?’ ‘How can this incident be a stepping stone rather than becoming a issue?’

I believe understanding is the application of wisdom and knowledge. Knowledge would say what to love and what needs love because of gathered information. While understanding would demonstrate how and why to love. Wisdom would keep on loving despite pain, hurt, fear or circumstance because wisdom knows that everyone has a need to be loved.

We all have wisdom to know that oxygen is essential for life, yet we can’t see it. Some of us may have the knowledge of how it all works to keep us alive. Few of us practice breathing as an exercise because oxygen is free and breathing comes naturally. Did you know we treat God the same way? We don’t see Him yet He is free and is the very source that gives us life. When we seek Him we will find Him. Knowledge of God can be gained through reading the Bible, when we understand who God is and how much He loves us, we can be free to live and love the life we have been blessed with and grow in Godly wisdom.

Knowledge then is about knowing that God loves everyone, understanding is about believing that God loves me. Wisdom is the application of knowledge and understanding. Hence we are called to love our neighbour as our self. Today, will you choose to gain and cherish understanding?

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Candy Daniels



## In Celebration of life - Amelia Taylor (1808-1881)



Amelia Taylor is best known as the mother of the great missionary Hudson Taylor. Amelia was married to Rev. James Taylor. They lived in Barnsley, England. Amelia and her husband prayed "Dear God, if you should give us a son, grant that he may work for you in China."

In answer to their prayers, a baby boy, James Hudson Taylor was born on May 21, 1832. As an infant he was sickly and there seemed little hope of him becoming a missionary. Yet they did not give up, they prayed much for him. Amelia was a praying mother and her husband was a man of faith.

Despite the Godly example and teaching of his parents, Hudson became a worldly young man. He began to think that for some reason or other he could not be saved and that the only thing for him to do was to take his fill of *this* world, since there was no hope for him in *the next*.

When he was about seventeen years of age he went one afternoon into his father's library in search of a book to while away the time.

Little did he know what was going on at that very time in the heart of his mother, who was on a visit seventy or eighty miles away. That very afternoon she went to her room with an intense yearning for the conversion of her son, turned the key in the door and resolved not to leave the spot until her prayers were answered. Hour after hour she continued pleading, until at length she arose with glad assurance that the object of her prayers had already been accomplished.

Meanwhile, after reading the tract, Hudson fell on his knees and gave his life to Christ. "Thus," says Hudson, "while my dear mother was praising God on her knees in her chamber, I was praising Him in the old warehouse to which I had gone alone to read at my leisure this little book." She returned 10 days later and was met at the door by her son who said he had good news for her. She said, "I know, my boy. I have been rejoicing for a fortnight in the glad tidings you have to tell me." Amelia Taylor had learned of the incident from no human source, but God alone had assured her.

God answered Amelia's persistent prayers. At age 21 Hudson Taylor set sail to China as a Missionary. The best years of his life were to be spent in China serving Christ for 51 years, under many hardships. The society that he began in China was responsible for bringing over 800 missionaries to the country that began 125 schools and directly resulted in 18,000 believers, as well as the establishment of more than 300 stations of work with more than 500 local helpers in all eighteen provinces.

No other missionary in the nineteen centuries since the Apostle Paul has had a wider vision and has carried out a more systematised plan of evangelising a broad geographical area than Hudson Taylor. The prayer of Amelia and her husband not only changed one man, but millions! Many generations of Taylors continue to serve Christ to this very day. May we offer our lives, our children, to serve Christ, so that future generations will continue to know the truth.

"God's work done in God's way will never lack God's supply." – J. Hudson Taylor

## Dr. Who in modern life

I was wondering about the timelessness of God. Have you ever thought about that? When you and I were a mere thought in the mind of God, He knew what we would be like and that we would be His child. He is always hovering over us remembering how He created us in love and with a plan in mind. Now we are grown up and we carry lots of burdens and baggage everyday back and forth. We are often unaware that He is around and we might have forgotten or not even know of the plan that He had. But He hasn't has he? How do I get back to being in that place where I am in his plan? How do I find out what His plan was for my life?

I'd like to think that God is almost like a Dr Who. I mean he never ages does he? and he jumps back and forth through time and remembers people as they were years ago. Like God he sees them when they are older, he remembers them as they were. Yet at the same time he is also looking to their future and where they are heading to - the whole picture of our lives, as he knows all things.

Interestingly, in our lives as well as in the life of the television Dr Who, he can change the course of peoples lives. Sometimes he intervenes but the ultimate choice still lies with the individual to change the course of their lives. Sometimes they choose not to change and they stay in that place of defeat whilst Dr Who is standing there and wanting so badly to help but he can not. That is why I often think about God as Dr Who, but in God's case He is much more subtle than the televised character.

God 'drops' into our lives from time to time to speak to us, to remind us of his plan for our lives, and we are amazed at His knowledge and love and then He is off (so it feels like) again and we have to continue this road on our own. That is what CS Lewis portrayed so perfectly in Narnia when we look at the character of Aslan who comes to the rescue of the Narnians but then he is off again, yet staying close at hand waiting for the people to call upon him again for deliverance.

We are like Dr Who in other's lives sometimes. We seem to touch people in everyday life, and by doing that we make a difference. After all we were created to love and be loved if nothing else or even if we are unaware of our purpose, we do know that right?

Remember the stranger you met in the shopping mall the other day who you spoke to about Jesus because you felt they needed to hear about the Saviour?

Or do you remember the old lady in the dog park with her dog and you listened to her story and empathised with her - being there for her, and you could see her relief for being heard.

Or do you remember the old man at the beach who lost his wife and was feeling down ... you were Dr Who for him that day when you listened to his hurt and gave him a hug to say it is ok.

Or do you remember the smile you gave to the lady with the frown on her face and for a mere moment she smiled back - you brought a smile to her face for an instant - a glimmer of hope for an instant.

Or do you remember when you were lying in hospital coming out of anaesthetic and in pain, talking to the nurse next to your bed about how Jesus carried you through this operation, when she might have needed it most because she was going through a tough time?

Or just how about when you just smiled or said hi to the person you passed by on the street, just because they were there. You may not know what impact if any that made. Did you know you just might have saved a life, because that person realised that they were not invisible.

In Dr Who he does pick out the year he will travel to intervene but he doesn't always know where he'll end up and the same with us. Today we know the year but not the opportunity, so lets take the moment and make a decision to offer a glimmer of hope for someone today. Maybe it is in a smile, a hug, a handshake, a listening ear, whatever it may be. Look for the opportunity to represent the timelessness of God.

So I put this question to you today: Are you a Dr Who today? Are you able to represent this timeless God we serve and love today as you meet someone on the beach, in the car park, in the shops, at work or in the street? Be the Dr Who after the example of the first Dr Who and fulfil your purpose, if you don't know what it is, you might just discover it along the way. Drop in to someone's life and you can create a life changing moment.

Anna Marie Steyn



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