

Life **equipping** News

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**Stand on the mountain and enjoy the scenery of the valley,
remember the life lessons learned in the valley and keep climbing!**



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!

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Ou Kaapse weg, Cape Town - South Africa

How one event can impact my life

Event + Memory + Perspective

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Belief



Thinking



Feelings



Physical/Emotional Behaviour

We are defined by what we believe. It further impacts who we are and how we choose to live. If what you believe about yourself is holding you back or not equipping you for your future? It's time for change!

Often we don't realise that there is a difference between what we believe and what we actually know or think. At times we may know the truth about something, yet we choose not to believe it or shape our thinking and live according to the truth.

The truth about you and me is that God loves us unconditionally, each of us has a purpose for our lives, and God desires for us to believe the truth of His love for us. to be free from all that is holding us back, and to live a life of purpose and passion.

THE VIEW

In life we go through many mountain top and valley experiences. Most often the mountain top experiences last for shorter periods, while the valley experiences appear to last for so much longer. When it's cold, windy and raining or perhaps even snowing the view from the top of the mountain can be breathtaking. However, if you are trying to climb or stuck in the valley with weather conditions like this then all hope may seem lost.

Every person experiences the valley and its challenges in different ways. For some it may seem, or truly even be the valley of death, gloom or despair. While for others it can be a time of training and developing. No doubt everyone and everything around you confirms what you believe, think and feel. At times you may even feel like you have fallen in a ditch and you are all alone. There is nothing to grasp or hold on to.

If you feel you are stuck in a ditch and no one is around, it's time to make some noise. The level of noise you make will either have people coming to your aid or staying away. Some may notice you and pay attention and some may even offer you assistance and help you out of the ditch. Keep in mind that all those you meet in the valley are in the valley themselves. There will be some just passing through and others who have made it their home.

Your attitude along with their attitude can either keep you in the ditch, valley or see you being challenged to move towards the mountain.

There are no guarantees in life that we can stay on the top of the mountain forever. Life is about having challenges that help us grow. Mountain climbers would say that once you have climbed a hill, your challenge is to look for the next one that is taller and more difficult to climb; the goal for them is not to conquer a hill but a great mountain. Yes, it's always more work as you keep reaching for the top, however the view each time makes the journey worth it. To appreciate the view from the top make sure to occasionally look back to see how far you have travelled. If the journey to the top is exhausting or causing fatigue, take a break but make sure not to stay there for long. You will find those who will encourage you to stay in the valley or even to join them in the ditch. Don't lose sight of your goal.

We will never be able to enjoy or appreciate the mountain top view if we have not been through the valley. No matter where you are the sun will always rise and it will set. What you will have is the day to either be a mountain climber or a valley dweller. Regardless of the conditions of the day, we are responsible for choosing how we look at the view.

Candy Daniels

PERSPECTIVE

What is your perspective? According to the dictionary, it is the vista or view you have of a scene, landscape, building etc. Your perspective of something depends on where you are positioned and what you believe. I may see someone with red, watery eyes and believe they have been crying; that's my perspective as a counsellor. However they may be suffering with a cold; that's my perspective if I was a doctor. Until I speak with the person I am only guessing.

Our perspective on situations is generally informed by our beliefs. Our beliefs will be influenced by our culture, the city/town we are born in, the economic state we live in or if we are the oldest, youngest or middle child and many other factors.

Let us imagine we are driving a car. We control how fast and where it goes. This is our choice. The wheels of the car are our belief system. This gives us momentum to choose how we control our car. As we drive our car our perspective is our windscreen. It is how we view the road, where we are, and where we are going. It is also the main way we view other drivers and the road conditions. What we see through our windscreen will inform us how we choose to drive.

When we drive around with a dirty windscreen it can blur our view, and when the sun shines on it we can find it almost impossible to see. Some may

have a crack and are distracted by or concerned over how to have it repaired.

Maybe you have a bug that is annoying you and you are concentrating on trying to wash it off. Perhaps you have driven this way a hundred times before so aren't really paying any attention. Worst of all is when you spend more time looking in your rear-view mirror at where you have been instead of where you are going.

All of these issues with our windscreen can make it difficult to see the bigger picture of where we are. The choices we make can cause accidents or have us feel out of control. Maybe things happen that we don't see coming. Everyone on the road with us has their own windscreen they are looking through, driving their cars accordingly. Their perspective on what is happening will be different to yours. They may be coming from the other direction or in a different lane or perhaps they come out of a side street and they don't see you because they are looking in their rear-view mirror, or trying to wash the bug off their windscreen.

You don't have control of the other person's car, only your own. How is your windscreen? What are you looking through? Do you drive around thinking everyone sees the road from your perspective? Are you stuck looking in your rear-view mirror? Or are you worried about the cracks and chips in the glass and have lost sight of where you are?

Jodie Chambers

LIFE health - wellbeing

Have you ever considered the fact that one of our greatest gifts in life is the fact that we have been given CHOICE.

We get to choose what we want to do with our life; where we want to go, how we want to live, who we want to love, how we should look after our selves and yes the list could just go on. Now you might be saying to your self, "I don't have a choice, I would like to stay in bed all day and just do nothing. But I have to get up; I have children to see to, work to go to etc."

Great, so you decided that you wanted children, and that you wanted a job so that you can earn a living and pay for the things you want each day. Sure, there are days when what you earn may not cover all your living costs. There again at some point a decision was made as to what was wanted.

Have you ever considered that in the midst of everyday life, we can choose joy. Joy is a choice we make. It is not a feeling like happiness is.

Joy, I believe, is a lifestyle choice. Life we know is not always fair, it has many ups as well as downs. It comes with challenges that stretch us beyond what we think we can cope with or possibly put up with. Then we suddenly discover that we made it through, yes kicking and screaming

may be, but we made it. For those of us who have lived passed infancy we know that life is just not always fair.

Guess what, we can still choose to have joy in the midst of all that is unfair and painful. This is because Joy is a heart attitude.

Some keys to JOY

- ♦ Be GRATEFUL - this is about being deeply appreciative for the people, things, we have.
- ♦ Be THANKFUL - this is about expressing gratitude for the people and things we have in life.
- ♦ ENJOY - take pleasure in the simple things in life. Often we look for the fireworks & miss the shooting stars.
- ♦ Use your SENSES - your 5 senses (sight, hearing, smell, taste and touch) are for your pleasure. Add things such as pictures, sounds, fragrances, nibbles, textures that bring you delight to your surroundings.
- ♦ ATTITUDE - that thing that gets in the way of how we decide to see things. Are you a glass half full person or half empty person? Why can't you just be content with the little or lot that's in your glass?

Today I encourage you to choose joy. It will make your life richer & fuller.

Candy Daniels

LIFE talks - stories

I was a very impatient person. To be honest I don't think I knew the meaning of being patient. I used to want the answers to my questions straight-away, solutions to my problems immediately.

I used to be in very severe physical pain due to suffering from bone spurs in my neck, which used to compress the nerves around my neck, shoulders and arms. These bone spurs which are hardened soft tissue between the vertebrae, caused my arms to ache so much that it used to be a struggle to drive my big car.

My local doctor constantly reminded me that I should be driving a smaller car. It was very easy for him to suggest this to me, but how was I to get another car when I had no money to buy one.

During this time there was a buzz in the car sales industry and they were advertising a zero % interest rate on loans to purchase cars. This was exactly what I needed. It made perfect sense to solve this issue by getting a loan to buy a smaller car. What was even more exciting was that I kept

meeting people who were buying cars using this deal . So the excitement really kicked in. Yes 0% interest rate it could not get any better. I took a loan for my first car and I could do the same for the next. Problem solved.

There was one small insignificant thing that stood in the way. What was it? It was an unease in my heart about the whole issue. I pondered and could not put my finger on why I had an unease about it. Suddenly, I just did not have peace and decided that I would continue with my big car even though it was painful to drive. I prayed and declared to God that He could see my problem, and I thanked Him for the right car that He was going to bring me at the right time and right price.

Months later I woke up one morning and shared with my husband that I felt we were to sell some old shares that we had, in order to buy my car and not take a car loan. This did not make sense as the truth about the shares was this. I used the small dividend as Christmas spending money. It was the last thing on my mind that I would have to sell. At the time the

share price was so low and no one in their right frame of mind would sell them at that time!! Very confusing I might add.

I did not sit idle, but continued to thank God for the right car as I waited for His direction. He was going to bring me the right car at the right price and time. Another six months had passed.

During this waiting time we looked at many cars. Still no peace about buying one. So the waiting game continued. Nine months into this car issue I felt the timing was right to sell the shares.

Well, you will not believe me but the price of the shares soared and we sold them. Here's the amazing news. The whole share market was down but my company shares had gone up!!

Immediately after this I went into surgery for my neck. The initial recovery time given by the surgeon was eight weeks. The purchase of a car was the least of my concerns.

Two weeks into my recovery from my surgery my husband was on the internet helping my brother-in-law look for a car, and came across a car

which looked great for me. He was able to negotiate the price, and I was the proud owner of an almost new small car. The features of this car blew my mind away. The price was two thirds of what I was originally looking at paying, and it was a luxury model!!! I felt so humbled.

I had to wait for this car for over a year and put up with the pain? During this time I learnt not act on my emotions, or take the time to think and reflect on the pros and cons and consequences. I learnt to stay still and look to God as my provider. It brought out a new level of patience, trust and a complete reliance on God.

God allowed a difficult situation to teach me and help me to completely surrender to Him. I took my eyes off my car and instead focussed on God.

I learnt many lessons from this which can be applied to other areas of life. Patience is gained from waiting and going through tough times, but it is worth it in the end. I also learnt that my attitude was important while I was waiting. I did not lose hope in our God. You can do the same!!!

Amber Ferrier

In Celebration of life - *A WOMAN OF FAITH*

Cornelia "Corrie" ten Boom (April 15, 1892 - April 15, 1983). Corrie ten Boom grew up in Haarlem, The Netherlands, and was the youngest of four children, born to parents Casper and Cornelia. She had two sisters, Betsie, Nollie and one brother, Willem ten Boom.



Betsie, Nollie & Corrie ten Boom

The ten Boom family were devoted Christians who dedicated their lives in service to others. Their home was always an "open house" for anyone in need.

On May 10th, 1940 during the Second World War, German forces (Nazis) invaded the Netherlands. The ten Boom home became a refuge, a hiding place for fugitives and those hunted by the Nazis. By protecting these people, Casper and his daughters, Corrie and Betsie, risked their lives. They hid many Jews and members of the Dutch underground resistance movement. The ten Boom family and their many friends saved the lives of an estimated 800 Jews, and protected many Dutch underground workers.

On February 28, 1944, this family was betrayed and the Gestapo (the Nazi secret police) raided their home. Casper, Corrie, Betsie, Willem, sister Nollie, and nephew Peter were taken to prison. Although the Gestapo systematically searched the house, they could not find what they sought most. They suspected Jews were in the house, but the Jews were safely hidden behind a false wall in Corrie's bedroom.

Because underground materials and extra ration cards were found in their home, the ten Boom family was imprisoned. Casper (84 years old) died after only 10 days in Scheveningen Prison. When Casper was asked if he knew he could die for helping Jews, he replied, "It would be an honor to give my life for God's ancient people." Corrie and Betsie spent 10 months in 3 different prisons, the last was the infamous Ravensbruck Concentration Camp located near Berlin, Germany. Life in the camp was unbearable, but Corrie and Betsie spent their time sharing Jesus' love with their fellow

prisoners. Many women became Christians in that terrible place because of Corrie's and Betsie's witness to them. Betsie (59) died in Ravensbruck, but Corrie survived. Corrie's nephew, Christiaan (24), had been sent to Bergen Belsen and never returned. Corrie's brother, Willem (60), while in prison contracted spinal tuberculosis and died shortly after the war.



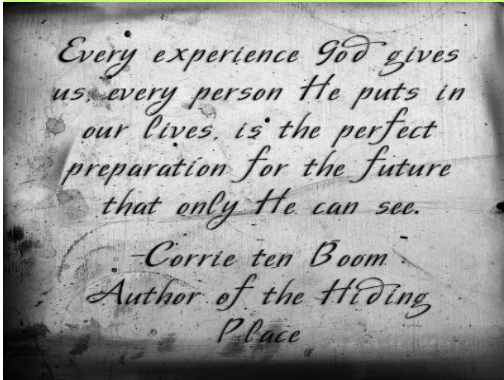
Corrie ten Boom

Four ten Booms gave their lives for this family's commitment, but Corrie came home from the death camp. All the women her age were put to death. She realized her life was a gift from God, and she needed to share what she and Betsie had learned in Ravensbruck:

"There is no pit so deep that God's love is not deeper still" and "God will give us the love to be able to forgive our enemies."

At age 53, Corrie began a world-wide ministry which took her into more than 60 countries in the next 33 years! She testified to God's love and encouraged all she met with the message that "Jesus is Victor."

Corrie received many tributes. Corrie was knighted by the Queen of Holland. In the early 1970's Corrie's book THE HIDING PLACE became a best seller and World Wide Pictures released the major motion picture "The Hiding Place." Corrie went on to write many other inspiring books. Corrie was a



woman who was faithful to God. She died on her 91st birthday, April 15, 1983. In the Jewish tradition, it is only very blessed people who are allowed the special privilege of dying on their birthday!

If you give your life (surrender your will) to Christ, He can use you also to do mighty things for Him!

Amritha Perera

Dream KIDZ

When I was a child I was sexually abused. I remember wishing I had someone who I could call or tell, someone who would believe me. Sexual abuse is often the untold secret due to fear, shame and uncertainty about who to tell and who would believe 'me'. I meet many children today who are going through similar things and it breaks my heart to see and understand their heart's cry.

I decided I wanted to do something to help in some way. I have come up with a concept that has taken root in my heart. This concept is that we make bracelets that look like any other bracelet, but at the same time with a difference. A bracelet aimed at school children, to teach them and to provide them with something that will remind them of the following facts.

- ◆ That they are special and that the bracelet has been specially made for them.
- ◆ It will carry a message "I can speak up". To break the silence around abuse. – That I don't need to be silent, I can speak out.
- ◆ There will be a phone number that they can contact if they need to talk to someone.
- ◆ It will be a constant reminder of how valuable they are.

The purchase of a bracelet will change the lives of young children, it will further change the lives of the young people in our community that are jobless. As our hope is to create opportunities for them to earn a income through their creativity.

If you would like to know more,, or you would like to purchase a bracelet for your son or daughter, or if you would like to get involved in any other way to spread the word that children need to be valued and protected, please contact me through this newsletter. We are a ministry aimed at the underprivileged in Cape Town, South Africa.

Danolene Johanessen

LIFE force – Wholeness

Have you ever been bankrupt?

This question really got me thinking. What does bankruptcy mean for you and me? In today's economically violent climate some of us have been affected by thoughts of bankruptcy.

When I pondered on the associated words with bankrupt I thought of words like broken, devoid, bare, barren, bereft, destitute, void, depleted. This is exactly how one feels when you are bankrupt, be it emotionally, spiritually or financially. It is a space devoid of peace and where doubt and anxiety reign. The feelings that come with being bankrupt can range from desperation, feeling depressed, despair and losing hope.

Do we measure up?

How can we be emotionally and spiritually bankrupt? When do we not have **IT**. But what is **IT**? Is it the right car, or the right job or enough money? Or is it to be a good Christian? I have discovered that it is when there is no plan B, nothing else to fall back on, when we are barren of options, destitute.

Taking Stock:

I am faced with the question of how I live my life? Have I given up trying to live a life full of joy and making ends meet? And where to now? To get to some objective kind of answer, I have to take a step back and almost clinically review my life. Ask yourself the question: who is my **role model** in life? Have I made the decision to model my life after what society is depicting as being successful, or am I after something else?

Kierkegaard (an existentialist) established a distinction between *existence* and '*real existence*'. He used this distinction to differentiate between admiring Christianity from a distance (acting & talking like a Christian) and existing as a real Christian. He goes on to say that to 'exist' is to struggle and act in the world of men. He also states that our personal existence cannot be understood in a system, but rather that each person must choose irrationally the direction of his own existence. Basically Kierkegaard says that we as Christians need to live a life of total faith where one seeks passionately after God. And sometimes it doesn't make sense to the world to choose a life of faith in today's life of monetary success and materialism.

What is God's answer to all this?

I have to admit I am bankrupt. That means to admit that I am a failure in trying to be 'real' by my own efforts, is a start to the breakthrough that I need. My daily confession has to be that I admit that I am bankrupt, and to confess my need for God. Just as it is a heart condition to be bankrupt it is also a heart condition to *really live* in Christ. The Apostle Paul said in Galatians 2:20 that it is no longer I (and my own efforts) that live but Christ (and his ability) that lives through me. And this I declare by faith.

What is the opposite of being bankrupt?

The dictionary lists amongst others the antonyms of bankruptcy as being filled, full, replete, etc. And what does that mean for me? In John 10:10 it says that "The thief comes only to steal and kill

and destroy.” Jesus came so that we can have a *real and eternal life*, a better life than they ever dreamed of. This is our hope - this is Jesus’ promise to us.

In conclusion:

So be encouraged when you feel like you have been robbed of life and are in a place of feeling bankrupt. Because you can have life and live it fully. Make the decision every day to live life fully. Admit your bankruptcy and by faith choose to trust God.

Anna Marie Steyn

BULLS + ARROWS

We are filmmakers, music makers and we love Jesus. God has always laid it on my heart to be involved in using the gifts He has graciously given to me for His glory. So combined with a desire to be a better visual communicator and storyteller through film and design, I feel humbled and excited to be a part of this Bulls+Arrows ministry through YD.

Our passion is to provoke discussion about culture, life and God through films, music and social media. Our hope is to bring the message of Jesus through these means, which are both relevant and engaging for young people.

We have produced films that explore topics such as relationships, brokenness, popularity, identity, love, faith, loneliness, religion, hope and heaps more. We’re passionate about interviewing everyday people, artists or personalities in the hope of capturing what’s real, what’s hard or what’s really going on for people.

We also have a strong connection with young people in schools, which enables us to better connect with our target audience and know the kind of content they’re interested in.

Bulls+Arrows is an initiative of Youth Dimension, a Christian non-profit youth organisation, and functions primarily out of the generosity of many financial and prayerful supporters. It is *this* community of people journeying with us that works as the backbone of our ministry, both encouraging us and offering their time, skills and support to greater impact our effectiveness in reaching young people with the Gospel.

Knowing the importance of being engaged in online communities, we are linked in with many social networks, such as Facebook, Twitter, Instagram, YouTube and Vimeo. As well as our main site - www.bullsandarrows.com - we are connecting with various followers and organisations through these networks and sharing our films and content on a worldwide level. We’ve engaged with people from many different areas of the world, such as New York, Barcelona, Argentina, Germany, Kentucky, United Kingdom, Memphis, Japan, Sydney, Texas, Queensland, Canada, New Zealand, Mexico, LA and many more.

If you’d like to get involved or support Bulls+Arrows in any way, or would just like some more information, we’d love to hear from you! Shoot us an email at info@bullsandarrows.com or check out our website for any other details.

Aaron Harvey
Bulls+Arrows Creative Media Director



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by Candy Daniels**

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