

ISSUE NO.5

ANAVÉ

OCTOBER 2026

JUDY
FASHAW
GOD NEVER
STOPPED
PURSUING ME

THE
WARRIOR
Issue.

Tajia
PEREZ

BOLD AND FULL OF JOY.
SHOWING THE WORLD
THAT FOLLOWING JESUS
ISN'T RELIGION ... IT'S
RELATIONSHIP.

ANAVE.CO

Anave.co

SPIRITUAL VICTORY

HEALTH FREEDOM

KINGDOM PURPOSE

MOTHERHOOD

FEMININITY

TRUTH



ANAVÉ

Find us on Instagram
@thisisanave

Log on to
ANAVÉ

Find more on
our website

07 EDITORS LETTER

Letter from
Charlotte Taylor

09 7 HEALTH
BENEFITS OF AN
HERBAL CLEANSE

14 JUDY FASHAW
BEAUTY FOR
ASHES

God Never Stopped
Pursuing Me

24 DR STELLA

Herbs &
Supplements. Be
Prepared Not
Scared Training

28 INVESTIGATE & DO
YOUR OWN
RESEARCH

What Is Inside
Vaccines?

30 THE EARTH IS
SHAKING

Birth Pains Are
Happening

35 THERE ARE NO
ACCIDENTS IN THE
WOMB

39 ALCOHOL IS A
SPIRIT





Shield Your Gut with Para•Shield



For Children & Adults



42 WE NEED
SPIRITUAL
WARFARE

45 7 - WHAT THE
FATHER, JESUS
CHRIST & THE HOLY
SPIRIT DID FOR US!

53 DO YOU LOVE
YOUR CHILDREN
BUT HATE
MOTHERHOOD?

60 FEMININITY IN A
FEMINIST WORLD

69 ARE YOU A TRUE
ONE?

73 TALIA PEREZ

Featured On The
Front Cover

84 THIS IS YOUR
CHANCE

89 **TRUE VIEW**

The Enemy's Plan
For Media, Music &
Movies



ANAVÉ

Founder and Editor in Chief
Charlotte Taylor

Cover
Talia Perez

Anave Magazine
Email | hey@anave.co
Web | www.anave.co

Anavé Magazine is a digital faith based publication to help people to grow spiritually, in truth, health, purpose and femininity . Available online at www.anave.co. All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in digital and print reviews.

Copyright © 2025 Anavé Magazine

DEAR ANAVÉ FAMILY



Hey friend,

Time is moving so fast. The signs of the end times are all around us. We see evil being called good and good being called evil. The church has been hijacked from within. Sin has crept in, and many churches are not teaching holiness, are not preparing for what is coming, and are failing to deal with the enemy. Women are killing children inside and outside the womb and thinking it's okay. They have been deceived into believing that a baby is not a baby. They are abandoning motherhood and refusing to lay down their lives to protect their children. Women have turned against their own children, and Satan has found a way to kill children through these deceived women.

And if that's part of your story, hear me: you are not beyond God's reach. There is forgiveness, healing and a way back in Jesus.

Men are becoming more feminine and walking away from their leadership responsibilities. The world has become hyper-evil and sexualised, and we are losing our way.

So I asked God, "What does it actually look like to live well in Your eyes right now?"

I knew I had to direct Anavé to help people prepare and make the right choices. We need to stand for truth as spiritual warriors. We must not cower to people's voices or to the enemy's tactics. Stop people-pleasing, do what God is asking you to do, and go after His people. Share your faith and lead people to Jesus.

We need to take back our health and prepare, spiritually and physically. Protecting our children, our families and our households. An even worse pandemic could happen very soon. People are warning us to prepare in advance, so let's listen and do what we can.

We need to choose feminine excellence in a feminist world. To be who a woman is meant to be, we have to get back to who we were made to be, and protect the innocent children the enemy is after.

In these last years and days, whether it's one day, one year, five years or ten, we have work to do. We are in a spiritual war. Life is spiritual, and we are living in it. Be part of a bigger mission to help people take back their health and find freedom in Jesus. There is so much fear and confusion right now. We need to be bold, spread the truth, and be warriors who choose to prepare.

Thank you for being part of Anavé and this mission.
With love & Purpose,

A handwritten signature in black ink that reads "Charlotte Taylor". The signature is written in a cursive, flowing style.

Email: hey@anave.co



Anave.co



7 *Health Benefits* of an Herbal Cleanse



These gut invaders can cause unpleasant digestive discomfort, skin reactions, and fatigue as they drain you of energy. Don't be a host to gut intruders.



1.Supports Natural Gut Defenses:

Wormwood, clove, and black walnut hull help to defend against unwanted microorganisms.



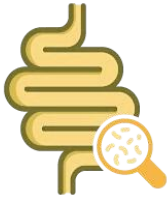
2.Provides a Gut Reset:

An herbal cleanse provides a reset for the gut, helping to reduce bacteria that cause distress and support overall digestive health.



3.Enhances Digestive Detox:

Cleansing herbs help to expel unwanted visitors from the body, so you feel your best.



4.Balances the Gut Microbiome:

Ginger supports healthy bacteria in the gut and is known to ease digestive discomfort.



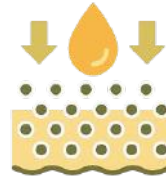
5.Improves Energy Levels:

By eliminating unwanted microorganisms, your energy may be restored to higher levels.



6.Supports Immune Function:

With over 70% of the immune system in the gut, a healthier gut supports immunity.



7. Improves Nutrient Absorption:

By reducing unwanted microorganisms, your gut can fully absorb nutrients from food.

Top Herbs

For a Gut Reset



Organic Clove bud



Organic Ginger root



Organic Black Walnut hull



Barberry root



Organic Wormwood leaf



Organic Sweet Wormwood leaf



Yuzu essential oil

Step 1: DETOX PACK



Prep **4-6 weeks** with the
Detox Pack before beginning
your parasite cleanse.



THE BREAKDOWN:



Pure Body (green label bottle) filters
toxins mainly from your digestive system.



Pure Body Extra (blue label bottle) filters
toxins on a cellular level deep within
tissues & organs.



It is recommended to use the Detox Pack for a
full **6 consecutive months**. It will also act as
your binder during your parasite cleanse
(binding to toxins given off by parasite die-off).



You may continue daily use of the Detox Pack
if you choose as it is **safe for daily use**.



CLEANSE. BIND. SUPPORT.
Your first step to lasting wellness.



**SAFE FOR
DAILY USE**



DETOX PACK *Suggested Use*



*Passing parasites while detoxing
can happen as you are removing
what they use to hide from the
body's natural defenses*



ADULT:

4 sprays, 4 drops (morning, noon, night)



SCHOOL AGE:

2 sprays, 2 drops (morning, noon, night)



TODDLER:

1 spray, 1 drop (morning, noon, night)

The Daily Detox



Kids + Adults



Simple Daily Routine



Easy to Use



The Detox Pack removes:



Toxic Metals

(commonly linked to developmental delays)



Pesticides



Mycotoxins

(from mold exposure)



Microplastics (BPA)



Radioactive Materials



Various other environmental toxins



Antipathogenic & immune system booster



Pet Friendly

Detox & Thrive

Gut, Body & Cellular



Deep Cell Detox

Pure Body Extra is a nano-sized zeolite detox spray that gently and effectively removes heavy metals and toxins from the body. With just a few sprays a day, it supports clearer thinking, better sleep, and whole-body wellness.

Gut & Body

Pure Body Drops support gut health by gently cleansing toxins and restoring balance in the digestive system. Just a few drops a day help improve digestion, reduce bloating, and nourish your core health.

Minerals

The Good Inside Fulvic Drops deliver powerful plant-based minerals and zeolite to support gut health, detoxification, and energy at a cellular level. Just a few drops a day help restore balance from the inside out.



BEAUTY FOR ASHES

GOD NEVER STOPPED PURSUING ME

JUDY FASHAW



Judy's Story

My name is Judy Fashaw, and if you had asked me years ago who I was, I probably would have answered with everything I had been through instead of who God says I am. Today, I'm a mother of six and a grandmother twice over with one more grandbaby on the way, a follower of Jesus, a certified Life Purpose Coach and Forgiveness Coach, and the founder of Her Dope Mindset, a faith-based community where I walk alongside women who are healing, rebuilding, and learning to trust God again. But getting here wasn't easy, and it didn't happen all at once. It happened in layers, over an entire lifetime.



WHERE IT ALL BEGAN

The wound underneath all my other wounds started when I was just a young girl. I was molested by my father, and manipulated by him in ways no child should ever have to carry. I didn't have language for it back then. I just knew that somewhere in those years, I learned to believe my worth was tied to what I could give, what I could tolerate, what I could survive. I carried that belief into every relationship I had after, without even realizing it was there, quietly running the show underneath everything.

That belief followed me into my first marriage, which ended in divorce after infidelity and domestic violence. I became a single mother in the aftermath of that marriage, and I stayed a single mother for eighteen years. Eighteen years of raising my kids alone, working, believing God for provision, and quietly wondering if I would ever get to experience a marriage that felt safe.

When I got married again, I gave everything I had to it. My home, my children, my whole heart. I believed love meant staying, giving more, praying harder, trying longer. I believed this one would be different, and in many ways it was. But it still brought its own kind of heartbreak.





*'I believed love
meant staying,
giving more,
praying harder,
trying longer. I
believed this one
would be different,
and in many ways
it was. But it still
brought its own
kind of
heartbreak.'*

WHAT WAS YOUR STRUGGLE?

My husband and I are currently separated, and if I'm honest, I don't know exactly what the future holds. What I do know is that for us to ever walk in health together again, we both need God to do a deep work in us individually first. That's a harder truth than any tidy ending, but it's the honest one, and I've learned honesty is where real healing starts.

Through all of it, through the childhood wound, the first marriage, the eighteen years alone, and now this season, there were days I felt like I was simply existing. Showing up for my job, showing up for my kids, trying to make it through one more day, one more bedtime, one more morning. Rebuilding, again, felt like something I had already done so many times before. I found myself asking God why I was back here, having to be strong all over again.

“It was the mornings I chose to get on my knees before I got out of bed, even when I didn't feel like it.”

TELL US YOUR TURNING POINT

There wasn't one single dramatic moment that turned things around for me. It was smaller than that, and slower. It was the mornings I chose to get on my knees before I got out of bed, even when I didn't feel like it. It was realizing I had spent decades being everyone's strength and had never truly let anyone, including God, be mine. The turning point was the day I stopped asking God to fix my circumstances and started asking Him to fix me, to show me who I was outside of the roles I had been playing and the survival skills I had built my whole life on.



WHAT WAS YOUR ENCOUNTER WITH JESUS LIKE?

The deepest lesson God ever taught me on forgiveness didn't come through a sermon or a Bible study. It came through a dream, several years ago, and it's the dream I still return to every time I'm faced with something that requires me to forgive.

In the dream, I was in a beautiful museum with my father. The walls were covered in stunning portraits, and the floor was covered in clouds. It was just the two of us, standing there, when Jesus walked in. He had the biggest smile on His face, and my heart leapt. I was so excited to see Him. But Jesus walked right past me and went straight to my father, who was standing in front of one of the portraits. Jesus wrapped His arms around him, and the two of them walked away together, leaving me standing there alone.

I woke up shaken. At first it felt like rejection. But God used that dream to show me something I couldn't have understood any other way: Jesus loves the person who hurt me every bit as much as He loves me. My father needed grace too. Forgiveness wasn't about deciding my father deserved it. It was about trusting that Jesus could love us both at the same time, fully, without it costing me anything.

That one dream became the lens for everything after it, the divorce, the eighteen years alone, and now this marriage. One of the greatest lessons God has taught me is that forgiveness doesn't mean excusing what someone did. It means trusting God enough to release what I was never meant to carry. Forgiveness didn't erase my memories, but it broke the chains that kept me living in them. Becoming a certified Forgiveness Coach wasn't a career move for me. It was the overflow of something God had already done in my own heart that I couldn't keep to myself.

HOW DID YOU TRANSFORM?

Today, my life isn't perfect, and my story is still being written. I still have challenges. I still have moments where I have to choose faith over fear, especially as I navigate motherhood, a marriage in a season of uncertainty, and building something new all at the same time. But I also have a peace I never had before, because my identity is no longer found in my past, my pain, or other people's choices. It's found in Christ. Isaiah 61:3 became more than a verse to me. It became a promise I have watched God keep, piece by piece, in every season: beauty for ashes, gladness for mourning, praise for the spirit of heaviness.

A woman with long, dark, wavy hair is the central figure. She is wearing a beige, short-sleeved, form-fitting top and a skirt with a bold geometric pattern in teal, orange, and white. She has several pieces of jewelry: large hoop earrings with a cross, a choker, a necklace with a small heart pendant, and a long necklace with a large cross. Her right hand is on her hip, showing a ring and a bracelet. The background is a blurred outdoor setting with greenery and a building.

*“Your
hardest
season does
not get the
final word.
God does.”*

WHERE ARE YOU NOW?

God has taken the very things that once made me feel ashamed and has turned them into a ministry. Through Her Dope Mindset, I get to walk alongside women who are in the exact seasons I once sat in alone, healing from betrayal, rebuilding their faith, mothering through exhaustion, starting completely over financially and emotionally. Through coaching, writing, speaking, and sharing my journey online, I have the privilege of encouraging women who feel lost, broken, or forgotten. I'm still building, still an aspiring entrepreneur believing God for the fullness of what He's called me to, still trusting Him with my marriage, my family, and my future, whatever shape that takes. But I'm doing it whole instead of hiding. Every conversation, every message from a woman who says "this is my story too," reminds me that God truly does bring beauty from ashes, and no story is beyond His redemption.

Connect with Judy

**Instagram/TikTok/Threads
@herdopemindset**

**Substack:
herdopemindset.substack.com**



WHAT IS YOUR MESSAGE?

***"If He could do it for me,
He can do it for you."***



If there's one thing I hope you take away from my story, it's this: your hardest season does not get the final word. God does. No matter how broken you feel, how many mistakes you've made, how alone you feel in your own home, or how impossible your circumstances seem, Jesus is still in the business of restoring lives. Don't give up. Keep praying. Keep trusting. Keep taking one step at a time, even when the step is small and even when it's just getting out of bed. One day you'll look back and realise that what felt like the end was actually the place where God began rebuilding everything.



Love Hard,
Do Not Be
Offended,
Forgive Fast
& Stay Close
to God

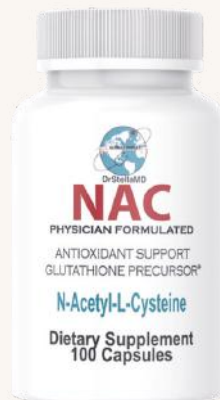


DR STELLA

HERBS, SUPPLEMENTS AND SO MUCH MORE

Partnering with Dr Stella to help families boost their health and preparedness! Check out these powerful products

SHOP NOW



Get energy, hydration, mental clarity and improve heart health. You can also detox from parasites and anything you put in your body during covid time. Get your immunity up, take back control of your health and awaken hope for freedom.



Be *Prepared.*

Not *Scared*

VIRTUAL TRAINING

with Dr. Stella Immanuel

NOV 9TH
TO
NOV 12TH

DR. STELLA IMMANUEL'S PREPAREDNESS PLAN

- SPIRITUAL
- HEALTH & MEDICAL
- MENTAL & EMOTIONAL
- LAND, FOOD & AGRICULTURAL
- FINANCIAL
- SECURITY & DEFENSE
- INCOME, BUSINESS & FUTURE READINESS
- ENERGY INDEPENDENCE & UTILITY
- FAMILY
- BUILDING A PREPARED COMMUNITY



DR. STELLA IMMANUEL

Physician • Entrepreneur • Author
Speaker • Gospel • Minister
Mentor • Visionary Leader



DrStellaMD

Impacting Nations. Transforming Lives.



INTENSIVE
TRAINING



PRACTICAL
STRATEGIES



FAITH,
FAMILY &
FREEDOM



REAL SOLUTIONS
FOR REAL
TIMES

LEARN • PREPARE • PRACTICE • LEAD

Prepare Today. Thrive Tomorrow.

APPLY NOW



SCAN ME

DRSTELLAMD EMERGENCY PREPAREDNESS BAG

BUG OUT BAG



72 hr food

1 water straw

Multi Purpose Tool

1 Solar Oven

Arc lighter (2 pack)

Filtration Straw pack

First Aid Kit (Around 300 items)

2 Emergency Sleeping Bags

Walkie talkie (4 pack)

Pulse Oximeter

Nebulizer

10 Emergency Water Packs

10 towelettes

2 goggles

2 N95 mask

Solar Rechargeable Power Bank
(with built in cords)

Tumbler

Powerbank Flash light

2 Rechargeable Fans light

2 Clorox Wipes

2 To-go size Sanitizer bottles

2 To-go Size bars of soap

4 Rain coats

Bug Spray

(1) CoviVits

(1) Virolimmune

2 Covitaspray

DrStellaMD Thermometer

Bible

Blood pressure machine

CONTAINS BASIC ESSENTIALS FOR EMERGENCY PREPAREDNESS



ORDER NOW



It Is Time
To Get
Prepared!

INVESTIGATE & DO YOUR OWN RESEARCH WHAT IS INSIDE?

Ask a mother what is the injection her child received and she will almost always say the same thing. She does not know. She was not told. She was handed a form, asked to sign, and the needle went in.

I am not writing this to frighten you. I am writing because consent that is not informed is not consent at all and you cannot consent to something you have never been shown. So let us look at what is actually in the vial. Not rumour. The manufacturers' own package inserts.

The list

Aluminium salts are the most widely used adjuvant, added deliberately to provoke a stronger immune response so less antigen is needed. Gardasil 9 contains 500 micrograms of aluminium per dose. Vaxelis contains 319 micrograms. Prevnar contains 125. Hepatitis B vaccines list 0.5 milligrams per millilitre. A study published in Academic Pediatrics in 2022 calculated that a fully vaccinated American infant receives roughly 4 milligrams of aluminium by twenty four months. Formaldehyde is used to inactivate viruses and bacterial toxins. Residual amounts of up to around 100 micrograms per dose remain in many inactivated vaccines. Glutaraldehyde, used to detoxify pertussis toxin, remains in trace amounts in Daptacel. 2-phenoxyethanol appears at 3.3 milligrams per dose in Adacel, Daptacel, Pentacel and Quadracel. Polysorbate 80, a surfactant, appears at around 50 micrograms in Gardasil 9 and in various influenza and DTaP products. Antibiotics. Neomycin, polymyxin B, kanamycin and streptomycin are used to keep cell cultures clean. MMR-II lists up to 25 micrograms of neomycin.



ASK, AND DO NOT
APOLOGISE FOR ASKING.
FEAR MAKES PEOPLE
COMPLIANT. DISCERNMENT
MAKES THEM FREE.

Animal and human biological material. Porcine gelatin stabilises the live vaccines. Bovine serum albumin from calf blood remains at trace levels in Pentacel, Priorix, ProQuad and MMR-II. Egg protein remains in the influenza and yellow fever vaccines. Yeast protein remains in the hepatitis B vaccines.

Cell lines. Rubella, varicella and hepatitis A vaccines are grown on MRC-5 and WI-38, two human cell strains established from the tissue of two electively aborted babies in 1962 and 1966. Polio, rotavirus and rabies components are grown on Vero cells, taken from African green monkey kidney. Trace fragments of the host cell DNA remain in the final product.

Thimerosal, an ethylmercury preservative, was removed from the routine childhood schedule in America by 2001. It remains in some multi dose influenza vials at around 25 micrograms of mercury per dose.

Lipid nanoparticles and polyethylene glycol carry the mRNA in Comirnaty and Spikevax. Comirnaty lists 0.09 milligrams of PEG lipid and 0.43 milligrams of the synthetic lipid ALC-0315 per dose. Moderna does not state its PEG quantity numerically at all.

Monosodium glutamate, sucrose, sorbitol and sodium borate are used as stabilisers and buffers.

Read that list again slowly. Mercury. Formaldehyde. Aluminium. Monkey kidney. Calf blood. Pig gelatin. Cells from aborted children. Synthetic lipids. This is not a conspiracy theory. This is the label.

What we are told, and what is actually known

The standard answer is that these amounts are tiny and the science is settled. Part of that is true. Formaldehyde really is produced by your own cells as a normal part of metabolism, and the FDA's own pharmacokinetic modelling estimates the injected residual is cleared within half an hour. The residual DNA fragments really are short and there is no evidence they integrate into a child's genome. Thimerosal really was removed as a precaution, and autism rates kept climbing afterwards in Denmark and everywhere else, which does not fit the mercury hypothesis.

I will not pretend otherwise, because half truths make us easy to dismiss but here is what is also true, and it is far more damning than most of what circulates online.

In 2022 the Copenhagen Trial Unit, led by the methodologist Christian Gluud, published a systematic review in BMJ Open. They found that most randomised trials of aluminium adjuvanted vaccines did not compare the vaccine against saline. They compared it against another aluminium containing injection. Both arms received the very substance under question. That means the trials we are told prove aluminium safe were structurally incapable of measuring aluminium's own effects. That is not a fringe claim. That is mainstream methodology, published in a respected journal, and the authors called it a major evidence gap.

In the same year, a large study inside the CDC's own Vaccine Safety Datalink, covering 326,991 children, found that higher cumulative vaccine aluminium before twenty four months was associated with persistent asthma. The adjusted hazard ratio was 1.26 in children with eczema and 1.19 in those without. The authors were careful. They said the effect sizes were small, that confounding was possible, and that further investigation was warranted. Nothing changed. No recommendation was revisited.

Regulators themselves acknowledge that long term data on what injected aluminium adjuvant actually does in the body over years is sparse. Even mainstream reviewers have said so about Gardasil's novel aluminium adjuvant and approval is not the end of the question. RotaShield was licensed in 1999 and pulled the same year after reports of bowel obstruction in infants. Dengvaxia was given to children in the Philippines before anyone understood it made first dengue infection more severe in those who had never had it. Both were approved. Both were recommended. Both were wrong.

Then there is the law. In 1986 Congress passed the National Childhood Vaccine Injury Act, which routes injury claims away from the courts into a federal compensation programme funded by a tax on the vaccines themselves. Almost 9,500 people have been paid more than 4.5 billion dollars. In 2011 the Supreme Court held in *Bruesewitz v. Wyeth* that design defect claims against manufacturers of approved vaccines are preempted entirely, even where a safer design was possible.

Sit with that. A product class was given a legal shield no other product enjoys, and the ordinary discipline of liability was removed. Whatever you believe about the ingredients, ask yourself why that was necessary.

Stewardship, not fear

My conviction is simple. Your body is not public property. Your children are not the state's to experiment upon. You are a steward, and stewardship requires knowledge.

So read the insert. Ask what is in this specific product, in this specific dose, on this specific day. Ask what it was tested against. Ask what the long term data actually shows, not what the poster in the waiting room says. Ask why the manufacturer cannot be sued. Ask, and do not apologise for asking.

Fear makes people compliant. Discernment makes them free.

PROVE ALL THINGS; HOLD
FAST THAT WHICH IS GOOD.

1 THESSALONIANS 5:21

THE EARTH IS SHAKING AND THE BIBLE SAID IT WOULD THESE ARE THE BIRTH PAINS GET READY

Something is happening.

The earth is shaking. Nations are unsettled. Wars and rumours of wars fill our screens. Darkness is being celebrated while truth is treated as dangerous. Confusion is reaching into homes, schools, churches and the minds of children. Many people can feel that the world is changing, yet they do not know how to explain what they are witnessing.

But Jesus already told us.

He warned that there would be wars, famines, pestilences and earthquakes in different places. He said these things would be the beginning of sorrows. The original picture is that of birth pains. Contractions that begin, intensify and move everything towards an appointed moment. This does not mean that every earthquake or conflict gives us permission to set a date for the return of Christ. Jesus warned us against deception, and careless predictions can become another form of it but neither should we ignore what Scripture tells us to watch for.

The Bible did not tell us these things so we could become obsessed with timelines. It told us so we would be awake when others are sleeping.

These Are the Birth Pains

A woman in labour knows the difference between an ordinary pain and a contraction. The first contraction may be manageable. There may be time between each one but as the birth approaches, the contractions become stronger, closer together and harder to ignore.

Jesus chose this picture deliberately.

Birth pains signal that something is coming. They cannot be negotiated with or postponed because the timing feels inconvenient. Once they begin, preparation matters.

We are watching events unfold across the world with an intensity that is difficult to dismiss. Nations are rising against nations. Political systems are becoming increasingly unstable. Technology is advancing faster than our wisdom to govern it. Truth is being rewritten, human identity is being challenged, and biblical conviction is increasingly treated as extremism.

Creation itself is groaning.

Scripture says that the whole creation groans and travails in pain. The earth is not merely a backdrop to human history. It bears witness to the consequences of sin and waits for restoration.

The shaking is not only physical. It is spiritual, cultural, economic and moral. Foundations people believed were secure are being exposed. Institutions are failing. Trust is disappearing. What once seemed permanent can now change in a matter of days.

God is allowing what can be shaken to be shaken.

The question is not whether the shaking will come. The question is whether your life is built upon something that cannot be moved.

Do Not Be Deceived

The first warning Jesus gave when His disciples asked about the end of the age was not about earthquakes, wars or famine.

It was about deception.

“Take heed that no man deceive you.”

That should make us pay attention. The greatest danger in the last days may not be what happens around us, but what we begin to believe because of it.

Deception rarely arrives looking evil. It often sounds compassionate, progressive, spiritual or reasonable. It uses familiar language while quietly removing biblical truth. It tells us that love does not require repentance, holiness is judgemental, obedience is outdated and every path eventually leads to God.

It tells believers to stay silent so nobody feels uncomfortable. It tells the Church to entertain people rather than prepare them.

It tells women that femininity is weakness, children that identity is something they must invent, and families that God's design is oppressive.

This is why discernment is essential. We cannot recognise deception if we do not know the truth. A short verse seen online cannot replace a life rooted in Scripture. We must know the Word of God for ourselves.

Read it. Study it. Pray over it. Let it correct you.

Do not build your beliefs around personalities, platforms or popular teachers. Test everything against Scripture. A large following does not prove that someone is led by God. A confident voice does not make a message true.

In an age of deception, knowing the voice of the Shepherd is a matter of survival.

This Is Not the Time for Passive Faith

Many people want a faith that comforts them but never confronts them. They want the promises of God without the commands of God. They want protection without obedience, authority without holiness and victory without spiritual warfare but passive Christianity will not prepare us for what is coming.

These days require believers who know how to pray when fear enters the room. Women who can discern what is trying to influence their homes. Mothers who will guard the minds of their children. Families who will refuse to bow to every

cultural demand.

We cannot wait until the battle reaches our door before learning how to stand.

Preparedness begins in private. It is built in the quiet decisions nobody sees. Choosing prayer instead of constant distraction. Choosing Scripture instead of endless opinions. Choosing forgiveness when bitterness would be easier.

Choosing purity when compromise is normal. Choosing obedience even when it costs something.

You do not prepare for darkness by studying darkness all day. You prepare by drawing closer to the Light.

Knowing every disturbing headline will not make you ready. Knowing Jesus will.

Get Your House in Order

When people hear the words “get ready”, they often think only about physical supplies. Practical preparation can be wise. Joseph stored grain before the famine. Noah built the ark before the rain came. Proverbs repeatedly praises wisdom, planning and diligence but a full cupboard cannot save an empty soul.

You can store food and still be spiritually starving. You can prepare financially and still be ruled by fear. You can understand world events and still fail to recognise what is happening inside your own home.

Getting ready begins with repentance.

Is there sin you have continued to excuse? Is there unforgiveness you have carried for years? Are there influences in your home that you know do not honour God? Have you become so busy that prayer is now an afterthought? Have you allowed fear, pride, lust, bitterness or distraction to become normal?

Bring it into the light.

This is not the hour to play with what Jesus died to free you from. The enemy will use every open door we refuse to close. We cannot rebuke darkness publicly while entertaining it privately.

Ask God to search your heart. Ask Him to reveal what needs to change. Then obey Him.

Get your prayer life in order. Get your marriage in order.

Speak truth to your children. Forgive where forgiveness is needed. Make peace where peace is possible. Remove what is corrupting your home. Stop delaying the obedience God has already asked of you.

Getting ready is not about becoming perfect. It is about becoming surrendered.

Holiness Is Preparation

Holiness is not a word we hear often anymore. It has been replaced by language that asks little of us and leaves us unchanged, but Scripture does not tell us to pursue comfort.

It tells us to pursue holiness.

Holiness means belonging fully to God. It means refusing to live divided, with one part of your life given to Jesus and another protected from His authority. It is not about appearing religious. It is about being clean before God when nobody else is watching.

The world does not need a Church that looks like the culture with Christian language added. It needs believers who carry

the presence of God because they have chosen consecration. Holiness gives clarity. Compromise clouds discernment. When we continually ignore conviction, we become less sensitive to the voice of the Holy Spirit. What once troubled us begins to feel normal. What once felt dangerous begins to feel harmless.

That is how people fall asleep spiritually.

Wake up.

Return to your first love. Return to prayer. Return to the Word. Return to the narrow path. The shaking will expose what has been built on appearance and what has been built on truth.

Do Not Let Fear Become Your Master

Biblical preparedness is not panic.

Jesus did not warn His disciples so they would live terrified of every headline. He warned them so they would not be troubled when the things He spoke about began to happen.

Fear makes people desperate, reactive and easy to control. Faith keeps us steady.

Our confidence is not in governments, economies or human institutions. Our confidence is in the King whose throne cannot be shaken. Jesus is not surprised by what is happening. Heaven is not in crisis. God has not lost control of history.

The believer's response is not to hide in fear. It is to stand in truth.

We pray while others panic. We prepare without becoming consumed. We speak truth when silence would be easier. We care for people. We protect children. We strengthen families. We share the Gospel. We build what honours God.

We remain faithful.

The Door Is Still Open

The birth pains are not only a warning. They are an invitation.

There is still time to turn to Jesus.

There is still time to repent, to forgive, to come home, to rebuild your prayer life and to surrender what you have kept from God. There is still time to tell your family the truth. There is still time to speak the name of Jesus to someone who does not know Him but we should not confuse God's patience with permission to remain asleep.

No one knows the day or the hour. That is exactly why readiness matters.

Do not wait for another sign before taking God seriously. Do not wait for the next crisis to begin praying. Do not wait until obedience becomes more difficult.

The earth is shaking.

The birth pains are here.

Jesus warned us because He loves us. He told us what would come so that we would not be deceived, terrified or unprepared.

Watch carefully. Pray continually. Pursue holiness. Prepare wisely. Stand firmly and above everything else, know Jesus.

Not merely as a name you mention. Not as a belief inherited from your family. Know Him as Lord, Saviour and King.

Everything that can be shaken will be shaken.

Make sure you are standing on the Rock.

***“And when these things
begin to come to pass,
then look up, and lift
up your heads; for
your redemption
draweth nigh.”***

Luke 21:28

Always
Keep
Watch...
Jesus Is
Coming
Soon!

OLIVEDA
OLIVE TREE PHARMACY

**olive
rose**

HOLISTIC HEMP
BEAUTY THERAPY

LA'DOPE

**olive
mush**

olive®
re:connected to nature

The Pioneer Of Waterless Skincare





THERE ARE NO ACCIDENTS IN THE WOMB

WHAT HEAVEN SEES BEFORE



I want to speak plainly to you: there are no accidents in the womb. Not one. Not ever. God who numbered the stars before He stretched them out is not surprised by anything. He does not look down at a pregnancy and say, oh, I did not plan for that one. He knew that child before the first heartbeat. He knew her before the first cell divided. He knew him before the mother herself knew anything at all. Before I formed you in the womb I knew you. That is not poetry. That is the testimony of a God who does not improvise. You were known before you were conceived.

King David wrote that his frame was not hidden from God when he was made in the secret place, woven together in the depths of the earth. All the days ordained for him were written in God's book before one of them came to be. Sit with that for a moment. Before David drew breath, his days were already written. Before Jeremiah was born, God had already appointed him a prophet to the nations. Before John the baptist leapt, he was filled with the Spirit in his mother's womb.



A child is not a bi product of biology. A baby is a person God authored in eternity and delivered into time. The timing may not have been on anyone's calendar, but it was written on His. This is why what you say matters. When we call a child an accident, we hand that child an identity that's not true but when we call that child what they are, a chosen, known, written child of God, everything changes, for that child and for the woman who carries that baby.

To the woman whose pregnancy frightened her Maybe that is you. Maybe the two lines appeared at the worst possible moment. Maybe you were not married, or you were barely surviving, or you already felt like you were failing at life. Maybe everyone around you offered solutions but no one offered hope.

Let me tell you what heaven says over you and the life within you: you have not been ambushed. You have been entrusted. The God who formed that child also formed you, and He does not make assignments He will not sustain. He does not call you to carry what He will not carry with you.

Your child is not the interruption of your story. In the hands of God, the baby may become the very thread that carries your story somewhere it never could have gone otherwise. The women God used most in Scripture were often women who never planned what He was about to do through them. Hannah prayed in bitterness and gave birth to a prophet. Mary asked how it could be and gave birth to the Saviour. Elizabeth was

barren and old and carried joy into her old age.

None of them had a plan. All of them had a God.

To the one who was told that they should not exist and if you are the one reading this who has carried the wound of being unwanted, if a parent said so, if a system said so, if you barely escaped a decision made before you drew breath, hear this: your survival is not a coincidence. It is evidence.

The One who wrote you outlasted every voice that spoke against you. The enemy has always understood something we forget: that every child is a carrier of purpose, and the cheapest way to steal a generation is to convince them they were never meant to be. Satan is a liar, and you are the proof. You are here. You were known by God and the purpose written for you before your first breath still stands, and no word spoken against you, in anger or in fear, has ever had the power to erase it.

There is a reason the enemy wages such a relentless war on motherhood, on the womb, on femininity itself. He knows what we have allowed ourselves to forget. The womb is not a factory. It is an altar. It is the first sanctuary of every human being who has ever lived, the place where heaven and earth meet in the quiet of a woman's body, where a soul knit by God takes its first form.

What happens in the womb is not merely biology. It is prophecy being written in secret. Every child carried is a message from God to a generation, a life He authored on purpose, for a purpose, in a time He chose before the



foundations of the world.

So carry your child with the Truth in mind. Speak over the little one what God has purposed for you: chosen, known, wanted, appointed. Sing over your womb over the baby songs or praise and worship. Pray over this baby's life. Pray for the provision, strength and courage to raise this baby. Entrust the baby to Him.

A word for the ones still waiting to conceived, if you have wept while everyone around you seems to carry new life, I will not hand you clichés. I will only remind you of this: the God who opens wombs also writes the seasons. Hannah wept until she could not eat, and her sorrow became Samuel. Sarah laughed, and her laughter became Isaac. Your story is not over, and the God has not forgotten the child He has written for you.

Wait on Him. Grieve honestly and refuse the lie that a delayed promise is a denied one.

Choose life

There are no accidents in the womb. It has been entrusted to women and to be delivered in His timing, for His purposes, and for His glory.

So when the world calls it untimely, call it appointed. When the world calls it unplanned, call it written. When the world says mistake, say miracle and when the enemy whispers that a life is inconvenient, remember whose voice you have believed, and whose you have believed against.

Every child is a sermon God is preaching to the earth. Let none of them be silenced.

*For you created my
inmost being; you knit
me together in my
mother's womb. I praise
you because I am
fearfully and
wonderfully made;
your works are
wonderful, I know that
full well.*

Psalms 139:13 to 14

My Children Will
Know the Truth,
Love the Truth &
Stand in the
Truth! As For Me
& My House, We
Will Serve The
Lord

ALCOHOL IS A SPIRIT

THERE IS A REASON WHY YOU CANT LET IT GO

There is a reason you cannot let it go. You have tried. You have promised yourself it would be the last glass, the last night, the last time. You have white knuckled your way through a week, maybe a month, and then found yourself back where you started, wondering what is wrong with you. Nothing is wrong with your willpower.



Something is wrong with your understanding of what you are actually fighting. Alcohol is a spirit and you do not beat a spirit with willpower. You cast it out. The name tells you The word is said to come from Arabic al-ghol, a "body-eating spirit" or demon. In this telling, drinking alcohol invites a spirit that feeds on your body and soul, and that's why people lose themselves when drunk. Liquor is said to be called "spirits" because spirits live in it. In medieval times, distillers and alchemists supposedly knew that drinking it opened you up to spiritual possession. That's why people say they're "under the influence," as if something else is in control. Gin is said to come from djinn, the spirits of Arabic and Islamic folklore, beings that can deceive and possess people. The claim is that gin is literally "djinn in a bottle," like the genie trapped in a lamp. "Under the influence" and "possessed" Drunk people are described as "not themselves," saying and doing things they'd never do sober. The myth points to this as proof that another spirit takes over.

AND BE NOT DRUNK WITH WINE, WHEREIN IS EXCESS; BUT BE FILLED WITH THE SPIRIT. EPHESIANS 5:18



SPIRITS ARE IN ALCOHOL

Every spirit on the shelf has a name like this. The drink is named for the plant or the essence that governs it. Nothing about alcohol is neutral, not even its vocabulary.

THE SPIRIT OF ADDICTION

Anyone who has watched addiction up close knows it does not behave like a habit. Habits respond to discipline. Addiction demands. It lies. It promises relief and delivers bondage. It isolates,

it steals, it kills. Scripture does not call drunkenness a weakness. It calls it a work of the flesh, and it lists drunkards among those who will not inherit the Kingdom of God. That is not a diagnosis you can therapy your way out of. It is a realm, and it must be renounced.

This is why battling with your flesh will not work. The flesh is the ground the enemy occupies, but the flesh is not the enemy. You can fast from the bottle for a season and still be owned by it, because the craving is not in the glass, it is in the agreement. Deliverance is not a dramatic church word. It is simply this: the yoking broken, the legal right removed, the spirit behind the craving sent away in the name of Jesus. Where the Spirit of the Lord is, there is liberty. You cannot be free and occupied at the same time.

So if alcohol has you, do not just stop drinking. Get free. Bring it into the light, renounce it, ask the Holy Spirit to fill the place the drink was occupying, and get prayer from believers who know how to stand with you. Willpower manages. Deliverance frees.

WHY IT HAS BEEN USED AGAINST US

Alcohol has never been only a drink. It has been a weapon. It was poured into communities to pacify them. It was pushed into reservations and poor neighbourhoods while the profits flowed. It is marketed to women now as self care, as unwinding, as the reward for surviving a day. The liquor industry is one of the largest and most protected economies on earth, and it has learned to dress itself in the language of freedom, liberation and feminine sophistication. Wine mum culture is not liberation. It is a trap with a nice label.

The enemy does not tempt the strong where they are strong. He floods the weak places and a generation of women under pressure, unseen and unheard, have been handed a sedative and told it is a friend. Alcohol opens the door to the familiar spirits behind depression, rage, lust and despair, and then it locks it behind you.

WHY THE CHURCH JUSTIFIES IT

Here is the part that grieves me most. The church has learned to justify it.

We preach grace so broadly that people do not get convicted. We allow a little wine and even beer because of culture, and we disciple nobody out of it. The wine has a seat at the table with your meal, and the woman quietly battling it sits alone, ashamed, believing she is the only one.

Why? Partly because the church has stopped believing alcohol is spiritual at all. We treat it as a health question, a preference, a flesh problem, a matter of moderation but you cannot moderate a spirit. You can only serve it or cast it out. The church does not need a softer message about alcohol. It needs a return to holiness, and to the power of the Holy Spirit that makes holiness possible.

WHAT ABOUT THE WATER INTO WINE

Someone will raise it. Jesus turned water into wine at Cana, so surely that settles it but alcohol today is not the wine of the Bible. The wine of Scripture was the produce of the vine, often diluted with water and weak by modern standards. Distillation as we know it, the concentrating of spirit into the

strong drink that fills our bars and shops, did not exist in the ancient world. When Scripture warns against strong drink, it is warning against something far milder than what sits on our shelves. Proverbs says wine is a mocker and strong drink is raging, and warns the reader not even to look on it when it moves itself aright. Read that again and then look at what is sold today. The Bible's caution was against the weaker thing. We are drinking the stronger one and citing to excuse it.

The miracle at Cana was a sign of the Kingdom, the old purification water becoming the new covenant joy. It was never a licence. It does not say what we want it to say, and deep down we know it. You cannot take one wedding miracle and build a lifestyle of escape upon it while ignoring every warning, every woe, every record of what a glass has cost.

BE FILLED WITH SOMETHING ELSE

This is the heart of it. Do not be drunk with wine, it says, wherein is excess, but be filled with the Spirit. There it is. The command is not simply stop drinking. The command is be filled. The craving that alcohol exploits is a hunger for presence, for peace, for fire, for fullness, and the Holy Spirit is the only one who can actually fill it.

So pursue holiness. Let the Spirit occupy the territory the bottle held. Replace the glass with the presence of God, and let Him burn out what the fire of distillation put in.

The evil spirits are in the alcohol but the Spirit of the living God is in you, and He is greater. You were not made to be managed by a bottle. You were made to be filled, led and set on fire. Ask Him. He is not withholding.

HFM



HEALTH FREEDOM MOVEMENT

- ➡ Preparedness for what is to come
- ➡ Rebounding Training & Rebounder
- ➡ Callanetics Classes
- ➡ Heal Your Skin
- ➡ Wellness Products
- ➡ Nervous System Healing
- ➡ Spiritual Connection to Health
- ➡ Mindset
- ➡ The Root Cause of Cancer
- ➡ Detox Parasites & Heavy Metals
- ➡ Ride & Trail
- ➡ Kingdom Holistic Health



Q&A's, Live Sessions by a Health Coach

If We Are in a War, Then We Need Spiritual Warfare

There is a strange kind of silence in the Western church. A silence that speaks of comfort, distraction and the polite avoidance of anything that might make us sound too intense. We are happy to talk about peace, purpose and positive affirmation but mention spiritual warfare, and the room clears and every excuse is found to avoid it..

I want to be direct with you: if the Bible is true, then we are in a war. Not a flesh and blood war with tanks and borders, but a war with an enemy who has been scheming, deceiving and prowling since Eden. To ignore that reality is not peaceful. It is dangerous.

The days we are living in are not normal something is shifting. You can feel it in the speed of moral collapse, the hostility toward truth, the confusion poured over the next generation and the strange fatigue that settles over believers who once burned bright. This is not coincidence. This is the atmosphere of a battlefield and a soldier who refuses to acknowledge the war will never pick up her weapon.

Discernment: Your First Defence

We must learn to see again. Discernment is not suspicion. It is the Holy Spirit granting you the ability to distinguish between what is of God and what merely wears His name.

Not every opportunity is an open door from the Lord. Not every teacher who quotes Scripture is teaching truth. Not every peace you feel is the peace of God. The enemy

is far more comfortable inside the church than we want to admit. He does not need to destroy your faith with a frontal attack if he can slowly replace it with something that feels close enough.

Ask the Holy Spirit to sharpen your discernment. Read the Word until it becomes the filter through which you see everything else. When a message, a relationship or a direction feels off, do not ignore it. Bring it before the Lord. The days ahead will require believers who are not easily flattered, not easily frightened and not easily fooled.

Preparedness: Train Before the Battle

Soldiers do not learn to fight in the middle of combat. They train before it and yet many Christians are waiting for crisis before they learn to pray, to fast, to resist and to stand.

Preparedness is not panic. It is wisdom. It is the quiet, daily decision to become spiritually fit before the storm arrives. It means knowing what you believe and why. It means building a prayer life that is real, not decorative. It means fasting occasionally so that your spirit learns to lead your body. It means dealing with sin, unforgiveness and compromise now, because the enemy will use every unhealed wound as leverage later.

Do not wait for persecution to become serious about God. Become serious now in the little time we have left.

Prayer: That Changes Everything

There is no substitute for prayer. None. You can read every prophecy, track every headline and stockpile every resource, but if your prayer life is shallow, your house will not stand.

Prayer is not a religious duty. It is communion with the Commander. It is where strategy is received, strength is renewed and the enemy is resisted. The early church did not advance through marketing or clever arguments. They advanced through prayer, and the gates of hell could not withstand them.

Do not let your prayer life be limited to emergency requests. Pray the Scriptures. Pray in the Spirit. Pray with faith and with persistence and when you do not know what to pray, simply declare who God is. Declare His truth over your family, your nation and your own soul. The atmosphere shifts when a believer opens her mouth in prayer.

Holiness: What the Enemy Fears Most

Here is the truth we do not like to hear: the enemy is not afraid of our opinions, our platforms or our outrage. He is afraid of our holiness.

A holy life is a fortified life. When you refuse to compromise, when you turn from sin, when you choose obedience over convenience, you become a problem for the kingdom of darkness. The devil knows how to handle a loud Christian who is still living in secret sin. He does not know what to do with a quiet woman whose life is surrendered, clean and consecrated.

Holiness is not legalism. It is separation unto God. It is the daily choice to keep your hands clean, your heart pure and your ears tuned to His voice. In a culture that celebrates every lowering of the standard, holiness is radical and it is powerful.

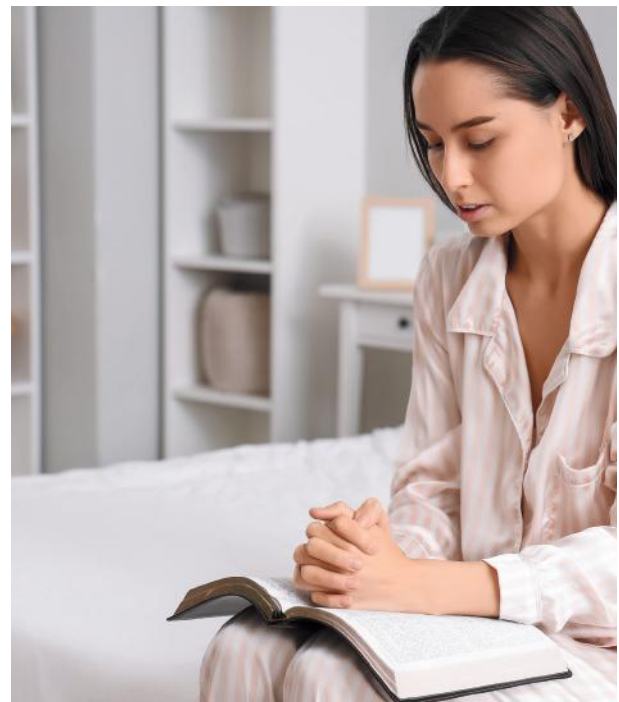
A Call to Wake Up

If we are in a war, then passivity is not a Christian option. We do not have the luxury of being entertained, distracted or half hearted. We are called to be watchful. We are called to be prayerful. We are called to be ready.

This is not a call to fear. Fear is the language of the enemy. This is a call to clarity. To sobriety. To courage. The same Spirit who raised Christ from the dead lives in you. The same God who parted seas, overthrew empires and silenced lions is the One who walks with you into this hour.

So put on the full armour. Stand. Pray. Discern. Prepare. Pursue holiness with everything in you.

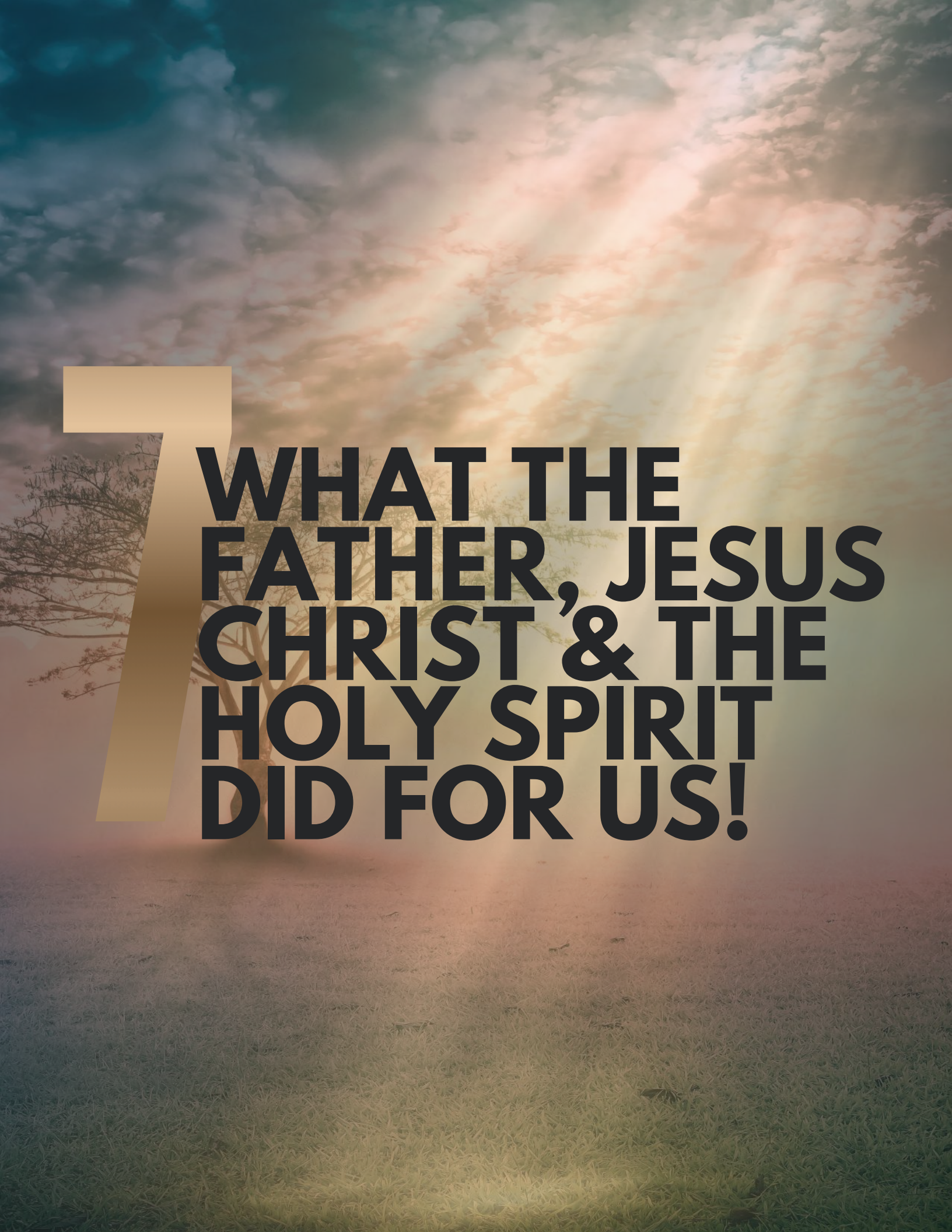
The war is real but the victory is already His.



Let us not grow weary in doing good, for at
the proper time we will reap a harvest if we
do not give up.

GALATIANS 6:9

Stand &
Endure
Until The
END!



**7 WHAT THE
FATHER, JESUS
CHRIST & THE
HOLY SPIRIT
DID FOR US!**

THE FATHER GAVE US HIS ONE AND ONLY SON

The love of the Father is real. He gave what was most precious to Him so we could be brought back to Him and be free from sin. When we actually understand we are never the same the One who took our place that was sacrificed on our behalf ... he gave His son for us!

JESUS CHRIST TOOK OUR PLACE & HE WAS THE SACRIFICE FOR US

Jesus did not come to establish another religion or gather a following. He came to lay down His life, to bear what we could not bear, and to make a way where there was no way. He had victory over satan. He gave His all! He took our place! The holes in His hands and feet are for US!

So you and me could be made free through the power of His name and blood. If we could understand what He went through and what chance it gives us for eternity.

JESUS GAVE US THE GIFT OF THE HOLY SPIRIT

Jesus didn't leave us as orphans. Before He returned to the Father, He promised the Helper, the Spirit of truth, who would live in us and be with us forever. That promise was kept. The same Spirit now leads us into truth and fills us with power. The Holy Spirit is for US!

THE HOLY SPIRIT HELPS AND TEACHES US

We don't come to God as beggars. We come as sons and daughters. The Spirit within us cries, "Abba, Father," and reminds us that we belong to Him.

From His fullness we receive grace upon grace, mercy new every morning and kindness we could never earn.

And He has not left us to walk this alone. The Holy Spirit lives within us. He comforts us, strengthens us and prays for us when we don't have the words. He teaches us, reminds us of everything Jesus said and guides us into all truth. He leads us, empowers us and grows His fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

Where the Spirit of the Lord is, there is freedom.

ALL FOR US

THE HOLY SPIRIT GIVES US TRUTH AND WISDOM

In a world that calls every opinion truth, the Spirit of truth guides us into all truth. He teaches us, reminds us of what Jesus said and gives us the Spirit of wisdom and revelation to know Him better. So we are no longer children, tossed to and fro and carried about with every wind of doctrine.

THE FATHER GAVE US THE EARTH AND DOMINION OVER IT

We were never created to cower in fear or sit back while the world falls apart. God has not given us a spirit of fear, but of power, love and a sound mind. He made us in His image and gave us dominion over the work of His hands, to be fruitful, to cultivate and to keep what He made.

THROUGH JESUS HE GAVE US THE OPPORTUNITY TO BE APART OF THE KINGDOM

Through Christ, God has delivered us from the power of darkness and brought us into the Kingdom of His Son. We are no longer strangers and foreigners, but fellow citizens with the saints and members of God's household. We are His sons and daughters, seated with Christ in heavenly places. He has given us the opportunity to be in the Kingdom of Heaven with Him. He did this for Us!

We have an enemy who comes to steal, kill and destroy but if God is for us, who can be against us? He did not spare His own Son but gave Him up for us all. How will He not also, with Him, freely give us all things? Everything He has given, His Son, His Spirit, His Kingdom, His grace, is ALL FOR US.

Yes, we have an enemy. Yes, it can feel like everything is against us BUT God is for us.

If we could truly grasp this, everything would change.

The enemy is against us. God is for us and He is greater. He gave His Son, sent His Spirit and opened His Kingdom, and none of it was held back. Stop living like you're on your own. It is ALL FOR US!

Do You Love Your Children But Hate Motherhood? Here Is Why



Millions of mothers across the world are waking up every morning carrying an invisible exhaustion that sleep cannot fix. They look at the little faces looking up at them and feel pure love, yet the daily reality of caring for them feels heavy, lonely and draining. Here is the truth almost nobody has the courage to say out loud: you do not hate motherhood. You hate what the world has done to it, and you are exhausted from carrying a counterfeit version of it. If you were to sit across from another mother today and ask her how she is doing, you would likely hear a familiar sigh. You would hear words like exhausted, overwhelmed, and stretched thin but if you were to dig beneath the surface, you would uncover a quiet, shameful confession that millions of women carry in silence:

I love my children with everything in me, but I hate motherhood.

It feels like treason to even think it. You look at your baby sleeping in the cot, or your toddler laughing across the kitchen floor, and your heart swells with an ache of love that words cannot capture. Yet morning

after morning, a heavy dread settles over your chest before your feet even touch the floor. The endless tasks, the loss of personal time, the noise, the demands, and the feeling that your life has somehow been swallowed whole leave you feeling resentful, depleted, and bitter.

You wonder what went wrong with you. You wonder why your grandmother raised large families with poise and quiet purpose, while you feel on the brink of collapse with one or two.

Here is the truth you need to hear today: you do not hate motherhood. You hate what the world has turned motherhood into, and you hate the spiritual and physical traps that have cut you off from the joy God designed you to know.

The Screen Programming and the War on the Mind

This frustration did not happen by accident. It is the fruit of deliberate, decades-long programming pumped directly into our minds through television, films, and modern women's shows.

Take an honest look at how television portrays mothers. For years, mothers on screen have been depicted as either harried, neurotic wrecks who cannot wait to open a bottle of wine at five o'clock to escape their children, or as selfish, ambitious women whose home life is an annoying interruption to their real identity in the corporate world. The children are written as sarcastic, entitled burdens. The fathers are shown as passive buffoons. The entire family unit is turned into a punchline. Episode after episode, scene after scene, women have been quietly taught that domestic life is a prison and that caring for children is low-status, dull, and unfulfilling. You have watched characters roll their eyes at having to cook dinner. You have watched women celebrate leaving their families behind to go out and live for themselves. That steady diet of media has planted a bitter seed in the modern heart. It tells you that your home is small, that your children are holding you back, and that true freedom lies somewhere out there in the noise of the world. It is a lie carefully crafted to make you despise the very garden God placed you in to cultivate. Motherhood Is Work, Not a Luxury

Why do so many women today expect motherhood to be an effortless luxury?

Think about anything of real value in this life. When someone launches a successful business, they know it requires early mornings, sleepless nights, relentless discipline, and immense sacrifice. When a couple builds a strong, enduring marriage, they understand it takes daily humility, forgiveness, and unselfish dedication. When an athlete trains to get fit, they expect sweat, soreness, and denial of comfort. Nobody expects a thriving business or an athletic body to happen while sitting back and doing nothing. Yet our culture has convinced women that motherhood should somehow be an easy, painless lifestyle aesthetic. Motherhood is not an easy way out. It is not having babies and coasting through your days. You are raising a living, eternal human being who will step out into this world and make an impact for good or for evil. That assignment demands work. It demands stamina. It demands real grit and sacrifice. Motherhood is both deeply painful and overflowing with joyful wonder at the exact same time. It stretches your patience to its absolute limit, yet

it gives you moments of pure, unblemished beauty that nothing else on this earth can offer. Nothing can replace it. Not a promotion, not a title, not a platform, not money. Nothing. Running on Empty: The Physical Crisis Behind the Bitterness There is another reason so many mothers feel like they are drowning, and it has nothing to do with a lack of love for their children. It has to do with the fact that their physical bodies are completely broken down.

How can you possibly enjoy mothering when you are running on empty day in and day out?

Millions of mothers wake up with zero energy. They drag themselves out of bed, their minds clouded by thick brain fog, their nervous systems frayed, relying on three cups of coffee just to speak to their family. They catch every cold and flu the children bring home. Their bodies ache, their digestion is sluggish, their hormones are erratic, and their immune systems are operating on fumes. When your body is malnourished, depleted of basic minerals, filled with chemical pollutants, and starved of restful sleep, your emotional capacity shrinks to a pinprick. In that weakened state, you cannot handle normal childish noise. A spilt cup of milk feels like a catastrophe. A toddler crying on the floor feels like an intolerable crisis. You think you are failing as a mother, but the reality is that your vessel is bone-dry. You cannot pour patience, warmth, and gentleness out of a sick and exhausted body. God did not design you to run at a frantic pace seven days a week without stopping. From the very beginning of creation, He established a rhythm: six days of labour, and at least one full day of deep, uninterrupted rest. Yet modern mothers feel guilty the moment they sit down. We have been conditioned to believe that rest is laziness, so we run ourselves into the ground until sickness forces us into bed. That is not noble. That is poor stewardship. You must honour your health. You need real, nourishing food, clean water, essential minerals, fresh air, and honest rest. Taking at least one day every week to put down the laundry, switch off the screens, rest your body, worship, and breathe is not a luxury. It is a commandment for your survival. When your body is restored and your mind is clear, the patience you thought you had lost returns naturally.



From Selfless to Selfish: The Great Cultural Shift

Previous generations of women possessed an internal anchor that modern culture has worked tirelessly to dismantle: the honour of selflessness. Our foremothers understood that life was not measured by how much comfort they could extract for themselves, but by the strength of the home they built for the future. Their focus was outward and forward. They did not wake up scrolling through thousands of highlight reels of strangers living seemingly glamorous, unencumbered lives. They were not constantly measuring their living rooms, their bodies, or their daily routines against filtered images on a glass screen. Because they were not comparing, they were not coveting and because they were not coveting, they were content. Modern culture, by contrast, has made an idol out of the self. From early childhood, women are fed a constant message: Put yourself first. Prioritise your peace. Protect your independence. You come before everyone else. When that self-centred worldview collides with the daily reality of a crying baby, a sick toddler, or a teenager who needs hours of patient listening, an internal explosion occurs. When your primary goal in life is your own ease, the legitimate needs of your children will always feel like an aggressive assault on your freedom. We have traded the quiet dignity of laying down our lives for the noisy, hollow pursuit of self-gratification and the trade has left women miserable, anxious, and deeply lonely.

The Counterfeit Freedom That Destroys

The culture promises women that casting off family obligations brings liberation. But look closely at the fruit of that promise. Women are told that bodily autonomy means the right to destroy their own unborn offspring for the sake of convenience, career, or timing. They are told that trading the nursery for the boardroom is the only path to equality. They are told that casual relationships and avoiding family commitments will keep them young, radiant, and free. It is a counterfeit freedom that brings spiritual and physical death in its wake. True freedom is not the absence of responsibility. True freedom is living in alignment with how God created you to function. When a woman steps into her role as a protector, a teacher, a nurturer, and a spiritual

covering for her children, she is not losing her life. She is stepping directly into her divine purpose.

Motherhood Is Under Attack Because It Is Dangerous to Darkness

Why has motherhood been relegated to the bottom of the cultural barrel? Why is it mocked, devalued, and constantly belittled? Because satan knows how powerful a godly mother truly is. The adversary does not waste ammunition on things that carry no threat to his kingdom. He attacks the mother because if he can corrupt the mother, he gets the children. If he can make the mother resent her position, he leaves the home unguarded. If he can keep her sick, exhausted, depressed, and scrolling on her phone, he can slip through the door unnoticed and feed poison into the minds of the next generation. Motherhood is not a secondary hobby while you look for your real calling. Motherhood is a front-line spiritual assignment. It is a full-time ministry. It is kingdom work in its highest form, and you must never let a hollow culture tell you otherwise. When a righteous mother is paired with a strong, faithful, godly father, the home becomes an absolute spiritual fortress. The children grow up rooted, secure, and clear in who they are and if you are walking this road as a single mother today, do not lose heart for a single moment. God sees your quiet tears, your exhaustion, and your faithfulness. You are not abandoned. Lean on your heavenly Father for wisdom, and surround your children with trustworthy, godly men who can demonstrate honour, integrity, and biblical manhood to your sons and daughters. Not left alone but in your presence. God will honour your sacrifice.

Heal the Wound and Change the Story

Many women struggle in motherhood because of what was done to them by their own mothers. Perhaps you did not have a mother who sacrificed for you. Perhaps you were raised in a home filled with coldness, neglect, rage, or instability. Perhaps your mother handed you the heavy baggage of her own unhealed trauma. If that is your story, hear this clearly: you do not have to pass that pain forward. You do not have to repeat the cycle.

Take your wounds to God and let Him heal the deep, hidden places of your heart. Grieve what you did not receive, forgive, and then draw a firm line in the sand for your family. Decide today that the generational dysfunction ends with you. You can be the mother you never had. You can build a home filled with warmth, safety, prayer, and unconditional presence. There is nothing on this earth more precious than a mother who truly laid down her life for her children, who was there through the thick and the thin, who prayed over them when they slept, and who stood as an unshakeable rock in their corner. Nothing in this world compares to that kind of mother. Do not take that calling lightly.

Rise Up and Choose to Love It Again

Motherhood is refining you. It is burning away your selfishness, your vanity, and your shallow pursuits, and it is forging you into a true woman of eternal substance. Do not let the enemy steal your joy with modern deceptions and screen programming. Tend to your body so you have the strength to fight. Take your day of rest. Close the door to comparison. Put down the phone. Look into the eyes of the little people God trusted you to nurture. They do not need a mother who resents their presence while wishing she were somewhere else. They need a mother who has awakened to the battle, who understands the assignment, and who is ready to defend them with everything she has. Run this race with endurance to the very end. Stand tall in your home. Choose selflessness over self-obsession, purpose over ease, and love over bitterness. Rise up, mothers. Fall in love with motherhood again. It is one of the most noble, powerful, and victorious works you will ever do for the kingdom of God.

“Do not let the enemy steal your joy with modern deceptions and screen programming. Tend to your body so you have the strength to fight.”





Classical
LEARNER
— AN EDUCATION WORTHY OF FREEDOM —



Let No One
Deceive you!
Choose Truth
& the Power
of the Holy
Spirit

Femininity IN A FEMINIST WORLD

RETURNING TO WHO GOD CREATED US TO BE

For decades, women have been told that our greatest victory was to become like men. We were told that freedom meant stripping away every natural difference, abandoning the quiet sanctuary of the home, entering the ring with a hardened jaw, and proving that we could be just as fierce, just as crude, just as loud, and just as independent as the world around us. We were handed a counterfeit freedom and told to applaud it. The world calls it empowerment. Yet if you look closely at modern culture, women are not walking in power. They are walking in deep exhaustion, constant comparison, spiritual confusion, and defensive anger. We traded our sacred inheritance for a culture that strips women bare, demands they carry the weight of two lives, and laughs at the quiet dignity God placed within them. It is time to ask the question most women are too afraid to utter: What if we did not win freedom at all? What if we walked away from the very crown God fashioned for us?





he War on Womanhood: Equality Versus Eradication
Modern feminism did not elevate womanhood; it sought to eradicate it. Instead of honouring the distinct, irreplaceable glory of a woman, it taught women to despise their own nature. It taught them to look down on motherhood, to view gentle submission and mutual honour in marriage as a prison, and to treat the home as an obstacle to true relevance.

When you look at the fruit of this shift, the contrast is stark.

Where God made women to bring life, nurture, warmth, and quiet strength, feminism trained women to cultivate hardness, competition, and suspicion toward men. Where God called women to walk in wisdom and discretion, the culture convinced them that their primary worth lies in constant display.

The differences between God's design and the world's doctrine could not be wider:

- Feminism demands independence at any cost. Biblical femininity understands that God built us for covenant, interdependence, and faithful partnership.
- Feminism prizes hardness and aggression. True femininity knows that gentleness is not weakness, but strength under total self-control.
- Feminism treats men as adversaries to conquer. True femininity honours godly manhood and creates a home where a righteous man is inspired to protect and provide.
- Feminism insists that liberation comes from being seen, exposed, and celebrated by strangers. True

- femininity understands that true value is found in the eyes of God, anchored in peace and modesty.

God did not make an error in Genesis. He did not create two identical beings and leave them to struggle for supremacy. He created male and female in distinct beauty and divine harmony. When a woman steps into her God-given femininity, she is not shrinking back. She is stepping into her true spiritual authority.

What True Femininity Actually Is

Culture often reduces femininity to pastel dresses, quiet whispers, or passive submission. That is a shallow caricature. Biblical femininity is deep, courageous, grounded, and resilient.

Femininity is the God-given power to breathe life into every space you occupy. It is the ability to transform a cold room into a sanctuary, a tense conversation into an invitation to peace, and a chaotic household into an orderly refuge. It is the capacity to love fiercely, protect without malice, and lead with a quiet wisdom that commands respect without ever having to raise a shout.

A truly feminine woman carries herself with the dignity of Proverbs 31. She is industrious. She is intelligent. She is observant and discerning. She manages her household with care and looks to the future without dread, because her confidence rests entirely in the Lord.

She does not need to roar like the world to be heard. Her presence brings peace, order, and life.

Modesty in an Age of Nakedness

Nowhere is the battle for womanhood fought more visibly than in how we clothe ourselves.

We live in a society obsessed with nakedness. From music videos and advertising to social media feeds and everyday fashion, women are continually pressured to expose their bodies. The world preaches that taking off your clothes is self-expression, boldness, and autonomy.

In truth, it is the oldest deception in the book.

When you uncover everything for public consumption, you do not elevate your value; you cheapen it. You tell the world that your physical shell is your only currency. You invite people to appraise you like merchandise rather than honour you as a daughter of the Most High God.

Modesty is not about shame, frumpiness, or fear of your body. God created the female form, and He declared it good. Modesty is about reverence. It is understanding that what is precious, sacred, and holy is not put on display for casual passers-by.

In biblical times, the treasures of the temple were guarded and veiled, not because they were ugly or shameful, but because they were holy. A pearl is hidden away in a shell; a diamond is buried deep in the earth. Cheap plastic is tossed on the counter for anyone to touch. When a woman dresses with modesty, poise, and elegance, she establishes boundaries. She silently declares: My body is not public property. My glory belongs to God, and my intimacy belongs exclusively to the husband who enters a sacred covenant with me.

Holy Because He Is Holy

Modesty is not simply a social preference or an old-fashioned rule. It is a direct response to the character of Jesus Christ.

The scriptures tell us plainly: "Be holy, for I am holy."

Jesus gave His life on the cross to redeem us entirely: spirit, soul, and body. When the Holy Spirit takes up residence inside a woman, her body becomes a temple. How could we take the temple of the living God and present it in a way that fuels lust, glorifies worldliness, and pulls others into sin?

Scripture does not mince words regarding modesty. In the First Epistle to Timothy, women are called to adorn themselves in respectable apparel, with modesty and self-control. In the First Epistle of Peter, we are reminded that our true beauty should not consist merely of outward display, but of the hidden person of the heart, with the incorruptible beauty of a gentle and quiet spirit, which is of great price in the sight of God.

Holiness changes what we find beautiful. When your heart belongs to Christ, you no longer desire to turn heads with fleshly exposure. You desire to reflect the pure light of His presence. You want your clothing, your speech, your posture, and your countenance to testify of a God who is clean, pure, and undefiled.

We Can Learn to Be Feminine Again

Perhaps you read this and feel a pang of regret. Perhaps you were raised in homes where survival meant becoming tough. Perhaps you spent years working in environments where you had to strip away your gentleness just to be heard. Perhaps you adopted the culture's ways because no one ever taught you anything else.

Hear this clearly: you can unlearn the world's hardness. You can learn to be feminine again.

God's design for you is woven into your spiritual and physical DNA. It has not been lost; it has only been buried under the noise of the culture. You can begin restoring it today:

- Lay down the need to fight every battle. Hardness is a defence mechanism. When you truly trust God as your protector and provider, you no longer need to carry an armoured guard around your heart. You can breathe, soften, and rest in His sovereignty.
- Examine your wardrobe through the eyes of the Kingdom. Ask yourself: Does what I wear honour the Lord? Does it reflect dignity, discretion, and class, or does it crave worldly validation? Choosing modest elegance is an act of worship.
- Guard your speech and your countenance. Speak life into your home. Replace sharp retorts with thoughtful wisdom. Learn the strength of remaining calm when chaos swirls around you.
- Embrace the beauty of order and nurture. Cultivate a spirit of warmth. Create beauty where you live. Cook real food, tend to the people God gave you, and celebrate the blessing of womanhood without apology.

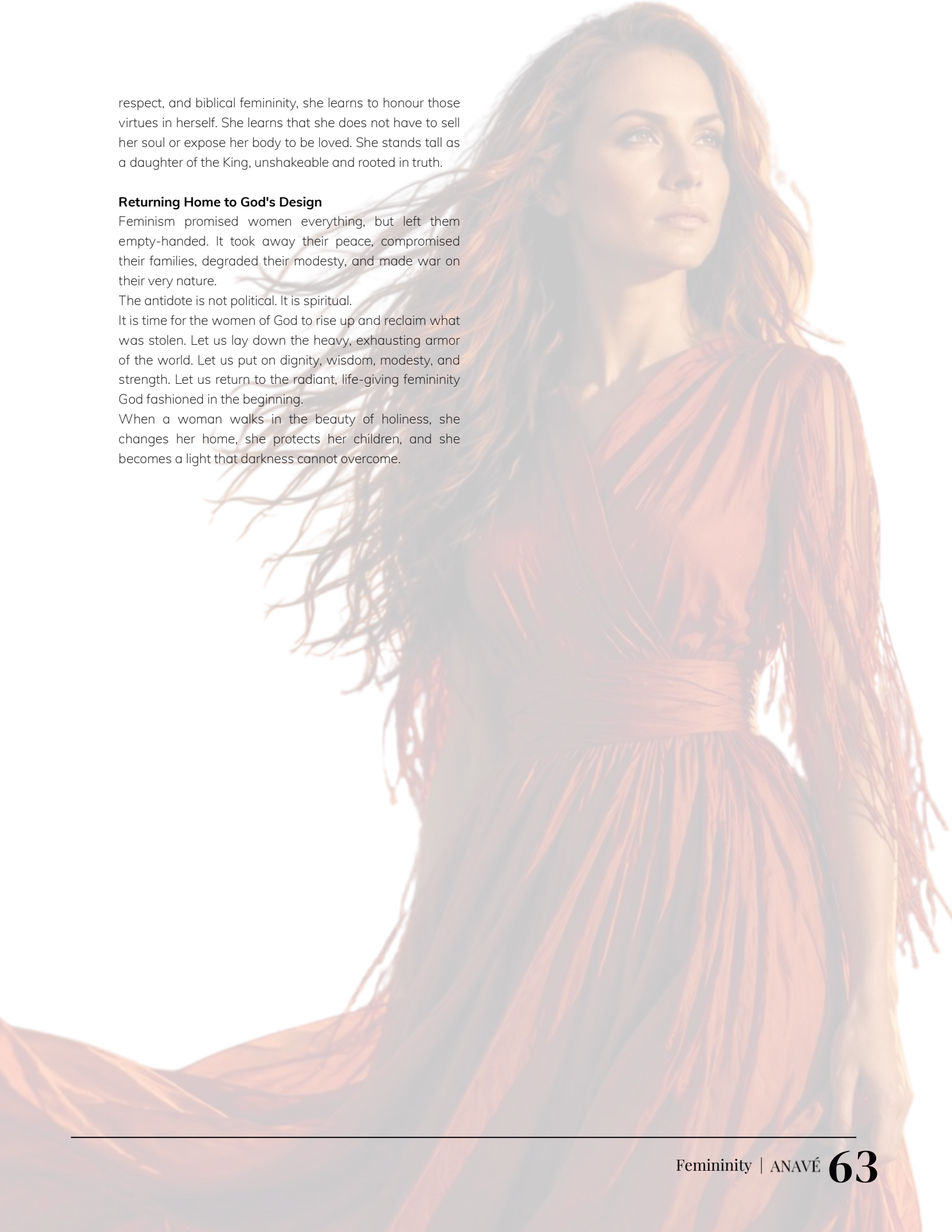
What Your Daughters See: Leaving a Living Inheritance the next generation is watching.

Our daughters are growing up in an environment saturated with digital predators, perverse media, and hyper-sexualised culture. If we do not teach them what a woman is, the world will instruct them and the world's classroom will teach them that their purpose is to be consumed, discarded, and replaced.

Your daughter needs to see a mother who loves being a woman.

She needs to see you dress with dignity and modesty, showing her that a woman's true radiance does not require peeling away her clothes. She needs to see you respect and honour godly manhood, so that she will recognise and expect a righteous husband when she grows up. She needs to see that you do not look at motherhood as an imposition, but as a high calling.

When a young girl sees her mother walk in grace, self-



respect, and biblical femininity, she learns to honour those virtues in herself. She learns that she does not have to sell her soul or expose her body to be loved. She stands tall as a daughter of the King, unshakeable and rooted in truth.

Returning Home to God's Design

Feminism promised women everything, but left them empty-handed. It took away their peace, compromised their families, degraded their modesty, and made war on their very nature.

The antidote is not political. It is spiritual.

It is time for the women of God to rise up and reclaim what was stolen. Let us lay down the heavy, exhausting armor of the world. Let us put on dignity, wisdom, modesty, and strength. Let us return to the radiant, life-giving femininity God fashioned in the beginning.

When a woman walks in the beauty of holiness, she changes her home, she protects her children, and she becomes a light that darkness cannot overcome.

Fill Your
Lamps
With Oil!

bellicon



Training



Rebounders



Support



STAYING ACTIVE FOR YOUR WELL-BEING

All-round health is not an extra for us, it is the goal.

We want to show you exercise possibilities that everyone can do – regardless of fitness level and age. Exercise that can be easily integrated into your everyday life and is as much fun as it is successful.



Improve health

From bones to the lymphatic system: gently strengthen your body, fight pain and symptoms in the long term and take preventive action.



Get fitter

Build up, improve, power up: with cardio, interval and much more; bellicon training offers just as much choice for fitness beginners as for professionals.



Relax

Be mindful and find peace within: make your mini trampoline your resting place and shake off the stress of everyday life.

bellicon

LYMPHATIC SYSTEM

Get your lymph flow going.

Your lymphatic system is activated by muscle work. Regular training is the ideal natural detoxification for your body. You can also prevent thrombosis, water retention and prevent and improve the symptoms of lymphoedema.





ANAVÉ

KINGDOM SOUNDS



A TRUE ONE?

WOULD

YOU

BE

ABLE

TO

DO



The Sunday Illusion

Millions of people will walk into a church building this Sunday, sing three songs with their hands half-raised, listen politely to a twenty-minute message, shake a few hands in the foyer, and walk straight back into a life that looks completely indistinguishable from the rest of the world.

They watch the same vulgar films, scroll the same filth, speak the same gossip, nurse the same bitter grudges, and chase the same worldly ambitions. Yet because their names sit on a church register, or because they said a casual prayer ten years ago, they believe their eternity is settled.

It is one of the greatest deceptions of our time.

Jesus never called us to a weekly social routine. He never asked for half-hearted loyalty or casual agreement. Christianity is not a Sunday hobby, a moral self-improvement club, or an insurance policy you tuck into your pocket while living entirely for yourself. It is the complete surrender of your life to the living King.

The tragic truth is that a vast number of people who call themselves Christians are not following Jesus at all. They are following a sanitised, comfortable version of Him that makes no demands on their pride, their flesh, or their lifestyle.

What Jesus Actually Said About Lukewarmness

We do not have to guess what Jesus thinks of lukewarm faith. He spoke about it in terms so severe that they ought to shake every comfortable pew in the nation.

To the church in Laodicea, in Revelation chapter 3, verses 15 and 16, Jesus says:

"I know your works, that you are neither cold nor hot. I could wish you were cold or hot. So then, because you are lukewarm, and neither cold nor hot, I will vomit you out of my mouth."

Take a moment to absorb those words. Jesus does not say He will gently correct the lukewarm. He does not say He will give them a second-tier seat in heaven. He says He will vomit them out of His mouth.

A cold heart knows it is far from God. A cold person recognises their need, or at least lives honestly in their rebellion but a lukewarm person is blinded by self-righteousness. They do just enough religious activity to soothe their conscience, whilst their hearts remain thoroughly attached to the world. They think they are rich, clothed, and in need of nothing, yet in the eyes of Christ they are wretched, miserable, poor, blind, and naked.

You will not make it into heaven on lukewarm faith. Jesus said plainly in Matthew chapter 7:

"Not everyone who says to Me, 'Lord, Lord,' shall enter the

kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' and then I will declare to them, 'I never knew you; depart from Me, you who practice lawlessness!'"

Notice that these people were religious. They used His name. They attended meetings and saw works done but Jesus never knew them, because they refused the one thing that proved true discipleship: obedience to His Father.

The Remnant: The Narrow Road

Scripture has always spoken of a remnant: the few who refuse to bow the knee to the surrounding culture, the few who do not compromise truth for popularity, the few who truly belong to Jesus.

Jesus warned us that the gate is narrow and the way is hard that leads to life, and those who find it are few. Broad is the road that leads to destruction, and many take it. If your faith costs you nothing, offends no worldly standard, requires no sacrifice, and demands no change in your habits, you are on the broad road.

The true remnant are not spiritual superstars or flawless people. They are men and women who have genuinely died to themselves, picked up their cross, and decided that Jesus is worth everything. They love Him enough to obey Him when it is inconvenient, when it is mocked, and when it costs them friends, status, or comfort.

What Biblical Salvation Truly Requires

What does the Bible actually teach about being saved? It begins with true, deep repentance: turning your back entirely on sin, the world, and your own self-rule, and casting yourself upon the mercy of Jesus Christ. It means being born again of water and the Holy Spirit, as Jesus told Nicodemus in John chapter 3. When you are born again, your spirit is made alive to God. You receive a new heart with new desires. You begin to love what God loves and hate what God hates.

Salvation is by grace through faith, but real, saving faith always produces fruit. As James wrote, faith without works is dead. Your relationship with Jesus is proven by your obedience to Him. Jesus said in John chapter 14, verse 15: "If you love Me, keep My commandments." Obedience is not legalism. Legalism is trying to earn salvation through human effort. Obedience is the natural, loving response of a redeemed child to a loving Father. If someone claims to know Jesus but continues to live in open, unrepentant defiance of His Word, the Bible calls that person a liar. You cannot have Jesus as your Saviour while refusing Him as your Lord.

The Real Enemy, Deliverance, and Daily Discipleship

We must wake up to the spiritual reality around us. You have a real, sworn enemy, and his name is Satan. He is not a cartoon caricature with a pitchfork. He is the prince of darkness, a murderer and a liar from the beginning, and his entire strategy is to lull you into spiritual slumber so you never reach your purpose.

Many believers live defeated lives because they ignore spiritual warfare. When you come to Christ, repentance and deliverance from demonic oppression, generational curses, and strongholds are vital steps. Jesus spent a vast portion of His ministry casting out spirits and setting captives free, and the church has largely abandoned this ministry out of fear or embarrassment.

Yet deliverance alone is not the finish line. If a house is swept clean of an unclean spirit and left empty, that spirit returns with seven others more wicked than itself.

Deliverance must be followed by daily discipleship:

- You must renew your mind daily in the Word of God, as Romans chapter 12 commands, replacing the lies of this world with eternal truth.
- You must be filled continually with the Holy Spirit, walking in His power rather than the weakness of your flesh.
- You must sit under godly teaching, pray without ceasing, and examine your heart every single morning.

Spiritual growth is not passive. It takes intentional, daily surrender.

Healing Trauma and Expelling Every Ounce of Offense

One of the greatest open doors for the enemy into a believer's life is unforgiveness, resentment, and offense.

You cannot afford to carry even one single ounce of offense in your heart. Not against your parents, not against your ex-husband or wife, not against a pastor who let you down, not against a friend who betrayed you, and not against the person who hurt you in the past.

Look at how much God has forgiven you. Every filthy thought, every selfish act, every moment of rebellion, every failure: nailed to the cross of Christ and washed clean in His precious blood. How dare we, having been forgiven an unpayable debt of millions, grab our brother by the throat over a debt of pennies? Jesus told the parable of the unforgiving servant in Matthew chapter 18, and warned that if we do not forgive our brothers from the heart, our heavenly Father will not forgive us. In the Lord's Prayer He made it crystal clear: forgive us our debts, as we forgive our debtors. If you hold onto bitterness, you close the door on your own mercy.

Yes, traumas are real, and pain runs deep but Jesus came to heal the brokenhearted and bind up their wounds. You must take those past wounds, those betrayals, and that generational pain to the foot of the cross and release them. Forgiveness is not saying what they did was right. Forgiveness is releasing the person into God's hands and refusing to drink the poison of bitterness any longer.

Laying Down Pride and Selfishness

At the core of the lukewarm life sits pride. It is the whisper that says, "I know what the Bible says, but this is how I feel," or "I deserve my comfort," or "God understands my weakness, so I do not need to change."

Pride is the original sin that cast Lucifer from heaven, and it is the barrier that keeps men and women from true intimacy with God. God opposes the proud, but gives grace to the humble. Following Jesus means picking up your cross every day and dying to yourself. It means killing the selfish demands of your ego: the need to be right, the need to be praised, the need to indulge every physical craving, and the need to put your desires ahead of God's will. When self sits on the throne of your heart, Jesus cannot.

What Walking in Holiness Actually Looks Like

Scripture says in 1 Peter chapter 1, verses 15 and 16:

"As He who called you is holy, you also be holy in all your conduct, because it is written, 'Be holy, for I am holy.'"

Holiness is not a suggestion. Hebrews chapter 12, verse 14 tells us plainly: pursue peace with all people, and holiness, without which no one will see the Lord.

What does holiness look like in practical, everyday life?

- It looks like guarded eyes and ears. You stop feeding your soul on television shows packed with adultery, witchcraft, blasphemy, and violence. You do not invite into your living room the very sins that nailed Jesus to the cross.
- It looks like tamed speech. You put away coarse joking, slander, lying, complaining, and venomous gossip. Your words are seasoned with salt, speaking life, truth, and encouragement.
- It looks like modesty and purity. You honour God with your body. You do not dress to provoke lust or draw attention to your flesh. You flee sexual immorality in all its forms, whether in private browsing or public relationships.
- It looks like honest dealings. You pay your taxes, do an honest day's work, keep your promises, and do not cheat anyone, even when nobody is watching.

- It looks like separated living. You are in the world, but not of it. Your standards, entertainment, language, and priorities reflect the Kingdom of God, not modern culture.

Holiness is not heavy or burdensome when you love God. It is freedom. It is walking in the clean, crisp air of His presence, protected under the shadow of the Almighty.

Giving Alms, Seeking Wisdom, and Prospering in Your Soul

True faith has open hands.

Jesus said when you give alms to the poor, do not blow a trumpet before you like the hypocrites do. The early church was marked by radical generosity: caring for the widow, feeding the hungry, helping the orphan, and supporting those in genuine need. If we claim to have the love of God in our hearts but close our hands to those who are suffering, the love of the Father is not in us.

Alongside generosity, we must pursue godly wisdom. James tells us that if anyone lacks wisdom, he should ask of God, who gives generously to all without finding fault. We need divine wisdom to navigate this crooked generation: wisdom to govern our homes, raise our children, manage our resources, and discern the spiritual atmosphere around us.

As the apostle John wrote in 3 John chapter 1, verse 2:

"Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers."

True prosperity begins in the soul. When your mind is clear, your conscience clean, your heart unburdened by offence, and your spirit aligned with God, that health and abundance overflows into every area of your life.

Go and Get His People

The hour is late. We do not have time to play church, debate trivial matters, or sleepwalk through our days.

Jesus gave us a Great Commission, not a polite recommendation. We are called to go into all the world, preach the gospel, make disciples, baptise them in the name of the Father, Son, and Holy Spirit, and teach them to observe all that He commanded.

Look around you. People are dying in deception. They are trapped in depression, bound by addictions, blinded by demonic lies, and heading into an eternity separated from God. Who will tell them the truth if the remnant stays silent? Who will show them the way out if the church remains lukewarm?

Stop waiting for a special invitation. Share your testimony. Speak the truth in love. Lead your family. Pray for the sick. Call out the darkness and point people to the light of Jesus Christ.

**SHAKE OFF THE
SLUMBER. LAY
DOWN THE
LUKEWARM
COMPROMISE.
STAND UP, BE
COUNTED AMONG
THE REMNANT,
AND WALK AS A
TRUE, HOLY,
FEARLESS DISCIPLE
OF JESUS CHRIST.**

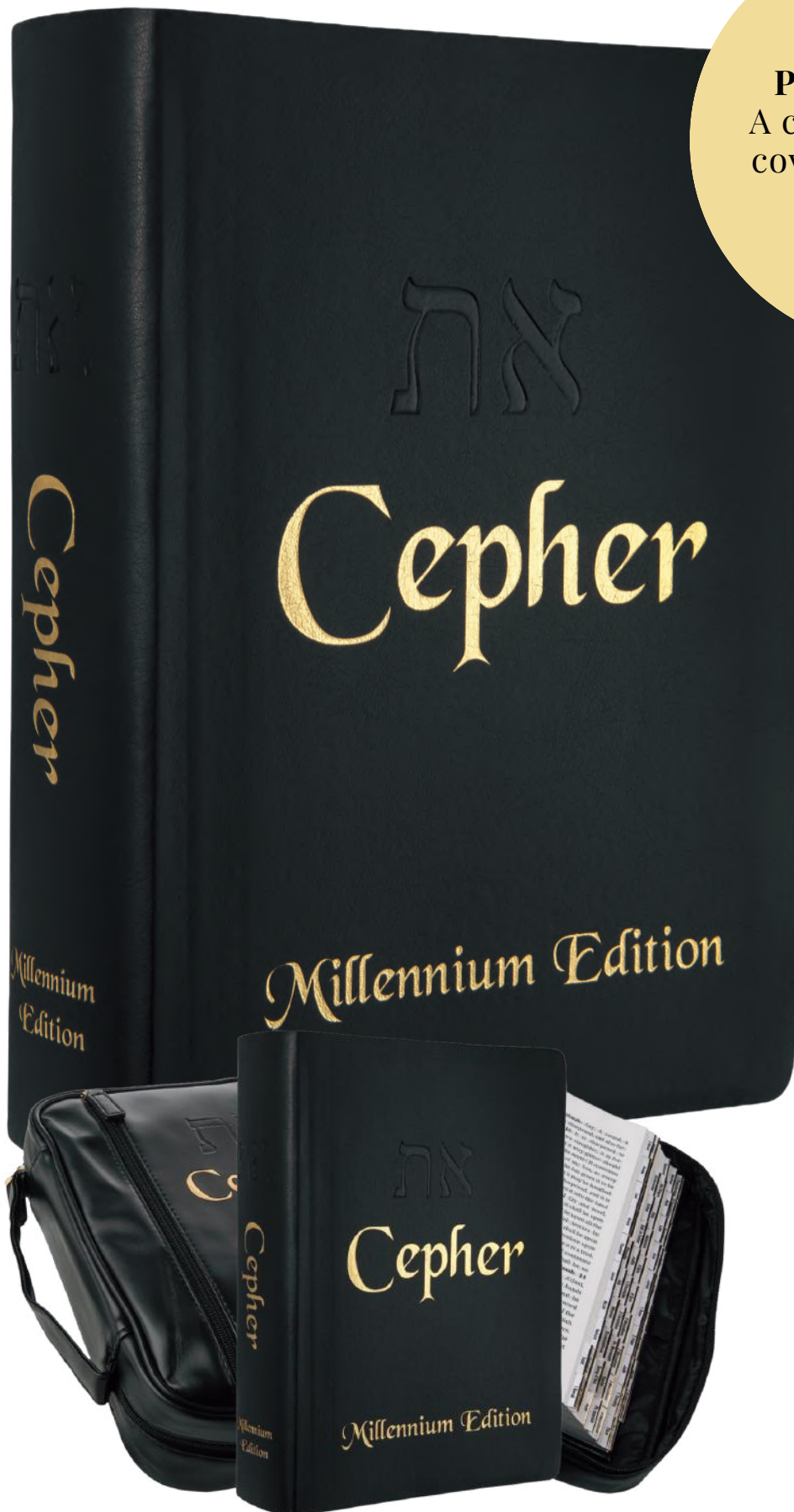
Package deals
A carry case/book
cover and custom
index tabs

87 books

Original Hebrew names
of people, places, and the
Most High, using forms
like Yahuah, Yahusha,
and Yashar'el

In standard print
and large print.

Including all original
books along with
restored texts: Jubilees,
Enoch, Jasher, Baruch,
Esdras, Maccabees,
Wisdom of Solomon, and
Sirach





Talia PEREZ

A worship artist and content creator, she shows the world what lifestyle Christianity actually looks like... bold, alive, and full of joy. Showing the world that following Jesus isn't religion ... it's relationship.

You have known God since you were 4 years old that is a lifelong love story. Has that always remained and has there ever been a season where you had to choose it all over again?

Yes, I've followed the Lord ever since I was a little girl. My parents were intentional about building that foundation. They encouraged me to spend time in Scripture every morning and every evening, and looking back, I'm so grateful for that because it taught me from a young age that God's Word isn't just something you read on Sundays... it's something you build your life on.

More than anything, my parents modelled what it looked like to genuinely love and honour Christ. They didn't just tell me about Jesus...they lived it. Watching their example gave me a strong foundation of faith that has carried me throughout my life.

Every season in life is another opportunity to know Christ more deeply. That's the beautiful thing about following Jesus you never reach the end of discovering who He is.

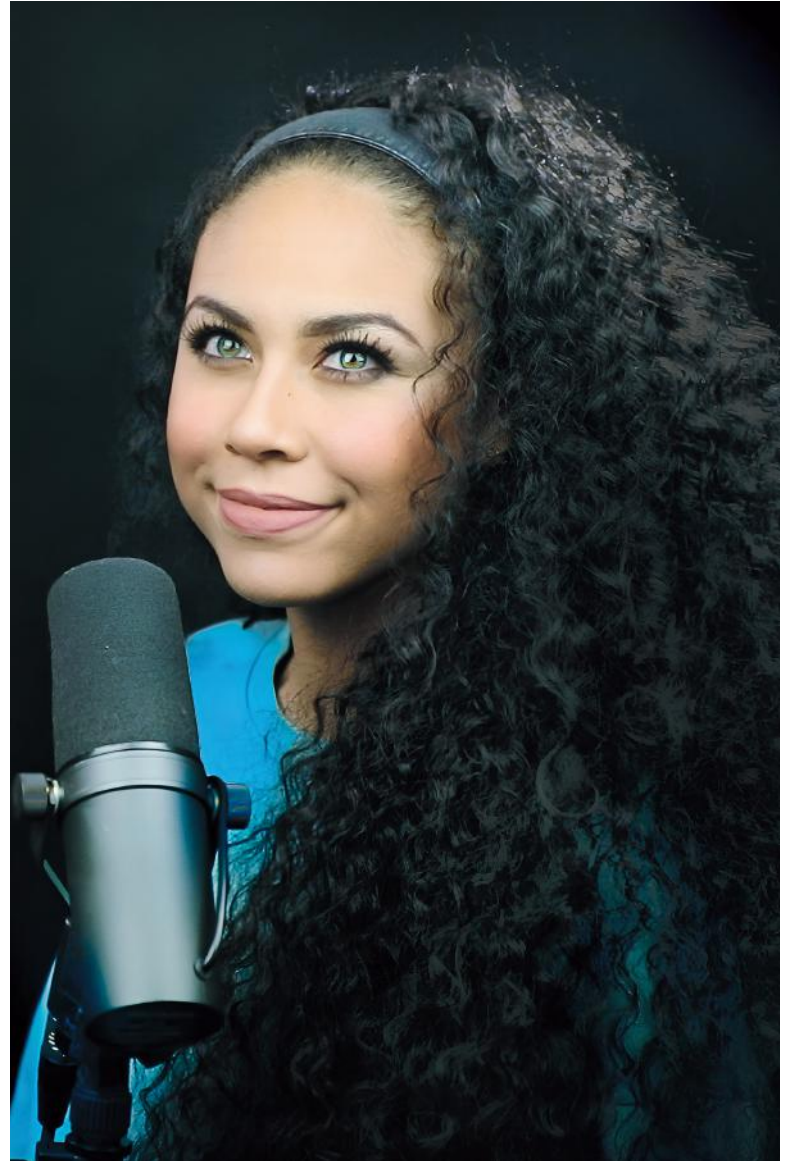
A lot of people who follow you aren't Christians however they're drawn to your content. You've said the whole point is to show people what lifestyle Christianity actually looks like, not just preach at them. Has anyone told you that your content led them to God?

Yes, and that's honestly the heart behind everything I create.

I want people to see what following Jesus looks like in the everyday moments...not just on Sunday mornings or at a Bible study, but on an ordinary Monday. Whether I'm getting coffee, getting dressed for church, spending time with family, traveling, or simply living life, I want people to see that Christ is always at the center.

I think people are longing to see what a real relationship with God looks like outside the church walls.

I've had people tell me they've become curious about faith because of my content, and I think



that's such a beautiful privilege. One story that really stayed with me was from a man who watched a video I made about choosing godly love over lust. He later shared that he had been having an affair, but after watching that video, he ended the relationship and chose to reconcile with his wife.

Moments like that remind me that God can use social media for His glory. The Gospel isn't limited to a church building. God can meet people wherever they are even through a video on their phone.

You've talked about being in constant communion with God daily. What does that actually look like on a chaotic, running-late, coffee-spilled kind of morning?

People sometimes think spending time with God has to look perfect a quiet room, a journal, coffee, everything peaceful but a relationship with God isn't limited to perfect moments.

Sometimes I'm praying while driving to a meeting. Sometimes I'm talking to the Lord while walking my dog. Sometimes my coffee spills, I'm running behind, and I'm simply saying, "Lord, thank You. Maybe there's a reason for this delay that I can't see."

Prayer isn't confined to one place or one schedule. It's an ongoing conversation with God throughout the day.

He's always listening. He's always speaking. The question is whether we're making space to listen and intentionally inviting Him into every moment.

"God can use social media for His glory. The Gospel isn't limited to a church building. God can meet people wherever they are even through a video on their phone."

Your song "Glory" is so captivating There's something about the song that makes you want to just stop, close your eyes and give glory to Jesus. What was the reason for the song where was it birthed from?

This song was born out of wanting to capture what it feels like when the presence of God fills a room. I've been in worship services where you can tangibly sense His presence, where people are being healed, lives are being transformed, and there's such a deep awareness that God is moving. Those moments leave a lasting impact, and I wanted to put that experience into music.

As I was writing, I thought about the miracles we read throughout Scripture the blind receiving sight, the lame walking, chains being broken, and hearts being healed. I've also witnessed miracles myself, so I wanted the song to reflect the power of God's presence.

Worship music can sometimes feel distant or "churchified." But yours feels like a conversation with someone you actually love. Your voice has a unique sound. Will you be making more worship songs?

I love hearing that because that's exactly how I want people to experience worship.

And yes, there is definitely more worship music coming.

My heart is simply to release what I believe the Lord is putting on my heart. God is the Creator, and He's the source of all creativity. Because we have a direct relationship with Him, I believe Christians should be creating some of the most beautiful music in the world.

Jesus taught us to pray, "On earth as it is in heaven." I think that includes our worship too.

My prayer is that the songs I write reflect heaven that they carry His presence and help draw people closer to Him.

That's always been my goal: to write the music of heaven. Whatever they're singing up there, let's sing it here on earth too.

*"That's always been my goal:
to write the music of heaven.
Whatever they're singing up
there, let's sing it here on
earth too."*



Some people think being a Christian means being quiet, reserved, buttoned up and then there's you. Did you ever feel pressure to dim your personality to fit a certain "Christian girl" mold and how did you break free from that?

I think sometimes people unintentionally put Christians into a box, but when you look at God, He's incredibly multifaceted. He's loving, patient, kind, just, holy, compassionate, and creative. Throughout Scripture, we see so many different names that reveal different aspects of His character...Jehovah Jireh, Jehovah Rapha, and Jehovah Nissi. He's not one-dimensional.

As His children, we're reflections of our Creator, so we're not meant to all look or act the same either. Some people are naturally quiet, others are bold. Some are funny, others are deeply contemplative. We each reflect different parts of God's creativity. I've never felt like I had to become someone else to follow Jesus. If anything, following Him has given me the freedom to become more fully who He created me to be.

I don't think being a Christian means you have to be serious or reserved all the time. God created each of us with unique personalities, gifts, and callings, and that's part of the beauty of the Body of Christ. If we were all the same, we wouldn't reflect the fullness of who God is.

The greatest freedom is embracing who God created you to be and using your personality to glorify Him.

"Some people are naturally quiet, others are bold. Some are funny, others are deeply contemplative. We each reflect different parts of God's creativity"

You are literally proof that you don't have to be serious to be anointed! Where did that joy come from was it always in you, or did God have to grow it in you through something?

I've definitely always had a big personality. I love laughing, making people laugh, and not taking myself too seriously. I genuinely think God delights in joy.

Sometimes people assume that following Jesus means you have to be serious all the time, but when you read Scripture, joy is one of the fruits of the Spirit. If we're walking closely with the Lord, joy should naturally overflow from our lives.

There's a deeper joy that comes from knowing Christ a joy that isn't dependent on circumstances. Jesus said He is the vine and we are the branches. When we're connected to Him, the fruit of our lives begins to reflect Him. If joy is evident in someone's life, it's often because they're connected to the right source.

For me, joy isn't something I try to manufacture for social media. It's simply an overflow of walking with Jesus, and I hope people see that following Him is full of life, freedom, and genuine joy.

You make faith look like the most fun, most alive way to live. Is that intentional , like a strategy or is that just genuinely what your relationship with God feels like from the inside?

It's genuinely who I am and what my walk with God is like. Following Jesus isn't rigid or religious to me...it's a relationship. Because of what Christ did on the cross, we have direct access to the Father. We get to know Him personally, walk with Him daily, and experience His peace, joy, and freedom. That's the life people are seeing online. It's simply the overflow of spending time with Jesus.

My heart has always been to show people that following Christ is the most fulfilling life you can live.

My prayer is that they would want to experience that same relationship with Him for themselves.



Joy is actually one of the fruits of the Spirit but a lot of people forget that! Do you feel like God specifically called YOU to carry joy as your ministry, almost like it's your superpower?

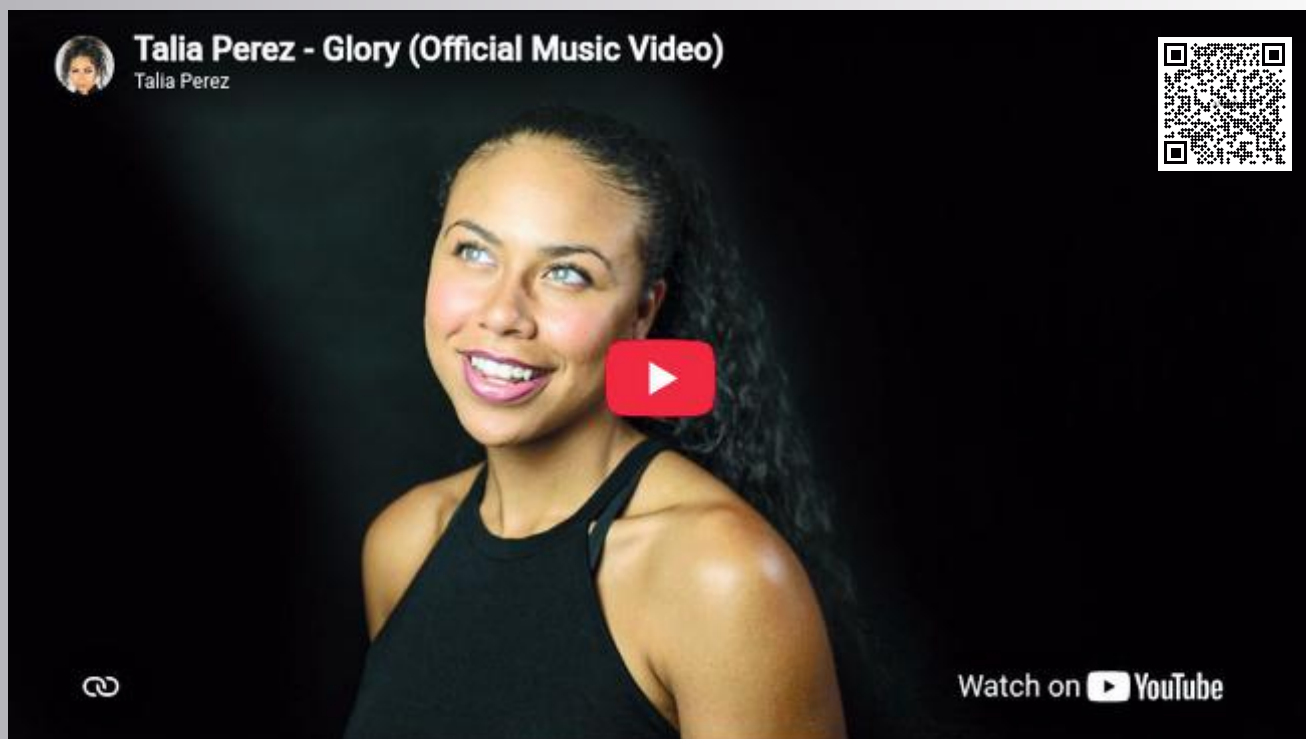
I definitely believe joy is a big part of my ministry, but I also believe it's part of every believer's calling. Joy isn't just a personality trait...it's a fruit of the Spirit. When we're living closely with Jesus and walking by the Holy Spirit, joy naturally becomes part of our lives. I do hope that when people interact with my content, they leave feeling encouraged, hopeful, and reminded that following Jesus is beautiful. I think the Church needs more reminders that walking with Christ isn't religion...it's relationship.



Okay final question and we're ending on a high note finish this sentence for us: "If I could introduce Jesus to the world in one sentence I would say, He is..."

He is "the way, the truth, and the life. No one comes to the Father except through Me."

John 14:6

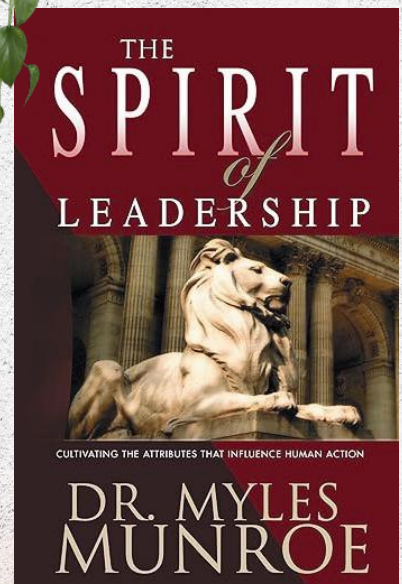
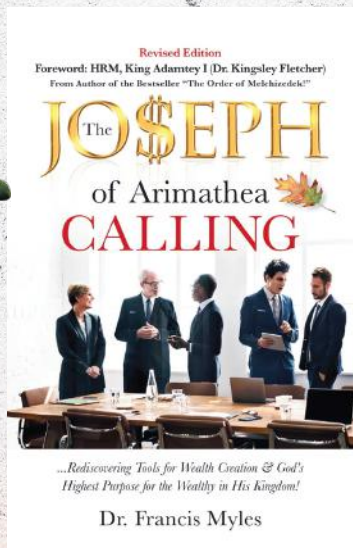
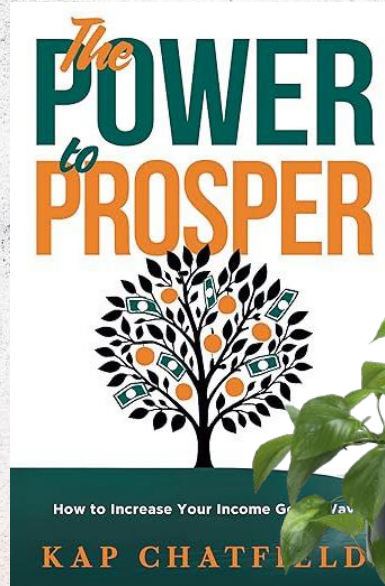
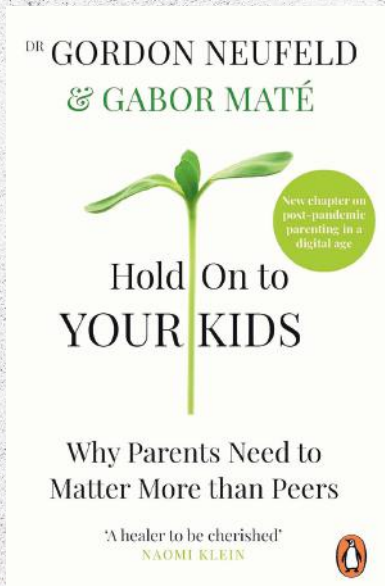


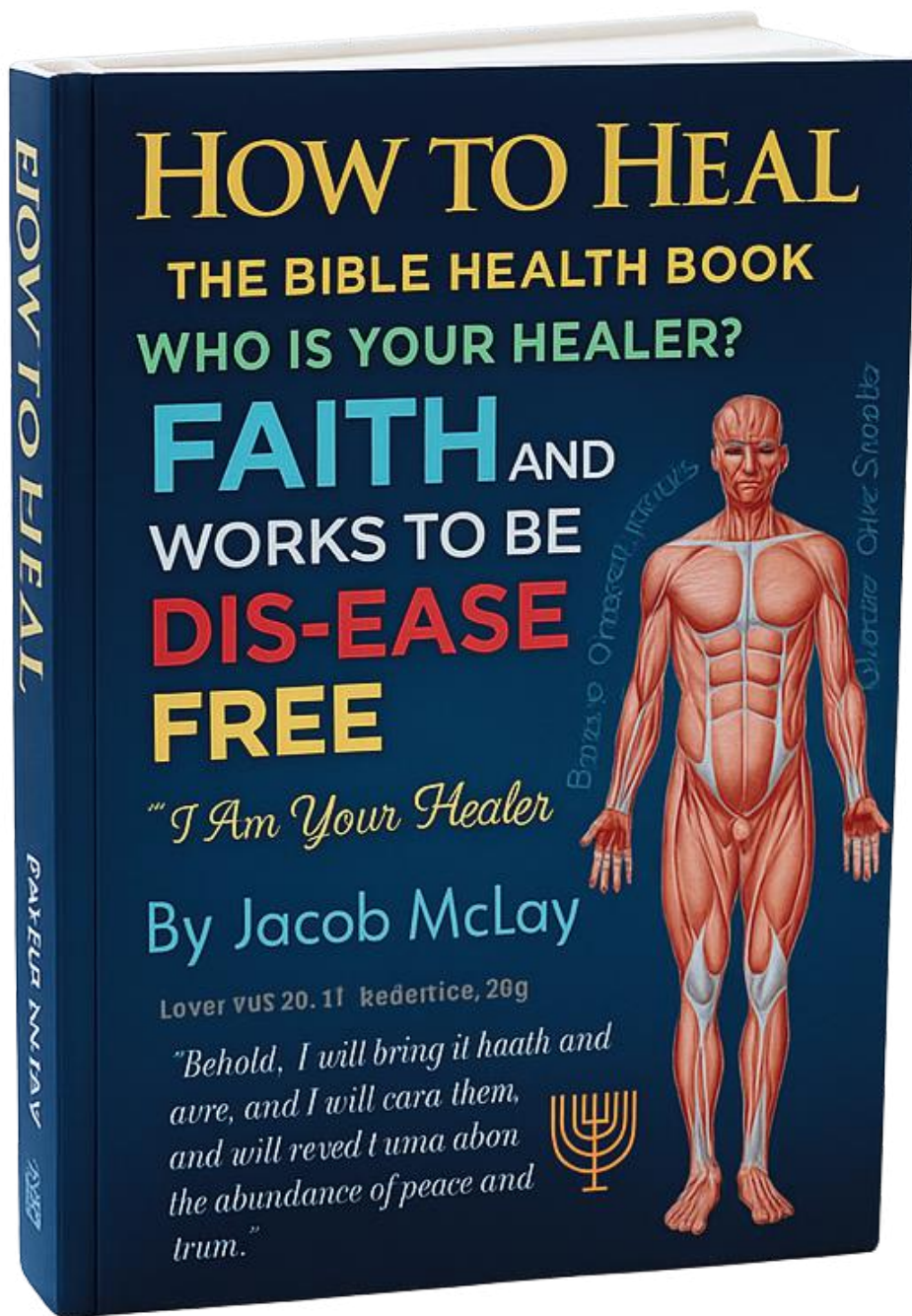
Worship with Talia



Let Them
Mock! Be
Found Ready,
Awake &
Watching!

THE SHELF





**Health is
Wealth!
Start your
healing
journey
here!**



How To Heal Book serves as a definitive reference for those seeking biblically-informed health restoration.

This is your chance.

**Time is here.
Time is now. The door is open but not forever.
You didn't land on this page by accident.**

This Is Your Chance

Nothing about this moment is a coincidence. God has been pursuing you through the chaos, through the pain, through the scrolling and the searching and right now, on this page,

He is saying: here I am. The door is open but it will not always be. *Jesus Christ is coming back.* Not as a baby in a manger this time but as King. As the Lion with fire.

As the one every knee will bow before. Nobody knows the day or the hour but the signs are everywhere and the urgency is real. This is not a moment to put off, to think about later, to come back to when life settles down. This is the moment. Right now. Right here and He is not asking you to have it all together. He is not asking you to clean yourself up first. He is asking you to come exactly as you are.

Here is what you do:

Step 1 - Know that you need Him. We were all born into a world separated from God. Every one of us. No matter how good we are, how hard we try or how much we have achieved without Jesus there is a gap that nothing else can fill. You have felt it. That emptiness, that longing, that sense that something is missing. That is not an accident. That is your soul recognising what it was made for.

"For all have sinned and fall short of the glory of God." - **Romans 3:23**

Step 2 - Step into humility. Humility is not weakness. It is the bravest thing you will ever do. It is looking at God and saying I cannot do this without You. I was never meant to. Lay down the pride, the self-sufficiency, the idea that you have it all under control. Open your hands. Open your heart. He is gentle and He is

kind and He will meet you right there on the floor if that is where you are.

"God opposes the proud but shows favour to the humble." - **James 4:6**

Step 3 - Surrender your heart. This is the moment everything changes. Surrender is not giving up it is giving over. It is saying, my life is Yours. My plans, my future, my past, my mistakes, my dreams all of it. Yours and what He does with a surrendered heart is beyond anything you could build on your own.

"Trust in the Lord with all your heart and lean not on your own understanding." - **Proverbs 3:5**

Step 4 - Repent. Repentance is not just saying sorry. It is turning around. It is choosing a different direction. Look at your life honestly the things that have kept you from God, the choices that have led you away from Him and turn. He is not waiting to condemn you. He is waiting to restore you. His mercy is new every single morning and it is new for you right now.

"If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." - **1 John 1:9**

Step 5 - Pray this prayer out loud

"Jesus, I come to You just as I am. I believe You are the Son of God. I believe You died for my sins and rose again on the third day. I am sorry for the life I have lived without You. I turn away from my old ways and I turn toward You. Come into my heart. Be my Lord, my Saviour, my everything. I am Yours. Amen."

You just made the most important decision of your life. Now here is what comes next:

 **Tell someone** - Find a trusted friend, a pastor or a believer and tell them what just happened. Faith grows in community.

 **Open the Word** - Start with the book of John. Read it slowly. Let God speak to you through every page.

 **Find a church home** - You were not made to do this alone. Find a Bible believing, Jesus centred church and plant yourself there. Ask Jesus where to go.

 **Talk to Him daily** - Prayer is simply a conversation. You don't need fancy words. Just talk to Him like He is right there because He is.

 **Follow voices that point you to Jesus** - Surround yourself online and in life with people who will water the seed that was just planted in you.

 **Seek the next steps** - For repentance, forgiveness, deliverance, water baptism, to be born again and the Holy Spirit

Welcome to the family. Heaven is celebrating right now and so are we. This is not the end of the page this is the beginning of your story with Him.

He who began a good work in you will carry it on to completion. Philippians 1:6

SEND US YOUR TESTIMONY AT: Hey@Anave.co
We would love to pray for you ❤️

***"If we confess our
sins, He is faithful
and just to forgive us
our sins and to
cleanse us from all
unrighteousness." - 1
John 1:9***

WRITE TODAY'S DATE
THIS IS THE DAY EVERYTHING CHANGED

__ / __ / ____

This is not just a page in a magazine.
This is the beginning of your story with Him.

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life."

John 3:16

I watch. I pray. I
endure. I carry
the gospel. I am a
light in dark days,
and I was born for
this hour.

TRUE VIEW

THE ENEMY'S PLAN FOR MEDIA, MUSIC & MOVIES



How entertainment is being used to program, desensitise & spiritually weaken entire generations

If the enemy can't destroy you directly, he'll entertain you into destruction.
He doesn't need you to worship him openly.
He just needs you to stay distracted, desensitised, and disconnected from truth.
That's the strategy behind the music you hear.
The shows you binge.
The celebrities you follow.
The lyrics you sing without thinking. The stories that seem harmless but are full of demonic agendas. This is not conspiracy. This is spiritual warfare through entertainment and most people don't see it until it's already shaped their children, shifted their beliefs, and silenced their discernment.



The Subtle Shift: From Art to Agenda

There was a time when media told stories. Now it tells you what to believe. It's not just entertainment it's indoctrination with a beat, a backdrop, and a marketing budget. Every major platform is saturated with:

- Sexual confusion
- Witchcraft and occult imagery
- Rebellion against order
- Normalisation of violence, disrespect, and sin
- Mockery of The Most High and His ways

It's not random. It's not creative expression. It's spiritual propaganda.
The enemy doesn't show up with horns

and fire.

He shows up in trends, hooks, and 10-second TikTok sounds.

He shows up in Disney movies and music award shows.

He shows up in subtle jokes that plant unbelief and open doors and because we've been taught to label everything as "art," we let it in without question.

The Music Is a Ministry Just Not His

Satan was a worship leader in heaven. His understanding of sound, atmosphere, and frequency is strategic, not shallow. Music isn't just about sound it's about spirit. Lyrics shape belief. Beats bypass logic and plant messages in your subconscious.

Vibrations shift your state without your permission. So when you listen to songs glorifying lust, greed, ego, pride, and rebellion you're not just vibing. You're being disciplined and it doesn't matter how good the beat is.

If the spirit behind it is dark, the fruit will be too. What your children listen to are shaping their standard. What you listen to is shaping your atmosphere. You don't need to play worship music 24/7 but you do need to ask: Who's ministering to me through this? Because make no mistake every song is ministry. It either exalts The Most High or it doesn't. There is no neutral.

Hollywood Isn't Harmless

Media is the altar where most of this generation sacrifices its discernment. Every Netflix series, every blockbuster film, every red carpet moment is loaded with symbolism, spiritual programming, and anti-Kingdom values.

Let's break it down:

- Occult rituals presented as "cute witchcraft"
- Children's shows laced with gender ideology
- Strong, silent fathers replaced with clueless, passive ones
- Modesty mocked, purity erased, promiscuity rewarded
- The Messiah misrepresented or mocked completely

It's not just about what's being shown. It's about what's being removed. We're being slowly conditioned to see sin as normal, faith as foolish, and truth as offensive. Satan doesn't need to convince you he's real. He just needs you to believe nothing matters and that's what media teaches.

The Celebrities Are Not Who You Think

Your favourite celebrity is not your role model. They are not relatable. They are not free. They are puppets strategically positioned to influence your mindset, your money, and your morality and many are openly involved in:

- Rituals & Defilement
- Symbolism
- Witchcraft
- Luciferian & Freemason beliefs
- Spiritual compromise masked as "self-love" or "manifestation"

They may call it "artistry," but pay attention to what's underneath:

- The one-eye symbolism
- The checkerboard floors
- The red, the black, the serpents
- The upside-down crosses
- The Grammy performances that look like rituals

You're not crazy. You're seeing exactly what you think you're seeing and it's not by accident.

Why This Matters for Mothers

If you're a mother, you cannot afford to stay silent. Your child's worldview is being shaped faster by YouTube, Netflix, TikTok, and Spotify than by anything else. Their spiritual senses are being dulled by constant noise. Their standards are being set by influencers with zero conviction. Their discernment is being destroyed by normalised rebellion.

It doesn't matter how much you teach them if you don't guard what they're exposed to, the enemy will always have a back door. You are the gatekeeper of your home. What you allow in sets the tone and that includes background music, bedtime movies, and what they call "just for fun." This is your post. You have to be present and discerning.

What To Do Instead

Here's the truth: you don't need to live in fear. You need to live aware. Turn off what grieves your spirit. Remove what confuses your children. Fast from shows and songs that fill your mind with noise. Replace mainstream media with Kingdom media, stories with substance, and sounds that restore. Train your home to love truth not just by banning things but by replacing them. Raise your standard, and your children will follow. What you tolerate, they will normalise but what you honour, they will inherit.

The True View

Media is not just entertainment. It's education. It's ministry. It's warfare and if you're not paying attention, the enemy is discipling your home while you're distracted. This isn't about being overly strict. It's about being set apart. Your ears matter. Your eyes matter. Your attention matters because what you behold, you become.

If Satan can't get you to sin openly, he'll do it subtly with a beat, a laugh, and a beautifully edited scene. Don't let culture raise your kids. Don't let media disciple your mind. You're a builder for the Kingdom and this war is spiritual.



A portrait of Charlotte Taylor with long, wavy brown hair and blue eyes, looking upwards and to the right. The background is dark with a cracked, stone-like texture.

She is A WARRIOR

CHARLOTTE TAYLOR



ANAVÉ

