

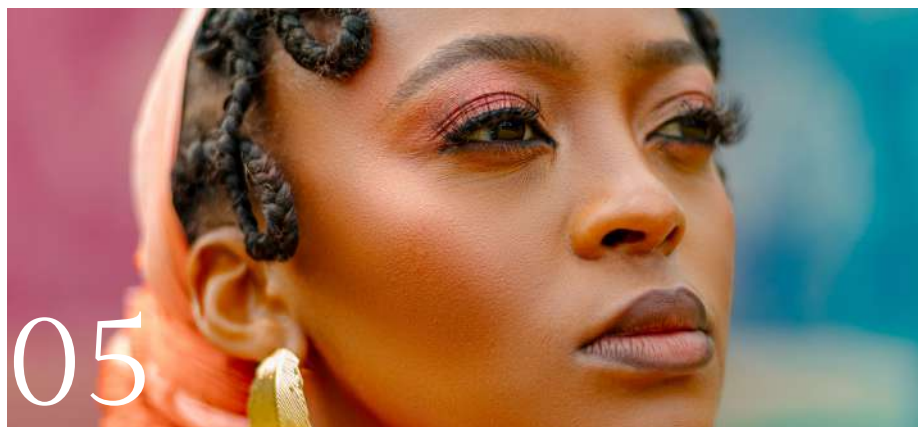
S O L'

Edition Three | 2025



S O L' | STYLE FROM WITHIN

CONTENTS



03 **EDITOR'S NOTE**
He Calls the Unqualified and Makes Them Qualified

05 **MOSILI PEBANE**
Living Qualified Beyond Human Qualification

15 **FAITHFUL FITNESS**
Embracing the Qualification to Take Care of God's Temple.

18 **TRAVEL**
What to Do in Preperation for the Qualification

20 **GLOW FROM THE INSIDE OUT**
How Your Diet Shapes Your Skin

23 **MEN'S CORNER**
Who Called you Qualified?

24 **MARRIAGE**
The Pre-qualified Qualification

26 **S O L' THOUGHTS**
He does not Play for Either Side

28 **RESOURCES**

Editor's Note



It is wild to think that we are already on our third edition of 2025. By this time, “end-year fatigue” starts creeping in. That feeling where all you want to do is close the laptop, switch off, and rest. Trust me, I feel it too. But here is the thing: God is still calling us, even in our tiredness. He has not changed His mind about the race we are meant to run. And the best part? He does not call the qualified, He qualifies the called. Even when you feel like you have got nothing left in the tank, you are still exactly where He wants you.

That is why this edition feels so special. Our cover star, Moslili, is everything you need right now. Raw. Beautiful. Honest. Wise beyond measure. She carries the kind of truth that does not just inspire.

It reminds you that you can still rise, still finish, still shine even in the middle of your fatigue. We are so thankful she said yes to being our third cover of the year. Let us keep pushing together. But before we get into that, take a deep breath, be comfortable, prepare your cup because I have tea for you.

Sometime last year, I was struggling with a colleague. They were a great person but when it came to deliverables, there was always an excuse, and it became really annoying eventually, we got into a heated conversation. Thankfully no ugly words were said but I was extremely annoyed. I went to a friend of mine and explained my story to vent and while doing that I told my friend that my colleague did not have as many

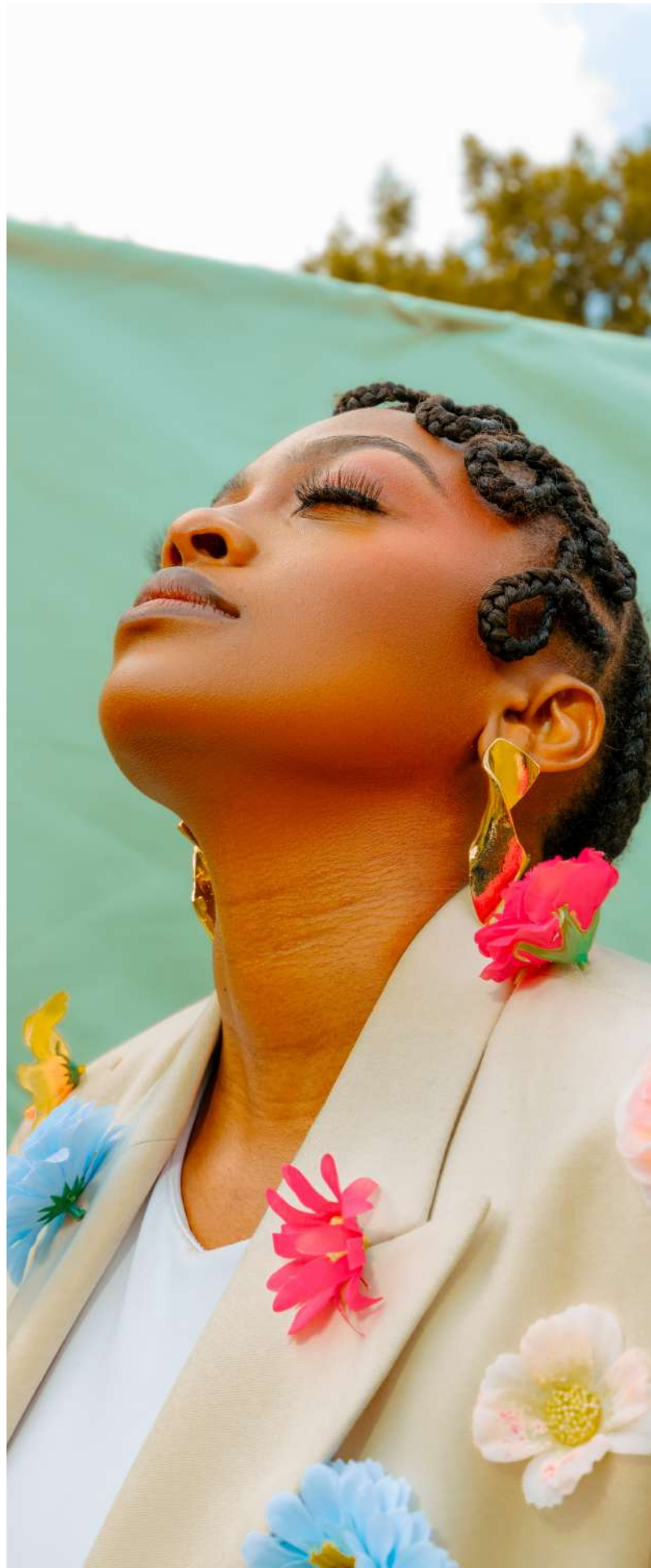
accolades and qualifications as I did. Recently, I was driving and that situation just popped in my head and the Lord said to me in a moment on the road, "Who gave you those qualifications?" and I realised in that moment that I have never been qualified, it is God who calls me qualified, God who tells me to be bold and find an amazing team. God never stops providing for us, it is God and so I want to also ask you the question? *Who calls you qualified?* Is it the LinkedIn job title, the fact that you can pick up the phone and call anyone, your academic qualifications or the security in your job and your salary? The fact is, nothing makes us qualified to do this human thing (A term I got from Mosili - thanks girl).

2 Corinthians 3:5 tells us that He calls the unqualified and makes them qualified. That is a beautiful thing to do. God Himself understands from the jump that we are unqualified and from the jump He loves us for that.

As you continue to journey this springtime season and also coming slowly to the end of the year, remember that God calls the unqualified and makes them qualified. When anyone asks who called you qualified?, you can answer and say the Lord knows I am unqualified, but He still calls me and that is something no one can take away from me.

Mwenya Chitambala

-S O L' Editor-in-Chief



DESIGN





1. What would the title of your autobiography be?

Lost and found.

It is a reflection of my life's journey, I have been living lost and God has been consistently finding me. I think that would also be an amazing concept for a book.

2. Please take us through how you started telling your story online, and do you now feel qualified to do it over the years and grow your brand?

I did not actually just started crying on the internet as most people would assume. I have been creating content since 2020. My rise, in terms of followership, started when I shared the things God was teaching me as I recovered from them. It was different teachings. I used to do sermons everyday. It was in the time where I was the most broken. God said, *"Let Me use you. I am gonna teach you things, and you pour out and teach as I teach you"*. In some instance, I would cry while I teach. It was my way of healing. It was in the most vulnerable part of my life so far, and I am glad that I could touch the lives of other people. I am grateful that that work was impactful.

I felt qualified the day God called me to do it. It is just me walking in that qualification. It is not that I felt like I needed experience, and God always has to teach me. Even with things like writing a book, becoming a coach and so forth. At the time, I did not know the first thing about the industry of coaching.



Every single time, He reminds me that it is not about me having what I need, but it is about Him building it in me as I go. I remember when I started my coaching practice, I was still studying. I had not qualified yet, I was waiting to qualify and get my certificate to assert that I am a qualified certified coach so I can begin. God said, “When are you gonna learn that I qualify you? And it is not people's, validation that makes you ready. I make you ready, I build you, I qualify you?”.

It is me being on social media for x amount of years that qualifies me to do the work that I do. God qualifies me to do it before I even get the years of experience.

3. What do you do when you do not feel Christ's presence?

What I do in those times is, keep the

connection going in terms of my spiritual practices, my praying, my journaling, and talking to God. My quiet times are not the only times I speak to God, I talk to God throughout the day. Even in times when I have difficulties praying, I lean into that scripture that says the Holy Spirit prays on our behalf through moanings and groanings. I sit, and if today my prayer is help, that is my prayer, I say help. I never go on without having that tethering to Him even though I feel far away from Him.

I enter His presence even though I do not have much to say. Sometimes, we psych ourselves out with wanting there to be words, but sometimes you do not have the words. The Holy Spirit is able to express it for you.

Sometimes it is the weeping, you weep at the feet of Jesus. He knows your heart, God says He knows what we need before we ask for it. I believe that even when I sit and weep and cry before God, He is hearing my heart. He is hearing my difficulty in even coming to Him. Often times we feel far away from Him when we fall. Coming back is like this heavy lifting. Allowing myself to experience Him even in silence is how I bring back that faithfulness and that awareness that He is still here. He is still with me, He still loves me, and He still welcomes me in His presence.

4. From your social media, we understand that you play around with your hair, talk to us about how that impacts your style and fashion.

Pinterest is my go to. It all started after my divorce, I wanted to reconnect with myself. I was asking myself, who am I? who do I want to be? what does that girl look like? It dawned on me that I love African hairstyles. I love being an African and I want to embrace being African in the world. I wanted to celebrate what I am as the human in this vessel that God has given me, to appreciate the beauty that exists in Africanism.

Our identity as African sometimes is so diluted in the Western world. I find so much beauty in who we are as Africans as well, and I wanted to embrace that part of myself. That is the reason why I get these these eccentric hairstyles that are unique. That get people asking what kind of braiding is this? It is a way of defying the norm to say that I am going to be.





Adorn the hairstyles that I want to adorn.

5. How do you stay connected to the Lord and ensure this connection is reflected in your work?

It is the constant conversation. The Holy Spirit has been instilled in us to be our day-to-day guide. Sometimes when I know I am going to go to a difficult meeting, I will say, “Lord, help my tongue”. He is my partner in life, and therefore, I engage with Him at different junctures. If I get home and my daughter is driving me crazy, I ask Him to give me the strength, give me the patience. Remind me what matters because my flesh will want to throw a tantrum while she throws a tantrum, and we lose everything. I keep connection by always keeping that channel open to Him.

6. Our theme for this edition is, “Are you Qualified?” from the scripture 2 Corinthians 3:5, let us talk about what that means to you?

To me it means that we are sanctified by grace. We are qualified by His grace, and we are equipped by Him. Not by anything that we do in our flesh or in our strength, but He makes us sufficient for the tasks He calls us to. He works out of us and works into us the things we need to fulfill the ministry He calls us into. The game is rigged. There is nothing I need to do in my own strength, but He does everything. I walk in the finished works. For Him saying that sufficiency does not come from us, there is nothing I can do,



nothing I can say that makes me sufficient. God in His mercy and His grace makes me sufficient because He wants to use me as His vessel. In me lies not the qualification or attributes in me that make me qualified, but He works those in me. So I am able to fulfill his purpose.

Jesus said to the disciples that even when they stand to preach, they must not worry about what they will say. That is the level of qualification that God gives us. Sometimes I wake up and there is a sermon I am teaching, and I do not know the content of the sermon. I say to myself Holy Spirit, You know things I do not know, and You are able to speak for me. I relent myself as a vessel.



7. What are your favourite scriptures highlighting how the Lord always prepare us when we don't feel prepared for the issues of life?

The book of Exodus, the story of Moses altogether. Those are the scriptures for me that demonstrates this concept of God qualifying. Moses was at a point where he said, I do not speak well, I am not good at speaking, but the way God handled Moses despite his doubts in himself, and how God was saying even the things you consider insufficient are sufficient.

It was the same Moses, with the aid of Aaron who got through getting the children of Israel out. Despite his anger issues, despite him doubting his abilities to speak, despite him feeling like he was not Hebrew enough nor is he Egyptian enough, that was actually his superpower that got him to a point where he could get them out. We may get on God's nerves because we doubt ourselves, that story for me shows me how God qualifies.



Another book I will always turn to is John 3:16, which is as follows **"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"**. I habitual put myself where it says the world, For God so loved me, Mosili, that He gave His one and only Son, that if I believed in Him, He makes us sufficient. When you make it personal, you understand the gravity of it a lot better. From that we are able to lead a righteous life.

Gideon also had that. He felt like he was the weakest of his tribe. When God came to him through the angel, he said, O mighty man of valor, which means a great warrior. And at the time, he was just hiding. But God saw in him a warrior, and he became a great warrior in Israel. Stories like that for me remind me that despite my station in life God has elevated me to a global stage and that is such a blessing to see. Despite, societal expectations of who could succeed, He brought me up just like Gideon, out of a place of middle of nowhere into somebody who ministers to people globally

8. Can you share a moment when the Lord spoke to you about being unqualified and how He made you qualified

Some of the speaking engagements I have done. There are some speaking engagements where I think to myself Lord, what am I gonna say to these people? I do not know where to start. People expect wisdom each time I open my mouth and it is never my wisdom, it is always God's wisdom.

He gives me the revelation of what He needs me to say at a particular place. An example of God qualifying me is going into spaces where I do not know what to say when I get the invitation. I do not know what I am going to be teaching, but God somehow gives me either the experience or the words that speak to those particular people because I am big on speaking to those particular people about what they need to hear, and only God can know that.

9. Fashion is very personal, and at S O L, our tagline is style from within, and that is because we believe that we don't want people to look like influencers or celebrities; you must love, grow and change your style as it begins with how you see yourself with God.

What are your thoughts about style being personal and from within?

I always think to myself exactly that *what am I doing today?* What can I get away with? If it is the days that I am with my daughter, I am definitely wearing flats, because I might have to run after her for some odd reason. I have curated my wardrobe to have very interchangeable pieces. I buy staples, and then I am able to mix and match them. It allows me to have, like 50 outfits out of all the clothes that I have because they go together.

I am monochromatic mostly, it is very easy to have different looks from different pieces. I also think about how it would look on camera because I record a lot of content. I love to feel comfortable in clothing.

10. Our second cover for 2025, Mogomotsi “Mr Suave” Tsheko suggested you listen to an album, “Jesus to the City Vol 2 (Live 012 Central Pretoria 2023) by Mmuso worship

Tell us a song or podcast that we should cover next and why.

I need you to listen to Child of God by Frank Forrest. It is so healing.

11. Share up to five fun facts about you

1. I am a mineralogist
2. I'm also a public scientifically published author
3. I graduated top of my class in geology
4. I have a song out called *How Long?*
5. I used to be in a band. The band was called Kisi, which means born during difficult times.



FAITHFUL

FITNESS



"Who called you qualified?" From the scripture in 2 Corinthians 3:5:

"It is not that we think we are qualified to do anything on our own. Our qualification comes from God."

I relate this scripture to my journey in fitness and wellness, this scripture is the basis of my entire journey. I am reminded of how unqualified I felt to start my fitness and wellness journey. Then, a few years later, God called me to help and influence others to begin their own fitness and wellness journeys. The same scripture affirmed me and propelled me to take action.

Something happens when God calls you to start something you have never done before. Imposter syndrome, self-doubt, and insecurities all stemmed from fear.

I had to stand on my faith and not let fear overwhelm me. I had to remind myself that I have heard what the World says, but what does the Word say?

As I look at this Scripture, I am certainly not deserving, but qualified. We do not deserve anything from God and we will most probably never deserve anything from Him. Even though we do not deserve anything, He has qualified us to receive everything Jesus had faith for. Our true strength, ability, and endurance do not come from ourselves alone, but from God.

Here is how you can root your fitness and wellness journey in our theme scripture:

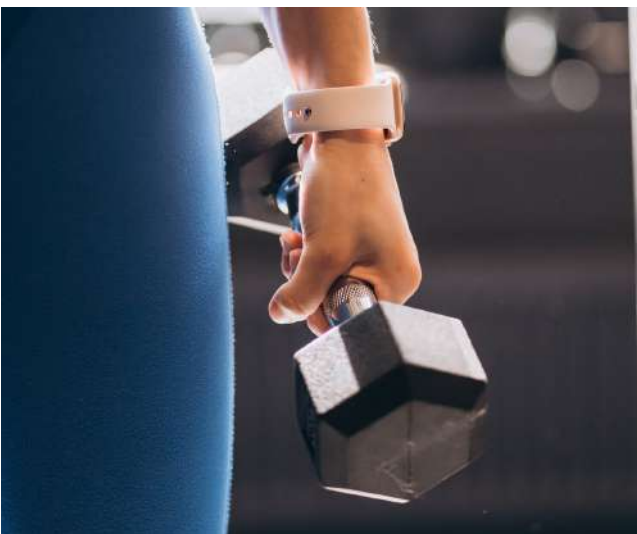


1. Shift from Self-Reliance to God-Reliance

Fitness often focuses on self-discipline and self-improvement. This verse teaches you that while discipline is good, your real source of strength is God. When workouts feel hard, or you feel like giving up on healthy choices, you can pray: “Lord, my strength comes from You. Help me to keep going.”

2. Redefine "Competence or rather Qualified" in Wellness

Society says competence is about physical appearance, performance, or comparison. Scripture says your competence is in God. This allows you to pursue wellness with peace and gratitude, not pressure or insecurity.



3. Make Wellness Worship

When you exercise, eat well, or rest, you can view it as stewardship of the body God gave you. Each workout or meal choice can become an act of acknowledging that God enables you to take care of this temple.

4. Grace for the Journey

You will not always hit your fitness goals perfectly. Instead of guilt, remember this verse: your worth is not in perfect performance but in God's sufficiency. This keeps your journey rooted in grace, not striving.



5. Practical Anchor

Before starting a workout, you could start with a daily declaration:

"Today, I declare that my strength, my discipline, and my wellness come not from my own ability but from God. I am empowered by His Spirit to care for my body, renew my mind, and walk in health. I am not defined by weakness or failure, for my competence comes from the Lord."



Your fitness and wellness journey becomes less about proving yourself and more about partnering with God to care for your body, mind, and spirit.



TRAVEL



They say travel changes you. But long before you touch down in a new city, God is already doing the deeper work in your mindset, in your faith, in your planning. The journey does not start when the flight takes off, it starts in the waiting. In the preparing. It starts in the decision to believe you are already qualified, even when your bags are not yet packed.

Many of us delay our plans, shrink ourselves, or disqualify our own dreams based on where we are right now. We believe the lie that we are not ready yet. Not “there” yet. Not spiritual enough. Not financially stable enough. Not good enough. But who told us that? Who told you you are not qualified to walk into a space, to book that trip, to live freely and confidently? Who called you unworthy when God already called you qualified? We have to stop waiting for perfection before we move. We do not need a stamp of approval from the world to plan for something God already whispered into our spirit.

Traveling, especially for me, is more than a soft life escape or luxury. It is a spiritual act. It is obedience. Abraham did not know where he was going, but he went. The Israelites wandered for 40 years, but God still went before them cloud by day, fire by night. You do not need to know every detail. You just need to plan in faith. December is around the corner, and many of us are already dreaming of end-of-year getaways soft beaches, sunset road trips,

international stamps, and spiritual reset retreats. And that is beautiful. But here is the reminder: start planning boldly, even if you do not have all the funds yet. Start saving. Start creating Pinterest boards. Start doing your research. Because preparation is proof of faith. You don't wait to feel qualified you walk like you already are.

From Waiting to Walking: What You Can Do Now

If you are in your own season of waiting whether that is for a passport, approval, a breakthrough, or just confidence here are a few things to get you set:



Pray as if you are already booked.

Speak to God about the destinations on your heart. Ask Him to align your desires with His will.



Plan intentionally.

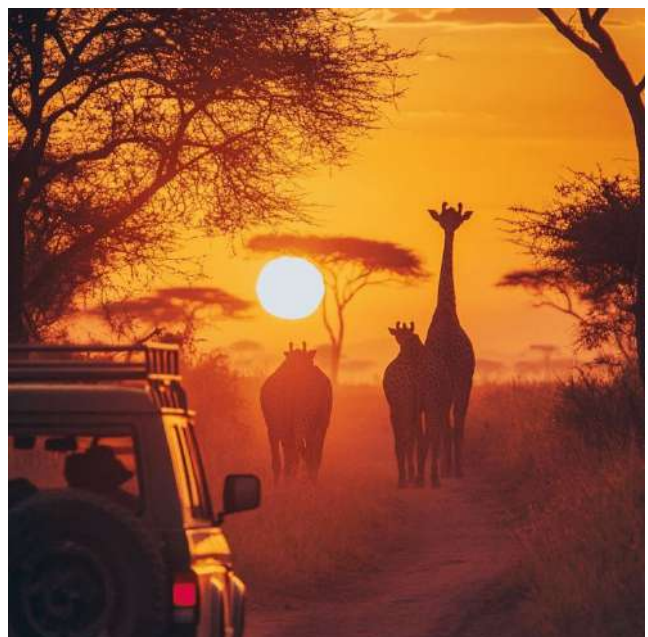
Start budgeting now for festive season travel. W, build your plan around faith and practicality.



Do not downplay small starts.

A weekend in a nearby town still counts. Rest is holy. Exploration is biblical. Joy is sacred.

The world is getting louder. December is getting busier. But peace is a decision, not a destination. And as we all prepare for what is next, the year-end travels, the new chapters, the fresh starts remember this; You do not have to have it all figured out. You just need to believe that the God who called you already qualified you. Pack your bags, even if it is just in faith for now. Start preparing, He who promised is faithful. You were never disqualified. You were just being prepared.



Glow from the Inside Out
How Your Diet Shapes Your Skin

*Y*ou have dropped serious cash on serums, something called Phat Water, tried every high-tech gadget, and hopped on all the skincare trends-but your skin still is not really giving? Plot twist: It is not just about what you slather on; it is what you snack on. Yes, bestie, your diet plays a major role in your skin's health, and no amount of luxury skincare can outshine a poor diet. Because we listen and we do not judge, we are going to focus on breaking down how your plate might be messing with your glow and the ultimate cheat sheet of skin-loving superfoods to get you glowing from the inside out!

Inflammation: Why Your Skin is Acting Up

Do you ever wake up feeling like your face is in full rebellion mode? Redness, breakouts, puffiness -it is giving inflammation, and it could be traced back to what you are eating. Processed foods, refined sugar, and dairy can all trigger an inflammatory response in the body, leading to acne and that unwanted bloated look.

What to Eat Instead:

Turmeric: This golden queen of spices is packed with curcumin, a powerful anti-inflammatory that helps calm your skin from the inside out. Add it to your tea, soups, or even a smoothie for an instant boost.

Salmon & Fatty Fish: Rich in omega-3s, these help fight inflammation and keep your skin looking plump.

Green Tea: Packed with polyphenols, green tea helps reduce redness and swelling while giving your skin an antioxidant boost. (Bonus: It also helps with bloating, so it is a double win!)





Sugar Rush = Wrinkle Rush (The Glycation Disaster)

If you are on a first-name basis with the dessert menu and have a VIP section in the sweet aisle, it is time to rethink your relationship with sugar. When you consume too much sugar, a process called glycation occurs. This means that sugar molecules latch onto collagen and elastin (aka the stuff that keeps your skin youthful), making them stiff and prone to breakdown. The result? Sagging, wrinkles, and a loss of glow.

What to Eat Instead:

Berries: Blueberries, strawberries, and blackberries are loaded with antioxidants that fight free radicals and slow down glycation.

Dark Chocolate (70%+ cacao): A guilt-free treat packed with flavonoids to protect your skin from ageing. But you still need to apply our favourite fruit of the spirit, self-control, and enjoy in moderation.

Avocados: Nature's Botox without the bad stuff. Avocados are full of healthy fats and vitamin E to keep your skin smooth and hydrated.

Complexion 101: Get the Glow

Dull, lifeless skin? No, ma'am. If you want that lit-from-within glow, hydration and proper nutrition are key. Eating the right foods ensures your skin gets the vitamins and minerals it needs to stay radiant.

What to Eat Instead:

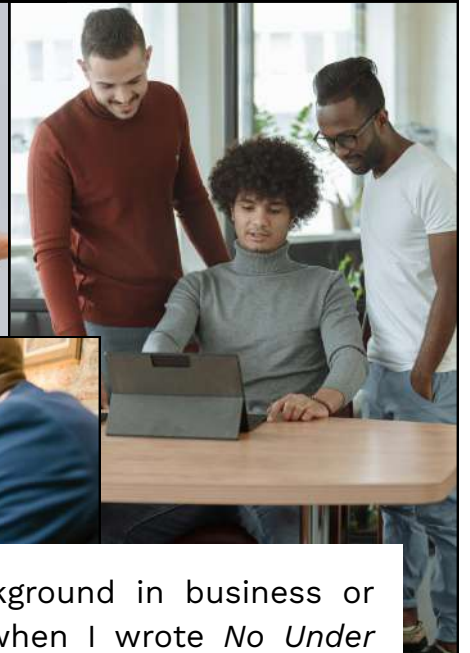
Sweet Potatoes & Carrots: High in beta-carotene, this helps give your skin a natural, healthy glow (aka nature's Instagram filter).

Leafy Greens: Spinach, kale, and Swiss chard are loaded with vitamins A and C, keeping your skin bright and clear.

Water, Water, Water: Okay, technically not a food, but staying hydrated is the #1 key to a dewy complexion. Add lemon or cucumber for extra skin-boosting benefits!



Who called you qualified?



I had no background in business or fashion. And when I wrote *No Under 18*, a book about spiritual maturity, I wrestled with the thought: Who am I to write this?

From classrooms to boardrooms, society often defines “qualified” by paper and position. Students are told their grades define their future. Professionals are measured by degrees and promotions. Leaders are judged by influence, wealth, or titles. Human qualifications are important but they are not the full story. The danger comes when we begin to believe that without certain credentials, we are disqualified from purpose. Yet scripture reminds us that our ultimate qualification does not come from human approval, but from God.

This truth has shaped my own journey. When I founded *Unashamed Nation*, a youth movement encouraging young people to reject destructive habits and embrace purposeful living, I had no impressive résumé in youth leadership. When I launched *Tell God* (a clothing brand carrying the message that we should take everything, pain, joy, and dreams, first to God),

Each time, I discovered that what I lacked in human qualification, God supplied with grace, vision, and favor. That does not mean human qualifications do not matter. They open doors and sharpen skills, but they are not the final stamp of destiny.

The truth is, God has a way of choosing people who seem unqualified on paper, yet are perfectly positioned in His plan. David was too young, Moses too hesitant, and the disciples too ordinary yet all were qualified by God.

So whether you are a student worried about grades, a professional striving for success, or a leader doubting your influence, remember this: Your qualifications are not your limitation. If God has called you, He has already qualified you. And that is more than enough.

The Pre-qualified Qualification



*O*n my wedding day, my aunt who had spent her entire life as a teacher, stood up and opened with a statement that was both peculiar and deeply profound. She said, “A marriage certificate is the only certificate you receive before doing the work”. As a teacher, she went on to explain that every other certification in life is earned after you have put in the time, effort, and gained the necessary knowledge. You study, prepare, and then you are awarded the certificate. With marriage, it is the opposite. You receive the certificate first, and then you begin the work. You commit, then you grow. You sign the covenant, and then you learn how to live it out.

“And God, in His wisdom, allows us to enter marriage as “unqualified” as we are because it is in the process of marriage that we are meant to learn dependence on Him.”

I found myself reflecting on how wild it is that we, as human beings, can love someone so deeply that we are willing to enter this lifelong union without any prior experience. No test run. No prerequisite course. I have come to suspect that it is because marriage is more than a social contract, it is a God thing. It is a covenant. And God, in His wisdom, allows us to enter marriage as “unqualified” as we are because it is in the process of marriage that we are meant to learn dependence on Him.

You might think you are the most patient, forgiving, or gracious person, until you get married. Marriage is beautiful, yes. It is sacred, joyful, and full of love. But it is also challenging, humbling, and refining. Your spouse will test you, and you will test them. It is not out of malice, it is just the nature of two imperfect people trying to do life together. That is where the fruit of the Spirit must come alive in you.

I remember one particular week where my husband and I were constantly at odds. The house was tense; everything felt fragile. I had reached the end of myself, the end of my knowledge, my strength, and my solutions. One Sunday afternoon, in a quiet moment of frustration, I whispered,

“Holy Spirit, please intervene”. In that moment, I sensed God say, “Ma’am, what took you so long?”.

This verse has become a reminder for me in marriage: We do not have what it takes on our own, and that is okay. Because God does. Whether it is the courage to have difficult conversations, the grace to forgive, or the strength to be patient. These are things we must ask Him for daily. Marriage is holy, not because we walk into it perfectly but because it is the place where, day by day, we become more like Christ, only if we let Him lead.

He does not play for *either* side

Let us play a game, shall we? Anyone who has been rejected to raise their hands. All of you who have done the rejecting raise your hands. It is safe to say that at one stage or another, we have all been in either of these categories. If everyone has been rejected and everyone has done the rejecting, is there a safe place to go? Let us discuss the first category shall we, rejection? It is awful, To be rejected on any level is just plain brutal.

Those people who reject you do not know what they are missing. It is never easy to put yourself out there in any way, to show interest, to feel like this thing is right for you, to put your best foot forward, and then for it to have amounted to rejection. However, it is like anything in life. It always starts with a pool, say 100, it is then cut down to 50. Cut down again to 25, again to 15, again to 10, once again to 3 until the final 1. The biggest question is will you be that 1? The one they choose for the internship, for the promotion, for the bursary, or even for

that relationship. Will you be that 1? Rejection can cut anyone deep. It is basically saying, “Uhm sorry you just not good enough”. A place where rejection will never occur is in the Lord’s hands. You see, God does not reject, in fact, He can not. Let me tell you why. He created you, He knows that birthmark on your arm, that habit that you are ashamed of, and even that dirty thought you just had 10 minutes ago.

“Correction because He knows all that, that allows Him to reject me” You are thinking but you are incorrect. God does not reject. He knows all this about you and beyond but He does not reject you. He will never reject you. A better word for this would be a refusal.

God does not reject. He can not because He created you. He created that gay guy we all stop and stare at, the girl whose tops and bottoms are quite exposed for all to see, the girl who today still enjoys “The Bold & The Beautiful” yes “The Bold & The

Beautiful” and even the guy who does not believe in Him and is pure breed Zulu and thinks religion is a “white people’s thing”.

He created each of these people and the Lord cannot decline His children. He might not approve of their behavior, but your Father the Lord called the stars into existence, who made that extremely hot ball and source of heat for each and every day in the sky. He created that too and just like a Shepherd cannot leave his sheep, God cannot turn you down.

“No one will be able to stand up against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you”
Joshua 1:5 (NIV)

God does not decline nor does forsake. So whether you play for the opposing or you are an expert when it comes to giving the cold shoulder it does not matter to God. He is not going anywhere.

“Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord and he will have mercy on him, and to our God, for he will freely pardon” Isaiah 55:7 (NIV)

We as humans will continue to accept and decline everything and everyone around us. Just know that it does not matter which one hurts more or which one is always being attacked. God will never reject you and if you forsake your ways, whichever one they are, and turn to the Lord, He will welcome you with open arms. You are loved unconditionally and that is a beautiful place to be.

S O L'
Thoughts

Resources

Rooted Within is a Christian podcast where real people have raw, unfiltered conversations about faith, life, and everything in between. We embrace imperfection, ask the hard questions, and share stories of God's grace—all with a mix of laughter, reflection, and truth. Whether you're deep in your faith or just figuring it out, this is a space to be encouraged, challenged, and reminded that you're never alone on this journey on YouTube and Spotify. Be sure to like, share, subscribe, comment, recommend to a friend and let's grow together S O L' Tribe and stay Rooted Within.



“Yahweh” by Joyous Celebration – a powerful worship anthem blending gospel with rich African harmonies.

Flourishing Faith is a Christian devotional platform that seeks to help believers grow deep roots in their spiritual lives by combining creativity with purpose. It encourages authentic reflection, journal writing, and thoughtful engagement with Scripture—not just reading, but meditating, praying, and applying God's Word to everyday experiences.



“Goodness of God” by Bethel Music / Jenn Johnson – a reflective song about God's faithfulness and love.

About the Authors

FAITHFUL FITNESS by Amo Kgori

In 2017, Amo Kgori embarked on a transformative journey, overcoming weight issues, depression, and unemployment. As a wellness coach, she has guided over 100 clients toward holistic wellness, emphasising healthy habits and spirituality. Motivated by South Africa's unhealthy lifestyle rankings, Amo aims to inspire positive change, envisioning a future where self-love and wellness are integral parts of society.



TRAVEL by Jaylene Ramalatso

Jaylene Ramalatso, is a versatile entrepreneur, digital marketer, and digital literacy advocate. She empowers businesses to harness their unique value in the marketplace through effective digital marketing strategies. Jaylene's love for servicing the tourism industry and travelling has allowed her to become a travel content creator.

GLOW FROM THE INSIDE OUT by Hajie

Hajie, a born-and-raised Pretorian writer and content producer. She was born on December 15th, she is deeply passionate about self-care, film, and television. However, music holds a special place as her foremost love. Her overarching aim is to glorify God through navigating the complexities of life with purpose and intention.



MEN'S CORNER by Samuel Takudzwa

He is a Christian leader, author, and preacher who inspires others through his writings and teachings, guided by prophetic inspiration.

MARRIAGE by Sihle

Sihle, 32, has been married for six wonderful years, an incredible journey that has deepened her understanding of love, sacrifice, and grace. She sees marriage as a mirror that reflects the sacred relationship between Christ and the Church.





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