

S O L'

Edition Two | 2025



S O L' | STYLE FROM WITHIN



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EDITOR'S NOTE

We are six months into the year Tribe, and honestly, part of me feels like asking God, *"Where did the time go?"* It has been such a whirlwind. Life has been complete, busy, and stretching in the best and most unexpected ways.

Halfway through the year, I want to start with what has been happening at S O L'. If you are new to the Tribe, firstly hi I am Mwenya, I am the founder of S O L' and also the Editor-in-chief. I am the person whose passion it is to ensure that we create a good quality magazine with the aid of my fantastic team. S O L' is a brand that is grounded in faith, it reminds you that you are amazing just the way you are. No, I am not quoting the Bruno Mars song- which was once dedicated to me (a story for another day). The Lord crafted and created you so uniquely that even your sense of style is unique to you. Whether today you want to wear an African print dress or just mom jeans and a tee, your style is yours and should be celebrated always.

Something exciting we have stepped into recently is the podcast and YouTube space. We have recently launched *Rooted Within*- A Christian podcast that invites real people into raw, honest conversations about faith, life, and everything in between. We are not here to perform perfection. We are here to ask hard questions, sit with doubts, share our stories, and reflect on the grace that carries us through. Whether you are deeply rooted in your faith or just starting to explore it, this space is for you. We want it to be a place where you can laugh, learn, and remember that you're never alone. Episode 2 is already out, but do yourself a favour and start with Episode 1. You might see a familiar face.

Even though it might seem like this podcast just "happened," the truth is the team and I have been working behind the scenes for months. We did not want to enter the space just to add more noise. We prayed. We planned. We waited. We asked what would make this different from what is already out there. And while we are still figuring it out. We were excited because we know this is where we are supposed to be.

On a more personal note, I have found myself in a reflective space lately. June tends to do that to us. That halfway mark of the year, where you pause and ask: What is working? What is hurting? What do I need to release? What is worth trying again? And what is God asking me to trust Him with? I have



been asking those questions across every area of my life. Honestly, I am still asking. However, I can conclude that it comes down to peace. Sometimes you think you deserve something, when in fact that thing is only there to teach you a lesson. You are supposed to move on, but at other times, you wonder if you made the right decision or if you are just impatient to find out, because you thought it was supposed to be one way. It turns out to be the other. As we are in Edition 2- it is always awesome to bring you a new edition- it is also the time to be reflective with yourself. Ask yourself: do you need to let go, do you need to stop and rethink that decision, do you need to analyse why you made it, and what are the benefits of that situation?

Take the time to wait and hear what season God has put you in and if He is speaking and telling you to do something. Chances are it is for your good and before you turn into something that keeps you up at night wondering, "why Lord?" wait and listen to the season He is taking you into.

I could not close this out without mentioning our cover feature. For the first time ever, we have placed a male on the cover of S O L, and we are thrilled to introduce you to Mogomotsi “Mr Suave” Tsheko. Known across the creative industry as a stylist to some of South Africa’s biggest names, including Zanele Potelwa. Mr Suave is more than just a fashion powerhouse, he is a man of faith who knows what it means to depend on God. He once told me, “My life depends on a phone call,” and that line stayed with me. It speaks to the unpredictability of working in the creative space, and the deep trust it takes to stay grounded in God while navigating that kind of

pressure. His story is a testament to what it means to pursue your passion without compromising your purpose. I hope this feature inspires you as much as it inspired me.

As we dive into this edition, I encourage you to pause, reflect, and ask yourself the real questions. What season are you in? What is God asking of you? What are you holding onto that needs to be released? And what peace are you being invited to step into? Whatever your answers may be, know this: you are not alone. And this space, this tribe, this community is walking alongside you.

Editor in Chief Mwenya Chitambala

WAITING SEASON

Waiting is not easy. I do not know about you. When I first became a believer in Jesus Christ, I recall that I would make quick prayers and quick fasts so that they could come to pass. As you grow in your relationship with God, you should begin to repeat the prayer, meditate

God, you should begin to repeat the prayer, meditate on scripture with it, and even consider fasting, because you are in a waiting season. This in itself is hard. The reason God makes us wait is to humble us. We can get real cocky when things just happen in a matter of microwave minutes, forgetting whose authority we are under and what it means to trust in the Lord and cast everything upon Him. We would rely on our own ability, our own timing, our own will, and that is not what this faith journey is about. It is a daily dying of self; it is a daily reminder that the problem is not going to go away tomorrow, next week or even next month, and surrendering regardless. It is a daily understanding that one needs to be humble under the authority of the Lord.

When in the waiting process, submit, pick up the cross and follow Him. Follow Him when it is hard, when you have been played. Follow Him when you are heartbroken. Follow Him when it does not make sense. Follow Him when you join adulthood. When you do that, He will care for you because the Lord wants to. He wants to care for us. He knows that life is not easy. But you have to cast all to Him, and when you do, He will care for you.

If there is a theme, I hope you hold onto in this season of waiting, it is this:

Humble yourself, and cast everything, not some things, but everything, onto Him. I do not know when your prayer will be answered. But what I do know is that our God, the Good One, the One who loves without measure, cares. And He is present even in the waiting.

May this edition be your gentle reminder of that.

1 Peter 5:6-7

“Humble yourselves, therefore, under God’s mighty hand, that He may lift you up in due time. Cast all your anxiety on him because He cares for you.”



MR SUAVE

PHOTOGRAPHED BY VICTOR TURAY

1. What would the title of your autobiography be? - In one sentence, how would you capture Mogomotsi “Mr Suave” Tsheko

I am a believer.

I say I am a believer because, firstly, my background. My background did not foster growth. Growing up in the *Kasi* definitely influenced the person that I am today. Even going back there now, I see people who I grew up with, people I used to attend school with, some I do not even recognise at first glance, due to drug and substance abuse, teenage pregnancy. The odds were definitely against me. Regardless of all of that, I had always believed that I could make it through the struggles. I started writing when I was still in the hood. In my teenage years, my music was strongly influenced by the likes of Lil Wayne and J. Cole. I admired J. Cole's storytelling abilities with his music. In his words, he paints a picture vivid enough to cure blindness, and I was inspired by that. It is evident even in the way I write.

I try to take you on a journey with my music. I will not lose you, but you will certainly lose yourself in my music. I will let you into my world, tell you about my struggle, and my mom. The adversities she went through trying to raise five children on her own. In the midst of it all, I will also talk about the light at the end of the tunnel, adding a glimpse of hope that life could get better. I believe that I will be the



one who makes life better for my family. It also encompasses my spirituality because I am a believer in Christ. On top of that, I am a dreamer.

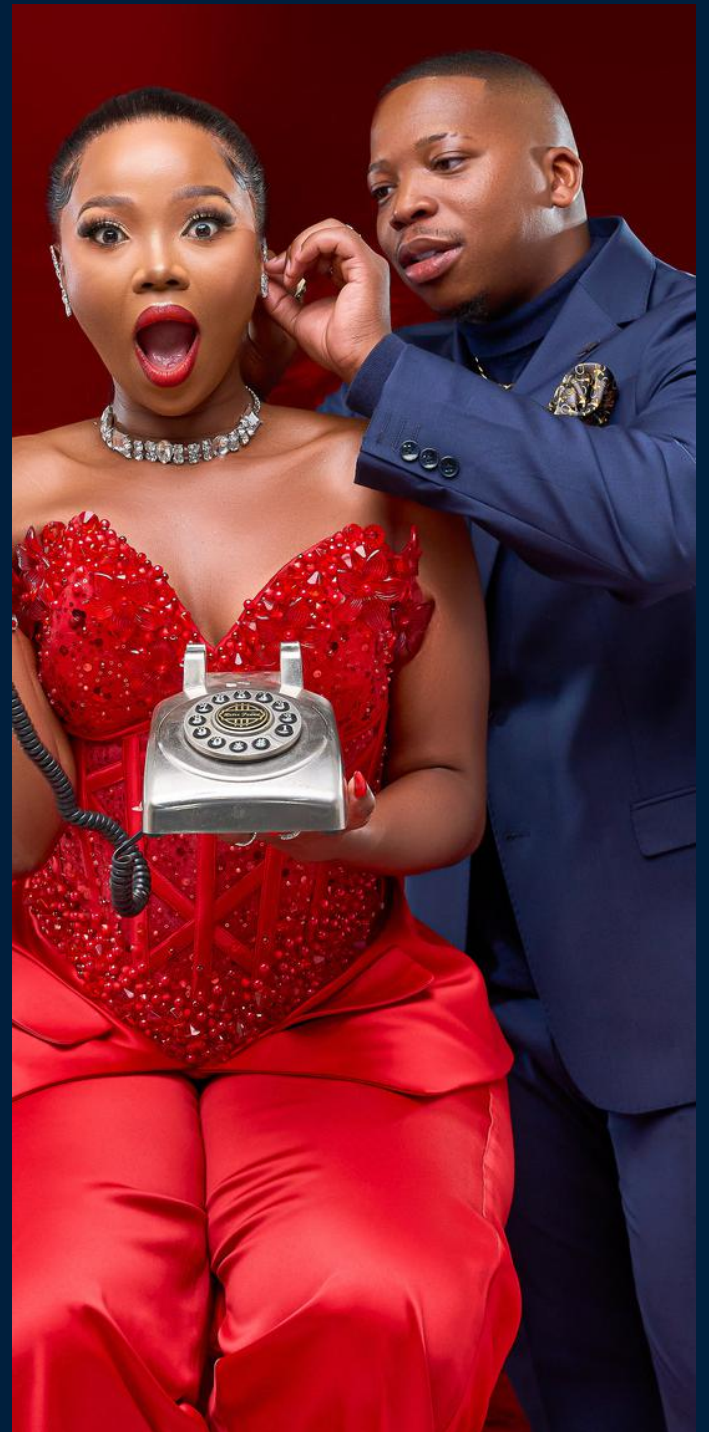
2. Let us talk about the styling industry. Talk about how it has changed from when you started to now. I am a creative. I put together different pieces. I do not necessarily focus on trends.

I love putting together timeless classics. I can even say I do not speak fashion, I live fashion. I am not one to follow what is in now, but rest assured, once I style you and you walk on that red carpet, it will be a memorable experience. I do not know baggy jeans, the in clothes right now. I know my taste, my style, and I know my gift.



3. Christ is present in everything. How do you showcase the Lord when styling people from different fields in your industry?

As a stylist, you get briefed, and you get a moodboard which will show you the direction that the clients want to take in terms of their look. My job is to follow through with what the client wants. In terms of bringing the Lord into my wardrobe spaces, I pray before and after a work session with a client. With the actual styling, my spirituality does not have a strong influence on how a client looks. I carry Christ by sharing the word with talent on set, I spark conversation about Christ, and we have debates. In a way, it also grows me as a Christian, and I learn new and different perspectives. Those conversations are very eye-opening, especially in the industry that I work in.



4. You have styled people in reality shows and influencers. How do you decide who to work with and why?

I do not decide who I get to work with, and I would say that is the beauty of my work. If an opportunity comes and I am selected to style an individual. I get excited for the opportunity to showcase my talent. Being selected simply reaffirms me as a stylist. I am excited for the conversations, building new relationships and seeing the final product of my work, whether on-screen or on the runway.

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

By praying every day, I read the Word, and I try to be at Church every Sunday. Music has also played a big role. Understanding worship for me includes playing Gospel when I am driving, when I am working. When I am sad, happy and so forth. There was a time when I was not present at church. Before that, I was a very active member of the church, and I would serve and do other work within the church. Then suddenly, my work started picking up. And I would struggle with balancing church and work. I noticed this gap, and now I have a no-work-on-Sunday policy.



Which was challenging because there would be situations where I would be home from Monday- Thursday, then suddenly I would get a gig that would require me to work from Friday- Sunday. Over time, I realised that worship is not how you treat God on Sunday, it is not about the songs you sing on Sunday. It is about how you act on Monday. Do you please God on Tuesday? When you utilise your gifts, you are glorifying God.

6. What are your thoughts on the local and international fashion industry regarding changes in Creative Directors (such as Pharrell at Louis Vuitton and Jonathan Anderson leaving Loewe), runway trends, and the impact of fast-fashion brands like SHEIN?

Firstly, I am pro-local. I work with designers who have dreams like mine and have created businesses out of their gifts. I support local, I source local, I work with them to create master pieces. I have been blessed with jobs that allow me to go to my designers, I will go to Sihle, I will go to *LuxuryByDesign*, I will go to the *DevineStyles*. Pharrell going to LV is great for him; he is occupying that space, and that is a win for the culture. But me being here locally, I am focused on the people who are local and growing each other. Pharrell

being in the music industry, then the fashion industry, is a great transition because he understands the space, and now has influence on what gets to happen in the fashion industry, which is great.

7. What are your favourite scriptures highlighting how the Lord delights in us looking our best?

I am not the best person at quoting scriptures. My pastor always says you can quote all the scriptures, you can tell me all the bible verses from beginning to end, but the question is: are you living it? A scripture that I found myself going back to is: **“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future”** (Jeremiah 29:11). It comforts, it secures, it allows you to put your trust in God because you understand that He has plans for you, He knew you in your mother’s womb. You can tell that He is a God of details. Because we are humans, we forget that He has a plan. It is like being a parent; kids do not worry about not having diapers, because they know they have a parent who will take care of that. We need to have the same kind of trust towards God.

8. Can you share a moment when the Lord spoke to you about styling and the work you do in your quiet time with God?

In my quiet time, I talk to God about the business side of my talent. People do not inform you about everything you need to do as a stylist. Everything you need to cover. In my quiet time, I bring to God all my worries about the things I do not know. The things I am yet to learn about as a stylist.



9. Fashion is very personal, and at S O L,' our tagline is Style From Within, and that is because we believe that we do not 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?

Fashion is intimate. It is about how you feel, you deal with your outfit before you even step outside and present yourself to the world. It does affect your confidence. It is also personal in the sense that people may not understand it, and it is unique. Just like how God has created us and the relationship we each have with Him. Even when it is influenced by others, it is important to recreate it in your own way. Just as your relationship with God, how you praise God, and how you glorify Him.

10. Our first cover for 2025, Rosemary Zimu, suggested that you listen to a song by “Kirk Franklin - Spiritual.”

Tell us a song or podcast to which our next cover should be listening and why.

Jesus, To the City Vol 2 (Live at 012 Central, Pretoria 2023) by Mmuso Worship.

I am a bit biased because this is the church that I attend. One special thing about it is that I get to witness the process of how they come to life. Some of them are made purely out of scripture. My pastor will say something, and then it will turn into a chorus; the next week, everyone is singing that song in the church. Please listen to the album from top to bottom.

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

- 1.I am a former hip hop artist, my artist name is MGT.
- 2.I am a creative director outside of my styling.
- 3.I have styled a couple of award shows, the SAMA's, SAFTA's.
- 4.I used to be a Bolt driver.
- 5.I am a mama's boy.

CREDITS

Sylist: Stembinkosi Batundi

Assistant Sylist: Mogomotsi “Mr Suave” Tsheko

Creative Director: Mogomotsi “Mr Suave” Tsheko

Props Master: Mogomotsi “Mr Suave” Tsheko

Photographer: Victor Turay



A stylist and their muse share more than just a wardrobe — they create moments, moods, and meaning. When you style someone, you are not just putting clothes together; you are bringing something to life. That is exactly what Mr Suave does. With a keen eye for fashion and a heart anchored in faith, he does not just dress talent, he elevates it. His work goes beyond aesthetics; it is a form of art. Each look tells a story, blending confidence, creativity, and conviction.

What sets Mr Suave apart is how he weaves his relationship with God into everything he does. His faith grounds him, guiding his creativity and reminding him that even in the fast-paced world of fashion, purpose always comes before popularity. For Mr Suave, styling is not just about what people wear, it is about how they feel and who they become when they step into their calling, both on and off the stage.







THE WAIT

By Sihle

Much like the seasons outlined in Ecclesiastes 3:1-8, every marriage, including mine, will at one point or another walk through different seasons. One of those is a waiting season. These are the times when prayers seem unanswered, progress feels slow, or promises appear delayed. Maybe you are waiting in prayer for a child, for healing, for deeper intimacy, or answers in another area. I have been there, too. And I know, these seasons of waiting test not just your patience, but the very foundation of your union.

Peter's words, **"humble yourselves under God's mighty hand,"** are a powerful reminder for both of us: we are not simply waiting for something, we are waiting with someone. And more importantly, we are waiting under the care of Someone far greater. I have learned that humility in marriage means releasing

the urge to control outcomes or timelines and choosing to trust God's pace, even when it does not align with our plans. You are learning this as well, I hope.

Waiting has the potential to either draw a couple closer or push them apart. From my experience, I have seen how much of the outcome depends on where we place our burdens. In these harder seasons, when emotions run high and frustration simmers, you face a choice: will you turn on each other, or turn together toward God? Will you grow bitter, or grow deeper in faith, communication, and love? When worry threatens to divide or discourage, I have found that God offers peace that unites and uplifts. And He invites you to receive it too:

"Cast all your anxiety on Him, because He cares for you."

That care is not passive; on the contrary, it is active and personal. God deeply cares for your heart, your fears, your hopes, and your future. Much like the seasons outlined in Ecclesiastes 3:1-8, every marriage, including mine, will at one point or another walk through different seasons. What I have come to understand is that God uses waiting seasons to shape far more than outcomes. He shapes hearts (Psalm 33:15). It has been in moments where I ran out of words to say or actions to take to try and jimmy an outcome in my favour, and instead I silently whisper *"Holy Spirit please intervene"* where I have seen God work, not on the situation, but on me. It has been in those times that I came to realise waiting is not punishment, but rather preparation.

In the waiting season, God teaches patience, strengthens you, as promised in Isaiah 40:31, and matures your love. And when the time is right, He will lift you. Not just when you want, but when you are ready. But the caveat here is that we need to wait in Him and on Him.

If you are in a waiting season today, whether with your spouse or for your spouse, I want to encourage you: God sees you. He hears every whispered prayer and collects every tear. His timing is never wrong; trust that the same hand that asks you to wait is the very same hand that will lift you, in due time.



ABOUT THE AUTHOR

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.

In her younger years, Sihle found joy in writing Sunday school play scripts, using storytelling to sow seeds of faith. While she no longer writes plays, she now serves as a youth leader at her church and is passionate about helping raise a generation grounded in Godly principles.

She believes in the power of mentorship and Christ-centred guidance to shape lives for God's glory.



GOD'S PERFECT TIME

By Takudzwa Samuel

Ecclesiastes 3:11 reminds us, **“He has made everything beautiful in its time.”** Consider the journey of a child: nine months of gestation, followed by the gradual milestones of crawling and walking, each occurring in its own perfect time. This natural progression illustrates that time cannot be rushed or manipulated to fit our desires. God's timing is impeccable, and He orchestrates events to unfold beautifully in His own time.

Waiting on God is essential, as it requires patience and trust in His divine plan. Without patience, life can become frustrating and overwhelming. Embracing God's timing allows us to experience His beauty and perfection in every season.

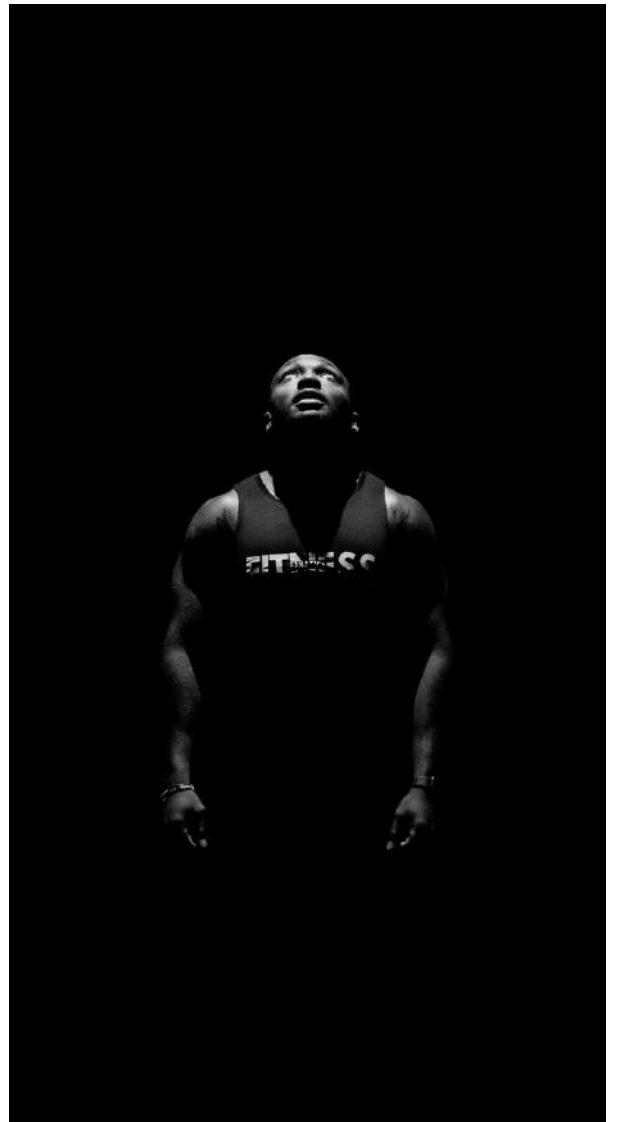
We often desire change to happen on our own timeline, but God, being all-knowing, has His own perfect timing. He sees the beginning and the end, orchestrating events to unfold precisely when the time is right. Rushing ahead of His timing can lead to trouble, as seen in the lives of those who take shortcuts and end up facing consequences.

Consider the rules that govern everyday life: age restrictions on purchasing alcohol, for instance, demonstrate that time-bound laws are essential. Similarly, in our personal lives, adhering to God's timing is crucial. Waiting for His perfect time allows us to experience His blessings and avoid unnecessary pitfalls. Trusting in His sovereignty and timing can bring peace and assurance, even when things seem uncertain.

Society often expects men to be proactive and drive results, which is not entirely misguided. Hard work and responsibility are indeed valuable traits. However, when things do not materialise as quickly as we would like, it does not define our worth or masculinity.

Consider this: everyone's journey is unique, shaped by different backgrounds and opportunities. Some may have advantages that others do not, such as receiving gifts or support from loved ones. Meanwhile, others work tirelessly to achieve their goals. When societal expectations weigh heavily on us, it is essential to remember that we are not all running the same race. Some things will unfold in due time, and patience and perseverance are just as important as drive and ambition. By embracing this perspective, we can find peace in our own journey, regardless of external pressures.

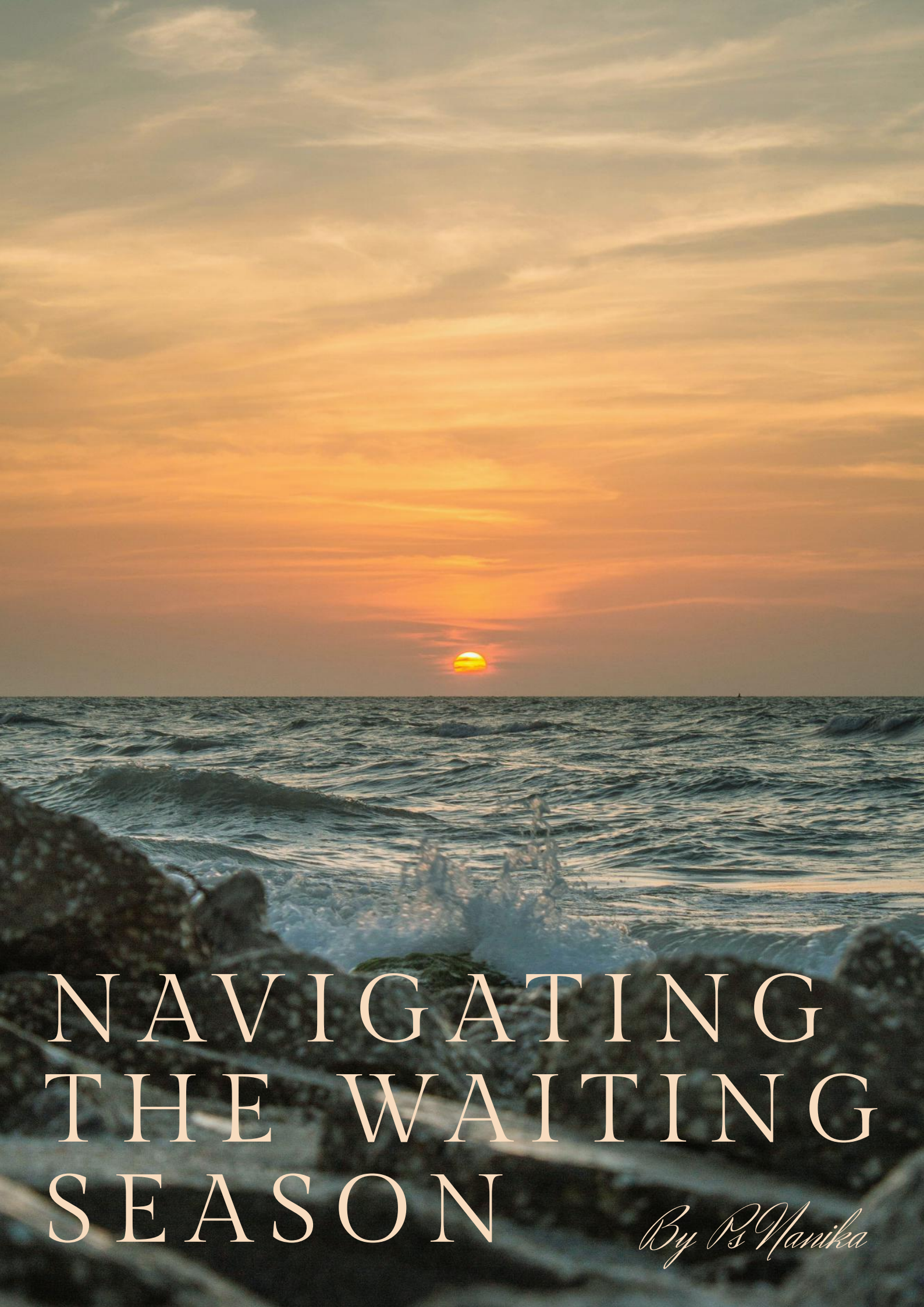
Ultimately, trusting in God's perfect timing and sovereignty can bring peace and freedom from the pressures of societal expectations. By embracing patience, perseverance, and faith, we can navigate life's challenges with confidence, knowing that everything will unfold beautifully in its own time. May we find strength in waiting on the Lord, trusting that His plans are greater than our own, and His timing is always perfect.



ABOUT THE AUTHOR

TAKUDZWA SAMUEL

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



NAVIGATING THE WAITING SEASON

By P. Manika

Rarely have Christians been heard to rejoice in waiting on God. In a culture where we glorify instant results and rewards, waiting on God has become a forgotten virtue. Yet, it is often in the waiting season that we most discover the true nature and character of God. In stillness and inactivity, we often hear Him clearly than we would in the constant hustle and bustle of life. In those moments, where seemingly nothing is happening on the journey, we discover aspects of ourselves that need refining and pruning. It is then that we can submit those parts of our heart and nature to God. To then experience Him developing you into who you need to be, to live within that long-awaited promise.

One of the more popular scriptures about waiting on God is found in Psalm 27:14 and reads:

"Wait for the Lord; be strong and let your heart take courage; wait for the Lord!"

Many have equated waiting on God with total passivity. Sitting back and in a way- daring God to execute the desires of your heart. When you study this Scripture in truth, you will discover that the word "wait" here, directly translated from the Hebrew, means: "to convey the act of waiting or hoping with anticipation. It often implies a sense of tension or eager expectation, akin to the twisting or binding together of strands to form a cord."

To explain this concept, imagine this: We have seen those athletes at the start of the 100m sprint- they are postured in a certain way, mind ready, gaze fixed, muscles tensed, ready to spring into action at the sound of the pistol. That is what truly waiting for God should look like for a Christian- spending time being prepared, putting in the spiritual seed necessary for growth, seeking God's voice intently, eyes fixed on Jesus, ready to spring into action at the sound of the Master's Voice. Waiting on God is, in actuality, not passivity at all. It is using your time and resources in a way completely directed by Christ, which will prepare you accordingly for what you are waiting for.

Before Jesus started with His public ministry, He fasted for 40 days and nights in the wilderness (the desert). One could equate that to a "waiting season". Based on how Jesus would often draw away to spend time with His Father, we can safely assume that in His waiting period, He spent it being prepared for His public ministry by the Father. From latter Scriptures, we can deduce that He would constantly be communing with the Father in His waiting season. In a culture of "hustle", many would see drawing away for 40 days to seek the face of God as "wasteful". Seeking God is an active process, not a day filled with distracting yourself from the waiting, then giving

Him 10 minutes and calling that "I spent the day seeking God". What would Jesus's ministry have looked like without His waiting season? In turn, could you trust God that the waiting season in your life is producing something more glorious than your need for instant results?

There is a saying that goes "If you are waiting on God, do what waiters do- Serve." While you are waiting for the culmination of your vision to come to pass- are you willing to serve someone else's vision? Are you willing to steward your time and resources in a way that will show the Lord you are faithful and can be trusted with more? If you are waiting on marriage, are you spending your time as a single person in a way that truly honours God? While you are waiting for employment, are you working for God's Kingdom? Often our waiting season is longer than it needs to be, because we are not learning from it what God desires to teach us in it.

Do not waste The Waiting Season being bitter, angry and melancholy- devote this season to giving, serving, preparing and learning. The Lord who authored your story is more than able to bring it to completion.



ABOUT THE AUTHOR

PS NANIKA

As a passionate servant of God, Ps Nanika Joy Nel brings a unique blend of academic and spiritual foundation as a communicator. With a law degree and 4 years of Bible College training, she is well-equipped to share biblical insights with clarity and conviction.

Currently serving as a Youth and Young Adults Pastor, Ps Nanika is dedicated to empowering the next generation with God's truth. Through powerful preaching and heartfelt poetry, she seeks to inspire and guide young people in their walk with Jesus.

MEET JOELLE KABISOSO

PHOTOGRAPHED BY MZIIE MNCUBE





1. How did you come into this space?

I am Joelle Kabisoso. I am 29, I am Congolese-Canadian. I was born in Congo, but I spent most of my life in Canada, and it seems as though I will continue spending the rest of my life in Canada. I am in the women's equality space and, social justice space. I have a degree in Family Studies. A lot of the work that I used to do was in family law. My responsibilities included helping families separate but in a healthy manner, and showing people alternative dispute resolution. I was trying to reinforce the idea that you do not have to go to court and have a judge dictate what happens when you separate. A lot of the time, families get broken during the divorce process because it is a third party that makes a decision. Especially as Christians, because we are not supposed to divorce, it was just a matter of helping families mediate some of those conflicts. Somehow, I ended up in the gender equality space, social activism. I have my own non-profit called *Sisters in Sync*. That was birth from the experience that had went through when I was 17. I was a victim of a racially motivated gang rape that was posted on Twitter. Not the rape itself but some nude pictures of me as well as racially charged tweets. When I was encountered with that, growing up Christian, growing up in a Congolese household- Even going on this trip, we had to lie to our parents

and tell them it was a school trip- It put me in a space where I was wondering, 'Am I ever going to get help for this?', because firstly, there was the shame of what had happened and also not fully knowing what had happened. Secondly, the stigma that people are going to blame me, people are going to say I must have done something, I must have been wearing something. It unfortunate because it came out that they were a group known drug girls and rape them. Unfortunately, I just so happen to be one of those victims.

Through that, I ended up going to the police, and the response that I got was very dismissive. It blamed me and focused on 'if you were to disclose, if you were to press charges, it would ruin their lives'. From there, I would have to get my parents involved. The last thing I wanted to do at that time was to, one, get my parents involved, and two, ruin somebody's life. Not thinking about the impact it would have on me. It is now that I realised I went into a terrible depression. I knew that by the time I turned 21, that was about it. Life was going to be done for me. I would graduate, get my degree, give that to my parents, and then I could end my life. I am 29 now, and I thank God that it did not happen. That experience paved a path for me that I never would have expected to be on.

When you go through gender based violence, it does not matter whether it is physical, whether it is financial, emotional, spiritual, or whatever that looks like. It is killing. It is a death sentence unless you can come out of it in a way that does not leave you feeling shameful, because I could have died. We are seeing women and girls are dying at the hands of people who are supposed to be protectors, people who are supposed to be brothers, who are supposed to be uncles and fathers and friends. And it is unfortunate because, as much progress as we have made as a continent, it is still an area where, for some reason, we are not progressing. I always tell my dad that, yes, we have adapted to all the different versions of iPhones and cameras and cars, but that there are still ways of thinking that people refuse to let go of. People do not see this as the epidemic that it is.

It is a mindset thing, but it also feels like we have done all that we can do to educate people. We have done all that we can do to raise awareness, and it is a matter of people accepting it for the issue that it is and doing the work. There should be a systems change or something where we can see more men rising in this space and holding one another accountable and really sharing the information that is already out there. It is time that we found ways to collaborate with men who get it, with men who want to make changes.



2. What keeps you grounded

I recently did a presentation at a high school, and I shared what had happened, and I shared what life has looked like beyond that. And one girl came to me. She was probably 16 or 17, maybe around the same age I was. And she said, You really inspired me to wanna speak up for myself a little more. Can you help me speak up?

For me, it is seeing the hope that other girls get, even if it is just from talking to me. Sometimes we stop ourselves from getting the help that we need or healing because we are unable to speak up for ourselves, or we do not know how to speak up for ourselves in a way that still keeps us empowered. I do not think I am the most eloquent speaker. I do not think I am the most articulate, but just the fact that somebody can tell me that the way you spoke up for yourself inspires me is actually what keeps me grounded.

Extending my hand to somebody else so they can feel like they can say things as they see them, and they do not have to come perfect, or they do not need to have the right words to necessarily share what has happened or what their real experience is. Knowing that I can speak my story in the way that it is, and that itself is enough for someone to feel like there is hope for them, too.

3. How do you showcase your fashion and your style in the work that you do?

I am still trying to figure out what my style is. My personal style is evolving as I am also evolving with my body. Two years ago, I was diagnosed with PCOS, and then they found out that I have fibroids. All of those things contribute to your body changing and shifting. I have been loving myself a little bit more, realising that I can dress in ways that are for me.

I have been exploring modesty as well. I have been really growing in my womanhood, and that is also being reflected. I like dresses a little bit more, I like pants now, whereas before I would have preferred a miniskirt. In this season, my fashion is around tights and a cute, simple dress.

4. How do you showcase your style in the work that you do?

I am an accessory girl, a bag girl. That is how I show up. When I go in, I want to make sure I have a different type of bag: I have my power bag, I have my girl bag, and I have my weekend bag. And all of them have several lip glosses and gum. I am a lazy dresser right now. Even in the work that I do, I will wear the same outfit three days in a row.

One of the things that I do want to change in this field in the nonprofit is that you can look good while doing the work. I think sometimes we get caught up in helping others and do not care about how we look. I always try, when I am going to a meeting or anything important, to actually look good. This is so that people can feel that you can care about the world, and care about yourself as well.

5. Our theme for Edition 2 is the Waiting season, with our verse coming from Peter 5:6-7. What is it that you are currently waiting on, and what is a verse you are holding onto?

I am currently waiting to view God as my father. I have had so much. I have done so much. In the last three weeks, I was on three different continents. Experiences that some people do not get. And I lost my dad in 2021. We had a very interesting relationship. I remember one time I was really sick, and no one checked on me. And it was just me and my dad at home. And my dad asked me to cook for him. One of the things that now, I now should have appreciated more. He loved it when I made steak. So he wanted me to cook a steak, and I was just like, *mate. Not right now.* But, you know, despite everything, I still went ahead and made a mistake. I was really upset. So I did not even serve it up for him. I just left it on the stove with all the other things. I made some fufu, but it was as hard as a rock. There was no love in it. And I was really upset, and we got into an altercation. A verbal altercation.

Then my mom came back one that same night, and my dad had told her what happened. When she came to me, I was in tears because I spent the whole day with him, and it was like he did not even recognise or notice that I was sick. When I told him that, he said, *You know, I am so used to you just being okay and you just handling things and you being the child that we do not have to worry about that, I did not see it in that way. I did not see that you were actually sick.* I always felt like that my whole life. While my parents were yelling at my siblings for not doing well in school, I was getting a scholarship and graduated. No one ever really needed to worry about me in that way.

I never really felt fathered by my dad. Now that he is gone, somebody was talking to me, and they said, *You just need to see God as your father.* What does fatherhood mean? Because I used to always see God as my genie, when I needed something, He would give it. And even when I do not ask. In this season, I am really waiting on God to show me what fatherhood from Him looks like.

The verse that I always have on is Numbers 23:19 which states: **"God is not a man, that He should lie, nor a son of man, that He should repent. Has He said, and will He not do it? Or has He spoken, and will He not make it good?"**. Because when He says that He is a Father to the fatherless, I know that that is true, but I am trying to see what that actually means to Him and our relationship.

6. What is a fashion trend you are loving right now?

My favourite trend right now is flats, ballerina flats. These ankles can not walk in heels as they used to. The way that they are designing and creating ballerina flats right now is so different from what I remember growing up with. Now, I am excited to wear them. I was even looking online because I wanted to get a pair. I am excited because it does not have to be a black pair. I am seeing pinks, suede, ballerina flats, but with a little heel, a thick strap, and a small strap. That is what I am loving right now.





7. What is a plug you can give our readers? It can be a fashion trend, a style trend, or a bible verse. It can be a podcast, a YouTube channel, or a song.

I encourage everyone to listen to my go-to podcast, *With The Perrys*, which features Preston Perry and his wife, Jackie Hill Perry. Even when you are on your faith walk and building your relationship with God, you can get an idea of how it should be. I had a certain expectation of things being different after being baptised. I expected to have this holistic feeling, being a new individual. I thought life would automatically get easier, and I would face fewer challenges. Instead, it has forced me to find a stillness. It has forced me to look at God differently. Knowing that it is not necessarily the act itself of going and getting baptised, but it is what comes after.

I also watch this YouTube channel every morning. It is called *Grace Oasis*, and it is just daily prayers. That has been something that is keeping me grounded, and I am not gonna sit here and tell you that it is perfect. Some days, I am just like, God, I am not trying to pray right now. I am not trying to read the bible. But it is an ongoing pursuit, and telling myself, okay, it is bigger than me.

Credits

Assistant Stylist: Stembinkosi Batundi

Make-Up Artist: Stembinkosi Batundi

Creative Director: Mwenya Chitambala

Photographer: Mziie Mncube



FAITH IN MOTION:

TRUSTING GOD WITH YOUR FITNESS JOURNEY

By Ama Kgori



Humble yourselves, therefore, under God's mighty hand, that He may lift you in due time. Cast all your anxiety on Him because He cares for you" (1 Peter 5:6-7) - The Theme for this edition is this beautiful scripture, this was Peter offering guidance to elders and all believers, emphasizing humility, vigilance, and trusting in God's care. It instructs elders to lead the flock willingly and by example, not for personal gain. All believers are urged to be humble, cast their anxieties on God, and remain alert to resist the devil who seeks to harm them. Ultimately, the chapter highlights God's promise to restore believers to their rightful place and to strengthen them eternally.

In the pursuit of physical health, it is easy to become overwhelmed by self-doubt, comparison, and the pressure to achieve perfection. Yet, 1 Peter 5 offers profound guidance for those striving to honour God with their bodies:

1. Humble Yourself Before God

Embarking on a fitness journey requires humility, not just in acknowledging our limitations but also in recognising that our strength comes from God. Humbling ourselves means surrendering our plans and trusting in His timing. As we submit our efforts to Him, we open ourselves to His guidance and strength.

Humility is the cornerstone of both spiritual and physical growth. In the context of fitness, humility involves acknowledging that our strength and endurance come from God. It is about recognising our limitations and relying on His power to overcome challenges. As we humble ourselves under God's mighty hand, we open ourselves to His guidance and strength.

2. Cast Your Anxieties on Him

Fitness goals can often lead to anxiety, concerns about progress, appearance, or performance. Express your anxieties, fears, and desires related to your fitness journey. Philippians 4:6-7 encourages us

to present our requests to God with thanksgiving, promising that His peace will guard our hearts and minds. Peter encourages us to cast all our anxieties on God. This act of surrender allows us to focus on the present moment, trusting that He is in control and cares deeply for our well-being.

3. God's Care embracing His Love

Understanding that God cares for us deeply can transform our approach to fitness. It is not about striving for perfection but about honouring Him with our bodies. This perspective fosters gratitude, resilience, and a sense of purpose in our physical endeavours. God's care is the gentle hand that shields us, guides us, and sustains us daily. It is not distant or mechanical; it is born from His infinite love. When His care embraces His love, we are not only protected but also cherished. His love fuels His care, and His care reveals His love - inseparable, constant, and perfect.

Here are Some Ways To Humble Yourself and Your Fitness Journey To God:

- **Set God-Centered Intentions**

Ask yourself: Why am I pursuing fitness? Instead of only aiming for aesthetics or strength, make your goal to honour the body God gave you.

Example intention: *"I want to care for my body so I can serve God and others more fully."*

- **Pray Before Workouts**

Start each session with a short prayer, offering your effort to God and asking for strength, discipline, and humility.

Prayer idea: "Lord, thank You for this body. Help me to move with gratitude, and not pride. May this workout bring you glory."

- **Incorporate Scripture**

Meditate on verses about the body, discipline, or

stewardship (e.g., 1 Corinthians 6:19-20, 1 Timothy 4:8, Colossians 3:23).

Consider putting verses on your gym bag, water bottle, or phone wallpaper.

- **Reject Vanity, Embrace Stewardship**

Watch your mindset. Ask yourself: Is your motivation prideful, or is it about honouring God? Stewardship means treating your body as a gift, not an idol. Avoid obsessing over appearance or comparison.

- **Keep the Sabbath and Rest**

Rest is not laziness, it is obedience. God designed rest for recovery and worship. Let your rest days be a time to reconnect spiritually and physically.

- **Encourage Others**

Use your journey to uplift, not boast. Help others get healthier in a loving, humble way. Give God credit when people compliment your discipline or results.

- **Stay Accountable Spiritually**

Join a faith-based fitness group or find a spiritual mentor to keep your heart focused on Christ through your journey.

As we continue and embark on our fitness journey, be reminded that it is not solely about physical transformation; it is an opportunity to align your body, mind, and spirit with God's purpose for your life. As we reflect on the halfway mark of this year, my prayer is that we reach our Fitness and wellness goals and exceed them. May God continue to humble us, strengthen us and continue to renew our minds.

Yours in Christ
Amo Kgori



ABOUT THE AUTHOR

AMO KGORI

In 2017, Amo Kgori embarked on a transformative journey, overcoming weight issues, depression, and unemployment. As a wellness coach, she has guided over 100 clients toward holistic wellness, 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.





THE WAITING SEASON WHEN THE DREAM FEELS CLOSE, BUT NOT YET

By Jaylene Ramalatso



There is a moment when the dream starts speaking louder than your reality. You refresh saved flight alerts. You scroll past people living your travel dream and feel that familiar ache. You want to go. You are ready to go. But you are waiting. Me? I am not waiting for a passport. I am waiting for the right alignment. The funds. The doors. The green light from God.



While this waiting season feels slow, I have started using it as a time of preparation. Whether it is a dream job, a partner, or a destination, waiting is not just sitting still- it is gathering what you will need for the moment it finally arrives.

Let us talk about travel trends, 2025-style

1. Wellness travel is leading the way.

Post-COVID, the world shifted. People want rest, peace, and stillness. We are seeing a global rise in spa retreats, nature-focused getaways, and mental reset destinations.

Places like Bali, Zanzibar, and Phuket offer slow mornings, healing rituals, and warm weather - all under R25,000 if you plan early and travel smart.

Bali is trending right now for digital nomads and solo travellers. Their warm season is in full swing between April and October, which means it is the perfect escape during our South African winter.

2. Euro Summer is in full bloom.

If your Instagram looks like a postcard right now, it is not just you.

Europe is popping.

- Portugal (especially for AfroNation)
- Greece (Mykonos, Santorini)
- Italy (Rome, Milan, Amalfi Coast)
- France (Paris)
- Spain (Barcelona, Ibiza)

People are booking July-August for that warm Mediterranean breeze. But a tip? Avoid peak dates if you want better pricing. Try early July or mid-September for less crowding.

3. Brazil is booming.

South Africans have been flying to São Paulo, Rio, and Salvador in numbers. Why?

Brazil is visa-free for us. And the culture, food, and energy feel beautifully familiar. Exchange rate? Around R3.80 to the Brazilian Real, which makes it relatively affordable if planned well.

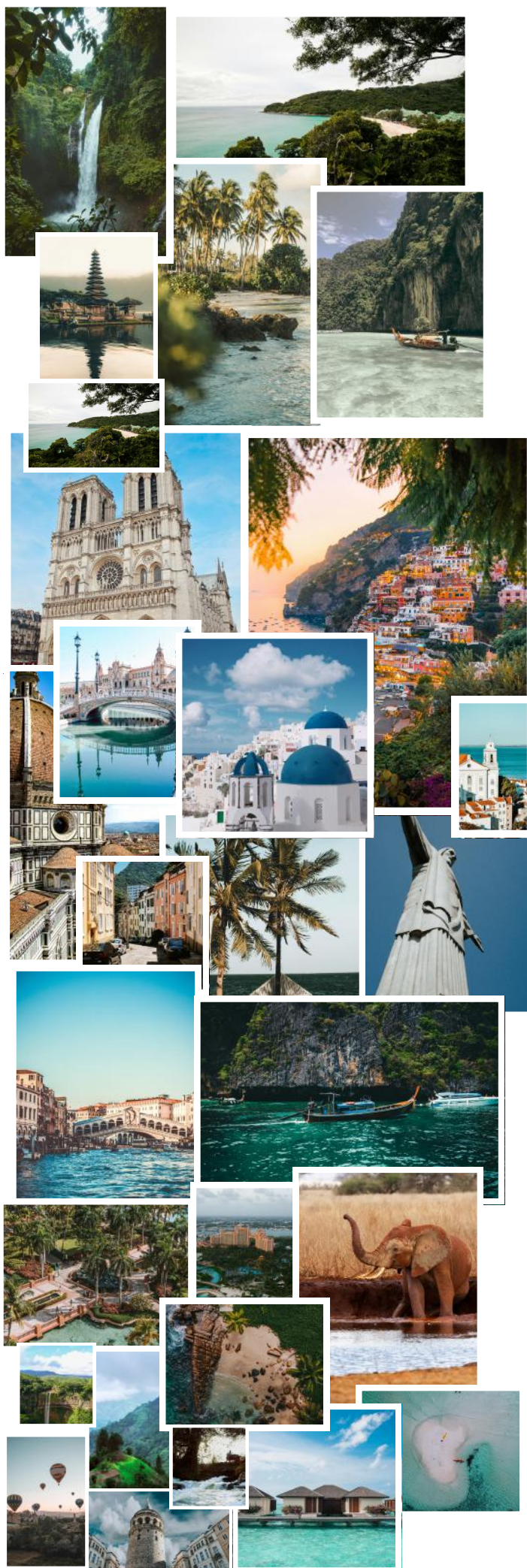
4. Visa-Free Countries for South Africans

No visa stress? Yes, please.

Here are a few countries you can enter with just your passport:

- Thailand
- Brazil
- Kenya
- Bahamas
- Jamaica
- Seychelles
- Mauritius
- Maldives
- Turkey (requires e-visa)

These are excellent options if you are trying to save on visa fees, avoid embassy queues, and keep it simple.



How am I preparing in the meantime?

1. I have partnered with a travel agency

I am currently working with *Inclusive Trips* - a travel agency offering full-service bookings, packages, visa support and more.

If you want help planning your next trip, reach out to them via email at mpaimokoena@gmail.com or follow them on Instagram @inclusivetrips.

2. I am saving and working smarter

This year, I took on additional jobs and partnered with more brands.

If you are trying to fund a trip, consider:

- Remote work for international companies
- Upskilling in digital fields (like virtual assisting, content creation, etc.)
- Starting a travel fund where you put away a set amount every month (I use 20% of every campaign payment).

3. I am learning about travel every day

Just because I am not flying does not mean I am not travelling in knowledge. I have been studying trends, watching currency exchange rates, planning itineraries, and even sharing local budget travel deals right here in Johannesburg.



4. Cape Town and Ghana: December's Big Players

Let us not forget December.

Every year, Cape Town and Accra top the list for festive fun.

If you are planning your December trip, start now.

Cape Town gets booked up quickly, and Ghana requires early visa processing and accommodation planning.

Waiting is a mindset, but it is also preparation.

It is easy to think, I'm falling behind, but you are not; you are building.

God is not late. The season will change. And when it does, you will already know:

- Where to go
- How to go
- What to expect when you get there

Whether you are waiting for the funds, the flight, or the freedom, do not despise this season. Your 'yes' is coming.

Until then?

Keep saving.

Keep learning.

Keep trusting.

And when you finally take off, you will not just be ready, you will be grateful!



ABOUT THE AUTHOR

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. Her overarching vision is to drive sustainable digital growth in Africa and promote digital literacy, positively impacting a global scale.

WIG REHAB:



THE ABSOLUTE WORST THINGS YOU CAN DO TO AN OVERWORN WIG (AND HOW TO ACTUALLY FIX IT)

By Hajie

Ladies, we have all been there. Our once-glamorous, flowing wig is now looking like that old piece of steel wool that chills next to the green bar soap under the sink (you know the one). The lace is lifting, the ends are fried, and it is giving scarecrow instead of slay queen. But before you go full DIY disaster mode and make things worse, let us talk about the absolute worst things you could do when trying to restore a wig that has seen better days. (And yes, we also tell you what to do instead)

1. Boiling Your Wig Like Pasta (A Hard No)

Somewhere on the internet streets, someone convinced people that throwing their wig into a pot of boiling water with conditioner (sometimes sunlight soap) would magically revive it. Spoiler alert: it will not.

Why this is a bad idea: Extreme heat damages the hair cuticles, leaving you with a frizzy, tangled mess.

What to do instead: Fill a basin with lukewarm water, add a generous amount of sulfate-free conditioner, and let your wig soak for 30 minutes. Rinse gently, detangle with a wide-tooth comb.

2. Going Scissor Happy (Over-Trimming the Ends)

Yes, split ends are the enemy, but hacking off half your wig trying to “fix” them will only leave you with regret and an unintentional bob.

Why this is a bad idea: Once you cut it, there is no turning back. Unlike real hair, your wig will not grow back!

What to do instead: If the ends are frizzy, try a deep conditioning treatment first. If they are beyond saving, trim off just the damaged bits, tiny snips at a time.

3. Drowning It in Oil (A Greasy Situation)

We get it, Chomi, your wig is dry, but drowning it in oil will not bring it back to life. Instead, you will be left with a greasy, heavy mop that does not move when the wind blows.

Why this is a bad idea: Too much oil attracts dirt, makes the wig stiff, and weighs it down. Nobody wants a wig that looks like it has not been washed in months.

What to do instead: Use a pea-sized amount of

argan oil or serum and distribute it lightly through the ends only. Less is more!

4. Over-Plucking the Hairline (Creating Bald Spots)

Trying to make your lace frontal look more natural? Love that for you. But let us not get too carried away and accidentally create a hairline that looks like your problems.

Why this is a bad idea: Once you pluck too much, the hair is not growing back. Over-plucking leads to patchy, unnatural-looking bald spots.

What to do instead: Like John Legend said, take it slow, one strand at a time, and step back to assess the look every few minutes. Use a wig cap underneath to soften the appearance of the hairline.

5. Using the Wrong Products (Cheap Shampoo Is Not Your Friend)

Washing your wig with whatever shampoo is sitting in your shower might seem harmless, but sis, your wig will retaliate.

Why this is a bad idea: Regular shampoos (especially ones with sulfates) strip moisture, making the wig dry, tangled, and prone to breakage.

What to do instead: Use a sulfate-free shampoo and silicone-free conditioner specifically made for human hair wigs. Treat your wig like you would your own hair - gently and with love.

6. Sleeping in Your Wig (A Recipe for Disaster)

If this is you, just like me, you are playing dangerous games.

Why this is a bad idea: The friction from tossing and turning causes tangling, matting, and shedding.

What to do instead: Take it off before bed, store it on a wig stand, and let both you and your wig get some beauty sleep. If you must sleep in it, braid it loosely and use a satin bonnet.

7. Applying Too Much Heat (Straitening the Life Out of It)

Your wig is looking a little frizzy, and you think, “Let me just apply some heat real quick.”

Why this is a bad idea: Too much heat damages human hair wigs just like real hair. Once it is fried, it is done.

What to do instead: Always use heat protectant spray and keep the heat at 150 –175°C max. Better yet, try heatless styling methods to preserve the wig’s lifespan.

Final Thoughts: Love Your Wig, and It will Love You Back!

Your wig has been through a lot; it deserves some proper TLC! Avoid these wig-destroying mistakes, and instead, treat it with gentle care, the right products, and just a little patience. With the right routine, that tired-looking wig will be back to serving inches, volume, and main-character energy in no time.



ABOUT THE AUTHOR

HAJIE

Hajie, a born-and-raised Pretorian writer and content producer. She was born on

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

TIMELESS CLOSET

By Alicia Busisiwe Chotetsi



Let us talk about time capsule closets. In simple terms, a wardrobe that does not demand an update every single season. A collection so solid, it laughs in the face of fleeting trends. Now, how do we build this miracle of a closet? The secret: Do not buy trendy clothes!

Why You Feel Like You Have Nothing to Wear

You know that feeling when you stare into your closet and sigh, "I have nothing to wear"? Nine times out of ten, it is because your wardrobe is full of clothes that were trending, once. Remember those skinny jeans with embroidered roses? The ones that turned all our wardrobes into a garden party no one RSVP'd to? Yeah. Trends fade, and you are left with nothing wearable and an overgrown rose bush hanging on your hangers.

What is the Fix? Keep It Simple

Here is your lifeline: plain clothing. Yes, we said it. Clothes with no graphics, no gimmicks, no loud text across the chest. And to all the retail stores reading this, it is okay to give us the basics. We will survive without giant slogans and glittery logos.

Colour Is the New Trend

Let us be real, as a society, we are slowly pulling away from trend-based pieces. Right now, it is all about colour. Remember how last season, burgundy was the moment? (Yes, we talked about it in the last edition. Then you noticed it in every single store after that. Maybe even bought a few burgundy pieces yourself. You are welcome.) The year before, it was all about browns and nudes.

Colour has become the trend, and it is the safest one yet. If pink is the colour of the moment, you do not need a full Barbie Dreamhouse wardrobe. One, two, maybe even four pink pieces will do. Otherwise, you will open your closet and wonder if the Pink Panther moved in. And when green takes over next season, you will be stuck with fuchsia fluff while

everyone else is rocking sage.

Time Capsule Wardrobe Essentials

Let us discuss the essentials for your time capsule wardrobe. Remember, you can adjust this list to fit your personal style and body type. Save it. Screenshot it. Tattoo it if you must:

Tops:

- Button-down shirts
- Tank tops (aka the classic vest or a wife-beater)
- Plain Tees
- Plain long-sleeve tops
- Turtlenecks
- A cosy jersey

Bottoms:

- Denims (*the goal is to have variety in colour*)
- Wide-leg trousers
- Track pants
- A short skirt
- Silk skirt

Dresses:

- A little black dress

Outerwear:

- Blazer
- Trench coat
- Denim jacket
- Cardigan
- Puffer jacket

Footwear:

- Plain white trainers
- Knee-high & Ankle boots
- Loafers
- Open-toe heels
- Pointed heels
- Cute flats
- "Jesus" sandals
- Clogs (yes, I said clogs)

The rest? That is up to you. Accessories bring personality to an outfit, and we love that for you. But we will deep dive into that another time. With a capsule wardrobe, every piece works with the next. You can mix and match endlessly, and you will always have something to wear. No stress. No panic-buying. Just good outfits, consistently.

To finish off, timeless is always better than trendy. So, next time you find yourself reaching for a bright green feather-trimmed crop top in the middle of winter, stop and ask: Is this trendy or timeless? Start shopping wisely. Your future self (and your budget) will thank you.

ABOUT THE AUTHOR BUSISIWE

Alicia Busisiwe Chotetsi is a young creative with a passion for fashion, faith, and food. She loves her full name—especially because her initials spell ABC. For the past four years, she has been expressing her creativity through these passions and is excited to continue exploring new opportunities on her creative journey."



BAD WEEK GOOD FAITH

Ever had a bad week? Every day you get up hoping that the day will not be as bad as the one before, and lo and behold it gets even even worse. It makes you wonder if things will ever get better, or if will things just remain the same.

It is interesting to think deeply about the fact that God controls everything. We do determine the path we want to take the POA of the day, the people we

want to interact with, and how we allow life's battles to affect us but God controls everything, and when things go wrong we never want to blame ourselves, we never want to take responsibility for the fact that we could have waited until the light went green, or certain we could have just expressed our true feelings for that person or we could have realized that joke or playful chat can easily come to fruition and you could easily break up a home.

Why is that? Why is it that when things go out of our plan we never want to own up to our actions, our part? There are things we can not control, from heartbreak to happiness– life does take its natural course and it may be unpleasant when it does but when we look in the Bible, we see how people fell into sin and the damage it caused. They took responsibility for their actions and had to repent to the Lord, no one shied away from realizing that things did not work out as they thought, and not listening to God brings consequences we can not handle at times.

Again, why is it difficult to accept and take responsibility for our actions and then come to the Lord who is willing and able to forgive us and turn those wrongs we are ashamed of into rights? Well, this is for several reasons but one of them is trust. The people of God do not trust God and when we talk about trust it is not so easily earned.

There is this saying about trust, *“Trust is like a broken mirror, you can fix it if it’s broken but you can still see the cracks in that reflection”* (Anon). Trust is destroyed on a daily and people do not realize how difficult it is to earn that trust back.

It is like the story of “Samson & the Honey”. In summary; Samson was on his way to the Philistine and was attacked by a lion. He killed the lion, ate some of the honey from the body and did not tell anyone. On arrival at Philistine, he gave everyone a riddle no one could figure out until his wife pleaded with him to give her the answer and so he did. He trusted her and she betrayed him by telling everyone about what he had done and the answer to the riddle. The mistrust drove him to insanity and he took the lives of most of the people in Philistine. [Judges 14:5-20 and 15:1-20]

Believe it or not, that is not too farfetched from contemporary society because people go insane when it comes to mistrust. Not everyone can hear how someone broke your trust and remain completely calm. Today trust is so frivolous, it is like another chappie wrapper. It is important to understand how people can get enraged like Samson because emotions are high and it eventually settles in that someone looked you in the eyes and deceived you and it does make you look at people differently and make you wonder if everyone is built like this, to just get what they want and deceive.

That is similar to how we treat God. If He does not show up on our time, we are out of there. When He takes someone too soon, we are enraged. He does not want to get us out of this current unpleasant situation, we lose hope. We are quick to cut God off. Once again, we never take responsibility for our own

actions we are quick to blame Him for the mistrust but never own up to our deceitfulness. You need to realize that if you are always going to blame God and cut him off and move on, nothing gets resolved, nothing is ever healed, and all you will ever have is a mirror that you try and fix repeatedly. What we need to learn when it comes to trust with God is, it is about your faith. It is about putting in trust and then by faith knowing that God will deliver, God will come through, and when he does it will be because you had enough faith in your Saviour to know that He shall come to pass.

So, that bad day or week does not mean that God does not love you or He is not around. If you believe in His Word and trust in His faith then you know that from time to time you will go off the rails and find difficulties and waiting seasons as that is preparing you for better things and avenues in life and so it is not to say that He is not around it is to say better things are on the way.

Samson learned his lesson, it is ironic anyone that who strayed away from God in the Bible always came back to God. It might not have been immediately. However, they knew that God wasn’t doing it to punish them but to preach and teach them and allow them to realize that sometimes that pain gives you an establishment to your purpose.

The bad day or weeks will ever end and we will always give God duces from time to time but if there is real faith and trust in the Lord that gave his only son and bleed and died for our sins if there’s a real relationship with him you will not be calling quits anytime soon. Sure, you will be annoyed, unsure, cry, and even worry but be in His peace through it all and you’ll know that faith in God is all you truly need.



RESOURCES

ROOTED WITHIN

Growing in faith, one honest conversation at a time.



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.

Episode 1 **The Genesis of S O L'**

In this episode, we sat down with the founder of S O L' to unpack the why, the how, and the heart behind the brand. From vision to values, we asked all the important questions—and she didn't hold back. It's a movement rooted in purpose. And an episode for those who want to take the bold step in starting something new.



EPISODE 1 **THE GENESIS OF S O L'**



EPISODE 2 **RENEW YOURSELF**

EPISODE 2 **Renew Yourself**

In this episode, we sat down with Rosemary Zimu to talk about her walk with Christ — the real, raw, and the redeemed. From navigating the entertainment industry to facing struggles, she shares what it means to have a renewed heart and how she stays grounded in faith despite the noise around her. This one's for anyone trying to walk boldly in faith without losing who God called them to be.

RESOURCES



WAIT ON YOU
Elevation Worship



WAITING ON GOD
ONE Church



GOD WILL WORK IT OUT
Maverick City Music



WHEN GOD SAYS LET GO
Elevation Church



WAITING HERE FOR YOU
Jesus Cultures,



HOW TO PETITION GOD
Jackie Hill Perry



ON TIME GOD
Women Evolve Worship



THE WORK OF WAITING
VOUS Church

We hope these resources will be of good while you wait.

RESOURCES



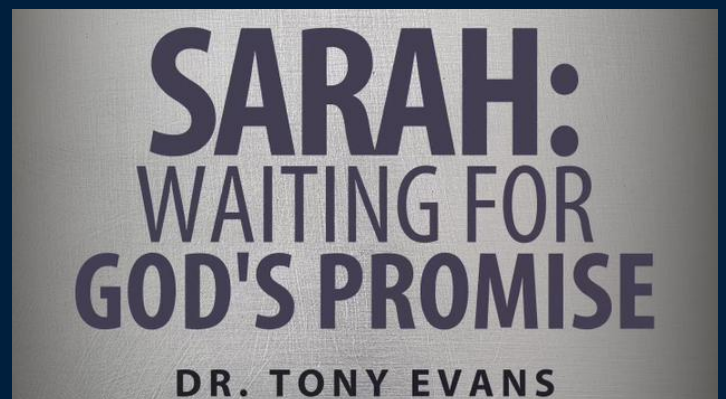
GOD SEEMS SILENT, KNOW THIS
Melody Alisa



WAITING
7 Days



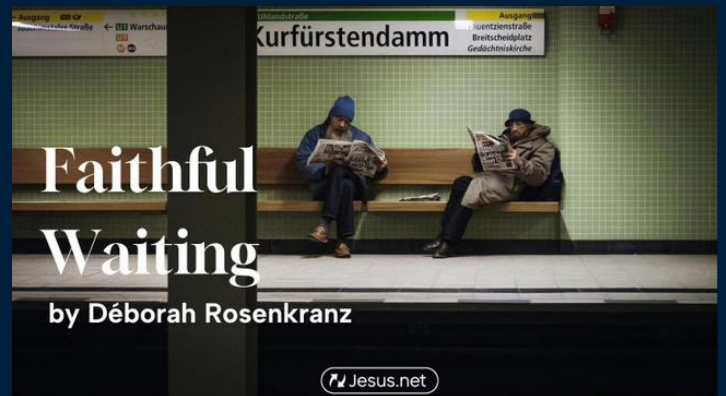
HOPE IN YOUR WAITING SEASON
Better Together on TBN



SARAH: WAITING FOR GODS PROMISE
3 Days



STILL WAITING ON GOD, DELAY BY HIS DESIGN
Conversations With John & Lisa Bevere



FAITHFUL WAITING
7 Days



HOW TO TRUST IN GODS TIMING
Better Together on TBN



PRAYING IN THE WAITING
3 Days

