JESUS+ME

Issue 4 Spring Edition
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While we sleep, God stands guard

Because God's protection begins long before our awareness

Heart Parables:

A woman learning to move away from noise

Devotional:

Seeing Clearly - Discernment

Protected for a Greater Purpose:

When adversity reveals God's divine protection & re-direction

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Welcome & Editors note

Hi there Jesus+Me Fam

Welcome to our Spring issue💐.

I do have a heavy heart putting this issue together because of what is currently happening to the women in our country.

There are some things we know and there are some things we will never know.
Like the doors God quietly closed, the danger He kept us from or the reason we suddenly changed our plans. In those moments He redirected us without us ever understanding why.

But He knows.

Numbers 23-24 tells us of a moment when Israel carried on with their lives completely unaware that on a mountain they couldn't see, someone was trying to curse them. They didn't know what was happening but God did.

I keep coming back to that.

Because perhaps faith isn't always knowing what God is doing, sometimes it is resting in the truth that He knows.

Psalm 121 reminds us that the One who watches over us neither slumbers nor sleeps. That doesn't mean we stop being wise, discerning or careful. It means we don't have to let fear become the lens through which we see everything.

So, as you step into this issue, I hope you find some encouragement in this season and experience more of Jesus.
Because while we don't know, He knows.
And while we cannot see the whole picture, He is still watching over us.

We're so glad you're here and I hope this helps you through this season.

With Love & High Fives
Chrisann✨



WHILE WE SLEEP, GOD STANDS GUARD

Because God's protection begins long before our awareness

Consider a child sleeping peacefully while a parent is awake and aware of everything around them. The child doesn't know what's happening outside the room, they don't have to. Their peace comes from knowing who is watching.

What if some of the peace you've experienced in your life wasn't because there was nothing to worry about, but because your Father was already handling things you didn't know were happening?

We see in Numbers chapters 23-24, the Israel armies are travelling through the wilderness, they're fighting battles, they're winning victories, they're moving toward the land God promised them. And somewhere above them, something completely different is happening.

Balak, the king of Moab was afraid. He saw Israel coming and decides they need to be stopped, so he summoned Balaam.

The Israelites aren't on the mountain.
They're not watching.
They're not praying against Balak.
They don't even know they're being discussed.
And yet God is already there.

In Balak's fear, he repeatedly asks Balaam to curse Israel but every time Balaam opens his mouth, a blessing comes instead.

Lets set a scene to picture this:
Israel is below the mountain, unaware.
Balak and Balaam are on the mountain, unable.

We see that when our enemies have made plans, God has already gone ahead.

Numbers 23:23 gives us an incredible anchor, *"No curse can touch Jacob; no magic has any power against Israel."* The protection didn't begin when Israel discovers a threat, it was already there.

There are things we prayed about, things we never prayed about. Doors that closed and disappointed us, relationships that didn't work, plans that fell apart, delays that frustrated us and situations we thought were simply inconvenient. And we can't pretend that every disappointment was secretly God's protection, scripture doesn't give us permission to explain every event that way but we can trust that God's awareness is greater than ours.

There are things He has protected us from that we'll never know about. There are conversations we weren't part of, doors we never saw and battles we never fought. But perhaps some of the things we call "luck" or "coincidence" deserve a second look. Maybe there are fingerprints of God all over our stories that we haven't learned to recognise yet.

Psalm 121: 3 & 4: *He will not let your foot slip, he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep.*

God's protection can give us peace, but peace can become presumption when we forget where it came from.

There's a difference between:
"God's got me, so I can rest."
and "God's got me, so I don't need to pay attention anymore."
The first is faith. The second can quietly become a distraction.

Numbers 23:23

‘No curse can touch Jacob; no magic has any power against Israel. For now it will be said of Jacob, ‘What wonders God has done for Israel!’

Lets look at Numbers chapter 25 - The people who were being protected by God were also people who could become distracted from God.
That's humanity, we can experience His goodness and still become fascinated by something else. We can receive His provision and slowly become more attached to the provision than the Provider. We can experience His protection and become comfortable enough to stop looking toward the One protecting us. And that's a very different kind of warning.

Sometimes we've taken our eyes off the finished work of Christ and started placing our confidence in something else:

- a feeling that tells us we're okay
- a lifestyle that makes us feel blessed
- success that makes us feel secure
- a relationship we believe will complete us
- an image of the life we think we're supposed to have

And suddenly, God's gifts become more captivating than God Himself.

We're not meant to build our confidence on what we can see, our circumstances, our comfort, our success. Not even the feeling that everything is going to be okay.

Our confidence is Jesus!

Our Protector is more attentive than we realise.
He sees the battles we don't.
He sees the dangers we never knew existed.
He sees the desires forming in our hearts before we recognise them ourselves.

And while we sleep, He stands guard.

So rest.
Rest in His goodness.
Rest in His protection.
Rest in the finished work of Christ.
Just don't take your eyes off Him.

Psalm 121: 3 & 4



Jesus+Me x natural Feels

Spring BEGINS WITH HYDRATION







Natural Feels presents a fresh lineup of nourishing skincare essentials to revitalize your skin this season with a touch of faith.

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A rich, waterless, whipped formulation of hydrating mango butter, shea butter & jojoba oil

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03 - 10g Lip Butter

Ultra-conditioning, waterless blend that locks in moisture for soft, protected lips

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DEVOTIONAL

Seeing Clearly : Discernment isn't suspicion, its clarity

Imagine looking through a pair of glasses with a smudge across the lens. The world hasn't changed and the people, the road and everything around you are still exactly where they were but your view of them has.

Sometimes our hearts can be like that. We can look at a situation through excitement, fear, disappointment, desire, insecurity or even our own expectations and believe we're seeing clearly.

This is where we need discernment.

Discernment isn't assuming the worst or being suspicious of everyone and everything happening around you. And it also isn't waiting for a supernatural sign before making every decision. Discernment is asking God for the wisdom to recognise what is really in front of us and to see things the way God would want us to interpret it, rather than relying on our human level of thinking.

Psalm 11:125 - Give discernment to me, your servant; then I will understand your laws.

A definition of Discernment is the God-given ability to tell the difference between truth and falsehood, right and wrong and good over evil.

Sometimes God reveals something by bringing clarity to a situation we've been struggling to understand. Sometimes He uses Scripture to expose what doesn't align with His character. Sometimes He gives us wisdom through prayer, wise counsel, circumstances or a quiet conviction that something simply isn't right.

And sometimes discernment is recognising that something can be good and still not be God's best for this season.

Think about the decisions in front of you right now.

The relationship.
The opportunity.
The friendship.
The career move.
The invitation.
The dream you've been praying about.

Instead of only asking, "God, can I have this?" Try asking: "God, help me see this clearly or reveal your truth about it"

Because, we know our Father is already watching over what we cannot see so we can trust Him to protect us from what is beyond our awareness. We can ask Him to give us wisdom about what He has placed within our view.

James 1:5 tells us, *'If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.'*

So we ask, not from fear, but from relationship.

A little discernment check

Before making a decision, pause and ask:

Does this align with Scripture?
What is motivating my desire for this?
Am I being led by faith, fear or feelings?
What fruit could this produce in my life?
Have I invited God into this or have I already decided what I want?
Would wise, godly counsel confirm what I'm sensing?
And then give yourself permission to wait.

You don't have to force clarity. Sometimes discernment is knowing. Sometimes it is waiting and sometimes the wisest thing you can say is: "I don't know yet, but I trust God enough to wait until I do."

God's Fingerprints

Have you ever looked back on a season and suddenly realised, God was there all along. What once felt like coincidence, disappointment or delay later revealed itself as God's loving hand at work.
His fingerprints are often easiest to recognise in hindsight.

Take a few moments to look back and ask yourself...

🌿Before I knew...

Complete the sentences.

- Before I knew it, God was protecting me when...
- Before I knew it, God was redirecting me when...
- Before I knew it, God was preparing me for...
- Before I knew it, God had already provided...
- Before I knew it, God had answered a prayer I hadn't even prayed yet...

👀Can You See It Yet?

Think about these moments in your own story:

- ☐ A closed door that later made sense.
- ☐ A delay that became a blessing.
- ☑ A friendship that arrived at just the right time.
- ☐ A disappointment that changed your direction.
- ☐ A prayer God answered differently than you expected.
- ☐ A moment you now realise God was protecting you.

💙 Reflection

Sometimes God's greatest acts of love happen quietly, long before we recognise them. His protection doesn't always look like rescue, it can look like a delay, a closed door, a change in plans or an unexpected "no."

Looking back, where can you now see God's fingerprints over your life?

HEART PARABLES

A woman learning to move away from noise

There was a woman who had become very good at listening. She listened for the sound of the front door opening, for footsteps behind her, a phone to ring or for the message that said, “I'm home.”

She listened when her daughter went out, when her sister travelled or when her mother didn't answer the phone. She listened to the conversations around her too.

Another story. Another name. Another woman. Another warning.

The women in her city had become good at warning one another, to not walk there, don't go alone. To share your location and call me when you get home.

And they were right to be careful.

But somewhere between the warnings, the waiting and the watching, something had begun to change. The woman noticed it one evening when she was sitting quietly in her home. Nothing had happened, the doors were locked and her family was safe, yet her heart was racing.

She realised she had been carrying tomorrow's fear into today's peace. When she closed her eyes, the noise continued - What if? What if? What if? Theres something about the dark of the night that stirs up stronger emotions within us, that we usually flick off in the day.

She opened her eyes again. For a moment, she wondered when she had stopped simply being careful and started expecting something terrible to happen. She didn't know that fear had arrived quietly. Perhaps it had slipped in through every headline, every conversation, every unanswered call.

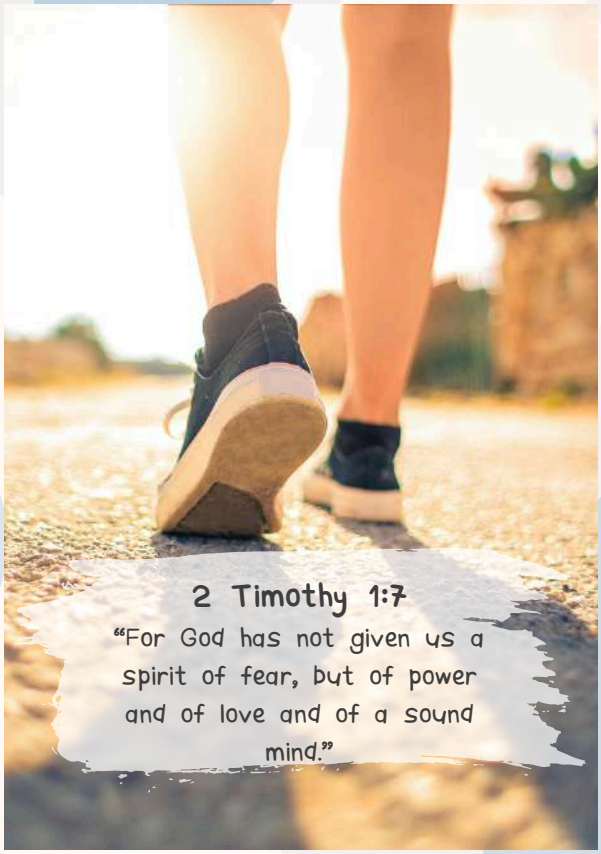
Perhaps it had been invited in by the very thing that had once made her feel prepared.

She was angry too. There was so much to be angry about. Angry at the stories, at the silence, angry at the questions women were asked. Angry at how often another woman's suffering became another conversation that eventually disappeared. And underneath that anger was frustration.

How many times could a woman say that this is not right, before someone listened?

She thought of another woman from a story she had once heard.

A persistent widow - She had no army behind her, no position, no influence but simply a request for justice. She kept bringing it before a judge who did not want to listen. Again and again. And again. She did not stop asking.



Jesus told that story for a reason in Luke 18:1-8. Not because He was teaching women to shout louder than everyone else or because He was promising that every answer would arrive on their preferred day. He told it so that His people would pray and not lose heart.

The woman sat with that thought for a while. She wondered whether that was different from simply being fearless and perhaps it was. Maybe faith was not the absence of fear, maybe faith was what remained when fear had said everything it had to say.

She thought about the anger she carried and she didn't want to pretend it wasn't there because it had a reason. But she wondered what would happen if she placed it somewhere other than her own heart.

What if she gave it to God?
What if she kept asking Him for justice without allowing injustice to turn her heart hard?

What if frustration could become prayer?
What if grief could become compassion?
What if fear could become a reason to draw closer rather than further away?

She remembered another story Jesus told found in Luke 10:30-37.
A man was beaten and left on the side of a road and several people saw him, but only one person stopped. He didn't solve everything or change the whole generation. He simply saw the person in front of him and chose not to walk past.

The woman thought about that too. Maybe there were things she could not change and there were questions she could not answer. There were definitely dangers she could not predict but there were still things she could do.

She could pray.
She could care.
She could speak.
She could teach.
She could listen.
She could protect where she could.
She could refuse to become indifferent.
And she could remember.
Remember who she was.

Because somewhere beneath all the noise, there was still a woman who had existed before the fear, before the warnings, before the anger, before the stories that made her look twice before walking to her car. Before the world taught her to expect the worst.

There was a woman God had created.

A woman who could laugh without first checking the news. A woman who could dream beyond survival. A woman who could love. A woman who could create. A woman who could mother, lead, build, teach, worship and live.

She had not disappeared but she had simply become buried beneath the noise.

So that night, the woman did something she had not done in a long time.
She looked up.

She looked up because she remembered the words: *"My help comes from the Lord, the Maker of heaven and earth." - Psalm 121:2*

And suddenly the psalm sounded different, it continued...

He will not let your foot slip.
He who watches over you will neither slumber nor sleep.
The Lord watches over you.
The Lord is your shade.
The Lord will watch over your coming and going.

Not a promise that she would never walk through a frightening place. It was a reminder that she would never walk through it unseen.

The woman breathed deeply and the noise had not disappeared. There would still be things to question, things to grieve, things to confront and things to pray about. But the noise was no longer the loudest thing in the room. Perhaps that was where Faith began.

Not where fear ended, not where anger disappeared or where frustration was dismissed. But where, beneath all of it, she could still hear the quiet truth: You are Mine.

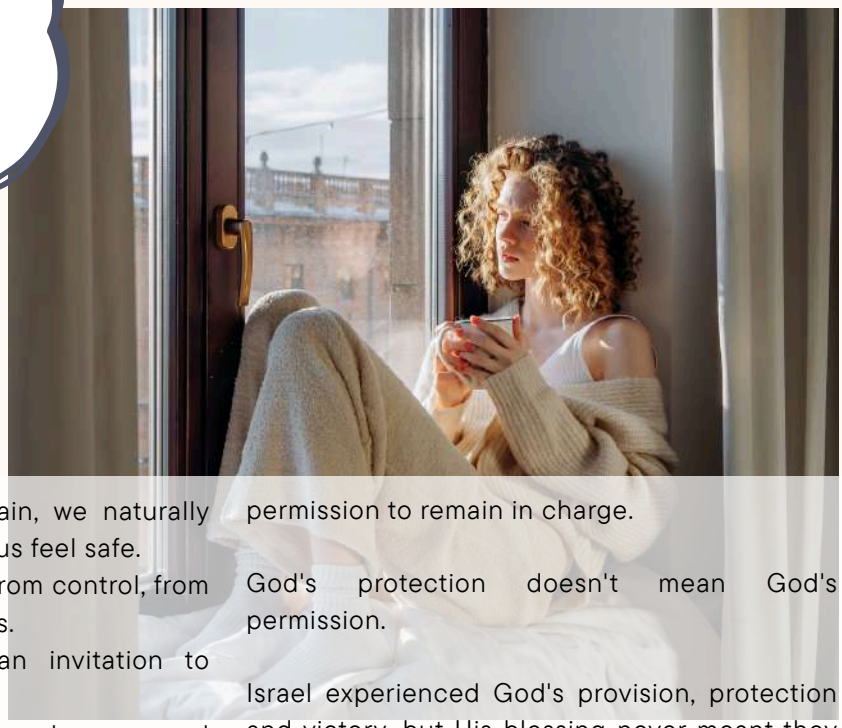
I see you.
I hear you.
I am with you.
And I have not forgotten you.

She was still careful, still wise, still discerning and aware and still praying for justice.

However, she was no longer living as though fear had the final word because she remembered the woman beneath the noise and she remembered who had created her.

Unpopular Opinion

Truth over Trends



When the world feels uncertain, we naturally look for something that makes us feel safe.
Sometimes that safety comes from control, from people, from our circumstances.
But God's protection isn't an invitation to become careless.
His grace doesn't mean we no longer need obedience and it doesn't mean we get to ignore what His Word says.

So let's challenge a few comfortable ideas.

Our Scripture Inspiration:
"For we walk by faith, not by sight."
2 Corinthians 5:7

🌍 What the world says: "God knows my heart. He knows I love Him. He knows I'm not perfect."

💡 God's word says: ***"But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves."***
James 1:22

God knowing our hearts is comforting because He knows our motives, our wounds, our struggles and the things we cannot explain.
But He also knows when we're using those things to justify what He has already asked us to surrender.
Grace covers our sin. Grace doesn't give sin permission to remain in charge.

God's protection doesn't mean God's permission.

Israel experienced God's provision, protection and victory, but His blessing never meant they could stop listening to Him.

A peaceful season isn't proof that every decision we're making is pleasing to God.

And a difficult season isn't proof that God has abandoned us.

We don't measure God's presence by how easy life looks.

We measure it by His character:
He protects.
He provides.
He warns.
He corrects.
He forgives.
He remains faithful.

So perhaps instead of saying,
"God knows my heart," we should pray, "God, You know my heart. Show me what needs to change"

💬Join the Conversation

Whats an 'unpopular opinion' you've wrestled with lately?
Click below & share your story or perspective with us, you may see it featured in a future issue!











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- Denim Scort: Legit, R279.99
- Chocolate Mesh Shoes: Mr Price, R139.99
- Polka Dot Handbag: Mr Price, R179.99
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- White Top: Mr Price, R69.99
- Black Parachute Pants: Mr Price, R279.99
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PROTECTED FOR A GREATER PURPOSE

When adversity reveals God's divine protection & re-direction

Written by Pastor Jerry Naicker

The story of Joseph in the book of Genesis is one of the most profound biblical demonstrations of God's protection.

Joseph's life shows that divine protection does not always mean being spared from hardship but rather, it means that God preserves, watches over and strategically guides a person through adversity to fulfil a greater purpose.

Protected from Fatal Intentions From the beginning of his journey:
Joseph was the target of deadly jealousy. When his brothers plotted to murder him in the wilderness, God's protective hand moved through Reuben and Judah to alter their plans. Instead of being killed, Joseph was thrown into a pit and later sold into slavery.

While this seemed like a tragedy, it was the first of many instances where God shielded Joseph's life from premature death, keeping him alive for a future destiny.

Protected in the Midst of Adversity Divine protection followed Joseph into Egypt:
Whether serving in Potiphar's house or confined in Pharaoh's prison, the scriptures repeatedly emphasize a crucial truth, "The Lord was with Joseph."

In Potiphar's House: God protected Joseph's reputation and granted him favour, elevating him to overseer. Even when falsely accused by Potiphar's wife, Joseph's life was spared - an unusual outcome for a slave accused of such a crime in ancient Egypt.

In the Prison: God protected Joseph's mind and spirit from despair. Instead of breaking under the weight of injustice, Joseph was granted favour by the prison warden and given leadership responsibilities.

God's protection during these dark years was active, preserving Joseph's character, health and sanity in environments designed to destroy him.

Protected for a Greater Purpose:
The ultimate display of God's protection in Joseph's life was positional and generational. God elevated Joseph from a prison cell to the palace, making him the Prime Minister of Egypt.

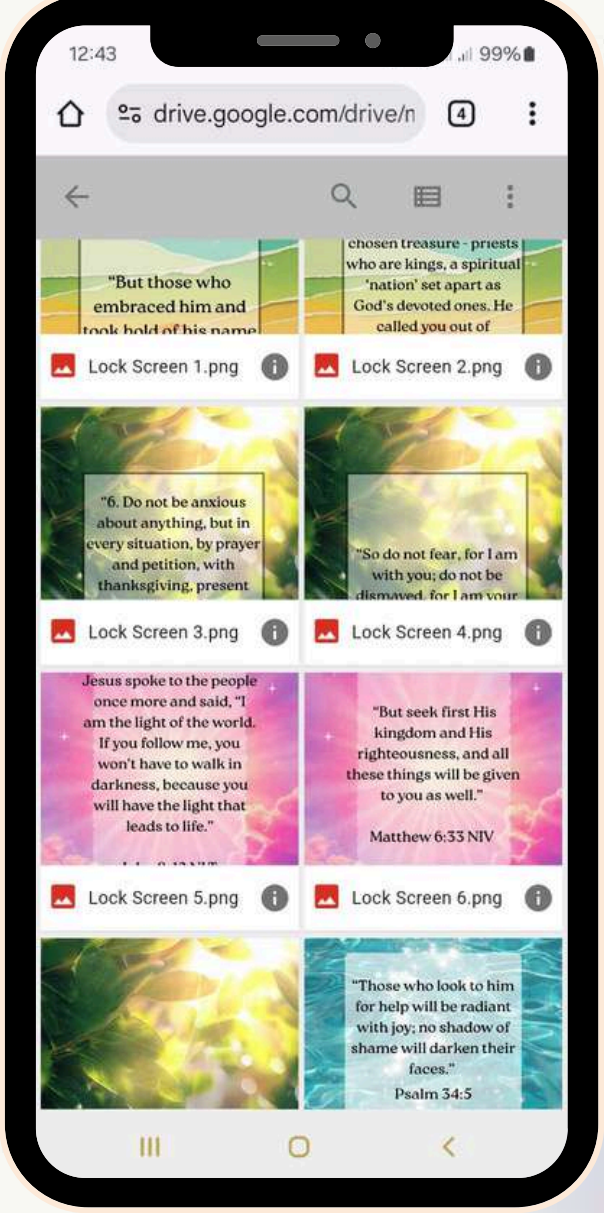
This promotion was not just for Joseph's comfort but for the survival of millions.

Through Joseph's divinely inspired wisdom, Egypt stored enough grain to survive a devastating seven-year famine. This directly protected the lineage of Israel, also Joseph's own family, (yes the ones who threw him in a pit), from starvation.

The Ultimate Truth of Divine Protection in life culminates in a powerful realization about how God protects His people:
When reunited with his brothers, Joseph uttered words that define the nature of divine sovereignty and protection, ***"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives" - Genesis 50:20.***

God's protection over Joseph was comprehensive. It was a shield against death, a cushion in times of suffering and a strategic guide that turned human malice into divine deliverance.

Joseph's story reassures us that when we are under God's care, no pit is too deep, no prison is too secure and certainly, no human plot can abort the purpose God has for our lives.



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Your Stories

Real Voices. Real Faith.



Q-shaan 21, Johannesburg

I was someone who didn't fully understand Christianity, but a few moments in my life taught me to trust God and each time, He came through for me. After matric, I took a gap year because I had no idea what I wanted to do next. When I came across a teaching internship, I was terrified. Teaching was never part of my plan. But I prayed and said, "God, if this is for me, let it be."

A few months later, I got the call that I'd been accepted. Along the way, there were times I found myself doubting God and asking why certain things had to happen in my life but through every question and fear, He reminded me that His plan is greater than mine. I've learned to give all my worries to Him because His timing is perfect, "When the time is right, I, the Lord, will make it happen."

If God could turn my uncertainty into purpose, imagine what He can do for you. Don't rush His process or doubt His silence, even when it feels like your world is falling apart. Trust that every delay, every "no," and every closed door is setting you up for something better and greater. God's love is patient, intentional and powerful and when He moves, He moves beyond what you could ever imagine.

💬Join the Conversation

Do you have a testimony to share?
We would love to feature your story next!

Press Play & Praise

Sometimes the heart needs a moment to step away from the noise and remember who God is.

Take a moment to listen, breathe and let worship turn your attention back to the One who watches over you. Let this be your reminder that His presence is still there, even in the quiet moments when you need it most.

Now Playing

JESUS+ME ISSUE 4 - PLAYLIST

LISTEN NOW

- MAKE A WAY
- ROOTS
- WORTH
- WHAT I NEEDED
- HOW GOOD GOD IS
- JESUS BE THE NAME

Hit play and let the praise begin!

Our Heart for every piece in Jesus+Me is prayerfully created. Our goal isn't perfection - it's connection. We hope each word reminds you that faith and modern life can beautifully coexist.

💬Join the Conversation

Tell us how these pages inspired you
→ what spoke to your heart
→ what made you smile
→ what you want to see next

Also, share your testimony with us, you might see it in a future issue

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