

S O L ' ,

Edition Four | 2023

S O L ' | STYLE FROM WITHIN

NTSIKI MKHIZE

BRIDGING MENTORSHIP GAPS AND DRAWING FROM TIMELESS ELEGANCE.
EMBRACING 2023 WITH TRUST IN YAHWEH AND A REVIVED PARTNERSHIP WITH GOD.

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A LETTER FROM THE EDITOR

We did it, we did it, Joe! We got four editions of S O L' out in 2023 alone!

It is wild to think that this is my final Editor's note for 2023, a lot of emotions are happening. This year has been nothing short of interesting, to say the least. When I say this has been the most exciting year God has blessed me with, I genuinely do mean it. I went through it all, but when it comes to S O L', I can not help but feel a sense of gratitude and accomplishment.

I say this all the time, and I think I will keep saying this: when I started S O L' in 2014, I wanted a magazine, but I did not know where to start, I started with a blog and pretty pictures, and almost ten years later this dream is coming to life. God is incredible, and it teaches you that He is always good and faithful. There is something profoundly rewarding about seeing this vision slowly come to life and being able to share it with all of you.

For the last edition of 2023, I thought about the theme, and it was when I was walking in a grocery store when God said *Release*.

As I already mentioned, my 2023 has been truly interesting, and I think I have been through it all this year. Life has thrown its fair share of challenges my way, and through it all, what I have learnt is that you have got to give God what is His and allow Him to handle it. You have to *release*, and trust. This is something I am also a work in progress on.

I have discovered that it is okay to evolve, to be a different version of yourself. To desire other things, and to expect to be treated differently, but also give yourself the grace to *release* that old person and be excited and slowly embrace the new person. Out of everyone, God understands this journey.

As we bid farewell to 2023, let us carry the spirit of *Release*. As you enter the new year, know that God sees every version of you. Continue to praise, trust and be guided by Him. If that is happening then it is okay. You are broke now, it will not last. It is okay that you are going to cry at work, but it will not last forever. It is okay you will not see your man for six months, but if it is God-designed, it will be okay. It is okay because when you *release* and trust Him, God gets to work.





YAHWEH- SHAMMAH

THE LORD IS THERE (EZEKIEL 48:35)

When the theme hit me in the grocery store, I knew I would pursue the perfect piece for our last edition; it took a moment of reflection to uncover the word: Yahweh-Shammah- The Lord is there.

The Lord is there, what does that mean? It means that God allows us to explore new and different things. He allows us to make our choices because He gives us free will. He also reminds us that to live in peace, you have to give your life to the Lord. Remove the things you have on the altar and place God there every day. Releasing is understanding that your plans are nothing in comparison to the Lord's because He is there and wants to provide for you and remind you that His love is so great.

The Lord is there, and as I close the last edition of 2023, God is and always has been there. Have we failed him? Yes. Did we go our own way? Yes. Said we would never do it again after asking for repentance? Yes. But as our Lord picked us up and reminded us that if we give it to Him, and daily, we release our time, our hopes, goals and even vacation spots to Him, He is, and always will be there. Release your life to the Lord; in doing that, you will realise He has always been there.

"All the way around shall be eighteen thousand cubits, and the name of the city from that day shall be: The Lord is there." Ezekiel 48:35 (NKJV)

Give yourself a high five. You made it, and God has got a whole lot more in store for you. To everyone who reads this edition, even for the pretty pictures. Thank you for being a part of the S O L' family, stay tuned because we are excited about 2024.

Happy holidays, and have a fantastic year ahead!

FOUNDER | CHIEF EDITOR
MWENYA CHITAMBLA

**"ALL THE WAY AROUND SHALL BE EIGHTEEN THOUSAND CUBITS, AND
THE NAME OF THE CITY FROM THAT DAY SHALL BE:
THE LORD IS THERE." - EZEKIEL 48:35**

A portrait of Ntsiki Mkhize, a woman with short dark hair, smiling and wearing a vibrant pink and yellow striped dress and large red tassel earrings. She is standing in front of a pink-framed window. A red text box is overlaid on the lower left of the image.

NTSIKI MKHIZE

Ntsiki is the visionary Founder and Chief Social Entrepreneur of MentHer and the creative force behind MentHer Magazine. It was recognized as one of Avance Media's Top 100 Young South Africans in 2020. Ntsiki is not only an accomplished author but also a dynamic international speaker, facilitator, and MC. With a purpose-driven focus on empowering women across Africa through entrepreneurship, Ntsiki cultivates change, both as a leader and as a part-time Garlic farmer and beekeeper.

“The life and tales of the rich aunt or living a life of purpose on purpose.”

WRITTEN BY: MWENYA CHITAMBALA
PHOTOGRAPHY BY: MZIIE MNCUBE

How did the goal of MentHer come about? When did you realize you were called to create this space of Ment Her?

I have always known that I wanted to be an entrepreneur. I was unsure what that would look like, but I knew I would run my own business. I have worked with entrepreneurs in South Africa over the past 10 years. I started a company with a friend in university during my undergrad, all the way to my Masters of Social Innovation in Glasgow. Both in South Africa and Glasgow, I connected with female entrepreneurs, and it was interesting to me that they consistently said they struggle to find mentors. I wanted to bridge that gap as someone who mentors and who has been mentored. In addition to connecting them with mentors, I wanted to connect them. Even though we live in different countries and contexts, we have many similar societal issues and solve them differently.

While doing my dissertation during the hard lockdown in May 2020, I was researching the Social Entrepreneurship Ecosystem in Gauteng and how it supports female entrepreneurs, and then I decided to launch MentHer.

Tell me, what is one thing that inspires you in the work that you do?

I am always inspired by the stories of the women in the MentHer network and those I coach and mentor. It is mind-blowing to see the kind of innovations people come up with, the way people solve challenges and how they show up for themselves and their communities. That has been reason enough to keep going, and also the testimonies we receive. Sometimes we do work and say, "Oh this is fun!" and we do not fully take into account how much it changes someone's life - which is always really wonderful to hear. And doing something I believe is my purpose, I trust the Lord to use me as a vessel.





How did you get the confirmation from the Lord and how does your faith keep you going?

I got the confirmation while I was studying in Glasgow. It was kind of that situation where I was asking, "What do I do next?" I distinctly had a dream about this network of women. I thought and prayed about it, started building towards it and then had the conviction that this is the direction that I feel like I should go in. Since then, I constantly find myself coming back to a space where I have to give it back to Yahweh where I am like; "this was not my idea, I do not know where the resources are, You need to make a plan", and when I do not have the strength to do this I rest in that Yahweh needs to give me the power, or if I feel like I am not smart enough to do this, then I need to enquire of the Lord. It is a continuous journey of nurturing that particular seed and being a good steward of what I believe I have been blessed to do.

How would you define your style?

My style is old money. I like old money, chic, elegant, rich aunty. My sister likes to tell me I look like a mother of triples, and I say, "I am; I got three nieces and nephews". Understated, elegant vibes - I can not stand branding that you can see from a distance if you wear something expensive, it should be a case of "if you know, you know".

What shapes your style?

What shapes my style is my grandmother's style. I look at a lot of the stuff they used to wear and it is timeless for me (even though I did not get it as a kid). I love pleats; pleats are my thing; give me a pleat any day. I love long dresses with buttons. These are such simple choices. My grandmother never wore pants, so pants are a new thing. Still, I love wearing formal pants and a suit, but I also like being young. In the space that I am in, one has to dress for authority, presence and confidence. I think about what gives me that feeling and conveys power and authority, and then try the boss outfit with sneakers because no one needs to be that committed to heels.

If I had to say the word to you "Release 2023" what does that mean and how has your 2023 been?

For me, release 2023 is two words, "Trust Yahweh". It has been the year for me to emotionally, mentally, spiritually, financially, and in certain relationships, let go and trust God. Trust that if this is for you, it will come back to you, and trust that God will provide for you, trust that you are not losing your mind. Trust that you will bounce back from this particular thing. Trust that you have enough faith in you to see you through. In moments where you feel like you do not have enough faith in him, believe that God will lend you His faith to do anything you need to do. Release for me is trusting.

Give me one word that describes all that you do Impactful!

What would your autobiography be called?

The life and tales of the rich aunt or living a life of purpose on purpose.

Describe where you are with God, as we come to the end of 2023.

Reviving partnership.

I understand that I have been disappointed by God in certain things and I, too, have not always listened to where He has told me to go. How do we revive this partnership so that we are both trust each other to do what we are supposed to do in this relationship?

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

- I am a garlic farmer and a beekeeper
- I am good with accents
- I was South Africa's 2nd princess in 2015
- I went to Bible College
- I was once stranded in Munich, Germany



Trust that you have enough faith in you to see you through. In moments where you feel like you do not have enough faith in him, believe that God will lend you His faith to do anything you need to do. Release for me is trusting.”
- Ntsiki Mkhize

SUMMER BEAUTY GUIDE

Five DIY natural masks to repair and prevent sun damage

WRITTEN BY HAJIE

It is summertime! Nothing says release like a day spent outside making memories and soaking up the sun. Now, we all know that sunscreen is our skin's bestie against sun damage, but there are a few DIY masks you can add to your skin's routine this summer to ensure you take extra care and protect your skin from potential sun damage after a long day under the sun.

Before we get into what you can do to repair sun damage, here is why you should avoid it. Sun damage not only causes dark spots, hyperpigmentation, and freckles, but excessive sun damage can also have long-term effects like wrinkles, premature ageing, and Melanoma (skin cancer).

Make sure it is make sure when you apply that sunscreen, honey.

With that being said, here are five DIY face masks that are easy to make and super effective to help keep you protected all year round.



GETTING TO KNOW
THE AUTHOR

HAJIE



Hajie, a born-and-raised Pretorian writer and content producer, born on December 15th, 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.



1 THE CLASSIC AVO MASK

This one might seem a little cliché but she is a classic for a reason! Avocados are rich in all types of vitamins and minerals that help them rehydrate, moisturise, and reduce inflammation of the skin. A dream, right? What we love about this golden fruit with all its silky, luscious, deliciousness, is that it contains lutein and zeaxanthin which protect the skin from UV rays.

Ingredients:

Half an avocado

A teaspoon of raw honey

Half a teaspoon of rosehip seed oil

Two drops of tea tree oil

Method:

Once you have mixed all your ingredients into a paste, apply the mask on your face for about 20 to 30 minutes. Then wash off with warm water.

2 THE TOMATO AND HONEY MASK

Tomato is a star when it comes to healing blemishes, protecting you from sunburn, and cellular damage. Not only is eating tomatoes advantageous for your skin, but a tomato facial once or twice a week will leave your skin glowing, sun-protected, and feeling soft. Tomatoes are packed with vitamin C, which help repair and prevent dark spots caused by sun damage while the honey soothes the skin.

Ingredients:

Two tablespoons of tomato pulp

One teaspoon of honey

Method:

Mix the honey and tomato pulp into a paste, apply it on your face, and let it sit and do its magic.

After 20 minutes, rinse off the paste with warm water then rinse your face again with cold water. Do this twice a week for the best results.





3 THE ORANGE FACE MASK

Nothing says "packed with vitamin C and ready to save you from sun damage" more than oranges. Apart from preventing breakouts and oily skin, oranges work with your skin to repair hyperpigmentation and dark spots. Together with the yoghurt, oranges prevent the damage caused by the sun, repair fine lines, and leave your skin glowing and rejuvenated.

Ingredients:

One tablespoon of orange peel powder
Two tablespoons of plain yoghurt

Method:

Combine ingredients well and apply the paste to your face. Leave on for 20 minutes then wash off.

4 THE MATCHA FACE MASK

Matcha has been all the rave and we can see why. Made from green tea powder, Matcha contains high levels of antioxidants, which protect the skin from free radical damage caused by UV rays, pollution, and other environmental factors.

Ingredients:

One teaspoon of matcha green tea powder
One teaspoon of raw honey

Method:

Make a paste with your two ingredients, apply it on your face, and allow your skin to soak up all that Matcha goodness for about fifteen minutes. Gently wipe off with a warm face cloth before rinsing your face.



5 THE ALOE VERA MASK

You can not talk about sunburn remedies and not include our good old friend, Miss Aloe Vera. She might be an oldie but she is most definitely a goodie. Aloe Vera not only helps soothe sun damage but also boosts collagen, prevents wrinkles, and moisturises the skin.

Ingredients:

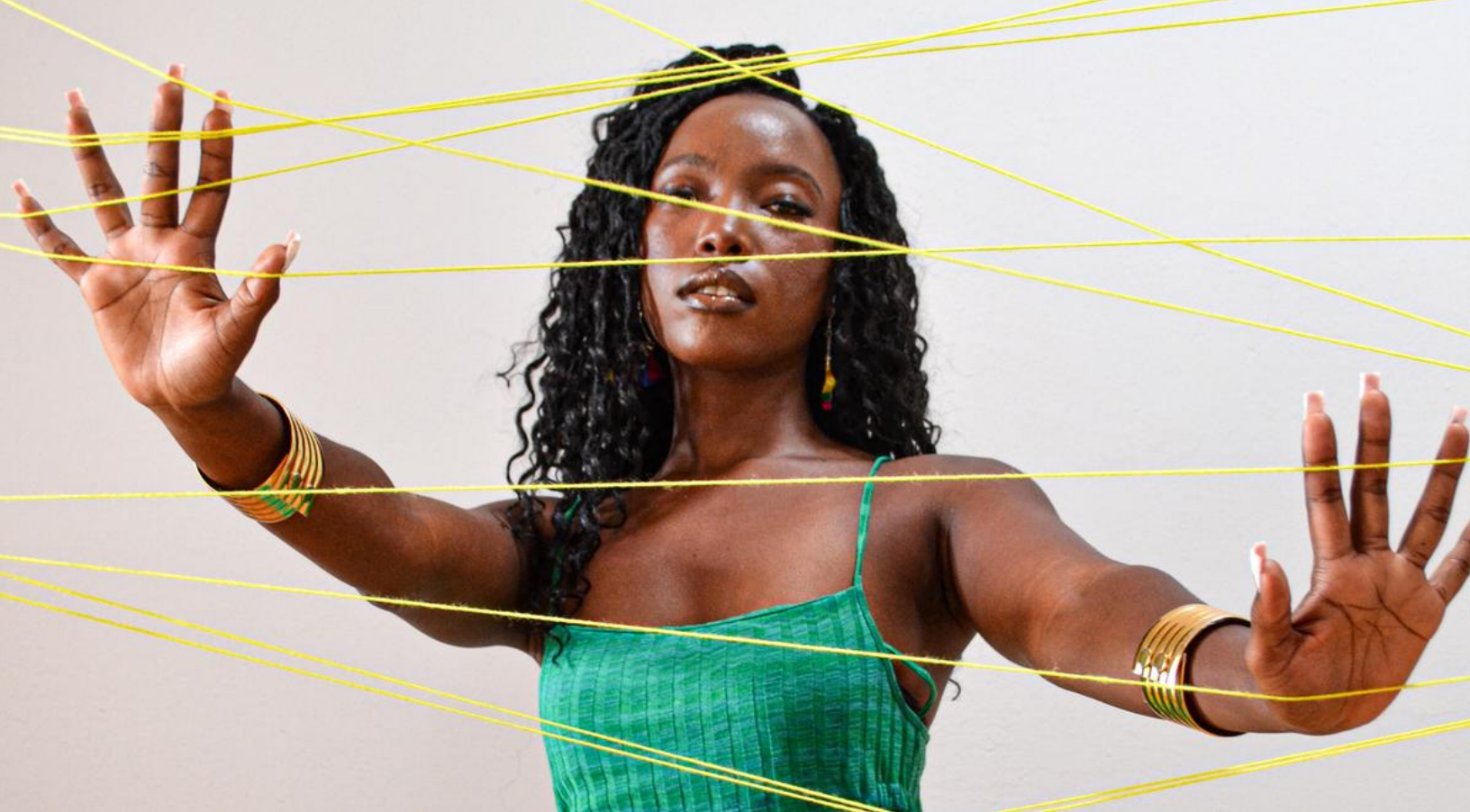
A quarter of cucumber
Four tablespoons of aloe vera gel
One teaspoon of vitamin E oil

Method:

Blend the cucumber until it is almost liquid. Add the aloe gel and the vitamin E oil and blend until well combined. Pat the mixture onto your face and leave it on for at least 20 minutes before rinsing.







MANDISA MALACO

Introducing Mandisa Laurain Constable, widely known as Malaco. At 33, Malaco is a versatile freelancer and independent artist who engages in a spectrum of creative pursuits, including being a freelance artist. Having transitioned from a corporate background, Malaco now wholeheartedly dedicates herself to the pursuit of her artistic passions.

Talk to me about the leap of faith to fully pursue the arts.

I feel I have always been a person who envisions where I am going with my life. Every chapter, as I refer to it, is a specific period in which I allocate a particular goal. I had arrived at my dream of becoming a career woman and working up the corporate ladder. It felt like I had done my bit. I had this deep yearning and call to pursue my arts, which I thought I could not fully express in my corporate career. Growing up I was always performing, going to singing competitions, dancing, public speaking, doing ballet and all kinds of productions as well as talent shows. I realized I wanted to tap into that side of me more and did not want to lose that. In the wake of my shift, I also read a book by Myles Munroe where he talked about the wealthiest place on the planet being the graveyard because that is where the unwritten books are, that is where untold or uncreated inventions lie. It hit me that on your deathbed you are going to be surrounded by all of the versions of yourself you could have been, and they are going to die with you because you never brought them to life. That struck me. To add onto this, my mom got ill in 2018 and it shook me because it came so unexpectedly and it just rang on that point of, "you have to make the most of your life, because you do not have forever" and I just thought, "I have to do this, I know it is scary". I realized there was something more to my existence

WRITTEN BY: MWENYA CHITAMBALA
PHOTOGRAPHY BY: S O L'

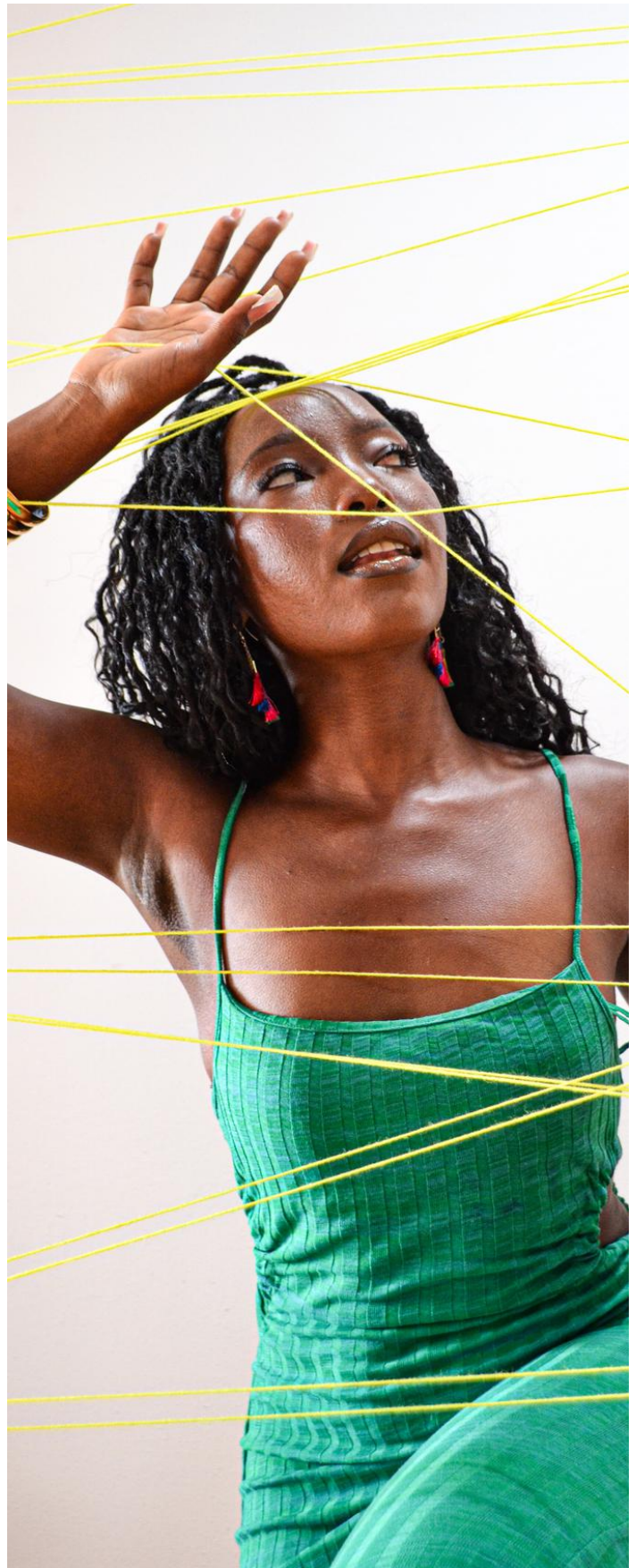
that I needed to express. I felt like it was so important to respect and honour that because I truly felt a pressing calling from God that said, "Do this, you must do this!" and I decided to take a leap of faith and release myself from fear and lean into my faith. In February 2019, I submitted my resignation, and it was heartfelt to my manager at the time; he had just gotten a health scare, and he supported me in my decision. He understood how I felt because he had a point in his life where he was met with a similar decision and he did not go with them, and to this day he knows he would never be the one to stand in the way of my next chapter, even though he would have loved for me to stay. They loved my work but felt it was vital for me to take this journey. I got so much support, and I left on such a high note with my team and partners at the time; it just gave me that approval. Not to say that I was seeking it, but that nod that they genuinely wished me the best gave me greater confidence to move forward.

Talk to me about this chapter, what is the most rewarding thing about being a freelance artist?

The most rewarding thing is feeling I have connected with my authentic self. I think in corporate, I leaned more into what was perceived to be the character that is needed to thrive within a corporate environment. The corporate culture had me more in a masculine energy and capitalist sort of mindset which was not a true reflection of my authentic nature because I am a lover. I believe in people being their authentic self and with no judgment or inhibition and using care and love to bring people together but also the truth of self. The best and most rewarding thing is being myself and earning a living from that. It is so affirming to be yourself and have a full range of control over your identity and how you express yourself and get rewarded by way of your income or exposure or the opportunities you get. I get to meet so many amazing people, which is uncapped. It is vast, and I think those are the most rewarding aspects of this journey.

Talk to me about the challenging times, what anchors you in challenging times?

What anchors me when my back is against the wall is the understanding that everything that is happening within my life is happening to me. Beyond that, as strange as it may sound, but I also imagine a higher version of myself that has already gone through whatever I am challenged with currently, laughing at me for being so emotional, scared and fearful because I can recall so many moments in my life where I felt overwhelmed, felt scared and ultimately





got through it. I also look back and say, “Oh my Gosh, I needed to go through that because I am now prepared for X Y Z”. I would say I understand that everything I experience is always working for me but also understanding that God knows what He is doing in my life beyond my understanding and that is what I rest in because I do not know it all. I have seen so many opportunities come out of seemingly nowhere. Which had me in disbelief, “This is not me, this is God”, and He knew, and that is why He is like, “Baby girl, just keep walking your path, keep going this direction, it is all going to be okay” because He throws me off guard but He catches me, and I fall in everything so freely because I know. It is that unwavering trust. It is genuinely about perspective change. It also helps mentally because if you get too caught up in what is going wrong, you lose sight of the value you possess and the ability for situations to change drastically within a blink of an eye. I like to be receptive to what God has planned, and I have to be in a good mental state for that and be grateful and present.

What is your definition of your relationship with God?

I define my relationship with God as being his daughter. He loves me so much and understands that sometimes I can be naughty and not have all the answers, but He is there to guide, and protect me and wants the best for me. I look at Him as my dad, and sometimes I run to my dad. Sometimes I am like, “Dad, you know I can not deal with this right now; you need to step in, I am just a little girl”, and that helps me not have such a severe and dogmatic relationship with God because I do see Him accepting me completely. He understands the challenges I will face and loves me, flaws and all, but He wants me to lean into my higher self. I see that God has unconditional love for me, and so I feel so safe with Him in my fullness. Even when I am imperfect in how I think, or doubt my confidence at that time, or my ability to believe in my strengths, He instead views me so highly. It is His perspective of me that I feel security in. It is not about my or anyone else’s perspective in those moments of darkness. It is His. He is a dad, and what dad does not adore his baby girl? He is my dad, and He loves me.

What are 3 things you do that you feel bring you closer to God?

(1) Taking care of myself. Looking after my mind, body, and spirit, and doing everything in moderation. If you are going to have fun, just be mindful that your body is a temple, and you need to respect it and have balance.

(2) Writing. I have a place where I journal and express my feelings and thoughts. I also seek Him because sometimes I feel like we get caught up in seeking the opinions of fellow people who themselves need the opinion of God to intervene in their lives.

(3) Having loving and compassionate relationships with those that I encounter. Life is so challenging, and sometimes, in the society that we are raised in, we are conditioned to adopt toxic ways of dealing with one another. I feel that is counterproductive because we need each other. If you are not leaning in with kindness in your interactions with other people, loving and wanting to lift them, take them out of their mental funk and be supportive, then you make your existence redundant. You have come to be as a result of others, so support others. Therefore, to me, it is so important to be a light to those around me, and I only hope I engage with people who also want to be that same light for me.

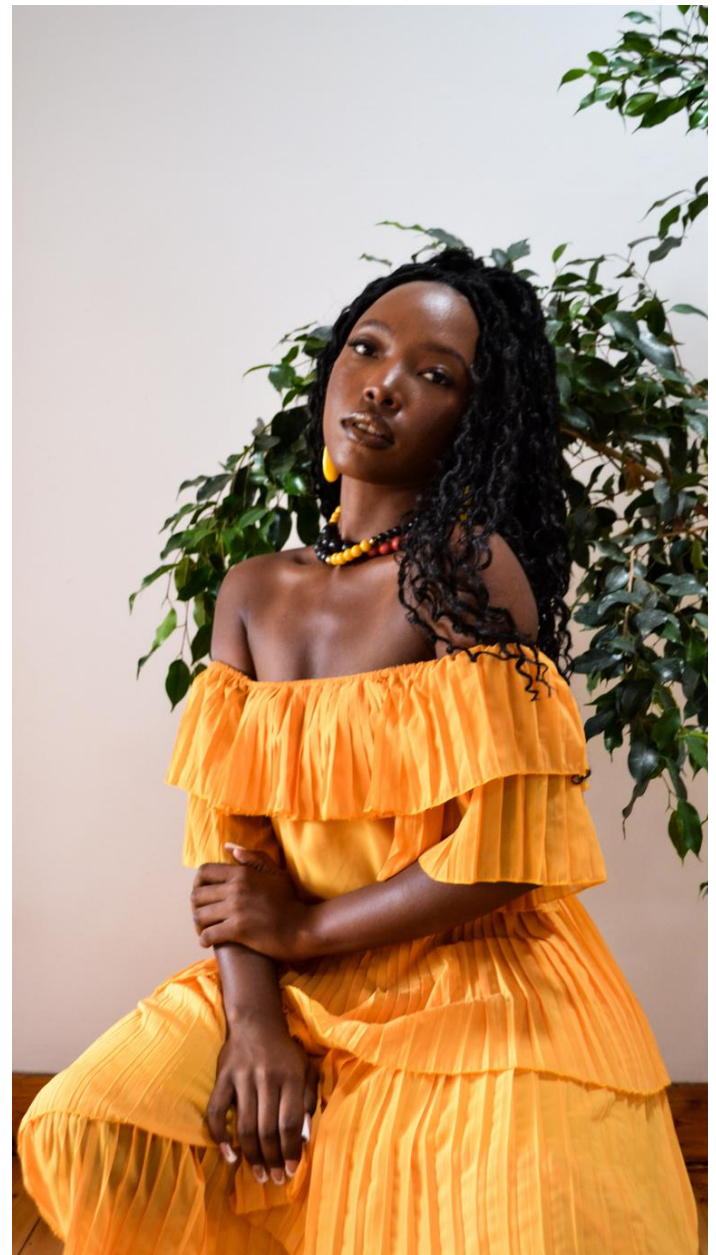


You refer to life as chapters, so I want to know what was the corporate girl chapter called and what is this chapter called?

Corporate girl season was called the *Boss queen*, and this season of my life is called *The dawn*.

Where are you currently in your relationship with God?

My relationship with God is entirely based on gratitude and wholly in surrender. I surrender to Him because he has shown me that He is in control, and I am in a place where my relationship with God is so affirming, and I have so much conviction and move with so much ease. If I could equate it to a specific feeling, it is peace.



WHEN FEELINGS GET HURT

WRITTEN BY S O L'

Have your feelings ever gotten hurt? To the extent whereby it made you question whether you dug your own grave or helped correct an error. People do it all the time, say something and not realize the true impact of their words. The true impact and how it will affect the other person. What can be infuriating is when someone intentionally says something hurtful and mean, as a way to soften the blow they put a "laugh out loud" at the end of the paragraph. I can not put into words how condescending it is. Let us discuss this for a second, shall we? Why write a hurtful paragraph to someone and you are aware it is a hurtful paragraph because just in Luke 6:45 (NIV).

"For out of the abundance of the heart the mouth speaks"

You know exactly what you are saying and exactly what will hurt that person. For those of you out there who think that LOL at the end of the paragraph will make us laugh out loud, at that moment it will not, refrain from it.

With that being addressed, feelings can still be hurt. I wanted to be a lawyer, deeply so that it was my dream for a long time. I knew the career, loved it in fact and everyone around me knew that I was going to be a lawyer. It was all I ever talked about and all I ever wanted since the age of 10. What I did not realize was that all I was, was defined by whether or not I would be a lawyer. I put my entire identity on it. Who I was, was defined by a career I thought was right for me. I could not separate the two. I had to get my feelings hurt to realize that even if I did not become a lawyer, God still had a great plan for me. Feelings get hurt all the time. Right now someone has just read, heard, seen or even witnessed something and it has hurt their feelings but when God is hurting you, you have to know that He is doing it for a reason.

King David experienced this;

While David's men were at war, David stayed behind in Jerusalem. Before continuing, you must know how odd this was, for a king not to go to war with his troops. One morning he woke up and saw a beautiful woman by the name of Bathsheba. He enquired about her and found out she was married to Uriah the Hittite. Filled with the same emotions of lust that still exist daily today, David slept with Bathsheba and she became pregnant but now he had to cover his tracks. He brought Uriah home for him to sleep with his wife to cover his tracks. Unfortunately, Uriah could not sleep with his wife while there was a war going on. David then turned to extreme measures and placed Uriah the Hittite on the front line of the war and he died. Bathsheba then married and gave birth to David's son. Displeased with all David had done, the Lord then rebuked David. Killing his son. (2 Samuel chapters 11 & 12-NIV).

David knew God was going to take away his son and he prayed and fasted to the Lord in hopes that He would not take his son away but He did. There are no words. When David had learnt the lesson he needed to after his feelings had been unimaginably hurt. The Lord then blessed him with another son which they named Solomon.

Similar to David, you might have made some bad decisions and now your feelings are hurt, it will not last forever. You

will heal. You have to realise that sometimes your feelings have to get hurt for a greater plan ahead of you. God gave you a setback but remember that it is only a setback for a greater comeback.

Jesus got His feelings hurt many times. People think Jesus just came to save the world. He did but He also came to restore and change peoples' perspectives on many things. People believe that when Adam and Eve sinned it did not hurt God's feelings. It did. The Israelites would have rather been ruled by Pharaoh than walk around in the desert with Moses under the rule of God. It hurt His feelings. When Judas betrayed him. It hurt His feelings and when Peter denied Him x3 times, again it hurt His feelings. God was always getting His feelings hurt but it is how He reacted which is important.

He did not throw a fit and say ugly things. He simply accepted it, He knew that all this was for a greater plan. A plan that sometimes we as people tend to forget. I am not saying that hurting peoples' feelings is justified because it might just be for a greater plan. It is not right for your parents to not take your dreams seriously. To crush them and force you to conform to societal norms. What I am saying is sometimes, God hurts your feelings right now because He has a better plan for you.





RELEASE

WRITTEN BY LINDSEY CELE

As I sit here writing this piece, in this very moment, I grapple with a part of myself that yearns to bang cupboards, smash glasses, and wreak havoc in an attempt to release my ever-building frustration. I am reminded of a film my husband and I watched together. The opening scene depicts a beautiful couple lying on their bed, legs intertwined, completely at ease. While the man tenderly caresses his wife's hair, a voiceover says, "Do you ever look at the one you love and wish you could just crack their skull open?".

It was a ghastly notion, yet an oddly candid expression that sparked endless laughter between my husband and me. It mirrored a truth we, perhaps hesitantly, acknowledged—marriage, more than often, becomes an arduous test of patience, leading us to entertain thoughts we had never dared to admit.

It is no surprise that such intense emotions might surface towards our spouses in moments of extreme frustration. It is a normal aspect of relationships. I often liken marriage to two planets hurtling towards each other at the speed of light. The initial collision promises disaster, but the

aftermath creates a mosaic of beautiful debris forming an entirely new world. However, insisting on replicating past norms within this new world can lead to constant war and conflict until the end of its existence.

While growing up in a nurturing household that instilled values of responsibility and kindness, I held the belief that I was a fairly good wife to my husband. Yet, it was a rude awakening to realize how prevalent my selfishness was, unbeknownst to me. The destructive collision of our worlds, as previously illustrated, manifested in heated arguments where I would become nasty and ugly in expressing my frustrations. I would utter uncalled-for words, leading to back-and-forth exchanges. I reached a point where my husband had to teach me to let go of much of myself for us to progress as a unified entity. I expected to be treated as a Queen while neglecting to treat him as King. My fixation on correcting his tone, deeming it "hurtful", blinded me to the logs in my eyes. My failure to listen to him constituted an act of disrespect. It might seem straightforward, but let me tell you, when emotions run high and triggers are triggered, things can get messy.



not in humility but in pride and selfishness. Colossians 20:23 emphasizes, "These rules may seem wise because they require strong devotion, false humility, and severe bodily discipline. But they provide no help in conquering a person's evil desires." This scripture refers to man-made religions we have created for ourselves. It talks about how false humility, a subtle form of pride, masks selfish agendas. My "humble silences" merely led to a buildup of frustration that demanded release, but the silence was not humility; it was my ego. What had been pent up inside was not righteous frustration but my desires—wanting things done my way, focusing on my needs rather than his, and demanding forgiveness for my "mistakes" while being impatient with his "wrongs".

Marriage has been a school illustrating how God desires our relationship with Him to be. I had to relinquish my hold on things that did not benefit us as a family, surrender to my husband's leadership, and release my grip on the control I sought from a self-centered viewpoint. Trust became crucial. How could I claim that I trusted God when my selfishness ran so deep that it hindered me from trusting my husband? The next time we sing 'I trust you Lord' or we promise our husbands in love that we have confidence in them, we must remember to actively release every selfish agenda and aspect of oneself.

I realized that for our worlds to align into that beautiful mosaic, focusing solely on his flaws would not benefit me if I did not introspect and put effort into living harmoniously with him. The responsibility was mine – not because he lacked any, but because I could only control the follow-through of my responsibility, I could not control his. Here is where I noticed a common misstep among women in relationships. Many of us carry the notion, consciously or unconsciously, that we are entitled to certain things from our partners. We feel owed love, respect, a comfortable lifestyle, ideal schools for our children, a dream house, car, or holiday. When our husbands fall short of these expectations, we label them as "not real men," often disregarding our role in the shortfall.

During our arguments, I had become quite aggressive. In our first major fight, the release of emotions came out with fists to his chest—an unsightly scene. Subsequently, I had slam cupboards, deeming it a release for my "pent-up frustration," all under the guise of being a "humble wife" by remaining silent about his wrongs. However, during moments of reflection, I realized that my "humble silence" was rooted

GETTING TO KNOW THE AUTHOR

LINDSEY CELE



Lindsey Rose Cele, a 29-year-old from Atlantis, Cape Town, emerged as a beacon of inspiration early on, showcasing a passion for music and spirituality. Initially a worship leader, Lindsey delved into the performing arts, landing a role in a top South African telenovela in Johannesburg. Despite success in the entertainment industry, Lindsey remains committed to uplifting young women through worship and community engagement. Rooted in faith and family, Lindsey, married for three joyful years, stands as a shining example of empowerment and compassion.

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*“...and when I do not have the strength to do this I rest in that
Yahweh needs to give me the power.” - Ntsiki Mkhize*

