

SOULLED *Out*

**GOD'S
PROMISE**

**IS FREE SPEECH A
HATE CRIME?**

**A21 SOUTH AFRICA:
PROTECTING
CHILDREN IN THE
DIGITAL WORLD**

**FLORIDA ROAD
STREET WORSHIP:
A MOVE OF GOD
IN DURBAN**

Beyond Corporate Success

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GRASS CUTTING

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SEEDING

R15 PER M²



INSTANT LAWN

R30 PER M²



PRESSURE CLEANING

R18 PER M²

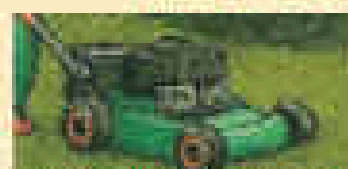


Additional Services

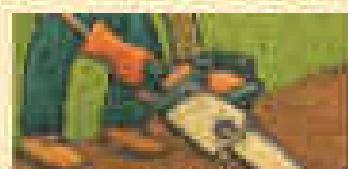
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GRASS CUTTING (MOWING)



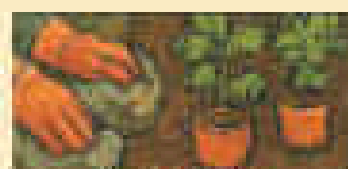
TREE FELLING



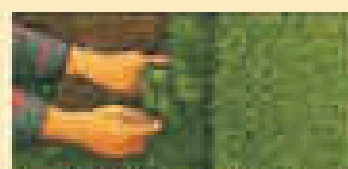
PRUNING



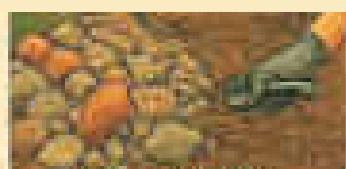
PLANT INSTALLATION



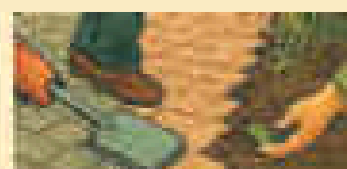
RUBBLE REMOVAL



ALICE PLANT REMOVAL



ROCK INSTALLATION



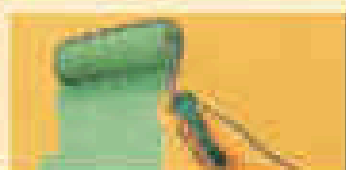
HANDICRAFTS



REMOVING



ROOF & GUTTER CLEANING
(CLEANING OF ROOF)



PAINTING

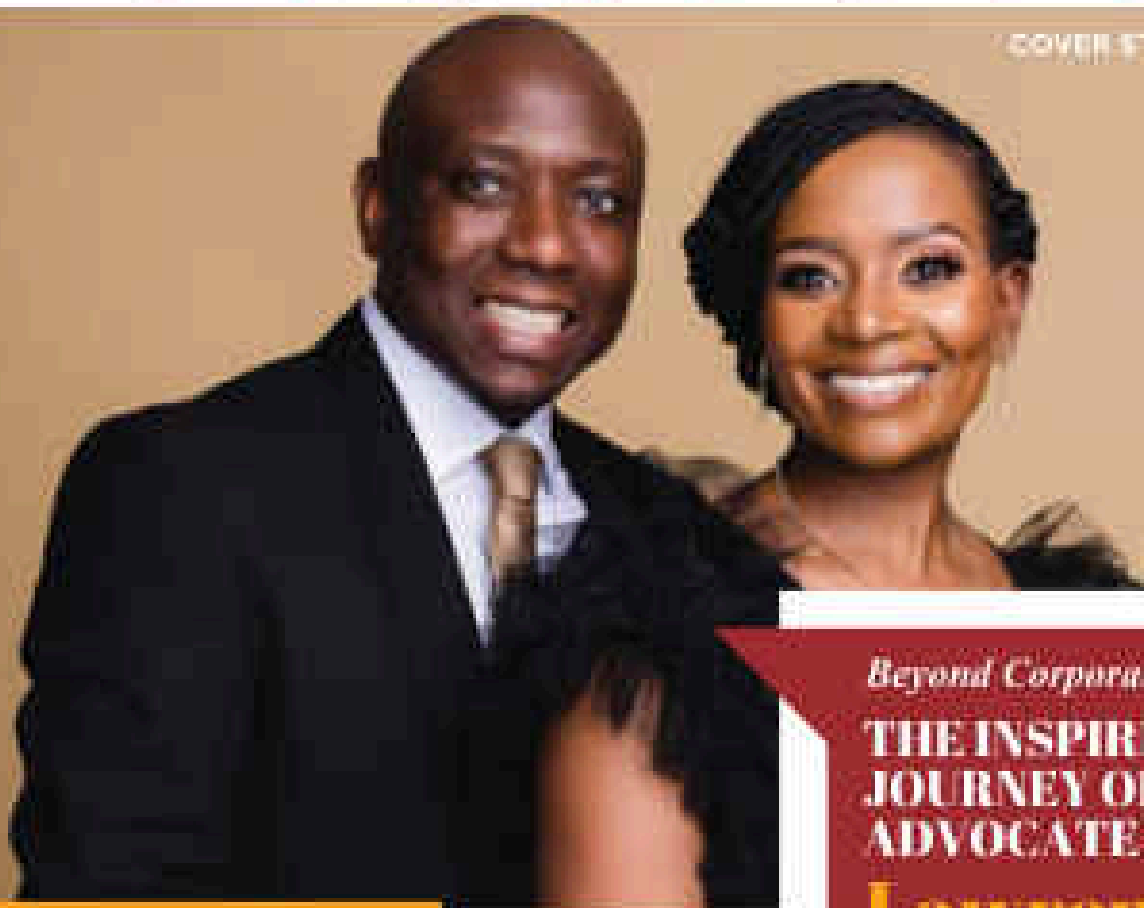


GENERAL MAINTENANCE

28 SIPHOGSETHU ROAD KINGFISHER OFFICE PARK MOUNT EDGECOMBE, DURBAN
LET'S GROW SOMETHING BEAUTIFUL TOGETHER

C O N T E N T S

COVER STORY **16**



Beyond Corporate Success

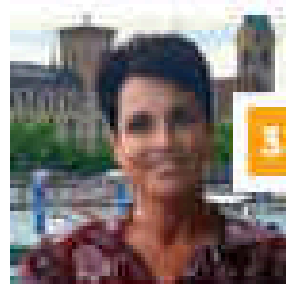
THE INSPIRING JOURNEY OF SA ADVOCATE

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Murayha:**

*Transforming Lives Through
Faith and Spiritual Leadership*

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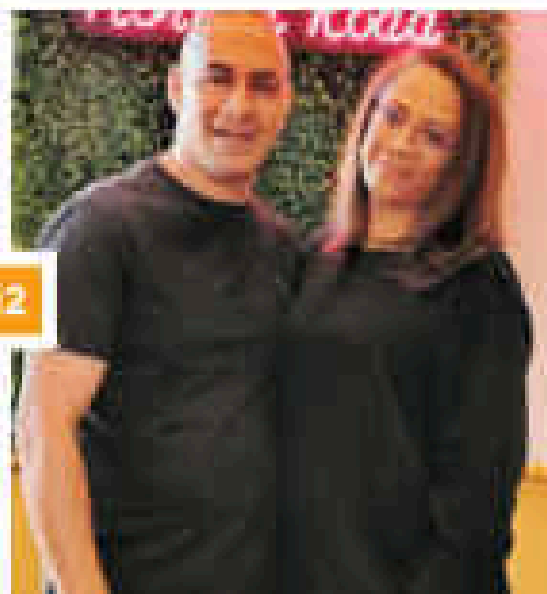
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ADVERTORIAL

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PROTECTING CHILDREN
IN THE DIGITAL WORLD



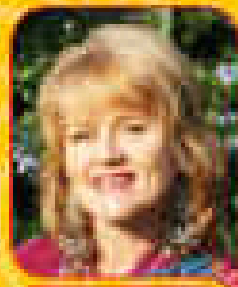
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LIZ NAIDOO

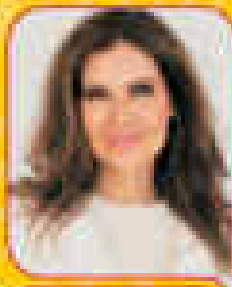
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THIS MONTH'S TEAM



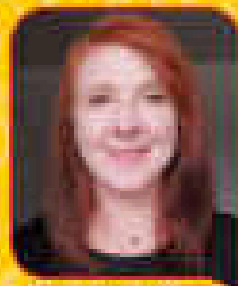
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DURBAN, SA



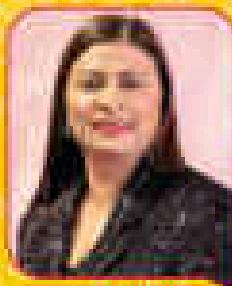
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COVER STORY

Lawrence and Murendwa Muravha
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Lawrence and Murendwa Muravha

A MESSAGE FROM THE EDITOR'S DESK

Dear Lawrence and Murendwa Muravha, thank you for letting me into your story and sharing your heart for God's Kingdom and the community you are called to serve. May God bless your continued efforts and your beautiful partnership in marriage and social upliftment.

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The EDITOR'S NOTE

Dear Reader, greetings in Christ our Lord. In a time where values are shifting and the meaning of family is constantly being redefined, *Souled Out Magazine* remains rooted in a timeless truth: the strength of society begins in the home, anchored in Jesus Christ.

Our heart and mission have always been clear: to inspire, equip, and uplift the Christian family. We believe that healthy families are not accidental; they are built intentionally on faith, love, and God's Word. From marriages to parenting, singleness to legacy-building, every stage of family life deserves guidance that is both practical and spiritually grounded.

In every issue, we seek to create a space where faith meets real life, a place where honest conversations are penned, biblical principles are made relevant, and where individuals and families are encouraged to grow stronger in their walk with God and with one another.

The Christian family is under constant pressure, but it is also full of divine potential. When Christ is at the centre, families become places of healing, hope, and generational impact. They become lights in their communities and reflections of God's love in action.

Our cover feature introduces a remarkable South African couple, Attorney Lawrence and his lovely wife Murendwa Muravha, whose story reflects both grace and

grounded truth. At the heart of this feature is Murendwa's powerful book, *Before I Do & Beyond: 15 Lessons to Learn Before and Early in Marriage*.

Through her writing, she offers a candid, heartfelt, and practical facts on what it truly means to prepare for marriage, not just the glamour of the wedding day, but the lifelong commitment that follows.

As you journey through these pages, we encourage you to not only read, but to apply these truths. Strengthen your relationships. Deepen your faith. Be intentional about building a home that honours God and nurtures those within it.

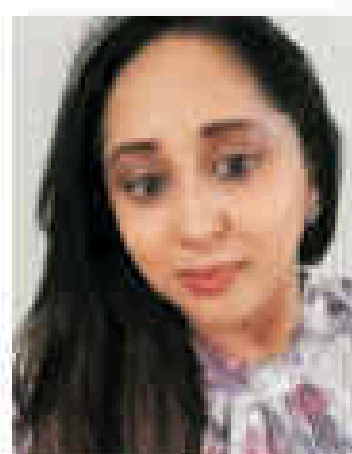
"Unless the Lord builds the house, the builders labor in vain." (Psalm 127:1)

May this magazine be a tool that helps you build with purpose, love with intention, and live fully surrendered to God. ✨

All my Love



Editor-in-Chief
SOULED MAGAZINE



Let Us Pray A PRAYER FOR STRENGTH WHEN LIFE IS HARD

By Liz Naidoo

Heavenly Father, I come before You feeling weary and overwhelmed,
Life feels too heavy for my heart to carry.
Your Word says, "Cast all your anxiety on Him because He cares for you" (1 Peter 5:7).
So today, I lay every burden at Your feet.

Lord, when I feel weak, remind me that
"Your grace is sufficient for me, for Your power is made perfect in weakness"
(2 Corinthians 12:9).

Help me trust that even in my struggles,
You are working all things together for my good (Romans 8:28).

When my mind is filled with worry and fear,
Fill me with Your peace that surpasses all understanding (Philippians 4:7).
Quiet my thoughts and calm my heart,
And help me rest in Your presence.

Father, when I feel like giving up,
Strengthen me to keep going.
Your Word says, "I can do all things through Christ who strengthens me"
(Philippians 4:13).
I thank you for your promises.

When I walk through dark valleys,
Remind me that You are with me (Psalm 23:4).
You are my refuge and my strength,
An ever-present help in trouble (Psalm 46:1).

Lord, lift me up when I am burdened with challenges,
Help me not to grow weary in doing good,
For in due season I will reap a harvest (Galatians 6:9).

Teach me to trust Your timing,
Guide my steps and direct my way (Proverbs 3:5-6).
And help me walk by faith, not by sight.

Thank You, Lord, for never leaving me nor forsaking me (Deuteronomy 31:6).
Wrap me in Your love and restore my hope.
I surrender everything to You today, because I know that
You are in control of all things.

I thank you that my peace and strength is in You.

In Jesus' name I pray,
Amen.

A TIMELESS JOURNEY...



The SECRET PLACE

A Devotional Journal

The **120-page** devotional journal is designed to be more than just pages filled with words... It's a sacred landscape for every woman to journal her most vulnerable and cherished moments with God.

Every page within becomes a reminder that God hears, God sees, and God remains faithful through every season.



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- Golden Handcrafter**
Premium quality designed to last a lifetime.
- TIMELESS & LIMITED**
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Only Available For
R300

WHERE FAITH MEETS REFLECTION

A sacred space to meet with God daily, pour out your heart, reflect on His word, and grow closer to Him.

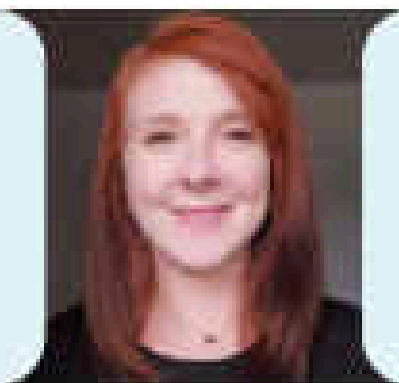
Your *Secret Place* is waiting for you. Make it yours today.

Write your prayers. Recall His faithfulness. Cherish His promises.

SOULID OUT MAGAZINE | JUNE 2024

“You crown the year with a bountiful harvest; even the hard pathways overflow with abundance.”

PSALM 65:11(NLT)



Christie Amoyo

LIFE OF FAITH

God's Promise

“You will die or your babies will,” is what the doctors said to me after I lost my last baby. I was having ectopic pregnancies. The babies were getting stuck in my tubes therefore I already had a partial tube and ovary removed. I went away heartbroken and mad. I had one child come through 4 losses and now I realized how thankful I was to have him and I was going to focus on him.

I received healing in my heart and thanked God for taking care of me and being alive.

One day though, I heard a word...and the power behind it got me to my core. An evangelist looked at me and said, “You will have more children.” I was numb. My eyes filled with tears not from sadness but from the Power of God agreeing with what he said.

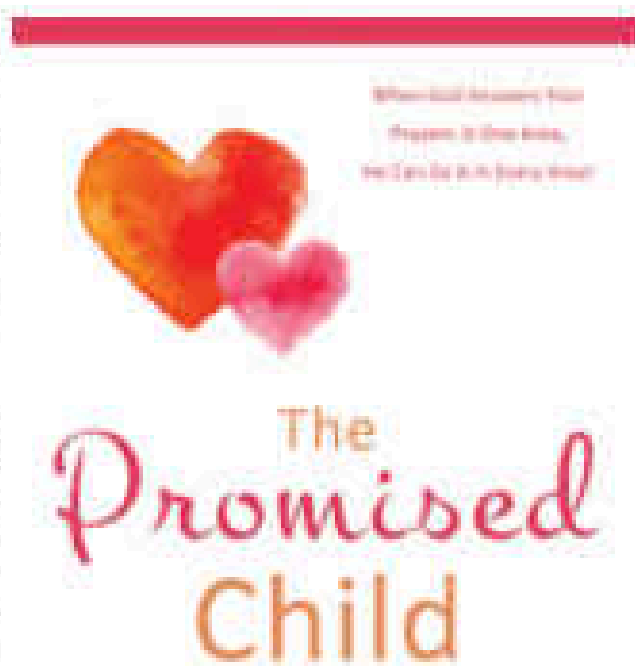
He told me what Faith is. Agreement with the Word of God. Taking it and walking it out. All I knew was Isaiah 53:5b- “...by his stripes I am healed.” That day was my healing day, my mind wrapped itself around that Word and wouldn't let go. I was determined to live out that word.

I cast out the fear inside and I went on to have 3 more children and NO more problems in my body.

Fast forward 15 years- I went to the chiropractor, and she asked me how I was

able to ever have children. She said, “I feel everything that other patients have that are unable to have children.” I told her about God's Word. And now she carries my book in her office to give others hope.

Author Christie Amoyo, is a wife, mother, Pastor and entrepreneur. She resides in Winnipeg, Canada. Click on this link to purchase her books. ✨



Christie Amoyo

<https://word-alive-press-bookstore.myshopify.com/collections/christie-amoyo>

Protecting Children in the Digital World



What Every Parent Needs to Know

Many of the risks children face today are no longer limited to physical spaces, they now exist behind screens, in apps, games, and on social platforms.

Dear Parents

We are all determined to keep our children safe from harm, both offline and online. Young people are vulnerable to encountering potential risks of trafficking across many different environments, from trusted relationships to trusted online spaces. If you are involved in caring for a child or a teenager, we believe that this article will help you understand the risks and to be prepared with practical solutions to safeguard your child.

Some things you need to know:

ONLINE CHILD SEXUAL EXPLOITATION:

A form of online child abuse where a minor is coerced, manipulated, or deceived into engaging in sexual conduct. This exploitation often includes the production of explicit child sexual abuse materials, creating lasting harm that extends far beyond the initial incident. It is typically ongoing, frequently starting with a person falsely befriending a vulnerable child to take advantage of them.

DEEPFAKE IMAGES/ VIDEOS & GENERATIVE ARTIFICIAL INTELLIGENCE (GenAI):

Generative AI can be used to create and manipulate media, producing content that may be harmful or deceptive. It can also generate or alter explicit images and videos by digitally superimposing a person's face or body onto existing content.

A.I. COMPANIONS:

A.I. generated chatbots designed to simulate human-like companionship and conversation. Some allow users to create realistic-looking avatars. These systems are often unregulated and lack child safeguarding. They may also give incomplete or inaccurate information.

GROOMING, SEXTORTION & SEXTING:

Grooming, sextortion, and sexting can be interconnected forms of online risk. Grooming involves a perpetrator establishing an emotional bond with a minor to manipulate, exploit, or abuse them. Sexting is the sharing of sexual content through digital devices. Young people often view this as a safe form of communication and relationship building, but sexting can carry serious risks, especially when minors are involved. Sextortion occurs when that content is then used to blackmail or threaten the child, often demanding more images, money, or compliance under threat of exposure.

Online Digital Safety: Conversations to Have With Your Child

As children spend more time online, open and ongoing conversations about digital safety become increasingly important. We recognise that these discussions are not always easy for caregivers, particularly as online risks continue to change. However, they remain one of the most effective ways to support and protect children in the digital world.

Child Rights and Personal Value

Children should understand that they have rights and that they are valued. It is important to reinforce to them that everyone deserves respect and to be protected from harm. Remind your child that their voice matters, and they always have the right to speak up and say "no" to anyone who makes them feel uncomfortable.

Relationship Boundaries

Both teens and younger children need to be taught that a healthy relationship is built on mutual respect, honesty, trust, and healthy and clear boundaries that are honoured by both people. Help your child to understand what peer pressure is and what to do when they are faced with uncomfortable or harmful situations. Teach them about healthy relationships and how to enforce personal boundaries. For younger children, it can be confusing for them to recognise that someone they know well could act in a way that is unsafe or unkind. It is important to explain the difference between someone who is safe and trusted and someone who might be uninvited and tricky.

Creating a Safe Space is your greatest tool

It may not always be possible to prevent every risk or anticipate every situation when it comes to online exploitation. However, creating a safe space for open and respected communication with your child is one of the most important protective measures available. It is important to teach your child to be comfortable telling a trusted adult if someone makes them feel uncomfortable or unsafe, regardless of how scared they may be. Consider ways to encourage your child to speak openly about what they may be experiencing at school, online or in their personal relationships.

WHY THIS MATTERS

An A21 presentation at a local primary school in Cape Town gave a young girl the courage to disclose an experience of online child sexual exploitation to a trusted adult. Her decision not only helped protect her but also led to the identification of a broader pattern of exploitation within the school, potentially preventing harm to other children. Her story highlights the powerful role that awareness and open communication can play in safeguarding children.

The Film and Publications Board (FPB) have a hotline for reporting harmful, illegal, or prohibited content such as Child Sexual Abuse Material

0800 000 555

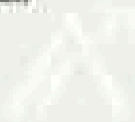
National Center for Missing & Exploited Children has a service to help remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18.

<https://takeitdown.ncmec.org>

National Human Trafficking Hotline
All forms of trafficking,
all ages

0800 222 777

WEBSITE FOR RESOURCES
www.a21.org



- 1. The wise woman builds her house, but with her own hands the foolish one tears hers down.**
- 2. Whoever fears the Lord walks uprightly, but those who despise Him are devious in their ways.**
- 3. A fool's mouth lashes out with pride, but the lips of the wise protect them.**

Proverbs 14:1-3





Florida Road Street Worship: A Move of God in Durban

In September 2025, 635Church, launched **Florida Road Street Worship** with a vision to bring God's presence into the heart of Durban. What started as a step of faith has now continued monthly for eight months, with anticipation building toward a powerful one-year anniversary celebration in September 2026. Each gathering has been a reminder of the **Faithful Hand of God** at work.

- Nash – Sound & lighting
- Selvanus – Hospitality
- Ps Shane – Guitar & vocals

This united team became the heartbeat of Florida Road Street Worship.

What God Is Doing?

This united team has become the heartbeat of Florida Road Street Worship.

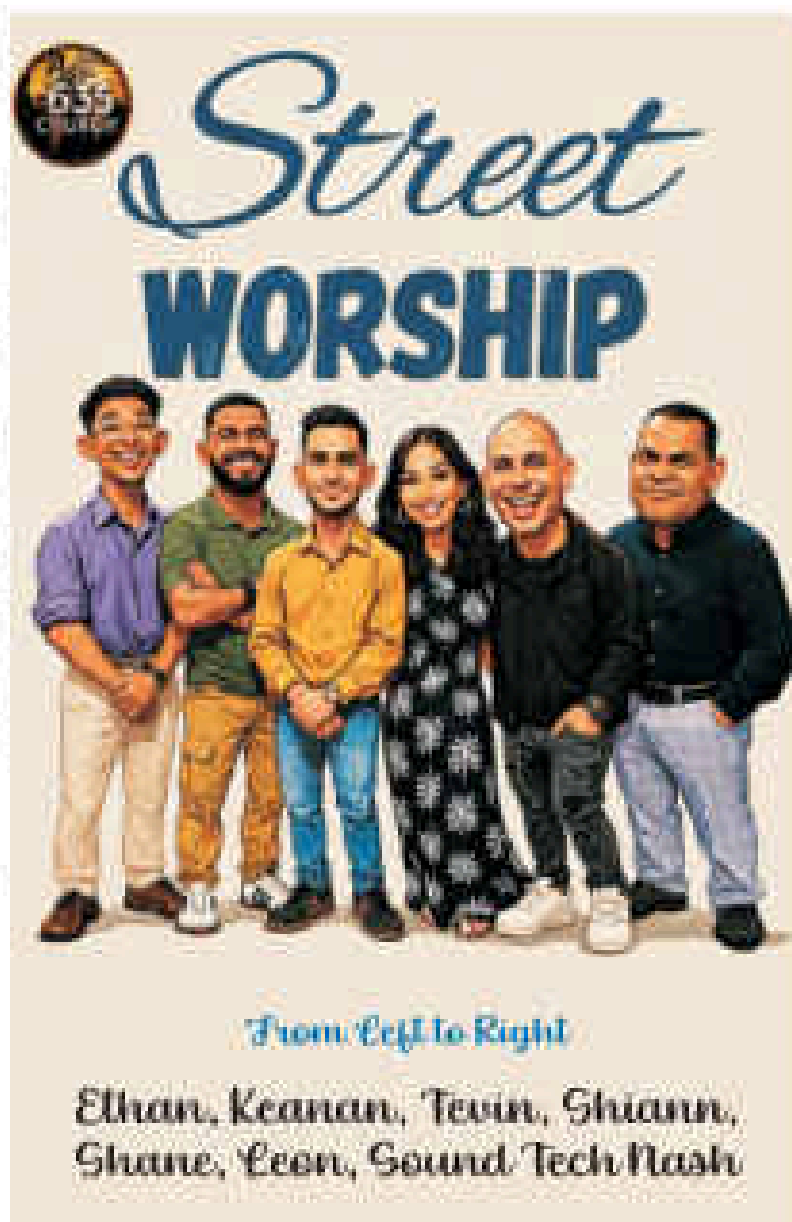
The Visionary and the Team

The initiative was birthed through **Ps Shane P.**, visionary leader of 635Church. After serving faithfully as an associate pastor in a well-known Durban ministry, alongside his wife Rene and children on the praise team, Ps Shane sensed God calling his family into a new season.

Guided by prayer and friendship with **Ps Deshan**, Shane stepped out in August 2025. Their first prayer gathering on Florida Road came after tragedy struck outside Wish Restaurant, where rapper AKA was shot. Together, they prayed with staff and passersby — and from that moment, the vision for Street Worship was born.

The launch team was truly a family effort:

- Shlann – Worship leader
- Tevin – Drums
- Ethan – Saxophone
- Rene – Livestream
- Raeesa – Photography
- Leon – Keys
- Keanan – Livestream & photography





Pst Shane and his wife Rene.

"At the inception the group of 20 people, has since burst through the seams. God has done it again and again. We have seen young hearts rededicated to God. Lives of families realigned. Miracles upon Miracles. A young lass was unable to walk for years with a bone protruding from her foot and she was supernaturally healed."

"During our Good Friday Street Worship, we had given 250 communion cups on the street of Florida Road, and in prayer led some folk to our Lord Jesus Christ. The

worship posture of all, young, old and the curious have been noticeably appreciated. We had Muslim folk come along side and record the Worship sessions, whether curious or otherwise, we delivered the mandate. The young folk clearly took ownership of these worship sessions. Out of these Street sessions, 635Church was birth.

• The heart or vision behind it

Pst Shane has a heart for souls and family. He continues to press toward the mark of the high calling.

• Any specific testimonies you can share

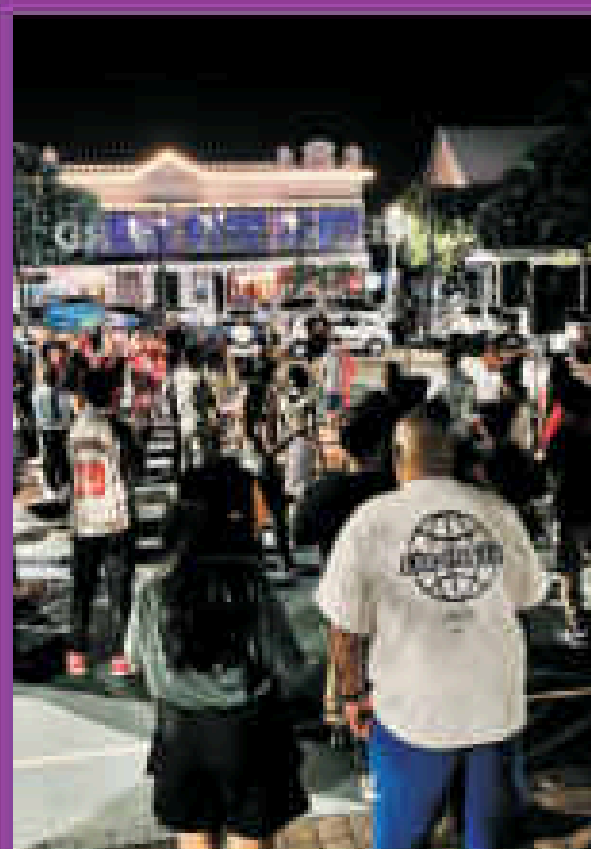
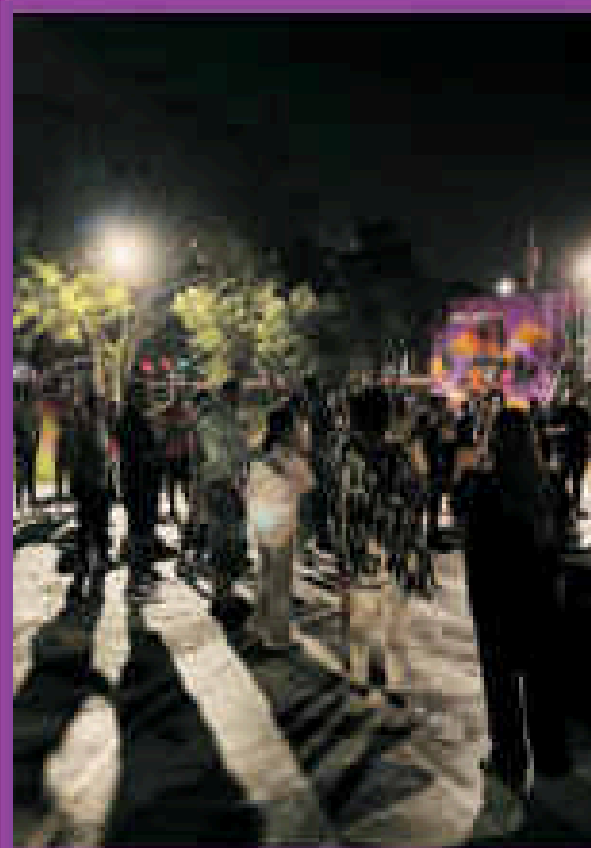
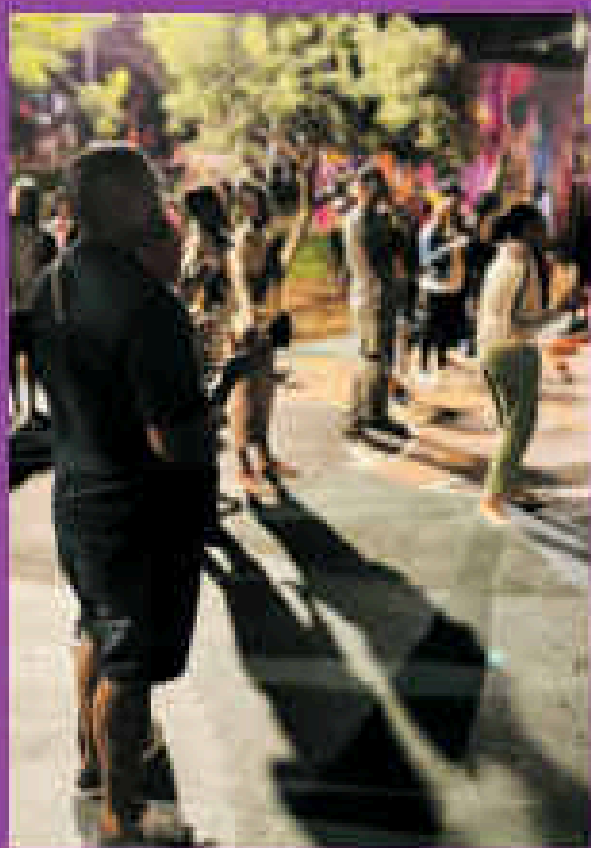
We have seen young hearts rededicated to God. Prostitutes that asked for prayer and families realigned. Miracles upon Miracles. A young lass was unable to walk for years with a bone protruding from her foot was supernaturally healed. During our Good Friday Street Worship, we were blessed to give 250 communion cups on the street of Florida Road with

prayer, leading many back to our Lord Jesus Christ. We met gay men who, came along and worshipped with us, yes, we have seen God touch everyone through His love.

Pastor Shane and his team have a great passion for this outreach commission. They are committed to reach the lost and help restore families back to our Lord through evangelism, discipleship and teaching His Word. Contact Pst Shane on +27 72 7280075 for further information. 🙏



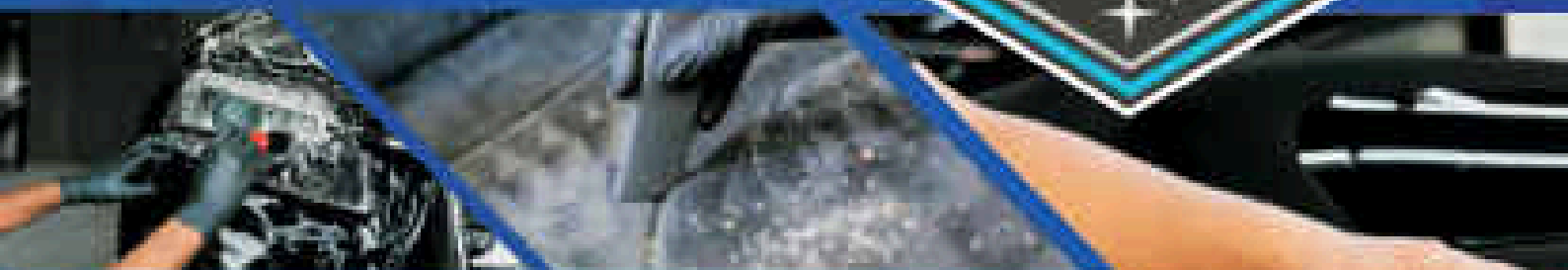
"Each gathering has been a reminder of the Faithful Hand of God at work."



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The Inspiring
Journey of SA
Advocate

Lawrence & Murendwa Muravha:

Transforming Lives Through Faith and Spiritual Leadership

By Liz Naidoo

In Pretoria, South Africa, Advocate Lawrence (Caleb) Muravha and Coach Murendwa Muravha stand as a remarkable example of faith-centered leadership, purpose-driven living, and kingdom transformative impact. United in marriage since 10 October 2009, after five years of courtship, their journey reflects a shared commitment to faith, family, leadership, and meaningful contribution to society.

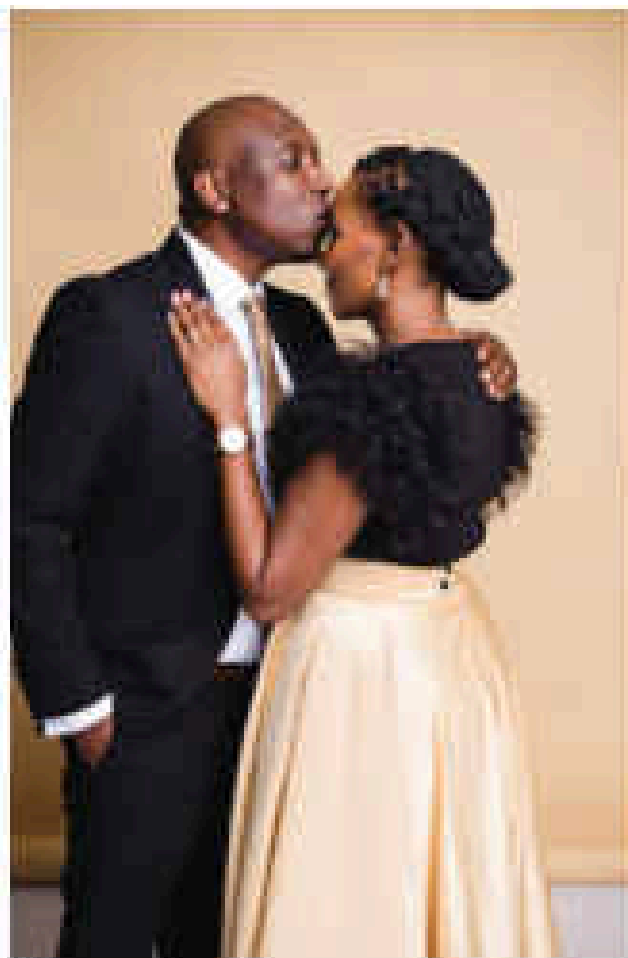
Together, they embody a powerful partnership, one that seamlessly blends legal excellence, spiritual leadership, entrepreneurship, and personal development. Through their individual and collective pursuits, they continue to inspire countless individuals to live intentionally and walk boldly in their purpose.

Coach Murendwa Muravha: Empowering Lives Through Transformation

Affectionately known as “CoachM,” Murendwa Muravha is a dynamic force in both the professional and personal development spaces. She is an entrepreneur, a credentialed transformational and relationship coach, an inspirational speaker, and a passionate teacher of the Word of God.

Her ministry is centered on making biblical principles practical and accessible for everyday living. With a heart for people, she equips individuals to live purposefully, embrace intentionality, and unlock their full potential. Her message resonates deeply in a world seeking clarity, healing, and direction.

Murendwa’s academic journey reflects both intellectual depth and strategic vision. She holds a background in Geological and Environmental Sciences and postgraduate studies in Business Management.



Through their individual and collective pursuits, Lawrence and Murendwa continue to inspire countless individuals to live intentionally and walk boldly in their purpose.

Professionally, she serves as a Principal Mineral Economist, where she integrates technical expertise with strategic thinking and leadership excellence.

Beyond her corporate career, she is the founder of **Potential Potency**, a coaching and mentoring platform dedicated to personal growth, transformation, and empowerment.

Through these platforms, as well as speaking engagements and mentorship initiatives, CoachM addresses critical aspects of emotional, spiritual, and relational well-being. Her work continues to guide individuals in navigating life's challenges with wisdom, resilience, and purpose.

Advocate Lawrence (Caleb) Muravha: A Life Anchored in Faith and Leadership

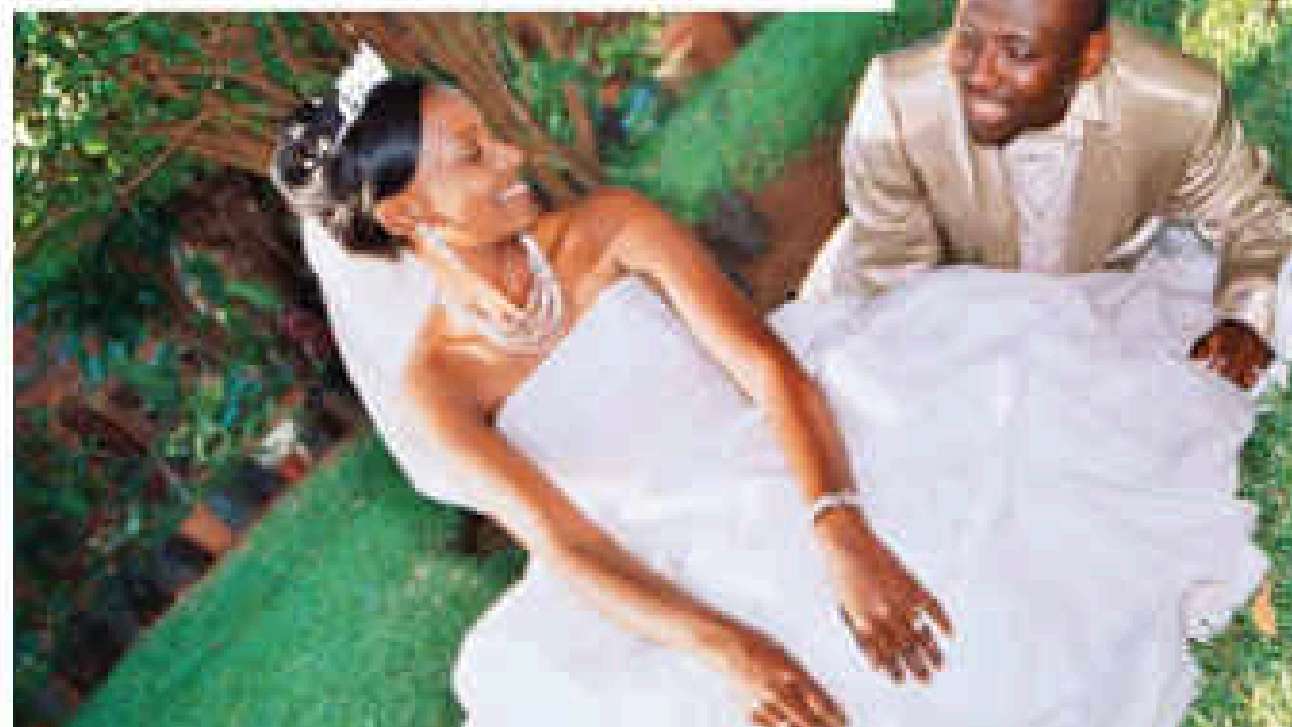
Advocate Lawrence Muravha's life is defined by an unwavering commitment to faith, justice, and service. A faith-driven teacher, compliance and Anti-Financial Crime specialist, his journey began with a life-transforming encounter with Christ at the age of twelve, followed by baptism at fourteen. For more than three decades, his

walk with God has been marked by consecration, spiritual growth, and a deep pursuit of truth.

His ministry is rooted in themes of regeneration, repentance, covenant identity, and spiritual discernment. As a Deacon at House of Treasures Ministries and Head of Legal & Corporate Affairs, he plays a vital role in teaching, discipleship, protocol, and men's ministry—equipping believers to fully understand their identity in Christ and exercise their spiritual authority.

Professionally, Advocate Muravha is an admitted Advocate of the High Court of South Africa with over 20 years of experience across legal practice, banking, insurance, and financial crime compliance. His expertise spans compliance, risk

Married since 10 October 2009, their journey reflects a shared commitment to faith, family, leadership, and meaningful contribution to society.

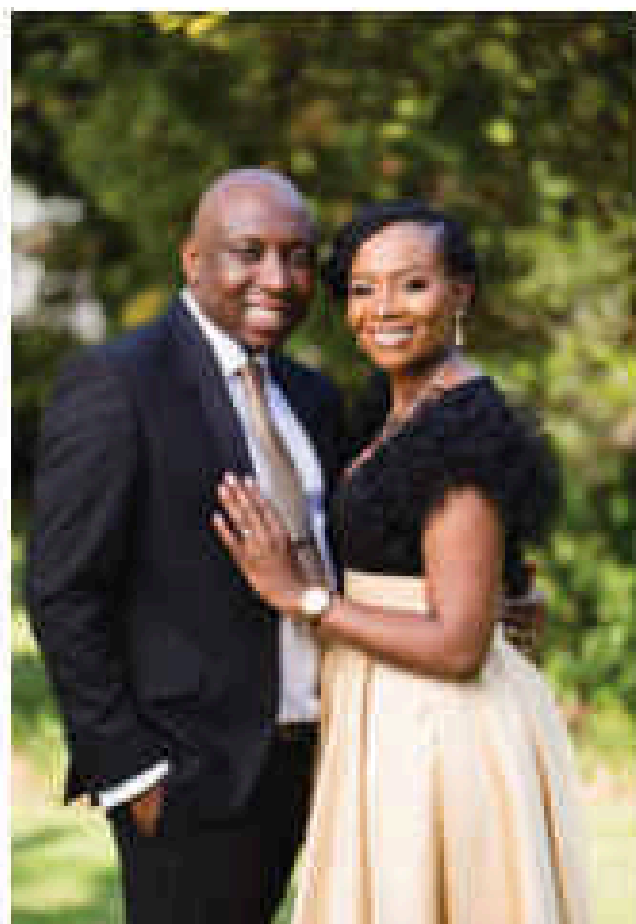


management, anti-financial crime leadership, and corporate governance.

He has held senior strategic roles in leading organisations including ABSA, WesBank, Sanlam, Mercedes-Benz South Africa, Standard Bank, Nedbank, and African Bank Limited, where he led Group Financial Crime Compliance and Group Forensics functions. His influence extends to industry bodies such as SABRIC, SAMLIT, and the Banking Association of South Africa.

He also served as a Non-Executive Director and Board Member of the Compliance

*“Being in love is a feeling,
staying in love is a choice.”
— Murendwa Muravha,
Before “I Do” and Beyond*



Institute Southern Africa, and as a Board Member and Co-Chair of the South African Chapter of the Association of Certified Anti-Money Laundering Specialists (ACAMS), contributing to advancing financial crime prevention standards and professional excellence across the sector.

His work reflects a strong dedication to advocacy, education, and collaborative efforts to drive meaningful impact in the fight against these crimes.

Entrepreneurship, Advocacy, and Community Impact

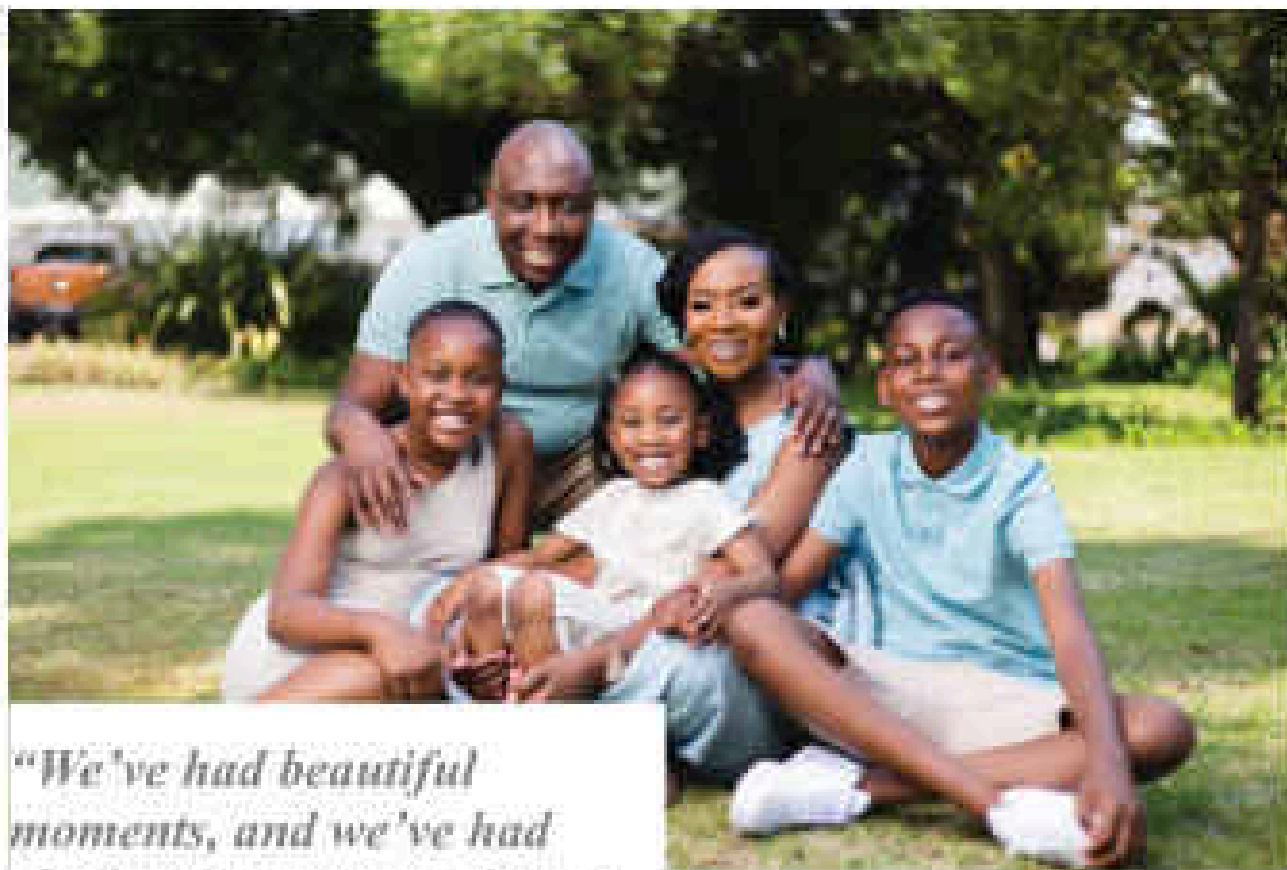
Beyond his legal and corporate achievements, Advocate Muravha is a seasoned entrepreneur with directorships in several ventures, including **Pool Time Equipment and Services**, **Interco Investments Limited**, and **Caleb Luxury Apartments**. His entrepreneurial spirit reflects a passion for sustainable business development and economic empowerment.

He also serves as a Director of **Regen Future**, a non-governmental organization dedicated to combating modern slavery and human trafficking both in South Africa and internationally—further highlighting his commitment to justice and human dignity.

A Shared Vision of Faith, Family, and Transformation

Together, Lawrence and Murendwa Muravha are deeply committed to advancing faith-based leadership, mentorship, and community transformation. Their lives are anchored in service, integrity, and a shared dedication to uplifting others.

As parents of three beautiful children, they continue to model the importance of strong family values, spiritual grounding, and purpose-driven living. Their partnership demonstrates the power of unity, where



"We've had beautiful moments, and we've had challenging seasons, but we made a decision to keep working on our marriage every day."

— Murendwa Muravha

mutual support and shared vision create a lasting impact that extends beyond personal success.

Inspiring a Generation

What makes the Muravhas truly exceptional is their ability to influence across multiple spheres: faith, business, law, and personal development. They are not only leaders in their respective fields but also mentors and role models for those seeking to live meaningful and impactful lives.

Their story is one of alignment between deep spiritual faith and practice as well as career, action and purpose. In a rapidly

changing world, they stand as a beacon of what it means to lead with conviction, live with intention, and serve with excellence.

Marriage: A Journey of Growth and Refinement

One of the defining strengths of the Muravhas is their openness about the realities of marriage. In her debut *Before "I Do" and Beyond*, Murendwa writes candidly about the lessons learned through both joy and challenge - highlighting that growth in marriage is a continuous process.

"Marriage is a sacred journey... it refines, stretches, and reveals parts of us that might otherwise remain hidden."

Reflecting on their own journey, she shares: "We've had beautiful moments, and we've had challenging seasons, but we made a decision to keep working on our marriage every day."

Before "I Do" and Beyond: 15 Lessons to Learn Before and Early in Marriage.

As a first-time author, Murendwa is extending her voice even further through her debut book, *Before "I Do" and Beyond: 15 Lessons to Learn Before and Early in Marriage*.

The book offers practical, spiritually grounded lessons for those preparing for marriage and those already navigating its realities. Honest, reflective, and deeply rooted in lived experience, it brings a refreshing voice to conversations around relationships and covenant.

One of the book's most memorable lines captures its heart:

"Being in love is a feeling, staying in love is a choice."

- Murendwa Muravha, *Before "I Do" and Beyond*

This quote powerfully reflects the Muravhas' own journey—one marked not by the idea of perfection, but by commitment, growth, and daily intentionality.

Murendwa's writing also beautifully frames marriage as a sacred space of transformation. In her book, she writes that marriage "refines, stretches, and reveals parts of us that might otherwise remain hidden." It is a perspective that resonates with many couples and one that reflects a mature, biblical understanding of covenant.

Leadership Anchored in Truth

Advocate Muravha's journey is one of conviction and clarity, shaped by a life-changing encounter with Christ at the age of twelve.

"As believers, we are called to live with authority and purpose,"

— Lawrence Muravha



"Everything I am today flows from that encounter," he shares. "When you understand who you are and whose you are, that truth redefines your identity in Christ and transforms every area of your life".

This truth reflects 2 Corinthians 5:17: "If anyone is in Christ, he is a new creature, behold, all things are become new."

With over two decades of experience across legal practice and financial crime compliance, his career has spanned leading

financial institutions. Yet beyond the boardroom, his calling is deeply spiritual.

"As believers, we are called to live with authority and purpose," he says. "But that begins with understanding who we are in Christ."

Purpose Beyond Profession

From entrepreneurship to ministry and advocacy, the Muravhas continue to build platforms for impact. "Faith in Jesus Christ is at the core of everything we do—an unwavering commitment to God that shapes our values, decisions, and purpose," says Lawrence.

As Scripture declares:

"For of him, and through him, and to him, are all things" - Romans 11:36 (KJV)

"When He is your foundation, everything

else aligns." For Murendwa, purpose is deeply spiritual.

"You don't create purpose - you discover it in God."

This reflects **Matthew 6:33**: "Seek first the kingdom of God..."

Through their work, their family, and now through authorship, the Muravhas continue to shape lives in profound ways.

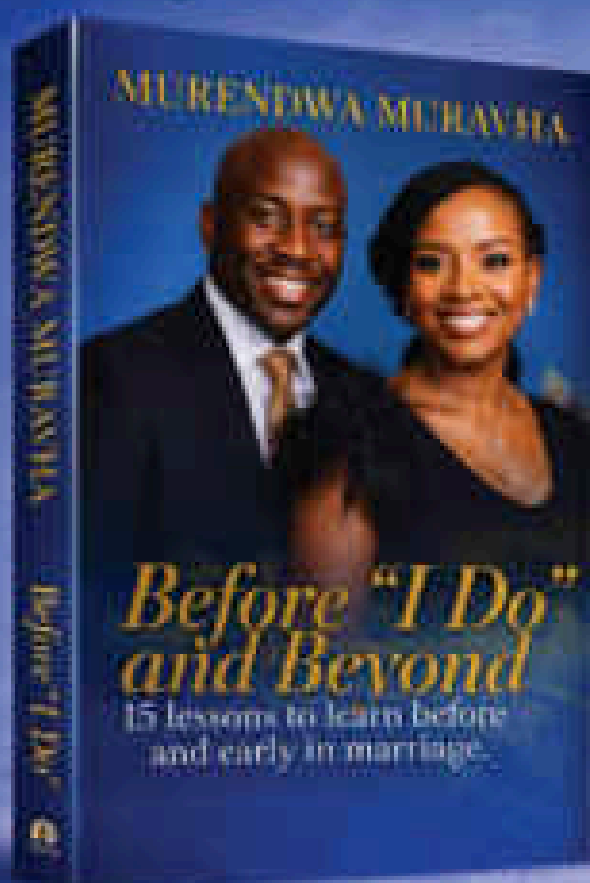
"As long as there are lives to be impacted, our work continues," says CoachM.

Murendwa Muravha remains committed to inspiring transformation in individuals, families, and communities.

Their journey reminds us that true success is not measured only by professional achievement, but by the lives touched, the values upheld, and the legacy of faith and purpose we leave behind in Christ Jesus. ✨



Before "I Do" and Beyond



Before "I Do" and Beyond: 15 Lessons to Learn Before and Early in Marriage

is a heartfelt, faith-based guide
for anyone seeking to build a strong,
lasting, and meaningful marriage.

Drawing from Murendwa's personal journey
of over 20 years of love and 15 years
of marriage.



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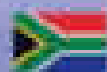


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"Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

A person is running on a beach towards the ocean at sunset. The sun is low on the horizon, creating a strong orange and yellow glow. The person's reflection is clearly visible in the wet sand. The ocean waves are visible in the distance.

PHILIPPIANS 3:13-14



When Faith and Heartache Coexist

by Tressa Lemky

There are seasons in life when faith feels strong, steady, and almost effortless. And then there are seasons when your heart feels like a teeter-totter — trusting one moment and struggling the next.

Lately, I have found myself living in both places at once:

As our family prepares for the reality of our grandchildren moving to another country, there have been moments where the heartache feels overwhelming. Like many grandparents, we want to gather every possible memory, hold onto every laugh a little longer, and somehow slow down time itself.

Yet in the middle of all of it, God continues to gently remind me that He is still God — faithful, trustworthy, loving, and near.

Psalms 34-38 tells us that “The Lord is near to the broken-hearted.” I have discovered again that He does not simply watch our pain from a distance. He meets us in it. Sometimes through His Word. Sometimes through quiet moments in prayer. And often through the encouragement, compassion, and support of His sons and daughters who show up at just

the right time with a text message, a prayer, a hug, or a reminder that we are not walking alone.

The enemy would love nothing more than to distract us with discouragement until discouragement slowly becomes despair. He wants us to focus so heavily on what we cannot control that we lose sight of the God who already holds every detail of the future.

But trust was never meant to depend on whether we fully understand the plan.

Proverbs 3:5-6 reminds us to “Trust in the Lord with all your heart and lean not on your own understanding.” That verse becomes far more than a comforting plaque on a wall when life hurts. It becomes a daily decision.

Sometimes an hourly one.

Because if I am being honest, there are moments when I feel strong and surrendered, and other moments when my thoughts drift into the “why,” the “how,” and the “Lord, how are we going to get through this?”

And here is what I love most about God: He already knows we are finite. He understands

our human hearts far better than we understand them ourselves. He is not standing over us with condemnation when we struggle or when our emotions waver. His grace covers even those moments when we question, when we cry, or when we simply cannot see beyond today.

Faith does not mean we never wrestle emotionally. Faith means we keep returning to God in the middle of the wrestling.

Returning to His Word. Returning to truth. Returning to prayer. Returning to trust.

Romans 8:28 does not say that some things work together for good. It says *all* things. Even the painful things. Even the unexpected things. Even the seasons that stretch our hearts in ways we never would have chosen.

That does not mean we pretend the pain is not real. It simply means we choose to believe that God's goodness is more real.

Sometimes trust is not a feeling at all. Sometimes it is an intentional surrender of our

thoughts, fears, and emotions back into the hands of the One who sees the entire picture when we can only see a single moment.

And perhaps that is where true rest is found. Not in having every answer. Not in knowing exactly what tomorrow holds.

But in knowing the character of the One who already does.

If your heart feels weary today... if your emotions seem to swing between peace and panic within the same hour... if you are trying to trust God while also carrying genuine heartache, please know this: you are not failing.

Keep pressing in.

Keep speaking God's Word out loud.

Keep returning to Him.

Because even when faith and heartache coexist, God remains faithful through it all. ✨



Psalm 34:18
tells us that
*"The Lord is
near to the
broken-
hearted."*

1 "A gentle answer turns away wrath, but a harsh word stirs up anger."

2 "The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly."

3 "The eyes of the LORD are everywhere, keeping watch on the wicked and the good."

PROVERBS 15: 1-3



Is Free Speech a Hate Crime?

By Dudley Anderson

“British police have escalated their actions against Christian street preachers, threatening arrests based on accusations of hate crimes or violations of anti-social behaviour laws.”

In nations like China, North Korea, and Iran, free speech has long been censored, often targeting Christians for speaking out about their faith. In recent years, Western countries like Ireland, Scotland, and Finland have followed suit. This curtailing of free speech has ignited concern among Christians as they attempt to follow the biblical command to go and make disciples.

According to the Crown Prosecution Service (CPS) of the United Kingdom, British law states that any crime can be prosecuted as a hate crime if the offender has either demonstrated hostility or been motivated by hostility based on race, religion, disability, sexual orientation or transgender identity.

Christian street ministry in the UK, for example, is often perceived to be hate-related, due to the Biblical definition of sin. Sin is defined as missing the mark of God's perfect goodness, and the Bible makes it clear that we are all guilty of sin. Therefore, when a street preacher mentions the word sin in his message, and a member of the public perceives it to be hostile, based on race, religion, disability, sexual orientation or transgender identity, they are within their rights to lodge a complaint with the authorities.

British police have escalated their actions against Christian street preachers, threatening arrests based on accusations of hate crimes or violations of anti-social behaviour laws. On one occasion, police threatened a street preacher with a hate crime charge for sharing Bible verses in public in Uxbridge, London. The Metropolitan

Police of London have threatened to arrest Christian street preachers, accusing them of hate crimes or breaching anti-social behaviour legislation for preaching from the Bible in public.

In a January 2025 article posted on the persecution.org website, Paul James-Griffiths, director of Christian Heritage Edinburgh, said, "For all of my life living in the U.K., I grew up with open discussion and free speech. From about 2013, things began to change. Before then, people could generally express different opinions in a free society."

A story follows of how a Christian gospel singer, Harmonie London, was "moved on" from performing Amazing Grace on Oxford Street. London and told by the police that Christian music was not allowed outside church grounds. Yet, in recent months, the police have allowed waves of mass antisemitic marches (with protestors even calling for Jihad in London) or open-air Muslim mass prayer without taking any action, displaying a surge in two-tier policing.

Free speech is under threat in the UK. However, the perception of free speech is being questioned by some. Sid Cordle MBE, leader of the Christian Peoples Alliance (CPA), says, "I think truthful speech is more important than free speech. I don't think people should be free to tell lies and to deceive, but if people are prevented from telling the truth because it is inconvenient, then that is utterly wrong." He adds, "I have said many times people can disagree with my opinion, but they can't disagree with my experience. That is a fact. If people are silenced from sharing their experiences, then that is utterly evil. It should be against the law to tell lies about someone, but it should never be against the law to offend someone by telling the truth."



Dudley's Take

This application of hate crime constitutes a major defilement of free speech. Indeed, offensive, malicious language against any sect of society is wrong and constitutes a hate crime. However, preaching the Good News of the gospel of Christ communicates love, not hate. Preaching the fact that all of us have sinned and come short of the goodness of God, but are freely justified by redemption that is in Christ, reveals the grace of God. Grace is God's doing. Grace reveals how God loved the world so much that he sent his only born son to reconcile us to his goodness. This gospel is the hope of forgiveness and a promise of life eternal. Therefore, preaching the gospel is an act of love, not hate. We are exhorted to speak the truth in love (Ephesians 4:15). 🙏

Photo Credit: The Bible Portal



**No Flags, Just Faith:
Gen Z Leads Massive
'Jesus March' in London. 🙏**

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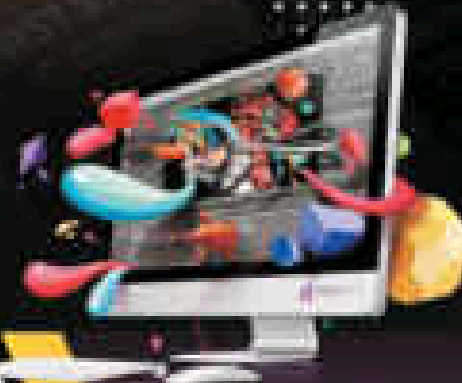
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"Therefore, if anyone
is in Christ, he is a
new creation; old
things have passed
away; behold, all
things have become
new."



2 CORINTHIANS 5:17 (NKJV)

ONLY IF YOU CAN...

By Pastor Julie Ramlah

If you can do the right thing when nobody is watching
 If you can lower yourself to raise someone
 If you can give cheerfully, with no motives, no agendas, no strings attached, you give
 because innately you're a giver
 If you can show mercy when someone doesn't deserve it
 If you can forgive without the residue of bitterness and resentment
 If you can say sorry and mean it
 If you can be a peacemaker even if it hurts
 If you can go the extra mile when everything in you is saying No!
 If you can truly celebrate the blessings of others
 If you can put your pain on the shelf just to brighten someone else's day,
 If you can hold the hand of the broken without saying a word
 If you can walk away from trouble even if it diminishes you in the eyes of others
 If you can encourage someone when you desperately need to be encouraged
 If you can be strong when those that once applauded you chose to betray you
 If you can accept that some doors are shut for your safety and protection
 If you can acknowledge that nobody is perfect and it includes you
 If you can let go of the past and live in the present
 If you can hold on to the Word of God when everything else is slipping
 If you can crawl to the altar of prayer when your mind is a mess, your heart is breaking
 and you barely have the energy to formulate words
 If you can call on God through silent words and liquid emotions
 If you can trust God even when there are no answers.

CHILD OF GOD IF YOU CAN...

It means you are not just existing, you are living in purpose. Here's what the Word of God is saying to you from Philippians 2:13 *"For it is God who works in you to will and to act in order to fulfill His good purpose."* If you will allow Him, He will shape your desires and enable your actions to fulfill His purpose through you.

1 My son, if you have put up security for your neighbor, if you have shaken hands in pledge for a stranger,

2 you have been trapped by what you said, ensnared by the words of your mouth.

3 So do this, my son, to free yourself, since you have fallen into your neighbor's hands: Go - to the point of exhaustion - and give your neighbour no rest!

4 Allow no sleep to your eyes, no slumber to your eyelids.

5 Free yourself, like a gazelle from the hand of the hunter, like a bird from the snare of the fowler.

PROVERBS 6:1-5





A Miracle of Faith:

God's Sustaining Grace Through COVID and Beyond

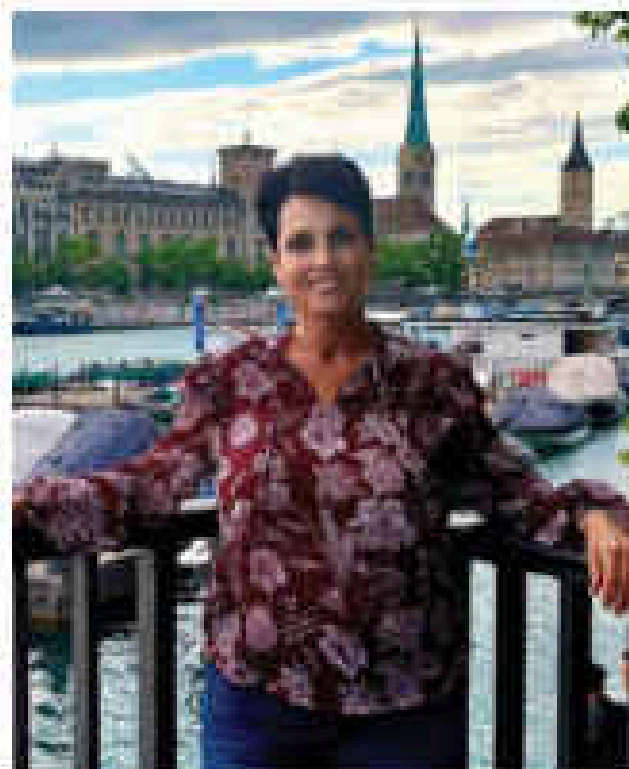
By Lynne Brenden

It is now more than five years since my battle with COVID-19 began, yet every morning I wake up breathing, I praise God for the miracle He has worked in my life. I lost my job, my income, my car, my home, and nearly my health itself—but in exchange, I gained an unshakable testimony of God's faithfulness. He is my Provider, my Healer, and my Strength. As Philippians 4:19 declares, "But my God shall supply all your needs according to His riches in glory by Christ Jesus." Through the darkest valley, He never left my side.

On 22 December 2020, I was admitted to Panorama Hospital in Cape Town with severe triple pneumonia caused by COVID-19. After a week on CPAP in ICU with no improvement, doctors told me on 30 December they would induce a coma for 5–7 days to rest my lungs. My survival chance was just 10%. I was exhausted, yet completely at peace. As a Christian, I knew where I would spend eternity if this was God's will. My last message to family, friends, and doctors was simple: "It's all in God's hands now." I trusted Him fully with my life.

I was ventilated for ten days when the doctor called my sons and brother, asking for my living will—they wanted to switch off the machines. My family begged for 48 more hours of prayer. Everyone knew only a miracle could save me. God answered. I began to improve. But as they tried to bring me out of the coma, my left lung collapsed. Emergency surgery followed; I was intubated, placed back in a coma, and ventilated again.

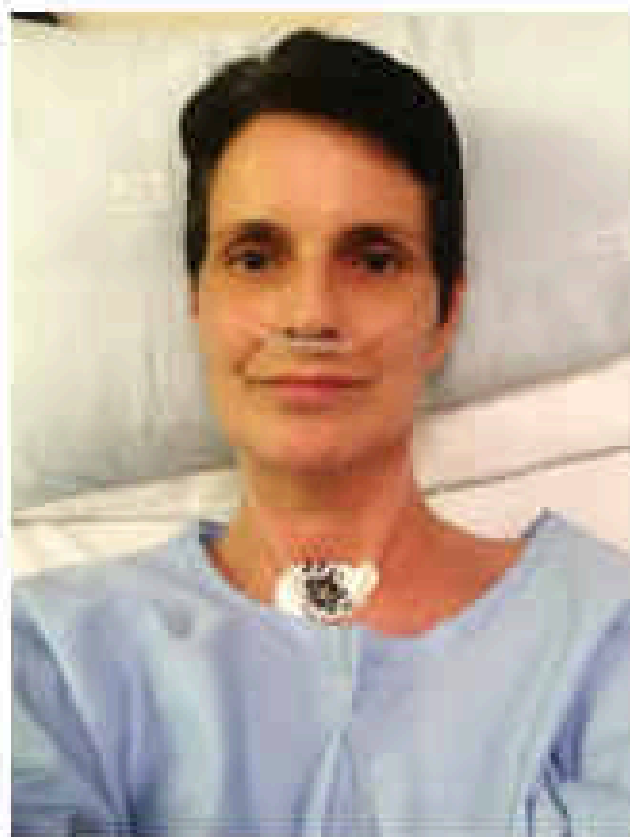
I woke up at the end of January 2021—alone, confused, and having lost weeks of my life. I could not walk, felt paralyzed, had lost 20 kg of muscle, and woke up in nappies with a catheter, tubes, and drips everywhere. I had no voice, could not swallow or lift my arms, and my right hand was paralyzed from the long coma. The trach made every drink a choking risk. I had to relearn everything: walking with a frame while on oxygen level 8, eating thickened soft food, swallowing only in certain head positions, writing, and speaking. Nursing staff fed me, washed me, and did everything for this once-



independent woman. The isolation in the COVID ward was crushing—no physical touch from loved ones, only window visits and phone calls I couldn't answer clearly.

Those early days were filled with despair. I cried out to God in anger: "Why me? Why this after years of struggle?" Yet in my weakness, I turned back to Him. I listened to gospel music and sermons through headphones all day. His presence became my comfort. Philippians 4:13 became my daily prayer: "I can do all things through Christ who strengthens me." With each step with the walker I whispered, "Lord, just one more step." Physiotherapy twice daily, speech therapy, occupational therapy, dieticians, psychologist, psychiatrist, pulmonologists—every specialist helped, but it was God who gave me the will to keep going.

Setbacks came. A CT scan revealed blood clots blocking my lungs and severe fibrosis with scarring. Two doctors told me I would not live long—perhaps two years—and would be on oxygen for life. The same day, my employer



emailed that I would be dismissed if I didn't return by 1 March. I could barely walk a few steps. Yet in that moment of devastation, Jeremiah 29:11 rang in my spirit: "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." I chose to believe His promise over the prognosis.

God began to move. After 70 days at Panorama, I transferred to Tygervalley Netcare Step-down for another 28 days. I walked out on 20 March 2021—98 days after admission—without oxygen. My oxygen saturation had risen from 85% to 96%. Doctors called it medically unexplainable. "It's a miracle," my doctor said. I knew it was the hand of God. Before leaving, I stood with my wonderful nursing team—the very hands and feet of Jesus who cared for me when I could do nothing for myself.

Even after discharge, the journey continued. Trauma, delirium, PTSD, depression, survivor's guilt, insomnia, extreme fatigue, brain fog, joint pain, hair loss, and later severe rheumatoid arthritis—all became part of my long-COVID realities. My lung function stabilized at 61%. I still battle shortness of breath on hills, stairs, or when carrying anything heavy, and a lingering cough remains.

More than five years later, I am still unemployed and have been unable to find work since my illness. The physical limitations and ongoing health challenges have made returning to my previous career impossible so far. Yet through every tear and trial, God has sustained me. He has supplied every need—emotional, financial, and physical—exactly as He promised. My survival was not random; it was intentional. I believe I was spared for a reason: to speak hope into places of despair and to remind others that miracles still happen.

I am a grandmother to five precious grandchildren, whose lives remind me daily why fighting through recovery mattered. Simple moments—laughter, coffee with dear friends, quiet prayer—now hold extraordinary meaning. My story is for anyone who has faced overwhelming circumstances and wondered if they would make it through. I stand as living proof that God is present in the storm, not just after it.

Today, I carry a renewed calling to encourage the brokenhearted, the anxious, the grieving, and those who feel forgotten. I want to counsel others battling trauma, PTSD, anxiety and long COVID because I have walked their path. God has given me insight and compassion through my pain so I can point others to the Healer.

I am thankful for my Pulmonologist Dr Vorster and Physician Dr Panday, the incredible teams at Panorama and Tygervalley hospitals, my family, friends, and prayer warriors worldwide. Most of all, I am thankful to my heavenly Father who never gave up on me. He took me through the fire not to destroy me, but to mold me for His purpose.

If you are facing your own valley—whether long COVID, illness, loss of work, trauma, or despair—hold on. God's plans are good. He supplies every need. And through Christ, you truly can do all things. **Remember H.O.P.E.: Hold On, Pain Ends.**

I praise Him every morning I wake up breathing. I am a living testimony that with God, the impossible becomes possible. My life is a testimony to the sustaining power of God in the face of death itself. Anchored in the promise of Jeremiah 29:11, I believe God transforms suffering into purpose and pain into ministry. If my story can help even one person hold on, trust again, or believe that their life still has meaning, then every step of this journey will have been worth it. ✨

Contact: If this testimony encourages you or if you'd like to reach out, you can contact me, Lynne Bendrau, on 081-847 2584 or email lynnabendrau@yahoo.com.

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