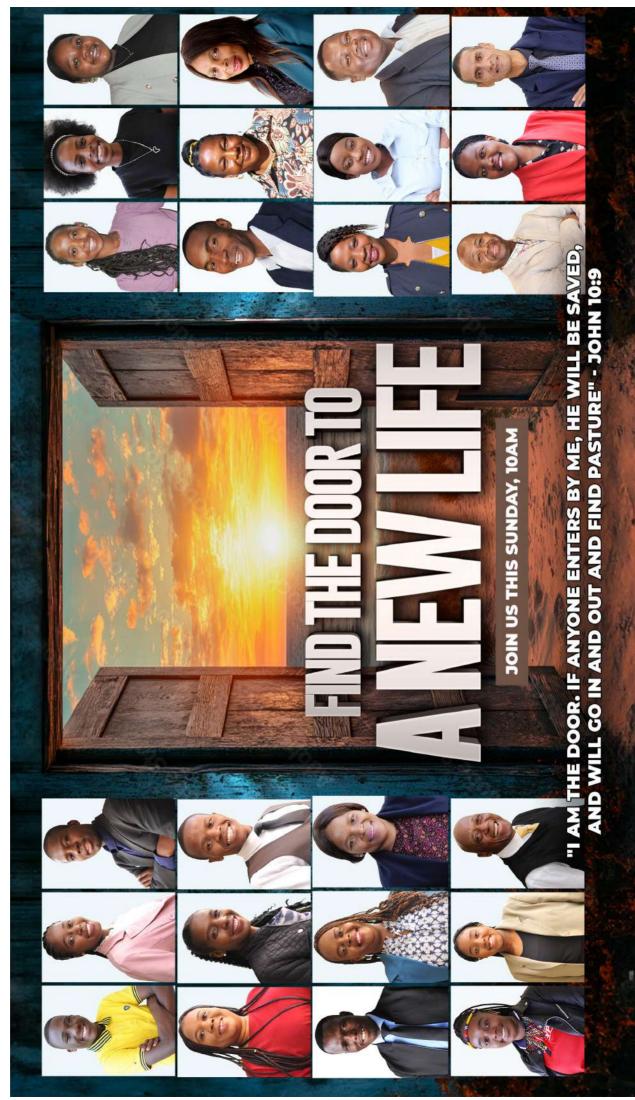


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No one can do it for you!

If you are facing a difficult situation that developed unnoticed but has now caused unimaginable chaos in your life, you might be asking, 'Why is all this happening to me? And what can I do to come out of this situation?'

Remember: Your life is a consequence of your choices. We will all face challenges and hardship at some point in our lives, but they will ultimately work for the good of those who walk with God.

Some problems are meant to strengthen you, while others are simply the result of unwise choices. If you are dealing with the consequences of your poor decisions, do not complain or blame others. Instead, focus on how you can do better next time and grow from the experience.

"Whoever has no rule over his own spirit is like a city broken down, without walls." Proverbs 25:28

No one can save you from yourself. So, if you would like to become this strong city, you have to rule over your spirit. Otherwise you will face devastating problems and even worse consequences. You need to control yourself and avoid doing what your heart desires.

Set boundaries in your life and do what is right before God. He will use your hardship for His glory, and you will come out stronger on the other side of your challenges.

And if you are suffering because of your poor choices, have the courage to change. Stop repeating those actions, start acknowledging and forsaking your mistakes, and seek God's strength to overcome.

You hold the key for the change in your life. Jesus forgave your sins, but He cannot save you from yourself.

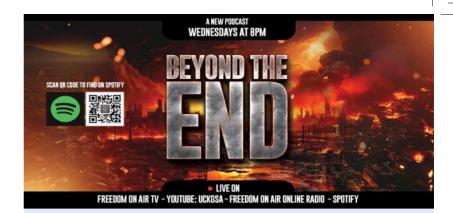
May God teach you how to rule over your spirit.

God bless you,

mp@mpires.org

Bishop Marcelo Pires







Trading your soul for success

If you had all the money you wanted, what changes would you make to your body, or what comforts, food or entertainment would you obtain? All these things are very pleasing to the soul. It is in our nature to want to satisfy the soul, which is the invisible and spiritual part of our being. It is the soul that feels pain, sadness, emptiness and joy. The soul rejoices in worldly pleasures, from fine food to physical intimacy, to every other form of enjoyment.

Having the means to meet your needs is not the problem. After all, God promised His children prosperity. The problem starts when material pursuits take priority over spiritual ones, as this causes you to lose your inner peace. Loving the temporary things of this world over a life with God here and in eternity...that's the real problem:

"For whoever desires to save his life will lose it, but whoever loses his life for My sake will find it. For what profit is it to a man if he gains the whole world, and loses his own soul? Or what will a man give in exchange for his soul?" Matthew 16:25-26

Many lose their souls eternally while pursuing worldly pleasures, and they die without salvation. True peace, which is the first sign of a saved soul, comes from being forgiven by God and being renewed by the Holy Spirit. Although external challenges will always be there, they never take away true peace. You cannot gain both the world and the soul; you have to choose one.

Make the decision that protects your eternity. Remember that the soul does not die. While the souls of the saved will rejoice in God's presence, those of the unsaved will endure eternal suffering. Stop Suffering!

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• SUNDAY **24 December** 2024 **3**

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I considered myself a failure

By Albertine Chitswa | uckg.org.za

When I was growing up, my family struggled financially. These struggles continued through my school years and worsened after I graduated. I tried to find a job but was always unsuccessful. I felt hopeless and considered myself a failure.

My sister, who was already attending services in the Universal Church, invited me to attend services with her. In the church, I learnt about using my faith for the transformation I needed. I attended services on Mondays for my financial breakthrough and I put the teachings I received there into practice. Through my perseverance in the chains of prayers, God blessed me with a permanent job in the mining sector, even though I had no formal qualifications for it.

I was able to build my family a large house and buy a car. God also blessed me with a wonderful woman whom

married and we lead a peaceful life. I now have confidence in myself and I know that I can achieve anything with God's help," said Tshepo.



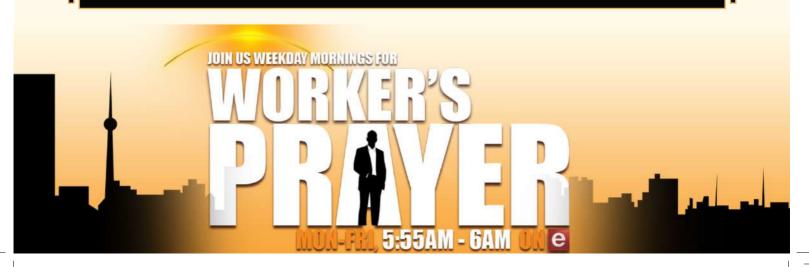
I saw shadows at night

By Albertine Chitswa | uckg.org.za

⁴⁴ Loudn't sleep well at night because I had nightmares. Many nights, I was unable to rest because I saw shadows and sometimes felt as if someone was lying next to me.

A relative who was attending services in the Universal Church invited me to join them. The first thing I learnt there was to put my faith completely in the word of God. I participated in the Friday services for my deliverance from nightmares and the Wednesday services for my spiritual growth. As I continued to obey the word of God, I started sleeping well at night and found inner peace. I was also blessed with a job, which helped me establish my financial stability.

Now my life has changed completely. I am free from all spiritual attacks. I am married to a godly woman and we live in our own home. Above all else, I thank God for giving me His Holy Spirit and allowing me to serve Him with my life," said Simon.**\$**



Stop Suffering!

Holy Campaign at the JORDAN RIVER

Growing up, Asekho witnessed his father's abusive behaviour towards his mother. He recalled how his father often chased his mother into the streets late at night, leaving her to seek shelter wherever she could. Over time, this fuelled a deep-seated resentment within him.



Consumed by rage

⁴⁴As my anger towards my father intensified, I sought comfort in belonging to a local gang, which led me down a dangerous path, to violence and crime. My life spiralled further out of control as I became addicted to drugs and alcohol. I felt empty and hopeless. Even prison seemed inevitable, but due to my age, I was never incarcerated.



By Albertine Chitswa | uckg.org.za

In one particular incident, my gang clashed with another. We ended up in a brutal fight, with knives drawn on both sides. I sustained serious injuries but somehow survived.

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I sustained serious injuries, yet somehow survived.

One day, an assistant of the Universal Church approached me and invited me to attend a service. At first, I dismissed him, but he kept reaching out. Finally, his persistence struck a chord. I realised that I needed help.

I started attending church services and receiving counselling from the pastor. He explained that I needed to leave my past behind me and make a fresh start. Taking this to heart, I decided to be baptised in water and let go of everything that didn't align with this new life.

I cut ties with the gang, but they didn't take this well. They threatened my life and told me that if I didn't return, they'd destroy me, but that didn't shake me. The Campaign of Israel was introduced and I committed fully to it, seeing it as my chance to transform completely. I vowed to serve God with the same dedication I once gave to the gang.



One day, during a service, the pastor called those who yearned to have the Holy Spirit to come forward. I went there and poured my heart out to God. I sought His presence wholeheartedly because I could no longer live without Him. In that moment, I felt overwhelming peace. I knew that I had been chosen by God and was no longer alone.

My life changed from that point on. Now I no longer drink, I stopped using drugs and I am a law-abiding citizen. I no longer feel empty because I have the presence of God inside me. I forgave my father and peace was restored in my family. I am also happily married to a wonderful woman.

My desire is to help those who feel abandoned and hopeless, like I used to feel," said Asekho.

Stop Suffering!

Holy Campaign at the JORDAN RIVER

The challenges in Matoto's life began when his father left home, forcing his mother to handle everything alone. Determined to help, Matoto dropped out of school at a young age to find work. Instead of supporting his mother, however, he fell in with the wrong crowd.

I wanted to change, but I did not know where to start

His addiction consumed him, requiring drugs to even sleep. Reality struck when his criminal behavior led to a sevenand-a-half-year prison sentence for possessing stolen property.

This marked a turning point for him as life in prison also brought new challenges.

"I was sent to solitary confinement for six months—a dark place where I was entirely alone because I stabbed a prison warden. I was filled with regret and anger. I wanted to change but I did not know where to start," said Matoto.

After serving his time, Matoto was paroled but quickly relapsed into drug use and theft. His health soon began to fail.

When Universal Church members reached out to his mother, a desperate Matoto chose to join her there. "When I arrived, I spoke to the pastor, explaining my situation. He then advised me on what I needed to do for my life to By Yugendrie Khonyane | uckg.org.za

change," said Matoto.

He began participating in the chain of prayer on Tuesdays for healing and on Fridays for freedom from addictions. As he continued attending services, he started seeing changes in his life he was healed and freed from his addictions.

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I wanted to change but I did not know where to start

"After attending church regularly, the next step was for me to be baptised in water. I truly wanted to commit to leaving my old ways behind and starting a new life with God. After being baptised, I attended Sunday services.

I asked Him to fill me with His presence, feeling ready to leave behind the darkness, loneliness and sin and be filled with God's light. In that moment, I found peace and a new beginning in God's embrace," he said.

Today, Matoto no longer needs drugs to sleep. Now, he has the peace and the presence of God within him—all of which began with a single decision to change his life.



EVERY SUNDAY

ECIOUS

was eager to grow spiritually. I cut ties with my old friends, b e g a n r e a d i n g G o d ' s word and faithfully









DEPRESSION LED ME TO ADDICTIONS

By Tania Nguanda | uckg.org.za

⁶⁶ I was deeply depressed after my girlfriend ended our relationship, and things fell apart after that. I turned to alcohol to numb the pain and became addicted to pornography, thinking it would help me cope with the stress and pain.

I also started partying and having causal relationships, hoping that those distractions would offer some relief but whenever I was alone, I felt empty, as though something vital was missing. This emptiness led to suicidal thoughts and I struggled to find any reason to keep going. I decided to start attending services at the Universal Church, but at first, I didn't want to commit fully. I was just going through the motions. I was arrested for attempted theft, and when I was in jail, I realised that I truly needed God in my life.

I made a vow to God and promised Him that if He got me out, I would commit my life to Him. When I was released, I kept my word and committed fully to God. I faithfully attended services in the church daily to work towards a changed life. I learned how to use my faith to overcome my problems. Now my life has changed, and I live to please God. He has filled the emptiness that was

inside me with His peace and presence, and I am free from depression and addictions. I no longer have suicidal thoughts. My life has been $c \ om \ p \ l e \ t \ e \ l \ y$ transformed and I thank God for that," said Lehlohonolo.

CHOOSING ADDICTION OVER MY KIDS

66 Thad many problems with my family because of my addictions.

I squandered all my money on alcohol and cigarettes and neglected my children and home. My health also deteriorated. A s ______ an addict. I was violent

an addict, I was violent and abusive and fought with everyone. I spent nights drinking, smoking and partying in nightclubs and abandoned my children.

> This addiction led to me

By Tania Nguanda | uckg.org.za

being summoned to court over child maintenance payments. One day, when I was leaving the courthouse in tears, someone told me about God and invited me to the Universal Church.

I attended the Friday prayer chains for deliverance and Sunday services for spiritual growth. I realised that I needed the Holy Spirit's guidance. I sought complete freedom from addiction and bad behaviour, through God's strength, to leave my past behind and guarantee my salvation. To gain more understanding and strengthen my communion with God, I invested in reading the Bible and church literature regularly. I chose to leave my old ways, repented and was baptised in water. As I sought to follow God's will, my life began to change, but the greatest transformation came after I was baptised with the Holy Spirit and finally had peace and strength from God.

Now I am completely free from addiction and have become responsible, peaceful and loving. I help others who are struggling as I once was. God transformed me into a new person and my children and I are happy and on good terms. I thank God for all that He has done in my life," said Ursula.



TRYING TO QUIT AN ADDICTION? CALL OUR NATIONAL TOLL-FREE HELPLINE 0800 330 320

Breaking the Chains of the Past

By Tania Nguanda | uckg.org.za

who hurt me for me to move on. Forgiving was not for them but for my own wellness and salvation. Understanding that helped me surrender my past to God and stop feeling like a victim.

"When I

was verv young,

was molested a neighbour, but

I did not tell anyone about

it. However, memories of it

constantly tormented me to

the point that I started having

panic attacks. I harboured

hatred towards men. I did not

have peace because of the pain

and trauma I had inside of

At the Universal Church, I

sought help and counselling. I

learned that I had to let go of

the grudges and forgive those

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me.

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Memories of the abuse constantly tormented me

I invested more time and effort into my spiritual life. I spent more time on godly things and let go of activities that were not beneficial for me. I surrendered myself to

God completely, and when I received the Holy Spirit, I felt a profound sense of assurance, as if God was speaking to me, affirming that I am His. I was no longer the same person. My perspective on life changed, as did my thoughts about my past and what I think of men.

Now I am free from grudges and hatred. I forgave the person who abused me and I have true peace, love and joy inside me. I am indeed a new person, through the power of God," said Itumeleng.



I felt destined for a life of suffering

By Tania Nguanda | uckg.org.za

66 \mathbf{T} struggled with low self-esteem and social anxiety. I tried to find happiness through drinking, partying and relationships, but they left me feeling empty inside.

Things got worse when my father passed away. I fell into deep depression and wished that I could just sleep and never wake up.

I used to think that living a godly life was for old people who were near the end of their lives. I had my whole young life ahead of me, and I thought going to the church would make my life very boring. I was constantly worried about what others thought of me and did everything to please them. I became withdrawn and hated being around people.

I felt unloved by God and believed that I was destined for a life of suffering. This trauma affected my entire life.

mother My saw mv suffering and persistently invited me to the

Universal Church. I resisted at first but eventually went there with her. I surrendered my life to God and trusted that He could change me from the inside out. Through counselling and prayers, I found inner peace and forgave those who hurt me. God has transformed my life and He has given me strength and peace," said Dineo.

> Speak to someone today. Women in Action's trained trauma counsellors are available for free. non-judgmental and confidential counselling throughout the 16 Days of Activism.

> Visit a Universal Church near you to receive counselling or call our national toll-free Helpline to make an appointment: 0800 330 320

Edition 396 • 24 November 2024 - 30 November 2024

FOR MORE ADDRESSES: HELPLINE: 0800 330 320 | WEBSITE: UCKG.ORG.ZA



SUNDAY 10AM | 24456 Immink Drive, Zone 6, Diepkloof, SOWETO



GAUTENG

Alexandra 1: 698 Pretoria Main Road, Cnr Link Road Benoni: 70 Cranbourne Avenue (Next to African Bank) Dobsonville: 4337 Main Road Kagiso: 3362 Cnr Ngalonkulu Thulandivile Drive, Hillsview Park Station: 25 Plein Street, Johannesburg Randburg 1: 4 Dover Street & Cnr Bram Fischer, (Opp. Garden Mall) Tembisa 1:87 Koti Street, Lifateng, Tembisa, 1632 Thokoza 1: 1838 Rakoma Street (Opp Shell Garage)

Pretoria (Tshwane)

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Pretoria: 175 Nana Sita Street (Old Skinner Street), Pretoria Central **Hammanskraal:** 4411 Unit 01 Temba, Kudube Mabopane: 2733 Block B (Next to Tlamelong Clinic) Mamelodi: No. 1 Dobolwane Street, Cnr Tsamaya Road, Mamelodi West (Next to Denneboom Station)

Vaal Triangle

Vanderbijlpark: Shop No. 4, CR Swart Street Sebokeng: 392 Moshoeshoe Street, Zone 10 Vereeniging: Shop 1, 8 Kruger Avenue (Opp Sassa)

WESTERN CAPE

Cape Town: 9 Buitenkant Street (Near the Grand Parade) Khayelitsha: 54 Ntsikizi Street, Ilitha Park George: 121 Cradock St CBD (Next to Golden Harvest)

EASTERN CAPE

East London: 5 Gladstone Street Port Elizabeth: 45 Norongo Road & Cnr Sopazi Street, New Brighton Umtata: 36 Owen Street (next to Botha Sigcau Building)

NORTHERN CAPE

Kimberley: 44 Sidney Street **Upington:** Rosebuds Shopping Centre, Leeukop Street, Cnr Drakensberg Street

KWAZULU NATAL

Durban: 465 Anton Lembede Street (Opp. Durdoc Centre) Newcastle: Shop 13/14 LOT 627 - 64 Allen Street Pinetown: 28 Mdoni Centre, Crompton Street Pietermaritzburg: 399 Church Street (Opp. Capital Centre)

FREE STATE

Bloemfontein: 60 Oliver Tambo Road QwaQwa: Shop #2 Midtown Shopping Center Phuthaditjhaba Welkom: 4 Kort street - CBD Mario's Taxi Rank Complex

LIMPOPO

Polokwane: Shop 3, 20 Jorrisen Street

MPUMALANGA

Nelspruit: 40 Bester Street, next to Home Choice Witbank: 8 Arras Street, Witbank CBD

NORTH WEST

Rustenburg: 134 Klopper Street

Mahikeng: 28 Robinson Street, Cnr Main Street (Next to the Library)

