

OYEKAN TEMILOLUWA TAYELOLU

STILL VALUABLE OYEKAN TEM IOLUWA TAYELOLU

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ABOUT THE AUTHOR

Oyekan Temiloluwa Tayelolu is a minister of the Gospel, a law graduate, a relationship and life coach who speaks on different platforms, shedding light on relationship issues with the vision to impact lives positively. She was the first female president of Justice Chambers, Faculty of Law, Leadcity University, Ibadan.

She is the president and founder of **Loteefycare Foundation** which focuses on sensitizing both genders on sexual assault and abuses. In addition, she is the founder of **The Reachout Outreach** with the vision to help people reaffirm their value regardless of what they might have been through, while also helping singles and married people secure their offspring with the help of God.

She has the core focus to expand the kingdom of God by reaching out to souls, and this is revealed in all she does. Conclusively, she is an entrepreneur in the event industry.

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blessed to have you all and I trust that, with the help of the Holy Spirit, your experiences will liberate souls.



This book is dedicated to everyone who has been through a lot in life and still pushing through. This book is dedicated to everyone who is going through one challenge or the other. Challenges ranging from sexual abuse to family background, academic failure and whatever the experience might be.

I want you to know that, I understand how you feel and know what you are going through, having been there myself. I encourage you to reaffirm your value and self-worth because you are still valuable.



Life often throws limes at one, wrapped in unpleasant experiences that tend to warp one's perspective on his true value and worth. These experiences could be a result of an abusive relationship, a deformity, physical challenge or even failure to attain certain societal expectations. These ugly incidences which may not necessarily be your fault has a way of deforming your self-esteem as you grow such that, if care is not taken, you tend to slip into depression, brooding over what should have been which wasn't or what was which shouldn't have been.

However, through the wonderful writings and testimonies in this book, the author reminds you of the intrinsic value you carry, notwithstanding what you might have gone through. She reminds you that the value you carry inside doesn't depreciate or change because of past unpleasant experiences rather, those experiences are meant to be the building blocks for the glorious future ahead.

While there is the potential of turning life's limes to smile, you cannot exactly do this on your own in this context. Hence the need to encounter the One who knows and thinks you are valuable enough to leave His throne of glory to enter into humanity just to reconcile you back to your maker and activate your real worth, your value. Jesus is the One offering you this new beginning on a clean slate, He doesn't condemn you, no. It is not in His nature to condemn anyone. If only you will surrender that rough and battered past to Him, He will cleanse you such that, no one would be able to associate you with what you've been through. Yes, that's His specialty.

However, it boils down to your choice. He is offering you a chance to live your full worth but will never force you into it because in His love, He respects your freewill. Wouldn't you rather embrace Him today?

Just as gold is refined in the furnace for purification, this book is a reminder that everything that happened in the past or happening presently is merely like that purification furnace. It isn't meant to destroy you but to bring out the gold in you, making you even more valuable. The longer the ore stays in the refining fire, the purer it is: the purer the metal, the shinier and the more valuable.

It may seem like you have been through the toughest heat of abuse, molestation, poor background, intense lack, hostility and lack of love, which has impacted negatively on your self-esteem and outlook to life, you are not your experiences friend: you are still valuable in spite of those experiences. It doesn't matter the society's opinion about you because they don't define you. What God says about you is what defines you and you must begin to see yourself through God's lens and not your past or people's opinion.

Mistakes of the past mustn't hinder the progress of the future, let it go. No matter the offence, forgiveness is your best offensive weapon. Not because of the offender, but so

you are liberated to dominate that past rather than being held captive to it.

And yes, death and life are in the power of the tongue so you must constantly reaffirm your values not by what you've been through but by the amazing benefits and glorious future that lies ahead as stated in God's word. Refuse to stay down. No matter how many times or how hard you fall, rise up, grab hold of that future and hope that God is reaching out to you. Indeed, this is a book of hope and assurance that your negative past doesn't define your value. No one ever makes progress by constantly looking back. If you must make progress, focus on the greatness ahead. The past is for reference not residence; let it go.

Using some life stories of people who had it quite rough at some points in their lives and how they refused to stay down, Temiloluwa gives a firm persuasion to everyone who might be struggling with the negative effects of the past that YOU ARE STILL VALUABLE. You will definitely find value in the pages of this book. I have been blessed reading

through myself. It's indeed a delight to let you know that, no matter what happens, remember you are STILL VALUABLE.

Dr. Gbenga M. Owotoki

President,

Hephzibah Network International Ministry.



IT'S NEVER TOO LATE

Understand that, it is never too late to have a restart, regardless of what you might have done or gone through in life. I know of persons who had a restart both in the past and in our present world. Moses was an old man before he had an encounter with the burning bush and was called by God to lead a nation. David, a humble shepherd boy was anointed to be the king of Israel. Peter, the apostle who denied Christ was forgiven and called to spend the rest of his life preaching and glorifying God. And Paul, who once persecuted God's people was transformed on the road to Damascus and ended up being a lover of God and a lot more. With all these persons who God forgave, redeemed and used in mighty ways, no doubt, He is able to do the same for you. It is never too late.

For many years, a lady was abused sexually, right from when she was just a child. She was stuck in a place of anger and bitterness because of what had happened to her. She wanted everyone around her to pay for it. She felt guilty most of the time because of the situation. Often times, she would get on her knees and pray over and over again; "Please forgive me, Lord". Then finally, she got released and had to forget it and had a restart because he/she who has been forgiven is indeed a new creature. Dear friend, please know that, God's grace can work on your case, be it masturbation, family background or whatever it might be. Refuse to stay stuck in a moment in your past.

You might be currently stuck in your past which could be due to a past abuse or a personal failure of some kind or something completely beyond your control, like an illness or the death of a loved one. Perhaps, you have been disappointed by something that didn't turn out the way you wanted it to and you are thinking it is over for you. Dear friend, it is never too late to have a fresh start when you have a life in Christ Jesus. If you refuse to give up and

allow the Holy Spirit to lead you out of your *stuck place*, not only will God restore what you lost, but He will make your life even better than it was before.

Dear friend, God is a God of love, healing and many chances. He is the restorer of lost values and virtues. God wants to restore all we've lost and fill our lives with His love and provision. In Jesus Christ you have a bright future waiting for you because your past does not have to determine your destiny. In the book of Jeremiah 29:11, God assures us that, His plans for us are of good and not evil, to give us hope for our future.

The word *valuable* means having a great value. It indicates something estimable or deserving esteem. One of the most valuable things in the world today is gold; the *karat* notwithstanding. As long as it is pure gold, it is valuable. The price placed on a particular gold however depends on what *karat* it is. The higher the karat, the more valuable it becomes. Dear friend, do you know that, an unrefined gold does not look attractive? For gold to become that valuable

metal that it is, it must pass through a process and that process sometimes include beating and the refining furnace. When the unrefined ore is put into the furnace, it isn't a palatable experience. Indeed, if the ore could talk, it would cry out bitterly and possibly jump out of the furnace if it had legs. But in all honesty, that refining process is working for its good. As it is by passing through the furnace that all impurities are taken away and the pure gold emerges.

In addition, it is noteworthy that, the longer the gold stays in the furnace, the purer it becomes and the higher the karat. The higher the karat, the more valuable it becomes. While the gold is being refined, the refiner doesn't just put the gold inside the furnace and walk away, no! He is there, checking up, ensuring the fire doesn't get too hot to become destructive, regulating it when necessary and ensuring the right temperature. The result is that, that gold comes out purer and more valuable. Obviously, taking it through the refining fire doesn't kill the value rather, it enhances it.

Understand that, you are gold. You might not have had your picture-perfect life. You might have gone through what seems to be a furnace; glory to God because it wasn't a destructive furnace but a refining one. Whatever experience you might have had in the past is to make you come forth as gold; better, finer and more valuable. It is not to lose your value.

As a person, your value has nothing to do with what you have gone through or might be going through. It doesn't matter if you think you are messed up or even worthless. As a matter of fact, your opinion about yourself because of what you might have gone through doesn't matter: what matter is that, the one who created you, the one whose opinion alone counts in your life says, you are still valuable.

I have loved thee with an everlasting love: therefore, with loving kindness have I drawn thee.

-Jeremiah 31:3.

This is God's word for you. Just like the refiner watches over the refining gold in the furnace, God was there watching over you all along. He is the reason you weren't consumed. That event could have marked your end but it didn't because God was there watching and regulating the *fire* so it doesn't destroy you.

You might think that you had the worst childhood experience, maybe your innocence was forcefully taken from you and you have grown in the shadow of the past, thinking life isn't worth it. Dear friend, let me I announce to you that you are here today because God kept you. You might have lost something but God is the reason you didn't lose everything.

No doubt, you are valuable to God. He thought you valuable enough to worth His love. He came down by Himself to redeem you in the person of his Son, Jesus. **You**

are accepted in the beloved [Ephesians 1:6] and there is provision for you to be accepted if you haven't been.

"While we were yet sinners, Christ died for us" [Romans 5:8]. He placed the greatest value on you dear friend, no situation or circumstance can devalue you. No! It is to refine you and make you come out better, stronger and more durable in your purest state through the blood of Jesus Christ.

Understand that, your situation is to make you a solution to others; a beacon of light and hope to those who might be going through something similar. Indeed, there is hope in Christ. There is peace in Christ. Inside that ugly looking ore, there is valuable gold. God says you are a royal priesthood, a peculiar nation. He called you His own. You are His workmanship, created in Christ Jesus unto good works. There is a path He has ordained for your feet. You only need to bring that mess to Him and He will turn it into a message. Out of the broken pieces of your life, God will build a beautiful edifice. He wants to comfort you so that

you in turn can comfort others with the comfort you have received from Him [2Corinthians 1:4]. Friend, you are valuable. The destinies of many are tied to yours. Just surrender that past or present to God and let Him give you a glorious future.

There was the case of a woman caught in adultery in the book of John 8: the people were ready to stone her to death. I believe the woman herself must have thought it was over for her. No hope, no value but whenever a messed life encounters the one who is a specialist in cleaning the vilest mess, the verdict is usually "neither do I condemn you, go and sin no more" [John 8:1-11]. If Jesus has not condemned you, who can? It was Jesus who died for you and if He says He has already paid the price for your value. why listen to the lies of the Devil that you are valueless? Don't believe that lie, friend. You are valuable. Don't stay tied to the past, let go of it. Drop those burdens into God's basket and let Him worry about them. You take up His easy yoke and light burden and enjoy your freedom in Christ.

When all impurities are gone in gold, you will have a 24-karat gold which is the most valuable gold but you are more valuable than the purest gold in the world. Whatever fire you must have gone through is not a destructive one but a refining one. It is simply to remove all impurities from you so that you can emerge the most valuable. Turn your stumbling blocks to stepping stones because God gat you. Regardless of whatever phase of life you must have gone through, you are still the choice of the Lord. You are God's choice. Never forget that, dear friend.



BE INSPIRED

Jesus added to me

My name is Bimi. I was sexually abused by my cousin, my brother and a guy in my street when I was young. Afterwards, I became interested in sex. I never thought anything good could come out of me.

I had my first boyfriend in JSS2. I was involved in church activities but deep down, I knew I was empty. I almost had an abortion thinking I was pregnant but a time came when I opened up to God after a ministration by a man of God. Of course, I was determined to let it all to God because I have been listening to messages yet, I couldn't stop the immoral act. I realized that, forgiveness is a gradual process. I forgave myself for my past mistakes because I eventually understood that, forgiveness helps the heart to be at peace. I had to let go of my past to pick up a better future. Today, I thank God that I reaffirmed my value and yes, Jesus added to me.

God granted me speed

When I was in primary school, I was known to be a poor student, academically. I had to repeat a class as a result of my poor performance in nursery school and when I got to primary two, I got introduced to Jesus the life changer. The following term, I got the third position in my class. I was called upon as the usual practice of my school to call out students that performed well. When the head mistress called my name, I went blank for few seconds because I never thought I could ever be called until students and teachers tapped me to go outside. The gist was the talk of the school to the extent that my mother got congratulated right from the school gate. God indeed liberated my life. Today, I am a graduate. Dear friend, God can liberate your life if you turn to Him. Understand that, nothing is too hard for Him to do. You haven't lost your worth and you are not a failure.

Are you down due to poor performance? Do you feel left out among your mates? Is low self-esteem your pain point?

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Dear friend, come out of that today because your failed past is not the definition of your tomorrow. Jesus can and will help you.

Jesus visited Jabez

Jabez means causes pain. Another way to say it would be, a child of sorrow and grief, the loser or what the Yoruba people call, *Omo Ibanuje*. Indeed, the write off. Funny how it was his own mother that gave him that name.

With a name like that, it is not hard to imagine childhood dynamics. Imagine when he was young, playing on the field with his age mates and his mother's voice calls out, "You who have caused me pain, you source of grief, you loser, it is time for dinner!" The children around him, doing the occasional cruel things they can sometimes do, stop playing and suddenly jeer at him, "Hey, loser! Your mum calls".

Most often, parents will call their children their pride and joy, but this guy was their grief, their sorrow. Deserved or

undeserved, the shame label sticks with a merciless glue that will not let go, no matter how hard the child tries to pull it off. Jabez was such a child. But a time came when the burden of shame drove him to cry out to God so that he would finally be free from pain. I am sure he might have attempted to commit suicide due to the shame and hard time.

Friends, please understand that, it is the *shamed ones* that God identifies with. His great mercy is to the broken hearted. He hears the cries of the *losers*, *the heartbroken*. For He has not despised or disdained the suffering of the afflicted one: He has not hidden His face from him but has listened to his cry for help.

When Jabez cried out to God, God's ready answer was "yes"! In answer to his prayer, though, he wore the label of shame all his life, the eternal record of the scripture records that, Jabez was more honorable than his brothers. Dear friend, Jesus is sure ready to remove the cloth of

shame and failure from you, even when you think nothing good could come out of you. There is hope in Jesus.

You might have picked up a label of shame - maybe because of some distinctive physical quality or maybe because of a special character trait or a disability - a label of shame like loser, liar, failure, poor family background, bitter experience be it rape or any form of abuse, educational failure, addiction etc. These labels of shame need not to cripple your character or determine your destiny because God will always be close to the broken hearted and hear his/her cries. Your past is not who you are. That negative tag is not who you are. Jabez was a living testimony to the goodness of God. Despite his birth and circumstances, God heard the cry of this lone outcast and granted his prayers.

His destiny was changed, his heart healed, and he stands as a memorial to the grace and mercy of the God who hears the cries of the brokenhearted. And just has Jabez got a turnaround, God can transform your life too.

CHAPTER THREE



YOU DON'T HAVE TO BE DEFINED BY YOUR PAST

There is a lot of speculation about Mary's background. People tied Mary to the sinful woman in Luke 7:36-50. Many assumed she was a prostitute and a woman of ill repute. But there really isn't any biblical basis for portraying her that way.

As Luke tells us, Mary had seven demons casted out of her. Whatever her background was, she suffered before meeting her Savior. But before Jesus, Mary wasn't defined by who she was. All that matters is who she became, after discovering Him. Like Mary, we don't have to let our past dictate how we see ourselves. Paul explains it this way, "Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here" (2 Corinthians 5:17, NIV).

Friend, your past is not who you are. That you were once a prostitute does not mean you cannot be valuable still. That you were once an armed robber, a cultist, a killer, a fraudster or whatever the dirty act may be does not mean you cannot be a royalty. Even if you are still doing it, why not seek Jesus today for a brand new life?

You might have been raped or abused and due to this, you have brought low your self-esteem, thinking you are less. Perhaps, what you went through has made you a regular sex addict because you feel your virginity can never be restored but the truth is, without your virginity, you still worth more than gold! The continuous act of sex will only dig the wound more, as you are only increasing the pain. Friend, why not pick up the *fragments* of your life and reaffirm your value? Carry yourself with so much worth as the Lord has defined you and see where He takes you. Understand that, your past does not define your future. That you lost your virginity does not mean you are worthless. As a matter of fact, you are worth more than gold because your creator has a lot in stock for you.

STILL VALUABLE OYEKAN

TEM IOLUWA TAYELOLU

Some people think because they already have a child therefore, nothing good can come out of them. It is true you made a mistake but God has paid the price. That you have committed abortion or lost your virginity does not mean your future has been limited. That you were once mentally ill does not make you less of your worth. Your past does not define your future, friend. You can start a new life. You just have to know who you are to live the life you deserve. As a matter of fact, low self-esteem only belittles the greatness in you; as your past does not define you.

CHAPTER FOUR



SCARS AND TRANSFORMATION

Often times, the most brutal and agonizing hurts in our lives are things that aren't visible by looking directly at us. The things that hurt us the most could be kept a secret if we want to. Truth be told, it is the hidden hurts; some memories of events or words of the past that still haunt many of us. For some, these may be memories of abandonment; for others, abuse. It could be the pain of ridicule or criticism from someone whose affirmation you once sought.

No doubt, everyone has hidden hurts. Everyone has at least one emotional scar from the past. Perhaps you find it hard to forgive yourself of the dirty incident that happened to you; you sincerely need to brace up and become a better person. Perhaps, as a result of the rape or abuse, you decided to pick up prostitution or became addicted to sex. The truth is, it is only getting back at you. It is causing

more harm than the wound. Heal from that wound today by forgiving yourself because God sure has the best in stock for you. God heal all wounds.

Addiction

Stephanie got addicted to masturbation in the year 2017 through a friend, movies and seeing naked female. No doubt, this urge will always come whenever she is alone or after watching movies. Indeed, this addiction thing is crazy! The reason I said that is because, its victim would feel happy when engaging it, just like he/she is having sex with someone else.

It got to a point that, as the day turned into days, she became more addicted to masturbation. Stephanie's day is incomplete without masturbating. This addiction comes like a urge. Stephanie read about it online and whenever she heard any teaching against it, she instantly feels bad.

Luckily for Stephanie, being that she was tired of being in such web, she opened up to a friend who led her to Christ and through prayer and discipline, she was able to break off from such addiction. In addition, she made sure she is not always alone. She also became conscious of the type of movies she watch and the thoughts she dwells upon.

Addiction to masturbation, addiction to sex, addiction to drunkenness and any other type of addiction is a deceit from the Devil. As a matter of fact, it will only shorten your life span and also hinder you from fulfilling your purpose on earth. Understand that, there is no place for secret sin in heaven; the criteria for living up to God's standard is to walk in accordance to His word. Fix your gaze on Jesus. If you are struggling with addiction, feed your faith and starve your flesh. You are God's property. Do not get entangled and say it is just for a while because the deeper you go, the more you become like it. Dear friend, embrace Jesus today!

Transformed

Brenda was an average student in class. During her nursery, primary and secondary school days, Brenda's performance in assessment test was always on the average; of which an average performance gives an edge not to repeat classes. She graduated from secondary school in performance in (West African 2012. Her WAEC Council) couldn't get in Examination her into university.

Seventy percent of Brenda's secondary school mate got admission into the university in the year 2012 but her performance didn't meet the prerequisite demand of the higher institution. That year, there was a scholarship team in her church, of which she was part of the chosen students on the scholarship list. The scholarship team was to pay her tuition fee or average of the school fee with the condition of getting admission into any federal university, so, she was given twenty thousand naira for a start, since she was awaiting her JAMB results.

When she was given the envelope which contained the money, immediately she got home, she gave the envelope to

her mother. She had it in mind to use that money to buy a laptop that year but her mum said, "It is your WAEC certificate you will use to gain admission". Brenda thought about the counsel her mother gave her and eventually used the money to register for another WAEC in 2013. She registered in another school and failed the exam again.

In 2014, she registered for another exam called NECO GCE and when she got the result of that exam, it was all F9, except English Language which she had C6. On the night she saw her result, she woke up crying and praying, muttering these words; "Lord, this is the fourth exam".

In the year 2015, Brenda got admitted into a College of Health Technology, in which she used the WAEC and NECO's results of the year 2013 and 2014. Brenda has always sought for a means to go school. She has been waiting for this miracle. The assistance of her parents towards encouraging her and making provision for her needs availed the opportunity for her to get the admission into College Of Health Technology. Expectations from home

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and friends were so pressing which made Brenda's heart skip. But she remembered, "trust in the Lord with all your heart and lean not on your understanding; in all your ways, acknowledge Him and He shall direct your path".

She got back to Ajase- Ipo, Kwara State to register for another WAEC, at the same time, she was preparing for her final exams in the College of Health Technology. Before the exam time, she fasted and prayed, committing the exams into God's hands and when she got to the school, she did her best. Her company was of great importance to her performance in school so, she ensured to move with the right company. She moved with brilliant students and prefects.

On a particular day, she and her friends were having a good time as everyone was talking about their wishes and when it got to Brenda's turn, she wished she could work with NNPC. Funny how the smallest one, of the female student, who was just fifteen years old replied; "the person who God did not give joy that is licking sugar". They all

laughed out but deep down, Brenda was bitter. Getting to the hostel, Brenda's countenance had changed, in deep reflection of the mockery from her friends, still trusting that the rejected stone will become the chief cornerstone. Lo! The results came out.

Since 2012, Brenda had been failing WAEC. Delly who has been the one checking Brenda's results broke the news to Brenda of an outstanding performance in her exams. This news brought about great joy in her heart and house. Indeed, the earnest expectation of the creature awaits the manifestation of the sons of God. The understanding that the experience of waiting is nothing but a pruning of unwanted habits that will hinder what God has in store for her made Brenda's period of waiting less frustrating. The act of comparison that her mates have gotten there, whereas, she is yet to get there came knocking on her door countless times but she was strong enough to wave them off. Indeed, it is only the one the Lord chooses to help that will amount to something substantial in life.

The joy in Brenda's heart knew no bounds. She took a step to print the results and then, she applied for her dream course in one of the federal universities and yes! she got admitted into the university in the year 2017 with her College of Health result and also with her JAMB result, through which she came into the school via direct entry. It was the same result that kept her in the university till date and she has gained several territories, with her head high, she has become a positive force to reckon with. Brenda wrote five exams; two NECO and three WAEC in five years. Dear friend, sometimes, you have to undergo some processes for you to know what God is preparing you for. Had she passed WAEC at the first sitting, she would have graduated from the university by now but she wouldn't have known God's purpose and plan for her. Indeed, delay is not denial.



WHO YOU THINK YOU ARE MATTERS

Man was designed for a purpose which means, he has been equip for a purpose. Every man is created for a purpose and we all have our respective positions in destiny to make the world a better place. But the world on its own was not designed to give value to men neither does it take value away because every resource you need to give expression to the treasures in you is in this world.

The scripture spoke about treasures in earthly vessel which means, man. Understand that, every man is fashioned to live from the inside out. This is the default mode of every one of us. What then is value?

According to the English Advanced Dictionary, value is the quality (positive or negative) that renders something desirable or valuable. It is the degree of importance given to

a person or a thing. Examining the definition, it has to do with the quality of something. It describes what a specimen really is. For example, a chair is designed for the purpose of sitting which means, the best chair in this world, designed with gold or diamond does not serve a better purpose than a chair made with a bamboo tree: as you are meant to put your buttocks on it and get comfort. When it serves any other purpose from this, even though it has all its quality but have lost sight of what it really are. To lose sight of what a particular value or quality does not mean the values and quality isn't there but it doesn't see who it really is.

The resources in this world, so that you can give expression to the values in you are men; starting from you, your parent, pastors and friends in church, peer group, and so on. Which means, the first resources to give an expression to the values in you is you. As a matter of fact, you have seventy percent work to do to give expression to who you are.

The value in you is who you are, while the thirty percent is for parent, teachers, pastors and peer group. They can't tell you who you are; they can only enlighten you or isolate you from seeing who you are and so many times, they try to define and choose for you who you are but you have everything it takes to tell yourself who you are and who you are not. You are the only person to define and choose who you are.

When a child is born, you can see this innocence in his face. According to research, when a child is born, all he could see is blank (white and pale) but whatever he sees becomes stamp on his mind. That is why he doesn't know the right from the left. He doesn't know what is right and what is wrong. At a period of time, he begins to know dad from mum, I am a boy and she is a girl: which is the power to differentiate things. That is why a child who grows up in a divided home will totally be different from a child who was shown love by his parents.

I have seen people who had an experience greater than their age. One of the greatest tools man uses in defining who you are is experience. Just as I have said before, the thirty percent tries to define who you are and one of their greatest tools is to ignorantly give you an experience. For example, a couple who got a divorce has ignorantly laid down a definition for their three years old daughter or their unborn baby that this is how life should be. That is why in the western world, divorce has become a way of life and they don't see a big deal in it. So, a child who grows up with this mentality has already concluded in his or her heart to get married at a period of age. The marriage will have a duration of year, must have given birth to a number of children and then, file a divorce at a period of time and this is how it keeps on spreading just because a child got a false definition of who he or she is in the society (the thirty percent).

What about a child who was raped at a tender age? How do you think she will see the world? Saddening enough, many people cannot see what experience does to our society. As a

matter of fact, I have always been separating my experience from who I am because that is not who I am but was simply trying to give me the definition of who I am not.

I remember I looked back years ago and I began to pick my past experience one after the other and I said to myself, this is who I am and this is who I am not. I live typically by God's word so I have to take this experience one after the other. Any experience which is not consistent with God's word, I put them away. You will see me speaking aloud, this is not who I am. The Bible says, I am complete in Him (God). I am the righteousness of God in Christ Jesus. I take God's word as it is and I rejoice about it and that is for me.

I remember a cousin of mine said you are not handsome, you are ugly, you will never see a beautiful lady. Those words were stamped on my mind. The fact is this, whatever you accept about yourself determines how much effort you will put on yourself to improve. So, I discovered I had this detrimental attitude towards myself. I stopped caring about my outlook and how people think about it until I began to

move with the right organization which input into me the art of being excellent in whatever I do and that is my And after this, I began Church. to see people complimenting me that I look good. Actually, what you see about yourself, how you see yourself and the effort you put together to improve determines how people will see you. I am sincerely not surprised when I saw that same cousin of mine again; she made the same statement that you're just so ugly; which shows the conclusion of some people about you. You honestly cannot afford to make people define who you are because it is disastrous.

What is the effect of experience or the thirty percent in the life of a man?

Experience is not bad, neither are the people around you bad. Most of the events that occurred to us through them were done ignorantly. For example, couples who got divorce may not know the effect of what they've done on their innocent children. A friend who talks you down jokingly may not know the result of what he or she has done.

I remember the daughter of my neighbor. She's beautiful and very intelligent. I seem to love her so much because she's intelligent but one day, I heard one of the elders said these words to her, "you will sell your parent and your siblings". He said it as a joke but the truth is, no one can predict the effect of those words.

If the thirty percent can give you an experience, you are responsible for creating the right experience for yourself and this start from you, understanding who you are and the values in you. This is why, as a person, you have a greater responsibility on yourself. Understand that, experience created that occurs in the life of a man can be divided into three parts:

The experience you create for yourself.

This begins with you, understanding and knowing who you are and this is also the expression of the man and the values in you. How you created your own experience is

determined by what you've fed your mind with (the information around you). These are information that comes to you through the thirty percent which can come as a negative experience or a positive experience.

The negative experience created from the thirty percent.

Negative experiences are here to define who you are and blindfold you from paying attention to the values in you. That is, they come so that you can lose sight of who you truly are. For example, the Nigeria government plays a greater role in this. As a person, you will get to discover that, every one of us, when we were young, we aimed at becoming a medical doctor, a lawyer, a pilot or even an engineer but as we grew up, most people began to yell words like "guy go hustle oh". Sincerely, something is wrong with our society and the system in the society.

The positive experience created from the thirty percent.

Those people who give you the positive experience are here to enlighten you so that you can truly understand who you are. They have not come to impose a life on you but have come to show you how life should be lived.

The thirty percent in the life of a man

➤ Parents: The truth is, parents has a lot to do in teaching their children how life should be lived. As a matter of fact, parents are the first teachers. Children learn more by observing their parent than the vocal correction. The fact is whatever a parent does before his/her children matters a lot. Parent must be very observant about their children, especially what he/she does before that change.

After they are back from school, ask them how is school. Ask them what they were taught. Check their bags to ensure they do not have materials which is not theirs in it. Parents should have a discussion period with their children

because through this, you will know the kind of information they are going up with.

Parents should be the first person to teach their children about sex. They should have the right orientation about sex. It is wrong to tell your daughters that, if a guy touches you, you will get pregnant because when you refuse to teach them some sensitive matters, they will end up knowing about these things in mysterious ways from their peers.

I also believe children should not just be set lose in the environment. Parent should create an enabling environment for their children. There should be shopping time, praying time, studying time and many more. Show them love because love captures what life is really about.

Suicide is never an option

Suicide is a chapter closer. When there is life, there is still hope to pick up the broken pieces. Hope to start all over again, hope to become better in life. In other to be beautiful, you have TO-BE-YOU-TO-FULL. When you love yourself first, nothing can ever get to you.

You need to know that, you never lose your worth regardless of your experiences. You need to also realize that, you are valuable. Carry yourself as such and then, no one will be able to shame you and if ever anyone does, it will not get to you because you know your worth.

Is it academic failure? Dear friend, your grade does not define your future! So why get depressed when you can still do better? Do not let anyone clap you down. Who says you cannot make it in life despite the family background you came from? Understand that, your decision today can liberate your family. There are so many reasons for wanting to die but there are always multiple reasons to say thank you to God. Some of God's most faithful people were badly hurt that they wished God would let them die. Friend, I

know the pain of life is real but the answer is never suicide because God can heal your pain, redeem it, and use it for good, if only you give it to Him.

Suicide is the result of depression that is not noticed and parental care, Lack of heartbreaks. prevented. hopelessness, despair, helplessness, failure to attain specific goals and social ineptitude, among others, has been identified as the causes of depression that have led many to take their own lives. The truth is, everyone has one or two things going on in their lives but it is left for us to decide what becomes of us. Understand that, no amount of money, faith, prayers, or confessions will prevent us from the hard knocks of life but despite this hard fact of life, do not kill vourself over anything because after every night comes morning. God sure gives room for testimony.

Oscar Wilde said; "Behind every beauty that is exquisite was something tragic". The art of living is all about turning the despicable and horrible things into something beautiful. They say what doesn't kill you makes you

stronger. Although, it is not as simple as that. I believe you have to decide it will make you stronger before it will actually make you stronger.

Happy endings can never be taken for granted, they must be chosen. Choose to live and not to die because there is always a better tomorrow and your best is yet to come. Do not let worries or fears of being "locked up" prevent you from reaching out and sharing with others. Surround yourself with people you care about, rather than shutting down and isolating yourself. Know that you can reaffirm your value and self-worth for a better life because with self-respect and a positive self-esteem, such a crucial component of overall well-being, knowing that you can rebuild it once you have lost it is very important. You must believe that this is so otherwise, you will forever hate yourself.

What is vital in this rebuilding process is to maintain an optimistic attitude toward your efforts and make it a habit of working diligently at it. Accept your mistakes and pledge

to do better. Understand that, everyone makes mistake but mistakes will only chop off your self-esteem if you continue to beat yourself up over them. Accept that you've erred, pledge to do better and make good on the commitment. Stop worrying about what other people think and stay true to your core values and beliefs.

True, there will always be criticism as you strive to make changes in your life. Some people may even prefer that you stay stuck in self-pity, lowered self-esteem and lack of self-respect but indeed, it is a curious phenomenon that some individuals like to surround themselves with those who are in a low place, because they feel better about themselves in comparison. Instead of worrying about what other people think or say, remain steadfast in your core beliefs and values as this will help you restore the self-respect and positive self-esteem you earnestly desire. Also work on changing your perceptions; the perceptions of yourself and others.

In line with the recommendation to refrain from worrying about what others think is the advice to change your selfperception and how you perceive others. Despite a fear that others are out to get you or that everyone else has it together except you, cultivate the more proactive perception that most people are good at heart and wish you well. Give yourself a pep talk too, so that you encourage your own efforts at rebuilding and restoring your self-worth and values. After all, this is an integral part of your overall well-being and living a life of purpose and joy. Hold yourself to high standards.

While you might have done some dreadful things in the past (actions that caused you to suffer lower self-esteem), you can repair this damage by holding yourself to ambitious standards. Perhaps you lack such standards before, so now is the time to embrace them. Never do something halfway or to the least of your ability. Pride yourself on following through on your word and mean what you say. Value honesty, challenging work and commitment above all else. If you start with these, you will definitely begin to learn how to respect yourself.

Believe in your choices once you make them because vacillating and trying to second-guess your choices is not constructive. What is, however, is believing in the choices you make and exerting whatever effort is necessary to bring about the changes you seek. Stand firm on a no going back decision. That you can pick your life back amidst all the trials and dirty past, that you can keep your bed clean against immoral acts, regardless of your experience of rape or abuse, to believe that you can stand on your words of no going back to your vomit. Also work hard and acknowledge your efforts.

Along with the belief that you can build or rebuild self-respect and holding yourself to high standards, it is also vital that you work hard and take out time to acknowledge the effort you've already put in. When you map out a project or undertake a task, having a plan of action helps you adhere to the work. It also allows you to see the minor successes you have along the way and shows you where you may need to adjust your plan to accommodate the latest ideas or take advantage of lessons learnt in the case

of setbacks. Instead of trying to impress others, follow your heart and do what is right because if you maintain a constant goal of living in truth and according to your values and beliefs, you will find it easier to do the right thing. You won't be so tempted to try to impress others by doing things that are against what you know to be true or what means most to you. Feel your direction from within and take appropriate action. Recognize that, self-respect is a building process.

Just as it takes a while to lose your self-respect, it also takes some time to regain or rebuild it. If you've never thought about self-respect, this is an excellent time to weigh the merits of respecting yourself and tailoring your life so that you hold yourself in the highest regard because what you most value is what you will pay attention to.

It is not unusual to feel completely "lacking self-confidence" at the end of a love relationship, especially if you are not the one who ended it. There is a sense of loss, dreams dashed and an unknown future lies ahead. No wonder you

become uncertain and fearful. Friends and family telling you to go out and meet people is easily said but not easily done when all you want to do is curl up in a fleece with the TV and a cup of hot chocolate.

Yes! Self-esteem is about being able to hold a favorable appreciation or opinion of yourself, and when you are not getting your essential emotional needs met, you can feel unworthy of care and affection. No doubt, everyone loss confidence in themselves, every now and then and recognizing this is the first step in regaining your self-confidence. For some who do not recognize this, their lack of self-confidence can slip into depression. Whether it is at work or at home, everyone can benefit from feeling good about themselves and their abilities.

Major Signs of Low Self-Esteem

- i. Avoiding challenges and opportunities.
- ii. Avoiding responsibilities.

- iii. Being overly dependent on others.
- iv. Relying on others to make decisions.
- v. Putting yourself down.
- vi. Isolating yourself.
- vii. Becoming highly emotional and possibly depressed.

Boosting Self-Esteem

The truth is that, when you feel good about yourself, it becomes easy to value yourself and regard the world as a great place. It is too simple to imagine that, by just telling someone to be positive, they will start to feel better about themselves, and it is far from useful to agree with them that, all is doom and gloom. True, we all have choices but someone with low self-esteem may not be able to see anything other than the darkness of no confidence. The goal is to enable someone to take responsibility for his/herself.

Some Tips for Boosting Self-Esteem

- i. **Know who you are in Christ:** Do keep it in mind that, you are royalty and in Christ, you are a reflection of God's light. Therefore, the light of God has waved off your dark past.
- ii. **Appreciate yourself:** Make out time to relax and unwind. From time to time, give yourself gifts and good treats because loving yourself and self-affirmation gives an impression of your worth to people.
- iii. **Stop criticizing yourself:** Recognize what you have achieved and what you are good at.
- iv. **Focus on good feelings:** Remember the times when you have been happy, relaxed and at peace. Dwell on beautiful memories.
- v. Accept compliments when they're given.

- vi. Remind yourself of your good qualities and of times you have been successful.
- vii. Set for yourself, realistic goals.
- viii. Start an exercise regime.
- ix. **Forget your past:** The book of 2Corinthians 5:17 says, therefore, if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.
- x. Explore your new beginning in Christ as a queen or king that you are. This is what the Lord says in the book of Isaiah 43:16-19; "Forget the former things; do not dwell on the past. See, I am doing a new thing. Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland".

Dear Friend, new beginning simply means to start afresh and it symbolizes a new foundation. New beginning can mean different things to different people. It could be a restoration from a confused state or a budget. It could be God walking through your land (life). It could be a journey

into your promised land. It could be or a breaking off from a dirty past.

Hey friend, please break free from your past. Do not allow it to shape your future because through your darkest hour, there will emerge a beacon of light to guide you in the direction you are meant to go, if you let God in. But you can hold on to the past or use the experiences as lessons for personal growth.

The former means you are stuck, recalling negative memories, without learning from them. The latter means, gaining positive lessons from your experience to shape your character and these lessons are currently reflecting in the person you are now and will become. Sincerely, if we were patient and careful with ourselves and others, the narratives can shift from dreadful to heroic and what was traumatizing in the past can become a medicine to the present and the future.

Understand that, regret and guilt are toxic emotions that steal away the present moment. They convince you that, life could have been different and so, you hold on tight to this false image of the past. Whereas, it is a mirage held together by distorted thinking but when you examine the thoughts and make peace with them, you realise that, regret doesn't hold a place in your life.

Friend, you will be ruled by the past if you use it as an anchor to drag around. Those who carry their emotional wounds, highlight their pain and suffering by eliciting sympathy from others. They don't realise the disempowering nature of that state because it keeps them stuck and unable to change their life.

The person who is to succeed will never let his mind dwell on past mistakes. He will forgive the past in his life and in the lives of other people. If he makes a mistake, he will at once forgive it.

-Ernest Holmes.

Yes! You are not defined by your past any more than the words you spoke vesterday. Every unfortunate experience that took place in the past are lessons, not life sentences. So do not allow it to dominate your life. Do not be a prisoner to the past, but look upon it with kindness and compassion to a new beginning. Notice how good you feel as you forgive and release your past memories. Soon, you every experience will appreciate that, perfectly is orchestrated to awaken you to your infinite potential. We all have pain in our past in some forms, whether big or small. Who among us has not experienced rough stretches, devastating moments, or emotional heartbreak? Indeed, pain is an inevitable ingredient of life. What we do with our pain determines how much we grow as a person. To wallow in pain is to remain stagnant. What we do with our pain, determines how much we grow as a person.



REAFFIRMING YOUR VALUE

Hey fiend! I know a lot of things are going on in your life right now. As a matter fact, you might be regretting about certain actions of the past. It is also possible that, you are on the verge of giving up and loosing hope on the greatness that lies within you. Perhaps, what you are seeing is not likely to be what you prayed for or what you are currently praying to see. You look at others and you shed tears of pain, regretting certain actions of the past but the truth is this; troubles are part of life and only those that cling to the creator are vindicated.

I have told you these things, so that in me you may have prefect peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer, take courage; be confident, certain, undaunted! For I have overcome the world. I have deprived it of power to harm you and have conquered it for you.

-John 16:33.

The fact that you were shown your promise land is not enough reason why you wouldn't face the red sea. The fact that you were shown the throne and anointed a king or queen is not enough reason not to kill that goliath. The fact that you dreamt that nations would bow to you isn't enough reason not to sleep in the prisons of Egypt. I think I should let you know that, your situation is a path way to the fulfillment of destiny. For the king to be crowned tomorrow there is a cross to bear today.

No doubt, many youths break down at the verge of disappointments. They declare their road closed; whereas, that road is just a bend and a bend is not an end. Even if, there is a River Jordan in front, that situation is to proof that God is with you because soon, River Jordan will part ways for you and your excellency will ride on its dry

ground. Yes! There is a need for my generation to reaffirm the value that God has placed over their lives and destinies. It is expedient that, this world is full of tribulations and pains but be of good cheer, God has overcome this for you; only if you walk in Him, anyways. Understand that, the pain is just an avenue to build you up for your reign. Hello friend, the past is past! Now is the time to move on.

As a young man, I sought for love in all ramifications; love I could get most especially from ladies. I will date one today and leave her tomorrow. I started this adventure in JSS3 and it moved up to my university days. I am good with words so it is not a problem talking to ladies and one thing is certain with me; no matter how tough you are, I trust my words to soften your soul. Indeed, I was the game changer in softening hardened hearts. Although, I had no ulterior motive towards these ladies, I only wanted to be loved and love. Then, the only way I felt I could attain peace was to be in the arms of a lady.

Though, I was a worker in church but I never cared. All I wanted was to be loved by these ladies. As a matter of fact, that feeling of having a girl lover serviced my ego; not knowing that, the only unending peace and love you can ever encounter is that of God. I became addicted to loving ladies. I couldn't do without it anymore. Until a day came and I found the true love I have always thirsted for and that is Jesus'. I had to consciously reaffirm that which God has said about me.

However, before I came to the consciousness of God's love for me, I have had my heart broken severally. I spent and wasted a part of my life chasing after shadows. You see, our connection with God redirect our attention to the plans of God for our lives and that which is God's plan is what is right. Dear friend, never take any decision outside God because only Him knows what is right.

And your ears shall hear him. Right behind you a voice will say. "This is the way, walk in it, when you turn to the right or when you turn to the left"
-Isaiah 30:21.

Understand that, God is so interested in every of our activity, that He is available to direct us in the right path. It could have been worse for me but I found Him quickly and I was once again, injected into His plan. Friend, no matter what you have gone through in the past, do not be deceived; the end result of the devil's plan was to squeeze life out of you and until you die, he won't stop.

To be honest, it is a great pleasure that you are reading this book today because God is ultimately interested in your destiny and He is very concerned about you that all He wants from you is for you to remain connected to Him. If you are God's handmade, trust me, He isn't ready to lose you. He will clear your path for you just to make you have a smooth ride in life.

In one of the books I am currently writing, I declared my love for God and wrote a love letter to Him. I explained how deep His love is. His love for me is so deep that He left the throne called glory to save the dying me.

I was lost in pleasure that burns me slowly yet, as a novice, I only thought I was enjoying life. Without a call to Him, as a concerned Creator, He left the throne of glory to rescue me. Yet, in the process of the rescue mission I rejected Him still. Friend, this is God's call to you. He is not done with you.

I hope you know that, God is not just interested in what you have done or what you are doing presently? He is also interested in your potentials. Let me tell you something dynamic about God. While others are seeing a prostitute or a sex addict, God is seeing an evangelist. While others are seeing an armed robber, God sees the potentials of the one who will destroy the kingdom of darkness. While others are seeing a drunkard, God sees one who will intoxicate

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nations with the Holy-Ghost. The bible was very clear when it says;

For my thoughts are not your thoughts, neither are my ways your ways, says the Lord.

-Isaiah 55:8.

See, I have set before you this day life and good, and death and evil.

-Deuteronomy 30: 15.

He (God) cannot afford to lose you, yet, He cannot force you to do or have the life He has set before you. It is a choice. The fight for your soul is still ongoing and I tell you, my Jesus is clear about His promise towards you. Hence, a need to reaffirm God's word concerning your life and destiny: declare life into your destiny and rise again.

A true life story of Oladapo Olaoluwa

Here is my personal experience due to my hearing impairment.

It all started in May 1997. I was involved in a car accident which got me bedridden for over ten months. This majorly changed me to a very quiet person, keeping things to myself. Of course, I was out of school. The hospital walls were my best listening friends. I lost myself, I embraced self-pity. After my personal lockdown experience, I was home at last. I became so tired, quiet and isolated. Few days after I got home, I kept hearing sounds in my ears, coming on and off. It was a gradual thing so no one knew what had happened to me.

At first when I move my body, I hear sounds like "dum dum" as if there was water in my ears. If I stopped, the ringing stops. With this came the inability to hear clearly. All my family members and friends thought I was pretending. I was also confused. I couldn't hear them.

This new development is a big challenge in my life. Personally, I was wondering what was happening to me. It isn't that I couldn't hear at all but I couldn't hear if they didn't shout or face me so I could see the face of the person talking to me. I guess my lip-reading journey started from there. If you want to talk to me, get my attention, face me such that I can see you, then we are good to go.

My teachers suddenly found me strange. I mean, a bright pupil who usually take between the second and sixth positions, out of one hundred and six pupils suddenly taking the sixty six position in class. A pupil who loved dictations suddenly couldn't keep up again. Well, it was indeed strange, even to me. Yes! I became so depressed as a result of that. It wasn't funny at all. I didn't understand what was happening to me. The kids I normally played adults and with, including grown-ups in the neighbourhood made it even more depressing for me: the mockery, jests and absurd games. Some adults who clearly understood my challenge then found it funny. They would throw sticks, stones, sand, and even broom at me, pretending that they were trying to call me.

My mother, sisters and brother didn't find it funny at all. The pretense of not hearing when been called was becoming so unbearable for my family and I. My mother and sister beat me severely to change but the *stubborn demon* refuse to let go. They beat me seriously to get me to hear but the supposed demon blocking my ears didn't let up.

One day, mum had to sit me down and ask, "Olaoluwa, tell me the truth. Are you pretending or should I be worried?" I started crying and said, "Mummy, do you really think I would be pretending to this extent just to avoid doing chores? I don't know what is happening to me, mum. There is this persistent sound in my ears and a *dum dum* sound as though, I have water moving in my ears when I move. I'm tired of the mockery and the flogging. Can you please pray to God for me? If I sinned, He should forgive me,

mum". After that, my mum actually got worried. I guess she mentally vowed to get a solution.

My mum was a praying woman. You would wake up at night to see her praying, casting and binding (demons). But after that discussion with her, the prayer intensified. Most times, when I woke up to have a pee, I saw her praying. I would kneel beside her, praying too. I learnt how to pray at midnight from her. In fact, I learnt how to pray from her.

I was born into a family of six. My eldest sister passed on in 2007. I am the youngest child. Getting passed up for jobs I was qualified for because the employers can't be bothered to raise their voice or repeat themselves. It is indeed very painful being passed up for a job just because of my hearing impairment. I lost myself and became so depressed.

There were days when I will take a walk to the expressway just to be hit by a truck and just die. I got no one to talk to

because no one understood me but God got me! Books were my best friends. Books like, *Purpose Driven Life, Why You Act The Way You Do, Becoming Among Others* but the best I got is the Bible. In all these experiences, I discovered God's purpose for my life.

Along the years, I have acquired some skills through trainings and I am also a writer and a speaker. I write, speak and teach. I also create contents for brands. These are the things I do to earn a living. Dear friend, there is much value in you. Be your real self whom God created you to be. Pick up the good in every situation you find yourself.

Are you brokenhearted, physically challenged or whatever you might be going through or gone through, that you think nothing good can ever come out of your life and your future can never be a good one? Do you also feel down or you think suicide is the best option?

Are you from a humble background, so you feel and think you can never make it in life? Are you poor academically and you think you cannot make it ever in life because you feel left out amongst your mates or think you are less? With the testimonies in this book, I want you to reaffirm your value and self-worth for a better life. Today, I introduce to you someone that give second chances, third chances, fourth chances and even more. He will never get tired of you. You cannot be lonely knowing Him. You cannot get it wrong with Him. He is love personified. He does not condemn. He will make you a royalty and He will add to you. You wonder who this man is, right? This man is Jesus Christ. He is God! That same man who gave His son to die for you and I: follow Him today for a restart.

Know this friend, you are valuable, you are precious, you are loved. You are definitely not alone. You are glorious. You are beautiful. You are destined for greatness. It is certainly not over. You should cast your cares and worries upon Jesus by praying to Him and believing in Him because most assuredly, He will not put you to shame.

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Amidst all the trials and tribulations, keep your focus on Jesus. Even on that sinking ship, keep your focus and trust on Jesus Christ. Keep it all on Jesus because you will certainly not drown. Dear friend, it is not over because that trial is just a pathway to your testimony time. Your life is a bundle of amazing things. Day by day the gold you possess keeps being refined and gradually unveiled because Jesus Christ is the refiner and He has settled it all. Yes friend, you are still valuable!



NO CONDEMNATION

There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

-Romans 8:1.

We are all accused in the court while God is the only Judge. Was the sin he/she committed worthy of condemnation? Yes. Was the sin he/she committed worthy of being crucified? Yes. Was adultery enough reason for her to be stoned to death? Oh Yes!

What are your fears? What is the source of your fear? Is it how you were treated in the past or how you even treat yourself? Are you scared that no man may approach you to ask your hand in marriage? Are you scared that after living

such a reckless life, you may not have a good marriage? Are you scared because you lost your virginity and you now feel worthless?

Are you afraid that the negative events that happened to your parents' marriage may happen to yours? Friend, I don't know where your fear is coming from or how badly broken you feel right now but I do know that God loves you and the perfection of His love in you is what deals with that fear.

There is no fear in love [dread does not exist], but full-grown (complete, perfect) love turns fear out of doors and expels every trace of terror! For fear brings with it the thought of punishment, and [so] he who is afraid has not reached the full maturity of love [is not yet grown into love's complete perfection].

-1John 4:18.

Saul was forgiven, the thief on the cross was, the tax collector was, Judas was also forgiven. What then have you done that you think Jesus cannot forgive you of? As a matter of fact, all things He created are valuable and beautiful, why then do you look down on yourself?

Regardless of what your past is, regardless of what you must have been through, God still loves you. He is your special fan. Jesus remolds and mends shattered dreams, broken and disappointed hearts. He restores visions, turns sorrows into joy, set lives back in place and compensates. Friend, you are still very valuable regardless of what you have done or gone through. Using the illustration of a rough N1000 (naira note), dirty and squeezed, the truth is this, its value will still not reduce. It will purchase same thing a clean N1,000 note anywhere can. Dear friend, take a minute to speak out that pain and hurt. Pour it out to Jesus this moment. God sees something good about you even if men see you to be bad and ruined. Friend, deep down you know you need to be restored and remolded.

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Have you lost it all to the heart breaks, ruined engagements or even shattered marriage? Perhaps, the love and commitment isn't there in your marriage anymore. Know that, God cares. He is very much interested in turning your mess into a message. Let God in today and watch the wonder He will make of you.