Meet Sania our cover girl

Inside Scoop
Get published in Gigi

REVAMP YOUR ROOM
9Wrong Reasons to Date

"I'm not Beautiful"
True Story of Anorexia

Create Your Very Own Fashion Style

Power of Prayer
Saved from an Earthquake

For book purchases and speaking enquiries go to www.beautifulbooks.co
Available at Word & Koorong bookstores
"I PRAISE YOU BECAUSE I AMFEARFULLY AND WONDERFULLY MADE, YOUR WORKS ARE WONDERFUL, I KNOW THAT FULL WELL."

— PSALMS 139:14
The views and opinions conveyed by our writers do not necessarily state those of 5 Sisters Ministry or any agency or entities thereof. All material presented in this magazine is information only and should not be construed as medical advice or instruction. No action should be taken based on the contents of this magazine, instead appropriate health professionals should be consulted.
NEW WEBSITE
Hey girls check out GIGI’s new website. Here you can keep up to date with any upcoming events, sneak peeks and lots more! So visit us at www.5sistersministry.com.au or www.gigimagazine.com.au

PRAYER REQUESTS
Would you like us to pray for you?
GIGI’s website has a prayer request corner where you can anonymously (or not) send through anything you would like 5 Sisters Ministry to help you pray for.
We have already had a few requests and are happy to say that God has answered in miraculous ways. No petition is too small! Whether you want prayer for a big test, or for a family problem, job interview, grieving or anything else just write to us and we will pray for you and the situation. Remember God can do anything when you leave it in His hands.

GET PUBLISHED IN GIGI
Girls don’t forget to send in your stories to get published in GIGI. You can send in your personal story of how God helped you through a tough situation or how you found God or simply email us and tell us what you think of GIGI magazine. Email this to stories4gigi@gmail.com

Please be aware that due to large numbers of articles that gigi receives, your story may not be published.

WHAT OUR READERS ARE SAYING ABOUT GIGI

FROM JEN:
GIGI is an awesome magazine. If you haven’t read any of the issues I highly recommend them all! God bless this ministry! xo xo

FROM FLORIDA:
GIGI was introduce in Port Vila (Vanuatu) last month. I love everything you’re all doing. Thank you all so much for the great work. LoVe you GIGI

FROM MICHELLE:
Finally!! Something for daughters to the King. Love your work ladies! xo

FROM STEPHANIE:
I love your magazine!! My mum just introduced it to me after she returned from Brisbane with two issues of it!! It’s soo good!! God bless every effort put in it to help all young women. Thanks!

FROM JEMIMAH:
your work for GIGI is definitely helping girls. Empowering them and showing them that the world is wrong about their purpose and value. Blessings to you and your ministry.

FROM SARAH ANGELA MAY:
Just wanted to let you know how inspiring GIGI Magazine is and how much it is helping young girls out there. God Bless x

FROM STEFANIE:
I am loving this seasons magazine!! Good job ladies, God is definitely working through you all. Xoxox

FROM BRE:
Hi I just want to give you a big thanks for all the recipes you share with us readers. My nana subscribed me to this magazine for my 19th birthday this year and when I saw the recipes I just had to try some so for Easter I organised a lunch with my grandparents and I used recipes from both the 2012 Summer and 2013 Autumn issues. Everyone’s favourite was Little Ms Schull’s cheesecake cups. The only thing I did differently was remove the biscuit base as my pop is a coeliac. And I’ve just had to make another one for my baby brother’s 1st birthday party and I used apricots instead of cherries and it was so good! I’ve been asked by everyone who was at the party to give them the recipe, even my nana who makes really awesome desserts! She said it’s one of the nicest cheesecakes she’s ever had! And I’m not much of a cook, in fact I never cook, but when I saw the recipes you share with us I just had to try and do something good for everyone, and it’s healthy and vegetarian too! I love them! I can’t wait to see what recipes you have in store for the Winter edition, maybe a vegetable and pearl barley soup with a twist!
I broke. I admit it.

I thought I was tough after years of working in the humanitarian aid industry, travelling to many countries as International Programme Coordinator for ADRA, New Zealand. I’d battled rats in the Solomon Islands, slept on the hardest bed in Cambodia, not showered for four days in the heat of rural Mongolia. I thought I was tough from all the travel, all the roughing it, all the random food I’d consumed. But no. I broke.

I never really told anyone about it at the time because I wanted to keep these intense feelings to myself, to ponder them and see if they really did incur change in my life.
It happened in Cambodia, a beautiful country whose people have been scarred by the Khmer Rouge who came to power in the 1970’s, blew apart human rights and blatantly disregarded life, causing the death of over half the population from starvation, sickness, mass murder or torture. Today, unless you knew this history or had visited a ‘killing field’ or torture chamber memorialising the dead, you’d remain oblivious to their tragic history. The many smiling faces you see every day are a testimony to the strength of the Khmer people, who are still recovering from the devastation wreaked on them by the Khmer Rouge.

I had just come back from talking to families that were part of our Child-Friendly-Village project near Kom Pong Thmar, about the amazing changes in their lives as a result of the ADRA project. This is my favourite part of my job; to sit in people’s homes and find out what their lives were like before, and to see the delight in their eyes as they explain how different everything is now – so full of hope and potential, self-sufficiency and self-confidence. To discover that ADRA has not only impacted their family but their whole community.

As always though, along with the joy of seeing people’s changed lives, there is the frustration and sadness at seeing many more who’ve not had the opportunity to connect to ADRA. It’s a constant struggle to accept the fact that we can’t help everyone because our funding and donations only reach so far! It’s times like these that I get angry, at the way we live back home; too busy living our own sweet comfortable lives, spending so much money, wasting it on things that are so trivial in comparison. It makes me feel sick and sometimes I find myself making unrealistic promises that I’ll only eat baked beans on toast for the rest of my life, only buy one set of clothes a year and donate the rest. Usually, when I start to feel very emotional and sad, I try to turn my mind off and focus on what I am doing to help.

But this time in Cambodia was different. As I walked back through the town to my hotel, and passed desperately poor people begging for food, it reminded me of all the people in all the places that I’ve had to walk past without helping. Going up the steps to my hotel as the sun set in the distance, a barely clothed child, looking frail and thin from years of hunger, looked at me: into my heart. And I heard a voice –my own voice –screaming inside my head ‘THIS IS NOT FAIR!’

Running up the stairs I threw myself onto my bed and cried, hard. I was angry. Angry that I’d been born into my life while he was born into his. I wished that it was reversed because I knew he could have made so much more of his life in my world than he could in his own. Every poor person who works so hard every day, just to help their family survive, deserves to live in my country. So lucky, privileged and free.

I stood up, flung open my suitcase and took everything out, even from my purse. I walked downstairs and gave everything I could to the little guy next to the stairs: my food, my pillow, my hat. And then I continued down the street and gave it all away. When it was finally all gone, I went back to my room and cried until I fell asleep. I was broken.

Before that, I thought I was tough. But what is tough? Tough isn’t about being able to rough it in developing countries. Tough is courage, courage to keep going despite the circumstances. That’s what I learnt from the people of Cambodia, and people that I meet through my work all over the world. Sometimes I think about how I couldn’t handle living their lives – it would just be too hard. But these people inspire me to be my best, to do my best, and to never give up. It reminds me of a quote by Mary-Anne Radmarcher: Courage doesn’t always roar—sometimes courage is the quiet voice at the end of the day saying—I will try again tomorrow.

I’m glad I was broken emotionally for something that I feel passionate about. I had to allow my heart to break, or it would have become calloused, unfestering. My question for you is: What do you feel passionate about? I say, allow yourself to be broken by it because, in doing so, you will be drawn to act.

That’s why I love the concept of ADRA Connections trips. They connect people in Australia and New Zealand with people in ADRA projects. They get everyone involved in helping a community in a developing country. Get involved, look it up online.

The greatest need in the world today is for young people to act on what they’re passionate about: justice, human rights, making a difference. God’s great heart of love was broken by our condition in this world of sin, and the result was an act of compassion in paying the price for our freedom. What are you going to do?

Charlene Luzuk has worked at ADRA New Zealand for over six years and is writing from Auckland, New Zealand.

Join an ADRA Connections trip!

Together with ADRA your church or school group can bring hope and life-changing assistance to communities in Africa, Asia and the South Pacific.

Want to see the world and make a difference?

I t’s a lif e - - c hangi ng e xp e ri e nc e !

ADRA Connections trips range from 10 – 21 days in 11 different countries. It’s a life-changing experience!
EMBELLISH

(BEAUTIFYING YOUR LIFE)

EMBELLISH YOUR LIFE WITH PROJECTS AND GOALS FOR YOURSELF AND THE SPACE AROUND YOU.
Whether you’re saving up for a round-the-world holiday, a new set of wheels, that gorgeous dress at Forever New or for something a bit more exciting - like your first home, you need a plan to reach your goal. And believe me, if you are disciplined enough to stick to the following tips, you will get there easily. Trust me! Oh, and Happy Saving.

1. Get a job – OK, so I'm stating the obvious, but saving regularly isn't going to be possible without a regular source of income. So get your butt into gear, get your resume done up nicely (there are heaps of templates and ideas on the net) and get a job. Whether you're studying or in between jobs or on the dole, even a part-time job helps out paying those phone bills (& shopping sprees) and will also get you closer to your goal. Plus, it'll make you appreciate how hard it is to actually earn the humble dollar, which in turn will make you more money savvy (more on this later).

2. Set up an online savings account for whatever you are saving up for. You will probably find your bank offers an online savings account which can only be accessed online (i.e. you can only transfer money online between that account and another standard cheque account, which is also known as your linked account), and they offer pretty good interest rates compared to the standard cheque/transaction account you currently have. Once this is done, start an automatic savings plan/direct debit plan so that every week/fortnight/month a certain amount gets debited automatically from your 'linked account'. Before you know it, a nice little sum will be growing and earning interest.

3. Do up a budget. I know, I know... this word makes most people cringe and conjures the image of a nerdy accountant wearing a vest and thick-rimmed glasses (not all of us accountants look that boring!) but, doing up a budget can actually be exciting. In a nutshell it should be your ‘money plan,’ which tells you what $’s are coming in (eg. Work, Centrelink, sales from hobby etc) and what your estimated expenses are (groceries, study fees, rent/board, car expenses, insurance, going out, etc). Most people fall into the trap of just taking into account their weekly expenses, and then when the 6-month car registration comes along, they’re stressing as to where they’ll find the money to pay for it. The trick to avoiding this dilemma is to calculate all your non-weekly expenses such as car rego, annual car insurance, private health insurance, monthly haircuts, birthday pressies etc. and divide it into 52 weeks or, if your budget is a monthly budget, into 12 months, that way you know that amount needs to be put away each pay into a separate ‘non-weekly expenses savings account’ (this can be a separate online savings account), and that way when these bills do come along, you don’t need to be taking money out of your savings account. After all, you really don’t want to be sacrificing that hard-saved holiday money to pay for bills.

4. Stay living at your parents place. If your parents are bearable and they’re still happy to have you living at home, take advantage of this rare situation and stay at home as long as feasible… Bear with me on this one (I have been there, done that), the amount of money you will have saved in rent alone in 2 years is staggering; at least $15,000 – that’s a lot of dough and I can think of a million ways of spending that better than paying someone else’s mortgage off. Obviously be a bit considerate and contribute if you’re able to, towards groceries and electricity bills, as you don’t want to be a burden to them and it simply is rude to be leaching off your parents who have sacrificed so much already!

5. Change your shopping habits by bargain hunting. As the saying goes, someone’s ‘trash’ is someone else’s treasure. There are a myriad of websites where you can find anything from clothing, handbags to fishing boats at more than half the price of what you’d pay for them brand new – it is the era of op-shopping/second hand shopping. Some of my personal favourites include gumtree.com.au, dealsdirect.com.au, and of course the good old op-shops. Try swapping your weekly clothes shopping trip at your local Westfield for a shop through your local Salvo’s or Vinnies, and like me, you’ll discover much joy in finding cute handbags/scarves/clothes for the price of toothpaste and in pretty good knick! I have a thing for buying silk ties for my other half. Be warned though, once you turn op, you’ll never want to stop!

by Miss Fina
It is a new season; the weather is warming, the days getting longer and the perfect time for a change. But how do you turn the room you are so used to seeing in and day out into something that blossoms, something that makes you look forward to coming home at the end of the day and sitting down to study or write or just relax?

At first the idea of redecorating is exciting but after the initial concept runs through your mind sometimes rearranging and redecorating can seem a little daunting and overwhelming. Especially when there is no real plan of attack!

So how do we approach the revamp of your bedroom or study? We will show you how in three simple steps.

DE CLUTTER

Take a look at your room as it is. If the shelves are a mess, if your closets are so full you cannot close the door, if you can’t see your floor because of all the stuff you own, DE CLUTTER! Yes as boring and unexciting as it may seem, the simple act of getting rid of all the things you don’t use anymore, all the clothes you haven’t worn in months and months plus all those bits and pieces you have collected over the years that serve absolutely no purpose and are simply taking up space – get rid of it! Get rid of it all! Place items in a recycle bag and donate it to charity.

You just won’t know yourself when all the things that are cluttering up your space are gone.

CLEAN YOUR CLOSET & DONATE THE CLOTHES TO CHARITY

EMBELLISH
Colour, colour, colour! Take the time to sit down and decide what colours you love and what colours you want to see in your room. Choose one main colour and work with it, keep it simple – you don’t want five bright colours overwhelming you while you are trying to study quietly or have a D&M with a girlfriend. This Spring think about aquas with shades of cream or white, greens with shades of grey. Or if you enjoy pastel colours, think about soft colours such as pink or yellow, they work wonders with white furnishings.

Once you have decided vaguely what colours you love, take the time to look out for new linen in those colours. There is no point choosing a colour and realising that you can’t find any bed sets or cushions in those colours!!

With your new linen selected and your colours finalised, now is the best part! Time to accessorise! Whether you are making your room or your study blossom this spring the MOST important part are the accessories - it really is as simple as out with the old and in with the new.

**Time to look for new cushions and linens in the colours you choose**

**ACCESSORIES**

Get rid of all those ornaments you have hanging around that you hate and replace them with a collection that you love, something that has meaning to you. There is nothing better than starting off with a few lovely pieces and building the collection up over the years, creating not only something that looks lovely but also something that brings you satisfaction and something that may even be worth something in years to come!

Accessorise your walls in a simplistic yet elegant look. Take down those posters and replace them with framed collages of photos taken with your friends. For something more original grab a blank canvas and some paints in the colours of your room and create your own abstract design, not only will it be a one off piece, it may also become a talking point when friends come over to stay.

With a de cluttered room, fresh colours, new and original accessories your room – whether it be your study or your bedroom, or even both, will feel like a new space and create an atmosphere of nothing but happiness and tranquillity – perfect for the spring and summer months ahead.

**FRESH COLOURS, NEW AND ORIGINAL ACCESSORIES**
Craft Ornament Tutorial

By: Erlinda Espinoza

Hey everyone! I’m Erlinda from White Lace and Promises and I was thrilled when asked by Gigi to share a fun craft project with you for this edition. It just so happens that this particular issue covers one of my favourite themes in the whole wide world... vintage!! I tend to be inclined towards the romantic side of vintage of course... You know... lace, pearls etc.

Many of you may know that I design and create lots and lots of cards but today I’m going to show you how to make a lovely keepsake ornament that is simple and easy; perhaps you can gift it to that special friend in your life who has blessed you so very much.

**STEP 1**

**Materials:**
- Paper scraps
- Hole punch, 1” - 2” (I used 1.5”)
- Clear drying craft glue or hot glue
- A small piece of thick cardstock
- Ribbon, lace or pearls
- Ruler
- Scissors and bone folder
- Embellishments

**STEP 2**

Start by punching circles from your scraps of paper. You will need 20 circles all up for each ornament.

**STEP 3**

Next draw an equilateral triangle the size of your circles. Here is where your piece of thick cardstock or cardboard will come in handy.

Once you have drawn your triangle on the cardboard simply cut it out with sharp scissors.

**STEP 4**

Trace your triangle on the back of every circle and using your scoring board gently score every line, proceed to fold and bend it using your bone folder. (If you don’t have a scoring board and bone folder, a ruler and empty ball point pen will do just fine). Fold the three sides up as shown.

**STEP 5**

To form the ornament, begin by gluing 5 circles together with the points of the triangles all facing the same direction. This will be the top.

**STEP 6**

Make a loop out of ribbon, lace or pearls for hanging the ornament and thread it through the middle of the five circles before the glue dries.

**STEP 7**

Glue another five circles together, in the same way as your first five, to form the bottom of the ornament.

Next, glue the 10 remaining circles together, side by side with points in opposite directions. Then join the last circle to the first. This will form the middle of the ornament.

**STEP 8**

Glue on the bottom followed by the top and your ornament is made. You can choose to stop here or, as in this case, add a little extra bling to embellish.

I’ve chosen to add a pearl where the triangles come together, not just for decorating purposes but also for extra sturdiness and a neater finish.

Your friend can choose to hang this pretty little ornament on her doorknob, or maybe it can be displayed on a shelf or table. You can also make a few in different sizes for a nice display or even fill them with scented flowers before gluing the top on.

This little keepsake has tons of potential. It’s a lovely birthday gift or may be given instead of a get well card; all you have to do is get creative!

I hope you’ve enjoyed my crafty contribution and maybe we’ll get to do something fun again next time.

May God Bless you always!
Meet Sania, God’s beautiful princess!

By: Stephanie Giselle
WHAT IS YOUR NAME:
Sania Frances Alamate.

HOW OLD ARE YOU?
I'm 14 years old, but turning 15 in December.

WHERE WERE YOU BORN?
I was born in a small town called Honiara, the capital city of the South Pacific nation: the Solomon Islands.

DO YOU SPEAK ANOTHER LANGUAGE & IF SO, CAN YOU TELL US YOUR FAVOURITE VERSE IN IT?
Yes, I speak Solomon Island Pidgin English. It's a lingua franca that serves to unite a nation of 87 + different languages. My favourite verse is from 2 Corinthians 4:8,9 – “Plande taem hadtaem hem kosome mifala bata olketa no winim mifala. Plande taem mifala wari tumas, bata tinging blo mifala hem no wikidaon. Plande pipol olketa kilim mifala nogud bata olketa no barava spoelem mifala.”

WHAT IS A STRONG PHILOSOPHY THAT YOU LIVE BY?
Something that I’ve grown to believe and live by is that I really can’t do anything without God’s help. Before I do anything and everything I have to seek God. Before I sit an exam, study for an exam, play a basketball game or do an assignment, I pray and ask the Lord to guide me through whatever it is that I’m doing. He never fails me.

WHAT IS SOMETHING THAT YOU ARE PASSIONATE ABOUT?
I’m passionate about a lot of things like family, God, schoolwork, music and equality. I think I’m most passionate about equality and fairness. Coming from a different country, having a different skin colour and a different culture, my family and I do not always get treated equally. My passion for family, God, schoolwork and equality also drive me to try my hardest so that I’m not denied of the things that I strive for and aim to achieve.

WHAT IS YOUR GOAL FOR THE FUTURE—YOUR CAREER OR DREAM?
Oh that’s a hard one! Since I’ve been able to make my own decisions and follow my own mind, my future career plans have changed often. At the moment, I’m aspiring to be a lawyer, specialising in business law, but if God impresses on my heart that I should follow another career path, I will go where He leads me. By the age of 25, I want to have a steady job and income, at least one degree, be living independently, and nurture a stronger relationship with God and to be the person that He wants me to be.

HOW HAVE YOU EXPERIENCED GOD IN YOUR LIFE?
Wow, there have been so many experiences where God has revealed Himself to me through the things that He does. I think the first ever occasion when I experienced His love and protection in my life was during my childhood days. When I was two, my family and I moved to Australia. We had left the Solomon Islands due to the ethnic tension at the time. We left our family, our home and ‘the good life’ that my parents had worked so hard to establish at a time when the country was in the midst of a civil war. Our family was in extreme danger and our lives were at risk. The memories of men with high powered guns and also having to hide everywhere are still a fresh memory for me. Only God kept us safe. God has always looked after us and protected us, even when circumstances seemed grim. We arrived in Australia with virtually nothing! Only God’s providence and love for us enabled us to survive.

WHAT CAN YOU TELL OTHERS WHO ARE APPREHENSIVE ABOUT HIM?
I’d say that it might seem hard at first but do not be afraid. There’s nothing to be scared of. God knows everything about you – He made you! He just wants you to love Him and obey His commandments and in return, He gives you eternal life and unconditional love. Choosing God will be the best decision you’ll ever make!
SPARKLE
(HEALTH)
SPARKLE ON THE OUTSIDE WITH HOW YOU TAKE CARE OF YOURSELF, THROUGH LIFE, MIND AND BODY
WHY DO WE GET PERIODS?
The female reproductive system comprises: the ovaries, fallopian tubes, uterus, cervix and vagina. At puberty the body starts producing the hormones oestrogen (estrogen) and progesterone. This enables the uterus (womb) to put down a thick lining of endometrium ready for a fertilised egg to begin growing at pregnancy. If pregnancy does not occur, this lining sheds along with some bleeding. This bleeding is called the period. This cycle occurs every 28 days, sometimes more, sometimes less.

WHY ARE PERIODS SO PAINFUL?
As the lining comes away, the uterus contracts (cramps) to expel it, this is what causes period pain.

WHAT COULD HELP RELIEVE THE PAIN?
Regular analgesics (painkillers) can be used, such as: Paracetamol (eg. Panadol), Ibuprofen (eg. Nurofen) which can be bought without prescription. Don’t use Nurofen if you have an allergy to Aspirin. There are other stronger drugs which can be used for strong period pain but a prescription is needed, so talk to your GP about it. Heat packs can also be very useful. Make sure to drink plenty of water.

ARE THERE CERTAIN FOODS WE SHOULD AVOID DURING OUR PERIOD?
There is no medical evidence to say we should avoid certain foods during the period, but if you find certain foods make things worse then don’t eat them. You may find that smaller more frequent meals may be easier to digest.

ARE THERE CERTAIN FOODS WE SHOULD INCREASE DURING OUR PERIOD?
A normal healthy diet should be kept at all times (a little indulgence doesn’t hurt!). Iron rich foods are very good for you.

SHOULD WE EXERCISE DURING OUR PERIOD?
You don’t need to stop exercising during your period but you may notice that you don’t have as much endurance or are more prone to injury during this time. Take it easy and listen to your body. Gentle exercise may also help with pain.

SHOULD EVERY GIRL TAKE AN IRON SUPPLEMENT?
Iron is an important nutrient, so iron rich foods should be eaten. If you don’t eat red meat then it is important to eat iron enriched foods. It is also good to eat vitamin C rich foods with any vegetarian based iron foods to help with iron absorption. Iron supplements MAY be needed if the blood loss is excessive. ALWAYS check with your doctor as TOO MUCH iron can cause other health problems.

MY PERIOD IS IRREGULAR, SHOULD I WORRY?
Periods can be irregular for many reasons: worry, stress, weight loss. If you are concerned then please see your GP.

I HAVE SOME PEOPLE SAY THAT YOU SHOULDN’T SHOWER DURING THIS TIME OF THE MONTH. IS THAT A MYTH?
You can shower during your period. In fact you may feel like showering more frequently.

WHAT KIND OF HYGIENE SHOULD WE HAVE DURING OUR PERIOD?
Hygiene is very important. Keep to your normal routine; you can use baths if you wish. The other thing to remember is if you use tampons, to change them every few hours and not use them overnight, use pads. This is to let the blood and tissue escape. Using tampons overnight can cause a build-up of toxic by-products and can contribute to Toxic Shock Syndrome… a very nasty infection.

by Bronwyn Hughes
Eating disorders are increasingly common among young people, particularly girls, and it’s hardly surprising. Young people face a daily barrage of toxic messages, both from the media and their peers, related to body image. It’s almost impossible to escape the highly manipulated and digitally-altered images of celebrities and models on the covers of our magazines.

Recent statistics indicate that 90 percent of 12-17 years old girls and 68 percent of 12-17 year old boys have been on a diet of some type. Unfortunately, a society obsessed with dieting means that it’s likely that many young people will develop an eating disorder of some description.

This is distressing indeed! We’re all unique and beautiful, and this makes us who we are. We’re not meant to be carbon copies of each other.

Eating disorders describe a group of illnesses where someone has a false or untrue view of their body image and suffers from extreme disturbances in their eating habits. Commonly known eating disorders include Anorexia Nervosa and Bulimia Nervosa. There are many reasons why a person might develop an eating disorder and they will vary from person to person. However, it might be brought on by one of the following triggers:

- stress
- thinking about weight and being skinny all of the time
- loss and grief
- brain chemistry
- physical, emotional or sexual abuse

Whatever the cause, if you feel that you might be suffering from an eating disorder, it’s important that you share this with someone you trust and get some help.

DEALING WITH EATING DISORDERS

By Sharon Witt
**ANOREXIA**

Anorexia Nervosa is probably the most commonly known eating disorder and it has been in the media spotlight many times in recent years. A girl suffering from Anorexia will often show symptoms of extreme weight loss and will most likely have a distorted (wrong) view of how her body actually looks to everybody else. It’s a bit like going to the show grounds and standing in front of one of those crazy mirrors. You look at yourself in the mirror and you look all weird and fat. That’s not how you really look, but your mind thinks it’s a truthful image.

Girls with Anorexia will often have an intense desire for weight loss and appearing thin. Food, weight and appearance often become the main focus for someone with Anorexia. Concentrating on food and weight becomes, for them, a way of dealing with, and managing, intense emotions.

**COMMON SYMPTOMS OF ANOREXIA:**
- fear of putting on weight
- avoiding fatty foods
- extreme loss of weight
- not wanting to eat
- over exercising
- constantly checking weight
- getting cold easily
- thinking they are fat / overweight
- nails and hair are brittle and break easily
- dry and yellow skin
- the appearance of lanugo (fine body hair)
- irregular periods or no periods whatsoever
- wearing oversized / baggy clothes to cover up loss of weight

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**BULIMIA**

Bulimia Nervosa is an eating disorder that involves regular binges (excessive amounts of eating). Sufferers may feel hungry and out of control and this leads to eating large amounts of food. Usually, extreme feelings of guilt and anxiety about becoming fat then leads to an intense desire to get rid of the food, often by vomiting.

**COMMON SYMPTOMS OF BULIMIA:**
- eating unusually large amounts of food and often the wrong types of food such as fatty foods and junk food
- being secretive about eating
- visiting the toilet to vomit or purge after eating
- extreme moodiness and depression
- being overly critical about their body
- feeling tired and often lacking in energy
- sore throat (from the acids coming up during vomiting)
- decaying teeth (caused by the acids in the stomach coming up)

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**WHAT TO DO IF YOU THINK YOU ARE SUFFERING FROM AN EATING DISORDER**

It’s vital that you seek help if you think you may be experiencing the symptoms of an eating disorder. If left undiagnosed and untreated, eating disorders can put a lot of pressure on your heart and other vital organs in your body that are trying to make up for the lack of food and nutrients in your body. So, here are some options you can follow to get some help:

- talk to someone you trust such as your mum, dad, teacher, friend or school counsellor
- call Kids Help Line or one of the other help lines
- if you find it too hard to talk to an adult on your own, tell a friend who can then talk to an adult on your behalf or come with you to talk to an adult
- ask a parent or adult to take you to see a doctor

There are many experts on eating disorders who have experience with helping young girls with these types of issues. Although you might feel this way, it’s important to know that you’re never alone!

If you don’t feel comfortable telling someone face-to-face, please make sure you call a help line or a support program listed below. Help is out there for you and may include counselling, hospital treatment (for severe cases) and other types of therapy. Just know that you never need to suffer alone. You can get better and lead a happy, healthy life following this disease.

**KIDS HELPLINE**


**THE BUTTERFLY FOUNDATION**

Support, programs and information on Eating Disorders
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I’M NOT BEAUTIFUL
A SYMPTOM OF NEEDING TO BE MORE THAN JUST OK!
By N.V.

Although unheard by the outside world, a conversation took place every morning in front of the mirror between me and the always disappointing reflection, or was it the reflection and the always disappointed me? Regardless, the internal monologue was vicious and yet the words seem so cliché as I begin to write them down now. Who says those things to themselves? The sad truth is that they internalised by a girl … me, the ‘me’ who was so desperate to be more than just OK. They sounded like this…

“Wow! Good morning Miss … Fat! Yes, you! Ugly fits! Disgusting fits better!! If only you were skinnier. Maybe people would like you more! Maybe you’d actually feel like you fit in with the cool kids, like they weren’t just talking to you out of pity. They couldn’t possibly just like you. And what about him, Yes ‘the HIM’ … maybe he would still want you and not her. Maybe?”

“You know what? Forget it… you know you won’t be satisfied until you’re under that ‘NUMBER’, until you can reach your hands around your waist and have your fingers touch. Now that’s SKINNY and right now you’re not even close. Who are you kidding? You know what it will take for people to notice, for you to be good enough, to be liked, to be beautiful, to be desirable! You also know what you’re having for breakfast don’t you … that’s right NOTHING! Why? Because you’re F*A*T!”

No one would allow a friend to speak of herself that way, but with no one to keep my thoughts in check they became a predictable pattern – a daily morning ritual. They became my ‘truth’.

In reality it was nothing close to the truth. It was just some warped image my mind thought it saw in the mirror and my mind was super critical. You see, the skinnier I got, the fatter I thought I was.

It’s a funny thing truth. How do you know what it is?
According to whose opinion, whose view? What makes it right? The fact is, the validity of anyone’s truth can always be debated but in the case of someone suffering from Anorexia the truth is unquestionably flawed. It’s a mind disease with physical symptoms. But you try telling that to the girl with the fat reflection. You try explaining that those ideals are unreasonable to the girl who won’t eat breakfast because she’s genuinely ‘not hungry’. Try arguing with the girl who takes nothing but salad and rice crackers for lunch because ‘it’s healthy’. You try convincing the girl who believes the pain in her stomach is ‘sickness’ that it’s actually her body desperately crying out for nourishment. She won’t listen and she won’t believe you because she takes comfort in the suffering, because she knows that at least she’s in control of something.

But I’m getting ahead of myself. You may be wondering how something like this even starts? Well for me it was a combination of a few things. Don’t go instantly jumping to conclusions. Sure we’re quick to jump on the media bandwagon blaming it for every single eating disorder any girl, or guy for that matter, has ever had. But I can guarantee you that while the media may have some impact, greater issues usually lie much closer to home and they are much more powerful in their influence.

For me it was three things, an incredibly low self-esteem, a fear of failure (which comes from an innate need when you’re the only one in the household and one quiet, caring and well-intended comment. “Honey, you’re at the age now where you need to start watching your weight and how much you eat. Don’t worry; it happens to all of us. It’s called becoming a woman.” It was just one simple comment spoken by my mum, but it was enough to reinforce my doubts and make me believe that I had to impress others to be happy. Was it all her fault? No. Having talked about it since, she revealed to me that she was worried about saying anything at all. She too had suffered from anorexia and bulimia for years and understood how fragile and delicate a situation can become. It wasn’t that I was fat; it’s just that I could hear that way if I wasn’t careful. She debated how to say it or even to say it at all. She decided to say it anyway.

You can never just blame your problems on one thing alone. There was a lot going on at the time. After doing most of my primary and junior high school years by correspondence, I started at a new school in Year 11. Suddenly I went from a relatively small and quiet world to one that was filled with demanding teachers, the challenge of making new friends and the most intimidating of all, interacting with boys. For someone with self-esteem issues and a fear of failure, suddenly life seemed a lot more demanding. I needed some way of feeling like I was in control and the two things I could control were my diet and my study. By turning to my studies I was able to distract myself from food. I became obsessed. You see I believed that if I got good grades the teachers would be impressed and if I was thin then my friends and the boys (actually one in particular) would also be impressed. It was a win for everyone (except me, but I didn’t know that then).

Initially it felt good, I was proud of my ability to control my body, to put up with the pain, to manage my portions and what I ate. The numbers on the scales were reducing, my grades were improving and I was getting noticed for all the ‘right’ reasons. I wasn’t falling. I was finally in control…

There’s a fine line between control and the total lack thereof. The mind is a fragile thing. I can’t tell you exactly when it happened, but some time in the next year and a half I went from being in control to almost losing it completely. I went from just being on a diet to being obsessed with my weight and throwing insults at my reflection. I got under ‘that NUMBER’, but then that number didn’t seem good enough.

People close to me noticed there was something wrong. They did what they could and said what they thought was right. But comments like, ‘You’re so skinny, you don’t even need to lose weight’, just told me that what I was doing was the right thing, I was impressing the right people.

In the end it was my dad who turned out to be the wise one in the situation. I don’t remember any lectures, any ‘Honey we’re worried about you’ or ‘You need to eat’ comments. I just remember him asking me what I would like for lunch. He knew I wouldn’t make it myself, so everyday for a year and a half, he would make it for me. He obliged my food requests, not because he believed they were the best choices for me but because he knew that I would eat it. He knew that my eating something was better than me not eating at all. I think he knew drawing attention to the problem would only make things worse. He was probably right, and thank goodness he was there.

Anyone who knows me now, knows I am no longer anorexic. In fact, most people would have absolutely no idea I ever was. So what changed? Well, I can put that down to one ordinary moment. Never one to make excuses, I always determined to prove I could do anything and I would push myself as hard as I could mentally and physically. That one moment happened during a P.E. class where I was doing just that — pushing myself! All of a sudden I felt my body snap. I can’t describe it any other way. It just broke. Instantly felt nauseous, not that I had anything to throw up, but the sickness was overwhelming. Everything inside my body began to shake. Those shakes lasted for 3 days.

I was scared. It was a huge wake up call. Deep down I knew that I had done this to myself. I knew also what had to be done to fix it. I knew I had to begin doing the very thing I had been trained to do — eat. It wasn’t easy, but the humour in the whole situation was that I discovered Arnott’s Barbeque Shapes. Thank goodness for little savoury hexagonal shaped biscuits. I credit them for saving me from ‘starvation’. Actually it was really my dad who helped. I started to learn to recognise that pain in my stomach for what it really was, hunger. I also began to learn to say the words ‘I’m hungry’, and when I did he was there ready to get whatever it was that I needed. If it was Barbeque Shapes I wanted, then that’s what we got, as many as I needed until I ate normally again.

It was a slow journey back to normality and as I write this now I wonder if my account of it is completely accurate or whether my mind is up to its old tricks. Others who watched on would probably tell my story differently. But there is one thing I think we can all agree on, I’m one of the lucky ones. It could have been so much worse. For many others it is. The day my body ‘broke’ was awful, but I’m grateful it happened. It saved me from my mind, it shook me back into reality, and it saved me from Anorexia.

To say there have been no long-term consequences would be untrue. I now suffer from a sluggish metabolism, weight issues and hormone imbalances. But I am now dealing with them the right way. There is a saying that has become my motto, “There is no diet that will do what healthy eating does.”

The truth is anorexia was never the problem. It was always a symptom, like so many of my other behaviours. The real issue lay in my internal cry to be ok, to be good enough, to be acceptable. But it was not to be accepted by others that I needed, it was actually to be accepted by myself.

It’s taken me a lot longer than a year and a half to figure out that I am more than ok. And while there are days where I still struggle with that whole notion, I am definitely learning that the more true to myself I am, the more people love me for me, quirks and all. It’s me they want to get to know not because I’m skinny but because I am creative, caring, talented and attractive. I have a lot to offer. I know there are things I still have to work on, and I want to work on them, because real living is about growing and transforming into the best version of myself.

I want to be brave, not the sort of brave that suffers through the pain of an empty stomach to seek approval, but the brave who dares to live a life that is completely self fulfilling. It takes courage to love the real you, to believe that your beauty is God’s gift and that true happiness is found in accepting that you were created in His image – perfect! It is this courage that I continue to seek because, “to be beautiful means to be yourself.”

“DON’T CHANGE SO OTHER PEOPLE WILL LIKE YOU. BE YOURSELF AND THE RIGHT PEOPLE WILL LOVE THE REAL YOU.”

(QUOTEDIARY.ME)
OK, SO YOU HEAR A LOT ABOUT CARBOHYDRATES, BUT WHAT IS THE TRUTH ABOUT THEM?

**MYTH # 1: ALL CARBS ARE EQUAL = FALSE**

Carbohydrate quality is important. There are nutrient deficient sources of carbs and nutrient rich sources of carbs. You’re looking for the nutrient rich sources of carbs, including those that are low GI such as vegetables and whole grains, because they will give you a more satisfied feeling and give you longer lasting energy without necessarily costing more calories. Nutrient deficient carbs, including high GI foods such as white bread and white rice, will give you only short-lasting energy, and you will need to eat more and consume more calories to keep going in your day.

If you love carb-rich potatoes, go for sweet potatoes, which are low GI. If you eat a lot of white rice and hate brown rice, choose basmati because it’s also low GI. Alternatively, you can mix some wild rice in with your white rice, which gives it a yummy, nutty texture.

Below are some examples of good carbohydrates and carbs you should avoid:

**GOOD CARBS (LOW GI)**
- wholegrain pasta, bread, cereals
- fresh fruit
- legumes and beans
- nuts and seeds

**NOT SO GOOD CARBS (HIGH GI)**
- lollies and sweets
- white potatoes
- baked goods
- most cereals, white bread and white pasta
- soft drinks (or soda)
- (pretty much any white or highly processed food)

**MYTH # 2: CARBS MAKE YOU FAT = FALSE**

Including carbs in your diet will not make you fat. Fat accumulates if you consume more calories in a day than you burn. Even if all you eat is vegetables, you will still put on weight if you consume more than you need because your body converts any leftover calories to storage in the form of fat.

On the other hand, everybody needs good, balanced nutrition. If all you eat is carbs, your body will cry out for other nutrients. So how many carbs should I be eating, do I hear you say? Use the following steps (in the table below) to find out how much is right for your body.

**MYTH # 3: WHEN ON A DIET IT IS GOOD TO CUT OUT CARBS COMPLETELY FOR A FEW DAYS = FALSE**

Carbs are essential as they are the body’s main source of fuel, especially for the brain. Cut these out and you’re most likely going to get massive headaches, feel very tired, and have no energy to think straight. Not healthy!

As an alternate to cutting out carbs completely, it is a better idea to only cut out empty (nutrient deficient) carbs and replace them with something more substantial. This will fill you up and keep you going for longer.

**MYTH # 4: CARBS MUST BE MIXED WITH VEGETARIAN PROTEIN SOURCES TO MAKE IT A COMPLETE PROTEIN = TRUE**

While this is true it is a myth that you have to eat the two together, at the same time of day. To get a complete protein you can eat one part in the morning and the other later on in the day; for example, you can have your oats for breakfast and then a bean salad for lunch. Your body still gets a complete protein!

On the other hand, it is often more convenient to just have them together so that you don’t forget. Some examples of vegetarian complete-protein sources are: rice with a tofu stir-fry, wholemeal bread sandwich with a lentil patty, and whole wheat pasta with a chickpea sauce.

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**A1: FIRST, WORK OUT YOUR BMR (BASAL METABOLIC RATE):**

- 655 + (9.6 x weight in kg) + (1.8 x height in cm) – (4.7 x age in yrs)
- E.g. Deborah, who is 70kg, 165 cm tall and 17 yrs old would have an equation looking like this:
- 655 + (9.6 x 70) + (1.8 x 165) – (4.7 x 17)
- = 655 + 672 + 297 - 79.9
- = 1544 calories per day

Alternatively, you can use an online calculator to find out your BMR.

**A2: NEXT, USE THE HARRIS BENEDICT EQUATION TO CALCULATE YOUR DAILY CALORIE NEEDS.**

Simply multiply your BMR by one of the following factors:
- If you are sedentary (little or no exercise): BMR x 1.2
- If you are highly active (light exercise/sport 1-3 days/week): BMR x 1.375
- If you are moderately active (moderate exercise sports 3-5 days a week): BMR x 1.55
- If you are very active (hard exercise/sports 6-7 days a week): BMR x 1.725
- If you are extra active (very hard exercise/sports plus physical job): BMR x 1.9

E.g. Deborah, who is moderately active, would multiply 1544 by 1.55 to get 2393. This is approximately how many calories Deborah should eat each day.

**A3: THEN, USING A HEALTHY RATIO OF CARBOHYDRATES TO FATS AND PROTEIN SUCH AS 40:25:35 WORK OUT HOW MANY CALORIES FROM EACH MACRONUTRIENT (CARBS, FATS, PROTEIN) YOU NEED.**

E.g. Deborah’s carbohydrate ratio would be 40% of 2393 = 957.2 calories from carbs.

**A4: DIVIDE THIS NUMBER BY 4 (BECAUSE CARBOHYDRATES GIVE 4 CALORIES PER GRAM) TO GET AN IDEA OF HOW MANY GRAMS PER DAY YOU SHOULD BE EATING. AND THERE YOU HAVE IT!**

E.g. Deborah should be eating about 240 grams of carbohydrate per day.

**A5: FINALLY, READING THE LABELS ON YOUR FOOD WILL TELL YOU HOW MANY GRAMS OF CARBOHYDRATE ARE IN EACH SERVING.**

- E.g. Deborah should be eating about 240 grams of carbohydrate per day.

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By: Lydia Smith (Nutritionist)
Asian Green Triangles

Ingredients

• 1 bunch baby bok choy, thinly sliced
• 1 brown onion, diced finely
• 1 clove garlic, crushed
• 1 teaspoon soy sauce
• 1 tablespoon chopped fresh basil
• 150g ricotta cheese
• 12 sheets filo pastry

Nutritional Information

Per Serve
- Kilocalories 260 kcal
- Calories 60 cal
- Protein 3 g
- Total fat 2 g
- Carbohydrate 8 g
- Sodium 150 mg
- Potassium 360 mg

Method

1. Place bok choy, onion, garlic, soy sauce, basil and ricotta cheese in a bowl. Mix until well combined.
2. Lay one sheet of filo pastry on the bench and fold lengthways into thirds.
3. Spoon some of the mixture onto the top of the pastry strip. Fold pastry over to form a triangle and continue folding the pastry strip.
4. Place triangle on a lightly greased tray. Continue to create filo triangles with the ricotta mixture, using a new sheet of filo each time.
5. Lightly spray triangles with canola oil before baking in a moderate oven, 180°C, for 10 minutes, or until golden brown.

Tips:
Try substituting different ingredients to change the flavour and make this recipe your own.

Serves 12

Double-Choc Balls

Ingredients

• 8 Sanitarium Weet-Bix, crushed
• 1 cup sultanas
• ½ cup coconut
• 2 tablespoons cocoa
• 395g can sweetened condensed milk
• ½ cup chocolate sprinkles

Nutritional Information

Per Ball: 360 kilojoules (90 calories)
- Protein 2 g
- Fat 3 g
- Carbohydrates 14 g
- Total Sugars 11 g
- Sodium 30 mg
- Potassium 160 mg
- Calcium 40 mg
- Iron 0.6 mg
- Fibre 1 g

Method

1. Place all ingredients, except chocolate sprinkles in a large bowl. Mix well.
2. Form mixture into 30 balls and toss in chocolate sprinkles.

Makes 30
Yummmm

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Pineapple & Mint Frappe

Ingredients
• 1 pineapple, peeled & chopped (850g)
• 1 cup apple juice
• Mint leaves
• Ice cubes

Nutritional Information
Per serve:
350 Kilojoules (85 calories). Protein 1g. Total Fat <1g. Saturated Fat 0g. Carbohydrates 16g. Total Sugars 16g. Sodium 7mg. Potassium 290mg. Calcium 40mg. Iron 0.4mg. Fibre 3g.

Method
1. Place pineapple, apple juice, mint leaves to taste and ice in a blender.
2. Blend until combined.

Serves: 6

Baked Vegetables With Dates And Fetta

Ingredients
• 2 whole beetroot
• 2 red onions, cut into wedges
• 4 carrots, sliced 1cm thick on diagonal
• 1 eggplant, chopped into 2cm pieces
• ½ cauliflower, broken into florets
• 1kg pumpkin, skinned and cut into 4cm pieces
• 2 tablespoons olive oil
• 2 teaspoons balsamic vinegar or glaze
• 6 fresh dates, stoned and quartered
• 100g reduced fat feta cheese
• 2 teaspoons toasted sesame seeds
• ¼ cup coriander leaves

Nutritional Information
Per serve:
1,000kJ (250Cal); Protein 12g; Total Fat 12g; Saturated Fat 3g; Carbohydrate 25g; Total Sugars 20g; Sodium 235mg; Potassium 1130mg; Calcium 155mg; Iron 2.5mg; Fibre 8g.

Method
Preheat oven to 200°C.

1. Wrap beetroot in foil and bake for 45 minutes.
2. Put the onions, carrots, eggplant, cauliflower and pumpkin in a large wide shallow baking dish. Add oil, season and toss so the oil lightly coats the vegetables. Bake for 35 minutes or until vegetables are tender.
3. Remove from the oven, peel beetroot and cut into chunks. Place the vegetables in a large serving bowl. Drizzle with balsamic vinegar and toss lightly. Place dates and feta on top, sprinkle with sesame seeds and coriander. 

Serves: 6

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ESSENCE

(BEAUTY)

DISCOVER THE TRUE ESSENCE OF YOUR BEAUTY
What skin are you in?

Have you ever walked into a supermarket and just stood there staring at the number of different types of cleansers being sold? Promising you that your skin will be flawless in a week?

Then you’re not entirely sure which brand actually is the best (except by reputation). And to make matters worse the product says that it must be only used for people with oily skin types. This is where the problem lies: do you truly know what skin type you are? In all honesty you could be making your skin problems worse! Yes, using a product on your skin that isn’t made for your skin type could indeed be causing more acne, or making your skin feel drier than before. This is due to the active ingredients in the products.

And yes, it’s embarrassing, so we use all the makeup we can to cover those blemishes! And it has a serious impact by Beauty Therapist, Nadia Andrades

One of the most common skin types out there. Combination skin types tend to have an oily T-zone, but have dry skin on the cheeks. This is a group many can finally call home.

Dry skin consists of the following:
- Is very delicate
- The pores can be barely seen
- Fine lines and wrinkles appear easily
- The skin can be easily aggravated by daily conditions, such as the weather, air conditioning and heat

Best oils for this skin:
- German chamomile - reduces redness
- Ylang ylang – good for balancing the moisture in the skin
- Rosewood - known to encourage growth of skin cells
- Jasmine absolute – can help with irritated skin
- Geranium – balances the production of oil


dry skin

I know the majority of us have claimed sometime in our life to have “dry skin.” Before acquiring my knowledge in skin, I was one of them. Dry skin is mostly caused by underactive sebaceous glands (oil glands) thus making the skin dehydrated due to the lack of natural oil.

Dry skin consists of the following:
- Shiny skin
- The skin appears and feel thick
- There will be acne/cyst acne present on the skin
- The skin appears red and sore
- Blackheads will be present on the skin

Best oils for this skin:
- Tea tree - fights bacteria, fungi, viruses
- Juniper berry - aid in the accumulation of toxins within the body
- Palmarosa - very hydrating, stimulating cellular regeneration

Normal skin

Many women actually claim to have normal skin; maybe because they might not suffer from acne. But it is one of the rarest skin types out there. I was lucky enough to come across this skin type once, in my 6 years of beauty care. This skin type is most commonly seen in children.

Normal skin consists of the following:
- Even skin tone
- No visible wrinkles, fine lines or open pores
- Excellent hydration

Best oils for this skin:
- Rosewood - known to encourage growth of skin cells
- Geranium - helps regulate oil production
- Sandalwood - Is soothing, moisturising
- Lavender - which is a great antiseptic
- Sweet almond oil - rich fatty acid
- Jojoba oil - smoothing

Sensitive skin

This group of skin types also tends to have a lot of people in the category. Normally people with this type of skin suffer allergies. Spring time can be most displeasing as the pollen can displease as the pollen can

Sensitive skin consists of the following:
- The skin appears reddish in colour
- With weather changes it will either get better or could become itchy and irritated
- Broken capillaries
- Feels dry and stretchy

Best oils for this skin:
- Calendula - infused oil, anti-inflammatory
- Jojoba oil - soothing, hydrating
- Apricot kernel oil - rich in fatty acids
- Lavender - helpful with inflammation
- Roman/ German chamomile - reduces redness and helps reduce dilated capillaries

Oily skin

Oily skin types suffer the most. The endless flow of oil is normally due to an overactive sebaceous gland (oil gland). And this is due to hormones, hereditary factors or diet. I recommend using a clay based mask with a few drops of natural oil. Clay can be hydrating and not as harsh as other products on the skin.

Oily skin consists of the following:
- Shiny skin
- The skin will appear and feel thick
- There will be acne/cyst acne present on the skin
- The skin appears red and sore
- Blackheads will be present on the skin

Best oils for this skin:
- Sandalwood - is soothing, moisturising
- Evening primrose - known to improve hair, skin, nails due to fatty acids
- Jojoba oil - soothing, hydrating
- Apricot kernel -rich in fatty acids
- Lavender - great antiseptic

Combination skin

Combination skin consists of the following:
- T-zone (Chin, nose, forehead)
- Slightly oily/dry
- Blackheads
- Dilated pores

Best oils for this skin:
- Geranium - balances the production of oil
- Lavender - great antiseptic
- Jojoba oil - soothing, hydrating
- Apricot kernel - rich in fatty acids
- Evening primrose - known to improve hair, skin, nails due to fatty acids
- Sandalwood - is soothing, moisturising

What skin type are you?

Here is a small guide helping you to identify what group you fall into. By adding 1-3 drops of these essential oils or vegetable oils (such as jojoba and almond oil) that are rich in fatty acids you can be helped to achieve supple and radiant skin.

Sensitive skin

Slightly oily/dry

Best oils for this skin:
- Roman/German chamomile - reduces redness and helps reduce dilated capillaries
- Blackheads

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PIMPLES

It’s the big day, you look in the mirror and there it is - a whopping pimple. They always seem to appear out of nowhere, unexpected and unasked.

A pimple results when excess oil gets trapped in the skin’s pores. The dreaded bumps are caused by a blockage to the oil gland in the skin. They mostly occur where the oil glands are most numerous, which is the face, chest, and back. The glands are required to keep the skin healthy, lubricated and supple by producing an oily substance called sebum. But if the glands become clogged, bacteria multiply, and infection and inflammation results.

5. POSSIBLE CAUSING FACTORS FOR THOSE DREADED BUMPS:

1. HORMONES - As if being a teenager wasn’t hard enough, raging hormones in the body increase during this time of life. This increase is responsible for the higher incidence of clogged oil glands, which can cause an outbreak of pimples. Also, teenage girls and adult women are at risk for pimples as they approach the start of their next period. This is when hormone levels start to fluctuate as well. Another culprit for hormonal imbalances is stress, which also shouldn’t be underestimated.

2. HEREDITY - Family trees are pretty strong and if your parents had their fair share of pimples in the past, chances are you will too, as the skin type you inherit determines its reaction to other factors.

3. COSMETICS - The type of moisturiser or makeup you put on your face can clog your pores, which could lead to an outbreak of red bumps and pimples. Avoid products with harsh chemicals (irritate the skin) and mineral oil (puts a film on the skin and doesn’t allow it to breathe).

4. ALLERGIES - We’re surrounded by so much pollution all around us these days and sometimes it’s more than our skin can handle. Watch out for artificial fragrances in perfume, laundry powder, etc. Also, certain foods like dairy, chocolate, peanuts, etc., can trigger skin problems.

5. JUNK FOOD - A diet high in refined and processed foods, which are usually high in fat and sugar, can worsen symptoms. Try to implement more fresh fruits and veggies as well as whole grains in your diet; you’ll likely notice a big difference in your skin complexion!

5 HELPFUL TIPS TO IMPROVE YOUR SKIN:

1. CLEANLINESS - Keep the skin washed and clean (we’re not talking about ‘germaphobia’) and keep your hair off the face, plus avoid touching your face with your fingers. Wash your pillowcases regularly, ideally with natural or mild detergent. Make sure you drink lots of pure water (about 8 glasses a day) to clean your body from the inside out which will make it easier for your skin to deal with the toxins and waste products it has to eliminate. Some exercise out in the sun and fresh air will also help with that.

2. HANDS OFF! - It’s so tempting to pick or squeeze pimples, I know, but playing with or popping pimples, no matter how careful and clean you are, mostly makes bumps stay redder and bumps longer. The big question is: is it an active volcano eruption or a dormant one? You shouldn’t pick unless the pimple is starting to look as if it’s erupting or if it blemishes the pimple shows a creamy-white head. These ‘pustules’ (distinct pimples that are red at the bottom and contain a visible amount of pus on top) can be squeezed, but ‘papules’ (bumps that are tender to the touch, which are pink in colour) should remain untouched, otherwise you will spread bacteria along your skin even more or, worse yet, force the bacteria deeper into your face.

3. CLOTHING - Avoid tight clothing and clothes made from synthetic fabric, because your skin needs to breathe in order to function properly. The same is for bed linen - choose 100% cotton wherever possible.

4. PAMPERING YOUR SKIN - Why not invite your friends over for a fun skin-pampering girl’s party where you can try some of the recipes below:

- HEALING DROPS: Putting a few drops of tea tree essential oil onto the red bump as soon as you can feel it, often prevents it from turning into a nasty pimple. Once the pimple is there though, try to dab some lemon juice on it as this is an astringent and helps to decrease the size and intensity of the pimple.

- FACIAL SAUNA: Cover your head with a towel and steam your face over a bowl of boiling water with an added teabag of chamomile, for 5-10 minutes. The steam will open up the pores and the chamomile is extremely healing and antiseptic.

- FACIAL MASK: Mix either some bicarb soda or green clay with some water to make into a paste and apply to the face. Leave on for 15 minutes and rinse with lukewarm water afterwards.

- SKIN FOODS: Apply the juice of some fresh cucumber (soothing), pineapple or pawpaw (contain enzymes that are anti-inflammatory and work as a natural exfoliator). Dab on, leave for 5 minutes, and then wash off with warm water and gently pat dry.

5. SHINE FROM THE INSIDE OUT! - Our modern society has taken away our womanly confidence in showing our natural beauty by getting us used to an artificial barbie doll-look and to hide our natural beauty under a thick layer of make-up: mascara, lip gloss, and so on. It almost becomes like an addiction: “I can’t live without it or imagine leaving the house without it,” “I feel naked without it,” “I hate looking at myself when I haven’t put any make-up on,” “I’m afraid boys won’t like me.”

Always remember that true beauty shines from the inside out - a sparkling heart makes a beamng face; “Wisdom makes a man’s (or woman’s) face to shine, and changes its hard appearance.” (Proverbs 8:1). Solomon says the wise person is beaming and has so much joy that you can see it on his or her face. What does others see when they look at you? Do you have joy? If not, perhaps it’s because you aren’t soaking in the wisdom of God’s Word. Why not start today and ask God: “Please give me a singing heart, sparkling eyes, and smiling lips.”

LET’S FACE IT

By: Jana Meldt
Lifestyle Counsellor
BATH TIME BLISS

Long gone are those times where people had to bring the copper filled with water to a boil on the fireplace, pouring the hot water into a tin tub for the weekly family bath. In our modern and fast-paced society though, we hardly know anymore what it means to have a proper bath as we have gotten used to our daily shower routine which is quick, efficient, and convenient – turning the tap on and off, hot and cold, within split seconds and without us even thinking about it. Despite that, we all love those rather rare moments where we can relax in the bathtub, filled with a lovely scented bubble bath soap, dimmed lights, and maybe some soft background music.

As our title of this month’s edition indicates, I’d like to share with you some pampering bath recipes.
Ever thought about making your own Bath Salts? It's easy and fun to do. All you need is:

- 1 cup of sea salt or rock salt and
- 25-50 drops of your favourite essential oil.

• Put the salt into a bowl, drip in the essential oils and stir well to coat the salt granules.
• Put in an airtight container or glass jar and use as much in your next bath as you like!

Using a seashell as a scoop makes a delightful gift addition. This is BATH SALTS at their most basic, mineral rich and fragrant!

A few different additives give this mixture some interesting variations:

2. Therapeutic Detox Bath (perfect for a great spring cleanse!). Add 1Tbsp of Green Clay.
3. Fizzy Fun Bath: Add 1/3 cup of citric acid (can be found in the baking section of the supermarket).

Or what about a HERBAL GARDEN BATH?

• Use 10 Tbsp of any dried herbs or flower petals to make a Herbal Bath. If you don't like any floaty bits in your bath water, measure all herbs into a small cotton bag (tied up handkerchief or stocking works well also) and leave that in your bath water. You could also make a tea infusion with those herbs before pouring it into your bath water.

For a herbal de-stress bath use the following recipe:

- 4 Tbsp dried lavender
- 4 Tbsp dried lemon balm
- 2 Tbsp dried mint.

Enjoy!

Have you ever wanted to feel like Cleopatra? Then this CLEOPATRA'S MILK BATH is the go-to recipe for you! All you need is:

- 2 cups of milk powder
- 1 Tbsp dried orange peel
- 2 tsp dried lavender flowers and
- 2 tsp dried rosemary.

Pamper yourself with this luxurious bath! Mix all the ingredients together and pour into a clear glass bottle. Use ½ - 1 cup of the mixture per bath and soak for 20 minutes. Tie a ribbon and a sprig of dried flowers to the jar for a ready gift!

And for all of us bubble bath lovers, the following is a super simple Homemade BUBBLE BATH recipe. Simply mix:

- 1 cup of a natural liquid soap (I personally like Dr. Bronners or Melrose Liquid Soap from the health food store as they're both very mild to the skin and don't contain any artificial or harmful chemicals)
- ¼ cup of glycerrin (it works as a skin moisturiser and can be found in the Health & Beauty section of the supermarket)
- 1 tsp of sugar (promotes lather so you can be sure of lots of bubbles) and
- 15 drops of your favourite essential oil.

Add ¼ cup per bath under warm water. This mixture makes a great showing of bubbles and leaves your skin feeling very soft.

This article wouldn't be complete though without a good BATH BOMB recipe. Yes, you can make your own! This is what you need:

- 1 cup citric acid
- 2 cups bicarb soda
- 1 tsp coconut oil (or any other vegetable oil)
- colouring and fragrance of choice (I like to use the combination of paprika powder for colour and orange essential oil for scent, looks nice and smells great!)

Put all of your dry ingredients in a bowl and mix them together very thoroughly. Place coconut oil into a small glass bowl and add fragrance and colouring. Slowly add oil mixture into dry ingredients and mix well. When your batch sticks together when squished, you need to work quickly (if you wait too long the mixture will get hard, if the mixture is too wet it will start the fizzing reaction).

Scoop up small amounts of the mixture and shape into balls or press into moulds (like silicone muffin trays which come in all sorts of shapes and forms). Balls should be placed on a sheet of baking paper for about 24 hours. Then store the finished bath bombs in a closed container. To use, drop 1 to 2 bombs into warm bath water.

For those who are even more daring, here is an advance recipe:

- Add ½ c cornflour (prolongs shelf-life)
- ½ cup Epsom salt (shortens drying time, gives a bit of a shine, makes fizzing action more vigorous)
- ½ tsp borax (can be found in the laundry section of the supermarket)
- 15 drops of essential oil
- 1 ½ Tbsp water and
- 3 Tbsp of vegetable oil instead of 1 tsp

Have fun!

In closing I’d like to remind you that God loves you, He wants “to nourish and to cherish” you, as it says in Ephesians 5. Most of all, He wants you to experience the most wonderful bath time bliss ever – He wants to sanctify and cleanse you with the washing of water by the Word, so that He can present you to Himself as glorious, without spot or wrinkle or any such things, radiant with holiness (Ephesians 5:26.27). This is God’s desire for you. Do you spend time with the Lord in His word on a daily basis, just as you take your daily shower? Why not decide today to make the spiritual cleansing routine part of your everyday life!

Jana Meldt
Lifestyle Counsellor
GLANCE

(FASHION)

DON‘T JUST GLANCE AT YOURSELF BUT TRULY EXAMINE WHAT FASHION YOU CAN CREATE BY EXPRESSING WHO YOU ARE.
I was talking to my friend’s brother a couple of months ago; he’s not a Christian and works at a nightclub. Anyway, he was telling me that their posh nightclub has a dress code and you have to abide by their dress rules or you will not get in. He has seen many people walk away ashamed because they do not meet the ‘dress code’.

How is it that even these inappropriate places have a dress code, yet we have become so liberal in our own churches that we don’t care what we look like? When in reality, this is a Holy place and we should dress with utmost care.

I believe that God deserves our utmost respect! We usually take great care to put on our best clothes for special events, but tend to neglect our ‘church look’ and forget that we are on our way to meet with royalty - our King.

I know that there is always the argument that God sees the heart; and it’s true, He does! However, I still believe that dressing decently is a sign of respect for you, the people who are worshiping with you and above all, God.

Our church is conservative, but there have been times when my jaw drops as a young woman walks into church half dressed. Other times I have averted my eyes as certain parts of the girl’s body are exposed as she leans over and gives me a hug. I am a woman and I feel embarrassed for her; imagine the male species in the church that Sabbath and above all, imagine God. I can just see Him blushing with shame!

Let’s be realistic, males are visual and they do look when a half dressed female body sways into church. You’re probably innocent and don’t realise the ripple effect your clothes are causing. Respect your body (temple of God), by dressing modestly and beautifully (& no, you don’t have to look like a nun!). Remember you are dressing for God. If you are unsure whether what you’re wearing is appropriate or not ask someone you trust - an adult who will tell you the truth.

We have put together a few looks that might be used as a guide for your church look. Take special note of the length of the clothes and the areas that are ‘covered’ to make your church dressing appropriate.

You might have your own style and colours that suit your skin tone. With this Spring colour pallet being bold and solid such as: rosy pink, zesty tangerine, warm yellow and ocean blues (to name a few) there is no shortage of colour for you to pick from.

Flip over and check out some looks!
Try dresses that cover your cleavage and reach the knee or slightly above the knee.

Add cute hair accessories, a lovely watch, great shoes & bag and you're set.

Tip:
“Pick a colour & repeat it twice. It can be the colour of a shoe, bag, belt, scarf etc. By repeating it twice you look put together, not thrown together!”

Move away from the same tired old black handbag. Give yourself a new fresh look this spring with lovely bright coloured bags. Coloured bags always look fabulous. They don’t go out of season!

The creamy belt fits perfectly with the dress. You could add a pink belt to match the bag. However, the dress already has a lot of colour and pattern and might make the look heavy.

The green adds a nice touch to this look. Little green belt & green shoes all go so well together.

You don’t always have to wear high heel shoes – flats are just as acceptable and they look very sweet.

Platform shoes are also great to wear as they are more comfortable. Try to keep away from high heels if you can’t walk in them.

A different colour hair piece adds charm. Notice that this one still has a bit of grey and black but it also has a touch of pink.

Anything that has spaghetti straps should be worn with a little cardigan. In this case we’ve added a black cardigan to tie in with the look.

Roll up the sleeves and leave it open to appreciate the belt & the whole look.

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A TOUCH OF VINTAGE

It’s fun to experiment with fashion! In this section, lovely Natalia Melville is wearing some cute vintage inspired looks.

Lace blouse, pencil skirt, rolled up jeans & simple hair accessories can revamp your style in a flash; going from modern chic to dreamy vintage.

Some of the clothes that Natalia is wearing are from the OP shops. You can definitely find some fantastic vintage looks in these stores. Flip through the next few pages and be inspired.
SWEET BUT FLIRTY

PHOTOGRAPHY: QUALIS PHOTOGRAPHY - KARLA RIVERA
PRETTY IN LACE

CUTE IN DENIM

PHOTOGRAPHY: QUALIS PHOTOGRAPHY - KARLA RIVERA
SET DESIGN: WHITE LACE & PROMISES - LINDA ESPINOZA

PHOTOGRAPHY: QUALIS PHOTOGRAPHY - KARLA RIVERA
SET DESIGN: WHITE LACE & PROMISES - LINDA ESPINOZA
MOMENTS

(RELATIONSHIPS)

Whether good or bad, we all have moments in our lives that we love sharing with friends and loved ones. We also have moments that have caused us pain and anxiety; however through God we can find peace and healing.
There is something in us girls that longs to be loved and pursued. We long to be told we’re pretty, to know a boy has noticed us and appreciates our wit, intelligence and poise. All fairy tales are woven around this desire; that someday our prince will come. The good news is that God has wired us girls for True Love. We are wired to have a longing for a protector, a knight in shining armour who rides up on a shiny motorbike and sweeps us off our feet with poetry, flowers and homemade pistachio macaroons.

Don’t Settle for Skinny Love
By: Rochelle Melville
**KISSING TOADS**

Unfortunately sometimes in our zest to fulfill that longing for True Love, we end up practising the art of kissing frogs. Sometimes in our impatience we compromise our princely dreams and settle for toads. We settle for boys who look and act nothing like handsome knights or charming princes, and who do crazy things to get our attention... we get caught up swooning over our Crush's antics.

Girls, I am not here to put a damper on your love life, but I do want to encourage you not to settle for skinny love that leaves the heart longing. Skinny love is immature, incomplete or left-over-love. Skinny love is all-about-me-and-what-I-want; it's dry, self-seeking and gives the flick when it tires of us.

**WHAT'S SWEETCHIOUS LOVE**

I want to inspire you to save yourself for love that God has designed our girlish hearts for; big, overflowing, sweetchious love. Sweetchious love has the highest intentions and keeps the future in view. Sweetchious love is love that has been topped up by a Higher Power and holds a greater purpose than simply propping up an ego or being shown off as the 'love of my life'. Sweetchious love intertwines with thoughtful words and ways that say I love and respect you. Sweetchious love has the resilience and strength to talk through problems, is respectful and encourages us to develop our strengths and gifts and thinks we are the most amazing girl ever to walk the planet.

Break ups hurt at the deepest levels and have us carry around baggage such as low self-esteem and fear of betrayal, from relationship to relationship. After hurts, our hearts become a little wary and weary. A heart that has hardened and has a few cracks isn't ideal in forming long term relationships. The Bible clearly encourages us not to take lightly the matters of the heart.

"Above all else, guard your heart, for it is the wellspring of life." - Proverbs 4:23

Focusing on dating is focusing on the short term and the superficial. When you feel like giving up on boys or are frustrated with your love life, try a new perspective. Delve a little deeper within and you may see that feeling sad or lonely, wanting to be popular or wishing some boy would tell you that you are beautiful, is a symptom and not your deepest desire.

"The LORD will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail." - Isaiah 58:11

**FEELING UNLOVED**

When we feel unloved, empty, depressed, lonely... that's our heart calling out for God to take his rightful place in us: by filling us with his love. That great big hole that has been ripped open when your love was broken with you? That's a God-shaped hole. We all have a God-shaped hole that only God can fill. It's not some tiny bullet hole, nor the shape of a valentine's heart. The God-sized hole is the shape of our entire body. Only God can give us unconditional love.

Jesus answered, 'Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life.' - John 4:13-14

We will be barren, dry and dissatisfied without God within.

'Delight yourself in the LORD and he will give you the desires of your heart. Commit your way to the LORD; trust in him and he will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun. Be still before the LORD and wait patiently for him.' - Psalm 37:6-7

**AWAKENING THE DRAGON**

God says he will give us the desires of our heart after we delight ourselves in Him. Notice also that God gives us the deepest longings of our heart, not what we think we want. Do you depend on your boyfriend, your Crush or your friends for your happy thoughts? When a guy ignores you, do you feel down and when he spends time with you, you feel good? How are you going depending on and submitting to, God? Not easy right? Unless we are intentional, boys will pull our attention away from God.

'True Love' has a serious counterfeit. Many of us mistakenly equate physical touch with love. In the Bible, King Solomon uses the term 'awaken love' to describe that time when physical touch in marriage awakens deep intimate desires. When we awaken love before we are married it is like awakening a dragon that often becomes all-consuming and uncontrollable. Common sense is overruled by the fiery passion dragon. When we awaken physical love early we risk becoming a slave to our bodies and neglecting our heart. Physical touch becomes the date rather than building up the relationship and getting to know each other. Interestingly even outside of Christianity, the majority of boys and ¾ of girls regret their first sexual encounter outside of marriage.

**WHAT IS TRUE LOVE**

I want to encourage you to spend your time as a young woman developing your strengths and establishing your identity. I urge you to develop your skills at being a good friend, instead of in Pursuing the opposite sex, your 'True Love'. Sweetchious love is sacred and worth waiting for.

It's setting the goal of moving into emotional and physical intimacy with just one member of the opposite sex, your 'True Love'. Sweetchious love is sacred and worth waiting for.

**IS DATING A HOBBY**

So if our primary purpose in life is to seek and serve God and live a life of true significance, we need to boldly let that purpose colour our attitude toward boys. We live in a world saturated with dating; every TV show, movie, song and book intertwines the theme of serial monogamy and dating. This secular model depicts dating and break ups as part of daily life and completely normal. This model is in fact unbiblical and flawed and leaves us vulnerable to hurt and unhealthy patterns of relating. Dating is not a good way to see if you are compatible or if he's 'The One'. If we lower dating simply to a recreation or hobby, a loneliness-filler or popularity up-er, we risk establishing patterns of meet up, date and break up, which can become a habit with serious consequences. A Christian perspective on dating could include waiting to date until two mature people, already knowing each other really well, begin a relationship with the expressed intention of a happily ever after. It's setting the goal of moving into emotional and physical intimacy with just one member of the opposite sex, your 'True Love'. Sweetchious love is sacred and worth waiting for.

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The younger people are when they begin dating, the less meaningful dating becomes later in life. For them, dating is simply a status, it isn't necessarily out of their heart. Due to this fact, many relationships are hindered because they don't date to marry; they date to not be single.

Early dating is one of the main causes of skinny love. Reality is, the median age of females marrying is 27.9 years and for males it is 29.6 years. If we were to draw out our life time-line we would see that the teen and youth years are far away from the marrying years which are the mid to later twenties. Thus the most likely reality of early dating is serial break ups and broken hearts. Bandaged, tired hearts have little to give.

A spring is water that bubbles up from out of the ground; it overflows because it is full; it has much to give. Don’t risk your heart prematurely and end up with skinny love, guard your heart and hold out for sweetchious love.

9 Wrong Reasons To Date

1. To feel better about yourself (more secure, pretty, popular)
2. So you won’t feel lonely
3. To distance yourself from family issues
4. Monetary gain or financial security
5. Get back at an ex
6. To fit in with a certain group or gain acceptance from others
7. Everyone else is doing it (no they’re not!)
8. To gain physical intimacy or after having been physically intimate with someone
9. As an act of rebellion
GIGI asked 7 married ladies to send their words of wisdom on dating. Read their exclusive and insightful tips. Take notes girls these are definitely wise words.
Words of Wisdom
By Patty Gillespie
I needed to think long and hard about this question because I have a 10 year old daughter who soon will reach her teenage years. I think I would say this to her:

1. Before you start dating, know who you are. Understand that you're the daughter of the King, our creator God, and you're special to him. He loves you and sees you as the most important jewel on this earth. Don't let a guy make you feel any less than this, or try to change you into a person he would prefer you to be.

2. As the daughter of the Creator, it's important to have daily communication with Him. Pray for your relationship. If it's meant to be, then this special guy will respect you and your parents' rules and advice.

3. Choose a godly man that you can look up to. Observe the way your dad, male relative or pastor behaves towards his wife, daughters and women in general. This will help you see whether this special guy fits into the big picture of your life.

4. If you have questions or concerns, don't be silent. Talk to Mum, Dad, close relatives, trusted friends or your pastor about the things that trouble you.

5. If you date in secret, it won't work out. Let your parents know if you're dating. Don't give him everything until you're dating. Don't give him everything until you're dating. Don't give him everything until you're dating.

6. Very important: Watch the way he behaves and treats his mother or sister. How he treats them will eventually be the way he treats you.

7. Never forget that God has the perfect guy for you so you don't need to rush. You just need to have faith that, in time, you will find the right guy for you.

Hope these tips help. Blessings and much love xxx

Words of Wisdom
By Debbie Cosier
Well, I have two teenage sons and no daughters, so you may be thinking: Why would she give dating advice to girls? I guess you could say it's because I have a vested interest in my boys choosing good partners - and in them being good partners. Because of this, I think I'd pretty much give the same advice to girls as I give my boys:

1. Date someone you can admire and respect. Be someone they can admire and respect.

2. Discover what kind of person you really want to end up with.

3. Apologise if you need to and learn something from your mistake.

4. If you're really serious about someone, be around when they slam their finger in the car door! This will tell you a lot about how they react when times are tough...

5. Don't underestimate sex before marriage. It can threaten your health, overcomplicate your relationship with dates and Ex's, and dominate your life.

6. Don't believe all the hype... there's really no worth in your life, will have her heart broken.

Here are my tips for making smart, responsible choices, and letting boys know exactly where you stand.

TIP 1: Impress for respect. Boys will almost always change or value you as a woman. Show your man that you respect yourself; dress like a lady and don't allow him to call you names. Remember it's a two way street and treat him with respect too.

TIP 2: Precious girls, don't let your guy know where you stand. I know it's a cliché and everyone says it, but it truly is easy to get carried away in the heat of the moment. My best advice is, work out from the beginning what boundaries you feel comfortable with, and have the courage to stick with them. You are worth it and the right guy is always going to respect you and your boundaries.

Words of Wisdom
By Xiomara Salmeron
I remember play-acting my dream wedding when I was a child. I dressed up in my mother's gown, wore her oversized shoes, and walked up the makeshift aisle of stuffed toys and dolls towards my prince charming, who in this case was an oversized teddy bear my parents had bought me at the show grounds.

I think that every girl at some stage in their lives dreams of feeling like a princess on their wedding day. However, the journey to meet our real life Prince Charming can sometimes be a long and difficult one. Almost every girl, at some stage in her life, will have her heart broken.

Here are my tips for making smart, responsible choices, and letting boys know exactly where you stand:

TIP 1: Family, Friends, Study and Play. Don't allow any boy to become the sole focus of your life. Remember that you have friends and family who will always be there for you when you need them. Also, boys are usually more attracted to independent women; so paying attention in school, doing your homework and reaching your goals in life, will impress the boys.

TIP 2: Impress for respect. Boys will almost always treat you the way you let them treat you. If you let them treat you badly, they won't find any reason to change or value you as a woman. Show your man that you respect yourself; dress like a lady and don't allow him to call you names. Remember it's a two way street and treat him with respect too.

TIP 3: Talk, talk, talk. Let him know what you like and what you don't like. Most problems start with bad communication, assumptions and rumours. Talk to your boy. They like to feel consulted. The more you do this, the more likely they are to do the same with you.

TIP 4: Waiting is important. Sometimes boys will say whatever they need to, in order to get what they want. Respecting yourself means waiting to have sex.

Words of Wisdom
By Bec Reid
As a teenage girl it's important to set the boundaries in a relationship. Even if you don't consider it to be a serious relationship, it's still important to let your guy know where you stand. Here's my advice:

TIP 1: Family, friends, study and play. Don't allow any boy to become the sole focus of your life. Remember that you have friends and family who will always be there for you when you need them. Also, boys are usually more attracted to independent women; so paying attention in school, doing your homework and reaching your goals in life, will impress the boys.

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Words of Wisdom

By Kristie Sipec

When I was a teenager, I was much too shy to date guys so I didn't have my first boyfriend until I was 19 years old! But there were so many things I learnt along the way — and some of them I learnt the hard way! Here are my top three tips:

1. It's OK if you don't date just yet. Teenage girls go through a lot of changes and are really vulnerable to self-esteem issues. When our self-worth is low, we're tempted to think that having a boyfriend will make us feel better about ourselves and ourselves. Let me tell you from experience, no guy will ever fulfill this need!

Our self-esteem can only be found through getting to know Jesus as our personal saviour, and then we'll see ourselves as He truly are — children of God and princesses in His heavenly kingdom. Sadly, some of my friends dated too young and are now paying the price in unhappy marriages. Through God's mercy I realised this principle before it was too late and married when I was 30. That was pretty late for my day but I knew I'd finally found the right one. Don't feel pressured into dating by friends, family or guys before you're ready!

2. When you're ready to date, know the kind of guy you want in your life. There's nothing wrong with having standards and making a wish list! Don't settle for anything less.

3. Third, Romans 14:21 says, "It is good not to do anything that causes your brother to stumble". Let me be completely honest here: guys might say they respect and appreciate girls more when they dress modestly, but when they look at girls in sexy outfits, they like what they see! Let's face it, boys can be a bit weak in this area, even those who've made a commitment to stay pure before marriage. When Romans says we're not to cause our brother to stumble, it means that we need to help him out by encouraging him to think wholesome thoughts when we're with him. This includes dressing modestly. I don't mean we have to dress like we stepped out of the 1800s, but dress in a classy way and without revealing too much. This extends to how we talk or act when we're around him. Let's make it easier on our brothers to remain faithful to God by being a strong, positive influence.

Finally, I'd recommend you read this radical-sounding book called "I Kissed Dating Goodbye" by Joshua Harris. I promise you, he does not say "Thou shalt not date!" I guarantee that you'll enjoy this book and it'll make you think differently about the topic. Wishing you God's blessings as you enter the rather exciting world of dating!

Words of Wisdom

By Chrystal Gibson

It's a new thing. Exciting. Mysterious. Does that boy really like me? Do I truly like him? How should I act? What's the right thing to do?

Sometimes it's hard to sort out the big jumble of new feelings that are starting to make headway in your life. But I'd like to share something that I hope will help.

1. Surrender yourself to God

This is rule number one for knowing when and whom to date. I truly believe that God has a special plan in mind for every girl willing to listen to His leading, and you'll find that His choice exceeds anything you could ever dream of. If you have a healthy relationship with your Father in heaven, who knows the thoughts and heart of every person, then He'll direct you to the right person, at the right time.

2. Do you know where you're going?

Until you know who you are, where you're going, what you want out of life, and what you believe in, it will be hard to find someone right for you, especially for the long term. Working on this is essential. It's a lot easier then to find a boy who has similar values and beliefs as you.

3. Don't rush

Finding the right boy takes time. Sometimes days, weeks or even months can seem like an eternity when trying to decide whether to date a boy who's asked you out. But if you take your time, it will save you a lot of heartache and grief in the long run. And if he wants to push you into a quick decision, he's not the boy for you.

4. A boy carefully chosen is a boy carefully kept

Studies have shown that whoever you pick as a potential partner may affect you in ways that are truly surprising, because the more you spend time with someone, the more you become like that person. So this can mean that if you choose a boy who's less intelligent than you, over time you may well lose intelligence too! If you choose a boy who doesn't love God.... You can see where I'm going with this.

5. Is he converted?

I'm sure you've heard this: "Do not be yoked together with unbelievers" (2 Corinthians 6:14, NIV). You may not know whether the cute guy sitting in the church pew in front of you is really a believer or not. After all, dressing nice and going to church makes you a Christian the same way standing in a garage makes you a mechanic? Ask yourself: Does he truly love God? Does he pray, attend studies? Did he do so before he met me?

When a guy likes you, he might just try anything to get you to like him - even go to church, take Bible studies, or attend church events where he knows you'll be. Because you like him so much you think that you'll be able to change him; that by your influence, he'll surrender to God. Sadly, this seldom happens. Statistics show that you're more likely to lose your relationship with God than he is to find God by being with you. He must find God before he finds you.

6. How does he treat his mum?

How well he treats his mum will give you an idea of how well he'll treat you once the warm fuzzies of a new relationship wear off. Ask yourself, does he respect his mum? Is he kind to others? When he's with his friends, does he swear, exaggerate, or carry on? These are cues that he may not be everything you thought he was.

7. Your parents know what they're talking about

It might be hard to imagine, but once upon a time your parents were your age too, and they don't want you to make the same mistakes they did. They love you and want to keep you from as much heartache as possible. Listen carefully to their advice. The Bible agrees when it says, "Listen...to your father's instruction and do not forsake your mother's teaching" (Proverbs 1:8, NIV).
LET GOD WRITE YOUR LOVE STORY
BLOSSOM
(SPIRITUALITY)

SEE THE STORIES OF WHAT GOD HAS DONE IN THE LIVES OF HIS DAUGHTERS AND LET IT INSPIRE YOU TO FLOURISH IN YOUR DAILY WALK WITH HIM
By Miriam Flamenco

It was a beautiful Friday morning on October 10, 1986, and I was living in the capital of El Salvador. In the distance my two year-old son Wally and I could hear the beating of drums. It was a parade, and it would soon come down the main street. Wally was very excited. Could we please go and watch, he asked.

Since the main street was only 30 meters from our home, I decided I would give Wally this little treat. So I went into the nursery to collect my three month-old baby girl Nathalie, and the three of us headed out to watch.

Wally and I watched the parade in fascination, but after about ten minutes Nathalie began to get restless and cry. She was tired and hungry. So back home we went. I nursed her and put her down for her nap.

But Wally desperately wanted to go back to see the rest of the parade. I was torn. How could we go and leave Nathalie alone? Still, after Wally’s relentless persistence, I finally gave in. After all, I thought, we’re literally just around the corner and will be back before she knows it.

Nearing the parade, we suddenly felt the earth begin to shake. It shook so much that it was virtually impossible to remain standing. People screamed and others ran back and forth like madmen, confused and scared in the earthquake. I turned around with Wally, struggling to keep my footing and get back home to my baby.

I finally reached the door when I heard a man scream, “Lady! Don’t go in there! Don’t you know that the house is going to collapse?” In anguish and desperation I yelled back, “I have to go in, my baby is inside! I have to get her out!”

The door was jammed because the house had shifted on its foundations in the quake, but I somehow managed to open it. Making my way through the house I climbed over the fallen objects now littering the floor. Finally reaching her room I ran to Nathalie’s cot, grabbed her, and held her tight.

I looked around to plan my way out, surveying the damage. I was astonished to see one of the walls in the nursery bent at an odd angle over the cot, ready to give way and kill my baby girl. The whole house was cracking up, all the doors were jammed shut and couldn’t be opened —all except the front door and the door to my baby’s room.

As I made my way to the front door, I looked back one last time. What I saw in the living area alarmed me. All the sofas and armchairs were tunneled over. They had fallen on top of the small coffee table where Wally loved to play. If we hadn’t gone to the parade, he probably would have been there! I cried from happiness, knowing that God had protected the lives of both my children. What an amazing God I serve!

Today, 27 years later, this unforgettable experience is one that I look back on with gratitude. Lifting my eyes to heaven I thank God because He is faithful in our lives. That day, He fulfilled His promise in Psalms 91:11 — “For He shall give His angels charge over you, to keep you in all your ways.”
Evaluate what Prayer is to you

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Amen.

The Lord’s Prayer

Our Father in heaven, Hallowed be Your name.
Your kingdom come. Your will be done
On earth as it is in heaven.
Give us this day our daily bread.
And forgive us our debts,
As we forgive our debtors.
And do not lead us into temptation,
But deliver us from the evil one.
For Yours is the kingdom and the power and the glory forever.
Amen.

MATTHEW 6: 9-13 (NKJV)
Are there times that are tough, hurtful or disheartening? Times that you think God doesn’t love you or isn’t there? Have you run away from Him?

We live in a sin-filled world and until Jesus comes to take us home we will always suffer. However, He is your loyal friend who is always with you. He never leaves your side. But we leave His.

So what can we do to renew our relationship with God?

BY Jorja Hale

Follow these 3 points for how we can restore our walk with God.

1. **Pray**
   If you have stopped praying, and have lost that very important thread of communication with God, and aren’t sure how to begin again, then read 1 Thessalonians 5:17 (NIV) where it says “pray continually.” Simple and to the point.

   But why start? Read Luke 22:46 (NIV), “Why are you sleeping?” he asked them. “Get up and pray so that you will not fall into temptation.”

   Well there’s our answer, when we relink ourselves to God we will fight temptation and we won’t leave God’s side, no matter what.

2. **He is waiting for YOU**
   Did you know that God will never force himself into our lives? In fact, he waits for us to call Him. Read Psalms 18:6 (NIV) “in my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears 16 He reached down from on high and took hold of me; he drew me out of deep waters.”

   He is your rescuer, He’s ready to listen and help you. So call out to Him, let Him come and rescue you. Don’t let Him wait any longer. He loves you. Psalm 136:2(NIV) says so, “Give thanks to the God of gods His love endures forever.”

3. **You woke up today**
   Psalms 3:5(NIV) says “I lie down and sleep; I wake again, because the Lord sustains me.”

   Last but certainly not least, thank God for giving you another day, another chance to walk with Him. This is an opportunity to start afresh. John 6:33(NIV) says “For the bread of God is the bread that comes down from heaven and gives life to the world.”

   My dear friends I hope these 3 points will help you to reconnect your communication with your heavenly Father. Go ahead and trust in the Lord for everything. God bless you.
IT’S ALL ABOUT ATTITUDE!

By: Andrew McLennan

I want to talk to you about a subject that can change your life. People call this the Beatitudes. That’s a weird word and I don’t know what it means, but essentially what Jesus talked about was attitudes of the human heart.

EIGHT SIMPLE RULES

You know, these Beatitudes (eight of them) are actually listed in the Bible and the interesting thing is that all of them deal with internal attitudes. What Jesus basically said is that if you want to be blessed, if you want to have a great life, you need to have these things. He said:

• You’re blessed if you have a poor spirit or a heart that is hungry
• You’re blessed if you mourn
• You’re blessed if you’re meek or you’re humble
• You’re blessed if you’re hungry and thirst for righteousness
• You’re blessed if you’re merciful and if you can forgive people
• You’re blessed if your heart is pure
• You’re blessed if you bring peace and harmony in your world
• You’re blessed even if you’re persecuted or criticised for living a righteous life

It is interesting when He said, If you want to be blessed adopt these attitudes, adopt these ways of living, because all of them are internal things.

WHAT’S THE WORLD UP TO

Today in our world, society is constantly telling us that if you want to be happy, if you want to be blessed, then get the outside of your world going on; in other words look great or look hot or look fit or lose some weight or adjust yourself in some way.

I did some research on this and every year in Australia 2.5 billion dollars is spent on diet products, weight loss services, fitness centres, and cosmetic surgery. Of that, 644 million is cosmetic surgery; people are altering themselves on the outside trying to get an image that will hopefully make their lives a little bit better. We think that if we look a little bit better, if our body image is a bit better we will be happier people. Maybe we’ll meet that guy?

The bible says in proverbs 4:23 “Guard your heart with all diligence for out of your heart flows the issues of life.” So if you want to have a great life, if you really want to enjoy life, then Jesus’ plan is to deal with the stuff on the inside.

So, the key in having a great life, the key in having an amazing life is to get our heart in a really good place - how do we do that? I’ll talk about it right at the end.

HEROES OF THE BIBLE

I want to say more on this subject because the Bible talks a lot about appearances, about looking good but more importantly about being good on the inside. There’s nothing wrong in being fit, with looking great on the outside, the Bible doesn’t say it’s bad to look good, the Bible deliberately says there were good looking people. Joseph, one of the greatest heroes in the Bible was handsome in form and appearance. David one of the greatest kings was good looking. Guys wanted to be like him and girls wanted to be with him, but you know the Bible says that what made him a hero, what really set him up in life was that he had a heart after God; he loved God, he loved God more than anything else in this world. His internal world was in a really healthy place and his life was blessed.

Daniel is another great hero of the Bible! We know Daniel because he ended up in the lion’s den and the lions didn’t eat him. The Bible says that Daniel was a good looking guy, isn’t this amazing!

Esther, there’s a whole book in the Bible written about Esther, she became the Queen of the Persian Empire to King Xerxes, and we know about Xerxes from ancient Greek history. Esther was the most beautiful woman in the empire of the Persians and yet the Bible says that she became a hero not because of her good looks but because of the internal choices she made inside of her heart.
WHAT WILL LAST FOREVER

We won't stay young forever and it almost feels like some people are just trying to hang onto this youth image forever, but what is going to last is what's on the inside.

I want to encourage you today if you sort of believe in God, to put Him first in your life. He gives you the ability or the strength to have good attitudes in our hearts, he changes us from the inside, and then our lives are in order. And whether we look hot or not, whether we've got the 'perfect body' or slightly imperfect body, it doesn't matter so much because on the inside there is joy, on the inside there is peace, on the inside there is a sense of contentment with whom we are. I don't have a perfect 10 out of 10 look, but you know what? I am actually happy with the way I am because on the inside my heart is right before God and that's what is bringing me joy, that's what is bringing me peace, bringing me sense of purpose in this life.

SECRET OF A GREAT LIFE

So take that step. Take that bold brave step to say to God “I want to put you first in my life. God I want you to help me with the internal things in my world, not just the external things”. And when you do you'll set yourself up for a great life. A life that takes on new meaning, new purpose, new joy, new peace. A peace that fills your life when your heart is right before God, and that's what Jesus was talking about in these Beatitudes. Will you accept Him today?

*Adapted from podcast & used by permission from Andrew McLennan & 96.5 FM Family Radio Station*
THINK:
who do you talk with more each day - God or your friends?

BUT NOT TOO HARD:
Do you think Noah knew how to swim?

Funny & deep. Surprising and smart. One-liners to put you on top of your day.

I found that One-Liner Wisdom for Today's Girls has really fun biblical and practical ideas, and is divided into seven short, easy-to-read parts.

1. My Walk is about becoming the woman God wants me to be, not the type of girl that MTV or CosmoGirl wants us to be.

2. My Value asks the question, do I think my appearance determines my significance? This is about valuing myself as much as God values me.

3. My God looks at who God is and helps me find ways of growing closer to Him.

4. My Story encourages me to share my personal conversion story with others. We've all shared stories about a little peck with a boy, or when we went on our first date.... How about when we fell in love with Jesus?

5. My Friends acknowledges how important friendship is. I used to write this cute little quote in all my cards: “A ring is round and has no end & that’s how long I’ll be your friend.” In this chapter, I found out what kind of friends I need in my life.

6. My Love. Such a sweet word and yet it has the power to really hurt! Here I read how, when it comes to love, dating and sex, God's way is the best way.

7. My Future teaches me how to surrender all my dreams, plans and desires to God. He is the only one who knows my future. Trust Him: He has it covered!

I loved this mini book because it made me consider almost every aspect of my life and gave me advice I’ll use for many years. AND, it’s good enough that I want to share it with you!

“Giving your life to Jesus isn't the end. It's only the beginning. The Journey starts now. Commit to spend time in God's word every day. As you do, He will speak to you...between the lines.” Jeffrey Dean

You can find this book at your local Christian bookstore for about $10.99
Angrily, I wipe away my tears. It’s my fault! Everything’s my fault! If only I could turn back time, if only things would go back to the way they used to be. If only we were back in the garden. If only…. If only I could stop crying all the time! Baby Cain is only six days old and I feel happy and miserable at the same time. The past is still so raw.

I close my eyes and smile as I remember the first time I saw my handsome husband. I still get that funny feeling in my stomach when I look at him. But does he resent me? He doesn’t say anything, and he still looks at me with that oh-so-tender love that leaves me breathless, but is there resentment deep down?

Cain stirs in my arms, distracting me. I gaze at the perfect little face as it starts to scrunch up into an I’m-so-starving wail. I hurry to give him milk. It bothers me to hear his cry and I worry that I’m hurting him. We never cried while we lived in the garden.

It tickles me as he gulps the warm milk. I giggle, “You’re always so hungry, aren’t you?”

I stroke his silky cheeks and reminisce...

I used to laugh with delight as Adam chased me around our breathtakingly beautiful garden. He was a lot faster than me and caught me easily, but it was fun to pretend I could outrun him — and anyway, getting caught was the best part! Life was a joy and so peaceful. Every morning we met with God and walked around the garden hand in hand. We laughed with the angels, played with the animals and swam in the crystal clear water. Life was sweet.

Until that grim day.

It started like any other day. Perfect. Heavenly scented roses, plump and exquisite, grew in vast swathes of colour. I kissed a velvety, pink petal. They were my special delight. Adam had his animals and I had my roses. We swam, had a bowl of juicy fruit salad, and left for our morning walk.

We’d walked quite far when a sudden flicker caught my attention. I looked around. Nothing. Then another flash caught my eye and I looked again, my eyes resting on the tree. There it was again — that quick flick of light — except that this time I saw a serpent slithering sinuously around the trunk. Finally, it stopped and looked straight at me. I gasped!

“Look, my love, the horses!” Adam pointed, letting go of my hand to greet one of the animals galloping towards us. He loved them all. I laughed. He was so adorable.

A soft, caressing hiss snapped my attention back to the tree. It was still there. Since when do snakes stare? For some reason I couldn’t look away. It fascinated me to see a creature with such obvious intelligence, almost looking like it wanted to say something. I looked back at Adam who was still involved with the horses, oblivious to my discovery. Slowly I made my way to the tree of the knowledge of good and evil. The serpent’s call was sweet to my ears. I closed my eyes and followed the sound.

“Did God really say you must not eat from any tree in the garden?”

My eyes flew open and my mouth formed a silent O. It talked!

“Well?” his voice, soft and melodious, made me tremble.

Breathless, I nodded.

“Speak, my pretty.” He whispered, stretching towards me so that his cold breath tickled my cheek.

Eve

By: Esther Espinoza

“For we know that our old self was crucified with him so that the body ruled by sin might be done away with, that we should no longer be slaves to sin.” Romans 6:6

Tears roll down my cheeks as I look at the precious bundle in my arms. How could something so precious cause so much pain! Yet, I know the answer. The Mighty One had warned me: “Because of what you have done, giving birth will be painful.”

BIBLICAL PORTRAIT
“God said we could eat from the trees in the garden, but we mustn’t eat from this tree or we’ll die!”

His silvery laugh sent cold shivers up my spine.

“Die? You won’t die!”

My eyes rounded. Is this serpent implying that God might lie to us? Never.

“You see, my precious woman,” he came close to my face again, the dark eyes penetrating the very depths of my soul. “God doesn’t want you to eat this delicious, luscious fruit, because the day you do that, your eyes will be opened and you will become...just...like...GOD!”

My heart thundered and my palms grew cold and sweaty, “Become like God?” I whispered.

“Naturally,” he hissed. “Imagine the power and knowledge you will possess?”

I nodded. Yes, God did know everything. Anything we asked, he answered. So wise.

“Go on, Lovely. Eat. Enjoy.”

Every word I heard danced right into my heart. I wanted to be wise, intelligent. I wanted to be just like God!

“Eat, Precious, eat.”

I lifted my arm and reached for the divine fruit. I inhaled the honeyed scent.

My mouth watered and without another thought I took a huge bite, juice dribbling down my chin. I smiled. It was delicious - divine, perfect, heavenly, yum.

“Eve! What are you doing?” Adam was running towards me and I turned to face him, the half-eaten fruit in my hand and the juice dripping from my chin.

“Oh, Eve!” He stopped in front of me and looked at me with bewilderment. He touched my face softly. “What have you done?”

“Eat, Adam. Eat!” I practically thrust the fruit at his mouth.

We’ve all heard the story of Adam and Eve, the forbidden fruit, and the origins of sin. But we’ve become so blasé to this story that many of us think it doesn’t really relate to our lives now. That’s wrong. We fall into the same trap Eve did, and so easily...

Sin is very enticing, and for many young people smoking, alcohol, clubbing, drugs and pornography can hold a particularly strong attraction. These things are like that original mesmerising fruit that was held out to Eve. Dangerous fruit that can lead to destruction, and it’s best to walk away.

If these things have already been your downfall, it’s not the end of the story. You can ask God to help. It’s never too late to start fresh, so don’t let anyone tell you that your sin can’t be forgiven. God is just waiting for you to ask.

His grace is so much bigger than any mistake in your past. While Satan might try to remind you of your sins my making you feel guilty or enticing others to whisper about you, hold your head high and remind yourself that you’re loved and forgiven by God, and He’s the only one that counts. Like a quote that I once saw on a church billboard: When Satan reminds you of your past, remind him of his future (read Matthew 25:41).

God bless.

(Read the whole story of Adam and Eve in Genesis 1, 2 & 3.)