

# I AM POSITIONED

Healing | Self discovery | Purpose | Career | Fitness  
Marriage | Parenthood | Business | Positioned Journey



## UNSTOPPABLE POSITIONING: TURNING OBSTACLES INTO STEPPING STONES

Dear Family,

Welcome to the second issue of our quarterly newsletter! Thank you for journeying with us and for being part of this community. As this journey continues, our team wants to encourage you in every role you hold and applaud you for maintaining utmost integrity in every season.

As you navigate the process of being positioned, please remember that you are not alone. When life feels heavy, remember to cast your burdens upon the Lord, for He truly cares for you.

To ensure you have the tools you need, we have collaborated with various professionals to bring you valuable, informative content in this issue.

Like always, it is our hope that by the end, you can boldly say your name and declare: I AM POSITIONED!

Warm regards

Kgotatso R. Malope



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# EDITOR'S NOTE

BY THORISO M

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Challenges find us in many ways throughout this walk of life. Sometimes we know exactly how to respond; other times, all we can do is be still. Yet, our comfort in every season remains the same: God is our refuge and strength, a very present help in trouble.

While we are often eager to dust ourselves off and move on quickly, He often works on us in the waiting. He ensures that when it is finally time to stand up, we do so totally healed and liberated from the weight of that challenge.

In this issue, our team shares real-life stories reflecting the raw reality of these seasons and the beauty of being liberated from what once held them in chains. The anchor in every story is their identity in Christ. These articles were written from a place of "God was with me," with the hope that you will receive them with the conviction that if He did it for them, He can surely do it for you.

As you read, I hope your eyes are opened to the solutions already surrounding you; whether through the people in your life, the books you read, the power of prayer, or our greatest helper, the Holy Spirit.

May this issue serve as a reminder that you are on the right path. No matter how it feels right now, continue moving forward.

Best regards;  
Thoriso M





# WHEN HEALING MEETS FORGIVENESS

BY THABISO MTHIMUNYE

It was years ago, after I had been through the most in my then marriage, when I reached a point where I could clearly see that this was the end. I was in pain. I was heartbroken. And somewhere in that space, I found myself asking a question I never thought I would ask: "God, can You still hear me?"

Outwardly, it may have looked like I had given up on God. I had withdrawn. I was tired. I was disappointed. But deep down, there was still something in me that refused to completely let go. I was still praying, even if the prayers felt weak. I was still hoping, even if hope felt distant.

It reminds me of that moment with the Apostle Peter. In The Message translation, when he tried to distance himself from Jesus, the people around him still recognised something in him and said, "You've got to be one of them. Your accent gives you away... everything Galilean is written all over you." (Luke 22:59 MSG). Even in denial, there was still evidence of where he belonged.

And I think that is true for many of us, because at times we try to walk away and may even question everything we once believed. But there is something about being called by God that cannot be erased. There is something about identity in Christ that the enemy cannot take away. We belong to Him. We are His. And even when we feel far, there are still traces of Him written all over our lives.

In that season, I was broken in ways I had never experienced before. Everything I had imagined my life would be had come undone. There were moments when I replayed my own mistakes, questioning myself, wondering if I could have done things differently. But healing has taught me something important, we cannot take responsibility for the choices other people make. We can reflect, we can grow, we can take accountability where it is ours, but we cannot carry what was never ours to carry.



# WHEN HEALING MEETS FORGIVENESS

BY THABISO MTHIMUNYE

That season did not only affect my heart; it affected my relationship with God. The passion I once had, the joy of being in His presence, the excitement of going to church, all of it began to fade. I found myself questioning things I had once been so sure about. I even reached a point where I thought, “I don’t want to do this anymore.” It felt easier to step away than to stay and wrestle with the pain. And yet, even there, something remained.

It may not have been strong. It may not have been consistent. But there was still a small measure of faith within me. And I have come to understand that even the smallest faith matters to God. As Scripture says, “If you have faith as small as a mustard seed... nothing will be impossible for you” (Matthew 17:20). It does not say perfect faith. It does not say unwavering faith. It says even the smallest measure still carries power.

At the same time, the Word reminds us that “without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him” (Hebrews 11:6). And I think that is what was happening in me. Even in my brokenness, even in my questions, I was still coming to Him, even if it was with trembling faith.

And that was enough for Him to meet me.

Looking back now, I can see that while I was pulling away, He was still pursuing me. The same God who walked into the garden calling out, “Where are you?” was still calling out to me. The same God who leaves the ninety-nine to go after the one did not overlook me in my brokenness. He came looking for me.

And slowly, I found my way back into His presence. Not as someone who had everything figured out, but as someone who had been broken and was beginning to heal. I began to experience again the love of the Father, His comfort, and His covering. Not all at once, but gently, patiently, in a way that allowed my heart to catch up.



# WHEN HEALING MEETS FORGIVENESS

BY THABISO MTHIMUNYE

It was in that process that I came to understand something I had never fully grasped before: healing and forgiveness cannot be separated. We often want healing without having to face forgiveness. We want peace without having to release what hurt us. But the two walk together. Healing requires that something in us lets go, not because what happened was acceptable, but because holding on keeps the wound open.

For some of us, forgiveness looks like releasing ourselves from the guilt we have carried for too long. For others, it looks like choosing to let go of the pain caused by someone else. Not pretending it didn't hurt, not excusing it, but refusing to let it define us. And one of the hardest, yet most freeing truths is this: the same God who loves us deeply also loves those who have hurt us. Through Christ, we have been given the ministry of reconciliation (2 Corinthians 5:18), not only with God, but in how we see others through His grace. That truth does not invalidate our pain, but it shifts our perspective. It reminds us that we are all in need of mercy.

My journey is still unfolding. Healing did not happen in a moment, and forgiveness is not always a once-off decision. But I have learned that every time I choose to bring my heart before God, every time I choose to release what I cannot control, and every time I choose to trust Him again, something within me is restored.

And maybe that is where your journey begins, too.

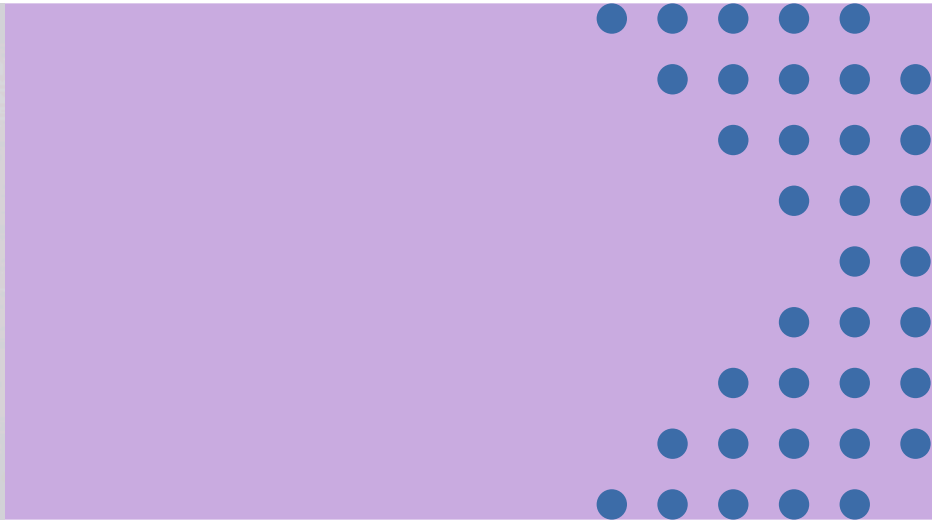
Not with having all the answers, but with the willingness to say,

“Lord, I am ready to heal, even if it means learning to forgive.”

On our next edition, we will dive into some of the practical steps that we can take when struggling with forgiveness. Until then, stay blessed

# ANCHORED IDENTITY, ALIGNED LIFE: FAITH IN RELATIONSHIPS AND CAREER

BY SIBONGILE DHLADHLA



Identity is not meant to be, nor should it remain a quiet revelation formed only in private moments spent with God, rather it is meant to be lived, tested, and expressed. You know who you are, you should be able to ask yourself, “How does my identity shape who I am?” We are the righteousness of God through Christ and that should determine the way we live and guide the decisions we make, our desires, our careers, and relationships. These are not separated from purpose, and they are not paths we are coincidentally found in or drifted into, they are spaces where alignment is revealed.

What gives us our identity is that we are chosen, not culture and not colour. Out of this knowledge, there’s an acknowledgment that we have multiple identities, chosen as a child, mother, father, husband, author, wife and many other titles we possess, and from those identities, we align and adjust our behaviours and many aspects of our lives to them. But it’s from our identity that we are faithful to the purpose of being chosen, even in the different identities. The Apostle Paul is an example we can look at, he was a great persecutor of Christians, and it wasn’t until he encountered Jesus Christ that he moved from doing what he felt he was required to do to being a servant of God and doing Gods will. He wrote in Galatians 2:20, “I’ve been crucified with Christ and it’s no longer I who lives but Christ who lives in me. The life I now live in the body, I live by faith in the Son of God who loved me and gave Himself for me”. Knowing our identity in Christ and how He wants us to live, allows us to execute that in areas of our lives which are important, and it matters how we represent the faith and belief we choose, as Christ is, so am I. My job is to love, obey and praise God in my life and everything must be adjusted to that.

# ANCHORED IDENTITY, ALIGNED LIFE: FAITH IN RELATIONSHIPS AND CAREER

BY SIBONGILE DHLADHLA

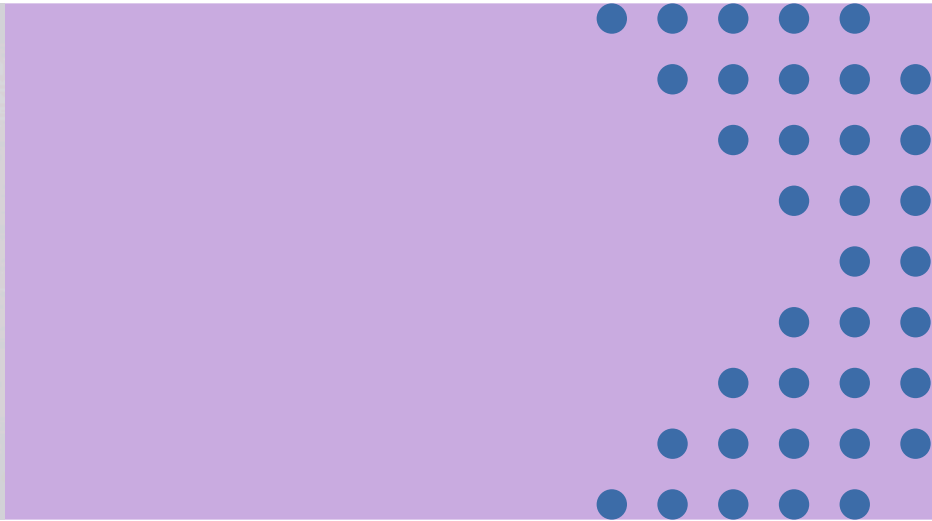


We owe every aspect of our lives what our spiritual identity offers us, life, righteousness, peace, and joy, moreover, a life that is conformed to the image of Christ. All our lives are of priestly service; we are never outside of God's presence. We are here according to 1 Peter 2:9-10 to proclaim the excellencies of Him who's called us out the darkness into His marvellous light. This can be done in church, our relationships and even at work. However, we're not meant to do any of these things by ourselves, God allows us the opportunity to create a community of people to walk this Christian journey with, our brothers and sisters in the faith. The word of God speaks of forming relations with people who are of the same faith, it matters, He calls it being equally yoked. Relationships and fellowship are important to the Lord, because even Jesus had people He spent time with and journeyed with, their presence mattered to Him. There are many encounters in the Bible that resemble the importance of a relationship, such as one where Jesus had been preparing Himself for the assignment of the cross- He was facing a very difficult time, He was in excruciating terror, so much so He sweated blood and asked our Father to take the cup away, but He knew the importance of Him fulfilling the assignment of the cross and He still did it. But moments before His prayer, He asked His disciples to watch and pray for Him and with Him, unfortunately, they struggled to stay awake to do that. Although they struggled, Jesus still had people He could ask to watch and pray with Him- perhaps God had allowed those disciples to sleep because Jesus had to face that moment alone and victor through it, overcoming lonely moments, so we don't have to, instead, even now, when we are alone physically or are disappointed by man, we are not entirely, because the Great High Priest is with us, and is praying for us. We need people, but we need people whom God has handpicked for us, because they'll know what purpose to serve in our lives. Another example to look at is the one of the man who was paralyzed and was lowered through a roof to get to Jesus because of the dense crowd, to receive His healing, (Mark 2:1-5). It was because of His friends' support and persistent faith that He was healed and forgiven. The people around us matter, because even their presence largely determines, where we are going, (1 Corinthians 15:33).

When we realize that as children of God, we are here to reveal Christ, to reveal who we are as God's children, sometimes God can lead you to environments where you have to plant the seed of faith in someone who doesn't know the Lord, or we find ourselves in environments where we have to reflect the kingdom. Our workplaces and careers are places where can do that and when we live from that purpose, they stop being 'just jobs' but they become assignments, we should begin to ask, "How can I reflect Christ here?" that is wherever you are. John 3:17, says that Christ came not to condemn the world, but to save the world, if we are in Christ and He is in us, then in our actions, we should lead people into knowing who we represent - that can look like having self-control and patience with difficult people, integrity when no one is looking, and consistency and faithfulness in small tasks. It is our actions that speaks for our identity. Living from our identity in Christ does not always make it more easier, it makes us more grounded, intentional, and our journey more meaningful.

# ANCHORED IDENTITY, ALIGNED LIFE: FAITH IN RELATIONSHIPS AND CAREER

BY SIBONGILE DHLADHLA



There are a few questions of reflection that you can answer concerning certain areas of your life:

- How does my relationship with God shape the way I approach my world?
- What has God placed in me that points toward my work?
- In my relationships, career, and personal life- am I building something that reflects God's kingdom or is it for my own selfish needs and desires?
- What does godliness actually require of me?
- Who am I becoming because of people around me?
- What does surrender look like when things don't go as planned in my life?

Our lives are places of service unto God and they need to be surrendered to God for us to faithfully walk with Him and we ought to trust Him. The Word of God is a great tool and manual for us to stay grounded and anchored and to be led to our destiny, with people and in places. We remain His children, seen not only in what we accomplish, but in who we become.

# WHY GOOD WORK ISN'T ENOUGH: THE VISIBILITY GAP IN CORPORATE AND EVERYWHERE ELSE

BY LEBOGANG MASHISHI

*"Your work will speak for itself."*

This phrase is often repeated with good intent. That excellence will eventually be recognised, that consistency will be seen, that results will surface on their own. In reality, corporate environments are not always structured to observe every contribution with equal clarity.

Visibility is often misunderstood as self-promotion, and in many settings, it is subtly discouraged. Most of us grew up in homes and communities where silence was often mistaken for respect, and humility became a form of survival. Children were taught not to interrupt, not to question, and not to "show off," even when they were bright, capable, or struggling silently. Many of us were raised to believe that good character meant remaining unseen, that hard work should speak quietly for itself, and that drawing attention to one's contribution was prideful rather than necessary. Women carried entire households emotionally, financially, and spiritually, yet their labour was treated as obligation rather than contribution. The aunt who raised children that were not hers, the grandmother who stretched one salary across ten mouths, the mother who woke up at 4am and slept last every night; all of it became invisible because everything still functioned.



Unfortunately, that conditioning does not disappear when we enter professional environments. Many high-performing people carry the same belief systems into the workplace, assuming that excellence alone will naturally lead to recognition, opportunity, and growth. But in environments where attention is divided and people are carrying multiple responsibilities at once, silence can unintentionally become self-erasure. There is a particular kind of pain in realising that many of us were raised to shrink ourselves in the name of humility, while carrying generations of unseen effort that deserved acknowledgment, softness, and celebration long before success made it visible to the world.

There is an unspoken belief that speaking about one's work diminishes its integrity. As a result, many capable professionals remain overlooked, not because their work lacks value, but because too few people truly understand the weight of what they carry and contribute.

A more grounded perspective is this;

Visibility is not about self-promotion. It is about stewardship of your work.

I've been lucky enough to work across different functions and roles, and most of the time I had no prior experience in those spaces. But I always carried one personal mandate: do the job and do it well. Over time, I realised that good work on its own was not always enough to move things forward. People needed to understand the direction, trust the process, and feel connected to the outcome. Colleagues, teams, clients, and stakeholders all needed clarity and confidence before they could fully support the work. And that meant I could not afford to disappear into the background completely.

Over time, visibility stopped feeling like ego to me and started feeling like responsibility. Not shouting about myself, but making sure the work had enough understanding, support, and alignment to actually create impact. Some work only begins to grow once other people can see it clearly enough to carry parts of it with you.

# WHY GOOD WORK ISN'T ENOUGH: THE VISIBILITY GAP IN CORPORATE AND EVERYWHERE ELSE

BY LEBOGANG MASHISHI

## Reframing Visibility

Speaking for your work does not require exaggeration or performance. Nor does it require you to become this strategic “corporate chess” player, to be loud, or to force relationships that are not genuine. It requires clarity, consistency, and the ability to help people understand the value and direction of the work you are doing. Sometimes it looks like giving thoughtful updates. Sometimes it is making sure the right people understand why a piece of work matters. Sometimes it is documenting progress clearly enough for others to build on it later. At its core, this is about ensuring that your work can be understood, trusted, and carried forward beyond completion.

What if part of our discomfort with visibility is not humility, but conditioning? In fact, we can prove that visibility is biblical.

When many of us hear conversations about visibility, positioning, influence, or being recognised, we immediately become uncomfortable because we associate those things with pride, ego, attention-seeking, or abandoning humility altogether. But when you really study scripture closely, you begin to realise that many biblical figures were not only faithful and gifted, they were also intentional about stewarding those gifts in ways that allowed other people to see, trust, understand, and respond to them.

Many of them understood that remaining completely unseen was not always humility or righteousness. Sometimes the assignment itself required the gift to be visible. Sometimes people needed to hear the message, witness the capability, trust the wisdom, or recognise the contribution for the work to move forward and create impact beyond the individual carrying it. What stands out is that their visibility was rarely rooted in ego or self-glorification. More often, it was connected to service, responsibility, leadership, influence, protection, governance, or purpose. They understood that stewardship is not only about having the gift, but also about positioning it in a way that allows it to reach, help, and influence others effectively.

Let's look at a few examples that show what stewardship of one's work, gifts, and contribution can look like when approached with wisdom, discipline, and integrity.

# WHY GOOD WORK ISN'T ENOUGH: THE VISIBILITY GAP IN CORPORATE AND EVERYWHERE ELSE

BY LEBOGANG MASHISHI

## A Biblical Lens on Visibility and Favour

Joseph's journey is often summarised as faithfulness in adversity, but it is equally a story of expressed capability. While imprisoned, he did not remain silent about his ability to interpret dreams. He applied his skill in context, first to fellow prisoners and later to Pharaoh. When called upon, he not only interpreted the dream but offered a structured solution to a national crisis. His visibility was not self-declared, but neither was it hidden. It was demonstrated and articulated at the right moment, in a way that others could act on. He also ensured that interpretation was linked to a clear recommendation, which positioned him as more than a gifted interpreter but as a strategic thinker. Even after elevation, his continued visibility came through governance and administration, not just early breakthrough moments.

Esther's influence did not operate passively through her position. She understood timing, audience, and approach. Rather than making an immediate request, she created a sequence of engagements that built receptivity. Her visibility was intentional and measured. She ensured that when she spoke, she was heard within the right context and with the right level of attention. She also demonstrated restraint, choosing when not to speak as much as when to act, which strengthened the weight of her eventual message. Her positioning within the royal court meant she understood decision dynamics, not just access, which shaped how she framed her appeal. The outcome was not only favour, but a structural shift for her people, showing how visibility aligned with purpose can influence systems, not just moments.

Daniel distinguished himself through consistent excellence that became known across leadership. Scripture makes it clear that his work was observed, trusted, and elevated. His visibility came through sustained performance that was both evident and acknowledged at the highest level. He was also intentional about maintaining discipline in environments that did not share his values, which reinforced his credibility over time. Even under pressure, he continued to operate with clarity and consistency, which made his presence indispensable in decision-making circles. His visibility was not dependent on single moments of recognition, but on a sustained reputation of reliability and insight.

David demonstrates that visibility is often the bridge between capability and elevation. Before becoming king, David's strength was not only in isolated acts of courage, but in how those acts were seen and recognised in context. His defeat of Goliath was a public moment that shifted how others perceived him, but even before that, he had already built visibility through faithful service in smaller, less visible settings. He was known in Saul's court for his ability to bring calm through music, and he was trusted in the field as a shepherd who protected what was entrusted to him. His progression was not accidental. It was shaped by consistent capability expressed in environments where it could be observed, remembered, and eventually acted upon. His visibility became the link between preparation and promotion, reinforcing trust over time and positioning him for elevation.

Proverbs 22:29 reflects a similar principle. Skill creates the foundation, but being brought before kings reflects recognition. Recognition requires that work be seen, understood, and trusted beyond the individual performing it. Amen?

# WHY GOOD WORK ISN'T ENOUGH: THE VISIBILITY GAP IN CORPORATE AND EVERYWHERE ELSE

BY LEOGANG MASHISHI

## A Personal Reflection

Earlier in my career, this was a belief I held strongly. I was in a high-performing, highly competitive environment, supported by a good manager, and focused on delivering quality work. I assumed that consistency and output would naturally translate into recognition and growth. At the same time, I was quietly navigating imposter syndrome. Just a girl from Mmamethlake trying to find her feet within the walls of a big American bank, so the idea of speaking about my work felt unnecessary at best, and uncomfortable at worst.

It was during a feedback session with a professional team profiling coach that this belief was challenged. As part of the process, I had completed an Enneagram assessment and expected the conversation to be technical and mechanical. Instead, the first question I was asked was direct: "Let me guess, you are one of those people who strongly believe your work will speak for you right?"

I remember defending that position with conviction, almost as if I were in a debate. To her credit, she allowed the space for that. Then she calmly reframed the issue in a way that stayed with me.

The insight was simple, but difficult to ignore. Expecting your work to speak for itself is an unrealistic expectation in most professional environments. Not because the work lacks value, but because of how people and organisations function.

- Attention is limited and divided. No one has the time or capacity to follow your contribution and delivery like it is their own, especially in environments where everyone is balancing multiple priorities, deadlines, and pressures at once.
- Work does not automatically translate into understanding. Good output can easily remain isolated if people do not fully understand the context, complexity, or impact behind it, particularly in large or matrixed organisations where visibility is fragmented.
- Decisions are often shaped by perceived impact, not effort alone. This does not mean effort is unimportant, but rather that people making decisions usually respond to what they can clearly see, connect to business outcomes, and confidently explain to others.
- Many people are communicating their contributions more intentionally than we realise. Not always in loud or performative ways, but through consistent updates, relationship-building, documentation, and making sure their work remains visible in the right spaces over time.

That conversation changed how I approached work in general. It was not about abandoning the value of good work. It was about recognising that good work and visibility are not in opposition. They need each other.

And side note, as a sister in corporate; if you want to grow in your career without constantly feeling overlooked or quietly resentful, it helps to first make peace with the fact that visibility matters. Not in the shallow sense, but in the practical human sense.

For a long time, I assumed people either naturally knew how to position themselves or they didn't. But over time, I've learned that this is actually a discipline, and like most disciplines, it can be practiced, refined, and approached with intention. The truth is, many of us were never taught how to do this in healthy ways. We were taught how to work hard, survive, endure, and keep going quietly. But very few of us were taught how to position our work in a way that allows it to be understood, supported, and carried forward.

### 1. Make your work easy to understand

Do not assume people automatically understand the weight, complexity, or value of what you are carrying. One of the biggest mistakes high-performing people make is communicating from inside their own context and expecting everyone else to naturally connect the dots. Learn how to explain your work simply, clearly, and in a way that helps people understand why it matters. Not every stakeholder needs the technical detail, but they do need clarity on impact, direction, and value.



### 2. Speak in the rooms that matter

A lot of good work remains unseen simply because it never entered the rooms where decisions, trust, and opportunities are shaped. This does not mean forcing yourself into every conversation or becoming performative. It means learning that part of stewardship is presence. Sometimes your voice, perspective, progress updates, or insights need to be heard in spaces where people are making decisions about resources, strategy, growth, and leadership.



### 3. Let your work tell a consistent story over time

People trust consistency more than isolated moments. One impressive presentation or successful project may create attention temporarily, but long-term trust is built through patterns. Over time, your work should communicate something clear about you; your discipline, your values, your thinking, your reliability, and the kind of problems people can trust you to solve. Visibility becomes healthier when it is rooted in consistency instead of performance.



### 4. Learn what matters to other people

One of the biggest shifts in my own career came when I stopped viewing work only from my own perspective. Different stakeholders carry different pressures, responsibilities, risks, and priorities. Stewardship sometimes requires learning how to speak about your work in a way that connects to what other people are trying to solve, protect, improve, or build. That is not manipulation. It is emotional intelligence, maturity, and alignment.



### 5. Keep record of your contribution

Do not allow your contribution to live only in your own memory. In fast-moving environments, people forget quickly, including you. There is nothing arrogant about documenting progress, outcomes, lessons, wins, or impact. In many ways, documentation is also stewardship. Sometimes opportunities, confidence, clarity, and even healing come from being able to look back and realise just how much you have already carried, built, solved, survived, or contributed over time.



# WHY GOOD WORK ISN'T ENOUGH: THE VISIBILITY GAP IN CORPORATE AND EVERYWHERE ELSE

BY LEBOGANG MASHISHI

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Ultimately, none of this is about becoming louder, more performative, or losing yourself in professional culture. It is about ensuring that the work, effort, ideas, and value you carry do not remain hidden simply because you were taught shrinking yourself was humility.

Some of the most meaningful work I've done only started creating real impact once it was no longer mine alone to carry. Once other people could see it, understand it, support it, and connect themselves to it. In many ways, this has been a deeply personal journey for me.

It has required me to unlearn the belief that remaining unseen is always humility, and to accept that there is nothing noble about allowing meaningful work, gifts, or contributions to disappear quietly into the background.

I still believe in humility. I still believe in integrity and letting the quality of your work matter. But I no longer believe that silence is always the highest form of character.

For those of us who were raised to shrink ourselves, this shift can feel uncomfortable at first. But there is a difference between arrogance and allowing your contribution to take up the space it deserves. And maybe part of healing, growing, and fully stepping into our purpose is learning that we were never meant to remain invisible.

# STRATEGIES FOR A HEALTHIER AND FITTER YOU

BY BOITSHWARO PHOCHANA



## Strategies for a Healthier and Fitter you

One day, I woke up to the harsh reality that a weight loss or fitness journey is actually a lifestyle. I finally reached my weight loss goal, but I had to maintain it. No one warned me that there is no destination, you don't "arrive", because it does not stop -it doesn't end. Once I wrapped up my internal disbelief, I got back on track.

I thank God for granting me a renewed perspective, nothing extraordinary, just the simple truth that health is wealth. I have shifted my approach from being overly self-critical to focusing on building small, sustainable habits and setting realistic, personally relevant goals. For instance, during the week I limit my diet to white meat, including chicken (all cuts), fish, minced meat, and beef liver, loads of veggies, fruits and no carbohydrates. To reinforce consistency, I have implemented a reward system where I allow myself to enjoy my favourite meals on weekends. These may include options such as steak, braai meat, beef stew, pork trotters, or mala mogodu. I do not have a sweet tooth, which is a win, but I remain mindful of portion sizes, as this is an area where I tend to overindulge. This balanced approach also ensures that I can fully enjoy meals in social settings without feeling restricted or having already overindulged earlier in the week.

To stay on track and on schedule, my day is run by an alarm clock. I have an alarm for everything: an alarm to sleep, an alarm for morning devotion, an alarm to get the kids ready, an alarm to study, one for the gym or workout sessions. When I have errands, I set a "leave the house" alarm. You know why? Because it's so easy to think you have enough time until you realise you're running late and now have to do everything at the speed of light, like Sonic the Hedgehog. Lols

Investing in this lifestyle can be costly, but there are many ways to adapt it to suit your budget. I found it helpful to draw up a budget for my "healthy lifestyle essentials," such as supplements, a gym membership, a personal trainer, workout clothes, workout gadgets, yoga mats, dumbbells, resistance bands, skipping ropes, and water bottles etc.,. Home workouts can also help cut down costs. You don't need a matching workout set, you can wear an old T-shirt and comfortable bottoms. If you don't have kettlebells, you can fill up water bottles according to the weight you can handle and still have a good workout session.

# STRATEGIES FOR A HEALTHIER AND FITTER YOU

BY BOITSHWARO PHOCHANA



I recently bought a cute waist bag for my phone so I can still count my steps especially on Sundays when I'm wearing skirts without pockets, because let's be honest a smartwatch doesn't always go well with certain outfits. You see, I am very intentional. I don't remember the last time I weighed myself. My focus now is on getting stronger and fitter, not on the number on the scale. I do keep an eye on my breathing especially when I'm jogging past people, or testing new weights at the gym. I'm not trying to have my gym mates calling emergency services because I sound like I'm fighting for my life.

A lot of pressure has been taken off my shoulders because I have become very intentional about what I do. Let's trust God with this journey by praying in detail about it. It's easy to pray about everything else, so let's trust our Heavenly Father with this as well.

# ALL ABOUT SUPPLEMENTS

BY PHUMZILE TUMISANG MABULA

As we navigate through a world filled with dietary choices, supplements have become a popular addition to many people's daily routines. From Vitamins and minerals to herbal remedies, probiotics, these products promise a wide range of health benefits but how do we know what works and what doesn't, why do we even take those supplements.

## What really are supplements?

Supplements are dietary supplements designed to complement our diets by providing nutrients that may be lacking or consumed in insufficient quantities. They come in various forms, such as tablets, capsules, powders, liquids and gummies. They contain vitamins, minerals, amino acids herbal extracts, etc, and can be beneficial to certain high-risk individuals who are deficient, but they can provide little to no benefit for generally healthy people and can sometimes cause harm.

## The real reasons why people take supplements (Benefits)

1. Health benefits: Some supplements support health goals like improving immunity or enhancing athletic performance, meeting increased nutrients needs during pregnancy, and when ill.
2. Nutritional gaps: To fill dietary gaps, especially if their diet lacks certain nutrients.
3. Age related needs: As people age, their nutritional requirements changes, and they might need dietary supplementation.

## Important things to consider when taking Supplements

1. Supplements should not replace a balanced diet; they should only complement it. A well-balanced diet provides all the nutritional requirements the body needs.
2. Over-consumption can cause harm; for instance, taking too many supplements can lead to toxicity in the body.
3. Some supplements can interact with certain medications or may be unsuitable for specific health conditions. (always consult your healthcare provider).
4. Most supplements are not regulated in South Africa; therefore, always do your research before taking any supplements.

## Tips for safe use of supplements

1. Always consult a healthcare provider before taking any supplements (always ensure that there is a need for you to take them).
2. Read labels/packet insert of any supplements that you are taking.
3. Research their brands.
4. Monitor how they affect your body.

## CONCLUSION

In summary, dietary supplements are not generally recommended for everyone to support health or reduce disease risk; rather, they should be used by individuals with specific, diagnosed nutrient deficiencies. A healthy, balanced diet; rich in fruits and vegetables where vitamins and minerals occur naturally; is more beneficial than relying on supplements. Furthermore, relying on food sources helps avoid excessive supplement intake, which can lead to serious health consequences.



# WHEN ONE SPOUSE IS SPIRITUALLY AHEAD

BY PERCY AND DOROTHY MAKHELE



In marriage circles, we often talk about being "equally yoked," which sounds great on paper, but in the actual rhythm of daily life, it rarely feels like we're perfectly in sync.

We've learned that spiritual growth isn't a tandem bike; it's two people walking the same path, often at different speeds. There have been seasons where one of us is waking up early to pray, while the other is just trying to make it through the day, feeling spiritually dry or distracted.

## The Tension of the "Gap"

When that gap happens, the one "ahead" can feel lonely, while the one "behind" feels a crushing pressure to perform. We've realized that when we treat our spouse's habits as a metric for how much we should love them, we stop being partners and start being judges. We had to learn to say the hard things without the fear of being "fixed" :

"I feel really far from God right now."

"I need your support, not your pressure."

## From Competition to Connection

Once we stopped trying to be each other's Holy Spirit, we stopped forcing identical routines. What fuels one of us might drain the other. Instead of a long study, sometimes "spiritual connection" is us sitting and watching worship videos and worshipping along, or a quick heart check-in. We also started praying for each other in private—not to "pray the other into shape," but to trust that God is big enough to handle their journey.

## Leadership Through Grace

Some might ask: Doesn't the Bible say the husband should lead and "wash his wife with the Word" (Ephesians 5)?

We've realized this doesn't mean the husband is a spiritual drill sergeant. Christ "washed" the Church by giving Himself up for her.

Spiritual leadership isn't about demanding a certain pace; it's about being the first to serve and the first to show grace. When one of us is limping, the other "leads" by slowing down to walk beside them, not by running ahead and shouting instructions.

# WHEN ONE SPOUSE IS SPIRITUALLY AHEAD

BY PERCY AND DOROTHY MAKHELE



## Verses That Kept Us Grounded

- **Galatians 6:4-5:** "Each one should test their own actions... for each one should carry their own load."
- **1 Thessalonians 5:11:** "Encourage one another and build each other up."
- **Ephesians 5:25:** "Husbands, love your wives, just as Christ loved the church and gave himself up for her."

## What We Live by Now

- **We are not in competition.**
- **We are not each other's Holy Spirit.**
- **We lead through sacrifice, not control.**
- **God is the one who completes the work.**

## Our Takeaway

Marriage is a long walk. Some days one leads; other days, one leans. We've learned to be okay with a different pace, knowing that God is just as faithful to the one who is struggling as He is to the one who is soaring.

How do you handle the seasons when you and your spouse feel "out of sync" spiritually?

With love,

Dorothy & Percy Makhele

# A WORTHY CHALLENGE

BY MATHABO MOGALE



Parenting is often described as one of the most rewarding roles a person can have, yet it is equally one of the most challenging. One of the greatest challenges of parenting is the weight of responsibility. Raising a child is not limited to meeting immediate needs but involves shaping their character and future. This long-term investment can be daunting, as parents must make decisions that will influence who their children become. The process requires wisdom, patience, and a deep sense of purpose, often without immediate evidence that one's efforts are successful. The Bible indicates that raising a child "in the right way" is a long-term task with lasting consequences. **Proverbs 22:6.**

Another major challenge lies in balancing discipline with compassion. Parents are called to guide and correct their children, yet they must do so in a way that does not provoke resentment or discourage them. Striking this balance is difficult, as too much strictness can harm a child's emotional well-being, while too little guidance can lead to poor decision-making. Effective parenting requires a thoughtful approach that combines firmness with understanding. **Ephesians 6:4 - Don't provoke your children, but guide them with care**

Emotional strain is also a significant aspect of parenting. Parents may feel helpless when they realise they cannot fully control their children's actions. This lack of control can be one of the most painful realities of parenting, as love for a child often makes their struggles feel personal and heavy. At times, children may reject the values and guidance they have been given. In such situations, it is important that parents learn to let go to some extent, allowing their children to make their own choices while still offering love and support. This requires humility, patience, and hope, even when circumstances are discouraging. The story of the prodigal son in **Luke 15:11-32** reminds us of the beauty and reality of giving children their freedom to make decisions.

# A WORTHY CHALLENGE

BY MATHABO MOGALE

Consistency and perseverance are also essential, yet difficult to maintain. Parenting demands everyday effort, often without immediate rewards. The daily responsibility, teaching, correcting, encouraging, and providing—can become exhausting. It is easy for parents to grow weary, especially when progress seems slow or setbacks occur. In addition to emotional and moral responsibilities, parents must also provide for their children’s physical needs. Balancing financial provision with emotional and spiritual nurturing can be overwhelming. Many parents struggle to meet all these demands, particularly when resources or time are limited.

It is important to note that parenting involves accepting imperfection—both in oneself and in one’s children. No parent is flawless, and no child is without faults. Mistakes are inevitable, and learning to grow through them is part of the journey. This reality can be humbling, but it also allows space for grace, growth, and deeper understanding.

It is safe to say that parenting is a complex and demanding responsibility, therefore to every parent who is currently in the season of “hardship in parenting” it is okay! It is okay to feel overwhelmed and frustrated, every feeling that you are currently experiencing is normal and valid. Parenting is HARD but it is a worthy challenge. Be encouraged because the Lord restores and you will reap the fruits of your labor! Although the journey is difficult, it is also meaningful, shaping not only the lives of children but also the character of parents themselves. You are sufficient in your parenting!



***“You are sufficient in your parenting!”***

# IT FLOWS FROM THE HEAD

BY KENNETH AND OFENTSE MOKGOHLWA

Do you know which stream is dominant in your life? Are you aware of where the fulfilment of your purpose flows from? We are called to be kings and priests unto "God Most high" (Rev 1:6 and 5:10, Gen 14:18). The effectiveness of your rule and reign as a king is determined by the strength of your altar and priesthood (2 Sam 7:8-16, Dan 11:32). Once you understand how kingship works, you will see that every successful king/ruler was also a priest of the altar that establishes, sustains and preserves his throne of power. Let's have a look at how your priesthood establishes and sustains you as a kingdom entrepreneur.

Ezekiel 47:8-12 with emphasis on v12 says, "Fruit trees of all kinds will grow along both sides of the river. The leaves of these trees will never turn brown and fall, and there will always be fruit on their branches. There will be a new crop every month, for they are watered by the river flowing from the Temple. The fruit will be for food and the leaves for healing."

As a believer and disciple of Jesus Christ, you are to be planted by the rivers that flow from the Temple of God. Fruitfulness and prosperity come from a river that is flowing. The river flows when there is a dependence and surrender to God in your business, that produces living waters that feed, heal and spill over to those in your influence. You will be built up by God and He will establish you in how you are to lead your team, influence your industry and take up your headship.

The goal of your business should be to see the life that is found in the river of God brought to your sphere of influence. This is achieved through the reestablishment of the fear of the Lord in the hearts of the people and industry. For some of you the fear of the Lord will look like ending corruption in your business even at the expense of missing opportunities. For others, it is reestablishing righteousness as the chief principle for decision making in your organisation or department. For someone else, it is how you and your team service clients in your business: with excellence and without partiality. Most importantly, accountability for the use of resources placed in your hands (Matt 18:24-29; Luke 12:42-48). These should be the signs that follow you even as God promotes you and your enterprise.



# IT FLOWS FROM THE HEAD

BY KENNETH AND OFENTSE MOKGOHLWA

Scripture does not leave us clueless on how to position ourselves as a tree planted by the riverbank, bringing forth fruit in every season, with leaves that shall not wither, and prospering in all that you do (See Psalm 1:1-3). Four key steps for being a kingdom planted entrepreneur are found in this passage: 1) Do not walk in the counsel of the ungodly (being wicked, criminal, guilty of crime, an actively bad person, doing wrong). 2) Stand in the path of the righteous (question, is it not “stand not in the path of sinners?”)(Abraham believed God and it was counted to him as righteousness). 3) Be humble. 4) Delight in the law of the Lord, meditating on it day and night.

The combination of your priesthood with your skill - in knowledge and expertise - will make you more dexterous and open more possibilities to be used in the hand of God. So, study your craft and be diligent in building your business righteously, submitting them to God for His purposes. However, the revelation of Psalm 1:2 is so crucial, if you are to take anything back into your business let it be this: God’s formula to success is to study the word of God (Joshua 1:8), study the word - Jesus, know your God! This intimate knowledge of your God will teach you how to prosper in all that you do. Then go and apply what you receive from God during your meditations of His word into your business!

## Declaration:

Father, I declare that Your word will be hidden in the altar of my heart all the days of my life. Your word will not depart from my lips. I declare that the life that flows from your word and the Spirit of the Lord in me will produce supernatural knowledge, deep understanding, uncommon wisdom, conquering might, and Godly counsel for my industry, my nation, and my generation! I declare that I will produce results and influence that will bring the fear of the Lord once again into the hearts of men! In the Name of Jesus!



# TAX BRIEF BY STANLEY DEASE

## INDIVIDUAL & BUSINESS OVERVIEW

### KEY INDIVIDUAL LEGISLATION CHANGES 2026/2027

#### 1. Key Points to Note

- Individual Tax Brackets and Rate- Personal Income tax brackets were adjusted by 3,4% to provide tax relief to taxpayers. (More money to your pocket)
- Annual Tax free Income Threshold has been by R3250 more (3,4%)
- Tax Free Investment- Annual tax free threshold have been increased by R10000 more (by 27,78%)
- Medical Tax Credits increased by R12 more.
- Individual Retirement Fund deduction increased by R80 000 more

#### 2. Key Points to Note

- Bursary Tax Exemption increase by R300 000
- Employee Award for long survive increased by R11000 (tax exempt)
- National Minimum Wage increased by R1,44 per hour
- BCEA threshold increased by R654,37 monthly
- COIDA/ROE threshold increased by R34 832
- Reimbursement Travel Allowance increased by R0,19

### INDIVIDUAL LEGISLATION COMPARISON 2025/26 AND 2026/27

Table 4.4 Personal income tax rates and bracket adjustments

2025/26		2026/27	
Taxable income (R)	Rates of tax	Taxable income (R)	Rates of tax
R0 - R237 100	18% of each R1	R0 - R245 100	18% of each R1
R237 101 - R370 500	R42 678 + 26% of the amount above R237 100	R245 101 - R383 100	R44 118 + 26% of the amount above R245 100
R370 501 - R512 800	R77 362 + 31% of the amount above R370 500	R383 101 - R530 200	R79 998 + 31% of the amount above R383 100
R512 801 - R673 000	R121 475 + 36% of the amount above R512 800	R530 201 - R695 800	R125 599 + 36% of the amount above R530 200
R673 001 - R857 900	R179 147 + 39% of the amount above R673 000	R695 801 - R887 000	R185 215 + 39% of the amount above R695 800
R857 901 - R1 817 000	R251 258 + 41% of the amount above R857 900	R887 001 - R1 878 600	R259 783 + 41% of the amount above R887 000
R1 817 001 and above	R644 489 + 45% of the amount above R1 817 000	R1 878 601 and above	R666 339 + 45% of the amount above R1 878 600
<b>Rebates</b>		<b>Rebates</b>	
Primary	R17 235	Primary	R17 820
Secondary	R9 444	Secondary	R9 765
Tertiary	R3 145	Tertiary	R3 249
<b>Tax threshold</b>		<b>Tax threshold</b>	
Below age 65	R95 750	Below age 65	R99 000
Age 65 and over	R148 217	Age 65 and over	R153 250
Age 75 and over	R165 689	Age 75 and over	R171 300

Source: National Treasury

# TAX BRIEF BY STANLEY DEASE

INDIVIDUAL & BUSINESS OVERVIEW

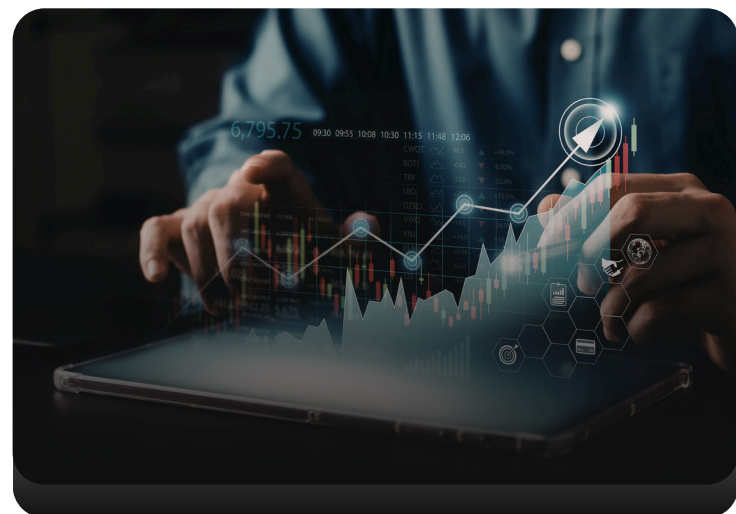
## INDIVIDUAL LEGISLATION 2026/2027

Description	2025/2026	2026/2027
Tax Threshold (below 65 years)	95 750	99 000
Medical Tax Credits (per month)	364	376
Retirement Fund Tax Deduction	350 000	430 000
Bursary Threshold (exemption)	600 000	900 000
Tax Free Investment	36 000	46 000
Award for long Service- Tax Exempt	5000	16000
Travel Reimbursement Rate per km	4,76	4,95
Donation	100 000	150 000
Minimum Wage (Per Hour)	28,79	30,23
BCEA Threshold (Monthly)	21 812	22 466
COIDA Annul Limit	633 168	668 000

## INDIVIDUAL LEGISLATION COMPARISON 2025/26 AND 2026/27

### Submission Dates:

- EMP501/IRP5 Submission Date: 1<sup>st</sup> April 2026- 31<sup>st</sup> May 2026
- COIDA/ROE: 1<sup>st</sup> April 2026- 30<sup>th</sup> June 2026
- Income Tax Return Submission: July 2026- October 2026
- Provisional Taxpayers: July 2026- January 2027



# TAX BRIEF BY STANLEY DEASE

INDIVIDUAL & BUSINESS OVERVIEW

## BUSINESS LEGISLATION CHANGES



### Key Points to Note

- Compulsory VAT Registration Threshold has been increased from R1 million to R2,3 million
- Voluntary VAT Registration Threshold has been increased from R50 000 to R120 000
- Small Business Turnover Tax increased to R2,3 million (Benefit to Small business owners)
- Capital Gain Tax: Primary Residence exclusion/exemption increased from R2 million to R3 million
- Business Donation Tax Exemption increased from R10 000 to R20 000



BY STANLEY DEASE

# A CHAT WITH OUR POSITIONED PARTNER

BY KGOTATSO MALOPE



The journey of being Positioned is a personal testimony to the power of aligning with God's divine purpose. It is a path rooted in discovering the truth and embracing the abundance God has freely given us through Christ. We believe it is time for this generation to discover and live in this truth. Joining me for a chat in this issue is a woman I deeply admire for how she remains positioned in her purpose; a woman with a gentle spirit who serves others as if serving the Lord Himself. Despite life's greatest trials, she has overcome every limitation and silenced every whisper that sought to hold her back. Her Positioned journey is a testimony of resilience, and I believe it will inspire you. Let's dive in

## **Q. Tell us a bit about yourself**

*A. My name is Dr Gladys KeDiBone Mokwena. I am a mother, grandmother, sister, friend, gardener, and a child of God. I take great pride in who I am and where I come from, deeply valuing growth, resilience, and meaningful connections. I truly enjoy engaging with people of all ages, sharing ideas, and learning from one another. I am purpose driven, resilient advocate and a dedicated community builder.*

## **Q. Among the many roles you hold, which one will be our focus for this issue?**

*A. My Positioned journey has prompted me to reflect deeply on my past; where I have been and the experiences that have shaped me into who I am today. Because of this, I will like for us to focus on my role as an advocate for resilience.*

## **Q. What have been some of your memorable moments on this journey of your life?**

*A. I don't necessarily have one defining moment; rather, I have a garden of moments; each one carefully watered and transformed into purpose. Please, allow me to share a few of these stories with you.*

*I grew up with very little, and I remember the sting of not having school shoes like the other children. On days when the weight of it felt too heavy, my late mother would speak life into my future, urging me to hold on. I believe she saw the woman I would become long before I did. I call that season my "barefoot moment," and it was the soil in which my resilience grew. It taught me to live without shame or the need for comparison. Today, through the "Sole to Sole" initiative, I provide shoes for children walking that same path. In doing so, I have closed a painful chapter of my past by opening a door for someone else's future.*



# A CHAT WITH OUR POSITIONED PARTNER

BY KGOTATSO MALOPE

*I have faced many rejections; from teachers and others along the way, but the Word of God kept me inspired and on course. One scripture that has always spoken life into my journey is Jeremiah 29:11: "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." At the age of 26, my life changed forever when I became a widow. Left to raise my children without any school qualifications, I was met with daunting cultural expectations and the pressure to provide. Yet, I held on. I committed myself to night school and hard work, driven by a mother's love and a divine promise. God was my ultimate Comforter; He held me close and reassured me that despite my circumstances, He still had a purpose and a plan for my life.*

*Another defining moment was my decision to pursue my Matric certificate at age 26; a year where so much was happening in my life. That 26 year old woman decided to change her story, and 36 years later, at the age of 62, I stood proud with my PhD. This journey serves as a reminder that it is never too late to begin again. You must cast aside fear and simply start. For me, this was more than an academic milestone; it was a declaration to anyone who feels time has passed them by: your purpose has no expiration date.*

*Publishing **Resilience in Adversity** marked the moment my life moved from survival to service. It was my truth, shared to empower others. I carry this same faith into everything I do; like the day of my outdoor event when I refused to let the morning rain stop us. I saw it as a divine setup, and as the clouds cleared, we had a beautiful turnout.*

*These moments have taught me that adversity is not the end; it is the momentum we need to bounce forward into our next chapter.*

## **Q. What led you to discover your purpose? Are there any specific methods God used to bring you here?**

*A. My purpose did not arrive suddenly; it was revealed slowly and faithfully through patterns that existed long before I could name them. My life was defined by a hunger for learning, even when circumstances made it difficult; from attending night school while raising my children alone to earning my PhD at 62. I have always processed life through reflection and journaling. In 1998, I survived a tragic shooting that claimed the life of my study mate right in front of me; I processed that trauma the only way I knew how; by penning it all down. Though I nearly walked away from my passion for writing in 2000, the silence of the pandemic in 2020 called me back to my desk to finally finish my book. Long before I was an author, I was already interpreting life and finding meaning where others saw only hardship. This, I realise, is the foundation of a teacher; whether at home, in school, or in the church.*

*I refused to let my pain silence me. Instead, I continually asked God, "What is it that You want me to learn?" Once I embraced resilience, my personal experiences were transformed into wisdom, and that wisdom became a gift for others. My journey has been a shift from merely experiencing life to understanding and teaching it. Today, I don't just share stories; I build structures of support through the Dr. KeDiBone Foundation, the Granny Garden Tour, and the Seed of Change initiative. Through our work in correctional centres, we offer education and training to offenders, showing them that a second chance is possible. Our goal is to ensure that when they return to their communities, they do so as changed people, fully integrated and ready to contribute.*

# A CHAT WITH OUR POSITIONED PARTNER

BY KGOTATSO MALOPE



## Q. How can one stay on track?

A. We all have our own ways of staying the course. What helps me stay grounded is a simple change in focus: I no longer ask why a hardship happened to me; I ask how it can serve my journey. When you change the question, you change the outcome; turning pain into a platform for your purpose.

## Q. What are the specific things the Holy Spirit helped you remove to make your journey easier?

A. I love the Holy Spirit so much; He is my ultimate Teacher and Advocate. He guided me in releasing my pain and taught me the true power of forgiveness; first for myself, and then for others. By helping me surrender control over the things I cannot change, He replaced my anxiety with peace and discernment. My mother named me Kedibone because of the challenges she faced when I was born, but for a long time, I felt that meaning limited me. Today, I have reclaimed my name: KeDiBone. I now see it as a declaration to witness the blessings unfolding in my present and to expect them in my future. Like Jabez in 1 Chronicles 4:9-10, I am grateful that the Holy Spirit removed every hindrance, allowing me to fully experience the life God has made available for me.

## Q. How important was community in helping you reach this point and stay motivated?

A. Community is the foundation that carries me. I have lived the reality of the proverb, "It takes a village to raise a child," as my community constantly reminded me that I was never alone. I stand on the shoulders of giants; my family and my sisters, whose presence shaped my values and affirmed my worth. Their unwavering support helped me remain focused, even in the heart of adversity.

## Q. In times of challenges, how do you keep on going?

A. Navigating life's challenges has never been about avoiding pain, but about anchoring myself in faith, purpose, and action. When trials arise, I keep moving forward because I lean on prayer. To me, prayer is more than a practice; it is my strength. It centres me, restores my peace, and reminds me that I am always guided and never alone. By asking, 'How can this challenge serve others?' I find the strength to persevere. I also believe in the power of small actions; whether writing, speaking, or tending to my garden. I keep moving because action becomes healing, especially when we act with love.



# A CHAT WITH OUR POSITIONED PARTNER

BY KGOTATSO MALOPE

## **Q. What words of counsel can you give someone who is currently going through challenges or a hard time?**

A. To anyone currently navigating a difficult season, I offer you a compass made of four simple words: **Pray, Trust, Act, and Hope**. This is the counsel I lean on whenever I speak to someone going through their darkest hour. I have realised that these four words have the power to move us from pain to purpose and from stillness to strength. Without needing many words, we simply pray together, trust in the Lord's plan, take small steps of action, and place our hope in His promises.

## **Q. For those seeking to know their God given purposes, what are some of the ways that they can reach a place of knowing or finding out?**

A. Finding your purpose is a question many are asking quietly, and I want to share what has worked for me. First, return to stillness and prayer; it is in the quiet that you will hear the Holy Spirit speak. Next, engage deeply with the Word of God, as it aligns your path with His divine will. I encourage you to look at your life's patterns; the very things you have conquered are often the seeds of inspiration for someone else. Finally, serve others, not to be seen, but to give God the glory. Stay close to what gives you life and walk alongside like-minded people who sharpen your spirit.

## **Q. In a world that is constantly changing, how can we maintain our identity?**

A. Be anchored from within even when the world around you is in constant motion. Be rooted and proactive rather than reactive. Know your values deeply and let them be the compass for every choice you make. Remain consistent in your character, and intentionally surround yourself with a truth filled community that reflects the person you are becoming.

## **Q. What do you think our role is in this season as children of God?**

A. When we look at the world today, there is so much turmoil. Yet, as children of God, we are not called to withdraw; we are called to stand, to serve, and to shine. Let us be people of integrity who refuse the path of corruption. Let us be agents of dignity who create opportunities for others. We must be voices of justice that stand against every form of oppression, and hands of compassion that walk alongside those in need.

## **Q. How can we best support one another?**

A. We best support one another when we are intentional, present, and compassionate. Let us commit to praying for each other, covering one another in a canopy of strength and hope. Together, we can ensure that no one walks their journey alone.

# A CHAT WITH OUR POSITIONED PARTNER

BY KGOTATSO MALOPE

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## *Q. Any final thoughts for the 'I AM Positioned' community?*

*A. My final word to you is one of gratitude: thank you for choosing to rise, even in seasons that demanded so much of you. Remain positioned in truth, grounded in purpose, and guided by grace. As we move forward, let us carry grateful hearts that see and serve others, uplifting one another for the greater glory of God.*

**My Name is Dr KeDiBone Mokwena and I am Positioned!!! (the end)**

Though challenges may cross our path, they can never change what God has already spoken over our lives. There is a purpose designed specifically for you, and you are the only one who can fulfill it. Whether you are just discovering your calling, getting back on track, or already triumphing in your purpose, remember that you do not have to walk this path alone. The One who created this journey for you is cheering you on and desires to walk beside you as you become truly Positioned. Lean on Him. We applaud everything you have achieved so far and look forward to seeing the fruit of your discernment and trust in God.

Thank you for joining us in this issue; we will see you in the next one.

With Love; ***Kgotatso R Malope***



# JESUS + ME



# PRAYER FOR CHILDREN'S HEALTH

BY NTHABISENG PHATEDI

Dear Father, we thank you for all the children all over the world. We know that they are a blessing from above, as your word says. We pray for them concerning their health: that no sickness will cut their lives short or make them bedridden. They shall complete their studies and achieve your plans for them; plans to prosper them and not to harm them, as your word says. They shall live to serve you and to testify of your goodness in their lives.



As 2 Corinthians 10:4 says: "For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;" we pull down every stronghold of sickness in every child, be it chronic or non-chronic. We declare divine health over their bodies in Jesus name.

To all those in hospitals, we speak life to their bodies just like in Ezekiel 37. We speak life to every bone, tissue, cell, and organ in their bodies, that they are all functioning the way God created them to. In the name of Jesus, every child is made whole. No seasonal virus shall get the best of them, in Jesus name, and no vaccine or medication will cause them harm in Jesus name.

*We thank you, Lord, that you have heard and answered our prayers. In Jesus' name we pray, Amen. 🙏*




# I AM POSITIONED


Healing | Self discovery | Purpose | Career | Fitness  
Marriage | Parenthood | Business | Positioned Journey



Please forward any thoughts or questions to our inbox; our team looks forward to connecting with you.

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Please reach out if you need someone to pray with you.  
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