

# His Light Towers

*...in your Light we see light...Psalm 36:9*

## Magazine



LEADERSHIP  
RESPONSE TO  
DIVINE DRAMA

SENSITIVITY TO  
GOD'S MOVE

KINGS DON'T  
DRINK WINE

# Leadership Response to Divine Drama

Segun Akande page 5

## Leading with Divine Awareness in Challenging Times

Welcome to this empowering edition of His Light Magazine, where we delve deeply into the call to lead with spiritual sensitivity amidst life's unfolding divine dramas. Leadership is not simply about busyness or action, it is about discerning God's movement in the ordinary and extraordinary moments of our lives.

Our feature articles remind us of the profound lesson Moses teaches: to pause and intentionally "look" at the burning bush, to focus our attention beyond the noise and distractions around us. This act of spiritual attentiveness opens the door to revelation, calling us to respond with faith and obedience. In a world that is ever changing, your leadership effectiveness depends on this crucial ability to perceive, reflect, and act according to God's guidance.

Through inspiring metaphors like the octopus, we learn that leadership calls for flexibility, awareness, and discernment. Just as the octopus navigates the ocean's depths with keen sensitivity, so must leaders navigate complex challenges with divine wisdom and timely decision-making.

This edition also grounds us firmly in essential life disciplines: mental health stewardship, clarity of mind, and perseverance through failure. These articles speak to the reality that strong leadership flows from a clear, renewed mind and a heart aligned with God's purpose.

As you engage with these truths, may you be inspired to cultivate a posture of spiritual alertness. Lead not by impulse or worldly pressure, but with calm revelation and unconditional obedience. When you learn to listen closely to God's voice, your leadership will become transformative: touching lives, inspiring faith, and advancing God's kingdom purpose.

May this edition encourage you today and always to walk closely with the light that never fades.

# How To Escape Hell: SEVEN TRUTHS TO CONSIDER

## 1. THIS WORLD WILL END SOON!

*You won't be here forever, even if this world continues to be. So where will you spend your eternity after here? "For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever" 1John 2:15-17, (KJV)*

## 2. YOU WERE BORN A SINNER,

*Sin is not primarily about what you do or fail to do; it is about who you are. All of us came to this world with sinful nature and we are unfit for the glory of God. The Bible says, "For all have sinned, and come short of the glory of God" Romans 3:23, (KJV).*

## 3. GOD ACCEPTS PEOPLE ONLY THROUGH THEIR PERSONAL FAITH IN JESUS CHRIST.

*"For this is how God loved the world: He gave his unique Son so that everyone who believes in him might not be lost but have eternal life. Because God sent the Son into the world, not to condemn the world, but that the world might be saved through him. Whoever believes in him is not condemned, but whoever does not believe has already been condemned, because he has not believed in the name of God's unique Son" John 3:16-18, (ISV).*

## 4. INVITE JESUS TO DWELL IN YOUR HEART.

*"Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me" Revelation 3:20, (ISV).*

## 5. BEGIN TO READ AND OBEY THE BIBLE EVERYDAY.

*"Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save your souls. But be ye doers of the word, and not hearers only, deceiving your own selves" James 1:21-22, (KJV).*

## 6. JOIN A LOCAL CHURCH WHERE YOU WILL GROW IN FAITH AND SERVICE.

*"Let us hold fast the profession of our faith without wavering: (for he is faithful that promised;) 24 And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching" Hebrews 10:23-25, (KJV).*

## 7. EXPECT THE SECOND COMING OF JESUS EVERYDAY.

*"And, behold, I come quickly; and my reward is with me, to give every man according as his work shall be. I am Alpha and Omega, the beginning and the end, the first and the last" Revelation 22:12-13, (KJV).*

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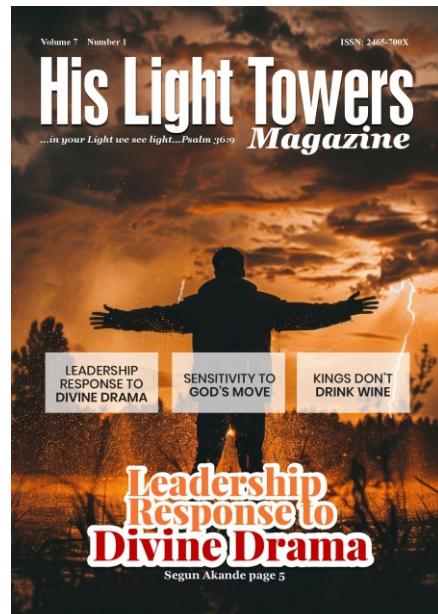
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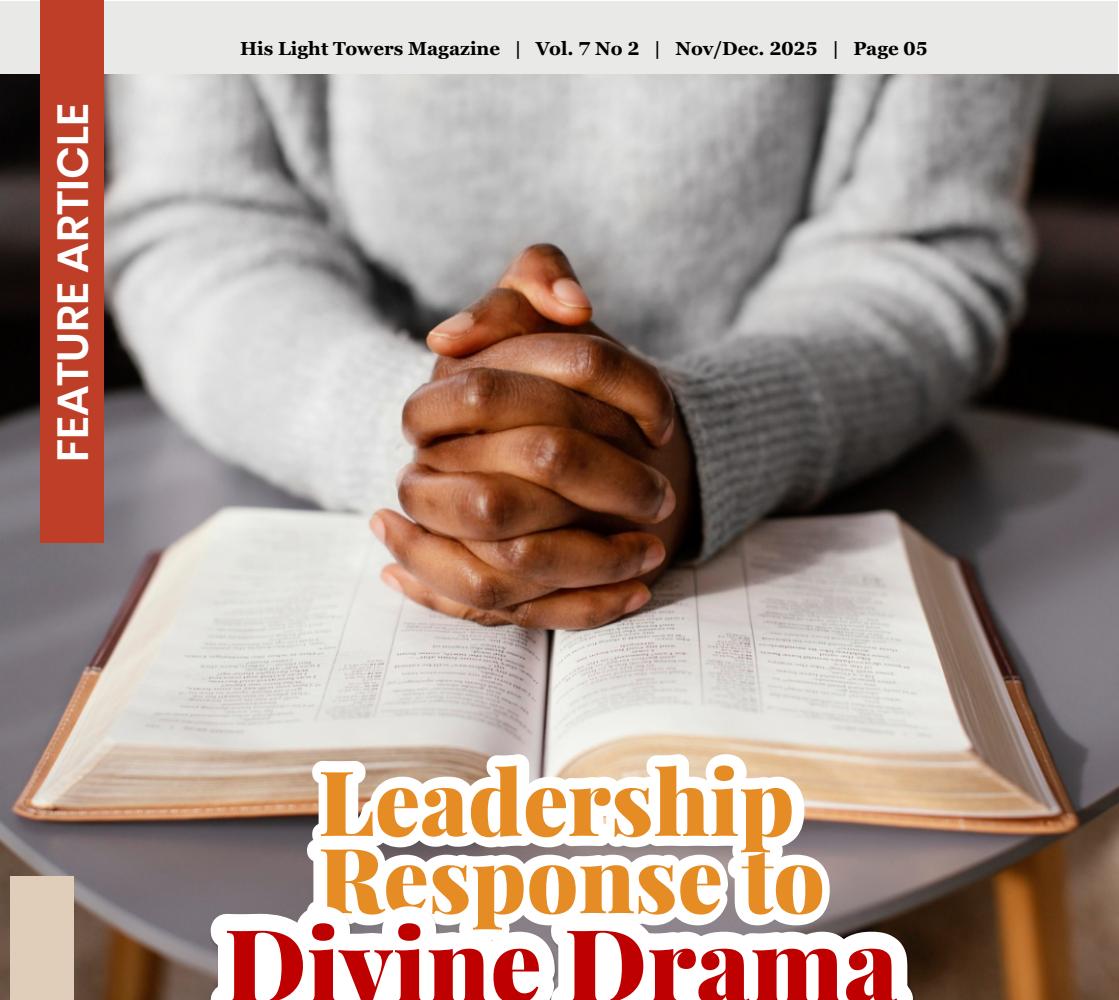
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# Leadership Response to Divine Drama

Segun Akande

Drama, in its simplest form, is a mirror held up to life. It is an artistic performance that portrays human experience, both real and imagined, through dialogue and action. By exploring human emotion, conflict, and relationship, drama unveils the moral and spiritual struggles of existence. In every culture, drama has served as a moral tutor, a tool of transformation, and a platform for the reflection of values.

But beyond human creativity, there exists another kind of performance, one directed by God Himself. This is what I call divine drama. It is the way God arranges circumstances, events, or even disturbances in our lives to reveal His will, correct our course, or commission us for a higher assignment.

God often writes His messages not only in words but also in experiences. Through dreams, visions, trances, turbulent relationships, life challenges, and unusual

happenings, He projects His divine speech or a sermon, He began with a drama before our eyes to awaken our drama. attention and prompt our response.

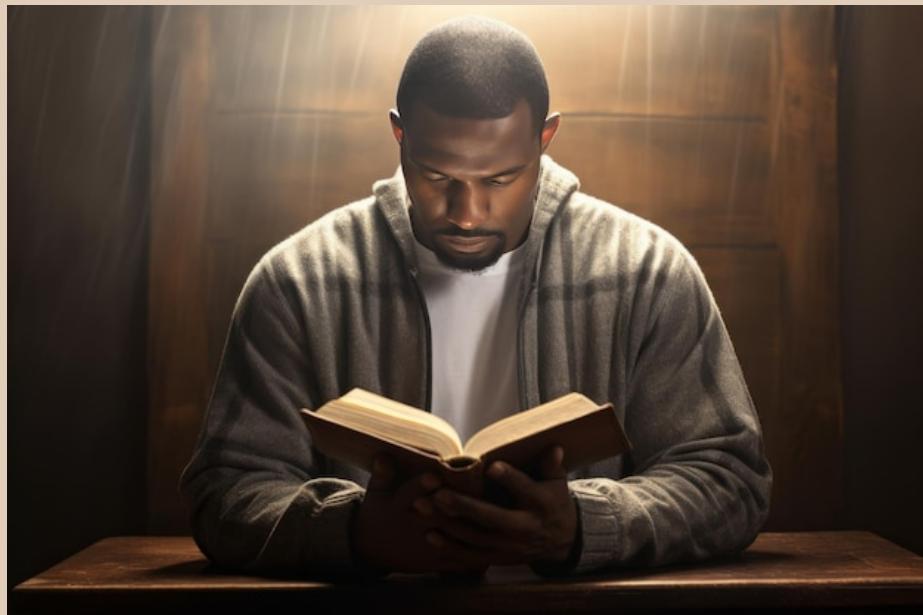
Are you presently aware of any divine drama playing out in your life? Maybe a season of delay, a closed door, or a repeated pattern that seems to be speaking louder than words? God's purpose is not hidden in those moments, it is being performed. What matters most is how you respond. For every divine drama, there must be a leadership response, a conscious, discerning, and obedient action that aligns with God's intention.

### **When God Needed Moses' Leadership**

When God was ready to deliver Israel from bondage, He did not begin with a

*"And the angel of the LORD appeared unto him in a flame of fire out of the midst of a bush: and he looked, and, behold, the bush burned with fire, and the bush was not consumed. And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt. And when the LORD saw that he turned aside to see, God called unto him out of the midst of t h e b u s h ... "*  
Exodus 3:2–4 (KJV)

Moses was not in a temple. He was on an ordinary day's work, tending his father-in-law's flock in the backside of the desert. Yet, God turned an ordinary day into a divine encounter. The burning





bush was God's stage. The angel, the fire, and the bush were the actors in this divine play. And Moses was the intended audience.

God never abandons His chosen vessels. Though Moses had spent forty years in self-imposed exile after his failed attempt at leadership, God had not written him off. The curtain of Moses' leadership might have fallen, but Heaven still had one more act to perform.

That divine drama rekindled what had gone cold in Moses' heart. When divine purpose seems lost or delayed, God knows how to stage a scene that brings it back to life.

### **The Elements of the Drama**

Every detail in God's drama carries meaning. The angel of the Lord signifies divine communication. Angels are God's messengers, His emissaries of enlightenment. Whenever God's

thoughts toward His people reach fullness, He sends His messengers to deliver them. The Psalmist declared, "*He makes His angels spirits; His ministers a flame of fire*" (Psalm 104:4).

The fire represented the intense suffering of the Israelites in Egypt. It symbolized affliction, oppression, and hardship. Yet, the bush that was not consumed symbolized the people of covenant, tried but not destroyed, afflicted but not abandoned. God was declaring through this symbolic drama: "*My people may be in the fire, but the fire will not consume them.*"

This is also true of us. Sometimes our divine drama is not about punishment, but purification. God allows the fire to burn, but not to destroy. He lets circumstances press us, not to crush us, but to call us into alignment with His higher purpose.

Perhaps the heat around you is not from

the enemy but from the refining fire of divine drama. What matters is not what happens, but what you discern.

### The Waiting Leadership

Moses' generation was waiting for deliverance, yet God was waiting for Moses' response. There are people whose breakthroughs, healing, or deliverance are tied to your obedience. Until you step into your leadership assignment, some destinies may remain in bondage.

Every generation waits for its Moses, someone whose attention has been captured by divine drama and whose response unlocks the next move of God. That is why your leadership response matters.

### “And He Looked...”

The Scripture says, *“And he looked...”* That single action changed everything. Looking is not a casual glance, it is an intentional act of attention. It is the beginning of revelation.

In psychology, looking is called an adaptive behavior. It helps us orient ourselves to stimuli that carry meaning. Spiritually, looking represents the awakening of perception.

The Israelites once looked upon the bronze serpent and lived (Numbers 21:4–9). Looking was the act of faith that brought healing. Likewise, Moses' decision to look at the burning bush initiated his transformation from



shepherd to savior.

Every divine drama demands a leader who will look, who will pay attention, observe deeply, and ask spiritual questions. Too often, we miss divine communication because we are too busy to look.

Effective looking is not passive observation; it is spiritual discernment. It means saying, “Lord, what are You showing me in this?”

### “I Will Now Turn Aside and See This Great Sight...”

When Moses said, *“I will now turn aside...”*, he demonstrated the essence of leadership response. To turn aside means to change focus, to disengage from the familiar in order to explore the divine. In leadership, this is the call to step away from busyness and turn toward God's

voice. Many leaders are good at activity but poor at attention. Moses chose attention over activity, and that became his turning point.

Here are three vital lessons in his response:

### 1. Pay Attention

Moses turned aside from his flock to fix his gaze on the burning bush. He was not distracted by routine responsibilities. True leaders know when to pause the ordinary to pursue the extraordinary. Taking time to reflect, fast, or pray about a divine drama is not neglect, it is wisdom.

When God stages a scene in your life, don't rush through it. Pay attention. God speaks in whispers, not in noise.

### 2. Ask Questions

Moses said, "I will now turn aside and see this great sight, why the bush is not burnt." Great leaders ask why. The habit of inquiry opens the door to revelation. God invites our questions, not in doubt, but in desire for understanding.

When you ask the right questions, God gives the right answers. Questions are spiritual keys. Those who learn to use them open doors others only knock upon.

### 3. Listen

Finally, "When the LORD saw that he turned aside to see, God called unto him..." (Exodus 3:4). Notice that God did not speak until Moses turned. Revelation follows attention. God speaks to those who listen.

Listening is not merely hearing, it is spiritual stillness, an inner posture of readiness. Many miss God's next instruction because they are too noisy inside. A leader who will respond rightly to divine drama must learn the discipline of quiet listening.

### Practical Reflections

Every generation faces divine drama, economic pressures, moral decline, shifting values, global uncertainty. Yet, within these crises, God is speaking to leaders who will pay attention.

Your burning bush may come as:

- A failed plan that forces you to



- pray;
- A strained relationship that redefines your priorities;
- A divine delay that purifies your motives;
- Or even an unexpected opportunity that tests your humility.

•

Each one is a scene in God's ongoing drama, calling for leadership response. The way you look, interpret, and act will determine whether you move from wilderness wandering to divine commissioning.

## Conclusion

Every divine drama carries a message. God still uses the language of experience to call leaders into partnership with His

purposes. The question is not whether God is speaking, but whether you are paying attention.

When you notice divine drama in your life, pause. Turn aside. Ask questions. Listen. Then respond in faith and obedience.

The destinies of others may depend on your response to what God is performing in your life right now. Remember, the bush may burn, but it will not consume you. It is only the light that reveals your calling.

So, what is the divine drama unfolding before your eyes today, and how will you, as a leader, respond? Stay blessed in Jesus name!



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# Sensitivity to God's Move

Gideon Akanbi

*"But I ask, have they not heard? Yes, they have: Their voice has gone out to all the earth, and their words to the ends of the world." Romans 10:18*

## Hearing God in a Noisy World

We live in a world filled with noise, not just sound, but distractions that drown out the still, gentle whisper of God. From social media notifications to endless school or work demands, it's easy to miss what God is saying and doing. Yet, God has never stopped speaking or moving. He is still shaping lives, healing hearts, and calling His children into deeper fellowship and purpose.

From the beginning, God's voice has been active. His Word brought creation into existence. His voice guided prophets, inspired kings, and comforted broken hearts. Hebrews 1:1-2 reminds us that "God...has in these last days spoken to us by His Son." That means Jesus is still speaking—through His Word, through the Spirit, through the beauty of creation, and sometimes through people around us.



The problem is not that God is silent, but that many of us have lost the sensitivity to hear Him. Our generation is more connected than ever, but often disconnected from the voice that matters most.

### The Call to Be Spiritually Awake

Every move of God begins with awareness. When you are sensitive to God's move, you notice His fingerprints in everything — a sermon that touches your heart, a song that stirs your soul, or a random conversation that answers a question you've been asking in prayer.

David wrote, "The heavens declare the glory of God; the skies proclaim the work of His hands" (Psalm 19:1). God is always communicating — through creation, through Scripture, and through the Holy Spirit within us. But if your heart is distracted, you'll miss it.

Isaiah heard the voice of God asking, "*Whom shall I send, and who will go for us?*" and his immediate response was, "*Here am I. Send me.*" (Isaiah 6:8). Isaiah's sensitivity led to obedience. When your heart is tuned to God's frequency, you won't hesitate when He calls. You'll move when He moves.

### When God Moves, He Invites Us

God never moves alone. He always invites His children to join Him. Paul experienced this when he saw a vision of a man from Macedonia calling for help (Acts 16:9-10). Paul didn't delay or doubt; he obeyed immediately. That is what it means to be sensitive — to recognize God's direction and respond without excuses.

You don't need a thunderous voice from heaven to know God's will. Sometimes His move is a gentle prompting in your

heart — an urge to pray for someone, a desire to give, or a conviction to change your lifestyle. Sensitivity means not brushing those moments aside.

Even in your everyday life, God is moving. He is stirring revival in schools, raising young voices for truth, and awakening hearts to purity and compassion. The question is: are you available to move with Him?

### Barriers to Sensitivity

Let's be honest — it's hard to stay sensitive to God in a world that constantly pulls your attention away. Busyness, sin, fear, and noise can block the flow of spiritual perception.

- **Busyness:** When your schedule is packed with endless tasks, you stop listening. God's voice often comes in stillness, not in haste.
- **Sin:** Unconfessed sin hardens the heart. A guilty conscience makes it difficult to hear clearly.
- **Fear and Doubt:** When you don't trust God fully, you second-guess His leading.

- **Distractions:** Too much entertainment, phone time, or social comparison can drown out God's whispers.

That's why Romans 12:2 says, "Do not be conformed to this world, but be transformed by the renewing of your mind." Sensitivity begins when your mind and heart are renewed daily through Scripture and prayer.

### Learning to Listen

You can train your spiritual senses just like an athlete trains muscles. Here are simple ways to grow in sensitivity:

- **Spend Time in God's Word.** The Bible is not just a book—it's God's voice in written form. The more you read, the more you recognize His tone.
- **Pray with Expectation.** Don't just talk to God; listen. After you pray, pause and be still. Sometimes, the Spirit speaks in silence.
- **Obey Quickly.** Each time you obey a divine prompting, your sensitivity increases. Each time



you ignore it, your heart grows online. dull.

- Stay Around Spiritually Alive People. Being in community with believers who love God helps sharpen your awareness. Proverbs 27:17 says, “As iron sharpens iron, so one person sharpens another.”
- Guard Your Mind. What you watch, read, and listen to shapes your spiritual hearing. Keep your heart pure so that God’s whisper is not lost in the noise.

### God’s Move in This Generation

Look around — God is moving mightily among young people all over the world. He’s stirring passion for holiness, compassion for the hurting, and courage to stand for truth. Revivals are breaking out on campuses, youth groups are rediscovering prayer, and Christian content is spreading faster than ever

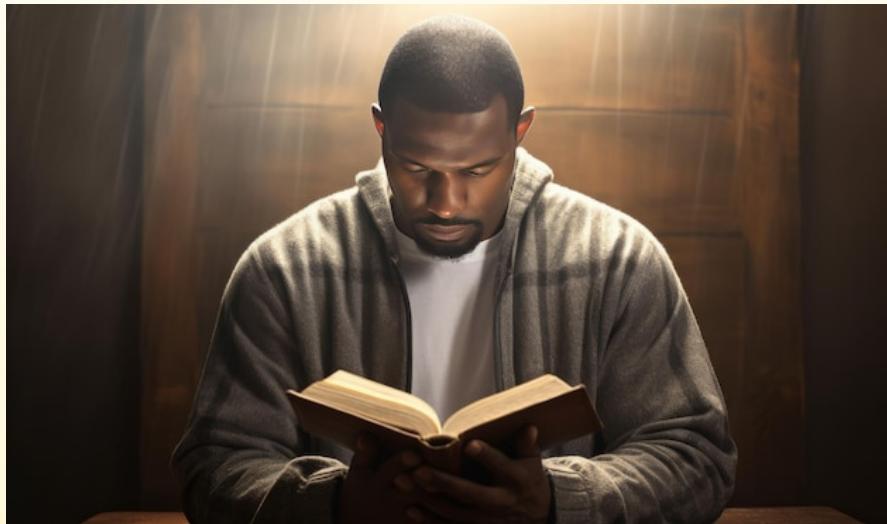
But God is not looking for perfect people; He’s looking for available hearts. He wants young men and women who will say, *“Lord, I am ready. Use me.”*

The world needs your sensitivity because many are searching for hope. Your obedience could be the bridge that connects someone else to God’s love.

### Responding to God’s Voice

When God speaks, He expects a response. Sometimes it’s immediate obedience; sometimes it’s quiet trust. But ignoring His promptings brings spiritual numbness. The rich man in Luke 16 wished someone had told his family the truth before it was too late. Sensitivity is not just about hearing—it’s about acting.

Don’t let fear hold you back. The Holy Spirit is your Helper. He guides you into truth and gives you courage to follow God’s will. If you sense Him calling you



to share your faith, serve in church, or moments. make a personal change—move. Each step of obedience draws you closer to His heart.

### Living with Open Ears and Open Hearts

Paul prayed that believers would receive “the spirit of wisdom and revelation” so that the eyes of their understanding would be enlightened (Ephesians 1:17-18). That’s a prayer every young believer should pray daily.

Ask God to make you spiritually alert—to open your eyes to opportunities, to help you see people through His eyes, and to help you recognize His presence in ordinary

God’s move isn’t always dramatic. Sometimes it’s as quiet as a nudge to forgive someone, a conviction to delete a toxic app, or a whisper to pray instead of complain. Being sensitive means being willing to say yes to those small moments that lead to big transformations.

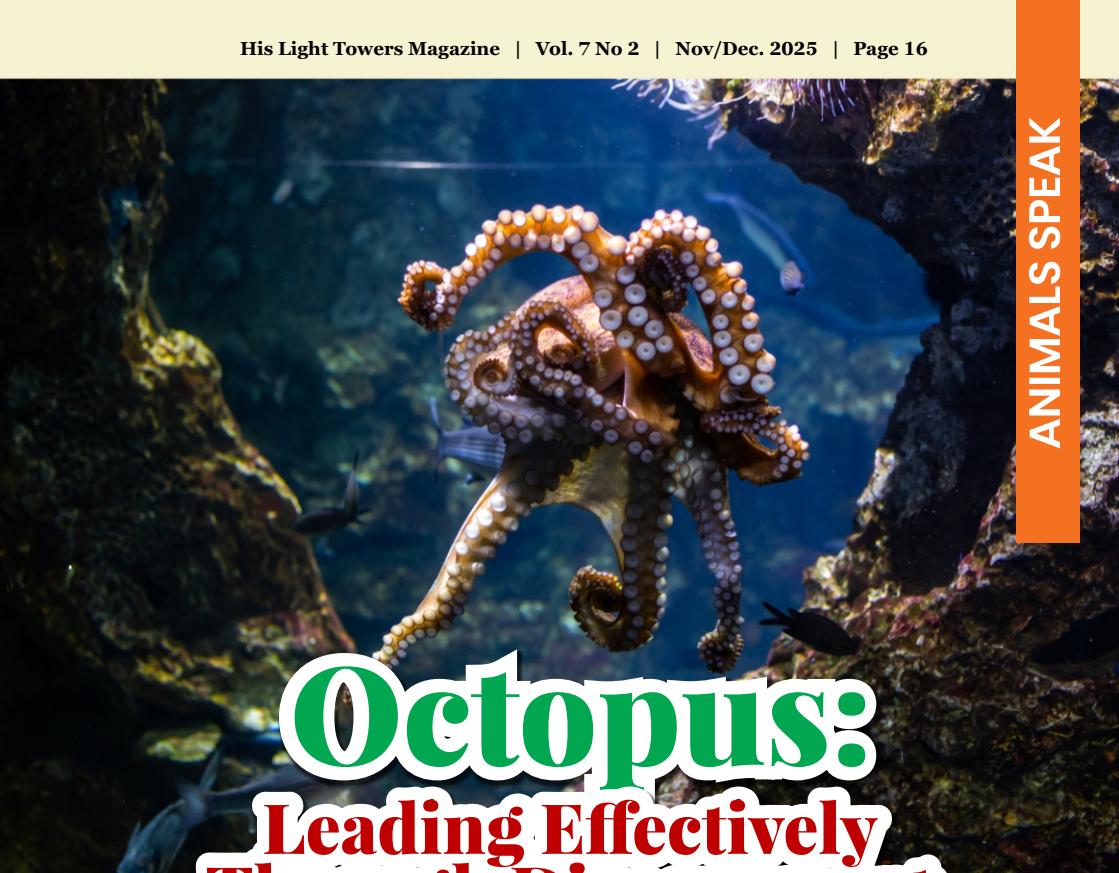
### Reflection

- Are you making room for God’s voice in your daily routine?
- What distractions might be dulling your spiritual hearing?
- When was the last time you obeyed a small prompting from the Holy Spirit?

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# Octopus: Leading Effectively Through Discernment

Segun Akande

## Introduction

Among the wonders of the deep sea, few creatures rival the mystery and brilliance of the octopus. With eight arms, three hearts, and a nervous system that allows each limb to act almost independently, it moves with quiet precision and awareness. Its intelligence and adaptability have earned it a reputation as one of nature's great problem-solvers.

Yet beyond its physical wonder lies a spiritual metaphor. The octopus mirrors what every effective leader must become: perceptive, flexible, and deeply aware of divine direction. Leadership, like the ocean, is vast, unpredictable, and filled with unseen currents. Those who lead effectively must learn to navigate its depths through spiritual awareness.

God still guides His leaders today, but His guidance often comes subtly, through impressions, circumstances, or inward conviction. The octopus becomes a silent

teacher, showing us that divine sensitivity is the compass for effective leadership.

### Model of Spiritual Sensitivity

An octopus survives in the ocean not through brute strength, but through acute sensitivity. Its entire body can feel vibration, texture, and movement. Likewise, godly leadership thrives when it is guided by spiritual discernment rather than human impulse.

Jesus Christ said: *“He that hath an ear, let him hear what the Spirit saith...”* (Revelation 2:7). Effective leaders do not move by assumption; they move by revelation.

Just as each arm of the octopus can explore different directions while remaining connected to a single brain, so must a leader stay connected to God while managing many aspects of responsibility such as family, ministry, relationships, vision, and service. Spiritual awareness keeps all these “arms” coordinated under divine control.

### Leading with Discernment

The octopus’s ability to camouflage is one of its most remarkable gifts. It adjusts

instantly to its surroundings, not to hide in fear, but to survive with wisdom.

In leadership, camouflage represents discernment and adaptability. Wise leaders read their environment before reacting. They discern times and seasons, adapting their approach without compromising their principles.

Jesus demonstrated this beautifully: gentle among children, firm before hypocrites, silent before accusers. He understood timing, tone, and context. A spiritually aware leader knows that discernment is not optional; it is essential. Camouflage in leadership is not deception, it is discretion. It is the ability to move with divine timing and speak with godly insight.

### Responding to Pressure with Wisdom

When threatened, the octopus releases a cloud of ink, obscuring the predator’s vision while it escapes to safety. This is not cowardice, it is strategic withdrawal. We, too, need moments of retreat. The pressures of guiding others, making decisions, and enduring criticism can cloud perception. In such times, the wise leader follows Jesus’ example: *“He withdrew himself into the wilderness and*



prayed" (Luke 5:16).

There are seasons when the best leadership response is silence, reflection, or prayer. Retreats renew clarity, protect peace, and restore direction. An octopus cannot survive without periodic retreat into its den; neither can a leader lead effectively without time apart with God.

### Creative Intelligence and Renewed Mind

Scientists describe the octopus as one of the most intelligent creatures in the ocean. It solves problems, opens jars, and navigates mazes with remarkable precision.

This intelligence mirrors the renewed mind of a spiritual leader. Paul teaches, "*Be transformed by the renewing of your mind...*" (Romans 12:2). A spiritually aware leader allows divine wisdom to inspire creative solutions. Whether solving conflicts, guiding teams, or

envisioning growth, divine intelligence brings clarity beyond human reasoning.

Leadership today requires innovation guided by revelation: seeing possibilities where others see impossibility. Like the octopus, wise leaders combine flexibility, creativity, and divine insight to accomplish their mission.

### Leadership as Stewardship

Every creature contributes to the balance of creation; the octopus maintains harmony within its environment. Likewise, leaders maintain harmony within their communities, organizations, and families.

Spiritual awareness reminds us that leadership is stewardship. Authority is not domination but responsibility. The spiritually aware leader recognizes that decisions ripple outward, affecting people and environments alike.



The octopus teaches us to lead with sensitivity, to sense the needs, moods, and capacities of those we serve. Leadership detached from awareness becomes control; leadership guided by awareness becomes compassion.

A leader in tune with God's Spirit naturally fosters order, unity, and restoration. Such leadership not only achieves goals but transforms lives.

### Cultivating Spiritual Awareness

Spiritual awareness is not a mystical gift reserved for a few; it is a discipline cultivated over time. To lead with divine precision, one must develop sensitivity through intentional practices:

**Prayer and Stillness** – Quietness heightens perception. Leaders who pause to listen often lead with clearer insight.

**Meditation on Scripture** – God's Word tunes our inner compass to His will.

**Reflective Observation** – Like the octopus sensing currents, we must notice emotional and relational "currents" in our environment.

**Seeking Wise Counsel** – Spiritual awareness is sharpened in community; trusted mentors provide perspective.

**Obedience** – Revelation without response brings stagnation. Acting on divine guidance strengthens discernment for future decisions.

Leadership that flows from these disciplines becomes more intuitive, purposeful, and Spirit-led.

From a psychological standpoint, awareness involves three stages: perception, reflection, and response.

- Perception asks, "What is happening?"



- Reflection asks, "What does it mean?"
- Response asks, "What must I do?"

The octopus models these stages perfectly, it perceives its environment, interprets potential threats or opportunities, and responds appropriately.

Likewise, great leaders think before acting. They reflect before speaking. They discern before deciding. Spiritual awareness refines emotional intelligence, helping leaders respond rather than react.

The truly effective leader balances intellect, intuition, and inspiration, using all to serve God's purpose in every situation.

### Conclusion

Life and leadership both unfold like the ocean; it is vast, unpredictable, and filled with mystery. But just as the octopus moves through the deep with grace and awareness, so must the spiritual leader move through life, guided by divine sensitivity.

God still speaks through the currents of life, through challenges, relationships, and quiet convictions. The leader who listens will never be lost.

The octopus reminds us that awareness is strength, adaptability is wisdom, and discernment is grace. To lead effectively, we must see beyond the surface, hear beyond the noise, and move beyond fear.

When leadership flows from spiritual awareness, it becomes transformative. It touches lives, inspires faith, and fulfills divine purpose.

So, stretch your arms of faith like the octopus. Sense the movements of God around you. Lead not by reaction but by revelation and watch how divine awareness turns your leadership into lasting influence.



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# Kings Don't Drink Wine

Segun Akande

You carry a royal identity. Scripture declares that we are “a chosen generation, a royal priesthood” (1 Peter 2:9). In the Kingdom of God, we are kings, yet not every king behaves like one. True kingship is not about the crown we wear, but about the clarity of our mind and the purity of our decisions.

King Lemuel’s mother understood this truth when she warned her son: “It is not for kings, O Lemuel, it is not for kings to drink wine; nor for princes strong drink: lest they drink, and forget the law, and pervert the judgment of any of the afflicted.” (Proverbs 31:4–5, KJV)

Her counsel was not only about avoiding wine. It was about protecting the mind, which is the seat of wisdom, judgment, and discernment. Anything that dulls the mind or alters our perception threatens leadership and destiny. Whether it is alcohol, drugs, or any mind-altering substance, the effect is the same: it weakens self-control, clouds judgment, and leads to poor decisions. A king cannot afford such fogginess.

## The Royal Identity of the Believer

God expects us to lead by example, to rule in righteousness, and to model godly character in a confused world. Royalty comes with responsibility. And the first responsibility of a king is to keep a clear mind.

Substances that alter the mind (whether alcohol, marijuana, cocaine, or prescription misuse) rob believers of that clarity. They weaken moral resolve, distort perception, and disconnect the heart from divine wisdom. When a leader's mind is under the influence of chemicals, he forgets the law of God and loses his ability to make righteous judgments.

Royal thinking requires a sober mind. Royal behavior flows from clear thinking. You cannot reign effectively when your reasoning is clouded.

## **:Wine” Undermine Leadership**

Every substance that changes how the brain works also changes how we think,

feel, and act. These substances slow or overstimulate the nervous system, confuse focus, and weaken emotional stability.

They may seem to offer comfort or excitement, but they leave behind emptiness and regret. What begins as curiosity or recreation often grows into dependence. Many who started just “to relax” now cannot sleep, preach, or face stress without a stimulant or sedative.

The Bible warns us that “wine is a mocker and strong drink is raging” (Proverbs 20:1). That warning applies to every substance that mocks our self-control and turns freedom into bondage. It gives temporary pleasure but lasting damage.

A cloudy mind cannot carry the weight of calling. Leadership, whether in the pulpit, the classroom, or the home, demands vision, discernment, and calm. Psychoactive substances disrupt all three.



## The Mind as the Throne of Leadership

The mind is where decisions are made, where values are shaped, and where God's voice is often heard. If the mind is the throne, then every intoxicating substance is a thief trying to seize it.

When a believer's mind is influenced by chemicals, clarity gives way to confusion, and confidence gives way to carelessness. Many moral failures, broken marriages, and ruined ministries began with a compromised mind.

Scripture shows this vividly in Noah's story (Genesis 9:20–23). After a great victory, he drank and became uncovered, a single moment of indulgence that led to shame and generational pain. What one cup of pleasure promised, years of purpose lost.

That is why Proverbs 31 warns kings not to forget the law or pervert judgment. A clouded mind cannot defend the weak or discern justice. Having been called to lead, learn to protect your mental throne.

### “Wine” and the Spiritual Life

Substances do not only affect the body,

they also dull the spirit. When the mind is intoxicated, the heart becomes less sensitive to God.

Paul gives this command:

“Do not be drunk with wine, which leads to excess, but be filled with the Spirit.” (Ephesians 5:18)

The same longing that leads some people to stimulants or depressants is actually a hunger for joy, peace, or escape. Yet the Holy Spirit provides all these without the poison. When the Spirit fills you, He brings peace without confusion, strength without addiction, and joy without regret.

Substances promise relief, but they rob intimacy with God. They numb pain temporarily but silence the voice of the Spirit permanently. What the world seeks in pills, smoke, or drink, the believer receives through prayer, worship, and rest in God's presence.

### Why People Use Wine

Many who fall into substance use do not start because they are rebellious but because they are hurting. Stress, loneliness, disappointment, or trauma can drive even sincere believers to seek



relief.

But substances only hide pain; they do not heal it. When the effect wears off, the pain remains, often deeper and more complicated. True healing begins with facing the pain honestly, not escaping it. Faith offers better ways to cope:

Prayer and meditation calm the mind and restore peace.

Talking to trusted people (pastors, counselors, or friends) brings understanding and support.

Serving others redirects attention from pain to purpose.

Healthy rest and exercise rebuild emotional balance and strengthen the body.



God never promised a life without pain, but He promised peace in the midst of it. The believer's strength lies in courage, not in chemical comfort.

### **Mental Health and Spiritual Stewardship**

Your mind is not just a biological organ, it is a sacred instrument. It is where sermons are born, prayers are shaped, and visions are conceived. The Holy Spirit uses a clear mind to reveal His truth. When the mind is dulled or distracted, spiritual sensitivity fades.

Substances slowly erode that mental sharpness. They drain energy, destroy focus, and weaken memory. Over time, they imprison creativity and hinder discernment. What once was a throne of wisdom becomes a battlefield of confusion.

Paul reminds us to be “transformed by the renewing of your mind” (Romans 12:2). Renewal requires sobriety. A mind renewed by the Spirit becomes a vessel of wisdom, while a mind polluted by chemicals becomes an echo chamber of chaos.

### **Sobriety as Strength, Not Weakness**

Choosing sobriety is not legalism, it is leadership. It is not about rules but about readiness. A sober mind can hear God clearly, think deeply, and act wisely. Sobriety is not loss; it is liberty.

When you are sober, you are free from the pull of substances, free from regret, and free to lead with vision. Sobriety restores

confidence and renews purpose. It gives strength to stand, courage to decide, and peace to rest.

The world may laugh at sobriety, but heaven crowns it. In God's kingdom, kings are not known by indulgence but by discipline.

### Practical Steps Toward Freedom

If you or someone you know is struggling with substance use, remember: freedom is possible. Christ still sets captives free. But freedom begins with honesty.

1. Acknowledge the struggle. Denial keeps you bound; confession starts your healing.
2. Seek help. Talk to a pastor, counselor, or support group. Healing often happens in community.
3. Replace the habit. Fill your mind and time with what gives life: Scripture, prayer, music, service, and healthy

friendships.

4. Renew your thoughts daily. Let God's Word reshape how you see yourself and your challenges.
5. Depend on the Holy Spirit. The same Spirit who raised Christ from the dead can empower you to overcome temptation and live in victory.

You are not powerless; you are royalty. And kings don't live in chains.

### Kings and Legacy: Living Beyond the Moment

Kings live for purpose, not pleasure. Every decision you make today shapes the future you will hand to others. Psychoactive substances promise escape but steal legacy.

Proverbs 31 continues by urging kings to "defend the rights of the poor and needy." That means leadership is about serving others, not serving the flesh. A fogged mind cannot carry out that mission.



Every believer influences someone: children, students, or followers. Your clarity becomes their direction. Your habits shape their hope. When you choose a sober mind, you choose to lead others into life, not confusion.

True kings drink from the cup of wisdom, not intoxication. They stay awake to God's purpose and alert to the needs around them.

### Conclusion

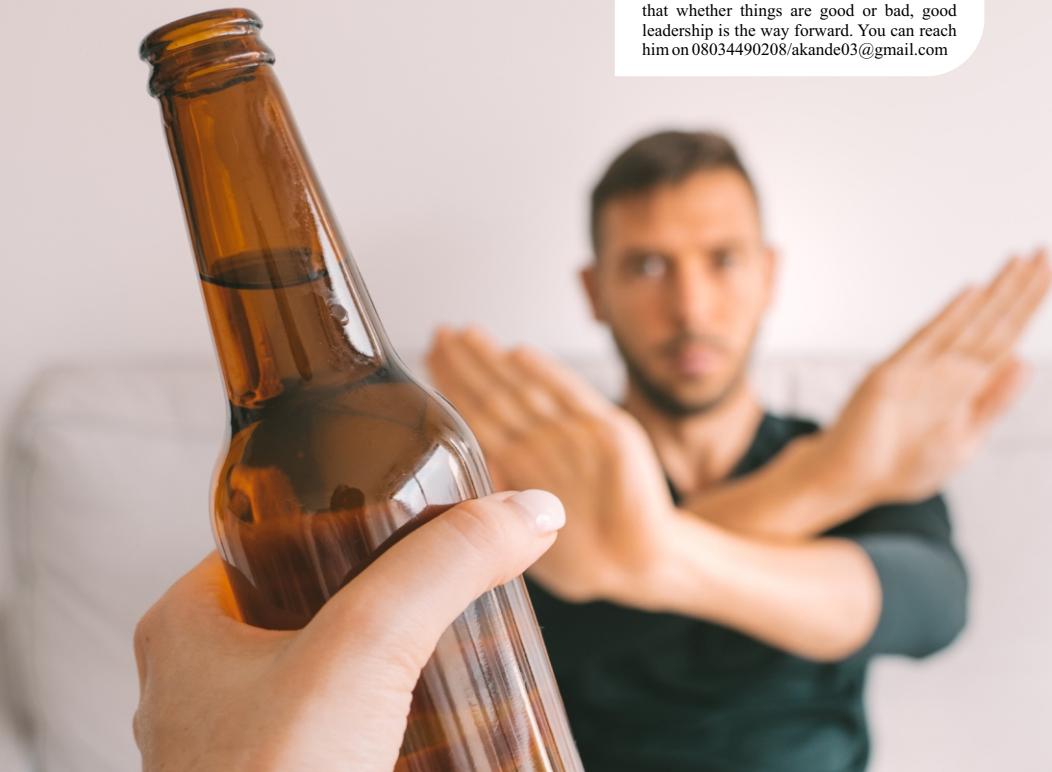
Kings don't use psychoactive substances—not because they are self-righteous, but because they understand the price of clarity. They know that ruling over others begins with ruling over themselves.

Alcohol, drugs, and other mind-altering substances enslave the mind, but Christ empowers it. The crown of leadership fits best on a sober, Spirit-filled head.

Your body is the temple, your mind is the throne, and the Holy Spirit is your Counselor. Protect your throne. Guard your thoughts. Keep your spirit sharp and your influence pure.

“It is not for kings to drink wine.” (Proverbs 31:4) Because kings are meant to think clearly, love deeply, and lead wisely. May you live and lead as a true king—strong, sober, and Spirit-filled.

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# Handling Failure:

## Turning Setbacks into Comebacks

Abayomi Akanmu

Nobody likes to fail. Whether it's scoring low on a test, losing a football match, or not getting into your dream school, failure can hurt. It brings feelings like sadness, anger, frustration, or even embarrassment. But here's the truth: failure is not the opposite of success, it's part of it. Everyone fails at something, but not everyone learns how to bounce back. What makes the difference is how you respond.

### 1. Everyone Fails, Even the Best

Think of your favorite athlete, musician, or inventor. They all failed before they became great. Thomas Edison, the man who invented the electric bulb, failed a

thousand times before he got it right. When a reporter asked how it felt to fail so much, Edison said, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps." That's how champions think!

When you fail a test or lose a game, it doesn't mean you're a failure, it just means you found one way that didn't work. Learn from it, adjust, and try again. Failure is a teacher, not a judge.

### 2. Don't Blame, Take Responsibility

When things go wrong, it's easy to point fingers: "The teacher didn't explain well," or "My friend distracted me," or "It

just wasn't fair." But blaming others keeps you stuck. Taking responsibility puts you back in control.

Ask yourself: "What can I learn from this?" or "What can I do differently next time?" That attitude helps you grow stronger and wiser. You can't change what already happened, but you can change your next move. So, let go of the past and step forward with confidence.

### 3. Failure Is a Step, Not a Stop

Great people see failure as a step on the staircase of success. Michael Jordan, one of the greatest basketball players ever, said, *"I've failed over and over and over again in my life. And that is why I succeed."* Each failure prepared him for another try, another victory.

So when you fall, don't stop climbing. Let failure push you, not paralyze you. Every "no" brings you closer to a "yes." Every mistake teaches you something valuable. That's how success is born.

### 4. Learn the Lesson and Move On

Failure is one of life's best teachers. It

shows what doesn't work, points out weak areas, and helps you grow emotionally and mentally. Billionaire Bill Gates once said, *"It's fine to celebrate success, but it is more important to heed the lessons of failure."* Maybe you failed because you didn't plan well, or you procrastinated, or you were afraid to ask for help. Whatever the reason, see it as feedback, not final judgment. Ask yourself: *"What lesson is this teaching me?"* Once you've learned it, move on. Don't sit in regret; walk in wisdom.

### 5. Try Again, Don't Quit

A popular saying goes, "Winners never quit, and quitters never win." It's true! People who succeed aren't those who never fail, they're those who never stop trying.

The Bible says, "For though the righteous fall seven times, they rise again" (Proverbs 24:16, NIV). Falling isn't the problem; refusing to rise is. Each attempt you make moves you one step closer to your dream. Even if you've failed before, get up and try again. The next effort might





be your breakthrough.

So, when you're tempted to quit, remember: every time you rise, you prove that failure didn't defeat you, it trained you.

## 6. Watch Your Thoughts

How you think shapes how you live. If you believe you're a failure, you'll act like one. But if you think like a winner, you'll keep pushing until you win.

The Bible reminds us, "As he thinks in his heart, so is he..." (Proverbs 23:7). That means your mindset matters. Don't let one bad grade or lost competition define your identity. You are more than one moment.

Replace thoughts like "*I can't do this*" with "*I can learn this*." Replace "*I'm not good enough*" with "*I'm getting better every day*." That's what a winning mindset sounds like.

## 7. Failure and Faith

Even when you fail, remember that God hasn't given up on you. Romans 8:28

says, "And we know that in all things God works for the good of those who love Him." That includes your failures.

Sometimes, what looks like a setback is actually a setup for something better. Maybe God is teaching patience, humility, or perseverance. Maybe He's redirecting you to something greater. Keep trusting Him; your failure today can become your testimony tomorrow.

## 8. Turn Failure into Fuel

When you fail, you have two choices: let it break you or let it build you. Turn your frustration into motivation. Say to yourself, "Next time, I'll do better."

Think of failure as fuel for growth. Athletes train harder after losses. Artists create better after rejection. Students study smarter after low grades. The key is not to waste the experience, use it. Failure is feedback from life. Listen, learn, and level up.

## 9. Stay Positive and Keep Perspective

When failure hits, it's normal to feel sad or angry for a while. Don't pretend



you're fine if you're not. Take time to process your feelings, but don't stay there. Talk to someone you trust: a parent, pastor, teacher, or friend. Sharing your disappointment can lift the weight off your chest.

Then, step back and look at the bigger picture. One failed exam doesn't mean your future is doomed. One lost game doesn't erase your talent. Every successful person you admire has a story of failure behind their fame. If they can rise, so can you.

## 10. Build Resilience: The Bounce-Back Power

Resilience means the ability to bounce back after difficulties. It's like a ball; you can throw it down, but it bounces up again. That's how you should handle failure.

Every time you bounce back, you get stronger, wiser, and more confident. You learn that setbacks don't define you, they refine you. That's what makes leaders, achievers, and world-changers stand

out. They don't avoid failure; they use it to grow.

### In Summary

Failure hurts, but it's not final. It's a bridge, not a barrier. The most successful people aren't the ones who never failed—they're the ones who refused to stay down.

So, next time you face failure:

- Accept it—don't deny it.
- Learn from it—don't waste it.
- Grow through it—don't run from it.
- Try again—don't quit.
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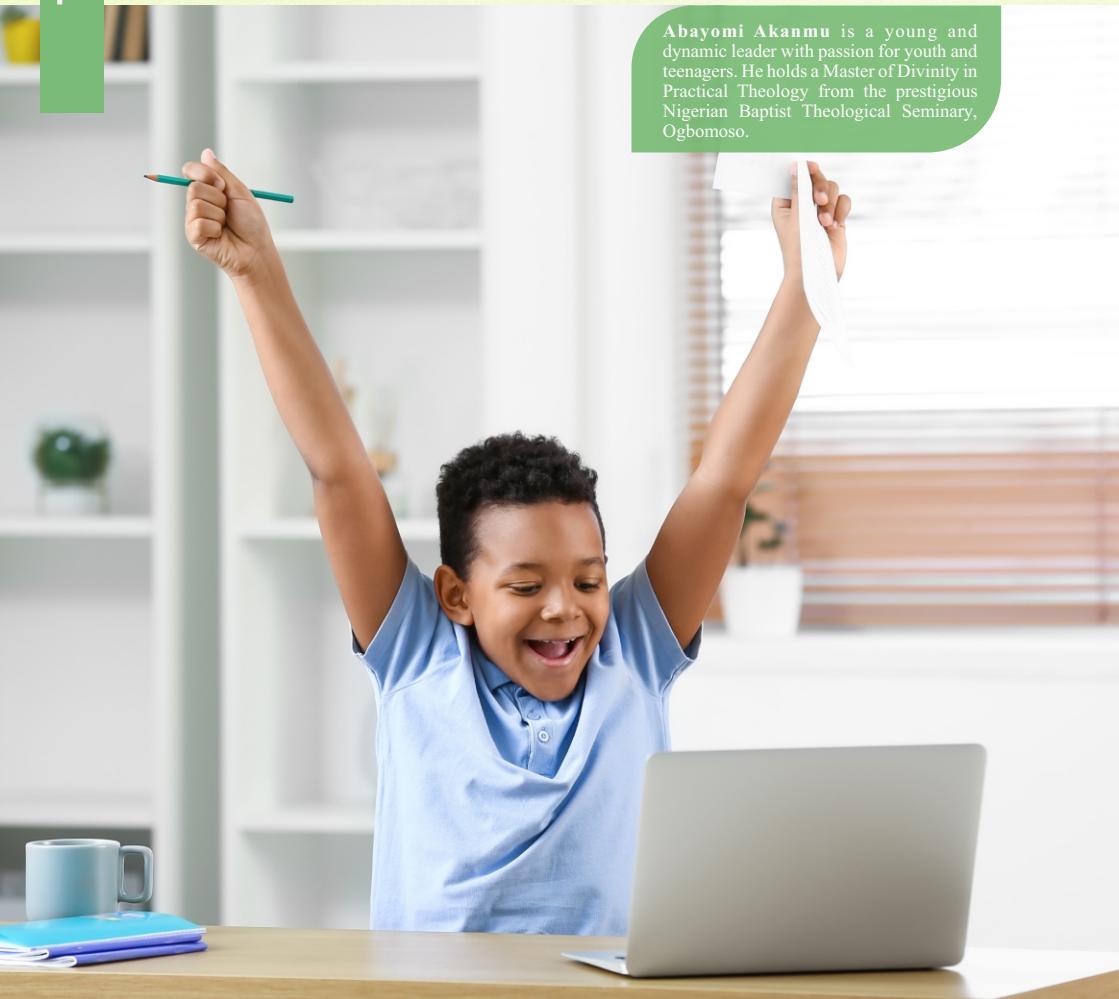
Remember, God can turn your worst mistakes into your greatest messages. You are not defined by failure, you're shaped by how you handle it. Keep learning, keep trying, and keep believing. You've got what it takes to turn every fall into a rise and every loss into a lesson.

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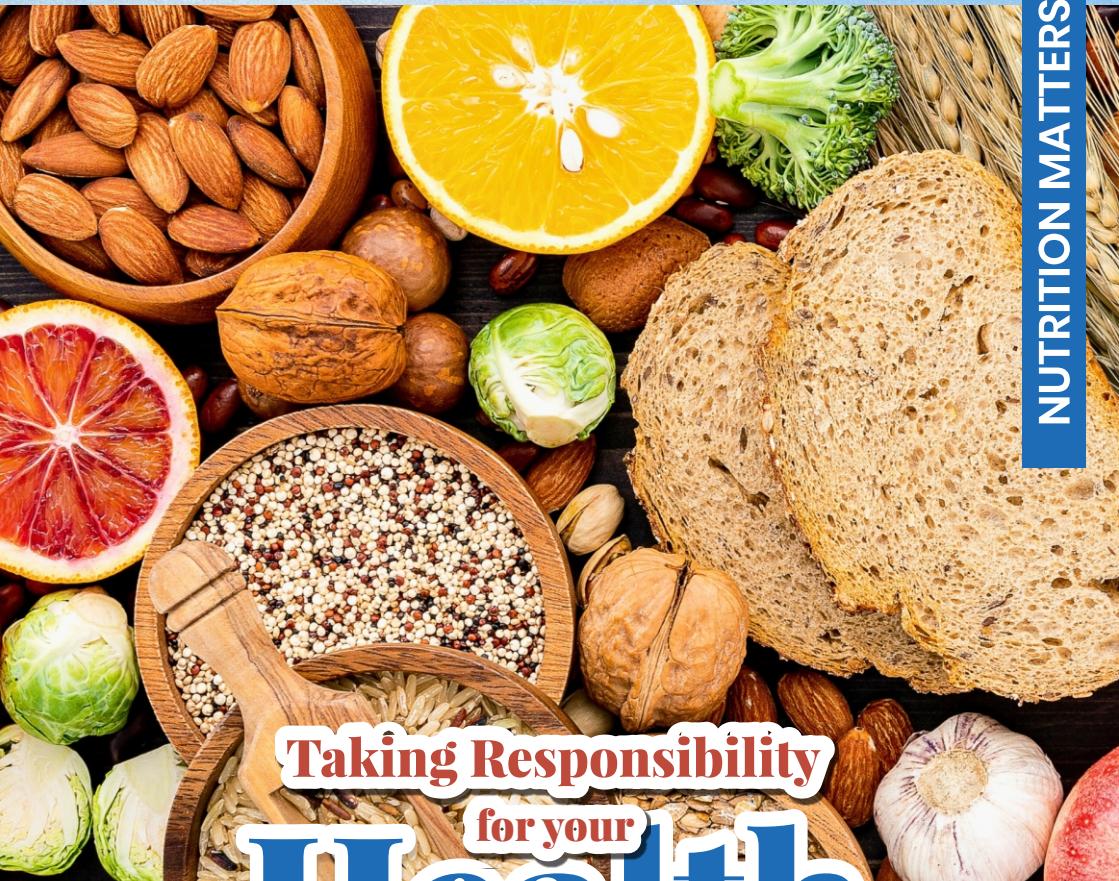
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# Taking Responsibility for your Health

Oluwatfunmi Akande

As a nutritionist, whenever I relate with people, I often ask them a simple question: "What do you eat?" Their answers usually make my heart ache. Many tell me they buy food outside almost every day. For some, it has even become a lifestyle.

Now, it is not wrong to buy food outside once in a while, but it should not be your way of life. We all must be in charge of what we eat. Most times, I start advising them on better food choices, but after a while, nothing changes. That is when I realized something important if people do not want to take charge of their health, there is nothing even a nutritionist can do to help.

Taking care of your health is a personal leadership issue. Just like we lead others at work, in ministry, or in our homes, we must first learn to lead ourselves. And that includes leading ourselves to eat well. So today, we are talking about taking responsibility for your own health as a leader.

### Building a Balanced Plate

Healthy eating is not about avoiding food. It is about balance. Every food group has a role to play in keeping your body strong and active.

Carbohydrates give you energy to think, move, and serve. Choose whole grains, tubers, and fruits instead of sugary snacks.

Proteins repair and build your muscles and support your immune system. Eat

beans, eggs, fish, and lean meat often.

Vitamins and minerals protect you from sickness and keep your body systems running smoothly. They are found in fruits, vegetables, and nuts.

Fats and oils are also important. The right kinds, such as those from avocado, olive oil, and nuts, support your brain and heart health.

Water is life. It keeps every part of your body working well and helps you stay refreshed.

A good food plate is not about eating plenty but eating wisely. Give your body what it truly needs, not just what it craves.

### Plan Your Meals

One of the best ways to take charge of your health is to plan your meals. Do not





just eat whatever is available. When you plan what you will eat in a day or a week, you are less likely to settle for junk or skip meals.

Planning also helps you make time to cook, store food properly, and include all the food groups in your diet. You can even keep healthy snacks like fruits or nuts with you when you are busy. Meal planning keeps you disciplined and helps you stay in control of your diet.

### Be Careful Who You Listen To

These days, social media is full of people giving advice about food. But not everyone talking about nutrition online is qualified to do so. Some of them are not trained or certified; they only share what probably worked for them.

Nutrition is personal. What works for

one person might not work for another because we all have different bodies, lifestyles, and health needs. Always seek advice from a verified nutritionist or dietitian. Proverbs 15 verse 22 says, “Plans fail for lack of counsel, but with many advisers they succeed.” Get the right counsel before making changes to your diet.

### Do Not Fall for Food Industry Tricks

Be wise about what you see on food labels. Many companies use words like “no sugar,” “zero fat,” or “all natural” to make their products sound healthy. But these phrases can be misleading. Some drinks labeled “zero sugar” contain artificial sweeteners that can still affect your health. Some “low fat” foods have added salt or chemicals. Even “natural” does not always mean it is good for you.

Always read the ingredients and understand what you are eating. Do not let fancy packaging or sweet promises decide what you put in your body.

### **Eat Well, Move Well, Rest Well**

Eating well is important, but it is not enough. Your body also needs movement and rest. Staying active helps your heart, muscles, and mind stay healthy. You do not need to do difficult workouts. Simple activities like walking, stretching, or dancing can keep your body strong and reduce stress.

Rest is just as important. God rested after creation, showing us that rest is part of good living. When you sleep well, your body heals, your mind resets, and your strength is renewed. Being healthy is not just about food. It is about balance between eating well, staying active, and resting properly.

### **Lead Yourself Well**

Taking responsibility for your diet and health is not about perfection. It is about being intentional and consistent. Every wise choice you make honors God and prepares you to serve better.

Start small. Plan your meals. Drink more water. Move your body. Rest when you need to. Avoid unhealthy habits. These small steps add up and make a big difference.

Leadership is not only about guiding others. It is also about setting an example in how you live. When you take care of your body, you are showing gratitude to God for the gift of life. You cannot pour from an empty cup. So lead yourself well, care for your body, mind, and spirit, and you will be able to serve with strength, focus, and grace.

Oluwatofunmi Grace Akande is a nutritionist and the founder of NutriRoots Initiative



**"Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, “This is the way; walk in it.”"**

- Isaiah 30:21(NIV)



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