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His Light Towers

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

Magazine

LEADERSHIP
LESSONS FROM
ANTS

THINGS TO
THINK

THE
COMPARISON
WEB

To Lead
is to
Work

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The Servant's Path: Rethinking Leadership

True leadership begins with humility, grows through wisdom, and is sustained by service.

Leadership has always shaped the direction of human progress. For Christians, it is not about power but about service. Jesus' example choosing to wash feet instead of seeking a throne reminds us that true leadership begins with humility.

In this issue, we revisit leadership through the lens of the Garden of Eden, where creation itself offers lessons. The ant, with its diligence and collective responsibility, challenges us to move beyond self-interest and embrace Heavenly-minded leadership.

Leadership also begins within. Our thoughts guide our actions long before we speak or act. A sound mind produces wise choices, while an unhealthy one can derail even the most promising future. This is why we turn attention to the growing concern of mental health among teenagers, who today face unique pressures from peer influence and digital distractions.

Leadership is also tied to how we care for the body. Nutrition plays a vital role in sustaining clarity of thought, emotional balance, and resilience all essential qualities of effective leadership. Just as a leader cannot ignore spiritual and mental well-being, neither can they overlook the importance of fueling the body with what it needs to thrive. A diet rich in balance, moderation, and discipline not only preserves health but also mirrors the very principles of leadership: foresight, responsibility, and stewardship.

Health, then, is leadership in action. To steward the body through wise nutrition, to nurture the mind with truth, and to strengthen the spirit with faith is to lead responsibly. Leaders who neglect their own well-being risk leading others into exhaustion rather than growth.

The reflections and stories in this edition invite you to see leadership not as a title, but as a way of life rooted in service, strengthened by wisdom, and sustained by balance. May you be inspired to first lead yourself well, and then lead others with courage and humility.

Rejoice Adegoke

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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To Lead is to Work

Segun Akande

Great works of literature on leadership are full of definitions on the subject. But if you ask me for a very simple definition of leadership, I will say it is work. To lead is to work! The Book of Genesis aptly captures this revelation, saying, *"The Lord God took the man and put him in the Garden of Eden to work it and take care of it"* (Genesis 2:15, NIV).

Wow! Having created a beautiful universe, God had to bring in leadership very quickly to preserve and sustain His agenda for the vast universe. How essential is leadership in all things! Whatever question your life is asking now; whatever questions our society is asking, true leadership, is the answer. Let's walk through the Scripture together.



The Lord God took the man...

In the world of automobiles, the Koenigsegg Jesko Absolut is hailed as one of the fastest cars ever made, as it is capable of reaching a jaw-dropping speed of 531 km/h (330 mph). It's a marvel of cutting-edge engineering, an intentional creation built with precision, passion and purpose. It's not an accident on wheels; it is a masterpiece.

“

*In a far greater and
eternal sense, you are
God's masterpiece.*

”

God didn't randomly form a lump of clay when He created Adam. He intentionally gathered the best “raw materials” and crafted man in His own image. He then breathed His own Spirit into him (Genesis 2:7). That divine breath, that spark of life, was not just oxygen; it was identity, destiny and limitless potential.

God placed Adam in the Garden of Eden to work and take care of it. That divine assignment reflected the immense capabilities God embedded in him. The garden wasn't a small backyard; it was a microcosm of the earth, which means tending it required wisdom, creativity, strength and vision. Adam had it all, not by effort, but by design.

“

*You, too, were created
by the same God with
equal intentionality.*

”

The psalmist beautifully captures this truth: *“For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made;*



your works are wonderful, I know that full well” (Psalm 139:13–14, NIV).

Let that sink in. You were fearfully and wonderfully made. Not haphazardly. Not accidentally. God knitted you together stitch by stitch, intentionally, masterfully. Every feature, every ability, every quirk, every ounce of potential was lovingly crafted by your Creator.

So why do we struggle to believe it?

Too often, we let our past, our environment or even our failures define us. We believe the voices that say we're not good enough, not smart enough or not worthy enough. But friend, you must stop looking at your inadequacies and start looking at your inheritance in Christ.

Inside you is the mind that mirrors a universe. Neuroscience reveals that the human brain is more intricate than any supercomputer, vaster than galaxies. And God placed that inside you. More than that, He placed His Spirit within you. That is not ordinary; that is divine!



Jesus affirmed this when He said:

“You are the light of the world. A town built on a hill cannot be hidden... In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven” (Matthew 5:14–16, NIV).

You were never designed to be hidden. You were made to shine. There is something in you the world desperately needs to see. Your gifts, your passion, your love, your story; it all matters. The destinies of others are often waiting on your obedience, your courage and your willingness to rise into who you truly are.

Hear God's call to you again:

“Arise, shine, for your light has come, and the glory of the Lord rises upon you... Nations will come to your light, and kings to the brightness of your dawn” (Isaiah 60:1–3, NIV). Your life has a global dimension. Your influence is not limited to your family, city or church; it is designed to impact nations. The glory of God upon your life is meant to draw people to Him.

So, today, stand tall. Walk confidently. Shake off the lies and step into your true identity. You are not an accident. You are not a failure. You are God's masterpiece created in Christ Jesus to do great works He prepared in advance for you (Ephesians 2:10).

... put him in the Garden of Eden



The Garden of Eden is one of the most beautiful images in the Scripture. It represents perfection, intimacy with God and purpose. In Genesis 2:15, we are told that God placed Adam in the Garden to “work it and take care of it.” It wasn't just about physical labor; it was a sacred assignment. The Garden itself is deeply symbolic, and the first symbolism we'll explore is spirituality and enlightenment: the foundation of all effective leadership.

Leadership isn't just about titles, positions or influence. It's about work: sacred, intentional work. When God placed Adam in the Garden of Eden, His first instruction wasn't about ruling over others, but about cultivating what was entrusted to him.

This indicates that leadership begins with spirituality and enlightenment. Like Adam, we must understand that leadership is more about being than doing. Our work flows from who we

are in Christ.

1. Leadership begins with God's presence

The Garden of Eden was more than a physical space; it was a place of communion with God. Adam's leadership started in the presence of the Lord. He didn't have to figure life out on his own; he led from intimacy with God.

As leaders, we often feel the pressure to have all the answers. But leadership begins by staying connected to the true Source of wisdom. Without God's presence, our efforts become self-driven and exhausting. Ask yourself: When was the last time you led from a place of stillness in God's presence rather than frantic activity?

Enlightenment shapes how we work

True leadership requires insight,

perspective and discernment, qualities we can't manufacture ourselves. The Scripture reminds us in James 1:5, ***"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault."***

Working in your leadership role without God's wisdom is like trying to plant a garden in the dark. Spiritual enlightenment allows you to see clearly where God is at work, where pruning is needed and where you must sow seeds of faith.

Spiritual discipline keeps your garden alive

Prayer, Bible study and reflection aren't optional for leaders; they are lifelines. They keep your spiritual soil fertile. Skipping them leads to burnout and unfruitfulness. Think about how Jesus modelled this: even with multitudes following Him, He often withdrew to pray (Luke 5:16). He understood that His work depended on His relationship with the Father.

“
***A leader's
work is
also inner
work***
”

We can't lead others effectively if we aren't willing to work on ourselves. Adam had no external followers in the beginning, yet God was shaping his

character. Similarly, God uses leadership to develop us. He confronts our pride, heals our wounds and stretches our faith. It's not comfortable, but it's essential... to work it and care for it.

Now, we come to our final symbolism: **love and relationships.**



Let's pause and picture the Garden for a moment. It wasn't just a lush paradise filled with fruit and flowing rivers. It was also a place where Adam was not meant to be alone. Genesis 2:18 reminds us, ***"It is not good for the man to be alone. I will make a helper suitable for him."*** The Garden was meant to be a place of connection.

Leadership is not a solo sport. It's deeply relational. The strength of any organisation, ministry or family rests on the quality of its relationships. Without love, even the most talented leader will eventually falter (1 Corinthians 13:1-3). So, what does the Garden teach us about building relationships that flourish?

1. We were made for connection

From the beginning, God designed us to live in relationship with Him and with others. Adam's first relationship was with God, but God knew Adam also needed human companionship. Leaders often fall into the trap of isolation, thinking they must carry every burden alone. But leadership is not about rugged individualism; it's about healthy interdependence.

2. Love is the foundation of leadership

Jesus summed up all the commandments with two relationships: *love God* and *love people* (Matthew 22:37-39). Love is the currency of the Kingdom. But love isn't just a warm feeling. It's practical, sacrificial and intentional. In leadership, love looks like listening well, valuing others' perspectives and serving rather than being served (Mark 10:45).

3. Relationships require tending

In the Garden of Eden, Adam was called to “work and take care of it.” Relationships require the same kind of care. Left untended, they wither. As leaders, we must be proactive in nurturing relationships. That means having hard conversations when necessary, offering forgiveness and creating space for trust to grow.

4. Vulnerability builds trust

In Eden, Adam and Eve were “*naked and felt no shame*” (Genesis 2:25). This wasn't just about physical nakedness; it was also about transparency and vulnerability. Healthy relationships in leadership require a willingness to be vulnerable, to admit mistakes, share struggles and ask for help. Vulnerability doesn't make you weak; it makes you relatable.

5. Boundaries protect relationships

Even in the Garden, God gave boundaries: “*You are free to eat from any tree in the garden; but you must not eat from the tree of the knowledge of good and evil...*” (Genesis 2:16-17).

Healthy relationships require clear boundaries. Without them, resentment and dysfunction will creep in. As leaders, we must be clear about expectations and willing to say “no” when necessary.

6. Relationships are where growth happens

Adam's relationship with Eve shaped him just as much as his work in the garden. The same is true for us: relationships form us. Leadership is often tested and refined in the context of relationships. It's in the daily interactions with others that



we learn patience, grace and true servant-heartedness.

7. Love leaves a legacy

Finally, relationships are the legacy we leave behind. People will forget our titles and accomplishments, but they will never forget how we made them feel. Paul understood this when he wrote to the Thessalonians, *“Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well”* (1 Thessalonians 2:8).

Final Reflection

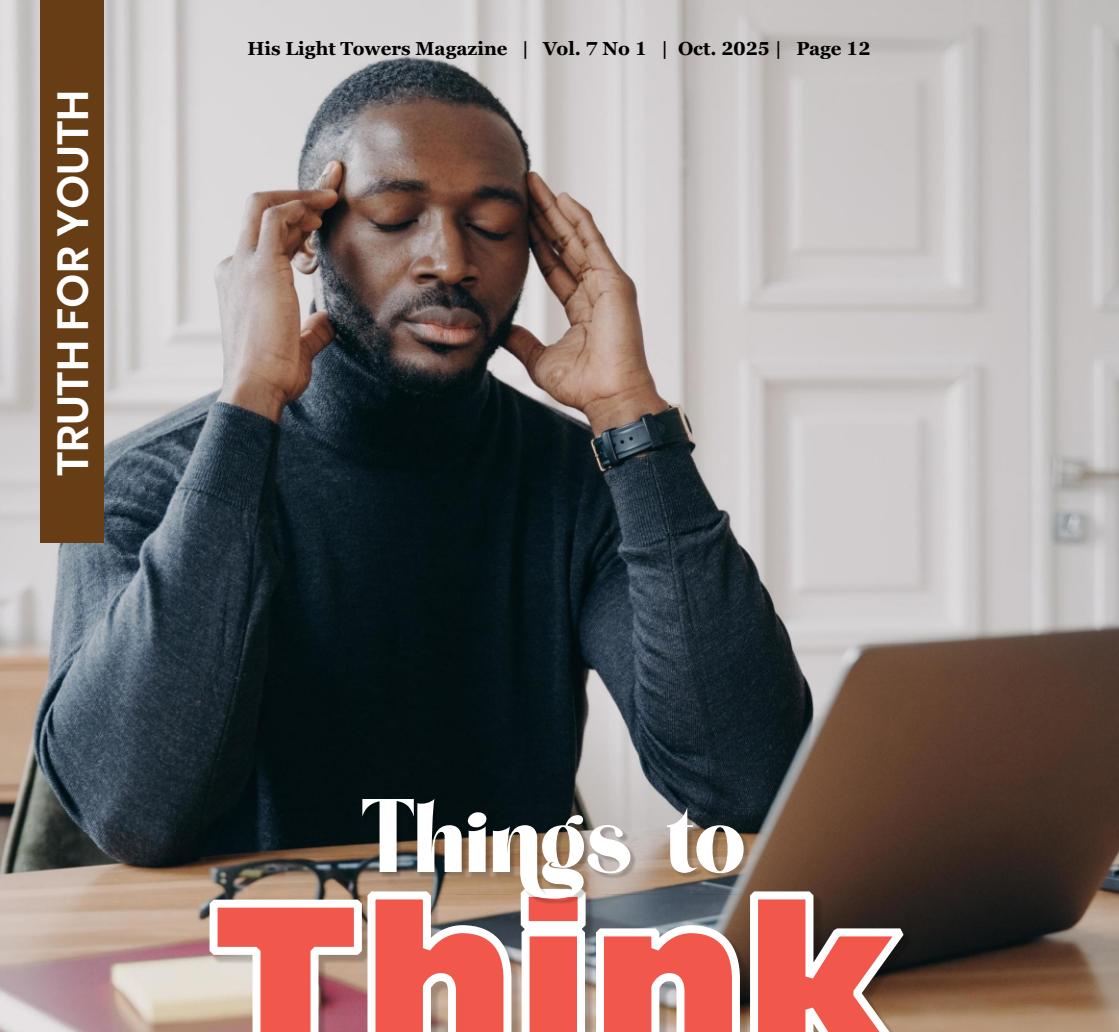
The Garden of Eden is more than a story; it's a leadership blueprint. First, we saw that leaders must stay deeply rooted in God for spirituality and enlightenment. Then we learned to create environments of fertility and abundance. Now, we're reminded that the heart of leadership is love and relationships.

Here's a question to ponder: What is the relational “climate” of your leadership garden? Are people thriving because they feel seen, known and loved? Or are relationships strained because tasks have taken precedence over connection? Jesus said in John 13:35, “By this everyone will know that you are my disciples, if you love one another.” Leadership in the Kingdom is not defined by how much we accomplish but by how deeply we love.

As you meditate on Genesis 2:15, imagine yourself walking through your relational garden. What needs watering? What weeds need pulling? Where is God inviting you to plant seeds of encouragement, forgiveness and grace? When leaders prioritise love and relationships, they cultivate gardens where people can grow into everything God created them to be. And that, my friend, is the essence of Kingdom leadership.



Segun Akande is a Pastor, leadership Coach and a mental Health professional. He believes that whether things are good or bad, good leadership is the way forward. You can reach him on 08034490208/akande03@gmail.com



Things to Think

Gideon Akanbi

Thinking is the most essential exercise of the human mind. It distinguishes us from other creatures and makes us human. Whether visibly expressive or quietly introspective, every person thinks. Even in silence, the mind may be loud with imagination and internal dialogue. Without thought, the mind ceases to function.

Humans are rational beings designed to think and to make thousands of decisions every day. This ability to think is a divine gift, one that must be nurtured and used wisely. A person who loses the capacity to think rationally is likened to someone who is mentally unwell, acting without awareness or shame. This highlights the urgent need to **guard the mind**, the centre of emotion, imagination and reason.

How Healthy Is Your Thought Life?

One of the greatest challenges, especially for young people, is protecting the mind from becoming preoccupied with meaningless or harmful content. What you think determines how you live. Your thoughts shape your decisions, emotions, character and destiny. King Solomon, known for his wisdom, emphasised this clearly: *“Be careful how you think; your life is shaped by your thoughts”* (Proverbs 4:23, GNB).

A corrupt thought life leads to corrupt actions, which develop into habits and eventually shape character. Since character forms the foundation of destiny, everything begins with thought. If you want a good life, start with cultivating a healthy thought life. Your mind constantly craves something to engage with. But *you* are the gatekeeper. You must decide what enters your mind and influences your thoughts.

The Gates to Your Mind

Your mind processes information it receives from the environment, primarily through two gates: **your eyes and your ears**. If you cannot control what you watch or listen to, you cannot control your thought life. Jesus taught: *“Your eyes are like a window for your body. When they are good you have all the light you need. But when your eyes are bad, everything is dark”* (Matthew 6:22–23, CEV).

“
*What you allow your
eyes to focus on will
stick in your mind
and fuel your thoughts.*
”

What you allow your eyes to focus on will stick in your mind and fuel your thoughts.



Ask yourself:

- What am I feeding my eyes with?
- What do I gaze upon as I walk down the street?
- Am I captivated by impure images or visual distractions?

King David fell into sin through what he saw (Bathsheba), but he later realigned his focus: ***“I have set the Lord always before me; because He is at my right hand, I shall not be moved”*** (Psalm 16:8, KJV). Likewise, your ears are powerful entry points. Prophet Isaiah testified: ***“The Lord God has opened my ears, and I was not rebellious”*** (Isaiah 50:5, NKJV).

Even in a world flooded with noise, your ears can be trained to focus only on what is edifying. Discipline is the key: training both eyes and ears to align with your values and God's truth.



What Should You Think About?

The Bible gives a clear and comprehensive guideline on the kinds of thoughts we should entertain: ***“Keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don't ever stop thinking about what is truly worthwhile and worthy of praise”*** (Philippians 4:8, CEV).

Let's break that down:

- Think on what is **TRUE** – reject lies and deception.
- Think on what is **PURE** – resist corrupt imagery and impure thoughts.
- Think on what is **RIGHT** – dismiss unethical or harmful ideas.
- Think on what is **FRIENDLY and PROPER** – avoid toxic, violent or harmful influences.

This Scripture gives both the **permission** and the **command** to intentionally shape your thought life. Your mind is active by design. Keep it focused on worthy things.

You Can Format Your Mind

To *format* something is to reset or renew it. If your mind has been filled with destructive patterns or plagued by negativity, there is still hope. You can begin again by changing the way you think. Paul urged: ***“Don't become like the people of this world. Instead, change the way you think. Then you will always be able to determine what God really wants—what is good, pleasing, and perfect.”*** (Romans 12:2, GW). God's Word acts like spiritual antivirus software: it scans, cleanses and renews the mind. It removes toxic thoughts and installs divine patterns of thinking. David also asked: ***“How can a young man keep his way pure? By guarding it according***

to your word.” (Psalm 119:9, ESV).

Meditation: The Key to a Healthy Mind

True transformation of the mind happens through **meditation** on the Word of God. This isn't mere reading; it's intentional pondering. Meditation is like bringing your little human mind into contact with the vast mind of the Creator. And when iron sharpens iron, your mind becomes sharper, stronger and more fruitful.

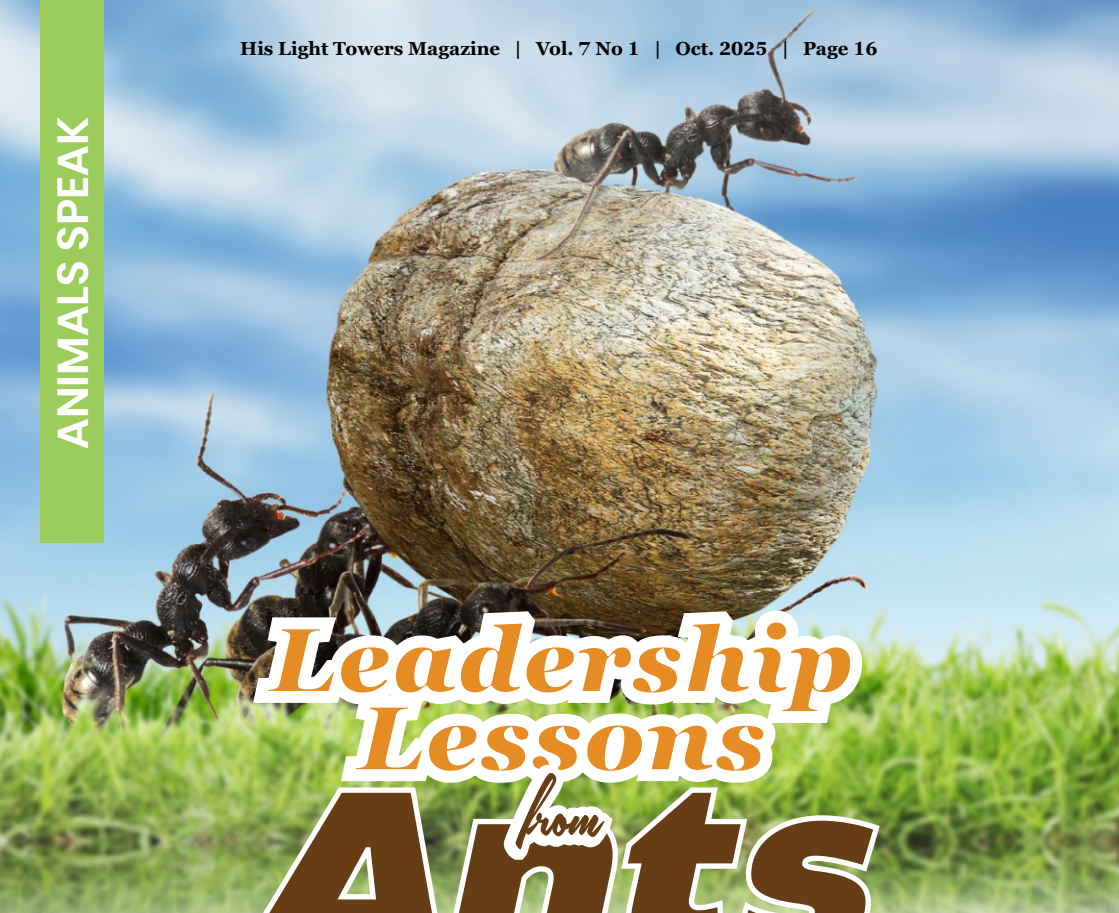
Final Thoughts

Your thoughts shape your world. What you think consistently becomes who you are. If you want to cast an acceptable shadow with your life, begin by reforming your thought life. Guard your eyes. Train your ears. Feed your mind with truth. And let God's Word be your constant meditation.

Think wisely, and your life will follow wisely.

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A photograph of several ants working together to move a large, smooth, light-colored rock. One ant is on top of the rock, while others are pushing it from below. The background is a bright blue sky with light clouds and green grass at the bottom.

Leadership Lessons *from* Ants

Segun Akande

T rue, godly leaders are the greatest needs the world over today. The major reason for the wide spread of violence, corruption, humanitarian crises globally is poor or bad leadership. Many social institutions suffer setbacks because of lack of true leadership. The list of the effects of leadership failure is endless, but God is eagerly seeking to raise a new breed of true leaders in this generation.

Leadership is God's method of winning battles, solving problems, destroying the devil's plan and obtaining glory on this side of existence. Godly leadership is the key to any problem in any social setting. I could not agree more with John Maxwell who remarked that everything rises and falls on leadership. I also believe that whether things are good or bad, godly leadership is the key to moving forward.

You have a leadership destiny. You were born to be a solution provider for your

generations, a repairer of bridges and a pillar in the Kingdom of God here and beyond. That you are reading this is proof that my assertions are true. So, I welcome you as I shall explore with you the world of ants to draw important leadership principles.

I believe that animals are not only meant for our consumption; they also bring divine messages unto men. The Bible says, *"Even birds and animals have much they could teach you; ask the creatures of earth and sea for their wisdom. All of them know that the LORD's hand made them"* (Job 12:7-9, GNB). So, ants can teach you leadership wisdom. They are special tiny creatures of God which do great exploits in the ecosystem.

I. Ants Have Initiative

Ants are tiny yet successful creatures in the world. The first quality that distinguishes the ants in the ecosystem is initiative. The Bible says, *"Lazy people should learn a lesson from the way ants*

live. They have no leader, chief or ruler..." (Proverbs 6:6-7, GNB). In the ant colony, no single ant occupies the position of a commander or ruler. Inside each ant is the instinct of initiative and leadership. No one waits for anyone to give command before they arise to do what is right and useful.

Initiative is an inner drive that propels a person to take the right action without being told to do so. The contrary is true of lazy people. They are slow and sluggish to take the right action at the right time. Lazy people are plagued by a demon called procrastination.

Initiative as an attribute distinguishes a leader from followers. Every notable leader in every field of human endeavour is rich in initiative. For instance, Martin Luther King saw the whites' prejudice and injustice against the blacks in the United States of America and decided to lead a crusade against it. He did and the USA is not the same again.

Another example is Henry T. Ford, who



saw many families in the US suffering for lack of mobility and decided to help them. He manufactured cars in large quantity which the average families could afford to buy. The list is endless. What great vision have you caught?

II. Ants are Self-Disciplined

Ants do not have a leader or commander, but they do great exploits. Which is most difficult: to serve under a leader or to be the leader of yourself? It is easier to be under a leader than to be the leader yourself. Each ant is a leader who does not need to be told the right thing to do at the right time, but does it very well.

The secret of the ants is self-discipline. Self-discipline is the ability to train oneself to do something by controlling one's behaviour. It involves self-control which is delaying immediate gratification of the senses towards achieving a goal. Someone said, "Self-discipline is the number one trait needed to accomplish goals, lead a healthy lifestyle and ultimately be happy." It is a sign of inner strength by which one controls ones thinking, emotions and actions towards achieving a desired goal.

Self-discipline means possessing a sense of mission in the pursuit of any task. It is operating as required, not as convenient. Daniel and his friends in the "University of Babylon" showed self-discipline. They purposed never to defile themselves by eating the king's delicacies. Imagine the kind of menu you



will be served if you're eating with the president of a country! Daniel and his friends decided to eat vegetables instead. And they triumphed because God rewards self-discipline.

Note that effective leadership is impossible without self-discipline. It is an important key to success in life. Through self-discipline, Daniel became a star in Babylon where he was a foreigner. George Washington once said, "Discipline is the soul of an army. It makes small numbers formidable, procures success to the weak, and esteem to all."

III. Ants are Hardworking

The Bible says, *"Lazy people should learn a lesson from the way ants live. They have no leader, chief, or ruler, but they store up their food during the summer, getting ready for winter. How long is the lazy man going to lie in bed? When is he ever going to get up?"* (Proverbs 6:6-9, GNB).

The ants are never observed loafing around doing nothing. They are always marching around picking useful things against the raining days. In reality, leadership requires hard work: a lazy person cannot provide effective leadership. A leader stays in front of others, stretching to see further and drawing them to follow as he progresses.

Furthermore, leadership roles demand hard work. A leader thinks deeper, seeking to understand the reality and truth of things and issues. He draws plans and strategically influences others to help him accomplish the plan as a collective goal. An effective leader ought to be up and doing.

Another name for hard work is diligence. Bishop David Oyedepo defines it as "investing the best of one's time, energy and resources in the pursuit of a given task." The Bible says, *"Hard work will give you power; being lazy will make you a slave"* (Proverbs 12:24, GNB). Only the diligent have a place at the top. Only the diligent can provide effective leadership.

"I walked through the fields and vineyards of a lazy, stupid person. They were full of thorn bushes and overgrown with weeds. The stone wall round them had fallen down. I looked at this, thought about it, and learned a lesson from it: have a nap and sleep if you want to. Fold your hands and rest awhile, but while you are asleep, poverty will attack you like an armed robber" (Proverbs 24:30-34, GNB).

IV. Ants are Time-Conscious

The ants understand times; they know the difference between summer and winter. They gather food during summer against winter, when food gathering is very



difficult. This is an important trait and it is the main key to ants' success in the ecosystem.

The Bible commends a tribe in Israel for their ability to understand times. The Bible says, "*From the family of Issachar there were 200 wise leaders. These men understood the right thing for Israel to do at the right time. Their relatives were with them and under their command*" (1 Chronicles 12:32, ERV). Certainly, the ability to understand time is leadership ability. No one can be an effective leader without it. Jesus mourned over the leaders of Jerusalem because they were insensitive to the times. The Bible says, "*They will completely destroy you and the people within your walls; not a single stone will they leave in its place, because you did not recognize the time when God came to save you!*" (Luke 19:44, GNB).

Time is a mystery. It is untouchable, invisible, quiet, but very real. To business

people, time is money, to leaders time is life. The same measure of time is given to everyone every day. So, what distinguishes great leaders from common leaders is time management. Time is constant and irreversible. It is the scarcest asset. So, time-consciousness is key to effective time management.

V. Ants are Solution Providers

Problem-solving skill is a major tool in effective leadership. A close observation of the ant colony shows that they have exceptional problem-solving ability. If the ants come across a food that is too big for one of them to carry, they will strategise and seek for a way to carry it together into their colony.

Life presents problems of different colours, sizes and shapes. Leaders don't run from problems; they face it head-on until it bows. Problems can be large or small, simple or complex and easy or difficult. Solving problems enhances leadership and helps the leader to become



wiser. Everything a leader will become in life is tied to his problem-solving skill.

Conclusion

Ants are tiny but successful creatures. They exemplify effective leadership through their initiative, time-consciousness, self-discipline, hard work and problem-solving skills. You have leadership destiny, and you have the potential to be a great leader. Cultivate those attributes and you will shine in leadership.

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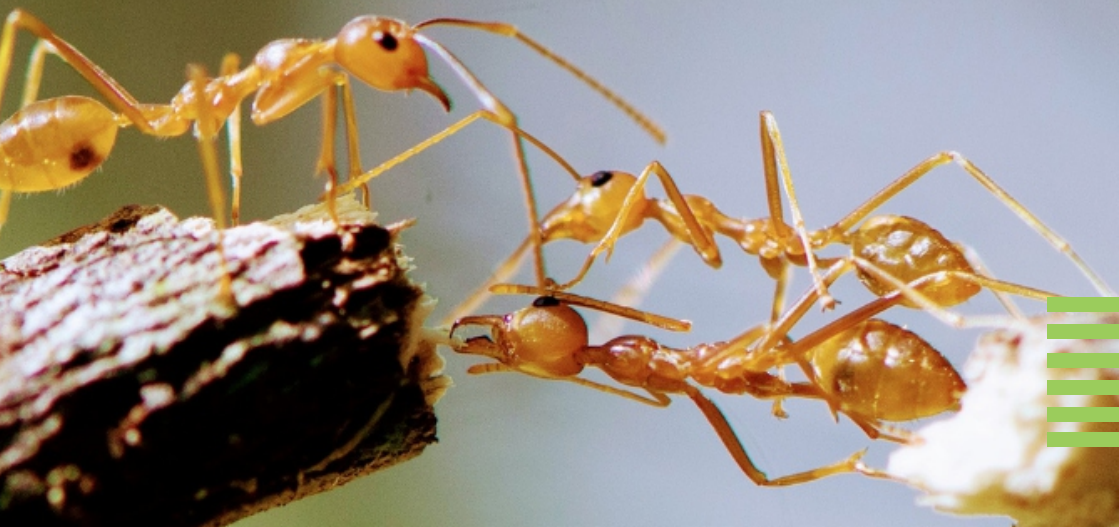
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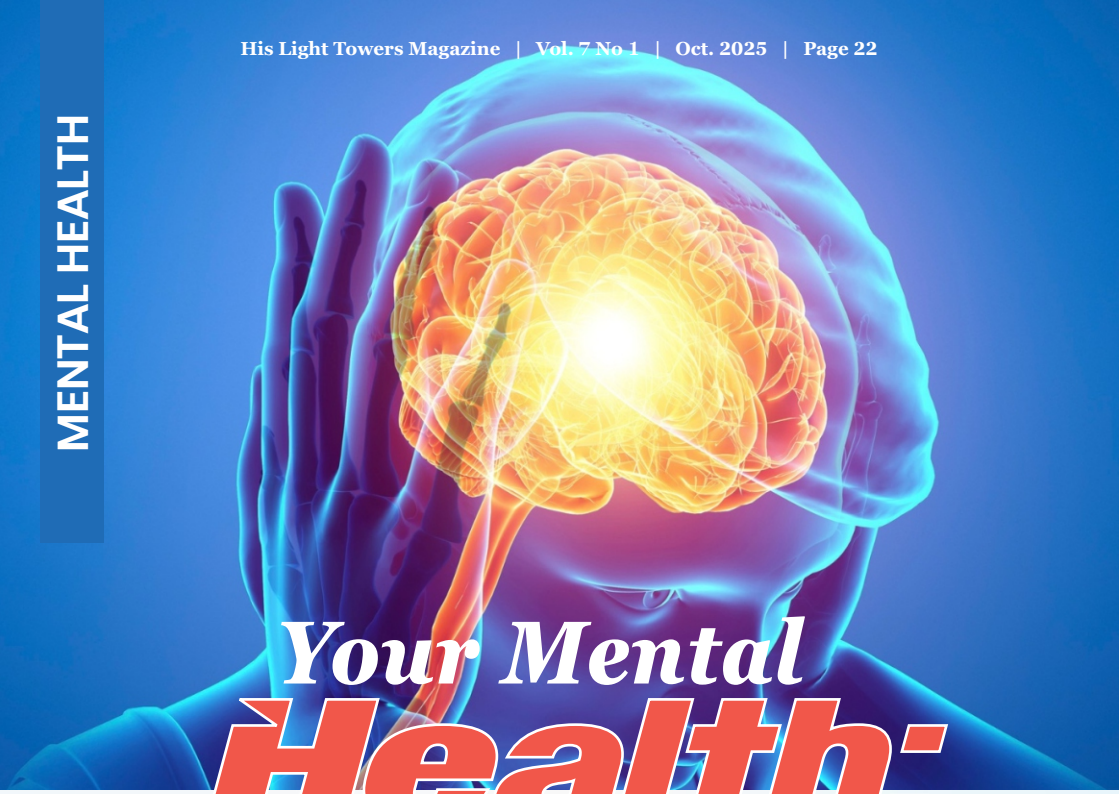
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Your Mental Health:

Your Personal Responsibility

Segun Akande

In Luke 12:35, Jesus exhorted His disciples, *“Let your loins be girded about, and your lights burning.”* This is a call to readiness, vigilance and responsibility. Just as we are to keep our spiritual lamps burning, we must also take responsibility for our mental health. Many people tend to neglect the inner life of the mind and soul, yet it is this inner life that determines the quality of our outer living. As a mental health professional, I want to share with you why mental health is your personal responsibility and how you can safeguard it.

Meaning of Mental Health

Mental health is not merely the absence

of mental illness. Rather, it is the state of well-being in which someone realises their own abilities, can cope with the normal stresses of life, can work productively and can contribute to the community. In simple terms, it means thinking clearly, managing emotions wisely, relating well with others and making sound decisions. From a biblical perspective, mental health is part of the abundant life Jesus promised in John 10:10; it's about having peace within, even while facing challenges outside.

No one can take care of your mental health better than you. Friends, family, pastors and even therapists can help, but ultimately, the responsibility lies with you. Just as you are responsible for

“ *It Is Your Personal Responsibility to Stay Healthy* ”

brushing your teeth, eating well and exercising your body, so must you guard your mind. In Proverbs 4:23, the Scripture admonishes us: ***“Above all else, guard your heart, for everything you do flows from it.”*** Guarding your heart and mind means being intentional about what you allow in, what you dwell upon and how you respond to life's pressures.

Things That Upset the Mind or Soul

Several things can upset our mental balance. Some come from **inside us**, while others come from **outside us**.

Internal factors include negative self-talk, unresolved guilt, bitterness and low self-esteem. When someone constantly criticises themselves or dwells on past failures, it drains mental strength and

clouds judgement. Another internal factor is neglecting rest: pushing your mind beyond its natural limits until exhaustion sets in.

External factors include toxic relationships, financial struggles, loss, disappointments and societal pressures. The digital world also brings constant comparison, where scrolling through social media leaves many feeling “less.” Furthermore, harsh environments, whether at school, workplace or even in the family, can erode one's mental peace.

As Jesus noted in John 16:33, ***“In this world you will have trouble.”*** Trouble is inevitable, but staying mentally resilient is possible.

What to Do to Stay Mentally Healthy

So, how can you keep your “loins girded” and your “lamp burning” in the area of mental health?

1. Develop a daily routine of renewal.

Just as your phone needs charging, your mind needs regular recharging.



Prayer, meditation on the Scripture, journalling and quiet reflection are proven ways to restore calm and clarity.

2. Practice healthy thinking.

The Apostle Paul urges us in Philippians 4:8 to think on what is true, noble, right, pure, lovely and praiseworthy. This is not only a piece of spiritual advice but also solid cognitive-behavioral therapy: what you focus on shapes how you feel and act.

3. Nurture healthy relationships.

Surround yourself with supportive people who speak life into you. Isolation breeds negative thoughts,

while connection strengthens resilience.

4. Take care of your body.

Good sleep, balanced diet and regular physical exercise are powerful protectors of mental health. Remember, your body is the temple of the Holy Spirit (1 Corinthians 6:19), and when you care for your body, your mind benefits too.

5. Seek help early.

If you notice signs of persistent sadness, anxiety or overwhelming stress, do not suffer in silence. Talk to a trusted pastor, counsellor or psychologist. Reaching out for help is not weakness; it is wisdom.



Conclusion

Your mental health is too precious to be left to chance. Jesus has called us to be vigilant, guard our loins and keep our lamps burning. In the same way, He calls us to take responsibility for our mental health. Do not wait until crisis comes before you act. Guard your thoughts, nurture your spirit, manage your relationships and care for your body.

Remember, as a leader in your own sphere, whether in your home,

workplace, church or community, others draw from your light. You cannot pour from an empty cup, neither can you shine brightly with a weary, neglected mind. So, rise up, take charge and make your mental health your personal responsibility. When you do, you will not only live with peace and clarity but also inspire others to do the same.

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The Comparison WEB

Abayomi Akanmu

The World Happiness Report 2025 reveals Finland as the world's happiest country, a feat the country has retained since 2018. Among other notable attributes, the Finns care about each other and prioritise social equality and personal fulfilment, which can lessen the impact of comparison on their happiness.

As humans, we tend to compare ourselves to others, and teenagers are no exception. Comparison might motivate us in some ways. For instance, our friends might inspire us to buckle down in school when we see them doing well. However, obsessive comparison is unhealthy. People caught in the web of comparison live in others' shadows; comparing their body shapes, skin colour, noses, hair, grades, parents' financial strength and many other things. Thinking you are better than others or others are better than you are is unhealthy.

Comparison can result in low self-esteem, low self-confidence, poor body image, feeling of inadequacy and unhappiness, which is due to dissatisfaction and unrealistic expectations. Its victims may feel worse despite their unique qualities. Notably, comparison can also generate negative emotions like jealousy, envy, bitterness and resentment towards others, straining our relationships with them.

A fable is told of a crow, dove, robin and peacock that envied one another. The crow initially thought the dove was the happiest due to its white feathers, then the dove thought the robin was happier because of its red chest. The robin also believed the peacock was happier due to its colourful feathers. The story took an interesting turn when the peacock revealed its envy for the crow's freedom. This realisation made the crow appreciate its own unique qualities.

Therefore, comparison is a never-ending and frustrating cycle. The more you want to be like others, the more you will find someone else to aspire to, and the cycle continues. This may deprive you of the

original and most beautiful life God planned for you.

To break free from this web, see yourself in the light of the Word of God. You were created in the image and likeness of God (Genesis 1:26, 27). You were uniquely and wonderfully created by Him (Psalms 139:13-14). Your existence is not by accident; you are God's masterpiece created anew in Christ Jesus (Ephesians 2:10). Constantly meditate on God's Word and let it shape your self-image.

Likewise, identify and focus on your strengths. We are all good at something;



whether it is sports, drawing, leadership, singing or other things. The individual you compare yourself to might not even have the abilities and qualities you have. So, be conscious of your uniqueness and celebrate yourself.

It is also important that you reduce your time on social media. The highlight reels people post on social media, their best pictures and fun moments, usually do not

depict the real situation they go through. What matters most now is not how worse or better you are than others, but how better you are today than yesterday. Instead of comparing yourself to others, focus on yourself. Focus on becoming the version of yourself you want to be. Choose to be your authentic self, not a poor copy of someone else. You deserve to be happy!

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Fueling Your Purpose:

Eating Right to Lead Well

Oluwatofunmi Akande

As Christians, we often think about prayer, Bible Study and service when it comes to living a purposeful life, but rarely do we pause to consider the role food plays in it. Yet, our bodies are the earthly vessels God has given us to carry out His calling, and how we fuel them matters. Just as a car runs best on the right fuel, our physical, mental and spiritual capacity to serve is strengthened or hindered by what we eat. The Scripture reminds us that our bodies are temples of the Holy Spirit (1 Corinthians 6:19-20), and part of honouring God with them is caring for our health. Eating well is not about vanity; it is about stewardship, preserving the strength, clarity and vitality we need to live out our God-given mission. Leadership, whether in ministry, the home or the workplace, demands energy, focus

and resilience. We are, in many ways, what we eat. The nutrients we consume affect not only our physical strength but also our mood, mental clarity and stamina. A leader who is constantly fatigued, battling preventable illnesses or struggling with poor concentration is at a disadvantage when it comes to inspiring and guiding others. While God's grace sustains us, He also calls us to wisdom in how we treat our bodies. This includes making intentional food choices that nourish rather than drain us.

If we desire to lead well for the long haul, we must plan for the journey, not just spiritually but physically. This means eating a balanced diet rich in whole foods: fruits, vegetables, lean proteins, whole grains and healthy fats that provide lasting energy and support overall well-being. It means avoiding the

trap of convenience foods that are high in sugar, salt and unhealthy fats, which may give temporary satisfaction but slowly erode our health. Longevity in leadership is not just about avoiding burnout; it's also about maintaining the physical capacity to serve God and others with excellence over many years.

The truth is, fulfilling your purpose requires both passion and preservation. Your calling may demand late nights, early mornings or long days on your feet. You may need to travel, mentor, teach or intercede for others. A well-nourished body supports all these demands. When we eat right, we not only extend the years of our service but also enhance the quality of it, bringing our best selves to the work God has placed in our hands. Leadership is a marathon, not a sprint, and wise eating is one of the ways we ensure we finish the race well.



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**"The Lord
God took the
man and put
him in the
Garden of Eden
to work it and
take care of it"**

- Genesis 2:15(NIV)



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