

# LIFESTYLEZ FAMILY MINISTRIES

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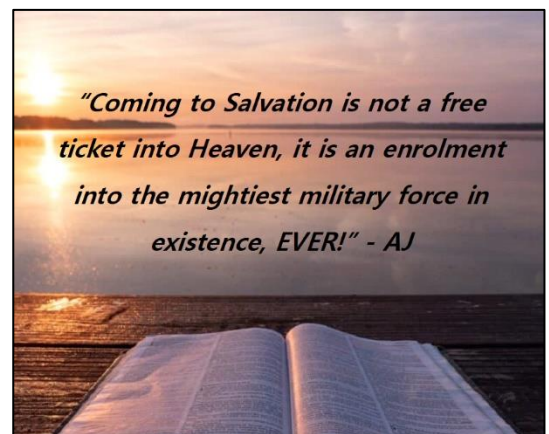
## WEEKLY NEWSLETTER – WEEK 15

06 – 12 April 2025

Dear Family,

In the rush that is modern life many people have embraced a lifestyle that is far removed from appreciation of nature and its offerings. For some, nature seems strange. They feel particularly uncomfortable when away from their home in the concrete jungle of the city. But nature is wonderful – it is God’s creation and, as such, it has much to say to us.

When Jesus said that we should consider the lilies of the field (Matthew 6:28), He was speaking to people who generally travelled on foot and had time to see nature’s splendours. On that basis, Jesus urged His hearers not only to see the beauty of nature, but to consider what God says to us through His creation. The same applies when Jesus said to look at the birds of the air (Matthew 6:26). The message was essentially about trust in God, and it provided a powerful antidote against fretful worry. It was also a very necessary invitation to take time for spiritual renewal and enrichment.



Taking time, in general, in today’s world, runs counter to popular culture. Nearly everything has been fast-tracked to suit the mood of the moment. The mentality of the age demands instant delivery in almost everything. Acquiring knowledge itself has been short-circuited in order to provide instant information even before the basic foundations of the subject have been understood. This has serious consequences. It ignores the value of basic discipline in the quest for knowledge and its correct application. Of course, such things take time and application and cannot be acquired in the marketplace of instant solutions. Someone once

said that if you want an oak tree, you need about a hundred years, but if you want a pumpkin, it only takes six months.

The human race is seriously at risk of outpacing itself and losing its soul in the process. The true value of a sound investment in time needs to be rediscovered. Insight is the fruit of wisdom, and it cannot be acquired by the rapid accumulation and broadcasting of information.

From a biblical perspective, the need to take time and, therefore, to use time wisely and well in the school of life is imperative for spiritual growth. Writing to the young Timothy, Paul said, study to show yourself approved of God, as a workman who has no need to be ashamed (2 Timothy 2:15). Now that did not happen in five months. It required thought and prayer and time – a serious devotion to discipleship. Learn from Me, Jesus said to His disciples in the incomparable invitation (Matthew 11:28-29). That required serious commitment to Christ in the school of discipleship. To learn from Jesus takes time. Prayer takes time. On the hills above Galilee Jesus spent long hours in prayer to the Father. In the ministry of healing the sick, Jesus and His disciples took all the time that was needed. His ministry to people was always personal and effective.

It is the same for all who follow Jesus today. His way is the path of the patient and faithful application to the call of God. It is the way of prayer and study and service – the way of practical helpfulness, often in terms of generosity of spirit manifested in generosity of time. Making the most of the time is about the wise and positive use of a precious gift: God's wonderful gift of time to us.

André Binneman  
Senior Servant Leader

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## DAILY CONFESSIONS

The Bible teaches us that death and life are in the power of the tongue (Proverbs 18:21, and that Jesus Christ is the High Priest of our Confession (Hebrews 4:14). Many times, what we attribute to the devil is not really him at all. Instead, we are eating the fruit of our negative confessions. Our words will either bring life or death. SPEAKING and declaring the Word over every aspect of our lives on a daily basis is critical, because the Word teaches in Proverbs 6:2 we are snared by the words of our own mouth. Our tongues are powerful weapons that must be used to usher in the things that God has ordained for our lives. Notice that the confessions are in the PRESENT tense. The tense in which we declare something is crucial because if we are always future tense orientated, nothing will manifest today!

In the Name of Jesus, I cut off and cancel all spiritual, emotional, and soul ties that are not of You, Lord.

I believe that what I am today is what I spoke yesterday. So, I stand to command my morning and declare that it is a New Day!

I take authority over my day in the Name of Jesus. Every element of my day shall cooperate with my Godly purpose and destiny.

Today is the dawning of a new day. My season of frustration and failure is over, and I walk in a season of success and prosperity. Old things have passed away and all things have become new.

Today I press towards the mark of the High calling of God in Christ Jesus. Anything or anyone assigned to undermine, frustrate, hinder, or hurt me I command to be moved out of my sphere of influence in the Name of Jesus.

I command my day to fully cooperate with the Lord's plan and purpose for it.

I greet today with great anticipation of the good things the Lord has prepared for me.

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## WHAT IS HAPPENING THIS WEEK – UPCOMING EVENTS

**Monday 10:00** – Prayer meeting, anybody is welcome. If there are any specific prayer requests, please send it through to us.

**Wednesday 18:30** – Community / Fellowship groups. We spend some time together getting to know each other while drawing nearer to God. Anybody is welcome to join us and please invite a friend.

If you have friends or family in hospital or that are unable to travel that require prayer and counselling, please let us know.

***If you are at all in any way uncertain of your salvation, please contact us so that we can walk this road with you to ensure that you do not miss out on this great opportunity and open invitation, to become a child of God.***

Both the first and second books in the **Back to First Love Basics Series**, “**Do You Know Jesus Christ?**” and “**Do You Know the Holy Spirit?**”, are now available in eBook format. Contact us for your free copies.

**TAKE NOTE!** We are launching our Complete Sanctification Seminar / Course in May 2025. Exact dates are still to be determined but stay on the lookout for this.

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## IN THE PRAYER CLOSET

*“And whatever things you ask in prayer, believing, you will receive.”*  
*Matthew 21:22 (NKJV)*

Let us have a deeper look at this promise.

**The Promise.** Jesus promises that if we pray with faith, believing that we will receive, God will answer our prayers.

**Faith as a Condition.** This verse highlights that faith is a crucial condition for receiving answers to prayer.

**Context.** This verse follows the story of Jesus cursing a fig tree, which withered immediately, demonstrating the power of faith and the importance of believing that God will act.

**Prayer as a Means of Receiving.** This verse emphasises that prayer is not just a formality, but a powerful means of receiving from God.

**God's Will.** While the promise is powerful, it is important to remember that God's will is ultimately sovereign, and we should pray in accordance with His character and promises.

**Prayer and Fellowship.** Prayer is not just about asking for things, but also about cultivating a relationship with God, seeking His guidance, and expressing gratitude.

**Submission to God's Judgment.** Every true prayer involves the submission of our requests to God's judgment, recognising that He knows what is best for us.

**Not a Magic Formula.** Matthew 21:22 is not a magic formula to get everything we want, but a powerful promise that encourages us to approach God with faith and a sincere heart.

**Seek God's Will.** When praying, it is important to seek God's will and to trust that He will answer in a way that is best for us, even if it is not what we expect.

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## LIFESTYLEZ TRAINING CENTRE

To continue our conversation on the armour of God, we are going to focus on the belt of truth this week. Remember, Jesus said in John 14:16 that He is the truth, so putting on the belt of truth is like clothing yourself with the fullness of Jesus himself. That means that the belt of truth is in all essence a way of life.

**The belt protects us from anger, pride, and impatience.** Clothe yourselves with compassion, kindness, humility, gentleness, and patience (Col. 2:23).

**The belt protects us from pride.** Pride goes before destruction, a haughty spirit before the fall (Prov. 16:18).

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## DAILY BREAD

Day 1 – God's Perfect Peace.

*"Paul, an apostle of Jesus Christ by the will of God, To the saints who are in Ephesus, and faithful in Christ Jesus: Grace to you and peace from God our Father and the Lord Jesus Christ. Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved. In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom*

*and prudence, having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself, that in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth – in Him. In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will, that we who first trusted in Christ should be to the praise of His glory. In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.”*

*Ephesians 1:1-14 (NKJV)*

All the turmoil of modern life makes many people wonder how it will ever be possible for them to live a normal and routine life. Because the world seems to be in complete chaos, there are a large number of people who wonder how they will ever know peace of mind and tranquility in their lives.

These feelings are intensified by the fact that people see standards dropping, principles being abandoned, and familiar and trusted values being rejected. The pace of life is accelerating day by day, causing more and more people to suffer from burn out. Healthy moral values are increasingly considered old-fashioned by more and more people. In addition, most people fear the wave of violence and senseless crimes.

Many people seek professional help for these fears. For some it helps, for others it doesn't. Some try to escape reality, for example by abusing alcohol and drugs. However, this does not in any way make the cause of their problem disappear. Rather, it increases their anxiety. It therefore seems as if our human efforts to combat this life of fear and anxiety are unsuccessful.

Jesus warned of the difficult times that were coming to the world. But He, who has overcome the world and the powers of evil, offers us the only sure way to deal with them. By having His peace in our lives, His peace that surpasses all understanding. Christ is the Prince of Peace! When you need rest for your troubled mind, accept His gift of grace. Experience the peace that God the Father can give you through Jesus, the living Christ.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. In You alone, Holy Lord Jesus, I find peace and rest for my soul. I praise Your Name! In Jesus' Name, amen.

## Day 2 – God's Perfect Peace (Continued).

*“Paul, an apostle of Jesus Christ by the will of God, To the saints who are in Ephesus, and faithful in Christ Jesus: Grace to you and peace from God our Father and the Lord Jesus Christ. Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ, just as He chose us in Him before the foundation of the world, that we should be holy and without blame before Him in love, having predestined us to adoption as sons by Jesus Christ to Himself, according to the good pleasure of His will, to the praise of the glory of His grace, by which He made us accepted in the Beloved. In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom and prudence, having made known to us the mystery of His will, according to His good pleasure which He purposed in Himself, that in the dispensation of the fullness of the times He might gather together in one all things in Christ, both which are in heaven and which are on earth – in Him. In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will, that we who first trusted in Christ should be to the praise of His glory. In Him you also trusted, after you heard the word of truth, the gospel of your salvation; in whom also, having believed, you were sealed with the Holy Spirit of promise, who is the guarantee of our inheritance until the redemption of the purchased possession, to the praise of His glory.”*

*Ephesians 1:1-14 (NKJV)*

Someone once responded to a friend's casual greeting of, "How are you?" by asking, "How much time do you have to listen?" It makes one realize that our greetings are often uttered out of habit, or to start a conversation.

When Paul wrote the words of Ephesians 1:2 to the church at Ephesus, he too used a familiar form of greeting. However, along with that, he expressed something very profound, rich, and meaningful: It is by the grace of God that these believers are Christians. It is by God's grace that the message of the gospel has reached them. They are under the grace of God. That is why Paul speaks words of grace and blessing over the people of Ephesus.

Grace is the undeserved love of God in action in the lives of people: in Ephesus and everywhere in the world. Because you, as a believer, have received the grace of God, you live in peace with God. The peace you know is much more than just the absence of hostility toward God. It is being aware of the fact that He has adopted you as His child and that He is keeping you safe. You know for sure that God is at work in you and making you grow spiritually. You live at peace with Jesus because you no longer act contrary to His will.

You as a child of God have received this great gift from Him by grace. Think about the privilege and responsibility that the grace you have received from God brings to you. Are you now also a source of grace and blessing for those with whom you live and work?

Between here and heaven, every moment the Christian lives is a moment of grace.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. How can I ever thank You, my Savior and Redeemer, for all the grace I have received? That is why I want to proclaim Your praise with every breath I take. In Jesus' Name, amen.

### Day 3 – Protected by God's Grace.

*"Therefore, my beloved and longed-for brethren, my joy and crown, so stand fast in the Lord, beloved. I implore Euodia and I implore Syntyche to be of the same mind in the Lord. And I urge you also, true companion, help these women who laboured with me in the gospel, with Clement also, and the rest of my fellow workers, whose names are in the Book of Life. Rejoice in the Lord always. Again, I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving,*

*let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you.”*  
*Philippians 4:1-9 (NKJV)*

In these days when criminals are literally waiting for you around every corner, it is a common sight to see security guards at the entrance to businesses, banks, apartments, and even private homes.

Your mind and heart are threatened by fear, temptation, and guilt. All of these things lead to a build-up of anxiety within you that leads to an unbalanced and unfulfilled life. If you have not yet surrendered your life to God, you will also experience spiritual anxiety in your deepest soul. Even if you do not consciously feel it, it is still there and it has an impact on the level of peace of mind that you experience. Therefore, open your heart and life to Jesus, today. Instead of fear and anxiety, you will experience peace from God. He will place a guard at the door of your heart, who will keep all fear, self-blame, and despair out of your life.

No human tongue can explain this peace in words. It is far beyond what our minds can understand. It challenges man to describe it in many languages, but it is so real, so deep, silent, invisible, and powerful that it is difficult to put into words. For some people, this peace is God's greatest gift to them. It brings balance, dignity, and an inner sense of being held by the strongest and yet most tender power in the universe - the peace of God in Jesus Christ.

I cannot live in peace if I place a single act of sin between me and God.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. Prince of Peace, I pray today for all who do not yet have the peace of God in their hearts. Grant that they will surrender their lives to Jesus and be held and healed by His love. I Jesus' Name, amen.

## Day 4 – The Unique Peace of God.

*“These things I have spoken to you while being present with you. But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. You have heard Me say to you, I am going away and coming back to you. If you loved Me, you would rejoice because I said, I am going to the Father, for My Father is greater than I. And now I have told you before it comes, that when it does come to pass, you may believe. I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me. But that the world may know that I love the Father, and as the Father gave Me commandment, so I do. Arise, let us go from here.”*

*John 14:25-31 (NKJV)*

People are constantly yearning for peace and are striving to find it. Nations hold conferences on peace. City dwellers long to escape the hustle and bustle of their daily lives and seek a place where they can find peace. We all seek peace, but it escapes us for the simple reason that we look for it in the wrong place.

We can only experience true peace when inner peace and calmness take hold of us. Peace is a quality of life that springs from the heart of those who live in harmony with God the Father. Christians who have been persecuted and tortured in this world for many years have known the reality of the unique and true peace of God.

God's peace is a gift and a reward. It is the gift that God gives to those who find joy in a loving walk with their Creator. It is the reward given to all who live by His standards. The amazing quality of God's unique peace is that it is strong because it depends on God. As the pressures of life increase, the peace that God gives also grows. When you live close to the Father, His unique peace will become a part of your life.

In God's Will is our peace.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. I thank and praise You, heavenly Father, that Your unique peace can be my glorious portion. In Jesus' Name, amen.

## Day 5 – The Unique Peace of God (Continued).

*“These things I have spoken to you while being present with you. But the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you. Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid. You have heard Me say to you, I am going away and coming back to you. If you loved Me, you would rejoice because I said, I am going to the Father, for My Father is greater than I. And now I have told you before it comes, that when it does come to pass, you may believe. I will no longer talk much with you, for the ruler of this world is coming, and he has nothing in Me. But that the world may know that I love the Father, and as the Father gave Me commandment, so I do. Arise, let us go from here.”*

*John 14:25-31 (NKJV)*

We always remain part of the world we live in and work in. The quality of our lives should therefore contribute to the moral and spiritual well-being of the community of which we are a part. Although the troubling times we live in are a major cause of the uncertainty and restlessness in our minds, there is also another reason for this. And it often grows out of the realization that we do not possess sufficient inner strength to meet the demands placed on us. God reveals to His children what we can become through the power of the Holy Spirit. If, despite this, we cling to the belief that this can never become a reality in our lives, we will experience inner conflict that will rob us of all peace and tranquility.

You will only experience divine peace when you joyfully accept what God has planned for you. In times of sorrow and doubt, you must keep your faith firmly anchored through prayer, the study of His Word, and meditation. God has given you the example of what you can become. Accept your responsibility to become more and more aware of the presence of the living Christ in your life every day. Grow closer and closer to Him through prayer - and you will experience the peace that only God can give you.

All people long for peace, but few people long for the things that make peace.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. I plead today, Lord Jesus, that You will grant me Your undying peace and peace of mind. In Jesus' Name, amen.

## Day 6 – Find Peace in God.

***“Now acquaint yourself with Him, and be at peace; Thereby good will come to you. Receive, please, instruction from His mouth, And lay up His words in your heart. If you return to the Almighty, you will be built up; You will remove iniquity far from your tents. Then you will lay your gold in the dust, And the gold of Ophir among the stones of the brooks. Yes, the Almighty will be your gold And your precious silver; For then you will have your delight in the Almighty, And lift up your face to God. You will make your prayer to Him, He will hear you, And you will pay your vows. You will also declare a thing, And it will be established for you; So light will shine on your ways. When they cast you down, and you say, Exaltation will come! Then He will save the humble person. He will even deliver one who is not innocent; Yes, he will be delivered by the purity of your hands.”***  
***Job 22:21-30 (NKJV)***

One of the most disturbing faces to behold are people who are at odds with the world. They can't think of a single good word to say about anyone or anything. They usually find fault with everything and everyone. These people's outlook on life eventually becomes so negative that family, friends, and acquaintances begin to avoid them. And in the end, they spend their lives in solitude.

The tragedy of this kind of attitude is that those who hold it later convince themselves that even God is against them. They later believe that God is the cause of all the bad things that happen, and that all adversity is some form of punishment that God is handing out to them.

It is very easy to start living in discord with everyone and be dissatisfied with everything. But the moment you start living these emotions, you must make peace with Christ.

Spend as much time as possible in His presence. Talk to Him about all your doubts, fears, anxieties, and anything else that is troubling you. Humbly ask Him to take these burdens off your shoulders, and to fill you with His Holy Spirit. He will give you His Spirit, and the Spirit will enable you to see life anew through God's eyes.

Seek earnestly and sincerely for communion with God in the silence of His presence, and you will soon experience the blessing of God's peace in your life. You will also joyfully discover that you live in harmony with your family, friends, and acquaintances - and with God.

If you stare at an abyss for a long time, the abyss will stare back at you.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. Loving Leader, thank you for always being willing to lift me out of my depression and transport me into the beauty and joy of Your peace. In Jesus' Name, amen.

### Day 7 – Find Peace in God (Continued).

*“Now acquaint yourself with Him, and be at peace; Thereby good will come to you. Receive, please, instruction from His mouth, And lay up His words in your heart. If you return to the Almighty, you will be built up; You will remove iniquity far from your tents. Then you will lay your gold in the dust, And the gold of Ophir among the stones of the brooks. Yes, the Almighty will be your gold And your precious silver; For then you will have your delight in the Almighty, And lift up your face to God. You will make your prayer to Him, He will hear you, And you will pay your vows. You will also declare a thing, And it will be established for you; So light will shine on your ways. When they cast you down, and you say, Exaltation will come! Then He will save the humble person. He will even deliver one who is not innocent; Yes, he will be delivered by the purity of your hands.”*

*Job 22:21-30 (NKJV)*

Submitting ourselves to God every moment of every day is sometimes one of the most difficult challenges of our faith. You may find yourself in a situation where you are confronted with circumstances that force action or a decision on your part.

You instinctively weigh up the situation so that you can act in the way you think is best. Strict discipline is required of you in such a situation. You must put your feelings aside, leave the matter in God's hands, and wait for His will. And when you become aware of what His will is for you in that situation, you must obey Him.

It becomes even more difficult to act this way when you feel that the Lord is leading you in a direction that is far removed from your own plans and intentions. However, you must

accept that - because God looks at life from an eternal perspective - He knows best what will ultimately be for your good. He is not limited to your immediate circumstances like you are. He only plans the very best for you. His Will will ultimately make everything work together for your good.

When you open your life and heart to the influence of the Holy Spirit, God will empower you to resist temptation. He will prevent you from following the commands of your mind. He will lead you to place yourself in the hands of the Master, and to submit to His perfect Will for you.

When you do this, you will experience the heavenly peace that is born of obedience to the Will of God.

Peace is such a precious jewel that I would give up anything for it, except the truth.

**Prayer.** Father God, I come to You in the Name of Jesus Christ. Prince of Peace, grant me the grace to submit to Your holy Will, and thus experience the peace that surpasses all understanding. In Jesus Name, amen.

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## CONNECT WITH US

**Call us:** +27(71) 562 3644

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You can find us on social media! Please like, follow, share, tag us, and engage. We are on Facebook, and Instagram. You can find us by clicking on the icons below.



For tithes, offerings, love gifts, and donations, please use the details below and use the purpose of your payment as reference.

**Bank:** FNB  
**Account Name:** Lifestylez Family Ministries  
**Account Type:** FNB Business Cheque  
**Account Number:** 628 691 604 17  
**Branch Number:** 250 655

*"The Lord blesses you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord lift His countenance upon you and give you peace."*

*Numbers 6:24-26 (NKJV)*

