

SOWER



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BSN
THE BIBLE SOCIETY OF NIGERIA
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Features

- 🇳🇮 Gowon, Jonathan commend BSN for shaping Nigeria's moral fabric
- 🇳🇮 How Listening to Audio Bible Transformed Life, Healed Prostate Disease
- 🇳🇮 Joy as BSN Dedicates Binna New Testament
- 🇳🇮 How the Bible Stopped Inter-Tribal Wars



Divine Health is good, but go for checkups,
Dr. Joseph urges Christians

CONTENTS

1.	<u>Editorial - Trusting God in Trying Times</u>	2
2.	<u>Gowon, Jonathan commend BSN for shaping Nigeria's moral fabric</u>	4 - 5
3.	<u>How Listening to Audio Bible Transformed Life, Healed Prostate Disease</u>	3
4.	<u>Joy as BSN Dedicates Binna New Testament</u>	6
5.	<u>How the Bible Stopped Inter-Tribal Wars</u>	7
6.	<u>Hope Fountain School Wins BSN Quiz for Deaf Students</u>	8
7.	<u>BSN Donates Relief Materials, Bibles Worth ₦7m to IDP camp, Slum Area</u>	9
8.	<u>BSN Donates Theological Books to Lagos Seminary College</u>	10
9.	<u>Fun as BSN Fetes Staff, Families, Ex-staff</u>	11
10.	<u>BSN Recruits Staff</u>	12
11.	<u>70 WAYS TO HONOUR YOUR WIFE - Bisi Adewale</u>	13
12.	<u>Interview - Divine Health is good, but go for checkups, Dr. Joseph urges Christians</u>	14 - 16
13.	<u>Healthy Living - Sleep, Sound & Light Therapies</u>	17
14.	<u>SIX DECADES OF IMPACT: Transmitting the WORD, Transforming Lives</u>	16 - 19
15.	<u>Alone With God</u>	20
16.	<u>Photo Gallery</u>	21 - 23

TRUSTING GOD IN TRYING TIMES



From the desk of Editor-in-chief

As we go through the pages of the Scriptures, one regular phenomenon or occurrence is the fact that nothing is permanent. We read in Genesis 8:22 which says, *“As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night”* (NLT). In Genesis 39, we read the story of the trials of Joseph, who trusted God through his ordeals and adversities. Despite his predicaments, he remained trustworthy and refused to be overtaken by bitterness, even when he had every reason to do so against his brethren, Potiphar and his wife, and Pharaoh’s Chief Butler, who forgot him in prison. He was neither vindictive against his brothers for their conspiracy to sell him out nor blamed Potiphar for sending him to jail without trial. Joseph also did not hold anything against his prison inmate who forgot him after he interpreted the dream that restored him to his position as Pharaoh’s Chief Butler. By God’s divine arrangement, Joseph was eventually released from prison to become the Prime Minister of Egypt, and everybody took instructions and orders from him. What a mighty and awesome God we serve!

Joseph’s resilience, orchestrated by the workings of God and his right choices, models him as a true Christian who does not lose his identity despite the myriad of temptations and trials that shook him to his foundation. The story of Joseph, whenever and wherever it is told, makes us know that God surely has the power to make us scale through hard times, either as a person, a family, an organization, or a nation. However, like the case of the three Hebrew children in Babylon (Daniel 3), should God decide not to rescue us at the time we expect or by the method we are familiar with, it will be our wisdom to continue to trust Him like Shadrach, Meshach, and Abednego and Joseph did (Daniel 3:17-18; 6:10-24).

As the journey of 2026 begins, we must keep trusting God for the best irrespective of whatever the situation may be in all ramifications. We must confess positively, believe in God, have faith in our ability, and hold on to the hope that all is not over until it is over. We must work smarter with absolute dependence on God to carry us through. No storm lasts forever; we will sail through successfully.

I also want to use this medium to thank God for helping the BSN through her numerous challenges in the last six decades and for His faithfulness over the organisation and its partners - like you. As we celebrate God’s faithfulness at 60, we must be at home with the truths expressed in the lines of the song written by Tracy Dartt (1975): *“God in the good times is still the God in bad times...”* God has been with the BSN through thick and thin, and we praise His Holy name for the impact the Society has made in its 60 years of existence, and still counting.

On behalf of all of us at the Bible House, Lagos, Nigeria, I say **Happy Diamond Jubilee Anniversary** to us and wish our numerous partners, donors, members, and admirers a happy and more prosperous New Year in Jesus’ name. If Christ tarries, may we celebrate much more and see the BSN and Nigeria of our dreams within the next decade of our existence.

Congratulations and more wins.

Samuel Sanusi
Editor-in-Chief



How Listening to Audio Bible Transformed Life, Healed Prostate Disease

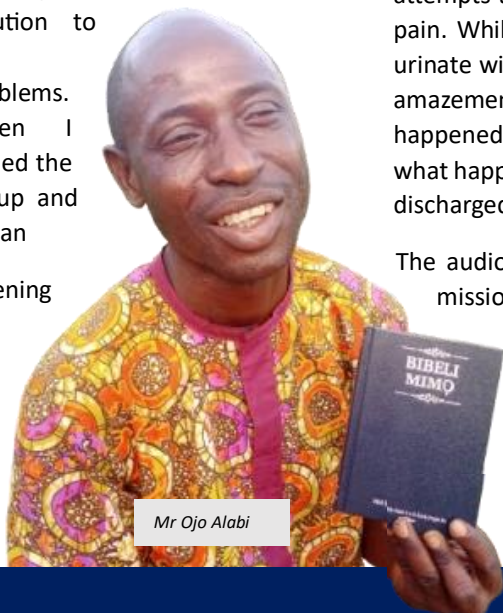


Mr. Samuel Atsegha with a Proclaimer (audio Bible device) in Tiv language

Listening to the audio Bible, the Proclaimer, has transformed the life of a commercial motor driver, Mr. Alabi Ojo, in Akure, and brought healing to a 73-year-old man, Mr. Samuel Atsegha, in Zaki Biam, Benue State.

Speaking to a representative of The Bible Society of Nigeria, Mr. Ojo said he would remain grateful to God and to the man who invited and encouraged him to join an audio Bible listening centre in his church. Mr. Ojo said that he was going through a very difficult phase of his life when everything turned upside down. "Seeing me at that time, you would think I was suffering from HIV/AIDS because of the way I looked. My life was full of worries. I was so frustrated that I contemplated divorcing my wife, thinking that was the solution to my problems. When I joined the group and began

listening to



Mr Ojo Alabi

the Bible, I began to see life in a new way and understand what Christ did for me. The Word of God calmed me down and has a way of taking anxiety away from me. I changed my mind about wanting to divorce my wife. I have found relief in the Word of God," he added.

In another development, listening to the audio Bible has brought healing to Mr. Samuel Atsegha, a 73-year-old man in Zaki Biam who suffered from prostate enlargement. Mr. Atsegha said he was told that he collapsed on October 23, 2025, and went into a coma. He said his son explained that he placed an audio Bible device, reading the Bible in the Tiv language, beside his bed. At about 3:00 a.m., he regained consciousness and was rushed to the hospital at daybreak. He said he was in the hospital for two weeks, during which he constantly listened to the audio Bible.

"My son, Cyprian, who runs an audio Bible listening group, would come, pick the device to use for his group, and return it to my hospital bed afterward. I observed that I sometimes felt the presence of someone standing beside me each time the Proclaimer was reading the Bible. One day, I dreamt of someone telling me that he had come to remove the catheter I was wearing because of the pain I was experiencing. When I woke up, I saw that I was still wearing the catheter, and I was confused," he said.

Mr. Atsegha said he was referred to another hospital, but because of distance and cost, his children took him to a different hospital from where he was referred to. At the new hospital, he was asked to do a laboratory test, and he was asked to change his catheter. According to him, the new catheter could not stay in place, and after several failed attempts to insert it, he told them to allow him to rest, as he was experiencing severe pain. While resting, he felt the need to urinate. He said he wondered how he would urinate without the catheter. He summoned courage and went to the toilet, and to his amazement, urine came out without the catheter and without pain. This, he said, happened twice while at that hospital. He went back to his doctor, who told him that what happened was not ordinary, saying that God had healed him. That was how he was discharged without surgery or any further treatment.

The audio Bible device is one of the tools The Bible Society of Nigeria provides to missionaries, evangelists, and pastors trained under its End-to-End project, with which they set up audio Bible listening centres where people go to listen to the Bible in the language they understand across the country. *The project is open for sponsorship. If you would like to sponsor it or want your church to benefit from it, contact: mordi@biblesociety-nigeria.org or call 0815909411*

Gowon, Jonathan commend BSN for shaping Nigeria's moral fabric



L-R: Former Head of State and Patron of BSN, Gen Dr Yakubu Gowon; Former Military Administrator of Bayelsa State and representative of Dr Goodluck Ebele Jonathan, Lt Col Paul Obi, Rtd.; President of BSN, Bishop Dr Timothy Banwo, and CAN President, Most Rev Daniel Okoh, at the BSN Founder's Day Lecture

A former Head of State, Gen. Dr. Yakubu Gowon and former President of Nigeria, Dr. Goodluck Ebele Jonathan, have commended The Bible Society of Nigeria for making available the Bible which is contributing to shaping the moral fabric of the Nigerian society.

They spoke at the 17th Founder's Day Annual Lecture and Award Ceremony of the Society which was part of activities marking the BSN diamond jubilee.

According to Gowon, "The Bible is not merely a book, it is light in darkness, hope in despair, and truth in confusion. In a world increasingly challenged by moral decline, conflict, misinformation, and loss of values, the relevance of the Scriptures has never been greater."

As we strive to build a better, stronger and prosperous nation bound by common values and unity, he expressed hope that the scriptural engagements of BSN will shape the hearts, ideas, values and actions of Nigerians.

For BSN to succeed in her next phase, Gowon, who is also The Patron of the organisation called for more partnerships and support from individuals, churches, corporate bodies, and friends of BSN, both within and outside Nigeria.

Speaking earlier, the Chairman of the occasion, Dr. Jonathan said, "Nation-building goes beyond infrastructure and policies; it is fundamentally about character, responsibility, and respect for human dignity. Faith-based organisations, such as The Bible Society of Nigeria, make significant contributions to national development by nurturing values of honesty, service, and love for one another. Where such values prevail, society becomes more peaceful, resilient, and hopeful.

“Hope is essential to human progress. It sustains individuals in difficult times and inspires societies to strive for a better future. To build a legacy of hope is to invest in people and values that will endure beyond our generation. Through its work, the Bible Society of Nigeria is not only preserving sacred texts but also preserving hope for individuals, families, and communities across our nation,” he stressed.

He recalled that he had conversation with BSN about translating the Bible into Ogbia and Epie, languages spoken in Bayelsa State, and expressed delight at the successful completion of the Bible into the two languages, pledging his support to produce the Bibles.

The Guest Speaker, the Senior Pastor of The Covenant Nation, Pastor Poju Oyemade, said that by translating the Bible into Nigerian languages, BSN is engaging in the most impactful evangelism efforts in the country. He likened BSN’s role to

that of salt which preserves society.

In his welcome address, the President and Board Chairman of BSN, Bishop Dr. Timothy Banwo, said that the BSN anniversary is a celebration of lives touched, communities transformed, and hope restored.

The programme also featured award to five individuals: the President of Christian Association of Nigeria, Most Rev. Daniel Okoh; LAWNA Territorial Chairman and Vice President Emeritus of The Apostolic Church Nigeria, Pastor Gabriel Uyeh; the General Overseer of the Love of Christ Chapel International Ministries, Prophet Peter Olowoporoku; Managing Director of Padua Petroleum Nigeria Limited, Engr Paul Ajisafe and immediate past General Secretary/CEO of BSN, Dr Dare Ajiboye. The Founder’s Day was attended by the Secretary General of the United Bible Societies Dirk Gevers, General Secretaries of other African Bible Societies, representatives of Amity Press, China, among others.

Earlier in the week, there was Bible exhibition, Bible walk, Partners Appreciation night, dedication of 2nd Studio at Deaf Translation Centre, Ibadan as part of activities for the 60th anniversary celebration of BSN, while the grand finale was a thanksgiving service at The Covenant Nation, Iganmu, Lagos.



The Guest Speaker, Pastor Poju Oyemade

Joy as BSN Dedicates **Binna** **New Testament**



General Secretary/CEO, Pastor Samuel Sanusi, presenting copies of Binna New Testament with Psalms and Proverbs to HRM, Gubo Johnson Matalo, Gubo Yungur, the Paramount Ruler of Yungur Chiefdom

There was spontaneous and palpable joy as speakers of the Binna language in Jalingo, Adamawa State, gathered to watch as the Binna New Testament with Psalms and Proverbs was dedicated on December 20, 2025.

The Chairman of the occasion, Chief Atenka John, the Gamjin Song of Binna Land, said that their long-standing desire to have the Word of God in its purest form and language finally became a reality with the dedication of the New Testament. He commended BSN for the technical support provided for the project.

The Chairman, Binna Bible Translation Committee, Dr. Akeweta Samaila, reflecting on the journey so far, said that the work was sustained by God's grace and the perseverance of the translation team.

Speaking before the dedication, the guest preacher, the Bishop of the LCCN Shall Holma Diocese, Rt. Rev. Dimya Kadobiyu, said that the New Testament with Psalms and Proverbs is the voice of God speaking directly to the people of Binna in their mother tongue. He commended BSN for its efforts in Bible translation in Nigeria, admitting that Bible translation is not an easy endeavour.

According to him, Bible translation strengthens personal devotion and discipleship, preserves language and cultural identity, and empowers evangelism and church growth. "When people hear the Word of God in the language they understand, faith grows naturally," he said. He called for support for the completion of the full Bible, expressing hope that it will bring revival in Binna land.

The high point of the occasion was when the General Secretary/CEO of The Bible Society of Nigeria, Pastor Samuel Sanusi, presented the New Testament with Psalms and Proverbs to the Paramount Ruler of Yungur Chiefdom, His Royal Majesty, Gubo Johnson Matalo. who in turn presented it to the church leaders in attendance. There were intermittent shouts of joy and applause when a portion of the New Testament was read in the Binna language.

How the Bible Stopped Inter-Tribal Wars

The Ewi of Ado-Ekiti, Oba Dr. Rufus Adeyemo Adejugbe, has disclosed that it was the penetration of the Word of God that brought an end to incessant intertribal wars in Ado-Ekiti over 125 years ago.

Oba Adejugbe made this known when members of the National Executive Committee (NEC) of the Bible Society of Nigeria (BSN) and some Board members paid a courtesy visit to the royal father during the National Board Meeting held in Ado-Ekiti.

The royal father, who was delighted to receive the BSN delegation, recalled how missionaries came to his father's palace about 125 years ago on a market day, but his father sent a message that he could not receive any visitors because he was busy seeking a solution to end the intertribal wars that had engulfed his kingdom at the time.



According to him, when his father was informed that the missionaries came with a talisman that could help end the wars, his curiosity was aroused. He immediately made his way to the palace to receive the missionaries, who then presented him with a copy of the Bible.

Thereafter, the missionaries established churches, and gradually the Word of God that entered the kingdom brought peace among the warring communities, putting an end to the conflicts.

This was first published in the April-July 2014 edition of SOWER

Hope Fountain School Wins BSN Quiz for Deaf Students

Hope Fountain School, Ijaiye Ojokoro, Lagos, has trumped five other schools to emerge the winner of the fifth edition of the BSN Quiz Competition for Deaf Students in Lagos.

The school, which was represented by Ibrahim Idris and Rachael Afuwape, finished first with a total of 35 points at the competition held on Thursday at the Christian Mission for the Deaf Church, Shomolu, Lagos.

Ipakodo Senior Grammar School, Ikorodu, secured second place with 30 points, while Wesley School 1 for the Hearing impaired, Surulere, rounded out the top three with 25 points.

Other schools that participated included State Junior Grammar School for the Hearing and Hearing Impaired, Surulere, which scored 20 points to place fourth; Wesley School for the Hearing Impaired 2, with 15 points to finish fifth; and State Senior Grammar School, which finished sixth with 10 points.

The competition featured two rounds, culminating in a final stage where students showcased their quick thinking and deep understanding of biblical texts.

Continues on Page 8



Winners of the competition, Ibrahim Idris and Rachael Afuwape with their prizes, Nigerian Sign Language Deaf Coordinator, Mr Femi Sotayo (3rd left) and others at the competition

The General Secretary of the Bible Society of Nigeria, Pastor Samuel Sanusi, who was represented by the society's Deputy Manager of Research, Literacy, and Programmes, Temitope Omogbemi, praised all the schools for their involvement and highlighted the event's success in building a supportive community for Deaf learners.

He noted that the competition aimed to foster inclusivity and spark intellectual engagement among Deaf students, and it certainly delivered with an impressive show of teamwork and scholarship.

"This is the fifth edition of the Deaf Bible Quiz, and we have been able to attract more schools to the competition. We have also been able to get more attraction and publicity because we stream it live, and we get a lot of people engaging with us through the programme. Our online viewership is also increasing," he said.

Omogbemi noted that the Society had improved prize packages and worked to involve more stakeholders.

"We invite more schools and also try to engage stakeholders, like the district head and the local school

authorities, to get their approval so that schools can feel more comfortable and confident to participate," he mentioned.

Reflecting on the competition's impact, Omogbemi added, "One of the impacts is that it has led to more engagement with the Bible among the schools. Students look forward to it and must go through intra-school competitions before advancing to the inter-school event. We have seen a lot of engagement with the Bible among the Deaf."

The Acting President of the Christian Mission for the Deaf Church, Evangelist Lucky Nepe, emphasised that the competition would help students become familiar with the Word of God, inspiring them to contribute positively to society in the future.

"We are happy to see our children talking about the Bible. That will influence them and help them in the future to become people of impact, like pastors and other professionals," he maintained.



BSN Donates Relief Materials, Bibles Worth ₦7m to IDP camp, Slum Area

The Bible Society of Nigeria has again, through its Macedonian Call project, donated relief materials and assorted copies of the Bible worth ₦7,085,500 to the Bokkos IDP Camp in Jos, Plateau State, and to pupils of Oba Moshood Community Primary School, Ota, Ogun State.

While 102 school bags and 202 notebooks were given to the pupils of Oba Moshood Community Primary school, 1,115 copies of assorted Bibles and relief materials, including clothes and food items, were given to residents of the Bokkos IDP Camp.

Representatives of BSN who made the presentation of the materials informed the beneficiaries that the organisation, besides Bible translation and distribution, also cares for the physical needs of the people. According to them, Macedonian Call is one of its intervention programmes that takes care of such needs, reassuring those at the IDP Camp that God still loves them despite their challenging situation.

Responding, some of the beneficiaries thanked BSN for the kind gestures and for remembering them in their time of need.

The Bible Society of Nigeria initiated the Macedonian Call project in 2018 to reach out to the less privileged in several communities across the country, especially those in Internally Displaced Persons (IDPs) camps and those living in slums. Through the project, the Society has previously donated items to IDP Camps and slum areas in different parts of the country, including Adamawa, Lagos, Benue, Edo, Kogi, Abuja, and other locations, where over 50,000 people have benefited.

This programme is open to sponsorship, and we beckon to well-meaning Nigerians to partner with us in this drive. Much more can be done and achieved with your support. For possible support or enquiries, please contact Grace on 07031580684 or visit our website: www.biblesociety-nigeria.org

BSN Donates Theological Books to Lagos Seminary College

The Bible Society of Nigeria (BSN) has donated eighty-five (85) copies of assorted theological books valued at over ₦2 million to the Baptist College of Theology, Agbowa, Ikorodu, Lagos, as part of its efforts to support theological education.

The materials donated included scholarly editions such as copies of the Greek New Testament, Greek-English Dictionary, English Bible Atlas, Commentary on the Greek New Testament, and Synopsis of the Four Gospels, among others.

Speaking at the event, the General Secretary and Chief Executive Officer of BSN, Pastor Samuel Sanusi, said the donation

was in line with the society's mandate of Bible translation, publishing, distribution, and scriptural engagement.

"We want people to engage with the Scriptures. Now we have come to this seminary where pastors are being trained and equipped for the ministry," Sanusi said.

He disclosed that BSN partners with the German Bible Society to equip seminaries with theological resource materials, noting that many institutions struggle to stock their libraries due to the high cost of the books.

"Some of the materials we brought here are very expensive, and if you go to some seminaries, their libraries are empty. So how do we equip these upcoming ministers to be grounded in the Word? That is why we partner with the German Bible Society," he added.

The Principal Assistant Registrar of the Baptist College of Theology, Rev. Ezekiel Ojo, expressed appreciation to BSN,



General Secretary/CEO of BSN, Pastor Samuel Sanusi, (3rd right), Principal Assistant Registrar of the school, Rev. Ezekiel Ojo (2nd left), and others at the donation of Theological materials to the school by BSN

saying the donation would enhance the quality of training at the institution.

"It is going to add value to our training and increase the volume of quality resources in our library that our students and faculty members will make use of," Ojo said.

Also speaking, the college librarian, Mrs. Omodele Owolabi, said the Bible remains central to theological education, noting that the donated materials would support students studying Hebrew and other biblical languages.

"They study Hebrew from the 200 level to the final year. These materials will be very useful because not every student can afford to buy them," she added.

Fun as BSN Fetes Staff, Families, Ex- staff

It was a fun-filled atmosphere as the management and staff of The Bible Society of Nigeria, their family members, and some former staff gathered for their annual end-of-year get-together on December 23, 2025, at the Bible Guest House, Ilupeju, Lagos.

Reflecting on 2025, the General Secretary/CEO of the Society, Pastor Samuel Sanusi, thanked God for making it possible for the staff, their spouses, children, and some of the ex-staff to attend the end-of-year get-together. He acknowledged that the organisation did not meet some of its goals for the year but gave glory to God for helping it remain in operation. Pastor Sanusi noted that it was remarkable to see companies in the fast-moving consumer goods sector shutting down while BSN, which distributes Bibles - a product that is not considered a fast-moving consumer good - continues to thrive. He encouraged staff to work as a team for greater progress, urging everyone to go into the new year with the "I-can-do spirit."



Rev Bamidele Olalekan giving exhortation

A Translation Consultant in Training, Reverend Bamidele Olalekan, who gave the exhortation, admitted that the airwaves are inundated with bad news, but noted that the birth of Jesus Christ, the reason for the season, was the good news to cheer about. He encouraged everyone not to allow the ugly situation around them to rob them of the joy of the season, adding that everyone should allow Jesus Christ to be seen in their actions and celebrations. As the shepherds spread the good news of the birth of Christ, he urged all not to be agents of bad news.



L-R: GS/CEO, Pastor Samuel Sanusi; AGS Finance, Mrs Yemisi Oluwagbemi, and AGSCD, Mr Yemi Olayiwola cutting the Christmas cake

The children of staff members were not left out, as they had their own fun activities in a separate hall. Other highlights of the event included the cutting of the Christmas cake and the exchange of gifts, Bible recitations by children of staff members, and games.

As usual, some deserving staff members were rewarded, while all the departments presented thanksgiving items for donation to orphanages.



Children of staff members who took part in the Bible recitation competition with their prizes

BSN Recruits Staff

The Bible Society of Nigeria (BSN) has added three new members to its workforce. They are Miss Margaret Edache, Miss Faith Sani, and Mr. Adebola Adeniran.

Miss Edache, who was employed as Programmes Officer, holds a B.Sc. in Mass Communication obtained from Bayero University, Kano. She joined BSN from the Carrington Fellowship, Lagos.

Miss Sani, employed as Confidential Secretary to the Human Resource Manager, attended the Federal University Wukari, Taraba State, where she obtained a B.Sc. in Philosophy, and joined BSN from Monticor Integrated Services Limited.

Adebola Oluwaseun Adeniran, who holds an HND in Accountancy, was employed as Account Officer at the Ibadan Bible Guest House. He attended The Polytechnic, Ibadan.



Miss Margaret Edache



Mr. Adebola Adeniran



Miss Faith Sani



70 WAYS TO HONOUR YOUR WIFE

- *Bisi Adewale*

By now, you should have known that honouring your wife is honouring yourself, and it is in your own best interest. Let me now show you how to start to honour your wife:

1. Talk to her about what you think, see, and feel regarding matters that are important to you, and offer her the opportunity to do the same. One of the major needs of your wife is for you to listen to her with rapt attention.
2. Show interest in what she values as important in life.
3. Talk with her respectfully.
4. Start and end each day by holding hands and praying together with your wife.
5. Show her love, give her attention, and show her affection without sexual intention.
6. Never disagree with her sharply or rebuke her in the presence of visitors or your children.
7. Tell her you love and value her always.
8. Be sensitive to her needs, looking for ways to bless and serve her.
9. Never ignore her when she wants to talk with you, and never ignore anything that bothers her.
10. Never focus on the physical features of another woman. Avoid saying any lady is beautiful (even if she is) if your wife is around. There is nothing that any lady has that your wife does not possess.
11. Never condemn or criticize her in public; this may shatter her self-esteem.
12. When you are angry, speak with grace. Choose your words. Never abuse, curse, or compare her.
13. Never say her ideas are foolish (even if they are). Treat her with respect. Know that other men out there will never say she is an idiot. If they do, how will you feel?
14. Make her believe that she is wise and intelligent by saying it, showing it, bragging about it in her presence, and by listening to her advice.
15. Treat her with love in the bedroom and meet her bedroom desires.
16. Do everything to make her feel valued before the whole world.
17. You dated her to fall in love; start all over again, take her out, treat her well, celebrate her, and make her happy.
18. Don't be ashamed to hold her hand in public.
19. Never tease or belittle her by saying you are just joking; always honour her.
20. Make sure she is very free to talk and discuss with you. Don't terrify her.
21. Carry her along always in your plans; never take major decisions or steps without her input.
22. Talk to her honorably before your children. Tell the children to "appreciate mummy; she is a wonderful woman".
23. Guard your tongue from saying unwholesome, critical, disapproving words, or making cutting remarks.
24. If you must compare her, do so only to say she is better.
25. Run an errand without any complaint.
26. Enjoy touching her without sexual intention.
27. Enjoy sitting by her side in public.
28. Enjoy introducing her honorably to friends.
29. Crack positive jokes to make her happy.
30. Scratch her back, rub her feet, or rub her neck or wherever she prefers.
31. Help her massage her body.
32. Be extremely caring to her when she is sick.
33. Never hang up the phone on her.
34. Never walk out on her.
35. Never keep malice with her **(Continues in the next edition.)**

Interview

Divine Health is good, but go for checkups, Dr. Joseph urges Christians

A Cardiologist and Medical Director/CEO of Amazing Heart Centre, Dr. Akinsanya Olusegun Joseph, has advised Christians to go for regular checks just to be sure that all is well with their health. He said this during an exclusive chat with SOWER.

Excerpts below:

In the interest of our readers, can I meet you, sir?

I am Dr. Akinsanya Daniel Olusegun Joseph. I am a Cardiologist by training, and I am passionate about taking care of patients. I see it as a call rather than a profession. It gives me joy to see patients recover. I am also a child of God and God has been faithful.

What inspired your setting up of Amazing Heart Centre?

A number of patients kept asking me if I could get a place where they could see me instead of coming to the hospital where I was working. When the demand continued, I started seeing patients at Good Tiding Hospital and later at Mount Sinai Hospital. After a while they began to ask if I would be seeing them only on Saturdays. As the pressure kept mounting, I started making plans to set up a place to cater for those who needed something more personal.

Looking back, how would you describe the experience?

It has been challenging experience, an adventure of some sort. The centre will be 10 years in October this year. So far, it has been a very exciting journey, although often stressful because patients keep coming, making us work late into the night many times. It has also been a rewarding venture. God has given us the grace to manage the heart challenges of patients. We now have patients being referred to our facility from different parts of the country and even outside.

What advice will you give to the readers on how best to care for or protect their hearts?

Everybody should take care of their heart seriously. Your heart is taking care of you, so take care of it. Even when you are asleep your heart keeps beating. The heart is the first organ to start working. Even before a woman gets to know that she is pregnant, the heart would have started beating. It is also the last organ to sign out. No one can be certified dead until the heart stops beating. Such a vital organ should be well taken care of. To do this, we need to eat right, eat balanced diet, reduce

salt intake, fried food, cholesterol rich food and all kinds of junk food. They are appealing to the taste bud, but they are not healthy. Stop smoking; stop alcohol consumption. If you have any cardiovascular risk factor, make sure you take your drugs regularly.

What specific foods should we avoid because of high cholesterol?

Cholesterol is not bad. It is needed in the body, but it becomes bad when it is higher than the required range. Cut down on fried food, for instance instead of frying plantain, you can boil or grill it. You can go for cholesterol free oil. Red meat has bad cholesterol, so cut down on it, even ponmo, shaki, and pastries. We are not saying you cannot eat them but cut down on them. Avoid eating late at night.

Are you disturbed that doctors are migrating outside the country even when we do not have enough of them here?

Any patriotic Nigerian should be disturbed. In the last five years, about 20,000 doctors have left the country, putting pressure on the available ones. Doctors are overstretched. There has been consistent unrest in the health sector, industrial action here and there. The government needs to do more and make the environment conducive. We plead with the government to do the needful and provide the right equipment for the hospitals.

Some Christians believe that they can never be sick, so going for medical checkup is out of it. How will you react to this and what advice can you give to such people and Christians at large?

It is good to believe in divine health, but the Bible says wisdom is profitable to direct. Please go for medical checkup. People tend to value their cars and phones more than their health. You do not wait for your car to break down before taking it for service. Go for at least an annual check to ensure everything is intact; that does not reduce your faith or trust in God. You need

[Continues on Page 15](#)

to rest. If you are just dragging your body without resting, don't blame God if anything happens to you. Is God against medical science? Not at all. If you care for your health optimally, you will be able to function optimally, get more things done and be able to fulfil your ministry. You are more productive when your health is sound than when you are ill.

How would you describe the Bible?

It is the greatest book, an inspirational book, the book of life. It is a book that transforms lives. It is God's Word to us. It is light, food for the soul. It is our guide, our compass.

Which is your favourite version?

King James Version, but I also love other versions.

What is your favourite verse?

Isaiah 60:15 "Whereas thou hast been forsaken and hated, so that no man went through thee, I will make thee an eternal excellency, a joy of many generations."

What would you like to say to BSN @ 60?

I wish The Bible Society of Nigeria happy 60th anniversary. You are doing a great job of making the Bible available. We value and appreciate you. May the LORD continue to strengthen you.



HEALTHY LIVING

By Rev. Tony Akinyemi | Email: tony_tutu@yahoo.com

SLEEP, SOUND & LIGHT THERAPIES

We often pay little attention to the seemingly inconsequential elements that God has graciously given us for our wellness and well-being. I wish to touch upon a few of them in this series: **sleep, sound, and light.**

I. The Dangers of Sleep Deprivation

1. Cognitive Impairment

One of the most immediate effects of sleep deprivation is impaired cognitive function. Lack of sleep can lead to issues with memory, attention, and decision-making. The brain becomes less efficient, hindering performance and increasing susceptibility to mistakes and accidents. Chronic sleep deprivation is even linked to an increased risk of neurodegenerative diseases such as Alzheimer's disease.

2. Heart Disease

The report of a study on the relationship between poor sleep and cardiovascular health was published in the **NIGERIAN TRIBUNE** newspaper on Monday, September 1, 2025, with the front-page headline on health warning that said *"Getting a bad night's sleep for three consecutive days raises the risk of heart disease."*

3. Emotional Instability

Sleep deprivation profoundly impacts mental health. Individuals who do not get enough sleep are more likely to experience mood swings, anxiety, and depression. Chronic sleeplessness can exacerbate existing mental health disorders or contribute to the development of new ones.

4. Physical Health Risks

Ongoing sleep deprivation poses significant risks to physical health. It is associated with an increased risk of obesity, diabetes, cardiovascular diseases, and a weakened immune response. Moreover, it can lead to increased inflammation in the body, a precursor to many serious health conditions.

5. Decreased Productivity

A lack of sleep can reduce productivity, leading to burnout and job-related stress. People who do not prioritize sleep may find it challenging to concentrate,

stay motivated, and maintain a positive working environment, ultimately affecting overall job performance.

6. Increased Risk of Accidents

Sleep deprivation significantly increases the risk of accidents, whether on the road or at work. Drowsiness impairs judgment and reaction times, leading to potentially life-threatening consequences for both the individual and others around them.

II. The Importance of Sleep

The importance of sleep cannot be overstated. It is a critical component of health that influences every aspect of our well-being. By understanding its benefits and the dangers of deprivation, we can take proactive steps to prioritize sleep as part of a healthy lifestyle. Strategies such as establishing a consistent sleep schedule, creating a restful sleep environment, and limiting screen time before bed are essential for fostering good sleep habits. Embracing the value of sleep may be one of the most significant changes individuals can make in their pursuit of overall health and well-being.

It's important to note that excessive sleep can also be detrimental. Just as insufficient sleep can negatively affect our HEALTH, oversleeping can have a similar adverse effect on our WEALTH.

⁶Go to the ant, you sluggard; consider its ways and be wise! ⁷It has no commander, no overseer or ruler, ⁸yet it stores its provisions in summer and gathers its food at harvest. ⁹How long will you lie there, you sluggard? When will you get up from your sleep? ¹⁰A little sleep, a little slumber, a little folding of the hands to rest— ¹¹and poverty will come on you like a thief and scarcity like an armed man. Proverbs 6:6-11 (NIV)



SIX DECADES *OF* **IMPACT:**

**Transmitting the WORD,
Transforming Lives**

Title: **SIX DECADES OF IMPACT: Transmitting the WORD, Transforming Lives**

Year of Publication: 2026

Publisher The Bible Society of Nigeria

No of pages 159

Reviewer Benjamin Mordi

When The Bible Society of Nigeria (BSN) celebrated 40 years of Bible work in Nigeria, it published a book titled: *Sowing the Seed*. At 50, another book was published with the title: *50 Years of Good Tidings*, and to mark the 60th anniversary, *Six Decades of Impact: Transmitting the WORD, Transforming Lives* has been published. These books are chronicles of how BSN toils and moils, breaking every known barrier that makes the word of God inaccessible.

Six Decades of Impact: Transmitting the WORD, Transforming Lives is divided into 13 chapters. In chapters one and two, the book reveals when BSN was founded and the transformative stages the Bible passed through to get to the end user.

Chapters three – seven provide detailed information of what BSN does and how it does the work of making the Bible available and helping people engage with it to transform their lives. The activities are translation, publishing, distribution, resource mobilization and programmes. You may wish to know the four stages and processes that must be undertaken before any Bible translation can be published. The stages are drafting, team checking, community review and Translation Consultant Checking. These stages, as simple as it sounds, can go on for more than eight years.

For Bible distribution, the book reveals that BSN has remained unbeatable in Africa as the leading Bible Society in Bible distribution and has maintained the lead in English Bible distribution globally.

Chapter seven of *Six Decades of Impact: Transmitting the WORD, Transforming Lives* chronicles the various transforming programmes BSN undertakes to help people engage with the Word of God. One of them is **End-to-End** through which BSN empowers the church with requisite skill and tools for evangelism. Another programme is **Macedonian Call** which is an intervention programme to provide relief materials along with Bibles for those in Internally Displaced People's Camps and slums. Other programmes include Marathon Bible Reading, Bible competitions, Trauma Healing and NYSC Essay competition.

Chapter eight unfolds the transformative journey of the Nigerian Sign Language, revealing that there was no form of scripture for the Deaf community in Nigeria until the BSN in partnership with The Presbyterian Church and DOOR International, Kenya took up the challenge in 2012. Since then, the BSN has made available 222 Chronological Bible Stories for the deaf in the Nigerian Sign Language and has begun translation of the full Bible, starting with the New Testament in 2023. There are about 400 Sign Languages globally and only the US has complete Bible in the Sign Language.

Chapter nine has the history of the 27 Bibles in Nigerian languages and chapter 10 tells of the challenges of making the Bible available. The visible impact of the BSN work is chronicled in chapter 12.

The book has pictures of the expatriate General Secretaries, with the first General Secretary being Rev. William Wood, while the first indigenous General Secretary was The Most Rev. Dr. J. O. Soremekun. Names of the current NEC members and area offices are also listed in the book. There are pictures of the dedication of some BSN-published Bibles, helping to enhance the aesthetics of the book and break monotony of type. It is in a readable font with enough white spaces and neatly bound.

I recommend this book to every Christian and those who love the Bible.



ALONE WITH GOD

Below are Bible portions that we believe will be useful for your meditation.

JANUARY 2026	FEBRUARY 2026	MARCH 2026
1. 1 Peter 2:24	1. Psalm 119:14	1. Matthew 22:37
2. 1 Peter 3:11	2. John 20:21	2. Acts 9:31
3. 2 Peter 3:14	3. Proverbs 11:2	3. Psalm 103:1
4. 1 John 1:7	4. 1 John 4:1	4. Romans 12:21
5. 1 John 2:1	5. Luke 12:2	5. Psalm 147:3
6. 1 John 3:6-10	6. Psalm 105:1	6. 1 Timothy 6:17
7. 3 John 1:11	7. Romans 8:1-2	7. Colossians 4:2
8. Genesis 1:27-28	8. 1 Peter 2:16	8. Proverbs 17:6
9. Malachi 2:14-15	9. Psalm 19:7	9. Acts 2:3-4
10. Ephesians 4:2-3	10. Matthew 18:21-22	10. John 14:16
11. 2 Timothy 2:21	11. James 3:2	11. Psalm 119:60
12. Hebrews 12:14	12. Colossian 3:5	12. Matthew 6:2
13. James 1:21	13. Psalm 9:9	13. John 17:15
14. Psalm 31:16	14. Luke 10:27	14. Psalm 139:1-2
15. Psalm 112:1	15. 1 John 2:16	15. Luke 17:3b-4
16. 1 John 4:4	16. Proverbs 4:25	16. Romans 14:5
17. Romans 6:15	17. Ecclesiastes 7:14	17. Romans 8:37
18. Joel 2:13	18. Philippians 4:20	18. John 16:7
19. John 8:44	19. Zechariah 4:6	19. Romans 8:28
20. Proverbs 4:24	20. Proverbs 10:28	20. Psalm 33:22
21. Matthew 5:6	21. Matthew 16:25	21. Luke 18:27
22. Philippians 4:4	22. Psalm 33:6	22. Philippians 4:19
23. Luke 15:7	23. 2 Corinthians 6:14	23. 1 Corinthians 15:57
24. Romans 6:23	24. John 14:2	24. Proverbs 11:2
25. 1 John 3:6-10	25. Proverbs 4:27	25. 1 John 4:1
26. 3 John 1:11	26. 1 John 1:7	26. Luke 12:2
27. Genesis 1:27-28	27. Isaiah 46:4	27. 1 Peter 2:16
28. Malachi 2:14-15	28. Psalm 119:36	28. Psalm 19:7
29. Isaiah 55:6		29. 1 Corinthians 3:16
30. Revelations 3:19		30. 2 Corinthians 5:21
31. 2 Peter 3:9		31. Philippians 3:20



Photo Gallery



Pupils of Hephzibah Primary School viewing the items at the Bible Exhibition during the BSN @ 60 anniversary



Pupils of Greatdestination Primary School viewing the items at the Bible Exhibition during the BSN @ 60 anniversary



President of BSN, Bishop Dr Timothy Banwo (2nd right), GS/CEO, Pastor Samuel Sanusi, (3rd right), former GS/CEO, Rev Dr Fred Odutola (1st right), and others during the Bible walk



A cross section of BSN staff during the Bible walk



A cross section of participants at the BSN @ 60 Bible walk



Pastor Olu Joseph Makinwa, Secretary of World Evangelistic Outreach of CAC Nigeria and Overseas, (backing the camera) inaugurating the second studio of the Deaf Translation Centre, Ibadan

Photo Gallery



L-R: GS/CEO, Pastor Samuel Sanusi. Pastor Olu Makinwa, Secretary of World Evangelistic Outreach of CAC Nigeria and Overseas; President of BSN, Bishop Dr Timothy Banwo; Very Rev Daniel Oka Ofem, The Presbyterian Church, El-Shaddai Parish, Ibadan (2nd right) and others shortly after the dedication of the second studio of the Deaf Translation Centre



L-R: Former Head of State and Patron of BSN, Gen Dr Yakubu Gowon, General Overseer of Foursquare Gospel Church in Nigeria, Pastor Sam Aboyeji, and GS.CEO of BSN, Pastor Samuel Sanusi, at the Partners Appreciation Night



President of BSN, Bishop Dr Timothy Banwo (1st left) and GS/CEO, Pastor Samuel Sanusi (2nd right) receiving an award from Larry Burke, FCBH Global Partnerships, Africa Area Director, during the Partners Appreciation Night.



The team from Amity Printing Company, China at the BSN Founder's Day Lecture



Secretary General of United Bible Societies, Dirk Gevers



President Banwo and GS/CEO, Pastor Sanusi, receiving a gift on behalf of BSN from Amity Printing Company, China

Photo Gallery



Gen Dr Yakubu Gowon with others displaying a commemorative Bible and a book unveiled at the BSN 60th anniversary Founder's Day Lecture



UBS Secretary General, Dirk Gevers, presenting the BSN award to LAWNA Territorial Chairman and Vice President of The Apostolic Church Nigeria, Pastor Gabriel Uyeh



Former Military Administrator of Bayelsa State, Lt Col Paul Obi, Rtd. (right), presenting the BSN award to the General Overseer of Love of Christ Chapel International Ministries, Prophet Peter Olowoporoku (left).



The General Secretary of The Bible Society of Mozambique, Rev. Valente Tseco (right), presenting the BSN award to the Managing Director of Padua Petroleum Nigeria Limited, Engr Paul Ajisafe



The Area Development Officer of BSN Kwara Area, Pastor Samuel Abegunde, receiving the BSN Long Service Award from BSN President, Bishop Dr Banwo



The Area Development Officer of BSN Akwa Ibom, Mrs Affiong Ime Ebong, receiving the BSN Long Service Award from BSN President, Bishop Dr Banwo



FOUNDED 8TH FEBRUARY, 1966

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Bank: United Bank for Africa

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Thank you for choosing to be part of those that will build for our God. Remain blessed.

THE BIBLE SOCIETY OF NIGERIA



Our Mission

Making the Holy Bible available and affordable to Nigerians in their preferred languages and formats, helping them engage with the word of God through life-transforming programmes.

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