

SOWER



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DEALING WITH FRUSTRATION

From the desk of Editor-in-chief

Frustration is a natural emotional response that arises when reality does not align with expectations. It is an unavoidable aspect of life, and individuals respond to it in various ways. Whether it is caused by delays, unmet goals, difficult people, or repeated setbacks, frustration can build quickly and, if unmanaged, spill over into stress, anger, or burnout. Learning how to deal with frustration effectively is not about eliminating it—it is about responding to it in a way that keeps you in control.

The first step is awareness. Frustration often shows up physically before it becomes obvious mentally: tight shoulders, shallow breathing, irritability, or a sense of pressure. Noticing these early signals gives you a chance to intervene before the feeling escalates. Instead of pushing it away, acknowledge it directly: “I am feeling frustrated right now.” This simple recognition creates a small but important gap between emotion and your reaction.

Once you have identified it, pause. Frustration thrives on immediacy—the urge to react, fix, or vent right away. Slowing down interrupts that cycle. Taking a few steady breaths or stepping away from the situation, even briefly, helps regulate your nervous system. This isn’t avoidance; it is giving yourself enough space to respond thoughtfully rather than impulsively.

Next, examine the source. Frustration usually comes from one of three places: lack of control, unclear expectations, or blocked progress. Ask yourself what exactly is causing the tension. Is it something you can influence, or is it outside your control? If it is controllable, focus on the next small action you can take rather than the entire problem. Progress, even minimal, reduces frustration. If it is not controllable, the work shifts to acceptance—redirecting energy away from resistance and toward what you can manage.

Adjusting expectations is another powerful tool. Many frustrations stem from unrealistic timelines, perfectionism, or assumptions about how things “should” go. Reframing expectations does not mean lowering standards; it means aligning them with reality. Flexibility makes setbacks feel like part of the process instead of personal failures.

It is also important to release built-up tension in healthy ways. Physical movement—walking, stretching, or exercising can help discharge the stress that frustration creates in the body. Writing down your thoughts or talking them through with someone you trust can also provide clarity and emotional relief. Suppressing frustration tends to intensify it; expressing it constructively helps it pass. As the saying goes, “a problem shared is a problem halved”.

Additionally, develop a longer-term perspective. In the moment, frustration can feel overwhelming, but most triggers are temporary. Asking yourself, “Will this matter in a week or a month?” can reduce the intensity. Over time, repeated exposure to manageable frustration can even build resilience, making future challenges easier to handle.

Dealing with frustration is ultimately about balance: recognizing what you feel, pausing before reacting, focusing on what you can control, and letting go of what you cannot. With practice, frustration shifts from something that derails you into something that signals where attention and adjustment are needed.

Finally, keep frustrations at bay by keeping pace with God, as Peter did in Luke 5:1-11. God’s promises will surely manifest as we wait on Him in faith.



**Samuel Sanusi,
Editor-in-Chief**

Obedience Needed for Divine Restoration, Says Rev. Adeyanju



Reverend Dr Tayo Adeyanju, Guest Speake

The Senior Pastor of Sabo Baptist Church, Ogbomosho, Reverend Tayo Adeyanju, has said that obedience is a prerequisite for divine restoration.

Rev. Adeyanju stated this while speaking as the guest speaker at the Divine Service and Formal Opening of the 59th National Board Meeting of The Bible Society of Nigeria (BSN) in Ogbomosho, Oyo State.

Referencing 2 Kings 8:1-6, he explained that the Shunammite woman, whose house and land had been seized, regained them after seven years. According to him, the woman obeyed the directive of Elisha, who instructed her to relocate

because of an impending seven-year famine. Upon her return after seven years, she appealed to the King for the restoration of her property, and her request was granted.

Reverend Adeyanju also recounted the story of a man who resisted God's call for years until he became ill and lost his job before eventually yielding to the call. He further explained that, during the week of the man's graduation from the seminary, his former employer wrote to apologise for his wrongful dismissal and promised to pay his salaries for the four years he had been out of work. Although the man declined the offer to return to the company, the organisation insisted that his salaries and benefits would still be paid.

Pastor Adeyanju encouraged everyone to listen to and obey the leading of the Holy Spirit, adding that whatever is lost by those who obey God would be restored. He also prayed for divine restoration for all the guests.

Speaking at the event, the President and Board Chairman of BSN, Bishop Dr Timothy Banwo, described Bible work as a noble cause and expressed hope that every decision taken at the Board Meeting would advance Bible work, peace, and growth in Nigeria.

The General Secretary/CEO of BSN, Pastor Samuel Sanusi, who described the attendance at the Divine Service as unprecedented, requested the guests to support the new BSN Bible House project.

Earlier, Reverend Dr Oluwaseyi Ojo, a member of the National Executive Committee of BSN and the West Central Zone Board Meeting Hosting Committee welcomed guests to the Divine Service and Formal Opening of the meeting. The Board meeting was formally declared open by the Chairman of the Christian Association of Nigeria (CAN), Oyo State, Reverend Dr Elisha Ogundiya.



Reverend Dr Elisha Ogundiya

BSN UNVEILS CROSS RIVER STATE CHIEF JUDGE, OTHERS AS BoT MEMBERS

The Bible Society of Nigeria (BSN) has named the Chief Judge of Cross River State, Hon. Justice Akon Ikpeeme, as one of the members of its Board of Trustees.

Others unveiled include the Archbishop of Aba Ecclesiastical Province, Church of Nigeria Anglican Communion, the Most Reverend Dr Isaac Nwaobia from Abia State; the Anglican Bishop of Sokoto Diocese, The Rt Rev. Idris Zubairu from Kano State; and a lecturer at Bronnum Lutheran Seminary, Mbamba, Adamawa State, Rev. Dr (Mrs) Adama Isa from Adamawa State.

They were officially unveiled at the recently concluded 59th National Board Meeting of The Society in Ogbomoso, Oyo



L-R: Rev Dr (Mrs.) Adama Isa; The Rt Reverend Idris Zubairu; Hon Justice Akon Ikpeeme, and The Most Reverend Dr Isaac Nwaobia.

State. They replaced four trustees of the organisation who passed away a few years ago at very ripe ages.

Speaking at the Board meeting, the four new trustees expressed their desire to contribute their quota to the expansion of Bible work in the country and thanked BSN for the opportunity to serve.

The Board of Trustees of BSN now has seven members. The remaining three are retired Most Rev. Alaba Job of the Catholic Church; retired Supreme Court Judge, Hon. Justice James Ogebe; and a former President and Board Chairman of BSN, Overseer Dr Solomon Abe.



BSN Joins Others to Pray for Nigeria

The Bible Society of Nigeria (BSN) joined other Christians to pray for the well-being of Nigeria on April 9, 2026, during the 46th annual National Prayer Breakfast organised by the Christian Laity Association of Nigeria at La Scala Hall, Muson Centre, Lagos.

The occasion was also used to pray for those piloting the affairs of the country - the Legislative, Executive, and Judicial arms of government, including the law enforcement agencies, the youth and education sector, the economy, and the Church of God.

Welcoming members to the prayer meeting, the Chairman of the association, Chief Brown Mene, thanked members for coming and appreciated God for answering their prayers for the peace and well-being of Nigeria.

During an exhortation titled **“I Will Even Make a Way in the Wilderness,”** the guest speaker, a retired Assistant Inspector General of Police,

James Caulcrick described the theme of the prayer breakfast as germane to the current challenges causing many people to lose heart. He praised the consistency of the Christian Laity Association of Nigeria in praying for the nation and encouraged members to remain firm and resolute, assuring them that God will never fail.

The Christian Laity Association of Nigeria has six different prayer groups in Lagos State that gather monthly to pray for the country but come together once a year on the first Thursday after Easter to pray for the nation.



Mr James Caulcrick

BSN Donates Bibles Worth ₦14.3 Million

The Bible Society of Nigeria (BSN) donated assorted Bibles, New Testaments, and portions worth ₦14,394,300 in 2025 as part of its free Bible distribution objective.



General Secretary/Chief Executive Officer of BSN, Pastor Samuel Sanusi, (3rd right) with Production and Programmes Manager, BSN, Mrs Grace Benjamin, (4th right) presenting some theological books to the Principal Officers of Baptist Theological College, Agbowo, Ikorodu, Lagos

We are daily saddled with requests for free Bibles by churches, individuals, and missions but unfortunately, we are largely unable to meet the increasing demand for free Bibles due to financial constraints. The total value of all

the requests for free distribution in 2025 was well over ₦50 million. The organisation desires strategic partnerships with more churches, corporate organisations, and individuals to support its free Bible distribution project. You can be a member of the Bible A Month Club, donating a minimum of ₦1,000 monthly to help the blind, deaf, and other less privileged individuals to have access to the Word of God.

The value of 8,268 copies of the Bible, New Testament, and portions donated to the sighted was ₦9 million, while 77 complete sets of the Braille Bible given to people with visual impairments cost ₦5.3 million. In 2024, the organisation also donated Scriptures worth ₦7.4 million to the less privileged.

This gesture aligns with the Society's mission to make the Holy Bible available to Nigerians in their preferred languages and formats and to help them engage with the Word of God through programmes that transform their lives. Beneficiaries of the free Bible distribution included prison inmates, churches, Christian fellowships, theological schools, schools for the blind, and individual members of the public, among others.

A complete set of the Braille Bible, which comes in 37 volumes, costs ₦70,000. The organisation carried out the free distribution programme with funds donated by different categories of its members, corporate organisations, churches, and individual donors.

Through its free Bible distribution and other laudable programmes, BSN continues to break every known barrier that makes the Word of God inaccessible to people. It is a non-profit, interdenominational Christian organisation that translates the Bible into local languages, distributes and publishes it, and raises funds for Bible work. So far, the organisation has translated the full Bible into 27 Nigerian languages, while translation and revision are ongoing in several other Nigerian languages. It costs a minimum of ₦150 million to complete a Bible translation project if achieved within eight years.

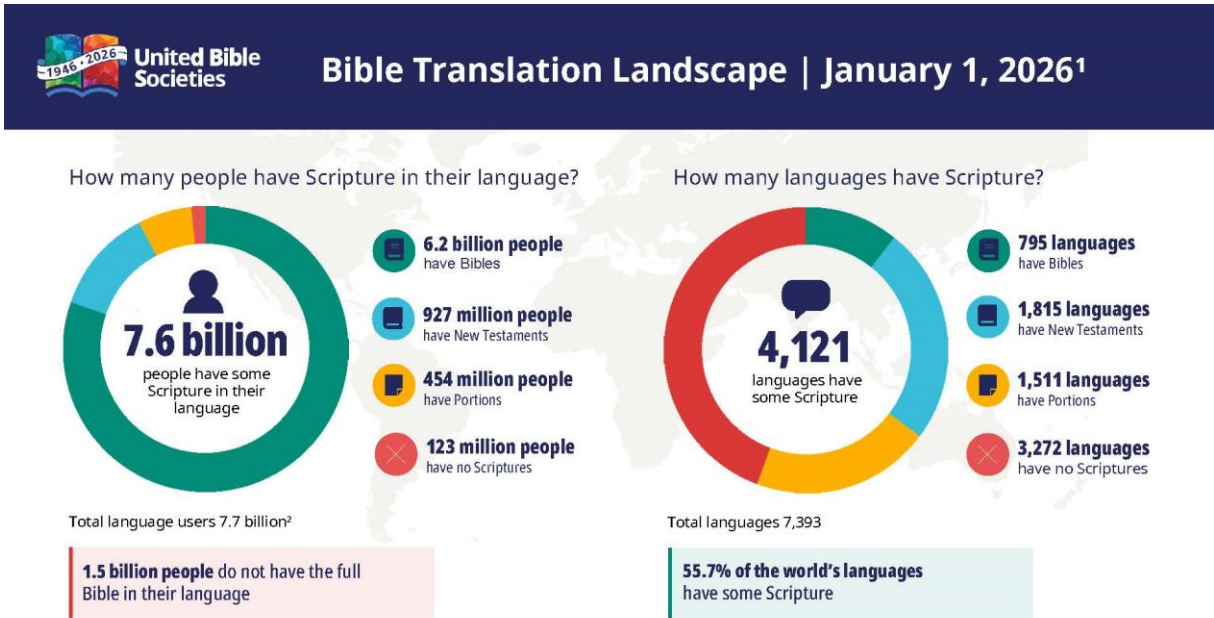
On how you can donate to support our free Bible distribution initiative or any of our programmes, kindly follow the link to make your donation into our Zenith Bank account: Account name: The Bible Society of Nigeria, Account number: 1010110959. For enquiries, please call 08159094126 or 08159094116. Please visit our website: www.biblesociety-nigeria.org to learn more about our work.

7.6 BILLION PEOPLE NOW HAVE ACCESS TO SOME SCRIPTURE IN THEIR LANGUAGE

Through the efforts of the United Bible Societies (UBS), about 7.6 billion people now have access to some form of Scripture in their language globally, while 123 million people still have none. This is according to global Bible translation statistics for 2025 published by the United Bible Societies.

Out of 7,393 total languages, 4,121 have some Scripture, representing 55.7% of all languages. At the same time, 3,272 languages still have no Scripture. In terms of population, access to the Bible is already very extensive, but in terms of language diversity, a lot of work remains to be done. Languages spoken by larger groups have more access to the Word of God, while smaller and more remote language communities have remained underserved.

Around 6.2 billion people have access to the full Bible in their language, 927 million have the New Testament, and 454 million have only portions. On the language side, 795 languages have a full Bible, 1,815 have a New Testament, and 1,511 have portions only. One especially noteworthy aspect is that 1.5 billion people still do not have the full Bible in their language. This means that although many people have some access to Scripture, full access remains incomplete for a significant share of the global population.

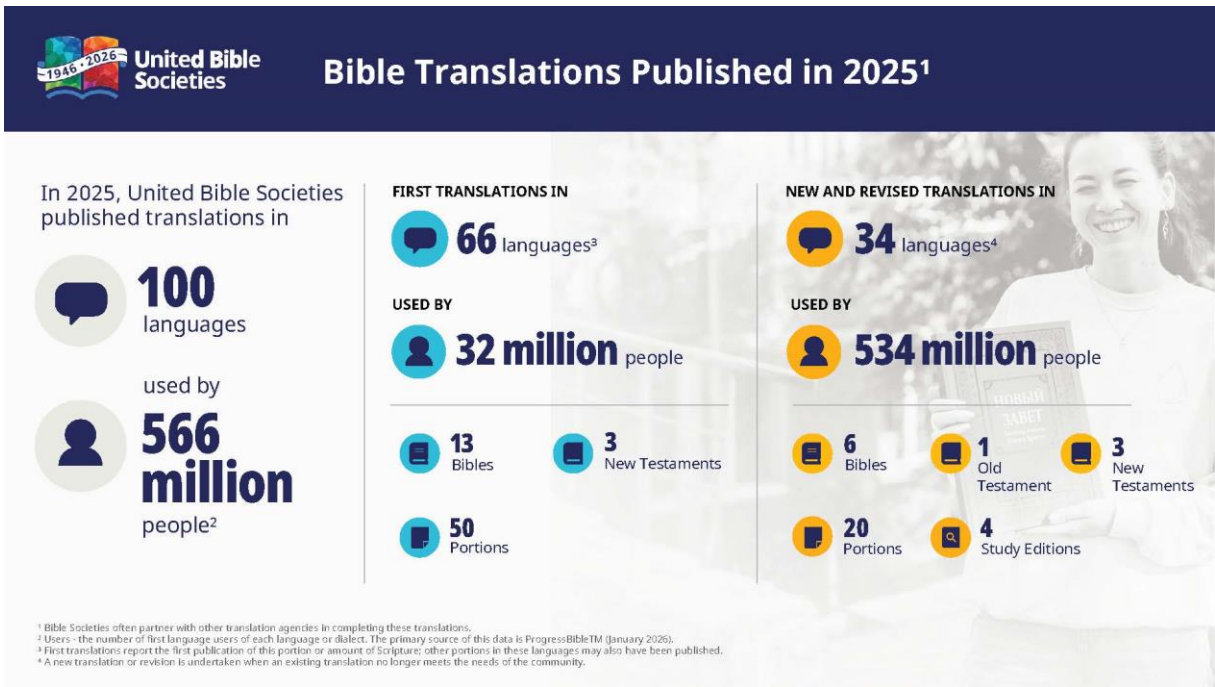


Global Bible Translation Progress in 2025: 100 Languages Receive Bible Translations

In 2025, the United Bible Societies (UBS) continued to expand global access to Scripture through a combination of new translations and revisions. During the year, translations were published in 100 languages used by approximately 566 million people, reflecting sustained activity across diverse linguistic contexts.

This output demonstrates a dual focus: extending access to Scripture in languages

receiving their first translations, while also revising existing translations. The Bible Society of Nigeria dedicated the Binna New Testament in 2025, while it is currently revising the Edo, Ebira and Urhobo Bibles and working on eight other new translations. It costs a minimum of ₦150 million to complete a Bible translation project over an eight-year period.



First Translations: Extending Access to Underserved Communities

The publication of first translations remains a critical component of global Bible translation efforts. In 2025, first translations were completed in 66 languages spoken by approximately 32 million people. These included 13 full Bibles, 3 New Testaments, and 50 portions of Scripture. First translations mark a significant milestone by extending access to Scripture in languages where no translation of the respective biblical text existed. They establish a foundation for engagement by making biblical texts available in familiar linguistic forms. These translations open the door to worship, teaching, discipleship, and personal engagement with biblical texts in ways that are more meaningful and accessible to local speakers.

Global Expansion of Sign Languages

Interestingly, more countries are beginning to translate the Bible into sign languages. Brazil, Argentina, Chile, Ecuador, Indonesia, and Nigeria made a substantial impact on sign language translation during the year. The Bible Society of Nigeria has already completed 222 Chronological Bible Stories for the deaf in Nigerian Sign Language and commenced translation of the New Testament in 2023.

Despite the efforts and progress made in 2025, thousands of languages still have no Scripture, many more have only partial translations, and over a billion people still do not have the full Bible in their language. The data, therefore, tells a story of encouragement and an unfinished task: encouraging because of the remarkable global reach already achieved, and challenging because of the scale of the work still ahead.

BSN SETS NEW CRITERIA FOR CREATING NEW AREAS, ABIA AND ONDO AREA II BECOME ASSOCIATE AREAS

Following the difficulty experienced by some newly created Areas in functioning optimally and meeting their targets, the Board of BSN has established new criteria that must be met before any new Area can be created.

This formed part of the resolutions reached at the recently concluded National Board Meeting in Ogbomoso, Oyo State. According to the General Secretary/CEO, Pastor Samuel Sanusi, who announced the criteria, a prospective Area must, in addition to meeting its annual target for two consecutive years, deposit the sum of ₦5 million as a Bible revolving fund.

According to him, to help the new Area become financially stable, it was also agreed that it will pay half of its annual fundraising target during its first two years of operation.

In another development, Abia Area and Ondo Area II have been reclassified as Associate Areas after failing to meet their annual targets for two consecutive years, while Ijesha Area has been absorbed into Osun Area I, from which it was originally carved out for its consistence inability to meet targets.

ANGELS ON MISSION WINS BSN PRIMARY SCHOOLS BIBLE COMPETITION



L-R: General Secretary/CEO of BSN, Pastor Samuel Sanusi, presenting the prize to winners of the competition, Laoye Jesutofunmi and Ikebudu Xavier. With them is their teacher, Mrs. Nwoli Nonye.

Angels on Mission School has won the 5th edition of the Primary School Bible Competition organised by The Bible Society of Nigeria in Lagos.

The school, represented by Laoye Jesutofunmi and Ikebudu Xavier, scored 75 percent to defeat five other schools at the competition held at the auditorium of the Salvation Army in Lagos. God's Glory Nursery and Primary School took the second position, having scored 70 percent, while Elias Nursery and Primary School took the third position with 65 per cent.

Other schools that participated in the competition were New Estate Baptist Church School, which clinched fourth position with 60 per cent; De-Future Hope School, which secured fifth position with 55 per cent; while Good Shepherd picked the sixth position, scoring 35 per cent.

Speaking at the occasion, the General Secretary/CEO of The Bible Society of Nigeria, Pastor Samuel Sanusi, said that the Bible is the

foundation for good success, greatness, and advancement, and commended the teachers and parents who are helping to inculcate biblical values in the children. According to him, BSN is organising the competition to expose children to biblical values early in life.

Pastor Sanusi said that society is drifting apart because God has been sidelined, while people are depending on their own wisdom, knowledge, and ideas without God.

Also speaking, the Assistant General Secretary, Corporate Development, Mr. Yemi Olayiwola, corroborated the General Secretary's statement, adding that people need the knowledge and wisdom of the scriptures as God intended to succeed in their different endeavours. "If we get it right at their age, the Nigeria project will have a better future," he said.

Nineteen schools took part in the preliminary stage of the competition, of which the best six qualified for the grand finale.

Kwara Area 1 Wins Overall Best Award Again

BSN Kwara Area 1 has again won the overall best performance award in fundraising for the year 2025. The Area, which has maintained this position since 2009, contributed the sum of ₦9,385,180, which is over 2,000% of its annual target of



Kwara Area 1 Chairman, Pastor Abel Aiyedogbon with a trophy (2nd left) and Board Member, Elder John Bamidele (1st right) receiving the plaque for Overall Best Area from a member of Trustees, Most Reverend Dr Isaac Nwaobia. Congratulating them is the President, Bishop Dr Timothy Banwo (1st left).

₦3,000,000. It was followed by Adamawa/Bauchi/Gombe Area, which, despite the Boko Haram insurgency, contributed ₦6,769,090, representing over 2,000% of its target. Oyo Area 1 came third with a contribution of ₦6,383,500 representing 1,127% of its original target.

Kwara Area 1 also won the overall best award in Bible Distribution, calendar distribution, special membership and life dues, Bible Week badges, Bible-A-Month Club, as well as special, life, and associate membership registration and fundraising. In this category, Oyo Area 1 came second, followed by Borno/Yobe Area.

Kwara Area 1 also led in Bible Week Badges and special membership, a feat it also achieved in 2024. Oyo Area 1 came second in Bible Week Badges, while Oke-Ogun and Oyo Area 2 tied for third position. For Special Membership, Ogbomoso came second, followed by Oyo Area 1.

Delta Area led in life membership registration, followed by Ondo Area 1 and Ogbomoso, while Oke-Ogun led in associate

membership registration, followed by Ogbomoso and Borno/Yobe.

The General Secretary/CEO, Pastor Samuel Sanusi, commended them and other areas that met and surpassed their targets, particularly those from the North

For Bible Distribution, Oyo Area 1 maintained its lead, having distributed 100,513 copies, representing 20% above the 83,694 copies with which it led others in 2024. Osun Area 1 distributed 32,914 copies to occupy second position, followed closely by Ondo Area 1 with 30,930 copies. The full-fledged Areas have a Bible distribution target of 10,000 copies each, while Associate Areas have a target of 5,000 copies.



NEC Member from Delta Area, Bishop Sandy Elijah (right) and Ag. Delta Area Chairman, Ven. Oghomena Diakelgho-Edjere celebrate the first in Life Membership award won by Delta Area

Sanusi Emerges Chairman, West Africa Bible Society CEOs Affinity Group

The General Secretary/Chief Executive Officer of The Bible Society of Nigeria (BSN), Pastor Samuel Sanusi, has been elected Chairman of the Steering Committee of the West Africa Bible Society CEOs Affinity Group.

The election took place in Lomé, Togo, during the West Africa CEOs Affinity Group meeting. Beyond the Bible Societies in West Africa, he will also oversee those in Central Africa.

While accepting the responsibility, Pastor Sanusi said that his aspiration was to ensure that the Affinity Group serves as a role model for other affinity groups in Africa and the United Bible Societies (UBS) at large. According to him, he would be glad to leave behind West African Bible Societies that are self-sustaining and that can contribute meaningfully to the global fellowship of Bible Societies. In a similar development in Nairobi, Kenya, he was elected a member of the All-Africa Bible Societies CEOs Affinity Group and Chairman of the Group's constitution review committee.

The Bible Society of Nigeria has remained unbeatable in Bible distribution in Africa and is among the top five Bible distributors globally, according to the yearly global Bible distribution statistics released by the UBS. For English Bible distribution, Nigeria has remained number one globally for a very long time now.

BSN is a non-profit, interdenominational Christian organisation that translates the Bible into Nigerian languages, publishes and distributes the Scriptures, and raises funds for Bible work.

...Receives Leadership Excellence Award

In another development, Pastor Sanusi has been awarded the Excellence in Leadership, Service, and Global Human Capacity Development Award by the Federal College of Education, Abeokuta, Ogun State.

Pastor Sanusi received the award in Abeokuta on 14 April 2026. According to the institution, the award is in recognition of Pastor Sanusi's exemplary leadership, unwavering commitment, and remarkable contributions to global human capacity development.

Sanusi, Mordi, Others Receive BSN Long Service Awards

The General Secretary/Chief Executive Officer, Pastor Samuel Sanusi; Manager, Media and PR, Benjamin Mordi; and five other staff members have received BSN Long Service Awards.



GS/CEO, Pastor Samuel Sanusi (right) receiving 15 years Long Service Award from the President of BSN, Bishop Dr Timothy Banwo.



President and Board Chair of BSN, Bishop Dr Timothy Banwo (left) presenting 20 years Long Service Award to Benjamin Mordi, Manager Media and PR.

Mr Mordi has served for 20 years, while Pastor Sanusi; Mr Bulus Dabo; Head of Operations, Lagos Bible Guest House; Miss Gloria Mordi; Maintenance Supervisor of Abuja Bible Guest House, Mr Ezekiel Ogunleye; have each served for 15 years. A Translator, Mr Moses Kpeser, and Depot Officer, Mr Dare Afolabi, have each served for 10 years.

They were all recognised at the recently concluded National Board Meeting of The Society in Ogbomoso, Oyo State.

BSN Promotes, Recruits Staff

The Bible Society of Nigeria (BSN) has announced the promotion of Mr Patrick Ohakawa to the position of Human Resource Manager with effect from April 2026.

The General Secretary/CEO, Pastor Samuel Sanusi, made the announcement during the staff morning devotion. Mr Ohakawa joined the organisation as an Office Assistant on November 1, 2001. He rose through the ranks to become the Human Resource Manager.

In a related development, four new employees have joined the BSN family. They are Kingsley Unor, employed as a Guest Service Agent at Bible Guest House, Ibadan; Dominion Emmanuel, employed as an Office Assistant at the BSN headquarters; and Suleiman Joseph, recruited as a Guest Service Agent at Bible Guest House, Abuja.

Let's Do More Evangelism, TACN President, Dr Oladele, Urges Christians

The National President of The Apostolic Church Nigeria, Pastor Dr Lawrence Oladele, has urged the Christian community in Nigeria to intensify evangelism efforts. He made the call during an exclusive interview with *SOWER*. Below are excerpts:



Can we meet you, sir?

I am Pastor Dr Lawrence Oladele. By the grace of God, I am the National President of The Apostolic Church Nigeria (TACN).

How has it been since you assumed this position of leadership last year?

It has been fascinating and challenging. Although I have been in the system for some time, the responsibility of this new position is entirely different. I have been busy addressing some of the church's teething problems. I inherited certain situations, which is normal, and had to study them carefully to tackle them, especially issues relating to the unity of the church. That has been our focus since I assumed leadership, ensuring that the church remains united, that the leadership works together as one, and that the inherited administrative issues are properly addressed. Overall, it has been fascinating and engaging.

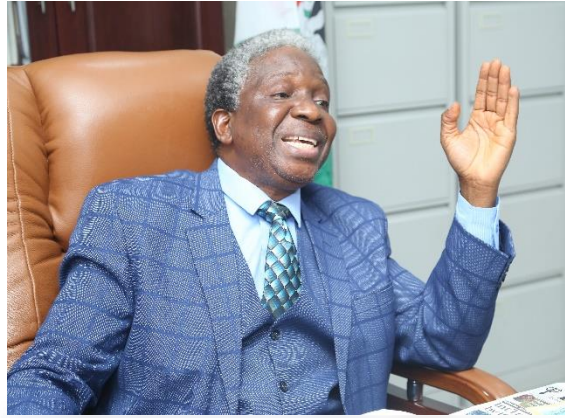
What would you like to be remembered for after serving your term?

I would like to be remembered for accomplishing the vision the Lord has given to me. The Lord has given me the mission of Jesus as contained in Luke 4:18-19. I have been anointed to preach the Gospel of Jesus Christ and, in addition, to lead as Jesus led. God has also given us the responsibility of strengthening the unity of The Apostolic Church Nigeria. At present, we operate on a fellowship basis, comprising six components: LAWNA,

Cross River, Igboland, Maritime, Akwa Ibom, and Andoni sub-territory. The fellowship system we met on ground needed to be consolidated and unified, especially regarding having one constitution. I want to be remembered for pursuing the work of unity started by my predecessors but not yet fully accomplished. God has also given us the duty of entrenching the sovereignty of God in the administration of the church. I want to be remembered for promoting the sovereignty and voice of God, and for allowing the Holy Spirit to guide the administration of the church instead of relying solely on human philosophy. We also want to enlighten the church on the true meaning of the glorious vision of The Apostolic Church. We have mapped out programmes to achieve this. Ultimately, it is all about evangelism, unity of the church, and development.

Some people say that the church is not doing enough evangelism. What is your response? If you believe it is true, what would you recommend?

Let me say this: Jesus said the harvest is plentiful, but the labourers are few. I agree with the opinion that the church in Nigeria is not doing enough evangelism. About two decades ago, I served as an interpreter to our dear international evangelist, Reinhard Bonnke, during one of his crusades in Nigeria. He was asked why he left Germany to come to Nigeria for evangelism. He explained that the Lord directed him to go outside the sanctuary to meet people carrying the cross of Christ beyond the city



walls. I believe the church in Nigeria is still operating largely within the sanctuary. We are not going out enough to meet people who need the message of the gospel. We are playing a defensive rather than an offensive role in evangelism. We have many temples and auditoriums without enough people. Our approach to evangelism has become weak. We celebrate the few converts we already have internally instead of reaching the unreached.

I would advise that we go out and preach the Gospel to all and sundry, especially in rural areas. Let us move beyond “bread and tea evangelism”. Church leaders should practice what they preach. Let us invest more resources in evangelism and leverage technology, including social media, for spreading the Gospel.

There has been a consistent call for the creation of state police. Many believe it will solve the insecurity challenges in the country. What is your view?

We thank God for the prayers of the church, which have sustained the country. We have continued praying for solutions. I am not against state police, but I have concerns about its workability, not because I am pessimistic, but because there are factors that must be critically considered. First, the current police officers are

Nigerians, and those who would be recruited into state police would also be Nigerians. Have we adequately addressed the issue of corruption among citizens? The police cannot function effectively without the political will of those in government. Will they truly allow the system to work? How many bandits have been successfully prosecuted after arrest? Will corruption and poverty within our system allow state police to function effectively? I believe the government knows some of these bandits and their financiers. How many financiers have been arrested?

Even if state police are established, I do not see how they would fully resolve the insecurity problem. We need to address insecurity holistically.

There will be a general election next year. What advice do you have for Christians and the nation at large?

I advise Christians that the era of saying believers should not participate in politics is over. Christians should belong to political parties and contest elections. If we fail to participate, we risk being governed by incompetent and unqualified individuals. However, church leadership should remain apolitical. We should not campaign for any political party, but we should encourage members to participate in the electoral process and vote for candidates of their choice. They should not sell their votes and should remain peaceful. Politicians should play by the rules of the game. If Nigeria is set on fire because of their actions, which country would they govern? Independent National Electoral Commission (INEC) should be given a free hand to conduct elections, and youths should not allow themselves to be used as political thugs.

Electricity supply has worsened lately. Are you worried that the electricity challenge has remained unresolved for years in Nigeria? What do you think is responsible, and what solutions would you recommend?

That is part of the corruption we have been talking about, the unwillingness of the government to tackle the problem decisively. Ultimately, it comes down to leadership failure. It was recently reported that The Presidency spent billions of naira installing solar power in Aso Rock. Considering how much has been spent over the years on power issues, countries enjoying stable electricity have not spent as much as Nigeria has. They say meters are free, but they are not. Our leaders travel abroad and see how things are done elsewhere, but when they return, they ignore those examples. I do not believe Nigeria's electricity problem is insurmountable.

How would you describe the Bible?

The Bible is the Word of God, inspired and authoritative through the Holy Spirit. It is a wonderful book that brings salvation to mankind. It is the most widely accepted book in the world. It is everlasting and represents the mind of God. It is what God has given to humanity for salvation. Although it was written

by different authors over a long period, there are no contradictions in it. It can never fade away.

Which is your preferred Bible version?

The New King James is our authorised version, although we also use other translations.

What is your favourite Bible verse?

It changes from time to time. For now, it is Philippians 4:13 "I can do all things through Christ who strengthen me."

In your opinion, has The Bible Society of Nigeria made any impact? In what areas would you like to see improvement?

I have been part of The BSN for a long time. As TACN, we are among the vanguards of the organisation. I want to commend the past and present leaders of BSN. They have made significant impact by providing access to the Bible in many local languages across Nigeria. When the Bible is translated into local languages, people understand it better. The organisation has greatly impacted the church by providing resources and training tools for church leaders, as well as making the Bible more accessible. They are contributing immensely to the spread of the Word of God in Nigeria.

34 WAYS TO HONOUR YOUR WIFE ■ Bisi Adewale



MARRIAGE TALK

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

1. Never say her calling is too much or that she is using the phone to monitor you. Receive her calls as you would those of a special person, a queen. Make her feel comfortable calling you; you are the only one she has.
2. Allow her to teach you things she knows; never feel that you know everything.
3. Allow her to correct you; avoid being defensive.
4. Avoid treating her like a small child; remember, she is an adult.
5. Don't embarrass her by arguing with her in front of others.
6. Always be polite to her, be considerate, and treat her like a queen.
7. Always thank God for giving her to you whenever you are pray.
8. Allow her to take some decisions on your behalf, which you will gladly abide by.
9. Always spend special time with her.
10. Help her with household chores.
11. Always admit when you are wrong; don't be defensive, and say "I am sorry". Be humble and make her happy.
12. Never take her for granted; rather, give her your full attention in all things.
13. Protect and defend her before others, especially your friends, neighbours, and family members.
14. Always help with babysitting; raise your children together.
15. Always talk to her respectfully.
16. Speak glowingly about her in public.
17. Show excitement about anything that excites her. Say it, show it, and never dampen her spirit.
18. Compliment her gifts, beauty, actions, reactions, and abilities.
19. Take an interest in her job.
20. Avoid blaming her.
21. Treat her like a person, not like property; of course, she is not part of your furniture.
22. Love and respect her family.
23. Be homely; go home after work and avoid keeping late nights.
24. Always function as a loving leader at home, not as a boss. **Lead**, don't **lord** over her.
25. Be involved in the things of God; always lead the family altar.
26. Smile and be cheerful when you come home from work; you are the sunshine of the home, so shine!
27. Greet and welcome her home with a hug, a kiss, a smile, and an "I-am-glad-to-see-you" attitude.
28. Look at her adoringly and give her that "you are beautiful and wonderful" look.
29. Dress nicely for her; shave or take your bath before sex to make her day.
30. Give her a "Wife of the Year" or "Mother of the Year" award.
31. Play with her, share her hobbies, and be part of her world. Make her a "project of love" that must never be abandoned.
32. Never enforce your decision on her; keep communicating with her until she understands your position.
33. Never shout at her. Even in anger, speak with love.
34. Lead her as you think Christ would.

Bisi Adewale is a family and relationship expert and author of *Secrets of an Irresistible Wife* and more than 130 other books on marriage and family life. You can follow him on Instagram, YouTube, and Twitter @bisiadewale, or on Facebook at facebook.com/PastorBisiAdewale. He can also be reached on 08068312004 and blogs daily at www.bisiadewale.com. His books are available on www.titaar.com.



SLEEP, SOUND & LIGHT THERAPIES

By 'Tony Akinyemi

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: **light, sound, and sleep.**

SLEEP, LIGHT, and SOUND are three of the most under-utilised tools for improving our health. Improper use of these three tools constitutes one of the biggest causes of many health problems.

I. How to Improve Sleep Quality

Improving sleep quality can have a significant impact on our overall well-being and daily functioning. Here are some effective tips to enhance sleep quality:

i. Create a Sleep-Conducive Environment

- **Comfortable Bedding:** Invest in a comfortable mattress and pillows that suit your sleeping style.
- **Control Light and Noise:** Use blackout curtains and consider earplugs or white-noise machines to minimise disturbances.
- **Optimal Temperature:** Keep your bedroom cool, ideally between 15-20°C (60-67°F), to promote better sleep.

ii. Establish a Consistent Sleep Routine

- **Set a Sleep Schedule:** Go to bed and wake up at the same time every day, even on weekends, to regulate your body's internal clock.
- **Create a Wind-Down Routine:** Establish calming pre-sleep rituals, such as reading, meditating, or taking an alternating warm & cold bath, to signal to your body that it is time to relax.

iii. Monitor Lifestyle Factors

- **Limit Caffeine and Avoid Nicotine:** Avoid stimulants in the hours leading up to bedtime, as they can disrupt your ability to fall asleep. Caffeine can be found in coffee, black tea, cocoa products, kola nuts, etc., while nicotine is mainly found in tobacco products (cigarettes).
- **Be Mindful of Alcohol:** While some people claim that alcohol helps them fall asleep, it can interfere with sleep cycles and lead to poor-quality sleep.
- **Stay Active:** Regular physical activity can help you fall asleep faster and enjoy deeper sleep. Aim for at least 30 minutes of moderate exercise on most days but avoid vigorous workouts close to bedtime.

iv. Mind Your Diet

- **Avoid Heavy Meals Before Bed:** Try not to eat large meals or spicy foods within a few hours of sleep, as they can cause discomfort or indigestion.
- **Hydration:** Stay hydrated, but limit fluid intake closer to bedtime to minimize nighttime trips to the bathroom.



v. **Manage Stress and Anxiety**

- **Practice Relaxation Techniques:** Engage in activities such as deep breathing or meditation on the Word of God (texts from the Holy Bible) to reduce stress and promote relaxation before bed.
- **Limit Screen Time:** Reduce exposure to screens (phones, tablets, computers, and televisions) at least two hours before bed, as blue light can interfere with melatonin production. We will discuss blue light later in this series.

vi. **Seek Professional Help if Necessary**

- **Consult a Specialist:** If you consistently struggle with sleep despite making lifestyle changes, consider consulting a sleep specialist who can help identify underlying issues or sleep disorders.

vii. **Avoid Negative Emotions**

- **Forgive & Forget:** Unforgiveness can keep you awake counting the ceiling slates while the offender is sound asleep in his or her own house. Unforgiveness is the poison you drink, hoping that it will kill your enemy! Think about that!
- **Cast Your Burden on the Lord:** Do not worry, fear, or become anxious. Trust in the Lord and claim His promises of protection and provision. This will calm your mind and help you fall asleep readily and stay asleep long enough to be refreshed.
“Cast your cares on the LORD and He will sustain you; He will never let the righteous be shaken.” Psalm 55:22 (NIV)

“Casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].” 1 Peter 5:7 (Amplified)

viii. **Supplements**

- Sometimes, it might be helpful to use supplements advisedly to improve sleep or reset the body’s circadian clock, particularly when one is experiencing jet lag. Supplements such as **melatonin, 5-HTP, and L-tryptophan, etc.:** may offer some help. Please consult a healthcare professional that is knowledgeable in the use of these supplements before indulging in them.

ix. **Additional Tips**

- **Limit Naps:** If you take daytime naps, limit them to 20-30 minutes and avoid napping late in the afternoon, as this may interfere with your sleep later at night.
- **Get Natural Light Exposure:** Spend time outdoors during daylight hours to help regulate your sleep-wake cycle.

By implementing these strategies, you can significantly enhance the quality of your sleep and improve your overall health and well-being. (To be continued next edition)



ALONE WITH GOD

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

APRIL 2026	MAY 2026	JUNE 2026
1. Psalm 62:1 2. Psalm 119:2 3. 1 Timothy 6:6 4. John 14:23 5. Isaiah 1:18 6. 1 Kings 2:3 7. Psalm 5:3 8. Luke 12:22b-23 9. Hebrews 12:11 10. Proverbs 13:10 11. John 15:18 12. Psalm 119:14 13. Acts 17:30 14. Ephesians 6:13 15. Psalm 106:4 16. 1 John 5:11 17. John 7:16 18. Proverbs 18:2 19. James 1:21 20. 1 Peter 1:15-16 21. 1 Peter 2:9 22. 1 Peter 2:11 23. Psalm 119:14 24. Acts 17:30 25. Ephesians 6:13 26. Psalm 105:4 27. 1 John 5:11 28. 1 Peter 2:9 29. 1 Peter 2:11 30. 1 Peter 2:24	1. 1 Peter 3:11 2. 2 Peter 3:14 3. 1 John 1:7 4. 1 John 2:1 5. Luke 12:6-7 6. 1 Corinthians 16:2 7. Proverbs 30:24-25 8. Ecclesiastes 11:2 9. Proverbs 13:11 10. 1 Corinthians 16:2 11. Proverbs 27:12 12. Proverbs 30:5 13. James 4:13-15 14. Ecclesiastes 11:2 15. Philippians 4:19 16. 1 Corinthians 15:57 17. 2 Corinthians 10:3 18. Psalm 32:1 19. John 14:23 20. Isaiah 1:18 21. Psalm 112:1 22. 1 John 4:4 23. Romans 6:15 24. Proverbs 11:2 25. 1 John 4:1 26. Luke 12:2 27. Psalm 105:5 28. Psalm 8:1-2 29. Acts 2:3-4 30. Leviticus 19:17-18 31. 1 Corinthians 16:14	1. Psalm 119:60 2. John 14:16 3. Proverbs 3:13 4. 1 Corinthians 16:11 5. James 1:5 6. Psalm 51:1-2 7. 1 John 4:9 8. Mark 16:19 9. Proverbs 17:28 10. John 16:33 11. Psalm 119:60 12. Matthew 6:2 13. John 17:15 14. Psalm 139:1-2 15. Luke 17:3b-4 16. Romans 14:5 17. Romans 8:37 18. John 16:7 19. Acts 9:31 20. Psalm 103:1 21. Romans 12:21 22. Psalm 147:3 23. 1 Timothy 6:17 24. Colossians 4:2 25. Proverbs 17:6 26. Luke 12:6-7 27. Psalm 119:9 28. 2 Timothy 2:15 29. Numbers 6:24-25 30. Proverbs 24:14



Photo Gallery



A member of BoT of BSN, Most Reverend Dr Isaac Nwaobia (m) presenting the second Overall Best Award to Oyo I Chairman, Reverend John Okesipe (right) and Board member, Evang. Akinlade Olusanya (left).



Borno/Yobe Area Chairman, Mr. Jafiya Musa (1st left) and Board member, Mr. Joseph Bitrus (2nd right) receiving the 3rd Overall Best Award from a member of BoT of BSN, Most Reverend Dr Isaac Nwaobia (2nd left). Applauding them is the Adamawa/Bauchi/Gomber Area Chairman, ASP David Tumba (1st right).



A member of BoT of BSN, Hon. Justice Akon Ikpeke (m) presenting 3rd position award in Scripture Distribution to Ondo I Area Chairman, Reverend Dr John Oladapo (left), and Board member, Pastor Felix Olatunji (right).



Hon. Justice Akon Ikpeke (right) presenting 2nd position award in Scripture Distribution to a NEC member, Reverend Dr Ojo Oluwaseyi, on behalf of Osun Area I.



A NEC member, Bishop Sandy Elijah (m) presenting 1st position award in Life Membership Registration to Oke Ogun Area Chairman, Reverend Dr. Okunlola Olalere (left) and Board member, Reverend Olopade Olayemi (right).



Two members of BoT of BSN, The Rt Reverend Idris Zubairu (m) and Rev Dr (Mrs.) Adama Isa (right) presenting 2nd position award in Fundraising to Adamawa/Bauchi/Gomber Area Chairman, ASP David Tumba.



President and Board Chair of BSN, Bishop Dr Timothy Banwo (right) presenting the Best Area Development Officer Award to Kwara Area I Development Officer, Pastor Samuel Abegunde.



L-R: Members of BoT of BSN Hon Justice Akon Ikpeme; The Most Reverend Dr Isaac Nwaobia; Reverend Dr Adama Isa, and The Rt. Reverend Idris Zubairu



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