

SOWER



VOL. 26 NO. 3 | JULY - SEPTEMBER 2026 | ISSN: 07947372



BSN
THE BIBLE SOCIETY OF NIGERIA

FOUNDED 6TH FEBRUARY, 1966



Christians Should Lead the Way in Investment, Says Dr. Olanrewaju, Investment Banker

FEATURES

- BSN Produces Handwritten Bible, Distributes Copies to Beneficiaries
- BSN Donates Bibles, Relief Materials worth over ₦5.5 Million to Lagos Community
- 16 Things to Discuss to Build Your Marriage
- Sleep, Sound & Light Therapies – Health Talk

CONTENTS

1

- Divine Assistance: Trusting God to Win the Battles of Life. | 2
- BSN Produces Handwritten Bible, Distributes Copies to Beneficiaries | 3
- BSN Donates Bibles, Relief Materials worth over ₦5.5 Million to Lagos Community | 4
- BSN Budgets ₦1.1bn for Bible Translation, Life-Transforming Programmes | 5
- BSN Lagos Area 1 Visits New Bible House, Donates ₦100,000 | 6
- Christians Should Lead The Way In Investment, Says Dr. Olanrewaju, Investment Banker | 7 - 9
- 16 Things to Discuss To Build Your Marriage | 10-11
- Sleep, Sound & Light Therapies | 12 - 13
- Alone With God | 14
- Photo Gallery | 15 - 16

Divine Assistance: Trusting God to win the Battles of Life.



From the desk of Editor-in-chief

Life is a battlefield where contending ideas and forces compete for supremacy. What we often rely on for victory when life presents us with challenges that test our strength, patience, and understanding is hardly enough to give us an edge, unless we enlist the support of God. In such moments, the concept of divine assistance becomes a powerful source of comfort and hope. We daily prepare for war but put our trust in God for victory. Divine assistance refers to the help, guidance, and support that comes from God, especially when human effort alone seems insufficient. It is the quiet assurance that we are not alone in our struggles and that a higher power is actively working on our behalf.

Divine assistance does not always come in dramatic or visible ways. Sometimes, it appears as inner peace during chaos, unexpected opportunities, timely wisdom, or the strength to endure difficult circumstances. It reminds us that even when we cannot see a way forward, God is already making one.

Faith plays a crucial role in experiencing divine assistance. When we trust God wholeheartedly, we open ourselves to His guidance and intervention.

Prayer is one of the primary ways through which we connect with divine assistance. Through prayer, we express our needs, fears, and desires, while also surrendering control to God's will. It is not just about asking for help but also about aligning our hearts with His purpose. Often, the answers we receive may not match our expectations, but they are always for our ultimate good.

Another important aspect of divine assistance is obedience and faithfulness. When we walk in alignment with God's principles, we position ourselves to receive His blessings and direction. Even in uncertainty, choosing to trust and obey God can lead to outcomes far greater than we imagined.

It is also important to recognise that divine assistance does not eliminate challenges; rather, it empowers us to overcome them. Just as a teacher allows students to face tests so that they may grow, God allows situations that strengthen our character and deepen our faith. In these moments, His assistance gives us courage, clarity, and resilience.

Reading through 1 Chronicles 5:14-22, we learn that we should prepare for battle every day because the devil never ceases to wage war against believers in Christ. The war described in 1 Chronicles 5:14-22 was against familiar foes, namely the descendants of Ishmael, the half-brother of Isaac through Hagar. In the same vein, Christians are in an unending conflict with Satan because he envies us for enjoying the privileges that he has lost forever. We must therefore be watchful and prayerful to avoid being ambushed by the adversary. We must seek divine intervention in all situations, and we should not wait for the battle to intensify before we cry out to the Lord in prayer. Rather, we should seek Him before, during, and even after we have obtained victory. Those who put their trust in the Lord and make Him their refuge and strength cannot be defeated in the battles of life.

In conclusion, divine assistance is a constant and reliable source of help available to everyone who seeks it. By maintaining faith, engaging in prayer, and living in obedience, we can experience the fullness of God's support in our lives. No matter how difficult the journey may seem, we can move forward with confidence, knowing that God is guiding, protecting, and strengthening us every step of the way. Our God is ever trustworthy and reliable, so stop worrying and start trusting. Victory is yours in Jesus' name, Amen. Shalom.

Samuel Sanusi, Editor-in-Chief

BSN PRODUCES HANDWRITTEN BIBLE, DISTRIBUTES COPIES TO BENEFICIARIES

The Bible Society of Nigeria (BSN) has successfully completed the production of a handwritten Bible under its **Write and Build for Our God (WABFOG)** Project and has commenced the distribution of copies to eligible beneficiaries.

The WABFOG Project was conceived as a fundraising initiative to support the construction of the Bible House. The project was designed to enhance The Society’s accessibility to the public, increase its visibility, and further promote the translation, production, and distribution of the Holy Scriptures. It was also intended to recreate the sacred experience of the ancient scribes who painstakingly copied the Scriptures onto scrolls and other materials before the invention of the printing press.

Christians from various denominations and walks of life participated in the project by writing one or more verses of the Bible. The Apostolic Church Nigeria, under the leadership of the late Pastor S. E. Awojide, completed the entire Book of Ephesians, making it the only denomination to handwrite a complete book of the Bible.

To qualify for a copy of the Handwritten Bible, participants were required to make a minimum donation of ₦150,000 to support the project and write a verse of the Bible. While some wrote their favourite Bible verses, others selected verses of personal significance. Speaking on the distribution of the Handwritten Bible, the General Secretary/Chief Executive Officer of BSN, Pastor Samuel Sanusi, explained that The Society decided to fulfil its promise to

participants by distributing the copies despite the high production costs involved. He noted that honouring this commitment was essential to maintaining the integrity and credibility of the organisation. Pastor Sanusi expressed profound appreciation to all those who contributed financially and participated in writing Bible verses for the WABFOG Project.



Prof. Ibiyemi Mojola reading her copy of the Handwritten Bible

One of the beneficiaries, Prof. Ibiyemi Mojola, expressed gratitude to BSN for presenting her with a copy of the Handwritten Bible. Receiving the Bible, she remarked, ***“This is the Lord’s doing, and it is marvellous in our eyes. This is an invaluable gift, and I am deeply grateful for it.”***

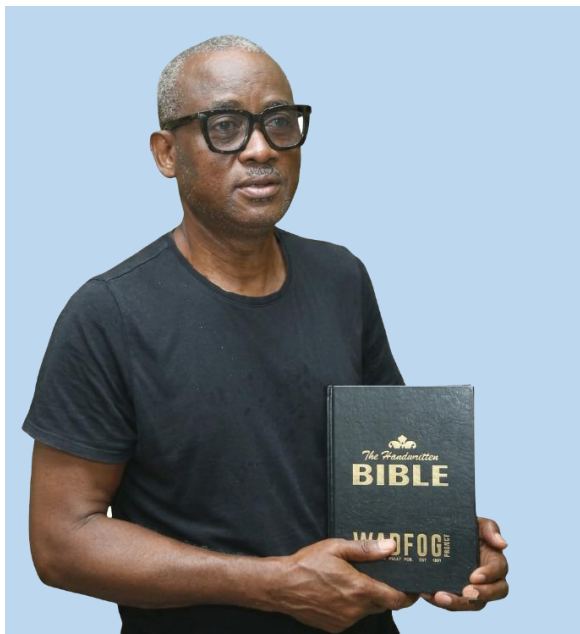
She prayed for the success of all the projects of BSN and proudly placed the Bible in a special place prepared for it in her living room.

Another recipient, Mr. Bolarinwa Johnson, commended BSN for keeping its promise to distribute the Bible to participants.

Mr. Bolarinwa said, “I remember that this initiative was launched several years ago to raise funds for the construction of the Bible House. It is gratifying to see the vision become a reality. This is a remarkable and painstaking innovation, bringing together the handwriting of numerous individuals in a single Bible.”

He also prayed for the Board and Management of BSN.

The Handwritten Bible, with a black cover, has 3,083 pages and weighs two kilogrammes, making it a unique and historic work of faith.



Mr. Bolarinwa Johnson proudly displaying a copy of the Bible

BSN Donates Bibles, Relief Materials Worth Over ₦5.5 Million to Lagos Community



Some of the adults with baas of rice received from BSN

The Bible Society of Nigeria (BSN) has donated assorted Bibles and relief materials valued at ₦5,556,050 to 174 families in the Shogunle area of Oshodi, Lagos State, as part of its intervention programme known as the Macedonian Call Project.

Speaking during the presentation ceremony, the Manager, Production and Programmes at BSN, Mrs. Grace Benjamin, said the intervention was designed to provide both spiritual and physical support to vulnerable families in the community.

According to her, while BSN is widely known for translating, publishing, and distributing the Word of God in various Nigerian languages, the organisation is also involved in supporting communities with relief materials through its Macedonian Call Project.

"The Bible Society of Nigeria is not only concerned about the spiritual well-being of Nigerians but also about their physical welfare," she said.

The beneficiaries were members of the Methodist Church Nigeria, The Gospel Faith Mission International (GOFAMINT), and The Praying Band of the Cherubim and Seraphim Church, all located in the Shogunle area of Lagos State.

Mrs. Benjamin further disclosed that the donation was made possible through the generous support of the Canadian Bible Society and the Australian Bible Society, whose partnership enabled BSN to extend the intervention to the beneficiary families..

As part of the distribution, children received Bibles, school bags, exercise books, and pens as back-to-school support, while their parents were given food items, including bags of rice and vegetable oil, alongside copies of the Bible.

Leaders of the three churches expressed profound gratitude to BSN for the timely intervention and prayed for God's continued blessings and provision for the organisation.

One of the beneficiaries, Mrs. Mary Israel, a widow, expressed heartfelt appreciation for the assistance, describing it as an answer to prayer.

"I received back-to-school packs for two of my grandchildren, as well as rice, vegetable oil, and a Bible. I didn't have a single grain of rice at home before today. This support has brought great relief to my family. May God continue to bless everyone who made this possible," she said.



Some of the children with notebooks, Bibles and bags received from BSN

Another beneficiary, Mrs. Esther Hassan, also thanked The Bible Society of Nigeria, noting that the prevailing economic challenges have made it difficult for many families to meet their basic needs.

"These food items will go a long way in helping my family and many others. We are sincerely grateful to BSN and its partners for remembering us at a time like this," she said.

Mrs. Benjamin used the opportunity to call on well-meaning individuals, churches, corporate organisations, and philanthropists to partner with The Bible Society of Nigeria to help it reach more people through this programme.

If you would like to support this project, kindly send your donation to The Bible Society of Nigeria's Zenith Bank account: 1010110950. For enquiries, please send an email to: info@biblesociety-nigeria.org or call: 08159094138

BSN Budgets ₦1.1bn for Bible Translation, Life- Transforming Programmes

The Bible Society of Nigeria (BSN) has approved a budget of ₦1,070,302,800 for Bible translation and the organisation of impactful, life-transforming programmes that help people engage with the Word of God across the country in 2027.

This represents a 14 per cent increase on the ₦943,020,600 budgeted for 2026, reflecting the Society's commitment to making the Scriptures available and affordable to Nigerians and helping them engage with the Bible in ways that transform their lives.

Out of the projected expenditure, the sum of ₦216.6 million will be spent on ongoing Bible translation projects, which are at various stages of completion. One of these projects is the Nigerian Sign Language Bible for the deaf community, for which the sum of ₦54.2 million has been earmarked. Except for the Nigerian Sign Language Bible translation, it costs a minimum of ₦150 million to complete any other Bible translation project, provided it is completed within eight years.

Furthermore, BSN plans to spend ₦162.1 million on implementing one of its intervention programmes, the Macedonian Call, which focuses on distributing Bibles and relief materials, including foodstuffs, clothing, bedding, and educational packs, to Internally Displaced Persons (IDPs) camps and slum areas across the country

So far, in the first quarter of this year, the organisation has spent ₦102 million in pursuance of its mission to make the Bible available to Nigerians in their preferred languages and formats while also organising programmes that help people engage with the Scriptures.

The General Secretary/Chief Executive Officer of the organisation, Pastor Samuel Sanusi, said, "Our deep passion for the spiritual and social transformation of the people we serve drives our commitment to making the Word of God available and affordable despite the harsh operating environment."

Speaking further, he said, "As a responsible corporate organisation, we invest heavily in these initiatives to contribute to the spiritual growth, development, and holistic welfare of the Nigerian people."

The Bible Society of Nigeria is a non-profit, interdenominational Christian organisation committed to making the Holy Bible available and affordable to Nigerians in their preferred languages and formats while helping them interact with the Word of God through programmes that transform lives

BSN Lagos Area 1 Visits New Bible House, Donates ₦100,000



General Secretary/CEO, Pastor Samuel Sanusi (m); Chairman, BSN Lagos Area 1, Apostle Solomon Adekeye, (2nd right); Church/Public Relations Manager, Mr Lucky Ogwu (2nd right behind) and other executive members of Lagos Area 1

The leadership of The Bible Society of Nigeria (BSN), Lagos Area 1, recently paid a courtesy visit to The Society's new corporate headquarters at Palmgrove, Lagos, where they donated ₦100,000 in support of the second phase of the New Bible House project.

The Chairman of BSN Lagos Area 1, Apostle Solomon Adekeye, said the visit was to congratulate the National Office on its successful relocation to the new headquarters located at 202/204 Ikorodu Road, Palmgrove, Lagos.

Apostle Adekeye commended the management of BSN for matching its desire to relocate with decisive action. He expressed delight at the achievement and urged churches, individuals, and other BSN Areas across the country to continue supporting The Society's projects, particularly the ongoing New Bible House project.

Receiving the delegation, the General Secretary/CEO of The Bible Society of Nigeria, Pastor Samuel Sanusi, welcomed the visitors and expressed appreciation for their generous donation. He noted that Lagos Area 1 was the first BSN Area to officially visit the new corporate headquarters.

Pastor Sanusi encouraged the leadership of Lagos Area 1 not to be discouraged by the nation's prevailing economic challenges. He urged them to instead remain steadfast in the work of Bible distribution and life-transforming programmes.

Christians Should Lead the Way in Investment, says Dr. Olanrewaju, Investment Banker



The Chief Executive Officer of Watershed Fund Management Limited, Dr Olumuyiwa Olanrewaju, has said that Christians should be at the forefront of investment. He said this during an exclusive chat with SOWER. Below are excerpts:

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

My name is Dr Olumuyiwa Olanrewaju, the Chief Executive Officer of Watershed Fund Management Limited, a Christian, and an investment Banker.

Can you tell me a little more about Watershed Fund Managers?

Watershed Fund Management Limited is a wholly owned subsidiary of Watershed Capital Limited. Watershed Capital Limited has been in business for over 13 years, and we have been operating in the investment banking and capital markets space. Watershed Fund Management Limited is an asset management company that manages portfolios and investments for individuals, corporate organisations, and the public sector. We are in the business of wealth management.

No doubt the current harsh economic operating environment is affecting all organisations to the extent that several companies have shut down while some others have left the country. How is it affecting Watershed Fund Management Limited, and what is your survival strategy?

Well, I want to say that God has helped us. We have seen different economic cycles. We have faced our challenges. Talking about COVID-19, when there was a partial lockdown of the economy, we were able to survive it. We have been involved in business in the markets, and you know that the market operates in cycles. Policy also changes often, especially when you have a new administration; there have been reforms. In fact, reforms are currently ongoing in the capital market. I think, first, God has helped us. Second, our business model has also been very conservative. We are not investing blindly; we follow principles and adhere to them. Those things have helped us to keep going, and God has also helped us to have a crop of quality employees who have been able to offer their best to ensure that we weather the storm. In terms of knowledge, we have the required expertise. In terms of human resources, we have quality people working with us.

In terms of vision, we have visionary leadership. We have a board that is very serious about our business, providing leadership, support, and direction for how we run our business.

Talking about investment, what advice or encouragement can you give to Christians who may not be convinced of the need for investment?

You know, investment is in the Bible. Jesus talked about investment, so investment should be a normal thing for us. I do know that some people believe that their investment is only in heaven, and they don't want to lay their treasure here on earth. But here on earth, you need to lay your treasure as well. You need to nurture it because the returns you make on your investments can be used to support the work of God and support your family, so that the promises of the Scripture can be fulfilled in our lives. Christians should not run away from investment. In fact, Christians should be at the forefront of investment. Jesus Christ gave a parable of a man who gave his servants talents, and they were able to use them to double their returns. He condemned the person who did not invest. So, if we are Christians, and there is anything that we can learn from the teachings of Jesus Christ, I think investment is one of them.

What should people look for when seeking credible investment outfits, as many people have fallen into the hands of scammers in the name of investment?

I think the reason why people fall into the hands of scammers is because they want to double their money. Underneath those kinds of investment arrangements is greed. If you want to invest, avoid greed.

How do you identify investments that are reliable?

At the entrance of our office, if you look carefully, you will see the inscription, "Investment with peace of mind." Why do we say that? Any investment that you want to make that does not have underlying assets is fake. Every investment

you make must have something that your money is being used for.

So, immediately somebody begins to promise you an investment with mouth-watering returns, there are red flags suggesting that it is likely to fail. For example, somebody tells you that they are investing in oil and gas, and they can pay you a 10% return every month. The first question that should come to your mind is, “What type of oil and gas business are they engaged in that the major oil companies we know are not doing, such that they can give a 10% return every month?”

So, what is special about theirs? Then you already know that something is wrong somewhere. If somebody tells you that if you make this investment, you can be paid a 5% return every week, you should ask yourself, “What exactly will they do to generate up to a 5% return every week? Because if you get 5% every week, it means you could earn approximately 240% in a year. And why would it be that only you know about that investment and other people don't?

Immediately you hear an investment outfit promising unreasonable high returns, you should know they are bound to fail. Some of them are Ponzi schemes. They just want to collect money to rob Peter to pay Paul. So, one thing you need to know about investment is that, first, returns on investment are naturally reasonable. They are not unnecessarily high. Any investment that is promising excessively high returns is likely to be extremely risky and may collapse.

Secondly, investment must have underlying assets. So, if you give me money, am I buying bonds? Am I buying Treasury Bills? Am I buying shares? Am I investing in real estate? Am I investing in a recognised project? There must be something tangible to which the invested funds are being deployed. So, if the investment outfit cannot tell you categorically what they are using your money for to earn the return they are promising you, you need to be wary of that kind of investment arrangement.

What advice will you give to Christians on how to survive these challenging times?

The truth is this: every strategy for survival, to the best of my knowledge, takes its root from the Scripture. It is quite unfortunate that, most of the time, believers ignore those principles and pay attention to the noise around them. If you read the Books of Proverbs, Psalms, and Ecclesiastes, as well as different passages of the Scripture, you will find biblical principles that can help us to survive. “*Sow in the morning, sow in the evening, because you don't know which will prosper.*” That is talking about the diversification of investment. “*He that observes the wind will not sow.*” That is telling us

that, regardless of uncertainty, we should continue to press on.



So, there are principles in the Scripture. For example, because there is insecurity in Nigeria, if I say, ‘I don't want to do anything in Nigeria again, so I need to stay put,’ that is contradicting the Scripture. The Bible says, “*Seest thou a man diligent in his business? He will stand before kings; he shall not stand before mean men.*” That speaks to the principle of diligence. So, when you look at the Scripture, all the strategies you need to survive are there, and all of us have access to the Bible. The question is, how much of the Bible do we read? When we read it, how much do we apply to our lives? If we can apply those principles, we will survive. And I can assure you that everything Christians need to survive in the business world is written in the Scripture.

Kidnapping for ransom and banditry have been on the rise and have spread to most parts of the country. Do you think the proposed state police will have any effect in curbing these twin evils?

I think state police is a good idea. I also know that some people have concerns about state police being hijacked. But that is like dying before death comes. If we have looked at it and concluded that state police can reduce this, what we should do is identify the areas of concern and address them. So, we cannot say we don't want state police. For example, in the South-west, where Amotekun has been introduced, it has helped to improve the security situation, and you also understand that Amotekun is not empowered to be fully armed. So, you can now imagine that, if its personnel were armed, properly structured, given proper training, and trained to combat insecurity within their geographical location, the bandits would be wary of operating. If we can replicate that across the states and it proves effective, I think it will go a long way towards addressing the insecurity issue in Nigeria, regardless of any concerns people may have.

How can the Church stop the continuous erosion of some of our value systems? Sometimes it is difficult to differentiate between males and females in public now. Men plait their hair and wear earrings, making it appear to be a normal way of life.

To me, it's a major concern. It also tells us that the Church needs to readjust. At times, when you look at some of these things, they are part of the fulfilment of the prophecies of the last days. Inasmuch as none of the Word of God will go unfulfilled, some of these things will continue to happen.

The Bible says, "*In the last days perilous times shall come.*" People shall be lovers of themselves more than lovers of God. They'll be blasphemous, and they will do many things that contradict the Scripture. Those are the things we are seeing. But in the midst of this, there is a need for the Church to shine as a light. Unfortunately, the light is dimming in the church because the people who are supposed to stand for righteousness are also compromising. They are being overwhelmed because they want to please the younger generation. They say, "We don't want them to go away. We don't want them to be angry with us, so let us tolerate them. Whatever they do, let us accommodate them so that they will not experience mental health problems." But the Bible says, "And the light shineth in darkness; and the darkness comprehended it not." So, the Church should wake up. Let the light shine through us, and let us stand for righteousness. What is unscriptural is unscriptural. Let us call it what it is, and let us preach the gospel of Jesus Christ, the Gospel of light. I pray that God will help the church of God.

How would you describe the Bible?

The Bible is the Word of God. As my pastor used to say, it is the basic instructions before leaving earth. That is how he described the Bible. It means that everything you need to survive as a human being is contained in the Bible. The Bible is complete. It is the Word of God. It cannot fail, and it cannot be altered. You cannot live a fulfilled life without the Bible. The Bible is what every Christian needs throughout the Christian journey to survive in this world and ultimately make heaven.

Which is your preferred version?

I prefer the King James Version.

Which is your favorite Bible verse?

I think the verse that has sustained me is Acts 4:12. It says, "*There is no other name given under heaven whereby men can be saved.*" I personally believe that there is no alternative to Jesus, and that is what has been sustaining me. So, regardless of what I face, regardless of the circumstances, regardless of what anybody says, I know there is no alternative to Jesus. My belief is rooted in that verse.



16 THINGS TO DISCUSS TO BUILD YOUR MARRIAGE - Bisi Adewale

Communication brings lovers together and makes it easier for them to build chemistry and love. The conversations you have with your significant other play a significant role in determining how happy, fun, and strong your relationship will be.

No matter how difficult some topics may seem, discussing them will help ease tension and create room for your relationship to grow. You'll also find that you both understand each other better.

1. **PLANS:** Talking about your plans will help you both stay on the same page. It is very important to keep your spouse informed about your plans.
2. **WORK:** Talk about your work in depth and constantly; there should always be something to say. A simple question like, "How did your day go?" and an honest answer can lead to a conversation you will both cherish. There is always something to talk about at work. From a weird colleague to a bad boss or the tasks you have to complete, these conversations will help you both understand each other's professional side better.
3. **SEX:** Sexual intimacy is as important as romantic gestures. Talk about what turns you on, the positions you'd like to try, your sexually sensitive spots, your secret fantasies, and everything else related to sex. This will be both exciting and revealing, and you'll find yourselves discovering new things about each other. However, this also includes problems in bed. Speak up about them, or they will eventually come back to affect you. If your partner is not performing as expected or your sex drive has reduced drastically, talk about it. Suggest new ways of handling it together, and you will be one step closer to overcoming these issues.
4. **PAY COMPLIMENTS:** Tell your partner the things you like about them. Make a habit of appreciating their personality and the little things they do, even the ones they do not realise they are doing. Appreciating people encourages them to do more.
5. **WORRIES:** Talk about your worries with your spouse; the solution may be in their hands. Asking your spouse about the things that bother them will make them feel loved and cared for. They may have no worries, but the thought that you care will make them cherish being in a relationship with you. Also, talk about health issues, whether they are easy to mention or not.
6. **SECRETS:** Talking about secrets is fun, though revealing, but still fun. You can turn it into a game where you each reveal a new dirty little secret. It will help you get to know each other more intimately.
7. **PARENTING:** Talk about your children, parenting styles, your vision for your children, your plans, your fears about them, etc.
8. **THE FUTURE AND THE PAST:** The past may not always be fun and exciting to talk about, but there will surely be hilarious moments to mention, such as the times you did silly things as a child or your childhood dreams. You do not need to talk about painful memories, such as past relationships, or go into sexual details. Talk about your plans for the future, the goals you have, your dreams, aspirations, and life pursuits. Tell your partner what you intend to do. This will help both of you understand each other's views. Talk about where you see yourselves as a couple in five years. Set goals that will encourage you both to work towards strengthening your relationship.
9. **PLACES:** Talk about your favourite restaurants, that 'buka' you just discovered on the next street, a dream location you stumbled upon on the internet, places you'd like to visit over the weekend or on special occasions, or a cool spot where you could both sit quietly or spend quality time together. It will give you both the chance to explore these places together.
10. **PERSONAL INTERESTS:** What do you truly enjoy doing? Share your interests with your partner and see which ones conflict and which complement one another. When these interests complement each other, try doing them together, as it will bring you both closer.

11. FAMILY AND FRIENDS:

Knowing your partner's friends brings you a step closer to learning more about them. Also, talking about each other's families provides hours of interesting stories. You may even have to consciously stop yourselves. This also makes first introductions to family and friends easier and more enjoyable.

12. OPINIONS AND

PREFERENCES: Never hold your thoughts back from someone you love. Speak up and express your personal opinions. Talk about each other's likes and dislikes. Preferences and opinions change with time and new information. The more you know about each other's preferences, the better you understand them.

13. IMPROVEMENT: Talk about your flaws and the ways you'd like to improve. Sharing your vulnerabilities freely will help your partner relax more around you, and they will break down their walls and talk about theirs too. Offer and receive advice and suggestions on ways you can both improve yourselves as parents, husbands, or wives, etc.

14. HOW MAY I HELP YOU? As simple as this question may be, it can transform your marriage. Offer to help your partner with something, regardless of whether it is an easy chore or a difficult one. Working together on a task brings you closer together. They will be glad you helped. Talk about ways you can help them around the house with chores and household tasks.

15. PROUD MOMENTS: Ask your partner to tell you about the moments in life when they have felt proud of their achievements. Memorable moments and childhood memories always provide hours of fun and hilarious conversations. It will help you understand your spouse better.

16. SPIRITUAL LIFE: Talk about your spiritual life and how to grow in grace, study the Bible, pray, overcome temptation, etc.

Bisi Adewale is a family and relationship expert and author of Secret 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, facebook.com/PastorBisiAdewale, or reach him on 08068312004. He also blogs daily on www.bisiadewale.com. His books are available at 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 on 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.

SOUND: Sound is another age-old tool that God has given us for healthy living, provided we know how to deploy it. Sound can exert both positive and negative impacts on our health and well-being, depending on how it is used.

For example, LOUD SOUND can cause damage to our eardrums, and this can lead to hearing impairment. Also, NOISE can affect our sleep and concentration negatively, whereas calming and soothing music can actually help improve concentration. Certain types of MUSIC can make people go wild and gyrate, while other types of music can be very calming, soothing, and even healing. For example, David ministered healing to King Saul with MUSIC.

“Whenever the spirit from God came on Saul, David would take up his lyre and play. Then relief would come to Saul; he would feel better, and the evil spirit would leave him.” 1 Samuel 16:23 (NIV)

Also, a LULLABY can soothe a baby to sleep.

About 20 years ago, I undertook training in Sound Therapy and VoiceBio, which further expanded my understanding of how sound can affect our health, either negatively or positively.

Truly, sounds can have a significant impact on our health and well-being. Here are some types of sounds that are generally considered beneficial and others that can be harmful:

Beneficial Sounds

Nature Sounds: Birdsong, flowing water, and rustling leaves: These sounds can evoke feelings of tranquility and are often used in relaxation and meditation practices. Research suggests that they can reduce stress and anxiety while promoting feelings of happiness. That is why you are likely to hear these sounds being played when you are receiving a massage at most wellness centres.

Music: Calm and soothing music: Genres like classical, ambient, or acoustic music can lower heart rates, reduce stress, and improve mood.

Therapeutic music: Music therapy has been shown to help with pain relief, anxiety reduction, and even improved cognitive function in certain populations.

Continues on Page 13

White Noise: White noise and other steady background sounds can aid sleep by masking disruptive noises, making it easier for some individuals to fall asleep and stay asleep.

Binaural Beats: This auditory illusion, created by playing slightly different frequencies in each ear, can promote relaxation, reduce anxiety, and enhance focus or creativity.

Laughter: Laughter, whether triggered by humor or social interaction, generates positive emotions and can have stress-relieving effects.

Guided Meditation and Mindfulness Audio: These recordings often incorporate soothing background sounds and instructive voices, helping individuals achieve relaxation and mental clarity.

Sounds That Are Not Beneficial

Loud Noises: **Traffic, construction, and loud music:** Prolonged exposure to loud sounds can lead to hearing loss, increased stress levels, and adversely affect cardiovascular health. This is why ground staff at airports, particularly those involved in directing aircraft and working near noisy areas, often wear hearing protection to safeguard themselves from high noise levels.

Disruptive Noise: **Conversations, shouting, and sirens:** Sudden or jarring sounds can elevate stress and anxiety levels, impair concentration, and disrupt sleep.

Disharmonic Sounds: **Squawking animals, alarms, and noisy machinery:** These sounds can be unpleasant and cause discomfort, leading to increased stress and agitation.

Unpleasant Voices: **Angry or harsh tones:** The emotional content of voices, especially when negative, can induce stress and anxiety, thereby affecting overall mental health.

Negative Environmental Sounds: **City noise and industrial sounds:** Chronic exposure to background noise pollution can contribute to sleep disturbances, increased cortisol levels, and higher blood pressure.

In summary, sounds that promote relaxation, peace, and positive emotions are typically beneficial to health, while loud, disruptive, or unpleasant sounds can contribute to stress, anxiety, and other negative health outcomes. Curating a healthy sound environment can significantly enhance overall well-being



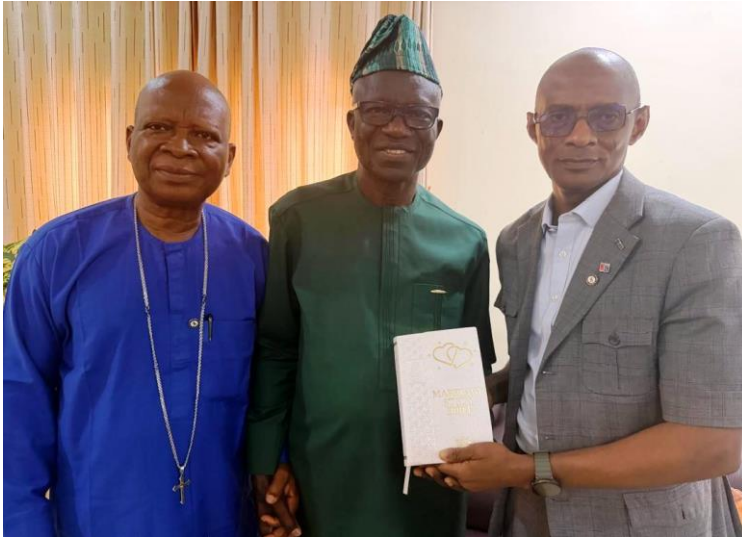
ALONE WITH GOD

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

JULY 2026	AUGUST 2026	SEPTEMBER 2026
1. Psalm 19:7 2. 1 Corinthians 3:16 3. 2 Corinthians 5:21 4. Philippians 3:20 5. Psalm 62:1 6. Psalm 119:2 7. Thimothy 6:6 8. John 14:23 9. Isaiah 1:18 10. 1 Kings 2:3 11. Psalm 5:3 12. Luke 12:22b-23 13. Hebrews 12:11 14. Proverbs 13:10 15. John 15:18 16. 1 Peter 3:8 17. Psalm 150:8 18. Colossians 3:17 19. 1 Peter 3:3-4 20. Romans 12:1 21. Mark 11:24 22. Jonah 2:9 23. Proverbs 29:11 24. Genesis 2:3 25. Psalm 42:8 26. Matthew 7:7 27. Romans 8:28 28. Psalm 33:22 29. Luke 18:27 30. Philippians 4:19 31. 1 Corinthians 15:57	1. Proverbs 11:2 2. 1 John 4:1 3. Luke 12:2 4. 1 Peter 2:18 5. Psalm 60:1 6. Psalm 19:7 7. Matthew 18:21-22 8. James 3:2 9. Colossians 3:5 10. Psalm 9:9 11. Luke 10:27 12. 1 John 2:18 13. Proverbs 4:23 14. Ecclesiastes 7:14 15. Ecclesiastes 12:13 16. Romans 12:11 17. John 14:23 18. Isaiah 1:18 19. Luke 12:24 20. Proverbs 4:11 21. Psalm 119:9 22. Acts 3:26 23. Psalm 119:10 24. Philippians 4:20 25. Zechariah 4:8 26. Proverbs 10:29 27. Matthew 16:23 28. Psalm 32:8 29. 2 Corinthians 6:14 30. John 14:2 31. Colossians 1:13-14	1. 1 Corinthians 16:13 2. Psalm 34:6 3. Luke 6:23 4. 1 Peter 1:8-9 5. Proverbs 4:27 6. 1 John 1:7 7. Isaiah 46:4 8. Psalm 119:36 9. Matthew 22:37 10. Acts 2:3-4 11. John 14:16 12. Psalm 65:2,5 13. Numbers 14:9 14. Psalm 67:7 15. Numbers 6:24-26 16. Psalm 68:19 17. Philippians 3:21 18. Psalm 68:7 19. Philippians 4:19 20. Psalm 23:1-2 21. Philippians 4:9 22. Psalm 72:13 23. Proverbs 15:29 24. Psalm 73:24 25. Proverbs 16:3 26. Psalm 34:17 27. Proverbs 16:9 28. Psalm 85:12 29. Proverbs 19:17 30. Colossians 1:13-14



Photo Gallery



L-R: President and Board Chair of BSN, Bishop Dr Timothy Banwo; President/Founder of The Sword of the Spirit Ministries, Bishop Francis Wale Oke and General Secretary/CEO of BSN, Pastor Samuel Sanusi during a courtesy visit to Bishop Wale Oke in Ibadan



Former Miss Margaret Edache, Programmes Officer, BSN with her husband, Mr Chukwuebuka Offor, after their wedding in Kano

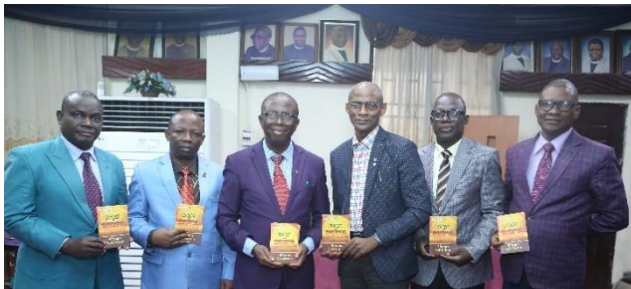


General Secretary/CEO, Pastor Samuel Sanusi (3rd right); Church & Public Relations Manager, Mr Lucky Ogwu (1st right 3rd row) and Area Development Officers after their training in Ibadan



General Secretary/CEO, Pastor Samuel Sanusi, (4th right) with winners of BSN World Cup Devotional Challenge with their prizes

Photo Gallery



The LAWMA Territorial Chairman and Vice President of The Apostolic Church Nigeria, Pastor Moses Ogunibe (3rd left); General Secretary/CEO of The Bible Society of Nigeria, Pastor Samuel Sanusi (3rd) and other Principal Officers of The Apostolic Church Nigeria during a courtesy visit by BSN



General Secretary/CEO, Pastor Samuel Sanusi (m); Chairman, Special Members Forum of BSN, Reverend Dr Daniel Olumefun (3rd left); Church and Public Relations Manager, BSN, Mr Lucky Ogwu and other officers of Special Members Forum during a courtesy visit to BSN headquarters at Palmgrove, Lagos



General Secretary/CEO of BSN, Pastor Samuel Sanusi (10th left second row), with teachers and students of Deeper Life High School, Lagos during their excursion to BSN headquarters at Palmgrove, Lagos



BSN

THE BIBLE SOCIETY OF NIGERIA

FOUNDED 8TH FEBRUARY, 1966

18, Wharf Road, P. O. Box 68, Apapa, Lagos.

www.biblesociety-nigeria.org

email: info@biblesociety-nigeria.org

PROJECT RABFOG

RISE AND BUILD FOR OUR GOD

**Cost
N5
Billion**



We encourage every Nigerian Christian to donate a minimum of ₦1,000 or \$1 to build a befitting Bible House for our God.

NAIRA ACCOUNT DETAILS

Account Name: The Bible Society of Nigeria

Account Number: 0003723644

Bank: Guaranty Trust Bank

DOLLAR ACCOUNT DETAILS

Account Name: The Bible Society of Nigeria

Account Number: 2016373325

Bank: United Bank for Africa

For further enquiries,
please call:

Lucky - 08159094126

Mordi - 08159094116

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.

Editorial Board

Pastor Samuel Sanusi- Editor-in-Chief

Benjamin Mordi – Editor

Segun Obadare – Member

Sylvia Ogolowa – Member

Isaiah Sabitu – Member

All Correspondence to:

THE EDITOR, The Bible Society of Nigeria

Adebawale House, 150 Ikorodu Road,

Onipanu, Lagos, Nigeria

Telephone +234 8108055025, +234 8159094116

Email: info@biblesociety-nigeria.org

Website: www.biblesociety-nigeria.org