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BSN
THE BIBLE SOCIETY OF NIGERIA
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How Audio Bible Turned Me from Violence to Peace, Mrs. Abdullahi

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THE WEALTH ILLUSION

From the desk of Editor-in-chief

To God be the glory for bringing us safely to the end of another eventful year. I also use this medium to thank our members, donors, customers and readers for your support and patronage over the years. As we come to the close of another year, it is my pleasure to write this final editorial for your favourite news magazine, *The Sower*.

Reading from Proverbs 13:1-11 and using verses 4 and 11 as our key scriptures, which read *"The soul of the sluggard desireth, and hath nothing: but the soul of the diligent shall be made fat…Wealth gotten by vanity shall be diminished: but he that gathereth by labour shall increase"*

The story was told of a man who, in 2002, won a foreign lottery fraud jackpot he had not entered, after receiving a phone call telling him otherwise. In his desperation for quick wealth, he sold his property, borrowed heavily and sent it all as "processing fees." Within months, he was bankrupt, humiliated and had attempted suicide. He wanted wealth without work, and it broke him.

Scripture teaches what prosperity preachers often deny: labour is the path to lasting gain. Diligence, not declarations. Integrity, not indulgence. But today, many pulpits bypass patience and promote "sudden breakthroughs", a spirituality of shortcuts that mocks divine order. Our passage provides instructive guidelines on how to avoid heartaches associated with inordinate ambition and the compulsive desire to be wealthy without obeying the laws of prosperity. The fool mocks instruction (v.1), rushes to shame (v.5) and suffers want (v.18). Prosperity without principle is poison. The riches that rain without roots will rot. God honours steady hands and upright hearts, not empty confessions that bypass the sweat of obedience.

Diligence is dying in many denominations and settings globally, not because God has changed, but because many preachers have. We now offer shortcuts to success, bypassing the narrow road of obedience, hard work, and integrity. Many so-called Christians now run after sermons that emphasise harvests with no sowing, mansions with no mission, and abundance with no accountability. As believers in Christ, we must beware of the doctrine that exalts desire but despises discipline. The Spirit does not bless laziness dressed in religious language. God honours those who rise early, who labour quietly, who build slowly and who refuse to bend their principles for profit.

The Scripture makes it clear that the cross is not a lottery ticket. True prosperity, spiritual and material, flows from righteousness and hard work. The diligent do not just dream; they act. They plough through mornings of obscurity to reap evenings of honour. Beware of sermons, public speeches and motivational messages that glamourise gain but despise discipline. The Lord who feeds the birds still commands them to fly and seek their food. God is not against wealth, but He is against worshipping it. He is not against increase, but He detests iniquity in its pursuit. So, if you must prosper, do so with patience. If you must rise, rise with righteousness. For only what is built on truth shall stand. Remember, quick riches will fade away, but faithful hands will flourish.

Merry Christmas and a more prosperous New Year in 2027. May the Lord perfect all that concerns us in the new year, in Jesus name, Amen.

Dr Samuel Sanusi



IDPs, others receive Food Items, Bibles Worth over ₦50.3m from BSN

The Bible Society of Nigeria (BSN) has donated 3,463 copies of assorted Bibles and relief materials valued at over ₦50.3 million to internally displaced persons (IDPs) and other vulnerable members of the public in Borno, the Federal Capital Territory (FCT), Edo and Lagos states.



Beneficiaries awaiting distribution of the items in Edo State

The donations, made under The Society's *Macedonian Call* initiative, are aimed at addressing the spiritual and physical needs of vulnerable people, particularly those living in IDP camps and slum areas.

The beneficiaries included residents of the Christian Association of Nigeria (CAN) IDP Camp at Wulan, Maiduguri, Borno State, where 423 adults and 200 children received the items. At the New Kuchigoro and Wasa IDP camps in Abuja, 906 adults and 400 children benefited, while 803 adults and 481 children at the Helping Hand Foundation IDP Camp in Benin City, Edo State, also received relief materials.

In Lagos, 150 adults and 100 children who are members of Oke Igbala Spiritual Church of Christ, Isolo, were among the beneficiaries.

Under the distribution arrangement, each adult received a 10-kilogramme bag of rice, vegetable oil and a copy of the Bible, while the children received school bags, notebooks and Bibles.

Speaking on behalf of the organisation during the presentations, the Deputy Manager, Research/Literacy and Programmes, Mr Temitope Omogbemi, said that BSN remained committed to meeting both the spiritual and physical needs of the people.

He explained that while the Society's primary mission was to make the Bible available, accessible and affordable to transform lives, it also recognised the importance of extending practical assistance to people facing difficult circumstances.

According to him, the *Macedonian Call* is one of the Society's intervention programmes designed to support vulnerable people, particularly those in IDP camps and slum communities.

Mr. Omogbemi called on well-meaning Nigerians and corporate organisations to support the initiative to enable The Society to extend its reach to more beneficiaries. He added that the programme was inclusive, as beneficiaries were drawn from different religious and ethnic backgrounds.

The beneficiaries expressed appreciation to BSN for the intervention, describing the donations as timely in view of the prevailing economic challenges.



A beneficiary receiving the items in Abuja

Receiving the items in Lagos, the Primate and Spiritual Head of Oke Igbala Spiritual Church of Christ, Isolo, Rev. Apostle Dr Femi Akunnubi, commended BSN for combining its work of Bible translation and distribution with humanitarian assistance. He described the intervention as particularly relevant at a time when many Nigerians are struggling to meet their basic needs.

"It is good because even when Jesus was ministering, beyond healing, He fed the people. Spiritual food is good, but physical food is also important. Having extended this physical assistance to us, it is wonderful, and I am very happy," Akunnubi said.

He prayed for God's continued blessings on BSN, adding that the intervention was especially significant given the country's current economic situation.

One of the beneficiaries, Evangelist Oluwatosin Kareem, also expressed gratitude to The Society for the support, noting that access to food had become increasingly difficult for many Nigerians.

"We really appreciate you for this. In Nigeria nowadays, some people are even dying because of lack of food. For you to come together and look for the needs of the people, may God meet you at your own point of need," Kareem said.

She prayed for God's continued protection, provision and blessings upon The Society and those supporting its humanitarian efforts.

Another beneficiary, Segun Taiwo, described the intervention as "God in action", noting that it aligned with the theme of his church's anniversary, which focused on giving back to society.

The *Macedonian Call* initiative is funded by The Canadian Bible Society and The Australian Bible Society. In addition to Borno, the FCT, Edo and Lagos states, the programme has also reached beneficiaries in Benue, Kaduna, Anambra, Adamawa and Taraba states.

If you wish to support this project, kindly call Grace on 0703 158 0684 or send an email to grace@biblesocietynigeria.org or info@biblesociety-nigeria.org.

Dimas Wins BSN NYSC Essay Competition

Victor Dimas, a Nursing graduate from the University of Maiduguri, has won the 15th edition of the NYSC Essay Writing Competition organised by The Bible Society of Nigeria (BSN).



L-R: Local Government Inspector NYSC, Lagos State, Mrs Bose Ojimi; Asst. Director Research & Planning and representative of NYSC Lagos State Coordinator, Mrs. Grace Osho; winner of the 15th edition of NYSC Essay Competition organised by The Bible Society of Nigeria (BSN) and graduate of Nursing Science, University of Maiduguri, Victor Dimas, and General Secretary/Chief Executive Officer, BSN, Pastor Samuel Sanusi during the event in Lagos

Dimas, who is currently serving at the First Battalion, Nigerian Army, Dukku Barracks, Birnin Kebbi, Kebbi State, scored 78 per cent to beat five other contestants. He received a cash prize of ₦500,000, along with motivational books and a Bible. John Faith Ometere, a History and International Studies graduate of the Federal University, Lokoja, who is serving at Government Day Secondary School, Karewa, Jimeta-Yola, Adamawa State, scored 77 per cent to come second. She received ₦300,000, motivational books and a Bible. Moyomikun Olawale, a Medicine graduate from Bowen University, Osun State, came third with 76 per cent and received ₦250,000, motivational books and a Bible. Three other contestants received various sums of money as consolation prizes, along with motivational books and Bibles.

The Chairman of the occasion, Barrister Dele Adesina, a Senior Advocate of Nigeria and Principal Partner at Dele Adesina LP, admonished the youths to have a dream and pursue it with strong determination, irrespective of the challenges along the way. According to him, obstacles and failures can be stepping stones. He encouraged them to be dedicated and pay the price to ensure they achieve their dreams.

Speaking further, Barrister Adesina urged the youths to be prepared to hold leaders accountable and no longer be passive. "Let us speak out and condemn what is condemnable", he added. He commended the contestants for the quality of their presentations, saying that his hope for a better Nigeria was renewed after listening to them.

The six contestants, who spoke on the topic, "Democratic Accountability: Harnessing Technology for Electoral Reform, Good Governance, and Sustainable National Development in Nigeria", were unanimous in their submissions that character is more important than technology in electoral reforms. According to them, if the person who operates the technology deployed for an election is compromised, the result may not reflect the mandate of the electorate.

Speaking earlier, the General Secretary/CEO of BSN, Pastor Samuel Sanusi, welcomed the guests to the programme, informing them that it was part of the activities of the Society aimed at engaging people with the Bible to transform their lives. He disclosed that over 180 people participated in the first stage of the competition, from which the six best contestants emerged.

The programme was also attended by the NYSC Lagos State Coordinator, who was represented by Grace Osho, Assistant Director, Research and Planning, NYSC; the Local Government Inspector of NYSC in the state, Mrs. Bose Ojimi; and a large number of NYSC members serving in different parts of Lagos State.

This programme is open to sponsorship. Kindly call Mrs. Benjamin on 07031580684 for further details on how you can support it.

Bethesda School Wins Bible Quiz for Blind Students



hairman of the occasion and Senior Pastor of Embrace Global Church, Ikorodu, Pastor Isaac Adeyemi, presenting the star prize to the winners. With them is the Assistant General Secretary, Finance, Mrs. Yemisi Oluwagbemi

Bethesda School for the Blind, Surulere, Lagos, has won the 8th edition of the "*You Can Be Their Eyes*" Bible quiz organised for schools for the blind in Lagos State by The Bible Society of Nigeria (BSN).

The school scored 80 points after breaking a tie with Pacelli School for the Blind, Surulere, with both schools having scored 75 points during the third round of the competition. The event took place at the Salvation Army Auditorium, Onipanu, Lagos.

Speaking at the occasion, the chairman of the event, Pastor Isaac Adeyemi, Senior Pastor of Embrace Global Church, Ikorodu, said he was excited to see the talent displayed by the participating schools during their musical presentations. According to him, the lesson he learnt from the enthusiasm and joy exhibited by the participants was that the joy of the Lord is their strength.

Pastor Adeyemi charged the various schools for the blind to help their talented students develop their God-given potential. Speaking further, he said, "There is so much that you can do. There is so much I believe God has deposited inside of you to release to a generation. You have just demonstrated to us that no matter what, a man has no limitation, except for the things he allows to limit him."

He encouraged everyone, irrespective of their position or status, to represent Jesus Christ and be His eyes. He said that true blindness is not the inability to see, but a lack of vision. "When you lack vision, you are blind. A man who can see, but lacks vision is a blind man," he said, adding that blind Bartimaeus understood this when he asked Jesus to restore his sight rather than give him money.

He commended The Bible Society of Nigeria for organising the competition and pledged his support for the programme.


A cross section of students with visual disability as audience during the Bible competition

Speaking earlier, the General Secretary/CEO of BSN, Dr Samuel Sanusi, welcomed the schools and commended them for participating in the competition. "All of you, the participating schools, are winners because you have qualified to take part in the competition," he added. Dr Sanusi, who was represented by the Assistant General Secretary, Finance, Mrs. Yemisi Oluwagbemi, called on everyone, including the government, to support people with disabilities.

Bethesda School for the Blind, which came first, received the first prize of ₦100,000. Pacelli School for the Blind, which came second, received ₦70,000, while Federal Government College, Junior, Ijanikin, came third with 40 points and received ₦50,000. Federal Government College, Senior, Ijanikin, came fourth with 20 points. Each of the contestants received a school bag and a white cane.

If you wish to support this project, kindly call Grace on 0703 158 0684 or send an email to grace@biblesocietynigeria.org or info@biblesociety-nigeria.org.

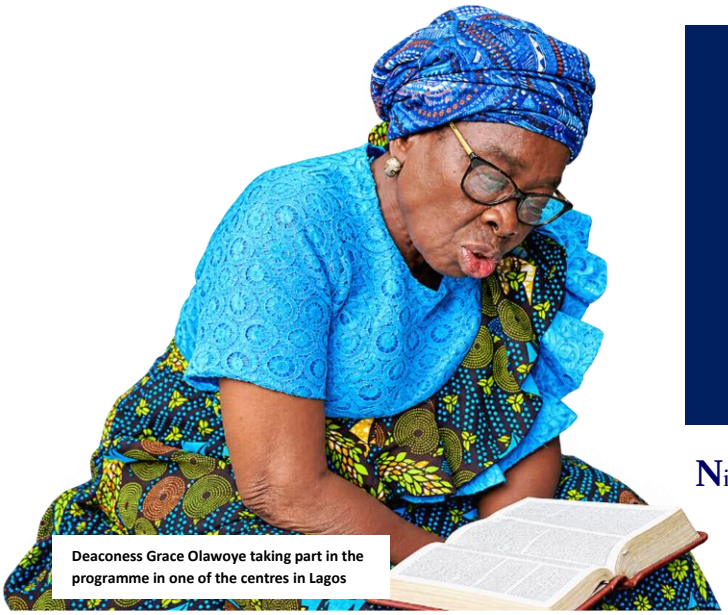
How Audio Bible Turned Me from Violence to Peace, Mrs. Abdullahi

A petty trader in Ibadan, Oyo State, Nigeria, Mrs Deborah Abdullahi (*not her real name*) has revealed how listening to the audio Bible transformed her from a violent person into a peaceful one.

Mrs. Abdullahi said this during a chat with our End-to-End Coordinator. According to her, she used to be a very violent person, always quarrelling and fighting. She said her attitude changed when she started listening to the audio Bible consistently.

"I used to be a very violent person, getting angry easily and always quarrelling and fighting. The word of God I listen to weekly has made me realize that what I was doing was wrong and was not pleasing to God," she added.

Mrs. Abdullahi said that someone introduced her to the audio Bible listening centre last year and that she had remained consistent ever since. She said she wondered what would have become of her life if she had not joined the audio Bible listening group. She thanked The Bible Society of Nigeria for the opportunity.



Deaconess Grace Olawoye taking part in the programme in one of the centres in Lagos

Marathon Bible Reading: Nigerians Unite to Read the Bible

Nigerian Christians from different denominations, tribes, cultures, professions and age groups put aside their doctrinal differences and came together at different centres across 20 states to read the Bible.

From Borno to Adamawa, Oyo to Benue, Ilorin to Lagos and other parts of the country, the situation was the same. In some locations, people defied the rain and converged to read the Bible aloud in their preferred languages.

Participants cut across all age groups, as children, youths – who took advantage of the holidays - and adults took part in the programme, which took place from 25 to 30 August 2026. Participants found it so interesting that they returned several times to read, while some centres remained open to interested readers after the programme had officially closed.

Deaconess Grace Olawoye, a retired nurse, had long desired to take part in the programme without success. Her patience and persistence paid off this year, as she was able to read at Gloryland Baptist Church, Egbe, Lagos. She said that she reads her Bible regularly and that God has been faithful to her family. She said that she lost her husband when she was 38, leaving behind three children, whom God has helped her to raise to graduate level. She said that reading the Bible helps her see God's promises and approach God with confidence.

At the same church, another retired nurse, a 75-year-old Deaconess G. A. Olawoyin, read Judges chapters 6-9, 2 Chronicles 1-5, Jeremiah 6-10, Ezekiel 1-5 and Matthew 17-22, while a 16-year-old student, Enoch Adebayo, read the entire 27-chapter book of Leviticus, Numbers 1-10, 1 Chronicles 1-10, Psalms 104-110 and Mark 4-7. He went to the centre daily to read, as there was no limit to how many times one could read.



A group of children also reading in one of the centres

Mrs. Adeloye Elizabeth, a civil servant who read repeatedly during the week-long exercise, said she was a regular participant in the marathon Bible reading. She said that she found one of the portions she read very useful and had to give an exhortation based on the same passage. She advised BSN to make the programme more regular and encouraged people who do not read their Bibles to make an effort to read at least one verse a day. According to her, regular Bible reading will help readers grow spiritually.

The theme for this year's edition was *Victory Through God's Word*. Marathon Bible Reading is an annual, week-long, non-competitive Bible-reading programme organised by The Bible Society of Nigeria (BSN), during which participants read the Bible uninterruptedly over five days.

It is open to all Christians and other members of the public, irrespective of sex, age, profession or status, and gives participants the opportunity to read the Bible aloud in any language of their choice so that others can hear.



BSN Relocates Corporate Headquarters, Set to Build Befitting Bible House

The Bible Society of Nigeria has officially relocated its corporate headquarters to 202/204 Ikorodu Road, Palmgrove, Lagos, and is making plans to commence the construction of a befitting Bible House in February 2027. This historic move followed years of painstaking search and resource mobilisation.

The journey began in 2019 with sacrifice, perseverance and faith in God as the Society worked towards establishing a Bible House with a translation centre, Bible Museum, Bible shop, international conference centre, office spaces, among other facilities, to facilitate and enhance the impact of the organisation's mandate of making God's Word available to all Nigerians in their preferred languages and formats and engaging Nigerians with the Scriptures through programmes that transform their lives.

For decades, BSN operated from its former corporate headquarters in Apapa, Lagos, in a building constructed in 1919 and handed over to the organisation by The British and Foreign Bible Society when BSN was established on February 8, 1966.

The historic building served the Society faithfully for over a century, having undergone several renovations and upgrades. However, with the passage of time, the need for expansion became necessary because of the increasing number of staff and the expansion of the organisation's operations. Also, access to Apapa has become increasingly difficult for staff and, more importantly, for members of the public whom The Society exists to serve.

In 2018, The Society relocated from its Apapa office to a temporary rented office in Onipanu, Lagos. The rented facility was, however, not conducive to an office environment. It was cramped and had leaking roofs, which caused damage to files and computer systems whenever it rained after office hours. Consequently, we began the search for a Bible House.

The search led to the purchase of a plot of land measuring 2,610.402 square metres at 202/204 Ikorodu Road, Palmgrove, Lagos, while the Society also faced the challenge of raising the sum of ₦5 billion needed for the construction of the facility. The various fundraising efforts to mobilise resources from individuals, churches, partners, organisations and well-wishers who share the vision and passion for the Word of God yielded only about ₦712 million, which was far below the amount required for the project.

A portion of the funds was used to renovate an existing structure within the newly acquired property. The renovated structure has now become the Society's temporary operational office, while plans are under way to commence the construction of the desired edifice to serve as the new Bible House.

Staff moved into the facility on April 13, 2026. However, this is not the office of the Society's dream, but it has certainly made progress with the support of its partners and donors. As we begin this new chapter at Palmgrove, we desire further partnership with everyone who has supported this project. Your previous support has produced a tangible result, having helped us to move from an unsuitable rented facility into a more conducive home on our own property. Thank you, dear partners, for your support.

The new Bible House is not being built for the benefit of today's staff and operations alone. It is an investment in the future of Bible work in Nigeria. As we look forward to the groundbreaking ceremony to kick-start the construction of a Bible House that can effectively support our operations from February next year, we call on all lovers of the Bible and its dissemination for more support to complete our transition from Apapa to our permanent home at Palmgrove.

As part of our strategy to raise funds for the new Bible House, we are looking for Christians who can donate a minimum of ₦5,000 each towards this project, and you can be one of them.

To support this project, kindly send your donation to The Bible Society of Nigeria, GTB account number: 0003723644

2027 Polls: Choose Your Candidates Based on Facts, Not Emotions - *Pastor Adejugbe*



Interview

The Chief Executive Officer of Tudel Global Investment Limited, Pastor Dele Adejugbe, has advised Nigerians, especially the Christian community, to choose their candidates in the forthcoming elections based on what they know about them and not on emotions. He spoke with the Editor of *SOWER*, Benjamin Mordi, in his office.

Below are excerpts from the interview:

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

My name is Dele Adejugbe. I am the Chief Executive Officer/Managing Director of TUDEL Global Investments Limited. Beyond business, I am a Christian and I have a strong passion for using enterprise to create opportunities, empower people and contribute to the economic development of Nigeria. I believe that business should not only create wealth but should also create value for society.

Please, can you tell us more about TUDEL Global Investments Limited?

TUDEL Global Investments Limited is a Nigerian investment and agribusiness company with a strong focus on agriculture, agricultural commodities, food production and sustainable value-chain development. Our vision is to participate in building an agricultural system that moves beyond subsistence farming into large-scale, mechanised and commercially sustainable agriculture.

One of our major areas of interest is rice production and the development of agricultural infrastructure. We are working on large-scale agricultural projects involving land development, mechanisation, production, logistics, processing and market linkages. Ultimately, our goal is not simply to produce agricultural commodities, but to help build an integrated value chain that creates employment, improves food security and gives farmers access to better markets and technology.

Some people are asking why Nigeria is importing food despite its vast arable land.

To date, Nigeria has engaged in subsistence farming, which cannot sustain our growing population. Food importation will significantly reduce with commercial-scale production of food and raw materials. Nigeria has tremendous agricultural potential, but having arable land alone does not automatically translate into food security.

The challenge is that agriculture requires an entire ecosystem. You need good seeds, mechanisation, irrigation, fertiliser and other inputs, extension services, storage, processing, transportation, financing and reliable markets. A farmer may produce a good harvest but still lose money if there is no storage or processing facility and the produce has to be sold immediately at a very low price. We therefore need to move from farming as an occupation to agriculture as a properly organised business and industry. Nigeria has the land and human resources. What is required is sustained investment, appropriate technology, infrastructure, financing and policies that encourage production.

In your own opinion, why do you think Nigerians are not interested in large-scale farming?

I would not say Nigerians are completely uninterested in farming. There are many Nigerians who are interested, but large-scale agriculture has historically been associated with significant risks. The first

challenge is capital. Large-scale farming requires substantial investment before the first harvest. Then there are issues of land acquisition, access roads, insecurity, inadequate irrigation, machinery, access to finance, high input costs and uncertainty about markets.

Another important issue is that many young Nigerians do not see agriculture as an attractive career because they have not been exposed to modern agriculture. We need to change the perception of farming. The farmer of the future should not necessarily be the man with a hoe and cutlass; he can be an agribusiness entrepreneur operating tractors, drones, irrigation systems, data analytics, storage facilities and processing plants.

During harvest season, you see a lot of fruits and vegetables waste away, especially in the hinterland. What do you think can be done to stop the wastage?

This is one of the biggest problems in our agricultural value chain, and it is called post-harvest loss. We need to attack the problem from several directions. First, we need equipment that will facilitate the faster harvesting of crops at maturity. This activity will be greatly helped if the cultivated land is prepared to accommodate the use of harvesters from the outset, before planting.

Second, we need better storage and preservation facilities, particularly cold rooms and solar-powered cold storage in farming communities. Third, we need better rural roads and transportation because farmers cannot preserve their produce indefinitely while waiting for buyers.

Fourth, we need to invest heavily in processing and value addition. Tomatoes can become paste; mangoes can become juice or dried products; cassava can become flour and starch; fruits can be processed into concentrates, dried fruits and other products.

Fifth, farmers need access to reliable markets before and during production. I believe the real opportunity is to develop agricultural processing hubs close to production centres. Instead of transporting every raw product over long distances, we can process it closer to the farm and transport a higher-value, longer-lasting product. That will reduce waste, increase farmers' income and create jobs.

Some people argue that most fruits in the market are forced to ripen with chemicals, thus endangering unsuspecting members of the public. Is there any way to detect such fruits?

There is a genuine food-safety concern around the misuse of chemicals for ripening fruits, but we should also be careful not to assume that every fruit that ripens quickly has been chemically treated. Some fruits naturally ripen quickly, while others are harvested at maturity and ripened under controlled conditions.

As consumers, we should be cautious about fruits that have an unusual appearance, uneven ripening, abnormal softness or an unusual smell or taste. However, appearance alone is not a scientifically reliable way of determining whether a fruit has been treated with a particular chemical.

More importantly, government agencies need to strengthen monitoring, education and enforcement so that consumers do not have to depend on guesswork to know whether their food is safe.



As a farmer, in which areas do you think the government can support Nigerian farmers?

There are several areas:

First, the government should create arable land banks which can be leased to farmers at reasonable rates.

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Second, there should be access to affordable and appropriate financing. Agriculture requires patient capital because farmers do not harvest immediately after investing. Government-owned guarantee institutions should create products that will allow farmers to access credit from financial institutions. Special agricultural funding schemes should be channelled through commodity exchanges which will provide structured safeguards and assume an oversight role over the funds released.

Third, infrastructure is essential, especially rural roads, irrigation, electricity, storage and processing facilities.

Fourth, the government should promote mechanisation. It can facilitate tractor-hiring centres and other shared mechanisation services so that farmers do not individually have to purchase expensive equipment.

Fifth, improved agricultural research and extension services are necessary**.** Farmers need access to subsidised farming inputs (seeds and fertilisers), modern farming techniques and reliable information.

Finally, there must be security in agricultural communities. Farmers must be able to go to their farms and harvest what they have planted. The government should help create stable markets and predictable policies. Farmers will invest more confidently when they know that there will be a market for what they produce.

Nigerians will be going to the polls in January for general election. What advice do you have for them, especially Christians?

My advice is that Nigerians should approach the election with wisdom, responsibility and a sense of civic duty. As Christians, our political choices should be guided by prayer, conscience, truth and a commitment to the common good. We should not allow ethnicity, religion, personal interest, social media propaganda or hatred to determine our decisions.

Christians should therefore be informed about national issues, examine the candidates' publicly documented records and positions, and participate actively and peacefully in the democratic process. I would encourage them to make their choice of candidates based on facts rather than emotions. They should also respect the rights of other citizens to make their own choices.

How would you describe the Bible?

The Bible is the Word of God and the foundation of my faith and Christian life. It reveals God's character, His plan for humanity and His redemptive purpose through Jesus Christ. It teaches us how to live, how to relate to God and one another, and how to navigate the challenges of life.

Which is your preferred version?

My preferred version is the New King James Version (NKJV). I appreciate its balance between the beauty and dignity of traditional biblical English and language that is relatively easier for contemporary readers to understand. However, I also consult other translations when studying a passage because different translations can help illuminate the meaning and context of Scripture.

What is your favourite verse?

One of my favourite Bible verses is Romans 8:28:

"And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

This verse is very meaningful to me because it reminds me that, even when we cannot understand what is happening around us, God is still at work, and He is able to bring good out of every situation.



SUPERCHARGE YOUR MARRIAGE WITH HUGS

- Bisi Adewale

"We are each an angel with only one wing. We can fly by embracing each other." Luciano De Crescenzo

Never wait until tomorrow before you hug your spouse; do it today, do it now! When you give one, you get one right back in return! The Oxford Dictionary simply defines hugging as "to put one's arms around somebody tightly to show love", but it is far more than that. Through hugging, you give affection, acceptance, hope and warmth, while receiving the same in return.

Hugging is another aspect of intimacy that is lacking in marriages today. Couples are hugging less often, thereby missing the great benefits of an embrace.

Wives generally love to be hugged. They like it when their husbands hug them often. But men are less interested in it. Most married couples can go for months or years without hugging each other. This is very bad, and it is a sign that romance is going down the drain in their marriages.

Hugging is good for your marriage. It is good for your health, and it is good for your home. It has no overdose, no cholesterol, is not fattening and does not cause cancer or cavities. It is natural, with no preservatives, artificial ingredients or colourings.

It costs nothing. You do not need any training to do it. Anybody can give a hug. Everybody needs it. Everybody wants it, and it is good for anybody. It is non-taxable; it takes no time; it is warm; it is terrific, and it makes you a good wife or husband. It gives joy to your spouse.

TYPES OF HUGGING

There are many types of hugging. You can give any of them to your spouse as the occasion demands. They are:

Plastic hug: This does not involve touching, squeezing each other tightly, resting on each other's shoulders or having your hearts beat together. It involves remaining motionless. This is recommended if you do not want your hug to be romantic and lead to sex.

Bear Hug: It involves direct body contact, a slight squeezing of each other's bodies and moving a little from one point to the other.

Sexy Hug: It also involves full-body contact, without squeezing the body, but with each partner wrapping themselves around the other, allowing their private parts to touch and press against each other. This should be done in the privacy of your home.

Kissing Hug: It is a sexy hug that involves kissing, holding each other's heads, moving hands moving around the body and engaging in deep kissing, with eyes opening and closing as the couple focuses on greater intimacy. This can be used as a form of foreplay.

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Consoling Hug: More often, this is a Model A hug, but with a pat on the back to console, encourage or motivate. Wives often need this kind of hug from their husbands in times of challenges.

Why Couples Don't Hug

Most couples find it difficult to hug one another because of the following reasons:

Tradition: Some men believe it is not manly to hug one's wife. "You only hug and cuddle your wife when you need sex" they argue. This is wrong. Real men make their wives happy. They hug them.

Lack of Friendship and Romance: Most couples are traditional husbands and wives; they are not friends. Most can hardly hold hands in public, let alone hug. If you are not hugging constantly in your marriage, check it very well; your spouse is not your friend. Maybe you are just roommates or housemates but not lovers. This should be changed. Couples should cuddle; it is your God-given gift.

Shifted Attention: With the arrival of children and the demands of work, most couples find it more difficult to be romantic because of their busy schedules. They give all their attention to their jobs and parenting. However, they allow the spark in their marriages to die. Couples in this kind of situation may not cuddle for years.

Ignorance: A lot of couples do not know the benefits of hugging for their health and marriages. They overlook it and make their marriages dry and drab.

Anger: Couples who are fond of bursting out in anger against each other are likely to find it difficult to hug regularly.

Hurts, Malice and Unforgiveness: Couples who hardly talk to each other or keep malice for long will find it extremely difficult to hug each other. Hugging can only come from positive feelings towards one another.

Sick and Plastic Marriages: Marriages can either be a "dead marriage", "plastic marriage" or a healthy marriage. Indeed, some couples are in a cat-and-mouse relationship. They see themselves as enemies; they fight and embarrass themselves openly. Couples in a plastic marriage are not friends. There is no playing, joking or romance. They see themselves as nothing more than husband and wife. It is a statement of, "You give the money", "I cook for you".

Bisi Adewale is a family and relationship expert and the author of Secret of 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. You can also reach him on 08068312004. He 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 underutilised tools for improving our health. Improper use of these three tools constitutes one of the biggest reasons for many health problems.

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:

1. 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 60-67°F (15-20°C), to promote better sleep.

2. Establish a Consistent Sleep Routine

- **Set a Sleep Schedule:** Go to bed and wake up at the same time every day, even at 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 and cold bath, to signal to your body that it is time to relax.

3. 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 (cigarettes).

- **Be Mindful of Alcohol:** While some people claim that alcohol helps them to fall asleep, it can actually interfere with sleep cycles and lead to poor sleep quality.

- **Stay Active:** Regular physical activity can help you fall asleep faster and enjoy deeper sleep. Aim for at least 30 minutes of moderate exercise most days, but avoid vigorous workouts close to bedtime.

4. Mind Your Diet

- Avoid Heavy Meals Before Bed: Try not to eat large meals or spicy foods within a few hours of sleeping, as they can cause discomfort or indigestion.

- Hydration: Stay hydrated, but limit fluid intake closer to bedtime to minimise nighttime trips to the bathroom.

5. 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 TVs) at least two hours before bed, as the blue light can interfere with melatonin production. We will discuss blue light later in this series.

6. 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.

7. 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 be 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 for 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)

8. 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 may offer some help. Please consult a healthcare professional knowledgeable about the use of these supplements before using them.

9. 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 outside 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.



ALONE WITH GOD

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

OCTOBER 2026	NOVEMBER 2026	DECEMBER 2026
1. Hebrews 13:8	1. Romans 8:37	1. Deuteronomy 33:27
2. Psalm 37:4	2. John 16:7	2. 1 John 2:23
3. Job 36:11	3. Psalm 119:9	3. 1 John 3:9
4. Isaiah 43:18-19a	4. 2 Timothy 2:15	4. Matthew 7:9-11
5. Psalm 40:31	5. Numbers 6:24-25	5. Numbers 14:9
6. Luke 12:43	6. Proverbs 24:14	6. Nehemiah 8:10
7. Psalm 23:1	7. Romans 8:28	7. Philippians 3:21
8. Romans 8:31	8. Colossians 1:13-14	8. Philippians 1:6
9. Psalm 46:1	9. Psalm 33:22	9. Philippians 4:19
10. Psalm 23:6	10. 1 John 4:18	10. Matthew 21:22
11. Provers 27:1	11. Luke 18:27	11. Matthew 19:28-29
12. Ecclesiastes 3:1	12. Lamentations 3:24	12. Mark 10:29-30
13. Proverbs 29:1	13. Ezekiel 20:19-20	13. Malachi 3:17
14. Ecclesiastes 7:1	14. Hebrews 12:11	14. Luke 12:8
15. Ecclesiastes 4:9	15. Proverbs 13:10	15. Joshua 1:9
16. Psalm 19:7	16. John 15:18	16. Jeremiah 29:11
17. Matthew 18:21-22	17. 1 Corinthians 16:13	17. Jeremiah 31:34
18. Luke 12:24	18. Psalm 34:6	18. Psalm 34:22
19. Proverbs 4:11	19. Luke 6:33	19. Psalm 32:5-6
20. Matthew 18:21	20. Luke12:6-7	20. Zephaniah 3:17
21. Acts 3:26	21. James 3:2	21. Romans 8:32
22. Psalm 119:10	22. Colossians 3:5	22. Zechariah 2:10
23. 1 Peter 1:8-9	23. Psalm 9:9	23. Hosea 4:6
24. Psalm 31:16	24. Luke 10:27	24. James 1:5
25. Joel 2:13	25. 1 John 2:16	25. Isaiah 9:6
26. John 8:44	26. Proverbs 4:25	26. Philippians 4:13
27. Proverbs 4:24	27. 1 Peter 5:8	27. Romans 3:23
28. Philippians 3:20	28. 1 Corinthians 3:16	28. 1 Samuel 2:9
29. Matthew 5:6	29. 2 Corinthians 1:7	29. Psalm 37:40
30. Psalm 62:1	30. 2 Corinthians 10:4-5	30. Micah 4:2
31. Provers 19:22		31. Nahum 1:7



Photo Gallery



L-R: Church/Public Relations Manager, Mr Lucky Ogwu; President and Board Chair, Bishop Dr Timothy Banwo; Founder of Sword and Spirit Ministries, Bishop Wale Oke, and General Secretary/CEO of BSN, Dr Samuel Sanusi, during a courtesy visit to Arch bishop Dr Wale Oke in Ibadan



The Area Development Officer of BSN Kwara Area 1, Pastor Samuel Abegunde, presenting a Special Membership Certificate to His Royal Majesty & Olori Adewale ADEWOLE, Amure Abe IV, The OWA of Ayegbaju, Ekiti, Oye Local Government, Ekiti State



General Secretary/CEO. Dr Samuel Sanusi, (right) presenting a plaque to the Managing Director/CEO of Tudel Global Investment Limited, Pastor Dele Adejugbe after being made an Ambassador of BSN



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



General Secretary/CEO, Dr Samuel Sanusi, with Pastor Segun Omotosho, Provincial Pastor of The Redeemed Christian Church of God, Palmgrove during a courtesy visit by Dr Sanusi

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