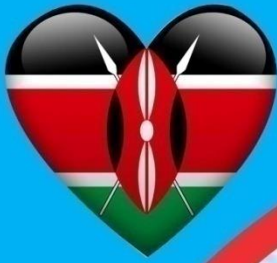


THE HOLY SEED CHURCH NEEMA EVANGELISM CENTRE GLOBAL HEALING MINISTRIES



LET US UNITE AS ONE REGARDLESS OF NATION, TRIBE OR RACE
God always cares for everybody regardless of faith, but do not sin because you have bad motive to somebody in your life! You make yourself to have many people to mistrust you, so you are likely to die at anytime. Wonders will never end, why do you stand against your brother or sister? HEBREWS 10:26 Please clear your bad motives in your heart. Listen the voice of people as we join together we are safe in God's hands. GOD BLESS YOU

with
APOSTLE WILLIAM SIMIYU



WHY I'M STRESSED

Stress. A lot of us feel it. Parents, teachers, business professionals, even priests. Teenagers are especially sensitive to stress. Stress at home, at work, at school with your friends, pressure from your peers, difficult decisions about dating, drugs, sex, or alcohol, grappling with your grades....whew! The stress can really get to you.

What Causes Stress?

Most stress in your life can be traced to one of three sources:

(1) Parents or your friends (2) Events or circumstances (3) Inner confusion or frustration

Parents or your friends can put pressure on you in many different ways. Parents can pressure you to do better at school, to get a part-time job, or to be home on time. Brothers and sisters can be a source of stress, too. Not all of this pressure is bad, but it may feel that way when you're experiencing it. Sometimes other people simply bother you. Stress strikes when your friends have ignored you, criticized you, or attempted to get you to do something you'd rather avoid.

Events and circumstances, especially those over which you have no control, pour on the pressure. For example, you pass your driver's test, but don't have a car of your own to drive. Your parents need theirs, and not many friends will allow you to borrow an automobile. So you're stuck. All dressed up and no way to go. Or, you studied like mad for that big test, and you really did pretty well, but "Billy the Brain" blew the curve by blitzing the test and scoring a perfect paper. Another "C" for you. Or, you've been hoping and praying for a date to homecoming, but nobody wants to go with you. What's the result? Frustration, anger, and, you guessed it, more pressure.

Sometimes the stress comes from turmoil inside that you can't explain. It's just there. Fear of failure, or rejection, or not being popular, or that you aren't smart enough or good-looking, or that you won't be able to succeed in the career you want to pursue. All of these things bring about stress.

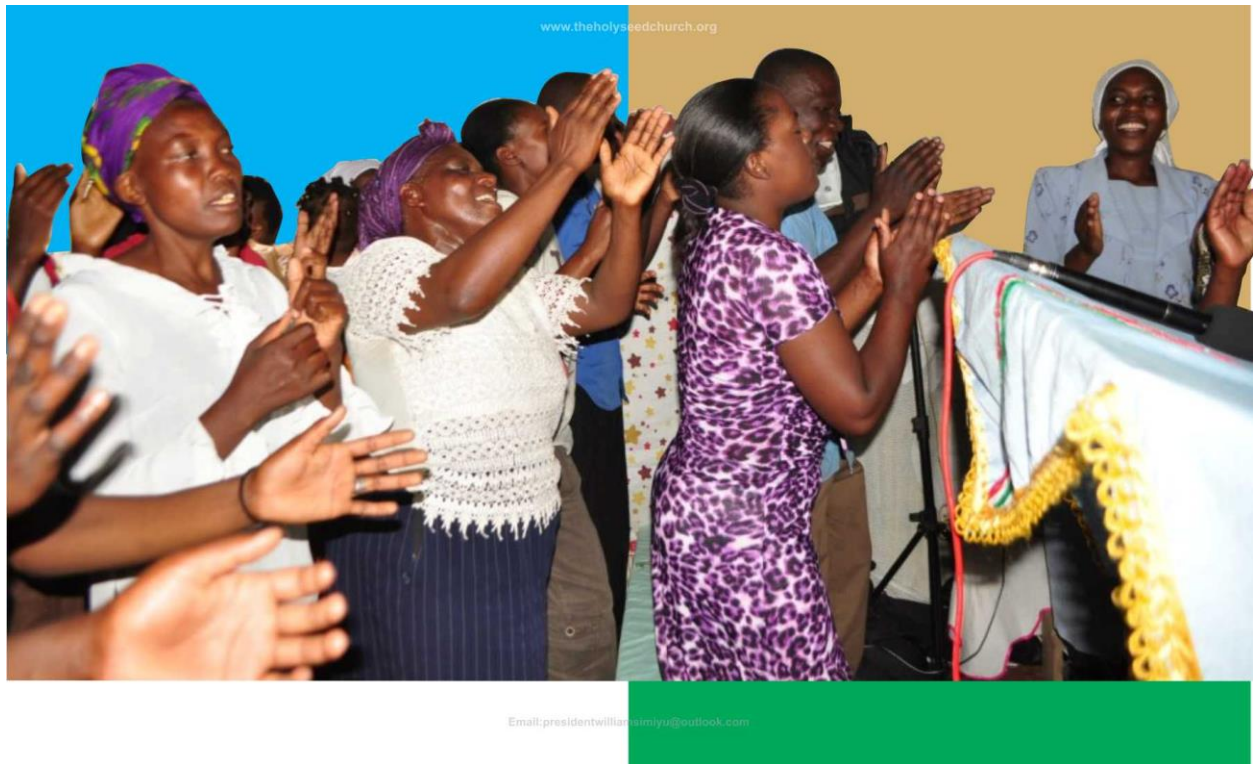
You can sustain yourself from being:

- (1) Extreme tension between you and your parents
- (2) Temper tantrums
- (3) Headaches
- (4) Avoiding being with other people
- (5) Frequent stomach knots or pains
- (6) Problems with your peers
- (7) Nightmares
- (8) Too much sleep

(9) Too little sleep

(10) Declining interest in enjoyable activities

(11) Attempting to escape your problems through music, movies, and TV, or drugs, sex, alcohol, or the occult. The only way to succeed you need to have small business or get certified with the situation regardless of environment you are staying in. PHILIPPIANS 4:4-9 For more information how to clear stress visit our page of the holy seed church on facebook and www.theholyseedchurch.org



HOW TO ABSTAIN FROM SEX EZEKIEL 16:1-63

God created sex. And God never makes a mistake. Let's find out more about sex in the following conversation between Nangila (a teenage girl) and God

Nangila: It seems like you're so strict about my sexuality, God. Don't you want me to enjoy myself?

God: It may seem like I'm strict, but actually my teachings on sexuality are based in love, and they're designed to be the best for you. After all, I made you in the first place. And I also made sex. I gave it as a gift to you and the rest of humanity as a powerful expression of love and life that you could share with each other. But because I made sex so powerful, it's important that you follow my directions in using it. Otherwise it can cause a lot of problems.

Nangila : Like what kind of problems?

God: Look at what you have today from misusing your sexuality: unwanted pregnancies, divorce, diseases, AIDS, abortion. None of those were part of my plan for the gift of sexuality I gave to humanity. These are the result of humanity's misusing the gift.

Nangila: Well, you know how difficult it is today. I mean, everywhere you look someone's telling you to have sex.

God: I know. Many people use it to sell things. Their greed leads them to abuse sexuality for these purposes. They use your sexual impulses to sell you cars, alcohol, perfume, and more. But the plan I gave you for sexuality is free. It can't be sold. And that's why greedy people aren't interested in promoting it.

Nangila: But what if I really love the guy I want to have sex with?

God: I know how strong your emotions can be for another person. But you have to use your intellect as well to balance your emotions and physical desire. If you really love a person, then you'll want what's best for him, instead of what's most physically or emotionally satisfying for you. But Besides, you may think you love your boyfriend, but sometimes you can be blinded by mere infatuation, My plan for discovering true love is that you explore the other parts of your relationship-your personalities, likes, and dislikes.

This part of the relationship is the most important part, because this is what lasts for a lifetimes. The physical part of love is important as well, but when it's developed too early, it overpowers the other parts of a relationship. You end up using a person for his or her body instead of really getting to know the person's heart and mind.

Nangila: But some of my friends tell me that sex brought them closer to their boyfriends.

God: That's only because I put a special bonding mechanism in sex, But this was meant to keep married people together, not people who are just dating. Sex, as I planned it, creates an automatic bonding that says, "I give all of myself to you, unconditionally, forever," I made it that way to strengthen the bond in marriage. But when you're not married, really can't make that "forever" commitment, which means your bodies are lying to each other when you have sex. And unfortunately, that leads to big problems later on.

Nangila: Like what?

God: well, once you've bonded to a number of different people through sex, and that bond has been broken because your relationships with those people ended, you often find that you can no longer bond as well. Your ability to stay loyal has been weakened. That's one reason there is so much divorce nowadays. people come into marriage unable to stay committed because they've been with so many other people already. When things get tough, their life pattern tells them to just move on to the next person.

Nangila: That makes sense, Lord. It's just so hard when your friends are pressuring you to prove yourself by sleeping with someone.

God: Maybe you need to find some new friends. Real friends. Sex has nothing to do nothing to do with proving yourself - unless you're an animal. But you're not. I set up human sexuality very differently from animal sexuality.

Animals can't control their sexuality; they follow their natural instincts. But I gave humans free will, and that means you controls your sexuality. If you don't control your sexuality, it controls you-and you end up worse than animals.

Nangila: Lord, I'm confused about why we have all these sexual urges in the first place. Why would you give me these sexual attractions if you didn't want me to act on them? God I gave you many urges and drives. The drive to eat. The need to sleep. Each of your urge serves a purpose in my love for you, but each must be controlled. If you eat too much, you can become overweight. If you sleep too much, you can get lazy. Your sexual energy must be controlled as well. That's why I give you all these sexual urges at such a young age.

Nangila: Teach me how to control?

God: Exactly. Through puberty, I give your mind and intellect a wonderful crash course in learning how to control your body. If you follow my plan to the best of your ability puberty leads you to the virtues or responsibility, maturity, and self-control. And do you know why I want you to learn those virtues at this stage in your life

Nangila: Why, Lord? **God:** Because you're almost an adult! And in order to really succeed in life, you need maturity and self-control. During puberty your body is maturing so quickly that it force your mind to mature as well, and that's how I make a real adult out of you. That's why it's so important not to let your sexual desires overrule your mind, because that can stunt your maturity. That's one reason why some adults still act like children who can't control themselves.

Nangila: Well, Lord, you do make a lot of sense. And I know you know what's best for me. But it's going to be difficult.

God: Nangila it's very difficult. And that's why you need me. Don't forget that I'm there to help, and I'm there to pick you back up if you fall.

Nangila: Thanks, Lord.

God: And Nangila, remember that you and most other guys out there would much rather marry a virgin than a girl who's slept with a bunch of other guys. Because you know that boy has kept himself pure for you. So if you really love a boy, defend his purity. She'll thank you for it some day. And so will I. Sexuality is a great gift, and I want you and your future husband to get the most out of it. So open the gift when all other wedding presents are meant to be opened-after the wedding.

The Christian life is like a war.

Our enemy Satan wants to attack us, both from outside and from inside ourselves. Let's think about every weapon and piece of armor that apostle Paul writes about. Then let's pray that we will learn to use each piece well, for the glory of God, as we come up against our daily trials. Even though apostle Paul had been put in jail for his beliefs, he had strength and wisdom from God, and stayed cheerful and positive about what he was going through. He did some of his greatest writing in chains. Let's remember apostle Paul as our example when we suffer in this life.



WILL MARRIAGE WORK IN TODAY'S WORLD?

What does the Bible says about sex?

God always speaks favorably about sex when it's within marriage. But God labels all sexual conduct outside of marriage as sin. The apostle Paul wrote:

(1) Don't you know that evil people won't have a share in the blessing of God's kingdom? Don't fool yourselves! No one who is immoral or worships idols or is unfaithful in marriage or is a pervert or behaves like a homosexual will share in God's kingdom.

(2) Don't be immoral in matters of sex. That is a sin against your own body in a way that no other sin is. Surely you know that you are a temple where the Holy Spirit lives. The Spirit is in you and is a gift from God. You are no longer your own. God paid a great price for you. So use your body to honor God. That sounds pretty harsh by today's standards. But the message is clear: God doesn't want us messing around with sex outside of marriage. Marriage will work in today's world only if you can listen the voice of our parents. As we get advice from them and the church elders, we can make a strong marriage in our life. God will bless your marriage.

TEENAGERS YOU CAN MAKE A HAPPY MARRIAGE

How can I find friends who like me for who I am?

One thing is for sure: you won't make true friends by letting down your values or by going along with the crowd. Sure, you'll get some attention for a while that way. But not for long, and the attention you get won't make you feel great about yourself. Nowadays, people respect someone who dares to "go against the flow."

Where Can I Meet Friends?

New friends might be just about anywhere! you usually make your closest friends where you spend most of your time. here are some tips: School, work, sports teams or events, and church activities are some possibilities. Go where the kind of friends you want hang out: Christian concerts, working with the church youth group, missions trips, or just goofing off together. Remember : new friends aren't just going to arrive at your door. You have to go out and meet them. So if you're just locking yourself into a place in front of the TV, you might as well go out and buy an inflatable friend, prop it up in the corner, and pretend "he" or "she" is your best friend. The real people aren't on TV; they're outside waiting for you

Be a bit bold. Don't be shy about saying hello to new people at school or church. If the person turns down your attention, just move on to someone else. Let your friendship grow and multiply. Don't take advantage of your friends, but allow them to introduce you to their friends. Do the same for them. The old saying is true: "To have a friend you must be a friend." Take an interest in your friends. Let them know that they're important to you. Send a card or a note of encouragement once in a while. Most everybody loves to get mail, especially when it's telling them that they matter to someone else. Tell your friends why you admire or appreciate them. Don't flatter, just be yourself. Be a friend. Most important, make sure Jesus is in charge of your friendships. Keep first. Look at Matthew 6:25-34 and check out your priorities as you read. Remember to be perfect just as your Father in heaven is perfect. Let the Holy Spirit guide you to choose but not the person. Psalms 127

Jesus Christ is both true man and true God. During his life on earth, we can see that as a person, Jesus was like us in everything except sin (HEBREWS 4:15). He cried; he was tempted; he experienced hunger, thirst, and tremendous physical pain; he even felt the loneliness and frustration of being abandoned by his

best friends. Jesus became a complete person so that he could become fully one with us in our human existence (PHILIPPIANS 2:6-7). But at the same time, Jesus is the Son of God. He allowed himself to be worshiped as God, something no other Jewish person would dream of doing. When Thomas said to Jesus, "You are my Lord and my God!" (John 20:28), Jesus did not say, "No, Thomas, don't call me that." Jesus accepted Thomas's worship.

Some people want to think of Jesus as merely great moral teacher. but Jesus did not stop there. He said he was the Son of God many times (for an example, see Matthew 26:63-64), and he even made himself equal to God the Father (John 10:30). And he could not have been a "great moral teacher" if he was lying or even crazy. Jesus said, "I am the way, the truth, and the life! Without me, no one can go to the Father" (John 14:6). That's because he and God the Father and God the Holy Spirit are actually three persons united in one God. That is why we call God the "Holy Trinity" (trinity means "three").

You love me. And you want to show it. So you say it- with a word. The love you have exists inside of you, but if you want to express it to me, you have to transfer it from your mind and heart into words or actions. That way your love enters the physical world. God loves you. And God wants to show it-with a word. The love that God has for is expressed in the Son of God, Jesus Christ. He's God's love made into human form. In Jesus, the mind and heart of God are placed right before our very eyes. We need only open our eyes to see how beautiful they really are.



HANG AROUND WITH THE RIGHT CROWD.

Apostle Paul does not pull any punches when he warns us, "Don't fool yourselves . Bad friends will destroy you" (1 Corinthians 15:33). The people we're hanging out with are going to have an impact on us- for better or worse. That's why it's great to hang around other serious Christians. They'll help lift us up, rather than pull us down. Also, if we're part of a Christian group, we can get positive peer pressure working for us.

SEE BEAUTY, NOT LUST.

It's not necessarily wrong to think, " Wow, what a cute guy (or girl)!" when you see an attractive person. After all, God made the person beautiful. But when we begin undressing that person in our minds, then our admiration has turned to lust. Jesus himself warned us that these thoughts-if uncontrolled-are almost as bad as physically committing the sexual acts we're imagining (Matthew 5:28). So keep your thoughts clean by acknowledging beauty where you see it, and then respecting it by seeing it in the pure way that God sees it.

KEEP YOUR MOUTH CLEAN.

One of the better results of the "sexual revolution" is that we now talk more openly about sex. But hey, don't cheapen God's beautiful gift of sexuality by talking about sex in an obscene or profane way-you know, dirty jokes and suggestive remarks. It's not wrong to talk about sex. Just be sure that your word honoring to God who created the whole idea.

DRESS FOR SUCCESS... NOT DISTRESS.

Your personal appearance makes a statement. You can represent the Lord well by dressing attractively and modestly Or, you can transmit sexual signals that attract members of the opposite sex to your body. Take a good look in a mirror and ask yourself, "What message am I transmitting by my appearance?" If the message is not one that would please God, it's time to change your "look."

JUST DO IT (STAY BUSY).

What we do with our time can either make or break us. Remember King David? He had a sexual affair with Bathsheba when most of his best buddies were on the battlefield. He let down his guard and he lost his own battle against lust. The same thing could happen to us, if we're not wise. Don't get lazy or bored. Keep busy doing things for God other, and you won't have time to fall into selfish desires that lead to sin.

FILL YOUR ENGINE WITH GOOD GAS SO IT WILL RUN CLEAN.

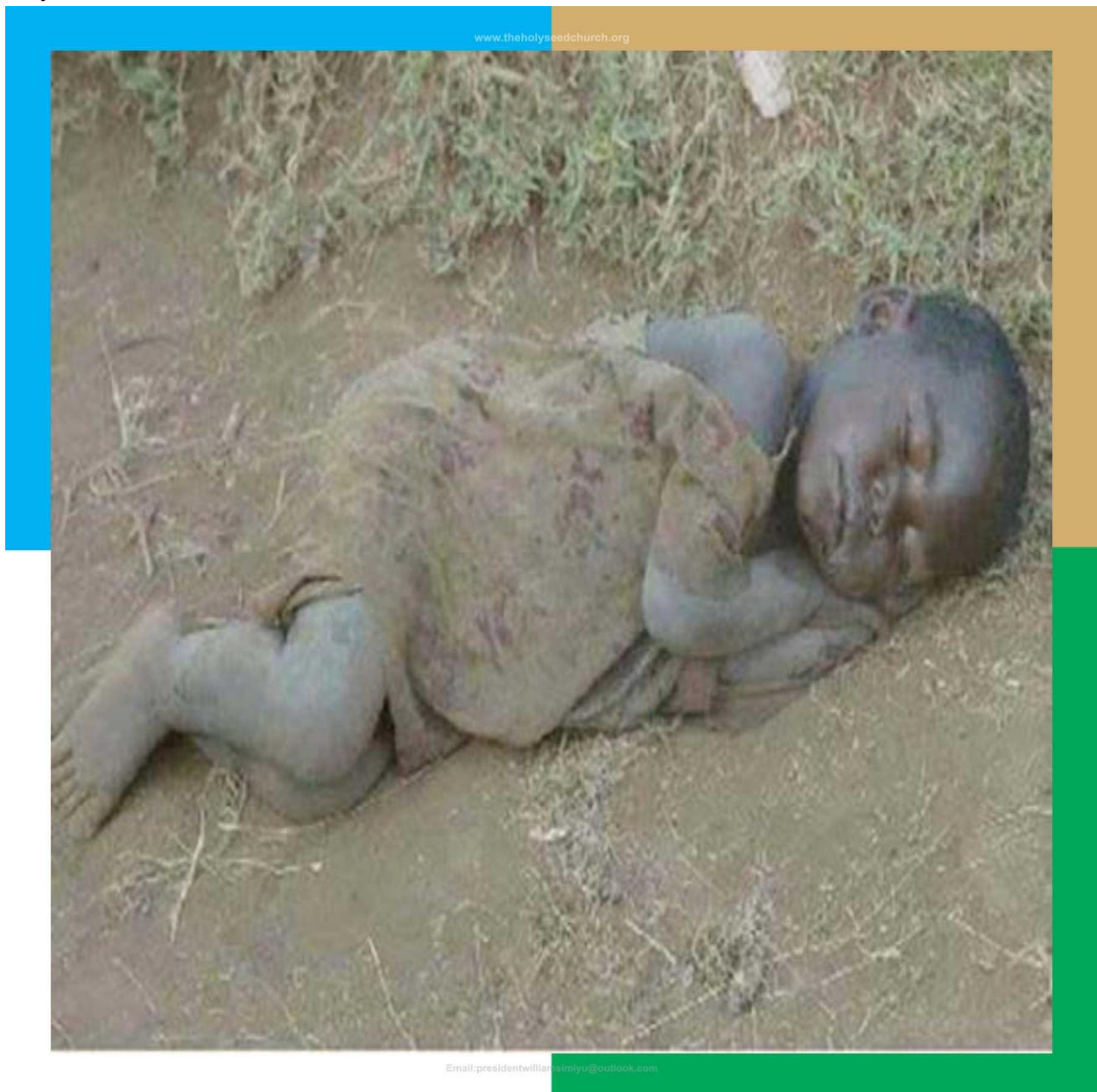
Choosing carefully what movies, videos, TV programs, magazines and music we expose ourselves to is important. Watching sexy movies and reading sexy magazines aren't the greatest ways to resist sexual temptation, because what goes into us will eventually come out of us!

We should instead fill our minds on whatever is true, and pure. Apostle Paul said, "Keep your minds on whatever is true. pure, right , holy, friendly, and proper. Don't ever stop thinking about what's truly worthwhile and worthy of praise" (Philippians 4:8).

PET YOUR DOG, NOT YOUR DATE!

We hardly talk about petting nowadays. Today, it's more like advanced mauling! Petting could be defined as "any intimate sex play short of sexual union." This includes any physical activity that is meant to excite sexual passion in another person. The Bible says, "If you carry burning coals, you burn your feet" (Proverbs 6:27-28). The same goes for petting. Once you get the fires hot, you're almost sure to get burned!

So boys, if he puts his hands on your body where you know he shouldn't be, gently, but firmly move them away. You don't need to bite him, slam his hand in the car door, or stick his finger in an electric socket. Just move his hands. He'll get the hint. IF he doesn't, punch him! (Just kidding. Just don't go out with him again.) The same goes for guys. If a boy makes sexual advances toward you, be woman enough to put a stop to it. Cool off, and refocus your energy into learning more about your date's mind than his or her body.

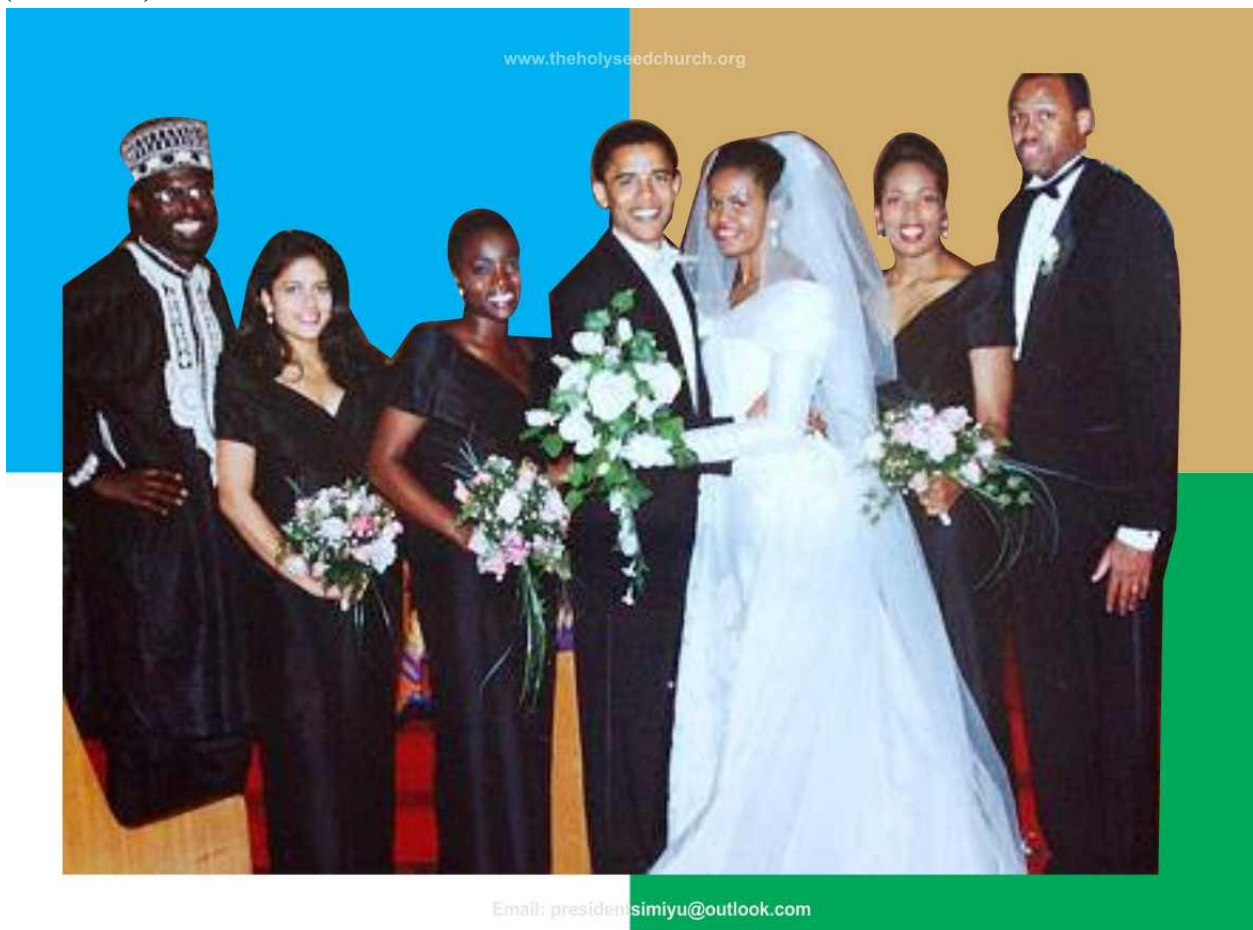


PICK THE RIGHT LOCATIONS FOR YOUR DATES.

Lovers' Point is not the best place to retain your virginity. But too often, we don't plan ahead and we end up in compromising situations, doing things we hadn't planned on doing. No plan is a dab plan. So decide before your date where you're going, and choose places where you won't be tempted to go too far. For example, don't lie down on the floor together watch TV when no one else is around.

Plan your dates with other couples, and pick activities that involve action and dialogue-like dancing or games or sports. These kind of activities leave a good taste in your mouth, because you've had fun without compromising your values or turning your back on God.

GOD CREATED MARRIAGE. SO, LIKE EVERYTHING ELSE GOD CREATED, MARRIAGE IS HOLY. ALL OUR PROMISES ARE SERIOUS, BUT THERE IS NO PROMISE ON EARTH MORE SERIOUS THAN THE PROMISE WE MAKE WHEN WE MARRY. WHEN WE BREAK OUR PROMISES TO BE FAITHFUL TO OUR WIVES OR HUSBANDS, WE ARE BREAKING A VOW WE MADE BEFORE GOD. GOD CARES ABOUT THE PEOPLE WE HURT, AND HE WILL JUDGE US FOR HURTING THOSE LOVED ONES WHO TRUSTED US. JESUS ISN'T SAYING THAT SEXUAL DESIRE IS EVIL, BUT JUST AS WILLING HARM TO SOMEONE BY HATE IS A KIND OF MURDER (VERSE 22), SO WILLING TO COMMIT ADULTERY (LUSTING) IS A KIND OF ADULTERY. MATHEW 5:27-30



What is chastity?

Chastity is sexual self-control. It's saving sex for marriage and being faithful to your husband or spouse in marriage. It's God's plan for real, health, happiness, and success!

TRUE LOVE

chastity helps express our love, affection, and sexuality in ways that lead us to give and receive true love. Limiting our physical sexual expressions in a dating relationship allows us time to develop other important aspects of the relationship through talking, listening, and sharing. Many couples have explored each other's bodies, but have never gotten to know each other. It's almost a rule: The more physical your relationship before marriage, the less real communication and the less you really know each other.

SELF-CONTROL=SUCCESS

Learning self-control is an important lesson in life. Self-control helps us overcome selfishness, and helps us focus more on the concerns of others. This not only makes us more likable people; it also enables us to be more like Christ and reach out to others in need. Self-control leads to responsibility and commitment, which are important for our success as adults. And self-control also gives us a healthy sense of self-esteem, because we recognize our ability to "overcome" personal challenges.

CHASTITY OUT OF MARRIAGE=SUCCESS IN MARRIAGE

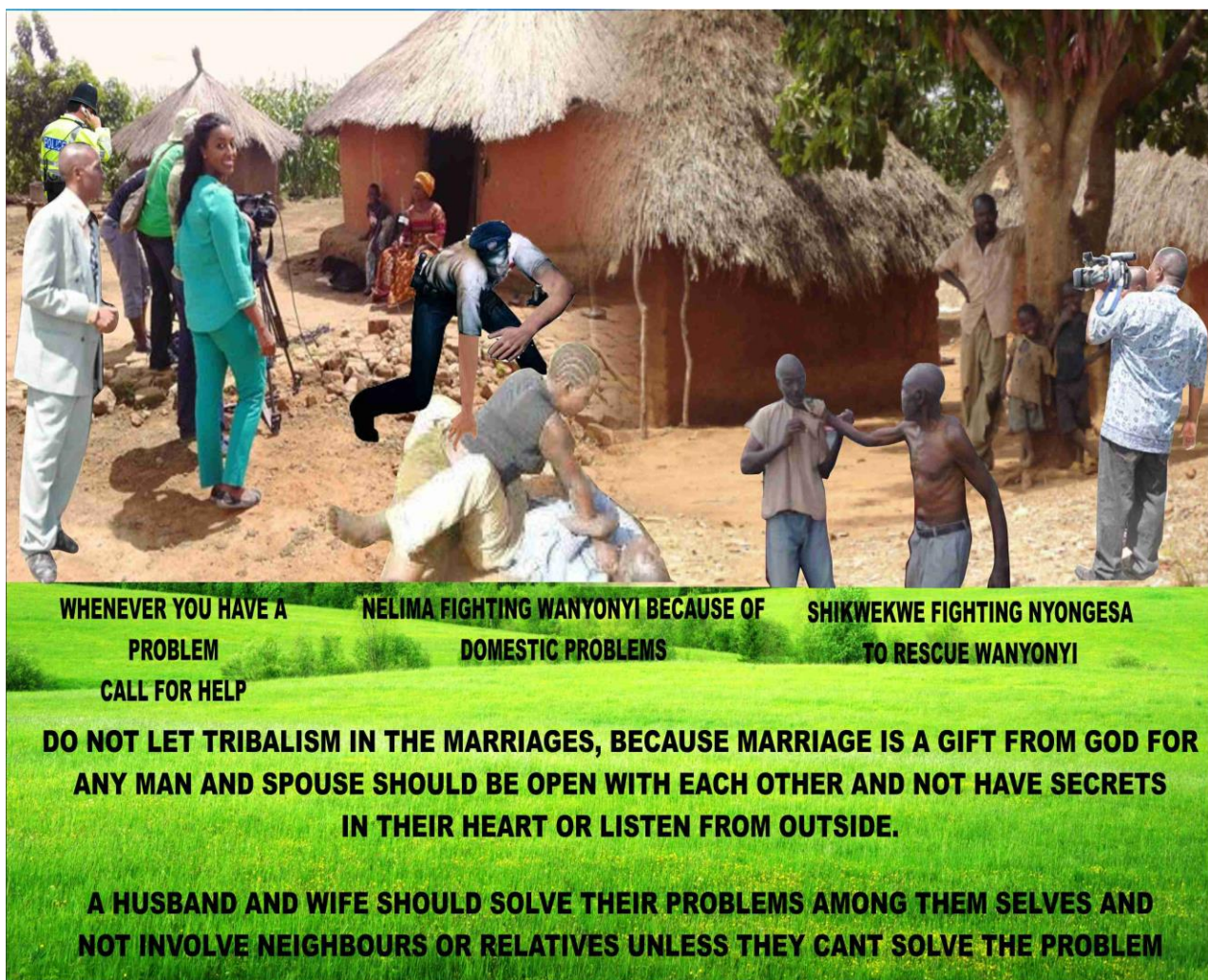
Studies show that people who practice chastity before marriage are statistically more successful in marriage. In other words, there are fewer cases of divorce, sexual abuse, and adultery in marriages of persons who remained chaste before marriage. Why? Because chastity is sexual self-control. And if one learns sexual self-control out of marriage, one will be able to practice it within marriage as well! Then sex within marriage becomes a beautiful part of living out the sacrament of love between two spouses.

HEALTHY AND HAPPINESS

Chastity is effective in preventing dangerous, sometimes deadly, sexually transmitted diseases and unwanted pregnancies. Chastity has no negative side effects, is 100 percent pure, and costs nothing. Chastity is God's plan for healthy and happiness.

A CLEAR CONSCIENCE

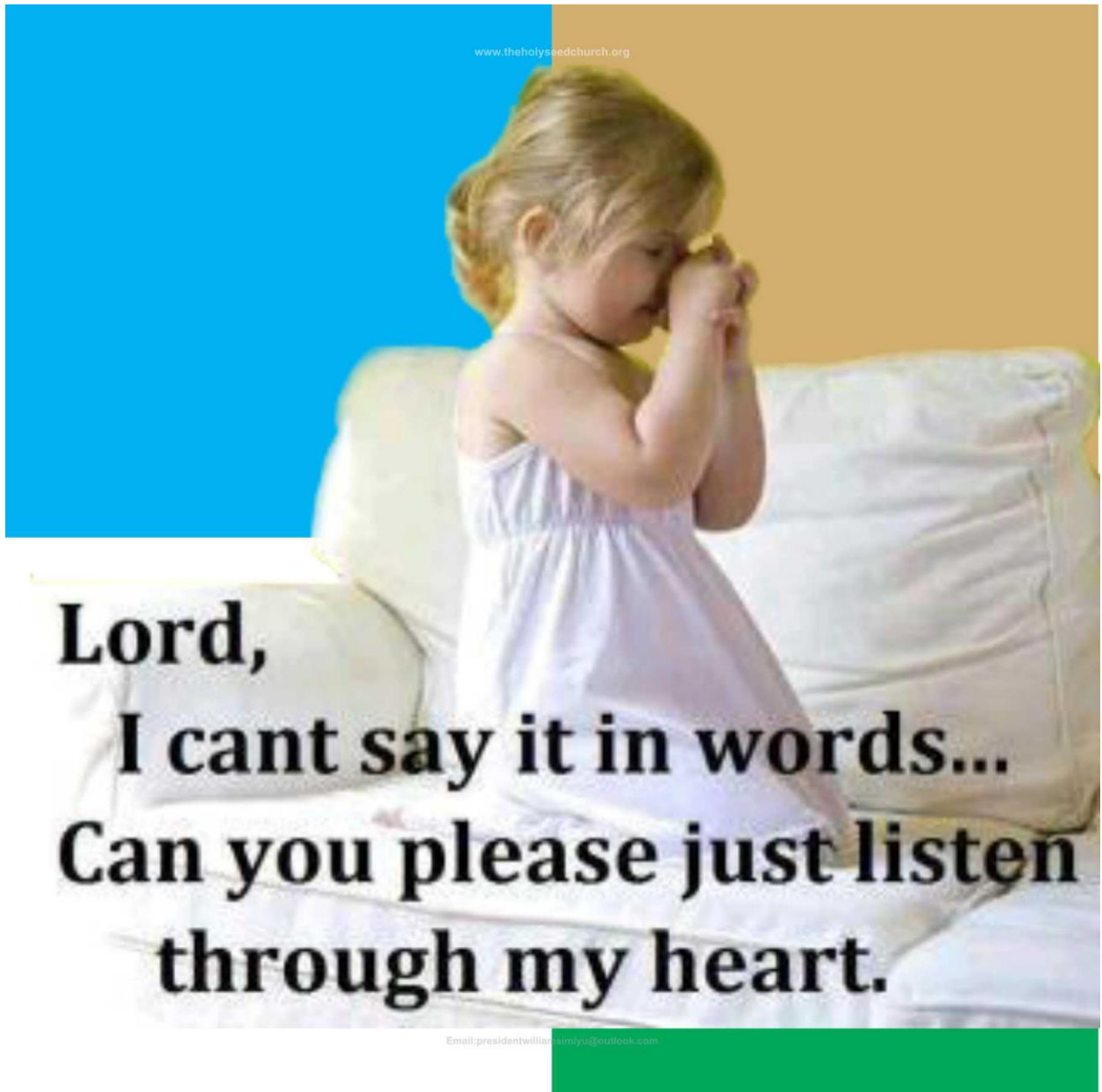
Even though our society may say it's okay to have premarital sex, we still feel guilty when we do it because we know deep inside that God says sex outside of marriage is wrong. This guilt is our conscience speaking to us, and it can often affect us in negative ways when we don't deal with it by seeking forgiveness for our sins. And though God is always ready to forgive us, practicing chastity is a great way to avoid having to bear those feelings of guilt for sexual sin. Chastity helps us go home after a date and feel good about what we've done (or not done). It keeps our heart and mind pure so God can use us to do great things in this world! For both of us in God's hands we are safe! May God bless you all.



MAJOR PROBLEMS FACING MARRIAGES

(1) Money

Stress and fighting over money constitute one of the most oft-cited marriage problems that couples face. Generally speaking, when couples fight about money, their dispute is really symbolic of something different—power struggles, different values, or other issues that surround money. However, in tough economic times, financial stress can actually cause more general stress, and more conflict over things unrelated to money, as well as money-centered arguments. (For example, when one partner is extremely stressed about money, they may be less patient and more stressed in general; they may then pick fights with the other partner about unrelated things without even realizing it!)



(2) Children

The advent of children brings another potential source of marriage problems. Children are wonderful, and can bring wonderful and meaningful gifts into our lives. However, having children can bring additional stress into a marriage because the caretaking of children requires more responsibility as well as a change in roles, provides more fodder for disagreement and strain, and reduces the amount of time available to bond as a couple. This combination can test even the strongest of bonds. Teach children how they should live, and they will remember it all their lives. Proverbs 22:6. Children, you belong to the Lord, and you do the right thing when you obey your parents. The first commandment with a promise says, "Obey your father and your mother, and you will

have a long and happy life.”Parents, don’t be hard on your children. Raise them properly. Teach them and instruct them about the Lord. Ephesians 6:1-4

(3) Daily Stress

Daily stressors don’t need to equal marriage problems, but they can exacerbate problems that already exist. As with financial stress, general daily stress can test patience and optimism, leaving couples with less to give to one another emotionally.

(4) Busy Schedules

Marriage problems can result from overly-busy schedules for a few reasons. First, couples who are very busy may find themselves generally stressed as well, especially if they’re not taking care of themselves with quality sleep and good nutrition. Additionally, they may find themselves less connected because they have less time to spend together, and more separateness in their lives. Finally, if they don’t work together as a team (even if their responsibilities are completely separate, if they don’t coordinate to cover all responsibilities well), they may find themselves fighting over who’s taking care of which household and social responsibilities. Again, while busy schedules don’t automatically lead to marriage problems, they do present a challenge that needs to be worked through.

(5) Poor Communication

Perhaps the biggest predictor of marriage problems is poor communication, or negative communication that belies damaging attitudes and dynamics within the relationship. Negative communication is so damaging, unhealthy communication can lead to major marriage problems.

(6) Bad Habits

Sometimes couples experience marriage problems that could be solved if the two could notice their habits and change them. People don’t always make a conscious decision to argue over petty things, nag and be critical, or leave messes for the other to clean, for example. People just get into negative patterns of relating, fall into lazy personal habits, or get into a rut that they perpetuate out of habit.

Happy are those who reject of evil people, who do not follow the example of sinners or join those who have no use for God. Instead, they find joy in obeying the Law of the LORD, and they study it day and night. They are like trees that grow beside a stream, that bear fruit at the right time, and whose leaves do not dry up. They succeed in everything they do. But evil people are not like this at all; they are like draw that the wind blows away. Sinners will be condemned by God and kept apart from God’s own people. The righteous are guided and protected by the LORD, but the evil are on the way to their doom. PSALMS 1:1-6.



In the same way you wives must submit to your husbands
So that if any of them do not believe God's word, your conduct will win them over to believe. It will not be necessary for you to say a word, because they will see how pure and reverent your conduct is. You should not use outward aids to make yourselves beautiful, such as the way you do your hair, or the jewellery you put on, or the dresses you wear. Instead, your beauty should consist of your true inner self, the ageless beauty of a gentle and quite spirit, which is of the greatest value in God's sight. For the devout women of the past who placed their hope in God used to make themselves beautiful by submitting to their husbands. Sarah was like that; she obeyed Abraham and called him her master. You are now her daughters if you do good and are not afraid of anything. In the same way you husbands must live with your wives with the proper understanding that they are weaker than you. Treat them with respect, because they also will receive, together with you, God's gift of life. Do this so that nothing will interfere with your prayers. 1 PETER 3:1-7.

Questions about marriage:

(1) Now I will answer the questions that you asked in your letter.

You asked, "Is it best for people not to marry?" Well, having your own husband or wife should keep you from doing something immoral. Husbands and wives should be fair with each other about having sex. A wife belongs to her husband instead of to herself, and a husband belongs to his wife instead of to himself. So don't refuse sex to each other, unless you agree not to have sex for a little while, in order to spend time in prayer. Then Satan won't be able to tempt you because of your lack of self-control. In my opinion that is what should be done, though I don't know of anything the LORD said about this matter. I wish that all of you were like me, but God has given different gifts to each of us. Here is my advice for people who have never been married and for widows. You should

stay single, just as I am. But if you don't have enough self-control, then go ahead and get married. After all, it is better to marry than to burn with desire.

(2) I don't know of anything else the Lord said about marriage.

All I can do is to give you my own advice. If your wife is not a follower of the Lord, but is willing to stay with you, don't divorce her. If your husband is not a follower, but is willing to stay with you, don't divorce him. Your husband or wife who is not a follower is made holy by having you as a mate. This also makes your children holy and keeps them from being unclean in God's sight. If your husband or wife is not a follower of the Lord and decides to divorce you, then you should agree to it. You are no longer bound to that person. After all, God chose you and wants you to live at peace. And besides, how do you know if you will be able to save your husband or wife who is not a follower?

(3) Honor Christ and put others first.

A wife should put her husband first, as she does the Lord. A husband is the head of his wife, as Christ is the head and the Savior of the church, which is his own body. Wives should always put their husbands first, as the church puts Christ first. A husband should love his wife as much as Christ loved the church and gave his life for it. He made the church holy by the power of his word, and he made it pure by washing it with water. Christ did this, so that he would have a glorious and holy church, without faults or spots or wrinkles or any other flaws. In the same way, a husband should love his wife as much as he loves himself. A husband who loves his wife shows that he loves himself. None of us hate our own bodies. We provide for them and take good care of them, just as Christ does for the church, because we are each part of his body. As the Scriptures say, "A man leaves his father and mother to get married, and he becomes like one person with his wife." This is a great mystery, but I understand it to mean Christ and his church. So each husband should love his wife as much as he loves himself, and each wife should respect her husband. Ephesians 5:21-33

God always cares everybody regardless of faith, but do not sin because you have bad motive to somebody in your life! You make yourself to have many people mistrust you, so you are likely to die at anytime. Wonders will never end, why do you stand against your brother or sister, and the word of God? HEBREWS 10:26 Please clear your bad motives in your heart. Then you will prosper in your life as you co-operate with everyone.

Thank you in advance for your understanding.

Yours faithful,

President William Simiyu
Founder of the holy seed church.

