

# KINGDOM



# M

*Life*  
NEWS

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## GOD WILL GIVE YOU *Rest*

DISEASE SCREENING

MARRIAGE TONIC **Part 3**

OVERCOMING NEGATIVE INFLUENCES

# GOD WILL GIVE YOU *Rest*

**Rev. Dr. Matthew Awujoola**  
President, Lagos East Baptist Conference



**R**est is a highly desired precious commodity in life. Rest is that state of the mind that you have peace within. You are unruffled by what happens around you. All of us love that experience of internal tranquillity. Life becomes worthless and tasteless when though surrounded by wealth when there is no inner peace.

In II Samuel 7:1, we have a beautiful example of David experience of rest. "After the king was settled in his palace and the LORD had given him rest from all his enemies around him," (NIV). David was able to achieve because he has rest. His thought becomes functional, productive and progressive because he enjoys peace of mind. He could not get himself a good house or think about building for God all those years he was surrounded by wars.



In a troubled world that we are in. In a world where wickedness is daily on the increase. In a world where you only know who you love and are oblivion of who hates you. Where do you get rest from?

In Matthew 11:28 Jesus boldly tells us who can guarantee our rest. He said, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (NIV). Above all things, rest comes from knowing God.

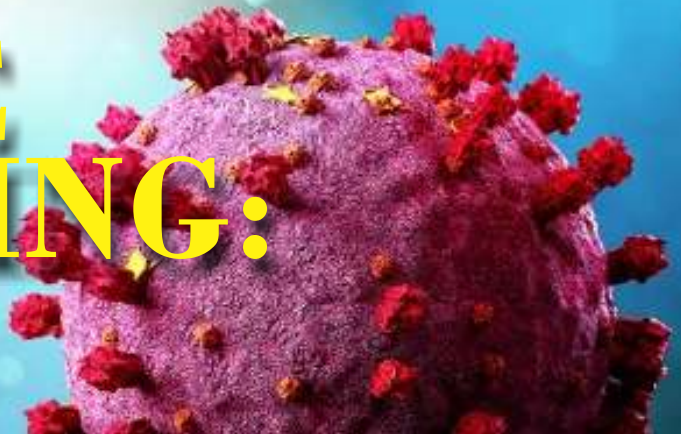
Also, rest comes from having faith in the power and promise of God. Whatever He says He will do. God has all it takes and more to keep His promises to you. Just trust Him for His words.

Just like the refrain of the popular hymn reiterates, "Trust and obey, for there's no other way. To be happy in Jesus, but to trust and obey."

My utmost deep heart prayer for you in the rest of this year is that God will give you 360-degree rest from all your enemies. Whatever that enemy may be that you are struggling with, God will give you rest from them all this month in the name of Jesus.

# DISEASE SCREENING:

## AN OVERVIEW (PART 1)



### Introduction

Screening test is done to detect potential health disorders or diseases in people who do not have any symptoms of disease. It refers to the use of simple tests across a healthy population to identify individuals who have a disease, but do not yet have its manifestation. The main difference between a screening and diagnostic test is the purpose of the test. Screening tests are primarily used for early detection of disease or risk factors whereas diagnostic tests are used to establish the presence or absence of disease.

Undergoing health screening is highly recommended to prevent the development of certain diseases and in some cases, prevent medical conditions from worsening by having them diagnosed while they are on their early stages.

### What are the benefits of screening?

1. Early identification of a condition
2. Reduce the chance of developing a serious condition or its complications
3. Cost savings
4. Promote overall well being
5. Reduce anxiety about the individual's health condition.

The various methods of screening include the following:

1. **General Physical Examination:** This includes height and weight measurement, blood pressure check.
2. **Radiological Investigations:** Tools like x-rays, mammograms, MRI, CT and Ultrasound scans are used to identify abnormalities in the organs and tissues of the body.

3. **Genetic Tests:** These tests are done to identify persons at risk of genetic or hereditary diseases.
4. **Laboratory Tests:** Blood, urine, stool or other body tissue samples are tested for indicators of diseases.
5. **Use Questionnaires or Health Surveys:** This can be used to screen for mental health conditions such as depression.

Health screenings are recommended for people of all ages, including those who:

1. Have a family history of chronic disease for example cancer, hypertension or diabetes
2. Are overweight or obese.
3. Smoke, take alcohol or have other unhealthy habits.
4. Experience persistent symptoms or some other health concerns.
5. Have not had a comprehensive or wellness check in the last one year.

In summary, screening is a valuable tool for maintaining good health, it is essential for promoting proactive health care.

In the next session we shall further discuss on some of the specific diseases and their recommended screening tests.

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2. Bell NR, Grad R, Dickinson JA, Singh H, Moore AE, Kasperavicius D, Kretschmer KL. Better decision making in preventive health screening: Balancing benefits and harms. *Canadian Family Physician*. 2017 Jul 1;63(7):521-4.

# MARRIAGE TONIC

## YOUR SPOUSE DESERVES THE BEST FROM YOU

Rev'd. James Tayo Oladokun  
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**Preamble:** Welcome to the concluding part of this piece. In the previous publications, we started to look at how you can give the BEST to your spouse. We were able to look at the priority that God places on marriage institution. We noted this in Dt 24:5, wherein God said that any recently married man is exempted from any business including military assignment even when war broke out. He is to bring happiness to his wife for a whole year. This underscores the premium that God places on marriage. We also noted that even if marriage is made in heaven, its maintenances occur in earthly settings which require adequate knowledge. We have looked at the B aspect of BEST which is **Bless**. This must be the daily activity in our homes. **E = Edifying**, which is the aspect of building each other's up. **S = Sharing** – This is the giving aspect of marriage. Here we are encouraged to share time, body, aspirations, resources, interests, concerns, experiences etc. together so as to be able to create the bond that we need to function as husband and wife. The last one is T which stands for Touching.

**T = TOUCHING:** This is the most natural act in this world, and our need for it is more basic than our need for food or even sex. At birth, touch was our first line of communication. The cuddling and loving we received from our parents were necessary for our emotional development. Weave simple physical touch into the fabric of your daily life. For example, hold hands at the table while praying. Take some time for closeness early in the morning and snuggle together at night. Sit together on the same couch. Hug and kiss when you go your separate ways for

the day and do the same when you come together in the evening. As you do this habitually you will share the same good sensation of warmth, security and psychological satisfaction that



you felt in childhood when you were held close by your mother and your loved ones. However, many people have abuse touching in the sense that they only touch when they crave for coital intimacy.

**Reflection: What is the largest sense organ in our body?** You will observe that skin is the largest sense organ in our body. Why is this so? I believe God Himself knows that touching is our greatest need. Hence, He made it bountiful available.

Ø A tender touch tells the baby that he/ she is cared for. It calms our fears, soothe pains, brings us comfort, or give us blessed satisfaction of emotional security.

Ø As adults, it continues to be a primary means of communicating with those we love, whether we are conscious of it or not.

Ø Many couples today live as they are living in two separate continents without bridges or jet because of the absence of touch.

### FOUR WAYS OF TOUCHING:

**1. Touching - Physically:** Physical contact is essential in building the thrill of intimacy and kindling the flame of romantic love between husband and wife. Is this missing in your love life? Avoid two extremes in touching physically. Those who have abused touching

# MARRIAGE TONIC:

YOUR SPOUSE DESERVES THE BEST FROM YOU

during courtship. And those who enter marriage with the idea that touching is not spiritual – that he/she is not affectionate. Touch your spouse, after all, he/ she exclusively belongs to you. The Bible says, *“Enjoy life with your wife, whom you love, all the days of this meaningless life that God has given you under the sun— all your meaningless days. For this is your lot in life and in your toilsome labor under the sun”*. (Eccl 9:9). You can see from here that your spouse is giving for your enjoyment. It is surprising to hear that he/ she is only your portion here on earth. Every other thing we consider our portion is not so. May the Lord help you to understand and put this into practice for the rest of your sojourn here on earth. Amen.

## 2. Touching - Emotionally:

When we consider the complexities of emotional intimacy, we can understand why the Lord set aside the first year of marriage to develop the act. Creating emotional intimacy involves the meeting and merging of two different sets of emotions.

- Emotional intimacy begins when two people deliberately share the same world, not different world.
- Talking in private about private matters builds emotional intimacy as nothing else can.
- Intimacy can grow only in a place of safety. When husband and wife are afraid of hurt, rebuff, criticism and misunderstanding, they will find it difficult to touch and share freely.
- Drop honey, avoid pouring gall. Do away with criticism.
- Make daily deposit into your spouse EBA (Emotional Bank Account). How? Through building of trust, learning to forgive and so on and so forth.



– Do not let TV set and other information gargets like Android, Tablet or computer rob you of time to build intimacy.

**3. Touching - Mentally:** This level of intimacy involves coming to an agreement about all the important issues that determine the direction of your life. It requires practice in making intelligent plans for your lifestyle and the well-being of your family. It also includes developing mental alertness of your spouse by reading books together. Take I.Q. test together. Create puzzles for your spouse to solve like Samson of old (Judges 14:12f).

**4. Touching- Spiritually** – Apostle Jude in verse 20 has this to say. *“But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit”*.

Touching spiritually fulfill this admonition. Engage in spiritual things together. Such as studying or listening to Bible together, attend retreat together and by praying together.

**CONCLUSION:** The first people to touch are your immediate family members. It is only then you can touch the world outside you. To do all of these, you will first need the touch of your

Maker- Jesus. It is only then that your touch will carry life. Jesus is willing to touch you also today (Mt 8:2-3). He alone I know has capacity to give the BEST at every occasion like He did at the wedding at Cana in Galilee where He reserved the best for the last (**John 2:1-11**).

Will you like to join me to sing this chorus as a form of prayer? *“All I need is the touch of Jesus; all I need is the touch of God /2x”*. What brings down God's kingdom is a gentle touch of love. Go and touch the world around you beginning with your spouse.



# A MINE OF DIAMOND OR A BOMB TO DESTROY?

The worth of a boy transcends mere dollars and cents. He's a potential powerhouse, a wellspring of creativity, leadership, and strength, but this potential can be channeled for good or ill, depending on the influences that shape him during his formative years. The community where he lives, the friends he grew up with, the family he grew up with etc. are all a channel of influence on him.

The poem "Worth of a Boy" paints a vivid picture.

A boy, a 'mine of diamonds', could become a leader, an innovator, a pillar of his community. However, if left to negative influences, 'the devil, the world, and flesh,' he risks becoming a "bomb to destroy," a source of pain and division.

The answer lies in who gets to the boy first – The Devil or the Church? We must counter negativity with a powerful force for good. Churches, communities, and individuals all have a role to play.

The Bible offers timeless wisdom on shaping young hearts and minds. Proverbs 22:6: "Train up a child in the way he should go, and when he is old, he will not depart from it."

The Message version reads "**Point your kids in the right direction — when they're old they won't be lost**". We are called to be stewards, nurturing these "mines of diamonds" helping them become men that God intend them to be. However, the devil, the world, and the flesh, as Ephesians 6:12 reminds us, are ever-present temptations.

## Building on the Rock: Biblical Values for Young Men

The Bible provides the foundation for shaping "real men" — men rooted in faith and guided by God's word.

- **Responsibility:** Like David, entrusted with his father's sheep and then a kingdom (1 Samuel 16–17), boys must learn responsibility. They are accountable to God, their families, and their communities.

- **Compassion:** Jesus himself embodied compassion, healing the sick and teaching forgiveness (Matthew 9:35–36). Boys should be encouraged to see others through God's eyes, to show kindness, and to stand up for the vulnerable.

- **Integrity:** Proverbs 11:3 states, "The integrity of the upright guides them, but the crookedness of the treacherous destroys them." Boys need to develop a strong moral compass, based on God's principles, to navigate life's challenges with honesty and integrity.

- **Work Ethic:** The Parable of the Talents (Matthew 25:14–30) teaches the importance of using our God-given gifts. A strong work ethic honors God and allows boys to develop their potential and contribute meaningfully to the world.

- **Resilience:** Joseph in Genesis 50:20 said, "As far as I am concerned, God turned into good what you meant for evil. He brought me to the high position I have today so I could save the lives of many people." He faced numerous challenges, including being sold into slavery by his brothers, false accusation and imprisonment yet, he bounced back refusing to let his circumstances define him because he knew what God said concerning his life since time immemorial. Boys need to be encouraged to build resilience in the face of challenges and circumstances.

- **Excellence:** In Daniel 6.3, "Daniel soon proved himself

more capable than all the other administrators and princes. Because of his great ability, the king made plans to place him over the entire empire." Daniel was a man who referenced God and stood out among his peers due to his exceptional ability. Like Daniel, boys need to shun mediocrity and be ready to learn, achieve and sustain excellence in what they do.



## Walking the Walk: Practical Steps Rooted in Faith

Our faith compels us to act – James 2:18-20

*But someone will say, "You have faith, and I have works." Show me your faith without [a]your works, and I will show you my faith by [b]my works. You believe that there is one God. You do well. Even the demons believe—and tremble! But do you want to know, O foolish man, that faith without works is dead?*

Here are some ways to integrate biblical values into your investment in boys:

- **Faith-Based Mentoring:** Many churches and religious organizations offer youth programs. Volunteer your time to mentor boys, integrating scripture and prayer into your interactions.

- **Bible Studies and Service Projects:** Start a Bible study group specifically for young men. Like the Berean Christians, combine scripture study with service projects that allow them to live out their faith in the community.

- **Family Devotions:** Make faith a cornerstone of family life. Hold regular devotions, integrating age-appropriate scripture readings and discussions about applying biblical principles to everyday life.

- **Be a Godly Role Model:** 1 Timothy 4:12 urges young men to be an example in speech, in conduct, in love, in faith, and in purity. Live a life that exemplifies Christian values, demonstrating the power of faith in action.

Boys learn by observing. Live a life that exemplifies the qualities you want to see in them — integrity, responsibility, and a commitment to making a positive difference.

Boys are not just potential — they are God's children, entrusted to our care. By nurturing their faith and instilling biblical values, we help them become "real men" — pillars of their communities, instruments of God's love, and beacons of hope for the future.

## Final word

The earlier the better. Young men are constantly facing these battles, and we must be on guard to help them win this battle.

*1 Peter 5:8 (CEV) Be on your guard and stay awake. Your enemy, the devil, is like a roaring lion, sneaking around to find someone to attack.*

## Amb. Pleni Adedayo Adedolapo

Anti-Social Vices Club Coordinator,  
Royal Ambassadors, Lagos East Baptist Conference

# LAGOS EAST BAPTIST CONFERENCE

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112th Convention in Session	April 26th - May 1st
LEBC WMU Annual Conference	May 10th
Faith of Our Fathers	May 29th
Youth Ushering-In	May 30th -31st
Annual Youth Week Celebration	June 1st - 7th
LEBC CED Congress	June 14th
Pastors' Ordination Service	July 19th
Deacons Retreat	July 25th-26th
BSF Refreshing 2025	August 5-9th
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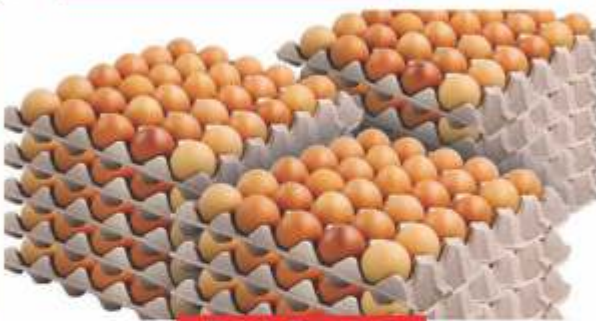
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*Bowen MFB Touching lives.....*

## EVENTS IN PICTURES



The Conference President of Plateau Conference, Rev. Dr. K.K. Saleh and LEBC representatives in Mangu during the Go-North Mission trip 2024.



Award of scholarship to vulnerable prospective SSCE NECOWAEC students.



Relief materials donated to the vulnerables orphans, widows, pastors and students at the IDP center in Mangu, Plateau State



Go North Mission back to school support at the IDP in Mangu, Plateau State



Kingdom Life Assembly (KLA) 2024



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