

She Is More Than Enough

— Walking in the Strength of a Proverbs 31 Woman

Who Is She?

She is you. She is the woman who rises before the sun, carries the weight of the world quietly, loves her family deeply, serves her community faithfully, and still finds time to seek God. She is not perfect — but she is purposeful. She is not without struggle — but she is not without strength. She is a woman of God, and she is more than enough.

□ Bible Reflection: The Woman Worth More Than Rubies (Proverbs 31:10–31)

In a world that constantly tells women they are too much or not enough, Proverbs 31 offers a timeless and breathtaking portrait of a woman whose value is not found in her appearance, her title, or the applause of others — but in her character, her faith, and the quiet power of her daily choices.

She wakes early. She works hard. She invests wisely. She speaks with wisdom and kindness. She cares for the poor. She clothes her household. She fears God above all else.

But here is what is most striking — she is not described as a woman who has it all together. She is described as a woman who is all in. All in for her family. All in for her community. All in for God.

This woman is not a standard to make you feel inadequate. She is a mirror to show you what is already inside you — courage, creativity, compassion, and calling.

You don't have to be flawless to be a Proverbs 31 woman. You just have to be faithful.

□ Memory Verse

“She is clothed with strength and dignity, and she laughs without fear of the future.”

— Proverbs 31:25

□ Key Lesson

Strength and femininity are not opposites — they are a divine combination. God designed you to be both tender and tenacious, both gentle and grounded. You do not need the world's validation to walk in your worth. Your value was established before you were born, and no season of life — no failure, no loss, no label — can take that from you. Rise, woman of God. You are clothed in more than you know.

□ Reflect & Discuss

1. Which quality of the Proverbs 31 woman resonates most deeply with where you are in life right now?
2. In what areas has the world's definition of womanhood made you feel less than?
3. How can you begin to see your daily responsibilities — home, work, church — as acts of worship rather than burden?
4. Who is a woman in your life who embodies Proverbs 31 strength? Have you ever told her?
5. What is one practical step you can take this month to invest in your spiritual and personal growth?

□ Heart Question

If God wrote a description of your life the way Proverbs 31 describes hers — what would He highlight about you? You may be surprised by what He already sees.

Words to Live By:

Worthy · Strong · Gracious · Purposeful · Faithful · Courageous · Dignified · Radiant · Grounded · Enough

To every woman reading this — you are seen, you are valued, and you are deeply loved. Keep going. Keep growing. Keep shining.

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Your body is a temple — *hydrate it with purpose.*

DRINK CONSISTENTLY
Sip water throughout the day. Don't wait until you're thirsty.
Dehydration can lead to fatigue, poor concentration, headaches, and even digestive issues. God provides what our bodies need — and water is one of His simplest, most powerful gifts.
Let us be **faithful stewards** by staying hydrated throughout the day.

CHOOSE WISELY
Water over sugary drinks. Nourish your body, not harm it.

LISTEN TO YOUR BODY
Thirst, dry lips, or fatigue are signs. Respond with care.

“Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.”

JOHN 4:14 • NIV

WHOLENESS IN CHRIST

LIGHT OF HOPE MINISTRIES

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Edition



LIGHT OF HOPE MINISTRIES

FREEDOM IN LOWLINESS

(HUMILITY AS THE PATHWAY TO DIVINE LIFTING)

Touching Lives Through Love and Light



FREEDOM IN LOWLINESS

Pastor Emmanuel Vaoga
Senior Pastor

Beloved in Christ,

This month, the Lord is calling us into a deeper walk with Him through humility. The Bible says in 1 Peter 5:6, “Humble yourselves therefore under the mighty hand of God, that He may exalt you in due time.” This is not just a suggestion, it is a pathway to true freedom and lifting.

In a world that celebrates pride and self-promotion, God teaches us a different way. True strength is found in surrender. When we humble ourselves, we allow God to take control of our lives. We stop striving and start trusting.

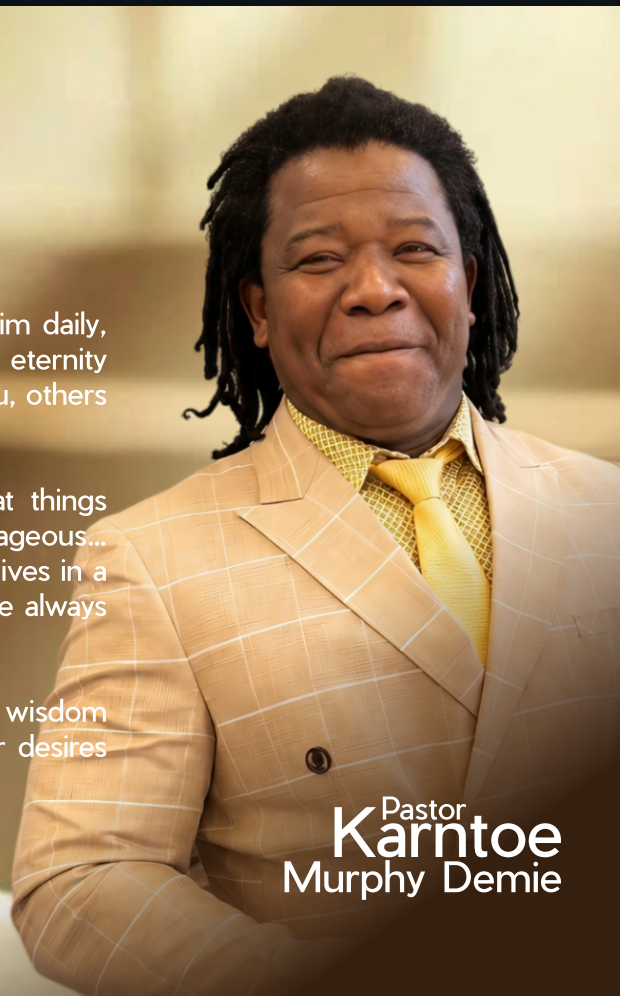
Lowliness is not weakness, it is wisdom. It is choosing to depend on God in every situation. It is casting all our cares on Him, knowing that He truly cares for us. When we do this, we experience peace, joy, and freedom in our hearts.

Do not rush your season. God’s timing is perfect. As you stay humble before Him, He will lift you up at the right time.

This month, choose humility. Walk in obedience. Trust His process.

Your lifting is coming.

God bless you.



The Godly Man

– Living with Purpose and Power
Welcome to this month’s Men’s Corner.

Every man should know God through His Word, obey Him daily, stay humble, guard his character, and love people. Keep eternity in view. You are created in God’s image, and through you, others can see His will in action.

God made you with purpose and strength to achieve great things according to His plan. As He told Joshua, “Be strong and courageous... do not turn from the law” (Joshua 1:7–9). When God’s Word lives in a man, his steps are guided by the Lord. Courage and obedience always work together.

Trust in the Lord with all your heart (Proverbs 3:5–6). Let His wisdom lead you. Delight yourself in Him (Psalm 37:4), and align your desires with His will.

Stay faithful. Let God lead the journey of your life. Amen.

Pastor Karntoe Murphy Demie



Bible Story: Jonah Runs Away

(Book of Jonah, Chapter 1)

Have you ever been asked to do something scary and wanted to run away? Jonah did — and God still loved him anyway!

God asked Jonah to go to the city of Nineveh and tell the people to stop doing wrong. But Jonah was scared and disobedient. He jumped on a boat going the opposite direction! A giant storm hit the sea. The waves crashed and roared. Jonah knew he had caused it by running from God. He told the sailors to throw him overboard — and the storm stopped instantly.

Then SPLASH! A huge fish swallowed Jonah whole. Inside the dark, smelly belly of the fish, Jonah finally prayed and told God he was sorry and ready to obey. God heard him! The fish swam to shore and — blorp! — spit Jonah out onto the sand. This time, Jonah obeyed. He went to Nineveh, the people listened, and God showed them mercy. Jonah learned: God never gives up on us.

Think About It

1. Why did Jonah run away from what God asked him to do?
2. What happened when Jonah disobeyed God?
3. How did God show kindness to Jonah and the people of Nineveh?
4. What can we learn from Jonah getting a second chance?
5. Can you think of a time you obeyed even when it felt hard?

Fun Question

If you were Jonah inside the big fish, what would you pray about? Talk about it with a friend or write it in your journal!

Words to Live By:
Obedient · Brave · Forgiveness · Grateful · Faithful · Trustworthy · Loved · Courageous · Second Chance




Who Are We?

Bock Gonkarnue

Light of Hope Ministries Youth is a vibrant, multicultural fellowship of young people growing together in faith, identity, and purpose. We believe every young person carries a calling — and we exist to help them discover it.

Bible Story: Joseph and the Dream That Would Not Die (Genesis 37–41)

Joseph was seventeen years old when God gave him a dream. It was big, bold, and almost unbelievable — even to his own family. His brothers laughed. Then they got angry. Then they threw him in a pit and sold him as a slave. But the dream didn’t die.

In Egypt, Joseph faced false accusations and ended up in prison — forgotten, overlooked, and far from home. It looked like everything was over. But God was still working.

Year after year, Joseph chose integrity over bitterness. He served faithfully wherever he was placed, even when no one was watching and no one was celebrating him. He didn’t give up on God — and God didn’t give up on him. Then one day, everything changed. Pharaoh had a dream no one could interpret. Someone remembered Joseph. He was brought from the prison to the palace — in a single day — and became second in command over all of Egypt. The same dream his brothers mocked became the very thing that saved a nation. Joseph’s story is a message to every young person: your gift will make room for

you. Your season of waiting is not wasted. God is preparing you for something greater than you can currently see.

Memory Verse

“For I know the plans I have for you, declares the Lord — plans to prosper you and not to harm you, plans to give you hope and a future.” — Jeremiah 29:11

Key Lesson

Purpose doesn’t always arrive on time — it arrives on God’s time. Like Joseph, you may be in a season that feels like a pit or a prison. But if you stay faithful, keep your character, and trust the God who gave you the dream, your moment will come. Don’t shrink. Don’t quit. Your generation needs what God put inside you.

Think About It

1. Has anyone ever doubted your potential or looked down on you because of your age or background?
2. How did Joseph maintain his character through betrayal and injustice?
3. What does faithfulness in small things look like in your daily life right now?
4. What dream or purpose do you believe God has placed in your heart?
5. How can your gifts serve not just yourself but your family, church, and community?

Real Talk Question

What is the one thing you feel God is calling you to do — but fear or doubt has been holding you back from? Write it down. Pray over it. Then take one step toward it this week.

Words to Live By:
Purposeful · Faithful · Bold · Resilient · Grounded · Visionary · Courageous · Authentic · Unstoppable · Called

At Light of Hope Ministries Youth, we believe every young person carries purpose — and we are committed to walking alongside you as you grow in faith, hope, and love.