



MAY
2026
Edition



**LIGHT OF
HOPE MINISTRIES**

BE THE
LIGHT IN YOUR
WORLD

“Let your light so shine...” – Matthew 5:16

HEALTH INTELLIGENCE • NO. 01

Your fork is either your medicine — or your *slow poison*.

Three times a day, every day, you make a quiet decision that accumulates into your future health. Processed food, excess sugar, and skipped meals don't announce their damage — they compound it silently into diabetes, hypertension, and obesity. The body keeps a ruthless ledger.



"Eat with intention. The body you inhabit tomorrow is being built by the choices on your plate today."

PREVENTION OVER CURE

AUSUNITYAID COMMUNITY HEALTH

WOMEN'S CORNER

“SHE RISES — SHE SHINES!”
Happy Mother's Day, Beautiful!

“She is worth far more than rubies.”

— Proverbs 31:10

To every woman in Light of Hope Ministries — this May, we celebrate YOU!

You are not just a woman — you are a **FORCE!**

☐ **MOTHER** — You carried life, shaped souls, and loved without limits. Heaven applauds you!

☐ **HOME BUILDER** — Behind every strong home stands a woman who prayed, sacrificed, and never quit!

☐ **COMMUNITY NURTURER** — Your kindness, wisdom, and strength hold families and communities together!

☐ **HELPER & BACKBONE** — You are God's greatest gift to your home — irreplaceable and priceless!

☐ **Virtuous woman** — **YOU ARE SEEN. YOU ARE CELEBRATED. YOU ARE LOVED!**

Happy Mother's Day from all of us!

CHURCH PROGRAMME

Saturday 2 May — Evangelism Seminar at Emmanuel's House. Come equipped, leave inspired.

Sunday 3 May — First Sunday: Holy Communion & Service. A sacred start to the month.

Sunday 10 May — Mother's Day Service at the New Venue. We honour the women who hold us together.

Sundays 17, 24 & 31 May — Regular Sunday Services, 10:00 am – 12:00 noon at Kurunjang Community Hub, 33 Mowbray Crescent.

Every Wednesday (6, 13, 20 & 27 May) at 13 Darlingsford Blvd, Melton:

• Prayer Meeting — 5:15–6:15 pm

• Bible Study — 6:30–7:30 pm

Leadership Contacts:

Senior Pastor Manuao Emmanuel Vaoga - 0401 657 554

Pastor Mui Rejoice Vaoga - 0426 020 008 | Secretary Pastor George Jeru - 0435 135 224

Treasurer Elder Bock Gonkarnue - 0434 680 465

Touching Lives Through Love and Light

MAY 2026




LET YOUR

Light Shine

Matthew 5:16

Pastor Emmanuel Vaoga
Senior Pastor

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”

Beloved, welcome to the month of May—a month where God is calling us to shine brighter than ever before. As children of God, we carry His light within us, and this light is not meant to be hidden. It must be seen through our daily lives, our actions, and our character.

Jesus reminds us that our good works are not for personal praise, but to reveal God's glory. When we show love, kindness, mercy, and compassion, we reflect Christ to a world that is in need of hope. True faith is active—it is expressed in how we live, serve, and treat others.

This month, I encourage you to step out boldly. Do not be afraid to stand for what is right. Let your life speak louder than your words. Be a light in your family, workplace, and community.

Remember, the goal is not recognition from people, but that through your life, others will see God and glorify Him. Let us be intentional in shining our light and advancing the gospel.

May your life bring glory to God this month and beyond.

God bless you richly.




MEN'S CORNER

RISE OR REMAIN

“The Lord is with thee, thou mighty man of valour.” — Judges 6:12
Men — no sugarcoating. Just TRUTH.
This is your wake-up call! You cannot afford to sleep on your potential any longer!
 ✂ **LEAD** — Show up for your family. A silent man creates a confused home.
 ✂ **HEALTH** — Move daily. Drink water. Sleep well. Eat clean. Get checked regularly. A weak body limits a strong calling!
 ✂ **MIND** — Guard your thoughts fiercely. Control your mind or it will control you.
 ✂ **SPIRIT** — No prayer, no power. God needs **FULL TIME** men — not part-time!

Heaven named you VALOUR — now LIVE like it!

Written by **Peter Hamzat**

KIDS' CORNER

“One Boy.”
One Stone.
One BIG God!”

Imagine being SO brave that you walk up to a giant TWICE your size — and you're not even scared! That's exactly what David did!

David was just a regular kid who loved God with his WHOLE heart. When a terrifying giant named Goliath stomped around shouting and making everyone shake in their sandals, David said — “Not today!”

He picked up five smooth stones, swung his sling around, and — WHOOOSH... BOOM! Down went Goliath! The giant fell, and God gave David the most AMAZING victory!

Why wasn't David scared? Because he knew God was bigger than any giant!

“No matter how big your problem looks, God is always BIGGER!”

Memory Verse
 “The Lord is my strength and my shield.”
 — Psalm 28:7
 Say it loud! Say it proud! Learn it by heart this week!

☐ Super Fun Questions!
 ☐ Let's think together, champions!
 ☐ Who was the giant that made everyone so scared?
 ☐ Why wasn't David afraid to face Goliath?
 ☐ What tiny but powerful thing did David use to win?
 ☐ Who was the REAL hero who helped David win the battle?
 What does this story teach YOU about trusting God?

This Week's Challenge!
 David faced a GIANT with just a stone and his faith. What's YOUR giant this week?
 Maybe it's being nervous about school, feeling left out, or being afraid of the dark. Whatever it is — tell God about it! He's got you!

Remember this, brave champion:
 YOU + GOD = UNSTOPPABLE!

Keep shining for Jesus, little stars!



Mui Rejoice Vaoga

YOUTH CORNER

YOUTH ON FIRE

Drawing Near to God



Ever feel like life is throwing EVERYTHING at you all at once? Relationships drama, school stress, career pressure, identity questions — it can feel like you're drowning!

But here's the TRUTH that changes everything
 God said — “Draw near to Me, and I will draw near to YOU.” — James 4:8

He is Jehovah Jireh — your Provider
 He is Jehovah Nissi — the One who FIGHTS for you

You don't have to figure it all out! Stop trying to control everything and LET GO — LET GOD! His plan for your life is bigger than your biggest dream, and His timing is ALWAYS perfect.

“Trust in the Lord with ALL your heart and lean NOT on your own understanding.” — Proverbs 3:5

Give Him your worries, your fears, your heavy burdens — and watch Him replace them with rest, peace, and unshakeable assurance.

Daily Power Habits
 ✂ PRAY — Talk to God like He's your best friend. He's listening!
 READ — Feed your spirit with His Word every single day.
 FAST — Disconnect from the noise and connect to His presence.

This Week's Challenge!
 Write down ONE thing you've been trying to control on your own. Now — hand it over to God. Pray over it, release it, and trust Him completely.

Let's Go Deeper, Fire Starters!
 What area of your life feels most out of control right now?
 How does knowing God as Jehovah Jireh change the way you see your needs?
 What does “drawing near to God” practically look like in YOUR daily life?
 Are you trusting God's plan — or fighting it? Be honest!
 What is ONE step you'll take THIS WEEK to get closer to God?

Remember this, world changer:
 YOUR FUTURE IS IN THE SAFEST HANDS — GOD'S HANDS!

Written with love and fire by
Mercy Vaoga

Keep burning bright for the Kingdom, youth champion!