



JULY
2026
Edition

LIGHT OF HOPE
MINISTRIES

“DON'T FORGET THE CROSS:

A Four-Direction Journey”



Touching Lives Through Love and Light

"Don't Forget the Cross: A Four-Direction Journey"

Beloved, July calls us to a sacred pause — to remember. Not merely to recall a distant event, but to encounter, once again, the living reality of Christ's sacrifice. At the cross, Jesus did not simply die — He broke Himself open so that we could be made whole.

The Apostle Paul urges us: "Do this in remembrance of Me" — and that remembrance moves in four directions. Look back with gratitude at the price He paid. Look around and recognise the body of believers you belong to. Look up with boldness to the throne of grace, where our risen High Priest intercedes. Look forward with unshakeable hope, proclaiming His death until He comes.

This is not religion — this is relationship, sealed in covenant. May every time you come to the table, your heart be renewed, your faith ignited, and your life transformed.

God bless you richly.

Pastor
Emmanuel
Vaoga
Senior Pastor

Redefining What It Means to Be a Real Man

The world has sold men a false image — that a real man dominates, controls, and always has the final word. But God's blueprint looks entirely different.

A real man listens before he leads. He does not rule his home like a boss — he serves it like a steward. He honours his wife, hears his children, and submits his decisions to God before imposing them on others.

Jesus — the most powerful man who ever lived — washed feet. He led through love, not force. He earned respect, never demanded it.

Real manhood is not the loudest voice in the room. It is the steady hand, the humble heart, and the present father. It takes far greater strength to serve than to dominate.

This July, let us stop performing masculinity and start living it — God's way.

"The greatest among you shall be your servant."
— Matthew 23:11

MEN'S CORNER

Thomas
Fania

LIBERTY WITH MODERATION

Daniel Stayed Brave

-Even in a Den of Lions!

Daniel loved God so much that he prayed every single day. When jealous men tricked the king into banning prayer, Daniel didn't stop — not even once! He was thrown into a den of hungry lions... but God sent an angel to shut their mouths. Daniel walked out safe, strong, and smiling! Big truth: When you choose to do what's right, God stands with you — even in the scariest places.

Memory Verse

"My help comes from the Lord." — Psalm 121:2
Say it strong. Say it brave. Say it like Daniel!

Fun Questions

Who was thrown into the lions' den? Why?
What did God do? Who's the REAL hero here?

This Week's Challenge

Be brave like Daniel — pray, be honest, be kind, even when it's hard!

YOU + GOD = UNSTOPPABLE



HOPE
Vaoga

"Everything is permissible for me—but not everything is beneficial... I will not be mastered by anything." — 1 Corinthians 6:12 (NIV)

Many people think freedom means having no limits, but the Bible teaches that true liberty is the ability to choose what is right. As Christian youths, God has given us the freedom to make decisions, but He also expects us to use that freedom wisely. Not everything we can do is good for our spiritual growth or our witness to others.

A truly free person is not controlled by trends, peer pressure, social media, or harmful habits. Instead, they are guided by God's Word and the Holy Spirit. Galatians 5:13 reminds us not to use our liberty to satisfy selfish desires, but to serve one another in love.

Real freedom is not found in doing everything we want; it is found in having the strength to say "no" to anything that takes us away from Christ. Liberty with moderation is the discipline of a heart that belongs to God.



YETUNDE
HAMZAT

The Jar She Broke: WORSHIP THAT OUTLASTS SHAME



Mercy
Fania

A Story of Deep Love, Deep Worship, and Deep Forgiveness

Jesus was having dinner at the home of a Pharisee named Simon. The room was filled with respected men who saw themselves as righteous, watching and quietly judging everything around them.

Then something unexpected happened.

A woman walked in carrying an alabaster jar of perfume. Everyone knew her past. She was the kind of woman others avoided. But that day, she wasn't thinking about their opinions or her reputation. Her heart was fixed on one person: Jesus.

She came close, and her emotions overwhelmed her. Tears fell on His feet. She knelt, and with no towel in sight, used her own hair to wipe them clean — an act of humility, tenderness, and complete surrender.

Then she broke open the jar. The perfume was likely the most valuable thing she owned, and she poured it all over His feet until the fragrance filled the room. What she poured out wasn't just perfume. It was her worship, her gratitude, her repentance — her whole heart.

The people watching judged her. They judged Jesus for letting her near Him. They judged her past and her worth.

But Jesus didn't push her away or shame her. He defended her. He lifted her up. He honored her love and her courage, then spoke words that changed her life forever:

"Your sins are forgiven. Your faith has saved you. Go in peace."

Her past no longer defined her. Her worship became her testimony.

Scripture for This Lesson

"Her many sins have been forgiven, as her great love has shown." — Luke 7:47

This story reminds every mother that Jesus sees beyond your struggles, your past, your imperfections. He sees your heart. He receives your worship. He restores what life has tried to break.

Closing Encouragement

Just like the fragrance filled that room, your love, your prayers, and your sacrifices as a mother fill your home with a beauty only God can measure. Nothing you pour out before Jesus is ever wasted.

Words of Inspiration for Every Mother

Worthy. Restored. Unashamed. Treasured. Faithful. Unstoppable. Beloved. Whole.

HEALTH CORNER

Your Health. God's Glory.

JULY 2026
EDITION

YOUR BODY IS A TEMPLE

Are You Treating It Like One?

1 CORINTHIANS 6:19-20

"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself, for God bought you with a high price. So you must honor God with your body."

DID YOU KNOW?

Stress, poor sleep, and neglecting rest directly increase your risk of anxiety, depression, and heart disease.

Research shows chronic sleep deprivation raises the risk of long-term mental health disorders by up to 30%.

- INCREASES ANXIETY & DEPRESSION
- WEAKENS IMMUNITY & ENERGY
- RAISES RISK OF HEART DISEASE & HYPERTENSION

GOD DESIGNED YOUR BODY FOR WHOLENESS. TRUE WELLNESS IS HOLISTIC — mind, body, and spirit working together.

- Studies show gratitude enhances sleep and reduces anxiety.
- Forgiveness lowers blood pressure and promotes heart health.

THIS MONTH:

- PRIORITIZE SLEEP**
Aim for 7-9 hours of quality sleep each night.
- EAT WELL**
Choose whole, nutrient-rich foods that fuel your body.
- PRAY DAILY**
Strengthen your spirit through prayer, meditation, and God's Word.
- REST WITHOUT GUILT**
Rest is not laziness. It's obedience to God's design.

Your health impacts your worship, your service, and your testimony. Take care of your temple!

HONOURING GOD STARTS WITH HONOURING THE BODY HE GAVE YOU.

Live well. Love God. Inspire others.



SCHOOL OF MINISTRY & LEADERSHIP

Equipping believers for spiritual growth, effective ministry and Christ-centered Leadership for Kingdom impact.

ACADEMIC SESSION
AUGUST 2026 - AUGUST 2027
1 YEAR PROGRAM | 4 SEMESTERS

EQUIPPING BELIEVERS. RAISING LEADERS. TRANSFORMING NATIONS.

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