S P E C I A L E D I T I O N

DAUGHTERS OF DESTINY

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 2 Corinthians 4:7

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Vol 5 Issue 7

THE WORD TODAY

PASTORS' WIVES IN DIASPORA

WOMEN IN MINISTRY

SINGLE SISTERS CORNER

SPECIAL INTERVIEWS

+LOTS MORE

EXCLUSIVE FEATURE

CELEBRATING...
EVANGESISTING...
EVANGESI





Daughters & Vestinu

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About Us

The Daughters of Destiny is an interdenominational forum for sisters. It is aimed at bringing out God's ultimate essence for them. Daughters of Destiny magazine features true-life stories of ladies that have gone through various situations and how they handled them. It also includes powerful messages, practical talks, Singles In Diaspora, Health articles, Movies Show Reel and lots more. All is aimed at blessing the lives of ladies.

Your Sister **Oluwatoyin Eso - Fatunsin** Editor - In - Chief. DOD





Godly Wives

SECRETS TO A **HEALTHY &** SUCCESSFUL MARRIAGE



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PERMISSIVE PARENTING



Single Sisters in Diaspora **CHOOSE** JOY

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Feature Storv

Editor In Chief

My Testimony!

It started with an instruction from the Lord "go and use the internet extensively for evangelism when you get to Europe" That singular instruction birthed an online extension and Europe ministry of Daughters of Destiny (an interdenominational forum for Christian women) though DOD has been in operations from the inception of our ministry in 1996 and as also existed as a group on F a c e b o o k s i n c e 2 o o 9.

And so on May 28th 2011, Daughters of Destiny Online fellowship started on Skype(a telecommunications application software product that specializes in providing video chat and voice calls between computers, tablets, mobile devices etc.) Women began to connect for a twice in a month fellowship of an average of 2hours every other Saturday. There is no barrier in the realm of the spirit so the Lord began to bless us through his words, testimonies began to flow in as he used me to bring his words to them.

The Online fellowship began to grow and we started holding offline fellowship (known as "Time Out") in various countries comprising of members of the online fellowship and their friends once in a while. The first time out was held in February 2012 (Coventry UK) and now its been 7 years of this wonderful fellowship.

Regular programs that have been birthed through this fellowship

1. Daughters of
Destiny Time Outwhich has been
holding in various
location across the
nations since 2012 (
United Kingdom,
Republic of Ireland,
N i g e r i a,

Netherlands & Spain)

2. Daughters of Destiny Biennial International Conference- the first edition was in August 2014, the second edition was held in Spain September 2016 and by the grace of God the third edition will be holding July 2018 in Murcia Spain.

3. Daughters of Destiny Retreats (Held in Zaragoza & Malaga Spain 5 times between January 2017-January 2018)

4. Women in Ministry Conference: The maiden edition was held in Madrid Spain October 2017, the second edition will be coming up by the grace of God October 2018.

5. Daughters of Destiny Book Publications: I have three books already published and two in the p i p e l i n e n o w

These programs have testimonies of barren receiving babies, singles getting married, immigration issues settled, vision of many years birthed(many women have discovered purpose and they are running with it now) all to the glory of God.

Lessons learnt: Don't despise your assignment, vision grows, don't run after microphone let God announce and give it to you. To the glory of God; the Lord has used the online fellowship to develop me and also keep me on track in Europe. I have also a number of invitations as guest speaker in many women programs and also in church program alongside continuously running of DOD Online Fellowship as well as the primary assignment of soul winning through drama & movie.

For these and many more; I return all glory to Jesus and sincerely trust God to bless you through this magazine. Do plan towards our upcoming conferences and attend, you will not remain the same again. I trust that this edition of the magazine will bless you in a special way. Sit back, read and be blessed!

Oluwatoyin Fatunsin Editor-in-Chief



"Moreover it is required in stewards, that a man be found faithful." (1 Corinthians 4:2) KJV

When the Lord created the heaven and the earth, he placed man in charge to have authority and to look over it (Genesis 1:26 - 28). The Lord owns everything that is on earth and he has put us in charge of them all. Psalm 24: 1 says "The earth is the Lord's and the fullness thereof." It means everything on earth belong to God. Believers in Christ Jesus are called to serve and love the Lord with all their heart and soul (Deuteronomy 6:5).

Therefore, stewardship expresses our obedience regarding the administration of everything God has placed under our control, which is all encompassing. Stewardship is the commitment of one's self and possessions to God's service, recognizing that we do not have the right of control over our property or ourselves.

So whatever we have belong to God and will give account one day to him. A lot of times we often bombard God with lists of what we want him to do for us but we do not bother to ask God what we can do for him or what He will like us to do. Some will say, it isn't God who needs us but we who need him. I want to tell you that God needs us to preach the gospel of Jesus and bring in souls into the kingdom. God needs us to make an impact in our world. Get involved in kingdom service today. You have a part to play. Look inward and use that gift the Lord has deposited in you. It may just be one talent but it doesn't matter in so much as the Lord has given us certain abilities, He expect a return

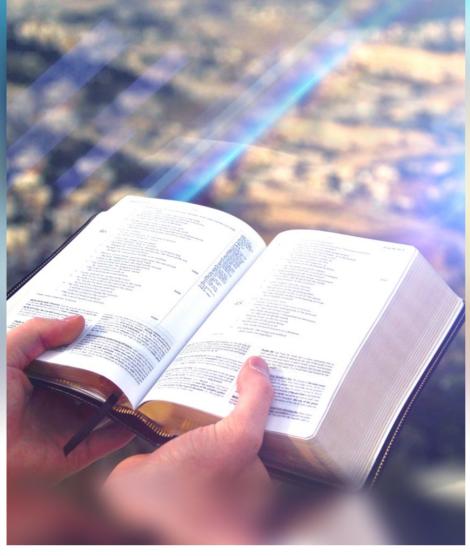
use that gift the Lord has deposited in you. It may just be one talent but it doesn't matter in so much as the Lord has given us certain abilities, He expect a return at his coming.

The size of your assignment is irrelevant but faithfulness is what God requires from all. Be faithful in that little assignment though it may look seemingly insignificant to some but to God nothing is insignificant. He takes notes of all and He surely rewards faithfulness.

"His lord said unto him, Well done, good and faithful servant; thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord." (Matthew 25:23) KJV

Do you know that God never does anything without a purpose? He placed you where you are for a purpose. You are still single for a purpose. You are married to fulfill a purpose in the life of your husband and children. You are still waiting for the fruit of the womb for a purpose, that you are still trusting God for a job as a daughter of God while others are getting employed is for a purpose. Maybe he want to employ you first before he gives you a secular job.

Being employed by God means God engaging you in his kingdom service not necessarily a full time itinerary minister but he can use you in any capacity as he deems fit. He can use you behind the scene so you might not necessarily be seen on the front line. Jael was dwelling in the tent while Deborah led the army of Israel to war against the Cannanites led by Sisera. Jael



was a typical housewife but she was current with happenings around her, she understood her purpose as a wife and so as Deborah the prophetess prophesied that a woman will get the honour of killing Sisera, so it was. Jael while in her home killed the captain of the canaanites right in her home, she was not physically present at the battle front, yet she slain "the giant" that was troubling Israel at that time (Judges 4: 15-21). She was able to do so because she understood her purpose and the happenings around her.

How current are you with the kingdom business? You might not be able to sing, act, usher etc but you can pray, you can lift up those whom God has sent ahead to take the battle to the gate of the enemy in prayers. How many times have you lifted up that woman of God who has constantly blessed you with her music, movies, messages, humanitarian service etc in prayers? The victory that Deborah got was a resounding one because there was a woman in the background who understood what she has to do even without been told and she did it.

Daughters of God are suppose to lift one another up in prayers not castigate one another or waiting to see the

downfall of others. If the Lord is using one of his daughters at the forefront and you are praying, supporting or giving to her so that the kingdom business in her hand does not suffer nor fail and she does not fail too, be rest assured that your reward shall be great but if you are doing the opposite I can assure you that God knows how to defend, fight and deal with those who are against his daughters.

Make up your mind today to do something for the Lord either at the forefront or at the background and if the Lord has placed you at the forefront in his kingdom business, don't ever think you are superior to those at the background neither look down on them and think you are the only one serving God. There are several daughters of God serving him all over the world from various tongues and tribes just bear it in mind that it is a privilege to serve God.

The reward for serving God when we get to heaven will not be based on the size or place of service but it shall be on "FAITHFULNESS"

"Moreover, it is required of stewards that they be found faithful." (1 Corinthians 4:2)

May the Lord find us faithful

Oluwatoyin Fatunsin





If thou faint in the day of adversity, thy strength is small. Proverbs 24:10

Nobody ever wants to wait for anything, especially for too long. When desires are not met, it brings discouragement. The bible even says that "Hope deferred makes the heart sick..." Proverbs 13:12. I understand that it can be discouraging to see other friends getting many proposals and getting into relationships while you are not even getting anyone's attention. You may wonder why despite all your Christian virtues no man seems to have "received a word from God" concerning you.

Dear sister, despite how discouraged you may feel, please choose joy. When you choose joy, you will receive strength to go through this season of waiting for "The joy of the Lord is our Strength". Those who faint in the days of adversity are those who lost their joy, for joy produces strength. Do not let the devil steal your joy. He is a thief and wants to steal every good thing you have.

Don't wait to get into a relationship before you are joyful. We have been commanded to "be joyful always" I Thessalonians 5:16. Show your joy by smiling, laughing, dancing in secret and in public. Let people

laughing, dancing in secret and in public. Let people be able to describe you as "the lady that is always joyful" because joy cannot be hidden.

Let you joy also show in your choice of words, for out of the abundance of the heart, the mouth speaks. Joyful words are optimistic, encouraging, and uplifting. Don't complain, grumble or murmur. Use your words wisely and say only what God says concerning you. Remember that A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof" Proverbs 18:20-21.

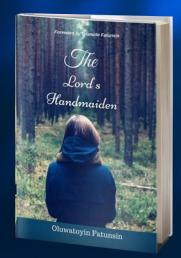
Your life doesn't need to satisfy the statistics of our time because your case is different. You are permitted to be the exception of every statistic and rule. There are always outliers in every grouping, and God is making your story beautiful in His own time.

You don't need to understand how God will show up, but He certainly will. Those who put their trust in God will never be put to shame, so you won't be ashamed if your trust is in God. So, sister, while you wait, choose

joy.

Fenimi Adebara

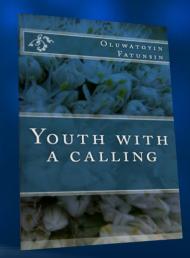
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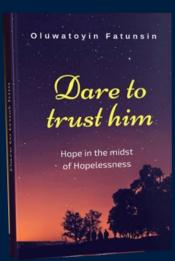
THE LORD'S HANDMAIDEN



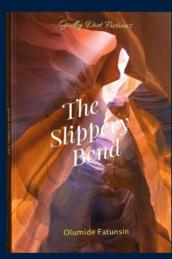
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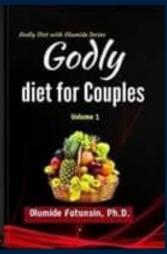
YOUTH WITH A CALLING



DARE TO TRUST HIM



THE SLIPPERY BEND



THE GODLY DIETS

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SECRETS TO A HEALTHY & SUCCESSFUL MARRIAGE

Marriage is God's idea not Man's. The Bible says in Genesis 2:18, "The lord God said, it is not good that man should be alone; I will make him a helper fit for him" (NASB)

Adam was in the garden with the cattle and the fowls of the air but there was no help meet for him.

God saw the problem and found a solution. What this tells us is that in every challenge in marriage, there is always a solution in God's word.

Marriage is beautiful but for you to enjoy the beauty in marriage, you must be willing to follow the manufacturer's manual. Every manufacturer of a product has its manual and the same thing goes for marriage relationship. The bible is God's manual for you to have a healthy marriage relationship and you must be ready to follow the laid down principles.

I will like to share with us five tips that has helped me over the years going close to 21 years in this journey being married to the same man, the husband of my youth like I always call him, It has been a very interesting one. We have had our good times and bad times so to speak, challenges from family members, external forces trying to come between us but even with all that we have been through it has strengthened our love for each other. The grace of God has kept us and is still keeping us. Our love for each other keeps getting stronger and stronger by the day.

I will like to say this, the success of any marriage lies to a great extent in the hands of the woman. As a godly woman, you have all it takes to enjoy your home. you are the one that sets the temperature of the home. Be the thermostats and not a thermometer. What that means is, always keep atmosphere around you calm and this brings me to the first tip.

1) AVOID OVERREACTING

As much as we can as women, this is one area we need to work on and to master our emotions if you are the type of woman who is short tempered or reacts over every little mistake of your husband you will have problems.

One of the things I learnt early in my marriage is to control my emotions and how I react over issues in early years of my marriage. Whenever I overreact, I feel so bad and I ask myself what if he kept issues away from me that will be dangerous so I leant to have a large heart to accommodate and make him always feel free to let me know what is happening to him and around him.

Let your husband always feel free to express his pains with you. Ask the Holy Spirit to help you in the area of your emotions if you have anger problem or you are easily irritated at the mistakes of your spouse you need to ask God to help you and he will.

Like a little child who will always run to the mother for succour, learn to be that way to your husband and you will discover that he will have no reason to hide anything from you. He will always want to run home because he knows there is a shoulder at home to lean on.

2) BE GENEROUS WITH YOUR COMPLIMENTS

"Therefore encourage one another and build each other up." (1 Thessalonians 5:11)

"Let sweet words flow from your lips to refresh his heart" (Proverbs 27:9)

Always let your husband know that you are proud to be his wife, appreciate him for being a wonderful father and husband. If you don't sing the praise of your

GODLY WIVES

husband, nobody will help you do it.

Never take your husband for granted. Some Christian women have this problem and they feel because their husband is a pastor, he cannot look outside or go after another woman or look elsewhere so they treat him anyhow that is a big error. Your husband is your King and if you want him to treat you like a queen that you are, you had better learn to shower him with praises.

I do that to my husband often and most times he will jokingly say, "Hmmmm, this one that you are praising me like this what do you want me to do for you" I will reply, "I just want you to know that I love you and nobody can do me like you do me".

That's one of the reasons he will not stop running after me or chasing me. I know how to tickle him, learn to tickle your husband and don't be too rigid or too stiff. Don't over spiritualize issues, he is your husband. Your husband wants to hear you voice out how you feel about him, let him know he is your superman doing that boosts his ego. Stop thinking if you always shower him with compliments he might want to take you for granted that is stinking thinking. Start showering him with compliments genuinely and watch his reaction 360 degrees turn around and fresh love and joy will flow in your marriage.

3) AVOID UNHEALTHY CRITICISM AND **COMPARISON**

Comparing your husband with his colleagues or friends is foolishness. The bible says it's not wise for us to compare ourselves with ourselves. (2 Corinthians 10:12b) We all have our unique race and unique challenges in marriage but thank God that He is all-knowing and He always makes a way of escape.

Theodore Roosevelt once said that comparison is the thief of joy .As you know, the devil will always come to steal, kill and destroy. Don't give him a place in your home. "Godliness with contentment is great gain." (1Timothy 6:6). Life is in phases, enjoy every phase together happily and always let your husband know that things will get better. I remember over 16 years ago back then in Nigeria, when there was nothing and there were times we won't know where the next meal will come from. I will look at my greater than today. Most of those statements were confession of my faith that became real years after and with all that we went through back then our love for each was intact. That's why I don't believe in the saying that, "NO MONEY, NO HONEY". We didn't have the physical cash, but we had the joy of the lord that strengthened us all through our times of trials. So as a godly woman, never compare your husband with other men always use the word

of God to encourage him and let him know he is the

4) BE A GOOD COOK

It's often said the way to a man's heart is his stomach. Learn the act of cooking good meals for your husband and be so good at it that he will always boast of your food. If he keeps reminding you of his mother's meal, then you have work to do. Find out his favourite food and prepare it for him. It might not be all the time but once in a while, surprise him with something different from the regular meals.

Always spice up your relationship with surprises at different intervals.

5) SEXUAL INTIMACY

The place of sexual intimacy in a relationship cannot be overemphasized. It does not matter how spiritual a man is, this area is very important and vital to keep the fire of your marriage. Being a godly woman does not stop you from being active in this area.

I have leant that the silent killer of many marriages is sexual intimacy. Too many couples are miserable in this aspect. The bible teaches that sex within the marriage covenant is a gift from God. 1 Corinthians 7:1

5 teaches that couples be intimate often with exception for a limited time of prayer.

Don't always wait for your husband to initiate the move. There was a time my husband told me that it is boring if he has to be the one always initiating the move of bedroom fellowship. I had to change my style. It makes them feel good and gives them the sense of being accepted. Every husband wants to know they are doing a good job and that their effort is well appreciated.

These are few of the tips that have helped me over the years getting close to 21 years and still counting if Jesus tarries. It has been from glory to glory because I keep spicing it up and with the help of God it can only get better and better because the path of the righteous shines brighter. (Proverbs 4:18).

So our journey in Christ Jesus is upward and forward.

I pray God will bring healing to every home that is going through any challenge. I pray for God's supernatural intervention and I decree and declare husband and whisper to him that our tomorrow will be RESTORATION in Jesus name. I pray that the oil of joy be released to every home and I decree peace be still to every storm.

It Is done In Jesus Christ Name.

HEPHZIBAH



TELL US ABOUT YOUR Onabanjo University Ago Iwoye. I following me and the nature of my AND SALVATION EXPERIENCE.

I was born into the family of Chief & experience. Chief Mrs Peter and Eunice Ale education in Methodist Primary school, Ikole Ekiti. I happened to fall into the last set of Commercial Modern School Era of old Western state of Nigeria. Through Council Commercial Modern School Ilesha and St. Francis Modern School Akure. I had my Secondary school education at Ipokia District High school (Ipokia). I came back to finish up at St. Augustine's High school, Oye Ekiti at the creation of Ondo state from the Old Western

GOD'S PURPOSE FOR YOUR matrimony and use what was in my LIFE?

not an ordinary one. It was divine and unique due to the course of study I went for then i. e. Theatre Arts. I wanted to use it at a stepping stone into getting to the University study. Then, I got stuck with it and INTO DRAMA MINISTRY?

BACKGROUND, EDUCATION got born again in 1996 through a course of study. I have not seen workplace Christian Fellowship anyone using drama for evangelism then. The Lord then made a covenant with me to be with me, from Ikole Ekiti. I had my primary HOW DID YOU DISCOVER feed me, get me settled in hand. Then I gave my life to Jesus. My encounter with the Lord was Especially, the aspect of using what was in my hand was a golden promise I held dear to my heart.

HOW AND WHEN DID YOU and then change my course of RECEIVE THE CALL OF GOD

was not privileged to have a smooth The call like I have said was experience, so many things went included in the encounter with the wrong with my life then. I finished Lord for the salvation of my soul. State of Nigeria. I was raised by by God's grace and decided to work Even though, I didn't understand to Alhaji J. A. F & Alhaja Risikat to help my siblings at school what extent then, but it became Ogunlayi who were constantly on because we have lost our Father clearer when The Mount Zion Faith the move through transfers then. It was at the peak of sorrow Ministries was announced by God through the nature of their jobs. I and almost a wasted destiny that Himself. I was at Oritamefa Baptist have a Dip. in Theatre Arts of the the Lord came calling for my heart. Church where they staged a stage University of Ibadan and B. A Mass I rejected the offer of salvation drama "The Unprofitable Servant". Communication from Olabisi initially because of the scars of sins It was at the program that I heard

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God saying, "Join this Chariot".

TELL US ABOUT YOUR INVOLVEMENT IN DRAMA MINISTRY PAST AND PRESENT.

After this initial instructions, I started following the ministry, as a secret disciple. My employer and Uncle happened to be a lover of Mount Zion. When one of the brethren visited our office then, he called me to meet him. It was Brother Israel Ore Adewole and I remembered telling him I wanted to be a prayer partner to the ministry. This was how I got connected and had the opportunity of being one of the pioneer weekend students of the Mount Zion Institute. I actually made an under Mount Zion then, but our Daddy of the Drama Evangelism vision advised by the word of the Lord not to live my home then as all Ministry members were residing in a community in Ife. At this point, I left and started in the Church until Mount Zion came to Ibadan. The participating in whatever I have my hands to do. I am now active in the Vision carriers arm of the Ministry. This led me to Evangelist Mrs. Busayo Askhia, who invited me to her location in Ijebu Ode. Thank

fails. This was the first place I met involved in the post-production Evangelist Oluwatoyin Fatunsin for especially, Evangelist Dr. Olumide the first time. She came to me and & Evangelist Toyin Fatunsin. God took my contacts and since she has bless Daddy Mike and Mummy been giving me fire to run with the G l o r i a vision. I was so inmersed in the secular job I was doing, but she TELL US ABOUT YOUR made sure she involved me in her MINISTRY AND MINISTERIAL productions and was a member of A C T I V I T I E S The Overcomers Evangelical God has been speaking but because Ministries International until I of not being able to be consistent in received an instruction to move forward. Nevertheless, we are still together by God's grace because He has decided to make destiny helpers out of our association.



Presently, God has given me God's Way Films Production to give mean unction for these endtime issues. The harvest is ripe, yet the attempt of going into the full-time labourers are few. Thank God for counting me worthy despite all my shortcomings and little faith, yet is still with me till date. I had the He remained faithful.

I want to seize this opportunity to give glory to God for the life of Evangelist Oluwatoyin Fatunsin for fire was rekindled and started the strength she exhibited in making sure I fulfill destiny. We are currently working on the first movie of God's Way Films Production trusting God to make use of the film to touch lives and God for His promises that never bless all the people that are

Bamiloye.

the past, He is helping me to take it up from where I hanged it. I have been going to churches and open air film shows with Television and VHS videos before I went away. I remembered dubbing the Blessed be the name of the Lord. Unprofitable Servants on our wedding video back then and I have to borrow Television and Video player back but it is much better now. I am starting with film shows to villages and churches and as the w i l l Lord

INTERNATIONAL DRAMA MISSION: WHEN AND HOW?

International Drama Missions. It is a great privilege to be part of the Europe Drama Ministers Conference 2014 version at the instant of the invitation by the President of The Overcomers Evangelical Ministries International. It was a great time I had in raw faith experience on the mission field and it was a training session for me to learn physically operating by faith. The experience



CELEBRATE JESUS



opportunity of going to Netherlands twice that year and I participated in the film shooting of the Mighty Hands.

WHAT DOES IT TAKE TO MAKE A GREAT LASTING CHRISTIAN **MOVIE?**

A Christian movie is not just a film but a message acted to bring forth a change in the lives that come in contact with it. To make a great and lasting Christian movie is not in the technicalities, the acting, the beauty of oration or any outward

movies, though part of it, but the keep the congregation. Drama most important is the anointing of Ministers, you have nothing to lose God on the message and the quality by giving it to them directly from of life of the messengers. Our the throne of grace. Wait on God for relationship with God rubs on the instructions and don't be careless message and it is the spiritual with your life. Live with eternity in muscle of the message that makes view. Maranatha! the difference.

WHAT ARE THE CHALLENGES YOU ENCOUNTER IN INTERPRETING YOUR ROLES **IN MOVIES?**

Like I want to say. I don't depend on my ability to interpret roles, because I don't see myself a great actor but an instrument to carry the presence of God in what I do. I depend solely on God to help me in

FINAL WORD

Finally, I want to give God the glory for the Drama Ministry. Let all Drama Ministers know that God is depending on us for the endtime battle for the souls of men. Some churches are getting corrupted and

qualities that defines the secular the messages are being diluted to









NOW SHOWING ON









mmmmmmmmmmmm

















All these movies and many more are available on **Toyin Eso-Fatunsin's channel** on **Youtube** to watch free of charge. Watch and share with others.

To support our evangelistic efforts of soul winning through movies and drama,

visit our website: www.overcomersdramaeurope.com

you can also send us email on: overcomers96@gmail.com God bless you as you so.

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Permissive parenting by definition means being reluctant to impose limits, i.e. a type of parenting that does not enforce rules and regulations despite the fact that the rules are there. This type of parenting style is being characterised by absence of discipline, inconsistence of rules and regulations. From the text, we understand the account of Dinah, the daughter of

Jacob, who went against the rules of the Israelites and faced with the repercussion. It has been commanded by the lord that they should not mix with the strangers of the land, especially in marriages and relationships (Due 7:1-8). Jacob found himself and his family in a strange land, as many of us parents in diaspora, and failed to instil the commandments of the lord in the hearts of his children. The first verse of our texts talked about how Dinah went to see the daughters of the

land. The daughters of the land are obviously unbelievers who do not believe in the God if Abraham and further reading in the texts made us know that Jacob and Leah made the following mistakes as parents.

1. He was in a land where God did not ask him to be. In genesis 31.13, he was instructed to return to Bethel but

he decided to pinch his tent in the city of shechem. Many times we decided to leave our home country and never asked God about it or God specifically directed us to a place and because we do not like the place, we disobey. In such situation, the angel God assigned to watch over us are not always around the wrong place we are in and so we are prone to disaster and calamity.

So Jacob choice of settlement led his family to ungodly influence.

Permissive parenting by definition means being reluctant to impose limits, i.e. a type of parenting that does not enforce rules and regulations despite the fact that the rules are there. This type of parenting style is being characterised by absence of discipline, inconsistence of rules and regulations.

2. His own compromise made him not to be able to stand up for his children. (Genesis 33:12-17) this was a glaring act of deception displayed by Jacob in the presence of his family. If a man can so deceive his brother in his children's presence, then he has no integrity, and so the children can do the worse things. We need to be godly parent in all manner. We serve as example to our children, therefore we should

portrait the act of total godliness before them. This act of Jacob also reflected in his sons' lives when they deceitfully led the Hamorites to bargain with them.

3. He compounded his problem by cursing his children (Genesis 49:5-7). Jacob failed to realise that he was a sole contributor to his children bad ways with the ways





he dealt with his own family. Instead of him to ensure he overcome his deceptive nature so that his children too can be free, he went ahead and cured them. Looking at our lives as parents, our children must have become addicted to certain ways due to our own inadequacies and shortcomings, we need to look inward and deal with any negative behaviour that can bring about curse on our children. Many parents after they have failed in some ways and their children take up these bad ways, go ahead to curse them failing to realise curse must be

broken to set the family free.

I can go on and on to find out Jacob's fault and failure, but space is a commodity here. Jacob and Leah are seen as permissive parents because they actually had the rules in their home but did not ensure they are kept. This is a lesson to all parents in particular and most importantly parents in diaspora. We need to let there be a distinctive landmark between godly and ungodly living. We need to ensure our children know the word of God and apply it daily so as not to be victims of strange doctrines in a strange land.

Folake Ayandokun





STAND IN THE GAP

"And I sought for a man among them, that should make up the hedge, and stand in the gap before me for the land, that I should not destroy it: but I found none." (Ezekiel 22:30)

There are abominations in the world and more people are beginning to despise the Word of God and call the name of the Lord in vain. God is calling the believers to rise up in the place of prayers and proclamation of the Gospel.

Alas! We are busy pursuing what we shall eat and drink while neglecting the pursuance of God's kingdom and His righteousness. God cannot behold iniquity and the rate of backsliding among believers is alarming.

Devil and his agents are busy recruiting and destroying while some believers are busying criticising and gossiping.

Who will stand in the gap? Who will cry in the place of prayer for the land? This is a spiritual warfare and only spiritual armour can be used if we want to win.

Fornication, abortion, adultery, covetousness, bribery, hypocrisy, shedding of blood etc are on the increase. God hates sin but loves the sinners to come to repentance.

Come to Jesus. He will transform you and give you grace to serve Him in righteousness.

Believers, let's rise up and stand in the gap for the land. We are the light and salt of the world

God is waiting and we will not disappoint Him. Peace and righteousness shall reign by God's grace.

A FAITHFUL FATHER!

none." (Ezekiel 22:30)

"6) Most men will proclaim every one his own goodness: but a faithful man who can find?

#godlydietwitholumide

7) The just man walketh in his integrity: his children are blessed after him."

(Proverbs 20:6 - 7) A faithful father trusts in the Lord, cares for his wife and children and trains them in the way of the Lord.

However, there are irresponsible fathers who have left their families to go after strange women.

Where are you runaway father? God is waiting for you.

land, that I should not destroy it: but I found

Your wife is waiting for you. Your children are waiting for you.

Won't you come home and receive pardon and transformation from the Lord? Don't linger in that strange land. Come home!

Father, God is depending on you to faithfully guide, provide and support your wife and children.

God is your heavenly Father and is willing to help if you commit your life and all into His able hands. Come boldly to the throne of grace to obtain grace and help to love and cater for your wife and children.

What is God demanding from you? Faithfulness!!!
Be faithful to your wife and children.
If you have lost it, come to Jesus for restoration.
Be faithful in all your ways!

His grace is sufficient for you

Shalom.



"Most men will proclaim every one his own goodness: but a faithful man who can find?

7) The just man walketh in his integrity: his children are blessed after him." (Proverbs 20:6 - 7)

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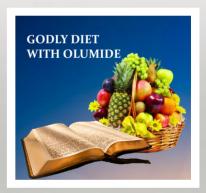
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After 3 hours, a nurse rushed out of the room where Kate was being treated. Tony rose up from where he was sitting to observe the situation of things.

Soon, the doctor arrived with another nurse. Tony became suspicious when he noticed the first nurse didn't come back.

He moved near the window to have proper view. The doctor was busy checking her pulse rate while the nurse prepared another injection.

Suddenly, Kate began to vomit and the nurse dropped the injection to attend to her. The doctor moved a bit forward to check her eyes.

"She has been poisoned" the doctor said authoritatively.

He asked the nurse to quickly prepare another injection.

Meanwhile, Tony was troubled when he perceived something has gone wrong.

The survival of Kate meant a lot to them.

Someone tapped him from behind and he turned to see the person.

"Hello Mr Tony. I am Doctor Davis" Davis introduced himself. Tony, who was confused greeted him in

return. "What can I do for you?" Tony asked politely. Doctor Davis brought him aside to discuss privately with him. Instead of taking him to an office, he took him outside the hospital. aside to discuss privately with him. Instead of taking him to an office, he took him outside the hospital.

At the car park, Doctor Davis cleared his throat and looked straight at Tony.

"Tony, you have only 30 minutes and your daughter would be gone" Davis said.

Tony became agitated and asked him for the reason.

"What do you mean?" asked Tony.

Doctor Davis pointed in the direction of the second car park.

"Can you recognise that white car over there beside the van?" Davis asked him.

Tony lifted his eyes and nodded in agreement.

"Yes, it belong to my wife" said Tony.

Doctor Davis checked his wristwatch and raised his voice.

"You have 25 minutes and your daughter would be gone"

Tony stepped forward to go and look for Angela and



a n d Annie b u t Doctor Davis stopped him.

"Hey, if you don't release Angela to us,

forget your daughter forever. You have 22 minutes left"

Tony ran towards the car and found Leah tied down. He forcefully opened the car and remove the band from her mouth and the rope from her feet.

"Where is Angela? Where is Annie? Are you OK?" asked Tony out of desperation.

Leah narrated the ordeal to him.

They were about leaving the hospital some hours ago when Leah received an urgent call to come and see the Doctor.

Unknown to her, she has been deceived by fake doctor Davis. Matt appeared before Leah as she was about to enter the Doctor's office.

"Go back. Angela has fainted and Annie has been kidnapped again" Matt said with no passion.

When Leah turned back to look for them, she met Angela being wheeled into one of the rooms.

She noted the number and rushed outside to look for Annie.

Immediately she stepped outside the hospital, she saw two men running towards the second car park.

She chased them and began to check the cars to see if she could find Annie. After checking a number of cars, she found Angela's car. She moved closer to confirm it.

As soon as she reached the car, two men came out of the van beside the car and stylishly forced her inside Angela's car.

One of the nurses later informed Tony about Angela. By the time he got there, she's fast asleep.

Tony sat beside Angela with tears on his face.

Leah entered the room dragging her feet and Tony helped her to rest a bit on the chair.

Tony's phone beeped and he read the SMS.

"Mr Tony, how is your family? I have been trying to contact Sister Angela. Please, tell her to contact me. Pastor Abraham"

After one minute, another SMS came in.

"30 minutes is over. We are giving you another 30 minutes to hand over Angela to us. Last chance"

Tony looked up with troubled face.

Suddenly, Angela shouted from her sleep,

"Annie.....Annie"

As soon as Tony and Leah rose up to attend to her, a nurse rushed inside to speak with Tony.

"Kate....Kate is...."

Tony cut in, "What happened to Kate?"

Tony and the nurse were about to go to Kate's room when a man approached them.

The man opened his briefcase. The nurse and Tony looked at each other.

Who was the man? What did they see? Who kidnapped Annie? Why did Pastor Abraham send an SMS?

What happened to Kate? What's going on?

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What happened to Kate? What's going on?

(To be continued)



The Lord's Handmaiden

Evangelist (Mrs.) Toyin Fatunsin honours word Ministration in:

Churches, Women program, Conferences as inspired by the Lord.

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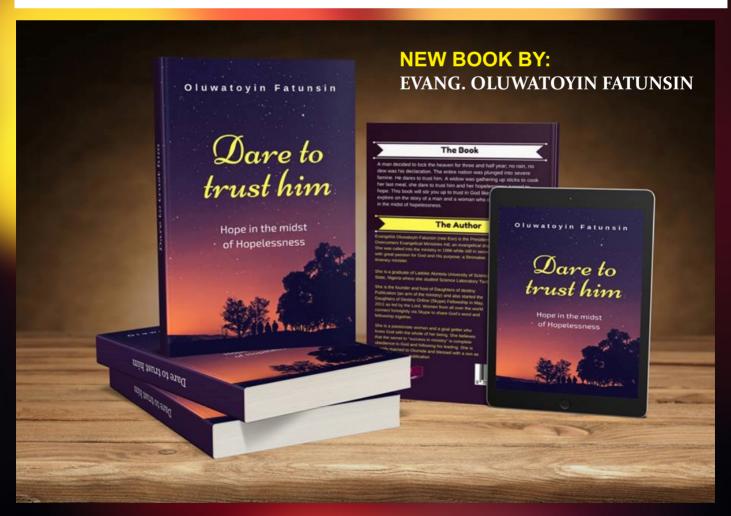
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PASTOR'S WIVES IN DIASPORA

SPECIAL TIME OUT WITH

PASTOR MRS.

TITILAYO OLAYEMI AKINSOLA

My name is Titilayo Olayemi Akinsola. I am married to Pastor Folarin Akinsola. We are the Pastors in charge of the RCCG Christ Chapel Barrie, Ontario in Canada.

1. Do you ever dream of becoming a Pastor's wife?

No and Yes. No, because it was not in my dream as a person though I knew from the very day I became born again that I have a call of God on my life but not in the area of being a Pastor's wife. Yes, because my husband told me the day he proposed to me that he will be going into full-time ministry sometime in the future and that he has a call to be a shepherd. So I knew someday it will happen.

2. THE CALL: I believe we have both been called into this work. We have been pastoring this parish now for

close to 14 years and God has been faithful. He left his paid employment to become God's employee 3 years ago. God is still God.

3. HOW DID WE START?

We started meeting in an hotel hall on Sundays and holding Bible study and night vigils in our living room.

S AT THE BEGINNIN G Because we were

THE

using
hotel
hall, we
had to
bring
in
the



instruments and equipments every Sunday, arrange and bring them down. We had 2 families that joined us to help which was a great relief. Our daughters too were great help.

5. CHALLENGES AS PASTOR'S WIFE

Wow...it is well. There were people who believed I was too young to lead them or even preach. I remember a time after preaching, a woman came and met me and said, "You are not called to preach, leave it for your hubby".

Another time, someone said to my hubby, "Sir, you are so foolish (can't remember the actual word he used now) to have allowed your wife to preach to us, her words are offensive and we demand an apology". However, I apologised.

I remember another time when I had to withdraw my daughter from public school so as to homeschool her because she is a gifted child, oh my goodness. It was hell. We were supposed to have an HODs meeting but it turned out to be my family meeting where I was almost slapped. I was called a bad mother, because I was homeschooling my daughter, mean woman, and so on that I don't want to remember at all. My hubby tried to talk but they won't allow him.

This experience nearly drowned me but God helped and sustained me. Today, my daughter is going to 3rd year of university. Hallelujah!

When God calls, He supports. C. H. Spurgeon once said "Whenever God means to make a man (woman) great, He always breaks him (her) in pieces first".

Challenges are the breakings, tough but God is faithful.

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PASTOR'S WIVES IN DIASPORA

6. MYASSIGNMENTS

At the beginning, I was the choir leader, children's teacher, youth leader, Sunday school teacher, and so on. Today, God

has brought people to help out.

I lead an early morning prayer time Monday to Saturday 5:30 am to 6 am.

The youth and children's ministry are under my umbrella as a Pastor's wife.

We hold quarterly study and prayer women's meeting Also, there is what is called "Virtuous Mothers Pray" where mothers and women come together to pray and worship for 3 hours. The last one was in May. We did prayer walk around part of our city, proclaiming the Lordship of Jesus.

the need to be prayerful is high. She has to be a woman that knows her God and knows the word of God. She needs patience, to trust her husband, believe in her

truthful advice. She needs to help her husband by making the home front peaceful and bring up the children in the way and fear of the Lord and this will help the husband to concentrate.

Lastly, she must be submissive. The Lord will help us.

Thank you.

7. FINAL WORD

Pastor's wife role is a delicate and sensitive one. It can make or mar the Pastor's ministry. Therefore,



"whatever WILL NOT ADD to your SALVATION,
MUST GO"! Philippians 2:12

- Evang. Toyin Fatunsin.





A time of Sharing, Prayers, Discussion & Interactions with Sisters

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DOD ONLINE FELLOWSHIP 7TH ANNIVERSARY SUPPORTIVE WOMAN

The description of a supportive woman fits her, she is one of the administrators of Daughters of Destiny Facebook group and she has been there right from the first fellowship of Daughters of Destiny Online Fellowship on Skype on May 28th, 2011. Meet Sister Folake Monehin Ayandokun as we celebrate Jesus in her life on the 7th anniversary of Daughters of Destiny Online Fellowship.

y name is Folakemi Ayandokun. I reside in Trinidad and Tobago with my family and we have been there for over 11 years. I am a Medical laboratory technologist by profession. I gave my life to Christ at the age of 13 and to God's glory, I am still following the Lord. I love to worship, listen to music and prayer is my delight I am blessed with a loving husband and three children.

DOD has impacted and still impacting my life in many ways. Being away from home, I lost the good

fellows
hip of
sisters
and we
don't
have
that

rapport
here where
I reside.
God in His
l o v e
inspired
s i s t e r
Toyin to
s t a r t

online fellowship where sisters especially, Nigerian sisters come together to fellowship. Alas! I got back that spirit of fellowship and ever since, my life has not been the same. It has helped me to develop better as a sister, mother and wife. I am always looking forward to connecting to DOD online.





Hallelujah!!!

We celebrate God for this great ministry and for the lives of **His servants**.

They have really blessed us and still blessing lives.

Happy anniversary and greater heights in Jesus Christ name.

Congratulations!

Minister Philip & Victory Oghagbon





Congratulations to Evangelists Olumide and Toyin Fatunsin for yet another year of ministry celebration.

May He who has given the vision makes it louder for expansion in Jesus' name!

Congratulations and happy celebrations!

Pastor (mrs.) Josephine Figbele



Congratulations Ma! I appreciate the Almighty God for what he has done over the years, what he is doing now and the great things He is going to do. I so much thank God for the impact He is using you to make most especially, in the land of Europe, impacting lives and being a blessing to many and more to come. May you never be weak in Jesus name. My mummy Evangelist Toyin Fatunsin, may your days never be few and your way never be darkened in Jesus name. You will reap the rewards of your labour and go from strength to strength and from glory to glory in this great journey of divine mission in Jesus name. May the Lord bless you, keep you and preserve you till the end in Jesus mighty name.

I AM SO BLESSED TO HAVE YOU AS MY SPIRITUAL MOTHER, LOVE YOU.

Pastor (Mrs.) Evelvn Imonitie



Pastor (Mrs.) Evelyn Imonitie

OLUMIDE & TOYIN **FATUNSIN**

Giving glory to God with a heart full of praise I. Sister Grace Bolanle Runsewe on behalf of my Family and God's Way Films Productions rejoice with Dr. Olumide and Evangelist Oluwatoyin Fatunsin on the

7th year anniversary of Daughters of Destiny Online Sisters fellowship, 22nd anniversary of The Overcomers Evangelical Ministries Int'l and the dedication of Evangelist Oluwatoyin Fatunsin's new book "Dare to Trust Him".

I pray that the anointing of God on you shall not dry. The living faith that has always made the vision an accomplished mission will not die.

He will always be your Back up. Ride on eagle's wings and be strengthened for greater exploits.

EVANG LUMIDE & TOYIN **FATUNSIN**







Hello sis! God has been calling you, and you've been like yes, I am more than happy to jump in and do this, just that, if only, I just don't feel capable, equipped, deserving, now is just not a good time to leave my job and do that, maybe when my kids grow a little older, only if I don't have kids, only if I have more talent than this, if I could only have more money, I am not good enough, I am too tall, too short, but nobody likes me, if I have as much talent as she does, if I could just be as anointed, if only I have more people to support me, only if I have an husband, but am not deserving, I have a bad past, am a single mom, I am a divorcee only if I am....ENOUGH!!!, we are silencing these voices today in the name of Jesus, bringing every thought captive to the obedience of the Lord Jesus Christ. Trust me I know all too well what it means to feel this way, the girl I painted up here has been me over the years. See one of the biggest tool we tool we need to fulfill the purpose of God is faith and the enemy's biggest weapon to deter us is also fear. He brings this fear by telling us lies about ourselves and our identity in Christ. See, in heeding the call of God, we cannot go by how we feel, or what we see, what they say. We go by faith in His words and confidence in knowing the character and faithfulness of Him who has called us

I am reminded me of a girl in the bible who like us got the privilege of being called to do a seemingly impossible thing. Her name is Mary. The angel Gabriel walked in on Mary announcing to her God has called and chosen her. Her destiny, ministry and purpose in life were announced to her. You a virgin will get pregnant by the Holy Spirit and give birth to a baby boy who will be the savior of the world. Am sure in that moment, all the thoughts and feelings I discussed earlier must have gone through her head. Nothing like this has ever been heard, this is almost impossible. Plus, this could end up being the scandal of the century; she could end up being an outcast or killed even. Mary had two choices of response, she could either scream oh! Why trying to disgrace me Lord, Oh show me a sign angel, what will people say. She had a choice of responding in faith or fear. She asked why me? The angel answered, because you are highly favored. She took that and ran with it saying "be it unto me according to your word" Are we not all thankful today this young lady chose to respond in faith.

Hey beautiful, do you not recognize it's a privilege to hear Gods call and purpose and fulfill it. All the money in the world cannot buy the blessings of being called and chosen by God. Nothing trumps the blessings of doing exactly what He's created us to do. No one else can do the things God has called you to do the unique way you will do it. Though it may not be apparent but God has deposited some things into your life but that doesn't mean they are not there. May I announce to you that like Mary, God has impregnated you? Through your womb, He wants to birth a something great like non that has ever been born, filled with His Holy Spirit that will go about to bless the world. Will you then rise up to the occasion or sit back in fear. Do you not know it? Your womb is blessed, your womb is fruitful, you are being impregnated with a unique gift that the earth is waiting for, some people's salvation is waiting for your rising up, some people's salaries are waiting on you to rise up and shine what are you waiting for? Delete all these voices and rise up. Jesus is waiting, the heaven is waiting the earth is waiting on you too.





I am encouraging you today because I don't want you to go through the things I went through not answering the call of God. Here is my story; in 2009 shortly after I moved to the United States of America, I started feeling a nudging in my heart to start a worship ministry. It was gather people together, lead them to my presence in worship. I was like what? That is so far from my American dream, and the state I am is probably one of the most unlikely places you will find any interest in that, plus I really don't have what it takes. I just started my real estate business then which was going great, I had several clients within my first 3 months, I was meeting very important people even folks in government. And I was thinking when I make enough money I will go to school, earn an MBA and then work for a multi-national company.

Excuse no 1, It doesn't fit into what I believe am supposed to be doing here, or what everybody around me is doing. It's far from my plans.

No 2. The environment I am in is not conducive for such, Washington State then was the least churched state, no one does ministry here. The environment is dry and desolate for such. I see people in ministry struggling and I just don't want to be part of that. Plus, I don't want people to think I need their offering money. And as at the time, I don't even know anyone who sings or does Christian music, and I know a lot of people, at least so I thought. Who will I call, who will answer me, people will laugh at me, thinking am lazy and just don't want to work hard like everyone else

No 3. I don't have what it takes; See I have never led anything in my life. Not in any capacity, never even been a class captain. How will I now lead a band? I am a natural follower; I enjoyed being behind people. I sang with the Root of David choir, but I pride myself as the chief backup singer. I love backing people up singing alto. I mean, I led worship once in a while but I just feel backing up was my calling. I feel comfortable there. Don't get me wrong, it's a big blessing to back up, remember Jesus said the greatest in the kingdom re those who serve others. Anyways, I don't feel capable to lead a worship group. So I deleted and

ignored the idea.

The mistake I made was then telling my husband, because I will always have dreams. So every once in a while my husband will ask me, how about the nudging you said you are having, I will tell him, oh don't worry about it, that was the devil talking to me trying to embarrass me. For almost 2 years, I pretended as if I was not seeing all the little evidence he was placing around me.

Then my beloved business started going down. I also wasn't able to conceive, in fact after much pressure from family, we went to the doctors and were about starting fertility treatment. I will have nightmares and peace eluded me. Dear sister, these were still not enough to make me bulge I stood my ground like Jonah and kept running as far as my legs could carry me towards Tarshish.

Then one morning on my way to the office situated at green lake. I was on I-5 just about getting to exit 181, my car suddenly just developed a mind of its own, and it was as if it was possessed by a demon. This was a 4 lane highway, I was on the fast lane, the car all of a sudden started swerving from left to right, faced oncoming traffic and started jumping from one lane to the other, it then somersaulted a couple of times, bounced back up, faced oncoming vehicles again, jumped from lane to lane again before finally landing me in a ditch by the side of the road. This lasted almost 45 seconds, but was it the longest 45 seconds of my life? All I could do was scream Jesus, not my business or bank account. After stopping upside down, I climbed out from underneath the crash, by then people had parked and were already calling 911, Of course the car was totaled. I climbed out and heard a man screaming she's alive! To cut the long story short I came out without a scratch, and it was at that point I heard a voice say to me "you know it's only the living



that can praise the Lord" No one needed to explain that to me, I knew what it meant.

It was then I approached the only brother I knew that plays the drums, the brother encouraged me and embraces the idea to my surprise. He told me he knew a couple of musicians. In God's divine way, in 4 months we gathered almost 12 people that stated Levites in Music. We had our first worship night about four months after the accident. Miraculously, God provided the beautiful church we used and every resources need. Couple of months later I realized I was pregnant. No pregnancy symptoms except I was eating like crazy. My husband thought it was weird, I will eat almost 8 times a day at least 4 times in the night, I am not talking about crackers, and I meant making amala, jollof rice from scratch. He couldn't get his head around it. I thought it was an opportunity for me to gain weight. My husband dragged me to the hospital and they announced I was pregnant. Now I knew it was God and it was connected to my obedience not only Excepted Delivery Date falls on the day that we had our first evening of worship. Who cares if the calculation was right or wrong, but I see God trying to show me, you got this child because you said yes to me.





with many and I have found myself alone. Whether it's with many or few, I have seen God move exactly the same way. Have I screwed up a couple of times with leadership skills? Yes, have I struggled with fear? Have we struggled financially at some point yes, but one thing that has been constant has been God's full backing. It's been such an honor and a blessing standing before people ministering in music, to go around in my community and travel with the praises of Jesus in my mouth. I remember the day I stood 9 months pregnant and have not bought a single item for the baby because all we had has gone into the ministry and we just didn't have anything to care for the child coming and I thought to myself, is this what ministry is about? However, by the time the baby came God sent a sudden blessing, we bought everything needed and even bought a second car all within 4 weeks. Trust me He who has called you to feed the multitude with his gift in you and has impregnated your womb is faithful. Rise up, He is right behind you, don't wait to have a Jonah experience like mine. Just do it. We are all waiting for you!! Like I mentioned earlier, all you need is Jesus and He has the satisfying factor. As long as you work with him by faith like Mary did, give him what's in your hands, He will blow your mind. Arise and shine!

We are waiting and looking forward to celebrate you.
KATE AYOMIDE ARIWODOLA

KATE AYOMIDE ARIWODOLA is the founder of Levites in Music INC. Levites in Music is a non-profit worship Ministry based in the Seattle area of Washington State in USA. Established in 2009 with the mission of connecting people to Jesus through worship empowered by the Holy Spirit.

Kate is a worship leader, a wife, a mother and minister of the gospel of Jesus through music.

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Tips for Getting Pregnant Faster

If you've got a bad case of baby fever, chances are you'll try just about anything that could help you fast-track conception. But before you start chanting baby-making mantras or standing on your head, there are plenty of other things you and your partner can try to get pregnant faster — and some of them are surprisingly simple. Just remember, no single strategy can guarantee success, but these ten tips can go a long way toward putting a bun in your oven.

Say bye-bye to birth control sooner rather than later.

If you use the pill, patch or shot — or another form of hormonal contraceptives — the sooner you stop, the faster your cycle can return to its natural groove. Hormonal contraceptives usually contain a combo of estrogen and progesterone, which keeps you from getting pregnant by suppressing ovulation or preventing implantation. That's why it can take a few months after going off birth control for your hormones to get up to speed again and for your period to come regularly. Talk to your practitioner about the best time to get off your birth control: Generally, three months is the preferred time for women using the pill or patch, but it can take up to nine months (or longer) for your reproductive system to bounce back if you use the Depo-Provera injection.

2. Checkin for a checkup.

It's a good idea to book an appointment with your practitioner (or midwife) to get some help with your make-a-baby to-do list, like ditching meds that aren't baby-friendly and making sure your body (and your partner's) is in its best baby-making shape. A head-to-toe exam can screen for chronic conditions that might interfere with conception, such as thyroid disorders or ovarian cysts, and identify any fertility issues. Once you get the word that all systems are go, you can get down to business—getting pregnant.

3. Work out wisely.
Study after study shows that being fit can make you more fertile. Not only does exercise help you shed unwanted pounds (excess weight is a bigtime fertility buster), it also lowers blood pressure, reduces



your levels of the stress hormone cortisol, and increases blood flow to reproductive organs — all necessary for conception. But don't overdo it. Other research shows that super-vigorous workouts can derail your pregnancy plans, especially if your weight is already where it should be, even though it can help overweight or obese women get pregnant faster. Why the discrepancy? Fast-paced aerobics like running or cycling can mess with your menstrual cycles — and even temporarily stop ovulation — but can also reverse the harmful effects of being overweight. To find a balance between working out too hard and not hard enough, talk to your doctor, and try low-impact exercise like walking.

4. Choose the best fats — and help your partner do the same.

What you eat matters if you want to get pregnant faster. After all, healthy foods not only fuel fertility but also build a healthier baby. But did you know that when it comes to getting pregnant faster, reaching for the right stuff is



important for your partner too? Healthy fats like omega-3s can boost his sperm count and motility, while saturated fats (the kind found in chips and fast foods) can sabotage sperm size and shape, making them less hardy, according to one study. So encourage your hubby to lay off the burgers and dig into some salmon, sardines, leafy greens and walnuts to keep his swimmers in tip-top shape.

5. Don't forget these other sperm-boosting foods.

Add these fertility foods to your man's menu:

- Oysters. We're not sure if oysters are an aphrodisiac, but we do know that their zinc content pumps up the production of sperm and testosterone. If your partner's not a fan, he can get his share of zinc from lean beef, poultry, dairy, nuts or eggs, though oysters have the highest concentration of this baby-making nutrient.
- **Fruits and veggies.** Produce is rich in the vitamins that can help protect your guy's sperm from cellular damage. He can get folate from leafy greens men who don't get enough of this B vitamin tend to have sperm with abnormal chromosomes. Give him plenty of citrus fruits, tomatoes and berries for vitamin C (which can boost sperm quality) and carrots, red peppers and apricots for vitamin A (which keeps sperm from getting sluggish). Or serve sweet potatoes, which are rich in all three folate, A and C!
- Honey and pomegranate juice. Honey contains boron, a mineral that may increase testosterone, and pomegranate juice may up sperm count and quality.

7. Takea prenatal vitamin.

A prenatal vitamin is good insurance for you and your future baby. Studies show downing a daily supplement can lower your risk of giving birth prematurely and even stave off morning sickness. But that's not all a prenatal can do. A recent study found that women undergoing fertility treatments who were taking prenatal multivitamins were twice as likely to get pregnant as women who were undergoing the same treatments but taking only folic acid. While this finding isn't a guarantee that you'll get pregnant faster, popping a prenatal once a day is always a smart move when you're TTC (or a mama-to-be).

7. Boostyour dairy and iron intake.

Besides eating right and taking prenatal vitamins, try to fit in one serving of full-fat dairy a day as part of your plan to get more calcium. Research shows that one serving of whole milk or cheese — or yes, even a scoop of full-fat ice cream — can lower your chances of ovulatory infertility (the inability to produce healthy eggs). But be sure to limit that full-fat serving to one a day; otherwise you'll sabotage your conception quest by packing on too many pounds. Also aim for two servings a day of iron-rich foods like leafy greens, beans and lean meats since research shows that anemic women can have irregular cycles.

1. Cut down your caffeine intake...and cut out other vices

There's a whole host of studies showing that too much caffeine and alcohol can derail your campaign to conceive. So if you really want to get pregnant soon, limit your caffeine intake to about 200

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mg per day — which is the equivalent of about two cups of coffee. (If you're undergoing fertility treatments, your doc may lower that limit even more.) But cut out alcohol altogether and tell your partner to decrease his drinking too — it can do a number on your fertility and his. And though it probably goes without saying, nix nicotine now if you haven't already because it can cause major cell damage to your eggs and increase the chances of miscarriage once you do get pregnant.

9. Skip the lubricant.

If you're trying to get pregnant faster, get your juices flowing with some good old-fashioned foreplay instead

of reaching for the lube. Oil-based lubricants (like massage oil) can change your cervical mucus and the pH of your vaginal tract, making it more difficult for your partner's sperm to find its way to the promised land. Even saliva can turn into a sperm-killer. An alternate get-in-the-mood idea: Watch a sexy movie together — doing so actually boosts the quality of your guy's sperm. (If these tactics



10. Don't worry too much.

Studies show that extreme stress can lower your chances of getting pregnant by causing hormone levels to go haywire and decreasing cervical mucus. We're talking about high anxiety here — not run-of-the-mill frustrations like a demanding boss or tantrum-ing toddler. But even if you're not at freak-out levels, it can't

hurt to keep your nerves in check by avoiding work overloads, hitting a yoga or Zumba class, listening to music, or venting to your partner or a sympathetic pal. Another plus to finding time for R&R now: Once you do make and deliver a baby, "me" time will be a whole lot harder to nab.

(Adapted from www.whattoexpect.com)

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DOD 7TH ONLINE FELLOWSHIP ANNIVERSARY THANKSGIVING IN THE PRESENCE OF MY KING

Saturday 2nd June 2018 is a day dedicated to thank God specially for all that the Lord has been doing in the last 22 years of ministry and 7 years of Daughters of Destiny Online Fellowship. It was more than a thanksgiving; it was an awesome time in God's presence. We had 5 sessions of the word first by my husband, our special guest for the day Dr. Olumide Fatunsin followed by four different women of God who has also been impacted by various Daughters of Destiny Program. The anniversary was held at the worship hall of Christ Kingdom Victory Church in Fuenlabrada Spain.

Women of God gathered from various states of Spain and the power of God was heavy present in our midst. The theme "In the presence of my King" was divided into five sub topics: 1. Who is the King?- Dr. Olumide Fatunsin 2, Coming into The presence of the King-Pastor Evelyn Imonitie 3. The Right Attitude in the presence of the King-Pastor

My latest book (4th) "DARE TO TRUST HIM' was dedicated by my husband and the dedication led us into a very important aspect of the program. A few days before the event, the Lord spoke to me to give the first 100 copies of the book out as a special offering and led me to share with a few other people to support the printing and event. The instruction was followed with a divine promise so as many that connect to it on that day were also prayed for specifically as instructed by the Lord. The books were given out(first 100copies) as a special offering free to all present and also sent out to others. Later this week the copies for sale will be available. The power of God fell as anointing oil came on our hands. The people that gave were prayed for over the phone with the same instruction as directed by God. We have instant testimonies barely 48hours after to the o f glory

Our children were not left out as there is abundance provision



4.The Power of his Presence-Pastor Deborah Vincent The Glory of his Presence-Pastor Faith Igharo.

We have four music ministers at the event and they led us into the presence of our King, the atmosphere was filled with God's power that people were falling under the anointing during the praise

midst, a special number and worship session tagged "My King & I" was lead by me as we bow our knees in worship and i also sang a duet with a dear daughter of Zion during the program. We thank God for journey mercies back to

various our

OD RETREAT Reports

To the glory of God the Daughters of Destiny First Retreat in 2018 kicked off on 26th January 2018 in Malaga Spain. The word of the Lord flowed in our midst giving us revelations and insights on the theme "And the Lord Remembered". The Lord remembered Noah and brought him out of the ark, where he had kept him for many days. He lived with all kinds of animals learning tolerance and by the time they came out, it was into a new earth, a new beginning. So when the Lord remembers, He gives us new beginning, removing limitation and constrains, Noah and his family movement were limited in the ark for the time they were in there so when God remembers he removes limitation and restrictions.

The Lord specifically remembered women who are trusting God for the fruit of the womb yesterday, delay is not denial, Rachel was remembered by the Lord and the Lord paid attention to her cry, her womb was opened and she had Joseph who later became a prime minister of Egypt. Hannah never failed to appear in Shiloh year after year, he devotion, her consistency made God to focus on her needs. She gave birth to Samuel who became of the great Priests of God that ever lived. We prayed fervently and we believe testimonies are on the way.

On the second and last day of Daughters of Destiny Retreat was 27th Jan. 2018, the Lord moved in our midst and touched us in his own special way. The Lord opened our eyes of understanding that it is the nature of man to forget, the chief butler forgot Joseph even though he pleaded to him to remember him when he is out of prison and to mention him before Pharaoh. As important as the chief butler was to Pharaoh, he forgot Joseph for two years until the Lord remembered Joseph. When God remembered simply means God is focusing his attention on a man and his needs. In the second and last session, the Lord opened our eyes to see a woman that was forgotten by man but God remembered her and send help to her home. We prayed with the whole of our heart on various issues, there were testimonies and definitely more testimonies are on the way. In all we return all glory to Jesus for his power and back up and for the wonderful women that the Lord used to support the retreat and for the vessel of grace that the Lord raised for us over there to help in organizing the venue and other details.





























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