

# arise

MAGAZINE



*Protecting Your  
Mental Health from  
Peer Pressure*

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*Five (5) Principles  
to Boss Up Your  
Choices.*

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*Breaking Barriers: A  
Woman's Journey  
Beyond Limits*

THE BSLT YOUTH PUBLICATION  
**8.0**

**THE VISIONARY  
JOURNEY OF ANDREW  
KAMANGA**

**MASTERING THE  
ART OF NO.**



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**"EVERY 'NO' YOU SPEAK TO  
DISTRACTIONS IS A  
RESOUNDING 'YES' TO YOUR  
DESTINY. STAND FIRM,  
PROTECT YOUR PURPOSE."**



*Dear Esteemed Young Visionaries,*

*Welcome to this powerful edition of Arise Magazine! In a world that relentlessly pulls us in countless directions, we're diving deep into a skill that's more vital than ever: **the art of saying "NO."***

*This isn't just about turning down invitations or declining requests. It's about cultivating a tenacity within you, a resolute spirit that refuses to compromise your destiny. It's about saying "no" to the destiny destructors, the corruptors, and the seductive side attractions that seek to derail your purpose.*

*Today, we are bombarded with stimuli; the constant stream of images, messages, and narratives that pressure us to make decisions. Peer pressure has evolved, repackaged itself, and now infiltrates our lives through the very screens we hold dear. Young people, we must be vigilant. We must awaken to the subtle and not-so-subtle forces that threaten to dilute our potential. Your destiny is too precious to be bartered for fleeting trends or instant gratification.*

*Let me share a personal moment of clarity. At one point, I was offered an opportunity many would consider a dream: a chance to join a political party and serve in a high-ranking position. I accepted the call and quickly became highly influential within the political space. But just a few months into the role, something shifted. I made the bold decision to resign. I had to say no in that season and pursue other endeavors.*

*It wasn't a decision born out of fear or failure but out of clarity. Clarity about my calling. Clarity about my priorities. Clarity about the kind of impact I was meant to make. In a time when compromise is often the cost of progress, I chose conviction over comfort. True leadership is not just the ability to say "yes" to opportunity, but the courage to say "no" when it threatens your deeper purpose.*

*Saying "no" is not weakness, it's a profound act of strength. It is the cornerstone of self-preservation and the key to unlocking your true potential.*

*This edition of Arise Magazine is dedicated to equipping you with the tools and insights you need to master this essential skill. We'll explore strategies, share stories, and empower you to become a pro at saying "no", a pro at safeguarding your destiny.*

*Prepare to be transformed. Prepare to rise.*

**David Ntalasha Chisha**  
*The Visionary*



# MASTERING THE ART OF NO.

Let's be real, life can be one giant distraction. It's like scrolling through TikTok, one thing after another, all demanding your attention. Some of it might seem harmless, even exciting. But deep down, you know it's pulling you away from who you're called to be.

Can I tell you something today? Learning to say "no" is one of the greatest tools God will ever give you. Not just saying "no" to random invites or shortcuts but saying "no" to anything that tries to steal your destiny.

Saying "no" isn't about being rude. It's not about missing out. It's about knowing who you are and where you're going. It's about protecting the future God has already written for you.

Think about it; Jesus said "no" to the enemy's offer of fame and power. He didn't argue, didn't explain. He stood on the Word. Every. Single. Time. That's strength. That's purpose. That's power.

Daniel said "no" to the king's food and stood for righteousness. God didn't just bless him, He promoted him. Joseph said "no" and ran from temptation. Sure, it cost him in the short-term, but that "no" launched him toward his destiny. Paul said "no" to compromise, even when it wasn't popular. He kept his focus, he kept the faith and he finished strong.

These weren't just "nos" they were purpose-protecting, destiny-defending decisions. And you have that same strength in you. Let me remind you today:

- **Saying "no" is not rejection, it's redirection.**
- **Saying "no" is not missing out, it's moving up.**
- **Saying "no" is not weakness, it's wisdom.**
- **Saying "no" is not fear, it's faith in action.**

So I want to encourage you don't be afraid to say "no" to what doesn't align with God's plan for your life. Don't be afraid to walk away from anything that dilutes your calling. When you say "no" to the wrong thing, you're saying "yes" to God's best.

Your "no" today is making room for new doors, new favor, and next-level purpose. This is your season to rise. Your time to walk in boldness. Your moment to protect the greatness inside of you. Say it with faith. Say it with fire. Say it with focus. And watch what God does next.





## **FIVE (5) PRINCIPLES TO BOSS UP YOUR CHOICES**

Saying “no” is one of the most powerful tools you have as a young person. It puts you in the driver’s seat of your life. It’s not about being rude or difficult; it’s about honoring your values, protecting your time, and staying focused on your goals. Ready to say “no” with confidence and authority? It all begins with building a strong foundation. Here’s your guide:

### **1. LET YOUR PURPOSE LEAD**

“If your destination is not defined, you can go anywhere and never arrive.” Your purpose is your life’s compass. Without it, you’ll drift saying “yes” to anything that looks appealing but leads nowhere. Take time to discover what truly matters to you. Write it down. Own it. Pursue it with passion and clarity. When you’re rooted in purpose, it becomes easy to say “no” to anything that doesn’t align with your vision.

### **2. CHOOSE THE RIGHT CIRCLE**

“Bad company corrupts good morals, and iron sharpens iron.” Your relationships shape your reality. Surround yourself with people who push you to grow, challenge your thinking, and encourage your purpose. Be intentional, let go of toxic influences and negative environments. A strong, positive circle makes it easier to stand your ground and say “no” when you need to.

### **3. BUILD DAILY HABITS THAT ANCHOR YOU**

“Your life must be reduced to a mathematical equation, which means you must be predictable.” Success doesn’t happen by accident, it’s the result of consistent, disciplined habits. Design your day with purpose: include time for prayer, study, exercise, and personal development. Limit distractions. Set clear boundaries. When your daily life is structured, your decisions become easier, and “no” becomes a natural response to anything that doesn’t serve your growth.



#### **4. KEEP YOUR TANK FULL**

"Never let the tank of your vision be empty, you must always be fired up to fulfill your purpose." Motivation isn't automatic; it needs to be fed. Read books that stir your spirit. Listen to empowering podcasts. Attend church, workshops, and conferences that stretch your mind. Stay in environments that fuel your fire. When your vision is full and your spirit is strong, distractions lose their power and "no" becomes second nature.

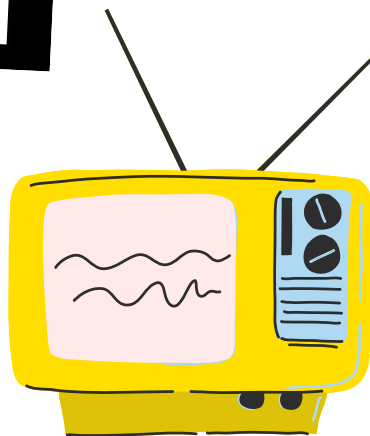
#### **5. GUARD YOUR TIME LIKE GOLD**

God worked six days and rested one. Jesus said, "I must work..." Time is one of your greatest assets. Invest it wisely. Plan it like you would budget money. Make space for rest, family, and meditation. Protect your time from anything that's not on your agenda or aligned with your purpose. When your time is guarded, your priorities become clearer and your "no" becomes more powerful.

**Saying "no" isn't rejection, it's redirection. It's choosing what builds you, serves your purpose, and honors your future. When your foundation is strong; purpose, people, habits, fire, and time you'll stand firm with grace and boldness. Remember: every "no" to the wrong thing is a "yes" to the life you were born to live. Start today. Build your foundation. Say "NO" like a pro.**



# DECISION CARD



**"EVERY 'NO' TO DISTRACTION IS A  
'YES' TO DESTINY. SAYING NO ISN'T  
LOSING OUT, IT'S LEVELING UP."**

You may have said yes to the wrong things; yes to destiny destructors, to compromise, to unhealthy associations, to corruption, or even to destructive habits. But there is hope for you. Today, you can choose differently. You can say NO to everything that's been pulling you away from your purpose, and YES to a life filled with joy, peace, love, and meaning.

Your purpose-driven journey begins now. Say this prayer from your heart:

**"Dear God, I come before You, acknowledging my sins and my need for Your forgiveness. I believe in Your love and in the sacrifice of Jesus Christ, who gave His life for my salvation. I accept You as my Lord and Savior, and I surrender my life to Your guidance and grace.**

**Please forgive my past, guide me in the present, and secure my future. Fill me with Your Holy Spirit, and help me follow Your will for my life.  
In Jesus' name, I pray. Amen."**

By praying this prayer you've accepted Jesus Christ as your Lord and Savior, we encourage you to find a Bible-believing church and connect with us. We'd love to pray with you and support you on this journey. You can also join our Arise Connect Groups to nurture and grow your faith.

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_



## **VERSES OF ARISE POEMS**

### **DROP THE MIC: SAYING NO LIKE A PRO**

**BY RUMBIDZAI PRAISE DHLAKAMA**

*Many a times in life, decisions should be made,  
And in all these times, there are choices wrong and others right.  
Our weakness to please others comes into play,  
Against wrong or right our willpower begins to fight.  
In times deserving, submit a yes and in times that require it, give a shameless no.  
Let not your judgement be clouded or compromised, say no like a pro  
Say no like a pro to the tempting offers to engage in behaviors unruly,  
Activities that in trouble will land you surely.*

*Be it drugs, stealing or any wicked exercise,  
Guard your heart and your alertness maximize.  
The fleeting pleasures of wrongdoing have a bitter aftertaste,  
That will leave in a stupor of regret and gloomy haze.  
If words cannot accurately articulate your refusal of submission,  
Or the other party consistently yearns to draw you into their deception.*

*Make a move and actuate your stance into action.  
Like Joseph from the Bible make a run for it,  
When temptation shrouds your surroundings and threaten to engulf your whole being.  
In situations that call for it, say no like a pro,  
The disastrous end results of bad choices do not ignore.*

*For every action has a consequence, that if not immediately , will eventually catch up with  
you.*

*Be an agent of change to the people surrounding,  
By your right decision a community influencing.  
Stand your ground and never stutter,  
Never to bad influence should you surrender .  
Make the best choices in life, for yours is goodness and more.  
Say no ,say no ,say no like a pro.*





# PROTECTING YOUR MENTAL HEALTH FROM PEER PRESSURE

**BY MICHELO MIYANDA**

From childhood, many of us are taught to be agreeable, to go along with what others want, and to avoid conflict. But as we grow, we realize that always saying yes especially under pressure can be draining. Peer pressure doesn't just influence what we do; it affects how we feel about ourselves.

Many young people struggle with saying no because they fear being judged, excluded, or seen as difficult. But setting boundaries is not really about pushing people away, it's actually about protecting your well-being. Learning to say no is an important step in taking control of your life and maintaining your mental health.

## HOW PEER PRESSURE AFFECTS MENTAL HEALTH

Peer pressure often appears in ways we don't immediately recognize. It can be as simple as feeling obligated to go out when you're exhausted, taking on responsibilities you can't handle, or agreeing to things that make you uncomfortable. Over time, constantly giving in can lead to things like;

- Emotional Exhaustion – Always saying yes leaves little room for personal needs.
- Increased Anxiety – Fear of disappointing others can create constant stress.
- Loss of Identity – Prioritizing others' expectations can make you lose sight of your own values.
- Lower Self-Esteem – Feeling like you can't stand up for yourself can be disheartening.

While it's natural to want to fit in, true confidence comes from being able to make decisions that align with your well-being, even if they go against the crowd.

## THE MENTAL FREEDOM OF SAYING NO

The ability to say no without guilt is life-changing. It allows you to:

- Regain Control – You make choices based on what's best for you.
- Feel More Empowered – Standing firm builds self-confidence.
- Reduce Stress – Avoiding unwanted commitments means less emotional strain.
- Strengthen Your Relationships – Genuine connections are based on mutual respect, not obligation.

Saying no doesn't make you rude, selfish, or weak, it makes you self-aware. The more you practice it, the more natural it becomes.



## THE VISIONARY JOURNEY OF ANDREW KAMANGA

*Andrew Ndanga Kamanga's story is a living testament that true leadership is born not just from talent, but from vision, resilience, and a heart that never stops dreaming. Born in Kabwe on 21 December 1966, Kamanga once chased the ball down the right wing for his school team, dreaming of wearing the famous Kabwe Warriors jersey. Yet when his father urged him to focus on his studies, he chose a different path, one that would eventually allow him to transform Zambian football in ways he could never have imagined as a boy.*

*Guided by discipline and a relentless pursuit of knowledge, Kamanga earned a Bachelor of Accountancy degree from the Copperbelt University. Refusing to stop there, he went on to London City University, where he attained an MSc in Energy and Environmental Technology and Economics. With every step, he quietly built the foundation that would later carry him through boardrooms and national leadership.*

*Long before he became a football administrator, Kamanga's professional life showed the power of adaptability and vision. From his first role as a clerk at the Bank of Credit and Commerce, to joining global firms like Price Waterhouse and KPMG, and then stepping into the energy sector with Asea Brown Boveri and the Energy Regulation Board, he embraced every opportunity to learn and lead. But it wasn't enough to succeed for himself alone.*

*In 2001, he founded ENFIN Solutions, providing financial and energy advisory services. Then, driven by a desire to help build Zambia's infrastructure, he launched North Western Energy in 2007, bringing power to key mining areas and local communities.*





*Yet the love of football was always there, waiting patiently. Kamanga returned to the game not as a player, but as a leader. As committee member and later chairman of Kabwe Warriors F.C., and later on the executive of Power Dynamos F.C., he showed that leadership is about service, about lifting others rather than chasing personal glory. Then, in 2016, the game called him to an even higher purpose. Elected President of the Football Association of Zambia (FAZ), he stepped onto the national stage ready to write his own chapter in the story of Zambian football.*

*During his years as FAZ President, Kamanga's leadership was defined by courage and vision. He championed financial independence for the association, supported youth and women's football, and fought for better governance in the beautiful game.*

*Kamanga is also the current National Patron of the Zambian Boys' Brigade. He is the second person to hold this role, following the late Dr. Kenneth Kaunda, who was the first National Patron.*

*Kamanga's journey teaches us that your first dream may change, but it never really dies, it evolves. He may not have worn the Warriors jersey as a player, but he wore something even greater: the responsibility to guide, build, and protect the game for generations to come. His life reminds every young person that education is a bridge, discipline is a compass, and passion is the fire that keeps you moving forward when the path grows dark.*

*Today, Andrew Kamanga's name is written in the history of Zambian football and in the minds of those who see beyond the pitch; into boardrooms, power stations, and the silent places where dreams are kept alive. To every young person standing at the crossroads of passion and purpose, his story whispers: you don't have to choose between your dreams and your future. With faith, resilience, and vision, you can build a life that honors both.*

*Your starting point does not define your limit. Where you choose to go, and how bravely you lead when the moment calls, is what will write your true legacy.*

# BEYOND APPLAUSE

## TIMELESS LEADERSHIP LESSONS FROM ANDREW KAMANGA

In a world where leadership is often mistaken for fame or loud charisma, the career journey of Andrew Kamanga stands as a refreshing lesson for the rising generation. His path reminds us that real leadership isn't about the spotlight, it's about vision, resilience, and the courage to build what others only talk about. Beyond titles and positions, Kamanga's story challenges every young person to become a leader whose impact speaks louder than their name. Here are five key leadership lessons youths can learn from Andrew Ndanga Kamanga;

### **DARE TO REDEFINE YOUR FIELD**

Kamanga's leadership shows us that he does not just accept how things have always been done, he refines and shapes things, he envisions better systems, better governance, and a higher standard of accountability. His journey teaches young people to see beyond current limitations and boldly chart a new course in any field.

### **STAND FIRM IN STORMS**

Leadership often attracts criticism and resistance, yet Kamanga's career shows the importance of remaining steadfast and consistent in your principles. True leaders don't bend to pressure, they let challenges refine their vision and deepen their commitment.

### **LEAD WITH INTEGRITY, NOT POPULARITY**

Kamanga's career reminds us that lasting impact comes not from seeking applause, but from making honest, sometimes unpopular decisions that strengthen institutions and people around you. Integrity sustains leadership even when approval fades.

### **BUILD INCLUSIVE ALLIANCES**

Success rarely happens alone. Kamanga's approach demonstrates the power of collaboration bringing together diverse voices, listening actively, and fostering unity for shared progress. Young leaders can learn that humility and openness often achieve more than authority alone.

### **FOCUS ON SYSTEMS, NOT SELF**

Rather than pursuing personal recognition, Kamanga dedicates himself to creating structures and reforms that outlive any individual. This teaches that real leadership is not about being indispensable, but about building something that continues to thrive without you.

**As you step into your own journey; whether in business, community work, or any chosen field remember: leadership begins where excuses end and responsibility starts. Be the one who dares to see differently, stands firm under pressure, and builds not for applause, but for legacy. Your choices today can lay foundations that will outlast you. Don't wait for permission; rise, redefine, and lead with integrity. The future is waiting for your voice, your courage, and your vision. Step forward boldly!**



# LEARN HOW TO SAY NO LIKE A PRO!

## SAYING "NO" IS SAYING "YES" TO WHAT MATTERS MOST

You can't do everything, and that's okay. Saying no to distractions helps you say yes to your purpose, peace, and progress.

"Let your 'Yes' be 'Yes,' and your 'No,' 'No'..." – Matthew 5:37

## NO ISN'T BEING MEAN, IT'S BEING WISE

You're not being rude by saying no. You're being smart. You're guarding your time, energy, and future. "Be very careful, then, how you live not as unwise but as wise." – Ephesians 5:15

## KNOW WHO YOU ARE, AND NO GETS EASIER

When you know your identity and values, it's easier to say no to what doesn't align.

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." – Romans 12:2

## YOU DON'T HAVE TO PLEASE EVERYONE

Trying to make everyone happy will wear you out. You were called to follow God's path, not everyone's opinion.

"Am I now trying to win the approval of human beings, or of God?" – Galatians 1:10 (NIV)

## PROTECT YOUR PEACE LIKE IT'S GOLD

If it costs your peace, it's too expensive. Your mental and spiritual health matter.

"Above all else, guard your heart, for everything you do flows from it." – Proverbs 4:23

## EVEN JESUS SAID NO SOMETIMES

Jesus didn't say yes to every crowd or demand. He knew when to rest, when to pray, and when to walk away.

"But Jesus often withdrew to lonely places and prayed." – Luke 5:16

## YOU DON'T NEED A BIG EXPLANATION

"No" is a full sentence. You don't have to explain or apologize for protecting your purpose.

"It is for freedom that Christ has set us free." – Galatians 5:1 (NIV)

# CULTIVATING HEALTHY HABITS

## FOCUS AREAS:

WALKING 🚶♂️ | HYDRATION 💧 | MIND 🧠 | WORSHIP 🙏

### Day 1: Foundation

- Walk: 3 km (brisk walk)
- Hydration: 2.5L of water
- Mind: Gratitude journaling (write 3 things you're grateful for)
- Worship: Listen to worship music while stretching

### Day 2: Strength & Endurance

- Walk: 4 km (steady pace)
- Hydration: 3L of water
- Mind: Read a motivational or biblical passage
- Worship: Sing or hum your favorite worship song

### Day 3: Mental Clarity & Recovery

- Walk: Rest day or light stretching
- Hydration: 3L of water
- Mind: Deep breathing & meditation (10 minutes)
- Worship: Reflect on a Bible verse and pray

### Day 4: Pushing Limits

- Walk: 5 km (slightly faster pace)
- Hydration: 2.5L of water + herbal tea
- Mind: Visualization (picture your goals & success)
- Worship: Dance or express joy through movement

### Day 5: Inner Strength & Focus

- Walk: 3 km (slow, mindful walk)
- Hydration: 3L of water
- Mind: Affirmations (speak positive truths about yourself)
- Worship: Quiet worship session

### Day 6: Speed & Power

- Walk: 6 km (increase pace)
- Hydration: 2.5L of water + coconut water
- Mind: Overcome self-doubt (write down fears & counter them with truth)
- Worship: Praise session (sing aloud)

### Day 7: Reflection & Renewal

- Walk: Rest day or slow nature walk
- Hydration: 3L of water
- Mind: Reflect on progress (journal thoughts & wins)
- Worship: Thanksgiving prayer





# INSPIRATIONAL NOTE

## ***BREAKING BARRIERS: A WOMAN'S JOURNEY BEYOND LIMITS BY DUKE NARWO***

In a world where roles are too often defined by stereotypes, I stand as a testament to the limitless potential of women. I am a female mechanic, a SHEQ Officer, and now, a medical student; three roles, traditionally male-dominated, yet deeply rooted in my passion, purpose, and persistence.

With a Bachelor's and Master's degree in Occupational Safety, Health, and Environmental Management, a certificate in Accident Prevention and Investigation, a certificate in Counseling and HIV & AIDS Management, and a certificate in Vehicle Maintenance, I've walked paths few dare to tread. And today, I am proudly pursuing a Bachelor of Medicine and Bachelor of Surgery (MBChB) at Gideon Robert University.

Being a woman in these fields isn't just about holding titles; it's about breaking ceilings, redefining standards, and inspiring others to rise beyond societal expectations. I've held the spanner, enforced safety, and now I'm studying to heal.

**Each step forward is a statement: your gender does not define your limits, your courage does. To every girl and woman dreaming beyond boundaries, this is your time. Break barriers. Be bold. Be you.**







# PROTECTING YOUR PURPOSE WITH ONE WORD: NO

BY BUPE MWAPE CHISHA

*You weren't created to be everything to everyone. God didn't call you to carry the weight of every demand, every request, every expectation. There is power in one small, freeing word: no.*

*Now, I know saying no isn't always easy. We don't want to disappoint people. We don't want to seem rude or selfish. But friend, sometimes the most loving thing you can do is say no.*

*You can say no without being harsh. You can be kind and gracious, yet firm. It might sound like, "I appreciate the invite, but I won't be able to make it," or simply, "No, thank you." Sometimes a little humor helps too "If I say yes to one more thing, I'll need a clone!" You can offer an alternative, like, "I can't today, but let's plan for another time." And if someone keeps pushing, you don't have to fold just repeat yourself with love and confidence. You don't owe anyone an explanation when you're protecting your peace, your priorities, and your purpose. The people who truly value you will understand.*

*Saying no isn't about rejecting others, it's about redirecting your energy toward what truly matters. When you say no to distractions, you're saying yes to clarity. When you say no to pressure, you're saying yes to peace. When you say no to overload, you're saying yes to rest, focus, and purpose. You're not being selfish; you're being wise. You're not shutting people out; you're making room for what God is doing in your life.*

*We need to normalize respecting boundaries. In a world full of constant pressure, let's be the kind of people who encourage honesty and self-care. Let's support each other when someone chooses to prioritize their mental, emotional, or spiritual health. That's how we build a culture where people feel safe to be themselves.*

*Friend, you don't have to run on empty. You don't have to set yourself on fire to keep others warm. Your peace matters. Your time matters. Your calling matters.*

*So give yourself permission to say no when you need to. Give yourself space to breathe, grow, and focus. Because every time you say no to something that drains you, you're saying yes to what fuels you. Every time you draw a line, you're choosing strength over stress, purpose over pressure.*

*Don't feel guilty for guarding your heart. Feel grateful. You're not being difficult you're being deliberate. You're not being rebellious you're being responsible. When you say no to the wrong things, you make room for the right things to flow in. And that's when God can truly do His best work in your life.*



# REALITY CIRCLE:

## DEALING WITH DISAPPOINTMENT, BITTERNESS & UNFORGIVENESS

**Hi Arise Ambassadors,**

**Life isn't always fair. Disappointment can hit hard, and if we're not careful, it grows into bitterness and unforgiveness, three silent enemies that steal our peace, potential, and joy. This space is your chance to be real, reflect, and rise. You're not alone, and you don't have to stay stuck.**

### **Why This Matters (Quick Facts):**

- **Mental Health Alert:** Unresolved bitterness is linked to anxiety and depression.
- **Relational Strain:** Unforgiveness damages friendships and future connections.
- **Growth Blocker:** Carrying emotional baggage slows down your progress and purpose.

### **CONNECT Group Discussion**

#### **Round 1: The Disappointment Download**

- Share a recent disappointment. How did it affect you emotionally or mentally?
- How do you usually deal with disappointment; do you vent, shut down, numb it out, or pray?
- How does social media influence how you process disappointment?

#### **Round 2: Bitterness & Forgiveness Check**

- Have you ever held onto bitterness? How did it affect your peace, focus, or relationships?
- Why can forgiveness be so hard? What misconceptions do people have about it?
- What are some practical ways to forgive someone even when it still hurts?

### **Your Comeback Plan**

Disappointment is inevitable, but being defeated by it is optional. Here's your comeback toolkit:

Answers & Solutions:

- **Recognize It Early:** Pay attention to triggers, bitterness grows silently.
- **Release It Actively:** Journaling, praying, talking to a mentor or friend helps unburden your heart.
- **Refocus on Growth:** Pour energy into purpose, goals, and the people who uplift you.
- **Rely on God:** Faith gives strength where emotions fail. God heals what you can't fix.

**Bitterness and unforgiveness are too heavy to carry into your future. Lay them down. Choose healing. Choose freedom. And remember your story is far from over. You're built to bounce back stronger.**

"It takes boldness to say YES, but it takes purpose to say NO. Protect your calling, don't negotiate with compromise."



# Daily Devotional Challenge

Unshakable - Standing Strong in Faith



You weren't meant to blend in, you were made to stand out! Keep growing, seeking God, and standing firm. You are unshakable!

## DAY 1: OWN YOUR IDENTITY

Scripture: Romans 12:2 – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."

Prayer: Lord, help me embrace who You created me to be. Give me the strength to stand firm in my identity and not conform to the world. Amen.

Challenge: Look in the mirror and declare: "I am fearfully and wonderfully made!"

## DAY 2: CHOOSE WISELY

Scripture: Proverbs 13:20 – "Walk with the wise and become wise."

Prayer: Father, guide me in choosing friends who will draw me closer to You. Help me walk with those who encourage and uplift me. Amen.

Challenge: Thank one friend who uplifts you and distance yourself from toxic ones.

## DAY 3: SAY NO WITH CONFIDENCE

Scripture: 1 Corinthians 10:13 – "God is faithful; He will not let you be tempted beyond what you can bear."

Prayer: Lord, give me the courage to say "no" to things that pull me away from You. Strengthen my resolve to stand firm in faith. Amen.

Challenge: Say "no" to one thing today that doesn't align with your faith.

## DAY 4: STOP PEOPLE-PLEASING

Scripture: Galatians 1:10 – "Am I trying to please people? If I were, I would not be a servant of Christ."

Prayer: Father, help me seek Your approval above all else. Teach me to live boldly for You, without fear of others' opinions. Amen.

Challenge: Write one way you'll live for God, not people's opinions.

## DAY 5: BE THE INFLUENCE

Scripture: Matthew 5:16 – "Let your light shine before others."

Prayer: Lord, use me as a light in my community. Help me stand firm in my beliefs and inspire others to follow You. Amen.

Challenge: Share a Bible verse or encouragement with a friend today.

## DAY 6: STAY ROOTED

Scripture: Psalm 119:105 – "Your word is a lamp for my feet."

Prayer: Father, keep me rooted in Your Word. Let it be my guide and my strength against all pressures of life. Amen.

Challenge: Spend 10 minutes reading Scripture today.

## DAY 7: WALK IN POWER

Scripture: 2 Timothy 1:7 – "For the Spirit God gave us does not make us timid but gives us power."

Prayer: Lord, fill me with Your boldness. Let me walk in the power, love, and self-discipline You have given me. Amen.

Challenge: Make one bold move today; stand up for truth, resist pressure, or encourage someone.

# BECOMING MILLIONAIRES

1

**TECHNOLOGY, ESPECIALLY AI AND SOFTWARE DEVELOPMENT:** THE TECH INDUSTRY CONSISTENTLY PRODUCES MILLIONAIRES AND BILLIONAIRES. CURRENTLY, ARTIFICIAL INTELLIGENCE (AI) AND SOFTWARE DEVELOPMENT, PARTICULARLY IN NICHE AREAS LIKE CYBERSECURITY, CLOUD COMPUTING, AND SPECIALIZED APPLICATIONS FOR BUSINESSES, ARE BOOMING.

**"DON'T WATCH THE CLOCK; DO WHAT IT DOES. KEEP GOING." - SAM LEVENSON**

2

**E-COMMERCE, PARTICULARLY NICHE OR SPECIALIZED MARKETS:** WHILE GENERAL E-COMMERCE IS COMPETITIVE, FOCUSING ON A SPECIFIC NICHE MARKET WITH UNMET NEEDS CAN BE HIGHLY PROFITABLE.

**"THE DIFFERENCE BETWEEN A SUCCESSFUL PERSON AND OTHERS IS NOT A LACK OF STRENGTH, NOT A LACK OF KNOWLEDGE, BUT RATHER A LACK OF WILL." - VINCE 1 LOMBARDI**

3

**REAL ESTATE, PARTICULARLY LUXURY OR SPECIALIZED DEVELOPMENT/INVESTMENT:** REAL ESTATE HAS LONG BEEN A WEALTH-BUILDING AVENUE.

**"THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT." - PETER DRUCKER**





# THE MIRROR MOMENT

## KEY QUESTIONS ON PEER PRESSURE

Peer pressure is real, but so is your power to stand firm. Before you let the crowd define you, take a moment to reflect whether your choices align with your faith and purpose.

### 1. THE COMPANY YOU KEEP

Is my inner circle building me or breaking me? Your squad shapes your mindset, habits, and future. Are your friends lifting you up, challenging you to grow, and encouraging your faith? Or are they pulling you into negativity? Choose wisely!

### 2. PURPOSE OVER POPULARITY

Am I focused on my purpose, or is it being influenced by others? God has given you a unique mission. Are you chasing your dreams or letting others' opinions dictate your direction? Stay true to your purpose.

### 3. SCROLLING OR SINKING?

Am I using social media to grow, or is it shaping me negatively? Social media can inspire or destroy. Are you using it to learn, connect, and share positivity, or is it feeding insecurity, comparison, and distractions?

### 4. TRUE TO YOU

Do I make decisions based on my values or just to fit in? Peer pressure thrives when you fear standing out. Are your choices reflecting who you truly are, or are you just going with the flow?

### 5. THE POWER OF NO

Am I confident in saying "no" to things that go against my beliefs? "No" is a full sentence. Do you have the strength to reject things that compromise your faith and values?

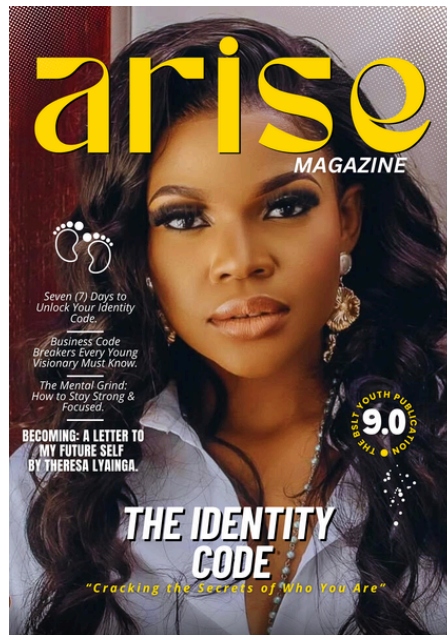
### 6. WALKING TOGETHER IN FAITH

Do my friends encourage me to walk with God? Are the people around you pushing you closer to Jesus or pulling you away? True friends sharpen and strengthen your faith.

### 7. LEADER OR FOLLOWER?

Am I leading others positively, or am I being led astray? Are you setting the pace for a life of purpose, or are you just following the crowd? Be the influencer, not the influenced.





# YOUR OPPORTUNITY TO BUILD A LEGACY

## D O N A T E   A   R E A L M   O F   P A P E R

Join us in impacting schools across the nation; high schools, colleges, tertiary institutions, and universities by distributing at least 1,000 magazines monthly. Your partnership ensures that young minds receive the inspiration, knowledge, and encouragement they need to step into their purpose.

### How It Works:

- Choose your former school – The magazines will be distributed there.
- Get a Special Gold Card – Recognizing your contribution to shaping future leaders.
- Leave Your Mark – A dedicated page will feature your personal inspirational message to students at your chosen school.

### Why Partner With Us?

- Inspire a new generation
- Impact future leaders
- Empower young people to walk in their purpose

Make a difference today because one magazine can change a life!

# A LOVE LETTER TO MY DAUGHTERS



*My Dearest Daughters,*

*Words seem so small when trying to express the immense love I hold for you. My heart overflows with hopes and dreams for your lives, and I pray that you always walk in the light of truth and grace.*

*As you navigate the world, remember to search for the right role models. Surround yourselves with women of wisdom, strength, and integrity – those who reflect the character of Christ. Proverbs 13:20 reminds us, “Whoever walks with the wise becomes wise, but the companion of fools will suffer harm.” Let their lives be a beacon, guiding you towards righteousness.*

*Don't be swayed by what you see on social media. Remember that most of what is presented is a carefully curated illusion. The true beauty of life lies in authenticity, in genuine connections, and in a heart that seeks God above all else. 1 Peter 3:3-4 encourages us, “Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.”*

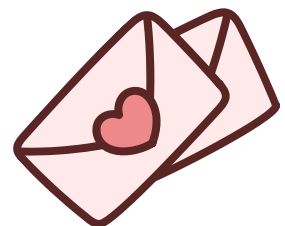
*Do the right things and keep your purity. Protect your hearts and your bodies, for you are precious in God's eyes. Embrace abstinence and know that your worth is not defined by the world's fleeting standards. 1 Thessalonians 4:3-5 says, “For this is the will of God, your sanctification: that you abstain from sexual immorality; that each one of you know how to control his own body in holiness and honor, not in the passion of lust like the Gentiles who do not know God.”*

*Look to God always. He is your anchor, your strength, and your guide. Seek Him in all things, and He will direct your paths. Proverbs 3:5-6 tells us, “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.”*

*Remember, the life you lead today determines your tomorrow. Choose wisely, walk in faith, and let your light shine brightly for His glory. May your lives be a testament to His love and grace.*

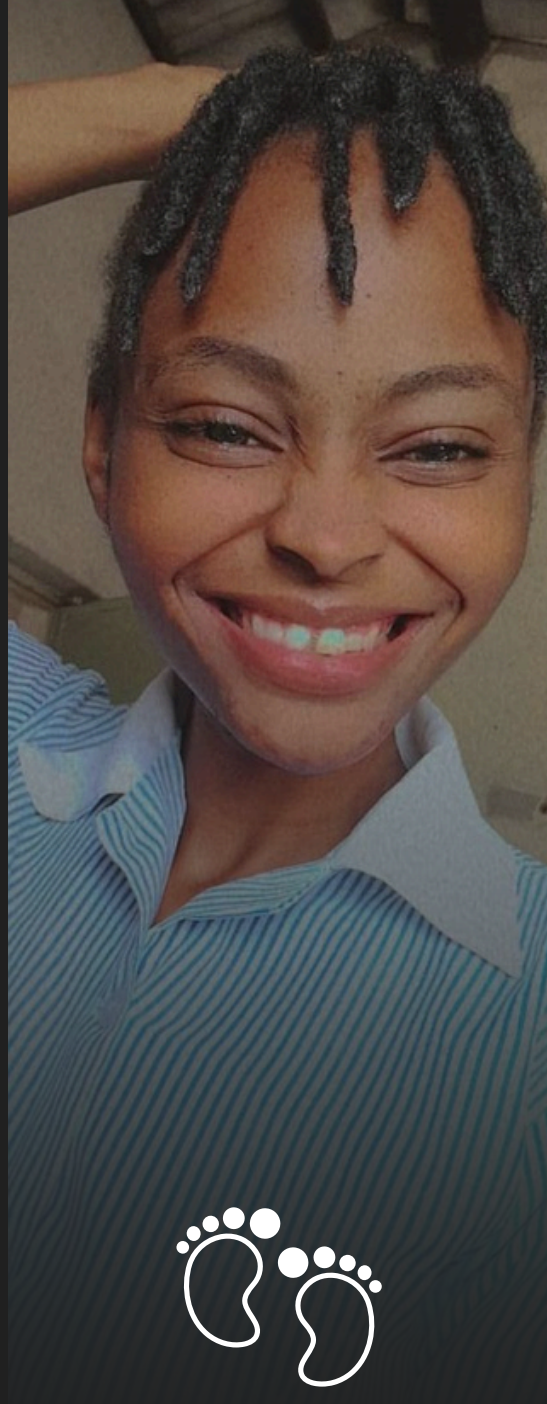
*With all my love,*

**MRS BUPE MWAPU CHISHA**  
CEO, Arise Magazine



#raisinganewbreedofwomen #freshstart #arisegirls





## BECOME A STUDENT AMBASSADOR TODAY!

INSPIRE . IMPACT . EMPOWER

*Ready to lead change at your school? Join the Arise Ambassador Program and become a powerful advocate for transformation! Connect with like-minded change-makers, inspire others, and make a real impact while gaining valuable skills for life. This is your moment; step up, stand out, and start making a difference today!*

THE ARISE MAGAZINE IS A WEEKLY PUBLICATION THAT AIMS TO INSPIRE, IMPACT AND EMPOWER YOUNG PEOPLE WITH TOOLS THAT ENABLE THEM TO LEAD PURPOSE DRIVEN LIVES.



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