

arise

MAGAZINE



THE BSLT YOUTH PUBLICATION
24

LIFE IS YOUR SCHOOL:
LESSONS FOR
PROGRESS.

DAILY GROWTH: 8
PRINCIPLES TO ELEVATE
YOUR DESTINY.

LEVEL UP: CELEBRATE
AND ELEVATE
AFRICA.

FROM WHISPERS TO
MOVEMENTS:
THE RISE OF HELLEN
MUTHONI.

LEVEL UP

'Unlocking the Power of Personal Growth'



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Dear Esteemed Trailblazers,

The greatest competition you will ever face is not out there, it is the one within. Personal development is not a luxury; it is the price of greatness. You cannot carry a big vision with a small capacity. You cannot transform nations if you have not first mastered yourself.

Africa is waiting. Your community is waiting. Your family is waiting. Generations yet unborn are waiting for your decision to rise, to grow, and to invest in yourself without apology. Whatever you are building; business, ministry, career, or movement, will only reflect the depth of your personal growth.

That's why you must never stop learning. Sharpen your edge. Hone your craft. Stretch your capacity. Refuse to settle. Work hard, yes, but also work smart. Be relentless. Be unapologetic. Every book you read, every workshop you attend, every skill you master is a seed that multiplies into influence and impact.

Personally, I have discovered that growth is the fuel of destiny. When you choose to level up daily, you align yourself with greatness. When you refuse to stop learning, you position yourself to keep winning. Twenty-plus editions of Arise Magazine stand as proof from Zambia to Africa, we refused to stop learning, and by that, the vision keeps expanding.

Hear me: the world does not wait for the unprepared, it crowns the relentless. History does not remember the stagnant, it honors those who keep rising.

This edition of Arise Magazine is dedicated to you, the visionary who refuses to remain the same. May these words inspire you to grow daily, to dream boldly, and to lead fearlessly.

Arise. Invest in yourself. Keep learning. Keep growing. The future is waiting for you.

With conviction and expectation,
David Ntalasha Chisha
The Visionary

FUTURE ON OUR SHOULDERS.

Africa's greatest treasure is not hidden in her mines, rivers, or fertile fields. It is not the diamonds of Botswana, the oil of Nigeria, or the copper of Zambia. Africa's greatest resource is her youth. The heartbeat of this continent lies in the energy, creativity, and vision of young men and women who dare to dream beyond limitations. And that is why the call is urgent: Arise, youths, and invest in your personal development.

You cannot transform what you have not first transformed within yourself. The strength of a nation is the sum of its people's discipline, capacity, and vision. Africa will only rise as high as her sons and daughters are willing to grow. If we do not invest in ourselves, we betray the promise of tomorrow. But if we rise; if we choose growth, knowledge, and discipline then the story of Africa will be rewritten by our generation.

Scripture has never been silent about the power of preparation. Jesus, before beginning His public ministry, withdrew into the wilderness for forty days of fasting and prayer (Matthew 4:2). His miracles were anchored in His preparation. Daniel and the three Hebrew boys refused to be defiled in Babylon; their excellence was not accidental, it was rooted in personal conviction and discipline (Daniel 1:8). Daniel "understood by the books" (Daniel 9:2), reminding us that revelation flows through study. Paul, though mighty in anointing, still carried parchments, investing continually in growth (2 Timothy 4:13). Each of these giants became agents of transformation because they first mastered themselves.

The same lesson echoes through history. Nelson Mandela, though imprisoned for 27 years, used that confinement as a university of leadership. He emerged not as a broken man but as a prepared statesman who reconciled a divided nation. Thomas Sankara believed that the wealth of Africa lay in her own hands; he championed agriculture, education, and dignity, leaving a legacy that still inspires. Wangari Maathai, through the Green Belt Movement, proved that one woman with education and vision could restore not only forests but also hope to an entire continent.

Even in recent times, the lesson remains: Strive Masiyiwa invested in learning and resilience before building Econet, one of Africa's leading telecom companies. Chimamanda Ngozi Adichie honed her craft of writing before becoming a global literary voice. Eliud Kipchoge trained relentlessly before breaking the two-hour marathon barrier, teaching us that preparation turns impossibility into testimony.

The future of Africa will not be built on empty slogans or borrowed visions, it will be built on personal development. That is why education is not just about classrooms; it is about sharpening minds for innovation. Healthcare is not just about hospitals; it is about producing strong, healthy leaders who can carry vision. Technology and research are not luxuries; they are keys to unlocking Africa's place in the global economy. Agriculture is not backward; it is the backbone of sustainability and food security. These platforms are vital, but they are only as strong as the individuals who rise to build them.

The truth is simple: personal development is national development. If you read, Africa reads. If you grow, Africa grows. If you refuse to settle, Africa will refuse to remain small. The destiny of this continent rests not in the hands of politicians alone but in the daily decisions of its youth. Every book you pick up, every skill you sharpen, every discipline you embrace is an investment not just in yourself but in the continent that birthed you.

Youth of Africa, the world is watching. Will we continue to export raw materials and import finished products or will we arise and add value to what God has entrusted to us? Will we allow brain drain to empty our nations or will we invest in ourselves so deeply that the world looks to Africa for solutions? The answer lies in the choices we make today.

This edition of Arise Magazine carries a clarion call: develop yourself relentlessly. Like Daniel, set yourself apart. Like Paul, keep learning. Like Mandela, prepare even in hidden seasons. Like Maathai, plant seeds that generations will reap. Like Kipchoge, train until limits bow. The message is clear: Africa is waiting for her youth. The world is waiting for Africa. And the future is waiting for you.

Arise. Grow. Invest in yourself. Relentlessly. Because the rise of a continent begins with the rise of its sons and daughters.

LEVEL UP

DAILY GROWTH: 8 PRINCIPLES TO ELEVATE YOUR DESTINY

Personal growth is the master key to destiny. Every book you read, every skill you sharpen, every discipline you embrace, every bad habit you overcome, they are bricks building the house of your future. The truth is this: your vision can only expand as much as your capacity grows. You cannot carry a great destiny with a small mindset. But when you grow, everything connected to you rises; your family, your community, and even your nation. So choose growth daily. Align with purpose, stay disciplined, keep learning, prune distractions, and stay connected to God. Unlock the power of personal growth, and you will unlock the doors of your destiny.

Here's how to unlock the power of personal growth in your own life:

Align Goals with Purpose

Purpose is your compass. Growth without direction leads to frustration. Mandela's vision of equality gave meaning to his years of waiting. Ask yourself: Do my goals align with God's assignment for my life? Growth becomes powerful when it answers to purpose.

Practice Consistency and Discipline

Growth is not built in occasional effort but in daily decisions. Daniel prayed three times a day without fail (Daniel 6:10). Kipchoge's discipline in training turned his name into a symbol of human possibility. Your growth accelerates when you keep showing up even on days you don't feel like it.

Be a Lifelong Learner

Growth thrives in humility. Daniel "understood by the books" (Daniel 9:2). Paul carried parchments even after decades of ministry (2 Timothy 4:13). Oprah Winfrey never stopped learning, reading, and sharpening her mind. Leaders are readers, and learners never stop rising. If you stop learning, you stop growing and if you stop growing, you stop leading.

Eliminate Destructive Habits

You cannot grow while nurturing habits that drain your destiny. Procrastination, laziness, addiction, or toxic influences are silent enemies of growth. The three Hebrew boys refused the king's food to preserve their integrity (Daniel 1:8). Kipchoge protects his growth by living simply, avoiding distractions. Growth requires pruning, cut away what weakens you.

Fuel Growth with Prayer and Reflection

Growth is not just mental or physical; it is spiritual. Jesus began His ministry with 40 days of prayer and fasting (Matthew 4:2). Mandela found inner strength through quiet reflection. Prayer connects you to divine wisdom, while reflection aligns you with your purpose. Guard your heart, for out of it flows the issues of life (Proverbs 4:23).

Surround Yourself with the Right People

Your environment determines your elevation. Show me your friends, and I will show you your future. Myles Munroe often said, "You cannot soar with eagles if you keep scratching with chickens." The people around you should sharpen your vision, not drain it.



Invest in Skills and Knowledge

Talent opens the door, but skill keeps you in the room. Africa is full of raw talent, but only those who refine their gifts rise globally. Learn a new skill. Master your craft. Stay relevant in a changing world. Growth is not just spiritual, it is intellectual, emotional, and professional.


Manage Your Time and Energy

Time is the currency of growth. You cannot grow if you waste your hours on distractions. Kipchoge says, "Only the disciplined ones are free." Use your time wisely, invest your energy in things that multiply, not things that drain.

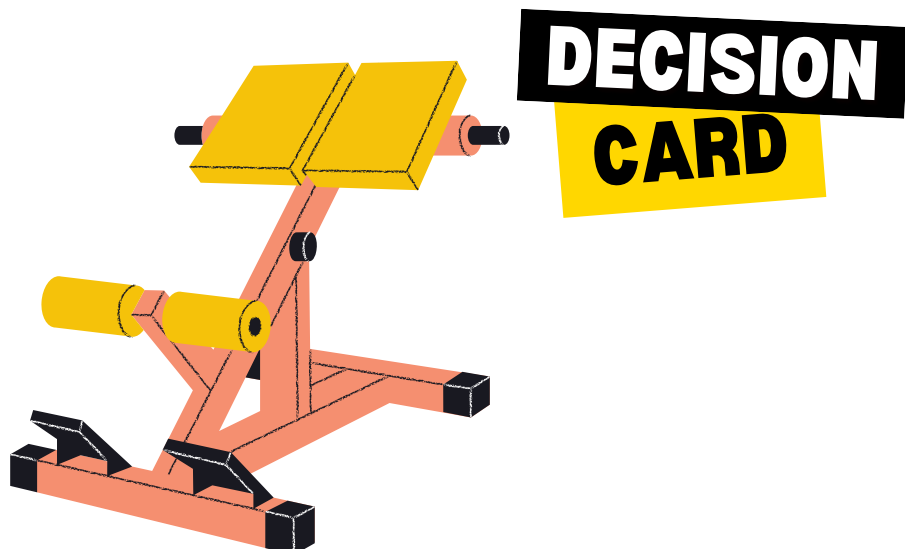
Embrace Failure as a Teacher

Failure is not the opposite of growth; it is part of it. Thomas Edison said, "I have not failed. I've just found 10,000 ways that won't work." Every mistake carries a lesson. Reflect, learn, and rise again. Growth demands resilience.

Destiny is not built overnight, it is crafted daily through principles, habits, and choices. If you want to rise into your God-ordained future, you must grow intentionally. Great men and women are not products of luck; they are products of discipline, consistency, and alignment with purpose. History proves this truth. Nelson Mandela's unwavering consistency during 27 years in prison prepared him to lead South Africa into freedom. Oprah Winfrey transformed her pain into purpose through discipline and relentless learning, becoming a global voice of influence. Eliud Kipchoge broke barriers in athletics, not because of raw talent alone, but through years of training, discipline, and unshakable mental focus. Their stories remind us: personal growth is the seed of greatness. When you commit to learning, discipline, and purposeful living, you position yourself not just to succeed but to make history.

A young woman with a vibrant, multi-colored headwrap featuring geometric patterns in shades of blue, orange, and yellow. She has bright orange lipstick and is wearing a necklace with large, colorful, textured beads. Her right hand is raised, with fingers spread, in a gesture. The background is dark, making the subject stand out.

**“AFRICA’S GREATEST TREASURE IS
NOT IN HER MINES OR RIVERS, IT IS
IN HER YOUTH. THE HEARTBEAT OF
THIS CONTINENT LIES IN THE ENERGY,
CREATIVITY, AND VISION OF ITS
YOUNG PEOPLE.”**



"YOUR DREAMS ARE THE HEARTBEAT OF GOD'S PURPOSE."

You weren't created to live an ordinary life, you were born for greatness, for purpose, for impact. There's a divine blueprint over your life, and heaven is waiting for your "yes." Don't let fear silence your potential. Don't let doubt delay your destiny. And don't let life's obstacles convince you to settle for less than what God has planned.

Now is your moment. It's time to stop watching from the sidelines and start living with purpose. Align your dreams with God's purpose, and He will breathe life into your vision. Partner with the One who knows your end from your beginning and watch as the extraordinary unfolds.

BEGIN YOUR DESTINY EMPOWERMENT JOURNEY WITH THIS HEARTFELT PRAYER:

"Dear God, I come before You, fully aware of my need for Your grace and mercy. I acknowledge my sins and accept the gift of forgiveness through Jesus Christ. Thank You for His sacrifice, and today, I boldly receive Him as my Lord and Savior. I surrender my life to Your purpose and Your plan. Wipe away my past, walk with me in my present, and prepare my future. Fill me with Your Holy Spirit. Ignite my faith, sharpen my focus, and strengthen my steps. Today, I lay down every fear, every doubt, every limitation. I rise in faith, ready to walk in the destiny You designed for me before I was even born. I believe my dreams are not just mine, they're divine. I commit to walk with You and work with You to bring them to life. In Jesus' mighty name, I pray. Amen."

If you've just prayed this prayer, congratulations, you've made the most important decision of your life. You've entered into a new beginning, and we're here to walk alongside you.

NEXT STEPS:

Find a vibrant, Bible-believing church.

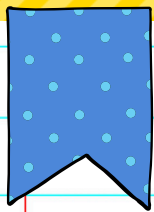
Connect with us, we'd love to pray with you and support your journey.

Join our Arise Connect Groups to grow your faith, build kingdom friendships, and unlock your full potential.

You were never meant to do life alone. Let's walk this journey together and watch God exceed every expectation.

NAME: _____

DATE: _____



SDG Street Talk: Spreading Awareness, One Goal at a Time

Purpose: To raise awareness and spark conversations about the Sustainable Development Goals (SDGs) through creative, youth-led street engagement.

- Plan a Location & Date
Pick a high-traffic area and set a 2–3 hour time slot.

- Gather a Youth Team
Recruit 17 volunteers—each representing one SDG.

- Design Simple Visuals
Make handheld signs, posters, or placards with SDG icons and simple messages like:

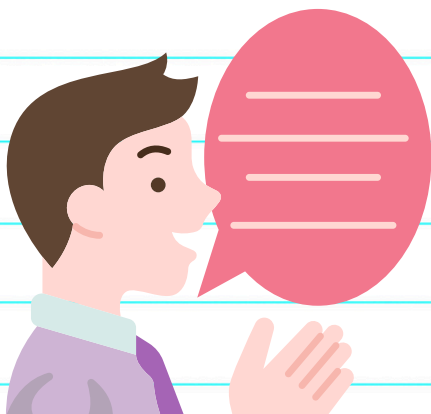
"No Poverty is Everyone's Business"
"Climate Action Starts With Us"
"Girls Deserve to Lead Too!"

Project Summary:
Organize a one-day or weekend street awareness event in a busy part of your community (e.g., marketplace, church, school entrance, or bus stop). Youth volunteers will wear colorful shirts or badges representing one of the 17 SDGs and talk to people about what the goals mean and how they relate to daily life.

- Create Mini Info Cards
Design and print small handouts that explain what SDGs are and how people can help (e.g., plant trees, avoid littering, support girls' education).

- Engage the Community
Go out in teams. Briefly share what your SDG is about, hand out info cards, and ask people, "What's one thing you'd like to change in your community?"

- Document the Moment
Take pictures, videos, and short testimonials. Share on social media with hashtags like: #SDGStreetTalk #YouthForSDGs #AriseAndAct



✓ Expected Impact:

- Increased community awareness of the SDGs.
- Youth empowered to lead conversations on development.
- Seeds of change planted in everyday spaces.

✓ Optional Add-ons:

- Include a feedback wall or poster where people write one SDG they care about most.
- Invite a local leader or teacher to give a 10-minute talk.
- Provide water or snacks to engage passersby.



FROM WHISPERS TO MOVEMENTS: THE RISE OF HELLEN MUTHONI.

When you see Hellen Muthoni on TV; radiant smile, vibrant spirit, and a voice that lifts souls, you might be tempted to think her story has been free of struggle. Yet, behind the glory lies a journey of resilience, obedience, and unshakable faith that continues to inspire young people across Africa.

Hellen Muthoni is more than a media personality. She is a visionary, minister, mentor, author, gospel artist, and movement builder. As the founder of the Queens Initiative, she has become a voice of hope, healing, and empowerment for women across Africa. But her journey to purpose was neither smooth nor predictable.

Her life changed forever when she lost her father in the 1998 bomb blast. Once raised in comfort, her family was suddenly thrust into hardship. She recalls being chased from her father's house to her maternal grandmother's home, and carrying the weight of responsibility at a very young age. Yet even in those painful transitions, seeds of purpose were being sown.

At just seven years old, she wrote her first gospel lyrics, a sign of the calling God had placed on her life. Through seasons of poverty, mockery at school, and the burden of caring for her sick mother and younger brother, Hellen clung to the faith instilled in her by her grandmother. That faith became her anchor and compass.

Today, Hellen is celebrated for her work as a gospel presenter on Inooro TV's Rurumuka Show, alongside DJ Covenant. She is also a recording artist with over 20 gospel songs, including collaborations with Mercy Masika. Her songs, soul-stirring and deeply spiritual carry the echoes of a woman who has walked through fire and come out refined.



Beyond music and media, Hellen has embraced her role as a mentor and minister. Through her short story book *The Prophet's Wife*, her YouTube program *Dose of Hope*, and her Queens Initiative, she is building a legacy of impact, raising a generation of women and youth who walk boldly in purpose.

One of the most defining moments of Hellen's life was leaving a promising career in media at the peak of her success. Why? Because she heard a whisper from God. "I didn't leave my job because I had a backup plan," she says. "I left because I had a whisper and that whisper became a movement." This radical obedience taught her that success is not measured by titles or salaries but by legacy. For her, true greatness lies in saying "yes" to God, even when the path seems unclear.

Hellen's life is a living testimony that your past does not disqualify you from your future. Her story reminds us that pain can birth purpose, and brokenness can become the seed of brilliance. "To every young person reading this," she says, "your purpose is bigger than your fear. Don't wait for perfect conditions, start with obedience."

Hellen Muthoni represents the spirit of a rising Africa; authentic, resilient, faith-driven, and visionary. From a girl who faced rejection and loss to a woman building a continental movement, her journey is proof that when God calls, He also equips. Her story challenges every young African to stop waiting for opportunities and start creating them, to take broken pieces and build something beautiful, to turn whispers into movements. Because behind every smile, every song, and every success, there's a story of courage. And for Hellen Muthoni, that story is still unfolding inviting the youth of Africa to rise, to believe, and to walk boldly into destiny.

FAITH, FIRE, AND PURPOSE.

BY DAVID NTALASHA CHISHA

From a little girl who lost her father in the tragic 1998 bomb blast, was rejected by family, and forced to exchange a life of comfort moving from her Dad's house to her maternal grandmother's home, to becoming a celebrated TV personality, gospel artist, and founder of a women's movement touching lives across Africa, Hellen Muthoni's journey is proof that pain can indeed produce purpose. Her life is a portrait of faith, resilience, and radical obedience. What can today's youth learn from her remarkable path?

- ◆ **Your struggles are not your full story.** Hellen's early life was marked by rejection, poverty, and responsibility beyond her years. Yet those very hardships became the soil where her destiny took root. Don't let current battles convince you that your story ends here.
- ◆ **Purpose often begins in whispers.** At just seven years old, she began writing gospel lyrics, an early glimpse of God's calling. Years later, she left a thriving media career, not because she had a plan B, but because she heard God's whisper. That whisper became a movement. Pay attention to the quiet nudges in your spirit, they may be the seeds of your legacy.
- ◆ **Faith is your greatest anchor.** Raised by a grandmother who was a pillar of faith, Hellen discovered that faith doesn't remove storms, but it steadies you in the middle of them. It was faith that carried her through poverty, school struggles, and seasons of uncertainty. For young people, anchoring your dreams in faith makes you unshakable.
- ◆ **Obedience unlocks legacy.** Walking away from a promising career wasn't logical, but it was purposeful. Hellen's courage to say "yes" to God over comfort shows that true success isn't measured by titles or salaries, but by impact and legacy. Sometimes the greatest leaps forward come from the scariest steps of obedience.
- ◆ **Your past does not disqualify your future.** Hellen's journey proves that brokenness can birth brilliance. Every rejection, every setback, and every tear has been transformed into a testimony that now uplifts others. Young people must remember: scars don't make you less, they make your story powerful.
- ◆ **Build movements, not just careers.** Through the Queens Initiative, her mentorship programs, music, and writing, Hellen is not only building her life, she is raising others to walk boldly in purpose. Greatness is not just about personal success, it is about multiplying yourself in others.

To every young dreamer reading this: Hellen Muthoni's story is a reminder that the smile you see on TV was forged in fire. Behind every song, every message, and every achievement is the courage to obey God, to rise above pain, and to believe that whispers can shape nations. Let her life challenge you—don't wait for perfect conditions. Rise now. Dream boldly. Say yes to purpose. And remember: when God calls, He also equips.



THE REALITY CIRCLE

YOU MATTER: BREAKING THE SILENCE ON DEPRESSION

Hey Arisers,

Listen up, friends: You are needed. You are loved. You are not a burden. Your life matters. Every breath you take has purpose, and every step you walk carries destiny even on the days it feels like you're stuck. Yeah, life can feel heavy. Some days the silence hits harder than the noise, and the weight on your chest feels way too big. But hear me: you're stronger than you think, and God's not done with you.

WHAT DEPRESSION REALLY IS

Depression isn't just being sad or having a bad day. It's like a silent storm inside you. It can show up as being tired all the time, losing interest in the things you love, struggling to focus, or wanting to pull away from everyone. And sometimes it whispers, "The world would be better without you." Here's the truth: that's a lie. The world needs you. There's only one you, and that's your superpower.

THE REAL NUMBERS

- Suicide is one of the leading causes of death among teens and young adults worldwide.
- More than 1 in 5 young people deal with symptoms of depression.
- Most suffer in silence, scared of being judged or misunderstood.

Talking about it doesn't make it worse, it creates room for healing, hope, and strength.

JOIN THE MOVEMENT

Silence can suffocate, but truth breathes life. We're building a circle of courage, support, and healing. This is about breaking shame, standing up for each other, and choosing hope even when it's tough. You don't have to fake your smile. You don't have to fight alone.

LET'S KEEP IT REAL

- The pressure to "be strong" all the time.
- The fear of opening up to anyone.
- Crying in the dark, yet showing up every day.
- Therapy, prayer, or just asking for help, you deserve it.

You are not broken. You're fighting a battle, and battles can be won.

STEP UP TODAY

- Speak Up: Tell someone you trust how you really feel; a friend, teacher, parent, or mentor. Help is real.
- Stay Connected: Don't isolate. Find people who lift you, not judge you.
- Take Small Steps: Go outside. Breathe. Drink water. Write. Pray. Rest. Talk.
- Be the Light: Check in on friends. A simple "How are you really doing?" can save a life.

YOU ARE NOT ALONE

It's okay to cry. It's okay to feel lost. But don't give up. You were not made to disappear, you were made to shine.

Healing is real. Help is real. Hope is alive.

Let's make depression and suicide something we talk about, not hide. Let's build a world where struggling is okay, and asking for help is brave.



THE NEXT FRONTIER: EDUCATION, INNOVATION, AND AFRICAN IDENTITY.

Africa stands at a defining moment. Our natural resources are abundant, but the true wealth of nations is not in mines or oil wells; it is in people, knowledge, and how we brand our identity to the world. To rise, Africa must invest in education, science, technology, and innovation while preserving and exporting its unique culture.

Look at China. Once written off as a poor, agrarian society, it invested heavily in STEM education, building world-class universities like Tsinghua and Peking. Today, China leads in 5G, artificial intelligence, and space exploration. Yet it did not abandon its culture; Confucian values, martial arts, calligraphy, and traditional medicine remain central, even exported through Confucius Institutes worldwide.

Consider India. Its creation of the Indian Institutes of Technology and Management (IITs & IIMs) gave the world leaders now heading companies like Google and Microsoft. India became a global power in space missions, IT services, and digital payments, while still exporting its culture through Bollywood, yoga, Ayurveda, and festivals like Diwali. Modern, yet deeply Indian.

Africa must take the same path. We cannot merely be consumers of Western knowledge and technology. We must educate broadly, innovate locally, and export proudly. Our universities must become hubs of science and research, our innovators supported, our youth given the tools to compete globally. At the same time, we must brand and export our music, food, art, and festivals as part of Africa's identity, just as China and India have done.

The African Continental Free Trade Area (AfCFTA) gives us the platform to do this. A united "Made in Africa" brand can showcase our excellence to the world. Education and innovation will power our future, but culture will define our uniqueness.

The West did not dominate by talent alone, it mastered branding. China and India rose by marrying knowledge with identity. Africa must now rise the same way: Educated, innovative, and proudly African.



RISING STAR: ABEL MULENGA.

This week's rising star is Abel Mulenga, a 22-year-old leader whose story is as inspiring as it is unique. Born in Lusaka and partly raised in Mpika, Abel grew up under the care of two loving mothers who instilled in him values of discipline, resilience, and leadership. Today, those qualities shine brightly in his life and journey.

Currently in his fourth year at the University of Zambia–Ridgeway Campus, Abel is pursuing a Bachelor of Science in Biomedical Sciences. His academic path reflects not just ambition, but also a deep desire to impact lives through science and service. Yet, Abel's influence goes beyond the classroom. He is serving as a Trustee in the University of Zambia Student Union (UNZASU) 2025/2026, a role that allows him to represent students, advocate for their needs, and lead with integrity.

Abel's rise to popularity on campus carries a unique twist. Fondly nicknamed "Rango" after the popular animated chameleon, he became a household name during student campaigns. With a striking resemblance to the character, Abel embraced the identity with humor, even promising students "water," just as Rango did in the movie. What began as lighthearted fun became the spark that made him relatable, approachable, and widely respected among his peers.

Beyond the nickname and laughter lies a young man of vision, determination, and purpose. Abel is proof that leadership is not only about titles but about connection, creativity, and service. As his journey continues to unfold, one thing is certain: he is rising with purpose and inspiring others to do the same.

MIRROR MOMENT



***Life is Your
School:
Lessons for
Progress.***

Hey Arisers,

I want to remind you today: life is a school, and every day brings lessons designed to help you grow. But here's the truth, if you refuse to learn from what life teaches, progress will pass you by. The exams may not always be written on paper, but they are real. They come in moments of challenge, disappointment, and opportunity. Each experience is a teacher, each mistake a lesson, and each triumph a reminder of how far you've come.

REAL TALK: ARE YOU LEARNING? Take a moment and ask yourself:

- What have I learned recently?
- How have I applied that lesson to my life?
- Am I growing, or am I repeating the same patterns?

Life doesn't pause. The world moves forward, and so should you. Each day is an opportunity to improve your skills, strengthen your character, and deepen your faith. Ignoring the lessons is like failing an exam you can't retake, the chance to grow is missed until you choose to reflect and act.

A MIRROR MOMENT

Ask yourself:

- Am I paying attention to the wisdom God is placing in my path?
- Am I learning from challenges, or am I complaining about them?
- Am I progressing, or simply staying comfortable in my current state?

STANDING STRONG IN LEARNING

When you commit to learning from life, you are saying: "I will not be defeated by circumstances. I will grow stronger through every experience." Knowledge, reflection, and obedience to God's guidance will turn every setback into a setup for your breakthrough.

START SMALL, START NOW

- Take daily moments to reflect on what you've learned.
- Apply lessons immediately, don't let them sit idle.
- Surround yourself with people who encourage growth and challenge you to rise higher.
- Replace excuses with action, and fear with faith in God's plan.

YOU ARE DESTINED TO PROGRESS

Remember, progress comes to those who are intentional about learning. Life's lessons are the curriculum God designed to equip you for greatness. Stay attentive, stay teachable, and stay determined. Every lesson you embrace is a step closer to your destiny. So Ariser, take your exams seriously. Reflect, learn, apply, and rise. Your best days are waiting, and your growth today will shape the amazing future God has prepared for you.



LEVEL UP: CELEBRATE AND ELEVATE AFRICA.

As Africa rises, our growth must not come at the expense of our roots. Culture and tradition are not relics of the past; they are the foundation of our identity. Yet, rising requires more than remembrance, it requires enhancement, refinement, and intentional celebration.

Consider this: the world admires brands and nations that know their value and package it with excellence. Why should Africa be any different? Our ceremonies, our heritage, our indigenous knowledge, and our technology are treasures waiting to be polished, presented, and celebrated. From the foods we cook to the rhythms we dance, from the wisdom in our languages to the artistry in our crafts each is a seed of identity that, when nurtured, can inspire nations.

Research what makes us unique. Understand the history behind our inventions, the significance of our festivals, and the stories embedded in our traditions. Package them with pride. Share them with excellence. The world does not merely consume; it responds to value, consistency, and authenticity. When we carry our heritage boldly, we create a brand that speaks without apology.

Leveling up as Africans is not about abandoning who we are. It is about being deliberate, strategic, and proud in developing what is ours. Rooted technology, indigenous food, cultural practices, and ancestral wisdom; these are not just traditions; they are assets. Assets that, when refined and shared, can elevate Africa on a global stage.

Your culture is your identity. Your heritage is your power. Your innovation, grounded in tradition, is your future. The question is not whether Africa has value, the question is, will we rise, package, and present it with the excellence it deserves? Africa is waiting. The world is watching. Level up, not just for yourself, but for a continent that refuses to be overlooked.

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A LIGHT THAT CANNOT BE HIDDEN BY TLO-TLO

There is a power on this earth that no trend, no opinion, no authority can extinguish and that power is the Gospel of Jesus Christ. Yet, too often, the Church hesitates, fearing the world's judgment or bowing to its fleeting applause. The world may try to define faith, validate calling, or dictate destiny, but it cannot. The Word of God determines our faith. God validates our calling. The Cross secures our destiny.

The tragedy is that too many believers live as if their faith is meant for decoration rather than demonstration. They blend in, compromise, or shrink back, and the world never sees the glory of Jesus that was meant to shine through them. Trends may attract attention. Pop culture may spark curiosity. But only the Gospel transforms lives, reshapes communities, and redirects eternity.

Scripture reminds us: "For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes" (Romans 1:16). This is not a suggestion; it is a charge. The Gospel is not meant to entertain. It is meant to deliver, transform, and save.

Child of God, the altar must burn with truth. The pulpit must thunder with righteousness. The Church must rise in boldness, unshaken by fear, unwavering in the Word, and unwavering in its mission. Lift up Jesus, and watch the world respond. As He said, "And I, if I be lifted up from the earth, I will draw all men unto me" (John 12:32).

You were not called to copy the world. You were not called to blend in or dilute the truth. You were called to preach Christ, shine His light, and make disciples of all nations. The Gospel is your mandate. It is the fire in your hands, the voice in your mouth, and the hope in your heart. Let it breathe. Let it shine. Let it transform. Do not leave this earth silent. Do not leave souls untouched. Do not bow to the fleeting ways of a world that cannot save. Stand bold, speak truth, and lift up Jesus, for in Him, the world will see the glory of God revealed.



VERSES OF ARISE POEM

THE RISE WITHIN!

**Level up, don't stand still,
Dreams are rivers, let them spill.
Every step, a higher place,
Every rise, a brand-new grace.**

**When you rise, Africa will too,
Her story is waiting to be told through you.
Your victory is not yours alone,
It's a seed for generations yet unknown.**

**Joseph rose from pit to throne,
Because he grew when left alone.
Discipline, wisdom, courage, and trust,
Turned his trials into triumphs just.**

**Daniel shone in Babylon's halls,
A student of wisdom who stood through it all.
Because he leveled up in mind and in prayer,
He rose to heights few could dare.**

**Esther, too, found her day,
Preparation carved the way.
Her growth in silence, her courage in time,
Turned her risk into victory divine.**

**Personal growth is the richest seed,
Planted today, it meets tomorrow's need.
Nations are built by hearts that learn,
By minds that hunger, by spirits that burn.**

**Read the books that stretch your sight,
Gather wisdom, walk in light.
Attend the workshops, sharpen your skill,
Knowledge is power, and power is will.**

**Never stop learning, never delay,
Each lesson is a stone that paves the way.
Greatness is crafted, step by step,
A masterpiece formed by what you've kept.**

**Level up, rise above the noise,
Choose growth daily, make wise choice.
The continent waits, her song, her prize,
When you level up, Africa will rise.**





KENYA UNCOVERED: 10 THINGS YOU DIDN'T KNOW.

Kenya is world-famous for its safaris, athletics, and breathtaking landscapes but beyond the headlines lies a treasure chest of fascinating facts that many people don't know. Here are 10 surprising things about Kenya that will make you see this nation in a whole new light:

1. **The Cradle of Mankind** – Kenya's Rift Valley is home to some of the oldest human fossils, earning it the title "The Cradle of Humanity."
2. **A Land of Languages** – While English and Swahili are official languages, Kenya is home to over 60 indigenous languages.
3. **The Only City with a National Park** – Nairobi is the only capital city in the world with a national park at its doorstep, where lions and giraffes roam against a backdrop of skyscrapers.
4. **Marathon Kings & Queens** – Kenya's long-distance runners dominate globally, with villages like Iten nicknamed the "Home of Champions."
5. **A Land of Lakes** – Kenya hosts part of the world's largest desert lake (Lake Turkana) and the second-largest freshwater lake in the world (Lake Victoria).
6. **The Great Wildebeest Migration** – Over 1.5 million wildebeests cross from Tanzania into Kenya's Maasai Mara each year, one of the world's most dramatic wildlife spectacles.
7. **Currency with Culture** – Kenya's currency notes celebrate national heroes instead of political leaders, highlighting a culture of honoring contribution over power.
8. **The Land of Coffee & Tea** – While Kenya produces some of the world's best coffee, interestingly, most Kenyans prefer drinking tea as their daily beverage.
9. **Innovation Hub** – Kenya is the birthplace of M-PESA, the world's first successful mobile money transfer service, which transformed banking across Africa.
10. **A Nation of Champions Beyond Sports** – Kenya also shines in film and culture, with Lupita Nyong'o, the Oscar-winning actress, proudly flying the Kenyan flag worldwide.

Kenya is more than a destination; it's a story of heritage, innovation, resilience, and beauty waiting to be uncovered.



A LOVE LETTER TO MY Daughters

Dear Rising Queens,

In a world that often tells you to shrink back, compromise, or accept less than your worth, I remind you of this truth: you were not created to settle, you were created to RISE.

Like Esther, who refused to remain silent and instead stepped into her divine assignment, you too must level up and walk in the fullness of your calling. Do not trade your crown for crumbs. Do not water down your dreams to fit into spaces that were never designed for you. You were designed to be a standard, a living testimony of what godly excellence should look like.

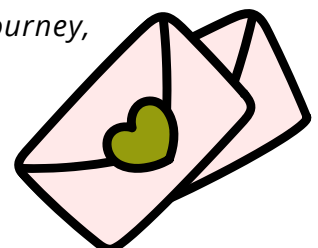
Leveling up is not about competing with anyone else, it's about competing with who you were yesterday. Each day is an opportunity to refine your gifts, sharpen your skills, and grow in wisdom. Keep stretching, keep learning, and keep improving yourself. The best investment you can ever make is in your own growth.

As a young woman of destiny, you carry light that this generation desperately needs. The world is watching, younger girls are looking up to you, and heaven is counting on you. So be a symbol of what should be: a woman of faith, character, discipline, and courage.

Like the Proverbs 31 woman, may your life speak louder than words. Let your excellence be seen in your work, your integrity in your choices, and your faith in how you face challenges. Refuse to settle for less when God has called you for more.

So, my dear sisters: rise boldly, live intentionally, and level up in every area of your life. You are not ordinary; you are chosen, called, and anointed to set a new standard for this generation.

With love and belief in your journey,
Mrs. Bupe Mwape Chisha
C.E.O, Arise Magazine



#LevelUp #AriseQueens #DestinedForGreatness
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