

Faith

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FAITH • LEADERSHIP • WORSHIP • HEALTH • LIFESTYLE

1ST
EDITION

JUNE 2026

FAITH CHRISTIAN MAGAZINE

MAKING JESUS FAMOUS EVERYWHERE

ARTIST SPOTLIGHT

Barret Mapunda

From the Prayer Room
to the Podium

EPIC NEWS

Upendo Nkone

Receives a
Brand New Car
at Mlimani City

EXCLUSIVE

**Apostle Farida
Sekimonyo**

Occupy Till
I Come

A GENERATION ON ASSIGNMENT

RIISING, SERVING & INFLUENCING FOR HIS GLORY



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FIRST EDITION

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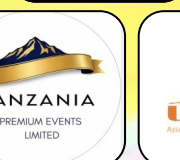


"Occupy till I come"

LUKE 19:13



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EDITOR'S NOTE

FAITH CHRISTIAN MAGAZINE
FIRST EDITION

APOSTLE FARIDA SEKIMONYO

Founder & CEO, Faith and Entertainment Company Limited
Organiser – Tanzania Gospel Excellence Awards
Creator – Faith Connect Application
Chairperson – Pentecostal Women Investors Tanzania
Visionary – Making Jesus Famous Fun Run
Author – Faith Christian Magazine
Coordinator – Protocol & Ushers Training Masterclass



Editor's Introduction

In a generation where entertainment often loses its soul, one woman is boldly reclaiming stages, streets, and stadiums for the glory of God.

Apostle Farida Sekimonyo is more than an event planner — she is a **Kingdom strategist**, a culture-shifter, and a voice calling this generation back to divine purpose. From mobilizing over **20,000 participants in the “Making Jesus Famous Fun Run”** to training protocol teams who carry both excellence and presence, she is redefining what ministry looks like beyond church walls. Through innovation, leadership, and an unwavering commitment to Christ, she is proving that **excellence in the marketplace is not separate from worship — it is worship.**

This is not just her story.

It is a call to every believer to rise, take responsibility, and **occupy every sphere for the Kingdom of God.**

Faith Meets Culture: Rewriting the Narrative

When asked about the boldness behind *Faith and Entertainment*, Apostle Farida responds with clarity and conviction:

“Because the world has entertained us long enough without faith.”

Drawing from **1 Corinthians 10:31**, she emphasizes that everything — including entertainment — can and should glorify God. For her, the issue has never been the platform, but the absence of divine presence on it.

Her mission is simple yet transformative:

To prove that a concert, a wedding, or a corporate event can carry the same anointing as a Sunday service.

And when excellence meets God's presence, **lives are impacted — sometimes before people even realize they have encountered Jesus.**

Taking the Gospel to the Streets

The vision behind the Making Jesus Famous Fun Run was not born out of convenience — it was born out of conviction.

Grounded in Luke 19:13 — “Occupy till I come,” Apostle Farida challenged a passive mindset within the church.

“Why are we waiting for revival inside buildings when the streets are empty?”

What started as a question has grown into a powerful movement of evangelism, unity, and compassion. Thousands now gather publicly to proclaim Jesus — not just in words, but through action.

Each step taken in the run carries purpose. Each contribution transforms lives. From supporting preterm babies with incubators and kangaroo care resources, to training healthcare professionals, the initiative reflects the true heartbeat of Christ:

If Jesus is made famous, then the vulnerable must not be forgotten.



Excellence as a Spiritual Standard

In Apostle Farida’s world, protocol is not administrative — it is spiritual.
Referencing **1 Corinthians 14:40** — “**Let all things be done decently and in order,**” she reframes service as sacred.
An usher is not just a volunteer.
A protocol officer is not just an organizer.
They are **carriers of atmosphere**.
Through the Protocol and Ushers Training Masterclass and digital platforms like Event Hub, she is raising a generation that understands that **honor, order, and excellence are expressions of worship**.
“When you serve with excellence, you don’t just manage an event — you become the heart of it.”

Ministry Beyond the Pulpit

One of her strongest messages speaks directly to a confused generation — those who feel torn between business and ministry.
Her answer is liberating:
“Stop separating what God has already joined.”
Your business is your pulpit.
Your profession is your ministry.
Whether in media, healthcare, entrepreneurship, or entertainment, she challenges believers to carry their faith into every environment — not in words alone, but in integrity, excellence, and impact.
This is what she calls **true dominion**.

Overcoming Mindsets and Building Influence

The journey has not been without resistance.
Apostle Farida identifies one of her greatest challenges as **mindset** — particularly the perception that Christian work should be cheap, casual, or secondary.
But she chose a different path.
Excellence over convenience.
Purpose over popularity.
And that decision has opened doors into corporate spaces, government collaborations, and international platforms — allowing the Kingdom to influence places preaching alone could not reach.

A Magazine for the Doers

As the visionary behind *Faith Christian Magazine*, Apostle Farida is intentional about its purpose.
This is not a publication for passive readers.
It is a platform for **activators**.
Inside its pages are stories of individuals building businesses, institutions, and creative spaces centred on Christ — people who are not waiting for permission, but are actively **occupying their territories**.
“If you read this magazine and don’t feel challenged to do more for Jesus where you are, then we’ve missed our assignment.”



The Woman Behind the Mission

Beyond the public platforms and growing influence lies a deeply personal testimony.

Apostle Farida is a wife.

A mother to two sons.

And a woman marked by grace.

“I am a daughter raised by Muslim parents — yet God, in His mercy, saved me and called me to serve Him.”

Her story is a powerful contradiction to limitation.

“My past did not matter to God... but my obedience to answer the call of Kingdom service did.”

And in that truth lies the heart of her message:

You are not disqualified by where you come from.

You are defined by your willingness to say **YES** to God.

A Final Charge: This Is Your Time

There is a prophetic urgency in her final words:

“You are not waiting for your time — you are already in it.”

Drawing from **Ecclesiastes 3:11**, she reminds us that eternity has already been placed inside us.

The platform you’re looking for?

You already have it.

- ♦ Your office.
- ♦ Your classroom.
- ♦ Your business.
- ♦ Your social media.

These are not ordinary spaces — they are **Kingdom territories** waiting to be occupied.

Call to Action: Join the Movement

Apostle Farida’s life is more than inspiration — it is an **invitation**.

To step out of hesitation.

To rise beyond labels, pasts, and excuses.

To live a life that makes Jesus visible in every space you enter.

Because if God can take me - a young woman from a Muslim background, transform my story, and place me on global platforms.

Closing Reflection

This is not just a feature.

This is a call to action.

To rise.

To serve.

To excel.

To influence.

To **occupy** — boldly, faithfully, and without apology.

And wherever God has placed you...



OUR MISSION

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“To inspire, Equip and empower believers to
live a life of faith, Excellence and purpose in
every sphere of influence

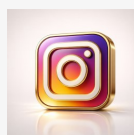
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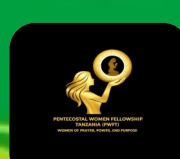
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ARTIST SPOTLIGHT

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BARRET MAPUNDA

Named Best Male Gospel Artist at the Tanzania Gospel Excellence Awards 2026.

From the Prayer Room to the Podium

Dar es Salaam based worship minister and songwriter **Barrett Mapunda** has been named *Best Male Gospel Artist* at the **Tanzania Gospel Excellence Awards 2026**, held at the Ubungo Plaza Auditorium on April 6, 2026.

This recognition highlights more than musical achievement—it affirms his unwavering commitment to Scripture-centered worship, his ministry-first approach to songwriting, and his growing influence among Tanzania’s young generation of believers.

“This Award Belongs to Jesus”

Met with a standing ovation, Barrett delivered a short but powerful acceptance speech that reflected the heart behind his ministry:

“I don’t sing for platforms—I sing for His presence. This award belongs to Jesus. If my voice has helped even one person return to Him, then it was worth it.”

He also issued a heartfelt call to fellow gospel artists:

“Let’s stop competing with the world and start pursuing faithfulness. Heaven is watching how we steward the voice we’ve been given.”

Why This Recognition Matters

Barrett’s rise has been anything but conventional. Rather than polished studio productions, his breakthrough came through raw, live worship sessions recorded in his local church—marked by simplicity, authenticity, and deep biblical grounding.

Featuring minimal instrumentation and Scripture-rich lyrics, songs such as **“Ninakuabudu,” “Usinisahau,”** and **“Karibu Nyumbani”** have resonated widely, becoming staples in youth fellowships, prayer gatherings, and worship services across Tanzania.



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The awards committee cited three defining factors behind his win:

- **Lyrical Integrity** – Songs rooted firmly in Scripture and tested within the life of the local church before release.
- **Proven Consistency** – Over three years of steady output prioritizing spiritual depth over popularity.
- **Ministry Impact** – A clear investment in discipling young worshippers, combining musical excellence with spiritual formation, while actively engaging his audience.

A Voice Shaping the Next Generation

Beyond the stage, Barrett is deeply invested in raising the next generation of worship leaders. Through partnerships with churches in **Dar es Salaam, Arusha, and Mwanza**, he leads workshops focused on both skill and spirituality.

His guiding conviction:

“We need a generation that can play well and pray well—because one without the other is dangerous.”

He is currently preparing a six-track live project titled **“Rudi Kwangu (Come Back to Me)”**, set for release later in 2026—a project expected to continue his signature emphasis on repentance, intimacy, and returning to God’s presence.

What This Means for the Church in Tanzania

Barrett Mapunda’s win signals a deeper shift within the gospel music landscape in Tanzania. Increasingly, there is a renewed appreciation for artists who value **faithfulness over fame, substance over hype, and spiritual impact over commercial success**.

Apostle Farida Sekimonyo, organizer of the awards, remarked:

“We need voices that carry the presence of God—not just talent. Barrett reminds us that worship is both warfare and witness.”

Barrett Mapunda Songs to Listen to This Week

1. **Ninakuabudu** – A deeply intimate worship anthem perfect for personal devotion.
2. **Usinisahau** – A vulnerable prayer expressing dependence on God in difficult seasons.
3. **Karibu Nyumbani** – A powerful invitation to return to the Father’s presence.



UPENDO NKONE

RECEIVES A BRAND NEW CAR AT MLIMANI CITY

“God turns shame into testimony” — Dar es Salaam witnesses a powerful act of restoration

What began as a moment of public humiliation has become a remarkable testimony of grace, unity, and divine restoration.

On April 23, 2026, gospel minister **Upendo Nkone** was presented with a brand-new vehicle at Mlimani City Hall in a surprise ceremony organized by **Resty Bura**, **Lilian Mwasha**, and a network of well-wishers and ministry partners. The car 100% was funded through contributions from pastors, fans, and members of the public - drawing a large and emotional crowd.

From Mockery to Miracle

Earlier in April, a video of Upendo enduring public ridicule for not owning a car went viral across various social media platforms. The clip showed her being interrupted and mocked in public, yet she responded with quiet composure before withdrawing from online spaces.

Rather than retaliate, Upendo chose a path of humility and grace. In a statement that quickly spread online, she said:

“If Jesus was mocked, who am I not to be mocked? But my God restores.”

She went further—offering forgiveness and choosing silence over defence.

Her response ignited a wave of support. Under the hashtag **#StandWithUpendo**, thousands rallied behind her, transforming outrage into action. Within days, Christian leaders, youth groups, and concerned citizens mobilized to organize what would become a public act of restoration, chaired by Resty Bura.



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“We Decided to Honor What God Has Honored”

The gathering at Mlimani City was announced as a **“Restoration & Thanksgiving” service**. Midway through the event, a red cloth was pulled back to reveal a brand-new **Toyota Harrier**, parked in the mall courtyard.

The symbolic gift was presented alongside a note that read:

“For serving faithfully when it was not convenient. May this be a tool for the Kingdom.”

Overcome with emotion, Upendo addressed the crowd:

“I was ashamed for 24 hours, but God turned it around in 7 days. This car is not mine—it belongs to the Gospel. Wherever I go now, Jesus goes with me.”

The moment captured the attention of many, with one speaker declaring:

*“This is what it means to occupy. The world tried to silence her publicly, and heaven answered publicly. ‘Weeping may endure for a night, but joy comes in the morning’ (Psalm 30:5). **This is morning for Upendo.**”*

Why This Story Matters for the Church

The event has sparked meaningful conversations across Tanzania about how believers and the church respond to public shame in the digital age.

1. Restoration Over Revenge

Church leaders emphasized forgiveness instead of retaliation, demonstrating a Christ-like character in the face of offense.

2. A Culture of Honor

Public honour became a visible, biblical response to public humiliation.

“Rejoice with those who rejoice; mourn with those who mourn.” — Romans 12:15

3. Visibility of the Gospel

What began as a negative viral moment ultimately amplified the reach of the Gospel, bringing renewed attention to Upendo’s ministry and message.

4. God always takes the glory

God sees every persecution his children go through and turns it for his glory

“For my own sake, for my own sake, I do this. How can I let myself be defamed?

I will not yield my glory to another.” - Isaiah 48:11

What’s Next for Upendo Nkone

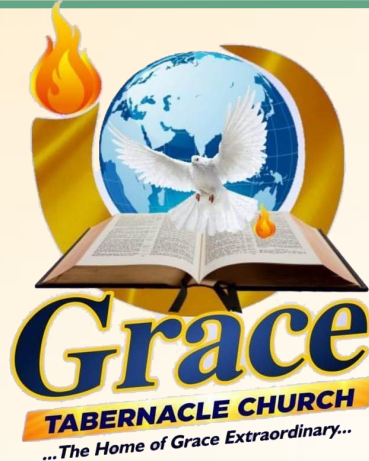
Upendo shared that the vehicle will primarily support her outreach ministry, particularly to **rural churches where transportation has been a major challenge**.

“No more walking to ministry—now I will drive to minister,” she said, moving many in the audience to tears.



GRACE TABERNACLE CHURCH TANZANIA

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A Church Where Everyone Is Important - GRACE TABERNACLE CHURCH TANZANIA

Grace Tabernacle Church Tanzania is more than a place of worship—it is a family of believers united by faith, love, and a passion for God. We are committed to creating an environment where every person can encounter God's presence, grow spiritually, and discover their purpose in Christ.

At Grace Tabernacle, we believe that every individual matters. Regardless of your background, age, or life journey, you are valued, welcomed, and loved. We are a church where everyone is important because every person is created in the image of God and has a unique role in His Kingdom.

Through vibrant worship, sound biblical teaching, prayer, and genuine fellowship, we seek to build strong disciples who impact their families, communities, and the nation. Our desire is to see lives transformed by the power of God's grace and the truth of His Word.

Under the leadership of Bishop Ishaya Abdulmalik and Pastor Lilian Abdulmalik, Grace Tabernacle Church continues to serve as a beacon of hope, restoration, and spiritual growth. Whether you are seeking a church home, a deeper relationship with God, or a community that will walk alongside you in faith, you are warmly welcome to join us.

Church Address
61B Rungwe Road
Mbezi Beach
Dar es Salaam, Tanzania

Join us for worship:
Wednesday – 5:30 PM
Sunday – 9:00 AM



A Christian Guide to Proper Dressing

A circular collage of fashion and beauty items. The items include a black leather jacket, a white blouse, a pair of red trousers, a black handbag, a pair of black shoes, a watch, sunglasses, and various beauty products like perfume, mascara, and a hairbrush. The items are arranged in a circular pattern on a checkered background.

[illegible]

KINGDOM IDENTITY OVER TRENDS

The world promotes:

- Attention-seeking fashion
- Comparison

Constant trends

But the Kingdom promotes:

- Purpose
- Modesty

Confidence rooted in Christ

“Do not conform to the pattern of this world...” — Romans 12:2

Not every trend is meant for a believer. Discernment is part of spiritual maturity.

MODESTY FOR BOTH WOMEN AND MEN

Christian dressing applies to everyone.

For Women:

- Choose dignity over exposure

Prioritize elegance over trend pressure

For Men:

- Avoid overly tight or flashy clothing

Dress with simplicity, cleanliness, and confidence

Shared standard:

If it promotes pride, distraction, or vanity—it does not reflect Christ.

YOUR BODY IS GOD’S TEMPLE

“Do you not know that your bodies are temples of the Holy Spirit...?” — 1 Corinthians 6:19

Your body is not for display—it is for God’s glory.

- Dress to honor, not expose
- Present yourself with dignity
- Treat your body as sacred

SIGNATURE STYLE WITH PURPOSE

Develop a style that reflects your calling.

- A teacher → calm, approachable tones
- A leader → structured and confident

A creative → intentional use of bold elements



Key:
Consistency and simplicity build a recognizable, respectable presence.

LIFESTYLE: A MODEST LIFE BEYOND CLOTHING
Modesty extends into how we live.
1. Morning Rhythm Over Hustle Culture
Start your day with God.
30 minutes in His presence + 10 minutes planning your day.
“She rises while it is still night...” — Proverbs 31:15
2. Home as a Ministry Space
Your home reflects your values.
Keep it clean, peaceful, and centered on God.
Practice:
“No-Phone Fridays” during meals—talk, laugh, and pray.
3. Rest Without Guilt
Rest is wisdom, not laziness.
“Come to me... and I will give you rest.” — Matthew 11:28
Take intentional time to reset spiritually and physically.

STYLE SPOTLIGHT: KINGDOM STREETWEAR
Simple Outfit Idea (Ages 18–30):

- Plain white T-shirt with a small verse
- Black chinos or modest jeans
- Clean sneakers
- Ankara cap or scarf

Confidence and a smile
Why it works:
It is modest, affordable, and opens doors for conversations—turning style into evangelism.

DO’S & DON’TS FOR CHRISTIAN EVENTS
Do:

- Dress appropriately for your role
- Keep makeup clean and natural
- Carry essentials (Bible, mints, tissues)

Dress for the weather
Don’t:

- Wear uncomfortable or impractical shoes
- Overdress for attention
- Use distracting accessories
- Ignore modesty standards for trends

WEEKLY WARDROBE RESET
Take 20 minutes weekly to:

- Wash and iron outfits
- Repair any damage
- Plan modest combinations

Remove items that no longer reflect your values
Result: Peace, order, and intentional living.

FINAL ENCOURAGEMENT: UNASHAMED BUT SET APART
“You are the light of the world...” — Matthew 5:14
You are called to stand out—not by loudness, but by holiness.
Let your life and style declare:

- I honour God
- I respect myself
- I represent the Kingdom

PRAYER BEFORE YOU DRESS
“Lord, today I clothe myself with compassion, kindness, humility, gentleness, and patience. Let my outward appearance reflect the beauty of Your Spirit within me. In Jesus’ name, Amen.”
CLOSING DECLARATION
“I am set apart. My body is God’s temple. My style reflects His excellence. I will dress with purpose, walk in confidence, and represent Christ without compromise.”



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GOSPEL MUSIC

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More Than a Song — It's a Weapon Gospel Music in 2026: Worship, Warfare & Witness

Gospel music is far more than background sound for church services. It is theology set to melody, a weapon in spiritual warfare, and a bridge to people who may never step into a church building.

In 2026, the role of gospel music has never been more critical—or more misunderstood.

1. Worship: It's About Who You're Singing To, Not Who's Listening

The reality:

Some worship experiences resemble concerts, where applause replaces encounter and performance overshadows presence.

The truth:

"God is spirit, and His worshipers must worship in the Spirit and in truth." — John 4:24

A personal check:

If the lights went out and the instruments stopped, would you continue to worship?

What must change:

Worship teams must learn to lead from the secret place. Rehearsals without prayer produce performers—not priests.

2. Warfare: The Sound That Breaks Chains

The reality:

Worship carries spiritual authority. It shifts atmospheres—and the enemy resists it.

Biblical evidence:

When Paul and Silas prayed and sang in prison, chains broke and doors opened. — Acts 16:25

Application:

Worship is not confined to Sunday services. Your home, your car, and your workplace all need it.

Practical tip:

Create a **"Warfare Playlist"**—10 songs that anchor you in God's promises. Play it when anxiety rises or when faith feels weak.

3. Witness: Music Reaches Where Preaching Cannot

The reality:

A person may ignore a sermon, but listen to a song repeatedly.

What's happening in Tanzania:

Artists like **Christina Shusho**, **Paul Clement**, and emerging voices are using Swahili, Bongo Flava influences, and digital

The principle:

Excellence matters. Sound quality, production, and visuals open doors. Even the most anointed message can be ignored if it is poorly presented.

The challenge:

If your music speaks only to believers, you risk missing the mission.

Signs of a Healthy Gospel Music Ministry

A thriving worship ministry is marked by more than talent:

1. Scripture-Driven Lyrics Songs are rooted in biblical truth—not just emotion.

2. Humble Leadership Leaders point to Jesus, not themselves. There is no room for ego on the stage.

3. Service Over Stage Teams serve beyond music—in prayer, setup, and community life.

4. Local Sound, Global Message Cultural expression (Swahili, Bongo Flava, Afrobeat) carries a message that transcends borders.

Discipleship Behind the Scenes

1. Team members grow together spiritually—no competition, no division.

Spotlight: 3 Emerging Tanzanian Gospel Voices to Watch

1. Neema Gospel Band — Dar es Salaam

Sound: Afro-gospel fusion

Known for: *"Nakuabudu (Remix)"*

Why they stand out: Consistent discipline—rehearsing three times a week—and active outreach, including monthly hospital ministry.

2. Emanuel Worship Collective — Arusha

Sound: Acoustic Swahili worship

Why they stand out: Every song flows from personal testimony, with a strong commitment to authenticity and originality.

3. Voice of Hope Choir — Mwanza

Sound: Traditional choir with modern production

Why they stand out: They invest in the future—mentoring youth choirs in five rural churches at no cost.



REALITY OF CHURCHES

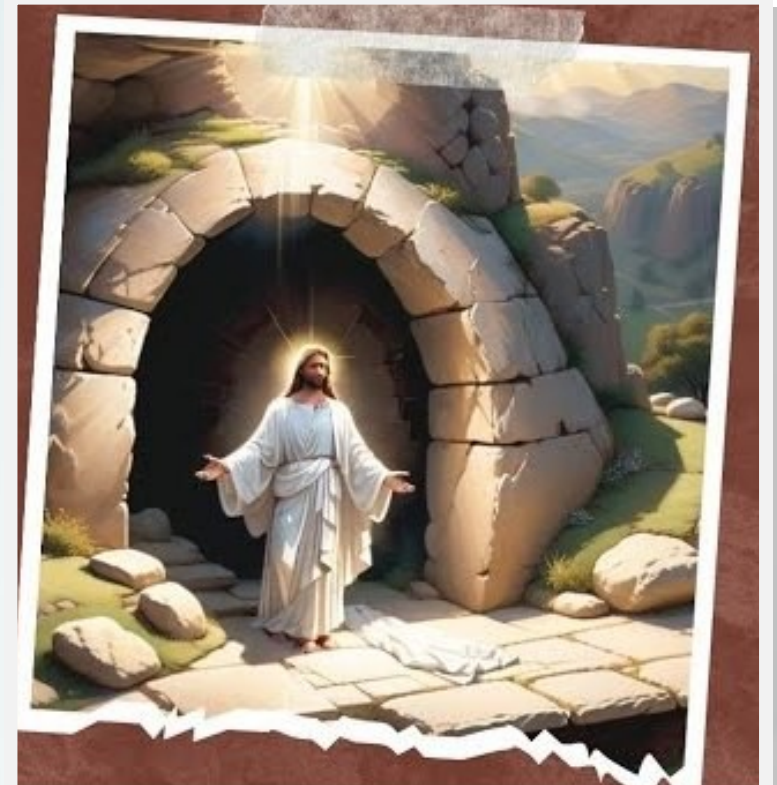
FAITH CHRISTIAN MAGAZINE
FIRST EDITION

The Church We Have vs. The Church Jesus Christ Died For The Reality of Churches in 2026: 5 Truths We Must Face

We love the Church. Jesus died for her. She is not just an institution—she is His bride.

But love does not ignore reality. Love tells the truth.

If we are to see genuine revival, we must confront the current state of the Church with honesty—without becoming cynical—and respond with conviction—without compromise.



1. The Church is Growing Numerically, But Discipleship is Lagging

The reality:

Church buildings are full. Online sermons reach millions of views. Christian content is everywhere.

But beneath the surface:

Many believers struggle to clearly explain the Gospel, lack consistent engagement with Scripture, and compromise their faith under pressure in everyday life.

The underlying issue:

We have made attendance the goal instead of transformation.

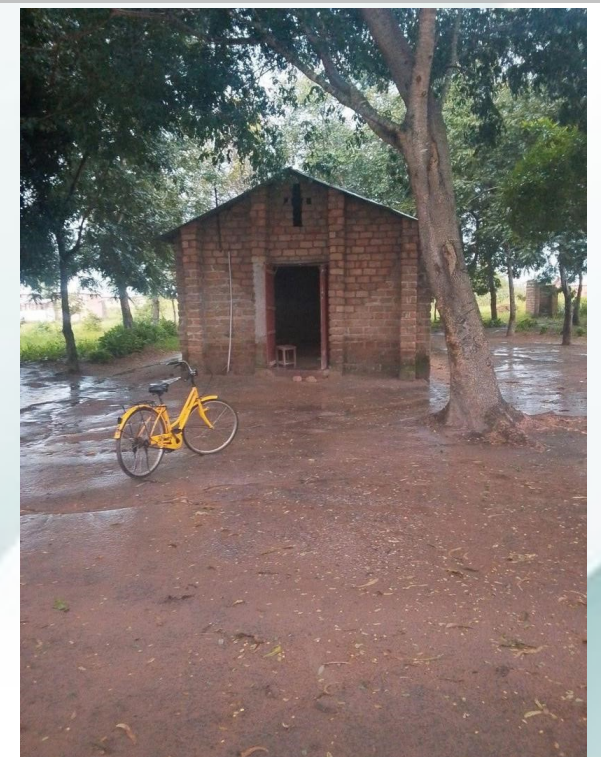
What Jesus commanded:

“Go and make disciples...” — Matthew 28:19

What we must do:

Return to intentional discipleship—through small groups, one-on-one mentoring, and practical teaching on how to pray, study Scripture, and live out faith in the workplace.

A church of 5,000 with 100 mature disciples is weaker than a church of 200 with 150 committed disciples.



2. The Line Between Ministry and Business Is Becoming Blurred

The reality:

Some churches operate like NGOs. Others resemble corporations. Both risk losing their spiritual identity.

The danger:

When giving becomes the central message, trust begins to erode. When programs replace God’s presence, people leave spiritually empty.



What Scripture reminds us:

“Freely you have received; freely give.” — Matthew 10:8

What we must do:

Practice transparency in finances. Ensure that any charges reflect genuine costs—not profit motives. Let generosity—not pressure—sustain the work of ministry.

At Faith and Entertainment, we hold to a simple principle:

“Charge for excellence. Give for the Kingdom.”

3. The Church Is Slow to Engage the Marketplace

The reality:

The Church equips pastors, worship leaders, and ushers—but the majority of believers spend over 50 hours a week in workplaces such as businesses, hospitals, schools, and the tech sector.

The result:

Many Christians feel their Monday-to-Friday lives are spiritually insignificant.

What Scripture says:

“Occupy till I come.” — Luke 19:13

What we must do:

Teach on work ethic, integrity, creativity, and leadership. Create space for testimonies from professionals—entrepreneurs, teachers, nurses, and others. Consider hosting a “Marketplace Sunday” regularly. The Church must empower believers to make Jesus known not only in the pulpit—but in the workplace.

4. Online Church Is Expanding, But Isolation Is Increasing

The reality:

It is now possible to consume multiple sermons weekly without engaging in real, physical community.

The danger:

Accountability fades. Genuine fellowship weakens. Service becomes optional.

Yet Scripture is clear:

“Let us not give up meeting together...” — Hebrews 10:25

What we must do:

Use online platforms as entry points—not end destinations. Every online viewer should be intentionally guided into a local community, small group, or service team. Livestream is a doorway—not the church itself.

5. The Church Is Hungry for Power, But Avoids the Process
The reality:

We desire miracles, growth, and influence—but often resist the process required to sustain them: character formation, patience, and obedience in the unseen places.

The danger:

Platforms built without character inevitably collapse.

What Scripture teaches:

“Whoever is faithful in little is faithful also in much.” — Luke 16:10

What we must do:

Celebrate faithfulness in the small things—serving quietly, arriving early, honouring commitments. Revival is not sustained by moments of power, but by lives of integrity.

So, What Now?

3 Practical Steps for Every Believer

1. Stop Spectating. Start Serving.

If you have been part of a church for two years and only attend, it is time to step in. Ask yourself:

Where can I serve this month?

2. Bring the Kingdom Into Every Sphere of Life

Your workplace is your mission field. Pray for colleagues. Work with excellence. Reject compromise. Live out your faith daily. That, too, is ministry.

3. Demand and Model Truth and Grace

Hold leaders accountable—with humility and love. Hold yourself accountable—with discipline and consistency.

Truth without grace becomes harsh. Grace without truth becomes compromised.

We need both.

A Prayer for the Church

Lord, forgive us for making church about ourselves. Align our hearts with Yours. Break us for what breaks You. Raise up a Church that is holy, compassionate, bold, and excellent. Teach us to faithfully represent You in every sphere of influence. In Jesus’ name, Amen.

Final Note

This article is not written to tear down, but to build up.

“Let all things be done for the edification of the church.” — 1 Corinthians 14:26

If this message stirred your heart, do not just read it—respond to it



HEALTH TIPS

FAITH CHRISTIAN MAGAZINE
FIRST EDITION

7 Biblical Health Tips for Busy Believers

1. Honor God with Sleep

"He grants sleep to those He loves." — Psalm 127:2

Tip: Aim for **5–7 hours of sleep** each night.

Sleep is not laziness—it is faithful stewardship. When we lack rest, our immunity, mood, and focus suffer.

Habit: Create a *"Sabbath bedtime"*:

Turn off your phone 30 minutes before sleep and use that sacred time for **prayer or Scripture**.

2. Eat to Fuel, Not Just to Fill

"Whether you eat or drink, do it all for the glory of God." — 1 Corinthians 10:31

Tip: Build your plate wisely:

- ½ vegetables
- ¼ protein

¼ carbohydrates

Limit sugar and processed foods.

Daniel and his friends thrived on simple, clean foods—but practice this with wisdom.

Local wisdom: *Ugali + mboga + samaki* nourishes far better than *chips + soda* every day.



3. Move Your Body as Worship

"I will praise You because I am fearfully and wonderfully made." — Psalm 139:14

Tip: Move for at least **30 minutes, 5 days a week**.

Even simple walking can reduce heart disease risk by up to 30%.

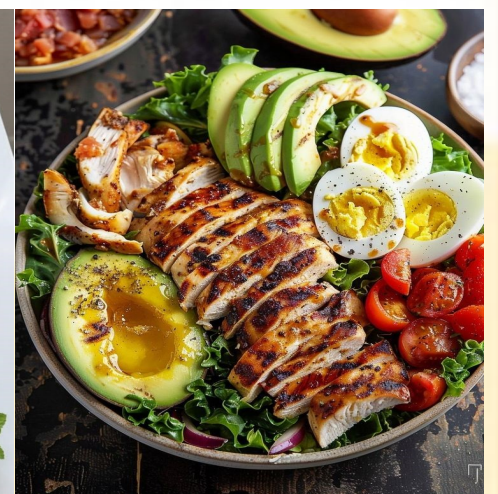
You don't need a gym:

- Walk after meals
- Take the stairs

Stretch between tasks

Kingdom principle:

Health, evangelism, and service can go together.



4. Guard Your Mind from Overload

“Be transformed by the renewing of your mind.” — Romans 12:2

Tip: Set aside **10 minutes daily** for:

- Quiet prayer
- Journaling

Scripture meditation

Habit: Silence phone notifications during this time because your mind needs rest just as much as your body.

5. Hydrate Like It's Ministry

Tip: Drink **2–2.5 litres of water daily**, especially in warm climates.

Dehydration can cause:

- Headaches
- Fatigue

Poor concentration

All of these can hinder your ability to serve effectively.

Habit: Carry water intentionally—it is part of stewardship.

6. Community Heals

“Confess your sins to each other and pray for each other so that you may be healed.” — James 5:16

Tip: Don't walk alone.

Join a:

- Small group
- Prayer circle

Fellowship community

Isolation drains life, but connection brings healing.

Did you know - Your emotional and spiritual health are deeply connected.

7. Screen Your Body, Don't Ignore It

“The prudent see danger and take refuge.” — Proverbs 22:3

Tip: Schedule regular **health checkups**:

- Blood pressure
- Blood sugar
- Screening for other non-communicable diseases (as appropriate for age)

Early detection saves lives and prevention is wisdom in action.

Quick Recipe: “Daniel's Power Bowl”

A simple, energizing meal for busy ministry days

Ingredients:

- 1 cup brown rice *or* sweet potato
- ½ cup spinach *or* mchicha
- ½ cup chickpeas *or* grilled fish
- 1 tbsp olive oil + lemon + pinch of salt

Handful of avocado

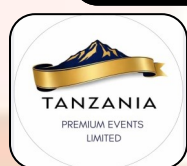
Why it works:

Balanced in fiber, protein, and healthy fats—this meal keeps you full for **4 to 5 hours** without a sugar crash.

Prayer for Healing & Strength

“Lord, thank You for my body. Forgive me for neglecting it. Give me discipline to sleep, eat, and move in a way that honours You. Heal every hidden sickness and renew my strength like the eagle's.

In Jesus' name, Amen.”



WOMEN PAGE

DAUGHTERS OF DESTINY

“You Can Serve God from Monday to Sunday”

Role: Pastor, Grace Tabernacle Church Tanzania

Marketplace: Voice Branch Manager – Client Experience Leader,
Stanbic Bank Tanzania

Assignment: Founder & Host, Rejesha Taji Women’s Conference

Award: Best Women’s Conference – Tanzania Gospel Excellence
Awards 2026

A Crown Restored in Both Worlds

Pastor Lilian Abdulmalik does not live a double life — she carries a double assignment.

By day, she serves as a **Voice Branch Manager at Stanbic Bank Tanzania**, focused on delivering exceptional client experience, leading service excellence, and ensuring every customer interaction reflects care, efficiency, and value.

By evenings and weekends, she stands at the altar of **Grace Tabernacle Church Tanzania**, ministering healing, identity, and purpose to many.

“People ask me, *how do you balance banking and the pulpit?* I tell them: I don’t balance — I surrender both to God,” she says.

Colossians 3:23 declares, *“Whatever you do, do it unto the Lord.”*

“That means my client interactions are worship. My leadership is worship. My preaching is worship. It’s all one life.”

This unique integration of marketplace excellence and ministry integrity is what earned her recognition at the **Tanzania Gospel Excellence Awards 2026**, where Rejesha Taji was honoured as the **Best Women’s Conference**.



Rejesha Taji: Where Crowns Are Restored

Rejesha Taji means “**Restore the Crown**” — and that is exactly its mission.

Launched in 2022, the conference was birthed from Pastor Lilian’s burden for women who knew Christ but were still living defeated lives. Through counselling and ministry, she encountered women battling shame, unemployment, and abuse — and felt called to help restore their identity, dignity and purpose.

What Makes Rejesha Taji Different:

- **Healing First:** Safe and confidential spaces for women to process pain
- **Identity Teaching:** Deeply rooted in Scripture, not surface motivation – the need to know who you are the way God created you, and your divine purpose
- **Practical Empowerment:** skills training, business clinics and financial literacy

Sustained Growth: Monthly mentorship circles that continue beyond the conference Since its inception, **over 2,000 women** have attended.

Testimonies include:

- ♦ Restored homes and marriages
- ♦ Healing from depression
- ♦ Discovering of purpose
- ♦ Multiple businesses launched and restored

“We don’t want women to come and return to the same cycle,” Pastor Lilian says. “We want them to leave crowned and commissioned.”

Rejesha Taji 2026: “Crowned & Revived for His Purpose”

This year’s edition is focused on all women in ministry – those called directly to minister in any capacity as well as those married to men of God. It promises to be bigger and more impactful because we aim to revive all women in ministry so they can stand confidently in their God ordained callings to serve and fulfil their purpose.

Dates: July 31 – August 1, 2026

Venue: Millennium Towers, Tanzanite Hall,

Dar es Salaam

Theme: *Crowned and Revived for His Purpose*
(*Esther 4:14; 1 Peter 2:9*)

Her Word to the Woman Reading This

“Maybe you feel like you’ve lost your crown. Maybe you think God cannot use you because of your past, your job, your age, or your scars. I am here to remind you: God is a restorer. He took my shame and made it my assignment — and He will do the same for you.

You are not too broken. You are not too late.

Come to Rejesha Taji and let God place your crown back on and revive you to fulfill your purpose.”

Lessons from Pastor Lilian’s Life.

1. The Marketplace is Ministry

Your workplace is your mission field. Excellence there opens doors for impact.

2. Healing Precedes Assignment

God prepares you internally before He sends you outwardly.

3. Consistency Beats Hype

Years of obedience to God matter more than momentary attention. Trust God to perfect you with time as you yield to His leading

Prayer for Daughters of Destiny

Father, I thank You that I am Your daughter. Restore every area where I have lost my crown, or feel voiceless, and unworthy. Heal my heart, renew my mind, and send me out with purpose. In Jesus’ name, Amen.

Next Month on Woman Page:

Balancing Ministry, Marriage & Motherhood — A panel with three Tanzanian pastors’ wives

Proverbs 31:29–30

“*Many women do....*”

Registration:

Open via Pastor Lilian Abdulmalik and Grace Tabernacle

Church Tanzania social media platforms and

www.faithandentertainmentstz.com

The event is free and includes food and refreshments.



Faith

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GRACE TABERNACLE CHURCH DAR ES SALAAM

Inakuletea:

"WAACHE WATU WANGU WAENDE"

20 26

Mchungaji Lucy Samuel (Tanzania)

Mtume Carolyn Banks (Marekani)

Mtume Joshua Banks (Marekani)

Mchungaji Farida Sekimonyo (Tanzania)

MADA: KUMZUIA ANAYEZUIA

Tarehe: Jumatano 15 - Jumapili 19 Julai 2026

MUDA: Jumatano hadi Jumamosi saa 11:00 jioni, Jumapili saa 3:00 asubuhi

Mahali: 61b Rungwe Road Karibu na Mwai Kibaki Road, Mbezi Beach, Dar es salaam.

Kwa maelezo:
Kiingereza: +255 796 650 460
Kiswahili: +255 755 811 557

Askofu ISHAYA & Mchungaji LILIAN ABDULMALIK (Wenyeji)

Ni wakati wa kusimamisha kila kitu kinachozuia maendeleo yako maishani.

FAITH CHRISTIAN MAGAZINE FIRST EDITION

GLORY OF GOD MINISTRIES INTERNATIONAL PRESENTS

EMPOWERMENT CONFERENCE

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REJESHA TAJI 2026

REVIVED FOR HIS PURPOSE

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FREE ENTRANCE, FOOD & DRINKS

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FOR INQUIRIES: +255 755 811 557 +255 683 656 367

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Pastor IMELDA MABOYA
Pastor JULIANA KUSAGA
Pastor NSIANDUMI NDOSSI
Pastor LILIAN ABDULMALIK HOST
Pastor ANNA DOREEN
Pastor LUCY SAMUEL
Minister NEVABLESS JOEL WORSHIP

TRIP TO ENGLAND (UK)

TIME TABLE

- JULY 2026 -

10 - 12	LONDON
14 - 16	BIRMINGHAM
18 - 19	MANCHESTER

Appostle FARIDA SEKIMONYO

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