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REVEAL WOMAN

MAGAZINE

5 PRACTICAL
WAYS TO HELP
YOU STUDY YOUR
BIBLE

SABRINA KAMEMBO

SELF-CARE VS
SELF-LOVE

THINGS TO DO
THIS SUMMER

3 SALAD RECIPES
FOR YOUR SUMMER
BARBECUES

SPECIAL
ANNOUNCEMENT!

REVEAL Woman

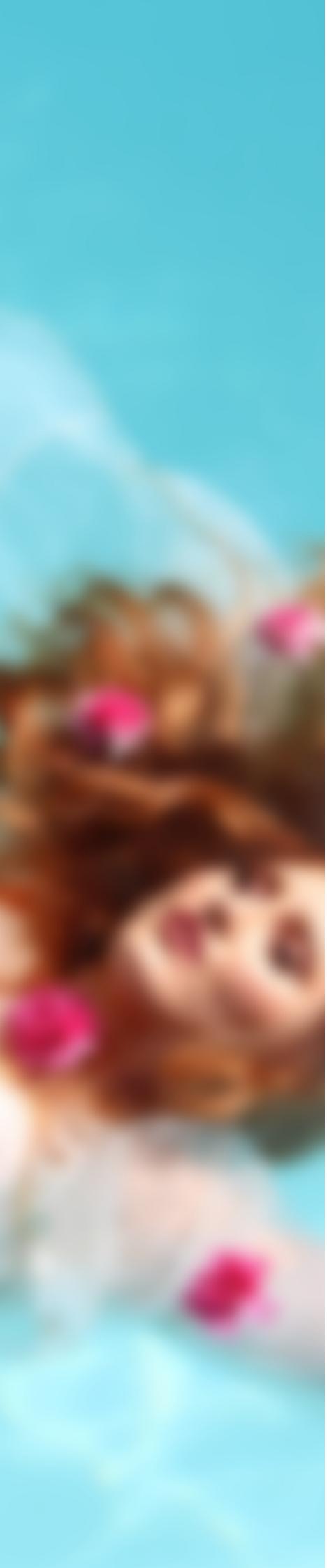


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LETTER FROM THE *EDITOR*

IT'S OFFICIALLY SPRING!

Spring is my favourite season. For many reasons. It's not too hot and it's not too cold. Apart from the dreadful allergies that come with this season, it fascinates me. Seasons are prophetic. Spring symbolizes new beginnings. The calm after the storm. We see beauty rising up from the ashes of winter.

Much like our lives! No matter what you have gone through, Spring is coming. And oh boy, it's the best feeling when you feel the sun shine on you after you have endured the season of pruning. God gets the glory. I want to remind you that winter is not your final destination. Look up. There is more ahead of you. God will not fail you.

In this month's issue, we look at fun things to do this summer and practical ways in which you can take care of yourself better - the understanding of self-care and self-love is so key! To top it off, 5 practical ways to help you study your bible, because that will never be outdated, can I get an amen!

We end off with three succulent salad recipes for all those barbecues you will be going to this summer season. You're welcome!

May this Spring bring you much fruit, in Jesus' Name.



Sabrina Kamembo

SABRINA KAMEMBO
EDITOR IN CHIEF

5 PRACTICAL WAYS TO HELP YOU STUDY YOUR BIBLE

BY SABRINA KAMEMBO

5 PRACTICAL WAYS TO HELP YOU STUDY YOUR BIBLE

I always get asked to give some practical ways to memorise and study the bible. I started reading my bible (from Genesis to Revelation) from a young age, and I have been doing that ever since. Each time I read a scripture, I am mind-blown. The bible is so rich. Although I have not memorised the whole bible, the parts that I have memorised still feel brand-new everytime I go back to read them. And that's what I love about scripture. It never gets old. That means that you never "arrive". There is always more to learn and discover. The bible is, for me, an endless adventure that I fall in love with more and more everyday of my life. Here are some practical ways that have helped me to memorise and study scripture.

5 PRACTICAL WAYS TO HELP YOU STUDY YOUR BIBLE

BY SABRINA KAMEMBO

1. HIGHLIGHT SCRIPTURES THAT ARE IN SEASON FOR YOU

When I was younger, it was always the tough seasons that made me memorise scriptures better. I would focus on scriptures that I needed in order to overcome the season I was in. For example, if I was battling with fears and insecurities, I would memorise scriptures like in 1 John 4:18 “There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love” or Joshua 1:9 “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.” or Psalm 139:14 “I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well.”

Highlight each of the scriptures. If your bible has key words at the back, then use it to find the specific scriptures you are looking for. If not, then the internet is always great. Look up scriptures about love, healing, provision and et cetera.

After you have found the scriptures, write small notes on them. You can write with a pencil in your bible or in your journal or notebook. Read these scriptures every morning and night before bed. Don’t just read them, but meditate on their truths. Let it become personal to you. What has helped me to memorise scriptures has been pasting sticky notes on my walls and cupboards.

Don’t rush the process of learning and memorising scriptures. Take your time. It’s not a competition, and you are not doing it for others - it’s between you and God.

2. ASK THE HOLY SPIRIT TO INTERPRET

It’s not spoken about enough, but your relationship and intimacy with the Holy Spirit is so important when it comes to reading the bible. The words in the bible come alive in our hearts through the Holy Spirit. If you don’t know how to activate this, then all you need to do is ask. Ask the Holy Spirit to teach you how to read and understand the Word of God. You don’t need to strive when you read God’s Word. God wants you to understand, so the divine wisdom and understanding is already yours (Ephesians 1:17). You have access to the Holy Spirit, and access to the knowledge of God’s Word through the Holy Spirit.

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3. LOOK UP DEFINITION OF WORDS

In any language, it is always important to understand the meaning of the words you are reading. And even if you do know the meaning, look it up anyway to broaden your perspective of the definition of the word. If you do not have a dictionary, look it up on the internet. It does not have to be a bible dictionary. Remember, the basic understanding of the language you are reading in is very important. If you are reading a word for the first time, make notes in your journal or bible. This will help you to memorise the scripture.

4. LOOK UP THE MEANING IN THE ORIGINAL LANGUAGE

The Old Testament was originally written in Hebrew, and the New Testament was originally written in Greek. This means that the language in which you read your bible may have an even deeper and cooler meaning in the original Greek or Hebrew language, which will lead you to a deeper and more meaningful understanding of the scriptures. If you do not have a Hebrew or Greek study bible, then the internet is a great place. Websites like Bible Hub are a great place to start, too!

5. READ COMMENTARIES

Commentaries are writings from theologians, scholars and academics who study the bible at an academic level. These are great ways to read about the history and get the correct context of the scripture you are reading. Be careful of this, though. Make sure that the commentaries that you are reading are not misleading and are following the correct Christian doctrine. If you are not sure, ask a spiritual leader who you trust, they will be able to help guide you to the right commentaries. Bible Hub also has some great commentaries. There are also some teachings on YouTube on the scriptures. Watch more than one, and make sure that they are the right doctrine, too! The same goes for the commentaries that you read. Studying the bible means that you are going to need to research more than just one resource to help you understand and broaden your perspective.

These are just a few things that have helped me to study and memorise scripture. And whenever I need to preach or teach on a certain topic, I use at least one, if not all, of these methods. They have been helpful for years, and I hope they will be helpful to you, too.



Self-Care
vs
Self-Love

Self-Care vs Self-Love

In March this year, we started a movement called ‘Self-Care Fridays’. This was created to be a space to remind you how important it is to take care of yourself, and to encourage you to make taking care of yourself a priority. We have had everything from cool videos of self-care, self-care ideas, motivational words of love and encouragements. In this article, we want to look at what self-care and self-love is, why it’s important and how it’s done. We start with an excerpt from one of our devotionals called ‘Cultivating Joy’ where Sabrina writes about and explains the importance of self-care and self-love in the journey of cultivating joy. She writes:

“Many times, when I have conversations with people about self-love and self-care, I can feel the atmosphere shift and tense up. I have learnt that it’s because the idea of self-love has been associated with narcissism and selfishness. Yes, it can be selfish in the worldly sense, but self-love originated as a biblical concept. When Jesus tells us to love our neighbour as we love ourselves, He is showing us that the standard of our love for others comes from the way we love ourselves, first.

You cannot love and pour into others if you do not first love yourself. How do you know if you love yourself? Well, first look at how you see yourself. Do you see yourself the way God sees you? Precious. Royal. The apple of His eye. Listen to the way you speak about yourself or to yourself when you look into the mirror. You do not belittle what you love. You do not insult or speak negatively towards what you value. Start there. Now ask yourself: “Do I love myself?” This might be a very difficult and triggering question. But remember, cultivating is not easy. This is the standard. Because God loves you, He never belittles you. That is the standard of “self-love”.

Once you understand this, you then begin to love others. If you will not treat yourself badly (because you love yourself - and because God loves you), then you will not treat others badly. Joy comes from prioritizing love. God, you, then others. So, take care of yourself. Love on yourself, as your heavenly Father loves on you.

Mental health is so important. So is spiritual health. We need to take care of ourselves because we need to reflect God’s love for us. Self-love comes from the acceptance of God’s love for you. It happens when you begin to see yourself the way that God sees you. When you love yourself and see yourself the way God does, you begin to take care of yourself. This fuels your joy. It is okay to take a break every now and then. Breathe. Do what fuels you, what motivates you and what makes you feel loved. Get your nails done, go for a walk, read a good book or watch a good movie. Love on yourself. Joy comes from the acceptance of love, and from living in love. Be kind to yourself. Love God and accept His love. Cultivating joy requires investing in yourself, the same way a gardener will lovingly look after his or her plants.” *Cultivating Joy – Sabrina Kamembo*

Here are some ways to take better care of yourself. This list is not exclusive and in no particular order.

01 1. REST

Rest is actually more than just sleep. It includes not doing things that put strain on your mind, body and emotions. While sleep is a good way to be energized, it is not enough if you do not take time to pause from the daily strains of life. Time yourself during the day and watch your stress levels. What are the things you are committed to? Prioritize them according to the level of importance, then allow time to work on them or think about them, when the time is up, don't dwell on it anymore, give your mind space to breathe. Do the same with all your daily tasks. Remember, rest will not happen if you sleep and your mind is still active. Train your mind to pause throughout the day, this will ensure a more restful sleep and restful and healthy mind.

02 2. Open up more

Do not underestimate the power of vulnerability. Sometimes we carry things around without knowing it, and when it's too late, we reach breaking point. This is not good for our mental health. Find someone who you can constantly be vulnerable with, someone who will be able to just listen to you without you feeling judged or that you need to carry the weight. You too deserve to be taken care of. Identify the spaces where you can be taken care of by others. This is why community is so important. You don't have to carry things or do things on your own.

03 3. Do things that make you feel good

Sis! You can never go wrong with a good skincare or haircare routine. Why don't you set a day every week where you pamper your hair and skin, while playing some music in the background or reading a book. Studies have shown that we lose about 30,000 to 40,000 dead skin cells every minute of the day. A good skincare routine helps to keep your skin in good condition and helps prevent acne, slows down aging and boosts your confidence.

Haircare, on the other hand, is just as important. Not only do we need to take care of our hair because we want to look good, but overall hygiene is important, and affects the rest of your body. Who doesn't want their hair to be poppin' anyway?

When you take care of each part of your body, it makes you love and appreciate your body more. It does not have to be long hours, even five to ten minutes of intentionality makes a huge difference.

04

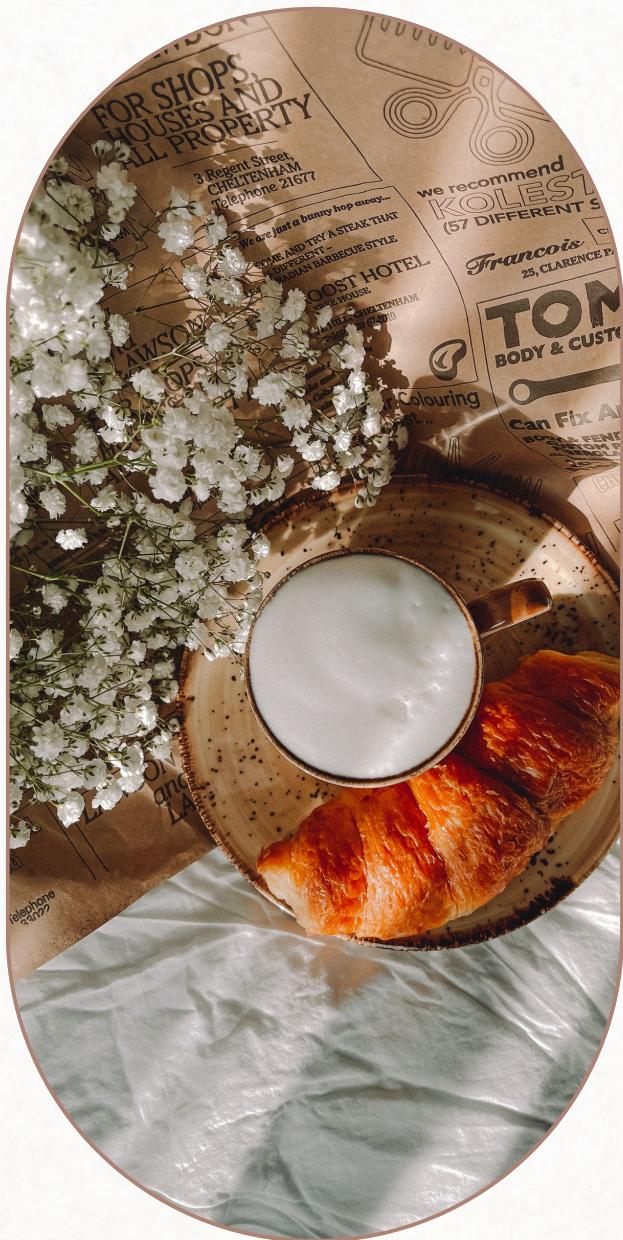
4. Say “no” when you need to

Sis, you don't have to say “yes” to every single request in the world. It's okay to say “no” as well. This does not make you a bad person. Neither does it mean that you do not respect or appreciate things. Creating boundaries are very crucial to self-love and self-care. You need to make sure that you are taking care of yourself. What use would it be if you can no longer function because you are burnt out? Have boundaries. Prioritize mental health. And if something is beyond your capacity, it is okay to say “no”.

05

5. Date yourself, sis!

Does this sound like a weird concept to you? It's not. Spend time with yourself, take yourself out on dates and discover more things that you did not know about yourself. You love the things you spend time with the most, so, getting to know yourself will increase your self-awareness and love and appreciation. Reward and celebrate yourself when you need to. Spoil yourself every now and then. It's okay, and so important! You deserve it.



When you invest in the right things, you will reap the fruits. Investing in yourself is just as important as investing into other things. If not more. The standard in which you treat yourself is the standard that you will use to treat and love others. It's important to love God, and love yourself before you can go out and love others. You may need to pray further to ask God what self-care and self-love looks like for you in this busy season.

THINGS TO DO THIS SUMMER



"If you are stuck, just Pinterest it."

What are your plans for this summer? If you are like us (anyone on the Reveal Woman Team), you're always up for an adventure and for trying something new. We thought we would share with you some of our favourite things to do and some of the things our team will be doing this summer.

If you ever struggle with things to do, Pinterest is a great place for inspiration. We say; "If you are stuck, just Pinterest it."





THINGS TO DO THIS SUMMER

BIKE RIDING

First of all! Did you know that bike riding improves your posture? It's not just super fun, but it's great exercise. Go for a beautiful sunset bike ride with a friend or two, then grab an ice cream later. If you live in the city, make sure you ride your bike in a safe space. The best places to have a nice and relaxing bike ride are in the park or the promenade. Plus- it's the best setting for an Instagram selfie afterwards.

PICNIC

Do you love the more laid back and chilled out vibe? A picnic is a great idea. Beaches and parks/ gardens are the best place for a picnic. But have you ever thought of an indoor picnic? Set a few blankets in the middle of the living room, have a few snacks, drinks and boardgames. Invite a few friends over, and you have the best chilled-out and relaxing setting for conversations, great food and creativity. Thank us later. But if you are still set on having an outdoor picnic, try to arrive earlier to book a great spot and set up. Take things up a notch and set up a small open tent to make it look more special and pretty. Creativity with food and décor is the best kind of creativity. Don't forget to check the weather before deciding whether you are going to have an indoor or outdoor picnic. Again, thank us later.

THINGS TO DO THIS SUMMER

VISIT TOURIST SIGHTS IN YOUR CITY

We think it's safe to say that most people love to travel. Why not start in your backyard. Do you know what and where the tourist attractions are in your city? Visiting tourist attractions in your city have many perks. Namely, you will learn so much about the history, and fall in love with it even more. Another advantage is that, by travelling and visiting areas in your own city, you contribute to the improvement of your city's economy. Isn't that great?

So, what places can you visit in your city? Research how many museums there are, then set a day to visit a few. Some museums require prior booking, so make sure you double-check before you arrive. Don't forget to check the entrance fee, especially if you aren't going alone. After your visits to some museums, why not ask around for the best coffee shops? Or better yet, have you ever had the local food at a restaurant? Why not explore what tourists experience in terms of food in your city. We promise, this is so fun.

End the day or week with a show or event happening in your city. If the pandemic regulations do not allow, then plan an outdoor movie night in your garden, or living room. Watch movies that will inspire the love for your city and country. Do something different.



ARTS AND CRAFTS

Oh yeah! Did we mention how much we love Pinterest? If you haven't heard of it or downloaded the app, do yourself a solid favour. There are always DIY things to do around the house. It doesn't have to be fixing the kettle or microwave! Why not make a few paintings to brighten up your room? Or learn how to make a flower pot. Better yet, look at cheap or priceless ways of redecorating the house. There are a million things you can do without spending any money. Learn how to transform your old t-shirts and jeans into more fashionable items. It is the best thing to do, especially during the festive season.



LEARN SOMETHING NEW

Invest, invest, invest in yourself, sis! It's never too late to learn new things. And it doesn't have to feel like work at all. Take up dance classes, learn new exercise moves. Better yet, meet new people. If there's anything that the pandemic has taught us, it's that being social is not limited to being with each other in person. There are many online courses and events that are happening virtually. Why not find one that interests you. Meet people from different cultures and backgrounds that will teach you something new.

There are so many free videos on YouTube and social media that are available. Learn how to do your makeup differently, follow some of the best fitness gurus out there to improve your exercise routine, and find out what excites you when it comes to trying new things. Even if it's learning how to just say hello in five different languages. Just have fun doing it!

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OUT NOW

AVAILABLE ON ALL
MUSIC PLATFORMS



Three
SALAD RECIPES
*For your summer
braai's & barbeques!*

POTATO SALAD

POTATO SALAD

(Serves 6 ; Prep/Total Time: 30 min)

Ingredients

10 medium potatoes
6 hard-boiled large eggs
1 medium onion, finely chopped
1/2 cup mayonnaise
1 teaspoon salt
1/4 teaspoon pepper

Directions

1. Peel potatoes; cut into chunks. In a large pot, cook potatoes in boiling salted water until tender. Drain and cool. Boil eggs in a separate pot. When ready, chop them up and add to potatoes with chopped up onions.
2. In a small bowl, stir in mayonnaise and pepper. Pour over potatoes; toss well. Adjust seasonings if necessary. Spoon into a serving bowl. Garnish with egg slices and paprika. Chill until serving.

COLESLAW SALAD



COLESLAW SALAD

(Serves 6 ; Prep/Total Time: 20 min)

Ingredients

Half a cabbage
5 Carrots
Half a cup of Mayonnaise
Raisins (Optional)

Directions

1. Grate the carrots and cabbage into a bowl
2. Add Mayonnaise into the bowl and stir well
3. Add raisins and chill before serving

MIXED VEG SALAD

(Serves 6 ; Prep/Total Time: 35 min)

Ingredients

Mixed Vegetables pack
Half a cup of Mayonnaise
5 eggs
Teaspoon of salt

Directions

- 1.In a pot, bring the vegetables to a boil. When ready, drain and leave to cool
- 2.Boil eggs in a separate pot. When ready, chop up into pieces
- 3.Mix the vegetables and eggs in a bowl with mayonnaise and salt
- 4.Chill before serving

MIXED VEG SALAD

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