

Diligence In Personal Development

Your 9–5 Not an Enemy to Your **Biz Dreams**

Maximizing Financial Diligence with TFSA The Bible I

Sleep Apnea: Silent Threat to Your Health

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am immensely grateful to God Almighty for His faithfulness and guidance in bringing this second edition of D' Restorer to fruition. I also want to extend my heartfelt thanks to you, our cherished readers, for the overwhelming support and positive feedback we received on our maiden edition. Your encouragement has been a source of strength for the entire team, and we do not take it for granted.

I sincerely apologize for the delay in the release of this edition. Certain circumstances beyond our control made it impossible to meet our intended publication schedule. However, we trust that the wait will be worth it as you delve into the insightful and enriching content we have prepared.

The theme of this edition is Diligence, a quality that is essential in every aspect of our lives.

Whether you are a job seeker, student, newcomer, parent, or simply navigating life's challenges, diligence is the key to unlocking success and fulfilling God's purpose. In this edition, we explore topics that address the needs of various groups: tips for excelling in academics, guidance for newcomers, financial planning, parenting advice, insights for teenagers, and health and wellness, among others. We believe that each article will bless you, inspire you, and equip you for your journey ahead.

May you be restored and uplifted as you read. You are blessed richly! Sincerely,

Aldrio

Abiola Odutola Managing Editor D' Restorer



Diigence

By Pst Bankole Abejide

Gen 2: 15-16 states that God actually gave Adam work before he fell.

God gave him work before he gave him Food and his wife. He was not given work because he sinned. There is emphasis on this because looking after the garden is a management role.

Romans 12:11 – Not slothful in business; fervent, in spirit; serving the lord.

Diligence is the channel to converting your mental Potential and Capacity to Reality.

Note: work gives value to your ideas, ultimately to your life,

therefore always put in your best

2 Thessalonians 3:10 talks about if someone doesn't work, he shouldn't eat.

Remember, our heavenly father is working, let us emulate him, let the Saying be fulfilled in your life, like father, like Son. John 15: 17: - My father in heaven worketh hither to, and I work.

Idleness and Laziness is not in our bloodline. Therefore, arise and take responsibility.

Note: Your potential will make a way for you. Focus on discovering your own potential to create the life you desire. For you to fully utilise your potential, you must fight your greatest fears.

Diligence involves sacrifice of your time, energy and resources, In 1990, there was no time for WhatsApp, Facebook, and Instagram.

In John 9:4: - I must work the works of him that sent me, while it is day: the night cometh, when no man can work.

Confession without work will lead to confusion and poverty. Until you engage in productive work, confession does not work. Arise my beloved and maximise every season of your life. Proverbs 21:5, 10:4, eccl 5:3.

Life in practice, if you want to be diligent, you must practice it. Do you know that its a scam for not given back to life and expecting something back. Success is not a scam

How to be diligent; Luke 14:28-31

- 1. The first dimension of being diligent is to be strategic. You can not be just hardworking to be diligent. Working 16hrs does not mean you are diligent.
- 2. Diligence involves sacrifice; sacrificial prayer, fasting

and studying of the word of God

3. Diligence also involves consistency in what you do, doing the right thing, sacrificing your time and energy correctly is called diligence.

*The Covenant of prosperity requires you to work with your hands and mind before God can prosper you.

Proverbs 22:29 says Do you see someone skilled in their

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if you want to
be diligent, you
must practice
it. Do you know
that its a scam
for not given
back to life
and expecting
something back.
Success is not a
scam

work? He will serve before kings; he will not serve before officials of low rank

God values the work called diligence. Its paying proper attention to a task or giving the required degree of care in a giving situation to a particular task.

For anyone to accomplish a task, there must be an earnest and consistent efforts to persistent effort of body or mind. Any worker who determines to excel must be mentally and physically committed to the work of God. A diligent worker is Eager, Determined, Swift and Efficient. Promptness and energy is required to be diligent in Life.

Proverbs 12:24,27 speaks of how a lazy man is a waster. Someone who leaves opportunities unrefined. The Lazy one put God in the opposition of a MAGICIAN

Daniel 5:12 He did this because Daniel, whom the king called Belteshazzar, was found to have a keen mind and knowledge and understanding, and the ability to interpret dreams, explain riddles and solve difficult problems. Call for Daniel, and he will tell you what the writing means." As a result of his knowledge, he was able to live and reigned with three kings.

1 Kings 7:13-14

And king Solomon sent and fetched Hiram out of Tyre. He was a widow's son of the tribe of Naphtali, and his father was a man of Tyre, a worker in brass: and he was filled with wisdom, and understanding, and cunning to work all works in brass. And he came to king Solomon and wrought all his work.

Matthew 24:46 – blessed is that servant, whom his lord when he cometh shall find so doing. As a child of God,

You are assigned a duty, God hates disappointment, God will never pick a slothful person to work for him because he appreciates DILIGENCE. Prov 12:27 "Diligence is a



man's precision processor. God Examines man before he choses".

GOD BELIVES IN 3 THINGS

- 1. Responsibility: Product of Diligence
- 2. Availability: Anyone who is not responsible can never be available
- 3. Reliability: Being available should always come with reliability

Those God picks are diligent ones. He picks them on their duties e.g. Joseph, moses, Gideon, Elijah, Elisha, apostle Paul, Timothy and Peter.

- 1.Exodus 3: 1-2, 7-10 Moses was called on the field. He was working steadily and carefully when the call came.
- 2. Judges 6:1-2 Gideon was called while working, he was threshing wheat, while others were relaxing. "The efficiency in him fished him out"
- 3. 1 King 19:19 The Diligence of Elisha pronounced him for ordination. Elijah ordained Elisha when he was busy working with twelve yokes of oxen.
- 4.Luke 5:5 The spirit of diligence exhibited by peter qualified him as the first disciple. Peter toiled throughout the night for the catch.

Four Qualities that pronounced Peter

- 1. Peter was Persistent
- 2. Peter Persevered
- 3. Peter toiled relentlessly
- 4. He was determined despite no production. It takes a diligent mind to work throughout the night without positive outcome, and still agreed to work further when Jesus Christ encouraged him

Diligent people yield to courage every time it comes because they see it as an opportunity for productivity "Heb 11:6 He is rewarded of those who diligently seek him"

BENEFITS OF BEING

DILIGENT

These are the spiritual and physical benefits of being diligent.

- 1.Proverb 12:24 The hand of the diligent shall bear rule: but the slothful shall be under the tribute. Diligent person will naturally and supernaturally prosper.
- 2.Proverb 10:4 he cometh poor that deals with a slack hand: but the hand of the diligent maketh rich. They will find fulfillment in every ramification and with everybody they encounter.
- 3. Proverbs 13:4 The soul of sluggard desireth, and hath nothing: but the soul of the diligent shall be made.

4. Proverbs 21: 5 The thought of the diligent tends only to the plenteousness: but everyone

that is hasty only to went.

In Conclusion Nothing works without somebody at work, God the Father works, God the Son works, if you find believers doing nothing and claiming empty faith. You are believing God without doing anything, God will laugh at you. Whatever your hands findeth do it, don't hide under nonsense and call it Faith. When you place pleasure before labour you will live under perpetual pressure. Diligence and success are not ambition, its an action word. Luke 17-19 states that Jesus worked. Nothing works without hard work.

PRAYERS

Daniel 6:3 Dear lord, let your excellent spirit rest upon me in Jesus name.



TFSA: Maximizing Financial Diligence

n a world where financial stability and foresight are vital, the Tax-Free Savings Account (TFSA) emerges as a beacon of financial diligence. As we delve into this powerful tool, let's explore its workings, how to maximize its benefits, and the diligent approach it demands.

The TFSA is a unique investment vehicle offered in Canada, that allows individuals to grow their savings tax-free. Unlike traditional savings accounts, TFSAs allow you to invest in various assets such as stocks, bonds, mutual funds, and more, without paying taxes on the growth or withdrawals. This tax-free attribute makes it a powerful instrument for long-term wealth accumulation.

Maximizing the benefits of a TFSA requires a strategic approach.

- 1. Contribute consistently: While there's an annual contribution limit set by the government, diligently contributing to your TFSA each year can compound your savings substantially over time. The yearly limit can be gotten from your Canada Revenue Agency (CRA) online account
- 2. Consider investing in growth-oriented assets within your TFSA: Since all earnings are sheltered from taxes, investments with higher growth potential can flourish within this account. You should consider your financial goals and risk appetite with considering investment portfolio.
- 3. leverage the flexibility of the TFSA: Unlike Registered Retirement Savings Plans (RRSPs), TFSAs do not have contribution deadlines, and



withdrawals can be made at any time without penalty. This flexibility allows you to use your TFSA for various financial goals, whether it's saving for a down payment on a home, funding your education, or supplementing your retirement income.

TFSA usage also entails understanding its limitations. While contributions are not tax-deductible like RRSPs, withdrawals from TFSAs do not affect your eligibility for government benefits or tax credits. Additionally, overcontributions to your TFSA can incur penalties, so it's crucial to monitor your contributions diligently.

In diligently utilizing a TFSA, one must adopt a disciplined investment approach. Regularly review and rebalance your TFSA portfolio to ensure it aligns with your financial goals and risk tolerance. Consider seeking professional financial advice

to optimize your investment strategy and navigate the complexities of the financial markets effectively.

Moreover, exercise patience and perseverance. The true power of a TFSA unfolds over time through the magic of compounding. By consistently contributing and allowing your investments to grow tax-free, you can reap the rewards of your diligence in the form of long-term wealth accumulation and financial security.

In all, the TFSA stands as a testament to the virtue of diligence in financial planning. By understanding its workings, maximizing its benefits, and approaching its usage with diligence, individuals can harness its power to secure their financial future. So, let us embrace the TFSA as a tool for financial diligence and embark on a journey towards prosperity and peace of mind.

The Diligent Teenagers

he elders have passed the baton to the younger generation. People in their seventies and above will pass the baton to those in their fifties and below. This process will continue until it reaches teenagers and children as they all grow old. Nobody stays in the same stage of life forever, as time inevitably moves forward. This raises an important question: What values and habits will you pass on to the next generation?

Don't assume that you are too young to think about this question. As a teenager, one of the important values to embrace is diligence. Start being diligent now; don't wait until you are older. The earlier you start, the better it will be for you. Being diligent means being careful and hardworking.

As a teenager, how careful are you? Do you value your life and the lives of others? Do you take pleasure in working hard? Do you just do your tasks or do you put in your best effort to do them right? You might think, "I'm not working yet!" But what about your schoolwork and your household chores? Are you diligent in doing them? If you're not diligent in these tasks, it might be difficult for you to be diligent in your future job.

A few things that can help you to be diligent:

- Ask for God's help: pray, listen, and obey him. Develop an intimate relationship with the Holy Spirit.
- Be determined to be diligent no matter what.
- Set a goal towards it; this will help you to be focused.
- Make it one of your habits to use a planner or calendar; it will render good assistance to you.
- Create to-do lists daily and follow them.
- Start whatever you need to on time and use your time efficiently.
- Remove any distractions while working. Phone, games, and social media platforms could

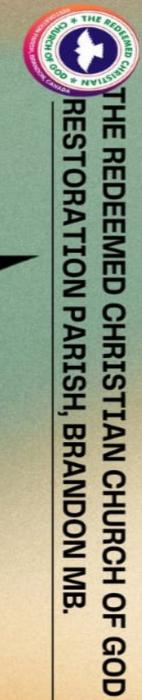
be a major distraction.

- Prioritize your tasks: do the most important and most needed per time.
- Look for a partner or group that is diligent who you can be accountable. Get a mentor(s): a person(s) who has achieved greatness through diligence that you can follow the footprint.

When you are not meeting up don't give up. Continue until you get it.

Proverbs 22:29 says "Do you see a man diligent and skillful in his business? He will stand before kings; he will not stand before obscure men" (AMP).

Receive the grace to join the group of the diligent today. Shalom!



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THEME: ENGAGING PRAISE FOR SUPERNATURAL INCREASE

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Exercising Diligence in Parenting

By Kemi Adebayo-Adetona

What is Parenting?

Parenting is a sacred responsibility entrusted to us by God. It is a privilege and a responsibility that requires care, unwavering commitment, intentionality, perseverance and diligence.

What is Diligence?

Diligence is the careful and persistent effort to accomplish a task or fulfill a duty. It involves paying close attention to detail, being thorough, and consistently applying oneself to achieve a specific goal or standard. Diligence is characterized by hard work, dedication, and a commitment to excellence, often requiring patience and perseverance over time.

What then is Diligence in Parenting:

Diligence in parenting can be defined as the consistent and careful effort exerted by parents to fulfill their God-given responsibility of raising children in a manner that honors God and prepares them for a life of purpose and service. It involves being intentional in teaching, disciplining, and modeling godly values and behaviors.

Simply put, Diligence in parenting means being conscientious, attentive, and persistent in nurturing and guiding our children in the ways of the Lord.

Biblical Examples of Diligence

in Parenting

The Bible provides us with examples of both positive and negative models of diligence in parenting, highlighting the importance of this virtue in shaping the lives of our children.

One of the most striking examples of diligence in parenting is seen in the life of Abraham. Despite facing numerous challenges and uncertainties, Abraham remained steadfast in his faith and obedience to God. He diligently taught his children the ways of the Lord and set a positive example for them to follow. In Genesis 18:19, God commends Abraham, saying, "For I have chosen him, so that he will direct his children and his

household after him to keep the way of the Lord by doing what is right and just, so that the Lord will bring about for Abraham what he has promised him."

On the other hand, the story of Eli serves as a cautionary tale of the consequences of failing to exercise diligence in parenting. Eli, though a priest of the Lord, neglected to discipline his sons for their wickedness, leading to their eventual downfall (1 Samuel 2:21-34). The Lord rebuked Eli, saying, "Why do you honor your sons more than me?" (1 Samuel 2:29), highlighting the importance of prioritizing God's commands above all else in parenting.

As Christians, we are called to raise our children in the ways of the Lord, just like Father Abraham, instilling in them a foundation of faith and values that will guide them throughout their lives.

How to Exercise Diligence in Parenting

A. Cultivate a Godly Atmosphere
One of the most important
aspects of diligent parenting is
creating a godly atmosphere
in the home. This involves
prioritizing spiritual growth and
nurturing a love for God and
His Word in the hearts of our
children. This includes:

1. Teaching and Training: Proverbs 22:6 instructs us to "Train up a child in the way he should go, and when he is old, he will not depart from it." This involves imparting biblical knowledge and wisdom to our children through regular study of the Word, prayer, and intentional conversations about faith and life. For example, setting aside time each day for family devotions where the Word of God is read, discussed, and applied to daily life.

2. Prayer: Diligent parenting also involves seeking God's guidance and wisdom through prayer. Praying for our children's

spiritual growth, protection, and well-being is crucial in fulfilling our role as parents. Also, teaching our children the importance of prayer and modeling a consistent prayer life ourselves can not be over emphasized.

B. Model Diligence

As parents, we are the primary role models for our children. Our actions speak louder than words, and we must model diligence in all areas of life. This includes:

- 1. Leading by Example: Children learn by example, so it is essential for parents to model the behavior and values they want to instill in their children. This includes demonstrating love, kindness, patience, and integrity in all areas of life.
- 2. Discipline: Proverbs
 13:24 tells us, "Whoever spares the rod hates their children, but the one who loves their children is careful to discipline them." Discipline should be done with love and consistency, aiming to correct behavior and instill godly values rather than to punish. Providing loving but firm discipline that is consistent and fair is a key part of modeling diligence in parenting.

C. Communicate and Build healthy relationships

Effective communication is key to diligent parenting. We must cultivate open and honest communication with our children, building strong relationships

based on trust and respect. This includes:

- 1. Active Listening: Taking the time to listen to our children's thoughts, feelings, and concerns without judgment.
- **Quality Time:** Spending quality time with our children, engaging in activities they enjoy and showing interest in their lives.
- **3. Encouragement and Support:** Providing encouragement and support and being their biggest cheerleader in all their endeavors.

In conclusion, exercising diligence in parenting is a sacred and multifaceted responsibility that shapes the character and future of our children. By cultivating a godly atmosphere, modeling diligence, and fostering open communication, parents can provide a strong foundation for their children's spiritual and personal growth. As positive influences and role models. parents should demonstrate the values of diligence, integrity, and faithfulness in all aspects of life, creating a ripple effect of godly values and integrity throughout our communities. Drawing lessons from biblical examples like Abraham and Eli, we see the profound impact of diligent and intentional parenting. Through unwavering commitment and prayerful reliance on God, we can raise a generation that honors Him and positively impacts the





Embracing Diligence in Self-Discipline:



By Iteoluwa Ogunkamisi

n our journey through life, few virtues are as impactful as diligence and self-discipline. These qualities not only shape our personal achievements but also reflect our commitment to spiritual growth and integrity. The Bible offers profound guidance on how diligence in self-discipline can lead to fruitful outcomes. Let's explore two key verses that illuminate this principle.

1. Proverbs 13:4 (ESV)

"The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied."

This verse from Proverbs starkly contrasts the outcomes of diligence and laziness. It portrays diligence as a pathway to abundance and fulfillment. Those who diligently apply themselves to their tasks and responsibilities are rewarded with richness, not just materially, but also in their character and spiritual growth. Conversely, the sluggard, who lacks diligence and self-discipline, finds themselves continually wanting and lacking.

2. Colossians 3:23-24 (ESV) "Whatever you do, work heartily,

as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ."

This passage emphasizes the Christian perspective on diligence in self-discipline. It encourages believers to approach every task with wholehearted commitment. understanding that they are ultimately serving the Lord. This mindset transforms mundane tasks into acts of worship and service, motivating believers to maintain discipline and excellence in all areas of life. The promise of receiving an eternal reward from the Lord further reinforces the importance of diligence and steadfastness in our endeavour.

Applying Biblical Wisdom in Daily Life

Incorporating these biblical principles into our daily lives requires intentional effort and reliance on God's strength. Here are practical ways to cultivate diligence in self-discipline based on the insights from these verses:

• **Purposeful Work Ethic:** Approach tasks with enthusiasm and commitment, recognizing

them as opportunities to honour God.

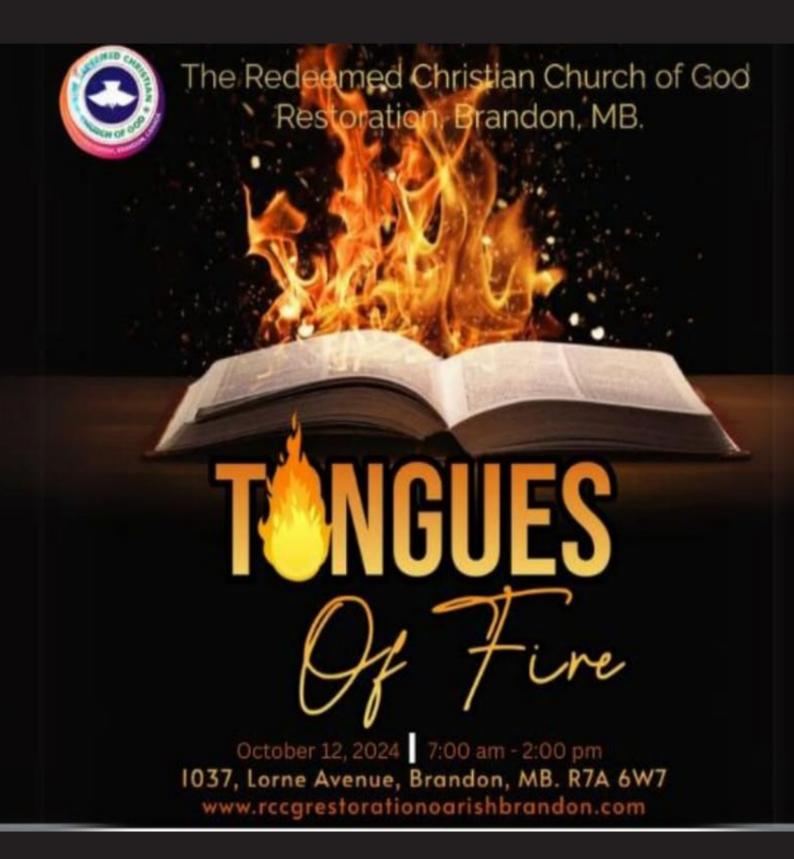
Consistent Habits:

Establish routines that promote self-discipline in areas such as time management, financial stewardship, and personal growth.

- **Perseverance:** Remain steadfast and resilient in pursuing goals, trusting in God's provision and timing.
- Integrity: Maintain honesty and moral uprightness in all interactions, reflecting God's character in our conduct.

Conclusion

Diligence in self-discipline is not merely about personal achievement but also about living out our faith authentically. The Bible's teachings encourage us to pursue diligence as a means to glorify God and serve others faithfully. By applying the wisdom found in these verses, we can cultivate a life marked by integrity, purpose, and spiritual richness. Let us embrace the call to diligence in self-discipline, knowing that our efforts are ultimately guided and rewarded by our Heavenly Father.





The Power of Diligence:

A Guide for International Students

By Tolulope Oke

tarting an academic adventure abroad is thrilling and difficult for international students. Studying overseas offers a plethora of chances, the chance for personal development, and an enhanced comprehension of different cultures. But there are often challenges in the way of achievement that call for a constant work ethic. To help international students overcome these obstacles and succeed in their new surroundings, this delves into the idea of diligence.

Understanding diligence

The deliberate and continuous effort to complete a task is known as diligence. It calls for

perseverance, hard effort, and a firm commitment to one's objectives. Diligence for international students includes adjusting to a new culture, handling financial restraints, and creating a supporting social network in addition to academic rigour. A conscientious learner is one who takes on every task with a proactive and resilient attitude, transforming setbacks into chances for advancement.

Academic Excellence Through Diligence

International students' experiences revolve around their academics. In comparison to what students are used to in their native countries, the educational systems, teaching strategies,

and evaluation standards may differ dramatically. International students who want to succeed academically need to:

- 1. Adjust to New Learning Style: Welcome the various pedagogies and take an active part in group projects and class debates.
- 2. Use Academic Resources: Take full advantage of the institution's tutoring programmes, internet databases, and libraries.
- 3. Improve Your Time Management Skills: Make a well-balanced timetable that allots time for homework, study sessions, and relaxation.

4. Seek Feedback: To get better and gain a better understanding of academic requirements, regularly ask lecturers and classmates for their opinions.

Cultural Adaptation and Social Integration

Relocating to a new nation necessitates social and cultural integration in addition to scholastic adaptations. International students can have a successful life overseas by making the following efforts:

- 1. Learn the Language: Learning the language of the area might help you interact with people more effectively and get by in daily life, even if the classes are in English.
- 2. Recognise Cultural Norms: Pay attention to and adjust to the customs and social graces of the nation you are visiting.
- 3. Create a Support System: To meet new people and form connections, get involved in clubs, societies, and community organisations.
- 4. Remain Connected to Home: To stay centred and encouraged, stay in touch with your loved ones back home.

Financial management
One of the biggest problems
for many overseas students
is money. Managing finances
diligently is crucial to ensure that
they can focus on their studies
without undue stress:

- 1. Budgeting: Make a thorough budget that accounts for all your costs, including rent, groceries, tuition, and other out-of-pocket expenses.
- 2. Part-Time Work: Seek out part-time employment options that allow you to supplement your income without sacrificing your academic obligations.
- 3. Scholarships and Grants: International students are

eligible to apply for financial aid, scholarships, and grants.

4. Prudent Budgeting: Give priority to spending on necessities and steer clear of extraneous costs.

Mental Health and Well Being

Sustaining one's mental health and wellbeing is crucial for both professional and personal achievement. It is important for international students to take good care of their mental and emotional well-being:

1. Remain Active: To relieve stress, take regular breaks from work and engage in physical activity.

2. Seek Support: When feeling overwhelmed, talk to friends or family and make use of the institution's counselling facilities.

3. Engage in Self-Care: Schedule leisure time for interests, unwinding, and peaceful pursuits.

4. Mindfulness and Meditation: To maintain composure and attention, engage in mindfulness and meditation practices.

Conclusion

The journey of an international student is a testament to the power of diligence. Ву embracing diligence in academics, cultural adaptation, financial management, and mental health, international students can turn challenges into stepping stones for

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success. This diligent approach not only paves the way for academic achievements but also for a richer, more fulfilling life experience. For international students, diligence is the key to unlocking their potential and making the most of their time abroad.



Diligence, the Grit and Success

By Olufemi Afolabi.



iligence is seemingly that uncommon element that often separates boys from men in the course of life. It is one of the few levelers in life and a key element in determining who you would become. It's a God-given factor that justifies God as a fair God as it makes your success-story provable with facts.

In my few years on earth, I have seen people without hands working and I have seen people with two hands begging for alms.

I have seen the blind playing musical instruments- Steve Wonder, Cobhams Asuquo, among many others are good examples, and I have seen people with two eyes that cannot do anything close.

A lot of people trivialize the place of diligence and grit in the buildup into their desired future. We often live in the utopian ideal world and in the illusion of our day dreams without realizing on time this key element called diligence.

Diligence is the missing link between many people and their success. They have good parents, working system and a good support-system, however, they have neglected the place of diligence. Diligence negates mediocrity and eliminates slothfulness.

Just like someone once said, life is not always fair to anyone because it does not always give you what you desire or deserve, however, by the stint of hard-work (diligence) and God's mercy (as a person of faith), many results that would have ended as a negative one have been over-turned and ended up being a success story.

What then is diligence?

While dictionary defines it as 'careful and persistent work or effort', there are many words that are synonymous to it. We have words like assiduousness, industriousness, assiduity, rigor, indefatigability, doggedness, among other words. All of them are pointing to the fact that if you can persist without looking back, you can achieve it.

Going by this dictionary definition above and the meaning of other words, it is crystal-clear that diligence is not a mere application of strength but a careful and persistent application of strength on a particular task or project to birth a desired result.

I became more interested in this factor of life when I discovered that 99% of the successful men on earth, dead or alive, that have ever recorded sustainable success in any form, secular or spiritual, would always either talk about diligence or exhibit it as one of the key characteristics that midwife their success in life.

It became incredibly shocking to me and you would understand better now, when I read in the written word of God that the greatest man ever born of men, God in human form (Jesus Christ), when he worked in the surface of earth said in John 5:17 'But Jesus replied, "My Father is always working, and so am I. (NLT)

Wait a minute, God is still working? Did you read that? If God still works, why are you resting when you should not?

This is well reinforced by the ever-green quote of the phenomenal Thomas Edison, the arguably greatest inventor of his generation and one of the most prolific inventors of all time, he



said 'Genius is 1% inspiration and 99% perspiration' (1903).

This simply means there is a measure of greatness in everyone. It only needs a deep level of diligence to wake up the giant in them. Everyone has a level of gifting but it takes a diligent man or woman to maximize it.

Thomas was that dull boy that was rusticated from school because he was too dull. Thomas was so dull that it was his mum that had to teach and train him for his elementary education as the teacher wrote her that Thomas could not amount to anything in life because he was too dull.

Against all odds, just like the unbelievable rebirth and rise of the phoenix, Thomas Edison became the best man of his generation and turned the bitter story around by his sheer diligence.

How do you explain a man that failed 10,000 times while working on a project – the discovery of incandescent light bulb, yet he continued until he produced the first light bulb, among other things like phonograph, electric pen, tasimeter, phonograph cylinder, etc. that he invented.

Have you read the Gifted Hands by Dr Ben Carson? Did you read about his failing and struggling moments? Dr Ben did not start as a brilliant boy, but inside that dull boy was a Neuro-surgeon that changed the face of medical science in America and world at large.

The famous story of Esau and Jacob in the bible is probably one of the best illustrations you could ever read that gives credence to the importance of diligence in life. In Gen 27:40, after Isaac had pronounced blessings on Jacob instead of his older-twin brother; Isaac made a strange statement at the b-part of the passage, 'But Jesus replied,

"And it shall come to pass, when you become restless, that you shall break his yoke from your neck."

This statement is a proof that diligence can even change destiny if well applied (all things being equal). This is why some people belong to the school of thought that says 'Your Destiny is in Your Hand'.

There are many of us that need to be restless against poverty, failure, and other negative elements in our lives and lineage.

Get up and do that work. Pick that book and read. Write that book. Compose that and record song. Start that project. Go back to school. Open that business. Learn that trade. Get that skill. Do it NOW!!!

This means, if anyone can just apply grit-which is courage and resolve; strength of character to be diligent in whatever you have committed your heart to, nothing would be able to stop them.

As a way of wrapping up, Pastor E.A Adeboye, the General Overseer of this great mission, in one of his teachings had once shared the story of two friends who by gift of clairvoyance through a prophet was told what their future would look like.

The first man was told that he was destined to be a King and would be a great person in life. Having heard this, he was very elated and left rejoicing. On the other hand, his friend was told that he would not amount to anything significant in life, rather, he would end up being a servant.

This saddened the other young man and both of them returned home with two different results about their future.

The supposed servant, having heard this bad news, took some clothes, cutlasses, hoes and farm implements, off he went into a far bush. He decided to spend quality time working and holding his destiny in his hands.

He planted many cash crops as well as food crops. Years after years, he was building new barns and store houses, he enlarged his farm so much that he had plenty of food to store and to sell.

While he was working day and night, his friend, because of the prophecy of a 'bright future', became indolent, unserious and wasteful. He was partying and unfocused.

He forgot that there is more to life than just prophecy. He forgot that life is not led by miracle but by principle; why? because miracle is God's uncommon intervention in the impossibility of the humans. It is what you cannot do by natural laws that God will intervein by His

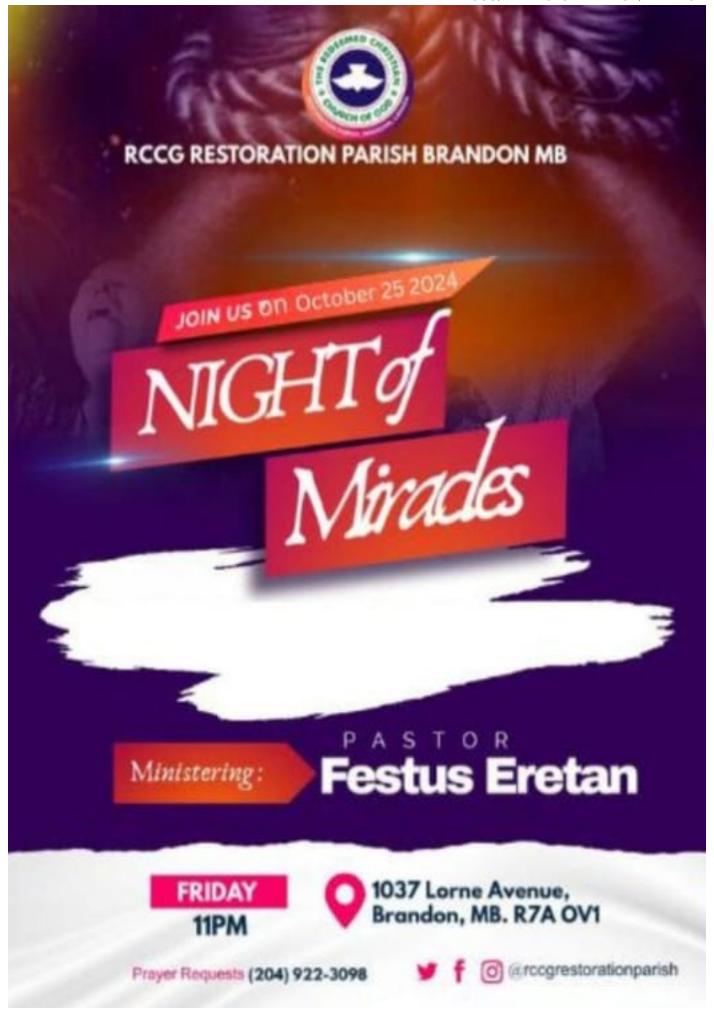
miracles.

One day, there was famine and there was no where to get food in their neighborhood as well as close communities. They tried other cities and the conditions given to them as well as the costs were stringent. Having run from pilar to post, they concluded that they should beg the man in bush to give them food. He listened to them but gave them one condition. The condition is that he would give them food only if they coronate him as King over them. That was how the man that was supposed to be a servant became the King while the one that was supposed to be the king became a servant. The difference is Diliaence.

This is why the bible in Proverbs 22:29 says 'Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men. KJV.

In conclusion, you can become anything you desire, with the help of God and this key element called diligence.







By Sifawu Usikalu

re you stuck in a regular 9-to-5 job but dream of starting your own business? Many people think their regular employment is a roadblock to entrepreneurship. But I'm here to tell you that your 9-to-5 can be an asset when starting a new venture. With some strategic planning and hustle, that steady paycheck can help fund and sustain your side business until it's successful enough for you to pursue full-time.

Rather than viewing your job as the enemy, look at that regular income as a launchpad for your business. It provides a financial runway to get your idea off the ground without going into debt. Your salary covers essential living expenses while you can pour other resources into hiring, marketing, research and development for your startup.

I remember feeling trapped by my corporate job years ago when I was bursting with inspiration for my own company. But looking back, having that steady paycheck was a blessing. It allowed me to validate my business idea, build a prototype and start generating side revenues.

If you're feeling stuck like I once was, here are some tips for effectively building a successful business while keeping your 9-to-5:

- 1. Maximize Your Free Time Track your weekly schedule and identify any gaps in free time, even an hour here and there. Dedicate those windows to working on your new business relentlessly.
- 2. Limit Spending While earning a steady paycheck, cut expenses as much as possible. Cook at home, avoid expensive hobbies, and stash away savings to seed your startup. Get lean and focused now to avoid debt later.
- 3. Work Before and After Hours Become a master at time management. Put in a few focused hours before your day job and more afterward. Sacrifice television time or relaxing hours

for your entrepreneurial dream.

- 4. Seek Out External
 Resources Leverage
 resources and mentors outside
 your workplace. Join networking
 groups, find a local startup
 incubator, or hire affordable
 freelancers to help carry the load.
- 5. Prioritize Self-Care As you burn the candle at both ends, don't forget to prioritize your health. Fuel your body, get enough sleep, move daily, and take breaks to recharge. You'll need endurance for this journey.

The fortunate truth is that many of today's most successful entrepreneurs started their companies as side-hustles before taking the full-time entrepreneurial plunge. Your 9-to-5 income can be the very thing allowing you to start and sustain your own profitable business.

So reframe your mindset. Instead of viewing your regular job as a liability, treat it as an enabling asset to fund your dreams. If you truly apply focus, sacrifice and strategic hustle, you can build a business empire through your 9-to-5's steady income stream. It's happening for countless entrepreneurs like yourself. Let your 9-to-5 propel you, not constrain you.

Diligence and Personal Development

By Tosin SALAU

n essential virtue that stands out as we try to become the best version of ourselves is diligence, this quality is the key to achieving our goals, building character and developing a strong work ethic.

In this edition, we will discuss the transformative power of diligence in personal development growth and how it can help us overcome obstacles.

Diligence can be defined as a consistent and hardworking effort through which we can achieve our objectives, build resilience, and gain recognition by working hard.

The wisdom found in the book of Proverbs clearly addresses the significance of diligence. Proverbs 12:24 reminds us that "Diligent hands will rule, but laziness ends in forced labor." This verse emphasizes that through our diligence, we can rise to positions of influence and authority, while laziness only leads to hardship. Similarly, Proverbs 13:4 teaches us that "The soul of the diligent is richly supplied," highlighting the abundance that comes from our persistent efforts.

THE IMPORTANCE OF DILIGENCE

The Bible further sheds light on the benefits of diligence. Proverbs 22:29 states, "Do you see someone skilled in their work? They will serve before kings; they will not serve before officials of low rank." This verse emphasizes the rewards of diligence which leads to recognition and opportunities.

Proverbs 10:4 also declares.



"Diligent hands bring wealth," emphasizing that our hard work and dedication lead to prosperity. Colossians 3:23-24 also reminds us that "Whatever you do, do your work heartily, as for the Lord rather than for men, knowing that from the Lord you will receive the inheritance as your reward." This verse highlights how important it is to work hard and diligently in all aspects of life.

OVERCOMING OBSTACLES WITH DILIGENCE

Despite our best efforts, obstacles and challenges may arise, however, with diligence and faith, we can overcome them. Philippians 4:13 reminds us, "I can do all things through Christ who strengthens me," and Proverbs 21:5 says "The plans of the diligent lead to profit." emphasizing the positive outcomes that result from our diligent pursuit of our goals.

Procrastination, distractions, and discouragement are common obstacles that can hinder our progress. But as Romans 5:3-4 states, "And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proven character; and proven character, hope." By persevering through difficulties with diligence and faith, we can develop character and hope.

PRACTICAL STEPS TO NURTURE DILIGENCE.

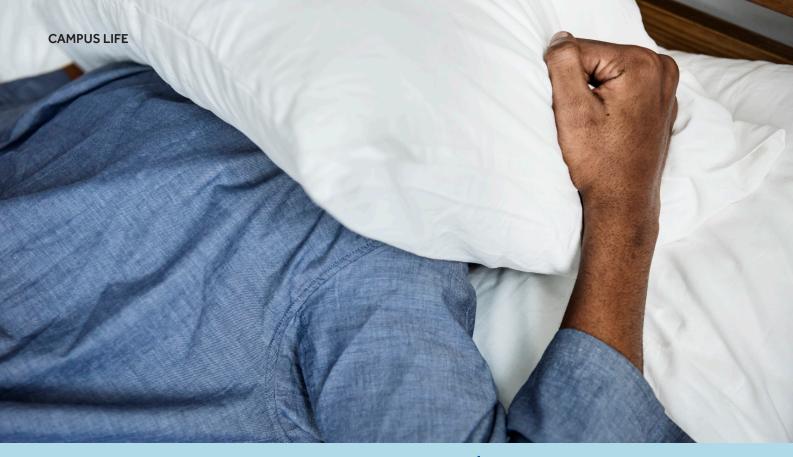
Some of the practical methods we can use to develop diligence in our lives include:

- ☐ Establishing clear and targeted goals for personal growth as this gives direction and clarity.
- Developing a routine that is constant promotes momentum and discipline.
- Accountability-Our determination is strengthened when we look to our community for accountability and support.

It is important to remember that diligence strengthens our character and resilience.

CONCLUSION

In conclusion, 1 Corinthians 15:58 reminds us that our diligent efforts are not in vain when we work for the Lord. It says "Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord." This verse inspires us to stand firm, remain committed, and give ourselves fully to our endeavors, even in the face of obstacles. With this assurance, we can overcome challenges with diligence, persistence, and faith, knowing that our labor is meaningful and will yield lasting rewards.



Sleep Apnea Silent Threat to Your Health

leep apnea is a serious sleep disorder. People who have sleep apnea stop breathing for 10 to 30 seconds at a time while they are sleeping. These short stops in breathing can happen up to 400 times every night. If you have sleep apnea, periods of not breathing can disturb your sleep (even if they don't fully wake you up).

Men, people who are overweight, have endocrine disorders, neuromuscular conditions, heart or kidney failure, genetic syndromes, premature birth, and people who are older than 40 years of age are more likely to have sleep apnea. However, it can affect anyone at any age, even children

Symptoms Because some of the symptoms of sleep apnea occur while you're sleeping, your bed partner may notice them first. You, or that person, may notice heavy snoring or long pauses in

Nine out of 10 people who have sleep apnea have this type of apnea. If you have obstructive apnea, something is blocking the airway that brings air into your body your breathing during sleep.

Even if you don't remember waking up during the night, you may notice daytime sleepiness (such as falling asleep at work, while driving, or when talking), irritability, or fatigue. You may also experience morning headaches, forgetfulness, mood changes, and a decreased interest in sex

What causes sleep apnea? There are two kinds of sleep apnea: obstructive apnea and central apnea.

Obstructive sleep apnea is the most common type. Nine out of 10 people who have sleep apnea have this type of apnea. If you have obstructive apnea, something is blocking the airway that brings air into your body (also called the trachea). When

you try to breathe, you can't get enough air because of the blockage. Your airway might be blocked by your tongue, tonsils, or uvula (the little piece of flesh that hangs down in the back of your throat). It might also be blocked by a large amount of fatty tissue in the throat or by relaxed throat muscles.

Central sleep apnea is less common. This type of sleep apnea is related to the function of the central nervous system. If you have this type of apnea, the muscles you use to breathe don't get the "go-ahead" signal from your brain. Either the brain doesn't send the signal, or the signal gets interrupted.

How is sleep apnea diagnosed? Your doctor can diagnose sleep apnea. He or she may ask you if you feel tired or sleepy during the day. Your doctor may also want to know about your bedtime habits and how well you sleep. Your doctor may ask you to go to a

sleep disorder center for a sleep study. Tests done at the sleep disorder center may reveal which kind of sleep apnea you have. Or, you may be able to do your sleep study at home.

Can sleep apnea be prevented or avoided?

There are things you can do to prevent sleep apnea. The following steps help many people:

- •Stop all use of alcohol or sleep medicines. These relax the muscles in the back of your throat, making it harder for you to breathe.
 - •If you smoke, quit smoking.
- •If you are overweight, lose weight.
- •Sleep on your side instead of on your back.

Treatment

Certain dental devices can be used to treat mild cases of obstructive sleep apnea. These devices move your jaw forward to make breathing easier. A common treatment for sleep apnea is called "continuous positive airway pressure", or CPAP. In this treatment, you wear a special mask over your nose (and sometimes mouth, too) while you are sleeping. The mask will keep your airway open by adding pressure to the air you breathe. It helps most people who have sleep apnea.

In very few cases, surgery is necessary to remove tonsils or extra tissue from the throat.

Living with sleep apnea

Sleep apnea can cause serious problems if it isn't treated. Your risk of high blood pressure, heart failure, stroke, glaucoma, diabetes, cancer, and cognitive and behavioural disorders is higher if you have serious sleep apnea that goes untreated. You are also more likely to have traffic accidents if you drive while you're sleepy. If you have sleep apnea, it is very important to get treatment. (familydoctor.org)



Diligence in Job Hunting: Crafting the Perfect Canadian Resume

-Funmilola Abiola-Odutola



inding employment in
Canada can be a challenging yet rewarding journey. The job market is competitive, and to stand out, one must approach the process with diligence and a keen understanding of Canadian hiring practices. This article will guide you through the essential steps to tailor your resume in the Canadian style, ensuring you present yourself as the ideal candidate to potential employers.

The Role of Prayer, Faith, and Positive Thinking

As Christians, we know the importance of placing our trust in God during all aspects of our lives, including our job search. Prayer provides guidance, strength, and clarity. Start each day with prayer, asking for God's direction and wisdom. Have faith that He will open doors and lead you to the right opportunities.

Maintaining a positive mindset is also crucial; it helps you stay motivated and resilient.

Understanding the Canadian Job Market

Canada is a diverse country

Diligence in job hunting involves more than just sending out resumes. It requires research, networking, and a thoughtful approach to presenting your qualifications with various industries thriving in different regions. Research is crucial; identify the sectors that are growing and in need of talent. Websites like Job Bank, LinkedIn, and Indeed can provide valuable insights into current job trends. Additionally, networking is a powerful tool in Canada. Attend industry events, join professional associations, and engage with people on platforms like LinkedIn to expand your connections.

Utilize Settlement Services

For new migrants, attending settlement training can be beneficial. Programs like Canadian Workplace Culture offered by settlement agencies such as Westman Immigrant Services, Manitoba Start, and Opportunities for Employment provide essential insights into the Canadian work environment. These trainings help newcomers

understand workplace expectations, communication styles, and cultural norms, which can significantly enhance their job search efforts.

Tailoring Your Resume

A resume is often your first impression with a potential employer, and a well-crafted one can make all the difference.

your most recent position. For each job, include the company name, your job title, the dates of employment, and bullet points outlining your responsibilities and achievements. Use action verbs and quantify your accomplishments where possible, such as "Increased sales by 20% over six months" or "Supervised a team of 10

Canadian employers expect resumes that are clear, concise, and tailored to the job you are applying for. Here are some key elements to consider:

- 1. Contact Information: Ensure your contact information is up-to-date and professional. Include your full name, phone number, email address, and LinkedIn profile. Avoid including personal information such as your age, marital status, or photograph, as this is not standard practice in Canada.
- 2. Professional Summary:
 A brief professional summary at the top of your resume can provide a snapshot of your skills and experience. Tailor this section to highlight the most relevant aspects of your background that align with the job you are applying for.
- **3.** Work Experience: List your work experience in reverse chronological order, starting with

employees."

- 4. Education: Include your educational background, starting with the most recent degree or certification. Mention the institution's name, the degree obtained, and the dates attended. You can include relevant coursework, projects, or academic achievements if you have recently graduated or have limited work experience.
- 5. Skills and Certifications: Highlight specific skills and certifications relevant to the job. This could include technical skills, language proficiency, or industry-specific qualifications. Make sure to match your skills to those listed in the job posting.
- 6. Volunteer Experience: In Canada, volunteer experience is highly valued and can be a great addition to your resume, especially if it demonstrates transferable skills or a commitment to community involvement. You can include the

work/services being rendered at your church.

Writing Style and Format

Canadian resumes typically use a clean, professional format. Use a standard font like Arial or Times New Roman and keep the font size between 10 and 12 points. Use bullet points for easy readability and keep the length to two pages or less. Avoid using too much colour or graphic elements, as these can distract from the content.

Proofread your resume carefully to eliminate any spelling or grammatical errors. A polished, error-free resume reflects your attention to detail and professionalism.

Cover Letter

Accompany your resume with a well-crafted cover letter. This one-page document should introduce yourself, explain why you are interested in the position, and highlight how your skills and experiences make you a suitable candidate. Personalize the cover letter for each job application and address it to a specific person if possible.

Conclusion

Diligence in job hunting involves more than just sending out resumes. It requires research, networking, and a thoughtful approach to presenting your qualifications. By tailoring your resume to the Canadian style and ensuring it is clear, concise, and relevant, you increase your chances of making a positive impression on potential employers. For new migrants, taking advantage of settlement services and training programs can provide valuable insights and enhance your job search strategy. With persistence, prayer, faith, and a positive mindset, you can navigate the Canadian job market successfully and find the employment opportunities you seek.

Diligence, Consistency aid my success in Nursing School



In an exclusive interview, Oluchukwu Gladness Chijioke, a recent Bachelor of Nursing graduate and valedictorian, shares her inspiring journey through nursing school.

As an international student, she faced numerous challenges but remained steadfast in her goals through diligence, faith, and the support of her community. Chijioke discusses the strategies that helped her succeed, the role of her faith and church community, and her future plans in the nursing field with Tolu Oke. Her story is a testament to the power of perseverance and the importance of a strong support system. Excerpts:

Can you describe what diligence means to you and how it has influenced your journey through nursing school?

Diligence, to me, means being consistent and having a clear goal in mind. It's about placing consistent steps or strategies to achieve that goal. During nursing school, I maintained diligence by establishing a study routine, having study buddies, and maintaining frequent study times. This consistency helped me achieve my goal of graduating with a nursing degree.

What were some of the most significant challenges you faced during your studies, and how did you overcome them?

As an international student, balancing studying and working to finance my education and living expenses was particularly challenging. Nursing school has a heavier course load than the average undergraduate program. I had to find the right balance by creating a schedule for work and study. Allocating specific times for each activity helped me manage my responsibilities effectively.

Was there ever a time when you felt like quitting and how did you manage to push through those moments?

It's impossible not to have moments where you feel like quitting, especially in nursing school. I had those moments many times. What kept me going was my relationship with God, which served as my coping strategy. On days when I was overwhelmed emotionally, meditating on the Word and listening to Christian music uplifted my spirit. Additionally, having supportive friends in the nursing program helped me relate to and push through the challenges.

Can you share any specific strategies or habits that helped you maintain your grades and stay focused on your goals?

Taking thorough notes during classes was a key strategy. Some professors share information verbally that's not included in their slides or lecture materials, and this often appears in exams. By writing down everything, I could capture this vital information. I also avoided procrastinating and made sure to review lecture notes at least once after each class. These strategies were crucial in maintaining my grades and focus.

How did your faith and involvement in the church community support you throughout your academic journey?

My faith and church involvement were significant advantages. During overwhelming times, having a supportive church community was wonderful. They frequently checked up on me, offered supportive words, and provided encouragement. Many of my friends from the nursing program were also part of my church, so we supported

each other both academically and spiritually. My relationship with God and the support from my church community played crucial roles in my success.

What role did your family and friends play in helping you achieve your success?

My family and friends played a huge role. Even though my family was in Nigeria, we stayed in touch regularly, and their supportive words and prayers kept me going. My friends, who understood the challenges I faced, were a significant source of support, especially during the COVID pandemic. This supportive network helped me push through the difficulties of nursing school.

How did you balance your academic responsibilities with your personal life and commitment to your faith?

A solid relationship with God helped me navigate all areas of my life. I felt more overwhelmed on days when I didn't pray or

maintain my

relationship with God. Even during exams, I made sure to set aside time for prayer and studying the Word. This practice helped me study better and understand the material more effectively. Balancing academic responsibilities and personal life required a structured routine, ensuring neither my spiritual nor academic life suffered.

What advice would you give to other students struggling to stay diligent and motivated in their studies?

Keeping good company is crucial. Friends who are in the same program can understand and support you better than those who aren't. Creating a study routine and sticking to it helps maintain consistency. Allocate specific times for studying to avoid procrastination. These practices helped me stay diligent and motivated.

What are your future plans now that you have graduated, and how do you see your nursing career evolving?

I plan to start my nursing career in Brandon and am currently working at the Brandon Regional Health Centre. I am particularly interested in working with the geriatric population. My career might evolve towards working in long-term care homes as I gain more experience.

How do you hope to contribute to your community and the nursing profession in the coming

I plan to mentor aspiring nurses, especially those still in nursing school, to help them navigate their academic journeys. I also want to volunteer with organizations like the Red Cross. These are some of the ways I hope to give back to my community and contribute to the nursing profession.

signs and symptoms not to ignore



Unexplained weight loss

Losing weight without trying may be a sign of a health problem. An unexplained drop in weight could be caused by many conditions. These include overactive thyroid (hyperthyroidism), diabetes, depression, liver disease, cancer or disorders that interfere with how your body absorbs nutrients

(malabsorption disorders). If you've lost more than 5% of your body weight during the past 6 to 12 months talk to your health care provider.



Persistent or high fever

Fever seems to play a key role in fighting infection.
Persistent fever can mean you have an infection, including

COVID-19. If you have a fever and other symptoms, such as cough and fatigue, contact your health care provider right away for medical advice. Your health care provider will likely recommend that you get tested for OVID-19. If you have emergency COVID-19 symptoms, such as trouble breathing, seek care immediately. If you need to go to a hospital, call ahead. Then health care providers can take steps to ensure that others aren't exposed.

A fever can also be a symptom of many other infectious diseases, from a urinary tract infection to tuberculosis. Some drugs can cause a fever.

Call your health care provider if your temperature is 103 F

(39.4 C) or higher. And call your provider if you've had a fever for more than three days.



Shortness of breath
Strenuous exercise,
extreme temperatures,
obesity and high altitude all can
cause shortness of breath.
Shortness of breath also could
be a sign of another health
problem. If you have unexplained
shortness of breath, especially
if it comes on suddenly and is
severe, seek emergency medical
care.

Causes for breathlessness might include chronic obstructive pulmonary disease, bronchitis, asthma, pneumonia or a blood clot in the lung (pulmonary embolism). Other causes include heart and lung problems. Difficulty breathing can also occur with a panic attack — a sudden episode of intense anxiety that triggers severe physical reactions when there is no real danger or clear cause.



Unexplained changes in bowel habits
What's considered typical for bowel movements varies widely. Consult your health care

provider if you notice unusual or unexplained changes in your bowel movements, such as:

- Bloody, black or tarrycoloured stools
- Persistent diarrhea or constipation
- Pain in the stomach that doesn't go away

Changes in bowel habits could be a sign of a bacterial infection — such as campylobacter or salmonella infection — or a viral or parasitic infection. Other possible causes include irritable bowel disease and colon cancer.



Confusion or personality changes
Seek medical attention if you have sudden:

- Poor thinking skills
- Difficulty focusing or paying attention
- Behaviour changes These changes could be caused by many problems, such as infection, dehydration, poor nutrition, mental health conditions or drugs.



Feeling full after eating very little

If you usually feel full too soon or after eating less than usual, get checked by your health care provider. You might have this feeling, known as early satiety, along with nausea, vomiting, bloating or weight loss. If so, be sure to tell your health care provider about these symptoms as well.

Possible causes of early satiety include gastroesophageal reflux disease, commonly known as GERD, and peptic ulcers. In some cases, a more serious problem — such as stomach cancer — could be a factor.



Flashes of light
Bright spots or flashes of
light can sometimes be a
sign of a migraine. In other cases,
sudden flashes of light could be
a sign of a serious condition in
which a thin layer of tissue at the
back of the eye pulls away from
its position (retinal detachment).
Immediate medical care can help
prevent permanent vision loss.
(Healthy life style, Mayo Clinic
April 26, 2022)

FOTO NEWS

Child Dedication, Naming Ceremony, Wedding Thanksgiving and wedding etc



Wedding Thanksgiving of Bro and Sis Niyi Odimayomi





Child dedication of the Olukotun's family



The naming of Bro Femi and sis Shalewa Oriola's baby



Sis Gladness's convocation ceremony



The family of the Oriola's during the naming ceremony of their baby



Our First Wedding between Bro Peter and Sis Omotayo



Our visit to Clear Lake, Manitoba during the Family hang out.



The wedding ceremony of Bro Taiwo and Titi Oluwafemi in Lagos, Nigeria



2024 Edition of the New 2 Me programme



New 2 Me

worshiping with us

Experience the love and joy of God at RCCG Restoration Parish. We are a church where everyone is welcome to gather and worship. Our services offer transformative encounters with God. Join us and be part of a church that cares about your spiritual well-being.

Welcome to your divine enlargement.

Pastor Festus Eretan - P-I-C



Do you want to join our farmily

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