

SIBO - LIFESTYLE

ISSUE NO. 7
NOVEMBER 2020

A PERFECT BLEND
OF ACADEMICS &
ENTREPRENEURSHIP

CANDICE MBAITA

Wellness:
Chores &
television shows.

Travel:
Zanzibar,
Washington, New
York & England.

Dreams/Vision:
Is your character
success ready? **Living
from strength.** How
to craft your future
now.

Hello Diamonds,

Welcome to the November 2020 Issue of *Sibo-Lifestyle Magazine*, where diamonds emerge. This month we discuss the link between character and success, and explore how you can craft your future now. We take a look at how doing “chores” shouldn’t trump wellness and different ways to grow your faith. As always, we also have the ‘living from strength with Joyce Mutangara’ section.

The diamond of the month is Candice Mbaita, an entrepreneur in the medical field. From her numerous achievements to her extensive travel and her service towards the communities that need it the most, I believe Candice Mbaita is just the person for us to learn from.

Don’t miss next month’s Issue where we reflect on 2020, together with what it has taught us and how we can prepare for 2021.

If you would like to receive a monthly copy of the magazine or contribute to the next Issue of the magazine, you will find details on page 39. Comments and suggestions are welcome, using the contact details to the right. If you discuss or share about the magazine anywhere on social media, please use the hashtag #SiboLifestyle so we find it.

I hope this month’s Issue takes you closer to pursuing and achieving your dreams. Read on, enjoy and share with others.

With love,

Sibo Hlabangana
Bulawayo, Zimbabwe.

NOVEMBER 2020

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1. Joyce Mutangara
2. Ruramai Mugwisi
3. Nomalanga Ncube
4. Sibon Hlabangana

SIBO-LIFESTYLE MAGAZINE

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Dreaming big, having a vision for your life,
continual growth, pursuing success, development

DREAMS AND VISION



Is your character success ready?

By Nomalanga Ncube

The other day I had lunch with a certain lady who was full of herself. She was proud, she did not allow me to speak much, she talked at me, she knew everything. She was rude to the waiters, she complained about her food and the service. During the lunch she complained about everything and everyone in her life. She blamed all of her problems on others. I must say that all I could think was “this woman has a rotten character.” I wished not to see her again anytime soon. She was unhappy and wanted to change her life. This lady’s behaviour sounds familiar right, this is because this is you and me.

We all have some rottenness in our characters that we must deal with so that we reach the next level of success in our lives. We cannot access new blessings with our current characters. We have to make a conscious decision to change our rotten characters to become more like the Christ inside of us. I often find myself doing things that are not of the character of Christ but of the character of the devil. For example, the lady who works for me at the house suddenly developed a stinking attitude. I responded by developing an even more stinking attitude. But that is not the character of the Christ that I claim is inside of me. If I am choosing to be that way then Christ is not inside of me but something else is inside of me that wants to return evil for evil.

Success is attracted, it is not sought. I know I have to become a different person to access the next level of my success journey. I must *put off the old self*. The law of attractions says that like attracts like, you do not attract what you want but you attract what you are.

Success is a positive phenomenon and is therefore controlled by positivity from the kingdom of light. For success to come your way, you must exude fruits of the kingdom of light which are what is written in the Bible as the fruits of the Holy Spirit (*love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control.*) If you do not have these fruits you have the opposite fruits of the kingdom of darkness and what you will attract is destruction.



Destruction will seek you because of what is in your heart, because like attracts like.

I am working towards a new level of my life, and that new level I know must be driven by Love. The Christ that I claim is inside of me must be seen in my actions and activities. Otherwise I am a fake and I will attract fake things.



How to craft your future now

By Sibö Hlabangana

In past Issues of the magazine, I've talked about the importance of having a vision for your life and discussed figuring out what you are passionate about. If you look beyond the now and consider what you want to have achieved in your life before you die, it will not only give you a vision, it will tell you your passion.

In his book "The 7 habits of highly effective people" one of the things Stephen Covey suggests to get to your mission in life is writing your obituary. This will make you think about what you want to have achieved at the end of your life. A friend and I once wrote our obituaries as a joke after watching the movie Serendipity. In 2017, after reading Stephen Covey's book I found mine and tweaked it a little to reflect the life I saw for myself then.

Below, I'm showing you what that 2017 vision obituary, as I like to call it, looks like so you can have an idea of where to start when you do yours, should you choose to do one. I've since updated my dreams and dreamed bigger but I'm sharing this 2017 one as an example. I look at the more recent one from time to time. Seeing it reminds me of where my life is going and it helps me to reflect if where I am right now and what I'm doing is in line with what it says. If not then I have to rethink what I'm doing.

Vision Obituary for Sibó Hlabangana

Sibó was not only a daughter, a mother and a wife but a friend to many. She is survived by her husband, H and 2 children, Timothy and Nomzamo. Anyone who knew her, knew her to be a great mother, wife and friend. She was not only a mother to her children but to all the children she worked with and whose lives she impacted.

Having grown up in Zimbabwe she went on to study in Grahamstown, South Africa, where she obtained a BA and an LLB Degree. She moved on to Cape Town where she worked as a Candidate Attorney and later as an Account Developer. After leaving that job she went on to volunteer for a non-profit organization in Bulawayo, where she felt she could help those who needed it most. She soon became a Lawyer with the same organization.

Her Inspire, Motivate, Empower (IME) mission was the beginning of so many things in her life that led to her leaving a legacy as one of the women who “did a little thing called changing the world.” Through this she started not only an organization but a movement that has led to many a dream being followed, belief that anything is possible and belief in the power of faith. She was able to do this and people believed her because her life was a testimony to all that she advocated for.



While she was working on inspiring people the world over, she met her husband H. Together they worked towards making the world a better place, one day at a time. It is while they were

doing this that they met, fell in love with and adopted their 2 children, Timothy and Nomzamo, whom they loved very much. She always wanted to adopt because she felt that there were many children that already needed parents, therefore felt no need to bring more children into the world when she could mother those who did not have parents. This is also why she founded Faith Heals Foundation, an organization that works towards reducing the number of orphans in the world.

She also started the Passion Rules scholarship, a scholarship given to people who are passionate about a cause, with grades not being considered. This she did because she felt that people should not be judged on intellect alone, because passion beats intellect any day, she said. She was a renowned speaker who reached millions of people through her talks as well as her bestselling books. She was an influential and inspirational woman who practiced what she preached.

She was a kind and generous person who put the needs of others before her own. It is likely as a result of this that throughout her life she was abundantly blessed. She always believed God would provide and as a result felt no need to worry or stress hence her positive disposition. She always said she wanted to leave the world having made an impact even if she didn't live to realize it. She most certainly did this as we can all see the number of people here today and those that couldn't be here who still sent their regards.

If she was here today she would ask that to remember her, make sure that you help those that need it whenever you have the opportunity or the means because nothing feels better than putting a smile on someone's face. I hope you will do this to remember this African Queen.



Living from strength with Joyce Mutangara - Belief

Everyone is born with talents. Talents are our natural way of thinking, feeling and behaving that can be productively applied. When we invest and develop our talents, they then become strengths. A strength is the ability to consistently do an activity to near perfection. It is about the WAY we achieve success, and all of us have a 'way.'

There is an assessment called Strengths Finder, and it takes about 45 minutes to do online, answering various questions. Once you are done, it then sends you a strength report. There are 34 strengths in total, and the assessment calculates your most dominant strengths from number 1 to number 34 in sequence of their dominance. You choose whether you want the report of your full 34 or just your dominant first 5 strengths.

In this Issue we are going to look at the strength of BELIEF.

"If you possess a strong Belief theme, you have certain core values that are enduring. These values vary from one person to another, but ordinarily your Belief theme causes you to be family-oriented, altruistic, even spiritual, and to value responsibility and high ethics – both in yourself and in others. These core values affect your behaviour in many ways. They give your life meaning and satisfaction; in your view success is more than money and prestige. They provide you with direction, guiding you through the temptation and distractions of life toward a consistent set of priorities. This consistency is the foundation for all your relationships. Your friends call you dependable. It is important that you find work that meshes with your values, so you can live them out and have the meaning you need." *Tom Rath, StrengthsFinder 2.0.*



I have a friend with Belief in her top 5 strengths. She is highly ethical and gets very agitated when she senses things are not being done with integrity. Her spiritual life is solid and she is a natural evangelist in her approach to how she impacts people. Her family is very important to her and her highest priority. Before the Covid-19 pandemic, she had already started home schooling her children, because she wanted more influence on the values being instilled into the children.

She is involved in work that uplifts and supports women leaders. It is truly important for her to be involved in meaningful work. She believes she can help others live meaningful lives as well. Purpose is more important to her than money.

In the next Issue, we will look at the strength of **Command**.





DIAMOND OF THE MONTH



A perfect blend
of academics and
entrepreneurship
– An interview
with Candice
Mbaita

By Sibó Hlabangana

In each Issue of Sibó-Lifestyle Magazine, we celebrate individuals that dream big, pursue their dreams and are pursuing success on their own terms. I'd like us to learn from them, to see how like us they are or how they differ from us. For us to see what we can do differently or continue to do to pursue our own dreams and success. This month we have

the pleasure of hearing from Candice Mbaita.

Candice Mbaita is an entrepreneur who is the founder of Insight Mobile Imaging, a mobile medical imaging company that provides community-based quality diagnostic imaging services. With a Master's Degree in Diagnostic Radiography, she blends academics and entrepreneurship beautifully.

She has been recognised internationally for her work, having been chosen in 2018 for the Mandela Washington Fellowship for Young African Leaders, a US Government program started by President Barack Obama. Prior to that Candice attended the Young African Leaders Initiative Regional Centre in Pretoria, South Africa, where she won the Business Idea Pitch competition, which she says was the "final straw that catapulted me into pursuing my dreams." From her numerous achievements to her extensive travel and her service towards

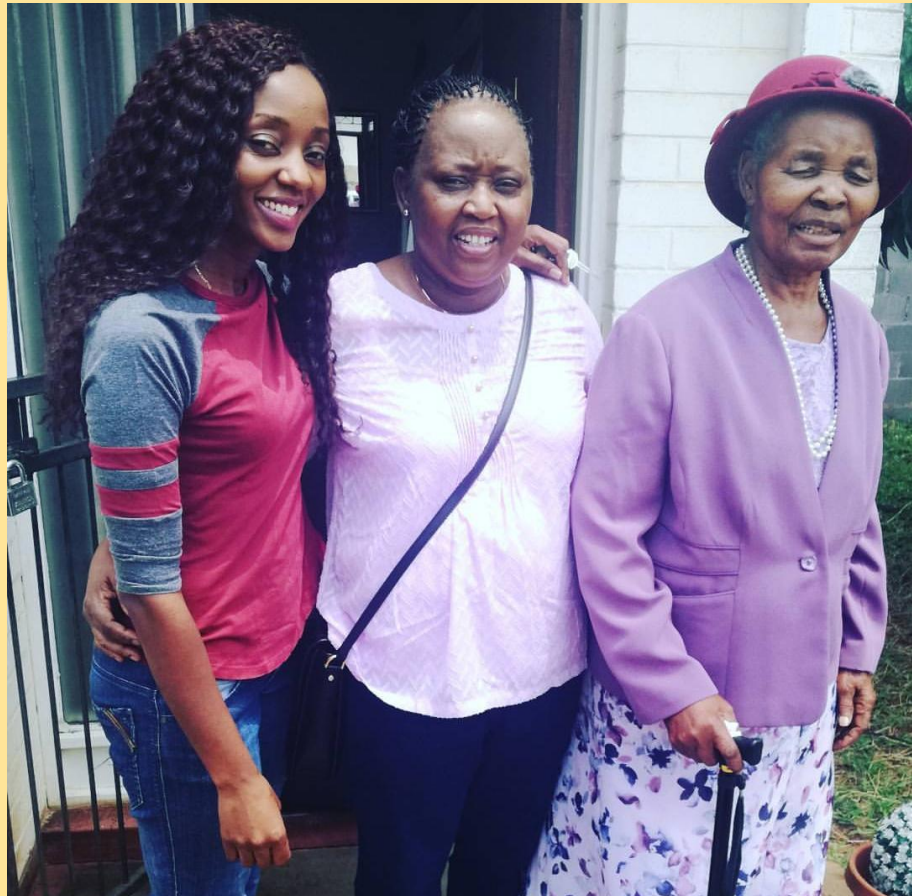
the communities that need it the most, I believe Candice Mbaita is just the person for us to learn from.

Where are you from and where do you currently live? Have you lived in any other countries?

My father's side of the family is originally Zambian, hence my strange last name. I was born and raised in the small mining town of Hwange, Zimbabwe and moved to Bulawayo, Zimbabwe the year I started my first year of University. I have also lived in England for a couple of years but I consider myself a Zambian Zimbabwean, Bulawayo Hwanganian.

Tell us about your childhood. What was life like for you growing up?

Growing up in Hwange was magic! It was the best place to grow up in Zimbabwe at that time (in my humble personal opinion!) Life was good. Electricity and water were free. The grass was green. We had the Hwange National Park and the majestic Victoria Falls just a stone throw distance in either direction. We rode our bicycles down the street and occasionally had an elephant in our vegetable garden. It was a carefree existence. My parents both worked for the Colliery and everything was pretty much free. I wouldn't change a thing about my childhood.



With my mother and grandmother, the two human pillars on which I stand. Words cannot describe the impact of their love, nurturing and exemplary leadership.

Growing up, did you imagine you would do the things you've been able to do in your life?

I don't think I imagined my life as it is now back when I was a child. Entrepreneurship was certainly not on my mind. I have managed to do only a tiny percentage of the traveling that I imagined I would do when I grew up. The rest of the things I imagined as a child are probably illegal in many countries so, no, I have not done them all.

So far, what are you most proud of achieving in your life?

I think I am most proud of having the courage to take a leap of faith, leave formal employment behind and start my own business. I am also very proud of my academic achievements. If Covid-19 had not happened I would be sitting on three degrees now, but alas, I'm still on two with one still to wrap up.

What are you currently working on?

I am currently running a mobile medical imaging company that provides community-based quality diagnostic imaging services such as ultrasound scan to underserved communities like Inyathi and Filabusi as well as Bulawayo. My vision is to bridge the inequalities that exist in healthcare delivery and access. I hope to provide diagnostic medical imaging services to rural, remote and marginalized communities so that everyone has an equal chance of improving their health, regardless of socioeconomic background or geographical location.



With my brothers at a local Health Expo showcasing my company and educating the public.

What did you do before starting your own business?

Before taking the big leap I worked for one of the country's biggest private medical service providers. My work experience also includes working in a large public hospital here in Zimbabwe as well as working in the clinical research industry in England.

What made you decide to start a business? How did you come up with the idea and why that particular business?

I decided to start a business because I wanted to make a difference in my community. I wanted to contribute my knowledge, skills and experience to help improve the health of the people of Zimbabwe. The idea initially came about when I worked in a large public hospital

where I was part of a team that served people from communities that were hundreds of kilometres away. I made note of the fact that this meant that there was a lack of diagnostic medical imaging services in those far away communities. It brought back memories of losing my own father and brother due to late diagnosis of their medical conditions when we lived in Hwange, which did not have some of the diagnostic services at the time. While working abroad I felt that I had more to contribute towards the people in my country and I started to put my idea down on paper.



At a medical outreach in Matabeleland North province.

What do you do on a daily basis in your business or venture or project?

In my venture, I perform ultrasound scans on patients and try to identify the cause of their medical conditions. I like to think of myself as the doctors' eyes, I help them see into the patient's body and find answers. So basically my daily work is like solving puzzles or mysteries, something I thoroughly enjoy doing. I strive to do my work to the best of my abilities so that the patient can get an accurate diagnosis, which in turn allows the doctor to prescribe the appropriate treatment or management. I do this work either at my practice in the Bulawayo CBD, at community clinics in residential areas, at rural clinics or in patients' homes.

What do you enjoy about running your own business?

I enjoy the autonomy that running my own business grants me. I have the ability to work on the basis of my personal values and interests. It awards me the capacity to make my own decisions and decide on a course of action. Running my own business has definitely given me the opportunity to grow as a person. With so many challenges coming at you daily you have no option but to learn, adapt and grow!



At the Young African Leaders Initiative Regional Leadership Centre in Pretoria, South Africa.

What have you found to be difficult or challenging as a business owner?

Where do I begin!?! If I had to pick just one challenge it would have to be spreading myself too thin. I have tried to do everything myself and this obviously doesn't work too well. I have found it a challenge to let go of some aspects of the business and allow someone else to exercise their expertise. It's difficult to trust that other people will have the same vision, zeal and work ethic as myself as the business owner.

How has COVID-19 affected your business and what have you learned as a result?

The travel restrictions obviously meant that some of our patients couldn't get to us and we couldn't get to some communities. This reflected in a reduction in revenue in the first few weeks of lockdown. I learnt that you need to be able to adapt quickly to situations and you need to PIVOT. We pivoted by focusing more on home visits during this time, all the while observing strict infection control procedures of course.

If someone wanted to start their own business, what insights would you give them?

To someone looking to start their own business I would say as long as you have done your market research and possibly even piloted your idea, do it. Start where you are, with what you have. Do not wait until you have "enough money" or "the perfect location." Steve Jobs started in a garage, look where his company is now, even after his death.



I was one of 36 Zimbabweans selected for the Mandela Washington Fellowship in 2018.

What role, if any, has social media played in running your business?

Being in healthcare or the medical field it is quite unfortunate that I am not able to use social media as prolifically as those in other sectors can. Technically we are not permitted to overtly advertise to patients but I have been using social media to share health information while obviously stating who is bringing this information to the public (wink wink.) Social media has also allowed me to share events that the business has taken part in, for example medical outreach programmes in Bulawayo, Matabeleland North and Matabeleland South Provinces.

Are you currently working on other things as well, if yes, what?

I am currently working on a few non-profit projects that are all aimed at improving community health through improved service delivery, manpower development and health information dissemination.

Do you have dreams, goals or a vision for your life? If yes, have you recorded them in any way?

I have a notebook that I call B.O.P (Book Of Possibilities.) I write my dreams, hopes and wishes in this book, with dates, so that I can look back and tick them off as they happen. I got the idea of B.O.P from a movie I watched many years ago. I do not even remember the title of the movie but the concept of the B.O.P was so strong that I started my own immediately. I have been updating it for at least 7 years now.

Have any of your dreams or goals come true or been achieved?

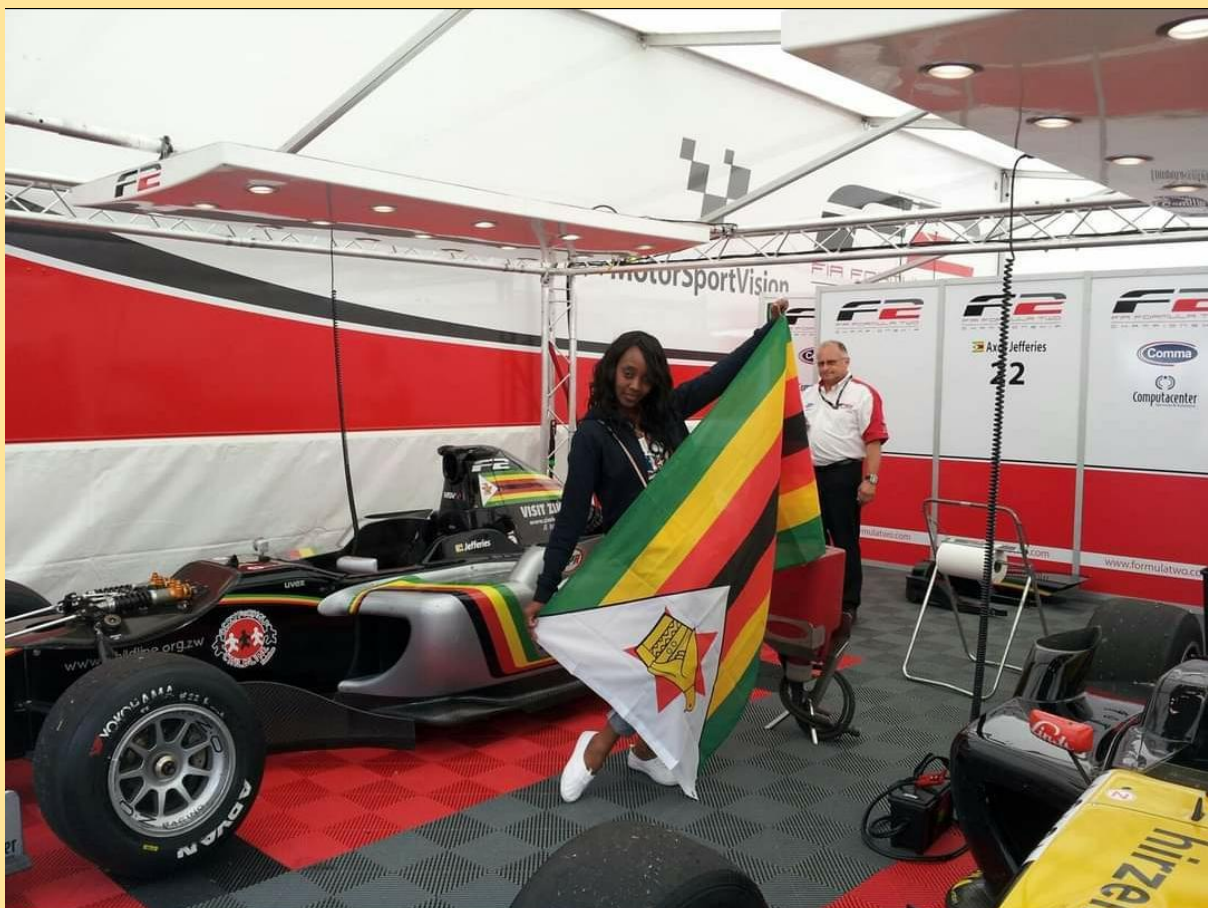
A number of my goals and dreams have come true, for example the places I wished I could visit became a reality. Starting my own business was once a dream in my B.O.P and it has since been ticked off.

What drives you in life? What keeps you going?

I am driven by a sense of service. I feel that I need to make my contribution to this world by serving people in the field of expertise in which I find myself in. I believe we are all equipped with different skills and talents and the best way to make an impact in our society is to use these skills to serve those around us. The skills are not ours to keep but instead we must fully utilise them in service to others.

What does success look like for you?

Success to me means the people around me are happy with my contribution. If I have managed to help people and influence their lives in a positive way then I have been successful.



Supporting fellow Zimbabwean Formula 2 racer Axcil Jefferies in England.



Have you ever failed at something or not achieved what you hoped for or been disappointed after not being chosen for something? If yes, what happened and how did you handle the situation? What kept you going?

I have failed at a number of things and not been chosen for some things that I was anticipating. Although these things

In the middle of New York City's Times Square. disappointed me greatly I would say having the support of my friends and family helped me a lot. Having them there to encourage me to not give up, saying that it is not the end of the world and that other opportunities will come my way helped me to keep standing when all I wanted to do was crumble. They are my strength when I am weak (as cliché as that may sound!) A good support system kept me going.

What places have you travelled to? (Countries or cities)

I fantasize about travelling the world, but so far I have only managed to visit the following places: South Africa, Botswana, Zambia, Mozambique, Tanzania (Dar es Salaam, Zanzibar,) Kenya, Senegal, United Kingdom (England and Wales,) Spain (Barcelona,) USA (New York, New Brunswick, Philadelphia, Washington DC, Chicago, Minneapolis and Richmond.)

What did you love about the places you've travelled to?

I simply love getting to learn about new places I visit. I like to learn about the history and culture of the place and of course try out the cuisine that is unique to the place. I enjoy visiting museums and heritage sites in new places because you get to learn so much in a short period of time. Interacting with the locals is definitely important to me as they can point out the hidden gems in their towns or cities. I always bring a souvenir home to remind me of my experiences.

From the cities I have visited personally I would have to say what struck me about Barcelona was the cleanliness of the place. I have yet to visit a metropolitan city that is cleaner than Barcelona! Zanzibar had the most beautiful beaches I have ever seen, and I have seen a fair number! Nairobi, Kenya impressed me while New York City obviously just simply blew my mind.

What has been the best place you've visited and why?

That's a difficult one. I love nature and the outdoors so my top spots would have to go to Cape Town in South Africa and Zanzibar in Tanzania. I have visited some beautiful cities and had some remarkable experiences but Mother Nature beats Concrete Jungles!

At Camp Nou, home of FC Barcelona in Spain with my best friend.



What have you learned from your travel experiences?

Travel broadens your scope of thinking. There is so much to see out there, so much to learn. There are so many different people out there, so many different cultures and norms. You cannot help but think differently when you have experienced so many different environments. I wish every single person had the opportunity to travel a little, visit different places and meet different types of people. Perhaps we would be a little more tolerant of one another.

**Are you in any way or form taking care of or feeding your spirit, body and soul? If yes, how are you doing that?**

I feed my soul with the word of God, I pray, listen to sermons and share scriptures with family and friends. My favourite daily routine is listening to praise and worship music as I get ready for work. You can't help but start the day on a good note after having your spirit lifted by some good old worship! I try to feed my body by eating healthy. I eat mostly home cooked meals and not much junk food.

How do you show yourself love, if you do that?

I show myself love by treating myself to a chocolate and a movie every once in a while! And perhaps a nice pair of shoes if I have been very good!

Atop beautiful Table Mountain in Cape Town, South Africa. I like to climb things. **More of Candice's travel photos are in the travel section, page 34.**

What 3 books or movies have played a role in your personal development and growth?

For me, the most influential book in my personal development and growth was the Bible (yes, it is a book.) Having grown up in a Christian family and choosing that path for myself as I grew older I would certainly have to say that book has a lot to do with the person I am today. Its life lessons cannot be discounted.

The Richest Man in Babylon by George S. Clason packed a powerful punch in my life. It is amazing how a book originally written in 1926 could still dispense such powerful financial lessons almost a century later. It opened my eyes in many different ways and I highly recommend it to those who have not read it yet.

The third book I would like to mention may be a little controversial but I suppose people take different things from the same experience and there isn't much we can do about that. Personally, the tiny book entitled The Secret, by Rhonda Byrne, unlocked a sense of positive thinking in me that absolutely pivoted my life after I read it. I now live by the mantra "Ask, Believe and Receive" without necessarily directing my energy to "the universe" but rather to the God I believe in.

A portrait of Candice Mbita Mandela, a Black woman with long dark hair, wearing a light pink blazer over a black top and a gold necklace with a large floral pendant. She is looking directly at the camera with a slight smile.

**CANDICE
MBAITA
MANDELA
WASHINGTON
FELLOW
2018**

**Civic Leadership track
Rutgers University**

Candice is Managing Director and Community Mobile Sonographer at Insight Mobile Imaging, a social enterprise that she co-founded with the aim of improving access to quality diagnostic medical imaging services in Zimbabwe for all citizens. She does not believe socio-economic background or geographical location should be a barrier to health service access.

The logo for the Mandela Washington Fellowship, featuring a stylized 'M' and 'W' intertwined within a circular border.

**MANDELA
WASHINGTON
FELLOWSHIP
FOR YOUNG AFRICAN LEADERS**

If you were to be well known for something, what would you want it to be? Or how would you want to be remembered at the end of your life?

Funny you should ask, a friend in South Africa asked me this question just yesterday. I will keep the same answer. I would like to be known for exceptional patient care. I want people to talk about the good service they got from me through my work, and how very well they were treated. I want to be remembered for putting the patient first.

How can readers support you or your work if they would like to do that?

I can be found at Insight Mobile Imaging, Second Floor Stanbic Building, Corner JMN Nkomo Street and 8th Avenue in Bulawayo.



With Trevor Noah in London, before he hit the big leagues.



Taking care of spirit, body
and soul

WELLNESS



Chores and television shows

By Ruramai Mugwisi

Growing up in an African home it seemed that African mothers couldn't stand to see their daughters doing nothing. Well at least sitting down to watch television was perceived as doing nothing! You had to keep busy. Always! You'd do the morning chores, afternoon chores and still be at it in the evening. If you were fortunate enough to have a paid helper in the home, you'd soon realise that it was not your good fortune because she was your mother's helper and not yours! You still needed to cook, clean and do your own laundry!

When you'd finally find some free time in the late afternoon and settle down in front of the television to catch up on a show, that would irk momma so much! Next thing you're being called to chop, sweep or remove something that just couldn't wait. You'd be 15 minutes into an action packed show and let me remind you that there was no pause button on the remote control. In fact back then there was no remote control! "Can't it wait?" you'd rage inwardly but you'd get up and leave, sweetly making your appearance before momma.

You'd do whatever she asked calmly and quietly, only rushing when she's not watching you, but slowly and methodically when she'd turn to look at you. When you were done you'd walk back to the television in the living room as sedately as you could under her watchful gaze,

only to see the credits roll up on the television. The show was over! Momma had done it again! She'd asserted her control and taught you an invaluable lesson that a woman's work is never done!



Is it any wonder then that women struggle with rest in the home? Raised by mothers who only rested when they slept, we are the offspring of a generation of women who bore the brunt of the domestic workload. Sadly not much has changed today. The domestic burden is still heavy on the shoulders of women. The lockdown has only added to the growing and endless to-do list in the home as families spend more time in the home. Piles of dishes to be washed, meals to be planned, rooms to be cleaned, laundry to be soaked, washed, ironed and packed away only for more clothes to pile up with each passing week. There is no respite to the cycle of work in the home!

Self-care is the trending phenomenon that emerged in response to the negative impact of continuous work in the home. We first saw it on social media in the images plastered on our timelines of well to do women with their feet up as their families served them. Initially dismissed by our mothers as the invention of a lazy 'makoti' (or very likely an unmarried feminist,) we viewed it with suspicion too and yet secretly longed for it. That is, until we worked up the courage (and the brains) to demand rest as a well-deserved treat and not as a right. If it was viewed as a treat then it would mean our families would want to give us the treat and not be obliged to do it? It was perfect! And so the era of self-care was finally upon us. No longer a dirty word to be derided by our mothers as they too realised that our husbands

and children could still thrive without our super powers for an afternoon or a day. We were onto something special.

Self-care has slowly become part of the schedule in our weekly or monthly routines. A nap, a walk, some alone time to read a book or watch a favourite show. It has taken on various forms as women settle down to recover from endless demands on their time.

Will the practice of self-care live on through the ages? I believe it's here to stay. It's a powerful lesson for daughters and sons who can see rest modelled in the home. After a season of goal setting and hard work comes the need for the intentional pursuit of the replenishment of our reserves in order to serve again when we get up for the next season. Self-care is no longer a luxury reserved for the well-heeled women (or men!) of society but a necessity for wellness for all human beings striving to stay sane in a busy world, that's rushing through life at a frenetic pace.

In the meantime, as I write this, it's self-care Sunday and I am going to enjoy a rerun of several action packed episodes of a crime series that I love to watch. This momma is in control now! Remote in hand and my feet up. It's going to be a restful day.





5 ways to grow your faith

By Sibö Hlabangana

A while back I was talking to a friend about what my future looks like, she asked me how I got to believe so much. How I got to a point of believing in things that seem impossible and things that I don't see around me. I hadn't really thought about it so I had to look at exactly what I did to get there, to see what helped me believe even more than I already did. I believe in faith being a muscle that you have to grow, so the question was how was I growing that muscle? More importantly, how can you?

1. Look for examples

To answer the how, let me ask you this: What do you hope for? What is it that you secretly desire, that you haven't even told anyone

about? Do you see it around you? If not, where are you looking to see it exemplified? Look for examples of what you want. Examples of how God has done it for others. Examples of how others like you have made it or have received what you want. That will help you believe it's possible. If there are no examples around you, look for them elsewhere, in places such as books and online. For example one of the things I see in my future is being in a marriage ordained by God. I found no example for the kind of marriage I want around me so the internet became my friend. I Googled people that lead the kind of life I'd like to lead. People in the kind of marriage I see myself in.

I was led to some awesome sites like Kindredgrace.com that share stories of how God wrote different people's love stories. My search led me to men who love Jesus above all else in the most amazing way, men like Brian Guerin, Michael Dow, Daniel Kolenda, Eric Gilmour and Michael Koulianos. I found men like Devon Franklin who chose celibacy until marriage. The first time I read about someone like that I thought, they actually exist?! It turns out they do, we just don't get to read about them much. I might not see it around me but Google shows me it's possible so I'm believing for that kind of man. My very own Devon Franklin is on his

way to me. And because God is so amazing, He didn't just reward him with any wife, He gave him Meagan Good!

When I look for proof of what I want to see in my future, I don't do it once off. When I go through times where I start to doubt or wonder if it's really possible, I go back and read some more and search some more. I even keep a bank of them in my head, to draw from when it starts to look impossible again.



2. Prayer

Another faith builder is prayer. Pray for faith. When I was around 14 years old someone told me about faith. They told me about faith that can move mountains. I was so fascinated that I started praying for faith whenever I prayed. Over time I forgot all about it until I was at varsity and many people on different occasions told me they wished they had my kind of faith. It reminded me of how I used to pray for it. I believed so much that once, I read only one page for a test because I was having too much fun to study and was still convinced I would pass. When we wrote the test, the whole test was based on the one page I had read.

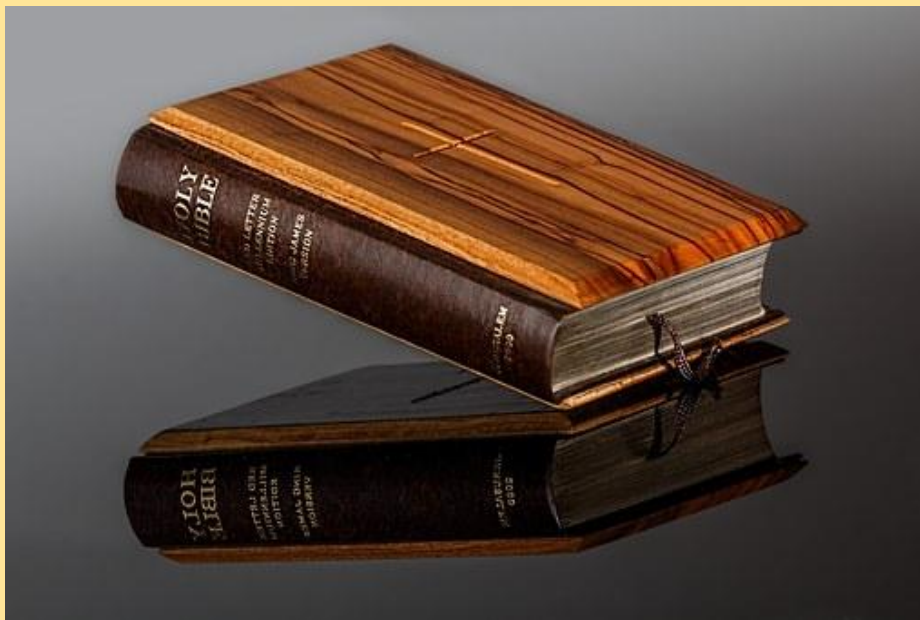
If you don't nourish it, water it and grow it, faith can recede. The great thing though is that it can be rejuvenated. I lost my faith along the way in my twenties and when I came back to God I was reminded of how much faith I used to have. I started praying for it again and working on growing it. I now believe so much I'm willing to share vision letters or vision obituaries and similar things with anyone who will read because I know without a doubt those things have

already happened. When they do happen in the physical, I'll be able to point people to the articles and books where I've shared bits of my future, to show them what faith results in.

3. The Bible

Read the Bible. It has many verses and stories about what God can and will do. Read Bible stories where God did what was considered the impossible. Look for examples that go with what you're hoping for. If you're hoping to be healed, look for stories to do with healing. For example where my marriage is concerned, I read Ruth's story in the book of Ruth in the Bible. The beginning doesn't tell of the ending and yet because God honours what He sees as qualities pleasing to Him, He changed things around for Ruth.

If you have something you consider a giant hindering you from believing or moving forward, read about David and how he took down Goliath with a sling shot and a stone. Even Chuck



Norris couldn't have done it and we all know Chuck Norris can do anything! That God, the God of David and Ruth, is the same God we serve. Why would He do it for them and not us, His children? How big are you believing and dreaming? Are you believing for a

bicycle when what you need is a car?

4. Surround yourself with the right people

Another way you can grow your faith is through being around other people who believe, not only for themselves but for you too. Whether it's people physically around you or online connections or online groups you're part of. They could be family, friends or anyone who builds up your faith, rather than taking away from it.

Thankfully the closest person to me, my mom, is a big believer. What I share with her, she believes with me. She actually takes care of her garden for when my husband to be comes. She'll just throw it in conversation, "what do you think he'll think of this?" Or "do you think he'll like mangoes?" Building my faith up. Reminding me of what God has done for her, on days when I feel like it's taking forever.

5. Watch podcasts, talks, interviews or sermons that ignite your faith

Watch individuals, preachers and speakers who will stir your soul and ignite your faith. I have a list of YouTube videos and podcasts that I go back to whenever my faith or belief is low. Find your own and go to them when what you're hoping for seems impossible or too far out. You have to keep growing your faith in something. It's not a once off thing.



You have to work at it until you believe so much that no matter what anyone says you will still believe. If you don't, people and circumstances will attempt to make you doubt and manage to do so. It's up to you whether or not you do it. Are you going to believe them or God? Them or the Holy Spirit whispering in you? Them or the word of God which says if you believe, anything is possible?



“Dropping names is so last year. We dropping locations now.” – Anele Mdoda on Celebrity Game Night SA.

TRAVEL

This month’s travel diamond is our diamond of the month, Candice Mbaita, who has shared pictures from past travel experiences. (The rest of her travel photos are featured in her interview from page 13.) Let’s travel vicariously through her as she takes us to different places around the world. Let her travels encourage you to dream big and design your life to allow you to do the things you love.



Having a peak over the wall at Windsor Castle in England.



Blending in with the Masai on the white sandy beaches of Zanzibar.



At the Twin Towers Memorial in New York City. The memorial is located at the World Trade Centre site, the former location of the Twin Towers that were destroyed during the September 11 attacks. The names of the 2977 people who perished that day are inscribed around this massive site. I remember the atmosphere and mood being very sombre there.



Hoping to get a glimpse of the infamous President Donald Trump at the White House in Washington DC.

If you would like to contribute an article on your travel experiences and/or share pictures of your travels in the next Issue, send your article and/or pictures to sibo@inspirationbysibo.com or send via WhatsApp to +263733259119.

Contributors to the November 2020 Issue

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4. Sibohlabangana

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NOVEMBER 2020

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