

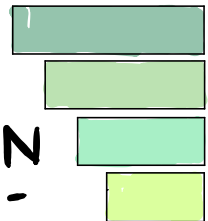


Episode 25

Naar M'fundisi-Holloway



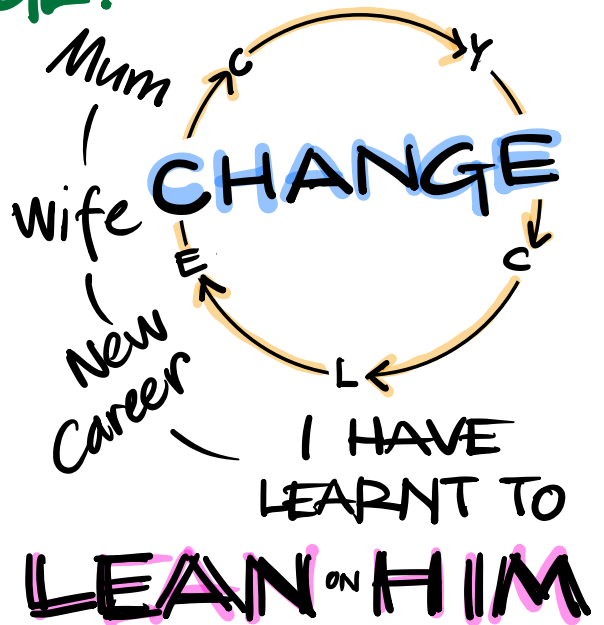
THE  
ALL  
TERRAIN  
-Podcast-



# HOW DO YOU FACE CHANGE?

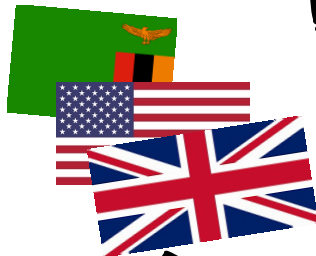


LIFE IS CONSTANTLY CHANGING  
MY RESPONSE:  
**PRAYER**  
GOD IS IN CONTROL



AS AN IMMIGRANT I HAVE LEARNED TO ADAPT

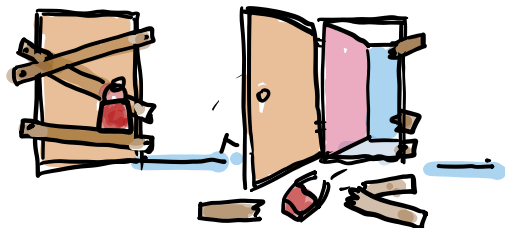
- MAYBE - DIFFERENT TO HOW NATIVES ADAPT TO CHANGE?



AN ACT OF FAITH

I BRING THIS TO YOU LORD AS I BELIEVE YOU ARE IN CONTROL OF MY DESTINY

I HAVE EXPERIENCED GOD OPEN A DOOR IN, A SUPERNATURAL WAY.



GOING THROUGH THIS CREATED FOR ME A DIFFERENT MINDSET

**EMPATHETIC**

TRYING TO FUND



PHD STUDIES

NO LIBRARY CARD



Nothing in Here

ANGRY UPSET



NO SUPERVISOR

# HOW DO YOU MOVE THROUGH SUFFERING?

BY GRACE  
OF GOD  
& HIS  
PROVISION



CAN BE VERY  
LONELY  
WHEN  
CONSTANT  
SUFFERING.

MESSES WITH MENTAL HEALTH.

EXPERIENCED SO MUCH  
DEATH IN MY FAMILY

BUT SO PLEASED  
COME FROM  
A CULTURE  
MOURN  
TOGETHER



DEATH HAS WAY OF CHANGING  
YOU: LIVE WITH WEIGHT OF IT!



GOD IS PRESENT  
IN OUR SUFFERING  
HEALS BROKEN  
HEARTED!  
BINDS UP WOUNDS.

YOU CAN DISCOVER MORE ABOUT FAITH IN  
TIMES OF SUFFERING THAN IN HAPPINESS

MY HOPE  
TRUST IS GOD  
FOUNDATION

HE KNOWS &  
IS MY FUTURE

DON'T  
AT  
SOMEONE  
ELSE'S



MISFORTUNE

BECAUSE  
COULD BE  
NEXT!

YOU

Try TO BE IN A PLACE WHERE  
YOU CAN HELP OTHERS

I FEEL MORE  
GENUINE  
& AUTHENTIC

IN WAY I RELATE TO GOD  
IN SUFFERING

= CRYING =  
EMPTIES MY

SOUL

# HOW DO YOU PERCEIVE JOY?



I AM SUCH A MULTI-FACETED PERSON - SO I CAN ALWAYS FIND WAYS TO RECEIVE JOY!

Curious!

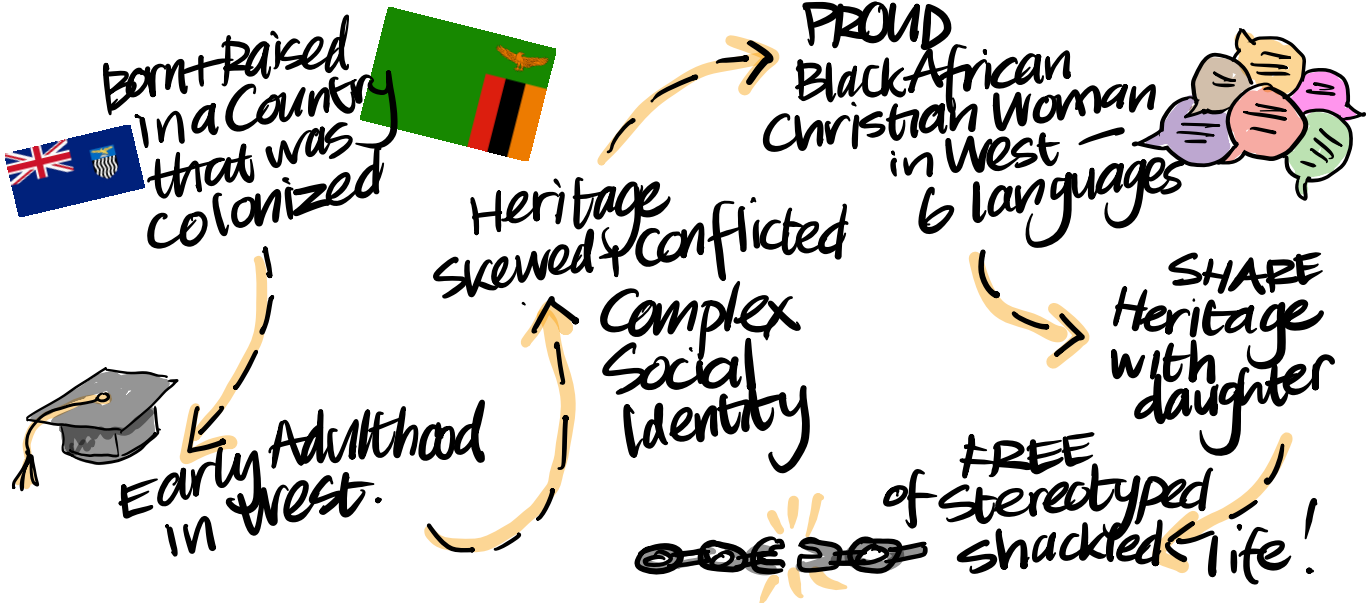
WHAT CAN I PURSUE THAT CAN ENABLE ME TO FIND JOY!



LOVE THIS FROM: WHERE DO YOU FIND JOY in the JOURNEY to

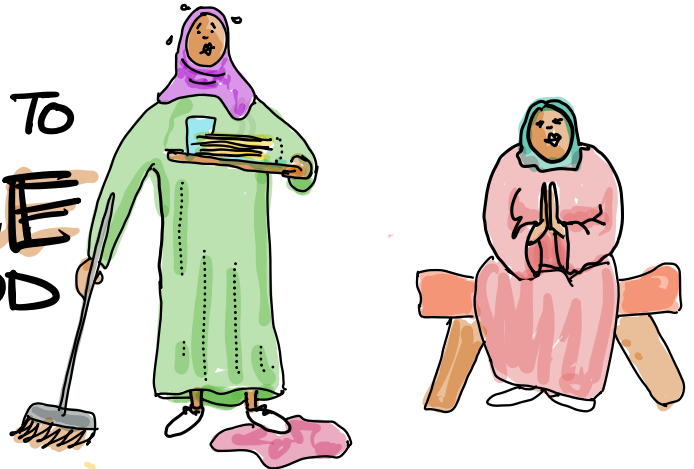
[THE JOURNEY IS THE JOY] Powerful Posture Shift.

FOR LAST FEW YEARS BEEN JOURNEY SELF DISCOVERY!



# HOW DO YOU MATURE IN SERVICE?

TO BE MATURE  
SERVANTS WE NEED TO  
BE IN **PRESENCE**  
OF GOD



BOTH MARY & MARTHA  
WELCOMED  
THE LIBERATOR  
INTO THEIR  
HOUSE —

FOR MARY TO SIT AT FEET  
OF JESUS WAS CULTURALLY

**REVOLUTIONARY**

↳ but only Mary — could free herself from  
CONSTRAINTS, REGULATIONS &  
EXPECTATIONS of CULTURE —

(A)

IT'S NOT WRONG TO  
ENGAGE IN ACTS OF  
SERVICE BUT PRESENCE  
MUST COME FIRST!!

(B)

BEING AT FEET OF  
JESUS

REVITALISES

- AND -  
RE-ENERGISES

**(C) PERSISTANCE**

DON'T DO ALL THIS IN OWN  
STRENGTH: YOU WILL GET TIRED

