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Though He slay me

JOB 13:15

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Editorial Desk

Poems

Welcome to the inaugural issue of "Spring Forth." The place where faith is tested, where prayers seem unanswered, and the chill of hardship feels unending. We take our theme from the raw, defiant trust of Job: "Though he slay me, yet will I hope in him."

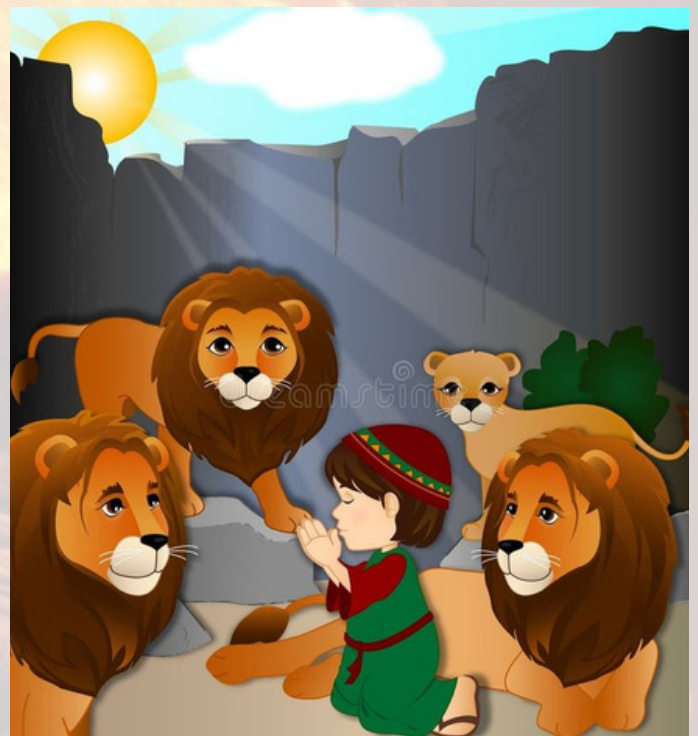
Here, we refuse to shy away from the reality of suffering, disappointment, and spiritual winters. We believe true hope isn't blind optimism, but a tenacious grip on God forged in the darkness. Within these pages, you'll find honest poetry wrestling with doubt, stories that model resilience for our children, and reminders that the God who allows the winter is also the source of all spring. Expect vulnerability. Expect truth. Expect, above all, the persistent, often painful, yet ultimately triumphant call to "Spring Forth" – because our hope is anchored not in our circumstances, but in the unchanging character of our Redeemer. Let's journey together.

Bademi Lamar
(Editor-in-Chief)



Noah's Ride (Genesis 6-9)

Waters roar, a drowning cry,
One ark rides where mountains die.
Shut within, God's promise holds –
Rainbow dawn, salvation bold!



Daniel's Dawn (Daniel 6)

Stone seals shut the lions' den,
Faithful heart condemned by men.
Angel shuts the gaping jaw!
Morning light reveals God's law.

THOUGH HE SLAY ME

“Though He Slay Me!” – A Faith That Defies Circumstances

Job 13:15 – “Though He slay me, yet will I trust Him.”

What does it mean to trust God when everything seems to fall apart? Job, a man described as upright and blameless, faced unimaginable loss—his children, wealth, health, and the support of friends. Yet in the heart of his pain, he makes one of the most radical declarations of faith in all of Scripture: “Though He slay me, yet will I trust Him.”

This is not blind resignation but deep, deliberate trust. Job is not denying his suffering; in fact, he is painfully honest about it. He brings his complaints before God, he questions, he wrestles—but he does not abandon his trust. This verse teaches us that true faith is not measured by how much we understand God’s actions, but how much we trust His character.

Job’s declaration is a powerful reminder that faith does not always come with answers. Sometimes God’s ways are hidden, His purposes mysterious, and His hand heavy. And yet, we are invited to trust—not because life makes sense, but because God remains sovereign, holy, and ultimately good.

In a world filled with trials, disappointments, and spiritual tests, Job’s words call us to a deeper place: to love and serve God not only for what He gives but for who He is. This is worship in its purest form—a trust that endures even in silence and sorrow.

As we journey through seasons of uncertainty, may we echo Job’s faith. Let our hearts say, even when we do not understand, “Yet will I trust Him.” For in trusting, we discover the God who walks with us in the fire, and in the end, brings forth a greater glory.

Pastor Wynes Dangana

MARTHA: A Healing Journey



It's morning again, the birds already chirping, rooster crowed a short while ago. Oh no! alarm ringing.... It's 6am already. But I still need more sleep as I rubbed my eyes gently. After all the events that kept me up at night till 2 am.... From a little twitter to viewing the fashion items on Instagram and WhatsApp status and a little TikTok, a little Facebooking, before I realized it, from 9pm when I retired to bed, I still knew when it was 2am.

I opened up my e-Bible App to take my devotional reading. I quickly reached for **1 Peter 5:10**. Did I get to read it? I dozed off. I was jerked to reality when my phone rang.... It was my senior colleague asking where I was. You don't want to be called for being late by "Boss Lady". She can nag, yell and the matter no go finish. Ha! It's 8:15am, the departmental meeting starts at 8:30am. You dare not be late.

I had to cook up some excuse to keep her from being mad at me as I hurried to see if by some miracle, I could beat the time. Not today, no! having to wait for Bike for more than 10 mins. When one finally came, he beat the price so high, as though he recognized the desperation on my face. If this goes away, when will I get another? I had no choice now. We took off and had barely gone halfway when the bike began to act funny and stop. "Na fuel finish madam. Make I see if I fit push am to black market there. I beg no vex". He began rendering his lamentations on cost of fuel and how hard things were. I was listening half-heartedly, all the while considering how he is contributing to my lateness.

I sneakily joined the meeting at 8:56am, careful to avoid all eyes on me. I almost didn't hear anything that was discussed. All the while, something inside me kept asking, why was I late? True, it was my choices: indiscipline with my use of social media. The things I bought from Romoke last month after I viewed her status, I never even pay for them, and I realized I didn't even need them at the time. Aunt Alice is tired of calling me. I know the day we meet, she fit give me public embarrassment sef. The cloth I bought from her for Linda's wedding 4 months ago, I'm yet to pay up. The worst one is my landlord. My rent expired 2 months ago. The man don tire for me. I begged him last year when I delayed paying up by 1 month, and he warned that if I delay next time, I should just get ready to check out. I began having palpitations.

As I was about to enter the house that evening, I took note of the church's sticker on my door with "Be Still" written on it. For the first time in a long time, I pondered over it. But how can I be still with all of these challenges facing me? That Scripture came up from inside me: "For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline." That word was just what I needed. With a grateful heart, I thanked the Lord for sending such word to me at such time. I need to begin with the self-discipline aspect. But how do I go about it? **TO BE CONTINUED...**

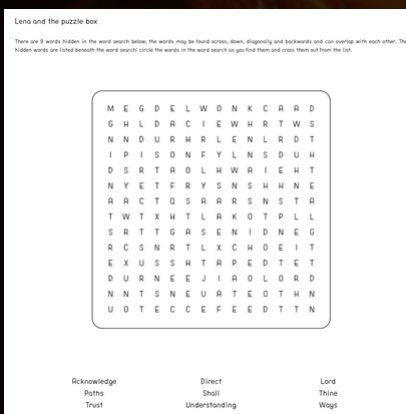
Dr. Foluke Allanana

Lena and the Puzzle Box

In her grandmother's dusty attic, Lena found a carved wooden puzzle box. Inside were 9 pieces. Each had part of a Bible verse on the back: eight formed Proverbs 3:5-6 ("Trust in the Lord..."), and the center piece held Job 1:21 ("The Lord gave, and the Lord hath taken away; blessed be the name of the Lord").

As Lena assembled it, the picture emerged: Job kneeling in ashes, looking upward with sorrow yet unwavering praise as light pierced stormy clouds above him. Beneath the pieces, she found her grandmother's note: "Even in the ashes, my dear. Especially there. Hold fast."

Holding the image of Job, Lena understood her grandmother's final lesson: true faith praises God not just in guidance, but through suffering. Whispering "Blessed be the name of the Lord," she felt anchored, even in her own storms.



Complete puzzle will be available for download and printing on TCRC WhatsApp platform. from July 16th, 2025.

Fruits of the Holy Spirit (Galatians 5:22-23)

LOVE: Sharing toys, giving hugs, helping without being asked

JOY: Smiling during a rainy day, feeling happy just because!

PEACE: Staying calm during a test, making up with a friend

PATIENCE: Waiting your turn, listening without interrupting

KINDNESS: Holding the door, saying "please" and "thank you"

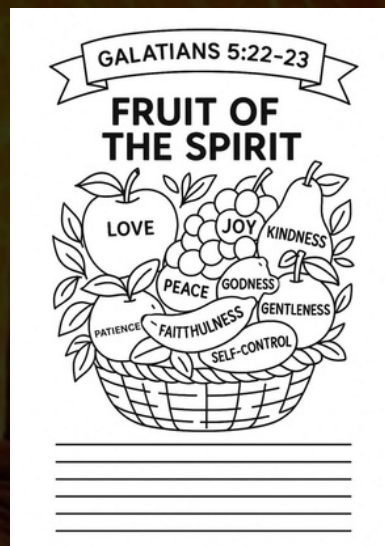
GOODNESS: Telling the truth, standing up for someone

FAITHFULNESS: Doing chores when promised, being a loyal friend

GENTLENESS: Speaking softly, playing carefully with a pet

SELF-CONTROL: Walking away when angry, saving your allowance

These grow in us with the Holy Spirit's help—like a Super Helper inside your heart!



All parents are Advised to download and print out the Puzzle worksheets and Engage their children. Submit on or before 30th July, 2025.

Details of submission will be communicated.

RELATIONSHIP RECIPE

BRING OUT THE WOMAN



Wow!

Here we are again after some years of being away, relationship recipes are back. Glory to God.

A relationship is only as good as the individuals in it. Know this and know peace. The good news is that these individuals have access to growth, hence, safe to say that, irrespective of their present condition, they can experience heaven on earth in time. What you are today isn't always the problem; the problem is usually what you would become in time.

Let us consider a scripture, **Joshua 6:22** (read in KJV, NKJV, Amp, or MSG versions).

Josh.6.22(NKJV) - But Joshua had said to the two men who had spied out the country, "Go into the harlot's house, and from there bring out the woman and all that she has, as you swore to her."

In this first article, we shall digest this scripture above; let's dig deeper. Joshua said to the spies: "Go into the harlot's house, and from there bring out the woman..." At this point I want you to please forget about what you had know about this scripture, let's take a deep look from another dimension. Rahab was a harlot, living in the harlot's house; but there was a woman who is cleaner than the eyes could see. Joshua didn't say, "... go into the harlot's house and bring out the harlot ..."; he said "... bring out the woman ...". This is not about females, its generic.

No matter how good or bad you think you are today, there is a crystal version of you that the world is yet to behold. Allow God to bring out the man/woman in you. You may find yourself in the harlot's house or in the thief's house, or in the drunk's house, or the killer's house or in the liar's house. Whatever the name of the house is, it's immaterial. The important thing is that the man or woman in you can be fetched out. There has to be a choice that you have to make, you must decide today to come out of that house; you can be better than we have seen.

Again, I say, what you are when you meet your partner is usually not the problem. Most people would love you the way you are when they meet you but scarcely would anyone remain with you if you do not grow into a better person in few years' time. Let's fetch the woman out of the harlot's house, nurture her and bring out the crystal lady in her.

Watch Out for the next episode!

Mr. Chukwuma Edwin

PHILIPPIANS 4:6

Don't be overwhelmed by worry. Instead, pray about everything—tell God what you need and thank Him for what He's already done."

Do not be anxious about anything...

God commands us not to let worry dominate or paralyze us. Acknowledge anxiety but don't stay stuck in it.

but in every situation...

No problem is too big or too small for God. Bring everything to Him.

by prayer and petition...

Talk to God honestly. "Prayer" is general communion; "petition" is asking for specific needs.

with thanksgiving...

Approach God with gratitude, remembering His past faithfulness. This shifts focus from the problem to His character. present your requests to God."

Meaning: Actively hand over your needs and concerns to Him. Trust Him with them.



Body Odour



Introduction.

A particular tribe in Nigeria believe that when a child is born, and does not get a thorough bath within a few hours of delivery, this child grows up to develop body odour for his/her entire life span on earth. This is actually a cultural belief.

What is body odour?

It could be described as an offensive smell, emanating from anyone's body, causing discomfort to others around. Body odour is medically defined as "the unpleasant smell produced by bacteria on the skin that breaks down the acid in one's sweat". It is also referred to as Bromhidrosis, Osmidrosis or Ozochrotia.

Body odour is most likely to occur in specific parts of the body which includes; the feet, armpits, behind the ears, pubic region and anus.

There is social stigmatisation of those with body odour thus leading to impaired quality of life in the affected.

What causes body odour?

It is caused by the breakdown of sweat, which is produced from the sweat gland called the "apocrine gland". The sweat produced by this gland is very rich in protein, which the bacteria on the skin can breakdown easily. This causes the unpleasant odour experienced.

Who are those affected?

Genetic: those who have family members with similar condition may have same condition

Age: seen in children between the ages of 13-18 years because of changes occurring in their body during this period.

Gender: commoner in the male population, they have more of the apocrine gland activity than females.

Spicy foods: those who regularly eat spicy foods rich in garlic

Those who sweat too much (hyperhidrosis).

How can we prevent Body odour?

Measures that can be taken to prevent body odour includes the following;

Shaving armpits regularly: having armpit hair, slows down the evaporation (drying) of sweat, giving the bacteria time to break down sweat into smelly substance. Regular shaving has been found to help body odour positively. It is therefore encouraged to shave regularly. Clean armpits: ensure that during bath, the armpit is washed and scrubbed thoroughly to remove unpleasant smell.

Deodorants: they help keep the skin more acidic, making it difficult for bacteria to thrive. This also keeps the armpit smelling fresh.

Keeping feet clean: washing the feet using pumice stone, also keeping the shoes and sock clean and dry.

Baths: having regular baths, at least twice a day

Clothes: Regular washing of clothes is encouraged. Also, changing clothes often when one sweats heavily, helps keep the odour down.

Treatment

For severe body odour that cannot be treated with the above self-care measures, the following could be done:

Antibiotics: antibiotics in cream form can be applied to the armpit to help reduce bacteria load on the skin. Examples of antibiotics used are clindamycin and erythromycin.

Liposuction: sweat glands are removed from the skin using this process. This method is used in removing unwanted fat from the body.

Botulinum toxin: also referred to as Botox. It is injected in affected body area with excessive sweating.

Endoscopic thoracic sympathectomy (ETS): it is a type of surgery done to destroy nerves which control sweating.

CONCLUSION

Body odour causes social problems for individuals with it. To avoid stigmatisation, it would be advisable to inculcate the self care measures in preventing it. Prevention they say, is better than cure!

Dr. Susan Gara

Passage Poem

Jeremiah 29:11

prosper: make complete,
make safe and sound

plans: they are perfect
and yet unknown to us

"For I know the plans I have
for you," declares the Lord,
"plans to prosper you
and not to harm you,
plans to give you hope
and a future."

He turns beauty
from ashes
(Isaiah 61:3)

future: we will be with
Him, taken care of in
every possible way

hope:
expectation,
fully knowing
it will be so

"THE UNBREAKING BLUEPRINT"

You knelt in exile, dust on skin,
The night howled "Captive! Lost! Your end begins!"
But through the dark, a thunder-whisper came
A forge-fire promise wrapped in Yahweh's name:
"Build houses here—in strange soil, plant your seeds.
Pray for the city that plants its greed.
For seventy seasons, dig your roots down deep
I plant My future where your sorrows sleep."
Then—sudden!—lightning split the black despair:
"I KNOW THE PLANS I CRAFT FOR YOU DOWN
THERE!"

Not guesswork—ETCHED IN ETERNITY'S OWN HAND
Plans not to harm, but make you truly stand!
Shalom—My peace—a root-system of grace,
Grows wholeness where the wasteland leaves no
trace.

Hope? Tikvah-cord—unbreakable and strong!
Your future? Dawn I've sworn to blaze along!
So trust Me here—in Babylon's hard hold,
Though winter's frost seems fiercer than foretold.
Dig roots in prayer! Let faithfulness take wing!
For My plans—VOLCANOES—not a dying spark
Your name's engraved inside My covenant ark!
That future burst past death's most crushing grip
In CHRIST—the RISEN ANCHOR—you won't slip!
His empty tomb shouts, "See! My plans stand true!"
Your story's forged in skies forever new.

Family Corner



The Jar That Held Tomorrow

Eva's faith felt thin as old paper. One gray afternoon, she scribbled "God, are You there?" on a scrap and stuffed it into an empty mason jar. Months passed. Bills piled up. Loneliness bit. Then, cleaning her shelf, she rediscovered the jar—now heavy with folded notes: "Job offer came!" "Mama's healing." "Met Ben—kind eyes." Trembling, she pulled out that first desperate question. Behind it, a new slip glowed in the lamplight: "I was. I am. I will be."

"Let us hold unswervingly to the hope we profess, for He who promised is faithful."

Hebrews 10:23

ACTIVITY

Decorate a jar with Bible verses. Each time God answers a prayer or gives you peace, write it on a slip of paper and place it in the jar. At the end of the month, reflect on how faithful He has been.

TCRC OUTREACH 2025
Kaibo Mada community, 21st and 22nd March, 2025.



PRAISE & WORSHIP



CONSULTATION UNIT



COUNSELLING UNIT



PHARMACY UNIT

TCRC OUTREACH 2025
Kaibo Mada community, 21st and 22nd March, 2025.



SURGERY UNIT



LABORATORY UNIT



WELFARE UNIT



**OTHER PHOTOS TAKEN
 FROM
 THE OUTREACH**



THE CHRIST RESURRECTION CHAPEL

(Aka Christian Chapel, F.M.C. Keffi)

OUR WEEKLY ACTIVITIES

MONDAYS:

Prayer Meetings: 5:00 pm - 6 pm

WEDNESDAYS:

Bible Study & Mid-Week service

Interchangeably: 5:00 pm - 6:30 pm

SUNDAYS:

Discipleship Class: 8:15 am - 9 am

Church service: 9 am - 11 am

- Men's Fellowship (Men of Valor)
- Women's fellowship (Crystal Ladies)
- Triumphant Voices (Choir)
- Technical Unit
- Children's Unit (Divine Arrows)
- Media, Graphics & Editorial Unit
- Visitation Unit
- Sanctuary Keepers
- Youth Fellowship

THE CHAPEL, CONFERENCE HALL, F.M.C. KEFFI

A PLACE OF DISCOVERY, RECOVERY, AND FULFILLMENT IN THE KINGDOM OF GOD

Our Website: <https://tcrcfmckeffi.com.ng>

