

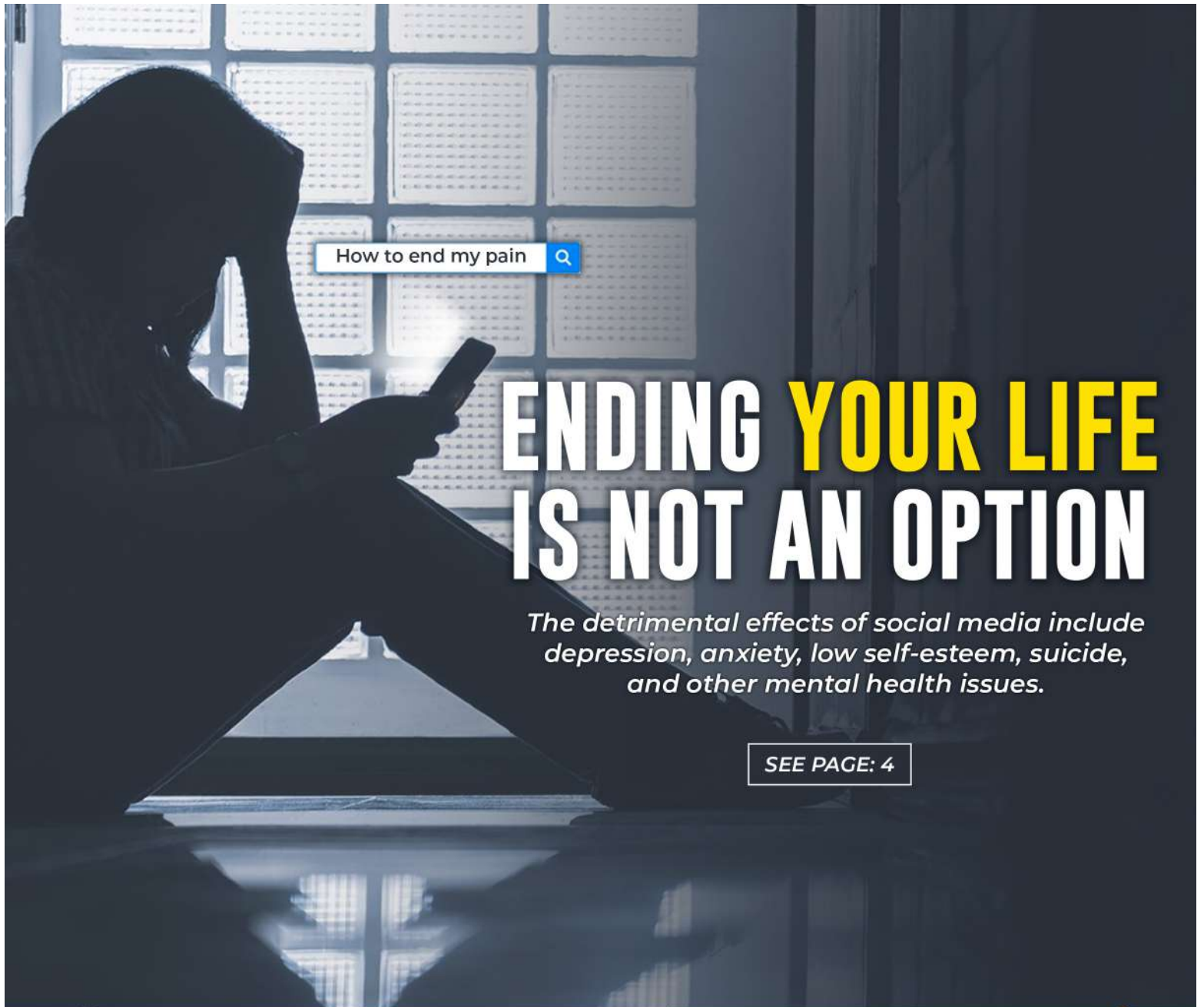


# Stop Suffering!

Do not  
only sponsor it.  
Read it and share it  
with someone else

Website: [uckg.org.za](http://uckg.org.za) • Helpline: 0800 330 320 • WhatsApp: 063 471 6997

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How to end my pain

## ENDING YOUR LIFE IS NOT AN OPTION

*The detrimental effects of social media include depression, anxiety, low self-esteem, suicide, and other mental health issues.*

SEE PAGE: 4



### NO MATTER HOW MANY LIKES I RECEIVED, I LACKED INNER PEACE.

I had 5,000 Facebook friends, but none in real life, I still felt empty. I believed the numbers would bring comfort

*Read page 4*



**SATURDAYS  
8:25AM**

## Do the right thing

There are only two ways to live your life: the wrong way or the right way.

We all say that we want to do things the right way, but we need to understand that it is impossible to do this consistently without the guidance of the Word of God.

This is because our human nature tends to incline to what pleases us and not necessarily what is right.

That is the reason why many people still hold on to anger, hatred and wrong life choices, and why their lives never change.

**“But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, that you may be sons of your Father in heaven...” Matthew 5:44-45**

In this Bible reference, the Lord Jesus asks us to do something that is not naturally easy to do, because it is hard to forgive those who hurt us.

However, if we forgive, we are using God's ways to do what is right.

You cannot please the desires of your flesh if you want to see God in your life.

Therefore, examine yourself to see if you are doing what might seem right to you but is wrong before God.

It is not easy, but it is the only way for you to obtain salvation.

Decide to obey God's word and do what is right before Him. Do this with a sincere heart, because this is the only way for God to transform your life.

God bless you,  
Bishop Marcelo Pires  
mp@mpires.org



## Do you believe in Jesus?

**“He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.”**  
**John 7:38**

The Lord Jesus said that we should believe in Him. And to believe has nothing to do with coming to the church, singing, praising or giving offerings.

Many people do that but still live very miserable lives.

Many who call themselves Christians are suffering and unhappy because they have not given themselves completely to the Lord Jesus.

They say that they believe in Him, but their lives are the exact opposite of the life He promised, and this is because they only gave part of themselves to Him, not 100% of their lives. Through their actions and behaviour, they do the opposite of what the Word of God says. This is the reason why their lives have not yet changed.

You say that you believe in the Lord Jesus but your life is bitter, you do not sleep well, your family members are always at each others' throats, and you have no peace. Although you pray and say you believe in the Lord Jesus, you continue to wallow in the miserable life you have been living.

Understand this: the Lord Jesus is not a mere ideology. The Word of God is not a collection of words; it is God's promises to those who believe in Him, and to believe in Him is to take 100% of your life and give it Him.

When you surrender your life to the Lord Jesus completely, He will pour out His complete and abundant blessing into your life.

JOIN US WEEKDAY MORNINGS FOR  
**WORKER'S PRAYER**  
MON-FRI, 5:55AM - 6AM ON e

The banner features a silhouette of a man in a suit standing in front of a city skyline at sunrise. The text is bold and white, with a red 'e' logo at the bottom right.

# HISTORIC MOMENT FOR THE UNIVERSAL CHURCH IN AFRICA

By Albertine Chitswa | uckg.org.za



The Sunday of the Changing of Thoughts took place at the Holy Ground cathedral on 22 September. The service was led by Bishop Marcelo Pires, who shared a message of faith centred on seeking the kingdom of God.

Bishop Marcelo started by acknowledging that it is common for people to come to church to seek prayers to overcome financial problems, receive healing or gain blessings such as jobs, business success or family unity. While these prayers are not wrong, since they are a part of our faith and the promises of God, he stressed that this should not be the primary focus of our spiritual lives.



**The pursuit of a relationship with God and seeking His Kingdom is what truly sustains a believer's life.**

He noted that it is far easier to seek blessings than to seek the Kingdom of God. Material blessings like jobs and healing can be received without any need for personal change. However, to enter the kingdom of God, repentance is required. This is the area where many people struggle because repentance involves more than just feeling remorse.

It means a complete turning away from one's wrongdoings, a conscious decision to leave sin behind and walk in a new direction.

The congregation left the service with a renewed understanding that seeking blessings is not wrong, but their priority must be on salvation. The pursuit of a relationship with God and seeking His kingdom is what truly sustains a believer's life. Material blessings are secondary to the eternal promise of salvation.

The service also marked a historic moment for the Universal Church in Africa, with the consecration of six new bishops and their respective wives. This consecration signified a great blessing for the Church as it continues to grow and spread the message of faith across the continent. The Sunday of the Changing of Thoughts was a day of spiritual awakening.



## Consecrated bishops and their respective wives



Bishop Edilson Medeiros da Conceição and Mrs Fabiana Medeiros



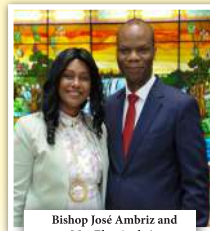
Bishop Cristian Lagares and Mrs Melisse Lagares



Bishop Wagner Barreto and Mrs Alessandro Barreto



Bishop Germain Gnaore and Mrs Cecile de Dieu Gnaore



Bishop José Ambriz and Mrs Elsa Ambriz



Bishop Cristovão Pimentel Santana and Mrs Claudécy Santana



# Detrimental impact of Social Media

In South Africa, social media usage has consistently increased over time. However, there are concerns about mental illness, such as depression, as a result of the surge in social comparison.

Excessive use of social media is negatively contributing to the mental health status of young adults. Some of these detrimental impacts include depression, anxiety, low self-esteem, suicide and other mental health issues.

Young adults spend an average of 6 hours per day on social media platforms. Also, the fear of missing out (FoMO) was identified as another major reason why young adults stay on social media platforms for long hours every day.

**TALK TO  
SOMEONE  
WHO CARES**

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TOLL-FREE HELPLINE**

**0800 330 320**

## 5000 friends on social media, but none in real life

By Yugendrie Khonyane | uckg.org.za

“When I was 14 years old, my mother left us. I turned to social media to cope with feelings of loneliness and rejection. What started as a simple distraction from the struggles I faced at home soon spiralled into an addiction.

I wanted attention from strangers online, hoping that the likes and comments would fill the emptiness within me. Social media became my escape. I spent hours changing into revealing clothes and applying makeup just to take pictures that would capture the attention I desperately sought for.

I craved validation and approval and searched for it wherever I could find it. I had 5,000 online friends but none in real life, and despite gaining thousands of followers, the sense of loneliness and worthlessness was still there and I still felt empty. I thought the numbers would bring me some joy, but I remained deeply unhappy. No matter how many likes or messages I received, I did not have inner peace. I even received messages from men and strangers asking to meet up, but I was too scared to meet any of them in person. My addiction deepened, and so did my unhappiness.

At school, I often felt like an outsider, and I hid the reality of my life by pretending that everything was perfect, but that could not be farther from the truth.

Part of my struggle was from growing up in a difficult home environment. I often blamed myself for my mother's departure, which left me with unanswered questions, and I harboured immense resentment toward her. When she left, I only had my father and brother to depend on. Although they tried their best, I didn't have the emotional support I needed, and this left me feeling isolated and unhappy.

In 2019, everything changed. My mother came back home. She had become a member of the Universal Church during her time away. I saw how God had transformed her life, and when she invited me to attend a church service, I went with her.

In the church, I was accepted without needing to change who I was. I cut ties with my old friends, dressed more appropriately, deleted my social media accounts and even sold my phone. I was ready for a new and better way of living.

I decided to be baptised in water because I wanted to leave my old life behind and start over. However, I hadn't fully resolved my feelings toward my mother. Opening up to her brought me peace, which was crucial in my spiritual journey.

Today, I no longer rely on social media for validation. I've gained self-confidence, improved my relationship with my mother, and live a fulfilled life in the presence of God. The Holy Spirit has brought me true peace, and I'm deeply grateful to God for this new life,” said Lebohanga.



# MY STRUGGLES MADE ME FEEL LIKE A FAILURE

By Albertine Chitswa | [uckg.org.za](http://uckg.org.za)

“I was raised in a poor family that struggled to make ends meet. Immediately after completing my studies, I looked for a job because I wanted to improve my life. I found a temporary job, but my salary wasn’t enough to cover all my expenses. During that time, I made friends with the wrong crowd. They introduced me to partying and that led me to wasting the little I had. I wasn’t seeing the progress I’d hoped for.

As a result, I couldn’t support my parents and sometimes even struggled to afford transportation to work. My constant struggles made me feel like a failure. I often compared myself to my peers, many of whom seemed to be progressing, which made me feel bad and hopeless.

My father invited me to attend services in the Universal Church. In the church, I heard testimonies from people whose lives were in worse situations than mine and were transformed through the power of faith. I realised that if God could change their lives, He could change mine too. I started participating in chains of prayer, specifically for my financial situation, and I put what I was taught into practice. Gradually, things started to improve. I got a permanent job and my financial situation began to stabilise,” said Eglette.

Once Eglette started prioritising God in her life, He started blessing her even more. After some time, she was promoted at work and secured a position in a multinational company, something she once thought was out of reach. She bought a car and a house and was also able to start her own business. Today, she does not drink or go to parties to be fulfilled because God’s presence inside her gives her peace and happiness. 📖



# I STARTED COLLECTING MANY PILLS SO THAT I COULD OVERDOSE ON THEM

By Albertine Chitswa | [uckg.org.za](http://uckg.org.za)

Duduzile was filled with anger. She was angry at her father for not being there for her when her mother passed away. She had to drop out of school because of financial difficulties, while other children her age continued their education. This only fuelled her anger further.

“I got a boyfriend and moved in with him, thinking I had finally found someone who loved and cared for me. However, I was wrong. He started to abuse me emotionally and physically. Because of my low self-esteem, I never had the courage to file a complaint against him. One day, I fought back and bit his finger. He called the police and I was arrested. I spent a month in jail, which was terrifying.

I hated him and wished him dead. To numb my pain, I started partying and drinking excessively. To my friends, I was the life of the party, but when I got home, I couldn’t sleep at night. I had suicidal thoughts, and I started collecting many pills so that I could overdose on them.

I was invited to attend services in the Universal Church, and from the very first day, I was able to sleep peacefully at night. That prompted me to keep attending services. I took part in chains of prayers for my deliverance. Over time, I realised that I needed to forgive myself and those who had hurt me. I let go of all the anger and hatred that I had harboured for a long time.

Today, I am a changed woman. I am no longer partying or drinking alcohol. I sleep peacefully at night and I don’t desire to end my life. I went back to school, and I’m now studying to become an assistant chef. The Holy Spirit within me is the greatest blessing I have ever received because He changed my life completely, and my happiness comes from knowing Him,” said Duduzile. 📖

**I am SOUL PRECIOUS**  
 e EVERY SUNDAY | 7:00AM



## GREAT DISTRIBUTION OF THE BLESSED ANOINTING OIL

### The opportunity for change came at the perfect moment

By Yugendrie Khonyane | uckg.org.za

“A few years ago, I was involved in a car accident, and it left me with issues with my right eye. It became so swollen that I couldn’t open it anymore.

I visited many eye specialists, and although they prescribed medications, none of them worked as I’d hoped. The pain in my eye was unbearable and often disrupted my daily life. I was a teacher at the time, and this condition affected my performance terribly. At home, I also struggled to do basic chores and often had to rely on others for help. The pain was overwhelming, far beyond what I could endure. I received a bottle of blessed oil in the church, and I used my faith and trusted in God for my healing. I anointed

my right eye with the oil every day and asked God to heal me.

No one instructed me to do this, but I believed that I would receive my healing by using my faith. Gradually, I started seeing changes. Even though I was told I would need to always wear spectacles for the rest of my life, now I only use them for reading. My right eye has been completely healed through my faith,” shared Esther. \$



### I had to go door to door asking for help from my neighbours

By Yugendrie Khonyane | uckg.org.za

“I faced many financial problems. My small business wasn’t doing well, which put a significant strain on me as the family’s breadwinner. Sometimes, I had to go door to door asking for help from my neighbours because we didn’t have enough food.

Some days, I’d wake up early to go and sell, but I’d come back home disappointed, having sold nothing all day. From the little I’d manage to sell, I would buy groceries, but they often lasted only a few days. It was embarrassing for me and painful for my children to go through that. Attending church became uncomfortable because I felt ashamed of what I was going through.

I was given the blessed oil in the church and

started using it as guided by the pastor. I anointed my business every day before going out. Since then, I have seen my business grow. Every day, I returned home having sold some goods.

Today, I am thrilled because my financial situation changed when I used the blessed oil in faith. My finances are now stable and I can provide for my family without asking anyone for help, because God provides for us,” said Boitumelo. \$



## » A DISTRACTION TURNED INTO ADDICTION

By Albertine Chitswa | uckg.org.za



“I was raised by my grandmother because my parents were absent from my life. This affected me emotionally to a point that I started having hallucinations.

My academic studies were negatively affected because even when I was at school, I only thought about my problems. I was sad and I started watching pornography as a way to distract myself. I became so addicted to it that I watched it even when I did not want to. I wanted to be free of this addiction because I always felt guilty, but did not know how to stop it.

One evening, I was listening to the Stop Suffering programme of the Universal Church on the radio and I heard a testimony from someone who had a similar problem that I had and overcame. The next morning, I looked for the church.

When I arrived at the church, a pastor counselled me. He encouraged me to attend the service on Sunday and I did so. I participated in

the chains of prayers for my deliverance from hallucinations, depression and addiction.

I also understood that in order for me to live a fulfilled life, I had to commit my life to God. I got baptised in water to mark the start of a new life in the presence of God.

The 21-day Fast of Daniel was introduced in the church and I saw that as an opportunity for me to get closer to God. I prayed and read my Bible everyday. After the fast had concluded, I attended a Wednesday service where I sought the Holy Spirit earnestly. I received the Holy Spirit and had the assurance that God was with me. I experienced an inexplicable peace.

I am blessed and I have been transformed inside out. I am no longer depressed, addicted to pornography nor do I have hallucinations. Through my faith, I can overcome any problem, no matter how big. Today, I see problems as an opportunity to get closer to God,” said Lebohang. 📖

## » I wondered if the emptiness I felt would ever end

By Albertine Chitswa | uckg.org.za

“My depression started when I could not find a job. I suffered from nightmares and migraines because of it. I felt empty, and to fill the emptiness inside, I went out with friends, drank heavily and engaged in sexual relationships with both men and women. I searched everywhere, looking for a way out of my misery, but it seemed like help was out of reach for me.

I sought professional help and was told that there was no cure for my condition and that I would have to rely on antidepressants for the rest of my life. I remember the day I reached breaking point. I went to the top of the tallest building I could find to throw myself down from there. I could already picture my lifeless body lying on the ground. However, when I got up there, I did not have the courage to go through with my plan. The pain inside me was unbearable. I questioned God’s existence and I wondered if the emptiness I felt would ever end.

My mother was already attending services in the Universal Church and she told me that I could find help in the church. Through faithfully participating in the chains of prayers for my deliverance, I managed to break free from the chains of depression and thoughts of suicide. With time, I realised that what I truly needed was the Holy Spirit because only He could give me the peace and joy I had been searching for all those years. I stopped doing the wrong things I had been doing. I

got baptised in water to start a new life in the presence of God and I sought to be baptised with the Holy Spirit with all my heart. I committed myself to doing what pleases God, I read the Bible more often and attended the services more frequently to understand His will for my life. In a Sunday service, I sought the Holy Spirit like never before. I told God that I wanted to belong to Him. I vowed that if He gave me His Holy Spirit, I would serve Him for the rest of my life. From that moment, I was filled with indescribable peace and it filled the void I had had for so long. I was filled with joy.

Today, I am no longer depressed or suicidal and I do not depend on antidepressants. I do not feel empty and I do not suffer from nightmares or migraines. I no longer drink alcohol or engage in casual sexual relationships. I have peace, I sleep well at night and my life has been completely transformed because now I belong to God,” said Milandia. 📖





**GAUTENG**

**Alexandra 1:** 698 Pretoria Main Road, Cnr Link Road

**Benoni:** 70 Cranbourne Avenue (Next to African Bank)

**Dobsonville:** 4337 Main Road

**Kagiso:** Cnr Ngalonkulu Cres. & Thulandivile Drive, Hillsvie

**Park Station:** 25 Plein Street, Johannesburg

**Randburg 1:** 4 Dover Street & Cnr Bram Fischer, (Opp. Garden Mall)

**Tembisa 1:** 87 Koti Street, Lifateng, Tembisa, 1632

**Thokoza 1:** 1838 Rakoma Street (Opp. Shell Garage)

**Pretoria (Tshwane)**

**Pretoria:** 175 Nana Sita Street (Old Skinner Street), Pretoria Central

**Hammanskraal:** 4411 Unit 01 Temba, Kudube

**Mabopane:** 2733 Block B (Next to Tlamelong Clinic)

**Mamelodi:** No. 1 Dobilwane Street, Cnr Tsamaya Road, Mamelodi West (Next to Denneboom Station)

**Vaal Triangle**

**Vanderbijlpark:** Shop No. 4, CR Swart Street

**Sebokeng:** 392 Moshoeshoe Street, Zone 10

**Vereeniging:** Shop 1, 8 Kruger Avenue (Opp Sassa)

**WESTERN CAPE**

**Cape Town:** 9 Buitenkant Street (Near the Grand Parade)

**Khayelitsha:** 54 Ntsikizi Street, Ilitha Park

**George:** 121 Cradock Street, CBD (Next to Golden Harvest)

**EASTERN CAPE**

**East London:** 5 Gladstone Street

**Port Elizabeth:** 45 Norongo Road & Cnr Sopazi Street, New Brighton

**Umtata:** 36 Owen Street (next to Botha Sigcau Building)

**NORTHERN CAPE**

**Kimberley:** 44 Sidney Street

**Upington:** Rosebuds Shopping Centre, Leeukop Street, Cnr Drakensberg Street

**KWAZULU NATAL**

**Durban:** 465 Anton Lembede Street (Opp. Durdoc Centre)

**Newcastle:** Shop 13/14 LOT 627 - 64 Allen Street

**Pinetown:** 28 Mdoni Centre, Crompton Street

**Pietermaritzburg:** 399 Church Street (Opp. Capital Centre)

**FREE STATE**

**Bloemfontein:** 60 Oliver Tambo Road

**QwaQwa:** Shop #2 Midtown Shopping Center Phuthaditjhaba

**Welkom:** Mario's Taxi Rank Complex, 4 Kort Street, CBD

**LIMPOPO**

**Polokwane:** Shop 3, 20 Jorrisen Street

**MPUMALANGA**

**Nelspruit:** 40 Bester Street, (Next to Home Choice)

**Witbank:** 8 Arras Street, Witbank CBD

**NORTH WEST**

**Rustenburg:** 134 Klopper Street

**Mahikeng:** 20-22 Martin Street (Old DR Church)

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