

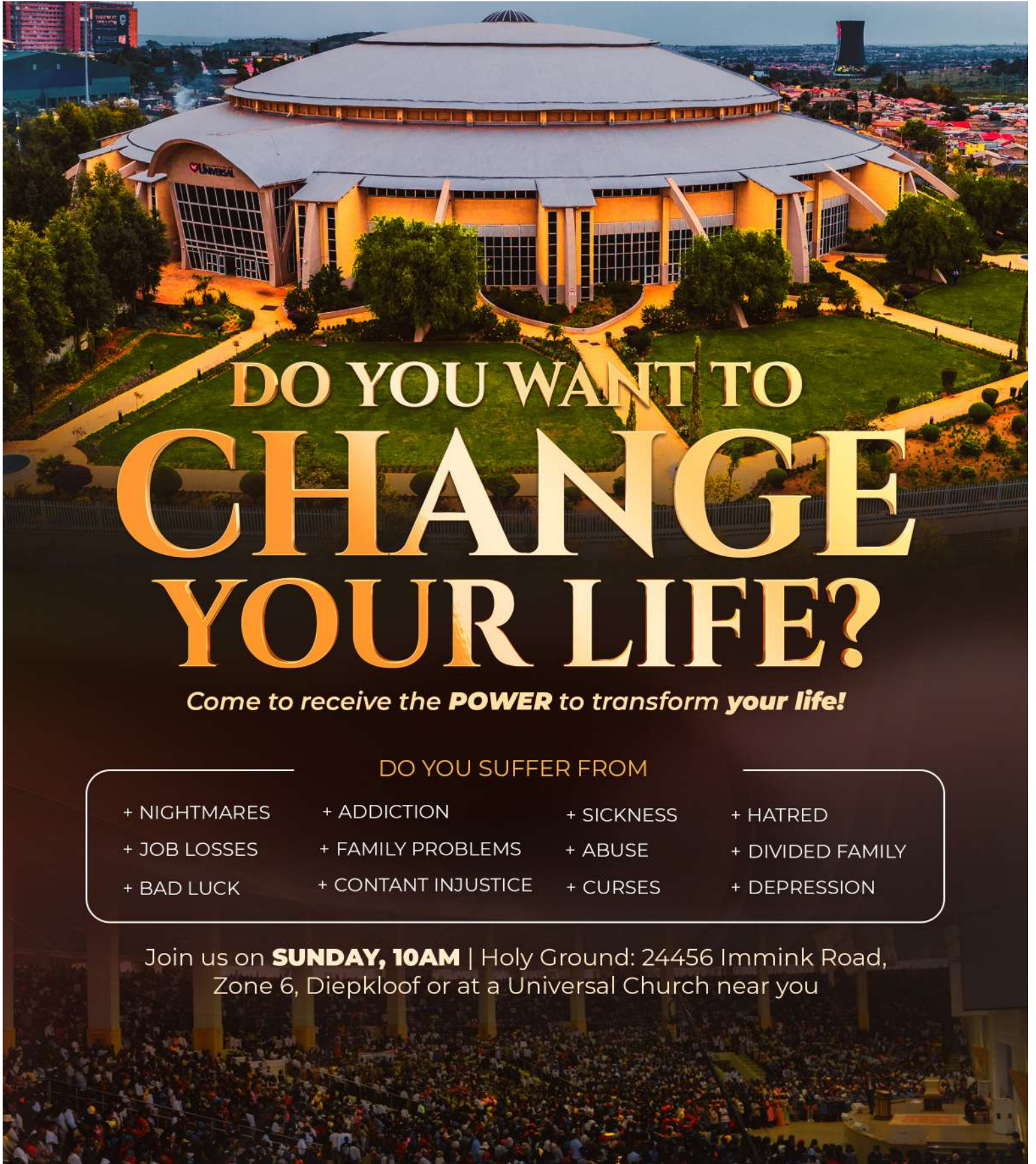


# Stop Suffering!

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

Edition: 393 • Date: 27 October 2024



## DO YOU WANT TO CHANGE YOUR LIFE?

Come to receive the **POWER** to transform *your life!*

### DO YOU SUFFER FROM

- |              |                     |            |                  |
|--------------|---------------------|------------|------------------|
| + NIGHTMARES | + ADDICTION         | + SICKNESS | + HATRED         |
| + JOB LOSSES | + FAMILY PROBLEMS   | + ABUSE    | + DIVIDED FAMILY |
| + BAD LUCK   | + CONTANT INJUSTICE | + CURSES   | + DEPRESSION     |

Join us on **SUNDAY, 10AM** | Holy Ground: 24456 Immink Road,  
Zone 6, Diepkloof or at a Universal Church near you

## Overcoming Adversity

People face problems differently. Some people are resilient and keep moving forward regardless of the situation, while others will generally look for someone or something to blame for their failures.

This difference in character depends on the values and principles the person upholds. They are the foundation on which one's life rests, and they influence every outcome, be it one of success or failure.

Success often stems from a strong mindset, and a crucial component of success is aligning your life with the Word of God and obeying it.

“But there were also false prophets among the people, even as there will be false teachers among you, who will secretly bring in destructive heresies, even denying the Lord who bought them, and bring on themselves swift destruction.” 2 Peter 2:1

When you disobey the Word of God, you bring swift destruction on your life.

You might have realised how certain lifestyle choices and decisions have negatively impacted your life. Your upbringing and past challenges have probably made you build your life on an unstable foundation.

Stop, think and understand that if you want to be successful, you need to stop complaining and making excuses. Your wrong choices and decisions weaken the foundations of your life.

Nowadays, most people live as they please. You don't need to follow suit. Build a strong foundation for your life, one that is based on God's principles and values. This is the only path to true success, and more importantly, to the salvation of your soul.

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



## DO NOT LOVE THE WORLD

“Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. And the world is passing away, and the lust of it; but he who does the will of God abides forever.”  
1 John 2:15-17

God speaks with love and patience. However, He does not hold back from pointing out the sin of those who are disobedient. We cannot love the world or what the world has to offer because if someone loves the world, the love of the Father -the Holy Spirit- is not in him.

When you love the world or things of the world, you are going against God's will and do your own will. Perhaps you do not live in sin, yet you like it. You like doing what pleases your flesh and take pleasure in doing what is wrong.

You need to understand that this world and everything in it are all an illusion, and they are all meaningless and temporary. Only the love of the Father, His blessings and His Word remain eternally. Do the will of the Father and it will bring you peace and love, and His promises will be fulfilled in your life.



# SPIRITUAL INTELLIGENCE

DAILY AT 7:30PM



LIVE ON FREEDOM ON AIR

## I was constantly bullied, belittled and called worthless

By Yugendrie Khonyane | uckg.org.za

“My life was filled with challenges from the very start. I never knew my parents. My mother passed away while giving birth to me and I never met my father.

Jane was left in the care of her aunt and had a childhood marked by loneliness, neglect and emotional abuse.

“At home, I was constantly bullied, belittled and called worthless. I had to do all the household chores, the cooking, laundry and cleaning, while the other children played outside. I resented my family for that.

There were times when I couldn't even study because my aunt switched off all the lights. It made me feel like an outsider.

Everything I faced was so overwhelming. I had to drop out of school and start working at the age of 11 to earn money to support myself,” says Jane.

The lack of love and care plunged her into despair. The emotional pain became unbearable, and in her darkest moment, she attempted to take her own life.

“I really hated how my life had turned out and couldn't take it any more. The emotional pain had become so overwhelming that I attempted suicide,” she said.

Later, after her aunt passed away, things only worsened at home,

pushing her to breaking point and forcing her to leave home.

“The situation became worse at home, so I decided to run away with my boyfriend, who later became my husband. His mother, a member of the Universal Church, introduced me to the church. Although I attended services with her, I wasn't fully committed at first. I still struggled with the weight of my past,” she said.

After getting married, Jane found herself facing new challenges in her marriage. The arguments and fights with her husband seemed endless, and at one point, things even became physical.

“My husband and I constantly argued and fought. I was desperate for peace, so I started attending church services more regularly. I committed myself to the chains of prayers and prioritised my relationship with God.

I asked God to heal the traumas of my past and He did. I also invested time in reading, not only the Bible, but church books like *Bulletproof Marriage* and *The V-Woman* as well. I learned how to communicate more effectively and how to resolve conflicts wisely.

Now I am no longer burdened by my past. I have the Holy Spirit inside me and have found peace. I forgave myself and those who hurt me. My marriage is blessed and my husband and I are in the presence of God, in the same faith,” said Jane. 📖



**SOWETO CATHEDRAL**  
**HOLY GROUND**  
 SUNDAY 10AM | 24456 Immink Drive,  
 Zone 6, Diepkloof, Soweto

RECEIVE YOUR BOTTLE OF THE WATER OF GREAT MIRACLES

## I FELT LONELY AND SANK INTO DEPRESSION



“After my mother passed on, I felt lonely and sank into depression. I had suicidal thoughts but never followed through on them because I was afraid. I started attending services in the Universal Church after being invited to a youth event, and I participated in the chains of prayers for deliverance from depression and suicidal thoughts. As I committed myself to God, the loneliness and emptiness I used to feel gradually disappeared. I have healed from the pain of losing my mother and am no longer depressed. Now I face my challenges with boldness, knowing that God is with me,” said Lisa.

# I LIVED BEYOND MY MEANS



Despite being in the church, I struggled with my finances for nearly five years. I had a good job and earned a decent salary, which allowed me to live in an expensive apartment and afford whatever I wanted. However, my finances hit rock bottom when I started living beyond my means. I bought expensive furniture and clothes and could no longer pay my accounts on time and struggled to keep up with my expenses. I was drowning in debt.

My salary ran out quickly, leaving me unable to pay rent or buy food, so I repeatedly borrowed money. Out of desperation, I turned to cash loans and loan sharks. I often couldn't repay what I had borrowed and was in a constant state of stress and anxiety.

The weight of my financial struggles started taking a serious toll on my mental health. Every month, as I struggled to make ends meet, I felt increasingly

overwhelmed and hopeless. Eventually, the stress spiralled into severe depression and I suffered a mental breakdown. My family was deeply concerned about my wellbeing, so they took me to a psychiatric hospital where I was diagnosed with bipolar disorder. I stayed there for a month, receiving treatment.

Although I was already a member of the Universal Church, I realised that I hadn't fully applied what I had learned in the church. The mental breakdown was the wake-up call I needed. After I was discharged, I returned to the church, spoke to the pastor about my experiences, and sought help. I started taking my spiritual development seriously and prayed for my life to change. I joined the chain of prayers on Mondays for my finances and on Sundays to grow closer to God.

In the church, I learned how to surrender my anxieties about finances to God and to trust Him wholeheartedly. I applied the teachings of the Word of God in my daily life and made a conscious decision to follow His will in every aspect of my life.

This commitment to faith brought about significant changes. Now I am debt-free and self-employed, and I feel secure in God's provision. My life has completely transformed since I surrendered my financial worries to God. I now live with hope and purpose and am grateful for the support that guided me along this journey.



Each month, I struggled to make ends meet

By Yugendrie Khonyane | uckg.org.za



RECEIVE THE NEW RING OF THE COVENANT WITH GOD

## PROSPERITY FROM A COVENANT WITH GOD

MONDAYS, 5:30AM | 6AM | 7:30AM | 10AM | 12 NOON | 3PM & 5:30PM\*

HOLY GROUND: 24456 IMMINK DRIVE, ZONE 6, DIEPKLOOF, SOWETO  
OR AT A UNIVERSAL CHURCH NEAR YOU

\*TIMES MAY VARY IN DIFFERENT BRANCHES



## I BECAME DEPRESSED AND SUICIDAL

“I suffered from epilepsy, constant pain in my body and sleepless nights. Despite seeking help, nothing worked, and I became depressed and suicidal. I even considered hanging myself. I was invited to engage in chains of prayers in the Universal Church for my healing. I learnt to use my faith to transform my life. Today, I am a completely changed person. My health has been restored, and I am no longer depressed or suicidal. I am now at peace and am content with my life,” said Florah.

## I WAS IN A DARK HOLE AND BLAMED GOD

By Yugendrie Khonyane | uckg.org.za

The death of a loved one during childhood is often linked to serious and enduring health issues, such as deep depression, suicidal tendencies and other mental health struggles.

Bafana’s experience was no different after his mother’s passing.

“While growing up, I had a very close relationship with my mother. She was always there for me and my siblings, attentively loving and caring for us. I was closer to her than I was to my father.

When she passed away in 2017, it broke my heart. I felt immense pain and a deep void inside, as if my whole world had been torn apart.

I started sinking into deep depression and suicidal thoughts constantly flooded my mind. I started looking for someone to blame.

My behaviour changed. I became withdrawn and isolated myself from friends and family. Whenever anyone tried to get close to me, I pushed them away because I preferred to be alone.

Not having a healthy relationship with my father only made my grief worse. He wasn’t always good to us. After my mother’s death, he became more aggressive, yelling at us without any provocation, and even beating us. My feelings toward him turned into hatred.

Even though I was struggling terribly inside, I let pride take over and refused to show anyone

my pain. I was overwhelmed by mixed emotions. One moment I’d feel happy, and the next, I’d be overcome with sadness. Even the smallest things would trigger me.

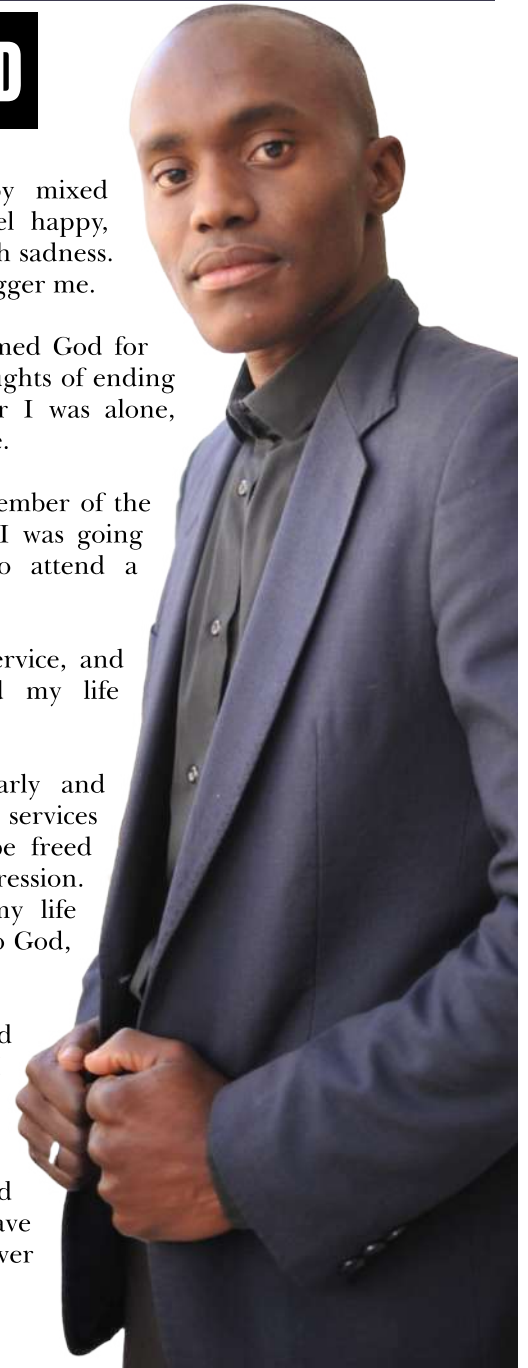
I was in a dark place, and I blamed God for taking my mother away. The thoughts of ending my life grew stronger. Whenever I was alone, those thoughts would consume me.

One of my friends, who was a member of the Universal Church, noticed what I was going through. He encouraged me to attend a service with him.

I attended a Sunday morning service, and the message that day changed my life completely.

I kept going to church regularly and committed myself to attending services daily, especially on Fridays, to be freed from suicidal thoughts and depression. Over time, I saw changes in my life because I chose to give my pain to God, trusting that He would help me.

I learned that everything I had gone through had a purpose. I stopped blaming God for my mother’s death. I no longer have hatred towards my father. I found inner peace and surrendered everything to God and now I have the joy and contentment I never had,” said Bafana.



**NEW**

# WHATSAPP CHANNEL

UCKG SA | HEADQUARTERS HOLY GROUND

SCAN THE QR CODE

WhatsApp Channel Interface Preview:  
 Channel Info: UCKG SA | Headquarters Holy Ground, 118 followers.  
 Welcome to the UCKG Holy Ground channel, a place of inspiration and transformation. Join us on a journey towards a new life filled with the Holy Spirit, power, and faith. Let our messages ignite the fire within you to rise above challenges and embrace your full potential. As written in 2 Corinthians 5:17 (NIV), "Therefore, if anyone is in Christ, he is a new creation; old things have passed away; indeed, all things have become new." May our channel be a source of light guiding you towards the light of transformation, strength, and spiritual empowerment. Stay connected and let your spirit soar!  
 24455 Innesbrook Drive, Zone 4, Deywood, Soweto (500 meters from Baragwanath Hospital)  
 National Toll-Free Helpline 0800-222-220

# THE ESCALATING DANGER OF BULLYING IN SOUTH AFRICA

By Tania Nguanda | uckg.org.za

**A**larming statistics by the Unesco Institute of Statistics show that one-third of the world's young people are bullied.

In South Africa, during February 2024, three suicides by children younger than 15 were reported, and the cause was believed to have been depression or desperation arising from bullying.

Recent studies show that more than 58% of South African children of school-going age have experienced some form of bullying, including cyberbullying, which has become increasingly predominant, with South Africa having the fourth highest rate of cyberbullying in the world.

Bullying in schools is on the rise and this poses a significant challenge to schools and child safety because it has devastating effects on the affected youth's mental and emotional health and well-being.

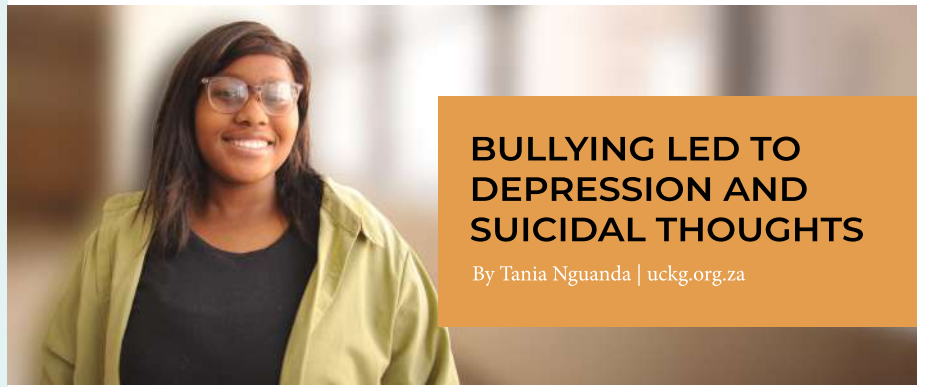
## Facts:

- More than 3.2 million learners are bullied annually in South Africa.
- 1 in 10 learners drop out of school to avoid being bullied.
- South Africa is placed at number four in the ranking of the highest rates of cyberbullying in the world.
- 58% of South African school-goers have experienced some form of bullying

If you are a victim of bullying or know someone who is, contact our 24-hour toll-free Helpline on 0800 330 320.

Sources:

<https://www.legalandtax.co.za>; <https://www.businesslive.co.za>; <https://www.safmh.org/bullying/>; <https://hwattorneys.co.za/newsandmedia/bullying-and-its-complex-legal-framework>; <https://www.sadag.org/images/pdf/death-by-social-media.pdf>



## BULLYING LED TO DEPRESSION AND SUICIDAL THOUGHTS

By Tania Nguanda | uckg.org.za

*Bullying is hurtful and often embarrasses, threatens or intimidates the person being bullied. Research has found that people who have experienced bullying are more likely to develop anxiety and depression and are at a higher risk for self-harming behaviour, substance abuse, or suicide attempts. This is what happened to Buhle who, from the young age of nine, suffered from bullying which led her to have suicidal thoughts and depression.*

heard about others who overcame depression, I didn't really believe that it could also happen to me.

Though I was attending church services and participating in the youth group activities, I still felt alone and empty. I used to isolate myself and lash out at people close to me, especially my mother.

I didn't love myself and didn't think I had any reason to be alive.

Those feelings were very distressing, and I got tired of always feeling so low. So, I sought counselling in the church and learned that regardless of how I felt about myself, God still loved me and wanted to dwell in me through the Holy Spirit.

I decided to fully commit myself to God and live to please Him. I sought to understand God's Word and to have the plenitude of the life He promised.

I sought God wholeheartedly and He blessed me with His Spirit. I cannot forget the day God confirmed to me that He was with me and that He loved me. It was not a feeling but assurance I never had before. For the first time, I saw the world in colour. The darkness that was in me disappeared.

Now I am no longer suicidal and I am completely free from depression. I have the joy and happiness that come from God. Even when challenges arise, I know I am not alone. God is always there, encouraging me to be the best version of myself," said Buhle. 🙏

"I had a deep void inside of me. I felt invisible and hopeless. I didn't believe that I deserved to be happy. It felt like I was stuck in a hopeless and futile loop, like no one really saw me.

It all started when I was bullied in primary school and continued throughout high school. From the age of nine, I had constant suicidal thoughts. I self-mutilated and took some anxiety tablets I got from a friend to try to cope.

I pretended to be alright on the outside but I was dying inside.

At the age of 16, I was diagnosed with severe depression, stress and anxiety. I was told that I needed anti-depressants.

I didn't want to rely on medications for the rest of my life because I was raised in a Christian home and believed that God has the power to set people free from such things.

However, for someone dealing with depression, making a turnaround isn't easy. It felt like my mind was clouded. Although I often

## I WAS ARRESTED MULTIPLE TIMES AND HAD LOST CONTROL OF MY LIFE



**"I** was addicted to glue, dagga and alcohol, which led me down the dangerous path of crime to support my habits. I was arrested multiple times and had lost control of my life. I hardly recognised the person I had become when I was sober. Through the teachings at the Universal Church, I learnt to use my faith to change my situation. After participating in the chains of prayers, I was delivered from my addictions and turned my life around. Now I lead an honest life and am a responsible husband and father. I own a house and work for a prominent company. I am blessed in every area of my life," said Joshua.



## I LIVED IN A TWO-ROOM SHACK WITHOUT PROPER WATER, ELECTRICITY

“My family and I lived in a two-room shack without proper water, electricity, or enough food. I was often sick and suffered from sleepless nights due to terrifying nightmares. After being invited to attend services in the Universal Church, I applied the teachings to my life and gradually saw positive changes. I am now self-employed and able to provide for my family. We now have a good place to live, with proper sanitation and electricity. I am no longer sick or suffering from sleepless nights, and most importantly, I have the presence of God within me,” said Nkosana.

# TRADING DESPERATION FOR HOPE

By Tania Nguanda | [uckg.org.za](http://uckg.org.za)

“At just 11 years old, I faced the heartbreaking loss of my mother. With no one to support me, I struggled to navigate life on my own. When I finished school, I was determined to succeed and sought quick ways to make money, hoping to change my circumstances. I ventured into online trading, pouring all my efforts into my pursuit of overnight success.

I once invested my entire salary and went for days without eating, only to end up losing everything. Months of trying resulted in a complete financial loss and I became increasingly desperate for wealth. I followed every piece of advice I could find on making quick money, but nothing worked. This led me to feelings of discouragement and hopelessness.

Even when I was surrounded by friends, I felt overwhelming sadness and loneliness.

My life was falling apart, and I started having suicidal thoughts. I could not sleep well at night and constantly thought that it would be better if I died.

I was invited to the Universal Church, where I learned that success is like a seed that you plant and wait while it grows, to reap the fruits one day. That was when I understood that I could not expect overnight success, and that becoming prosperous is a process. I had to use my faith, and in time, God would answer.

I decided to continue attending services and making my chain of prayers for my finances. I gave my life to God and surrendered all my anxiety and worries to

Him. I lost my insatiable hunger for quick payouts and learned to use intelligent faith to prosper.

God blessed me with a good job as a manager. I have a good life and I am happy.

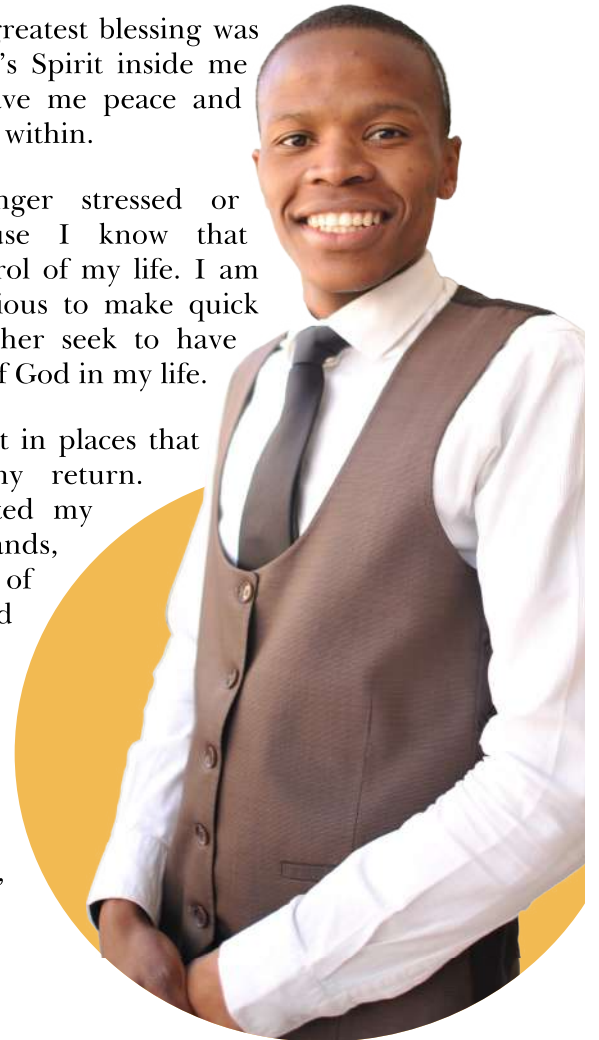
However, the greatest blessing was to receive God’s Spirit inside me because He gave me peace and assurance from within.

I am no longer stressed or worried because I know that God is in control of my life. I am no longer anxious to make quick money but rather seek to have the plenitude of God in my life.

I used to invest in places that never had any return.

When I invested my life in God’s hands, He took care of me and blessed me.

I have peace and I’m happy because I know that God is by my side.” said Tally.




**ADDICTION**  
HAS A CURE

**SUNDAY | 1PM**

FOR MORE ADDRESSES:  
HELPLINE: 0800 330 320 | WEBSITE: UCKG.ORG.ZA



# SOWETO CATHEDRAL HOLY GROUND

SUNDAY 10AM | 24456 Immink Drive, Zone 6, Diepkloof, SOWETO



Scan QR Code for directions

## GAUTENG

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

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

**Dobsonville:** 4337 Main Road

**Kagiso:** 3362 Cnr Ngalonkulu Thulandivile Drive, Hillsview

**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 St 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:** 4 Kort street - CBD Mario's Taxi Rank Complex

## 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:** 28 Robinson Street, Cnr Main Street (Next to the Library)

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