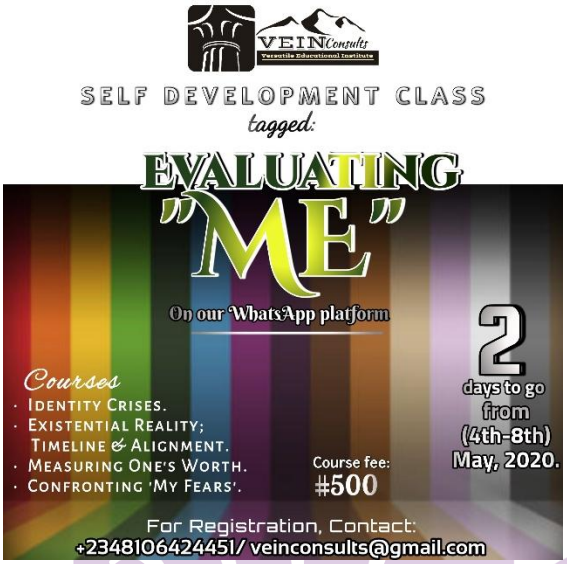
SELF DEVELOPMENT CLASS (S.D.C.) Evaluating "ME"





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4/29/20, 11:25 PM - Lawal Kolade Mayowa:

Good Evening Sirs/Mas,

The above links are the addresses to download the materials for the class, you can go through them to prepare your mind for the class. We hope to have you become a better version of you after this exercise.

Being here is an evidence that you have showed interest and have successfully completed the registration process for being a partaker of the SELF DEVELOPMENT CLASS; Evaluating "ME".

In addition, it is believed we all have received the class materials? The essence of getting it across to us is so that we go through them and most importantly, the courses highlighted, that we study and do some research as to Understanding and gaining Perspectives about them.

PLEASE NOTE, IT IS ADVISABLE:

1. That you get a jotter, a pen and an earpiece for the class.

2. That you try as possible to dissuade yourself from the temptation of mere chatting with friends, during the class to avoid distractions.

3. That we contribute actively during every session of Class, as it is hoped to be extremely interactive.

4. That we be cautious of our atmosphere and environment so as to avoid noises and distractions.

5. That we prayerfully prepare our hearts to be blessed of God, as we trust God to walk with us mightily with His presence.

The Classes commences daily 12:00noon & 9:00pm...

INTRODUCTION

The tag "Evaluating ME" was inspired by the orientation of building one's self up, an opportunity to gain an insight into understanding who we are and give a strength to our inner most competencies.

Sirs and Mas,

Truth is an absolute phenomenon of life. Truth is the best way to understand the world by the frame and scope of Him who has made it. It is noteworthy to know that in the cause of this class, every truth and discussions will be presented from the point of view of what God would have us be. And in the bid to present this truth, there be needful comparison of other perspectives, ranging from the social, economical, physical, physiological and psychological. This is in the bid to orient and re-orient us towards what truth is.

There are tendencies of things you may agree with and such things that you may disagree with, this is why it is a class, intended to be highly interactive. And you can be sure that your heart would bear you witness of the genuineness of whatever it is we discuss.

QUESTION 1: When you first heard of the Class Evaluating "ME", what crossed your mind? What are your expectations? What things do you hope that this class will improve or achieve?

RESPONSES:

Rotimi: Knowing what I am worth, knowing capability of doing things, I hope it build my courage more And also help to approach things differently

Tejiri: Learn something about me that may have been passive

Precious: Well What came to my mind was that I would have the opportunity to know who I really am, my potentials. I hope this class would give answers to my questions...

Deborah: When I first heard of the class, what drew my attention the most was the "evaluating ME". I thought it would be an opportunity to know me better, from a different perspective, discovering some things I do not know about myself, improving on those areas I might seem weak and overall just as the name of the course implies, "self-development" which is an area I do not joke with. Self-development is key and I hope this class will open my eyes to different methods, ways, measures in which I can develop myself, improve my mentality and grow.

Iyanu: To know and understand an insight of me, and to build more confidence in me.

Olamide: It's good to improve confidence and speech work

Toluwalope: This was an opportunity for more development for me, a learning opportunity to become a better person God intends me to be.

Versatile Saint: We have all spoken well, and it is my strong desire that through the course of this class... We get better.

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DAYS	TOPICS
Day 1	IDENTITY CRISES
Day 2	EXISTENTIAL REALITY
Day 3	MEASURING ONE'S WORTH
Day 4	CONFRONTING MY FEARS

Click on any of the above Hyperlink (The DAY) to go to the Day of Lecture.

DAY 1

Course: SDC 101

Course Title: IDENTITY CRISES

Course Description: *There are many phenomenon of life that seeks to give a man identity; some find the comfort in material things, job or career. But identity is not sought outside, but a projection of a residual potential. This course seeks to help you understand you better.*

SECTION 1

It is with all sense of humility that I acknowledge that there have over the years been different perspectives and teachings about identity, discovery and many more. But it is needful to know that this Evaluating "ME" class is aimed at narrowing these varying perspectives. This is why the course title reads: "IDENTITY CRISIS". I.e. this is to say that the problem associated with the concept of identity has not necessarily been because people don't have one or two inclination about who they are, who they want to be, or haven't heard things to serve as pointers to understanding themselves — Indeed they have.

BUT 'Identity Crisis' is an attempt to lay out the several confusion that the pursuit of understanding one's self has confronted us with. I would like us all to be sincere, have you ever been in a situation where you just want to push away all you think you have known or learnt about life, because it seems they are too much to be effective, or those times when you have a lot of things in your head seeking to let you know who you think you are. Such things that have come to us in form of teachings, life facts, philosophies and belief systems. These and many more, attempting to show you "you", have you ever been in such situation..?

Versatile Saint: You may have heard teachings on careers that sometimes talks to you about you, how you should have goals, visions and ambitions. Those times when we look back to the questions of our teachers in primary and secondary schools and we are asked what we would like to become. And with joy and little understanding about life, I remembered saying I wanted to become and archeologists then. But you discover that as the realities of life dawns on you and I and we get to accumulate facts, coupled with what we think is achievable in our society, our tone of who we think we are and what we think we want to become is affected.

THE BASICS…

The reason we are starting from the basic here is that, in my little experience in life and as a result of giving myself to little study, I have come to discover that very few of us look like what we wanted to be. Have you ever asked yourself this: why is it that Children and the Aged don't usually get CONFUSED? Have you ever asked or looked into that. I found out that as we grow in life, as children, we are exposed to the simplicity of life with little or no ambition, no worries as our needs are been taken care of. The little that is to be eaten, worn, used for adornment are in their simplicity inexpensive. Same applies also to the Aged (people from 70 upward) they have little or no worry. You would say maybe because they have had their fair share of life... As true as that may seem partially, one of the reason the aged usually revert to being children is because of what I call "the Cycle of generational change".

You would agree with me that in a society, the ideology of what is regarded as relevant is locked up in the youth. That for a society to point out something as being in vogue, as being relevant, as being acceptable, as being worthy of attention or interest, for a thing or concept to be trendy and acknowledged as needful, such things must *"appeal to the youths of that society".* Look all around the world today, what is acceptable is not usually what the children love, or what the adults or the Aged loves, but what the youths love.

To this end, this is why it seems as if the bulk of the confusion of who or what a man is, lies in the exposition of his youthful age.

Know this that one of the many reasons it seems we are confused of what to do, Is that there is too much of what to be done in our generation... At such, the strength of the potentials in us is filled with an almost uncontrollable adrenaline that wants to explore all.

Another plausible reason for our confusions is the conflict that exists between who we *want to be* and who we are meant to be.

This conflict is ignited by our pursuit of the probable opportunities of what we think we are and should become, and the "making" of our being.

Please follow me carefully:

Knowing that the youthful period of life carries the essence of relevance within a society, when a child is growing, the only evidence that look like what he can be, emphasis on what he can be, is the immediate generation that lies before his eyes. Therefore, when he thinks, he thinks like what the youthful generation before him is. He seeks to want to make an impact, to want to add or remove from that generation. That becomes his pursuit.

If we would be sincere with ourselves, one of the major things that have sometimes contributed to my confusion and yours is that what we grew up hoping we want to become is different from what we are now. This is because while we were growing, our subconscious stance of being provided for, coupled with our ignorance of what the society was, has created in us a perspective. But as we grew we discovered that the society that formed our perception is not the same when we grow, at such our ideology is being questioned by our expectations.

Forgive my choice of words: The failure in the generation of our fathers and mothers are one if the reasons why we are not looking like what we should be. However, please forgive them. It was an infringement of being too Cultural. Forgetting the fact that "MAN" is not a cultural being, And this is why many of us don't want to look like them. I repeat with Emphasis: MAN; is not a cultural being.

If we were, the various cultures we have been trying to avoid should have been able to give answers to our many questions.

This is why in trying to understand "YOU" we must not look at the ambition on the outside that our society offered us while we were growing, but look on the inside. If you think you

want to operate an IPhone the way all other phones are operated, you would end up being frustrated, not because you do not know how to use a phone, but you would not get the most of such phone from the externally accumulated knowledge of just using other phones.

As humans that we are, many areas of life has attempted to define you and I. Some have gone further in the attempt of psychology to give explanation to you, saying you are either melancholic or choleric or sanguine in nature. Sociology would refer to man as a social animal, biology would say we are made of chromosomes and blood. But I tell you that if you ask different areas of intellectual expedition, each one of them would have a reference point to who man is, what man is, what man can be. This is not to say they are wrong. It is just to emphasise the fact that Truth, Identity and Essence of a product can only be established by the producer. Other prescriptive understanding about such are premised on the intention and motif of the producer.

In a better light; If you ask a passenger what is a car? I.e. about the reality of what exactly a car is.. You would get answer very different from what a driver would tell you a car is, a market woman who uses it for the conveyance of her goods would give another description, a student would give something different, a petrol attendant would give you something different, and a mechanic (an automobile engineer) would professionally give you a different description. BUT When you ask a manufacturer or producer, whatever He gives you is the reality of such Car.

The same way it is for us. If I were to ask your father or mother about you, they would give a slightly convincing description of you. If I were to ask your fellow students or colleagues about you, they would without controversy give a perspective about you. If I were to ask your younger or older ones about you, their description would differ, and finally If I were to ask You about You... It would seem as if you have the 100% blueprint of your totality, and this varying revelations of you conflicts with the reality you see of yourself every day, hereby creating a Crisis of unanswered questions in our hearts. **Which leads me to my second question**.

QUESTION 2: WHO ARE YOU?

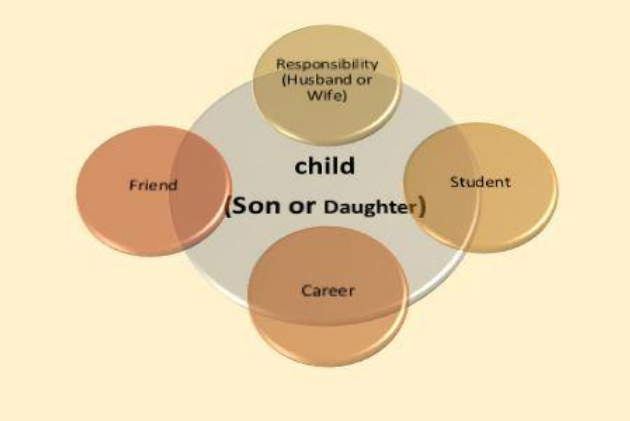
HOW DO WE GET OUT OF THESE IDENTITY CRISES?

Summarily; Identity Crises is the confusion created by available knowledge in the pursuit of understanding one's self better.

It is possible for me to just pick upon a religion such as Christianity and say to you that God created you and he has a purpose for you, and for you to understand your identity you need to look up to God. But I bet as much as a larger part of you would love to agree to such simply explanatory way of getting to know you, a lot of us have had several times when we want to disbelieve that a God can best give us answers to us. Those times when as much knowledge

you think you have, as much reasonable explanation that you think the Christocentric perspective has had to offer about you, you still have questions because it is not looking like it.

So we would use two approaches to arrive at a conclusion about us. In the world of science, there are two basic approaches to evaluating the identity of a specie or thing. This approaches are what I call the "social sphere approach and the relevance sphere approach".



The social sphere approach is that approach that helps to understand a thing, specie or animal better by considering the social situation of where such specie is or have grown. That when you keep a study on the environment and the situation of a thing, you can understand what that thing is.

The relevance or functional sphere approach is that which helps to understand a thing or specie based on what it does or the uses of such. Hereby focusing the study on what such specie is capable of and what it is useful for.

You would expect that I give you a spiritual approach, yes we would indeed revert to that, but I want you to make sense to you. What do I mean, Jesus said in Luke chapter 8; that a certain man went out to sow seeds and one them fell among the rocks, and he interpreted it to be those that receive the word with joy and enthusiasm, but the word dried up for it had no root. In our generation, we are quick to jump upon answers that look like what we are looking for and at such we don't consider all the pros and cons that surrounds it. Yes we have had series of spiritual talks to getting to know us, but yet we still have questions about life, about the society that we want answers.

This Image is in the bid to further explain the Social Sphere Approach...

Versatile Saint: we'd stop here.

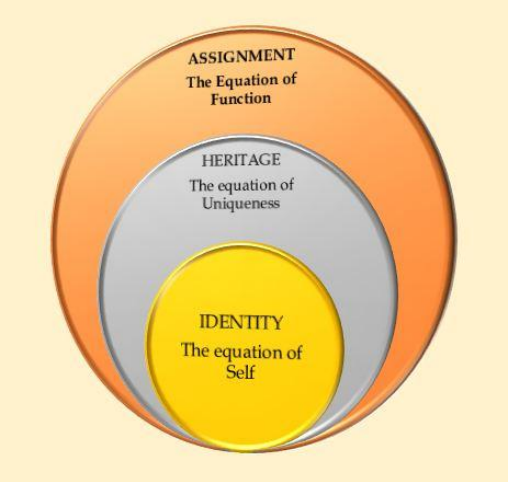
QUESTIONS:

1. **Toluwalope:** Sir, when I relate with someone and a part of me which I don't like is revealed, what should I do? And how can I be helped? Does *the parts revealed which are not liked also a part of the person I should become.

Versatile Saint: Thank you for this question:

Back then in NCCF, because we (various individuals of various background) live together under the same roof. Many people avoided living in the family house because they do not want to be disturbed, or because they want their privacy. But I tell you, the True test of character is not being a lone ranger,

when God is working in you through the people He is bringing around you, and the parts of you that you do not like are Revealed.... The essence is so as to know the part of you that are yet to be fully addressed. **We are not meant to become it, but address it**. It is possible to think I know something until I meet someone who knows more about it than I do, and I tell you, that sometimes stings our ego, so I am humbled to know that I need to know... The same is applicable all round, when the part of me that I do not like are Revealed, I should leverage on that revelation to pursue what is right about it.



2. **Toluwalope:** How did you handle your thoughts and mind about not staying together with both parents?

Deborah: What if there is a child who while growing up had it in mind to be a doctor, because of the waytthey are hyped and respected, so because of the decision, the child delved into science class. The child pursued that and entered medical school, but on entering he realizes that there's more to him than being a doctor, maybe he saw another potential in him or a problem he would like to solve and it's not medically related. How will the person achieve his newly found passion or potential?

Answer: Versatile Saint: PTT-20200504-WA0006.opus (Locate the Audio file with this title)

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Versatile Saint: PTT-20200504-WA0020.opus (file attached)

Versatile Saint: WELCOME TO CLASS GUYS. It is good to have everyone back here

Versatile Saint: PTT-20200504-WA0021.opus (file attached)

The social sphere approach is that approach that helps to understand a thing, specie or animal better by considering the social situation of where such specie is or have grown. That when you keep a study on the environment and the situation of a thing, you can understand what that thing is.

The relevance or functional sphere approach is that which helps to understand a thing or specie based on what it does or the uses of such. Hereby focusing the study on what such specie is capable of and what it is useful for.

Versatile Saint: In this area, you would discover that there are three (3) sections to the Relevance Sphere Approach, namely; (1) IDENTITY; The Equation of self (2) HERITAGE; The equation of uniqueness and (3) ASSIGNMENT; The equation of function.

Everyone of us would have one time or the other asked ourselves this question - WHY AM I HERE? What am I created to do? whether directly or indirectly this question is something we have asked ourselves, and in the more formal approach we call it purpose or destiny. whichever it is, it is expedient that we know why we are asking it.

Versatile Saint: Are you asking "What am I Created to do?" because you feel you are jobless, or because you feel you probably should have something to while away your time... you must ask yourself, why do you want to know about you. Many generations from inception are so used to the questions; Why am I here? What am I created for? BUT We have not really deemed it fit to ask why am I asking to know about my essence. if your reason to want to know why you are here is to feel Important, then you have gotten it wrong even before you started, if your reason for seeking out purpose or essence, is to run away from the harsh realities of life, I can tell you that not all would go away. And if your reason for wanting to discover you more is to attempt to prove yourself better than others... you will keep getting it wrong.

IDENTITY; The Equation of SELF: In philosophy, there is what we call "Premise", a premise is any proposition of fact and statement that forms the basis of a further argument or supposition. There are two basic type of premise, which are the general premise and the particular premise.

for example:

The man is black, (particular premise)
All Africans are Black, (general premise)
Therefore the Man is an African. (supposition)

Nigerians are corrupt, (general premise)
Sola is a Nigerian (particular premise)
Therefore, Sola is corrupt. (conclusion)

The above is an example of what a premise is. the reason for presenting this is so that you would understand better my next explanation. In the cadre of knowing who we are, we must first understand that we are first Humans, before the necessity to become something. What do I mean? When manufacturers of products wants to create a product, the essence of the product is hidden in the reality of what KIND, that product is.

Yes, it is possible to say, Cars, Motorcycles, Bicycles, Vans, Trucks are all means of Transportation, but I tell you that the difference in them is not their name (what they are called), the difference is in what they are made for, but what they are made for is the visible essence, but their hidden essence is in an undeniable need for a type of Human need. So for us to explore the Identity part of man, we must go from the particular to the general premise; which is saying that we must first understand what Man is, before you can then ask what should I as a man be doing?

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Versatile Saint: PTT-20200504-WA0023.opus (file attached)

Versatile Saint: PTT-20200504-WA0024.opus (file attached)

Reuben – The First,
Simeon – The Aggressor
Levi – The Cleric or priesthood
Judah – The Leader, the tribe of kings
Dan – The Judge
Naphtali – The Free Spirit
Gad – The Warrior
Asher – The Prosperous One
Issachar – The Scholar; understanding times and season
Zebulun – The Businessperson
Joseph – The Sufferer
Menashe – Reconnection
Ephraim – Transformation
Benjamin – The Ravenous Consumer

Versatile Saint: I sent the above, So we would understand my next explanation of: HERITAGE; The equation of Uniqueness

Versatile Saint: The THIRD: ASSIGNMENT; The Equation of Function.

Versatile Saint: PTT-20200504-WA0026.opus (file attached)

Versatile Saint: PTT-20200504-WA0027.opus (file attached)

Versatile Saint: "We would stop here tonight: Anyone having questions, contribution, controversies, or wants to share an insight should please should drop them, so we can all learn.

Questions

Tejiri: What is d role of my weakness in this compared with the things I can do.

Versatile Saint: can you be more explanatory on the question

Tejiri: Our treasures will amplify what's is the influence of the man's weaknesses in growing into the seasons of amplification

Versatile Saint: There are many forms of man weakness in the influence of the seasons of the amplification of the resident treasures. I will lay emphasis on IGNORANCE.

Versatile Saint: PTT-20200504-WA0029.opus (file attached)

Versatile Saint: Please do let me know if this answers your question...

Tejiri: Gain Mastery!!! I'm good thank u very much sir. More Grace for tomorrow

DAY 2

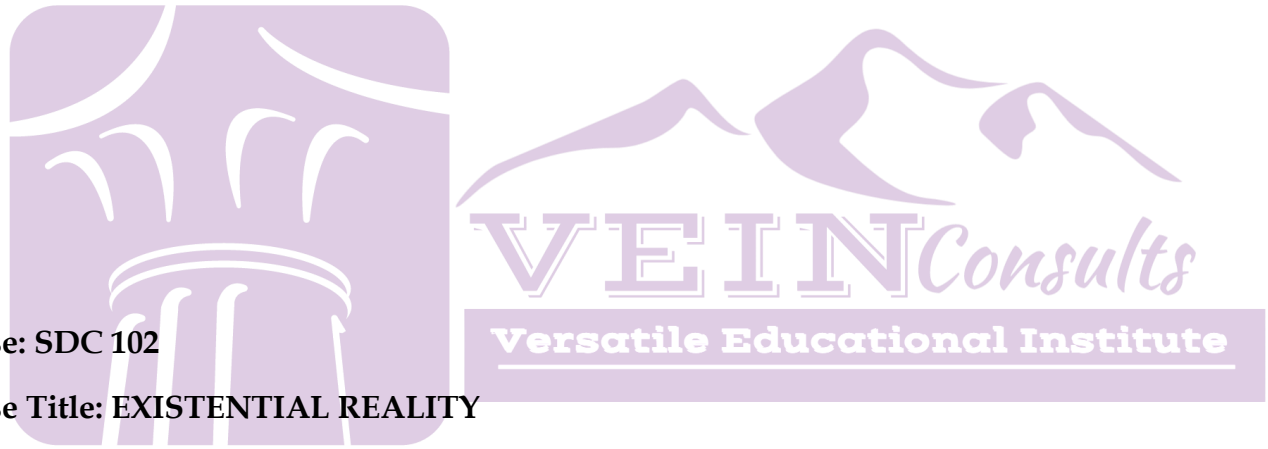
Versatile Saint: Yesterday we started out with the first Course on IDENTITY CRISES. I hope so far so good, we have learnt something worthwhile?

Versatile Saint: PTT-20200505-WA0041.opus (file attached) audio file

Versatile Saint: I trust that today, the Lord is going to lead us into deeper sense of insight. In the next 5 minutes, we would commence the class with whoever be online, but before that I would like us all to meditate on these questions, as I would as for our answers/replies later on.

1. Which is the most Important; PURPOSE OR VISION?

2. What guarantees my Relevance on Earth?



Course: SDC 102

Course Title: EXISTENTIAL REALITY

Course Description: *Sometimes we wonder about our place on Earth, trying to give relevance to why we are here and the things we can do to assure ourselves of not being useless on Earth. For that to take place, we must understand our Existential Reality. This course seeks to help you strike balance between duty the enthusiasm to work for God and the necessity for a fulfilled life on Earth.*

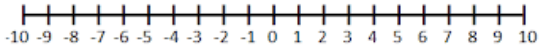
Versatile Saint: I would like to give an analogy. Imagine a Man wants to build a house, and after counting the cost of what it would take to have the house built, He sets out to call for a meeting with certain individuals whom he thinks would be relevant in the building of the House. Don't forget that he has in mind what he intends to build. In the order of hierarchy and needfullness, amongst these individuals, which do you think he would call first; a Carpenter, an Engineer, a Bricklayer, a Painter, an Interior Decorator, a welder, a plumber, and electrician… amongst many others, *who do you think He would call first and why?*

You see man atimes we, get too comfortable with the orientation that we are made for more, that we fall victim of thinking that the "More" we are made for is a New Trail. What do I mean? The Truth

about EXISTENTIAL REALITY, is that as much as there is a room for the accommodation of the New, the Existing Reality is not compromised.

Eyes have not seen,
Ears have not heard,
Neither has it entered into the Hearts of men,
What the Lord has in mind for them that trust Him.
As true as this is, eyes, ears, and the hearts of men are objects of the physical.
That is. That which is regarded here as supposedly new is what has not been found of it's kind here on Earth, but with The Architect of such, that is God, much more than that can be found.

This is one of the many reasons why the scriptures reveals to us that *the Will of God the Father is Established in Heaven BUT here on Earth, the will should be done. And if the will should and would be done, this would mean that it must follow an original plan and pattern.



WHAT IS THIS, Who can identify this...?

Jochebed: A number line

Versatile Saint: what is it used for?

Jochebed: I guess it is to identify the infinity of numbers both on the negative side and on the the positive side

Versatile Saint: In trying to build a house, it is obvious that the various professions we have mentioned earlier would have the privilege of getting an employment opportunity as a result of the intention of one man. they would obviously get paid, but would not be called to work at the same time. They would be called to site, when the turn for their job is up. it would be arrogance on the part of any of these individuals to claim glory of importance more than the other, why? Because they are all in the service of one master. Also, the materials that would be used to build the house, do you think it is when they are needed that the materials would be manufactured? For example, let's say the cement, the wood, the iron, the brick, the roofing sheet, the burglary proofs, the window glass panes, etc. each of these materials have their individual period of creation and making.

An engineer would not need to cast irons for concrete pillars today, and the iron would just be created today. This is to mean that as much as there is a greater purpose and vision, intended to be achieved, there are seasons for the making of the individual materials.

Versatile Saint: Now driving it home, the concept of EXISTENTIAL REALITY states that for every individual purpose, there is a greater picture of purpose. This is to encourage us and make us seek our

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relevance in the cosmic agenda of the creator of the universe. That for us to accurately define our relevance here on EARTH, we must first give ourselves to understanding the Agenda of GOD.

Versatile Saint: YES! The above is a number line, which helps to place the numeric figures in their appropriate order and relevance.

Ephesians 1:11

In whom also we have obtained an inheritance, being predestinated according to the purpose/ counsel of him (His will).

A TIMELINE

LIFE IS LIKE A TIMELINE, in which the relevance of every man is engrafted into a generation, where we cannot define importance outside a range of the privilege of where we find ourselves in the agenda of God. The scripture makes us understand that GOD is the *Alpha and Omega* AND IF HE is the beginning and the end of all existence, what it means is that we are in Him, and whatever range of life that we live or exhibit is in a frame of his essence.

Versatile Saint: We would pause the class here and resume later this evening.

Versatile Saint: I would encourage as many of us that are coming online to please go through the things that have been discussed, as well as proffer answers to the questions asked. when we resume in the evening, we would continue with TIMELINE and ALIGNMENT

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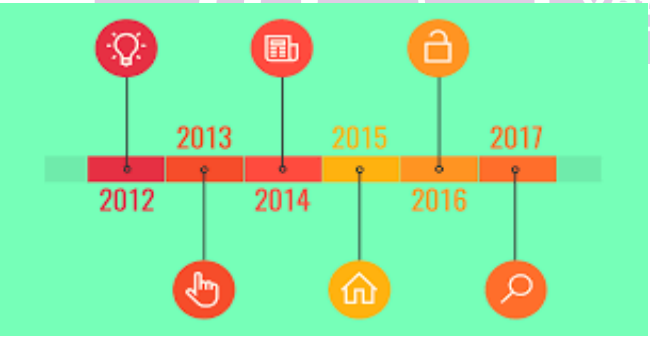

Versatile Saint: 1. Which is the most Important; PURPOSE OR VISION? 2. What guarantees my Relevance on Earth?

RESPOSES

Versatile Saint: PTT-20200505-WA0055.opus (file attached)

Gbadegeshin: Purpose is more important because knowing purpose is the foundation of what God wants you to be and vision is like the how you work towards it to become what God wants you to be

Jochebed: Purpose is said to be the reason behind a person existence, while vision is the driving force for a person to achieve his or her purpose. So, I think without their cannot be a vision without a purpose.

Versatile Saint: PTT-20200505-WA0056.opus (file attached)

Tejiri: From an example made here of the use of a car as produced by the manufacturer... U could decide to use it for certain reasons other than the producer's. But u will only maximize the strengths of that car following the producer's reasons for product. Visions can be blur as time goes by, but purpose once known stays forever.

Versatile Saint: PTT-20200505-WA0057.opus (file attached)

Versatile Saint: Everyone of us in the height of our Purpose and Destiny, are a Means to an End in the Agenda and Vision of our God. The reason I believe the Lord would have me teach this is,

1. So as give us a confidence of essence. I am a Man of the Spirit, and I do not despise what it takes to grow in the Lord, But I also believe that we need to know our Timeline. Do you ever think it was a mistake that there be a Man named Paul, who was never part of the Disciples? When you read Romans 1:1, you would see the statement of His calling.

Precious: So according to the analogy sir. Vision is to build a house. So what is the purpose here sir?

Versatile Saint: In every generation, all of us cannot be the Voice, but our voices can be heard. What much did Simeon of Cyrene do, but He was a part of Jesus' History. The Scriptures says to whom much is given, much is expected... If you and I can stay in the light of what we have been called to do, as we grow the Lord would begin to commit more into our hands. The reason many youths of our generation is that they have blindfolds, and veiled Perspective as to what purpose is... So they think when they are not popular they are not fulfilling purpose... Oh! You ask Anna, the Prophetess in the days of Jesus, who prayed day and night in the temple for the coming of the Messiah.

Versatile Saint: The Analogy is that the Vision In building a house, automatically gives purse to other independent materials. If not for building a house, what would a person need an engineer for? The engineer gets to have a purpose because there was a man who has a vision to build a house. So also you and I have a purpose in life, because there's a God who has a greater Vision at heart.

CAN GOD LIE ? If you would agree with me that God cannot lie. Then you would believe that the Jesus' doesn't crucify people, but the Romans do, so God had to orchestrate the birth of Jesus into a time when the Romans were in charge... It is then fulfilled indeed that cursed is the man who is hung on the tree.

1. Jesus said I came in the volume of the book written concerning me, it is not only that he had a purpose, but that his purpose was within a time frame.

2. Jeremiah said, before we were formed in our mother's womb he knew us, that would agree with the predestination talked about by Ephesians... So not only did he know we would be here, he knew when is best that we should be here.

It is not a mistake that you and I were born the year or date or month in which we were born.

We have always known that God has a purpose for us, but have you ever thought that you are already in that purpose since the moment you were born, and that purpose has a time-range fixed to it.

The day we begin to understand what it means by; our time here is short, not only we would give everything to know our purpose, but we would also invest everything to know when it is to be done. This would help us address the issue of procrastination, being carefree and non-challant about life, and we begin to live our lives deliberately. To know that we don't have time. The scriptures was saying in the book of Judges that Joshua was old and yet there was still much land yet to be Conquered.

We must know that there is an urgency in the realm of the spirit and in the Agenda of God, not only that we should merely know that we have a purpose, but that we rise up to it within the time frame and timeline stated to achieve it.

2. When we have the consciousness of this urgency, Alignment becomes easy. Kingdom Sacrifices becomes of ease.

Any Questions...??

Gbadegeshin: Sir how do we now know our time frame and timeline to fulfil our purpose

Versatile Saint: It started the day you and I were born. The society he made it seem as if Purpose is in *the future or a future yet to come.* And at such because we take time to grow and due to the depravity of our society, we grow wrongly, it took many of us grace and time to know GOD this Early in our lives, cos we didn't have the privilege to really know him and have this range of knowledge early, at such we pursued many things outside God before we began to know....

But now that you know, the Time Frame and Time line of our purpose, started the day we were born. Had it been we had parents like that of Joseph and Mary, who could hear God and give us Direction, we could have greater speed than this in Destiny... This is why You must grow up, and not grow old in God, so as to commit to generations coming after you a knowledge that would give them wings to fly high

Some of us, we don't almost totally have a new purpose, it is a continuation of What our lineage is Designated to do in the Agenda of God.

DAY 3

Versatile Saint: PTT-20200506-WA0007.opus (file attached)

Course: SDC 103

Course Title: MEASURING ONE'S WORTH

Course Description: *Inferiority Complex, Superiority Complex, Average Mentality, Mediocrity, Understanding the need for excellence are the discourses embedded in this course, with the aim to provoke the potentials that have laid residual in you and I as a result of belittling the power at work in us.*

INTRODUCTION

It is not Improbable a fact and of a chance that you've heard of the many "self". Words. There is self-esteem, self-compassion, self-acceptance, self-respect, self-confidence, self-love, self-care, and so on.

There are so many words to describe how we feel about ourselves, how we think about ourselves, and how we act toward ourselves. It's understandable if they all start to blend together for you; however, they are indeed different concepts with unique meanings and findings.

We would go on in our study to learn more about what may be the most vital "self-" concept of them all: self-worth.

Response: Deborah: I got a clearer understanding as to why vision is the pioneer of purpose. You don't do or fulfil what you haven't seen, either physically or by imagination. Vision fuels the act of fulfilling purpose. Purpose is like working towards what God has in mind, i.e His vision. And the fulfilment of one's personal purpose has to do with timing, everything happens for reason, not coincidental. So, we can say alignment is fulfilling one's purpose per timing. Also, purpose isn't a one curriculum, it is someone of a life time. Purpose might not be a definite thing, it is continuous. And some people, might not have a new purpose , but it might be a continuation of the designation of assignment to his or her lineage according to the agenda of God. That's why our families, no matter how worse or good have a lot to do with the fulfilment of how purposes.

Versatile Saint: Self-worth and **self-value** are two related terms that are often used interchangeably. Having a sense of **self-worth** means that you value yourself, and having a sense of *self-value* means that you are worthy. The differences between the two are minimal enough that both terms can be used to describe the same general concept. However, I'll provide both definitions so you can see where they differ.

Self-worth is defined by Merriam-Webster as:

"a feeling that you are a good person who deserves to be treated with respect".

On the other hand, self-value is "more behavioral than emotional, more about how you act toward what you value, including yourself, than how you feel about yourself compared to others".

Self-Worth Versus Self-Esteem

The first definition of self-worth on the Merriam-Webster dictionary website is simply "self-esteem."

Similarly, the definition of *self-esteem* is "thinking well of oneself; self-respect," while *self-worth* is defined as "a favorable estimate or opinion of oneself; Clearly, many of these terms are used to talk about the same ideas, but for those deeply immersed in these concepts, there is a slight difference. Dr. Christina Hibbert, a psychologist explains this:

"Self-esteem is what we think and feel and believe about ourselves.

Self-worth is recognizing 'I am greater than all of those things.' It is a deep knowing that I am of value, that I am loveable, necessary to this life, and of incomprehensible worth... Regardless of how I feel.

I would probably say Self Esteem as to do with how a person feels about Himself, BUT SELF WORTH, is a Knowing, a consciousness of how much is invested in us of God.

Self-Worth Versus Self-Confidence

In the same vein, there are subtle but significant differences between self-worth and self-confidence. Self-confidence is not an overall evaluation of yourself, but 'a feeling of confidence' and competence in more specific areas.

FOR EXAMPLE: you could have a high amount of self-worth but low self-confidence when it comes to certain areas of your life such as extreme sports, certain subjects in school, or your ability to speak a new language. This is one of the many things people confuse about themselves that they come to generalise to say they are: Shy, Fearful, or low Self Esteem... The fact that you do not have a Self confidence or trust about yourself in certain areas is not enough to conclude on you that you totally have a low self-esteem esteem or what we call inferiority Complex.

NOTE: It's not necessary or socially mandatory to have a high sense of *self-confidence* in every area of your life; WHY? Because there are naturally some things that you will simply not be very good at, and other areas in which you will excel. The important thing is to have self-confidence in the activities in your life that matter to you and a HIGH SENSE OF SELF WORTH OVERALL.

SELF-WORTH

Is at the core of our very selves—our thoughts, feelings, and behaviors are intimately tied into how we view our worthiness and value as human beings. Having differentiated amongst, [Self-Esteem, Self-Confidence, Self-Value & Self-Worth]. We will then Place Emphasis on SELF-WORTH

WHAT IS THE THEORY OF SELF WORTH ABOUT? *(In reference to psychology)*

The self-worth theory posits that an individual's main priority in life is to find self-acceptance and that self-acceptance is often found through achievement. In turn, achievement is often found through competition with others, whether consciously or unconsciously, a feeling of wanting to be reckoned with based on what we think we have. Thus, the logical conclusion is that competing with others can help us feel like we have impressive achievements under our belt, which then makes us feel proud of ourselves and enhances our acceptance of ourselves.

This theory holds that there are four main elements of the self-worth model:

1. Ability;

2. Effort;

3. Performance;

4. Self-worth.

The first three interact with each other to determine one's level of self-worth. One's ability and effort predictably have a big impact on performance, and all three contribute to one's feeling of worth and value.

NOTE: That While this theory represents a good understanding of self-worth as we tend to experience it, it is unfortunate that we place *so much emphasis on our achievements.* But I want to inform us that aside from competing and "winning" against others, there are many factors that can contribute to our sense of self-worth. **What Determines Self-Worth?** According to the self-worth theory, self-worth is determined mostly by our self-evaluated abilities and our performance in one or more activities that we deem valuable.

HAVING A HEALTHY SELF-WORTH

However, people commonly use other yardsticks to measure their self-worth. Here are five of the top factors that people use to measure and compare their own self-worth to the worth of others:

1. Appearance —whether measured by the number on the scale, the size of clothing worn, or the kind of attention received by others;

2. Net worth —this can mean income, material possessions, financial assets, or all of the above;

3. Who you know/your social circle —some people judge their own value and the value of others by their status and what important and influential people they know;

3. What you do/your career —we often judge others by what they do; for example, a stockbroker is often considered more successful and valuable than a janitor or a teacher;

4. What you achieve —as noted earlier, we frequently use achievements to determine someone's worth (whether it's our own worth or someone else's), such as success in business, scores in exams, or placement in a marathon or other athletic challenge.

In my study, I came across an Author named; Stephanie Jade Wong who has a disposition that seeks to correct misunderstandings and misperceptions about self-worth.

She poses that Instead of listing all the factors that go into self-worth, she outlines ***what does not determine your self-worth (or, what should not determine your self-worth):***

(1) Your to-do list: Achieving goals is great and it feels wonderful to cross off things on your to-do list, but it doesn't have a direct relationship with your worth as a human;

(2) Your job: It doesn't matter what you do. What matters is that you do it well and that it fulfills you.

(3) Your social media following: It also doesn't matter how many people think you are worthy of a follow or a retweet. It can be enlightening and healthy to consider the perspectives of others, but their opinions have no impact on our innate value;

(4) Your age: You aren't too young or too old for anything. Your age is simply a number and does not factor into your value as a human being.

(5) Other people: As noted above, it doesn't matter what other people think or what other people have done or accomplished. Your personal satisfaction and fulfillment are much more important than what others are thinking, saying, or doing;

(6) How far you can run: Your mile run time is one of the least important factors for your self-worth (or for anything else, for that matter). If you enjoy running and feel fulfilled by improving your time, good for you! If not, good for you! Your ability to run does not determine your self-worth;

(7) Your grades: We all have different strengths and weaknesses, and some of us are simply not cut out for class. This has no bearing on our value as people, and a straight-A student is just as valuable and worthy as a straight-F student or a dropout;

(8) The number of friends you have: Your value as a human has absolutely nothing to do with how many friends or connections you have. The quality of your relationships is what's really important.

(9) Your relationship status: Whether flying solo, casually dating, or in a committed relationship, your value is exactly the same—your relationship status doesn't alter your worth.

(10) The money (or lack thereof) in the bank: If you have enough money to physically survive (which can, in fact, be $0), then you have already achieved the maximal amount of "worth" you can get from money.

(11) Your likes: It doesn't matter if you have "good taste" or not, if your friends and acquaintances think you're sophisticated, or if you have an eye for the finer things. Your worth is the same either way.

(12) Anything or anyone but yourself: Here we get to the heart of the matter—you are the only one who determines your self-worth. If you believe you are worthy and valuable, you are worthy and valuable. Even if you don't believe you are worthy and valuable, guess what—you still are worthy and valuable

Versatile Saint: *WE ARE GOING TO STOP HERE THIS MORNING.

Should you have Questions, or Contributions, please drop them, we would attend to them.

I WILL ALSO DROP AN ASSIGNMENT AGAINST Evening, Everyone of us is encouraged to get it Done. GO THROUGH THIS, AND DO THE SELF EVALUATION TEST AGAINST EVENING. **THIS IS THE FILE FOR THE SELF ESTEEM TEST:**

https://kingdomscribes.files.wordpress.com/2020/05/sdc_evaluating-me_self-esteem-test.pdf

It is important to realize that your score on this questionnaire is not a measure of your quality as a person. It does measure how you view yourself. If you have a healthy view of yourself, your score will be low; an unhealthy view, it will be high. Taking action to lower your score is always possible.

Versatile Saint: My Emphasis is on this. Let me tell you why you think so:

Our society is Designed in such a way that makes everything about us get it's meaning from the outside. And at such, there are many Evaluation we don't do deliberately about ourselves. So we battle with a lot of hidden compromises and fear and hidden psychological depression that we may not be able to define. This is one of the reasons why many fall into depression and they almost cannot tell what exactly is wrong with them. **Versatile Saint:** PTT-20200506-WA0018.opus (file attached)

QUESTION 1,For this evening: DO YOU KNOW YOUR WORTH..?

HOW TO INCREASE YOUR SELF WORTH AND SELF VALUE.

It's a bit trickier to increase self-worth and self-value in adults, but it's certainly not a lost cause.

First, take a look back at the list of what does not determine self-worth. Remind yourself that your bank account, job title, attractiveness, and social media following have nothing to do with how valuable or worthy a person you are. It's easy to get caught up in chasing money, status, and popularity—especially when these things are highly valued by those around us and by society in general—but make an effort to take a step back and think about what truly matters when determining people's worth: their kindness, compassion, empathy, respect for others, and how well they treat those around them.

One of the most common mistakes you see people with low self-esteem make is to base their self-worth on one aspect of their lives—and often, that aspect is a relationship. Find worth in yourself

It's an understandable tendency to let someone else's love for you encourage you to feel better about yourself. However, you should work on feeling good about yourself whether you are in a relationship or not. The love of another person does not define you, nor does it define your value as a person. Whether you are single, casually seeing people, building a solid relationship with someone, or celebrating your 30th wedding anniversary with your spouse, you are worthy of love and respect, and you should make time to practice self-acceptance and self-compassion. This is true for people of any relationship status, but it may be especially important for those in long-term relationships.

Don't make the mistake of thinking that your partner's love is what makes you worthy of love. If anything ever happens to your partner or to your relationship, you don't want to be forced to build up your sense of worth from scratch. It can make breakups and grief much harder than they need to be.

Although this facet of the issue might be enough to encourage you to work on your self-worth, there's another reason it's important: Having a healthy sense of self-worth will actually make your current relationship better too.

When you learn to love yourself, you become better able to love someone else. People with high self-respect tend to have more satisfying, loving, and stable relationships than those who do not, precisely because they know that they need to first find their worth, esteem, and happiness within themselves. Two people who are lit with self-worth and happiness from within make are much brighter than two people who are trying to absorb light from each other

(1) Increase Your Self-Understanding

An important activity on the road to self-worth is to build self-understanding. You need to learn who you are and what you want before you can decide you are a worthy human being.

Imagine that everything you have is suddenly taken away from you (i.e., possessions, relationships, friendships, status, job/career, accomplishments and achievements, etc.); Ask yourself the following questions:

a. What if everything I have was suddenly taken away from me?

b. What if all I had left was just myself?

c. How would that make me feel?

d. What would I actually have that would be of value?

Think about your answers to these questions and see if you can come to this conclusion: "No matter what happens externally and no matter what's taken away from me, I'm not affected internally";

Next, get to know yourself on a deeper level with these questions:

a. Who I am? I am . . . I am not . . .

b. How am I?

c. How am I in the world?

d. How do others see me?

e. How do others speak about me?

f. What key life moments define who I am today?

g. What brings me the most passion, fulfillment, and joy?

Once you have a good understanding of who you are and what fulfills and satisfies you, it's time to look at what isn't so great or easy about being you. Ask yourself these questions:

a. Where do I struggle most?

b. Where do I need to improve?

c. What fears often hold me back?

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d. What habitual emotions hurt me?

e. What mistakes do I tend to make?

f. Where do I tend to consistently let myself down?

Finally, take a moment to look at the flipside; ask yourself:

a. What abilities do I have?

b. What am I really good at?

Spend some time on each step, but especially on the steps that remind you of your worth and your value as a person

2. Boost Your Self-Acceptance.

Once you have a better idea of who you are, the next step is to enhance your acceptance of yourself. Start by forgiving yourself for anything you noted in item 5 above. Think of any struggles, needs for improvement, mistakes, and bad habits you have, and commit to forgiving yourself and accepting yourself without judgment or excuses. Think about everything you learned about yourself in the first exercise and repeat these statements:

I accept the good, the bad and the ugly; I fully accept every part of myself including my flaws, fears, behaviors, and qualities I might not be too proud of; This is how I am, and I am at peace with that...

And whatever things you have notice in the cause of this Teaching that have revealed a part of you that you don't like or would want to improve upon. List them out, not as a monument of remembrance or condemnation to yourself, but as a prayer point, and I tell you, with the space of studying and hearing God's words, you will be changed.

(3) Enhance Your Self-Love.

Now that you have worked on accepting yourself for who you are, you can begin to build love and care for yourself. Make it a goal to extend yourself kindness, tolerance, generosity, and compassion. To boost self-love, start paying attention to the tone you use with yourself. Commit to being more positive and uplifting when talking to yourself. If you're not sure how to get started, think (or say aloud) these simple statements:

✓ I feel valued and special;
✓ I love myself wholeheartedly;
✓ I am a worthy and capable person.

REMIND YOURSELF THAT:

✓ You no longer need to please other people;

✓ No matter what people do or say, and regardless of what happens outside of you, you alone control how you feel about yourself;

✓ You have the power to respond to events and circumstances based on your internal sources, resources, and resourcefulness, which are the reflection of your true value;

✓ Your value comes from inside, from an internal measure that you've set for yourself.

(4) Take Responsibility for YOU.

✓ Take full responsibility for everything that happens to you _*without giving your personal power and your agency away;

✓ Acknowledge that you have the personal power to change and influence the events and circumstances of your life... With the Help of the HolyGhost and an Investment in Word and Prayers.

Lastly… Say this to yourself

Even If I were the worst person on Earth, which I am Not. I still have an Advantage, My Advantage is Christ. I am not perfect, but Christ in Me is working out Himself... That's all I need to continue looking at. Him and Him alone, not me, not Men.

Questions:

Deborah: Sir, the above points are ways to increase one's self worth right, does this apply to boosting ones self esteem also?

Answer: Yes Ma'am. Like I pointed our earlier, that Self Esteem is encompassed in "how we feel about ourselves", while SELF WORTH is the interrelation of our thoughts, feelings and behavior, but emphasis majorly on our WORTHINESS. That's why I asked that Question... Do you know your Worth.

SO, When you know your worth, as having been loved first by Christ, that you are Worth dying for, just as Christ did, that you have a deposits for generations on your Inside.... All these would naturally shred of the appearances of Low Self Esteem. Esteem Means how you feel and carry yourself... When you know what you are Worth, No one would make you feel less of your Self... This is not to say we cannot learn from people who know more than us... I have a friend who does what I cannot do, and I also have things that I do that he cannot do ... All we both do is that we guard our Hearts and don't let our feelings be intimidated or affected.

Deborah: Can my self-confidence affect my self esteem? Also how can you help connect these :self-esteem, self-worth, self-value, self-confidence.

Answer: Versatile Saint: Depending on Understanding.

You know I said that self-confidence is specific to areas of life and not the totality of your person. For example I have low self confidence when it comes to swimming, guessing, cramming, or even mathematics... Because I am not good at it.

But based on the Understanding I have, I know that the fact I am not good at these things, they don't affect my self-esteem, how I feel about me. But when people don't have this Understanding like you do now;* they begin to compare others better than themselves, and some even wear themselves out trying to force themselves doing what somebody is doing better than them, even if it's not their field or they don't have capacity for such. Self-esteem is how you feel about you.

Self worth is your consciousness and Knowledge of You without any external influence of persons or material things. But SELF-WORTH is more of an abstract perception of you.

while

Self Value, is interconnected with self worth, but focuses on the behavioural part of you, influenced by the perception (Self worth) of you.

FOR Example: All through last year to this year, there are many job opportunities that I passed their interviews but turned down their offer, because I know my Self-Value. You see that is behavioural, my actions is influenced by my consciousness of what I am worth.

ASSIGNMENT: List out ALL YOUR FEARS, probably in your Diary.

Deborah: My question: Can there be something like too much self-esteem? Because some people believe there's a thin line between self-esteem and pride. Also, some use that as an excuse for some attitudes. So, how do we watch not having too much of self-esteem, if there's something like that. And how do we balance it?

Answer: Versatile Saint: I will quote your words in this; "**Some people** believe there's a thing line between self-esteem and pride. Indeed, they do, indeed they will. It is suicide to want to please everyone, I have served (nysc) in a place, where I was that good that I started a new department there, with professional touch, yet some who (1) had not what I have (2) who do not understand or appreciate new ideas (3) who felt attention was shifting from them to me. Felt threatened and worked towards the closing of the department.

Yes! There is a thing line that draws between the two, BUT we all are of one master.

Romans 14:2-4

> *2. For one believeth that he may eat all things: another, who is weak, eateth herbs.*
> *3. Let not him that eateth despise him that eateth not; and let not him which eateth not judge him that eateth: for God hath received him.*
> *4. Who art thou that judgest another man's servant? to his own master he standeth or falleth. Yea, he shall be holden up: for God is able to make him stand.*

Let your Yardstick for measuring pride be your Heart stance with God. Unless, in the bid to form humility and please everyone, you would think less of yourself. The fact that people do not understand you doesn't mean you are wrong. And don't forget we emphasised that trying to please people would reduce how you feel about you, for you would subconsciously think you need their opinion of you.

NOTE: You need people's opinion to make you understand or see better, but you don't need their opinion to make you FEEL Better, or else, your esteem would be affected.

DAY 4

Course: SDC 104

Course Title: CONFRONTING 'My' Fears.

Course Description: *Not knowing that which is to come is a part of life; it is nature's way of telling us that there is always 'a more' than what we can ever imagined. Although our mind is wired to want to know and understand all even when it is not meant to know all. This course is needful to understand the fact about fear.*

ASSIGNMENT

FEAR OF THE FUTURE
1. What area of your life do you find yourself consistently fearful of what might come or what won't come?
2. Why do you think it's hard to let go of control and trust God for your future?
3. Was there a time when you were fearful of the future and acted out on that fear (i.e., leading to anxiety, etc.)? What happened?
4. How do unbelief and a fear of the future relate?
5. How have you seen the Lord be faithful in the past?

Let us add this assignment to the one of yester night, they would form the basis of our Discussion for this Evening. And I encourage as many of us that come online, let us endeavour to attempt it, and come online early to participate.

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Versatile Saint: PTT-20200507-WA0015.opus (file attached)

To kick off for the evening, what do we understand by FEAR? Is it Physical or Psychological or Emotional or Spiritual.

Is it possible for a Person to be without Fear?

Iyanu: The source of fear to be precise is spiritual, we humans are known to be a spiritual being having the soul, body, and spirit. When we now pay more attention on our fears, not finding solution to it, it

generates to affecting us psychologically, and are our physical being react to it including our emotions. That's what I think sir.

Rotimi: Physical, spiritual and Emotional fear takes effect in us psychologically

Precious: Its starts spiritually then psychologically then emotionally then it expresses physically

Versatile Saint: For those of us who think it is impossible for a man to be without Fears, what s the basis for that.

Rotimi: Well I can say as long as we are still on earth there will still be fear one way or the other, It might not be much, or not every time.

Gbadegeshin: As long as we remain in the flesh fear will come,

Versatile Saint: In your own words and Terms in few sentence. DEFINE FEAR

Iyanu: To me, there will be a period that uncertainty will set in , in what we are working on or doing, but it always depend on how to handle our fears then.

Gbadegeshin: It's an unpleasant emotion caused by perceived danger or threat

Versatile Saint: Wow... These responses are thought Provoking... Keep them coming

Rotimi: Fear is lack of confidence

Versatile Saint: PTT-20200507-WA0016.opus (file attached)

Precious: Fear is doubt and the result of worry

Toluwalope: Fear is anxiety.

Iyanu: To me, fear is the opposite side of faith.

Deborah: Fear is an unpleasant emotion which occurs when one is worried, agitated or frightened. It can also be anxiety.

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Versatile Saint: QUESTIONS.....???

QUESTIONS:

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Precious: Does that mean that a life void of fear can be lived? Or that fear will always come but we have the capacity to lift it?

Versatile Saint: Logically... YES... It is possible to live a life void of fear, by displacing it Everytime it comes... Fear can come and tries to influence you, but we can be fearful.

A life void of fear is in Christ Jesus, when you live in the height and depth of the love of Christ... You live void of fear, and the fact that the spirit of fear comes occasionally doesn't mean you are living a life of fear... It only means that there are many thing you have dared to receive from the Spirit of God. Yes we have the capacity to lift it, and doesn't make it a part of our lives

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