



The Stanborough Press Ltd.



2026  
NEW PRODUCTS



L. E. Titles Catalogue  
Click to Download



L. E. French Titles Catalogue  
Click to Download



Stanborough Press Prospectus  
Click to Download

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)



**S&P** The Stanborough Press Ltd

to bless your tired but grateful heart

**The Mothers** by Terrence Black

Home About Us Contact Products Magazines Events Literature Evangelists Gallery

Teach Your Children to Pray!

**Bedtime Prayer Book**

Translating loss and trauma propel Hans and Susi in their search for

**Nor Life**

Written by Eva Paul

Get Ready for Loads of Fun

**Get Ready for Loads of Fun!**

**SPARKLY SKINNY BIBLE HEROES**

Life-Changing Lessons for You...

**10** Life-Changing Lessons for Young Readers

**STORIES OF VIRTUES AND VALUES**

Make relationships storm-proof...

**It is Now Possible to Make Relationships Storm Proof!**

**STORM PROOF LOVE**

Gábor Mhailec

**S&P** Bible Answers

**S&P** Cracking the Stress Problem

**S&P** Daniel Reveals the Future & Th...



The Stanborough Press Ltd.

# Health

# Cooking With Kids

Eating healthily is something we must learn from an early age.

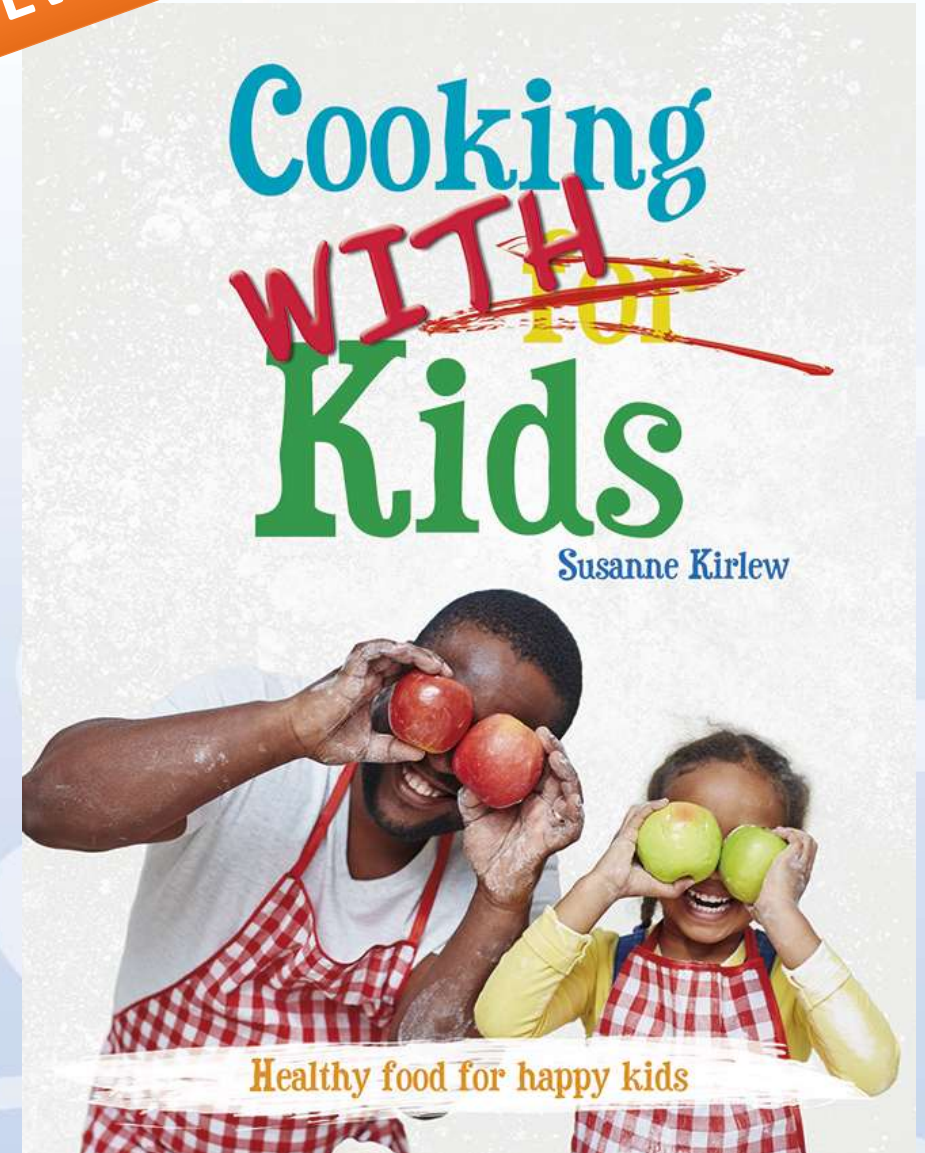
NEW

Many studies show that if children eat well in the morning they perform better at school and in the later lives.

It is essential that our children have a healthy diet, so why shouldn't they have fun preparing their food?

***Cooking With Kids*** features more than 70 recipes for breakfast, lunch, supper, snacks and lunch boxes....even if you are in a hurry!

Help your children get a better start in life and introduce them to the joy of healthy cooking!



### Aunty Verna's Granola

This recipe is named after my Aunty Verna, as she taught me to make this lovely and versatile breakfast. Serve with non-dairy milk or use as a topping on non-dairy ice cream. I also use it as a snack. I store portions in small plastic containers and eat from them with a spoon when I'm out and about.

**40** minutes  
6-8 people

- 1 Preheat oven to 180°C (350°F; gas mark 4).
- 2 Mix together the oats, sugar and coconut.
- 3 In a separate container add nutmeg, cinnamon, pinch of salt, almond essence and rose water to the orange juice.
- 4 Add the orange juice mixture to the oats mixture.
- 5 Stir with clean hands until all of mixture is moist.
- 6 Place on baking sheets and spread out into one even layer.
- 7 Stir every 10-15 minutes.
- 8 During the final 10 minutes add the nuts and seeds.
- 9 Allow to cool, then store in airtight containers.

**Shopping list**

- Roasted oats - 500-700g (add toasted large-grained oats)
- Coconut - 1/2 cup (not dried)
- Unrefined brown sugar - 2 tbsp
- Oranges - juice of 3 large
- Nutmeg - 1/2 tsp
- Cinnamon - 1/2 tsp
- Pinch of salt
- Almond essence - 1 tsp
- Rose water - 1 tsp
- Peanuts - 1/2 cup crushed
- Sunflower seeds - 1/2 cup

### Scones

Scones are traditionally served with butter or with jam and cream. In the UK you can be served a 'meal cake' but and this is gross, as it is easy to make and you can add raisins if you like (my guests love to visit).

- 1 Preheat the oven to 220°C (425°F; gas mark 7).
- 2 Sift the flour and baking powder into a large bowl, and resembles breadcrumbs.
- 3 Add the sugar and mix together thoroughly.
- 4 Make a well in the middle of the mixture, and slowly pour in the non-dairy milk, stirring with a metal spoon. Add the dried fruit. Bring the mixture together until it forms a dough.
- 5 Generously flour a large board and knead the dough for five minutes. Roll it out to a thickness of about 2.5cm (1 inch) and, using a fluted 9cm (3 inch) cutter, cut rounds from the dough.
- 6 Place the rounds on a greased and floured non-stick baking tray, and glaze the top using the extra non-dairy milk.
- 7 Bake in the top of the oven for about 15 minutes, or until a deep golden brown colour.
- 8 Leave to cool.
- 9 Serve with strawberry jam.

**Shopping list**

- Self-raising flour - 8 oz
- Baking powder - 1 tsp
- Non-dairy margarine - 1 1/2 oz
- Plus one tsp (optional)
- Caster sugar - 2 tbsp
- Non-dairy milk - 150ml (4 1/2 oz)
- But only to glaze
- Dried fruit - 4 oz (just to taste)

### Plantain Porridge

Plantain make a wonderful porridge. Sometimes, when plantain and oats are not interesting enough, you can add some interest by making this - and it's so simple to make. Yes, Plantain are available across the globe. In Europe you can get them in most African, Caribbean or Asian grocery shops.

- 1 Wash and peel the skin from plantains.
- 2 Grate the plantain.
- 3 Add flour and salt and mix well.
- 4 Beat mixture with fork and enough water to make smooth batter.
- 5 Bring water to boil, add coconut milk, and simmer on low heat to avoid liquid boiling over.
- 6 Pour liquid into plantain mixture, a bit at a time. Stir constantly to avoid lumps until mixture thickens.
- 7 Let simmer over low heat for 20 to 30 minutes.
- 8 Sweeten with sugar, honey or molasses to taste.
- 9 Drizzle cinnamon, vanilla or grated nutmeg on top.

**Shopping list**

- Plantain - 2 ripe, peeled and puree
- Coconut milk - 1 cup
- Flour - 1/2 cup
- Pinch of salt
- Sugar (optional) (honey) or molasses, to taste
- Water - 1 1/2 cups
- Vanilla - 1/2 tsp
- Cinnamon - 1/2 tsp

### Crazy pink smoothie bowl

A 'smoothie bowl' smoothie is thicker in consistency than a regular smoothie. Typical 'smoothie bowl' toppings include granola, seeds, and frozen fruits, smoothies or smoothies to add a bit of crunch. The smoothie bowl in the bowl and toppings usually include fruits, nuts, seeds and sometimes edible flowers.

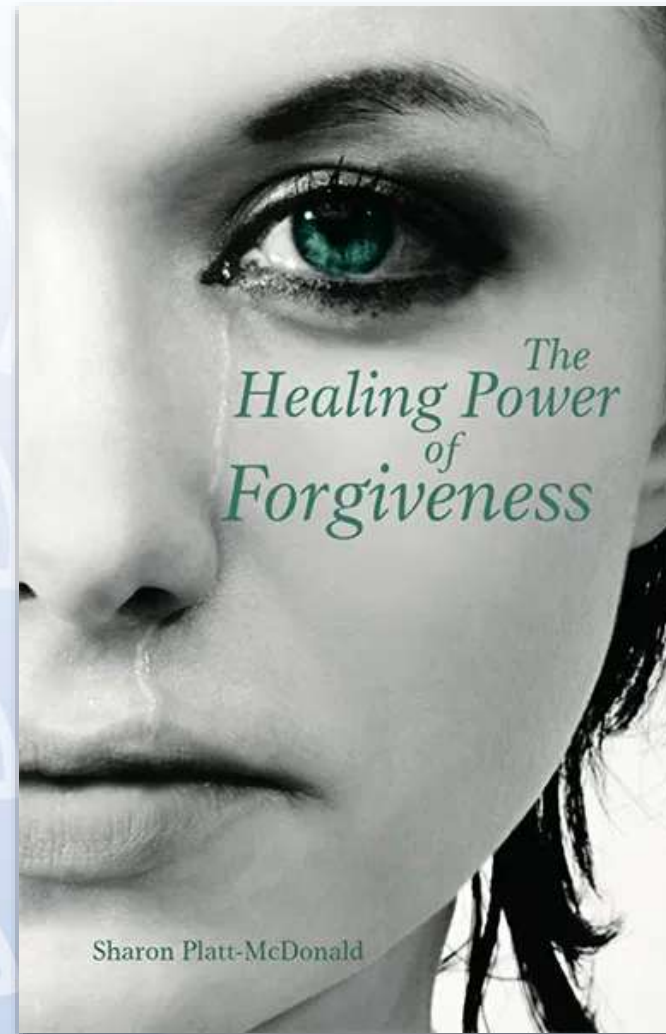
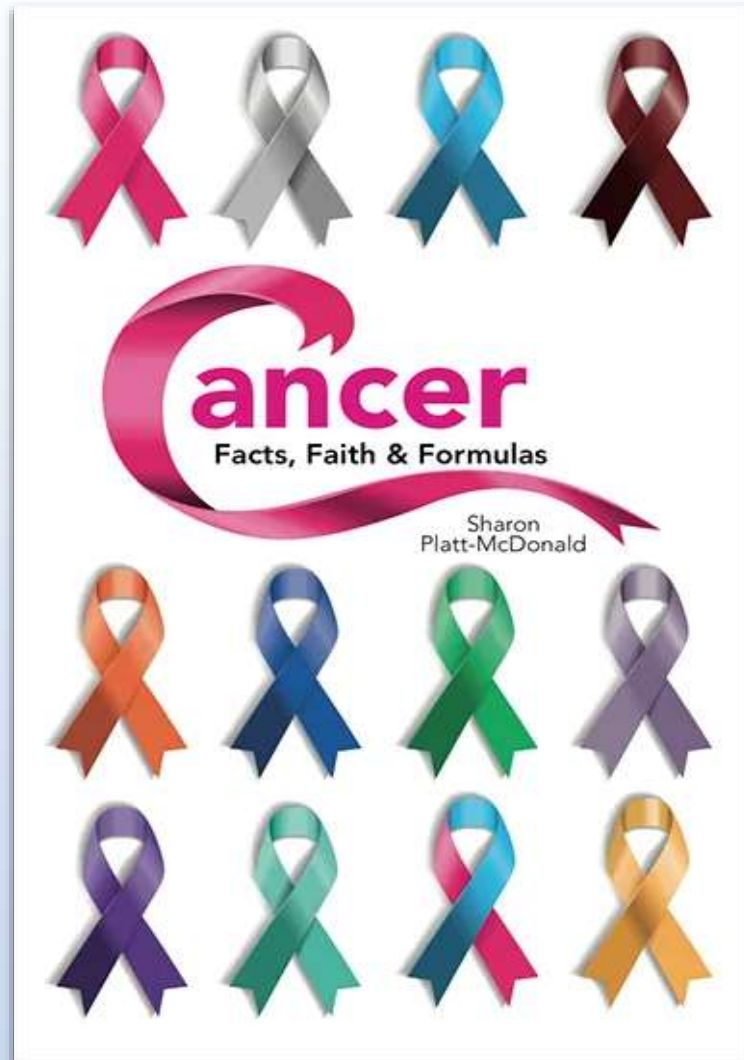
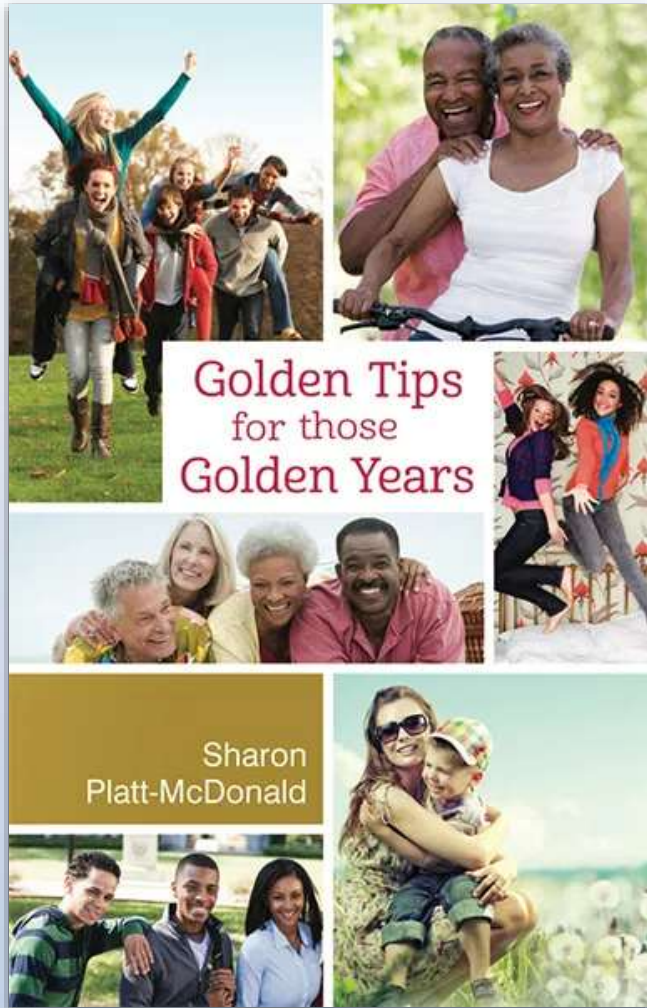
- 1 Combine all ingredients in blender.
- 2 Blend until smooth.
- 3 Decorate with chopped fruits, nuts or seeds and serve.

**Shopping list**

- Smoothie - 1/2 banana, 1/2 apple, 1/2 kiwi
- Smoothie - 2 medium, 1/2 cup and 1/2 cup
- Other smoothie - 1 1/2 cups
- Water - 2 cups
- Plantain powder - 1 tsp



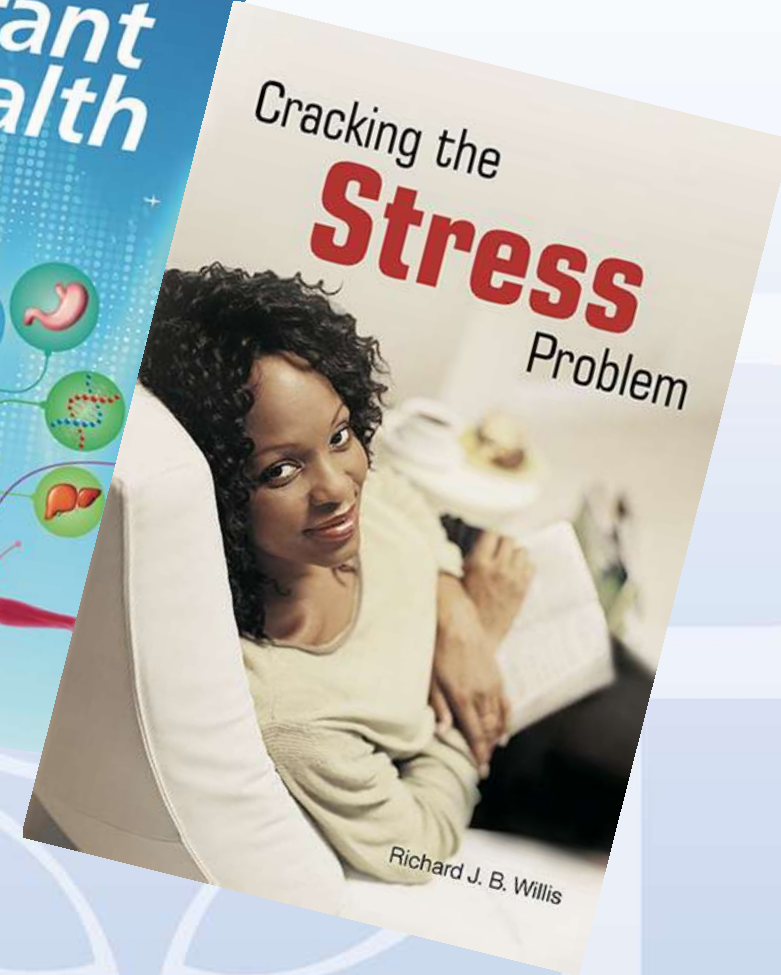
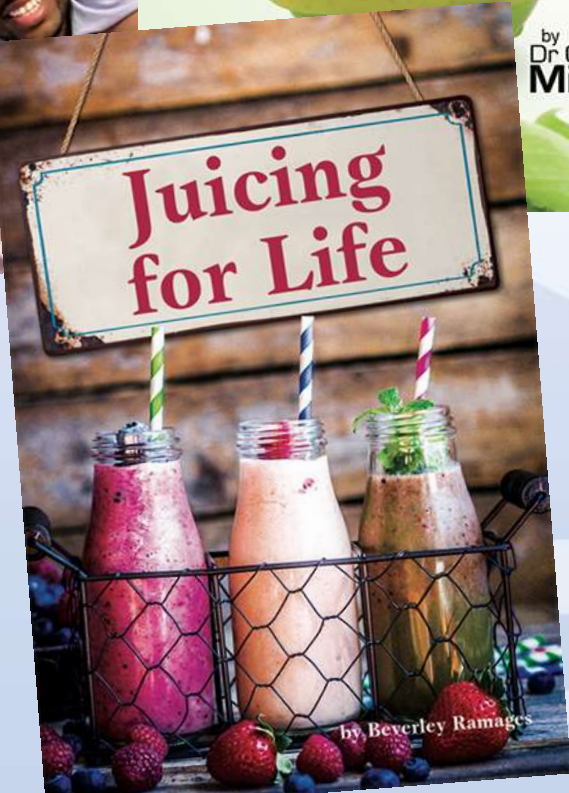
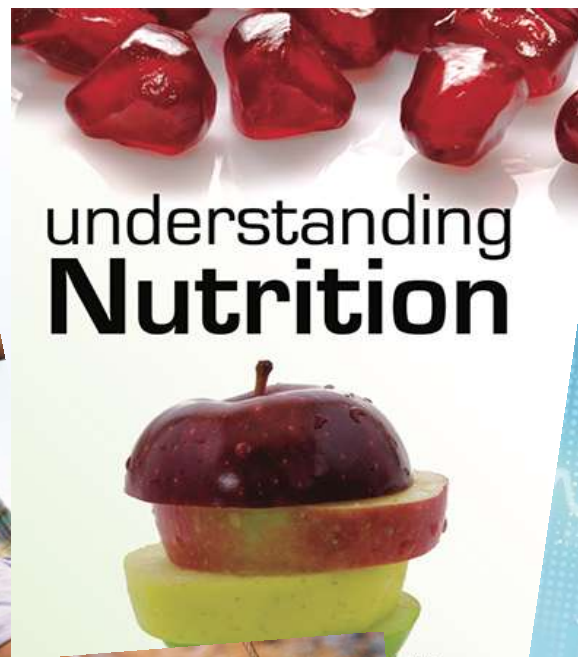
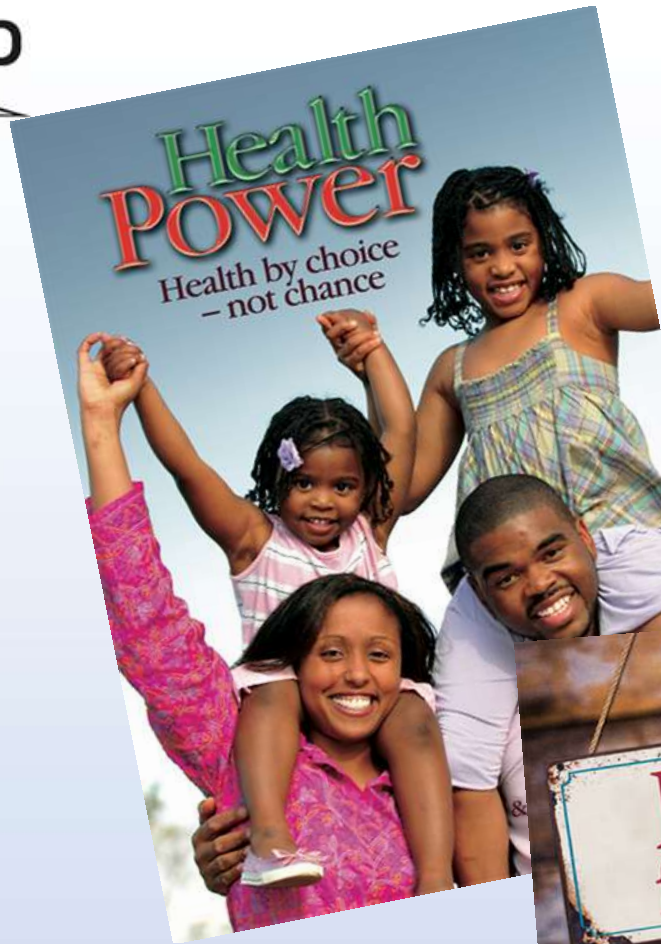
The Stanborough Press Ltd.



All Back in stock



The Stanborough Press Ltd.

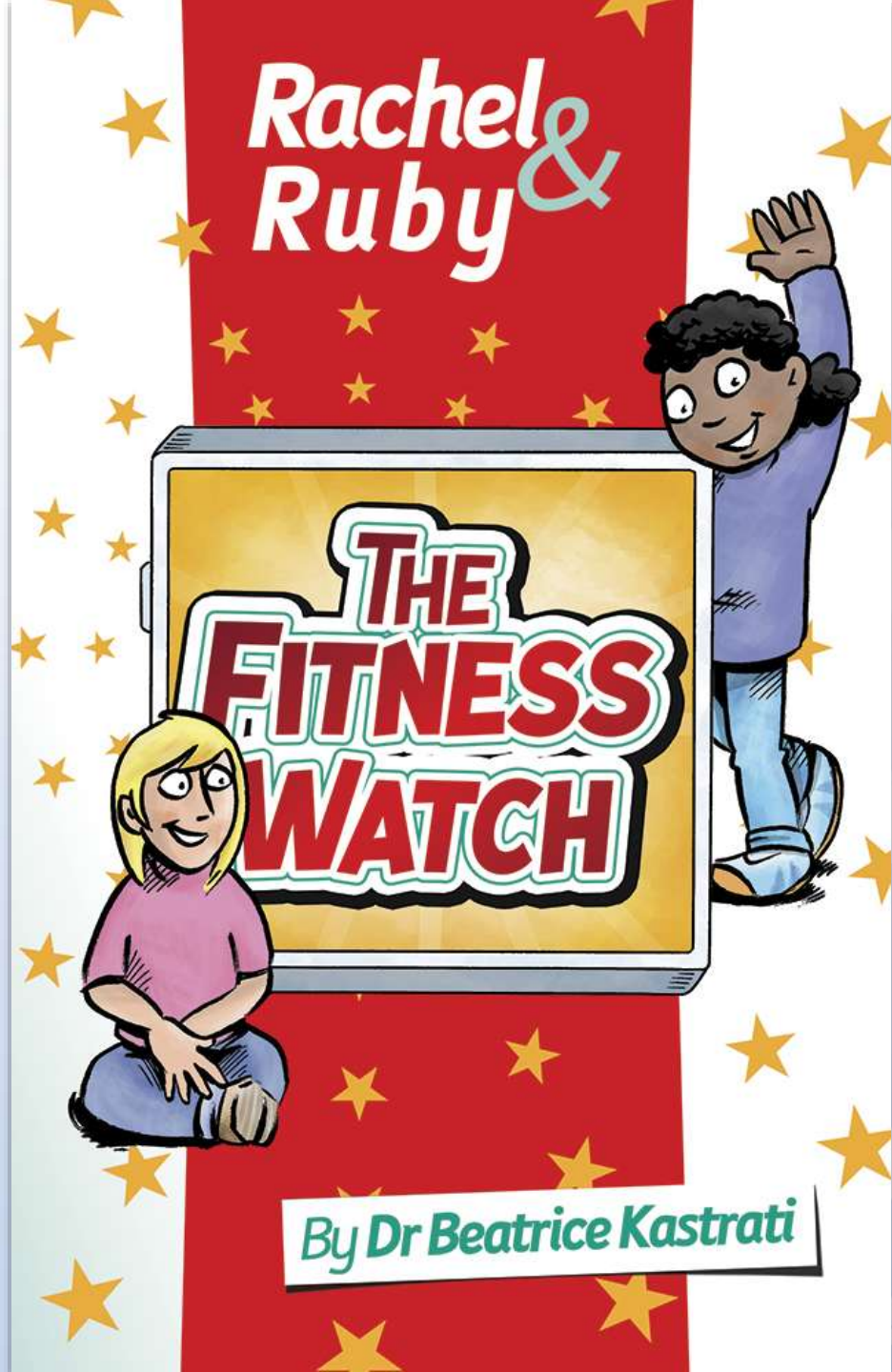


All Back in stock



The Stanborough Press Ltd.

Children



Hey, listen – have you heard what Ruby got for her tenth birthday?

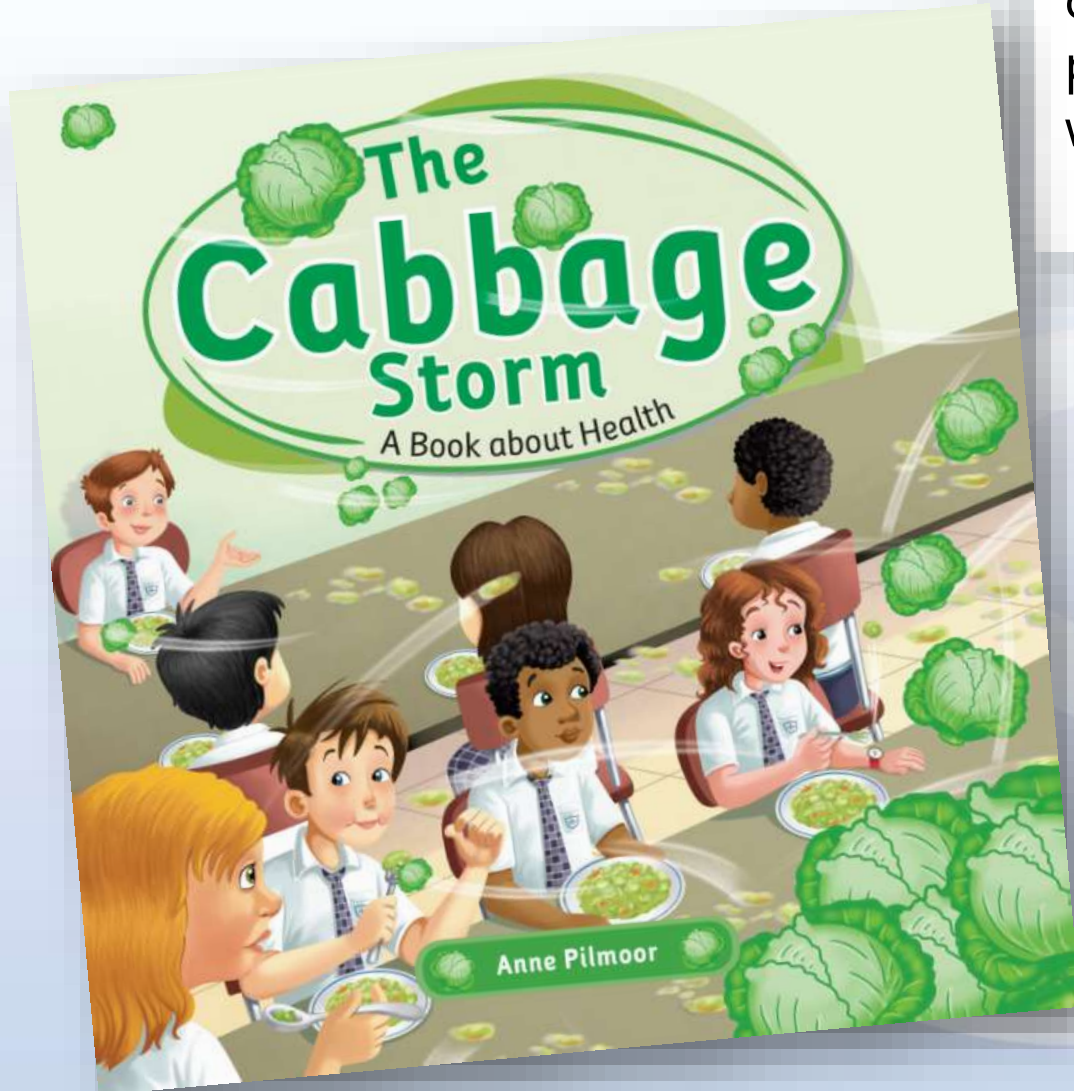
A talking watch! What could be more amazing than that?

Well – ahem! – quite a lot, actually. Wait till you hear what it tells her about how to live a healthy lifestyle . . . and about how to have a healthy spiritual life, too!

**Paperback**






The Stanborough Press Ltd.



Meet Jack and Julia! They are twins who used to hate eating their vegetables, especially cabbages. Then one day, while eating lunch at school, Julia caused pieces of cabbage to fly everywhere... and that's when their journey of health discovery started!

**BEST SELLER No. 3**

	<ul style="list-style-type: none"> <li>• Pushing back against bedtime routines</li> <li>• Procrastinating and not being ready for bed when we should be</li> <li>• Wanting to finish doing other things first</li> <li>• Saying we are not sleepy</li> <li>• Eating too much or drinking too much before bedtime</li> </ul>
	<ul style="list-style-type: none"> <li>• Never opening the bedroom windows</li> <li>• Preferring to play indoors rather than outdoors</li> <li>• Not having enough space outside to play</li> </ul>
	<ul style="list-style-type: none"> <li>• Not taking the dangers of them seriously enough</li> <li>• Wanting to 'fit in' and giving in to peer pressure</li> <li>• Believing we won't become dependent on them</li> </ul>
	<ul style="list-style-type: none"> <li>• Leading selfish lives</li> <li>• Living with pessimism</li> <li>• Being critical</li> <li>• Making excuses for ourselves and not being willing to improve ourselves</li> <li>• Thinking that happiness comes from 'things'</li> <li>• Forgetting that God created us to be happy</li> </ul>

Dr Lee thought we had done a good job of identifying the main hijackers. We talked about what we could do to be sure we always kept our health promises. Can you think of any more?

**13 Happiness and Health**

The project was almost complete. Jack and Julia visited Pastor Jim. He was in his study at the church. He smiled and pushed his thumbs up and said, 'A-m-a-z-i-n-g!' when they told him all they had learned about being healthy, such as eating healthy food, getting lots of exercise in the fresh air, drinking plenty of water every day, and getting enough sleep.



And then, out of the blue, at the dinner table at home the next week, Julia made a fuss about cabbage and hating vegetables all over again. Mum's eyes grew wide and she cocked her head in a no-nonsense kind of way. Dad gently put down his knife and fork, folded his hands and calmly asked, "So, Master Jack; so, Miss Julia: can you explain how you managed to turn all the students off their vegetables at school?"

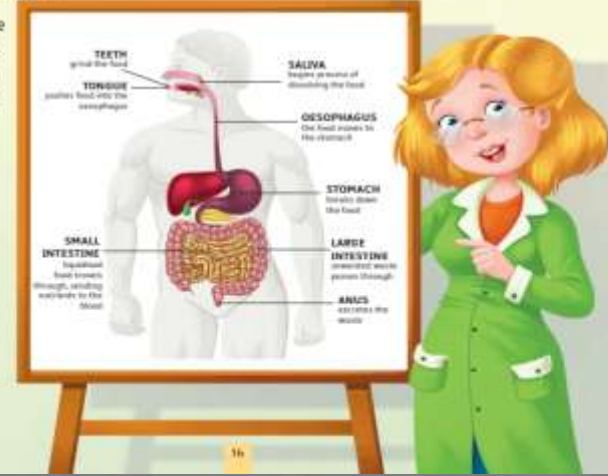
Julia tried her silly giggle to make Dad laugh. It usually worked, but not this time. She looked at Jack and innocently asked, "Have we ever told the other students not to eat their vegetables, Jack?"

Mum and Dad were silent as they waited for an answer. They would sit there all night if they had to. Jack and Julia knew this was not going to be easy!

### 3 Food, Glorious Food: A Visit to Mary, the Nutritionist

The twins had never visited a nutritionist before. Mary told them that a nutritionist helps people to understand what is in their food. She helps them to work out the best foods and the healthiest portion sizes for them. People often come to her because they don't feel well. She sees what they eat and then helps them to make healthy changes. After a few weeks they have a healthy glow.

Mary drew a diagram of all the parts of the body that help it to process the food we eat to explain how it works.



#### What is a plant-based diet?

A plant-based diet is any diet where all the food grew and came from a plant first. This can include fruits, vegetables, grains, pulses, legumes, nuts and meat substitutes such as soya products.



Did you know that Adam and Eve lived on a plant-based diet in the Garden of Eden?

Have you heard of Meat-free Monday? Could you do even better and try to do a meat-free week?

#### Health Promise

We promise to eat balanced meals from a plant-based diet (if possible) and to learn to enjoy the special flavours of the different fruits and vegetables.

Jack Julia

### 4 What Are Vitamins?

Mary told the twins that there are many different vitamins and minerals the body needs, and each one has a special job to do.

Vitamin A in carrots helps us to see at night.

There are lots of different B vitamins, and we find them in whole grains. The body uses them to turn food into energy.

Vitamin C in oranges (and lots of other fruits and vegetables) helps us to fight colds.

Vitamin D in milk helps bones to grow strong.

Vitamin K in dark-green vegetables helps to clot the blood and stop the bleeding when we graze or cut our selves.

The best way to get all the vitamins we need is to eat a rainbow of different-coloured vegetables and fruits!



#### Health Promise

✓ We promise to drink a litre of water every day. We will drink a glass first thing in the morning and last thing at night.

✓ We promise to carry a bottle of water with us wherever we go.

✓ We promise to drink water rather than juice or fizzy drinks.

✓ We promise to wash our hands often and to take regular showers.

Jack Julia

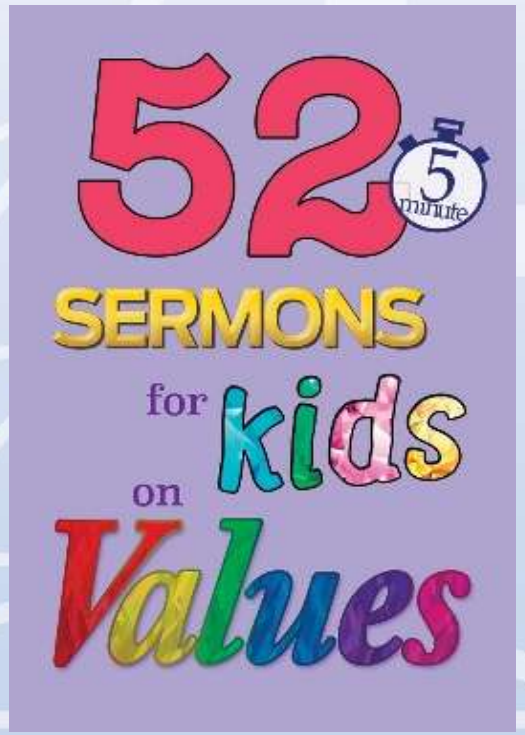
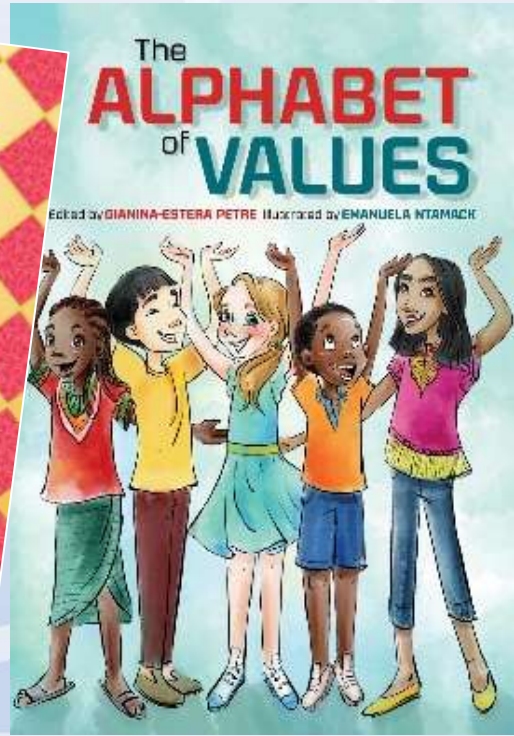
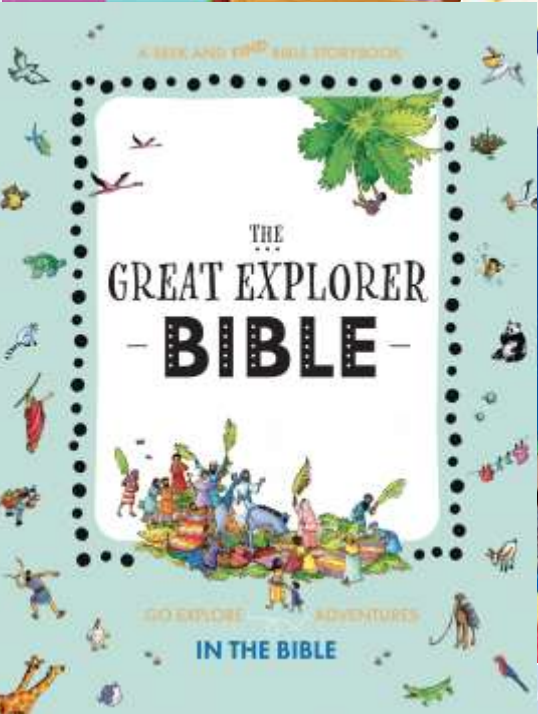
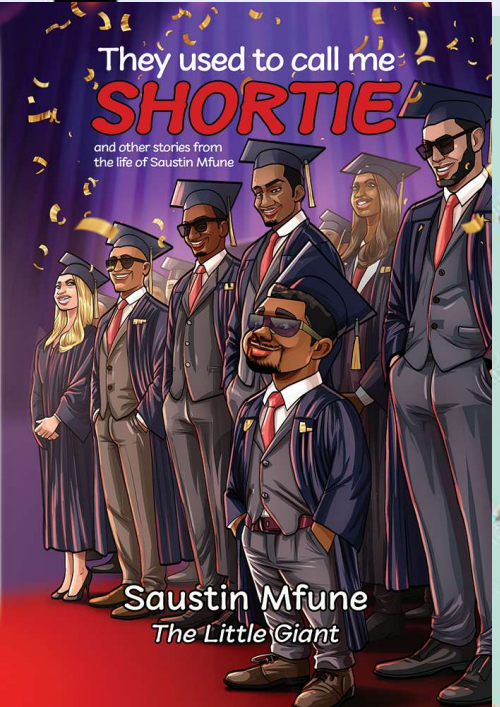
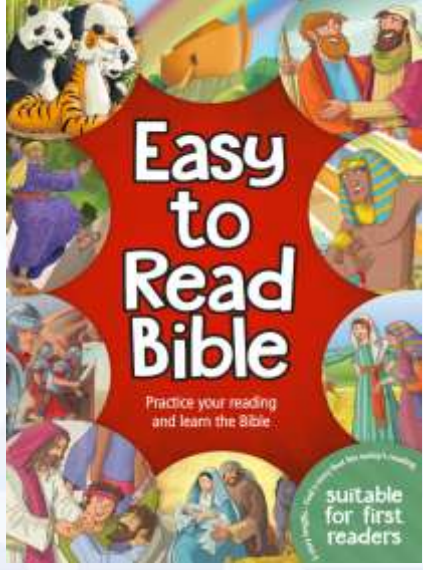
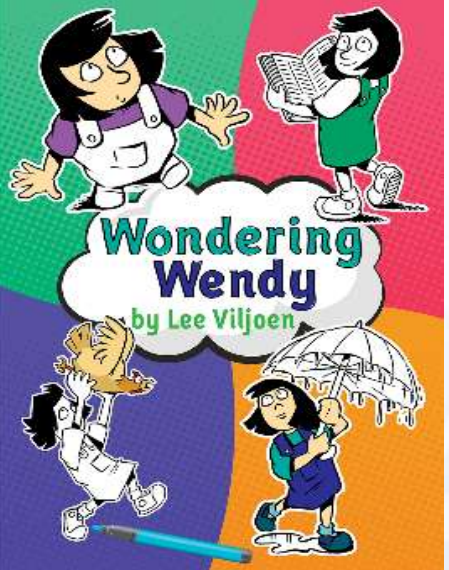
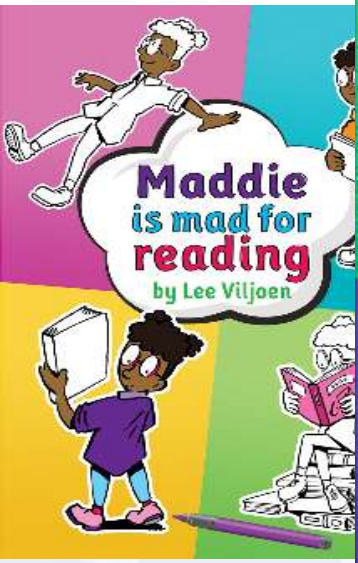
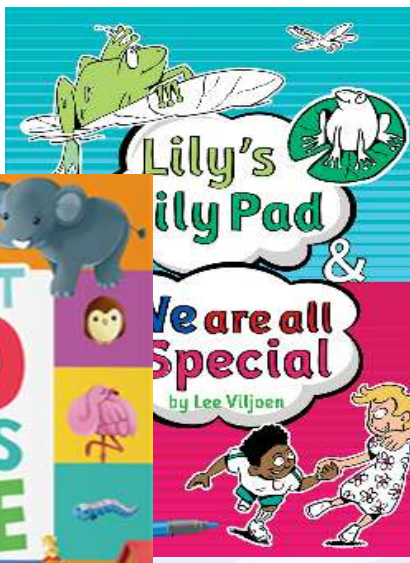
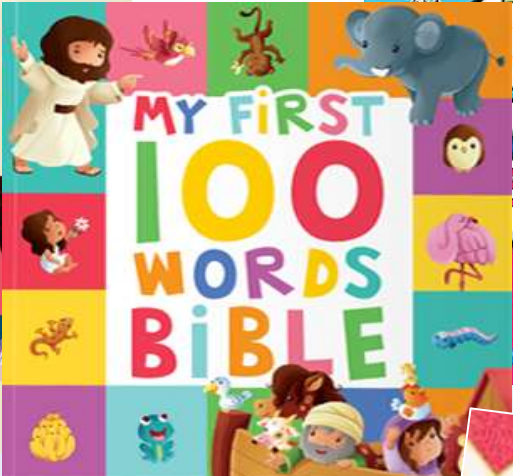
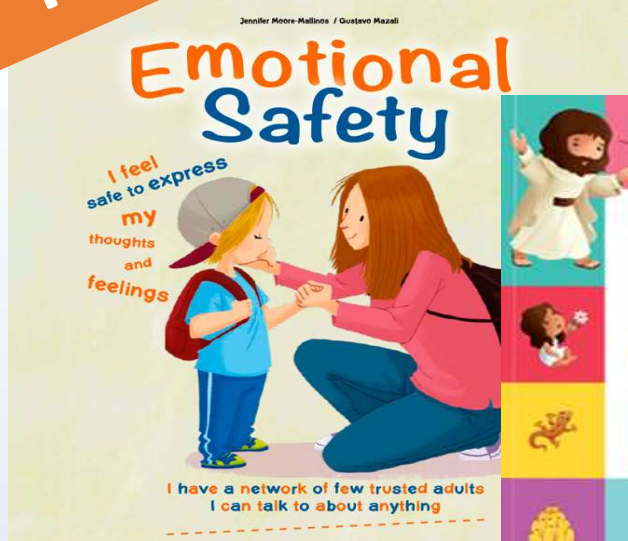


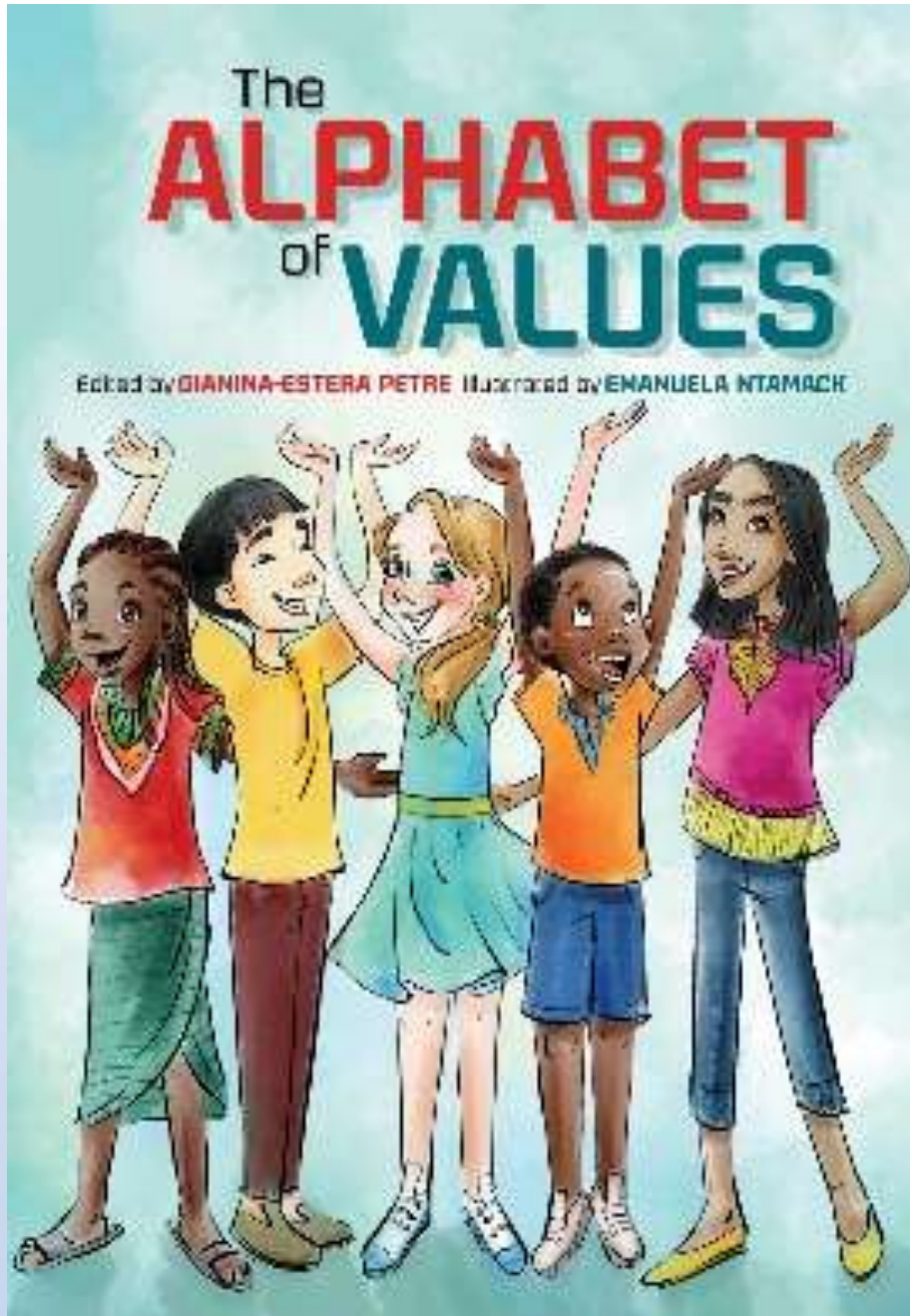
### 8 Bend and Stretch . . . Keep Moving!

Jack and Julia had such an exciting day with Seb, a personal fitness instructor. He had asked them to bring in a log of all their activities on a typical school day. He wasn't impressed with their log.



**NEW**



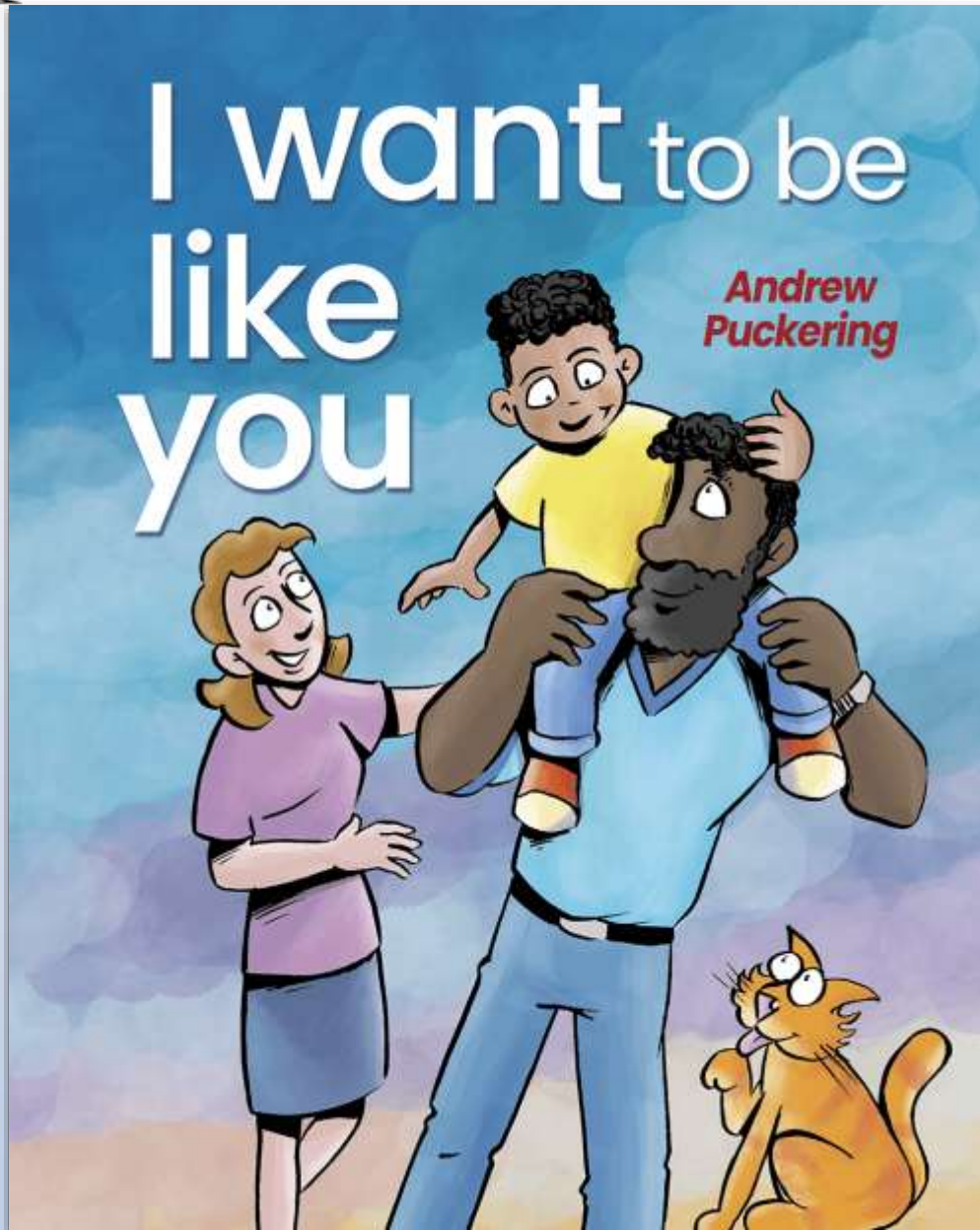


Welcome to The Alphabet of Values, a unique collection of teaching strategies, diverse cultural narratives, and interdisciplinary activities to instill essential Christian values in young minds.

Each value is illuminated by captivating stories, woven by authors from a kaleidoscope of cultural backgrounds, which serve as powerful conduits for instilling virtues that transcend borders and resonate universally.

Whether you are a teacher, a parent, or a curious young mind, this guide beckons you to embark on an adventure of discovery, growth, and understanding!

Age: 7-11 • Pages: 144 • Size A4 • Hardcover, Illustrated

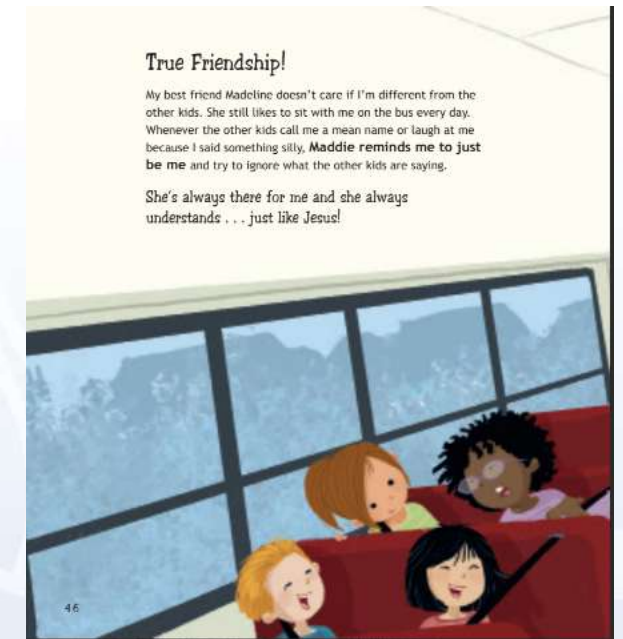
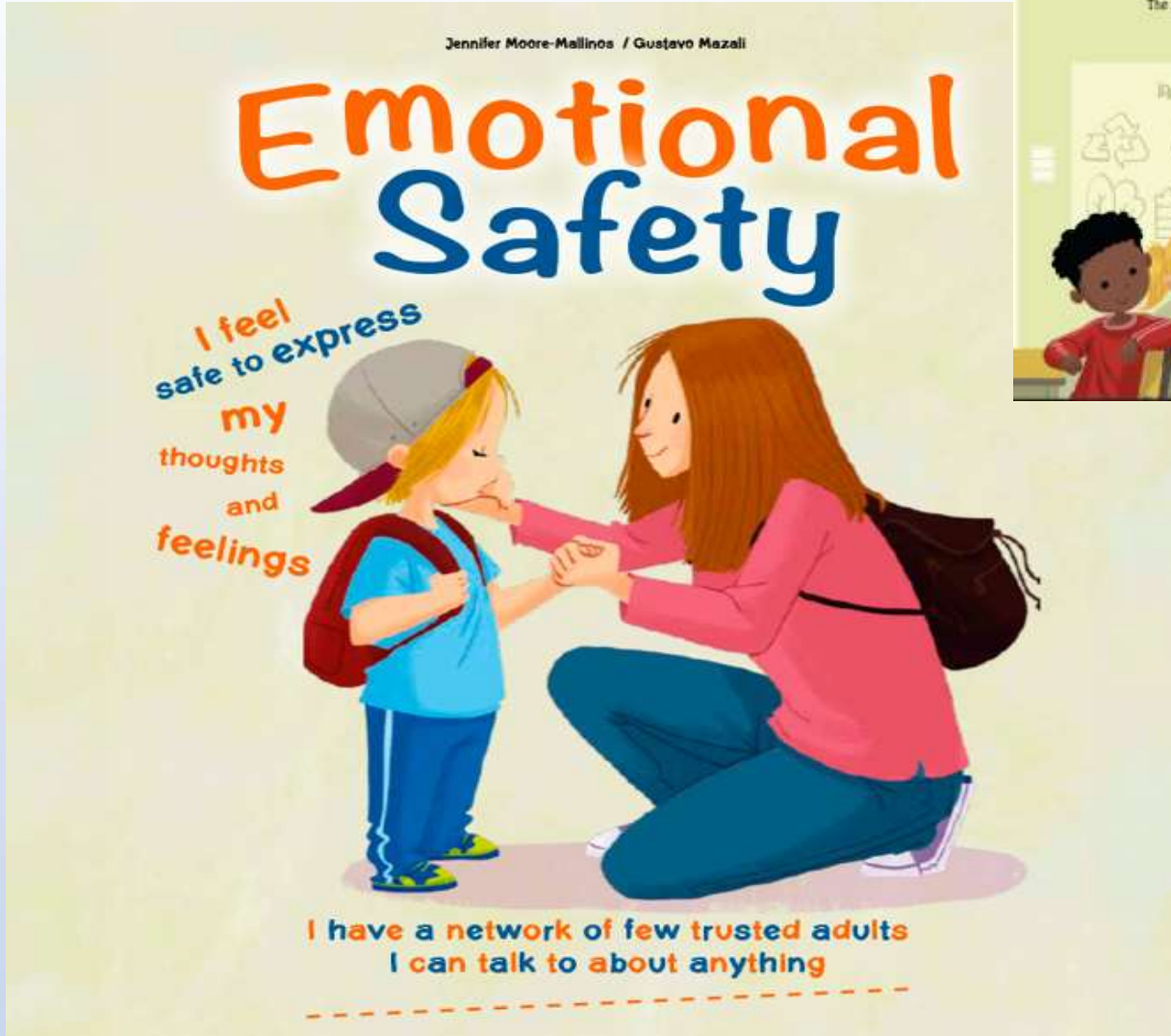


Young Joseph can't wait to grow up and be a man. But what does being a man mean?

Happily, Dad is only too pleased to show him – in the pages of Scripture, through daily life, and in prayer.

This book is for young boys, ages 3-10, who are curious to know what biblical manliness involves what God expects of them, and how they can grow into their responsibilities as they mature and develop. It is designed to be read either by the child alone or with one or both of his parents.

Andrew Puckering is a happily married father-of-two, and an elder for his local church. He holds a Master of Arts degree in Philosophy from Cambridge University, and has been serving as proof-reader and assistant editor at the Stanborough Press Ltd. since 2010. In addition to this book, he has also written My First Book of Bedtime Prayers, The Little Book of Thankful Hearts, and Seek God's Face.



This book introduces kids to different emotions, helping them understand and manage their feelings in a healthy way. It's perfect for building emotional intelligence.

- Identify and manage feelings and set healthy boundaries
- Encourage problem-solving and emotional awareness
- Empower children to understand their emotions



## Children's Books

### 'Bedtime Stories' and 'Your Favourite Bedtime Stories' by Uncle Arthur

These two sets of five volumes of *Bedtime Stories* represent a selection of Uncle Arthur's very best. They were written over a period of many years.

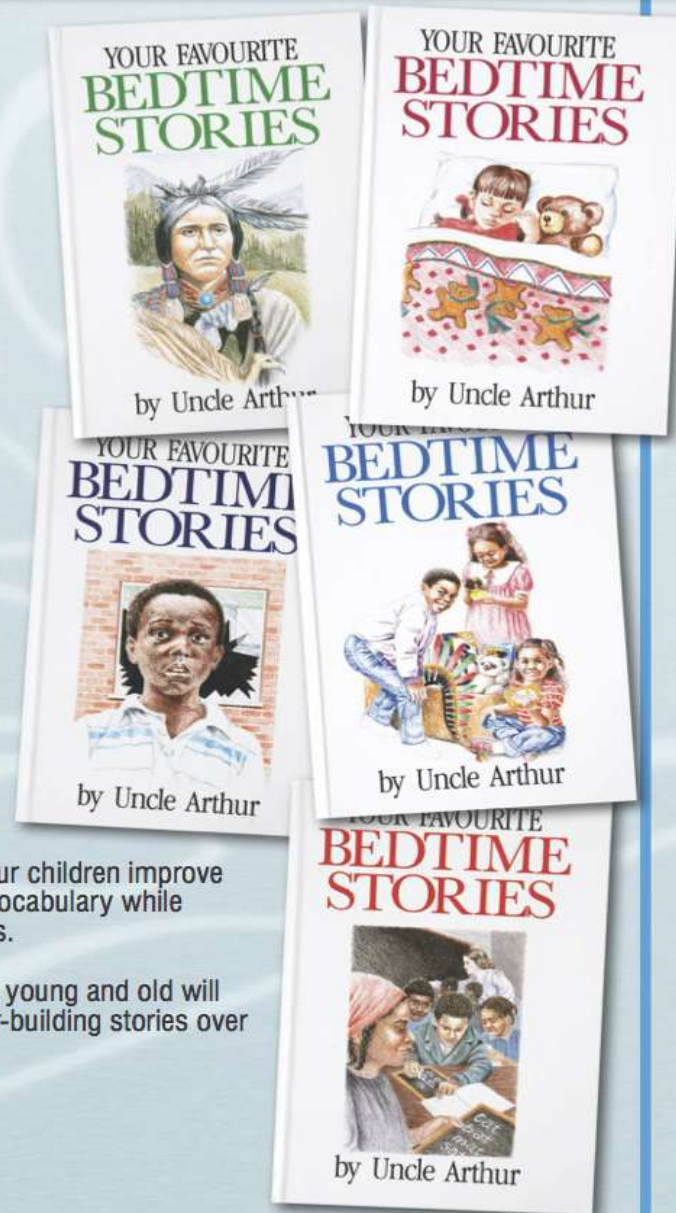
The children who read the very first stories are now grandparents. The stories themselves are timeless.

Generations of children have grown up and learnt moral values such as:

- God's love for them
- Respect

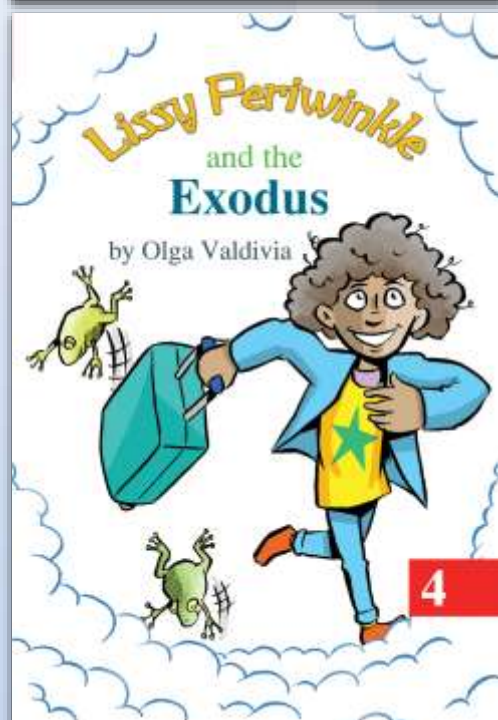
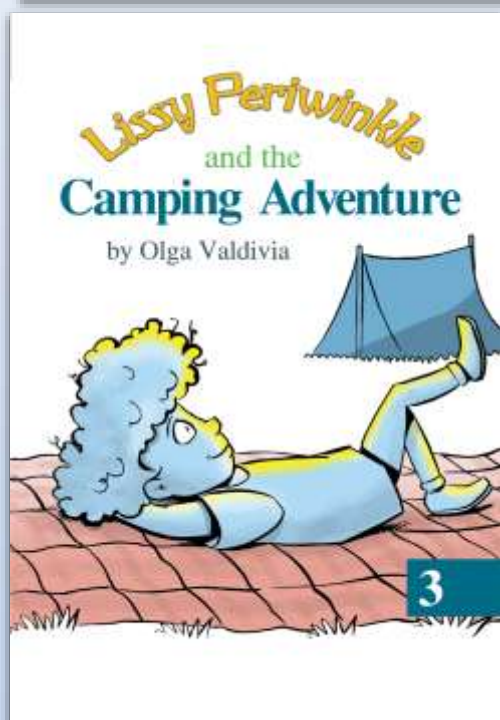
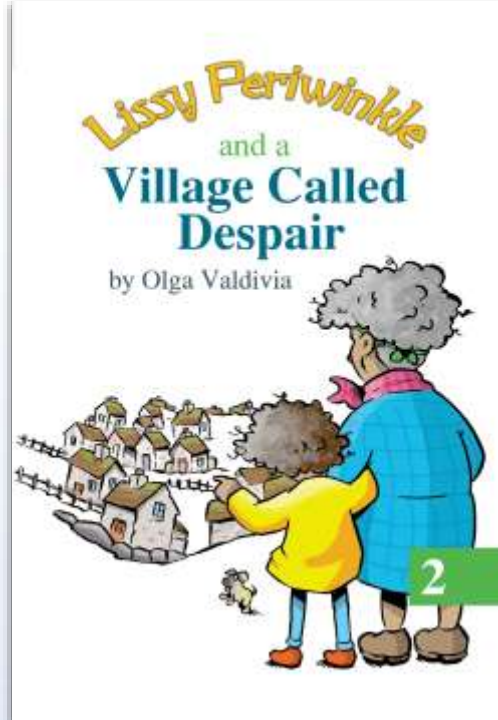
Series: Children's Books  
5-Vol. Set Hardback  
Uncle Arthur

- Friendship
- Honesty
- Obedience
- Generosity
- The value of effort
- Gratitude
- Kindness
- Never to play with fire
- Not to be scared
- Privacy
- The importance of keeping promises
- The power of a smile
- Prayer
- Fighting doesn't do anybody any good
- Money
- A good friend called Jesus, and so on . . .



With *Uncle Arthur's Bedtime Stories* you will help your children improve their reading skills and their vocabulary while enjoying their favourite stories.

With 12 stories in each book, young and old will enjoy reading these character-building stories over and over again.



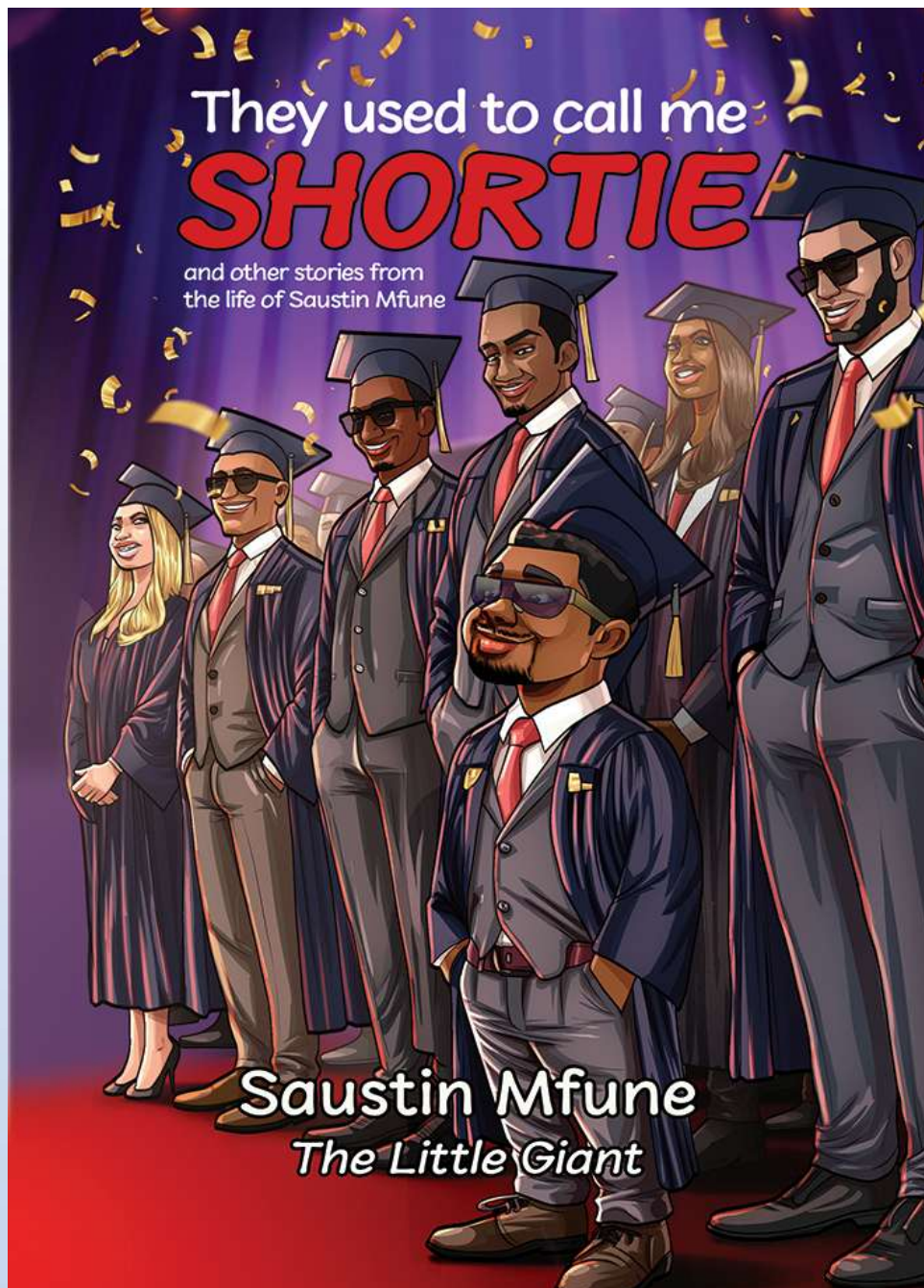
The Lissy Periwinkle is a new series of 4 books, with the same format as Uncle Arthur's Bedtime Stories:

**Lissy Periwinkle and the Magical Garden**  
**Lissy Periwinkle and a Village Called Despair**  
**Lissy Periwinkle and the Camping Adventure**  
**Lissy Periwinkle and the Exodus**

Lissy Periwinkle is an ordinary girl with frizzy hair, an active imagination, an extraordinary garden, great friends and neighbours and a loving grandma!

Join Lissy as she observes how the world was created, reads about a key story from early in the book of Genesis, as she tries to understand the life of the patriarch Abraham and grapples with the thrills and challenges of the call of Moses, the Ten Plagues, and the Exodus from Egypt!

Why not join her on her adventures of discovery?



Do you like stories? So do we! And here are some of the most exciting stories you've ever heard.

Told by 'the little giant', the renowned children's storyteller and church leader Saustin Sampson Mfune, these fully illustrated 28 stories and their scriptural lessons have already had a life-changing impact on hundreds of young people throughout the world.

From an exciting river rescue to a stolen phone, and from a close encounter with lions to the wisdom of a young blind boy, Mfune's great stories are at times exciting, sobering, heart-warming, and soul-stirring.

It is our hope and prayer that your family too will be truly blessed as you read them and enter into a deeper relationship with Christ.

They used to call me  
**SHORTIE**

1	<i>The 3 MÜs – who is your hero?</i>	6
2	<i>Bestern Byson – the amazing football player</i>	11
3	<i>An act that made the difference</i>	19
4	<i>The ‘boys’ who did what no one had ever done before</i>	25
5	<i>In everything praise the Lord</i>	29
6	<i>Lesson from a cat</i>	34
7	<i>They used to call me Shortie</i>	40
8	<i>Cargo without value</i>	47
9	<i>Dialled a wrong number</i>	52
10	<i>Statue of Venus</i>	58
11	<i>Stamp-collecting scandal</i>	61
12	<i>Surrounded by lions</i>	65
13	<i>Standing strong</i>	69
14	<i>The Bible according to Thomas Jefferson</i>	74

## Table of contents

15	<i>Turbocharged</i>	78
16	<i>Disability is not lack of ability</i>	82
17	<i>The amazing conversion of Samuel Tannyhill</i>	86
18	<i>Faith that moves mountains</i>	89
19	<i>One determined boy</i>	94
20	<i>When God delays your bags</i>	98
21	<i>The accent confusion</i>	103
22	<i>A failed job</i>	
23	<i>Sean makes things right</i>	
24	<i>The man who fell into quicksand</i>	
25	<i>Dad’s miracle</i>	
26	<i>I married a stranger</i>	
27	<i>A leap of faith</i>	
28	<i>Saved in the most miraculous way</i>	



28

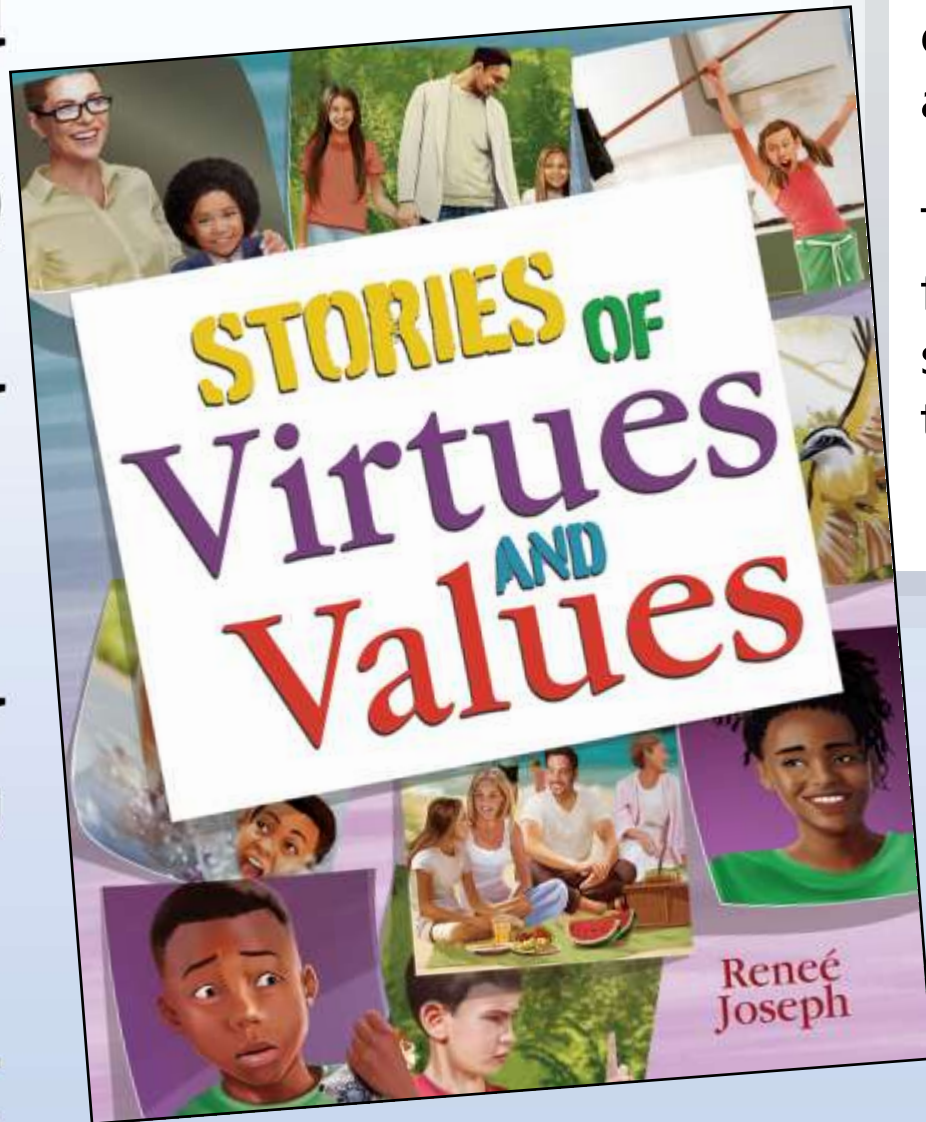
## Saved in the most miraculous way

*‘God moves in a mysterious way, His wonders to perform;  
He plants His footsteps in the sea, and rides upon the storm.’  
Written in 1773 by the English poet William Cowper*

I grew up in a home where my parents told us lots of stories. They seemed to have a bottomless pit of stories. We could not wait for worship time, just to hear another story. Friday evening was special in our family. Since we grew up at mission stations, after vespers’ meetings at the local church on campus, we would go home, have supper and then play games with our parents. And sometimes we were told not just one story, but even two. The story I am about to share with you is a story my mother told when I was a grown-up and had my own children.

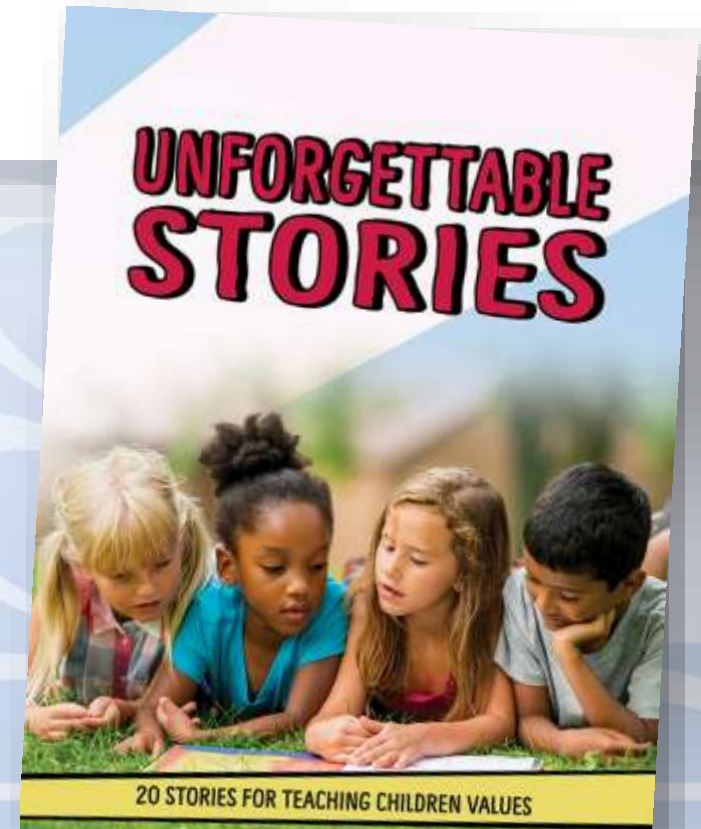
She had just delivered one of my sisters, and was still at the hospital in the maternity ward. This was in the northern part of Malawi, Africa. It was during winter, and it was very cold. There was no heating system in the hospital. To rub salt into the wound, my mother’s bed faced a window frame that had several broken window panes, letting in a cold draft. My mother called a nurse and showed her the broken window panes, which were letting in severely cold air. My mother told the nurse that it might make the baby sick. She asked to be moved to an empty bed diagonally opposite hers, which was next to a window that still had all its window panes . . . but the nurse refused to honour her request.

About seven hours later, some other woman was delivered of her child, and she was put into the bed my mother had requested to be



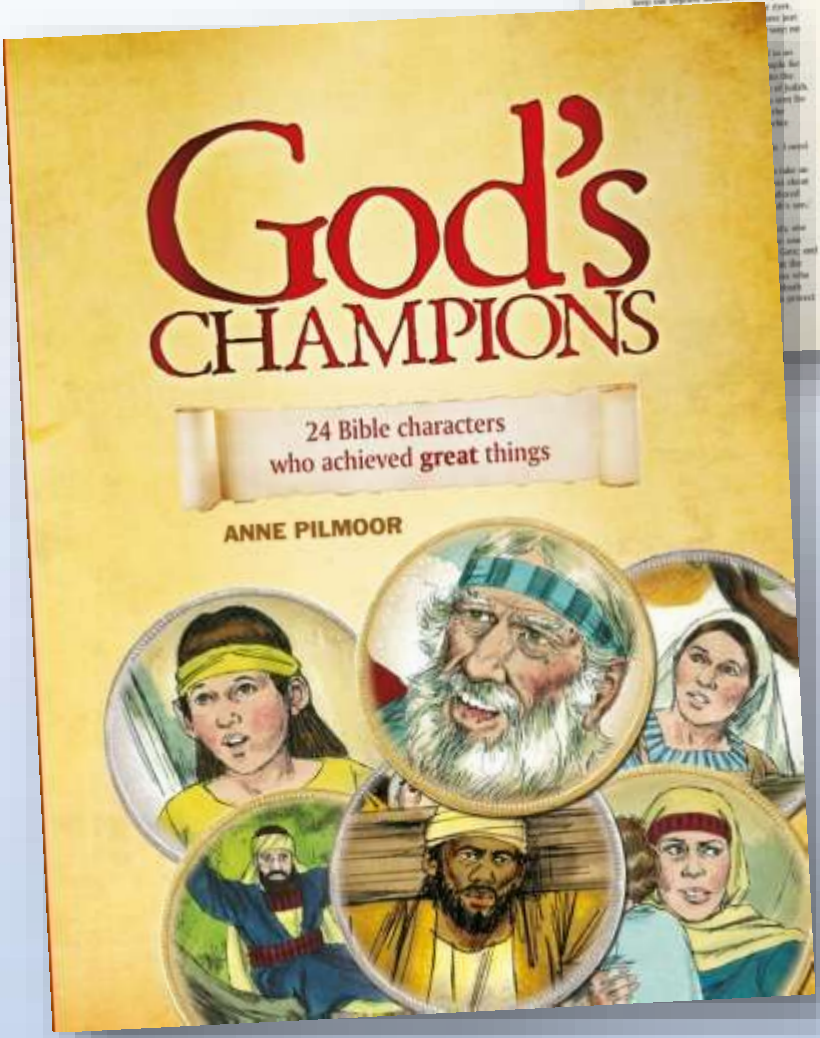
These fantastically written stories will keep younger and older children alike engaged as they put themselves in the characters' shoes and experience their dilemmas – but these are more than just entertaining stories for your children.

They also contain powerful truths that will impact their lives for the better, helping them to learn about faith, prayer, sharing, and other important Christian virtues and character traits.

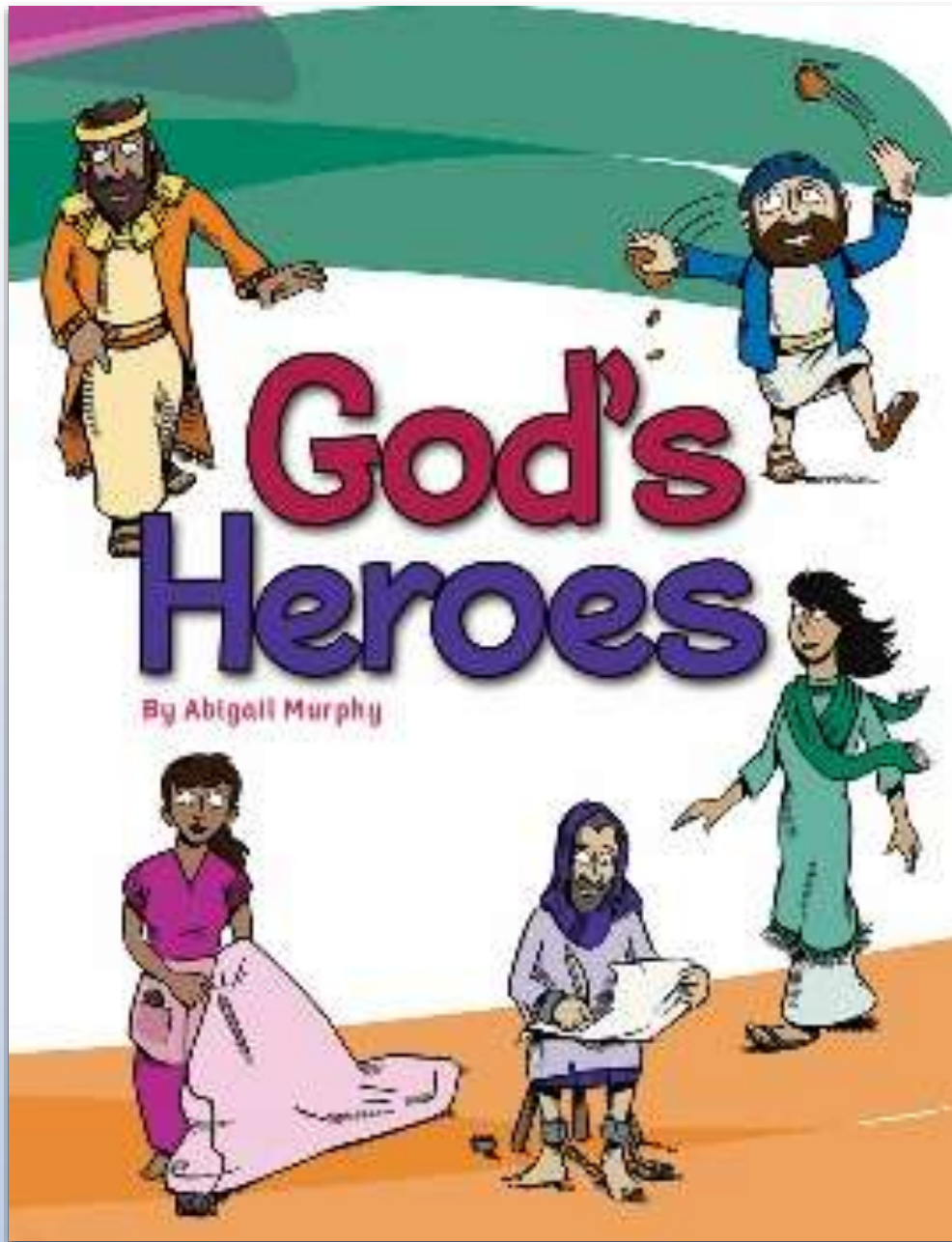




The Stanborough Press Ltd.



Learn how some of the lesser-known Bible characters demonstrated courage in tough times. Discover how courage presents itself in many different ways. May this wonderful stories inspire your own children to be God's Champions too!!



Explore the stories of twenty Bible characters as they help us to understand God, and to see that He always has good plans for His children.

This book is written so your children can read the stories all by themselves, and will provide hours of joy as well as encouraging them in their own personal relationship with God.

**Magabook**

Contents

Adam	9
Jonathon	13
Deborah	17
Nehemiah	21
Noah	25
Solomon	29
Elijah	33
Isaac	37
Esther	41
Naaman	45

Old Testament

New Testament

Zacchaeus	51
John	55
Priscilla	59
Cleopas	63
Mary Magdalene	67
Matthew	71
Nicodemus	75
Simeon	79
Thomas	83
Timothy	87

Think about what you'd like to be known for, and ask God to help!

Dear Jesus, Help me to always know what to do, guide me as I make decisions today and always. Amen.

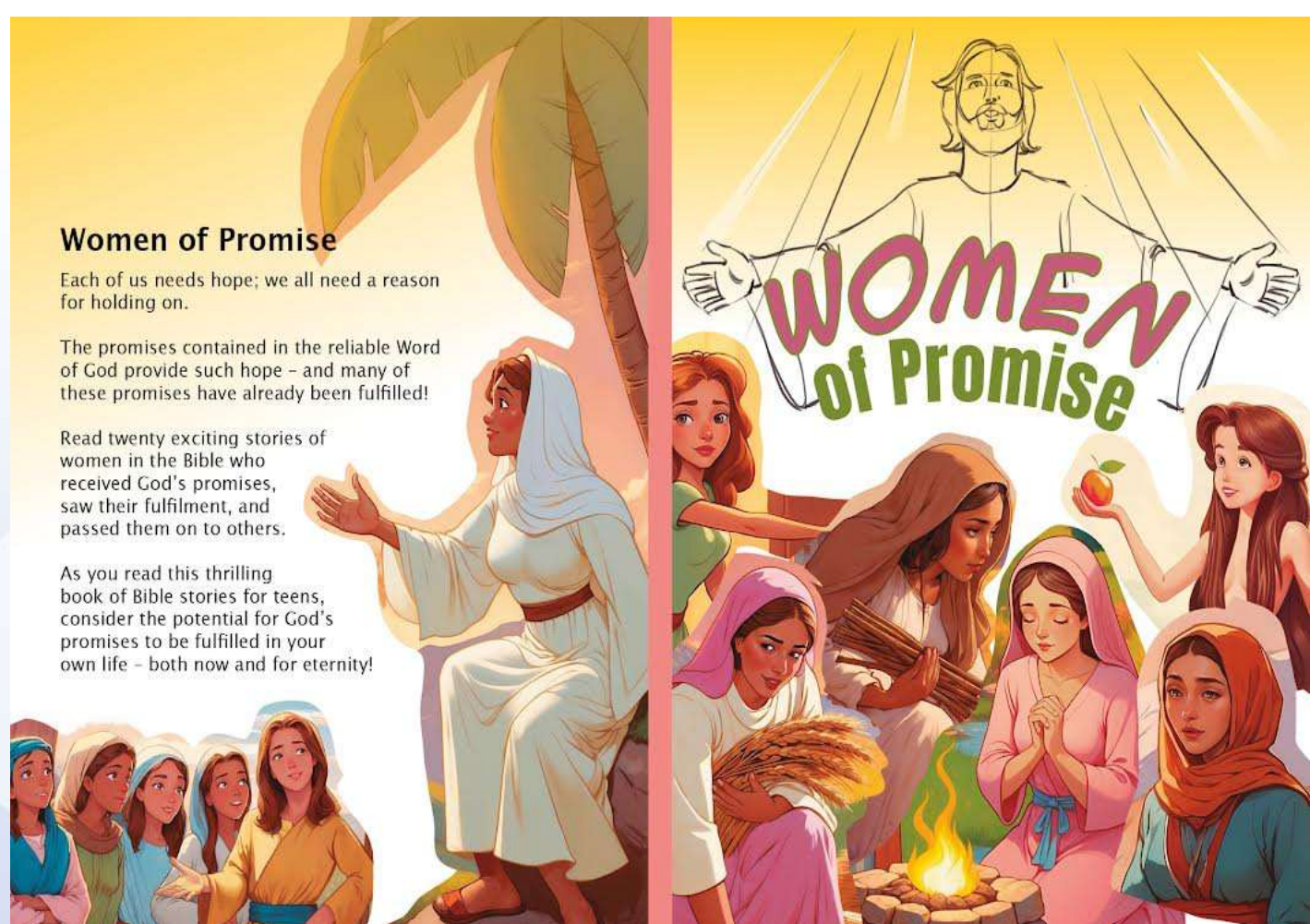


## Why This Book is Worth Reading:

- \* Inspires hope by showing how God's promises are reliable and life-changing.
- \* Brings the Bible to life with 20 exciting stories of women whose faith was rewarded.
- \* Demonstrates how God's promises were fulfilled in real, relatable ways—and how they continue to matter today.
- Encourages teens to see God's potential to work in their own lives, now and for eternity.
- Combines thrilling storytelling with spiritual lessons that are engaging, memorable, and empowering.

## Who Should Read This Book:

- \* Early Teens seeking encouragement, inspiration, and a deeper understanding of God's Word.
- \* Parents, youth leaders, and teachers looking for faith-filled stories that spark discussion and reflection.
- \* Anyone curious about the real-life impact of God's promises and the courage of women in the Bible.
- \* Readers wanting stories of hope, perseverance, and faith that resonate across generations.



### Women of Promise

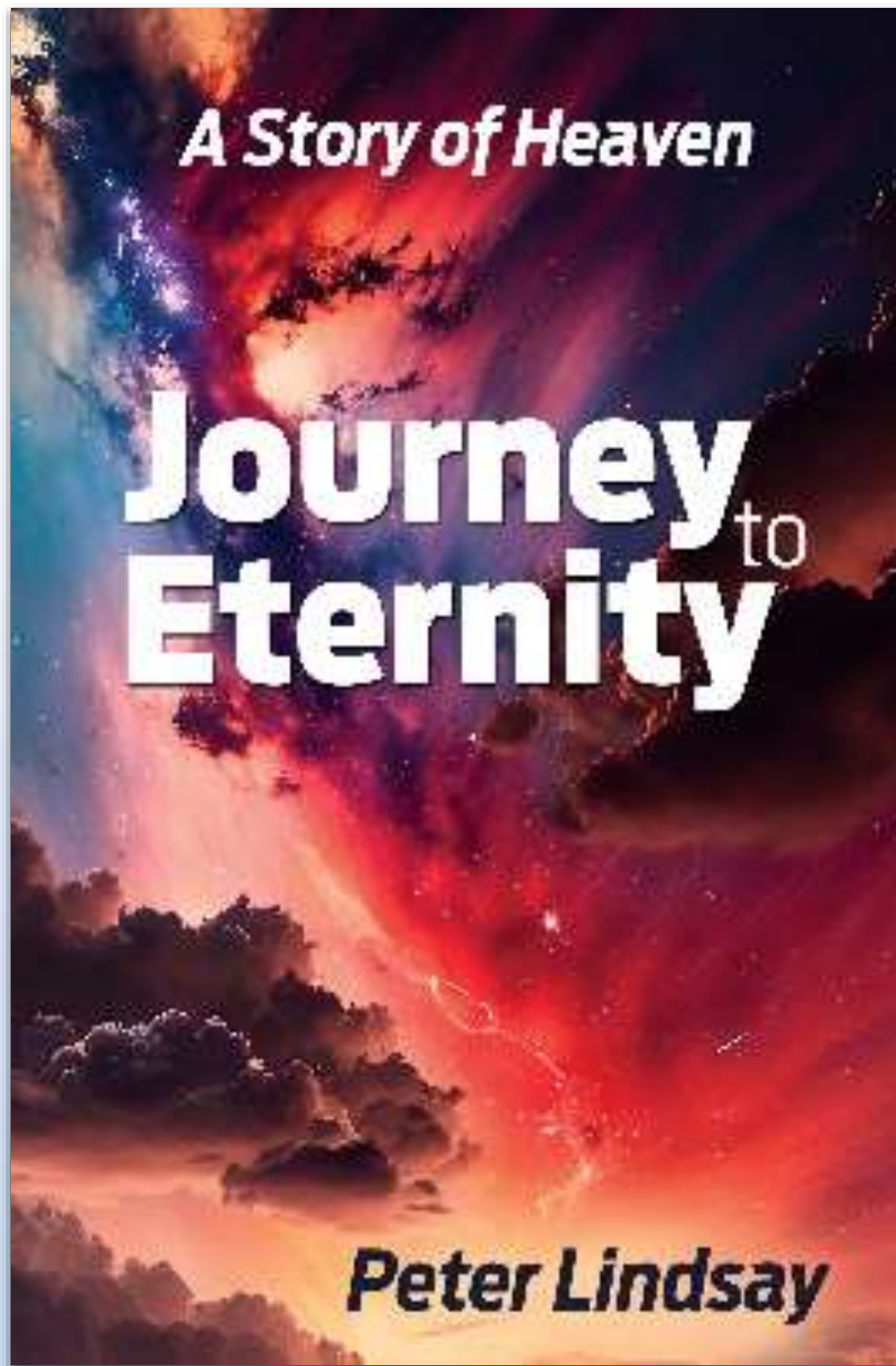
Each of us needs hope; we all need a reason for holding on.

The promises contained in the reliable Word of God provide such hope – and many of these promises have already been fulfilled!

Read twenty exciting stories of women in the Bible who received God's promises, saw their fulfilment, and passed them on to others.

As you read this thrilling book of Bible stories for teens, consider the potential for God's promises to be fulfilled in your own life – both now and for eternity!





Liam thought he had an idea of what Heaven would be like, but he could never have imagined just how incredible it would actually be!

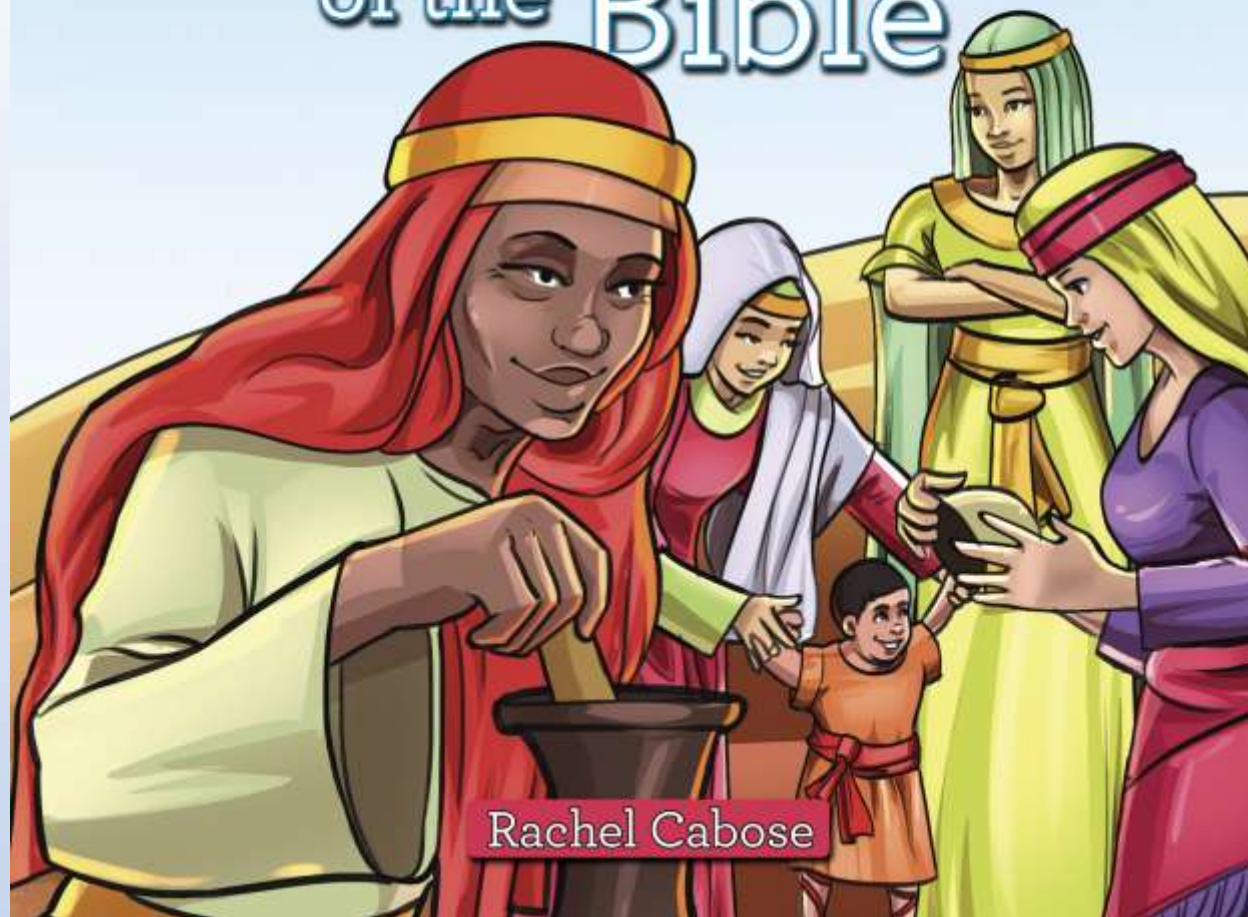
Join Liam and his friends on the ultimate adventure as they experience the Second Coming, life in Heaven, the Final Judgement, and the earth made new – eating from the tree of life, visiting unfallen worlds, flying with angels, and falling even more deeply in love with Jesus.

Prepare yourself for a trip that will blow you away on the most exciting journey you'll ever undertake – a journey to eternity.

This remarkable book needs to be placed in every high school within the worldwide Adventist education system.

**Paperback (for teens and young adults)**

# Godly Women of the Bible

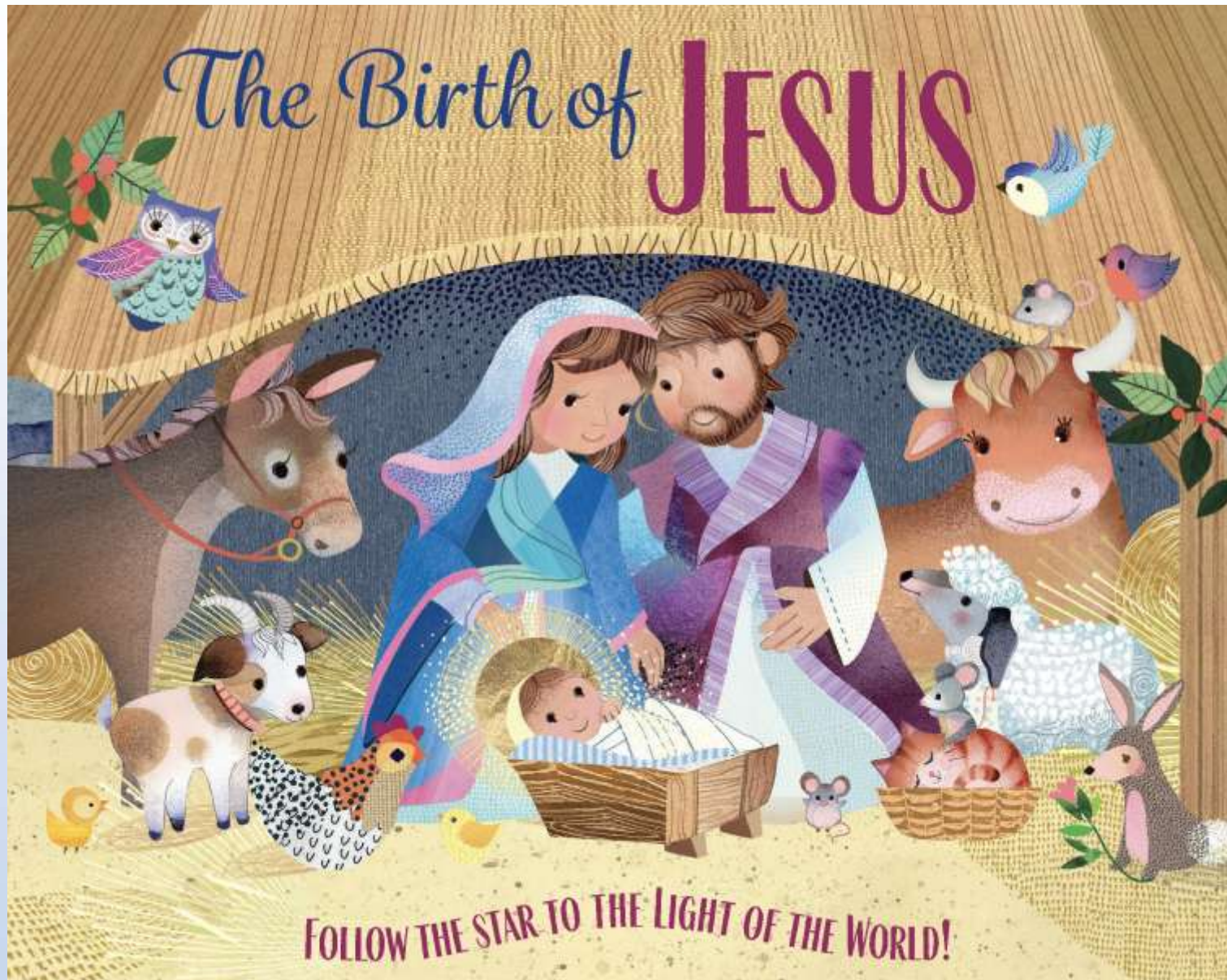


Rachel Cabose

Come closer, little one! Auntie Rachel has some stories to tell you – stories about lovely, noble women of the Bible, women who loved God, women who were once little girls just like you!

Parents, if you would like your little daughters (and your sons as well) to be generous and hard-working, take the initiative, and seek God in prayer, why not inspire them with these 15 encouraging stories of the godly women in Scripture? We are sure your whole family will be blessed as you read.

**Hardcover Illustrated Book**



Experience the nativity story as it unfolds in this layered, stand-up board book full of beautiful illustrations. Using glow-in-the-dark ink, the Christmas star that God set in the sky leads readers to the child Jesus. The bright star over Bethlehem leads little ones to the greatness of God's love.



The Stanborough Press Ltd.

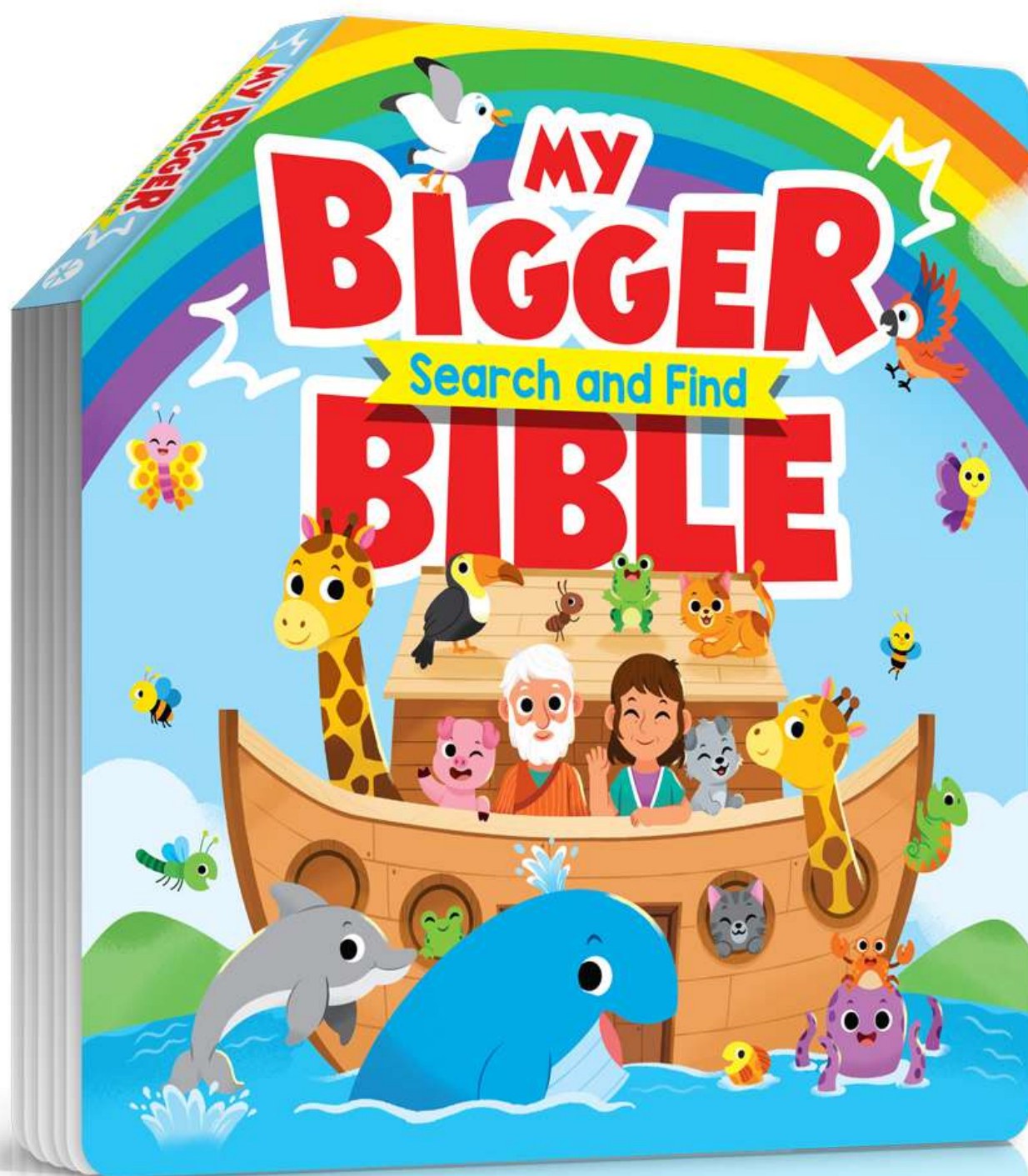


When kids open the pages of one of these six fun-filled titles they will instantly try to seek out the all hidden objects, that are waiting to be found on each spread. Illustrated by the skillful artist, Sandrine L'amour, this series with gorgeous visuals encourage kids to look, point and learn new words.

A great format with die-cut tabs for every page help little fingers turn the pages while reading the classic Bible stories, that are simply communicated and suitable for the age group.

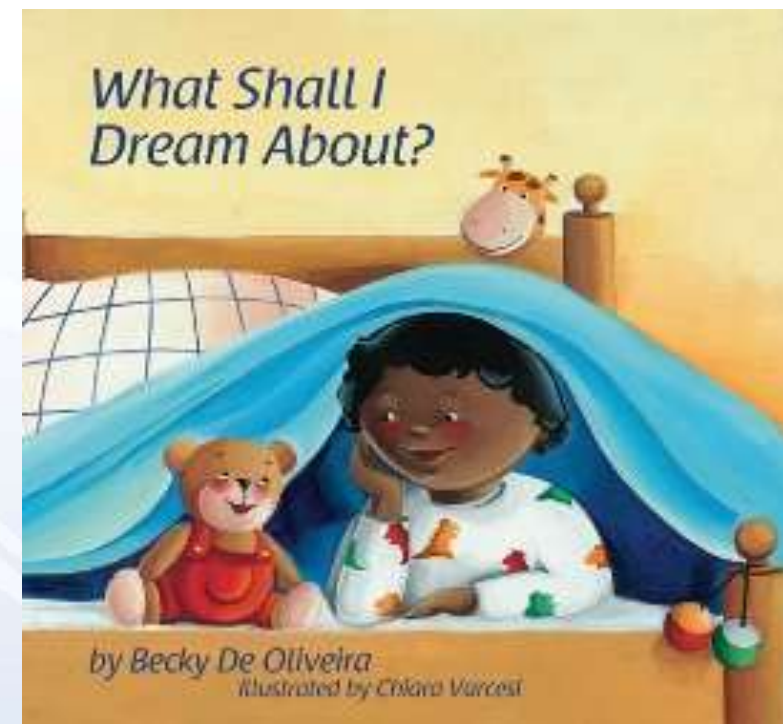
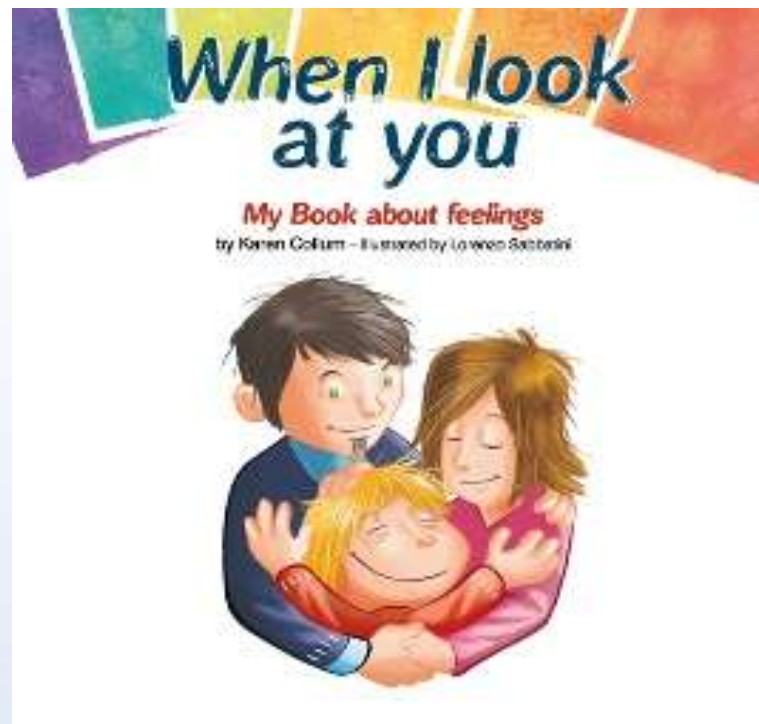
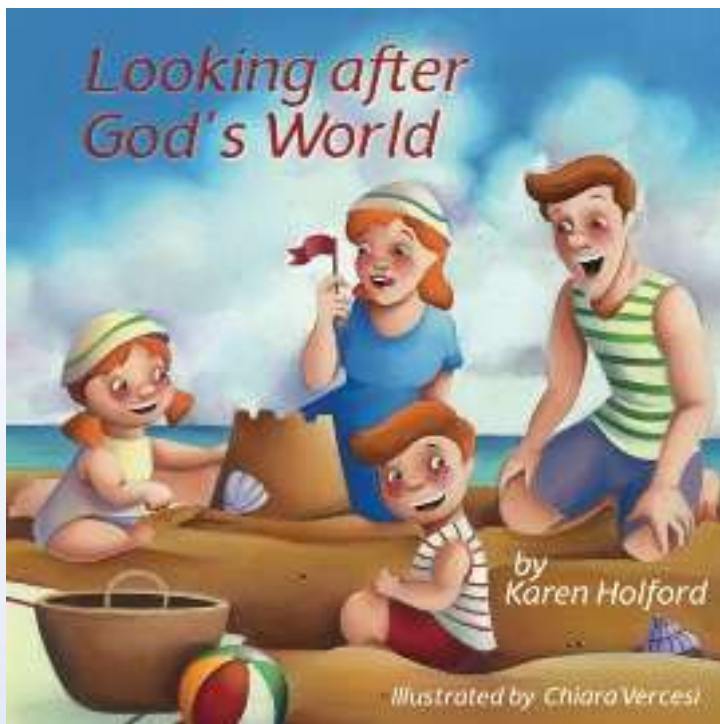
**Series available:** Noah, David & Goliath, Jesus

**Available in English and Spanish**

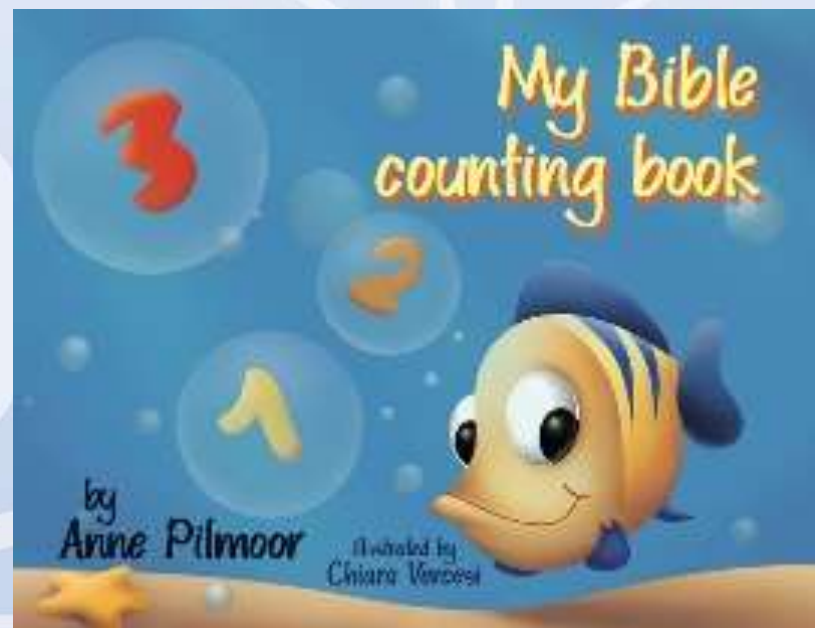


Open up this expanding book to make it BIGGER and reveal busy biblical scenes with loads of beautiful things to see and fun details to explore.

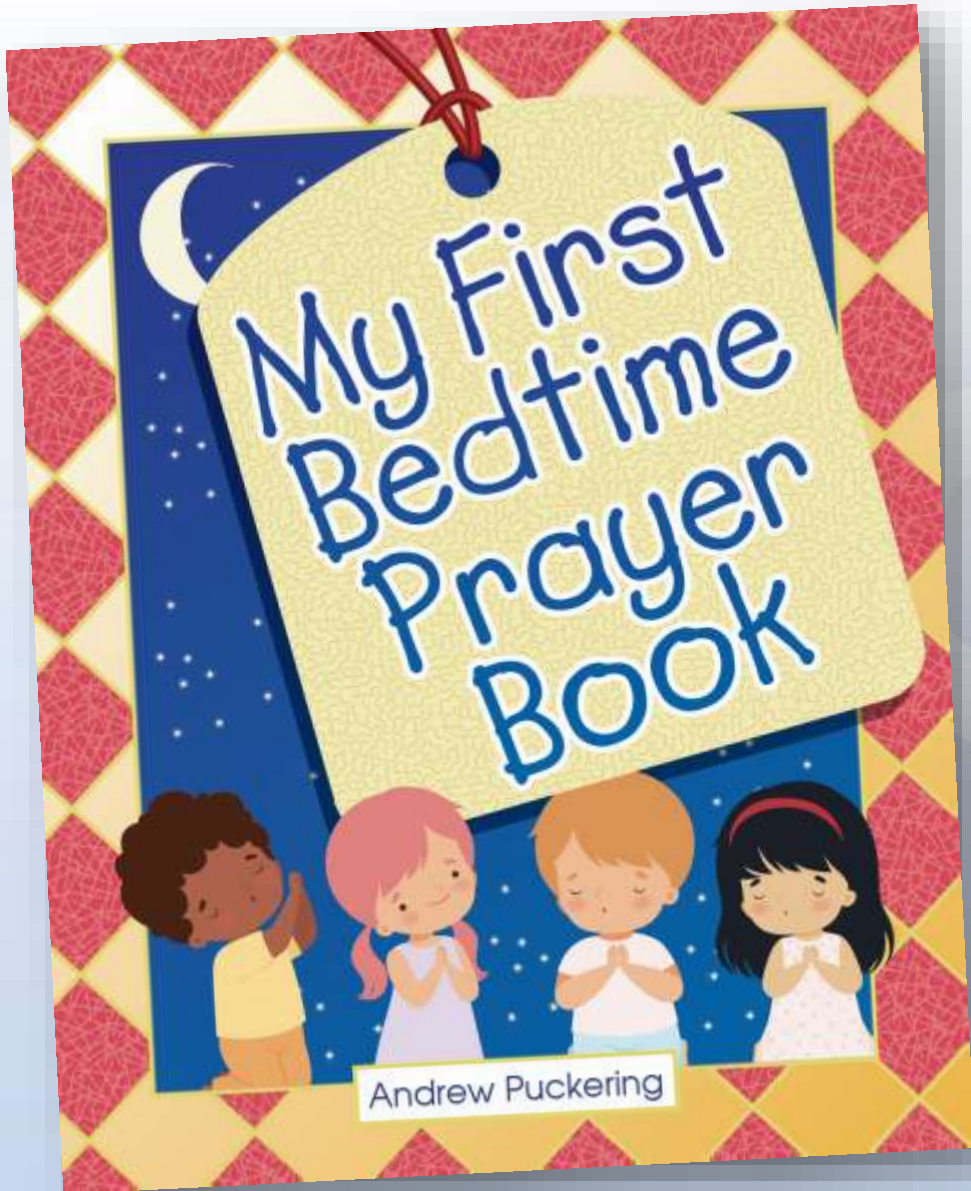
Can you search and find the things to look for in each picture?



**SPECIAL OFFER \$2.75**



# My First Bedtime Prayer Book



**NEW**

There can be few more vital things a parent can do for their children than to teach them how to pray.

Written by a committed Christian and father of two, My First Bedtime Prayer Book contains short and simple prayers written from a child's point of view to encourage young children to respond to God for themselves, each with a Bible verse from a child-friendly translation and a short rhyming couplet reinforcing the main theme of the prayer.

**21** I believe!

'You are blessed because you believed what the Lord said to you would really happen.'  
*Luke 1:45*

**Trusting God means I am blessed;  
He gives me perfect peace and rest.**

Dear God,  
I will trust You  
All my life  
Because I believe in the Bible.  
All Your promises are true  
And all Your rules are good.  
In Jesus' name,  
Amen.



**5** I am not too small to serve You

'But Gideon answered, "Pardon me, Lord. How can I save Israel? . . . I am the least important member of my family." The Lord answered him, "I will be with you."  
*Judges 6:15, 16*

**I'm not too small to follow You,  
For You will help me when I do.**

Dear God,  
I may be small,  
But it is nice to know  
You want me to be helpful.  
Help me not to be shy  
When You ask me to do something for You.  
In Jesus' name,  
Amen.



**3** The sky shows Your greatness

'The heavens tell the glory of God. And the skies announce what his hands have made.'  
*Psalms 19:1*

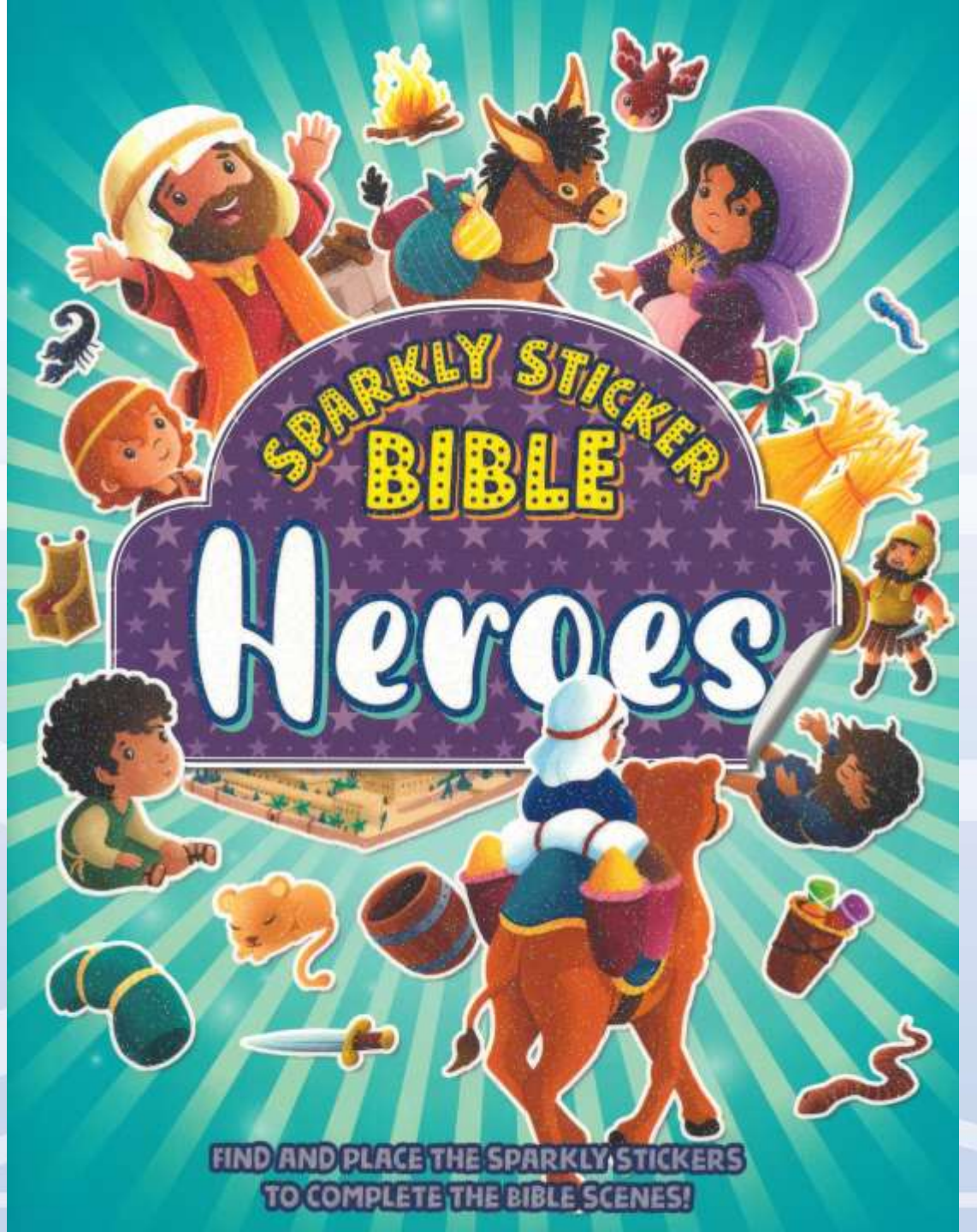
**The sky shows just how great You are;  
I know it when I see a star.**

Dear God,  
When I look out of my window,  
Or stand outside in the cool, dark night  
I see hundreds of stars,  
Sparkling, shining bright  
I know You made each one.  
What a big, big, exciting God You are!  
I love You!  
In Jesus' name,  
Amen.





My Favourite  
**Bible**  
Texts





The Stanborough Press Ltd.

52 

SERMONS

for kids

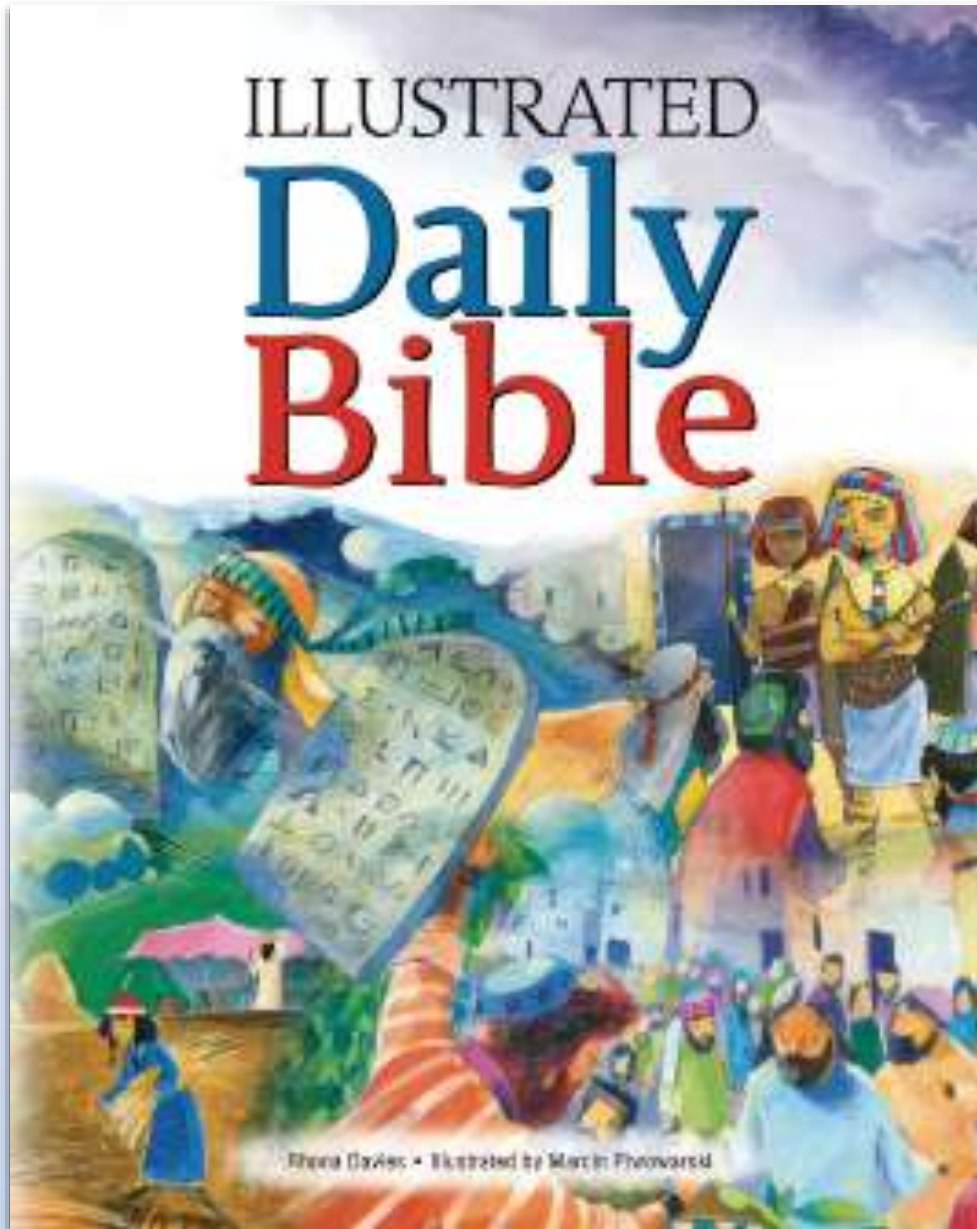
on Values

Your children will love these heart-warming sermons from all over the world who discover how to put their Bible-based values into practice!

The value in each sermon is supported with multiple Scripture texts, and each sermon is concluded with a prayer.

May your home be blessed and your children inspired to grow in God's love.

**Paperback**



**SPECIAL OFFER \$5.99**

This new children's Bible includes stories chosen to cover all the main events, retold with a continuous thread.

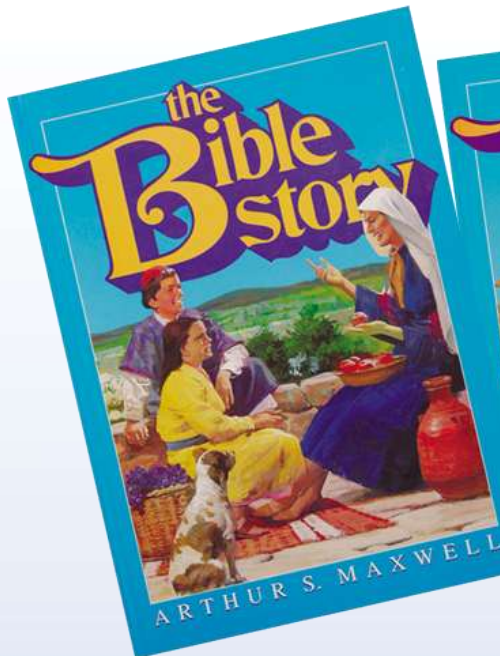
There are 365 stories, one for every day of the year, each accompanied by Bible quotations that give readers a taste of the language and style of the original texts.

The stylish illustrations illuminate and inform, while the easily accessible encyclopaedia at the end of the book helps to explain the context and background of the stories. All combine to make this useful and readable Bible for older children and their parents.

Hardback Picture Book



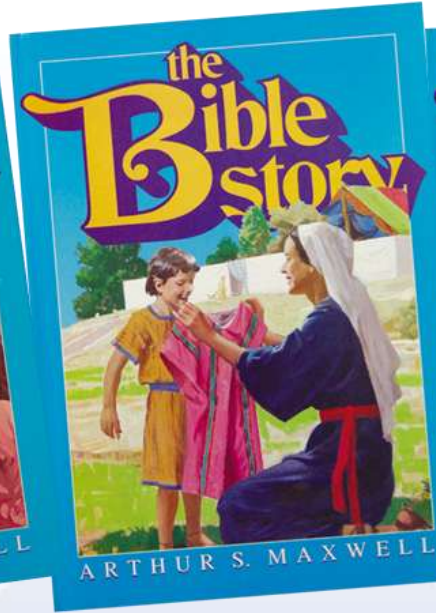
The Stanborough Press Ltd.



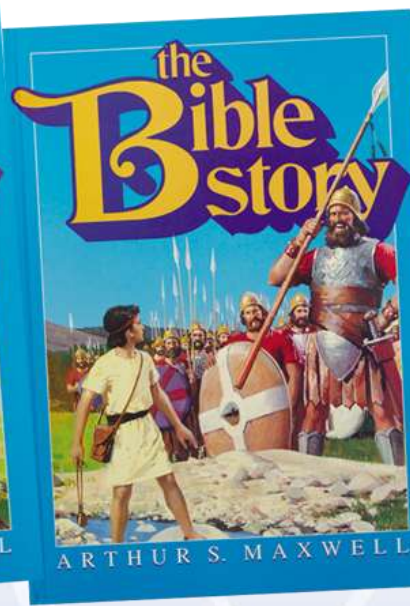
ARTHUR S. MAXWELL



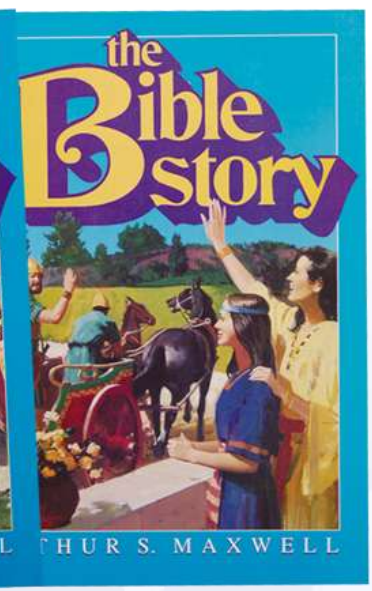
ARTHUR S. MAXWELL



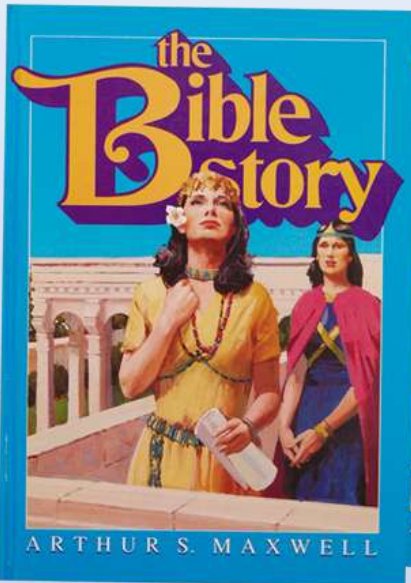
ARTHUR S. MAXWELL



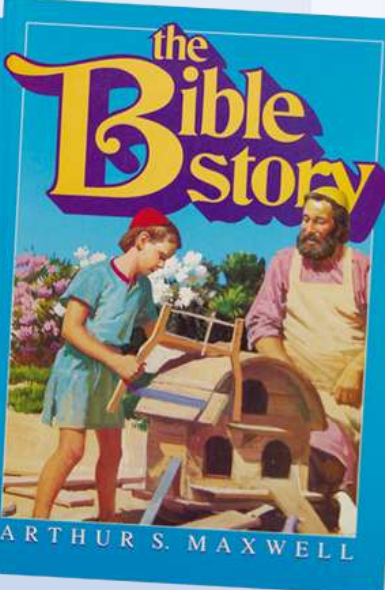
ARTHUR S. MAXWELL



ARTHUR S. MAXWELL



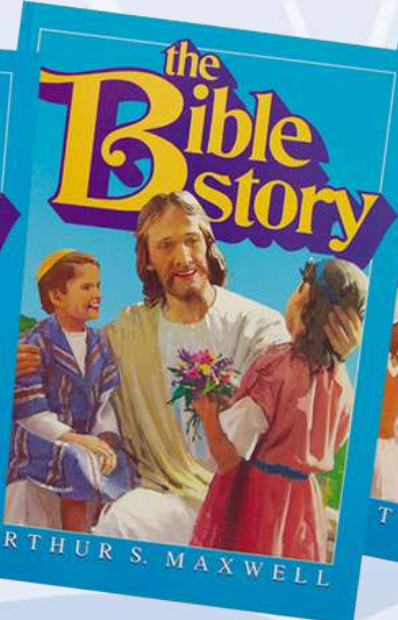
ARTHUR S. MAXWELL



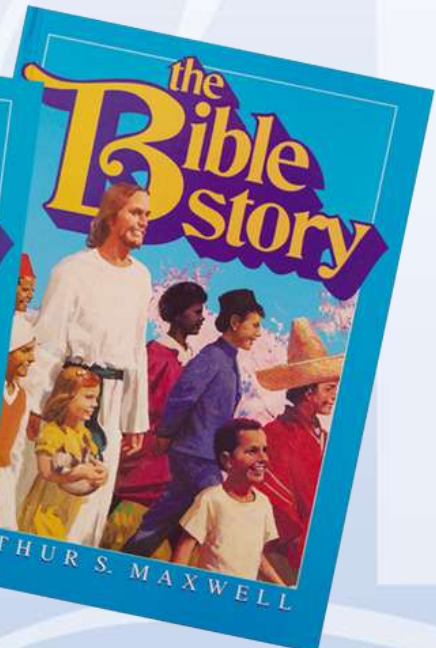
ARTHUR S. MAXWELL



ARTHUR S. MAXWELL



ARTHUR S. MAXWELL



ARTHUR S. MAXWELL



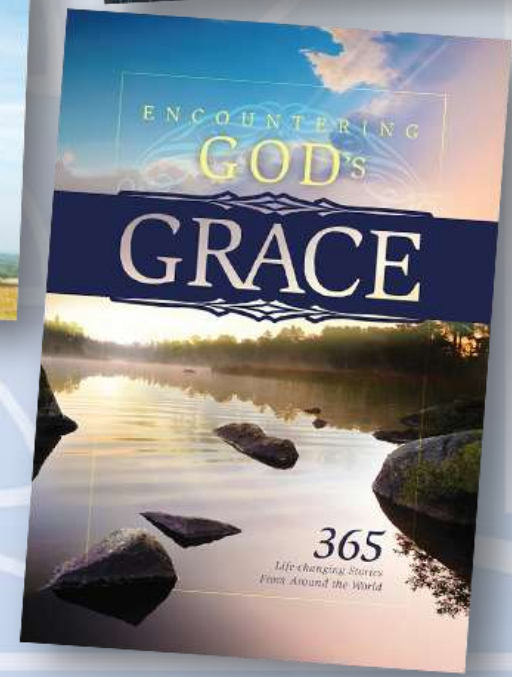
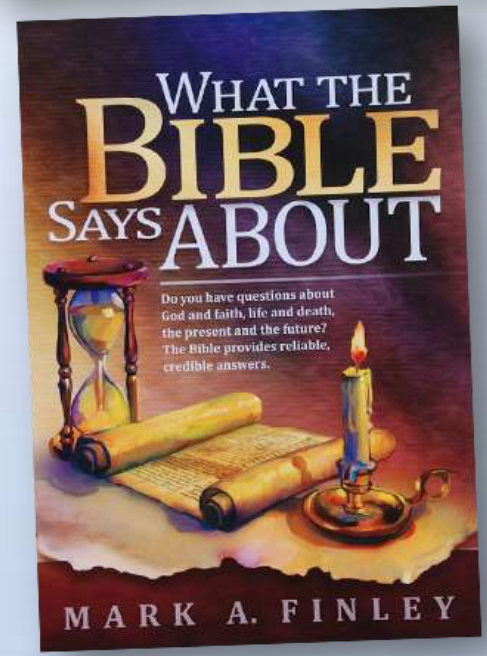
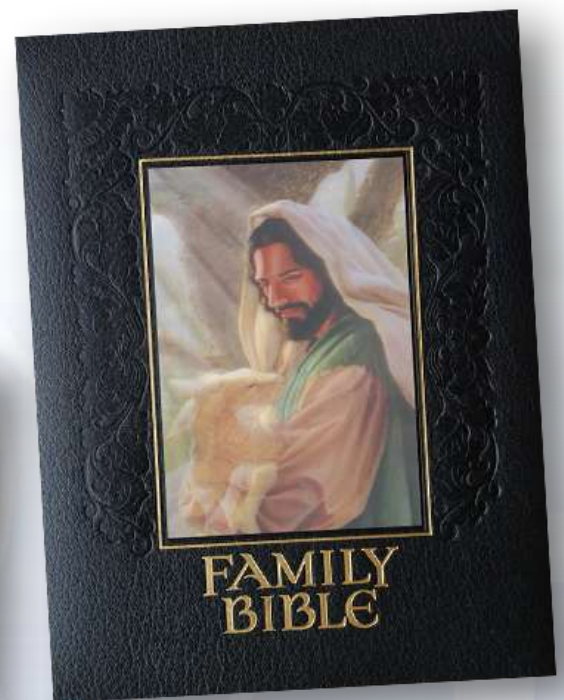
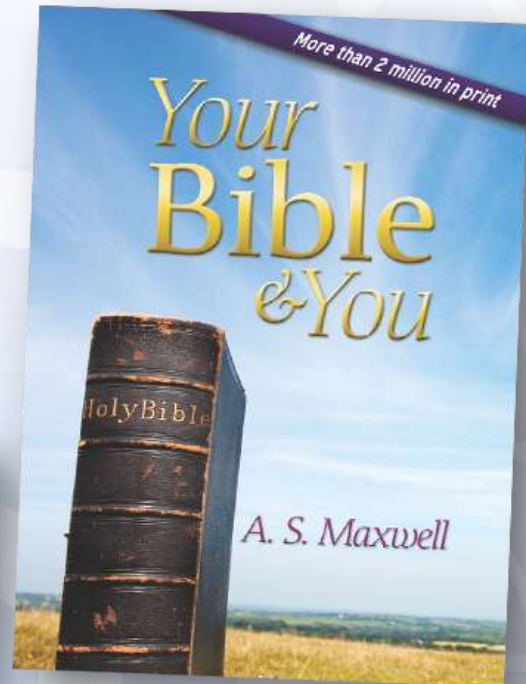
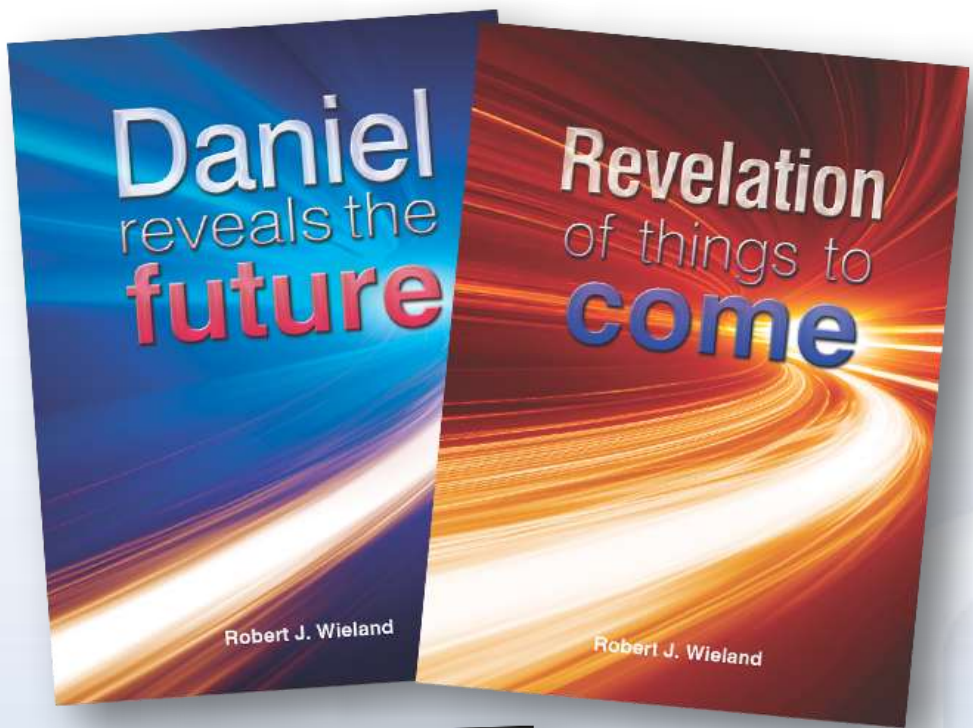
The Stanborough Press Ltd.

# Spiritual Growth



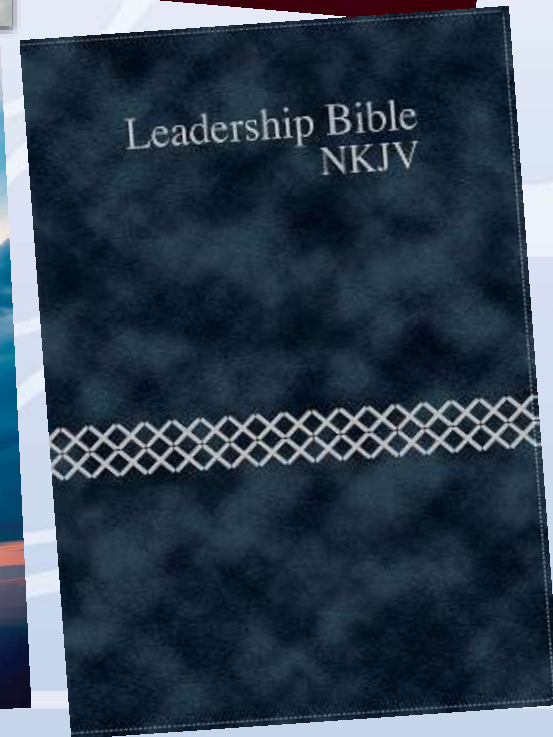
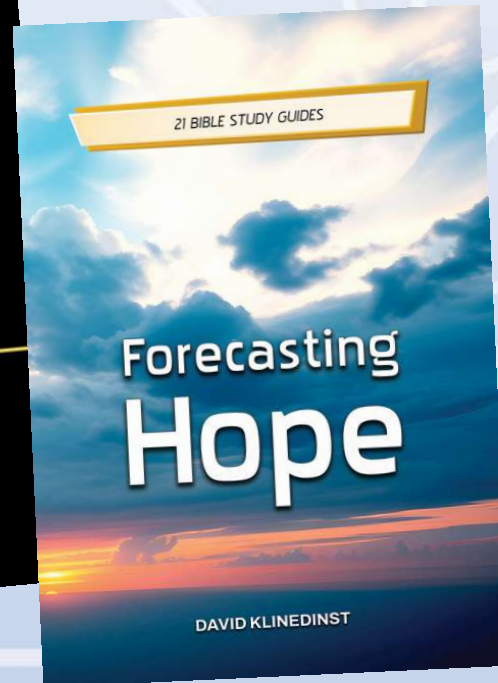
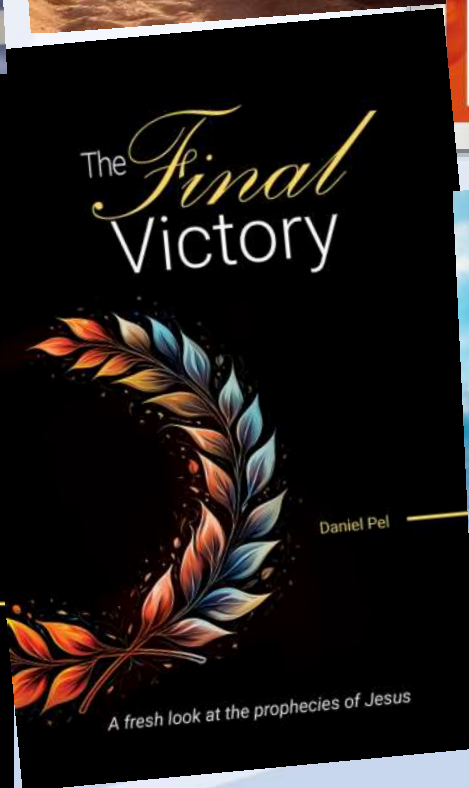
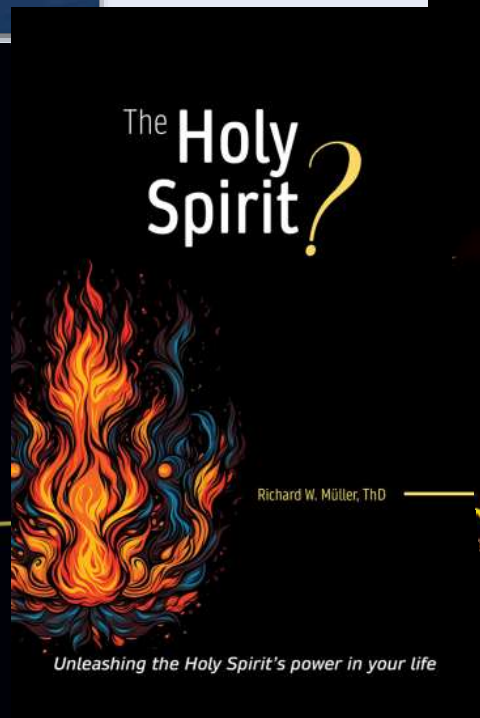
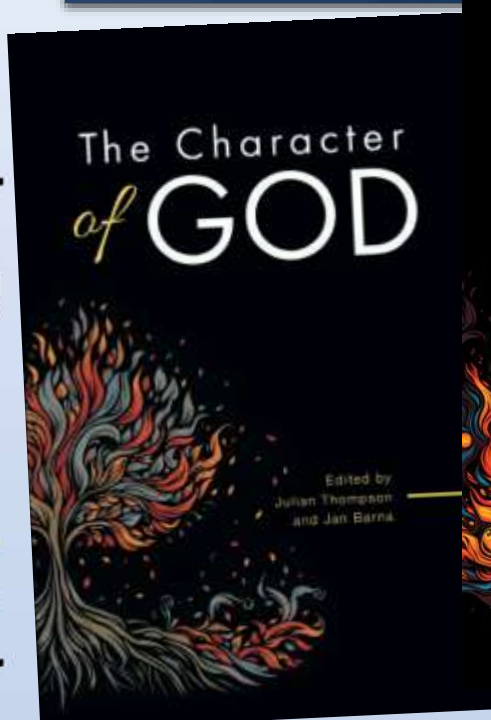
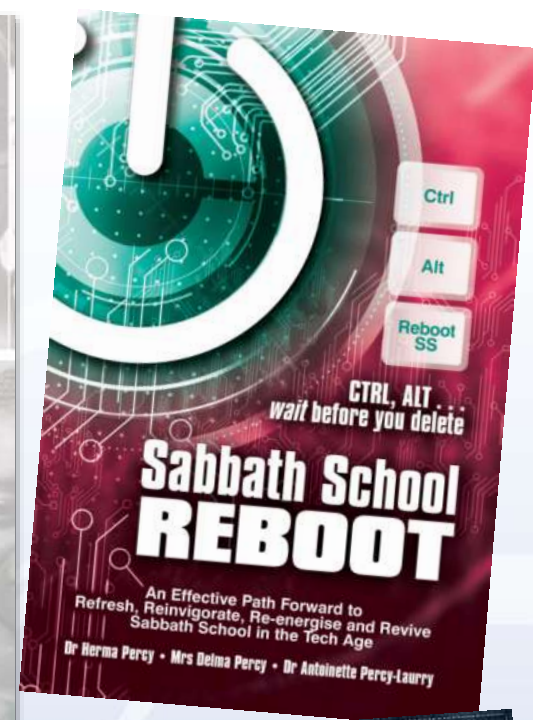
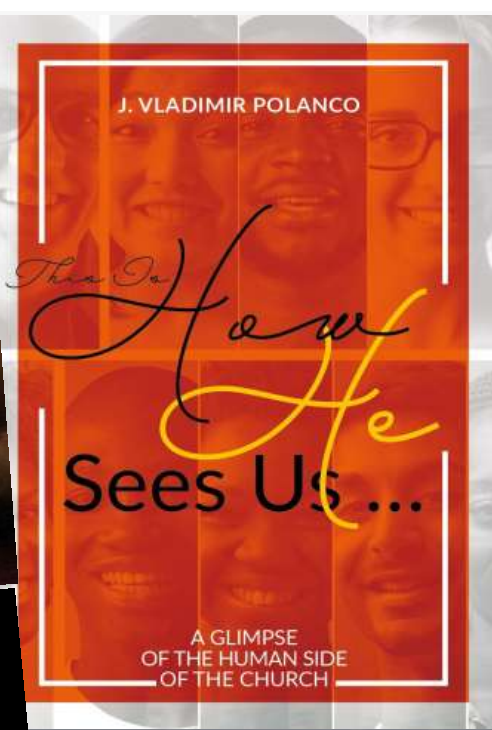
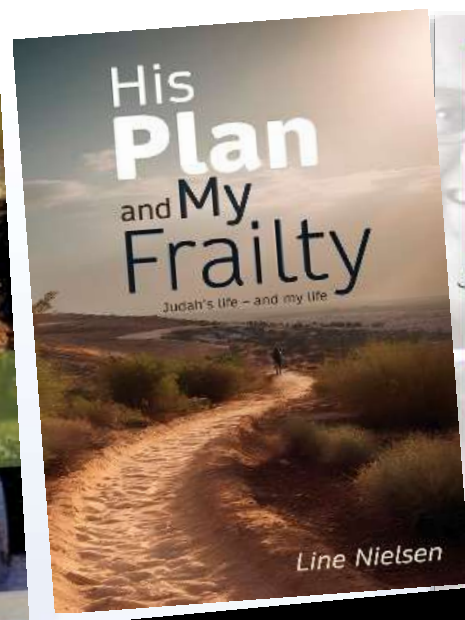
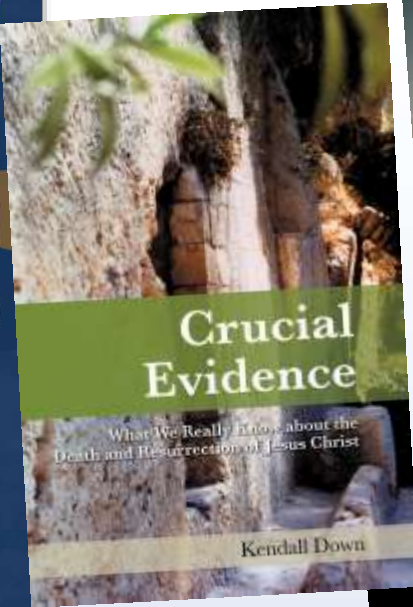
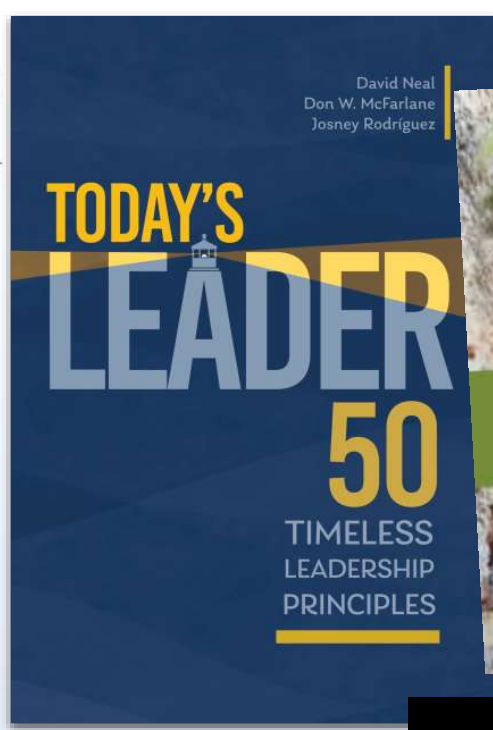
The Stanborough Press Ltd.

# Spiritual Wellbeing





The Stanborough Press Ltd.





Today there is still a need for inspiring leaders.

But, today more than ever, being a leader is a challenge, because we are going through an unprecedented crisis of confidence. To regain the trust that society has lost in leadership, a leader must live authentically, modelling timeless principles in their conduct.

Principles such as transparency, generosity, humility, loyalty, reflection, active listening, spirituality, moral value and vocation. Principles that, unfortunately, have been lost on the way to a technological and individualistic society. This book is about these kinds of principles.

Every company, every home, every church, every classroom and every country needs men and women who motivate, unite and push energetically towards a vision, managing, with their influence, to improve their environment. You can be that person who makes a difference.

To help you, these pages invite you to discover 50 timeless leadership principles. They are principles that we find in the Book of books; principles that ultimately point to the ultimate source of power for all successful leadership: God.

Do not miss this new title, it will help leaders today improve their devotional life and leadership experience.

NEW

Leadership Bible  
NKJV

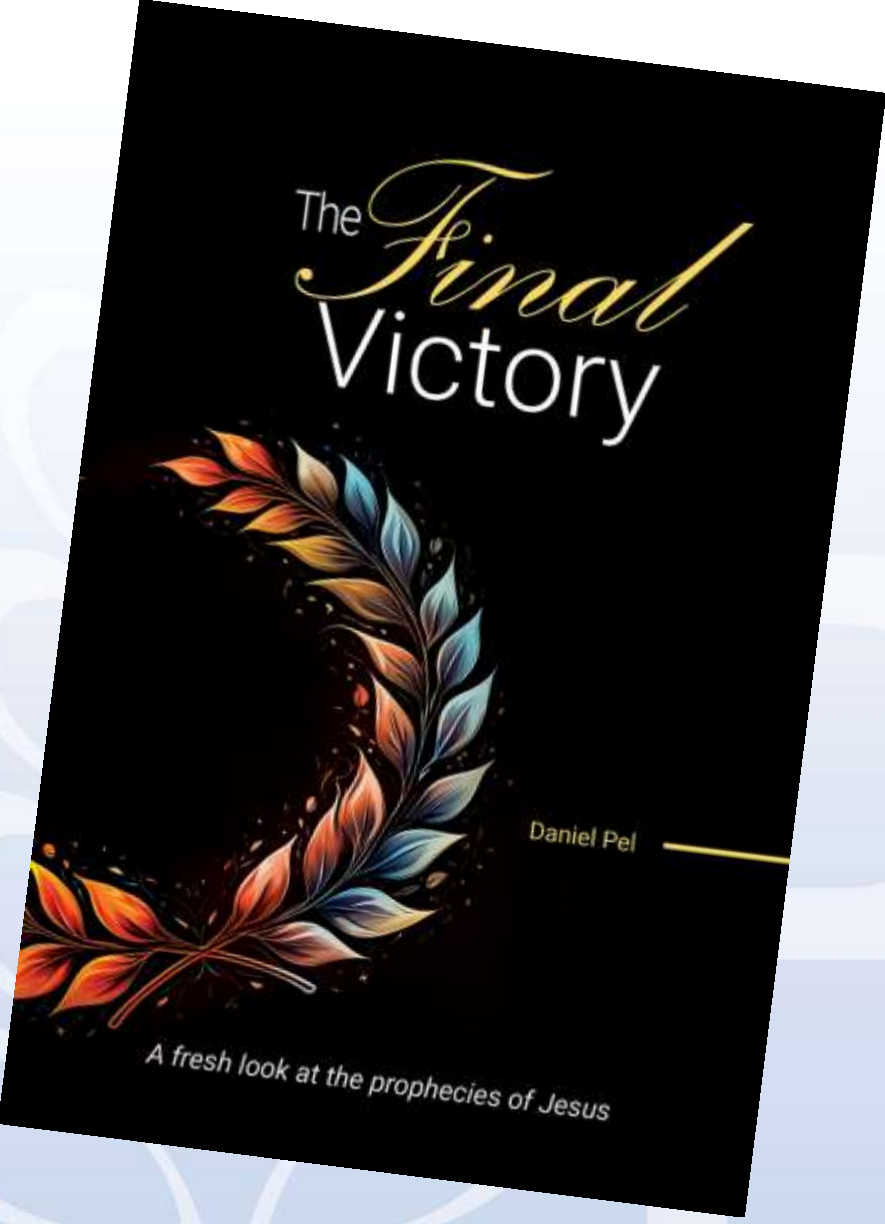
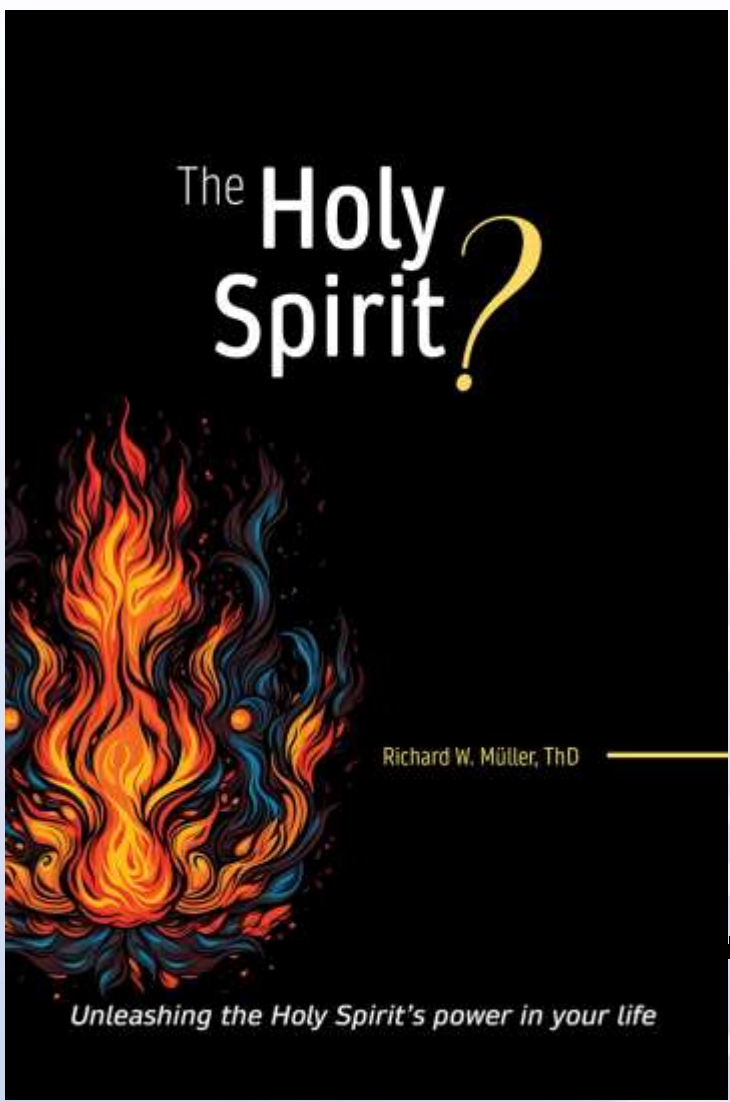
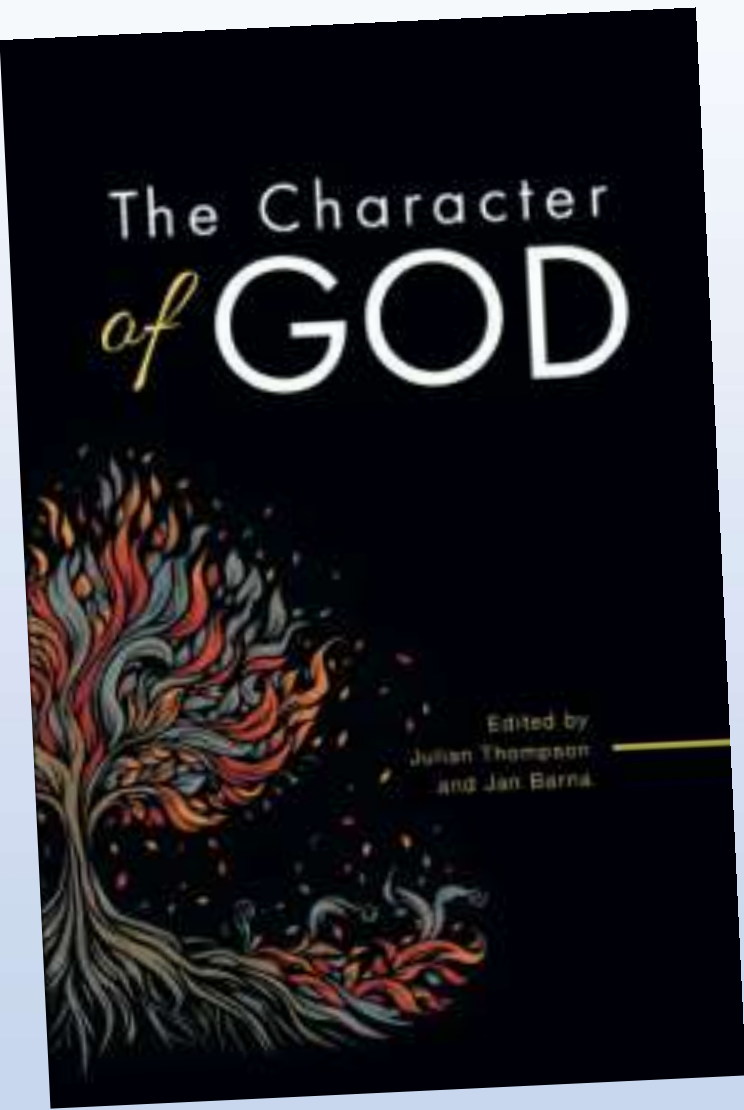
Leadership can be daunting – whom should we turn to for advice? Thankfully, God in His wisdom has made abundant provision for all our concerns in the pages of Holy Scripture.

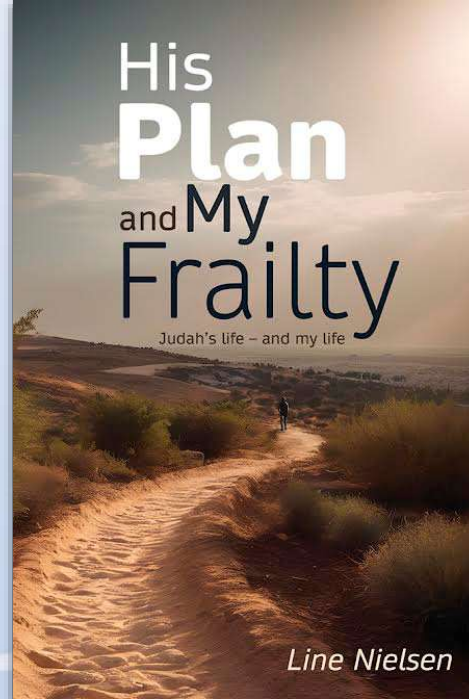
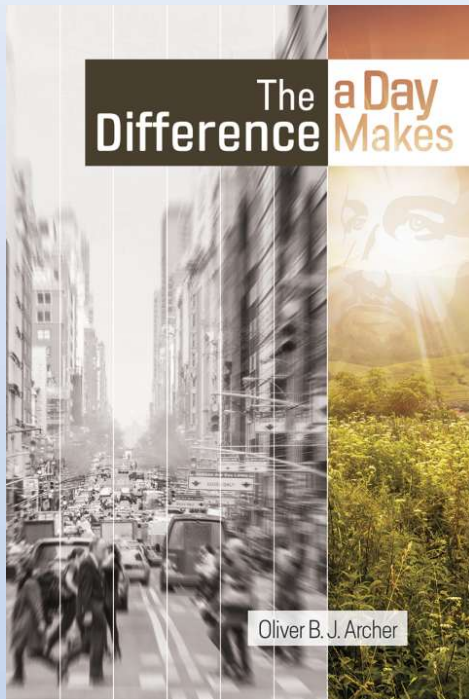
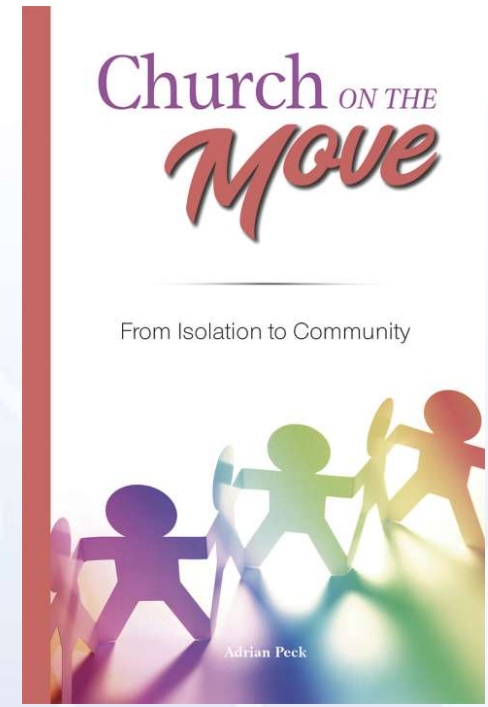
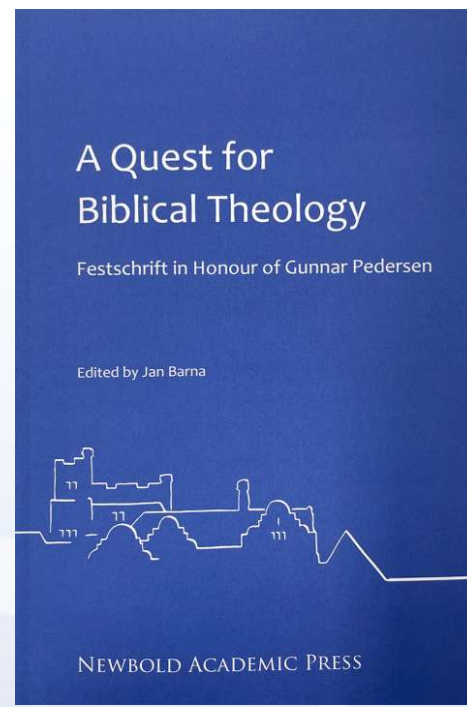
Alongside the accurate and accessible text of the New King James Version, you will find in this Bible plenty of insightful devotions and spiritual leadership tips to help you make a difference.

Created with all Christians in mind, they will be blessed by thoughtful and prayerful study of the Holy Scriptures and the Bible study resources, and both aspiring and current leaders will be richly blessed by the supplementary materials, including the 64 page inserts and the Learning to Lead section which contains: Leadership Qualities Index; Ten Commandments of Teamwork; Biblical Conflict Resolution Process; Leadership reflections for each book of the Bible; Great Teachings of the Bible; 200 Well-Loved Passages of Scripture; Bible Answers to Crucial Life Questions; Themed Bible Index; Bible Kingdoms and Empires; and 8 full-colour maps



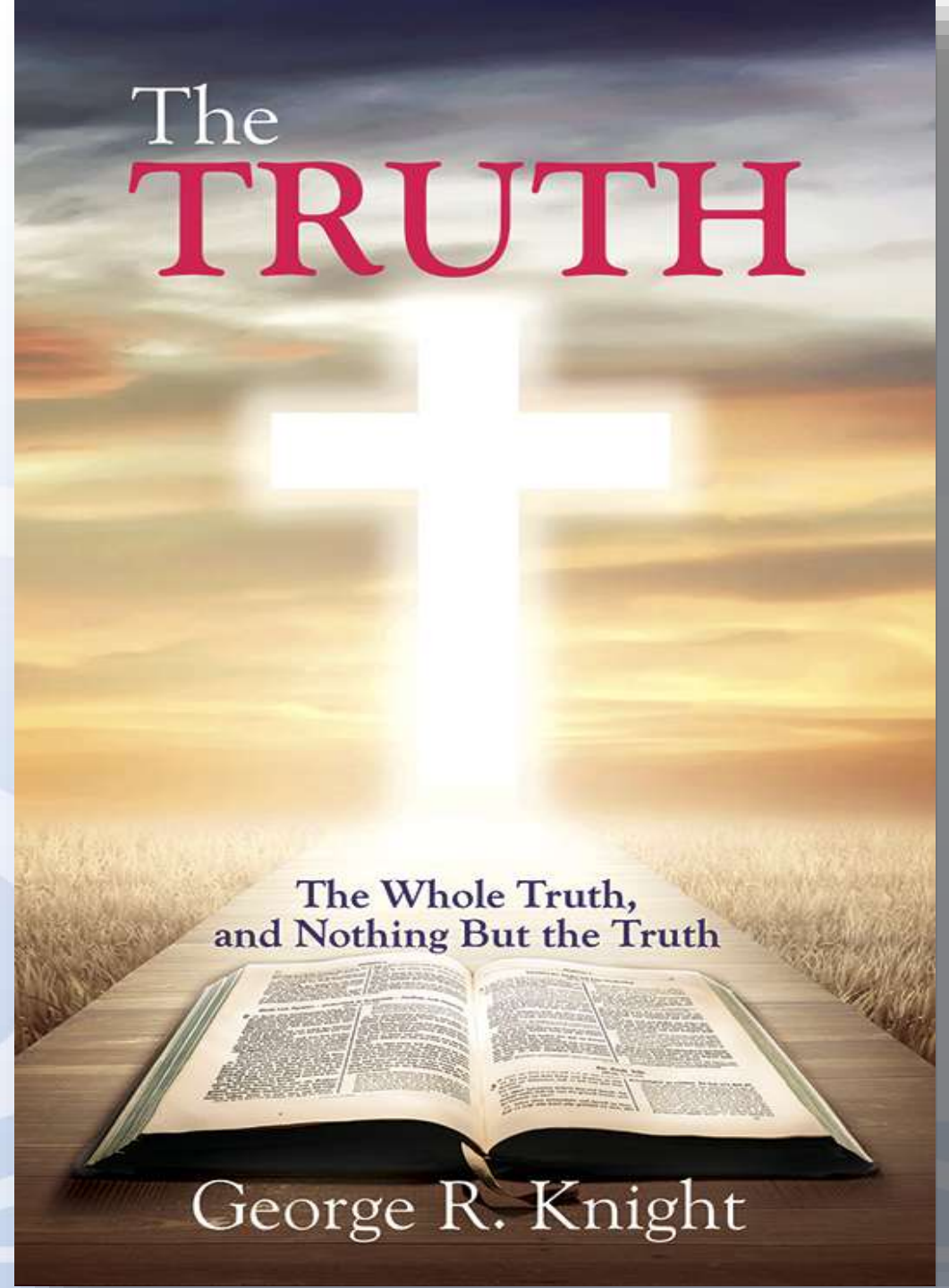
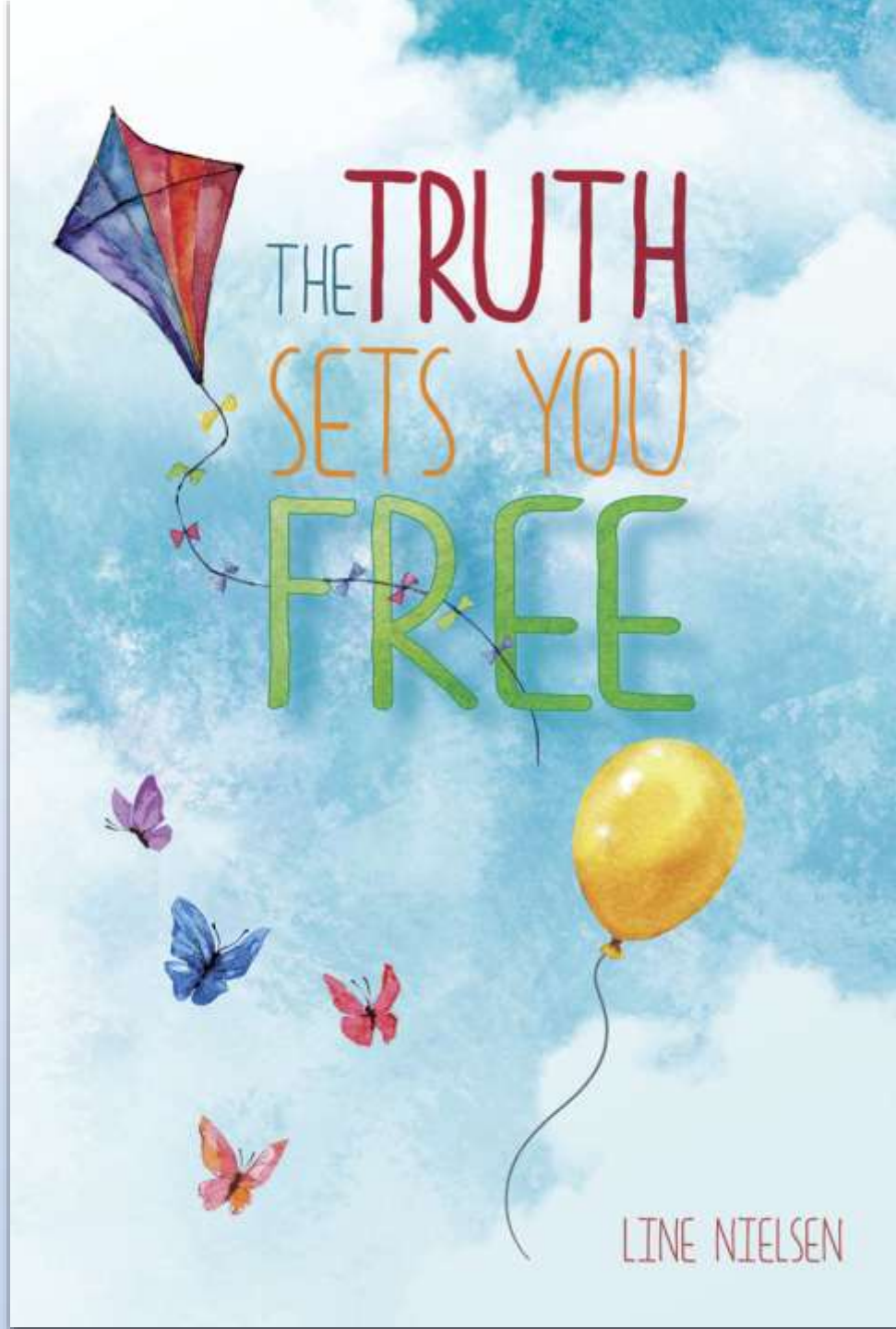
The Stanborough Press Ltd.







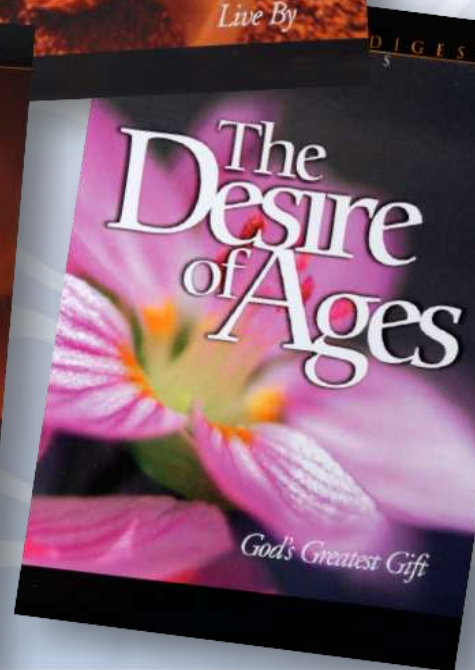
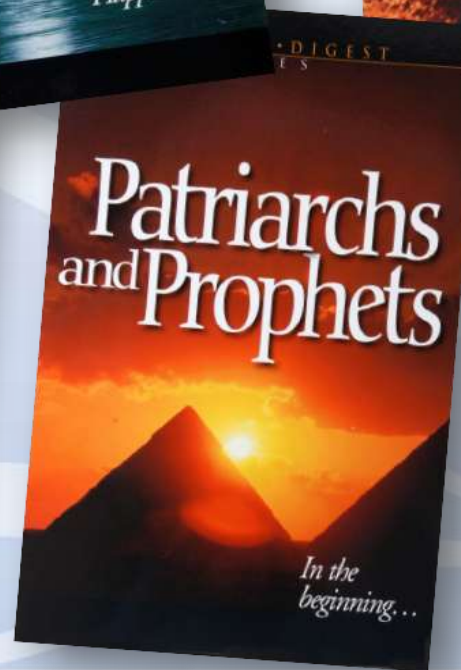
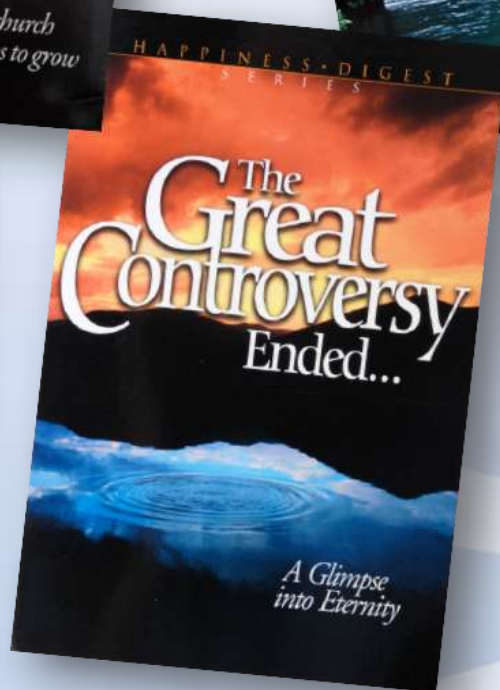
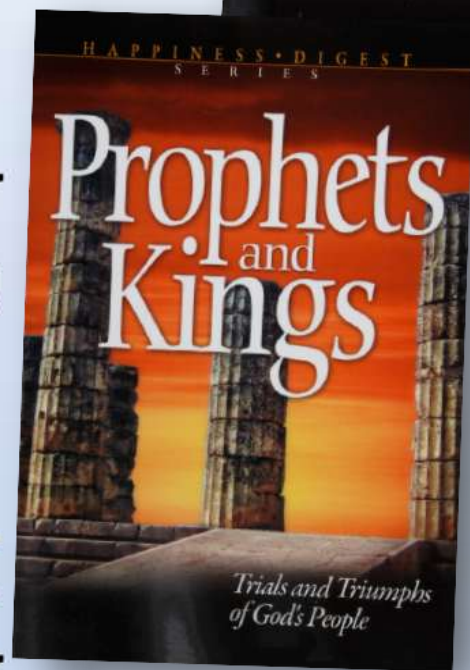
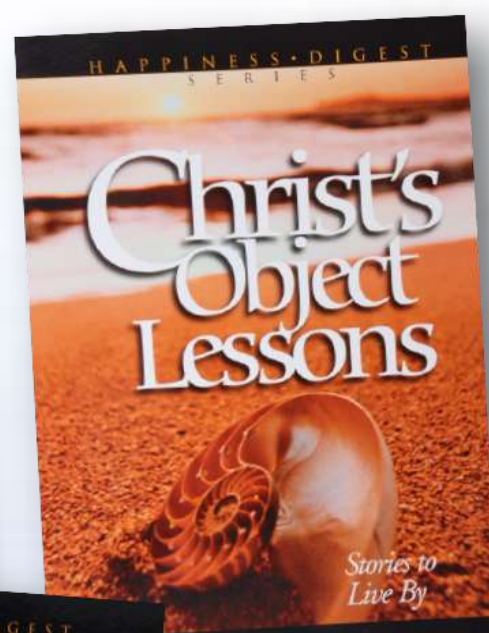
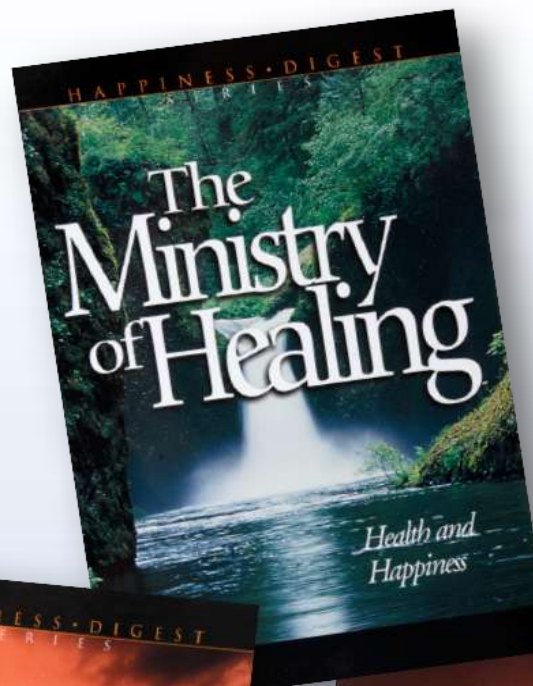
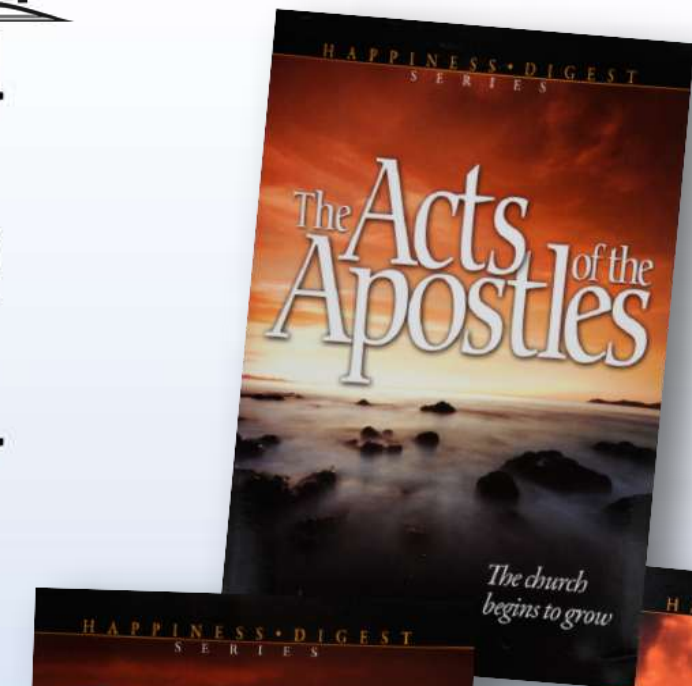
The Stanborough Press Ltd.



# Conflict Set and Spirit of Prophecy



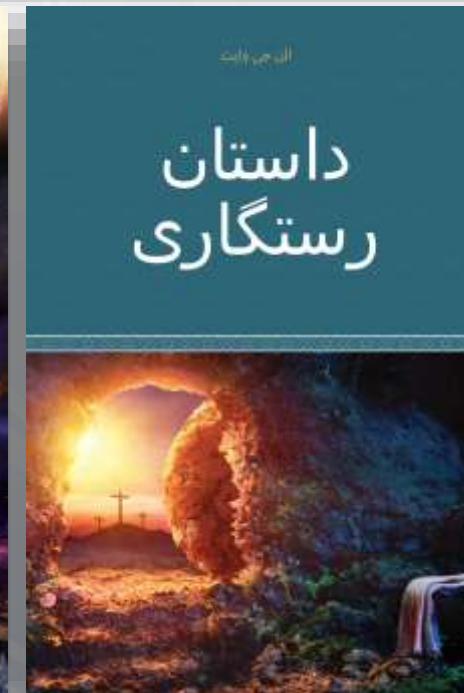
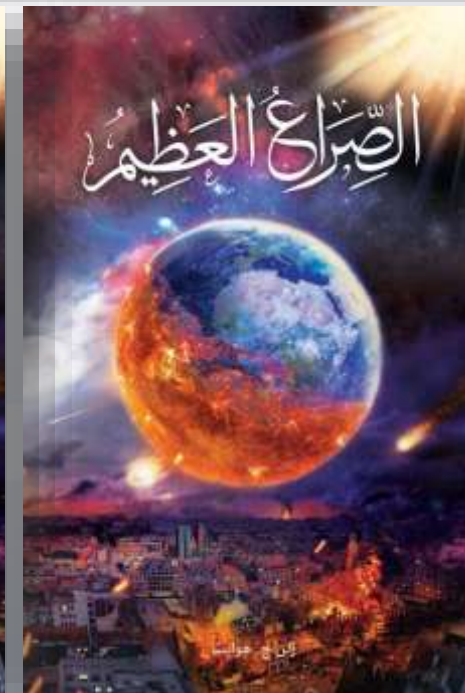
The Stanborough Press Ltd.

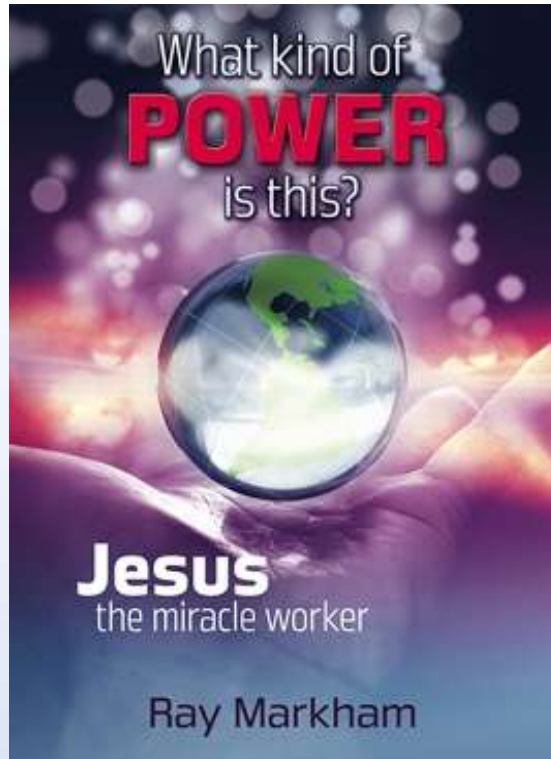




The Stanborough Press Ltd.

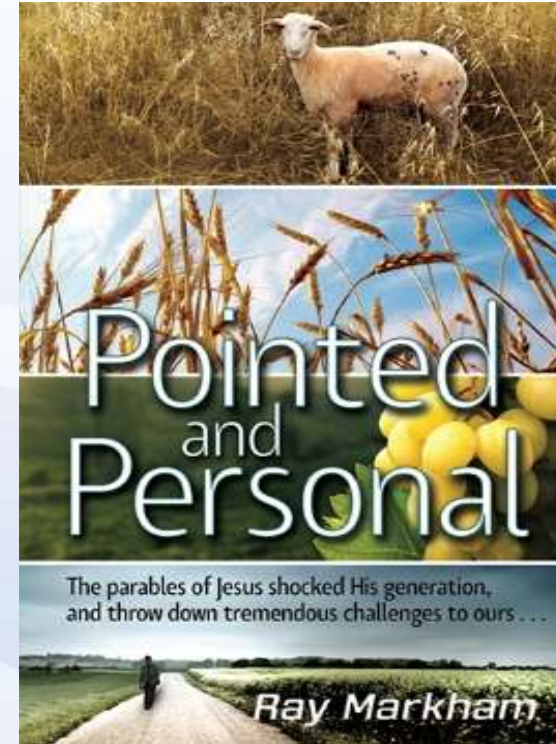
## Titles Available in Turkish, Farsi and Arabic



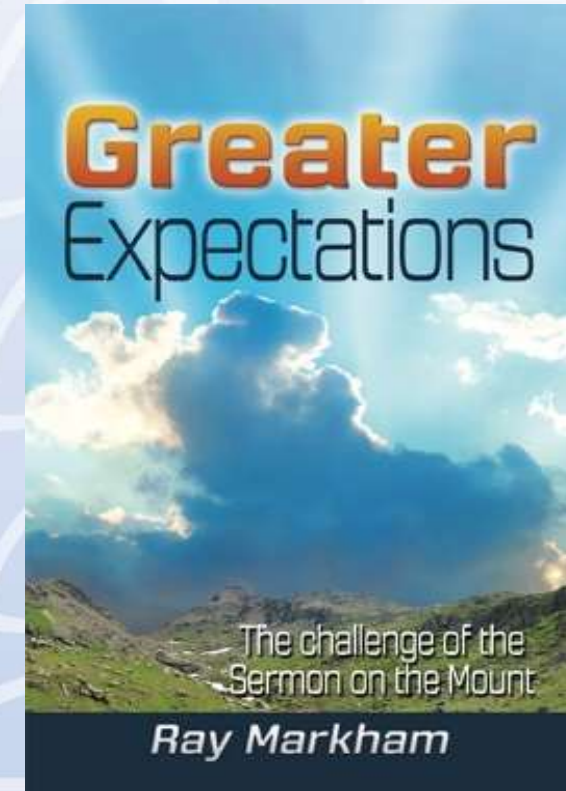


The **miracles of Jesus** demonstrate the Kingdom of God in action. They give us a sneak peek into what the Kingdom of God will be like when it is revealed in all its fullness.  
**Paperback**

A fresh and incisive examination of the cutting-edge **teaching of Jesus in the parables.**



The **Sermon on the Mount** is Christ's call for action. It is the Manifesto of His Kingdom – the distilled version of His entire teaching. Ray Markham presents these vital chapters of Matthew's gospel as the greatest challenges ever presented to Christians.



**SPECIAL OFFER \$2.99**



The Stanborough Press Ltd.

# Inspiration



The Stanborough Press Ltd.

# BEST SELLER

## No. 2

**W**e all want to be happy, but not all paths lead to this longed-for goal. In order to help us find the best path and not leave it, *NO MATTER WHAT HAPPENS, LIFE IS STILL BEAUTIFUL!* is going to show us step-by-step

- ✓ How to learn to be optimistic in spite of everything.
- ✓ What we are lacking, or what we have in excess, in order to reach maturity.
- ✓ The necessary ingredients for finding and strengthening interpersonal relationships that are enriched in all environments, including marriage and the family.
- ✓ The best method for controlling negative emotions.
- ✓ How to obtain freedom from addictions that enslave.

In these pages we will also discover where to find that source of unsurpassable power that is available to everyone and that will allow us to say correctly, *NO MATTER WHAT HAPPENS, LIFE IS STILL BEAUTIFUL!*



**Enrique Chajj** has extensive and successful experience as a journalist, editor, writer, international speaker, radio host, and director of the television program *Encounter with Life*. He enjoys great prestige in Argentina, his home country, where he has received numerous awards.

ISBN-10 1-78665-008-8  
ISBN-13 978-1-78665-008-5



9 781786 650085 >



The Stanborough Press Ltd

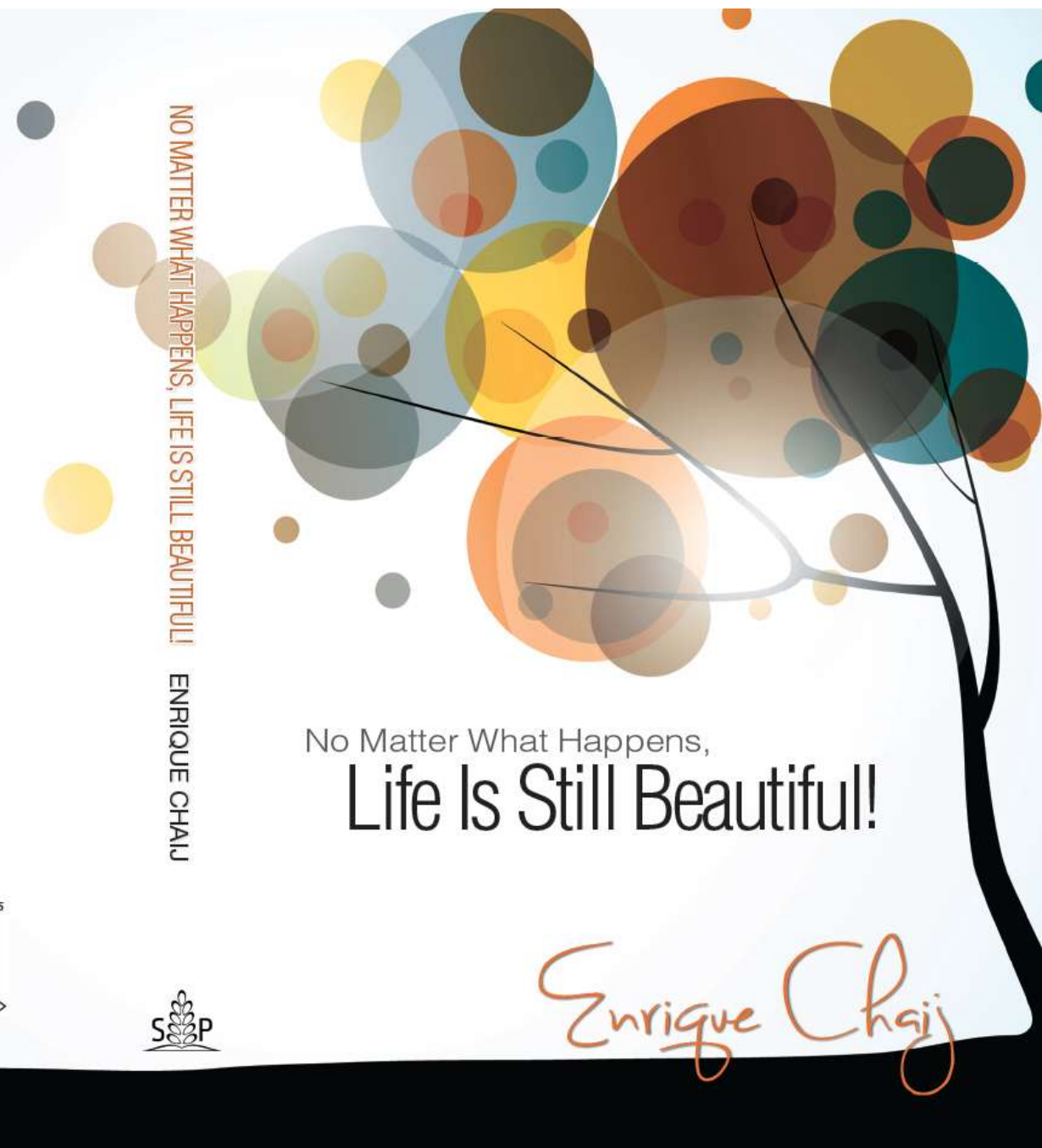


NO MATTER WHAT HAPPENS, LIFE IS STILL BEAUTIFUL!

ENRIQUE CHAJJ

# No Matter What Happens, Life Is Still Beautiful!

*Enrique Chajj*





# The Stanba



## The Beauty of Life

Every day becomes a song  
every obstacle, an opportunity  
and every material advantage  
of gratitude to the Creator.

# Contents

	PAGE
Introduction .....	9
1. The Beauty of Life .....	11
<i>Do I really have reasons to complain?: 12 / Accept yourself: 14 / Life's paradoxes: 15 / Get rid of fatigue: 16 / Always look at the sun: 18 /</i>	
2. When There is Harmony in the Home .....	21
<i>The lay of law: 23 / Family support: 24 / The third hand: 26 / Without envy: 27 / Soft words: 29 / The need for encouragement: 31 / Do not put off for tomorrow the compliment that you could give today: 32 / Balance: 35 / The value of tolerance: 35 / The true beginning: 36 / The trial of unfaithfulness: 36 / Domestic economics: 39 / A child who is fed on sloths: 41 / Thirsty for parental love: 42 / The good child: 43 / The greatest need: 45 /</i>	
3. Positive Interpersonal Relationships .....	49
<i>Affector: 51 / Understanding: 52 / Courtesy: 54 / Forgiveness: 55 / The Golden Rule: 56 / The second mile: 57 / The reward of love: 59 / Our neighbors: 61 / You will be victorious: 63 / A minimum of sensitivity: 64 / The power of love: 66 / A posture of sympathy: 67 /</i>	
4. In Search of Maturity .....	54
<i>The foolishness of envy: 79 / The ten commandments of bitterness: 79 / Free from worries: 79 / Control of the emotions: 79 / Control of the mind: 80 / Physical and mental health: 83 / What does maturity consist of?: 84 /</i>	
5. True Happiness .....	89
<i>Happiness, that pleasant state of the spirit: 89 / Don't let anyone steal your happiness: 91 / The principal ingredient: 92 / A safe path: 95 / The best of happiness: 98 /</i>	

### 14 No Matter What Happens... Let It Be, Blessed!

just watched the others play. Our friend wanted to ask him why he was not playing with his friends, but the child just sat there without saying a word. He was deaf. After an affectionate wave, Peter continued on his way saying to himself, "Lord, I thank You because I can hear. Help me to control my complaining spirit."

Isn't it true that something similar has happened to you sometime? We complain because we have too much work or because we have lost the job we had or our salary is not enough or because we have a pile of problems. Why do we complain so much? Perhaps because we stop too much to think about things we do not have or we forget the enormous capital we have through the simple fact that we can walk, see, hear, and speak.

If we have complained too much up to now because of our supposed "bad luck," why not decide to change our mental attitude and be more careful with our words? Ask yourself, "Do I have legs, have do I use them? Do they always take me to the best places? I who have two eyes to see, do I know how to watch what is challenging and constructive? Do I have a pair and sympathetic, pleasant to others? I who can hear and speak, what things do I listen to and what words do I say? Do I open my mouth only to say what is correct and kind?"

#### Accept yourself

The story is told that there was once a little iceberg in the arctic region that was very unhappy with its life, especially because it had spoken with some seals that had told it about the beauty of the south, where the sea shone under the glory of the sun. An old iceberg



How important it is to accept oneself!

6. The Formulas for Success .....	101
<i>Never downward: 103 / Be renewed or die: 104 / Constant improvement: 105 / The greatness of the small: 106 / No time to sleep: 106 / Perseverance: 109 / In order to conquer discouragement: 110 / The burden becomes less heavy: 112 / The decisive factor: 114 / Close to the Guide: 115 /</i>	
7. Even in the Midst of Pain .....	119
<i>The best is waiting for you: 121 / A sky without the sun: 123 / Blessed laprosis: 124 / "I suffered, but I learned": 125 / Productive hardness: 126 / Punishment or lesson?: 126 / After the darkness: 129 / A way of escape: 131 / Saved from death: 132 / The undeveloped: 133 / Three paths, or one?: 135 / Changing the question: 136 /</i>	
8. Free of Bad Habits .....	141
<i>"It is the only vice I have": 142 / A bottle broken in pieces: 144 / "You have to die from something": 145 / The will to conquer: 145 / "Just one time": 146 / Pull it up by the roots: 150 / Zelenka's misdeed: 151 / So that you do not repeat it again: 152 /</i>	

### 15 1. The Beauty of Life

that found it interesting said, "See, our destiny is to remain here and we should be content with the circumstances and serenity that are around us."

Nevertheless, the little iceberg did not follow the advice of the older one. Thus, one day it left its companions and set out on a journey to the south. "Now I will go to know the world," it thought.

However, the first thing it found was what a collision with a ship in the dark sea like. While it was suffering from the pain of the collision in the middle of the rough waves, it remembered how much better life had been in its old home. As it continued its extremely dangerous adventure, the sun looked at it one day from the height and the poor iceberg began to weep and weep. The heat of the sun melted up nothing completely and it disappeared into the ocean.

How many people are like this dissatisfied iceberg in the sea of life! They are always unhappy with what they are and what they have and they always cover the apparent advantages of their neighbors without remembering that they themselves have conditions that can open the door of happiness and success to them if they developed these conditions. There are even many people who do not cultivate their personalities and their own talents and even set out to imitate others slavishly, thus selling their own individuality. In the end, they have to recognize that they have not managed to be one or the other simply because they did not know how to be what they should have been.

How important it is to accept one's self and to be oneself! Otherwise, how could we be satisfied and develop our own gifts and abilities? However simple we are, we all have good possibilities of developing ourselves and reaching an acceptable measure of well-being and satisfaction.

#### Life's paradoxes

The British writer Arthur Clarke (and author of 2001: A Space Odyssey) said in the middle of the twentieth century that unless the human brain should be able to understand how to control all of the

NEW

Fernando Zabala

# What Happy People Do

KNOWING HOW TO LIVE

- Learn how to live life without hurting others or yourself;
- to life more peacefully in a world that is in permanent conflict; -
  - to store the past and live in the present without endangering the future;
  - to make life beautiful, even though ugly things will always exist;
  - to not be a failure when you fail, and to do good even though you may not be good; to change the ordinary into the extraordinary;
  - to be content without falling into conformity;
  - to discover the true purpose of your life;
  - to accept providence without being fatalistic; and
  - not to leave for tomorrow what you can do today, because the only moment you own is the present.

*What Happy People Do* teaches us to find happiness without having to search for it.

This book is for everyone wishing to develop their attitude to be more positive and improve their well-being.

Fernando Zabala has extensive credentials as a professor, university president, speaker, editor and witty and profound writer. . . . However, his best references are the lives his books have changed.

NEW

# Dejected



## or Redirected?

By Alison Awuku

We all have an inherent need for acceptance, validation and belonging. We all need to feel loved. But what happens when we face rejection – either from others or from ourselves?

Closely examining the work of psychological researchers on this topic, along with the trustworthy counsel of Holy Scripture, the testimonies of others, and her own lived experience, Alison Awuku takes us through why people reject others, the psychology of self-rejection, the need for resilience, and the gift of being able to see rejection as a needed opportunity to refocus and even as a blessing.

May you be significantly blessed and enriched to fulfil your purpose as you consider whether to be Dejected or Redirected.

Alison Awuku, MA, MSc is an accredited psychotherapist and counsellor based in the UK but originally from Ghana. She is passionate about helping varied individuals, groups and organisations at all levels to achieve positive and effective relationships and positive mental and emotional health through education, empowerment, therapy, coaching, mentoring, workshops, events, and writing.

## Dejected or Redirected?

<b>Chapter 4: Finding the Strength for a Breakthrough</b> .....	81
Perspective and purpose .....	86
Re-establishing the right roots .....	87
Practical steps for dealing with rejection .....	89
Be aware of yourself and those around you .....	89
Accept the reality of rejection .....	90
Acknowledge and let go of the pain of rejection .....	90
Embrace other opportunities .....	91
Social media and rejection .....	92
Key takeaways .....	95
Points for reflection .....	95
Supporting others .....	96
<b>Chapter 6: When Shut Doors Are a Blessing</b> .....	97
Becoming more resilient .....	98
Acceptance .....	104
Mastering emotions .....	105
Focusing on the big picture .....	106
Expressing forgiveness and gratitude .....	106
Practising self-care .....	108
Appreciating the gift of changed directions .....	110
Becoming aligned with your purpose .....	111
Timing .....	112
People .....	113
Places .....	114
Novak Djokovic – a champion's journey of resilience .....	115
Key takeaways .....	117
Points for reflection .....	117
Supporting others .....	118

## Contents

<b>Chapter 7: Growing and Thriving in the Face of Shut Doors</b> .....	120
The power within – choice .....	120
Hope that does not perish .....	124
Change that motivates .....	127
Why is this change necessary? .....	129
Visualising the change .....	129
Engaging in the necessary thoughts, actions and behaviours .....	129
– the process of change .....	129
Dealing with rejection: the place of faith .....	134
Key takeaways .....	136
Points for reflection .....	137
Supporting others .....	137
Conclusion .....	139
List of Figures and Tables .....	141
Index .....	142

## Dejected or Redirected?

### 5. Fear of rejection

Being rejected and left out is one of the biggest fears we experience as humans. For some people, it is difficult to cope with the pain of rejection and move beyond the experience. When this happens, the prospect of rejection becomes so unbearable that, to protect themselves from being hurt, people who fear being rejected will pre-emptively reject others before they themselves can be rejected. Rejecting others before others can reject them therefore becomes a defence mechanism.

Back to the story of David: this story of a young shepherd boy who defeated the mighty giant Goliath is often used by many to illustrate how we can defy the 'giants' that we face in our lives if we have the right beliefs and attitudes. However, the extent to which David had to defy the burden of rejection is often understated.

The story of how David was eventually chosen and anointed to be the future king emphasises the power of destiny over rejection. (At this point we should note that in this book the word 'destiny' will be used to mean simply those things that will happen in the future, as defined by the Cambridge Dictionary, without any connotation of humans being forced into a particular path.)

Although the Bible, which narrates key events in the life of David, does not delve into the emotional impact of rejection on David, there is no doubt that, every time he was rejected, the aim was to shut the door to the opportunity to move forwards in a particular direction. David most likely felt the pain of rejection, but still found the motivation to keep pursuing his goals, and he was eventually able to fulfil God's purpose for his life. However, for many people, rejection evokes challenging emotions of dejection, shame, worthlessness and sadness, to name a few, which are often demotivating, and this can keep them from progressing.



## When the Door Slams Shut

### The psychology of rejection

Rejection often causes emotional, psychological, and even physical distress for many people. The extent to which we experience and can overcome the distress caused by rejection depends on how effectively we can cope with negative emotions and our ability to manage or tolerate distress; our past experiences of rejection; and, ultimately, our beliefs about ourselves and those around us. We will explore this in more detail in future chapters.

Rejection can lead to experiences that keep individuals in a vicious cycle, as illustrated below:



Figure 2 – The vicious cycle of rejection

When the door is shut and we are denied the validation that we naturally desire, research shows that we can experience not only emotional and psychological pain, but also physical pain, due to the fact that the impact of rejection activates the same pathways in the brain that are responsible for physical pain. This means that for many of us, when we are rejected, we have a rejection more painful.

## Dejected or Redirected?

### Being rejected destabilises our fundamental need to belong

us. This means that a person who is at this stage following a rejection is in the best position to process the impact of being rejected and take steps to move forwards. This could mean talking to a close friend, a family member, or some other trusted person about how the rejected person is feeling and seeking alternative opportunities.

A few months later, after I had formed new friendships, the group of friends who had been unkind to me were once again keen to be friends with me. The friendships were rebuilt over time but, inside of me, the spark that had existed before was no longer there, as I felt insecure and inferior to the others, never knowing how fully I had been accepted back into the group or why I had been rejected in the first place.

Being rejected by my friends caused a deep emotional wound, and, although I eventually healed, the scar still remained, reminding me of the negative impact people can suffer when we make them feel unwanted. Although I did not realise it at the time, I had gone through the difficult thoughts and emotional processes that characterise loss and grief. Rejection, when experienced in a significantly negative way, can often result in some or all of the stages of grief. Thankfully, in most cases of subtle everyday rejections, we do not necessarily experience the more challenging stages of grief, and we generally accept the fact that we have been turned away, in these cases, acceptance is the only stage of grief that we commonly experience.

In conclusion, so far in this chapter, we have focused on the kind of rejection that comes from sources or people external to the individual being rejected, considering how we can experience grief and loss as a result of our experience of being rejected.

However, it should be noted that there are many people who, as well as experiencing rejection from others as an external experience, also feel rejection coming from within themselves. We will look at this in more detail in the next chapter, after the key takeaways and points for reflection on the universality of rejection and its impact.

## The Universality and Impact of Rejection

### School bullying and rejection

One of the most important considerations for young people and their parents is how safe and comfortable they feel at school. For the majority of children and young people, especially above the age of 8, a significant amount of time is spent in schools, where friendships are developed and a variety of social skills are learnt. Naturally, therefore, school is an environment where young people seek a sense of belonging.

Unfortunately, many young people suffer rejection from their peers. If you are a young person, perhaps you can remember a time when you were bullied or when someone you know was bullied. Likewise, many adults will have stories about how they or their friends experienced bullying in their school days.

Bullying involves systematically and deliberately undermining and abusing another person, which results in an unhealthy imbalance of power on the part of the bully, and leaves the person being bullied feeling oppressed, helpless, and, in many cases, scared and depressed. The effects of school bullying are far-reaching and are normally heightened in young people who seek to explore, understand and appreciate their own sense of identity through a sense of belonging with peers.

Being bullied at school makes or has made many of us feel a sense of shame and worthlessness, accompanied by deep sadness, anxiety, anger, frustration and loneliness. But, naturally, we ought to ask the question: "Why do school bullies still exist, particularly as many schools and educational institutions have policies on bullying and try to proactively stop people from bullying others?" If you have suffered rejection in the form of school bullying, it may be



## Dejected or Redirected?

confidence and skills to build the resilience we need to face life's challenges, including when we face rejection. It is therefore necessary to consider how we can establish roots of love, belonging and acceptance.

### Faith and love

Christians and believers in other communities of faith place much value on spiritual qualities. For Christians, God, as the Creator, Sustainer and Protector of all people, relates to each person with an attitude of unwavering love and acceptance. If we are willing to trust and believe in Him and His loving character, we can anchor ourselves in His love. It makes sense, therefore, to consider ourselves as being rooted in God's unwavering love, rather than in our experiences of rejection. For Christians, there is the following encouragement in the Bible: "I pray that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that you may be filled to the measure of all the fullness of God" (Ephesians 3:17-19, NIV).

Allowing love to take root in us enables us to experience more positive fruits, such as peace instead of anxiety and fear, more positive relationships, and the ability to put things in the right perspective and learn from challenges. This is because we are operating from a place of love and acceptance, rather than rejection and unworthiness.

## Finding the Strength for a Breakthrough

### Practical steps for dealing with rejection

Dealing with rejection requires intentionality about how we perceive ourselves and others around us, and about how we think and how we behave in response to being rejected. The four steps outlined in figure 12 below are practical steps that can be taken to successfully break through the disappointment of rejection. Our experiences of being undermined or rejected will therefore serve as part of a greater purpose, instead of strongholds.



Figure 12 – Steps for breaking through rejection

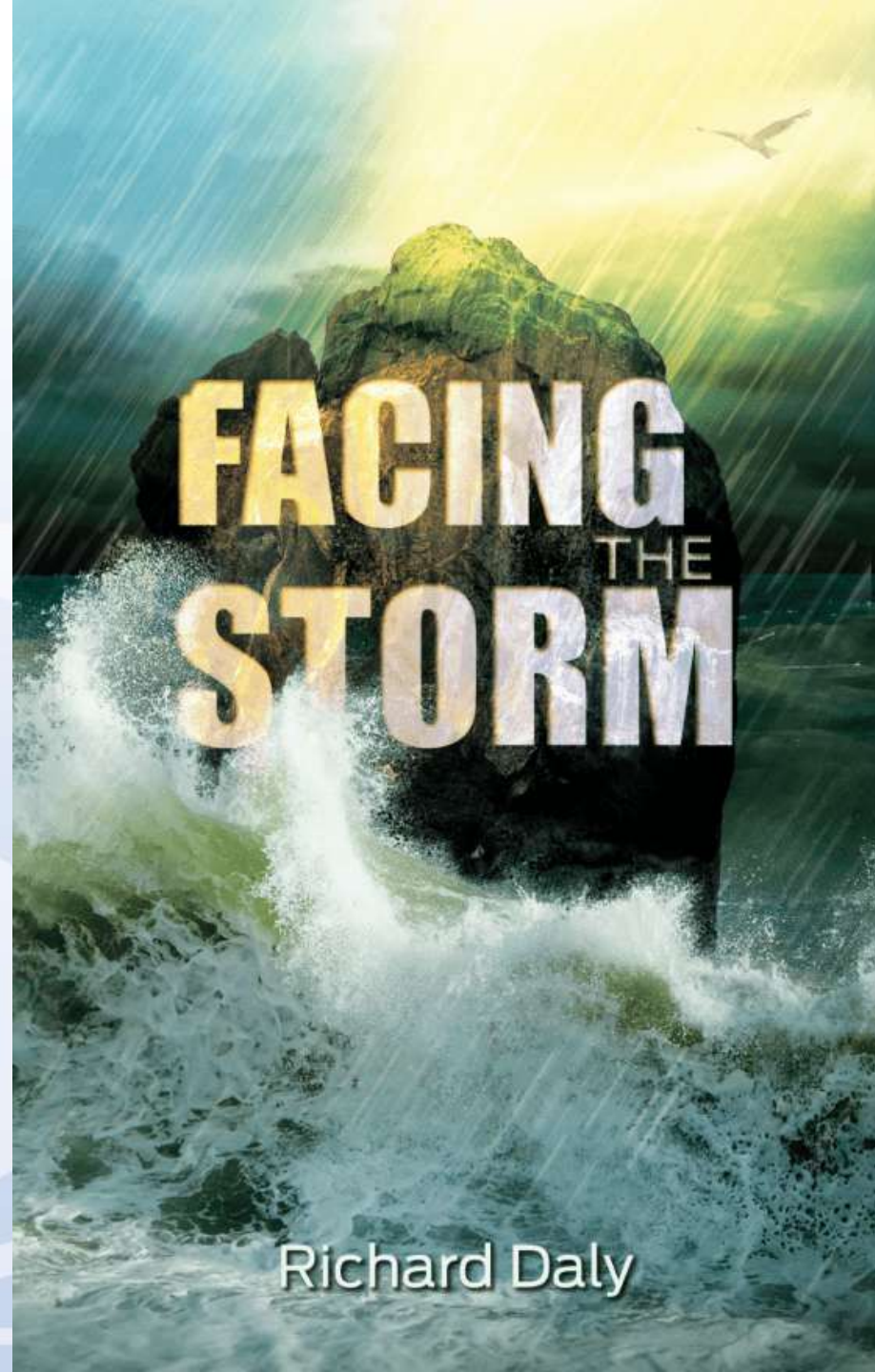
» Be aware of yourself and those around you. For many of us, the lens through which we view ourselves is largely determined by the various narratives that have been handed down to us by our families, our friends, the various institutions that we have been part of, and our wider society. Although some of these narratives are true and positive, not all of them are true, useful or positive.

Be careful, therefore, not to develop deep relational bonds with people who do not appreciate your value and worth. This includes people who are constantly negative, critical or dismissive. Spending time around people who consistently put us down is like casting our pearls before swine (Matthew 7:6). We must be able to know what 'pearls' we have, and where they can best be valued and appreciated.



The Stanborough Press Ltd.

**BEST SELLER**  
**No. 1**





The Stanborough Press Ltd.

# Neither Death Nor Life

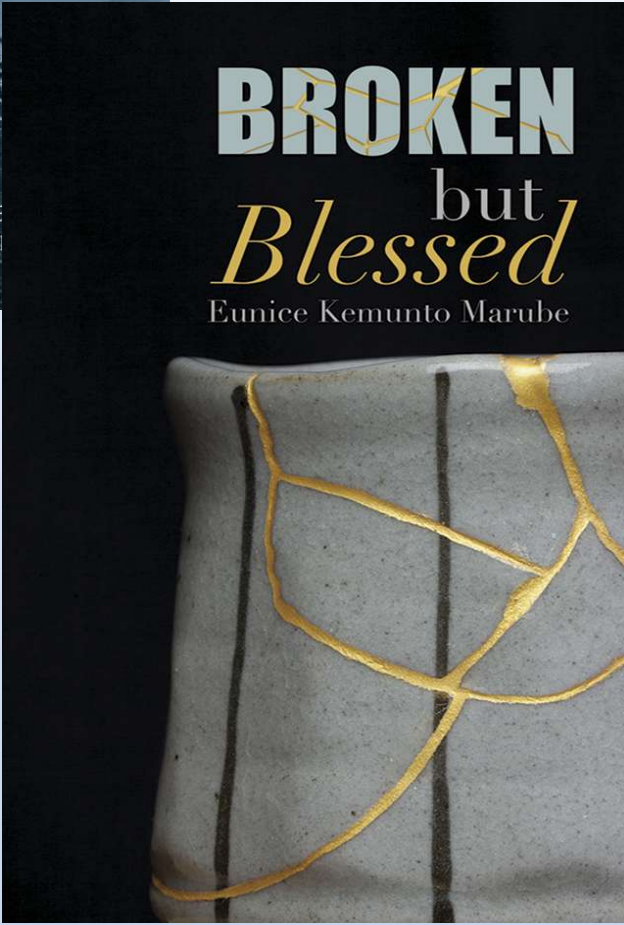
A Transylvanian Life Story



Written by Eva Pa  
Translated by Gertrud U.

# BROKEN but *Blessed*

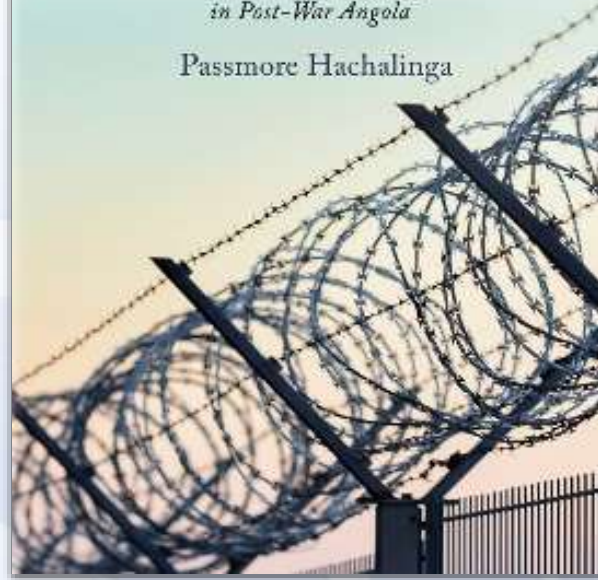
Eunice Kemunto Marube



# TRIALS and Triumphs

*Extraordinary Missionary Experiences  
in Post-War Angola*

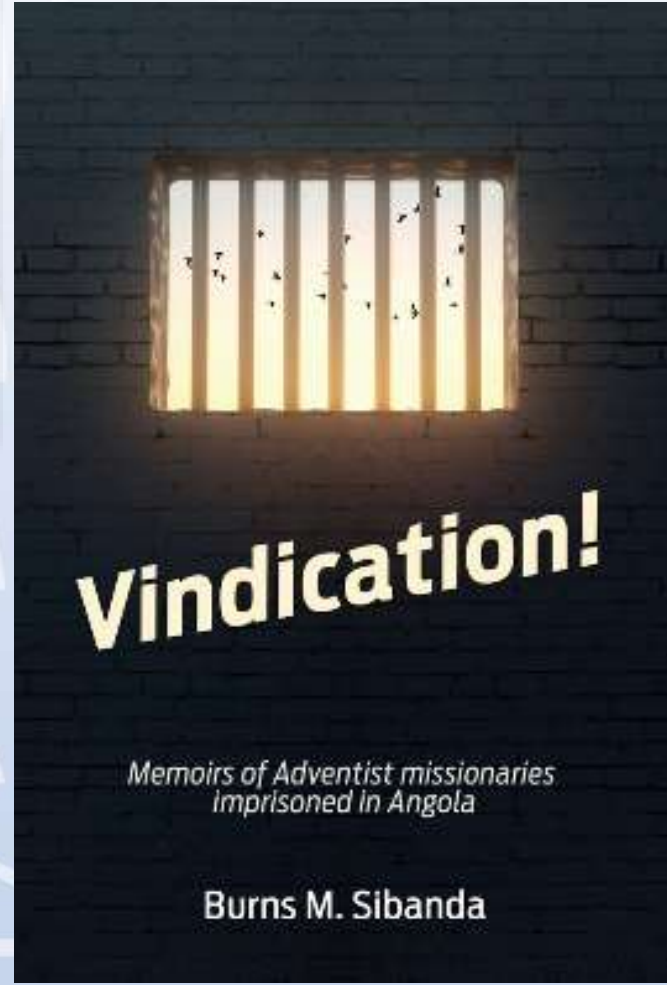
Passmore Hachalinga



# Vindication!

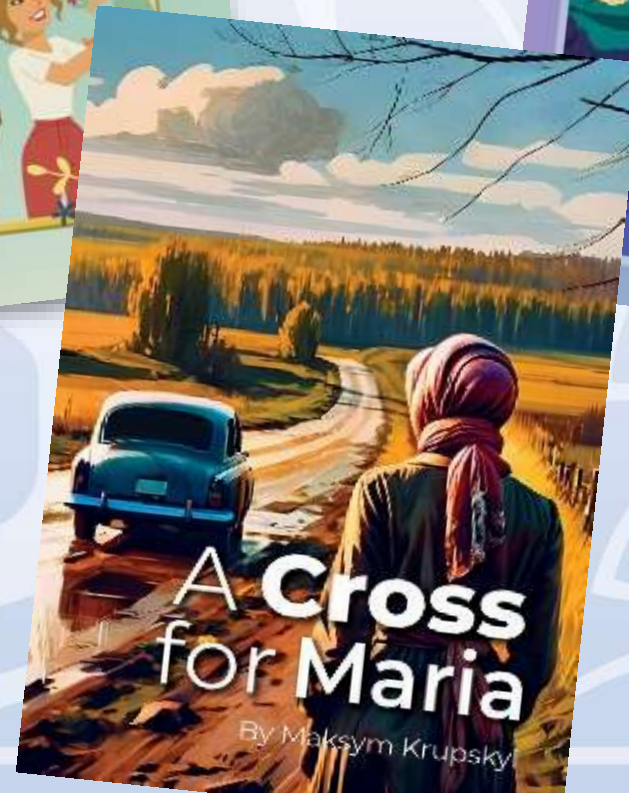
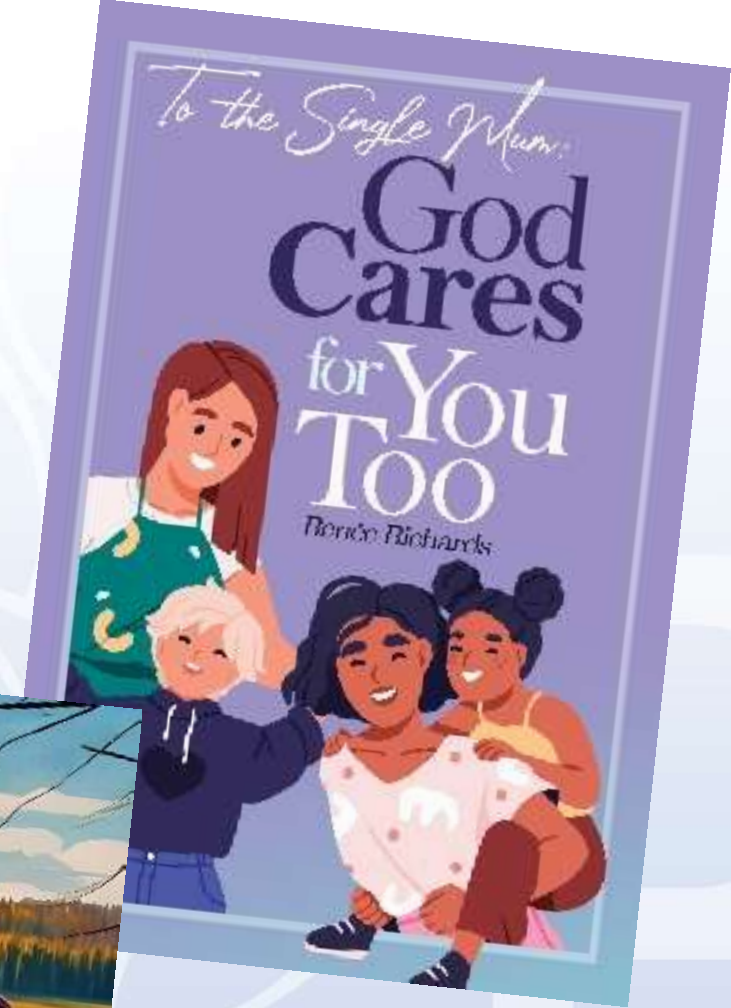
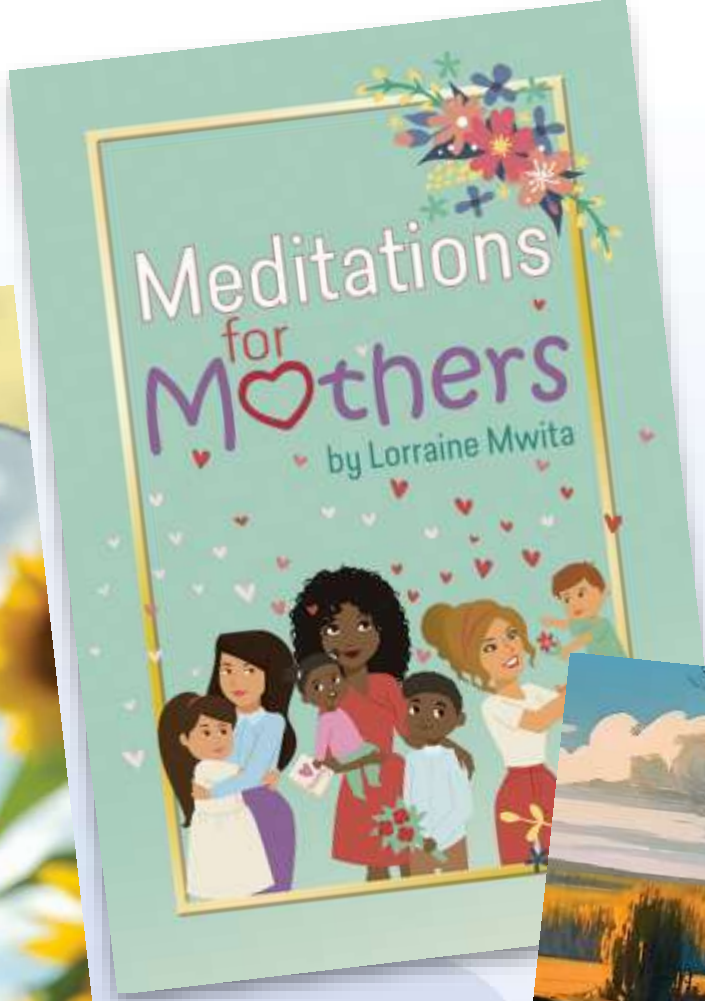
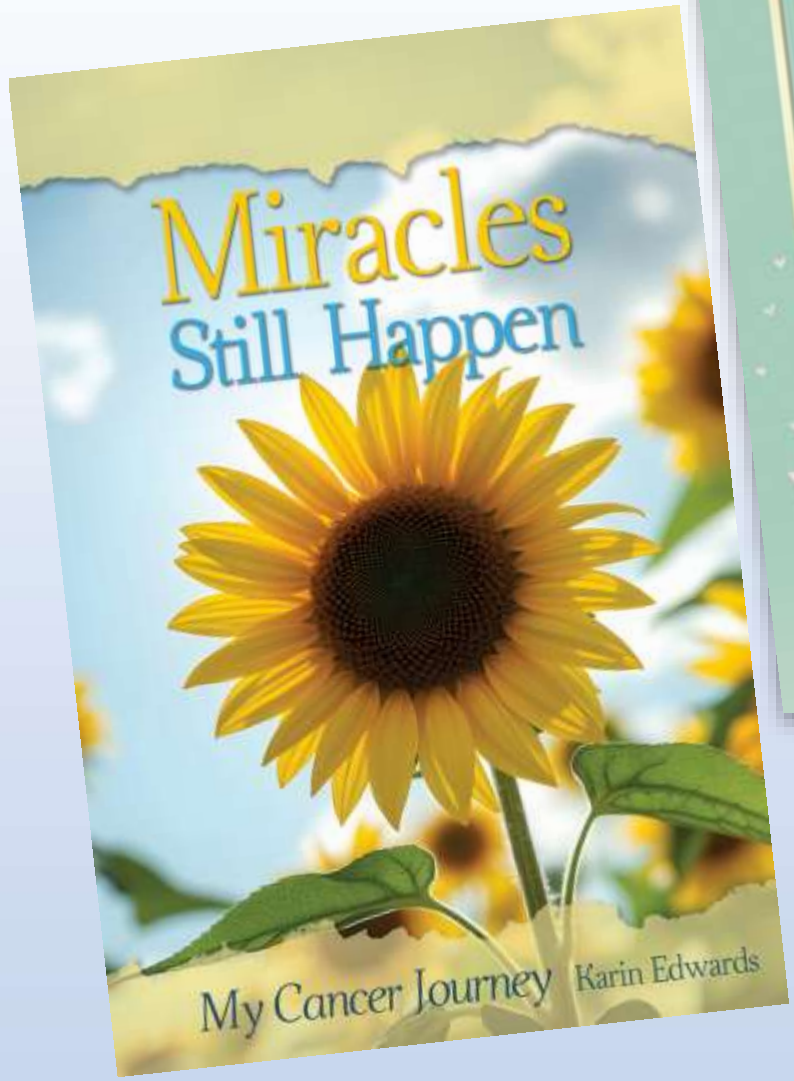
*Memoirs of Adventist missionaries  
imprisoned in Angola*

Burns M. Sibanda



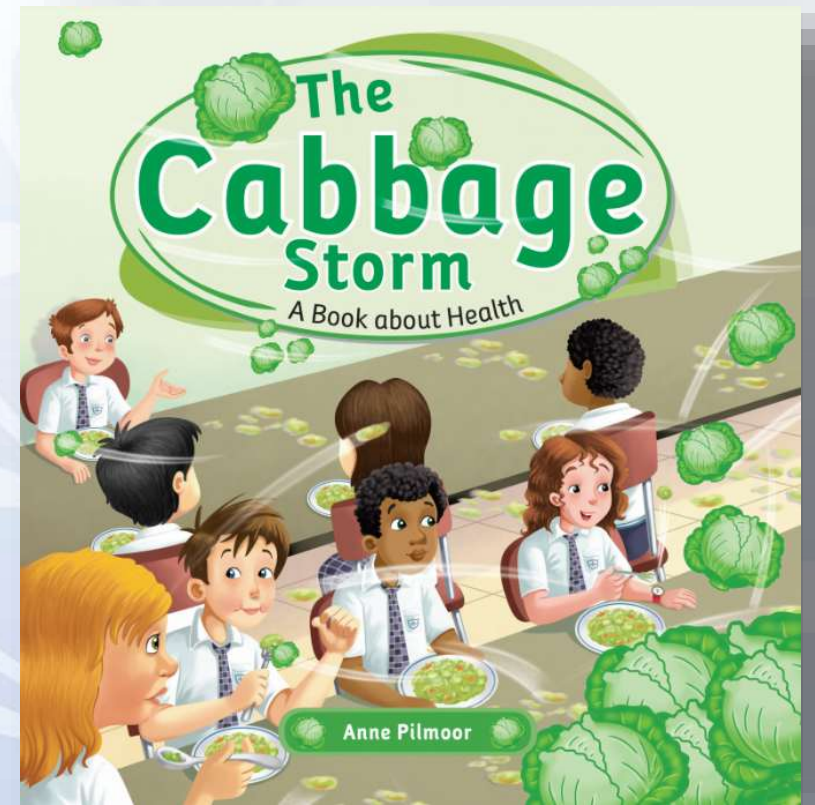
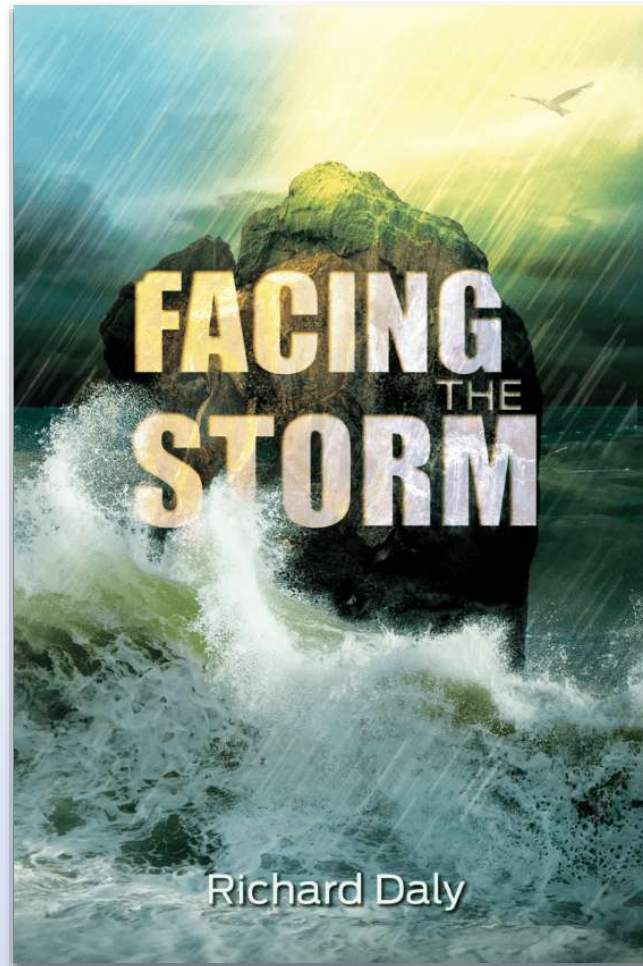
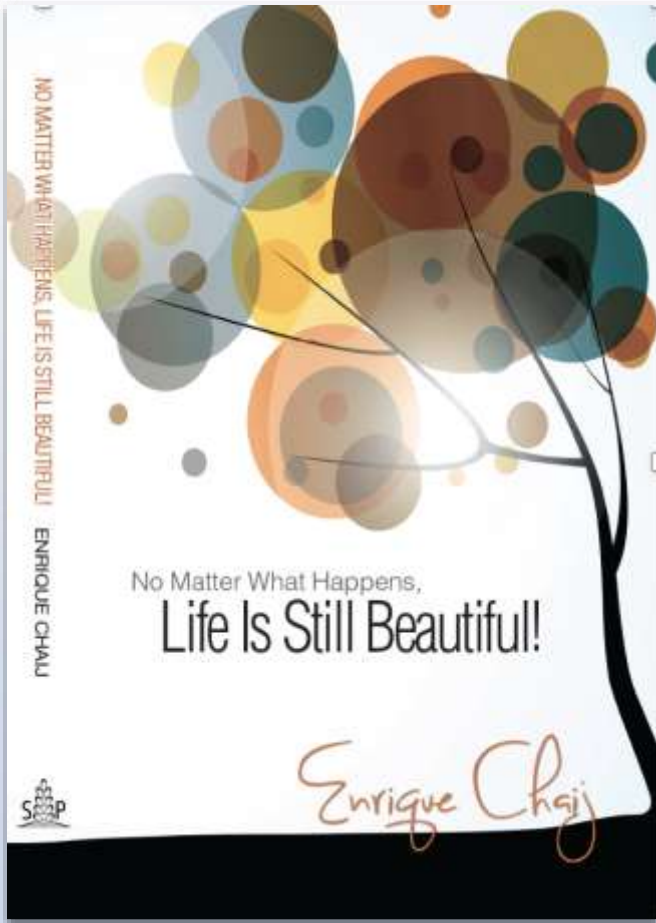


The Stanborough Press Ltd.





The Stanborough Press Ltd.



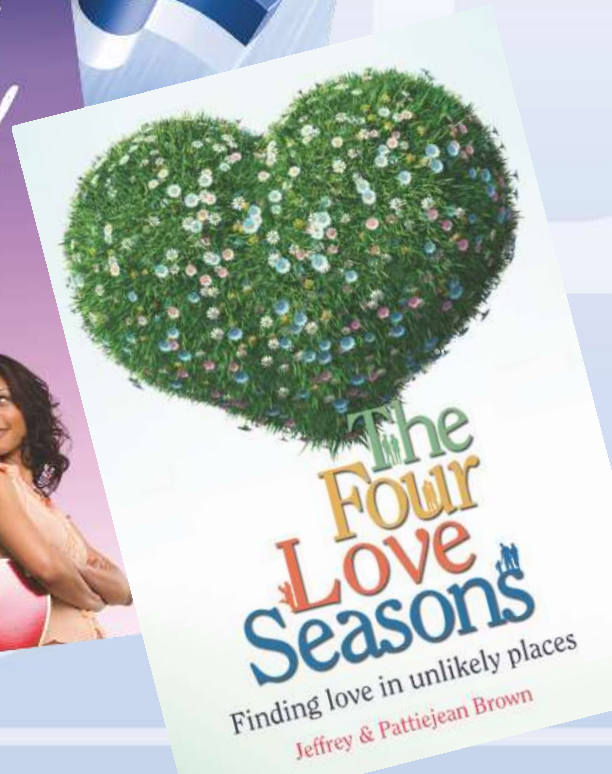
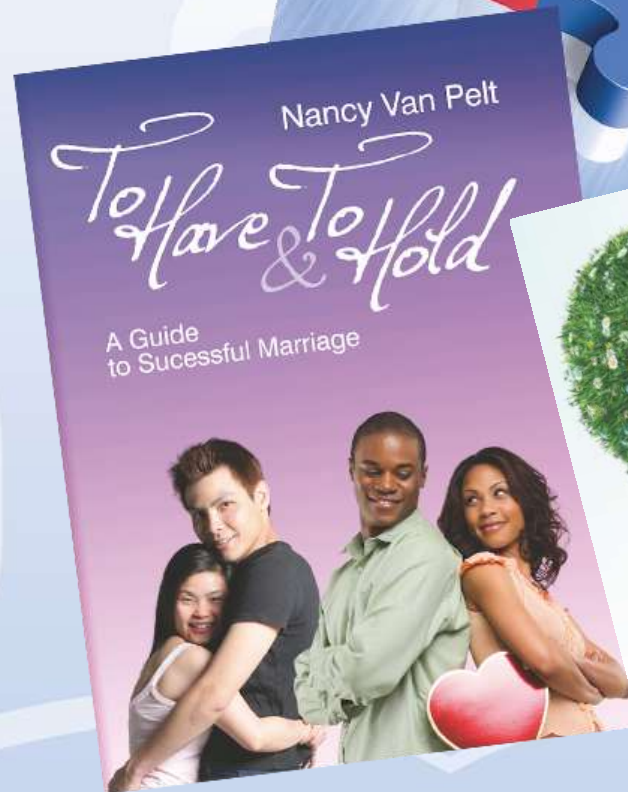
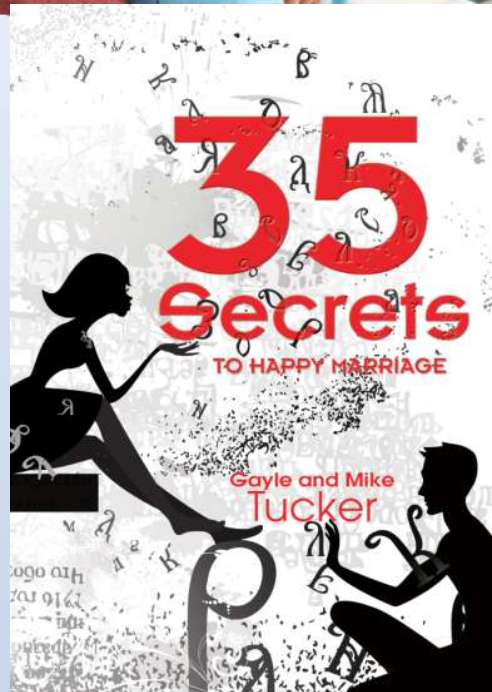
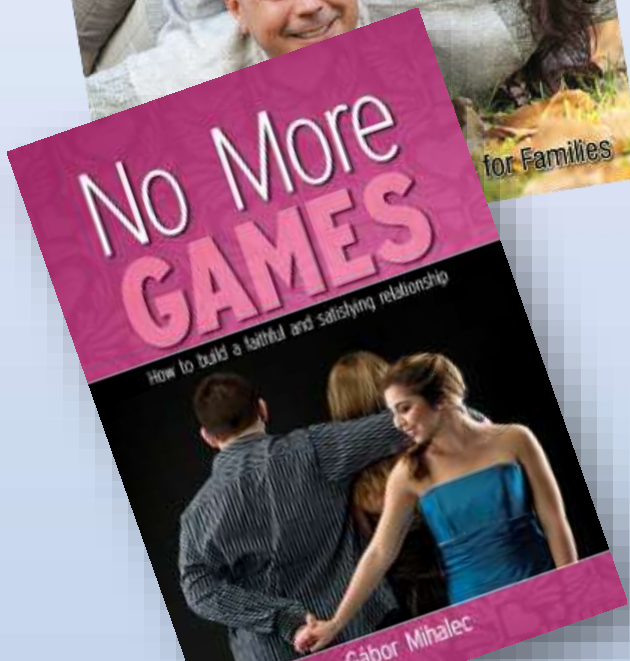
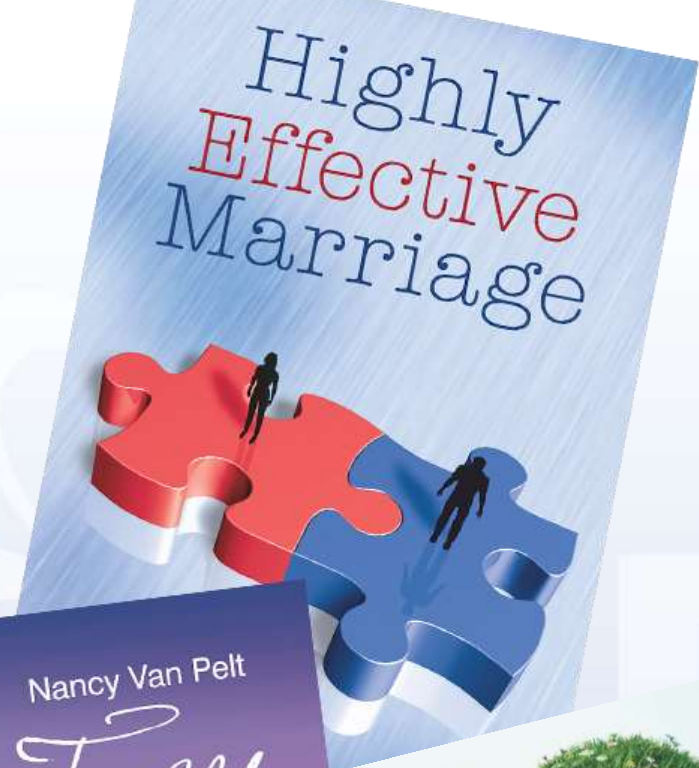
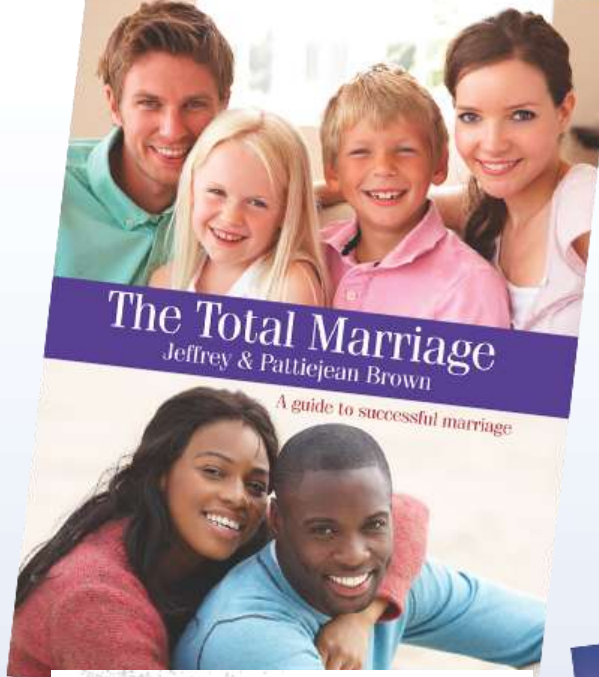
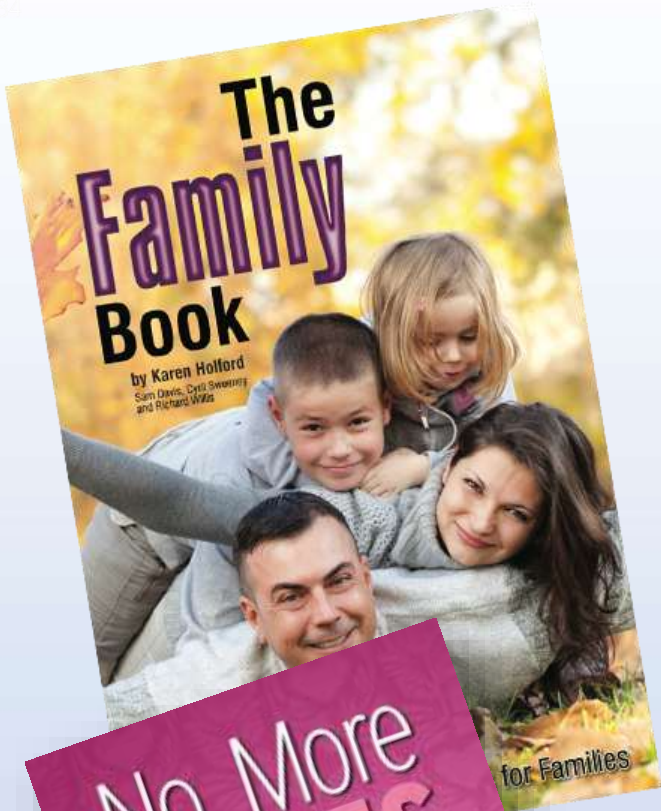


The Stanborough Press Ltd.

# Relationships



The Stanborough Press Ltd.



# No More GAMES

How to build a faithful and satisfying relationship



Gábor Mihalec

There are many books on the market about cheating and infidelity. Most of them give advice on how to process such traumatic life events once they have already happened. The 13 chapters of this book, however, have a different approach. The book gives you practical help on how to keep your relationship intact and healthy in the long term. It makes you aware of the 'hidden' games and rules – the unconscious dynamics of marriage – thereby lessening your vulnerability to them. It gives you the power to prevent infidelity at an early stage – before it has even entered your mind. It will guide you to the place where cheating on your partner will never be an option.

Based on 15 years of therapeutic practice and evidence-based research, this book will help you protect the boundaries of your relationship; maintain its atmosphere of intimacy and trust; and process any painful life events from the past that might influence the present. It is illustrated throughout with real-life stories, and it provides you with secure 'handrails' for everyday life.

**Hardcover Illustrated book.**



**No More Games**

concentrate and the event demands quite a large part of our emotional capacity. It is a big help if there is a friend who can stand by us and be called upon, even in the middle of the night. If we feel we cannot make it through to daybreak, therapy is also an option, and sometimes even medication might be warranted.

...it came to my mind - I only seldom ... present ... out in

**Don't put the past to side, but put it right**

5

become richer and more fulfilling. It is wonderful when a sad event can be reframed in such a different way. When Viktor Frankl, the famous psychologist, was asked how he could continue to live after Auschwitz, where he lost all his family, he replied: 'I want to be worthy of the fact that I could survive.' I have to note that ... humans are capable of ... events can



**No More Games**

**Let's make it 100%**

6



I have seen many marriages that reminded me of beautiful, tended gardens, and many more that looked like abandoned, neglected weed lots.

many more that looked like abandoned, neglected weed lots. The beautiful ones were all made that way by the intentional efforts of the couple; the weedy ones simply happened to grow like that.

It was a surprise for me that this correlation could be proved statistically. An important part of my PhD research was to measure the effectiveness of the *Concord* relationship training seminar that I had developed. The participating couples filled out a questionnaire three times. I used a modified version of the Couple Checklist questionnaire that Professor David Olson had created. The first time the couples filled out the questionnaire was when they arrived at the training in order to understand the quality of their relationship. The second test was filled out right after the 15-hour training had been completed in order to see how much their relationship had developed. The third questionnaire was filled out six months after the training in order to see how much the skills and information they had learnt had become part of their relationship lifestyle. The results were summarised in a diagram where the growth of the couples' relationships becomes visible.

**Increase of couple's attending construct**

By	Before (11 couples)	After (11 couples)	After (11 couples)
Attending	15	18	20
Supportive	12	15	18
Empathic	10	13	16
Validating	8	11	14
Respectful	7	10	13
Non-judgmental	6	9	12
Open	5	8	11
Non-defensive	4	7	10
Non-blaming	3	6	9
Non-accusatory	2	5	8
Non-critical	1	4	7
Non-controlling	1	3	6
Non-possessive	1	2	5
Non-jealous	1	2	4
Non-competitive	1	2	3
Non-resentful	1	2	3
Non-vindictive	1	2	3
Non-hurtful	1	2	3
Non-threatening	1	2	3
Non-derogatory	1	2	3
Non-put-down	1	2	3
Non-put-upon	1	2	3
Non-put-out	1	2	3
Non-put-down	1	2	3
Non-put-upon	1	2	3
Non-put-out	1	2	3

The chart proves that those couples who work intentionally on their relationship during the 15-hour training, and completed

124

128

**The definition of our subject**

1

in this relationship everything would have been exciting and ideal; but in reality 90% of such relationships end within three years. In other words: if somebody gets divorced because of a new relationship, this new relationship has a 10% chance of surviving the next three years.

Finally there is one more important step: the ethical closure: willing to forgive. This is easy to say but is much harder to implement. Infidelity used to be an ethical problem; nowadays there are strong trends in our culture to relativise sin, so that people do not feel remorse after violating borders. I've heard this many times in therapy: 'I know everybody expects me to go down on my knees and ask for forgiveness. But I didn't do anything bad. I didn't kill anyone. I'm a good man; I do everything for my family!' Once a person even said, 'As I provide all finances for this family I have the right. Yes, it did happen, and it will happen again!'

With such an approach even a faint illusion of restoration must be relinquished - at least of a reciprocal, equal and developing relationship. Even if some type of normality returns to the relationship, the problems will resurface. Repentance has three stages, each of which must happen if a couple want to experience restoration.

**1. I'm sorry that it came to light!**

At this stage the cheater doesn't have any remorse, but feels rather that they are suffering due to the unpleasant turn of events. He or she experiences the embarrassment of explaining what has happened to their friends, doesn't know how to relate to the children; doesn't

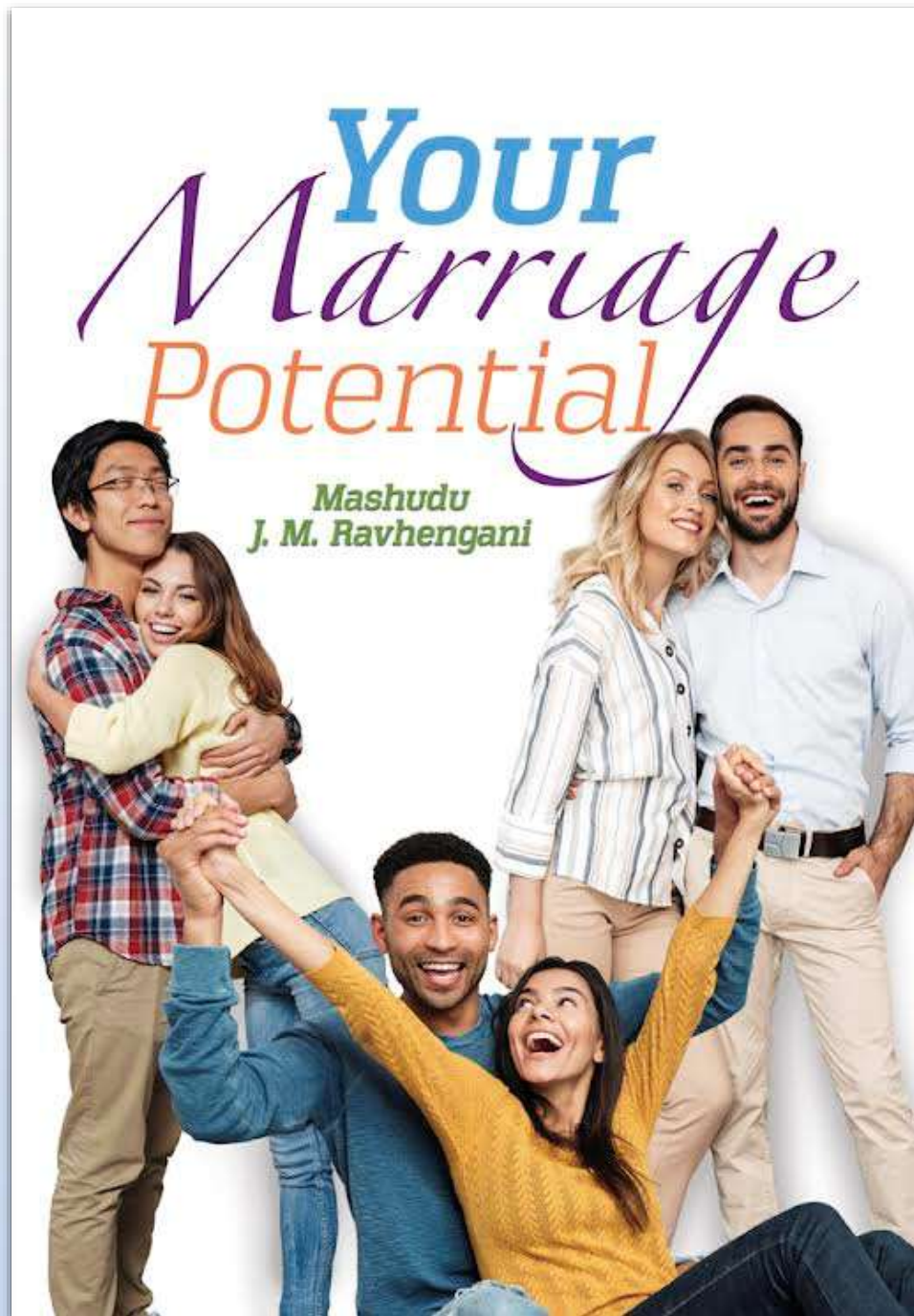
...ion to carry ... of new ... each other. ... king is to be ... is or her dignity ... ing against the ... ric needs, buy and ... figure, go on a diet ... ate an attempt to gain ... roductive. He might ... e also g; my needs were ... ked; nothing changed. ... o fulfil all my wishes. ... me a tiger in bed, and I ... ant person in her life. ... ce the excitement of a ... "forbidden fruit". I have ... ould be want to change the ... of boundaries, with one of ... er a border than both neglected ... must protect her boundaries ... es her dignity the cheater will ... e challenge is to show openness ... arding one's dignity and even ... here is the grief over the broken ... ing struggle with a new situation. ... o do a lot of psychological work. It ... ve it a decision to want to renounce the ... ed the new one. There is a great danger of ... e weekend to say goodbye; just one last ... and final - only that will bring proper ... its smoking by smoking one less cigarette ... as the relationship with tobacco ends, we ... a person being tobacco free, because the ... nship will ever bloom. He or she will miss the missed opportunity to start a promising new ... with the third person. He or she might think that



127



The Stanborough Press Ltd.



How do we build an excellent marriage?

With love, obviously – but what does that look like in practice?

Drawing on a wealth of professional and personal experience, founded on the unchanging truths of Scripture, Mashudu Ravhengani offers encouraging and practical counsel on pride and patience, finances, in-laws, conflict resolution, the marital covenant, and how to be the best husband or wife you can be.

The encouragement and wisdom contained in this book can improve marriages that are already good, lift up marriages where the relationship is flagging, and even resurrect marriages that seem to be dead. Allow God to work in your marriage and help your love to soar like an eagle!

**Hardcover Illustrated Book**

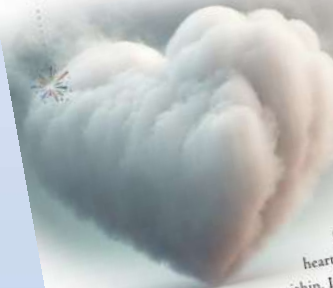


Your Marriage Potential

Introduction	7	
<b>Chapter 1</b>	<b>Journeying into the Heart of Marriage</b>	9
1. Don't give up hope	10	
2. Marriage in crisis	12	
3. The origin of marriage	15	
4. The secret for success in marriage	22	
5. Growing apart – how to bridge the gap	24	
6. Lack of affection	25	
7. The challenge of living together	26	
8. Unmet expectations	28	
9. Inequalities	29	
10. A cassette mentality in a digital age	31	
11. The spiritual battle	33	
12. Disagreements	34	
13. Failure to meet each other's needs	34	
<b>Chapter 2</b>	<b>The Divine Connection: Delving into the Institution of Marriage</b>	38
1. Marriage is where the two become one	39	
Step one – leave	42	
Step two – cleave	43	
Step three – one flesh	43	
2. Marriage is a covenant	46	
Under		
A cult		
A cove		
The ci		
A cove		
Coven		
<b>Chapter 3</b>	<b>Cultivating Strategies</b>	4
1. Marital Love		
True Love		
Love a Marri		

4

Your Marriage Potential



one's partner as though one's entire existence hinges on that person can lead to disappointment, especially if the partner proves to be unreliable. Instead, we must learn to lean on Jesus, the Source of unwavering strength and support. By leaning on the everlasting arms of Jesus, as expressed in the lyrics of the beloved hymn, our lives find a foundation that surpasses the fragility of human relationships. When we approach marriage from a perspective of leaning on Jesus, then even if our spouse disappoints us, or our marriage faces challenges, we can find strength in knowing that we are leaning on Someone who never fails or disappoints.

Success in marriage begins with prioritising God, seeking salvation, walking with Christ, and seeking His presence. This should be our foremost priority in life. Marriage, our spouse, and our family – though significant – must find their place in our heart after God has taken His rightful place. Our heart should be filled with the presence of God first and foremost. Anything else that enters our heart must be aligned with Him who resides within. In fact, all that we do, including loving, caring, and showing kindness, should be done through Him who dwells in our heart. If your spouse loves you more than he or she loves God, it's a cause for concern, because God should be the foundation upon which we build our lives.

20

2. Effective communication in marriage		
The art of listening		
Communication requires commitment		
Embrace the beauty of assertive communication		
3. How to be the best husband you can be		
4. How to be the best wife you can be		
<b>Chapter 4</b>	<b>From Conflict to Connection: Tools for Resolving Differences in Marriage</b>	
1. Conflict resolution in marriage		
Prioritising love over conflicts		
The resolution of conflicts and love		
2. Challenges with in-laws		
Addressing challenges with in-laws		
Dealing with interference		
Avoid involving in-laws in marital conflict		
Love is the solution		
3. Managing family finances		
The significance of money		
Finances and family happiness		
Diverse perspectives on money		
Determining how much money		
The burden of debt		
Defeating debt before it defeats you		

Your Marriage Potential

Any other marriage being the pro Christ inev de



marriage holds us together. influence that we can experience love, understanding, and companionship. Without Christ at the core, we may find ourselves drifting apart, lacking the strength and guidance necessary to navigate the challenges that come our way. However, when we intentionally place Christ at the centre, we create a solid and unbreakable bond. Our shared pursuit of Him deepens our intimacy and fortifies our connection. As we individually draw closer to Christ, we find that we are drawing closer to one another as well. His teachings on love,



21

It is important to acknowledge that these experiences of divorce and marital hardship are not limited to any specific faith or religious background. However, as a Christian, it is essential to approach divorce in light of biblical teachings and the principles of the Christian way of life. The Bible emphasises the sacredness and

• **Neglect:** Neglect and abandonment are prevalent issues in certain marriages. There are husbands and wives who experience feelings of being neglected by their partners, while others have endured the pain of being outright abandoned. I recall a woman sharing her heart-wrenching story of enduring neglect and mistreatment for an extended period. During a time of unemployment, her husband failed to provide even basic toiletries, necessitating her own family to step in and meet her needs. Additionally, I encountered a young woman who revealed that her husband had left her and started cohabiting with another woman in the same neighbourhood. This painful situation persisted for four long years, leaving her in a state of emotional turmoil and uncertainty.

permanence of marriage, encouraging couples to love and support one another through all circumstances. It also recognises that divorce may occur in extreme situations. Nevertheless, Christians are called to pursue reconciliation, forgiveness, and the restoration of broken relationships whenever possible. In dealing with divorce and its aftermath, it is crucial for Christians to extend compassion, empathy, and practical support to those affected. We should strive to offer guidance and counselling, encouraging individuals to seek healing, find solace in their faith, and

The Divine Connection Delving into the Institution of

Ending an emotional affair can be a difficult and challenging process. Many individuals have experienced deep depression while attempting to break free from an emotional affair. Some have made initial efforts to end the affair, only to find themselves succumbing to temptation again after a few days or weeks. Ending an emotional affair is rarely easy. However, it becomes nearly impossible without reviving and nurturing the primary relationship – the marriage itself. Similarly, the primary relationship will never experience growth or restoration as long as the emotional affair persists.

It is crucial to understand that, although emotionally fulfilling, an emotional affair is dangerous, destructive, and detrimental. Recognising this, it is imperative to take immediate action to sever ties with the emotional affair partner as soon as one becomes aware of the situation. Drastic measures must be taken to sever the emotional affair before it engulfs and destroys the families involved. Jesus is capable of delivering those who are entangled in the chains of emotional affairs.

### Tips for avoiding emotional affairs

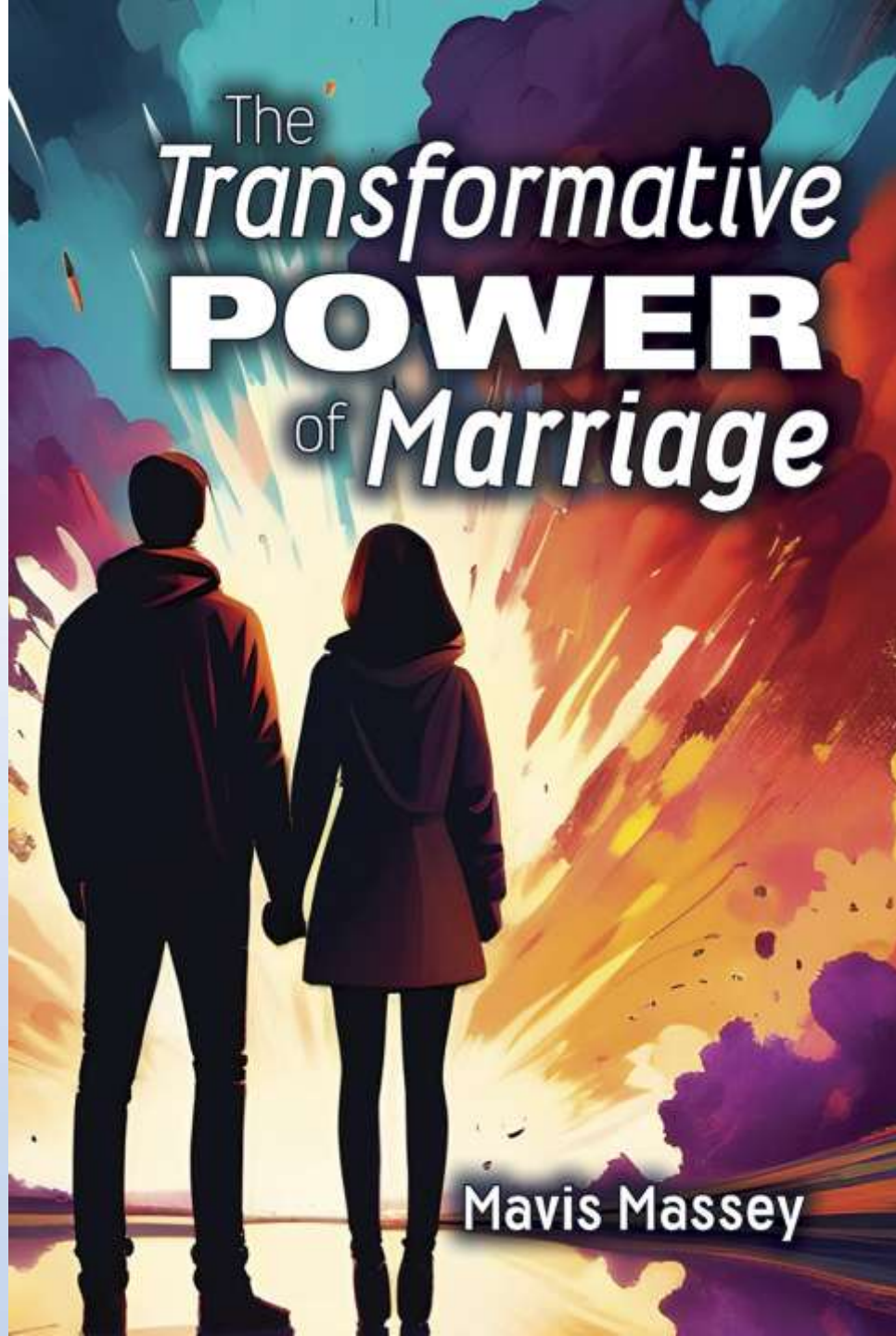
- 1. Address the root cause:** To avoid or resolve emotional affairs, it's crucial to identify and address the underlying issues within your marriage or relationship. Pay attention to communication breakdowns or other obstacles that may be creating distance between you and your partner.
- 2. Focus on daily relationship work:** Strengthening your relationship requires

From Conflict to Connection: Tools for Resolving Differences in Marriage



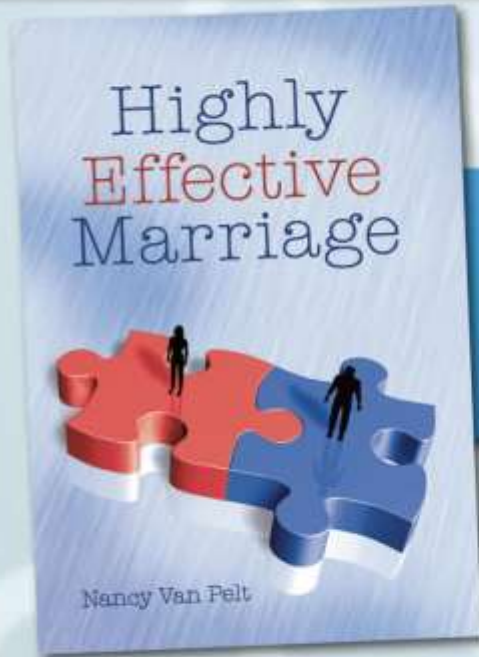


The Stanborough Press Ltd.



A remarkable testimony combined with Bible-based marriage advice.

Mavis Massey's journey through married life has been anything but ordinary. Her first husband repeatedly betrayed her and killed a man; and her second husband was a mentally unstable drug addict who met an untimely end. But she found love again, and has learnt a lot about forgiveness, submission, and following God's word. Through all her tragic experiences, God has been forming her character, and now she is ready to share her story . . . and the scriptural counsel she gives to young married couples is all the more credible because of her lived experiences. Be inspired and challenged in equal measure as you explore The Transformative Power of Marriage.



Lifestyle Books

*Highly Effective Marriage*

Amazingly, recent studies show that marital happiness depends on whom you marry and has everything to do with how you cope with conflict.

By learning and practising a few simple rules, you can join the ten percent who enjoy true marital happiness.

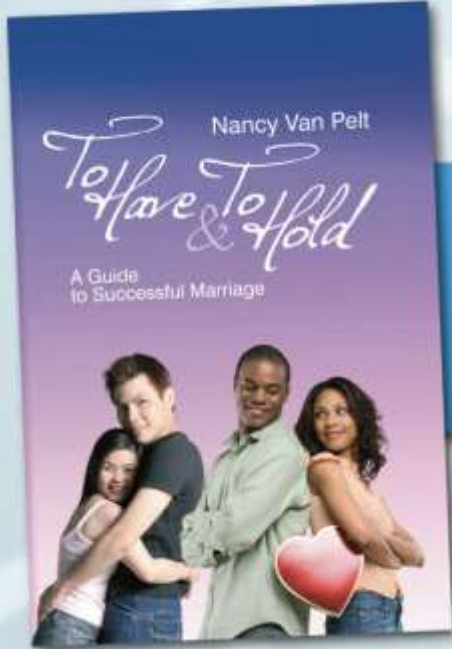
If you long for marital intimacy, tenderness or respect, or just need a tune-up, this book is filled with powerful secrets to keep your spouse madly in love with you.

Nancy Van Pelt, author of more than 42 books and expert family counsellor, presents in her book *Highly Effective Marriage* practical and clear advice on such matters as:

Series: Lifestyle Books  
232pp Hardback  
Nancy Van Pelt

- How to change the status quo by changing your tactics
  - Six rules for fighting fair
  - The magic of 'share power'
  - Thirteen creative ideas for a date with your spouse
  - How a few words of affection can lower your medical bills
  - Nine ways to put play back into your marriage
  - Twenty-one ways to love your wife
  - How to decide who submits to whom
  - How to replenish an overdrawn love bank
  - Five ways to make your spouse feel accepted
  - How to put pizzazz back in the bedroom
- Find the secrets to keep your partner madly in love with you and to have a successful and **Highly Effective Marriage**.





## Lifestyle Books

### To Have & To Hold

A 'marriage manual' for wives and husbands alike.

To Have & To Hold will not only outline a woman's responsibility in holding the marriage together but will also help men find a better balance among the pursuit of goals, career fulfilment and a happy family life.

To Have & To Hold is a book that goes beyond theory and explores hundreds of concrete, practical methods on which husband and wife

can work together in achieving a happy married life.

To Have & To Hold is aimed at three specific groups of people:

- Young couples preparing for marriage.
- The average couple looking to liven up their average marriage.
- Troubled couples that are looking to solve their problems and enjoy a happiness not yet realised.

'When you take the time and effort to make a marriage good, the rewards are enormous.'



The purpose of this book is to serve as a guide to marital happiness.

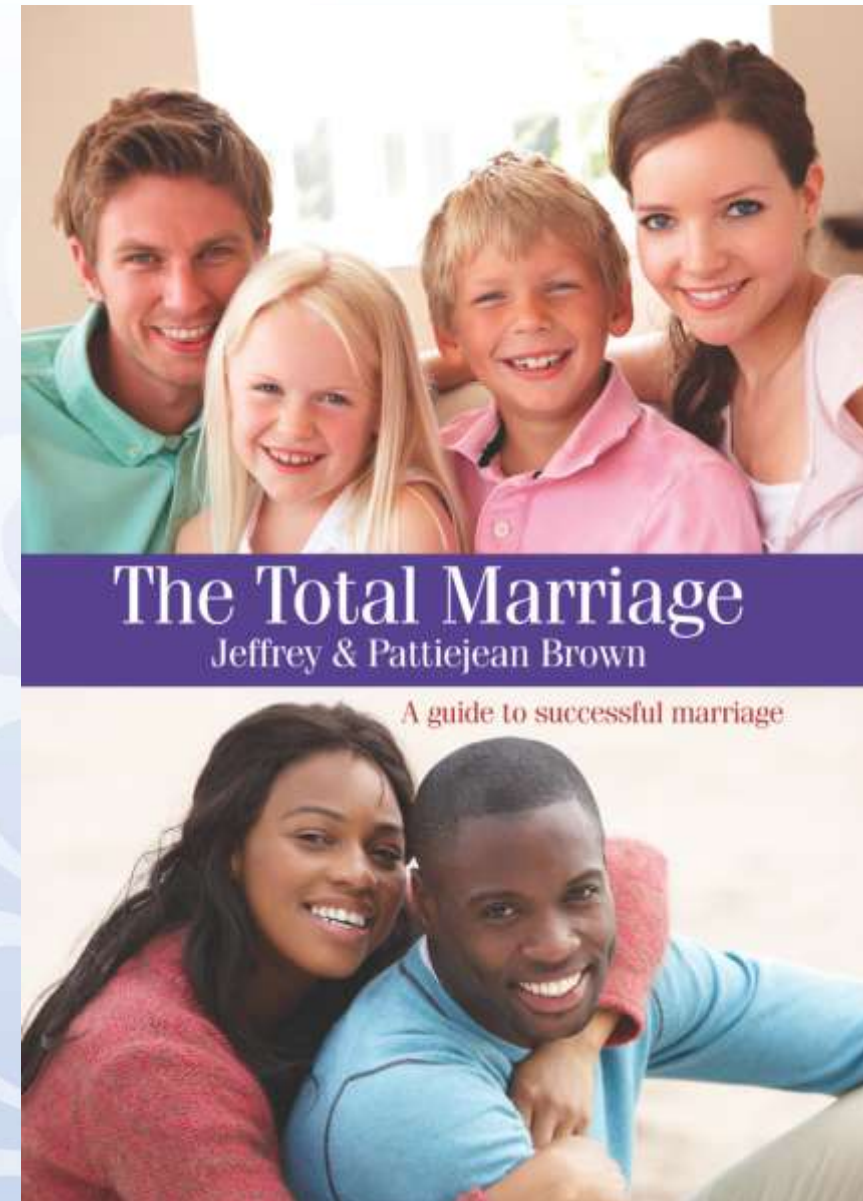


The Stanborough Press Ltd.

The authors stress that marriage is not about *finding* the right person, but about *being* the right person.

They answer such questions as, What do you do when your marriage is not all you expected? How can conflicts within marriage be resolved? How can marital sex be made more fulfilling? How can a dead or dying marriage be brought back to life? Is there life beyond children?

Experience a *Total Marriage* — looking, liking, learning, living and loving..





# The Total Marriage

## The extended family

It comes as a surprise to some to hear that the extended family was a feature of most cultures until the Industrial Revolution. It was the onset of industrialisation that began to reduce the extended family to the nuclear family. With increased mobility came a new emphasis on independence from family living. A shift occurred from mutual person-to-person concern and service to greater individualism and the development of a strong profit motive. The Western family model, with its personalised focus, led to a more individualistic society than the community-orientated nature of the African family. Western family patterns became conjugal and nuclear; African family patterns remained consanguine and extended.

## African and Western

In many ways Western family life follows that of the ancient Greeks, and African family life follows that of the ancient Hebrews. Industrialisation, Westernisation, education, urbanisation, and even westernised Christianity have moved the contemporary African family away from the biblical model, rather than towards it. South African church leader Dr V. S. Wakalisa maintains: 'The African family should not be contrasted with the Western family, in which the latter is held to rotate to the nuclear family. In

ancient Israel, marriage would have been classified as "African" rather than "Western". John Mbiti, in his book *Love and Marriage in Africa*, stretches the parameters of marriage by stating, 'Marriage is not just an affair of two individuals alone. You do not just marry one man or one woman.' African family life includes not only spouse but relatives, friends, work associates and club or church members. While culture is very significant, let us consider the Bible's teaching on marriage.



# Marriage: ideal, ordeal or new deal?

## The biblical concept of marriage

One (female) author says, 'The husband is the manager, and the wife is the assistant manager. She is comfortable in sharing her suggestions concerning the management of the company and is not upset when she is overruled.' I don't know that we would all agree with this, but Christians have generally embraced a traditional, hierarchical pattern of marriage. There are three phases in biblical history or acts of the biblical drama: creation, fall, and redemption.

Creation. In Genesis 2:18 we find the word 'helper'. The biblical understanding of a 'helper' is not an assistant, a supporter, someone occupying merely a secondary position. The Hebrew word for 'helper' is used overwhelmingly in the Old Testament to describe God Himself. Hence it is a term that cannot be used to signify subordinate female roles.

God, the Holy Spirit, provided a living partner for Adam to enjoy, but not a full mutual partnership.

# The Total Marriage

Power, that when the Bible talks about love it is spontaneous love which is shared whether or not the person is worth loving, simply because, since I've been born again, it's my (new) nature just to love.

So marriage is not an if-then alliance. Christian marriage is an in-spite-of, anyhow, regardless, nevertheless relationship. Yes, you're right. We do seem to do things differently. Sometimes we don't seem to be compatible. We are going through a rough patch, but NEVERTHELESS . . . we're going to see it through. That's Christian.

Covenant marriage will not necessarily be accepted or understood by today's popular culture; but then

Christianity does not expect always to be understood. One of its cruxes is foolishness to those who are perishing, but to us who are being saved it is the power of God.' (1 Corinthians 1:18, RAV)

'The Christian faith often operates with a lack of evidence that seems ridiculous to the rest of the world. It often seems to contradict the plain facts with a foolhardy "nevertheless". Such foolhardiness is built into our faith, because we proceed on the irrational assumption that God the Son has become a man among us, and we stake our lives on nothing but the story of the crucifixion and resurrection of that Son. . . . We entertain the seemingly ridiculous notions that nothing can separate us from the love of God, that He is working out a good purpose for us even when we are suffering or in pain. . . . Foolish? Yes, indeed it is foolish, but nevertheless true.' Elizabeth Achtemeier, *The Committed Marriage*

# Marriage: ideal, ordeal or new deal?

## Lovework on chapter 1

### Comparing our strengths

- Look at the list below and tick the strengths you see in each other.
- Spend time complimenting each other on these strengths (refuse to hear comments from your spouse on number 3 if you have not been pampered in number 2!).
- Are there any of these strengths that irritate you from time to time?

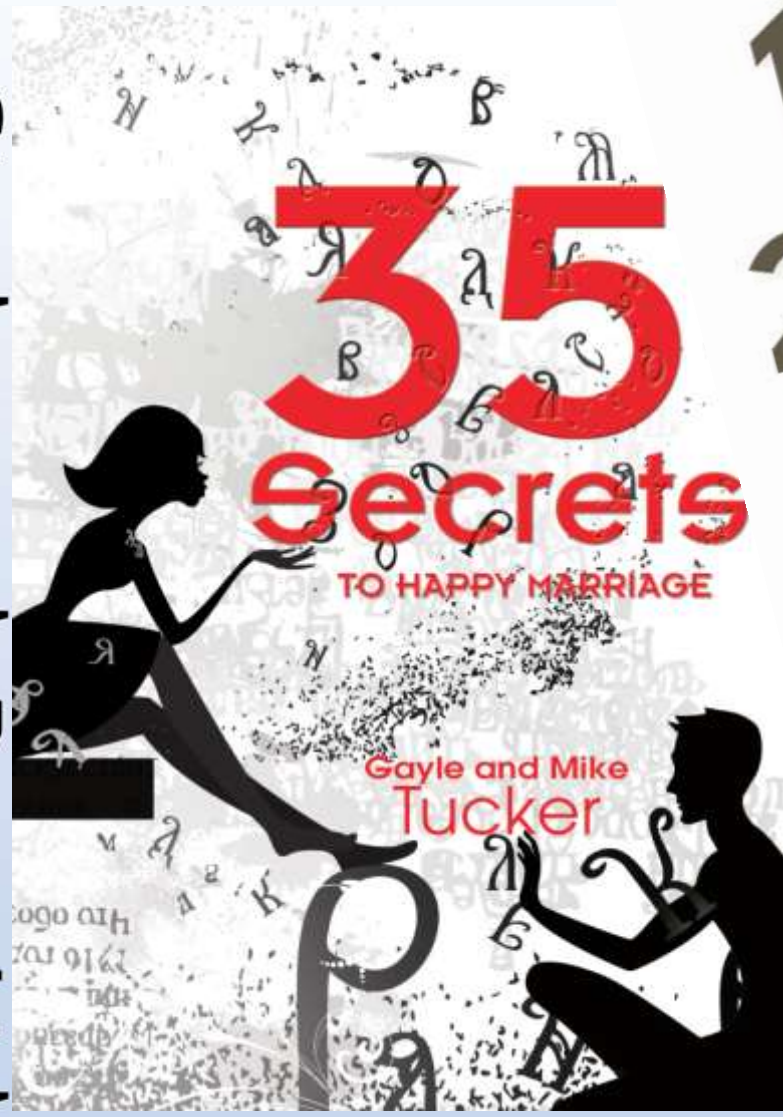
<b>Sanguine</b> (popular) Life of the party Storyteller Very enthusiastic Good sense of humour Very friendly Lives for the present	<b>1</b>	<b>Choleric</b> (powerful) Born leader Dynamic Quick-thinking Competitive Confident Strong-willed	<b>2</b>	<b>Melancholy</b> (passionate) Talented and creative Deep thinker Faithful and devoted Excellent listener Sensitive to others Detail-orientated	<b>3</b>	<b>Phlegmatic</b> (peaceful) Easygoing Cool, calm and collected Diplomatic Dry humour Unruffled Very practical	<b>4</b>
---	----------	--	----------	--	----------	---	----------

Look at the pictures below. Which picture best describes you/your partner? Have fun!





The Stanborough Press Ltd.



1	DECISION	13
	Questionnaire	52
2	CONNECTION	57
	The Kindness Connection	59
	The Humor Connection	72
	The God Connection	77
	Questionnaire	88
3	COMMUNICATION	93
	Questionnaire	136
	Answers	

# CONTENTS



## FOREWORD

The word "secrets" has more than one meaning depending on how you use it. One of the most common uses refers to matters that are definitely not to be revealed. For example, when describing information that should only be shared by an elite group in government or the military we will speak of "state secrets." The word can also be used to describe something that we are entitled to know but don't yet fully understand, such as why domestic cats purr or why exactly we yawn. We call such things the "secrets of nature."

Then there are the "secrets" that this book is about: those tried and tested methods of achieving happiness that are the secrets of a successful marriage.

Below are examples of possible messages that remind us of the importance of "deciding" to love our spouse.

### "I Will Never Intentionally Hurt You"

Mike and Gayle Tucker

WE HAVE a motto for our marriage. We didn't begin with this as a motto. It developed through the years—in part, due to a dysfunction that I (Mike) exhibited in our marriage. In order to tell you about the motto, I will first describe the dysfunction that gave birth to it.

Dr. Scott M. Stanley and Dr. Howard J. Markman of the University of Denver have done a great deal of research on communication patterns that threaten the happiness and success of marriage. They have identified four negative patterns of communication that serve as very reliable predictors of divorce (see the case box on page 20).

One of these patterns is called **negative interpretation**. Negative interpretation occurs when something is said, and the listener interprets the comment negatively. Since the intent of the speaker may have actually been neutral or even positive, the listener must "mind read" in order to derive something negative. This becomes very destructive of the marriage.

I was guilty of some negative interpretation early in our marriage. For a lot of people, negative interpretations springs from a fear that they are not worthy of genuine love or that they are likely to be rejected. I had those fears—fears that had been fed by previous life experiences—and those fears were on display in my marriage.

For a lot of people, negative interpretation springs from a fear that they are not worthy of genuine love or that they are likely to be rejected.

14 MIKE AND GAYLE TUCKER'S 35 SECRETS FOR SUCCESSFUL AND HAPPY MARRIAGES



### Love: A Simple Emotion?

According to author Lewis B. Smedes, love is a choice. What does this actually mean in practice? It means that every day I have to choose

- To do or say that which is in the best interest of my mate.
- To be in the relationship for the long haul.
- To find solutions to problems.
- To love my mate (because true love really is a choice).



15 MIKE AND GAYLE TUCKER'S 35 SECRETS FOR SUCCESSFUL AND HAPPY MARRIAGES



The Stanborough Press Ltd.

# The Four Love Seasons



## Chapter one Beginning the journey – admire, assess, and adjust

"My marriage didn't work out." He said this as he rifled through my luggage. 'I don't know what happened.' He couldn't believe what had happened - I couldn't believe what was happening. All I had was some flimsy carry-on luggage, yet the customs official had pulled me over - searching for drugs, or something. When he saw my book on marriage he felt impressed to spare his burdens with me, while imposing a burden on me. I had one ear on him and one eye on my luggage. 'I pray for her, though,' he continued. And I pray for the next man she meets - God knows he needs it!

Will the next man be any different? Does the next person need to be different or do I need to be different? Do they need to change, or do I? Is it possible to find love right where you are? Even in the unlikelyst of places? If you find it, what will it look like?



## 1 Beginning the journey – admire, assess, and adjust

Adjust your expectation  
USA Today once stated: 'Consumers are expected to spend more this Valentine's Day than in the past 30 years, making February's ode to Cupid second only to Christmas season in consumer spending.' The article continued, 'Men will outspend women on the holiday by almost double. "Valentine's Day is the 'put up or shut up' day for them. They don't want to make a mistake," says consumer psychologist Kit Yarrow. Don Kassonik of Clayton, North Carolina, says he will buy something for his wife "because you pretty much have to if you're married, to stay out of the doghouse."  
Is that the best we have to offer? Giving love just to stay out of the doghouse? Is Valentine's Day the best time for love? Is one season better than another? Is it easier to find love when the weather is warm, or when the weather turns cold? Can knowing the best season for love help you find the love of your life? Can knowing your season enrich the love that you already have? Does love just have to be about dating and marriage? Can you find love in the unlikelyst places? How do you prepare for your season?



Admit your imperfection  
...coming to the US for the first time. To university. To ... Michigan had had



# The Four Love Seasons

Finding love in unlikely places

Jeffrey & Pattiejean Brown



## The Four Love Seasons

and winter sometimes creep up slowly, one sliding seamlessly into the next, but at other times they arrive unannounced, a sudden dramatic change, irrefragable no-miss! Love is not an automatic insurance, haphazardly equipped with cruise control and driven by a trained chauffeur. Love is more often like a stick-shift pick-up that jerks and jolts uncomfortably along, driven by a hapless novice. Love may sometimes be heavenly but always down-to-earth.

Address your expectation  
There is a certain inevitability about the seasons, a certain naturalness and a certain predictability. While in some places, spring and autumn are seasons fleeting or unknown, in the north summer follows spring, autumn follows summer, winter follows autumn, and spring follows winter. The birds know what season it is and exactly when they should migrate. The animals know what season it is and precisely when they should hibernate. The sea creatures know what season it is and just when they should mate - what about us? Are we helpless victims to the waves of passion that sweep over us without warning, leaving us no time to prepare and no way to withstand them? Is 'falling in love' the best we have to offer?

Erich Fromm says love is "an activity, not a passive affect; it is a "standing in", not a "falling for". In other words, we ought to have some measure of control over love. Dennis Rainey says, "Much like the inevitable seasons of

nature, our lives on earth advance in a predictable pattern.' Predictable means we ought to know what is around the corner, and if we know, we can prepare.

Grasp your occasion  
Upon moving to Canada, we were given some advice by our friend, Hymers Wilson, Jr. Many cities here and want to hibernate through winter, waiting for summer to come. No,' he said, 'if you want to enjoy Canada, embrace the seasons.' So in our first

winter, Hymers and his wife Joy invited us to Huntsville, Ontario, to spend part of the Christmas holidays with them and their wonderful children, Hesterone, Hannah, and Hymers III. Known as 'language country', we were quickly immersed in activities that

## 1 Beginning the journey – admire, assess, and adjust

involved snowsuits, wellington boots and snow tubing. Soaking and shivering through we were, nothing could beat reading each day's adventure by dosing in seaming hot chocolate at the local Tim Hortons'. Like a pregnant woman who vows never again, only to beam with expectancy the following year, we went back. We learned to embrace the seasons. Lasting approximately three months, each season is accompanied by its own characteristic weather and temperature patterns. I learned that seasons can affect your mood. While I was the

in Michigan could drain away your life if you were not careful. On the other hand, spring was so hopeful that many male students made promises they could not fulfill.  
Between the seasons there may also be a tremendous variance in the hours of daylight. In December, when the North Pole tilts away from the sun, countries in the Northern Hemisphere have winter. At the same time, the South Pole is tilted toward the sun, so countries in the Southern Hemisphere are experiencing summer. Then in June, the opposite happens. We saw it for ourselves and we couldn't believe it - the land of the midnight sun.  
My friend, Theodore Stewart, and I worked in Molde, Norway, one summer, while my sister Anne worked further north in Tromsø, Norway. We attended a wedding one evening and, after midnight, we were still outside taking pictures without a flash. We would go to bed without seeing darkness and wake up without seeing darkness. It is a wonderful country, and the residents love their sunshine. They embrace every minute of it because they know that winter is on its way. You see, winter is the land of the Midnight Sun in reverse. People attend church in the morning and when they leave at noon it is starting to get dark. Darkness can cloud one's understanding of love.





The Stanborough Press Ltd.

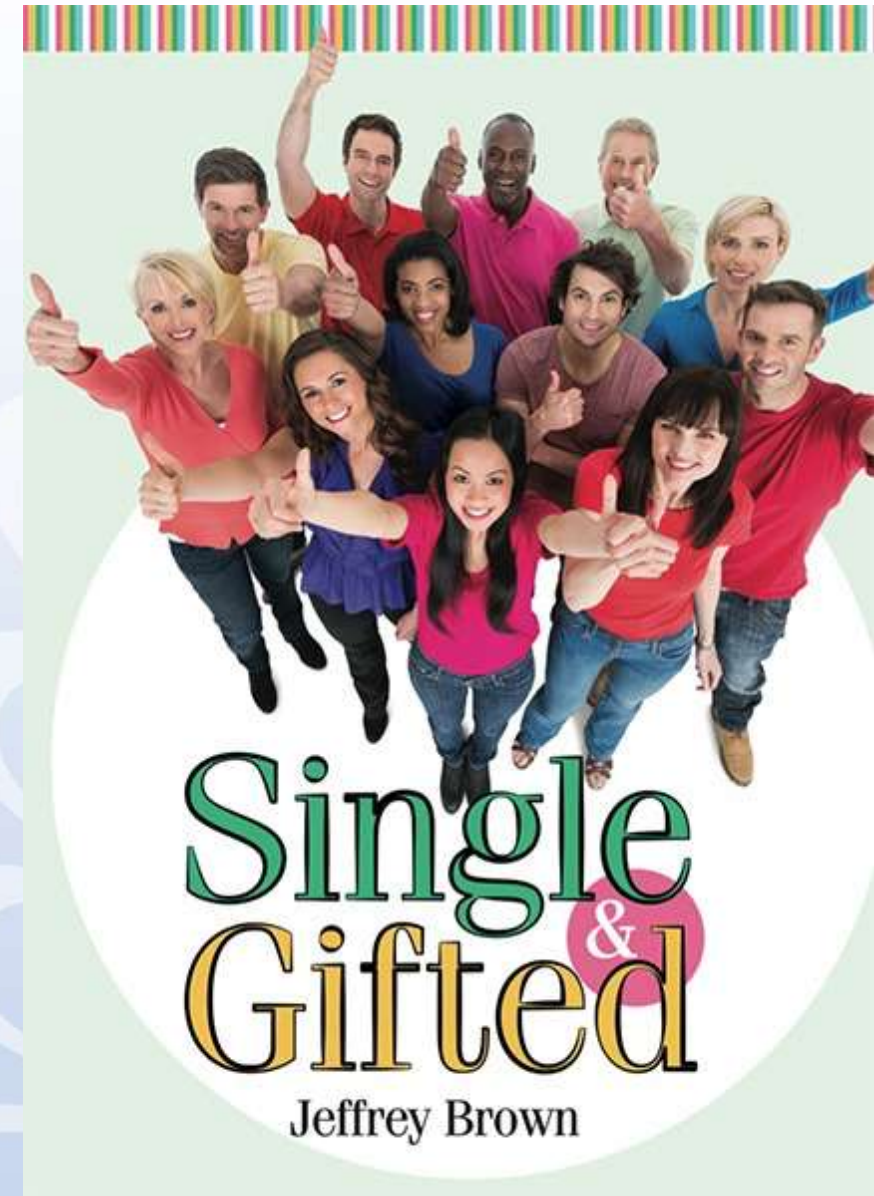
**How to survive as a single – and turn singleness to your advantage.**

**Hope for those desperately seeking someone.**

**How to cope with being alone – and with the crisis of marital separation.**

**Sex and the single person. Surviving as a single parent.**

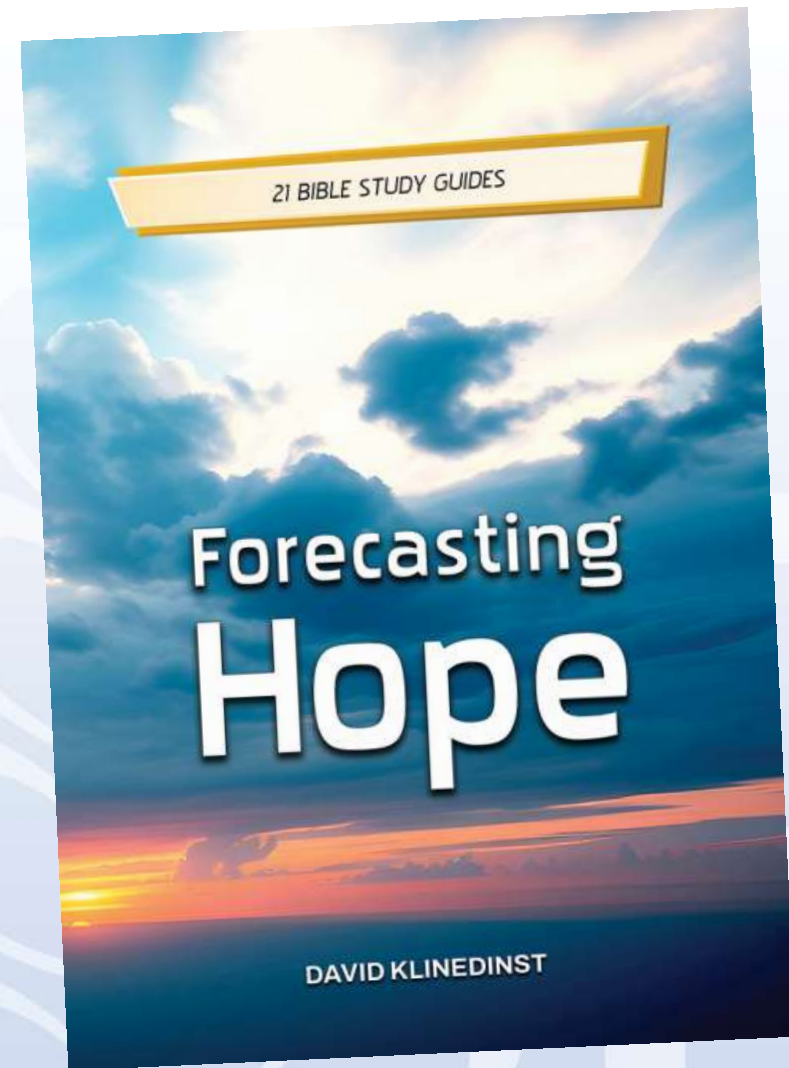
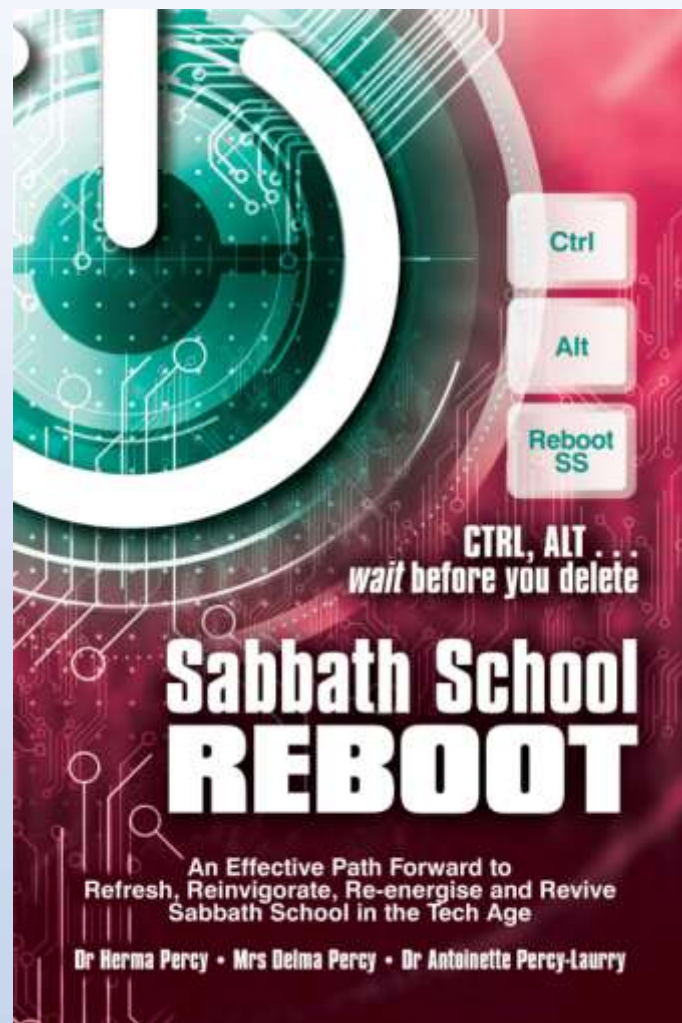
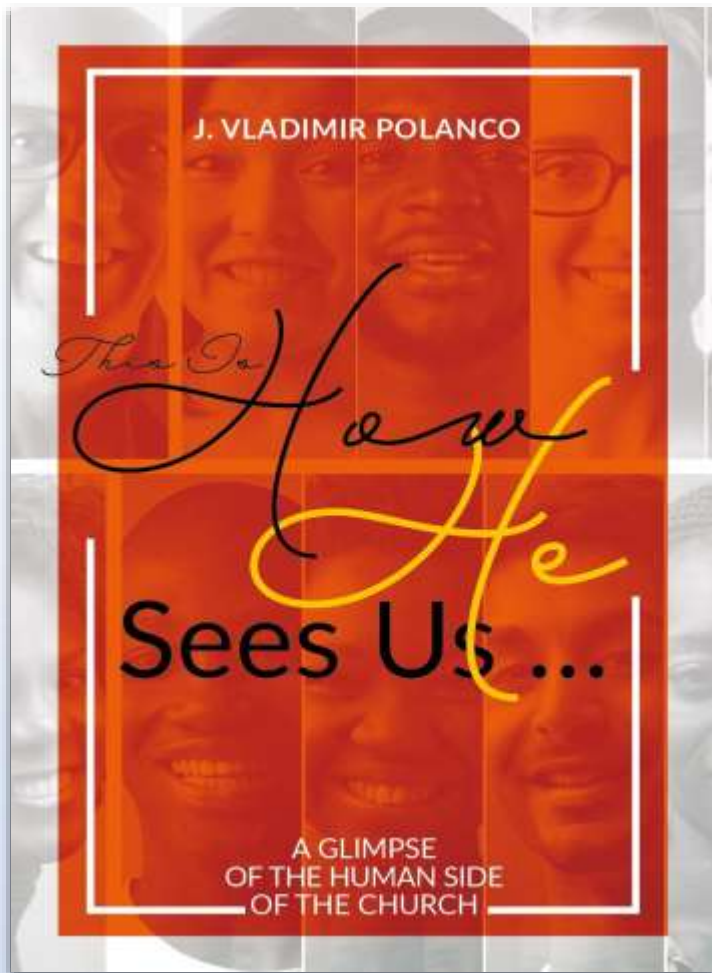
**How to tell love from infatuation.**

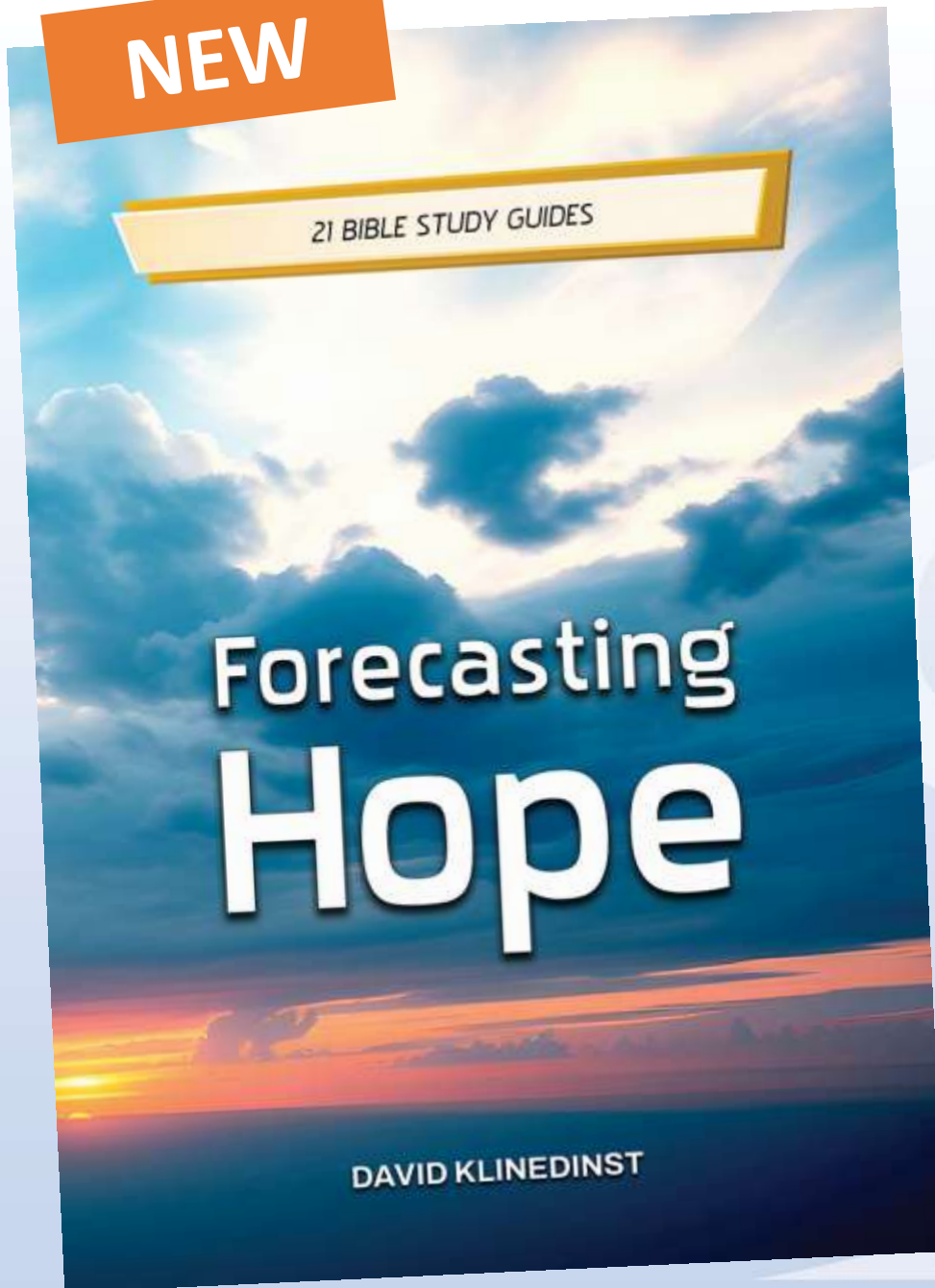




The Stanborough Press Ltd.

# RESOURCES





Amid the uncertainties of the modern world, discover what you need to know from the pages of the Holy Scriptures.

Ancient prophecies predicted events that are being fulfilled before our eyes. What does this mean for us today?

These 21 Bible studies have been compiled by Pastor David Klinedinst, Evangelism Director of the Cheesepeak Conference and edited by Pastor Jeffrey Brown, Associate Editor of Ministry Magazine, and they go through the different prophecies, their explanation and practical application for today.

The are presented as individual booklets within a folder for easy access.

Ideal for pastors, elders, Bible workers and anyone involved in Evangelism.

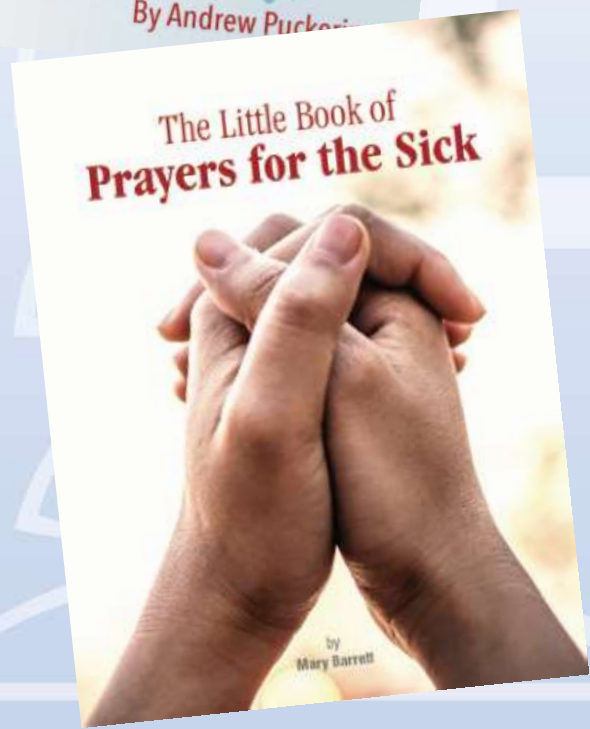
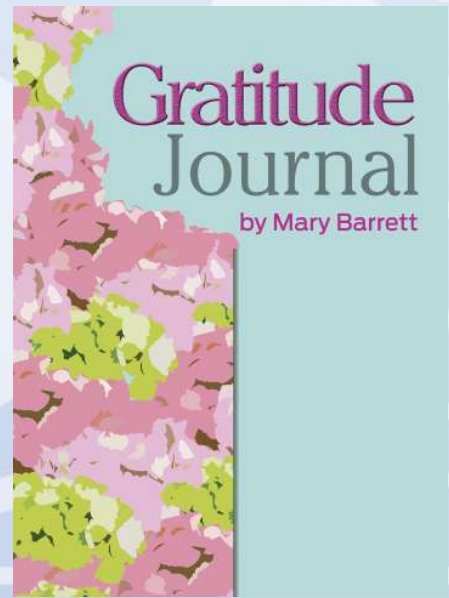
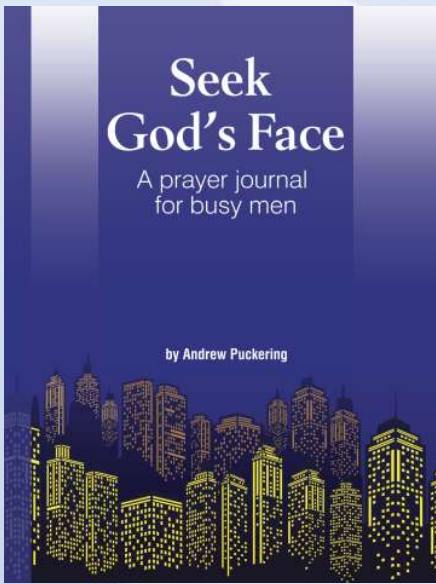
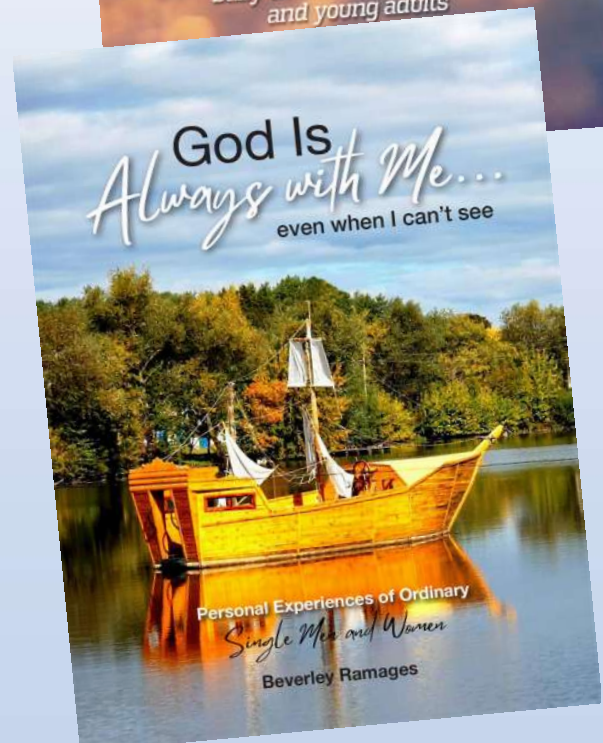
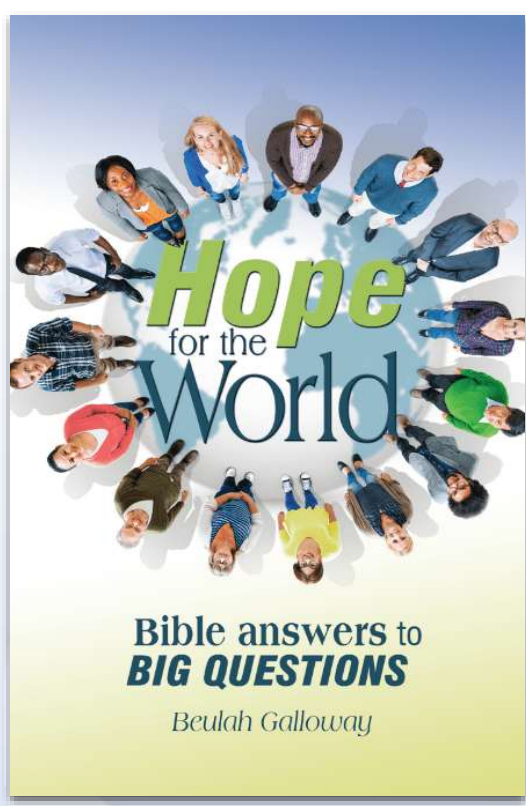
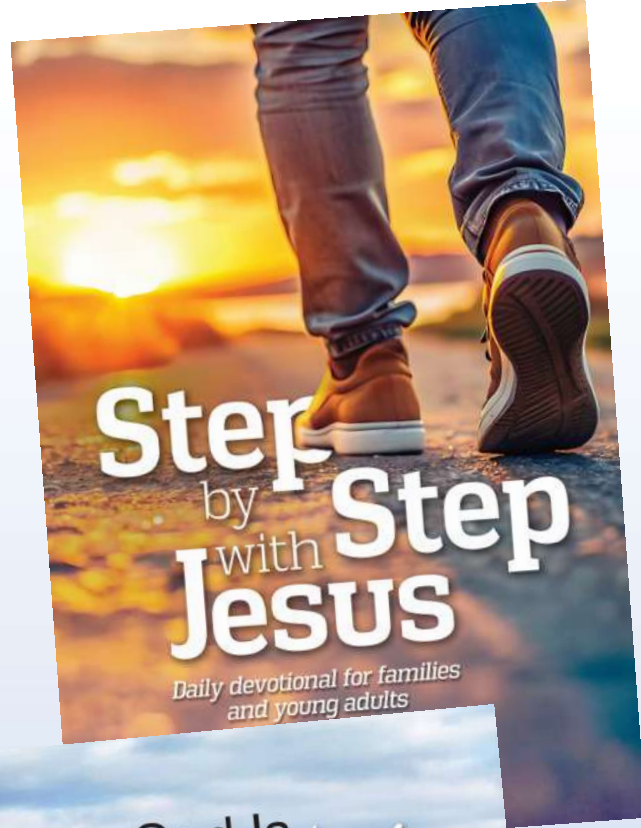


The Stanborough Press Ltd.

# Bible Study



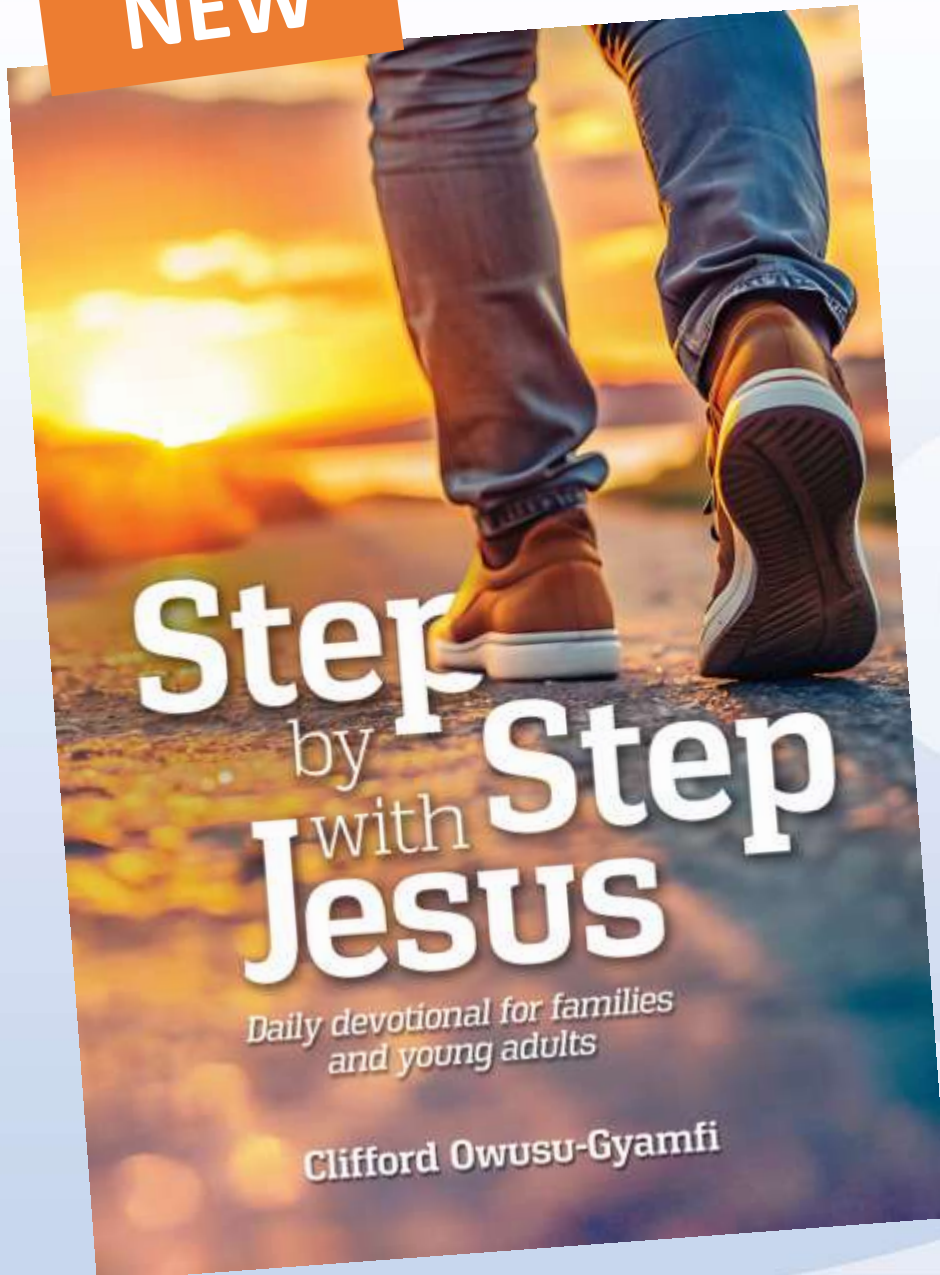
The Stanborough Press Ltd.





The Stanborough Press Ltd.

NEW



Has your yearly devotional reading often trailed off by mid-year? Do you find yourself among those who struggle to maintain the commitment?

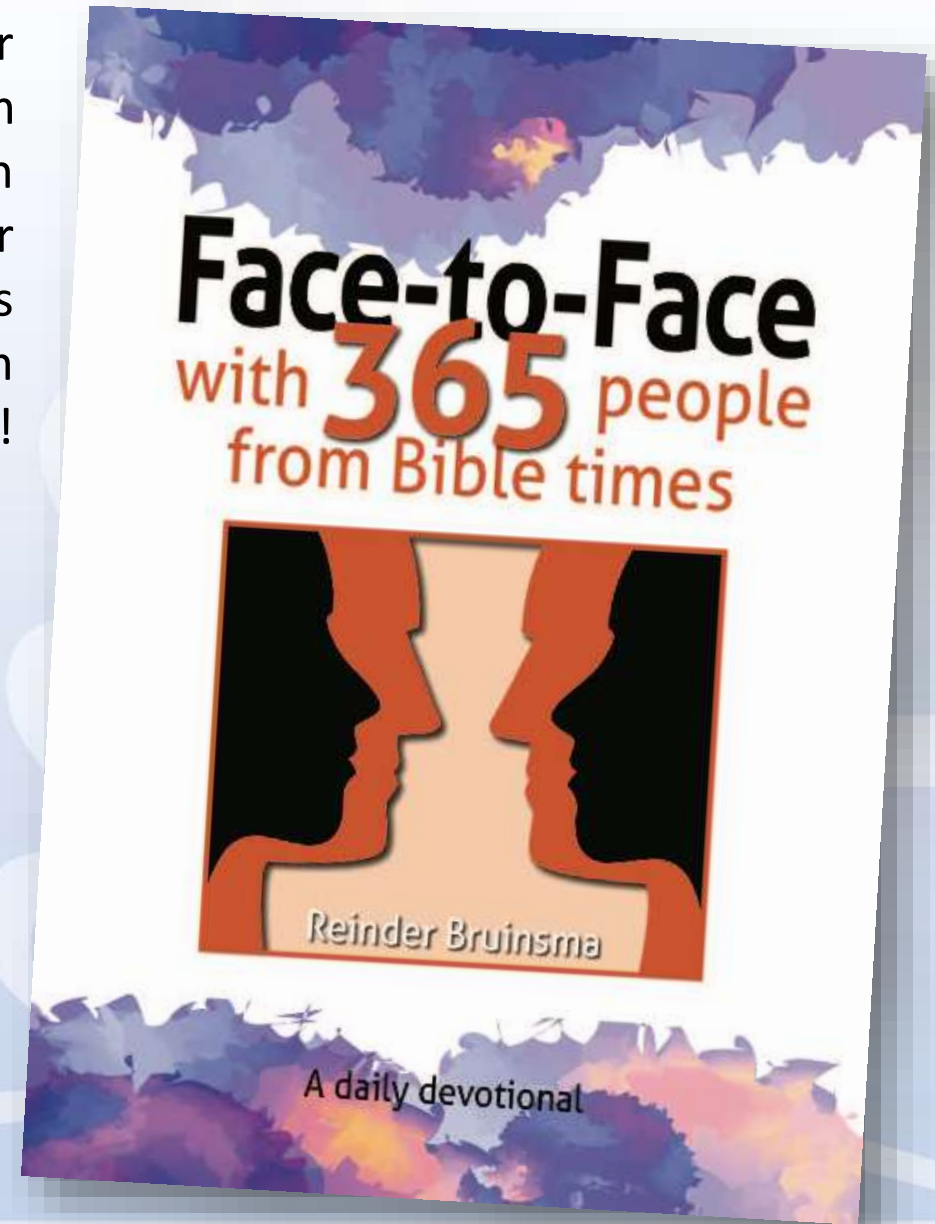
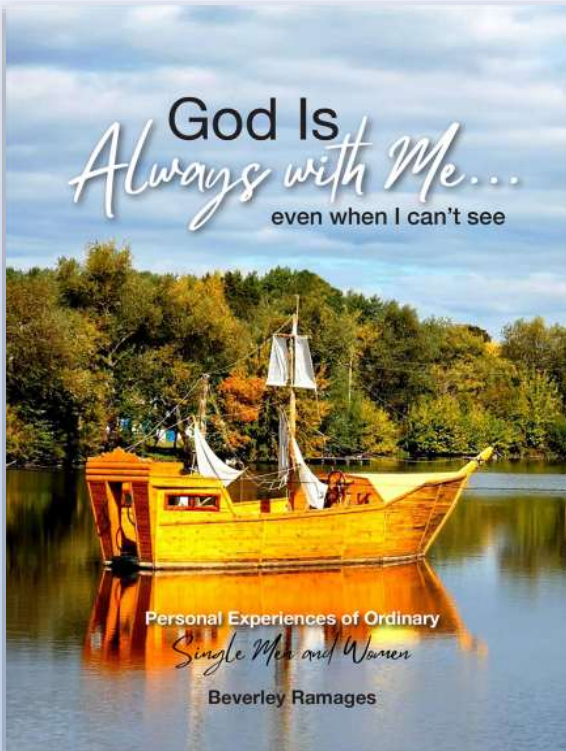
Step by Step with Jesus is not merely a 365 daily devotional: it's a journey with the Saviour that engages and captivates you throughout the entire year.

Embedded within each devotion are timeless truths woven into stories and illustrations that reflect the challenges, trials and questions we all face. The pages of this book are designed to inspire commitment, offering a fresh perspective each day, and infusing your daily routine with spiritual vitality. The engaging topics, scriptural insights, and practical applications will draw you into a deeper relationship with Jesus.

Step by Step with Jesus is a personal invitation to walk hand in hand with the Saviour, step by step, day by day, growing and maturing in your faith.

# Face-to-Face: With 365 people from Bible times

The Bible is a book about real people, with all their quirks and flaws. What lessons can we learn from them for ourselves today? In this accessibly written devotional, respected church theologian Dr Reinder Bruinsma puts them under the spotlight with all his characteristic honesty and warmth. Some of them might surprise you!





The Stanborough Press Ltd.

# Connected

devotional readings  
for an intimate marriage



Willie and Elaine Oliver

In ***Connected: Devotions for an intimate marriage***, Dr Willie and Dr Elaine Oliver share over 35 years of marriage experience, growing together, learning from each other, and rearing children. They know how to make the 'what ifs' become reality.

#### Pause

*When have I put down my spouse, intentionally or unintentionally? Did I realize my pattern of poor behaviour? If necessary, how I apologise?*

#### Pray

*Pray for the power to elevate your spouse higher than yourself, through affirmation and support, in private, in the home and in the company of others.*

#### Choose

*Check to make sure that your marriage relationship is not governed by a 'me first' attitude. By consciously this week let your spouse 'go first' in as many practical daily activities as possible.*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Have No Fear

week  
9

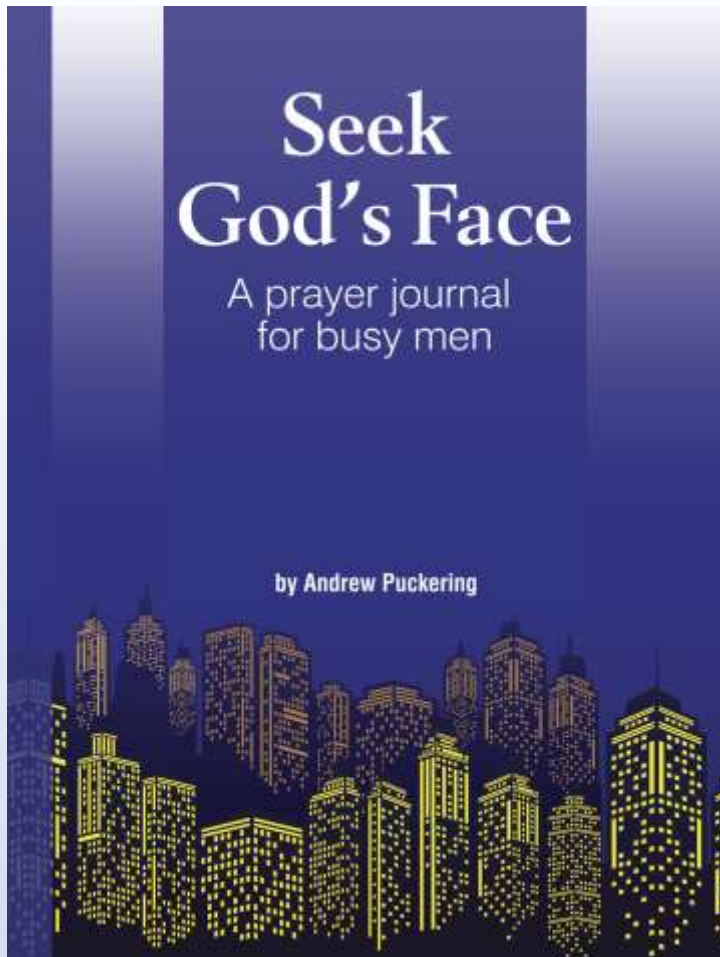
*Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, yes, I will help you, I will uphold you with My righteous right hand.' Isaiah 41:10*

A dictionary definition of fear is 'a distressing emotion aroused by impending danger, evil, pain, etc., whether the threat is real or imagined, the feeling or condition of being afraid' (dictionary.com)

Fear is not an uncommon emotion experienced in marriage. Interestingly, it may show up early in the marriage, in mid-life, or even in the winter of life. Any number of circumstances may allow this sensation to surface, from feeling you married the wrong person after the first month of marriage has been a total disaster, to feeling disconnected, misunderstood and alone after 20 years of marriage, to being afraid you will lose your spouse to a debilitating illness after 40 or more years of enjoying a very high level of marital satisfaction.

*Allow God's Word to replace the spirit of doubt, disbelief, nagging and uncertainty.*

Whatever is causing you fear or worry about your marriage, God is providing a message of optimism today. In fact, God is liberally encouraging you not to allow anxiety to overwhelm you with pessimism and disappointment, regardless of the emotion you are experiencing. To be sure, God is assuring you that His offer is not an empty and ordinary one. Rather, this pledge is based on God's righteous right hand. In other



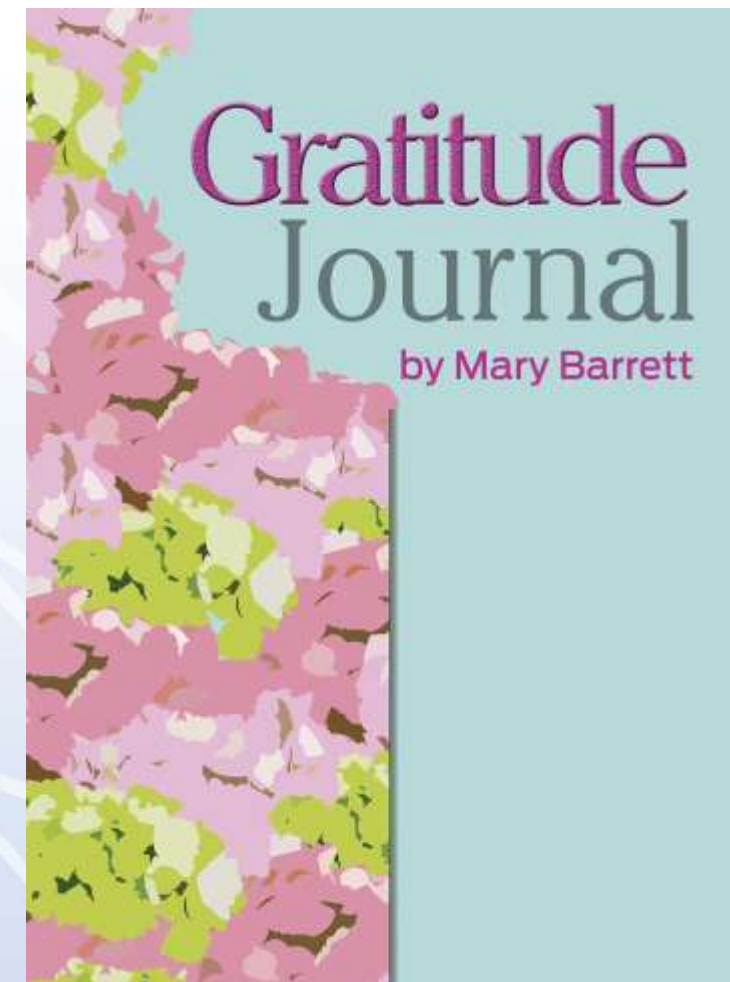
Among all your busyness, find time to rest. Among the stresses of life, experience God's peace. It can be stressful in a man's world, with so many competing pressures and demands on our time. God understands the challenges we face, and He encourages us to take time out and come before Him in devotional time and prayer. To be the men that God calls us to be, we need to come before Him and seek His face. Let us join together in seeking our loving God today.

Mary Barrett had a burning issue to take to the Lord – but, instead of asking Him for help, she chose to praise Him. What happened next was truly amazing!

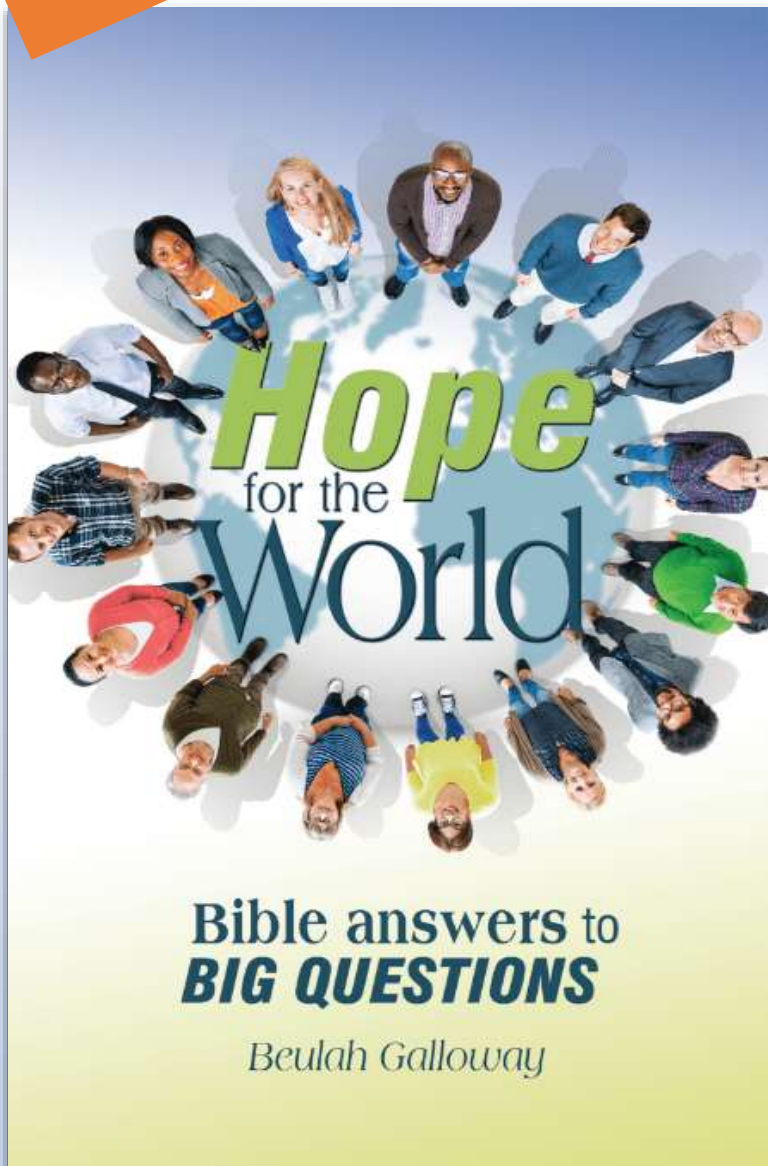
This prayer journal provides encouraging scripture texts, inspiring thoughts, and space for you to write out your own requests and prayers of praise.

We ask God for so many things in our prayers . . . but how often do we thank Him?

Start your 'attitude of gratitude' today!



NEW

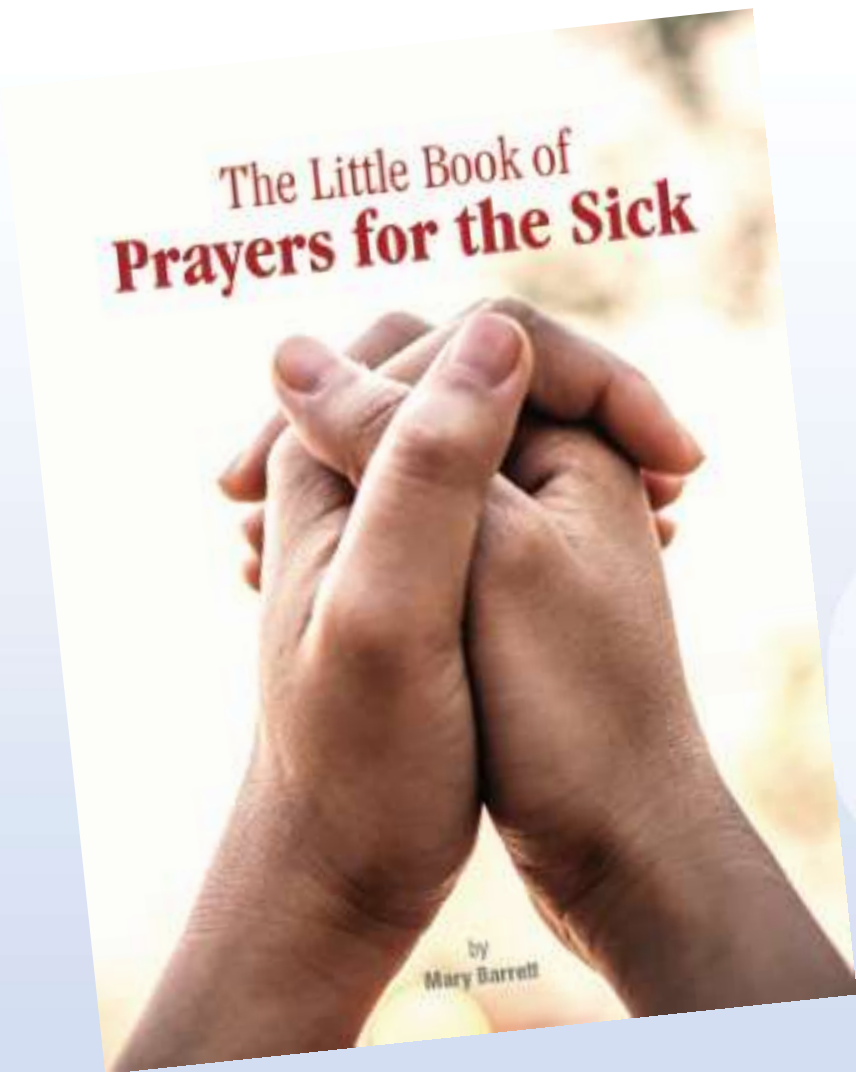


Scripture speaks for itself.

In this sharing book, *Hope for the World*, Beulah Galloway presents Bible texts on God and His law, sin and salvation, Jesus, the Holy Spirit, and man's place and purpose in the world, arranged topically for your convenience such as:

Who are God's children?,  
How reliable are the Scriptures?,  
What comfort is there for the broken-hearted?,  
What can the Bible tell me about how to live?,  
What good being humble do?,  
Will God always provide for my needs?,  
What will happen when Jesus returns?,  
What are the Ten Commandments?,  
Where did Jesus come from?  
And What should I do now that I know all these things?

It is our belief and prayer that you will find this to be a rich blessing in your walk with God.



Pray for each other  
“Therefore comfort each other and edify one another, just as you also are doing...”  
1 Thessa 5:11



Gratitude is the forgotten theology  
“...In all things give thanks, for this is the will of God in Christ Jesus...”  
1 Thessa 5:18



The Stanborough Press Ltd.

# SACRED HOURS

*52 Sabbath Reflections  
for Your Devotional Time*

Sharon Platt-McDonald

Are you looking to enrich your devotional time and experience with God each Sabbath? Then delve into these reflective pages, which take you on a journey of discovery detailing the varied aspects of the Sabbath and the multiple blessings it brings to our lives.

Are you looking to share the blessings of the Sabbath with someone searching for God? If so, then the book you hold in your hands is rich with Sabbath experiences that will ignite curiosity and interest for those yet to embrace God, helping them to commence their journey to experience Sabbaths as our Heavenly Father intended.

***Sacred Hours: 52 Sabbath Reflections for Your Devotional Time*** invites you to pause from the harried existence of daily life, to retreat from the distractions, demands and stressors of the week, and to take the 'upward look' as you rest in these hallowed hours of the Sabbath – God's gift for our lives.



The Stanborough Press Ltd.

Holy Bible  
NKJV

Parenting Bible  
NKJV

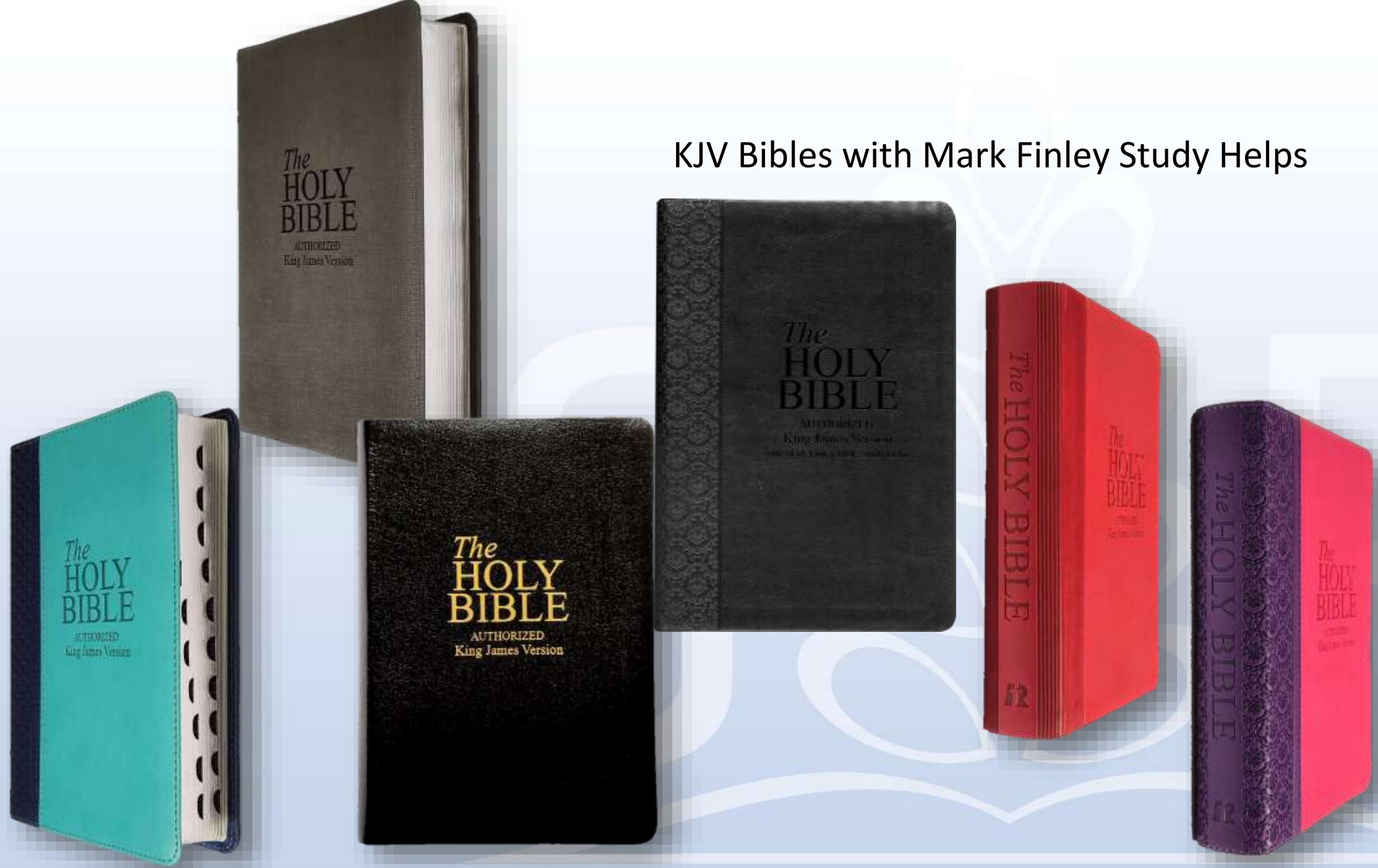
Leadership Bible  
NKJV

Large Print






The Stanborough Press Ltd.



KJV Bibles with Mark Finley Study Helps

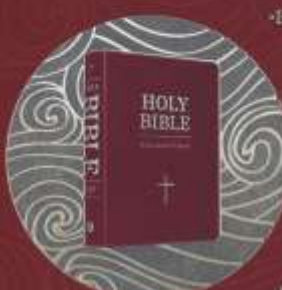
# LARGE PRINT KJV BIBLES

**HOLY BIBLE  
KJV  
LARGE PRINT EDITION**



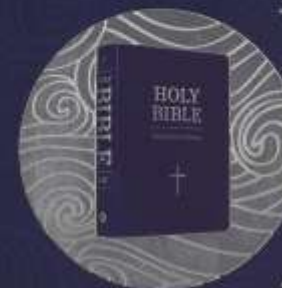
- Easy-to-read Large Print
- Full King James Version
- Double Column Format
- PU Leather Cover
- Reader's Help Section
- Tracking Chart - Reader Check List
- Satin Ribbon Marker
- Gilt-edged Pages
- Rounded Corners

**HOLY BIBLE  
KJV  
LARGE PRINT EDITION**



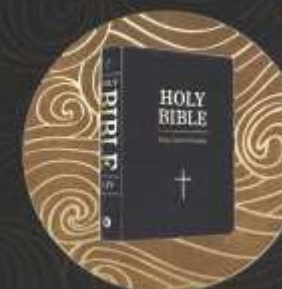
- Easy-to-read Large Print Type
- Full King James Version
- Double Column Format
- PU Leather Cover
- Reader's Help Section
- Tracking Chart - Reader Check List
- Satin Ribbon Marker
- Gilt-edged Pages
- Rounded Corners

**HOLY BIBLE  
KJV  
LARGE PRINT EDITION**



- Easy-to-read Large Print Type
- Full King James Version
- Double Column Format
- PU Leather Cover
- Reader's Help Section
- Tracking Chart - Reader Check List
- Satin Ribbon Marker
- Gilt-edged Pages
- Rounded Corners

**HOLY BIBLE  
KJV  
LARGE PRINT EDITION**



- Easy-to-read Large Print Type
- Full King James Version
- Double Column Format
- PU Leather Cover
- Reader's Help Section
- Tracking Chart - Reader Check List
- Satin Ribbon Marker
- Gilt-edged Pages
- Rounded Corners



The Stanborough Press Ltd.

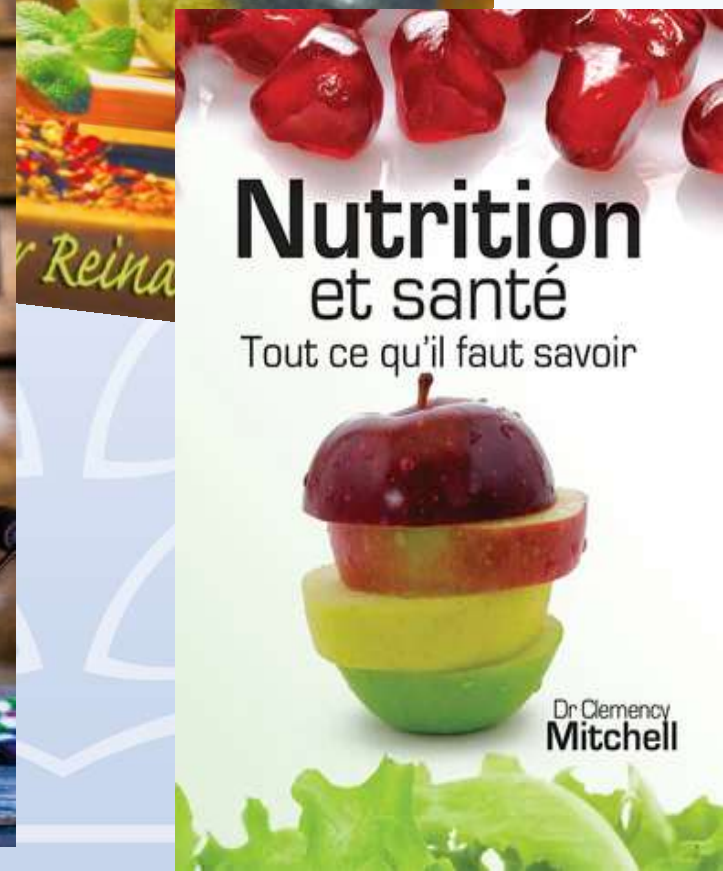


# French Books



The Stanborough Press Ltd.

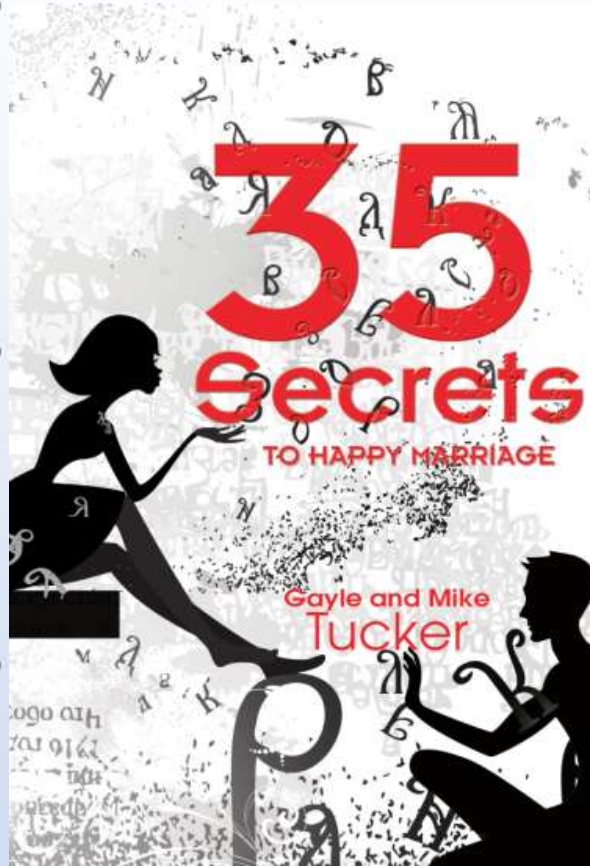
# Books available in French





# Books available in French

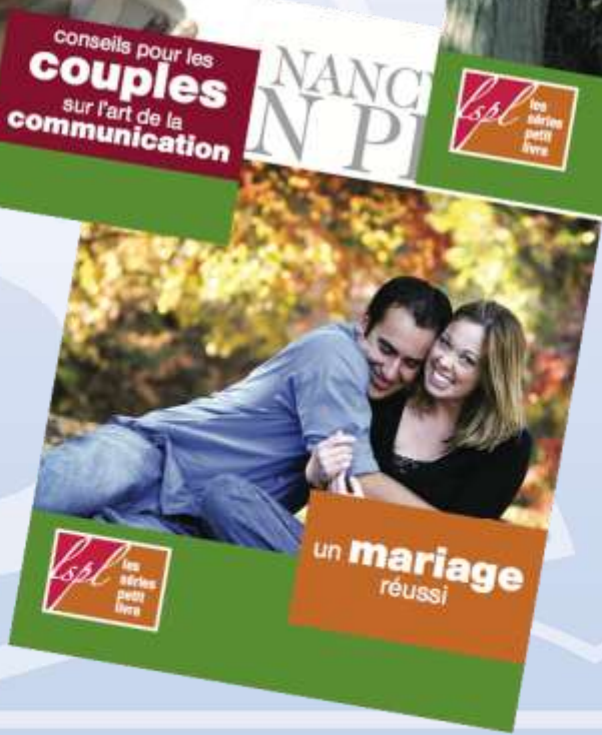
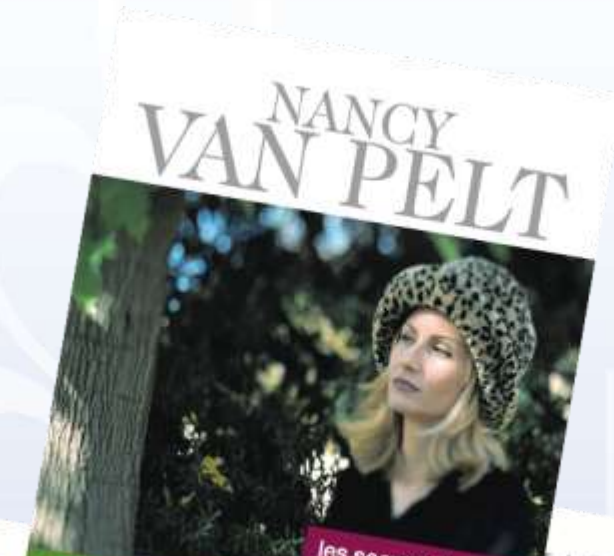
The Stanborough Press Ltd.





# Gift Books

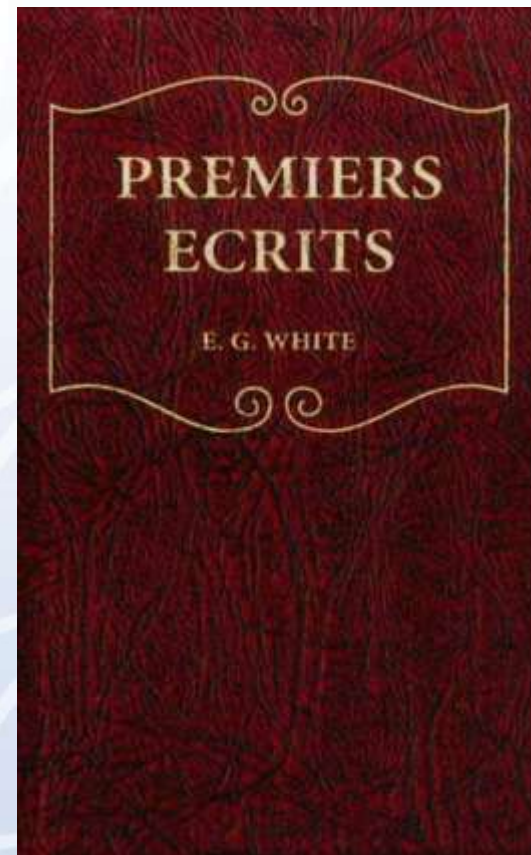
The Stanborough Press Ltd.





The Stanborough Press Ltd.

# Gift Books

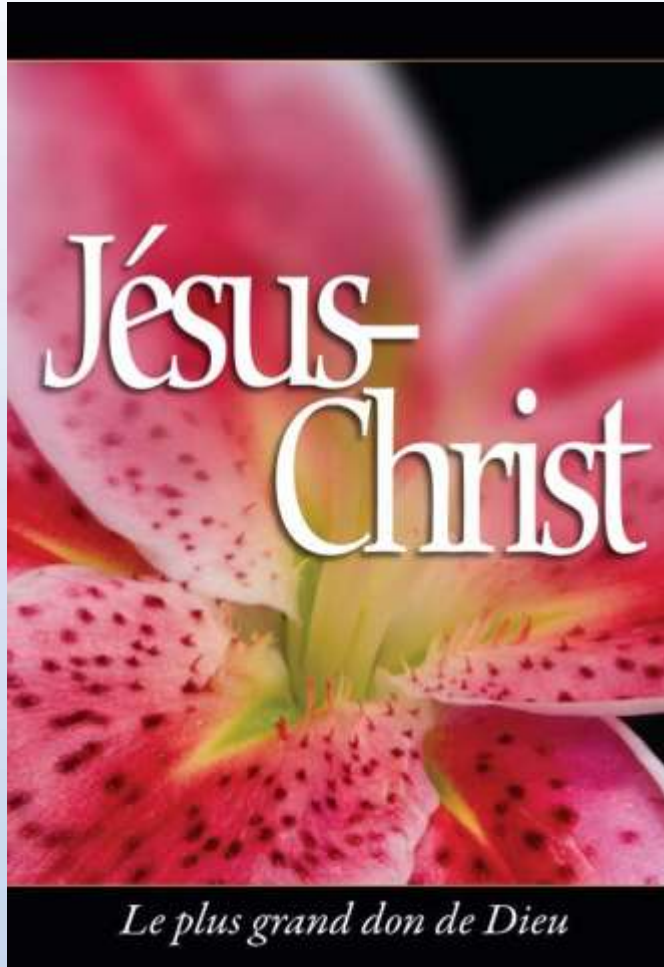
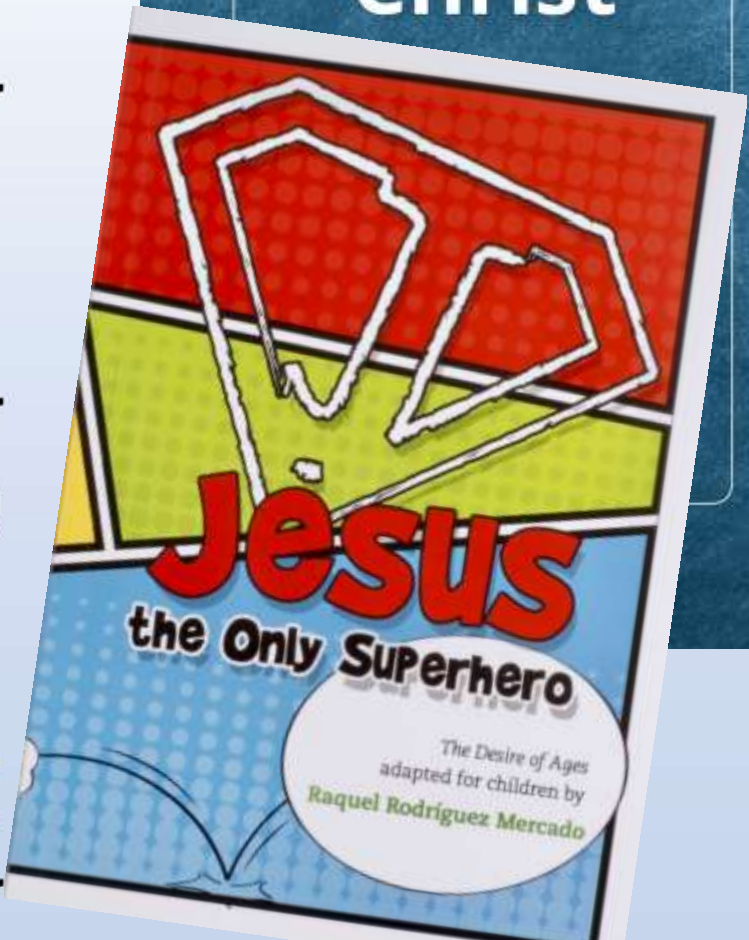


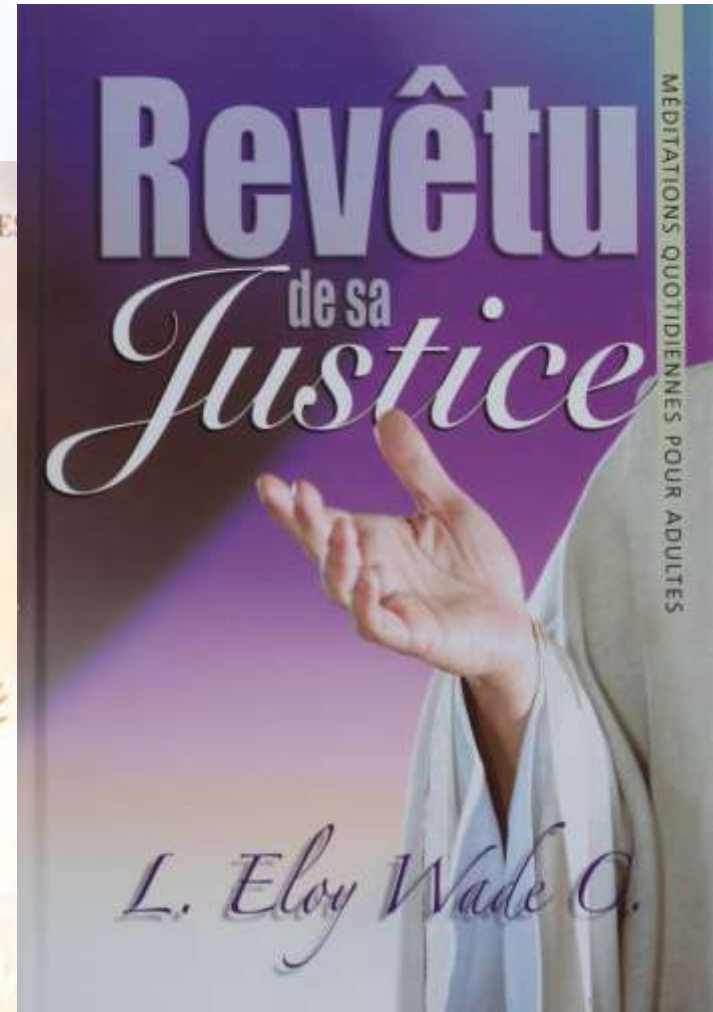
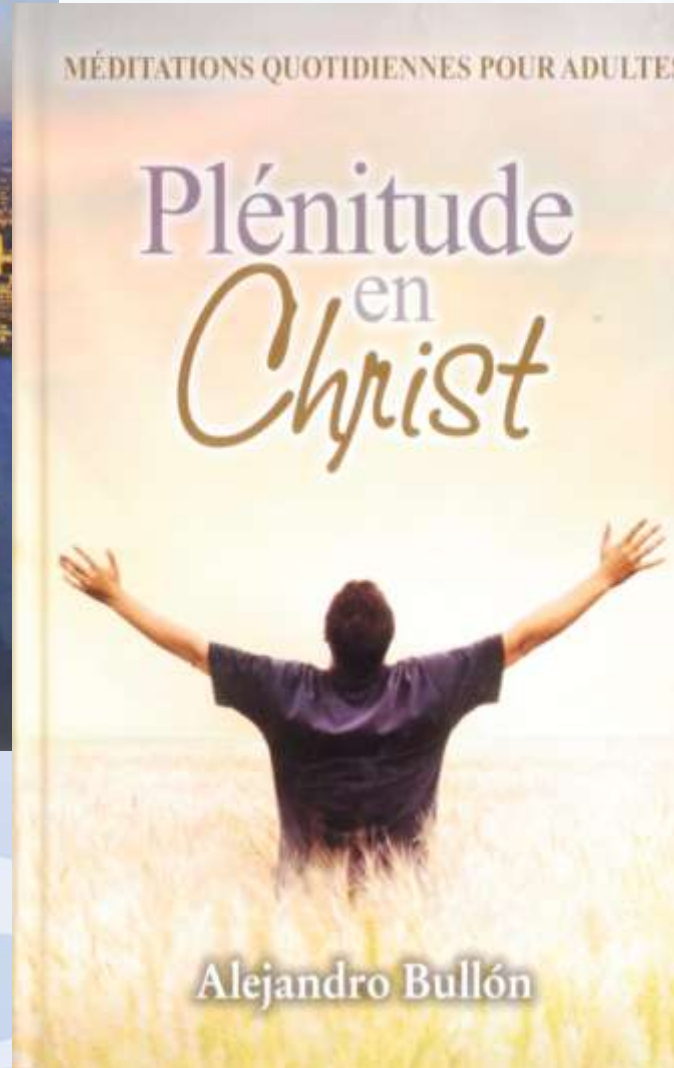
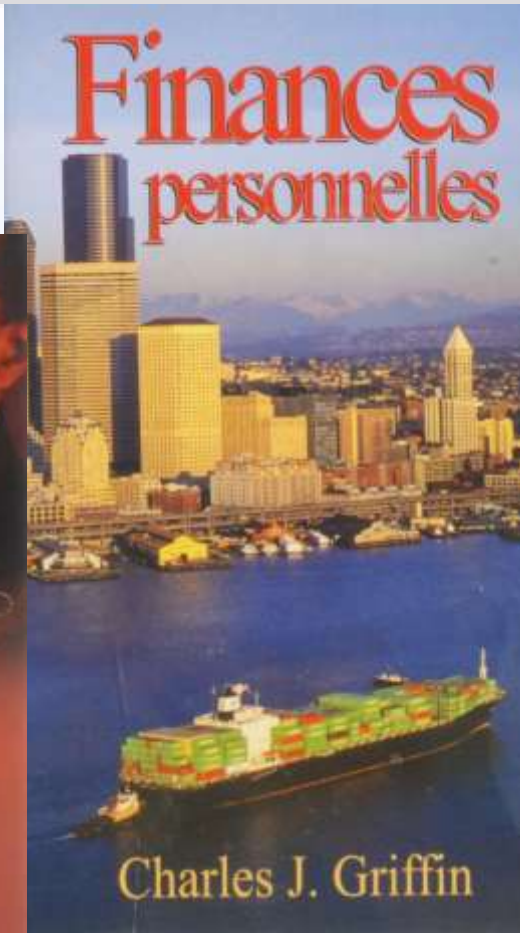
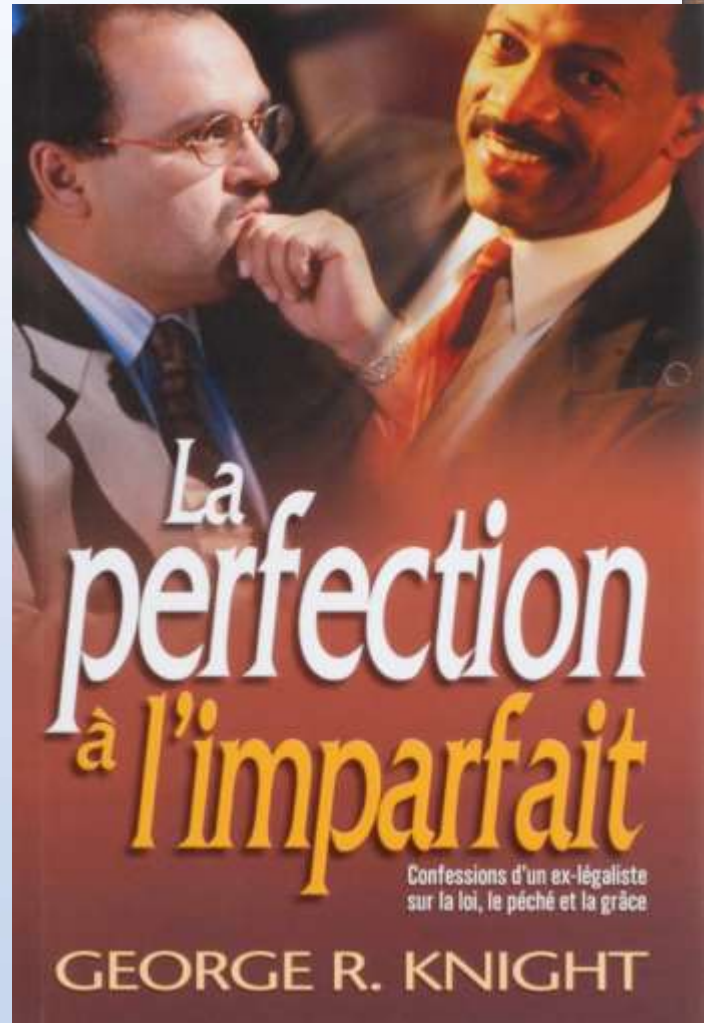


The Stanborough Press Ltd.

Spirit of Prophecy

Jésus-  
Christ







Sharing

The Stanborough Press Ltd.

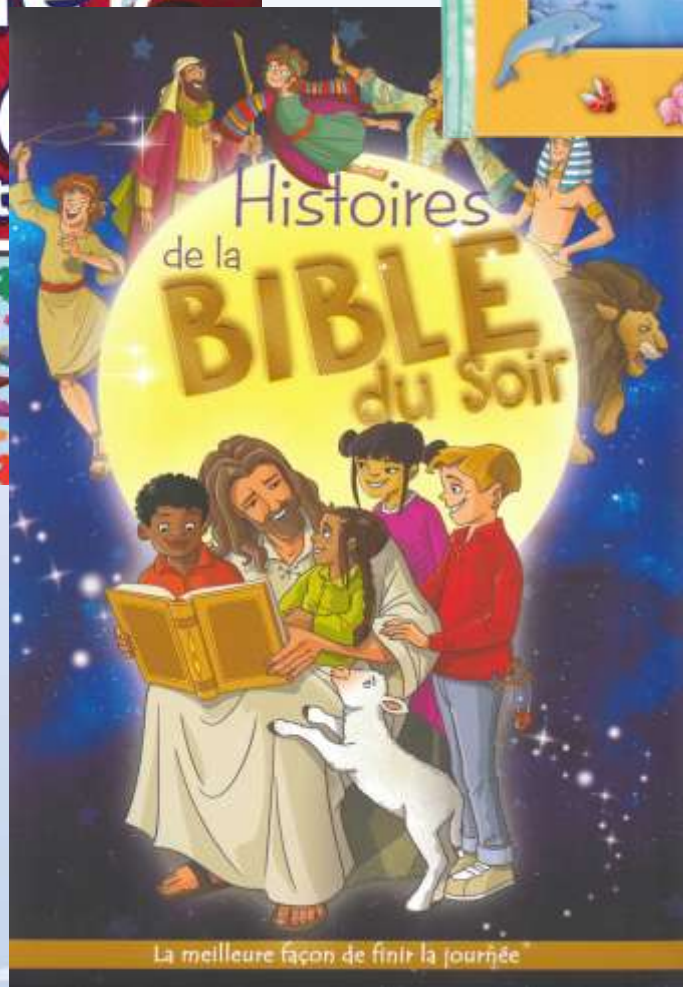
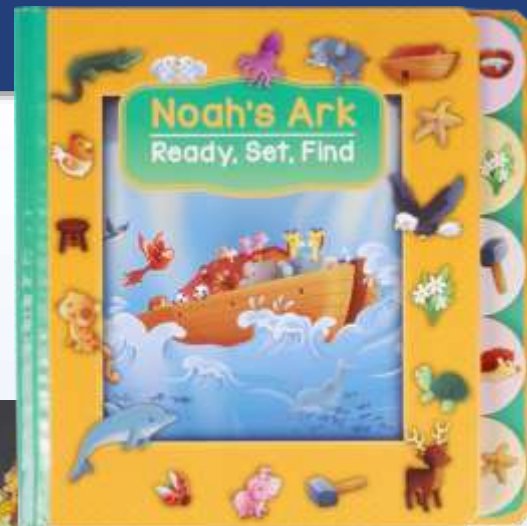
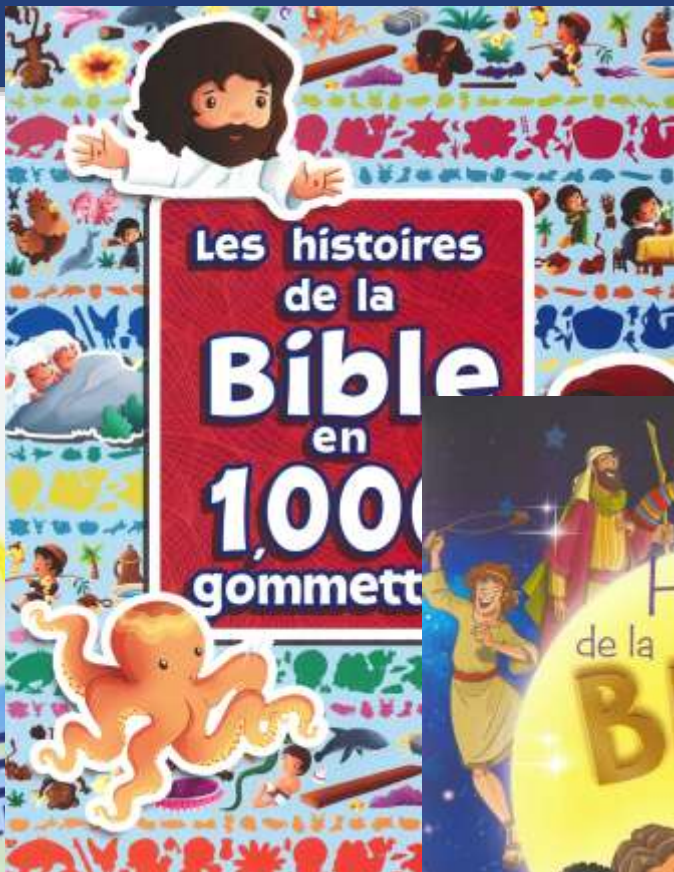


**SPECIAL OFFER \$0.25**

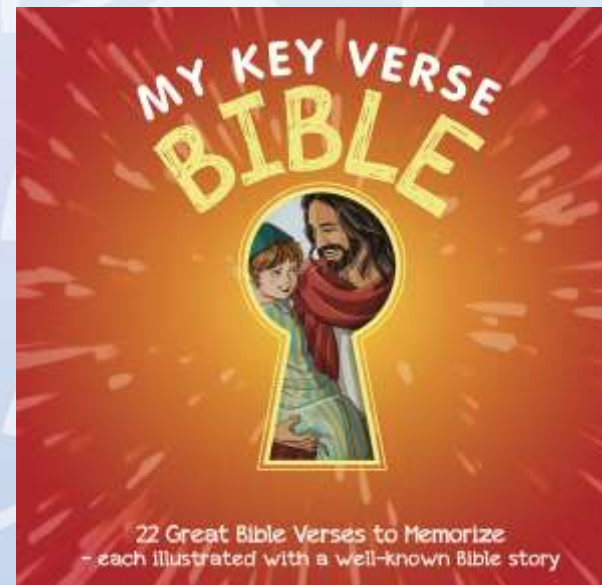


The Stanborough Press Ltd.

Enfants



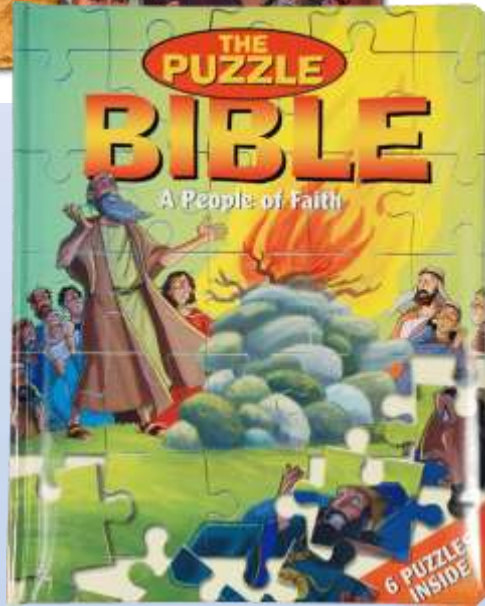
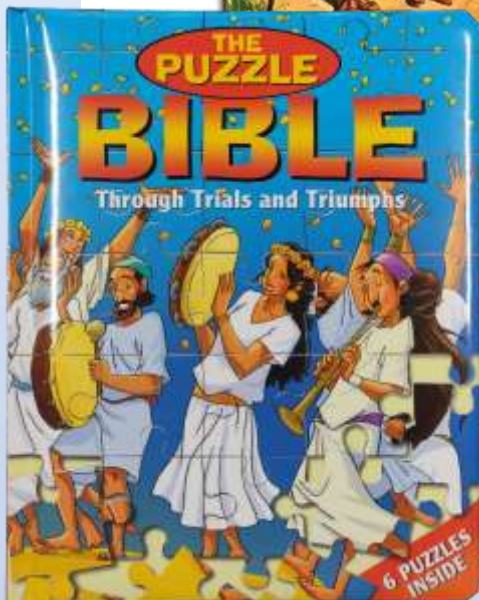
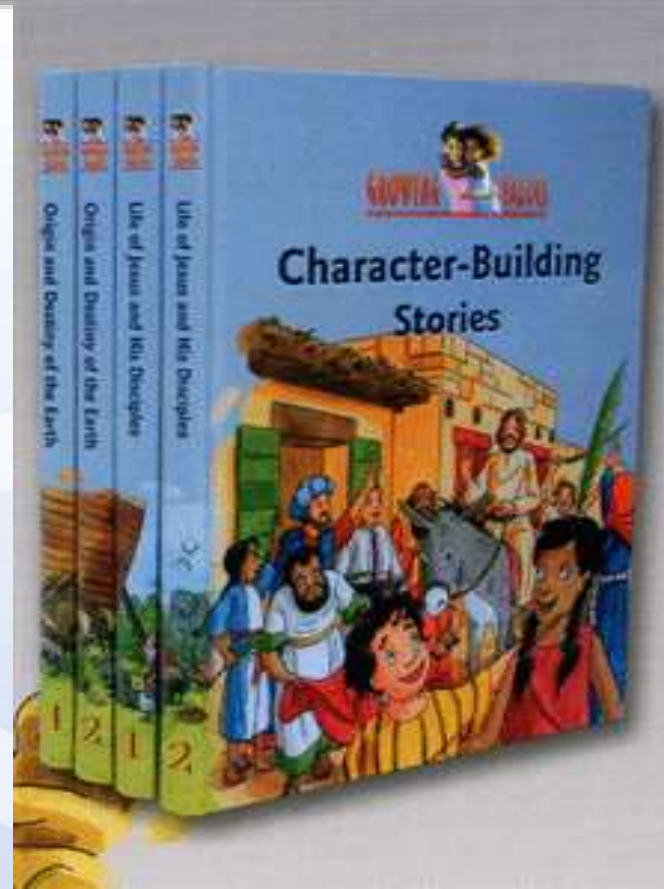
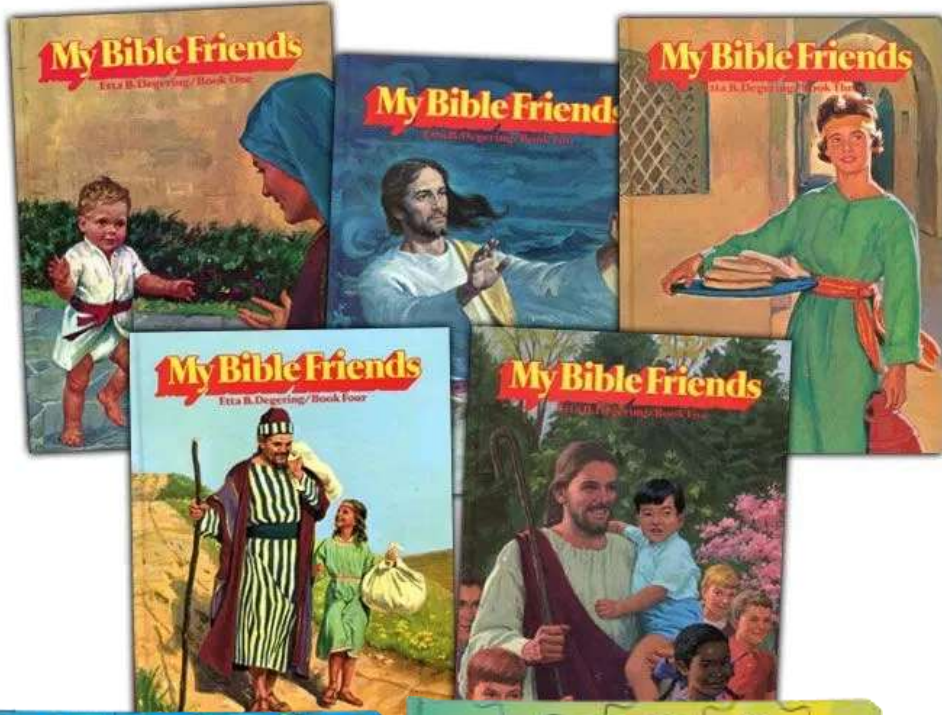
Also available in French





The Stanborough Press Ltd.

Enfants



Also available in French



2022 World Publishing Advisory

**IT'S  
OUR  
TIME**

I WILL GO



“I urge you to realize the importance of reading the directions that the Lord has given us, that we may carry forward His work on the lines that He has marked out.”

*EGW Letters and Manuscripts, Vol. 18.*



The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)



WE ARE 140 YEARS | 1884-2024

2022 World Publishing Advisory

**IT'S  
OUR  
TIME**

I WILL GO



“Everywhere people are perishing for lack of knowledge of the truths that have been committed to us. The members of the church are in need of an awakening that they may realize their responsibility to impart these truths. Those who have been enlightened by the truth are to be light bearers to the world (LEs).”

*EGW Testimonies to the Church, Vol. 1, Chapter 12.*



The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)



WE ARE 140 YEARS | 1884-2024

2022 World Publishing Advisory

**IT'S  
OUR  
TIME**

I WILL GO



## Leviticus 6:22 NIV

But the fire must be kept burning on the altar; it must not be allowed to go out. The Priest (Publishing Director) must put more firewood on the altar every morning....

Let's work together to keep the fire burning among our LEs so many souls can be reached for the Kingdom. Amen



The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)



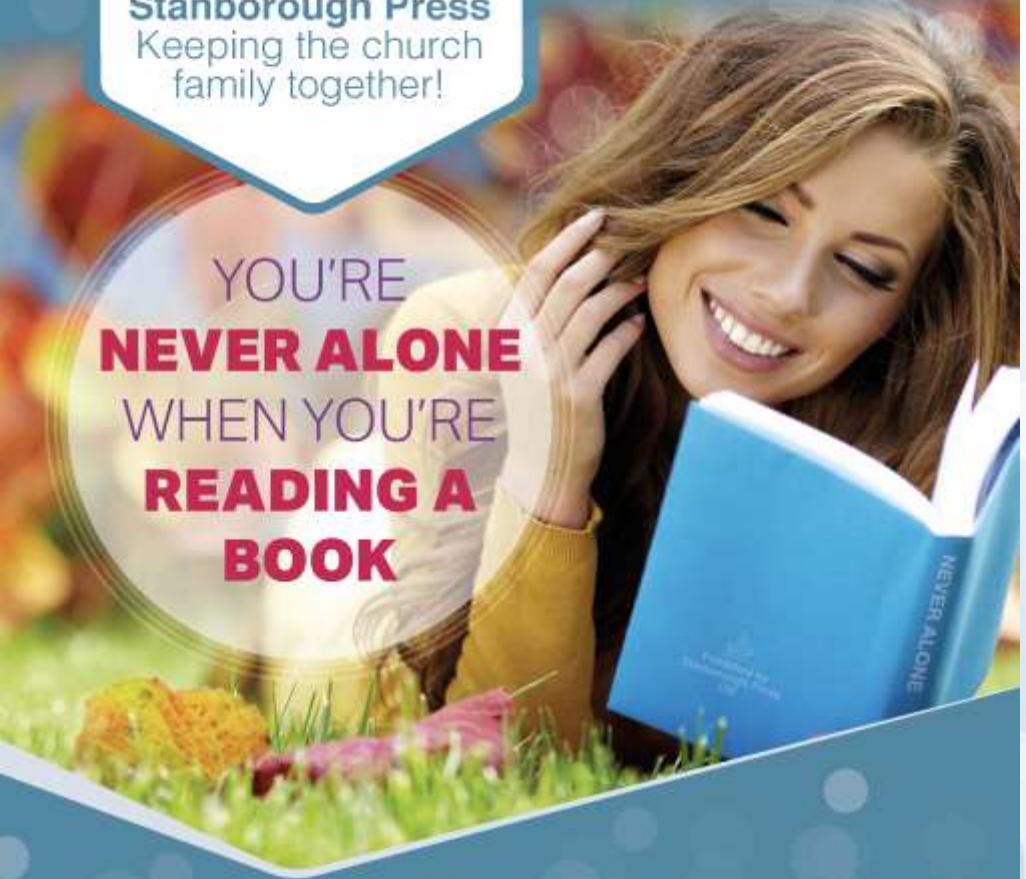
WE ARE 140 YEARS | 1884-2024



The Stanborough Press Ltd.



Stanborough Press  
Keeping the church family together!



YOU'RE  
**NEVER ALONE**  
WHEN YOU'RE  
**READING A  
BOOK**

**01476 591700**  
sales@stanboroughpress.org.uk



or visit our shop online at  
[www.LifeSourceBookshop.co.uk](http://www.LifeSourceBookshop.co.uk)

**LIFE IS  
BETTER  
WITH BOOKS**



**01476 591700**  
sales@stanboroughpress.org.uk



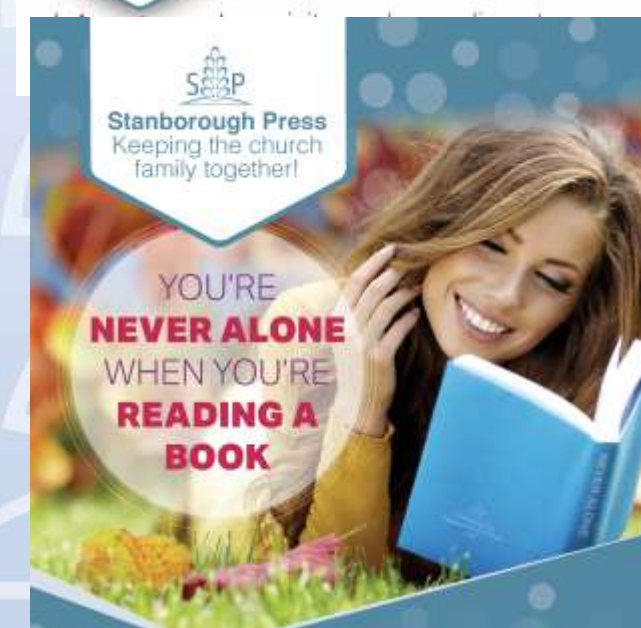
or visit our shop online at  
[www.LifeSourceBookshop.co.uk](http://www.LifeSourceBookshop.co.uk)

## *To be successful...*

- \* Observe
- \* Plan what you want to achieve for the year or the quarter.
- \* Learn — IMPROVE ALWAYS!
- \* Put into practice
- \* Think BIG!
  
- \* SWOT Analysis: What are your Strengths, your Weaknesses, your Opportunities and your Threats.
- \* Look at you 4 PPPP: Product, Price, Position and Promotion.

KNOW YOUR MARKET, YOUR MEMBERS AND YOUR POTENTIAL.

- Believe in change — BE CREATIVE!
- Be proactive with your customers: You are there to SERVE them!



## What else can we do?

- Open Days
- Fidelity Cards
- List of titles by department of the church
- Promotion with the local pastors and churches
- Month of the Bible
- Kids' corner
- Late night shopping
- NEW ARRIVAL section



**STANBOROUGH PRESS  
OPEN DAY 2025!**

**7 SEPTEMBER** 9am start

with speaker **Pavel Goia**  
Pastor and writer - now serving as Associate Ministerial Director for the General Conference Ministerial Association as well as the Editor for Ministry magazine.

**Huge range of BRAND-NEW titles!**



**Plus special features, children's entertainment and lots of special offers!**

VENUE:  
**GRANTHAM  
NG31 9SL**



2022 World Publishing Advisory

**IT'S  
OUR  
TIME**

I WILL GO



**PAPER + INK**  
= **INFORMATION**



The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)



WE ARE 140 YEARS | 1884-2024

2022 World Publishing Advisory

**IT'S  
OUR  
TIME**

I WILL GO



**PAPER + INK,  
EMPOWERED BY  
THE HOLY SPIRIT  
= TRANSFORMED  
LIVES**



The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)

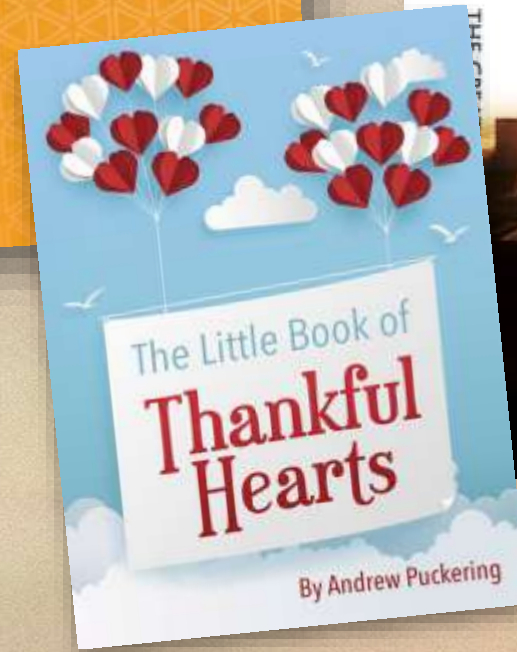
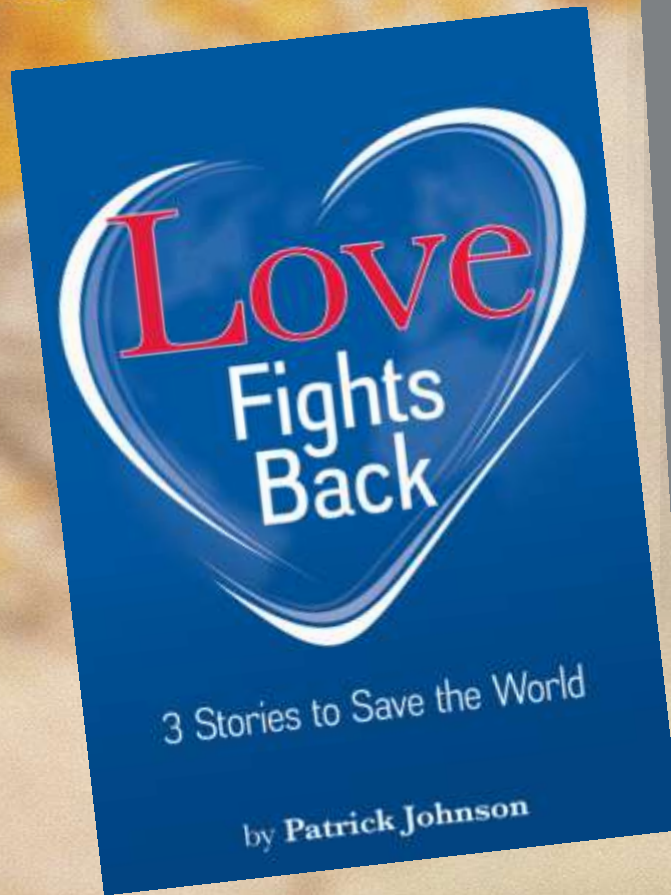


2022 World Publishing Advisory

**IT'S  
OUR  
TIME**  
I WILL GO



PUBLISHING  
MINISTRIES



The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)





The Stanborough Press Ltd.

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)

Or Contact:

[esanguesa@stanboroughpress.org.uk](mailto:esanguesa@stanboroughpress.org.uk)



The Stanborough Press Ltd.

# Blessings for 2026

[www.stanboroughpress.org.uk](http://www.stanboroughpress.org.uk)



# Spirit of Prophecy



So Let's  
do a little  
Quiz...



1. What book did Ellen White say that God would be well pleased to have place I every home?
2. What two books did Ellen White say were specially prepared to help keep new members in the Church?
3. What book did Ellen White say should have a wider distribution than any other book?
4. How many people per day did Ellen White say would join the Church as a result of literature?
5. What subject of literature did Ellen White say would most quickly 'unlock hearts'?
6. What did Ellen White say should be included in every letter mailed?
7. What two books did Ellen White say are good for us in tourist centres?
8. **Bonus Question:** Into how many languages has Steps to Christ been translated?

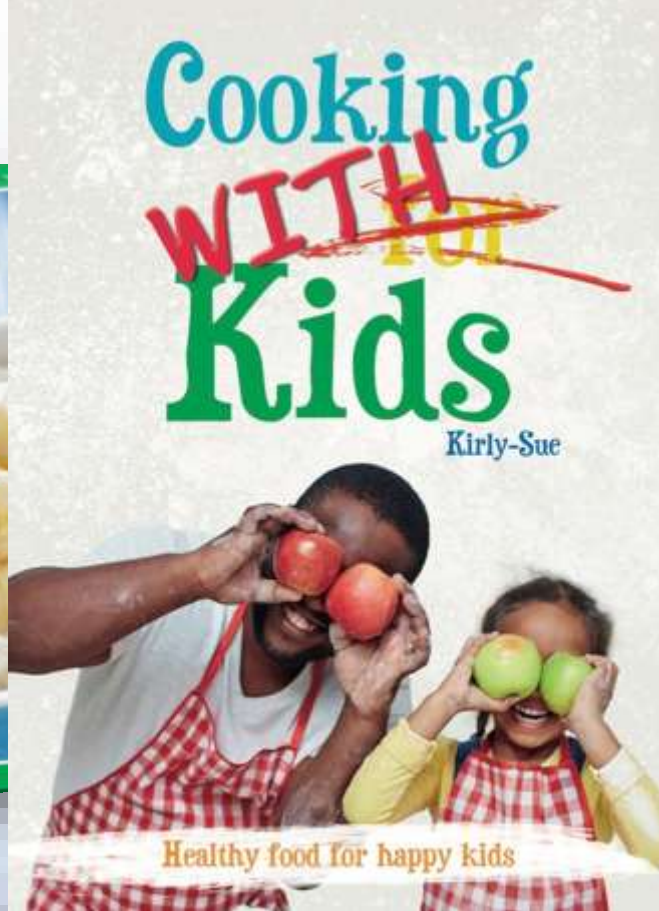


## Are you Born to Sell?

YES

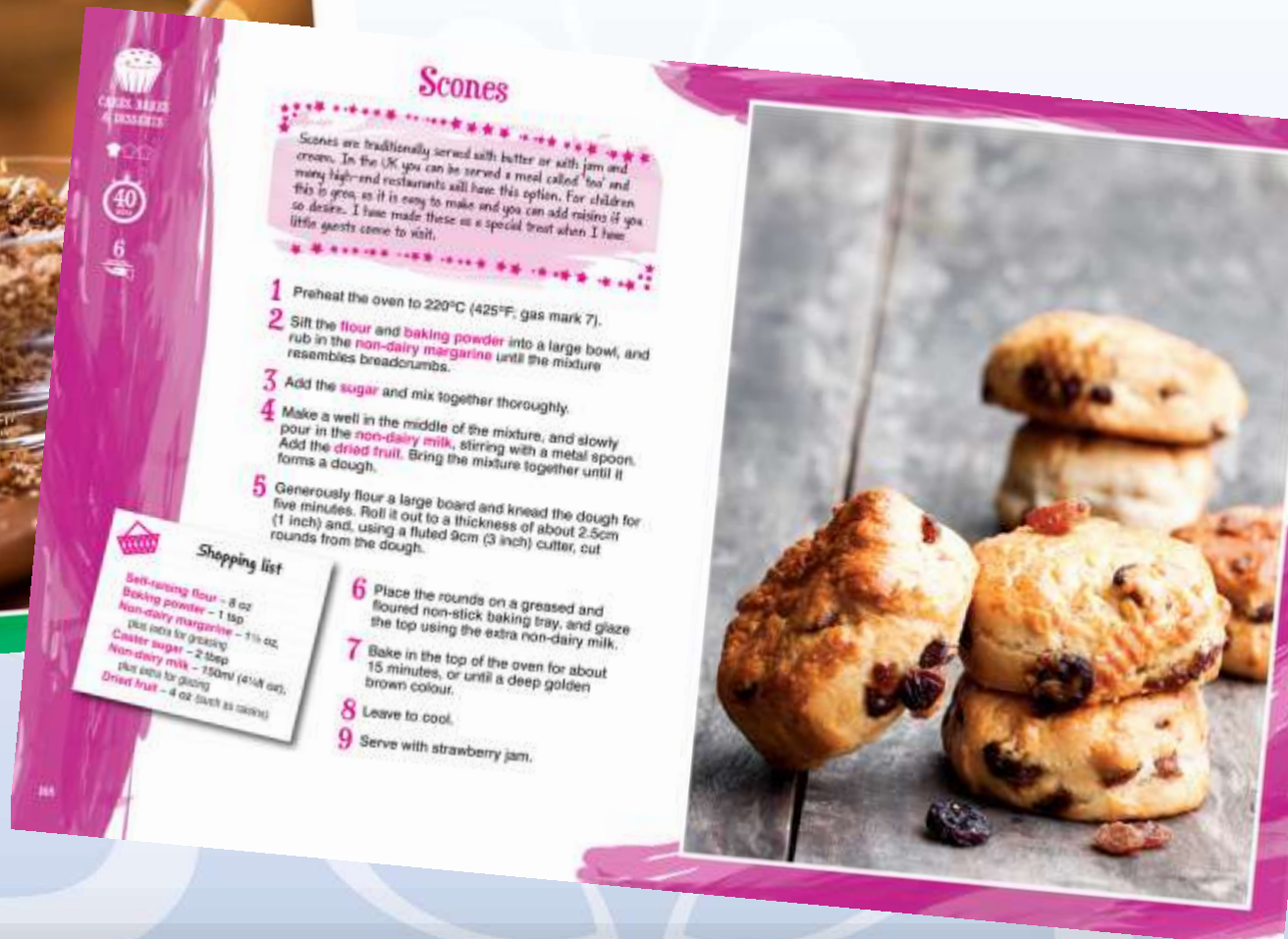
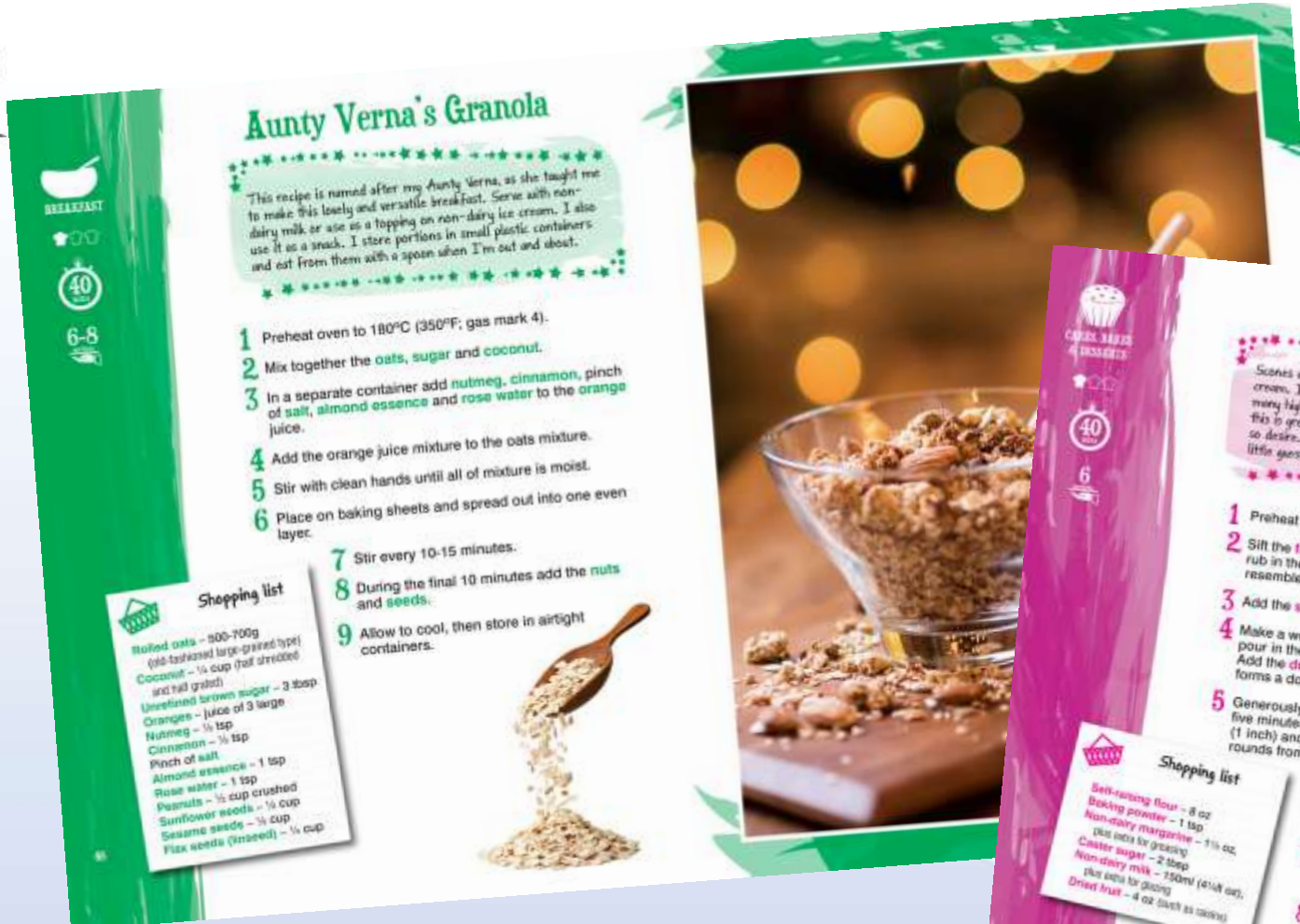
NO

1. I have set my goals in writing
2. I have good self-discipline
3. I am self-motivated
4. I want to be more knowledgeable
5. I want to build relationships
6. I am self-motivated
7. I like myself
8. I love people
9. I love a challenge
10. I love to win
11. I can accept rejection with a positive attitude
12. I can handle the details
13. I am loyal
14. I am enthusiastic
15. I am observant
16. I am a good listener
17. I am perceptive
18. I am a skilful communicator
19. I am a hard worker
20. I want to be financially secure
21. I am persistent



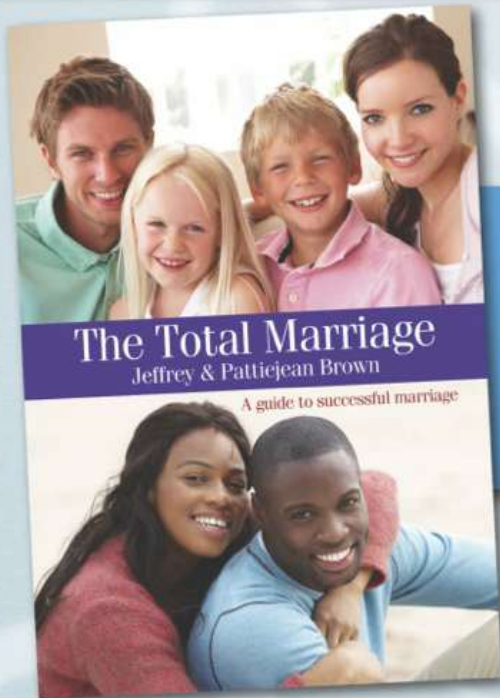
At last – a child-friendly vegetarian cookbook that will make it exciting to help Mum and Dad in the kitchen! Your little ones will gain healthy cooking and eating habits for life.

# Cooking with Kids (Hardcover)





The Stanborough Press Ltd.



# Family Life

## The Total Marriage

**A practical guide to successful marriage.**

Singles often ask, 'How can I be with the one I love?' Married people sometimes ask, 'How can I love the one I'm with?'

Hollywood has managed to make unfaithfulness and marriage break-up titillating. The fact is that the consequences are devastating – not just for spouses, but for the children of the marriage.

The authors, Dr Jeffrey Brown and his wife Pattiejean, conduct relationship seminars for marital and premarital couples and singles. They have pastoral and counselling experience and have lectured on family life issues in Africa, North America and Britain. He is an ordained minister and qualified counsellor.

Series: Family Life  
176pp Hardback  
Jeffrey and Pattiejean Brown



In the ten chapters of the 176 pages of *The Total Marriage*, the authors stress that marriage is not about *finding* the right person, but about *being* the right person.

They answer such questions as:

- What do you do when your marriage is not all you expected?
- How can conflicts within marriage be resolved?
- How can marital sex be made more fulfilling?
- How can a dead or dying marriage be brought back to life?
- Is there life beyond children?

**Experience a *Total Marriage* – looking, liking, learning, living and loving.**





We live in an age of constant and increasingly rapid change – and our church is changing too. What impact will emerging technologies and developing societal trends have on the way we study, worship and live out our faith?

What impact will the changes we see have on the Seventh-day Adventist Church? And what does this all mean in light of the soon and second coming of Jesus?

Join thought leaders from Newbold College of Higher Education and across Europe as we take a scriptural look at what these challenges and opportunities mean for the church we love. Turn with us to The Next Chapter of Adventism.

**Paperback** (13 chapters by Stephen Currow, Gifford Rhamie, Laszlo Gallusz, Jan Barna, Eike Mueller, etc)

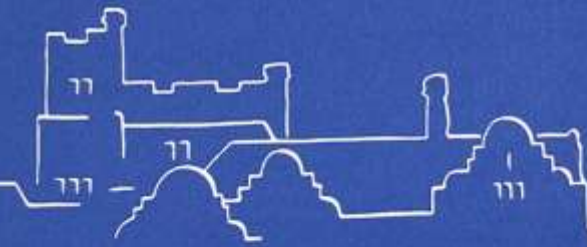


The Stanborough Press Ltd.

# A Quest for Biblical Theology

Festschrift in Honour of Gunnar Pedersen

Edited by Jan Barna



NEWBOLD ACADEMIC PRESS

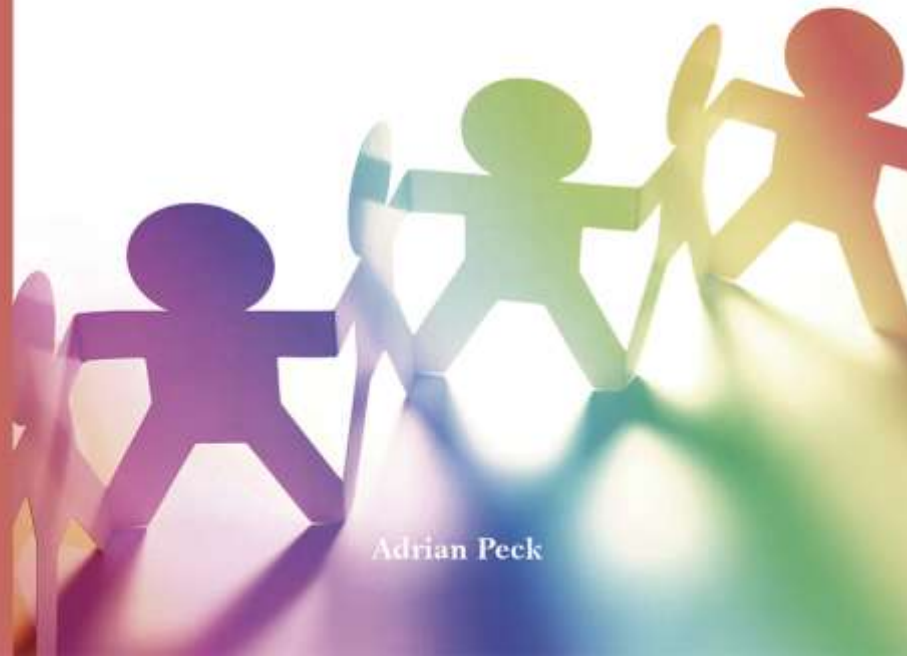
Newbold College of Higher Education and its Newbold Academic Press are delighted to present this celebratory volume to honour the contribution of Dr Gunnar Pedersen to Adventist theology. During his years as pastor, administrator and educator, Gunnar has touched and influenced the lives of many people with whom he came into contact.

Gunnar Pedersen's educational and theological contributions have become some of the most important in the fields of systematic and biblical theology in both European and global Adventism. Gunnar has helpfully started to distinguish between Biblical Theology proper, providing core thematic structure, language and overall narrative framework, and Systematic Theology, which, as an applied discipline, provides modern articulations of biblical themes. Gunnar has put the two to work together as two sides of the same coin. This is not only a unique and important contribution to Adventist systematic theology, but also to systematic theology and to biblical theology in general.



# Church ON THE *Move*

From Isolation to Community



Adrian Peck

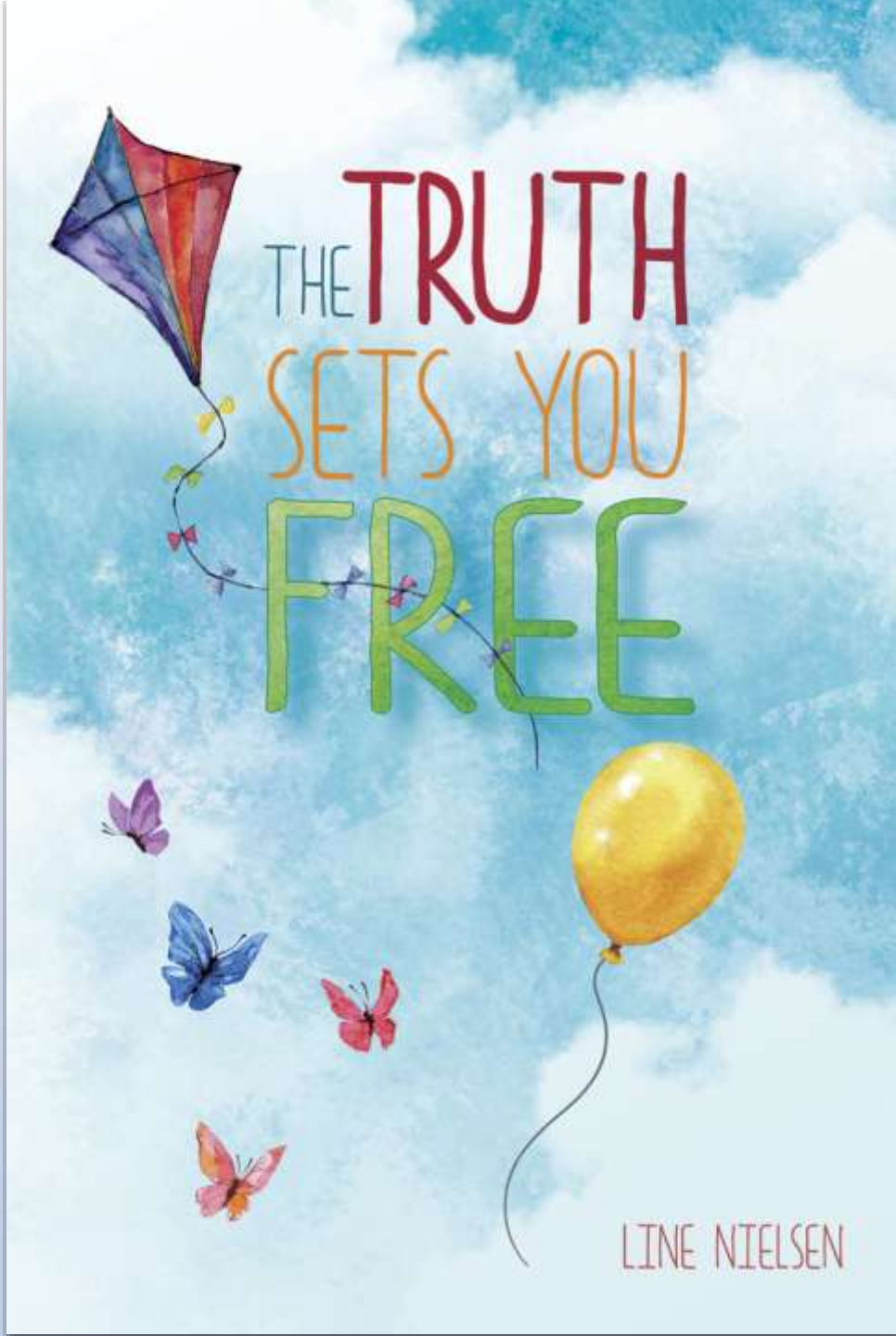
All this time, we've been doing what's right – but have we been doing what's good?

More to the point, should the emphasis really be on our 'doing' at all, or rather on our 'being' – each of us being made in the image of God?

Adrian Peck, a minister of the Gospel with many years' experience, thoughtfully unpacks the parable of the good Samaritan to discover inclusivity, acceptance and other-centredness in the Holy Scriptures. In the process, he uncovers truths that can transform your ministry, your church, and even your life.

Discover the journey from doing to loving, from shame to mercy, from exclusion to acceptance.

**Paperback** (17 chapters, 173 pg.)



God desires nothing more than for you to be free – and His truth will set you free! So often we surround ourselves with lies – lies that we can be good enough; lies that He is a harsh taskmaster, or that He doesn't care. But God wants to free us from that – and He has given ample proof of this in His Holy Scriptures.

With broad brushstrokes, Line Nielsen paints a beautiful picture of a personal, intimate Father God – a God who wishes to care for us, if only we will let Him; a God who wishes to take our focus off our sin-sick selves, and place it squarely on Him, our only hope of salvation: on the One who is Love, Mercy, and Truth.

And you shall know the truth . . . and the truth shall set you free. Helpful 'Truth' reminders in every reading.

**Paperback** (70 readings divided in 5 parts, 200 pg.)



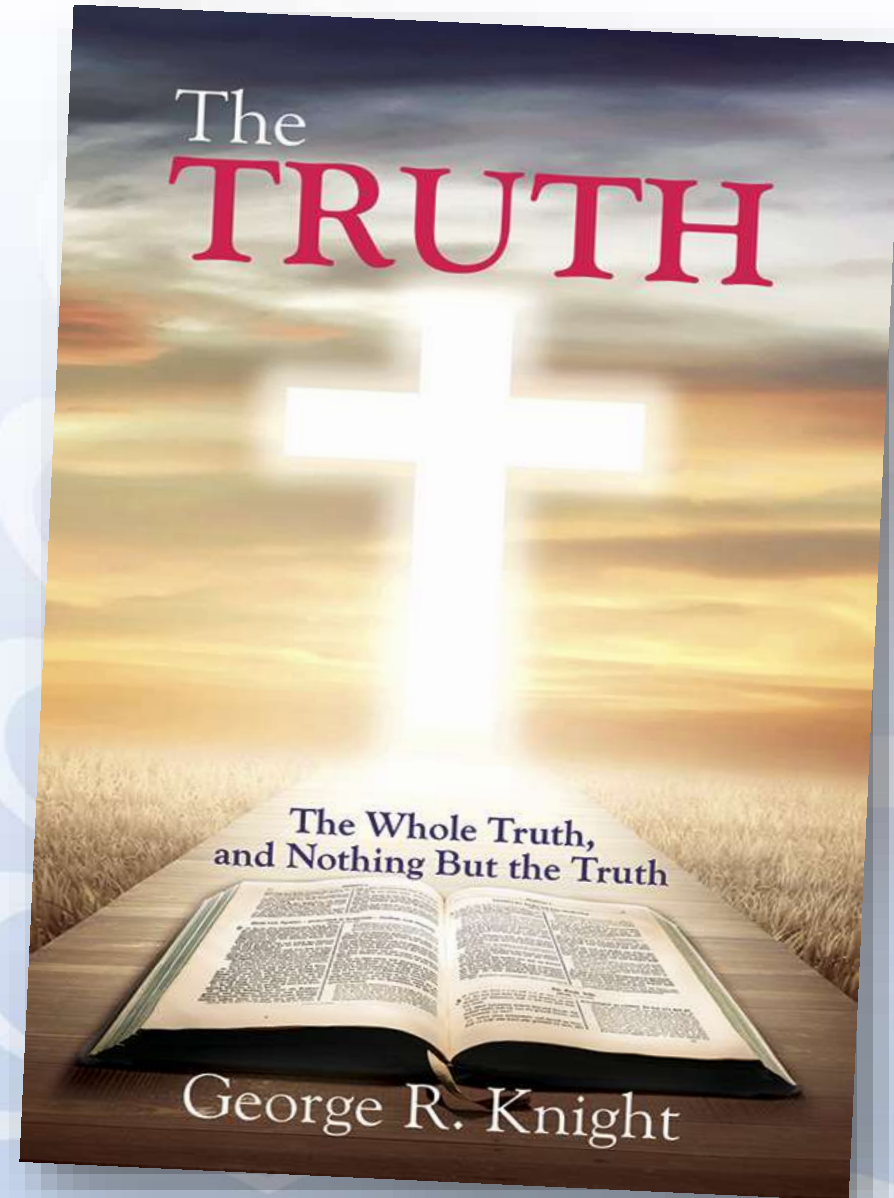
The Stanborough Press Ltd.

## The Truth

Is there a place where you can TRULY find the meaning of life and the path to eternity?  
Is there a message that contains *the truth*, the *whole truth*, and *nothing but the truth*?

This book turns to the thousands of pages of the Bible, from which so many people have found answers to their most profound questions.

It is a compilation of twenty-two articles and it is a simple, direct and profound title that can TRULY transform your life. We wholeheartedly and TRULY hope that it will guide your steps to a greater understanding of the truths in life and the Scriptures.





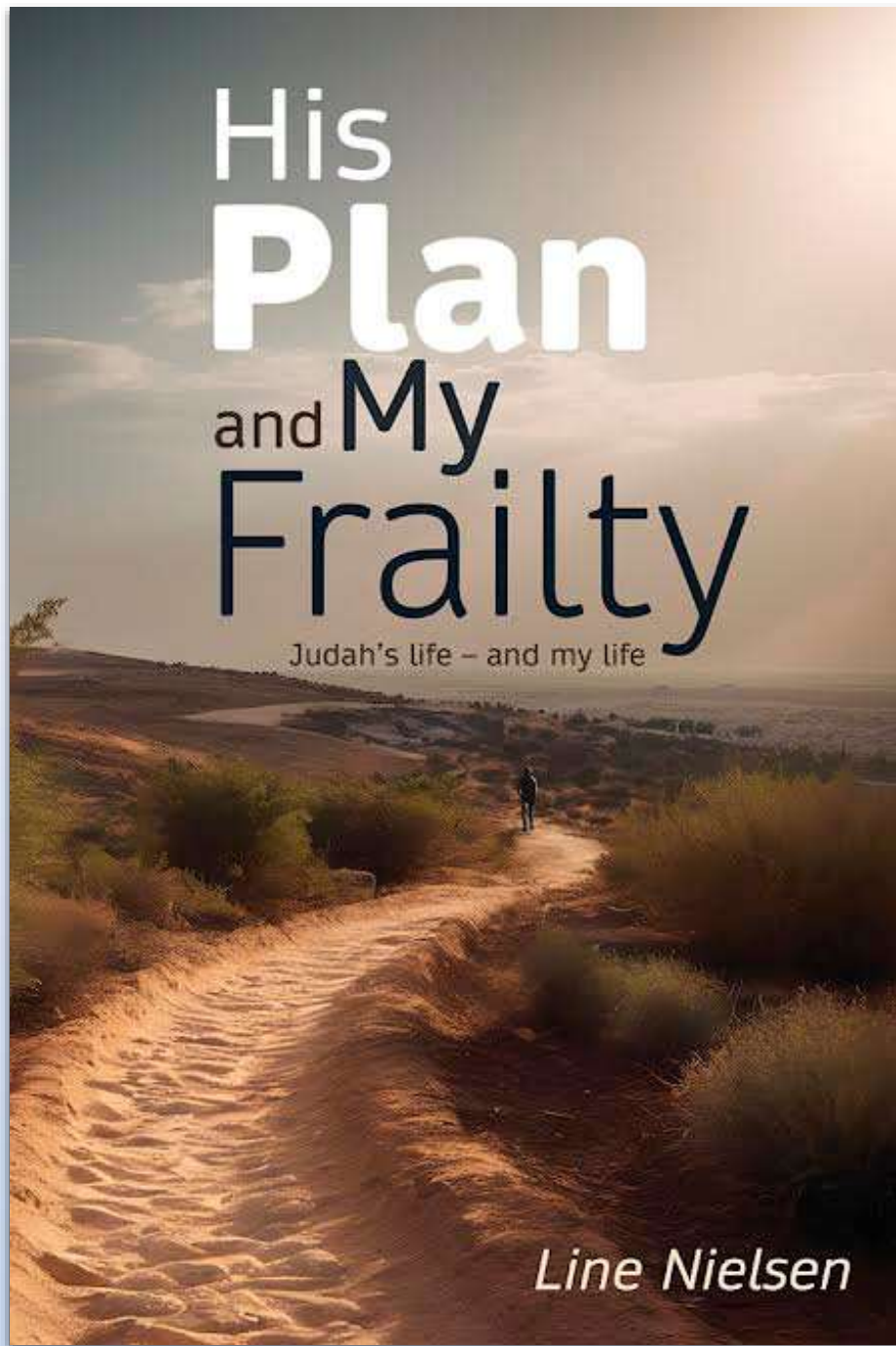
The Stanborough Press Ltd.

# The Difference a Day Makes

Oliver B. J. Archer

Why do some people worship on the first day of the week, while others worship on the seventh? Does the day on which we worship matter to God? What does the Bible say about it? And how might worshipping God according to His plan for our lives affect our relationship with Christ?

If you've been asking any of the above questions, *The Difference a Day Makes* is for you! Pastor Oliver Archer takes us beyond mere commandment-keeping to explore the fundamentally relational aspect of the Sabbath day. Why did God make the Sabbath? Why did He design us with a need to rest? What is His plan for the Sabbath in our lives, and has it ever changed? Find out the answers to all these questions and more by opening this book and looking inside, and discover for yourself the difference a day can make for you and your loved ones.



Well-loved Danish author Line Nielsen presents deeply personal lessons from the life of Judah, who experienced a journey of inspirational character development.

Coming from a dysfunctional family, filled with jealousy and bitterness, Judah sold his brother into slavery, lied to his father, ran away from his responsibilities and fell into sexual sin. Was this really part your God's plan?

But then something amazing takes place. Judah starts to accept responsibility, and even becomes willing to sacrifice his own freedom for that of his brother...and in this we can see similarities with Jesus.

What about you? What is your story? Can you see the part you play in God's wonderful, surprising, grace-filled plan? Can you see His work in your life? Take some time to think about how Judah's story — part of Jesus' story — might be reflected in your own.

God has a plan for our lives, and works through our weaknesses, and our part is to accept His guiding hand and trust in His grace.

**Paperback (30 chapters divided into 2 parts; 189 pg)**



The Stanborough Press Ltd.



Amid the chaos and heartache of the pandemic came the lockdown . . . and an unprecedented opportunity emerged.

All over the world, couples were facing the same pressure. Some would collapse, and some would thrive. . . .What would make the difference?

Now, for the first time in more than a generation, using cutting-edge research gathered under the most stressful circumstances, we have the chance to see what are the key factors that can prepare your relationship to withstand a crisis.

Will your relationship weather the storm?

# Neither Death Nor Life

A Transylvanian Life Story

Written by Eva Paul  
Translated by Gertrud U. Rey

Deep in the heart of Transylvania, tragedy and trauma propel both Hans and Susi in their search for truth. Is God real? Can He be trusted? Does He love them? And what does He expect of them? Join Hans and Susi on their gripping adventure as they grow ever closer to the truth – and to each other.

Written by Hans and Susi's granddaughter, this book is a true and verified account of the dramatic events in their quest to know God. It's a tale of political and ethnic strife, abduction, persecution, and death – but also of faithfulness, courage, devotion, love, and miracles. Amid the vivid scenes of rural twentieth-century Transylvania, we see the impact on peaceful religious families of two world wars and the rise of communism – and the loving witness of those who choose to remain devoted to Christ, come what may. What shall separate them from the love of Christ? Neither death nor life . . .



The Stanborough Press Ltd.

**BROKEN**

but  
*Blessed*

Eunice Kemunto Marube



This is the incredible autobiography of a young lady who went from divorce, depression, and thoughts of suicide to restoration and a healed marriage. She shares her troubles so that you can see God's leading and find blessings through your pain and brokenness. For every pain there's a purpose.

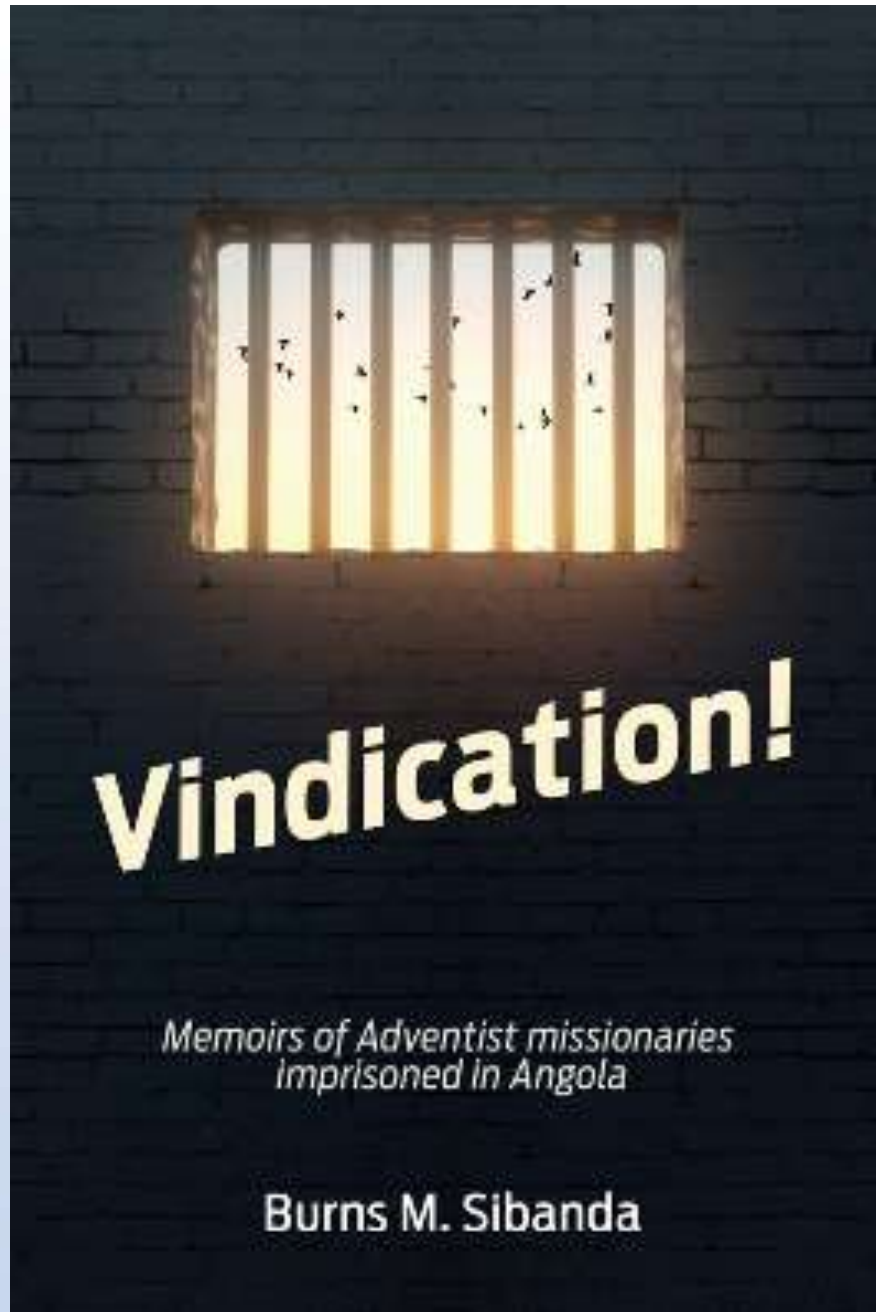
'Wow . . . what an amazing story! Eunice leaves herself vulnerable by exposing the darkest depths of her life, but uses her testimony to encourage others that God is ever patient and waiting to heal us.' – Erica Dees, elementary teacher

'I missed my stop because I was so engrossed in Broken but Blessed! Eunice sincerely laid bare her life experience, which can only be possible through the touching grace of God.' – Clara Ajagu, Mary Kay Director

**Paperback (in stock again)**



The Stanborough Press Ltd.



Pastor Burns Musa Sibanda was working as an administrator for the Seventh-day Adventist Church in Angola when he received news that a fellow church leader had been kidnapped. The church leader then reappeared, and all seemed to be well again . . . but it wasn't! Little did Pastor Sibanda know that he himself would soon be imprisoned.

However, God had not forgotten him; and, amid the squalor, cockroaches and unbearable heat of an Angolan prison, Pastor Sibanda found that God still cared for him and was even able to use him there in prison for the cause of the Gospel before he was finally vindicated.

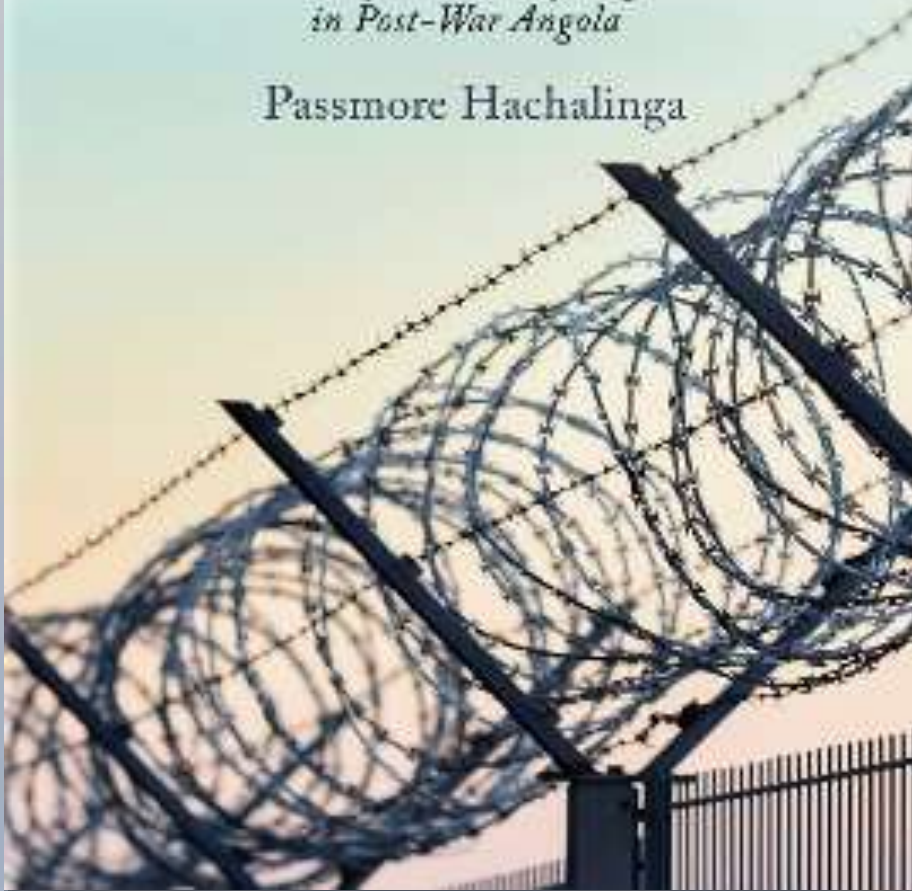
Read more of Pastor Sibanda's amazing testimony and experiences and the providential workings of our Almighty God in the most unlikely of places as you turn the pages of this inspiring book: **Vindication!**

**Paperback**

# TRIALS and Triumphs

*Extraordinary Missionary Experiences  
in Post-War Angola*

Passmore Hachalinga



‘God calls for Christian families to go into communities . . . and work wisely and perseveringly for the Master. To answer this call requires self-sacrifice. While many are waiting to have every obstacle removed, souls are dying without hope and without God in the world.

Many, very many, for the sake of worldly advantage, for the sake of acquiring scientific knowledge, will venture into pestilential regions and endure hardship and privation. Where are those who are willing to do this for the sake of telling others of the Saviour?

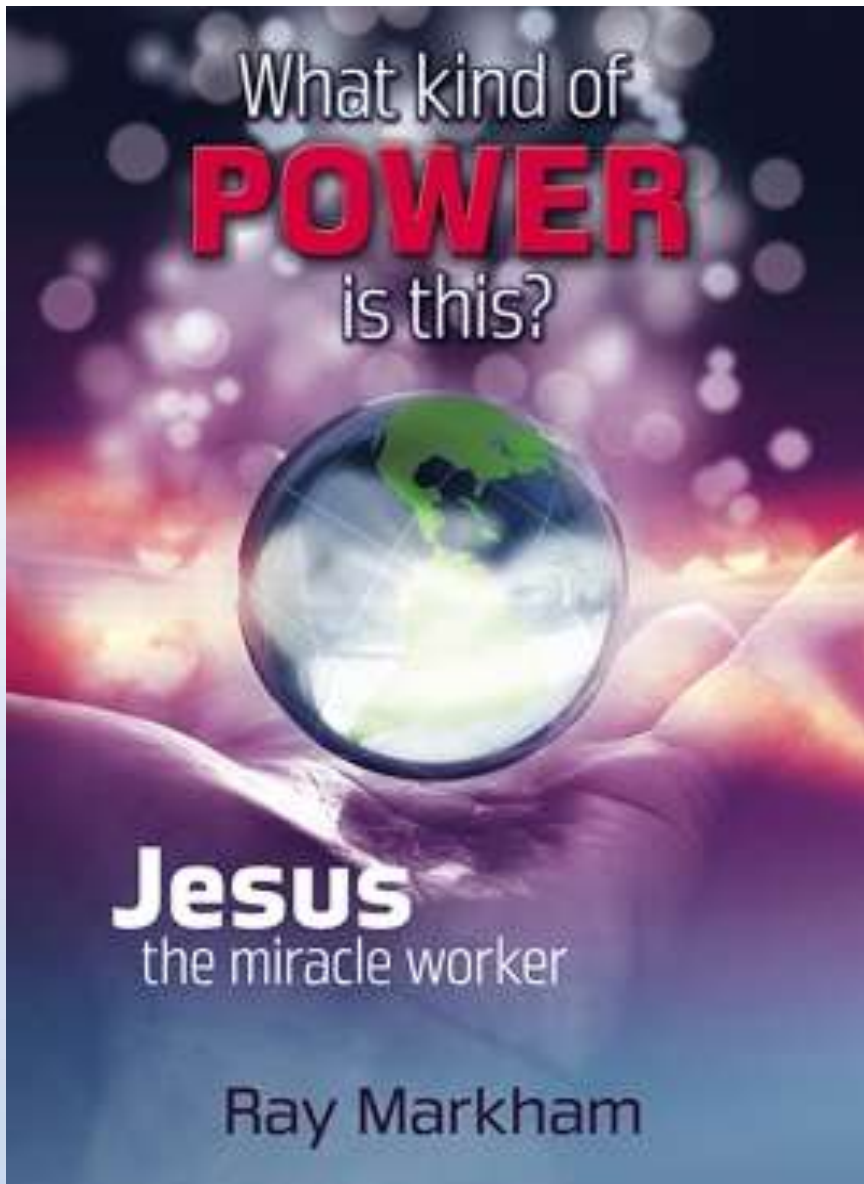
Where are the men and women who will move into regions that are in need of the gospel, that they may point those in darkness to the Redeemer?’ (Ellen G. White, Testimonies for the Church, vol. 9, p. 33)

‘Dr Hachalinga has written a must-read book for anyone who cares deeply about missionary work and seek to be empowered, as well as to empower other in the missionary journey. Read this book and learn from one who shares a real-life experience.’

**Paperback**



The Stanborough Press Ltd.



**SPECIAL OFFER \$2.99**

The **miracles of Jesus** demonstrate the Kingdom of God in action. They give us a sneak peek into what the Kingdom of God will be like when it is revealed in all its fullness.

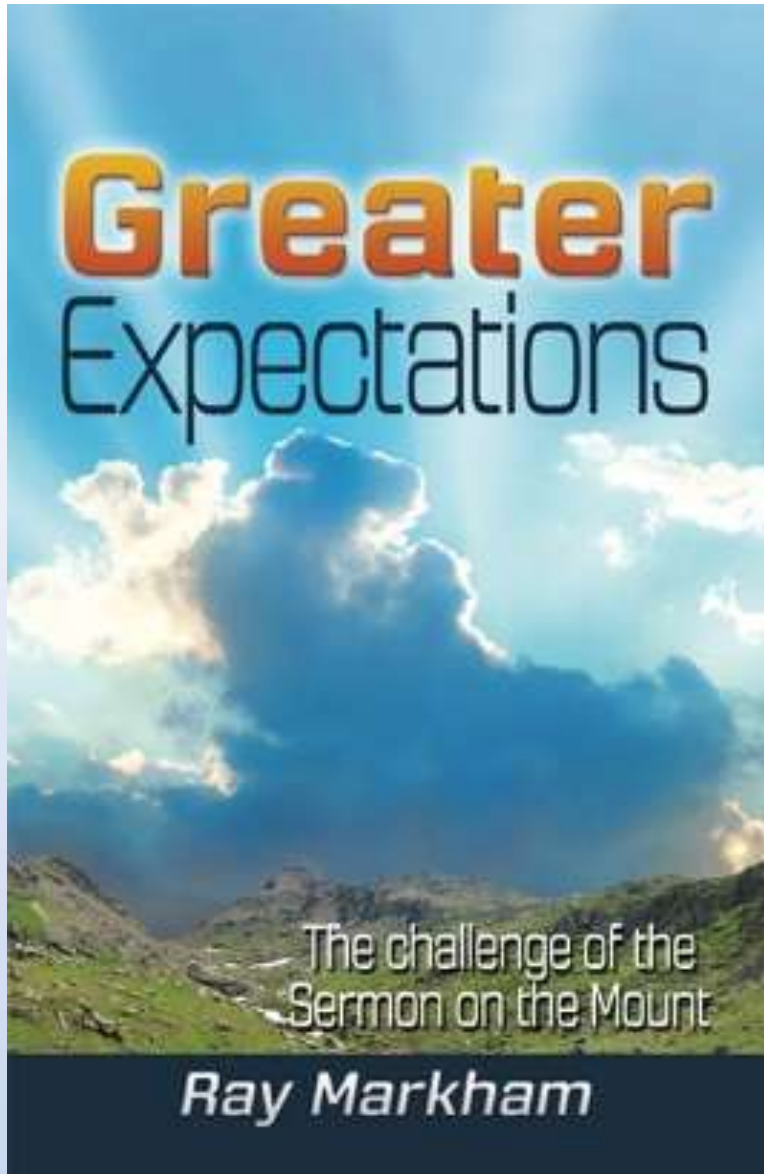
Ray Markham looks at the miracles of Jesus under four heads – power over nature, power over illness, power over evil, power over death – and provides us with fresh insights until our faith is leaping out to grasp the Saviour.

The book includes group discussion questions and personal application points.

**Paperback**



The Stanborough Press Ltd.



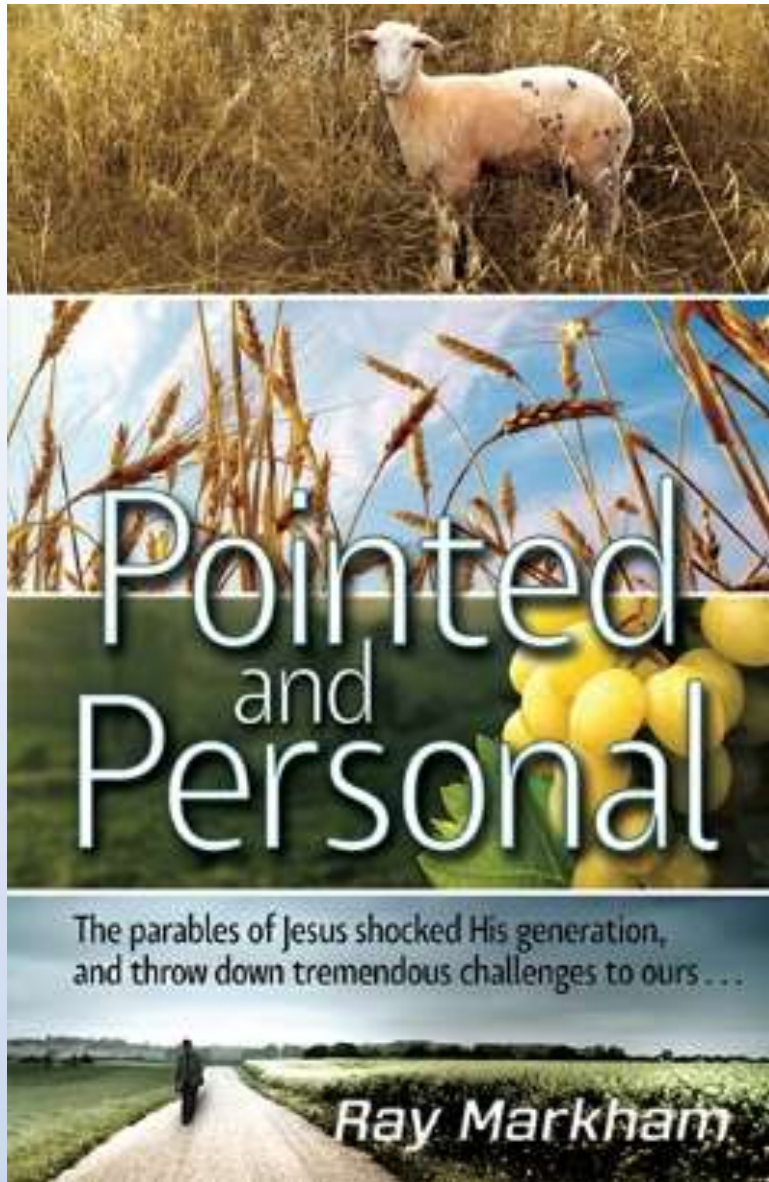
**SPECIAL OFFER \$2.99**

The **Sermon on the Mount** is Christ's call for action. It is the Manifesto of His Kingdom – the distilled version of His entire teaching. Ray Markham presents these vital chapters of Matthew's gospel as the greatest challenges ever presented to Christians.

Jesus still turns the world's received wisdom upside down. His aims and values continue to be revolutionary and urge Christians on to meet Christ's Greater Expectations.

Each chapter concludes with a series of questions for group discussion and a series of points for personal prayer, reflection and practical application.

**Paperback**



**SPECIAL OFFER \$2.99**

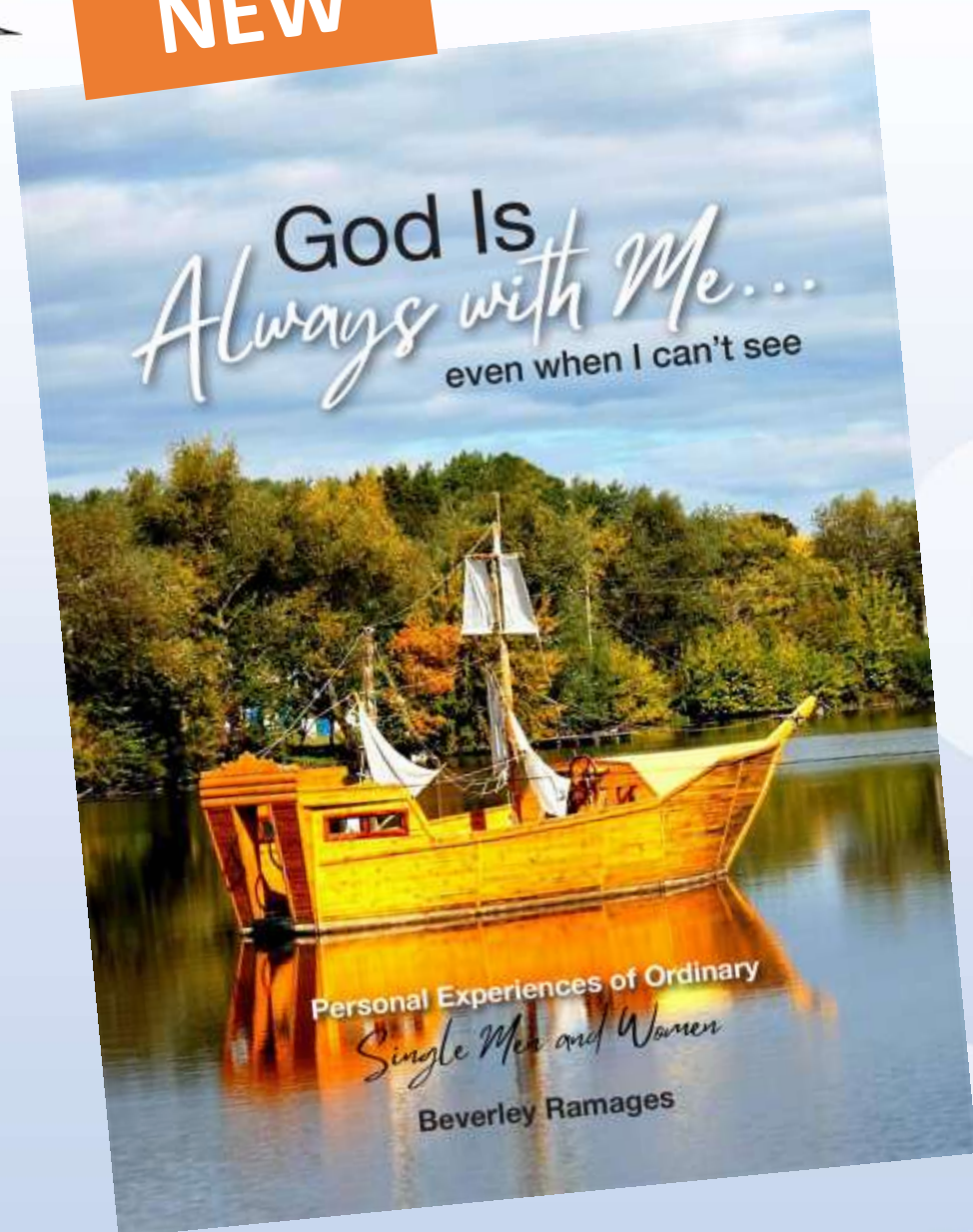
A fresh and incisive examination of the cutting-edge **teaching of Jesus in the parables.**

Ray Markham provides the background to each of the parables. He also explains how pointed and personal the messages of the parables were for the first-century readers of the gospels.

Each chapter concludes with a series of questions for group discussion and a series of points for personal prayer, reflection and practical application.

**Paperback**

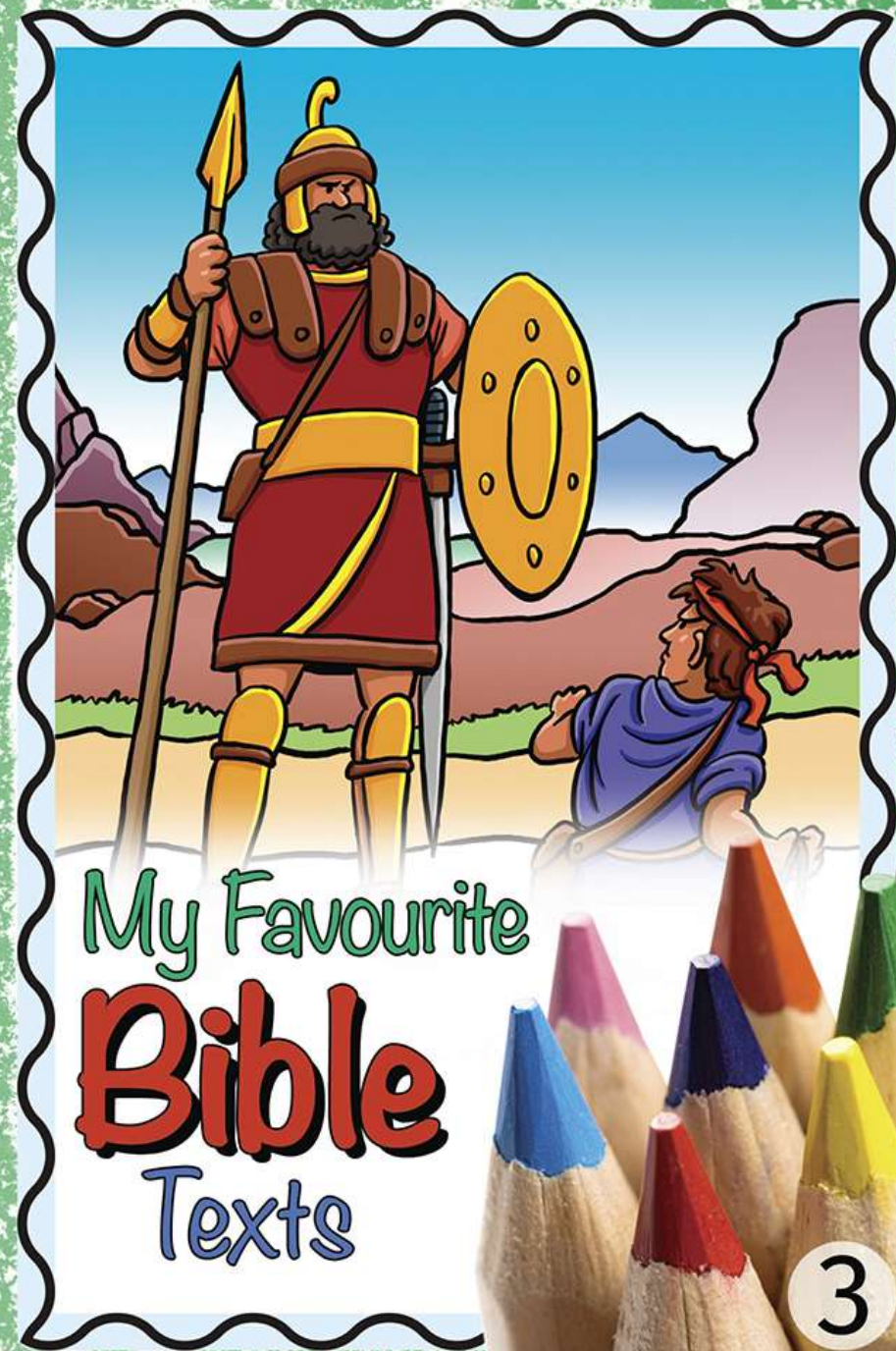
NEW



These devotional writings record some of the real struggles and blessings of ordinary single men and women who love the Lord. They tell of experiences with God that have strengthened and enriched their walk with Him.

Written by a variety of authors of different ages and backgrounds, the readings have been compiled into 5 different sections directly our reflections to focus on our relationship with God, our relationships with others, personal finances, our health and our social well-being.

May their stories bless you and give you the assurance that God is always with you . . . even when you cannot see Him!



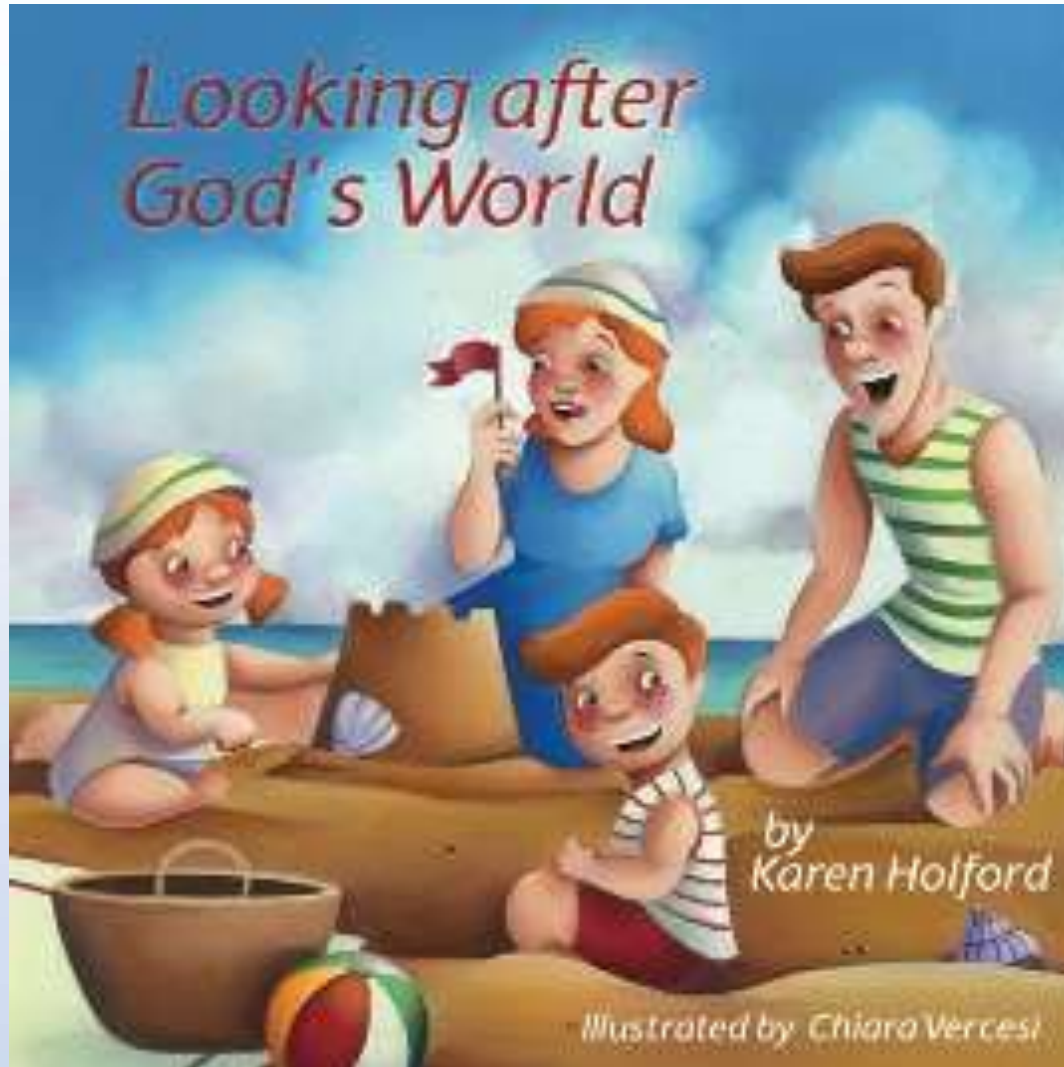
What is your favourite Bible text?  
Would you like to colour it?

The *My Favourite Bible Texts* series of colouring books is designed to encourage your children to respond to God's Word.

Based on a compilation of children's favourite Bible verses, each of the three books in this series is beautifully and simply illustrated, just perfect for your little ones to colour.

Get your crayons out, have fun, and share your favourite Bible texts!





**SPECIAL OFFER \$2.75**

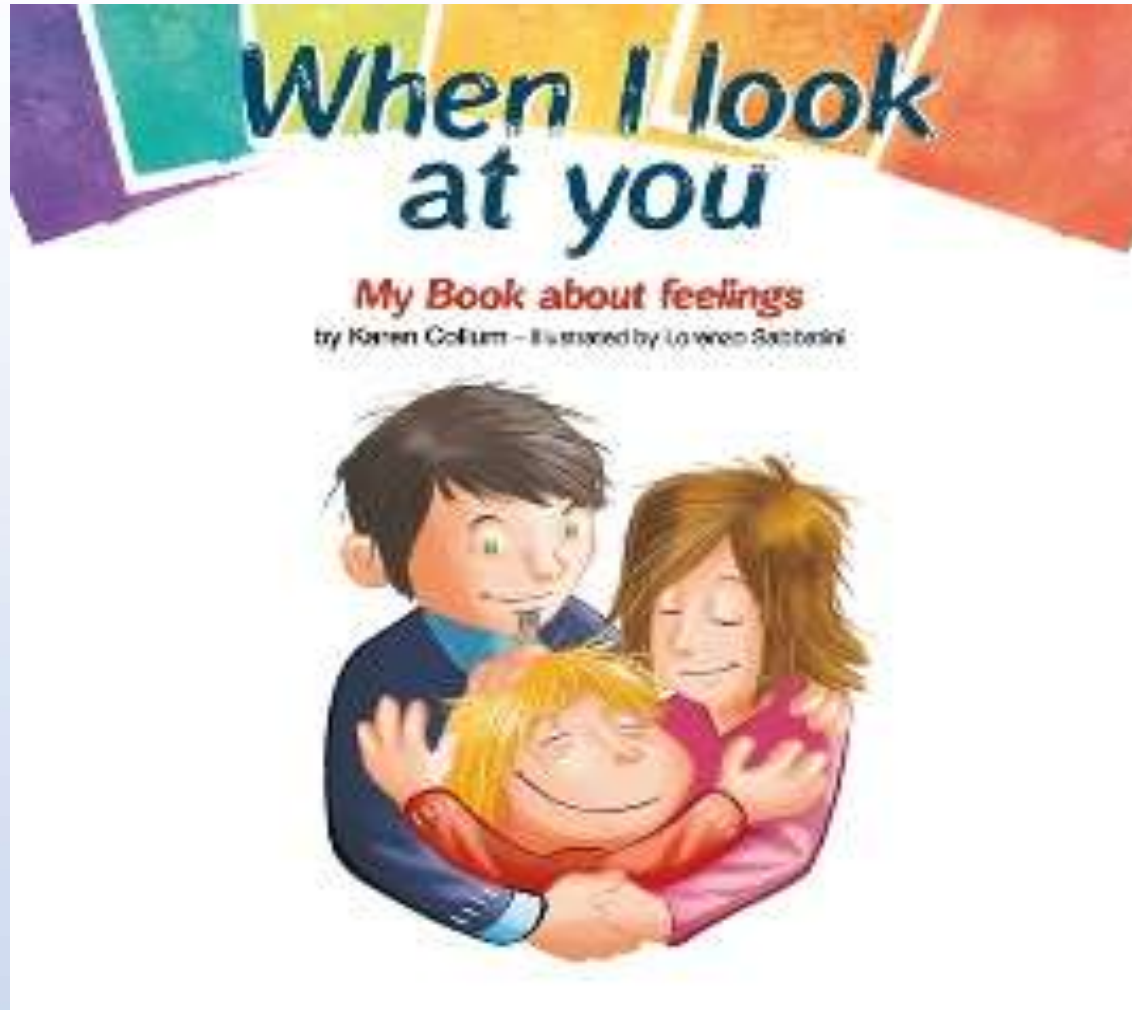
What would it feel like to be God and make a whole wonderful world? What would it feel like if your beautiful world was ruined?

Tim and Susie wonder about these big questions while they build sandcastles on the beach. Join in their adventures when disaster strikes and they learn how to look after God's wonderful world.

Hardback Picture Book



The Stanborough Press Ltd.

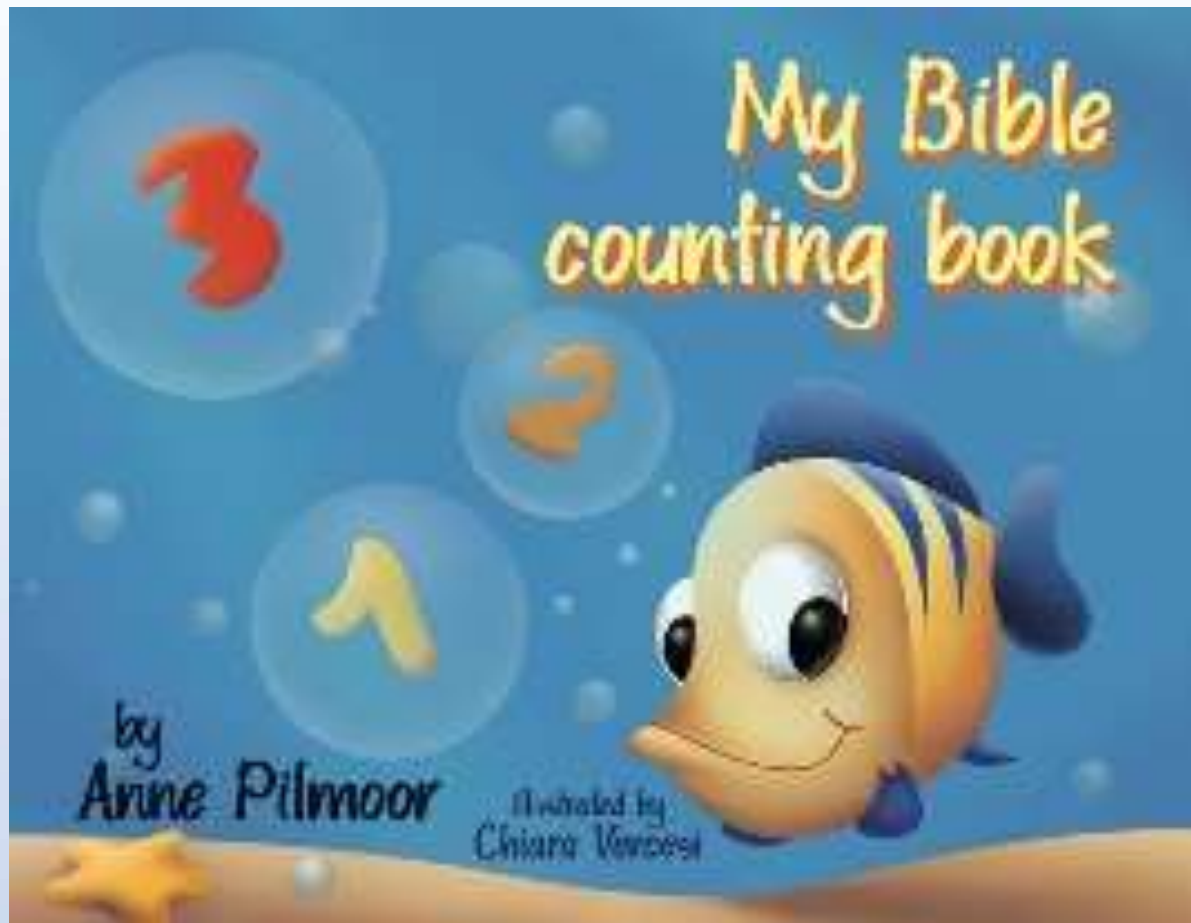


**SPECIAL OFFER \$2.75**

A smiling mouth, a frowning mouth. Bright eyes, crying eyes. Jumping feet, stomping feet. Excited? Nervous? Angry?

Help your child understand and name their feelings (even the tricky ones) with this read-together book. Complete with relevant Bible texts and engaging illustrations, this book is a must for every parent's toolbox.

Hardback Picture Book



**SPECIAL OFFER \$2.75**

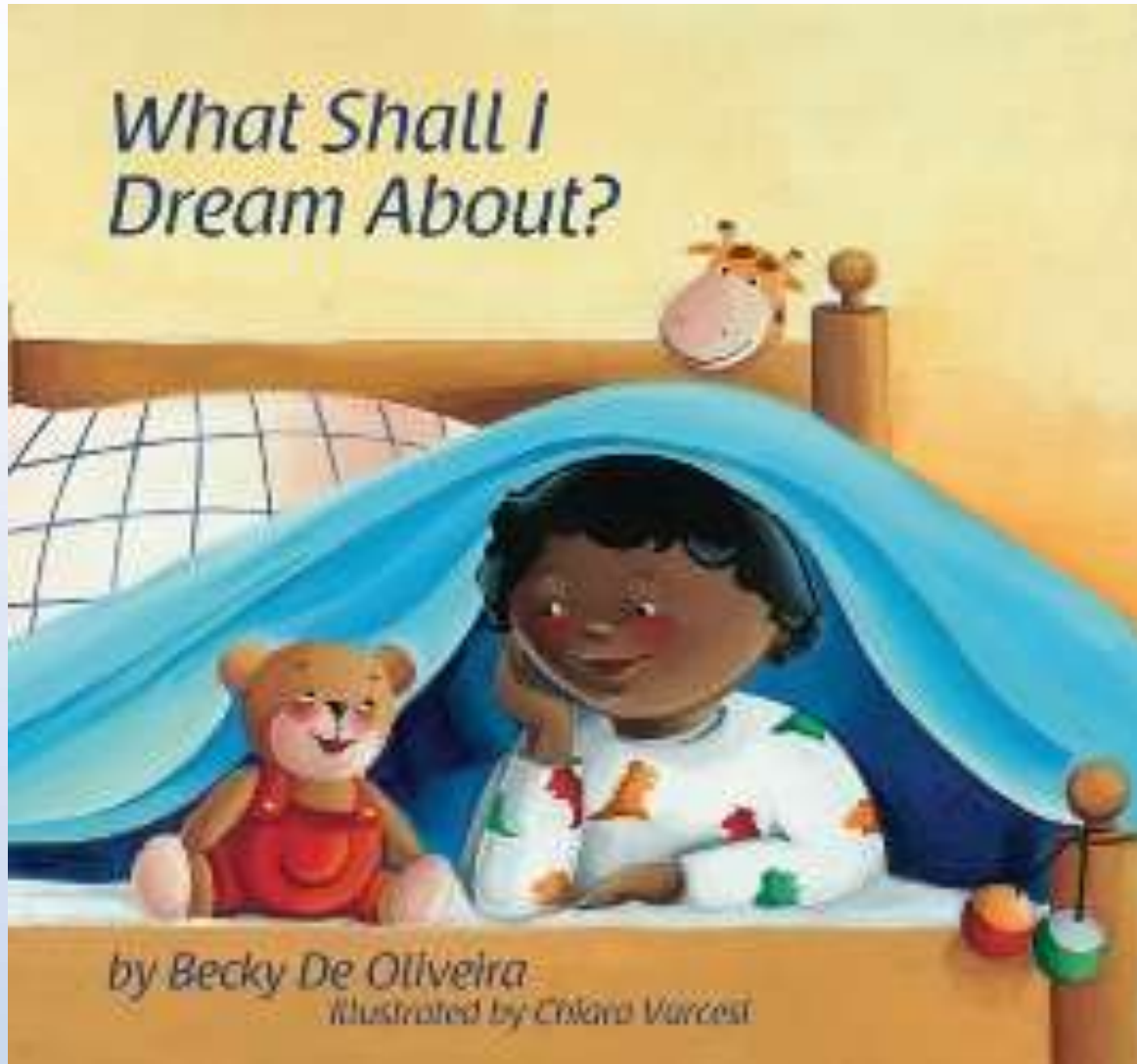
A beautifully illustrated book to introduce your young child to counting.

Children will enjoy this book as the scene develops on each double page. The simple text and bright, colourful illustrations will make this a favourite counting book for nursery-aged children.

Hardback Picture Book



The Stanborough Press Ltd.

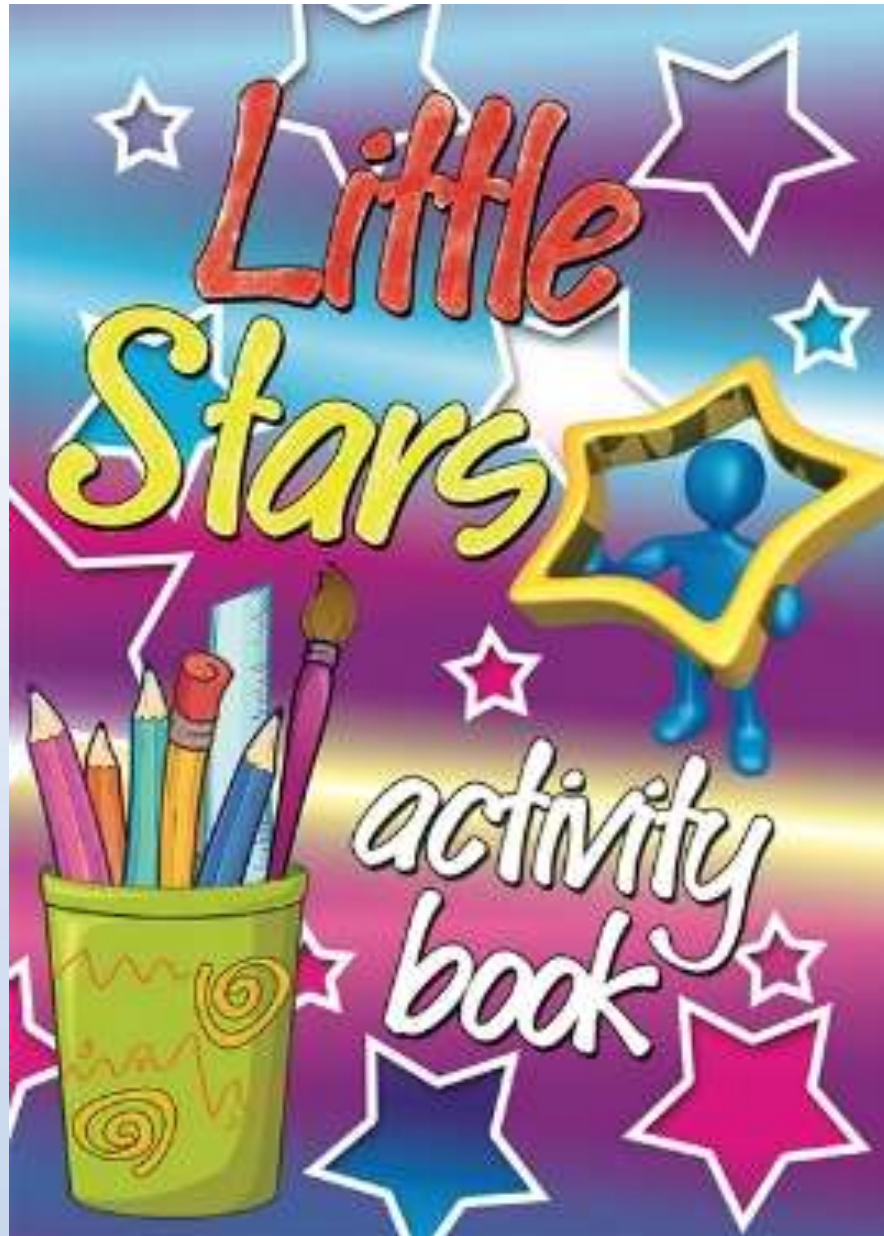


**SPECIAL OFFER \$2.75**

A beautifully illustrated book to help get very young children off to a peaceful night's sleep.

A young boy is ready for bed and asks his mother, 'What shall I dream about?' This wonderfully illustrated book will help each little sleepy head drift off to a peaceful night's sleep.

Hardback Picture Book

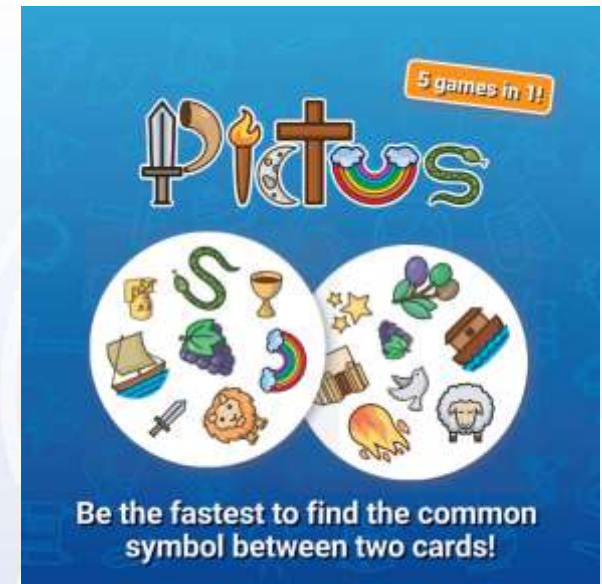
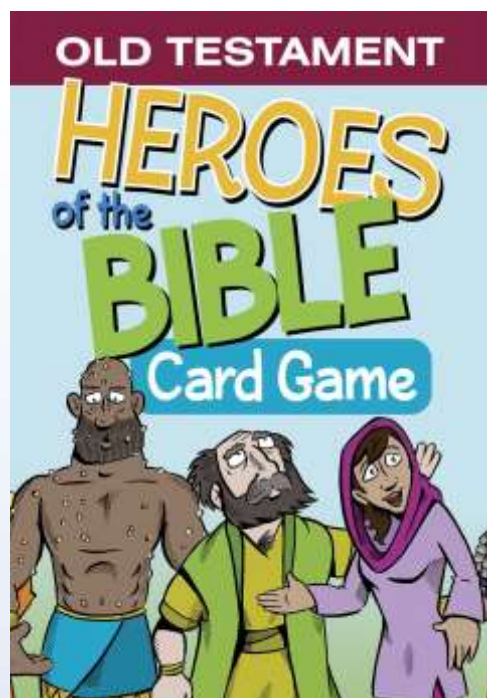


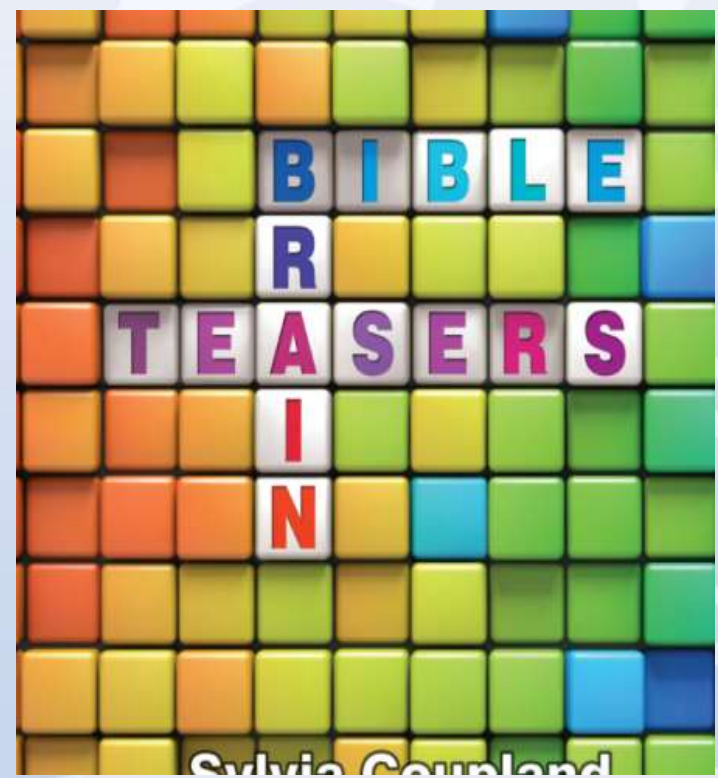
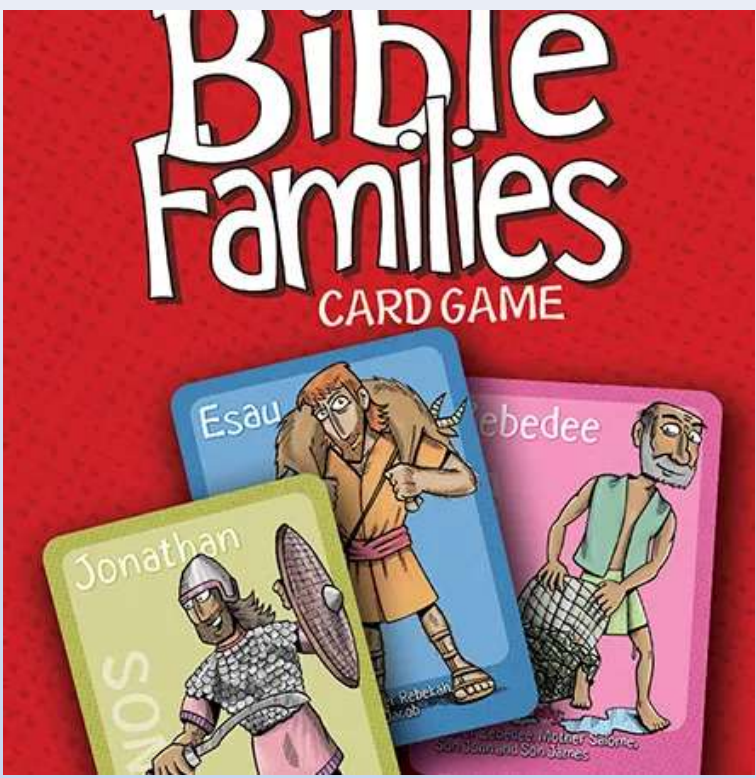
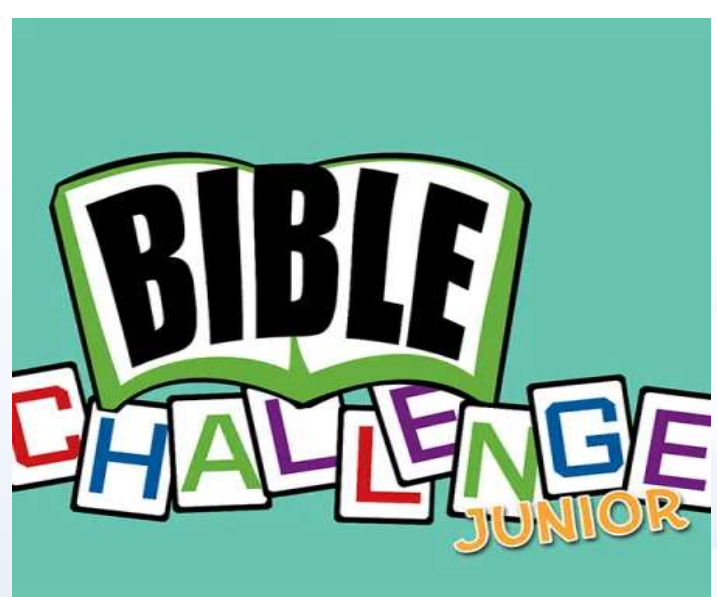
**SPECIAL OFFER \$2.95**

Your little 'stars' will find plenty of Bible activities to delight them throughout the year in this charming collection of fun-filled double-pages!

From crafts to codes, from number puzzles to hidden words – all of these are accompanied by vivid illustrations and inspiring messages that will teach your children to love and appreciate the Scriptures. A real treat for any young child!

MagaBook

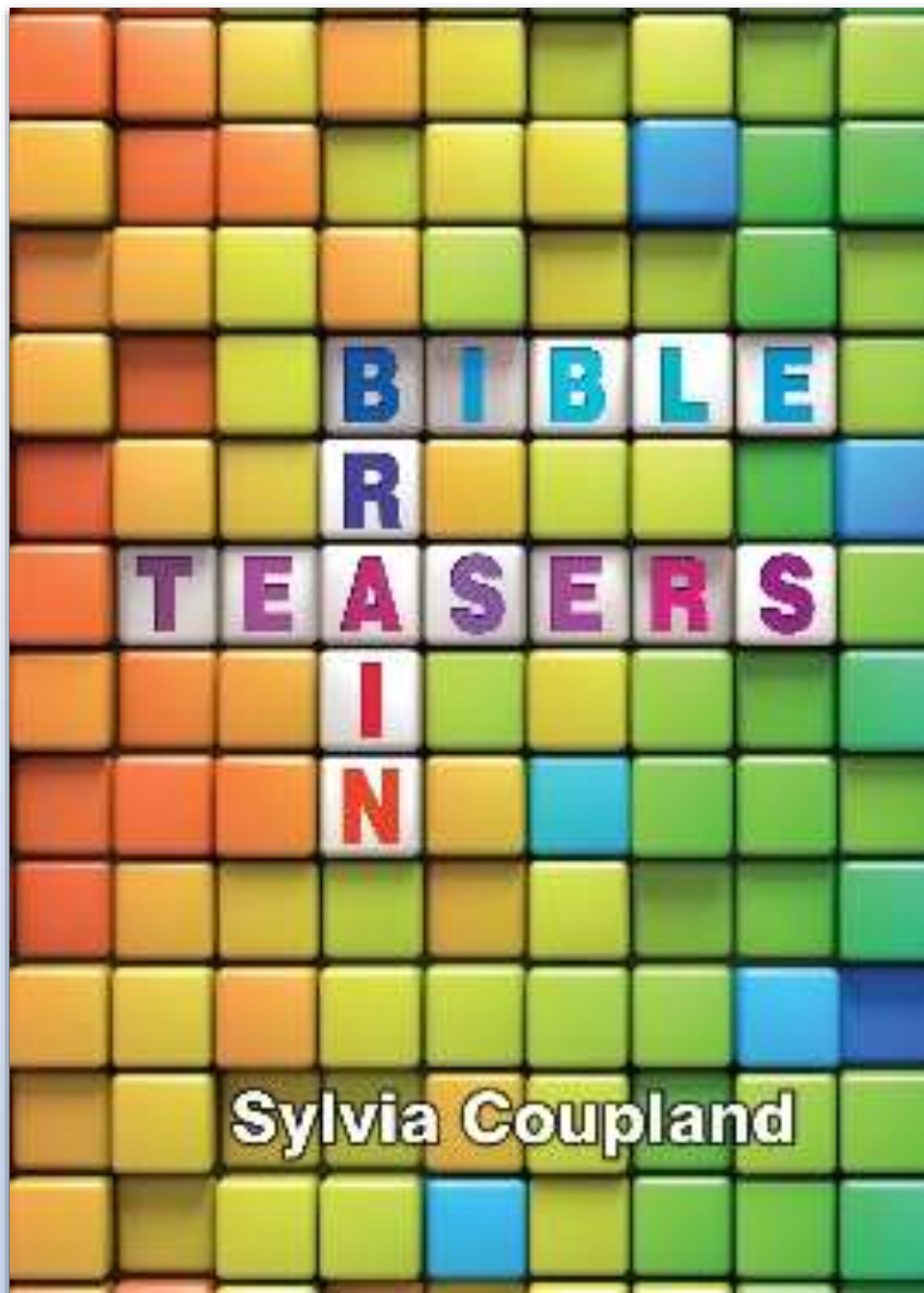




**BACK IN STOCK**



The Stanborough Press Ltd.



How good is your Word power?  
What is your Bible IQ?

Bible Brain Teasers contains 57 pages of challenging Bible crosswords, wordseaches and word grid puzzles.

Fun for all the family!

**Paperback**