



My Darling Zarephath Ladies,

We are once again approaching the end of yet another year, and we are still here, still carrying on, still moving forward in this journey of life, still here for our children and all our other loved ones, we give God all the glory and praise.

This may be a good time to take stock and ponder on what our next steps will be. Physically, emotionally, financially, spiritually, where are we now and where do we hope to be?

Physically, we can consider our health which is of great importance, we need to be in ship-shape form if we are to continue this race and be fully present mothers to our children. They do not have a daddy, they shouldn't have to worry about mummy's health and wellbeing as well so it's very important to be healthy and strong. I'd also like to suggest that you try and use up any slack time that you may have (if you have) by getting busy with something. If you have too much time on your hands it makes grieving even heavier, but if you keep busy, it could be weekly gym sessions, a book club, a new course to enhance your career, these will help to focus your mind on more productive things.

Emotionally, I will ask, what is the state of your heart? Are you still actively grieving and pining for what you have lost or have you moved a step forward and created space in your heart to accommodate another. There is no right and wrong answer to this, but it is important that you know in yourself where you are so that you know how to continue your journey and not just be swept up by every wind.

Financially, the whole world is feeling the pinch of global economic chaos, but poverty is not your portion, so regardless of the astronomical hike in the cost of living, interest rate increase, mortgages and energy costs, just know that God has your number and with a bit of prudence, wisdom and God's grace, you will have all you need in Jesus name.

Spiritually, I cannot stress enough that your walk with our father is paramount to the success of your journey. Trust him, cleave to him and he will direct you, he will provide for you every single thing that you need. I know this because he has done it for me and he will do it for you also.

As the year rounds up and we are looking forward to Christmas, as you go out of your way to provide gifts and treats for your children to make Christmas special for them, remember to treat yourself too, you deserve it! Some of us have grown up children and they may get mummy a nice gift but for those of us that our children are still young, please get yourself something nice (on their behalf). Surround yourself with friends and family that make you happy and shy away from the sad things, this is a festive season, try your best to make it happy for you and your children.

Once again, I say remember to evaluate and plan for the next step of your journey so that 2023 can be even better than 2022.

God Bless and keep you always.

Tara Talabi.

