LWAP

LIFE WITH A PURPOSE



MINI MAG

AUGUST '25

Save the Date:
13 September 2025

INTRO

Welcome to

August



We've turned our monthly newsletter into a monthly mini magazine. We're calling it our ***Mini-Mag***!

Dive in!

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WOMEN'S GROUP





DON'T BE A LONER...

Walking in holiness is a joy and privilege. it also isn't easy to do so in a world that rejects our Beloved God and Creator (Yahweh). That's why we've created a community for women to navigate this together.

We're currenly meeting weekly to study the bible together, and we're almost at the end of our first topic. Visit our events page to join us!

You were made to be in community with like-hearted believers and followers of God through His Son, Yehoshua (Jesus). Don't be a loner. Can't wait to see!


STAY CONNECTED
THERE'S ROOM AT THE TABLE
FOR EVERYONE.
VISIT OUR WEBSITE TO JOIN OUR
ONLINE WOMEN'S GROUP



Save The Date

Our Very First In-Person Event!

Cat's out of the bag...

...we're hosting our ***VERY FIRST*** in-person event in Brisbane (Australia) next month (save the date). Here's why:

Do you know you have a purpose? A book with all of God's beautiful plans for your life is waiting for you to fulfill it! I firmly believe that God wants us to be whole, and free to walk in that God-given purpose.

Trauma, fear, anxiety, not knowing how to navigate life after going through a hard time (etc.) can keep us feeling stuck. The problem is, with all that baggage, we'll still be in survival mode. That was never the plan. God wants to take care of that. He wants you to thrive - in spirit, authority, soul, life... everything.

We've all got a story. In my story, God set me free like only He could, and I'd love to show you how He can do the same for you... if you'll let Him.

If you feel like you've been in a long game of emotional, mental and spiritual 'stuck-in-the-mud' this is for you. Share this with other women (believers or not). It's time to get unstuck, my dear. Join us on the 13th of September (details below).

See you there,
Pamela | **Founder of LWAP**

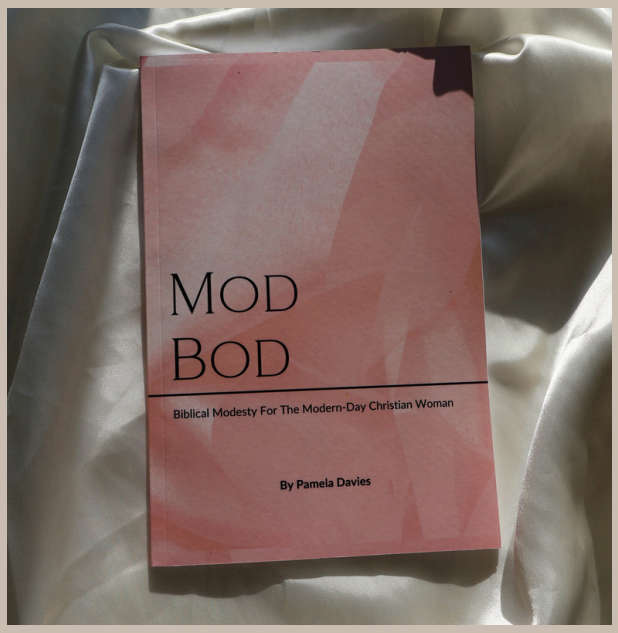
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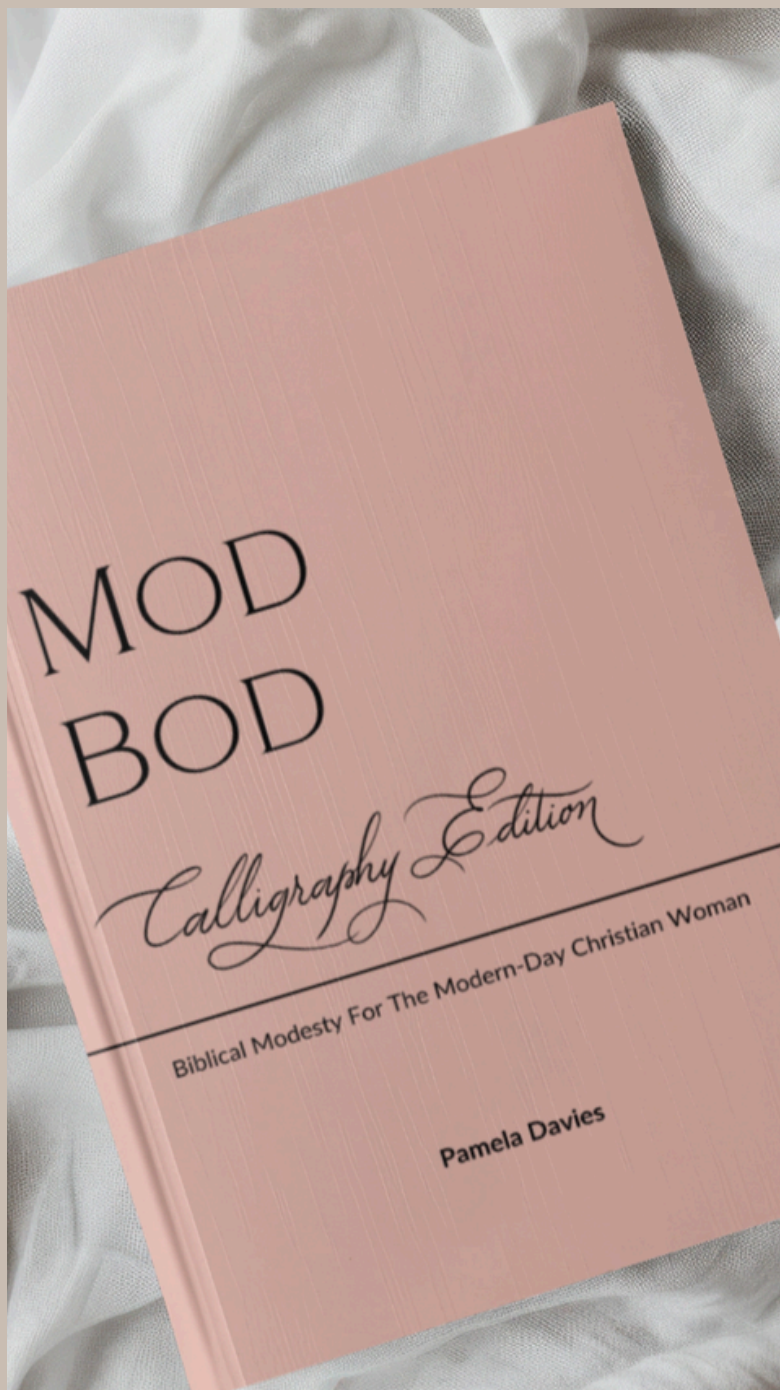
SAVE THE DATE

MODBOD

On average, the modern-day woman struggles with the increasing pressure to conform to societal norms and standards of beauty.

God's plan is for women to thrive in holiness according to His perfect design.





"Modesty is more than what you wear."

// ModBod

ModBod is a book that explores biblical modesty through the perspective of who Jesus is in you.

Visit our library to explore both editions of this book!

VISIT OUR LIBRARY FOR MORE
WWW.LWAP.COM.AU



REAL TALK *WITH* Joyce Mutsau "PRAYER"

This month, we're interviewing Joyce Mutsau (my beautiful mother). As a devout follower of Jesus and an amazing example of a warrior in the faith, she has graciously accepted to pour out her wisdom so we can learn from her!

1. Tell us a bit about yourself!
My name is Joyce Mutsau. I am 56 years old and a mother of three wonderful daughters and an amazing son in-law. I am a wife to my best friend of 36 years, Brian Mutsau, and we love God.

2. What does prayer mean to you?
Some sources describe prayer as *".. a heartfelt and earnest communication with God, which is not just reciting words but a genuine conversation with the Creator of the universe".*

Prayer is my lifeline. It is the place where I can escape and hide. I can be vulnerable and when I come out of it, I have peace, focus, motivation and I am empowered, even when I am not sure where to start. I just know God will work it out because I have help, like it says in Psalm 121:1-3, "I look up to the mountains, where will my help come from? My help comes from the Lord, who made heaven. Who made heaven and earth? He will not let your foot fall, your protector is always awake."

We are encouraged in Philippians 4:6 (NIV), “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”

3. How has your prayer life changed over time?

I grew up with a lot of fear. I grew up during the tail end of the liberation war in Rhodesia and I was afraid all the time because of the stories we heard daily. When I went to boarding school it was worse because I was very tiny and I was bullied a lot. It is there that I joined Scripture Union at 14 and learnt the secret peace that one can find in prayer. As I became a mum, my fear resurfaced as I realised that some small defenceless people depend on me and I was not so sure I could trust myself to defend them. My husband and I sought to understand the Lord more and we encouraged each other by praying together and eventually involved our kids. As the responsibility to teach the little people the power of prayer grew, it challenged us to be more consistent in our walk with God and to be more prayerful.

Over the years, prayer has become a lifeline. With all our four children in 3 different countries, only prayer and our relationship with God keeps us peaceful. Prayer is no longer a nice to do; it is a way of life. Personally, I have developed prayer routines but I try to pray always everywhere I am, even if it’s just a silent conversation in a crowd.

REAL TALK *WITH* Joyce Mutsau *"PRAYER"*

4. What tips do you have for others trying to develop a consistent prayer life?

Prayer is a mystery which unravels daily. Every day you engage in prayer, God opens a different realm and shows you things, some you do not know. Personally I have employed the following:

I remain vulnerable each day to the leading of the Holy Spirit. Sometimes I hear what I don’t want to hear but I ask for grace to obey.

Sometimes when I am not able to pray, I encourage myself with declarations from the Bible or pray using Psalms or study hymns in the hymn books. As I continue, the Holy Spirit shows up and gives me direction.

I follow a routine like embarking on a time bound prayer plan or devotional. This usually picks me up and I get back on track.

REAL TALK WITH Joyce Mutsau "PRAYER"

5. How has prayer built your relationship with the Holy Spirit?

The Bible says, “Listen, I stand at the door and knock. If any hear My voice and open the door, I will come in and eat with them, and them with Me.” — Revelation 3:20 (Good News Bible).

The Holy Spirit is a Gentleman and, unless you invite Him, He will not interfere with your life. However when you strive to build your relationship with God through prayer, God avails the Holy Spirit to access your spirit. And I say strive, because sustaining a prayer life is a discipline that has to come from a conscious decision. After you make that decision, the devil with do everything he can to distract you.

With the help of the Holy Spirit you can sustain that discipline as long as you follow His leading. The more consistent you are in following the Holy Spirit, the more He abides in you and eventually, you will not be able to do anything without His leading. So, when you pray, you are adding fuel to the relationship with the Holy Spirit.

6. Work and life can be filled with pressure and the temptation to compromise. How has the Holy Spirit helped you on your path to living a holy life in such environments?

Ephesians 6:13 (NIV) says, “Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand.”

This verse calls us to stand for what you believe in no matter what. There is pressure to fit in and to be accepted in work places or other circles, but the Bible teaches us that we should not be fluid. Reading the Bible and praying for direction becomes key because, the Word of God is the standard by which we are led every time.

I would also encourage one to spend time with people who are like minded; who have the same beliefs and values.

Psalm 1:1-2 says, “Blessed is the one who does not walk in step with the wicked, or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the Lord, and who meditates on his law day and night...” The Good News says, “Happy are those who reject the advice of evil people....”

The bible warns us of where we walk and who we walk, stand, and sit with, but it also continues to show us that there is a better companion. Why should we take

heed? We get the answer from 1 Corinthians 15:33 (NIV) which says, “Do not be misled: “Bad company corrupts good character”.”
Prayer and communication with God, shows you what to do.

7. What advice would you give to young women on their journey of faith?
Following Jesus is a personal choice. This, however, comes with a lot of distraction and it takes a resolute mind to continue on the journey.
(a)The only way is to take up Jesus on His offer of the Holy Spirit as a Helper.
John 14:16 (NIV): “And I will ask the Father, and He will give you another Advocate to help you and be with you forever.”
Jesus was not about to say, “Ok guys, this is it, see you in Heaven”, but He left some reinforcements to ensure our spiritual survival through the support of the Holy Spirit.

(b) When we exercise our faith through the prayer routine, we strengthen our spirit. Therefore, we should pray without ceasing, so it becomes second nature. 1 Thessalonians 5:17 urges us to pray always. What does this mean? It means when you wake up, start with prayer; during the day, proceed in prayer; at the end of your day, conclude with prayer. That sounds crazy and undoable, but here is the thing - if you liken prayer to oxygen, how long are you able to hold your breath before you harm yourself?

REAL TALK
WITH
Joyce Mutsau
"PRAYER"

Lack of oxygen to the brain can cause brain damage, right? And you can be declared brain dead. Lack of prayer to your spirit can cause spiritual damage and ultimately spiritual decay, and you can be declared spirit-dead. When spiritual decay or damage sets in, God becomes unreachable in your spirit and darkness takes over, more intensely than it was before you received Christ as your Lord and Saviour.

We have a song in the Methodist Shona Hymnbook which says something that translates to:
“If you can’t find a quiet place to pray,
If you are around people - maybe you are busy -
Lift up your heart, God will hear you
Our secret thoughts are known by Him.”

We should pray always, and dispel spiritual darkness that makes it hard to pray and connect with God. Jesus prayed always, and it is the last prayer in the garden which helped Him make it through to fulfil the great work on the cross.

LIFE WITH A PURPOSE PRESENTS

Time To Get UNSTUCK

Women's Retreat



LIFE WITH A PURPOSE

SAVE THE DATE:

SATURDAY
13 SEPTEMBER 2025

♡ *REGISTER AT WWW.LWAP.COM.AU* ♡



DEVOTIONAL
BE STILL...

Still [adjective]:
• not moving or making a sound

Still [noun]:
• deep silence and calm; stillness

Be still and know that I am God. I will be exalted among the nations, I will be exalted in the earth.
Psalm 46.10 // NIV

Being still is a command. As a calligraphy artist, I need a perfectly still table, hand, and mind in order to work, otherwise, my work is quite easily ruined. I need stillness in order to work. Likewise, God requires our stillness in order for us to hear Him and so His perfect work can be done in us.

When we don't practise being perfectly still (no matter how we may feel), we exalt the problem in our minds and hearts. Being still is the antidote to the poison a noisy world presents. It's a stance of trust in God, exhalting Him above all of our problems, pain, sorrow... being still is a love letter to Jesus that says, "I trust You."


Be Still.



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