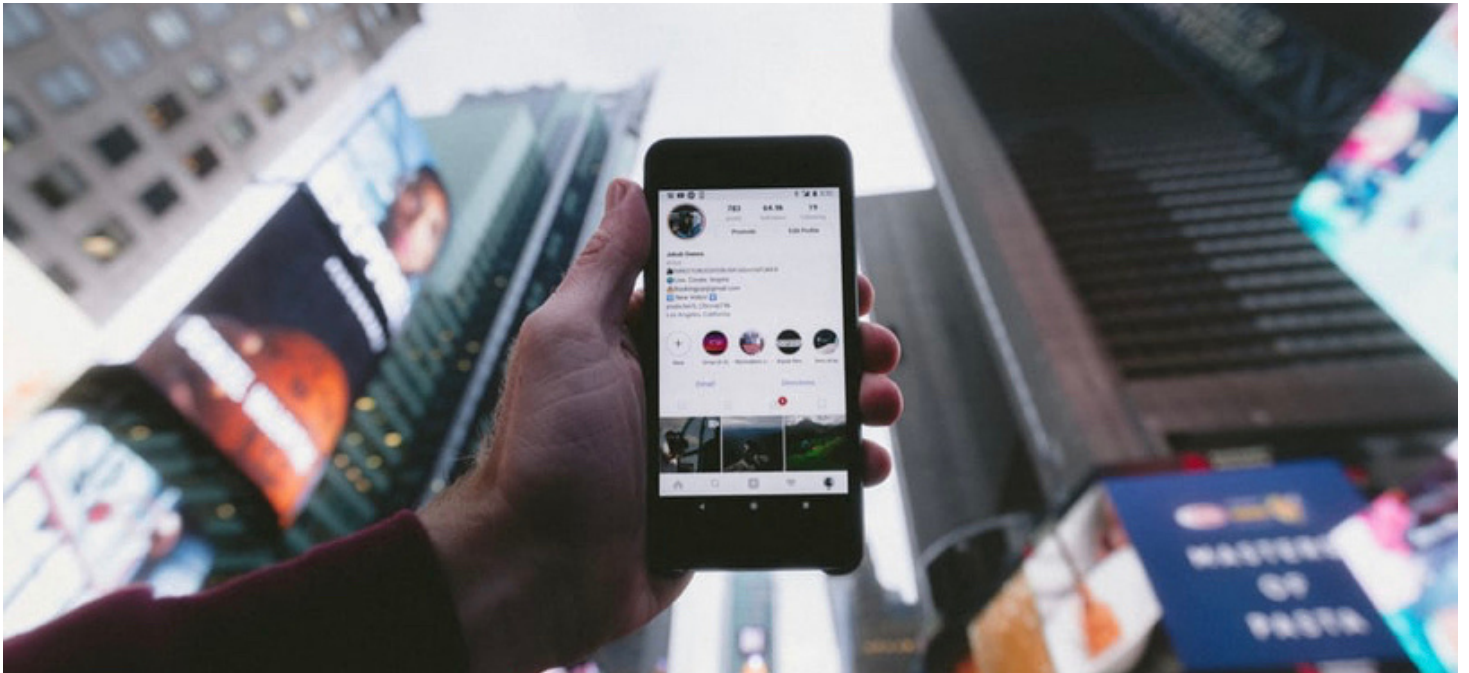




SEEKING VALIDATION

ETERNAL GEMS YOUTH NEWSLETTER



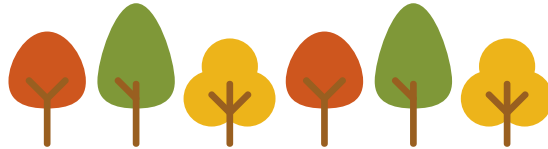
THE TRUTH BEHIND SOCIAL MEDIA

BY: MAGDALINE OBENOFUNDE

Hi Readers

I hope your week has been filled with love and positivity!

As humans we seek validation. We live in an era where people are actively seeking some sort of validation through social media. When one posts a selfie, they want some sort of flattering comments or a certain amount of likes. I mean, why else would you post a picture of yourself? I am not saying any of this is wrong but it is definitely not healthy. Be productive about what you post. Never feel like you need validation from others. Embrace yourself and your qualities. Urge others to do the same. Let's ask ourselves why we are posting a specific picture or video on social media? Does it add any sort of value to someone else's or my life? Does it inspire, encourage or empower others? Or am I posting just to seek attention or To seek some sort of validation ? and if yes- then take a step back and sign off from social media. Only then will you realize that your life, however it may be, is the sort which you are destined to live. No one can offer you the kind of validation you seek but yourself.



IN THIS ISSUE

Cooking corner

Cinema time

Riddle corner

Book of the week and more



BOOK OF THE WEEK

EVERYTHING IS EVERYTHING BY NICOLE YOON

My disease is as rare as it is famous. It's a form of Severe Combined Immunodeficiency, but basically, I'm allergic to the world. I don't leave my house, have not left my house in fifteen years. The only people I ever see are my mom and my nurse, Carla.

But then one day, a moving truck arrives. New next door neighbors.





BBQ CHICKEN TWICE-BAKED POTATOES

INGREDIENT

- 4 MEDIUM SWEET POTATOES
- 1 TBSP. EXTRA-VIRGIN OLIVE OIL
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 C. SHREDDED ROTISSERIE CHICKEN
- 1/2 C. BARBECUE SAUCE, PLUS MORE FOR SERVING
- 2 CLOVES GARLIC, MINCED
- 1/2 SMALL RED ONION, THINLY SLICED INTO QUARTER MOONS
- 1 SMALL JALAPEÑO, THINLY SLICED
- 1 C. SHREDDED SMOKED GOUDA

DIRECTIONS

1. PREHEAT OVEN TO 375°. PLACE SWEET POTATOES ON A LARGE BAKING SHEET. TOSS WITH OIL AND SEASON WITH SALT AND PEPPER.
2. BAKE UNTIL TENDER, ABOUT 1 HOUR, DEPENDING ON SIZE. LET COOL SLIGHTLY, THEN, USING A PARING KNIFE, SLICE ALONG TOP OF EACH SWEET POTATO AND PUSH IN BOTH ENDS TO CREATE A WELL.
3. IN A MEDIUM BOWL, TOSS CHICKEN WITH BARBECUE SAUCE AND GARLIC. STUFF INTO SWEET POTATOES, THEN TOP WITH RED ONION, JALAPEÑO, AND GOUDA. RETURN TO OVEN AND BAKE UNTIL CHEESE IS MELTY AND CHICKEN IS WARMED THROUGH, ABOUT 15 MINUTES MORE.
4. DRIZZLE WITH BARBECUE SAUCE BEFORE SERVING.



RIDDLE CORNER

What has legs but cannot walk?

Answer: A chair

I sometimes run but cannot walk.

You follow me around.

What am I?

Answer: Your nose.

What word begins and ends with E but only has one letter?

Answer: Envelope.

QUOTE

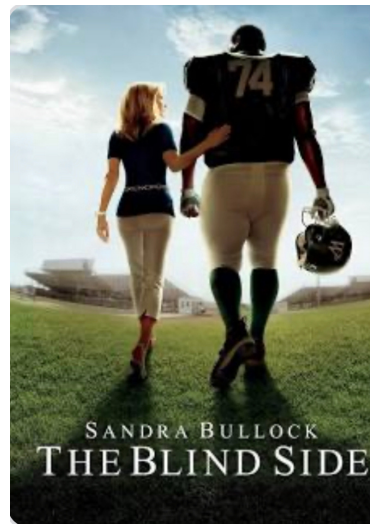
"The longer I live, the more beautiful life becomes."

-- Frank Lloyd Wright



God's Approval vs Man's Approval [How to Stop Seeking Approval From Others]
1.3K views · 2 years ago

Mia Rene



THE BLIND SIDE

DESCRIPTION: MICHAEL OHER (QUINTON AARON), A HOMELESS BLACK TEEN, HAS DRIFTED IN AND OUT OF THE SCHOOL SYSTEM FOR YEARS. THEN LEIGH ANNE TUOHY (SANDRA BULLOCK) AND HER HUSBAND, SEAN (TIM MCGRAW), TAKE HIM IN. THE TUOHYS EVENTUALLY BECOME MICHAEL'S LEGAL GUARDIANS, TRANSFORMING BOTH HIS LIFE AND THEIRS. MICHAEL'S TREMENDOUS SIZE AND PROTECTIVE INSTINCTS MAKE HIM A FORMIDABLE FORCE ON THE GRIDIRON, AND WITH HELP FROM HIS NEW FAMILY AND DEVOTED TUTOR, HE REALIZES HIS POTENTIAL AS A STUDENT AND FOOTBALL PLAYER.
AVAILABLE ON AMAZON PRIME VIDEO

FUN FACT

FLAMINGOES ARE ONLY PINK BECAUSE OF CHEMICALS CALLED CAROTENOIDS IN THE ALGAE AND FISH (WHICH ALSO EAT THE ALGAE) THEY EAT; THEIR FEATHERS ARE GRAYISH WHITE WHEN THEY'RE BORN.



"BUT JUST AS WE HAVE BEEN APPROVED BY GOD TO BE ENTRUSTED WITH THE GOSPEL, SO WE SPEAK, NOT TO PLEASE MAN, BUT TO PLEASE GOD, WHO TESTS OUR HEARTS."

WE CAN SEEK ONLY VALIDATION FROM GOD. HE IS THE ONE WHO TRULY SUPPORTS US AND KNOWS OUR HEARTS AND OUR TRUE INTENTIONS. HE IS THE ONE WHO CAN GUIDE US IN HARD TIMES. WE DON'T NEED TO PROVE OURSELVES TO ANYONE BUT GOD BECAUSE IN THE END HE IS THIS ONE WHO WILL LOVE US UNCONDITIONAL NO MATTER WHAT WE DO,

1 THESSALONIANS 2:4



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