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VIDARTHI VELUGU

LEARN ON



Curiosity - The Root of Development

A great power hidden in every person is curiosity. This leads us forward, motivates us to learn new things, and helps our growth. A small child looks at the world with wonder, eager to know everything. That same eagerness and interest should also be in us. In the Bible, it has been said many times to seek wisdom and find joy in learning. As Proverbs 4:5 says, "Get wisdom, get understanding," the search for knowledge is very valuable. It's very important to recognize the importance of curiosity in our lives and nurture it.

However, there are many things in our lives that stop this natural curiosity. Fear, doubts, and society's expectations pull us back. Questions like, "Can I do this?" or "Is this possible for me?" stop us. But, remember, it is our duty to use the talent and ability God has given us. As Isaiah 41:10 says, "Do not fear, for I am with you," if we overcome fear and move forward, everything is possible. We should not limit our thoughts and questions. We should open our minds and be ready to learn everything.

Continuous learning is a process that continues forever. We should never think "I have learned enough, that's it". Every day, every moment, we should be ready to learn new things. "A learner is always a student" is true. Everything in this world changes, and new things come. So, we must also continually learn and develop ourselves. Just as a student studies diligently, we should also acquire knowledge with the same diligence.

There are some ways to nurture curiosity. Every day, we should spend some time focusing on the topics we like. We can do things like reading books, taking new courses, participating in discussions, and sharing our opinions. We must learn from mistakes and also accept advice from others. As Proverbs 12:15 says, "The way of a fool is right in his own eyes, but a wise man listens to advice," by accepting the advice and suggestions of others, we become more knowledgeable. Therefore, let us awaken the curiosity within us, learn continuously, and make our lives more meaningful.

- Dasari Rajesh

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REQUEST

Dear Vidyarthi Velugu readers,
Greetings in the name of our Lord and Savior Jesus Christ.

We would like you to note the following:

1. For address change, non-receipt of magazine, new subscription, or renewal, please contact the office staff, Brother D. Sai Kumar (79933 97630).
2. Pray and encourage so that Student Velugu has no postal issues and everyone reads and receives spiritual benefit.

Each month, send only two important praise and two prayer points of EU and EGF through the V V Prayer Points link by the 10th. Those interested in writing may send their essays, stories, and poems to editorvv2018@gmail.com.

- Vidyarthi Velugu Editorial Board



Lifelong Learning

The pursuit of knowledge and personal development is a lifelong journey. Education is not confined to the early years of one's career but is an ongoing process that evolves with each stage of life. It empowers individuals to achieve their full potential and adapt to the ever-changing demands of the world. It is a culture of continuous improvement and innovation. The Lifelong Learning provides a wide range of opportunities for skill enhancement, personal enrichment, and career advancement.

Definition

- 1) Lifelong learning is rooted in the integration of learning and living. Covering people of all ages, in all life-wide contexts and through a variety of modalities that, together, meet a range of learning needs and demands. -UNESCO
- Lifelong learning is a process that starts at birth and extends across the whole lifespan. It provides people of all ages and origins (irrespective of age, sex, ethnicity, and national, economic or social origins, and including persons with disabilities, migrants, Indigenous peoples and other vulnerable communities) with learning opportunities and activities, responding to their specific needs in different life and professional stages.
- 2) Learning is a lifelong process and commitment to integral growth in faith. With the help of the Holy Spirit,

experience, practice and lead to change in knowledge, attitudes, and skills. This process equips us to engage the world around us, ask critical questions, and live lives that proclaim the gospel in word and deed.- Justin Eller

Albert Einstein — “When you stop learning you start dying”. Our brain is like a muscle – the more it is used, the stronger it gets.

C.S Lewis -We are like eggs at present and you cannot go on indefinitely an ordinary, decent egg. We must be hatched to grow as bird or go bad-. If we don't learn we don't grow.

It suggests that people need new knowledge and experience to grow, just like plants need water and sunlight to grow. Without learning people can become stagnant and they never flourish to their full potential.

The biblical foundation for lifelong learning

The concept of lifelong learning has deep roots in the Bible, emphasizing the importance of continuously seeking wisdom, knowledge, and understanding throughout one's life.

Proverbs 4:7 states, “The beginning of wisdom is this: Get wisdom, and whatever you get, get insight.(ESV)” - Proverbs 9:9 adds, “Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning.(ESV)” This shows that we are ordered to get wisdom and

wisdom is not a static quality but grows through continuous learning. Wisdom does not come automatically with age (Job 32:9).

Romans 12:2 states, “Do not be conformed to this world, but be transformed by the renewal of your mind”. This renewal involves constant growth in understanding God's will and applying it to daily life. Lifelong learning aligns with the biblical call for transformation through the renewal of the mind.

God commanded Israel to learn

There is a common law (Deut. 6:1-9) for God's people that - be learners at all times. In Deuteronomy 6:6-7 “And these words that I command you today shall be on your heart. You shall teach them diligently to your children.” God commands parents to teach His commandments to their children. We see that Israel had to learn the will of the Lord - teach it from generation to generation. This generational transfer of knowledge reinforces the importance of continuous learning. And fathers are commanded to bring their children up in the training and admonition of the Lord, denoting that our children must learn (Eph. 6:4).

Jesus Christ is a learner

Our Master is the consummate teacher, Heb5:8 learning obedience by the things which He had suffered. Here we see that Jesus was a learner. It teaches us that as we flowers of Christ we must be lifelong learners.

The Apostles were learners

The apostles were commissioned to teach the world denoting that men must learn (Matt. 28:20). Paul learned to abound and to suffer need (Phil. 4:12). Teaching and learning are at the very heart of our faith. To be a “disciple” means to be a “learner.”

The church is a learning platform

God designed the church to be a community of lifelong learners under the earthly guidance of leaders who are teachers of word of God. So let us be diligent in learning.

Attributes of Lifelong Learners (LLL)

It is important to consider the attributes that one must acquire to become a lifelong learner. A few of the basic attributes needed to become a lifelong learner are courage, faithful desire, humility, patience, curiosity, and a willingness to communicate and share the knowledge that we gain. Let's take a moment to pause and reflect in more depth how each of these attributes may contribute to our becoming a lifelong learner.

★ **Courage:** “Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord” (Psalm 31:24). Lifelong learners have the courage to overcome the fear of leaving the outer limits of their educational comfort zone and entering into the unknown and the new things. We must find the courage to go forward—to press

on. Despite our fears, courage in acquiring new learning is essential for lifelong learners.

★ **Faithful Desire:** The first component part of learning Gods word is desire. A craving, longing desire is required for knowledge that will help them to be better Leaders, better mothers, better fathers, better citizens, and better servants in the Lord's kingdom.

It is the drive that motivates people to accomplish things which others consider unworthy of the cost. Lifelong learners should have an insatiable, unselfish inner desire to acquire a wide spectrum of knowledge across many disciplines for the mere joy of attaining and sharing the increased knowledge without any recognition or rewards.

★ **Humility:** Lifelong learners recognize the source of all knowledge is a gift from God. “He that truly humbleth himself ..., the same shall be blessed. Because lifelong learners recognize that intelligence is a gift of God, they do not dwell on it or become prideful about their personal intelligence quotient or accomplishments. When we are truly humble, we remember that knowledge and wisdom are given to us by the Lord and that we are to use that knowledge and wisdom in lifting and strengthening others.

★ **Patience:** “Add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness” (2 Peter 1:5–6). Lifelong learners acquire an inordinate degree of patience in their quest for learning. They understand through their diligent search for learning that it takes a great deal of energy and a great deal of time to find pure knowledge. Sometimes what we learn today may not seem valuable until months or even years into the future. We not only learn but we ponder that knowledge so that in the right place, at the right time, we can put it to the best use.

★ **Curiosity:** “I applied mine heart to know, and to search, and to seek out wisdom, and the reason of things” (Ecclesiastes 7:25). Lifelong learners develop personalized learning techniques that surpass what is taught in school.

The key learning element is that they never lose their God-given inherent curiosity. They do it by asking the question “why” and then finding the answers. The thrill of investigating and researching a new concept or discovering the answer to something previously unknown to us is an exhilarating moment of joy and satisfaction.

Lifelong learners learn “line upon line” and “precept upon precept”

The lifelong learner does not give up. Thomas Edison was a lifelong learner. He was attributed as saying, “I have not failed, and I’ve just found ten thousand ways that won’t work.”

★ **Communication:** Lifelong learners are teachers at heart, reveling in the communication of learning and knowledge. They find joy when those whom they teach by sharing their knowledge are uplifted and strengthened. They communicate with God through prayer for guidance and knowledge. Great teachers are not only great communicators but also great listeners. When we are communicating, we can learn something from every individual we meet. Great teachers produce lifelong learners. Great teachers do not provide all the answers to their students. They lead them to the fountain of knowledge and instill them a desire to drink. Great teachers motivate students to seek knowledge.

(To be continued in the next issue)

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- **B.Selwyn Jones.**

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Nurturing the Student Within

In this vast universe of God's creation, each individual has a unique value and importance. The Bible makes this truth plain. As it is written in the book of Psalms 139:13, "For you formed my inward parts; you covered me in my mother's womb." It means that "children are intentionally formed by God in the womb and are known to Him even before their birth." So, as believing students of God, we must remember that we are God's children, bearers of God's image, and recognize that each of us has intrinsic value.

As we embark on the academic journey as students, one thing must be remembered: our pursuit of wisdom is a testament to our commitment to God's creation. It reveals our response to His holy calling and our role as stewards of His boundless grace.

Let us learn... to grow up!

Since birth, we have been learning something. Enjoying this learning process, improving ourselves, working with others, and applying what we have learned in real life—all these are very important for our development. If we understand these things, we can have a happier and more meaningful life.

a) Embracing the Joy of Learning

Embracing the joy of learning, this should be a part of a life marked by joy that comes from a relationship with God and believing His promises. As Jesus said, "Take my yoke upon you, and learn of me, for I am gentle and lowly in heart; and ye shall find rest for your souls." (Matthew 11:29). So, we should set goals and work hard toward learning specific things that benefit us personally and bring glory to Almighty

God. Embrace every season and every opportunity to learn, and increase understanding to grow more. Find the joy in God's Word. Don't neglect reading and meditating on the Word of God personally. Surrender to and trust God's sovereignty, and proceed prayerfully so that you can reach greater heights as per heavenly plans.

b) Recognizing areas for improvement and growth

Everybody wants to move forward and develop continuously. However, it is important to assess ourselves correctly in this journey. We should prayerfully sit in the presence of God, personally identify our strengths, weaknesses, talents, and understanding. First, we should assess our performance openly and list out the shortcomings and areas for improvement, either for your personality or employment opportunities.

After assessing yourself, set realistic personal goals and plan strategies to achieve them. Identify the critical issues you need to overcome on the path to achieving these goals. The life of Daniel is a worthwhile example. He left the food habits that were not pleasing to God and chose to follow God's ways. God directed him accordingly. Daniel's decision reflects his strong determination. We too may need to change some habits to reach our goals.

c) Nurturing a growth mind-set

There may be many challenges and roadblocks in our path of growth. However, we should view these chal-

lenges as opportunities for growth given by God, take them positively, and not get discouraged by initial failures but prayerfully embrace the mistakes and march forward towards your goal. With a positive mindset, believe in the wonder-working power of Almighty God, encourage yourself, and grow accordingly so that you can develop. In this way, we can overcome our weaknesses and achieve growth in our personal and professional lives.

d) Working with others to achieve common goals and share knowledge

Today's generation is fortunate! They are experiencing cutting-edge technology and many new gadgets. With a laptop in the palm of your hand, you can keep up with the latest developments, new ideas, and people working in different fields around the world. You can share your ideas, seek clarifications for your doubts, and work with global leaders as per their directions. Through this, we can share the knowledge of domain experts and attain the common goals of academia, business, and other fields.

e) Consolidating learning and applying it to real-life situations

Consolidation is the process of strengthening and storing new concepts or knowledge in the brain so that it can be recalled and applied to new situations and skills. Try to apply the new ideas or concepts you have learned in real-life situations. Then you will understand how useful they are. By putting what you learn into practice,

you can improve your knowledge, analytical skills, and other abilities. You will also feel the joy and satisfaction that come from using your skills to solve real-life problems.

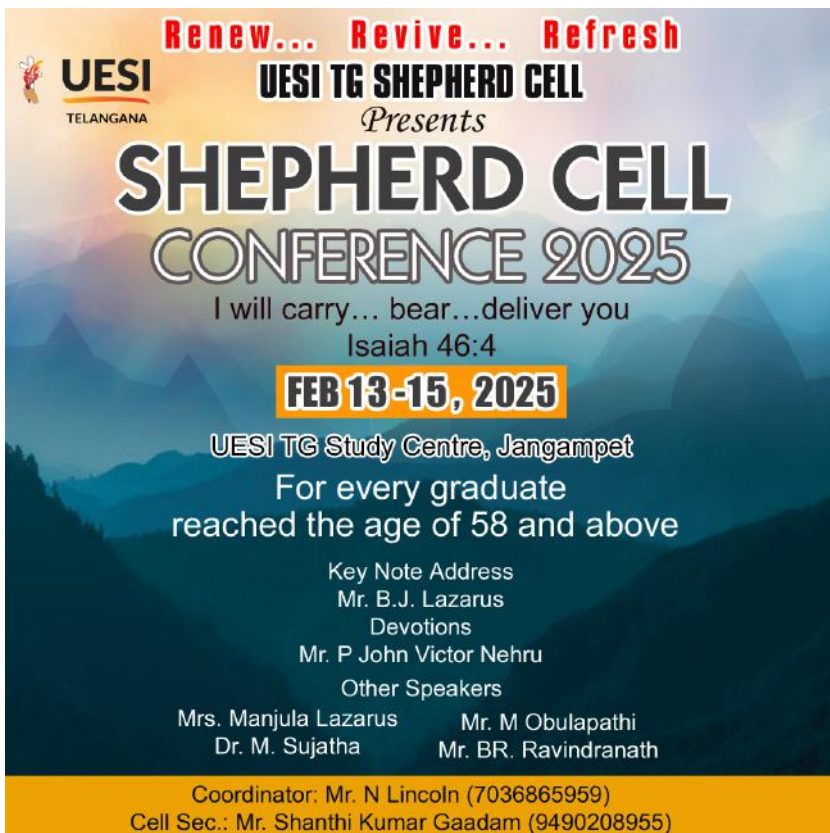
Conclusion

As students, it is important to understand that we are uniquely created by God and have intrinsic value. We should view each study as an opportunity to draw closer to God and improve ourselves. We need to develop a society where we can thrive by using the knowledge that God has given us.

So, let us continue our educational journey with joy. We should take pleasure in learning, recognize our weaknesses, correct them, and always take steps toward progress. We should all develop by working together and sharing our knowledge. It is important to apply what you have learned, and achieve good results in real life. And so, by the grace of God, let us reach the highest peaks.

- Prof.B.Sudheer Prem Kumar,
Former Vice-Chancellor,
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A Silent Struggle Overthinking

Education is an important tool for success in life. As students, we learn many new things and we dream of many things for the future. However, it is at this time that the problem of overthinking may surround us. It makes us feel depressed, it reduces our capacity. In this article, we will learn what overthinking is, how it affects students, and how to overcome it.

What is overthinking?

It's about experiencing repetitive thoughts. Overthinking is the process of continuously thinking about the same thoughts. These thoughts are often negative or distressing, which prevents you from taking action. It often involves replaying past events, or worrying excessively about future possibilities. As author Eckhart Tolle said, "Worry pretends to be necessary but serves no useful purpose." Overthinking means dwelling on your problems, mistakes, and shortcomings. This

increases your risk of mental health problems, and it is a repetitive cycle that can be tough to break.

The Underlying Causes of Overthinking

Humans overthink for various reasons. Some of these reasons are linked to the way our minds work. Here are some of the most common causes:

- **Fear of the Future:** Many people worry about what will happen in the days to come. They fear the unknown, thinking about things they don't know and feeling anxious. This worry and overthinking about the future is a main reason for overthinking.
- **Perfectionism:** The desire to do every task perfectly and the worry of making any mistakes leads to overthinking. This creates a type of pressure on the mind.
- **Low Self-Esteem:** People who do not believe in themselves are

afraid that others will judge them wrongly. Because of this, they overthink every matter and blame themselves.

- **Stress and Anxiety:** When someone is under a lot of stress, negative thoughts surround them. This makes anxiety increase, and they think the same thing over and over again.
- **Self-Theory:** Imagining what will happen in the future based on their own thoughts, and creating their own theories also leads to overthinking.

Identifying the Signs of Overthinking

If you are wondering whether you are overthinking a particular situation or concern, there are a few things you can look for. Here are signs you might be overthinking:

- **An inability to think about anything else:** This is when a specific thought or worry takes over, making it hard to focus on other things.
- **Being unable to relax:** You might feel a constant sense of unease and stress, making it difficult to find peace of mind.
- **Constantly feeling worried or anxious:** Along with your thoughts, you have constant feelings of worry and anxiety, which is a sign of overthinking.
- **Fixating on things outside of your control:** You repeatedly focus on things you cannot change or influence, wasting mental effort.
- **Feeling mentally exhausted:** After thinking excessively, you feel mentally tired, as your thoughts use up energy.

- **Having a lot of negative thoughts:** Your mind is filled with pessimistic and critical thoughts, which can lead to misinterpreting situations.
- **Replaying a situation or experience in your mind:** You keep going back to past events, over-analyzing every detail and replaying different scenarios.
- **Second-guessing your decisions:** You constantly question the decisions you've made, leading to self-doubt and a lack of confidence.
- **Thinking of all the worst-case scenarios:** You imagine terrible things happening for no reason, leading to unnecessary anxiety.

The Effects of Overthinking

In our daily lives, we think about many things. Thoughts help us move forward and solve problems. However, sometimes these thoughts go beyond a limit and become excessive. This is what we call 'overthinking.' While overthinking might seem harmless at first, it can lead to several negative outcomes, including impacts on our mental and physical health over time. Let's understand the negative effects caused by overthinking, its connection with mental health issues, and how to overcome them.

- **Mental Exhaustion:** Constantly thinking about one thing over and over makes our brain lose energy. This leads to feeling tired, unmotivated, and unable to work. Like a muscle becomes weak when overused, our mind also becomes weak in the same way.

- **Increased Stress and Anxiety:** Overthinking can increase unnecessary fears and worries. Because of this, we get stuck in assumptions of ‘what will happen’ and feel fear and insecurity. Over thinking can escalate stress and anxiety levels, creating a cycle of worry and unease.
- **Inability to Take Action:** When over thinking, it becomes very difficult to make decisions or move forward. People who overthink are scared to start anything. Because of this, they lose opportunities. It becomes challenging to make decisions or move forward, leading to indecision and procrastination.
- **Impaired Relationships:** Over analyzing the words and actions of others and suspecting them causes misunderstandings in relationships. Trust is lost. Overanalyzing interactions or conversations can lead to misunderstandings and strain relationships and in fellowships.

Overthinking and Mental Health

Overthinking is not a mental illness, but it can lead to several mental health issues. Let's look at some of these:

- **Depression:** Overthinking can increase feelings of sadness, helplessness, and discouragement, which leads to depression. Negative thoughts can get stuck in a loop, making it very hard to break free.
- **Generalized Anxiety Disorder (GAD):** In this disorder, excessive worry and overthinking are key symptoms. There is a constant

feeling of fear that follows you, and your mind feels restless.

- **Obsessive-Compulsive Disorder (OCD):** People with OCD think about things repeatedly and are compelled to do certain actions. Overthinking makes these thoughts and actions happen more often.
- **Panic Disorder:** The fear of having a panic attack is also a problem. This leads to more overthinking, which can cause further panic. This fear makes the situation even worse.
- **Post-Traumatic Stress Disorder (PTSD):** People with PTSD often recall past traumatic events and think about them too much. This overthinking makes the pain even stronger.
- **Social Anxiety Disorder (SAD):** Thinking too much about how others see us can cause SAD. This makes it difficult to talk to people because of fear.

Overthinking and mental health issues are connected to each other. Stressful events, depression, and worry can make people overthink more. Also, overthinking can make stress, worry, and depression even worse. This works like a vicious cycle.

Strategies to Overcome Overthinking

The human mind is a wonderful power. But sometimes, it troubles us. Thoughts come one after another and fill our mind. Especially, the habit of overthinking makes us feel helpless. Worries about the past and fears about the future depress us. But,



If we think about something for too long, that will lead us to more confusion. Therefore, fix a time to make any decision. Try to make the decision within that time.

there is a solution! If we follow some methods, we can get out of this cycle of thoughts.

Overcoming overthinking requires a conscious effort and the development of new mental habits. Here are several strategies to resolve overthinking.

1. Practice Self-Acceptance and Walk in God's Grace

Often, we think about our mistakes and weaknesses, and blame ourselves. Instead of that, we should learn to walk in God's grace. Remember everyone makes mistakes, only Jesus is perfect. Realize you are a wonderful creation by God's grace.

- **Recognize your strength:** Remember the good qualities you have and the things you like.
- **Be grateful:** By giving thanks to God for the good things in your life, you can turn your focus away from negative thoughts.
- **Have good friends:** Be friends with people who encourage, love, and understand you.
- **Forgive yourself:** Just as God forgives us, we too must forgive ourselves. Remember that our sins are forgiven through Jesus.

2. Practice Mindfulness

Instead of worrying about the mistakes of the past or what will happen in the future, focus your mind on

what is happening now. God's Word also tells us not to keep our minds empty, but to fill them with God's Word (Colossians 3:16). This will guide our thoughts and desires in the right direction.

3. Challenge Negative Thoughts with God's Promises

It is very important to know if every thought we have is true. Will our fears really happen? Many times, we imagine the chances of bad things happening are higher. So, turn your focus from your fears to God's promises in the Bible.

Hard times, pain, and worries are common in everyone's life. But, there is a way to overcome these problems instead of getting stuck in them: give your burdens to God! In Philippians 4:6-7, it is clearly said, "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." This means, do not worry about anything, but tell God about everything through prayer. Praise Him with thankfulness. When you do this, God's peace, which is beyond our minds and thoughts, will guard our hearts and minds. This is a

wonderful way God shows to solve our problems.

Also, in 1 Peter 5:7, it says, “Casting all your care upon him; for he careth for you.” This means, God loves us and thinks about us. That’s why He tells us to give our burdens to Him. When hard times come, instead of being sad, He will be our shelter and strength. By giving our worries to Him, we can reduce our burdens. Also, in Psalms 55:22, it says, “Cast thy burden upon the Lord, and he shall sustain thee: he shall never suffer the righteous to be moved.” This means, if we trust God, He will always help us and protect us. These verses show that if we have faith in Him, He will never leave us. So, when we face hard times in life, we can find peace and happiness by giving our burdens to God and trusting in Him.

4. Set Time Limits for Decision-Making

Delaying a decision is also a reason for overthinking. If we think about something for too long, that will lead us to more confusion. Therefore, fix a time to make any decision. Try to make the decision within that time. This encourages you to make good decisions.

With trust in God, make decisions without fear. As Proverbs 3:5-6 says, “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” That is, if we believe in God, not depending on our own thoughts, He will make our paths straight. As Matthew 6:34 says, “Therefore do not worry about tomorrow, for tomorrow will worry about

itself. Each day has enough trouble of its own.” Don’t waste today thinking about tomorrow. If you do today’s work properly, there is no need to worry about tomorrow. With trust in God, make decisions and move forward!

5. Break down Overwhelming Problems

When a problem seems very big, we think about it too much. Instead of that, divide the problem into small, small parts and keep solving each part. Share your situations with your guru or with spiritually strong people; they can help you to see problems in the right way.

6. Focus on Healthy Things

Instead of thinking about a problem again and again, try to focus on healthy things. By changing your focus, you let your brain process the problem differently. Remember that God gave us self-control and power.

2 Timothy 1:7: “For God has not given us a spirit of fear, but of power and of love and of a sound mind.” Depend on the Holy Spirit’s power.

Hebrews 13:6: “So we may boldly say: ‘The Lord is my helper; I will not fear. What can man do to me?’” Your faith in God removes fear.

Some Healthy Things:

- Have a meaningful talk with a friend or mentor who can pray for you.
- Do activities that get your mind going, like puzzles and reading.
- Listen to music that makes you feel good, especially worship songs.
- Join activities that serve others and your church.

- Go to fellowship meetings regularly.
- Most importantly, spend time with God regularly to renew your mind.

7. Develop Strong Interpersonal Skills

Thinking too much can take away our peace of mind. However, we can overcome this by developing certain mental skills. Studies show that how we interact with others greatly affects our thoughts.

A) Inner Skills - The Path to Success

Inner skills mean understanding ourselves and having good relationships with others. By improving these skills, we can gain many benefits.

- **Increase Self-Awareness:** It's very important to know our strengths and weaknesses. This helps us understand ourselves better. When we understand our feelings and thoughts, it becomes easier to control them.
- **Boost your Self-Confidence:** If we believe in ourselves, we can do any task with courage. Self-confidence makes us strong.
- **Practice Self-Control:** It's very important to keep things like anger, excitement, and fear in check. With self-control, we can make good decisions.
- **Learn to Be Assertive:** We need to learn to express our opinions clearly and bravely. It's important to protect our rights while respecting others.
- **Set Boundaries:** It is necessary to set some limits when dealing with others. We need to clearly say what is okay for us and what

is not. This helps us protect ourselves.

B) The Bible also tells us many things about these topics.

By developing our inner skills, we can overcome our weaknesses and build good relationships with others. These skills help us in many ways. The Bible also tells us many things about these topics.

It is written in 2 Timothy 1:7 that God has not given us a spirit of fear, but of power, love, and self-control. This means that we should be courageous and not timid. Similarly, in Joshua 1:9, God tells us that He will be with us wherever we go and that we should not be afraid. In Hebrews 13:6, it also says that God is our helper, and man cannot do anything to us. Therefore, we must let go of our fears and move forward with faith in God. If we develop these inner skills, we are sure to achieve success in our lives.

Conclusion

Thinking too much can feel like a heavy burden. But, it's not something you have to live with. By using these strategies, and getting guidance from God's word, you can become free from it. Having faith in God allows you to overcome the worry and fear that comes from thinking too much. God's love takes away fear and gives peace to your mind. With trust in the future He promised, take small steps each day toward a peaceful life.

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Deception of Living in Denial

All of us at some point may have resorted to denial. In some ways it is helpful. For example, when someone is deeply disturbed by what has happened to them like sexual abuse, or discovery of a serious illness and they do not have the ability to deal with those avalanches of emotions, people slip into denial and behave as if nothing has happened. It serves like a voltage stabilizer. In the short term it may have helped them, but in the long run, if they do not deal with those troubling emotions, they will experience harmful consequences.

Triggers for Denial

According to Harvard Medical School, some of the triggers for denial are: all forms of abuse, alcohol and substance

abuse, lifestyle or family issues, medical diagnoses, mental health issues, smoking, weight gain, etc.

People slip into denial when they refuse to believe a painful truth about their life. They would rather live wrongly than do something constructive about it.

Unconscious Defence

Psychologically, denial is a defence mechanism people slip into unconsciously. When a person perceives that he/she is at a risk of being exposed, rejected, harmed, they experience pain. To blunt that pain, they go into a denial. There are several defence mechanisms people resort to but denial is the most common.

Denial in Different Forms

Denial occurs in many situations. Sometimes it occurs during crises. When informed of her son's untimely death, a mother may refuse to accept it and claim her son is breathing and would not permit his burial. In such situations, denial is temporary and they eventually get over it. But there are several other forms where denial causes harm in the long run.

Let us take the example of a student who has failed in his exam. If he refuses to accept that his failure is due to his poor preparation, but starts to say that the question paper was tough or that his paper was not valued (corrected) properly, then he has little chance of improving his performance next time because he is in denial of his poor preparation. But if he accepts his failure, introspects, and makes changes in how he prepares then there is a good chance of him passing the exam next time.

A woman may find a lump in her breast. She would have fears that it could be cancerous. Instead of facing her fears, she may slip into denial and tell herself that "It is nothing." Or she may say to herself that "There is no pain so it won't be cancerous." She will not go for a test. If it is actually malignant, then she would have lost the opportunity for effective treatment that could even save her life.

Harmful Consequences

There are instances where people live in denial and suffer. They also become a burden to others. Some get angry at the slightest provocation; but when confronted they deny that they were angry. If they do not accept their problem of anger and correct themselves, they will continue hurting their loved ones, trigger conflicts at work and alienate friends. Quite often they become an embarrassment to the family, lose opportunities for growth at work and put off good friends. Like anger, people deny many other negative emotions like fear, anxiety, guilt, jealousy, lust, emptiness, etc. When the root cause of such negative emotions is not addressed, their behaviours become harmful and sinful.

Breaking Free from Denial

Sometimes, people may have held strong beliefs for a long time. If they suddenly find out that their beliefs were wrong, they may feel embarrassed and sometimes humiliated. They will go into denial and reject new information. This may lead to conflicts. Therefore, whatever may be the form of denial, people must be encouraged to come out of it. The following are a few ways to overcome denial.

The word of God declares, "You shall know the truth; and the truth shall set you free" in John 8:32. The first step



Like anger, people deny many other negative emotions like fear, anxiety, guilt, jealousy, lust, emptiness, etc. When the root cause of such negative emotions is not addressed, their behaviours become harmful and sinful.



to overcome denial is to acknowledge the problem of denial. The person may be helped to look at anger outbursts; drinking pattern that he refuses to examine, refusing to revisit an experience or a behaviour, etc.

Secondly, it is required that the root cause of such behaviour is uncovered. Quite often it is not very simple and it may be necessary to seek the help of trained counsellors to bring to the surface any underlying causes behind the denial.

Third, take steps to address the root causes. These steps would include spiritual interventions of creating safe spaces by prayer, study of the word,

non-judgmental acceptance, and forgiveness. Psychologically, they can find help in support groups, group therapy and individual counselling.

Seeking Help is Crucial

When denial is hurting (emotionally or physically) the individual or their loved ones, trained professional must be consulted. It must not be delayed and hoped that things will improve on their own. Usually, in cases of denial, when things are left to themselves, they deteriorate not improve. Caregivers must be proactive.

- Dr. Samson Gandhi

Founder and Counsellor

Person to Person, Hyderabad

He is Our Support

I wish you all a Happy New Year in the name of our Lord Jesus Christ. In this New Year, let's strengthen our faith in God, who is the basis of our lives.

We know how much King David depended on God in his life. If we read the songs he wrote, we understand that he believed God was his support in all situations, whether difficulties or joys.

In one song, David says:

"I will lift up my eyes to the hills— From whence comes my help?

My help comes from the Lord, Who made heaven and earth" (Ps 121:1-2).

David clearly stated that God is his support, while thinking about where help comes from during hard times. This is his personal experience.

This is also true in our lives. When we face difficulties, losses, or crises like COVID-19, our Lord stands by us. He guides us each day.

If we rely on Him, we can be light and salt in this world. This world tries to pull us away from God's purpose. It tries to distract us from receiving His blessings. However, if we keep our focus on God and make Him our support, we can overcome the temptations of the world.

God knows what is good and best for us. Therefore, let's depend on Him. Let's live fearlessly in the future, trusting in Him. In every decision we make, let's rely on Him instead of our own understanding.

Scripture says:

"Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, And He shall [a]direct your paths." (Prov 3:5-6).

And, "The steps of a good man are [a]ordered by the LORD, And He delights in his way.

Though he fall, he shall not be utterly cast down; For the LORD upholds him with His hand.." (Ps 37:23-24).

So, in this New Year, let's increase our faith in God even more. He is our support, He is the one who guides us, and He is the one who protects us.

- Dasari Rajesh



HUMILITY

In a village there were two friends named Ramu and Raju. Ramu was wise but arrogant. Raju was not very intelligent, but he was humble. One day, the king of that town held a contest. Ramu lost that contest. Raju won. Then Ramu realized his mistake. From then on Ramu learned to be humble.

Humility is defined as the capacity to recognize both personal strengths and weaknesses without displaying arrogance. It's not a lack of self-assurance; rather, it is the opposite. Humility embodies having enough self-respect to understand that even when you are successful, it's unnecessary to boast about it.

Humility as Character Strength

Humility manifests through our

modesty, empathy, respect for others, and the accurate understanding and acceptance of our limitations. As a character trait, humility can be seen as the absence of pride, arrogance, and an inflated sense of our importance and talents. It is our willingness to learn best practices from others and from our own mistakes. Further, humility is the ability to put the interests of others before our own.

Humility in the Bible

Biblically, humility is understanding our constant need for God's grace, accepting His authority, and acknowledging our dependence on Him. This does not mean we should have a worldly view of ourselves as worthless. That is a deception from Satan. Every human being is created in God's image



Humility is not an empty display intended to elicit praise. True humility is before God, not before people



(Gen 1:27) and possesses intrinsic value. God intricately formed us in our mother's womb (Ps 139:13). We hold extraordinary value in God's eyes. As followers of Christ, we are called to be humble.

1. Spiritual Meaning

As a little child trusts in its parents, so we must humbly turn to Christ. We should ask Him to forgive our sins. We should receive His grace of protection. We need a childlike humility to follow Christ (Matt 18:4).

2. What Does the Bible Say About Humility?

- i. The fear of God is the foundation of knowledge and wisdom (Prov 1:7; 9:10):** To fear God is to respect Him and keep His commandments. It guides us

in the right direction. It gives us knowledge and wisdom. Without the fear of God, we are likely to act arrogantly.

- ii. God elevates those who humble themselves (Matt 23:12; Lu 14:11; 1 Pet 5:6):** Rather than exalting ourselves, we should seek to be exalted by God. Because only God can bring us great glory. If we are humble, God will bless us in every way.
- iii. The second most important commandment is “to love your neighbor as yourself” (Matt 22:39):** Humility helps us reduce our selfishness and love others more than ourselves (Phil 2:3-4; Rom 12:3; Eph 4:2). True humility is found when we understand the

needs of others, respect them, and love them.

iv. We accept God's will (Jam 1:21) and submit to elders (1 Pet 5:5):

God has prepared a plan for our life. If we have humility, we will submit to God's will. Also, we listen to wise men who are older than us. Accepting the advice of others is also a part of humility.

v. Our hope is connected to heavenly matters. We need to recognize the honour that comes from being humble on Earth (Prov 22:4):

If we are humble in this world, there will be great rewards in heaven. Pride is temporary, but humility is eternal. Humility makes us great in God's eyes.

3. Jesus Christ: The Greatest Example of Humility

Jesus Christ, voluntarily leaving His heavenly dwelling, came to Earth as a mere human for the salvation of humanity. He humbled Himself by becoming obedient to the point of death, even death on a cross (Phil 2:8). The all-powerful God was not ashamed to humble Himself and take on the role of a servant (John 13:5).

Therefore, we must commit ourselves to serving others (Phil 2:3). Serve others with the unique gifts that you possess (1 Pet 4:10). As God's chosen people, we should

strive to have the mind of Christ (Phil 2:5).

Artificial Humility

Humility is not an empty display intended to elicit praise. True humility is before God, not before people (Jam 4:10). In the present day, social media influencers often create a fictional lifestyle hoping to receive praise and likes from the public. The Bible instructs, "Do not let your left hand know what your right hand is doing" (Matt 6:3). In true humility, we glorify God, who observes our actions in secret.

Importance and Benefits of Humility

In this world we live in, everyone is unique. However, our success and happiness depend on how we perceive ourselves and understand the world around us. Here, the quality of humility elevates us. Now let's see what the actual benefits of this humility are for us.

1. Strengthens Connection With Others

Be genuinely happy for others and their achievements and avoid succumbing to jealousy or self-pity. Displaying empathy and compassion toward others can ease your social interactions and foster healthy relationships. It is humility to reduce the pride of "I know everything" and get along with everyone. It will increase our love and affection.

2. Broadens Perspective of Self

Humility can produce more happiness, positive emotions, and overall well-being because you possess a clearer understanding of who you are. You will be comfortable with both your strengths and weaknesses. Humble students who are truly receptive to feedback often surpass their more talented peers who hold themselves in high regard.

3. Broadens Perspective of the World

Humility enables you to be consciously aware that while you bring worth to this world, numerous others also possess a unique purpose. The entertainment industry, encompassing music and television, has a tendency to promote egocentric and self-centered concepts. Humility provides a shield against such a worldview.

4. Improves Mental Health

At times, we tend to dramatically overestimate our knowledge and talents compared to others. In particular, individuals who are humble tend to have greater happiness, life satisfaction, and experience less depression, stress, anxiety, and negative interactions with others. Humility keeps our minds in peace

How to Practice Humility

We want to achieve many goals in our lives. We are determined to move forward with success. However,

there is a great quality that makes us stand out in this journey, and that is humility. Humility is not just being submissive; it is being honest with ourselves. Understanding our strengths and weaknesses and respecting the world around us. Humility is hard to achieve, but it is not impossible. Some suggestions can help us to cultivate humility.

1. Self-Reflection

Understanding your personal strengths and weaknesses serves as a good starting point. Acknowledge where you excel and where you do not. This eliminates the need to seek validation from others.

2. Give Out Compliments

Acknowledging the achievements of others can help shift attention away from yourself. Focus on the feelings of others and be the person who offers assurance that they are doing well.

3. Don't Confuse Pride With Prideful

Biblical pride cautions us against attributing our accomplishments solely to our abilities. We know that without God, we can do nothing (John 15:5). Excessive pride can cloud our self-awareness, which is dangerous. We need to regularly examine ourselves for signs of pride. God has promised to give grace to the humble, while He opposes the proud (Prov 3:34; 1 Pet 5:5).

4. Gratitude Journaling

Writing down the things and people

for which we are thankful triggers reflection on them at the end of each day. This mindset of thankfulness reminds us that we are all part of something bigger.

5. Learning from Others

In the UESI community, humility is a vital trait. We must look up to our seniors and graduates in the ministry. We can learn from anyone and in any place. We must maintain our curiosity and remain open to learning.

Examples from Real World

Ratan Tata, a business tycoon, was known for being humble, empathetic and polite. Even though he was born into wealth, he lived in a small bungalow and avoided extra security. He believed that leadership means being there for those in need. The love and respect he shows to his employees.. He was a model of humility. Ratan Tata has achieved many things in his life, but he has never lost his humility.

C.S. Lewis a Christian British literary scholar, said, “humility isn’t thinking less of yourself, it’s thinking of yourself less.”

How to Pray for Growing in Humility

Humility is a hard virtue to practice but nothing is impossible for God. “Humility is the fear of the Lord; its wages are riches and honor and life.” (Pr 22:4). Firstly we need to accept

our dependence on God. Our God is merciful to hear our prayers when we humble ourselves first (2 Chr 7:14). Praying on knees is a good habit which helps us to be humble physically when coming into His presence. Ask for a humble heart and spirit. By the end of the day, thank God for each and every little and big thing which went in your favour that day. Observe the circumstances where your pride is dominating you. Be mindful that your greatness and talents which you boast among humans comes from the grace of God. For without the grace of God, we have nothing. Therefore, let us humbly trust in God in all things.

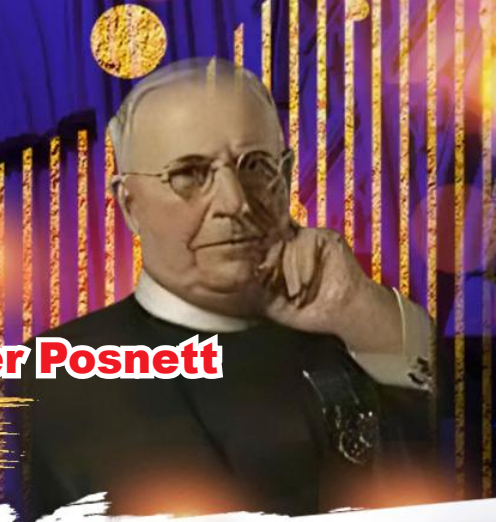
Reflection

Are you clothed in godly humility? Are you giving anywhere into temptations of pride? Are you performing artificial humility? What self-humbling step God is calling you to take? Whatever it is, work at it with all your heart (Col 3:23) He will honor you as you follow Him. After humility, there is honor. After the cross comes a crown. If you have any worries or problems, tell them to God. He is faithful and true. He will surely comfort you. Humility draws us closer to God, while pride distances us. Therefore, let us be eager to receive mercy.

- K. Deepika
JNTU Zone,
Hyderabad

Rev. Charles Walker Posnett

(1870 – 1950)



The town of Medak in Telangana is well-known for its historical structures and religious places. The Medak Church, located here, is one of the oldest in Asia, and also among the tallest churches in the world. This church is not just a place for prayer; it's a living example of history going back centuries. It attracts many visitors from within the Telugu states, as well as from other countries.

The Medak Church was built 100 years ago, but it is still in great condition. Its building design and artistic skill are amazing. Every Sunday, the church is lively with worshippers and visitors. During Christmas, the entire church is beautifully decorated with lights. People of all religions join in the celebrations. Praying here offers a special feeling.

The person who worked hard for the building of the Medak Church and the development of the Medak district was Reverend Charles Walker Posnett. He came here as a missionary and brought positive change to the lives of the local people. His service will always be remembered. He was the one who built this church. His life is an example to many.

Let's learn about the life of Reverend Charles Walker Posnett, the missionary who worked for the building of this church and for the growth of many areas in the Medak district.

Childhood and Education

Charles Walker was born into a well-known Methodist family in Sheffield. He went to two schools run by the Methodist group: Woodhouse Grove School and Kingswood School.

After school, he went to Richmond College in Surrey to get ready to become a minister. He also studied medicine at a hospital in London, so he could be fully prepared for missionary work.

Charles Walker as a Missionary in the Deccan

In 1895, Charles Walker was chosen to be a missionary in the Deccan, which was then an independent area ruled by the Nizam of Hyderabad. A few years later, he moved to the Medak area, where he stayed until his missionary work ended in 1939.

In Medak, he built a church that became a lasting legacy. It helped many villagers, especially those from the Dalit community, and people who followed Christ in public movements, by giving

them work. He also started a training place for teachers and church leaders.

Work of Methodist Missionaries

During his time in Hyderabad, the area suffered two terrible famines, one in the late 1890s and another from 1919 to 1921. Charles Walker worked with other Methodist missionaries, including his sister Emily Posnett and Charles Gordon Early (1889-1975), who joined the Medak area in 1914.

His sister, Emily Posnett KIH (1866 - 1966), also trained at the London Hospital. She worked as a medical missionary in Medak from 1896 to 1939 with her close friend, Sarah Harris. She was known to her Indian friends as "Pedda Dorasani" (great lady). She strongly promoted equality and cleanliness in the community. During a public movement in Hyderabad, Emily, with help from Charles Walker Posnett, trained young Indian women to be Bible teachers. Emily died just two days before her 100th birthday.

Posnett's son, Sir Richard Neale Posnett, was born in India on July 19, 1919. He went to Kingswood School and St. John's College in Cambridge. He worked as a missionary in Uganda for over twenty years. He died on May 11, 2009.

Reverend Charles Walker Posnett's Ministry

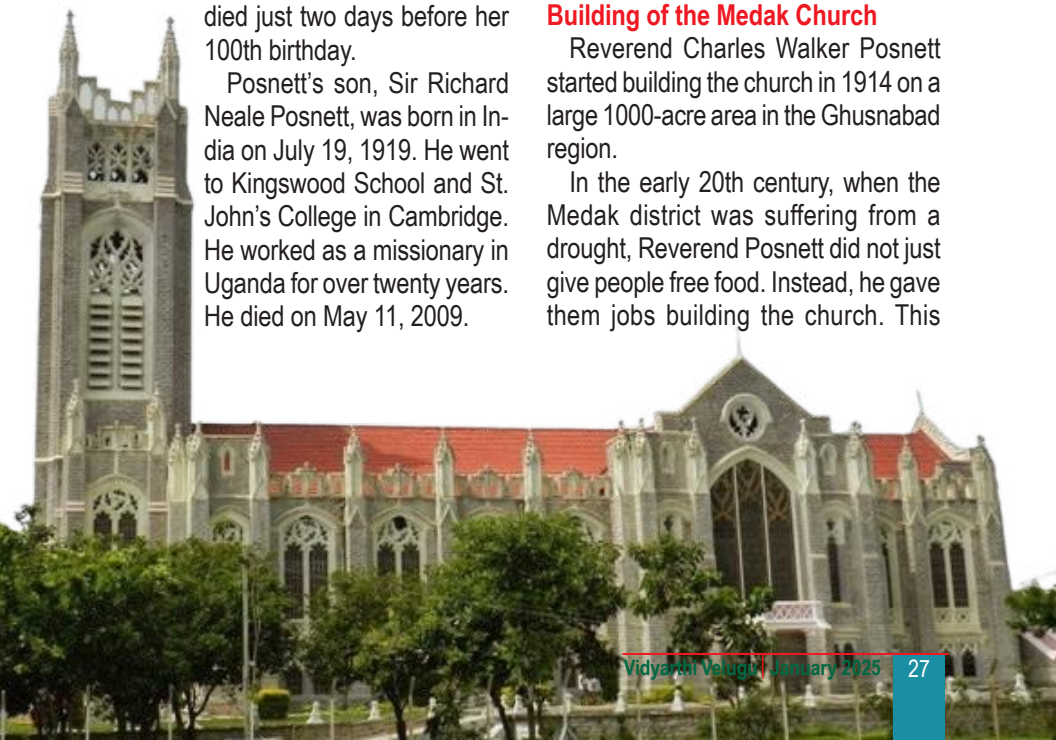
In 1895, Reverend Posnett came to Secunderabad. He first did his work with the British soldiers near the current Trimulgherry. Not happy with army work, he set out to work in villages. In 1896, Posnett visited Medak, stayed in a government rest house, and built a rest house. Back then, there was no railway to Medak. The 60-mile (97 kilometers) trip from Hyderabad had to be made by horse.

At that time, there were only about two hundred Christians in the entire Medak area. When he arrived in Medak, a small hut made of tin was used as a place of worship. As the number of Christians grew, he felt the need to make the church building bigger. Reverend Posnett soon started building a church that would be suitable for the Christian community in the mission compound.

Building of the Medak Church

Reverend Charles Walker Posnett started building the church in 1914 on a large 1000-acre area in the Ghusnabad region.

In the early 20th century, when the Medak district was suffering from a drought, Reverend Posnett did not just give people free food. Instead, he gave them jobs building the church. This



showed his kind heart. After working hard for about 10 years, he finished the cathedral in 1924 and dedicated it to God. The cathedral was dedicated to thank God for helping people in difficulty. Later, when many Christian groups joined to form the Church of South India, this church became known as the cathedral church of the Medak Diocese in October 1947.

Medak Church: Unique Features

This church was built in the Gothic style, measuring 100 feet wide and 200 feet long. Its special feature is that it can hold 5,000 people at once. Italian craftsmen from Bombay were hired to lay the flooring with six-colored mosaic tiles brought from Britain. Large pillars made of well-shaped, decorated grey stone give strength to the gallery and the entire building. The church's ceiling is specially designed with hollow sponge material to absorb sounds. The surface of the vaulting is square-shaped. Also, a 175-foot-tall bell tower adds to the church's attractiveness. According to a story, the Nizam of Hyderabad tried to

reduce its height after finding out that the church was taller than Charminar.

The main attraction of this cathedral is the stained glass windows that depict important events in the life of Christ. The window showing the ascension was installed in 1927, two years after the cathedral was built. A window showing the birth details was added in 1947, and another showing the crucifixion scenes was added in 1958. These windows bring a spiritual beauty to the church.

Conclusion

Let us remember the services of Reverend Charles Walker Posnett and his missionary team, who came to our country from faraway lands to spread the good news and bring light into the lives of our people. In this New Year, let us make a good decision to do great things for Christ and serve society!

(The article is written based on the resources taken from the internet)

- Ruth Vinay
Pragathi Nagar, Hyderabad

* * * * *





Happy... New Year

December 31st is the last day of the year. It feels like anything we do that day should be special. Everyone thinks this way, and I did too. So, I wanted to spend the day peacefully, praying and reading the Bible. When I asked my manager for leave, he got upset, saying, "The project we started isn't moving, and you want leave?" I felt there was no point asking him again. I finished work like any other day and reached home at 10 PM.

My mom was angry, saying, "I thought you would come early today, but you are even late. We have to go to church by 10:30 PM, when will you eat and get ready? When are we going?" My dad stepped in and said, "It's okay, we won't get buses, we have to change two buses to get there." I felt good hearing my dad's words.

Without wasting any time, I quickly got ready, ate a little, and we reached church on time.

The church service finished at one in the morning. After wishing everyone a happy new year and having tea, it was three o'clock by the time I got home. My mother had already gone to sleep. However, my father was reading the news that was left over from the 31st of December. I couldn't sleep, so I immediately took my Bible and sat down. I remembered the verse I heard at church on this same night last year. It was from Isaiah chapter 43:

*"The one who created you,
the one who formed you,
the one who redeemed you,
the one who made you his own,
when you pass through the waters,
they will not overflow you."*

*This doesn't mean you'll go into water
because you have to.*

*It means you will go,
but it won't overwhelm you.*

*When you walk through fire,
the flames will not burn you.*

*This means you'll go through fire and
suffering,*

*but problems like flames won't do
anything to you.*

'See, I am doing a new thing!

*Now it springs up; do you not perceive
it?*

*I am making a way in the wilderness
and streams in the wasteland.*

*I am the one who makes a way in
the sea,*

a path in the mighty waters.

I created you for my glory", God said.

Even when faced with problems as complex as a jungle, situations as barren as a desert, or troubles that rush over you like a flood, the God who protects is always there. I belong to Him. He has wiped away all my sins according to His will, like melting snow or vanishing clouds. These words felt like they gave me new life.

The Bible says in Lamentations 3:23, "Because of the Lord's great love we are not consumed, for his compassions never fail."

It is only because of this that I felt like I had seen a new year. I thanked God deeply. Many people who were better and greater than me have passed away, yet I am still alive, and I strongly believe that this is because of His unending love for me. Besides all this, I also received a promise card.

It read, "Watch and pray so that you will not fall into temptation."

Although there are many promises like, "I will bless you and make you great, I will be with you, I will send my messenger before you, you will flourish and grow," I was a little worried as to why I received this particular promise. Then I remembered my mother's words, "Child! Temptations will come. Don't be scared or sad and move away from God, instead pray, place your burden on God. Only when we pray with vigilance can we live a life of victory." I remembered all the mistakes I made last year, how I drifted away from God, the things I wanted to do for God but couldn't, my lack of interest in reading the Bible, and my lack of prayer. All of these spun around in my mind like rings. A strange sorrow pressed down my heart.

I prayed for a long time,

"God! Help me to live

according to your will from this new year.

Help me to pray with perseverance.

Help me to read the Bible regularly.

Give me the grace

to bring lost students to your side.

Prepare me to work through prayer."

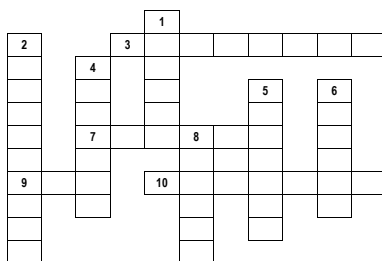
My heart felt at peace. I decided to stay away from people and situations that pull me away from God and to use my mobile only when necessary, as it steals my time. I prayed to God to help me do my office work honestly and diligently. I truly felt like it was a happy new year.

**- Chegudi Syamala Krupa Rao,
Teacher and Graduate, AG Zone**

January '25 - Philemon (1 Chapter)

Across

3. Paul in his bonds _____ Onesimus.
7. For what is Paul in bonds?
9. Onesimus has become a _____ to Paul.
10. Onesimus was formerly a _____ to Philemon.



Down

1. Towards whom does Philemon have faith?
2. Philemon's act of kindness toward Onesimus should not be done out of _____.
3. What must Philemon prepare for Paul?
4. Paul addresses Philemon as his _____.
5. Paul is in _____.
8. Paul _____ with Philemon on behalf of Onesimus.

- H. Ravi, Staff Coordinator,
AG Zone, Ranga Reddy

* * * * *

December '24 - Luke (1-7 Chapters)

Across: 1. Jesus 3. Mary 4. John 5. Satan 7. Son of the Most High 8. Authority 9. Thirty

Down: 2. Simeon 3. Man of God 6. Water to wine 8. Wilderness

Winner: Jyothi Gangaram, Kompally

Theme Songs Album

The Audio Visual Department has worked hard, spending time and resources, to gather theme songs sung at various conferences and create an album for you.



We truly hope that everyone will listen to these songs and praise our Lord through this album. If anyone has not yet obtained a copy of this album CD, we request you to please purchase it. We extend our heartfelt thanks to the

Executive Committee and all the department members who supported the creation of this album.

- G. Gangarao, Secretary,
A V Department. Cell - 9989951895



And Can It Be?

And can it be that I should gain
An int'rest in the Savior's blood?
Died He for me, who caused His pain
For me, who Him to death pursued?
Amazing love! How can it be,
That Thou, my God, shouldst die for me?



Refrain:

Amazing love! How can it be,
That Thou, my God, shouldst die for me?

No condemnation now I dread;
Jesus, and all in Him, is mine;
Alive in Him, my living Head
,And clothed in righteousness divine,
Bold I approach th' eternal throne,
And claim the crown, through Christ my own.

- Charles Wesley



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