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[Dr I. Joshua, former staff worker of UESI, is the founder and director of
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Fit for Christ

We, as Christians, are called to be fit as a whole (spiritual, emotional, intellectual & physical) in order to perform our daily activities with optimal endurance and strength but also careful enough not to be disqualified for the prize (1 Cor 9: 26-27)

Honor God with your body, the temple of God (1 Cor. 6:19-20). The Holy Spirit dwells, nourishes, and empowers us to fulfill the Great Commission. He helps us to get rid of anger, and filthy language from our lips (Col. 3:8) and keep our bodies holy, hygienic, and clothe us with compassion, kindness, humility, gentleness, patience (Col. 3:12) and also enriches us with the word of Christ (Col. 3:16).

Pastor Rick Warren says "God created your body, Jesus died for it, The Holy Spirit lives in it. You'd better take care of it."

Our Physical workout (exercise, nutrition and rest) is also an act of worship. We should obey God's fourth command to work diligently six days and give rest to the body on the seventh day. It is derived from God's role modelling (Exod. 20:11), and Israel's slavery at Egypt (Deut. 5:15) and other sabbaticals in the Torah. Honoring God in eating and drinking (1 Cor. 10:31), by not making the belly our God (Phil 3:1).

As per CHAMP, a Uniformed Services University (see <https://www.hprc-online.org/>) survey, sufficient sleep enhances physical fitness, emotional strength, stress hormone regulation, chronic disease prevention (heart disease, diabetes, obesity, etc.). God provides for His beloved even in sleep (Ps 127:2).

The first humans corrupted themselves by eating the forbidden fruit. **Moses** offered his hands which were used to rescue the Israelites. **Samson**, as a Nazarite, rescued the Israelites but gave into lust (Jud. 16:1, 4 & 16) and lost his eyes (Jud. 16:21).

Daniel and his friends, students of the Babylon University resolved not to defile their bodies but made themselves fit for God, who made them fit to bring God's rule into the Babylonian kingdom (Dan 1:8,17, & 4:25-27).

Jesus took human form to do God's will as was written in the scroll (Heb 10:5-7 & Ps 40:6-8). He maintained His body well by keeping it holy, healthy and hygienic as the temple of God (John 2:19, 21). **Paul** offered his feet and evangelized Europe. **John** offered his spiritual eyes and saw visions which he recorded and today we have Revelations, the last book of the Bible.

May the Lord help us be thankful to God for our bodies and offer them as a living Sacrifice, holy and pleasing unto God (Rom 12:1-2)



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INSIDE

Emotional Intelligence for Evangelicals 5

- Dr Israel Raju

Emotional & Relational Fitness 10

- Sweety Kandra

Physical Fitness for God's Ministry 14

- Sameet Singh

Rational/Mental fitness by a Renewed Mind 18

- Jatinder Kumar

Spiritual Fitness 22

-JSA Julius

Beyond the Roses 27

- Author name concealed

JESUS – The Ultimate Example of Being Fit 29

- Poonam Sotra

Puzzle - Fit for Christ 33

- Ruth Collins

The Future is Bright 35

- Vamsi Rapaka

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Emotional Intelligence for Evangelicals

There is no breaking news in heaven for the California (Beverly Hills) incident, the burning of many houses of Hollywood actors including the smashing of Kamala Harris' house, India's second time win in Championship of women in the World Cup U-19 (against South Africa), or for the lakhs of people who gathered in UP for the *Maha Kumbh mela*.

David Vetter, born with severe combined immune deficiency (SCID), died at the age of twelve after spending his entire life in a bubble nicknamed 'The Bubble Boy'. His parents had lost their first son to the same disease and were determined to protect their second-born. To prolong his life, NASA engineers designed a plastic

protection bubble as well as a space suit, so his parents could hold David Vetter even in the outside world. How we all long to protect those we love!

King David who was wronged by Nabal, the foolish husband of Abigail, in a rogue moment, sought revenge by his own hands. Abigail rushed to meet him with a wise reminder. *"Even though someone is pursuing you to take your life, the life of my lord will be bound securely in the bundle of the living by the Lord your God..." (1 Sam 25:29)*. The concept of bundle conveys the idea of gathering up valuable items so the owner can protectively carry them. Abigail reminded David that God wanted to carry him in a protective bundle. He was safest

Lead

in God's hands, rather than in his own. We do well to work to protect others when they need it, but it is only in God's perfect care that they are truly safe.

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies," 1 Cor 6:19-20

Many people focus on physical fitness, but what about spiritual fitness? As evangelicals, we are called to be **Fit for Christ**, meaning we must be physically, spiritually, and mentally prepared to serve Him. Being **Fit for Christ** is not only about outward appearance but also about inward discipline and devotion.

Spiritual Fitness – Training in Godliness

1 Tim 4:8 says, –*"For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come."* Just as an athlete trains regularly, we must engage in **spiritual exercises**:

- **Prayer** – Staying connected to God (1 Thess 5:16-18).
- **Bible Study** – Knowing and applying God's Word (Jos 1:8).
- **Fasting**–Strengthening spiritual discipline (Matt 6:16-18).

- **Fellowship** – Encouraging one another (Heb 10:24-25).

Imagine a bodybuilder who never eats but only lifts weights. Eventually, he will collapse because he lacks nourishment. Similarly, if anyone tries to serve the Lord without spiritual nourishment (prayer, Bible study) he will burn out.

Physical Fitness – Honouring God with our Bodies

Rom 12:1 – *"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God — this is your true and proper worship."*

Taking care of our bodies helps us serve effectively. This includes avoiding harmful habits (substance abuse, gluttony, laziness) and getting enough rest, exercise, and proper nutrition. A missionary once suffered from severe health issues because he neglected his body while serving. When he started taking care of his physical health, he could minister more effectively. Our bodies are tools for God's work — if they break down, our effectiveness decreases.

Mental and Emotional Fitness – Renewing Our Minds

- *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind,"* (Rom 12:2).

- Guarding our thoughts and emotions, filling our minds with what is true, noble, and praiseworthy (Phil 4:8).
- Overcoming stress and anxiety through faith in Christ (Mt 11:28-30).

A runner doesn't just train his/her legs; rather he/she also trains the mind to endure long distances. Similarly, Christians must train their minds to withstand spiritual challenges by focusing on God's truth.

Being **Fit for Christ** means training spiritually, caring for our physical health, and renewing our minds. Let us remember as graduates, students and staff that we are called to be **ready for every good work** (2 Tim 2:21). Let us commit to a **lifestyle that glorifies God** in every aspect — body, mind and soul.

In this digital generation, everyone learning and using Artificial Intelligence (AI), neglects the Emotional Intelligence (EI). EI is the ability to recognize, understand, and manage our own emotions while also being aware of and influencing the emotions of others. As believers, developing **spiritual emotional intelligence** helps us reflect Christ's character, build healthy relationships, and navigate challenges with wisdom.

1. Recognizing and Managing Our Emotions

Imagine a driver who lets road rage take over and causes an accident. Uncontrolled emotions can lead to destruction, but a wise person remains calm and avoids unnecessary damage. *"Fools give full vent to their rage, but the wise bring calm in the end,"* Prov 29:11.

Emotions are **God-given**, but they must be controlled and aligned to His Word. Our Lord Jesus Himself expressed emotions (anger, compassion, sorrow) in a **righteous and controlled** way. We can recognise and manage our emotions by:

- **Pause and Pray** before reacting (Jam 1:19-20).
- **Reflect on God's truth** rather than acting on feelings alone.
- **Practice self-control** through the Holy Spirit (Gal 5:22-23).

2. Developing Empathy – Understanding Others' Emotions

Jesus showed **deep empathy** — He wept with those in pain (Jn 11:35). Being emotionally intelligent in faith means **Listening actively** to others (Jam 1:19), **Being compassionate** even when we disagree, and **encouraging and uplifting** others in their struggles (1 Thess 5:11). *Rejoice with those who rejoice; mourn with those who mourn* (Rom 12:15).

Lead

A friend struggling with depression doesn't need just a Bible verse but **a listening ear and a caring heart.** Jesus met people where they were before leading them to the truth.

3. Responding to Conflict with Wisdom

Emotional intelligence helps us **handle conflicts in a Christ-like way** if we **Respond, don't react** – Speak with grace, not anger (Col 4:6). ii) **Seek reconciliation** – Forgiveness is key (Eph 4:31-32). iii) **Control your words** – A gentle answer turns away wrath (Prov 15:1). An EGF leader once faced harsh criticism but responded with patience and kindness. Instead of escalating the conflict, he diffused it and built stronger relationships. *“Blessed are the peacemakers, for they will be called children of God,”* (Mt 5:9).

4. Strengthening Our Faith

A believer facing job loss chose to trust God rather than panic. Through faith, they found peace and new opportunities, showing emotional

and spiritual maturity. *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus,”* (Phil 4:6-7). Emotional intelligence in faith means:

- Trusting God instead of being led by **fear or anxiety.**
- Cultivating **gratitude and joy,** even in trials (1 Thess 5:16-18).
- Allowing God's peace to **rule over your emotions.**

Spiritual emotional intelligence is about managing our emotions, understanding others, handling conflict wisely, and trusting God. The more we **surrender our emotions to Christ,** the more we reflect His love and wisdom. Let us ask God to help us grow mature **emotionally and spiritually.**

Our God who created each one of us knows our weaknesses, desires and how easily we are tempted. But as 1 Cor 12:10-13 reminds us, we can ask

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Him for help. God is so faithful He will not let you be tempted beyond what you can bear. Paul says that when you are tempted (God) will also provide a way out so that you can endure it. The way out could be healthy fear of the consequences, a guilty conscience, remembering Scripture, a timely distraction or something else. As we ask God for strength, the Spirit will turn our eyes

from what's tempting us and help us look toward the way out that He has given us. God is faithful and always provides, He has blessed us with gifts and talents and resources to be a blessing to others. Let us not hide or dismiss our gifts but use them for His glory.

Better a patient person than a warrior, one with self-control than one who takes a city.



Dr Israel Raju did his masters and doctoral degree from Andhra University, formerly Editor of Vidyarthi Jwala, AP Magazine, presently CND member (SZ), also working as Assoc. Professor (MBA) in a Private Engineering College, actively involved in student ministry for the last three decades. He resides in Visakhapatnam (AP) with his wife Beulah and they are blessed with 2 children, Hadassah and Enoch, both of whom have completed graduation and are involved in ministry.

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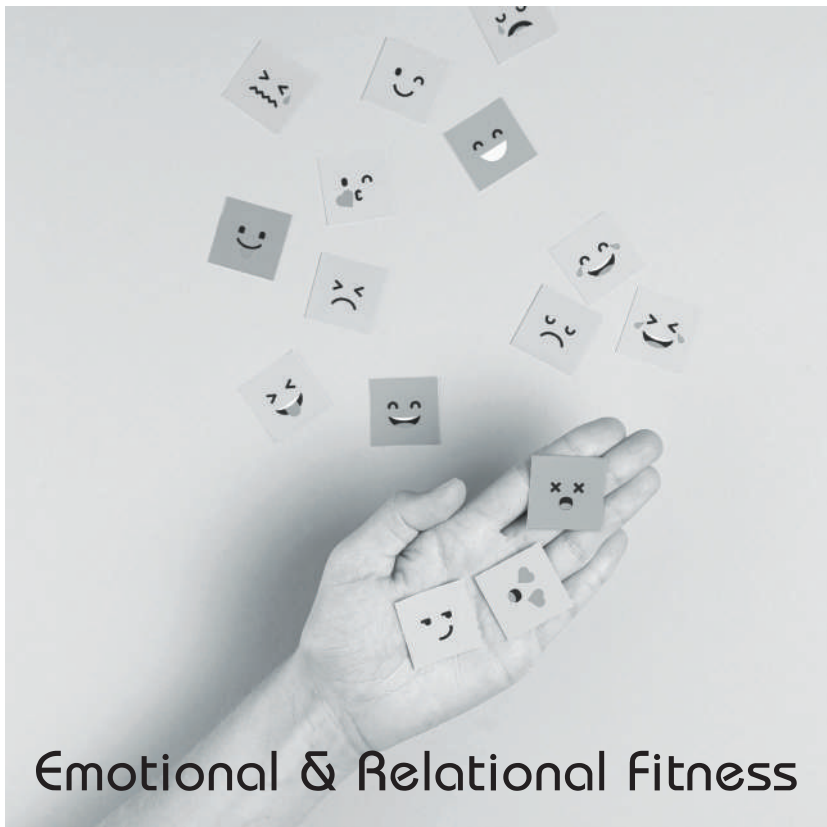


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Emotional & Relational Fitness

When life gets overwhelming it is a good practice to examine life: *Am I on the right track that God commanded me to go on? Am I loving God and others? Am I eating well? Am I spending time with God and His Word?* In Mk 12:30-31, Jesus reminds us that there are two commandments that are of utmost importance: loving God and loving others. All other commandments rest on these two.

What damages our relationships is not the offences we have with

each other but the inability to forgive and love each other.

If there is a lack of forgiveness then there will be bitterness and bitterness will lead to hatred, hatred will result in anger and anger will further lead to vengeance which will never be satisfied. Vengeance will go deep down within us the longer we allow it to stay. The price of vengeance is extremely high. The refusal to forgive can become **self-destructive** because it destroys us physically, mentally and spiritually.

Even psychologists say that unforgiveness can impact a person's wellbeing very badly. But sadly some psychologists have an opposite view; they state that forgiveness is unhealthy, needs to be resolved and the best way to do so is to be vindictive. But as Christians we all know that forgiveness is God's character and a command to us.

Consequences of an unforgiving and unloving attitude

1. People will become slaves to their past. If they continue to harbor an unforgiving/unloving attitude, that attitude will grow at an alarming proportion resulting in feelings of guilt. They will ultimately choose to hate over love.
2. Bitterness is malignant and can harass, create distorted memories and give a distorted view of life. Anger becomes uncontrollable, emotions are expressed unchecked, and every conversation would be full of hatred. Ideas about revenge flood the mind and opportunities for defamation are sought after.
3. An unforgiving and unloving person is an unwelcome member in the fellowship. Like leaven they can have a negative impact on other believers. People wouldn't like to be with that person because he/she is filled with hatred.
4. Failure to forgive results in divine chastening.
5. In the parable of the unmerciful slave, the master's reprimand is, *"You wicked slave, I forgave you all that debt because you pleaded with me. Should you not also have had mercy on your fellow slave in the same way?"* Jam 2:13 (NASB) says that judgement will be meted out without mercy to the one who has shown no mercy. Mercy triumphs over judgement. Mt 5:7 says, *"Blessed are the merciful, for they be shown mercy"*. Mt 6:12 says, *"And forgive us our debts, as we also have forgiven our debtors"*. Mt 6:14 goes on to say *"For if you forgive other people when they sin against you, your heavenly Father will also forgive you"*.
6. It brings dryness, emptiness and dullness. There is lack of joy and power. Marriages, families and fellowships are affected. Why? Because instead of forgiveness, the heart is filled with vengeance, bitterness, anger, hatred and hostility.

The absence of forgiveness and love in any relationship shows the absence of the fruit of Holy Spirit in our life and it also shows an unregenerated heart. An unforgiving heart is an egoistic heart.



Why forgive - Biblical and Theological Reasons

1. It is a direct command of God. No act is more divine than when we forgive. There are a few references from the Bible which describe forgiveness and mercy as divine attributes. We see this in Ex 34:7 which says, *"The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands ..."* We see this also in Ps 32 Ps 85 Ps 130, Is 1:18, Is 55:7 and Jer 33:8.
2. A touching example of forgiveness is seen in the parable of the prodigal son in Luke 15. The wretched, sinful young man comes back, helpless, unable to compensate for his sins, desperate for reconciliation, but can only beg for mercy and when he pleads for mercy he receives a robe, a ring and a pair of sandals. He is accepted back as the son. This is the love of God. Mt 5:44-45, Eph 4:32; 5:1, Col 3:13. Ascribing Lordship to Jesus verbally doesn't save anyone but only when we do the will of the Heavenly Father do we exhibit His Lordship in our lives. Otherwise we will hear the Lord say, *"Depart from me, I never knew you"*.
3. In Ex 20, – the 6th commandment given is, *"Do not murder"*. This commandment refers not only to the physical act of murder. It is more than that, Mt 5:21-22, 39, 43, and 44. Jesus says that if you hate someone in your heart then you are a murderer, for according to 1 Jn 3:15a, anyone who hates a brother or sister is a murderer. Hatred is a by product of unforgiveness and it will definitely destroy our good fruit and snatch away our love for others and expose our bad intrinsic values. As Christians it is our responsibility to get rid of all hatred, all abuse and all sense of vengeance. How we treat others is a reflection of how we treat Christ because every human being is created in the image of God.
4. The death penalty is not just for murderers it is for haters too. If we are not mindful of honouring the image of God in ourselves then how can we see the image of God in others? Are we so proud that we can't see our own sins but that of others only? If we were offended and that is our excuse for an unforgiving attitude, then we should not forget that Jesus was more offended than us. We must manifest Christlikeness in our responses. In Mt 18, a servant was forgiven by the king but the unforgiving servant was unmerciful to his fellow servant.

That is why the king punished him without showing him mercy. God will punish in the same way.

How to deal with an unforgiving behavior

- Rom 12:14 says- *“Bless those who persecute you”,* and in Rom 12:17, 19- we read, *“Never take revenge for revenge is mine”.* Leave the retaliation and reciprocation to God Who perfectly understands the issue. He has the highest standard, which is pure, perfect, just and impartial. His authority is unlimited. God uses our trials, offences and injuries to strengthen us, so if we respond to the offences we are interrupting God’s best work in our lives.
- All the criticism, injustice, persecution, mistreatments and misunderstandings, we face perfect us –1 Peter 5:10.
- The injuries that run deep are invariably from those closest to us. Being wounded by the closest ones are the toughest to deal with too. Still we have to embrace those who injured us because revenge is sugared poison.

Stunning outcome of forgiveness and love

We should not love and forgive others begrudgingly rather we should delight in it. Then we will experience immense joy, peace and tranquility. Forgiveness honors God.

To forgive is like writing “Nothing Owed” in bold. It is like pardoning the capital sentence of a prisoner. It is healthy and wholesome. Only the brave can do this. It expresses generosity of heart.

Ps 19 says, *“A man’s foolishness is not to forgive”.* Forgiveness is the greatest virtue of all. The last words of Jesus on the cross were, *“Father, forgive them, for they do not know what they are doing,”* Lk 23:34.

Conclusion

Forgiveness and love bring heaven on earth and heaven’s peace into the troubled heart.

“To be a Christian means to forgive the inexcusable because God has forgiven the inexcusable in you.” - C.S. Lewis.



Sweetie Kandera, is living in Karnal (Haryana), She has been involving in UESI since 2024 as a student. She has completed master's in MA Economics and preparing for competitive exams.



Physical Fitness for Gods Ministry: Honoring God with Our Bodies



Our bodies are a precious gift from God, and the Bible teaches us that they are His holy temples. As it is written in 1 Cor 6:19-20, *“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”* Since our bodies belong to God, we must take care of them, keep them pure, and maintain their health so that we can serve Him effectively. Just as we keep our homes clean and tidy for comfortable living, we must also keep our bodies clean and pure, ensuring that the Holy Spirit dwells within us. When we take care of the body that God has given us, it shows how much we love and respect Him.

Our Physical Composition The Bible says we are wonderfully and fearfully made. Let us see some examples: the human brain has about **86 billion neurons**, it generates around **12-25 watts of electricity** —enough to power up a small light bulb. The brain **does not feel pain** because it has no pain receptors and it is about **73% water**, and even slight dehydration can affect the cognitive function. Babies are born with **about 300 bones**, but adults have **206** due to fusion. The **strongest muscle** (by weight) is the **masseter (jaw muscle)**, capable of exerting 200 lbs (90.7 kg) of force. The human hand has **27 bones** and over **30 muscles**. Our heart beats **about 100,000 times per day** and pumps around **2,000 gallons (7,570 liters) of blood** daily. The

total length of all blood vessels in the human body is around **60,000 miles (96,560 km)** — enough to circle the Earth **twice**. our stomach gets a **new lining every 3-4 days** to prevent it from digesting itself. The small intestine is **about 22 feet (6.7 meters) long** — much longer than the large intestine. The liver performs over **500 functions**, including detoxification, protein production, and digestion. Human skin is the **largest organ**, making up about **16% of your total body weight**. we shed about **40,000 dead skin cells every minute**. No two people (even identical twins) have the same fingerprint or tongue print. The pattern in your iris is more unique than a fingerprint, making it a powerful biometric identifier. While 99.9% of human DNA is the same, the 0.1%

variation creates endless diversity in traits and much more.

1. **Safeguarding our Body:**

God has entrusted us with such an amazing physical body, and we must protect it from harmful habits, such as:

- a. **Addictions:** Any form of substance abuse, including smoking, alcohol, or drug addiction, harms our bodies. Since our bodies belong to God, we should not pollute them with such habits.
- b. **Physical Harm:** Engaging in activities that weaken or damage our bodies must be avoided.
- c. **Unnecessary Body Modifications:** Many people get tattoos, body modifications, or even undergo gender alterations, which

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go against God's original design. The Bible clearly states in Gen 1:27 that God created us in His image, male and female. Altering our God-given identity is against His divine plan.

- d. **Unhealthy craving:** In today's time, so many food stalls, restaurants and hotels are selling a variety of cuisines and items which may not be required by the body. We often get tempted and eat unnecessary food items leading to over eating which will eventually put us in a danger of getting serious diseases. We must eat to fuel our bodies, not use it as a dustbin, we shouldn't put everything in our stomach.

We must not misuse or destroy our bodies, as it is written in 1 Cor 3:17, *"If anyone destroys God's temple, God will destroy that person; for God's temple is sacred, and you together are that temple."*

2. **Personal Wellness:**

To serve God effectively, we must be both spiritually and physically strong. If we are weak, we may struggle to pray, worship, help others, or perform church activities and ministry entrusted to us as individuals. Maintaining good health allows us to fulfill God's work with energy and enthusiasm. Good habits for Physical Fitness to serve God can be:

- a. **Regular Exercise for Strength and Stamina:** Daily physical activity is essential to maintain good health and energy levels. Jesus Himself travelled extensively, carried the heavy cross, and endured hardships, showing the importance of physical endurance. Likewise, biblical warriors like David and Samson were physically strong, which enabled them to accomplish great tasks for God. To stay physically fit for ministry, we should engage in: walking, jogging, cycling, or gym workouts to keep our body active. Stretching, flexibility and strength training to keep our muscles and joints strong, enabling us to perform ministry work effectively.
- b. **Maintaining a Healthy Diet:** A well-balanced diet is crucial for sustaining energy and strength. We should consume fruits, vegetables, whole grains, and proteins to nourish our bodies. Plenty of water to keep our bodies hydrated. Avoid excessive sugar and processed foods to prevent weight gain and health issues. By maintaining a healthy diet, we can keep our bodies strong and ready for God's work.
- c. **Discipline and Self-Control in Life:** Along with physical health, discipline and self-control are

essential for our spiritual fitness. Jesus set an example by waking up early every morning to pray and maintained a disciplined life. We should follow His example by:

- ❖ Waking up early for prayer and devotion.
- ❖ Being punctual and responsible in our daily tasks.
- ❖ Making time for God’s work and church activities.
- ❖ Following a structured daily routine from morning to night.

Additionally, we must have self-control and avoid sinful behaviors such as: stealing, adultery, and gossiping; speaking carelessly or with anger; engaging in negativity

and criticism. Living a disciplined life helps us stay focused on God’s purposes and keeps us away from habits that can harm us spiritually and physically.

Conclusion: We must Honour God through a holy and healthy life. Our bodies are a sacred gift from God, and it is our responsibility to take care of it. By maintaining physical fitness, eating well, staying disciplined, and avoiding harmful habits, we can serve God wholeheartedly. A holy and healthy life glorifies God and allows us to be effective disciples of Christ. Let us fulfill His purpose with strength, energy, and dedication.



Sameet Singh is a body builder and a gym coach by profession. Accepted Jesus as his personal Saviour through UESI in 2017. He has been serving as a Treasurer, J&K -EGF since 2020. He is married to Arti Dogra, serving as Graduate Inc. for Jammu Region. They are blessed with a son – Izhaq S Benjamin.

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Rational/Mental fitness by a Renewed Mind



Today, we are facing a continuous flood of mental illnesses and problems. For the elderly in society, words like Alzheimer's and Parkinson's are filled with fear. Even children are experiencing various mental and behavioral issues these days. Doctors and parents are giving them medications to cope. Mental disorders have almost taken the form of a pandemic, and even among the members of Christ's body (believers), the trend of relying on antidepressants, sleeping pills, and other medication is increasing.

This should not be the case. Our God has created you and me in His image and likeness with His power, and He has given us the ability to access the treasures of eternal wisdom and knowledge (Gen 1:26, Phil 4:13).

You have the mind of Christ, not the confused mind of the ruler of this world. For those who believe, all things are possible (Mk 9:23). Even in the realm of intelligence, you can grow from glory to glory and from strength to strength. You can renew your mind every day of your life. You can change your mind. The brain is the only organ in your body that never grows old - it only matures. Instead of becoming mentally aged, start expecting to grow wiser day by day.

Let us learn how to enhance our mental fitness:

1. Transform Your Mind and Life

A sound mind not only directs your spiritual life but also determines victory or defeat in all aspects of your worldly and physical life. For

many years, scientists agreed that the brain develops and is moldable only until the age of 21. However, recent discoveries have shown that the brain undergoes changes every single day of life — even until death — whether for better or worse.

According to a new research, **87% of diseases originate from our thought life**, while only **13% of diseases** depend on diet, heredity, or environmental factors. Toxic thoughts create an epidemic of toxic emotions, which then lead to diseases and illnesses in our bodies. The human brain is one of the most powerful creations in history. It can make a heavenly life seem like hell and a hellish life seem like heaven.

2. Love Yourself and Your Mind

God has made our brain wonderfully — it is one of the most powerful creations in human history. Unfortunately, many people curse and condemn their own minds, saying things like: “My brain is useless”, “I am not intelligent”, “I cannot do anything or learn anything.” Such thinking is wrong. By doing this, you are not only underestimating yourself but also dishonoring God. Without loving your own mind, you cannot truly love your life. Remember, **as a person thinks in their heart, so they are** (Prov 23:7).

3. Wisdom and Intelligence Lead to Greatness

It was due to their exceptional wisdom and intelligence that Daniel and his friends rose from slavery to become key leaders of their nation for God. Similarly, Joseph’s wisdom led him from prison to the royal palace. Had Joseph allowed negative thoughts, bitterness, or depression to consume him due to his brothers’ betrayal or the Egyptian woman’s false accusations he would have sabotaged God’s greater purpose to save Israel.

4. Do Not Worry — Stay Joyful

Humans were never created to live with worry or anxiety. Jesus Christ commanded us not to worry about tomorrow (Mt 6:34). Do you not know God’s command: *“Do not rely on your own understanding but trust the Lord with all your heart”?* Proverbs 3:5

5. Forgive and Live

Have you ever been treated unfairly? Do you feel bitterness and negative emotions rising in your mind because of it? If you continue harboring such feelings, you may experience headaches, back pain, throat pain, digestive issues, sleep disorders, and other problems. Anger, rage, resentment, and bitterness create an open door for diseases like cancer and other life-threatening conditions. You have



the choice to forgive and release the person who hurt you. It may seem difficult, but you can pray to God for strength to do so.

6. Control Your Mind

Never allow fearful thoughts about the future to take root in your mind. Instead, surrender your future completely to Jesus and choose to believe that He can take care of you (1 Pet 5:7). Never allow yourself to speak or think negatively about yourself. When you do, you dishonor your Creator and bring a curse upon your own life.

Do not allow negative people to plant seeds of doubt and despair in your mind. Before trusting someone, examine their spiritual life. Remember, your mind rules over your body just as God rules over the universe. Your thoughts are powerful enough to make you sick, but they are also powerful enough to heal you. You must learn to obey God's commands and rejoice in all circumstances. Worry about nothing, have faith in prayer, and control your thoughts. This will bring the peace of God into your life — a peace that surpasses all understanding, a peace that only God can give (Phil 4:4-7).

8. Take Responsibility for Your Thoughts

The first and most crucial step to a healthy life is gaining control over

your thought life. You are more than a conqueror in Christ (Rom 8:37). No matter what your circumstances are right now, you can overcome them and live joyfully. You can transform any situation through prayer and praise, just like Paul and Silas did in that dark, filthy, and foul-smelling prison.

Many people, including doctors, seek solutions to their problems in medication. We start depending on medicines like crutches, believing they are the only cure for our issues. But never forget that every medicine has side effects. Instead of just treating symptoms, attack the root cause of the problem. It is better to rely on God. If this were not possible, then why would God command us not to worry about anything (Phil 4:6)?

9. Play and Laugh often

Playing and laughing can significantly reduce stress. They keep both the brain and body healthy. A good hearty laugh — one that makes your stomach hurt — reduces harmful stress hormones. Enjoy your life, pray, give thanks, and always remain joyful because this is God's will for you in Christ Jesus (Jn 3:2).

10. The Benefits of Exercise

Exercise increases the heart rate and improves blood circulation throughout the body. It is essential

for cleansing and nourishing your brain, organs, and muscles. Proper blood flow to the brain enhances intelligence and cognitive abilities.

11. Prayer Walks

UESI places great emphasis on prayer walks compared to other ministries. Instead of praying in a dark, enclosed room without fresh air, why not go on a prayer walk? While walking, you can intercede for your neighbors, students, and society for Christ. UESI members frequently engage in prayer walks, claiming God’s promises such as: *“Every place where you set your foot, I will give you” (Jos 1:3).*

12. Diet for Healthy Brain

To keep your brain healthy, maintain a balanced diet, get enough sleep, and stay hydrated. Drink at least 2-3 liters of water daily. Eat a nutritious diet, including fruits, green vegetables, and protein-rich food such as milk, eggs, meat, fish, and paneer/cheese. Avoid brain-damaging substances like alcohol, artificial sugar, refined sugar, and cigarettes etc.

Conclusion:

I have said initially that mental illness has taken the form of a global pandemic today — not just among non-believers but also among believers. So, we as believers need to take special caution to take care of our mental health. Because the brain controls the whole body. Only if we are healthy mentally can we make maximum use of our bodies. And we can serve the Lord in more productive and effective ways. We can be used by God in a marvelous way for His glory. Let us not take refuge in medicines and the worldly ways instead, start seeking refuge in God alone Who is the perfect healer to renew our mind, body and soul.

God’s will for us is not to live in worry and distress but to live joyful and abundant lives. That is why Jesus said, *“Do not worry about tomorrow.”* The Bible repeatedly commands us to *“Rejoice!”* and Jesus Himself declared, *“I have come that you may have life, and have it to the full.”* (Jn 10:10).



Jatinder Kumar is a graduate in Haryana basically from J&K. He accepted Jesus through UESI and involved in ministry as student volunteer, graduate volunteer and coordinator with J&K EGF. He is married to Poonam Sotra, UESI-CND staff. They are blessed with a Son Imaan Isaac.



Spiritual Fitness: Strengthening Your Walk with God



Spiritual fitness, from a Christian perspective, is about growing in our relationship with God and aligning our lives with His will. Just as physical fitness requires discipline and commitment, so does spiritual fitness. The Bible emphasizes the importance of spiritual growth, calling believers to deepen their faith and live in a way that honours God.

I. Key Elements of Spiritual Fitness

1. A Strong Relationship with God

The foundation of spiritual fitness is a close, personal relationship with God. This is nurtured through prayer, worship, and obedience to His Word. *“Draw near to God, and He will draw near to you,” (Jam 4:8).*

2. Living According to God’s Word

The Bible is a guide for life,

equipping us to face challenges and remain steadfast in faith. *“All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,” (2 Tim 3:16).*

The Word of God is foundational to our spiritual fitness. We need to develop the habit of reading the Word daily.

It is by depositing God’s Word in our hearts that we can resist sin. Jesus Himself resisted the devil by using the Word of God.

3. Faith in Adversity

Spiritual fitness involves trusting God in every situation, knowing He is in control. Faith builds resilience and peace during trials. *“And we know that in all things God works for the good of those who love Him, who*

have been called according to His purpose," (Rom 8:28).

4. Bearing Spiritual Fruit

A spiritually fit Christian demonstrates the fruit of the Spirit in their daily life — love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. *"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control,"* (Gal 5:22-23).

5. Serving Others

Jesus modelled servant leadership, calling His followers to love and serve one another. Acts of service glorify God and strengthen our faith. *"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms,"* (1 Pet 4:10).

II. Steps to Build Spiritual Fitness

1. Spend Time in Prayer

Regular communication with God is essential. Prayer strengthens our faith and helps us seek His guidance. Prayer is for our benefit; it changes us! There is power in prayer. Prayer enables us to forgive, fills our hearts and minds with God's peace, brings healing, equips us with divine wisdom and much more. Consistent prayer strengthens our relationship with God too. So, *"Pray without ceasing,"* (1 Thess 5:17).

Include praise in your prayer. Praise is our response to God's goodness. Praise wherever you can – at home, while driving, in church, in the shower, or by listening to worship songs. Singing praises to God is a form of spiritual sacrifice.



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2. Study the Bible Daily

God's Word is the ultimate source of spiritual nourishment and wisdom. "Your word is a lamp to my feet and a light to my path," (Ps 119:105).

3. Join a Community of Believers

Fellowship with other Christians provides encouragement, accountability, and mutual support. It also provides comfort, edification, helps us remain steadfast in our faith and prevents spiritual isolation. "And let us consider how to stir up one another to love and good works, not

neglecting to meet together," (Heb 10:24-25).

4. Practice Gratitude

Thankfulness fosters a positive spirit and reminds us of God's faithfulness. "Give thanks in all circumstances; for this is God's will for you in Christ Jesus," (1 Thess 5:18).

5. Be Faithful in Good Works

We are created for good works to glorify God. God endows us with spiritual gifts and we ought to use our God-given gifts for the good

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of others. Doing good works also builds endurance.

6. *Be a Witness for Christ*

We are called to be the light of the world, Mt 5:14 and we can let our light shine by sharing our faith and living Christ-honouring lives. This includes engaging in personal evangelism and discipleship.

III. **How to Become Spiritually Fit**

1. *Spiritual Fitness Requires Proper Spiritual Nutrition*

Just as our bodies need nourishment to remain strong and healthy, we as Christians need spiritual nourishment to grow in faith and remain spiritually strong.

Jesus said: *"I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me, you can do nothing,"* (Jn 15:5). Like a branch receives nourishment through the vine, we receive our nourishment by abiding in Him — maintaining a close relationship with Him, spending time in His Word, and communicating with Him daily.

2. *Spiritual Fitness Requires Regular Spiritual Exercise*

The Apostle Paul reminds us that we are to live by faith and not by sight. Faith is like a muscle; it must be exercised to grow. Jesus often chastised His disciples for their lack of faith. He also told them that even

faith the size of a mustard seed could move mountains.

3. *Spiritual Fitness Requires Spiritual Renewal*

The Christian life is more than just salvation. At times, we all need spiritual revival and renewal. If we let our guard down, we can be weighed down by distractions, sin, and worldly concerns.

The writer of Hebrews says, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." To be spiritually renewed, we must get rid of the sin and baggage that weigh us down. Why not do that today?

IV. **The Benefits of Spiritual Fitness**

1. Peace and Joy in Christ

A spiritually fit life is marked by the peace and joy that comes from knowing Christ and trusting His promises. "The peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus," (Phil 4:7).

2. **Strength to Overcome Temptation**

Spiritual fitness helps believers resist sin and remain faithful to God. *"No temptation has overtaken you*



except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear," (1 Cor 10:13).

3. A Deeper Purpose

Living for Christ gives life eternal meaning and purpose, far beyond earthly achievements. "For to me, to live is Christ and to die is gain," (Phil 1:21).

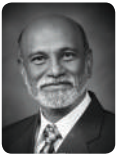
Conclusion

Spiritual fitness is a lifelong journey of growing in faith, reflecting Christ's character, and living in alignment

with God's purpose. As believers, we are called to strengthen our relationship with God, trust Him in every circumstance, and live out our faith daily.

Jesus wants us to experience a full and abundant life, but He will not force us. The decision is ours. Will we continue in a mediocre, lukewarm Christian life, or will we strive to make a difference?

When we are spiritually fit, we can impact the world — just as the disciples did 2,000 years ago.



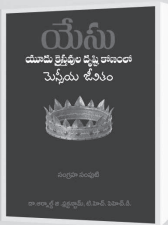
JSA Julius, Worked in Customs Department for 37 years. He was reflecting Christ in his profession through excellent service and clean hand. Involved in UESI ministry since 1968. Was the ICEU President in Madurai, President of UESI-AP, UESI-KA & UESI President for 2 times. Now involving as Vice-President. Married to Renuka 52 years back. Have 3 children - Debbie, Ebby & Phoebe and 5 grandchildren. All the families involve in UESI ministry in different states.

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Beyond the Roses

Uncover the Secret to a Committed and Fulfilling Relationship.



Hey, looking for love and relationships, commitments, presents, and gifts because Valentine's Day is just around the corner? Pause and think—what is it going to be like? Fun, laughter, feelings of being on cloud nine, or gloom, rejection, broken promises, unfulfilled wishes—the list goes on. Is it going to be meaningful, or is it going to be a mere waste of time? Is it a day you are looking forward to or a day you wouldn't even want to remember? Sorry to say, the reality behind it is: some will make enormous profit while others will lose their hearts, money, and time. Where do you stand? Is love a lifelong commitment you want, or is it temporary

happiness or adjustment that you require?

Do you want to know the secret to staying committed in a lifelong relationship? That type of relationship begins and blooms within the garden of trust, transparency, intentionality, responsibility, and unconditional love. This secret lies in the very heart of the Creator God, who created man and woman in His own image and likeness—the One who created everything that you see around you. The same One who created the universe is the same One who gave you a heart to love. But the only difference between His and our love is—His love is unconditional, whereas our love is selfish

and conditional. His motivation to create and sustain was pure love called agape love, meaning a love that is unconditional and selfless. There is good news; in the Bible, there is a verse that says: "For God so greatly loved and dearly prized the world that He gave up His only begotten Son, so that whoever believes or relies on Him shall not perish or be lost but have eternal or everlasting life." Here we see the motivation in sending His Son Jesus was love; His in-depth love for man led Him to give His Son as a sacrifice for all the wrongs and hurtful things we did and said. Yet, an offer is put before us—that is, whosoever trusts in what Jesus did on the Cross on our behalf is to be saved and given a right standing before Him and will see life in its fullness with God forever. But for those who do not, they will ultimately be lost forever. The choice is ours.

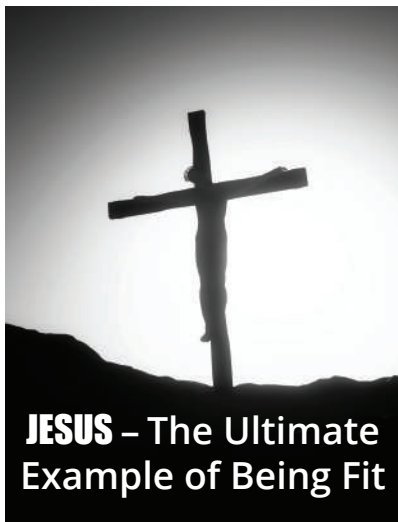
Jesus showed what it is to love—first, He became one like us; then He surrendered to His Father by obeying Him till death on a cross. Then He helped people build a right and pure love relationship with God and with one's fellow beings. He is the epitome of true love because

He was full of love, and He lived it to the fullest through His life and in His death. He was able to forgive and pray for those who hurt Him. No one can come to God apart from the relationship they have with Jesus, for He is the Way, the Truth, and the Life. There is something else too: He was made sin who knew no sin for our sake, meaning the pure, blameless, sinless, perfected Jesus became everything so bad for us to make us pure before God. Do we take the blame for someone's mistakes? If we have a chance, we would never want to take responsibility for our mistakes; rather, we would play the blame game, wouldn't we? Wow, how amazing is the mercy and grace of God to see us as though we have never made any mistakes and pardon us in Jesus. Pause and think.

The invitation to this relationship is seen in Christ recreating us anew, where everything of old or in the past changes—a total new makeover. This Valentine's Day, would you give your heart to someone who paid the price to give you a true meaning and purpose to life while showing you what true love is all about?

INVITE JESUS TO TAKE CONTROL of your lives as He is true to His word. You can totally trust Him when He has said, "never will I leave you nor forsake you".

- *Author name concealed*



Being “Fit for Christ” means being prepared, disciplined, and committed to follow Jesus in all areas of life —spiritually, physically, emotionally and mentally. It involves living in a way that honors God and equips us to serve Him effectively and productively. To get fit for Christ, the most reliable example to be followed is Jesus Himself because He exemplified spiritual, physical, and mental fitness in His life and through His ministry. He was 100% Man and 100% God. When we study His character, we find that He is the perfect example of holistic fitness which pleases God the father. The Bible states in Lk 2:52, *“And Jesus grew in wisdom and stature, and in favor with God and man.”*

I. **Jesus’ Spiritual Fitness (Strong Relationship with God)**

a) **Prayer Life** – Jesus always gave importance to prayer. He often withdrew to pray and spend personal time alone with God His Father (Lk 5:16, Mk 1:35). He taught His disciples the art of prayer. He never did any task without consulting His Father. He would go frequently to the Mt of Olives to spend time in prayer, and He did this even before He was arrested.

b) **Fasting and Spiritual Discipline** – He being God Himself, He did not need any spiritual discipline which we humans need but still He refrained Himself from eating and from His daily affairs for 40 days in the wilderness, fasting and praying in order to get prepared for the ministry and the opposition from Satan (Mt 4:1-11).

c) **Knowledge of Scripture** – At the age of twelve, His parents found Him sitting in the temple courts with teachers listening to them and questioning them. Everyone who heard Him were amazed at His understanding and His answers. He used to preach with authority because He was the True Authority of the scriptures. He used the scriptures to

confront Satan in the wilderness (Mt 4:4,7,10).

d) **Complete Obedience to God**

– He knew that He is God and came to this earth with a purpose but found it hard to fulfill that purpose as a man. The Bible says that His soul was overwhelmed with sorrow to the point of death, and He asked His father, if it was possible, to take the cup of suffering from Him. *“Yet not as I will but as you will”*. He bore physical pain, mental agony and emotional distress but still was obedient to His Father. Phil 2: 8, says that He humbled Himself by becoming obedient to death - even death on the cross!

e) **Kept Himself pure** – It is recorded in the Bible that He kept Himself pure, He did not know sin. Pilate also did not find Him guilty of anything. He was fully man and yet did not get tempted by carnal/fleshly things. Several Bible verses confirm that He did not commit even a single sin.

We must also stay connected with God to know and obey His will, keeping ourselves pure from worldly affairs. As a follower of Christ, we ought to follow the example of Jesus Christ as we are on the journey to becoming more like Him. Being spiritually fit like

Jesus will certainly help you and me to overcome temptations and confront the witty ways of Satan and we will become more like Jesus and grow in perfection.

II. **Jesus’ Physical Fitness (Strong, Active Lifestyle)**

a) **Physically Active Life** – These days our physical activities are mostly neglected. Our daily routine is that of long working hours in the offices, sitting on our office chairs and after office time, we resume sitting at home watching television, our phones, laptops and tablets. Exercise, a short walk or playing outdoor games are no more part of this fast-paced life. But when we look at Jesus, we understand that He used to walk long distances (Mt 9:35, Jn 4:6). Early in the morning, He would walk to the mountains for prayer. He worked as a carpenter also (which is again a hard physical task).

b) **Endurance Under Physical Suffering** – Jesus’ physical fitness enabled Him to bear the heavy cross (estimated to be 300 pounds) to Calvary. In the New Testament days, giving 39 lashes was a common practice among the Jews but some scholars say that Jesus received almost 300 lashes during the time of crucifixion. However, the Bible

doesn't give the exact number of lashes received by Jesus. He endured all these physical pains.

- c) **Caring for His Body** – We give the least priority to rest in our lives. We are always occupied with one or the other task and keep ourselves busy, but Jesus always cared for His body as it was only the body (physique) which must undergo pain, suffering and even be sacrificed on the cross. He used to go to a quiet place to get rest when needed as mentioned in Mk 6:31. In Mk 6:38 also, we find Jesus asleep in the stern..

So, living for Christ is as important as dying for Him and to live for Him requires a healthy lifestyle which will in turn enable us to be more useful in His ministry. Let us evaluate our lifestyle and implement the corrections needed.

III. **Jesus' Mental and Emotional Fitness (Strong Mind & Emotional Stability)**

- a) **Resisting Temptation** – Temptations for a human being can come through the eyes, ear, body or heart, but Jesus as a human was strong enough to resist temptation. He overcame Satan's temptations in Mt 4:1-11 three times and confronted

Satan with the scriptures rather than replying from His own mind.

- b) **Emotional Intelligence** – Looking at the stubborn hearts of the Pharisees in Mk 3:1-8, Jesus controlled His anger and deep distress. Instead He showed compassion to the man with a shriveled hand and said to him, "Stretch your hand". When the man obeyed, his hand was restored. In Jn 11:35 also, we see that Jesus wept on hearing the news about Lazarus' death which again shows that Jesus had an emotional bond with Lazarus and loved him..

- c) **Facing Challenges with Confidence** – In the gospels, we see Jesus confronting religious leaders and their crafty intensions with boldness. We get a detailed description of this in Mt 23. While healing the man with the shriveled hand in the synagogue, Jesus confronted the Pharisees by saying, "*Which is lawful on the Sabbath; to do good or to do evil, to save a life or to kill?*"

- d) **Perseverance Under Pressure** – He remained focused on His mission despite opposition in different places by various people. He did not give priority to the oppositions, rather He

fixed His eyes on the goal for which He had come.

IV. Conclusion

Jesus embodied complete fitness in all areas of His life. To be “Fit for Christ,” we must follow His example for our spiritual, physical, and mental well-being. Prioritize prayer, Bible study, and obedience. Care

for our bodies, maintain a healthy lifestyle. Stay strong in faith, resist temptation, and handle challenges with wisdom. It’s not just about exercise or discipline but about **living a Christ-centered life** that honors God in every way.

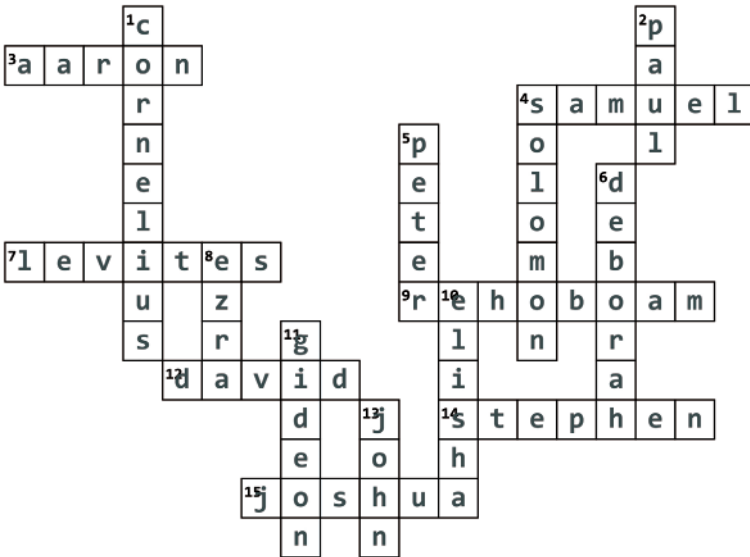
1 Cor 9:24-27 – “Run in such a way as to get the prize.”



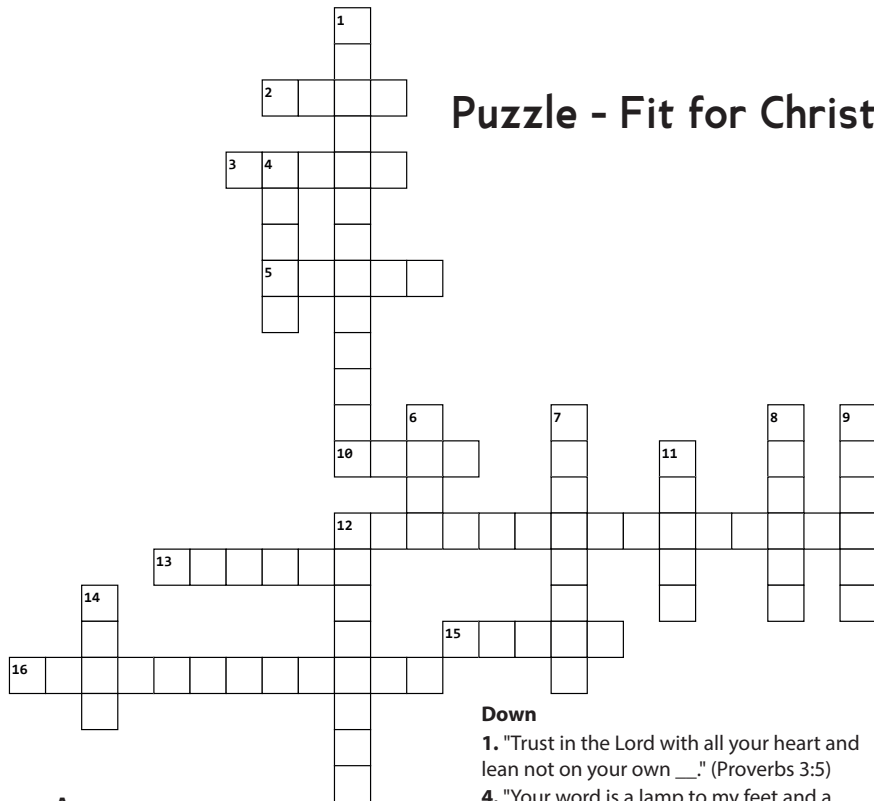
Poonam Sotra is a UESI-CND staff lives in Karnal, Haryana. She accepted Jesus as her personal saviour through UESI on 17th Sep 2006. She had been involving in UESI since 2006 as student, graduate and then as UESI staff from last 15 years. She is married to Mr. Jatinder Kumar, a Free lancer and they are blessed with a Son Imaan Isaac.

Answers for the Puzzle on Leadership

Last Issue CL Nov - Dec 2024



Puzzle - Fit for Christ



Across

2. "Do you not know that your ___ is a temple of the Holy Spirit?" (1 Corinthians 6:19)
3. "Whatever you do, do it all for the ___ of God." (1 Corinthians 10:31)
5. "A cheerful ___ is good medicine, but a crushed spirit dries up the bones." (Proverbs 17:22)
10. "Let us not become weary in doing ___, for at the proper time we will reap a harvest if we do not give up." (Galatians 6:9)
12. "For God did not give us a spirit of fear, but of power, love, and ___." (2 Timothy 1:7)
13. "Walk by the ___ and you will not gratify the desires of the flesh." (Galatians 5:16)
15. "He gives power to the ___ and increases strength to the weak." (Isaiah 40:29)
16. "Let us run with ___ the race marked out for us." (Hebrews 12:1)

Down

1. "Trust in the Lord with all your heart and lean not on your own ___." (Proverbs 3:5)
4. "Your word is a lamp to my feet and a ___ for my path." (Psalm 119:105)
6. "I press on toward the ___ to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:14)
7. "Physical ___ is of some value, but godliness has value for all things." (1 Timothy 4:8)
8. "I can do all things through ___ who strengthens me." (Philippians 4:13)
9. "The Lord is my strength and my ___; my heart trusts in him, and he helps me." (Psalm 28:7)
11. "Run in such a way as to get the ___." (1 Corinthians 9:24)
12. "But those who hope in the Lord will renew their ___; they will soar on wings like eagles." (Isaiah 40:31)
14. "Be strong in the ___ and in His mighty power." (Ephesians 6:10)

Rush, fill up your correct answers in the boxes, take photograph (Pg. 33) and send us along with your details such as name, place, EU/Egf & mobile no. to ruthsimoncollins1997@gmail.com/9841826902 before 20th March. The names of first 10 winners will be published in the upcoming issue and the first 3 winners will get Campus Link Magazine for one year (free subscription).



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- Network - Building lasting connections and form deep relationships within the UESI family and with those you serve.
- Impact - Take this opportunity to grow in faith, serve others, and leave a lasting legacy. Together, let's impact the world for Christ, one life at a time.



The Future is Bright

*Though life brings trials, struggles, and despair,
A day of great comfort awaits in heaven.
Though we face sorrow, tears streaming down,
One day, Jesus will lift every frown.*

*Though fears fill our hearts and darkness is near,
We cling to the promise of everlasting light
In times of temptation, persecution's fight,
There's a crown prepared, shining clear.*

*Though life's shadows frighten with whispers of death,
A hope of eternity awaits with each breath.
Hold fast to the faith, though life feels undone
In His kingdom of glory, the best is yet to come.*

*Compared to eternity, life is so brief,
A fleeting moment of joy and grief.
For heaven's our home, our eternal place,
Where Jesus reigns in love and grace.*

*So as we journey onward, faith as our guide,
With hope undiminished, our hearts open wide.
Though trials may test us, His promise holds strong
The best is yet to come, where we truly belong.*

(Poem written based on Scriptures from Revelations 21: 1-5 and James 1:12)



Vamsi Rapaka, is currently pursuing PhD in Pharmaceutical Sciences at Andhra University, Visakhapatnam. Previously, He had served as a South Zone Student Member of the NSC.



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