

Chinenye Samuel-Abba



Handling Your  
**CRUSH**

Chinenye Samuel-Abba

Handling Your  
**CRUSH**

## **Handling Your Crush**

©2018, Chinenye Love Samuel Ifeanyi-Abba

ISBN:978-978-55726-6-7

*Published in Nigeria by:*

**FRATEE MEDIA**

83, Ogui Road, Enugu,  
Enugu State, Nigeria.

**www.frateemedia.com**

books@frateemedia.com

08070701380

*Cover & Layout Design by:*

**Fratee Media Designs**

frateemedia.com/designs

*All rights reserved.*

*You are encouraged to share this book with anybody you feel will benefit from it **provided you don't alter the content, quote the text out of context or sell it.***

---

---

## ACKNOWLEDGEMENTS

---

---

To my Father in heaven; who has so richly showered me with His love and mercy. I am alive in the embrace of your love. Thank you for being consistently in love with me.

To my husband (**Pastor Samuel Ifeanyi Abba**); being with you is a reality that surpassed my wildest dreams. The moment you read through the manuscript, without my knowing, you insisted it must be published.

You so much wanted it out that on the last day I was to do the final writing (the deadline the publisher gave me) you prepared lunch and hand-fed me as my hands were busy on the keyboard. What a blessing you are, my lord. I love you!

To my dad and mum; dad, my first man friend. How I love you. Mum, my closest female friend, thank you for listening to my crush tales without judging or misinterpreting my girlish nerves. I love you mummy!

To my siblings; **Chisom, Onyedikachi, Sopuruchi, Chimeme, and Esomchi**, you kept me in check in more ways than you know. When the crush thing wanted to overwhelm me, I remembered you were all watching and I behaved. Apart from Som, I am sure you all can vow I never crushed on anyone (Hahaha). You helped me to be a 'good' big sis.

To my dear brother; **Peter Ejike Abba**, David said of Jonathan, your love surpasses the love of women. And now I say to you dear, your help surpasses the help of women. Thank you for all you do in service.

To my friends who read through the manuscript and made useful corrections and contributions; **Nnaedozie Emmanuel, Chinasa Ugwuocha** and **Chinonso Ihezue**. Thank you so much. I appreciate you.

To **Joseph Dinwoke** and his team at **Fratee Media**, thank you for your efforts in painstakingly editing, designing, publishing and marketing this work. Thank you for insisting on the best.

To all the young girls I have ever been privileged to disciple for Christ and my beloved sisters in the **God Girls Group**, you all have a permanent space in my heart. Some lessons we've learnt together through the years helped in this book. Thank you all so much.

To my lovely family and brethren in **Living Love Global Ministries**; you are a lovely family and a place to be. Thank you all so much.

Again to my lovely Father in Heaven, who has blessed me with these. Daddy, I am eternally grateful to You!

## DEDICATION

To all the young girls I have ever been privileged to disciple for Christ and my beloved sisters in The God Girls Group.

---

---

## CONTENTS

---

---

☹	Introduction.....	8
☹	What the Crush Game Means.....	11
☹	Different Kinds of Crushes .....	14
☹	Help for Obsessed Crusher .....	20
☹	When Your Crush is Another Person's Love .....	35



## Chapter One

### **Introduction**

Is anything wrong with admiring/getting attracted to a boy? How far can I go nursing feelings for my crush? Is there a healthy limit?

Have you wondered along such lines? Of course, I have too and that's the thrust of this minibook.

You see, developing affection for a member of the opposite sex is a natural consequence of our body make-up.

While it is natural to have such feelings as attraction/affection, butterflies stirring in the stomach, what we do with it can ruin or make us better people.

We all have crushes, but the dividing line is some people handle it so well and become better people (selfless); while others allow it to crush them and suffer such consequences as late marriage, frustration, anger, unhappiness, lack of contentment, etc.

I am sure we do not want such negative experiences in life. I do not want it as well. But we can become victims of what we do not want, if we do not know the factors leading to such experiences.

This book is written bearing you in mind my dear friend. I just recently got married—sure you are happy for me—so I'd be drawing from my experiences in the crush game as well as that of my dear friends to help you

navigate through the emotional wells of “crushes” and attraction to the opposite sex without getting drowned.

I smile as I write this; I'm definitely sure every time you spend reading this will be worth it, plus you'll be privy to the crush story of a good friend of mine.

Welcome on board! Let's go together.

## Chapter Two

### What the Crush Game Means

To crush on someone means to have a feeling of attraction for someone that makes you want to be with him?

It is defined by Urban Dictionary as “a burning desire to be with someone who you find very attractive and extremely special.” To crush on someone also means to have that person in your mind more than normal. It is called crush because that is what it does to the soul of the crusher.

I don't think there is any such word as 'crusher' as used in this context. But it's okay to contribute some new words to English vocabulary – smiles. Don't you think so?

Back to what we were saying; it is called 'crush' because it crushes the soul especially when the feeling is not reciprocated, and most times it actually isn't mutual. Now, that we are clear on what it means to crush on someone; here are some signs you are crushing on someone.

You are crushing on that bro when:

1. You develop keen interest in him.
2. You look forward to seeing him again.
3. You'd be more delighted if he notices you or even strikes up a conversation with you.
4. You want to know about his likes, dislikes, favourite males or female friends he hangs out with.
5. You can become all blushful and giddy around him.

6. You can go out of your way to do a favour for him within a moment of heartbeat that you would have a second thought for doing for another.

7. There is that shyness and butterflies in the stomach feeling upon sighting him or noticing he is watching you.

8. If he is on social media, chances are high you'll be stalking him, reading through his status updates and comments.

9. If you are to dress for a meeting where he will be in attendance, you will take special care to look good.

10. You can get all worried when he doesn't show up as you thought. And when he shows up, you relax and imagine for the rest of the meeting that his eyes are on you.

Did I catch someone here? (Eye rolls)

## Chapter Three

### **Different Kinds of Crushes**

The feelings of attraction we have for the opposite sex can be of different degrees. If you can identify the category you fall into, it will help to figure out how to get out of it; if you are stuck with the wrong one.

#### **The Friendly Crush**

This is the attraction to someone with no romantic undertones. You just want to be around the person for the unique value they add to your life. It is also called a 'squish'. I

think it is a mutual sharing between members of the opposite sex.

I had friends (male friends or “brothers”) in that category as a single. If I wanted to laugh over a sad mood, I knew who to call or text.

But it was verbally settled between us that we have no business in the romantic lane, we are just brothers and sisters in the Lord.

You have to diligently guard your heart because romantic feelings are subtle in this sort of relationship. They can creep in at the slightest opportunity and become strongholds.

The key is guard your heart and keep things open and simple.

## **The Admiration Crush**

This is the kind of attraction you have towards a public figure or someone with an



outstanding performance. He or she could be a preacher, a teacher, an actor, etc.

Those days when I used to see movies, I came to like a particular Nollywood actor very much. I could also remember when a powerful preacher who was young and single came around for a campus wide crusade in a friend's school.

After the crusade, my friend told me she'll love to marry that preacher. Hahaha! Talk about an admiration crush! We may continue to burn in passion while it may never occur to the mind of the object of the crush for eternity (e.g., the actor in my case or preacher as in the case of my friend).

While it is normal to be in awe of someone with an outstanding character and performance, we should never 'waste' our emotions fantasizing on what was never meant to be.

## The Passing Crush

Have you ever seen a young man properly dressed and trimmed with the strides of a dignified King or a woman in a sequined beautiful dress with the strides of a dignified Queen? That can normally turn your eyes and your heart to think 'Oh my! This being is so handsome or beautiful'.

For that instance, you get attracted to the person. But that will probably not last for long because you may never have the chance of meeting him or her again. The key is still to guard your heart.

I love two scriptures that always guard or come to my aid when my heart wants to wonder as I walk on the way.

*“Let thine eyes look right on, and let thine eyelids look straight before thee.” Proverb 4:25.*

We can also apply the discipline of Job 31:1: “I

*made a covenant with mine eyes; why then should I think upon a maid”?*

And I would like to paraphrase: *“I made a covenant with mine eyes; why then should I think upon a young man?”*

## **The Romantic Crush**

A romantic crush is a hot strong feeling of attraction towards a man that makes you fantasize/desire an intimate relationship with him.

In this case, an affair between you and your crush is always featuring in your imagination. You fantasize kissing, holding hands or even cuddling with the person.

Some develop such intense feelings about the person that they can begin to intentionally or even unintentionally give cues of their feelings to the person.

This is sinful and should be intentionally gotten rid of. We'll discuss how in the next chapter.

## Chapter Four

### **Help for Obsessed *Crusher***

If you are obsessed with a guy in a crush, you need help lest the crush destroys you. At this point, I want to share with you how you can receive help for your freedom.

#### **Ask The Holy Spirit to Help You**

I can barely talk about help with any issue without mentioning My Precious Friend, The Holy Spirit. Because that is who He is to me: My Helper!

Being believers in Christ Jesus does not make us immune to the natural tendencies of human life but we can by the help of the Holy Spirit pull down such self-life tendencies and bring it under subjection to the obedience of Christ.

*“...Casting down imaginations, and every high thing that exalteth itself against the knowledge of God and bringing into captivity every thought to the obedience of Christ...”(2 Corinthians 10:5)*

I make a habit of writing to the Holy Spirit about my innermost struggles and aches and listen to pen down His directions and guide around the concerns raised. I told Him about my crushes too. You can trust the Holy Spirit that way. He delights to help us, grieves to see us carry the weight that can be taken away if we share with Him.

My husband one day, read through some parts of the book where I write my

conversations with the Holy Spirit and marvelled at such a special thing I have with the Holy Spirit. Don't let those feelings be tucked away burning the sleeves of your heart. Share it with the Holy Spirit. He delights to help you.

Crushes can be weights that clog the wheel of your spiritual growth and indeed your entire development.

*“Wherefore seeing that we also are compassed about with a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us with patience face the race that is set before us, looking unto Jesus the author and finisher of our faith...” (Hebrews 12:1-2).*

You can indeed pause and talk to the Holy Spirit now. Thank Him for His dear presence and share these thoughts of affection that has been plaguing your heart.

It is a beautiful life to be in tune with The Holy Spirit. And if you have not received the baptism of the Holy Spirit with the evidence of speaking in tongues, ask the Father for it now and HE'LL GRACIOUSLY GIVE YOU. It is written:

*“If a son shall ask bread of any of you that is a father, will he give him a stone? Or if he ask a fish, will he give him a serpent? Or if he shall ask an egg, will he offer him a scorpion? If ye then, being evil, know how to give good gifts unto your children; how much more shall your heavenly Father give the Holy Spirit to them that ask him?” (Luke 11:11-13).*

Congrats!

## **How the Holy Spirit Helps Us To Crush the Wrong Crush**

I can share with you from my experience of how the Holy Spirit can help you crush the crush that can be a heavy emotional baggage. But first, I want us not to underestimate the



consequences of being led by crushes. Truly, this crush can constitute a problem.

My husband told me a story of a dear sister who was crushing on a fine young man. Another brother came and proposed to her, but she rejected him. She was hopeful that the young man she was crushing on will propose to her.

By the time she realised that she was on infinite parallel lines with the brother she was crushing on, and that he may never look her way for life, it was already late. The other good brother that proposed to her was already engaged to another sister. She begged him to come back but he refused.

Real men do not play with women who accept them the way they are, with a commitment to build together. It appears to me that most times, we crush on already-made men.

The sister in this story lost at both ends and as at the time of this writing, she was still single.

## **WAYS THE HOLY SPIRIT CAN HELP US CRUSH THE WRONG CRUSH**

### **1. Helping Us to Understand the Love of the Father for Us**

When we understand God's love for us, it will in no small measure help us to trust that God has a perfect plan for our lives. Therefore we don't need to accommodate feelings contrary to His will for us.

When we trust God this way, we will drive on the lane of peace. As a result, we position ourselves where God will in His time connect us without emotional aches to our perfect match. You can check out this book, *God is a Matchmaker* by Derek Prince.

God loves you. He has written a beautiful love story for you. Your part is to trust Him and

watch the story unfold through the ordinary scenes of everyday life.

## **2. Helping us to be Open to Elderly Women and Close friends**

Another way the Holy Spirit helped me to pass through the crush season of my life unscathed is by supplying me with grace to be open with my feelings about young men with my Mom and my close friends.

You may be surprised, that I said God supplied me with grace to be open. Yes, it's true; because naturally I am not a very open person.

I'd rather suffer than let out how I feel. But, thank God for the Holy Spirit. With His help, I have come along on a beautiful journey of transformation.

My mom probably knows about all young men I ever felt attracted to. Her godly

empathy, wisdom and counsel always saved the day.

Whether it's your trusted friend, your sister, your aunt, your Sunday School teacher, the bottom line is to open to someone whom you trust about your feelings.

However, there are two cautions to bear in mind:

1. Let your accountability partner be of the women folk. It is not wise to share your feelings for a man with another man. No matter how close you people are.

2. It is not wise to share your feelings for someone with that person especially when there is an undertone of romantic feelings attached to it.

You don't share sinful feelings with the person involved. You deal with them. For instance, you can't meet someone and say, "I actually, have been trying to hide this but it's

just overwhelming, I can't hide it any longer. I just want to let you know that I hate you!”

If you do this, you are still in darkness. Because such feelings are not part of your divine nature. You handle such feelings with the word of God.

The same applies to romantic crushes. As a young woman, I don't think it is right to tell a man you are crushing on him, or give him cues through your body language. I think you should trust God to lead him your way if he is really the one.

However, you should also be approachable and lovely. I know some ladies act exactly in the opposite of what they feel for someone; they act rude and uninterested whereas they are actually burning for the person. This is also wrong.

Whereas you should deal with any obsession for a particular fellow by the help of The Holy

Spirit, be kind and good to all.. You're a Queen(with a capital Q), don't pursue, wait to be pursued.

### **3. Helps Us to Get Busy With Personal Development**

Another way the Holy Spirit helps us to crush our crushes is by keeping us busy with personal development in the days of our youth. *Lamentations 3:27* says, “*It is good for a man that he bear the yoke in his youth*”. In other words, it is good for a man to be more intentional about personal development in his youth.

In the days of our youths, let us not waste time and creative energies and emotions on obsessions. Rather, let us build and invest on the structures for the glorious destiny God has planned for us.

Instead of spending precious minutes stalking a young man or daydreaming and

fantasizing about him in your heart, channel those moments studying/hearing to develop the competencies you need in the future.

## **Creative Ways to Channel Your Energies Wisely**

1. Study the word of God
2. Study biographies of great men/women
3. Study books on your desired career
4. Request for appointments with successful people
5. Attend Conferences
6. Go out for outreaches

By all credible means, develop yourself for the future legacy you'll love to leave. Wouldn't it be wonderful that the young men you crushed on today looked up to you tomorrow as an icon of excellence and greatness? It'll sure be wonderful that you meet at the top in life with someone you were once attracted to.

As a successful woman, he comes to your

office with his business associates to close a deal or you meet in his own office. When they leave your office then you'll turn to the Holy Spirit and say, "Thank you for helping me crush the wrong crush."

I'll close with a humble yet captivating story of my dear self.

I attended a girls' grammar school. There was another boys' secondary school close in the same town. Most often, the boys in that boys' school are referred to as the husbands to the girls in my own girls' school.

I was a day student during my senior secondary classes. So it happened that there was this dark, handsome young man I admired (call it a crush) from that boys' school.

The commercial bus that picks them on their way to and fro school also picks us. I always look forward to seeing him. We never really



spoke; maybe a few casual pleasantries but does it matter, I still liked him (call it love) all the same.

Life moved on and I left that town for tertiary institutions later on. Years later, I had course to visit that town and guess who I saw, the young handsome man. He recognized me and we exchanged greetings.

In the course of our conversation, he got to know I had graduated and finished with my national youth service. Then I noticed a hint of intimidation in his disposition.

I asked to know how his journey has been. I saw him as a bright boy then. I really wanted to receive the news of his progress. He told me he graduated from the same university with me. I was elated with the news and innocently asked him which hostel he stayed on campus.

It was then I noticed his tone turned a bit fidgety. Then he stammered and said “Lagos

Line". Dear, it dawned on me he was lying to me all the while he told me he graduated from my school. There is no such hostel in the tertiary institution I attended.

Then it dawned on me again that if God had not helped me to crush my crush for this young man, I wouldn't have been where I am today. He still looked fine but some of those finer features of his had waned with years.

What more can I say? What matters most in life is not appearance-but the substance underneath the appearance. Most times, those enduring substances are hid in the most unlikely of men.

Get busy with investing in yourself. My husband when he talks to youths, always says, "Do not eat your youthful age. Invest in your youthful age to harvest a blossom life".

A great future awaits men who do not squander their youth but invest with it.

## Chapter Five

### **When Your Crush is Another Person's Love**

What happens when a bro you have been crushing on, building your dream life around in your imaginations suddenly announces his wedding?

That's the question I want to answer before we are done with this minibook.

You can have anger, a sense of rejection, feelings of 'not good enough', and depression. Much more if for some reasons you feel the fiancé doesn't deserve him as much as you do.

It's a deep emotional muddle I must say. Let's look at some of these feelings.

## **Anger**

It can be offensive. It is like your wish didn't come true and your expectations were not respected. If you are on the same group with the person say choir group, you can even decide to quit.

You get really angry with this bro, with yourself and even with the girl that has taken your 'imagined' role. I understand that this anger is quite natural, because your little castle in the air has just been shattered. It can be 'heart breaking and joy killing.'

But why should you even be angry in the first place? He didn't propose to you, even though he was nice. Who doesn't like a nice brother?

You probably might not be the only sister who felt endeared to him because of his kindness.

But sis, he didn't say it, so let it go and wish him well. One wisdom to firmly hold in mind in relating with young men is: if he didn't say it, don't assume it.

### **A Sense of Rejection**

After investing all your mental energies wishing, dreaming, hoping and even praying. You suddenly wake up to the reality that this bro has chosen another sis.

Girl, you can feel rejected. It's a terrible feeling that can sap the joy out of life. It can make you walk around feeling less your worth. You can begin to compare yourself with others, especially if you know the sister that he has chosen.

You can begin to think something is wrong with you, the reason the bro didn't pick you. You can begin to compare and contrast your features with the innocent sister.

What does she have that you are lacking?

What could it be? Is it shape, intelligent quotient, spirituality, social skills, or a good command of English? Seriously, it can subject you to some really deep emotional pits.

But that's not to be dear one. Move on with life. The most important person in life has already accepted you. It is so clearly recorded, *"To the praise of the glory of His grace, by which He has made us accepted in the beloved."* (Ephesians 1:6).

God has already accepted you in Christ Jesus. If he didn't look your way, cheer up! The Father knows what's best for you. He will send just the perfect match for you. God has written a beautiful love story for you. Watch it unfold through the ordinary scenes of everyday life.

### **Feelings of Inadequacy**

When your crush didn't eventually pick you as his wife, you can begin to think that

something is wrong with the 4 B's of your life. Is it that your background, your beauty, your brain or your behaviour isn't just adequate for his kind of person? You know such thoughts can flood your heart.

First, know that you were created by a perfect God. He doesn't make any mistake. Before you were formed in your mother's womb He ordained you for a great life. He marked out all your unique personality traits and features.

He didn't make any mistakes in anything around your life. Even your background was perfectly chosen by Him. You should radiate that joy of contentment in whom He has made you.

Don't let any circumstance make you blame your Creator. You are perfectly sculptured in palace style. As it written in Psalms 144:12:  
*"...That our daughters may be as pillars sculptured in palace style."*

You are God's daughter. You belong to Zion, the city where God is King. He has sculptured you in a palace style. You are gloriously adequate, fit and made worthy by grace to receive the Father's full love and the love of the king He will send your way.

Believe.

What are other things you should do? Love him! I mean love your crush!!

What? How can you tell me to love him? Isn't that what has brought me to this mess?

If I didn't love him, I wouldn't be hurt that he didn't choose me.

Tell you the truth, you only wanted him, you never really loved him. Love is selfless. If you love someone, you want him to succeed even if you are not in the picture.

Now, that's a hard truth to handle right? But



it's important to hit it so you can blossom into that beautiful princess God ordained you to be.

You expected him to propose to you and he didn't, love him! It will cleanse your heart of every grit of bitterness and envy. Pray for him.

Re-engineer your imagination to see a good future for him with his chosen mate. It will take you out of the bitterness valley and place you on the mountain of joy where the sunshine of true love can shine on you.

## **Renew Your Mind**

If you are tempted to envy or get depressed when you see or remember him, affirm to yourself that you wouldn't have less of the life that he has. A friend said something in one of her articles. She said, "Not every good brother is a potential husband." Now, allow that ring in your heart.

We don't always know what's best for us. We are human, and we don't know everything. If your expectations about a brother didn't materialise, it could just be that he is not your perfect match.

I believe so strongly that God loves me so much that he won't let me miss what is best for me.

I would like you to believe that so strongly that you won't mind praying that your crush meets the right sister for her; even if it's not you.

If that is the case, it will cause you to let go of any relationship that just didn't turn out the way you wished. It will cause you to say, 'Thank You Lord, That wasn't for me.'

In the midst of one crush season of my life (Hehehe), I had a dream where I eventually got married to the bro (you have weird dreams when you are crushing on someone). But the

bro wasn't pleased with anything I did. It was more like the marriage wasn't really what he wanted.

In that dream I was trying hard to please the young man but he wasn't looking my way and then he was ordering me around. What a marriage! I woke up and got the message.

Emotions are fed by thoughts. Throw away the thoughts that you just missed your perfect man. It might not be as you think. You might have just been saved from a lifetime of regrets.

Not that the brother will turn bad in future. No. It's wrong to expect someone to fail because he didn't succeed with you. Rather, believe that the brother is good; but not every good brother is your husband; and when you marry the good brother that is not your husband, believe me, things will turn bad.

Many marriages are sour today because it was the woman who wanted the man more than

the man wanted her. It's all a lifetime of ever trying to please a man who didn't want you in the first place. Ask such women, they are not enjoying their marriages at all. You don't want to add to that statistics.

I would rather have a man who will wake up every morning smiling and grateful to God that I said yes to him, other than have someone always with a growl on the face, who will one day say to you, "You know I never really liked you as a wife, you manipulated me into this marriage."

Both of you are unhappy and so it remains that way, because as a believer in Christ Jesus, shouldn't divorce. God hates divorce. It is not wise to consider doing the thing that God hates.

Does that help? I will summarize my point here with one of my favourite scriptures:

*"In conclusion, my friends, fill your mind with those things that are good and that deserve*

*praise: things that are true, noble, right, pure, lovely, and honorable. Put into practice what you learned and received from me, both from my words and my actions. And the God who gives us peace will be with you” (Phillipians 4:8-9, GNT)*

### **Keep Growing**

Keep growing to be the woman that your King and king will trip for. Now, notice I used the king with a capital K and a small k. There are two kings for most of us— The King and a king.

The King refers to Our Lord Jesus Christ to whom you are first betrothed to in marriage; to whom you are first His bride. He is the ultimate King and Groom.

The entire book of Songs of Solomon is a picture of the eternal love relationship between The King and you.

If you believe in Him, you are already engaged

to marry Him. One day the marriage supper will take place. But you have to make yourself ready for Him. You are an eternal royal bride.

You won't appear before your groom unprepared. He has paid your bride price with His precious blood. Now, you have to grow to be the woman that takes His breath.

He has provided all the beauty treatments you need. Your part is just to apply it, adorn yourself with it, so you can grow into that beautiful bride that He is earnestly waiting to wed. It is wonderfully recorded:

*“Let us be glad and rejoice, and give honour to him: for the marriage of the Lamb is come, and his wife hath made herself ready.” (Revelation 19:7)*

*Good News Translations* records it this way, *“Let us rejoice and be glad; let us praise his greatness! For the time has come for the wedding of the Lamb, and his bride has*

*prepared herself for it” (Revelation 19:7).*

What a beautiful scene of joy and celebrations! That brings us to the next big question: How did she get herself ready for it?

The next verse says how:

*“She has been given clean shining linen to wear. (The linen are the good deeds of God's people).” (Revelation 19:8 GNT)*

Her shining cloths were good deeds. So, my dear one, keep growing in good deeds. Your King is at hand. Don't stop. Refuel your oil and keep at it.

Don't let anything stop you. The best is yet to come. You will soon be the rejoicing and gladness of heaven at that marriage supper.

Also keep growing for your king. The beautiful thing is that when you are growing for the King, you are also growing for your king. Your king refers to your husband. How

do you grow for him?

Grow in virtue! Keep your heart at it. It is so clearly written:

*“And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; and to knowledge temperance; and to temperance patience; and to patience godliness; and godliness brotherly kindness; and to brotherly kindness charity. For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.” (2 Peter 1:5-8 KJV)*

From this scripture we are admonished to keep growing. How does that apply to you in growing for your king?

Let's look at every virtue mentioned here.

Faith, virtue, knowledge, temperance, patience, godliness, brotherly kindness,



charity.

You already have faith. Also grow in virtue. What virtues? The virtues of a godly woman as seen Proverbs 31:10-31.

Such virtues as:

- i. Trustworthiness
- ii. Goodness
- iii. Industry
- iv. Early rising
- v. Investment minded
- vi. Hard work
- vii. Healthy habits
- viii. Innovation
- ix. Generosity
- x. Planning
- xi. Sacrifice
- xii. Wise speech

The next is **knowledge**. How do you grow in knowledge as you prepare for your king?

**Study**

If you already have an SSCE, add a BSc, if you

already have a BSc, add an MSc and so on. If you are not into academics, improve on your knowledge on your craft. You can take a course in your field.

The point is don't be stagnant in knowledge. Keep improving. Chances are high that as you immerse yourself in self-development you will not have so much time to waste in worrying about what might have been, or who should be or might have been.

The next is **temperance or self-control**. You will use it a lot in life. So, you need to really invest in growing in self-control now. Control over your appetite, control over your desires, control over your tongue and so on. Need I tell you that so many women have lost it here and as a result destroyed their homes?

Lack of control over appetite can lead to obesity. I don't know any man who will like a woman who was married in one shape to transform to another thing not because of

child birth but because of lack of control over her appetite.

Another one is lack of control over desires. Women like fashionable things; clothes, shoes, jewellery etc. You need to have a firm grip on your desires for these things now so it wouldn't be a problem in your home.

I know a lady who has issues in her home and this is one of the factors. I believe you already have self-control, you can still take advanced studies.

**Lack of control over the tongue.** Some men who keep late nights blame it on their wives' nagging. I am sure you wouldn't want that. Don't assume you won't nag. Work on it.

I didn't know a woman's potential to talk without thinking until I got married. Maybe because as a single girl I mostly go 'solo'. Most times I had only myself to deal with.

But with such a close relationship with hubby, the temptation to analyze every word, every action and even every sneeze seemed to turn on the nag button. Thank God for the Holy Spirit. Prepare for your king honey. Practice self-control.

The next is **Patience**. What a vital virtue. You need this not just for your king but in child upbringing and in all your relationships. Practice being patient with people, practice not always trying to manipulate every outcome, practice to be still.

Practice godliness, practice Christian affection, practice love. As you abound in all these, the joy of the Lord will fill your heart. You will not only have exciting days now but when your king shows up as surely as he will, you will have a beautiful life together.

Remember, emotions are fed by thoughts. To get over that emotional feeling over that brother-feed your thoughts with the right and

godly information, realign your heart and renew your mind.

I believe this book has been an amazing blessing to you. Thank you for staying on course. Please share with your friends and anyone who might benefit from this.

Let us pray.

Dear Father, I thank you. Thank you for the privileges I have in you as your child. I pray that you will open my eyes to see and know you. I cast down every imagination and thoughts that exalts itself against the knowledge of Christ. I bring it under captivity to the obedience of Christ.

I plead the blood of Jesus to cleanse and renew my heart from any soul tie with anyone on earth. I am free in Jesus name.

---

---

## ABOUT THE AUTHOR

---

---

**Chinenye Samuel Abba** is a B.sc holder of Economics from the University of Nigeria Nsukka. She is also enrolled for a Masters Degree in Economics from the same university.

She is a lover of God. A lady with a strong passion for young girls and teenagers.

She is happily married to **Pastor Samuel Abba** and together they are touching lives with the love of God.

She co-authored the book, *What They Won't Tell You*.

Her resources can be accessed from [livinglovegm.org](http://livinglovegm.org)