

A dynamic splash of bright yellow liquid is captured mid-air, with several droplets trailing off to the right. A single, large, brown, dried leaf is positioned to the right of the splash, its stem extending towards the yellow liquid. The entire scene is set against a white rectangular background.

The Purple Book

Adepero Ajayi

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Scriptural quotations used in this book are taken from the New King James Version, New Living Translation, The Message Version and Amplified Version of the Bible.

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Dedication

To everyone who is in the pursuit of purpose and destiny fulfillment.

Acknowledgements

I appreciate the men and women of faith whom God has used to teach and inspire me on my purpose journey.

Special thanks to my friends, family and the people who have helped me shine my light just because I see them shine theirs. Also to my God-sent editor, Tom Ekpo, thank you.

Big thanks to my blog readers—you encourage me to continue whenever I feel like throwing in the towel. I pray that God blesses you all abundantly and make you fulfill your purpose. Amen. Let's continue this conversation on social media using #WhatsYourPurple, #WhatsAHeartWithoutABeat and #WhatsLifeWithoutPurpose on Facebook, Twitter & Instagram. Don't forget to tag me @Perrystots.

Ultimately, I give all the glory to God, who is my Abba, my Pillar, my Hope, my Reward and the very essence of my being, without whom my life will be utterly meaningless. I thank You, Lord, for the gift and guidance of the Holy Spirit in my life, and for helping me to write this book.

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Foreword

In the Purple Book, the author, Dr. Adepero Ajayi, carries readers on a compelling journey that will make you laugh, cry, reflect and commit to growth all at the same time. This book is a very vulnerable conversation the author chooses to have, in the most inspiring and instructive ways! You would be challenged into the power of passion and pursuit of purpose.

If you keep an open heart, this simple-to-read material will awaken your soul to life at a higher level of vision, a deeper level of consecration and a greater level of contribution! Don't doubt that you can carry a message to your world, regardless of how rough or tough your path has been. Adepero's story will ignite hope within you and you would find yourself rising into more of God in your life.

This book does not have to end. You can be the next chapter of this divine story God is telling! I pray you find yourself in purpose and put your indelible mark on this generation.

Debola Deji-Kurunmi

Introduction

The first time I heard and understood the concept of purpose, to the point of desiring it, was during my high school days at the age of thirteen. Thereafter, I started praying to God to show me my purpose. Looking back, I wonder what made me so attracted and drawn to searching for my purpose at that age. Was it my unquenchable interest in writing? Was it because I was the head of the editorial board of my school, although I was in the science class? Was it creating the 'Words on the Marble' segment of the editorial board, to share inspirational and motivational contents to fellow students? Was it the death of my mum when I was six? Was it the grit of achieving the goal of studying and earning a degree in the university, bearing in mind the reality of the financial burden on my dad? Perhaps it was the accumulation of my life's experiences at that age that made me understand there was more to life than I was currently experiencing, and the sooner I began to move in the path to discovering more about myself, the better for me.

At that critical point in my life when I prayed to God to reveal my purpose to me, I had thought God was going to give me the master plan for my life in an instant. Unfortunately, He did not do so! God did not send me a long essay that detailed the practicalities of my "why" on earth, but He spoke the words, "Touching lives," to my heart. I was overjoyed when I heard those words that I quickly scribbled down the words and kept them in my heart. To me, "Touching lives" was vague. Although I was happy with what I heard at this stage of my life, I had questions: Everyone touches lives, so what? How was I meant to touch lives? What should I do? When? How? Why?

Feeling elated, I am still running with what I heard, howbeit, with more clarity and direction. Today, I am a medical doctor, an author, a woman after God's heart and many more that I will share in this e-book.

Relax and assume a comfortable position as we journey into the land of purpose.

All my love,

Adepero

CHAPTER 1

The Purpose Maze

If you asked me, I would say that I grew up quickly. I did not have a childhood like an average child would. My growing up as a child was not spent watching cartoons and eating candy. I could not even get my dad to buy me Viju Chocolate drink for no reason. I knew life was a mixture of challenges, pains and joys, even though I knew very little about the joys. I experienced the highs of life with my friends in high school. My friends and I spent lots of time together and I loved chatting with them.

I am the first of four children. At the age of six, when my mum died, I was saddled with the responsibility of leadership at home. Although I was introverted and introspective, I knew there was more to life and living than the glitz and glamour I saw all around me. Thankfully, my dad was a devoted Christian who loved to read. His love for reading soon rubbed off on me. From the lessons taught in Church and coupled with the vacuum I and my siblings had to contend with at home, I knew there was something called purpose, because the things I was seeing and experiencing could not be everything about life.

I was a high school junior when God revealed to me that my purpose was "Touching lives." On that day, I was sitting at a corner in the room and writing. (I had just discovered my writing gift from God.) For me, writing started as a way of release from the tension at home and the responsibilities I was saddled with. My dad had remarried and several shocking events were happening at home. Everything looked bleak as if a coat of hopelessness was covering the house. I was not as spiritually sensitive as I am now, but I still managed to speak to God despite the challenges. My chat time with God happened every morning as I washed my dad's car before going to school, and during my three kilometers walk to school. I became used to being quiet and conversing with the Holy Spirit.

I also did a lot of reading, especially motivational books. These books enlarged my capacity, opened up my mind as I grew up, and made me start to believe I could become more than I was. I knew there was more to me than my current experiences. I was not thinking like my peers. The first step towards achieving my goal was to gain admission into the university. Despite the financial challenges I faced, I still believed in God and encouraged myself with the 'grass to grace' stories I had read about.

I remember telling a friend who came on a visit to our house in my senior high school days that I was a student of University of Lagos (UNILAG), Nigeria, and that I was going there immediately after graduating from high school. Prior to this time, my dad and I had attended an event in UNILAG, and as we were driving out, I knew in my spirit that UNILAG was the university I was going to attend.

I knew I had to work hard to gain admission into UNILAG because the school was my best and only option as far as getting a higher education was concerned. Meanwhile, at home, there were threats about what would happen if I did not pass my examination in one sitting. I would later discover the threats were rooted in fear and that God had a master plan for me in that regard. God had created me with a purpose in mind. Before my dad's sperm hit my mum's egg, God already knew why He was sending me to planet earth and had made provision for **all** I will ever need.

*“Before I formed you in the womb, I knew you [and approved of you as My chosen instrument], And before you were born I consecrated you [to Myself as My own]; I have appointed you as a prophet to the nations.” **Jeremiah 1:5, AMP***

In the Bible, God had promised Abram that his descendants would be as many as the stars, although he had no child yet. He also promised Abram's descendants a land flowing with milk and honey.

*“Then the Lord said to him, “No, your servant will not be your heir, for you will have a son of your own who will be your heir.”⁵ Then the Lord took Abram outside and said to him, “Look up into the sky and count the stars if you can. That's how many descendants you will have.” **Genesis 15:4–5, NLT***

These promises seemed unachievable because of the “how” question. Abraham later had the child, Isaac, as God promised and then went on to have many more children through Isaac until they increased abundantly. God had made a promise to Abraham, Isaac and Jacob that He would bring them to the land flowing with milk and honey. Even when all of them had died, God still fulfilled the promise and made it a reality. God had intended to bring them to the land of abundance, regardless of the fact that Abraham's descendants were living in bondage in Egypt.

*“Then the Lord said to Abram, “You can be sure that your descendants will be strangers in a foreign land, where they will be oppressed as slaves for 400 years.
¹⁴ But I will punish the nation that enslaves them, and in the end, they will come*

away with great wealth. ¹⁵ (As for you, you will die in peace and be buried at a ripe old age.)” **Genesis 15:13–15, NLT**

“So the Lord made a covenant with Abram that day and said, “I have given this land to your descendants, all the way from the border of Egypt to the great Euphrates River— ¹⁹ the land now occupied by the Kenites, Kenizzites, Kadmonites, ²⁰ Hittites, Perizzites, Rephaites, ²¹ Amorites, Canaanites, Gergashites, and Jebusites.” **Genesis 15:18–21, NLT**

How was God going to bring them out of Egypt to the land of promise? In God’s wisdom, He uses people like you and me who understand their purpose, to achieve His plans. God will not answer some prayers or fulfill certain covenants, except He finds a ready vessel He can partner with to bring about the fulfillment of His purpose. So, God found a ready vessel in Moses, to lead the children of Israel out of Egypt to the promise land in order to fulfill the promise He made before Moses ever knew about the promise.

I am a link in the prophetic chain of a divine lineage and my existence is an answer to a prayer I knew nothing about

Another person who walked in purpose was John the Baptist. His purpose was to prepare the way for Christ’s coming and ministry. As soon as he fulfilled that purpose (and Jesus started His ministry), John’s life ended.

“God sent a man, John the Baptist, ⁷ to tell about the light so that everyone might believe because of his testimony. ⁸ John himself was not the light; he was simply a witness to tell about the light. ⁹ The one who is the true light, who gives light to everyone, was coming into the world.” **John 1:6–9, NLT**

We need to understand our place in the big picture of life from God’s perspective to function appropriately.

“Then who are you? We need an answer for those who sent us. What do you have to say about yourself?” ²³ John replied in the words of the prophet Isaiah: “I am a voice shouting in the wilderness, ‘Clear the way for the LORD’s coming!’”

John 1:22–23, NLT

I am God's partner and His ambassador on earth

“God will do this, for He is faithful to do what He says, and He has invited you into partnership with his Son, Jesus Christ our Lord.” **1 Corinthians 1:9, NLT**

God has invited us into partnership with Him and He is counting on us to get it right. This is the point where I almost got it wrong—I tried to redesign my life whereas God, the Master planner, already sorted out every aspect of my life. I am glad I realised my error quite early. If you are on the journey to discovering your purpose, now is the best time for this discovery. We are in a strategic time in the spirit realm, and I pray for you that you will plug in, reignite your prayer life and take a position to discover and fulfill your God-given purpose. Some people exist but never live to their full potential because they never discovered their purpose. This will not be your portion! Amen.

I am elated that you are taking the time to read my purpose story and I hope it inspires you to greatness.

CHAPTER 2

When I Knew God Was Up To Something

I started writing intentionally when I joined my high school's editorial board (I later became the president of the board). I derived so much joy in writing as a means of inspiring and encouraging my fellow students. It was not long before my school teachers became a fan of the editorial board. I just enjoyed inspiring and encouraging people. I had seen the bittersweet aspect of life to know everyone needed a little encouragement on their journey and I was glad to be the person to shine the light for others. It gave me a sense of fulfillment. When I got into the university, I stopped writing because the university was a different terrain entirely. I had to redirect my focus and give attention to studying hard to move into medical school. Let's go back to how I gained admission.

During the last session in senior high school, I started preparing to write the Unified Tertiary Matriculation Examination (UTME)—an examination conducted by the Joint Admissions and Matriculations Board (JAMB). The UTME is an entrance examination that qualifies prospective undergraduates for admission into Nigerian tertiary institutions. While preparing for the UTME, I literarily studied as if there was no God to pray to and prayed to God as if there was nothing to study. When the results were released, my score was below the average required mark for my chosen course of study—Medicine & Surgery. I was devastated and sad. I visited my friend who advised me to apply for a diploma programme—an advice I knew was definitely not an option for me to consider because of financial challenges. It was a struggle for me to get 4,000 naira for the purchase of JAMB form, not to talk about getting 350,000 naira, which was the cost for the diploma programme. I went home crying and praying to God to make a way for me. Some weeks later and to my surprise, JAMB announced that they were upgrading the scores of all the candidates that sat for the examination (this was definitely the hand of God in action because prior to this time, nothing like this had ever happened in the history of JAMB and it was never heard that it happened again). Glory to God! This strengthened my belief in God and His plans for me. I scored 80% in the admission screening examination (post-UTME), and with this score, I was offered admission on merit to study Medicine & Surgery in University of Lagos, Nigeria.

God raised men and women who were not related to me by blood, to sponsor my education throughout the period I spent in the university. This made me dream bigger, knowing that God was not limited in any way, and that He has partners

all over the world. You can read my medical school journey on my blog, [Perry's Tots](#).

In my fourth year in medical school, I attended a symposium. While at the symposium, I began to sense that I was entering a new season. It was so strong that I went on my Facebook wall and wrote the words, "Destiny Calls." I was not sure what it was but I knew something was about to happen to me. When I left that symposium, I started [Perry's Tots](#) (by the way, Perry's Tots will be six in September 2019). Perry's Tots is the space where I inspire, encourage and entertain people through fiction, poetry, articles, videos, etc. I would later discover that [Perry's Tots](#) was just one of the streams of my life and an essential part of my journey, although it was not the very core of my assignment on earth.

It is amazing how God blesses us with the Holy Spirit, so we don't have to go through life all by ourselves because He is the navigator who is always there to direct us through the different phases of life.

"And I will ask the Father, and He will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth. The world cannot receive Him, because it isn't looking for Him and doesn't recognize Him. But you know Him because He lives with you now and later will be in you. ¹⁸ No, I will not abandon you as orphans I will come to you."

John 14:16-18, NLT

The revealing of our purpose by God is not a ground-shaking event that occurs during our lifetime; rather, it sometimes comes into our hearts or spirits as a gentle nudge, coming from the inside out.

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. ¹² In those days when you pray, I will listen. ¹³ If you look for me wholeheartedly, you will find me."

Jeremiah 29:11-13, NLT

Fulfilling purpose is not about doing just one thing; it is a journey laced with gifts yet to be unraveled

Although I was in medical school studying to become a medical doctor, God also wanted me to use the gift of writing to bless the world. The testimonies I have

received in the past few years of writing has made the journey worth it. My writing and the testimonies people share are miles apart from what I would ever have thought possible. The reach is mind-blowing! I cannot stop to think about how this “small me” will sit in a university hostel room, type with my phone and share the lessons and experiences God was taking me through to the world, for inspiration and encouragement, and people will be touched by it.

I do it afraid, knowing God has my back as I trust His lead. Sometimes, I wonder if I am sharing too much information about myself to the world, but then, I ask myself, “What if I leave the earth tomorrow, will I wish I had shared my truth and testimonies, and not kept them till everything was perfect? I have come to learn that there is greater impact in sharing the process than the final product. By carrying out my responsibility of advertising God and shining my light, others are liberated and inspired to shine theirs.

I struggled to share the things I have written in this book. As I thought about it, the Holy Spirit said to me: ‘I have given you your story, share it confidently without restraint. I wrote that story you are living out and I know I wrote it well.’ I challenge you to share your story because it will strengthen others. If you pay close attention to yourself, you would discover there are certain things in your life right now that are already pointing you in the direction of your purpose.

Purpose discovery requires self-discovery

There were days that life’s challenges became overwhelming and I felt like throwing in the towel. There were times I would want to stop writing but when I remember that writing is a very important expression of my life’s purpose, I continued. I have also come to realise that God made me a complete entity, that is, I am tailor-made for my assignment and my identity can only be found in Christ, not in social media likes, shares or comments. God specifically chose the family I was born into, the amazing people who came my way, and the experiences I went through, including losing my mum when I was six years old.

Sometimes, to get our attention and direct us to our assignment, God allows us to go through some experiences. Moses and the burning bush is an example of how God uses different scenarios and events to get our attention. God needed Moses to lead the children out of Egypt and bring them into their place of

abundance, just as He promised Abraham. He took him to the backside of the desert and created the burning bush to catch his attention.

“Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian. And he led the flock to the back of the desert and came to Horeb, the mountain of God. ² And the Angel of the Lord appeared to him in a flame of fire from the midst of a bush. So he looked, and behold, the bush was not consumed. ³ Then Moses said, “I will now turn aside and see this great sight, why the bush does not burn.” ⁴ So when the Lord saw that he turned aside to look, God called to him from the midst of the bush and said, “Moses, Moses!” And he said, “Here I am.”

Exodus 3:1–4, NKJV

With God, there are no mistakes. You might not understand the situation now but in a few months or years down the line, you will look back and be thankful. Although, as I progressed in life, I began to understand why God had to let my mum go so early—its significance became clear to me in 2018. God does not waste our pains or tears. In fact, He keeps our tears in a container.

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in your book.” **Psalms 56:8, NLT**

Many times, I would ask God why He allowed my mum to die in a car accident on her way to a church programme (of all places). Based on hindsight, I know God used my mum’s death and all the other experiences to prune and mature me in Him. If I had not gone through those experiences, I would not know how to inspire people or give wise counsel to those in similar situations. Parents do things that make their children cry while taking care of them. Those things are often done for the benefit of their children. The parents do not enjoy seeing their children cry but it is better to take a tough decision to protect their children than to pamper them. More so, the child’s brain cannot understand the logic behind making him or her cry for his or her benefit. This is exactly the way it is between God and us. Everything God does or allows us to go through is ultimately for our good, although sometimes painful.

“All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴ He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us.” **2 Corinthians 1:3–4, NLT**

***Purpose seeks to solve a problem or meet a need, while
ambition is about self***

The beautiful thing about fulfilling purpose and doing God's will is that, somehow, God will always sort you out. If you take care of God's business, God will take care of your business. You have a warranty on your life which states that heaven is ready to back you up to be the person God has created you to be and accomplish in life. You have all you need because God is your brand manager. God cannot afford to see you fail because you call on His name and obey Him!

CHAPTER 3

Detours & Turns

Wow! My journey has been adventurous. Sometimes it makes me breathless! Just when I think the end has come, God comes through for me in the nick of time. As I discovered that happiness is a journey, so it is with purpose. It is a continuum. Sometimes it does not even look or feel like it. Fulfilling purpose is a journey of self-discovery and refinement. God does not show us the full picture at once, NEVER! We cannot handle it. He gives us few instructions, and as we follow, He reveals more to us. The instruction is often unrelated to your view of the 'big things.' It could even be saying sorry to someone who wronged you.

As I shared in the Introduction, the first thing God said to me about my purpose was "Touching lives," and as I continued to follow Him, He kept expanding my purpose to me with more clarity and direction. I see God literally holding my hand as we journey because He knows the final destination and the detours to take. Just like it is when we navigate bends and turns while driving, so it is with purpose. The fact that God revealed your purpose to you and is with you on the journey does not mean all will be perfect. The fact that God is with you is the reason you will experience the good, the bad and the ugly.

God does not use unprocessed vessels

I have observed that it is through these unplanned experiences that ruffle our feathers that we encounter God in His fullness and in an intensely intimate way. It is in those circumstances when we get to the end of ourselves that we learn to surrender all to Him. When we give Him our hearts and ask Him to do with us as He pleases, He takes us to the place where all we want is to be like Him—a place where we are not satisfied with doing good but in doing God's word and work.

During this journey, the Holy Spirit is our best friend and guide in whom we can trust for direction. We should rely on Him for everything. As we invite God into our lives to do as He pleases, supernatural experiences begin to occur in our lives whether we are in the valley or on the mountaintop. God reveals Himself in the valley in ways we would never know Him on the mountaintop, because He is God in the valley and on the mountaintop. I made a mistake in

thinking that a detour was my final destination but I am glad the Holy Spirit nurtured me back to the Truth.

Never mistake a detour for your final destination

In my fifth year in medical school, I began to get very anxious about how life would turn out after my university education. The experience of the mental, financial and emotional challenges I encountered made me afraid of being stuck after school. Being an organised and structured person, I needed a life plan. I wanted to plan my own life by myself. How foolish! I began to pray and ask God for what was next after university, but I did it from a place of fear instead of rest. God already said it was finished. My role was to follow His direction but somehow the noise got into my ship and I began to sink.

Thank you, Lord, for your patience in my life!

God gave me instructions concerning life after medical school and I wrote them down. After the internship year, I had a major detour that turned my life around and brought me into deeper relationship with the Holy Spirit. I thought I knew Him until I was re-invited to know Him. Our God is limitless. He has no scope. Our brain can never figure Him out. My God! God is big. He is indescribable. He is mighty. He has no beginning nor ending. Every encounter with Him leaves me speechless. Glory!

A few years after God revealed my area of specialisation to me in my medical career, I remembered where God brought me from and I began to use my tiny brain to figure out how the next phase was going to be achieved. I felt I had to plan and fulfill it with my strength because, from my point of view, the goal looked too big. I thought I had to figure it out. Jesus, thank you for your mercy that did not leave me in that state! I became overwhelmed and depressed because I could not figure out where I was and where He was taking me. The moment I knew I could not achieve the goal by my strength was when I was meant to lean on the Holy Spirit because only He knows the 'how' of things. I knew He was my life's tour guide, but I started creating my own map. I became frustrated, and because I saw no way out, I thought this had to be the end of my life.

To complicate things, every aspect of my life started malfunctioning. Everything that could go wrong was happening at the same time and the planned sequence of my life failed. I wanted out and started contemplating suicide. I was angry with God because He was not moving at my pace even after setting these amazing goals. Through it all, God had a plan. He was seeing something I was not seeing. Ah! I love You, Jesus! He was patient until I came to the end of myself and surrendered to Him. I wonder what makes us think we know the order in which our lives should be lived.

Do you remember Joseph in prison? The prison was merely a detour and the necessary training ground for his elevation. After God had refined Joseph in Egypt where he spent eleven years as a slave in Potiphar's house and two years in prison, he could be promoted from a slave to prime minister in less than twenty-four hours. When you suddenly see a person being elevated, remember that person had spent several years behind the scene with no applaud nor acknowledgement. They had all the questions and uncertainties you have right now. Is it not amazing that right after Joseph's great dreams, he was promoted to slavery? From man's perspective, it made no sense but to God, He knew what He was doing.

Don't forget to do it afraid

*"After Joseph had been taken to Egypt by the Ishmaelites, Potiphar an Egyptian, one of Pharaoh's officials and the manager of his household, bought him from them." **Genesis 39:1, MSG***

Thirteen years later...

"Joseph's suggestions were well received by Pharaoh and his officials. ³⁸ So Pharaoh asked his officials, "Can we find anyone else like this man so obviously filled with the spirit of God?"³⁹ Then Pharaoh said to Joseph, "Since God has revealed the meaning of the dream to you, clearly no one else is as intelligent or wise as you are. ⁴⁰ You will be in charge of my court, and all my people will take orders from you. Only I sitting on my throne will have a rank higher than yours."⁴¹ Pharaoh said to Joseph, "I now put you in charge of the entire land of Egypt."

Genesis 41:37-41, NLT

Can you appreciate how Joseph, a prisoner in Egypt was later described, at the moment of his elevation, as the one in charge of the entire land of Egypt?

These things happened for Joseph because he learned patience as well as the vital lessons God had to teach him. He did not allow bitterness to overshadow him. He was also a man of prayer. A lifestyle of prayer is a powerful tool that is yet to be fully utilised in this generation. There is no way we can attain our highest possible potential or fulfill purpose without becoming men and women of prayer. A lifestyle of prayer was what made me to recognise that all I was going through was a detour and helped me to stop letting my emotions take control of me. Prayer is a weapon—it helped me see my situation from God’s perspective.

It was when the Holy Spirit showed me the Scripture below that I understood how powerful my prayer is.

*“Then another angel with a gold incense burner came and stood at the altar. And a great amount of incense was given to him to mix with the prayers of God’s people as an offering on the gold altar before the throne. ⁴ The smoke of the incense, mixed with the prayers of God’s holy people, ascended up to God from the altar where the angel had poured them out. ⁵ Then the angel filled the incense burner with fire from the altar and threw it down upon the earth, and **thunder crashed, lightning flashed** and there was a **terrible earthquake.**”*

Revelation 8:3–5, NLT (Emphasis mine)

Can you see the effect of our prayers! Such power! Prayer is also an offering. Prayer is like having intercourse with the Father, which leaves us looking more like Him, talking more like Him, and glowing like Him. Prayer is the lifeblood of any believer. Unlock your true potential in prayer. In Luke, chapter 1, it was while Zechariah was still praying that the answer to his prayer came.

“One day Zechariah was serving God in the Temple, for his order was on duty that week. ⁹ As was the custom of the priests, he was chosen by lot to enter the sanctuary of the Lord and burn incense. ¹⁰ While the incense was being burned, a great crowd stood outside, praying. ¹¹ While Zechariah was in the sanctuary, an angel of the Lord appeared to Him, standing to the right of the incense altar. ¹² Zechariah was shaken and overwhelmed with fear when he saw him. ¹³ But the angel said, “Don’t be afraid Zechariah! God has heard your prayer. Your wife, Elizabeth, will give you a son, and you are to name him John.”

Luke 1:8–13, NLT

Even Jesus, while on earth, took time to be alone to pray.

“Immediately after this, Jesus insisted that his disciples get back into the boat and cross to the other side of the lake, while he sent the people home. ²³ After sending them home, he went up into the hills by himself to pray. Night fell while he was there alone.” **Matthew 14:22-23, NLT**

CHAPTER 4

Purpose & the Sceptres of Wellness

In 2018 when I had the re-introduction to the Holy Spirit on my purpose journey, God started to tutor me extensively on every aspect of life because they were all critical to fulfilling purpose and living a full life. God is interested in all aspects of our lives, even in the things we think are unnecessary. Since Jesus already told us the Holy Spirit would teach us all (not some) things, the best thing would be to let Him do His work in us. Therefore, I opened all aspects of my life to Him (after all, my life according to my man-made plans had failed and I had come to the end of myself).

*“But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthenener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf]. He will teach you all things. And He will help you remember everything that I have told you.” **John 14:26, AMP***

As we set our life goals, there are seven areas of wellness we need to focus on if we must live a quality life and fulfill purpose. God is the source of life and everything in it, including everything that make up the areas of wellness.

Physical Wellness is the ability to maintain a healthy quality of life that allows us to get through our daily activities without undue fatigue or physical stress. It is critical for us to adopt healthy habits and avoid destructive ones because, ultimately, our habits have significant impact on our physical wellness.

At some point in my life, the Holy Spirit started to re-orientate me about my eating habits. He helped me to stop taking Coca-Cola (ah! this was a huge testimony). Prior to this time and for many years, I took a bottle of Coca-Cola every day. It became a culture for me to take a bottle of Coca-Cola anytime I had a meal. In fact, I had a rule of taking one bottle per day. I felt it was not harmful as far as I did not take more than one bottle. I never knew how bad it was until my sister called my attention to it. The Holy Spirit also made me see that it was more than just Coca-Cola and that it was a negative habit that would begin to bear fruits if I did not replace it with a healthy one. The enemy tries to inhibit us from reaching our full potential and fulfilling destiny through the things we feed on. So, let's watch what we eat!

The reason God needs humans to fulfill His purpose is because He is a Spirit without a body but we live in a body that helps us relate with other humans in the world. Our bodies, although frail, are crucial to helping us fulfill purpose. The fact that we live in a body is the reason God can deploy us to fulfill His

plans on earth and use us as vessels to answer prayers. The body is frail and has to be taken care of, else, it can fail, and death follows. I pray God will help us take adequate care of our bodies, inculcate healthy habits that glorify Him and live in divine health. Amen.

After the Holy Spirit made me realise how important my body was when it came to purpose fulfillment, I started to see the things I fed my spirit, soul, and body with from a new perspective.

“Keep vigilant watch over your heart; that’s where life starts. Don’t talk out of both sides of your mouth; avoid careless banter, white lies, and gossip. Keep your eyes straight ahead; ignore all sideshow distractions. Watch your step, and the road will stretch out smooth before you. Look neither right nor left; leave evil in the dust.” **Proverbs 4:23, MSG**

Do not forget that the devil is a deceptive being who sells his lies to us in harmless packages and does not come all out to make his intentions known. Therefore, take a break to search within you and ask the Holy Spirit to reveal to you the habits that are not moving you in the right direction. I trust that God will cause your spirit man to be sensitive to the promptings of the Spirit and be able to decipher the enemy’s deceptions.

“There’s a way of life that looks harmless enough; look again—it leads straight to hell. ¹³ Sure, those people appear to be having a good time, but all that laughter will end in heartbreak.” **Proverbs 14:12–13, MSG**

Another thing the Holy Spirit did for me was to focus my attention on friends and friendships. He pruned my circle of friends and added destiny partners (Spirit-led friendships) to me. Identifying and pursuing purpose makes one to be careful and selective of the type of company one keeps. It dictates whom you can and will marry. When your spirit becomes sensitised to the big picture of God’s ultimate plan, it affects your choices in every aspect of life. Being disciplined and making good choices with regard to exercising the body, taking a break to rest, eating healthy, keeping healthy friendships and relationships, helps one to achieve the purpose.

Emotional Wellness is the ability to understand ourselves and to cope with the challenges life throws at us. It is the ability to acknowledge and share feelings of anger, fear, sadness or stress, as well as hope, love, joy, and happiness, in a productive manner.

Everything changes when we chose to see situations and challenges from God’s perspective at all times, regardless of the state of our emotions. The enemy

usually creeps into our lives through the gate of our emotions and then pollutes our fountain of joy in Christ. When unexpected situations happen that make you want to lose your cool, before you pick your phone or think, just say a prayer (even if it's for a few seconds). By so doing, you are inviting God into the situation. This is what I have learnt to do and you cannot imagine the peace God releases into my heart as a result.

“When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.”

Isaiah 43:2, NLT

God never promised our lives would be perfect on earth, NEVER! But He promised to release His peace into our hearts in the midst of storms.

“I have told you all this so that you may have peace in me. Here on earth, you will have many trials and sorrows. But take heart, because I have overcome the world.” **John 16:33, NLT**

Our victory is guaranteed because we operate from the position of victory.

“Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. ³ For you know that when your faith is tested, your endurance has a chance to grow. ⁴ So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing.”

James 1:2–4, NLT

When we experience unpleasant situations, it creates an avenue for God to bless and elevate us to the next level in Him.

Always remember:

“My thoughts are nothing like your thoughts, says the Lord. And my ways are far beyond anything you could imagine. ⁹ For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.” **Isaiah 55:8–9, NLT**

God answers prayers in ways we least expect. We can never put God in a box and ask Him to function within our human or intellectual capacity. I pray God enlarges your vision of Him and break every ceiling of limitation holding you from moving to your next level. Amen.

Intellectual Wellness is the ability to open our minds to new ideas and experiences that can be applied to personal decisions, group interactions, and

community betterment. It is the desire to learn new concepts, improve on current skills and seek to solve challenges in pursuit of lifelong learning.

We must never be too heavenly minded that we become earthly useless. God wants to bring His Kingdom on earth through His children by equipping them to take over the seven mountains of influence—religion, family, education, government, media, arts & entertainment and economy. The establishment of God’s Kingdom on earth is one of God’s topmost desires. This is seen in Jesus’ words when He taught His disciples to pray.

“May Your Kingdom come soon. May Your will be done on earth, as it is in heaven.” **Matthew 6:10, NLT**

God’s Kingdom coming to earth will happen when we fill the world with God’s doctrine and showcase His way of life in all spheres of influence. We must be able to learn all that is to learn and be excellent at what we do in our sphere of influence so we can take over that sphere for God. God promotes us so we can use that opportunity to tell others about Him and liberate souls from the kingdom of darkness into His Kingdom.

Our knowledge must never make us prideful; rather, it should be harnessed to help others become the best they can be in God. God does not bless you for you, because you are just a pipeline carrying divine deposits for delivery to a generation. God uplifts us to display His glory. We do what we do to make God look good, not to make us look good. We are mere vessels in His hands. What a great privilege to collaborate with God!

“Select only strong, healthy, and good-looking young men, he said. Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon.” **Daniel 1:4, NLT**

“Daniel, Hananiah, Mishael, and Azariah were four of the young men chosen, all from the tribe of Judah.” **Daniel 1:6, NLT**

Having the right attitude while learning is very important. Our ability to learn maximally is hinged on the work God wants to accomplish on earth through us. Daniel and his friends distinguished themselves from their peers and as a result, God gave them wisdom and an unusual aptitude for understanding every aspect of literature. They used this wisdom to proclaim God’s kingdom, power and glory in Babylon, where they were captives. God specifically gave Daniel the special ability to interpret visions and dreams. Subsequently, he was made ruler

over the whole province of Babylon and chief administrator over all the wise men of Babylon.

“Then the King appointed Daniel to a high position and gave him many valuable gifts. He made Daniel ruler over the whole province of Babylon, as well as chief over all his wise men. ⁴⁹ At Daniel’s request, the King appointed Shadrach, Meshach, and Abednego to be in charge of all affairs of the province of Babylon, while Daniel remained in the king’s court.”

Daniel 2:48–49, NLT

Social Wellness is the ability to relate and connect with other people in our world. It is the ability to establish and maintain positive relationships with the people we meet. Oftentimes, in order to survive, we need people whose personalities are different from ours. When we pray to God for help, He uses people to help or bless us. It is therefore imperative that we are deliberate and intentional about how we connect with other people in the world.

In a world that is full of hate and selfishness, we should add colour to and light up the universe with love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. By doing this, we are shining our lights and making a huge difference in our world.

“You are the light of the world—like a city on a hilltop that cannot be hidden. ¹⁵ No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house. ¹⁶ In the same way, let your good deeds shine out for all to see so that everyone will praise your heavenly Father.” **Matthew 5:14–16, NLT**

Relationship is the currency of the spirit

Spiritual Wellness is the ability to establish peace and harmony in our lives. It is the ability to develop congruency between values and actions, and to attain a common purpose that binds creation together. This is possibly the most important area of wellness because it fuels all other areas. This is the stream where life and wellness originate from.

Knowing God and being known by Him is the vitality of life. If we are not spiritually sound, we cannot flourish in the other areas of wellness according to God’s standard.

Spiritual wellness begins with spending time in the secret place

In January 2018, I began the compulsory National Youth Service Corps (NYSC) in Sokoto State, Nigeria. The NYSC scheme is a one-year programme designed for Nigerian graduates to serve the nation in any of the states in the country. I participated in the three weeks NYSC orientation camp in Wammako, Sokoto State. It was fun and I enjoyed every bit of it. Prior to this time, I had written and passed the IELTS examination, applied for Masters in Public Health in the University of Saskatchewan, Canada, and was expecting a favourable response from the school. It was already settled in my mind that, by August 2018, I would be in Saskatchewan, smashing life goals and living my best, organised and well-planned life. This was because I believed it was God who directed me to send my application to University of Saskatchewan. In fact, it was as if God was causing everything to work for my good. For instance, in the midst of an ongoing strike in UNILAG, I was still able to get my transcript. This had to be God!

I never wanted to do my NYSC in Lagos State, Nigeria, but Sokoto State was a no-go-area for me—obviously not in my radar. My dad had suggested that I relocated to another state and I agreed to do so. Unknown to me, this was a set up orchestrated by God. So, I applied to be relocated to Ogun State.

A few months later, my dating relationship of about two years ended, the University of Saskatchewan sent me a rejection letter without any reason and I was still waiting to be redeployed or relocated to another state. My life was literally frozen and broken. It looked like this was the end of the road for me. My brain was trying hard to fix the problems. The more I tried, the worse things turned out and I was not getting better either. I became depressed, my hopes were shattered. I was disorganised and unsettled. All my plans had failed. Every area of my life was destroyed. My health failed. My relationship failed. I would toss and turn all night on the bed crying and praying to fall asleep. I cried all day. Nothing made sense to me again.

At this time, death was the only way out as there was no reason to live. I almost attempted suicide. Thank God for His intervention and for some of my friends who knew about what God was taking me through. In retrospect, all those things happened because God wanted me to surrender my well-laid-out plans

and strategies to Him. He needed me to rest in His finished work and to see the big picture from His perspective. I knew that, since my dream was God-given, it had to be God-governed. Hence, I have to build according to His pattern not mine. Although painful, I learnt that when God's hands are upon you, He holds you to a higher standard.

Others may but you cannot because of destiny

My godmother and I would speak on the phone for hours and all I would do was cry. I thank God for surrounding me with the best people on earth. I am extremely blessed.

In the Church where I worship God, I had completed my training at the Apostolic Training School (ATS)—the training arm of the Church that equips and positions men and women for their God-ordained assignment. One day, out of the blue, my ATS trainer, whom I had not been in contact with for a year, called me and told me that I had been on her mind. We reconnected and would spend time speaking over the phone, although I never shared my challenges with her. This continued for several days until one night that I had trouble getting myself to sleep (this was the worst of my sleepless nights). My pillow was wet with tears.

Overwhelmed and heavy, I decided to call her at the break of dawn, this time, pouring out everything to her as I was feeling at that moment. As we spoke, she sensed that the enemy was trying to steal my peace and joy. So, she prayed with me, encouraged me and admonished me to spend time praising God. Besides, she shared how the content of my blog, Perry's Tots, had been a blessing to her and several others. I decided to follow her advice—I praised God and played joyful sounds to Him. Guess what! This was the beginning of my re-emergence. Praise God!

A few weeks later, an official we had contacted a long time ago with regard to my relocation suddenly called and said I had to go to Sokoto to sort out my relocation request. Immediately, I flew to Sokoto but all efforts to approve my relocation proved abortive. I wondered why God made me spend so much time and money without achieving the purpose for travelling to Sokoto. The day before I left Sokoto, I had a chat with a young lady I had met a few days earlier. This was our first major conversation. She asked why I came to Sokoto and

after I shared my aim for coming to Sokoto with her, she said to me, “There is a reason for it and God will make everything work out for your good.” Instantly, my spirit leaped and I gave her a high five. She did not understand why I did that.

We continued talking and sharing experiences about life generally. I noticed that in the middle of our conversation, she would pause and say, “The Holy Spirit is saying this and that.” I had never met anyone who had such experience and intimacy with the Holy Spirit. I was wowed. Meanwhile, I was praying within me and searching through the Spirit to know if and indeed she was speaking by the Spirit of God. Then she said, “I know the Holy Spirit is confirming everything I am saying to you right now.” When she said that, I felt a thunder strike run through my heart that I had to literally hold my chest. At this point, I knew immediately I was in for something great. This conversation started at about 7 p.m. and ended in a prayer session at 2 a.m. That experience recalibrated my entire life. I got back home with a deep seated hunger and thirst for a fresh outpouring from God.

My new lady friend sent me books. Some of the books were: *Secrets of the Secret Place by Bob Sorge*; *Holy Spirit my Senior Partner by Paul Yonggi Cho*; *Going Deeper with the Holy Spirit by Benny Hinn* and many more. I spent the next few months buried in prayer, studying the Bible, using the YouVersion app devotional and reading other books. I was going through a rebirth. I felt like a new born baby who had just started to live outside her mum’s womb. I began to truly live. Friends, this was when I knew that there is no life or living outside of God and the Holy Spirit. My perspective on several things changed and the Holy Spirit started to teach me how I truly ought to see. Truth is, we would not worry about certain things if only we saw things from God’s perspective. Seeing from God’s perspective changes everything.

I began to understand the Scriptures and the things of the Spirit on a greater level. I enjoyed reading my Bible; I read it from Genesis to Revelation for the first time! I was wowed and at the same time, disappointed that this realm existed and I was not experiencing it before now. I called myself a Christian but never knew I could be more and experience so much more in God. My appetite for spiritual things grew rapidly. I fasted like I had not done in my entire life. I just enjoyed the Holy Spirit. It was so beautiful that I wanted the whole world to experience it. There are certain realms that the time spent during church service is not enough to connect us to, we have to make the time to spend with Him in the secret place if we must connect to such realms. Spiritual maturity and growth is a deliberate and personal journey. Whenever we come together in

corporate or public worship, we are meant to instantly light up the atmosphere with the light we have contacted in the secret place.

The greatest gift God gave us is the Holy Spirit and the ability to speak in tongues. There is power in speaking or praying in tongues. It changed my life. My hearing capacity in the spirit became heightened. It went beyond hearing for myself to hearing for others and interceding for them. One day as I was reading a book, the Holy Spirit asked me to call a friend. The book was so interesting that I was trying to postpone the instruction, but I became uncomfortable and called the friend. Surprisingly, my friend was ill, and had not eaten all day because there was no one at home with her to assist. I dropped the book immediately and got food to her. When I got to her house, she said to me, “You are the proof that God loves me.” Just obeying the Holy Spirit and collaborating with Him touched my friend’s heart in an unexplainable way. Heaven must have smiled on that day too.

Spiritual wellness is a personal decision

I started to manifest the Spirit of God in supernatural ways through writing, healing, speaking, leadership and in many other ways than I could imagine. My dad had a terrible pain on his left hip that I was worried he was going to fall as he walked. By the power of the Holy Spirit, I prayed for Him and He was healed. My dad’s response made me laugh because he shared the testimony the way it was done on TV—Pastor, I can jump! Haha! I could only do this through the power of God because I knew every believer was meant to do it, not just the pastors. It is one of the signs that is to accompany any believer.

“These miraculous signs will accompany those who believe: They will cast out demons in my name, and they will speak in new languages. ¹⁸ They will be able to handle snakes with safety, and if they drink anything poisonous, it won’t hurt them. They will be able to place their hands on the sick, and they will be healed.”

Mark 16:17–18, NLT

Through the experiences the Holy Spirit was taking me through, I fully understood why the Bible said the harvest is great but the labourers are few.

“Then He said to them, “The harvest truly is great, but the laborers are few; therefore pray the Lord of the harvest to send out laborers into His harvest.”

Luke 10:2, NKJV

Writing this book was a product of abiding in the secret place of prayer and obeying God's direction. I gained a new level of clarity as regards my purpose and destiny—for this, I am forever thankful to God.

I later found that I applied for the wrong Masters programme for the assignment God had prepared for me. So, the rejection mail from the University of Saskatchewan was a blessing in disguise—God's redirection strategy. Also, God sorted my NYSC posting and relocation in an unanticipated way. I got a very good placement in Ogun State (This alone is a book of testimony). All I can say is: God is perfect in all His ways.

Learning to surrender and rest in God's finished work was my greatest takeaway from the whole encounter I had. Now, I live a life of daily surrender and rest. Depression does not exist in my world because it cannot struggle for space in my body while the Holy Spirit dwells within me. I have so many testimonies to show that living in the Spirit is where real life is. Every step of my life is completely laced in favour. What other people are searching for is chasing me all around. You can see more of these testimonies on my blog and vlog, [Perry's Tots](#).

The physical realm plays catch-up to the spirit realm

Things are first concluded and decided on in the intangible realm before they can be seen, touched and felt in the tangible realm. Hence, the importance of prayer to stir one's affairs aright to produce fruits cannot be overemphasised. Prayers are seeds sown in the spirit that we harvest in the physical. If you do not sow, how do you intend to reap? It is critical never to take things at face value because everything has spiritual significance. It is beautiful to know that we already have the power needed to stir up things in line with God's purpose.

Environmental Wellness is the ability to recognise our own responsibility for the quality of air, water and land that surrounds us. It is the ability to make positive impact on the quality of our environment, whether it is in our homes, communities or planet.

It is imperative to take charge of our environment by knowing how our daily habits influence the environment positively or negatively. Only then can we make better choices about ending the abuse of the environment. The environment is a major determinant of our health. Simple rules like proper

disposal of waste, not throwing things out of the car, use of reusable bags and so on, should be adhered to. Remember we all share the atmosphere and what one person does affects everyone.

Occupational Wellness is the ability to get personal fulfillment from our jobs or chosen career fields while maintaining balance in our lives. It is the desire to contribute meaningfully to our careers to make a positive impact on the organisations we work in and to society as a whole.

God uses our jobs as a tool in His hands to provide for us, groom us, and nurture us on the journey to taking over our mountains of influence. God expects us to be excellent at our jobs and be His ambassador as we carry out our duties. We were made to express God through the works of our hands. Is God been revealed in how you carry out your work? Let people know you are a Christian by how you do your job with excellence before you give them a flier to attend that programme in your church.

In my field, senior colleagues usually treat junior doctors in inhumane ways. Nevertheless, I worked with a senior colleague who was very nice and caring. The manner she did her job was exceptional and with excellence such that she radiated God all over her. I always looked forward to seeing her face and working with her. I was drawn to her that, if I were not a Christian, I would have given my life to Christ. I had to go search for the church she attended. She never spoke to me about God but He was palpable all over her and I was drawn to the God she carried inside her. God's presence in the life of a believer is like a magnet—it attracts.

These areas of wellness can be summarised with the words on the theme of my blog—Love, Learn, Inspire. It is a cycle. When you encounter the love of God, you are transformed in all areas of life to the point of sharing it with others. You are open to learning all you need to learn in order to become the person God has equipped you to be. By *BE-ing*, you inspire others to be whom God has called them to be. Your action causes a ripple effect that changes the world. Shine your light, darling!

Through God's leading, I am on a purpose journey as a vessel of His glory. I am growing every day and becoming more like Christ as I die to my flesh. I am constantly being renewed until I come to the full stature of Christ. The purpose journey is all-encompassing—it is not limited to the surrender of one aspect of life, but a total surrender to the Lordship of Christ.

I hope you begin your journey into purpose. I hope your faith is reignited to begin again on your purpose journey. I hope you let God lead you as you surrender to Him no matter how scary it feels. I hope you do it afraid. I pray for you to encounter the Holy Spirit like you have never known Him. We are the Joel, chapter 2 generation and I hope you enter formation battle-ready for the close of the age as we labour for Christ by bringing in the harvest. I hope you drop your cares and pick up God's light yoke. I hope you live a life of rest. I hope your life is transformed by the Holy Spirit and may you never recover from the experience.

I hope you love. I hope you learn. I hope you inspire.

“Now hope does not disappoint...” **Romans 5:5, NKJV**

CHAPTER 5

Purpose & Comparison

A comparison is an examination of two or more items in order to establish similarities and dissimilarities. Most often in life, we tend to compare ourselves with other people in good or bad situations. If indeed we knew the full picture of the life of the person we are comparing ourselves with, we would never entertain the idea of comparison.

Purpose discovery is so beautiful that it keeps you focused on your own journey and committed to seeing your own garden flourish. You begin to discover that you do not have time to entertain distractions. We often forget that, at the end of our lives, we are going to be judged based on what we were sent to do, not what someone else was tasked with.

Comparison is a thief of joy and happiness. Social media has done/is doing much disservice to this generation in that regard, contributing enormously to mental illnesses. We need to be immovable in our trust in God and believe He has a plan for our lives regardless of our current phase. It is not yet the end of your story because God is the best scriptwriter I know. He has impeccable skills in suspense, comedy, action and even tragedy, weaving all of them into a beautiful tapestry. God can make a beautiful symphony out of every sigh.

There is absolutely no reason to compare a perfect work of art to another perfect one; they are both perfect and standing! Do not compare the beginning of your journey to the end of another person's journey. Comparison robs you of the joys of living life to the fullest with grace and gratitude to God. In fact, it makes one unable to unleash the uniqueness that is embedded within him or her.

It is important to know who you are in Christ and who Christ is in you so that nothing moves you no matter the situation. In God's value system, success is what you have done compared to what you are meant to do; it is not what you have done in comparison with what someone else has done.

Salvation Prayer

If you have not received the Lord Jesus Christ as your Lord and Saviour, then you do not belong to the Kingdom of God and cannot discover or fulfill your purpose. Your purpose is only discovered through the One who created it. I invite you to receive the life of God today.

Speak the words below, believe in your heart, and immediately become a child of God and a member of the household of God:

“Dear God, I recognise that I have not lived my life for You up until now. I have been living for myself. I need You so much and I want You in my life. I acknowledge the finished work of Your Son Jesus Christ in giving His life for me on the cross at Calvary, and I long to receive the forgiveness You have freely made available to me through this sacrifice. Come into my life now, Lord. Take up residence in my heart and be my King, my Lord, and my Saviour. From this day forward, I will no longer be controlled by sin, or the desire to please myself, but I will follow You all the days of my life. My days are in Your hands. Help me to fulfill my purpose. I ask this, in Jesus’ name. Amen.”

I welcome to God’s family if you just said that prayer.

After taking this life-changing decision, I encourage you to:

- Get baptized.
- Spend time with God daily. Develop a daily habit of praying and reading the Bible. Start at your pace and ask God to increase your understanding of the Bible.
- Pray for the in-filling of the Holy Spirit.
- Seek fellowship with other followers of Jesus. Develop a group of believing friends to answer your questions and support you.
- Find a local church where you can worship God.

About the Author

Adepero Ajayi is a medical doctor who graduated from the University of Lagos, Nigeria. She has bagged certifications in Leadership & Management in Healthcare from the University of Washington, and Economics of Healthcare from the University of Pennsylvania. She desires a world where every Nigerian has and enjoys universal health coverage.

She is the founder of Perry's Tots, a blog where she encourages and inspires people. She believes everyone has a unique value to offer the world and has worked to help people see the beauty of God within them, pursue their God-given purpose and fulfill it. Since 2013, her blog has been read over 58,000 times, giving hope to the hopeless and putting smiles on the faces of her readers and viewers. She is also the author of *Love Through My Eyes* and *Almost A Bride*. These books are on Okada books.

When she is not saving lives or writing, Adepero can be found praying, reading, watching YouTube videos, or doing something adventurous.

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KIND WORDS FOR THE PURPLE BOOK

“The Purple Book is an unusual book on purpose; it is not a read once and drop aside. It carries life and I will definitely have to read it again and again.”

— Damilola Olaomo, Medical Doctor.

“The book is easy to read, very inspirational and encouraging. It gives hope to the down-trodden and those seeking the power of the Holy Spirit.”

—Professor O. Orenuga, Honorary Consultant Paediatric Dentist.

“This book is a manual to what alignment with God’s plan is. It revealed purpose is not what you do but who you become. I am certain this book will influence several lives.”

—Mayowa Agbelese, Engineer & Business Analyst

“Adepero has written a remarkable book that will ignite a deep seated hunger for God in you and deepen your relationship with God, as it did mine. It is a simple and clear guide to the workings of God in a man that leads to the discovery and fulfillment of purpose. At the end, you will appreciate the essence of viewing life and situations from God’s perspective.”

—Tom Ekpo, Copyeditor & Proofreader