

Grace. Purpose. Becoming. Impact. Legacy.

THE
DECADE
OF
BECOMING

Becoming the Man God Called Me to Be

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Part II–Boldly Becoming: the Decade (2015-2025) of Grace, Grit, and Divine Providence (the Pearl Jubilee). Marking 10 Transformational Years of My Becoming—a Sacred Odyssey through Academic Pursuits, Faithful Ministry, Clinical Practice and Public Health Service, Leadership Formation and Development, Visionary Living, Purposeful Waiting, and Personal Refinement.
– Mathias Etsey Edor | PhD (DPH-c), MBA, MPH, MPA, MBChB, BSc. | November 30, 2025.

The number **thirty** is more than just an age, or a numeral. It is **an inflection point**. It is a silent yet profound marker of transition. It stands at the **crossroad of youthful exploration, and purposeful establishment**. It is where dreams take form, and wisdom begins to solidify, flourish and to inspire. In numerology, **30** radiates the energy of creativity, expansion, and infinite potential. It is a bridge between boundless possibility, and refined expression. Spiritually, **age 30** has long been the age of leadership and responsibility. It is the moment when figures like **Joseph, David, and Jesus** stepped into their divine purposes. Across cultures, thirty symbolizes the **completion of one cycle**, and the genesis of another. It is a time not just for ambition but for renewal, alignment, wisdom and impact. To turn **30** is to undergo a Great Reorganization. It is a deliberate restructuring of priorities, values, and visions. It is that time when clarity emerges from the past, and when lessons evolve into a gift. **Age thirty** is when the self is no longer just seeking, **but becoming**. It is the age where one does not merely exist but begins to truly lead, create, innovate, transform, inspire, thrive, and flourish.

The number **30** carries with it a profound or unique weight of time. It embodies more than just the passage of time. It symbolizes growth, change and the culmination of one's life lessons. For me, it stands as a significant threshold; a moment to pause and reflect on the journey thus far. As I prepare to embrace this milestone in two weeks time (and on **Monday, December 15, 2025**), I find myself

drawn to the idea of reflecting on a decade. It is the **ten years** from **Dec., 2015** to **Nov., 2025**. This decade coincidentally encompasses my **twenties**, or my **life's third decade**. It has been shaped by countless experiences, triumphs, and challenges; all guided by the gracious, and providential hand of God. This decade has been a testament to God's guidance, boundless love, and divine protection.

This is not a tale of someone who aspires to greatness for its own sake, nor is it a chronicle of quest for recognition and applause. Instead, it is the story of a soul that sought to be truly worthy, and to be a source of light and inspiration for others navigating their paths. It is about the quiet yet resolute fidelity to grow in wisdom, grit, purpose, faith and love. It is also about transforming every struggle into strength, and every triumph into a testament, to the beauty of perseverance, gratitude and love.

As I stand on the cusp of a new chapter, this reflection is not only a tribute to **the decade (my 20s)** behind me. But it is also a tribute to those, who like me, are earnestly seeking meaning, and counsel on their own journeys of becoming. It is a reminder that while we may chart our paths, it is God's providence that ensures we reach our destinations, often far beyond our limited understandings or imaginations. Each step, whether forward or faltering, is part of God's greater, and ultimate design.

More than a decade ago, my journey of higher education began, as I crossed the hallowed threshold of the **University of Ghana (UG)**. I was filled with boundless dreams and an unyielding resolve to succeed. That early step marked the start of an evolutionary chapter in my life. It was defined by ambition, determination, hard work, and an unwavering faith in the path set before me. With each passing year, the pursuit of knowledge became more than an academic endeavor. It truly evolved into a deeply personal and intellectual adventure. The corridors of **UG**, where my medical training

commenced, were more than just spaces for learning. They were arenas of self discovery, resilience and self-mastery. Long hours of studies, demanding clinical rotations, and the relentless pursuit of excellence shaped my medical acumen. It refined my ability to heal, not just with prescriptions but with empathy and critical thought. Every struggle shaped my growth, resilience, and life's purpose.

From enrolling in a **Bachelor of Science in Medical Sciences (BSc. Med. Sci.)** program, which I completed, and graduated by **July 31, 2017**, to earning a **Bachelor of Medicine, and Bachelor of Surgery (MBChB)** on **November 30, 2020**; every step along the way was deeply underscored by God's unfailing love and provision. The financial demands of such an intensive journey could have been insurmountable. But God's grace showed itself through the Student Loan Scheme throughout my undergraduate studies. Also I got helped from the Tertiary Education Scholarship Trust (**TEST** for Ghana) award during the three clinical years. These provisions lifted the weight of the financial burdens. They ensured I could focus on studies, rather than being derailed by monetary challenges.

The road was anything but smooth. It was marked by late nights, long hours of study, and countless sacrifices. It was a journey, or quest that demanded more than just academic excellence. It required emotional resilience, and grit to navigate the pressures, disappointments, and triumphs of medical school. It also needed spiritual grounding to stay anchored through it all. Each challenge tested my resolve. They also deepened my faith and remind me constantly that success is not just measured by the achievements we attain, but also by the growth, and evolution we experience along the way.

Looking back now, I am filled with immense gratitude for those early years at **UG**. Not just for the knowledge gained, or lessons learned and degrees earned, but for the person I'm becoming through

these journeys. Those moments of rigor, or sacrifices and perseverance were not merely hurdles to overcome but building blocks of a foundation that continues to sustain, shape and inspire me today.

Upon graduating from medical school by **November 30, 2020**, I stepped into the world of clinical practice with a mixture of anticipation, humility, and vast resolve. Beginning my career as a **junior medical** (or a **house**) **officer**, I quickly realized that the transition from textbooks to hospital wards, clinics, and theaters was far more than just a change of environment. It was an immersion into the complexities of human existence; where science, empathy, resilience, and compassion intertwined.

Those early days were marked by long hours, steep learning curves, and the constant juggling of clinical responsibilities across various departments. Every patient encounter brought a new lesson. I bore witness to the miracles of healing and recovery. But I also confronted the deep heartache of loss, and the limits of medicine. These experiences solidified my belief that being a clinician is not just about treating signs and symptoms. But it is more about tackling the whole person; body, mind or soul, and spirit. They deepened my resolve to advocate for holistic, and compassionate primary healthcare; or care that treats illness, not losing sight of the individuals and families behind disease.

These clinical rotations took me to hospitals with distinct dynamics, and patient populations. They each offered unique challenges, opportunities, knowledge, and invaluable insights. At the **Akatsi-South District Hospital**, the **St. Paul's Hospital**, and the **Hoggar Clinic, Akatsi**; all in the Akatsi-South Municipal District in the Volta Region of Ghana, I gained firsthand experience in managing healthcare with limited resources. This fostered my creativity, and adaptability in problem-solving. The **Ho Teaching Hospital** introduced me to the profound role of regional care centers in bridging

societal health needs, and advanced clinical interventions. It is a vital nexus of care. At the **Tema General Hospital**, and **Korle-Bu Teaching Hospital**, in Accra; I faced the bustling, high-pressure environments of specialized and tertiary care facilities. I learned through these intense experiences (period) to make critical life saving, ethical and strategic decisions under time-sensitive conditions.

Each rotation was more than an opportunity to refine my clinical acumen and or skills. They were a transformative journey into the depths of human resilience, suffering, and hope. Interacting with patients, and their families allows me to see beyond the diagnoses. It unveiled the stories, emotions, and fears that often accompany illness. These encounters sharpened not just my clinical skills, but also my empathy. It reminds me daily of the immense responsibility, and privilege it is to care for others (sick). I grow not only as a clinician, but also as a compassionate advocate for those in need.

These training experiences have been the building blocks of my career; one dedicated to service, personal growth, and the continual pursuit of a better care for all. They teach me that medicine is not just a profession but also a vocation. It demands equal parts of knowledge, skill and heart. And through it all; in challenges, and triumphs, they reaffirmed my commitment to making a difference, one patient at a time. They instilled in me a deep sense of purpose, resilience, and lifelong learning.

By year **2022**, an insatiable hunger for deeper academic and professional engagement drove me to embark on a bold and ambitious journey. I enrolled in not one, but **three postgraduate or master's degree programs simultaneously**. My pursuits spanned the disciplines of **Public Health (MPH)** at the **University of Ghana (UG)**, a **Public Administration (MPA)** at the **Ghana Institute of Management and Public Administration (GIMPA)**, and a **Business Administration (MBA)** at

Central University (CU), all in **Accra, Ghana**. It was truly an extraordinary challenge. It required relentless focus, meticulous time management, stamina, and unwavering commitment to learning.

This decision was neither impulsive, nor uncalculated. It stemmed from a clear vision of the impact I want to make at the intersections of faith, healthcare, public policy, leadership and management, community service, innovation, and my ministerial work. Each master's program offered a distinct perspective, and skill sets crucial for addressing the multifaceted challenges in healthcare delivery, public health policy, and systems management. I knew that to contribute meaningfully to any field in society, and humanity; I needed not only the clinical expertise I'm already gaining. I also needed the administrative and managerial acumen, and the strategic insights these programs could provide.

Balancing the rigorous demands of three postgraduate (masters) academic disciplines was no small feat. There were countless late nights, multiple assignments, overlapping deadlines, and moments when the weight of it all felt overwhelming. But through every challenge; my faith in God became my anchor. It reminds me that perseverance, and purpose can transform even the most daunting of tasks into a fulfilling journey. **God's grace** carried me through every challenge, trials and triumphs.

A Test of Resilience and My Faith: the Most Intense Moments of My Triple Master's Journey.

Pursuing three advanced master's degrees simultaneously; an **MPH** from the **UG**, an **MPA** from **GIMPA**, and also an **MBA** from **CU, Ghana** was nothing short of an audacious academic mission. Among the many challenges I faced during this ardent period; one of the most daunting was the possibility of exam clashes, particularly between the **MPH** at **UG**, and the **MPA** at **GIMPA**. They both were a **one-year** rigorous programs **running concurrently** in the **2022/2023 academic year**.

From the outset, I had mentally prepared for any potential clashes. My initial plan was to defer any one exam, and take a resit later, if necessary. However, I earnestly prayed against such a scenario, and hoped to complete both program on time, and by **August, 2023**. But as fate would have it, the very thing I dreaded most unfolded before my eyes when the final, or last semester exam timetables were released. Two of the major exam were scheduled for the same day, and time at both institution. Two crucial exam dates; **Fridays, August 11th and 18th 2023** had direct clashes at both institution.

At the School of Public Health (SPH) in the University of Ghana (UG), Legon, Accra, Ghana:

- **PFRH 614 (Public Health Nutrition):** August 11th, 2023, at 6:00 pm (a **2-hour paper**)
- **PFRH 602 (Introduction to Family Health):** August 18th, 2023, at 6:00 pm (**2-hr paper**)

Concurrently too, right at the School of Public Service and Governance (SPSG) at the Ghana Institute of Management and Public Administration (GIMPA) at Achimota, Accra in Ghana:

- **Professional Ethics and Social Responsibility:** August 11th, 2023, at 6:00 PM (**3 hours**)
- **Public Procurement and Project Management:** August 18th 2023, at 6:00 PM (**3 hours**)

With both **UG-SPH** exams scheduled for 6:00 to 8:00 pm and **GIMPA** exams for 6:00 to 9:00 pm, I found myself at a crossroad. The safest path was to defer one exam and later take a resit . But my resolve wouldn't allow me to give in soo easily. Instead, I devised a high-risk strategy. It did require precise execution, enduring grit, creative ingenuity, strategic foresight, resolve, and perseverance.

An Intentional Masterstroke: the Relentless Race against Time or Pressure, and a Providence

I made the bold decision to complete the **UG exams** as quickly as possible, knowing that I could leave the exam hall 15 minutes before the official end time. My goal was to finish in just one hour.

On August 11, I entered the exam hall with a razor-sharp focus. I wrote the Public Health Nutrition paper at record speed, completing it in **less than one hour**. By **7:00 pm**, I submitted my paper and

rushed outside, where a pre-arranged motor rider was waiting to whisk me off to GIMPA. The ride through the evening traffic was intense, but by God's grace, I arrived at GIMPA at approximately **7:10 pm**. Barely catching my breath, I settled into the exam hall, and tackled the **Ethics and Social Responsibility paper**, finishing strong despite the earlier adrenaline rush, and mental exhaustion. And, I replicated the same bold, and calculated strategy on **August 18th, 2023**, executing the plan seamlessly, and with resolve once more. I raced through the **Introduction to Family Health** at **UG** and made it to **GIMPA** in time for the **Public Procurement and Project Management** exams.

The Outcome Realized: a Testament to Determination, Grit, Resilience, Grace, and a Victory.

Despite the anxiety and pressure, I emerged victorious. When the results were published, I was in for a pleasant surprise. I had excelled beyond my own expectations, limitations, and wildest dream.

- **Professional Ethics and Social Responsibility (GIMPA): A+ (>90%)** (Topped my class!)
- **Public Procurement and Project Management (GIMPA): A (>80%)** (Excellent result?)
- **Introduction to Family Health (SPH - UG): B+ (75-79%)** (Very good performance rate?)
- **Public Health Nutrition (SPH - UG): B (70-75%)** (Also, a good academic achievement?)

This experience reaffirmed my belief that with determination, purpose, meticulous planning, and unwavering faith; even the most daunting challenges can be conquered. Looking back, I marvel at how I navigated such a precarious situation. It was terrifying then, and I never wish to be in those shoes again, but the lessons learned, are invaluable. This journey did pushed me beyond my limits; mentally, physically, emotionally, or even spiritually-truly! This moments stand out as some of the defining chapters of my '**Triple Masters Mission.**' They were tests of resilience, faith and courage. They are moments I conquered against all odds, or expectations. They are journeys marked by true sacrifice, providence, and purpose. They're also a quiet, yet powerful testament to personal growth.

The New Challenge: a Defining Moment In My Masters Journey–Surgical Primary vs. MBA.

By **February 29, 2024**, I had successfully completed **two of** the three master's programs; **the MPA** at **GIMPA**, and the **MPH** at **UG**. Both were intensive one-year program. The final stretch of the academic mission was the **MBA** with a **HRM** option at the Central Business School (**CBS**) at the Central University (**CU**) in Accra. It was a two-year program, which was then in its **third semester**. That month presented me with a significant challenge. It was another scheduling conflict between my **Quantitative Methods** (the **Statistics for Business and Economics**) exam, and the **Surgical Primary (exam)** at the West African College of Surgeons in Accra, Ghana. The latter was a critical milestone; one that would determine my eligibility to commence a surgical residency on **July 01, 2024**. With the surgical primary offered only once every year, the stakes were high and irreversible. I had a straightforward option; an exemption from the **Quantitative Methods exam** by presenting transcripts from the **MPA** or **MPH** program, where I've already taken Research Method. However I chose a different path. Instead of bypassing the course, I decided to defer the exams. And I re-sat it at a later date. There was no way I would miss the surgical primary, as that would mean, to wait until **year 2025**. Yet, I also wanted to fully embrace the academic challenge of the **MBA program**. To the **glory of God**, the decisions paid off. I **successfully passed** my surgical primary, and secured a place in the residency program. Victory didn't end there. And later, in the last week of **July, 2024** I re-sat the **Quantitative Methods** exam and earned an impressive **A (>80%)** with determination. This was not just a test of learning. It was a defining moment of faith, grit, resilience, and strategic decision-making. By this stage of my journey and career, I was no longer just enduring the rigor, I was truly embracing it. The challenge became part of the adventure. And every step, though laced with pressure; dedication and prayer reinforced my belief that with God's grace, nothing is really impossible. It was a period of incredible growth or self-discovery. It unfolded like a sacred odyssey.

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This was one of the most beautiful moment in the 'triple master's mission.' It is one that will forever be etched in my reflections of this defining decade of my life. It's a true milestone greatly achieved. By end of year **2024** (and within exactly **24** months from **August 01, 2022** to **July 31, 2024**), I had successfully completed **all 3 postgraduate and master's degree** by God's grace. It is a testament to hard work, grit, time management, courage and God's grace. On my **28th** birthday and on Friday **December 15th 2023**, I proudly **graduated** with a **Master of Public Administration (MPA)** from the Ghana Institute of Management and Public Administration (GIMPA). I specialized in **Strategic Management, Monitoring -Evaluation, Impact Assessment, Professional Ethics, and Human Resource Development (SPSG)**. The following year, on **Saturday, August 10, 2024**, I **graduated** from the University of Ghana (UG) with a **Master of Public Health (MPH)**. Here I specialized in **Population, Family, and Reproductive Health (PFRH)**. Culminating my journey of advanced studies, I **graduated** my final master's degree; a **Master of Business Administration (MBA)** with a specialization in **Human Resource Management (HRM)** on **Thursday, November 21, 2024**, from the Central Business School at the Central Univeristy in Ghana. These journeys were not just about earning qualifications or certification. They were transformative experiences that broadened my perspectives, worldview, life's philosophy. They honed my analytical, and managerial skill and equipped me with the tools and knowledge needed to navigate complex and ever-evolving systems.

These achievements marked significant milestones in my academic and professional journey. They not only symbolized the realization of dreams but also laid the foundation for greater contributions. They're the preparing ground for my aspirations to contribute worthwhile to my faith, public health and humanity. It reaffirmed my belief that with vision, resilience, and divine providence; even the loftiest goals can be accomplished. As I move forward, I carry with me the knowledge, skills, and

experiences gained from this intense period. I now call it; the triennium of enduring grit -year 2022 to 2024; a season marked by resilience and growth. It has prepared me to make meaningful impacts wherever my path leads. The journeys of greater purpose, stewardship and impact have now begun.

While my academic feats continued to pile up, **2024** proved to be a very crucial year. It was the phoenix year and the year of the forge. It was marked by key personal challenges, unexpected turns and moments of providence. Professionally, I settled stably at the Ho Teaching Hospital in Ghana as a **Public Health Physician-Scientist** on and from **December 01, 2023**. This brought a renewed sense of purpose to my early career. It provided a platform to merge my clinical knowledge, clinical expertise, public health acumen, and research proficiency. Over the past 3 prior years, I worked in the health industry across primary health care, social medicine, and public health academia. These allows me to contribute to clinical care, and research with real-world impact. They enable me to address societal, and population health issues in meaningful ways. This role not only solidified my identity as a **Public Health Scholar-Consultant**, but it also clarified my long-term aspirations. It reinforced my commitments to integrating clinical practice with impactful public health initiatives.

Amid this clarity, my admiration for one of the greats in Ghana's surgical field; **Professor Joe Nat Clegg-Lamprey** (a Consultant General Surgeon) took on deeper significance. He is a luminary in the field of surgery and a mentor (coach, advisor) I deeply admire. He practices and lectures at the Korle-Bu Teaching Hospital and the University of Ghana Medical School respectively. Prof. Clegg Lamprey exemplifies excellence, discipline, and an unwavering commitment to both patient care, and academic rigor. His guidance and towering example reignited a long-held dream within me. It was the pursuit of a surgical career. Inspired by his mentorship, advise and guidance over the years,

I took a leap and successfully passed the **surgical primary** at the **West Africa College of Surgeons** on one Friday, February 16th 2024. It was the one feat that brought me just one step closer to joining the ranks of astute surgeons who shape lives with their skill, and compassion. This milestone, once again reaffirmed my passion, or interest for surgery, and it further strengthened my resolve to excel.

With plans set in motion, I looked forward to begin the **surgical residency program** on **July 01, 2024**. My resolve was firm, and my enthusiasm was boundless. The thought of delving into this challenging yet fulfilling specialty filled me with immense joy and determination. However, as the year unfolded, by mid-2024, life began to whisper of another possibility; one I had neither planned for nor anticipated. It was subtle at first, a faint creak of a door beginning to open, hinting at a path that might alter the trajectory I had so meticulously charted. Significant change was on the horizon.

This unexpected shift forced me to pause, and reflect. It was a humbling reminder of how life often reshapes our plans in ways we cannot foresee. While my focus remained steadfast on the pursuit for a surgical excellence, I began to sense that there was more to my life, and journey; a calling I had yet to fully comprehend. In that season of both resolve and uncertainty, I leaned into faith, and trusted that every twist, or turn is part of a grander design. It is a lesson in faith, hope, and surrender.

The **year 2024**, though marked by challenges, became a testament to growth, and the beauty of embracing the unexpected. It reinforced my belief that while we may chart our paths, life's greatest opportunities often come through doors we never anticipated walking through. And that gratitude transforms uncertainties into wisdom. It reminds me that every unplanned step may conceal divine directions, and hidden graces. Embracing uncertainties can become a gateway to new possibilities.

I had a heartfelt, and deeply reflective conversation with one other senior, mentor, and or advisor in Ho; **Prof. Emmanuel S. K. Morhe** (a Consultant Obstetrician Gynaecologist). He practices and lectures at the Ho Teaching Hospital, and the University of Health and Allied Sciences respectively. This chat became **the turning point** in my journey; a moment that would challenge my aspirations, career goals, or reshape my perspectives. Prof. Morhe; a highly esteemed figure in clinical practice, and academic leadership, has been a trusted guide throughout my professional development. His wisdom; borne of years of experience, always resonated deeply. But this one conversation held a significance that would linger far beyond its conclusion. His words sparked a deep shift within me. During our discussions, he recognized the threads that have been consistently woven across my journey; my passion for public health, my extensive academic pursuits over the last two years, and my growing contributions, and interests in academia. While acknowledging my enthusiasm and or aptitude for surgery, he posed some questions that gently, but yet profoundly unsettled me. Had I considered that my long-term aspirations and goals might align more closely with a career in public health and also academic leadership? He spoke not to dissuade me from my surgical dream but to broaden my vision. He encouraged me to reflect on the scope, and scale of the impact I sought to achieve in my lifetime. Could my life's purpose lie beyond the theater in shaping a health system?

At first, I was resistant. Surgery had been a meticulously charted path; one I had poured my energy, time, and heart into. The thought of shifting my focus felt daunting, almost disloyal to the dream I had been pursuing with such intensity. But his words planted a seed of curiosity and reflection. His suggestion carried weight not because it questioned my plans but because it opened the door to a possibility I had not yet considered, or dared explored. Could there be a broader, and perhaps even more impactful way to improve lives beyond the strict confines of the surgical table, and in theater?

Over the weeks that followed, I wrestled with these conversations, and questions. Surgery offered an undeniable sense of fulfillment: the precision, the immediacy of saving lives, the artistry of the surgical practice; but primary healthcare, preventive medicine, social health initiatives, and public health has always been my foundation. They are the lens through which I have come to understand health, and well-being on a population level. I began to see that while surgery impacts individuals profoundly, public health interventions have the power to touch thousands, if not millions, of lives, all at once. And academia, with its potential to shape future generations, amplify knowledge, and drive systemic change; is a field that resonates deeply with my passion for knowledge, mentorship, leadership, or management, and lifelong learning. An important crossroad had emerged before me.

These transformative conversations with **Prof. Morhe** were not just an exchange of ideas. They were the invitation to envision a career that could blend the analytical rigor of public health service, the intellectual challenges of academia, and the relational richness of leadership, management, and community involvement. It prompted me to reimagine my life's purpose, and to see my path not as a departure from surgery but as an expansion of what is possible. These weeks of reflection and redirection became cornerstones in my journey. They shaped the decisions I would now make, the legacy I hoped to build and the impact I sought to make in my profession, career and in my lifetime.

One major decision moment in my journey came by **June 30, 2024**. Then I came across this **Design and Evaluation of Adolescent Health Interventions and Policies in Sub-Saharan Africa (DASH)** Scholarship. This rare or prestigious opportunity promised a fully funded doctoral (PhD) study in **Population, Family and Reproductive Health (PFRH)** at the University of Ghana; a program that perfectly aligned with my passion for advancing public health and to contributing meaningfully to

young people's (persons aged **10 to 24 years**) health in Ghana, and Africa. It was a chance to delve deeply into research and interventions that could transform lives. And the possibility of having the financial burden eased, made it all the more compelling. It did felt like divine alignment in motion.

Fueled by hope, and determination, I poured my energies into preparing for the entrance exams. It was an intense and demanding process. It required not only academic excellence, but also thorough understanding of the program's focus areas. I left no stone unturned. I devoted long hours to studies revised concepts, and refined my knowledge of the adolescent health issues, and also public health methodologies. The effort paid off when the results were announced. I had ranked among the top ten candidates out of the over 100 applicants. It was a moment of triumph; a validation of my hard work, and passion for the field. The invitation to the final interview stage felt like a step closer to achieving my dream. With renewed confidence, I prepared wholeheartedly for the next challenge.

However, fate did have other plans. Despite my preparation, passion, and performance; the coveted scholarship slipped through my fingers. When the rejection letter arrived, it felt like a heavy blow, an almost physical ache that stemmed not just from disappointment, but also from the question of what I could have done differently. The scholarship represented more than financial support. It was a bridge to a future I envisioned with such clarity. Its loss left me feeling as though the new path I am carefully charting was suddenly shrouded in uncertainty. I had to completely rethink my steps.

In the weeks following, I wrestled with feelings of defeat. They are moments of raw vulnerability; a poignant reminder of the unpredictable nature of life's opportunities and challenges. Yet, even in the midst of disappointment, I found myself reflecting on the process that had led me to that point.

The preparation, the drive, the resilience; they were not wasted effort. They are a testament to my capacity to strive for excellence, even in the face of struggle. Failure here, was a lesson in humility.

That rejection, though painful, became a crucible for growth. It forced me to re-evaluate, to adapt, and to seek other alternative pathways to pursue my goals. While the scholarship had slipped away, the dreams it represented burned even brighter within me. It fueled an unwavering determination to make a meaningful impact in primary, and public health service. And as the **year 2024 unfolded**, I would now come to see that setbacks, and failures carry within them equal seeds of opportunities, waiting to be cultivated. They stand as a silent record to life's paradoxical wisdom, and providence.

Simultaneously, another blow to my dreams unfolded. This time, it was with my pursuit of a **Public Health Residency** with the Ghana College of Physicians and Surgeons. Having decided to redirect my path from the planned surgical residency to a future grounded in public health, a field I'm now deeply passionate about, I committed myself this time, faithfully to the **Public Health Residency** Program. Again, the entrance exams was rigorous. It demanded intense preparation, and clarity of thought. But I persevered, and passed. I advanced to the highly competitive interview stage. It felt like a step in the right direction. It was again, a chance to carve out a career, where I could make an impact in primary or public health and systems improvement. I was ready for the next challenge.

However, fate dealt another difficult hand. Despite my efforts, and qualifications, I fell short once again. By the time the results were announced and **August 31, 2024** came to an end, I found myself grappling with yet another rejection. The sting of this setback was deep and sharp, not only because it followed closely on the heels of the earlier scholarship disappointment, but also because it shook

my confidence. I began questioning my abilities, my choices, and even the direction I had thought so clearly. Doubt crept in. It threatened to overshadow my sense of purpose and clarity, completely.

This low points in my journey felt like crossroads, obscured by uncertainties and self-doubts. I had devoted countless hours, resources, immense energy, and unwavering focus to pursuing pathways that now seemed to have been firmly shut. Each rejection felt like a message that perhaps the goals I had set were unattainable. It was an emotional and spiritual trial. I wrestled with several questions about whether I was truly meant for the paths I had chosen, or whether there are lessons in these rejections that I had yet to uncover?. In the midst of this turmoil, I yearned for clarity, and direction.

Yet, even amid the weight of the confusion and disappointments, a quiet voice began to emerge in my heart; a reminder that setbacks often serve as the proving ground for resilience. I leaned heavily on prayers, the support of loved ones, and the wisdom of trusted mentors. These difficult periods forced me to dig deep, not only into the why of my aspirations, but also into the who I am becoming through these challenges. Was my worth tied to these outcomes? and or Was there a deeper purpose being shaped through these waiting period and the uncertainties? Was this a delay or a redirection?

As I navigated this crossroads, one thing became truly clear. The closed doors were not the end of the road but perhaps a redirection. They challenged me to broaden and refine my aspirations. While the clouds of doubts lingered, so did the hope that something greater awaited on the horizon. These moments, though painful, were teaching me that faith, grit, resilience, and perseverance are often forged in life's most uncertain seasons. Setbacks often conceal invitations; calling us to surrender, and to embrace destiny's hidden grace. I trusted the process, knowing every setback held a purpose.

And God's timing is never off, even when life feels overwhelming and uncertain. Just when despair threatened to consume me, an unexpected opportunity surfaced. It was the **2025 MWF program** application on **September 10, 2024**. It felt almost serendipitous that in one of my lowest moments, I stumbled upon the application. I hesitated at first, wrestling with self-doubt, and disappointments born of the two earlier rejections, and setbacks I had faced. And yet, with a glimmer of hope, and a leap of faith, I decided to apply. Little did I know that, this single decision will change everything.

Around the same time, another significant moment unfolded. In **August** of **2024**, I was introduced to one Academic (Dr. DA). He is a Data Scientist, a Statistical Consultant, and a senior lecturer at the University of Health and Allied Sciences, in Ho. He agreed to assist me with some Biostatistics, and Quantitative Analysis (use of SPSS or STATA or data softwares) as I prepared for the entrance exam for the PFRH PhD program and DASH scholarship on **August 17** at the University of Ghana. Initially, our meeting was purely academic; a straightforward consultation aimed at strengthening my preparation for the DASH scholarship or PhD entrance exams at **UG**. However, what began as a professional exchange soon evolved into a connection I could only describe as truly providential.

Dr. DA's insights and mentorship during that brief period of interaction extended well beyond the data analysis (**STATA** and also **SPSS**) I sought his help for. Recognizing my challenges, he offered perspectives, and encouragement that reignited a new sense of possibility for me. Knowing I was based professionally in **Ho** in Ghana, he suggested I consider pursuing my doctoral (**PhD**) program in **Public Health** at **UHAS**. And, he also assured me of a supportive environment, and a committed supervision if I chose that path. His offer, not only opened a door I hadn't considered but also came as a reminder that even in moments of doubts, the unseen hand of God, and providence guides us.

These **twin moments**; my **first meeting** with **Dr. DA** on **August 13, 2024**, and the **2025 MWF application** on **September 10, 2024** sparked renewed sense of directions. They served as evidence that when one door closes, another often opens, sometimes in ways we least expect. In my despair, I had felt stuck, and questioning whether my path had truly come to a halt. But these opportunities remind me that sometimes, delays and or detours often pave the way to breakthroughs that are far greater than we could have imagined. They showed me that purpose unfolds in unexpected ways.

With newfound clarity, I saw that the disappointments had not been wasted at all. They were the preparations for opportunities I might not have pursued otherwise, and for connections I might not have made. God's timing, once again, proved perfect, directing circumstances in ways I could not have foreseen. And as I stepped into these new opportunities, I began to perceive how even the most challenging seasons could serve as essential stepping stones to something profoundly greater.

Though my heart was firmly set on the University of Ghana in Legon, fueled by dreams tied to the PhD DASH Scholarship, Dr. DA's counsel did leave an indelible mark. His suggestion to consider the University of Health and Allied Sciences, Ho, as a viable alternative deeply resonated with me in unexpected ways. Initially, I struggled with the idea, feeling as though applying elsewhere meant conceding to circumstances that hadn't aligned with my original plans. Yet, his words did plant a seed of introspection; a gentle nudge to embrace humility, and remain open to the possibilities of divine providence. Slowly, I now begun to see **UHAS** not as a compromise, but as the new window.

This was an important lesson for me. I had always been deeply driven, focused, and intentional in charting my life's path. However, Dr. DA's wise counsel served as a powerful reminder that while

resolve is invaluable, blind certainty can sometimes limit one's potential. And, it is in the moments of doubts and discomfort, when we loosen our grip on rigid expectations, that we create spaces for extraordinary possibilities to unfold. Letting go wasn't giving up, but meant trusting in the journey.

Acting on this newfound openness, I decided to apply to UHAS as a backup option. The act of doing so was a quiet surrender, a way of acknowledging that perhaps, the journey I envisioned for myself might not be the exact one God may intend for me. In hindsight, this decision was not a compromise but rather an act of faith. It was a step that affirmed my belief in God to align my life's purpose with opportunities I might have otherwise overlooked. It was a bold leap of trust and faith.

The big day came on Thursday, **October 24, 2024**, when I sat for yet another entrance exams, and a subsequent interview at University of Health and Allied Health Sciences, Hohoe campus, Ghana. Though I carried the weight of uncertainty into the exams hall on that day, I resolved to give it my absolute best. The day was an emotional one, marked by moments of prayer, and deep reflections. I knew that, regardless of the outcome, I was exactly where God wanted me to be. And I trusted in His providence. With each answer, I felt a quiet assurance of walking forward in unwavering faith.

To God's glory, the result surpassed all my expectations. Not only did I gain the admission into the Public Health program, but I also emerged as the top candidate. It was a validation of the journey that had brought me to this point, and the effort I had poured into every stage of the processes. This outcome was more than just an academic milestone. It is a testimony to the power of resilience, faith, and also an openness to God's timing. I learn that God's providence often transforms human limitations into possibilities. This reminds us that life unfolds through surrender, and perseverance.

Looking back, I realized that the setbacks, and uncertainties I had faced earlier, and by end of year **2024** were not detours, but part of a larger narrative. They had taught me to embrace humility, seek counsel, and trust the unfolding process. The experience at **UHAS** reaffirmed that when we let go of preconceived notions, and trust in God's providence, we open ourselves to outcomes that exceed our expectations. It became clear that what felt like a **plan B** to me is, in reality, **God's plan A** all along. This experiences constantly remind me that God's plans are always greater than ours (mine). The **2025 MWF** application process became an extraordinary story of perseverance and grace. By **Sept. 10, 2024**, I submitted my application, eager to be part of the renowned program. However, an unexpected challenge arose when my registered UG email (that I used for the application) was deactivated by the end of year 2024. This resulted in missed communication from the program. As the months passed, I assumed that I had been excluded from the fellowship. Unbeknownst to me, an email had been sent to those selected for the next stage (interview) in **December, 2024**, but due to the deactivation of my old student email, I never received it. However, on **Mon. Jan. 13, 2025**, I received a life-changing call from the U.S Embassy in Accra, Ghana. They delivered the news that will redefine my life's journey. Despite the administrative hiccups, they graciously offered me the opportunity to update my email address, and proceed to the final interview stage. This unexpected new turn of events reignited my hopes. I subsequently attended the interview on Tuesday, **January, 28, 2025**. And by **March 31, 2025**, I received yet another phone call. It was on Wednesday, **March, 19, 2025** as the email issue was not properly updated and addressed earlier. Again, this caused me to miss the initial email communication about my selection for the fellowship the **previous week**. I was thrilled to learn that, I had been selected to participate in the **prestigious, fully funded 2025 MWF**. This fellowship becomes a platform for me to expand my leadership skills and public health initiatives. I engaged in global networking, and refined my life's vision for community leadership.

In **April 2025**, I engaged in a series of online modules and sessions as part of the preparatory phase for the **MWF**. These virtual sessions covered a wide range of topics (or subjects), including the core components and policies of the Fellowship, key aspects of U.S. culture, strategies for effective networking with Americans, and also the concepts of leading from one's strengths. These modules were both insightful, and grounding. They equipped me with a broader perspective, and the cultural awareness that would later enrich my experience in AZ, USA. It laid the foundation for the cross-cultural exchange that lay ahead, and helped me approach the journey with clarity, readiness, vigor, and humility. Each session, and module deepened my self-awareness, vision, and sense of purpose.

The momentum continued into **May 2025**, when I joined 30 other selected fellows from Ghana for an in-person pre-departure orientation. This gathering was not only logistical but deeply inspiring. We met with some U.S. embassy officials, and experienced consultants, leaders, and a number of remarkable past fellows whose stories offered guidance and encouragement. Being in the company of such purpose-driven peers and young Ghanaians, making significant impact in business, civic engagement, and in public management, is truly humbling. Together, these 2 phases of preparation deepened my sense of purpose, and expanded my network. It always reminds me that; I am part of a broader movement of young African leaders committed to transformation at both local and global levels. We shared stories, dreams, aspirations and visions that ignited hope and lasting connections.

Wings of a Dream: My First Time Flying, and an Inspiring Faith-Filled Journey of a Lifetime

June 2025 will remain etched in my heart as one of the most defining chapters of my life. It was in this month that fate carried me across oceans both physically and spiritually. It was in that month that I journeyed to the **U.S** for the **2025 MWF**. What began as a travel itinerary soon unfolded into

a deeply transformative experience. The Fellowship broadened my vision, refined my leadership philosophy, expanded my worldview, and marked a monumental turning point in my life's journey.

This was no ordinary journey. It was my very first time boarding a plane, or jet. As the KLM Royal Dutch flight lifted off from Accra, Ghana; I found myself suspended between the familiar, and the unknown; between a humble past and a promising future. My heart pounded not just from the thrill of flight, but from the realization that I was embarking on a path that would shape me for years to come. In those moments, the sky did become my canvas. Vast, uncharted and divine, the skies, like a master artist, began to paint bold strokes of purpose and becoming across the horizon of my soul.

The first leg of that trip took me to **Amsterdam**, in the **Netherlands**. It was a brief but breathtaking transit through a land I had only read about in books. From Amsterdam, I boarded a second flight to **Minneapolis, Minnesota**, where I first set foot on American soil. The cool air, the sprawling airports, the sea of cultures, and languages, all felt surreal. From Minneapolis, I boarded the third flight, which finally brought me to **Arizona**, the state where my **six-week** fellowship would unfold.

I was placed in the **Leadership in Public Management track** at the **Arizona State University's Downtown Phoenix campus**. From the moment I arrived, I was immersed in an environment of transformative learning, global perspectives, and also meaningful cross-cultural engagements. The Fellowship was not just an academic program. It was a crucible of inspiration, and enlightenment.

I sat in rooms with changemakers from across the African continent. All of us burned with purpose, vision, and hope, each a unique thread woven into a single, and vibrant tapestry of enduring impact.

Through lectures, community service, leadership development sessions, and site visits, I engaged with influential leaders across governments, nonprofit and private sectors. Their journeys (stories),

challenges, and strategies enriched my understanding of governance, and public management in ways that no textbook ever could. I was reminded, again and again, that leadership is not just in a position. It is a responsibility, a daily discipline, a calling, and most importantly, a sacrifice of self.

The Fellowship gave me tools; yes, frameworks, strategies and insights. But more than that it gave me clarity. It reaffirmed my resolve to empower others. It also did equipped me with networks that transcend borders. I now carry within me not just the knowledge of what good leadership entails, but the conviction to live it out. Whether in policy advocacy, public health, in faith, and mentoring others, I know that my life's purpose, and works must echo far beyond my time, and or generation.

Looking back, I can say with courage, and the conviction that **the 2025 MWF** has been a powerful and transformative springboard. It is one that has launched me into a higher dimension of personal, professional, and spiritual growth. It has refined my leadership philosophy, and also reinforced my unwavering dedication to Ghana, to Africa, and to the wider world. One of the most enduring and humbling lessons I took from this lifetime experience is this: that true leadership is not about rising above others, but about descending deep into purpose, where one's life becomes a seed, sown into the soil of humanity. It is the growth of hope, faith, justice, wisdom, and change across generations.

The return journey carried its own quiet poetry. From Arizona state, I flew to **New York City**. The bustling city of dreams, where the skyline whispered timeless stories of resilience and reinventions.

Then, I boarded my final flight back to Accra, Ghana. The very moment the wheels touched down, I felt different, not because of the past, and where I have been, but because of who I am becoming.

These flights were far more than modes of transport. They were profound metaphors of my growth, and transformations. From the nervous excitement of the very first takeoff to the steady and quiet

confidence of my triumphant return, I had crossed not just geographical borders, but also personal thresholds. I would relive these moments again and again, not because of their novelty, but because of their deep meaning. They remind me that growth often begins when we dare to leave the ground.

I'm grateful for this opportunity. To the **U.S.** Department of State, thank you for this life-changing opportunity. And to the dedicated **IREX team**, your work behind the scenes turned this vision into reality. To the **YALI**, and to the tireless **organizers** of the **2025 MWF**, thank you for building a platform where young African leaders are not just seen, but empowered. To the memory of **Nelson Mandela**, whose life, and legacy are the foundation upon which this fellowship stands, I offer my deepest respect, and gratitude. And to the **former U.S.A President Barack Obama**, whose vision gave birth to this initiative; may God richly bless you. Your belief in the potential of young African leaders is bearing fruit in every corner of Ghana, the African continent, and on humanity at large.

I return from this journey with more than memories. I return with a renewed sense of purpose. As I look at the challenges facing my community, and Ghana; challenges of governance, public health, youth development, social inequality, leadership failure; I'm not overwhelmed. I'm equipped. I'm ready. And I am not alone. The Fellowship has connected me with a powerful network of change agents who, like me, are committed to building the Ghana, Africa, and the world we all dream of. In the words of Nelson Mandela, "*It always seems impossible until it is done.*" And I'm living proof of that enduring truth. What once seemed out of reach is now an integral part of my evolving story. And I know this is only the beginning. The seeds have been planted, the soil is being watered with perseverance, and the seeds of purpose are deepening. The journey continues, slow, and yet sacred. The coming decade holds the promise of deeper impact, influence, and a legacy shaped by faith, service, gratitude, wisdom, hope, courage, compassion, and an unwavering devotion to humanity.

Reflections on the Decade of Growth, God’s Grace, Grit, Gratitude, Faith, and the Becoming.

As I stand at the threshold of a new chapter, my **30th** birthday (on Monday, **15th December, 2025**), I can’t help but look back over the past decade with a deep sense of gratitude, and awe. This period has been marked by relentless growth and evolution. I’ve grown immensely; personally, spiritually, academically, and professionally. It’s been by purpose, grace, faith, and a desire to make an impact.

The Journey of Purpose and Service, Shaped by Faith, Rooted in Love, Crowned with Impact

Over the last ten years, I have learned that true fulfillment comes not from self-advancement alone, but from the capacity to uplift others. Serving as the President of the Mathias Edor Ministries Int’l, and also the **Founder** and **CEO** of the **Young and Influential Group, Africa** has been one of the most rewarding parts of my journey. Watching the ministry flourish, and seeing lives transformed through the power of faith has renewed my hope in life’s purpose and call to serve others. This has been mirrored in my new role as a Youth Pastor at the Fruitful Hill Church, in Ho, Ghana. Here, is a family where I teach, mentor, and guide young people in God’s word. I do these striving to guide others, and future leaders who will carry the message of Christ, with love, faith, hope, and integrity. I’ve had the privilege of sharing my journey, experiences, lessons, and wisdom through seminars, outreaches, conferences, and my books. These platforms have become a voice of encouragement, spiritual guidance, and practical advice for many. Every message, book, article, and or post reflects my personal experiences, insights, and life’s journey. My works are a blend of personal journeys, lessons, wisdom gained, convictions and reflections on faith. I share it to help others navigate life’s challenges, and opportunities with purpose. **Words**, when birthed from authentic experiences, and divine truths, carry timeless power to heal, inspire, awaken, and transform lives. **To write**, and to document is to preserve the moments, to sanctify memory and extend hope beyond one’s existence.

Balancing Faith and Profession, Anchoring Convictions with Callings, Integrity with Impact.

Balancing my roles as mentor and mentee, coach, author and youth pastor, and a dedicated medical professional has been both truly challenging, and deeply fulfilling. As a **Public Health Physician-Scientist, Scholar-Practitioner and Community Youth Leader**; I am addressing pressing health, or social issues affecting rural or underserved communities. For the past 5 years, I've been building a career in clinical practice. My life's works have been advocating for better healthcare access for marginalized populations. I also address the socio-economic, cultural, and spiritual determinants that shape health outcomes. True leadership is measured not by position but by service, in sacrifice, and in uplifting lives toward wholeness. A service-driven approach has shaped my perspective on what it truly means to make a big difference. It compels me to pursue every program, project and initiative with a focus on the greater good. Along the way, I have grown in resolve, conviction, and determination. This journey continues to inspire me to lead by example, and encourage others to do same. In all things, my ultimate pursuit is impact; firmly anchored in faith, service, and purpose. I am currently pursuing a *Doctor of Philosophy in Public Health (DPH)* with a specialization in *Family and Reproductive Health* at the University of Health and Allied Sciences, in Ghana. This academic journey has deepened my understanding of the vital intersections between public health, clinical care, and public policy. My research specifically explores, and examines **the Reproductive Health Consequences of Intergenerational Sexual Partnerships**, a subject that carries profound implications for a vulnerable group (girls, young women), and the health system alike. Knowledge, when pursued with purpose, becomes wisdom that transform societies, and safeguards generations. This academic venture has not only enhanced my professional skillsets. It has also empowered me to use my platform in more meaningful ways. I now advocate for a lasting cultural change informed by research, clinical expertise, and also a firm commitment to service, compassion, and to integrity.

Spiritual Growth, Leadership Development, Professional Excellence or Personal Refinement

Through it all my spiritual growth (in Christ) has been the bedrock upon which everything else has been built. The experience of leading a youth ministry, and mentoring young people, coupled with the setbacks I face have constantly challenged me to trust in God's providence and also His leading. My unwavering faith in God has allowed me to persevere through obstacles, and see opportunities where others might have seen setbacks. Every step forward has been a reflection of the growth not just in my professional skills, but also in my walk of faith, and with God. In every season, I have learned that strength, and impact come from surrender, obedience, and walking closely with God.

Looking Forward with Faith, Purpose, and Grace Towards Greater Service, and Leadership.

As I reflect on the past decade, I stand in awe of what has been accomplished. But more so of the growth, and transformation that continue to shape *who I am becoming*. The true rhythm of life is measured in decades, where growth deepens, wisdom blossoms, and purpose matures. The journey is far from over, and I am excited about the future. With every lesson learned, I remain committed to lifelong service. This commitment extends to further scholarship, ministering physically, and spiritually to others need, and advocating for public healthcare, community well-being, and holistic empowerment. The *past decade* has laid a strong foundation for the years, and *decade* ahead, from *2026 onward*. As I enter *my 30's*, should Christ tarry, and God grant me life, I step forward with expectancy. As I continue to strive for greater excellence in both my spiritual and professional life, I look forward to leading with humility, empowering others, and fostering change wherever I go. With gratitude for this past decade, and of my *20's*, I embrace tomorrow's unfolding with renewed faith, enduring hope, and transcendent purpose. The next chapter in this lifelong journey promises to be one of even greater purpose, service, and growth. With faith, and God's grace as my anchor, I embrace the future with hope, confidence, and determination, ready to live fully, and to die empty.

Lessons from a Decade of God’s Grace, Faith, Refining Purpose or Inspiring Lifelong Impact

As I reflect on this past decade of my life, I have come to realize that the challenges, the triumphs, and the transformative experiences I’ve encountered have taught me invaluable life lessons. These lessons have shaped the person I am today and continue to guide my journey forward. Here are **10** lessons that have stood out over this last decade. They continue to shape my growth, purpose, and future aspirations in both personal and professional life, and remind me of what true fulfillment is.

1. **Purpose Over Popularity:** In a world that often prioritizes fame, I have learned that true value lies not in being well-known, but in being worth knowing, truly. Pursue a purpose that serves others. Do not seek mere approval, but pursue one that fulfills you. The lasting impact of your work and the authentic relationships you build will outshine the ephemeral quest for popularity. Stay focused on your life’s purpose, and everything else will align, even in the face of doubts.
2. **The Detour May be the Destination:** I’ve come to understand that sometimes life’s “detours” are the paths to our greatest opportunities. Initially, setbacks like the 2025 MWF application (or email) miscommunication seemed like failures, but they became the unexpected blessings. Life has a way of directing us towards destinations we could never have predicted. And those detours often hold the best gifts. They can teach us valuable lessons, or wisdom along the way.
3. **Faith Underpins Success:** There were times of intense despair, when the odds seemed stacked against me. In those moments, faith in God’s plan sustained me. I have learned that true success does not come from sheer willpower alone. It comes from trusting in God’s providence. There’s peace in knowing that God has a plan, even when the path is not clear. The strength to persevere comes from this unwavering belief. Trusting in God’s timing brings comfort, clarity, and peace.
4. **Mentorship Matters:** The people we choose to surround ourselves with play an important role in our progress. I’ve discovered the tremendous value of having mentors and their wise counsel

by my side. Whether in the faith or leadership, social service, clinical and public health practice or academia; their insights have guided me through crucial decisions. They encourage me when I falter, and provide perspectives I would not have seen on my own. The wisdom of others can open doors or insight you may not even know exist. Listening carefully can reveal a possibility.

5. **Resilience is Key:** Failure is never the end. It is often the first step towards something greater. Every setback or failure, no matter how discouraging, is an opportunity for growth, or learning. Resilience has become one of my guiding principles. Whenever I am faced with an obstacle, rather than ask or say *Why me?* I've learned to ask, *'What can I learn from this?'* The key is bouncing back stronger each time. Resilience is built overtime. It shapes character and purpose. Faith and hope empower us to transcend short-term losses, and rather envision a bright future.
6. **Consistency Over Convenience:** In the hustle to achieve our goals, we often seek shortcuts, quick fixes, and or immediate gratification. Over the years, I have discovered that *consistency* is far more powerful than any convenience. Whether in my academic journey, clinical practice, ministry and or christian walk of faith, or any public health efforts; small, steady actions, done with integrity and patience leads to long, and lasting success. Excellence is built over time, not in bursts. Consistency, and dedication pave the way for meaningful, and transformative impact.
7. **Service Elevates You:** When you put others' needs before your own, and serve selflessly, the rewards go far beyond any external recognition. My journey in leaderships, from pastoring and leading at the *Fruitful Hill Church, Ghana (FHC)*, *Young and Influential Group, Africa (YIG)*, the *Mathias Edor Ministries, Int'l (MEM)* to mentoring and teaching young people; has taught me that stewardship has a way of elevating you in ways that go beyond professional accolades. People remember how you made them feel, and how you helped them. That is the true currency of impact. *Isn't it through love, hope, compassion and kindness that we truly change the world?*

8. **Embrace Continuous Learning:** No matter how old, or accomplished you are, there is always something new to learn. The decision to pursue a *PhD in Public Health* while also advancing in my clinical career has reinforced the importance of lifelong learning. The more knowledge I acquire, the more I realize how much there still is to learn or discover. This drive for continual personal growth keeps me humble, hungry, and evolving. The pursuit of wisdom is a life-long journey without end. It shapes who I am. For in the vast ocean of knowledge, all answers only open the door to more questions. It reminds me that true learning, and wisdom is a way of life. No matter your stage, field, or circumstance; cultivate curiosity, growth, and lifelong learning.
9. **Boundaries Preserve Well-being:** For much of this past decade, I have thrown myself loyally into my life's purpose and works, at times to the detriment of my physical and emotional health. I've since learnt that setting healthy boundaries is fully essential for preserving long term well-being. Being able to say "no" when necessary and knowing when to take a step back, and make time for self-care have allowed me to serve better, and sustain my efforts without burning out. Yet, one must remain surrounded by noble souls who sharpen, anchor, and elevate life, holding you accountable to godly values, nurture your growth, and draw forth your highest potentials.
10. **True legacy is About Lasting Impact, Not Only Recognition:** Legacy is often seen through the lens of recognition, or accolades. But true legacy is not about how many people know your name. It is about the lives you touch and the change you inspire. As I reflect on my contribution to my community and ministry, clinical practice, and public health service, and research efforts, I recognize that my legacy is not in titles, or the achievements. I see my true legacy in the lives I am touching. What matters most is the impact on young people or livelihoods in Torve, Ghana and beyond, not only the applause or titles attached. Focus on making a difference, and a lasting impact will follow, one that reaches hearts, shapes lives, and transform generations across time.

The Legacies of Light: Ten Enduring Pillars of Wisdom, and Impact for Future Generations.

In the grand tapestry of life, true success is not measured by titles or accolades. It is tested by the depth of one's influence, and the seeds of transformation sown in others. As I stand at the threshold of a new and fourth decade, I reflect not just on personal achievements but also on the impact I am nurturing. It is a legacy intended to inspire, empower, uplift, or to guide those who come after me.

These ten pillars are not just milestones but some principles. They are shaping my journey. They're testaments to resilience, service, and unwavering faith. To any young person coming up, may these insights serve as guide, or wisdom. May they clarify your path towards purpose, perseverance, and profound impact. Here are some ten wisdom nuggets that embody the impact I'm building. I aspire to build and leave a legacy that inspires and builds others, while also shaping my future with intent.

1. *The Pursuit of Knowledge as a Sacred Duty:* From medical school to public health, public and business administration and also in leadership, I am making learning a lifelong pursuit. My journey through multiple academic disciplines has not been a pursuit of titles. But they have been a resolute attempt to get knowledge, wisdom, truth, understanding, and pursue purpose. It transforms my life beyond measure and help me serve in my roles better. For knowledge, when consecrated to service, becomes not merely power, but a light. It illuminates our path, heals society, and brings us growth.

2. *Healing Beyond the Body:* Medicine is not merely about treating ailments but about restoring dignity to the sick. Through my public service as a clinician, I am weaving empathy into healing. I recognize also that care extends far beyond prescriptions to the soul, mind and spirit of the patient. For in every act of healing lies a sacred reminder; that to touch a life is to honor the image of God.

3. *Public Health as Tool for Justice:* I am dedicating my life's work to bridge some gaps between the healthcare system, and underserved populations. My work in public health is a testament to the

belief that access to quality healthcare is not a privilege but a right, essential for dignity, and equity. For in safeguarding the health of the vulnerable, we safeguard the justice, and humanity of us all.

4. *The Art of Resilience in the face of Setbacks:* Every closed door and from scholarship rejections to a career detour, have been a novel invitation to reinvent my paths. I am turning my failures into stepping stones. My life is prove that it is by **God's grace**, and not talent alone, that fate is defined. For it is in the trials that true character emerges. And it is in the detour that bigger doors are opened.

5. *Leadership as Service and not Status:* Through the Mathias Edor Ministry, also the Young and Influential Group, and now my pastoral work at Fruitful Hill Church, I'm living by example. I am demonstrating that true leadership is measured by the lives we uplift. For in serving others, leaders do not diminish. They multiply influence and leave behind lives forever impacted and transformed.

6. *Mentorship as an Eternal Ripple:* I am not only seeking knowledge and or guidance from great mentors. But I've become a mentor too. In this role, I guide young minds to dream bigger, to strive harder or believe in possibilities past their immediate reality. This fosters their growth and strength.

7. *Faith as the Unshakable Foundation:* At the core of my life's journey has been my deep faith, and hope in God's plan and purpose. It is one that has anchored me through life's storms, redefined my failures. It has allowed me to trust in God's timing above my own understanding. For it is faith in God's word that turn uncertainty into courage, trials into testimonies, and one's life into a gift.

8. *The Written Word as a Legacy of Thought:* Through God's word, books, social media, and also public engagements, I am sharing insights that transcend my own existence. My experiences now serve as guiding lights for those who will walk this path after me. It is my prayer others are inspired. For words, once sown, outlive the writer. They echo through time, as seeds of wisdom and of light.

9. *A Life Balanced between Science and the Spirit:* In a world that often divides logic from our faith, I'm harmonizing both. I'm exceling in the rigor of clinical work while nurturing my spiritual

life and growth. This duality is my strength. And I pass it on to those who seek grace, and wisdom in both realms. True wisdom embraces both the seen and unseen realities of life. For when science informs the mind and or the spirit enlightens the soul, life itself becomes a testimony of wholeness.

10. Live for Impact and or not just Applause: My legacy will not be measured by the accolades I receive but by the lives I touch. I strive not to be remembered for what I have achieved, but for the inspiration I'm planting in others. It is the courage to dream, the strength to persist and the faith to believe in something greater. In the end, true success lies in the transformation we spark in others. This is the foundation upon which I build my future, the torch I pass to those who follow, and the mark I leave on others. For in every step (or stride) I take or make, I seek to honor a purpose greater than myself; a life that will echo through time, impact lives, or empower others, and inspire change.

Final Thoughts: a Sacred Journey of God's Grace, Faith, Hope, Resilience, Grit, Service, and Becoming: Where Trials Refines, Triumphs Inspires, Purpose Unfolds, and Impact Resounds

The journey of this past decade has been filled with challenges, triumphs, and the lessons that are shaping who I am today. While these lessons reflect some of the core values that guide me, they also act as reminders for the journeys ahead. Between 2015 and 2025, every season carried its own chiseling work. Some moments have tested my resolve, deepened my convictions, and expand my vision for life and or service. Through it all, I am learning that growth requires patience, endurance, and faith. I carry with me the knowledge and wisdom that come from faith, hope, consistency, grit and a heart for service. These will continue to anchor me as I grow or move forward into the future.

I share this story not simply as a personal chronicle of milestones reached or challenges overcome but as a testimony. It is living proof that greatness lies within us all. Our potential is often untapped.

It is waiting for the right combination of faith, persistence, opportunities and purpose. If you are currently striving to reach your full potential and grappling with an obstacle along the way, I want you to know that it is entirely possible. The path to a great life is not always linear. And it certainly is not easy. But with determination, faith, hope and resilience, you can achieve more than you ever imagined. With God, all things are possible for those who believe. Trust in the journey, and process.

The key lies in doing your best part. Step by step, make conscious, and consistent efforts to grow. Whether in knowledge, character, service; be consistent, and flourish. Trust and have faith in God's plan to perfect His will. There may be moments when you feel stuck, and unsure. But believe that everything happens according to God's timing and or purposes. Trust that God will guide you, and reveal opportunities when the time is right. What may seem like setbacks could very well be crucial seasons. They shape you into someone capable of handling the success or the victory that lie ahead.

As you pursue your goals and aspirations, do not rely solely on your own strength or understanding. But lean on God's word and on His promises, plans and purposes. Also draw the support, guidance, and the wisdom of trusted mentors. It is too easy to feel isolated, as though the road is yours alone. But let me assure you, you are never alone on these journeys. We are all deeply connected through our struggles, our dreams and our triumphs. Community is a vital support system that enriches our experiences and propels us forward. Your journey is strengthened by faith, resolve and community.

If you ever find yourself needing guidance, counsel, advice, or encouragement, I want you to know that my doors, and all channels are always open. Whether it's a quick word of advice or an in-depth conversation, I am more than happy to connect through my emails @ mathiasedor@gmail.com

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You can also reach me via any of my Social Media Platforms, Profiles, Pages @ Mathias Edor

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<https://facebook.com/mathiasedorministries/> | @ facebook.com/youngandinfluentialgroup/

<https://www.facebook.com/fruitfulhillchurch/> | Personal or MEM Youtube Video Channel @

<https://www.youtube.com/@mathiasedor/> | @ <https://youtube.com/@mathiasedorministries/>

My Instagram Profile @ <https://www.instagram.com/mathias.edor/> | My LinkedIn Profiles

@ <https://www.linkedin.com/in/mathiasedor> | <https://linkedin.com/company/mathiasedor/> |

<https://linkedin.com/company/young-influential-group/> | My X (formerly Twitter) Account

@ <https://x.com/mathiasedor/> | Mathias Edor Ministries, Int'l and the YIG Africa WhatsApp

Public Link, Channels @ <https://www.whatsapp.com/channel/0029Vat9PsPE50UaguFnXi1u>

| <https://whatsapp.com/channel/0029VbA27e6GehENIZwRy20y> | Telegram Channel, Group

@ <https://t.me/mathiasedor> | My Tiktok Profile @ <https://www.tiktok.com/@mathias.edor>

| My Threads Profile @ <https://www.threads.com/@mathias.edor> | the Official Mathias Edor

Ministries Int'l (MEM) Website @ <https://www.mathiasedor.org/> | ResearchGate Profile @

<http://researchgate.net/profile/mathias-edor> | Personal WhatsApp Number, Link Account @

<https://api.whatsapp.com/send?phone=0545070984> | MEM Int'l and YIG Africa WhatsApp

Chat Room, Group, Platform, Page <https://chat.whatsapp.com/JarzXj62PdXHxloHrgCaze> |

<https://chat.whatsapp.com/JyA87lKMZ49D59CFZhqJbu> | Happy to connect on my platforms!

We can also plan an in-person meeting whenever circumstances allow. And, I look forward to it.

Excited for the journey ahead. Great things are coming soon. And let us make every moment count.

Again, you can simply reach me via my Official or Online Portfolios, and Personal Websites @

<https://allmylinks.com/mathiasedor/> | www.mathiasedor.org | <https://linktr.ee/mathiasedor/>

You can reach me by a phone call on Tuesday, Wednesday, and Thursday afternoons between 2:00 pm and 5:00 pm. If I'm unavailable, please leave a text or WhatsApp message. And I'll respond or call within 2 working days. Your patience, understanding, cooperation, or support is appreciated. You can also follow me on my official social media platforms. There, I share content designed to support your personal, professional, and spiritual growth. These will help you live a purpose-driven life, just as I strive to do. Please note that these are my only official accounts. I do not use any other links or platforms beyond these. *Again, I will never send anyone a friend request, and I will never message anyone requesting money, or solicit funds in any way.* Stay vigilant and avoid falling victim to fraud. Always be cautious, protect your personal information, and prioritize your security. Every individual holds within them the power to make a profound impact. And I believe that the greatness within each of us, is waiting for the right moments to unfold. Wherever you stand today, take that first step toward the possibilities you envision. Keep pressing forward, and trust in God's perfect timing. And always remember that, these journeys are never taken alone. Together, we can achieve more than we could ever imagine. Your story is being written, and unfolding; keep going.

As I stand at the threshold of *a new decade* and or *my 30th birthday*, I am reflecting on the journey of my *20s*: the trials, and the triumphs, and the profound revelations! I see not just the passage of time but the careful sculpting of my life's purpose. This *past decade (2015 to 2025)* has been more than a period of immense growth. It has been the crucible in which my faith is fortified, my vision refined, and my spirit prepared for the paths ahead. Every challenge was a chisel. They have shaped me into the vessel God intends me to be. And for that I am truly grateful. In particular, the triennium from *2022 to 2024* stands as *the defining chapter*. It was *a stretch* that tested both my endurance, and devotion. It demanded that I lean not on my own strength, but wholly on faith and God's grace.

The years behind me were not incidental. They were planned, and blessed moments of preparation. Whispers of fate were and is shaping me for what is to come. And now, with unwavering hope and faith in Christ, the Author of my life, I stand assured. I embrace the unfolding of His ultimate plan.

The years ahead will not simply be about fulfilling a calling. *It will be about embodying it.* I step boldly into the healing ministry He has prepared for me. I will walk in the fullness of His purpose, with courage and conviction. It is a sacred unfolding and divine appointment I'm destined to meet. With God as my compass, and His promise as my anchor, I move forward with faith. I know that the greatness He has set before me, is not just a distant dream, but a reality waiting to be claimed.

With a heart fully surrendered, and my eyes fixed on Christ, I declare that my life belongs to God's purpose alone. I lay down every ambition and entrust my future and life to His divine will. I choose faithfulness over fame, obedience over outcomes, and knowing Christ (God) over worldly success.

May His voice be heard through me, His love shown through my actions, His light reflected in my decisions, His wisdom guide me, and His glory revealed in every step I take. I will go where He leads, serve where He calls, wait patiently when He delays, and trust even when the path is unclear.

I declare: The gates of nations shall open, not for my sake, but for the sake God's glory, and His eternal purposes. Let Christ be magnified in, and through me. May His perfect will find expression in my life. Let every work of my hands advance His kingdom, bring light, hope, faith, and renewal. And may His name echo boldly through every platform He entrust to me. Now and forever...*Amen.*

This document, publication, or write-up was written, edited, compiled, curated and or designed by – **Mathias Etsey Edor | PhD (DPH-c), MBA, MPH, MPA, MBChB, BSc.** | November 30, 2025.

#ChristAtTheCenter#JesusIsLord#FaithJourneys#KingdomAssignment#TrustInGod#GodsTimingIsPerfect#GraceInAction#PurposeUnfolding#DivineDestiny#GodsPlanInMotion#WithGodAllThingsArePossible#FaithThatMovesMountains#WalkByFaithNotBySight#ChristLeadsTheWay#StrengthThroughChrist#VictoryThroughGrace#HeartsAnchoredInFaith#ObedienceOverOutcomes#SacredSurrender#ChristOurCornerstone#KingdomMindset#KingdomImpac#PurposeDrivenLife#LivingForChrist#FaithInAction#KingdomLeadership#MarketplaceMinistry#WorshipThroughService#GloryToGodAlone#FaithUnfolding#StewardshipOfPurpose#ChristAtTheCenter#JesusIsLord#FaithJourney#KingdomAssignment#TrustInGod#GodsTimingIsPerfect#GraceInAction#PurposeUnfolding#DivineDestiny#GodsPlanInMotion#WithGodAllThingsArePossible#FaithThatMovesMountains#WalkByFaithNotBySight#ChristLeadsTheWay#StrengthThroughChrist#VictoryThroughGrace#HeartsAnchoredInFaith#ObedienceOverOutcomes#SacredSurrender#ChristOurCornerstone#KingdomMindset#KingdomImpac#PurposeDrivenLife#LivingForChrist#FaithInAction#KingdomLeadership#MarketplaceMinistry#WorshipThroughService#GloryToGodAlone#FaithUnfolding#StewardshipOfPurpose###BecomingUnstoppable#TheJourneyOfBecoming#PurposeOverPopularity#FromSetbackToComeback#ResilienceThroughChrist#TheGreatReorganization#UnshakableFaith#DivineAcceleration#TestimonyOfGrace#GraceThroughAdversity#RiseAndThrive#PressingTowardTheMark#BounceBackWithGrace#HeartsOfCourage#PhoenixRisingMoments#RefinedThroughFire#AuthenticityInMotion#GrowthThroughGrace#VictoryBornOfTrials#StrengthInSurrender#PillarsOfPerseverance#SacredThresholds#RefiningSeasons#BecomingWhoGodCalls#EmergingStronger#TransformationByGrace###PhDLifeWithPurpose#AcademicExcellence#KnowledgeAsSacredDuty#DoctoralJourney#PublicHealthScholar#ResilientResearcher#ScholarWithAPurpose#LifelongLearning#Le

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