



From the Pastor's Desk

In the year 1936, the new Principal of China ZheJiang University challenged the new students during the orientation with this: "To all who study here, there are two questions you should ask yourself. First, what are you doing here in ZheJiang University? Second, what kind of person do you want to be after you graduate?"

In the year 2021, as the new pastor of Kuching Trinity Methodist Church, I would like to ask all of you this: "To all who worship here at TMC, there are two questions you should ask yourself: First, what are you doing here at TMC? Second, what kind of Christian do you want to be?"

In 1 Kings 19, the LORD asked the prophet Elijah the same question. The prophet Elijah had ran for his life from Queen Jezebel. He went into the wilderness and asked God to take his life while he was under a broom bush. Then he walked forty days and forty nights until he reached the mountain of God. There he went into a cave and spent the night.

The LORD asked Elijah the same question twice: "What are you doing here, Elijah?" Elijah's responses were the same, twice: "I have been very zealous for the LORD God Almighty...the Israelites did this, they did that...I am the only one left..."

The LORD's first reply was, "Go out..." and His second reply was, "Go back..."
Elijah obeyed the LORD. He left the cave, anointed his successor Elisha and continued to fulfill God's mission.

Brothers and sisters at TMC,
"What are you doing here at TMC?"

Like the mindset of the new students, perhaps you just want to gain some Bible knowledge, or perhaps you just want to get a peace of mind, or perhaps you just want to make it to heaven one day.

Like the mindset of prophet Elijah, perhaps you have been hurt in ministry, or perhaps you want to give up on everything, or perhaps you are already burned out, saying, "I have been zealous for the LORD Almighty, the church members did this, they did that...I am the only one left..."

Brothers and sisters at TMC,

Let's go out, stand on the mountain in the presence of the LORD, and focus on the gentle whisper of God.

Let us go back the way we came from and go to the place where God leads us to anoint the successor whom God has appointed.

Let us go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything Jesus has commanded us.

Brothers and sisters at TMC,

"What kind of Christian do you want to be?"

"What kind of Church do you want to be?"

Remember that we don't "go to church". We are the church!

Not only are we the METHODIST Church, but most importantly, I pray that we are a MISSIONAL church that worships the One and Only God who has commissioned us into the world. May all the glory and honor be to the Father, the Son, and the Holy Spirit.

- Rev Jabez Tiong

牧者的话

1936年，时任中国浙江大学新校长在新生训练上问了所有新生两个问题：“诸位在校，有两个问题应该自己问问，第一，到浙大来做什么？第二，将要毕业后做什么样的人？”

2021年，身为古晋卫理三一堂的新牧者，我想问：“诸位在三一堂，有两个问题应该自己问问：第一，你到三一堂来做什么？第二，你将来要成为一个怎样的基督徒？”

其实在旧约圣经中，耶和华神也曾问了先知以利亚同样的问题。

在列王纪上19章，先知以利亚为了逃避耶洗别王后的追杀而逃命。他先走到旷野的一棵罗滕树下求死，再走了四十昼夜到了神的山，住在洞中。

耶和华问以利亚同样的问题两次：“你在这里做什么？”

以利亚两次的回答都一样：“我为耶和华一万军之神大发热心，以色列人做了这个，做了那个。。。只剩下我一个人。。。 ”

耶和华第一次的回应：“你出来。。。 ”

耶和華第二次的回應：“你回去。。。 ”

以利亞順服神。他離開了山洞，膏了他的接班人以利沙，並繼續完成耶和華給他的使命。

各位三一堂的弟兄姐妹，

“你到三一堂來做什麼？你到三一堂來的目的是什麼？”

就如大學新生的觀念，可能你只想習得一些聖經知識，可能你只想得到平安，又可能你只想有一天能上天堂。

就如先知以利亞的觀念，可能你在服事中受傷了，可能你想放棄一切，又可能你已經身心耗盡，說：“我為耶和華一萬軍之神大發熱心，他們作了這個，做了那個。。。只剩下我一個人。。。 ”

各位三一堂的弟兄姐妹，

一起出來吧！站在山上，在耶和華面前，專注在耶和華神微小的聲音。

一起回去吧！去到神帶領我們去的地方，去膏神所指定的接班人。

一起去吧！使萬民做主門徒，奉聖父，聖子，聖靈的名給他們施洗。凡耶穌所吩咐我們的，都教訓他們遵守。

各位三一堂的弟兄姐妹，

“你要成為一個怎樣的基督徒？”

“你要成為一間怎樣的教會？”

請記得：我們“不去教會”。我們是教會！

我的禱告是，我們不僅僅是衛理教會 (Methodist)，更重要的是，我們是一間使命型 (Missional) 的教會，敬拜那位差遣我們進入世界的獨一真神。願榮耀和頌贊歸與三位一体的聖父，聖子，聖靈！

- 張鴻恩牧師

Dari Meja Pastor

Pada tahun 1936, Pengetua Universiti ZheJiang China yang baru, mencabar pelajar baru semasa orientasi dengan ini: “Bagi semua yang belajar di sini, ada dua soalan yang harus anda tanyakan kepada diri sendiri. Pertama, apa yang anda lakukan di sini, di Universiti ZheJiang? Kedua, anda mahu menjadi orang yang seperti apa setelah anda menamatkan pengajian?”

Pada tahun 2021, sebagai pastor baru di Gereja Methodist Trinity Kuching, saya ingin bertanya kepada anda semua: “Kepada semua yang beribadah di TMC di sini, ada dua pertanyaan yang harus anda tanyakan pada diri sendiri: Pertama, apa yang anda lakukan di sini di TMC? Kedua, anda mahu menjadi orang Kristian yang seperti apa?”

Dalam 1 Raja-raja 19, TUHAN mengajukan pertanyaan yang sama kepada nabi Elia. Nabi Elia melarikan diri dari Ratu Izebel. Dia pergi ke padang gurun dan meminta Tuhan untuk mengambil nyawanya ketika dia berada di bawah sebatang pokok. Kemudian dia berjalan empat puluh hari dan empat puluh malam sehingga dia sampai di gunung Tuhan. Di sana dia masuk ke dalam sebuah gua dan bermalam di situ.

TUHAN mengajukan pertanyaan yang sama kepada Elia dua kali: “Apa yang kamu lakukan di sini, Elia?”

Jawapan Elia adalah sama, dua kali: “Ya TUHAN, Allah Yang Mahakuasa, aku sentiasa mengabdikan kepada-Mu dan kepada-Mu sahaja. Tetapi umat Israel telah melakukan ini, mereka melakukan itu ... hanya aku seorang yang tinggal ...”

Tuhan berfirman kepadanya, pertama adalah, “Keluar ...” dan kedua adalah, “Kembali ...”

Elia taat kepada TUHAN. Dia meninggalkan gua, mengurapi penggantinya Elisa dan terus memenuhi misi Tuhan.

Saudara dan saudari di TMC,

“Apa yang kamu lakukan di sini di TMC?”

Seperti pemikiran pelajar baru, mungkin anda hanya ingin mendapatkan pengetahuan tentang Alkitab, atau mungkin anda hanya ingin mendapatkan ketenangan fikiran, atau mungkin anda hanya ingin masuk ke syurga suatu hari nanti.

Seperti pemikiran nabi Elia, mungkin anda telah terluka dalam pelayanan, atau mungkin anda ingin menyerah dalam segala sesuatu, atau mungkin anda sudah keletihan, dan berkata, “Aku sentiasa mengabdikan diri kepada TUHAN Yang Mahakuasa, tetapi para anggota gereja melakukan ini, mereka melakukan itu ... hanya aku seorang yang tinggal ...”

Saudara dan saudari di TMC,

Mari kita keluar, berdiri di atas gunung di hadapan TUHAN, dan menumpukan pada bisikan Tuhan yang lembut.

Mari kita kembali seperti mana kita datang dan pergi ke tempat di mana Tuhan memimpin kita untuk mengurapi pengganti yang telah ditetapkan oleh Tuhan.

Marilah kita pergi dan menjadikan semua bangsa murid Yesus, membaptis mereka dengan nama Bapa, Anak dan Roh Kudus, dan mengajar mereka untuk mentaati semua yang diperintahkan oleh Yesus kepada kita.

Saudara dan saudari di TMC,

“Anda mahu menjadi orang Kristian yang seperti apa?”

“Anda mahu menjadi Gereja yang seperti apa?”

Ingatlah bahawa kita tidak “pergi ke gereja”. Kita adalah gereja!

Kita bukan hanya Gereja METHODIST, tetapi yang paling penting, saya berdoa agar kita menjadi gereja BERMISI yang menyembah Tuhan Yang Esa yang telah menugaskan kita ke dunia. Semoga semua kemuliaan dan kehormatan bagi Bapa, Anak, dan Roh Kudus.

- Rev Jabez Tiong

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Editorial Committee



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The Editorial

With the blink of an eye, we are into the publication of the second issue of Trinity Newsletter. Indeed the success of TN requires all of us from the editors, graphic designer, website administrator, photographers and most of all, YOU, members of Trinity Methodist Church to play our part.

Like an orchestra that has a large ensemble of different musical instruments being played in unison and in harmony, TN needs people with different talents and knowledge working together in unity. Although TN is a form of silent evangelism unlike music, TN can bring encouragement and blessings to its readers as music does to its listeners. Most of all, may TN be an effective tool in partnership with the other ministries at TMC in carrying out The Great Commission (Matthew 28:19-20).

Recently, Kuching was hit by floods where the lives of Kuching-nites were affected and household belongings were damaged by the flood waters. However, we thank God for His protection and covering that no lives were lost.

As the number of covid-19 cases keeps rising in Malaysia, let us join hands to pray for God's mercy and divine intervention to bring the numbers down. We pray that when the opportunity to be vaccinated arrives, we will respond wisely and responsibly. May we experience God's mercy and goodness in Malaysia and in the whole world.

For His glory we serve,
The Editorial team

Rencana Pengarang

Dengan sekelip mata, kita sudah memasuki penerbitan kedua Berita Trinity. Sesungguhnya kejayaan BT memerlukan penglibatan kita semua, dari editor, pereka grafik, pentadbir laman web, jurugambar dan yang paling penting, ANDA, anggota Gereja Trinity Methodist untuk memainkan peranan kami.

Seperti sebuah orkestra yang merangkumi sekumpulan besar alat muzik berbeza yang dimainkan secara serentak dan harmoni, BT memerlukan orang-orang dengan bakat dan pengetahuan yang berbeza untuk bekerjasama di dalam kesatuan. Meskipun BT adalah suatu bentuk penginjilan secara senyap, tidak seperti muzik, BT dapat memberikan dorongan dan berkat kepada pembacanya seperti mana kesan muzik kepada pendengarnya.

Yang paling penting, semoga BT menjadi alat yang berkesan dalam kerjasama dengan pelayanan lain di TMC dalam melaksanakan Amanat Agung (Matius 28:19-20).

Baru-baru ini, Kuching telah dilanda banjir. Ramai orang Kuching yang terjejas dan banyak barang-barang di rumah mereka rosak kerana air banjir. Namun, kita bersyukur kepada Tuhan atas perlindungan-Nya sehingga tiada nyawa yang terkorban.

Oleh kerana jumlah kes covid-19 terus meningkat di Malaysia, marilah kita bergandingan tangan untuk berdoa memohon belas kasihan serta campur tangan Tuhan agar jumlah ini diturunkan.

Kita berdoa apabila peluang untuk vaksinasi tiba, kita akan bertindak dengan bijak dan bertanggungjawab. Semoga kita mengalami belas kasihan dan kebaikan Tuhan di Malaysia dan di seluruh dunia.

Untuk kemuliaan-Nya kita melayani,
Tim Editorial

编者的话

转眼之间，三一堂讯已经来到了第二期。众所周知，一份刊物从构思，策划到出版，需要有编辑，排版，设计，摄影等不同岗位的相互合作与配搭。然而，更重要的是弟兄姐妹们踊跃无私的供稿。正如一个音乐作品，需要不同乐器无间和谐的彼此配搭，将作品完美呈献。不同的是，文字是无声的。然而，无论是有声的音乐还是无声的文字，都可以深深打动人心，扣人心弦，感人肺腑。最重要的是，这一份无声的服事，本着爱神爱人的宗旨，与三一堂的其他事工委员会紧密配搭，为要完成耶稣在马太福音 28 章 19 - 20 节所托付于我们的大使命。

最近，古晋多个地区遭受了水患，许多灾民蒙受财务的损失，痛失家园。然而，值得感恩的是我们得以免受人命的伤亡。

全球正处于新冠疫情的肆虐中，我国马来西亚的感染人数也在逐日增加中。更甚的是，死亡人数也在不断的增加。我们虽然不明白这些事情发生的前因后果。然而我们深信，上帝仍在掌权。让我们一起心手相连，同心祷告，恳求上帝伸出大能的手，终结这疫情，带领我们平安度过这一场劫难。我们盼望，随着疫苗的诞生，我们都懂得如何更有智慧与更加有责任感的应对。让我们透过这次的疫情，更深刻体会上帝的公义，经历上帝的信实与慈爱，进而成为他人的见证，荣耀上帝的名。

因祂荣耀而服事
编辑部

Greetings from the LCEC 2021-2022, brothers and sisters in Christ. We give thanks to God for the smooth nomination and election of the LCEC 2021-2022. Indeed, it is a challenge to serve in the various church ministries that God has called each of us in the midst of the pandemic. We need vision and wisdom from above to accomplish the tasks that God has bestowed unto us. Therefore, please uphold each one of us in your daily prayers, that the will of God for our church will be done. For those who are interested to join the team in either of the ministries, do contact the leader listed in the committee list for more information. Together, we serve God. Together, we serve men.

- Jacinta Kong



No	Name	Committee /Post
1	Rev. Jabez Tiong	Pastor-in-Charge
2	Rev. Belinda Lee Swan Swan	Assistant Pastor
3	Rev. Chan Chok Ong	Assistant Pastor
4	Pastor Vincent Lau	Assistant Pastor
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7	Sitie Ak Jet	Associate Lay Leader (BM)
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18	Gina Phu	Methodist Woman
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20	Alex Law	Worship & Music
21	Eric Ting	Missions
22	Michael Kho Chung Kang	Membership & Evangelism
23	Goh Chii Yew	Social Concern
24	Anne Chua	IT & Multimedia
25	Paul Pau Kiew Tai	Property & Management
26	Hii Kwong Ing	Tadika Methodist Trinity
27	Judith Tang Pei Pei	Pastor-Parish Relations
28	James Law Hui Chiong	Trinity Eldercare Berhad
29	Wong Chin Hook	Steward Elect - Director of AOC
30	Susan Soon	Youth Worker
31	Fiona Chai	Steward Elect - Sunday School
32	Jason Chew	Steward Elect - Treasurer (CS)



The book of Hebrews was written to encourage Christians in the time of trial. After accepting Jesus Christ as their Savior and as they continued their life journey, they drifted from the gospel and salvation. Their hearts were hardened in unbelief and they turned away from the living God thus missing out the heavenly “rest” promised by God.

I find this similar situation happening to Christians now especially due to the pandemic. More and more Christians are getting lukewarm in their faith and some even cold. Some have started giving up their faith and hope in Christ even though they were very active in serving the LORD in the past. As they start working and busy with life and with online Sunday Worship becoming a new option, some Christians excused themselves from physical worship, fellowship or Small Groups. This is the reason why I would like to share about “Hold firmly till the end” because that is one of the key words in the book of Hebrews.

Heb 3:6 But Christ is faithful as a son over God’s house. And we are his house, if we **hold on to (κατέχω)** our courage and the hope of which we boast.

Heb 3:14 We have come to share in Christ if we **hold firmly (κατέχω)** till the end the confidence we had at first.

Heb 10:23 Let us **hold unwaveringly to (κατέχω)** the hope we profess, for he who promised is faithful.

We are being reminded repeatedly that Jesus is the One whom we must hold on to. He is our hope, He is our God, and He is our Salvation in times of trial. But knowing Jesus and accepting Jesus as Lord and Savior is just the beginning. What we are reminded in the passage is to HOLD FAST to JESUS till the end! We must continue to press on because only those who persevere till the end will be saved. In our personal spiritual journey, it is important not only to START WELL, but to FINISH WELL. Noah, Abraham, Moses, Joshua, or even Jesus himself are successful examples in the Bible. A sad example in the Old Testament is, the Israelites’ journey in the wilderness. They had a good start by leaving Egypt with God’s help but unfortunately they didn’t finish well. Those who left Egypt failed to enter the promised land.

The writer of Hebrews wrote about it in chapter 3, “Today, if you hear his voice, do not harden your heart as you did in the rebellion, during the testing in the desert.”

Actually, what the Holy Spirit says in Hebrews 3:7-11 is taken from Psalm 95:7-11 with minor difference in details. “Today, if you hear his voice, do not harden your hearts as you did at **Meribah**, as you did that day at **Massah in the desert, where your fathers tested and tried me, though they had seen what I did.**” What exactly happened at Meribah and Massah can be found in Exodus 17:1-7 where the Israelites quarreled with Moses to a point when they were almost ready to stone Moses. After Moses did what God asked him to do to provide water to the Israelites, he called the place Massah and Meribah which means “testing” and “quarreling” respectively. Since they refused to repent and trust God, God declared on oath that they could not enter his rest in the promised land. That privilege was given to their children.

The lack of water was just one of the examples of their unbelief. Altogether there were seven examples of their unbelief throughout their journey: when life was in danger (Exo 14:10-12), when food was limited (Exo 16:2-3), when water ran out (Exo 17:3), when the leader was absent (Exo 32:1), when life was hard (Num 11:1), when they only had manna for food (Num 11:4-6) and when the enemy seemed undefeatable (Num 14:1-4).

What happened in the wilderness in those days could be happening in our spiritual journey with the LORD today. Instead of trusting the promises of God, we tend to quarrel with God or to test God. Are we making the same mistakes as the Israelites in the wilderness?

What God really wants from us is our heart! In Hebrews 3:7-10, “The

Holy Spirit says: Today, if you hear his voice, **do not harden your hearts** as you did in the rebellion, during the time of testing in the wilderness, where your ancestors tested and tried me, though for forty years they saw what I did. That is why I was angry with that generation; I said, **‘Their hearts are always going astray**, and they have not known my ways.’ The Israelites’ example has taught us that the foundation of our trust and belief in the LORD shouldn’t be laid on miraculous signs. It must be on Jesus Christ alone.

That was the reason why the writer in Hebrews was so concerned about whether the Christians in his time would receive their salvation in the end. “See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin’s deceitfulness. We have come to share in Christ if we hold firmly till the end the confidence we had at first.” (Heb 3:12-14)

‘The Pilgrim’s Progress’ is a book that I strongly recommend every member to read. You could find at least one character in the book that reflects your current spiritual situation, such as being a Christian, Obstinate, Pliable, Hypocrite, Charitable, Faithful, and so on. I always remember what the Pliable says when he and Christian both fall into a slough of despond at the beginning of their journey. “Is this the happiness and pleasure you told me about? If the journey starts out this way, what will the rest be like? If I get out of here alive, you can take your journey without me!”

Brothers and sisters, does it sound familiar to you? Have you ever said or thought something like this? Receiving the gospel is easy, because it costs us nothing. But as the journey begins, God may humble you, test you, and teach you through the many challenges to see whether you have true faith in Him.

From the three questions and answers in Heb3: 16-19, it is clear to see that those who rebelled against God, those with whom God was angry for forty years, and those who failed to enter God’s rest were the Israelites who left Egypt, who sinned and disobeyed God. In light of this, we Christians who make the same mistakes as what the Israelites did in the wilderness might lost our salvation if we fail to HOLD FIRMLY to JESUS till the END.

Remember! We are still walking on our spiritual journey! We are not home yet!

- Rev Jabez Tiong



William Borden was born in 1887 to one of the wealthiest and most powerful families in Chicago. In 1904 William Borden graduated from a Chicago high school. His parents gave him a trip around the world. Traveling through Asia, the Middle East, and Europe gave Borden a burden for the world’s hurting people.

Bill Borden then wrote home about his desire to be a missionary. One friend expressed surprise that he was “throwing himself away as a missionary.” In response, Bill wrote two words in the back of his Bible: “NO RESERVES.”

Upon graduation from Yale, Borden turned down some high paying job offers, he entered two more words in his Bible: “NO RETREATS.”

Completing studies at Princeton Seminary, Borden sailed for China to work with the Muslims, stopping first at Egypt for some preparation. While there he was stricken with cerebral meningitis and died within a month. You may have said, “what a waste!” In his Bible underneath the words No Reserves and No Retreats, he had written the words “NO REGRETS.”

The pandemic has caused us to sharpen and clarify our life’s purposes - which are the essentials in our lives, and which have eternal values?

Once we can differentiate between them, we will be able to live our lives to the fullest – giving all that we are, and to gain what we cannot lose.

- Bishop Lau Hui Ming

God's invisible hand working in the midst of trials.

My lasting impression of Dad was that he was a responsible and honest person. As an architect he worked with diligence and integrity, trying to meet the high expectations of his many clients. It still lingers, the memories of him burning the midnight oil to make ends meet for the family. Despite his packed schedule, he still found time to check up on me.

Dad was not an expressive person. I didn't understand how much he loved us until the end of 2018 which was the toughest time for our family. That very year, Mum was hospitalized for a few months. In the midst of it, Dad was diagnosed with cancer. He underwent chemotherapy and radiotherapy and suffered many side effects such as leg numbness and lethargy. Despite this, he did not fail to visit Mum twice a day while working hard to ensure my brother and I can finish our education. He did not express love through words but through action, just like God..... in a way. God who is invisible physically has always blessed us and done things on our behalf discreetly.

Dad tried very hard researching thoroughly on his cancer and Mum's condition. Seeing him worked so hard often made me felt helpless and unsure of how I could help. Even though I encouraged him continuously and prayed for both him and Mum, doubts of the situation getting better had occasionally haunted me. However, God has been faithful and has helped us many times discreetly, every step of the way. There was a time when I was about to give up, then Dad's condition would improve slightly. God also sent angels in the form of relatives, neighbours, friends, church pastors and leaders to support our family. Without God's help I may have broken down that time and caused further stress to the family.

The night before my second last paper, Mum called, asking me to prepare for the worst as Dad was quite sick then. I panicked and couldn't study as I cried and prayed loudly to God that night. The next day Dad's condition improved a little. However, God took Dad home at midnight on the day I finished my last paper. When I first heard about Dad's passing, I was shocked and was unable to accept it. I questioned God why He allowed my

family to go through all these unending trials and why He did not help us. But after calming down and reflecting, I realized that God had helped us so much during those difficult times and now, looking back, I can see the subtle deeds He was done for us till Dad's passing. God had done His best to sustain Dad until I finished my last paper and I thank Him for that.

Sadly, I was not able to see Dad in his last moments. The last time I saw him was when he was sending me off to resume my studies in Kuala Lumpur. I can still remember the farewell. In the car, he was feeling guilty and was saying sorry to me for needing me to stay back a semester to take care of both him and Mum. I really wanted to tell him that I was not burdened and was willing to do it but I did not know how to express myself and didn't want a sad parting so I just said "It's fine". I really regretted this as I could feel his burden, burden as a father and husband to take care of the family and the burden of the cancer that was agonizing him and yet all I could say was "It's fine". Now, I have realized the need to express my love to my family and to appreciate those around me. Most importantly, I have learnt to maintain a close relationship with God through constant conversations with Him and to be always thankful.

On the very night of Dad's passing, my brother, Alvin stayed with him in the hospital. I guess God wanted Alvin to accompany Dad till the end of his journey here. Alvin had not spent much time with Dad the past few years as he was busy with his studies. At midnight on 14 November, 2019, Dad passed away peacefully in his sleep, without any pain.

Looking back, I can now see God's hand and His subtle works in supporting us during those tough times. When I see all these, I can see that God has been doing His best to give us the best outcome. I have learnt that God is always with us and sometimes things may not go according to our way and will. Sometimes God allow trials in our lives to make us come back to him

- Emily Hu

Seven Reflections

Sister Gim Suan invited me to write an article for Trinity News. She said that I should write something... "anything" she said.

I felt reluctant because my writing skill is rather limited.

I find it difficult to express my thoughts into words.

I do think and reflect a lot. But seldom these thoughts get penned into words.

I asked the Lord "What should I write?" Then came CNY break. Many thoughts and reflections crossed my mind during this quiet, peaceful space. My pen started to move and pulled words out of my mind and heart. Here are the 7 Reflections.

1. Europe Tour

One of the promises that I made to my wife is to accompany her for an Europe Tour. I am not a keen traveller. But this promise cannot be left unfulfilled. Finally, at late January, 2020 we embarked on a 12-days tour of Eastern Europe not knowing that Covid-19 Pandemic was looming in the horizon. We thoroughly enjoyed the trip. It was her dream come true and my promise fulfilled. I joyfully gave thanks to God for the timing of this trip. If I had procrastinated a little longer this trip would have to be postponed indefinitely.

2. Home on time

After spending some times with our children and granddaughter in Melbourne I returned home on the 14th March 2020. My wife chose to stay a little longer and she returned on the 17th March 2020. We were home on time. For on the 18th March 2020 the country was under lockdown. We were truly grateful to God for bringing us home on time.

3. The Pandemic

So far, I have been grateful. To be grateful for the good things that happen in our life is easy. But to be grateful for all of our lives – the good as well as the bad requires hard thinking. The Covid- 19 Pandemic struck the world in March 2020. It brought pain and sorrow, fear and suffering to many. Can we still be grateful people and say thank you to all these? Yet the Bible says "Be Joyful always, Pray continuously, give thanks in all circumstances. (1 Th. 5: 16-18) "To understand this requires hard spiritual work. Perhaps this is what the Pandemic is for.

4. Grief Alone

My dear friend and his wife stood in front of the casket that held the body of their mother / mother-in-law at the funeral parlour. They stood quietly

alone. No shouts of grief, no cries and no protective circle of siblings, friends and neighbours around them. Some occasional words of consolation coming through the handphone. The pandemic has separated us. They stood in silence and I know nothing can separate them from the love of God that is in Christ Jesus, our Lord.

5. Time at Home

I was house bound. Pandemic has caused anxious feelings of safety, separation of loved ones, economy, politics and so on. I stayed at home, yet not feeling at home. I worked from home, yet not feeling accomplished. I felt trapped. The words of the psalmist – " why are you downcast, o my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my saviour and my God." (Ps 42:5) I found the answer here – "Put your hope in God." Hope is the deep trust in God who will fulfil all His promises to us. It helps us to live in this troubled times with the knowledge and trust that all of life is in good hands.

6. A quiet wedding

My wife and I sat in front of our computer screen. We were anxiously waiting for the wedding ceremony to begin. It was the wedding ceremony of our youngest daughter, Anne, in Melbourne. We were sad because we could not be there physically, yet overjoyed because she will be united with her husband, Michael Keegan. The pastor conducted the Wedding Ceremony beautifully in front of eight immediate family members. It was a quiet wedding. But "Jesus had also been invited to the wedding" (John 2:2) . He will turn the water into wine which will taste better and better as the years go by. I felt assured.

7. The New Year prayer

The past year had been turbulent. The new year is full of uncertainties. For this reason let us kneel before the Father and we pray – "out of His Glorious riches He may strengthen us with power through His spirit in our inner being, so that Christ may dwell in our hearts through faith. And we being rooted and established in love, may have power, together with all the Saints, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge – that we may be filled to the measure of all the fullness of God. Now to Him who is able to do immeasurably more than we can ask or imagine, according to His power that is at work within us, to Him be glory in the church and in Christ Jesus throughout all generations forever and ever! Amen (Ephesian 3:16-21)

- Matthew Wong



The Kuching Homemakers

In 1995, a few mothers (sisters in Christ) founded Kuching Homemakers – a Christian fellowship group where women share and learn various skills from each other. The group was initially called “Morning wives” as they could only meet in the morning when their husbands were at work and their children were at school. They found the fellowship really encouraging and supportive so much so that they organised to meet routinely every midweek and hence the birth of the Wednesday Homemakers.

It was decided that a name of a flower be given to the group and we chose Lilies of the Valley. By word of mouth, more and more mothers joined. The meetings were kept short with light bible study and sharings followed by some refreshments.

To break the monotony, we arrange a break from studies every six weeks to do something different like arts and crafts, sewing, cooking demo, outing and many more fun activities. The growth was exponential and within had multiplied into 3 groups!

It was indeed wonderful to see so many sisters from different churches, denominations and countries coming together as one big family. We then called ourselves ‘Kuching Homemakers’. Young mothers were encouraged to bring along their toddlers or babies to interact and learn social skills while mothers practised hospitality and charity. Everyone picked up valuable homemaking skills, including gardening, cooking and baking. All the homemakers were encouraged to open up their homes to host the meetings and to lead the bible studies. Many testified that their family lives had been transformed!

As the number of groups grew, the need to have combined meetings was necessary to allow the ladies from different groups meet and connect. Some of the combined activities that we organised every 6 months include

- Watching Christian movies
- Outings to Mount Singai, Bau and Borneo Happy Farm
- Charity food sales for the Autistic and fundraising for churches
- Talks by experts from different fields
- Beauty workshops
- Cooking demos by Maggi products
- Visit to Logos Hope with afternoon tea
- Morning walk + exercise at Stutong Park
- Celebrated our 20th anniversary with the publication of the Anniversary book cum recipe book.
- A charity cum fashion show which includes participation of children and youths from the church with proceeds going to Breakthrough Ministry and Living Waters



Unfortunately, due to the global pandemic in 2020, the 25th anniversary had quietly slipped by where physical meetings were not possible and all meetings were limited to Zoom meetings.

To date, at least 30 or more books have been used as our study guides. The list includes:

1. Growing a healthy marriage by Mike Yorkey
2. Discipline them, love them by Betty N. Chase
3. Marriage Roles by Robert Lewis and William Hendericks
4. Making love last forever by Gary Smalley
5. A woman's walk with God by Elizabeth George
6. The friendships of women by Dee Brestin
7. Homemaking by Baukje Doornenbal & Tjiske Lemstra
8. The 5 languages of love by Gary Smalley
9. The spiritual mentoring of teens by Joe White and Jim Weidmann
10. Besides every great dad by Nancy L Swihart and Ken R Canfield
11. Your Heritage by J Otis Ledbetter and Kurt Bruner
12. Idol Lies by Dee Brestin



The majority of the Kuching Homemakers are in their golden years and are empty nesters. Currently we are using a devotional book called Embraced by Lystra Terkeurst.

Amidst the covid pandemic, Kuching Homemakers are continuing to meet on Zoom every Wednesday, holding on to the teachings in Titus 2:3-5, “Likewise, teach older women to be reverent in the way they live, not to be slanderers or addicted to much wine, but to teach what is good. Then they can urge younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind and to be subject to their husbands, so no one will malign the Word of God”.

Hebrews 10:24-25 also reminds us “And let us consider how we may spur one another on towards love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another and all the more as you see the Day approaching”.

Today there are six Homemakers groups in Kuching. They are Lilies of the Valley, Morning Glories, Camellias, Capparis, Jasmines and Sunflowers. We have also expanded to Sibü, Penang and Perth!

May all the homemakers continue to know Jesus, and make Jesus known wherever they are and whatever they do. May we shine for Him and be channels of blessings to those around us.

(For ladies who are interested to know more about Kuching Homemakers or wish to join, please contact Jenny @ 012-8911607)

- Jenny Wong

Am I merciful?

Bishop Reverend Lau recently made a prayer request. The prayer was for pastors and leaders to forgive those who have offended, disappointed, hurt and agonized them. This is a significant prayer request. As bishop, he knows the needs of pastors under his care. A forgiving church is a church receiving mercy.

In the recent regrettable news of sexual impropriety of Ravi Zacharias, we see the church faced with the challenge of choice. Choose Justice and condemn Ravi or Be merciful and abstain from judging.

The Beatitudes of Jesus (Matthew 5) spoken to His disciples, describes the characters of Christians (church). The fifth Beatitude says 'Blessed are the merciful, for they will be shown mercy.' Reading this in parallel with the parable of the cruel – debt ridden servant (Matthew 18), it is easy to conclude that unless we forgive, we will not receive forgiveness (mercy). Following from this line of thought our salvation is therefore conditional on our effort to forgive.

And to forgive is hard. To show mercy is not always possible. So are we hopeless? None of us will be forgiven? YES. As a natural man who is sinful, we will always struggle to forgive those who have hurt us.

NO. We have hope. 'While we were yet sinner, Christ died for us' 'When we were enemies, we were reconciled to God'

This is GRACE. A person under grace knows what mercy is. He receives the pardon when Jesus, dying on the cross, uttered 'Father forgive them for they know not what they do.' He receives mercy when Stephen the martyr, cried out 'lay not this sin to their charge.' A person under grace knows the freedom of being forgiven, so he can now also forgive others.

Back to Ravi. He has committed wrong doings. He has hurt the christian community worldwide. But like Josh McDowell said 'this can happen to anyone of us'. Rev. Tie once said in TMC 'All man are potential rapist...'. All brothers, deep in their spirit, struggle with this sin lurking in the darkness. But we have confessed this sin, regularly. We have received His forgiveness, His mercy And We understand what Ravi had gone through and failed as we are also tempted daily. We are now in the position to show mercy to Ravi as we have received mercy. We will be shown mercy as promised. Are you merciful?

In the words of Martyn Lloyd-Jones 'If I am not merciful there is only one explanation; I have never understood the grace and the mercy of God; I am outside Christ; I am yet in my sins, and I am unforgiven.*'

Are you Merciful?

**Studies in the Sermon on the Mount by David Martyn Lloyd-Jones P.105*

- Chang Jih Ren



I am writing to share how God gave me a scholarship. By God's grace, I got a scholarship offer to study abroad, 3 days before I had to pay the tuition fees. God's timing has never been more perfect. I began 2020 by applying for both universities as well as scholarships. Days went by as I began to accept the reality that I might not be getting any replies from any scholarship bodies. Life goes on. My parents are very kind and always assured me that they've got me covered financially. Deep down, I did not let it go. I applied for study loans aside from all the scholarship applications that I sent in. I wanted to bear the cost of my future as much as I could, myself.

One Sunday service late in August, God told me to surrender all of my time and effort to Him, even my studies, my finances, and my career-driven goals. He told me to focus on serving Him and His global community. He reminded me to be true to who He has created me to be and only pursue greatness on the path He has set for me, just as King David did. Later that week, in the last session of Women Prayer Conference 2020, God also nudged me to love the West Malaysians, putting aside the prejudices that I, as an East Malaysian, have subconsciously built up against them. I obeyed.

A few days later, I received an email notifying me that I had been shortlisted to attend an interview for a statutory government scholarship. It became clear that in my stubbornness to carry the unnecessary burden upon my shoulders, I had forgotten God's calling and the prophecy over my life years ago. My desire to be independent had diminished my faith in Christ. Up to that point, my mind was all about earning the big bucks, to pay back my parents and my potential student debts.

Preparing for the interview was another journey of faith. I learnt to

lean on God through my preparations. Before the interview, there were times when I wanted the glory and the bliss of mind that comes with the scholarship, while there were times when I didn't think I deserved the chance at all. A difficult prayer I learnt to pray was, "God, if this blessing will steer me away from You, I don't want it at all." I learnt that all I should be doing is to fix my eyes on Jesus and trust that everything suffices in Him. Leading up to the interview, I was very eager to get it over and done with, only realising that they had postponed the interview to another weekend. It was again, another week of waiting and preparing. I got impatient and anxious. That week was tough and I did not feel peaceful, but the Word from Habakkuk 2:3 "...It will not be delayed," encouraged me. It was reassuring; What is mine shall be mine in God's perfect timing, not delayed.

The night before the interview, God led me to read the go-to passage, Psalm 23. A particular line says, "I will fear no evil, for You are with me; Your rod and your staff, they comfort me". God told me that whenever I see pens that the interviewers are holding, it should remind me that God is with me. (Pens symbolising rods and staffs). It was a whole day of activities and interviews, all held virtually, and God never left my side. Two weeks after the interview, I got the scholarship.

Even now, it is still feels surreal and unbelievable to me that I have secured a scholarship. This gift has only shown how great our God is, and how much of a Divine appointment this is, as I am only an average student. When we focus on God and give our lives to Him, He elevates us, makes us complete, and equips us for His good work (2 Timothy 3:17).

- Ong Rui Jie

As we sing Psalm ...



Colossians 3:16.

This is My Father's World

A hymn we often sing at Sunday School is "This is my Father's World." I explain to our children that when we see a painting, we know there is a painter (i.e. we do not need to see the painter to know that he/she painted it, the painting exists because a painter painted it). When we see a building, we know there is a builder. When we see creation, we know there is a Creator. "For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse." Romans 1:20. God is the Creator of the universe, He is the Alpha and Omega, the beginning and the end.

The final stanza of the hymn says: "This is my Father's World, oh, let me never forget, that though the wrong seems oft so strong, God is the Ruler yet. This is my Father's World, the battle is not done: Jesus who died shall be satisfied, and earth and heaven be one."

God is loving, kind and rich in mercy. He does not "wish for any to perish but for all to come to repentance" (2 Peter 3:9), therefore He sent His one and only Son to die on the cross for our sins so that as we turn away from our sins, ask for forgiveness and put our trust in Jesus, we are made righteous in the sight of God and be freely given the gift of everlasting life in heaven. When we do that, we are born again (John 3:3), we are a new creation (2 Cor 5:17), and we are transformed (Romans 12:2).

This Is My Father's World (Lyrics)

Maltbie D. Babcock, 1901

alt.

1. This is my Father's world, And to my list'n'g ears
All nature sings, and round me rings
The music of the spheres.
This is my Father's world:
I rest me in the thought
Of rocks and trees, of skies and seas—
His hand the wonders wrought.
2. This is my Father's world:
The birds their carols raise,
The morning light, the lily white,
Declare their Maker's praise.
This is my Father's world:
He shines in all that's fair;
In the rustling grass I hear Him pass,
He speaks to me everywhere.
3. This is my Father's world:
Oh, let me ne'er forget
That though the wrong seems oft so strong,
God is the ruler yet.
This is my Father's world,
The battle is not done:
Jesus who died shall be satisfied,
And earth and Heav'n be one.

Be Thou My Vision

An ancient Irish hymn familiar to our Sunday School children is "Be Thou My Vision". During my university days, I attended a bilingual (Chinese/English) Church that sang hymns at Sunday Services. Till this day, the Chinese congregation continued to sing hymns, whereas the English congregation veered towards singing modern, contemporary worship songs, because at the time I was there, the young adults said they had a hard time understanding and relating to old, ancient English. Words such as "thou", "thee", and "thy" baffled them.

At Sunday School, though I have not heard our children comment to me that hymns are hard (so far), I explained to them that hard is not a bad thing, and that we are here to teach them. Hymns are filled with rich theology and spiritual truths that are timeless, unchanging and sustaining.

We learn old English words like "thou", "thee" and "thy" much like some of our children who are learning old, ancient Chinese idioms and poems in Chinese schools today. The reasons are the same: to increase our knowledge, to gain deeper understanding and appreciation of the texts, and to connect generations.

Be Thou My Vision (Lyrics)

attr. to Dallan Forgaill

tr. by Mary E. Byrne, pub.1905

arr. by Eleanor H. Hull, 1912

1. Be Thou my Vision, O Lord of my heart;
Naught be all else to me, save that Thou art;
Thou my best Thought, by day or by night,
Waking or sleeping, Thy presence my light.
2. Be Thou my Wisdom, and Thou my true Word;
I ever with Thee and Thou with me, Lord;
Thou my great Father, I Thy true son;
Thou in me dwelling, and I with Thee one.
3. Be Thou my battle Shield, Sword for the fight;
Be Thou my Dignity, Thou my Delight;
Thou my soul's Shelter, Thou my high Tow'r:
Raise Thou me heav'nward, O Pow'r of my pow'r.
4. Riches I heed not, nor man's empty praise,
Thou mine Inheritance, now and always:
Thou and Thou only, first in my heart,
High King of Heaven, my Treasure Thou art.
5. High King of Heaven, my victory won,
May I reach Heaven's joys, O bright Heav'n's Sun!
Heart of my own heart, whatever befall,
Still be my Vision, O Ruler of all.

Turn Your Eyes Upon Jesus

Dear all, last year, our Sunday School children learned and memorized the chorus:

"Turn your eyes upon Jesus, look full in His wonderful face. And the things of earth will grow strangely dim, in the light of His glory and grace."

It was told in Numbers 21 that during their ordeal in the wilderness, the Israelites grew impatient, they began to despise the manna sent from heaven and spoke against God and Moses. God's anger burned against them that He sent a poisonous snake to bite and kill many of them. When the Israelites repented of their sins and turned to Moses to intercede on their behalf, God, in His love, mercy and grace, instructed Moses to set up a bronze snake on a pole, so that whoever that was bitten would look at the bronze snake, a definite act of the will, he/ she will live.

The Bible says that the wages of sin is death (Romans 6:33) and that all have sinned and fall short of the glory of God (3:23). The good news is, those who look to Jesus, who was "lifted up" on the cross, will live spiritually and eternally. "Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in Him may have eternal life (John 3:14-15).

"Let us fix our eyes on Jesus, the Author and Perfector/ Finisher of our faith, who was for the joy set before Him, endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider Him who endured such opposition from sinful men, so that you will not grow weary and lose heart." (Hebrews 12:2-3)

Dearly beloved, have a blessed Resurrection Day.

Turn Your Eyes upon Jesus (Lyrics)

Helen H. Lemmel, 1922

1. O soul, are you weary and troubled?
No light in the darkness you see?
There's light for a look at the Savior,
And life more abundant and free!
Refrain:
Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely dim,
In the light of His glory and grace.
2. Through death into life everlasting
He passed, and we follow Him there;
O'er us sin no more hath dominion—
For more than conqu'rors we are!
3. His Word shall not fail you—He promised;
Believe Him, and all will be well:
Then go to a world that is dying,
His perfect salvation to tell!

... For the Kingdom of heaven belongs to such as these:

Testimonies from the



Lucas Liew, 2017 Sunday School Primary 6 Leaver

I'm Lucas Liew, and today I will be sharing with you my journey through Sunday School.

I was sent to Sunday School when I was 7 years old. After that first day at Sunday School, I never went back since, because I never really gave it a chance. After two years, I had to go back for baptism class at Sunday School. I completed the baptism class and was thinking of returning to the Sanctuary. Rev Lenita Tiong had a word with my mum to persuade me to continue attending Sunday School in Primary 3. I got talked into it thinking I would just leave halfway. I rejoined Sunday School in the middle of the year in Primary 3. I wasn't very willing to continue Sunday School after my baptism class but I felt obliged. The idea of continuing Sunday School was not getting into me. But then I tried to appreciate my time at Sunday School.

I began to like Sunday School especially the goodies that Uncles and Aunties gave out, the crafts and games too! I enjoyed the Bible stories and learned about God's words. In times I'm in doubt, I know I should seek God through prayer. I believe that all this while, it is God's plan to draw me close to Him and continue to keep me safe.

Sunday School is a great place. It is a place where I know I'm with God. A place to encounter God, to meet friends and to learn about God. Sunday School teachers have made a great impact on my life. Not only the uncles and aunties who have taught me but also those who gave me a warm welcome every week.

I graduated from Sunday School last year and I am now in the amazing Trinity Youth. I have also joined ISCF in my school. I just want to be close with God and I believe that this mindset all started from Sunday School. To close, I would like to thank all the Sunday School teachers and everyone who has made Sunday School a better place. Thank you and God Bless.

Asher Law, 2018 Sunday School Primary 6 Leaver

I thank God that I was born into a Christian family. When I was young, I already knew about God the Father, Jesus the Son and the Holy Spirit. In Sunday School, I learned that Jesus died on the cross for my sins. I also learned that I am a sinner. My parents were always strict with me. I had to do my homework, study hard, go to school, do household chores, be kind to people and listen to the teachers. Sometimes, I did not want to do what my parents wanted me to do. Then, I remembered God's Ten Commandments to obey my parents. Sometimes I obeyed God's Ten Commandments, sometimes I didn't. When I disobeyed God, I would ask God to forgive me, and I said sorry to my parents. It wasn't easy but I believed God would slowly change me.

Edmund Goh, 2018 Sunday School Primary 6 Leaver

My name is Edmund Goh. I was born into a Christian family. My parents took me to church since I was a baby, I accepted Jesus into my heart when I was 6 years old. I have been going to Sunday School since I was in kindergarten.

I believe in Jesus because I know He loves me the most. He sacrificed His life for me. I never regret being a Christian and following Jesus. I hope my faith will grow stronger and that God will be more real to me as I grow up.

Lowena Lim, 2018 Sunday School Primary 6 Leaver

I never thought that my 6 years in Sunday School would end so soon. Looking back, I was indeed blessed with good Sunday School teachers that taught me who Jesus is and how to be more like Him – loving and patient. Now that my Sunday School is coming to an end, it doesn't

mean that my journey to grow closer to God stops. In fact, I am excited to embark on a new journey to build a stronger bond with God. I am thankful and blessed to receive God's unending blessings – my family, friends and teachers. I promise to put first before anything else!

Christianna Yap, 2019 Sunday School Primary 6 Leaver

My name is Christianna. I was baptized when I was young. I started going to Sunday School when I was in Primary 1. I started to know about God. I also enjoyed listening to stories about God in the Bible. When I go to Sunday School, I make many new friends. My Sunday School teachers taught me how to read the Bible. I enjoy going to Sunday School because they are just like my family. I love them very much.

Deldrie Theodore Ganang Desmond, 2019 Sunday School Primary 6 Leaver

My name is Deldrie. I was born into a Christian family. My father and mother are Christians too. We go to the church every Sunday.

I was baptized as a baby. Getting baptized means telling everyone I believe in Jesus. What does it mean to believe in Jesus? My heart is black, everyone's heart is black but Jesus died on the cross. His red blood wash away our sins, and make our heart become white when we believe in Jesus and accept Him into our heart. We are baptized in blue water to show we believe in Jesus. We will grow like green tree when we read the Bible and pray. When we die we will go to heaven with streets of gold.

Kaitlin Ting, 2018 Sunday School Primary 6 Leaver

I am Kaitlin Ting Lin and I am very grateful and honored to be here sharing my personal testimony with all of you.

I was baptized when I was a baby. My mother started to teach me about God and His Word. My aunty, Khing, gave my parents a children's Bible filled with pictures, easy and simple words to teach my younger sister and I. Not only can it help us learn new words, it can even help us know many prophets, queens, kings and the maps in the Bible. Every day, my mother would tell my sister and I the miracles of God by using the Bible, like how David used just a small stone to defeat Goliath, how Jesus healed ten people who had leprosy and so on. I enjoyed listening to them, and started to know God and grow in faith.

When I was older, I started to have fear. It bonded me that I would not into a dark room unless someone was with me. One day, my mother told me that God is always with me and that fear is a choice. At first, I wasn't sure if I could overcome my fear of darkness. One day, I finally listened to my mother's advice and went up the stairs to get something from the room. As I went into the dark, I sang a Christian song, "Holy, Holy, Holy...", and I felt God was together with me. When I was in the room, I was glad that I overcame my fear with God.

From this experience, I realized that if I still had fear of the dark, I would never be able to grow up. I also learned that a small advice can change everything inside me, inside my heart and soul.

I am blessed for the teachings of God's Word I am receiving at home and Church. I am standing here today to say that I believe in Jesus Christ as my personal Lord and Savior, thanking Him for loving me, forgiving my sins, and accepting me as His child. I want to continue to grow and have faith in God.

Isabelle Wong, 2019 Sunday School Primary 6 Leaver

When I was young, I was baptized. When I was 3, I started attending Sunday School. I learnt how Jesus died on the cross for our sins, and the many miracles He did. I accepted Jesus as my Savior when I was 7. I went to Sunday School regularly ever since. I like the Bible stories the teachers always tell. They are always interesting.

I also learnt a lot from the pastor's teaching. Sometimes, on Communion Sundays, I sat and listened to the sermons. But sometimes, I do not listen. I hope that Jesus can change that. Even though the pastor's teaching is complicated, I tried my best to understand it. Sometimes, I looked through my father's notes. He always jot down everything. I can understand better when I looked through those notes.

Through 9 years of experience with God, I learnt a lot of things. I hope I can use all the knowledge in my daily life. I am happy I am born in a Christian family.

Jeslyn Ting, 2019 Sunday School Primary 6 Leaver

My name is Jeslyn. I was born into a Christian family.

Ever since I was a baby, my mother always told my sister and I stories from the Bible, how Queen Esther courageously stood up for her people, how David used a small stone to defeat the big Goliath, how Solomon used his wisdom to run the kingdom and many more.

Growing up, I am taught and reminded to pray before I eat, and before I go to sleep at night. I am also told to do my devotion every morning before I go to school. Sometimes, I do not want to do it because of many distractions, but I know reading God's Word will help me grow closer to Him. Every time before exams, I will always say a prayer because it comforts me.

As I grow up, I got to know Jesus more. I understand how Jesus sacrificed Himself for my sins. It was indeed a holy sacrificial act. Instead of us sinners being punished, He gave Himself so He could save us. I am very blessed to have such a sovereign and loving God. Through Revelations, I know that our God will come again.

Although this is my last year at Sunday School, it does not mean that my spiritual walk has ended. Instead, I will continue to read, study and obey the Word of God to grow in faith.

Ryan Jin, 2019 Sunday School Primary 6 Leaver

My name is Ryan Jin. I am born in a Christian family. I started to go to church when I was a baby. Later, I started to learn more about Christ. I learned that God's son, Jesus, died on the cross for our sins. Year by year, day by day, my faith in Christ becomes stronger. It doesn't mean that once I finished Sunday School, my faith in Christ stops. Sunday School is just a foundation in Christ. As I grow older, my faith in Christ will grow stronger.

Serene Hii, 2020 Trinity Youth

This is my experience at Trinity Youth- hmm, attending the fellowship helps me get closer to God a LOT, like really a lot.

Last year, when I was still in Sunday school, I always wanted to be punctual. I asked myself, was I being punctual for the glory of God? No- I was being punctual for my own reputation and friends. I did not understand the importance of God. I didn't have a relationship with God. Everything just seemed like it was forced, I was a lukewarm Christian. I read the Bible only on Sundays, I pray only for my own needs. I put the focus on myself, while treating God like a genie. It was wrong.

Initially I went to Trinity Youth just to be with my friends but my friends eventually stopped attending, making me sad as I thought that it would be very awkward for me (cause I am shy around those I just met). I continued to attend youth regularly and slowly I realized I shouldn't be there for my friends but to seek the glory of God and praise His goodness. Thanks be to God, this is the reason that helped me put my focus on God and Him only. No more fooling around during Praise and Worship, no more chitchatting during Bible studies, no more distractions. I started to become more passionate in praising God and reading the Word of God.

Trinity Youth really helped me a lot. Through Bible studies, praise and worship and discussions (I like the discussions the most because at times, we got a lot deeper into the study that helped me to fully understand the Lord), I really got closer to God. All the seniors are very friendly and outgoing.

If I didn't attend Trinity Youth, my faith in God wouldn't be like what it is today. Hope you guys will join Youth too. It will be very fun.



Lessons learnt during the MCO



Back in 2020, I was an ordinary 16-year-old teenage kid trying to live through days and days of school. Like most teenagers, I was ignorant and naive having a fixed straightforward way of thinking. Life felt so simple to me. The relationship I had with God was simple and I didn't understand the responsibility of being a believer of Christ.

Recently, something clicked in me and I believe God has something to do with it. I was thrust into a new perspective in life and a new view of the world. What was once a simple world had now become much more complex. What was once a square has now become a sphere of infinite possibilities. To be honest, I was overwhelmed. As COVID came along, there came a time of deeper thinking which included thoughts of sadness, loneliness and misery. I was down and unmotivated.

Of course, I sought after God. I prayed to Him as usual but oftentimes I felt that my prayer was one-sided. Sometimes I felt that God was not listening to my prayers and this resulted in doubts. But God is just truly wonderful and I was wrong, I just wasn't focusing enough to hear His voice. After a few months into the MCO, He guided me to see the brighter side of things. I almost always see my mistakes first and it often overshadows the achievements. God changed that and reminded me of 1 Corinthians 10:13 "No temptation has overtaken you except what is common to mankind. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it." I was relieved as I have received such encouragement from God. The realization of the

goodness of God lifted me.

I remembered that after the MCO, we went back to school. I discovered that I had this newfound courage to spread the gospel to my friends who were mostly atheist. Unfortunately, they were not keen nor interested to hear about Jesus. For some reasons, I was devastated and was filled with the feeling of guilt. The thought of them going to a place of suffering when I could have changed that, horrified me. Fortunately, I have an amazing brother. I went to him and asked him about it. I am certain that God blessed him with wisdom as his answers seem so perfect to me. I understood that I had just planted a seed and other people who will come into their lives later will help to water it. Conversion of someone is not just a single event but a journey. The guilt I had within me comes with the responsibility of being a Christian. I had done what I could, being the salt and a shining light within this world.

To sum up my 2020, I believe it was a very important year for me. Although the ups and downs were quite noticeable, my relationship with God had grown significantly stronger. But one thing is for sure; the lessons and things I've learned this year were priceless. I have learnt to put my trust in God, to know my responsibilities, be patient and to understand that God will not give you something that you cannot bear. I have only lived 16 years of life and have already experienced the goodness of God. I am looking forward to what God has in store for me.

- Ivan Chiew

My personal and spiritual growth in 2020.

I'm not particularly an extrovert. However, I like to see things going on around me. I love to see things going on and I love to see the world and people moving. I find it very encouraging to see my classmates or friends chatting, laughing, or to see people moving around in the community. I feed off these things to keep myself motivated. And because of the pandemic in 2020, things became different.

All of a sudden, we were kept at home. My source of encouragement (at the time) was gone. I plummeted. My spiritual life and my entire being plummeted. The world came to a standstill and the things around me stopped moving. One by one, events were being called off, postponed and cancelled. What was supposed to be a great year, a year full of activities, became a year that everyone was confined at home.

At the beginning of 2020, I was already struggling with my studies and things weren't going the right way. I have friends, but I've never really had a friend to rely on like a buddy, so I didn't know how to handle tough personal trials like what had happened and how to ask for help from others. I'm just not used to that. So when we were called to stay put at home, I lost all motivation to do anything. I became exceptionally lazy and tired everyday. Initially, I still tried to do devotion but (1) it felt like doing a chore and (2) it wasn't meaningful anymore. My spiritual life fell so much to the point I didn't even bother to spend time on Sunday mornings to attend online Church. While the world was kept at a standstill, I too, was being rooted down and being kept from growing in Christ.

During the MCO, my heart felt troubled and I always felt like something was missing. Day in day out, I would wake up, attend classes, eat, study for tests if I had any, and then sleep. That was it. Guess the amount of time I spent with God- zero percent of my time was devoted to God during that time. If people were to ask me about my devotional life then, I would lie and say the textbook answers like, "Yeah, my devotion is going fine, but it could be better". I was trapped in a horrible cycle and didn't know how to get out of it. To sum it up, I was just staying at home, being lazy, and distancing myself from God.

That was when I hit rock bottom.

One day, during online youth, we were doing a bible study and something clicked. I felt something very familiar from the time we met during physical youth. That feeling drove me to try to pick myself up and devote time to God again. Of course, things didn't immediately escalate quickly and I didn't have a perfect spiritual life because of that, but I started to attend church properly and I think the weekly online prayer meeting with advisors and other youths we had helped me in disciplining myself as well as prayer. I also used the A.C.T.S prayer.

After 5 to 6 months of staying at home, I finally went back to school. I thank God for letting me go back to school for a while because by going back to school, I was able to see things move for a while. I felt more motivated to do things and my spiritual life was improving. I was able to find joy in many things and I really, really thank God for that time.

Soon after going back to school, it was announced that school would be closed again. This time, I told myself that I must not stray away and let my spiritual life fall again. I tried hard to discipline myself and to spend time with God daily, but to be honest, I would not be able to do it if I had tried it alone. Another door opened. The weekly group devotion with a small group of youths helped me to keep myself on track.

Every Wednesday night, we have an online devotion session where we discuss and sometimes get very deep into discussion and I love it so much. We read the journey through series and it really provides the drive and determination for me to grow spiritually. Last year was very special for me and probably for a lot of people. Because of this experience, even though my spiritual life went through many downs, I was still able to grow closer to God and grow spiritually. I pray that I will be able to continue my spiritual growth and to always find refuge in our Heavenly Father and I will forever be thankful for the doors that God showed me during this trying time. Thank you.

- Lucas Liew

Before the Judge



This is my confession: I am not good at confessing my sins before the Lord. I did not practise it regularly, and when I did remember it occasionally, I would mutter a quick, insincere, half-hearted apology. With Jesus' cleansing my sins for me, I got comfortable with sinning. After all, God has forgiven me, was what I thought, taking the sacrifice of His Son for granted.

One day as I was fasting, I felt prompted to repent. I obeyed, but my mind froze. "Wait, repent for what sin?" I had gotten so comfortable with sinning that I could not recognise it in my life. I asked the Holy Spirit to lead me into repentance, and He did. He prompted me to read 1 Kings 21, where God, in His anger, sent prophet Elijah to condemn King Ahab and Jezebel for the sin of killing an innocent man. Fear gripped my heart as I read the passage and I instantly fell to my knees. I instinctively knew the sins to repent now. I confessed my sin of not drawing contentment from Him but envied a friend instead.

While confessing, I encountered God, the creator of Heaven and Earth. He was sitting on His gigantic throne, staring down at me. Although I knew Jesus was interceding for me, at that moment, it was God the Father in front of me, ready to judge me. My heart overflowed with the fear of the Lord at the sight of His glory and me, being so insignificant and small before the Judge. I fell prostrate to the ground, and begged

for forgiveness. I begged like I never did before.

Shame covered my face as encountering God made me repent of a few more sins: I repented for living a life displeasing to Him and full of sin. I repented for being proud and trusting in my own understanding although I was small and weak. He's the God who deserves all glory and praise and here I was, not finding contentment and security from Him.

In 2 Corinthians 7:8-11, the apostle Paul describes two different types of sorrow: godly sorrow and worldly sorrow. David Worchester explains that worldly sorrow does not lead to repentance, but death. It only leads to the regrets and mere feelings of being sorry but eventually back to the sin cycle. In contrast, godly sorrow causes you to repent, change your behaviour and turn to God. It leads to putting our faith in Jesus as our Lord and Saviour and receiving salvation.

At that time, I prayed for godly sorrow and He led me to repentance and resolved my insecurities. May we all experience the same godly sorrow for our sins that will humble us to repentance. May we live a holy life pleasing to God by being allergic to sin, so that the image of God is reflected in us.

- Ong Rui Yu

CAN I COME



"My friend is an unbeliever. He needs help. Can he come?"
 "I'm not religious. Can I come?"
 "I'm not from your church. Can I come?"
 "Do you help outsiders?"
 "Does it only apply to members of TMC? What about people from other denominations?"
 "Other than our members, can people not from our church come over to get supplies?"



Similar calls are constantly being made. This is a door open to all. Regardless of skin color, nationality, denomination and background. The only concern is whether you are in need of assistance. In the past six months, more than 300 families have come forward to be blessed. More than 150 families are invited to come back to collect supplies in December. These are the first batch of families who received supplies. The foodbank then decides to reassess the current batch of families and select those who are still in dire circumstances to become the second batch of families to receive supplies. All second batch applicants will be required to submit some documents and undergo a one-time home visit. In the year 2021, just asking "Can I come?" no longer works, the question is, "Can you go?"



The food bank seeks more people to participate in team visits to families. Can you go?

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11:28

- Tees Sia



Covid-19 came as a strong warning and indication that we are living in the end times. As a church, we need to ask ourselves, 'Are we ready to face the challenges that are foretold in the Bible?'

Matthew 24:4-9 (NKJV)

And Jesus answered and said to them: "Take heed that no one deceives you. For many will come in My name, saying, 'I am the Christ,' and will deceive many. And you will hear of wars and rumours of wars. See that you are not troubled; for all these things must come to pass, but the end is not yet. For nation will rise against nation, and kingdom against kingdom. And there will be famines, pestilences, and earthquakes in various places. All these are the beginning of sorrows. Then they will deliver you up to tribulation and kill you, and you will be hated by all nations for My name's sake."

Jesus was telling his disciples that before He comes back, these are the events that will occur first:

- many will be deceived.
- wars and rumours of wars
- nation will rise against nation, Kingdom against kingdom.
- famines
- pestilences
- earthquakes
- tribulation or persecution of believers

These events might not happen in chronological order but could happen concurrently. The main point is 'Are we ready to face all these events before we meet Jesus face to face?' Matthew 24: 4 tells us that

'many will be deceived'. Why will they be deceived? Don't we as believers of Christ know who our God is? Why is it that believers cannot differentiate between the real and fake Christ? The fake Christ may come in the form of false teachings or doctrines.

The lack of discernment among believers arises from their lack of knowledge of the bible. Many believers do not read the bible regularly and only listen to sermons once a week. As our physical body needs physical food daily, so does our spiritual life. Spiritual food includes spending time with God via prayer and bible reading, bible studies, attending church conferences and reading spiritual books or listening to bible teachings and sermons.

As we read the Bible daily, we will know the characteristics, nature and attributes of our God more and more and only then will we not be deceived. Joining a small group will enable you to study the bible and fellowship with other brothers and sisters in Christ. By attending Disciple classes or joining Bible Study Fellowship (BSF), we will be disciplined in the systematic study of the Bible. As mature believers, we will not be easily deceived. Ephesians 4:14 says, 'Then we will no longer be infants, tossed back and forth by the waves and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.'

Dear Brothers and Sisters, I strongly encourage everyone to read and study the Bible diligently if we want to lead a victorious Christian life and not be easily deceived by the enemy during this end times.

- Lau Mee Ting

The Boy and the Starfish

An old man was doing his daily walk along the beach one morning, when he spotted a young boy crouched by the water, scooping something up from the sand and throwing it into the sea. The beach was normally empty at this time of day, and so the old man stopped to watch for a while. He noticed that the boy kept on shuffling a little further down the beach, then repeating this same action again and again – stopping, scooping, throwing, moving.

"What are you doing there, boy?" the old man asked, walking closer. "I'm saving these starfish that are stranded" replied the boy, "if they stay on the beach they will dry out and die, so I'm putting them back into the ocean so they can live."

The old man was silent for a few seconds.

"Young man" he said, "on this stretch of beach alone, there must be more than one hundred stranded starfish. Around the next corner, there must be at least one thousand more. This goes on for miles and miles and miles – I've done this walk every day for 10 years, and it's always the same. There must be millions of stranded starfish! I hate to say it, but you'll never make a difference."

The boy replied "Well I just made a difference for that one", and continued with his work.

I believe everyone is quite familiar with the story above. Every time when you come to the church, you will pass by a big poster which tells this story. When I served in the food bank ministry for almost a year, someone actually shared with me his concerns. "With so many people needing help, can you all handle it? Will you make them dependent on church to provide their daily needs? Will they become lazy and not



work so hard since the church can provide sufficient food for them?" Some people even questioned our choice of which families to support. It's so unfair, they exclaimed!

Before starting this food bank, our church had been giving food assistance to some under-privileged members. This ministry had been kept in low profile as the church does not want to publicize it. This is because it might cause discontentment and jealousy in the whole village and quarrels and strife may result.

However, if we stop helping people because of these problems, we will fall into Satan's schemes. We will just be like the old man in the story above. Although he walked on the beach every day, he did nothing to help the starfish. Our food bank is similar to the little boy, helping some people in need every week. Although it is so insignificant for the society on the whole, I believe it brought life-turning changes for the families that we helped. We also took this opportunity to sow the seeds of the gospel, and while praying for them, we also conveyed the love of the Lord Jesus Christ. Thank you brothers and sisters for your offering and food support. May God bless the work done by everyone and may our church be a channel of blessing for our Lord.

- Rev. Chan Chok Ong

Kisah Seorang Budak dan Tapak Sulaiman.

Seorang lelaki tua melakukan perjalanan hariannya di sepanjang pantai pada suatu pagi, ketika dia melihat seorang budak mencangkung di tepi pantai, meraup sesuatu dari pasir dan membuangnya ke laut. Biasanya, pantai kosong pada waktu ini, jadi lelaki tua itu berhenti untuk memerhatikan sebentar. Dia memerhatikan bahawa budak itu terus berjalan perlahan di pantai, dan kemudian mengulangi tindakan yang sama berulang kali - berhenti, meraup, melempar, bergerak.

"Apa yang kamu lakukan di sana, budak kecil?" lelaki tua itu bertanya, berjalan lebih dekat.

"Saya menyelamatkan tapak sulaiman yang terdampar ini" jawab budak itu, "jika mereka tinggal di pantai, mereka akan kering dan mati, jadi saya memasukkannya kembali ke lautan agar mereka dapat hidup."

Lelaki tua itu diam selama beberapa saat.

"Anak muda" katanya, "di hamparan pantai ini saja, pasti ada lebih dari seratus tapak sulaiman yang terdampar. Di sudut seterusnya, mesti ada sekurang-kurangnya seribu lagi. Ini berlanjutan sejauh batu-batu lagi, saya telah melakukan jalan ini setiap hari selama 10 tahun, dan selalu sama. Pasti ada berjuta-juta tapak sulaiman yang terdampar! Saya tidak suka mengatakannya, tetapi kamu tidak akan pernah membuat perbezaan."

Anak lelaki itu menjawab "baik saya membuat perbezaan untuk yang satu itu", dan meneruskan kerjanya.

Saya percaya kebanyakan orang biasa dengan kisah di atas. Setiap kali anda datang ke gereja, anda akan melalui gambaran besar yang menunjukkan kisah ini. Semasa saya melayani di pelayanan bank makanan selama hampir satu tahun, ada orang berkongsi dengan saya, "Begitu banyak orang memerlukan pertolongan, dapatkah anda

menangani semua? Adakah anda akan membiarkan mereka mengembangkan kebiasaan yang mereka fikir mereka tidak perlu bekerja keras kerana gereja telah menyediakan makanan yang mencukupi? Atau ada orang yang mengatakan mengapa anda hanya memberi kepada keluarga ini dan bukan kepada keluarga itu. Ini sangat tidak adil."

Sebenarnya, sebelum memulakan bank makanan ini, gereja kita juga memberikan bantuan makanan kepada beberapa anggota yang miskin. Cuma kita simpan profil rendah ketika kita menolong mereka, dan tidak mahu mengheboh-hebohkannya, kerana jika kita tidak menguruskan pelayanan ini dengan baik, akan menimbulkan persepilihan di seluruh desa, dan ada juga pertengkaran mengenainya. Jadi, ini bukan suatu tugas yang mudah.

Walau bagaimanapun, jika kita berhenti menolong orang kerana kesulitan-kesulitan ini, kita akan jatuh ke dalam muslihat syaitan, sama seperti orang tua dalam cerita ini. Walaupun dia berjalan di tepi pantai setiap hari, dia tidak melakukan apa-apa untuk menolong tapak sulaiman itu. Bank makanan kita sama seperti budak kecil itu, membantu beberapa orang yang memerlukan setiap minggu. Walaupun tidak begitu banyak bagi seluruh masyarakat, saya percaya bahawa ia membawa perubahan yang sangat penting bagi keluarga tertentu, kerana melalui bank makanan ini, kami telah menjalin hubungan dengan banyak keluarga yang miskin. Kami juga mengambil kesempatan ini untuk menabur benih Injil, dan sambil berdoa untuk mereka, kami juga menyampaikan kasih Tuhan Yesus Kristus. Terima kasih saudara dan saudari atas pemberian dan sokongan makanan kalian. Semoga Tuhan memberkati pekerjaan yang dilakukan oleh kalian dan membiarkan gereja kita menjadi alat yang dapat digunakan secara luas untuk Tuhan.

Rev. Chan Chok Ong

Harapan Dalam Tuhan



Saya mulakan kesaksian saya dengan pernyataan ini “Jangan menginginkan penghargaan tetapi jadilah yang berharga” kata-kata atau pernyataan ini tercetus dalam fikiran saya ketika melihat jenazah adik saya yang di kunjungi oleh kawan-kawannya yang memberi penghormatan terakhir kepada dia.

Adik saya seorang Kristian yang biasa, pertumbuhan rohaninya tidak berapa sihat, hanya sekali sekala ke gereja, dan pada waktu ada Kelompok Kecil di rumahnya dia menjadi ketua keluarga yang bertanggungjawab mengutarakan keperluan rohani keluarganya. Dia dapat melakukan ini kerana ia terdedah dengan kehidupan Kristian yang saling membantu dalam doa. Isterinya seorang pengikut Tuhan yang sejati.

Saya dengan adik saya tidak membesar bersama dalam satu keluarga kerana saya di besarkan oleh keluarga lain. Keadaan ini menyebabkan kami sangat jarang bertemu tetapi hubungan kami sangat bagus, kami saling berhubung dan kadang2 saling mengunjungi juga, beberapa kali saya bercakap tentang iman Kristian kepadanya, dia bersetuju dengan saya tetapi ia belum dapat buat komitmen dengan Tuhan. Itu yang menjadi bahan doa saya selama ini.

Ketika adik saya tiba2 pengsan, dan di hantarkan ke hospital Bintulu (dia tinggal di Bintulu kerana ia kahwin dengan orang Kayan) saya di beritahu bahawa tiada harapan untuk adik saya hidup lagi. Masa itu saya beritahu suami saya bahawa saya mahu berjumpa dengan dia untuk terakhir kali sebelum dia menghembuskan nafas terakhir, mahu beritahu dia lagi tentang keselamatan kekal yang ia perlukan. Tetapi dalam masa yang sama saya ada 'personal retreat' dan saya beritahu Tuhan, “Tuhan tolong beri saya kesempatan bertemu dengan dia semasa masih hidup supaya saya dapat memberitahu dia tentang penyelamatan itu.

Petang 22/9/2020 dia menghembuskan nafas terakhirnya dan saya tidak sempat berjumpa dengan dia. Oh Tuhan! Masa itu saya sangat sedih, saya merindunya, saya hilang kesempatan bercakap tentang keselamatan kepadanya, saya menyalahkan diri saya sebab tidak terus datang ke Bintulu pada petang 21/9 masa itu dia masih hidup. Saya sangat sedih, saya hilang harapan, saya menyesal, banyak hal negatif dalam hati dan fikiran saya waktu itu.

Saya tanya Tuhan... Mengapa Tuhan tidak beri saya kesempatan bertemu dengan dia masa dia masih bernafas? Mengapa Tuhan tidak dengar doa saya? Saya kecewa dengan diri saya mengapa tidak cepat bertindak...semasa saya berlutut dan memberitahu Tuhan kekecewaan dan memohon pengampunan atas kelalaian saya merebut masa yang ada...Tuhan Yesus menyentuh saya dan berbicara “ Sokimah

kesempatan sudah kau miliki telah kau guna, jangan kecewa harapan tetap berkilauan” saya tersentak, tetapi tidak memahaminya.

Semasa saya berada di Bintulu saya sedar dan saya lihat dua hal yang memberi kekuatan untuk saya.

1. Kehidupan adik saya telah memberi pengaruh positif kepada kawan2 dia dan juga orang kampung. Ungkapan yang menjadi buah mulut mereka adalah adik saya seorang yang berjuang, bersemangat dan sentiasa memberi dorongan dan semangat serta suka membantu orang lain.

Seorang kawan baik dia (orang Melayu) memberitahu saya, “saya tidak pernah ada kawan seperti dia. Saya tidak pernah dengar dia mengkritik orang lain, kalau dia dengar kami mengkritik orang dia akan tegur kami.” Ada yang berkata, kita akan teruskan semangat juang dan dan pemikiran yang positif kerana itu yang sangat berharga dia tinggalkan untuk kita. Dari itu saya belajar bahawa harga diri jauh lebih indah daripada mengharapkan penghargaan.

2. Pada Kebaktian pagi sebelum pengkebumiannya, Pastor yang menyampaikan firman Tuhan, memberi jaminan kepada saya bahawa adik saya seorang yang telah buat keputusan menjadi pengikut Yesus, dia telah menerima Tuhan Yesus sebagai Penyelamat dan Tuhannya. Wow! Masa itu saya terus bercakap dengan isterinya untuk mendapatkan pencerahan dan isterinya mengakuinya.

Tuhan sememangnya telah mendengar doa saya, menjawab doa saya sebab itu DIA beritahu saya “harapan tetap berkilauan” saya kembali ke Kuching dengan hati yang bahagia kerana adik saya telah kembali bersama Bapa di Syurga, sekalipun secara manusia saya sedih kerana saya merindunya dan sangat merindunya.

Ketika kita percaya kepada Tuhan maka harapan itu tidak pernah pudar, sekalipun ianya tidak kelihatan bahkan seakan-akan sudah tidak ada tetapi harapan tetap muncul, bersinar dalam kegelapan dan menuntun kehidupan ini untuk menikmati kebahagiaan. Amin.

- Sokimah



Peluang Menyampaikan Berita Baik

Saya telah memikirkan bagaimana caranya menghubungkan injil kepada orang yang saya tidak jumpa secara bersemuka semasa PKP. Saya bersyukur kepada Tuhan kerana saya pernah mengikuti latihan penginjilan menggunakan digital. Ini memberikan saya idea bahawa saya masih boleh berhubung dengan mereka yang saya tidak dapat jumpa bersemuka.

Satu persoalan lagi timbul. Bagaimana saya boleh mendapatkan nombor kontak mereka (nombor HP). Dan bagaimana pula dengan mereka yang memiliki HP tetapi tidak dapat buka internet kerana masalah data?

Ketika gereja kita memulakan pelayanan Bank Makanan, satu perkataan muncul dalam fikiran saya "PELUANG". Ya inilah peluang untuk mendapatkan nombor HP mereka dan berhubung dengan mereka. Bantuan Bank Makanan yang pertama adalah peluang untuk mengenali penerima bantuan kerana inilah pertama kali berjumpa dan mengenali mereka. Saya gunakan peluang itu untuk mendapatkan nombor HP mereka dan mulai berhubung dengan mereka. Pada masa sama saya mulai menghantar "THE FOUR" satu alat penyampaian injil yang sederhana. Ramai dari mereka respon dengan positif. Kebanyakan mereka yang kembali lagi mengambil bantuan kali kedua dan ketiga menjadi lebih terbuka untuk bercakap tentang injil dan juga di doakan melalui sesi temuduga.

Seorang lelaki yang berusia 60 tahun, yang telah lama mengalami sejenis penyakit menceritakan bahawa dia sering jumpa bomoh untuk merawat penyakitnya. Saya menggunakan peluang itu untuk memberitahu dia tentang Yesus Kristus dan juga kesaksian peribadi saya bagaimana saya percaya kepada Yesus Kristus. Dia memberitahu

saya bahawa inilah pertama kali dia mendengar tentang Yesus Kristus. Puji Tuhan! Tuhan membuka hatinya dan dia menerima Yesus Kristus ke dalam hidupnya sebagai Penyelamat dan Tuhan.

Bank Makanan bukan hanya membantu menyediakan makanan fizikal tetapi juga peluang untuk memberikan makanan rohani. Ini adalah peluang untuk menyentuh jiwa dan menjangkau mereka dengan kasih Yesus Kristus.

- Welfred Tungku



Bersyukur Atas Kebaikan Tuhan

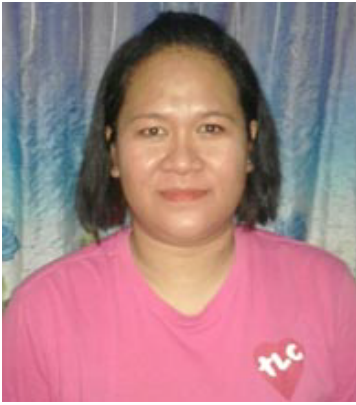
Shalom...saya Patricia Didik dari Pelayanan Wanita BM. Saya sangat bersyukur kerana diberi peluang untuk berkongsi tentang kasih Tuhan sepanjang mengikuti Pelayanan Wanita. Pada 27/12/2020, Pelayanan Wanita ada mengadakan perjumpaan untuk akhir tahun dimana program kami pada masa itu ialah saling bertukar hadiah sempena hari Krismas, sambut harijadi dan perkongsian peribadi mengenai kebaikan Tuhan didalam kehidupan masing-masing.

Secara peribadi saya sangat terdorong semasa mendengar perkongsian dari semua wanita yang hadir pada masa itu kerana yakin serta percaya akan pertolongan dan kebaikan Tuhan, walaupun dalam keadaan yang tidak menentu seperti menghadapi masalah dalam keluarga, kehilangan orang tersayang, tiada pekerjaan dan banyak lagi namun tetap mengucap syukur dan berserah kepada Tuhan.

Disini saya sangat yakin bahawa di dalam Tuhan ada pengharapan dan penghiburan yang luar biasa di saat kita berbeban berat. Jadi saya sangat bersyukur kerana memiliki Tuhan dalam hidup saya dan melayani-Nya bersama-sama dalam Pelayanan Wanita. Terima kasih dan Tuhan memberkati semua.



- Patricia Didik



MELAYANI SELAGI ADA KESEMPATAN

Shalom, saudara saudari sekalian. Saya Senoria Anak Chol jemaat Pelayan Bahasa Malaysia ingin berkongsi serba sedikit tentang pelayan saya di Gereja Methodist Trinity. Sebagai seorang ibu yang mempunyai anak yang masih kecil sekitar tahun 2013 tidak ada kerinduan serta keinginan untuk melayani Tuhan. Hanya menjadi CCTV dan "pengasuh"

kepada anak saja. Menjadi rutin setiap hari Ahad datang ke gereja dan membawa serta menemani anak di Sekolah Minggu.

Pengerusi Sekolah Minggu masa itu adalah Cikgu Colin Nujee kalau tidak silap. Terdetik di dalam hati ingin menjadi guru sekolah masa itu tetapi hanya pendam saja. Merasakan diri tidak layak serta tidak ada pengetahuan mengenai Alkitab menyebabkan kerinduan untuk melayani dipersiakan sebegitu saja.

Syukur Tuhan membuka jalan, dimana saya telah diangkat menjadi guru Sekolah Minggu pada tahun 2014. Menimba pengetahuan daripada guru yang berpengetahuan mengenai cara mengajar serta cara menarik minat anak-anak dalam sesi pembelajaran, membolehkan saya terus melayani sampai kehari ini dalam Sekolah Minggu.

Terlalu sukar untuk memutuskan keputusan, apabila Pastor Patrick mengangkat saya menjadi Pengerusi Sekolah Minggu sesi tahun 2017-2018. Kata-kata ini menyentuh hati saya:

Lukas 9:48 mengatakan,"Barangsiapa menyambut anak ini dalam namaKu, ia menyambut Aku; dan barangsiapa menyambut Aku, ia menyambut Dia yang mengutus Aku."

Ini alasan pertama saya melayani sebagai guru Sekolah Minggu. Ketika saya menyambut anak-anak Sekolah Minggu dan mengajar mereka tentang Yesus, itu sama dengan saya menyambut Yesus. Keadaan ini membuat saya sangat bersemangat. Bayangkan perasaan anda ketika menyambut Yesus setiap Minggu. Suatu kehormatan! Puji Tuhan, kerana adanya Dia memimpin serta tunjuk ajar daripada Pastor dengan rakan komiti Pelayan Bahasa Malaysia, saya masih bertahan

menjadi Pengerusi Guru Sekolah Minggu dari tahun 2017-2022. Bukan setakat melayani di Sekolah Minggu, tetapi Tuhan memanggil saya untuk melayani di Trinity Learning Care (TLC). Hanya berbekalkan ilmu lulusan STPM, sifat rendah diri serta menganggap diri "domba" yang kerdil jika dibandingkan dengan guru yang melayani di TLC. Tetapi saya percaya, Tuhan tidak memandang rupa dan ilmu yang saya ada. Berkat kesabaran melayani karenah mereka membolehkan saya terus bertahan. Puncanya hanya satu, ingin melihat anak-anak yang kurang mampu seperti anak-anak di Kampung Chawan, dapat mempunyai kehidupan yang lebih baik serta berjaya dalam hidup.

Pelayan saya tidak ada noktahnya, Tuhan terus memanggil saya untuk melayani sebagai ketua kelompok kecil Chawan. Hampir 4 tahun diangkat sebagai ketua kelompok kecil. Saya amat-amat bersyukur kerana mempunyai anak buah (jemaat) yang aktif bersekutu bersama setiap hari Rabu (sebelum ada koronavirus 19). Tetapi kini kami hanya melakukan mezbah keluarga serta mengikuti kebaktian dalam talian bersama-sama setaip hari Ahad. Mempunyai pihak gereja yang sungguh memberi perhatian, kami jemaat Chawan dibekalkan wifii untuk memudahkan kebaktian dalam talian serta zooming semasa persekutuan doa. Tuhan sungguh baik, bukan?

Walaupun Sekolah Minggu tidak dapat dilakukan pertemuan secara bersemuka sejak tahun lepas, tidak mematahkan semangat untuk saya melayani Tuhan dalam Sekolah Minggu. Kini saya dipertanggungjawabkan untuk membuat soalan kuiz Alkitab Sekolah Minggu khas untuk Pelayan BM Daerah Kuching Barat setiap minggu. Pengaturan masa amat penting bagi saya supaya pelayan berjalan dengan teratur. Setiap minit, saat dan detik jam amat berharga bagi saya. Rencana Tuhan amat baik dan teratur, seperti apa yang telah dirancang-Nya. Penyertaan Tuhan dalam setiap pelayan saya, menyebabkan saya terus bertahan hingga ke saat ini.

Melayani dan terus melayani, tidak kira usia, pangkat, miskin atau kaya serta terus percaya bahawa Tuhan sentiasa menyertai kita. Berkat-berkat sentiasa ada Tuhan berikan kepada kita. Biar kita semua terus menjadi terang dan garam kepada dunia. Terimalah panggilan Tuhan walaupun sekadar sebagai penyambut tetamu dan pemandu van. Kita tetap sama dimata Tuhan, ayuh sama-sama kita ada kerinduan untuk melayani dan menjadi "alat" di Rumah Tuhan. Sekian, Tuhan memberkati.

- Senorita

Pandanglah Pada Yesus



Shalom, terlebih dahulu saya ingin menaikkan ucapan syukur kepada Tuhan yang telah membuka ruang untuk memulai kelompok kecil belia ini. Pada awalnya, sebelum kelompok kecil ini dimulai, seperti ada suara kecil di dalam hati yang membuat saya tertanya-tanya. "Mengapa tiada program /sesuatu yang dapat dilakukan untuk menggerak/ membangun golongan belia di sini (gereja)? Dan dalam beberapa waktu itu, saya sering teringat akan beberapa hal. Oleh itu, saya mengambil masa untuk berdoa apa yang Tuhan mau lakukan untuk belia-belia yang ada disekeliling khususnya yang berada di gereja. Selebihnya Tuhan yang bertindak dan memimpin.

Sungguh tak terselami fikiran dan rancangan-Nya bagi orang-orang yang mengasihi Dia. Dan pada hari Sabtu, kami telah memulai kelompok kecil belia bersama-sama pada setiap minggu ke-2 & 4 setiap bulan. Melalui perjumpaan ini, kami belajar Firman Tuhan, memuji Tuhan, berdoa dan berkongsi untuk mendorong satu sama lain. Inilah yang kami rindukan untuk terus bersama-sama bangkit menjadi penggerak gereja Tuhan. Kami juga bersyukur kerana adanya Rev Chan yang membimbing kami dalam pelajaran dan program setiap perjumpaan. Meskipun di masa pandemik ini perjumpaan

tidak dapat dijalankan, namun kami masih dapat bertemu dengan satu sama lain melalui zoom.

Teruslah berdoa bagi kelompok belia ini agar terus bertumbuh dalam iman dan gunakan setiap peluang yang ada untuk melayani Tuhan. Saya percaya bahawa saat Tuhan memulai hal baru dalam kehidupan kita sekalipun hal itu kelihatan sukar, tetaplah percaya bahwa Dia mengendalikan segala keadaan. Dan Dia jugalah yang akan menyelesaikan bagi pihak kita. Kerana,

"Apa yang tidak pernah dilihat oleh mata dan tak pernah didengar oleh telinga dan yang tak pernah timbul di dalam hati manusia: semua disediakan Allah untuk mereka yang mengasihi Dia". (1 Korintus 2:9)

Marilah belia-belia kita terus berjalan dan fokus kepada tujuan yang benar. Sekalipun begitu banyak tawaran menarik di sekeliling kita, mari letakkan fikiran dan tujuan hidup kita kepada Yesus kerana Dia saja yang dapat memberi kepuasan kepada jiwa yang haus dan lapar akan hidup yang berkelimpahan. Tuhan Yesus baik. Tuhan memberkati.

Pertolongan Tuhan Tiada Batasnya



"Pertolonganku datangnya daripada TUHAN, yang menjadikan langit dan bumi." (Mazmur 121:2)

Pada malam sambutan tahun baru yang disambut dengan permainan bunga api dan mercun, saya kehilangan keseimbangan badan semasa menuruni tangga menyebabkan saya terjatuh ke bawah dengan posisi kaki berlipat.

Saya tidak terfikir ianya sesuatu yg serius sehinggalah kesakitannya memuncak dan kaki saya membengkak. Suami membawa saya ke hospital dan disana doktor mendapati tulang buku lali saya ada sedikit retak dan kaki saya harus disimen.

Keadaan baru saya ini sedikit menekan saya. Saya adalah seseorang yang kuat bergerak dan tiba-tiba dinasihati supaya tidak banyak bergerak. Keadaan ini betul-betul bertentangan dengan rutin harian saya.

Saya tidak dapat mengambil dan membuat tempahan pelanggan. Apabila saya tidak ambil dan buat tempahan, bermakna kami akan ada masalah kewangan. Dalam masa yang sama, kereta pula rosak dan harus dibaiki segera. Duit yang seharusnya digunakan untuk belanja dapur sudah suami gunakan untuk membaiki kereta. Hanya tinggal sedikit sahaja lagi.

Dalam tempoh menunggu bayaran titbits dan permohonan pengeluaran epf saya dikeluarkan belanja kami semakin tinggal sedikit. Suami mula risau. Saya masih bertenang kerana disepanjang kehidupan saya, Tuhan tidak pernah biarkan kami kelaparan. Lagipun saya sudah berdoa dan saya percaya, Tuhan mendengar.

Pagi itu sekitar jam sembilan sekali lagi saya memeriksa account bank saya dan ternyata bayaran belum juga dimasukkan. Saya tutup mata, lipat tangan dan sekali lagi berdoa; "Terima kasih Tuhan kerana sentiasa menjaga dan melindungi kami, kerana kasih-Mu aku masih punyai kesempatan untuk bernafas, memuji dan menyembah Engkau. Tuhan, hari ini suamiku harus membeli barang dapur dan bayaran ku belum dimasukkan ke dalam account. Aku tidak tahu bagaimana, tetapi satu hal yang aku percaya ialah apabila aku berdoa, Engkau bekerja. Tanpa Engkau aku bukan sesiapa, tanpa Engkau aku tidak dapat berbuat apa-apa. Ku serahkan sepenuhnya pergumulan ku hari ini ke dalam campur tangan-Mu. Dalam nama Tuhan Yesus aku mengucapkan syukur dan berdoa. Amen."

Sekitar jam 11 pagi saya mendapat panggilan dari seorang kawan yang sebenarnya kalau diteliti salasilah keluarga kami tetap ada pertalian persaudaraan, tetapi sudah berlapis-lapis. Kami berkawan dari tingkatan satu sehingga sekarang dan kami saling berhubung. Kehidupan dia diberkati dengan rezeki yang melimpah ruah. Mereka memiliki beberapa buah perniagaan dan seringkali menempah kek dan titbits daripada saya. Saya masih ingat beberapa pertanyaan dia disaat kami berbual melalui telefon, diantaranya "kamu sekarang dimana?, macam mana keadaan kamu?".

Selepas menamatkan perbualan, saya baring. Tetapi ketukan dipintu

mengejutkan saya dan anak saya buka pintu. Ternyata dia telefon saya dari dalam kereta dan untuk memastikan saya ada dirumah. Kami berbual sekejap. Dia kata dia tak dapat lama. Dia selitkan beberapa keping note lima puluh ringgit ditangan saya. Saya menolak tapi dia kata,"pakai belanja kamu, kamu sakit memang tak dapat buat tempahan". Tuhan berbicara kepada saya dalam bisikan ditelinga "ambil, kamu memerlukannya".

Selepas dia pulang, saya ambil sedikit masa untuk berdoa lagi". Sesungguhnya dia tidak mengetahui betapa saya sangat menghargai apa yang dia berikan. Saya selalu mengajar diri sendiri untuk berusaha sendiri dan tidak meminta-minta atau pinjam-meminjam duit. Saya rasa bersalah meminta/meminjam hasil titik peluh orang lain.

Hal ini sebenarnya mengingatkan saya agar tidak pernah berhenti mendoakan orang-orang disekeliling kita meskipun mereka tidak tahu bahkan mereka sama sekali tidak mendengar pun doa-doa kita untuk mereka. Berdoa bukan hanya untuk mereka yang memberkati kita sahaja, tetapi berdoa juga untuk mereka yang menghina kita, mereka yang membenci kita dan yang menyimpan rasa dendam dan marah kepada kita. Kita ini hanya debu, tidak ada hak untuk menghakimi. Tuhan memakai sesiapa sahaja disekeliling kita sama ada untuk memberkati kita, sama ada untuk menjawab doa-doa kita bahkan mungkin untuk melihat iman kita seperti apa apabila berhadapan dengan orang-orang yang menolak kita.

Apabila berada didalam pergumulan datanglah kepada Tuhan, tetaplah setia. Jangan lupa untuk terus berdoa dan membaca Firman Tuhan. Jangan berhenti mengharap. Satu ayat Firman Tuhan yang seringkali menjadi kekuatan saya ialah "Tiap-tiap cubaan yang kamu alami itu cubaan yang biasa dialami orang. Tetapi Allah setia kepada janji-Nya. Dia tidak akan membiarkan kamu dicubai lebih daripada yang dapat kamu tanggung. Pada waktu kamu ditimpa cubaan, Dia akan memberikan jalan keluar supaya kamu mendapat kekuatan untuk menanggungnya." (1 Korintus 10:13)

Semoga perkongsian saya menjadi inspirasi buat anda. Ingat, jangan lupa berdoa dan membaca Firman Tuhan ya. Tuhan menngasihimu kamu dan saya.

Salam Kasih Kristus dan Tuhan berkati.

- Rou Lyn Shia

小男孩与海星的故事

(陈昨安牧师)

一天早上，一位老人每天沿着沙滩散步，他发现一个小男孩蹲在海边，从沙子中挖出一些东西扔进海里。每天的这个时候沙滩通常是没什么人的，所以老人停下来观望了一会儿。他注意到男孩继续在沙滩上慢慢地走，然后一次又一次地重复同样的动作 - 停止，挖泥土，扔东西进海里，再移动。

“你在那儿做什么，小男孩？”老人一边问，一边走近小男孩。小男孩回答说：“我要救这些被滞留的海星，如果它们继续留在沙滩上，在烈日的炙烤下，它们会面对死亡，所以我将它们放回海洋，以便它们能够生存。”

老人沉默了几秒钟。

他说：“年轻人，单单在这片沙滩上，就有一百多个滞留的海星。在下一个拐角处，至少有1000个以上。这持续了数以千计的路程 - 我已经连续10年每天这样走，情况仍然是一样的。至少有数百万个滞留的海星！我讨厌这么说，但你永远不会有所作为。”这个男孩回答说：“好吧，但我至少能为这只带来了改变”，并继续他的工作。

我相信大家对以上的故事不陌生。当大家每次来到三一堂的时候，都会经过这么一张大图片，里面显示的就是这个故事。当我在食物银行这个事工服侍了快一年，其实有人就跟我分享说，“这么多人需要帮助，你们帮得完吗？等一下会不会让他们养成一种习惯，反正教会都有给，就不用那么努力做工。又或者有人说为什么你只给这个家庭，不给那个家庭，这么不公平！”

其实，在还没有开始这个食物银行之前，我们教会也是有给予一些贫穷的会友食物上的援助。只是我们都是很低调



，不想大张旗鼓，因为如果没有处理好这个事工，会造成整个村庄的不和，为此而吵架的也有。所以，这不是一个简单的服侍。

无论如何，如果因为这些困难而停止了帮助人的服侍，我们就陷入魔鬼的诡计，就如那位老人一样，虽然每一天都在那个沙滩上行走，但是，却对那些海星没有任何的帮助。

我们的食物银行就如那位小男孩所做的，每一个星期帮助一些有需要的人。虽然对整个社会来说是那么地微不足道，但我相信对于领受过帮助的家庭来说却是为他们带来了翻转生命的改变。因为透过这个食物银行，我们接触了很多贫穷的家庭。我们也藉着这个机会撒下了福音的种子，为他们祷告的同时，也传达了主耶稣基督的爱。

谢谢弟兄姐妹的奉献和食物上的支持。愿神赐福与大家手所做的成为主所重用的器皿。

我可以來嗎

(余巧雨)

"我朋友是非信徒。他需要被幫忙，他可以來嗎？"
"我不是信教的。我可以來嗎？"
"我不是你們教會的人，可以來嗎？"
"你們有幫忙外面的人嗎？"
"是不是只給三一堂會友申請？其他宗派教會的人可以嗎？"
"除了我們的會友，外面的人可以過來拿物資嗎？"



類似的電話綿綿不斷，這是一個為鄰舍敞開的門戶。不分膚色，國籍，宗派和背景。只問你有沒有這個需要？

過去6個月以來，約有300多個家庭前來受惠。其中150多個家庭依舊被邀請在12月份回來領取物資。第一批的受惠家庭因此來到一個段落。接下來，食物倉決定重新評估目前的受惠家庭。並篩選那些依舊處在水深火熱中的家庭成為第二批的受惠家庭。所有第二批的申請者將被要求呈上一些文件及接受一次性家訪。

2021年，不再只是"我可以來嗎？"。更是"你可以去嗎？"食物倉尋求更多人員參與組隊出訪家庭。你可以去嗎？

"凡勞苦担重担的人可以到我这里来，我就使你们的安息" (马太福音 11:28)





摆在桌上的一本《大斋期默想篇》，勾起我很多的回忆，我思念恩主耶稣。祂受难时所经历痛苦画面，一幅一幅地浮现在我的脑海中。

恩主耶稣在客西马尼园勉励门徒要警醒祷告之后就被捕，被看守的人戏弄，辱骂，在会众前受审，把祂解交给彼拉多，但查不出罪来，就把耶稣送到希律那里去。希律指望耶稣行一件神迹，但耶稣却一言不答。在场的祭司和文士，极力告祂，兵丁藐视祂，戏弄祂。又把祂送回彼拉多受审，但还是查不出任何罪来，有意把祂释放。但众人却不停喊着说：“除掉耶稣……”彼拉多就照他们所求的定案。

耶稣被押到一个地方，名叫髑髅地，就在那里被钉十字架。那时约有午正，遍地都黑暗了，直到申初，日头变黑，殿里的幔子从当中裂为两半，耶稣大声喊着说：“父阿！我将我的灵魂交在你手里”说了这话，气就断了。（路23:44-46）

想到这里，我不禁心酸流泪。主阿！我是罪人，为什么你这样爱我，为我承受这么痛苦的刑罚？

耶稣藉着十字架的牺牲，成就了天父的救赎计划，给全人类带来以下的意义和应许：

1. 罪得赦免

因为世人都犯了罪，亏缺了神的荣耀。如今却蒙神的恩典，因基督耶稣的救赎，就白白的称义。神设立耶稣作挽回祭，是借着耶稣的血，凭着人的信，要显明神的义，因为祂用忍耐的心，宽容人先时所犯的罪（罗3:23-25）。人类的罪蒙神赦免之后，成为圣洁，重新恢复和上帝起初的和好，成为神的儿女，回到祂爱的怀抱中，称祂为阿爸天父。



路加24章之我见 (黄世璋)

因为全世界都遭受到新冠病毒疫猖狂肆虐，各国都做好防范措施，那就是限居屋内，勿出户外活动，所以有多余时间多读圣经充实自己。同时又有更多时间聆听线上讲道篇。我听了一篇

题为“耶稣哭了”，引用圣经约翰福音十一：35，这一哭犹太人就有反应，是人情的感应。但耶稣的灵性感受是如何，不是人所能了解的。这事我们倒不必做太多人性的推测。

耶稣所说的话语要靠人传

我也有一种感受，耶稣的复活前和复活后的感触也有很大的不同。请读路加福音24章耶稣在以马忤斯与两个门徒的一席之谈，祂的讲道方式与从前不同。复活后的耶稣要祂的门徒传扬祂所说过话，路加廿四：7-9说：“人子必须被交在罪人手里，钉在十字架上，第三日复活。”她们就想起耶稣的话来，便从坟墓那里回去，把这一切事告诉十一个使徒和其余的人。从这里看来祂已

2. 除灭魔鬼的作为

犯罪的是魔鬼，因为魔鬼从起初就犯罪。神的儿子显现出来，为要除灭魔鬼的作为（约一3:8）。

魔鬼的作为是引诱人类犯罪，破坏神与人之间的和好关系，使人成为罪的奴仆，受牠辖制。耶稣的受死，埋葬，降在阴间，第三天复活，粉碎了魔鬼的权势，除灭了魔鬼的作为，使人类从罪的奴仆中得释放。神又把祂的道存在人类的心里，要祂们不犯罪而行义。

3. 应许人类永远不死

自古以来，人类都在追求长生不老，永远不死，但费尽心思都无法实现，因为人有一生，必有一死，而且死后有审判。但在上帝眼中，看圣民之死极为宝贵。耶稣说：“复活在我，生命也在我！信我的人，虽然死了，也必复活，凡活着信我的人，必永远不死。”（约11:25-26）。耶稣又说祂在天父那里预备了许多住处，祂会再来接信徒到那里去与祂同住，享受永生的福乐。

神爱你，只要你亲口向祂认罪悔改，信靠耶稣作你的救主，神就白白地把救恩赐给你。若你还未得到这些福分，现在就祷告，求神赦罪，求耶稣作你生命的主宰，赐下丰盛的人生，和永生的盼望。耶稣受尽痛苦，忍受惨不忍睹的刑罚，作人类的赎罪祭，将救赎恩典，倾泻人类，如此大爱，世人当如何报恩呢？如今适逢大斋期，当向恩主献上感恩，反省认错，认真悔改，禁食祷告，洁净己身亲近神，求圣灵更新生命，去实践神向我们所要的：行公义，好怜悯，存谦卑的心，与主同行（弥6:8）。

彼得也提醒我们，要谨慎自守，儆醒祷告，彼此切实相爱，互相款待，不发怨言，各人要照所得的恩赐，彼此服事，作神百般恩赐的好管家（彼前4:7-10）。因此我们当作神良善和忠心的仆人，用行动来传扬祂，叫人看见祂是永恒生命的曙光，敞开心门，认罪悔改跟随祂。

大斋期从复活节前40天开始，复活节前一周的星期五为主的受难日，在这段日子，凡尝过主恩的信徒，都会想念恩主耶稣的美善，让我们把悲伤和思念的心情化为喜乐和毅力去面对奔走十架路上的困境，靠主所赐的力量，作主精兵，为主而活，来报答恩主伟大无比的舍己大爱。

换了身份，不再是活在上的人性的耶稣了，乃是属神属灵的耶稣了。祂在世所说的话要靠人传了。

人传的要受考验

然而我们却看到，耶稣在上所说的话虽要靠人传，但这人传的，大家不易信。就连使徒最初也不信这些话。路加福音廿四：11-12：“她们这些话使徒以为是胡言，就不相信。彼得起来，跑到坟墓前，低头往里看，见细麻布独在一处，就回去了，心里稀奇所成的事”。

我们看到甚至彼得也不死心塌地相信这事。其探究之后还对这已成的事态存疑。现今传扬有心，听者无意，或是传者另有意图，听者不合心意，所以世人各怀鬼胎，使神的福音不入人心，对神道福音，听而不闻，看而不见，耶稣说祂将保惠师赐给我们，与我们同在，做我们随时的帮助。耶稣哭了，在门外，在心中，悲哀痛苦，泪水向内流，我们还以为没事，可是祂在哭泣谁能察觉呢？

朋友，让我们醒悟吧，求主耶稣怜悯我们，再一次复兴我们，带领我们进入水深之处，信靠祂，向着标杆直跑，得着祂的喜悦，完成祂所托付于我们的任务。阿门。



那一年，我还未届二八年华，读着初中。他刚从神学院毕业，回国后就进入工场服事。

他很常来我们家探访，我的父母亲是他的长辈，这种家庭探访再寻常不过。最初的时候，每次来我们家，他总会带来一本福音小册子。自小喜欢阅读的我，总会在接下来的日子里，把那本小册子，从头到尾，一字不漏的读完。当时，也没有多想，只是觉得很好看，他所带来的小册子，我都看的津津有味。后来，应该是父母亲有透露我爱看小册子的事，后来，他带来的小册子不再是一本，而是一整叠。对我而言，看到那么多本小册子，简直是乐透了。每一本我都没有放过，每一本都仔细阅读完。

同一年的某个时间，他邀请我和家人一起出席一场电影会。当时的我，也不知道那是福音电影。电影会前，一位弟兄唱了那部电

影的主题曲 《再给我一个机会》。电影情节感人肺腑，还记得电影会后填写回应表时，我写下了“很感动”三个字。那是我有生以来所看的第一部福音电影，主题曲也是我所听到的第一首福音歌曲。

后来，他邀请了我们去听布道会。记得当时是一大班人，乘坐了预先承包的巴士，前往布道会现场。到了那里，才知道那是唐崇荣牧师的布道会。布道会中的诗班献唱，讲员的信息都令我听得入神。虽然那个当下，我并没有在讲员的呼召中决志信主，可是这一场布道会，我人生中参与的第一场布道会，对我后来的人生，有着莫大的影响。

他，由始至终，没有开口向我传过福音。然而，却将上帝的爱，透过福音小册子，福音电影与诗歌，布道会，这福音三部曲，把福音的种子默默的撒在我的心中。

"..... 我们晓得万事都互相效力，叫爱神的人得益处，就是按他旨意被召的人。" (罗马书 8章28节)

传福音的方式有很多，上帝的作为无比奇妙，超乎我们的想象。我们所要作的，就是谦卑自己，诚心摆上，成为合神心意的器皿，成就神的旨意。

- (黄敬躬)

小六坚信礼心得



2020年，我六年级了，也是我在主日学的最后一年。老师说我们要上《坚信礼训练》课程，由牧师，传道和老师们教导。我不懂什么是坚信礼，但是老师和妈妈说要上，我就报名了。在上课程之前，因为学业成绩很差，所以我一直瞒着爸爸妈妈，不让他们知道我的学业成绩。可是纸包不住火，最终还是被爸爸知道了，当下被骂得狗血淋头，还被爸妈混合双打一顿。哈！后来因为上了课程，我知道神不喜悦我说谎，尤其还欺骗父母。我

我名叫刘琦俊，今年12岁。我从小就在信主的家庭和教会里长大，我的父母亲在我幼小的时候就已经带我去受洗。所以，重生得救的经历没有这么的强烈。从小我的父母亲在睡前都会给我读圣经故事，品格圣经，带领我背诵主祷文，使徒信经和一起祷告。自我懂事以来，我对耶稣的故事越来越清楚和明白。我对耶稣最深刻的印象是在很多年前的受难日崇拜，教会的弟兄演绎一部耶稣被他子民辱骂，鞭打，嘲笑到最后走上十字架道路的短剧。耶稣为了背负我们世人的罪，被钉在十字架上，三天后复活。耶稣是上帝的独生子，出生在马槽里，祂是多么卑微。祂道成肉身，在世上也经历人类所经历的快乐，伤心，被人嘲笑，辱骂。祂是上帝派来的救世主，为要拯救世上的罪人脱离凶恶。他是一位伟大，圣洁的神，祂并没有犯下任何的罪。其实上帝可以选择不作任何的拯救，奇迹，不管我们，但是祂因为爱我们，把祂唯一和最爱的独生子赐给我们，成为我们的代罪羔羊。这个信仰对我来说非常重要和可贵。因为这信仰帮助我认清自己是个罪人，并且帮助我学习向神寻求赦免，使到我的生命有更大的改变。我从前很胆小，软弱，但是透过这个信仰，我不再胆小，反倒充

感到愧疚，也很害怕。那次之后，我决定痛改前非，不再犯这个错。因为神不喜欢。我不想做神不喜欢的事。我很高兴可以上坚信礼班；因为坚信礼班，我学会了亲近神，与家人一起灵修和祷告。每天早上爸妈为我们祝福祷告，让我们每一天都有神的保护和看顾。在此要谢谢牧师，传道和老师们用心和耐心的教导。

- (郑以亮)

满信心过每一天的生活。神也赐给我一个很好的嗓子，我从来都不知道我可以唱出这么美妙的声音，直到我参加主日学举办的儿童诗歌比赛，老师发现我的声音原来这么动听。当下我真的很惊讶，于是就赶紧告诉我父母亲这消息。父母亲也告诉我这是神给我的恩赐，让我用美妙的声音去赞美神，服事神。直到今天，我还是很喜欢唱诗赞美主，这是何等喜乐的事。每当我事奉神，我很享受整个事奉的过程。在学校，我不只扮演学生的角色，同时也是学长，更是神的女儿。我时时刻刻都要提醒自己要活出主爱，爱我的朋友，不撒谎，帮助朋友和老师，做个诚实的基督徒。当我有机会时，我会和我的朋友分享福音和教导他们祷告。每个晚上，我们一家人都会轮流祷告，若我偶尔忘记祷告，我的心里就会不安和内疚，当下我就向神认罪。最后，我要再次感谢赞美主，因为祂爱我，拣选我成为祂的女儿，最珍贵的宝贝。耶稣，我爱你，我要一生跟随你。

- (刘琦俊)



绿本门徒课程心得

首先，我要感恩上帝丰盛的恩典，带领与保守，让我能够顺利读完绿本门徒课程。

这本摘要主题为「扎根真道，进入世界」，研读的是旧约的《创世记》，《出埃及记》及新约的《路加福音》及《使徒行传》。这课程通过深入世界来教导我们如何思考及探索人生问题，人生光景，也反映出我们的人性模式。透过圣经里的真理教导我们思想更新，也教我们懂得如何改变及调整我们的生活方式。

在这课程里，我们更深一层了解保罗如何敬畏神的一切，他传福音的路线及如何在各个地方传教及行神迹的事件。保落让我们见识到他的胆识及无比的信心，及他顺服神的心。无论处于怎样的逆境，保罗一直是保持不断赞美神及不断分享福音的精神，一切都要以上帝为主，是一个值得我们学习的好榜样。

这课程里的属灵操练也让我们学习如何让日常生活步入正轨，借

着无时无刻的反省，每天的生活操练而实行出来。课程也说到安息日的重点，让我明白耶稣说此话的含义，“人子是安息日的主”（路加6：5）。安息日是一个反省，决断，顺从的日子。安息日是一周的中心，我们掌握着它的自由，它的休息，它的意义与指导。

在第32课里我也学习到如何调整生活习惯，明白上帝在我们生命中的正确地位，教我们如何安排生活的优先次序，在每一件事情上的决择里，都要让上帝居首位。我们也应顺从主的教导，学习谦卑，顺服神的旨意，把神的爱彰显在人的面前，让主的光照亮四周，扎根真道，过光明的生活。

在此，我要由衷感谢我们的陈慧导师的用心及耐心教导，为我们提供充分的教材及保罗传教地图表，让我们更加明白保罗传福音的路线和他所到过传福音的各个地理位置及地方。我也感恩我们一班的弟兄姐妹们能够一起学习，分享看法，一起讨论问题，一起发问，彼此鼓励，一起结伴成长。让我们彼此珍惜，把福音传扬出去，在世上为主做光做盐，让我们的生命成为其他人的见证，荣耀神的名，阿们！

-(文金妹)

阔别《红本门徒》两年，今年终于决定报读《绿本门徒》课程。怀着期待又紧张的心情参加献心礼，暗自与神立约每一天都要专注并花更多的时间做功课。一开始也真的都有做到，深入研读当天的经文，并使用不同的经文注释或辅助本。尔后，因着疫情的关系而转为线上课程。然而对于每天的研读却渐渐下滑，及至随意。间中，虽有反省自身的委身程度，但仍然时而认真，时而怠惰。

从绿本门徒的学习。第一，更深入了解神的话语，并且把神的话语应用在日常生活当中的各样挑战和难题上。透过每天研读神的话语，去应付生活中的种种需要，从中更加经历了神满满的恩典。第二，学习欣赏他人的观点，以不同的角度去了解每个人的分享。学习聆听而非反驳，以开明的态度认识他人的故事。第三，学习分享和作见证，对于说话一直有微小的抵抗，但是在门徒课里，我可以放心分享神的话，也让我勇敢地分享自己生命里的故事。

从绿本门徒的操练。第一，花时间读经。在读经的过程中，使用不同的注释或辅助本去了解经文另一层的含义，从而更了解神所要我学习的功课。第二，花时间祷告。为自己、为身边的人事物代祷。透过与神说话的時刻，我能在繁忙的生活中得着力量，更加经历神丰富的恩典。第三，花时间上课。委身自己参与每一次的课程分享；过程中觉得疲乏好像撑不下去的时候，有神加添的力量还有老师和学员们积极的心帮助我顺利完成课程。

感恩在这32个星期里，我认识了新朋友，学习了神的话，与神的关系更加稳固。牧师说，每一趟课程的结束都是生命的延续；纵然课程结束了，但是新的生命才要开始。「扎根真道，深入世界」的生命正式开始。

-(张孔馨)

自从红本《门一》完成多年后，再次挑战自己上绿本《门二》，原因是想要让自己的灵命能更深的扎根在神的话语中。今年因为全世界各地新冠肺炎疫情爆发，大多时间我们都是采用ZOOM 来上网课。

《门二》的标题是「扎根真道，深入世界」。我们大家用一年32课的时间一起完成门徒二课程。从中，让我更有系统和更专注来查看研读《创世记》，《出埃及记》，《路加福音》和《使徒行传》这四本圣经书卷。

通过操练写出每日阅读的经文来反思和领悟人性的光景。同时，采取连接应用，让我省察生命中有很多须要调整的心态。

我对人：

少有骄傲 多点谦卑
少有冲突 多点和好
少有自私 多点慷慨

少有恨恶 多点爱心
少有着急 多点忍耐

我对神：

少有抗议 多点顺服
少有自我 多点聆听
少有暂时 多点永恒

少有埋怨 多点感恩
少有怀疑 多点信心

感谢神让我学了更多圣经话语，得着启示，并且与一群一起走过，并肩作战的弟兄姐妹们建立深厚的默契，相信对未来一起事奉，一起体会和了解神对我们个人，教会，社会和世界的心意，会起了非同凡响的团体精神作用。

总而言之，完成《绿本门徒》课程并不是一个结束，乃是迈向基督徒成长的另一个里程碑。祈求上帝继续带领我，帮助我在未来的日子里能重新整顿生活的优先次序，拨出时间与神亲近，并依靠圣灵的力量，扎根在神的真道上，事奉得力，成为顺服跟随主的门徒，从而荣耀主的名。

-(林可其)

绿本门徒课程心得

很高兴今年能参与《绿本门徒》的课程。先前上《红本门徒》时，由于上班时间不定的关系，很常面临缺课的问题。此次面临不上《绿本门徒》的抉择，在几番深思熟虑及祷告之后，决定在报名截止当天报名。过后收到消息说已经停止招收新生了，那时的心情很失落。过了一天，收到消息说还可以再接收多一个学生。那份喜悦至今还记得。

在今年3月的时候，因为MCO的关系，我们暂停上课。在讨论过后，决定透过线上上课（ZOOM）。因为第一次线上上课，大家都感觉特别新鲜。也因为不像实体那样可以见到彼此而不习惯。

在每日的功课当中，有时也会因为肉体上的软弱，而没有定时完成每天的功课。虽然如此，每次都会有新的领受。每次都能

听到神微小的声音在跟我说话，让我能更接近神。在上课中，大家彼此分享，彼此学习，互相鼓励及为对方代祷，都让我感到非常温馨。

终于在最后一课领受圣餐的时候，因行动管制令放宽，我们可以有机会在教会聚集及聚餐。彼此见面的感觉真好！在领受圣餐时，除了感谢上帝赐下他的爱子耶稣基督来到这世上，为我们舍身流血，也感谢上帝这一时期的带领，让我们能够完成这个课程。

今年可说是特别的一年，特别的经历，特别的体验。愿接下来的日子，我们继续相信神，并且继续学习神的话语。

- (许慧瑛)

信

仰

见证篇

我出生在一个非基督化的家庭。一家人都是无神论者。若家人遇到一些大事情，我的妈妈就会带我们去问神来解决问题。我的父母是不相信基督徒的，因为他们常看到和听到一些基督徒在参加主日崇拜后，一踏出教堂就开始说不好听的话。所以他们觉得信耶稣基督的人也不是什么好人。

在我20岁的时候，我人生中第一次自己一个人离开家来到古晋UNIMAS 升学。在大学的前一两个星期里，我因为想家，感到非常的孤单和寂寞。晚上会一个人偷偷的在被窝里哭，非常想念家人。那时就有一股冲动，想要放弃学业，直接回家。可是，当我想到父母一脸失望的样子，我又放弃了退学的念头。

就当我在伤心难过的时候，有几位基督徒的学姐们主动来关心我。约我一起去用餐，陪我聊天。这些举动让我想家的焦虑慢慢淡化了。与学姐们认识的时间长了，她们开始向我谈起她们的信仰及向我传讲福音（四个属灵的定律），也带我认识几位学园传道会的同工并参加她们的小组聚会。

记得在大学第二年，当她们问我要不要接受耶稣基督成为我个人

的救主时，我就与她们分享我父母亲对基督徒的看法。同工们以坚定的口气告诉我说，“信主是个人与神之间的亲密关系。某些基督徒给非信徒表现不好，没有为主在世上做美好的见证。然而一个爱主的人，他会为基督做世上的光和盐”。当下我的困扰被解答了。于是，我就祷告接受耶稣基督成为我个人的救主。

从那时候开始，我的生命开始有了很大的改变，我认识了很多基督徒，我们常在一起查考圣经，我变得比较开朗了，生命开始有了依靠，对人生也有了目标。在三一堂，在当时的主理池金代牧师的带领下，我终于在1998年12月20日受洗，成为一个真正的基督徒

我和学姐们一起参加大学里的团契，在小组里查考圣经及参加三一教堂的主日崇拜。我对我的信仰更加坚定。我也开始参与一些课程如《四个属灵的定律》，《八福》等等。

大学毕业后，我继续参与三一教堂的主日崇拜，同时也参加了初成团契。我非常感谢大学里的学姐们把这么好的福音传给我。

- (许月荣)

在我还很小的时候，我就已经受洗了。所以我对受洗的意义和上帝并没有很了解。那时的我相信，就算没有上帝的帮助，我也能够靠自己成功，并随心所欲，做想做的事，把不想做的事都推给别人。

由于没有意识到上帝的存在，我害怕犯错也害怕承认错误，导致我没能做好任何事。我的人生没有目标，只是把该读的书读好，该做的事做好就好了。

直到今年我的父母，问我想不想要入会。我毫不犹豫的就同意了。入会课程让我学习到了很多，我也因此更接近上帝，和上帝沟通并了解上帝的心意。每晚，我都会祷告，阅读圣经，了解神的话语并思考自己在这世上的意义。

我的人生渐渐变得有目标，有方向。我不再纠结于犯错，学习勇于承认自己的错误并改正。上帝的陪伴及同在让我更愿意和亲友述说自己的感受和想法。我也愿意聆听别人的需要及给予他们帮助。

除此之外，我也越来越懂得与人沟通，也能更快熟悉并适应周围的环境，不怕生疏，因为上帝一直与我同在。

上了入会课程，我对堂会事工也有更深的了解，并尽力的配搭，透过服事，荣神益人。

- (王敏诗)



《希伯来书》是写来鼓励在试炼中的基督徒。在人生的某一个阶段，他们接受了耶稣基督成为个人救主。问题是，当他们走在人生旅途中，他们偏离了福音和救恩的道路。他们存着不信的恶心，离弃永生神，渐渐失去了神所应许的“属天安息”。

由于疫情的关系，我发现现今的基督徒正面临类似的情况。虽然过去曾非常积极服事神，但有越来越多的基督徒在信仰上逐渐冷淡，不冷不热，甚至开始放弃在基督里的信仰和盼望。当开始进入职场，生活开始忙碌，线上崇拜成为一个新的选项，许多基督徒倾向于不参与实体崇拜，团契或小组，甚至放弃信仰。

这就是为何我想分享坚持到底的原因，因为这是希伯来书的关键字之一。

“但基督为儿子，治理神的家；我们若将可夸的盼望和胆量，坚持到底，便是他的家了。”（希伯来书3:6）

“我们若将起初确实的信心，坚持到底，就在基督里有分了。”（希伯来书3:14）

“也要坚守我们所承认的指望，不至摇动，因为那应许我们的是信实的。”（希伯来书 10:23）

作者一再提醒，耶稣基督是我们坚持的对象。祂是我们的盼望，我们的神，是我们在患难中的拯救。然而，知道耶稣和接受耶稣成为个人的救主只是一个开始。圣经提醒我们要紧紧抓住耶稣基督直到最后，唯有坚持到底的必然得救。我们个人的属灵旅途不仅要有好的开始，更要有好的结束。诺亚，亚伯拉罕，摩西，约书亚，甚至耶稣都是圣经里成功的例子。其实在旧约圣经中有一个令人难过的例子，那就是以色列人的旷野之旅。在神的帮助下离开了埃及是好的开始，不幸的是他们没有好的结束。那些离开埃及的以色列人都不得进入应许之地。

《希伯来书》作者在第三章写到：“你们今日若听祂的话，就不可硬着心，像在旷野惹祂发怒，试探祂的时候一样。”

其实这段取自（诗篇95:7-11）的经文有一点细节上的差异。“唯愿你们今天听他的话：你们不可硬着心，像当日在米力巴，就是在旷野的玛撒。那时，你们的祖宗试我探我，并且观看我的作为。”发生在米力巴和玛撒的事件记载在（出埃及记17:1-7）。当时以色列百姓与摩西争闹，甚至要拿石头打死他。摩西按耶和华的吩咐去行，让以色列人有水喝之后，他给那地方起名叫玛撒，又叫米力巴。意思是“试探”和“争闹”。之后他们继续不信靠神，以至于最后神在祂的怒中起誓说，“他们断不可进入我的安息！”反而是他们的子女有机会进入应许之地。

事实上，缺水喝只是以色列人对神缺乏信心的例子之一。在以色列的旷野之旅中，至少有七个例子：当生命面临危险（出14:10-12），当食物变得有限（出16:2-3），当水源变得缺乏（出

17:3），当领袖暂时缺席（出32:1），当生命变得艰苦（民11:1），当欲望变得更大（民11:4-6），当敌人看似强大（民14:1-4）。

当时发生在旷野的事件也可能发生在今天基督徒的属灵旅途中。与其信靠神的应许，我们倾向于与神争闹或试探神。我们是否也犯了跟以色列人一样的错误呢？

神真正要的是我们的心！圣经记载：圣灵有话说：你们今日若听他的话，就不可硬着心，像在旷野惹祂发怒，试探祂的时候一样。在那里，你们的祖宗试我探我，并且观看我的作为有四十年之久。所以我厌烦那世代的人，说：‘他们的心里常常迷糊，竟不晓得我的作为！’（来3:7-10）而且，以色列的例子也教导我们，信仰的根基不能建立在神迹奇事之上，而是在耶稣基督之上。

这就是为何作者非常关心当时的基督徒至终能否得到救恩。“弟兄们，你们要谨慎，免得你们中间或有人存着不信的恶心，把永生神离弃了。总要趁着还有今日，天天彼此相劝，免得你们中间有人被罪迷惑，心里就刚硬了。我们若将起初确实的信心坚持到底，就在基督里有分了。”（来3:12-14）

《天路历程》是一本我强力推荐基督徒阅读的好书。书中至少有一个人物能够反映出你目前的属灵光景，例如：基督徒，顽固，柔顺，假冒为善，忠心等等。我永远记得柔顺和基督徒不小心跌入“灰心”的泥沼时所说的话：“这就是你刚才说了半天的幸福吗？我们刚上路就这么不顺利，从这儿到终点我们还得准备遭遇多少麻烦呢？但愿我能活着离开这里，你尽管自个儿去占有那个好地方吧！”

弟兄姐妹们，这段话是否很耳熟？你是否说过或想过类似的话呢？接受福音很简单，因为我们不需付任何代价。但当开始踏上属灵旅途时，神会透过种种挑战来谦卑我们，试验我们，并教导我们，看我们对祂是否有确实的信心。

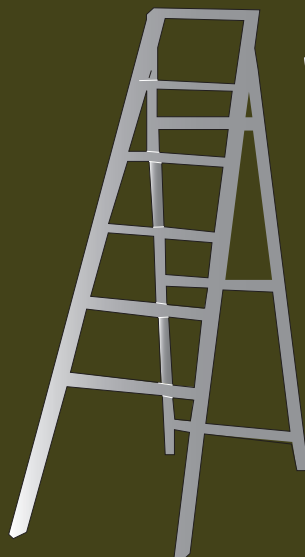
从第16-19节的三个问题和回答，那些惹神发怒的，神四十年所厌烦的，神起誓不得进入安息的那些人就是那些从埃及出来，犯罪，不信从的以色列人。因此，若我们犯了一样的错误，若我们不坚持紧紧抓住耶稣基督直到最后，身为基督徒的我们也可能将失去我们的救恩。

切记！我们还在属灵的旅途中！

我们还没真正回到家！

- 张鸿恩牧师

信心， 是一把 梯子 之阅读感想（汪劭忆）



明明已经信了上帝，为什么我还是不快乐？
在神的眼里，渺小的我所付出的努力是不是也是微不足道的？
为什么周围的人好像都不喜欢我？
为什么我的生活总是那么不如意？

《信心，是一把梯子》是一本励志性的书籍。在当中我们可以找到身为基督徒的我们要怎么样运用我们对神的信心来过好每一天的生活。这本书里面涵盖了72个小故事，而每个小故事都会以一句名言或者经文来作为结束。这本书的内容分为4个部分。

（一）信心是一把梯子，它可以让你快乐指数向上攀升
当我们向神祈求，神应允我们的祈求的时候，我们总会觉得，欸，神怎么那么迟才答应我们呢？既然神一定会应允我们的祈求，那么为什么不要一开始就应允我们的祈求呢？好像神的赐福总是慢半拍.....

倘若，当时神当下就答应了我们，我们真的预备好自己接受神的赐福了吗？

神是全能的，祂明白我们应该在哪个时段接受祂的赐福才是最有效的。

所以，相信神，你可以发现更多喜乐的花蕾。

（二）信心是一把梯子，它可以让你价值越爬越高
如果有一天你上了天堂，神是否会问你，你为什么不是亚伯拉罕、大卫或者是先知以赛亚？不，神只会问你，你为什么不是你自己？你是否有好好地利用了神给予你的恩赐？

如果人生是一场考试，而上帝是这场考试的考官，那么这次的考试将没有排名。神不会把我们跟别人比较，因为我们都是最特别的，我们都有各自的使命。

既然神都不会把我们拿去跟别人比较，那么我们何必要活的那么压力呢？

（三）信心是一把梯子，它可以让你的人气指数越升越高
我们会抱怨，会批评，会生气，但我们是否因此遗忘了我们的同理心？

当我们在跟别人抱怨他人的不足的时候，我们是否忘了原来他也是人？

“他”是由“人”和“也”组成的，原来“他也是人！”
在批评他人的时候，我们都是为对方好，但是忠言逆耳啊！所以

，我们不妨试试在批评上系一个蝴蝶结。要怎么系上呢？就让各位在书里慢慢寻找答案吧！
我们可以生气，却不要犯罪。

（四）信心是一把梯子，它可以让你的生活品质越来越好
对神有信心，仰赖神，我们的生活必蒙神的祝福。
要建立起我们对神的信心，我们一定得理解神的话，一定要读经。这是我们都明白的道理，可是一说到读经，我相信大家的心里一定想着：圣经那么厚，那么复杂，好像很难懂.....、我上班回到家都累坏了，哪里还有时间去读经.....

所以，在这里介绍大家一个小小的方法能够帮你做到最起码的读经并且提升您的生活品质——“333生活处方”。

- 一、 每个星期赞美3个人
 - 二、 每个星期为下个星期将要进行的3件事祷告
 - 三、 每个星期挑3处的经文好好理解
- 每个星期做3个事项看起来很简单对吧？那么持续这样做下去，我相信您的生活可以得到更好的改善。

如果我们的信仰不能影响我们的生活，那它就不是我们的信仰了。

如果读到这里，你发现这篇文章并不是您心里想要的最佳答案（回答上面的问题），那么我推荐您去看看这本书，或许您就能找到心里的那个答案。作者施以诺，生长在台北市一个纯朴的牧师家庭。现专任教职于辅仁大学医学院职能治疗学系，并兼任于万芳医院精神科执业。三一图书馆有这本书，您只需要告诉图书馆管理员编号：基督徒生活155，您就会读到这本好书。

愿神祝福您的生活。

兔爸爸 不见了

之阅读感想 (汪劲蔚)



很多东西也许失去了就不能再回来了，珍惜每一天，珍惜每一个机会。。。

《兔爸爸不见了》是李婉莹老师著作，于2015年出版。这本绘本讲述着兔妹妹一家的故事。

兔妹妹原本有个幸福的家庭。可是，突然有一天，兔爸爸如往常般去工作便再也没有回来了。兔妹妹十分的伤心，兔妈妈也是。她们盼望着奇迹出现的一天。于是，兔妹妹开始了寻找爸爸的路程。她在去过的地方都留下了字条，叫那里的动物如果看见他头上戴着蓝色卡其帽的兔爸爸，将字条转交给他。字条如此写道：

“亲爱的爸爸，我是你的宝贝，我好想你，请赶快回家吧！”

除此之外，兔妹妹还将兔爸爸以前讲故事给他的石头铺在路上，让兔爸爸记得回家的路。

一个十天，两个十天，。。。一年过去了，兔爸爸还是没有回来，可是兔妹妹明白了一个道理，兔爸爸其实一直都在，在兔妹妹的心里。

爱之深，痛之切。。。

很多时候，丧亲带给人们很深的痛，尤其是你深爱很爱的人，或者是很爱很爱你的人。对于大人来说，要恢复这种伤痛需要很长的时间；对于小孩来说，他们需要更长的时间。小孩很单纯，他们只懂得单纯的把感情放在家人身上，尤其是陪伴他们很多时间的家人。他们很依赖给予安全感，会照顾他们的家人。

在兔爸爸最开始时的不见，兔妹妹彷徨不安，她很不知所措，不知道如何表达。一个孩子在失去了亲人的心里是很容易被扭曲的因为那是的他们很软弱。撒旦魔鬼很容易攻击他们，使他们跌倒。因此不要忘了祷告，因为只有祷告能成为最好的盾牌，最好填上伤口的药。

虽然伤口就算复原后还是会留下伤疤的，但那伤疤将会成为爱的记号。

《兔爸爸不见了》虽然是绘本，但它适合任何年龄阶层的人因为他不只教导小孩关于爱的痛，也很好的提醒作为爸爸妈妈的要时

常关心自己的孩子。这本书很好的描绘了小孩在受伤时，心里的软弱和出现的洞口需要有人来填补。

在兔爸爸不见的期间，兔妈妈的失落也得到了很多邻居们的关怀帮助。兔妹妹在寻爸爸的路程也得到了来自小伙伴的帮助。无私的爱奉献使黑暗的世界充满了色彩。

虽然我已经成年了，但我还是很喜欢很喜欢看绘本，或说我只看绘本，因为我不喜欢看太多的字体，会使我爱睡。绘本中的含义不只是字面上的意思。当我们愿意深入的研究时，你会发现背后的意义也很有趣。除此之外，有些绘本的绘图也另有含义。

总的来说，从《兔爸爸不见了》我学习到要敏锐于世界的变化，时刻关心你爱的人和爱你的人，还有身边的变化，给予及时的帮助与爱。

爱的痛只有神得以修复，给予安慰。

愿神祝福您的生活。



Remembering

Good
Friday

& celebrating

Easter Sunday

Mengingati

Jumaat Agung

& merayakan

Minggu Paskah

纪念受难，欢庆复活。

John 3:16-18

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

17 For God did not send his Son into the world to condemn the world, but to save the world through him.

18 Whoever believes in him is not condemned, but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

