



From the Pastor's Desk

Disciples or Attendees?

In his book, author and speaker, Bill Hull, when focusing on discipleship and church leadership, wrote that the evangelical church is weak, self-indulgent, and superficial and it has been thoroughly disciplined by its culture (See Note 1). Bill quoted Luke 6:40b in RSV, "...everyone when he is fully taught will be like his teacher." Therefore, what sort of church culture do we have in Malaysia or more specifically in Sarawak Methodist churches today? Are we weak? Not being able to stand firm and grounded in the word of God but slowly conforming to the standard of the world? Are we being self-indulgent, not willing to step out of our comfort zone? Are being superficial, where there may be not much depth in our faith? Maybe we are somewhat better than what Bill Hull described. However, are we really making disciples, baptizing them and teaching them to obey all commands as Christ commissioned? How good are we at making disciples? If we are not making disciples in our own church, then the world will make our church its disciple. Fortunately, Trinity Methodist Church had and is still sending out missionaries as well as doing church planting. All these show that TMC is still making disciples.

Author Bill quoted a 1980 Gallup poll which indicated that of the 22 million churchgoing evangelicals in the United States, only 7% had taken any evangelical training and only 2% had introduced another person to Jesus Christ. Will our figures fare much better?

In my third year of Seminary internship, I noticed that some West Malaysian churches have quite a lot of Sarawakians or children of Sarawakians. This is good as it means that even as these Sarawakian Christians moved to West Malaysia, they and their children continued to worship God. However, does that also mean that these churches may be slow in reaching out to West Malaysians? Today do TMC grow by transfer and through birth (having babies)? Again, I think it is good that Christians from other towns moving to Kuching whether to work or to study continue to join our church. At the same time are we reaching out to the people of Kuching?

In our Sarawak Annual Chinese Conference Methodist Convention 2023, disciples training table were drawn similar to the following:

Step 1. Reach out to Seekers: a personal relationship with Christ.

Come and See, drawn from John 1:39-41 where Jesus called His disciples to come and see. It is a step where those who have not known Jesus are invited to come and find out who Jesus is. Using tools such as XEE, no apologies or Alpha course to introduce the gospel to seekers.

Step 2. Growth in disciples: connected to the spiritual family.

Come and Follow me, drawn from Mark 1:16-20 where Jesus called His disciples to follow Him. It is a step where seekers learn about the fundamentals of Christianity and be spiritually disciplined. At this stage, seekers accept Christ as their personal lord and saviour, attend membership class (membership manual or TOP) and be baptized. They joined the family of Christ, that is the church. They may continue to learn in Disciple I (Red) class.

Step 3. Equipping disciples: grow in faith and maturity.

Come and be with me, drawn from Mark 3:13-19 where Jesus appointed twelve disciples that they might be with Him. It is a step where disciples continue to grow in spiritual maturity, character building and being equipped to serve in the church and also to evangelize others. Tools such as Disciples classes (Green, Purple, Gold), Experiencing God and Mission Visions are used.

Step 4. Training disciples: Multiplication- helping others to know Jesus.

Remain in Me, drawn from John 15:1-5 where Jesus taught us to remain in Him and bear fruit. It is a step or stage where disciples are being sent out to reach out to others. They live a holy life and in step with the Holy Spirit. Through living a Christ-like life, they reach out to others. Through tools such as ILI (International Leadership Institute) and Leading Like Jesus, they in turn train other disciples.

All these steps can be carried out through our worship services, Sunday Schools, fellowships (including Boys' and Girls' Brigade) and small groups, family altar and prayer meetings. When done properly, these steps will be a continuous cycle; that is seek – connect – equip – commission – seek...

Where are we in these 4 steps of discipleship? Or more importantly, are we stuck at a certain step and not able to move on? Or are we making good progress in our continuous spiritual growth and discipleship? Some people equate discipleship to serving in church or various ministries. However, one can still serve without being a true disciple of Christ. Romans 8:29 and Ephesians 4:13 tell us that discipleship shall lead us to be more Christlike. Romans 8:29 says, "For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters." Ephesians 4:11-13 tells us that, "Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ." The stages of discipleship help us in the gradual growth into Christ's likeness and the goal of disciple training or discipleship is to live a Christ-like life.

In discipleship, the most important thing is that we ourselves are transformed to be more and more Christlike each day and we in turn can make disciples as commissioned by Jesus. When we Christians say that we believe in Jesus, are we merely giving lip service? When asked, "Do you believe in Jesus?", We answered, "Yes, we attend church, and we serve in ministry." Yet will our actions show that we do indeed have Jesus Christ in our lives? Reflecting on the time we accepted Jesus as our personal Lord and Saviour, have our lives been transformed? If our lives remained largely unchanged, then perhaps, we may need to rethink who is the Lord in our lives. Jesus or ourselves? Discipleship is not easy and it needs to start somewhere. It starts with you and me.

When the attendees become disciples, then we can truly say that our church is strong and we do not conform to the standards of the world. We are not self-serving but serving others and the community. Our faith has depth as it transforms lives and touches lives. May God continue to guide and lead us on this journey of discipleship.

Notes 1: Bill Hull, "The Disciple Making Pastor – Leading Others on The Journey of Faith," Revised and Expanded ed. (Grand Rapids, Michigan: Baker Books, 2007)

Pastor Duncan Lee

Dari Meja Pastor

Murid atau Peserta?

Dalam bukunya, pengarang dan penceramah yang memfokuskan pada pemuridan dan kepimpinan gereja, Bill Hull menulis bahawa gereja injili adalah lemah, mementingkan diri sendiri, dan dangkal dan ia telah dididik secara menyeluruh oleh budayanya. Bill memetik Lukas 6:40b dalam RSV, "...Apabila murid itu selesai belajar, dia menjadi sama seperti gurunya." Oleh itu, apakah jenis budaya gereja yang kita ada di Malaysia atau lebih khusus lagi gereja Methodist Sarawak hari ini? Adakah kita lemah? Tidak dapat berdiri teguh dan berpijak pada firman Tuhan tetapi dengan perlahan menyesuaikan diri dengan standard dunia? Adakah kita mementingkan diri sendiri, tidak sanggup keluar dari zon selesa? Apakah kita bersikap dangkal, dimana iman kita tidak begitu dalam? Mungkin kita lebih baik dari apa yang dijelaskan oleh Bill Hull.

Namun, adakah kita benar-benar melakukan pemuridan, membaptis mereka dan mengajar mereka untuk mematuhi semua perintah seperti yang diperintahkan Kristus? Seberapa baik kita melakukan pemuridan? Jika kita tidak melakukan pemuridan dalam gereja kita sendiri, maka dunia akan menjadikan gereja kita sebagai muridnya. Sudah tentu, Gereja Methodist Trinity telah dan masih menghantar misionari dan calon misionari baru serta melakukan penanaman gereja. Semua ini menunjukkan bahawa TMC masih melakukan pemuridan.

Penulis Bill memetik tinjauan Gallup 1980 yang menunjukkan bahawa daripada 22 juta Kristian Injili yang pergi ke gereja di Amerika Syarikat, hanya 7% telah mengikuti latihan penginjilan dan hanya 2% telah memperkenalkan orang lain kepada Yesus Kristus. Adakah angka kita akan menjadi lebih baik?

Dalam tahun ketiga saya dalam perlatihan di Seminari, saya perhatikan bahawa beberapa gereja di Semenanjung Malaysia terdapat ramai orang Sarawak atau anak-anak Sarawak. Ini bagus kerana ia bermakna walaupun orang Kristian Sarawak ini berpindah ke Semenanjung Malaysia, mereka dan anak-anak mereka terus menyertai gereja di Semenanjung Malaysia. Namun, adakah itu juga bermakna bahawa gereja-gereja ini mungkin lambat untuk menjangkau masyarakat Semenanjung Malaysia? Hari ini adakah TMC berkembang melalui pemindahan dan melalui kelahiran (mempunyai bayi)? Sekali lagi, saya fikir adalah baik orang Kristian dari bandar lain berpindah ke Kuching sama ada untuk bekerja atau belajar terus menyertai gereja kita. Pada masa yang sama adakah kita juga menjangkau masyarakat di Kuching?

Dalam Konvensyen Methodist Persidangan Tahunan Cina Sarawak 2023, jadual perlatihan murid telah dilukis seperti berikut:

Langkah 1. Pencari, hubungan peribadi dengan Kristus.

Datang dan Lihat, diambil dari Yohanes 1:39-41 di mana Yesus memanggil murid-murid-Nya untuk datang dan melihat. Ia adalah satu langkah di mana mereka yang tidak mengenali Yesus datang dan mengetahui siapa Yesus. Menggunakan alat seperti XEE, No Apologies atau Kursus Alpha untuk memperkenalkan Injil kepada pencari.

Langkah 2. Pertumbuhan dalam murid, dihubungkan dengan keluarga rohani.

Mari dan Ikut Aku, diambil dari Markus 1:16-20 di mana Yesus memanggil murid-murid-Nya untuk mengikut Dia. Ia adalah satu langkah di mana pencari belajar tentang asas-asas agama Kristian dan berdisiplin secara rohani. Pada peringkat ini pencari menerima Kristus sebagai Tuhan dan penyelamat peribadi dan menghadiri kelas keahlian (Manual Keahlian atau TOP) dan dibaptiskan. Mereka menyertai keluarga Kristus, iaitu gereja. Mereka mungkin terus belajar dalam kelas Pemuridan I (Merah).

Langkah 3. Melengkapkan murid, bertumbuh dalam iman dan kedewasaan.

Marilah dan bersama-sama saya, diambil dari Markus 3:13-19 di mana Yesus melantik dua belas murid supaya mereka boleh bersama-sama dengan Dia. Ia adalah satu langkah di mana murid-murid terus bertumbuh dalam kematangan rohani, pembinaan watak dan diperlengkapkan untuk melayani di gereja dan juga untuk menginjil orang lain. Alat seperti kelas Pemuridan (Hijau, Ungu, Emas), Berpengalaman Dengan Allah dan Visi Misi digunakan.

memanggil kamu keluar daripada kegelapan supaya masuk ke dalam cahaya-Nya yang gemilang. 10 Dahulu kamu bukan umat Allah, tetapi sekarang kamu umat Allah. Dahulu kamu tidak mengenal rahmat Allah, tetapi sekarang kamu sudah menerima rahmat-Nya." Jika hidup kita masih seperti dahulu, tiada perubahan, dan masih menggunakan cara yang tidak benar dalam berniaga. Kita menghina nama Tuhan. Ini bukan kehendak Tuhan. Kita hanya boleh memenuhi misi kita jika kita mempunyai kehidupan yang berintegriti yang sepadan dengan perkataan dan perbuatan kita.

Sudah tentu, kehidupan benar yang konsisten dengan perkataan dan perbuatan ini juga merupakan ortopraktik yang sesuai dengan ajaran Alkitab dan tradisi gereja, ciri kehidupan yang mengasihi orang lain seperti diri sendiri. Ini juga tradisi Methodist kita. Anda mesti tahu bahawa Britain pada abad kelapan belas sangat korup, dan masalah seperti rasuah berlaku. Walau bagaimanapun, apabila John Wesley mempromosikan gerakan Kekudusan, melalui kumpulan kecil dan kelab, dan "Peraturan Umum Gereja Methodist" kita:

Langkah 4. Murid yang terlatih, Penggandaan- membantu orang lain mengenali Yesus.

Tetap Bersatu di dalam Aku, diambil dari Yohanes 15:1-5 di mana Yesus mengajar kita untuk tetap Bersatu di dalam Dia dan menghasilkan buah. Ia adalah satu langkah atau peringkat di mana murid-murid dihantar untuk mendekati orang lain. Mereka menjalani hidup yang kudus dan sejajar dengan Roh Kudus. Melalui hidup seperti Kristus, mereka menjangkau orang lain. Melalui alat seperti ILI (International Leadership Institute) dan Leading Like Jesus, mereka seterusnya melatih murid-murid lain.

Semua langkah ini dapat dilakukan melalui pelayanan ibadah kita, Sekolah Minggu, persekutuan (termasuk Brigade Putra dan Putri) dan kelompok kecil, mezbah keluarga, dan persekutuan doa. Jika dilakukan dengan betul, langkah-langkah ini akan menjadi kitaran berterusan; yaitu mencari – menghubungkan – dilengkapi – ditugaskan – mencari...

Di manakah kita dalam 4 langkah pemuridan ini? Atau soalan yang lebih penting ialah, secara individu, adakah kita terperangkap dalam langkah-langkah tertentu dan tidak dapat meneruskan atau adakah kita membuat kemajuan yang baik dalam pertumbuhan rohani dan pemuridan kita yang berterusan? Sesetengah orang menyamakan pemuridan dengan melayani di gereja atau pelbagai pelayanan. Walau bagaimanapun, seseorang masih boleh melayani tanpa menjadi murid Kristus yang sejati. Roma 8:29 dan Efesus 4:13 digunakan untuk menunjukkan bahawa pemuridan akan menuntun kita menjadi lebih serupa seperti Kristus.

Roma 8:29 memberi tahu kita hal itu, "Mereka yang sudah dipilih oleh Allah, juga telah ditetapkan-Nya dari dahulu supaya menjadi seperti Anak-Nya, Yesus Kristus. Dengan demikian Anak itu menjadi yang pertama antara banyak saudara.

Dan Efesus 4:11-13 memberi tahu kita, "Dialah yang "memberikan kurnia kepada manusia". Beberapa orang dilantik-Nya menjadi rasul, yang lain menjadi nabi, yang lain lagi menjadi pembawa Berita Baik, dan yang lain pula menjadi guru dan pemelihara jemaah. 12Hal itu dilakukan-Nya supaya umat Allah dapat melakukan pelayanan yang sepatutnya dilakukan oleh pengikut Kristus, sehingga tubuh Kristus dikuatkan. 13Dengan demikian kita menjadi satu oleh iman yang sama dan pengertian yang sama tentang Anak Allah. Kita akan menjadi matang dan sempurna seperti Kristus.

Tahap-tahap pemuridan menunjukkan pertumbuhan secara beransur-ansur menjadi serupa dengan Kristus dalam kehidupan para murid dan matlamat latihan murid atau pemuridan adalah untuk menjalani kehidupan seperti Kristus.

Dalam pemuridan, perkara yang paling penting ialah kita sendiri diubah menjadi lebih dan lebih serupa seperti Kristus setiap hari dan kemudian kita boleh melakukan pemuridan seperti yang diamanahkan oleh Yesus. Apabila kita orang Kristian mengatakan bahawa kita percaya kepada Yesus, adakah kita hanya memberi kata-kata? Apabila ditanya, "Adakah anda percaya kepada Yesus?", Kita menjawab, "ya, kami menghadiri gereja, kami melayani dalam pelayanan."

Namun adakah tindakan kita akan menunjukkan bahawa kita memang mempunyai Yesus Kristus dalam hidup kita? Merenungkan masa kita menerima Yesus sebagai Tuhan dan Juruselamat peribadi kita, adakah kehidupan kita telah diubah? Jika hidup kita sebahagian besarnya tidak berubah, maka mungkin, kita mungkin perlu memikirkan semula siapakah Tuhan dalam hidup kita? Yesus atau diri kita sendiri? Pemuridan bukanlah mudah dan ia perlu bermula di suatu tempat. Ia bermula dengan anda dan saya.

Apabila peserta menjadi murid, maka kita benar-benar boleh mengatakan bahawa gereja kita kuat, kita tidak mematuhi standard dunia. Kita tidak mementingkan diri sendiri tetapi melayani orang lain dan masyarakat. Iman kita memiliki kedalaman kerana ia mengubah kehidupan dan menyentuh kehidupan. Semoga Tuhan terus membimbing dan memimpin kita dalam perjalanan pemuridan ini.

Pastor Duncan Lee

门徒还是出席者？

比尔·赫尔 (Bill Hull) 在其关于他和讲员专注于门徒训练和教会领导力的书中写道，福音派教会是软弱的、自我放纵的和肤浅的，并且它已经被其文化彻底地门训了。比尔引用了路加福音6章40节下半段，“.....凡学成了的不过和先生一样。”因此，今天马来西亚或更具体地说砂拉越卫理公会拥有什么样的教会文化？我们软弱吗？不能在神的话语上站立得稳、紮根，而是慢慢地追随世界的标准？我们是否自我放纵，不愿走出舒适区？我们的信仰是否肤浅，没有多少深度？也许我们比比尔描述的要好一些。然而，我们是否真的按照基督的吩咐使人成为门徒，为他们施洗并教导他们遵守所有命令？我们在培养门徒方面做得如何？如果我们不在自己的教会中培养门徒，那么世界就会使我们的教会成为它的门徒。当然，卫理公会三一堂已经并且仍在派遣传教士和新传教士的前景，以及进行撒种的事工。这些都说明三一堂还在门徒训练中。

比尔引用了1980年Gallup民意调查显示，在美国2200万上教堂的福音派信徒中，只有7%接受过任何福音派培训，以及只有2%的人介绍给另一个人认识耶稣基督。我们的数据是否会更好呢？

在神学院实习的第三年，我注意到一些西马教会里有相当多的砂拉越人或砂拉越人的孩子。这是好的，因为这意味着即使这些砂拉越基督徒搬到西马，他们以及他们的孩子仍然继续加入西马的教会。然而，这是否也意味着这些教会在接触西马人方面会很缓慢？今天，三一堂是通过分堂来成长的吗？我认为来自其他城镇搬到古晋的基督徒，无论是工作还是学习，能继续加入我们的教会是件好事。与此同时，我们是否也去接触古晋本地的市民？

在2023年砂拉越卫理公会华人年议会中，制定了以下的门徒培训表：

步骤 1. 寻求者，与基督的个人关系。

来看看，摘自约翰福音1章39-41节，耶稣呼召他的门徒来看看。这是那些不认识耶稣的人来了解耶稣是谁的第一步聚。使用XEE、青春无悔no apologies 或 Alpha 课程等工具向寻求者介绍福音。

第二步：门徒的成长，与属灵家庭的联繫

来跟从我吧，取自马可福音1章16-20节，其中耶稣呼召他的门徒跟随他。这是寻求者了解基督教基础知识并在灵命上得到纪律的一步。在这个阶段，寻求者接受基督作为个人的主和救主，并参加会友课程（会友手册或TOP）并接受洗礼。他们加入了基督的家庭，即教会。他们可以继续在门徒（红本）班级学习。

第三步：装备门徒，在信心和成熟上成长。

来与我同在，摘自马可福音3章13-19节，其中耶稣选立了十二个门徒，以便他们可以和他在一起。这是门徒在灵性成熟、品格建设、装备在教会服事以及向他人传福音方面不断成长的一个步骤。使用门徒课程（绿本、紫本、金本）、体验上帝和宣教愿景等工具。

步骤 4. 训练有素的门徒，倍增 - 帮助他人认识耶稣

常在我里面，摘自约翰福音15章1-5节，耶稣教导我们常在他里面并结果子。这是门徒被派遣出去接触他人的一个步骤或阶段。他们过著圣洁的生活，并与圣灵同步。通过过著类似基督的生活，他们开始去接触其他人。通过ILI（国际领导力学院）和“像耶稣一样领导”（Leading Like Jesus）等工具，他们反过来培训其他门徒。

所有这些步骤都可以通过我们的崇拜仪式、主日学、团契（包括男女少年军）和小组、家庭祭坛和祷告会来进行。如果做得正确，这些步骤将是一个连续的循环；即寻找—连接—装备—委託—寻找.....

我们在这门徒训练四个步骤中处于什麼位置呢？或者更重要的问题是，就个人而言，我们是否陷入了某些步骤而无法继续前进，或者我们在持续的灵命成长和门徒训练方面是否取得了良好的进展？有些人将门徒训练等同於在教会或各种事工中服事。然而，一个人即使不是基督真正的门徒，仍然可以服事。罗马书8章29节和以弗所书4章13节中表明门徒训练将使我们变得更像基督。罗马书8章29节告诉我们：“因为他预先所知道的人，就预先定下效法他儿子的模样，使他儿子在许多弟兄中作长子。”以弗所书4章11-13节告诉我们：“他所赐的有使徒、有先知、有传福音的、有牧师和教师。为要成全圣徒，各尽其职，建立基督的身体，直等到我们众人在真道上同归於一，认识神的儿子，得以长大成人，满有基督长成的身量。”门徒训练的阶段表明门徒在生活中逐渐成长为基督的样式，门徒训练的目标是过基督样式的生活。

在门徒训练中，最重要的是我们自己每天都变得越来越像基督，然後我们就可以按照耶稣的委託使人成为门徒。当我们基督徒说我们信耶稣时，我们只是口头相信而已吗？当被问到“你相信耶稣吗？”时，我们回答说：“是的，我们去教会，我们事奉。”然而，我们的行为是否在生活中确实有耶稣基督吗？回想一下当我们接受耶稣作为我们个人的主和救主时，我们的生活是否发生了改变？如果我们的生活基本上没有改变，那麽也许，我们可能需要重新思考谁是我们生活中的主？是耶稣还是我们自己？门徒训练并不容易，需要从某个地方开始。这一切就是从你和我开始。

当出席者成为门徒时，我们才能真正说我们的教会是强大的，我们不追随世界的标准。我们不是为自己服事，而是为他人和社区服事。我们的信仰具有深度，因为它改变生活并感动生命。愿神继续带领我们踏上门徒训练的旅程。



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The Editorial

If you think that what we see on the earth's surface, from the grandiose and imposing Mt Everest in Nepal to the epic Grand Canyon in Arizona, from the breathtaking Iguazu Falls in Argentina to the serene Lake Tekapo in New Zealand are awe-inspiring, take a dive to below the water's surface!

Recently on my trip to Kota Terengganu, I had the opportunity to snorkel in the South China Sea. I had the most wonderful experience of enjoying God's workmanship below the water's surface. It is a completely different world, teeming with life from the vibrantly coloured coral reefs to the brilliantly created fishes of different shapes, sizes, colours and body patterns to entertain us for hours!

Surely such beauty and intricacy of fine workmanship of these living things cannot be an aftermath of a big bang of chaos! Creation points to a superior omnipotent creator God whose creativity, wisdom and finesse are beyond human comprehension.

Romans 1:20 says 'For since the creation of the world, God's invisible qualities- his eternal power and divine nature have been clearly seen, being understood from what has been made, so that people are without excuse.'

So how do we convince our unbelieving friends and relatives that they will be held accountable for their reluctance to believe in our creator God who offers salvation to those who believe in His son Jesus Christ? We need to reach out to them more fervently as their opportunity to gain eternal life is slipping away with age. Many a time, the subject of believing in Jesus and accepting Him as our Lord and Saviour cannot be brought up to our unbelieving friends and relatives for fear of offending them or putting them in an odd situation. But if we truly love them and care for them, we should be urgent in our efforts and risk even being viewed as a nuisance!

So, friends, let us be courageous and be 'thick-skinned' to share the good news with the unbelieving people around us. Let us be intentional to point people to Jesus.

The Editor

Rencana Pengarang

Jika anda berpendapat bahawa apa yang kita lihat di permukaan bumi, daripada Gunung Everest yang megah dan mengagumkan di Nepal hingga ke Grand Canyon yang epik di Arizona, daripada Air Terjun Iguazu yang menakjubkan di Argentina hingga ke Tasik Tekapo yang tenang di New Zealand sangat mengagumkan, pergilah menyelam ke bawah permukaan air!

Baru-baru ini dalam perjalanan saya ke Kota Trengganu, saya berkesempatan untuk snorkeling/menyelam di Laut Cina Selatan. Saya mendapatkan pengalaman paling indah menikmati karya Tuhan di bawah permukaan air. Ini adalah dunia yang benar-benar berbeza, penuh dengan kehidupan mulai dari terumbu karang yang berwarna cerah hingga ikan-ikan yang diciptakan dengan indah dalam berbagai bentuk, ukuran, warna, dan corak tubuh untuk menghibur kita selama berjam-jam!

Sesungguhnya keindahan dan kerumitan hasil kerja halus makhluk hidup ini tidak boleh menjadi kesan daripada kekacauan yang besar! Penciptaan menunjuk kepada Tuhan pencipta yang maha berkuasa yang kreativiti, kebijaksanaan dan kehalusannya di luar pemahaman manusia.

Roma 1:20 berkata. "Sejak Allah menciptakan dunia, sifat-sifat Allah yang tidak kelihatan, baik kuasa-Nya yang kekal mahupun keadaan-Nya sebagai Allah, dapat difahami oleh manusia melalui segala yang sudah diciptakan-Nya. Oleh itu manusia sama sekali tidak mempunyai dalih untuk membela diri."

Jadi bagaimana kita meyakinkan rakan dan saudara kita yang tidak percaya bahawa mereka akan bertanggungjawab atas keengganan mereka untuk percaya kepada Tuhan pencipta kita yang menawarkan keselamatan kepada mereka yang percaya kepada anak-Nya Yesus Kristus? Kita perlu mendekati mereka dengan lebih bersungguh-sungguh kerana seiring bertambahnya usia, peluang mereka untuk memperoleh kehidupan kekal semakin berkurang. Sering kali topik mengenai kepercayaan kepada Yesus dan penerimaan-Nya sebagai Tuhan dan Juruselamat kita tidak dapat disampaikan kepada rakan dan sanak saudara kita yang belum percaya kerana takut menyinggung perasaan mereka atau meletakkan mereka dalam situasi yang tidak menyenangkan. Tetapi jika kita benar-benar menyayangi mereka dan mengambil berat terhadap mereka, kita harus bertindak segera dalam usaha kita dan berisiko walaupun dianggap sebagai pengganggu!

Jadi, kawan-kawan, marilah kita berani dan 'berkulit tebal' untuk berkongsi berita baik kepada orang yang belum percaya di sekeliling kita. Marilah kita berniat untuk menunjukkan orang kepada Yesus.

Ketua Editor

编者的话

如果你认为地球表面所见的壮丽和庄严，从尼泊尔壮观而令人印象深刻的珠穆朗玛峰，到亚利桑那州史诗般的大峡谷，从阿根廷令人叹为观止的伊瓜苏瀑布，到新西兰宁静的特卡波湖都令人敬畏不已，那么清深的水下！

最近，在我去到吉打州丁加奴的旅行中，我有机会在南中国海浮潜。我有幸在水下享受上帝的手工艺品。那是一个完全不同的世界，充满了生命色彩，从斑斓的珊瑚礁到形态各异、大小不一、色彩斑斓、体型各异的鱼类，它们的身体图案可以让我欣赏数小时！

毫无疑问，这些生物的美丽和精湛工艺不可能是一场大爆炸混乱后的结果！这创造指向了一个超越人类能理解，至高无上全能的创造者 - 上帝，是他的创造力、智慧和精湛技艺。

罗马书1:20说：“自从造天地以来，神的永能和神性是明明可知的，虽是眼不能见，但藉着所造之物就可以晓得，叫人无可推诿。”

那么，如何说服我们未信的朋友和亲戚，他们是否会因为不相信我们的创造者上帝，而将被追究责任？还是上帝只向那些相信他儿子耶稣基督的人提供救赎？我们更加需要热切地接触他们，因为他们获得永生的机会随着年龄的增长而渐渐逝去。很多时候，提到相信耶稣并接受他为我们的救主这个话题，我们不能与我们的未信朋友和亲戚提起，因为怕冒犯他们或让他们陷入尴尬的境地。但如果我们真心爱他们并关心他们，我们应该努力坚定不移，甚至冒着被视为有烦扰风险也要将福音与他们分享！

所以，朋友们，让我们勇敢，让我们“厚脸皮”的与我们周围的未信者分享福音。让我们有意的引导他们去认识耶稣。

编辑部

Wesleyan Teaching on Salvation

In John 3:16, it says, "For God so loved the WORLD that WHOSOEVER believes in Him will not perish but have everlasting life"

Wesleyan Methodists believe that God, in Christ, extends His love to all people and that each one must accept personal responsibility for his or her attitude towards that love. Thus, we believe that the Bible teaches that God wants everyone (all people) to be saved. That those who respond to the call of His Spirit are the elect or the predestined.

That was the truth that gripped the hearts of the Wesley brothers after their personal encounter with the Lord, Jesus Christ in 1738. The fire in the soul of the early Methodists was having this conviction that "God is not willing that any should perish but all should come to repentance" (2 Peter 3:9b).

As such, we believe Christ died for all people, and therefore, His atonement is adequate for the whole human race generally and every person individually. Therefore, the atonement is universal in its scope. We also believe that every person is corrupted by sin or totally depraved, but God extends to every person the grace which enables him or her to turn to Christ for forgiveness. This is called Prevenient Grace – the grace that goes before.



We also believe that every person is truly a moral agent, he or she may, if he or she chooses to resist the grace of God. And therefore, when a person is saved after responding to God's grace, he or she is able to renounce his or her faith and be lost—though it is very unlikely for those who genuinely repented and have accepted the grace of God.

John Wesley insisted on the necessity of a transforming experience of pardoning grace of our sins committed, and the operation of the cleansing grace to remove the stain of "inbred sin" (or original sin). This is the result of genuine repentance in accepting the grace of God. Thus, we believe this is scriptural.

So as Wesleyan Christians, let us live up to this teaching from the scripture so that our lives and our radiant Christian experience will carry conviction to our friends—that a pure heart and life are indeed provided by God's abundant grace, and can be maintained by the indwelling of the Holy Spirit.

Bishop Emeritus Dr James Kwang

Celebrating Oneness In Christ: Reflection On Our Church Family Day

Two months ago, on a beautiful Thursday morning [29th June 2023], members of the 3 congregations of Trinity Methodist Church [TMC] came together to celebrate a day of warmth, unity and Oneness in Christ- TMC Family Day.

This occasion bonded the members of the three congregations of Trinity Methodist Church together as a close-knit family of Christ. The day began with members from different walks of life coming together with their family members in their respective coloured T-shirts, excitedly and eagerly gathering to register and collect their RM10.00 food vouchers in front of our Chapel of the Good Samaritan. Exchange of greetings amongst the members/family members both young and elderly and laughter could be heard, creating an atmosphere of warmth and camaraderie.

Vibrant coloured balloons and strings of coloured flags adorned the church surroundings, thanks to the tirelessness and passionate efforts put in by the event organisers. They had also organised a wide range of activities to cater for members from young to elderly to ensure that everyone can participate in the activities.

The day kicked off with a morning prayer by Reverend Jabez Tiong, followed by praise and worship through songs led by Brother Alex Law and his team. It lifted up everyone's spirit, as we praised God in unity as one big family of Christ irrespective of our background, culture and race. We also had our deaf friends and members from the Tamil Methodist church join us on this joyous day.



An array of fun-filled and engaging activities including games and Zumba was planned by the organisers. Even the little ones were not left out with programmes for them being held at our Elder Care Fellowship Hall. We could see the sheer joy on the faces of our members and we witnessed harmony amongst members of the 3 congregations as they participated in the various activities.

After the fun-filled games, members dispersed to the various workshops lined up for the day. Workshops on medical talks on menopause and stroke attracted the attendance of the elder members whilst CPR briefing/training and handicrafts attracted members of all ages.

One of the highlights of our Family Day was the availability of food trucks offering nasi lemak, chicken rice, burgers, sandwiches, ice kacang, sushi and ice cream whereby members happily redeemed this food with their RM10.00 vouchers.

The event ended at noon with members slowly leaving the church premises. Looking back, Family Day has achieved its purpose of

uniting the 3 congregations to be 'One in Christ' celebrating togetherness among a faith-filled community. TMC is not just a place of worship but a home for us all where we embark on our faith journey together as one big family of Christ.

Finally, we thanked God for the good weather, the good turn-out of 700 members and the committed event organisers that make our Family Day, a day to cherish God's blessings of love, fellowship and unity. Indeed, we are truly blessed as one big family of TMC, comprising the Bahasa Malaysia, Chinese and English congregations. All glory to God. Amen.

Lulu Kong



God's unwavering love for me, even me



Allow me to introduce myself. My name is Leong Ming Fang. I am a former TLC student and used to be a volunteer teacher to guide the juniors. Currently, I am 23 years old and have just completed my Bachelor's degree in Human Resource Development last July.

My sharing will focus on two aspects: health and finances and how these factors have posed challenges to me as a student. For your information, I come from a poor family. Growing up with parents who often argued with each other and having strained relationships with my siblings, I was forced to mature and become independent, without relying on them. I'm sure most of us might be in a similar situation, where we have to grow and learn to be self-reliant amidst difficult circumstances. The struggles I faced at school couldn't be shared, and I kept them to myself. However, I'm always grateful because God has blessed me with amazing classmates. They were a ray of light in the midst of the darkness I felt. They are not just classmates; they are a family that provides genuine support and friendship. Through them, I was introduced to the Trinity Methodist Church. For me, this church is not just a place of worship; it's where I found growth and love.

HEALTH:

At the end of 2015, I was diagnosed with a type of blood cancer known as Hodgkin Lymphoma. Feelings of sadness, fear, frustration, and denial arose because I had never imagined having to spend my studies in pain. In 2016, I had to undergo chemotherapy treatment, and the most heartbreaking thing was that the treatment began on my birthday. Chemotherapy treatment was extremely painful. The pain made me feel desperate to live, and I cried to God, questioning Him why I had to endure such suffering and how I would face it. Then a thought crossed my mind: I couldn't lose hope in fighting this disease because many were willing to lend a hand to help me. Why should I complain when God had sent His people to love and assist me while I was in pain? Shouldn't I be grateful? Thus, I resolved to persevere and continue my battle against cancer.

I underwent treatment once every two weeks. One week was

dedicated to regaining my strength after treatment, and the other week was spent studying at school. I had to hide the embarrassment of being bald by covering my bald head in school. Undoubtedly, I faced unpleasant reactions from both fellow students and teachers. However, that shouldn't have been a reason to quit school. As noted in John 16:33, "The world will make you suffer. But be brave! I have defeated the world!" This verse emphasizes that "Though our lives may be filled with challenges and difficulties, the presence and victory of Jesus provide hope and strength for believers."

FINANCIAL STRUGGLE:

As I mentioned earlier, I come from a poor family. School expenses were often insufficient, and I even had to contribute to buying kitchen essentials at home using the savings from part-time jobs that I undertook during school breaks. Due to the challenging financial situation, I began to doubt my ability to pursue further education after completing my SPM.

However, with the encouragement and support from church members and my former school teachers, I felt a calling to persist. I chose to trust in God's plan and accepted the offer of financial assistance from the church. I was determined to reciprocate this kindness by committing myself to becoming a volunteer teacher to assist children at the TLC. Through God's grace, I managed to achieve excellent results in my STPM examinations.

Church members also urged me to pursue a university education with the hope that I could enhance my future quality of life. The goal was for me to break free from the cycle of poverty and also be in a position to help those in need. I believed in God's plan to guide my life journey. The university learning experience has provided me with valuable lessons, including a better understanding of the working world, honing leadership skills, and reflecting on areas within myself that need improvement.

CONCLUSION:

Each part of my life journey, from the time I was diagnosed with cancer till now, has been accompanied by God's unwavering love. God has blessed me with people who care and made me realize that I am not alone. God is always by my side. Matthew 6:33 says, "Instead, be concerned above everything else with the Kingdom of God and with what he requires of you, and he will provide you with all these other things." This verse promises us that by prioritizing our relationship with God and living in His righteousness, we can face any challenge because God will provide a way out and meet our needs. We may encounter difficulties or feelings of frustration in life, but we must remind ourselves that God has a broader perspective and knows what is best for us.

Trust in His plan, for behind every trial, there is unforeseen wisdom gain and goodness experienced. The experiences I have undergone, it has made me stronger. After getting to know and grow in the love of God, my family relationships have improved, and I am incredibly grateful that we can now spend time together. Look at how beautiful the power of God is. To all of you who have been given the opportunity to study at TLC, make the most of this chance with the hope of improving your life circumstances and shaping your personality. Don't waste the opportunities bestowed upon you by God. Believe that in the future, when you have grown up, life's challenges will become even more demanding. Now is the precious time to absorb knowledge, develop skills, and lay a strong foundation for your future. Always remember that every effort you put in now will have a positive impact on the journey of life that you will undertake.

I hope that this sharing can inspire all of you, both in your studies and in your future. Thank you.

Leong Ming Fang

Mt Murud 2023 experience: Google vs. God-gle

2013, 2015, 2017– Attended Murud Prayer Conference.

2019– I struggled and went against the Lord's calling to go to Murud. I told God, Nope, I didn't want to scale up and down the mountain just to meet Him anymore!

2021– Covid. No Murud Prayer Conference on the Mountain. My heart broke a little. I missed being in His presence on the mountain. Thank God for technology, we had it online instead.

August 2022– Got the dates for the Murud Prayer Conference in 2023. God didn't even have to push me this time. I gladly and immediately got my flight ticket. I tried to bring along a few friends, but none were interested at that time as it was too early (one year ahead!). But I told God, it didn't matter. Even if I were to go alone, I would happily go. I had only wanted to come to His feet and bask in His presence.

March 2023– A team from Ba'Kelalan came to minister in TMC. The main speaker fell ill and the accompanying Pastor took over to share for all the sessions. He spoke in BM. Guess who had to be a translator? Me! Fear and trembling experience for both speaker and translator. But God is good. He was our strength and wisdom. Little did we know that was only a sneak-peek of what is yet to come.

May 2023– The committee of the Murud Prayer Conference approached me to be one of the translators for the sessions. After much prayer and struggling with the Lord, I accepted the task with fear and trembling.

As the dates for the conference drew near, my heart was filled with excitement and apprehension. Excitement to be back on the mountain, despite knowing how tough the hike would be. Apprehension, because after attending for many years, I knew that the entrusted task of translation was not to be taken lightly.

July 2023– The month. Nerve-wracking, both spiritually and physically. Heard from relatives in Ba'Kelalan that there was a telephone/internet line on the mountain, unlike in previous years, as they had set up a tower in Bario and were receiving signals. I sighed. I sighed because I didn't want to have a connection with the outside world whilst I was there, but at the same time, I sighed with relief. Bittersweet. Thank God I thought. At least I can Google for words that I didn't know when I was doing my translation.

16 July 2023– No speaker notes or slides have been received. I WhatsApped a dear friend, "I don't want to go Murud tomorrow, I'm scared". But of course, no turning back, no turning back.

17 July 2023– Here we go! Like it or not, we were on our way to the Mountain. As we took the flight arriving in the morning, we were able to hike up to the Church Camp on the same day. However, we started late and only managed to reach the church camp at 8 p.m. Stories for another day. Buzz me up, come let's have coffee and I'll share those stories with you.

18 July 2023– T-1 before the Conference start. No sign of any text from the Speakers. Dying inside from anxiety, and yet knowing that my God who is full of wisdom and knowledge will be my help in the works He had entrusted me with.

19 July 2023– Session 1. I finally got my notes. A mere hours before the first session I was supposed to translate. I couldn't settle down that afternoon and went to the church early. I tried as much as I could to translate the materials and prepare for the night session. I almost broke down in tears as in that stress of limited time, there were words that I couldn't figure out. In my desperation, I turned on my mobile phone, which I didn't want to and tried to Google for words. Yes, there was a line. But the signal was weak from where I was sitting. I prayed to God, seeking His mercy and His help. In His

gentle, soft voice He asked me, "My child, Goo-gle or God-gle? Will you surrender all and depend on me fully?" I broke down and repented, turned off my mobile, and continued on the slide depending fully and only on Him.



Translating for Speaker; Pastor Bina Agung (President of BEM Sarawak) on the 1st Night (2nd Session)

Was it tough to translate?

It was, challenging. We are so used to modern conveniences that we can just reach out to help us. To only depend on God-gle, now that's something as scary as day!

It was, most of all, humbling. We are so used to being in control, able to figure almost everything on our own, being the tough ones, not asking for anyone's help. At times when I was lost for a word on the pulpit, it was all the brothers and sisters in the congregation who helped by throwing in the right word. When I was flustered in my own world, preparing for the sessions in the church alone, God sent so many people, strangers, who would just walk over and lay a hand and say a prayer over me, even in the darkness of 5 a.m. Sometimes, one would pray, and before I knew it, the voices around me grew more and by the time I opened my eyes, there were too many to count. I'm sure they can see how terrified this translator must have been! For all these prayers, seen or unseen, I am truly grateful for, because I know, God had surely answered their prayers. When I was nervous, God had placed familiar faces of brothers and sisters in the midst of 700 pax to know that I was never alone.

My takeaway from Murud 2023? God-gle. Depends on God in everything. Not only in translating. In every.single.thing. It doesn't matter if you have 2G, 3G, 4G or 5G. The most important connection you should have is with the one and only G. God.



Translating for one of the Speakers; Rev Dr Henry Padin (Vice President of BEM Sarawak) on the Final Session.

Diana Labung

BROKEN GLASSES



As I sat by the tranquil Semeba River, my heart overflowed with profound emotions as I reflected on my transformative pilgrimage to Mt. Murud. Before the journey, my soul carried a deep longing to encounter God personally, and the words of Job 42:5, "My ears had heard of You, but now my eyes have seen You," resounded within me, igniting a thirst for a deeper connection with the Divine.

In preparation for this sacred pilgrimage, I dedicated myself physically, emotionally, mentally, and spiritually, seeking to align with God's

purposes and surrender wholly to His will. However, beneath the surface of my devotion, a relentless undercurrent of overwhelming fear and insecurity gripped my soul. The passing of my mother left me feeling like an orphan, with an inexplicable void that yearned for parental guidance and love. As I approached the age of 60, this fear intensified when my father was diagnosed with Parkinson's disease, a cruel reminder of the neurological disorders that afflicted both my parents.

With each passing day, the shadow of uncertainty about my own health loomed larger, and my mind became a battleground of anxious thoughts. "What if I too inherit these debilitating diseases?" I found myself pondering. The prospect of ageing and the potential burden of care during sickness consumed my thoughts, leaving me adrift in a sea of apprehension. The fear of becoming a burden to others during my old age tormented me, as I wondered who would care for me in my time of vulnerability.

Yearning for security and reassurance, I allowed a friend to introduce a man into my life, thinking that he would bring stability and love to my journey through old age. It was a decision driven by my fears, and I soon discovered that I was terribly mistaken. The man I thought would provide security and love turned out to be nothing more than a deceitful opportunist, preying on my vulnerability and taking advantage of my emotional state. My heart was left broken by the realization that what I had hoped for was not genuine. The emotional hurt was profound, leaving scars.

But the pain did not end there. I trusted another friend who convinced me to invest my retirement fund in what seemed like promising ventures. The allure of potential high returns blinded me to the risks involved, and I naively followed their advice. Unfortunately, the investments turned out to be waves of the sea.

Financially broken and emotionally wounded, I found myself at the lowest point of my life. All I desired in that dark moment was to experience God's love and peace, to find solace in His presence amidst the chaos of my circumstances. It was a humbling realization that earthly pursuits and human relationships could not provide the security and fulfilment I longed for. My spirit yearned for something greater, something eternal – the unwavering love and everlasting security that only God could offer.

The emotional weight of this journey was immeasurable, and it distorted my once unwavering view of God. I yearned for clarity and reassurance, desperate for a glimpse of hope amidst the darkness of my fears. It was within this turbulent storm of emotions that I embarked on the pilgrimage, seeking solace and answers, longing to encounter God in a way that would ease the trembling of my heart.

As the arduous path to Mt. Murud unfolded, I found solace in the breathtaking beauty of nature that surrounded me. Captivated by God's wonderful creation, I immersed myself in the journey, capturing countless pictures that filled my heart with joy and gratitude. The sight of the giant pear-shaped pitcher plants, often called monkey cups, served as a poignant reminder of God's tender care—a testament that just as He nurtures these plants, He lovingly watches over and cares for me as His precious child. This reminded me of the Scripture that says, "Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not arrayed like one of these." (Matthew 6:28-29). God Himself revealed to me He is the ultimate caretaker.

Upon reaching the Christian camp, the absence of electricity and a delayed sleep bag delivery brought about a profound revelation. In the darkness, I searched for my spectacles, only to find them broken beneath my sleep bag. It was a stark reality hit, and I felt as though God was gently reminding me of my distorted vision and thoughts, reassuring me that He would realign my perspective with His divine will. Despite living in a world of blur without my spectacles, I learned to connect with Him on a spiritual level, realizing that clarity comes not through the eyes but through the soul. As the Scripture affirms, "For we live by faith, not by sight." (2 Corinthians 5:7)

The pinnacle of the convention was the genuine and sincere worship and heartfelt prayers offered by my fellow brothers and sisters. Their wholehearted devotion, devoid of pretence and performances, revealed the purity of their hearts. "Blessed are the pure in heart, for they shall see God." (Matthew 5:8) Amidst the worship, I was unexpectedly blessed with a vision of Jesus descending in a white robe—a tangible presence that affirmed His love and purity as all I needed in every aspect of life. This divine revelation brought immense comfort and reassurance, anchoring me in the truth of Job 42:5, which resonated deeply in my soul.

Beyond the tangible presence of Jesus, I experienced God's touch through the warmth and kindness of many, who extended their helping-



hands selflessly. Notably, Sister Cindy Chow, whom I met during the convention, exemplified God's love and care through her generous act of sharing her little stool, easing the discomfort of my back fracture. Moreover, God revealed Himself through a 78-year-old sister, Brenda Pui, whose zeal for God showed me that age is not a barrier to experiencing His presence and love. This experience shattered my preconceived notions about ageing and revealed God's unchanging love and grace.

Contemplating this sacred pilgrimage, I realized it was not merely a physical journey, but a profound encounter with God's love and presence. The theme of my broken spectacles serves as a poignant reminder that God can work through our brokenness, aligning our perspectives with His truth and grace. I am loved and cared for by Him, regardless of any uncertainties.

As I return from this transformative experience, I carry with me the lessons of embracing God's presence through brokenness and



relinquishing my anxieties about ageing and being cared for. The stunning landscapes, the unique plants, the genuine worship, and the warmth of human kindness have all become symbols of His constant guidance and love.

Moving forward, I pray to see the world through the lens of His purity, extending His warmth and kindness to others, just as it was extended to me. This pilgrimage has been a revelation of God's faithfulness, and I am humbled by His love and presence throughout this journey. I entrust my future to His care, knowing that His love and security transcend all uncertainties and fears.

Give Me Jesus- Reflection on my Mt Murud Trips



The Trip made in 2013

The First trip

I was full of excitement and anticipation with lots of preparation as the date drew near to the conference date. Now looking back, on my first Mt Murud experience, I was preparing like I might get trapped in the jungle as if the weather or the trail were going to pose a major hurdle for the team from reaching the church site. Imagine me carrying a heavy load of batteries in my backpack just in case I might need them. This first Mt Murud experience did catch me by surprise when the temperature went down to around 10 degrees Celsius at night and I needed 2 sleeping bags which our Lord provided through kind sisters from my team. And the manifested presence of God was AWE STRIKING. It was the first time in my spiritual journey that I experienced the power of God in every session of the conference. I was dumbfounded. I was deeply touched by the tenderness of God's love toward me. I was crying like a baby. God's love overwhelmed me, and God touched, healed, and restored wounds in my life that I did not even know were there. I just knew that I was loved and made whole. I was immersed and submerged in the deep love of Jesus which I never experienced and I desired more of HIS love. Since then, my heart has become softer, becoming more sensitive to Spirit leading and in and around me. My personal encounter with our LORD at Mt Murud marked a deeper yearning to pursue HIM and desiring to make HIM known to others, praying that others will encounter Jesus just as HE had chosen to reveal HIMSELF to me with this mountain top experience.

The sixth trip

I experience minimal excitement but with slight anticipation! The Lord revealed to me that I needed a renovation of my heart. What began as a passionate response with love has now become a dutiful task with responsibilities. While eager to see others experiencing God and being touched by Him, I was careless in my own attitude of pursuing God. Yes, I still want to love Jesus and encounter HIM but I am losing my undivided wholehearted devotion to Him, pursuing of HIS love and loving HIM. Though my heart still yearns to love JESUS, I was preoccupied with the mundane responsibilities of life. My sixth Mt Murud trip opened my eyes to see the exact picture of the busy hustle and bustle of my everyday life, running around with the responsibilities and chores of life. God is ever so gracious and loving to you and me. Our life journey in this world will always be crowded with things that will compete with our love and devotion for our LORD. Our hearts need to be attentive to the teaching, leading and rebuking of the Holy Spirit. Our hearts need to be aware of and recognize our own weaknesses and vulnerabilities. Our hearts must be humbled and be surrendered to the Lord, a heart that cries "Help me, Lord, I am willing. Help me to love YOU." God searches our hearts and He takes delight in a heart that is willing to hold tightly only to HIS grace and love for our life journey with JESUS all the days, all the ways.



27/8/2023

Give me Jesus- Fernando Ortega
<https://www.youtube.com/watch?v=9rZ8k9m2hwo>

Judith Tang

Encountering God Afresh at Mt Murud

I still could not believe that I managed to climb up and down Mt Murud safely and happily! Climbing is not my thing. I have tried Grampians Trail and Kokoda Track 1000 steps, but I did not reach the top. (I did reach the top of Mt Sinai however!) So I was really surprised that when Judith invited me to join her to climb Mt Murud, I only struggled for a few days before making up my mind. Praying and committing my heart to go to encounter God afresh was my preparation for the trip.

During the climb, praying for strength when I was tired and praising Him with songs when I had overcome obstacles was all I did the whole journey. God has led and guided me all the way. No word of complaint or grumble. This is so unlike me!!

God has sent many angels to help me. Those who prayed for me, those who encouraged me along the way, those who lent helping hands, those who talked, laughed and walked with me, and all my fellow pilgrims with whom I share this amazing journey. Thank you all. All glory to my Almighty God.

Susanna Law



My Mount Murud Spiritual Journey

(17 -23 August 2023)

"Hallelujah! Praise the Lord for all His blessings, provisions and protection during our Mt Murud journey, including our safe journey home."

1. Before The Journey

I go for my brisk walk exercise daily if possible. Although I was alone in my walks, I felt God's presence with me. I would be singing, praying and drawing strength from God. One evening, there was a heavy downpour and I could not go for exercise. I prayed to God to control the rain. It was still drizzling when I went out. God answered my prayer as the rain stopped. After my walk, the rain started again!! Thank you, Lord. Another day, the same thing happened and God did the same miracle - the rain came after I had finished the walk. This is how I encountered God from the beginning. He is my strength and power and with confidence in our Lord, I know can make it up and down Mt Murud.

2. On The Way from Kota Kinabalu to Lawas 17-07-2023

Five of us sat happily in a 4WD vehicle from Kota Kinabalu. After a comfort stop at a petrol kiosk, the car's aircond broke down and we drove to a mechanic shop in Beauford Jaya for a check. Repairs took 2 hours and we couldn't wait to reach our destination.

We reached Ba Kelalan in the evening. We switched all our luggage to the 'hotcond' car while the five of us switched to the other 2 vans. Praise the Lord.

3. On The Way from Lepo Bunga to Lawas 22-07-2023

Before descending the hill, our driver, Jeffrey, changed the gear to low gear. He had difficulty changing the gear and the whole gear handle was pulled out completely!!! He stopped the pickup and told us to clean up in the nearby stream while he did the repairs, as we were all full of mud. I even asked him, "Kamu pandai repair kah?" Feeling happy, the 8 of us went down to refresh and enjoyed ourselves in the stream. Repairs were soon done by our smart driver!

As I recall back, in bad times we still trust in our God "that in all things God who work for the good of those who love Him, who have been called according to His purpose" Romans 8: 28. Indeed God takes care of us. Hallelujah Amen.

4. Ascending Hike 18-07-2023/ Descending Hike 22-07-2023

This is a tough and challenging hike, with no proper steps to climb but muddy, slippery steep paths with roots here and there. If I can make it, everyone can make it too. I put myself confidently in God's mighty hand and claimed His promising words in 2 Cor 12: 9 "My GRACE is sufficient for you, for my power is made perfect in weakness." The joy of the Lord is my strength. Amen.

I prayed for God's strength and power to carry me up and down the hike. "Lord Jesus, each step that I took was with your arms that held me, and your guarding angels that lifted me". The brothers and sisters in our team and some passers-by also motivated me with encouraging words to keep going.

I enjoyed the hike though I felt tired but it was experiencing God's presence that made me joyful. I was surrounded by God's creation - fresh air, insects, birds, trees, roots and branches that I could hold and pull myself up and down the hill. We don't experience all these in the city!!!

5. Mt Murud Convention Prayer

The songs of praise during the wonderful and amazing worship lifted me up. On the first day of worship, while singing the song, "How Great Thou Art" I sensed the Holy Spirit touching me that my joyful tears just flowed and flowed that I could not stop at all.

The Theme of Convention Prayer - Tetap Setia : Hari Tuhan Mendekat This reminded me of the verse Isaiah 52: 7 "How beautiful on the mountains are the feet of those who bring GOOD NEWS, who proclaim PEACE, who bring GOOD TIDINGS, who proclaim SALVATION" had appeared in my mind a few times before I came to Mt Murud. Now I understand what God reminds us to do.



Yes, the Day of the Lord is near. Our Lord commanded "all believers to go and make disciples of all nations, baptizing themMatthew 28:18 - 20

Let's shine for our Lord Jesus Christ and bless His Holy name. Amen

6. Incidents Happened

a. When we reached Batu Linanit, at the top of the summit, when descending to the Church Campsite, the sky was dark and it was going to rain. So we had to descend fast to escape the rain. It started drizzling as we still had some distance to go. We put on our raincoat and continued the journey. I prayed again asking God to control the rain till all of our team members arrived at the Church Camp. Amen. God protected us and we reached the Campsite safely. Then the rain poured down. Glory to God's name.

b. Brother Wilson out of kindness and compassion, offered to carry my backpack as we were walking along the Joy Bridge. With a grateful heart, I let him carry my backpack together with his own.

An incident happened when we reached the base of the Batu Linanit. Brother Wilson used the base shortcut route while we climbed up the wooden stairs. Brother Wilson fell onto the very muddy path due to his weak leg after he sustained a cramp which I didn't know then. After he reached the Campsite, he felt "pai sei". So he washed my backpack on arrival. When I arrived and rested for a while, Brother Wilson told me about his fall and washed my backpack. That worried me! Quickly I checked my belongings inside my backpack. My heart dropped when I saw that my handphone was wet, 3 electronic devices - torch light, USB, and Ionshield were soaked in water inside an unsealed plastic bag. After being wiped dry, the handphone was working, but the 3 devices were out of order. I went to our Lord to pray for protection and restoration. Then a thought from God told me to get the heat from the fireplace to dry up the devices (there was no electricity in Church Camp) Before bed, I checked the 3 devices, and nothing had been restored. Trusting for a miracle to happen, I left the devices by the fireplace till the next day evening. Hallelujah, the 3 devices were restored to normal by our mighty God. With a grateful heart, we blessed His Holy name and glorified God's mighty work for His kingdom to come. Amen.

Brenda Pui

Ba Kelalan Mount Murud Prayer Convention

17 – 24 July 2023



By the grace of God, my children and I have learnt to cope with the loss of the family head cum breadwinner in our family. We have moved into a new chapter of our life.

My children have all grown up and have become independent. All my desires and dreams have been fulfilled under His merciful hands. My restless heart and fired-up emotions gradually calmed down over the years. I asked God what's next? I need to have a fresh encounter with Him lest I become powerless for Him. It has always been my desire to see nature where I can feel His presence and let Him rekindle His first love in me. After much prayer, my spirit and my physical being came to a consensus to follow my church group to Mount Murud for a prayer convention.

My heart was filled with joy when we made our journey to Ba Kelalan. I had flashbacks of my childhood years during the bumpy journey along the dusty road. In the back seat of a modified Hilux, I was immersed into a world of white clouds, and a blue sky with different shades of green at the horizon as I gazed upon God's original creation - loving people; fat cows; rice fields, wooden buildings; winding mountain trails and sandy narrow gravel mixed mud roads. The melody of 'How Great Thou Art' played in my head.

Although we had a very skilful and experienced driver, my adrenaline level shot up each time we drove high up the mountainous roads that overlooked the deep and steep valleys below. I pleaded with God to keep us safe under His wings.

Then I understood Sis Aileen's encouragement for me a day before I travelled.

Isaiah 40:4 says, 'Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain.'

I took a deep cool and fresh breath the moment I reached Lepo Bunga, which is one of the villages at Ba Kelalan. It was already in the evening.

The next morning, we made our way to Mount Murud Prayer Convention Centre.

I thought July should be a dry season with fallen leaves, but what came into my view were magnificent mountain ranges surrounded by oceans of green foliage. I was amazed at the workmanship of God.

Psalms 1:3 came into my mind, 'And he shall be like a tree planted by the rivers of water that bring forth his fruit in his season; his leaf also shall not wither and whatsoever he does shall prosper.'

These enormous mountain ranges are embraced by big trees, the roots interwoven beneath to hold the soil, that makes Mount Murud stand tall and graceful with an altitude of more than seven thousand feet. The roots are the lifeline of the trees, they take up water, nutrients, air, and sunlight to provide energy to sustain their lives. They are like anchors to the trees, keeping them in place and indirectly maintaining the stability of the mountains. As I looked around, there were so many worshipers, all like the interwoven roots

of different trees all with the same objective, and embracing the same one faith. How wonderful is our God!

The climbing and descending Journey

I was thankful to my fellow acquaintance who gave me a stick to assist me while walking. I held it tightly and pondered upon the journey of Moses with his staff as he led the Israelites out from Egypt. He could have had the same experiences, except for his miracle-performing staff versus my walking stick; him, an anointed leader versus me, a follower.

The path was extremely muddy and slippery, and certain parts were very steep and dangerous. The climb was very tedious and required a lot of strength and energy. I was doubtful of my ability but was constantly reminded of God's words that say: -

'Those who hope in the Lord will mount up like wings of eagle, they will walk and not faint and run will not be weary'

I also remembered Psalm 91: 13 which says 'You will trample upon the great lion and serpent' So I swept away all my doubts and put them beneath my feet, with each step that I took becoming more forceful and bold.

The Roots

The most significant element that I saw throughout the journey was none other than the roots of the trees that lay beneath the mud. The roots are of different sizes, shapes, textures, and forms, with some protruding to the surface of the path. They formed the natural foundation of the trail.



I asked the Lord, why roots? Do away with them and we can walk on dry smooth paths that are filled with dry leaves. However, as I looked again at the trails from the foot of the mountain, I was so thankful as without them it would be just impossible for us to climb. For every step, I had to select the most suitable and appropriately aligned roots so that I did not slip or fall into the puddles of mud. It is so important for me to look at the situation and plan even for the next step, otherwise, I would not be able to move forward. Along the climb, the area where most people stepped on was the most muddy yet the most secure and safe. However, when I grabbed a nearby branch and stepped on the less travelled sites that have strong roots, I could leap forward firmly and my walk became easier and faster. It was as if God was

reminding me that I should not be hard on myself and that sometimes people around us can be of great help and support. I was also reminded not to be too rigid and stereotyped, and I should try out new ways or do new things. God is also at the road less travelled and I just had to have the courage and trust to discover the good things He has in store for me.

At the most difficult and risky part of the climb, I had to lower my body and kneel to make my way up, and then down, holding firmly to the protruding roots or the wooden rails or steps, sometimes to a point that I needed to crawl to help myself to move on and to prevent fall and injury. These are very much like some life experiences that one needed to strip off all the pride and dignity and surrender all to God.

This journey led me to see the varieties of roots and it helped me to appreciate the roots of life which are the beliefs and values gathered over years of living. They are the anchors that stabilize our lives. Strong roots are not only for own stability but can lift others up. Like the roots at Mount Murud, they are so strong that they lifted the worshipers to seek God.

Colossians 2:7 'Let your root grow down into him, and let your lives be built on him. Then your faith will grow strong in the truth you were taught, and you will overflow with thankfulness.'

I am very thankful that these enriching encounters had rekindled His first love in me. I would like to thank Reverend Jabez, Reverend Chan, Sister Judith, and all members of our team for their companionship, encouragement and laughter that made our trip to Mount Murud memorable.

My Journey To Heaven

inexperienced and did not have an experienced guide, the hike became very challenging as we needed to learn and adapt along the way. This happens to all of us too in our daily life when we are handling new things, without the guidance of the Holy Spirit or experienced teachers/guides..

When we finally arrived at the final rest area, we had to decide the final route as there were two routes for everyone to choose from. It was a tough decision to make as one of the routes is short, and easier but goes across the jungle with no view whereas the other route is a longer hilly route with slippery steps but with superb scenery along the way. At that instance, a thought came to my mind. This situation is just like the life of a Christian! We could either choose to be just a believer, enjoy our simple life and be "Sunday worshippers" or we could stand up for God, serve Him, trust Him for what he will give to us, and take up all the challenges that He has called us to do. Which one will you choose?



First of all, I would like to thank God for giving me the opportunity to go to Bekalaan, Mount Murud this year. If it was not for the encouragement and motivation from Sister Judith, I may not have had the courage to make such a decision. For the first time TMC delegation to this event comprises of brothers and sisters from three different congregations. Although we are from different backgrounds and cultures, speak different languages and different ages, our belief brings us together for this trip. Together we went through laughter, enjoyed beautiful scenery, and supported, and encouraged each other throughout the whole journey.

I am not new to mountain hiking/climbing. From my previous experiences, I think I can climb at a reasonably fast pace, and I wish to reach the destination as soon as possible. I told my team that I wanted to reach the destination fast. However, to my surprise, as soon as I stepped into the forest, I felt that it was not as easy and smooth as I had imagined. We were divided into



After a long deep thought, I chose the mountain path and was amazed to see the magnificent scenery along the way. I wanted to take pictures of every view and from every direction but when we turned around, we noticed the dark sky and bad weather that was looming towards us. I panicked and just wanted to rush down the mountain as quickly as possible. I slipped and fell into the mud! A pair of mother and daughter helped me up and guided me down the mountain. As the rain was getting heavier, I did not want to drag them down and thus asked them to go without me as I shall walk down slowly. They refused and accompanied me until we reached our destination. My heart is full of gratitude whenever I think of them as they gave me a hand when I was at my most helpless stage. This is the love of God, sending angels to guide us and to be with us whenever we are in trouble and helpless.

After a long and tiring journey, we finally arrived at Reked Meligan. We were greeted by the villagers there and we were taken to a big house where we stayed for the next few days.

Later I learned that the house we stayed in was considered top-notch and was one of the best. All the other houses are without attached washrooms and one needed to walk a distance to use the toilets or to shower! I wonder if heaven looks like this where only those who are prepared will have a better dwelling in heaven that others may envy!

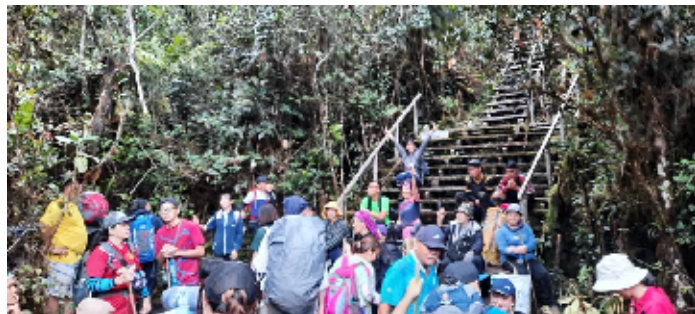
Throughout this journey, I experienced and learnt many things, I felt like I was in heaven together with others to worship God together, seek God, experience God, and share God's wonderful works. The most important message that I learnt is that the end of the world is near and that we need to be vigilant and prepared.

This journey also reminded me of the movie "Journey to Heaven", although it was not as exciting as in the movie, I truly experienced part of the "Journey to Heaven". I would like to share this cartoon with you so that everyone can also reflect on which character they belong to now.

<https://www.youtube.com/watch?v=ksu-zTG9HHg&t=797s>
(English version)

May God bless and keep those who are always with us and walking in His ways. Amen!

Julie Kong



three teams, and all the team members were to take care of each other, and no one was to be left behind or left alone.

Throughout the whole journey hiking up Mount Murud, I experienced life enlightening journey of my life. My teammates and I started our journey up to the destination together, all of us would stop and rest whenever any of us was tired. They were always by my side when I was not feeling well. They accompanied me until I was ready to continue the hike. Sometimes I felt sorry that I slowed them down, but they never complained about it and continued to give me words of comfort and encouragement. People passing by also helped me to reach the destination through words of encouragement. I was very touched, and it also reminded me that as members of the church, we cannot assume that we are good, and can always fulfil what God has entrusted us all on our own. If we do so, we will surely give up when we face challenges along the way. I may have fainted while hiking alone or fallen off the cliff. Consistent encouragement, companionship and guidance from my team-mates comforted me whenever I felt demotivated to continue the journey.

Just after I began to get used to the conditions of the route, we entered the next level of the journey. The new route seemed to be easier as it seemed to be flatter and not inclined. However, it was not easy as it was very muddy and very challenging to even move one step forward. At that instance, I felt like I was being cheated.

When I recall back, this part of the route is not that difficult at all. As we were

Sharing from Mt Murud trip



Climbing Mt Murud is not easy. The trek is full of rugged terrains, slippery & muddy. The journey was long and tiring but the experience was extraordinary.

The building of Hallelujah Church was simple and worshipers sat on wooden floors. The preaching was good and the worship was lively but a bit long. However the work of the Holy Spirit was obvious and I saw physical healing, restoration of souls and prophecies proclaimed. The presence of God was real!

Lesson: I learnt from the retreat that it is about hearing from God. The preacher reminded us of the need to have a simple faith, not over-rationalise things, constantly draw near to God in prayer, read His words, and listen to God or hear Him verbally. My challenge is that I am still unwilling to draw near to God regularly.

Question: Why does the Bakelalan church also face the same challenges as city churches, lacking youths in the church?

Paul Pau

Unity in Christ

Galatians 3:28 -Here is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.

Psalms 133- How good and pleasant it is when God's people live together in unity! It is like precious oil poured on the head, running down on the beard, running down on Aaron's beard, down on the collar of his robe. It is as if the dew of Hermon were falling on Mount Zion. For there the LORD bestows his blessing, even life for evermore.

When my sister-in-law, Lau Mee Ting approached me asking me whether I wanted to attend the BEM Revival meeting at Ba'kalalan, Mt Murud this year, I said "Yes" immediately! The reason I wanted to visit the "spiritual root" is because my Kalabit ex-colleague is the person who brought me to Sunday service at SIB (BEM) church in Bintulu back in 1980. Through joining their church bible study sessions, prayer meetings and evangelical meetings, I get to know more and more about God and His salvation and His love through His Son Jesus Christ. I thank God that those sessions and meetings led to my spiritual rebirth and I accepted Jesus as my personal Lord and Saviour on the Christmas Eve of 1981. I praise God for His love, mercy and grace that transformed my life and made my life meaningful and fruitful.

I would like to share two beautiful bible verses, Psalms 133 and Galatian 3:28. Throughout this Mt Murud trip, I feel and see these two passages come to pass among all the worshippers. Like what Sister Julie shared – although we are from different congregations, different cultures, different backgrounds etc., our Faith in Christ brought us together. Together we preserved and encouraged one another when we climbed the muddy mountain. I thank God that all of us reached our destination, the church campground at Mt Murud safely. God also protected all of us on our return journey. Our group also came together to share food, have meals, worship, pray and sharing and live in unity as a small community of God's people as what is stated in Psalm 133.

I was also amazed and touched to see all the attendees, together worshipping our God in Spirit and in Truth. All these worshippers are from different churches, denominations, different races, different education, and different social backgrounds. It is a unity of the great and weak, those in high social status and those in the low, Malaysians throughout the country -north and south, east and west and even people from Brunei – God's love brought us together up in Mt. Murud. We worshipped Him in unity. I felt that we were One in Christ as we worshipped together and it was so beautiful. Suddenly all boundaries and divisions disappear when we worship God together.

Psalms 133 reminded me that living together in unity is a gift of God. Oil in the bible symbolizes the Holy Spirit. It is precious, it is refreshing

and it is a gift from God and God is a generous giver. I thank God and all my dear brothers and sisters in Christ for all that I had experienced throughout the trip.

Lastly, the messages shared by the local speakers at Mt, Murud were very encouraging and reminded me over and over again to be faithful, watchful, and prayerful in building up my faith and to be deeply rooted in God's word as the second coming of Christ and end time is very near (Rev.6:12-17, Luke 21:25-36)



Wilson Wong Chee Kiong



Trust and Obey, There Is No Other Way



Around late June, I was invited by Sister Judith to join the Mount Murud trip. She said there is still one space for one more person. I was hesitant to go but my husband encouraged me to go because he is keen to know what the latest development is since the Bario/Ba'kelalan revival many years ago. Furthermore, I felt this trip would be a good opportunity to get to know other TMC members and also to challenge myself to do something that will test my strength and

physical abilities; beside also looking forward to getting away from the daily chores at home and be able to spend some time with the Lord in Mount Murud.

Though I had decided to go and my flight ticket had been booked, I still had lingering doubts about whether I would be able to embark on this arduous journey to climb Mount Murud due to my physical limitations and fear of the unknown. But when I attended the Thursday prayer meeting at TMC, I met Sister Brenda who is 78 years old and yet so motivated to go. She inspired and encouraged me. I believe God planned for me to meet Sister Brenda to help me face my fear of the unknown although I didn't speak to anyone about it.

On 17th July 2023, we boarded a flight from Kuching to Kota Kinabalu which landed at 8 am. A car was waiting for us to take us to Lawas, and from Lawas and thereafter to Ba'kelalan. The journey from Lawas to Ba'kelalan was really a challenge of endurance. Halfway through the journey, I had to ask the driver to stop because I couldn't take it anymore. I vomited and had to rest my head for a while. My group understandably then asked me to sit in the front seat, which helped a lot.

Praise the Lord we reached Ba'kelalan at around 7.30 pm. Due to the challenging journey, I still felt a bit giddy and had the urge to vomit. I told Judith that I may not be able to climb up to Mount Murud the next day and apologized for disappointing her. Judith didn't say much but said she left the decision to me and asked me to pray about it. Surprisingly, Sister Suzanna who had heard about my intention, came and approached me and asked whether I would be staying back in Ba'kelalan or not and that she would also like to stay back with me if I decide not to go up the next morning. I felt relieved that I was not alone in this struggle, thinking that it was better to stay back at Ba'kelalan and spend time with the Lord in prayer. After all, my desire to climb Mount Murud was to spend time alone with God.

Early in the morning, as usual, I will read the daily verse of the day sent to my KJV Apps. Praise the Lord, the verse for the day was so relevant to my struggles. It was 1 Peter 1:6,7 which says, "Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: That the TRIAL of your FAITH, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of JESUS CHRIST.

After I finished reading the verse, and prayed, I said Lord, "If you want my faith to be refined and tried, then let this journey teach me to learn obedience and submitting to your perfect will ...so that through this trial, I may come out stronger in my faith and purified like 'gold'. I decided to surrender to God my fear and doubt and just trust Him to take care of the unknown that was before me. Just when I had finished praying, Sister Suzanna came knocking on my door and asked "So,

Amber, what is your decision?" I said Sister, God gave me the word that I have to go forth in faith. To my amazement, Sister Suzanna didn't reason with me, and said, "OK, we will go". Oh, how I thank God that when we are in the same spirit in Christ, we just move forward together in faith without doubting. Praise God, I believe it is the best decision we both had made to obey the word of the LORD.

During the climb, the path was very muddy, slippery, wet and difficult to walk and certain sections were also very dangerous to walk on. We couldn't take a big step but only one small and slow step at a time to ensure our safety. We had to use a stick to confirm that the spot where we were going to step on was firm. Many times, my feet landed on a puddle of mud; as a result, I got wet and soggy feet which made walking very uncomfortable. The thoughts dawned upon me that it's okay to get myself dirty and uncomfortable if I wanted to serve the LORD and that I should not allow the inconveniences of life to bog me down from moving forward for His kingdom. I also learned that as long as I put my feet on "Christ the solid rock", I have nothing to fear and that He will carry me through it in whatever situation I may be in for His glory. I praise God that my faith was strengthened after the journey to Mount Murud. Now I have learned to see that impossible situations can become possible especially when one is faced with insurmountable challenges and struggles.

Though I was the slowest, I am truly grateful to all my brothers and sisters who didn't leave me behind. When we reached Mount Murud, I regretted that I didn't get to see and enjoy the magnificent view of God's creation (though I saw it on the way back down) of Mount Linanit from a spot where it was said that Pak Agung, one of the spiritual giants of this place used to pray and pray and pray... until revival broke forth amongst the villagers of Ba'kelalan. The reason was, that I was told by the porter that the stairway was very dangerous, risky and slippery and that the porter's path was much easier to traverse. The word 'easier' was very tempting which gave me a reason not to choose the 'supposedly more difficult' path, the staircase way. Upon reaching the church camp, I found out that those who took the staircase way had reached the camp earlier by an hour... a shorter journey.

On our last night at Ba'kelalan before coming back home, we were asked to give a short testimony on what we had learned or experienced in Mount Murud. I praise God that through this trip to Mount Murud, I obtained a greater understanding that God will carry me through ALL my trials if I just let him take the wheel of my life. After hearing each of my brothers and sisters' testimony I see how much God cares for each of his 'sparrows'. I believe He is speaking personally to each individual who is up there, who seeks and waits for a word from Him. I praise God that He is a speaking God. It says in Isaiah 55:6 "Seek ye the LORD while he may be found, call ye upon him while he is near;"

God is a faithful God and He is a God that never fails us. And He is a God that demands our obedience, not sacrifice. As one godly person said, "It costs you to obey God but it will cost you more not to."

In the conference, we were reminded that God's End Time is very near. This verse Luke 21:19 speaks to my heart, "In your PATIENCE possess ye your souls". And in verse 36 it says "Watch ye therefore and Pray always". Let us run this race patiently despite whatever trials God allows them to come on our journey of faith. We who start it well, let us run FAITHFULLY this race and FINISH IT well for His Glory for "he that endureth to the end shall be saved". (Matthew 10:22) May God help us.

By an unworthy servant of Jesus Christ,



Sister Amber Join

Perkongsian Peribadi



Selamat pagi kepada semua yang hadir. Terlebih dahulu, saya ingin berterima kasih kepada Miss Tees kerana memberi peluang kepada saya untuk berkongsi pada pagi ini. Untuk perkongsian hari ini, saya akan menggunakan BM. Dan akan diterjemahkan ke BC oleh Teacher Easther

Mari saya perkenalkan diri saya. Nama saya ialah Leong Ming Fang, panggil jelah kakak Leong. Saya merupakan bekas pelajar TLC dan pernah menjadi cikgu sukarela untuk membimbing para junior. Sekarang saya berumur 23 tahun dan baru sahaja tamat degree/sarjana muda dalam pembangunan sumber manusia pada bulan Julai yang lepas.

Perkongsian daripada saya akan berfokus kepada dua perkara iaitu **kesihatan dan kewangan** dan bagaimana perkara tersebut menjadi cabaran kepada saya sebagai seorang pelajar. Untuk pengetahuan kalian, saya datang daripada keluarga yang miskin dan tidak harmoni. Sebagai seorang anak dan memiliki ibu dan ayah yang sering bertelingkah serta memiliki hubungan yang renggang dengan adik-beradik, saya memaksa diri untuk menjadi seorang yang matang, bertahan sendiri tanpa perlu bergantung kepada mereka. Saya pasti ramai yang mungkin juga berada dalam situasi serupa di mana mereka terpaksa tumbuh dan belajar menjadi mandiri di tengah keadaan yang sukar. Segala keperitan yang saya alami di sekolah saya tidak dapat kongsi dan hanya pendam sendiri. Namun, saya selalu bersyukur kerana Tuhan telah memberkati saya dengan teman-teman sekelas yang luar biasa. Mereka adalah sinar terang di tengah kegelapan yang saya rasakan. Mereka tidak hanya menjadi teman-teman sekelas, tetapi keluarga yang memberikan sokongan dan persahabatan sejati. Melalui mereka, saya diperkenalkan kepada Trinity Methodist Church. Bagi saya, gereja ini bukan hanya sebuah tempat ibadah, tetapi tempat di mana saya menemukan erti pertumbuhan dan kasih sayang.

KESIHATAN

Jadi, pada hujung tahun 2015, saya disahkan menghidap kanser darah yang dikenali Hodgkin Lymphoma. Perasaan sebak, kesal, dan penafian timbul kerana saya tak pernah bayangkan untuk menghabiskan pelajaran saya dengan berpenyakit. Pada tahun 2016, saya perlu jalani rawatan kemoterapi dan hal yang paling menyedihkan ialah, rawatan tersebut dimulakan pada hari jadi saya. Rawatan kemoterapi sangatlah sakit. Kesakitan itu membuatkan saya ingin putus asa untuk hidup sehinggalah saya menangis di atas alkitab dan bertanya kepada Tuhan, kenapa saya harus menderita sedemikian dan bagaimana saya akan menghadapinya. Kemudian terdetik di fikiran saya, saya tidak boleh berputus asa untuk melawan penyakit tersebut kerana ramai yang ingin menghulurkan tangan untuk membantu saya. Kenapa saya harus mengeluh apabila Tuhan telah mengiriskan umatNya untuk mengasihi dan membantu saya yang sedang berada dalam kesakitan? Bukankah saya harus bersyukur? Maka, saya menam tekad dan teruskan perjuangan melawan kanser. Saya melakukan rawatan sekali dalam dua minggu. Jadi satu minggu masa untuk diri saya mengumpulkan tenaga selepas rawatan dan seminggu lagi saya gunakan masa untuk belajar di sekolah. Jadi, saya menyimpan rasa malu ke sekolah dengan menutup kepala botak saya kerana rambut gugur disebabkan kemoterapi. Pastinya, saya kena hadap ekspresi tidak menyenangkan daripada para pelajar dan guru. Namun, itu tidak

seharusnya menjadi alasan untuk saya berhenti sekolah. Seperti yang tercatat dalam Yohanes 16 pasal 33, "Dalam dunia kamu menderita penganiayaan, tetapi kuatkanlah hatimu, Aku telah mengalahkan dunia." Ayat ini menekankan bahawa "Meskipun kehidupan kita dipenuhi dengan cabaran dan kesulitan, kehadiran dan kemenangan Yesus memberikan pengharapan dan kekuatan bagi orang-orang percaya."

ISU KEWANGAN

Seperti yang sudah saya ceritakan sebelum ini, saya datang daripada keluarga yang miskin. Wang perbelanjaan sekolah yang tidak cukup. Saya juga kena tolong untuk membeli barang keperluan dapur di rumah menggunakan wang simpanan hasil kerja sambilan yang saya buat waktu cuti sekolah. Disebabkan situasi kewangan yang tidak baik, hal ini meragukan kemampuan saya untuk melanjutkan pendidikan setelah SPM. Namun, dengan dorongan dan dukungan daripada anggota gereja dan guru sekolah lama, saya merasakan panggilan untuk terus berjuang. Saya memilih untuk mempercayai rencana Tuhan dan menerima tawaran bantuan dana persekolahan dari gereja. Saya bertekad untuk membalas kebaikan ini dengan berkomitmen untuk menjadi guru sukarela bagi membantu anak-anak di TLC. Melalui kasih Tuhan, saya mampu mencapai hasil yang bagus dalam STPM. Anggota gereja juga mendorong saya untuk melanjutkan pendidikan ke universiti dengan harapan bahwa saya dapat meningkatkan kualiti hidup saya di masa depan. Tujuannya adalah agar saya tidak terus terperangkap dalam kemiskinan dan juga mampu membantu mereka yang memerlukan. Saya mempercayai rencana Tuhan dalam menguruskan perjalanan hidup saya. Pengalaman belajar di universiti telah memberi saya pelajaran berharga, termasuk bagaimana dunia kerja beroperasi dengan lebih baik, mengasah kemampuan kepemimpinan, dan merenung untuk memperbaiki aspek-aspek yang masih perlu ditingkatkan dalam diri saya.

Setiap perjalanan kehidupan saya dari ketika saya menderita kanser sehinggalah sekarang semua ditemani dengan kasih Tuhan yang tidak henti-henti. Tuhan menghadiahkan saya dengan orang-orang yang mengasihi dan membuatkan saya sedar bahawa saya tidak keseronangan. Tuhan sentiasa ada disisi saya. Matius 6:33 yang berbunyi "Tetapi carilah dahulu Kerajaan Allah dan kebenaran-Nya, maka semuanya itu akan ditambahkan kepadamu." Ayat ini berpesan bahawa dengan mengutamakan hubungan dengan Tuhan dan hidup dalam kebenaran-Nya, kita dapat menghadapi sebarang tantangan kerana Tuhan akan memberikan jalan dan memenuhi keperluan kita. Kita mungkin menghadapi kesulitan atau perasaan kesal dalam hidup, kita harus mengingatkan diri sendiri bahwa Tuhan memiliki pandangan yang lebih luas dan tahu apa yang terbaik bagi kita. Percayalah pada rencana-Nya kerana di balik setiap peristiwa ada hikmah dan kebaikan yang tak terduga. Daripada pengalaman yang saya harungi, hal tersebut membuatkan saya jadi lebih kuat. Setelah mengenal dan tumbuh dalam kasih Tuhan, hubungan kekeluargaan saya menjadi lebih baik, dan saya sangat bersyukur akhirnya kami dapat meluangkan waktu bersama-sama. Lihatlah betapa indahnya kuasa Tuhan. Kepada kalian yang diberi kesempatan untuk belajar di TLC, gunakanlah peluang ini sebaik mungkin dengan harapan memperbaiki keadaan kehidupan dan membentuk kepribadian kalian sendiri. Jangan sia-siakan peluang yang diberikan oleh Tuhan. Percayalah, di kemudian hari nanti ketika kalian telah dewasa, tantangan dalam kehidupan akan semakin mencabar. Maka, kini adalah waktu yang sangat berharga untuk menyerap pengetahuan, mengembangkan keterampilan, dan membentuk dasar yang kukuh bagi masa depan anda. Tetaplah ingat bahwa setiap usaha yang kalian lakukan saat ini akan memberikan dampak positif pada perjalanan hidup yang akan kalian tempuhi.

Maka, sampai di sini sahaja perkongsian saya, dan saya berharap perkongsian ini dapat memberikan inspirasi kepada anda semua, baik dalam pelajaran maupun kehidupan seharian.

Leong Ming Fang

Tuhan Buka Jalan Bagiku



Shalom semua saudara saudari yang dikasihi di dalam Yesus Kristus, saya Utie dari pelayanan Bahasa Malaysia. Saya ingin mengongsikan kebaikan Tuhan sebelum saya pergi dan semasa saya pergi ke Gunung Murud.

Sebelum itu, saya ingin kongsi satu ayat dari Firman Tuhan yang berbunyi "Janganlah khawatir akan apa pun, dalam segala hal berdoalah dan mintalah kepada Allah apa yang kamu perlukan". Filipi 4:6. Kenapa saya mahu kongsi ayat ini? Beberapa hari sebelum saya pergi, anak bongsu saya telah diterima belajar di Kolej Cyber Jaya Batu Kawa. Mula temuduga, mereka mengatakan boleh bayar separuh untuk masuk kolej, ok saya bayar separuh dan baki tu, saya akan bayar selepas saya balik dari Gunung Murud. Jadi saya tidak perlu keluarkan duit lebih dari apa yang saya sudah bajetkan. Saya juga perlu kirim duit untuk abang dia yang belajar di KK. Tetapi apa yang sudah dirancang manusia tidak selalu baik. Petang Selasa, anak saya (Vanesa) telah menerima mesej dari pihak Kolej Cyber Jaya mengatakan bahawa mereka harus membayar habis yuran masa mendaftar keesokan hari. Dari situ saya mula bergumul dan tidak dapat berfikir. Dalam hati saya memberontak kenapa harus begini macam mana saya mahu ambil duit sedangkan esok pagi sudah mendaftar. Dari situ saya mula bergumul dan mahu tarik diri dari ikut pergi Gunung Murud. Awal pagi Rabu itu, selesai saya masak jam 6 pagi, saya mengambil masa bersama Tuhan, saya tidak dapat mengeluarkan kata-kata, saya hanya berdoa dalam hati sambil menangi minta Tuhan buka jalan bagaimana dan apa yang harus saya buat. Saya juga sempat kongsi dengan seorang kawan dan minta dia sokong saya dalam doa.

Tuhan itu sangat baik, Dia Allah yang sangat peduli, Dia mengerti setiap persoalan yang kita alami, Dia telah memakai seseorang untuk memberkati saya. Saya tidak menyangka bahawa doa saya dan kawan saya telah dijawab Tuhan secepat itu. Saya sangat-sangat bersyukur. Ini adalah kali kedua saya ikut pergi ke Gunung Murud, pertama pada tahun 2013. Genap sepuluh tahun baru pergi lagi. Jadi saya ada pengalaman sedikit untuk pergi. Bukan mudah untuk mendaki gunung yang tinggi, yang banyak lumpur dan licin. Perlukan kesabaran dan tenaga yang kuat untuk mendaki. Waktu mendaki bukit pertama iaitu Bukit Cabaran memang sangat mencabar bagi semua, waktu saya mula rasa tidak kuat saya teringat akan satu doa dari salah seorang wanita pada tahun 2013, yang berbunyi "Tuhan jadilah kakiku dan jadilah tanganku". Jadi saya mula berdoa menggunakan doa itu sambil mendaki. Puji Tuhan saya merasa kuat dan tenang, sampailah kami di salah satu tangga menuju Bukit Linanit. Sebelum sampai sana ada porter menyuruh kami buka kasut pakai stokin sahaja sebab licin. Kami cuba pakai kasut dan berjalan perlahan, setiap sepuluh anak tangga kami akan berehat seketika. Puji Tuhan kami sampai juga ke Bukit Linanit.

Segala Puji syukur hanya bagi Tuhan, kami lima orang telah mengambil empat jam untuk sampai ke Gunung Murud. Kalau sepuluh tahun lalu saya mendaki lima/enam jam, kali ini sangat luar biasa, Puji Tuhan.



Pada hari pertama kebaktian, saya sudah merasakan Tuhan betul-betul dekat dengan saya, macam ada sesuatu yang berkata lepaskan segala bebanmu, saya lupa sesi keberapa, kami disuruh berdoa untuk keluarga dan sebagainya, disitu saya mula berdoa menyerahkan semua pergumulan saya kepada Tuhan. Selepas saya serahkan semua pergumulan saya kepada Tuhan, saya rasa ada damai sepanjang kebaktian diadakan. Saya sangat diberkati, walaupun sebelum saya pergi ada masalah yang mengganggu tetapi Tuhan sangat baik. Dia buka jalan untuk saya. Kebaktian pertama, saya mendengar guru Pudun berkata "kita berada disini bukan secara kebetulan, tetapi kita datang kesini kerana Tuhan yang mengutus, Tuhan yang menghendaki. Jadi tetaplah setia bersama Tuhan, apa pun yang menghalang kita dalam panggilan Tuhan, Tuhan pasti menolong dan buka jalan untuk kita...Amen

Saya juga suka dengan satu lagu yang mereka bawa waktu kebaktian yang berbunyi:

OH HALELUYAH
Oh Haleluyah, oh Haleluyah, oh Haleluyah
Puji namaNya
Oh Haleluyah, oh Haleluyah, oh Haleluyah
Puji namaNya (oh Haleluyah)

Kasihnya kasih Tuhan
Sungguh indah bagiku 2x
Bagi kita se...mua

Ku bersyukur padaMu
Atas pimpinan RohMu
Dalam penyertaanMu
Setiap hari

Utie Tugang

BERSYUKUR ATAS PIMPINANNYA. HALLELUYA!!!



SHALOM...saya mengucapkan syukur kepada TUHAN atas pimpinannya. Pada 17 Julai hingga 24 Julai 2023 yang lepas, saya telah mengikuti rombongan dari gereja TMC ke Gunung Murud. Saya tidak tahu, apakah rencana TUHAN sekali lagi dalam hidup saya sehingga Dia memanggil saya untuk menyertai Pelayanan Doa ini di Gunung Murud? Mula-mula saya memberitahu suami agar membenarkan saya mengikuti Rev. Chan untuk pergi ke Gunung Murud untuk berdoa. Itu sahaja yang saya pasti, tetapi anak bongsu saya cuba menghalang saya untuk pergi kerana disebabkan faktor kesihatan saya. Kenapa mak mesti pergi? saya menjawab, tak tahu yang pasti saya nak ikut juga. Anak risau dengan saya lalu banyak pesanan yang si anak buat...ok, jangan takut saya menjawab, TUHAN ada bersama dengan saya, TUHAN itu sangat baik. Dia tidak akan meninggalkan saya keseorangan. Saya mula menyediakan keperluan saya dari awal Jun sehingga hari hendak berlepas, banyak yang perlu disediakan terutamanya "sleeping bag" dan baju tebal. Saya menjadi bersemangat hendak pergi mendaki dan tiap malam saya berdoa kepada TUHAN supaya TUHAN memberikan hati yang kuat, hati yang kental dan minta kesihatan yang baik dari TUHAN. Banyak perkara yang lain juga perlu minta dari TUHAN. Syukur Puji Tuhan, waktu mendaki tumit kaki tidak ada rasa sakit.

Pada hari kedua perjalanan kami mengikut perancangan yang telah dibuat, kami akan mendaki ke Gunung Murud pada 18 Julai, saya sangat bersemangat untuk mendaki bersama-sama dengan rakan-rakan yang lain. Pada mula-mula perjalanan dari Lepo Bunga jam 9.00 pagi, kami dah mula mendaki dan terserempak dengan sekumpulan "Porter" orang yang mengangkut barang naik ke kem lalu kami minta bantuan mereka mencari batang kayu kecil untuk dijadikan tongkat semasa berjalan mendaki. Pada mulanya memang seronok mendaki belum ada rasa lelah, tetapi apabila semakin mendaki, semakin tinggi, jalan bukan kering tetapi banyak lumpur menyukarkan perjalanan saya. Di pertengahan di Bukit percobaan, saya telah mengalami kesukaran untuk mendaki, jadi saya suruh kawan-kawan jalan dulu (Utie dan Patricia), tinggallah saya berjalan sendiri. Saya tahu kemampuan saya di tahap mana, jadi saya ambil beberapa minit berjalan

lepas tu rehat beberapa minit juga, kerana saya tidak dapat memaksa diri untuk mengikuti mereka yang lain. Makin saya paksa, semakin kepala saya makin pusing dan penglihatan saya makin gelap semakin tinggi saya mendaki. Dalam perjalanan ke Jambatan Sukacita, saya berdoa kepada TUHAN untuk bersama dengan saya, untuk meneruskan perjalanan, kerana sukar untuk saya mendaki yang ada tangga dan tali dekat kayu tangga tu terlalu jauh untuk digapai. Saya rasa mahu menangis dan rasa mahu pulang juga ada, tidak mampu untuk meneruskan perjalanan. Hanya satu Porter saja yang ada di belakang saya, dia pun tak mampu untuk menolong saya, bebanan di belakang dia juga berat. Jadi saya berdoa kepada TUHAN, mampukan saya TUHAN, Engkau yang merencanakan semua ini? Dengan sedaya upaya sekali lagi untuk mengapai tali itu dan akhirnya berjaya naik ke atas dengan bantuan tongkat kayu itu yang sangat-sangat membantu saya dalam perjalanan. Nafas saya pun rasa sempit rasa tak bernyawa lagi, mahu pengan rasanya pada saat itu. Tapi hati saya berdoa untuk terus kuat untuk menghabiskan pendakian itu ke Jambatan Sukacita. Tidak lama kemudian saya pun sampai ke peringkat yang kedua, iaitu "Jambatan Sukacita", saya mengambil masa untuk berehat sebentar dan saya berjumpa dengan Rev. Chan dan Colin beberapa minit kemudian di Jambatan ini.

Pada peringkat kedua perjalanan ini diteruskan saya pun berjalan dengan Rev. Chan dan Colin, perjalanan di Jambatan Sukacita ini, tidaklah sangat mencabar bagi saya, kerana laluan hanya mendatar sahaja, tidak lelah, di sini hanya ambil nafas dan boleh berjalan dengan santai-santai sahaja. Apabila kami bertiga berjumpa dengan Porter, kami akan tanya soalan yang sama dari Bukit Percobaan, "Masih jauhkah"? Mereka jawab masih tiga jam...-saya jawab "Apu" lama betul belum sampai-sampai. Walaupun di Jambatan Sukacita ini tidak mencabar, tetapi pertengahan perjalanan ke Batu Linanit saya dan Colin mengalami kekejangan otot di paha dan kaki. Banyak masa juga diambil untuk berehat dan menyapu minyak urut ke tempat yang sakit. Lepas rasa ok sikit kami meneruskan perjalanan sampai ke peringkat yang ketiga di Batu Linanit. Selepas sampai kami berehat di bawah sambil duduk di tangga bersama-sama jemaah yang lain. Kami mengambil masa beberapa minit untuk meneruskan perjalanan untuk mendaki tangga di Batu Linanit itu. Di sini ada yang berpendapat sesiapa yang belum pernah pergi harus mendaki dengan menaiki tangga, ada juga yang berpendapat sesiapa yang sudah penat tidak mampu lagi untuk meneruskan perjalanan jangan mendaki menggunakan tangga, guna jalan Porter yang mengangkut barang, yang tidak memerlukan kekuatan yang tinggi. Jadi kami bertiga membuat keputusan untuk naik menggunakan anak tangga itu, Rev. Chan ada cakap dengan saya naik perlahan-lahan jangan laju itu pesan dia kepada saya. Kalau ikut memang saya tidak mampu untuk mendaki dengan menaiki anak tangga itu, kerana terlalu tinggi, lutut saya pun susah mahu melangkah, saya masih mengalami kekejangan otot di paha sebelah kanan dan kiri, dua-dua sangat sakit. Saya mengaku saya memang menyerah sahaja, untuk mengikuti mereka berdua melalui jalan anak tangga itu. Saya berdoa kepada TUHAN agar memimpin saya dan kuatkan kaki dan kembalikan semangat yang berapi-api itu kepada saya. Saya mula melangkah anak tangga satu demi satu, saya adalah orang yang terakhir naik dan sampai terakhir juga di antara kami bertiga, saya berjalan dua atau tiga anak tangga lalu berhenti ambil masa rehat hingga sampai ke anak tangga terakhir. Hati saya gembira kerana anak tangga sudah habis saya langkahi dengan kekuatan walaupun tidak segarah orang lain. Akhirnya saya sampai di Batu Linanit. Saya ambil masa berehat, ambil gambar dan melihat pemandangan yang indah yang TUHAN ciptakan. Bersyukur kepada TUHAN atas ciptaan-Nya.

Di atas Batu Linanit, semasa kami mahu turun meneruskan perjalanan kami, ada seorang jemaah yang lain membawa kami untuk memuji dan menyembah lalu berdoa. Kerana katanya sesiapa yang pertama kali datang mesti berdoa kerana tempat ini adalah "KUDUS" tempat untuk berdoa. Kami pun nyanyikan satu lagu tak silap nyanyian Hym "Ajaib Tuhan" lepas tu kami berdoa. Doa yang terakhir tu saudara itu mahu saudari Colin yang Aminkan. Lepas



menyanyikan lagu itu, kami masing-masing berdoa, saya berdoa sehingga saya merasakan roh kudus bersama dengan saya, saya menangis sambil berdoa, badan yang lemah disegarkan semula, saya mahu dilepaskan dari semua pergumulan saya, selesai kami berdoa, kami membuat keputusan untuk meneruskan perjalanan sampai ke kem, kami pun turun, saya suruh Rev. Chan jalan dulu, lepas tu saya dan Colin. Belum lama kami meneruskan perjalanan kami, Rev. Chan suruh saya dulu berjalan dan dia dan Colin menyusul di belakang saya. Lepas turun dari Batu Linanit saya tidak ada lagi mengalami kekejangan otot, saya melihat saya bertenaga kembali untuk meneruskan perjalanan hingga tempat kem itu. Saya sampai tepat jam 3.00 petang. Saya duduk di atas batu dan mengucap syukur kepada TUHAN kerana telah sampai dengan selamat selama enam jam masa pendakian saya. Saya sampai di tempat penginapan Ibu Martina, saya memberitahu kepada saudari Patricia dan Colin, ini adalah pertama dan yang terakhir saya ke sini.

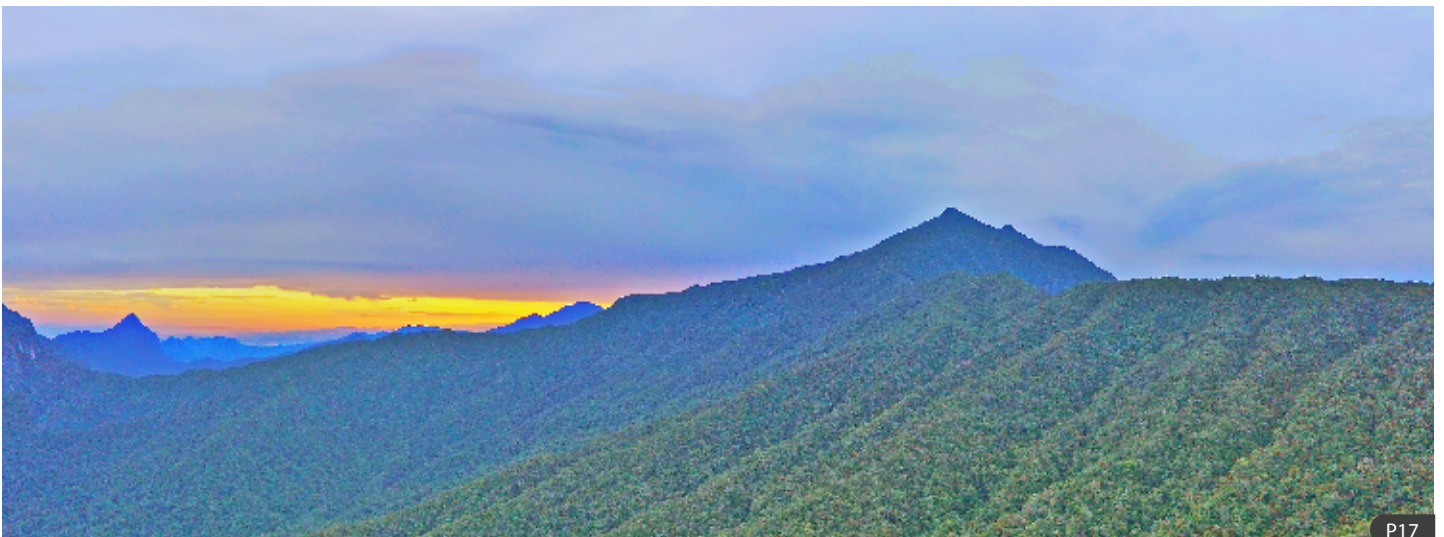
Pelayanan Doa Gunung Murud bermula dari 19 Julai sehingga 21 Julai 2023. Kami ada enam sesi, tiga Pengkhotbah iaitu Gr. Pudun Tadam, Rev. Dr. Henry Padin dan Pr. Bina Agong. Sesi pertama bermula pada pagi 19 Julai, kami awal dari masa yang ditetapkan kerana mahu mengambil tempat duduk kerana banyak juga jemaah lain yang sama pergi naik ke Gunung Murud ini. Sesi ini dimulai oleh Gr. Pudun Tadam, yang menyampaikan tema pada tahun ini yang diambil dari Lukas 21:17-38 "Tetap setia! Hari Tuhan

mendekat." Keenam sesi semuanya sangat bagus tema yang disampaikan, malah saya sangat diberkati semasa puji dan sembah setiap kali penyembahan setiap sesi, hati saya sentiasa disentuh oleh Roh kudus, saya berdoa kepada TUHAN dengan segenap hati saya lalu menangis dalam puji sembah itu. Saya betul-betul merasakan hadirat TUHAN hadir bersama kami. Boleh dikatakan kebaktian di Gunung Murud ini memang sangat luarbiasa dari kebaktian yang lain, kata-kata yang membangkitkan semangat saya adalah kata-kata dari Gr. Pudun semasa dia berdoa sebelum memulakan sesi pertama yang berbunyi "Hanya Tuhan yang benar, Tuhan ingin memberkati kita semaksimalnya, tempat yang benar dan perjanjian dengan Tuhan iaitu HandPhone kita. Kami disuruh membuat satu doa yang berbunyi "HandPhone tidak dapat menguasai saya, tetapi Tuhan yang menguasai saya". Sekali lagi TUHAN tetap mengingatkan saya melalui ayat tema "TETAP SETIA", saya mengucap syukur sekali lagi dan berdoa sambil menangis betapa TUHAN mengasihi saya, memanggil saya untuk "tetap setia" walaupun banyak yang saya hadapi atau lalui terutama dari segi kesihatan saya. Kerana saya tahu sebagai manusia biasa saya tetap kalah, tetap lemah tetapi di dalam TUHAN saya menang, TUHAN memberi saya kekuatan yang baharu, kadang-kadang saya tidak merasakan pergumulan yang saya lalui. Malah selama beberapa hari kami di kem itu TUHAN memang memberi sukacita kepada saya. Saya juga tersentuh tentang penekanan terhadap "Tetap Setia" iaitu teguh hati, tidak membelah bagi, berpendirian teguh dan berprinsip tetap pada janji yang memberi maksud yang mendalam terhadap diri saya "Tetap Setia" yang sebenar.

Sesi yang terakhir adalah bertemakan "Kekudusan Teras Ketahanan Iman Di Akhir Zaman". Tema ini juga sangat memberkati saya, dengan point yang kedua iaitu "Harus berakar di dalam firman diambil dari Kolose 2:7" Hendaklah kamu berakar umbi dalam Dia. Binalah hidup kamu, dengan Kristus sebagai asasnya. Hendaklah kamu semakin percaya kepada Kristus, seperti yang sudah diajarkan kepada kamu. Hendaklah hati kamu penuh kesyukuran." Saya sangat-sangat terdorong dengan kata-kata yang disampaikan semasa khutbah di Gunung Murud, sangat memberikan saya kekuatan yang baharu dan sentiasa memperingatkan saya "Tetap Setia". Jagalah dirimu dan berjagalah sentiasa dan sambil berdoa. Pada hari kami turun dari Gunung Murud, saya tidak ada mengalami kesukaran untuk turun dari Gunung itu, saya turun dengan bersemangat, macam badan rasa ringan dan dilepaskan dari segala bebanan. Semoga perkongsian saya kali ini dapat memberkati yang lain juga. Semoga ada inspirasi dalam pembacaan perkongsian ini. Saya bersyukur kepada TUHAN atas pimpinannya sepanjang perjalanan kami pergi dan balik dengan selamat walaupun sangat mencabar. Syukur Puji Tuhan. Semuanya dalam pemeliharaan Tuhan. Amen

Sekian Terima kasih, Tuhan Memberkati.

Catherine Sawai Anak Kaba
17/08/2023



Tetap Setia, Tetap Teguh Dalam Iman Kepada Tuhan

Shalom...saya bersyukur kerana berpeluang untuk berkongsi kebaikan Tuhan di ruangan ini. Pada tanggal 17-24 Julai, saya mengikuti Pelayanan Doa di Gunung Murud. Tiga minggu sebelum pergi, saya mengalami sakit badan yang agak teruk. Saya mula berfikir untuk mengundur diri, kerana mana mungkin saya dapat ikut, sibuk membuat persiapan, sedangkan saya juga masih dalam keadaan yang ragu-ragu. Pada satu malam, saya membaca satu kesaksian dari seorang budak yang sakit perut dan dia disembuhkan Tuhan. Saya terdorong dengan ayat Firman Tuhan yang dikongsikan budak itu iaitu Matius 7:7 "Mintalah maka akan diberikan kepadamu, carilah maka kamu akan mendapat, ketuklah maka pintu akan dibuka bagimu." Saya berdoa kepada Tuhan dengan yakin bahawa saya sudah mendapatkannya dari Tuhan! Saya teringat satu lagu iaitu "Tak tersembunyi kuasa Allah, kalau lain ditolong saya juga, tangan Yesus terbuka, menunggulah, tak tersembunyi kuasa Allah". Tuhan berkuasa ke atas hidup saya, jadi hanya Tuhan yang pasti dapat menyembuhkan saya. Begitulah doa saya, sehingga saya dapat menghadapi kesakitan yang saya alami dengan tenang.



iaitu sekiranya saya sembuh, saya pilih untuk tidak menarik diri. Pada pagi 13 Julai, saya merasa badan saya ringan dan segar. Puji Tuhan! Saya telah sembuh tepat pada hari lahir! Saya merasa sangat bersyukur dan gembira. Tuhan sangat baik! Terima kasih Tuhan... Dan saya pun mempunyai kekuatan untuk memberitahu suami saya bahawa saya tidak akan tarik diri. Ya...suami saya pun membenarkan saya pergi. Puji Tuhan! Dengan riang saya mengemas barang keperluan saya. Terima kasih kepada kawan-kawan yang telah mendoakan saya, Tuhan memberkati kalian semua.

Hari yang dinantikan telah tiba, penerbangan dari Kuching-KK. Kemudian dari KK-Lawas-Bakelalan menaiki kenderaan pacuan empat roda. Perjalanan yang agak jauh dan memenatkan lebih lagi jalan dari Lawas ke Bakelalan yang belum berturap. Sepanjang jalan turun naik dan agak curam, takut dan ngeri juga rasa di dalam hati.

Pada keesokkan harinya, kami meneruskan perjalanan ke Lepo Bunga. Dari situ kami mula mendaki dan terus mendaki melalui Bukit Cabaran, rasanya memang dah tak larat. Saya mohon kekuatan dan kesabaran dari Tuhan. Dengan perlahan kami sampai ke Jambatan Sukacita dimana ada besi disepanjang jalan. Ada lah tenang sikit berjalan, boleh nyanyi-nyanyi sikit...haha... Tak lama kemudian kami menuju ke Bukit Linanit dan untuk naik ke atas bukit itu harus naik tangga yang tinggi dengan keadaan tangga yang agak licin. Dengan perlahan kami sampai di atas. Sungguh indah pemandangan di situ dan di dalam hati saya memuji kebesaran Tuhan atas ciptaanNya. Kami berehat sekejap disitu. Lepas itu kami menyambung perjalanan dan akhirnya kami sampai ke destinasi! Gunung Murud!!

"Tetap setia, hari Tuhan mendekat", adalah tema untuk tahun ini. Ada lima sesi sepanjang kebaktian dijalankan dari tanggal 19-21 Julai. Pertama kali masuk ke gereja saya merasa bahawa hadirat Tuhan disitu. Lebih lagi pada sesi ketiga, iaitu sesi berdoa menyerahkan segala persoalan yang perlu diselesaikan. Saat itu saya menyerahkan segala kekuatiran dan pergumulan kepada Tuhan. Saya merasa damai di hati bila saya berserah kepada Tuhan. Setiap sesi menuntut

kita supaya tetap setia sampai akhir dan ini mengingatkan saya supaya saya tetap setia serta tetap teguh dalam iman kepada Tuhan... Amen.
Tuhan memberkati....

Patricia Didik



Satu lagi pergumulan saya bila suami whatsapp saya, menyuruh saya tarik diri kerana dia yang akan ambil cuti dan balik sini, sebab dia kerja di Lawas juga. Dengan rasa kecewa saya hanya mengatakan 'okay' kepadanya. Saya berkata sendiri "mengapa dia mengambil masa saya?" sedangkan kami sudah bincang perkara ini awal dan sama-sama bersetuju, dimana kami akan minta tolong nenek dan atuk mereka untuk menjaga anak-anak dirumah. Sakit belum sembuh tambah lagi yang ini...hmm... Saya ceritakan kepada anak yang sulung mengenai hal itu dan dia tidak membenarkan saya menarik diri. Ini yang membuatkan saya tidak hilang keyakinan kerana mendapat sokongan dari anak saya.

Pada malam doa gabungan saya minta bantuan doa dari kak Sitie dan kawan yang lain juga. Satu hal yang saya doakan kepada Tuhan

Kelas XEE Penggal 1 Sesi 2023



Kita bersyukur Pelayanan Pendidikan dan Kesusasteraan Kristian PBM TMC telah melaksanakan Kelas XEE penggal 1 yang bermula dari 15 Mac – 24 Mei 2023 yang lalu. Kali ini ada 3 orang pelajar atau pelatih yang menyertai. Mereka adalah Rev. Chan Chok Ong, sdr. Sitie Ak Jet, dan sdra. Lionel Jong Nyuk Feng.

Jurulatih adalah sdra. Gary Wong dari XEE Malaysia, Dr. Ling Chui Ching dari pelayanan Bahasa Cina dan sdr. Catherine Sawai dari PBM TMC. Sementara penolong Jurulatih adalah sdra. Ang Szu Ping dari pelayanan Bahasa Cina dan sdr. Christine Ak Sawing dari Pusat Penginjilan Methodist Pending.

Kita bersyukur dan puji Tuhan ketiga pelajar ini telah menyelesaikan latihan ini dengan baik. Dan acara graduasi telah diadakan pada 3 September 2023 bertempat di Chapel, Gereja Methodist Trinity. Berikut adalah kesaksian peribadi sdra. Lionel Jong dan sdr. Christine Ak Sawing.



Syalom, Saya Lionel Jong Nyuk Feng merupakan salah seorang pelajar atau pelatih di dalam kelas XEE penggal 1 ini. Saya ingin naikkan kesyukuran saya kepada Tuhan kerana tanpa bimbingan Roh Kudus saya tidak akan dapat menghabiskan kelas XEE ini. Di dalam kelas kami ada dua gabungan iaitu gereja kita TMC dan Pusat penginjilan Methodist Pending atau di kenali sebagai Gereja Methodist Ching Kwong. Di dalam kelas ini, kami dibahagi kepada dua kumpulan iaitu kumpulan 1 dan 2, saya berada di dalam kumpulan 2. Dalam kumpulan terdiri daripada 1 jurulatih, 1 penolong Jurulatih dan 2 pelatih. Belajar memang senang tapi kalau nak mempraktikkan itu sangatlah sukar kerana saya adalah seorang yang introvert dan tidak mampu

nyai kemahiran berkomunikasi apabila berjumpa dengan orang secara bersemuka.

Namun di dalam XEE ini saya telah belajar berberapa teknik untuk memulakan perbualan dengan orang yang kita tidak kenali, iaitu seperti menanyakan soalan yang remeh, yang kecil sehingga soalan-soalan yang menarik untuk memulakan sesuatu perbualan, kadar kepuasan hidup, kesaksian peribadi dan sebagainya, jika nak tahu lebih lagi, marilah sertai kami di kelas XEE pada tahun depan. Pengalaman yang paling mencabar bagi saya adalah melakukan AP iaitu Aktiviti Persahabatan. Di dalam XEE bukan saja perlu mempunyai kehadiran penuh dan ujian lisan tetapi juga perlu keluar melakukan Aktiviti Persahabatan atau dikenali sebagai penginjilan dan perlu melakukan sebanyak 10 kali AP, jadi maksudnya perlu memberitakan injil kepada 10 orang. Jadi selama Aktiviti Persahabatan ini dijalankan saya berpeluang untuk menginjil kepada saudara sebelah kita iaitu agama M, kepada orang yang belum menerima Tuhan Yesus Kristus sebagai juruselamat mereka dan kepada orang yang menerima makanan dari Food Bank gereja dan juga kepada orang yang berpegang teguh kepada ajaran nenek moyang.

Di dalam Yesaya 6:8 "Inilah aku. Utuslah aku!", ayat inilah yang memberikan saya dorongan dan galakkan untuk menyertai XEE pada tahun ini. Akhir kata daripada saya, "Jika kita tidak bermula sekarang, bila lagi? Mari kita sama belajar di kelas XEE ini dan belajar menginjil bersama-sama. Sekian Terima kasih.



Syalom, sebelum saya berkongsi, saya ingin memperkenalkan diri terlebih dahulu. Saya Christine dari gereja Pusat Penginjilan Methodist Pending. Di sini saya mahu berkongsi pengalaman saya semasa mengikuti kelas XEE ini. Ini adalah kali kedua saya mengikuti kelas ini, pertama kali sebagai pelajar tapi tahun ini saya berkesempatan menjadi pembantu jurulatih untuk semester ini.

Sepanjang tiga bulan menyertai kelas ini, banyak perkara menarik yang telah saya pelajari, terutamanya semasa kami keluar berjumpa dengan prospek yang kami cari dan bermacam-macam orang yang telah kami jumpai. Dan melalui kelas XEE juga kami berkesempatan memperkenalkan Siapa Tuhan Yesus kepada orang non kristian dan saya rasa inilah kerinduan bapa syurgawi kita, dan ini juga adalah Amanat Agung Tuhan Yesus untuk kita semua.

Matius 28:19a => Kerana itu pergilah, jadikanlah semua bangsa murid-Ku.

Matius 28:20b => Dan ketahuilah, Aku menyertai kamu senantiasa sampai akhir zaman.

Dan saya berharap di masa yang akan datang lebih banyak lagi jemaat yang tergerak hati untuk mengikuti kelas ini pada tahun depan. Marilah kita sama-sama memberitakan injil di mana saja kita berpeluang untuk berkongsi kebaikan Tuhan dalam hidup kita. Sampai di sini saja perkongsian daripada saya. Tuhan Yesus memberkati kita semua. Amen

因信称义的信仰 (三一堂青团契友)

我是一个从小在基督教家庭长大的孩子，在我成长的过程中有主的保护与带领，有好几次神拯救我不至于死。但是在这里，我要分享的是圣灵如何带领我脱离异端的陷阱。

当年的我还是照常忙碌于学业和教会生活。有一天，当我在做功课时，我的朋友突然发给我关于“发现神在我身上的计划”讲座的海报，她希望我可以陪她一起参加。当晚，我们第一次去那个讲座，正好有看到我们的朋友。我们的位子是被安排好的，每个椅子上都有各自的名字。当晚的讲座主题是关于“蒙福”。在开始讲座之前，主持人要求我们不要录影和拍照，因为那些内容都是有版权的，所以我们只能做笔记。他也提到讲员是从国外请来的，而且很出名。因为有肖像权，所以我们连她的照片也不能拍。当时，我和朋友对主持人所说的话没有一点怀疑。讲员讲道的内容听起来很正常，她每讲到一个重点就用一节经文来表明自己所说的都是神的意思。我和朋友就渐渐放下戒心，相信他们不是什么异端组织。我们填写回应表的时候，我朋友希望参加他们的课程以更明白圣经，所以我就陪她一起参加。我们选择另外一个时间和地点，以一对一的方式来参加。当晚，我们在车上还在讨论他们是不是受逼迫才不允许我们拍照及录影。

我们一开始与负责人见面时是在我们指定的时间和地点，负责人也强调她所说的内容都是有版权的，并要求我们一定要保密，不能跟任何人说我们在外面参加圣经课程。她也举例说在日本，学校老师并不喜欢补习老师，但是补习老师也是帮助学生的。她讲课的方式和那晚的讲员一样，每讲到一个重点就以一节或多节经文来佐证。我不习惯她一直说“信仰人”，“做信仰”，也很想当场离开或下次不再见她，但是我还是耐着性子听她讲完，因为

她讲的内容听起来都很正常。现在回想起来，我真后悔为什么要浪费时间听她讲话。

渐渐地，我们因为课业的关系常常改时间。她也开始安排我们去其他的咖啡店，而不是我们一开始指定的餐厅。我发现我越来越不能理解或认同她讲的内容，但是我没有跟她坦白我的疑虑，因为她说的每个重点都有经文佐证。有一次我听到差点睡着，但我还是强撑着睡意听她讲完。我们最后一次见面时，我还记得她讲的主题是“被隐藏的天国的奥秘”。当她提到只有解开所有的比喻才能进入天国时，我脑海里立即想到“因信称义”这四个字，我就问她那么钉在耶稣旁边的犯人为什么能够进入乐园，我忘了她是怎么回答我的，只记得她一直用经文来证明自己所说的是对的。她也提到他们打算办一个课程来应付许多人的要求。幸好我特别忙，所以没有打算参加。也幸好当天是我朋友的生日，他们也一直打电话问我几时回去，我才有离开的借口。之后，那个负责人没有再联络我了。

那个星期的聚会结束后，我教会的传道跟我们说了关于那个组织的事，我才知道那是个异端组织，叫做One Way Borneo。我感谢神在我还没陷得更深之前就把我拉出来。我相信在这过程中圣灵也不断的提醒我，只是我没发觉到。“因信称义”这四个字绝不是偶然出现在我脑海里的。

备注：此异端就是来自韩国的新天地教会

华文部

登毛律山见证



感谢神，今年透过JUDITH 姐的推动与带领，我有这样的机会去BAKELALAN, MOUNT MURUD. 在这次旅程中第一次与三个不同语言的弟兄姐妹一同上山，我们虽有不同的文化，不同的语言，不同的年龄。但我们有同样的信仰，使我们相聚在一起。一同体验，欢笑，欣赏风景，扶持，包容，接纳和勉励。

根据过去爬山的经验，我认为自己可以走得快，也想最快到达。我就跟我团队的人说我要快。但一踩进森林的路时，我就感觉没有我想象中的容易和顺利。我们分三队，队员们的使命就是互

相照顾，不可丢下其他队友或独自一人走。

在爬山的过程中，我体验到生命信仰的旅途，我的队友们都一同上山的，其中一人累时我们都会停下来休息，当我不舒服时他们都在我的身边，教我如何做，也陪伴我。我很抱歉拖累他们时，他们都对我说安慰和鼓励的话。还有路过的人也帮助我抵达到住处。我很感动也给我是一个提醒。我们是教会的肢体，不能说我厉害，我一个人就可以完成神托付的。因为这样我们反而在软弱时容易跌倒。就如那天若我一人走山时晕倒的话，我可能就会掉下山崖。就因为他们看到我的不适，就停下脚步陪伴，教我如何做，供我当下的需要，让我虽不舒服，但也不至于晕倒，后来又可以重新站立往前走。



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最后我们抵达到REKED MELIGAN时，那边的人都迎接我们，问

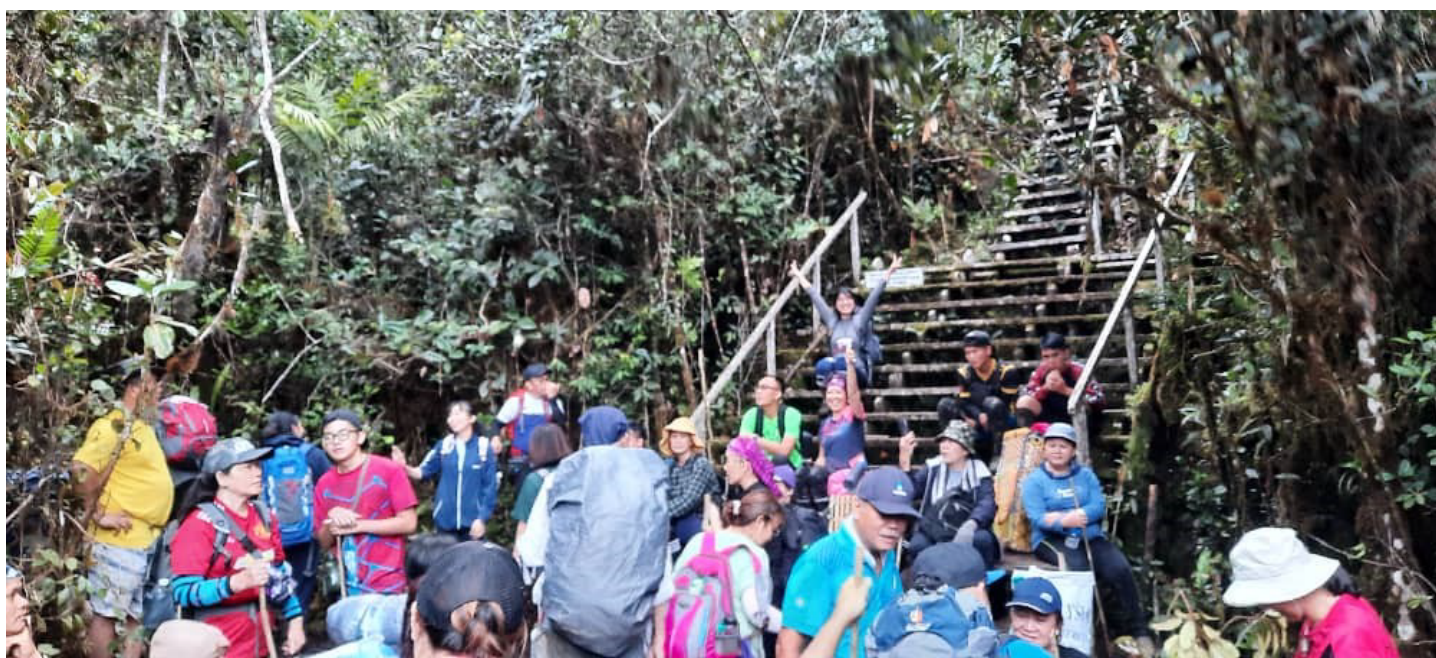
我们住处的名字，之后便说我们住的屋子那间大的。后来我才知道我们在那边住算是顶级的。因为别的住处的厕所，冲凉房都要往外走一段路才能使用，我们的屋主有为住处提供厕所。我也不知道天国是不是长这样的。就是事先准备好的人他们的住处是别人看了都羡慕的。

经历的事还有很多，就感觉在天国里大家同心敬拜，渴慕神，经历神，分享神的奇妙作为。更重要的信息里也分享耶稣再来的日子已近了，我们要警醒，做好准备。

这次的体验也让我想起“天路历程”这部戏，虽然没有像那部戏经历的那么刺激，但我也亲身体验部分的过程，跟大家分享这部卡通让大家也能一同反思自己现在是属于哪个角色。

<https://www.youtube.com/watch?v=SGb1Awp54tk&t=1438s> (中文版)
愿上帝赐福，保守，常与我们这些行走在祂的道路的人同在。阿门！

江凤凤



社会关怀@消防课程



感谢主的引领，透过晴翔姐妹的穿针引线，浮罗岸消防局成功在三一堂举办了两天的消防课程。这课程的目的是学习如何防火和火灾的自救技能，共有30位弟兄姐妹参与。课程分为基本理论和实践，教导基本的防火措施，急救以及加强社区安全意识。社会关怀即是社区关爱，消防课程教导我们如何观察注意所处的地区，公共消防设备是否在安全的管辖下，有待维修等等的问题，也了解消防人员的辛苦，他们随时待命的精神，令人敬佩，衷心感谢他们为我们社区所付出。

做为基督徒，我们当尽自己的责任去维护我们的社区，确保环境友善。这些相关课程和危机意识的知识更应该普及化，让民众有概念，知道如何防范和避开危险的处境。课程让我想起上帝托咐给我们的事，就是管理（创1：26）和治理这地（创1：28）我们所居住的地方。上帝说祂以祂的形象样式造我们，并且给我们管理的能力。愿我们成为祂的忠心好管家，爱神，爱人，爱环境，爱护我们居住的地方。

林怡晖



祷告的力量



查。在家等待消息的家婆，心情七上八下，就担心到，摇着我的肩膀，一直问我，怎么办。我就回答说，我们一起祷告吧。我问她，你有什么要祷告的，她说，不想家翁做手术，能平安度过。神是信实的，家翁，真的平安回家，也没有动手术，我相信，家婆应该有经历祷告的力量和神的平安。

时间来到了今年二月分，家婆是花农，一直以来，身体健壮，有一天拔草之后，觉得双脚无力。几天后，很不幸的，在外面跌倒，伤头额，缝了几针。之后去洗伤口时，就非常不寻常得出汗，头痛，头晕和全身乏力。当下，就紧急送医。从心脏中心转去中央医院，因为说不属于心脏科，是肾的问题，之后就好多天都没有真正的找出病因。家婆的情况也很棘手，因为连基本的抬头都不能做到，加上进院后头晕一直没有停过，又吐，又无力。从很健壮到全身无力，基本的抬头，都做不到，加上头晕，与许多的因素，让家婆没有活下去的意念。

我也觉得很紧急，因为她还没有接受救恩。所以就请桑桑牧师，汉琳姐妹和其他姐妹为家婆代祷。而她们帮我请其他兄弟姐妹代祷。

我去医院时，就问家婆，她是否，愿意我为她祷告，我就邀先生的妹妹，基督徒，一起祷告。当下的她是没有力气说话，我就说，如果你同意我所说的每一句话，你只需要说，阿们，来回应。很感恩圣灵的带领，我很自然地把救恩加上祝福医治祷告中，然后，圣灵的动工，我家婆说了，阿们。我很开心，因为神开路。找到病因了后，以为会顺利医治，但是撒旦并不手软。几天后，一个晚上，医院看顾的侄女来电，告诉说，氧气指数跌到50多了。家婆一直说，不想撑下去了。那时刚好，先生才刚刚回家休息一下。我听了，觉得不行，是属灵争战，需要祷告来斥责和驱赶所有的谎言和消沉的意志。就如【路10:19，我已经给你们权柄可以践踏蛇和蝎子，又胜过仇敌一切的能力，断没有什么能害你们。】

我就马上通过电话问我家婆可以为她祷告吗？她说可以，我就开始开声祷告，先生在一旁，也一起代祷。很意外的，家婆竟然一句一句重复我所说的每一句。祷告后，她说，好像心被打开了，没有被压住的感觉。哈利路亚，感谢神，经过一连串的治疗后，她平安顺利回家了。

也感谢教会的牧师和探访队的兄弟姐妹们来祷告，家翁家婆，终于来教会参加崇拜。感恩与感谢神的一切作为和兄弟姐妹的祷告扶持。赞美主。

叶文颖

从还没信主之前，常常有朋友为我祷告。而我自己也会在不知不觉中，也会向看不见的神诉说。

好多的事情都是祷告后，神回应，包括早期对神的不理解，神通过许多方法回应我。从买第一辆车和婚姻都是神赐的。所以，我深信神是垂听祷告的神。

在婚姻生活当中，是非常不适应，因为是和家翁家婆同住，不只是信仰不同，各个方面，都充满挑战，而在婚姻开始的那年2015，我正式洗礼为神的孩子。

在属灵上，自己就如婴儿般，承蒙神看顾，在婚姻里只要我对神诉苦，神就给与帮助。

多少次，在与先生，长辈相处不下去时，神依然看顾与动工，仿佛告诉我不要离开这个婚姻和这个家。因为我在那家里，我是唯一信主的成员，我先生是因为我而受洗的，在后期和许多年后才慢慢地接受主。

去年10月，我先生的姐夫，先是心脏不适，然后突然中风，就他自己先说，要走了，已经交代自己身后事。我就开口问在医院等待检查结果的先生的大姐，可以为姐夫祷告吗？她说可以，我就邀请所有在场的家人包括信主和未信的一起围着祷告，当中包括家婆。【太18:20，因为无论在哪里，有两三个人奉我的名聚会，那里就有我在他们中间。】感谢主，虽然姐夫并没有完全康复，但可以活着平安地出院。

而同年12月，家翁，是肠癌康复者，在没有来得及做肠的检查前，有种种的原因，而没有睡好，情绪不佳，而二次中风，留院检

我的见证，如何改变，信主

2012年，我在汽车装饰工作的第二年，开始交到一些有吸毒的朋友。而我却因为好奇，开始慢慢的学会吸毒。

2017年，因为我被家人发现我吸毒越来越严重的情况，我被AADK抓去古晋政府的戒毒中心。在里面我开始受洗成为基督徒。但信仰方面还不完全。因为那时没得选择，只有基督教的人进去传他们的信仰。过了不久有佛教徒的人来传他们的信仰，我就转去参加他们佛教徒。再次的相信民间信仰。我在戒毒所总共呆了一年的时间。

2018年，我从戒毒所出来。在我家对面的邻居是基督徒，他们是在希望教会事奉的。他们认识我的父母也知道我的情况。那时他们很常来我家跟我们传耶稣的福音，他们真的很有爱心。我们也是因为他们的爱心被感动到。说要受洗成为基督教，我家里面有那些拜拜的，佛教的东西，全都需要消灭。我经过一段时间的考虑，我又选择了信耶稣。因此我的父母也经过一段时间的考虑，也是因为我，一起选择相信耶稣，并一起受洗成为基督徒。

之后我的父母每个星期日都会去教会。可是那时候我只有刚开始的时候去几次，因为我那时是做汽车装饰的工作，星期日也要工作。

2020年的1月，我和女朋友的感情破裂，我又开始吸毒。分手了，我更不能接受现实。我以吸毒来麻醉自己，这样我的心才不会感觉到任何的痛。吸冰毒导致我越来越瘦，吃不下，可以连续几天不用睡觉，脸也变形。几天后我就想如果每天这样子下去，真的不可以。因为我发现我开始又对冰毒上瘾了。我突然想到耶稣，我就向耶稣祷告说：“主耶稣，我现在需要你，求你帮助我。我对冰毒上瘾了。我向你承认我是一个罪人，求你原谅我的罪。”这是我第一次向主祷告。祷告完之后，我感觉到我的肩膀开始松了，心里面被压的感觉不见了，整个人轻松很多。我马上就把手剩下的毒品拿去丢掉，我从来不曾这样做过。可是过了几天，我又再去买毒品，再次吸。

那年3月，我开始越吸越厉害，工作也不做了。以前曾经有的幻听幻觉很快又回来了。当我承受不了那种幻听幻觉的时候，知道靠自己已经是不能的时候，我再次想到耶稣。我的毒瘾发作，我整个人很辛苦，呼吸也困难。有一次，我毒瘾发作，整个人很辛苦，呼吸也困难。有一次，我趁早还没发作之前我特地去到我家附近的一间教堂，因为在家里已经很不安。我向主祷告让我脱离毒瘾的发作和幻听幻觉。结果我就在车里面突然睡着了，过一阵子，醒过来，我感觉一切好了。但是，我感觉人没事了，我再吸，却忘了想戒毒了。这个同样的事情已经重复了很多次。因为人往往过得安逸的时候就会觉得这一切是理所当然的，又想找回那种快感。最后我也把神给忘了。

那年6月，我还是不断的过着吸毒的生活，常常不回家，在朋友的家过夜，生活越来越乱，幻听幻觉变的更严重。我开始会看到影子出现，听到声音叫我去哪里我就去哪里，叫我做什么我就跟着做。我的思想越来越混乱，而且还开始自言自语，分不出什么是真什么是假。那时我真的已经是人不像人，鬼不像鬼了。还有，我最怕的幻觉是抓自己的皮肤，全身，感觉好像有东西在我的皮肤里面，一直去抓，抓到我全身很多疤。每天都不知道自己在做什么，而且很多的时候还会疑神疑鬼，怀疑自己身边的朋友想要陷害我之类。严重时身边带着刀，睡觉时刀也放在身边。我已经是吸到无法控制自己。被警察抓了几次，不过很多次算是给我机会没有把我关进牢里，被放走了，我还是不怕，再吸毒。

2020年的7月30日，吸毒短短的半年时间，比之前还更厉害，我

已经是无路可以走了。所以我的家人就送我去诗巫的凯胜之家戒毒，一年半的时间。刚开始当然不习惯，感觉都是被逼的，心里面很大的挣扎，开始想家了。在那里每天早上要跟着唱诗歌，小组灵修，劳作，上课每天二到三次，经文分享一个月两次，背经句每个星期一次，每天晚上抄灵修题目，还要回答灵修的题目，星期四晚上祷告会，星期日早上主日崇拜。

过了一段时间，我才明白到什么是真正的认罪悔改。我认真的读了圣经，去了解，我选择相信神的话。在每天读经的过程当中，我真的体会到上帝在用哪节经文在和我说话。在太福音13:9“有耳可听的，就当听。”慢慢的我就学会了顺服。我就下定决心打算认罪悔改，归向上帝。我那时有向上帝祷告，我向上帝认罪，求上帝医治我，让我改变，帮助我悔改，出去后远离毒品，求上帝祝福我。后来，我的幻听幻觉，混乱的思想，毒瘾，吸冰毒的后遗症真的慢慢消失了。真的很感谢主，让我能抬起头出来这个社会，成为一个好好的人。家人现在也接纳我。上帝真的是把我给救出来，让我脱离以前很黑暗的世界。

可11.24”所以我告诉你们，凡你们祷告祈求的，无论是什么，只要信是得着的，就必得着。”

我真的相信祷告，最重要是我们要向神认罪悔改，而不是随便讲讲而已就可以的。虽然有些时候，是要等，不一定可以成就。就看我们的心有没有真正要悔改，还有我们的祷告会不会合神的心意，看神要听或不听。神有祂自己的旨意来决定我们的祷告能不能够成就。神的回应有三样，一个是可以，一个是不可以，一个是等。

宗胜



听祷告的神！

“感谢主，终于找到了”这是当时我回复怡晖姐妹的信息。

记得前一天晚上，我和怡晖姐妹一起出去探访，在途中聊天时我告诉她关于一张许久未寻获的旧相片，当时怡晖姐妹就叫我祷告。探访回去后，我企图有再寻找，可是还是未寻见，心里就想说算了罢，等有空再找。

隔天早上就看到怡晖姐妹昨晚专为我这件事祷告的信息，当时我好感动，为了不辜负她的心意就决定下班后再找。

在开始寻找时自己也向上帝祈求，果然不到半个小时就寻获了，哈利路亚，赞美主，上帝是听祷告的神！

这件事让我反思了许多，虽然知道要祷告，可是很常的时候就觉得如此芝麻绿豆的小事无需劳动上帝，所以才未把问题或需要带到上帝面前，也因为自己的骄傲让自己陷入困境中，不仅如此自己也代替了神。

符月枝

神帮助了我

我最亲爱的生，我们从相识到结婚共同生活将近六十年。因为你是一位光明正大，明辨是非，心平气和的人。所以我们两感情深笃，过着美满的日子。偶有冲突，也不会含怒到日落。

正当安享晚年时，你不幸得了癌症，在治疗期间，因为你是一个爱神的人。你祷告上帝不要让你受太多的痛苦，神就应允了，让你在接受治疗时，好像常人一样。同时，你也常说：[我们一生的年日是七十岁，是强壮可到八十岁。] 诗90: 10。我已经是八十一岁，没有什么遗憾了。

终于在2021年7月7日早上安详地离开我们回天家了。我们都万分不舍，我常常哮喘大哭。女儿们对我说：[妈，不要哭，爸爸已经很快乐地在上帝的怀抱中，在那里，启21: 4 [神要擦去他的眼泪，不再有死亡，不再有悲哀，哭号，疼痛，因为以前的事都过去了。]

虽然她们口中如此安慰我，但暗地里也常流泪，因为先夫是一位极疼爱孩子的人。但儿子看见我笑，就对我说：[妈，你哭吧，你跟爸相处了几十年，那么深的感情，一时是放不下的。因此每天放工他来看我时，我一想到你，就大哭一场，心中的苦闷就会好一些。

你知道吗？自从你离开我后，我把我们婚前来往的书信，三百多封，一封封地打开来看，你真是一位讲信用的人，你给我的承诺没有一件是没实行的，你真是一位好丈夫，好父亲，也是一位好人。我这一生遇到了你，是我最大的幸福。

你离开我后，我生活低潮中，不爱见人，不爱讲话，御夜难眠。你在我的记忆中是无处不在的，还好，我们的三个儿女，六个孙子，媳妇，女婿，他们都非常孝顺我，让我感到欣慰。

从2023年开始，我就天天祷告，求神帮助我，让我只怀念我的夫君，但不要悲哀，神就帮助了我，我才逐渐舒缓起来。我参加了妇女会查经班，同时圣餐主日到教会领圣餐与奉献。其他的主日在线上听道。

每当我难过时，就会想到神，是祂我才从痛苦中慢慢站起来，同时，也从圣经中得到很多劝勉，如诗46: 1 [神是我们的避难所，是我们的力量，是我们患难中随时的帮助。]

彼前 5: 7 [你们要将一切的忧虑卸给神，因为他顾念你们。]

箴言17: 22 [喜乐的心，乃是良药，忧伤的灵，使骨枯干等等。感谢神，没有祂的帮助，可能我还处在困扰之中。

最后我期待有一天能与夫君在天堂再见。阿们。

查经班心得

感谢神，我在2007年参加了查经班，差不多16年了，时间过得真快，那时是刚信主不久，感恩，神感动我参加查经班，神从一开始磨练我，塑造我。

还记得我刚开始参加查经班时，我很害羞，不敢大声唱歌，读经，感恩，不敢分享。我查经班的导师，姐妹们都很疼我，我在她们身上学习很多东西，无论在生活上，经验上，她们教导我很多东西。我们一个星期有一次的查经班，也很享受在当中，得着更多。

以前是我们姐妹们开放家里，大家彼此珍惜。后来这几年我们换地点在教堂，比较方便姐妹们，我们还是一样不断地学习，每年都有不一样牧者写的灵修手册，我在查看灵修手册，得着很多，大家在分享当中也得着更多亮光。

今年读的是《丰化家庭生活》讲到要爱神爱人，如何相爱，祷告，读经，沟通，饶恕，苦难，还有个人更新。最后我们要欢欢喜喜过着丰化家庭生活。

感恩在查经班里我学习如何沟通，自动自发，我个人也学习追求渴慕神，学习谦卑，顺服，最后也从自己当年在静静安逸学习的舒服圈子走出来，祝福其他人。

谢谢我的查经班姐妹们，是你们带给我温馨，也给了我学习的机会。

黄惠如



Family Day 29th June 2023



Family where life begins and love never ends

