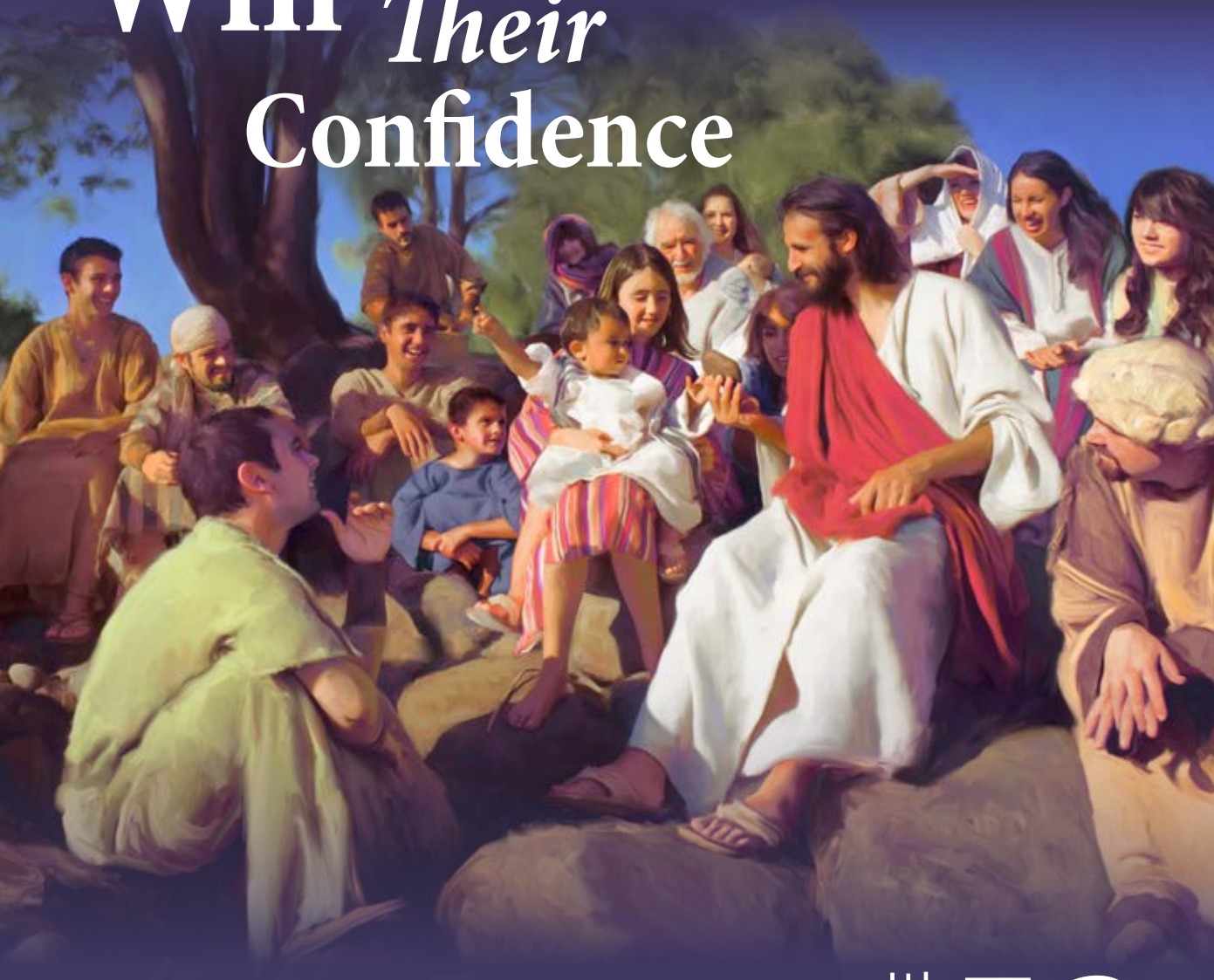


VISION

OFFICIAL NEWSLETTER OF PENINSULAR MALAYSIA MISSION

Win *Their* Confidence



SEVENTH-DAY
ADVENTIST CHURCH

ISSUE **53**
SEP 2017

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VISION STATEMENT

To prepare our members for Jesus' soon return and with united spirit, evangelise the whole of Peninsular Malaysia.

MISSION STATEMENT

We, the Seventh-day Adventist Church exist to preach the gospel to prepare the people in Peninsular Malaysia for Jesus Christ's second coming, by ministering to their physical, mental, social and spiritual need through in-reach and outreach programmes of the Church.

VALUES

Productivity	John 15:5
Accountability	Matthew 25:14-30
Transparency	1 Corinthians 4:9
Humility	Philippians 2:5-8

REACH THE WORLD

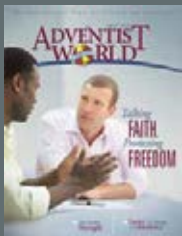
2016
Total Member Involvement

2017
Christ Our Righteousness

2018
Faithfulness To His Word

2019
Faithfulness To His Prophets

2020
Faithfulness In Christian Lifestyle



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*Whenever suitable, the abbreviation of "PEM" will be used in place of the full text of "Peninsular Malaysia Mission".

MESSAGE FROM THE PRESIDENT:

Pastor Leong Fai,
President, Peninsular Malaysia Mission



Won Their Confidence

Christ's method alone will give true success in reaching the people. The Savior mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, "Follow Me." (Ministry of Healing pp. 143)

Normally, little kids would not follow strangers or jump into the arms of a stranger from a high place. However, they can easily do so with their own father because they know that their father loves and cares for them and will not let them suffer. Similarly, a lady can entrust her life to the hands of a man only when she has confidence in him.

To accept Jesus Christ as a personal Savior is to entrust one's life into His hands just as Jesus said, "If anyone would come after me, he must deny himself and take up his cross and follow me." (Matthew 16:24) Apostle Paul made it clearer, "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me." (Gal. 2:20)

We can gain the confidence of the community only by showing our sympathy to the plights they are facing and ministering to their needs without a selfish motive. People know what unconditional love is. This genuine love only comes from Jesus Christ. This kind of love has constraining power as the apostle Paul wrote: "For the love of Christ constraineth us." (2 Corinthians 5:14a)

While He was on the mission in this world, Jesus traveled about from one town and village to another, proclaiming the good news of the kingdom of God. (Refer to Luke 8:1) Wherever He went, He not only proclaimed the good news, He also taught, healed, comforted and cast out evil spirits. He instructed his disciples to follow that pattern of proclaiming the good news. This instruction is still valid today.

Therefore, let us live out this unconditional love through our community service programs so that we can win the confidence of the people we contact, thus preparing them like preparing the ground for the gospel seeds to be sown in their heart. ■

EDITORIAL REMARKS: *From the Editor's Desk*

A photograph showing a person's hands clasped together, resting on an open book. The person is wearing a blue long-sleeved shirt. The background is a soft, out-of-focus indoor setting.

Won Their Confidence

An elderly couple celebrated their 40th wedding anniversary with a simple dinner. The husband, who had always been a shy and timid man, asked his wife, “I didn’t give you a romantic proposal, I didn’t buy you a dozen roses, and I did not make you great promises before we got married. Why did you accept my suggestion to be married?”

The grey-haired woman smiled and said, “It was in the little things you did that won my confidence.”

The husband smiled as he remembered the many mornings he had waited to take his then girlfriend to work and the evenings he waited for her to end work to take her home; day after day and month after month.

Jesus too won the children’s confidence though little things. “He accepted their childish sympathy and their open, unaffected love... And wherever the Saviour went, the benignity of His countenance, and His gentle, kindly manner won the love and confidence of children.” (Desire of Ages 511.1)

When we meet new people, we think it our duty to say at once to the people, “We believe that the seventh day is the Sabbath; we don’t believe in

the immortality of the soul”. This would often erect a formidable barrier between us and those we wish to reach.

“Let us speak to them, as we have opportunity, upon points of doctrine on which we can agree. Dwell on the necessity of practical godliness. Give them evidence that we are Christians, desiring peace, and that we love their souls. Let them see that we are conscientious. Thus we will gain their confidence; and there will be time enough for doctrines. Let the heart be won, the soil prepared, and then sow the seed, presenting in love the truth as it is in Jesus.” (Evangelism 200.2)

From ‘mingling with people’ to ‘sympathizing with people,’ are our little acts consistent enough that we can now safely say that we have “won the confidence” of those around us? If we have not, maybe we need some ideas. As you read through this issue, watch out for some examples of how various churches are doing this and let us persevere, let us continue, in doing little things while mingling with our friends and sympathizing with their struggles so that we may win their confidence in Christ. ■

CONTENTS

- 3 Message from the President
- 4 Editorial Remarks

COVER STORY

6 Win Their Confidence

INSPIRATIONAL

- 8 Studying the Bible with a Scientific View: Knowledge

HEALTHY RECIPE

- 11 Soybean Soufflé

HEALTH TIPS

- 12 Activity

OUTREACH STRATEGIES

- 14 Youth Ministries Department Highlights

MISSION SPOTLIGHT

- 18 Student Literature Evangelists

NEWS AND UPDATES

- 22 Muar SDA Church Baptism
- 23 PJCC Children's Ministry
- 24 Sungei Petani Vacation Bible School
- 26 Sungei Way Parents' Day & Vacation Bible School
- 27 PJCC Testimony
- 28 Youth Chamber Music Camp 2017
- 29 Utama Beacon Baptism

- 30 VISION Submission Guidelines
- 33 Message from the President (Tamil)
- 34 Message from the President (Chinese)
- 35 Message from the President (BM)

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Christ's Ministry, a Model

Christ's ministry on earth is to demonstrate that God the Father loves us despite of our unworthiness and incompleteness; if we trust Him and obey Him, we can be reckoned as children of God and citizens of the New Jerusalem above, by receiving the free gift of salvation through Jesus Christ. Christ's ministry clearly shows that God is willing to redeem us from the bondage of sin, to free us from all forms of suffering, and restore in us the image of God through the help of Holy Spirit. "Trust" is what we need. Having confidence in Him is crucial. When we have trust and confidence in God, we will follow Him, happily abiding in His Word and carrying out His every bidding. In other words, Jesus won our confidence through His holy living on earth, and died on the cross for our sins, thus gaining our trust to follow Him wherever He leads. Likewise, in order to win the confidence of others, we can learn something from Jesus' life.

How to Win the Confidence of Others?

If we want to have meaningful friendships and win the confidence of others, we must be a person who keeps our promises. Can you think of an occasion when you promised to attend, or gave your word to someone to be somewhere or to do something on a certain day, only to cancel at the last minute or postpone it to an indefinite date? How I wish I had a second chance to prove myself trustworthy! But rarely do we have this kind of privilege to undo the wrong we did. We all have made similar mistakes in our lives. We have made promises to our children and failed to keep them, perhaps due to busyness or other self-justifiable excuses, then regret has haunted us. Children trust us no more! Friends are doubtful of our words.

Jesus told the crowd, "But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one." (Matthew 5:37) When we go back on our word, we are showing those around us that we can't be trusted and we begin to lose their confidence. In order to have a deep relationships in life with others, one simple thing we can do is to keep our word.

Jesus did it! He came to this world according to the plan of salvation, "But when the fullness of the time had come, God sent forth His Son, born[a] of a woman, born under the law." (Galatians 4:4) He walked with us, experienced what we experience and "was in all points tempted like as we are, yet with-



Win Their Confidence

By PASTOR TAN MENG CHENG

out sin." (Hebrews 4:16) He promised that "In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also." (John 14:2-3) I know He will keep His word and come back soon! This is the key to every great relationship in life.

Christ' Holy Life, Our Example

As Jesus' disciples or followers, we need to build a trusting relationship with others around us. If we are going to have meaningful relationships in life we just need to win the confidence of those around us. Spend quality time mingling with people, seeking not our own selfish agenda but showing our genuine compassion and care will prepare the hearts of others to accept us as a true friend. If we become a person who keeps our word, even when it's a sacrifice, we will begin to win the confidence of those around us. That is what Jesus wants us to do.

"Those who labor for Christ should be men and women of great discretion, so that those who do not understand their doctrines may be led to respect them, and regard them as persons void of fanaticism, void of rashness and impetuosity. Their discourses and conduct and conversation should be of a nature



that will lead men to the conclusion that these ministers are men of thought, of solidity of character, men who fear and love their heavenly Father. They should win the confidence of the people, so that those who listen to the preaching may know that the ministers have not come with some cunningly devised fable, but that their words are words of worth, a testimony that demands thought and attention. Let the people see you exalting Jesus, and hiding self.” (R&H, April 26, 1892, *Evangelism* 170.3)

Ellen White counsels us to be people of integrity, living a life that reflects what we believe, by our godly example, by the reproduction of Jesus’ selfless ministry on earth, ministering to the needs of the people will surely win the confidence of those we want to save. When people have faith in us, knowing that our word can be trusted, we will have the opportunity to share the light from Heaven (good news of salvation) to them when the time arrives.

“Let our consistent lives win confidence and awaken a desire to know why we believe as we do.” (Manuscript 53, 1899, *Evangelism* 539.3)

That is why it is important to know that our lives is the living testimony to the people around us. Our focus and emphasis for PEM 2016-2020 Strategic Plan is “Claim the Cities for Christ through IEL, Inte-

grated Evangelism Lifestyle. This means that through various evangelism effort, working in unity as part of our lifestyle, we want to win the people in the cities (as well as towns and villages) for Christ, our Lord and Savior. Through C.A.R.E. groups, where Christ Attitude is Reflected in Everyone, we want to show compassion, care and concern for the people around us. Then we can gain their confidence and finally compel them to answer the call of discipleship. (cf. MH, 143)

Let us keep our promise and be careful of the words that proceed out of our mouths. Let us live a life that truly proclaims what we believe, a people hastening, waiting, and longing for Jesus return. Let us be courteous and kind, loving and merciful, and understanding and sensitive to others. Only when we gain the trust of others, we earn the right to share what we believe from the Bible.

Some Tips on How to Gain the Confidence of Others

1. Lead by example – Live what we believe, preach a sermon with our lives. People see and they will follow.
2. Avoid “N.A.T.O.” – No Action Talk Only is useless. Be a person that walks the talk.
3. Be Present – Be there for people through both the good and challenging times. Share their burdens and walk with them.
4. Giving – Be generous and look out for what others need. Pay it forward. Give sacrificially, willingly and happily. “It is more blessed to give than to receive.” (Acts 20:35)
5. Listening – Be patient and compassionate. Take time to listen deeper than what we hear. People long for understanding and companionship.
6. Show integrity – Honesty is still the best policy. Honesty in life goes a long way with people.
7. Go the second mile – Jesus’ counsel in Matthew 5:41 will bring forth unexpected results. People will be touched by your generous, non-calculative loving acts.

Remember, our lives can be the only Bible the careless world will read! We are, in a sense, the sinners’ gospel, the scoffers’ creeds! We are the Lord’s last message, given in deed and word to the people around us. Winning the confidence of others before we can share the gospel is urgent and important. “Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.” (Matthew 5:16) ■

从科学角度 来阅读圣经 - 知识

蔡振奋

这篇拙作是本人在2017年2月27日在马来西亚八达灵中文教堂证道的部分讲稿

我

喜欢科学，也相信科学，不过，我更相信圣经，因为圣经是上帝的话。

提摩太后书3:16 “圣经都是神所默示的（或作凡神所默示的圣经），于教训，督责，使人归正，教导人学义，都是有益的。”

我也相信圣经上所有的预言，因为圣经有这样的记载：彼得后书1:20 “第一要紧的，该知道经上所有的预言，没有可随私意解说的。”

彼得后书1:21 “因为预言从来没有出于人意的，乃是人被圣灵感动说出神的话来。”

人再有能力，即使是有卓越成就的科学家，在上帝面前，都是卑微无能的！

难怪爱因斯坦曾经说过：“我只是在真理的海边徘徊，一无所获。”

圣经里有许多的章节，是提到“知识”的。不过，因为篇幅关系，只能稍微与弟兄姐妹分享以下这些章节：

诗篇119:66 “求你将精明和知识赐给我。因我信了你的命令。”

诗篇139:6 “这样的知识奇妙，是我不能测的。至高，是我不能及的。”

彼得后书3:18 “你们却要在我们主救主耶稣基督的恩典和知识上有长进。愿荣耀归给他、从今直到永远。阿们。”

智慧和知识

圣经里，也有许多章节，是同时提到“智慧和知识”：罗马书11:33 “深哉、上帝丰富的智慧和知识。他的判断、何其难测、他的踪迹何其难寻……”

耶利米书3:15 “我也必将合我心的牧者赐给你们。他们必以知识和智慧牧养你们。”

以赛亚书33:6 “你一生一世必得安稳，有丰盛的救恩，并智慧，和知识。你以敬畏耶和华为至宝。”

约伯记12:12 “年老的有智慧，寿高的有知识。”

圣经也说过，有智慧的人会积存知识。

箴言10:14 “智慧人积存知识。愚妄人的口速致败坏。”

箴言2:6 “因为耶和华赐人智慧。知识和聪明，都由他口而出。”

在圣经里，除了上帝以外，我个人认为最有智慧和知识的应该是所罗门王。他向上帝只求智慧，不求荣华富贵。

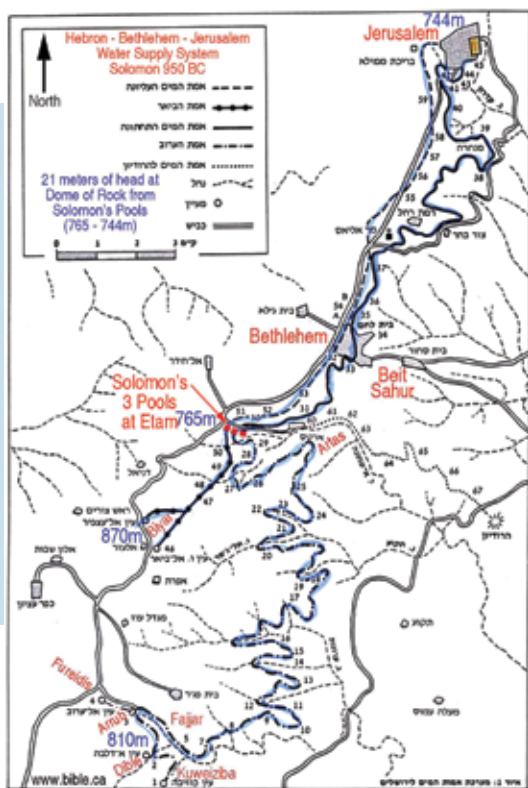
自从上帝给了所罗门王智慧之后，他也积存了很多知识。他不只有智慧，而且还有丰富的知识。

提一个例子：圣殿

以前，犹太人当举行任何献祭时，像赎罪祭等，总会在圣殿，杀千杀百的牛羊。献祭之后，怎样清理圣殿呢？

首先，所罗门王在圣殿地下建造一个很大的蓄水池。然后，在离圣殿12公里的地方，建造三个水池，称为所罗门水池（Solomon Pools）。

所罗门王利用水向低处流的物理原理，把所罗门水池的水（高765公尺）引到圣殿地下的蓄水池（高744公尺）（相差21公尺=70英尺）。当时，没有物理这个科学，但是，所罗门王知到这个物理原理，见以下地图：



然后，他利用地下水管，把所罗门水池的水（高765公尺），引到圣殿地下的蓄水池（高744公尺）（相差21公尺=70英尺）。

最近，我的大儿子凯彦从美国回来度假，他知道我常常在证道中提到“主耶稣基督快回来了”，於是，他就与我提起在圣经中，也有一个章节说到“世界末日”，这个章节就是在但以理书12:4。

但以理书12:4“但以理阿，你要隐藏这话，封闭这书，直到末时。必有多人来往奔跑（或作切心研究），知识就必增长。”

这章节是预言，世界末日来临以前，必有多人来往奔跑，知识就必增长。我们现在来看看我们现在的世界情况，是不是处於像但以理12:4“直到末时”的时代？

马来西亚人往来奔跑

我们常常会在大道上，看到运输新车的卡车。但是，我国人民每年购买多少新车？

大约六十七万辆新车！

在2016年，新汽车总计：

- 家用（passenger）汽车=596,178

- 商用（commercial）车=74,123

总计=670,301

如果以每一辆马来西亚新汽车的使用寿命是以十五年计算，在我国大约有1千万辆的汽车。如果以我国拥有3千万人口，大约每两三人就会拥有一辆汽车。这还没有包括摩托车在内。

我国人民每年购买大约六十七万辆新汽车，这表示什么呢？这表示我国人们正在来往奔跑！

其实，世界上各地人们也正在来往奔跑！

中国： 孟加拉：



泰国：

印度



世界各地人们来往奔跑

（纽约和日本火车旅客）：

- 纽约地下火车每年大约有1亿4千万人旅客

- 日本每天火车川行2万6千次载客1百万人

全世界在火车和地下火车“来往奔跑”的人们，每年大约有一百亿人得多！

世界各地人们乘搭飞机来往奔跑：

很多年以前，根据国际航空学会调查，每年大约有1亿6千万人乘搭飞机。

6年以前，即在2010年，每年乘搭飞机的旅客超过2亿3千万人！当时，全世界每天有五十万旅客乘搭飞机！这报道告诉我们，世界人们正在来往奔跑！

全世界廉航（Low Cost Flight）去年载客10亿人（2017年1月4日中国报）。

全世界的经济（廉航）航机，去年载客10亿人。占全球28%。也就是说全世界乘搭飞机的旅客已经超过30亿人。从2010年的2亿3千万到去年的30亿人，增加了20多亿人。

这报道告诉我们，世界人们在来往奔跑！

(1)



这些都印证了，但以理12:4 “……直到末时，必有多人来往奔跑……”！

现在，让我们看看但以理12:4提到的，“直到末时，……知识就必增长。”

眼科

我的次子凯隽是一位眼科专家医生，他说在眼科这方面，在这半世纪以来，知识增长很快。

以前，如果近视有600度时，人们就没有办法工作，因为眼睛看不到了。但是，现在只要配上度数准确的眼镜，什么都能看到清楚。

四十年以前，如果动手术拿走白内障，手术之后，一定要休息一个星期，现在手术后，即刻可以离开诊所。不只这样，还能当场一起动手术，拿走两个眼睛的白内障。可见知识已经增长了！

从过去的农业，到工业革命，到现今的资讯（Information）时代，知识成长令人吃惊。特别是在过去两、三百年，欧洲发生工业革命之后，知识成长非常快。

自从欧洲在大约1760年，发生工业革命之后，机器大量生产，於是世人的知识也就跟着增长，

从亚当时代开始，那时根本没有知识，之后，知识也没有增长，一直到了十九世纪，知识才加速增长。自从欧洲在大约1760年，发生工业革命之后，机器大量生产，於是世人的知识也就跟着增长。

交通工具

我们来看看“交通工具”：人力车。我小时候，在檳城也坐过用人力拉的“人力车”（1）。后来，用脚踏的三轮车，见（2）。再发展下去，就是汽车或计程车（Taxi），见（3）。接着就是巴士车（4）和火车（5）。跟着来的就是发展飞机（6），太空穿梭机（space shuttle），不久的将来，可能会有“太空旅行”！

从交通工具，我们看到了由开始的“人力车”到现今的“太空旅行”，在短短的两、三百年，世人的知识增长，令人吃惊！

佈道

以前主耶稣基督，佈道须要步行或者骑驴，也没有影音系统！

现在呢？传教很方便，而且也有影音系统帮助。当然，这样一来，知识就增长了！

智慧电话（Smartphone-智能手机）

十年以前，这些在美国苹果公司工作的美国人，开创手机，令世人改变生活方式。使世界人们知识增长！

自从智慧电话问世以来，疯狂全世界的人们。现在的智慧电话，不管是iPhone，Android或者ipad，都可以接收电邮，新闻，短信，打电话，摄照片，拍视频（video）等等。无所不能！你也可以利用智慧电话的国际网络，搜索资料或者购买货物等等！但是，如果人们要使用它们，就需要学习怎样用。於是，知识就增长了！

全世界有多少智慧电话？

根据马来西亚2017年1月4日星洲日报的报导，全球智能手机数量一共有32亿！全世界人口只有大约六十亿。也就是说，每两个人就会有一个手机。换言之，有一半的世人是“低头族”！总之，世界上有一半的人们都在学习，怎样利用智慧电

(2)



(3)



(4)



(5)



(6)



话，怎样打电话，怎样上网，怎样接收电邮，新闻，短信，摄照片，拍视频（video），怎样利用国际网络搜查资料或者购买货物等等！也就是说，世人的知识”……就必增长了”！

全世界知识现在每年增长两倍

从公元1年到公元1500年，在1500年之间，知识才增长两倍。而现在呢？全世界知识现在每年增长两倍。也就是说，世人的知识越来越增长了！

最近在美国，申请专利权的申请书，越来越多！每年都加速增长！当你有任何发明时，你就应该申请专利权，这样一来，你的发明品，在市场就有保护。

以前，美国专利权部门要经过75年，才能收到1百万申请专利权者的申请。但是，现在只需要7年，该部门便能收到1百万份申请专利权的申请。最近，申请书越来越多，美国专利权部门，每5年便能收到1百万份的申请书。这证明知识（Knowledge）正在加速增长！

医学知识也同样在加速增长中

医学知识也同样在加速增长中，以前每三年，医学知识才增加双倍。估计在2020年时，医学知识会每73天，就会增加双倍。

先知但以理早就预言，世界末日以前，“……知识就必增长。”

我身为“马来西亚高级科学家学会”的永久会员，我相信科学，但是，我更相信圣经上所有的预言，因为：

彼得后书1:20 “第一要紧的，该知道经上所有的预言，没有可随私意解说的。”

彼得后书1:21 “因为预言从来没有出于人意的，乃是人被圣灵感动说出神的话来。”

主耶稣基督很快就要复临了！

不过，这只是我个人的看法，而我不是神学出身的，只是一个普通工程师。什么时候主耶稣基督再来。连主耶稣基督也不知道。

马太24:36 “但那日子，那时辰，没有人知道，连天上的使者也不知道，子也不知道，惟独父知道。”

时时刻刻，做醒预备

不过，我们要时时刻刻，做醒预备，准备迎接主的复临！不要像那五个童女，到新郎来时，才发现没有灯油。（请阅读马太福音25: 1-13）■



Soybean Soufflé

Ingredients:

- 1 cup Dry soybeans, soaked overnight, then drained
- 2 cups Hot water
- 1 tbsp Nutritional yeast
- 1 tbsp Soy sauce (Bragg's)
- ½ tsp Salt
- 1 Onion, minced
- 1 tbsp Dried parsley

Method:

1. In a blender, put in drained soybeans, nutritional yeast, soy sauce and salt. Blend till smooth.
2. Add in onion and stir well to mix.
3. Pour mixture into baking dish and bake 45-50 minutes at 180°C.
4. When ready to serve, garnish with a sprinkle of dried parsley.

Whole soy beans are a good source of dietary fibre, vitamin K, iron, magnesium, phosphorus and copper, and a very good source of protein and manganese.

Recipe courtesy of:



1, Jalan 4/93, Taman Miharja, 55200 Kuala Lumpur

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Activity

By ELLEN NATHAN

What does *activity* mean to you? The dictionary states, “the condition in which things are happening or being done”, while *inactivity* means “idleness, indolence, laziness, lifelessness, slothfulness, lethargy, inertia, sluggishness, listlessness, inaction”.

If you are inactive, soon your body will react to this condition with negative effects. The mind and the body are intimately connected. A fit and healthy mind promotes a fit and healthy body and a fit and healthy body promotes a fit and healthy mind.

Did you know that Jesus walked about 40 or more kilometers a day? There was no modern transportation like cars, motorcycles or even bicycles at that time and most of the traveling was done on foot. His journey took Him all throughout Palestine. He must have been the fittest man at that time! In fact, He was teaching his disciples as they walked with Him, so it was practically a mobile school!

We too can commune and communicate with our Lord, especially while walking out in nature and enjoying His handiwork.

There are many types of exercises. We will look at different types of exercises.

WALKING

Walking is one of the best exercises for overall health, even for a heart patient! Here are some guidelines for when you go walking.

1. Act your age – use a walking stick for stability if you need to and for protection against stray dogs. Begin slowly on the first day.
 - a. Be sure to wear proper shoes.
 - b. Choose your place of exercise carefully.
 - c. Walk slowly for 5 to 10 minutes to warm up your muscles and prepare your body for exercise.
 - d. Cool down at the end of your walk by slowing down your pace 5 to 10 minutes before ending your exercise.
 - e. After you have cooled down, gently stretch your muscles. If you'd rather stretch before you walk remember to warm up first.
2. Walk as far as is comfortable, gradually working up to 6-8 kilometres per day.
3. Exercise to the intensity that you are barely able to carry on a conversation.
4. If you should develop chest pain during exercise, stop at that point. Follow the advice of your physician.

INTERVAL TRAINING

Interval training is a type of physical activity that consists of timed intervals of different intensities done in the same activity session. It involves periods of high intensity activity alternated with those of lower intensity or even rest. Be sure to increase your intensity gradually, paying close attention to how you are feeling and not overdoing it.

One example of this kind of exercise is, running fast for 5 minutes and then sprinting all out for 30-60 seconds. This type of training increases your cardiovascular fitness.

STRENGTH TRAINING

This is a type of physical exercise specializing in the use of resistance to induce muscular contraction which builds the strength, anaerobic endurance, and size of skeletal muscles. Some examples of this are: push-ups, dumbbell rows, split squats, lateral squats, hip extensions.

It was published in the Journal of American Medicine Association that after a year of strength-training twice a week, women's bodies were 15-20 years more youthful. The same benefits were found in men also.

OTHER ACTIVITIES

Gardening, housework, raking leaves, or even playing actively with children can also contribute to a 30-minute-per-day total if performed at an intensity equivalent to brisk walking.

One option is breaking daily exercise into two 15-minute sessions – walk 1 mile (1.6 km) briskly in the morning, then mow the lawn for 15 minutes in the evening. One could alternately choose three 10-minute sessions – walk 10 minutes to work, walk another 10 minutes during your lunch break, and then ride your stationary bike for another 10 minutes in the evening.

Researchers found that the multiple shorter sessions of exercise produced similar and significant improvement in fitness levels when compared with the continuous exercise.



CONCLUSION

Here are a few things to remember:

- Consult your doctor before starting any exercise program.
- Your exercise should be enjoyable.
- The more pleasure it gives you, the more you will do it.
- Start slowly but have definite measurable goals. Ideally you should work your way up to at least 30 minutes of activity 3 to 4 times a week.

Last of all, remember that choosing to go above the minimum recommendations will richly repay you. Physical activity definitely helps you be fit for life! Choose today to get your healthy mix of rest and motion. ■

PEM Youth Ministries Department

by PASTOR RENIE UBARA

“Pass It On” greetings!

The Youth Ministries Department deeply appreciates our members, Pathfinder and Adventurer leaders, AY leaders, church leaders and fellow pastors for all the efforts and work that you have contributed in training and discipling our young people in your respective churches and regions. Praise the Lord! These wonderful ministries shared by the different departmental leaders and officers of our Mission are for the purpose of nurturing our young people through various ways. More than half of 2017 has passed. Indeed, we're able to see God's amazing blessings in each of our programs and activities locally and Mission-wide as shared below.

YC17 and GYD17

In the first quarter of 2017, 17th-19th March, the “Power of the Word” Youth Congress 2017 (YC17) was held at Grand Kampar Hotel, Perak. More than 300 participants, 80 percent of which were young people attended the program.

Participants from all walks of life were blessed by the dynamic speakers, Dr. Dioi Cruz (AIAS, a missiologist), and Pr. Joe Apirak (PhD. student/TAM). The four workshops were led by Dr. Dioi Cruz (Topic: *Sharing the Gospel in Different Cultures*), Pr. Robert Agustin (Topic: *Bible Study through Biblical Language: Hebrew*), Pr. Frendy Rubil (Topic: *Bible Study through Biblical Language: Greek*), and Pr. Sunny Tan (Topic: *Hermeneutical Study of the Bible*), and also empowering Devotional speakers: Mdm. Noni Mafabune (PJEC), Pr. Francis Amer (SAUM-YMD), and Pr. Stanley Anand (Banting Indian Church).

YC17 was planned and held in conjunction with the Global Youth Day 2017 (GYD17 – a global AY event). GYD17 was especially an impactful and meaningful moment for YC17 participants where young people were mobilized into ten groups with

the following tasks given to impact the community in Kampar:

1. Health tracks distribution
2. Exchanging apples for cigarettes (no smoking campaign)
3. Pray for someone in the streets
4. Take photos and videos and share them in the given official social media

The main objectives of GYD17 was to inspire and encourage our young people to:

1. Actively participate in mission through their local churches
2. Have creative ideas of outreach work
3. Support the General Conference YMD initiatives and its Yearly Theme – 2017: “Empowerment” by empowering our young people with a missiological spirit
4. Support the Reach Out goals of PEM 2016-2020 Strategic Plan

Overall, YC17 and GYD17 were an empowering experience for the participants, especially our young people. And we're looking forward for next year's “The Power of Mission” YC18 and GYD18 where we



have planned mission field work for our young people. Hope to see all of you there!

Pathfinding and Adventuring Growth

Much exciting news has come up from Pathfinder Clubs and Adventurer Clubs throughout PEM! Entering 2017, the Southern pathfinders held a campout with the theme “Carpe Diem.” Supporting the PEM Reach Out goals, we had four young people baptized, and even more are being prepared.

During the CNY 2017 public holidays, two of the most active clubs in PEM, JBBM and Megah Ria Clubs, held their annual campout, and as usual it was a fantastic moment of discipling and training for our young people to equip them for God’s mission.

Other dynamic Pathfinder clubs such as, Zenith (KLEC), Pearl (PEC+PIC), Polaris (PJEC), Fedora (USJC), Sg. Way (SWIC), BM (BMG), Nissi (BIC), Shah Alam (SAIC), Orient (PAHC), Ipoh (IEC), Tampin (TCC), Kuantan (KCC), and many more have been actively nurturing our young people through various interesting programs and activities of their local churches or through combined regional efforts, both indoors and outdoors.

Since last year, we have witnessed a growing number of churches that have implemented Pathfinding and Adventuring locally, both in starting new clubs and in reviving the spirit of Pathfinding of their clubs. Some of these “beginner” or revived clubs are the Seremban Pathfinder Club (SBMC), Sg. Petani Adventurer Club (SPCC), Puchong Pathfinder Club (PCC), PJCC Adventurer Club, Shah Alam (SAIC), Banting (BIC), and many more. Specific staff trainings are being held to disciple and equip new leaders. Pathfinder and Adventurer leaders see the significance of this gift of uniform ministry of our church not just for Reach Up and Reach In but especially for Reach Out.

In regards to outreach, most of the time it is harder to invite interests or seekers directly to church or to spiritual groups. However the uniform ministry of our church is an excellent bridging mechanism for leading seekers to the truth and in connecting them to our church for a long-lasting friendship ministry.

A special thanks to the ministry of Sister Tam Man Lin through the Children’s Ministry Department who is tirelessly promoting Adventurer programs and activities throughout PEM – bridging the gaps between the community to our church. We need more dedicated servants like her!



OUTREACH STRATEGIES

Furthermore, new honors have been developed and also new teaching tools to enable better and more creative ways of teaching the curriculum. Moving forward, it is exciting to know that there will be two big events to be held this year.

- 1) “Stand Strong”, the 6th PEM Pathfinder Camporee on 26th-29th November 2017 in Ulu Selangor, the biggest National Service Camp in Malaysia. Clubs from the Sabah Mission, and Singapore Conference have confirmed their participation. We strongly believe that more international pathfinders will be joining as well. We hope to see you all there!
- 2) “Pass It On”, the 4th SAUM Masterguide Convention on 3rd-6th December 2017 at Merdeka Palace Hotel, Kuching, Sarawak. For your information, PEM will be the host for the upcoming 11th SAUM-wide International Pathfinder Camporee 2019

Moving forward, we’re excited to know that Singapore Conference will be the host for the 11th SAUM-wide International Pathfinder 2019 and it is planned to be held within PEM. Two year further, 2021, a bigger event, the 3rd SSD International Pathfinder Camporee will be hosted by SAUM and PEM. By God’s grace, through these exciting developments, many more young people will be discipled and be disciple makers for Christ.

The Significant Need of Ministering to Campus Students

Formerly known as Adventist Ministry to College and University Students (AMICUS) we are now known as Public Campus Ministry (PCM). About two years ago, the GC began the move towards having PCM as the official name for campus ministry and it was agreed that PCM was to be under the umbrella of the Youth Ministries Department.

It is a huge responsibility indeed. However, it is one ministry that is very much needed in every church in PEM. We have numerous higher learning institutions (HLI) throughout PEM that have yet to be penetrated, especially those where our young people are studying. We need to train our young people to be the light and salt of the academic world of secular youth.

Numerous local pastors, leaders, and members have made notable efforts, not just to minister the needs of our own students in their campuses but also in connecting to other non-Adventist students and



even campus staff. Good examples are PAH Church, USJ Church, PJ English Church, JBBM Church, DAHC, Ipoh English Church and many more.

At the Mission level, various departments are working in synergy to connect to the academic group of youth. A special thanks to the PEM Education Department through the leadership of Pastor Maclan Jim Matthew for his dedication in Campus Ministry. Responding to the needs of equipping our HLI students, the SAUM-YMD will be having the “Hearts On Fire” SAUM Young Professional Retreat on 22nd-24th September 2017 at Intekma Resort and Convention Centre (IRCC) in Selangor.

Some HLI campuses that we have worked with are UTM, USM, UTHM, USM, Kolej Kesihatan dan Sains Bersekutu Johor Bahru (KSKBJB), Mahsa, Segi, Lincoln, NewCastle Med., International Med., Asia Pacific, ACNHS, etc.

One of the interesting and vibrant campus ministries is by the Adventist students in Universiti Pendidikan Sultan Idris (UPSI) at Tanjung Malim in Perak. They have established this group for more than five years. Currently, they have more than 30 students worshipping every Sabbath in one of the rented houses a walking distance from UPSI. Their leader is brother Junior Celestinus, a very talented musician, upgrading himself in a master degree. Mostly Sabahans and Sarawakians, they are definitely a big family of believers strengthening each other away from home. Besides upholding their faith and supporting each other, they are also reaching and connecting with many other Christians in their campus. Some have joined their outdoor fellowship and their Sabbath worship. Through the YMD, PEM is giving them all the support that they need. Like the UPSI group, many other Adventist students are in need of our support not just to cope with study but to also shine for Christ.

Commissioned Youth Ministries and Mission

Why Youth Ministries? Youths are the backbone of our church and every other organization. The Youth Ministry is not just the right hand or the left hand of the gospel but the hands of the gospel. Disunity and division of the “hands” seriously weak-

en the work of the whole body. Rightly disciplined, the young people will be a force to be reckoned with.

The Youth Ministries is committed to instill and edify our young people, to fully recognize our mission (why we are here) and to be actively involved in the end-time mission. In other words, every Adventist young person needs to know the mission of our church as part of the end-time remnant. What is our mission? We believe that the Seventh-day Adventist Church has been chosen to fulfill a special mission in the last stage of earth's history, and our mission is:

1. To Restore God's Law

"In the time of the end every divine institution is to be restored. The breach made in the law at the time the Sabbath was changed by man is to be repaired. God's remnant people, standing before the world as reformers, are to show that the law of God is the foundation of all enduring reform and that the Sabbath of the fourth commandment is to stand as a memorial of creation, a constant reminder of the power of God. In clear, distinct lines they are to present the necessity of obedience to all the precepts of the Decalogue. Constrained by the love of Christ, they are to co-operate with Him in building up the waste places. They are to be repairers of the breach, restorers of paths to dwell in." (Prophets and Kings, 678)

"God has a distinct people, a church on earth, second to none, but superior to all in their facilities to teach the truth, to vindicate the law of God." (Testimonies to Ministers, 58)

2. To Vindicate God's Character Before the Whole Universe

"Today the remnant people of God are to glorify His name by proclaiming the last message of warning, the last invitation to the marriage supper of the Lamb. The only way in which they can fulfill God's expectations is by being representatives of the truth for this time." (Testimonies for the Church, 8:153)

"It is the darkness of misapprehension of God that is enshrouding the world. Men are losing their knowledge of His character. It has been misunderstood and misinterpreted. At this time a message from God is to be proclaimed, a message illuminating in its influence and saving in its power. His character is to be made known. Into the darkness of the world is to be shed the light of His glory, the light

of His goodness, mercy, and truth." (Christ's Object Lessons, 415)

"Those who wait for the Bridegroom's coming are to say to the people, 'Behold your God,' The last rays of merciful light, the last message of mercy to be given to the world, is a revelation of His character of love. The children of God are to manifest His glory. In their own life and character they are to reveal what the grace of God has done for them. The light of the Sun of Righteousness is to shine forth in good works--in words of truth and deeds of holiness." (Christ's Object Lessons, 415-416)

3. To Prepare the World for the Second Advent

"Those who had accepted the light concerning the mediation of Christ and the perpetuity of the law of God found that these were the truths presented in Revelation 14. The messages of this chapter constitute a threefold warning which is to prepare the inhabitants of the earth for the Lord's Second Coming." (Great Controversy, 435)

"Christ is coming the second time, with power unto salvation. To prepare human beings for this event, He has sent the first, second, and third angels' messages. These angels represent those who receive the truth, and with power open the gospel to the world." (Ellen G. White, Seventh-day Adventist Bible Commentary, 7:978-979)

Together with our global world church, PEM and the YMD is fully recognizing the solemn calling and reason of our existence. Our existence is all because of our God-given mission mentioned above. And we are committed to train and disciple our young people to equip them for mission. Indeed it is a joy and great blessing to be working hand-in-hand with God and be part of the last days' work which God has commissioned all Adventists to do.

Adventist mission is a movement. We cannot allow ourselves to be happy with being "stationary" and not be part of this movement of sharing the blessings of gospel truth and God's plan of salvation. Again, by God's grace through PBML (Prayer, Bible study, Mission, and Lifestyle – refer to Vision, Issue 50 Dec 2016, 14-15) the PEM-YMD will continue to develop Christ-like characters within the lives of all our beloved youth.

Therefore, empowered by the Holy Spirit, let every one of us and all our young people be found doing His mission till His glorious return. Amen. ■

Student *Literature Evangelists*

In Issue 47 of PEM' Vision, students who had completed secondary school, college students and young working adults on their breaks were invited to join the Student Literature Evangelism Program organized by the Publishing Ministries Department. Each year about three sessions will be organized during the March, May-June and November-December school holidays.

During the May-June holidays, the Chinese churches organized a team of students to cavass the areas in Johor from 27 May to 5 June 2017. Elder Eugene Prewitt, Honorary Publishing Director conducted trainings in the morning and the students under the supervision of Pastor Soo Yik Foo (Ipoh Chinese Church), Pastor Foo Shen Khoon (Kuala Lumpur Chinese Church), Pastor Lim Yee Loon (Kuala Lumpur English Church), Pastor Wong Lin Seng (Petaling Jaya Chinese Church), Pastor Stanly Lee (Puchong Chinese Church) and Pastor Tain Yung Yee (Skudai Chinese Church), together with part-time literature evangelist Sister Low Ee Kit (Kuantan Chinese Church) and Brother Siah Tiam Yuan (Petaling Jaya Chinese Church) led the students on a daily basis.

The two full-length testimonies were given in Chinese but here is the summarized English text.

Lee Uen Huei of Petaling Jaya Chinese Church shares her story:

This is my third time participating in the Student Literature Evangelism Program, the first being in Penang, followed by Kuala Lumpur and now finally in Johor. Although I laughed a lot, I also put in a lot of sweat and tears during this session. During the morning training session, we were challenged to start our day by exchanging a spiritual book with a cigarette smoked by strangers we saw. Being a shy person, I felt that this was an impossible task, but I accepted the challenge and completed the task within an hour.

Before we even started to sell, I had a sense of arrogance in my heart thinking that I could do well.



But I realized that I needed to have a humble heart in order to do God's work. The Lord answered my prayer and as we started selling the next day I could sense God's spirit leading us, prompting us to each and every shop and not to skip any shop. In almost every shop we went, we sold a book.

I am looking forward to being baptized and to be Jesus' disciple. Through my different experiences in life and especially now, I know that God really will lead us. My hope is that all of us will be able to participate actively in the ministry for God. The harvest truly is plentiful, and the laborers are few.

If you or the young people in your church want this heart-burning experience, write to publishing@adventist.org.my so that this can be organized.

这次是我第三次参加文字震撼力这个营会，第一届是在檳城举办，第二届是在吉隆坡举办，这一届是在柔佛举办。原本这一届有跟几个朋友说好要去，结果只剩欣蕊一个，那本来对这个营会很期待，就听到很多人不能去就很伤心。很感谢上帝在这个营会中让我们能够经历祂，也能够认识到来自不同地方的朋友。在这个营会中有欢笑，有泪水但更多的是汗水，我们每一天都会定一个目标，然后向这个目标前进。

感谢上帝让我们在进行文字布道工作的时候也要感谢牧师，在这一届有准备一些特别的任务给我们，就是要用属灵书跟人家换一支香烟和为人祷告，起初我听到的时候我觉得这个是一个挑战，但因为上帝带领让我们有信心，我们在一个小时以内就完成了任务。这次的营会让我学到一个真正的文字布道士是不只是会向人卖书或介绍书，而是要为人祷告。虽然在这几天我都是 top sales，但我要把这个荣耀归给上帝，如果没有上帝的带领，我不可能会有这个口才，勇气去跟不认识的人说话。能够遇到不同的人，不同的事。

我们从不会跟不认识的人沟通到一看到人就直接把要说的东西都说出来，都是上帝的带领。其实在卖书之前就是有一种想法，就是我参加了那么多次卖书的活动，就是觉得自己很有经验，那时候就觉得很骄傲，很自大，但有一个声音告诉我，不要有这种想法，我们应该要有谦卑的心，从那一刻起，我就一直祷告上帝让我有一颗谦卑的心去为主工作，感谢上帝祂垂听了我的祷告，并应允了我。在第二天卖书的时候就有一种感觉是上帝就在我们身边一直陪伴我们，就是有一把声音在说每一间店都要进去，不可以 skip，几乎每一间店都会卖出一本书。

我希望自己能够早日受洗成为耶稣的门徒，我经历过很多次，也有许多的见证，特别是在这个文字布道的工作，上帝真的在带领我们。希望大家能够踊跃地参与上帝的事工。上帝说过，庄稼虽然多，但做工的人却少，希望大家能够积极地为上帝传扬福音。愿上帝赐福大家。

Lee Uen Huei, Petaling Jaya Chinese



Lee Xin Ting, Petaling Jaya Chinese Church

This is the first time to experience selling books door to door. While it reminded me of the reality of how hard it is to earn money, it also made me experience the different treatment received by strangers. The main objective was to “preach the gospel”, and I have indeed experienced miracle after miracle in answer to prayer especially in cases where it seemed impossible that the person would buy the book. I realized that if I were to pray focusing only on the sale of the book, it was a bit too superficial (self-centered) so the focus was shifted to “Lord let us find the people who really need these books (God-centered). While the sales goal made sure that we had a target to achieve, the number of the results really helped us to more clearly achieve the goal, I was always reminded of my real responsibility.

Another experience I gained was that working together helped me to grow. I was in a team with an a person named LXX. As I spoke in Chinese, I could not understand why he seemed to respond slowly to my queries. It was only later that realized that he did not understand Chinese well. And so the meaning of 1 Peter 3:8, asking us “to have compassion towards one another, to love as brethren, being pitiful, be courteous” really became real to me. As I worked in the team, I realized that the things I could do very easily may not be easily done as a team. If it was in the past, I would have been more concerned about the position of our team as compared to other teams. But this time around, I felt the special need to want to help LXX to succeed. There was a change in my heart, I felt that the success of others in my team would be my success too. God indeed gave me a wonderful learning experience in this Student LE program.



蕭凱庭

這是我第一次體驗挨家挨戶的賣書，除了再次感受到賺錢的辛苦外更深刻體悟到世間人情冷暖，不論是被拒絕或是被款待。當然在文字佈道這項工作中的核心任務就是「傳福音」，而我也確實經歷到了禱告過後的奇蹟，像是前面屢次遭拒但在禱告過後就有人買書了這樣的不可思議，但如果只是把每次禱告的靈驗都著重在是否賣出書籍的話，可能有點過於膚淺了，或許我們要感謝主的不是自己又賣出了多少書（以自我為中心），而是感謝主讓我們找到了需要這些書本的人們（以上帝為中心），數字的成效確實有助於我們更明確的達成目標，但我更時時刻刻提醒自己，要明白自己正在做什麼、自己的目的是什麼、自己的心態是什麼、自己的責任是什麼等等，不斷在目標和自我原則之間做平衡，即便沒有達到目標我也不失自己初衷的準則，而能達到所預期的成效更是可喜可賀！

當然在這團體當中我其實更發覺自己所能做的事情，就是幫助夥伴們成長。在都是13-18歲的青少年裡，我用大於他們年紀的經歷在幫助他們累積社會歷練，我並非倚老賣老而是真心希望他們能在自己的弱點上有所補強，舉例我跟LXX一組的時候，起初我並不是很明白為什麼他聽不太懂我所說的中文，甚至讓我有些心浮氣躁，後來我才慢慢了解他有跟華人對話的困難，但基督的教導是要我們彼此相愛、包容和互相幫助，彼得前書 3:8「總而言之，你們都要同心，彼此體恤，相愛如弟兄，存慈憐謙卑的心。」因此，在不斷鼓勵和跟他溝通的情況下，他也漸入佳境，感謝主。有些事情我自己一個人做可以很簡單，但要幫助別人「一起做」對我來說卻不簡單，確實一個人可以走的很快，但一群人可以走得很遠，從以前到現在我一直不斷的在學習如何團隊合作，或許適合我的團體定位就是關心團體中的人吧！跟鴻量合作的時候也是有特別的感觸，希望幫助他做的更好進而引導他學習所需具備的知識，因此幫助別人成功就是我的成功，看見生命和生命互相影響成長的過程真的是上帝奇妙又偉大的安排，這就是我在這計畫中經歷上帝最深刻的體悟。■

Recommended Books

AUTHOR:

Ellen G. White

DESCRIPTION:

Beribu-ribu orang telah mengenal Yesus Kristus melalui buku ini, Kunci Menuju Kebahagiaan. Dan ia telah membantu banyak lagi, termasuk mereka yang telah berjalan dengan-Nya selama bertahun-tahun, untuk mengenali Dia lebih baik.

Di dalam buku ini, anda akan menemui langkah-langkah untuk mencari sebuah persahabatan selamanya dengan Yesus. Anda akan membaca tentang kasih-Nya untuk anda, taubat, iman dan penerimaan, semakin menyerupai-Nya, keistimewaan berdoa, apa yang perlu anda dilakukan apabila merasa ragu-ragu, dan bagaimana untuk menghabiskan hari anda bergembira bersama-Nya.



TITLE:

Bertembung Kemuliaan Tuhan

DESCRIPTION:

Bertembung Kemuliaan Tuhan adalah koleksi pengalaman dan renungan yang diperoleh dari pengalaman dalam penginjil literatur.

Ia mencerminkan realiti rahmat Tuhan yang mengagumkan dalam kehidupan pekerja Tuhan di barisan hadapan, bagaimana mereka dipanggil, cabaran yang dihadapi mereka, dan mereka mendakwa kemenangan dalam nama Kristus.

Jangan terkejut jika anda tidak boleh berhenti selepas membaca hanya satu setiap hari atau jika anda mendapati ingin membacanya laai dan laai.

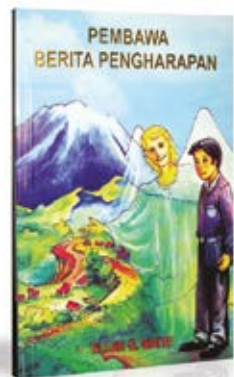


AUTHOR:

Ellen G. White

DESCRIPTION:

Buku kaunseling ini memberi inspirasi kepada para penginjil literatur agar lebih efektif dalam pelayanan.



HOME HEALTH EDUCATION SERVICE SDN. BHD. (60498-P)

27, Jalan Permas 10/7, Bandar Baru Permas Jaya, 81750

Masai, Johor Bahru.

Tel: +607 386 8798

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Muar SDA Church *Baptism Report*

By PR BENJAMIN TUNG

The saying that God is good certainly rings true in the case of the Muar SDA Church for the years of 2016 and 2017. Upon the pastoral assignment in 2015, the hard work of looking for seekers and potential baptismal candidates began.

Amid sporadic Bible studies and many visitations to backsliding members and their family members as well as potential seekers, contact was made and friendship was extended to all who accepted us into their homes. This was done mainly with the help of a church member, Brother Tan Kwon Soon. With his help, many visitations were made and Bible studies were initiated but many fell by the wayside like in the parable of the sower.

At last, in the middle of 2015, two potential seekers were having regular Bible studies and this resulted in two baptisms in 2016. Basing our initial thrust into Muar town, further contacts were then made and more seekers were found, resulting in the addition of more people coming for church service but somehow this didn't work out. But with a more solid base now, 2017 is to be a pivotal year for the church as four candidates gave their lives to Christ when they were baptized on 1st of July, 2017 by Pastor Tan Meng Cheng, Mission Executive Secretary. This is double of 2016 and the fervent hope is that 2018 will be even a greater haul for God's kingdom.



The candidates were from a varied age group ranging from school-going children to an elderly lady at the age of 82. Three candidates were siblings of the same family, namely Kevin, Krystin and Kenneth Lim, and the elderly lady, the mother of Sister Janice Cheong. She contracted cervical cancer and the prognosis was not good as she was not expected to live long. However after initial tests and treatments, she made very good recovery while living with her daughter where she was weaned off cigarettes and most meat items. She underwent a total lifestyle change over from coffee and tea to fruit juice and plain water. After two months of the changed lifestyle, she was found to be cancer-free. She related that she had a dream whereby God revealed Himself to her and asked her to give herself to Him.

The Muar SDA Church is now also embarking on a new tangent whereby outreach is being initiated through free English, Mathematics as well as Bible classes on Friday mornings by the Pastor, and free English classes as well as guitar lessons by Brother Goh Wee Beng and his wife on Sundays.

Please continue to pray for Muar Church that through abiding in Christ, our efforts will bear much fruit so that His name be known throughout the world, even among the heathen. ■



八打灵中文堂 儿童事工

感谢上帝让八打灵中文堂再次有机会让孩子们学习小小手工及手艺。

在谭曼莲师母的带领之下儿童学习使用手帕制作可爱的小熊。这不只让孩子们爱不释手，连大人们也被深深地吸引参与这次的活动。

我们也有李玲玲姐妹带领儿童制作饼干。孩子们领悟到了做饼干的一些技巧。老师们通过小小测试，帮助孩子们记得有关饼干制作的步骤！

在箴言22:6 这样说道：“教养孩童，使他走当行的道，就是到老他也不偏离。”

我们希望借着此活动，能够让孩子们从中学学习及训练，使用在日常生活上，做上帝的好孩子。

如果您也想参加我们的儿童事工，欢迎您来八打灵中文堂！我们到时见！上帝赐福！■



双溪大年 基督复临中心

假期圣经学校

颜启美

《高EQ小孩》

每 年年中的学校假期，在大马北部是一个举办儿童假期圣经学校的好时机。今年在双溪大年基督复临中心也不例外。在主的带领下，我们在2017年5月27-30日，顺利的完成并举办了一场别开生面的《高EQ小孩》结业礼。我们发觉《高EQ小孩》的主题非常吸引现代家长们的注意(*感谢吉隆坡教会所给予的创意概念)，他们都纷纷在最短的时间报名了。参与此活动的儿童共有50位，年龄藉于5至12岁，90% 都不是本会的孩子。

《高EQ小孩》4天的内容教材包括：

懂得感恩

我们希望通过性教育课程教导孩子明白《我到底是从哪里来》的知识，让他们从小就清楚的了解人类其实不是由进化而来的。当天回家后，孩子们也可以借此机会向他们的父母们献上感谢。每位孩子都有机会在这个环节中录制要感谢他们父母的一段话，好让来参加结业礼的父母们，在当天有一个意外的惊喜。

属灵课程

我们教导孩子们除了要感谢父母之外，也要特别的感谢上帝用七天创造世界。孩子们在这个环节也认识了很多科学和其他以外的知识。

懂得分享

我们希望通过认识人脑的多种记忆功能和神所创造的奇妙之脑，让每位孩子知道，天下其实没有笨小孩，只要好好把握，认识及使用神所给我们的脑，我们是成为最出色的人。我们还可以把所学到的不自私行为，好分享的品格，让我们周围一切的人和事物，都会因我们变的更美好。腓立比书4:13“我靠着那加给我力量的，凡事都能作”。

属灵的课程

多加她广行善事，多施周济（使9:36）做了许多好事，她也给寡妇做了不少漂亮的衣服，而且她也告诉很多人关于真神耶稣的故事。有一天，多加因病重，后来死了，她的朋友们很伤心，派人去了很远的地方把彼得找来。彼得奉主的名让多加复活了。也因这事，好多人都归信了主。这告诉我们，如果帮助别人，就会有很多人爱你，包括上帝也爱你，如此，别人也可以通过你来认识上帝。

懂得关心

我们教导孩子要多关心周遭的人或事，让他们知道“不要小看自己年轻”，其实我们可以用一个小小的行动，比如：微笑和问候来关心我们身边的人。淑芳姐用她个人的见证说明，在她





很小的时候，她的同学每天都愿意和她一同分享便当。为了要报答那位同学的好意，淑芳姐免费帮那位同学补习。补习后若有多余的时间，淑芳姐的同学就会和她分享圣经故事。感谢上帝，也就因这一个小小的举动-《和同学分享便当》，最终，淑芳姐也认识了福音，接受耶稣成为她个人的救主。

孩子们的亲身体验

从采购食材到制作食品，都是孩子们自己一手包办。把完成了的食品带回家与家人分享，全程让孩子们有机会学习，如何使在自己有限能力的范围内去关心别人，以真诚待人。

懂得珍惜

你会好奇及羡慕一个5岁的孩子会背圆周率吗？你会因一个没有双手的人，却能用脚画出一副美丽又出色的图画并成为一位画家而惊讶吗？我们通过不同的影片，让孩子们知道，其实每个人都有不同的才干和潜质，不要轻看和浪费任何一个上帝所赐给我们的才干，更不要因自己的缺陷而放弃了自己，只要好好的发掘并加以利用我们自己的才干，这将有可能成为你我最强的优势。

属灵的教导

我们以圣经故事-才干的比喻，教导孩子们要尽力去“投资”，去发挥，忠心的使用上帝所给予我们的才干。不要成为一位惧怕或不敢花时间“投资”，变得又懒又恶，不去发挥而把才干埋藏起来的人。只要好好的利用上帝所给我们才干，必会有意想不到的收获。

结业礼当天，约有百人参与此活动，家长们看到孩子的感言，歌曲呈现，手工制作都倍感欢心。之后，我们将以前锋会的性质活动来作为我们的后续工作。

在此，我们要特别鸣谢所有台前台后的工作人员，没有你们，我们不可能完成此次的事工。我们也要特别的将此荣耀都归给我们在天上的父。愿上帝继续的带领双溪大年复临中心的事工。■



NEWS UPDATES



Sungai Way Parents' Day

Sungai Way SDA Indian church celebrated Parent's Day in the church along with the old folks from KGJ Nursing Home, Petaling Jaya. About 25 elderly people were brought to our church on the 17th of June 2017.

The church members were filled with mixed emotions while assisting them in settling down comfortably on the church pews. The Sabbath School program and the divine worship sermon was based on the theme: Parents.

We had a wonderful fellowship mingling with elderly people. Each of them had a past story to share with us, which melted our hearts. Our young people were motivated to care for their parents and loved ones with more compassion and patience. We thank the Lord for sharing our happiness by donating groceries and valuable gifts to the Nursing Home.



Sungai Way Vacation Bible School

Vacation Bible School was conducted from 25-27 June 2017 in Sungai Way SDA Church. About 22 children attended the VBS with ten teachers instructing and assisting in the program. The theme of the VBS was on the story of Moses and the ten plagues.

They also learnt about healthy eating and experienced healthy drinking. Parents and church members supported and contributed to the VBS program by cooking and serving banana leaf meals as a bonus and in support towards the Children Ministries team of the church. ■





▲ 中间为范幼兰姐妹

一个洗肾人的见证

八打灵中文堂

虽然病魔缠着身体20多年，她仍然坚持每安息日，风雨不改地上教会。

今年病情开始恶化，她也不放弃任相信圣经的教诲：

希伯来书 10:25 “你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉，既知道（原文作看见）那日子临近，就更当如此。”

谢谢您，范幼兰姐妹。您的精神感动了我们，身为后辈的我们更应该把这精神坚持到底。

Our beloved late sister Fan You Lan (middle), who continued attending church service even though fighting with sickness for the past 20 years as she believes in God's word.

“Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching.” (Hebrews 10:25)

亲爱的弟兄姐妹，别为自己找借口/理由。
已故范幼兰姐妹虽拖着疼痛的身躯，她却毫无怨言要与主相近。
健康的我们更得做到！

Youth Chamber Music Camp

Puchong Chinese Church

Puchong Chinese SDA Church recently organized the Youth Chamber Music Camp 2017 from 5 to 10 June 2017. We had 11 musicians from SDA churches and 3 new friends from the non-Adventist community. The campers age ranged from 9 years old to 18 years old, brought their musical instruments (violins and cellos) and stayed overnight on the Puchong Chinese Church grounds throughout the camp.



The campers' daily program started at 6.30 a.m. with devotion in a nearby field and making melody (practice time) with nature as the morning sun rose. The campers then headed back to church for breakfast at 8 a.m. and got ready for a 30-minute session of hymn unit study. This session was led by Sister Rosalind Chan where campers learned the stories behind our best-loved hymns, including their composers and authors.

Our tutor, Mr. Tony Tsao from Taiwan, is not only an experienced orchestra conductor but a concert producer as well. He spent 2 hours daily providing the music workshops during our camp.

We were also blessed with Brother Yew Chen Zhen and Brother Yew Chen Wei who came to facilitate the practice sessions (5 hours daily) to ensure that the musicians kept to the schedule of 5 hours of practice daily. At 5 p.m., the musicians would get their dose of sunshine in the opposite field to have their physical exercise and retire by 9.30 p.m.

We had close to 100 people in attendance for the Youth Chamber Music performance night. The first song performed was Spring, by Vivaldi - a trio led by Lavende, Abel Mulder and Abigail. The group then performed the following pieces: William Over-

ture, Canon in D, Amazing Grace, Jesus Loves Me This I Know, It is Well with My Soul, So Send I You and the theme song "Take my Life and Let it Be".

Some of the feedback by the parents who attended the Musical Camp performance are as follows:

"We all loved the performance night! It really went well. I was touched by "Jesus Loves Me This I Know".

"I am impressed by how much was achieved in just 5-6 days. Great to see that all children were involved and played their parts." - Anne Mulder, Kota Bharu.

"My son learnt a lot and enjoyed the camp very much. He would like to join the music camp again in future." - Alice, SDA USJ church.

Special thanks to the following sponsors for their generous contribution in making this Youth Chamber Music Camp 2017 a success: Brother Chin Hoi Sem, Sister Cheung Mooi, Brother Lim Kok Meng, Sister Lim Xiu Li, and Sister Lim Li Wen.

Also special thanks to Petaling Jaya Chinese Church who helped to provide dinner to our guests and the use of the church facilities. ■

24 JUNE 2017

Utama Beacon Baptism

By PRISCILLA J JIHEN

It was a warm afternoon of 24 June 2017, when the sole but precious baptismal candidate, Jamie from Utama Beacon was baptized into the Seventh-day Adventist Church.

The baptism was conducted at PJ Chinese Church by Pastor Tan Meng Cheng. That day happened to be a Sabbath, making it a doubly auspicious day and the day when all the angels and heavenly hosts rejoiced that one more lost soul joined the Kingdom of God.

Jamie started attending Utama Beacon in December 2016, and had since joined the baptismal classes, care group and discipleship classes. Being very receptive, he grew fast as he offered himself to serve as part of the Levite ministry in Utama Beacon. Even before he officially became a SDA



member, Jamie was sharing the Biblical fundamental truths to his family and to the elders of his family's church, telling them about the Sabbath and even brought his parents to Utama Beacon to worship and subsequently to care group.

May our Lord bless our new baby richly. ■



HUMAN RESOURCES

1. **PASTORAL ASSIGNMENTS** - Contract Basis

- USJ Church - Pastor George John (*effective 1 June 2017*)

2. **OPENING FOR ACCOUNT EXECUTIVE** - Contract Basis

Requirements are as follows:

- Able to handle full set of accounts, financial reports, accounts payable and receivables
- Proficiency in MS Office and knowledge of Sunplus is an added advantage
- Keen eye for details and is open to change

3. **OPENING FOR ABC MANAGER** - Contract Basis

Requirements are as follows:

- Manage the handling of a book shop (personnel, managing of inventory, accounts)
- Promote the available books and source for new supplies

Interested candidates for any of the above openings, please email <hr@adventist.org.my> for more details.

Guidelines for VISION Article Submission

VISION

where pen and paper meet

TO GLORIFY HIM

You are welcome to write for the edification of our members.

Share with us your experience with Christ.
What's the latest with your local church?

1. We welcome scripts from all local church members or sister-institutions of Seventh-day Adventists in areas of:
 - *Evangelistic meetings / activities* (word limit: 400 to 800 words)
 - *Inspirational / testimonies* (word limit: 800 to 1,600 words)
2. Please indicate your real name and the church or organisation you belong to when submitting your script. A pseudonym can be used in the article for publication purposes.
3. All references to the Scripture should be taken from the New King James Version (NKJV) Bible.
4. Please use full and appropriate punctuation for all scripts to assist the editing process.
5. Please provide photos / illustrations that are relevant to the script. It **MUST** be at least 300DPI or 1MB (1,024KB) in size for better printing results and quality. Please do **NOT** attach photos in the word document file.
6. Deadlines for script submission:
 - 30th December (for March Issue)
 - 30th June (for September Issue)
 - 30th March (for June Issue)
 - 30th September (for December Issue)
7. We reserve the right to edit / delete / reject all scripts to ensure that it is for the purpose of edifying our members.
8. In our best effort to balance the contributions published, not all articles submitted will be published, some will be published on the news column of the PEM Mission website.
9. Please email your script and photographs to vision@adventist.org.my

UPCOMING EVENTS

October

1	PEM Education Career Formation Workshop	<i>Education</i>	Central
5	PEM Strategic Plan Monitoring Committee	<i>Administration</i>	
6	PEM Health Ministries Follow-up	<i>Health</i>	Southern
8	PEM Executive Committee Meeting	<i>Administration</i>	
20-22	PEM Family Ministries Certification Module 7-10	<i>Family</i>	Central
22 Oct-8 Nov	PEM Student Literature Evangelism Campaign	<i>Publishing</i>	

November

2	Strategic Plan Monitoring Committee	<i>Administration</i>	
4-11	Global Week Of Prayer	<i>Ministerial</i>	
10	PEM Shepherdess Meeting	<i>Shepherdess International</i>	Southern
11	Global Annual Sacrifice Offering		
23-26	SAUM Shepherdess Retreat	<i>Shepherdess International</i>	Northern
26	PEM Executive Committee Meeting	<i>Administration</i>	
26-29	PEM Pathfinder Camporee	<i>Youth</i>	
30 Nov-9 Dec	PEM Southern Region Combined Evangelism		

December

1	PEM Health Ministries Follow Up	<i>Health</i>	Northern
8	PEM Strategic Plan Monitoring Committee	<i>Administration</i>	
10-13	PEM Malaysia Singapore Youth Congress	<i>Administration</i>	Northern
17 Dec-4 Jan	PEM Student Literature Evangelism Campaign	<i>Publishing</i>	

Want to be a *Missionary Volunteer?*



Pontian Adventist Kindergarten is looking for teachers who are willing to serve for at least a year as an assistant teacher. The school will provide lodging, lunch (during school days) and a monthly allowance of RM1000.

Who can apply?

- ✓ *Church member*
- ✓ *Completed SPM*
- ✓ *Malaysian*
- ✓ *Well-versed in Bahasa Malaysia, English or Chinese*

Interested applicants, please contact:

- ✓ Pr Maclan Matthew, PFM Education Superintendent (016 995 1625)
- ✓ Joycelyn Tan Fong Mee, Principal (012 751 4794)
- ✓ Pr Yip Siew Mun, Church Pastor (016297 8317)



MESSAGE FROM THE PRESIDENT:

Pastor Leong Fai,
President, Peninsular Malaysia Mission

அவர்களின் நம்பிகையை ஜெயித்தார்

கிறிஸ்துவின் முறையே மக்களை அநுக மிக சிறந்த முறையாகும். இரட்சகர் மக்களோடு பழகி அவர்களுக்கு நன்மையளித்தார். அவர்கள் மேல் பாசமாய் இருந்து, அவர்களின் தேவையை சந்தித்தார். அவர்களின் நம்பிகையை ஜெயித்தார். பின்பு அவரை பின்பற்றி வா என்றுரைத்தார், (MH -Ministry of Healing பக்கம் 143).

பொதுவாக, சிறு பிள்ளைகள் தெரியாதவர்களைப் பின் பற்றி, அவர்களின் கைகளில் குதித்து விளையாட மாட்டார்கள். ஆனால், அவர்களின் சொந்த தகப்பனைப் பார்த்தவுடன் தாவி குதிப்பார்கள். ஏனென்றால், அக் குழந்தையின் தந்தை பாசமானவர் என்றும், தன்னை கவனிப்பவர் என்றும், தன் தந்தை அவளை காயப்படுத்த மாட்டார் என்றும் அறிந்திருக்கிறார். அதே போல, ஒரு பெண் தன்னை நம்பும் ஆண் மகனிடம் மட்டுமே தன் வாழ்க்கையை அர்ப்பணிப்பாள்.

இயேசு கிறிஸ்துவை தன் சொந்த இரட்சகராக ஏற்றுக் கொண்ட ஒருவர், தன் வாழ்க்கையை இயேசுவின் கரத்தில் ஒப்படைத்து, "ஒருவன் என்னைப் பின்பற்றி வர விரும்பினால், அவன் தன்னைத்தான் வெறுத்து, தன் சிலுவையை எடுத்துக்கொண்டு என்னைப் பின்பற்றக்கடவன். (மத்தேயு 16:24) அப்போஸ்தலனாகிய பவுல் தெளிவாக இவ்வாறு கூறினார்," கிறிஸ்துவுடனேகூடச் சிலுவையிலறையப்பட்டேன்; ஆயினும், பிழைத்திருக்கிறேன்; இனி நான் அல்ல, கிறிஸ்துவே எனக்குள் பிழைத்திருக்கிறார்; நான் இப்பொழுது மாம்சத்தில் பிழைத்திருக்கிறதோ, என்னில் அன்புகூர்ந்து எனக்காகத் தம்மைத்தாமே ஒப்புக்கொடுத்த தேவனுடைய குமாரனைப்பற்றும் விசுவாசத்தினாலே பிழைத்திருக்கிறேன். (கலாத்தியர் 2:20)

சமூகங்களில் கஷ்டப்படுகிற மக்கள் மேல் அநுதாபத்தைக் காண்பித்து, தேவைகளுக்கு ஏற்றவாறு சுயநல நோக்கமில்லாமல் உதவி, அவர்களின் நம்பிக்கையை ஜெயித்தார். தன்னலமற்ற அன்பைப்பற்றி மக்கள் தெரிந்துக் கொள்வார்கள். இந்த உண்மையான அன்பு இயேசு கிறிஸ்துவிடமிருந்து மட்டுமே வரும். இந்த வித அன்பு நெருக்கி ஏவுகிற தன்மைக் கொண்டது. அப்போஸ்தலர் பவுல் எழுதினதாவது, "கிறிஸ்துவினுடைய அன்பு எங்களை நெருக்கி ஏவுகிறது." (2 கொரிந்தியர் 5:14)

இவ்வுலகில் அவர் ஊழியம் செய்யும் போது, அவர் பட்டணங்கள்தோறும் கிராமங்கள் தோறும் பிரயாணம்பண்ணி, தேவனுடைய ராஜ்யத்திற்குரிய நற்செய்தியைக் கூறிப் பிரசங்கித்து வந்தார். (லூக்கா 8:1)

அவர் எங்கே சென்றாலும் நற்செய்தி பிரசங்கிப்பது மட்டுமல்லாமல், கற்று கொடுப்பதும், குணப்படுத்துவதும், ஆறுதல்படுத்துவதும், தீய ஆவியை வெளியேற்றுவதுமாய் இருந்தார். அவருடைய சீஷர்களுக்கு நற்செய்தியை பிரசங்கிக்கும் முறைமையை கற்றுக் கொடுத்தார். இந்த வழிமுறைகள் இன்று வரை செயல்முறைக்கு நிரூபணமாகிறது.

சமூக சேவையின் மூலம் தன்னலமற்ற அன்பை செயலாக்கி, மக்களின் நம்பிக்கையை ஜெயித்து, அவர்களுடன் பழகி, அவர்களின் மனதில் நற்செய்தியின் விதையை தூவி, நிலத்தை தயார் செய்ய வேண்டும். ■

MESSAGE FROM THE PRESIDENT:

Pastor Leong Fai,
President, Peninsular Malaysia Mission



博得 他们的信任

“只有基督的方法，才能真正成功地感动人。救主与人相处，为他们谋利益。祂对人表同情，服侍他们的需要，博得他们的信任，然后吩咐他们“来跟从我。”（服务真全原文第143面）

一般上，小孩子都不会跟随陌生人或从高处跳到大人的双手中。但是对着他们的父亲，他们就会毫不犹豫的去做，因为他们知道他们的父亲爱他们和照顾他们，他们的父亲不会无端端的让他们受苦。同样的，一位女生会将自己的一生交给一位男生，是因为她信任他。

接受耶稣基督为个人的救主就是将自己的一生交给祂的手中，因为耶稣曾说过，“若有人要跟从我，就当舍己，背起他的十字架来跟从我。”（太16：24）使徒保罗以更明显说法向我们表明，“我已经与基督同钉十字架，现在活着的不再是我，乃是基督在我里面活着；并且我如今在肉身

活着，是因信上帝的儿子而活；祂是爱我，为我舍己。”（加2：20）

惟有藉着我们对社群所面对的困境表同情，并以无私的动机去帮助他们的需要时，我们才能赢得他们的信任。人们知道什么是无私的爱。这种真爱惟有来自耶稣基督。这种爱有激励人心的功效，因此保罗说：“原来基督的爱激励我们。

（林后5：14）

当祂在地上传福音的时候，耶稣周游各城各乡。祂每到一个地方，除了传讲福音之外，祂还教导、医治、安慰人和赶鬼。祂也吩咐祂的门徒照样去行。这吩咐直到今天仍然有效。

让我们一齐以无条件的爱来进行社区服务的工作，使我们可以赢得社群的信任，预备他们的心，好像预备土壤来接受福音的种子。■

MESSAGE FROM THE PRESIDENT:

Pastor Leong Fai,
President, Peninsular Malaysia Mission



Memenangi Kepercayaan Mereka

Kaedah Kristus sahaja yang akan berjaya dalam menjangkau manusia. Juruselamat bergaul dengan manusia sebagai seorang yang mahukan kebaikan untuk mereka. Dia bersimpati dengan mereka, melayani keperluan mereka dan memenangi kepercayaan mereka. Kemudian Dia memanggil mereka, “Ikutlah saya.” (Ministry of Healing, muka surat 143)

Biasanya, kanak-kanak kecil tidak akan mengikut orang asing atau melompat dari tempat tinggi ke dakapan orang yang tidak dikenali. Tetapi, mudah bagi mereka mempercayai bapa sendiri kerana mereka mengetahui bahawa bapa mereka menyayangi dan menjaga mereka, dia tidak akan mengizinkan mereka menderita. Begitu juga wanita akan mengamanahkan nyawanya kepada jejak yang dipercayai.

Menerima Yesus Kristus sebagai Juruselamat peribadi adalah menyerahkan jiwa seseorang ke dalam tangan-Nya sebagaimana Dia berkata, “Jika seseorang hendak mengikut Aku, dia mesti melupakan kepentingan sendiri, memikul salib dan mengikut Aku,” (Matius 16:24). Paulus menerangkan dengan lebih mendalam, “Hidup yang aku hayati sekarang ini adalah hidup dengan iman kepada Anak Tuhan-Allah, yang mengasihi Aku dan telah men-

gorbankan diri-Nya untuk Aku.” (Galatia 2:20)

Kita memenangi kepercayaan masyarakat hanya apabila kita bersimpati dengan apa yang mereka lalui dan melayani mereka tanpa niat tersembunyi. Dari ini mereka akan mengetahui erti kasih tanpa syarat. Kasih sejati ini hanya berasal dari Yesus Kristus. Kasih inilah yang dimaksudkan oleh Paulus apabila dia menulis: “Kami dikuasai oleh kasih Kristus,” 2 Korintius 5:14.

Pada waktu Yesus di bumi, Dia mengembara dari satu bandar ke kampung yang lain mengkhabarkan berita baik kerajaan Tuhan, (rujuk Lukas 8:1). Ke mana sahaja Dia pergi, Dia bukan sahaja mengkhabarkan berita baik, Dia mengajar, menyembuh, menenangkan dan melepaskan roh jahat. Dia mengarahkan pengikut-Nya untuk mengikut cara-Nya apabila mengabarkan berita baik. Arahan ini adalah untuk kita hari ini juga.

Marilah kita mengamalkan kasih tanpa syarat dalam program khidmat masyarakat supaya kita boleh memenangi kepercayaan orang yang telah kita kecap, sediakan mereka bagaikan menyediakan tanah untuk benih injil agar ia disemai dalam hati mereka. ■



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