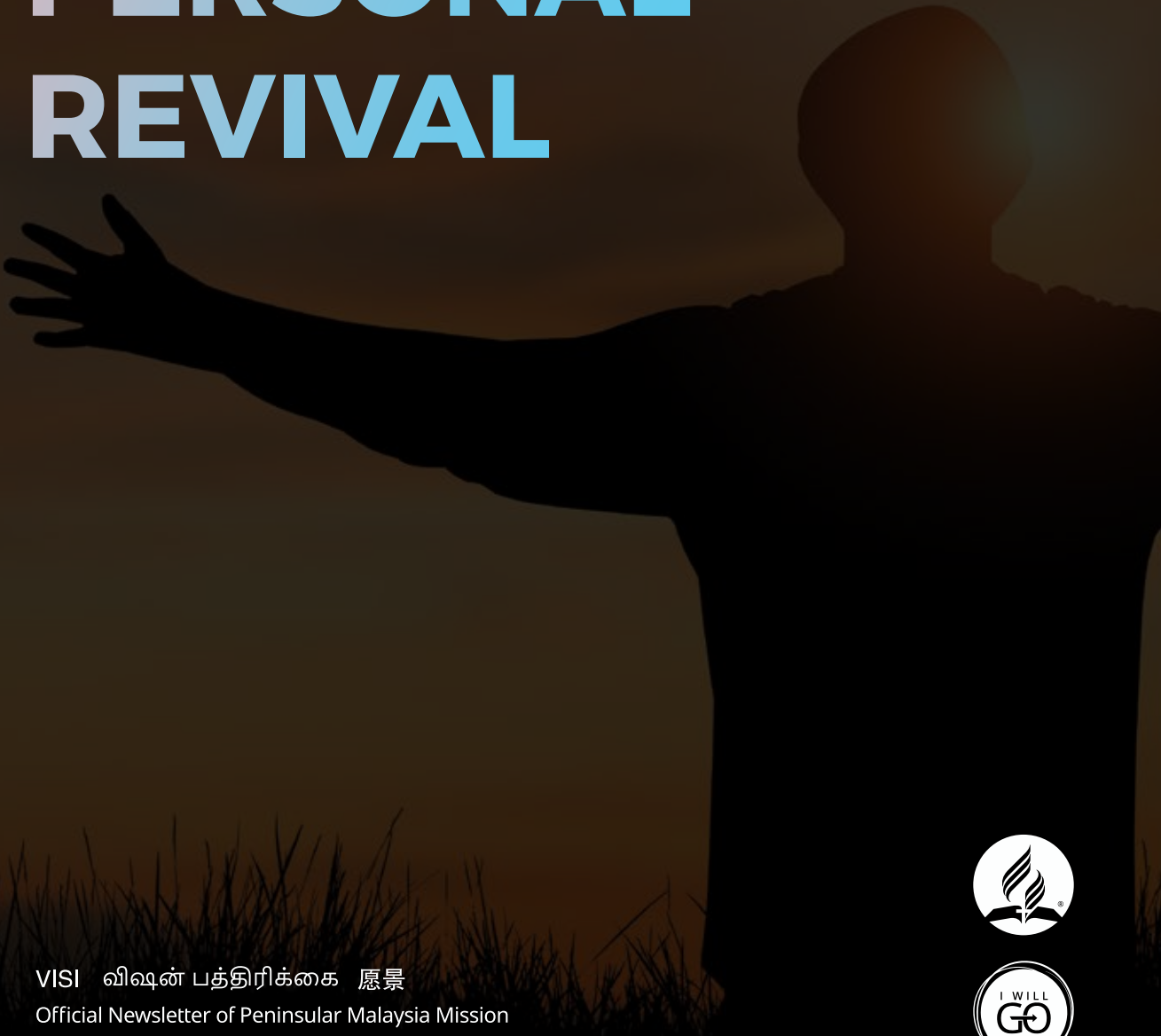


THE HOLY SPIRIT AND PERSONAL REVIVAL

vision
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VISI விஷன் பத்திரிகை 愿景
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Vision Statement

To prepare our members for Jesus' soon return & with united spirit and prayer, evangelize 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 programs of the Church.

Values

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

I WILL GO

Mission Objectives (4)
Spiritual Growth Objectives (3)
Leadership Objectives (3)
Holy Spirit Objectives

The number in the bracket is the number of KPI in each objective.

Peninsular Malaysia Mission of Seventh-day Adventists

Operated by:
Seventh-Day Adventist Corporation (M) Bhd (248857-D)

22-1 Jalan 2/114 Kuchai Business Centre,
Jalan Kuchai Lama, 58200 Kuala Lumpur.

Tel: 03 7984 7795 Fax: 03 7984 4600
Email: info@adventist.org.my
Web: www.adventist.org.my

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

PEM DIRECTORY

ADMINISTRATION:

| | | |
|---------------------|----------------|--|
| President | Tan Meng Cheng | president@adventist.org.my |
| Executive Secretary | Dennis Ng | e.secretary@adventist.org.my |
| Treasurer | Chee Meng Keen | treasurer@adventist.org.my |

DEPARTMENTS / SERVICES:

| | | |
|--|-------------------------|--|
| Adventist Community Services (ACS) | New Kean Seng | acs@adventist.org.my |
| Adventist Mission | Petrik Andrews | adventistmission@adventist.org.my |
| Adventist-Laymen's Services & Industries (ASI) | Immanuel Tan | asi@adventist.org.my |
| Children's Ministries | Tan Thiam Yun | childrensministries@adventist.org.my |
| Communication | Donny Tan | communication@adventist.org.my |
| Education | Maclan Matthew | education@adventist.org.my |
| Family Ministries | Petrik Andrews | family@adventist.org.my |
| Health Ministries | Pua Sze Ning | health@adventist.org.my |
| Ministerial Association | Renie Ubara | ministerial@adventist.org.my |
| Public Affairs and Religious Liberty (PARL) | Tan Meng Cheng | parl@adventist.org.my |
| Publishing Ministries | Jasnah Makirim | publishing@adventist.org.my |
| Sabbath School | Foo Shen Khoon | sabbathschool@adventist.org.my |
| Personal Ministries | Robert Agustin | personalministries@adventist.org.my |
| Ministerial Spouses | Juli Jusep & Lorna Tang | ministerialspouses@adventist.org.my |
| Spirit of Prophecy | Benjamin Ng | sop@adventist.org.my |
| Stewardship Ministries | Stanley Somayya | stewardship@adventist.org.my |
| Voice Of Prophecy | Dennis Ng | vop@adventist.org.my |
| Women's Ministries | Tan Thiam Yun | womensministries@adventist.org.my |
| Youth Ministries | Tan Weoi Siong | youth@adventist.org.my |

EXECUTIVE COMMITTEE MEMBERS:

| | | |
|------------------------|--|--|
| Chairperson | Tan Meng Cheng | |
| Secretary | Dennis Ng | |
| Member | Chee Meng Keen | |
| Departmental Directors | Jasnah Makirim, Tan Weoi Siong | |
| Pastors | Robert Agustin, Tain Yung Yee, Maclan Matthew, Edwin Subramaniam | |
| Institution Leader | Koh Wah Heng | |
| Lay Representatives | Daniel Victor Tah Kheng Soon Miller Juman John Mariappan Ng Teik Kee Lim Mei Huey Teo Talent | danielv.danny@gmail.com tahkhengsoon@pah.com.my mpjuman@live.com johnzpeter@gmail.com dickyng@pah.com.my meihueylim@yahoo.com nigel@talentoffice.sg |

Personal Revival – Our Urgent Need

by Tan Meng Cheng,
President, Peninsular Malaysia Mission

“A revival...must take place, under the ministration of the Holy Spirit.”¹ Revival is needed because many followers of Christ are spiritually dead! They need “a renewal of spiritual life, a quickening of the powers of mind and heart.” We can expect nothing from a church that does not experience revival. In other words, personal revival is what the church needs. Everyone should seek this and consider this his or her first work. God is ready to bestow His blessing upon us, but what hinders Him is our unpreparedness to receive it. Personal revival can be seen through confession, humiliation, repentance, and earnest prayer as we approach God, realizing our sinfulness, unworthiness, powerlessness, hopelessness, and dependence on God’s power for change.

Psalms 85:6, “Will You not revive us again, so that Your people may rejoice in You?” (NASB). God wants to revive us and we must be willing!

I would like to share with you something we need to do today to experience personal revival:

1) Read the Scriptures, Study the Word

God’s Word should guide us (Ps. 119:105). It is to be a lamp to us and a light for our path. It also gives us spiritual understanding (Ps. 119:130). It will bring us to a higher quality of spiritual life. Jesus said that His Words are “spirit and life” (John 6:63).

2) Seek God in Prayer, Pray for Revival

We are counseled to pray continually (1 Thess. 5:17). It will connect us to God and draw strength from Him to face our challenges, trials, and difficulties. It will also give us the

power to witness for God. That was what happened to the 120 disciples who sought God in Acts chapter 1 and brought a great revival to the world in the first century after Jesus’ ascension. Before Jesus’ Second Coming, the same will happen, but with greater power to prepare the whole world.

3) Repent from Sin, Transform by the Spirit

Acts 3:19 says, “Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord”. Genuine repentance will save us, and God promises to bestow upon us the life-giving power of the Holy Spirit. When we are filled with the Holy Spirit, God will work miracles in our lives: “The peace that dwells in the soul is seen on the countenance. The words and actions express the love of the Savior. There is no striving for the highest place. The self is renounced. The name of Jesus is written on all that is said and done.”² Then, there will be power in the witnessing of God’s people.

Humble ourselves by seeking God through His Word and through prayer. Turn away from the wicked way and walk along the path of truth. Be baptized by the Holy Spirit and follow His guidance. I would also recommend you to read this book, “Steps to Personal Revival” to learn more.

Let this be our daily prayer: “LORD, send a revival, and let it begin with ME now.”

¹ *The Review and Herald*, February 25, 1902. (LDE, 189.3)

² *The Review and Herald*, June 10, 1902. (MLT, 58)

Kebangkitan Rohani - Keperluan Terpenting Kita

oleh Tan Meng Cheng,
Presiden, Peninsular Malaysia Mission

“Kebangkitan rohani...mesti berlaku di bawah pelayanan Roh Kudus.”¹ Kebangkitan rohani diperlukan kerana ramai pengikut Yesus Kristus telah mati secara rohani. Mereka memerlukan “pembaharuan kehidupan rohani, penghidupan kuasa minda dan hati.”

Kita tidak boleh mengharapkan apa-apa daripada gereja yang tidak mengalami kebangkitan rohani. Dalam erti kata lain, setiap gereja perlu mengalami pengalaman yang sedemikian. Setiap pengikut Yesus Kristus harus mencari dan menganggap kebangkitan rohani sebagai kerja pertamanya. Tuhan sememangnya bersedia untuk melimpahkan berkat-Nya kepada kita semua, tetapi dihalang oleh ketidaksediaan kita sendiri untuk menerimanya.

Kebangkitan rohani boleh dilihat melalui pengakuan dosa, penghinaan diri, pertaubatan, dan doa yang bersungguh-sungguh semasa kita mendekati Tuhan. Bukan itu sahaja, ia akan memberi kesedaran tentang ketidaklayakan dan kelemahan kita, termasuklah betapa berdosa kita dan pentingnya untuk bergantung kepada kuasa Tuhan untuk berubah.

Mazmur 85:6, “Tidakkah Engkau mahu memulihkan kami, supaya umat-Mu dapat bergembira kerana-Mu?”. Tuhan mahu memulihkan atau membangkitkan kerohanian kita dan kita haruslah menerima dengan penuh kerelaan.

Saya ingin berkongsi kepada anda tiga perkara yang kita harus lakukan hari ini untuk mengalami kebangkitan rohani.

1) Baca Alkitab, Pelajari Firman

Firman Tuhan haruslah membimbing kita (Mazmur 119:105). Ia merupakan lampu dan cahaya yang menerangi jalan. Firman Tuhan juga memberi pengertian kerohanian (Mazmur 119:130). Ia akan membawa kita kepada kehidupan rohani yang lebih tinggi. Yesus berkata FirmanNya datang daripada Roh Kudus dan memberikan kehidupan (Yohanes 6:63).

2) Cari Tuhan melalui doa, Doa untuk kebangkitan rohani

Kita dinasihatkan untuk berdoa tanpa henti (1 Tesalonika 5:17).

Doa menghubungkan kita dengan Tuhan dan memperoleh kekuatan daripadaNya untuk menghadapi segala cabaran, ujian dan kesukaran. Berdoa sepanjang masa juga memberikan kuasa kepada kita untuk bersaksi untuk Tuhan. Itulah yang berlaku kepada 120 murid yang mencari Tuhan melalui doa (Kisah 1) dan ini menyebabkan kebangkitan besar kepada dunia pada abad pertama selepas kenaikan Yesus ke syurga. Sebelum kedatangan Yesus yang kedua, fenomena yang sama akan berlaku, tetapi dengan kuasa yang jauh lebih besar bagi menyediakan seluruh dunia.

3) Bertaubat dari dosa, Berubah melalui Roh Kudus

Kisah 3:19 berkata, “Oleh itu, bertaubatlah dan berpalinglah kepada Allah, supaya dosa-dosamu dihapuskan, dan supaya masa yang memberikan kesegaran datang kelak daripada Tuhan.” Pertaubatan yang tulus akan menyelamatkan kita dan Tuhan berjanji untuk menganugerahkan kuasa Roh Kudus kepada kita. Apabila diri dipenuhi dengan Roh Kudus, Tuhan akan melakukan mukjizat dalam hidup kita: “Kedamaian yang bersemayam dalam jiwa jelas kelihatan pada wajah. Perkataan dan tindakan kita menyatakan kasih Juruselamat. Tiada usaha untuk mendapatkan tempat ataupun posisi yang tertinggi. Diri ditinggalkan. Nama Yesus Kristus ditulis di atas semua perbuatan dan percakapan masa lalu.”² Justeru, kuasa luar biasa jelas kelihatan dalam kesaksian umat-umat Tuhan.

Kita harus merendahkan hati dengan mencari Tuhan melalui FirmanNya dan doa. Berpalinglah dari jalan yang jahat dan berjalanlah di jalan kebenaran. Baptiskanlah diri dengan Roh Kudus dan ikuti bimbinganNya. Saya juga ingin mengesyorkan anda untuk membaca buku “Steps to Personal Revival” untuk mempelajari kebangkitan rohani dengan lebih mendalam.

Biarlah ini menjadi doa harian kita: “Tuhan, kirimkanlah kebangunan rohani, dan biarkan ia bermula dengan saya sekarang.”

¹ *The Review and Herald*, February 25, 1902. (LDE, 189.3)

² *The Review and Herald*, June 10, 1902. (MLT, 58)

தனிப்பட்ட எழுப்புதல் - நமது அவசரத் தேவை

"ஒரு எழுப்புதல்... பரிசுத்த ஆவியின் ஊழியத்தின் கீழ் நடக்க வேண்டும்."¹ கிறிஸ்துவைப் பின்பற்றுபவர்கள் பலர் ஆன்மீக ரீதியில் மரணம் என்பதால் எழுப்புதல் தேவை! அவர்களுக்கு "ஆன்மீக வாழ்க்கையின் புதுப்பித்தல், மனம் மற்றும் இதயத்தின் ஆற்றல்களை விரைவுபடுத்துதல்" தேவை. எழுப்புதலை அனுபவிக்காத ஒரு சபையிலிருந்து நாம் எதையும் எதிர்பார்க்க முடியாது. வேறு வார்த்தைகளில் கூறுவதானால், தனிப்பட்ட எழுப்புதல் தேவாலயத்திற்குத் தேவை. ஒவ்வொருவரும் இதைத் தேடி, இதைத் தன் முதல் படைப்பாகக் கருத வேண்டும். கடவுள் தனது ஆசீர்வாதத்தை நமக்கு வழங்க தயாராக இருக்கிறார், ஆனால் அதைப் பெறுவதற்கு நாம் தயாராக இல்லாதது அவருக்குத் தடையாக இருக்கிறது. ஒப்புதல் வாக்குமூலம், அவமானம், மனந்திரும்புதல் மற்றும் ஊக்கமான பிரார்த்தனை மூலம், நம்முடைய பாவம், தகுதியற்ற தன்மை, சக்தியற்ற தன்மை, நம்பிக்கையின்மை மற்றும் மாற்றத்திற்கான கடவுளின் சக்தியை சார்ந்து இருப்பதை உணர்ந்து கடவுளை அணுகும்போது தனிப்பட்ட எழுப்புதலைக் காணலாம்.

சங்கீதம் 85:6 உமது ஜனங்கள் உம்மில் மகிழ்ந்திருக்கும்படி நீர் எங்களைத் திரும்ப உயிர்ப்பிக்கமாட்டீரோ? தேவன் விரும்புகிறார் மற்றும் நாம் தயாராக இருக்க வேண்டும்!

தனிப்பட்ட எழுப்புதலை அனுபவிக்க இன்று நாம் செய்ய வேண்டிய ஒன்றை உங்களுடன் பகிர்ந்து கொள்ள விரும்புகிறேன்:

1. வேதத்தைப் படியுங்கள், தேவ வார்த்தையைப் படியுங்கள்
தேவனுடைய வார்த்தை நம்மை வழிநடத்த வேண்டும் (சங். 119:105). அது நமக்கு விளக்காகவும், நம் பாதைக்கு வெளிச்சமாகவும் இருக்க வேண்டும். அது நமக்கு ஆன்மீகப் புரிதலையும் தருகிறது (சங். 119:130). அது நம்மை உயர்ந்த ஆன்மீக வாழ்க்கைக்கு கொண்டு வரும். அவருடைய வார்த்தைகள் "ஆவியும் ஜீவனும்" (யோவான் 6:63) நிறைத்தவைகள் என்று இயேசு கூறினார்.

எதிர்கொள்ள அவரிடமிருந்து பலத்தைப் பெறும். தேவனுக்குச் சாட்சியாய் இருக்க வல்லமையை அது நமக்குத் தரும். அப்போஸ்தலர் 1 ஆம் அதிகாரத்தில் தேவனைத் தேடும் 120 சீடர்களுக்கு அதுவே நடந்தது மற்றும் இயேசுவின் விண்ணேற்றத்திற்குப் பிறகு முதல் நூற்றாண்டில் உலகிற்கு பெரும் மறுமலர்ச்சியைக் கொண்டு வந்தது. இயேசுவின் இரண்டாம் வருகைக்கு முன், அதுவே நடக்கும், ஆனால் உலகை தயார்படுத்தும் அதிக வல்லமையுடன்.

3. பாவத்திலிருந்து மனந்திரும்புங்கள், ஆவியினால் மறுபுனமாகுங்கள்

அப்போஸ்தலர் 3:19 கூறுகிறது, "ஆனபடியினாலே கர்த்தருடைய சந்திதானத்திலிருந்து இளைப்பாறுதலின் காலங்கள் வரும்படிக்கும், முன்னே குறிக்கப்பட்ட இயேசுகிறிஸ்துவை அவர் உங்களிடத்தில் அனுப்பும்," (NKJV). உண்மையான மனந்திரும்புதல் நம்மைக் காப்பாற்றும், மேலும் உயிர் கொடுக்கும் சக்தியான பரிசுத்த ஆவியானவரை அவர் நமக்கு அருளுவார் என்று தேவன் உறுதியளிக்கிறார். நாம் பரிசுத்த ஆவியால் நிரப்பப்படும்போது, தேவன் நம் வாழ்வில் அற்புதத்தை செய்வார்: "ஆன்மாவில் இருக்கும் அமைதி முகத்தில் காணப்படுகிறது. வார்த்தைகளும் செயல்களும் இரட்சகரின் அன்பை வெளிப்படுத்துகின்றன. உயர்ந்த இடத்திற்கு பாடுபடுவது இல்லை. தன்னைத் துறப்பது. சொல்லப்பட்ட மற்றும் செய்யப்படும் எல்லாவற்றிலும் இயேசுவின் பெயர் எழுதப்பட்டுள்ளது."² அப்போது, தேவனுடைய மக்கள் சாட்சி கொடுப்பதில் வல்லமை இருக்கும்.

அவருடைய வார்த்தையிலும் ஜெபத்திலும் தேவனைத் தேடுவதன் மூலம் நம்மைத் தாழ்த்திக் கொள்ளுங்கள். பொல்லாத வழியை விட்டு விலகி, சக்தியப் பாதையில் நட பரிசுத்த ஆவியினால் ஞானஸ்நானம் பெற்று, அவருடைய வழிகாட்டுதலைப் பின்பற்றுங்கள். மேலும் அறிய, "தனிப்பட்ட மறுமலர்ச்சிக்கான படிகள்" என்ற இந்தப் புத்தகத்தைப் படிக்கவும் பரிந்துரைக்கிறேன்.

¹ The Review and Herald, February 25, 1902. (LDE, 189.3)

² The Review and Herald, June 10, 1902. (MLT, 58)

个人复兴 - 我们迫切的需要

陈明祯,
马来西亚半岛区会长

“复兴……必须在圣灵的带领下发生。”¹ 复兴是需要的，因为许多基督的追随者在属灵上已经灭亡了！他们需要“灵性生活的更新，思想和心智能力的复苏”。我们不能对没有经历复兴的教会抱有任何期望。换句话说，个人的复兴是教会所需要的。是每个人都应该去寻求的，并要将其视为首要的工作。上帝已经准备好要将祂的祝福赐给我们，但阻碍上帝福气临到我们的，是因为我们没有准备好去接受它。我们可以通过认罪、谦卑、悔改和恳切的祈祷，看见个人的复兴；就在我们亲近上帝时，会意识到我们的罪孽、不配、无能为力、绝望和需要依靠上帝改变的力量。

诗篇85：6，“你不再将我们救活，使你的百姓靠你欢喜吗？”上帝想要救我们，我们也必须愿意！

我想和你分享我们今天需要做的事情来体验个人的复兴：

1. 阅读经文，查考上帝的话

上帝的话语应该引导我们（诗篇 119:105）。上帝的话是我们脚前的灯，是我们路上的光。它也给予我们属灵的理解（诗篇 119:130）。它将带我们进入更高质量的属灵生活。耶稣说，祂的话“就是灵，就是生命”（约翰福音 6:63）。

2. 祷告寻求上帝，祈求复兴

我们被劝告要不住地祈祷（帖前 5:17）。祷告将我们与上帝联系起来，并从上帝那里汲取能力来面对我们的挑战、

考验和困难。它也会给我们力量来为上帝作见证。就像在使徒行传第 1 章，那 120 位寻求上帝的门徒身上所发生的事情，在耶稣升天之后，就是在第一世纪时门徒为这世界带来伟大复兴。在耶稣第二次复临之前，同样的事情也会发生，但会给予更大的能力来预备这个世界。

3. 从罪中悔改，被圣灵改变

使徒行传 3:19 说，“所以你们要悔改归正，使你们的罪得以涂抹；这样，那安舒的日子就必从主面前来到”。真正的悔改会拯救我们，上帝应许赐给我们赋予生命力量的圣灵。当我们被圣灵充满时，上帝会在我们的生命中施行神迹：“住在心灵的平安是会从脸上焕发出来的。言行举止表达了救主的爱。没有追求最高的位置。自我也被弃绝。耶稣的名字会写在一切所说所做的。”² 这样，上帝子民的见证就会有更有能力。

让我们靠着阅读上帝的话语和祷告，谦卑自己来寻求上帝。转离恶道，走在真理的道路上。接受圣灵的洗礼并跟随祂的引导。我建议阅读《个人复兴的步骤》这本书，以了解更多信息。

让这成为我们每天的祷告：“主啊，赐下复兴，现在就从我开始吧。”

¹ The Review and Herald, February 25, 1902. (LDE, 189.3)

² The Review and Herald, June 10, 1902. (MLT, 58)

Need a Spiritual Jump-Start?

by Olivia James,
Editorial Board

The Christian life is like a roller-coaster, filled with ups and downs and numerous twists and turns.

Now imagine that the cart brings you downhill and somehow, the engine is not strong enough to push it forward. No matter how hard you try to push, kick and stomp the bottom of the cart, it just would not budge, not even the slightest bit. Turns out, something is wrong with the gear. It is a bit rusty.

This happens in our spiritual life as well. There are days when we just do not feel like opening our Bible. Praying seems like a burden. And when this happens consistently, the moment you decide to get back on track, it becomes a struggle, no matter how hard you try. Can you relate?

Failure after failure, you may think that all is lost. Your mind tells you there is no hope because the cart stays stationary. Your spiritual life stays put.

Friends, what if I told you that you only need one thing to get the cart to start moving? And that is oil. In the spiritual sense, the Holy Spirit. To live the life God wants us to live is only possible through the working of the Holy Spirit. Even to get back on track, only the Holy Spirit can help. We have neither the power nor the will to do it. That is why it is important for us to ask for the Holy Spirit in all things, especially in personal revival. Ask for the Holy Spirit if you do not feel like reading the Bible. God is willing to give. All we need to do is ask (Matthew 7:7).

Are you going through a spiritual slump? Jump-start your life with the Holy Spirit! The oil is free of charge!

Content

MESSAGE FROM THE PRESIDENT

Personal Revival - Our Urgent Need

03 ENGLISH

04 BM

05 TAMIL

06 CHINESE

EDITORIAL REMARKS

07 Need a Spiritual Jump-Start?

INSPIRATIONAL

09 Focus: What Do You See?

COVER STORY

12 Holy Spirit and Personal Revival

HEALTH TIPS

14 Depression: Beyond Just 24/7 Sadness

MISSION SPOTLIGHT

16 Kingdom Expansion:
Celebrating God's Work in
Peninsular Malaysia

NEWS UPDATE

22

DAHC

24

Hope Adventist Church

26

SAHC

27

Kluang BM

28

SAHC

30

Personal Ministries

32

Penang English

33

Utama Beacon

34

SAHC

36

PJ English

37

PJ English

38

SP Chinese

41

SP Chinese

42

UPCOMING EVENTS

43

NOTICE FROM PEM

44

CHILDREN COLUMN

45

YOUTH COLUMN

46

BOOK ADVERTISEMENT

VISION

Official Newsletter of
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EDITORIAL BOARD

Tan Meng Cheng,
Dennis Ng,
Chee Meng Keen,
Olivia James,
Donny Tan,
Tan Hui Ying

LAYOUT DESIGN

Raindeer Graphic

TRANSLATOR

Renitta Simon,
Olivia James,
Tan Hui Ying

TO WRITERS

We welcome
unsolicited scripts.
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review the contributor's
guidelines on Page 40

**Please send scripts
via email to**

vision@adventist.org.my

Peninsular Malaysia Mission Office

22-1, Jalan 2/114,
Kuchai Business Centre,
Jalan Kuchai Lama,
58200, Kuala Lumpur.

Focus: What Do You See?

by Renie Ubara,
Ministerial Association

Previously, we learned about “Serving in Joyfulness.” This time, we’ll study “focus.” What comes to mind when you hear “focus”? What do you focus on in life? What draws you to that product, concept, or person? Focusing requires a process. What was involved in the process? Is it a lovely or a confusing process?

Why Couldn't I Focus?

According to health writer, Sharon Liao, the following health issues can impair our focus:

- **ADHD**
- **Anxiety**
- **Depression**
- **Medication**
- **Thyroid issue**
- **Stress, hunger, lack of sleep, and a fatty or sugary diet**



The same author suggests four ways to strengthen our focus:

- (1) Time block (priority)
- (2) Regular exercise
- (3) Eat Well
- (4) Reduce distraction

This is good health information. What about a spiritual perspective? Let's have a larger focus!

Spirituality and Focus

We've all heard of "body language," but what about "eye language?"

"Eye contact is an especially important type of nonverbal communication. The way you look at someone can communicate many things, including interest, affection, hostility, or attraction" (Help Guide, 2020). True. Even in this new norm of wearing a face mask is part of the SOP, we often read each other's feelings through the eyes.

"Looking unto Jesus, the author and finisher of our faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right side of God," says Hebrews 12:2. God wants our faith to be always centered on Christ. Our faith in Christ will reflect in our "eye language" as Adventist Christians.

What is your focus in life as an Adventist, personally? What is your family's collective focus? What is your church's focus? We can obtain an idea by looking at our schedule, family life, and church calendar.

We like to focus on things or people that we like to see. Some may attend a church because of a visual attraction. Others may focus on church events. They adore church activities rather than God alone. Sadly, there are those who seek positions of authority and influence inside the church. Remember how many angels fell to Lucifer's beauty? Where is your spiritual focus, friend?

Humans are also prone to self-centeredness.

The Pen of Inspiration writes:

It is a great misfortune to be a chronic doubter, keeping the eye and thoughts on self. While you are beholding self, while this is the theme of thought and conversation, you cannot expect to be conformed to the image of Christ. Self is not your savior. You have no redeeming qualities in yourself. "I" is a leaky boat for your faith. Just as surely as you trust yourself in it, it will founder... Jesus is the lifeboat's Captain and has never lost a passenger. – Manuscript Releases 21:23, 24. White (2004)

What happens when self-focused individuals run the church? White writes:

This is sometimes difficult to secure, especially when teachers and physicians are inclined to be self-centered, each considering as of the greatest importance the work with which he is most closely connected. When men who are self-confident are in charge of institutions in close proximity, great annoyance might result were each determined to carry out his own plans, refusing to make concessions to others. Those at the head of the sanitarium and those at the head of the school will need to guard against clinging tenaciously to their own ideas concerning things that are really nonessentials. – Counsels to Parents, Teachers, and Students 522.1

There's a Malay parable which says, "bagai enau dalam belukar"

It means one who is self-absorbed and only considers himself. God wants us to focus on Him. "Set your attention on things above, not on things on earth," says Colossians 3:2. Focusing on the self may entrap us with our own ego, bitterness, pain, dissatisfaction, anger, and insecurity. This paralyzes our faith, fruitfulness, mission, and evangelism.

Let us not be self-absorbed. Christ said in Luke 6:39, "**Can the blind lead the blind? Will they not both fall?**" Self-importance also endangers others' spirituality, jeopardizing the church's mission and evangelism.

The Holy Spirit Empowers Spiritual Focus

Due to our fallen nature, we have a variety of focuses in life but not on God. As a result, Christ recognizes our great need for salvation and empowerment. He loves us so much that He sends us the Holy Spirit (John 14:15-18).

21 "So Jesus said to them again, "Peace to you! As the Father has sent Me, I also send you."

22 And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit.

23 If you forgive the sins of any, they have forgiven them; if you retain the sins of any, they are retained." (John 20:21-23)

Today, Christ desires to "breathe" the Holy Spirit on each of us, so that we may have a real focus in life, that is God. The Holy Spirit is waiting to empower you. Dr. Hasel beautifully listed the amazing works of the Holy Spirit in every believer's life:

- **The Holy Spirit leads us to know God**
(1 Corinthians 2:10, 11).
- **The Holy Spirit invites us to Christ**
(Luke 1:35; John 14:26).
- **The Holy Spirit gives God's special revelation and inspiration**
(2 Timothy 3:16; 2 Peter 1:20, 21).
- **The Holy Spirit guides our understanding of the Scriptures**
(1 Corinthians 2:12, 14, 15; Ephesians 1:17-19).
- **The Holy Spirit provides the assurance of salvation**
(Romans 8:16; 1 John 3:24).
- **The Holy Spirit allows transformation and new birth**
(John 3:5, 6; Titus 3:5).
- **The Holy Spirit sanctifies and develops character** (1 Corinthians 6:11; Gal. 5:22, 23).
- **The Holy Spirit empowers mission and evangelism**
(Acts 1:8; Romans 15:18, 19).
- **The Holy Spirit brings unity to the church**
(2 Corinthians 13:14; Philippians 2:1,2).

God wants every Adventist to experience the Holy Spirit's mighty power. As the end-time church, we must be ready for the Holy Spirit's outpouring. White writes:

These scenes are to be repeated, and with greater power. The outpouring of the Holy Spirit on the day of Pentecost was the former rain, but the latter rain will be more abundant. The Spirit awaits our demand and reception. Christ is again to be revealed in His fulness by the Holy Spirit's power. - Christ's Object Lesson 121.1 (1900)

Throughout 2022 through 2025, our church's Total Member Involvement (TMI) initiatives call us to focus on the following:

- **(1) Mission (2) Spiritual Growth (3) Leadership (4) Holy Spirit**
- **Nurturing, Discipleship, Retention: Integrated Evangelism Lifestyle (NDR-IEL)**
- **Small Group Ministry, Discipleship, and Church Planting.**

Beloved church, what are you focusing on? Be ready for the Holy Spirit. Prayerfully focus!

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HOLY SPIRIT AND PERSONAL REVIVAL

by Joshua Gan,
Penang English

Time is running out! Her breathing grows weaker and weaker by the second. The nurse swiftly pulls the screen to encircle her bed. Looking through the slit in the curtain, I can see the doctor pumping her chest forcefully with his hands. Desperately, he tries to resuscitate her. No matter how hard he tries, he is fighting a losing battle. Within minutes, the last breath leaves her body. Her heartbeat stops!

Born of the Spirit

At delivery, the doctor must ensure that the newborn baby begins to breathe. That is because the circulation of that breath of life must be in operation in order for the baby to survive. What about the spiritual birth of a Christian? In His dialogue with Nicodemus about being born again, Jesus points out in John 3:6, *"That which is born of the flesh is flesh, and that which is born of the Spirit is spirit."* (Emphasis in italic is mine.) This means that the spiritual life that Jesus offers can only be born of the Holy Spirit and be sustained by the power of the Holy Spirit. The breath of life works through the heart to give life to the physical body; the Holy Spirit works through the heart to give life to the spiritual being.

With All Your Heart

Besides the physiological function, the human heart also has a spiritual role to play. In Deuteronomy 6:5, God commands His people: "You shall love the Lord your God with all your heart, with all your soul, and with all your strength." At the spiritual level of life, the human heart is the center of the innermost thoughts and feelings. Once the loving feeling toward God begins to weaken in the Christian's heart, he is in need of personal revival. As he begins to doubt the Word of God, he is in need of personal revival. When the activities he once loved and enjoyed doing with God become boring and meaningless to him, he is in need of personal revival. Once the voice of the Holy Spirit is gradually waning in his heart, something must be done to revive his intimate relationship with God before it is too late.

He must be willing to let the Holy Spirit have the freedom to revive his heart so that he can be revived spiritually. In Matthew 12:32, Jesus warns: "Anyone who speaks

a word against the Son of Man, it will be forgiven him; but whoever speaks against the Holy Spirit, it will not be forgiven him, either in this age or in the age to come." It means that the ultimate rejection of the Holy Spirit in a Christian's life is synonymous with his total disconnection with God. By his own decision to cut off his spiritual relationship with God, the forgiveness that he received from Jesus is removed.

Two points to take note: Firstly, apart from the Holy Spirit, it is impossible for personal revival to happen; secondly, unless the heart is spiritually revived, personal revival does not exist.

Will We Meet Again?

Before the first lockdown started on March 18, 2020, an old friend of mine suddenly popped up in Penang and wanted to see me. Obviously, I could not recognize him when we met for the first time after at least 40 years of separation. He had changed not only in his outward

appearance; to my surprise, he had also changed his religious belief. According to him, he had left Christianity and gone back to the world. Later on, he encountered Zen Buddhism and embraced it somewhat.

When he went back to Kuala Lumpur, off and on, we exchanged friendly calls for old time's sake. One day in November of that year, seeing his name appear on my phone, I picked it up to say Hello to him. Unexpectedly, I heard his wife talking to me on the other end. She broke the news that her husband had just passed away. I was "frozen" for a moment in silence. She went on to say that he requested her to call me and say Goodbye for him. In my mind, I fumbled uncomfortably for the right words to respond. Instead of saying Hello to him on that day, with

deep sorrow for him, I whispered a gentle Goodbye to him. While I felt so sad about his death, I grieved all the more for his spiritual death. "Will we meet again?" is a question of uncertainty that has been hanging in my mind till this day.

Rate Your Spiritual Condition

How is the spiritual condition of your heart today? Is your relationship with God cold, hot or neither cold nor hot? How would you rate your spiritual condition on a scale of 1 (very cold) to 5 (very hot)? Is there a need to heighten your score slightly? Are you satisfied with the status quo or willing to make changes for good? You must make up your mind!



Depression: Beyond Just 24/7 Sadness

by Renitta Edward,
Health Ministries

Whenever we talk about depression, we often think of it as a word that denotes a sad or negative feeling. A child feels depressed when she thinks about her mother who lives far away from her due to her work. A student is tense when she finds that she has the lowest grade on her exam.

The state of depression may be superficial, but the truth is, it goes beyond just mere feelings of sadness and stress. It may cause deeper damage to mental health which may possibly affect the physical, spiritual and social development of a human being.

So, what is depression?

Depression is a serious medical condition in which a person feels very sad, anxious and without hope and often has physical symptoms such as being unable to sleep, and loss of appetite. It is to the point that it is the main cause of disability, according to the World Health Organisation (WHO). It has the ability to interfere with one's daily routine, and in many severe cases, it can even cause the individual to not be able to work. Interesting fact: Did you know that, according to the United Nations, depression is projected to be rank #1 in the global burden of disease by 2030?

Depression knows no age. It can affect adolescents and children, too.

There are many major and minor incidents in life that cause depression. It includes the history of one's family, it may be genetical, caused by health issues or death of a family member. It may also be due to bad habits like drinking alcohol and taking drug or strong medication.

The symptoms of depression can include:

- a depressed mood
- reduced interest or pleasure in activities once enjoyed
- a loss of sexual desire
- changes in appetite
- unintentional weight loss or gain
- sleeping too much or too little
- agitation, restlessness, and pacing up and down
- slowed movement and speech
- fatigue or loss of energy
- feelings of worthlessness or guilt
- difficulty thinking, concentrating, or making decisions
- recurrent thoughts of death or suicide, or an attempt at suicide

Symptoms of depression are usually latent. No one knows what the victim undergoes till the last moment. Depression is a silent killer. Therefore, if you know anyone who is undergoing depression, never leave them alone. Be there for them and try to be patient and understanding. Most important of all, pray. Pray for them to overcome depression in God's strength and to experience His peace. A bible verse they can hold onto is found in Psalm 9:9. It says, "*The Lord also will be a refuge for the oppressed, A refuge in times of trouble.*"

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Kingdom Expansion: Celebrating God's Work in Peninsular Malaysia

"We must...labor to build up the work in many places. New territory is to be added to the Lord's kingdom..."
Testimonies for the Church, vol. 7, 91.2

There is a need to grow and expand the Lord's kingdom. This is essential so that the gospel can continue to be spread, far and wide.

Psalm 126:5,6

5 They that sow in tears shall reap in joy.

*6 He that goeth forth and weepeth, bearing precious seed, shall doubtless come again with rejoicing,
bringing his sheaves with him.*

Planting and growing churches in a Muslim-dominated country can be challenging, and we definitely need to "sow in tears". However, because "the hand of the Lord was with them, and a great number believed and turned unto the Lord" (Acts 11:21), we can be confident that God's kingdom can be expanded in West Malaysia as long as we work with God and God works with us. One day, we "shall reap in joy."

For this quarter's Mission Spotlight, we are going to look into the 5 congregations that have received a status upgrade. The 5 congregations are:

| No | Church | Status Change |
|----|------------------------------|--------------------------|
| 1 | Setapak Adventist Fellowship | Group (new church plant) |
| 2 | Ulu Tiram | Group to Company |
| 3 | Utama Beacon | Group to Company |
| 4 | Sungai Ara | Group to Company |
| 5 | Sungai Petani Chinese | Company to Church |

Setapak Adventist Fellowship

Setapak Adventist Fellowship is a new church plant by the Kuala Lumpur English Church which was started in November 2017. It is now officially recognized as an established group. It was founded with the aim to reach the SDA church members staying in the Setapak/Wangsa Maju region, and students from the nearby Tunku Abdul Rahman College. In the beginning, its attendance was around 15-18 people. To date, Setapak Adventist Fellowship now has an average attendance of 42 people for divine worship. It is evident that the Lord has been with this new church as we see her growth over the years. Praise God!

Utama Beacon

It is a praise to witness the expansion of the Lord's work in the Damansara area through Utama Beacon. Now with a membership of 46 people, Utama Beacon has been upgraded from Group to Company. As part of its outreach, the church actively organizes Bible classes and most of the attendees are interests and seekers. The leaders also actively devise various methods to reach the community by meeting the needs of the children. Through the Bible classes more than five have been baptized. As its name, may Utama Beacon continue to be a beacon of light in the community.

Ulu Tiram

On 18 April 2021, Ulu Tiram upgraded from Group to Company. Now housing more than 35 baptized members, this church has been a blessing to both the young and old, utilizing Pathfinders as one of its major outreach methods. One such example is the testimony of Sister Valeri Tiing as below:

Testimonies from Ulu Tiram SDA Church

“ Coming from a Buddhist-Taoist family, I remember that I had to stoop down 1000 times each session, attempting to pay off my sins. My parents separated when I was eight years old and I was told that it was due to my sins. With the torment of separating from my father, I could not understand why God allowed this to happen to me.

At the age of thirteen, things changed when I was introduced to the Pathfinder club in Ulu Tiram SDA church. Delighted in singing, chores, reciting the Pathfinder vows, and many more. I would like to take this opportunity to say an enormous thank you to my church family, especially Mr and Mrs Yuh Yaw, Mr and Mrs Bernard, Pastor Kevin Tain, and Art. They have welcomed me and made me a part of their big church family. Most importantly, without fail, they would show me that I have a Heavenly Father who never leaves me nor forsake me. He has paid for my sins and all I need to do is accept it. By God's grace, I excelled in my exams and gave my heart to Jesus in 2016. I am forever grateful to be a part of this wonderful church family.

By God's grace, I excelled in my exams and gave my heart to Jesus in 2016. I am forever grateful to be a part of this wonderful church family. ”

By Valeri Tiing

As lay members engage others to be part of ministry by encouraging them to participate in the worship, they realize their need for a closer relationship with God and this pushes them to grow. By spending more time with God, their relationship with Him and other members becomes sweeter and members long for physical worship instead of just the online experience. Brother Jeremy and Brother Chan have something to share regarding their sweet experience with the Ulu Tiram church.



Brother Jeremy Andi

“ I moved to Johor from Sarawak due to work some time ago. Once a devout Christian, this shift prevented me from attending church regularly for nearly three months. However, my heart would still yearn for the Word of God. Hence, one day I attempted to search for the closest church to my home and I found the Ulu Tiram SDA church. During my first visit, it felt like I was a searcher who had found a way to God. I was greeted warmly by the individuals and was introduced to the rest of the church members. It made me feel like I was part of a big family. The church members would also welcome me to their homes. Moreover, I got a chance to work with the Adventist Youth pioneer, Hezron, and also began to be involved in conducting Sundown worship.

In spite of not being able to worship physically due to MCO, I am thankful that I can still worship God with my church family through Zoom. Having to sing my top pick melodies, tuning in to the preacher's sermon, brings so much delight and peace to my heart. I am thrilled as we are getting back to physical worship and having to exercise with other church members! ”

By Jeremy Andi anak Amit



Sister Valeri with the church family

“Peace. It is something that I have been searching for, continuously. Due to traumatic experiences and unavoidable circumstances, I stopped attending church for decades. Finally, I was led to the JB English SDA church in Ulu Tiram. After listening to the sermon message, I was at peace. It finally got the peace that I was longing for. I thank God for His leading and thus, I will render my service to the Lord as long as I may live. One day at a time, till I meet my loving Savior.”

by Chan Cheng Hock



Brother Chan Cheng Hock

Sungai Ara Adventist Community Fellowship

Originally founded as a branch Sabbath school of PESDAC, members of Sungai Ara Adventist Community Fellowship (ACF) were inspired to do more for the community in the Southern part of Penang Island. In order to meet the needs of the people with its mission to share the good news of salvation in Penang, this newly recognized Company utilizes both the youth and community services as their outreach tool and as a Total Member Involvement strategy. Many of the programs and activities produce good fruits. Let's learn how Sungai Ara ACF came into place.

SUNGAI ARA ADVENTIST COMMUNITY FELLOWSHIP

By Dr. Danny Oh, Sungai Ara ACF

“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.'”

In 2017, the Penang English SDA Church (PESDAC) was inspired by its vision of starting a sister church in the south of Penang. By God's leading, Sister Tan Cheng Chee met a classmate from 40 years back who introduced her to a friend that was willing to rent her large house on a 10,000 sq ft corner lot for RM1000/month.

On 9 July 2017, the vision became a reality. The Adventist Community Services Center was opened with the General Conference Health Director, Dr. Peter Landless in attendance. On that same day, a large health screening event was held and drew about 250 guests, many of whom were “prescribed” to come for the Win! Wellness health talks on Saturday afternoons, held about two Sabbaths per month. Later, these health participants were invited to the spiritual health emphasis talks through the video messages by Pastor John Bradshaw of It Is Written.



Official opening in 2017 with the attendance of GC Health Director, Dr. Peter Landless.



Tuition conducted twice during weekdays in ACF



KidZone, a branch Sabbath School conducted during Sabbath

Another way of reaching out to the community was by organizing a program of free tuition, founded for young poor students from a nearby school, two-weekdays per week. Most of the volunteer teachers were our non-SDA friends from our Saturday meetings. These students were also given monthly food money at school. They were then invited to attend our branch Sabbath School on Sabbath afternoon. The adults were encouraged to attend the Win!Wellness while waiting for their children to be done with the Sabbath afternoon activity.

In 2019, with Pastor Robert Liaw joining us part-time, we started the Adventist Community Fellowship divine worship as a follow up to the health emphasis/Bible study hour. Unfortunately, COVID-19 brought our meetings to a halt in 2020 and 2021. However, it was not able to halt our online Zoom programs and Bible studies. To date, we have had seven baptisms and one profession of faith in the Lord and the SDA church.

Another key event to highlight is Bakery 5000 which was started by Sister Tan Cheng Chee in October 2021 to help the poor who were affected by the MCO. About 140 half loaves of bread were given to the Penang State Mutiara Food Bank to be distributed five days a week.

We have been very grateful to receive the enthusiastic services of Elder Wallace Tan and his wife Samantha since the mid of 2021. We are also very privileged to have more than 20 dedicated members who support the Sungai Ara Adventist Community Fellowship in forming an SDA Company.

To the many PESDAC members who have volunteered for their many services and their tremendous financial support, we say a HUGE thank you.

We also, thank the Lord for a multitude of miraculous ways He has brought our small fellowship through and pray that we will be faithful and obedient to the great Gospel Commission with regards to Penang. ”



Bakery 5,000 distributing bread to the needy

MISSION SPOTLIGHT

Sungai Petani Chinese

After the status upgrade from Company to Church, PEM would like to cordially welcome Sungai Petani Chinese Church to the sisterhood of churches in Peninsular Malaysia. This church has been actively reaching out to the Chinese community from the very beginning through various platforms and their zeal has been greatly blessed. Now, with more than 40 committed baptized members, the church aims to erect more meeting places in the Sungai Petani region, seeking to win more souls for His kingdom. Read their journey below.

“ It all started with small group meetings in the year 2008. From two Adventist families gathering in their homes, the small group grew rapidly into 10–20 people meeting every Tuesday night in Sungai Petani, Kedah. These regular meetings increased the bond between members and encouraged one another to visit Penang church together every Sabbath with their families.

Home evangelism was held where members would invite friends or families over for a meal. We also conducted Vacation Bible School (VBS), cooking classes, Bible prophecy seminars, and outreach events to get to know more people and their needs so we could offer help, be it material, emotional, or spiritual. On many occasions, our special outreach event would be full and packed with more than 100 people at our house. Some of these contacts eventually became regular members of our group meetings. Hence, these outreach methods have been a part of our soul-winning strategies until this day.

By 2010, the number kept increasing. On some occasions, we even had to rent a bus to go to Penang church together. After witnessing a significant increase in regular members attending our small group meetings, we decided to officially start a new church in Sungai Petani. In the beginning, once a month, we joined the SDA BM church (led by Sister Hensey) to worship.

Then in 2017, we found a semi-detached, double-story building and also managed to get furniture and other equipment at a very cheap price, thanks to a sister in Christ whose home-schooling business was about to end. We could see how God orchestrated the founding of this new work in Sungai Petani. Also, our brothers and sisters from Penang Church played a huge part in this work. They backed us up in terms of manpower and finance.

Throughout the past few years, Church Pioneer Elder Huang Mai Keong and Sister Khor Soo Bee worked closely with Pastors Chan Chong Kee, Cheng Chiew Kuang, Lee Yow Han, and Jonathan Cheong to expand the Sungai Petani (SP) Chinese Company through community service, health ministry, and care group ministry.

In the year 2020, Pastor Ben Foo was assigned to pastor the congregation. Under his leadership, the church members' faith grew even more, and their burden to reach out to others continued to increase. The global church initiative called Total Membership Involvement (TMI) was implemented so that every church member was given the opportunity to serve, do visitation, and experience sharing the gospel. If we keep trusting in God, we can witness good things in the midst of the pandemic. Baptisms were witnessed during the pandemic, and that brought great joy to the church!

Praise the Lord, in 2021, SP Chinese Company finally met the requirements to upgrade its company status to church status, reaching another remarkable milestone after three years. As a church, we aim to continue building more churches in Sungai Petani, Kedah. We have the burden of expanding His territory and leading more of His people to His kingdom, hastening His second coming. ”

May this column remind us that great things come from humble beginnings, and in order to do great things for God, we need God Himself. It is not about competing with other churches or contending about who grows the fastest. We need to remember that we are on the same team with the same mission, serving the same Master. We are called to support one another and work together to spread the gospel throughout the Peninsular. May God bless each church in this region, and let's continue to plant more churches until Jesus returns again.



Christmas event with beloved church members



Outing with Care Group members



DIPLOMA IN NURSING

R2/723/A/0116(10/24)MQA/FA8363



Entry Requirements:

Minimum 5 credits in SPM Certificate including:

- Bahasa Malaysia
- Mathematics (Elementary/Additional/Modern)
- Credit in two (2) other subjects
- Any one (1) of the following:
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 - Chemistry
 - Physics
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Intake:
Jul & Nov
2022

Interested individuals please submit applications with certified photocopies of :-

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- Birth Certificate
- SPM Oral Malay & Oral English certificate
- Form V/VI School-Leaving certificate
- Application Fee: RM20 (not refundable)
- A passport-sized photo
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Adventist College of Nursing and Health Sciences (ACNHS)

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Interested applicants, please call to make an appointment for interview.

Tel: (+604) 222 7576/7596

Whatsapp: (+6012) 420 0701

E-mail: acn@acnhs.edu.my

Website: www.acnhs.edu.my

Facebook: www.facebook.com/ACNHS.edu

Walk-in Interview

| DATE | TIME | VENUE |
|--|------------------|--|
| PENANG | | |
| 12 & 13 May 2022 (Thu & Fri) 19 & 20 May 2022 (Thu & Fri) | 2.30pm – 4.00pm | Adventist College of Nursing & Health Sciences Level 8, Car Park Building, Penang Adventist Hospital, No. 465, Jalan Burma, 10350 Georgetown, Penang. |
| SABAH | | |
| 22 May 2022 (Sunday) | 10.00am – 4.00pm | Sabah Seventh-day Adventist Mission Office Jalan Lama Tamparuli, 89250 Tamparuli, Sabah. |
| 23 May 2022 (Monday) | 10.00am – 4.00pm | Luyang Seventh-day Adventist Church Sam Yuk Kindergarten, Kota Kinabalu, Jalan Kolam, Taman Luyang Fasa 2, 88300 Kota Kinabalu, Sabah. |
| 24 May 2022 (Tuesday) | 10.00am – 4.00pm | Goshen Seventh-day Adventist Church Jalan Bypass Kg. Goshen, 89100 Kota Marudu, Sabah. |
| SARAWAK | | |
| 22 May 2022 (Sunday) | 10.00am – 4.00pm | Sarawak Seventh-day Adventist Mission Office 3rd Mile, Rock Road, 93250 Kuching, Sarawak. |
| 23 May 2022 (Monday) | 10.00am – 4.00pm | Miri Seventh-day Adventist Lorong 7, Lot 367, Jalan Chong Poh, 98000 Miri, Sarawak. |

The Right Arm of the Gospel in Lembah Subang: Health Work Testimonies

by Lolla Minsun,
DAHC

Workers—gospel medical missionaries—are needed now. You cannot afford to spend years in preparation. Soon doors now open to the truth will be forever closed. Carry the message now. Do not wait, allowing the enemy to take possession of the fields now open before you. Let little companies go forth to do the work to which Christ appointed His disciples. Let them labor as evangelists, scattering our publications, and talking of the truth to those they meet. Let them pray for the sick, ministering to their necessities, not with drugs, but with nature's remedies, and teaching them how to regain health and avoid disease.—Testimonies for the Church Volume 9, page 172.

Since 2020, Damansara Adventist Hope Centre (DAHC) bible workers have been ministering to the residents in PPR Lembah Subang, a low-cost

flat located in Ara Damansara. It is through the Health Message that we are able to minister to the people there. Diabetes, cancer, leprosy, high blood pressure, high cholesterol, chronic infection, kidney disease, and other diseases affect 90% of the residents, owing primarily to a lack of health knowledge. Simply put, their physical diseases have influenced their mental, emotional, and spiritual health to the point where most of them accept their health conditions as normal.

God is so good. He continued to open doors for us to reach more residents. In 2020, we began in block C. As a result, we formed solid friendships with families and youth there. Sadly, when the lockdown hit Malaysia, we were not spared from the challenges of continuing our health work, as our contacts had Covid-19. While it was discouraging to see how our efforts

went almost to nothing, little did we know that God was preparing us to grow in the field of health work. Thanks to the lockdown, we spent more time improving our knowledge of natural remedies and praying for guidance to continue doing the work.

Towards the end of 2021, after much prayer and consideration, the team decided to go for another door knocking at a different block (block F) and that's where all the head knowledge starts getting practical. Indeed, God has His perfect timing and plan. As God led us to those who needed medical attention, the team started to practice natural remedies to promote natural healing alongside lifestyle changes.

It all started as we knocked on the door of Uncle Ismail's house—a single father of five children. Uncle Ismail had been out of work ever since the



Cleaning the wound and applying charcoal poultice on Uncle Bakhri's foot



The open wound on Uncle Bakhri's foot



Uncle Ismail's wounds are recovering well with no infection

pandemic intensified, and worst of all, his wife decided to leave him and their children to join a gang. It was not easy for Uncle Ismail, as he has had a severe infection in his toes for 2 years, thus disabling him from going out and finding work to support his family.

A neglect of cleanliness will induce disease. Sickness does not come without a cause (Adventist Home 22.2). The condition of Uncle Ismail's home was in a terrible, dirty state. We initiated a 'gotong-royong' as a team to clean up every part of his home, while at the same time teaching and enabling the children to learn the importance of hygiene and cleanliness in their home. The kids learned how to do cleaning work, received proper hygiene education, and filled in the refrigerator with the goods bought. Happiness and joy were visible on the face of Uncle Ismail as we left the house all clean, ready to start the treatment on Uncle Ismail's toes starting from the next visit.

Uncle Ismail's toes were falling off one by one, and the wound was obviously not properly cared for all this time. We started treating his toes with a charcoal poultice. In order to speed up the healing process and promote skin regeneration, we then used neem leaf poultice and turmeric with castor oil. After 4 months of using these natural remedies, along with other forms of therapy like hydrotherapy and sunlight therapy, his toes were completely healed. He could also sleep soundly every night and stand up straight, flat on his feet without agonizing pain. Best of all, he found a good job to support his family.

This year, God sent us more people to minister through natural remedies. At the same residence, we met Auntie Anna Mary who had been diagnosed with a cataract, and Uncle Bakhri who had an open wound on his foot,

causing him to walk unsteadily.

In the case of Auntie Anna Mary, we applied castor oil poultice on her eyes and within a month of consistent treatment, she testified that her sight improved! In the case of Uncle Bakhri's foot, the open wound was treated by using aloe vera poultice and charcoal poultice daily, and we praise God for the healing that took place after three months of applying these natural remedies. As we pray for more opportunities to use natural remedies to preach the health message and the gospel of Christ, God has been answering our prayers as we meet more and more people from Lembah Subang and beyond.

You may think that all we do is apply natural remedies and everything will fall into place. But that is not the case here. We, as a team, make it a point to offer a prayer to those we minister to with their families, regardless of their background, praying for God's healing to be upon them. As we pray, our health contacts are able to see the living God we serve, who is able to heal any disease. This leads to some even having the openness to share their personal and family problems, issues that should only be revealed to close friends and relatives. They got to experience how God worked out situations through prayer. As a result, we have people walking into our church, joining our CareGroup and other social activities.

Our contacts in Lembah Subang have become family to us, and we have found a family in Lembah Subang.

Please keep us in your prayers as we hope to share more blessings and testimonies from Lembah Subang. God has blessed us greatly, and we pray that this article blesses you.



Praying together after 'gotong-royong'



Group photo after 'gotong-royong'

A Testimony from Taman Sri Muda

by Clifford Patrick,
Hope Adventist Church

It has been almost five months since the worst flood in Malaysia's history struck the Taman Sri Muda area last December. However, the infected victims would need some time to come to terms with the traumatic event. My family and I were part of the Sri Muda community for the past six years. Every time it rains, our hearts become troubled and we tremble with the thought that the flood may happen again. While it is sad that many deaths were recorded, we were blessed that we were safe throughout the flood incident.

The whole Taman Sri Muda flooded once about 27 years ago, in 1995. No one expected that it would happen again. After a few days of continuous rain, the water rose in the Sri Muda area and water entered our house on 18 December 2021, at 4pm which was a Sabbath afternoon. The water level kept rising until midnight, when it was estimated to be 7 feet high. The entire ground floor of our house was covered, and the flood almost reached ceiling level.

After ensuring our children were safe, my wife and I tried our best to rescue as many important documents, items, and other belongings as we could to the upper floor. It was the most restless and tiring night as we continued to shift our belongings with the water continually rising. Unfortunately, heavy items such as piano, sofas, etc., including two of our cars, were submerged and damaged in the flood. This damage is considered minor compared to others who weren't at home or those staying in a single-story house where all their belongings were completely destroyed by the flood.

Here comes the devastating experience. Our great disappointment was due to the delayed response by the authorities to rescue victims during this disaster. Many were stuck in their houses for 3-4 days without electricity, food,



View of the flood from the roof



Rescue boat finally arrived to rescue Grandma Kam and my family



Finally reached somewhere safe

and clean water. What struck the flood victims the most was hunger. Everyone was hungry. No matter how many boats came in, there was not enough food to provide for the whole area. We could not reach the aid line despite multiple attempts with our limited phone and battery supply. We were questioning, "Why are the government agencies not deploying their assets?" "Where are the army, firemen, and civil defense to help the residents during the disaster?"

While it is easy to blame the authorities for their inexperience in handling the disaster, providing food supply, and deploying the rescue team efficiently, it is important that we, as the community in the neighborhood, learn to help and take care of each other by constantly helping in ways we could. As for me, I thank God for the experience of being a Pathfinder and Master Guide. I was able to secure the food supply, fix my alternate cooking stove where I was able to cook rice and dishes, and share some meals with my neighbor, Grandma Kam, who needed it most. We constantly updated and encouraged each other while waiting for the rescue team to arrive.

Not only that, our beloved church members and colleagues continuously tried to contact the authorities and volunteers to provide rescue boats for our area. We kept seeing rescue boats coming, but priority was given to those in danger or in a critical situation. Critical situations, such as those who had to resort to climbing up to the roof and staying there for many hours waiting to be rescued.

Finally, through the continuous efforts of our church elder and pastor who came on site, praise God for they managed to

secure one volunteer boat rescue and came to our location on December 20, 2022, on a Monday morning. Tears of joy and relief were shed as my family was finally brought to safe ground with the help of our church members.

I would like to thank our brothers and sisters in Christ for the prayers, love, and sacrifices they made for my family and other flood victims. These really helped us to get through the difficult times, including the post-flood event. The members of Hope Adventist Church (HAC), the church pastor, and local and Myanmar members helped us clean the house for a few days, as we couldn't do it on our own. I would also like to especially thank my company and colleagues for the kind contribution in cash and other materials, to the extent of providing my family with hotel accommodation and a car for weeks until the house is ready to be occupied again. We also appreciate the help received from NGOs and the government for providing us with flood relief assistance to replace and repair our damaged belongings. All glory goes to God!

I really hope a similar incident will not happen again. However, due to our sinful world, disaster will happen at a time we can't predict. Let us continue to be ready as this is the sign of the second coming of Jesus. Let's encourage, pray, serve, and help each other in times of need as this is what Jesus wants us to do.



The flood damaged our belongings



Group photo with the rescue team

Blessed Despite Being Covid-19 Positive

by Olivia James,
SAHC

The day [finally] came. In March 2022, I was Covid-19 positive.

Although far away from home, I was able to witness my Heavenly Father's love and care for me. Most importantly, He showed me that home is truly where He is, and I was never alone. With that, I would like to take this opportunity to express my gratitude for His goodness and providence throughout the recovery period:

1. **Firstly, I praise God for a wonderful church family.** Throughout my quarantine period, without fail, church members would ask how I was doing and if there was anything that they could do for me. Some of them were unwell too, but despite their condition, they never failed to reach out to their neighbors.

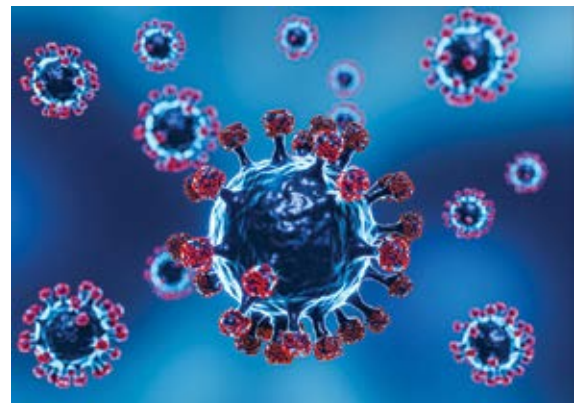
2. **I praise God for amazing work colleagues.** Although I just started working in this new workplace, they took the time to make sure that I had everything I needed, from meals to an oximeter!

3. **I praise God for the house owner I am staying with.** I remember telling her my plans to sanitize the common bathroom after every use (yes, we share the common bathroom) and even offered to move out for the time being, as I did not want to scare her and her 16-year-old son. God always knows what is best. The owner allowed me to continue staying and even said not to worry about the bathroom. She willingly offered to use the extra bathroom (it's very small and there's no shower head, just a bidet spray) at the back of the kitchen until I was well again.

4. **I praise God for strength and courage.** There were times when I got scared because I felt weak, frail and helpless. All kinds of thoughts would come to mind, but God helped me to go through with His power.

5. **I praise God for His grace.** Because of the quarantine period, I only had one Sunday left to pack up and clear all my things out of my previous lodging, before my contract officially ended. The distance between the two locations took us two trips, back and forth, in order to complete the move. It was tiring. But I praise God that everything was settled, and the rental deposit was paid in full.

6. Lastly, this may sound strange, but **I praise God for allowing me to be COVID-19 positive.** Not that I could stay away from work or work from home, but the experience allowed me and my family to witness that God alone can provide everything that we need.



Evangelistic Reaping Campaign

by Suzana Ojudah,
Kluang BM

By learning from the agricultural cycle, we can learn the methods of evangelism. This cycle involves a process that first begins with preparing the soil. Then, the seed is sown. Next comes the cultivation process, harvest, and lastly, preservation.

Before sowing the seed, we first need to look for a place with soil. The closest place is our home: non-Adventist spouse, non-baptized sons and daughters, and close relatives. Also, do not forget those who are in your social circle, someone who you meet frequently; close friends, church event contacts, work colleagues, neighbors, and shopkeepers.

In the previous write-up, we shared how we prepare the soil, sow the seed, and cultivate the crop. We evangelized by organizing health programs such as BMI Challenge 1.0, BMI Challenge 2.0, The Million Milers Virtual Run Malaysia (April to December 2021), and a health talk “The Win Wellness Webinar” (15 August 2021 – 31 October 2021). Not to forget, consistent weekly care group meetings play a huge role too.

We have entered the harvesting stage. From December 15 to 24 December, 2021, an evangelistic meeting, *Harvest Evangelistic Nights*, was held where 10 guests were invited to speak. Praise God! On the day after the evangelistic meeting ended, two souls decided to accept Jesus and were baptized into the Kluang BM church.

Let's keep sowing the seed, continue working for God to harvest new souls for His kingdom. God bless.



Poster of the event

SAHC Health Challenge

by Evelyn Chua,
SAHC

I was again shown that the health reform is one branch of the great work to fit a people for the coming of the Lord. And it is as closely connected with the third angel's message as the hand is united to the body.

Testimonies for the Church, vol.3, 161.1

Throughout 2021 when majority of the year was spent in lockdown, the SAHC health team got busy planning health programs and challenges that could keep members active physically, mentally, and spiritually.

The health team came up with health challenges that church members could participate in. Each challenge lasts 2 weeks, followed by a 1-week break, and then continued with the next 2-week challenge. Members participated by sending pictures into the SAHC Whatsapp chat. They had to send pictures of themselves, their food, or their results.

Each challenge was announced on Sabbath and would start on Sunday. As part of the introduction of each challenge, the health team also prepared 15-minute health nuggets that would explain principles of why each challenge was incorporated. For example, for a sleep challenge, the health nugget would teach us about the sleep cycle. For an exercise challenge, the health nugget would teach us about how to calculate our heart rates and minutes. For a no sugar challenge, the health nugget would be about hidden sugars. Each health nugget included both scientific principles as well as EGW quotes to support the principles.

These challenges really kept our church united despite the lockdown separation as our pictures and chats kept us in touch with each other, encouraged each other, and even gave us many laughs together.

Here were some of the health challenges. Some were repeated throughout the year.

1. **400 Minutes of Exercise Challenge** – Walking and house chores are not counted!

This was a fun challenge to start with as everyone excitedly sent pictures of themselves doing home workouts and their daily exercise minutes. If you hit 400 minutes within 2 weeks, regardless of how many minutes a day, you were a challenge winner!

2. **Vegan / Vegetarian Challenge** – If you are not vegetarian, go vegetarian for 2 weeks. If you are vegetarian, go vegan for 2 weeks.

This challenge had to be announced in advance so that members could make the necessary grocery arrangements. Seeing pictures of the food that we all ate encouraged each other to keep going and even inspired some of us to try different recipes. Some of the challengers continued being vegetarian or vegan even after the 2 weeks had ended!

3. **Sunshine and Sleep Challenge** – Get 10 minutes of morning sun a day and sleep before 11pm!

This challenge's health nugget was particularly useful as it helped a lot of members learn how to fall asleep easier and how to get up out of bed in the morning easier without snoozing! Getting sunshine was the key! It was also one of the harder challenges as many of us failed to sleep early for 2 weeks in a row.

4. **No Added Sugar Challenge** – Apart from foods with natural sugars, no added or artificial sugary food or drinks! Sauces included!



Exercise Challenge



Vegan Vegetarian Challenge



Sunshine and Sleep Challenge

This challenge required the expertise of one of our members who had a background in nutrition. She gave a health nugget on hidden sugars and taught us how to read nutritional labels. Many of us were surprised to discover that many of our staple food, drinks, and snacks had to be ruled out for two weeks!

5. Disconnect to Reconnect Challenge – No screen time after 10pm!

This was one of the more meaningful challenges as it not only promoted early sleep, but it also promoted quality time. Some of our members shared that turning off all screens after 10pm allowed them to have more meaningful conversations with their spouses. Some members had more meaningful devotions and spent more time in prayer. The cut off from social media also improved many members' mental health.

6. No Deep Fried Food Challenge – Nothing deep fried for 2 weeks! Baking, pan-frying and air-frying allowed.

This cut out a lot of snacks and unhealthy foods. This was one of the easier challenges as other methods of cooking were still allowed.

7. Gratitude Challenge – Share 10 praises or things you are grateful for daily

This was a great mental health boost to many members. We all had to send our list into the group chat. Despite us knowing the need to praise God daily, we find that we don't praise God that much as we think we do as many members found it hard to list 10 things at the beginning. Soon, after 2 weeks, it became easier as we learnt to praise God even in the little things.

Drinking Water Challenge – Drink 2 litres of water daily! No other drinks allowed for 2 weeks.

We found that we don't drink as much plain water as we should, but reach for other drinks instead!

The reason why the health team chose 2-week long challenges was that it was found that 2 weeks of continuous practice made it easier for good habits to form. A few days were too short to start the habit, and 1-month long challenges were too long as members began to lose enthusiasm after 2 weeks. It was also found that a 1-week break between each challenge was necessary to give members enough time to mentally prepare and to keep members excited, or we would get bored too soon.

If Seventh-day Adventists practiced what they profess to believe, if they were sincere health reformers, they would indeed be a spectacle to the world, to angels, and to men. Counsels on Health 575.1-2

We also found that while church members were participating in these challenges, it became conversation pieces with our friends. Soon, members were inviting some of their colleagues and neighbours to join in the challenges! One of our church members even inspired her boss to create a gratitude jar in the office, where everyone was required to put one "praise" into the jar every day. One church family also bonded with their neighbour's family while exercising and cycling together, and eventually was able to give the father a Bible.

When properly conducted, the health work is an entering wedge, making a way for other truths to reach the heart. When the third angel's message is received in its fullness, health reform will be given its place in the councils of the conference, in the work of the church, in the home, at the table, and in all the household arrangements. Then the right arm will serve and protect the body. —Testimonies for the Church 6:327 (1900).

This year, in 2022, instead of continuing on with more health challenges, we are focusing on outreach. This is separate to the campus ministry and health programs conducted there. We have plans to reach the community in the shops, apartments, and houses around the church. We need prayers and the Holy Spirit to lead in the outreach plans for this year. We pray that Jesus will be seen and felt in Serdang!

SAHC HEALTH NUGGET

Spirit of Prophecy study on sugar

21 March 2021
Rabboth afternoon



No Sugar Added Challenge



Disconnect to Reconnect challenge



No Deep Fried Food Challenge

PEM Bible Webinar 2022

by Robert Augustin,
Personal Ministries



Praise the Lord Jesus!

On April 1st and 2nd, 2022, the Peninsular Malaysia Mission (PEM) Bible Webinar was held with the mission to lead local church leaders, Sabbath School teachers, and local members to love Scripture as their standard of living while reflecting a Christlike character. This first ever Bible webinar was conducted in order to motivate, inspire, and assist local church members in gaining a better understanding of the Biblical text and context.

Organized by two PEM departments, Sabbath School and Personal Ministries, this webinar consisted of a two-part series of lectures on the book of Genesis, presented in four languages by four renowned professors and pastors:

- **Dr. Wann Fanwar**
(Old Testament scholar)-English
- **Pastor Wong Tat Ying**
(IOU Ministry) - Mandarin
- **Pastor Charles Rajkumar**
(HopeTV India) - Tamil
- **Pastor Frendy Rubil**
(Penang Adventist Hospital) - Bahasa

The webinar was hosted by the two department directors, Pastor Ben Foo and Pastor Robert. A keynote speech was given by the MAUM Sabbath School and Personal Ministries Director, Pastor Jim Gabu, and PEM President, Pastor Tan Meng Cheng, graced the session before it started.

The two-day webinar was fruitful, and the total number of participants we had was 332. The breakdown by language group is as follows:

English language : 90 participants
Mandarin language : 130 participants
Tamil language : 60 participants
Bahasa language : 55 participants

The participants were blessed by the knowledge shared during the webinar on how they could better understand the book of Genesis from a macrostructural analysis perspective and discover the principal characters in the narrative. Besides that, the webinar also taught us how Genesis establishes the succession line that leads to Jesus. Without a doubt, this Bible webinar was an incredible learning journey for everyone who attended. These are some of the feedbacks we collected from the participants:

"I'm so thankful for all of the speakers, and those are involved. This series of Genesis brings us closer to our Creator, Jesus Christ. May the blessings of the Lord be upon us." - Maximilian

"Good overview on Genesis based on a macrostructural analysis" - Stanley

"Looking forward to next PEM Bible Webinar" - Yung Je

Praise the Lord Jesus! We are looking forward to the next PEM Bible Webinar. Maranatha!

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PESDAC CNY 2022

by Goh Cheng Siew,
Penang English

In 2021, the country underwent a series of lockdowns. Many had lost their jobs and struggled to put food on the table.

However, 2022 seems to bring new hope, and with all that happened in the previous year, the community was in need of some warmth, blessing, and togetherness. This year's Chinese New Year (CNY) celebration held on February 13 was made more meaningful for the elderly and underprivileged families thanks to the efforts of the PESDAC members and volunteers.

Hampers consisting of essential items, mandarin oranges, and Ang Pows were distributed to the 300 visitors who attended the PESDAC CNY program. The Hope books, glow tracts, and Adventist magazines in the Chinese and English languages were also distributed at the event.

Many of the visitors were actively participating in the singing of hymns, and they were also blessed by the sermonette entitled "Who did the Chinese originally worship?".

The response to the event was overwhelming and beyond our expectations at a time when COVID-19 cases are on the rise. We praise God that a substantial number of the visitors who came were from last year's free food project recipients. They would come regularly on Sundays from July – December 2022. Others came by word of mouth, and we were glad to see many new faces.

We thank God for His protection, guidance, and provision throughout the event.

To God be the glory.



Giving away mandarin oranges to visitors



Long queue outside of the church building



Pastor Abel prayed for the event



Red packet giveaway to the elderly

Peace

After Knowing The Truth About the Dead

by Alinda Alphonse,
Utama Beacon

No one can persuade me or cast doubt on the biblical truth that confirms the state of the dead. The dead will no longer have any activities or any partaking with the living.

⁵ *For the living know that they will die;
But the dead know nothing,
And they have no more reward,
For the memory of them is forgotten.*

⁶ *Also their love, their hatred, and their envy have now
perished;
Nevermore will they have a share
In anything done under the sun.*

(Ecclesiastes 9:5-6)

The late Roger Morneau, an ex-spiritist who was saved by God testified and revealed how the devil schemes up various ways to deceive mankind and one highly successful method used is through the impersonation of the dead with the help of his demons and spirits.

I am glad this incident took place between me and my sister. It was a fine morning when my sister and I had a chat. Among many things chatted about, one was about the kind of dreams she has and how she's able to pick up the fragrance or body scent of our late father.

Although he died 12 years ago, she is still able to experience such mysteries to this date. She then illustrated a dream she recently had which involved the appearance of a huge bright being, which she believes is an angel, complimenting how she is still connected to my demised father. The so-called 'angel' went on stating that the spirit of my late dad could not reach out to me anymore as he used to when he newly passed because I apparently have started to 'follow and worship HIM'! That's right – HIM, in reference to Jesus. What a flabbergasting moment that was for me to hear that from her. It may have been a dream, but it was enough of a revelation. A revelation about the truth! That Jesus is undoubtedly the Truth!

This conviction is supported by my own experience when my late father used to appear in my dreams, and I too was able to pick up my father's bodily scent during the year he died. A sense of him being around the family was always felt and it used to be comforting until I got drawn closer to the teachings of the bible and accepted the truth of the state of the dead.

Many other testimonies of people who've had similar kinds of experiences with the spirit of the dead also strengthened my beliefs even further. The more I got exposed, believed, and accepted the bible truth, I no longer got visited by either dreams or scents of either my father or anyone else who passed thereafter.

I honestly think that God, in all His mercy and graciousness, will never forsake those who believe in Him or seek His truth. He reveals!

For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life (John 3:16).



SAHC

Total Member Involvement

by Evelyn Chua,
SAHC

"The work of God in this earth can never be finished until the men and women comprising our church membership rally to the work, and unite their efforts with those of ministers and church officers."

— Gospel Workers, p. 352

To celebrate the reopening of SAHC after being closed for so long during the lockdown, our members decided to come together and create picture boards to highlight the activities that SAHC members have been doing throughout 2020 and 2021. These picture boards are proudly hung in the hallway that leads from the entrance into the sanctuary, so that everyone who comes into our church during 2022 can see all the activities that have been going on, and they can also enquire about how they can take part in the ministries that they are interested in!

The Sabbath afternoon program committee printed out pictures of past activities and bought foam boards and craft materials to prepare for this project. Then, one Sabbath afternoon in January of 2022, our SAHC members came together and split into 6 groups to prepare 6 picture boards.

This was an incredibly fun and enjoyable afternoon program to do because it could involve church members of all ages! Little children, teens, youth, working adults, parents, and even elderly came together to cut, stick, color, fold, tie, pin, and create the picture boards that now line our hallway. Participating in this project was not just a fun program to do on Sabbath afternoon, but it also made us reminisce and reflect on all the past activities that we did and people that we met.

Looking at the pictures in each category brought back memories of programs we forgot we had participated in and on people that we lost touch with over the lockdown. We took some of these pictures and sent them to the people in the pictures and managed to reconnect with them!



Youth Ministry board



Sabbath Afternoon board



Family & Children Ministry board



Care Group board



Welfare Ministry board



Health Ministry board

Here are the 6 boards that we put up:

1. **Youth Ministry** – SAHC has a very active and big youth group. This board highlights all the socials, sports, events, and even birthdays and graduations of the youth (and the working adults who are still as active as the youth!)
2. **Family & Children Ministry** – This board was where the families and children had their personal touch! This board showcased each family in SAHC, all the family activities and trips that they went on, as well as the open houses during the festive seasons.
3. **Health Ministry** – The health team was especially active during the lockdown, with 2-week health challenges throughout the 2 years. We had challenges like 200 hours of exercise per week, vegan week, sleep by 10pm week, disconnect from media week, and many more! These challenges kept our church united despite the lockdown separation, and this board has pictures of everyone that participated! (We sent pictures of ourselves completing the challenges to the SAHC group chat)
4. **Welfare Ministry** – The welfare and charity team had one of the most creative boards, where they printed an enormous map of KL and pin-pointed the welfare work that was carried out. Faces were blurred out of course, but this reminded us to be grateful for food on our table and to continue to look out for people in need as they could come from anywhere!

5. **Care Group Ministry** – SAHC has two Care Groups that had to close during the lockdown, and so we went online! We saw through this board that somehow, we all grew closer to each other as every face was consistently seen in every picture. This meant that we all spent every Friday studying the Bible and fellowshiping together without fail!
6. **Sabbath Afternoon Programs** – The Sabbath afternoon team have been extra busy arranging programs every week that could cater to each group in church, whether it was an online or offline program. This board was cheeky as it highlighted a few suspects who were caught in the act of succumbing to post-lunch sleepiness!

Overall, this activity served many purposes – it was a fun activity that could be done by all ages, it is a feast for the eyes in the church hallway leading up to the sanctuary, and it made us reflect on the past and encouraged us for the future. Recommended for all churches!



Suitable for all ages

2022 YOUTH WEEK OF PRAYER

by **Robert Agustin,**
Petaling Jaya English

Praise the Lord Jesus! On 23 to 25 March 2022, the youth of Petaling Jaya SDA English Church organized a Youth Week of Prayer (YWP). The theme was “The Present Truth: God’s Message for Today,” hosted on a Zoom platform.

The week of prayer consisted of a three-part series of messages presented by three dynamic youth from PJEC. On the first day of the YWP, Ms. Ashleesha delivered a message entitled “The Whole Truth In One Book.” On the following day, Mr. Lance Clement shared “The True Seal of God.” Last but not least, on the final day, Mr. Wilson Sim preached a sermon entitled “The True Star Wars.”

The youth and members were blessed by the Present Truth shared during the YWP on how they can prepare themselves in these last days. The entire Petaling Jaya English Adventist Youth team continues to prayerfully work together to share the Present Truth with their friends and family.

Maranatha! Jesus is Coming Soon!



Youth Week of Prayer Poster

Loving the Forgotten

PJEC Youth Outreach

by Robert Augustin,
Petaling Jaya English

Global Youth Day (GYD) is an initiative of the youth ministries department of the Seventh-day Adventist church, encouraging the young people to go beyond the pews and reach out to the communities around them.

This year's focus is "Loving the Forgotten." The youth are encouraged to make a difference in other people's lives. In conjunction with GYD, on 20 March 2020, the youth from Petaling Jaya English church distributed food, hand sanitizers, face masks, Hope books, and health tracts to the homeless in the heart of Kuala Lumpur.

We are looking forward to helping more homeless people in the future. Let's continue loving the forgotten! Praise the Lord Jesus!



Group photo before distribution



Distributing the items to the homeless



Distributing the items to the homeless by the roadside



Preparing for the distribution

《生死边缘，看见恩典》

颜启美，
双溪大年中文堂

天有不测风云，人有旦夕祸福；
天有洪福恩德，人有真神之福。

2017年5月11日，阴。

此日，曾是您在生命边缘的终点。

还来不及思考的我，

发现您已躺在加护病房。

胆囊爆裂，细菌感染，

使你的心脏、肺和肾脏逐渐衰退。

诊治您的医生都说：

“该用的药物已经尝试，但仍然无任何效果。”

您身上无数的管子与无助的眼神，

使束手无策的我倍感无助。

十分之一的生存机率成了我此生最战兢的赌注。

当时的医生都异口同声要求家属放弃救治。

在这最黑暗无助的时刻，

一阵微风轻抚了我的脸颊，

仿佛神亲自的安慰我说：

“医生只有十分之一的救治能力，

我——耶和华有十分之九的神迹！”

这句萦绕耳畔的一段话，

顿时安定了我心乱如麻的着急，

赐了我力量拨云雾见青天！

我转头就推翻医生要放弃救治的建议，

而决定为您进行手术。

过程当中，困难重重，

两次手术，难以形容。

对药过敏，满口溃烂，

欲哭无泪，疼痛无穷，

双手捆绑，挣扎无用，

喉管抽痰，胃管喂食，

卧床许久，身得褥疮，

如水益深，如火益热，

但主应许，回响不断。

这一切终究不足以打垮我对主的信心。

哥哥全家对父亲无微不至的关爱，

姐姐百忙抽空，最终选择放下工作，

只为无微不至地照顾您，

漫长的两个月，每一刻在加护病房的煎熬，

都令我和家人难以忘怀。



2017 加护病房



2017 加护病房



2018 槟安医院

~ 颜自远老师的生命见证 ~

本不对您抱有太大希望的医护人员，
直到亲眼见证您起死回生，
他们的脸上才露出赞叹的笑容，
此时的您已被转至滨安医院继续接受治疗。
康复之路，并不容易，
吞咽、握笔、舌头运用、
站、坐、行、躺等等，
您都得重新开始适应与学习。

2022年5月11日，晴。
这是您重获新生命的第5个年头，
感谢神的恩典临到我家，
使您成为一个活生生的见证。
每当看到您能吃、能喝、能睡、能唱，
就目睹到主在您身上动了大功与神迹，
顿时让我想高调地畅述与大声的歌唱神的大能！

回顾这一切
所有经历宛如一场梦，
一场充满高低起伏、酸甜苦辣、雨过天晴的经历。
这些真实残酷的经历，
让我们更懂得珍惜彼此，

这是主给我和家人最大的恩典。

主啊！我要感谢、赞美祢！
愿将这一切的荣耀都归给祢！
因祢是配得一切颂赞的真神！
阿门。

除你以外，在天上我有谁呢？除你以外，在地上我也没有所爱慕的。我的肉体，和我的心肠衰残，
但神是我心里的力量，又是我的福分，直到永远。
但我亲近神是与我有益，我以主耶和华为我的避难所，好叫我还说你一切的作为。

诗篇73:25-26，28



2020 学习握笔



2021 妻子-颜师母（右）89岁生日
（新的生命4周年）



2022 爱女-颜启美（右）
90岁生日（新的生命5周年）

Share Your Faith Story

Want to share your testimony but don't know how to start? Here are four tips.

You can never go wrong by sharing your testimony. People are more open to listening to personal stories, and sharing your story can have an impact on their lives.

Everyone has at least one story to share, but not everyone knows how to start penning it down.

Do you want to bless others with your testimony? Do you need some help to start? Here are four tips:

1) Your testimony should have 3 main parts:

- **Before the turning point:** What was my life like before I met Jesus
- **How it happened:** How I became a follower of Jesus
- **After the conversion:** How Jesus has transformed my life // My new life in Christ

2) Write as if you were sharing with a friend.

Do not stress yourself. Your story does not need to be formal. However, do remember to use decent and appropriate language.



3) God-centered rather than self or sin-centered

Remember to always put God as the main focus of your testimony.

4) Include memorable experiences

Do not leave out the interesting moments. They do not have to be something big. Celebrate small encounters too. These will make your testimony even more alive and engaging to the reader.

vision Article Submission Guide

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?

We welcome scripts from all local church members of sister-institutions of Seventh-day Adventists in areas of:

News and Testimonies (800 to 1,600 words) , Evangelistic program and activities (400 to 800 words)

We reserve the right to edit / delete / reject all scripts to ensure that it is for the purpose of edifying our members.

Deadline:

| | |
|---------------------------|---------------------------|
| -15th Jan (for Mar Issue) | -15th Jul (for Sep Issue) |
| -15th Apr (for Jun Issue) | -15th Oct (for Dec Issue) |



Write

Indicate name / pseudonym, church / organization



Check

Check spelling and grammar, use appropriate punctuation



Avoid

Avoid insert picture in MS Word
Avoid whatsapp compressed photo



Photo

Send original high-res photo
atleast 1MB / 300dpi with caption



Email

vision@adventist.org.my

小组与探访

颜启美，
双溪大年中文堂



探访是件快乐的事



探访带去温暖的问候



小组聚会

联谊、关爱、团契、小组、探访、慰问、给予协助都是人与人之间建立关系的桥梁。感谢神，在双溪大年还没有新工建立之前，本堂是以细胞小组作为开始的。不容小觑神在此地的工作，虽然当时只有家庭式的小组聚会，上帝却在此慢慢拓展祂的新工，直到今天在双溪大年拥有一间基督复临安息日会的聚会所。

一直以来，小组与探访是双溪大年中文教会的强项。虽然在疫情的限制下不能有实体的聚会，但是本堂也未曾停止过细胞小组在网上的聚会。

每星期一个半小时的小组活动有很多精彩的内容，其中包括用餐、感恩见证分享、破冰游戏、诗歌赞美、圣经研究、健康专题分享、心灵辅导课程和祷告等等。有些来宾是带着内心的烦忧和心灵的饥渴来参与聚会，教友们是带着欢喜快乐的心情来参与联谊。无论大家是带着怎样的心情来参加小组，在小组里藉着彼此热情的慰问与关爱、代祷和鼓励，让参与者都得到心中满满的平安与喜乐。感谢神，也有来宾是藉着小组和查经，最后受洗加入神的大家庭的。我们发现，小组事工不仅是一个很好的布道方式，也是一个平台去培训教友们分享福音。因参与的人数不多，让教友们在没有任何压力的情况下，轻松的去学习与分享福音。到目前为止，我们已有多位可以在小组分享的领袖。非常的感谢赞美神！

每个月一次由执事团负责带领的探访，是我们另一个向外布道的事工。藉着探访冷淡的教友及来宾，能让他们深感到安慰和被鼓励。他们心中所得到的平安是我们难以用言语去形容的。我们甚至还去到远在亚罗士打（Alor Setar）的地方去探望我们的教友。路途虽遥远，但却阻挡不了大家热爱事奉主的那份喜乐。被探访的来宾们也都非常的期待我们的到来，可以和我们有一个愉快的交流。有时这小小的举动，听听对方的心里话、烦恼、埋怨和发唠叨，也算是一种的事工。曾经有一个痛心难忘的经历，就是在我们常去探访的来宾当中，有一位在我们探访后的几天就逝世了。这让还来不及使她接受福音的我们，突然倍感亏欠上帝。我们希望能尽力、尽快的把下一次的探访来宾都带到耶稣的面前。

《我愿去》为主做工，为主事奉、为主传福音，这是我们本堂的目标与方向，你——是否准备好要加入我们这一个行列呢？我们欢迎及期盼你能来参加我们双溪大年基督复临安息日会中文堂，一起事奉神。

以赛亚书6：8 - “我又听见主的声音，说，我可以差遣谁呢？谁肯为我们去呢？我说，我在这里，请差遣我。”

UPCOMING EVENTS

(Due to the Movement Control Order, the nature of these events may differ from original)

July 2022

| | | | |
|-------|-------------|---|----------|
| 01-02 | SS/PM | Bible Webinar 2 | PEM |
| 02 | Ministerial | Day of Prayer and Fasting | PEM |
| 08-10 | Secretariat | Structured Disciple Graduation weekend | PEM |
| 10 | MSA | MSA & Team PK get Together | Southern |
| 15-17 | FM | Family/Couple/Kids Seminar | Northern |
| 17 | Admin | Executive Committee Meeting (3) | PEM |
| 24 | HM | Diabetes Dialogue (Tamil) | PEM |
| 30-31 | SS/PM/CM | Theme: Connect - Regional Training Phase 1 (Physical) | Northern |

August 2022

| | | | |
|-------|-----|---------------------|----------|
| 05-07 | HM | PEM Health Advisory | PEM |
| 14 | MSA | MSA Lesson 9-12 | PEM |
| 27 | STW | Stewardship | Southern |
| 28 | HM | Lifeskills- 201.2 | PEM |

September 2022

| | | | |
|-------|-------|---|----------|
| 01-03 | ACM | Children's Ministries Leaders Technical Training - VBS Prep | Southern |
| 16-18 | FM | Family/Couples/kids Seminar | Central |
| 18 | MSA | MSA Lesson 13-16 | PEM |
| 23-24 | SS/CM | SS Teacher Conference/ Guest Day | PEM |
| 25 | HM | Eye Care | PEM |
| 30-01 | SSPM | Bible Webinar 3 | PEM |



NOTICE FROM PEM

ASSIGNMENT

Pastor Minsun Pangalin has been assigned to focus on Klang BM and Pandamaran effective 01 June 2022, upon his return from Asia Pacific International University, Thailand.

Pastor Stanly Lee has been assigned to focus on Petaling Jaya Chinese in additional to his responsibilities at Puchong Chinese effective 01 June 2022.

Pastor Wong Lin Seng has been assigned to focus on Kuala Lumpur Chinese effective 01 June 2022.

ANXIETY IN CHILD



CLINGY



STOMACH
ACHES



DIFFICULTY
WITH SLEEPING



NEGATIVE
THOUGHTS / WORRIES



IRRITABILITY



UNEXPLAINED
CRYING



LACK OF
FOCUS



TIPS FOR PARENTS



TALK TO THEM



EXPLORE SOLUTIONS
WITH THEM



PARENTS AS
ROLE MODEL



TEACH THEM
RELAXATION



EXERCISE



TAKE TIME
TO LISTEN



BE CALM & PATIENT
WHILE DEALING
WITH THEM



GET HELP
FROM
SPECIALIST

PEM Youth & Young Adults Ministries

Hi everyone! I'm Pastor Weoi Siong Tan, PEM Youth and Young Adults Ministries Director. For this issue, I'm happy to share with you some knowledge about our Adventist Youth Ministries in the Seventh-day Adventist Church.



If you could remember, the Adventurer Club is one of the most exciting clubs ever created for kids ages 4-9. This club provides weekly activities tailored to their psychological needs. At the same time, providing parents with opportunities to learn parenting skills while enjoying special activities with their little ones.

Each child is encouraged to participate in all activities and parents/guardians are assigned tasks. The Adventurer menu offers many exciting age-challenging activities. Do you remember going on nature explorations, family camping and field trips while you were an Adventurer? Crafts, nature, recreation, spiritual development, and home arts are all part of the five-level age-specific curriculum.



What do you first think of when you hear the word "Pathfinding"? Images of marching, camping, knot tying, curious hobbies, bugs and water activities appear on your mind, right? The Pathfinder club is designed for kids ages 10-15 to learn to see the world and build their relationship with God through spiritual-recreational activities.

Fun and meaningful activities include community/civic service projects locally and globally, nature and environmental studies, camping and high adventure trips. Pathfinding's age-specific curriculum cover a range of skills including art, crafts, household arts, health and vocational training. These often lead to lifetime careers or hobbies. Do you remember a skill that you learnt from joining Pathfinder?

The theme for World Pathfinder Day 2022 is "Change the World". Let's keep our Pathfinders in PEM and worldwide in our prayers.

WORLD PATHFINDER DAY
SEPTEMBER 17, 2022



[@gcyouthministries.org](https://gcyouthministries.org)

#wpd2022 #wpd22



AMiCUS, Adventist Ministries in Colleges and Universities, was replaced by PCM, Public Campus Ministry. Its goal is to help the young people to have a strong foundation in Jesus Christ and the Adventist Church, and consequently able to reach and engage their peers on campus in life-long relationships with Jesus. PCM aims to

inspire Adventist students to grow in their faith and excel in all areas.

Remember to pray for the upcoming PCM day on October 15, 2022. Let us pray for all campus ministry leaders worldwide and for Peninsular Malaysia Mission campus ministries.



Adventist Youth (AY) is the world's most well-known youth and young adult ministry. It all started 125 years ago on a dusty country lane in Michigan, with two young boys kneeling in prayer. Today, that dusty lane is a global highway connecting over 10 million Seventh-day

Adventist youth in nearly every country on every continent. This is the story of God leading a fascinating army through the battles of life as we know it. The youth are to work for other youth, their church and other fellow men. Consider Ellen G White's advice to young people in her writing:

"That the youth may work for other youth. Educate the youth to help the youth; and in seeking to do this work each will gain experience that will qualify him to become a consecrated worker in a larger sphere" (Messages to Young People, p. 208).

That the youth work for the church. The youth should work for the church, and for "those who profess to be Sabbath-keepers." Faithfully attending the services of the church, the prayer meetings, and the missionary meetings; helping in the Sabbath School and in the AY Society, and participating in the missionary activities of the church, they encourage and strengthen the church. "Loyalty to Christ demands the faithful performance of church duties" (Education, p. 269).

The youth may work for youth not of the faith. "Time is short. Workers for Christ are needed everywhere. There should be one hundred earnest, faithful laborers in home and foreign mission fields where now there is one. The highways and the byways are yet un-worked" (Fundamentals of Christian Education, p. 488).

Every AY Society's success depends on the members living up to the AY Pledge's spirit. Let us pray for all youth and young adult ministries in Peninsular Malaysia Mission churches. All the best.

For more information and details, please visit the PEM Youth Ministries Facebook page at www.facebook.com/theyouth.pem Please click LIKE & FOLLOW the page. Additional resources at <https://www.gcyouthministries.org/>

Books Promotion 2022 April



21 HARI UNTUK BERUBAH ialah sebuah buku yang akan menuntun anda melalui proses perubahan ini. Ia memberikan maklumat berguna tentang mengapa perlu berubah, dan juga bagaimana untuk berubah. Di samping itu buku ini menawarkan panduan terperinci untuk mengubah gaya hidup anda dengan cara yang lestari hanya dalam masa tiga minggu dan memberikan para pembaca pelbagai cara untuk mencapai perubahan ini, sehingga meningkatkan peluang kejayaan membentuk tabiat baru. Buku ini ditulis oleh dua orang doktor yang mempunyai kepakaran tersendiri iaitu MD George D. Pamplona Roger, pakar pembedahan ,perubatan dan Nutrisi Spanyol , dan Doktor Marcello Niek M. Leal pakar undang-undang perubatan, kedokteran dalam sains Bioperubatan Brazil.

Buku ini kita gabungkan dengan satu lagi buku yang bertajuk **Jus-jus Sihat** dengan harga promosi **RM185** sahaja untuk dua buah buku ini.



My First Book about Health

This book sets out the necessary elements for enjoying good health and a youthful, happy spirit from childhood in a language that's accessible to children. Written by Alejandro Medina and illustrated by Gustavo Mazali, it teaches children the importance of a balanced diet, water, sun, air, exercise and enough rest – in short, how the body works and the best habits to take care of yourself. All of the topics are approached in a very didactic manner, using simple, clear explanations, accompanied by beautiful illustrations.

This book coming together with **four activities books** that make our children happy and fun. For one set we have five books all together with special price **RM99** .



Sabbath School and
Personal Ministries Department
Peninsular Malaysia Mission

connect

The **Bible School** For All
Where **Faith** and **Life** Connect



☰ Transform from Aloof to Zooosh Seminar and Training (On Location)

| | | |
|-------------|-------------|-----------------|
| 14 - 15 May | (Sat - Sun) | Central Region |
| 30 - 31 Jul | (Sat - Sun) | Northern Region |
| 22 - 23 Oct | (Sat - Sun) | Southern Region |

☰ Flare UP . Rope IN . Branch OUT SS Teacher Conference (Online)

| | | |
|-------------|-------------|--------------------|
| 23 - 24 Sep | (Fri - Sat) | All Regions in PEM |
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☰ Connecting to the Word of God Quarterly Bible Webinar (Online)

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|----------------|-------------|-----------------|
| 1 - 2 Apr | (Fri - Sat) | Bible Webinar 1 |
| 1 - 2 Jul | (Fri - Sat) | Bible Webinar 2 |
| 30 Sep - 1 Oct | (Fri - Sat) | Bible Webinar 3 |

