

vision

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The Everlasting Gospel
of Revelation 14:

the Message

VISI விஷன் பத்திரிக்கை 愿景

Official Newsletter of the Seventh-day Adventist Church
(Peninsular Malaysia)

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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
Spiritual Growth Objectives
Leadership Objectives
Holy Spirit Objectives

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Revelation 14: *the Message of* the Everlasting Gospel

by Tan Meng Cheng,
President, Peninsular Malaysia Mission

The Seventh-day Adventist Church was raised by God out of the great disappointment that happened in 1844, not to add another denomination to the existing list of churches but to restore, proclaim, and fulfill the prophecy of Matthew 24:14, and the fulfillment of this prophecy is the “everlasting gospel” proclaimed by the three angels in Revelation 14:6-12. It is a unique message that was given by God to His remnant church to prepare the world for Jesus’ Second Coming.

In the Review and Herald Extra, 23 December 1890, Ellen White succinctly stated the divine and sacred mission of the Seventh-day Adventist Church:

“As Christ’s ambassadors, they [God’s people] are to search the Scriptures, to seek the truths that have been hidden beneath the rubbish of errors. And every ray of light received is to be communicated to others. One interest will prevail, one subject will swallow up every other, Christ Our Righteousness.”

The essence of this most precious message, “Christ Our Righteousness” (also known as “the third angel’s

message in verity”¹) was given to the church by God to liberate us from a subtle form of legalism. We are not saved by grace through the keeping of the law. The everlasting gospel in Revelation 14 is to redirect our focus and the world to our one and only Savior, Jesus Christ, who is the Creator of the Universe. The message of the three angels is one of justification by faith and the fact that our salvation is solely dependent on what Jesus Christ did on our behalf at the cross. We are saved by grace through faith when we accept this gift of God (Ephesians 2:8). Genuine repentance and true conversion should be the experience of God’s children. They must crucify themselves, take up the cross daily, and follow Him (Luke 9:23).

Understanding the message correctly will help us appreciate the redemptive work of Jesus Christ to save sinners from sin, thus making us willing to obey God and His commandments out of love for His sacrifice. The everlasting gospel of Revelation 14 calls the attention of the world to worship the true God who is the Creator and Giver of the Sabbath rest (Exodus 20:8-11). This message is urgent because the time of judgment has

come according to our understanding of the 2300-day prophecy (Daniel 8:14; cf. Daniel 9:24-27). Therefore, whatever we do, we must give glory to God (1 Corinthians 10:31) as a testimony to the world of the power of God and of the gospel in the lives of those who follow Him². A time will come soon when the whole world will need to make an informed decision about whether to follow God or the world, to worship God or reject Him as the Savior (cf. Revelation 14:8-11).

This good news is called the “everlasting gospel” or “eternal gospel” because it is the same message the Old Testament prophets have proclaimed in the past and will continue to be shared to the whole world until Jesus’ Second Coming. Jesus is the HOPE of the world. Salvation comes from Him alone (Acts 4:12). Let us go and tell the world about this most wonderful news!

¹ *The Review and Herald*, 1 April 1890

² *We are to reflect Christ’s character in our lives and to obey Him by keeping His Commandments (cf. Rev. 12:17; 14:12). The true followers of God will be the target of attack in the last days by the Enemy.*

Wahyu 14:

Mesej Injil Yang Kekal

oleh Tan Meng Cheng,

Presiden, Peninsular Malaysia Mission

Gereja Advent Hari Ketujuh telah dibangkitkan oleh Tuhan sempena peristiwa kekecewaan besar yang berlaku pada tahun 1844, bukan untuk menambahkan denominasi baru ke dalam senarai gereja yang sedia ada, tetapi untuk memulihkan, mengisytiharkan, dan menggenapi nubuatan Matius 24:14, dan penggenapan nubuatan ini adalah “injil yang kekal”, diisytiharkan oleh tiga malaikat dalam Wahyu 14:6-12. Ia merupakan mesej yang unik diberikan oleh Tuhan kepada umat-Nya yang sisa untuk menyediakan dunia bagi kedatangan Yesus yang kedua kali.

Dalam Review and Herald Extra, 23 Disember 1890, Ellen White secara ringkasnya menyatakan misi kudus jemaat Advent Hari Ketujuh:

“Sebagai duta Kristus, mereka [umat Tuhan] harus menyelidiki Alkitab untuk mencari kebenaran yang tersembunyi di bawah longgokan kesalahan. Dan setiap sinar cahaya kebenaran yang diterima haruslah disampaikan kepada yang lain. Satu subjek atau minat yang kita harus ada ialah, Kristus Kebenaran Kita.”

Inti pati mesej yang paling berharga ini, “Kristus Kebenaran Kita” (juga dikenali sebagai “mesej malaikat ketiga dalam kebenaran”¹) diberikan kepada gereja oleh Tuhan untuk membebaskan kita

daripada bentuk legalisme yang halus. Kita tidak diselamatkan oleh kasih karunia Tuhan melalui pemeliharaan hukum. Injil yang kekal dalam Wahyu 14 adalah untuk mengalihkan fokus kita dan dunia kepada satu-satunya penyelamat kita iaitu Yesus Kristus, yang juga merupakan Pencipta Alam Semesta. Mesej daripada para tiga malaikat adalah mengenai membenaran melalui iman dan keselamatan kita bergantung pada apa yang Yesus Kristus telah lakukan bagi pihak kita di kayu salib. Kita diselamatkan oleh kasih karunia melalui iman apabila kita menerima kurnia Tuhan ini (Efesus 2:8). Pertaubatan yang tulen dan keinsafan yang sejati harus menjadi pengalaman anak-anak Tuhan. Mereka mesti menyalibkan diri, memikul salib setiap hari, dan mengikuti Dia (Lukas 9:23).

Memahami mesej Wahyu 14 dengan tepat boleh membantu kita menghargai kerja penebusan Yesus Kristus untuk menyelamatkan orang berdosa daripada dosa, dengan itu, menjadikan kita bersedia untuk mematuhi Tuhan dan perintah-Nya kerana atas kasih pengorbanan-Nya. Injil yang kekal dalam Wahyu 14 memanggil perhatian dunia untuk menyembah Tuhan yang benar yang juga merupakan Pencipta dan Pemberi hari perhentian iaitu Sabat (Keluaran 20:8-11). Mesej ini amat mendesak kerana masa penghakiman

telah tiba menurut pemahaman kita tentang nubuatan 2300 hari (Daniel 8:14; rujuk Daniel 9:24-27). Oleh itu, apa sahaja yang kita lakukan, kita mesti memuliakan Tuhan (1 Korintus 10:31) sebagai kesaksian kepada dunia tentang kuasa Tuhan dan Injil dalam kehidupan mereka yang mengikuti Dia². Suatu masa akan tiba tidak lama lagi apabila seluruh dunia perlu membuat keputusan sama ada untuk mengikut Tuhan atau dunia, untuk menyembah Tuhan atau menolak-Nya sebagai Juruselamat (rujuk Wahyu 14:8-11).

Berita baik ini dipanggil “injil yang kekal” atau pun “injil yang abadi” kerana ia merupakan satu mesej yang sama yang dikongsikan oleh nabi-nabi Perjanjian Lama dan akan terus dikongsikan ke seluruh dunia sehingga kedatangan Yesus kali kedua. Yesus adalah HARAPAN dunia. Keselamatan datang dari Dia sahaja (Kisah Para Rasul 4:12). Marilah kita pergi dan beritahu dunia tentang berita yang paling indah ini!

¹ The Review and Herald, 1 April 1890

² Kita harus mencerminkan watak Kristus dalam kehidupan kita dan mematuhi Dia dengan mematuhi Perintah-perintah-Nya (lih. Wahyu 12:17; 14:12). Pengikut Tuhan yang benar akan menjadi sasaran serangan musuh pada hari-hari terakhir.

வெளிப்படுத்துதல் 14: நித்திய நற்செய்தியின் சுவிசேஷம்

Tan Meng Cheng,

தலைவர் தீபகர்ப மலேசியா மிஷன்

ஏழாம் நாள் அட்வென்டிஸ்ட் சபை 1844-இல் நடந்த பெரும் ஏமாற்றத்திலிருந்து தேவனால் எழுப்பப்பட்டது, தற்போதுள்ள தேவாலயங்களின் பட்டியலில் மற்றொரு பிரிவைச் சேர்க்காமல், மத்தேயு 24:14-இன் தீர்க்கதரிசனத்தின்படி மீட்டெடுக்கவும், அறிவிக்கவும், நிறைவேற்றவும் சபை எழுப்பப்பட்டது. இந்த தீர்க்கதரிசனத்தின் நிறைவேற்றம் வெளிப்படுத்துதல் 14: 6-12 இல் முத்துதின் செய்தியில் அறிவிக்கப்பட்ட "நித்திய நற்செய்தி" ஆகும். இது அவரது இரண்டாம் வருகைக்கு உலகை தயார்படுத்துவதற்காக தேவனால் அவரது மீதமான சபைக்கு வழங்கப்பட்ட ஒரு தனித்துவமான செய்தியாகும்.

ரிவியூ அண்ட் ஹெரால்ட் எக்ஸ்ட்ராவில், 23 டிசம்பர் 1890 யில், எலன் ஓயிட் அம்மையார், செவன்த்-டே அட்வென்டிஸ்ட் சபையின் தெய்வீக மற்றும் புனிதமான பணியை சுருக்கமாக கூறினார்:

"கிறிஸ்துவின் தூதுவர்களாக, அவர்கள் [கடவுளின் மக்கள்] வேதங்களைத் தேட வேண்டும், பிழைகளின் குப்பைகளுக்கு அடியில் மறைந்திருக்கும் உண்மைகளைத் தேட வேண்டும். மேலும் பெறப்படும் ஒவ்வொரு ஒளிக்கதிரும் மற்றவர்களுக்குத் தெரிவிக்கப்பட வேண்டும். ஒரு ஆர்வம் மேலோங்கும், ஒரு பொருள் மற்றொன்றை விழுங்கும், கிறிஸ்து நமது நீதியின் தேவன்.

இந்த விலைமதிப்பற்ற செய்தியின் சாராம்சம், "கிறிஸ்து நமது நீதியின் தேவன்" ("முத்துது" என்றும் அழைக்கப்படுகிறது) சட்டத்தின் நுட்பமான வடிவத்திலிருந்து நம்மை விடுவிப்பதற்காக சபைக்கு தேவனால் வழங்கப்பட்டது. நியாயப்பிரமாணத்தைக் கடைப்பிடிப்பதன் மூலம், நாம் கிருபையால் இரட்சிக்கப்படவில்லை. வெளிப்படுத்துதல் 14 இல் உள்ள நித்திய சுவிசேஷம், பிரபஞ்சத்தின் சிருஷ்டிகரான நமது ஒரே இரட்சகராகிய இயேசு கிறிஸ்துவிடம் நமது கவனத்தையும் உலகத்தையும் திருப்பிவிடுவதாகும். முத்துதின் செய்தி விசுவாசத்தின் மூலம் நியாயப்படுத்தப்படுவதில் ஒன்றாகும், மேலும் நம்முடைய இரட்சிப்பு சிலுவையில் இயேசு கிறிஸ்து நமக்காக என்ன செய்தார் என்பதை மட்டுமே சார்ந்துள்ளது. தேவனின் இந்த வரத்தை நாம் ஏற்றுக்கொள்ளும்போது, விசுவாசத்தின் மூலம்

கிருபையால் இரட்சிக்கப்படுகிறோம் (எபேசியர் 2:8). உண்மையான மனத்திரும்புதலும், மனமாற்றமும் தேவனுடைய பிள்ளைகளின் அனுபவமாக இருக்க வேண்டும். அவர்கள் தங்களைச் சிலுவையில் அறைந்து, தினமும் சிலுவையை எடுத்துக்கொண்டு, அவரைப் பின்பற்ற வேண்டும் (லூக்கா 9:23).

செய்தியைச் சரியாகப் புரிந்துகொள்வது என்பது-- பாவினை பாவத்திலிருந்து காப்பாற்ற இயேசு கிறிஸ்துவின் மீட்புப் பணியைப் பாராட்ட நமக்கு உதவும். இதனால் அவருடைய நியாகத்தின் மீதான அன்பினால் தேவனுக்கும் அவருடைய கட்டளைகளுக்கும் கீழ்ப்படிய தயாராக இருக்கிறோம். வெளிப்படுத்தல் 14 இன் நித்திய சுவிசேஷம், ஓய்வுநாளின் சிருஷ்டிகராகவும், ஓய்வுநாளை உருவாக்கி-அளிப்பவராகவும் இருக்கும் உண்மையான கடவுளை வணங்குவதற்கு உலகத்தின் கவனத்தை அழைக்கிறது (யாத்திராகமம் 20:8-11). 2300-நாள் தீர்க்கதரிசனம் (தானியேல் 8:14; cf. டேனியல் 9:24-27) பற்றிய நமது புரிதலின்படி நியாயத்தீர்ப்பின் நேரம் வந்துவிட்டது என்பதால் இச்செய்தி அவசரமானது. ஆகையால், நாம் எதைச் செய்தாலும், நாம் தேவனுக்கு மகிமையைச் செலுத்த வேண்டும் (1 கொரிந்தியர் 10:31)

தேவனை பின்பற்றுபவர்களின் வாழ்க்கை உலகத்திற்கு சாட்சியாக இருக்க வேண்டும். முழு உலகமும் கடவுளைப் பின்பற்றுவதா அல்லது உலகத்தைப் பின்பற்றுவதா, கடவுளை வணங்குவதா அல்லது அவரை இரட்சகராக நிராகரிப்பதா என்பதைப் பற்றி ஒரு தகவலறிந்த முடிவை எடுக்க வேண்டிய காலம் விரைவில் வரும் (காண். வெளிப்படுத்துதல் 14:8-11).

இந்த நற்செய்தி "நிரந்தர நற்செய்தி" அல்லது "நித்திய நற்செய்தி" என்று அழைக்கப்படுகிறது. ஏனெனில், இச்செய்தி பழைய ஏற்பாட்டு தீர்க்கதரிசிகள் கடந்த காலத்தில் அறிவித்த அதே செய்தியாகும், மேலும் இது இயேசுவின் இரண்டாம் வருகை வரை உலகம் முழுவதும் பகிரப்படும். இயேசு உலகத்தின் நம்பிக்கை இரட்சிப்பு அவரிடமிருந்து மட்டுமே வருகிறது (அப் 4:12). இந்த அற்புதமான செய்தியை உலகிற்கு க்குச் சென்று அறிவிப்போம்!

启示录十四章： 那永远福音的信息

陈明祯，
马来西亚半岛区会长

基督复临安息日会是上帝自 1844 年发生的大失望中兴起的，不是要在现有的教会名单上增加另一个教派，而是要恢复、宣扬并应验马太福音二十四章十四节的预言。而这个预言的应验，就是启示录十四章六至十二节中三位天使所宣讲的那“永远的福音”。这是上帝赐给祂余民教会一个独特的信息，让这个世界为祂的复临做好准备。

在 1890 年 12 月 23 日的《评论与通讯》特刊中，怀爱伦简明地陈述了基督复临安息日会的神圣使命：

“作为基督的使者，他们〔上帝的子民〕要查考圣经，寻找隐藏在谬误之下的真理。接收到的每一道光都要传达给他人。基督我们的义，是一个盛行的志向，是一个无法磨灭的主题。”

这最宝贵信息的精髓，“基督我们的义”（也称为“第三位天使信息的真谛”¹）是上帝赐给教会的，目的是将我们从一种微妙的律法主义形式中

解放出来。我们不是因遵守律法而得救的。启示录十四章中那永远的福音是将我们的注意力以及这个世界，重新转向我们唯一的救主耶稣基督，也是我们宇宙的创造主。因信称义是三天使信息之一，我们得救完全取决于耶稣基督在十字架上为我们所做的工作。当我们接受上帝这份礼物的时候，我们就已经得救了，是本乎恩也因着信（以弗所书 2:8）。真正的悔改和真实的改变应该是上帝儿女所要经历的。他们必须将自己钉在十字架上，天天背起十字架来跟从祂（路加福音 9:23）。

正确地理解信息将帮助我们珍视耶稣基督将罪人从罪恶中拯救出来的救赎工作，从而使我们出于对祂爱的牺牲而愿意服从上帝和祂的诫命。启示录十四章那永远的福音呼吁世人敬拜真神，就是创造主，也是安息日的赐予者（出埃及记 20:8-11）。这是个紧迫的信息，因为根据我们对 2300 日预言的理解，审判的日子已经来

到（但以理书 8:14；参看但以理书 9:24-27）。因此，无论我们作什么，都为荣耀上帝而行（哥林多前书 10:31），以此向世界证明上帝的大能，并在跟随上帝的人的生命中看见福音的力量²。时间很快就会来到，届时全世界都需要做出明智的抉择，决定是否跟随上帝还是跟随这个世界，是否敬拜上帝还是拒绝接受祂为救主（参见启示录 14:8-11）。

这个好消息被称为“永远的福音”或“永恒的福音”，因为它与旧约先知在过去宣告的信息相同，并将继续与全世界分享，直到耶稣第二次再来。耶稣是世界的希望。救恩单单从祂而来（使徒行传 4:12）。让我们去向世界宣告这个美好的消息吧！

¹ The Review and Herald, 1 April 1890

² We are to reflect Christ's character in our lives and to obey Him by keeping His Commandments (cf. Rev. 12:17; 14:12). The true followers of God will be the target of attack in the last days by the Enemy.



by **Olivia James,**
Editorial Board

The Everlasting Gospel:

Our Message to the world

The gospel is the good news about who God is, what He has done and will do to bring His children back to His heavenly home. The gospel is everlasting because God never changes, and we can be sure that He keeps His promises.

The everlasting gospel of Revelation 14 is an invitation for us to fear God and give glory to Him. This means we are to prioritize Him in our lives and worship Him as He deserves. He longs to reunite with the human family. Thus, a provision had been made at the cross, but it is up to our decision whether to accept it or not.

The message of the Seventh-day Adventist Church is found in Revelation 14. The “everlasting gospel”, proclaimed by the first angel, should be our lifelong proclamation as well.

I pray that as we are a year closer to the soon coming of Jesus, we will continue to live by the message of Revelation 14. May the everlasting gospel message transform our lives and those around us. May we carry this gospel to every home, wherever we go!

Our Message, Our Mission:

The Everlasting Gospel of Revelation 14:

the Message

by Renie Ubara,
Ministerial Association

Are you active in Christ's mission? The mission of Christ begins from the heart. From hearts that are converted, revived, transformed, and empowered. This mission must be executed with faith, commitment, and determination. *Hati waja*, a Malay idiom, in some ways captures this missional spirit. It means someone who keeps trying and never gives up. A youth Malay song, *Jangan Lelah*, also upholds the same spirit of never stopping but continual working for the Lord in His Spirit: *Jangan Lelah, bekerja di ladangNya Tuhan, Roh Kudus yang bri kekuatan*. Furthermore, we're so excited because our proclamation of the everlasting gospel message in the end times is made clearer through the three angels' messages of Revelation 14. The pen of inspiration explains:

The three angels of Revelation 14 represent the people who accept the light of God's messages and go forth as His agents to sound the warning throughout the length and breadth of the earth. Christ declares to His followers: "Ye are the light of the world." Matthew 5:14. To every soul that accepts Jesus the cross of Calvary speaks: "Behold the worth of the soul: 'Go into all the world and preach the gospel to every creature.'" Mark 16:15. Nothing is to be permitted to hinder this work. It is the all-important work for time; it is to be far-reaching as eternity. The love that Jesus manifested for the souls of men in the sacrifice which He made for their redemption, will actuate all His followers. Christ accepts, oh, so gladly, every human agency that is surrendered to Him. He brings the human into union with the divine so that He may communicate to the world the mysteries



of incarnate love. Talk it, pray it, sing it, fill the world with the message of His truth, and keep pressing on into the regions beyond. (Counsels for the Church 58.5), (White, 1991).

The three angels' messages of Revelation 14:6-12 is the eternal good news to everyone. Our message is not just Jesus is coming again, but our special message is fear God, judgment has come, Babylon has fallen, don't worship the beast and its image. Notice again, we, as Seventh-day Adventist members, uphold our Mission Statement: "Make disciples of Jesus Christ who live as His loving witnesses and proclaim to all people the everlasting gospel of the Three Angels' Messages in preparation for His soon return (Matthew. 28:18-20; Acts 1:8; Revelation. 14:6-12)." (Dizon, 2022). This is not just a statement, but what every Adventist is called to do. This is the mission of Christ.

Revelation 14:6 says that an angel is flying to every tribe and people: "Then I saw another angel flying in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth—to every nation, tribe, tongue, and people". Friends, the "angel" here represents the Seventh-day Adventist Church. It says that this angel is flying in the midst of heaven or in mid-air, which means it moves very fast and without delay. Therefore, during the end times, the mission of Christ moves in high speed. (Dizon, 2022). Think about it.

The First Angel's Message of Revelation 14:6-7

The first angel proclaims the eternal gospel, which is the same gospel preached by Jesus and the Apostles, but with a particular end-time focus. The first angel fulfils Christ's promise that "this Gospel of the kingdom will be preached in all the world as a witness to all the nations, and then the end will come, Matthew 24:14 (Doss, 2018). The first angel's message refers to judgment and worship. (Pfandl, 2011). The angelic call to fear, glorify, & worship "the Creator God

of the Bible." False gods of non-Christian religions should not be worshipped, and false understandings about God must be corrected. Fearing and glorifying God means giving him the place He deserves in one's life through repentance and being converted to enter into a right relationship with him. Worshipping God as Creator means affirming the biblical Creation and is an allusion to the Sabbath commandment of Exodus 20:1, which is a memorial of creation. Thus, the Sabbath will be a major issue in the final crisis of human history. The first angel also proclaims that "the hour of his judgment has come." (Doss, 2018).

Second Angel's Message of Revelation 14:8

"Worship is the goal and fuel of missions. Mission exists because worship doesn't." (Piper, 2012). Here is a book I highly encourage you to read to further understand the second angel's message: Here We Stand: Luther, the Reformation, and Seventh-day Adventism by Nikolaus Satelmajer and Michael W. Campbell.

Third Angel's Message of Revelation 14:9-11

The third angel's message is a warning against worshipping the beast or the papacy, and its image or union of church and state enforcing Sunday Law. All must take heed of the warning against worshipping the beast and its image. (Campbell, p. 154). This message is a warning concerning issues to come, a warning that will enlighten men as to the issues involved in the developing struggle and enable them to make an intelligent choice. An image to the first beast would be an organization functioning on much of the same principles as that beast's organization. Among the principles by which the first beast operated was the use of the secular arm to support religious institutions. In imitation, the second beast will repudiate its principles of freedom. The church will prevail upon the state to enforce its dogmas. State and church will unite, and the result will be the loss of religious liberty and the persecution of dissenting minorities. Compare



with Revelation 13:12 (White, 1911; Nichol, 1980).

Seal of God and Mark of Beast

The sign, or seal, of God is revealed in the observance of the seventh-day Sabbath, the Lord's memorial of creation. The mark of the beast is the opposite of this – the observance of the first day of the week (White, 1872; Nichol, 1980). Sunday-keeping is not yet the mark of the beast, and will not be until the decree goes forth causing men to worship this idol sabbath (White, 1976). The pen of inspiration further explains:

No one has yet received the mark of the beast. The testing time has not yet come. There are true Christians in every church, not excepting the Roman Catholic communion. None are condemned until they have had the light and have seen the obligation of the fourth commandment. But when the decree shall go forth enforcing the counterfeit sabbath, and the loud cry of the third angel shall warn men against the worship of the beast and his image, the line will be clearly drawn between the false and the true. Then those who still continue in transgression will receive the mark of the beast. 235. (White, 1946).

The Urgent Call

The preaching of the three angels began in the 1830s and 1840s when William Miller brought to the attention of much of the Western world the prospect of the Lord's soon return. The message about the soon coming of Jesus was rejected by many, and Advent believers were persecuted within their churches. This caused them to leave their churches, thus heeding the call of the second angel. Ongoing study of the Bible led the small group of early Adventists to believe in the seventh-day Sabbath, which became the emphasis of the third angel's message (Harold Coffin, 1971). The third angel's message is a warning concerning issues to come that will enlighten men as to the issues involved in the developing struggle and enable them to make an intelligent choice. (Nichol, 1980). The preaching of these messages is our urgent call.

Foundational Points

- 1st angel: Fear, glorify, and worship God; Judgment has come.
- 2nd angel: Warning against false systems of worship.
- 3rd angel: Seal of God vs. mark of beast; Seven last plagues.
- 1845-1863
 - 1st angel: Glorify and worship God; Judgment has come.
 - 2nd angel: 1831-1844, Babylon Fallen (False Religions).
 - 3rd angel: 1844-1845, Fear, Mark of the Beast & Last Plagues.

The 3 Angels' messages are considered to be the last great warnings for our world. (Coffin, 1971).

Conclusion

Beloved Adventists, in the power of the Holy Spirit, we urgently must move with speed in Christ's mission and in preaching the three angels' messages! To end, I would like to give all the credit to Dr. Dizon for the research he did on affirming the preaching of the three angels' messages in Revelation 14 as an important part of our end time message and mission of our world church. Empowered by the Holy Spirit, with hati waja and jangan lelah spirit, let's go, live, and proclaim the gospel in the light of the three angels, now!

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The Everlasting Gospel of Revelation 14: *the Message*

by **Dennis Ng,**
Executive Secretary

Growing up in Penang English Church, anyone able to move the jaw is encouraged to join the choir. During those years, we had Dr. Danny Oh, the late Dr. Hulman Sinaga, Br. Mervyn Sinaga and Mrs. Ellen Andrews as choir directors. Their ears could pick out any dissonance from a mile away (you know what I mean). Those of us who couldn't hold a note or were off key were not cut off, but were allowed to grow.

Like a great choir singing in unison, God's faithful are given special messages. The first and second messages were proclaimed by early believers of the Advent faith. The Seventh-day Adventist Church is to pick up the first two messages, and combine them with the third, to proclaim to the world as God's final appeal. So, like the choir, we must sing the same song, with the right tune, and harmonize our parts. We cannot afford to be off pitch, as it were, lest there be dissonance and we give the message an uncertain sound. The apostle Paul in 1 Corinthians 14:8 puts it this way, "For if the bugle produces an indistinct sound, who will prepare himself for battle?" (NASB1995)



Therefore, if this is the message we are to bring to a perishing world, what is this “everlasting gospel?” “Then I saw another angel fly in the midst of heaven, having the everlasting gospel to preach to those who dwell on the earth . . . saying with a loud voice, ‘Fear God and give glory to Him, for the hour of His judgment has come’” (Rev. 14:6, 7).

Pastor Ted Wilson understood this everlasting gospel message to be: “salvation through Christ’s righteousness and grace—His justifying and sanctifying power.”ⁱ He iterated, “the saving power of Christ in the gospel message,” works “in and through us...” pointing to scripture which supports the thought: “‘For the grace of God that brings salvation has appeared to all . . . , teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works. Speak these things, exhort, and rebuke with all authority. Let no one despise you’ (Titus 2:11-15).”ⁱⁱ

The long and short of it all was succinctly written in—no book more appropriate than the book addressed to pastors--Testimonies to Ministers. Pastors, leaders and members, we are to understand the everlasting gospel and its relation to the three angels’ messages. Then we are to live this message as well as to preach it correctly.

So, what was written in Testimonies to Ministers? “The Lord in His great mercy sent a most precious message to His people. ... This message was to bring more prominently before the world the uplifted Saviour, the

sacrifice for the sins of the whole world. It presented justification through faith in the Surety; it invited the people to receive the righteousness of Christ, which is made manifest in obedience to all the commandments of God. Many had lost sight of Jesus. They needed to have their eyes directed to His divine person, His merits, and His changeless love for the human family. All power is given into His hands, that He may dispense rich gifts unto men, imparting the priceless gift of His own righteousness to the helpless human agent. This is the message that God commanded to be given to the world. It is the third angel’s message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure.”ⁱⁱⁱ

Another one of our Church’s General Conference presidents by the name of Arthur G. Daniells, who served from 1901 to 1922^{iv}, picked up on this passage above, and laid it out as plainly as he could, in the book he was commissioned by the brethren to write during his post-presidency. He wrote, “Every sentence in this comprehensive statement is worthy of most careful study. Let us briefly analyze it:

1. A Most Precious Message: ‘The Lord in His great mercy sent a most precious message to His people.’

2. The Object: ‘This message was to bring more prominently before the world the uplifted Saviour, the sacrifice for the sins of the whole world.’

3. The Scope:

- a. ‘It presented justification through faith in the Surety.’
- b. ‘It invited the people to receive the righteousness of Christ, which is made manifest in obedience to all the commandments of God.’

COVER STORY

4. The Need:

- a. 'Many had lost sight of Jesus.'
- b. 'They needed to have their eyes directed to His divine person, His merits, and His changeless love for the human family.'

5. The Resources:

- a. 'All power is given into His hands,'
- b. 'That He May dispense rich gifts unto men,'
- c. 'Imparting the priceless gift of His own righteousness to the helpless human agent.'

6. Extent: 'This is the message that God commanded to be given to the world.'

7. What It Really Is: 'It is the third angel's message, which is to be proclaimed with a loud voice, and attended with the outpouring of His Spirit in a large measure.'^v

My fellow believers, let us study this passage. Let the Spirit, that inspires the Word, fill the soul. For the everlasting gospel is not just a message to be understood and preached. It is a message to be personally experienced and then lived. Without it, we will never convince the world we are His. With it, our work will receive the power it so greatly needs.

From the pen of Inspiration: "The gospel is to be presented, not as a lifeless theory, but as a living force to change the life. God desires that the receivers of His grace shall be witnesses to its power.... He would have His servants bear testimony to the fact that through His grace men may possess Christlikeness of character, and may rejoice in the assurance of His great love.... Words alone cannot tell it. Let it be reflected in the character and manifested in the life. Christ is sitting for His portrait in every disciple.... In everyone Christ's long-suffering love, His holiness, meekness, mercy, and truth, are to be manifested to the world."^{vi}

i <https://www.adventistworld.org/the-three-angels-messages-and-the-mission-of-the-church/>

ii <https://www.pastortedwilson.org/what-is-the-gospel/>

iii *Testimonies to Ministers*, pages 91, 92

iv https://en.wikipedia.org/wiki/A._G._Daniells

v *Daniels, A. G. (1926). Christ Our Righteousness. Takoma Park, Washington, D. C.: Review and Herald Publishing Association*

vi *Desire of Ages*, pages 826

Let it be *reflected*
in the character and
manifested in the life.



Obesity: A ticking time bomb

by Pua Sze Ning,
Health Ministries

Obesity is a complex disease involving an excessive amount of fat in the body. In Malaysia, according to the National Health and Morbidity Survey (NHMS) in 2019, 1 in 2 adults is overweight (19.7%) or obese (30.4%). Besides that, 29.8% of children between 5 and 17 years of age are overweight (15.0%) or obese (14.8%). When compared to the NHMS 2011 (29.4%, 15.1%) and 2015 (30.0%, 17.7%) findings, adult overweight and obesity trends continue to rise.

How do I check if I'm obese?

I. Body Mass Index (BMI)

One way is by calculating your body mass index (BMI). This is done by comparing your weight to your height. To find out what your BMI is, you may use the formula below and check which range your BMI reading falls under. The table below shows the obesity classification according to the World Health Organization (WHO) and Asia-Pacific guidelines. Note: the Asia-Pacific guidelines was introduced in 2003 to cater to Asian body composition.



BMI: Weight (kg)/Height ² (m) ²		
RANGE	BMI (WHO)	BMI (Asia-Pacific)
Underweight	<18.5	<18.5
Normal	18.5–24.9	18.5–22.9
Overweight	25–29.9	23–24.9
Obese	≥30	≥27.5



II. Waist circumference (WC)

Waist Circumference (WC) measurement is simple, reliable, and correlates well with abdominal fat content irrespective of the BMI. WC is also an independent risk factor for cardiovascular diseases. It is most useful in individuals who are in the normal and overweight categories of BMI. Measuring WC in those with BMI greater than 35 kg/m² is unnecessary because it loses its predictive value.

The following waist circumference is associated with an increased risk of comorbidities:

Men ≥ 90 cm (35.5 inches)	Women ≥ 80 cm (31.5 inches)
	

What are the health risks associated with obesity?

Mild risks	Moderate risks	Great risks
Cancer (breast, endometrial, colorectal, liver, prostate, gallbladder)	Coronary heart disease Cerebrovascular Disease	Type 2 diabetes mellitus
Foetal defects associated with maternal obesity	Cardiac failure	Hepatobiliary disease (Gallstone and Fatty Liver)
Polycystic ovarian syndrome	Left Ventricular Hypertrophy	Dyslipidaemia Metabolic syndrome
Impaired fertility (Anovulation, reduced testosterone levels)	Hypertension	Breathlessness
Low back pain	Osteoarthritis (knees and hips)	Sleep apnoea
Increased anaesthetic risk	Hyperuricaemia and Gout	

What are some of the factors that increase the risk of obesity?

1. Genes – But They Are Not Your Destiny

Genes inherited from parents may influence the amount of body fat stored and distributed. Genetics may also play a role in how efficiently the body converts food into energy, appetite regulation, and calorie burning during exercise. Obesity tends to run in families. That's not just because of the genes they share. Family members also usually share similar eating and activity habits. Healthy lifestyle CAN counteract these genetic effects.

2. Prenatal and Postnatal Influences

Pregnant mothers who smoke or who are overweight may have children who are more likely to grow up to be obese adults. Excessive weight gain during infancy also raises the risk of adult obesity, while being breastfed may lower the risk.

3. Unhealthy Diet

The Western diet is high in refined grains, red meat, unhealthy fats, and sugary drinks. All these play a large role in developing obesity. Foods that are lacking in the Western diet including whole grains, vegetables, fruits, and nuts and seeds, help with weight control, and also prevent chronic disease.



4. Too Much Screen Time

Too much screen time is a strong obesity risk factor because not only can the exposure to food advertisements influence the viewers, but it also leads to an inactive lifestyle and lack of sleep.

5. Certain diseases and medications

In some people, obesity can be traced to a medical cause, such as hypothyroidism, polycystic ovarian syndrome, and Cushing syndrome. Medical problems, such as arthritis, can also lead to decreased activity, which may result in weight gain. Some medications can lead to weight gain if you don't compensate through diet or activity. These medications include some antidepressants, anti-seizure medications, diabetes medications, antipsychotic medications, steroids, and beta blockers.

6. Stress

Many external factors that affect mood and well-being may contribute to obesity. People often seek out more high-calorie food when experiencing stressful situations.


7. Microbiome

Your gut bacteria are affected by what you eat and may contribute to weight gain or difficulty losing weight. A whole-food plant-based diet will promote the growth of the gut's good bacteria.


What can I do to overcome obesity?

The goal of obesity treatment is to reach and stay at a healthy weight. The initial treatment goal is usually a modest weight loss — 5% to 10% of your total weight. Here are some lifestyle change tips for you to reach your weight goal!

1. Dietary changes

- 
- Making healthier choices. Eat more plant-based foods, such as fruits, vegetables, and whole grains. Also emphasize lean sources of protein such as beans, lentils, and soy. Limit added salt and sugar. Eat small amounts of fat and make sure they come from heart-healthy sources, such as olives, avocados, nuts, and seeds. “It is difficult to become obese when following humanity’s original diet (Genesis 1-3—fruits, grains, nuts, and vegetables).” Messenger Of the Lord 322.9
 - Restricting certain foods. Certain diets limit the amount of a particular food group, such as high-carbohydrate or full-fat foods. Drinking sugar-sweetened beverages is a sure way to consume more calories than you intended. Limiting these drinks or eliminating them altogether is a good place to start cutting calories.
 - Good eating habit. No snacking between meals or overeating. Eat a hearty breakfast and lunch, consume a small amount for dinner.

2. Exercise and activity

- 
- Exercise at least 150 minutes per week of moderate-intensity physical activity. If you are not used to exercising, you may start with brisk walking – the easiest form of exercise. Remember to start small and gradually increase the intensity.
 - Keep moving. Besides exercise, any extra movements throughout the day help burn calories as well. You may take the stairs instead of the elevator, or park your car further from the entrance of the store. The more movements, the better! Make it a challenge to reach 10,000 steps per day.

Persistence and self-control are the main components of weight loss.
Claim the promise in Philippians 4:13, “I can do all things through Christ which strengtheneth me”.
By the grace of God, we can maintain a healthy lifestyle!

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- Institute for Public Health 2020. National Health and Morbidity Survey (NHMS) 2019: Non-communicable diseases, healthcare demand, and health literacy—Key Findings
- Malaysia Clinical Practice Guideline 2004: Obesity

Share Your Testimony

What is Vision Newsletter all about?

Besides publishing updates from the Mission and local churches, it is a platform for individuals to share testimonies that serve to glorify God and edify our church members. It is through YOUR sharing that others may be blessed and be reminded of God's goodness.

Based on last year's survey, one of the things our readers enjoy reading the most from this Vision Newsletter is testimonies (it is one of my favourites too). I remember reading a testimony about a young man whose dream of becoming a teacher got shattered. He did well throughout his school years and even got chosen to attend the final stage of his interview. One thing I learned from his testimony is God knows best. All along, God wanted him to become a dentist and he couldn't be happier!

**How about you?
Do share with us a testimony or two!**



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 Apr (for Jun Issue)

-15th Jul (for Sep 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



第十四届 马新青年大会 旅者同心，履信同行！

彭业盛，
吉隆坡中文堂

“这些人都是存着信心死的，并没有得着所应许的；却从远处望见，且欢喜迎接，又承认自己在世上是客旅，是寄居的。”- 希伯来书11: 13

遥想在一年前，当吉隆坡中文教会得知将获准举办两年一度的青年大会时，其实内心蛮挣扎的，因为当时，由于经历了两年的疫情，马来西亚刚开始解封，此时教会的青年人已被撒旦冲击得七零八落了，仍在教会里忠心服侍的弟兄姐妹已所剩无几，甚至有了想要放弃主办本届青年大会的念头。但是即或剩下少数人，营会筹委们仍然乘着把福音广传的使命，决定继续进行策划。

疫情肆虐、参与踊跃度减少、筹委工作分身不暇、寻找场地的困难，都是本次营会的缩影。直到2022年5月，筹委们才有了第一次正式的会议，我们也用剩下半年的时间，策划筹备，坚持我们的主旨，让参与的年轻人经历上帝，与主同行。

《旅行・履行》，是本次青年大会的主题，象征着我们都是地球的旅客，来到这世上就是为了履行主在两千多年前的使命，那就是把福音传遍天下。

感谢主，在筹备工作中，一切都有主的恩典同在，当我们缺乏的时候，祂提供我们所需的；当我们软



吉隆坡教友马不停蹄的进行最后的准备工作



在届营会筹委们的合影

弱的时候，祂加添我们的力量；我们也时常彼此代祷，在一切事上都寻求祂，也因为这样，教会的年轻人再一次重新投入侍奉，不止是在行动上付出，也能感受到他们再一次回到上帝的怀中，这是最值得感恩的地方。

营会中，主的恩典多不胜数，阴天来袭，明知肯定会下雨，但在祷告后，奇迹般的乌云退去，重见阳光；分享中，音响系统莫名故障，但在祷告后，却神奇的重新运作。无论是营会中的氛围或团契，都有意料之外的和谐与同心，这是这一次营会里最大的神迹，也一再的提醒我们这句圣经章节：“耶稣赶紧伸手拉住他，说：“你这小信的人哪，为什么疑惑呢？””。 - 马太福音14: 31

因为参与筹备，也让各教会的年轻人有了重新火热的机会，让他们再次兴旺，让各地的年轻人有了联系，我想这就是上帝在末世其中一个重要的信息，心灵合一，思想合一。愿各地弟兄姐妹继续为我们代祷，让吉隆坡中文堂兴旺，让教会的青年人忠心侍奉，荣神益人。



《旅行·履行》的主题带我们到不同的国家体验去



旅行的国家分别是马来西亚，台湾，泰国和韩国



开幕的主题歌献唱



主讲人(一) 黄达颖牧师为献身的年轻人祝福祷告



主讲人(二) 范少宾院长有力的分享上帝的信息



大会其中一个健康工作带给参加者的体检

Mont Kiara Outreach:

Health Challenge

"Transform Your Health in Two Weeks"

by Shekinah Pearl,
DAHC



A group photo

Besides Lembah Subang, another outreach territory of the Damansara Adventist Hope Center (DAHC) is Mont Kiara. The health message has been the opening wedge to the Mont Kiara community. Weekly health screenings have been faithfully conducted at Plaza Month Kiara as a way to get contacts and build friendships.

We, as a church, wanted to do more for the people. After many months of prayers, we were led to organize a health program called Transform Your Health in Two Weeks, aiming to reverse lifestyle diseases through the application of the NEWSTART principles.

With the help of the whole DAHC family, thousands of flyers promoting the program were distributed at the Plaza Month Kiara's weekly health screening, and we also shared the word with nearby residences, shop lots, and other shopping malls. Praise God, a total of 32 participants signed up for the health challenge, which also includes the church members of DAHC. The health challenge began on 24th September and ended on 8th October 2022. Free health screenings, health lectures, Q&A sessions, and healthy cooking demos were part of this program.

We also would like to praise God for our line-up of speakers from far and near who were willing to share their health expertise following the NEWSTART principles throughout the two-week program.

Participants were grouped and a coach was assigned to each group for the purpose of guiding them throughout the challenge. They were asked to send photos of their meals daily and feedback would be given by their respective coaches.

We would like to thank the church members as well for their support. The church had been preparing meals congruent to the health challenge requirements during the church potlucks over the two weekends. Additionally, in partnership with Savor of Life, healthy plant-based meals were also delivered right to the doorsteps of the participants who needed extra help with meal planning during the week.

Another praise would be the opportunity to promote this program at a nearby coworking space, Common Ground, located in Mont Kiara itself. We had some contacts from the three-day health screenings held there who joined our online health lectures without fail.

We are happy to share that the two-week health challenge went well and our participants experienced significant changes in their blood pressure, glucose and cholesterol count. Some successfully lost weight, and many experienced improvements in their skin, as well as relief from bloating.

All glory goes to God for His health principles and for the fruitful outreach program. We pray that each participant will continue to practice the NEWSTART principles and prayerfully, this experience will lead them closer to the Healer of all healers.

Healthy Recipe



Tofu Otter-otar with coconut leaves

Ingredients:

A

- 3 pieces of tofu
- 1 piece of seaweed, cut into small pieces
- 1 tomato
- 1 teaspoon of salt
- 3 tablespoons of corn starch
- 1/3 onion, chopped
- 1 clove garlic, chopped
- 1 teaspoon of olive oil

B

- Coconut leaves

Method:

1

- Blend all the ingredients (A) until well combined.

Take 1 tablespoon of mixture and put into the coconut leaf and wrap it with another piece of coconut leaf.

2

- Bake at 150°C for 30 minutes.

Nutritional Fact !

Easy to make and free from cholesterol. Laden with nutrients and cancer protective phytochemicals.



Cooking demo by Sister Beverly and Brother Johnson



Even the young ones joined our flyer distribution!



Free health screening before the challenge

Recipe courtesy of:
Aenon Health Care

Blood Donation Campaign & Free Health Check-Up:

A collab with Teluk Intan Hospital

by Daniel Devadanam,
Bagan Datuk

Last year, in collaboration with Teluk Intan Hospital, the Bagan Datuk Church organized a blood donation campaign and free health check-up at Dataran Bagan Datuk.

Officiated by Dato Seri Dr. Ahmad Zahid bin Hamidi on 4th September 2022, the four-hour program went well, by the grace of God.

56 individuals registered to donate their blood, and 27 of them fulfilled the requirements and successfully donated. We also witnessed 121 individuals visit our booth to get their health checked.

We couldn't have done this without the help from the health screening department of the Sungai Way Indian Seventh-day Adventist Church. We are also grateful for the help and support received from the Peninsular Malaysia Mission's Health Department; we thank Dr. Pua, Brother Eddy, and Sister Renitta. Sister Jasnah and Brother Toni from the Publishing Department also extended their help, and the team is very appreciative of that.

We look forward to more health screenings being done in the Bagan Datuk community. We pray that through health, we can reach more souls.



A group photo with Dato Seri Dr. Ahmad Zahid bin Hamidi



During the opening ceremony



The screening began. Grateful for our volunteers from Teluk Intan Hospital

A Celebration of 2 Baptisms

by Daniel Devadanam,
Bagan Datuk

On 12 November 2022, the Bagan Datuk Indian Seventh-day Adventist Church witnessed two precious baptisms. Sister Vigna and Sister Nancy had chosen to publicly profess their faith in Christ. The joyous occasion was held at the shore of Pantai Lumut, Perak and it was attended by the family and friends of the baptism candidates, church members and the visitors of that Sabbath too.

We praise God for the smooth baptism service led by Pastor Edwin Joseph and we pray for God to continue to lead Sister Vigna and Sister Nancy in the faith.

Here are their testimonies:

By Sister Nancy Michael

என்னுடைய பெயர் நான்சி மைக்கேல். எனது தகப்பனார் ஏழாம் நாள் திருச்சபையின் விகவாசி, “நான் இந்த ஏழாம் நாள் திருச்சபையில் அங்கத்தினராக இருப்பது மட்டுமல்லாமல், இந்த திருச்சபையில் ஞானஸ்நானம் எடுத்து, இந்த திருச்சபையுடைய வழிபாடுகளையெல்லாம் நான் கற்குகொண்டு அதன்படி நான் ஜீவிப்பதே அவரது விருப்பமாகும். அது மட்டும் இல்லாதபடிக்கு, என்னுடைய குடும்பத்தில் நான் ஒரே ஒரு மகள், அதினால் என்னுடைய பெற்றோர் என்மேல் மிகவும் அதிகமாக அன்பு வைத்திருக்கிறார்கள். நான் இந்த திருச்சபையில் என்னுடைய ஆவிக்குரிய ஜீவியத்தில் நான் வருவது, எனது பெற்றோரின் ஆவல். ஆண்டவராகிய இயேசு கிறிஸ்து, என்னுடைய வாழ்க்கையில் நிறைய அற்புதமான காரியங்களை என் குடும்பத்தில் செய்திருக்கிறார், அதனால், இன்றைக்கு என் வாழ்க்கையை, ஞானஸ்நானம் மூலமாக தேவனிடத்தில் நான் ஒப்புகொடுக்கிறேன்.

By Sister Vigna Manimaran

என் பெயர் விக்னா மணிமாறன். என்னுடைய பெற்றோர்கள் இந்த திருச்சபையில் அங்கத்தினராக இருந்ததினால், என் வளர்ப்பும் கூட இந்த திருச்சபையில் இருந்தது. எனக்கு நீண்ட காலமாக இந்த ஞானஸ்நானம் பற்றி ஒரு பெரியக் கேள்வி இருந்தது. இந்த ஞானஸ்நானம் என்றால் என்ன? இந்த ஞானஸ்நானம் என் வாழ்க்கை ஜீவியத்தை எப்படி மாற்றப் போகிறது? அது மட்டும் இல்லாதபடிக்கு, என் பெற்றோர்களும் இந்த காரியத்தைப் பற்றி நீண்ட காலமாக நினைவுருத்திக் கொண்டிருந்தனர். ஆனால், கடந்த ஆண்டு, பாகான் டத்தோ திருச்சபையிலிருந்த மூப்பர்கள் மூலமாக ஆவியானவர் என்னோடு பேசினார், அதனால், நான் என் வாழ்க்கையை முழுமையாக தேவனிடம் ஒப்புக்கொடுத்து இந்த முழுக்கல் ஞானஸ்நானம் பெற விருப்பப்பட்டேன். இந்த வேளையில் நான் தேவனிடம் மிக பெரிய நன்றி தெரிவிக்கிறேன்.



A group photo to commemorate the event



Welcome Sister Vigna and Sister Nancy!

Tahun Pertama Sebagai Seorang LE

by Lorence Abusang,
Setapak Adventist

Puji Tuhan atas kasih karunia-Nya yang begitu besar. Puji Tuhan atas berkat-berkat sepanjang tahun 2022.

Pada tahun 2020, saya membuat permohonan untuk menjadi seorang Literature Evangelist (LE). Walau bagaimanapun, permohonan itu terpaksa ditangguhkan disebabkan oleh pandemik Covid-19. Setelah menunggu selama dua tahun, saya bermula bertugas sebagai LE yang sah pada April 2022.

Saya amat berterima kasih kepada Sister Jasnah serta Brother Tony atas pimpinan dan tunjuk ajar yang diberikan. Saya berpeluang untuk mengikuti mereka dengan para senior yang lain canvassing di banyak kawasan termasuk kawasan sekolah untuk belajar dan menimba ilmu. Pengalaman-pengalaman yang dikongsikan oleh mereka turut menjadi sumber inspirasi kepada saya untuk terus bekerja di dalam ladang Tuhan yang luas ini.

Secara jujur, canvassing bersendirian adalah amat mencabar sebagai seorang LE yang baru berjinak dalam pekerjaan Tuhan ini. Namun, canvassing bersendirianlah yang telah banyak mengajar saya untuk bergantung pada Tuhan. Tuhan tidak duduk diam kerana Dia selalu menghantar malaikat-malaikat untuk menolong saya.

Pernah pada suatu hari, ketika melakukan canvassing bersendirian, saya berasa hampa kerana tidak mampu membuat sebarang jualan. Saya bekerja dari pagi sehinggalah masa bagi saya untuk menjemput anak pulang dari sekolah. Sebelum bertolak untuk menjemput anak saya, saya singgah membayar bil di sebuah kedai Maxis. Tiba-tiba, seorang wanita India bertanya tentang buku-buku yang berada dalam gengaman saya. "Bagaimanakah dia tahu bahawa saya menjual buku-buku ini? Saya belum pun memperkenalkan diri saya!", saya berfikir. Namun, saya menjalankan tugas saya dan puji Tuhan, wanita tersebut membeli dua buah buku!

Setelah setengah tahun melakukan pekerjaan LE ini sambil mengikuti latihan-latihan canvassing, serta bekerja bersama-sama dengan senior-senior LE seperti Brother Luther dan Brother TJ, saya mendapat inspirasi untuk mengedar risalah-risalah serta buku-buku percuma kepada masyarakat yang belum lagi mengenali Tuhan Yesus kita. Saya juga bermula menjual buku-buku kesihatan kepada kawan-kawan ketika bermain bola di padang. Ini juga merupakan peluang saya untuk memberi kesaksian dari segi kesihatan sambil mempromosikan buku-buku tersebut!



Mempromosi buku-buku sambil mengenali masyarakat



Promosi buku kesihatan kepada pemain bola sepak

Canvassing In a Supermarket

by Shirley Tan,
PESDAC

LE Shirley



As a colporteur for the Lord after all these years, the only important thing I have learned is to rely on God fully.

I will set aside time to pray and study the Word of God each day before I go out. As I work, I pray for the power and help of the Holy Spirit to use my lips to speak the right words to the customers at the right time and in the right place as well.

There is nothing that I can boast about in terms of what I can do to convince people to buy the books I have. It is all by the grace of God and the moving of the Holy Spirit in the people I meet. It is true that we must do our part to improve our sales skills whenever we encounter objections. I have learned many lessons from my work experience, and I asked the Lord to forgive me and renew my spirit so that I can serve Him better each time. If we sincerely love the Lord and want to please Him, He will surely grant us blessings and success.

It was a good experience for me to meet this young lady.

I was canvassing at a row of shop lots that day. I entered a mini supermarket and asked to meet the supervisor. And a lady came to me and asked about my purpose in meeting her. Usually, it is not easy to canvass in the supermarket due to the business and the environment of the location. But praise the Lord! He opened this lady's heart to pay attention while talking to her, explaining my purpose and showing her the books I was holding. She became interested in the books and eventually bought a health book.

Indeed, God has a thousand ways to provide for us that we do not know about. We may find difficulties and objections while we are serving Him. But if we trust in the Lord and never give up, He will help us and lead us down the right path. God allows trials and difficulties for our benefit so that we can be better workers for Him. Let us accept all the challenges that we are facing each time, and be humble and teachable as we serve Him and the people around us. Then, we can experience greater things in our lives. May God bless all of us as we serve Him faithfully.

Vision Newsletter

Read
& Answer

to Win a Prize!

The Communication Department
has prepared a quiz for you!

1

Read this quarter's Vision newsletter
and find the answers in the articles.

First 10 to answer
CORRECTLY get a prize!

2

Quiz ends on 3 April 2023

Scan the QR code to begin the quiz
and fill in the required information.



Note:
You must own



MAUM Inauguration Ceremony

by Olivia James,
Communication Department



All smiles for the ribbon cutting

After months of waiting, the Malaysia Union Mission (MAUM) of Seventh-day Adventist headquarter is finally open. Located in the quiet town of Seremban 2, Negeri Sembilan, the MAUM inauguration ceremony was held on 5 December 2022. Many from far and near were seen present to witness and celebrate the joyous occasion.

Among the guests were representatives from the Southern-Asia Pacific Division (SSD), Singapore Adventist Conference, Thailand Adventist Mission, Seventh-day Adventist Mission of Sarawak Mission, Sabah Mission and Peninsular Malaysia Mission. The event was made merrier by the presence of our friends from Adventist institutions and organizations such as the Adventist International Institute of Advanced Studies (AIAS), Mission Hospital Bangkok, Asia Pacific International University (APIU), Adventist World Radio, Penang Adventist Hospital, Crocodile Foundation Ltd., Hope Channel Southeast Asia and San Yu Adventist School of Singapore.

The General Conference Associate Secretary, Pastor Claude Richli, also did not miss the opportunity to celebrate the end of the seven-year wait. In his sermonette, he shared, "...the way we can portray ourselves, especially in a country such as this one, is by being a people of joy." He reminded everyone, "...because joy attracts people. Joy is something people want to have, and the pandemic has demonstrated that. Should we not be the people of joy? So that those who observe us, our neighbors, our friends, the authorities, recognize that we have something special in our faces and in our hearts that they would like to have as well and that is the entering wedge, in my opinion, to explain the reason for our joy."

Indeed, the entering wedge to reaching out to this joyless, hopeless world, is by reflecting heaven's joy in us. The joy we get from the Lord, from His truth, is meant to be shared with others, telling them that there is hope – despite whatever we are going through. It all starts with us.

We were also blessed by the words of the SSD President, Pastor Roger Caderma. We were reminded to always look back to how the good Lord guided us in the past and we need to always look up to God. Also, he said, "Spiritual success depends not on the powerful vision or spiritual power of a leader. It depends on the relationship between the leaders and the people of God."

May we keep the leaders and workers of MAUM in our prayers as they do their best for the cause of God here in Malaysia. May we, as lay members, continue to cooperate with our God-given leaders and to spread joy wherever we are, testifying the hope we have in our soon-returning Savior.



A group photo of the MAUM team

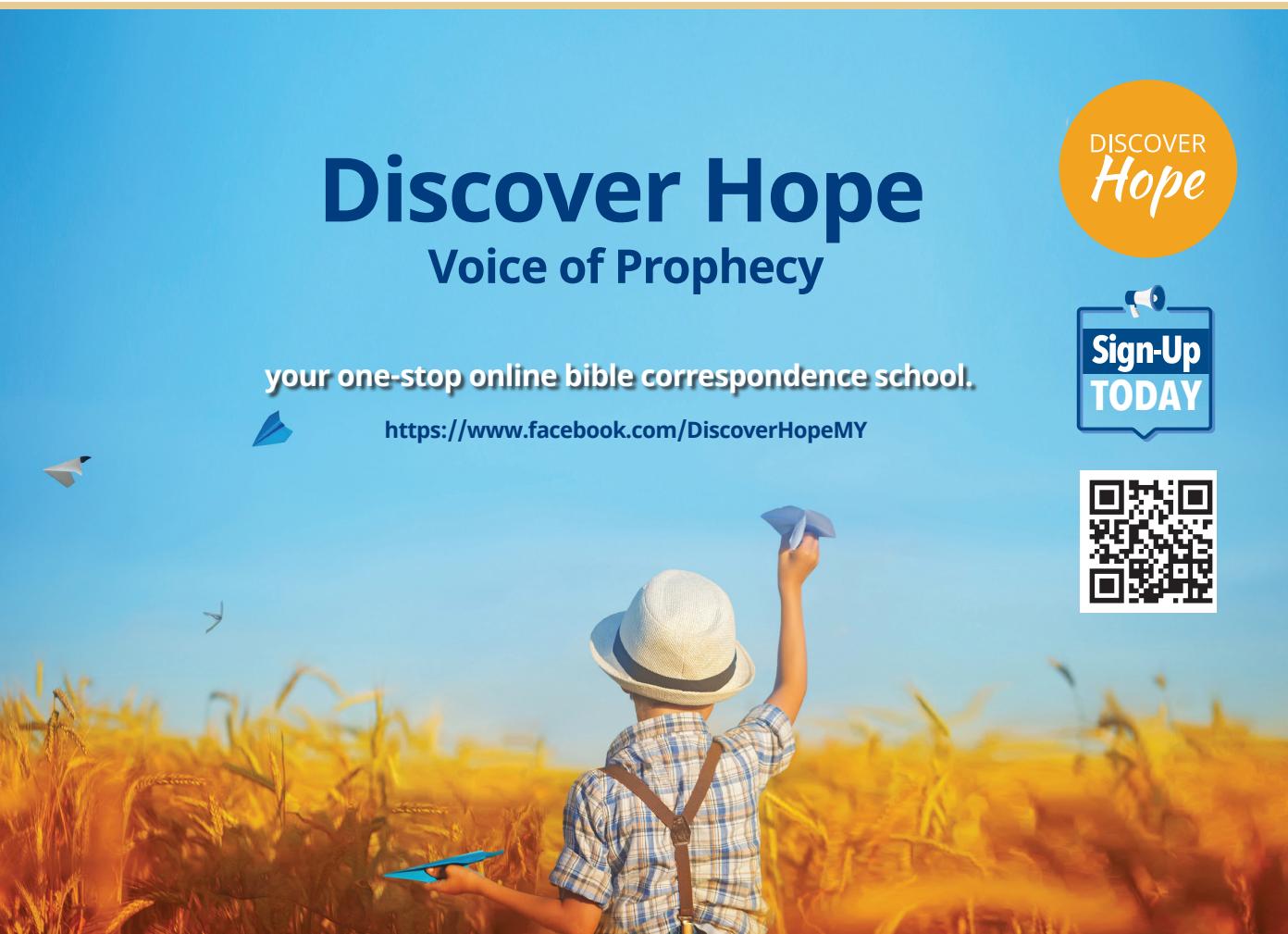
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Married Couples' Retreat

by **Renitta Edward,**
Sungai Way

Marriage is one of the two institutions ordained by God at creation, and it is one that Satan seeks to pervert the most. "It was Satan's studied effort [in the antediluvian age] to pervert the marriage institution, to weaken its obligations and lessen its sacredness; for in no surer way could he deface the image of God in man and open the door to misery and vice." Adventist Home 326.1

The words of our prophetess have proven to be true. According to the 2022 Divorce Statistics for Non-Muslims in Malaysia, the divorce rate from 2020 to 2021 has increased by 30.4%! While this figure was shocking to us at the Family Ministries department, it was the sole motivator that drove us to help all our married church members protect their marriage.

The Family Ministries department of Sungai Way Seventh-day Adventist Indian Church organized a couples' retreat from 9 October 2022 – 10 October 2022, at Selesa Hill Homes, Bentong. This retreat was organized in hopes of providing the couples with the time they needed to focus on themselves and their marriage. This retreat would be a platform for them to revive as a married couple through marriage-related talks and fun activities.

We had 12 married couples sign up for this retreat. Dr. James Edward, our speaker for this two-day event, graciously presented timely intimate topics. These topics were designed to encourage, motivate, and revive all the married couples who attended the retreat. Some of the topics presented were:

1. **Inter-personal & Intimate Relationship**
2. **Courtship After Marriage**
3. **Say NO to Divorce**

We praise God because the retreat was a success! Everyone had a remarkable time. The retreat concluded with a memorable outing to the French Village, Bukit Tinggi. We at Family Ministries hope to conduct more retreats and seminars for the benefit of our church members. We will continue to pray for God's leading.



Group photo with the married couples!



Couples talk

I Will Be the Local Church

PCM Spiritual Retreat 2022

by **Tan Weoi Siong,**
Public Campus Ministry

The General Conference Public Campus Ministry (PCM) aims to develop young people who are grounded in the mission of Jesus Christ and the Seventh-day Adventist Church. Also, the goal is to mold them, enabling them to reach and engage other campus students in forming lifelong relationships with Jesus. With these goals in mind, the Public Campus Ministry of the Peninsular Malaysia Mission (PEM) focuses on nurturing the students through annual spiritual retreats and camps.

On 11-13 November 2022, the Public Campus Ministry organized a spiritual retreat for university and college students at Harvest Haven, Gopeng, Perak. The theme of the event was “I Will Be the Local Church” and we praise God for the 92 students who registered and attended the 3-day event.

Below are the three objectives of the spiritual retreat:

1. To provide for the spiritual needs of the students on public campuses.
2. To equip students with the necessary skills and competencies to navigate through campus life.
3. To encourage students to GO by training them for outreach and witnessing on and off campus.

The spiritual mentors and workshop presenters for the 2022 retreat include:

1. Pastor Renie Ubara, PEM Ministerial Secretary/Field Secretary
2. Pastor Maclan Matthew, PEM Education Superintendent

3. Pastor Byron Jobi, Church Pastor of Midlands Fellowship, Penang
4. Pastor Weoi Siong Tan, PEM Youth Ministry Director

I would like to praise God for our line of speakers and mentors for taking the time to speak to the youths and be a blessing to them. I would like to praise God for the youths as well for their commitment to attend to learn more about how they can reach out to their peers.

Jim Burns and Mike DeVries, authors of the book *Youth Builders* made this very important observation, “In order to have an important influence in the lives of young people, you do not need to be a dynamic speaker, know all the latest music, or even dress in the latest fashions. You must, however, love kids and be willing to spend time with them, which is what effective, relational youth ministry is all about. Effective youth workers may never be polished, dynamic communicators or highly creative programmers; but they do need to have a heart of compassion, a listening ear and a willingness to get to know the students in their youth ministry. Genuinely caring for your students is the primary prerequisite for working with them.”

Indeed, in order to reach the youth, it all starts with us—both leaders and lay members. We just need to love, care, and listen. May we, as a church, learn to show genuine interest in the youth and guide them to be God’s army of workers.

Please pray fervently for all the university and college students in PEM so they may grow to be willing to share Jesus wherever they go!



Mentors, speakers and participants of the retreat

10-day Health Challenge

APU x SAHC

by Sheryll Delacruz,
SAHC

Last year's 10-day health challenge with the Asia Pacific University (APU) students was different because this time around, we involved our church members to participate. The Campus Hope committee intentionally arranged the challenge to be done this way so that the church members were able to participate in this form of outreach.

In order to gain participants from the university, we conducted free health screenings on campus for two days. Praise God, out of the 145 people we screened, 9 students signed up for the challenge. Right before the event began, they were briefed and separated into groups consisted of other students, a coach and members of the church who decided to join in the fun as well.

While we prayed for the students to experience joy in healthy living, it was our utmost prayer that they would be able to bond with the participating church members and be open to befriending them. We hoped that through the daily catch-up calls, the students would feel encouraged, motivated, and also would be open to share their struggles during the challenge. We desired for lasting friendships with these students so that one day, God willing, we could introduce them to the Friend of all friends.

The participants got to do various things during the challenge. Besides having to follow their personalized daily checklist, both students and church members had the opportunity to attend a series of online health talks, they got to learn how to prepare simple, healthy meals and even participated in outdoor workout sessions.

We praise God because with the help of our coaches and supportive church members, the students experienced a reduction in the following areas:

1. Weight
 - Average loss 1.65% with a maximum loss of 3.96%
2. Body Fat
 - Average loss is of 2.26% with a maximum of 5.43%
3. Visceral Fat
 - Average loss is 5.79% with a maximum of 10.50%
4. Body Age Loss
 - Average loss is 4.01% with a maximum of 8.33%

Also, we discovered that most of the participants experienced significant decrease in levels of stress, anxiety and depressive symptoms. We praise God for the positive changes and many have shared that they would like for another round of challenge to be organized!

Below are some testimonies by the students and SAHC church members:

APU Students:

Ethan - "I am very happy that I was able to join the 10-day challenge. The biggest challenge was the diet control but I was advised by my coaches and overcame it. I was quite satisfied with my result. During the challenge, I found out that it is very important to drink plenty of water and to get enough sleep. I would like to thank the organizers and coaches. Although, the challenge is already over, my weight loss journey has just already begun. Thank you."

Luis - "I enjoyed being with a group of people with the same goal. This gave me the energy to keep going. During this challenge, my challenge was to have a balanced diet. It was very hard. I had to eat a lot of veggies daily and reduce my carbohydrates - this was a big challenge for me! I realized that I have not been eating a lot of vegetables and fruits. Also, I realized that a lot of the food I eat hinders me to live a healthy life!"

Ryan - "During the challenge, it was really difficult, to be honest. We had to change our diet and lifestyle. We had to eat more veggies and fruits, unlike our usual meals where we usually eat more carbs. We also avoided eating processed and deep-fried food. Another requirement of the challenge was to exercise every day for 30 minutes which I don't normally do. Yes, it was hard but my coach was supportive and the people in my group were nice. We encouraged each other to exercise to keep our momentum in this challenge."

SAHC Members:

Corina - "Before I joined the 10-day health challenge, I was not able to exercise because of my injury. And as a result of pushing myself during this 10-day health challenge, not just my injury is getting better, my body age has gone down 4 years which makes my body age 10 years younger than my actual age. Now I enjoy exercising at least 30 minutes most days and I feel better about it. If you haven't joined the 10-day challenge, I challenge you to give it a shot. You have a community that will help you to improve your health and above all there are people who want to take care of themselves and will take care of you too. Join the 10-day health challenge. No regrets!"

Chin Sian - "The main goal I had in mind was exercise as I have been lacking that since giving birth to my now 3-year-old son. However, as it turned out, I was having a pretty bad cough during that period and hence, failed to meet the exercise challenge. Nevertheless, not all is lost as I also challenged my vegetarian self to be vegan. I consciously ate mainly whole foods and incorporated a rainbow of fruits and vegetables into my diet. The result? Profound. I lost about 3 kgs with almost no exercise, lost quite a bit of body and visceral fats, and improved my body age. All with just a few dietary adjustments! Through this challenge, I have experienced first-hand what a wholesome diet can do to improve my overall health. It was also encouraging to be part of a group of like-minded people and to follow their meals prepared and exercises done. The masterclasses were also informative. When the next challenge is organized, I highly recommend everyone who wishes to improve their overall health to take part. As for me, please do sign me up again!"

Poi See - "“Your thyroid function is normal. You can plan for your pregnancy if you want.” My doctor told me this!!! I can hardly believe my ears! I have been suffering from hyperthyroidism for the past 7 years. And it's the first time that my thyroid reading is back to normal without medication! I praise God for healing and the willingness to participate the 10-day health challenge program last year. My goiter is still here, but I trust that God will continue to heal me. Amen.”

MISSION: SLIM POSSIBLE

10 Days Health Challenge

15th Nov - 24th Nov

- 1-1 coaching
- Personalised nutrition plan
- Grocery audit
- Pre and Post health screening

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Work for it!

Winner get a prize RM100 worth of groceries!

LAST DAY TO REGISTER: 13 NOV
FEE: RM15

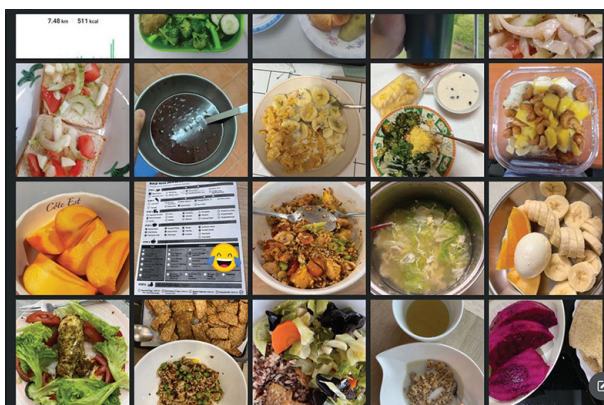
Scan to register

Winners: Louie +60183123407, Eugene +60134391885

CAMPUS HOPE

A P U

The health challenge poster



Some of the food photos shared daily by the participants



APU students and SAHCies



Badminton night!

Traditional Night The beauty of diversity

by Kevin Phuah,
Ulu Tiram



Traditional Night group photo

Housed in a multicultural setting, Ulu Tiram Seventh-day Adventist (SDA) Church had a memorable Tradition Night last November. While being a multicultural church has its own challenges, we praise God because the church has demonstrated unity and good teamwork between the church leaders and the lay members. Hence, Tradition Night was held to celebrate the beauty of the diverse traditions and cultures in the church.

A total of 85 people attended, of whom 20 were new friends we made that day. Traditional dances such as the tarian Ngajat from Sarawak, the Sumazau from Sabah, an Indian classic called the Bharathanatyam, and the Chinese Fan Dance. We also had a cultural fashion show and even a special dance performance by one of our new friends, Hevinz, who recently joined our home church.

Aside from the thrilling performances, it was a joy to have Elder Ang Yuh Yaw preside over the day's events. He did not fail to spice up the event with spontaneous requests for performances from the crowd!

We were also blessed to have friends from our neighboring churches join in the fun. The Johor Bahru English Church, the Kluang BM Church, and many others gave a special number on that day.

A new friend shared, "We had a fabulous time there. Great event!" Another person also shared, "It's been a long time since I've been in a church. This is a good church because it unites [people]." Indeed, it was a fun and memorable night for many, and all glory goes to God.

The Ulu Tiram SDA Church believes that there is beauty in a multicultural church. Though we have our own unique differences, we believe that those can still be put wonderfully together by the same artistic God who created us. May the church continue to thrive even in this new year.

The Reason for the Season: A Christmas to remember

by Kevin Phuah,
Ulu Tiram

On one Christmas night, in the midst of the beautiful decorations hung up in the Ulu Tiram Seventh-day Adventist Church, a Christmas show was held. It was an event especially organized by the youth of Ulu Tiram Church, where the decorations, carols, performances, and even the ushering were taken care of by the young people.

We welcomed 70 people through our doors, and we praise God that almost half of the congregation were our new friends who previously attended our Traditional Night the month before!

The title of the show is “Reason for the Season,” where it serves to remind the people, members and non-members alike, that the Christmas season points to Christ, who left heaven, separated from God the Father, and was born on earth 2000 years ago, just to die for humanity’s sake. It serves to share that the greatest gift of all is Jesus Christ Himself.

Orchestrated in a musical manner, we were amazed at how well the youth performed on that night! We were also blessed by a medley performed by Brother Addryan and Sister Mishell. We praise God for these talented young people!

It is written in Psalm 127:4,5:

⁴ Like arrows in the hand of a warrior, So are the children of one’s youth.

⁵ Happy is the man who has his quiver full of them; They shall not be ashamed, But shall speak with their enemies in the gate.

While the youth had a memorable time from preparing for the show to performing on stage, the most valuable lesson they learned throughout this experience is that serving the Lord does not take age into account.



Christmas Night Show

A Patient God

by Lavinia Rengiah,
Seremban

My first visit to the church was both underwhelming and overwhelming at the same time. My aunt brought me to an Adventist church, nestled on the third floor of a shop lot.

The church did not look like the other churches I saw on television and in pictures where the ceilings were high, painted with captivating biblical murals all around (I later learned that those were superficial and not actually needed). The humble setting of the church actually made me less nervous, which I appreciated most.

Since I was new to the church, my aunt thought it prudent to put me in the children's class, where they learn the Bible through stories and songs. The blank paper that I was, I tried to fit in and participate throughout the class. However, my enthusiasm backfired when the teacher asked me to lead the class in a closing song. I refused, but the teacher did not seem to believe me when I said I did not know the song. That experience traumatized me, and I would jump at the mention of any further visits to the church.

Years later, during the Covid-19 lockdown, the church pastor Pastor Benjamin Tung offered me an online Bible study. I accepted the offer, and since then, I learned the basics of the Bible. Pastor Benjamin Tung would relate each lesson with his own personal experiences, and this made my bible study sessions fun and enlightening. Sometime later, when we finally reached the end of the study, he asked me if I wanted to be baptized. I said no because I was not sure that learning the Bible was the same as making a life commitment to God.

After the lockdown was lifted, I started going to church again, but in a different district with both my aunt and mother. I began to feel



Lavinia and Pastor Benjamin Tung

more comfortable going to church every Sabbath. The trip to God's house became easier week by week, and I became less anxious going through the whole service.

One day, I felt moved to get baptized and made my desire known to the pastor. I praise God for being very gracious and patient toward me all the while. Now that I fully understand God's love for me, I praise God for this newly found peace.



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邓勇俞，
柔佛英文堂



一家人运动的时光

心里所想的，如果可以成真，那是一种“幸福”！我希望家人都信主！

以前家里都有祭拜偶像的习惯。而自己从小就是“观音的契仔”（粤语-干儿子的意思），所以习惯了烧香拜佛的礼仪。每次到农历的初一和十五，我都需要把神台打扫干净。观音诞还要去庙宇祭拜。这是老妈的吩咐，不敢不从。以前填写表格时，在宗教都会填上“佛教”。其实我当时根本不懂信仰是什么！更多的原因是我父母的意愿。他们拜什么，我就跟着拜什么。

这种情况一直保持到我认识主。一位基督复临安息日会的教友让我从饮食改良中认识了主。还记得我们第一次见面，是我请客。我点了满座的叉烧，烧肉，烧肠等等。我当时觉得这是美味佳肴。岂不知我这位朋友动也不动桌上的食物。

我当时确实纳闷，问了一句：“你不饿？为什么不吃？”
“不是的，只是我没有吃这些食物。”他回答。
“为什么不吃？很好吃的！”我说。
“圣经里有记载，这些食物不洁净，所以我们不吃。”他回答。

我当时有点不解，世间竟然有如此愚昧的建议。我询问了那些章节，然后我答应他无论如何，我一定要把他救出这火海。怎么也没有想到，我也就因为深入研究圣经的缘故，选择成为跟从主。

从改变饮食到改变信仰，从观音娘娘到主耶稣基督。我看

到主要通过健康饮食改良，使我们的人生更具意义。所以我立志跟从主耶稣，我也希望我的家人都能信主。

我是家里第一位信主的。我把饮食改良的讯息带入家中。妈妈是家中第一个反对的。原因是她必须改变她料理的食材。除去猪肉和绝大部分的海鲜，如：虾、螃蟹、鱿鱼等无翅无鳞的海产。

还记得那一天下午，我回家吃饭。老妈说她今天特别为我准备了一道料理。我抱着满满的期待，快步走向饭桌。当我拿起菜盖时，我整个人愣了。我看到一盘翠红姜葱蒸大虾。老妈还说这是今天早上在巴杀买的，非常新鲜！我没多说，趴着白饭。

“为什么不吃？”妈问到。
“对不起妈，我有告诉过妳，我没有吃虾了。”我回答。
老妈看起来有点不是滋味，说到：“吃一点会死吗？”

我不想反驳，低着头祷告，希望上帝帮助我。然后默默地吃着只捞黑甜酱油的饭。之后我听老爸说，老妈那晚以泪洗面。我听后非常难过，但是我知道这是上帝要我把亮光带进我们家。从此以后，家里再没有看见不洁净的食物。老妈也因为如此，风湿已久的手臂竟然痊愈了。我感谢上帝给我们的指引。老妈最后也查经洗礼归主。哈利路亚！

弟弟也在我信主不久后，开始查经并改变饮食，最后也通过洗礼，接受耶稣成为他个人救主。哈利路亚，赞美主！



亲自为父亲洗礼是无法用言语笔墨来形容的满足

传福音给家人并不容易。我希望老爸也能认识上帝，洗礼接受主。可是他总是说：时间还没到。确实，在我爸那个年代哪有长辈听从后辈的道理。其实很多时候我是不敢说太多，更多时候我是害怕被拒绝。

在这十多年里，没有放弃为老爸祷告，希望他有一天能洗礼归主。时间一天一天的过去，老爸已年过七十。在他和老妈考虑后，他们决定从沙巴搬回去老爸的故乡-芙蓉。也就是说，老爸决定退休了。这肯定是上帝最好的安排。我们家人也因此更多时间团聚在一起。以前只有一年见面一次，现在可以随时见面。

我还记得那一天老爸独自坐在沙发上，我突然听到有一个声音：问他可以查经吗？再问他洗礼接受耶稣。那声音是短暂，但是清晰。我知道那是圣灵的感动。我没有犹疑，立刻问了老爸。老爸停顿一下，然后说：“好啊”。哈利路亚，赞美上帝！我是多么兴奋，激动，快乐！我其实当时没有把握他会答应查经，然后洗礼。但是这一切都来得突然，让我喜出望外。

经过查经，我决定在12月24日2022年，在基督复临安息日会（新山英文教会）亲自为我父亲洗礼。这也是我按手成为牧师后第一次的洗礼。

一切准备就绪，那天我帮他穿上洗礼的黑袍，讲解洗礼时的程序，还带他去看洗礼池的环境。我其实非常紧张，那晚也没有睡好。脑海里一直重复演练帮老爸洗礼的画面。我怕会犯错，怕遗漏重点，我想给老爸一个感动且难忘的回忆。

时间到了。我抬头望向他的身影。他从楼梯缓缓地靠近我。当时的水有点冷，但是我的心是炽热的。老爸双手握住我的右手，我对他说：“邓国兴先生，你已完成查经。你也决志愿意一生跟随主耶稣，承认祂为你个人救主。现在我以基督复临安息日会牧师的身份，依照圣经的教导，以父，子，圣灵的名为你施洗。”当众人齐声说阿门的那一刻，我将身体降低，右手将手帕放在父亲的脸上，左手扶撑他的背部，看着他全身入水，然后从水而上。成了，洗礼完成了。我为我的父亲洗礼了。

这人是我最尊敬，敬爱，且影响我一生的巨人。我感谢上帝让我有机会目睹父亲洗礼并接受耶稣。也感谢祂让我能够亲手为我父亲施洗。这是无法用言语笔墨来形容的心情。哈利路亚，赞美主！

我一直都希望耶稣复临的那一刻，我们一家人能在一起。也因着信靠耶稣，能够真真团聚在一起，永远不分离。因为圣经说：当信主耶稣，你和你一家都必得救。（使徒行传 16:31）

我也希望正在阅读这见证的您能够得到鼓励。继续为还没信主的家人祷告，不要放弃，坚持到底。如果这是上帝的计划，我希望我能为您的家人或朋友，甚至是您洗礼。愿上帝赐福您！

早上阳光恰好, 走! 运动去~

黄显婷,
关丹中文堂



运动的大合照

10月30日早上, 天色才刚刚微亮我就起床了, 因为要为今天妇女组的活动准备一些食物。

活动在早上8.30开始, 先由教会的弟兄张俊星医生分享一场简短的健康信息, 主题是“准备面对更年期”。诗云姐妹也分享了她自己面对更年期的现状。俊星弟兄鼓励姐妹们在面对更年期的困扰时, 除了要注意健康饮食, 还要靠主喜乐, 因为喜乐的心乃是良药。

健康信息的分享过后, 我们就把自己带来的瑜伽垫拿到户外去, 准备做伸展运动。在我们教会前面有一个很宽阔的草地公园, 有树、有野花、有一个篮球场, 还有秋千和跷跷板。噢! 感谢主, 让我们的教会外面有这么舒适的环境。

大家就把瑜伽垫铺在篮球场的地上, 准备好运动了! 在场也有物理治疗师和她的助手在准备着。开始运动前, 物理治疗师先向我们讲解伸展运动的步骤, 以及这些伸展运动会对我们有什么帮助。她和助手也很贴心的准备了一些运动步骤的小册子给参与者。

大家都用心跟着导师的动作做伸展。姐妹们要躺着, 有时需要抬起头看着前面导师的教导, 还蛮搞笑又好玩的。然后有一些动作是坐着或者站着的, 还有姐妹们也请教一些问题, 导师都用心的教导和讲解。大家一边做着伸展一边吱吱喳喳的跟着学习, 感觉真好。

由于是早上, 阳光恰好, 还有微微的风。我躺在垫子上一边做着运动一边看着微风吹动的树枝, 树叶在微微摇摆的景像, 忽然感触: 主啊! 祢的创造是多么美好。我们也在现场为诗云姐妹唱生日歌, 让她感动得热泪盈眶。

虽然今天参加的姐妹只有十多位, 可是大家就这样在热闹轻松的气氛中完成了这场运动。希望以后可以有多一点这样的户外活动。

感谢导师和助手愿意与我们分享并用心教导。教会也特别准备了感谢状和水果篮送给她们。过后, 大家返回教会去享用我和几位姐妹准备的简单早点。

一场活动可以完成, 真的要感谢主的带领和看顾。还有教会弟兄姐妹的配合。也特别感谢俊星弟兄的帮助, 特意邀请了医院 Flex Physiotherapy Centre 的物理治疗师Khalphana A/P Dayalan 过来教导我们。还有准备感谢状的雪芬姐妹和作翻译的义圣弟兄, 准备水果篮的诗云姐妹, 还有帮忙准备早点的姐妹们, 也谢谢叶牧师的祝福祷告。有你们真好!

感谢主! 让我有福气来参与祂的事工, 透过服事来学习人与人之间的相处, 团体的默契, 学习感恩和体谅, 学习如何在别人身上看到自己的弱点。



伸展操

青年之声

Voice of Youth

吴雪欣,
关丹中文堂

没想到关丹青年团有一天可以举办‘青年之声 Voice of Youth’！

还记得这场青年之声来的有点唐突。在策划的时候，大家都挣扎要在什么时候举办，以怎样的方式来进行。为的就是要让我们的青年人可以更好地了解上帝。由于大多数的青年人都还在读书的年纪，为了配合那些忙于温习功课、准备考试的他们，我们都绞尽了脑汁筹办这次的青年之声。在紧凑的时间里挑选‘好日子’来举办。我们也尽量安排让每一位青年人都有份参与这场有意义的活动，同时也分派了任务给他们。

虽然时间紧凑，但是上帝的恩典绝对够我们用，每一场的青年之声都顺利的进行。不论是青年人还是教友们都非常积极的参与。青年人也都按部就班的完成了他们各自的任务。起初还在担心他们会不愿意接受任务，也担心他们不会来参加。但是很感谢上帝，他们每天都按时的报到。最让我欣慰的是他们当中有好多极少参与服侍的人，都愿意在这场青年之声里面尝试并献出他们的‘第一次领唱’，‘第一次领开会祷告’。大家都能够在这场活动中付出努力并一起学习，真的是难得的机会。当然其中也包括了有几位有经验并愿意给予我们鼓励、分享以及带领的老师们，才让我们有机会来举办青年之声。透过他们的带领和帮助，以及教友们的鼓励下，大家都珍惜这次的学习机会。

虽然我们缺少在这方面的举办经验，未曾做过，没有经历过，加上时间也很紧凑。在以为可能要取消把活动带到明年的时候，上帝并没有让我们就此放弃，还一直在带领我们每个人心中的那小小的一把火，继续的点燃我们身边的每一位青年人，提醒我们不要忘记，‘我们信，因祂是我们的好朋友、父亲、老师、守护人和爱人’！



VOY
VOICE OF YOUTH

关丹青年团举办
青年之声 2022
19.11.22-23.11.22

我信， 因祂是

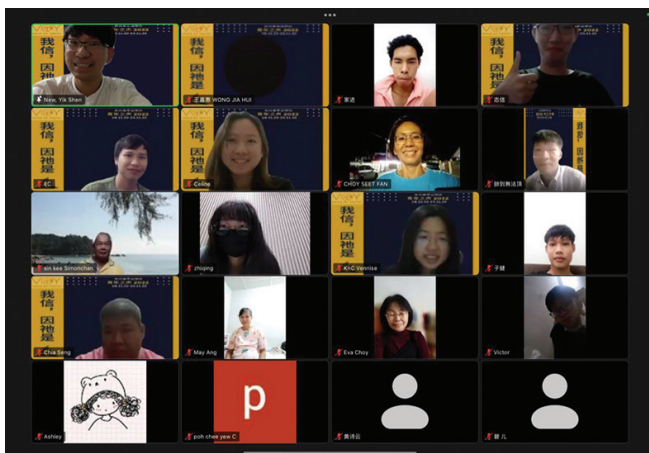
星期六：上帝，我的好朋友 (伟良)
星期日：上帝，我的父亲 (Celine)
星期一：上帝，我的老师 (玉诗)
星期二：上帝，我的守护者 (佳升)
星期三：上帝，我的爱人 (义圣)

ZOOM 视频
822 0620 5804
密码：777



每晚 8pm

青年大会海报



线上会议大合照

方舟中文堂新教堂开幕典礼

上帝过去20年的引领

胡森生，
双溪大年中文堂

2022年对于双溪大年基督复临安息日会方舟中文堂以及教友们来说是个很特别的一年。这一一路走来见证了上帝过去20年的带领。因为正是在2002年年底开始了第一次的圣诞庆典聚会后，福音的种子就在此传播开并逐年增多。从一个庆典，到定期主办的庆祝活动；从一个小组慢慢扩大，到最高峰的5个小组，目前稳定在4个小组；从每周驾两台车到70公里以外的檳城教堂聚会，到寄借在双溪大年马来教堂聚会，再到10年前租用一座半独立式双层建筑成为教会的布道所。在2022年双溪大年教会迎来一个新的里程碑。那就是从布道所升格为教会，也迎来一个全新的聚会地点，并正式命名为双溪大年双溪大年基督复临安息日会方舟中文堂。

新堂开幕的那个周末是以《316圣诞佳音分享会-回家》打响首炮。12月17号星期六晚上的节目是座无虚席的。316音乐事工带来许多经典的自创歌曲，尤其是最后几首配合新堂方舟的主题而编排的歌曲和分享，藉着316成员动人的歌声，令在场的观众深受感动，并更了解诺亚方舟所传达的信息。这一个序幕不只是开幕，更是个见证的时刻，也是个布道的筵席。

12月18号星期天开幕典礼的早上，教友们都准备好招待来自马来西亚半岛区会的行政人员、部门干事、以及全马各地的教会领袖和教会代表，一同前来见证双溪大年

新堂开幕这历史性的一刻。活动的一开始就邀请了黄马强长老和许素美姐妹上来，介绍双溪大年中文堂的历史。从笨珍搬到莪仑（Gurun），后来到双溪大年，这对夫妇可是本堂的开路先锋。谈起建立教会这20年走来，他们用生命引领了许多的人归向耶稣基督，也见证了上帝的带领，以及祂的神蹟。

接下来是方舟中文堂的教友献上两首特别音乐- 闽南语的《真正好》和《在乎耶和华》。教友们充满活力和激情的献唱，感染了在场的每一位。紧接着就是历届曾经在双溪大年中文堂服事牧者的祝福短片，其中就有目前人在香港担任港安医院院牧主任的李耀翰牧师。之后上场的是此次建立新堂委员会主席杨壮仁长老，带领我们回顾寻找建堂地点的历程。虽然当中困难重重，加上新冠疫情使到施工的进度受到影响，但上帝的恩典总是够用。感谢主，整个工程在充满着上帝的眷顾和带领下完成了。

整个开幕仪式在316音乐事工的诗歌呈献，进入另一个高潮。同时，马来西亚半岛区会会长陈明祯牧师在开幕致词时，以圣经的教导勉励教友们，要继续忠心传扬上帝赋予我们教会的末世现代真理。最后陈牧师以及方舟教会领袖完成了剪彩仪式，并亮起了方舟教会的标志，再以祝福的祷告结束了方舟中文堂开幕典礼。谢谢大家的代祷以及出席见证这个盛会。

教会乃是上帝为要拯救人类而设的机构，它是为服务而组织的，它的使命乃在将福音传遍天下。（使徒行述 第一章 第一段）



剪彩与标志亮灯仪式



堂主任胡森生教士代表教会赠送杖和小羊于黄马强老夫妇



双溪大年方舟中文堂教友呈献特别音乐



316圣诞佳音分享会



LOUDVOICE
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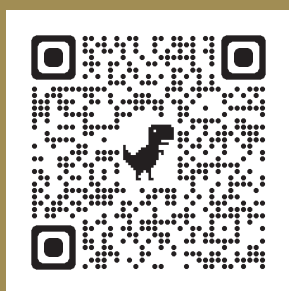


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Our mission is to inspire and equip you to become digital missionaries for God, by harnessing the effectual power of modern technology in content production and marketing to propel the work of evangelism in these last days!

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COME GROW WITH US

期待已久的青年大会

王嘉惠和党子晴，
关丹中文堂



关丹年轻人和堂主任在青年大会的合照



青年大会的主题旅行/履行带我们到台湾了

这一次的青年大会我期待了好久！由于疫情的原因原本应该在2021年举办的青年大会，延迟到2022年才能够举办。感谢上帝的看顾，让这一届的青年大会能够在线下举行。让我们能够面对面的交流。当时间越靠近我就越期待，甚至到一个星期前我就开始倒数还有几天就要到青年大会的日子了。我期待可以结交新的朋友，也期待可以重遇熟人。在这个营会里我感到很开心，因为我遇到很多旧朋友，同时也收获了新朋友。

我要感谢来自吉隆坡教会的朋友们，那么辛苦的策划这次的营会。我也要感谢在游戏进行时，带领着队伍的牧师们和工作人员们。此外，我要感谢上帝，虽然在营会期间还下雨，但是我们的活动依然顺利的进行。我也要感谢两位主讲人，一位是范少宾院长另外一位是黄达颖牧师，愿意付出宝贵的时间来预备这六堂课。

在这个营会的过程中，最让我印象深刻的是最后一堂课的其中一个故事。那个故事讲述到一位文字布道士，出去卖书了三个月却一本书也没买出去。就在最后一天他要放弃的时候，出现了一位女人，叫着他“你进来”。当时这位文字布道士就抱着，反正都要放弃了就以最后试一下无妨的心态进去了。进去后这位文字布道士开始介绍他的书，可是在他介绍到一半时，那位女人就说，“我要了这本书，你还有多少货我全部要了”。当要结算的时候，这位文字布道士还没有告诉女人多少钱，女人就把预先准备好的钱给他。这位文字布道士拿到钱开始算，结果让他大吃一惊。因为女人给的钱正好就是那个数目，给的恰恰好不多也不少。这个见证让我看到，上帝是有垂听我们的祷告。不要心急，上帝会在祂认为对的时间来帮助我们。

准备的工作坊也非常的精彩。总共有四个工作坊，例如青年理财好管家，大片拍摄小能手，打造音乐艺术家，covid要医不药医。我选择的工作坊是打造音乐艺术家。这个工作坊让我学习到原来音乐也有分成很多种，有激进的，温柔的，电子的等等。不同种类的音乐会让我们有不同的情绪，心率，睡眠等。比如是电子舞曲会让我们的情绪容易慌乱，会让我们的心率一直处于快节奏。

当在写这篇文章的时候，我的心情是开心和怀念的。时间过得很快，让我觉得这个营会才刚刚结束。在这篇文章的最后我要感谢上帝派了一位天使来资助我，让我能够顺利的参加这一届的青年大会，才没有错过这么多精彩的事情。实话实说，我现在已经开始期待下一届青年大会了。将会发生什么更精彩的故事呢？

王嘉惠

这是我第二次参加青年大会。在出发去青年大会的前几天，我就很期待去见我的朋友，也期待可以认识新朋友。

营会的第二天，我们关丹中文堂上台献唱一首歌，名叫《在主爱中》。我们每个人上台前都很紧张。不过感谢上帝，让我们的演出可以顺利的进行。其间有一个活动是要我们在四个工作坊中选一个参加，例如理财，摄影，音乐，医学。在这四个工作坊里我选了有关音乐的工作坊。从中我学到原来音乐也分很多类型，比如柔和音乐，电子舞曲音乐和激烈音乐等。不同种类的音乐是会影响到我们的性格，情绪，心率和睡眠等等。

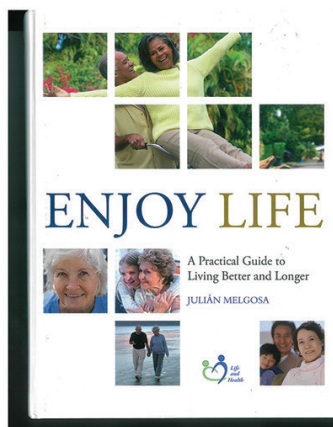
在青年大会，我也遇到一些在上一届青年大会见过的朋友，在最后一天，我鼓起勇气去与她们打招呼。庆幸她们还记得我！此外，我也认识了很多新朋友。

在这我也学习到，如果你觉得一件事很难完成或完成不了，那你可以试试每一天完成一点。日积月累，你就能完成你认为完成不了的事。比如你想做基督徒，却觉得很难，那你可以从每天读一段经文开始，慢慢地你就会开始了解耶稣，了解祂的一切事物。

在写这篇文章的时候又开始回忆起那几天发生的事，觉得时间过得很快，感觉青年大会就像是昨天的事。可惜的是今年我的好朋友因为要上课没能和我一起去。希望明年她能和我们一起参与。

党子晴

Book Promotion 2023



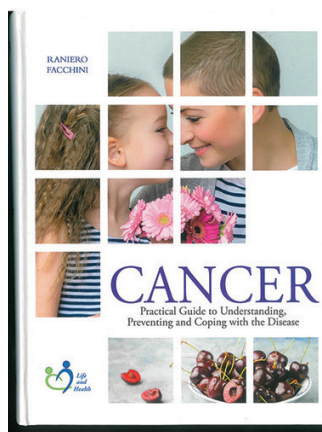
Enjoy Life

by Julian Melgosa

“Julian Melgosa has provided an extremely helpful guide to adult development and ageing from an international perspective. It provides a sound framework of both research and practical advice on how to maximize the odds of healthy productive period of life.”

It is very important to plan the material aspect of retirement. How much pension will I draw? What can I do to guarantee good deposits? Where will I live? What will I do with my time? But it is even more important to prepare mentally for the changes that retirement will bring. Will I be able to preserve a positive approach in my thinking and actions? How will I respond when my abilities decrease significantly? What attitude will I project towards the generation that observe me? Will I maintain faith and hope, or will I fall into despair and dissatisfaction?

The price of this book is **RM42** only.



Cancer

by Raniero Facchini

According to the World Health Organization, cancer is one of the leading causes of death in the world. Today an increasing number of people are being diagnosed with this dreaded disease. The good news is that between 30%-50% of cancers can be prevented by avoiding risk factors and applying well-founded preventive strategies. Moreover. When you learn to recognize the disease at its beginning, the chances of overcoming it are greatly enhanced.

Dr Facchini's work contains reliable reference and practical recommendation that can help you prevent cancer. It presents valuable information and useful and proven advice to help in the prevention and treatment of the disease.

The price of this book is **RM175** only.

*You may drop an email to Sister Jasnah Makirim
if you're interested to get a copy!
Email: jasnah@adventist.org.my*

NOTICE FROM PEM

APPRECIATION

God's blessings upon Elder Noah Agustin as he transitions to a teaching ministry which he feels, best match his spiritual gifts. We thank him for his services with Peninsular Malaysia Mission as an intern and church pastor from 01 July 2019 to 31 December 2022.

God's blessings upon Elder Joshua John and family as he has accepted a teaching position in Thailand. We thank him for his services with Peninsular Malaysia Mission as an intern and church pastor from 01 May 2011 to 31 December 2022.

God's blessings upon Pastor Petrik Andrews for his ministry as Adventist Mission and Family Ministries Director from 01 February 2022 to 31 December 2022, as he focuses his ministry as a local church pastor.

God's blessings upon Elder Ho Soon Cheng for his ministry with Peninsular Malaysia Mission. We want to thank him for his services as church pastor from 01 August 2011 to 31 December 2022.

We want to thank Pastor Benjamin Ng for his ministry as Spirit of Prophecy Director from 01 February 2022 to 31 December 2022.

NOTICE

Sungai Petani Chinese Church (Sungai Petani Ark Centre – SPARK) has relocated to C40, Lorong Sejati 5, 08000 Sungai Petani, Kedah.

ASSIGNMENT

Pastor Petrik Andrews has been assigned to pastor Bukit Mertajam effective 01 January 2023. This is in addition to Nibong Tebal.

Pastor Chin Boon Tat has been assigned to pastor Farlim & Sungai Ara Adventist Community Fellowship effective 01 January 2023.

Bible Instructor Wallace Tan has been assigned to Hope Adventist Church and to establish new work at Kepong. This is effective 01 January 2023.

Pastor Pragash Muthiah has been assigned to focus on Klebang effective 01 January 2023.

Pastor Lim Yee Loon has been assigned to focus on Lighthouse and to establish new work effective 01 January 2023.

Pastor Rayne Clement has been assigned to pastor Sungai Petani BM effective 01 January 2023 in addition to Penang English. Pastor Joshua Gan continues to mentor him.

Pastor Foo Shen Khoon has been assigned to pastor Alor Setar effective 01 April 2023. This is in addition to his responsibilities as church pastor of Sungai Petani Chinese Church (Sungai Petani Ark Centre).

Pastor New Kean Seng has been assigned to pastor Ipoh Chinese effective 01 April 2023.

Pastor Cheong Kok Leong has been assigned to pastor Penang Chinese and Kota Bharu effective 01 April 2023.

Pastor Frendy Rubil has been assigned to pastor Seremban effective 01 April 2023.

Pastor Byronchriswel Jobi has been assigned to pastor Klang BM and Pandamaran effective 01 May 2023.

Pastor Maclan Matthew has been assigned to pastor Penang Adventist Hospital Church and Midlands effective 01 May 2023.

Pastor Minsun Pangalin has been assigned to pastor Johor Bahru BM, Megah Ria and Kluang BM effective 01 May 2023.

Bible Instructor Kevin Phuah continues to serve at Ulu Tiram. Effective 01 May 2023, Pastor Tain Yung Yee shall be his mentor.

UPCOMING EVENTS

2023

April

01	Ministerial	Day of Fasting & Prayer	PEM
01	VOP	VOP Enrolment	PEM
09	MSA	Cooking Demo	PEM
09-10	Ministerial	Elders, Deacons, & Deaconesses Leadership Training (Certification) (6) - Online	PEM
10-Aug10	Admin	AOY-Salt 2023	PEM
16	Admin	Executive Committee Meeting (2-YE Mar 2023)	PEM
16	Health	Health Talk - Cara Utk Membantu Perkembangan Kemahiran	PEM
28-30	language	Bahasa Camp - Sanctuary Training Camp	PEM
29	VOP	VOP Promotion	Central
29	Stewardship	Stewardship Seminar	Southern

May

12-13	GHM	Children's Leadership Certification Program-Level 9	PEM
14	Youth	Wide Youth & Young Adults Skills Certification	PEM
20	Youth	World Adventurer Day	PEM
21	Health	Regional Health Expo	Central
27	CHM	World Day of Prayer for Children At Risk	PEM
27	Stewardship	Stewardship Seminar	Northern
28	MSA	Cooking Demo	PEM

June

02-05	Admin	AOY	Southern
10	WM	Women's Ministries Emphasis Day	PEM
11-15	VOP	Evangelism	PEM
17-18	Secretariat	Secretariat - Follow up & updates	Northern
19-22	Publishing	LMS Training Level 1 - Online	PEM
23-25	SS/PM/CHM	Regional Training	Northern
25	MSA	Cooking Demo	PEM
30-01	SS/PM	Bible Webinar - Theme: Ephesians (7th)	PEM



PICK UP LITTER AT
THE BEACH OR PARK



PLANT TREES OR FLOWERS
IN THE COMMUNITY



HELP WITH THE REPAINTING WORK
IF THERE IS A NEED



HELP TO RAISE FUNDS FOR
REFUGEE CHILDREN



SERVE FOOD TO THE HOMELESS
AT A SHELTER

INVOLVE YOUR *Children* IN MINISTRY & SERVICE

MARCH 18, 2023
GLOBAL CHILDREN'S DAY

COMMAND FROM
Jesus

"Do to others as
you would have
them do to you."

Luke 6:31

"Love your
neighbor
as yourself."

Mark 12:31



HELP CLEAN THE HOUSE
FOR THE DISABLED



DONATE USED TEXTBOOKS FOR
LOW-INCOME STUDENTS



SORT OUT PRELOVED TOYS AND
DONATE TO VARIOUS TOY LIBRARIES



HELP SORT RECYCLABLES
INTO VARIOUS BINS



HELP GRANDPARENTS WITH CHORES

How to Help Students Fight a Victim Mentality

(retrieved from Growing Leaders)

by Tan Weoi Siong,
Youth Ministries

I read two recent news stories that left me stunned. One young man from India chose to sue his parents for giving birth to him. He argued that he never asked to be born into this crazy world, and he wants some cash for having to endure it. I am not kidding.

Another news story reported that a set of parents chose to sue their adult children for not giving them any grandchildren. They felt they had reached an age where they deserved to enjoy this benefit, yet their kids had failed to come through. Again, I am not kidding.

So, why do we hear more and more of these kinds of accounts?

An Expanding Victim Mentality

I argue that a growing number of people today feel overwhelmed and are looking for relief. Along the way, they accrue a “victim mentality” and feel life has dealt them a bad hand of cards. A victim mentality is a state of mind in which a person feels helpless, as if the world is against them. Someone with a victim mentality can feel pleasure when they receive attention or pity as a result of their misfortune. They may also get a perverse thrill from showing off the injury caused by others, thus creating a sense of guilt. They feel liberated by refusing to accept responsibility for a problem. Someone with a victim mentality frequently carries a sense of moral elitism, feeling morally superior to others who enjoy good fortune. The term is also used in reference to the tendency to blame one’s misfortunes on somebody else.

Often, teens can pick up a victim mindset because they actually have been victims. A study from the Barna Group reveals that 82% of Generation Z believes they’ve experienced at least one trauma, and for many, it has been the COVID-19 pandemic. Imagine growing up in our world today. Just look around you, and you could accurately describe society as:

1. **Divided.** Children see adults as polarized by many issues and unable to compromise.
2. **Depressed.** Children see older peers and parents suffering from poor mental health.
3. **Diseased.** Kids have seen millions infected and one million people die from COVID.
4. **Destructive.** Kids have witnessed more mass shootings than we’ve had in 2022.
5. **Doubtful.** Our culture and economy are so volatile, kids feel uncertain about the future.

A victim mentality is an acquired personality trait: the person considers themselves a victim of the negative actions of others even when there is contrary evidence. My concern is that due to the difficult period in which we live, coupled with an adult population that misunderstands how to lead young people out of victim mentality, we could see three entire generations (Millennials, Gen Z and Gen Alpha) maturing into adulthood with this kind of mindset. Political psychologists Bar-Tal and Chernyak-Hai wrote that collective victim mentality develops from a progression of self-realization, social recognition, and eventual attempts to maintain victimhood status.

I don’t get scared easily, but this frightens me.

What Can We Do?

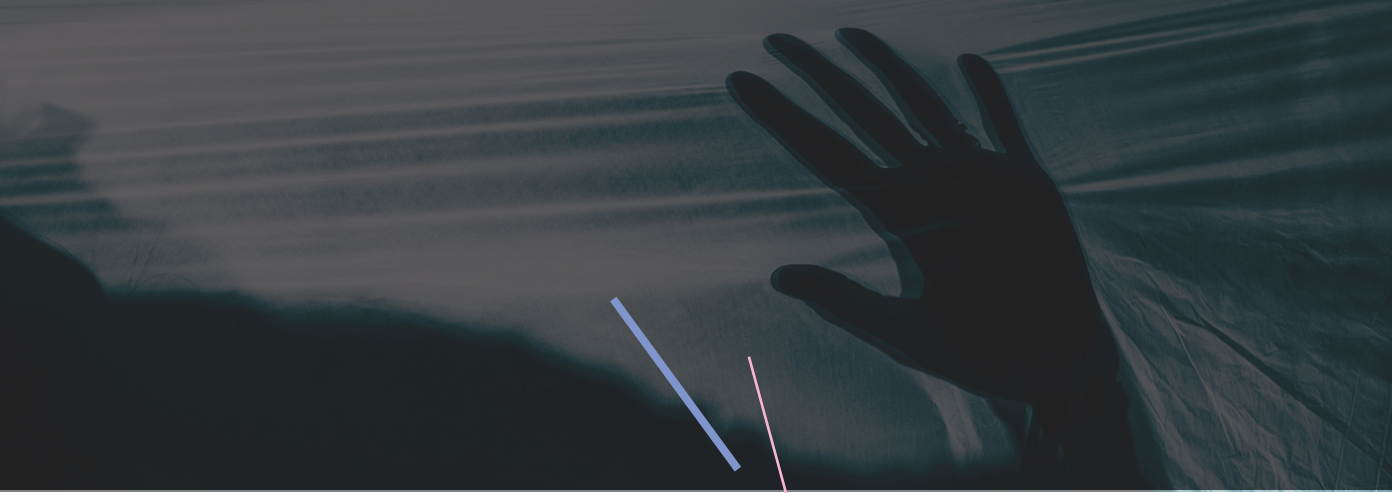
Let me reiterate that I’m not suggesting teens are lying about being a victim. Many of them have, indeed, been victims. What I’m fighting is the mindset that can follow, which leaves them in a state of helplessness, with an external locus of control, always needing someone else to solve their problems. When a student espouses a victim mentality, they feel that:

1. Their lives are a series of challenges directly aimed at them.
2. Most aspects of life are negative and beyond their control.
3. Because of the challenges in their lives, they deserve sympathy.
4. They have little power to change things and no responsibility to solve their problems.

The following are some steps we can take when we encounter a student who feels this way:

- **Listen first, and speak only when you’ve earned the right to speak.**

Too often, we jump to conclusions and accuse students of having no grit. While it may be true, we’ll have more success if we listen and empathize first. Once they feel heard, we have a better chance at collaborating on a game plan for them to improve. Listen, empathize, and then guide is the right sequence. Listening is almost equal to loving.



- **Help them forgive themselves and others.**

A teen with a victim mindset usually chooses labels for themselves or others. To remove them from this handicap, lead them in a process of identifying who they need to release and forgive, starting with themselves. I have little doubt that victim mentalities begin with a kernel of truth. Forgiveness can lead to significant breakthroughs.

- **Discuss a person who's suffered a worse fate.**

When I hear a student who's talking about how negative their life is, I often say, "Well, at least we're not in the Ukraine right now." I don't say that flippantly, but as a reminder that our life is relatively good compared with so many others. I love the phrase: "I used to complain about having no shoes until I met a man who had no feet."

- **Hold them accountable to assume ownership of their progress.**

Next, I often tell a story of someone who's been victimized but who took responsibility for their outcome. Timothy Alexander is a friend who's a paraplegic, having suffered a tragic car accident. He has the best attitude in the world. I then translate what this kind of attitude could look like in the teen today. Finally, I hold them accountable for this mindset.

- **Identify one step they can take toward improvement today.**

Finally, we decide together on the best, single step they can take in a new direction. What would it look like to embrace a "creator mindset" instead of a "victim mindset" right now?

Victim Mindset:

1. **Focuses on my weaknesses**
2. **Sees all I have missed out on**
3. **Makes excuses for my problems**
4. **Blames others**
5. **Fixed mindset**
6. **Repeats ineffective cycles**

Creator Mindset:

1. **Focuses on what I can improve**
2. **Sees what I could be grateful for**
3. **Makes plans to solve my problems**
4. **Accepts responsibility**
5. **Growth Mindset**
6. **Attempts new approaches**

Dr. Steve Maraboli said, "Your complaints, your drama, your whining, your blaming and all your excuses have never gotten you even a single step closer to your goals and dreams. Let go of your nonsense. Let go of the delusion that you deserve better and go earn it."





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13-15 APRIL 2023

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is borne by
participants

13 & 14 April: 7:00pm – 9:00pm

15 April: 3:00pm – 7:00pm



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SPEAKERS



Pr. Francis Amer
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Register at:
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Registration Closing Date:
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