

# vision

77  
Sep 2023

HOLY  
BIBLE

## The Everlasting Gospel of Revelation 14:

*the Proclamation*

VISI விஷன் பத்திரிக்கை 愿景

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

For internal circulation | Non-Muslims only



## 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

### Peninsular Malaysia Mission of Seventh-day Adventists

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

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

Tel: 03 7984 7795 Fax: 03 7984 4600  
Email: [info@adventist.org.my](mailto:info@adventist.org.my)  
Web: [www.adventist.org.my](http://www.adventist.org.my)

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

# PEM DIRECTORY

## ADMINISTRATION:

President	Tan Meng Cheng	<a href="mailto:president@adventist.org.my">president@adventist.org.my</a>
Executive Secretary	Dennis Ng	<a href="mailto:e.secretary@adventist.org.my">e.secretary@adventist.org.my</a>
Treasurer	Chee Joshua	<a href="mailto:treasurer@adventist.org.my">treasurer@adventist.org.my</a>

## DEPARTMENTS / SERVICES:

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

## EXECUTIVE COMMITTEE MEMBERS:

Chairperson	Tan Meng Cheng	
Secretary	Dennis Ng	
Member	Chee Joshua, Kelvin Liew	
Departmental Directors	Jasnah Makirim, Tan Weoi Siong	
Pastors	Robert Agustin, Tain Yung Yee, Maclan Matthew, Edwin Subramaniam	
Institution Leader	Koh Wah Heng	
Lay Representatives	Daniel Victor	<a href="mailto:danielv.danny@gmail.com">danielv.danny@gmail.com</a>
	Tah Kheng Soon	<a href="mailto:tahkhengsoon@pah.com.my">tahkhengsoon@pah.com.my</a>
	John Mariappan	<a href="mailto:johnzpeter@gmail.com">johnzpeter@gmail.com</a>
	Ng Teik Kee	<a href="mailto:dickyng@pah.com.my">dickyng@pah.com.my</a>
	Lim Mei Huey	<a href="mailto:meihueylim@yahoo.com">meihueylim@yahoo.com</a>
	Teo Talent	<a href="mailto:nigel@talentoffice.sg">nigel@talentoffice.sg</a>

# Content

## MESSAGE FROM THE PRESIDENT

The Everlasting Gospel of Revelation 14:  
The Proclamation

04 ENGLISH

05 BM

06 TAMIL

07 CHINESE

## EDITORIAL REMARK

08 Don't Miss Out

## INSPIRATIONAL

09 Not Just Learning & Searching the Bible  
but Proclaiming!

## COVER STORY

12 The Everlasting Gospel of Revelation 14:  
The Proclamation

## HEALTH TIPS

15 Overdependence on the Internet among Youth

## MISSION SPOTLIGHT

20 HOPE for Malaysia 2023

## NEWS UPDATE

24 AOY 2023

26 Health Expo

28 Johor Bahru English

29 Kluang BM

30 SSPM Advisory

32 Smartphone Evangelism

33 SAHC

34 Sungai Petani BM

35 Petaling Jaya English

37 Melaka

38 Kuala Lumpur Chinese

39 Kuantan Chinese

40 Tampin Chinese

## 40 BOOK ADVERTISEMENT

## 41 NOTICE FROM PEM

## 42 UPCOMING EVENTS

## 43 CHILDREN COLUMN

## 44 YOUTH COLUMN

### VISION

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

### EDITORIAL BOARD

Tan Meng Cheng,  
Dennis Ng,  
Chee Joshua,  
Corina Ling,  
Donny Tan,  
Tan Hui Ying

### LAYOUT DESIGN

Raindeer Graphic

### TRANSLATOR

Renitta Simon,  
Lorna Tang,  
Tan Hui Ying

### TO WRITERS

We welcome  
unsolicited scripts.  
Before submitting,  
review the contributor's  
guidelines on Page 41

**Please send scripts  
via email to**

[vision@adventist.org.my](mailto:vision@adventist.org.my)

### Peninsular Malaysia Mission Office

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

# The Everlasting Gospel of Revelation 14

## The Proclamation

by Tan Meng Cheng,  
President, Peninsular Malaysia Mission

The Seventh-day Adventist Church bears the responsibility to proclaim the everlasting gospel of Revelation 14 to the world before Jesus' Second Coming. Have we witnessed the fulfillment of this mighty proclamation today? Has it been given to all the nations of the earth? The answer is "not yet", nevertheless, we are to accomplish this task "not by might, nor by power" but by the Spirit of our LORD God.

### **Preach with Love**

"The object of all ministries is to keep self out of sight, and to let Christ appear. The exaltation of Christ is the great truth that all who labor in word and doctrine are to reveal." God is love and the everlasting gospel is about God' love for us. The proclamation is about His love for sinner, a call to true worship by honoring Him as the Creator of the universe and preparation for His soon coming by experiencing transformation in His power. If we share God's love, uplift Him in all the things that we do and not looking to our own interests but the interests of the others (cf. Phil. 2:4), people will know that we truly care for them and will respond favorably to the message we share.

### **Preach with Patience**

The cross of Calvary is a standing pledge of the boundless love and measureless mercy of the heavenly Father to sinners. God has been patient (cf. 1 Cor. 13:4 "love is patient") with His people, especially the Israelites. The numerous calls of the prophets in the Old Testament era to bid them to forsake idolatry and repent from their unfaithfulness demonstrate that God will not easily give up on His people. Today, we must labor in like manner, work with patience, preach with empathy, and believe that God Himself who has begun a good work in the lives of the believers will complete it until the day of Jesus Christ (Phil. 1:6). Never give up sharing the good news, just preach and move forward patiently.

### **Preach with the Power of the Holy Spirit**

When Christ was about to depart to His home in the heavenly courts, He promised that He would be present with them by the Holy Spirit (John 14:16-17). Christ also gave His disciples a promise that after His ascension He would be with them until the end of the world as they proclaim the good news (Matt.

28:19-20). The believers of Christ must, therefore, preach the message with the power of His Holy Spirit. God will work in and through everyone who receives Christ. "Those who know the indwelling of the Spirit reveal the fruits of the Spirit." This is not our work, we partner with God and work according to His guidance and plan.

"We are doubtless near that auspicious hour when the harvest of the earth will be reaped, as described in Revelation 14:14-16." Jesus enlightened the disciples by explaining to them, "Do you not say, 'Four months more, then comes the harvest'? But I tell you, look around you, and see how the fields are ripe for harvesting." (John 4:35, NRSV) We should just trust and obey God. If we are faithful and obedient, God will bless our effort with great success of harvest. May all glory be to God.

I will go and proclaim the everlasting gospel; will you join me?

[1] Ellen G. White, *Manuscript*, 109, 1897 (1SM, 155.1).

[2] Ellen G. White, *Manuscript* 41, 1897, 7-11 (12 MR 261.1).

[3] Ellen G. White, *Voice of Truth*, Jan. 1, 1845.





# Berita Baik yang Kekal Wahyu 14

## Pemberitaannya

oleh Tan Meng Cheng,  
*Presiden, Peninsular Malaysia Mission*

Gereja Seventh-day Adventist memikul tanggungjawab untuk memberitakan injil kekal Wahyu 14 kepada dunia sebelum Kedatangan Kedua Yesus. Pada masa ini, adakah kita telah menyaksikan penggenapan pemberitaan yang agung ini? Adakah injil telah diberikan kepada semua bangsa di bumi? Jawapannya adalah “belum”, walau bagaimanapun, kita harus menyelesaikan tugas ini “bukan dengan kekuatan tentera ataupun kekuatanmu sendiri” tetapi dengan kuasa Roh Tuhan.

### **Berdakwahlah dengan Kasih**

“Tujuan semua pelayanan adalah untuk diri berselindung, dan membiarkan Kristus muncul. Pengagungan Kristus adalah kebenaran besar yang harus didedahkan oleh semua orang yang rajin berkhotbah dan mengajar.”<sup>1</sup> Tuhan adalah kasih dan injil yang kekal adalah tentang kasih Tuhan untuk kita. Pemberitaan itu adalah tentang kasih-Nya terhadap orang berdosa, panggilan untuk penyembuhan yang benar dengan menghormati-Nya sebagai Pencipta alam semesta dan persiapan untuk kedatangan-Nya yang tidak lama lagi dengan mengalami perubahan dalam kuasa-Nya. Jika kita berkongsi kasih Tuhan, mengutamakan-Nya dalam semua perkara yang kita lakukan dan memikirkan kepentingan orang lain, bukan hanya kepentingan diri sendiri (rujuk Filipi 2:4), orang akan tahu bahawa kita benar-benar mengambil berat tentang mereka dan akan membalas secara positif kepada mesej yang kita kongsi.

### **Berdakwahlah dengan Sabar**

Salib Kalvari ialah ikrar tetap kasih yang tidak terbatas dan belas kasihan Bapa di syurga yang tidak terukur terhadap orang berdosa. Tuhan telah bersabar (rujuk 1 Kor. 13:4 “kasih adalah sabar”) dengan umat-Nya, khususnya orang Israel. Panggilan berulang kali para nabi dalam era Perjanjian Lama untuk meminta mereka meninggalkan penyembahan berhala dan bertaubat daripada ketidaksetiaan mereka menunjukkan bahawa Tuhan tidak akan mudah menyerahkan umat-Nya. Hari ini, kita mesti bekerja dengan cara yang sama, bekerja dengan kesabaran, berkhotbah dengan empati, dan percaya bahawa Tuhan Sendiri yang telah memulakan pekerjaan yang baik dalam kehidupan orang yang percaya akan meneruskannya sehingga selesai pada hari Yesus Kristus (rujuk Filipi 1: 6). Jangan sekali-kali berputus asa dalam berkongsi berita baik, hanya berdakwah dan maju ke hadapan dengan kesabaran.

### **Berdakwahlah dengan Kuasa Roh Kudus**

Apabila Kristus hendak berangkat ke rumah-Nya di halaman syurga, Dia berjanji bahawa Dia akan bersama mereka melalui Roh Kudus (rujuk Yohanes 14:16-17). Kristus juga berjanji dengan murid-murid-Nya bahawa selepas kenaikan-Nya, Dia akan menyertai mereka sehingga akhir zaman ketika mereka memberitakan khabar baik (Mat. 28:19-20). Oleh itu, orang-orang yang percaya kepada

Kristus mesti memberitakan khabar ini dengan kuasa Roh Kudus-Nya. Tuhan akan bekerja di dalam dan melalui setiap orang yang menerima Kristus. “Mereka yang didiami oleh Roh Tuhan akan memperlihatkan buah Roh.”<sup>2</sup> Ini bukan kerja kita, kita bekerjasama dengan Tuhan dan bekerja mengikut petunjuk dan rancanganNya.

“Tidak diragukan lagi kita sudah hampir dengan waktu apabila tuaian bumi akan dituai, seperti yang diterangkan dalam Wahyu 14:14-16.”<sup>3</sup> Yesus menerangi para murid dengan menjelaskan kepada mereka, “Kamu berkata, ‘Masih empat bulan lagi sebelum musim menuai.’ Tetapi Aku berkata kepada kamu, pandanglah ladang yang sudah menguning, siap untuk dituai!” (Yohanes 4:35) Kita hanya perlu percaya dan taat kepada Tuhan. Jika kita setia dan taat, Tuhan akan memberkati usaha kita dengan kejayaan tuaian yang besar. Semoga segala kemuliaan diberikan kepada Tuhan. Saya akan pergi dan memberitakan Injil yang kekal, adakah anda akan bersertaku?

[1] Ellen G. White, *Manuscript*, 109, 1897 (1SM, 155.1).

[2] Ellen G. White, *Manuscript* 41, 1897, 7-11 (12 MR 261.1).

[3] Ellen G. White, *Voice of Truth*, Jan. 1, 1845.

## வெளிப்படுத்துதலின் நித்திய நற்வெய்தி 14 – பிரகடனம்

Tan Meng Cheng,  
தலைவர் தீபகர்ப மலேசியா மிஷன்

வெளிப்படுத்துதல் 14-இன் நித்திய நற்செய்தியை ஏழாம் நாள் அட்வென்டிஸ்ட் ஆலயம் இயேசுவின் இரண்டாம் வருகைக்கு முன் உலகிற்கு அறிவிக்கும் பொறுப்பை ஏற்றுக்கொள்கிறது. இந்த மாபெரும் பிரகடனம் இன்று நிறைவேறுவதை நாம் கண்டிருக்கிறோமா? பூமியிலுள்ள எல்லா ஜாதிகளுக்கும் கொடுக்கப்பட்டதா? "இன்னும் இல்லை", என்பதே பதில். இருப்பினும், இந்த பணியை நாம் பலத்தினாலும் அல்ல, பராக்கிரமத்தினாலும் அல்ல, அவரது ஆவியினாலேயே ஆகும் என்று நம்புகிறோம்.

### அன்புடன் பிரசங்கியுங்கள்

"கிறிஸ்துவை வெளிப்படுத்தி நம்மை மறைப்பதே அணைத்து ஊழியத்தின் நோக்கமாகும். கிறிஸ்துவின் மேன்மை என்பது வார்த்தையிலும் கோட்பாட்டிலும் ஊழியத்தில் உழைப்பவர்கள் அனைவரும் வெளிப்படுத்த வேண்டிய பெரிய உண்மை. தேவன் அன்பாக இருக்கிறார். நித்திய நற்செய்தி என்பது தேவன் நம்மீது வைத்திருக்கும் அன்பைப் பற்றியது. பாவி மீதான அவரது அன்பைப் பிரகடனப்படுத்துவதாகும். பிரபஞ்சத்தின் சிருஷ்டிகரை கௌரவித்து, அவரது வல்லமையின் மாற்றத்தை அனுபவிப்பதன் மூலம் உணர்ந்து, அவரின் வருகைக்கு ஆயத்தப்படுவது உண்மையான ஆராதனையின் அழைப்பாகும். அவனவன் தனக்கானவைகளையல்ல, பிறருக்கானவைகளையும் நோக்குவானாக, பிலி.2:4-ல் கூறுகிறது போல, நாம் தேவனின் அன்பை பகிர்ந்து எல்லாவற்றிலும் அவரை உயர்த்துவோம். இப்படி செய்வதால் நாம் உண்மையாக மக்கள் மீது அக்கறையுள்ளவர் என தெரிந்து, நீங்கள் கூறும் சத்தியத்திற்கு செவி கொடுப்பார்கள்.

### பொறுமையுடன் பிரசங்கியுங்கள்

கல்வாரி சிலுவை என்பது பாவிகளுக்கு பரலோகத் தந்தையின் அளவற்ற அன்பு மற்றும் அளவற்ற கருணையின் நிலையான உறுதிமொழியாகும். கடவுள் தம் மக்களுடன், குறிப்பாக இஸ்ரவேலர்களிடம் பொறுமையாக இருக்கிறார் (1 கொரி. 13:4 "அன்பு பொறுமையாக இருக்கும்"). விக்கிரக ஆராதனையையும் அவ்விசுவாசத்தையும் கைவிடும்படியும் பழைய ஏற்பாட்டின் தீர்க்கதரிசிகள் எண்ணற்ற அழைப்புகள்

விடுத்தன, ஆனாலும், தேவன் தம் மக்களை எளிதில் கைவிடமாட்டார் என்பதை நிரூபிக்கின்றார். இன்று நாமும் அவ்வாறே பொறுமையுடன் உழைக்க வேண்டும், பச்சாதாபத்துடன் பிரசங்கிக்க வேண்டும், விசுவாசிகளின் வாழ்வில் ஒரு நல்ல வேலையை ஆரம்பித்துள்ள தேவன் தாமே, அதை செய்து முடிப்பார் என்று நம்ப வேண்டும். நற்செய்தியைப் பகிர்ந்து கொள்வதை ஒருபோதும் கைவிடாதீர்கள், போதித்து பொறுமையாக முன்னேறுங்கள்.

### பரிசுத்த ஆவியின் வல்லமையுடன் பிரசங்கியுங்கள்

2  
கிறிஸ்து பரலோக வீட்டிற்குப் புறப்படும்போது, பரிசுத்த ஆவியானவரால் தங்கியிருந்து அவர்களுடன் பிரசன்னமாக இருப்பதாக அவர் வாக்குறுதி அளித்தார் (யோவான் 14:16-17). உலகம் முடியும் வரை, கிறிஸ்து பரம் ஏறினப் பிறகும், சீஷர்களுடன் இருப்பார் என்ற வாக்குறுதியை கிறிஸ்து அவர்களுக்குக் கொடுத்தார். (மத். 28:19-20). ஆகவே, கிறிஸ்துவின் விசுவாசிகள் அவருடைய பரிசுத்த ஆவியின் வல்லமையுடன் நற்செய்தியைப் பிரசங்கிக்க வேண்டும். கிறிஸ்துவைப் பெறுகிற ஒவ்வொருவரிலும் தேவன் செயல்படுவார். "ஆவியின் இருப்பிடத்தை அறிந்தவர்கள் ஆவியின் கனிகளை வெளிப்படுத்துவார்கள்." இது நமது வேலையல்ல, நாம் தேவனோடு சேர்ந்து, அவருடைய வழிகாட்டுதலின்படி வேலையை செய்கிறோம்.

"வெளிப்படுத்துதல்" 2 14:14-16 இல் விவரிக்கப்பட்டுள்ளபடி, பூமியின் அறுவடை செய்யப்படும் நேரத்திற்கு, நாம் வெகு அருகில் இருக்கிறோம்." இயேசு சீடர்களுக்கு விளக்கமளித்து, "இன்னும் நான்கு மாதங்களில், அறுவடை வரும்" என்று நீங்கள் கூறவில்லையா? ஆனால் நான் உங்களுக்குச் சொல்கிறேன், உங்களைச் சுற்றியுள்ள வயல்களை பாருங்கள். (யோவான் 4:35, NRSV) நாம் தேவனை நம்பி கீழ்ப்படிய வேண்டும். நாம் உண்மையாகவும் கீழ்ப்படிதலுடனும் இருந்தால், அறுவடையில், தேவன் நம் முயற்சியை பெரும் வெற்றியுடன் ஆசீர்வதிப்பார். எல்லா புகழும் தேவனுக்கே உரித்தாகட்டும். நான் போய் நித்திய சுவிசேஷத்தை பிரசங்கிப்பேன், நீங்கள் என்னோடு சேர்ந்துகொள்வீர்களா?

A person's hand is holding a red book, likely a Bible, in a field of tall green grass. The background is slightly blurred, showing more of the field and some trees in the distance. The overall tone is peaceful and natural.

# 启示录14章 永远福音 宣教/宣扬

陈明祯,  
马来西亚半岛区会长

基督复临安息日会有责任在耶稣复临之前向世界宣扬启示录第 14 章的永恒福音。今天我们是否见证了这一伟大宣言的应验？它是否已经传遍了地球所有国家？答案是“还没有”，然而我们要完成这项任务“不是倚靠势力，也不是倚靠才能”，而是倚靠我们主上帝的圣灵。

## 用爱传道

“所有传道事工的目标都是要保自我消失不见，而让基督显现。高举基督乃是凡劳苦传道教导的人都要显明的伟大真理。”<sup>1</sup> 上帝就是爱，永恒的福音是关于上帝对我们的爱。这个宣告是关于祂对罪人的爱，呼吁借着尊崇上帝为宇宙的创造主而进行真正的敬拜，并通过经历祂能力的转变为基督复临做好准备。如果我们分享上帝的爱，在我们所做的一切事上都高举上帝，不考虑自己的利益，而是考虑他人的利益（参见腓立比书 2:4），人们就会知道我们是真正地关心他们，并会做出相对的反应。

## 耐心传道

加略山的十字架是天父对罪人无限的爱和怜悯的永久保证。上帝对祂的子民，特别是以色列人一直是很耐心（参见哥林多前书 13:4“爱是恒久忍耐”）。旧约时代的先知们曾经多次的呼吁他们放弃敬拜偶像并悔改，这就表明上帝不会轻易放弃祂的子民。今天，我们必须以同样的方式工作，耐心地工作，带着同理心传道，并相信上帝会亲自完成祂在信徒生活中开始的善工，直到耶稣基督的日子（参腓1:6）。永远不要放弃分享福音，只管耐心的传道并向前进。

## 靠着圣灵的能力传道

当基督即将回天庭的时候，祂应许会借着圣灵与他们同在（参见约翰福音 14:16-17）。基督还向祂的门徒承诺，即使在祂升天之后，当门徒在宣扬福音时，祂会与他们同在直到世界末了（参见太28:19-20）。因此，基督的信徒必须运用圣灵的能力来传讲福音。上帝会在每一个

接受基督的人心里面工作，并藉着他们去工作。“那些有圣灵同住的人就会结出圣灵的果子。”<sup>2</sup> 这不是我们自己的工作，而是根据上帝的指导和计划，让我们与上帝合作并同工。

“毫无疑问，正如启示录 14: 14-16 中所描述的那样，我们即将收割庄稼的时刻已近。”<sup>3</sup> 耶稣启发门徒说：“你们岂不说：‘还有四个月，就到收割的时候了’吗？但我告诉你，看看你的周围，看看田地是否已经成熟，可以收割了。”（约翰福音4:35, NRSV）我们只管信靠并顺服上帝。如果我们忠心与顺服，上帝就会祝福我们的工作，取得丰收。愿一切荣耀归于上帝。我会去宣讲永远的福音，你愿意加入吗？

[1] Ellen G. White, Manuscript, 109, 1897 (1SM, 155.1).

[2] Ellen G. White, Manuscript 41, 1897, 7-11 (12 MR 261.1).

[3] Ellen G. White, Voice of Truth, Jan. 1, 1845.



# Don't Miss Out

by **Corina Ling,**  
*Editorial Board*

Fear of missing out (FOMO) is the feeling of apprehension that one is either not in the know about or missing out on information, events, experiences, or life decisions that could make one's life better.

I often hear people make decisions based on the fear of missing out. So, they rush and make decisions which they later regret, sometimes causing pain towards others who are innocent.

Yet there is infinitely one decision that will affect our lives and the lives of those whom we profess to love, beyond eternity. Unfortunately, many of us neither see the importance of that decision, nor do we take the trouble to help others to realize it.

Matthew 24:14, "And 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". Revelation 14:6, "And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people".

Before the end comes, people on earth will either be preaching of the everlasting gospel or will be hearing the everlasting gospel. Being part of the remnant, gives us the privilege of preaching the everlasting gospel. Don't you want to be part of this leading team?



# Not Just Learning and Searching the Bible

*but Proclaiming!*

The Proclamation of the  
Everlasting Gospel  
of Revelation 14.

by Renie Ubara,  
*Ministerial Association*



Adventists have been set in the world as watchmen and light bearers of the everlasting Gospel of Revelation 14—to warn and to prepare people for Christ’s second coming! (White, 1909). Let’s learn about the biblical meaning of “proclamation”, and the practical missional endeavours in proclaiming the Three Angels’ Messages to the whole world.

## **Proclamation in the New Testament**

Empoweringly, in the Greek New Testament, the word commonly used for “proclamation” is κήρυγμα (kérugma). The term κήρυγμα (kérugma) refers to the act of publicly announcing or proclaiming a message or proclamation with authority. It is often associated with preaching or heralding an important message. The word κήρυγμα (kérugma) is derived from the verb κηρύσσω (kērússō), which means “to proclaim” or “to preach.” This verb is frequently used in the New Testament to describe the act of proclaiming or announcing the Gospel or other important teachings. (Papaioannou, 2021)

In the Bible, the concept of proclamation is closely linked to the spreading of the good news of Jesus Christ, the Gospel message, and the Kingdom of God. It involves proclaiming the truth, calling people to repentance, and inviting them to respond in faith. One notable passage where the term κήρυγμα (kérugma) is used is in 1 Corinthians 1:21 (NIV), which states, “For since

in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe.” Here, the word “preached” is a translation of κήρυγμα (kérugma), emphasizing the proclamation of the message of salvation. Overall, in the Greek New Testament, proclamation (κήρυγμα, kérugma) signifies the act of publicly proclaiming or heralding a message, particularly in the context of sharing the Gospel and calling people to respond in faith. (Pollard, 1994).

## Proclamation In the Old Testament

Interestingly, the word and concept of “proclamation” are also found in the Old Testament. In the Hebrew language of the Old Testament, the word most commonly used for “proclamation” is קָרָא (qara). This term carries the idea of calling out, proclaiming, or summoning with a loud voice. The Hebrew word קָרָא (qara) is used in various contexts throughout the Old Testament to describe the act of making a public announcement, declaring a message, or calling people to gather and listen. It can refer to both divine proclamation and human proclamation. The following are a few examples of the use of קָרָא (qara) in the Old Testament:

### • Proclamation of God’s Word

The prophets in the Old Testament were called by God to proclaim His message to the people. For example, in Jeremiah 1:7 (NIV), God says to Jeremiah, “But the Lord said to me, ‘Do not say, “I am too young.” You must go to everyone I send you to and say whatever I command you.’” The word “say” here is a translation of קָרָא (qara), indicating the divine call to proclaim God’s message.

### • Proclamation of God’s Deeds and Attributes

The Old Testament often includes declarations of God’s mighty acts, His character, and His glory. For instance, Psalm 96:3 (NIV) says, “Declare his glory among the nations, his marvellous deeds among all peoples.” The term “declare” comes from קָרָא (qara), expressing the call to proclaim and make known God’s wondrous works.

### • Proclamation of Feasts and Assemblies

In the Old Testament, קָרָא (qara) is also used to describe the calling or summoning of people for religious feasts, gatherings, or assemblies. For example, in Leviticus 23:4 (NIV), God instructs Moses, “These are the Lord’s appointed festivals, the sacred assemblies you are to proclaim at their appointed times.” Here, “proclaim” translates קָרָא (qara), referring to the public announcement of the holy convocations. (Strong Hebrew Dictionary (KJV), 2023).

With the above information, the Hebrew word קָרָא (qara) is used to convey the act of publicly declaring, summoning, or calling out a message or gathering. It encompasses the proclamation of God’s Word, His deeds, His character, and the announcement of religious events or assemblies. (Williams, 2016). Missiologically, the Three Angels’ Messages

of Revelation 14 are a central part of the beliefs and mission of the Seventh-day Adventist Church. Revelation 14 in the Bible is a call to worship God, proclaim the everlasting gospel, and prepare people for the second coming of Jesus Christ (Rodriguez, 2021).

Practically, here is a general outline of how the Three Angels’ Messages are proclaimed by the Seventh-day Adventist Church (there can be more):

## 1. Study the Bible and Understand the Messages

The first step is to study and comprehend the Three Angels’ Messages as described in Revelation 14:6-12. This involves delving into the biblical text, researching Adventist interpretations, and familiarizing oneself with the church’s teachings.

## 2. Personal Commitment

Proclaiming the Three Angels’ Messages starts with personal dedication and living out the principles they convey. It is essential to have a personal relationship with God, a deep understanding of the gospel, and a transformed life reflecting the teachings of Jesus Christ.

## 3. Share the Message with Others

The next step is to actively share the messages with others. This can be done through personal conversations, Bible studies, public evangelistic campaigns, literature distribution, online platforms, and any other means that allow for communication and interaction. The emphasis is on presenting the truths of the Three Angels’ Messages with love, respect, and sensitivity to the needs of the individuals being reached.

## 4. Presentations and Sermons

Within the context of worship services, evangelistic meetings, or other gatherings, pastors and church leaders often deliver sermons and presentations specifically focused on the Three Angels’ Messages. These messages provide an opportunity to explain the significance and relevance of these biblical teachings to the present-day world.

## 5. Media and Publications

As a church, we utilize various media platforms, including television, radio, websites, social media, and printed materials, to proclaim the Three Angels’ Messages. Through these channels, the church disseminates sermons, articles, videos, documentaries, and other resources that explain and promote the messages to a wider audience.

## 6. Health, Community Services, and Humanitarian Work

The church recognizes that the Three Angels’ Messages include a call to holistic health and caring for the needs of others. As such, many Adventists engage in health-related ministries, community service initiatives, and humanitarian projects, which serve as practical expressions of the messages’ principles and values.

## 7. Lifestyle and Community Engagement

Proclaiming the Three Angels’ Messages is not limited to verbal communication. We strive to embody the messages in our

daily lives, demonstrating the principles of worshipping God, following the gospel, and preparing for Christ's return through our lifestyle choices, ethical behaviour, and active involvement in their communities.

## 8. Evangelistic Campaigns

The church often organizes focused evangelistic campaigns to reach out to larger audiences. These campaigns may involve a series of meetings, seminars, or conferences centred around the Three Angels' Messages. They aim to provide in-depth teaching, answer questions, and invite individuals to make decisions for Christ.

## 9. Missionary Work

Seventh-day Adventists engage in missionary work around the world, spreading the Three Angels' Messages to different cultures and communities. Missionaries may live and work in foreign countries, establishing churches, schools, healthcare facilities, and other ministries that promote the messages' teachings while meeting the practical needs of the people.

## 10. Sabbath Observance

Our church places a strong emphasis on Sabbath observance, as outlined in the fourth commandment of the Ten Commandments. By faithfully observing the seventh-day Sabbath, we aim to reflect the worship aspect of the Three Angels' Messages and present it as a sign of allegiance to God.

## 11. Educational Institutions

The church operates a vast network of educational institutions, including schools, colleges, and universities. They provide quality education and also emphasize the integration of faith and learning. Adventist educational institutions often teach the principles of the Three Angels' Messages as part of the curriculum, aiming to prepare students for a life of service and mission.

## 12. Digital Media and Technology

The church recognizes the power of digital media and technology in reaching a global audience. Through websites, mobile applications, podcasts, livestreaming, and social media platforms, the church disseminates resources, sermons, Bible studies, and interactive content that promote the Three Angels' Messages to individuals around the world.

## 13. Collaborative Efforts

The church often collaborates with other organizations and entities that share similar goals and values. By partnering with like-minded groups, the church can extend the reach of the Three Angels' Messages and engage in joint efforts to address social issues, promote religious freedom, and contribute to the well-being of society.

## 14. Personal Witness and Testimonies

Every member is encouraged to share their personal witness and testimonies of how the Three Angels' Messages have impacted their lives. By openly sharing experiences of spiritual growth, answered prayers, and the transformation of character, individuals can effectively communicate the relevance and power of the messages to others.

## 15. Small Group Ministry

The data collected by General Conference showed that small group ministry is one of the best ways for mission, discipleship, and leadership development that encourages church planting. And within small groups, the Three Angels' Messages may be shared effectively.

## 16. Mission to the Cities

We are called to preach the Three Angels Messages to all the cities in the world! (Sanchez, 2022).

It's important to note that these steps are general guidelines and can vary in implementation depending on individual and cultural contexts within the Seventh-day Adventist Church and the people that we are proclaiming these messages.

It's important also to remember that proclaiming the Three Angels' Messages is not limited to specific methods or strategies. The church needs more creative ministries to lovingly share the gospel cross-culturally. (Wilson, 2021).

The overarching goal is to communicate the everlasting gospel in a way that resonates with people's hearts, minds, and individual circumstances, ultimately leading them to a personal relationship with God and preparing them for the second coming of Jesus Christ, by the power of the Holy Spirit. Why wait? Let's go!

### References

- Dombrowski, Sandra. (2023). *Three angels' messages sidewalk evangelism*. Retrieved from: <https://am.adventistmission.org/m360v10n2-24>
- Finley, Mark. (2020). *Three cosmic messages: earth's final conflict*. Pacific Press Publishing.
- Papaioannou, Kim. (2021). *Proclamation and discipleship: God's strategic plan to evangelize the world*. Retrieved from: <https://www.ministrymagazine.org/archive/2021/09/Proclamation-and-discipleship>
- Pollard, Leslie N. (1994). *Preach with power*. Retrieved from: <https://www.ministrymagazine.org/archive/1994/03/preach-with-power>
- Rodríguez, Angel Manuel. (2021). *Three angels, one gospel*. Retrieved from: <https://www.ministrymagazine.org/archive/2021/06/Three-angels-one-gospel>
- Sanchez, Angelica. (2022). *Three angels' messages: the heart and soul of the Adventist church*. Retrieved from: <https://www.adventistworld.org/three-angels-messages-the-heart-and-soul-of-the-adventist-church/>
- Seventh-day Adventist Church. (2020). *28 fundamental beliefs*. General Conference.
- Strong Hebrew Dictionary (KJV). (2023). *Qatsab-qashar*. Retrieved from: <https://m.egwwritings.org/en/book/14172.17094001#7121001>
- Ellen G. White, (1909). *Testimonies for the church*. CA: Pacific Press Publishing Association. Vol. 9, p. 19.
- White, Ellen Gould. (1911). *The great controversy*. CA: Pacific Press Publishing Association.
- White, Ellen Gould. (2022). *Three angels' messages*. MD: Review and Herald Publishing.
- Williams, Hyveth. (2026). *An appeal for a new era of preaching and worship*. Retrieved from: <https://www.ministrymagazine.org/archive/2016/04/An-appeal-for-a-new-era-of-preaching-and-worship>
- Wilson, Ted N. C. (2021). *The three angels' messages and the mission of the church*. Retrieved from: <https://www.adventistworld.org/the-three-angels-messages-and-the-mission-of-the-church/>





# The Everlasting Gospel of Revelation 14:

by **Dennis Ng,**  
*Executive Secretary*

For a hundred and twenty years as the countdown to the flood began, the antediluvian world remained oblivious, unmotivated, unconvinced by the proclamation of Noah. No doubt Noah, called the “herald (an official entrusted with making public proclamations) of righteousness”<sup>1</sup>, was incessantly ridiculed<sup>2</sup> and criticized for being an alarmist. “Why,” some too may ask today, “do we keep talking about the Three Angels’ Messages?” Well beloved, it’s because that’s part of our Seventh-day Adventist’s DNA. It’s akin to asking the late Steve Jobs, “Why do you keep talking about Apple?”

Dr. Merlin Burt encapsulates the whole message, our identity and our mission in one brief, simple but power-packed paragraph: “The Three Angels’ Messages are an end-time gospel proclamation that begins with a world-wide preaching of the “everlasting gospel” and ends with the “faith of Jesus.” This proclamation features two key doctrines: (1) The Sabbath, as the expression of loyalty to Jesus as our Creator and Redeemer, and (2) the most holy place heavenly sanctuary ministry of Jesus to finish the work of salvation in preparation for the Second Coming.”<sup>3</sup>

Our General Conference president, Dr. Ted Wilson, says it this way: “The first angel’s message brings the ‘everlasting gospel’ to the entire world—a call to worship God as Creator and an announcement of the hour of His judgment. The second builds upon the first, proclaiming that Babylon—a false system of worship that rejects the proclamation of the first angel, accepts the delusions of Satan, and unites with the world—is fallen. The third angel’s message brings to light the mark of the beast in contrast to God’s true Sabbath as the seal of God, urging people not to receive the mark.”<sup>4</sup>



We know the messages are to go out the world over, with urgency. They are not messages to keep secret, but to share, to proclaim! How are we to do that? Here are some pointers:

#### **1. BELIEVE AND UNDERSTAND THE MESSAGES PERSONALLY**

We have to personally believe the messages. Do we believe them to be true? Do we have any doubts? If we have, we won't be motivated to share them. If we are unsure or uncertain of the messages, let's seriously study to understand them immediately. Don't just study the three angels' messages. Expand your study to understand the context, background, their end-time implications and applications, encompassing both the books of Revelation and Daniel. Dr. Ted Wilson reminded the world membership that "head knowledge is not enough; these messages must penetrate the heart."<sup>5</sup>

#### **2. ALLOW THE MESSAGES TO TRANSFORM OUR LIVES**

"God gave us the Bible to transform us, not simply to inform us," Rick Warren once wrote. "So, all of us who have had that veil removed can see and reflect the glory of the Lord. And the Lord—who is the Spirit—makes us more and more like him as we are changed into his glorious image."<sup>6</sup> When the everlasting gospel of Revelation 14 does its work in us individually, people will see that the gospel indeed "is the power of God for salvation."<sup>7</sup> A changed life would positively, powerfully and convincingly testify in favour of the three angels' messages. So, let God's Word bring about genuine transformation in our own lives.

## COVER STORY

### 3. GET OUR NAME RIGHT

Our name is an integral part of our identity. Beloved, let's get our name right. This is how our name is spelt: Seventh-day Adventist. Not Seventh Day Adventist or other variations. There is a distinction! Our name, as a silent witness, testifies to the three angels' messages.

Ellen White wrote, "The name 'Seventh-day Adventist' carries the true features of our faith in front and will convict the inquiring mind. Like an arrow from the Lord's quiver, it will wound the transgressors of God's law, and will lead to repentance toward God, and faith in our Lord Jesus Christ."<sup>8</sup>

She further implored: "We are Seventh-day Adventists. Are we ashamed of our name? We answer, No, no! We are not. It is the name the Lord has given us. It points out the truth that is to be the test of the churches."<sup>9</sup>

She repeated this a year later when she wrote: "We are Seventh-day Adventists, and of this name we are never to be ashamed. As a people we must take a firm stand for truth and righteousness. Thus we shall glorify God."<sup>10</sup>

### 4. DEPEND ON THE HOLY SPIRIT AND USE GOD'S METHODS ALONE

In our quest for church growth, we tend to adopt anything that gives any semblance of "results" or "success." We may copy various methods from popular churches. If we find something to be successful, we all rush into doing the same thing. This is not a criticism. We take this course of action perhaps because we are generally out of ideas that work. But take courage! Don't be disheartened by failings. Use biblically consistent methods and practices befitting our name, values and beliefs. "Christ's method alone will give true success in reaching the people. The Saviour

mingled with men as one who desired their good. He showed His sympathy for them, ministered to their needs, and won their confidence. Then He bade them, 'Follow Me.'"<sup>11</sup>

### 5. FAITHFULLY STAY ON MESSAGE

Events on earth vindicates what we've been proclaiming for 160 years. God's Spirit is at work. Stay true to our message. Don't mix it up, dilute, or repress it. God's truth will triumph!

"Heretofore those who presented the truths of the third angel's message have often been regarded as mere alarmists. Their predictions that religious intolerance would gain control in the United States, that church and state would unite to persecute those who keep the commandments of God, have been pronounced groundless and absurd... But as the question of enforcing Sunday observance is widely agitated, the event so long doubted and disbelieved is seen to be approaching, and the third message will produce an effect which it could not have had before."<sup>12</sup>

### Conclusion

Beloved, God's work WILL move forward in PEM because He is in control. We are invited to join His mission. If we are ever unclear of our purpose and mission as a Church, this is it:

"In a special sense Seventh-day Adventists have been set in the world as watchmen and light bearers. To them has been entrusted the last warning for a perishing world. On them is shining wonderful light from the word of God. They have been given a work of the most solemn import—the proclamation of the first, second, and third angels' messages. . . . The world is to be warned, and God's people are to be true to the trust committed to them."<sup>13</sup>

Beloved, can God count on you to join in the proclamation of His messages so that your neighbor may hear the invitation to eternal life?

#### Reference:

- (1) 2 Peter 2:5, *English Standard Version*.
- (2) Ellen G. White, *Patriarchs and Prophets*, p. 96. See also ref 2 Peter 3:2-7.
- (3) Merlin D. Burt, Ph.D., *A Brief Overview of the Unfolding Seventh-day Adventist Understanding of the Three Angels' Messages in Connection with Revelation 13 and 18 and Ellen White's Role*, July 15, 2021.
- (4) Ted N. C. Wilson, PhD, <https://www.ministrymagazine.org/archive/2021/10/Practical-aspects-of-the-proclamation-of-the-three-angels-messages>
- (5) Ibid.
- (6) 2 Corinthians 3:18, *New Living Translation*.
- (7) Romans 1:16, *Berean Standard Bible*
- (8) Ellen G. White, *The Faith I Live By*, p. 304.
- (9) Ellen G. White, *Letter 110*, 1902. (Written July 7, 1902.)
- (10) Ellen G. White, *Letter 106*, 1903. (Written May 20, 1903.)
- (11) Ellen G. White, *The Ministry of Healing* (Mountain View, CA: Pacific Press Pub. Assn., 1905), 143
- (12) Ellen G. White, *The Great Controversy* (Mountain View, Calif.: Pacific Press Pub. Assn., 1911), p. 612.
- (13) Ellen G. White, *Testimonies for the Church* (Mountain View, Calif.: Pacific Press Pub. Assn., 1909), vol. 9, p. 19.





# Overdependence on the Internet Among Youth

by Dr Sim Su Tein,  
Petaling Jaya Chinese

Daniel, is a 19 year old male, a high-achieving student, with a supportive family and a bright future ahead. However, during his late teenage years, he became captivated by the world of online gaming. As his gaming hours increased, so did his disconnection from reality. Daniel's life began to revolve around his virtual pursuits; with academics, family dynamics, peer relationships, and self-care falling by the wayside. Daniel's grades plummeted as he neglected his studies, staying up late to play games and sleeping through classes. His once-strong relationships with friends and family started to deteriorate. He lost interest in socializing, turning down invitations to spend time with friends in favor of online gaming sessions. His family, particularly his parents, felt increasingly helpless and devastated as they watched their once-ambitious son succumb to the grip of internet overdependence. His lack of self-care became evident, as he ignored personal hygiene and allowed his physical health to decline. Moreover, Daniel showed no initiative to seek employment, leaving him with no direction or purpose outside of his virtual world.

The once-promising future he had seemed to slip away, swallowed by the abyss of gaming addiction.

This phenomenon is not unique to Daniel's story but has become increasingly prevalent across the globe. "Otaku" is a Japanese term that originally referred to people with an intense interest in manga, anime, or other similar hobbies, often to the point of social isolation. Over time, the term has broadened to describe people who are excessively dependent on digital platforms, such as the internet and gaming as well.

New words have also emerged in the Japanese language to describe the extreme behaviors associated with internet overdependence. For example, one term refers to a person so glued to the couch that they become almost inseparable, while another term, translating to "bottle-man," describes those who are so unwilling to move that they opt to urinate in bottles instead of using the restroom. During the winter, these individuals may even use the bottles as makeshift warmers after passing urine. These stories and linguistic inventions highlight the severity of the

issue and illustrate how deeply the lives of young people can be affected by internet overdependence today.

In today's digital era, the internet offers countless opportunities for learning, entertainment, and connection, but it also presents potential risks to young people's mental health and well-being. Internet overdependence, characterized by excessive and compulsive use of the internet, can significantly interfere with an individual's daily life, relationships, and overall well-being. This overdependence can manifest in various forms, such as social media, gaming, pornography, and compulsive web browsing.

Youth, defined as individuals aged 15-24, are particularly susceptible to internet overdependence due to their ongoing developmental stage, characterized by significant physical, emotional, cognitive, and social-behavioral changes. In Malaysia, it has been estimated that the prevalence of behavioral addiction among youth could be as high as 60.7% in cross-sectional studies involving young participants from Malaysian public universities.

# Risk Factors

Various risk factors can contribute to the development of internet overdependence among youth. Some of these factors include:

## 1 ADHD (Attention Deficit Hyperactivity Disorder):

Youth with ADHD may be more susceptible to developing internet overdependence due to their difficulty to resist the instant gratification and constant stimulation provided by online activities. Additionally, those with ADHD often struggle with attention regulation and may find the engaging nature of the internet more appealing than other activities. Time management issues, another common challenge for individuals with ADHD, can lead to excessive time spent online. Some youth with ADHD may use the internet as a coping mechanism to escape challenges, such as social difficulties and academic struggles. Furthermore, self-regulation difficulties associated with ADHD can cause problems in setting limits and adhering to boundaries around internet use. It is important to recognize that not all youth with ADHD will develop internet overdependence, and proper management of ADHD symptoms can help reduce the risk of this issue. Therefore, early intervention and support are the key to addressing internet overdependence among ADHD-affected youth.

## 2 Social Isolation Or Loneliness:

Young people who feel isolated or disconnected from their peers may turn to the internet as a means to find companionship, social interaction, and a sense of belonging, which can lead to overdependence.

## 3 Low Self-Esteem:

Youth with low self-esteem may be more vulnerable to internet overdependence as they seek validation and acceptance through online activities, particularly on social media. The pursuit of “likes” can become an unhealthy obsession, with individuals associating their self-worth with the number of likes and positive feedback they receive. This reliance on social media can lead to preoccupation with their online image and reputation. The curated nature of social media exacerbates low self-esteem, as youth compare themselves to others who seem to lead perfect lives. This creates a distorted perception of reality and pressure to present an idealized version of themselves to gain acceptance. As a result, they may invest significant time and energy in maintaining their online personas, negatively impacting their mental health, social connections, and overall well-being.

## 4 Mental health issues:

Conditions such as anxiety, depression, or other mood disorders can increase the risk of excessive internet use, as individuals may turn to the internet as a coping mechanism or escape from their difficulties.

## 5 Family dynamics:

A lack of parental supervision or support, poor communication, or family conflicts can contribute to a young person's overdependence on the internet, as they may seek solace and comfort in the virtual world.

## 6 Peer influence:

If a young person's friends or social circle are heavily involved in online activities or exhibit excessive internet use, they may be more likely to develop overdependence themselves due to the influence of their peers.

## 7 Poor coping skills:

Some youth may struggle with effective coping strategies to manage stress, including academic pressures. In response, they may turn to the internet as an escape, potentially leading to overdependence. The constant stimulation and instant gratification provided by online activities may offer temporary relief from stress, but excessive internet use can exacerbate existing issues and contribute to further difficulties in coping with life challenges. Developing healthy coping skills and stress management techniques is crucial for youth to avoid internet overdependence as a means of escaping stressors.

## 8 Accessibility:

Easy access to the internet through multiple devices, such as smartphones, tablets, and computers, can increase the likelihood of developing internet overdependence, as it becomes easier to engage in excessive online activities.





## Severe Consequences and Future Projections

If left unaddressed, internet overdependence among youth can have severe consequences and is associated with various mental health disorders and psychological distress:

1. **Worsening social skills:** Overreliance on online interactions can lead to a decline in face-to-face social skills, as youth may become less adept at navigating real-life social situations. For instance, young people today might feel more comfortable texting or engaging in virtual meetings rather than interacting in person. This shift in communication preferences can contribute to feelings of loneliness and disconnection, making it increasingly difficult for them to form and maintain meaningful offline relationships.
2. **Occupational and academic function impairment:** Excessive internet use can impair concentration and focus, negatively affecting both academic performance and occupational functioning. This decline in productivity and ability to meet responsibilities can limit future opportunities and hinder young people's success in school, work, and other areas of life.
3. **Mental health disorders:** Internet overdependence has been linked to increased rates of anxiety, depression, low self-esteem, and self-harming behaviours. Excessive internet use can exacerbate feelings of anxiety, particularly social anxiety, and contribute to a decline in mood and an increase in depressive symptoms. In individuals with ADHD, constant stimulation from the internet can worsen attention and focus issues.
4. **Physical health problems:** Sedentary behaviour and poor sleep hygiene associated with excessive internet use can result in obesity, sleep disorders, and other health issues.
5. **Spiritual disconnect:** Overdependence on the internet can distract young people from their faith, hindering their relationship with God and spiritual growth.

## Intervention Strategies

When a parent, teacher, or other adult becomes aware of a young person's internet overdependence, it can be challenging to know how to proceed. How can one know if the youth have a problem? Should they be confronted, disciplined, or left to their own devices? It is important to approach this issue with care, seeking guidance from God and the Holy Spirit.

Many adults believe that young people who are overdependent on the internet are simply lacking in self-control and motivation. They may suggest that the young person needs to strengthen their relationship with God and exercise more willpower to overcome their addiction. However, while this approach may be effective for some, the majority of young people who struggle with internet overdependence need professional help to overcome their condition.

Matthew 19:26, remind us that with God, all things are possible, thus we must rely on His strength to address this issue. Intervening with a young person who has internet overdependence can be difficult and hurtful. The young person may deny that they have a problem and become defensive.

Prayer is an essential starting point for parents and other adults who want to help young people with internet overdependence. As Philippians 4:6-7 says, "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus." It is important to ask God for guidance and wisdom in approaching this sensitive issue.

Added to prayer, careful words and actions must follow. In cases like this, what we DON'T do is as important as what we should do.

1. Don't ignore the problem or make excuses for the young person.
2. Don't take over their responsibilities or treat them like a child. Galatians 6:5 says, "For each one should bear his own load."
3. Avoid emotional appeals, which may only increase feelings of guilt and shame.
4. Don't confiscate or hide their devices or limit their access without a clear plan for help.
5. Don't shelter the young person from situations where internet use is present.
6. Don't argue with the young person when they are using the internet excessively.
7. Above all, don't accept responsibility for the young person's actions or blame yourself for their behaviour.

Attitudes and behaviours which we should avoid include:

- Judgmental or accusatory tones.
- Stigmatizing the young person or their behaviour.
- Seeking sympathy or attention for ourselves
- Blaming ourselves for the young person's behaviour.

There are, however, some important things that we can do to deal more effectively with a young person who has internet overdependence.

1. Firm - explain why excessive internet use can be harmful, and the importance of creating a balance, as highlighted by Ellen G. White in her teachings on self-control.
2. Understanding - listen to the reasons why they use the internet excessively. This can be difficult to do, but it is important to maintain a level of trust and convey a sense of acceptance.
3. Supportive - assist the young person in finding help and provide moral support through tough times ahead.

Addressing internet overdependence among youth requires a thoughtful, compassionate, and faith-based approach. As parents, teachers, and mentors, we must recognize the power of God to help us overcome any challenge, including internet overdependence. Ultimately, our goal should be to help youth achieve a healthy balance in their lives, harnessing the power of the internet without becoming enslaved to its temptations.

To accomplish this, we must provide firm guidance, understanding, and support, grounded in the wisdom of scriptures and implemented by faith. As we walk alongside our youth in their journey, promoting healthy growth and preventing internet overdependence, we must remember that, with God's help, they can overcome the challenges they face and lead spiritually enriching lives.



# HOPE for MALAYSIA 2023

On 11 December 2022 the Peninsular Malaysia Mission's Executive Committee voted to be part of the city-wide evangelistic effort, an effort to reach the cities in these last days. The collaboration with Malaysia Union Mission (MAUM), the Southern Asia-Pacific Division (SSD) and Adventist World Radio (AWR) enabled speakers like, Pastor Kent Sharpe, Vice President Finance, AWR, Pastor Segundino Asoy, Sabbath School & Personal Ministries and Possibilities Ministry Director, SSD, Pastor Verse Fernandez, France Nord, Paris, France and Pastor Roseller Zamora, Adventist World Radio Coordinator, to speak at these series with the overarching theme, 'Revelation of Hope' which ran concurrently.

1,200 representatives from 25 different congregations, across 4 different language groups, attended the culmination of the event on 26 August 2023 at Wisma MCA,

Kuala Lumpur. At Johor 120 people gathered together on the same date.

Starting from 20 August 2023, 4 churches hosted the daily meetings: Kuala Lumpur English, with an average attendance of 120 people, Myanmar congregation, with an average attendance of 150 people and Petaling Jaya English with an average attendance of close to 70 people. At Johor, the meetings ran from 21 to 26 August 2023. Johor Bahru BM, Megah Ria and Kluang BM hosted the nightly meetings at the former Home Health Education Service Office. They had an attendance of up to 100 people each night.

In all the locations, the main organizers emphasized the success was due to the unity shown among members collaborating together and the daily prayer organized among the church members, months prior to the event, asking for

Combined Worship on 26 August 2023





the outpouring of the Holy Spirit upon the speakers and all who would be coming for the event. Pastor Renie Ubara, Ministerial & Field Secretary who was coordinating the efforts in Johor shared that Pastor Asoy, invited the participants to pray with him every night and also makes alter calls for special prayers at the end of each nightly meeting.

Intern pastor, Pastor Caleb Wee, witnessed ‘many of my fellow ministers, with much more experience and understanding, bring this evangelistic series to fruition’. He said he was humbled to see the cohesiveness and unity between ministers, leaders and laymen, all who were doing great work to ensure that everything ran smoothly. He further added, ‘It warmed my heart to see the many church members who came in support of the local church event and their interaction with the friends and guests that we have over’.

Kuala Lumpur English church pastor, Pastor Rober Liaw said that he expected between 50-70 people to come for the nightly meetings but was rebuked by the Holy Spirit when 100 people came on the first night and the number kept increasing up to 150 on Friday night.

Petaling Jaya English church pastor, Pastor Robert Agustin organizer, felt the goodness of God as he was surrounded by many committed, passionate pastors and lay members working together rallying each other to invite members to bring friends to the event.

Food was provided for attendees at all locations and the opportunity to eat together gave members a time to catch up with members from other churches and with seekers who came to eat together. While some seekers may find being amidst strangers intimidating, it was also a good opportunity for seekers to know that the church they are attending is part of a larger organization. Even on Sabbath, tasty, vegan food was provided.

At Kuala Lumpur English, the Newstart Kitchen, an Adventist-run restaurant, located at the ground floor of the church building opened its doors to provide dinner to all attendees of the nightly meetings. Prior to the event, customers who ate at the restaurant were all invited to attend the series and one of the customers attended every single night.

On the 5th and 6th night Pastor Roger Caderma, President of Southern Asia-Pacific Division joined the evangelistic session at Kuala Lumpur and Petaling Jaya, to encourage the members and organizers who came.

One of the translators said, ‘It was a privilege to work with the PA team, bringing the message to everyone who desired to receive the word of God in their native language, in order that they might be more blessed’.



Revelation of Hope- Johor



Revelation of Hope - Myanmar Churches



Revelation of Hope - Kuala Lumpur



Revelation of Hope - Petaling Jaya



Worship Service

Many were impressed with the 'testimonies by our many local churches scattered around Peninsular Malaysia, who have been doing great and wonderful work in their local communities. Even amongst Covid, churches were still doing their best to reach out, and bring love to whomever came their way. This has resulted in more new friends and people, thirsting after the fountain of life that is Jesus Christ'. It is a reminder that even in toughest of times, the church should not be idle, but rather pray for the guidance of the Spirit, that we may accomplish more for the glory of God.

reality is that we are far from the 3,000 baptisms per day when the early rain fell. Meanwhile at Johor, many stood up during the alter call. Some requested for Bible studies and others requested for baptism at their respective local churches soon.

All of us has a role to play in reaching out to those around us. This collaborative effort can only be made more beautiful as we each esteem others better than ourselves, uniting and working together for the salvation of souls.

On that grand Sabbath day, 31 individuals were baptized into the Seventh-day Adventist faith. While this seems big, the

Contributed by Pastor Renie Ubara, Pastor Robert Agustin, Pastor Robert Liaw and Pastor Caleb Wee.



Baptismal candidates receiving their gifts



Special Number by Petaling Jaya English Church



Kingston Loo's (KL English) baptism



# VISION360°

NEW

Testimonies of the Church Video Series

Scan  
QR to  
Watch

## Episode 01

### Campus Hope

Serdang Adventist Hope Center



Health screenings, weekly dinners, outings, sports, and board game nights--Campus Hope draws close to the students at Asia Pacific University to be a positive support in all aspects of their lives. Through this personal ministry, they also have the opportunity to provide the answers many young people are looking for: what's their purpose here on earth? What happens after death? Is God real? Is there hope?



Watch and see how Serdang Adventist Hope Center is spreading the good news and hope in Jesus among the youth.

## Episode 02

### Hospital Ministry

Banting Indian Church



It's Christmas and the hospital ward is buzzing with excitement as gifts are passed around. The patients hear carols that spread cheer. Banting Indian church members have been reaching out to the Banting Hospital in their efforts to alleviate the sufferings of their fellow men. With Jesus as their example, they wish to minister as He did to the benefit of man. But besides earthly gifts, they want to be able to share Jesus and the gift of salvation too.



Watch and see how they are making an impact in their community in Banting.

## Episode 03

### Feed the Need

Penang Chinese Church



People line the sidewalk as the big orange bus pulls up. The bus is going to make its way to the Life Hope Center. Over there, there will be a song service, prayer, and a short sermon on Bible doctrines.



After this mini-divine service, there is dinner and a fellowship program. What started as a food distribution project, by God's grace, has flourished into many other outreach opportunities for the church.

Watch and see how Penang Chinese Church is feeding not only the physical needs, but also the spiritual needs of their community.



[www.youtube.com/c/SDAPEM](https://www.youtube.com/c/SDAPEM)

Communication Department

# AOY 2023

by Rayne Clement,  
Penang English

AOY 2023 was held in the southern region, in the state of Johor, from 2-5 June at GoodHope Hotel, Johor Bahru. The theme for the AOY conference this year was Midnight Cry taken from Matthew 25:6 which says, "And at midnight there was a cry made, Behold, the bridegroom cometh; go ye out to meet him."

This theme was chosen because it really emphasises the fact that time is short and Jesus is about to come soon. And we want to prepare an army of youth who are ready to go forth and win souls for the kingdom of God.

This year marked the 11th year of AOY conferences, and we want to praise God for His leading and guidance for the past 11 years. We want to praise God for the 283 registrants this year! We were able to unite with friends all over Malaysia and even friends from other parts of the world such as Thailand, Indonesia, Singapore, and the Philippines.

The speakers that we had this year were Elder Randy Skeete, Elder Sam Walters, and Brother Ramon Tengcano and his wife Sister Shandy Suwandhi. During the plenary sessions, the speakers touched on different messages related to the theme and also made appeals in which the participants were called to make a decision for God.

The workshops were on Personal Evangelism, Finding God's Purpose for Your Life, Experimental Knowledge of Christ and How to study the Bible. AOY emphasizes on studying the word of God and through the workshops the participants were able to do just that.

Participants were also given the opportunity to be involved in outreach. This year, the participants gave out tracts and spiritual books in the different places around Johor such as residential areas, restaurants and shopping malls. It was amazing to hear God working as the participants shared their experiences during the testimony session.

Next year, AOY will be going to the central region, Kuala Lumpur and we are excited with the collaboration that will be taking place between the churches in the Klang Valley and AOY. We know that the Lord will do great things in Kuala Lumpur as He did in Johor and we are just excited to see how the Lord will lead us in preparation for the conference. Our theme next year is "Sealed" taken from Revelation 7:4 which says,

"And I heard the number of them which were sealed: and there were sealed an hundred and forty and four thousand of all the tribes of the children of Israel."



Group picture taken on the Sabbath of AOY



## Healthy Recipe





### Mashed Potato Salad

#### Ingredients:

6 cups	Pared & quartered potatoes	salt
$\frac{3}{4}$ teaspoon	Salt	
1 cup	Hot cashew milk	
	(or hot non-sweetened soymilk)	
$\frac{1}{2}$ cup	Mixed vegetables (optional)	

#### Method:

- 1 Steam potatoes till soft.  
  
Mash with a potato masher or use an electric mixer.
- 2 Add cashew or soy milk and salt to taste, adding as much milk as needed to consistency you like.  


Add mixed vegetables and combine well. Enjoy!

#### Nutritional Fact

Potatoes contain vitamins and minerals that have been identified as vital to human nutrition. Cashews are especially rich in unsaturated fats — a category of fats linked to a lower risk of premature death and heart disease.

Recipe courtesy of:  
**Aenon Health Care**

God is looking for a group of people who will stand for Him and will receive His seal at the end of time and we hope that through AOY many people will be led to seek God and be prepared for His coming. Please keep AOY in your prayers.

God bless and maranatha!



Pr Abel Bana, president of MAUM giving the keynote address on the opening night of AOY



Elder Randy Skeete preaching for the evening plenaries

# Klang Valley Region Health Expo 2023

by Pua Sze Ning,  
Health Ministries



Dr Raymond Tah examining a participant



Cooking demonstration explanation by Savor Of Life



Massage therapy by Wong Jia Hao & Yoyo Ngamlord

Praise God for the 2023 Klang Valley Region Health Expo that was held on 21 May 2023, at Eve Suite Concourse Area, near Damansara Adventist Hope Center (DAHC) at Ara Damansara. 162 people were served on this date.

This was organized by the PEM Health Ministries Department in collaboration with the Damansara Adventist Hope Center. The purpose was to raise awareness about the importance maintaining good health and channelling the participants through a follow up program. The expo was a testament to the hard work and dedication of many volunteers from Klang Valley Churches (30 from DAHC, 11 from SAHC, 6 from Bukit Jelutong, 4 from Puchong Indian and PJ Chinese, 3 from Petaling Jaya English, 2 from Kuala Lumpur English, 3 from Sungai Way and 3 staff from AENON), who assisted in running the event smoothly.

The expo offered a wide range of free health services to the visitors including, check-up for blood pressure, blood sugar, body fat, visceral fat, calculation of BMI/weight, step test and health counselling. The results of these tests were able to give visitors important insights for their current health status. Visitors were able to understand the importance of maintaining a healthy lifestyle, and how to make lifestyle changes that can help improve their overall health and wellbeing.

Another valuable service offered at the expo was breast examination by the Breast Cancer Welfare Association Malaysia (BCWA). BCWA is a non-profit organization that provides education, support, and assistance to women with breast cancer. The organization's representatives were on hand at the expo to provide visitors with free breast examinations. Their presence at the expo grants the visitors opportunity for free breast examinations as well as learning in depth about the importance of breast health and early detection of breast cancer.

In addition, the expo also gained much interest among the visitors thanks to Dr. Raymond Tah Kheng Soon from Penang Adventist Hospital. Dr. Raymond Tah is a renowned eye specialist with years of experience in the field of ophthalmology. Visitors had the opportunity to consult with Dr. Tah and get valuable insights into their eye health. Some participants were diagnosed with cataracts and were referred to the hospital for further treatment.

Another popular service at the expo was the physiotherapist consultation by our physiotherapist from DAHC, Brother Japdip Singh. This certified physiotherapist himself, found it very satisfying and fulfilling to participate in this event as he offered free consultations and therapy to the visitors. Many participants were excited to have the opportunity to consult with a physiotherapist and were able to

get valuable advice on how to improve their physical health.

In addition to health checkups and consultations, the expo also featured a cooking demo. This was a fun and interactive session where visitors were able to learn about healthy cooking practices and how to make nutritious meals at home. The demo was conducted by Savor Of life Team and Sister Marcia Rajakumar who shared tips and tricks for cooking healthy, delicious vegetarian meals. Free food samples and take-home recipe cards were given out to visitors so that they could try the recipes at home.

The 'Quit Smoking' booth was explained by Sister Jasnah Makirim and Sister Agnes Chang, who provided visitors with information about the dangers of smoking. Visitors were able to discern the adverse effects on smoking along with the assistance of bunting, formalin specimen and "smoking Sam" demonstrations.

Another station that caught the eyes of the visitors was the hydrotherapy treatment station. Hydrotherapy is a form of therapy that uses water to promote physical and mental wellbeing. The expo featured a hydrotherapy booth where visitors were sent to by the counsellor if there

were experiencing any health issues.

Hydrotherapy can help improve circulation, reduce stress, and alleviate pain. Visitors were able to try out different hydrotherapy techniques, such as hot foot bath and hot/cold fomentation. The participants were taught how to do the hydrotherapy enabling them to continue at home.

Massage therapy was also available. Massage therapy promotes relaxation and alleviates muscle tension and stress. Visitors were able to receive free chair massages.

The Klang Valley Region Health Expo 2023 conducted a survey to gather feedback and learn the preferences of the visitors as potential follow up program with them to maintain their wellbeing.

The survey reports:

- 65 visitors expressed interest in attending health seminars
- 78 visitors were interested in joining exercise programs
- 34 of the visitors were interested in joining cooking classes.

We praise God for sending us all the volunteers. A total of 4,000 flyers was given away to the various community around the neighbourhoods.

In preparation for this expo, certain days were set aside to pray specifically for God's guidance and providence for the event. Indeed, God answers prayers, as the weather was good (even though it was raining in the morning, it stopped just in time for the event) and many participants attended this event. Despite the success of the health expo, we hope to have an additional booth that addresses issues pertaining to mental health in the near future.

We hope that as we help the community to be aware of their health, the door for sharing the gospel will be opened. Ellen White quotes in *Ministry To The Cities*,

*"Health Evangelism Open Doors for sharing the Gospel....Do medical missionary work. Thus, you will gain access to the hearts of the people. The way will prepare for more decided proclamation of the truth. You will find that relieving their physical suffering gives an opportunity to minister to their spiritual needs." MTC 132.2.*

With this in mind, we seek your prayers that through health evangelism we would be able to reach out to more people who would be led to know the true God and to minister to their physical, mental, and spiritual needs.

Group picture





# Vacation Bible School 2023

## Johor Bahru English Church

by Nancy Kok,  
Johor Bahru English



Junior VBS Graduation



Senior VBS Graduation



Self made lunch burger

Johor Bahru English successfully held their Vacation Bible School (VBS) from 31 May till the 2 June 2023 with their graduation on 3 June 2023. This year's theme for VBS was "Kids in The Kitchen". Approximately 20 children participated in the program this year. The kids had a blast as this was an informative yet exciting and interactive experience for them.

On the first day, the participants joyfully sang songs and listened attentively to the stories told by Aunt Nancy. After that, they were tasked with customizing and coloring their apron. This apron was then used throughout VBS. The kids really enjoyed this activity as they could personalize their apron according to their creativity.

Next, they made rice balls. The kids were given rice, cucumbers, egg, corn and other side dishes (which were of course prepared by our hardworking kitchen team) to craft the rice balls. They also had a good time eating their masterpieces after that. To end the day, they were given the chance to play games to bond with their friends and work together.

On the second day, the participants made handicrafts with rolled up paper which is also known as "quilling". A heart shaped template was given to them. After this activity was done, everyone's heart was filled with colourful and bright pieces of rolled up paper. For lunch, they made their own burgers.

On the last day, the participants decorated their own waste bin with a floral theme. This activity was good as it served as a lesson to kids on how to properly dispose of their waste. After that, they baked their own pizza. Tons of cheese and mushrooms were used as it seemed to be a favourite among the kids. They quickly ate their pizza afterwards.

Overall, the participants felt educated, and the organisers were elated to feel their enthusiasm. At the graduation event, the participants were given back their unique crafts together with a certificate in memory of their attendance at JB English VBS 2023.

We are grateful to bring back kids that have not been attending church ever since the Covid period. In addition, we are also glad to see some Bible interests bringing their kids to join the weekly worship service more regularly. Glory to God in heaven!



# Hari Keluarga Gereja Kluang BM

by Betney Bagavan,  
Kluang BM

Pada 10<sup>th</sup> Jun 2023 (Sabbath-11, Penggal 2), pihak Pelayanan Keluarga, Belia dan Kanak- Kanak berserta Pelayanan Kesihatan Gereja Kluang (BM) telah mengadakan Hari Keluarga Gereja, bertujuan menghargai semua ibu bapa, golongan muda dan kanak-kanak di gereja Kluang BM dan Kluang Chinese.

Pastor Minsun Pangalin selaku pendeta daerah Kluang telah merasmikan dan melayangkan doa pemberkatan sempena acara istimewa ini. Selain itu, pihak gereja turut diberkati dengan Kehadiran Jabatan Komunikasi Mission, saudara Donny Tan dan pasukannya yang melawat Kluang atas urusan penggambaran 'Local Church Testimonies' turut memeriahkan lagi Hari Keluarga ini.

Setelah doa pemberkatan serta pemberian penghargaan kepada ibu bapa dan belia, pemberkatan pentahbisan bayi iaitu anak kepada Saudara Muru dan Saudari Jane dijalankan.

Terdapat juga acara 'tukar-tukar' hadiah serta pemotongan kek istimewa untuk memeriahkan acara ini. Kumpulan pelayanan Kesihatan turut mengadakan Saringan Kesihatan untuk semua anggota dan tetamu sempena Hari Keluarga ini.

Semua yang hadir sangat teruja dengan saringan kesihatan ini. Seramai 30 orang peserta telah disaring pada hadi itu.

Borang DASS KKM untuk menguji tahap stress, kemurungan, dan depresi juga telah diedarkan kepada peserta Saringan Kesihatan. Walaupun ini merupakan ujian kesihatan mental yang mudah, tetapi ia membantu pihak kepimpinan gereja untuk mendapat indikasi tahap kesihatan mental para anggota dan seterusnya menyediakan program sokongan moral serta program gereja yang sesuai untuk para anggota.

Aktiviti Hari Keluarga diteruskan selepas penutupan Sabat dengan pendakian Hutan Lipur Gunung Lambak Kluang dan acara Badminton. Semua acara yang diadakan sempena Hari Keluarga ini dapat mengeratkan rasa kekitaan sesama anggota SDA dan peserta Non-SDA yang hadir.

Tuhan dipuji atas limpah berkat-Nya dalam program ini. Terima kasih kepada Pastor Minsun Pangalin, anggota gereja Kluang BM dan Kluang Chinese dan Jabatan Komunikasi Mission yang turut menjayakan hari istimewa ini.



Gambar Kumpulan setelah menerima hadian penghargaan



Pastor Minsun berdoa sebelum kek dipotong

# SSPM Advisory Training

by Robert Agustin,  
Personal Ministries



PEM Participants



Special number by PEM Participants



Workshop in session

The Sabbath School and Personal Ministries Department serves as the primary religious educational resource for the Seventh-day Adventist world church. Together with other ministries, it fosters discipleship among its members, reflecting the teaching of the Bible and the tenets of the Seventh-day Adventist Church. Understanding that each church is a training school for the development of Christian workers, Sabbath School and Personal Ministries seeks to educate and equip church members to proclaim the gospel of Jesus Christ within the context of the three angels' messages of Revelation 14:6-12, and to help all members of all ages to grow and mature in their relationship with God, with others, and with His Church.

On the 3rd to 6th of May 2023, Malaysia Adventist Union Mission (MAUM) 's Sabbath School & Personal Ministries worked closely with the Sabbath School and Personal Ministries Department of SAB, SAK, and PEM to equip and train our local church leaders. Sabbath School and Personal Ministries also worked closely with the MAUM Communication Department, MAUM NDR-IEL Director, and MAUM Community Service Department. This training taught us to strengthen our local church ministries, total members' involvement, and evangelism. Above all, we also learn to integrate our ministries to work for one common goal and mission.

35 of our members and pastors attended the training. The response from the participants from all the language groups in PEM is very positive.

These are the topics that were presented and trained throughout the training.



Book distribution 1



Book distribution 2

- **Total Members Involvement** – by Pastor Jim Gabu
- **What Are Personal Ministries? How to Become an Effective Personal Ministries Leader in the Local Church?** – by Pastor Robert J. Agustin
- **Grow Your Church** – by Pastor Ben Foo
- **Adventist Community Service** – by Elder Farrel Gara
- **How to do the SSPM Report System?** – by Pastor Jim Gabu
- **City Side-walk Evangelism** – by Pastor Abel Bana
- **Media Ministry** – by Elder Golden Gadoh
- **Personal Spiritual Growth** – by Pastor Stephen Salainti
- **Empowered to do God's Mission** – by Pastor Segundino Asoy
- **The Power of Prayer** – by Pastor Stephen Salainti

On Friday afternoon, after Pastor Abel Bana's training on the Side-Walk City Evangelism, we embarked into different locations in groups to distribute tracts. Indeed, it was a fantastic experience for leaders working together with members in distributing tracts to the community in Seremban 2.

At the end of the training and Sabbath Worship at MAUM, Pastors and local church leaders are inspired, motivated, and empowered for excellent service in the mission of the Kingdom of God.



**Adventist**  
Book Center

**GET IT NOW**

**DISCOUNT**

**15%**

**ON SELECTED EGW BOOKS**

[www.abcbook.com.my](http://www.abcbook.com.my)

**October 2023**

# Smartphone Evangelism Training

by Renie Ubara,  
Ministerial Association



Pastor Neville passionately sharing

One of the unique and creative ways of reaching people with the gospel is through Smartphone Evangelism or also known as Cell Phone Evangelism (CPE) approach. Initiated by the Malaysia Union Mission (MAUM), PEM has successfully conducted the CPE Training on 13-15 April 2023, at the Mission Conference Hall for all Klang Valley churches.

The speakers were Pastor Neville Neveling, General Conference AWR360/TMI Global Evangelism Trainer, and Pastor Francis Amer, MAUM Field Secretary. This training is part of the MAUM Mission To the Cities initiatives with the theme: Hope for Malaysia.

For PEM, Kuala Lumpur city has been chosen for this evangelistic effort with the theme: Hope for Kuala Lumpur. Praise the Lord, more than 40 participants from about 15 local churches joined the training with some coming from the Northern Region.

CPE outreach is a creative ministry approach to introduce Jesus across the multicultural people of Peninsular Malaysia. In addition to the theory and practical training, participants were each given a special AWR thumb drive and a special CPE pin.



# "In the Depths of a Father's Love"

Pierre Dimatulac,  
SAHC

In the depths of a father's love, we find,  
A reflection of God's grace, intertwined,  
For on this sacred day, we celebrate,  
The bond between fathers, earthly and great.

Just as the sun rises, painting the sky,  
A father's love illuminates, never to deny,  
He stands as a beacon, strong and true,  
Guiding our steps, in all that we pursue.

With gentle hands and a heart so kind,  
A father nurtures, his love defined,  
He teaches us lessons, both big and small,  
Instilling in us values that will never fall.

In moments of joy and moments of strife,  
A father's presence brings comfort and life,  
He listens, he understands, and he provides,  
A pillar of strength, on whom we can rely.

And as we honor fathers, both near and far,  
We recognize the divine, shining like a star,  
For God the Father, in His boundless love,  
Gifts us with earthly fathers, from above.

He blesses us with fathers who lead the way,  
Who mirror His love, day after day,  
In their embrace, we feel His touch,  
A reminder of His love, which means so much.

So let us gather, with grateful hearts,  
To celebrate fathers, their priceless parts,  
For they embody the love of God, divine,  
A connection that transcends space and time.

On this special day, let our voices rise,  
In harmonious praise, reaching the skies,  
For fathers and God, forever entwined,  
A bond of love, eternal and kind.

# Free Health Screening Program

*Let everything that has breath praise the Lord*

by Lydia Norman,  
Sungai Petani BM

Our LORD and our GOD JESUS CHRIST, to be GLORIFIED FOREVER and EVER. HE is LOVING, HE is SOVEREIGN, HE is POWERFUL. HIS WAYS are HIGHER than our ways, and HIS THOUGHTS are HIGHER than our thoughts. Without HIM we are nothing. Without HIM we can do nothing. HE who has BEGUN the GOOD WORK in us will COMPLETE IT.

The Free Health Screening Program went on smoothly by GOD'S GRACE. We received more participants compared to last year 2022 (160 participants within the four hours). Among those who participated, 49 were interested in the follow up programs such as Health Talk, Cooking Class, Exercise and Home Visit which is in progress in the near future as GOD's WILL.

**Proverbs 16:9 "A man's heart plans his way, But the Lord directs his steps."**

We experienced our ALMIGHTY GOD'S LOVING HAND in every single thing that we did. The HOLY SPIRIT GUIDED us throughout the whole program.

**Jeremiah 29:11 "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."**

We also received non Adventist volunteers. We believe they were inspired by the HOLY SPIRIT to get involved in GOD'S PLAN.

**Psalms 121:2 "My help comes from the Lord, Who made heaven and earth."**

We were BLESSED with volunteers from our Sisters Churches (Sg Petani Chinese Church, Bukit Mertajam Church & Nibong Tebal Church). We received help from Adventist Health Ministry too.

**Isaiah 65:24 "It shall come to pass That before they call, I will answer; And while they are still speaking, I will hear."**

GOD ANSWERS PRAYERS. Many PRAYER WARRIORS from all over Peninsular Malaysia Mission (PEM) PRAYED for this event led by Pastor Robert J Agustin. On the day of the event we begun with OPENING PRAYER (Pastor Petrik) and ended with CLOSING PRAYER (chain PRAYER).

**1 Chronicles 29:11 "Yours, O Lord, is the greatness, The power and the glory, The victory and the majesty; For all that is in heaven and in earth is Yours; Yours is the kingdom, O Lord, And You are exalted as head over all."**

Even the weather was on our side. Our SOVEREIGN GOD cooled down the place for us. It was raining and it stopped just after all the setups were done. We tasted the GOODNESS of the LORD.

**Psalms 46:10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth!"**

Whenever fear came in and burdened our hearts, the PRINCE of PEACE CALMED us and gave us PEACE in our hearts, REMINDED us how HE BROUGHT us out from many challenges in the past, and asked us to be STILL for the BATTLE is not ours but HIS.



Group photo

# Testimoni

## Permulaan Care Group di Taman Bukit Mewah Kajang

by **Lurther Lumbidau,**  
*Petaling Jaya English*

Nama saya Luther Lumbidau. Saya seorang Literature Evangelist PEM. Rakan sepelayanan saya adalah, Saudara Lorence Abusang. Bersama-sama dengan Uncle TJ, kami memulakan misi penjangkauan jiwa di kawasan Kajang sejak 1 April 2022. Setelah satu tahun, perkumpulan kecil, kepada keluarga Hindu berjaya dimulakan pada bulan Jun 2023.

Dalam tahun 2022, semasa penjualan seharian kami, kami terdorong mengetuk pintu hati seorang penjaja makanan, Puan Kalai. Belum pun selesai penerangan kami tentang buku 'Makanan Sihat', Puan Kalai segera menyatakan keinginannya untuk memiliki buku tersebut dan sejak itu dengan memegang pesanan Tuhan yang ada tertulis di dalam Matius 10:10-14, kami memutuskan bersarapan pagi di gerai dia, setiap kali berkunjung ke Kajang dengan harapan sebuah hubungan persahabatan dapat dijalin.

Melalui Puan Kalai, Tuhan menghubungkan kami dengan sebuah keluarga kaum India. Puan Kalai sebenarnya mahu membantu keluarga ini kerana mengetahui kehidupan mereka yang sangat menyedihkan. Setelah mendengar ceritanya, kami memutuskan untuk mengunjungi bilik sewaan keluarga tersebut.

6 orang ahli keluarga ini termasuk Puan Tila bersama suami, seorang anak istimewa berumur 13 tahun, serta 3 orang anak lain, masing-masing berumur 10 tahun, 6 tahun dan 3 tahun, tinggal berseksa dalam sebuah bilik

sewaan kecil yang hanya beralaskan lantai simen untuk tidur.

Suami Puan Tila tidak mempunyai pendapatan tetap, dan Puan Tila tidak dapat bekerja kerana terpaksa menjaga 4 orang anak di rumah. Anak lelaki yang berumur 10 tahun seharusnya sudah bersekolah tetapi belum lagi bersekolah.

Hati kami tersentuh apabila melihat dan mendengar sendiri keadaan mereka. Bersama-sama dengan Puan Kalai, kami mula berikhtiar untuk memindahkan mereka ke rumah sewaan yang lebih selesa dan merancang supaya Puan Tila juga dapat membantu suami menambah pendapatan keluarga dengan harapan mereka dapat memulakan sebuah kehidupan baru yang lebih baik.

Kami pun bermula memainkan peranan masing-masing, mencari rumah sewa, mengumpul sumbangan dana bagi membantu membayar deposit rumah sewa, modal untuk memulakan perniagaan Puan Tila, belanja untuk persekolahan anak mereka dan juga pertolongan untuk keperluan harian mereka. Puji Tuhan yang telah membuka jalan, Puan Kalai sendiri berjaya mengurus persekolahan anak Puan Tila yang berumur 10 tahun di sebuah sekolah Tamil.

Atas kemurahan Tuhan, mereka berjaya dipindahkan ke sebuah rumah sewa yang lebih selesa. Kami turut berkesempatan membuka peluang untuk Puan Tila memulakan perniagaan

menjual sayur-sayuran.

Elder Simon Arumugan, selaku elder gereja Kuala Lumpur English juga telah membawa perkara ini untuk pertimbangan lembaga gerejanya. Mereka telah menambahkan sumbangan modal untuk perniagaan sayuran Puan Tila.

Disingkatkan cerita, keluarga ini diberikan sokongan moral, Rohani dan sedikit pertolongan kewangan. Dari sinilah terjalin persahabatan ikhlas dengan keluarga ini. Lalu, mereka menyahut seruan Roh Kudus yang meminta mereka membuka rumah secara rasmi dengan pembukaan kumpulan Care Group di rumah ini.

Sejak itu kami bersama-sama Puan Jasnah Makirim dan suaminya saudara Tonichong Patungan, kami bersama-sama, aktif mengambil bahagian dalam pelayanan Care Group ini.

Kami berjumpa setiap hari Khamis pada jam 7:30 PM. Dalam care group ini, kami menggunakan buku Kitab Suci sebagai sumber pembelajaran, manakala anak-anak mereka memperelajari cerita mengenai watak-watak dalam Kitab Suci.

Kami memohon sokongan doa supaya pelayanan di Kajang mendatangkan hasil sesuai dengan kehendak Tuhan.



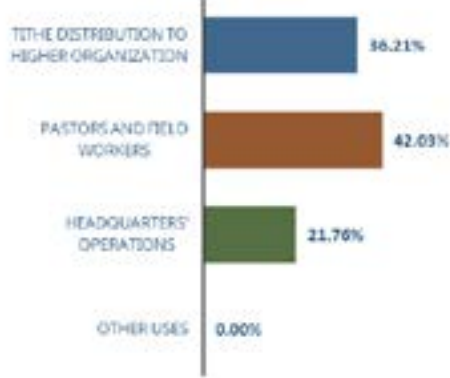
# Tithe Accountability Report 2022

**Greetings brothers and sisters in Christ. Despite the challenges, one can acknowledge His blessing, which has mercifully and lovingly provided care throughout the pandemic. Looking ahead to a brighter future, may all remain faithful in completing the tasks He has set before us.**

## TOTAL TITHE RECEIVED FOR THE YEAR 2022

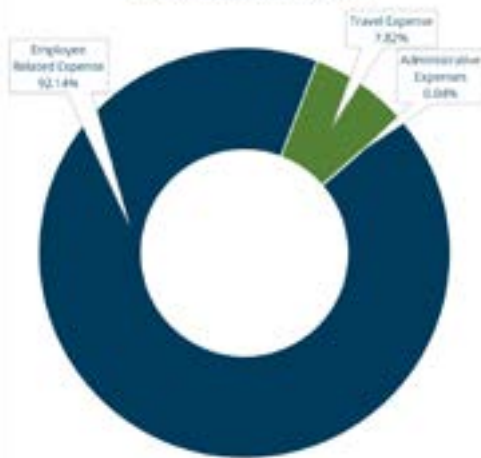


## USE OF TITHE FOR THE YEAR 2022

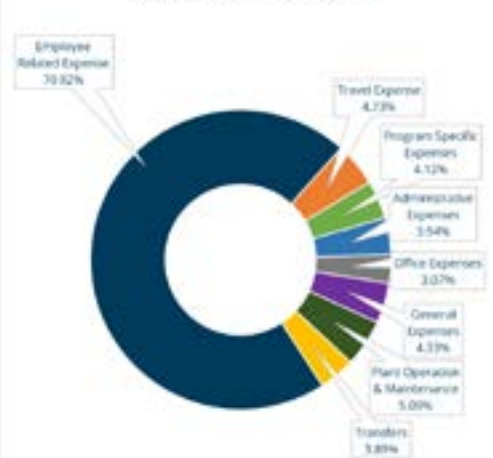


\*Total Tithe Received: RM 7,678,607 | Total Tithe Used: RM 7,967,781

### Pastors & Field Workers



### Headquarter's Operation



\*Pastors & Field Workers : RM 3,348,806 | Headquarter's Operation : RM 1,733,604

\*\*Evangelism Activity is done with usage of Allocated Funds

**"Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."**  
(Luke 6:38)



# Voices of Youth Camp

by Maegan Maulder,  
Melaka

The youths of Malacca Church organized their first-ever camp called the Voices of Youth Camp 2023. The camp took place at Tam's Durian Farm in Jasin, Malacca, for three days and two nights from 19-21 May 2023. What started as a camp for local youths and seekers in Malacca by God's grace turned out to be a big success, attracting the participation of members who used to worship at Malacca.

27 people participated, 4 of whom are seekers. Activities included CPR class, nature walks, team building games, inspiring talks, and a fun social night. We were also thrilled to have members from the Malacca Church to join us for Sabbath worship during the camp.

The main message of the camp's theme, "Light of Life". This was shared by Pastor Weoi Siong Tan,

Pastor Joshua Soon, Brother Joel Chavez Martinez, and Brother Maegan Maulder who regularly attend Malacca church.

Our Camp President was Sister Ngo Xiao Yun, who did an outstanding job coordinating everyone's efforts. With the positive response we received from this camp, we are excited about planning more camps in the future, making them even better.

Overall, the Voices of Youth Camp 2023 was blessed with good participation of young people from different places, and it also created a wonderful place to have a fellowship together to learn more about God. We want to express our gratitude to everyone involved and look forward to the positive impact this camp will continue to have on the community.



Group photo 1



Group photo 2

# 安息学教职员会议 让教会更成长兴旺

黄琳胜,  
吉隆坡中文堂

在《复临运动传略 第十三章 在研读中的教会》有这样的记载：1852年夏天，怀雅各牧师从纽约省的罗切斯特一路坐着马车往缅因州的班哥地方去，此两地相距有四五百多英里。他一面赶着马车，一面静静地想着上帝的大工；那时候他心里很为基督复临信徒——尤其是一班青年人——担着极大的心事。他觉得他们研究《圣经》必需要有一个良好的指导，并且也晓得欲补满这种需要就必须预备一个课程。因此，有一天他在路旁吃点心后，即下手预备一些鼓励人们循序研究《圣经》的大纲，这大纲后来就成为本会第一组的“安息日学课”。

安息日学是传道工作中非常重要的部门，不仅由于它能够将圣经的知识给予老年人及青年人，而是因为它能在我们心中唤起一种对于神圣真理的爱慕。

怀雅各当时对上帝工作有着极大的负担。试问我们自己，现今我们在上帝工作上有着极大的负担吗？预言之灵说道：“安息日学应该成为一个引人归向基督的最大、最有效验的救人机构。”——《安息日学证言》原文第20页

本堂的安息日学部在一年中至少会召集两次的教职员会议，以了解教职员们所面对的问题，以及跟进各个学课研究班的需要。在会议中我们会分组做讨论，然后也会有安息日学节目流程的报告。当然不能缺少的就是分享信息和祷告的环节，希望藉着上帝的话语来鼓励并装备每位教职员。

各个不同年龄层的教职员探讨分享，尤其鼓舞。彼此都可以有学习的地方。年轻的得到针对性的指导勉励；年长的得到魄力的推动带领，帮助大家走出瓶颈，再次燃起对带领安息日学课的热爱。

在这次的会议结束后，安息日学筹委们精心准备了一场浪漫且精致的午餐，以慰劳教职员们一直以来的服侍。以 fine dining 的丰盛素食佳肴款待教职员，尽显对教职员的看重，且营造了优雅知性的谈话空间，让大家畅所欲言相互造就。

“安息日学”最大的需要不是机械的组织，而是对属灵事物的知识。学课的教职员需要悔改、谦卑、时刻的被圣灵感动，这样才能更有影响力地去感动学员。我们只有一个目的，就是希望“安息日学”可以培养更多渴慕真理的信徒，拯救更多的生灵，阿门。



分组讨论带出了互补勉励的火花



主理带领各个阶段的教职员一起来跟进探讨彼此的优异之差



浪漫精致的午餐是安息日学委员们在用心表达感恩的心意



# 家庭运动野餐会

黄诗云，  
关丹中文堂

四月九日星期天的早上，经过前一天晚上的一场大雨，天空显得格外地蔚蓝晴朗。踏足哥罗乐公园已经差不多是我们教会活动开始的时间了。在那里有一班其它教派的弟兄姐妹在庆祝复活节，纪念耶稣的牺牲和复活。今天，也是关丹教会举办家庭运动野餐会的日子。

早上七点半，当所有人都陆陆续续的来到集合地点时，我们便开始进行计划中的热身操、跑步、二人三足、火车赛跑比赛、单脚跳接力赛、穿珠引线等等的运动。小朋友、青少年、中年人都一起参加所有的活动。老年人和不方便行走的，就坐在树荫底下唱歌聊天。大家都玩得和谈得不亦乐乎。这幅画面再一次激起了我对上帝应许的新天新地荣美的向往。

运动结束，我们就一起在树荫底下享受美味健康的早餐，一起聊天和彼此交流。吃饱之后还有最后一个寻宝游戏。年轻人问我：“是什么宝物呢？找到之后我可以带回家吗？”我说：“如果你搬得动也可以带回家的。”寻宝游戏分成三组成员，沿着指定的路线寻找隐藏在大自然当中的宝物～大树、小树、树根、树干等等。

中午十一点钟，大家收拾起不舍的心情陆续回家。不舍，是因为大家在过去忙碌的生活中，很少有机会能像今天这样轻轻松松享受亲子、夫妻、教友之间、朋友之间的亲密时间。也不舍离开这个风和日丽、阳光灿烂的大自然环境。

感谢三育幼儿园家长和孩子们、前锋会会员和家长们、教会弟兄姐妹们和朋友们的参与。感谢他们带来一起分享的美味佳肴。在这一次的活动参加人数中，将近一半是非信徒或慕道友。

感谢上帝为祂儿女们的需要，创造了美丽的花草树木、太阳、大海等丰富了我们的生活。

「我看着这些花儿，我每次看到他们都想到伊甸园。它们是上帝之爱对我们的一种表达。祂使我们在这个世界上以此来略尝一点伊甸的滋味。祂希望我们因祂创造的美物而快乐，并且在它们里面看到祂所愿意为我们做的表示。」【乡村生活】怀爱伦著



火车赛跑比赛是最开心的环节了



一边享用美食早餐，一边交流谈话



在上帝所创造的大自然下合影

# 亲近上帝的青年生活营

陈冠伶，  
淡边中文堂



破冰游戏促进彼此的认识



深入浅出的学习上帝的话语，非常生动深刻



外出游玩的合照

今年4月24-26，我们淡边青年团在雪邦举办了一项三天两夜青年营会，参加者的年龄介于13-25岁。这一次的主题是“添加好友 - 加袖”。

这次的营会共有19个人参加，其中有三位慕道友。

我们的主讲人是范少宾长老，总共有四场的分享，早晚各一场。主讲人分享得很有趣，所有人都听得很专心。在这些分享中，我们学习到如何得胜罪恶，并认识到依靠自己是无法战胜罪恶的，唯有依靠上帝我们才能过得胜的生活。

除了主题分享，我们也有一些团体活动和游戏。第一天的破冰游戏，让我们有更多的互动和使彼此能更熟悉对方。

第二天大概早上9点，我们就出发前往离住处不远的

一个叫Tadom Hill Resort的地方。在那里我们举办了一些活动，如寻宝和一些水上游戏。

这一次的营会里，我们大家都有收获。有些人勇敢踏出他们的第一步，去挑战一些他们从来不敢去做东西，例如跳水。有很多成员一开始都不敢跳，但有了鼓励，最后很多人都成功的尝试了。

我们很感谢上帝在营会的眷顾和祝福。其中要感谢上帝赐给我们进行活动时的好天气。当天没有下雨。可是当我们完成活动，回到我们的住处后，就下起了倾盆大雨。如果在我们进行活动的时候下雨，一切活动就无法进行了。第二件要感谢上帝的事是，我们不需要付额外的费用，就能使用一些营地中的设施。第三，在经过这一次的营会，青年们都彼此更了解，也更加亲近上帝。



# 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](mailto:vision@adventist.org.my)

# Book Promotion 2023



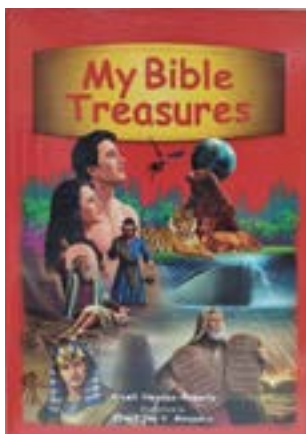
## Healing Wonders Of Herbs

This ever-popular book, the healing wonders of herbs, has now been updated and reorganized to provide a more convenient guide for using various herbs to relieve pain and discomfort.

Discover how God has richly blessed our land with natural remedies for everyday illness-through lowly leaves, roots, barks, seed and fruits around us-and be inspired with a sense of wonders.

The author: Herminia De Guzman-Ladion.

Price: **RM105**



## My Bible Treasures

This colorful book is designed so that young children can read it aloud. It includes different elements of storytelling such as rhythm, rhyme, use of small and short words, dialogues, and imagery, put together to make this book easy and enjoyable to read.

The conversation of the characters also has biblical life lessons which could not be missed.

The authors: Arceli Heyasa – Rosario & Elbert Jay V. Mosquera

Price: **RM105**

# NOTICE FROM PEM

## WELCOME

Brother Caleb Wee, a graduate from Taiwan Adventist College, joins us as an intern pastor starting 01 August 2023, working with Pastor Stanly Lee focusing on Petaling Jaya Chinese and Puchong Chinese.

# Discover *Hope*, discover certainty!

You Are Created For More

<https://www.facebook.com/DiscoverHopeMY>

**Discover Hope**  
aka Voice of Prophecy

DISCOVER  
*Hope*



## UPCOMING EVENTS

# 2023

## October

07	Ministerial	Day of Fasting & Prayer	PEM
07	VOP	VOP Enrolment	PEM
13-14	CHM	Children's Ministries Leadership Certification Level 10	Online
14	Ministerial	Pastor Appreciation Day	PEM
14	Publishing	Hope Impact Day	PEM
15	Admin	Executive Committee Meeting (4-Ye Jun 2023)	PEM
17-18	Ministerial	Ministerial Meeting	PEM
22	MSA	Cooking Demo	
28-29	Health	Mental Health Coach Training	PEM

## November

03-05	Youth	Public Campus Spiritual Camp	PEM
05	Ministerial	Week of Prayer	PEM
11-17	Youth	Youth & Young Adults e-Week of Prayer	PEM
12	MSA	Cooking Demo	PEM
18	CHM	World Orphans & Vulnerable Children's Day	PEM
19-25	VOP	Spiritual Emphasis Week/Evangelism Week	Online
25	CHM	Children's Thanksgiving	PEM

## December

01-03	Health	Health Ministries Advisory	PEM
02	Stewardship	Stewardship Day	PEM
03	Admin	Executive Committee Meeting (5-Ye Jun 2023)	PEM
08-10	Publishing	LE Family Gathering	PEM



**EXCESSIVE CRYING  
IN INFANTS**



**SPEECH DIFFICULTIES**



**POOR  
CONCENTRATION**



**POOR PERFORMANCE  
AT SCHOOL**



**BEHAVIORAL  
CUES OF  
CHILD  
ABUSE**

**NIGHTMARES**



**DISPLAY FEAR AROUND  
PARENTS/CAREGIVERS**



**DEVELOPMENT OF  
PHOBIAS**



**EATING ISSUES**



# • A • Wonderful Journey



My Father's house has many rooms; if that were not so,  
would I have told you that I am going there to prepare a place for you?  
And if I go and prepare a place for you,  
I will come back and take you to be with me that  
you also may be where I am.

by Tan Weoi Siong,  
Youth Ministries

John 14:2-3

Traveling is one of the best activities we can do as children. I am sure that most of us have all traveled at one time or another—either to visit a relative or simply enjoy a vacation—somewhere attractive, with our parents, family or friends. Many of those trips were unforgettable, filled with great times so we would always like to repeat them again.

But in the Bible, we have studied that there will come a day when all of us who have accepted Jesus will take a wonderful journey. A trip much more attractive and meaningful than any trip we have made. The trip that will change our lives forever.

Let us take a look at what conditions must be there for a trip to be considered wonderful?

## 1. WONDERFUL DESTINATION

My dad told me that when he was a little boy traveling by plane was very expensive, so traveling by bus or train was the most convenient alternative. My grandparents, who lived more than 2,000 kilometers away, always traveled to visit the family. Dad said that despite the distance, discomfort and tediousness of the trip, just knowing that the place where they were going to was beautiful and entertaining helped eased the burden of the trip. The anticipation of arriving at the destination where they would have a good time, made them ignore the boredom of traveling more than 28 hours on a bus. The important thing was it was worth the sacrifice.

All of us have been invited to a place worth knowing. Personally, I am very excited to know that Jesus Himself went to prepare a place for me.

John 14:2 tells us, "My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you?" (NIV)

We know that Jesus and His Father made this world, a perfect world. It was perfect, not like the world we know today. But, even with all the flaws and problems in the world today, there are many wonderful places on our planet. Can you imagine what this world was like before the entrance of sin? It must have been wonderful. But even as wonderful as it was, the dwellings that Jesus said He would prepare will be even more wonderful.

In 1 Corinthians 2:9, the apostle Paul gives us a glimpse of what God can do on behalf of all those who want to be saved. "However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived" the things God has prepared for those who love him." (NIV)

Let us do a little exercise:

Close your eyes and remember the most beautiful landscape you have ever seen. Imagine the sound, the sights. Do you desire to be there again?

Something similar can be done when we imagine heaven. Imagining being in Heaven should be a great motivation, which should help us cope with the problems that we may be experiencing in the present.

Have you sung hymn 342 (Spanish Version) Look at the second stanza:

*I have dreamed of those beautiful dwellings.  
That no one has ever seen in this world.  
Of beauty that cannot be compared  
For the glory of the Lord is there.  
Much more beautiful than the sun at sunset  
Or the reflection of dew on a flower  
It is that meeting for the redeemed.  
Well, it was worth it here to fight and win.*

## 2. TRAVEL IN GOOD COMPANY

Another thing that makes a trip wonderful is the people you travel with. Travelling in good company will also make you forget any discomfort the trip may bring. When we travel with those we love and have a good time, the trip becomes easier and shorter.

But how long will the journey to heaven take?

Ellen White wrote: "Together they entered the cloud and for seven days we ascended to the sea of glass, where Jesus drew crowns and held them with His own hand. He also gave us golden harps and victory palms" (First Writings 16)

As we said before, a long trip is endured when you know that the destination is attractive, wonderful, and the sky must surely be very spectacular, to the point that we can hardly imagine it.

But it is also important to know that on this trip you and I can be accompanied by nice, well-known and beloved people, people who would make the trip even more wonderful.

**Who is our company?**

1. Our Family
2. Our relatives who died but who went down to rest believing in Jesus
3. Our friends
4. The members of my unit
5. The people to whom we have presented the message of salvation.

That's right, when Christ comes, all our acquaintances who have accepted Jesus as their personal Savior will be part of our company. The Bible also tells us that those who died believing in Jesus will be resurrected, that is, if you lost a friend or family member, if they accepted Jesus before they died, they will rise again and will also be part of our journey, contributing to make our journey to heaven wonderful.

1 Thessalonians 4:16-18 says, *"For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. 17 After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. 18 Therefore encourage one another with these words."* (NIV)

Can you imagine what this will mean!

## 3. JESUS THE BEST HOST

We have already looked at two requirements to having a wonderful trip. The first is that the destination has to be beautiful, attractive, and spectacular; the second has to do with who accompanies us on the trip. Having good company makes the trip pleasant and the journey feels short, but what if, the person who has the responsibility of being our host does not make us feel comfortable?

A good host can make everything worthwhile, even if the landscape is not so beautiful or the weather is not good. Even if those who travel next to us are not up to the task. Friends, a good host can make you forget all the bad times experienced on a trip. It can relieve our fatigue and boredom. A good host can make the moments unforgettable. On this journey we are taking, the host is Jesus, our Friend and Savior. He himself went to prepare a place for each of us; and if He is the one who is taking care of all the details, we can be sure that He is preparing the best for us.

Let's read John 14:2-3 again: *"My Father's house has many rooms; if that were not so, would I have told you that I am going there to prepare a place for you? And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am"*.

Being with Jesus will mean being in a "Kingdom prepared from the foundation of the world for us" (Matthew 25:34). That Jesus himself, creator of all that surrounds us, has prepared a place for you and me?

Something that is expected of a host, is that the host does everything in their power to serve the guests well. The host must take all the measures so that those who are under their care feel good, happy and, in one way or another, make them forget the bad times experienced in the past.

Knowing that Jesus was resurrected, and then ascended into heaven to prepare the promised dwellings, should motivate us to want to know and enjoy His hospitality. This should fill us with joy and hope.

## CONCLUSION

Very soon, those of us who have accepted Jesus with all our hearts, will have the opportunity to embark on a wonderful journey... Yes! A spectacular journey with the destination being the dwellings that Jesus has prepared for us. And the Bible promised that Heaven, is a wonderful place. On the journey to heaven, we will be surrounded by good people, including friends and family who were resurrected to make this journey and live for eternity where we can enjoy the beauty of a sea of glass and play with all kinds of animals. We will be able to taste delicious fruits, and we will periodically travel to other worlds.

Would you like to make this trip? Do you want to be with Jesus and enjoy His hospitality?

To be on this journey you must be saved, and to be saved you must believe in the Lord Jesus and be baptized. But also, you must be the hands of Jesus in helping others to know Him. All of us who are members of the Seventh-day Adventist Church should want to communicate the message of salvation so that many others can make this wonderful journey.

Would you like to make this trip? Do you want to be with Jesus and enjoy His hospitality?





# The Great Controversy Project 2.0

*Hope Impact Day*  
**2nd Sabbath**  
October 2023 & 2024

Join the distribution of millions of copies in 2023 & 2024

“

“The Great Controversy,” Above Silver or Gold—The Great Controversy should be very widely circulated. It contains the story of the past, the present, and the future. In its outline of the closing scenes of this earth's history, it bears a powerful testimony on behalf of the truth. I am more anxious to see a wide circulation for this book than for any others I have written; for in The Great Controversy, the last message of warning to the world is given more distinctly than in any of my other books.”

”

Letter 281, 1905. CM 127.1

## Method

1. Read the book and be inspired.
2. Get the book from your local church pastor. The Great Controversy book is available in all 4 languages.
3. Distribute at least 10 books to your friends, family, and community. Pray before you go.
4. Organize a book dedication ceremony at your church.
5. Share your book distribution experience (with pictures) with us via Vision.



## CONTACT

For more information, please contact your local church pastor



# SOP Reading Challenge

Read the  
Great Controversy  
Book together



Scan to register



## Join

Join the reading challenge by signing up through the Google form, before 31 December 2023.

## Read

Start reading now, and complete by 31 December 2024.

## Share

Share your reading progress with us. There will be a small reward after completing every 10 chapters.

**A grand prize is awarded to those who successfully complete the challenge.**