

# vision

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## The Everlasting Gospel of Revelation 14:

*the Three Angels Message*

VISI விஷன் பத்திரிகை 愿景

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

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## Vision Statement

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

## Mission Statement

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

## Values

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

## I WILL GO

Mission Objectives  
Spiritual Growth Objectives  
Leadership Objectives  
Holy Spirit Objectives

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# The Everlasting Gospel of Revelation 14

## *The Three Angels' Messages*

by **Tan Meng Cheng,**  
*President, Peninsular Malaysia Mission*

The present truth preached by John the Baptist and Jesus is "Repent, for the kingdom of heaven is at hand" (Matt. 3:2; 4:17). Before Jesus' ascension, His commission to the disciples and the church is found in all four gospels: "Go therefore and teach all nations..." (Matt. 28:16-20); "Go into all the world, and preach the gospel..." (Mark 16:15-18); "Repentance and remission of sins should be preached..." (Luke 24:45-49); "Peace to you! As my Father has sent Me, I also send you... Receive the Holy Spirit..." (John 20:21-23). The content of the message is about repentance and forgiveness of sin in Jesus Christ, and it is meant to be proclaimed to the whole world.

The Three Angels' Messages in Revelation 14 serve as the final call to the end time people, inviting the world to return to the true worship of God who is the Creator of heaven and earth, the Giver of Sabbath rest, and the Foundation of all Truth. It is God's last warning to the unrepentant world and a call to prepare for Christ's glorious Second Coming.

The first angel's message is about the proclamation of the everlasting gospel, the good news of salvation which is founded on Jesus Christ's perfect sacrifice, unlimited mercy, abounding

grace, unfailing love and power for transformation. This message is urgent because the time of God's judgment has come. Based on the 2300 days prophecy in the book of Daniel, the time of probation will close soon when Jesus' heavenly sanctuary service ends. Revelation 22:11 says "He who is unjust, let him be unjust still; he who is filthy, let him be filthy still; he who is righteous, let him be righteous still; he who is holy, let him be holy still." The destiny of the world and the fate of everyone will be sealed forever. No more second chance. To worship the true God who is the Creator God on the right day, the seventh-day Sabbath is crucial in this last test.

The second angel's message announces the fall of all counterfeit religious systems and ideology in the world. We must reject all humanly originated forms of worship and beliefs that are not based on God's Word. We are saved through faith by grace of Jesus Christ alone. No one is saved by his/her good work or merit (cf. Eph. 2:8). "All our righteousnesses are as filthy rags" (Isa. 64:6), we have nothing to boast of and we can do nothing to earn our salvation, "for the wages of sin is death" (Rom. 6:23). The only hope we have is in Jesus. Therefore, we need to respond to this message by coming out of the spiritual Babylon, separating

ourselves from the apostate religious system and ungodly influences of the world, and by uniting with God's remnant people and church of God in end time (cf. Rev. 12:17; 14:12).

The third angel's message foretells the final polarization of the world: those who keep the commandment of God and have the faith of Jesus – they follow the bible and bible alone, versus those who follow the beast and have the mark of the beast – they follow convenient, man-made ideas and practices. The final battle and the great controversy will reach its' climax when Jesus Christ, our God and Savior, will come in the cloud of glory, to end the problem of sin once and for all, and take His people back to the heavenly home. Only those who are patience, obedience to God's commandments and faithful to Jesus Christ will inherit God's kingdom.

At the end of this great controversy between good and evil, the result is Jesus wins (Satan loses). We must choose the right camp and be part of it. The deciding factor is worship. Will you worship God or follow man-made religions and practices? Choose now! Be wise and not be deceived by the Enemy.



# Injil Kekal Wahyu 14

## Perkhabaran Tiga Malaikat

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

Kebenaran masa kini yang dikhotbahkan oleh Yohanes Pembaptis dan Yesus ialah “Bertaubatlah (kamu); kerana Kerajaan Syurga hampir tiba” (Mat. 3:2; 4:17). Sebelum kenaikan-Nya, Yesus telah memberikan amanat yang kepada murid-murid dan gereja, yang dapat dijumpai dalam keempat-empat Injil: “Oleh itu pergilah, jadikan semua bangsa murid-Ku...” (Mat. 28:16-20); “Pergilah ke serata dunia dan sebarkan Injil...” (Markus 16:15-18); “...pertaubatan dan pengampunan dosa akan diisytiharkan...” (Lukas 24:45-49); “Damai sejahtera kepada kamu! Sebagaimana Bapa mengutus-Ku, begitulah Aku mengutusmu... Terimalah Roh Kudus...” (Yohanes 20:21-23). Kandungan mesej itu adalah tentang pertaubatan dan pengampunan dosa dalam Yesus Kristus, dan bertujuan untuk diberitakan kepada seluruh dunia.

Perkhabaran Tiga Malaikat dalam Wahyu 14 berfungsi sebagai seruan terakhir kepada manusia zaman akhir, mengundang dunia untuk kembali kepada penyembahan yang benar, iaitu penyembahan Tuhan yang merupakan Pencipta langit dan bumi, Pemberi rehat Sabat, dan Asas semua Kebenaran. Ini merupakan amaran terakhir Tuhan kepada dunia yang tidak bertaub dan seruan untuk mempersiapkan diri bagi menanti Kedatangan Yesus Kali Kedua yang gemilang.

Khabar malaikat pertama adalah mengenai pemberitaan Injil yang kekal, berita baik keselamatan yang berdasarkan pengorbanan Yesus

Kristus yang sempurna, belas kasihan yang tidak terbatas, rahmat yang melimpah, kasih yang abadi dan kuasa untuk perubahan. Mesej ini mendesak kerana masa penghakiman Tuhan telah tiba. Berdasarkan nubuatan 2300 hari dalam buku Daniel, pintu kasihan akan ditutup tidak lama lagi, sebaik saja Yesus selesai pelayanan di tempat kudus syurgawi. Wahyu 22:11 menyatakan “Orang yang berbuat jahat, biarlah dia terus berbuat jahat. Orang yang cemar, biarlah dia terus cemar. Orang yang benar, biarlah dia terus benar. Orang yang suci, biarlah dia terus suci.” Nasib dunia dan takdir semua orang akan dimeteraikan selama-lamanya. Tiada lagi peluang kedua. Dalam ujian terakhir ini, penentunya adalah penyembahan Tuhan Pencipta yang benar, pada hari yang tepat, iaitu Sabat hari ketujuh.

Khabar malaikat kedua mengumumkan kejatuhan semua sistem agama dan ideologi palsu di dunia. Kita mesti menolak semua bentuk penyembahan dan kepercayaan yang berasal dari manusia dan yang tidak berdasarkan Firman Tuhan. Kita diselamatkan dengan rahmat-Nya melalui iman yang dikurniakan oleh Yesus Kristus sahaja. Tiada sesiapa pun yang diselamatkan oleh perbuatan baik atau jasanya (rujuk Efesus 2:8). “Segala kebenaran kami seperti kain yang tercemar” (Yesaya 64:6), kita tidak mempunyai apa-apa untuk dimegahkan dan kita tidak boleh berbuat apa-apa untuk memperoleh keselamatan kita, kerana “kematian adalah upah dosa...” (Roma 6:23). Harapan kita hanya dalam Yesus. Oleh

itu, kita perlu membalas mesej ini dengan tindakan keluar dari Babel rohani, memisahkan diri kita daripada sistem agama yang murtad dan pengaruh dunia yang tidak mengikut Tuhan, dan bersatu dengan umat sisa Tuhan dan gereja Tuhan di zaman akhir (lihat Wahyu 12:17; 14:12).

Khabar malaikat ketiga meramalkan polarisasi terakhir dunia: mereka yang taat kepada perintah Tuhan dan mempunyai iman Yesus - mereka menuruti Kitab dan Kitab sahaja, berbanding mereka yang mengikut binatang dan mempunyai tanda binatang - mereka mengikuti idea dan amalan buatan manusia yang memberi keselesaan. Pertempuran terakhir dan kontroversi besar akan mencapai kemuncaknya apabila Yesus Kristus, Tuhan dan Juruselamat kita, datang dalam awan kemuliaan, bagi mengakhiri masalah dosa untuk selama-lamanya, dan membawa umat-Nya kembali ke rumah syurgawi. Hanya mereka yang sabar, taat kepada perintah Tuhan dan setia kepada Yesus Kristus akan mewarisi kerajaan Tuhan.

Pada penghujung kontroversi besar antara yang baik dan yang jahat, Yesus akan menang (Syaitan kalah). Kita mesti memilih pihak yang betul dan menjadi sebahagian daripadanya. Faktor penentu adalah penyembahan. Adakah anda akan menyembah Tuhan atau mengikuti agama dan amalan buatan manusia? Pilihlah sekarang! Jadilah bijaksana dan jangan diperdaya oleh Musuh.

# வெளிப்படுத்துதலின் நித்திய நற்செய்தி 14 – முத்தூது

Tan Meng Cheng,  
தலைவர் தீபகர்ப மலேசியா மிஷன்

யோவான் ஸ்நானகன் மற்றும் இயேசு பிரசங்கித்த தற்போதைய உண்மை சத்தியம் "மனந்திரும்புங்கள் (நீங்கள்): பரலோகராஜ்யம் சமீபித்துள்ளது" (மத். 3:2; 4:17). இயேசு பரம் ஏறும் முன், சீடர்களுக்கும் ஆலயத்திற்கும் அவர் அளித்த கட்டளை நான்கு சவிசேஷங்களிலும் காணப்படுகிறது: "ஆகையால், நீங்கள் சென்று எல்லா தேசங்களுக்கும் போதிக்கவும்..." (மத். 28:16-20); "நீங்கள் உலகமெங்கும் சென்று, சவிசேஷத்தைப் பிரசங்கியுங்கள்..." (மாற்கு 16:15-18); "மனந்திரும்புதலும் பாவ மன்னிப்பும் பிரசங்கிக்கப்பட வேண்டும்..." (லூக்கா 24:45-49); "உங்களுக்குச் சமாதானம்: என் பிதா என்னை அனுப்பியதுபோல, நானும் உங்களை அனுப்புகிறேன்... பரிசுத்த ஆவியைப் பெற்றுக்கொள்ளுங்கள்..." (யோவான் 20:21-23). செய்தியின் உள்ளடக்கம் மனந்திரும்புதல் மற்றும் இயேசு கிறிஸ்துவின் பாவ மன்னிப்பு பற்றியது, மேலும் இது முழு உலகிற்கும் அறிவிப்பதாகும்.

வெளிப்படுத்துதல் 14-லுள்ள முத்தூதின் செய்தி இறுதி கால மக்களுக்கு இறுதி அழைப்பாக செயல்படுகின்றன, வானத்தையும் பூமியையும் படைத்தவரும், ஓய்வுநாளை வழங்கினவரும், அனைவருக்கும் அஸ்திபாரமுமான தேவ சத்தியத்தை உலகிற்கு காண்பிக்க அழைக்கிறது. உண்மை. இது மனந்திரும்புதல் உலகத்திற்கு தேவனின் கடைசி எச்சரிக்கை மற்றும் கிறிஸ்துவின் மகிமையான இரண்டாம் வருகைக்கு தயாராகும் அழைப்பாக கருதப்படுகின்றன.

முதலாம் தூதரின் செய்தி, இரட்சிப்பின் நற்செய்தி, நித்திய நற்செய்தியின் பிரகடனம் பற்றியது. அது, இயேசு கிறிஸ்துவின் பரிபூரண தியாகம், அளவற்ற இரக்கம், பெருகிய கிருபை, மாறாத அன்பு மற்றும் மாற்றத்திற்கான வல்லமை ஆகியவற்றின் மீது நிறுவப்பட்டது. இந்த செய்தி அவசரமானது, ஏனென்றால் தேவனின் நியாயத்தீர்ப்பின் நேரம் வந்துவிட்டது. தானியேல் புத்தகத்திலுள்ள 2300 நாட்கள் தீர்க்கதரிசனத்தின் அடிப்படையில், இயேசுவின் பரலோக ஆலய சேவை முடிவடையும் போது சோதனைக் காலம் விரைவில் முடிவடையும். வெளிப்படுத்துதல் 22:11 கூறுகிறது போல, "அநியாயமுள்ளவன் இன்னும் அநியாயஞ்செய்யட்டும்; அசுத்தமானவன் இன்னும் அசுத்தமாக இருக்கட்டும்; நீதியுள்ளவன் இன்னும் நீதியுள்ளவனாக இருக்கட்டும்; பரிசுத்தமானவர் இன்னும் பரிசுத்தமாக இருக்கட்டும்." உலகின் தலைவியியும் ஒவ்வொருவரின் தலைவியியும் என்றென்றும் முத்திரையிடப்படும். இனி இரண்டாவது வாய்ப்பு இல்லை. கடைசி சோதனையாக சிருஷ்டிகரை, உண்மையான தேவனை, சரியான நாள் - ஏழாம் நாள், ஓய்வுநாளில் தொழுது கொள்வது மிக முக்கியமானது.

இரண்டாவது தூதரின் செய்தி உலகிலுள்ள அனைத்து போலி மத அமைப்புகள் மற்றும் சித்தாந்தங்களின் வீழ்ச்சியை அறிவிக்கிறது. தேவ வார்த்தையின் அடிப்படையில் இல்லாத மனித வழிபாட்டு முறைகளையும் நம்பிக்கைகளையும் நாம் நிராகரிக்க வேண்டும். இயேசு கிறிஸ்துவின் கிருபையால் மட்டுமே நாம் விசுவாசத்தின் மூலம் இரட்சிக்கப்படுகிறோம். ஒருவனும் அவனுடைய/அவளுடைய நல்ல வேலை அல்லது தகுதியால் இரட்சிக்கப்படுவதில்லை (எபே. 2:8). "நம்முடைய நீதிகளெல்லாம் அசுத்தமான கந்தல்களைப்போல இருக்கின்றன" (ஏசா. 64:6), நாம் பெருமை பேசுவதற்கு ஒன்றுமில்லை, நம்முடைய இரட்சிப்பைப் பெற நம்மால் ஒன்றும் செய்ய முடியாது, "பாவத்தின் சம்பளம் மரணம்" (ரோமர் 6:23). நமக்கு இருக்கும் ஒரே நம்பிக்கை இயேசுவில் மட்டுமே. எனவே, ஆன்மீக பாபிலோனிலிருந்து வெளியே வந்து, உலகின் தெய்வபக்தியற்ற செல்வாக்குகளிலிருந்தும் நம்மைப் பிரித்து, இறுதிக் காலத்தில் எஞ்சியிருக்கும் மக்களுடனும் ஆலயத்துடனும் ஒன்றிணைவதன் மூலம் இந்தச் செய்திக்கு நாம் பதிலளிக்க வேண்டும் (cf. Rev. 12:17; 14:12).

மூன்றாவது தூதரின் செய்தி உலகின் இறுதி துருவமுனைப்பை முன்னறிவிக்கிறது: ஒரு பக்கம்-- தேவனுடைய கற்பனைகளைக் கைக் கொள்ளுகிறவர்களும், இயேசு கிறிஸ்துவைக் குறித்துச் சாட்சியை உடையவர்களும், அவர்கள் வேதாகமத்தை மட்டுமே பின்பற்றுகிறார்கள்; மறு பக்கம் உள்ளவர்கள்-- மிருகத்தைப் பின்பற்றி, மிருகத்தின் அடையாளத்தை வைத்திருப்பவர்கள். அவர்கள் சௌகரியத்தையும், மனிதனால் உருவாக்கப்பட்ட கருத்துகளையும் நடைமுறைகளையும் பின்பற்றுகிறார்கள். நமது தேவனும் இரட்சகருமான இயேசு கிறிஸ்து மகிமையின் மோகத்தில் வந்து, பாவத்தின் பிரச்சினையை நிரந்தரமாக முடிவுக்குக் கொண்டு வந்து, தம் மக்களை மீண்டுப் பரலோக வீட்டிற்கு அழைத்துச் செல்லும் போது; இறுதிப் யுத்தமும் பெரும் போராட்டமும் அதன் உச்சக்கட்டத்தை எட்டும். தேவனின் கட்டளைகளுக்குக் கீழ்ப்படிந்தவர்களும், பொறுமையுள்ளவர்களும், இயேசு கிறிஸ்துவுக்கு உண்மையுள்ளவர்களும் மட்டுமே தேவனுடைய இராஜஜியத்தைப் சுதந்தரித்து கொள்வார்கள்.

நன்மைக்கும் தீமைக்கும் இடையிலான இந்த பெரும் போராட்டம் முடிவில், இயேசு வெற்றி பெறுகிறார் (சாத்தான் தோற்றார்). நாம் சரியான முகாமத் தேர்ந்தெடுத்து அதில் ஒரு பகுதியாக இருக்க வேண்டும். தீர்மானிக்கும் காரணி தொழுதுகொள்வதாகும்: நீங்கள் தேவனை தொழுதுகொள்வீர்களா அல்லது மனிதனால் உருவாக்கப்பட்ட மதங்களையும் நடைமுறைகளையும் பின்பற்றுவீர்களா? இப்போதே தேர்ந்தெடுங்கள்! பகைவரிடம் ஏமாறாமல் புத்திசாலியாக இருங்கள்.

# 启示录14章 永远的福音

## 三天使的信息

陈明祯，  
马来西亚半岛区会会长

施洗约翰和耶稣所传讲的现代真理是“天国近了，你们应当悔改”（马太福音3:2；4:17）。在耶稣升天之前，祂对门徒和教会的使命在四福音书中都可以找到：“所以你们要去，教导万民……”（马太福音28:16-20）；“你们往普天下去，传福音……”（马可福音16:15-18）；“应当传悔改、赦罪的道……”（路加福音24:45-49）；“愿你们平安：正如我父差遣了我，我也照样差遣你们……你们受圣灵……”（约翰福音20:21-23）。信息的内容是关于悔改和在耶稣基督里罪的赦免，这是要向全世界宣扬的信息。

启示录 14 章的三天使信息是对末日人们的最后号召，邀请世人回归真实的敬拜，就是敬拜那创造天地的创造主、安息日休息的赐予者，也是万象的根基。这是上帝对未曾悔改的世界做最后的警告，也是呼吁人们为基督第二次荣耀的降临做好准备。

第一位天使的信息是关于宣扬永远的福音。这是救恩的好消息，是建立在耶稣基督完美的牺牲、无限的怜悯、

丰盛的恩典、坚定不移的爱和转变的力量之上。这个信息是很紧急的，因为审判的时候已经到了。根据但以理书中2300日的预言，当耶稣在天上圣所的工作结束时，宽容时期也即将关闭。启示录22:11 说：“不义的，叫他仍旧不义；污秽的，叫他仍旧污秽；为义的，叫他仍旧为义；圣洁的，叫他仍旧圣洁”。这世界和每个人的命运将被永远封印。没有第二次机会了。所以在正确的日子，就是第七日的安息日，敬拜上帝我们的创造主，这在最后的考验中是至关重要的。

第二位天使的信息宣布世界上所有假冒的宗教体系和意识形态的倾覆。我们必须拒绝一切源自人为，而不是基于上帝话语的敬拜和信仰形式。我们是因信得救，唯独靠着耶稣基督的恩典。没有人会因他的善行得救（参见以弗所书2:8）。“我们一切的义都如同污秽的衣服”（以赛亚书64:6），我们没有什么可夸口的，我们也无能为力来赢得救恩，“因为罪的工价乃是死”（罗马书6:23）。我们唯一的希望就在耶稣身上。因此，我们需要

回应这信息，走出属灵的巴比伦，将自己与背道的宗教体系和世界不敬虔的影响分离出来，并与上帝的余民和上帝末世的教会联合起来。（参见启示录12:17；14:12）

第三位天使的信息预示了世界最终的两极分化：就是那些遵守上帝诫命并拥有耶稣真道的人——他们遵循圣经并且只遵循圣经；和那些追随兽并有兽印记的人——他们跟随便捷的、人为的想法和做法。当我们的救主耶稣基督驾着荣耀的云降临，一劳永逸地结束罪的问题，并带领祂的子民回到天家时，这最后的战斗和善恶之争将达到高潮。只有那些有耐心、服从上帝诫命并忠于耶稣基督的人才能继承上帝的国度。

这场善恶之争的最终结果是耶稣胜利（撒旦失败）。我们必须选择正确的阵营并成为其中的一分子。决定因素在于敬拜。你会敬拜上帝，还是跟随人为的宗教和习俗？现在就选择！要有智慧，不要被敌人欺骗。



# Do Really

# I KNOW

by Corina Ling,  
*Editorial Board*

I've come across teenagers who tell me everything there is to know about their idol singers; the inspiration for the songs they sing, their family members and even their favorite food. They know their idols so well that they can predict what they would do in various circumstances. As they share what they know, their face lights up and their hands move and you can hear the excitement in their voices. When asked why they know so much, they say, I spent a lot of time reading about them.

On the contrary, I wonder, do I really know Jesus? Would I know how He would react in different situations? If He were in my place now, would He approve of the decisions I make?

As I read the articles, I saw the connection the contributors made linking the gospel, the three Angels message and the urgent responsibility that we have. But when I look at the number of lay members involved in giving Bible study, (averages of 98 people against the West Malaysia population of more than 20 million) I wondered, do we really know what our church believes is? Do we understand the urgency of the times we are living.

It may be, that as you read some of the articles, questions may arise, or you may think it too hard to understand as you rush through them. I urge you, take time to read them. Get to really know the fundamental beliefs of our church.





# The Everlasting Gospel of Revelation 14:

## *the Three Angels' Messages*

by Renie Ubara,  
Ministerial Association

In the natural world and human experience, there are few, if any things that can truly be considered as “everlasting” in the sense of being eternal or indestructible. However, there are some concepts and entities that have a long-lasting or enduring quality. For example:

- (1) Natural law, the fundamental laws of physics, such as the law of gravity, thermodynamics, and electromagnetism,
- (2) Mathematical concepts, the mathematical truths and concepts are considered timeless and universal,
- (3) Physical constants, such as the speed of light in a vacuum or the charge of an electron,
- (4) Human impact on the environment,
- (5) Stable geological formation,
- (6) Human ideas and knowledge, and
- (7) Cultural and religious concepts of eternity.

Above all, I would like to bring to your attention the everlasting Gospel within the Three Angels' Messages of Revelation 14.



Why the Gospel is everlasting? Here are some biblical reasons. **First, God's unchanging nature.** The Bible teaches that God is eternal and unchanging. In Malachi 3:6, it says, "I am the Lord, I do not change." This attribute of God's immutability implies that His plan for salvation, as revealed through the Gospel, is also unchanging and everlasting.

**Second, the covenant promises.** The Old Testament contains numerous promises and prophecies about a coming Messiah who would bring salvation to humanity. These promises are fulfilled in Jesus Christ, and the Gospel is the proclamation of this fulfillment. God's covenant with His people, as seen in the Abrahamic and Davidic covenants, is an everlasting covenant, and the Gospel is a continuation of God's faithfulness to His promises (Genesis 17:7, 2 Samuel 7:16).

**Third, The sacrifice of Jesus.** The core of the Gospel message is the death and resurrection of Jesus Christ for the forgiveness of sins. In Hebrews 13:8, it says, "Jesus Christ is the same yesterday and today and forever." This verse underscores the eternal significance of Jesus' sacrifice and its ability to provide salvation for all time.

**Fourth, the great commission.** In the New Testament, Jesus instructed His disciples to go and make disciples of all nations, baptizing them in the name of the Father, Son, and Holy Spirit (Matthew 28:19-20). This command implies that the Gospel message will continue to be preached throughout the ages until His return, emphasizing its everlasting nature.

And **fifth, the revelation of God's plan.** The Book of Revelation, in particular, highlights the everlasting nature of the gospel. Revelation 14:6 speaks of an angel proclaiming

the "everlasting Gospel" to every nation, tribe, language, and people. This proclamation symbolizes the Gospel's enduring relevance and its central role in God's final plan for humanity. (Prescott, 1928).

The five biblical basis for the everlasting nature of the Gospel affirm that the Gospel message of salvation through faith in Jesus Christ is urgent and timely. It is intended to be proclaimed and accepted by people throughout all generation until Jesus comes. And we, the Seventh-day Adventists, are called to be faithful in proclaiming and sharing this wonderfully urgent message to our family, relatives, and neighbours. This message is distinctively ours.

The Gospel is God's everlasting love revealed through His Son, Jesus Christ, and the church is called to participate intimately in Christ's end times mission. In other words, God's mission, God's love, is the salvation of humanity. The pen of inspiration said, "this message (Three Angels' Messages) is a part of the "everlasting gospel." God has entrusted the work of preaching to us. Holy angels direct, but the servants of Christ on earth actually proclaim the Gospel." (White, 2011). On proclaiming this distinctive message, Folkenberg writes, "We should present our distinctive detective truths only in terms of the everlasting gospel... Christ must not be added as an afterthought. He must be the foundation, the heart, the alpha and the omega, the first and the last." (Folkenberg, 1994).

The Gospel message is everlasting. It is meant to be personally upheld and shared to everyone! The urgency of the message of the Gospel and the Three Angels' Messages of Revelation 14, can be understood in the context of their respective purposes.

The urgency of the Gospel message arises from the following biblical points: **First, salvation.** The Gospel message proclaims



salvation through faith in Jesus Christ, reconciling us with God and eternal life. Life is uncertain, we are called to repentance and faith in Christ as soon as possible for eternal destiny.

**Second, sin and judgment.** The Gospel message also emphasizes the reality of sin and judgment. Apart from Christ, people stand condemned because of their sin. This underscores the urgency of accepting Christ's forgiveness and righteousness for a transformed Christian life.

**Third, second coming of Christ.** This is the blessed hope in the Bible, the imminent return of Jesus Christ. We are to be watchful and prepare for His coming. This expectation adds urgency to living out the Gospel message and sharing it with others so that they too may be ready for His return. The eschatological urgency of the Three Angels' Messages focuses on the following points: First, proclamation and judgment. The first angel's message announces the "eternal Gospel" to be proclaimed to nation, tribe, language, and people. This Gospel includes a call to worship God as the Creator and warns of the impending judgment. The urgency here lies in the recognition that God's judgment is imminent, and people must make the choice to worship Him and align themselves with His truth soon while time permits. Second, Babylon's fall. The second angel declares the fall of "Babylon the Great," symbolizing the spiritual corruption and apostasy in the world. It warns people to separate from the false systems and

teachings that oppose God and His biblical teachings. The urgency is in the need to disassociate from spiritual falsehoods and align with God's truth and righteousness. And third, warning against the beast. The third angel message warns against worshiping the beast and receiving its mark, emphasizing the dire consequences for those who do. The urgency lies in the fact that individuals must resist aligning themselves with any system of ideology that opposes God, even if it comes with persecution and hardship. (Finley, 2021). Missiological, the pen of inspiration explains, "His followers today are called to prepare others for His second advent—proclaiming with humility and love the urgent messages of the three angels of Revelation 14. (White Estate, 2923).

The best way to live this message is to share it to others. Therefore, this message is a solemn call to every Seventh-day Adventists, "Let it never be forgotten that these institutions are to cooperate with the ministry of the delegates of heaven. They are among the agencies represented by the angel flying "in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth." (White, 1946).

Prayerfully, through the Holy Spirit's power, let's be excited for the Gospel work, and be faithful messengers and missionaries of God for the proclamation of His love to others through the Three Angels' Messages of Revelation 14. Let's be actively part of the three gospel angels' work in sharing the good news of salvation!

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# The Everlasting Gospel of Revelation 14:

by Dennis Ng,  
*Executive Secretary*

“...being justified by faith, we have peace with God through our Lord Jesus Christ.” Romans 5:1. See also Revelation 14:6-12.

We’ve been covering the gospel in relation to the Three Angels’ Messages in our last three issues of Vision. We now wind up this final issue for the year by highlighting the main points on the subject:

1. Ellen White while living was asked by believers if justification by faith is the third angel’s message. She had answered unequivocally that it is “in verity.”
2. A.G. Daniels, a then retired General Conference president tasked to write on the subject of righteousness by faith, post-1888, explained justification by faith thus: It “is God’s way of saving sinners; His way of convicting sinners of their guilt, their condemnation, and their utterly undone and lost condition. It is also God’s way of canceling their guilt, delivering them from the condemnation of His divine law, and giving them a new and right standing before

Him and His holy law. Justification by faith is God’s way of changing weak, sinful, defeated men and women into strong, righteous, victorious Christians.” Christ Our Righteousness (COR) 65.

3. If there’s a similar thread that runs through both, then the acceptance of the third angel’s message would lead to the justification of sinners by faith.
4. A. G. Daniels believed that to be so and presented the following as evidence:
  - a) The great threefold message of Revelation 14, which we designate by the term “the third angel’s message,” is declared to be “the everlasting gospel.” Revelation 14:6.
  - b) The message makes the solemn announcement that the “hour of His judgment is come.”
  - c) It admonishes all who are to meet God at His great tribunal, to be judged by His righteous law, to “fear God, and give glory to Him,”-and to “worship Him that made heaven, and earth.” Verse 7.





# the Three Angels' Messages

- d) The result, or fruitage, of this message of warning and admonition is the development of a people of whom it is declared: "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus." Verse 12.
5. Daniels went on to establish: "In all this we have the facts of justification by faith. The message is the gospel of salvation from sin, condemnation, and death. The judgment brings men and women face to face with the law of righteousness, by which they are to be tried. Because of their guilt and condemnation, they are warned to fear and worship God. This involves conviction of guilt, repentance, confession, and renunciation. This is the ground of forgiveness, cleansing, and justification... What is that but justification by faith?" COR 65.2-COR 66.1
6. The proclamation of the three angels' messages then warns that:
- a) All who accept the third angel's message should enter into the experience of justification by faith.
  - b) They should have Christ revealed to and in them.
  - c) They should know by personal experience the work of regeneration.
  - d) They should have the fullest assurance that they have been born anew, from above, and that they have passed from death unto life.
  - e) They should know that their guilt has been canceled, that they have been delivered from the condemnation of the law and are thus ready to appear before the judgment seat of Christ.
  - f) They should know by victorious experience that they have laid hold of, and are being kept by, "the faith of Jesus," and that by this faith they are empowered to keep the commandments of God. COR 68.
7. As such, the threefold message of Revelation 14 and justification by faith then is, in reality, the gospel of Christ. Let us then understand the message, personally experience the message, and then proclaim the message with urgency, with accuracy and with distinctiveness.
- Maranatha!



by Pua Sze Ning,  
Health Ministries

Heart disease has been an important cause of death in both Malaysian men and women for many years before Covid pandemic. Malaysians developed heart attack at average age of 58.7 years and almost 25% were below the age of 50 years. This is almost 10 years younger than that seen in Singapore!

The prevalence of the common cardiovascular (CV) risk factors among adults more than 18 years has been on an increasing trend. About 40% of patients with heart attack have more than 3 CV risk factors. These are, high blood pressure, high low-density lipoprotein (LDL) cholesterol, diabetes, smoking and second-hand smoke exposure, obesity, unhealthy diet, and physical inactivity.

The prevalence of high cholesterol among individuals admitted with chest pain was 36.7%. Based on the Malaysian National Cardiovascular Disease-Acute Coronary Syndrome (NCVD-ACS) Registry for 2018-2019, the average LDL-C (bad cholesterol) on admission was 3.1mmol/l in males and 3.0mmol/l in females.

### **Detection of risk factor by health screening with blood investigation.**

Once a person's age exceeds 30 years, he or she should go for regular cholesterol screening to determine their lipid profile. Individuals who are at high risk of developing CVD, based on the presence of risk factors mentioned above, should have a lipid profile taken earlier in life, after 18 years of age.

The lower the LDL-C achieved, the greater the heart benefit. At levels of less than 1.8mmol/L, less progression of the atherosclerotic plaque is seen and at levels less than 1.6mmol/L, regression of the plaque has been documented.

CV Risk can be calculate via Framingham risk score:  
<https://www.mdcalc.com/calc/38/framingham-risk-score-hard-coronary-heart-disease>

Global Risk	Target LDL-C levels (mmol/L)	Target Non-HDL-C levels (mmol/l)
<b>Low CV Risk</b> < 10% 10-year CVD risk	<3.0	<3.8
<b>Intermediate (Moderate) CV Risk</b> 10-20% 10-year CVD risk , Diabetics < 50 years old and < 10-year duration and no CV risk factors	<2.6	<3.4
<b>High CV Risk</b> Ø > 20% 10-year CVD risk <ul style="list-style-type: none"> <li>diabetes &gt;10-year duration without target organ damage + 1 other CV risk factor</li> <li>KD with eGFR 30- &lt; 60ml/min-1/1.73 m2</li> </ul>	≤ 1.8 <b>and</b> a reduction of > 50% from baseline	≤ 2.6 <b>and</b> a reduction of > 50% from baseline
<b>Very high CV Risk*</b> Ø established CVD <ul style="list-style-type: none"> <li>diabetes with CVD or other target organ damage or &gt; 3 CV risk factors</li> <li>CKD with eGFR &lt; 30ml/min-1/1.73 m2 ****</li> </ul>	≤ 1.4 and a reduction of > 50% from baseline	≤ 2.2 and a reduction of > 50% from baseline
Those with recurrent CV events within 2 years despite achieving a LDL-C target of <1.4mmol/l	<1.0	

## Hearty lifestyle - Diet

How do we prevent or reverse this condition? Through a hearty lifestyle which includes what we put into our bodies and what we do with our bodies.

What we put in our bodies is our dietary intake. A hearty healthy diet consists of:

### 1 Whole food plant base diet:

Primarily fruits and vegetables, whole grains, grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural a manner as possible, are the most healthful and nourishing. (The Ministry of Healing, 296), (Counsels on Diet and Foods 310.2)

### 2 Reduce intake of refined carbohydrates and sweetened beverages

Reduced intake of carbohydrates with emphasis on whole grains such as brown rice and to reduce intake of refined carbohydrates and sweetened beverages. 'And from the light given me, sugar, when largely used, is more injurious than meat'. (Counsels on Diet and Foods 328.2)

### 3 Incorporate fibre-rich foods

Incorporate fibre-rich foods that contribute at least 20 to 30 g of fibre per day. Emphasis should be on soluble fibre, such as fruits, vegetables, whole grains, high-fibre cereals, oatmeal, legumes, and beans.

## 4 Plant-based protein

Healthy sources of plant-based protein such as beans, nuts, lentils, and tofu.

## 5 Nuts

Consuming 1/2 to 1 cup of nuts per day as part of a hearty healthy diet, lowers total cholesterol by 4% to 21% and LDL-C by 6% to 29%. This, however, contributes significant calories to the diet. A higher nut intake has been associated with lower risk of incidence and mortality from CVD, CHD, and strokes. (Replace meat with nut to avoid overweight gain)

## 6 Avoid saturated Fat (SFA)

Mostly from red meat, seafood, chicken, coconut milk, or take less than 10% of total calories. The body can produce all the required fatty acids except for the essential fatty acids -linoleic acid and alpha-linolenic acid. These must come from the external sources such as corn, sunflower, and soybean, flaxseed walnuts, and dark leafy vegetables (e.g., spinach, kai lan).

SFA should be replaced by plant fat like olive, avocado, or plant oil.

## 7 Avoid Trans-fat (TFA)

- “Industrially produced” TFA- these are man-made fats added to foods such as shortening and baked goods.
- “Ruminant” TFA- these occur naturally in small amounts in foods such as butter and beef.
- Trans fats are created through a process of partial hydrogenation. The presence of TFA makes oils more solid and extends their shelf life. Major sources of TFA are deep-fried fast foods, margarine, commercially baked cookies, cakes, crackers, and some bread. Repeated / prolonged heating of Monounsaturated Fatty Acid (MUFA) and Polyunsaturated Fatty Acid (PUFA) may convert them to trans-fat.
- Intake of TFA raises levels of LDL-C (Bad cholesterol), reduces HDL-C (Good cholesterol), associated with an increase in the incidence of diabetes.

## 8 Low salt diet

Not more than 1 teaspoon of salt per day. Limit process food and try to prepare own food.





# Hearty lifestyle - Exercise & Lifestyle

## Exercise for CVD prevention in healthy adults

- at least 150-300 minutes a week of moderate intensity or
- 75-150 minutes a week of vigorous-intensity aerobic physical activity or an equivalent combination.

## Smoking is discouraged.

Individuals could be referred to smoking cessation programmes.

## Maintenance of an ideal weight -

BMI 20 - 23.5 kg/m<sup>2</sup> and waist circumference < 90 cm (men), < 80 cm (women).

***So, whether you eat or drink  
or whatever you do,  
do it all for the glory of God.***

***1 Corinthians 10: 31***



PENINSULAR MALAYSIA  
MISSION REFOCUS:

# Doing Business Unusual

by Dennis Ng,  
*Executive Secretary*

Admittedly, one of the most agonizing things for leaders of any organization to do, must surely be to review the numbers. Where are we heading? What do the numbers show? Are we getting there? Yearly planning, mid-term reviews, and year-end reports can be uncomfortable periods.

Having been established for close to a hundred and ten years now in the Peninsula, our membership to the population ratio is 1:4745. While we do not wish to mistake numbers for success, we recognize our need for the Pentecost experience.<sup>1</sup>

In going about our “Father’s business,” we don’t want it said of us that, “worldly people are smarter with their own kind than spiritual people are.”<sup>2</sup> We must be wise in running our “Father’s business.” We see our lack. We did not get here overnight and are under no illusion that we might see immediate changes by the time we leave office. We are committed to setting the process in motion for the next leadership team and beyond. The Lord is in control of His work and we need to “stand still and see this great thing the Lord is about to do before (our) eyes.”<sup>3</sup>

If like Jesus we can be moved to compassion<sup>4</sup> and see that our mission is bigger than any one of us, then perhaps we can find the impetus to do our faithful part. With each new day, we witness what the UN calls, “a new era of conflict and violence.”<sup>5</sup> Along with environmental threats, health crises, famines, and disasters by land, sea, and air, precious lives are lost and those unsaved slip into eternity in

a lost condition, while earth’s inhabitants are left destitute, desperate, and depressed.

PEM leadership wishes to shed this posture of doing business as usual. But we can’t make this commitment alone. We need the cooperation of our higher organizations, workforce, and laity. From our higher organizations, we need proper alignment, synchronization, and cooperation to avoid distractions. From our Pastors, we seek personal and professional growth to ensure excellence. From our laity, we appeal for genuine conversion, commitment, and contribution.

These have been communicated to all our employees in a recent October meeting. We wish to bring these areas into clearer focus:

1. **Mission To Initiate:** Clear Direction and Focus in the Execution of Strategies
  - Clearly define our vision, mission, values, and objectives
  - Prioritize our main objectives and be intentional in achieving them
  - Work towards our common objectives without individual agendas
  - Prevent wastage or divergence of any resources --human, financial, or time
  - Properly define plans to include a yearly evangelism cycle and focus

## 2. **Mission To Mobilize:** Dedicated Workforce

- Experience genuine conversion due to the nature of our work
- Loyal to God, His cause, supportive of the SDA Church and its leadership
- True to SDA fundamental beliefs and unwavering in biblical standards
- Have continuing personal and professional growth
- Deliver quality studies, sermons, and training presentations

## 3. **Gospel Workers To Focus:** Enlarge our Borders

- Move away from “hovering over churches”
- Move beyond our “comfort zone”
- Develop our members (converted, uphold SDA beliefs, and passionate for souls)
- Produce results that are of quality over quantity
- Faithful to our calling as an “under-shepherd”

## 4. **Members To Cooperate:** Discipleship Ministry

- Start with proper and solid Bible study
- Baptize converted disciples, not add membership.
- Focus on Discipleship, Care Groups, and Prayer Meetings
- Find holistic, balanced, biblical solutions to address local church problems
- “In essentials unity, in non-essentials liberty, in all things charity.”<sup>6</sup>

We already have our Strategic Plans, adopted during our business session in January 2022. Nothing has changed. We are still focused on those. What this exercise entails is that we are sharpening our tools and improving our delivery.

The questions we need to ask again as we seek to refocus during this mid-term review are: 1) *Who are we?* 2) *What do we do?* 3) *Who do we do it for?* 4) *Why are we doing it?* 5) *Where do we want to go with it?*

The spotlight is on our Mission. We wish to refocus. We refuse to do business as usual. Won't you call your Pastor today to tell him you are ready to help your local church?

“For if there be first a willing mind, it is accepted according to that a man hath, and not according to that he hath not.”

--2 Corinthians 8:12<sup>7</sup>

1) Acts 2; King James Version (KJV) Public Domain

2) Luke 16:8; International Children's Bible (ICB) The Holy Bible, International Children's Bible® Copyright© 1986, 1988, 1999, 2015 by Thomas Nelson.

3) 1 Samuel 12:16; New International Version (NIV) Holy Bible, New International Version®, NIV® Copyright ©1973, 1978, 1984, 2011 by Biblica, Inc.®

4) See Matthew 14:14; 15:32; 20:34; *ibid.*

5) <https://www.un.org/en/un75/new-era-conflict-and-violence>

6) Rupertus Meldenius. a German Lutheran theologian of the early seventeenth century

7) King James Version (KJV) Public Domain



- Brother Joshua Chee sharing on the need to focus



- Pastors in their language group discussion



-

PEM Team

# 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



# VISION360°

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## Episode 04 | Virtual Run

Kluang BM Group



During the Covid 19 pandemic, physical gatherings came to an abrupt halt. Kluang BM Group initiated a health program that would strengthen relationships among members, encourage them in their faith and also serve as an outreach tool. Participants from all walks of life and different locations met up regularly online to learn about a health-promoting lifestyle, as well as to encourage one another in making sustainable lifestyle changes. Before long, the members had the opportunity to share Christ.

Watch and see how they are igniting the flame for outreach among their members and reaching out to their community.



## Episode 05 | Fellowship Ministry

Lighthouse Church



Lighthouse Church is blessed with a multi-generational group of members. This helps the church in ministering to the needs of their diverse community. Through various outreach programs, they are committed to creating an atmosphere based on these 3B's -- Belong, Believe and Behave. Everyone who walks into Lighthouse Church needs to feel welcomed and that they Belong, and then eventually be led to Believe and Behave just like Christ.

Watch and see how the members are finding their way to the hearts of many and introducing them to Jesus.



## Episode 06 | Herbal Foot Bath Therapy

Muar Chinese Church



The Muar Church members are busy setting up their place to welcome members of their community. Every Wednesday, a unique experience awaits the visitors -- Herbal hydrotherapy. A mini health screening is also included to help them be aware of their health status. As the participants experience positive outcomes from the therapy sessions and fellowship with each other, they are drawn to the health message that the church offers. Soon, they are also drawn to the message of hope.

Watch and see how Muar Church is giving people hope and healing through this health ministry.



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

Communication Department

# Nothing Between

by Joella Chu,  
Tampin English

The second Advent Youth Camp (AYC), organized by Tampin Churches, took place from 28-31 August 2023, at Aeon Health Care.

AYC was started by a group of young people in early 2022, for young people of ages 13-21. The main aim and mission of this camp is to provide a place for all participants to experience their Lord and Saviour Jesus Christ for themselves, whilst having fun, learning practical life skills, and forming life-long friendships.

This year, one of the challenges the AYC committee faced was finding a suitable and available speaker to deliver the word of God to all attending. Prayer upon prayer was offered for God to send the right speaker. Numerous speakers were contacted, but no one could make it.

After much prayer, the AYC committee ventured to approach one speaker whom all thought would be too busy to make it, Pastor Justin Kim. "God is able to do exceedingly abundantly above all that we ask or think" (Ephesians 3:20).

Within two weeks, Pastor Justin Kim wrote back to say that due to changes in his schedule, he would be able to make it for AYC. God had opened the doors for Him to come to AYC

and deliver His message to His people!

Besides speaking for the plenaries, Pastor Justin Kim also conducted a workshop entitled "How to Succeed in Life." In this workshop, many practical tips were shared, such as how to manage one's time, the importance of reading the Bible, Scripture memory, and much more.

Other workshops conducted were Carpentry by Pastor Joshua Soon, where participants learned to make their own mini bookshelf; and Wilderness Survival by Brother Kenny Akiw, who brought his adventurous campers into the jungle to start fires, cook with them, and build shelters from leaves and branches.

Besides the fun and bonding, this year's AYC was blessed with a very special highlight: the baptism of three precious souls: Jenevy Mal, Daisy Yong, and Angeline Yong. This too, was conducted by Pastor Justin Kim.

In two years of AYC's existence, God's blessing, grace, and providence have enabled many young people to experience Him for themselves and make life-changing decisions.

We look forward to seeing more of what God will do for His people!



AYC 2023





Photo session after baptism



Pastor Soon during the woodworking worship



Participants enjoying their meal

## Healthy Recipe

### Yam Sticks Healthy Snack



#### Ingredients:

- |          |         |                          |
|----------|---------|--------------------------|
| <b>A</b> | 2       | yam, small               |
|          | 1t      | garlic powder            |
|          | 1t      | onion powder             |
|          | 3t      | nutritional yeast flakes |
|          | 1 pinch | salt                     |

#### Method:

- 1** Skin yam and slice into sticks.
- 2** Bake at maximum heat for about 45 mins.
- Sprinkle seasoning to taste on yam sticks.

#### Nutritional Fact

Yams are rich in vitamins, minerals, and fiber. Yams are not only an excellent source of fiber but also high in potassium and manganese, which are important for supporting bone health, growth, metabolism, and heart function.

Recipe courtesy of:  
**Aenon Health Care**

# Program Kesihatan Sempena Hope For Johor 2023

by **Betney Bagavan,**  
Kluang BM



Kaunter pendaftaran



Acara pemberian hadiah



Aktiviti mewarna oleh kanak-kanak

25 August 2023, AEON Mall Permas Jaya. Bahagian Pelayan Kesihatan Gereja Kluang BM telah mengadakan Program Saringan Kesihatan Asas secara percuma kepada masyarakat di sekitar Bandar Permas Jaya bersama dengan Pertandingan Melukis dan Mewarna yang bertemakan 'Gaya hidup Sihat' untuk kanak-kanak berumur antara 6 sehingga 12 tahun.

Program ini dianjurkan sempena Minggu Kumpulan Umum 'Hope For Johor' yang dianjurkan oleh gabungan gereja Bahasa Melayu Johor dibawah pimpinan Pendeta Minsun Pangalin. Seramai 25 orang sukarelawan dan sukarelawati turut serta menjayakan program saringan kesihatan ini. Sukarelawan dan sukarelawati termasuklah anggota dari gereja JBBM,

Megah Ria dan Kluang BM. Dalam masa singkat selama satu setengah jam, kira-kira 50 orang dari masyarakat sekeliling menyertai program saringan kesihatan pada petang itu.

Kami diberkati dengan perkhidmatan Pendeta Segundino Asoy (Direktor Pelayan Sekolah Sabat dan Pelayan Peribadi dari Southern Asia-Pacific Division), Dr. Jane Botabara-Yap (Direktor Pelayan Kesihatan dari Malaysia Union Mission) dan Dr Pua Sze Ning (Direktor Pelayan Kesihatan dari PEM), berserta keluarga mereka.

Keluarga Pendeta Asoy turut membantu di dalam program ini di mana mereka menjadi juri utama dalam menilai hasil lukisan kanak-kanak bersama wakil Komite 'Hope

For Johor'. Seramai 20 orang kanak-kanak dari pelbagai kaum dan agama telah menyertai pertandingan ini. Dr Jane juga turut memberi ceramah kesihatan untuk semua peserta program dan orang awam yang masuk ke mall.

Program hari itu berakhir dengan persembahan music istimewa d' Borneo Angklung Ministries oleh anggota gereja Kluang, penyampaian hadiah kepada pemenang pertandingan melukis dan mewarna, dan menyanyi lagu Hari Kemerdekaan Malaysia bersama kakitangan dan para pengunjung mall sambil mengibarkan bendera jalur gemilang.



Dr Jane memberi ceramah



Aktiviti saringan kesihatan



Aktiviti saringan kesihatan



# From Skeptic to Believer

by Petrik Andrews,  
Nibong Tebal

"This Church is weird", thought Sarah\* when attending for the first time. "The songs were dated and the singing was impassionate, to say the least. The members were few in attendance. The Bible study was thorough but different and sometimes difficult to grasp. Even more weirder was the fact that the members were coming to Church on Saturday". "I am going to stop attending this church the following week" thought Sarah after attending a few worship services. She was introduced to the Nibong Tebal SDA (Indian) church by a business contact and had been attending for a few weeks already.

A fellow member from the church took a personal interest in Sarah and went all out to connect with her; sometimes personally and at other times over extended tele conversations. This led to deeper Sabbath School discussions and Bible studies over the phone, thus leading to a closer and deeper love relationship with Jesus.

The persistence and relentless efforts and love shown by the church member led Sarah to a committed relationship with Jesus and to the SDA Church. Sarah and an adult son, together with 3 other youths, were baptized recently at the conclusion of a week-long evangelistic meetings conducted at the Nibong Tebal SDA (I) Church from 25 August to 2 September 2023.

The special guest speaker was Pastor John Wessley, the Executive Secretary from the North Tamil Conference, South-East India Union, of the Southern Asia Division.

The theme "What Does Jesus Say" covering fundamentals of the Bible centering on Jesus. He touched on the 10'S' series, e.g., Scriptures, Salvation, Second Coming, Sabbath, State of the Dead, Sanctuary, Sanctification, Stewardship, Spirit of Prophecy, Standards. The attendees, both members and seekers, appreciated the presenter and his presentations.

With a nightly attendance averaging 30 persons, the meetings brought together members and seekers working in tandem to make the nightly presentations run smoothly.

The plans for the Evangelistic meetings were laid by the leaders even before the end of 2022. After that the 10 Days of Prayer which began in January kick started the evangelism thrust in line with the GROW cycle for 2023.

Groundwork included Vacation Bible School, home assistance program, health screening, etc. The leaders praise God for the opportunity of working with and in the neighborhood as they prepare a people for Jesus' soon return.



Evangelistic speaker



Baptism ceremony

2023

# Literature Evangelist Congress

by Publishing Ministries



The LE Congress participants



Participants prayer together



PEM LE Team

The first Union wide Literature Evangelist (LE) Congress in Malaysia was held at Malaysia Union Mission (MAUM) office in Seremban, from 9 -12 August 2023. The host invited speakers from the Southern Asia-Pacific Division (SSD) Publishing Ministries Department, Ellen White Resources Center, Mission Refocus Program and the Health Ministries Department. The speakers shared many inspiring messages, from different aspects, to encourage and motivate LE to work for God.

- Publishing Directors: showed the start of the Publishing Ministries, how it was established, and also testimonies and success stories from the various Literature Evangelists.
- Mission Refocus Director, Pastor Felixion Talentino Felicitas: shared inspiring videos about how canvassing work helps to reach to those unreached areas.
- Assistant Health Director, Dr Dan Joshua Camato: provided basic health knowledge and understanding of some common diseases. This knowledge would help LE's know how to promote health books to different types of patients/ customers.
- Ellen G White Research Center Service Director, Pastor Edgar Tolentino: shared the LE history in Malaysia, and specially highlight how the book Great Controversy had changed the lives of many people.

Apart from that, the Home Health Education Services (HHES) represented by Brother Joshua Chee (HHES Manager) and Sister Ishida Tugah (Accounting Executive) updated the available books and its stick. They also shared the list of possible upcoming new books and current printing projects. This information gave the LE's the chance to know the products better and gave them the opportunity to express their opinions on the possible upcoming new books. They also were given the opportunity to make suggestions of possible book purchases to HHES.

On Sabbath afternoon, LE representatives from the three different Missions came together to share their canvassing testimonies. It was a touching moment to see how God worked through them in canvassing and how they were blessed by God and became a blessing to others.

11 LE's represented our Mission, attending the full program and on Sabbath another 5 more came to join the Sabbath program. It was a good chance for LE's, old and young, to come together to share their stories and challenges, and pray together.

# Counting blessing from canvassing

by Shirley Tan,  
Ulu Tiram

The canvassing experience has taught me over and over again that God can do the impossible. In one instance when I wanted to canvass a particular homeopathic doctor I was told to wait as he was occupied. But in spite of that I prayed and expected to wait long. Somehow God had other plans. He opened the way for me, and I was given the opportunity to meet him. He was a friendly Chinese speaking person. In his office, I saw some Chinese health books from HHES on his book rack, so I didn't think he would buy any books for me. But as God led, he ended up purchasing a few Bahasa health books.

In another incident when I was at Ulu Tiram area to visit with my family. I decided I must do some canvassing, but I had no idea where to go. As I walked along, I ended up at the Mamak and decided to canvass to the boss. But the cashier

told me the boss is not here, will only come back at 3:00 PM. So, I decided to leave. As I was leaving, a man with blue shirt who was eating in the shop, saw the books that I held in my hand, and he asked about them. Praise God, the man bought 3 books in total. In addition, he bought me lunch as we ate together.

I know many people are afraid to give out the Great Controversy book. But knowing my commission, whenever I go canvassing, I always have a copy of the book with me. So far in all my attempts to give them out, I have not been rejected and they were willing to accept it. May this book be a blessing to all who receive it.

Glory to God.



Canvassing at the homeopathy clinic



Great Controversy give away



# Ladies Retreat Hear Me!

by Christine Tan,  
Women Ministries



Group Photo



Budding Bonds - Getting to Know You



Morning Devotion Group Activities

Peninsular Malaysia Mission's Women's Ministries organized a Ladies' Retreat from 8 to 10 September 2023 at Dash Box Hotel Cyberjaya. The event drew around 50 women from all over the mission.

The retreat was based on prayer; thus, the theme chosen was "Hear Me!" The idea is to cry out in desperation, give praise in thanksgiving, and retreat in total surrender to God when life is too hard to bear.

The guest speaker was Dr. Ritha Maidom, Vice President of Student Administration at Asia-Pacific International University, Thailand where she has been serving for over 25 years.

She shared the prayers of prominent Bible characters, such as Daniel, Jabez, Hezekiah, David, and Jesus. These characters went through different stages of life, and their prayers teach us how to pray and what to do when we face similar situations. Dr. Ritha said, "Talking to God calms our anger." I find this comforting. How often have we sinned when we are angry about certain things, situations, or people. The encouragement is to turn to God in prayer and say, "Hear Me! Hear my anger and heal my bitterness from within."

The participants also learnt about prayer journaling by exploring the prayer of Solomon, the Tax Collector, and





Prayer of Forgiveness and Intercession



Closing Event

Stephen. Sister Faridah Lausin, Malaysia Union Mission Women Ministries Director, shared the strategies during vespers and morning devotionals. The women actively participated.

The most exciting part of the retreat was the fun and interesting activities on Sabbath afternoon. It started with an icebreaking activity where participants had to approach one another and list five similarities. The team-building activity was not only interactive but was also a test of Bible knowledge. Some participants commented, "This is the best retreat ever!"

It was a wonderful and memorable experience for all who came. Almost 80% of the participants traveled from the Northern region,

and 20% came from the Central and Southern regions. The ages ranged between 23 and 70 years old, and everyone could mingle well without the age barrier.

PEM Women's Ministries last organized such a retreat before pandemic. This is the first post-pandemic event, thus it was anticipated by the attendees. This retreat enabled the women in our church some 'me time' with our God, an avenue for the women to get a timeout, rest, recharge, and reconnect with God. We hope to organize more future retreats, continue supporting women in our churches, and nurture and empower them through inspiring seminars and gatherings.



Group Photo in Pink

# 2023 SALT Graduation

by Sheryll dela Cruz,  
SAHC

The 32 SALT students have finally graduated on 12 August 2023 after four and a half months of intense Bible Study and character building! Classes were held at Serdang Adventist Hope Center. The students were as young as 17 and as mature as 67 years old, yet they studied and lived together.

During the four and a half months, many discovered the beauty of studying the Bible and at the same time many realized that their need for total dependence on Jesus as they lived together with strangers for the first time.

Upon completion, some decided to stay on for the phase II of the training as Bible Workers to test out their calling for ministry. Several of them decided to enroll into Theology and Education at Mountain View College in the Philippines.

Some have returned to their respective homes, and we are praying that wherever they are, they will be actively serving our Lord and work at bringing more people to Jesus.

Are you keen on joining SALT but unable to take some time off to join the physical classes? Take one of our online classes! You have lifetime access to them, and you can take them at your own pace and time. The 5 recorded classes we have online are:

- Conversion & Righteousness by Faith
- How to Study the Bible
- Spiritual Warfare
- Sanctuary
- Verse by verse study on Daniel
- Verse by verse study on Revelation

For more information, please visit <https://www.aoyweb.org/salt.html> or you can email us at [salt@aoyweb.org](mailto:salt@aoyweb.org).



SALT students during their class



SALT graduation in person and online

# Testimony from PJCC

## Three Angel's Messages

by Cecilia Lo,  
PJ Chinese

I'm Cecilia Lo Fui Foh from Sabah and I would like to share my conversion from a Catholic to a Seventh-day Adventist.

On 4 April 2023, I came to stay with my son Chong Wui Hiung and daughter-in-law Kinora Sia Sing Tian in Kuala Lumpur. Every Sabbath, I would attend Sabbath School and Divine Worship with them in Petaling Jaya Chinese church.

A few months ago, when my son went for a visitation, I stayed back in the church to wait for him. Pastor Tan Meng Cheng took the opportunity to talk to me about Jesus and Salvation for a long time. (Prior to this, when I was in Sabah, there were many things about Christianity that I didn't understand.)

After two months in Petaling Jaya Chinese church, I understood a little more. The second quarter Sabbath School Quarterly was about the "Three Angel's Messages". After I understood that, I decided to get baptized. I planned to go back to Sabah, but my flight ticket was not booked yet. The ticket would have been expensive if I had bought it during the school holidays.

When I saw Pastor Tan, I told him I would go back to Sabah first, then be baptized the next trip back to Kuala Lumpur. He said to me not to delay and have a systematic Bible study.

With the decision, Elder Wong Tat Seng gave me Bible studies after church potluck. Every Tuesday, Pastor Stanley and Pastor Caleb come to my son's condo to give me Bible studies, too.

After one and a half months of having my Bible studies, I was finally baptized on 22 July 2023, in Petaling Jaya Chinese church by Pastor Tan Meng Cheng.

Praise God for His wonderful leading in my life.

Now that I am back in Sabah, I attend the Sandakan Chinese church.



# 《善恶之争》

## 我愿去“阅读”、我愿去“装备”、我愿去“宣扬”

黄琳胜,  
吉隆坡中文堂

在全球总会以及马来西亚半岛区会的推动之下，大量的印刷了2023-2024年的福音书本《善恶之争》。希望信徒们可以更积极参与派发《善恶之争》给身边还未信主的家人和朋友们。这时代的人需要真理的照耀和引导，以致我们可以做好最后的准备迎接耶稣的再来。

派发这本书《善恶之争》最大的准备，就是先要有“感动”和“使命”。与其我们先派书，不如我们先找回起初的爱，再去派发书籍和分享上帝的爱。本堂安息日学部领袖和小组领袖看见这活动的重要性，因此设立了实体和线上的“读书会”。每周平均参加人数有45人。每一章的学习都带给参加者极大的感动。因为在历史中我们看见一班为信仰坚定和忠心的先贤，无疑地这使命也成为了我们前进的动力。

这种涌在心头的感动，领袖们也就开始把《善恶之争》分享给身边的朋友了。预言之灵记载：“引人归向基督——本会

的书报现今是撒福音的种子，它们乃是引领多人归向基督的工具，正如口传的道理引领多人一样。”（评论与通讯1880年6月10日怀著 CM 150.3）

一百年前，怀爱伦发表了这本书的最终版本，许多人都认为这是她最重要的一本书。她说：“我很是着急，要看到这本书比我已经写的任何一本别的书有更广大的流通量；因为在《善恶之争》中，比在我任何一本别的书中都更明确地说明了给世界的最后警告信息。”（文字布道士，第127段）

这本书有极大的影响力、感化力、以及末后最后警告的信息。我们是否愿意翻开《善恶之争》和把这本书宣扬出去呢？亲爱的弟兄姐妹，主必快来。愿我们都能响应主的呼召：我愿去“阅读”、我愿去“装备”、我愿去“宣扬”。



同心阅读并且彼此分享读后的感动和学习是教友在安息日下午所期待的时刻



发声阅读上帝的勉言



年轻人也一起学习



放下手机回到祂的话语中



# 社区服务

李昌伦教士，  
蒲种中文堂

来自蒲种教会社区服务中心的使命和责任，我们从2022年12月开始朝向医疗布道的圣工开展计划。我们的初衷是要向居民们提倡健康生活的重要性，于是开始固定式每月一次在早市做身体检查活动，与区会健康部携手合作启动此活动。

感谢主的带领和赐福，让教会中的领袖们和弟兄姐妹愿意抽出他们宝贵的时间，在早上7点至10点这段时间中，为社区居民献上爱心的服侍。在大家的努力不懈下，几个月后我们与当地的居民们取得良好的关系和互动。甚至他们也会期待与我们见面的时候，并乐意接受身体检查。其中最值得开心的事情是，我们也有机会邀请数位朋友们一起来参与我们教会的活动和安息日的聚会。我们也将福音小书籍分享给他们，希望福音的种子可以进入他们的家中。

愿将一切荣耀归于天父上帝，因为祂的爱使我们有一颗爱人如己的心，和乐意服侍的精神。纵使再疲惫，只要有人愿意接受耶稣和寻找真理亮光，这些社区服务的工作就会成为蒙福的管道和传福音的途径。但愿大家继续为主的圣工来献上自己，也在祷告中彼此纪念为主而作的服事。上帝赐福！



每月一次的早市健康活动



和邻里成为好朋友



堂主任和教友齐心协力迈向社区

# 七月份和八月份布道会与上帝同工

黄琳胜教士，  
吉隆坡中文堂



布道会的呼召

吉隆坡是马来西亚的首都兼最大城市，根据官方资料显示，截至2023年人口约8,621,724人。因此，马来西亚联合会和马来西亚半岛区会计划在8月18日-26日举行《HOPE FOR KUALA LUMPUR》城市布道会，要把“希望”的信息带给这座城市的人们。

吉隆坡中文堂配合这次城市布道的活动，我们定在7月份和8月份举行共十场的信息分享。7月份布道会是由袁国胜牧师主讲，布道会主题为“丰盛的人生”。8月份布道会是由黄琳胜教士主讲，布道会主题为“重回起初的现场”。

“布道是我们实际的工作——布道工作就是向别人打开《圣经》，警告男男女女即将临到世界的大事……”(布道论第01章 对布道工作的挑战)【Ev 17.2】

这次布道会平均出席的慕道友/来宾朋友共有16人。这是一个很好的跟进工作，也是撒种工作的一部分。这次布道我们不只是撒种，也是让教友们团结合一，更有凝聚力的来服侍。布道会从海报设计、布道宣传、领唱环节、特别音乐、投影制作、膳食安排、身体检查、以及分享上帝奇妙的创造，都是由一般青年人和教友们精心安排和负责。

布道工作是基督教的核心任务，我们不能只是守株待兔，什么都不做。我们应该实际的去为主工作，而布道

会就是一个教会侍奉的操练，更是让教会兴旺的条件之一。也许有些教友会说：举办布道会没有太大的果效，即浪费钱又浪费时间，没有慕道友/来宾会参加。如果我们总是这么想，那么我们又怎么突破、怎么兴旺呢？当然举办布道是需要用心预备，也需要教友配合一起推动这项福音的工作。

研究显示四位基督徒当中，就有三位是受到朋友或亲戚的影响而信主的。一半以上加入基督复临安息日会的教友，都是由他们认识的人邀请参加教会活动和布道会的。而在这次的布道会中，让我很感动的是有好几位教友带着他们的朋友和邻居来参加。

怎么定义成功的布道会？圣经说：“我告诉你们，一个罪人悔改，在天上也要这样为他欢喜……”(路15:7)。那怕是一个人参加布道会，一个人悔改，这就是成功的布道会。更何况这次有超过16位以上慕道友/来宾朋友参加，那是不是值得高兴的事呢？我想，是的！我要因此而感谢上帝，将一切的荣耀归于上帝。“我们的工作不仅要趁热打铁，还需要打铁促热。”(布道论)【Ev 674】亲爱的弟兄姐妹，主必快来。愿我们都能响应主的呼召“我愿去‘服侍’、我愿去‘撒种’、我愿去‘宣扬’，催促耶稣的再来，阿门。





堂主任是本次布道会的主席



年轻人分享上帝创造的大自然课题



布道会呈现诗歌



教友与主讲人的快乐合影

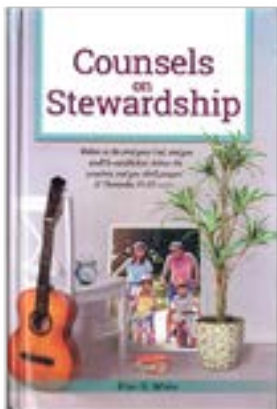


周日早晨的身体验



教导分享定时检查身体的重要性

# Book Promotion 2023



## Counsels on Stewardship

This book written by Ellen G White, tells us how to manage the blessings which God has given us. She says that the way we handle material things, says a lot about our spiritual state. How then should we take care of what the Lord has given to our care? This volume covers practical topics such as tithing, getting into and out of debt, giving to charity, wise and unwise, investment and more.

Besides providing practical principles, these inspired writings also lead to rich dividends- here and in the hereafter.

Price: **RM65**



## Nasihat Kepada Orang Muda

Buku ini yang ditulis oleh Ellen G White, telah diterjemahkan dari bahasa English ke Bahasa Malaysia. Buku ini menceritakan bagaimana orang-orang muda yang baru sahaja mengenal erti kehidupan yang sebenar harus mendapat nasihat-nasihat yang baik. Ramai orang muda yang tidak berpengalaman dan rapuh, sudah patah walaupun sebelum mereka menjadi berguna. Teruja dan berazam untuk menghadapi kehidupan tanpa bimbingan, tanpa mengatahu konflik dan kesusahan, mereka berakhir dalam dalam kehancuran dan keputusan.

Buku ini dapat membantu orang muda untuk menjadi bijaksana mengatur dan menjalani hidup sebagai orang seorang yang percaya kepada Tuhan. Jika anda ingin hidup anda bahagia untuk hari tua anda, buat keputusan itu sekarang.

Price: **RM30**



## NOTICE FROM PEM

### WELCOME

Sister Sylvia Chong joins us in the Treasury team as an Accounting Executive effective 01 November 2023.

### APPOINTMENT

Brother Kelvin Liew has been appointed as our Mission Treasurer effective 01 January 2024.

### APPRECIATION

God's blessings upon Pastor Kevin Tain and family as he shall be relocating to Singapore Adventist Conference. We thank him for his services with Peninsular Malaysia Mission as a church pastor from 01 March 2011 to 31 October 2023.

God's blessings upon Brother Joshua Chee for his ministry in the Treasury office from 01 July 2007 to 31 December 2023, holding various portfolios.

## UPCOMING EVENTS

# 2024

## January

05-06	SS/PM	9th Bible Webinar - Book of Psalms	Online
06	Ministerial	Day of Prayer & Fasting	PEM
07	MSA	Strength Training Workshop	Online
10-20	Ministerial	Ten Days of Prayer	PEM
13	Health	Health Emphasis Day	PEM
19	Ministerial	Southern Region Pastor's Family Get-Together	Southern
20	Ministerial	Elders, Deacons, Deaconesses Certification	Southern
21	Publishing	LE's Online Meeting	Online
25	MSA	Central Region MSA Family Get-Together	Central
26-28	SS/PM/CHM	Regional Training	Kota Bharu
28	Admin	Executive Committee Meeting (1-FY 2023)	Online
29-30	Admin	Ministerial Meeting 1	PEM
31- Feb 01	SOP	SOP Symposium	PEM

## February

03	PM	Reach the World: Personal Outreach	PEM
10-17	FM	Christian Home & Marriage Week	PEM

## March

02	WM	International Women's Day of Prayer	PEM
08-09	NDR-IEL	NDR-IEL Seminars - Mission Refocusing / Back to the Altar	Southern
16	CHM	Global Children's Day	PEM
16	AY	PEM Global Youth Day	PEM
16-23	AY	PEM Youth Week of Prayer 2024	PEM
18- Jul 18	Admin	SALT Classes	PEM
18-21	Publishing	Online LMS Training	Online
28	Ministerial	Northern Pastor's Family Get-Together	Northern
28	MSA	Northern Region MSA Family Get-Together	Northern
29-30	Ministerial	Elders, Deacons, Deaconesses Certification	Northern
29-31	CHM	CHM Leaders & Teacher Council	Southern

# PRAY FOR Budapest

## FAST FACTS

Budapest began as two towns—**Buda** and **Pest**—separated by the **Danube River**. In 1849, a bridge was constructed joining the two and in 1873, they joined their names Budapest.

Population of **1.76 million**.

**Catholicism** is the most common religion.

## WHAT'S FOR SUPPER?



**Goulash** – the national dish of Hungary. It's traditionally made from a meat stew with noodles and vegetables, and then seasoned with paprika and other tasty spices.

## HOW DO YOU SAY IT?

**English**  
Hello  
Thank you  
Good bye  
Jesus loves you

**Hungarian**  
Helló  
Köszönöm  
Viszontlátásra  
Jézus szeret téged



## SPECIAL PRAYERS

### Pray for the People

"Heavenly Father, please come close to the struggling people in Budapest. The city is crowded so, be with the missionary-minded people who are trying to help them find food and shelter."

### Pray for the Children

"Heavenly Father, please help the children, especially those who are disabled and can't help themselves. Motivate the missionary-minded folks to that city to open their hearts to those children and provide for them a safe place to live and good food to eat."

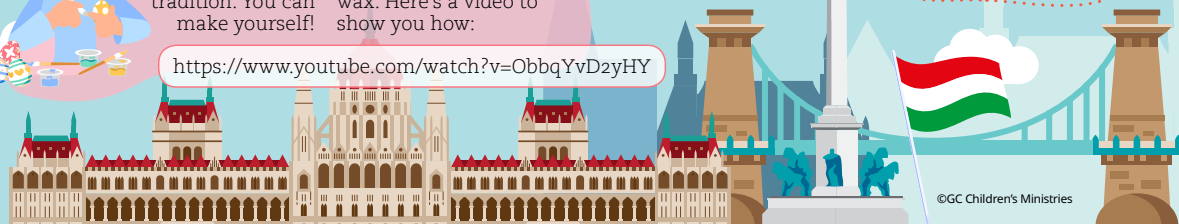
## BUSY HANDS



Painted eggs are a Hungarian Easter tradition. You can make yourself!

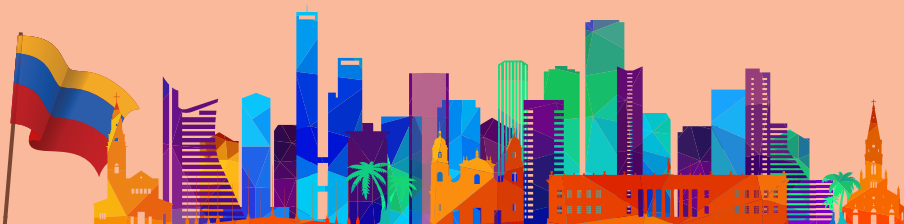
Draw a fun design on an eggshell using melted wax. Here's a video to show you how:

<https://www.youtube.com/watch?v=ObbqYvD2yHY>



©GC Children's Ministries

# PRAY FOR Bogota



## FAST FACTS

Located on a **high plateau of Colombia**, Bogotá has had many names: "The Lady of the Andres", "The Lady of the Shining Mountain," and "The Lady of Hope."

Men traditionally combined colorful shirts and linen pants, or in other regions they wear **white shirts and pants with a woven bag draped over the shoulders**.

Women prefer light and flowy skirts and tops.

## BUSY HANDS



### Mochilas

A traditional craft in Bogotá is making "mochilas" or backpacks or knapsacks. Next time you're getting ready for school, ask your mom or dad, "Hey, where's my mochila."

## SPECIAL PRAYERS

### Pray for the People Who Can't Find Jobs

"Heavenly Father, help the men and women who are out of work to find good jobs. Give them strength to do their work faithfully. Bring them comfort when they are discouraged."

### Pray for the People Trying their Best to Help the Children

"Heavenly Father, please give added strength to the missionary-minded men and women who are trying to help the children of Bogotá. Show them what they need to do to help protect and save them. Teach them how to share God's love so that the boys and girls will know there's hope beyond their sadness and joy beyond their fears."

## WHAT'S FOR SUPPER?



**Tamales** – Rice, corn flour, and chicken wrapped in plantain or banana leaves.

## HOW DO YOU SAY IT?

**English**  
My friend

What's your name  
Jesus loves you

**Spanish**  
Mi amiga (girl)  
Me amigo (boy)

Cuál es tu nombre?  
Jesús te ama





# Tips for DEALING WITH ANXIETY

by Tan Weoi Siong,  
Youth Ministries



This year marks the 72nd anniversary of World Pathfinder Day, featuring the theme “Go with Jesus.” With this theme, we aim to share tips for managing anxiety, not only for the youth but for everyone.

With so many changes happening in the world around us, we can sometimes feel like there is too much to do and not enough time to do them. It can make us feel like there is nothing we can do, and we can feel anxious or nervous to even try and do something. Many times, we can feel overwhelmed to complete tasks, speak in public, or even leave the house. Still, God asks us to GO with Jesus and spread His word to the world. When we feel like there is too much for us to do, we can take a moment and follow the tips below to regroup and then Go with Jesus.

## 1. Deep Breathing

- Deep breathing is a simple technique that's excellent for managing emotions. Not only is deep breathing effective, it's also discreet and easy to use at any time or place.
- Sit comfortably and place one hand on your abdomen. Breathe in through your nose, deeply enough that the hand on your abdomen rises. Hold the air in your lungs, and then exhale slowly through your mouth, with your lips puckered as if you are blowing through a straw. The secret is to go slow: Time the inhalation (4s), pause (4s), and exhalation (6s). Practice for 3 to 5 minutes.

## 2. Progressive Muscle Relaxation

- By tensing and relaxing the muscles throughout your body, you can achieve a powerful feeling of relaxation. Additionally, progressive muscle relaxation will help you spot anxiety by teaching you to recognize feelings of muscle tension.
- Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

## 3. Imagery

a) Your thoughts have the power to change how you feel. If you think of something sad, it's likely you'll start to feel sad. The opposite is also true: When you think of something positive and calming, you feel relaxed. The imagery technique harnesses this power to reduce anxiety.

b) Think of a place that you find comforting. It could be a secluded beach, your bedroom, a quiet mountaintop, or even a loud concert. For 5 to 10 minutes, use all your senses to imagine this setting in great detail. Don't just think fleetingly about this place--really imagine it.


c) Ask yourself these questions.

1. What do you see around you? What do you notice in the distance? Look all around to take in all your surroundings. Look for small details you would usually miss.
2. What sounds can you hear? Are they soft or loud? Listen closely to everything around you. Keep listening to see if you notice any distant sounds.
3. Are you eating or drinking something enjoyable? What is the flavor like? How does it taste? Savor all the tastes of the food or drink.
4. What can you feel? What is the temperature like? Think of how the air feels on your skin, and how your clothes feel on your body. Soak in all these sensations.
5. What scents are present? Are they strong or faint? What does the air smell like? Take some time to appreciate the scents.

With these resources we can be a blessing to those around us, to help them through their anxieties.

### Resources:

1. <https://www.therapistaid.com/therapy-worksheet/coping-skills-anxiety>
2. Beck, J. S. (2011). *Cognitive behavior therapy: Basics and beyond* (2nd ed.). New York, NY, US: Guilford Press.
3. *Relaxation Techniques for Health*. (n.d.). Retrieved from <https://nccih.nih.gov/health/stress/relaxation.htm>



10 DAYS OF  
PRAYER

# PRIORITIES OF FAITH

January 10–20, 2024

“He has told you, O man, what is good;  
and what does the Lord require of you  
but to do justice, and to love kindness,  
and to walk humbly with your God?”

MICAH 6:8, ESV

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