

vision 86



CALL TO FAITHFULNESS

Faithfulness to Christian Standards



VISI விஷன் பத்திரிக்கை 愿景

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

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Vision Statement

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

Mission Statement

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

Values

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

I WILL GO

Mission Objectives
Spiritual Growth Objectives
Leadership Objectives
Holy Spirit Objectives

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The Call to Faithfulness

Faithfulness to Christian Standards

Tan Meng Cheng,

President, Peninsular Malaysia Mission

We live in a time where trends change faster than Malaysian weather. One moment it's sunny, next moment—rain! Likewise, society's values keep shifting. What was “wrong” yesterday is now called “freedom” today. But while the world keeps changing, God's Word remains the same. God is calling His people to something solid, something unshakable - faithfulness to Christian standards. Revelation 14:12 reminds us: “Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus.”

Faithfulness Means...

Dare to Be Different for God's Glory

Faithfulness is not just about knowing the truth, but living it. Daniel, in Babylon, could have said, “When in Rome, do as the Romans do—or in this case, when in Babylon, eat what the Babylonians eat.” But Daniel politely refused the king's food and wine (Daniel 1:8). Imagine the pressure! The royal chef probably said, “Daniel, do you want to be skinny in the king's palace?!”

It's like going to a mamak stall at midnight, and when everyone orders kopi tarik, you say: “Saya minum air kosong saja.” People stare. But sometimes, the one who looks “different” is the one who shines brightest for God.

Daniel chose faithfulness over convenience, and God honored him.

God honored Daniel with wisdom ten times better than the rest. When we choose faithfulness, God will also honor us.

God's Christian Standards Are Heaven's Blessings, Not Burdens

As Seventh-day Adventists, we have been entrusted with unique biblical standards—the Sabbath, health reform, modesty, stewardship, and the call to come out of Babylon. These are not burdens but blessings! The Sabbath, for instance, is not just a “don't work” day — it is God's weekly gift of freedom from stress. Some people pay big money for stress therapy, spa treatments, or holiday retreats, but God gave us a free 24-hour heavenly “spa” every week.

Living by God's standards doesn't take away our joy— it protects our joy. It makes us healthier, happier, and stronger witnesses for Christ.

Faithfulness in the End Time: Small Choices, Eternal Results

Faithfulness also means standing firm when others compromise. Noah looked very strange building an ark on dry land. Neighbours probably laughed: “Hey Noah, where's the river? Planning to park your boat on the mountain without water?” Yet his faithfulness saved his family. Today,

when we uphold Christian standards, people may also laugh or call us old-fashioned—but faithfulness is never outdated in heaven's eyes.

End-time faithfulness is built in the small choices of daily life:

- Choosing prayers over endless social media chats.
- Choosing worship over weekend shopping/travelling.
- Choosing Scripture over midnight movies or scrolling FB/Instagram/tik-tok, etc.

A Call to Faithfulness

Friends, we live in the last days. The devil is not trying to make us all criminals; he just wants us to be careless Christians. But God is calling us to be faithful in small things: what we eat, what we watch, how we dress, how we speak, and how we keep the Sabbath. These daily choices shape our character for eternity.

So let us say like Joshua: “As for me and my house, we will serve the Lord” (Joshua 24:15). May our lives be living sermons of faithfulness—bright lights in a world that desperately needs truth, hope, and the love of Jesus.

Stay faithful, because heaven is nearer than we think!

Panggilan untuk Kesetiaan

Kesetiaan kepada

Standard Kristian

Tan Meng Cheng,

President, Peninsular Malaysia Mission

Kita hidup pada zaman di mana perubahan “trend” lebih pantas daripada perubahan cuaca Malaysia. Sekejap cuaca cerah, seketika kemudian—hujan! Demikian juga, nilai-nilai masyarakat selalu berubah. Apa yang “salah” kelmarin, kini dinamakan “kebebasan” pula. Tetapi, sementara dunia terus berubah, Firman Tuhan tetap sama. Tuhan sedang memanggil umat-Nya kepada sesuatu yang kukuh, sesuatu yang tidak tergoyah—kesetiaan kepada standard Kristian. Wahyu 14:12 mengingatkan kita, “Yang dituntut di sini ialah ketabahan orang salih yang mengikut perintah Allah serta beriman kepada Yesus.”

Kesetiaan Bermaksud... Berani Jadi Berbeza untuk Kemuliaan Tuhan

Kesetiaan bukan hanya tentang mengetahui kebenaran, tetapi menghayatinya dalam kehidupan. Daniel, di Babilon, boleh berkata, “Di mana bumi dipijak, di situ langit dijunjung—atau dalam hal ini, apabila di Babilon, makanlah apa yang dimakan oleh orang Babilon.” Tetapi Daniel dengan sopan menolak santapan dan wain raja (Daniel 1:8). Bayangkan tekanannya! Cef diraja mungkin berkata, “Daniel, takkan kamu ingin menjadi kurus di istana raja?!”

Seperti pergi ke gerai mamak pada tengah malam, dan apabila semua orang memesan kopi tarik, anda berkata: “Saya minum air kosong saja.” Orang ramai menatap. Tetapi kadang-kadang, orang yang kelihatan “berbeza” adalah orang yang paling bersinar untuk Tuhan.

Daniel memilih kesetiaan daripada kesenangan, dan Tuhan memuliakannya. Tuhan memuliatkan

Daniel dengan kebijaksanaan sepuluh kali lebih baik daripada yang lain. Apabila kita memilih kesetiaan, Tuhan juga akan memuliatkan kita.

Standard Kristian Tuhan Adalah Berkat Syurga, Bukan Beban

Sebagai Seventh-day Adventist, kita telah diamanahkan dengan standard alkitabiah yang unik—Sabat, reform kesihatan, kesopanan, penatalayanan, dan panggilan untuk keluar dari Babilon. Ini bukan beban tetapi berkat! Sabat, sebagai contoh, bukan sekadar hari “jangan bekerja”—ia adalah anugerah mingguan Tuhan untuk membebaskan diri daripada tekanan. Sesetengah orang membayar wang yang banyak untuk terapi stres, rawatan spa atau percutian, tetapi Tuhan memberi kita “spa” syurgawi 24 jam yang percuma setiap minggu.

Hidup mengikut standard Tuhan tidak menghilangkan kesukacitaan kita—ia mempertahankan kesukacitaan kita. Ia menjadikan kita lebih sihat, lebih bahagia, dan lebih kuat menjadi saksi bagi Kristus.

Kesetiaan di Zaman Akhir: Pilihan Kecil, Hasil Abadi

Kesetiaan juga bermakna berdiri teguh apabila orang lain berkompromi. Nuh kelihatan sangat pelik membina bahtera di tanah kering. Jiran mungkin ketawa: “Hei Nuh, di mana sungai itu? Bercadang untuk meletakkan bot anda di atas gunung tanpa air?” Namun kesetiannya menyelamatkan keluarganya. Hari ini, apabila kita menjunjung tinggi standard Kristian, orang juga mungkin ketawa atau

memanggil kita kuno—tetapi kesetiaan tidak pernah ketinggalan zaman di mata syurga.

Kesetiaan zaman akhir dibina dengan pilihan kecil kehidupan seharian:

- Memilih doa daripada sembang media sosial yang tidak berkesudahan.
- Memilih kebaktian berbanding membeli-belah/melancong di hujung minggu.
- Memilih Kitab Suci daripada filem tengah malam atau menatal FB/Instagram/tik-tok, dan sebagainya.

Panggilan untuk Kesetiaan

Kawan-kawan, kita hidup di zaman akhir. Syaitan tidak cuba menjadikan kita semua penjenayah; dia hanya mahu kita menjadi orang Kristian yang lalai. Tetapi Tuhan memanggil kita untuk setia dalam perkara-perkara kecil: apa yang kita makan, apa yang kita lihat, bagaimana kita berpakaian, bagaimana kita bertutur, dan bagaimana kita memelihara hari Sabat. Pilihan harian ini membentuk perwatakan kita untuk selama-lamanya.

Oleh itu, marilah kita berkata seperti Yosua: “Tetapi kami, iaitu aku dan keluargaku, akan beribadat kepada TUHAN!” (Yosua 24:15). Semoga hidup kita menjadi khutbah kesetiaan—cahaya terang dalam dunia yang sangat memerlukan kebenaran, harapan, dan kasih Yesus.

Kekal setia, kerana syurga lebih dekat daripada yang kita sangkakan!

விசுவாசத்திற்கான அழைப்பு - கிறிஸ்தவ தரநிலைக்கு விசுவாசம்

Tan Meng Cheng,
தலைவர் தீபகர்ப மலேசியா மிஷன்

மலேசிய வானிலையை விட வேகமாக போக்குகள் மாறும் ஒரு காலத்தில் நாம் வாழ்கிறோம். ஒரு கணம் வெயில் அடிக்கிறது, அடுத்த கணம் மழை! அதேபோல், சமூகத்தின் மதிப்புகள் மாறிக்கொண்டே இருக்கின்றன. நேற்று "தவறாக" இருந்தவை இன்று "சுதந்திரம்" என்று அழைக்கப்படுகின்றன. தேவனுடைய கற்பனைகளையும் இயேசுவின் மேலுள்ள விசுவாசத்தையும் காத்துக்கொள்ளுகிறவர்களாகிய பரிசுத்தவாங்களுடைய பொறுமை இதிலே விளங்கும் என்று கூறினான்.

விசுவாசம் என்றால்... தேவனின் மகிமைக்காக வித்தியாசமாக இருக்கத் துணிதல்

உண்மைத்தன்மை என்பது உண்மையை அறிந்துகொள்வது மட்டுமல்ல, அதை வாழ்வதும் ஆகும். பாபிலோனில் தானியேல், "ரோமில் இருக்கும்போது, ரோமர்கள் செய்வது போல் செய் - அல்லது இந்த விஷயத்தில், பாபிலோனில் இருக்கும்போது, பாபிலோனியர்கள் சாப்பிடுவதை சாப்பிடு" என்று சொல்லியிருக்கலாம். ஆனால் தானியேல் ராஜாவின் உணவையும் மதுவையும் பணிவுடன் மறுத்துவிட்டார் (தானியேல் 1:8). அழுத்தத்தை கற்பனை செய்து பாருங்கள்! அரச சமையல்காரர், "தானியேல், ராஜாவின் அரண்மனையில் நீ மெலிதாக இருக்க விரும்புகிறாயா?" என்று கேட்டிருக்கலாம்.

இது நள்ளிரவில் ஒரு மாமாக் கடைக்குச் சென்று, எல்லோரும் கடான காயி ஆர்டர் செய்யும்போது, நீங்கள் "சாயா மிளும் ஆயிற் கோசோங் சஜா" என்று கூறுவீர்கள் என்றால்... மக்கள் வெறித்துப் பார்ப்பார்கள். ஆனால் சில நேரங்களில், "வித்தியாசமாக" இருப்பவர் தான் தேவனுக்காக பிரகாசமாக பிரகாசிப்பவர்கள்.

தானியேல் வசதியை விட உண்மைத்தன்மையைத் தேர்ந்தெடுத்தார், தேவன் அவரைக் கணப்படுத்தினார். தேவன் தானியேலை மற்றவர்களை விட பத்து மடங்கு சிறந்த ஞானத்தால் கௌரவித்தார். நாம் உண்மைத்தன்மையைத் தேர்ந்தெடுக்கும்போது, தேவன் நம்மையும் கணப்படுத்துவார்.

தேவனின் கிறிஸ்தவ தரநிலைகள் பரலோகத்தின் ஆசீர்வாதங்கள், சுமைகள் அல்ல.

ஏழாம் நாள் அட்வேன்டிஸ்டு மக்களாக, நமக்கு தனித்துவமான வேதாகம தரநிலைகள் ஒப்படைக்கப்பட்டுள்ளன - ஓய்வுநாள், சுகாதார சீர்திருத்தம், அடக்கம், பணிவு மற்றும் பாபிலோனிலிருந்து வெளியே வருவதற்கான அழைப்பு. இவை சுமைகள் அல்ல, ஆனால் ஆசீர்வாதங்கள்: உதாரணமாக, ஓய்வுநாள் என்பது வெறும் "வேலை செய்யாத" நாள் மட்டுமல்ல - இது மன அழுத்தத்திலிருந்து விடுபடுவதற்கான தேவனின் வாராந்திர பரிசு. சிலர் மன அழுத்த சிகிச்சை, ஸ்பா சிகிச்சைகள் அல்லது விடுமுறை ஓய்வுக்காக பெரிய பணம் செலுத்துகிறார்கள், ஆனால் கடவுள் ஒவ்வொரு வாரமும் எங்களுக்கு 24 மணிநேர இலவச பரலோக "ஸ்பா"வை வழங்கினார்.

தேவனின் தராதரங்களின்படி வாழ்வது நம் மகிழ்ச்சியைப் பறிக்காது - அது நம் மகிழ்ச்சியைப் பாதுகாக்கிறது. அது நம்மை

ஆரோக்கியமாகவும், மகிழ்ச்சியாகவும், கிறிஸ்துவுக்கு வலுவான சாட்சிகளாகவும் ஆக்குகிறது.

முடிவு காலத்தில் விசுவாசம்: சிறிய தேர்வுகள், நித்திய விளைவுகள்

விசுவாசம் என்பது மற்றவர்கள் சமரசம் செய்யும்போது உறுதியாக நிற்பதையும் குறிக்கிறது. வறண்ட நிலத்தில் பேழையைக் கட்டிய நோவா மிகவும் விசித்திரமாகத் தெரிந்தார். அக்கம்பக்கத்தினர் சிரித்திருக்கலாம்: "ஏய் நோவா, நதி எங்கே? தண்ணீர் இல்லாமல் மலையில் உங்கள் படகை நிறுத்த திட்டமிட்டுள்ளீர்களா?" ஆனாலும் அவரது உண்மைத்தன்மை அவரது குடும்பத்தைக் காப்பாற்றியது. இன்று, நாம் கிறிஸ்தவ தரநிலைகளை நிலைநிறுத்தும்போது, மக்கள் சிரிக்கலாம் அல்லது நம்மை பழங்காலத்தவர்கள் என்று அழைக்கலாம் - ஆனால் பரலோகத்தின் பார்வையில் உண்மைத்தன்மை ஒருபோதும் காலாவதியானது அல்ல.

இறுதிக்கால விசுவாசம் அன்றாட வாழ்க்கையின் சிறிய தேர்வுகளில் கட்டமைக்கப்படுகிறது:

- முடிவில்லா சமூக ஊடக அரட்டைகளுக்குப் பதிலாக பிரார்த்தனைகளைத் தேர்ந்தெடுப்பது.
- வார இறுதி ஷாப்பிங்/பயணத்தில் வழிபாட்டைத் தேர்ந்தெடுப்பது.
- நள்ளிரவு திரைப்படங்களுக்குப் பிறகு வேதவசனத்தைத் தேர்ந்தெடுப்பது அல்லது FB/Instagram/tik-tok போன்றவற்றைப் பார்ப்பது.

விசுவாசத்திற்கான அழைப்பு

நண்பர்களே, நாம் கடைசி நாட்களில் வாழ்கிறோம். விசாக நம் அனைவரையும் குற்றவாளிகளாக்க முயற்சிக்கவில்லை; நாம் கவனக்குறைவான கிறிஸ்தவர்களாக இருக்க வேண்டும் என்று அவன் விரும்புகிறான். ஆனால், நாம் என்ன சாப்பிடுகிறோம், என்ன பார்ப்போம், எப்படி உடை அணிகிறோம், எப்படிப் பேசுகிறோம், ஓய்வுநாளை எப்படிக் கடைப்பிடிக்கிறோம் என்ற சிறிய விஷயங்களில் உண்மையுள்ளவர்களாக இருக்க கடவுள் நம்மை அழைக்கிறார். இந்த அன்றாடத் தேர்வுகள் நித்தியத்திற்கும் நம் குணத்தை வடிவமைக்கின்றன.

எனவே யோசவாவைப் போல நாமும் சொல்வோம்: "நானும் என் வீட்டாருமோவென்றால், கர்த்தரையே சேவிப்போம்" (யோசுவா 24:15). நம் வாழ்க்கை விசுவாசத்தின் வாழும் பிரசங்கங்களாக இருக்கட்டும் - சத்தியம், நம்பிக்கை மற்றும் இயேசுவின் அன்பு மிகவும் தேவைப்படும் உலகில் பிரகாசமான விளக்குகளாக இருக்கட்டும்.

விசுவாசமாக இருங்கள், ஏனென்றால் பரலோகம் நாம் நினைப்பதை விட மிக அருகில் உள்ளது!

忠诚的呼召

忠于基督徒标准

陈明祯，
马来西亚半岛区会长

我们生活在一个潮流变化比马来西亚天气更快的时代。一会儿阳光明媚，一会儿又倾盆大雨！同样，社会价值观也在不断变化。昨天的“错误”如今被称为“自由”。然而，尽管世界瞬息万变，上帝的话语却始终如一。上帝呼召祂的子民持守坚定不移的信仰——忠于基督徒标准。启示录14:12提醒我们：“圣徒的忍耐就在此；他们是守上帝诫命和耶稣真道的。”

忠诚意味着…为了上帝的荣耀，勇敢成为与众不同的

忠诚不仅在于了解真理，更在于活出真理。在巴比伦，但以理本可以说：“入乡随俗——既然在巴比伦，就吃巴比伦人吃的食物。”但是但以理礼貌地拒绝了国王的食物和美酒（但以理书1:8）。想象一下这压力有多大！御厨可能会说：“但以理，你想在王宫里瘦成个皮包骨吗？！”

这就像半夜去嘛嘛档，大家都点了拉茶咖啡，你却却说：“给我一杯清水。”众人都盯着你看。但有时，看起来“与众不同”的人，才是在上帝面前最闪耀的人。

但以理选择了忠诚而不是便利，上帝就尊荣了他。上帝使他的智慧比其他

人高出十倍。当我们选择忠诚时，上帝也会尊荣我们。

上帝对基督徒的标准是天国的祝福，而非重担

作为基督复临安息日会的信徒，我们被赋予了独特的圣经准则——安息日、健康改革、行为与穿着端庄、管家职分，以及呼召我们离开巴比伦。这些都不是重担，而是祝福！例如，安息日不仅仅是“不工作”的一天——它是上帝每周赐予摆脱压力的自由。有些人花大钱寻找解压的方法、水疗或度假，但上帝每周赐予我们24小时免费的天国“水疗”。

按照上帝的标准生活并不会夺走我们的喜乐——它会守护我们的喜乐。它使我们更健康、更快乐，并更坚定地为我们作见证。

末世的忠诚：微小的选择，永恒的果效

忠诚也意味着在别人妥协时能够坚定不移。挪亚在干地上建造方舟，看起来很奇怪。邻居们可能会嘲笑说：“嘿，挪亚，河在哪里？打算把船停在没有水的山上吗？”然而，他的忠诚救了他的家人。今天当我们坚守基督徒的准则时，人们也可能

会嘲笑我们，或称我们老套——但在上天的眼中，忠诚永远不会过时。

末世的忠诚是建立在日常生活中的微小选择中：

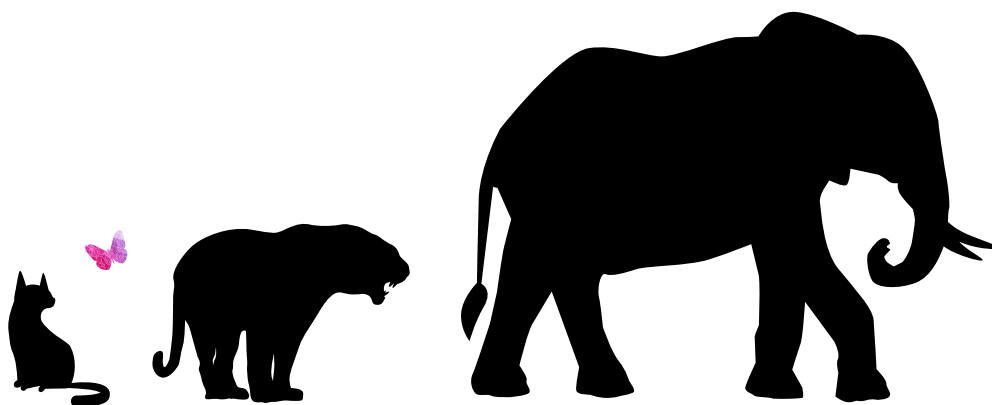
- 选择祷告，而不是无休止的社交媒体聊天。
- 选择敬拜，而不是周末购物或旅行。
- 选择圣经，而不是午夜电影或刷脸书/Instagram/抖音等等。

忠诚的呼召

朋友们，我们生活在末世。魔鬼并非想让我们都成为罪犯；它只是想让我们成为漫不经心的基督徒。但上帝呼召我们在小事上忠心：吃什么、看什么、穿什么、说什么，以及如何守安息日。这些日常的选择将塑造我们永恒的品格。

所以，让我们像约书亚一样说：“至于我和我家，我们必定侍奉耶和华”（约书亚记24:15）。愿我们能够活出忠诚的榜样——在这个迫切需要真理、希望和耶稣之爱的世界中，成为明亮的光芒。

保持忠诚，因为天堂比我们想象的更近！



Lord, live out Your life within me

Lorna Tang,
Editorial Board

Sizes are always relative. Are you tall or short? Is the fruit big or small? The tiger is big compared to the cat, but compared to the elephant, it's not so big after all. Similarly, standards in our world today are not fixed. They are set in efforts to streamline and have a common understanding, but can change according to the consensus of experts and various stakeholders. Christian standards, however, are based, not on consensus, but on the guiding principles of the Bible.

In this issue, our central theme of being called to faithfulness focuses on faithfulness to Christian Standards.

As you read and understand the “why” behind these standards, may you be inspired to live up to and uphold the standards that display to others what it

means to be a follower of Christ; reflecting Christ in our daily lives.

These standards pervade all areas of our lives. Read about the principles and teachings that are the foundation of our Christian standards. God's unchanging principles are there to guide us in understanding and upholding the standards. Seek the Lord for wisdom to be that living sacrifice. Encourage each other and keep on growing. But don't let these standards become just a forced practice that will turn others away from God. They are a blessing from our loving Heavenly Father, not a burdensome yoke.

Who are we? Do we live like Jesus abides in us? Let us stand firm, stay faithful and be the “head, and not the tail”. (Deuteronomy 28:13)

Call to Faithfulness: Faithfulness to Christian Standards

Renie Ubara,
Ministerial Association & Field Secretary

Understanding Christian standards or Adventist standards not only helps Seventh-day Adventists remain faithful to their biblical identity and mission but also enables non-Adventists to understand who we are, what we believe and what we do. Faithfulness to Christian standards is not legalism, it is loyal love to Christ, expressed through obedience, purity, and mission. When we live faithfully, our lives become a testimony of God's transforming grace. As Adventists, many of us know our standards, but do we clearly understand their spiritual purpose or why they matter? This article helps members grasp the importance of faithfulness to Christian standards, which must go beyond mere rules to reach the heart, motive, and mission.

Understanding the Meaning of Our Standards

First, Christian standards are not barriers; they are blessings in Christian life. They serve as moral and spiritual fences that protect our relationship with God. Psalm 119:45 says, "I will walk at liberty, for I seek Your precepts." Second, Christian standards reveal our identity. They express who we are as God's remnant people, set apart to reflect His character. First Peter 2:9 teaches, "But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvellous light." Third, Christian standards are love in practice. Obedience is not to earn salvation but an expression of loyalty and love for Jesus. John 15:10 upholds



this idea, it says, “If you keep My commandments, you will abide in My love, just as I have kept My Father’s commandments and abide in His love.” Historically, these standards went through a process of growth within the church organization and believers’ lifestyle (Wheeler, 1989).

Why Many Struggle to Be Faithful

The first factor is a lack of understanding. Some see standards as merely church rules rather than spiritual principles rooted in Scripture. Take time to study our church standards and you will be amazed at how deeply they are rooted in God’s will for His followers. The second factor is cultural pressure and worldliness. Modern media, fashion, and lifestyle trends shape values and behaviour. These are billion-dollar global industries that aim to influence and capture the minds of many. Adventists need to be aware and alarmed by this reality. The third factor is the fear of being different. As Adventists living among people in multicultural and secular settings, especially in urbanized cultures, we sometimes desire to fit in rather than stand out. Lastly, there is lack of spiritual depth. Without a living relationship with Jesus, obedience, including to Christian standards, becomes burdensome. The pen of inspiration encourages believers, “You are to maintain this connection with Christ by faith and the continual surrender of your will to Him; and so long as you do this, He will work in you to will and to do according to His good pleasure... Then with Christ working in you, you will manifest the same spirit and do the same good works—works of righteousness, obedience” (White, 1892).

Adventist Identity

The Seventh-day Adventist identity is not merely a name or denomination; it is a spiritual calling and mission rooted in Scripture and prophecy. Our standards, therefore, are not arbitrary rules but expressions of who we are as God’s remnant people, chosen to reflect His character and proclaim His end-time message to the world. Adventist identity answers “who we are and why we exist.” Adventist standards answer “How we live because of who we are.” Both are inseparable. An article by the Biblical Research Institute explains:

As he employed it, the expression is basic to “our unique prophetic identity and mission.” “We are to be a peculiar people,” stated Wilson, “God’s remnant people, to lift up Christ, His righteousness, His three angels’ messages of Revelation 14, and His soon coming.” We are “Bible believing Christians living in the last days of earth’s history.... As God’s remnant people identified in Revelation 12:17 as those ‘who keep the commandments of God and have the testimony of Jesus Christ,’ we have a unique message of hope and a mandate to proclaim God’s grace to the world (Wilson, 2010) ... The invocation of the remnant thus gathers into one utterance a number of themes that figure prominently in Adventist identity—the imminence of the Advent, a unique role in salvation-history, and prophetic gift and prophetic responsibility. It reinforces the sense that we are a unique group, endowed with special gifts, presenting a distinctive message at a particular time in response to a specific divine mandate (Rice, BRI, 2025).

Adventist Standards at A Glance

Our spiritual standards is a close relationship with God through Jesus Christ, empowered by the Holy Spirit. We uphold daily devotion, sabbath observance, church worship, fellowship, and faithful stewardship. The purpose of these spiritual practices is to nurture a Christ-centered life of obedience and faith.

Our moral and ethical standards are founded in keeping God's Ten Commandments (Exodus 20:1-17), which reflect God's holiness (1 Peter 1:15-16). We uphold a lifestyle of honesty and integrity in all dealings, purity in thoughts, words, and relationships, commitment to truth and justice, and respect for human life. By doing so, we live as moral lights in a dark world.

Our health and lifestyle standards are founded in the biblical teaching that our body is the temple of the Holy Spirit (1 Corinthians 6:19-20). A healthy body supports a clear mind for service to God. We strongly encourage a vegetarian or plant-based diet, abstinence from alcohol, tobacco, narcotics, and unclean meats; and the practice of adequate rest, exercise, sunlight, water, and simple living. The purpose is to preserve health, self-control, and mental clarity for God's work. Our approach of our healthcare goes beyond treating symptoms. We embrace "whole-person health", caring for body, mind, and spirit, because we are preparing people for a world where wholeness will be everyone's reality.

Our dress and modesty standards focus on building inner character, which is more valuable than outward show (1 Peter 3:3-4). Dress should be neat, modest, simple, and reflect Christian dignity. Avoid extravagant, revealing, or worldly fashions, as well as jewellery and adornments that draw attention to self. Promote cleanliness, neatness, and respect in appearance. By upholding these values, we express purity, humility, and respect for God and others.

Our entertainment and media standards are those that uplift the mind and glorify God. We avoid movies, music, games, or social media that promote immorality, violence, or worldly values. We engage in uplifting recreation such as in music, reading, nature, service, and family time. This will protect the heart from spiritual corruption and strengthen faith.

Our social relationship standards are founded in love your neighbour as yourself (Matthew 22:39). Adventist should model Christ-like love, respect, and fairness. Marriage is a sacred covenant between one man and one woman (Genesis 2:24). We avoid unequal yoking in relationships (2 Corinthians 6:14). We promote peace, forgiveness, and reconciliation in community life. These practices help us to reflect Christ's character in all relationships.

Our educational and work standards is founded on the principle that "the fear of the Lord is the beginning of wisdom" (Proverbs 9:10). We uphold excellence with

integrity in learning and labour. We choose education and careers consistent with Christian principles. We work diligently and honestly (Colossians 3:23) and avoid employment that conflicts with Sabbath observance or moral values. Our goal is to glorify God through our work and intellectual growth.

Our mission and witness standards are founded in the Great Commission (Matthew 28:18-20) and the Three Angels' Messages (Revelation 14:6-12). Every believer is called to represent Christ in word and deed. Our missional practices are personal and relational witnessing, service to others, support for local and global mission efforts, and living as ambassadors of Christ (2 Corinthians 5:20).

Further information of all the above can be referred in our official website under the sections "Who We Are", "What We Believe", and "What We Do" (General Conference Corporation of Seventh-day Adventist Church, 2025).

Conclusion

In a world of compromise, keeping Adventist standards is an act of loyalty to Christ and a living witness of truth. God calls His people to "be holy, for I am holy" (1 Peter 1:16). As the pen of inspiration writes, God's people should be a peculiar people, different from the world (White, 1851). Faithfulness to these standards is faithfulness to God Himself.

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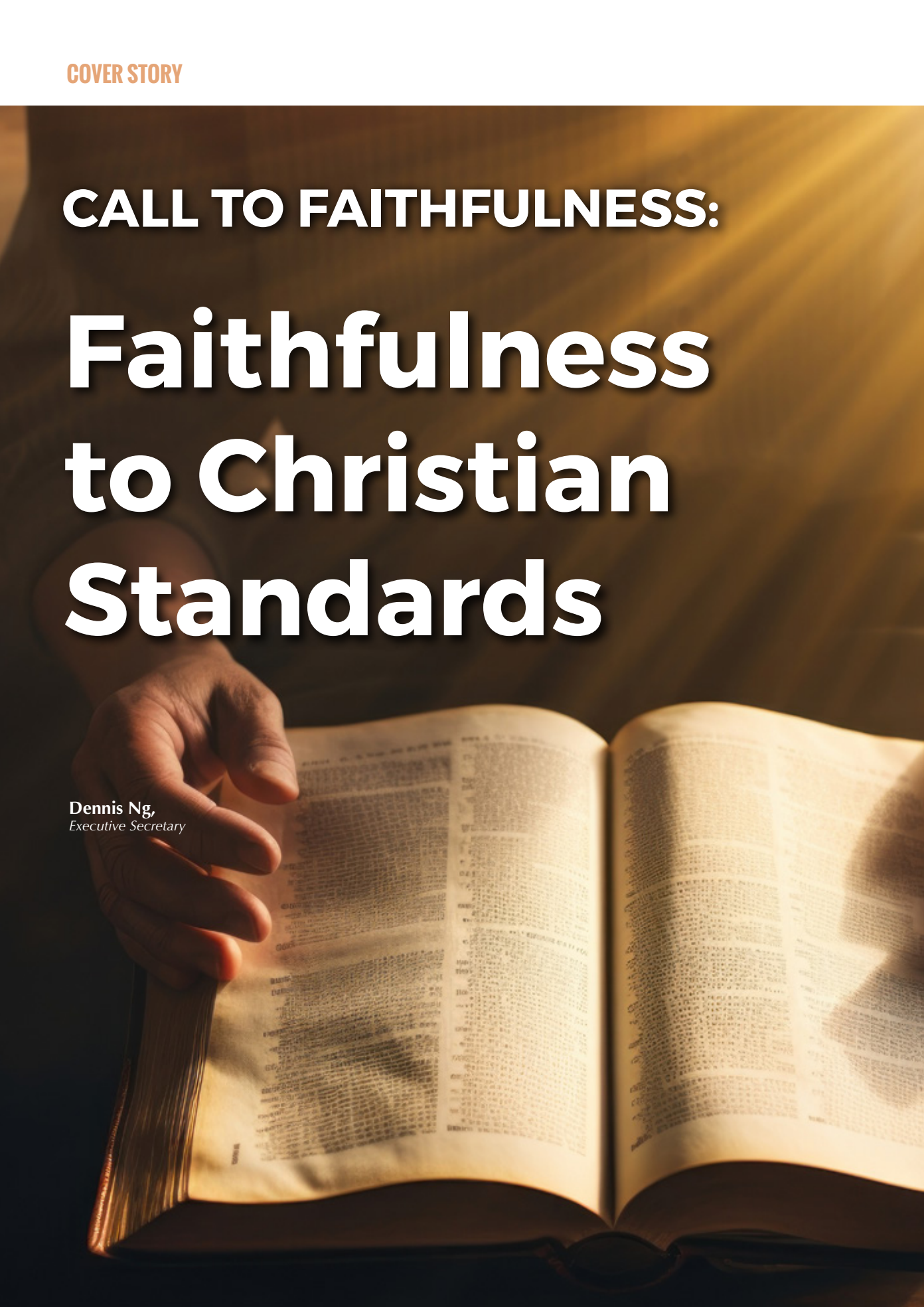
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CALL TO FAITHFULNESS:

Faithfulness to Christian Standards

Dennis Ng,
Executive Secretary





Our *Seventh-day Adventist Belief #22* touches on Christian Behavior. In this issue of Vision, where there is no confusion that we are saved by grace and not by works (Ephesians 2:8), we believe that Christians growing by God's grace will live in conformity to God's will.

The Underlying Cause: Restoration vs. Destruction

The battle between Christ and Satan shows that while Christ aims to restore the lost image of God in humanity, Satan seeks to destroy completely whatever semblance that's left. This battle permeates into the Christian lifestyle and activity—whether in health, dress, or entertainment. As in Eden, Satan's most successful deception today is to make us believe that rejecting God's plans will lead to blissful happiness. Are biblical standards a killjoy?

"Most Christians today," according to Pastor Mark Finley, "are not rejecting God's standard—they're redefining it. Under the banner of 'grace,' Christian churches have lowered their guard, silenced conviction, and embraced a version of Christianity that's more cultural than biblical."

He then surmised, "With the Christian standards fading, is today's modern compromise the result of grace, or is it rebellion in disguise?" He warned that, "What you call 'grace' might be the very thing keeping you out of heaven." Let's examine biblical standards that set us apart as God's ambassadors (1 Peter 2:9).

Health: A Spiritual Responsibility

Practicing good health habits is not about living longer, but about the quality of life, spiritual clarity, and readiness for Christ's return. Poor lifestyle choices impair overall health, making it harder to connect with God. The devil uses unhealthy habits to deface God's image in us, destroy us, or cause us to die before our time. Deuteronomy 6:24 and 1 Corinthians 6:19 show that God's health standards are for our benefit and His glory.

Entertainment: Shaping the Mind

Studies show that entertainment influences thought patterns and spiritual interests. Romans 12:2 and 2 Corinthians 10:4, 5, urge believers to renew their minds and bring every thought into obedience to Christ. Media, especially violent video games and excessive screen time, dull spiritual sensitivity and

mental function. Research links these habits to aggression and “neurodegeneration.” Therefore, Adventists emphasize the need for discernment. Addiction to smartphones and social media is a spiritual threat. Believers spend hours daily on screens but only minutes in Bible study. Research reveals that this imbalance affects memory, decision-making, and spiritual depth. Let us intentionally prioritize God’s Word over digital distractions.

Dress: Reflecting Inner Transformation

Christian dress standards are rooted in modesty and simplicity. Scriptures such as 1 Timothy 2:9-10 and 1 Peter 3:3-4 emphasize inner beauty over outward adornment. God affirms the worth of each soul in Christ.

Society often judges us by our appearances, but Christ values our true identity. Stop letting people measure you by your looks or the way you deck yourself like a Christmas tree. If they can’t appreciate you for who you are, they are not the ones you need to impress. Our faith encourages us to recognize everyone’s worth through God’s love.

Overarching Principles: A Common Thread

In this limited space, we have not touched on music, dancing, theater-going, gambling, competitive sports, and so on. Regardless, God’s principles remain the same.

Our motivation: “We love Him because He first loved us” 1 John 4:19 NKJV. Do I love God more than the vices, amusements, people’s attention, and addictions that enslave me?

Our singular purpose: “... you should be a light for other people. Live so that they will see the good things you do and praise your Father in heaven” Matthew 5:16 ERV. Will people know I’m a Christian from my activities, company, and dress?

Our only question: “There is a way that seems right to a man, but its end is the way to death” Proverbs 16:25 ESV. Will this [music, drink, TV show, movie, book, etc.] honor Jesus?

Our guiding principle: “Finally, my friends, keep your minds on whatever is true, pure, right, holy, friendly, and proper. Don’t ever stop thinking about what is truly worthwhile and worthy of praise” Philippians 4:8 CEV. Do the activities, entertainment, or amusements pass the test of Philippians 4:8?

Conclusion: Standards as Grace, Not Bondage

Christian standards are not outdated rules. Adventism neither promotes legalism nor permissiveness. Christian standards need not be seen as restrictive when we understand the “Why,” and view them from a heart where Jesus abides. Let us not redefine grace to justify compromise. As **faithful** ambassadors of Christ on earth, let us uphold **biblical standards** with both **conviction** and **compassion**.

Dress:

Reflecting Inner Transformation

Overarching Principles:

A Common Thread

Entertainment:

Shaping the Mind

Health:

A Spiritual Responsibility



Prostate Cancer

Dr Li Zi-Huey (MD),
Adventist Lifestyle Centre, Penang Adventist Hospital

Prostate cancer is primarily a “disease of aging.” As you get older, your chances of developing prostate cancer increase.

In Malaysia, prostate cancer is the 3rd most common cancer among men. About 1 man in 8 will be diagnosed with it during their lifetime, but only 1 in 39 will die of this disease.

There are things that you can’t change: age, race and genes.

Age plays a big role in those who have it, with more than 80 percent of diagnoses in people 65 and older.


According to the Malaysia National Cancer Registry, it is reported that it is most common among Chinese, followed by Indian and Malay. If your father, brother or multiple blood relatives had prostate cancer, you

are more likely to get it, too.

The good news is that even men who are already at greater risk due to age, race or genetics can reduce their chances of developing prostate cancer by adopting healthy diets and lifestyles. There are science-backed tips to help lower your risk for prostate cancer.

- The adage “you are what you eat” makes sense. If you eat nutritious foods, your body gets what it needs to keep you healthy, hence helps in reducing risks of cancer.

Therefore, Diet plays a significant role in managing the risk of an enlarged prostate (benign prostatic hyperplasia, BPH) as well as helping to reduce the risk of prostate cancer.




1. Fruits- Berries, Vegetables , Lycopene : These are rich in antioxidants and anti-inflammatory properties; they can help reduce prostate inflammation. Incorporate a wide variety of produce, including plenty of leafy greens. The antioxidant lycopene, which is plentiful in cooked tomatoes, watermelon and pink grapefruit has been shown in some studies to slow the growth of prostate cancer cells. Cruciferous vegetables like broccoli and cauliflower contain a compound called sulforaphane that may protect against cancer.

2. Healthy Fats, Omega-3 fatty acids: Replace saturated fats and trans fats with healthy fats like those found in olive oil, avocados, walnuts, flaxseeds and fish.

3. Whole Grains: Incorporate whole grains such as brown rice, oats, and quinoa instead of refined grains.

Prostate cancer risk may rise with age, but healthy living and regular screening can make a powerful difference.



4. Lean proteins and Plant-based protein: Opt for lean sources of protein such as chicken, fish – in moderation and go more on plant-based proteins like beans, legumes and lentils.

5. Selenium and Zinc: These minerals play a pivotal role in prostate health. Brazil nuts, cashews lentils, chickpeas, pumpkin seeds, hemp seeds are great sources for these important nutrients.

6. Water: Staying well-hydrated is crucial for overall health, including prostate health. Adequate water intake supports urinary function and helps flush out toxins from the body. Staying hydrated throughout the day is key. Avoid drinking large amounts of fluids right before bedtime, if you find your sleep is interrupted by multiple bathroom trips.

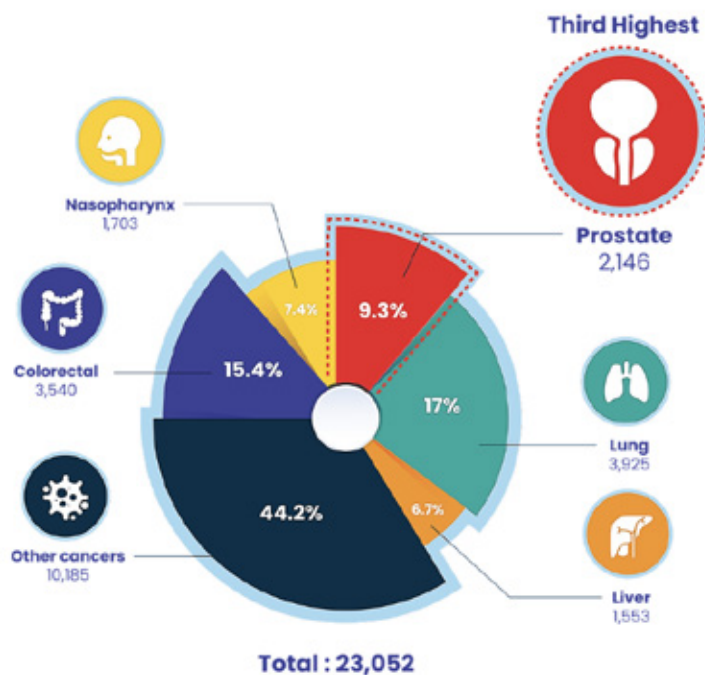
7. Soy: Clinical trials have suggested that soy may lower PSA levels. Soy contains isoflavones that have been associated with a lower risk of prostate cancer. Consider switching that cup of coffee for soymilk instead, for overall prostate well-being.

8. Limit Red Meat, Dairy and Processed Foods: High intake of red meat and processed foods has been associated with an increased risk of prostate issues.

9. Avoid Charred Meat. Charred meat, from frying or grilling at high temperatures, may produce a chemical compound that leads to cancer.

- **Maintain a Healthy Weight:** Obesity is linked to an increased risk of developing more aggressive prostate cancer.
- **Get Regular Exercise:** One of the best things you can do to prevent prostate cancer and maintain your prostate health is to be active and sit less. Physical activity helps maintain a healthy weight and exercise helps reduce inflammation and improve immunity; overall, it helps to reduce cancer risk.
- **Quit smoking:** Smoking is associated with a higher risk of various cancers, including prostate cancer.
- **Limit Alcohol:** Excessive alcohol consumption can increase the risk of prostate problems.
- **Sufficient Vitamin D:** Sun is a better, more readily available source of vitamin D. Experts recommend getting at least 10 minutes of sun exposure (without sunscreen) every day.
- **Stress Management:** Chronic stress can negatively impact your immune system and overall health. Stretching, yoga, walking and running are all great stress-relieving workouts, but really, any exercise you enjoy can help. If exercise is a tough ask for you, another way is to practise mindfulness, specifically, mindfulness-based stress reduction (MBSR), which was designed to help people cope with chronic pain. Studies found that MBSR helped reduce levels of burnout, emotional exhaustion, stress, depression and anxiety. It can be the body scan technique — where you take a moment to concentrate on how your body feels — or doing a sitting meditation, where you focus on your breathing and other sensations without moving.

Number of New Cancer Cases in Men in 2020 (All Ages)



Are there any warning signs of prostate cancer?

Unfortunately, there usually aren't any early warning signs for prostate cancer. That is why screening for prostate cancer is important for all men and their families.

The Prostate-specific antigen (PSA) is a protein produced by the prostate gland. Elevated levels of PSA can be a sign of prostate inflammation, enlargement, or cancer.

General guidelines for prostate cancer screening with PSA recommend starting at age 50-69 years.

You may need PSA screening in your 40s if you:

- Have at least 1 first-degree relative (such as your father or brother) who has had prostate cancer
- Have at least 2 extended family members who have had prostate cancer

<https://www.ncbi.nlm.nih.gov/books/NBK556081/#:~:text=Patients%20at%20average%20risk%20should,start%20screening%20at%20age%2045.>

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.

Please note that unsolicited manuscripts will be subjected to the discretion of the Editorial Board.

Deadline:

-15th Jan (for Mar Issue)
-15th Apr (for Jun Issue)

-15th Jul (for Sep Issue)
-15th Oct (for Dec Issue)



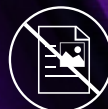
Write

Indicate name / pseudonym, church / organization



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Check spelling and grammar, use appropriate punctuation



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



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MISSION SPOTLIGHT

36th Seventh-day Adventist Annual Indian Churches Camp

“From Ashes to Beauty”

Joshua John,
Klebang Indian



Baptism

The 36th Seventh-day Adventist Annual Indian Churches Camp, organized by the Klebang Indian Church, was held on 18–21 September 2025 at MH hotel, Sg. Siput, under the inspiring theme, “From Ashes to Beauty.” This year’s camp highlighted God’s amazing power of restoration, echoing the promise from Isaiah 61:3 (KJV) — “To give unto them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that He might be glorified.”

For 36 years, God has richly blessed the Indian churches across Malaysia, and this camp once again proved to be a time of spiritual renewal, fellowship, and joyful worship.

A Spirit-filled Opening

The four-day camp began with a beautiful opening ceremony officiated by Pastor Tan Meng Cheng, President of the Peninsular Malaysia Mission (PEM), and Pastor Dennis Ng, alongside all the Indian church pastors and members. The atmosphere was filled with joy and unity as delegates from across the country gathered to worship and celebrate God’s faithfulness.

Inspiring Messages and Meaningful Activities

The second day began with a powerful devotional message by Pastor Jefferson Melki, whose heartfelt testimony deeply moved the congregation. Separate sessions were organized for youth and adults, covering practical and spiritual topics. Pastor Jefferson Melki and Pastor Selwyn Moses shared uplifting messages that touched the hearts of many young people.

In the afternoon, campers enjoyed outdoor activities, including an exciting treasure hunt, fostering teamwork and joy. In the evening, participants joined a sacred Communion Service, led by Pastor Stanley Anand, Pastor Abel Bana (MAUM President), and Pastor Selwyn Moses. The Holy Spirit’s presence was deeply felt as everyone partook in this solemn and memorable experience.

A Sabbath of Joy and Dedication

Sabbath morning was filled with divine blessings. Two significant events took place:

- A Child Dedication Service, where Mr. Charles and Ms.

Angeline dedicated their firstborn to the Lord, committing to raise their child in the fear and knowledge of God.

- Nine precious souls publicly accepted Jesus Christ as their personal Saviour. The baptismal candidates were joyfully welcomed into the worldwide Seventh-day Adventist family after affirming the 13 baptismal vows read by Pastor RS Philip.

The officiating ministers included Pastor Selwyn Moses, Pastor Jefferson Melki, Pastor Robert, Pastor Edwin Joseph, and Pastor Abel Bana, with Pastor Daniel leading the baptismal ceremony. The service was truly a moment of heaven rejoicing.

That afternoon, Pastor Robert conducted a Personal Ministries Training, while Pastor Stanley led a Family Ministries Seminar.

In the evening, history was made as the camp hosted its first-ever “Bazaar Night” (Night Market) — a lively event featuring booths from various churches offering food, books, souvenirs, and crafts. A Social Night Program ran simultaneously, making it a fun-filled and memorable evening for everyone.

A Heartfelt Closing

The final day (Sunday) was filled with emotions as campers gathered for the closing worship. Pastor Selwyn Moses delivered a powerful farewell message. Afterwards, the closing ceremony concluded with thanksgiving and announcements.

Excitement filled the hall as it was officially announced that the 37th Seventh-day Adventist Annual Indian Churches Camp will be hosted by the Banting Indian Church in 2026.

Special Acknowledgments

The Klebang Indian Church expresses heartfelt gratitude to:

Malaysia Union Mission

Peninsular Malaysia Mission

PEM Indian Pastors Council

Guest Speakers: Pastor Selwyn Moses (India) & Pastor Jefferson Melki (Ireland)

Hotel Management: Ms. Megi & Ms. Lily

Media Team: Sungai Way Indian Church & Dr. James Edward

Music Team: Heavenly Fire & Bro. Mohan

Theme Song (Lyrics, Tune & Video): Bro Sherwin Joshua- Hope India

Multimedia: Stanley Pragash

Emcees: Doret & Linda Robert

Camp Committee: Arvind, Mercy, Jacinta, Agitha, Rachel, Ava John & Pastor Joshua

KISDAC Members & Youth

All Sponsors

Above all, to our Lord Jesus Christ, who made everything possible —
“To God be the glory, great things He has done!”



Pastor Jefferson Melki & Pastor Selwyn Moses



Participants at different sessions



Communion Service

Ministerial Ordination Service

On Sabbath, 1 November 2025, a ministerial ordination service was held at the Petaling Jaya Chinese Church. Pr. Tee Chin Chai, Pr. Wong Lin Seng, and Pr. Stanly Lee Chang Lun were ordained to the gospel ministry. The service was led out by the Malaysia Union Mission's (MAUM) president, Pr. Abel Bana, and Pr. Jim Gabu, the MAUM Ministerial Secretary. Their spouses were also in attendance, along with the PEM Officers, PEM Ministerial Secretary, PEM Ministerial Spouse Coordinators, departmental leaders, pastors from the Klang Valley, and members representing the district churches under the three pastors.

Pr. Tee Chin Chai has served at the Sabah Adventist Mission (2011–2017), before moving to the Peninsular. He began his ministry in Klang Chinese Church (2018–2024) and is currently in Kota Bharu (2024–2025). He has been married to Madam Wong Lee Mee for 22 strong years, and they are blessed with three children: Tee Pei Wen, Persis Tee Pei Sin, and Ethan Tee Kai Bin.

Pr. Stanly Lee Chang Lun is married to Madam Melanie Elaine Storie. A 2015 theology graduate from Taiwan Adventist College, he has served in multiple congregations, including Johor Bahru English Church (2009), Ulu Tiram (2010–2011), Puchong Chinese Church (2015–2025), and Petaling Jaya Chinese Church (2022–2025).

Pr. Wong Lin Seng is a 2014 theology graduate from Taiwan Adventist College. He has served at Petaling Jaya Chinese Church (2014–2021) and is currently serving at Kuala Lumpur Chinese Church (2020–2025). He is married to Madam Lyvia Boon Suk Ching, and they are blessed with a daughter, Eliana Wong Chen Xi.

May God bless the ministry of these ministers, their spouses, the children represented, and the Peninsular Malaysia Mission ministerial family.



Tee Chin Chai and family



Stanly Lee and Melanie



Wong Lin Seng and family

Standing Apart:

Reflections from the Seven Trumpets

by Mazvita Adelaide
Kanenungo,
KL English

Sabbath has always been my favorite day of the week. Not only because it offers the chance to rest, but because it brings with it the warmth of fellowship, reflection, and renewal. Every week, I look forward to this sacred pause that allows me to step away from the rush of life and reconnect with God and the church that has become my family. Over time, it has become a rhythm of grace in my life. Yet, there are Sabbaths that stand out. Those special ones when we get to worship with other churches, see familiar faces we've missed, and feel the joy of a wider fellowship. This particular Sabbath was one I had eagerly anticipated, for we not only gathered as a larger church family but were blessed to hear Pastor Doug Batchelor preach in person.

From the moment Pastor Batchelor began speaking, his joy and ease filled the sanctuary. His message, "The Seven Trumpets of Revelation," was profound yet wonderfully simple, an approach that made complex prophecy both accessible and personal. Though his sermon centered on Revelation 11, his thoughtful connection to Joshua 2 offered fresh insight and depth.

One of the moments that deeply resonated with me was when he drew a parallel between the two spies and the two witnesses. He pointed out how the spies were recognized by the way they carried themselves; their faith, courage, and conviction made them stand out. In our modern world, there is so much pressure to blend in, to conform to trends, and to silence our distinctiveness. Sometimes, we even mistake conforming for evangelism or love. This means crossroads

for young people still finding their way and figuring out what loving is in a world that does not honor God. Yet, this reminder was clear: God calls His people to be set apart. The spies accomplished their purpose by being who they were called to be. Likewise, we are called to obedience and integrity, to influence the world rather than be shaped by it.

Another striking reflection was Rahab as a symbol of the church. Not long ago, during a youth discussion, many of us confessed that we might have been reluctant to accept help from someone like Rahab. Yet, Pastor Batchelor's reminder was piercing, we are Rahab. Like her, we have been extended mercy and invited into God's covenant of grace. This realization humbled me deeply. It reminded me that salvation is not about worthiness but about God's unchanging love. It also challenged me to rethink how I perceive others, especially when called to share Christ's message of redemption in these final days or when required to work with them to spread His word.

As a young person, I sometimes find prophecy intimidating. Yet, this Sabbath reminded me that God's truth is never meant to confuse but to enlighten. Pastor Batchelor's clarity rekindled my faith and renewed my desire to serve. Most of all, it gave me a reason to pause and think about what I said versus how I actually lived. It was, without question, a Sabbath to remember, one that reminded me who I am, what I am called to do, and how powerfully God's message can transform when spoken in love and simplicity.



Evangelistic Week 2025

by Stanley Prakash,
Kulim Indian

2 Corinthians 5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold all things are become new.

The Kulim Indian Seventh-day Adventist Church witnessed a blessed and transformative Evangelistic Week from 11-16 August 2025. With the guiding theme “Changes”, the series invited every heart to reflect on the transforming power of God’s Word. The messages, prayer sessions, and uplifting music created an atmosphere of revival and hope.

Night after night, Brother Stephen Selvaraj delivered Spirit-filled sermons, reminding the congregation that true and lasting change is found only in Christ. The messages touched on change of heart, change of purpose and change of destiny through the redeeming power of the gospel.

A particularly joyful highlight was the attendance of four non-believing friends, who faithfully joined every evening. As a blessing and token of love, they were each presented with a Bible, planting seeds of truth that we pray will grow into a living faith.

The week concluded with hearts renewed, commitments strengthened and the church united in mission. Indeed, “Changes” became more than a theme. It became a testimony that while life is ever changing, God’s love and promises remain unshakable, bringing hope, healing and new beginnings.



Brother Stephen Selvaraj



Group Photo



Presentation of Gift Bibles



Special Song Presentation

From Tears to Truth:

*Roger's Journey of Faith

by Wallace Tan,
Mission to the Cities



When I first began visiting homes in Kepong with the Mission to the Cities (MTC) team, I never expected how deeply one encounter would impact my ministry, and my heart.

Roger* was first contacted by my teammates during our door-to-door work in Kepong. I wasn't present during that initial visit, but I later joined in to study the Bible with Roger. Eventually, I took over his studies fully when Lourds began focusing on another interest. At the time, I felt nervous. Roger was a Catholic, and I had never studied the Bible with a Catholic before. His beliefs were deeply rooted, and I knew I would one day need to gently introduce him to the Three Angels' Messages.

Week after week, we continued our studies. I noticed that every time I encouraged him to pray, he would tear up. It was clear the Holy Spirit was working on his heart.

Then, one day, Roger told me he wanted to worship with me in the Adventist church. I was amazed. Despite

being handicapped and having survived a stroke, he even test-drove to the church multiple times to familiarize himself with the route.

That moment reminded me of Christ's method in "The Ministry of Healing" - mingle, show sympathy, meet needs, win confidence, and then bid to follow. That's what MTC is really about. We didn't just share doctrines; we built a relationship.

Roger's journey taught me that transformation begins with connection. Through prayer, patience, and presence, God opens hearts.

I believe there are many more "Rogers" in our cities, people longing for truth and community. Let us be faithful in reaching them, one visit at a time. Because behind every door is a soul waiting to meet Jesus.

*pseudonym

Did I tell you about it?

by Caleb Wee,
Mission to the Cities

I had forgotten some equipment in my car; it was for the health screening event we were organizing for the local community. As I headed to my car, an old lady walked up to me and asked, “Is this event for free?” I explained that everyone was invited to join, and gave her a GLOW tract, titled “The Right Book at the Right Time”. After giving her the tract, I quickly got my equipment and headed back to the venue, not thinking much of what had happened.

I saw the old lady again at the end of the event and greeted her. What she said next gave me a surprise.

“Do you have a copy of the Great Controversy?”

“Did I ever mention about this book to you?” I replied.

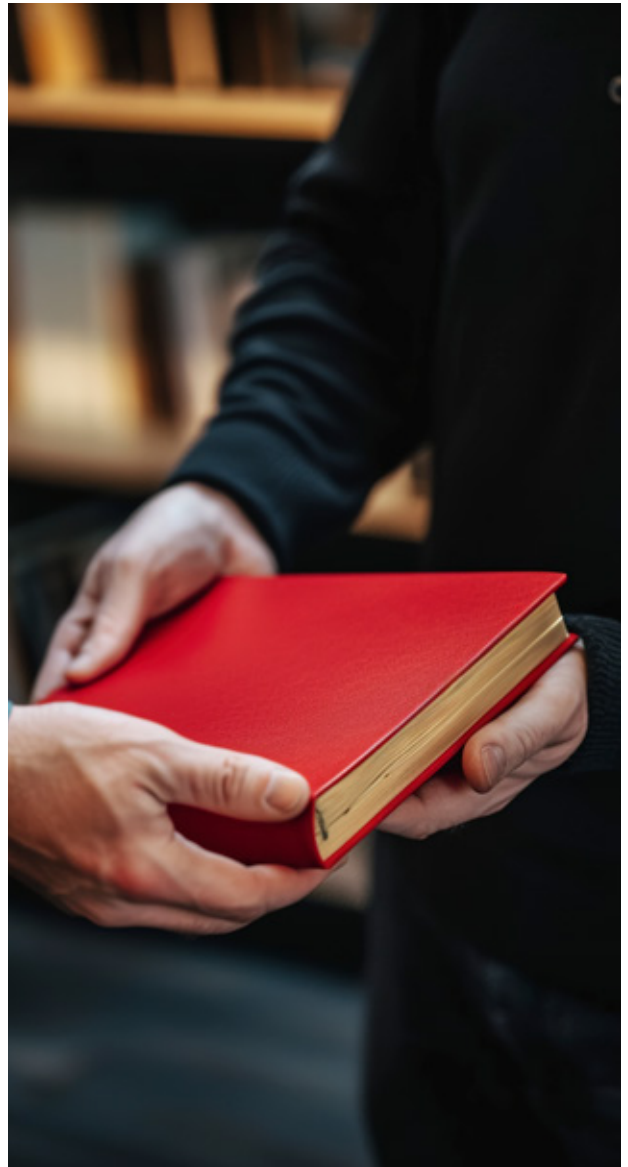
She later explained that this book was mentioned at the back of the GLOW tract and it piqued her interest.

One thing led to another, and I started inviting her to church. I soon found out that she was a Christian, lived poorly, living off a little money from her family, and mostly selling recyclables to survive. Her home was filled with mountains of recyclable items and, unsurprisingly, wasn’t very well liked by the neighbourhood. I continued to keep in contact with her and treated her as I would anyone else.

One day she said: “Pastor, thank you for being nice to me. All my life, people always look down on me, be it my neighbours, or even some of my family members. Even a church I once went to ignored me most of the time. But your church has been welcoming and nice.”

By God’s grace, she has now agreed to bible study, and the MTC team is arranging to see how we can help give her back a clean and comfortable home.

Let’s not underestimate the little interactions we have with others, and no matter a person’s status, treat them as we would our own brother and sister in Christ. Matt 25:34-40.



Testimony

by **Lourds Clement,**
Mission to the Cities

On the afternoon of November 6, 2024, while completing the final row of homes during our MTC door-to-door outreach, I came across a house that stood out—an old, broken-down car sat in the porch, surrounded by dusty, untouched items. A picture of an angel above the doorway hinted that the occupant(s) might be Christian(s).

When I called out, a young man in his early twenties came to the gate and introduced himself as Johnny*. From the beginning, he was warm and approachable. As we spoke, I sensed a quiet longing in him. When I asked if he would be interested in studying the Bible, he responded with two questions: “Where will it be held?” and “Is it free?” I assured him it would be at his home and completely free. He asked his father for permission—and came back with a smile and a green light.

Pastor Caleb Wee and I began our first Bible study with Johnny the following Wednesday. His father, a member of the Anglican Church, along with his other three sons,

requested that we use only the King James Version in our studies with Johnny. Johnny had some difficulty reading but was eager to learn. Over eight months, we saw him grow spiritually and personally.

In March 2025, he volunteered at a church health event organized by PEM Stewardship Department. By April, he was attending Sabbath services and joining care group activities. We also ministered to his father, who never joined the studies but always prayed with us and once even allowed us to pray for him when he was ill.

Sadly, on June 5, 2025, Johnny’s father passed away suddenly and unexpectedly. Johnny now faces emotional and financial challenges while caring for his mother. Please keep him and the family in prayer, because besides Johnny, there are four other precious souls to be won for Christ.

*pseudonym



Community Health Expo

– Northern Region

by **Thomas Chin,**
Northern Region Health Expo Co-chair

As part of the ongoing Harvest 2025 initiatives, the combined churches of the Northern Region organized a Community Health Expo at Sunshine Central Mall, Farlim, Penang, on Sunday, 24 August 2025.

The four-hour program, which commenced at 10:00 a.m., drew 183 registered participants through the Health Age Plus (HAP) system. A dedicated team of 70 volunteers served at the event, including 20 student nurses from the Adventist College of Nursing & Health Sciences.

In addition to the regular health screening tests, the Expo featured specialized health booths offering:

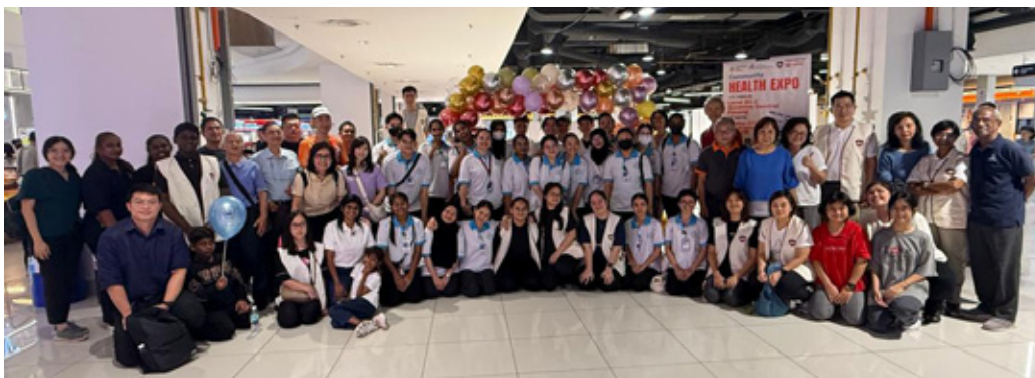
- Eye Health Screening
- Weightlifting Exercise Challenge
- Food Tasting
- Natural Remedies
- Children's Health Education

To extend the impact beyond the Expo, participants were also invited to attend six follow-up health talks at six different church venues, with opportunities for pre-registration during the event.

The success of the program was made possible through the close collaboration of local pastors and lay leaders, whose professionalism, enthusiasm, and compassion ensured a smooth and impactful experience for all attendees. This partnership not only enhanced the quality of the Expo but also underscored the ongoing commitment to promoting community health and well-being.

We extend our heartfelt appreciation to the PEM Leadership and the PEM Health Ministries Department for their invaluable support, as well as to Dr. Jane Yap, MAUM Health Ministry Director, for her dedicated efforts in promoting the use of the HAP program and the training of our HAP counsellors.

Finally, to God be the glory for all the things He has done through and in us in making this Health Expo a success.



Group Photo



Expo Entrance



Health Screening

Pandamaran

Children's Sports Day 2025

by Byronchriswel Jobi,
Pandamaran

On 31 August 2025, Pandamaran SDA Church had a joyous, fun and spiritual event for the children in our church. With the combined help of the Youth Ministry and Women's Ministry, we conducted a wonderful event for the children.

This event brings joy to the children, brings them closer to their parents by building their relationship with them and brings them closer to Jesus. As the Bible reminds us, "Train up a child in the way he should go, and when he is old, he will not depart from it" (Amsal/Proverbs 22:6, NKJV).

Sports not only promote health and teamwork, but also teach children about unity, love, and discipline. Just as the Apostle Paul said, "Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize" (1 Korintus/1 Corinthians 9:24, NIV). This verse teaches children to give their best effort while keeping their eyes on the true prize—eternal life in Christ. Through this Children's Sports Day, parents, children, and church members are reminded that our Christian life is like a race, where encouragement, cooperation, and perseverance are needed.

Ellen G. White also emphasises, "It is the work of true education to train the youth to be thinkers, and not mere reflectors of other men's thought" (Education, p. 17). This event allows the children to think, act, and grow in the spirit of Jesus. Indeed, the event is not just about playing games, but about building a strong foundation of faith, love, and family in Christ.



Ball and Spoon race



Snack Game



Group photo

What God Did!

Testimony of God's Grace and Healing



I am Esther Bong from the Chinese Church of Skudai, Johor. At this moment, my heart is overflowing with gratitude. First of all, I want to give all glory and praise to our Heavenly Father.

Here, I would like to especially thank God for blessing me with a wonderful daughter-in-law, Pei Shan. During this period, she made tremendous sacrifices—caring for her 9-month-old baby while at the same time faithfully watching over her husband. Each time she visited him, she would read the Bible, play hymns, pray unceasingly, and often speak gently in his ear, believing that he could hear her. There was not a word of complaint in her heart, only silent endurance and steadfast devotion. Truly, it has been so difficult for her, and I deeply thank God for her!

At the same time, I want to thank my daughters. When I was at my weakest, they supported me with their companionship, encouragement, and love, helping me remain strong in the midst of suffering. Through them, I deeply experienced that God is not only our ever-present help but also places family beside us to be our great comfort.

I also want to express my heartfelt gratitude to our pastors, elders, and brothers and sisters in Christ from various churches. In our darkest and most difficult times, your prayers, care, and support upheld us so that we were never alone. Today, I want to share with you how God miraculously led us and healed my son after his car accident.

In the early morning of 9 July, my son was on his way to work when he was involved in a serious car accident. His injuries were extremely severe: 8 fractured ribs, a shattered left collarbone, and severely damaged lungs. He had to be intubated and rely on a ventilator to survive. The doctors told us that his condition was very critical and the prognosis was not good. Yet, amazingly, my heart was able to remain calm. Every day as I watched my son lying unconscious in the ICU, I did not feel fear. Instead, my heart was filled with the peace that comes from God.



Thank the Lord! The moment I received the news of the accident, I immediately prayed to God. At that very moment, His Word came to me and became my strength. Jesus said in John 14:27:

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

This Word greatly comforted me. Although the situation remained unchanged and the doctors’ reports were frightening, because of Jesus’ peace I did not collapse. He enabled me to stay by my son’s side every day—to pray for him, to read the Bible, to play hymns—believing that God’s Word is powerful.

My son stayed in the ICU for 30 days and underwent 5 surgeries during this time. After almost every surgery, infections would occur. Once, he lost too much blood during surgery, and his blood pressure dropped drastically, requiring medication just to keep his heart beating. But thank the Lord—He heard the prayers of His people! Not only were the brothers and sisters of our church praying, but also many pastors and believers from other churches prayed fervently: the noontime PEM united prayer group led by Pastor Robert Agustin, the morning Putting God First prayer group, the Thursday prayer group led by Pastor Yang Fei from Thailand, and even many pastors and Christians from overseas. Truly, I am so grateful.

A few days later, my son gradually no longer needed the medication, and his heartbeat and blood pressure returned to normal. However, on 1 August, his condition worsened again: his whole body shook, his eyes opened wide, and his mouth opened but he could not speak. The doctors diagnosed a more severe bacterial infection. At that moment, I immediately contacted Pastor Cheng Chiew Kwang, requesting him to anoint my son with oil and pray for him. Pastor agreed.

The next day happened to be the Sabbath. Pastor Cheng and Elder Cai led the congregation to kneel together and pray earnestly for my son, and Pastor’s wife, Sister Pow Nyok, also prayed specifically for him at the end of her sermon. After the service, when we visited the hospital,

the doctor told us that the very morning, my son was able to sit up! His oxygen support was being reduced, and he slowly began breathing on his own! Hallelujah! This was truly a miracle of God! His spirit was much stronger than it was before. On Sunday, Pastor Cheng and his wife came to the hospital to anoint him and pray. When my son saw them, he was moved to tears. Just three days later, he was transferred from the ICU to the general ward. From then on, his recovery was incredibly swift—it was truly beyond comprehension!

After 39 days of treatment, on 16 August, the doctor announced that my son could be discharged! What a great grace from God! Without His mercy and protection, my son could never have recovered so quickly. Just as Psalm 103:2–3 says:

“Praise the Lord, my soul, and forget not all his benefits—who forgives all your sins and heals all your diseases.”

Dear brothers and sisters, today I testify to you that Jesus is the true and living God! He not only heals the body but also gives peace that surpasses all circumstances. He hears prayers and responds to the united cries of His children. May my testimony encourage you; when you face trials and difficulties, do not give up trusting in God. The peace He gives is not like the world’s peace—it is a peace that no circumstance can take away.

May all glory and praise be to our Almighty Lord!

The United Prayer group is a prayer group started by the Personal Ministries Department, coordinated by Pr Robert Agustin.

Organized in 2024, the members of the group pray every day from 11.45am to 12.15pm.

This testimony is one of the many answered prayers that the group has received news of.

If you would like to be a part of this prayer ministry, please contact Pr Robert Agustin, Personal Ministries Director.

Parents' Day Celebration 2025

by Sharmilah Ambualagan,
Kulim Indian

PROVERBS 24:3

***Through wisdom is an house builded;
and by understanding it is established.***

The Kulim Indian SDA Church was recently graced with a heartwarming Parents' Day Celebration, that was beautifully organized by the church youth to honour and uplift the pillars of every home— our parents. Anchored on the theme "Strength of the Hope" drawn from Proverbs 24:3, the program served as both a tribute of gratitude and a call to strengthen families in faith and unity.

The occasion was filled with meaningful moments that blended joy, reflection, and spiritual enrichment. Laughter and connection were sparked through activities such as "Guess Their Favourites", where children attempted to identify their parents' personal and spiritual preferences, as well as "Faith vs Family", a session where families shared their bonding experiences and related them to the Word of God. Testimonies and thanksgiving slots offered heartfelt expressions of love and appreciation, while the presentation

of gifts to parents stood as a tangible symbol of the youths' deep affection and respect.

What made the celebration even more special was the presence of parents from outside the church community, including non-believers who were warmly invited to join. They witnessed firsthand the spirit of Christian love, unity, and joy that binds families together. Through the activities, sharing, and fellowship, many were touched by the genuine care and Christ-centered bond among parents and children, leaving seeds of hope and faith planted in their hearts.

More than a celebration, the day became a sacred reminder of the irreplaceable role parents play in nurturing both family and faith. It drew hearts closer to one another and, most importantly, closer to God, reaffirming that in Christ lies the true foundation of hope and love within the family circle.



Children's performance



Testimony time



Group Photo

Book Exhibition

in Kuala Lumpur

by **Jasnah Makirim,**
Publishing Ministries

From 9 to 11 September, I was invited to attend the Global Chinese Lay Congress. This program was held at Pearl Point Hotel in Kuala Lumpur, and the title of the program is "One Lead One". Pastor Doug Batchelor was invited as the main speaker.

The Peninsular Malaysia Literature Evangelists were requested to open a booth to sell books and bibles. About 350 attendees from Hong Kong, Taiwan and Malaysia came for the program. There was a big crowd to be served by only four Literature Evangelists. I want to extend my special thanks to Agnes and other members for being our helpers and translator.

Praise God for His love and mercy because He is the one who helped us avoid losing any books or damage to our books. At first, we thought that we had lost one copy of a very expensive health book. After checking the payments and receipts, there was one online payment that we had missed writing a receipt for, so in the end, all the books were accounted for. After 3 days of the program, God blessed us with a sale total of RM 6773.00. Thank you to the Literature Evangelists and members who were willing to help us.

My hope is that, God willing, there will be another program soon. We will prepare more Chinese bibles and Chinese books for the next program.



The book-selling booth received a very enthusiastic response



Brother Toni at the Book Exhibition

PEM World Pathfinder Day 2025: Pathfinders on Purpose

This year, Pathfinders across the Peninsular Malaysia Mission (PEM) came together to celebrate World Pathfinder Day 2025 with the theme “Pathfinders on Purpose.” It was a time of joy, reflection, and commitment as young people, leaders, and families gathered to honour God and renew their dedication to the Pathfinder Pledge and Law.

Regional Celebrations

20 September: Northern Region

The PEM Northern Region World Pathfinder Day Celebration & Investiture Ceremony was held with participation from Penang English Church, Penang Adventist Hospital Church, and Lighthouse Church, gathering about 290 participants, including parents and visitors.

27 September: Central Region

The PEM Central Region Celebration & Investiture Ceremony saw the involvement of nine churches: Banting, Shah Alam, Sungai Way, Petaling Jaya English, Petaling Jaya Chinese, Klang Indian, Hope Adventist, Setapak Adventist Fellowship, and Pandamaran BM, with around 300 participants joining the celebration.

4 October: Southern Region

The PEM Southern Region World Pathfinder Day Celebration & Investiture Ceremony brought together six churches: Johor Bahru English, Ulu Tiram, Johor Bahru BM, Megah Ria BM, Kluang BM, and Johor Bahru Indian, with about 280 participants, including parents and visitors.

What Does It Mean to Be a Pathfinder on Purpose?

Being a Pathfinder on purpose isn't just about wearing the uniform or joining the club for fun (though fun is part of it!). It means living with intention, choosing to grow in Christ and living out your faith every day.

Our Aim says it best: “The Advent Message to all the world in my generation.” That’s a big mission! But God doesn’t ask for perfection, He asks for a willing heart. As Jeremiah 29:11 reminds us, “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

So, how can you live as a Pathfinder on purpose?

Grow Your Faith

Spend time with God, read, pray, and keep learning. You might not understand everything right away but keep showing up. God honours that.

Serve Others

Jesus said the greatest among us will be a servant. Whether you’re helping at home, at church, or in your community, every act of kindness counts.

Be a Light

Every time you choose right, speak kindly, or help someone in need, you show God’s love in action.

Live the Law

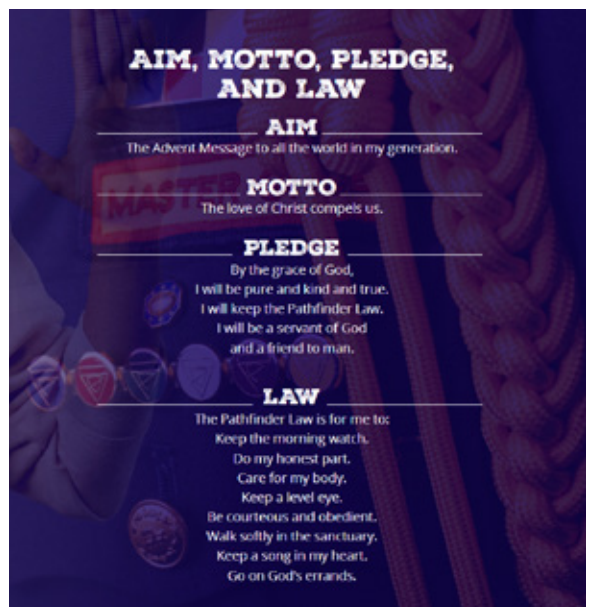
The Pathfinder Law is more than words. It’s a lifestyle of being cheerful, honest, and reverent. Each choice reflects God’s character in you.

You’re never too young to make a difference. You’re never too small to shine. Be a Pathfinder on purpose because God is calling you today.

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.” 1 Timothy 4:12 (NIV)

A Year of God’s Guidance

We praise God for His goodness and blessings throughout 2025. Every outreach activity, training program, weekly class, and fellowship has been guided by His hand. Truly, our Pathfinders are learning to live on purpose, growing in faith, serving others, and shining for Jesus in their generation.



Pathfinder Pledge and Law

by Tan Weoi Siong,
Youth Ministries



Central Region WPD25



Northern Region WPD25



Southern Region WPD25

God's Masterplan to Finish His Work on Earth



Are you prepared to meet your God (Amos 4:12)? What is my responsibility? What is the message I need to let others know?

God has called you to do His work of sharing “the present truth of this time”. What is the “Present truth”? Soon and very soon there will be a judgment by God. Just as he did in ancient times with the flood — “Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually (Genesis 6:5) — God is going to destroy this earth with fire because of the great wickedness of humanity in the last days. Before the great worldwide flood, he called upon Noah to warn and prepare people for the worldwide flood upon the earth. God provided the architectural plan for Noah and instructions to build the ark on the mountain. During the construction of the ark on the mountain, everyone came to his project site and asked why he was doing it and what it was for. The building of the ark provided a wonderful platform for him to proclaim to them the coming worldwide flood and destruction of the earth. The only way to escape the destruction was to personally enter the ark. Those who entered the ark were saved.

Jesus told us in the gospel of Matthew 24:37, “But as the days of Noah were, so also will the coming of the Son of Man be.” The day of judgment is called “The Day of the Lord” in 2 Peter 3:10: “But the day of the Lord will come as a thief in the night, in which the heavens will pass away with a great noise, and the elements will melt with fervent heat; both the earth and the works that are in it will be burned up.” What was the context that caused the destruction of the whole earth by fire?

In the ancient days, when humanity “crossed the red line” (Genesis 6:5), God gave his warning of a great flood and provided the Ark for people to escape the destruction. In the last days before “The Day of the Lord”, God calls His remnant to proclaim the most severe warning to the whole world to escape fire destruction. When humanity “crosses the red line”, destruction follows, as stated in Revelation 14:9-11: Then a third angel followed them, saying with a loud voice, “If anyone worships the beast and his image, and receives his mark on his forehead or on his hand, he himself shall also drink of the wine of the wrath of God, which is poured out full strength into the cup of His indignation. He shall be tormented with fire and brimstone in the presence of the holy angels and in

the presence of the Lamb. And the smoke of their torment ascends forever and ever; and they have no rest day or night, who worship the beast and his image, and whoever receives the mark of his name.”

Noah used the ark as an “object lesson” to facilitate the warning of the coming worldwide flood. “The Ark” was also the means to save them from the flood. God’s remnant church uses “The Sunday Law versus the seventh-day Sabbath” as an “object lesson” to facilitate the warning of worldwide fire and destruction of the whole earth. How to escape the worldwide fire destruction? The only way to escape is through Christ Jesus and His Church (the remnant). The Bible provides a clear identity of the remnant church of God— “those who keep the commandments of God and the faith of Jesus.” (Revelation 14:12). The Third Angel (remnant church of God) warns the world of fire destruction, before the final rescue mission by Jesus Christ. “For the Lord Himself will descend from heaven with a shout, with the voice of an archangel and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air (1 Thessalonians 4: 16-17). “Nevertheless we, according to His promise, look for new heavens and a new earth in which righteousness dwells (2 Peter 3:13). The people of earth will decide which side they will stand in the last day.

To share and prepare ourselves and others to meet our God; that is the calling given to every one of us of the remnant church. In Matthew 24, we have many signs of the times and of the end of the age; the very last sign is “... this gospel of kingdom will be preached in all the world as a witness to all the nations, and then the end will come” (Matthew 24:14). We must share it with the outpouring of the Holy Spirit individually and collectively, and with our financial resources in regular and systematic giving to finish the work entrusted to us.

The Call for Total Member Involvement

Arise, shine; For your light has come! And the glory of the Lord is risen upon you. For behold, the darkness shall cover the earth and deep darkness the people; but the Lord will arise over you and His glory will be seen upon you (Isaiah 60:1-2). In Revelation 18:1, “the earth was illuminated with His glory” is God’s remnant people proclaiming the eternal gospel “Christ the only hope” to escape the worldwide fire destruction.

The Call for our Financial Resources

Our prophetess Ellen G. White told us “The work of God, which should be going forward with tenfold its present strength and efficiency, is kept back, like a spring season held by the chilling blast of winter, because some of God’s professed people are appropriating to themselves the means that should be dedicated to His service. Because Christ’s self-sacrificing love is not interwoven in the life practices, the church is weak where it should be strong. By its own course it has put out its light, and robbed millions of the gospel of Christ.” (Counsels on Stewardship, 54.3)

The Call for The Spirit of Sacrifice

God is calling His people to give regularly and systematically for Local Mission and His Global Mission work through the Combined Offering Plan. “God’s people are to place in His treasury all the means that they can spare. For this means, needy, unworked fields are calling. From many lands is sounding the cry, “Come over and help us.” Our church members should feel a deep interest in home and foreign missions. Great blessing will come to them as they make self-sacrificing efforts to plant the standard of truth in new territory. The money invested in this work will bring rich returns. New converts, rejoicing in the light received from the Word, will in their turn give of their means to carry the light to others.” (Review & Herald, May 5, 1904)

“Every dollar of our means should be considered as the Lord’s, not ours; and as a precious trust from God to us; not to be wasted for needless indulgences, but carefully used in the cause of God, in the work of saving men and women from ruin.” (Life Sketches, 214.1)

God’s masterplan is for His people to be personally, collectively and sacrificially giving the financial resources He has given to them and with the outpouring of latter rain to finish His work. Maranatha.

Youth Hours:

A Growing Ministry of Purpose, Unity & Revival

by Ashok Sangappilai,
Shah Alam Indian

In a world filled with noise and distractions, a quiet yet powerful movement began to stir among the Tamil youth of the Shah Alam SDA Church. What started as a small-scale initiative called Youth Hours has now grown into a spiritually enriching program connecting youth across multiple churches, including Sungai Way and Banting.

A Vision Rooted in Ministry

The heart of Youth Hours lies in two key goals:

- A mission to gather all youth together and actively engage them in ministry.
- A vision to reach out with God's Word, help youth grow in their spiritual walk and understand their identity in Christ.

This initiative was prayerfully organized and led by Brother Eddie Arul and Brother Kelvin Mohan, who envisioned a platform where youth could come together regularly to learn, share, and grow.

From Zoom Beginnings to a Widening Impact

Originally planned as a short Zoom series with only seven youth, the program quickly drew attention. As more participants from Sungai Way and Banting churches joined in, the team extended the meetings for another week due to overwhelming interest and participation.

Each session was designed to last 45 minutes, but the engagement and spiritual hunger often extended the meetings to over an hour and a half, running from 9:00 PM to 10:30 PM, Monday to Friday.

A Spirit-Filled Lineup

The program featured a diverse and dedicated group of speakers who shared thought-provoking messages and testimonies:

Eddie, Kelvin, Kamlesh, Jerry, Melvina, Joseph, Immanuel, Sahmitha, Divya, and Melvin — each playing a vital role in inspiring youth to reflect on God's ministry and their spiritual identity.

Gratitude to Those Who Made It Possible

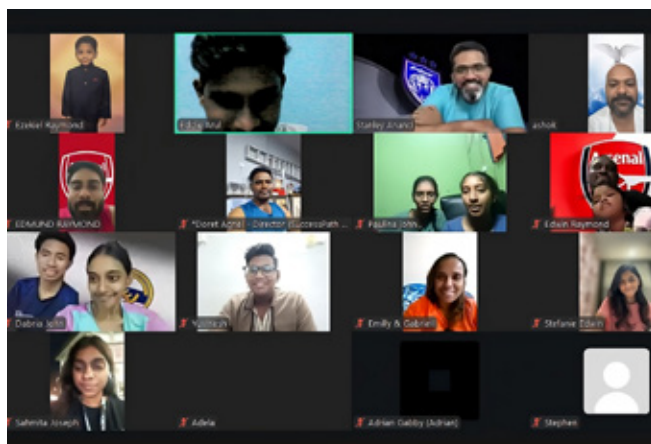
This initiative would not have been possible without the enthusiastic youth leaders from Sungai Way and Banting churches. Special thanks go to the many consistent supporters who brought warmth, encouragement, and participation throughout the sessions, including:

Edwin, Dabria John, Edmund & Ezekiel Raymond, Doret, Adela, Prem, Stefanie Edwin, Stephen, Emily & Gabriell, Danicha, and many others who gave their time and presence generously.

Looking Ahead: A Call to All PEM Indian Churches

What began as a local initiative has now become a movement of unity and spiritual growth. The next step? We are prayerfully planning to extend this invitation to all PEM Indian churches — to join hands in this ministry and reach even more youth with the Word of God.

Let Youth Hours remind us that when young hearts come together with purpose, God works mightily among them.



Youth during the Zoom meet

Health Screening During Alumni Program of SRJK(C) Pu Sze Skudai

by **Betney Bagavan**,
Southern Health Coordinator (Johor)

Praise God for opening a good opportunity for the Southern Adventist Health Team to mingle and do community service through health screening on 2 August 2025 for the Alumni of SRJK(C) Pu Sze Skudai. We are also very grateful to Mr. Chan Tuck Hoong from Johor Bahru English Church for inviting us, as he is the Chairman for that respective alumni program.

This program involved Kluang Bahasa (program coordinator) together with Johor Bahru English Church, Skudai Chinese Church, Ulu Tiram Church and Kulai Chinese Church. We were blessed by Bro. Wong Tat Seng (PEM Health Promoter) who came all the way to Johor Bahru with the PAH Mobile Health Van to help us with the health equipment and on-site training for those church members who were new to the health screening program.

More than 500 hundred alumni attended that evening with YB Pn. Marina Binti Ibrahim, ADUN Skudai, as the main VIP; however, we were limited to 100 attendees to be screened due to time constraint (7pm - 9.30pm).

I would like to offer a heartfelt appreciation to SRJK(C) Pu Sze Alumni Association and the school administration, and to all the Adventist Southern Churches and to PEM Administration for their strong support in the Health Ministries inreach and outreach programs.



Screening in progress



Members who volunteered

Young Girls' Ministry Kick-Start Program 2025

Empowering Young Hearts Across Penang, Johor & Klang Valley

by Christine Tan,
Women's Ministries



Central Region Group Photo

This year, the Women's Ministries of the Malaysia Union Mission took an intentional step forward in nurturing the next generation of young women by launching the Young Girls' Ministry Kick-Start Program across three regions—Penang, Johor, and Klang Valley.

With the goal of building up Christ-centred identity and emotional strength, the program was anchored in the General Conference's curriculum, "My Sister, My Friend", and introduced the first two modules:

- Who Am I? – Helping girls discover their God-given identity and understand their uniqueness in Christ.
- What's Up with Me? – Encouraging emotional literacy, open expression, and self-esteem rooted in God's truth.

Program Highlights

March 15 – Penang Adventist Church

19 girls attended, accompanied by WM leaders and mothers.

June 21 – Johor Bahru English Church

12 girls joined, along with supportive WM leaders.

July 19 – Petaling Jaya Chinese Church (Klang Valley)

24 girls participated, accompanied by 10 Women's Ministries leaders.

Each session was co-facilitated by Christine Tan, WM Director of Peninsular Malaysia Mission and Madam Faridah Lausin, WM Director of the Malaysia Union Mission, and featured interactive discussions, reflective journaling, and fun, safe sharing spaces.

What the Girls and Leaders Are Saying

"The seminar is really good. We can express ourselves... I learned a lot about conveying my feelings and building healthy self-esteem."

"This kind of program should also cater for boys. They need help as well."

"This was the first time I didn't fall asleep during a seminar—normally I doze off!"

"Let's make a version for older women too—we need it!"

The girls were challenged to begin each day with one positive self-talk, taking a small but powerful step toward healthy self-worth.

Moving Forward

Through this kick-start program, hearts were touched, and lives were impacted. The safe and Spirit-led environment

allowed young girls to explore who they are in God and how to face their emotions with grace and truth. As we continue to reach out to young women, we are reminded that ministry begins with presence, listening, and love.

Let's continue to uplift our young girls in prayer as they rise to become the confident, faith-filled women God created them to be.

"She is clothed with strength and dignity; she can laugh at the days to come."

— Proverbs 31:25 (NIV)



Penang Region Group Photo



Southern Region Group Photo

健康 Fun 一日游

黄琳胜教士，
吉隆坡中文堂

在一个阳光明媚的星期日（9月28日），吉隆坡中文堂举办了别具意义的社区活动——「健康Fun一日游」。这场活动延续了教会今年以来“关怀社区、传递健康”的系列主题，也为多项外展事工画上温馨的注脚。

今年，教会陆续举办了多场面向社区的活动：
四月份起每月两次的草药泡脚——为来宾舒缓疲惫；
六月份的双亲节感恩活动——让家庭关系更亲密；
八月份的“幸福家庭”讲座——让爱在家中重建。

紧接着，为了让新朋友有更深连结与体验，教会策划了这场以健康为主题的延伸活动——前往淡边爱能健康村（Aeon Health Care）的一日游。

欢乐启程，笑声满车

清晨，满载喜乐的一辆巴士从教会出发，车上共有52位参加者，其中30位是慕道朋友，有不少更是第一次参加教会活动。一路上，业盛弟兄带领大家唱诗歌、玩游戏、互动分享，笑声与歌声此起彼伏，旅程在欢乐中展开。

体验健康，启发生活

抵达爱能健康村后，众人立刻被那里的青山绿水、宁静氛围吸引。活动主题是“体验健康一百分！”，内容丰富又轻松，让大家在玩乐中学习健康知识：

- 轻松学 —— 观看健康烹饪教学，学习如何在日常生活中制作营养、美味又天然的素食料理。

- 轻松听 —— 聆听Dr.Jason分享健康知识，从饮食、运动到心理，学习全方位照顾身体与心灵。
- 轻松吃 —— 品尝爱能健康村准备的健康素食午餐，体验“原汁原味、不加工食品，吃出健康”。
- 轻松玩 —— 漫步园区、打卡拍照、交流心得，享受被造物主恩典环绕的美好时光。

从健康到信仰的连结

这次活动不仅让参与者学习健康生活，更重要的是——让他们感受到上帝的爱是具体可触的。透过教会的陪伴、微笑与用心安排，许多慕道朋友表示：“原来教会不只是讲道的地方，也关心我们生活的每个层面。”

健康，不只是身体的强壮，更是心灵的平安与属灵的喜乐。正如圣经所说：“亲爱的兄弟啊，我愿你凡事兴盛，身体健壮，正如你的灵魂兴盛一样。”（约翰三书1:2）

「健康Fun一日游」圆满结束，但上帝的工作仍在继续。这次活动成为了人与人、人与上帝之间的桥梁，让许多人透过健康认识信仰、透过团契感受温暖，也为教会未来的福音事工播下了新的种子。

愿我们继续以“健康的生活方式”见证上帝，也让每一个活动都成为福音的延伸——让人得生命，并且得的更丰盛。（约翰福音10:10）



在爱能健康中心的全体合影

Healthy Recipe



Millet Cake Healthy Meal



Ingredients:

A

Millet (2 cups)
Garlic (5 cloves)
Onions (2 pcs)
Water (4 cups)
Salt (1 teaspoon)
Soy Sauce (1 tablespoon)
Olive Oil (1 tablespoon)
Nutritional Yeast (2 tablespoons) ↙
Dried Parsley (½ teaspoon)

Method:

1

Cook millet with water in slow cooker for 3 hours.

2

Sauté garlic and onion with olive oil, mix with cooked millet, add salt, soy sauce and nutritional yeast.

3

Place seasoned millet on oven tray, sprinkle dry parsley on top.
Bake for 10 minutes at 150°C.

Nutritional Fact

A millet cake is a healthy, nutritious cake made using millet grains or flour, often as a gluten-free alternative to traditional cakes using wheat flour. Millet is a versatile, nutrient-dense ancient grain, rich in protein, fiber, and essential minerals like calcium and iron.

Recipe courtesy of:
Aeon Health Care



专注的聆听Dr Jason的分享



餐前的烹饪课学习烹调盘中餐



健康的午餐也是绝对受欢迎的

当家被“爱”修复： 一场触动人心的布道会

黄琳胜.
吉隆坡中文堂

感谢上帝的带领与赐福，使本堂于8月7日至10日举办的布道会——「超个人主义时代，如何建构幸福家庭？」圆满落幕！这场聚会不仅是一连四天的信息分享，更是一段属灵复兴与家庭更新的旅程。

在这充满挑战的“超个人主义时代”，人际关系日渐疏离，家庭价值不断被冲击。郑大有博士以《圣经》为根基，结合丰富的辅导经验，带领众人重新思考家庭的核心与幸福的真义。他的信息深入浅出，充满智慧与感动，让许多家庭重新找回爱的温度与沟通的方向。

祷告的马拉松，属灵预备

在布道会之前，全体弟兄姐妹以「马拉松祷告」的方式，连续22天不间断地向主祈求、交托与守望。共有约24位弟兄姐妹参与轮值，为讲员、听众、教会、布道团队代求。那段时间，仿佛重现《使徒行传》2:46-47中信徒“同心合意、恒切祷告”的情景——信心与爱心在祷告中被点燃，也让整个布道会充满了圣灵的同在与能力。

一带一行动，爱的见证

本次布道会设下的目标是30位来宾。起初从零开始，但在弟兄姐妹们“一带一”的热心邀请下，家人、邻居、同事与朋友纷纷

走进“道场”，聆听生命的信息。最终，上帝赐下超乎所求所想的果效——共有33位新朋友报名参与，每晚平均出席人数更达90人，堂内洋溢着喜乐的氛围。

福音结出果实，生命回应

在圣灵的感动下，有6位朋友表示愿意接受查经或圣经学习，另有3位愿意受洗归主。此外，超过一半的来宾表示希望进一步认识耶稣基督、参与教会团契。每一个回应，都是上帝奇妙恩典的印记；每一个生命的触动，都是祂爱与救赎的见证。

延续的使命感，爱的接力

布道会的结束，并不是工作的终点，而是福音旅程的起点。教会领袖与各部门将继续展开后续的跟进事工，透过探访、关怀、团契活动与生活分享，让信仰的种子得以继续成长、扎根、开花结果。

愿全体信徒继续持守这份火热的心志，把祷告与传福音当作生命的生活方式，让主的福音在每个家庭、每个社区持续发光。

“所以，你们要去，使万民作我的门徒。”（马太福音28:19）愿一切荣耀与颂赞，归于我们天父上帝！



布道会现场



讲者与来宾的互动，拉近彼此的距离



主讲人



每一晚都有诗歌班特别的献唱

仙人掌探险之旅

2025 KLCC VBS 感恩见证

李速亿,
吉隆坡中文堂

一、引言：在旷野中的呼召

2025 年 9 月 17 日至 19 日，吉隆坡城市教会举办了一场别开生面的儿童假期圣经学校（Vacation Bible School, VBS），主题为「仙人掌探险之旅」。顾名思义，仙人掌虽然生长在干旱荒凉的环境，却依然坚韧、顽强，充满生机。这次的主题提醒我们：在属灵的生命旅程中，无论环境多么艰难，上帝总会以祂的恩典浇灌，让我们开花结果。这次 VBS 的举办，不单只是三天的儿童活动，而是一段信心与祷告的旅程。每一个步骤，都深深见证了上帝的同在与带领。



儿童假期圣经学校在教会场地的布置

二、从 2024 的搁浅到 2025 的成就

其实，举办这场 VBS 的心意并不是今年才萌生。早在 2024 年初，我就曾提出要在 5 月举办第一场 VBS。那时我满心期待，也与同工们开始初步筹划，但很快却遭遇了现实的拦阻——因为上司要外派我去广州培训，申请的年假并未被批准。这突如其来的变故，让那一年的 VBS 提议就此“腰斩”。虽然心中难免失落，但我深信上帝有祂的时间和计划。就像《传道书》所说：“凡事都有定期，天下万务都有定时。”上帝要我先学习等候，把自己的热情交托在祂手中。到了 2025 年年初，在一次安息日学的会议中，我们再次提起举办 VBS 的想法。这一次，我立刻第一时间把假期申请交上去。感谢上帝，这一次居然顺利批准了！于是，我们终于能把「仙人掌探险之旅」的蓝图，转化成真实的行动。当我回想起这两年的曲折，心中只有一个感动：上帝的时间总是最美的。若非祂允许，任何努力都难以成就；若是祂应许，就没有人能拦阻。



带领孩子学习祷告



在轻松的歌唱中认识彼此



一起完成水果串串



VBS大合照

三、筹备过程中的试炼与祷告

筹备VBS的过程，并非一帆风顺。最初设定的招生目标是 20 人，但到了 2025 年 8 月 12 日，离截止日期只剩下不到三周，报名人数却只有一位学生！那一刻，筹委会成员们心中充满疑问：这是出于上帝的心意吗？我们是否要继续？然而，每一次的困惑，都被带到祷告中。我们学习不依靠自己，而是安静等候上帝的回应。感谢主，祂从不失信。截止报名时，总共有 16 名学生参加，其中 5 位还是慕道友孩子！这不仅超乎我们的预期，更是主奇妙的安排。正如《以赛亚书》所说：“你们要仰望耶和华，仰望祂的能力，必得以更新。”每一个名字的出现，都是一颗颗宝贵的种子，都是上帝亲自带来的孩子。

四、上帝的带领在细节中显明

除了招生的挑战，筹备过程中也经历了许多意想不到的难题。就在 VBS 开幕的前一晚，两位原本答应协助的年轻老师临时通知无法出席。若按常理，这会让整个课程安排陷入混乱。然而，那一晚我没有慌乱，只是单单祷告，把需要交托在上帝的手里。奇妙的是，隔天早晨，两位老师不仅如期出现，甚至还比原先更积极投入。另外，一位原本只承诺协助半天的老师，也主动提出愿意全程参与。这难道不是上帝的作为吗？祂用自我的方法安排了一切，让我们再次体会：“在人这是不能的，

在神凡事都能。”（马太福音 19:26）

五、孩子们的学习与改变

在三天的课程中，孩子们经历的不仅是游戏和活动，更是一次次心灵的触动。在营火故事里，他们学会信靠上帝，即便环境艰难，也能像仙人掌般坚强成长。在创意坊中，他们动手制作手工艺，学会团队合作与互相欣赏。在祷告与见证分享时，孩子们勇敢开口表达自己的心声，学习把烦恼交托给耶稣。一些家长后来反馈说，孩子回家后脾气变得柔和，愿意帮忙做家务，甚至会主动说：“以后我还可以去教会吗？”这是我们最喜乐的回应，因为生命的改变正是福音的果效。

六、特别的感动时刻

在第三天的户外活动中，我们带孩子们到 Bukit Jalil 公园进行“服务社群”的环节。孩子们手里拿着袋子，边捡拾垃圾，边把微笑送给路人。原本我们还担心天气会下雨，但那天却是难得的晴朗好天气。阳光灿烂，却不炽热，正适合户外活动。许多弟兄姐妹也动员起来，不惜请假陪伴孩子，确保每一个环节顺利。那一刻，我心中无比感动：这是一个合一的教会，是一个因爱而行动的群体。

七、在痛苦中仍然经历主的扶持

对我个人而言，这次的筹备更是一段属灵的历练。2025年4月，我经历了母亲的离世；7月初，又痛失一位关系亲密的教会姐妹——她原本承诺要协助布置与教课，是一位有经验的老师。那段时间，我的心情跌入谷底，很难想象自己还能振作起来筹办 VBS。然而，上帝的恩典够我用。祂透过弟兄姐妹的安慰、祷告的扶持，让我重新得力。更奇妙的是，我还看见父亲（尚未信主）主动出手，用书法写下几块布置的牌子。那一笔一划，不仅是文字，更像是上帝在我心里写下的安慰。这让我深深体会：在我们软弱时，祂的能力反而显得完全。

八、感恩与盼望：撒下的种子

VBS的结束，并不是故事的句号，而是一个新的开始。在孩子们的心田里，已经撒下了信仰的种子；在家长的心中，

也萌生了对教会的好感与信任。我们盼望将来能看见更多孩子继续来参加安息日学，甚至带动全家归向基督。这次的经历也提醒我们：每一份付出都不白费。无论是台前讲故事的老师，还是默默预备点心的弟兄姐妹，上帝都看见。正如圣经所说：“你们要坚固，不可摇动，常常竭力多做主工，因为知道你们的劳苦，在主里面不是徒然的。”（哥林多前书 15:58）

九、结语：全然信靠，全心感恩

回首这三天的旅程，我们满心感恩。原本的担忧、缺乏与软弱，都因祷告与信靠而转变成喜乐与见证。若不是主的同在，这一切都不可能成就。「仙人掌探险之旅」不只是孩子们的主题，更是我们每一个人的属灵写照。愿我们都能像仙人掌一般，在旷野中依然生机勃勃；愿我们都继续忠心撒下种子，耐心等待上帝亲自使之发芽成长。愿一切的荣耀，单单归于上帝！



在大自然中嬉戏是孩子们最喜欢的环节



游戏中建立友情



带领孩子捡垃圾是学习爱护我们的环境



孩子们的目标：凡走过的路都是干净的

Kids In The Kitchen 2

儿童假期生活营2 (9月篇)

颜启美,
双溪大年方舟中文堂

在刚过去的九月份，我们圆满地完成了另一场儿童假期生活营。一年举办2场的生活营对我们小教会来说的确是不简单。这场九月份办的生活营是专为9至14岁的孩子们所设计，是继六月份5至9岁儿童营之后的跟进活动。早在六月份营会结束后，就有不少家长积极询问下一场营会的时间与报名方式，显见孩子与家长对我们课程的喜爱与认可。

原本，我们只计划开放40个名额，然而由于众多家长苦苦哀求、不断追加报名请求，我们最终决定“心软”地开放至42位孩子的名额，人数虽多，但却是满满的祝福。

让人欣喜的是，其中一些孩子在六月份就已经参加过一次营会，如今又自愿报名参加第二次的营会。他们对课程内容的热情与期待，也激励我们团队在教学内容上做出更多层次的设计与准备。

为了减轻教师与负责人的负担，我们保留了六月生活营的主要课程内容作为基础。但因为年龄层有所不同，我们在课程设计上做出了相应调整，加入更多挑战性和思考性的环节，以适应9-14岁孩子的成长需求。

这次我们也邀请中学生来当志愿者，不但可以帮忙分担一些工作，也让他们有机会接触和认识福音。完成服务后会颁发志愿者证书，还能为学校的课外活动加分，真是一举“三”得！

充满创意与参与感的开营活动

孩子们一抵达营地，便迎来第一个令人兴奋的手作活动——用蔬菜印章为自己的布袋印制独一无二的图案。每一只布袋都呈现出孩子们的创意与个性，色彩缤纷、造型多样。接着，每天他们可以收集自己盖印的特别设计扣牌，并扣在自己的布袋上，这个环节成为最受孩子们欢迎的项目之一，让他们对每日课程充满期待。

当然，营会中少不了的“破冰活动”也发挥了它应有的效果，让孩子们在游戏中迅速打破陌生感，建立起友情与默契，为接下来的学习生活打下基础。

更成熟的“大班”课程内容

在梁辉牧师的建议下，我们首次将营会年龄层扩展至14岁，目的就是为了让青少年也有机会借着假期



亲子寿司制作



将心捧在手上（杨莊仁弟兄）注：此为猪心



梁辉师母颁发文凭

Kids In The Kitchen 2 儿童假期生活营2 (9月篇)

生活营来认识上帝，也更深入认识自己。针对12至14岁的大班学生，我们特别设计了更具挑战性与深度的课程。

其中最特别的一堂课，由心脏外科医生杨莊仁弟兄主讲。他以耶稣降生的故事为引子，结合诗篇139:14：“我要称谢你，因我受造奇妙可畏。你的作为奇妙，这是我心深知道的”。让孩子们不仅从圣经真理中思考“我是谁”，更有机会亲眼见到真正的模拟人体心脏模型（猪心）。触摸与观察心脏的过程，引发孩子们惊叹连连，整个课室洋溢着兴奋与热情，这是一种从课本中学不到的生命教育！

除了课堂教学，我们也为大班设计了一个特别挑战——在毕业典礼的献唱环节中，他们需用杯子敲打节奏，为小班孩子的演出伴奏。这项挑战不仅锻炼节奏感，也训练团队协作与临场反应力。我们希望他们在短时间内发挥最大潜能，完成最有意义的任务。

团队游戏部分则有乐高拼图挑战，通过小组协作完成复

杂的模型，观察孩子在面对挫折与困难时的反应。我们发现有的孩子容易放弃，但也有坚持到底的孩子，透过朋友之间的鼓励与支持，最终大家都顺利完成挑战。

烹饪课程与创意融合

营会中同样受欢迎的还有烹饪课程。考虑到大班孩子们的理解与动手能力较强，我们把这次的课程难度稍微提高，让孩子们能够独立完成菜肴。对老师而言，教学负担反而更轻松，而孩子们也能更有成就感地品尝自己的成果。

小班课程依然精彩

9至11岁的小班孩子由素美姐妹与她的团队带领，她们用心将圣经故事具体呈现出来。孩子们亲眼见到“吗哪从天而降”的场景，感受到圣经真实的临在。教会中的教友们虽然年纪不小，却愿意上场演话剧、准备午餐、照顾孩子，为主摆上自己的一切，是我们最值得感恩的属灵榜样。



中学生志愿者

孩子们也在课程中被鼓励做个人分享，有些孩子首次站在众人面前，却毫不怯场，展现出令人惊艳的自信与表达能力。

毕业典礼——爱的呈现

在营会最后一日的毕业典礼上，我们迎来了约150位出席者。非信徒的家长、亲友与孩子占有约130位。当天最特别的亲子环节，是由孩子们带领家长制作寿司。而最吸引大家目光的，是由骆丽龄姐妹及她的团队所预备的“素食生鱼片”，仿真度极高，无论是外观还是口感，都让家长惊艳不已，赞不绝口。这一环节，不仅拉近了家庭之间的互动，也向非信徒展现了基督徒的创意与爱心。

从家长们口中得知，他们亲眼看到孩子在五天里的成长与改变，对我们的活动给予高度肯定，这也成为我们继续努力为后续工作的事项有最大动力。

展望未来

正如路加福音10:2所说：“要收的庄稼多，作工的人少。”我们殷切盼望更多教会弟兄姐妹愿意响应以赛亚书6:8所说：“我在这里，请差遣我！”愿我们都愿意回应神的呼召，为主摆上自己，在这片禾场上继续耕耘。

感谢神的恩典，让双溪大年方舟中文堂能在此地成为祂的工人、祂的器皿，愿一切荣耀都归给我们在天上的父。



许素美姐妹与学生制作爆米花



蔬菜印花布袋

健康排毒享瘦营

曾子贤，
笨珍中文堂

感谢上帝的恩典，2025年 8月 30日至 9月 1日，为响应「丰收2025」，由笨珍中文基督复临安息日会健康部沈凤美姐妹策划主办，并联动古来、士古来及居銮教会联合协办的「健康排毒享瘦营」，在居銮 Le Mountain Villa 顺利举行。

本次营会以“清、调、补、防”为主题，旨在帮助弟兄姐妹及朋友们通过自然疗法、健康饮食及灵性操练，全面体验身、心、灵的更新。本次活动共有 35 人参与，其中包括 5 位慕道友和来自柔佛各中文堂的 30 位教友。营会的内容涵盖健康讲座、属灵分享、自然疗法实践、健康运动以及健康饮食制作，节目安排紧凑且富有意义。

第一天，营会以集合祷告开始，随后进行身体检测（体重、血压），并通过搅拌果汁、健康讲座及轻松运动，帮助参与者认识“清”的重要性。曾教士也带来属灵主题分享《清》，提醒大家不仅要身体排毒，更要心灵洁净，恢复与上帝的连接。

第二天，活动从清晨的温水、登山开始，并以灵修分享《

调》引导大家在健康与信仰中找到平衡。当天的亮点包括：

- 健康生活分享及“调、补”主题讲座，让大家明白如何在饮食和生活中补充所需营养。
- 健康糕点制作，教导大家如何使用天然健康食材制作美味食品。
- 活性炭疗法和草药足疗，帮助大家体验自然疗法的功效。
- 属灵讲座《补》及分组祷告，引导大家补足属灵力量。

第三天，在晨运及灵修《防》之后，大家学习如何防止身体与心灵再次受污染，以保持长期健康。

整个营会中，大家每天饮用不同功效的果汁，搭配健康蔬食，许多人在体检中发现 血压和血糖指数明显改善。通过草药足疗和活性炭的体验，参与者认识到自然疗法的重要性。在健康糕点制作环节，大家学习如何将健康与美味结合，提升生活品质。



属灵分享



户外运动

特别值得一提的是，这次营会 所有人同住在一起，彼此在生活、信仰和活动中密切互动，不仅拉近了彼此的关系，也让参与者之间的感情更加坚固，大家在灵、智、体、群各方面都得着排毒与成长，建立了合一的美好见证。

在属灵方面，本次营会不仅让慕道友认识到基督复临安息日会对健康信息的重视，也让他们看到福音与健康的紧密联系。这次的活动让他们认识到，唯有耶稣能为心灵带来真正的平安与意义。同时，一些对教会冷淡的弟兄姐妹，也因这次营会重新点燃信仰热情，回到与上帝亲密同行的道路上。

未来愿景：我们盼望未来能继续举办更具针对性的排毒营，并协助柔佛州各中文堂开展类似的医药布道活动，让健康信息成为福音进入人心的重要途径。

一切荣耀归于上帝！



活性炭疗法的制作



诗歌班掀起了当晚情感的释放

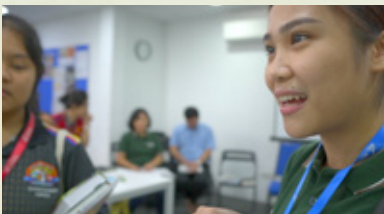
VISION360°

Testimonies of the Church Video Series

Scan
QR to
Watch

Episode 12 | “Canvassing Program”

Setapak Adventist Fellowship



As two saleswomen showed up at her front gate, Angela never thought this was the way God would use to bring her back to Him. The women were Literature Evangelists from Setapak Adventist Fellowship (SAF), where members are often encouraged to share literature wherever they are and trained to be involved in the Literature Ministry.



Watch and see how SAF is sending the message of God's love to areas off the beaten path.

Episode 13 | “Adventist in Mission”

Penang English



Every month, Penang English Church welcomes its senior members and friends to a health and fellowship meeting. Besides equipping and empowering them to reach out, here, they have opportunities to connect with new people and share God's love through meaningful conversations and caring presence.



Watch and see how this ministry is blessing senior citizens with positive aging.



www.youtube.com/c/SDAPEM

Communication Department

Episode 14 | “Neighbours in Learning”

Bagan Datuk Indian



Since regularly visiting the residents of the nearby estate, the members of Bagan Datuk Indian Church noticed a need that they could meet. They started an English tuition class, coupled with Pathfinder and singing activities. Making a difference in the children's lives has now become a blessing for everyone.



Watch and see how they are making a difference in their community by loving their neighbours as themselves.

Episode 15 | “The Caring Bridge”

Klang Chinese



Opposite the school, stands an unassuming building that may go unnoticed. But once school is over for the day, this building slowly comes alive. Casting a vision to reach the large community of students surrounding them, Klang Chinese Church opened its doors for youth fellowship. Gradually nurturing relationships, they moved from conversations about school life to eternal life.



Watch and see how this church has become a bridge that connects the youth with the gospel of heaven.

BOOK PROMOTION

STUDY BIBLE

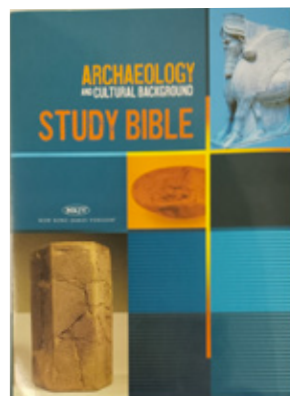
(ARCHAEOLOGY AND CULTURAL BACKGROUND)

Price: RM 400.00 (PU Cover) NKJV

RM 575.00 (Leather Cover) NKJV

by SAFELIZ

This study bible has about 700 articles prepared by more than 80 scholars, presenting the best that biblical archaeology has unveiled. Each book of the bible is introduced, with information about the author, audience, purposes and themes, the book outline and a special section on archaeology. You can watch more than 130 videos about biblical archaeology from the QR code links. Maps, charts and spreads of interesting objects, places, excavations, and cultural-related facts, such as coins, musical instruments and more, are presented in full colour.



PRAISE AND WORSHIP BIBLE

Price: RM 225.00 NKJV

by SAFELIZ

This bible has specialized indexes to make it easy to find content for devotionals and songs. Alphabetically listed by title, day of year, age, vocal arrangement, topic and many more. It has special articles from the Back to the Altar Initiative as daily devotionals. You can also access and watch the videos of 210 songs, with lyrics taken directly from the biblical text, through the QR code link. In addition, there are three complete books accessible via QR code: Steps to Christ, God Still Lives and Living like Elijah.



UPCOMING EVENTS

2026 January

01-31Mar	Stewardship	Morning Online Worship 5:00-6:00am	Online
01-31Dec	SOP	Reading Challenge	PEM
01-31Dec	WM	Bible Reading & Prayer Challenge	PEM
03	Admin	Quarterly Day of Prayer	PEM
07-17	Admin & CHM	10 Days of Prayer	PEM
10	FM	Family Sabbath Celebration	Southern
18	Publishing	LE Meeting	Online
25-27	Admin	Session	PEM
27	Admin	Executive Committee Meeting (1-Orientation)	PEM
28-29	Admin	Ministerial Meeting 1	Central

2026 February

07	NDR-IEL	Harvest 2026 Launching	Southern
08	Secretariat	Secretariat Training	Central
14	NDR-IEL	Harvest 2026 Launching	Central
14-21	FM	Christian Home and Marriage Week	PEM
21	NDR-IEL	Harvest 2026 Launching	Kinta
24-26	HM	Roadshow: NDR-IEL, HM & The Gospel	Central
28	NDR-IEL	Harvest 2026 Launching	Northern

2026 March

02-16Jul	Admin	SALT 2026	PEM
02-05	Publishing	LMS 1	Online
07	NDR-IEL	Harvest 2026 GTMI Emphasis Seminar	Southern
07	WM	International Women's Day of Prayer	PEM
08	SECRETARIAT	Secretariat Training	Northern
13-15	CHM/WM	Children's & Women's Consultative Meeting & Spiritual Retreat	PEM
13-15	SS/PM	SSPM Training	Northern
15	SECRETARIAT	Secretariat Training	Southern
21	Youth	Global Youth Day	PEM
21	CHM	Global Children's Day & Kids in Mission	PEM
21	NDR-IEL	Harvest 2026 GTMI Emphasis Seminar	Central
22-28	Youth	Youth Week of Prayer	PEM
27-28	WM	Leadership Certification-Level 1-Chinese (Pt1)	Online
29	MSA	MSA Family Get-Together	Southern

NOTICE FROM PEM

APPRECIATION

God's blessings upon **Pastor Leong Fai** as he has decided to fully retire. We thank him for his services with Peninsular Malaysia Mission as a church pastor from 01 March 2024 to 31 October 2025.

God's blessings upon **Brother Lim Yee Loon** as he has decided to move on to another field of expertise. We thank him for his services with Peninsular Malaysia Mission as a church pastor from 01 April 2014 to 31 October 2025.

WELCOME

Brother Gan Hee Jeng as he joins the Peninsular Malaysia Mission as Bible Instructor effective 01 November 2025.

JESUS is born!

Telling the story together

Roll a dice to choose a character. Then tell the story of Jesus' birth as if you are this person.

- 1 Mary
- 2 Joseph
- 3 Angels
- 4 Shepherds
- 5 Wise men
- 6 Father God

Guiding stars

Use your food to make a star shape on your plate. Nibble a sandwich into a star or arrange your food into a star shape. Show your family your unique star and then describe something that your family does that leads you closer to Jesus.

Star-Searcher

The wise men were searching for the special star that would lead them to Jesus. Count all the stars hidden on this placemat. Each time you find a star say one of the names given to Jesus, such as Light of the World. After your meal cut out paper or card stars. Write one of the names of Jesus on each star. Hide them around your home for others to find, and then use them to make a garland or mobile for your home.

Good news!

In the story of Jesus' birth angels came to share the good news with human beings. What good news can you share with your family today? Or what good news could your family share with someone else?

Great gifts!

In the story of Jesus' birth all kinds of unusual gifts were given! Some of them are obvious, such as gold, frankincense and myrrh. But who gave him some of these important gifts? A welcome; a place for him to grow until he was born; a loving family; protection from danger; a shelter for his birth; a song? What gifts could you give Jesus today?

Learn it!

Cut some simple angel shapes from white paper. Look up Luke 2:10 and write one word from the verse on each angel. Shuffle them, and then arrange them in the right order to make the verse. Turn over one or two words at a time and read the verse until they are all face down and you can say the verse on your own.

Story time!

Read the story of Jesus' birth from your Bible (Matthew 1:18-2:11; Luke 1:26-2:20), or from your favourite story book. Then ask each other: What do you like best about this story? What is the most important message in this story for you? Which character in this story is most like you? What does this story tell you about God's love for you?

Picture it!

Make a picture of one of the scenes in the story of Jesus' birth. Be creative! Cut pictures from Christmas cards and make a collage or a 3D tableau in an old box. Or dress up to create a scene from the story and take a photo. Draw, use your favourite art techniques, or make a scene using your toys, natural objects, or a plastic brick set.

After the meal

Mary, Joseph and baby Jesus were homeless in Bethlehem, and then they became refugees in Egypt. How can your family help someone in your community who is poor, homeless or a refugee?



GENERAL CONFERENCE

ADVENTIST YOUTH MINISTRIES



MAY 16, 2026

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communion in action

GLOBAL YOUTH DAY 2026

MARCH 21ST, 2026



10 DAYS OF PRAYER

UNLEASHED!



JANUARY 7-17, 2026

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MINISTERIAL ASSOCIATION**

10 DAYS OF PRAYER

UNLEASHED!



DAY 1: Know Jesus as Our Living Savior
Acts 1:1–3

DAY 2: Align with Kingdom Priorities
Acts 1:6–8

**DAY 3: Meet Jesus When
He Surprises Us**
Acts 1:9–11

**DAY 4: Humbly Come Together
in the Mind of Christ**
Acts 1:12–14

**DAY 5: Repent and be Saturated
with the Holy Spirit**
Acts 1:4, 5; 2:1–4; 2:37–39; 3:19

**DAY 6: Boldly Stand for Christ
and Follow Him Fully**
Acts 2:14; 4:1–31

**DAY 7: Disciple Children and All
Generations to Speak for Jesus**
Acts 2:17, 18

**DAY 8: Love Our Family of Faith
as Jesus Does**
Acts 2:41–47

DAY 9: See and Care for the Forgotten
Acts 3:1–10

DAY 10: Practice Radical Generosity
Acts 4:32–37



Seventh-day
Adventist® Church
Peninsular Malaysia Mission

2026 PEM CONSTITUENCY MEETING

Integrated for MISSION

25-27 Jan 2026
ibis Styles Sepang